



GNAC OUTDOOR TRACK & FIELD MEN'S TOP-10 LISTS

Updated Through 2023 Season

100 METERS

Alex Donigian, WWU	10.22	2015
Karlington Anunagba, WWU	10.33	2019
Rimar Christie, NNU	10.38	2013
Sam Zook, MSUB	10.41	2018
Anthony Wright, CWU	10.43	2010
Enrique Campbell, UAA	10.46	2023
Mike Hinshaw, WOU	10.51	2003
Carlos Ortiz, CU	10.55	2018
Mason Schram, MSUB	10.58	2018
Noah Johnson, WWU	10.52	2023

200 METERS

Alex Donigian, WWU	20.93	2016
Sam Zook, MSUB	21.04	2017
Cody Warner, WOU	21.09	2016
Mike Hinshaw, WOU	21.11	2002
Rimar Christie, NNU	21.17	2013
Tyrell Williams, WOU	21.19	2014
Anthony Wright, CWU	21.36	2010
Isaac Frederick, WOU	21.37	2003
Hunter Braseth, NNU	21.39	2023
Oshane Hylton, UAA	21.42	2018

NOTE: Carlos Ortiz (CU) ran wind-aided 20.91 (+5.6) in 2016; Jeremiah Lauzon (SFU) ran 21.32 in 2021 (SFU opted out of GNAC season).

400 METERS

Ethan Hewitt, UAA	47.51	2011
Kodiak Landis, CWU	47.55	2018
Aaron Whitaker, WOU	47.59	2017
Kevin Angarita, UAA	47.59	2023
Callum Robinson, SFU	47.61	2022
Daniel Kelloway, SFU	47.62	2015
Adam Commandeur, UAA	47.75	2015
Jonathon Poolman, WWU	47.82	2013
Ebu Camara, NNU	47.84	2018
Bryant Welch, WWU	47.85	2022

800 METERS

Badane Sultessa, WOU	1:47.59	2015
David Ribich, WOU	1:48.09	2018
Aaron Ahl, SFU	1:48.75	2022
Cameron Proceviat, SFU	1:49.28	2016
Paul Mach, SPU	1:49.31	2005
Drew Weber, WWU	1:49.34	2023
Charlie Dannatt, SFU	1:49.52	2022
Nathan Kipchumba, UAA	1:49.67	2016
Josh Dempsey, WOU	1:49.84	2016
Joe Day, UAA	1:50.03	2016

1,500 METERS

David Ribich, WOU	3:37.35	2018
Aaron Ahl, SFU	3:39.97	2022
Charlie Dannatt, SFU	3:41.38	2023
Mac Franks, WWU	3:42.22	2022
Calahan Warren, WWU	3:43.00	2022
Alfred Kangogo, UAA	3:44.67	2011
Drew Weber, WWU	3:44.83	2023
Dustin Nading, WOU	3:45.23	2018
Marc-Antoine Rouleau, SFU	3:45.45	2016
Cameron Proceviat, SFU	3:46.47	2016

3,000 METERS

Jordan Welling, WWU	8:24.61	2010
Kyle Van Santen, SMU	8:29.22	2012
Nick Crawford, WOU	8:30.25	2006
Braeden Charlton, SFU	8:32.07	2018
Jasper Peach, HSU	8:33.90	2006
John Riak, SMU	8:34.13	2007
Mateo de Dalmases, SFU	8:34.15	2018
Spencer Hunt, SMU	8:34.82	2012
Sam Scotchmer, CWU	8:34.80	2006
Nathan Carlson, SMU	8:36.00	2005

5,000 METERS

Micah Chelimo, UAA	13:41.99	2014
Coleman Nash, UAA	13:53.33	2022
Marko Cheseto, UAA	13:58.85	2010
Dominik Notz, UAA	14:00.86	2017
Henry Cheseto, UAA	14:08.86	2015
Kevin McDermott, WWU	14:09.26	2023
Jordan Welling, WWU	14:10.43	2011
Calahan Warren, WWU	14:13.90	2022
Sebastian Brinkman, SFU	14:15.45	2023
Edwin Kangogo, UAA	14:16.63	2016

10,000 METERS

Micah Chelimo, UAA	28:37.75	2014
Marko Cheseto, UAA	29:08.28	2009
Dominik Notz, UAA	29:12.23	2017
Coleman Nash, UAA	29:24.40	2022
Henry Cheseto, UAA	29:36.07	2016
George Karamitsos, WWU	29:40.69	2023
Andrew Oslin, WWU	29:41.91	2023
Chris Reed, WOU	29:44.77	2011
Jordan Welling, WWU	29:45.92	2010
Edwin Kangogo, UAA	29:46.48	2016

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110 METER HURDLES

Joshua Wagner, UAA	14.00	2022
Travis Milbrandt, WWU	14.19	2016
Bernari Sternen, CWU	14.34	2016
Cordell Cummings, WWU	14.46	2021
Koby Okezie, WWU	14.50	2021
Damien Davis, WOU	14.54	2013
Logan Myers, WWU	14.56	2015
Kody Rhodes, WOU	14.61	2014
Bradley Graves, MSUB	14.64	2022
Hunter Flick, WWU	14.65	2021

400 METER HURDLES

Vladislav Tsygankov, SFU	51.48	2017
Cordell Cummings, WWU	51.77	2019
Shaun Ward, UAA	52.00	2011
Dallas Beaty, NNU	52.05	2009
Maurus Hope, NNU	52.81	2012
Nate St Romain, SFU	52.89	2019
Josh Adehmar, SFU	52.89	2019
Elliott Bauer, UAA	52.90	2015
Lloyd Massey, WOU	52.90	2007
Maurice Woodring, WWU	52.90	2023

STEEPLECHASE

Micah Chelimo, UAA	8:45.63	2012
Ryan Brockerville, SFU	8:47.26	2012
Wesley Kirui, UAA	8:52.35	2019
Mac Franks, WWU	8:52.50	2022
Jorey Egeland, MSUB	8:55.30	2018
Jeret Gillingham, WWU	8:55.30	2021
Lawson Sims, UAA	8:55.38	2021
Edwin Kangogo, UAA	8:56.08	2019
Jason Walker, HSU	8:58.62	2002
Oliver Jorgensen, SFU	8:58.72	2018

4x100 METER RELAY

Central Washington	41.10	2010
Northwest Nazarene	41.25	2013
Montana State Billings	41.28	2019
Western Washington	41.36	2013
Northwest Nazarene	41.37	2023
Western Washington	41.40	2012
Montana State Billings	41.44	2018
Northwest Nazarene	41.45	2017
Northwest Nazarene	41.45	2023
Western Oregon	41.48	2003

4x400 METER RELAY

Alaska Anchorage	3:10.60	2016
Alaska Anchorage	3:10.65	2017
Alaska Anchorage	3:12.22	2014
Alaska Anchorage	3:12.29	2017
Alaska Anchorage	3:12.59	2017
Simon Fraser	3:13.84	2015
Alaska Anchorage	3:13.92	2015
Western Washington	3:14.15	2013
Alaska Anchorage	3:14.21	2018
Western Oregon	3:14.57	2003

HIGH JUMP

Mikel Smith, SMU	2.16/7-1	2016
Tyler Cronk, SMU	2.15/7-0.5	2019
Steven Schmidt, NNU	2.15/7-0.5	2023
Tevin Gladden, UAA	2.11/6-11	2017
Brett Watson, WWU	2.08/6-9.75	2013
Isaiah Girard, MSUB	2.08/6-9.75	2019
Eric Draper, UAA	2.07/6-9.5	2006
Brennan Boyes, CWU	2.06/6-9	2012
Cameron Bailey, CWU	2.06/6-9	2009
Justin Peterson, CWU	2.06/6-9	2014
Cole Hoberg, NNU	2.06/6-9	2016
Tupre Wickliff, WWU	2.06/6-9	2018

POLE VAULT

Ryan Brown, WWU	5.40/17-8.5	2010
Payton Lewis, NNU	5.36/17-7	2017
Justin Miller, HSU	5.10/16-8.75	2002
Zeb Udell, WOU	5.05/16-6.75	2009
J.T. Konrad, WWU	5.00/16-4.75	2016
Matt Dehan, SMU	4.93/16-2	2016
Jared Webster, WOU	4.90/16-0.75	2017
Scott Romney, WWU	4.85/15-11	2005
Jacob Hino, WWU	4.85/15-11	2016
Steven Schmidt, NNU	4.85/15-11	2023

LONG JUMP

David Registe, UAA	7.92/25-11.5	2009
Demetrius Preston, UAA	7.70/25-3.25	2010
Jamil Wynn, WOU	7.69/25-2.75	2002
Cody Thomas, UAA	7.53/24-8.5	2016
Alani Troutman, WOU	7.40/24-3.5	2018
Josh Schulz, SMU	7.40/24-3.5	2022
Vladislav Tsygankov, SFU	7.37/24-2.25	2015
Brett Watson, WWU	7.36/24-1.75	2015
Matson Hardie, WOU	7.34/24-1	2012
Chris Randolph, SPU	7.31/23-11.75	2006

TRIPLE JUMP

Wesley Gray, WOU	15.50/50-10.25	2017
Justin Lawrence, CWU	15.21/49-11	2004
David Njeri, SPU	15.19/49-10	2022
Bryan Mack, CWU	15.06/49-5	2013
Luke Plummer, CWU	14.98/49-1.75	2016
Zach Whittaker, CWU	14.91/48-11	2019
Michael Davis, SMU	14.89/48-10.25	2013
Tyler Reisnauer, WOU	14.88/48-10	2009
Vladislav Tsygankov, SFU	14.80/48-6.75	2017
Beau Ross, CWU	14.74/48-4.5	2002
Seren Dances, WWU	14.74/48-4.5	2023

SHOT PUT

Frank Catelli, WWU	18.55/60-10.5	2014
Jake Knight, NNU	18.29/60-0.25	2019
Josh Koch, CU	18.20/59-8.5	2016
Cameron Neel, CWU	17.63/57-10.25	2005
Caleb Bridge, CU	17.45/57-3	2017
Sam Washington, SMU	16.84/55-3	2013
Jason Slowey, WOU	16.81/55-2	2011
Ben Malquist, WWU	16.76/55-0	2021
Dayne Gordien, WOU	16.70/54-9.5	2023
Robert Watson, CU	16.64/54-7.25	2016

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DISCUS

Jake Knight, NNU	55.78/183-0	2019
Caleb Bridge, CU	55.68/182-8	2017
Jakob Chamberlin, CU	54.39/178-5	2018
Ryan Macdonald, WWU	54.07/177-5	2015
Cameron Neel, CWU	53.47/175-5	2006
Isaiah Haines, WOU	53.02/173-11	2004
Sam Nichols, CU	53.02/173-11	2019
Frank Catelli, WWU	53.00/173-11	2014
Tyler Fischer, CWU	52.98/173-10	2008
Jason Slowey, WOU	51.41/168-8	2011

HAMMER

Pro Escobedo, WOU	62.89/206-4	2003
Michael Hoffman, WWU	62.87/206-3	2011
Jacob Slate, CU	61.62/202-2	2018
Tyler Lamott, CU	61.00/200-1	2016
Andrew Harris, CWU	59.92/196-7	2021
Armando Tafoya, CWU	58.04/195-0	2016
Kevin Standley, CWU	59.17/194-1	2015
Tyler Fischer, CWU	58.88/193-2	2010
Anthony Marin, WOU	58.60/192-3	2007
Evan Ruud, CWU	58.42/191-8	2007

JAVELIN (200 FOOT THROWERS)

Cody Parker, UAA	77.98/255-10	2013
Laurenz Waldbauer, NNU	72.38/237-6	2022
Beau Ackerman, MSUB	71.19/233-7	2021
Franz Burghauen, UAA	70.29/230-7	2013
Slater Hurst, WWU	70.23/230-5	2015
Alex Barry, WWU	68.38/224-4	2018
Josh Heidegger, NNU	68.02/223-2	2009
Braden Keller, CWU	67.79/222-5	2009
Dalton Rasmussen, CU	67.13/220-3	2019
Justin Larson, WOU	66.68/218-9	2015
Brian Chalkley, SMU	66.46/218-0	2018
Jarrett Chong, SFU	66.33/217-7	2022
Easton Christensen, CU	65.44/214-8	2019
Alex Harrison, WWU	65.42/214-7	2012
John Haskin, WWU	64.70/212-3	2015
James Thomas, NNU	64.69/212-3	2002
Shane Brooks, WOU	64.49/211-7	2014
Nick Wilson, MSUB	63/62/208-9	2010
Spencer Claeys, WWU	63.05/206-10	2018
Austin Goldstein, WOU	62.96/206-7	2022
Tyler Kostiuik, UAA	62.66/205-7	2015
Will Crook, WOU	62.49/205-0	2011
Justin Brewer, WWU	62.20/204-1	2005
Michael Ingman, CWU	62.05/203-7	2007
Costel David, WWU	61.86/202-11	2019
Jaydon Tryon, WWU	61.75/202-7	2023
Ian Wells, CWU	61.66/202-3	2007
Derek Deskins, WOU	61.62/202-2	2002

DECATHLON

Chris Randolph, SPU	7,872	2006
Cody Thomas, UAA	7,590	2016
Kodiak Landis, CWU	7,207	2018
Steven Schmidt, NNU	7,122	2023
Giovanni Brown, CU	7,007	2019
Braydon Maier, CWU	7,005	2019
Payton Lewis, NNU	6,815	2017
Michael Forster, CWU	6,732	2018
Justin Miller, HSU	6,721	2002
Alex Harrison, WWU	6,772	2012