

## **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>	Don Rouse, SpCC '78	1:50.78
<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>STEPLCHS.</b>	Bret Goller, HCC '88	9:05.11
<b>110MH.HUR</b>	Gerald Ellis, MHCC '86	:14.15
<b>400MI.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 '14	7' 3 1/4"
<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>	Bill Jones, CICC '97	17' 1/4"
<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>STEPLCHS.</b>	Mikel Elliott CCS '12	11:13.10
<b>100MH.HUR</b>	Kay Garnett, BCC '82	:13.89
<b>400MI.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