60 METERS (Women's)

WSU RECORD: 7.31 (Pam Qualls-Reynolds, '87)
WSU FRESHMAN RECORD: 7.47 (Princess Joy Griffey, '07)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
7.50	Skyler Walton	Spokane Invitational		7.40
7.54	Elilse Unruh-Thomas	Spokane Invitational		7.53
7.55	Micaela De Mello	McCluskey Memorial		7.55
7.61	Gilana Wollman	Spokane Invitational		7.61
7.61	Jasneet Nijjar	Spokane Invitational		7.61
7.67	Brooke Lyons	Spokane Invitational		7.67
7.71	Elise Unruh-Thomas	McCluskey Memorial		7.71
7.73	Ashley Hollenbeck	Inland NW Invitational		7.73
7.82	Tatum Moku	Spokane Invitational		7.82
8.00	Daj Williams	Spokane Invitational		8.00
8.77	Madisyn Negro	Spokane Invitational		8.77

60 METERS (Men's)

WSU RECORD: 6.53 (Emmanuel Wells Jr., '19)
WSU FRESHMAN RECORD: 6.60 (Louie Hinchliffe, '23)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
6.70	Mason Lawyer	Spokane Invitational	t-69th	6.70
6.79	Grant Buckmiller	McCluskey Memorial		6.79
6.92	Lyricc Lopez	Spokane Invitational		6.92
6.83	John Parades	Inland NW Invitational		6.82
6.94	Ethan Willems	Spokane Invitational		6.93
7.00 (Hep)	Mason Mahacek	McCluskey Memorial		7.00
7.02	Allan McKeraghan	Spokane Sports Showcase		7.02
7.05 (Hep)	Lee Walburn	McCluskey Memorial		7.05
7.08	Jared McAlvey	Spokane Invitational		7.08
7.11	Blake Deringer	Spokane Invitational		6.95
7.18	Ryan Forson	Inland NW Invitational		7.18
7.27	Lucas Tailin	Spokane Invitational		7.27
7.28	Justin Sands	Spokane Invitational		7.24
7.63	Gavin Dimick	Spokane Invitational		7.63
7.69	Brayden Freitag	Spokane Invitational		7.69
7.70	Antoni Smith	Spokane Invitational		7.70
7.90	Eli Lawrence	Spokane Invitational		7.90

60 METER HURDLES (Women's)

WSU RECORD: 7.99 (Maribel Caicedo, '23)
WSU FRESHMAN RECORD: 8.30 (Charisma Taylor, '19)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
8.26	Micaela De Mello	Spokane Sports Showcase	t-32nd	8.20
8.85	Tatum Moku	Spokane Invitational		8.85
9.04 (Pent)	Sarah Kovich	McCluskey Memorial		9.04

60 METER HURDLES (Men's)

WSU RECORD: 7.59 (Tony Li, '91)
WSU FRESHMAN RECORD: 7.93 (Sam Brixey, '17)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
8.21	Parker Duskin	Spokane Invitational		8.14
8.40	Lee Walburn	Spokane Invitational		8.40
8.53	Mason Mahacek	Spokane Invitational		8.53

200 METERS (Women's)

WSU RECORD: 23.98 (Tamika Brown, '98)
WSU FRESHMAN RECORD: 24.27 (Erin Reed, '01)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
24.54	Elise Unruh-Thomas	Inland NW Invitational		24.22
24.84	Brooke Lyons	Inland NW Invitational		24.84
25.13	Ashley Hollenbeck	Inland NW Invitational		25.13
25.70	Maya McCabe	Spokane Invitational		25.70
25.71	Gilana Wollman	Spokane Sports Showcase		25.36
26.67	Elena Willems	Spokane Invitational		26.00
28.20	Sarah Kovich	Spokane Sports Showcase		28.20

200 METERS (Men's)

WSU RECORD: 20.86 (George Ogbeide, '91)
WSU FRESHMAN RECORD: 21.13 (Mason Lawyer, '23)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
21.24	Mason Lawyer	Inland NW Invitational	t-55th	21.13
21.55	Jared McAlvey	Spokane Sports Showcase		21.55
22.10	John Parades	Spokane Sports Showcase		21.57
22.47	Ryan Forson	Spokane Sports Showcase		22.47
22.47	Allan McKeraghan	Inland NW Invitational		22.47
22.73	Blake Derringer	Spokane Sports Showcase		21.56

300 METERS (Women's)

WSU RECORD: **37.67 (Jasneet Nijjar, '24)**
WSU FRESHMAN RECORD: 38.87 (Pam Qualls-Reynolds, '87)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
37.67	Jasneet Nijjar	Spokane Invitational	17th	37.67
39.53	Elise Unruh-Thomas	Spokane Invitational		39.41
40.32	Brooke Lyons	Spokane Invitational		40.32
40.62	Micaela De Mello	Spokane Invitational		40.62
42.30	Gilana Wollman	Spokane Invitational		42.30
42.36	Ashley Hollenbeck	Spokane Invitational		41.44
45.70	Sarah Kovich	Spokane Invitational		45.70

300 METERS (Men's)

WSU RECORD: **32.88 (Grant Buckmiller, '24)**
WSU FRESHMAN RECORD: **32.88 (Grant Buckmiller, '24)**

Time/Mark	Name	Meet	'24 NCAA Rk	PR
32.88	Grant Buckmiller	Spokane Sports Showcase	11th	32.88
33.71	Jared McAlvey	Spokane Invitational	37th	33.71
33.94	Ethan Willems	Spokane Invitational	61st	33.92
34.38	Mason Lawyer	Spokane Invitational		34.38
34.90	Lee Walburn	Spokane Invitational		34.90
35.70	Blake Derringer	Spokane Invitational		35.70
36.44	Parker Duskin	Spokane Invitational		36.44
36.54	Ryan Forson	Spokane Invitational		36.54
38.89	Justin Sands	Spokane Invitational		38.89
40.08	Antoni Smith	Spokane Invitational		40.08

400 METERS (Women's)

WSU RECORD: 54.08 (Tiffany Giles, '03)
WSU FRESHMAN RECORD: 55.13 (Erin Reed, '01)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
54.11	Jasneet Nijjar	Spokane Sports Showcase	46th	54.11
57.76	Elena Willems	Spokane Sports Showcase		55.66

400 METERS (Men's)

WSU RECORD: 46.10 (Georges Kablan, '81)
WSU FRESHMAN RECORD: **46.45 (Grant Buckmiller, '24)**

Time/Mark	Name	Meet	'24 NCAA Rk	PR
46.45	Grant Buckmiller	Inland NW Invitational	12th	46.45
46.84	Jared McAlvey	Inland NW Invitational	24th	46.84
47.62	Ethan Willems	Spokane Sports Showcase	t-71st	47.62

600 METERS (Women's)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
1:32.22	Elena Willems	Spokane Invitational	55th	1:32.22
1:32.51	Maya McCabe	Spokane Invitational	t-58th	1:32.51
1:37.59	Pietra Ornelas	Spokane Invitational		1:37.59

800 METERS (Women's)

WSU RECORD: 2:05.93 (Anna Layman, '11)
WSU FRESHMAN RECORD: 2:10.49 (Sara Trane, '06)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
2:10.71	Elena Willems	UW Invitational		2:10.71
2:40.55 (Pent)	Sarah Kovich	McCluskey Memorial		2:40.55

MILE (Women's)

WSU RECORD: 4:43.71 (Abby Regan, '15)
WSU FRESHMAN RECORD: **4:48.90 (Zenah Cheptoo, '24)**

Time/Mark	Name	Meet	'24 NCAA Rk	PR
4:48.90	Zenah Cheptoo	UW Invitational		4:48.90
5:10.74	Isabela Alvarado	Inland NW Invitational		5:10.74
5:19.90	Jaylyn Lehner	Inland NW Invitational		5:19.90
5:20.72	Lily Herman	McCluskey Memorial		5:20.72
5:24.76	Hanna Bailey	Inland NW Invitational		5:24.76
5:29.13	Pietra Ornelas	McCluskey Memorial		5:12.83

3,000 METERS (Women's)

WSU RECORD: **9:12.18 (Zenah Cheptoo, '24)**
WSU FRESHMAN RECORD: **9:12.18 (Zenah Cheptoo, '24)**

Time/Mark	Name	Meet	'24 NCAA Rk	PR
9:12.18	Zenah Cheptoo	UW Invitational	26th	9:12.18
9:34.37	Neema Kimtai	UW Invitational		9:31.47
9:35.41	Alaina Stone Boggs	UW Invitational		9:21.29
9:52.07	Nicole Bissell	UW Invitational		9:52.07
10:30.23	Jaylyn Lehner	McCluskey Memorial		10:30.23
10:44.48	Jessica Duran	Inland NW Invitational		10:44.48

4 X 400-METER RELAY (Women's)

WSU RECORD: 3:35.49 (Giles, Jessie, Green, Richardson, '03)
WSU FRESHMAN RECORD: 3:49.62 (Tollefson, Ekelem, Keel, Smith, '13)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
3:42.65	Nijjar, Unruh-Thomas, Lyons, Willems	Spokane Sports Showcase	32nd	

DMR (Women's)

WSU RECORD: **11:15.35 (Kimtai, Nijjar, Willems, Stone Boggs, '23)**

Time/Mark	Name	Meet	'24 NCAA Rk	PR
11:44.23	McCabe, Nijjar, Willems, Kimtai	McCluskey Memorial	17th	11:44.23

POLE VAULT (Women's)

WSU RECORD: 4.35m/ 14' 3.25" (Tamara Diles, '02)
WSU FRESHMAN RECORD: 4.35m/ 14' 3.25" (Tamara Diles, '02)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
4.22m/ 13' 10"	Eva Lowder	Spokane Sports Showcase	22nd	4.22m/ 13' 10"
4.10m/ 13' 5.25"	Tatum Moku	UW Invitational	t-46th	4.10m/ 13' 5.25"
3.61m/ 11' 10"	Madisyn Negro	McCluskey Memorial		3.61m/ 11' 10

LONG JUMP (Women's)

WSU RECORD: 6.41m/ 21' 0.5" (Agneta Rosenblad, '01)
WSU FRESHMAN RECORD: 6.06m/ 19' 10.75" (Francesca Green, '96)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
5.83m/19' 1.5"	Gilana Wollman	McCluskey Memorial		5.92m/ 19' 5.25"
5.33m/17' 5.75"	Daj Williams	Spokane Invitational		5.33m/ 17' 5.75"
5.26m/17' 3" (Pent)	Sarah Kovich	McCluskey Memorial		5.26m/ 17' 3"

HIGH JUMP (Women's)

WSU RECORD: 1.90m/ 6' 3" (Mary Moore, '85)
WSU FRESHMAN RECORD: 1.89m/ 6' 2.25" (Ebba Jungmark, '08)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
1.59m/ 5' 2.5" (Pent)	Sarah Kovich	McCluskey Memorial		1.60m/ 5' 3.0"

800 METERS (Men's)

WSU RECORD: 1:47.07 (Bernard Lagat, '99)
WSU FRESHMAN RECORD: 1:51.64 (Reid Muller, '16)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
1:52.32	Kellen Langford	UW Indoor Preview	70th	1:52.32
1:53.36	Evan Gonzalez	UW Invitational		1:51.67
1:53.70	Emmett Klus	UW Indoor Preview		1:52.70
1:54.54	Jacob Easton	Inland NW Invitational		1:54.54
1:55.25	Ferran Verges	Inland NW Invitational		1:55.25
1:55.32	Alec Barran	Inland NW Invitational		1:55.32

MILE (Men's)

WSU RECORD: 3:55.65 (Bernard Lagat, '99)
WSU FRESHMAN RECORD: 3:59.2 (Henry Rono, '77)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
4:07.55	Brian Barsaiya	UW Invitational		4:07.55
4:11.32	Leif Swanson	UW Invitational		4:11.32
4:12.26	Kelvin Limo	UW Invitational		4:12.26
4:12.45	Kyle Ortega-Gammill	UW Indoor Preview		4:07.84
4:16.53	Aiden Emerson	UW Invitational		4:05.35
4:16.75	Emmett Klus	UW Invitational		4:16.75
4:19.80	Grayson Wilcott	UW Indoor Preview		4:12.88
4:19.31	Kellen Langford	UW Invitational		4:19.31
4:25.02	Evan Gonzalez	UW Indoor Preview		4:17.40

3,000 METERS (Men's)

WSU RECORD: 7:43.2 (Henry Rono, '80)
WSU FRESHMAN RECORD: 7:47.4 (Henry Rono, '77)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
8:09.47	Brian Barsaiya	UW Invitational		8:09.47
8:16.55	Kelvin Limo	UW Invitational		8:16.55
8:19.28	Leif Swanson	UW Invitational		8:08.40
8:26.05	Grayson Wilcott	UW Indoor Preview		8:25.88
8:39.05	Ethan Martin	Spokane Sports Showcase		8:39.05
8:50.36	Evan Bruce	Spokane Sports Showcase		8:50.36
8:58.56	Eric Swedin	Inland NW Invitational		8:58.56
9:20.49	Cooper Cortinas	Inland NW Invitational		9:20.49

4 X 400-METER RELAY (Men's)

WSU RECORD: 3:06.74 (Leavitt, Follett, Woods, Anderson, '09)
WSU FRESHMAN RECORD: 3:17.11 (Schauble, Follett, Hewitt-Gaffney, Lemenager, '07)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
3:11.22	McAlvey, Buckmiller, Lawyer, Willems	Spokane Sports Showcase	24th	

DMR (Men's)

WSU RECORD: 9:29.54 (Kamau, Macias, Kiplangat, Lagat, '98)

Time/Mark	Name	Meet	'24 NCAA Rk	PR

POLE VAULT (Men's)

WSU RECORD: 5.65m/ 18' 6.5" (Christos Pallakis, '95)
WSU FRESHMAN RECORD: 5.15m/ 16' 10.75" (Tyson Byers, '03)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
4.90m/16' 0.75"	Brayden Freitag	Spokane Invitational	t-90th	4.90m
4.87m/15' 11.75"	Gavin Dimick	UW Invitational		4.87m/15' 11.75"
4.75m/15' 7"	Lucas Tailin	Spokane Invitational		4.97m
4.60m/15' 1"	Lee Walburn	Spokane Sports Showcase		4.72m

LONG JUMP (Men's)

WSU RECORD: 8.08m/ 26' 6.25" (Matt Mason, '04)
WSU FRESHMAN RECORD: 7.47m/ 24' 6.0" (John Hurtin, '83)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
7.02m/ 23' 0.5"	Justin Sands	McCluskey Memorial		7.02m/ 23' 0.5"
6.75m/ 22' 1.75" (Hep)	Mason Mahacek	McCluskey Memorial		6.90m/22' 7.75"
5.64m/ 18' 6.0" (Hep)	Lee Walburn	McCluskey Memorial		5.64m/18' 6"

TRIPLE JUMP (Men's)

WSU RECORD: 16.97m/ 55' 8.25"(Ian Campbell, '78)
WSU FRESHMAN RECORD: 16.53m/ 54' 3" (Ian Campbell, '77)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
15.46m/ 50' 8.75"	Eli Lawrence	McCluskey Memorial	t-32nd	15.46m/ 50' 8.75"

HIGH JUMP (Men's)

WSU RECORD: 2.30m/ 7' 6.5" (Greg Jones, '87)
WSU FRESHMAN RECORD: 2.20m/ 7' 2.75" (Brent Harken, '81)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
2.08m/ 6' 6.75"	AJ McGloflin	Spokane Sports Showcase	t-83rd	2.08m/ 6' 9.75"
2.02m/ 6' 7.5" (Hep)	Mason Mahacek	McCluskey Memorial		2.02m/ 6' 7.5"
1.90m/ 6' 2.75"	Antoni Smith	UW Invitational		1.90m/ 6' 2.75"

SHOT PUT (Women's)

WSU RECORD: 15.98m/ 52' 5.25" (Georgette Reed, '91)
WSU FRESHMAN RECORD: 14.25m/ 46' 9" (Shannon Rance, '01)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
14.65m/ 48' 0.75"	Nana Gyedu	McCluskey Memorial	15.30m/ 50' 2.5"	
10.94m/ 35' 10.75" (Pent)	Sarah Kovich	Spokane Invitational	10.94m/ 35' 10.75"	

WEIGHT THROW (Women's)

WSU RECORD: 19.37m/ 63' 6.75" (Marie Muai, '04)
WSU FRESHMAN RECORD: 18.75m/ 61' 6.25" (Faimalie Sale, '20)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
13.71m/ 44' 11.75"	Laura Lindquist	McCluskey Memorial	13.71m/ 44' 11.75"	

PENTATHLON

WSU RECORD: 4,339 pts (Diana Pickler, '07)
WSU FRESHMAN RECORD: 3,633 pts (Alissa Brooks-Johnson, '14)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
3,415 pts	Sarah Kovich	McCluskey Memorial	100th	3,415 pts

SHOT PUT (Men's)

WSU RECORD: 20.27m/ 66' 6" (Dimitrios Koutsoukis, '86)
WSU FRESHMAN RECORD: 18.89m/ 61' 11" (Paul Buxton, '77)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
16.62m/ 54' 6.5"	Ronald Grueso Mosquera	McCluskey Memorial	18.55m/ 60' 10.5"	
14.46m/ 47' 5.25" (Hep)	Lee Walburn	McCluskey Memorial	14.46m/ 47' 5.25:	
14.02m/ 46' 0"	Max Moore	McCluskey Memorial	14.67m/ 48' 1.75"	
12.93m/ 42' 5.25" (Hep)	Mason Mahacek	McCluskey Memorial	12.93m/ 42' 5.25"	

WEIGHT THROW (Men's)

WSU RECORD: 22.64m/ 74' 3.5" (Tore Gustafsson, '86)
WSU FRESHMAN RECORD: 20.01m/ 65' 7.75" (Paul Buxton, '77)

Time/Mark	Name	Meet	'24 NCAA Rk	PR
17.62m/ 57' 9.75"	Caden Hottman	McCluskey Memorial	17.62m/ 57' 9.75"	
15.91m/ 52' 2.5"	Tristian Webb	McCluskey Memorial	15.91m/ 52' 2.5"	
13.43m/ 44' 0.75"	Henry Sheldrup	McCluskey Memorial	13.43m/ 44' 0.75"	

HEPTATHLON

WSU RECORD: 5,635 pts (Dino Dodig, '16)
WSU FRESHMAN RECORD: 5,503 (Dino Dodig, '14)

Time/Mark	Name	Meet	'24 NCAA Rk	PR