200 METERS (Women's)

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

Time/Mark	Name	Meet	'25 NCAA Rk	PR
25.60	Lashanna Graham	Inland NW Invitational		24.56

300 METERS (Women's)

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

Time/Mark	Name	Meet	'25 NCAA Rk	PR
40.36	Lashanna Graham	Inland NW Invitational		40.36

400 METERS (Women's)

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

Time/Mark	Name	Meet	'25 NCAA Rk	PR
57.52	Lashanna Graham	Husky Classic		56.62

600 METERS (Women's)

Time/Mark	Name	Meet	'25 NCAA Rk	PR
1:35.86	Lily Herman	Spokane Invitational		1:35.86

800 METERS (Women's)

WSU RECORD: 1:59.71 (Rosemary Longisa, '26)
WSU FRESHMAN RECORD: 2:07.71 (Rosemary Longisa, '25)

Time/Mark	Name	Meet	'25 NCAA Rk	PR
1:59.71	Rosemary Longisa	Husky Classic	3rd	1:59.71
2:12.13	Daphne Evenson	Husky Classic		2:12.13
2:14.09	Lily Herman	UW Invite		2:13.96
2:15.44	Lindsay Siebert	UW Invite		2:15.44
2:20.16	Hanna Bailey	McCluskey Memorial		2:18.96

1,000 METERS (Women's)

WSU RECORD: 2:38.26 (Rosemary Longisa, '26)
WSU FRESHMAN RECORD:

Time/Mark	Name	Meet	'25 NCAA Rk	PR
2:38.26	Rosemary Longisa	UW Preview	3rd	2:38.26
2:54.43	Lily Herman	UW Preview		2:54.43
2:56.34	Isabela Alvarado	UW Preview		2:56.34
2:57.91	Lindsay Siebert	McCluskey Memorial		2:57.91
3:00.46	Nicole Yanasak	McCluskey Memorial		3:00.46

MILE (Women's)

WSU RECORD: 4:24.59 (Rosemary Longisa, '26)
WSU FRESHMAN RECORD: 4:40.09 (Rosemary Longisa, '25)

Time/Mark	Name	Meet	'25 NCAA Rk	PR
4:24.59	Rosemary Longisa	UW Invite	7th	4:24.59
4:38.61	Zenah Cheptoo	UW Invite	90th	4:38.61
4:43.73	Nicole Bissell	UW Preview		4:43.73
4:51.03	Hailey Cossey	Husky Classic		4:51.03
4:52.08	Maya Nichols	Husky Classic		4:52.08
4:53.59	Caroline Jepkorir	Husky Classic		4:53.59
4:55.42	Daphne Evenson	UW Invite		4:55.42
4:55.50	Aleeya Cossey	UW Invite		4:55.50
4:55.80	Brenda Kibor	UW Invite		4:55.80
4:56.83	Isabela Alvarado	Husky Classic		4:56.83
4:56.96	Riley Pyeatt	Husky Classic		4:52.23
4:57.13	Taylor Sletner	UW Invite		4:57.13
5:01.37	Lily Herman	Husky Classic		5:01.37
5:02.46	Kylah Madariaga	UW Invite		5:02.46
5:07.48	Jaylyn Lehner	UW Invite		5:06.50
5:08.73	Lindsay Siebert	UW Invite		5:08.73
5:09.27	Evelina Sitnika	Riverfront Invitational		5:09.27
5:11.85	Nicole Yanasak	Riverfront Invitational		5:11.85

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	'25 NCAA Rk	PR
1:53.74	Ferran Verges	Spokane Invitational		1:52.10
1:53.96	Ricard Verges	Husky Classic		1:53.96
1:54.70	Kade Brownell	UW Preview		1:54.70

MILE (Men's)

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

Time/Mark	Name	Meet	'25 NCAA Rk	PR
3:59.38	Ku Stevens	Husky Classic	98th	3:59.38
4:10.76	Ferran Verges	Husky Classic		4:10.76
4:11.87	Kade Brownell	Husky Classic		4:11.87
4:12.29	Josphat Meli	UW Invite		4:07.87
4:14.25	Eric Swedin	Husky Classic		4:14.25
4:15.41	Micaiah Aden	Husky Classic		4:15.41
4:15.82	Aiden Emerson	Husky Classic		4:15.82
4:16.05	Grayson Wilcott	UW Invite		4:16.05
4:18.24	Ricard Verges	UW Invite		4:18.24
4:18.49	Evan Bruce	UW Invite		4:18.49
4:25.91	Leo Cook	UW Invite		4:25.91

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	'25 NCAA Rk	PR
7:51.44	Evans Kurui	UW Preview	58th	7:51.44
8:09.04	Josphat Meli	UW Preview		8:05.49
8:10.35	Ku Stevens	UW Invite		8:10.35
8:19.26	Eric Swedin	Husky Classic		8:19.26
8:23.50	Kade Brownell	UW Preview		8:23.50
8:25.81	Grayson Wilcott	UW Preview		8:25.81
8:30.42	Micaiah Aden	UW Preview		8:30.42
8:31.15	Muhammed Ahmed	McCluskey Memorial		8:31.15
8:32.70	Evan Bruce	UW Preview		8:24.58
9:01.88	Leo Cook	McCluskey Memorial		8:34.12
9:20.75	Ferran Verges	McCluskey Memorial		9:20.75
9:32.85	Ricard Verges	McCluskey Memorial		9:32.85

5,000 METERS (Men's)

WSU RECORD: 13:17.16 (Evans Kurui, '25)
WSU FRESHMAN RECORD: 13:17.16 (Evans Kurui, '25)

Time/Mark	Name	Meet	'25 NCAA Rk	PR
13:24.30	Solomon Kipchoge	BU Season Opener		13:24.30
13:24.79	Evans Kurui	BU Season Opener		13:17.16
13:46.97	Ku Stevens	Husky Classic		13:46.97
13:59.03	Josphat Meli	Husky Classic		13:47.61
13:59.87	Muhammed Ahmed	Husky Classic		13:59.87
14:37.92	Eric Swedin	UW Invite		14:37.92
14:51.14	Leo Cook	UW Invite		14:51.14
14:59.84	Grayson Wilcott	Husky Classic		14:42.38
15:03.78	Micaiah Aden	UW Invite		15:03.78

DMR (Men's)

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

Time/Mark	Name	Meet	'25 NCAA Rk	PR
10:01.58	Emerson, Verges, Verges, Brownell	Husky Classic		10:01.58

3,000 METERS (Women's)

WSU RECORD: 8:53.90 (Zenah Cheptoo, '26)

WSU FRESHMAN RECORD: 8:56.15 (Zenah Cheptoo, '24)

Time/Mark	Name	Meet	'25 NCAA Rk	PR
8:53.90	Zenah Cheptoo	UW Invite	27th	8:53.90
8:55.81	Rosemary Longisa	BU Season Opener	34th	8:55.81
9:23.89	Brenda Kibor	Husky Classic		9:23.89
9:28.11	Mercy Biwott	Husky Classic		9:28.11
9:28.77	Nicole Bissell	Husky Classic		9:28.77
9:32.13	Maya Nichols	Husky Classic		9:32.13
9:35.06	Caroline Jepkorir	BU Season Opener		9:26.56
9:35.54	Kylah Madariaga	UW Invite		9:35.54
9:36.27	Hailey Cossey	UW Invite		9:36.27
9:44.97	Aleeya Cossey	UW Preview		9:44.97
9:48.73	Taylor Sletner	UW Preview		9:48.73
9:51.82	Jaylyn Lehner	UW Preview		9:51.82
10:05.60	Lauren Hoyt	UW Preview		10:05.60
10:13.60	Kaleena Narus	Riverfront Invitational		10:13.60
10:17.92	Jessica Duran	McCluskey Memorial		10:17.92

5,000 METERS (Women's)

WSU RECORD: 15:17.80 (Zenah Cheptoo, '26)

WSU FRESHMAN RECORD: 16:39.67 (Kylah Madariaga, '26)

Time/Mark	Name	Meet	'25 NCAA Rk	PR
15:17.80	Zenah Cheptoo	Husky Classic	27th	15:17.80
16:39.81	Kylah Madariaga	Husky Classic	34th	16:39.81
16:59.34	Vicody Chepngetich	Husky Classic		16:59.34
17:13.25	Taylor Sletner	Husky Classic		17:13.25
17:47.08	Lauren Hoyt	UW Invite		17:47.08