



GNAC TRACK & FIELD ALL-TIME RECORDS

Updated Through 2022-23 Season

OUTDOOR TRACK AND FIELD

MEN - ALL MEETS

100 Meters	10.22	Alex Donigian, Western Washington (2015)
200 Meters	20.93	Alex Donigian, Western Washington (2016)
400 Meters	47.51	Ethan Hewitt, Alaska Anchorage (2011)
800 Meters	1:47.58	Badane Sultessa, Western Oregon (2015)
1,500 Meters	3:37.35	David Ribich, Western Oregon (2018)+
3,000 Meters	8:24.61	Jordan Welling, Western Washington (2014)
5,000 Meters	13:41.99	Micah Chelimo, Alaska Anchorage (2014)
10,000 Meters	28:37.75	Micah Chelimo, Alaska Anchorage (2014)
110m Hurdles	14.00	Joshua Wagner, Alaska Anchorage (2022)
400m Hurdles	51.48	Vladislav Tsygankov, Simon Fraser (2017)
Steeplechase	8:45.63	Micah Chelimo, Alaska Anchorage (2012)
4x100 Relay	41.10	Central Washington (2010)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:10.60	Alaska Anchorage (2016)
		Liam Lindsay, Nicholas Taylor, Adam Commandeur, Cody Thomas
High Jump	2.16/7-1	Mikel Smith, Saint Martin's (2016)
Pole Vault	5.40/17-8.5	Ryan Brown, Western Washington (2010)
Long Jump	7.91/25-11.5	David Registe, Alaska Anchorage (2009)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.55/60-10.5	Frank Catelli, Western Washington (2014)
Discus	55.78/183-0	Jake Knight, Northwest Nazarene (2019)
Hammer	62.89/206-4	Pro Escobedo, Western Oregon (2003)
Javelin	77.98/255-10	Cody Parker, Alaska Anchorage (2013)
Decathlon	7,872	Chris Randolph, Seattle Pacific (2006)

DECATHLON EVENT RECORDS

100 Meters	10.74	Kodiak Landis, Central Washington (2018)
Long Jump	7.53/24-8.5	Cody Thomas, Alaska Anchorage (2016)
Shot Put	14.06/46-1.5	Alex Harrison, Western Washington (2010)
High Jump	2.15/7-0.5	Steven Schmidt, Northwest Nazarene (2023)
400 Meters	47.78	Kodiak Landis, Central Washington (2018)
110m Hurdles	14.74	Cody Thomas, Alaska Anchorage (2016)
Discus	46.00/150-11	Chris Randolph, Seattle Pacific (2006)
Pole Vault	4.95/16-2.75	Payton Lewis, Northwest Nazarene (2018)
Javelin	61.04/200-3	Alex Harrison, Western Washington (2012)
1,500 Meters	4:17.63	Giovanni Brown, Concordia (2019)

MEN - CONFERENCE MEET RECORDS

100 Meters	10.43	Anthony Wright, Central Washington (2010)
200 Meters	21.32	Rimar Christie, Northwest Nazarene (2013)
	21.32	Tyrell Williams, Western Oregon (2014)
400 Meters	47.55	Ethan Hewitt, Alaska Anchorage (2012)
	47.55	Kodiak Landis, Central Washington (2018)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1,500 Meters	3:47.37	David Ribich, Western Oregon (2017)
5,000 Meters	14:29.41	Micah Chelimo, Alaska Anchorage (2011)
10,000 Meters	30:25.75	Jordan Walling, Western Washington (2011)
110m Hurdles	14.15	Joshua Wagner, Alaska Anchorage (2022)
400m Hurdles	51.77	Cordell Cummings, Western Washington (2019)
Steeplechase	8:47.26	Ryan Brockerville, Simon Fraser (2012)
4x100 Relay	41.10	Central Washington (2010)
		Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
4x400 Relay	3:13.84	Simon Fraser (2015)
		Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
High Jump	2.11/6-11	Tevin Gladden, Alaska Anchorage (2017)

Pole Vault	5.14/16-10.75	Ryan Brown, Western Washington (2010)
Long Jump	7.52/24-8.25	David Registe, Alaska Anchorage (2008)
Triple Jump	15.50/50-10.25	Wesley Gray, Western Oregon (2017)
Shot Put	18.20/59-8.75	Josh Koch, Concordia (2016)
Discus	55.74/182-10	Jake Knight, Northwest Nazarene (2019)
Hammer	61.61/202-1	Michael Hoffman, Western Washington (2008)
Javelin	71.19/233-7	Beau Ackerman, Montana St. Billings (2021)
Decathlon	7,201	Cody Thomas, Alaska Anchorage (2016)

CONFERENCE MEET DECATHLON RECORDS

100 Meters	10.81	Kodiak Landis, Central Washington (2018)
Long Jump	7.10/23-3.5	Seren Dances, Western Washington (2018)
Shot Put	14.06/46-1.5	Alex Harrison, Western Washington (2010)
High Jump	2.15/7-0.5	Steven Schmidt, Northwest Nazarene (2022)
400 Meters	48.00	Cody Thomas, Alaska Anchorage (2016)
110m Hurdles	14.81	Cody Thomas, Alaska Anchorage (2016)
Discus	45.88/150-6	Giovanni Brown, Concordia (2018)
Pole Vault	4.95/16-2.75	Payton Lewis, Northwest Nazarene (2018)
Javelin	61.04/200-3	Alex Harrison, Western Washington (2012)
1,500 Meters	4:19.02	Giovanni Brown, Concordia (2019)

MISCELLANEOUS CONFERENCE MEET RECORDS

Most Points, Single Meet	37	Steven Schmidt, Northwest Nazarene (2023)
Most Points, Career	88	Braydon Maier, Central Washington (2018-19, 2021, 2023)
Most Wins In A Single Meet (Individual Events)	3	David Registe, Alaska Anchorage (2011)
	3	Steven Schmidt, Northwest Nazarene (2023)
Most Wins In A Single Meet (Individual Events Plus Relays)	5	David Registe, Alaska Anchorage (2011)
Most Wins In A Career (Individual Events)	6	Mike Hinshaw, Western Oregon (2000-03)
Most Relay Wins In A Career	5	Mike Hinshaw, Western Oregon (2000-03)
Most Wins In A Career (Individual Events Plus Relays)	11	Mike Hinshaw, Western Oregon (2000-03)
Most All-Conference Awards In A Single Meet (Individual Events)	3	Multiple Times
Most All-Conference Awards In A Single Meet (Individual Events + Relays)	5	Cresap Watson, Central Washington (2006)
	5	David Registe, Alaska Anchorage (2011)
Most All-Conference Awards In A Career (Individual Events)	9	David Registe, Alaska Anchorage (2007-08, 11)
Most All-Conference Awards In Career (Individual Events + Relays)	12	Mike Hinshaw, Western Oregon (2000-03)
	12	David Registe, Alaska Anchorage (2007-08, 11)

NORTHWEST DIVISION II RECORDS (1999-2001)

Prior to the formation of the GNAC, the following athletes from charter members of the GNAC posted marks that are better than the current GNAC record in the following events:

4x100 Relay	40.97	Western Washington (1999)
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GNAC TRACK & FIELD ALL-TIME RECORDS

OUTDOOR TRACK & FIELD

WOMEN - ALL MEETS

100 Meters	11.44	Marie-Éloïse Leclair, Simon Fraser (2023)
200 Meters	23.42	Marie-Éloïse Leclair, Simon Fraser (2023)
400 Meters	53.56	Mary Pierce, Alaska Anchorage (2007)
800 Meters	2:01.43	Alison Andrews-Paul, Simon Fraser (2022)+
1,500 Meters	4:11.06	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:35.75	Sarah Porter, Western Washington (2011)
5,000 Meters	14:40.45	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	32:08.09	Caroline Kurgat, Alaska Anchorage (2019)+
100m Hurdles	13.64	Mariyah Vongsaveng, Central Washington (2018)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	10:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	45.88	Seattle Pacific (2022)
		Peace Igbonagwam, Vanessa Aniteye, Aniya Green, Jenna Bouyer
4x400 Relay	3:41.80	Western Oregon (2018)
		Grayson Burke, Megan Rose, Suzie Van De Grift, Olivia Woods
High Jump	1.78/5-10	Teona Perkins, Seattle Pacific (2007)
Pole Vault	4.04/13-3	Scout Cai, Seattle Pacific (2021)
Long Jump	6.22/20-5	Renick Meyer, Seattle Pacific (2018)
Triple Jump	12.60/41-4.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Shot Put	17.39/57-0.75	McKenzie Warren, Concordia (2017)
Discus	55.74/182-10	Melissa Ausman, Concordia (2018)
Hammer	62.42/204-9	Christina MacDonald, Concordia (2018)
Javelin	54.18/177-9	Bethany Drake, Western Washington (2016)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

+ - Division II All-Time Record

HEPTATHLON EVENT RECORDS

100m Hurdles	13.70	Danielle Ayers-Stamper, Seattle Pacific (2005)
High Jump	1.75/5-8.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
		Karolin Anders, Alaska Anchorage (2017)
Shot Put	13.00/42-8	Bridget Johnson, Western Oregon (2006)
200 Meters	24.78	Grace Morgan, Alaska Anchorage (2013)
Long Jump	6.22/20-5	Renick Meyer, Seattle Pacific (2018)
Javelin	45.21/145-0	Katie Reichert, Western Washington (2012)
800 Meters	2:12.52	Bridgette Sexton, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.44	Marie-Éloïse Leclair, Simon Fraser (2023)
200 Meters	23.88	Marie-Éloïse Leclair, Simon Fraser (2022)
400 Meters	54.19	Vanessa Aniteye, Alaska Anchorage (2019)
800 Meters	2:06.38	Jessica Pixler, Seattle Pacific (2010)
1,500 Meters	4:23.02	Caroline Kurgat, Alaska Anchorage (2019)
3,000 Meters	9:53.80	Jessica Pixler, Seattle Pacific (2007)
5,000 Meters	16:35.10	Caroline Kurgat, Alaska Anchorage (2019)
10,000 Meters	34:49.33	Caroline Kurgat, Alaska Anchorage (2018)
100m Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400m Hurdles	58.22	Sidney Trinidad, Central Washington (2019)
Steeplechase	10:02.45	Julia Howley, Simon Fraser (2019)
4x100 Relay	45.88	Seattle Pacific (2022)
		Peace Igbonagwam, Vanessa Aniteye, Aniya Green, Jenna Bouyer
4x400 Relay	3:43.50	Simon Fraser (2022)
		Erika Binder, Alison Andrews-Paul, Marie-Éloïse Leclair, Emily Lindsay
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2016)
Pole Vault	4.01/13-1.75	Kinsey Yenor, Northwest Nazarene (2023)
Long Jump	5.99/19-8	Ali Worthen, Seattle Pacific (2013)
Triple Jump	12.58/41-3.25	Chrisalyn Johnson, Alaska Anchorage (2019)
Shot Put	16.55/54-3.75	McKenzie Warren, Concordia (2017)
Discus	53.01/173-11	Melissa Ausman, Concordia (2018)
Hammer	59.62/195-7	Christina MacDonald, Concordia (2018)

Javelin	52.40/171-11.25	Bethany Drake, Western Washington (2017)
Heptathlon	5,390	Ali Worthen, Seattle Pacific (2013)

HEPTATHLON EVENT RECORDS

100m Hurdles	14.17	Ali Worthen, Seattle Pacific (2013)
		Maliea Luquin, Seattle Pacific (2016)
High Jump	1.73/5-8	Taylor Fettig, Central Washington (2014)
Shot Put	12.88/42-3.75	Bridget Johnson, Western Oregon (2006)
200 Meters	24.78	Grace Morgan, Alaska Anchorage (2013)
Long Jump	6.22/20-5	Renick Meyer, Seattle Pacific (2018)
Javelin	45.21/145-0	Katie Reichert, Western Washington (2012)
800 Meters	2:14.20	Hayleigh Lloyd, Alaska Anchorage (2015)

MISCELLANEOUS CONFERENCE MEET RECORDS

Most Points, Single Meet	50	Stephanie Huffman, Seattle Pacific (2002)
Most Points, Career	115	Bridget Johnson, Western Oregon (2003-06)
		Ali Worthen, Seattle Pacific (2011-13)
Most Wins In A Single Meet (Individual Events)		
	3	Stephanie Huffman, Seattle Pacific (2002)
		Danielle Ayers-Stamper, Seattle Pacific (2005)
		Jessica Pixler, Seattle Pacific (2007)
		Ali Worthen, Seattle Pacific (2011, 2013)
		Caroline Kurgat, Alaska Anchorage (2019)
		HarLee Ortega, Central Washington (2019)
		Renick Meyer, Seattle Pacific (2021)
Most Wins In A Single Meet (Individual Events Plus Relays)		
	5	Renick Meyer, Seattle Pacific (2021)
Most Wins In A Career (Individual Events)		
	7	Ali Worthen, Seattle Pacific (2011-13)
Most Relay Wins In A Career		
	5	Kishia Mitchell, Seattle Pacific (2011-14)
Most Wins In A Career (Individual Events Plus Relays)		
	10	Ali Worthen, Seattle Pacific (2011-13)
Most All-Conference Awards In A Single Meet (Individual Events)		
	5	Stephanie Huffman, Seattle Pacific (2002)
		Monica Smith, Western Oregon (2005)
		Crystal Sims, Seattle Pacific (2011)
		Ali Worthen, Seattle Pacific (2013)
Most All-Conference Awards In A Single Meet (Individual Events + Relays)		
	7	Monica Smith, Western Oregon (2007)
Most All-Conference Awards In A Career (Individual Events)		
	12	Ali Worthen, Seattle Pacific (2011-13)
Most All-Conference Awards In Career (Individual Events + Relays)		
	15	Ali Worthen, Seattle Pacific (2011-13)

NORTHWEST DIVISION II RECORDS (1999-2001)

Prior to the formation of the GNAC, the following athletes from charter members of the GNAC posted marks that are better than the current GNAC record in the following events:

200 Meters	23.53	Trinity Davis, Humboldt State (1999)
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GNAC TRACK & FIELD ALL-TIME RECORDS

INDOOR TRACK & FIELD

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.40	Callum Robinson, Simon Fraser (2022)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:47.74	Derek Holdsworth, Western Oregon (2020)
Mile	3:57.92	Aaron Ahl, Simon Fraser (2022)
3,000 Meters	7:50.81	David Ribich, Western Oregon (2018)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.07	Hunter Flick, Western Washington (2022)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:36.05	Simon Fraser (2022)
Charlie Dannatt, Callum Robinson, Paul Buckingham, Aaron Ahl		
High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.85/61-10.25	Aidan Cain, Central Washington (2020)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

HEPTATHLON EVENT RECORDS

60 Meters	6.97	Cody Thomas, Alaska Anchorage (2015 & 2016)
Long Jump	7.05/23-1.75	Kodiak Landis, Central Washington (2017)
Shot Put	13.69/44-11	Giovanni Brown, Concordia (2019)
High Jump	2.14/7-0.25	Steven Schmidt, Northwest Nazarene (2023)
60m Hurdles	8.27	Cody Thomas, Alaska Anchorage (2016)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:35.26	Giovanni Brown, Concordia (2019)

MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.50	Callum Robinson, Simon Fraser (2022)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:50.83	David Ribich, Western Oregon (2018)
Mile	4:01.28	Aaron Ahl, Simon Fraser (2022)
3,000 Meters	8:18.32	Coleman Nash, Alaska Anchorage (2023)
5,000 Meters	14:17.09	Coleman Nash, Alaska Anchorage (2023)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)
Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur		
Distance Medley	9:58.18	Simon Fraser (2019)
Pierre-Louis Detourbe, Nate St. Romain, Aaron Ahl, Rowan Doherty		
High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.64/61-2	Aidan Cain, Central Washington (2020)
Heptathlon	5,386	Steven Schmidt, Northwest Nazarene (2023)

CONFERENCE MEET HEPTATHLON EVENTS

60 Meters	7.03	Kodiak Landis, Central Washington (2018)
Long Jump	6.95/22-9.75	James Phillips, Concordia (2018)
	6.95/22-9.75	Kodiak Landis, Central Washington (2019)
Shot Put	13.69/44-11	Giovanni Brown, Concordia (2019)
High Jump	2.14/7-0.25	Steven Schmidt, Northwest Nazarene (2023)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:41.39	Giovanni Brown, Concordia (2019)

CONFERENCE MEET MISCELLANEOUS RECORDS

Most Points, Single Meet	30	Chris Randolph, Seattle Pacific (2005)
Most Points, Career	85	Chris Randolph, Seattle Pacific (2004-06)
Most Wins In A Single Meet (Individual Events)	3	Chris Randolph, Seattle Pacific (2005)
		Micah Chelimo, Alaska Anchorage (2013)
Most Wins In A Single Meet (Individual Events + Relays)	3	Chris Randolph, Seattle Pacific (2005)
		Micah Chelimo, Alaska Anchorage (2013)
		Cameron Proceviat, Simon Fraser (2015)
		Aaron Ahl, Simon Fraser (2022)
Most Career Individual Event Wins	5	Chris Randolph, Seattle Pacific (2004-06)
		Micah Chelimo, Alaska Anchorage (2013-14)
		Alex Donigian, Western Washington (2015)
Most Career Relay Wins	3	Mike Kelley, Central Washington (2004-05, 2007)
		Bennett Grimes, Western Washington (2008-10)
		Travis Vugteveen, Simon Fraser (2011, 2014-15)
		Cameron Proceviat, Simon Fraser (2014-15)
		Rowan Doherty, Simon Fraser (2017-19)
Most Career Wins (Individual Events + Relays)	6	Chris Randolph, Seattle Pacific (2004-06)
Most All-Conference Awards In A Single Meet (Individual Events)	4	Steven Schmidt, Northwest Nazarene (2023)
Most All-Conference Awards In A Single Meet (Individual Events + Relays)	4	Chris Randolph, Seattle Pacific (2006)
Most Career All-Conference Awards (Individual Events)	8	Chris Randolph, Seattle Pacific (2004-06)
		Maurus Hope, Northwest Nazarene (2009-12)
		Matson Hardie, Western Oregon (2010, 2012-13)
Most Career All-Conference Awards (Individual Events + Relays)	9	Chris Randolph, Seattle Pacific (2004-06)
		Greg Hamm, Northwest Nazarene (2004-06)
		Maurus Hope, Northwest Nazarene (2009-12)

GNAC TRACK & FIELD ALL-TIME RECORDS

INDOOR TRACK & FIELD

WOMEN - ALL MEETS

60 Meters	7.33	Marie-Éloïse Leclair, Simon Fraser (2023)
200 Meters	23.63	Marie-Éloïse Leclair, Simon Fraser (2023)
400 Meters	53.82	Marie-Éloïse Leclair, Simon Fraser (2023)
800 Meters	2:04.04	Alison Andrews-Paul, Simon Fraser (2022)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:07.05	Caroline Kurgat, Alaska Anchorage (2019)#
5,000 Meters	15:28.46	Caroline Kurgat, Alaska Anchorage (2019)#
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)
Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus		
Distance Medley	11:23.47	Alaska Anchorage (2019)
Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2018)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	19.52/64-0.5	Christina MacDonald, Concordia (2018)
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

* - NCAA Division II record

- Division II all-time all-conditions best (oversized track)

PENTATHLON EVENT RECORDS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
High Jump	1.76/5-9.25	Taylor Fettig, Central Washington (2014)
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.72/18-9.25	HarLee Ortega, Central Washington (2019)
800 Meters	2:13.75	Ali Anderson, Central Washington (2018)

WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.33	Marie-Éloïse Leclair, Simon Fraser (2023)
200 Meters	23.63	Marie-Éloïse Leclair, Simon Fraser (2023)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:05.09	Alison Andrews-Paul, Simon Fraser (2022)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)
Distance Medley	11:23.47	Alaska Anchorage (2019)
Ruth Cvancara, Vanessa Aniteye, Danielle McCormick, Caroline Kurgat		
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.93/12-10.75	Halle Irvine, Central Washington (2019)
Long Jump	5.98/19-7.5	Peace Igbonagwam, Seattle Pacific (2019)
Triple Jump	12.70/41-8	Keshara Romain, Saint Martin's (2020)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	18.67/61-3	Kori Sprague, Concordia (2020)
Pentathlon	3,815	Scout Cai, Seattle Pacific (2019)

CONFERENCE MEET PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
High Jump	1.69/5-6.5	Taylor Fettig, Central Washington (2014 & 2015)
		Karolin Anders, Alaska Anchorage (2015)
		Geneva Lehnert, Seattle Pacific (2017)
		Scout Cai, Seattle Pacific (2019)
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
800 Meters	2:15.88	Ali Anderson, Central Washington (2017)

MISCELLANEOUS CONFERENCE MEET RECORDS

Most Points, Single Meet	38	Ali Worthen, Seattle Pacific (2009, 2012)
Most Points, Career	112	Karolin Anders, Alaska Anchorage (2013-16)
Most Wins In A Single Meet (Individual Events)		
	3	Danielle Ayers-Stamper, Seattle Pacific (2005)
	3	Paige Johnson, Concordia (2020)
Most Wins In A Single Meet (Individual Events + Relays)		
	4	Ali Worthen, Seattle Pacific (2012)
Most Individual Wins, Career (Individual Events)		
	6	Krissy Tandle, Central Washington (2005-07, 2009)
		Jessica Pixler, Seattle Pacific (2007-08, 2010)
		Ali Worthen, Seattle Pacific (2010-12)
Most Relay Wins, Career	4	Jessica Pixler, Seattle Pacific (2007-10)
		Helen Crofts, Simon Fraser (2011, 2013)
		Alana Mussatto, Simon Fraser (2016-18)
		Addy Townsend, Simon Fraser (2016-20)
Most Individual Wins, Career (Individual Events + Relays)		
	10	Jessica Pixler, Seattle Pacific (2007-10)
Most All-Conference Awards In A Single Meet (Individual Events)		
	4	Ali Anderson, Seattle Pacific (2009, 2012)
		Tanya Bjornsson, Western Washington (2013)
		Karolin Anders, Alaska Anchorage (2014, 2015)
Most All-Conference Awards In A Single Meet (Individual Events + Relays)		
	6	Ali Worthen, Seattle Pacific (2012)
Most All-Conference Awards, Career (Individual Events)		
	12	Ali Worthen, Seattle Pacific (2009-12)
	12	Karolin Anders, Alaska Anchorage (2013-16)
Most All-Conference Awards, Career (Individual Events + Relays)		
	14	Ali Worthen, Seattle Pacific (2009-12)