

# NWAC TRACK & FIELD RECORDS

## MEN'S CONFERENCE MEET RECORD

<b>100M</b>	Dusty Lane, CCS '99	:10.36
<b>200M</b>	Dusty Lane, CCS '99	:20.96
<b>400M</b>	Melvin Jenkins, HCC '04	:46.31
<b>800M</b>	Roba Sultessa, CLCC '16	1:50.71
<b>1500M</b>	Ray Prentice, HCC '79	3:48.76
<b>5000M</b>	Jerry Maris, BCC '81	14:41.04
<b>10000M</b>	Orly Waller, BCC '81	30:30.91
<b>3000MSTP</b>	Bret Goller, HCC '88	9:05.11
<b>110M HUR</b>	Josh Turner, MHCC '16	:14.00
<b>400M HUR</b>	Dusty Lane, CCS '97	:51.92
<b>LONG JUMP</b>	Terry Metcalf, EvCC '71	25'10"
<b>TRIPLE JUMP</b>	Alvin Harris, CCS '82	50'7 1/2"
<b>HIGH JUMP</b>	Dakarai Hightower, Lane '16	7' 5"
<b>DISCUS</b>	Jason Dixon, CCS '03	173'4"
<b>SHOT PUT</b>	Spike Walker, SFCC '71	61'3 1/4"
<b>JAVELIN (pre '85)</b>	Gary Schaefer, CCS '76	252'0"
<b>JAVELIN (post '85)</b>	Cyrus Hostetler, Lane '08	241'7"
<b>POLE VAULT</b>	Justin Petz, Lane '17	17' 4.5"
<b>HAMMER</b>	Paul Etter, CICC '03	199'0"
<b>400MRLY</b>	Spokane '80	:41.04
<b>1600MRLY</b>	Lane '86	3:11.49
<b>DECATHLON</b>	David Lemen, CICC '00	7532

## WOMEN'S CONFERENCE MEET RECORD

<b>100M</b>	Margaret Paul, MHCC '15	:11.96
<b>200M</b>	Morgan Cribbs, CCS '08	:24.61
	& Margaret Paul, MHCC '15	
<b>400M</b>	Rhonda Bell, BCC '81	:53.69
<b>800M</b>	Michelle Finnvik, GRCC '85	2:10.13
<b>1500M</b>	Joanne Lahti, CCS '80	4:34.77
<b>3000M</b>	Bridget Devens, BCC '83	9:53.25
<b>5000M</b>	Joanne Lahti, CCS '79	17:31.30
<b>10000M</b>	Janae Larson, Clark '08	36:35.42
<b>3000MSTP</b>	Mikel Elliott CCS '12	11:13.10
<b>100M HUR</b>	Kay Garnett, BCC '82	:13.89
<b>400M HUR</b>	Anita Sartin, BCC '85	1:00.22
<b>LONG JUMP</b>	Janet Buntin, CCS '81	19'8 3/4"
<b>TRIPLE JUMP</b>	Nicole Stancato, BCC '86	39'4"
<b>HIGH JUMP</b>	Kelly Keist, Clark '92	5'8"
	& Dawn Putnam, Clark '94	
<b>DISCUS</b>	Cora Aguilar, CCS '84	158'2"
<b>SHOT PUT</b>	Jenny Lempke, WVC '81	48'4 1/4"
<b>JAVELIN</b>	Trina Rogers, CICC '99	169'5"
<b>POLE VAULT</b>	Becky Holiday, CICC '01	14'4"
<b>HAMMER</b>	Kate Burton, Clark '05	179'6"
<b>400MRLY</b>	Bellevue '83	:46.78
<b>1600MRLY</b>	Bellevue '83	3:48.25
<b>HEPTATHLON</b>	Katie Miller, Clark '04	4988

## 2017 MEN'S SEASON LEADERS

Kuda Murasiranwa, SW Oregon	:10.79
Kevin Dudley, Olympic	:22.04
Barry Cornelious, Lane	:48.46
Corin Carlton, Spokane	1:55.00
Jose Macias, Clackamas	3:57.37
Jose Macias, Clackamas	14:55.85
Josh Moats, Clackamas	33:26.05
Corbin Carlton, Spokane	8:59.10
Parker Bowden, Spokane	:14.51
Liburd Emerson, Clackamas	:54.85
James Tristan, Lane	24' 1.75"
James Tristan, Lane	49' 4.5"
Tyler Blakely, Spokane	6' 11"
Colton Paller, Olympic	165' 9"
Brian Salgado, Mt. Hood	50' 5.5"
Christensen Easton, Clackamas	200' 9"
Justin Petz, Lane	17' 0.75"
Andrew Allen, Spokane	159' 5"
Clackamas	41.82
Lane	3:22.20
Wyatt Thompson-Siporen, Lane	6764

## 2017 WOMEN'S SEASON LEADERS

Dannelle Woodcock, Mt. Hood	:12.23
Gabriella Mace, Lane	:25.54 HT
Emily Viuhkola, Lane	:57.32
Emily Viuhkola, Lane	2:12.15
Cassie McKinney, Clark	4:53.25
Cassie McKinney, Clark	18:19.29
Kaylee Marquardt, Spokane	39:47.86
Aysia Killingbeck, Clackamas	11:58.05
Katie Collins, Spokane	:15.48
Katie Collins, Spokane	1:04.74
Chelsea Bone, Clackamas	18' 5"
Olivia Rose, Clark	37' 6"
Chelsea Bone, Clackamas	5' 5"
Elisha Allred-Lee Spokane	138' 10"
Toa Levi, Spokane	41' 0.25"
Maggie Nelson, Spokane	147' 6"
Morgan Fossen, Lane	11' 11.75"
Elisha Allred-Lee, Spokane	170' 6"
Spokane	:48.60
Spokane	4:01.66
Chelsea Bone, Clackamas	4702