

SEATTLEU TRACK & FIELD

All Time Outdoor Top-10 List As of 5-25-2026

Marks set this season

Marks set by current Redhawks in prior seasons

MEN

100m

1	Zach Stanfield	10.59	5/10/2012
2	Isaiah Payne	10.60	4/29/2023
3	Miguel Rosario III	10.62	4/1/2023
4	Noah Payne	10.79	4/29/2023
5	Kavon Holden	10.8	4/29/2023
6	Zac Schlachter	10.88	5/8/2013
7	Eric Patterson-Floyd	10.92	5/10/2012
8	Austin Thummel-Gravitt	11.00	4/26/2014
9	Travis Glover	11.06	3/8/2008
10	Taylor Fitch	11.08	4/22/2011

Wind-Aided

Miguel Rosario III	10.58w (2.5)	4/15/2023
Isaiah Payne	10.65w (3.0)	3/19/2022
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

200m

1	Miguel Rosario III	21.18	6/23/2023
1	Isaiah Payne	21.47	3/19/2022
2	Zach Stanfield	21.51	4/6/2013
3	Zac Schlachter	21.70	5/8/2013
5	Austin Thummel-Gravitt	21.87	4/27/2012
6	Shaddye Melu	21.90	3/18/2016
7	Janzen Aguilar-Nelson	21.94	4/8/2016
8	Christopher Fussell	22.06	3/28/2009
9	Duncan MacKay	22.12	5/7/2011
10	Taylor Fitch	22.15	5/12/2011

Wind-Aided

Zach Stanfield	21.36w (2.3)	5/10/2012
Shaddye Melu	21.76w (2.2)	4/15/2016
Duncan MacKay	21.99w (2.1)	5/13/2011

400m

1	Shaddye Melu	47.39	5/13/2018
2	Tom Mezzera	47.52	5/13/2010
3	Austin Thummel-Gravitt	48.04	5/14/2014
4	Zach Stanfield	48.08	4/18/2013
5	Janzen Aguilar-Nelson	48.45	4/14/2016
6	Seku Sanders	49.12	5/2/2026
7	Travis Golver	49.15	5/10/2008
8	Zack Schlachter	49.20	4/19/2013
9	Keith Beasley	49.46	4/13/2017
10	Justin Blunden	50.10	4/15/2022

800m

1	Seku Sanders	1:48.70	5/16/2026
2	Alex Jensen	1:50.33	5/3/2025
3	Osaze Williams	1:50.66	5/16/2026
4	Alex Franklin	1:52:45	4/11/2024
5	Ansel Pendley-Griffin	1:52.63	5/13/2022
6	Matt Blaine	1:53.40	4/30/2004
7	Stewart Keene	1:53.56	4/17/2019
8	Nicholas Dols	1:53.58	5/12/2007
9	Riley Tricas	1:53.74	5/2/2026
10	Gus Harquail	1:53.84	3/16/2024

1500m

1	Jacques Hebert	3:49.49	6/9/2019
2	Collin Overbay	3:50.33	4/26/2013
3	Gus Arroyo	3:51.78	5/8/2015
4	Ansel Pendley-Griffin	3:51.89	4/24/2021
5	Alex Franklin	3:52.04	4/23/2024
6	Zack Sundt	3:53.87	3/23/2024
7	Rajesh Gill	3:54.17	4/15/2023
8	Gus Harquail	3:54.49	4/15/2022
9	Louis Rodrigues	3:54.77	4/14/2016
10	Kelton Sears	3:54.92	5/8/2010

WOMEN

100m

1	Tricht Jocelyn	11.88	4/30/2022
2	Katie Tougas	12.10	5/14/2014
3	Alyssa Gonzales	12.20	5/13/2015
4	Madison Lichter	12.20	4/14/2017
5	Michaela Moore	12.23	4/26/2019
6	Taylor Marks	12.64	5/3/2025
7	Julie Smith	12.67	3/16/2024
8	Alyssa Lout	12.72	4/22/2011
9	Manthita Wague	12.80	5/9/2025
	Michelle Newblom	12.80	4/24/2021

Wind-Aided

Alyssa Gonzales	12.10w (2.3)	5/16/2015
Renee Soliman	12.41w (4.9)	5/11/2018

200m

1	Tricht Jocelyn	24.80	5/14/2021
2	Taylor Marks	25.14	5/14/2023
3	Alyssa Gonzales	25.25	5/13/2015
4	Caylah Lunning	25.25	5/10/2017
5	Madison Lichter	25.51	4/13/2017
6	Regie Grady	25.84	4/2/2021
7	Michaela Moore	25.93	4/26/2019
8	Livii Fetterley	25.97	4/23/2024
9	Abby Wachter	25.99	4/15/2016
10	Katie Tougas	26.02	4/27/2012

Wind-Aided

Tricht Jocelyn	25.18w (2.8)	4/24/2021
Katie Tougas	25.82w (2.8)	4/19/2013

400m

1	Candice de Sauvage	56.72	4/30/2015
2	Maya McCabe	57.00	4/15/2022
3	Rachel Purcell	57.26	5/12/2011
4	Taylor Marks	57.46	5/19/2025
5	Annabelle Clapp	57.52	4/17/2026
6	Regie Grady	57.58	5/9/2019
7	Caylah Lunning	57.99	3/30/2018
8	Mandy Rusch	58.12	5/13/2015
9	Kristina Shkalenkova	58.22	5/2/2026
10	Clare Obradovich	58.48	5/12/2011

800m

1	Liane Swegle	2:04.30	5/8/1976
2	Maya McCabe	2:08.82	5/14/2022
3	Annabelle Clapp	2:08.89	5/2/2026
4	Siobhan Rubio	2:12.12	4/17/2019
5	Lilianne Hargreaves	2:13.04	5/3/2025
6	Madison Davis	2:13.52	5/13/2015
7	Alisa Poplawski	2:13.82	5/13/2015
8	Elie Postma	2:13.07	4/14/2022
9	Rachael Johnson	2:15.10	5/3/2008
10	Alisha Saucedo	2:15.29	5/3/2025

1500m

1	Lilianne Hargreaves	4:24.62	5/9/2025
2	Sophie Curatilo	4:28.60	4/16/2015
3	Azalea Groleau	4:30.34	3/16/2024
4	Moira O'Connor Lenth	4:33.15	4/13/2017
5	McKenna White	4:33.36	4/18/2025
6	Lila Rice	4:33.78	5/10/2017
7	Madison Davis	4:34.61	5/8/2013
8	Johanna Erickson	4:35.83	4/19/2018
9	Elie Postma	4:35.99	5/14/2022
10	Annabelle Clapp	4:37.13	4/3/2026

SEATTLEU TRACK & FIELD

All Time Outdoor Top-10 List As of 5-25-2026

3000m

1	Collin Overbay	8:30.10	3/22/2014
2	Joe Charbonneau	8:32.32	3/21/2015
3	Kelton Sears	8:33.17	3/19/2011
4	Erik Barkhaus	8:36.32	3/18/2012
5	Gus Harquail	8:36.48	3/19/2022
6	Matthew McClement	8:37.87	3/16/2013
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 Heitzinger	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	Danial Sulivam	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
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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

3000m

1	Sophie Curatilo	9:44.13	3/21/2015
2	Azalea Groleau	9:59.96	3/17/2023
3	Lila Rice	10:02.56	3/21/2015
4	Katie Hansen	10:03.09	5/3/2008
5	Sarah Bolce	10:03.37	3/18/2012
6	Taylor de Laveaga	10:12.50	3/22/2014
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 Chahrouri	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	Moiria 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	Azalea Groleau	35:51.77	5/8/2026
3	Elena Smith	36:02.24	5/11/2016
4	Taylor de Laveaga	37:17.52	4/4/2014
5	Elle Stein	37:29.61	3/28/2019
6	Lauren Hammerle	37:48.99	4/4/2014
7	Rachel Yorkston	38:38.01	5/13/2010
8	Alana Garcia	39:13.39	5/14/2004
9	Meghan Arigo	39:46.72	4/12/2013
10	Courtney Gelmini	41:14.93	5/9/2018

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
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SEATTLEU TRACK & FIELD

All Time Outdoor Top-10 List As of 5-25-2026

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	Jeremy Posdon	9:19.16	5/14/2026
5	Michael Van Nuland	9:28.97	4/1/2011
6	Kelton Sears	9:30.75	5/10/2012
7	Nathan McLaughlin	9:37.68	4/25/2015
8	Ansel Pendley-Griffin	9:28.46	4/2/2021
9	Porter Buck	9:39.94	5/2/2026
10	Dan Barreto	9:42.68	5/14/2026

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
9	Yamamoto, Milne, De Guzman, I. Payne	42.06	5/9/2019
10	Cowan, Thummel-Gravitt, Schlachter, Melu	42.09	4/17/2015

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, Jensen	3:15.87	5/14/2023
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	Fiso, O. Williams, Sanders, Jensen	3:20.92	5/19/2025
8	Fiso, Jensen, Zamora, O. Williams	3:21.80	4/5/2025
9	Stanfield, J. Mezzera, Sullivan, T. Mezzera	3:21.94	4/10/2009
10	I. Payne, Franklin, Blunden, Jensen	3:22.47	5/14/2022

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

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	Lydia Dale	11:14.20	5/16/2026
7	Rebecca Lassere	11:18.93	5/11/2019
8	Lilianne Hargreaves	11:47.57	4/14/2022
9	Shannan Higgins	11:58.10	4/13/2019
10	Marie-Therese Chahrouri	12:08.74	4/24/2021

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
9	Bateman, Cull, Bergmann, Tougas	49.29	4/27/2012
10	Tougas, Cull, Bergmann, Bateman	49.44	4/6/2013

4x400m Relay

1	Clapp, Shkalenkova, Hargreaves, Mar	3:52.14	5/19/2025
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	Shkalenkova, Danish, Basilio, Clapp	3:58.63	5/2/2026

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	Livii Fetterley	1.49m	4' 10.75"	5/14/2023
10	Emily Walters	1.48m	4' 10.25"	4/1/2011

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All Time Outdoor Top-10 List As of 5-25-2026

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	JR Zamora	6.76m	22' 1.75"	5/3/2025
3	Tom Topinka	6.53m	21' 4.5"	5/14/2023
4	Matthew Fiso	6.52m	21' 4.7"	4/3/2026
5	d'Andre Benjamin	6.51m	21' 4.25"	3/8/2008
6	Nick Bever	6.45m	21' 2"	5/14/2011
7	Lucas Milne	6.41m	21' 0.25"	4/1/2022
8	Udoka Odoemene	6.41m	21' 0.25"	5/8/2009
9	Zach Stanfield	6.37m	20' 10.75"	4/7/2012
10	Xavier Kelley	6.35m	20' 10"	4/30/2021
	Amadeus Eckart	6.34m	20' 9"	5/14/2023

Wind-Aided

Triple Jump

1	Matthew Fiso	14.28m	46' 10.25"	4/19/2025
2	Nick Redlew	13.89m	45' 7"	4/14/2017
3	JR Zamora	13.80m	45' 3.5"	4/5/2024
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	Sean Ellison	13.32m	43' 8.5"	3/29/2025
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

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	Rock Gignac	28.89m	94' 8"	3/29/2025
7				
8				
9				
10				

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	Zoe Tibbo	5.67m	18' 7"	5/19/2025
4	Reynda Dismukes	5.65m	18' 6"	5/14/2023
5	Manthita Wague	5.64m	18' 6"	5/3/2025
6	Katie Tougas	5.63m	18' 5.75"	4/2/2021
7	Morgan Young	5.58m	18' 3.75"	4/23/2024
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	Manthita Wague	11.89m	39'	5/3/2025
4	Mariah Gibbs	11.60m	38' 0.75"	5/10/2017
5	Cali Cull	11.56m	37' 11.25"	5/14/2014
6	Zoe Tibbo	11.56m	37' 11.25"	5/9/2024
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

1	Mandie Maddux	12.21m	40' 0.75"	5/10/2017
2	Livii Fetterley	11.90m	39' 0.5"	4/5/2024
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

SEATTLEU TRACK & FIELD

All Time Outdoor Top-10 List As of 5-25-2026

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	Brandan Haggarty	43.95m	144' 2"	5/12/2011
6	Bo Anderson	41.44m	135' 11"	5/12/2011
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Javelin Throw

1	Dylan Burnett	70.66m	231' 10"	5/12/2011
2	Brandan 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	Rock Gignac	48.25m	158'3"	4/3/2026
7	Zachary Schriener	47.68m	156'5"	4/3/2026
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	Rock Gignac	4569	5/19/2025
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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	Rachel Albright	38.59m	126'7"	4/3/2026
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	Hoku Matsushima	35.61m	116' 10"	3/8/2025
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	Livii Fetterley	31.61m	103'8"	5/11/2024

Heptathlon

1	Mandie Maddux	4999	5/10/2017
2	Kaytie Bateman	4649	5/8/2013
3	Livii Fetterley	4374	5/11/2024
4	Rachel Van Liew	4008	5/14/2021
5	Chloe Deleissegues	3742	5/14/2021
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