

Community Colleges of  
**SPOKANE**



**Track and Field  
Record Book**

Records through 2019 Track and Field Season



# School Records Indoor

## Women's Indoor Records

Event	Athlete	Record	Year
55m	Lynn Ingram	7.44	1980
	Lila Bennett	7.44c	1980
60m	Chanel James	7.62	2010
200m	Whitney Schmaljohn	25.44	1998
300m	Pam Schreiber	41.94c	1980
400m	Stephanie Cummings	56.03	2011
500m	Jodi Meyers	1:18.54c	1978
600m	Gayle Falconer	1:38.8y	1979
800m	Jenni Saling	2:13.58	2000
1000m	Gayle Falconer	2:51.98	1979
1500m	Joanne Lahti	4:45.6	1980
Mile	Jenni Saling	5:05.47	2000
3,000m	Jessica Mildes	9:59.02	2014
2 Mile	Erika Colin	11:03.7	1998
5,000m	Joanne Lahti	17:48.7y	1980
55m Hurdles	Amber Miller	8.51	2001
60m Hurdles	Shelli McMurray	8.77	1984
800m Relay (4x200m)	L. Smith, L. Horlacher, J. Meyers, S. Holstein	1:51.4	1978
1600m Relay (4x400m)	S. Dezellum, R. Hardgrove, R. McDaniel, S. Cummings	3:59.02	2011
3200m Relay (4x800m)	J. Corbin, K. Kinniburgh, D. Lahti, B. Harris	10:03.77	1978
High Jump	Teona Perkins	5' 04 1/2" 1.63m	2008
Pole Vault	Alexis Perry	11' 09 3/4" 3.60m	2018
Long Jump	Chanel James	18' 06 1/2" 5.65m	2008
Triple Jump	Rachel Johnson	36' 06 1/2" 11.14m	2001
Shot Put	Cora Aguilar	43' 10" 13.36m	1984
Discus	Cora Aguilar	152' 09" 46.56m	1984
20# Weight	Amy Danielson	50' 04" 15.34m	2007
Pentathlon	Molly Burt	3,014 points	2004

## Men's Indoor Records

Event	Athlete	Record	Year
55m	Deji Adebajo	6.41	2007
60m	Deji Adebajo	6.81	2007
200m	Deji Adebajo	21.65	2007
300m	Aston Matthews	36.1y	1973
400m	Micah Ray	48.90	1990
500m	Bob Bundy	1:05.34c	1979
600m	Dan Shannon	1:20.0y	1983
800m	Jesse Jorgensen	1:50.68	2012
1000m	Dale Hornung	2:26.8y	1981
Mile	Andrew Fuller	4:14.02	2006
3000m	Shawn Beitelspacher	8:24.70	1998
2 Mile	Claude Neueschwander	9:11.8	1974
5000m	Kurt Beckman	14:19.9y	1974
6 Mile	Kurt Beckman	28:51.0	1974
55m Hurdles	Dusty Lane	7.47	1999
60m Hurdles	Dusty Lane	8.08	1999
300m Hurdles	Roy Givens	38.74c	1981
1200m Relay (4x300m)	Matthews, Viebreck, Holderby, Davis	2:33.1	1977
1600m Relay (4x400m)	M. Ray, S. McGuire, M. Rangel, C. McBride	3:14.53	1990
3200m Relay (4x800m)	J. Jorgensen, S. Wordell, N. Michel, J. Brown	7:56.47	2011
Distance	Klaus, S. Wilson,	10:17.2	1974
Medley Relay	R. Rolph, G. Gustafson		
6400m Relay (4x1600m)	M. Maw, S. Holman, K. Brown, D. Ramsey	18:02.4	1984
High Jump	Tim Marks	7' 01 3/4" 2.18m	1999
Pole Vault	Cade Nuemann	15' 07" 4.75m	2018
Long Jump	Brian Merlett	23' 05 1/4" 7.15m	1983
Triple Jump	Rashad Toussaint	50' 01 3/4" 15.29m	2006
Shot Put	Roy Martin	53' 11 1/2" 16.20m	1977
Discus	Jason Dixon	174' 08" 53.24m	2004
35-lb Weight	Jake Shanklin	55' 06 1/4" 16.93m	2006
Javelin	Pete Voorhes	194' 01" 59.16m	2006
Pentathlon	Curtis Parrish	3,078 points	2001
Heptathlon	John Kragt	4,359 points	2005

# School Records Outdoor

## Women's Outdoor Records

Event	Athlete	Record	Year
100m	Chanel James	11.82	2008
200m	Mechelle McClain	24.47	1986
400m	Stephanie Cummings	55.06	2011
800m	Gayle Falconer	2:10.33	1979
1500m	Joanne Lahti	4:34.77	1980
3000m	Joanne Lahti	9:49.9	1980
3000m SC	Micaela Kostecka	10:45.11	2018
5000m	Jessica Mildes	16:47.00	2014
10,000m	Jessica Mildes	34.29.36	2014
<b>**Junior College National Record**</b>			
100m Hurdles	Brittney Dugger	14.36	2015
400m Hurdles	Shelli McMurray	1:01.64	1984
400m Relay	Valentine, Nida, (4x100m) Lawhead, James	47.18	2010
800m Relay	Harris, Caudle, (4x200m) Seelye, Davidson	1:49.12y	1978
1600m Relay	Meyers, Thompson, (4x400m) Kenney, Weigelt	3:49.43	1978
3200m Relay	Henry, Fisher, (4x800m) Brown, Kostecka	9:47.30	2018
Sprint Medley Relay	Unknown Team	1:48.8	1979
High Jump	Julie Darington	5' 08"    1.73m	1985
Pole Vault	Stephanie Wright	12' 03 1/4"    3.74m	2017
Long Jump	Janet Buntin	19' 08 3/4"    6.01m	1981
Triple Jump	Chanel James	39' 07 3/4"    12.08m	2010
Shot Put	Cora Aguilar	47' 03"    14.40m	1984
Discus	Cora Aguilar	162' 00"    49.38m	1984
Hammer	Ashley Hutchinson	170' 06"    51.97m	2017
Javelin	Lynnea Braun	164' 11"    50.27m	2008
Heptathlon	Amber Miller	4,880 points	2001

## Men's Outdoor Records

Event	Athlete	Record	Year
100m	Chris Braithwaite	10.34c	1974
200m	Dusty Lane	20.96	1999
400m	Zvonko Stankovic	46.67	1978
800m	Jesse Jorgensen	1:49.88	2011
1500m	Howard Conley	3:49.59	1979
Mile	Lucus Oolo	4:03.3	1974
3000m SC	Corbin Carlton	8:59.10	2017
5000m	Shawn Beitelspacher	14:03.03	1998
10,000m	Shawn Beitelspacher	30:00.01	1998
100m Hurdles	Aric Walden	14.14	2014
400m Hurdles	Dave McDuffie	51.04	1975
400m Relay	Sullivan, Frandsen, (4x100m) Wallace, Rodgers	41.04	1980
1600m Relay	Andrews, Keisel, (4x400m) Kerr, McDuffie	3:11.5y	1974
3200m Relay	Violette, Harris (4x800m) Anthony, Harris	7:35.5	1982
Distance Medley Relay	Flatt, Charouhas Wright, Gwinn	10.11.1	1974
6400m Relay	Hennessey, Gustafson (4x1600m) Whitaker, Wilson	17:01.7y	1974
High Jump	Wilbert Horsley	7' 00 1/2"    2.15m	1980
<b>Pole Vault</b>	<b>Cade Nuemann</b>	<b>16' 04 3/4"    5.00m</b>	<b>2019</b>
Long Jump	Dan O'Brien	24' 06 1/4"    7.47m	1988
Triple Jump	Rashad Toussaint	51' 06 1/4"    15.70m	2006
Shot Put	Spike Walker	62' 01"    18.92m	1977
Discus	Jason Dixon	177' 10"    54.21m	2004
Hammer	Jake Shanklin	194' 10"    59.39m	2006
Javelin	Sean Keller	237' 00"    72.24m	2015
Decathlon	Dusty Lane	7,370 points	1999

# Stadium Records

## SFCC Stadium

WOMEN'S RECORDS				MEN'S RECORDS			
Event	Mark	Athlete	Year	Event	Mark	Athlete	Year
100m	11.64c	Irina Kot U.S.S.R	1988	100m	10.35	George Ogbedide Unattached	1989
200m	23.93	Angela Whyte Unattached	2004	200m	20.70	Jermaine Stafford Flower City Track Club	1993
400m	52.30	Monique Hennigan Spring Valley High School	1993	400m	45.07	Calvin Harrison North Salinas High School	1995
800m	2:07.89	Jawana McMullen Jueness Track Club	1993	800m	1:49.89	Mark Holcombe Australia	1991
1500m	4:21.77	Becki Wells Alabama	1993	1500m	3:47.18	Troy Fraley Unattached	2016
MILE	4:47.92c	Katie Knight North Central High School	2015	MILE	3:58.07	A.J. Acosta Bay Area Track Club	2014
3000m Steeplechase	10:54.02	Jessica Mildes Spokane	2014	3000m Steeplechase	8:36.25	Kurt Black Weber State	1993
5000m	16:18.54	Kim Jones Nike	1996	5000m	14:02.30	Rick Riley Cougar Track Club	1971
10,000m	33:46.10	Kari McKay Eastern Washington	1992	10,000m	29:11.17	David Morris Montana	1993
100m Hurdles	13.61	Angela Thorp Great Britain	1991	110m Hurdles	13.35	Aleec Harris USC	2014
400m Hurdles	56.99	Liga Velvere Latvia	2016	400m Hurdles	51.23	Jeffrey Jackson Athletes In Action	1993
400m Relay	45.84	USA Pan Am Junior Team	1993	400m Relay	39.91	USA Pan Am Junior Team	1991
1600m Relay	3:37.82	USA Pan Am Junior Team	1993	1600m Relay	3:04.22	USA Pan Am Junior Team	1991
High Jump	6' 01 1/2" 1.87m	Amy Acuff Calallen High School	1993	High Jump	7' 03 1/4" 2.22m	Dakarai Hightower Lane C.C.	2014
Pole Vault	14' 04" 4.37m	Becky Holliday Clackamas C.C.	2001	Pole Vault	18' 02" 5.54m	Victor Weirich BYU	2014
Long Jump	20' 06 1/2" 6.26m	Oluyinka Idowu Great Britain	1991	Long Jump	25' 10" 7.87m	Terry Metcalf Everett C.C.	1971
Triple Jump	41' 03 3/4" 12.59m	Sharon Li Washington State	1991	Triple Jump	51' 06 1/4" 15.70m	Rashad Toussaint Spokane	2006
Shot Put	52' 06 1/2" 16.02m	Valyeta Althouse UCLA	1993	Shot Put	68' 07" 20.90m	Dennis Black Unattached	1993
Discus	180' 08" 55.07m	Suzy Powell Sacramento Track Club	1993	Discus	194' 03" 59.21m	Russ Winger Unattached	2007
Hammer	199' 06" 60.83m	Kaytlyn Coleman Eastern Washington	2016	Hammer	214' 04" 65.32m	Lex Strom Nike International	1992
Javelin	179' 03" 54.64m	Marissa Tschida Washington State	2010	Javelin	246' 04" 75.10m	Doug Lefler Unattached	2009
Heptathlon	5160	Amy Anthony Northern Arizona	1993	Decathlon	7532	David Lemen (Clackamas) Clackamas	2000

# Stadium Records

## SCC Stadium

WOMEN'S RECORDS				MEN'S RECORDS			
Event	Mark	Athlete	Year	Event	Mark	Athlete	Year
100m	11.94	Roxie Davis Washington State	1988	100m	10.24c	Gary Minor Washington State	1976
200m	24.53	Denise Lucas Mt. Hood CC	1986	200m	20.54c	Gary Minor Washington State	1976
400m	53.69	Rhonda Bell Bellevue CC	1980	400m	46.73	Zvonko Stankovic Spokane	1973
800m	2:10.13	Michelle Finnvik Green River CC	1985	800m	1:48.6	Rick Bartlett Idaho	1977
1500m	4:32.1	Kathy Weston Oregon State	1980	1500m	3:44.5	Rick Kumm Oregon State	1980
3000m Steeplechase	12:26.32	Chelsea Rutter Spokane	2007	3000m Steeplechase	8:47.8	Jim Johnson Unattached	1975
5000m	17:12.99	Zoe Nelson Kalispell High School	2004	5000m	13:22.7	Henry Rono Washington State	1978
10,000m	38:18.12	Janette Griffith Highline CC	1982	10,000m	30:34.6	David Dye Everett CC	1982
100m Hurdles	13.89	Kay Garnett Bellevue CC	1982	110m Hurdles	13.84c	Kip Ngeno Washington State	1975
400m Hurdles	1:00.22	Anita Sartin Bellevue CC	1982	400m Hurdles	50.24c	Steve Jackson Unattached	1988
400m Relay	47.47	Spokane CC	1985	400m Relay	39.94y	Washington State	1975
1600m Relay	3:51.42	Bellevue CC	1982	1600m Relay	3:06.4y	Washington State	1975
High Jump	6' 01 1/2" 1.87m	Ann Bair Virginia	1982	High Jump	7' 08" 2.34m	Brent Harkin Unattached	1987
Pole Vault	12' 02 1/2" 3.72m	Jennette Martus Washington State	1999	Pole Vault	17' 00 1/4" 5.19m	Brian Goodman Washington State	1980
Long Jump	21' 03 3/4" 6.49m	Jackie Joyner Shakalee Track Club	1982	Long Jump	26' 05 3/4" 8.07m	Bill Ayers Washington State	1988
Triple Jump	40' 08 1/4" 12.40m	Jackie Ross Unattached	1988	Triple Jump	54' 05" 16.58m	Francis Dodo Ghana	1988
Shot Put	49' 04 1/4" 15.17m	Jane Frederick Athletics West	1981	Shot Put	62' 03 1/2" 18.98m	Mitch Crouser Moscow USA Track Club	1982
Discus	169' 09" 51.75m	Mandy Borschowa Washington State	1999	Discus	204' 06" 62.33m	Mitch Crouser Moscow USA Track club	1982
Hammer	191' 05" 58.35m	Andrea Thornton Unattached	2005	Hammer	209' 05" 63.83m	Paul Buxton Washington State	1977
Javelin	159' 02" 48.51m	Jordan Graeme Eastern Washington	2005	Javelin	239' 11" 75.10m	Craig Christianson New York Athlete Club	1987
Heptathlon	6011	Jane Frederick Athletics West	1982	Decathlon	6948	Greg Turner Spokane	1989

# Women's All-Time Top Marks

## 100 METERS

11.82	Chanel James	2008
12.03	Reatha Garnett	1985
12.04	Toni Williams	1985
12.11	Karen Miller	1978
12.11	Lateasha Currie	2009
12.14	Jennifer Kennedy	2002
12.14c	Loriann Hoyt	1983
12.14c	Mechelle McClain	1985
12.19	Whitney Schmaljohn	1998
12.20	Stephanie Cummings	2011
12.25	Ebony Barnes	2011
12.30	Stephanie Hill	2008
12.32	Lynn Ingram	1980
12.34c	Jeanna Donner	1988
12.35	Celeste Stutheit	1997
12.36	Sydney Roberts	2014
12.38	Jeanne Sanders	1986
12.40	Vanessa Harris	2009
12.43	Shannon Long	2006
12.45	Meagan Bennett	2003
12.45	Mertece Hatchett	2017

## 200 METERS

24.47	Mechelle McClain	1986
24.63	Chanel James	2008
24.74	Whitney Schmaljohn	1998
24.87	Toni Williams	1985
24.91	Reatha Garnett	1985
25.09	Lois Jensen	1979
25.13	Emily Alspaugh	2001
25.15	Kendra Hamm	2015
25.18	Lataeshea Currie	2009
25.19	Stephanie Hill	2008
25.21	Jennifer Kennedy	2002
25.21	Ebony Barnes	2011
25.22	Lynn Ingram	1981
25.22	Nicole Nida	2010
25.24	Stephanie Cummings	2011
25.38	Shannon Long	2006
25.39	Taylor Cook	2008
25.42	Loriann Hoyt	1983
25.44c	Karla Zyp	1983
25.45	Vanessa Harris	2009

## 400 METERS

55.06	Stephanie Cummings	2011
55.61	Emily Alspaugh	2001
55.84	Mechelle McClain	1986
55.92	Lois Jensen	1979
56.19	Toni Williams	1985
56.35	Pam Schreiber	1980
56.98	Whitney Schmaljohn	1999
57.01	Lisa Tyler	1983
57.21	Denise Clare	1980
57.25	Nicole Nida	2010
57.27	Jeanne Sanders	1985
57.41	Lasina Smith	1997
57.64c	Julie Weigelt	1978
57.66	Myisha Valentine	2010
57.81	Kendra Hamm	2015
57.88	Chelsea Lawhead	2010
<b>58.02</b>	<b>Alvanique Smith</b>	<b>2019</b>
58.51	Kelly Brown	2018
58.24	Miguette Wilson	1988
58.41	Crystal Gubler	2005

## 800 METERS

2:10.33	Gayle Falconer	1979
2:11.54	Stephanie Cummings	2011
2:12.62	Teona Perkins	2005
2:13.49	Christine Werther	1998
2:13.84	Jenni Saling	2000
2:14.17	Rachel McDaniel	2011
2:14.6	Tracy Binsfield	1979
2:15.13	Terri Bennett	1985
2:15.20	Micaela Kostecka	2018
2:15.23	Kelly Brown	2018
2:15.5	Lisa Tyler	1983
2:15.6	Eva Nicacio	1980
2:15.91	Joan Corbin	1978
2:16.84	Celina Ingalls	2000
2:17.86	Anne Phillips	1978
2:18.29	Doris Lahti	1978
2:18.29	Christine Eckstein	2008
2:18.3	Pam Schreiber	1980
2:18.42	Shaney Coe	1983
2:18.52	Jessica Mildes	2014

## 1500 METERS

4:34.77	Joanne Lahti	1980
4:35.15	Mikel Elliot	2012
4:35.88	Jessica Mildes	2014
4:37.02	Jenni Saling	2000
4:37.50	Christine Eckstein	2008
4:39.0	Kari McKay	1989
4:39.17	Micaela Kostecka	2018
4:39.4	Kathy Kinniburgh	1979
4:39.75	Joan Corbin	1978
4:41.19	Eva Nicacio	1979
4:42.35	Brittnee Sanchez	2009
4:43.0	Julie Robbins	1982
4:43.5	Erika Colin	1998
4:43.61	Ashley Hadway	2004
<b>4:45.05</b>	<b>Jolene Whiteley</b>	<b>2019</b>
4:45.3	Michelle Ballentine	1982
4:45.86	Christina Werther	1998
4:46.1	Doris Lahti	1979
4:46.44	Missy Madsen	1984
4:49.1	Alison Smith	1979

## 3000 METERS

9:49.9	Joanne Lahti	1980
9:58.19	Erika Colin	1998
10:05.31	Trish Henderson	1983
10:06.0	Kari McKay	1989
10:14.0	Jenni Saling	2000
10:15.4	Missy Madsen	1984
10:16.98	Christine Oeser	1983
10:19.95	Kelly Warren	1979
10:26.24	Colleen Huck	1999
10:27.80	Jenny Rodgers	2000
10:30.9	Tracy Binsfield	1979
10:32.7	Michelle Ballentine	1981
10:33.41	Devin Huck	1999
10:34.3	Heather Maple	1987
10:35.04	Christina Werther	1997
10:40.03	Ashley Hadway	2003
10:40.81	Kathy Kinniburgh	1979
10:42.71	Mayra Morgado	2002
10:42.94	Kendra Colyar	2002
10:43.55	Angie Simmers	1999

## 5000 METERS

16:47.00	Jessica Mildes	2014
16:57.6	Joanne Lahti	1980
17:12.42	Erika Colin	1998
17:31.52	Mikel Elliot	2012
17:38.71	Ashley Hadway	2004
17:47.79	Brittnee Sanchez	2009
17:48.65	Kelly Warren	1979
17:52.5	Kari McKay	1989
17:52.8	Trish Henderson	1983
17:53.30	Becca Mildes	2015
17:58.83	Christine Oeser	1982
18:00.09	Missy Madsen	1985
18:01.2	Mary Gullickson	1981
18:04.0	Michelle Ballentine	1981
18:05.85	Colleen Huck	1999
18:09.37	Nicole Edwards	1999
18:09.69	Gracie Ledwith	2016
18:21.72	Devin Huck	1999
<b>18:26.39</b>	<b>Jolene Whiteley</b>	<b>2019</b>
18:28.53	Heather Maple	1984



**Jess Mildes** holds then National Junior College Record in the 10,000m, and school and NWAC records in the 5,000m and formerly the Steeplechase. Jess is the only athlete in NWAC history to claim conference titles in the 1500m, 3000m Steeple, 5,000m and 10,000m in a single year.

## 10,000 METERS

34:29.36	Jessica Mildes	2014
<b>**Junior College National Record**</b>		
35:20.88	Erika Colin	1998
36:59.01	Becca Mildes	2015
37:24.16	Ashley Hadway	2004
37:33.43	Kendra Colyar	2002
38:02.36	Kelly Warren	1980
38:11.55	Leah Rife-Dupuy	2014
38:53.65	Angie Simmers	1999
39:12.25	Amanda Kinzel	2015
39:19.5	Mary Gullickson	1981
39:41.82	Chelliey Corder	2005
39:43.70	Melissa Sweeney	2010
39:44.84	Katie Owens	2010
39:47.86	Kaylee Marquardt	2017
39:53.96	Susan Volke	1987
40:03.64	Armarose Bailey	2010
40:10.31	Jeanna Segaline	2017
40:13.7	Gracie Ledwith	2016
40:14.84	Para Draine	1992
40:25.87	Jessika Sill	2001



# Women's All-Time Top Marks

## 100 METER HURDLES

14.29	Mertece Hatchett	2018
14.36	Brittany Dugger	2015
14.44c	Shelli McMurray	1985
14.55	Molly Burt	2005
14.61	Natalie Kalda	2018
14.68	Shayle Dezellem	2012
14.74c	Dana Puterburgh	1982
14.82	Alissa Miller	2003
14.82	Jordyn Arlt	2017
14.87	Kari Hawes	1987
14.89	Lynn Kinney	1978
14.89	Deborah Clark	1979
14.90	Janet Otto	1986
14.93	Whitney Echols	2014
15.01	Brandie Edwards	2007
15.03	Mary Kister	1978
15.03	Amber Nash	2005
15.04c	Theresa Watson	1985
15.04c	Kari Near	1986
15.07	Amber Miller	2001

## 3000 METER STEEPLECHASE

10:45.11	Micaela Kosteka	2018
10:54.02	Jessica Mildes	2014
11:07.67	Mikel Elliot	2012
11:22.83	Larsen Agee	2007
<b>11:25.99</b>	<b>Jolene Whiteley</b>	<b>2019</b>
11:41.22	Karen Owens	2008
11:47.26	Sara Fristoe	2015
11:50.75	Chelsea Rutter	2007
12:01.80	Rebekah Henry	2018
12:01.95	Aubrienne Knudsen	2018
12:04.95	Stephanie Jones	2012
12:10.62	Christine Eckstein	2008
12:10.62	Elizabeth Smith	2015
12:18.4	Taebrooke Rutter	2006
12:19.12	Megan Dart	2011
12:23.67	Becca Mildes	2015
12:33.92	Vanessa Church	2013
12:34.93	Emily Frazier	2007
12:37.70	Elizabeth Thornton	2018
12:39.15	Cali Moscrip	2017



The 2010 400 Meter Relay Team of Nicole Valentine, Nicole Nida, Chelsea Lawhead, and Chanel James set the school record of 47.18 winning the NWAC title.

## 400 METER RELAY (4X100m)

47.18	Valentine/Nida/Lawhead/James	2010
47.24	Nida/Cook/Hill/James	2008
47.25	Valentine/Cook/Harris/Currie	2009
47.47	Garnett/McMurray/Sanders/McClain	1985
47.49	Otto/McClain/Wilkerson/Near	1986
47.58	Shearer/Nida/Cook/James	2008
47.59	Richards/Donner/Pleasant/Williams	1988
47.76	Nickerson/Alsbaugh/Johnson/Kennedy	2001
47.76	Nida/Valentine/Harris/James	2010
48.04c	Ostrander/Zyph/Armstead/Hoyt	1983
48.05	Otto/McClain/Wilkerson/Sanders	1986
48.06	Garrett/Barnes/Jackson/Cummings	2011
48.13	Simpson/Schmaljohn/Nichols/Smith	1998
48.15	Ostrander/Brittain/Garrett/McMurray	1984
48.21	Dezellem/Garrett/Barnes/Cummings	2012
48.24c	Puterbaugh/Hoyt/Zyph/Henry	1982
48.24c	Garnett/McMurray/Wolf/McClain	1985
48.39	Horlacher/Weigelt/Myers/Thompson	1978
48.44c	Wilson/Schreiber/Ferguson/Ingram	1980
48.51	Dezellem/Garrett/Jackson/Cummings	2011

## 1600 METER RELAY (4X400m)

3:49.43	Myers/ Weigelt / Kinney/Thompson	1978
3:52.5	Myers/Weigelt/Lahti/Thompson	1978
3:53.59	Otto/McClain/Wilkerson/Near	1986
3:53.67	Bennett/Sanders/Garnett/McClain	1985
3:54.2	Otto/Sanders/Near/McClain	1986
3:54.93	Dezellem/McDaniel/Jackson/Cummings	2011
3:55.03	Lawhead/McDaniel/Valentine/Nida	2010
3:55.1	James/Ingram/Schreiber/Clare	1980
3:55.42	Dezellem/Hardgrove/Elliot/Cummings	2012
3:55.96	Lawhead/McDaniel/James/Nida	2010
3:55.98	Williams/Donner/Richards/Martin	1985
3:56.26	Kalda/Fisher/Arlt/Brown	2018
3:56.2	Hood/Setera/Hoyt/Tyler	1982
3:56.59	Werther/Schmaljohn/Nichols/Smith	1998
3:57.04	Hamm/DelMedico/Seymour/Roberts	2014
3:57.32	Ostrander/Swoboda/Bennett/McMurray	1984
3:57.94	Binsfield/Clark/Falconer/Weigelt	1981
3:58.30	Collins/DelMedico/Clark/Strope	2016
3:59.05	Valentine/McDaniel/Ortiz/Nida	2010
4:00.60	Shearer/Hill/Nida/Cook	2008



100m hurdles school record holder **Mertece Hatchett**. Mertece won two NWAC titles in the 100m hurdles as well as the 400m Relay.

## 400 METER HURDLES

1:01.84c	Shelli McMurray	1984
1:01.87	Jody Meyers	1978
1:02.28	Natalie Kalda	2018
1:03.03	Shayle Dezellem	2012
1:03.18	Sydney Roberts	2014
1:03.34c	Isabel Clark	2016
1:03.54	Bethany Fisher	2018
1:03.65	Molly Burt	2004
1:03.84c	Deborah Clark	1979
1:03.77	Kari Near	1986
1:03.89	Alysha Overland	2016
1:03.97	Dana Puterbaugh	1982
1:04.03	Jenny Hansberry	2002
1:04.10	Katie Collins	2016
1:04.19	Theresa Wilson	1986
1:04.35	Kendra Hamm	2015
1:04.99	Amber Nash	2006
1:05.04c	Janet Otto	1986
1:05.26	Vicky Panco	1983
1:05.53	Karol Hood	1981

# Women's All-Time Top Marks

## HIGH JUMP

5' 08"	1.73m	Julie Darlington	1985
5' 07"	1.70m	Lynn Kinney	1978
5' 07"	1.70m	Gayle Huff	1982
5' 07"	1.70m	Dawn Steiner	1991
5' 06"	1.68m	Toni Davidson	1979
5' 06"	1.68m	Julia Douthart	1987
5' 06"	1.68m	Rachel Johnson	2001
5' 06"	1.68m	Teona Perkins	2005
5' 06"	1.68m	Brittany Dugger	2014
5' 05.50"	1.67m	Carla Wilkerson	1983
5' 05"	1.65m	Jeri Wilkerson	1985
5' 04.25"	1.63m	Dari Wilson	1980
5' 04.25"	1.63m	Helen Murphy	2003
5' 04.25"	1.63m	Kaylee Hartshorn	2010
5' 04.25"	1.63m	Rashae Spencer	2016
5' 04"	1.62m	Rita Gardner	1978
5' 04"	1.62m	Paula Nickerson	1978
5' 04"	1.62m	Lori Shagina	1981
5' 04"	1.62m	Renea Duffie	1987
5' 03.25"	1.61m	Kristle Moss	2008

## LONG JUMP

19' 08.75"	6.01m	Janet Buntin	1981
19' 06"	5.94m	Lasina Smith	1998
19' 04.25"	5.89m	Shelli McMurray	1985
19' 02.50"	5.85m	Chanel James	2010
18' 09.75"	5.73m	Jennifer Kennedy	2001
18' 09.25"	5.72m	Pauline Henry	1982
18' 05.75"	5.63m	Cydney Edmunds	1999
18' 05.50"	5.62m	Amy Nickerson	2002
18' 04.50"	5.60m	Celeste Stutheit	1997
18' 03.75"	5.58m	Dana Puterbaugh	1982
18' 02.50"	5.54m	Mary Lamb	1984
18' 02.50"	5.54m	Sara Weisma	1994
18' 02"	5.53m	Julie Weigelt	1978
18' 01.50"	5.52m	Kendra Hamm	2015
18' 01"	5.51m	Loriann Hoyt	1983
18' 00.50"	5.50m	Sheri Wolf	1985
18' 00.50"	5.50m	Alisa Miller	2003
18' 00.50"	5.50m	Natalie Abersfeller	2007
17' 11"	5.46m	Amber Miller	2001
17' 11"	5.46m	Jaida Burgess	2015

## TRIPLE JUMP

39' 07.75"	12.08m	Chanel James	2010
38' 07"	11.76m	Jennifer Kennedy	2002
38' 04"	11.68m	Alisa Miller	2003
38' 02.75"	11.75m	Lasina Smith	1998
37' 09"	11.51m	Vanessa Harris	2010
37' 06.75"	11.45m	Anna Cartee	2017
37' 05.75"	11.42m	Natalie Abersfeller	2007
37' 03.75"	11.37m	Rachel Johnson	2001
36' 09"	11.20m	Amber Miller	2001
36' 08"	11.18m	Renee Svensrud	1989
<b>36' 07.75"</b>	<b>11.17m</b>	<b>Bayley Weik</b>	<b>2019</b>
36' 06.25"	11.13m	Alyssa Rhoads	2016
36' 04.75"	11.09m	Rosalie Pope	1999
36' 04"	11.07m	Kim Reid	1989
36' 01.50"	11.01m	Mechelle McClain	1986
35' 11.25"	10.95m	Julie Liabraaten	1998
35' 10"	10.92m	Cassie Rohrbacher	2001
35' 09.25"	10.90m	Jaida Burgess	2016
35' 06"	10.82m	Kealey Johnston	2009
35' 04"	10.77m	Hanna Clizbe	2014



**Stephane Wright** holds the school record for the Pole Vault. She broke the outdoor record in 2016 becoming the first Lady Sasquatch to break the Twelve Foot barrier, and then broke her own record again in 2017.

## POLE VAULT

12' 03.25"	3.74m	Stephanie Wright	2017
11' 11.75"	3.65m	Jennifer Bolton	2007
11' 09.75"	3.60m	Afton Reynolds	2006
11' 09.25"	3.59m	Alexis Perry	2017
11' 07.75"	3.55m	Makayla Strand	2014
11' 06.25"	3.51m	Jessica Fuller	2006
11' 03.75"	3.45m	Hailey Otholt	2016
11' 03.50"	3.44m	Michayla Mueller	2010
11' 03"	3.43m	Amber Troyer	2011
11' 01.75"	3.40m	Melissa Harless	2008
11' 01.75"	3.40m	Moriah Knowles	2014
11' 00"	3.36m	Amy Mortensen	2000
10' 10.25"	3.31m	Alexa Adams	2013
10' 06"	3.20m	McAlister Buchanan	2012
10' 05.50"	3.19m	April Axtell	2007
10' 02.75"	3.12m	Sarah Sheikh	2016
9' 06"	2.89m	Kristen Peterson	1996
9' 04.25"	2.85m	Meagan Stanley	2006
9' 00.25"	2.75m	Samantha Neal	2000
9' 00"	2.74m	Jaimi Lambert	2000

## SHOT PUT

47' 03"	14.40m	Cora Aguilar	1984
45' 08"	13.91m	Julie Chevillet	1990
45' 03"	13.79m	Corissa Hutchinson	2008
45' 02.50"	13.77m	Jeanne Kinney	1979
45' 01.75"	13.76m	Paula Nickerson	1978
44' 10.75"	13.68m	Ashley Hutchinson	2009
44' 00.50"	13.42m	Sarah Brown	2008
44' 00.50"	13.42m	Anna George	2010
44' 00"	13.41m	Lisa Smith	1978
43' 11.25"	13.39m	Dawn Phillips	1991
43' 10.75"	13.38m	Marji Bovey	2004
43' 10.50"	13.37m	Cortney Zappe	2007
43' 06"	13.26m	Lisa Hoffman	1982
43' 03.75"	13.20m	Karen Crull	1980
43' 02.50"	13.16m	Patti Patterson	1986
43' 01"	13.13m	Joi Tipton	1987
42' 08.75"	13.02m	Teresa Tyler	1990
42' 08.75"	13.02m	Rachel Garcia	2008
42' 07"	12.98m	Brandee Bynum	1993
42' 06.50"	12.96m	Angela Stubblefield	1979



# Women's All-Time Top Marks

## DISCUS

162' 00"	49.38m	Cora Aguilar	1984
159' 10"	48.73m	Corissa Hutchinson	2008
153' 09"	46.86m	Teresa Tyler	1991
151' 05"	46.15m	Carol Unger	1983
148' 10"	45.36m	Lisa Hoffman	1982
148' 00"	45.11m	Terri Georgeson	1978
142' 00"	43.28m	Darlene McClure	1988
141' 09"	43.21m	Julie Chevillet	1991
140' 06"	42.83m	Elisha Lee	2016
139' 10"	42.62m	Amber Reardon	1999
139' 00"	42.37m	Alexa Lindseth	2012
138' 01"	42.09m	LaDonna Jarret	1981
136' 00"	41.45m	Kristina Jones	2004
135' 05"	41.28m	Paula Nickerson	1979
134' 09"	41.07m	Rachelle Malmgren	1991
134' 09"	41.07m	Ashley Hutchinson	2008
134' 07"	41.02m	Katie Speedy	1982
134' 04"	40.94m	Jessica Sosnowski	2012
132' 11"	40.53m	Rachel Garcia	2008
132' 11"	40.51m	Dacia Murillo	2003

## HAMMER

170' 06"	51.97m	Elisha Lee	2017
169' 08"	51.72m	Ashley Hutchinson	2009
162' 02"	49.43m	Cassie Rosette	2002
161' 00"	49.07m	Windi Selle	1999
160' 07"	48.95m	Rachel Garcia	2008
156' 10"	47.79m	Chelsea Wordell	2009
156' 01"	47.47m	Marji Bovey	2004
154' 11"	47.23m	Andrea Edwards	2010
154' 02"	47.00m	Melissa Youmans	2012
151' 08"	46.23m	Emily Flynn	2014
151' 05"	46.16m	Anna George	2010
148' 08"	45.31m	Ronni Coleman	2006
146' 02"	44.55m	Amy Danielson	2006
145' 04"	44.31m	Nyrienda Ross	2016
143' 09"	43.83m	Melanie Frankart	2011
143' 07"	43.76m	Kayla Eikum	2015
139' 11"	42.65m	Kristina Jones	2004
139' 10"	42.62m	McKenzie Carter	2008
139' 06"	42.51m	Ardele Irving	1997
139' 05"	42.50m	Brianna Simon	2016

## JAVELIN (OLD)

158' 09"	48.38m	Darlene McClure	1988
155' 02"	47.29m	Shaney Coe	1983
153' 05"	46.76m	Pam Thompson	1978
151' 08"	46.22m	Jennifer Chapman	1980
150' 06"	45.87m	Dawn Stedham	1986
135' 05"	41.27m	Jennifer Vangemart	1995
133' 01"	40.56m	Angela Stubblefield	1979
132' 06"	40.38m	Cathy VanKuren	1988
131' 10"	40.18m	Joy Stock	1989
131' 00"	39.92m	Carol Unger	1983

## JAVELIN (NEW)

164' 11"	50.27m	Lynnea Braun	2008
152' 01"	46.37m	Brook Randall	2011
148' 02"	45.16m	Maggie Nelson	2018
146' 05"	44.63m	Amber Miller	2001
145' 09"	44.42m	Sara Johnson	2003
143' 08"	43.79m	Karie Pruet	2000
143' 07"	43.77m	Meaghan Condon	2014
141' 08"	43.19m	Anna Brooks	2010
141' 00"	42.97m	Korissa Clevish	2006
140' 05"	42.80m	Orejeona LaFever	2004
137' 07"	41.95m	Andrea Edwards	2010
136' 10"	41.72m	Elisha Lee	2017
136' 01"	41.47m	Anna George	2010
135' 11"	41.42m	Kaylee Hartshorn	2011
135' 04"	41.25m	Jamila Schafer	2015
135' 01"	41.17m	Cassie Dryden	2005
134' 08"	41.05m	Jacy Vinning	2014
134' 08"	41.04m	Amanda Youngers	2013
133' 02"	40.60m	Emily Flynn	2013
131' 04"	40.03m	Alissa Miller	2003

## HEPTATHLON

4889	Amber Miller	2001
4799	Molly Burt	2005
4588	Cydney Edmunds	1999
4588	Teona Perkins	2005
4532	Shayle Dezelle	2012
4472	Kendra Hamm	2015
4462	Alissa Miller	2003
4351	Brittany Dugger	2015
4301	Kari Near	1986
4270	Ashley Sharp	2013
4240	Maggie Nelson	2017
4238	Bethany Fisher	2018
4224	Katie Collins	2017
4207	Lori Freeman	1987
4202	Sydney Roberts	2015
4187	Dawn Steiner	1991
4152	Angie Pleasant	1988
4125	Janet Otto	1987
4123	Taylor Cook	2009
4081	Amber Nash	2006



**Elisha Lee**, two-time NWAC Conference champion in the Discus and Hammer throw, and the school record holder in the Hammer. **Elisha** also placed second and fifth in the conference meet in the Javelin, scoring 52 points in two years for Spokane

# Men's All-Time Top Marks

## 100 METERS

10.34c	Chris Braithwaite	1974
10.36	Dusty Lane	1999
10.38	Adama Fall	1975
10.43	Vic Wallace	1981
10.51	Dan O'Brien	1988
10.54c	Charles Webster	1974
10.55	Deji Adebayo	2007
10.58	Gary Carew	1974
10.60	Marlon Barrow	1982
10.61	Randy Townsend	1995
10.64c	Leroy Jordan	1977
10.64c	Dennis Livingston	1983
10.68	Tim Sullivan	1987
10.68	Joe Johnson	1988
10.69	Michael Vetter	2009
10.72	Aston Matthews	1973
10.74	Pat Ray	2001
10.74	Everette White	2003
10.74c	Eric Dahl	1969
10.74c	Paul Brown	1974
10.74c	Zvonko Stankovic	1978
10.74c	Ivan Corley	1988

## 200 METERS

20.96	Dusty Lane	1999
21.13	Zvonko Stankovic	1978
21.21	Tim Sullivan	1986
21.24	Vic Wallace	1981
21.42	Mark Robinson	1977
21.43	Randy Townsend	1994
21.43	Pete Lopez	1999
21.44c	Chris Braithwaite	1974
21.44c	Leroy Jordan	1977
21.45	Chris Keane	1992
21.47	Adama Fall	1975
21.47	Dennis Sullivan	1976
21.47	Dave Sullivan	1976
21.47	Dennis Livingston	1983
21.48	Deji Adebayo	2007
21.50	Ryan Karrer	1996
21.52	Dan Shannon	1983
21.53	Hogan Wrixon	1985
21.54c	Paul Brown	1974
21.54c	Rod Pearsall	1975

## 400 METERS

46.67	Zvonko Stankovic	1978
46.88	Dave Sullivan	1976
47.21	Tim Sullivan	1987
47.35	Ryan Karrer	1996
47.44y	Bill Hicks	1972
47.50	Mark Robinson	1977
47.54c	George Rogers	1980
47.55	Dave McDuffie	1976
47.64c	Dan Shannon	1983
47.80	Vernon Mickens	1984
47.80	Dusty Lane	1999
47.82	Ron Fabian	1986
47.91	Mike Andrews	1976
47.91	Hogan Wrixon	1985
47.93	James Swanson	1993
48.02y	Doug McKenzie	1973
48.06	Gary Little	1978
48.06	Pat Ray	2002
48.10	Calvin Harris	1982
48.22	Marzell Jenkins	2009

## 1500 METERS

3:49.59	Howard Conley	1979
3:50.01	Jim Reed	1999
3:51.1	Russ Smith	1978
3:52.4	Chris Katon	1992
3:53.13	Mike Brady	1979
3:53.27	Tom Larsen	1976
3:53.60	Peter Anthony	1982
3:53.85	Brad Lewis	2002
3:54.34	Tim Riley	1976
3:54.52	Sean Coyle	2009
3:55.08	Larry Weber	1977
3:55.71	Ryan Lancaster	2003
3:56.0	Shawn Beitelspacher	1998
3:56.57	Patrick Valisto	2000
3:56.61	Jake Roberts	2007
3:56.85	Mike Hadway	1976
3:57.26	Rick Geiter	1977
3:57.35	Ty Axtman	2004
3:57.4	Greg Gustafson	1974
3:57.50	Rick Bogatay	2006

## MILE

4:03.3	Lucus Oolo	1973
4:08.7	Phil Burkwist	1970
4:09.5	Randy Rolf	1973
4:10.14	Tom Larson	1976
4:10.5	Tom Burkwist	1968
4:11.07	Jim Hennessey	1975
4:11.4	Dave McCarty	1972
4:11.6	Greg Gustafson	1974
4:13.2	Steve Wilson	1974
4:14.8	Day	1973

## 5000 METERS

14:03.03	Shawn Beitelspacher	1998
14:15.1	Kurt Beckman	1974
14:24.27	Chris Katon	1992
14:24.6y	Dave McCarty	1972
14:26.4y	Phil Burkwist	1970
14:28.0y	Rick Whitaker	1974
14:30.2y	Lucus Oolo	1973
14:30.63	Patrick Chessar	2003
14:35.64	Ben Welch	1983
14:40.7y	Jim Hennessey	1974
14:41.2	Bryan Geissler	1974
14:41.6	Bill Rodgers	1982
14:43.8	Stan Holman	1985
14:44.3y	Greg Gustafson	1975
14:45.09	Ty Axtman	2004
14:45.2y	Kevin McCarthy	1973
14:46.47	Anthony Brown	2010
14:48.3	Russ Smith	1978
14:48.41	Seth Brown	1977
14:48.48	Mark Moeller	2008



**Jesse Jorgensen**, school record holder at 800 meters, 2011 NWAC champion and 2015 Pac-12 champion at Washington State. Jesse Ran 1:45.76 to finish 9<sup>th</sup> at the 2015 USATF Championship Meet.

## 800 METERS

1:49.88	Jesse Jorgensen	2011
1:50.2y	Glen Kern	1972
1:50.78	Don Rouse	1977
1:50.83	Jeff Cotrell	2012
1:50.85	Chris Violette	1982
1:50.9	Calvin Harris	1982
1:51.0	Lucus Oolo	1973
1:51.28	Wayne Dionne	1981
1:51.33	Paris Speidel	2015
1:51.35	Larry Weber	1977
1:51.35	Jasen Brown	2011
1:51.4	Ron Overbeck	1978
1:51.6	Bob Bundy	1979
1:51.6	Cliff Otos	1980
1:51.83	Frankie Hoerner	2016
1:51.95	Steve Kiesel	1976
1:52.04	Vince Collins	1987
1:52.12	James Miller	1987
1:52.15	Dave Carrol	1987
1:52.3y	Peter Baulls	1973



**Dusty Lane** owns the CCS records at 200m and Decathlon. He also owns the NWAC Championship Meet records for the 100m, 200m, and 400m hurdles. He scored 91 points in two years at the NWAC conference meet.

# Men's All-Time Top Marks

## 10,000 METERS

30:00.01	Shawn Beitelspacher	1998
30:10.66	Patrick Chessar	2003
30:26.46	Mark Currell	2004
30:28.14	Mark Moeller	2008
30:37.0	Ben Welch	1982
30:39.4	Craig Olinger	1978
30:49.05	Brandon Hauver	1999
31:15.37	Brandon Stum	2003
31:16.30	Chris Katon	1992
31:18.22	Dennis Armstrong	1976
31:19.43	Tim Moran	1979
31:28.17	Steve Taylor	1977
31:37.40	Brandon Larson	1998
31:38.0	Phil Burkwist	1970
31:45.1	Rich Tyrie	1986
31:47.54	Stan Holman	1985
31:47.94	Keith Cronrath	1979
31:50.46	Rigoberto Jimenez	2009
31:50.53	Jay Martin	1980
31:53.93	Leif Olsen	2001

## 3000 METER STEEPLECHASE

8:59.10	Corbin Carlton	2017
9:09.15	Sean Coyle	2009
9:10.54	Jim Reed	1999
9:16.42	Stan Holman	1985
9:17.0	Kyle Anderson	2006
9:22.06	Judd Lewis	2016
9:22.50	Buck Stewart	1990
9:22.57	Greg Kuntz	1992
9:22.7	Andrew Fuller	2006
9:23.0	Bill Rodgers	1982
9:23.59	Jim Hennessy	1975
9:24.63	Josh Muxen	1996
9:25.5	Chris Morton	1986
9:27.62	Craig Olinger	1978
9:29.53	Mike Anderson	1998
9:29.69	Ty Axtman	2004
9:29.9	Sean McLachlan	2001
9:30.73	Monty Wright	1981
9:31.45	Hershel Sanchey	2009
9:32.76	Sean Beitelspacher	1997



**Corbin Carlton**, school record holder in the 3000m Steeplechase. Corbin lead the nation in the event in 2017, and was named NWAC Track Athlete of the Meet at the conference meet.

## 110 METER HURDLES

14.14	Aric Walden	2014
14.23	Roy Givens	1980
14.25	Dan O'Brien	1988
14.26	Dusty Lane	1999
14.34c	Greg Rooney	1977
14.34c	Mike Kinney	1982
14.39	Parker Bowden	2017
14.54c	Syd Lofton	1973
14.54c	Kevin Frandsen	1980
14.56	Brady Wright	1983
14.58	Ryan McKinney	2003
14.60	Jeff Bruce	1977
14.64	Jovan Harris	1999
14.64	Austin Victor	2010
14.66	Keith Gill	2000
14.74c	Gary Milton	1979
14.74c	Darryl Knutson	1982
14.81	Adam Walden	2008
14.83	Garry Little	1978
14.84	Dylan Seitz	2013

## 400 METER HURDLES

51.04c	Dave McDuffie	1975
51.12	Mike Kinney	1982
51.68	Gary Little	1977
51.83	Dusty Lane	1999
52.06	James Swanson	1993
52.16	Kevin Frandsen	1980
52.64	Roy Givens	1980
52.76	Andrew Stich	2016
52.94c	Willie Stewart	1982
52.98	Spencer Wordell	2011
53.24c	Jim Qualheim	1972
53.42	Brady Wright	1983
53.45	Curtis Parrish	2000
53.52	Tanner Shalk	2010
53.69	Eric Loomis	1992
53.70	Jon Maple	1989
<b>53.80</b>	<b>Austin Albertin</b>	<b>2019</b>
53.87	Greg Rooney	1977
53.94	Dylan Seitz	2013
54.05	Greg Hall	1980

## 400 METER RELAY (4X100m)

41.08	Sullivan/Frandsen/Wallace/Rodgers	1980
41.17	Shelby/Bailey/Ohl/Van Tunien	2013
41.20	Livingston/Kennedy/Shannon/Barrow	1983
41.32	Bachmeier/Robinson/Pullum/Pearsall	1977
41.35	Fabian/Ballou/Ayears/Sullivan	1986
41.39	Corley/MaComber/Johnson/Sullivan	1987
41.40	Peterson/Victor/Wordell/Vetter	2010
41.46	Morgan/Viebreek/Matthews/Hall	1973
41.47	Lee/Lane/Morris/Lopez	1999
41.47	Yeaw/Adebayo/Brewster/Williams	2006
41.54c	Braithwaite/Wenman/Carew/Morgan	1974
41.54c	Sullivan/Rodgers/Frandsen/Smith	1979
41.58	Kennedy/Mickens/Poole/Livingston	1984
41.58	Keyes/Adebayo/Brewster/Williams	2006
41.62	Lee/Lane/Morris/Mangini	1999
41.64c	House/Webster/Elliot/Stankovic	1978
41.70	Childs/Lane/Bell/Sturm	1997
41.75	Andrews/Robinson/Ferris/McDuffie	1976
41.75	Medrano/Noaks/Peterson/Wordell	2011
41.83	Davis/Stewart/Barrow/Shannon	1982

## 1600 METER RELAY (4X400m)

3:11.5y	Andrews/Kerr/Keisel/McDuffie	1976
3:12.79	Livingston/Kennedy/Shannon/Mickens	1983
3:13.2y	Sullivan/McDuffie/Keisel/Kerr	1976
3:13.50	Barrows/Davis/Harris/Harris	1982
3:13.7y	Brown/Davis/Williamson/Klaus	1982
3:13.8	Unknown Team	1977
3:14.2	Davis/Kinney/Robinson/Wallace	1981
3:14.2	Apilado/Kennedy/Livingston/Mickens	1984
3:14.4	Carroll/Collins/McAlister/Sullivan	1987
3:14.8y	Morgan/Williamson/Davis/McKenzie	1972
3:14.8y	Kerr/Guy/Sullivan/Andrews	1976
3:14.92	Keisel/McDuffie/Bender/Sullivan	1975
3:15.0y	Morgan/Klaus/Williamson/Brown	1974
3:15.08	Brown/St. Clair/Medrano/Jorgensen	2011
3:15.12	Medrano/Allen/Cotrell/Bland	2012
3:15.50	Van Tunien/Walser/Shelby/Bailey	2013
3:15.67	Noaks/Wordell/Brown/Jorgensen	2011
3:15.6	McBride/Maple/Collins/O'Brien	1988
3:15.87	Wrixon/Fabien/Dezellem/Sullivan	1986
3:15.96	Morris/Lopez/Marks/Lane	1999



# Men's All-Time Top Marks

## HIGH JUMP

7' 00.50"	2.15m	Wilbert Horsley	1980
6' 11"	2.11m	Tim Marks	1999
6' 11"	2.11m	Tyler Blakeley	2017
6' 10.75"	2.10m	Deonta Edwards	2009
6' 10.50"	2.09m	Todd McAllister	1986
6' 10.25"	2.09m	Ed Mann	1978
6' 10.25"	2.09m	Cris Smith	1978
6' 10.25"	2.09m	Charlie Jenkins	1992
6' 10.25"	2.09m	Jarrod Leckie	1998
6' 10"	2.08m	Dan Korte	1978
6' 10"	2.08m	Dave Timmerman	1980
6' 10"	2.08m	Greg Huddleston	1981
6' 10"	2.08m	James Cunningham	1982
6' 09.75"	2.08m	Howard Harrison	2001
6' 09.50"	2.07m	Scott Marshall	1976
6' 09"	2.06m	Greg Mitchell	1973
6' 09"	2.06m	Ken Korn	1984
6' 08.75"	2.05m	Joel Gordon	2000
6' 08.50"	2.04m	Darryl Chapple	1997
6' 08.50"	2.04m	Dan O'Brien	1988

## TRIPLE JUMP

51' 06.25"	15.70m	Rashad Toussaint	2006
50' 07.50"	15.43m	Alvin Harris	1982
49' 06.75"	15.10m	Mike Kinney	1982
48' 10"	14.88m	Howard Harrison	2003
48' 09.50"	14.87m	Marty Flanagan	1975
48' 09.50"	14.87m	Dave McDuffie	1975
48' 09"	14.86m	Lloyd Brown	1976
48' 08.50"	14.84m	Devion Tensley	1999
48' 05"	14.83m	Wilbert Horsley	1980
48' 02.50"	14.69m	Rayford Guice	1974
48' 02.50"	14.69m	Jeff Bachmeier	1977
48' 02.50"	14.69m	Brian Merlett	1998
48' 02.25"	14.68m	Willey Schimmels	1987
47' 11.75"	14.62m	Orlando Clay	2001
47' 11.50"	14.61m	Lloyd Scott	1973
47' 11.25"	14.61m	Gary Milton	1979
47' 09"	14.55m	Chuck Ballou	1986
47' 05.25"	14.46m	Greg Art	1977
47' 04.25"	14.43m	Kyle Curtice	2011
47' 03.25"	14.42m	Elvie Williams	2005

## POLE VAULT

<b>16' 04.75"</b>	<b>5.00m</b>	<b>Cade Nuemann</b>	<b>2019</b>
16' 02"	4.93m	Jaymes Powell	2004
16' 01.75"	4.92m	Vance Taylor	2006
15' 11"	4.85m	Ron Soliday	1973
15' 09"	4.80m	Ken Wenman	1974
15' 09"	4.80m	Beau Carrillo	2007
15' 07.75"	4.77m	Kaleb Taylor	2018
15' 07"	4.75m	Matt Colyar	2000
15' 07"	4.75m	Bron Tomeo	2010
<b>15' 05"</b>	<b>4.70m</b>	<b>Bryce Bennett</b>	<b>2019</b>
15' 04"	4.67m	Keith Nelson	1983
15' 03"	4.65m	Jerry Matthews	1974
15' 03"	4.65m	Bob Thayer	1976
15' 03"	4.65m	Glen Heinzman	1979
15' 01.75"	4.62m	Sam Roddewig	2018
15' 01"	4.60m	Randy Heidenreich	1977
15' 01"	4.60m	Bryan Preuss	1998
15' 01"	4.60m	Kraig Grant	2008
15' 00"	4.57m	Jeff Wilson	1976
15' 00"	4.57m	Larry Lee	1980
15' 00"	4.57m	Eric Van Zathen	1982
15' 00"	4.57m	Ken Korn	1984
15' 00"	4.57m	Eric Flemming	1990
15' 00"	4.57m	Adam Neace	2008

## SHOT PUT

62' 01"	18.92m	Spike Walker	1971
60' 02.50"	18.35m	Roy Martin	1977
55' 08.50"	16.98m	Dave Howard	2008
54' 08.25"	16.67m	Charles Cacek	1977
54' 03.50"	16.54m	Troy Tabert	1983
53' 07"	16.33m	Scott Crawford	1973
53' 06"	16.30m	Steve Bizak	1981
53' 06"	16.30m	Mark Crull	1972
53' 03.50"	16.24m	Dan Allemeersch	1976
53' 01"	16.18m	Brian Slater	1977
53' 00.75"	16.17m	Richard Merrell	1986
52' 08"	16.05m	Billy Rowell	2012
52' 03.75"	15.94m	James Lehr	2012
52' 03"	15.92m	Bill Hodgson	1971
52' 03"	15.92m	Jason Dixon	2003
52' 01"	15.87m	Mike Hartill	1978
51' 11.50"	15.83m	Mike Shill	1983
51' 10"	15.80m	Pat Kostecka	1983
51' 09.50"	15.78m	Howard Banks	1974
50' 10"	15.49m	Scott Bickar	1987

## DISCUS

177' 10"	54.21m	Jason Dixon	2005
175' 02"	53.39m	Roy Martin	1977
166' 10"	50.85m	Brad Nave	1970
166' 01"	50.63m	James Lehr	2012
164' 09"	50.22m	Chris Martell	2003
164' 09"	50.22m	Dave Howard	2008
164' 01"	50.01m	Pat Kostecka	1983
163' 06"	49.83m	Durrant Bates	2013
162' 08"	49.58m	Tim Jacobsen	1986
162' 00"	49.38m	Steve Bizak	1981
161' 08"	49.28m	Dan Allemeersch	1976
161' 00"	49.07m	Brian Slater	1977
160' 11"	49.05m	Robert Henderson	2012
159' 11"	48.74m	Ray Hansen	1974
159' 08"	48.67m	Miles Hartill	1978
158' 05"	48.30m	Griffon Jones	2010
158' 03"	48.23m	Mark Crull	1973
157' 11"	48.13m	Scott Crawford	1973
157' 11"	48.13m	Paul Barrett	1986
157' 08"	48.05m	Bill Hodgson	1970

## LONG JUMP

24' 06.25"	7.48m	Dan O'Brien	1988
24' 06"	7.47m	Greg Turner	1989
24' 05"	7.44m	Wes Bailey	2013
24' 04.50"	7.43m	Devan Brown	1973
24' 04"	7.42m	Bill Ayears	1986
24' 03.25"	7.40m	Devion Tensley	1999
24' 02.25"	7.37m	Brian Merlett	1998
24' 02.25"	7.37m	Deji Adebayo	2007
24' 01.75"	7.36m	Dennis Livingston	1983
23' 11.75"	7.31m	Phil Jesse	1986
23' 11.25"	7.31m	Neal MaComber	1988
23' 10.50"	7.28m	Dennis Sullivan	1980
23' 10"	7.26m	Elvie Williams	2006
23' 09.50"	7.25m	Rashad Toussaint	2006
23' 08.25"	7.23m	Jason Rowe	1996
23' 07"	7.19m	Gene Ferris	1975
23' 06.75"	7.18m	Mike Kinney	1982
23' 06.25"	7.17m	Parker Bowden	2017
23' 06"	7.16m	Jeff Bachmeier	1978
23' 06"	7.16m	Mason Cohen	2002

# Men's All-Time Top Marks

## HAMMER

194' 10"	59.40m	Jake Shanklin	2006
194' 03"	59.21m	Zach Schaefer	2002
187' 02"	57.05m	Shawn Buck	2015
183' 01"	55.80m	Robert Henderson	2012
180' 02"	54.91m	Kevin Stanley	2013
178' 10"	54.52m	Jonathan Smith	2008
178' 06"	54.42m	Kahel Smith	2009
175' 09"	53.57m	Tyree Clowe	2010
175' 05"	53.47m	Nate Lawton	2007
172' 05"	52.55m	John Billingsley	1985
171' 10"	52.37m	Sean Shull	2000
171' 00"	52.12m	Jessie Gooding	1997
170' 09"	52.04m	Ron Whitley	2008
169' 10"	51.77m	Kyle Unland	1986
168' 09"	51.44m	Jon Smith	2006
168' 04"	51.31m	Paul Barrett	1987
167' 05"	51.04m	Jamie Alnassim	2011
165' 05"	50.42m	Derrick DeWindt	2003
165' 04"	50.39m	Seth Dawson	2006
164' 03"	50.06m	Jason Dixon	2005

## JAVELIN (OLD)

252' 01"	76.84m	Gary Schaefer	1976
246' 05"	75.10m	Frank Dejak	1976
244' 08"	74.57m	Vaslav Cempirek	1971
243' 08"	74.26m	Randy Mendenhall	1984
241' 02"	73.50m	Curt Ransford	1978
239' 08"	73.05m	Bill Hodgson	1971
238' 01"	72.57m	Mike Olma	1984
225' 06"	68.73m	Mike Hodgson	1979
224' 06"	68.43m	Doug Miller	1976
221' 11"	67.64m	Scott Kleinschmidt	1983

## JAVELIN (NEW)

237' 00"	72.24m	Sean Keller	2015
234' 07"	71.51m	Pat McCormick	2007
225' 05"	68.71m	Shae Murray	2004
223' 09"	68.20m	Rob Raymond	1987
220' 10"	67.30m	Wes Nolan	2011
213' 04"	65.02m	Kris Jellesed	2001
210' 09"	64.24m	Derek Haas	2013
209' 06"	63.86m	Lukas Scherer	2012
209' 01"	63.73m	Peter Voorhees	2006
<b>208' 09"</b>	<b>63.63m</b>	<b>Josh Farr</b>	<b>2019</b>
207' 11"	63.37m	Brandon Folk	2003
207' 06"	63.25m	Ryan Gill	1999
204' 03"	62.25m	Jason Flemmer	2009
203' 11"	62.16m	Adam Togstad	2008
203' 09"	62.11m	Joey Day	2014
203' 03"	61.95m	Beau Chandler	1997
201' 08"	61.47m	Joseph Taylor	2011
201' 06"	61.43m	Noah Woodward	2018
200' 08"	61.16m	Ryan Weidman	1998
199' 04"	60.76m	Carlos Riojas	2017
198' 02"	60.40m	Ryan McKinney	2003

## DECATHLON

7370	Dusty Lane	1999
7275	Dan O'Brien	1988
6948	Greg Turner	1989
6541	Ryan Lang	2003
6514	Jason Puente	1993
6487	Ryan McKinney	2002
6448	Andrew Stich	2016
6443	Reuben Clark	2013
6403	Spencer Wordell	2011
6398	Brady Wright	1984
6318	Tim Armstrong	2009
6297	John Spatz	1983
6184	Tyler Blakeley	2017
6175	Carter Nell	2010
6072	Tim Marks	1999
6014	Kevin Wright	1993
6012	Phil Jesse	1985
5997	Clay MaComber	1992
5967	Charlie Jenkins	1992
5927	John Kragt	2005



**Dan O'Brien**, former school and NWAC record holder in the Decathlon, and current school record holder in the Long Jump. Dan broke the World Record in the Decathlon 1992, scoring 8891 points. He won three World Championships in the Decathlon (1991, 1993, 1995), and capped that run with the 1996 Olympic Gold in the Decathlon. Dan also won a World Championship in the Indoor Heptathlon in 1993. Dan has been inducted in the Community Colleges of Spokane, NWAC, USATF and United States Olympic Team Halls of Fame.



# CCS Conference Champions

## Women's Individual Conference Champions

### 100 Meters

Lynn Ingram	1981
Reatha Garnett	1985
Celeste Stutheit	1997
Whitney Schmaljohn	1998
Jennifer Kennedy	2002
Shannon Long	2006
Chanel James	2008
Vanessa Harris	2009
Chanel James	2010
Ebony Barnes	2011
Ebony Barnes	2012

### 200 Meters

Lois Jensen	1979
Reatha Garnett	1985
Whitney Schmaljohn	1998
Whitney Schmaljohn	1999
Emily Alspaugh	2001
Jennifer Kennedy	2002
Shannon Long	2006
Chanel James	2010
Ebony Barnes	2011
Ebony Barnes	2012

### 400 Meters

Lois Jensen	1979
Toni Williams	1988
Renee Chamberlain	1989
Lasina Smith	1998
Emily Alspaugh	2001
Nicole Nida	2010
Stephanie Cummings	2011
Stephanie Cummings	2012



**Stephanie Cummings** gets the baton from **Shayle Dezellem** in the 4x100m Relay. **Cummings** is the school record holder and two-time NWAC Champ at 400m, and **Dezellem** won both hurdles races and the Heptathlon twice. Both were on the NWAC champion relay teams.

### 800 Meters

Gayle Falconer	1979
Christina Werther	1998
Jenni Saling	1999
Amber Miller	2001
Teona Perkins	2005
Rachel McDaniel	2010
Rachel McDaniel	2012
Megan Fristoe	2015
Micaela Kostecka	2018

### 1500 Meters

Joanne Lahti	1980
Kari McKay	1988
Kari McKay	1989
Cindy Finn	1991
Christina Werther	1998
Jenni Saling	1999
Ashley Hadaway	2004
Mikel Elliot	2011
Jessica Mildes	2013
Jessica Mildes	2014

### 3000 Meter Steeplechase

Larsen Agee	2007
Karen Owens	2008
Karen Owens	2009
Mikel Elliot	2011
Mikel Elliot	2012
Jessica Mildes	2014
Sara Fristoe	2015
Micaela Kostecka	2018
<b>Jolene Whiteley</b>	<b>2019</b>



**Larsen Agee** (Right) and **Karen Owens** run the 3000m Steeplechase. Three NWAC Championships between them both, **Larsen** held the school and NWAC record, with what is still one of the top times in conference history. **Karen** was the first two-time NWAC champion in the history of the event.

### 3000 Meters

Kari McKay	1988
Kari McKay	1989
Erika Colin	1997
Erika Colin	1998

### 5000 Meters

Joanne Lahti	1979
Joanne Lahti	1980
Kari McKay	1988
Kari McKay	1989
Erika Colin	1998
Devin Huck	1999
Kendra Colyar	2002
Ashley Hadaway	2004
Britnee Sanchez	2009
Mikel Elliot	2011
Jessica Mildes	2013
Jessica Mildes	2014
Gracie Ledwith	2016
<b>Jolene Whiteley</b>	<b>2019</b>

### 10,000 Meters

Susan Volke	1987
Erika Colin	1998
Katie Compogno	2006
Jessica Mildes	2014
Gracie Ledwith	2016
Kaylee Marquardt	2017



**Mikaela Kostecka** (Right), with **Aubrianne Knudsen** and **Rebekah Henry** in the 3000m Steeplechase. **Mikaela** ran 10:45.11 to become the NWAC all-time record holder. She was 2018 Champ in the Steeplechase and 800m, as well as 2018 Cross Country champion.

### 100 Meter Hurdles

Shelli McMurray	1984
Janet Otto	1986
Kari Hawes	1988
Alissa Miller	2003
Molly Burt	2005
Amber Nash	2006
Shayle Dezellem	2011
Shayle Dezellem	2012
Brittany Dugger	2015
Mertece Hatchett	2017
Mertece Hatchett	2018

### 400 Meter Hurdles

Debra Clark	1979
Dana Puterbaugh	1982
Shelli McMurray	1984
Molly Burt	2004
Molly Burt	2005
Amber Nash	2006
Shayle Dezellem	2011
Shayle Dezellem	2012
Katie Collins	2017



**Brittney Dugger**, two-time NWAC High Jump champ and 2015 100m hurdles champ. **Brittney** broke the school record in the 100m high hurdles in 2015, and is tied for fourth all time in the high jump at CCS.

### High Jump

Paula Nickerson	1979
Gayle Huff	1982
Julie Darlington	1985
Dawn Steiner	1991
Sasha Rueben	2009
Brittany Dugger	2014
Brittany Dugger	2015
Rashae Spencer	2016
<b>Monica Kaylor</b>	<b>2019</b>

# CCS Conference Champions

## Women's Individual Conference Champions

### Pole Vault

Afton Reynolds	2006
Lexi Perry	2018



**Lexi Perry**, 2018 NWAC champ in the Pole Vault. Lexi holds the Indoor School record and the second highest outdoor mark in school history. Lexi was also on the winning 4x100m relay, as well as placing in the 800m, Triple Jump and Heptathlon at the 2018 NWAC Championships.

### Long Jump

Janet Buntin	1981
Pauline Avery	1982
Jill Brattain	1984
Shelli McMurray	1985
Lasina Smith	1998
Cydney Edmunds	1999
Amber Miller	2000
Jennifer Kennedy	2001
Jennifer Kennedy	2002
Natalie Abersfeller	2007
Chanel James	2008
Chanel James	2010

### Triple Jump

Renee Svensrud	1992
Amber Miller	2001
Jennifer Kennedy	2002
Alissa Miller	2003
Natalie Abersfeller	2006
Natalie Abersfeller	2007
Chanel James	2010



**Chanel James** long jumping. **Chanel** was a two-time conference champion in the 100m, Long Jump, and 4x100m Relay. She also won titles in the 200m and the Triple Jump where she set an NWAC all-time mark that still holds today. Along with the Triple Jump, she also holds school records in the 100m and 4x100m relay, as well as having the second best mark in 200m.

### Shot Put

Paula Nickerson	1979
Cora Aguilar	1983
Patti Patterson	1986
Joi Tipton	1987
Angie Pleasant	1988
Julie Chevillet	1990
Dawn Phillips	1991
Cydney Edmunds	1998
Marji Bovey	2004
Amber Name	2006
Courtney Zappe	2007
Corissa Hutchinson	2008
Ashley Hutchinson	2009
Anna George	2010
Krystal Fowler	2012
Toa Levi	2016
Toa Levi	2017

### Discus

Lisa Hoffman	1981
Carol Unger	1982
Carol Unger	1983
Cora Aguilar	1984
Julie Chevillet	1990
Teresa Tyler	1991
Corissa Hutchinson	2007
Corissa Hutchinson	2008
Ashley Hutchinson	2009
Elisha Lee	2016
Elisha Lee	2017

### Hammer Throw

Windi Selle	1999
Cassie Rossette	2001
Cassie Rossette	2002
Amy Danielson	2006
Rachel Garcia	2008
Ashley Hutchinson	2009
Andrea Edwards	2010
Elisha Lee	2016
Elisha Lee	2017

### Javelin

Jennifer Chapman	1979
Shaney Coe	1983
Darlene McClure	1987
Darlene McClure	1988
Amber Miller	2001
Sara Johnson	2003
Lynnea Braun	2008
Brook Randall	2012
Jacy Vining	2014
Maggie Nelson	2017
Maggie Nelson	2018

### Heptathlon

Carla Wilkerson	1983
Cydney Edmonds	1998
Amber Miller	2001
Alissa Miller	2003
Molly Burt	2005
Shayle Dezellem	2011
Shayle Dezellem	2012
Kendra Hamm	2015

# CCS Conference Champions

## Men's Individual Conference Champions

### 100 Yards

Eric Dahl	1969
Chris Braithwaite	1974
Adam Fall	1975
Leroy Jordan	1976

### 100 Meters

Charles Webster	1978
Vic Wallace	1981
Marlon Barrow	1982
Dennis Livingston	1983
Dan O'Brien	1988
Randy Townsend	1994
Randy Townsend	1995
Dusty Lane	1999
Pat Ray	2001
Cody Moore	2004
Deji Adebayo	2006
Michael Vetter	2010
Cody Peterson	2011
Donovan Drew	2014

**J.J. Curry** 2019

### 220 Yards

Eric Dahl	1969
Aston Matthews	1973
Chris Braithwaite	1974
Adam Fall	1975
Leroy Jordan	1976

### 200 Meters

Zvonko Stankovic	1978
Dennis Sullivan	1979
Vic Wallace	1980
Vic Wallace	1981
Marlon Barrow	1982
Dennis Livingston	1983
Joe Johnson	1988
Randy Townsend	1994
Randy Townsend	1995
Ryan Karrer	1996
Dusty Lane	1999
Pat Ray	2001
Deji Adebayo	2007
Brent Arceneaux	2012
Wes Bailey	2013
Zech Herford	2017

**J.J. Curry** 2019

### 440 Yards

Doug McKenzie	1972
Doug McKenzie	1973
Reggie Brown	1974
Dave McDuffie	1975
Dave Sullivan	1976

### 400 Meters

Mark Robinson	1977
Zvonko Stankovic	1978
George Rogers	1980
Calvin Harris	1982
Dan Shannon	1983
Vernon Mickens	1984
Joe Johnson	1987
Micah Ray	1988
Mike Richardson	1993
Ryan Karrer	1996
Josh Bland	2012
Wes Bailey	2013

### 880 Yards

Don Willis	1969
Glen Kern	1973
Steve Keisel	1975
Steve Keisel	1976



**Steve Keisel** two-time 880 yard champion for Spokane. **Keisel** went on to compete at Eastern Washington where he set a school record that still stands today. He was also a member of the school record 4x400m relay team.

### 800 Meters

Don Rouse	1978
Wayne Dionne	1981
Chris Violette	1982
Chris Violette	1983
Vince Collins	1987
Chris McBride	1989
Chris McBride	1990
Nate Boyer	2004
Blake Harmon	2007
Jesse Jorgensen	2011
Paris Speidel	2014
Paris Speidel	2015

### 1500 Meters

Chris Katon	1992
Jim Reed	1999
Brad Lewis	2002
Nick Seibert	2005
Rick Bogatay	2006
Hershel Sanchez	2009
Colin Kubik	2015
Domenic Rehm	2017

### 1 Mile

Tom Burkwist	1968
Phil Burkwist	1970
Phil Burkwist	1971
Dave McCarty	1972
Lucas Oolo	1973
Tom Larson	1976

### 2 Mile

Wayne Risteau	1969
Phil Burkwist	1970
Phil Burkwist	1971
Dave McCarty	1972
Lucas Oolo	1973
Jim Hennessy	1975

### 3000 Meter Steeplechase

Bill Allen	1978
Greg Kuntz	1992
Greg Kuntz	1993
Josh Muxen	1996
Jim Reed	1999
Kyle Anderson	2006
Tyler Rapp	2008
Sean Coyle	2009
Trevin Goodrick	2010
Trevin Goodrick	2011
Colin Kubik	2014
Corbin Carlton	2016
Teagan Osborne	2017

**Keanu Daos** 2019

### 3 Mile

Lucas Oolo	1973
Kurt Beckman	1974
Bryan Geissler	1975

### 5000 Meters

Bill Rodgers	1982
Ben Welch	1983
Rich Tyrie	1986
Chris Katon	1992
Shawn Beitelspacher	1998
Brandon Hauver	1999
Patrick Chessar	2003
Mark Currell	2006
Mark Moeller	2008
Dak Riek	2009
Anthony Brown	2010
Anthony Brown	2011
Rudy Spencer	2013

### 10,000 Meters

Craig Olinger	1978
Rich Tyrie	1986
Chris Katon	1992
Shawn Beitelspacher	1998
Brandon Hauver	1999
Patrick Chessar	2003
Mark Moeller	2008
Dak Riek	2009
Anthony Brown	2010
Jon Smith	2012
Daniel Issa	2013
Jon Bennett	2014
Daniel Schofield	2015
Ethan Green	2018

### 120 Yard Hurdles

Syd Lofton	1974
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# CCS Conference Champions

## Men's Individual Conference Champions

### 110 Meter Hurdles

Greg Rooney	1977
Kevin Frandsen	1979
Roy Givens	1980
Dan O'Brien	1988
Dusty Lane	1997
Dusty Lane	1999
Keith Gill	2000
Keith Gill	2002
Ryan Lang	2003
Adam Walden	2008
Austin Victor	2009
Austin Victor	2010
Logan Packard	2012
Aric Walden	2014
Parker Bowden	2017
Darion Ralston	2018

### 440 Yard Hurdles

Syd Lofton	1974
Dave McDuffie	1975
Dave McDuffie	1976



**Austin Albertin** two-time champion in the 400m Hurdles. **Austin** won a pair of titles despite having never run the Hurdles before college

### 400 Meter Hurdles

Gary Little	1977
Kevin Frandsen	1980
Mike Kinney	1981
Willie Stewart	1982
John Maple	1989
James Swanson	1992
James Swanson	1993
Dusty Lane	1997
Ed Schwartz	2002
Ryan Lang	2003
Adam Walden	2008
Spencer Wordell	2010
Dylan Seitz	2013
Andrew Stich	2015
Austin Albertin	2018

**Austin Albertin** **2019**

### High Jump

Dan Wold	1977
Chris Smith	1978
Ed Mann	1979
Jarrod Leckie	1998
Tim Marks	1999
Deonta Edwards	2008
Deonta Edwards	2009
Tyler Blakeley	2017

### Pole Vault

Ken Wenman	1974
John Winters	1975
Larry Lee	1980
Eric VanZanten	1982
Keith Nelson	1983
Jaymes Powell	2004

### Long Jump

Gene Farris	1975
Jeff Bachmeier	1978
Dennis Sullivan	1979
Roy Givens	1980
Dennis Livingston	1983
Phil Jesse	1985
Bill Ayears	1986
Dan O'Brien	1988
Brian Merlett	1998
Devion Tensley	1999
Kellen Kennedy	2003
Elvie Williams	2006
Deji Adebayo	2007
Deonta Edwards	2008
Deonta Edwards	2009
Cody Peterson	2010
Cody Peterson	2011
Wes Bailey	2013
James Woodworth	2015
Dekker Lovitt	2016

### Triple Jump

Rayford Guise	1974
Lloyd Brown	1976
Greg Arlt	1977
Jeff Bachmeier	1978
Gary Milton	1979
Willie Horsley	1980
Mike Kinney	1981
Alvin Harris	1982
Chuck Ballou	1986
Brian Merlett	1998
Devion Tensley	1999
Orlando Clay	2001
Howard Harrison	2003
Kyle Curtise	2011

### Shot Put

Doug Meyers	1968
Spike Walker	1970
Spike Walker	1971
Mark Crull	1972
Sam Reid	1973
Howard Banks	1974
Don Allemeersch	1976
Roy Martin	1977
Miles Hartill	1978
Steve Bizak	1980
Steve Bizak	1981
Pat Kostecka	1983
Richard Merrill	1986
Scott Bickar	1987
Dan O'Brien	1988
Jason Dixon	2003
Jason Dixon	2005
Dave Howard	2007
Dave Howard	2008
James Lehr	2011

### Shot Put

James Lehr	2012
Durran Bates	2013

### Discus

Brad Nave	1970
Brad Nave	1971
Scott Crawford	1972
Ray Hansen	1974
Don Allemeersch	1976
Roy Martin	1977
Dan Oaks	1981
Paul Barrett	1986
Paul Barrett	1987
Tryllane Poole	1997
Jason Dixon	2003
Jason Dixon	2005
Seth Dawson	2006
Kevin Lemieux	2007
Ron Whitley	2008
Griffon Jones	2009
Griffon Jones	2010
Robert Henderson	2011
James Lehr	2012
Durran Bates	2013
Durran Bates	2014

### Hammer Throw

John Billingsly	1985
Kyle Unland	1986
Paul Barrett	1987
Les Ulrick	1989
Jake Shanklin	2005
Jake Shanklin	2006
Jonathan Smith	2008
Tyree Clowe	2010
Robert Henderson	2012
Kevin Stanley	2013
Shawn Buck	2014
Andrew Allen	2017

### Javelin

Bill Hodgson	1970
Steve Tripp	1974
Gary Schafer	1976
Curt Ransford	1977
Curt Ransford	1978
Scott Kleinschmidt	1981
Mark Fanslow	1982
Randy Mendenhall	1983
Randy Mendenhall	1984
Mike Olma	1985
Beau Chandler	1997
Ryan Gill	1999
Wes Nolan	2011
Lukas Scherer	2012
Joey Day	2014

### Decathlon

John Spatz	1982
John Spatz	1983
Brady Wright	1984
Dan O'Brien	1988
Greg Turner	1989
Dusty Lane	1997
Dusty Lane	1999
Spencer Wordell	2011

# NWAC Conference History

## Men's Conference Meet History

Year	Meet Site	CCS Place	Champion
1965	Seattle WA	13th	Yakima Valley
1966	Everett WA	7th	Shoreline
1967	Yakima WA	7th	Shoreline
1968	Seattle WA	8th	Shoreline
1969	Seattle WA	2nd	Highline
1970	Spokane WA	1st	<b>Spokane</b>
1971	Spokane WA	1st	<b>Spokane</b>
1972	Spokane WA	2nd	Bellevue
1973	Gresham OR	1st	<b>Spokane</b>
1974	Spokane WA	1st	<b>Spokane</b>
1975	Gresham OR	1st	<b>Spokane</b>
1976	Spokane WA	1st	<b>Spokane</b>
1977	Spokane WA	1st	<b>Spokane</b>
1978	Spokane WA	1st	<b>Spokane</b>
1979	Bremerton WA	1st	<b>Spokane</b>
1980	Spokane WA	1st	<b>Spokane</b>
1981	Seattle WA	1st	<b>Spokane</b>
1982	Spokane WA	1st	<b>Spokane</b>
1983	Auburn WA	1st	<b>Spokane</b>
1984	Eugene OR	1st	<b>Spokane</b>
1985	Spokane WA	1st	<b>Spokane</b>
1986	Spokane WA	1st	<b>Spokane</b>
1987	Gresham OR	1st	<b>Spokane</b>
1988	Spokane WA	1st	<b>Spokane</b>
1989	Gresham OR	2nd	Highline
1990	Gresham OR	2nd	Clackamas
1991	Spokane WA	4th	Clackamas
1992	Oregon City OR	2nd	Clackamas
1993	Spokane WA	2nd	Clackamas
1994	Portland OR	4th	Clark
1995	Spokane WA	4th	Clark
1996	Gresham OR	5th	Lane
1997	Oregon City OR	1st	<b>Spokane</b>
1998	Spokane WA	1st	<b>Spokane</b>
1999	Eugene OR	1st	<b>Spokane</b>
2000	Oregon City OR	2nd	Mt. Hood
2001	Spokane WA	1st	<b>Spokane</b>
2002	Gresham OR	1st	<b>Spokane</b>
2003	Oregon City OR	1st	<b>Spokane</b>
2004	Spokane WA	2nd	Highline
2005	Gresham OR	1st	<b>Spokane</b>
2006	Spokane WA	1st	<b>Spokane</b>
2007	Spokane WA	1st	<b>Spokane</b>
2008	Spokane WA	1st	<b>Spokane</b>
2009	Spokane WA	1st	<b>Spokane</b>
2010	Spokane WA	1st	<b>Spokane</b>
2011	Spokane WA	1st	<b>Spokane</b>
2012	Spokane WA	1st	<b>Spokane</b>
2013	Spokane WA	2nd	Lane
2014	Spokane WA	2nd	Lane
2015	Spokane WA	2nd	Lane
2016	Gresham OR	2nd	Lane
2017	Gresham OR	2nd	Lane
2018	Gresham OR	2nd	Lane
2019	Gresham OR	2nd	Lane

## Women's Conference Meet History

Year	Meet Site	CCS Place	Champion
1979	Bremerton WA	1st	<b>Spokane</b>
1980	Spokane WA	1st	<b>Spokane</b>
1981	Seattle WA	2nd	Bellevue
1982	Spokane WA	2nd	Bellevue
1983	Auburn WA	2nd	Bellevue
1984	Eugene OR	2nd	Bellevue
1985	Spokane WA	1st	<b>Spokane</b>
1986	Spokane WA	1st	<b>Spokane</b>
1987	Gresham OR	3rd	Lane
1988	Spokane WA	2nd	Mt. Hood
1989	Gresham OR	2nd	Bellevue
1990	Gresham OR	2nd	Bellevue
1991	Spokane WA	1st	<b>Spokane</b>
1992	Oregon City OR	5th	Clackamas
1993	Spokane WA	5th	Bellevue
1994	Portland OR	6th	Lane
1995	Spokane WA	7th	Lane
1996	Gresham OR	7th	Lane
1997	Oregon City OR	2nd	Lane
1998	Spokane WA	1st	<b>Spokane</b>
1999	Eugene OR	1st	<b>Spokane</b>
2000	Oregon City OR	4th	Clackamas
2001	Spokane WA	1st	<b>Spokane</b>
2002	Gresham OR	1st	<b>Spokane</b>
2003	Oregon City OR	2nd	Clark
2004	Spokane WA	1st	<b>Spokane</b>
2005	Gresham OR	1st	<b>Spokane</b>
2006	Spokane WA	1st	<b>Spokane</b>
2007	Spokane WA	1st	<b>Spokane</b>
2008	Spokane WA	1st	<b>Spokane</b>
2009	Spokane WA	1st	<b>Spokane</b>
2010	Spokane WA	1st	<b>Spokane</b>
2011	Spokane WA	1st	<b>Spokane</b>
2012	Spokane WA	1st	<b>Spokane</b>
2013	Spokane WA	2nd	Lane
2014	Spokane WA	2nd	Lane
2015	Spokane WA	1st	<b>Spokane</b>
2016	Gresham OR	1st	<b>Spokane</b>
2017	Gresham OR	1st	<b>Spokane</b>
2018	Gresham OR	1st	<b>Spokane</b>
2019	Gresham OR	2nd	Lane



The 2018 NWAC Women's Team Champions. They won with a score of 235.5 points, 70 ahead of runner-up Lane.



# NWAC Conference Records

## Women's Conference Meet Records

Event	Athlete	School	Record	Year	
100m	Margret Paul	Mt. Hood	11.96	2015	
200m	Morgan Cribbs	Clackamas	24.61	2008	
	Margret Paul	Mt. Hood	24.61	2015	
400m	Rhonda Bell	Bellevue	53.69	1981	
800m	Michelle Finnvik	Green River	2:10.13	1985	
<b>1500m</b>	<b>Joanne Lahti</b>	<b>Spokane</b>	<b>4:34.77</b>	<b>1980</b>	
<b>5000m</b>	<b>Joanne Lahti</b>	<b>Spokane</b>	<b>17:31.30</b>	<b>1979</b>	
10,000m	Janae Larson	Clark	36:35.42	2008	
100m Hurdles	Kay Garnett	Bellevue	13.89	1982	
400m Hurdles	Anita Sartin	Bellevue	1:00.22	1985	
<b>3000m Steeple</b>	<b>Mikel Elliot</b>	<b>Spokane</b>	<b>11:13.10</b>	<b>2012</b>	
<b>Long Jump</b>	<b>Janet Buntin</b>	<b>Spokane</b>	<b>6.01m</b>	<b>19' 08 3/4"</b>	<b>1981</b>
Triple Jump	Nicole Sancato	Bellevue	11.99m	39' 04"	1986
	Lydia Pavlenko	Clackamas	11.99m	39' 04"	2018
High Jump	Kelly Keist	Clark	1.73m	5' 08"	1992
	Dawn Putnam	Clark	1.73m	5' 08"	1994
Pole Vault	Becky Holiday	Clackamas	4.37m	14' 04"	2001
<b>Discus</b>	<b>Cora Aguilar</b>	<b>Spokane</b>	<b>49.38m</b>	<b>158' 02"</b>	<b>1984</b>
Shot Put	Jenny Lempke	Wenatchee Valley	14.73m	48' 04 1/4"	1981
Javelin	Trina Rogers	Clackamas	51.64m	165' 09"	1999
Hammer	Kate Burton	Clark	60.20m	179' 06"	2005
400m Relay	Bellevue	Bellevue	46.78	1983	
1600m Relay	Bellevue	Bellevue	3:48.25	1983	
Heptathlon	Katie Miller	Clark	4988	2004	

## Men's Conference Meet Records

Event	Athlete	School	Record	Year	
<b>100m</b>	<b>Dusty Lane</b>	<b>Spokane</b>	<b>10.36</b>	<b>1999</b>	
<b>200m</b>	<b>Dusty Lane</b>	<b>Spokane</b>	<b>20.96</b>	<b>1999</b>	
400m	Melvin Jenkins	Highline	46.31	2004	
800m	Roba Sultessa	Clackamas	1:50.71	2016	
1500m	Ray Prentice	Highline	3:48.76	1979	
5000m	Jerry Maris	Bellevue	14:41.04	1981	
	<b>*Kurt Beckman</b>	<b>Spokane</b>	<b>14:19.3y</b>	<b>1974</b>	
10,000m	Orly Waller	Bellevue	30:30.91	1981	
100m Hurdles	Josh Turner	Mt. Hood	14.00	2016	
<b>400m Hurdles</b>	<b>Dusty Lane</b>	<b>Spokane</b>	<b>51.92</b>	<b>1997</b>	
3000m Steeple	Brett Goller	Highline	9:05.11	1988	
Long Jump	Terry Metcalf	Everett	7.87m	25' 10"	1971
Triple Jump	Jakobe Ford	Everett	15.33m	50' 11.50"	2018
High Jump	Dakarai Hightower	Lane	2.26m	7' 05"	2016
Pole Vault	Justin Petz	Lane	5.30m	17' 04"	2017
<b>Discus</b>	<b>Jason Dixon</b>	<b>Spokane</b>	<b>52.83m</b>	<b>173' 04"</b>	<b>2003</b>
<b>Shot Put</b>	<b>Spike Walker</b>	<b>Spokane</b>	<b>18.67m</b>	<b>61' 03 1/4"</b>	<b>1971</b>
<b>Javelin (old)</b>	<b>Gary Schaefer</b>	<b>Spokane</b>	<b>76.81m</b>	<b>252' 00"</b>	<b>1976</b>
Javelin (new)	Cyrus Hostettler	Lane	73.63m	241' 07"	2008
Hammer	Paul Etter	Clackamas	60.73m	199' 03"	2003
<b>400m Relay</b>	<b>Spokane</b>	<b>Spokane</b>	<b>41.04</b>	<b>1980</b>	
1600m Relay	Lane	Lane	3:11.49	1986	
Decathlon	David Lemen	Clackamas	7532	2000	

# NWAC Conference Records

## Women's Conference All-Time Records

Event	Athlete	School	Record	Year
100m	Kim Parrish	Mt. Hood	11.50	1981
200m	Kim Parrish	Mt. Hood	23.73	1981
400m	Rhonda Bell	Bellevue	53.69	1981
800m	Michelle Finnvik	Green River	2:10.13	1985
<b>1500m</b>	<b>Joanne Lahti</b>	<b>Spokane</b>	<b>4:34.77</b>	<b>1980</b>
<b>5000m</b>	<b>Jessica Mildes</b>	<b>Spokane</b>	<b>16:47.00</b>	<b>2014</b>
<b>10,000m</b>	<b>Jessica Mildes</b>	<b>Spokane</b>	<b>34:29.36</b>	<b>2014</b>
**Junior College National Record**				
100m Hurdles	Kay Garnett	Bellevue	13.89	1982
400m Hurdles	Anita Sartin	Bellevue	1:00.22	1985
<b>3000m Steeple</b>	<b>Micaela Kostecka</b>	<b>Spokane</b>	<b>10:45.11</b>	<b>2018</b>
Long Jump	Trina Hough	Lane	6.02m 19' 09"	1994
<b>Triple Jump</b>	<b>Chanel James</b>	<b>Spokane</b>	<b>12.08m 39' 07 3/4"</b>	<b>2010</b>
High Jump	Dawn Putnam	Clark	1.78m 5' 10"	1994
Pole Vault	Becky Holiday	Clackamas	4.37m 14' 04"	2001
**Junior College National Record**				
<b>Discus</b>	<b>Cora Aguilar</b>	<b>Spokane</b>	<b>49.38m 162' 00"</b>	<b>1984</b>
Shot Put	Jenny Lempke	Wenatchee Valley	14.73m 48' 04 1/4"	1981
Javelin	Trina Rogers	Clackamas	51.64m 169' 05"	1999
**Junior College National Record**				
Hammer	Kate Burton	Clark	60.20m 197' 06"	2005
**Junior College National Record**				
400m Relay	Bellevue	Bellevue	46.78	1983
1600m Relay	Bellevue	Bellevue	3:48.25	1983
Heptathlon	Katie Miller	Clark	4988	2004

## Men's Conference All-Time Records

Event	Athlete	School	Record	Year
<b>100m</b>	<b>Chris Braithwaite</b>	<b>Spokane</b>	<b>10.34c</b>	<b>1984</b>
<b>200m</b>	<b>Dusty Lane</b>	<b>Spokane</b>	<b>20.96</b>	<b>1999</b>
400m	Melvin Jenkins	Highline	46.31	2004
800m	Jose Barbosa	Lane	1:44.10	1986
1500m	Jordan MacNamara	Lane	3:41.13	2007
<b>5000m</b>	<b>Shawn Beitelspacher</b>	<b>Spokane</b>	<b>14:03.03</b>	<b>1998</b>
10,000m	Jordan MacNamara	Lane	29:36.33	2007
100m Hurdles	Josh Turner	Mt. Hood	14.00	2016
400m Hurdles	Mike Ewing	Lane	50.60	1983
3000m Steeple	Nathan Morris	Lane	8:49.7	1983
Long Jump	Terry Metcalf	Everett	7.87m 25' 10"	1971
Triple Jump	Eric Englund	Treasure Valley	15.78m 51' 09 1/4"	2014
High Jump	Dakarai Hightower	Lane	2.26m 7' 05"	2016
Pole Vault	Justin Petz	Lane	5.30m 17' 04"	2017
<b>Discus</b>	<b>Jason Dixon</b>	<b>Spokane</b>	<b>54.21m 177' 10"</b>	<b>2003</b>
<b>Shot Put</b>	<b>Spike Walker</b>	<b>Spokane</b>	<b>18.92m 62' 01"</b>	<b>1971</b>
Javelin	Cyrus Hostetler	Lane	73.63m 241' 07"	2008
Hammer	Scott Boothby	Clark	61.83m 202' 10"	1995
400m Relay	Lane	Lane	40.94	1983
1600m Relay	Lane	Lane	3:11.49	1986
Decathlon	David Lemen	Clackamas	7532	2000
**Junior College National Record**				

# NWAC Conference Records

## Women's Conference Meet Heptathlon All Time Marks

	<b>Athlete</b>	<b>Mark</b>	<b>Year</b>	<b>School</b>
1.	Katie Miller	4988	2004	Clark
2.	Elizabeth Venzon	4905	2014	Clackamas
3.	Amber Miller	4880	2001	Spokane
4.	Anita Sartin	4860*	1985	Bellevue
5.	Molly Burt	4799	2005	Spokane
6.	Kara Hallock	4785	2014	Lane
7.	Chelsea Bone	4702	2017	Clackamas
8.	MacKenzie Winkle	4698	2004	Lane
9.	Brooke Wilson	4668	1998	Clark
10.	Kasie Gillespie	4630	2004	Clackamas
11.	Brandy Dunn	4575	1996	Lane
12.	Marnee Senger	4536*	1990	Bellevue
13.	Shayle Dezelle	4532	2012	Spokane
14.	Vickey Spikerman	4517‡	1984	Lane
15.	Teona Perkins	4492	2005	Spokane
16.	Sam Berryman	4465	2010	Lane
17.	Alissa Miller	4462	2003	Spokane
18.	Krista Ankeny	4451‡	1984	Bellevue
19.	Amy Hill	4442	2000	Lane
10.	Kim Porter	4417*	1986	Green River

\* = Score Based on Hand Times

‡ = Score Based on Pre-1985 Scoring Tables

## Women's Conference Meet Heptathlon Event Records

<b>Event</b>	<b>Mark</b>		<b>Athlete</b>	<b>Year</b>	<b>School</b>
100m Hurdles	14.55		Molly Burt	2005	Spokane
High Jump	5' 09.75"	1.77m	Dawn Putnam-Vinyard	1994	Clark
Shot Put	40' 10.50"	12.45m	Cydney Edmunds	1998	Spokane
200m	25.32		Amber Glunt	2007	Mt Hood
Long Jump	18' 09.50"	5.72m	Kara Hallock	2014	Lane
Javelin	154' 08"	47.14m	Emma Buchholz	2012	Clackamas
800m	2:15.21		Teona Perkins	2005	Spokane
Day 1 Total	2970		Katie Miller	2004	Clark
Day 2 Total	2085		Amber Miller	2001	Spokane

# NWAC Conference Records

## Men's Conference Meet Decathlon All Time Marks

	<b>Athlete</b>	<b>Mark</b>	<b>Year</b>	<b>School</b>
1.	David Lemen	7532	2000	Clackamas
	** Junior College National Record**			
2.	Dan O'Brien	7275*	1988	Spokane
3.	Dusty Lane	7008	1999	Spokane
4.	Tom Pappas	7003	1996	Lane
5.	Gabe Lemay	6832	2002	Lane
6.	Ben Logan	6796	1999	Lane
7.	Dylan Hamming	6788	2014	Lane
8.	Greg Turner	6784	1989	Spokane
9.	Brian Bartow	6772	2004	Lane
10.	Brent Wheeler	6769*	1986	Highline
11.	Bill Pappas	6742	1998	Lane
12.	Cody Flemming	6741	2004	Lane
13.	Grant Shurtliff	6731	2017	Lane
14.	Rocky Simpson	6738*	1997	Lane
15.	Brian Bernard	6679	2004	Clackamas
16.	Keith Baker	6667	2003	Lane
17.	Sam Vandegriff	6636	2001	Chemeketa
18.	Wyatt Thompson-Siporen	6635	2017	Lane
19.	Philip Noble	6622	2009	Treasure Valley
20.	Collin Cram	6553	2007	Lane

\* = Score Based on Hand Times

## Men's Conference Meet Decathlon Event Records

<b>Event</b>	<b>Mark</b>	<b>Athlete</b>	<b>Year</b>	<b>School</b>	
100m	10.6*	Dan O'Brien	1988	Spokane	
	10.75	Dusty Lane	1999	Spokane	
Long Jump	23' 10"	7.26m	David Lemen	2000	Clackamas
Shot Put	45' 01"	13.74m	Ricky Moody	2005	Highline
High Jump	6' 11"	2.11m	Tyler Blakeley	2017	Spokane
400m	47.80		Dusty Lane	1999	Spokane
110m Hurdles	14.5*		Steve Brown	1984	Bellevue
	14.78		Dusty Lane	1999	Spokane
Discus	146' 09"	44.73m	Cody Flemming	2004	Lane
Pole Vault	16' 06.75"	5.05m	David Lemen	2000	Clackamas
Javelin	208' 05"	63.52m	Octavious Gillespie	1999	Lane
1500m	4:13.4*		Eric Shamsud-Din	1986	Clackamas
Day 1 Total	4009*		Dan O'Brien	1988	Spokane
Day 2 Total	3705		David Lemen	2000	Clackamas

\* = Score Based on Hand Times

# SPOKANE CROSS COUNTRY

Home of the Sasquatch, Home of Champions

## NWAC Men's Team Champions

1967, 1969, 1970, 1972, 1973  
1974, 1975, 1978, 1996, 1997  
1998, 2001, 2002, 2003, 2004  
2005, 2006, 2007, 2008, 2009  
2010, 2012, 2014, 2015

## NWAC Women's Team Champions

1978, 1979, 1982, 1987, 1988  
1997, 1998, 1999, 2000, 2006  
2007, 2008, 2013, 2014, 2015  
2016, 2017, 2018

## NWAC Men's Individual Champions

Phil Burkwist	1970
Kurt Beckman	1972
Lucas Oloo	1973
Rick Whitaker	1974
Tom Larson	1975
Steve Taylor	1976
Ben Welch	1982
Greg Kuntz	1990
Scott Limbach	1998
Dak Riek	2007
Rigoberto Jimenez	2008
Anthony Brown	2010
Daniel Schofield	2013
Daniel Schofield	2014

## NWAC Women's Individual Champions

Kelly Warren	1978
Joanne Lahti	1979
Trish Henderson	1982
Kari McKay	1987
Kari McKay	1988
Para Draine	1991
Jennifer Skands	1992
Erika Colins	1997
Colleen Huck	1998
Jenni Saling	1999
Chelliey Corder	2002
Britnee Sanchez	2007
Mikel Elliot	2011
Jessica Mildes	2012
Jessica Mildes	2013
Becca Mildes	2015
Micaela Kostecka	2018



# Spokane Cross Country History

## Women's Cross Country-5K

### Top 30 All Time

Place	Name	Time	Year	Course
1	Jessica Mildes	17:06	2013	Lewiston Orchards
2	Joanne Lahti	17:49.0	1979	University of Montana
3	Mikel Elliot	17:51.6	2011	Spokane Falls CC
4	Erika Colin	17:53.09#	1997	Willamette
5	Becca Mildes	17:58	2015	Lewisville Park
6	Jenni Saling	18:00.35#	1999	Willamette
7	Gracie Ledwith	18:04	2015	Lewisville Park
8	Julie Engstrom	18:08.1*	1982	Fort Casey
9	Trish Henderson	18:16.4*	1982	Fort Casey
10	Ashley Hadway	18:19	2003	Hells Gate
11	Kari McKay	18:19.4	1987	Blue Lake
<b>12</b>	<b>Micaela Kostecka</b>	<b>18:19.5</b>	<b>2018</b>	<b>Willamette</b>
13	Angie Simmers	18:20.20#	1998	Willamette
14	Colleen Huck	18:21.85#	1998	Willamette
15	Devin Huck	18:22.71#	1998	Willamette
16	Sara Fristoe	18:26	2014	Lewiston Orchards
17	Kaylee Marquardt	18:27	2016	Lewiston Orchards
18	Susan Volke	18:27.6*	1986	Fort Casey
19	Michelle Ballentine	18:28.2	1981	Redmond Golf Course
20	Brittnee Sanchez	18:28.6	2008	Spokane Falls CC
21	Kendra Colyar	18:30.24#	2001	Willamette
22	Katie Owens	18:35	2008	Hells Gate
23	Bailey Birch	18:36	2015	Lewiston Orchards
24	Kelly Warren	18:37.9	1979	Mt. Hood Invitational
25	Christine Oeser	18:37.4	1981	Redmond Golf Course
26	Chelliey Corder	18:39.91#	2002	Willamette
27	Amy Durrance	18:42	2008	Hells Gate
	Amanda Kinzel	18:42	2015	Lewiston Orchards
29	Orinne Goldberg	18:42.6	1987	Wandermere Golf Course
30	Taebrooke Rutter	18:43	2006	Hells Gate
	Stephanie Jones	18:43	2011	Hells Gate
	Mariah Brenton	18:43	2014	Lewiston Orchards

# Spokane Cross Country History

## Women's Cross Country-6K

### Top 30 All Time

Place	Name	Time	Year	Course
1	Jessica Mildes	22:27.45#	2013	Plante's Ferry
2	Mikel Elliot	22:42.95#	2011	Plante's Ferry
3	Gracie Ledwith	23:15.40#	2015	Plante's Ferry
4	Jeanna Segaline	23:29.02#	2017	Sundodger
5	Amy Durrance	23:40.91#	2008	Pier Park
6	Shayle Dezelle	23:42.30#	2011	Plante's Ferry
7	Katie Owens	23:44	2007	Sundodger
8	Larson Agee	23:50	2006	Sundodger
9	Kelly Turner	23:52	2005	Sundodger
10	Amanda Kinzel	23:58.01#	2015	Plante's Ferry
11	Brittnee Sanchez	24:03	2007	Sundodger
12	Chelsea Rutter	24:10	2006	Sundodger
13	Karen Owens	24:14.35#	2008	Pier Park
14	Christine Eckstein	24:21	2006	Sundodger
15	Elizabeth Smith	24:23.05#	2015	Plante's Ferry
16	Annastasia Chapel	24:28.95#	2017	Sundodger
17	Kaylee Marquardt	24:34.74#	2015	Plante's Ferry
18	Emily Fraiser	24:34	2006	Sundodger
19	Katie Evans	24:37.36#	2008	Pier Park
20	Bailey Birch	24:59.46#	2015	Plante's Ferry
21	Katie Compogno	25:01	2005	Sundodger
22	Aubrienne Knudsen	25:01.77#	2017	Sundodger
23	Kayla Pattison	25:04	2006	Sundodger
24	Emily Farden	25:19.77#	2017	Sundodger
25	Armarose Bailey	25:20.62#	2008	Pier Park
26	Taebrooke Rutter	25:22	2005	Sundodger
27	Kelby Wegner	25:22.39#	2013	Plante's Ferry
28	Rachel Fridye	25:22.78#	2008	Pier Park
29	Mercedes Wilson	25:33	2005	Sundodger
30	Rachel Ward	25:35.94#	2013	Plante's Ferry

# Spokane Cross Country History

## Men's Cross Country-8K

### Top 30 All Time

Place	Name	Time	Year	Course
1	Dak Riek	24:33.00#	2007	Willamette
2	Shawn Beitelspacher	24:36.14#	1997	Willamette
3	Anthony Brown	24:39.76#	2009	Willamette
4	Ty Axtman	24:40.20#	2004	Willamette
5	Mark Moeller	24.40.41#	2007	Willamette
6	Daniel Schofield	24:46.01#	2013	Lewisville Park
7	Jon Smith	24:49.27#	2012	Plantes Ferry
8	Kelly Husband	24:50.0	1986	Moscow
9	Patrick Chessar	24:52.61#	2003	Willamette
10	Mark Currell	24:56	2003	Hells Gate
11	Charles Degnan	24:57.76#	2001	Willamette
12	Domenic Rhem	25:01	2016	Lewiston Orchards
13	Chris Morton	25:03.8	1985	McIver
14	James Berry	25:03.90#	1997	Willamette
15	Rigoberto Jimenez	25:06.07#	2009	University of Idaho
16	Todd Fayant	25:06.60#	2000	Willamette
17	Corbin Carlton	25:08	2015	Lewston Orchards
18	Walter Juarez	25:09.35#	2007	Willamette
19	Tyler Rapp	25:11.90#	2007	Willamette
20	Andrew Fuller	25:12.90#	2005	Willamette
21	Scott Limbach	25:13.6	1998	Spokane Falls CC
22	Jim Reed	25:15.10#	1998	Willamette
23	Charles Cummings	25:17	2006	Lake Sammamish
24	Eric Burck	25:19	2006	Lake Sammamish
25	Ethan Green	25:19.2	2017	Willamette
26	Sean Coyle	25:20.76#	2009	University of Idaho
27	Brandon Stum	25:22.01#	2001	Willamette
28	Brandon Hauver	25:22	1997	University of Oregon
	Rick Bogatay	25:22	2006	Hells Gate
30	Jon Bennett	25:23	2013	Lewiston Orchards