

# SEATTLEU

## TRACK & FIELD

### All Time Outdoor Top-10 List As of 5-25-2025

Marks set this season

Marks set by current Redhawks in prior seasons

| MEN          |                        |                          | WOMEN        |                            |                          |
|--------------|------------------------|--------------------------|--------------|----------------------------|--------------------------|
| <b>100m</b>  |                        |                          | <b>100m</b>  |                            |                          |
| 1            | Zach Stanfield         | 10.59 5/10/2012          | 1            | Tricht Jocelyn             | 11.88 4/30/2022          |
| 2            | Isaiah Payne           | 10.60 4/29/2023          | 2            | Katie Tougas               | 12.10 5/14/2014          |
| 3            | Miguel Rosario III     | 10.62 4/1/2023           | 3            | Alyssa Gonzales            | 12.20 5/13/2015          |
| 4            | Noah Payne             | 10.79 4/29/2023          | 4            | Madison Lichter            | 12.20 4/14/2017          |
| 5            | Kavon Holden           | 10.8 4/29/2023           | 5            | Michaela Moore             | 12.23 4/26/2019          |
| 6            | Zac Schlachter         | 10.88 5/8/2013           | 6            | <b>Taylor Marks</b>        | <b>12.64 5/3/2025</b>    |
| 7            | Eric Patterson-Floyd   | 10.92 5/10/2012          | 7            | Julie Smith                | 12.67 3/16/2024          |
| 8            | Austin Thummel-Gravitt | 11.00 4/26/2014          | 8            | Alyssa Lout                | 12.72 4/22/2011          |
| 9            | Travis Glover          | 11.06 3/8/2008           | 9            | <b>Manthita Wague</b>      | <b>12.80 5/9/2025</b>    |
| 10           | Taylor Fitch           | 11.08 4/22/2011          |              | Michelle Newblom           | 12.80 4/24/2021          |
|              | Wind-Aided             |                          |              | Wind-Aided                 |                          |
|              | Miguel Rosario III     | 10.58w (2.5) 4/15/2023   |              | Alyssa Gonzales            | 12.10w (2.3) 5/16/2015   |
|              | Isaiah Payne           | 10.65w (3.0) 3/19/2022   |              | Renee Soliman              | 12.41w (4.9) 5/11/2018   |
|              | Christopher Fussell    | 10.72w (2.7) 4/4/2009    |              |                            |                          |
|              | Taylor Fitch           | 10.79w (2.8) 5/13/2011   |              |                            |                          |
|              | Noah Payne             | 10.83w (4.8) 4/15/2023   |              |                            |                          |
|              | Duncan MacKay          | 10.86w (2.8) 5/13/2011   |              |                            |                          |
| <b>200m</b>  |                        |                          | <b>200m</b>  |                            |                          |
| 1            | Miguel Rosario III     | 21.18 6/23/2023          | 1            | Tricht Jocelyn             | 24.80 5/14/2021          |
| 1            | Isaiah Payne           | 21.47 3/19/2022          | 2            | <b>Taylor Marks</b>        | <b>25.14 5/14/2023</b>   |
| 2            | Zach Stanfield         | 21.51 4/6/2013           | 3            | Alyssa Gonzales            | 25.25 5/13/2015          |
| 3            | Zac Schlachter         | 21.70 5/8/2013           | 4            | Caylah Lunning             | 25.25 5/10/2017          |
| 5            | Austin Thummel-Gravitt | 21.87 4/27/2012          | 5            | Madison Lichter            | 25.51 4/13/2017          |
| 6            | Shaddye Melu           | 21.90 3/18/2016          | 6            | Regie Grady                | 25.84 4/2/2021           |
| 7            | Janzen Aguilar-Nelson  | 21.94 4/8/2016           | 7            | Michaela Moore             | 25.93 4/26/2019          |
| 8            | Christopher Fussell    | 22.06 3/28/2009          | 8            | <b>Livii Fetterley</b>     | <b>25.97 4/23/2024</b>   |
| 9            | Duncan MacKay          | 22.12 5/7/2011           | 9            | Abby Wachter               | 25.99 4/15/2016          |
| 10           | Taylor Fitch           | 22.15 5/12/2011          | 10           | Katie Tougas               | 26.02 4/27/2012          |
|              | Wind-Aided             |                          |              | Wind-Aided                 |                          |
|              | Zach Stanfield         | 21.36w (2.3) 5/10/2012   |              | Tricht Jocelyn             | 25.18w (2.8) 4/24/2021   |
|              | Shaddye Melu           | 21.76w (2.2) 4/15/2016   |              | Katie Tougas               | 25.82w (2.8) 4/19/2013   |
|              | Duncan MacKay          | 21.99w (2.1) 5/13/2011   |              |                            |                          |
| <b>400m</b>  |                        |                          | <b>400m</b>  |                            |                          |
| 1            | Shaddye Melu           | 47.39 5/13/2018          | 1            | Candice de Sauvage         | 56.72 4/30/2015          |
| 2            | Tom Mezzera            | 47.52 5/13/2010          | 2            | Maya McCabe                | 57.00 4/15/2022          |
| 3            | Austin Thummel-Gravitt | 48.04 5/14/2014          | 3            | Rachel Purcell             | 57.26 5/12/2011          |
| 4            | Zach Stanfield         | 48.08 4/18/2013          | 4            | <b>Taylor Marks</b>        | <b>57.46 5/19/2025</b>   |
| 5            | Janzen Aguilar-Nelson  | 48.45 4/14/2016          | 5            | Regie Grady                | 57.58 5/9/2019           |
| 6            | Travis Golver          | 49.15 5/10/2008          | 6            | Caylah Lunning             | 57.99 3/30/2018          |
| 7            | Zac Schlachter         | 49.20 4/19/2013          | 7            | <b>Annabelle Clapp</b>     | <b>58.04 5/3/2025</b>    |
| 8            | Keith Beasley          | 49.46 4/13/2017          | 8            | Mandy Rusch                | 58.12 5/13/2015          |
| 9            | Justin Blunden         | 50.10 4/15/2022          | 9            | Clare Obradovich           | 58.48 5/12/2011          |
| 10           | Jason Cowan            | 50.29 4/17/2015          | 10           | Elena Collins              | 58.52 5/13/2010          |
| <b>800m</b>  |                        |                          | <b>800m</b>  |                            |                          |
| 1            | <b>Alex Jensen</b>     | <b>1:50.33 5/3/2025</b>  | 1            | Liane Swegle               | 2:04.30 5/8/1976         |
| 2            | <b>Seku Sanders</b>    | <b>1:50.78 4/18/2025</b> | 2            | Maya McCabe                | 2:08.82 5/14/2022        |
| 3            | <b>Osaze Williams</b>  | <b>1:51.60 4/18/2025</b> | 3            | Siobhan Rubio              | 2:12.12 4/17/2019        |
| 4            | Alex Franklin          | 1:52.45 4/11/2024        | 4            | <b>Annabelle Clapp</b>     | <b>2:12.92 4/18/2025</b> |
| 5            | Ansel Pendley-Griffin  | 1:52.63 5/13/2022        | 5            | <b>Lilianne Hargreaves</b> | <b>2:13.04 5/3/2025</b>  |
| 6            | Matt Blaine            | 1:53.40 4/30/2004        | 6            | Madison Davis              | 2:13.52 5/13/2015        |
| 7            | Stewart Keene          | 1:53.56 4/17/2019        | 7            | Alisa Poplawski            | 2:13.82 5/13/2015        |
| 8            | Nicholas Dols          | 1:53.58 5/12/2007        | 8            | Ellie Postma               | 2:13.07 4/14/2022        |
| 9            | Gus Harquail           | 1:53.84 3/16/2024        | 9            | Rachael Johnson            | 2:15.10 5/3/2008         |
| 10           | Hezekiah Goodwin       | 1:54.21 4/15/2023        | 10           | <b>Alisha Saucedo</b>      | <b>2:15.29 5/3/2025</b>  |
| <b>1500m</b> |                        |                          | <b>1500m</b> |                            |                          |
| 1            | Jacques Hebert         | 3:49.49 6/9/2019         | 1            | <b>Lilianne Hargreaves</b> | <b>4:24.62 5/9/2025</b>  |
| 2            | Collin Overbay         | 3:50.33 4/26/2013        | 2            | Sophie Curatilo            | 4:28.60 4/16/2015        |
| 3            | Gus Arroyo             | 3:51.78 5/8/2015         | 3            | <b>Azalea Groleau</b>      | <b>4:30.34 3/16/2024</b> |
| 4            | Ansel Pendley-Griffin  | 3:51.89 4/24/2021        | 4            | Moirra O'Connor Lenth      | 4:33.15 4/13/2017        |
| 5            | Alex Franklin          | 3:52.04 4/23/2024        | 5            | <b>McKenna White</b>       | <b>4:33.36 4/18/2025</b> |
| 6            | Zack Sundt             | 3:53.87 3/23/2024        | 6            | Lila Rice                  | 4:33.78 5/10/2017        |
| 7            | Rajesh Gill            | 3:54.17 4/15/2023        | 7            | Madison Davis              | 4:34.61 5/8/2013         |
| 8            | Gus Harquail           | 3:54.49 4/15/2022        | 8            | Johanna Erickson           | 4:35.83 4/19/2018        |
| 9            | Louis Rodrigues        | 3:54.77 4/14/2016        | 9            | Ellie Postma               | 4:35.99 5/14/2022        |
| 10           | Kelton Sears           | 3:54.92 5/8/2010         | 10           | Sarah Bolce                | 4:37.79 5/12/2011        |
| <b>3000m</b> |                        |                          | <b>3000m</b> |                            |                          |
| 1            | Collin Overbay         | 8:30.10 3/22/2014        | 1            | Sophie Curatilo            | 9:44.13 3/21/2015        |
| 2            | Joe Charbonneau        | 8:32.32 3/21/2015        | 2            | <b>Azalea Groleau</b>      | <b>9:59.96 3/17/2023</b> |
| 3            | Kelton Sears           | 8:33.17 3/19/2011        | 3            | Lila Rice                  | 10:02.56 3/21/2015       |
| 4            | Erik Barkhaus          | 8:36.32 3/18/2012        | 4            | Katie Hansen               | 10:03.09 5/3/2008        |
| 5            | Gus Harquail           | 8:36.48 3/19/2022        | 5            | Sarah Bolce                | 10:03.37 3/18/2012       |
| 6            | Matthew McClement      | 8:37.87 3/16/2013        | 6            | Taylor de Laveaga          | 10:12.50 3/22/2014       |

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|    |                    |         |           |
|----|--------------------|---------|-----------|
| 7  | Baxter Arguinchona | 8:39.36 | 3/22/2014 |
| 8  | Chay Weaver        | 8:40.62 | 3/21/2015 |
| 9  | Ryan Dennison      | 8:41.04 | 3/16/2013 |
| 10 | Ben Monk           | 8:41.60 | 3/21/2015 |

#### 5000m

|    |                    |          |           |
|----|--------------------|----------|-----------|
| 1  | Matt Seidel        | 14:21.18 | 4/19/2018 |
| 2  | Yonas Sauers       | 14:21.46 | 3/22/2024 |
| 3  | Joe Charbonneau    | 14:29.28 | 4/30/2015 |
| 4  | Gus Arroyo         | 14:33.72 | 4/30/2015 |
| 5  | Chay Weaver        | 14:40.55 | 4/14/2016 |
| 6  | Erik Barkhaus      | 14:40.88 | 4/19/2012 |
| 7  | Ben Monk           | 14:41.10 | 4/14/2016 |
| 8  | Matthew McClement  | 14:44.51 | 4/6/2013  |
| 9  | Tyler Flannery     | 14:44.81 | 4/28/2017 |
| 10 | Baxter Arguinchona | 14:45.17 | 5/11/2016 |

#### 10,000m

|    |                      |          |           |
|----|----------------------|----------|-----------|
| 1  | Yonas Sauers         | 29:42.66 | 4/12/2024 |
| 2  | Matthew McClement    | 30:28.40 | 4/18/2013 |
| 3  | Erik Barkhaus        | 30:32.30 | 3/30/2012 |
| 4  | Matt Seidel          | 30:45.04 | 4/1/2016  |
| 5  | Baxter Arguinchona   | 30:47.62 | 5/11/2016 |
| 6  | Cal Davidson-Turner  | 31:04.98 | 3/28/2019 |
| 7  | Ben Monk             | 31:31.28 | 5/11/2016 |
| 8  | Hans Heltzinger      | 31:31.47 | 4/1/2011  |
| 9  | Graham Kinzel-Grubbs | 31:51.40 | 3/30/2012 |
| 10 | Nicholas Alvarado    | 32:01.43 | 5/13/2010 |

#### 110m Hurdles

|    |                  |       |           |
|----|------------------|-------|-----------|
| 1  | Lucas Milne      | 15.27 | 4/30/2022 |
| 2  | d'Andre Benjamin | 15.72 | 3/8/2008  |
| 3  | Delvin Sweeney   | 15.94 | 5/1/2009  |
| 4  | William Sun      | 16.05 | 3/13/2021 |
| 5  | Daniel Sullivan  | 16.13 | 5/10/2008 |
| 6  | Michael Cardinal | 16.58 | 5/8/2010  |
| 7  | Brock Jahner     | 17.01 | 3/23/2007 |
| 8  | Jude Martinez    | 17.06 | 3/28/2009 |
| 9  | Samuel Engle     | 17.16 | 4/9/2011  |
| 10 | Rock Gignac      | 18.82 | 5/3/2025  |

#### Wind-Aided

|  |             |       |           |
|--|-------------|-------|-----------|
|  | Lucas Milne | 15.37 | 3/19/2022 |
|--|-------------|-------|-----------|

#### 400m Hurdles

|    |                  |         |           |
|----|------------------|---------|-----------|
| 1  | Daniel Sullivan  | 53.02   | 4/25/2009 |
| 2  | Steve Brown      | 54.96   | 4/19/2018 |
| 3  | Samuel Engle     | 55.99   | 4/18/2014 |
| 4  | Garrett Brown    | 56.30   | 5/4/2007  |
| 5  | Lucas Milne      | 56.60   | 4/17/2019 |
| 6  | William Sun      | 56.86   | 4/26/2019 |
| 7  | Jude Martinez    | 57.29   | 5/13/2010 |
| 8  | Cooper Hartman   | 57.90   | 4/22/2011 |
| 9  | d'Andre Benjamin | 59.62   | 5/10/2008 |
| 10 | Sam Golden       | 1:00.48 | 5/5/2017  |

#### Steeplechase

|    |                       |          |           |
|----|-----------------------|----------|-----------|
| 1  | Gus Harquail          | 8:56.10  | 4/12/2024 |
| 2  | Eli Boudouris         | 9:06.69  | 4/27/2018 |
| 3  | Hezekiah Goodwin      | 9:17.70  | 4/29/2023 |
| 4  | Michael Van Nuland    | 9:28.97  | 4/1/2011  |
| 5  | Kelton Sears          | 9:30.75  | 5/10/2012 |
| 6  | Nathan McLaughlin     | 9:37.68  | 4/25/2015 |
| 7  | Ansel Pendley-Griffin | 9:38.46  | 4/2/2021  |
| 8  | Dain Engebretsen      | 9:53.33  | 3/29/2003 |
| 9  | Dan Barreto           | 9:59.21  | 4/4/2025  |
| 10 | Stephen Crocker       | 10:03.70 | 4/13/2019 |

#### 4x100m Relay

|   |                                                        |       |           |
|---|--------------------------------------------------------|-------|-----------|
| 1 | N. Payne, Holden, I. Payne, Rosario                    | 41.23 | 4/29/2023 |
| 2 | N. Payne, Topinka, I. Payne, Rosario                   | 41.51 | 4/15/2023 |
| 3 | Patterson-Floyd,Thummel-Gravitt, Schlachter, Stanfield | 41.51 | 4/27/2012 |
| 4 | Schlachter, Stanfield, Melu, Thummel-Gravitt           | 41.52 | 5/8/2013  |
| 5 | Fussell, Sullivan, Stanfield, Mezzera                  | 41.58 | 5/13/2010 |
| 6 | Yamamoto, Topinka, N. Payne, I. Payne                  | 41.69 | 5/15/2021 |
| 7 | Hartman, Fitch, MacKay, Schlachter                     | 41.74 | 5/12/2011 |
| 8 | Fussell, Sullivan, Stanfield, J. Mezzera               | 42.03 | 4/10/2009 |

|    |                        |          |           |
|----|------------------------|----------|-----------|
| 7  | Hannah Mittelstaedt    | 10:13.25 | 3/18/2012 |
| 8  | Emily Harris           | 10:20.18 | 4/2/2021  |
| 9  | Lauren Hammerle        | 10:21.03 | 3/22/2014 |
| 10 | Marie-Therese Chahroui | 10:24.84 | 3/19/2022 |

#### 5000m

|    |                       |          |           |
|----|-----------------------|----------|-----------|
| 1  | Azalea Groleau        | 16:46.75 | 4/11/2024 |
| 2  | Sophie Curatilo       | 16:50.10 | 4/3/2015  |
| 3  | Olivia Stein          | 16:58.86 | 4/27/2018 |
| 4  | Elena Smith           | 17:15.66 | 4/29/2016 |
| 5  | Moirra O'Connor Lenth | 17:31.44 | 4/7/2017  |
| 6  | Taylor de Laveaga     | 17:36.17 | 5/1/2014  |
| 7  | Hannah Mittelstaedt   | 17:36.32 | 5/8/2013  |
| 8  | Lila Rice             | 17:40.43 | 4/8/2016  |
| 9  | Katie Hansen          | 17:45.42 | 3/28/2009 |
| 10 | Lindsay Frederick     | 17:50.94 | 5/11/2016 |

#### 10,000m

|    |                   |          |           |
|----|-------------------|----------|-----------|
| 1  | Olivia Stein      | 35:21.65 | 4/19/2018 |
| 2  | Elena Smith       | 36:02.24 | 5/11/2016 |
| 3  | Taylor de Laveaga | 37:17.52 | 4/4/2014  |
| 4  | Elle Stein        | 37:29.61 | 3/28/2019 |
| 5  | Lauren Hammerle   | 37:48.99 | 4/4/2014  |
| 6  | Rachel Yorkston   | 38:38.01 | 5/13/2010 |
| 7  | Alana Garcia      | 39:13.39 | 5/14/2004 |
| 8  | Meghan Arigo      | 39:46.72 | 4/12/2013 |
| 9  | Courtney Gelmini  | 41:14.93 | 5/9/2018  |
| 10 | Rachel Suess      | 41:27.34 | 5/14/2004 |

#### 100m Hurdles

|    |                    |       |           |
|----|--------------------|-------|-----------|
| 1  | Michelle Newblom   | 14.51 | 5/9/2019  |
| 2  | Mariah Gibbs       | 14.82 | 4/28/2017 |
| 3  | Mandie Maddux      | 14.94 | 4/28/2017 |
| 4  | Emily Walters      | 15.07 | 5/12/2011 |
| 5  | Livii Fetterley    | 15.27 | 4/5/2024  |
| 6  | Kaytie Bateman     | 15.72 | 5/8/2013  |
| 7  | Rachel Vranizan    | 16.76 | 5/8/2009  |
| 8  | Navotni Minter     | 16.93 | 4/9/2010  |
| 9  | Jamie Gotro        | 17.09 | 3/18/2016 |
| 10 | Chloe Deleissegues | 17.12 | 4/24/2021 |

#### Wind-Aided

|  |                  |              |           |
|--|------------------|--------------|-----------|
|  | Michelle Newblom | 14.34w (4.1) | 5/4/2019  |
|  | Mandie Maddux    | 14.74w (2.8) | 5/13/2017 |

#### 400m Hurdles

|    |                  |         |           |
|----|------------------|---------|-----------|
| 1  | Abby Wachter     | 1:02.12 | 5/10/2017 |
| 2  | Katie Fleming    | 1:03.67 | 4/15/2016 |
| 3  | Nicole Golba     | 1:04.76 | 5/9/2019  |
| 4  | Jocelyn Garcia   | 1:06.39 | 4/23/2024 |
| 5  | Rachel Vranizan  | 1:08.34 | 5/8/2009  |
| 6  | Courtney Cabebe  | 1:10.34 | 4/20/2007 |
| 7  | Alex Howerton    | 1:10.41 | 4/26/2019 |
| 8  | Michelle Newblom | 1:10.74 | 4/17/2019 |
| 9  | Jaimi Gotro      | 1:13.05 | 5/5/2017  |
| 10 |                  |         |           |

#### Steeplechase

|    |                        |          |           |
|----|------------------------|----------|-----------|
| 1  | Hannah Mittelstaedt    | 10:44.09 | 5/9/2014  |
| 2  | Kelly Fullerton        | 10:51.69 | 5/23/2003 |
| 3  | Rowan Cuadrado         | 10:56.37 | 4/14/2022 |
| 4  | Johanna Erickson       | 11:03.69 | 4/14/2018 |
| 5  | Emily Harris           | 11:05.66 | 4/1/2022  |
| 6  | Rebecca Lassere        | 11:18.93 | 5/11/2019 |
| 7  | Lilianne Hargreaves    | 11:47.57 | 4/14/2022 |
| 8  | Shannan Higgins        | 11:58.10 | 4/13/2019 |
| 9  | Marie-Therese Chahroui | 12:08.74 | 4/24/2021 |
| 10 |                        |          |           |

#### 4x100m Relay

|   |                                                                |       |                     |
|---|----------------------------------------------------------------|-------|---------------------|
| 1 | Newblom, Grady, Lunning, Moore                                 | 46.85 | 5/9/2019            |
| 2 | Lichter, Wachter, Fleming, Gonzales                            | 48.09 | 5/11/2016           |
| 3 | Moore, Newblom, Grady, Jocelyn                                 | 48.19 | 4/24/2021           |
| 4 | Gonzales, Gibbs, Wachter, Lichter/Wague, Marks, Rosario, Smith | 48.24 | 4/30/2015, 5/9/2024 |
| 5 | Soliman, Newblom, Lichter, Lunning                             | 48.51 | 3/30/2018           |
| 6 | Lichter, Wachter, Fleming, Lunning                             | 48.98 | 4/14/2017           |
| 7 | Marks, Smith, Dismukes, Tibbo                                  | 48.99 | 4/29/2023           |
| 8 | Obradovich,Purcell, Bergmann, Lout                             | 49.00 | 4/29/2011           |

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|    |                                          |       |           |    |                                 |       |           |
|----|------------------------------------------|-------|-----------|----|---------------------------------|-------|-----------|
| 9  | Yamamoto, Milne, De Guzman, I. Payne     | 42.06 | 5/9/2019  | 9  | Bateman, Cull, Bergmann, Tougas | 49.29 | 4/27/2012 |
| 10 | Cowan, Thummel-Gravitt, Schlachter, Melu | 42.09 | 4/17/2015 | 10 | Tougas, Cull, Bergmann, Bateman | 49.44 | 4/6/2013  |

### 4x400m Relay

|    |                                                |                |                  |
|----|------------------------------------------------|----------------|------------------|
| 1  | Thummel-Gravitt, Schlachter, Stanfield, Melu   | 3:13.59        | 5/8/2013         |
| 2  | Thummel-Gravitt, Schlachter, Cowan, Melu       | 3:15.84        | 4/17/2015        |
| 3  | I. Payne, Rosario, Holme, <b>Jensen</b>        | <b>3:15.87</b> | <b>5/14/2023</b> |
| 4  | Thummel-Gravitt, Misono, Schlachter, Stanfield | 3:17.02        | 5/10/2012        |
| 5  | Sullivan, Dols, Brown, Allen                   | 3:19.41        | 4/21/2007        |
| 6  | T. Mezzera, Sullivan, Stanfield, Martinez      | 3:20.24        | 5/13/2010        |
| 7  | <b>Fiso, O. Williams, Sanders, Jensen</b>      | <b>3:20.92</b> | <b>5/19/2025</b> |
| 8  | <b>Fiso, Jensen, Zamora, O. Williams</b>       | <b>3:21.80</b> | <b>4/5/2025</b>  |
| 9  | Stanfield, J. Mezzera, Sullivan, T. Mezzera    | 3:21.94        | 4/10/2009        |
| 10 | I. Payne, Franklin, Blunden, <b>Jensen</b>     | <b>3:22.47</b> | <b>5/14/2022</b> |

### High Jump

|    |                |       |          |           |
|----|----------------|-------|----------|-----------|
| 1  | Shaddy Melu    | 2.15m | 7' 0.5"  | 4/8/2016  |
| 2  | Cam Peters     | 2.00m | 6' 6.75" | 4/13/2017 |
| 3  | Xavier Kelly   | 1.91m | 6' 3.25" | 4/24/2021 |
| 4  | Taylor Choyce  | 1.91m | 6' 3.25" | 5/14/2005 |
| 5  | Delvin Sweeney | 1.90m | 6' 2.75" | 4/18/2009 |
| 6  | Ty Jaros       | 1.88m | 6' 2"    | 4/4/2009  |
| 7  | Brian Langhans | 1.86m | 6' 1.25" | 5/14/2004 |
| 8  | Ryan Agnew     | 1.79m | 5' 10.5" | 4/27/2012 |
| 9  | Brock Jahner   | 1.73m | 5' 8"    | 4/7/2007  |
| 10 | Lucas Milne    | 1.71m | 5' 7.25" | 5/13/2021 |

### Pole Vault

|    |                   |       |            |           |
|----|-------------------|-------|------------|-----------|
| 1  | Stephen Squatrito | 4.50m | 14' 9"     | 4/27/2012 |
| 2  | Brock Jahner      | 4.17m | 13' 8.25"  | 5/4/2007  |
| 3  | Marc Massey       | 3.45m | 11' 3.75"  | 4/25/2008 |
| 4  | Lucas Milne       | 3.35m | 10' 11.75" | 5/13/2022 |
| 5  | d' Andre Benjamin | 3.20m | 10' 6"     | 4/22/2008 |
| 6  |                   |       |            |           |
| 7  |                   |       |            |           |
| 8  |                   |       |            |           |
| 9  |                   |       |            |           |
| 10 |                   |       |            |           |

### Long Jump

|    |                     |              |                   |                  |
|----|---------------------|--------------|-------------------|------------------|
| 1  | Jamaari Jefferson   | 7.00m        | 23'               | 5/14/2023        |
| 2  | <b>JR Zamora</b>    | <b>6.76m</b> | <b>22' 1.75"</b>  | <b>5/3/2025</b>  |
| 3  | Tom Topinka         | 6.53m        | 21' 4.5"          | 5/14/2023        |
| 4  | d'Andre Benjamin    | 6.51m        | 21' 4.25"         | 3/8/2008         |
| 5  | Nick Bever          | 6.45m        | 21' 2"            | 5/14/2011        |
| 6  | Lucas Milne         | 6.41m        | 21' 0.25"         | 4/1/2022         |
| 7  | Udoka Odoemene      | 6.41m        | 21' 0.25"         | 5/8/2009         |
| 8  | Zach Stanfield      | 6.37m        | 20' 10.75"        | 4/7/2012         |
| 9  | <b>Matthew Fiso</b> | <b>6.38m</b> | <b>20' 11.25"</b> | <b>4/19/2025</b> |
| 10 | Xavier Kelley       | 6.35m        | 20' 10"           | 4/30/2021        |
|    | Amadeus Eckart      | 6.34m        | 20' 9"            | 5/14/2023        |

Wind-Aided

### Triple Jump

|    |                     |               |                   |                  |
|----|---------------------|---------------|-------------------|------------------|
| 1  | <b>Matthew Fiso</b> | <b>14.28m</b> | <b>46' 10.25"</b> | <b>4/19/2025</b> |
| 2  | Nick Redlew         | 13.89m        | 45' 7"            | 4/14/2017        |
| 3  | <b>JR Zamora</b>    | <b>13.80m</b> | <b>45' 3.5"</b>   | <b>4/5/2024</b>  |
| 4  | Jordan Kenison      | 13.64m        | 44' 9"            | 4/14/2017        |
| 5  | Nick Bever          | 13.45m        | 44' 1.5"          | 4/26/2014        |
| 6  | Ty Jaros            | 13.43m        | 44' 0.75"         | 5/8/2009         |
| 7  | Brock Jahner        | 13.37m        | 43' 10.5"         | 3/1/2009         |
| 8  | <b>Sean Ellison</b> | <b>13.32m</b> | <b>43' 8.5"</b>   | <b>3/29/2025</b> |
| 9  | Xavier Kelley       | 13.17m        | 43' 2.5"          | 3/13/2021        |
| 10 | Kailan Claiborne    | 13.04m        | 42' 9.5"          | 3/24/2018        |

Wind-Aided

### Shot Put

### 4x400m Relay

|    |                                            |                |                  |
|----|--------------------------------------------|----------------|------------------|
| 1  | <b>Clapp, Shkalenkova, Hargreaves, Mar</b> | <b>3:52.14</b> | <b>5/19/2025</b> |
| 2  | Marks, Postma, Jocelyn, McCabe             | 3:53.43        | 5/14/2022        |
| 3  | Obradovich, Bergmann, Collins, Purcell     | 3:54.71        | 5/12/2011        |
| 4  | McCabe, Deleissegues, Marks, Jocelyn       | 3:54.90        | 4/15/2022        |
| 5  | Grady, Rubio, Lunning, Postma              | 3:55.16        | 5/9/2019         |
| 6  | Bergmann, Collins, Obradovich, Purcell     | 3:55.44        | 5/13/2010        |
| 7  | Marks, Grady, Deleissegues, McCabe         | 3:55.96        | 4/23/2022        |
| 8  | Poplawski, Smith, Fleming, Wachter         | 3:57.56        | 3/21/2015        |
| 9  | de Sauvage, Bergmann, Tougas, Collins      | 3:58.12        | 5/10/2012        |
| 10 | Soliman, Wachter, Lunning, Rubio           | 3:58.98        | 5/9/2018         |

### High Jump

|    |                        |              |                  |                  |
|----|------------------------|--------------|------------------|------------------|
| 1  | Mandie Maddux          | 1.66m        | 5' 5.25"         | 4/29/2016        |
| 2  | Mara Becker            | 1.62m        | 5' 3.75"         | 3/20/2010        |
| 3  | Brittany Philio        | 1.60m        | 5' 3"            | 5/13/2010        |
| 4  | Morgan Young           | 1.60m        | 5' 3"            | 3/20/2021        |
| 5  | Kaytie Bateman         | 1.57m        | 5' 1.75"         | 5/8/2013         |
| 6  | Rachel Van Liew        | 1.55m        | 5' 1"            | 5/4/2019         |
| 7  | Tyanna Barnett         | 1.50m        | 4' 11"           | 4/2/2021         |
| 8  | Laurel Mack-Wilson     | 1.50m        | 4' 11"           | 5/4/2018         |
| 9  | <b>Livii Fetterley</b> | <b>1.49m</b> | <b>4' 10.75"</b> | <b>5/14/2023</b> |
| 10 | Emily Walters          | 1.48m        | 4' 10.25"        | 4/1/2011         |

### Pole Vault

|    |                  |       |           |           |
|----|------------------|-------|-----------|-----------|
| 1  | Ariel Johnson    | 3.45m | 11' 3.75" | 4/9/2011  |
| 2  | Courtney Cabebe  | 3.30m | 10' 10"   | 4/25/2008 |
| 3  | Theresa Mangahas | 3.25m | 10' 8"    | 3/29/2003 |
| 4  | Brittany Lee     | 2.85m | 9' 4.25"  | 4/25/2008 |
| 5  |                  |       |           |           |
| 6  |                  |       |           |           |
| 7  |                  |       |           |           |
| 8  |                  |       |           |           |
| 9  |                  |       |           |           |
| 10 |                  |       |           |           |

### Long Jump

|    |                       |              |               |                  |
|----|-----------------------|--------------|---------------|------------------|
| 1  | Caylah Lunning        | 5.76m        | 18' 10.75"    | 4/17/2019        |
| 2  | Emily Walters         | 5.72m        | 18' 9.25"     | 5/14/2011        |
| 3  | <b>Zoe Tibbo</b>      | <b>5.67m</b> | <b>18' 7"</b> | <b>5/19/2025</b> |
| 4  | Reyna Dismukes        | 5.65m        | 18' 6"        | 5/14/2023        |
| 5  | <b>Manthita Wague</b> | <b>5.64m</b> | <b>18' 6"</b> | <b>5/3/2025</b>  |
| 6  | Katie Tougas          | 5.63m        | 18' 5.75"     | 4/2/2021         |
| 7  | Morgan Young          | 5.58m        | 18' 3.75"     | <b>4/23/2024</b> |
| 8  | Bryana Rogers         | 5.45m        | 17' 10"       | 5/14/2023        |
| 9  | Renee Soliman         | 5.42m        | 17' 9.5"      | 4/19/2018        |
| 10 | Kaytie Bateman        | 5.32m        | 17' 5.5"      | 5/8/2013         |

Wind-Aided

### Triple Jump

|    |                       |               |                   |                 |
|----|-----------------------|---------------|-------------------|-----------------|
| 1  | Morgan Young          | 12.16m        | 39' 10.75"        | 4/24/2021       |
| 2  | Bryana Rogers         | 12.04m        | 39' 6"            | 5/14/2023       |
| 3  | <b>Manthita Wague</b> | <b>11.89m</b> | <b>39'</b>        | <b>5/3/2025</b> |
| 4  | Mariah Gibbs          | 11.60m        | 38' 0.75"         | 5/10/2017       |
| 5  | Cali Cull             | 11.56m        | 37' 11.25"        | 5/14/2014       |
| 6  | <b>Zoe Tibbo</b>      | <b>11.56m</b> | <b>37' 11.25"</b> | <b>5/9/2024</b> |
| 7  | Katie Fleming         | 11.41m        | 37' 5.25"         | 5/10/2017       |
| 8  | Shannon Sadler        | 11.22m        | 36' 9"            | 5/14/2023       |
| 9  | Reyna Dismukes        | 11.22m        | 36' 9"            | 5/14/2023       |
| 10 | Ashley Hagar          | 11.09m        | 36' 4.6"          | 4/15/2023       |

Wind-Aided

|               |               |           |           |
|---------------|---------------|-----------|-----------|
| Bryana Rogers | 11.76mw (2.9) | 38' 7"    | 5/15/2021 |
| Katie Fleming | 11.69mw (2.3) | 38' 4.25" | 5/14/2016 |

### Shot Put

# SEATTLEU

## TRACK & FIELD

### All Time Outdoor Top-10 List As of 5-25-2025

|    |              |        |            |           |
|----|--------------|--------|------------|-----------|
| 1  | Bo Anderson  | 14.81m | 48' 7.25"  | 4/2/2011  |
| 2  | Devon Walker | 12.57m | 41' 3"     | 5/8/2013  |
| 3  | Josh Walters | 11.84m | 38' 10.25" | 5/12/2011 |
| 4  | Lucas Milne  | 11.18m | 36' 8.25"  | 5/12/2022 |
| 5  |              |        |            |           |
| 6  |              |        |            |           |
| 7  |              |        |            |           |
| 8  |              |        |            |           |
| 9  |              |        |            |           |
| 10 |              |        |            |           |

#### Discus Throw

|    |                    |               |               |                  |
|----|--------------------|---------------|---------------|------------------|
| 1  | Devon Walker       | 44.15m        | 144' 10"      | 5/8/2015         |
| 2  | Chris Scaffa       | 43.57m        | 142' 11"      | 5/4/2013         |
| 3  | Bo Anderson        | 34.85m        | 114' 4"       | 4/2/2011         |
| 4  | Josh Walters       | 33.69m        | 110' 6"       | 3/12/2011        |
| 5  | Lucas Milne        | 32.86m        | 107' 9"       | 5/13/2022        |
| 6  | <b>Rock Gignac</b> | <b>28.89m</b> | <b>94' 8"</b> | <b>3/29/2025</b> |
| 7  |                    |               |               |                  |
| 8  |                    |               |               |                  |
| 9  |                    |               |               |                  |
| 10 |                    |               |               |                  |

#### Hammer Throw

|    |                  |        |          |           |
|----|------------------|--------|----------|-----------|
| 1  | Devon Walker     | 47.54m | 156' 0"  | 4/29/2016 |
| 2  | Chris Scaffa     | 47.48m | 155' 9"  | 5/8/2015  |
| 3  | Malaki Seanoa II | 46.22m | 151' 8"  | 5/13/2015 |
| 4  | Josh Walters     | 45.50m | 149' 3"  | 5/10/2012 |
| 5  | Brandon Haggarty | 43.95m | 144' 2"  | 5/12/2011 |
| 6  | Bo Anderson      | 41.44m | 135' 11" | 5/12/2011 |
| 7  |                  |        |          |           |
| 8  |                  |        |          |           |
| 9  |                  |        |          |           |
| 10 |                  |        |          |           |

#### Javelin Throw

|    |                         |               |                |                  |
|----|-------------------------|---------------|----------------|------------------|
| 1  | Dylan Burnett           | 70.66m        | 231' 10"       | 5/12/2011        |
| 2  | Brandon Haggarty        | 62.50m        | 205' 1"        | 5/12/2011        |
| 3  | Malaki Seanoa II        | 58.41m        | 191' 8"        | 4/11/2014        |
| 4  | Brock Jahner            | 50.08m        | 164' 3.75"     | 5/4/2007         |
| 5  | Chris Scaffa            | 49.16m        | 161' 3"        | 4/10/2015        |
| 6  | <b>Zachary Schriner</b> | <b>47.55m</b> | <b>156'</b>    | <b>4/18/2025</b> |
| 7  | <b>Rock Gignac</b>      | <b>46.50m</b> | <b>152' 5"</b> | <b>5/3/2025</b>  |
| 8  | Matthew Crumedy         | 45.72m        | 150' 0"        | 4/20/2007        |
| 9  | Lucas Milne             | 43.72m        | 143' 5"        | 4/30/2022        |
| 10 | Sam Golden              | 43.17m        | 141' 8"        | 5/4/2019         |

#### Decathlon

|    |                    |             |                  |
|----|--------------------|-------------|------------------|
| 1  | Lucas Milne        | 5974        | 5/13/2022        |
| 2  | Brock Jahner       | 5852        | 5/4/2007         |
| 3  | d'Andre Benjamin   | 5077        | 5/3/2008         |
| 4  | <b>Rock Gignac</b> | <b>4569</b> | <b>5/19/2025</b> |
| 5  |                    |             |                  |
| 6  |                    |             |                  |
| 7  |                    |             |                  |
| 8  |                    |             |                  |
| 9  |                    |             |                  |
| 10 |                    |             |                  |

|    |                        |               |                |                 |
|----|------------------------|---------------|----------------|-----------------|
| 1  | Mandie Maddux          | 12.21m        | 40' 0.75"      | 5/10/2017       |
| 2  | <b>Livii Fetterley</b> | <b>11.90m</b> | <b>39'0.5"</b> | <b>4/5/2024</b> |
| 3  | Bethany Richards       | 11.74m        | 38' 6.25"      | 4/29/2011       |
| 4  | Tallia Sova            | 11.59m        | 38' 0.25"      | 5/4/2019        |
| 5  | Sara Blakely           | 11.36m        | 37' 3.25"      | 4/23/2011       |
| 6  | Kaytie Bateman         | 10.98m        | 36' 0.25"      | 4/12/2013       |
| 7  | Lindsay Currier        | 10.75m        | 35' 3.25"      | 5/8/2010        |
| 8  | Sylvia Hendrix         | 10.52m        | 34' 6.25"      | 3/16/2019       |
| 9  | Emee Mathew            | 10.31m        | 33' 10"        | 3/12/2011       |
| 10 | Sara DeMartini         | 9.94m         | 32' 7.5"       | 4/25/2008       |

#### Discus Throw

|    |                    |        |          |              |
|----|--------------------|--------|----------|--------------|
| 1  | Lindsay Currier    | 43.02m | 141' 2"  | May 8, 2010  |
| 2  | Sara Blakely       | 39.89m | 130' 10" | May 4, 2013  |
| 3  | ShaTanya Fernandez | 35.79m | 117' 5"  | 3/1/2006     |
| 4  | Bethany Richards   | 34.68m | 113' 9"  | Apr 29, 2011 |
| 5  | Tallia Sova        | 34.45m | 113' 0"  | May 4, 2019  |
| 6  | Melissa Oeser      | 34.42m | 112' 11" | Apr 26, 2014 |
| 7  | Jami Tresselt      | 33.53m | 110' 0"  | May 4, 2019  |
| 8  | Emee Mathew        | 32.62m | 107' 0"  | May 7, 2011  |
| 9  | Alexa DeYoung      | 29.76m | 97' 8"   | Apr 26, 2014 |
| 10 | Raelani Valaile    | 29.64m | 97' 3"   | 4/18/2019    |

#### Hammer Throw

|    |                        |               |                |                 |
|----|------------------------|---------------|----------------|-----------------|
| 1  | Bethany Richards       | 49.70m        | 163' 1"        | 5/1/2014        |
| 2  | Amanda Luna            | 45.76m        | 150' 1"        | 5/8/2013        |
| 3  | Renate Wescott         | 41.29m        | 135' 5"        | 4/26/2013       |
| 4  | Alexa DeYoung          | 40.27m        | 132' 1"        | 5/8/2015        |
| 5  | Jami Tresselt          | 39.35m        | 129' 1"        | 3/13/2021       |
| 6  | <b>Rachel Albright</b> | <b>39.04m</b> | <b>128' 1"</b> | <b>5/3/2025</b> |
| 7  | Sara Blakely           | 37.75m        | 123' 10"       | 4/23/2011       |
| 8  | Melissa Oeser          | 33.56m        | 110' 1"        | 4/26/2014       |
| 9  | Sylvia Hendrix         | 32.85m        | 107' 9"        | 3/16/2019       |
| 10 | Tallia Sova            | 25.86m        | 84' 10"        | 4/9/2011        |

#### Javelin Throw

|    |                        |               |                 |                  |
|----|------------------------|---------------|-----------------|------------------|
| 1  | Mandie Maddux          | 44.25m        | 145' 2"         | 5/10/2017        |
| 2  | Nicole Whittern        | 43.62m        | 143' 1"         | 3/19/2022        |
| 3  | Fernandez, ShaTanya    | 37.41m        | 122' 9"         | 3/1/2006         |
| 4  | Hali Bellisario        | 37.01m        | 121' 5"         | 3/28/2008        |
| 5  | Renate Wescott         | 35.75m        | 117' 3"         | 4/7/2012         |
| 6  | <b>Hoku Matsushima</b> | <b>35.61m</b> | <b>116' 10"</b> | <b>3/8/2025</b>  |
| 7  | Kaytie Bateman         | 35.30m        | 115' 10"        | 4/26/2013        |
| 8  | Tallia Sova            | 35.21m        | 115' 6"         | 5/9/2019         |
| 9  | Jamie Hegg             | 34.03m        | 111' 8"         | 5/4/2019         |
| 10 | <b>Livii Fetterley</b> | <b>31.61m</b> | <b>103' 8"</b>  | <b>5/11/2024</b> |

#### Heptathlon

|    |                        |             |                  |
|----|------------------------|-------------|------------------|
| 1  | Mandie Maddux          | 4999        | 5/10/2017        |
| 2  | Kaytie Bateman         | 4649        | 5/8/2013         |
| 3  | <b>Livii Fetterley</b> | <b>4374</b> | <b>5/11/2024</b> |
| 4  | Rachel Van Liew        | 4008        | 5/14/2021        |
| 5  | Chloe Deleissegues     | 3742        | 5/14/2021        |
| 6  |                        |             |                  |
| 7  |                        |             |                  |
| 8  |                        |             |                  |
| 9  |                        |             |                  |
| 10 |                        |             |                  |