

NWAC TRACK & FIELD RECORDS

MEN'S CONFERENCE MEET RECORD

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

WOMEN'S CONFERENCE MEET RECORD

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