

# CROSS COUNTRY /TRACK & FIELD

# HISTORY & RECORDS

# 2024-25

WASHINGTON STATE
CROSS COUNTRY

WASHINGTON STATE
TRACK & FIELD

## Women's Indoor Records

| Event | Athlete | Record | Site | Year |
|---|---|---|---|---|
| 60m | Pam Qualls-Reynolds | 7.31 | Cheney | 2019 |
| 200m | Jasneet Nijjar | 23.54 | Spokane | 2024 |
| 300m | Jasneet Nijjar | 37.67 | Spokane | 2024 |
| 400m | Jasneet Nijjar | 52.36 | Fayetteville | 2024 |
| 800m | Anna Layman | 2:05.93 | Ames | 2011 |
| **Mile** | **Rosemary Longisa** | **4:40.09** | **Seattle** | **2025** |
| **3,000m** | **Zenah Cheptoo** | **8:56.15** | **Seattle** | **2024** |
| 5,000m | Vallery Korir | 16:02.07 | Seattle | 2018 |
| 60m Hurdles | Maribel Caicedo | 7.99 | Albuquerque | 2023 |
| 4X400m | Tiffany Giles | 3:35.49 | Fayetteville | 2003 |
| | Monique Jessie | | | |
| | Angelita Green | | | |
| | Ellannee Richardson | | | |
| DMR | Neema Kimtai | 11:15.35 | Seattle | 2023 |
| | Jasneet Nijjar | | | |
| | Elena Willems | | | |
| | Alaina Stone Boggs | | | |
| High Jump | Mary Moore | 1.90m/ 6' 3" | Syracuse | 1985 |
| **Pole Vault** | **Tatum Moku** | **4.41m/ 14' 5.5"** | **Spokane** | **2025** |
| Long Jump | Agneta Rosenblad | 6.41m/ 21' 0.5" | Flagstaff | 2001 |
| Triple Jump | Charisma Taylor | 13.61m/ 44' 8" | Fayetteville | 2021 |
| Shot Put | Georgette Reed | 15.98m/ 52' 5.25" | Indianapolis | 1991 |
| 20# Weight | Marie Muai | 19.37m/ 63' 6.75" | Seattle | 2004 |
| Pentathlon | Diana Pickler | 4,339 points | Fayetteville | 2007 |



**Georgette Reed** -- WSU Hall of Fame Class of 2022 -- began her time on campus as a member of the women's swim team before switching over to track and field. She still owns the program's all-time record in the shot put after posting a career-best mark (15.98m) in Indianapolis in 1991.

## Women's Freshman Indoor Records

| Event | Athlete | Record | Site | Year |
|---|---|---|---|---|
| 60m | Princess Joy Griffey | 7.47 | Seattle | 2007 |
| 200m | Erin Reed | 24.27 | Moscow | 2001 |
| 400m | Erin Reed | 55.13 | Moscow | 2001 |
| 800m | Sara Trané | 2:10.49 | - | 2006 |
| **Mile** | **Rosemary Longisa** | **4:40.09** | **Seattle** | **2025** |
| **3,000m** | **Zenah Cheptoo** | **8:56.15** | **Seattle** | **2024** |
| 5,000m | Emma Jenkins | 16:49.99 | - | 2019 |
| 60m Hurdles | Charisma Taylor | 8.30 | - | 2019 |
| 4X400m | Kris Tollefson | 3:49.62 | - | 2013 |
| | Christiana Ekelem | | | |
| | Dominique Keel | | | |
| | Mercedes Smith | | | |
| High Jump | Ebba Jungmark | 1.89m (6' 2.25") | - | 2008 |
| **Pole Vault** | **Eva Lowder** | **4.38m/ 14' 4.5"** | **Seattle** | **2024** |
| Long Jump | Francesca Green | 6.06m (19' 10.75") | - | 1996 |
| Triple Jump | Charisma Taylor | 12.96m (42' 6.25") | - | 2019 |
| Shot Put | Shannon Rance | 14.25m (46' 9") | - | 2001 |
| 20# Weight | Faimalie Sale | 18.75m (61' 6.25") | - | 2020 |
| Pentathlon | Alissa Brooks-Johnson | 3,633 points | Seattle | 2014 |



**Alissa Brooks-Johnson --** Set the WSU freshman record in the pentathlon in 2014 with 3,633 pts at the MPSF Championships. She ultimately went on to be crowned an outdoor Pac-12 Champion in the hepthathlon twice during her four-year career.

## Men's Indoor Records

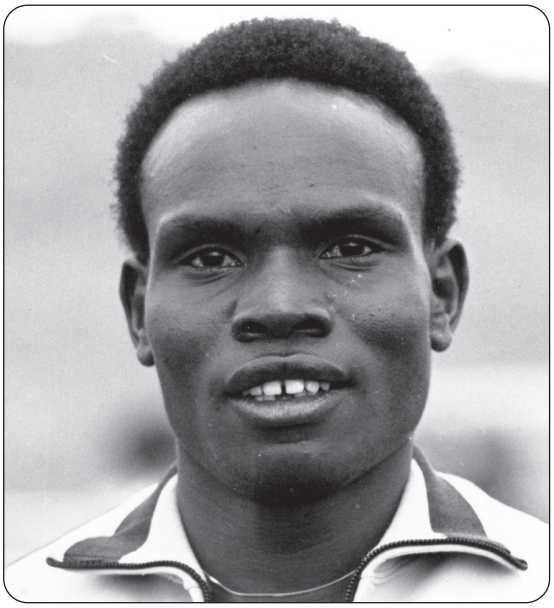
| Event | Athlete | Record | Site | Year |
|---|---|---|---|---|
| 60m | Emmanuel Wells Jr. | 6.53 | Albuquerque | 2019 |
| 200m | George Ogbeide | 20.86 | Cheney | 1991 |
| **300m** | **Grant Buckmiller** | **32.88** | **Spokane** | **2024** |
| 400m | Georges Kablan | 46.1 | Moscow | 1981 |
| 800m | Bernard Lagat | 1:47.07 | Reno | 1999 |
| Mile | Bernard Lagat | 3:55.65 | Indianapolis | 1999 |
| 3,000m | Henry Rono | 7:43.2 | San Diego | 1980 |
| **5,000m** | **Evans Kurui** | **13:17.16** | **Seattle** | **2025** |
| 60m Hurdles | Tony Li | 7.59 | Indianapolis | 1991 |
| DMR | Eric Kamau (WR) (CR)<br>Guilermo Macias<br>Rasto Kiplangat<br>Bernard Lagat | 9:29.54 | Indianapolis | 1998 |
| 4X100m | Ethan Willems<br>Jared McAlvey<br>Mason Lawyer<br>Grant Buckmiller | 3:06.40 | Spokane | 2024 |
| High Jump | Greg Jones | 2.30m (7' 6.5") | San Diego | 1987 |
| Pole Vault | Christos Pallakis | 5.65m (18' 6.5") | Barcelona | 1995 |
| Long Jump | Matt Mason | 8.08m (26' 6.25") | Seattle | 2004 |
| Triple Jump | Ian Campbell | 16.97m (55' 8.25") | Detroit | 1978 |
| Shot Put | Dimitrios Koutsoukis | 20.27m (66' 6") | Oklahoma City | 1986 |
| 35# Weight | Tore Gustafsson | 22.64m (74' 3.5") | Oklahoma City | 1986 |
| **Heptathlon** | **Mason Mahacek** | **5,762 points** | **Albuquerque** | **2024** |



**Christos Pallakis** set the all-time WSU indoor men's polve vault program record in March of 1995 at the Palau Sant Jordi in Barcelona. **Pallakis** went on to earn the first All-American honors of his career at the conclusion of the 1995 outdoor season.

## Men's Freshman Indoor Records

| Event | Athlete | Record | Site | Year |
|---|---|---|---|---|
| 60m | Louie Hinchliffe | 6.60 | Seattle | 2023 |
| **200m** | **Grant Buckmiller** | **21.05** | **Spokane** | **2024** |
| **300m** | **Grant Buckmiller** | **32.88** | **Spokane** | **2024** |
| **400m** | **Grant Buckmiller** | **46.45** | **Spokane** | **2024** |
| **800m** | **Kellen Langford** | **1:51.17** | **Spokane** | **2024** |
| Mile | Henry Rono | 3:59.2 | - | 1977 |
| 3,000m | Henry Rono (NFR) | 7:47.4 | - | 1977 |
| **5,000m** | **Evans Kurui** | **13:17.16** | **Seattle** | **2025** |
| 60m Hurdles | Sam Brixey | 7.93 | - | 2017 |
| 4X400m | Kyle Schauble<br>Reny Follett<br>Bob Hewitt-Gaffney<br>Luke Lemenager | 3:17.11 | - | 2007 |
| High Jump | Brent Harken | 2.20m (7' 2.75") | - | 1981 |
| Pole Vault | Tyson Byers | 5.15m (16' 10.75") | - | 2003 |
| Long Jump | John Hurtin | 7.47m (24' 6.0") | - | 1983 |
| Triple Jump | Ian Campbell (NFR) | 16.53m (54' 3") | - | 1977 |
| Shot Put | Paul Buxton | 18.89m (61' 11") | - | 1977 |
| 35# Weight | Paul Buxton | 20.01m (65' 7.75") | - | 1977 |
| Heptathlon | Dino Dodig | 5,503 points | - | 2014 |



**Henry Rono** won six NCAA titles, set six collegiate outdoor records, four indoor records and was admired for breaking four world distance records in a span of 81 days in 1978.

## Women's Outdoor Records

| Event | Athlete | Record | Site | Year |
|---|---|---|---|---|
| 100m | Pam Reynolds | 11.52 | Corvallis | 1987 |
| 200m | Pam Reynolds | 23.30 | Corvallis | 1987 |
| 400m | Celestine N'Drin | 52.04 | Seoul | 1988 |
| 800m | Celestine N'Drin | 2:02.99 | Durham | 1990 |
| 1,500m | Jennifer Bravard | 4:14.69 | Seattle | 1993 |
| **Steeplechase** | **Caroline Jerotich** | **10:07.70** | **Sacramento** | **2023** |
| **5,000m** | **Zenah Cheptoo** | **15:40.09** | **Azusa** | **2024** |
| 10,000m | Vallery Korir | 33:16.89 | Sacramento | 2018 |
| **100m Hurdles** | **Mirabel Caicedo** | **12.49** | **Fayetteville** | **2024** |
| 400m Hurdles | Randi Smith | 57.07 | Denton | 2000 |
| **4X100m Relay** | **M. Caicedo** | **43.93** | **Boulder** | **2024** |
| | **B. Lyons** | | | |
| | **J. Nijjar** | | | |
| | **S. Walton** | | | |
| 4X400m Relay | T. Giles | 3:33.65 | Stanford | 2003 |
| | M. Jessie | | | |
| | T. Gulley | | | |
| | E. Richardson | | | |
| High Jump | Mary Moore | 1.87m (6' 2") | Walnut | 1986 |
| **Pole Vault** | **Eva Lowder** | **4.26m (13' 11.75")** | **Pullman** | **2024** |
| Long Jump | Agneta Rosenblad | 6.52m (21' 4.75") | Berkeley | 2001 |
| Triple Jump | Charisma Taylor | 13.20m (43' 3.75") | Queretaro | 2019 |
| Shot Put | Georgette Reed | 16.61m (54' 6") | Calgary | 1991 |
| Discus | Laura Lavine | 57.86m (189' 10") | Tucson | 1988 |
| Hammer | McKenzie Garberg | 64.93m (210' 3") | Eugene | 2008 |
| Javelin | Marissa Tschida | 56.71m (186' 1") | Austin | 2010 |
| Heptathlon | Diana Pickler | 6,205 pts | Austin | 2007 |
| | *100m HH* | *13.28* | | |
| | *Shot Put* | *11.75m* | | |
| | *High Jump* | *1.84m* | | |
| | *200m* | *23.69w* | | |
| | *Long Jump* | *6.15m* | | |
| | *Javelin* | *41.57m* | | |
| | *800m* | *2:19.08* | | |

## Women's Freshman Outdoor Records

| Event | Athlete | Record | Site | Year |
|---|---|---|---|---|
| 100m | Pam Qualls | 11.61 | Pullman | 1986 |
| | Francesca Green | 11.61 | Los Angeles | 1996 |
| 200m | Pam Qualls | 23.36 | Indianapolis | 1986 |
| 400m | LaTroya Mucker | 53.90 | Seattle | 1997 |
| 800m | Celestine N'Drin | 2:03.10 | Indianapolis | 1986 |
| 1,500m | Neema Kimtai | 4:20.69 | Fresno | 2021 |
| 3,000m | Jennifer Robertson | 9:18.36 | Eugene | 1989 |
| Steeplechase | Ruby Roberts | 10:31.14 | Eugene | 2011 |
| **5,000m** | **Zenah Cheptoo** | **15:40.09** | **Azusa** | **2024** |
| 10,000m | Mevin Jelagat | 33:56.49 | Eugene | 2022 |
| **100m Hurdles** | **Micaela De Mello** | **12.98** | **Fayetteville** | **2022** |
| 400m Hurdles | Janice Farwell | 58.51 | Eugene | 1986 |
| High Jump | Mary Moore | 1.86m (6' 1.25") | Los Angeles | 1984 |
| **Pole Vault** | **Eva Lowder** | **4.26m (13' 11.75")** | **Pullman** | **2024** |
| Long Jump | Francesca Green | 6.36m (20' 10.5") | Los Angeles | 1996 |
| Triple Jump | Cicely Clinkenbeard | 12.73m (41' 9.25") | Stanford | 1998 |
| Shot Put | Nana Gyedu | 15.34m (50' 4") | Fresno | 2022 |
| Discus | Mandy Borschowa | 57.52m (188' 8") | Pullman | 1999 |
| Hammer | Carolina Ulloa-Daza | 62.51m (201' 10") | Colombia | 2021 |
| Javelin | Valentina Barrios-Bornacelli | 54.03m (177' 3") | Eugene | 2022 |
| Heptathlon | Ellannee Richardson | 5,678pts | Boise | 1999 |

## Men's Outdoor Records

| Event | Athlete | Record | Site | Year |
|---|---|---|---|---|
| 100m | Anson Henry/ Louie Hinchliffe | 10.17 | Walnut/Sacramento | '02/ '23 |
| 200m | Anson Henry | 20.52 | Pullman | 2002 |
| 400m | Gabriel Tiacoh | 44.30 | Indianapolis | 1986 |
| 800m | Bernard Lagat | 1:47.07 | Reno | 1999 |
| 1,500m | Bernard Lagat | 3:30.56 | Switzerland | 1999 |
| Steeplechase | Henry Rono | 8:05.4 (WR) (CR) | Seattle | 1978 |
| 5,000m | Henry Rono | 13:06.2 (WR) (CR) | Norway | 1981 |
| 10,000m | Henry Rono | 27:22.5 (WR) (WR) | Austria | 1978 |
| 110m Hurdles | Tony Li | 13.37 | Japan | 1991 |
| 400m Hurdles | Jeshua Anderson | 47.93 | Eugene | 2011 |
| 4X100m Relay | George Ogbeide | 39.24 | Eugene | 1991 |
| | Tony Li | | | |
| | Benari Burroughs | | | |
| | Augustin Olobia | | | |
| **4X400m Relay** | **E. Willems** | **3:05.37** | **Boulder** | **2024** |
| | **J. McAlvey** | | | |
| | **M. Lawyer** | | | |
| | **G. Buckmiller** | | | |
| High Jump | Brent Harkin | 2.31m (7' 7") | Rome | 1984 |
| Pole Vault | Christos Pallakis | 5.56m (18' 6.5") | Greece | 1995 |
| Long Jump | George Ogbeide | 8.24m (27' 0.5") | Germany | 1991 |
| Triple Jump | Joseph Taiwo | 17.19m (56' 4.75") | Nigeria | 1984 |
| Shot Put | Dimitrios Koutsoukis | 20.59m (67' 6.75") | Indianapolis | 1986 |
| Discus | Ian Waltz | 64.44m (211' 5") | Salinas | 1998 |
| Hammer | Tore Gustafsson | 77.76m (255' 1") | Pullman | 1986 |
| Javelin | Stephan Wilkstrom | 78.38m (257' 2") | Pullman | 1990 |
| Decathlon | Simon Shirley | 8,036 pts | Korea | 1988 |
| | *100m* | *11.03* | | |
| | *Long Jump* | *7.45m* | | |
| | *Shot Put* | *14.20m* | | |
| | *High Jump* | *1.97m* | | |
| | *400m* | *48.84* | | |
| | *110m HH* | *15.44* | | |
| | *Discus* | *41.68m* | | |
| | *Pole Vault* | *4.70m* | | |
| | *Javelin* | *64.00m* | | |
| | *1,500m* | *4:27.48* | | |

## Men's Freshman Outdoor Records

| Event | Athlete | Record | Site | Year |
|---|---|---|---|---|
| 100m | Louie Hinchliffe | 10.17 | - | 2023 |
| 200m | Justin Woods | 21.01 | - | 2006 |
| 400m | Kris Durr | 45.84 | - | 1984 |
| 800m | Gerald Pawirodikromo | 1:47.5 | - | 1978 |
| 1,500m | Peter Koech | 3:38.46 | - | 1982 |
| 3,000m | Peter Koech (NFR) | 7:39.09 | - | 1982 |
| Steeplechase | Julius Korir (NFR) | 8:20.02 | - | 1983 |
| 5,000m | Peter Koech (NFR) | 13:09.50 | - | 1982 |
| 10,000m | Henry Rono | 27:37.1 (NFR) | - | 1977 |
| 110m Hurdles | Arend Watkins | 13.82 | - | 1998 |
| 400m Hurdles | Jeshua Anderson | 48.68 | - | 2008 |
| High Jump | Brett Lowery | 2.21m (7' 3") | - | 1983 |
| Pole Vault | Patrik Johansson | 5.40m (17' 8.5") | - | 1988 |
| Long Jump | Demetrios Araouzos | 7.64m (25' 0.75") | - | 1983 |
| Triple Jump | Ian Campbell | 16.60m (54' 5.5") | - | 1977 |
| Shot Put | Paul Buxton | 18.95m (62' 2.25") | - | 1977 |
| Discus | Matt Lamb | 57.84m (189' 9") | - | 2006 |
| Hammer | Paul Buxton | 69.34m (227' 6") | - | 1977 |
| Javelin | Brad Stevens | 71.07m (233' 2") | - | 2015 |
| Decathlon | Simon Shirley | 7,584 pts | - | 1986 |

## Rogers Field/Mooberry Track Records: Women

| Event | Athlete | Record | School | Year |
|---|---|---|---|---|
| 100m | Jenna Prandini | 11.21 | Oregon | 2014 |
| **100m Hurdles** | **Maribel Caicedo** | **12.85** | **WSU** | **2024** |
| 200m | Jenna Prandini | 22.60 | Oregon | 2014 |
| 400m | Phillis Francis | 51.87 | Oregon | 2014 |
| 400m Hurdles | Jaide Stepter | 56.99 | USC | 2014 |
| 800m | Karen Bennett | 2:03.79 | Arizona St. | 1994 |
| 1,500m | Shelby Houkihan | 4:15.67 | Arizona St. | 2014 |
| Steeplechase | Shalaya Kipp | 10:04.19 | Colorado | 2014 |
| 5,000m | Shelby Houkihan | 16:11.63 | Arizona St. | 2014 |
| 10,000m | Kirsten O'Hara | 33:16.89 | California | 1985 |
| 4X100m Relay | Loudia Laarman | 43.21 | USC | 2014 |
| | Jessica Davis | | | |
| | Alexis Fauknor | | | |
| | T. Gaither | | | |
| 4X400m Relay | B. Ogunleye | 3:31.97 | UCLA | 2002 |
| | A. McKinnon | | | |
| | S. Johnson | | | |
| | M. Henderson | | | |
| High Jump | Carina Westover | 1.88m (6' 2") | Oregon St. | 1984 |
| Pole Vault | Amy Linnen | 4.31m (14' 1.75") | Arizona | 2002 |
| Long Jump | Shu-Ahin | 6.54m (21' 5.75") | China | 1988 |
| Triple Jump | Roshanda Glenn | 13.16m (43' 2.25") | UCLA | 1994 |
| Shot Put | Julie Labonte | 17.42m (57' 2") | Arizona | 2014 |
| Discus | Ai-Lan Xing | 62.56m (205' 3") | China | 1988 |
| Hammer | Jillian Wier | 67.43m (221' 3") | Oregon | 2014 |
| Javelin | Inga Stasiulionyta | 56.96m (186' 10") | USC | 2002 |
| Heptathlon | Ellannee Richardson | 5,821 pts | WSU | 2002 |

## Rogers Field/Mooberry Track Records: Men

| Event | Athlete | Record | School | Year |
|---|---|---|---|---|
| 100m | Aaron Brown | 10.16 | USC | 2014 |
| 110m Hurdles | Aleec Harris | 13.35 | USC | 2014 |
| 200m | Aaron Brown | 20.26 | USC | 2014 |
| 400m | Mike Berry | 45.05 | Oregon | 2014 |
| 400m Hurdles | Jeshua Anderson | 49.63 | WSU | 2010 |
| 800m | Joaquim Cruz | 1:45.12 | Oregon | 1984 |
| 1,500m | Lawi Lalang | 3:36.34 | Arizona | 2014 |
| Steeplechase | Henry Rono | 8:24.4 | WSU | 1978 |
| 5,000m | Joel Cheruiyot | 13:38.2 | WSU | 1978 |
| 10,000m | Samson Kimombwa | 28:53.3 | WSU | 1980 |
| 4X100m Relay | F. Heard, | 39.17 | USA Jr's | 1985 |
| | L. Burrel, | | | |
| | D. Mitchell, | | | |
| | J. Simpson | | | |
| 4X400m Relay | L. Parham, | 3:06.03 | ASU | 2002 |
| | S. Amoo, | | | |
| | P. Lopez, | | | |
| | S. Fitch | | | |
| High Jump | Dothel Edwards | 2.30m (7' 6.75") | USA Juniors | 1985 |
| Pole Vault | Nick Hyson | 5.55m (18' 2.5") | Arizona St. | 1994 |
| Long Jump | Randy Williams | 8.04m (26' 4.75") | USC | 1975 |
| Triple Jump | Ian Campbell | 16.75m (54' 11.75") | Stanford | 1978 |
| Shot Put | John Brenner | 21.08m (69' 2") | UCLA | 1984 |
| Discus | Julian Wruck | 64.25m (210' 9") | USC | 2014 |
| Hammer | Tore Gustafsson | 77.76m (255' 1") | WSU | 1986 |
| Javelin | Stephan Wilkstrom | 78.38m (257' 2") | WSU | 1990 |
| Decathlon | Dan O'Brien | 8,267 points | USA | 1990 |

## Men's World Outdoor Records

| Year | Name | Event | Mark/Time |
|---|---|---|---|
| 1909 | Jack Nelson | 100 Yd. Dash | 9.6 |
| 1909 | Jack Nelson | 220 Yd. Dash | 21.2 |
| 1931 | Paul Swift | 100 Yd. Dash | 9.5 |
| 1937 | J. Orr, L. Nettleton L. Orr, L. Benke | Mile Relay | 3:12.3 |
| 1937 | Curt Ledford, Lee Orr (PCC vs. Big Ten) | 440 Yd. Relay | 40.7 |
| 1965 | Gerry Lindgren | 6-Mile | 27:11.6 |
| 1968 | Boyd Gittins | 400m IH | 49.27 |
| 1976 | Joshua Kimeto | 4000m | 10:11.6 |
| 1977 | Samson Kimombwa | 10,000m | 27:30.5 |
| 1978 | Henry Rono | 5000m | 13:08.4 |
| 1978 | Henry Rono | 3000m Steeple | 8:05.4 |
| 1978 | Henry Rono | 10,000m | 27:22.5 |
| 1978 | Henry Rono | 3000m | 7:32.1 |
| 1981 | Henry Rono | 5000m | 13:06.2 |

## Men's American Outdoor Records

| Year | Name | Event | Mark/Time |
|---|---|---|---|
| 1909 | Jack Nelson | 100 Yd. Dash | 9.6 |
| 1909 | Jack Nelson | 220 Yd. Dash | 21.2 |
| 1931 | Paul Swift | 100 Yd. Dash | 9.5 |
| 1939 | Dixie Garner | 2-Mile | 9:07.9 |
| 1965 | Gerry Lindgren | 3-Mile | 13:04.2 |
| 1965 | Gerry Lindgren | 6-Mile | 27:11.6 |
| 1966 | Gerry Lindgren | 5000m | 13:38.0 |
| 1966 | Gerry Lindgren | 3-Mile | 12:53.0 |
| 1968 | Gerry Lindgren | 5000m | 13:33.8 |
| 1968 | Art Sandison | 660 Yd. | 1:16.6 |
| 1968 | Art Sandison | 600m | 1:16.6 |
| 1968 | Boyd Gittins | 400m IH | 49.27 |

## Men's Collegiate Outdoor Records

| Year | Name | Event | Mark/Time |
|---|---|---|---|
| 1909 | Jack Nelson | 100 Yd. Dash | 9.6 |
| 1909 | Jack Nelson | 220 Yd. Dash | 21.2 |
| 1931 | Paul Swift | 100 Yd. Dash | 9.5 |
| 1937 | J. Orr, H. Nettleton L. Orr, L. Benke | Mile Relay | 3:12.3 |
| 1937 | C. Ledford L. Orr (PCC vs. Big Ten) | 440 Yd. Relay | 40.7 |
| 1939 | Dixie Garner | 2-Mile | 9:07.9 |
| 1965 | Gerry Lindgren | 5000m | 13:45.4 |
| 1965 | Gerry Lindgren | 3-Mile | 13:04.2 |
| 1965 | Gerry Lindgren | 6-Mile | 27:11.6 |
| 1966 | Gerry Lindgren | 3-Mile | 12:53.0 |
| 1966 | Gerry Lindgren | 5000m | 13:38.0 |
| 1967 | Gerry Lindgren | 10,000m | 28:40.2 |
| 1968 | Gerry Lindgren | 5000m | 13:33.8 |
| 1968 | Art Sandison | 600m | 1:16.6 |
| 1968 | Art Sandison | 660 Yd. | 1:16.6 |
| 1968 | Boyd Gittins | 400m IH | 49.27 |
| 1969 | Art Sandison | 880 Yd. | 1:45.9 |
| 1974 | John Ngeno | 10,000m | 28:05.6 |
| 1974 | John Ngeno | 6-Mile | 27:06.8 |
| 1975 | John Ngeno | 10,000m | 28:04.6 |
| 1975 | John Ngeno | 6-Mile | 26:57.4 |
| 1976 | John Ngeno | 21K | 1:04:50.8 |
| 1976 | John Ngeno | 5000m | 13:20.8 |
| 1976 | Joshua Kimeto | 3000m | 7:37.5 |
| 1976 | Joshua Kimeto | 2000m | 5:03.7 |
| 1976 | Joshua Kimeto | 4000m | 10:11.6 |
| 1977 | Samson Kimombwa | 10,000m | 27:30.5 |
| 1978 | Henry Rono | 5000m | 13:08.4 |
| 1978 | Henry Rono | Steeplechase | 8:05.4 |
| 1978 | Henry Rono | 10,000m | 27:22.5 |
| 1978 | Henry Rono | 3000m | 7:32.1 |
| 1978 | Henry Rono | 2-Mile | 8:14.6 |
| 1978 | Henry Rono | 21K | 1:04.46.1 |
| 1981 | Henry Rono | 5000m | 13:06.2 |
| 1986 | Tore Gustafsson | Hammer | 255-1 |
| 1986 | Gabriel Tiacoh | 400m | 44.30 |
| 1999 | Bernard Lagat | 1500m | 3:30.56 |

## Women's American Junior Records

| Year | Name | Event | Mark/Time |
|---|---|---|---|
| 1999 | Ellannee Richardson | Heptathlon | 5,678 points |

## 60 METERS

*(55m from 1985-1999)*

| | | | | |
|---|---|---|---|---|
| **1.** | 7.31* | Pam Qualls-Reynolds | Cheney, Wash. | 1987 |
| **2.** | 7.39* | Francesca Green | Reno, Nev. | 1997 |
| **3.** | **7.40** | **Skyler Walton** | **Spokane, Wash.** | **2023** |
| **4.** | 7.43 | Jordyn Tucker | Seattle, Wash. | 2020 |
| | **7.43** | **Micaela De Mello** | **Spokane, Wash.** | **2024** |
| **6.** | **7.44** | **Maribel Caicedo** | **Albuquerque, N.M.** | **2023** |
| | 7.44 | Kreete Verlin | Albuquerque, N.M. | 2020 |
| **8.** | 7.45 | Regyn Gaffney | Albuquerque, N.M. | 2017 |
| **9.** | 7.47 | Princess Joy-Griffey | Seattle, Wash. | 2007 |
| **10.** | **7.50** | **Brooke Lyons** | **Spokane, Wash.** | **2024** |

## 60 METER HURDLES

*(55m from 1985-1999)*

| | | | | |
|---|---|---|---|---|
| **1.** | 7.99 | Maribel Caicedo | Albuquerque, N.M. | 2023 |
| **2.** | **8.00** | **Micaela De Mello** | **Spokane, Wash.** | **2025** |
| **3.** | 8.16 | Charisma Taylor | Lubbock, Texas | 2021 |
| **4.** | 8.21* | Agneta Rosenblad | Moscow, Idaho | 2001 |
| **5.** | 8.26 | Diana Pickler | Seattle, Wash. | 2007 |
| **6.** | 8.30 | Kreete Verlin | Lubbock, Texas | 2020 |
| **7.** | 8.35* | Tamara Gulley | Cheney, Wash. | 2001 |
| **8.** | 8.39 | Antonia Buschendorf | Seattle, Wash. | 2022 |
| **9.** | 8.42 | Ellannee Richardson | Boise, Idaho | 2003 |
| **10.** | 8.45 | Liz Harper | Seattle, Wash. | 2016 |
| | 8.45 | Candice McFarland | Seattle, Wash. | 2015 |

## 200 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 23.54 | Jasneet Nijjar | Spokane, Wash. | 2024 |
| **2.** | **23.77** | **Brooke Lyons** | **Spokane, Wash.** | **2025** |
| **3.** | 23.98 | Tamika Brown | Reno, Nev. | 1998 |
| **4.** | 24.00 | Kreete Verlin | Albuquerque, N.M. | 2020 |
| **5.** | 24.04 | Dominique Keel | Albuquerque, N.M. | 2016 |
| **6.** | 24.17 | Danielle Darden | Seattle, Wash. | 2015 |
| **7.** | 24.17 | A. Hollenbeck Willems | Spokane, Wash. | 2025 |
| **8.** | 24.22 | Elise Unruh-Thomas | Spokane, Wash. | 2023 |
| **9.** | 24.27 | Maribel Caicedo | Spokane, Wash. | 2023 |
| **10.** | 24.34 | Princess Joy-Griffey | Seattle, Wash. | 2010 |

## 300 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 37.67 | Jasneet Nijjar | Spokane, Wash. | 2024 |
| **2.** | **38.82** | **Brooke Lyons** | **Spokane, Wash.** | **2024** |
| **3.** | 38.87 | Pam Qualls-Reynolds | Moscow, Idaho | 1987 |
| **4.** | 38.92 | Celestine N'Drin | Moscow, Idaho | 1988 |
| **5.** | 39.41 | Elise Unruh-Thomas | Spokane, Wash. | 2023 |
| **6.** | 39.45 | Janice Farwell | Moscow, Idaho | 1985 |
| **7.** | 39.61 | Tiffany Giles | Pullman, Wash. | 2003 |
| | **39.61** | **Lahela Ray** | **Spokane, Wash.** | **2024** |
| **9.** | **39.82** | **Zoe Ray** | **Spokane, Wash.** | **2024** |
| **10.** | 40.15 | Elena Willems | Spokane, Wash. | 2023 |

## 400 METERS

*(Since 1987, only times on tracks 200m or shorter count towards records)*

| | | | | |
|---|---|---|---|---|
| **1.** | 52.36 | Jasneet Nijjar | Fayetteville, Ark. | 2024 |
| **2.** | 54.08 | Tiffany Giles | Boise, Idaho | 2003 |
| **3.** | 54.14 | Ellannee Richardson | Moscow, Idaho | 2001 |
| **4.** | 54.16 | Stephanie Cho | Seattle, Wash. | 2020 |
| **5.** | 54.27 | Shawna Fermin | Albuquerque, N.M. | 2013 |
| **6.** | 54.44 | Celestine N'Drin | - | 1989 |
| **7.** | 54.69 | Dominique Keel | Seattle, Wash. | 2016 |
| **8.** | 55.66 | Elena Willems | Spokane, Wash. | 2023 |
| **9.** | 55.88 | Bree Winfrey | Albuquerque, N.M. | 2015 |
| **10.** | 55.89 | Christiana Ekelem | Seattle, Wash. | 2016 |

## 800 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 2:05.93 | Anna Layman | Ames, Iowa | 2011 |
| **2.** | 2:06.62 | Jennifer Bannon-Carpenter | South Bend, Ind. | 1992 |
| **3.** | **2:07.71** | **Rosemary Longisa** | **Seattle, Wash.** | **2025** |
| **4.** | 2:07.96 | Celestine N'Drin | - | 1987 |
| **5.** | 2:08.11 | Natatie Ackerley | Seattle, Wash. | 2019 |
| **6.** | 2:08.45 | Neema Kimtai | Seattle, Wash. | 2023 |
| **7.** | 2:09.21 | Camille Rivard | - | 1985 |
| **8.** | 2:09.29 | Marlow Schulz | Seattle, Wash. | 2018 |
| **9.** | 2:09.39 | Maya McCabe | Seattle, Wash. | 2024 |
| **10.** | 2:09.73 | Zorana Grujic | Seattle, Wash. | 2020 |

## MILE

| | | | | |
|---|---|---|---|---|
| **1.** | **4:40.09** | **Rosemary Longisa** | **Seattle, Wash.** | **2025** |
| **2.** | **4:43.31** | **Zenah Cheptoo** | **Seattle, Wash.** | **2024** |
| **3.** | 4:43.71 | Abby Regan | Seattle, Wash. | 2015 |
| **4.** | 4:43.91 | Zorana Grujic | Seattle, Wash. | 2020 |
| **5.** | 4:44.92 | Lisa Egami | Seattle, Wash. | 2009 |
| **6.** | 4:45.43 | Neema Kimtai | Seattle, Wash. | 2022 |
| **7.** | 4:46.21 | Kaili Keefe | Seattle, Wash. | 2019 |
| **8.** | 4:46.48 | Ruby Roberts | Moscow, Idaho | 2014 |
| **9.** | 4:46.64 | Alaina Stone Boggs | Seattle, Wash. | 2023 |
| **10.** | **4:48.16** | **Nicole Bissell** | **Spokane, Wash.** | **2025** |

**BOLD =** Current student-athletes

* = time converted to metric and/or full electronic timing.

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**NOTE:** Hand times are listed inferior to fully-automated times sharing the same time in tenths, as established by the USTFCCCA. For events under 400 meters, 0.24 seconds is the standard addition, 0.14 seconds for events 400 meters. For events longer than 400 meters.

## 3,000 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | **8:56.15** | **Zenah Cheptoo** | **Seattle, Wash.** | **2024** |
| **2.** | 9:15.79 | Ruby Roberts | Seattle, Wash. | 2014 |
| **3.** | **9:21.29** | **Alaina Stone Boggs** | **Seattle, Wash.** | **2023** |
| **4.** | 9:22.54 | Devon Bortfeld | Seattle, Wash. | 2017 |
| **5.** | 9:26.56 | Christina Molteni | Seattle, Wash. | 2023 |
| | **9:26.56** | **Caroline Jepkorir** | **Seattle, Wash.** | **2025** |
| **7.** | 9:26.91 | Vallery Korir | Seattle, Wash. | 2018 |
| **8.** | 9:27.45 | Lisa Egami | Seattle, Wash. | 2010 |
| **9.** | 9:27.57 | Isley Gonzalez | Seattle, Wash. | 2009 |
| **10.** | 9:28.54 | Sara Trané | Seattle, Wash. | 2009 |

## 5,000 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 16:02.07 | Vallery Korir | Seattle, Wash. | 2018 |
| **2.** | 16:16.42 | Devon Bortfield | Seattle, Wash. | 2017 |
| **3.** | **16:16.88** | **Alaina Stone Boggs** | **Seattle, Wash.** | **2025** |
| **4.** | 16:34.89 | CharLee Linton | Seattle, Wash. | 2016 |
| **5.** | 16:35.18 | Anna Blue | - | 2003 |
| **6.** | 16:40.19 | Cristina Molteni | Seattle, Wash. | 2023 |
| **7.** | 16:44.11 | Caroline Jerotich | Seattle, Wash. | 2022 |
| **8.** | 16:45.81 | Chelsea VanDeBrake | Seattle, Wash. | 2011 |
| **9.** | 16:49.99 | Emma Jenkins | Seattle, Wash. | 2019 |
| **10.** | 16:51.51 | Emily Dwyer | Seattle, Wash. | 2017 |

## 4 X 400 METER RELAY

| | | | | |
|---|---|---|---|---|
| **1.** | 3:35.49 | T. Giles, M. Jessie<br>T. Gulley, E. Richardson | Fayetteville, Ark. | 2003 |
| **2.** | **3:38.33** | **L. Ray, B. Lyons**<br>**Z. Ray, L. Graham** | **Albuquerque, N.M.** | **2025** |
| **2.** | 3:40.93 | Winfrey, Ekelem<br>Keel, Allen | Seattle, Wash. | 2014 |
| **3.** | 3:41.05 | Keel, Brooks-Johnson<br>Ekelem, Harper | Seattle, Wash. | 2016 |
| **4.** | 3:42.30 | Fermin, Layman,<br>Elseroad-Wall, Brown | College Station, Texas | 2010 |
| **5.** | 3:42.65 | J. Nijjar, E. Unruh-Thomas<br>B. Lyons, E. Willems | Spokane, Wash. | 2024 |
| 6. | 3:42.71 | J. Van Staden, J. Nijjar<br>E. Unruh-Thomas, E. Willems | Seattle, Wash. | 2023 |
| **7.** | 3:42.82 | Allen, Winfrey,<br>Ekelem, Harper | Albuquerque, N.M. | 2015 |
| **8.** | 3:42.93 | Keel, Fermin,<br>Winfrey, Allen | Seattle, Wash. | 2013 |
| **9.** | 3:43.25 | Hill, Layman,<br>Griffey, Elseroad-Wall | Seattle, Wash. | 2010 |

## DISTANCE MEDLEY RELAY

*(1,200m - 400m - 800m - 1600m)*

| | | | | |
|---|---|---|---|---|
| **1.** | 11:15.35 | N. Kimtai, J. Nijjar,<br>E. Willems, A. Stone Boggs | Seattle, Wash. | 2023 |
| **2.** | 11:17.92 | L. Egami, L. King<br>Layman, Trane | South Bend, Ind. | 2009 |
| **3.** | 11:18.14 | C. Zalud, S. Fermin,<br>A. Layman, R. Roberts | Seattle, Wash. | 2011 |
| **4.** | 11:18.57 | M. McCabe, J. Nijjar,<br>E. Willems, Z. Cheptoo | Seattle, Wash. | 2024 |
| **5.** | 11:20.77 | Z. Grujic, S. Cho,<br>M. Schultz, K. Keefe | Seattle, Wash. | 2018 |
| **6.** | 11:23.11 | K. Keefe, S. Cho,<br>J. Grujic, Z. Grujic | Seattle, Wash. | 2020 |
| **7.** | **11:23.57** | **R. Longisa, Z. Hill,**<br>**R. Pyeatt, Z. Cheptoo** | **Spokane, Wash.** | **2025** |
| **8.** | 11:24.54 | Z. Grujic, J. Grujic,<br>N. Ackerley, K. Keefe | Seattle, Wash. | 2019 |
| **9.** | 11:29.22 | Z. Grujic, J. Grujic,<br>M. Schultz, K. Keefe | Seattle, Wash. | 2018 |
| **10.** | 11:33.46 | R. Roberts, B. Crabb,<br>C. Zalud, C. Austin | Seattle, Wash. | 2012 |

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**NOTE:** Hand times are listed inferior to fully-automated times sharing the same time in tenths, as established by the USTFCCCA. For events under 400 meters, 0.24 seconds is the standard addition, 0.14 seconds for events 400 meters. For events longer than 400 meters.

## HIGH JUMP

| | | | | |
|---|---|---|---|---|
| **1.** | 1.90m/ 6' 3.0" | Mary Moore | Syracuse, N.Y. | 1985 |
| **2.** | 1.89m/ 6' 2.25" | Ebba Jungmark | Fayetteville, Ark. | 2008 |
| **3.** | 1.83m/ 6' 0.0" | Whitney Evans | Indianapolis, Ind. | 1999 |
| | 1.83m/ 6' 0.0" | Schquay Brignac | Flagstaff, Ariz. | 2002 |
| | 1.83m/ 6' 0.0" | Holly Parent | Pullman, Wash. | 2011 |
| **6.** | 1.81m/ 5' 11.25" | Lissa Gray | Moscow, Idaho | 1988 |
| | 1.81m/ 5' 11.25" | Liz Harper | Seattle, Wash. | 2016 |
| | 1.81m/ 5' 11.25" | Leonie Reuter | Lubbock, Texas | 2020 |
| **9.** | 1.79m/ 5' 10.50" | Kiana Davis | Seattle, Wash. | 2016 |
| **10.** | 1.78m/ 5' 10.00" | Charlotte Muschamp | Pullman, Wash. | 2014 |
| | 1.78m/ 5' 10.00" | Robin Mikesh | Pullman, Wash. | 2005 |

## POLE VAULT

| | | | | |
|---|---|---|---|---|
| **1.** | **4.46m/14' 7.5"** | **Tatum Moku** | **Boston, Mass.** | **2025** |
| **2.** | **4.38m/ 14' 4.5"** | **Eva Lowder** | **Seattle, Wash.** | **2024** |
| **3.** | 4.35m/ 14' 3.25" | Tamara Diles | Reno, Nev. | 2002 |
| **4.** | 4.26m/ 13' 11.75" | Kristine Felix | Pullman, Wash. | 2015 |
| **5.** | 4.14m/13' 7.0" | Molly Scharmann | Seattle, Wash. | 2019 |
| **6.** | 4.10m/13' 5.25" | Kendall Mays | Seattle, Wash. | 2009 |
| **7.** | 4.01m/ 13' 1.75" | Luzia Herzig | Albuquerque, N.M. | 2020 |
| **8.** | 4.00m/ 13' 1.5" | Emily Coombs | Albuquerque, N.M. | 2019 |
| **9.** | **3.96m/ 12' 11.75"** | **Chloe Metz** | **Spokane, Wash.** | **2025** |
| **10.** | 3.94m/ 12' 11" | Katelyn Frost | Seattle, Wash. | 2019 |

## LONG JUMP

| | | | | |
|---|---|---|---|---|
| **1.** | 6.41m/ 21' 1.5" | Agneta Rosenblad | Flagstaff, Ariz. | 2001 |
| **2.** | 6.32m/ 20' 9.0" | Kreete Verlin | Nampa, Idaho | 2020 |
| **3.** | 6.20m/ 20' 4.25" | Chantal Brunner | Seattle, Wash. | 1993 |
| **4.** | 6.15m/ 20' 2.25" | Conny Eckl-Gambetta | Moscow, Idaho | 1985 |
| **5.** | 6.14m/ 20' 2" | Sandy Heinrich | Moscow, Idaho | 1985 |
| **6.** | 6.03m/ 19' 5" | Charisma Taylor | Albuquerque, N.M. | 2019 |
| **7.** | 6.02m/ 19' 9" | Anna Rodgers | Albuquerque, N.M. | 2022 |
| **8.** | 5.92m/ 19' 8" | Gilana Wollman | Moscow, Idaho | 2023 |
| **9.** | 5.80m/ 19' 0.5" | Shaquana Logan | Seattle, Wash. | 2011 |
| | 5.80m/ 19' 0.5" | Candace Missouri | Seattle, Wash. | 2010 |

## TRIPLE JUMP

| | | | | |
|---|---|---|---|---|
| **1.** | 13.61m/ 44' 8" | Charisma Taylor | Fayetteville, Ark. | 2021 |
| **2.** | 12.89m/ 42' 3.5" | Blessing Ufodiama | Lincoln, Neb. | 2023 |
| **3.** | 12.67m/ 41' 7" | Greer Alsop | Seattle, Wash. | 2016 |
| **4.** | 12.66m/ 41' 6.5" | Kiana Davis | Albuquerque, N.M. | 1999 |
| **5.** | 12.65m/ 41' 6" | Cicely Clinkenbeard | - | 1999 |
| **6.** | 12.63m/ 41' 5.0" | Charlotte Muschamp | Albuquerque, N.M. | 2014 |
| **7.** | 12.62m/ 41' 5.0" | Sarah Burns | Seattle, Wash. | 2007 |
| **8.** | 12.57m/ 41' 3.0" | Sharon Li | Portland, Ore. | 1994 |
| **9.** | 12.33m/ 40' 5.5" | Kayla Warren | Seattle, Wash. | 2015 |
| **10.** | 12.20m/ 40' 0.75" | Oyinlola Akinlosotu | Pullman, Wash. | 2018 |

## SHOT PUT

| | | | | |
|---|---|---|---|---|
| **1.** | 15.98m/ 52' 5.25" | Georgette Reed | Indianapolis, Ind. | 1991 |
| **2.** | **15.75m/ 51' 8.25"** | **Nana Gyedu** | **Spokane, Wash.** | **2024** |
| **3.** | 15.57m/ 51' 1.0" | Shannon Rance | Flagstaff, Ariz. | 2002 |
| **4.** | 15.56m/ 51' 0.75" | Chrisshnay Brown | Albuquerque, N.M. | 2019 |
| **5.** | 15.27m/ 50' 1.25" | McKinzie Garberg | Lincoln, Neb. | 2007 |
| **6.** | 14.98m/ 49' 1.75" | Andrea Thornton | Moscow, Idaho | 2001 |
| **7.** | 14.27m/ 46' 10" | Audrey Hughes | Spokane, Wash. | 2022 |
| **8.** | 14.21m/ 46' 7.5" | Denise Fetsch | - | 1986 |
| **9.** | 13.93m/ 45' 8.5" | Mary Barnett | Seattle, Wash. | 2012 |
| **10.** | 13.78m/ 45' 2.5" | Jennifer Hamilton | Seattle, Wash. | 2010 |

## 20# WEIGHT

| | | | | |
|---|---|---|---|---|
| **1.** | 19.37m/ 63' 6.75" | Marie Muai | Seattle, Wash. | 2004 |
| **2.** | 18.75m/ 61' 6.25" | Faimalie Sale | Seattle, Wash. | 2020 |
| | 18.75m/ 61' 6.25" | Becky Potter | Reno, Nev. | 2000 |
| **4.** | 18.70m/ 61' 4.25" | Andrea Thornton | Reno, Nev. | 2000 |
| **5.** | 18.65m/ 61' 2.25" | Kjirsten Jensen | Moscow, Idaho | 2010 |
| **6.** | 18.12m/ 59' 5.5" | Brittany Hinchcliffe | Boise, Idaho | 2003 |
| **7.** | 18.03m/ 59' 2" | Alex Payne | Seattle, Wash. | 2022 |
| **8.** | 17.89m/ 58' 8.5" | Aoife Martin | Seattle, Wash. | 2019 |
| **9.** | 17.88m/ 58' 8" | Cassie Whitfield | Moscow, Idaho | 2010 |
| **10.** | 17.87m/ 58' 7.5" | Katie Wardsworth | Seattle, Wash. | 2017 |

## PENTATHLON

| | | | | |
|---|---|---|---|---|
| **1.** | 4,339 points | Diana Pickler | Fayetteville, Ark. | 2007 |
| **2.** | 4,267 points | Julie Pickler | Fayetteville, Ark. | 2006 |
| **3.** | 4,190 points | Alissa Brooks-Johnson | Seattle, Wash. | 2018 |
| **4.** | 4,146 points | Liz Harper | Seattle, Wash. | 2016 |
| **5.** | 3,804 points | Katie Miller | Seattle, Wash. | 2005 |
| **6.** | 3,702 points | Lindsey Schauble | Seattle, Wash. | 2019 |
| **7.** | 3,633 points | Peyton Teevens | Seattle, Wash. | 2022 |
| **8.** | 3,609 points | Shaquana Logan | Seattle, Wash. | 2012 |
| **9.** | 3,588 points | Angela Jensen | Seattle, Wash. | 2010 |
| **10.** | **3,583 points** | **Sarah Kovich** | **Seattle, Wash.** | **2025** |

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## 60 METERS

*(55m from 1985-1999)*

| | | | | |
|---|---|---|---|---|
| **1.** | 6.53 | Emmanuel Wells Jr. | Albuquerque, N.M. | 2019 |
| **2.** | **6.575** | **Mason Lawyer** | **Spokane, Wash.** | **2025** |
| **3.** | 6.60 | Louie Hinchliffe | Seattle, Wash. | 2023 |
| | 6.60* | Augustin Olobia | Indianapolis, Ind. | 1991 |
| **5.** | 6.62* | George Ogbeide | Moscow, Idaho | 1991 |
| **6.** | 6.67 | Anson Henry | Flagstaff, Ariz. | 2002 |
| **7.** | 6.69 | Anthony Buchanan | Flagstaff, Ariz. | 2002 |
| | 6.69 | James McSwain | Pullman, Wash. | 2006 |
| | **6.69** | **Grant Buckmiller** | **Spokane, Wash.** | **2024** |
| **10.** | 6.71 | Bennie Chatman | Moscow, Idaho | 2003 |
| | 6.71 | Ja' Maun Charles | Seattle, Wash. | 2020 |
| | **6.71** | **John Paredes** | **Spokane, Wash.** | **2024** |

## 60 METER HURDLES

*(55m from 1985-1999)*

| | | | | |
|---|---|---|---|---|
| **1.** | 7.59 | Tony Li | Indianapolis, Ind. | 1991 |
| **2.** | 7.61 | Arend Watkins | Cheney, Wash. | 2001 |
| **3.** | 7.65 | Javier Moracho | Moscow, Idaho | 1982 |
| **4.** | **7.67** | **John Paredes** | **Spokane, Wash.** | **2024** |
| **5.** | 7.69 | Kip Ngeno | Portland, Ore. | 2001 |
| | 7.69 | Sam Brixley | Fayettevile, Ark. | 2022 |
| **7.** | **7.71** | **Parker Duskin** | **Spokane, Wash.** | **2025** |
| **8.** | 7.78 | Dominique Arnold | Indianapolis, Ind. | 1996 |
| **9.** | 7.79 | Matt Mason | Fayetteville, Ark. | 2004 |
| | 7.79 | Nick Johnson | Seattle, Wash. | 2020 |

## 200 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | **20.63** | **Mason Lawyer** | **Boston, Mass.** | **2025** |
| **2.** | **20.72** | **Grant Buckmiller** | **Spokane, Wash.** | **2025** |
| **3.** | 20.86 | George Ogbeide | Cheney, Wash. | 1991 |
| **4.** | 21.07 | Anthony Buchanan | Flagstaff, Ariz. | 2002 |
| **5.** | **21.11** | **Ethan Willems** | **Spokane, Wash.** | **2025** |
| **6.** | 21.25 | Gary Minor | - | 1976 |
| | 21.25 | Emmanuel Wells | Moscow, Idaho | 2019 |
| | **21.25** | **Eysias Banks** | **Spokane, Wash.** | **2025** |
| **9.** | 21.38 | Jared McAlvey | Spokane, Wash. | 2024 |
| **10.** | 21.39 | Zach Smith | Albuquerque, N.M. | 2018 |

## 300 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | **32.73** | **Grant Buckmiller** | **Spokane, Wash.** | **2024** |
| **2.** | **33.11** | **Mason Lawyer** | **Spokane, Wash.** | **2024** |
| **2.** | 33.44 | John Chaplin | Pullman, Wash. | 1962 |
| **3.** | 33.46 | Larry Scheurer | Pullman, Wash. | 1970 |
| **4.** | **33.60** | **Ethan Willems** | **Spokane, Wash.** | **2022** |
| **5.** | 33.71 | Jared McAlvey | Spokane, Wash. | 2024 |
| **6.** | 33.84 | Georges Kablan | Moscow, Idaho | 1978 |
| **7.** | 34.05 | Tim Giesa | Moscow, Idaho | 1976 |
| **9.** | **34.14** | **Eysias Banks** | **Spokane, Wash.** | **2024** |
| **10.** | **34.526** | **Royal Haley** | **Spokane, Wash.** | **2024** |

## 400 METERS

*(Since 1987, only times on tracks 200m or shorter count towards records)*

| | | | | |
|---|---|---|---|---|
| **1.** | **46.20** | **Grant Buckmiller** | **Clemson, S.C.** | **2025** |
| **2.** | 46.38 | Jeshua Anderson | Seattle, Wash. | 2010 |
| **3.** | **46.51** | **Ethan Willems** | **Spokane, Wash.** | **2024** |
| **4.** | 46.71 | Michael Joubert | - | 1991 |
| **5.** | 46.83 | Gabriel Tiacoh | - | 1985 |
| **6.** | 46.75 | Jake Ulrich | - | 2019 |
| **7.** | 46.84 | Jared McAlvey | Spokane, Wash. | 2024 |
| **8.** | **46.85** | **Royal Haley** | **Spokane, Wash.** | **2025** |
| **9.** | 47.18 | Jacob Sealby | Boise, Idaho | 2014 |
| **10.** | 47.32 | CJ Allen | Seattle, Wash. | 2017 |

## 800 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 1:47.07 | Bernard Lagat | Ames, Iowa | 1999 |
| **2.** | 1:48.05 | Joe Abbott | Seattle, Wash. | 2011 |
| **3.** | 1:48.84 | Jesse Jorgensen | Seattle, Wash. | 2014 |
| **4.** | 1:48.6 | Michael Joubert | - | 1992 |
| **5.** | 1:48.9 | Sotirios Moutsanas | - | 1982 |
| **6.** | 1:49.3 | Gerold Pawirodikromo | - | 1979 |
| **7.** | 1:50.35 | Matthew Swanson | Seattle, Wash. | 2015 |
| **8.** | 1:50.80 | Luke Lemenager | Seattle, Wash. | 2010 |
| **9.** | **1:51.17** | **Kellen Langford** | **Spokane, Wash.** | **2024** |
| **10.** | 1:51.64 | Reid Muller | Seattle, Wash. | 2016 |

## MILE

| | | | | |
|---|---|---|---|---|
| **1.** | 3:55.65 | Bernard Lagat | Indianapolis, Ind. | 1999 |
| **2.** | 3:55.74 | Colton Johnsen | Seattle, Wash. | 2022 |
| **3.** | 3:57.00 | Zach Stallings | Seattle, Wash. | 2022 |
| **4.** | 3:57.51 | Paul Ryan | New York City | 2021 |
| **5.** | 3:57.84 | Samuel Kibiri | Palo Alto, Calif. | 1991 |
| **6.** | 3:58.10 | Peter Koech | Paris, France | 1983 |
| **7.** | 3:59.20 | Rick Riley | Los Angeles, Calif. | 1970 |
| | 3:59.20 | Henry Rono | Pullman, Wash. | 1977 |
| **9.** | 3:59.66 | Richard Tuwei | Detroit, Mich. | 1983 |
| **10.** | 3:59.87 | Jancinto Navarrete | Moscow, Idaho | 1987 |

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## 3,000 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 7:43.20 | Henry Rono | San Diego, Calif. | 1980 |
| **2.** | 7:45.80 | Colton Johnsen | Seattle, Wash. | 2022 |
| **3.** | **7:48.44** | **Evans Kurui** | **Seattle, Wash.** | **2025** |
| **4.** | 7:49.90 | John Ngeno | - | 1975 |
| | 7:50.90 | Josephat Kapkory | Indianapolis, Ind. | 1994 |
| **6.** | 7:53.70 | Gerry Lindgren | - | 1966 |
| | 7:53.70 | Joshua Kimeto | - | 1974 |
| **8.** | 7:55.80 | Jacinto Navarrete | Moscow, Idaho | 1987 |
| **9.** | 8:00.10 | Zach Stallings | Seattle, Wash. | 2022 |
| **10.** | 8:01.32 | John Whelan | Seattle, Wash. | 2016 |

## 5,000 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | **13:17.16** | **Evans Kurui** | **Seattle, Wash.** | **2025** |
| **2.** | 13:34.6 | John Ngeno | Portland, Ore. | 1976 |
| **3.** | 13:34.75 | Colton Johnsen | Seattle, Wash. | 2021 |
| **4.** | **13:47.61** | **Josphat Meli** | **Seattle, Wash.** | **2025** |
| **5.** | 13:53.00 | Brian Barsaiya | Seattle, Wash. | 2024 |
| **6.** | 13:54.35 | Drew Jordan | Seattle, Wash. | 2013 |
| **7.** | 13:54.74 | Jono Lafler | Seattle, Wash. | 2012 |
| **8.** | 13:59.25 | John Whelan | Seattle, Wash. | 2016 |
| **9.** | 14:00.60 | E.J. Guo | Indianapolis, Ind. | 1990 |
| **10.** | 14:02.30 | Andrew Kimpel | Seattle, Wash. | 2014 |

## 4 X 400 METER RELAY

| | | | | |
|---|---|---|---|---|
| **1.** | 3:06.40 | E. Willems, J. McAlvey, M. Lawyer, G. Buckmiller | Fayetteville, Ark. | 2024 |
| **2.** | 3:06.74 | B. Leavitt, R. Follett, J. Woods, J. Anderson | Ames, Iowa | 2009 |
| **3.** | 3:07.61 | G. Hornsby, B. Dawson, J. Sealby, J. Anderson | Ames, Iowa | 2011 |
| **4.** | **3:07.76** | **R. Haley, G. Buckmiller M. Lawyer, E. Willems** | **Spokane, Wash.** | **2025** |
| **4.** | **3:08.08** | **R. Haley, G. Buckmiller E. Banks, E. Willems** | **Albuquerque, N.M.** | **2025** |
| **5.** | 3:09.35 | Anderson, Hornsby, Follett, Abbott | Seattle, Wash. | 2010 |
| **6.** | 3:10.49 | Dawson, Abbott, Hopkins, Sealby | Seattle, Wash. | 2012 |
| **7.** | 3:10.97 | Chambers, Howell, Sealby, Sealby | Seattle, Wash. | 2013 |
| **8.** | 3:11.10 | J. Avognan, C. Whitlock J. Ramsey, G. Kablan | - | 1981 |
| | 3:11.10 | Allen, Sealby, Sealby, Jorgensen | Seatlle, Wash. | 2014 |
| **10.** | 3:11.80 | J. Ramsey, G. Kablan G. Pawirodikromo, J. Avognan | - | 1980 |

## DISTANCE MEDLEY RELAY

*(1200m - 400m - 800m - 1600m)*

| | | | | |
|---|---|---|---|---|
| **1.** | 9:29.54 | E. Kamau, G. Macias, R. Kiplangat, B. Lagat | Indianapolis, Ind. | 1998 |
| **2.** | 9:33.71 | S. Kibiri, M. Joubert, C. McBride, J. Kapkory | Philadelphia, Pa. | 1992 |
| **3.** | 9:36.49 | Z. Stallings, E. Willems J. Janke, C. Johnsen | Seattle, Wash. | 2021 |
| **4.** | 9:37.50 | J. Cheruiyot, J. Ramsey G. Pawirodikromo, H. Rono | Spokane, Wash. | 1979 |
| **5.** | 9:39.45 | J. Kimeto, G. Pawirodikromo, M. Kosgie, S. Kimombwa | Seattle, Wash. | 1978 |
| **6.** | 9:39.70 | P. Koech, G. Tiacho, J. Korir, R. Tuwei | Walla Walla, Wash. | 1984 |
| **7.** | 9:39.87 | M. Cornbrash, J. Anderson, J. Abbott, T. Wakefield | Seattle, Wash. | 2011 |
| **8.** | 9:40.21 | T. Wakefield, J. Sealy, J. Jorgensen, D. Jordon | South Bend, Ind. | 2013 |
| **9.** | 9:44.80 | J. Korir, K. Durr, S. Moutsanas, R. Tuwei | Moscow, Idaho | 1984 |
| **10.** | 9:48.50 | J. Kapkory, M. Joubert, J. Nordstrom, S. Kibiri | Moscow, Idaho | 1992 |

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## HIGH JUMP

| | | | | |
|---|---|---|---|---|
| **1**. | 2.30m/ 7' 6.5" | Greg Jones | San Diego, Calif. | 1987 |
| **2**. | 2.25m/ 7' 4.5" | Brent Harken | Cheney, Wash. | 1983 |
| **3**. | 2.24m/ 7' 4.25" | Trent Arrivey | Pullman, Wash. | 2010 |
| **4**. | 2.23m/ 7' 4.0" | Brett Lowery | Moscow, Idaho | 1985 |
| **5**. | 2.20m/ 7' 2.75" | Anastasias Adjoins | Cheney, Wash. | 1983 |
| **6**. | 2.19m/ 7' 2.25" | Lee Braach | - | 1975 |
| **7.** | **2.18m/7'1.75"** | **AJ McGloflin** | **Albuquerque, N.M.** | **2025** |
| **8**. | 2.16m/ 7' 1.0" | Thane Pierson | Pullman, Wash. | 2016 |
| | 2.16m/ 7' 1.0" | Mitch Jacobson | Albuquerque, N.M. | 2020 |
| | 2.16m/ 7' 1.0" | Al Darnelle | Pullman, Wash. | 1975 |
| | 2.16m/ 7' 1.0" | Kris Harken | Moscow, Idaho | 1985 |
| | 2.16m/ 7' 1.0" | Lloyd Stoller | Moscow, Idaho | 1990 |
| | 2.16m/ 7' 1.0" | Matt Alverson | Moscow, Idaho | 2001 |

## POLE VAULT

| | | | | |
|---|---|---|---|---|
| **1**. | 5.65m/ 18' 6.5" | Christos Pallakis | Barcelona, Spain | 1995 |
| **2**. | 5.50m/ 18' 0.5" | Tyson Byers | Fayetteville, Ark. | 2007 |
| **3**. | 5.32m/ 17' 5.5" | Paul Nicolette | Seattle, Wash. | 2005 |
| **4**. | 5.28m/ 17' 3.75" | Jacob Englar | Albuquerque, N.M. | 2022 |
| **5**. | 5.25m 17' 2.75" | Sander Moldau | Albuquerque, N.M. | 2019 |
| **6.** | **5.20m/17' 0.75"** | **Gavin Dimick** | **Spokane, Wash.** | **2025** |
| **7**. | 5.18m/ 17' 0" | Austin Sodorff | Seattle, Wash. | 2015 |
| | **5.15m/16'10.75"** | **Seth Nelson** | **Spokane, Wash.** | **2025** |
| **9**. | 5.01m/ 16' 5.5" | Jim Precht | - | 1968 |
| **10.** | **5.00m/ 16' 4.75"** | **Mason Mahacek** | **Albuquerque, N.M.** | **2024** |
| | 5.00m/ 16' 4.75" | Troy Gingerich | Pullman, Wash. | 2019 |
| | 5.00m/ 16' 4.75" | Tucker Mjelde | Seattle, Wash. | 2017 |

## LONG JUMP

| | | | | |
|---|---|---|---|---|
| **1**. | 8.08m/ 26' 6.25" | Matt Mason | Seattle, Wash. | 2004 |
| **2**. | 7.85m/ 25' 9.25" | Bill Ayears | Cheney, Wash. | 1988 |
| **3**. | 7.75m/ 25' 5.25" | Stephan Scott-Ellis | Eugene, Ore. | 2012 |
| **4**. | 7.72m/ 25' 4" | Benson Jones | Flagstaff, Ariz. | 2001 |
| **5**. | 7.63m/ 25' 0.5" | John Delamere | Seattle, Wash. | 1973 |
| **6**. | 7.29m/ 23' 11" | Trevor Rogers | Seattle, Wash. | 2013 |
| **7**. | 7.22m/ 23' 8.5" | Michael Bolligar | Seattle, Wash. | 2012 |
| **8**. | 7.13m/ 23' 5" | Barrie Johnson | Vancouver, B.C. | 1967 |
| **9**. | 7.04m/ 23' 1.25" | Dino Dodig | Seattle, Wash. | 2016 |
| **10.** | **7.02m/ 23' 0.5"** | **Justin Sands** | **Moscow, Idaho** | **2024** |

## TRIPLE JUMP

| | | | | |
|---|---|---|---|---|
| 1. | 16.97m/ 55' 8.25" | Ian Campbell | Detroit, Mich. | 1978 |
| 2. | 16.74m/ 54' 11.25" | Marios Hadjiandreou | Moscow, Idaho | 1987 |
| 3. | 16.64m/ 54' 7.5" | Joseph Taiwo | Detroit, Mich. | 1983 |
| 4. | 16.12m/ 52' 10.75" | Bensen Jones | Reno, Nev. | 2001 |
| 5. | 15.98m/ 52' 5.25" | Stephan Scott-Ellis | Pullman, Wash. | 2012 |
| 6. | 15.89m/ 52' 1.75" | Fancis Dodoo | Detroit, Mich. | 1983 |
| **8.** | **15.66m/ 51' 4.50"** | **Eli Lawrence** | **Albuquerque, N.M.** | **2025** |
| 8. | 15.54m/ 51' 0.0" | Ray Kimble | Moscow, Idaho | 1976 |
| 9. | 15.37m/ 50' 5.5" | John Delamere | Pocatello, Idaho | 1972 |
| 10. | 15.33m/ 50' 3.5" | Robby Flores | Albuquerque, N.M. | 2018 |

## SHOT PUT

| | | | | |
|---|---|---|---|---|
| **1**. | 20.27m/ 66' 6.0" | Dimitrios Koutsoukis | Okla. City, Okla. | 1986 |
| **2**. | 19.53m/ 64' 1.0" | John Van Reenen | Pullman, Wash. | 1969 |
| **3**. | 19.34m/ 63' 5.5" | Ian Waltz | Indianapolis, Ind. | 1998 |
| **4**. | 19.08m/ 62' 7.5" | Bruce Anderson | Moscow, Idaho | 1986 |
| **5**. | 18.55m/ 60'10.5" | RonaldGr.Mosquera | Spokane, Wash. | 2023 |
| **6**. | 18.28m/ 60' 0.0" | Stu (David) Henning | Vancouver, B.C. | 1959 |
| **7**. | 18.15m/ 59' 6.75" | Friday Enjoye | Moscow, Idaho | 1991 |
| **8**. | 18.03m/ 59' 2.0" | Jason Basket | Moscow, Idaho | 1991 |
| **9**. | 17.68m/ 58' 0.25" | Joe Bartlett | Moscow, Idaho | 2012 |
| **10**. | 17.59m/ 57' 8.5" | Tim Gehring | Seattle, Wash. | 2003 |

## 35# WEIGHT

| | | | | |
|---|---|---|---|---|
| **1**. | 22.64m/ 74' 3.5" | Tore Gustafsson | Okla. City, Okla. | 1986 |
| **2**. | 21.28m/69' 9.75" | Stefan Jonsson | Moscow, Idaho | 1988 |
| **3**. | 21.01m/68' 0.5" | Brock Eager | Seattle, Wash. | 2018 |
| 4. | 20.16m/ 66' 2" | Paul Buxton | Pullman, Wash. | 1979 |
| **5**. | 20.12m/ 66' 0.25" | Jim Jesernig | Pullman, Wash. | 1979 |
| **6**. | 20.09m/ 65' 11" | Phillip MacArthur | Moscow, Idaho | 2009 |
| **7**. | 19.92m/ 65' 4.5" | John Billingsley | Cheney, Wash. | 1989 |
| **8**. | 19.47m/ 63' 10.5" | Amani Brown | Seattle, Wash. | 2019 |
| **9**. | 19.00m/ 62' 4.0" | Ed VandeVoorde | Pullman, Wash. | 1982 |
| **10.** | 18.98m/ 62' 3.5" | Kevin Moore | Reno, Nev. | 1997 |

## HEPTATHLON

| | | | | |
|---|---|---|---|---|
| **1.** | **5,762 points** | **Mason Mahacek** | **Albuquerque, N.M.** | **2024** |
| **2**. | 5,690 points | Lee Walburn | Seattle, Wash. | 2024 |
| **3**. | 5,635 points | Dino Dodig | Fayetteville, Ark. | 2016 |
| **4**. | 5,631 points | Darian Powell | Pullman, Wash. | 2005 |
| **5**. | 5,406 points | Michael Bolligar | Seattle, Wash. | 2012 |
| **6**. | 5,230 points | Spencer Wordell | Pullman, Wash. | 2014 |
| **7**. | 5,216 points | Rickey Moody | Pullman, Wash. | 2008 |
| **8**. | 5,154 points | Brandon Brownell | Seattle, Wash. | 2004 |
| **9**. | 5,102 points | Kyle Chasuble | Seattle, Wash. | 2010 |
| **10**. | 5,087 points | Ryan Thomas | Seattle, Wash. | 2005 |

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## 100 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | **11.44** | **Brooke Lyons** | **San Diego, Calif.** | **2025** |
| **2.** | 11.52 | Pam Qualls Reynolds | Corvallis, Ore. | 1987 |
| **3.** | 11.54 | Skyler Walton | Fresno, Calif. | 2022 |
| **4.** | 11.58 | Princess Joy Griffey | Eugene, Ore. | 2009 |
| **5.** | 11.60 | Regyn Gaffney | Los Angeles | 2017 |
| | 11.60 | Elise Unruh-Thomas | Fresno, Calif. | 2023 |
| **7.** | 11.61 | Francesca Green | Los Angeles, Calif. | 1996 |
| **8** | **11.67** | **Ashley Hollenbeck Willems** | **Spokane, Wash.** | **2025** |
| **9.** | 11.69 | Sharika Higgins | Eugene, Ore. | 2000 |
| **10.** | 11.73 | Dominique Keel | Los Angeles, Calif. | 2016 |

*Wind-aided marks*

| | | | |
|---|---|---|---|
| 11.25w | Skyler Walton | Fayetteville, Ark. | 2024 |
| 11.26w | Pam Qualls Reynolds | Walnut, Calif. | 1987 |
| 11.49w | Regyn Gaffney | Pullman, Wash. | 2017 |
| 11.50w | Sharika Higgins | Austin, Texas | 2000 |
| 11.51w | Jasneet Nijjar | Pullman, Wash. | 2024 |
| 11.55w | Francesca Green | Modesto, Calif. | 1996 |
| 11.57w | Elise Unruh-Thomas | Austin, Texas | 2023 |

## 100-METER HURDLES

| | | | | |
|---|---|---|---|---|
| **1.** | 12.49 | Maribel Caicedo | Fayetteville, Ark. | 2024 |
| **2.** | **12.85** | **Micaela De Mello** | **Fayetteville, Ark.** | **2024** |
| **3.** | 13.25 | Diana Pickler | Sacramento, Calif. | 2007 |
| **4.** | 13.33 | Charisma Taylor | Los Angeles, Calif. | 2021 |
| **5.** | 13.48 | Agneta Rosenblad | Pullman, Wash. | 2001 |
| **6.** | 13.52 | Ellannee Richardson | Austin, Texas | 2003 |
| **7.** | 13.57 | Candice McFarland | Los Angeles, Calif. | 2015 |
| **8.** | 13.58 | Shaquana Logan | Walnut, Calif. | 2014 |
| **9.** | 13.68 | Alissa Brooks-Johnson | Stanford, Calif. | 2018 |
| **10.** | 13.72 | Randi Smith | Stanford, Calif. | 2000 |

*Wind-aided marks*

| | | | |
|---|---|---|---|
| 12.38w | Maribel Caicedo | Fayetteville, Ark. | 2024 |
| **12.72w** | **Micaela De Mello** | **Eugene, Ore.** | **2024** |
| **12.82w** | **Micaela De Mello** | **Fayetteville, Ark.** | **2024** |
| 13.28w | Agneta Rosenblad | Berkeley, Calif. | 2001 |
| 13.43w | Shaquana Logan | Austin, Texas | 2012 |
| 13.55w | Tamara Gulley | Austin, Texas | 2001 |
| 13.60w | Alissa Brooks-Johnson | Stanford, Calif. | 2018 |
| 13.68w | Shaquana Logan | Tucson, Ariz. | 2011 |

## 200 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 23.30 | Pam Qualls Reynolds | Corvallis, Ore. | 1987 |
| **2.** | 23.35 | Bria'una Watley | Seattle, Wash. | 2015 |
| **3.** | **23.43** | **Brooke Lyons** | **Spokane, Wash.** | **2025** |
| **4.** | 23.48 | Tamika Brown | Pullman, Wash. | 1998 |
| **5.** | 23.52 | Maribel Caicedo | Corvallis, Ore. | 2024 |
| **6.** | 23.53 | Jasneet Nijjar | Long Beach, Calif. | 2024 |
| **7.** | 23.55 | Dominique Keel | Lawrence, Kan. | 2016 |
| **8.** | 23.69 | Sharika Higgins | Eugene, Ore. | 2000 |
| **9.** | 23.71 | Elise Unruh-Thomas | Azusa, Calif. | 2023 |
| **10.** | 23.78 | Ellannee Richardson | Tempe, Ariz. | 1999 |

*Wind-aided marks*

| | | | |
|---|---|---|---|
| 23.21w | Pam Qualls Reynolds | Pullman, Wash. | 1986 |
| **23.32w** | **Brooke Lyons** | **San Diego, Calif.** | **2025** |
| 23.43w | Sharika Higgins | Austin, Texas | 2000 |
| 23.69w | Diana Pickler | Austin, Texas | 2007 |
| 23.75w | Ellannee Richardson | Tempe, Ariz. | 1999 |
| 23.78w | Erin Reed | Pullman, Wash. | 2001 |

## 400 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 52.04 | Celestine N'Drin | Seoul, Korea | 1988 |
| **2.** | 52.26 | Jasneet Nijjar | Boulder, Colo. | 2024 |
| **3.** | 52.62 | Shawna Fermin | Kuortane, Finland | 2013 |
| **4.** | 53.34 | Tiffany Giles | Stanford, Calif. | 2003 |
| **5.** | 53.90 | LaTroya Mucker | Seattle, Wash. | 1997 |
| **6.** | 54.17 | Brandi Probasco-Canda | Pullman, Wash. | 2006 |
| **7.** | 54.27 | Sharika Higgins | Pullman, Wash. | 1998 |
| | 54.27 | Lorraine King | Seattle, Wash. | 2009 |
| **9.** | 54.39 | Randi Smith | Pullman, Wash. | 2000 |
| **10.** | 54.59 | Dominique Keel | Walnut, Calif. | 2016 |

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## 400-METER HURDLES

| | | | | |
|---|---|---|---|---|
| **1.** | 57.07 | Randi Smith | Denton | 2000 |
| **2.** | 57.31 | Liz Harper | Los Angeles | 2015 |
| **3.** | 57.48 | Stephanie Cho | Eugene | 2021 |
| **4.** | 57.51 | Lorraine King | Eugene | 2009 |
| **5.** | 57.86 | Alissa Brooks-Johnson | Los Angeles | 2018 |
| **6.** | 58.32 | Monique Jessie | Stanford | 2003 |
| **7.** | 58.51 | Janice Farwell | Eugene | 1986 |
| **8.** | 58.76 | Erin Allen | Los Angeles | 2015 |
| **9.** | 58.81 | Alissa Brooks-Johnson | Los Angeles | 2015 |
| **10.** | 58.82 | Mackenzie Fletcher | Sacramento, Calif. | 2023 |

## 800 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 2:02.99 | Celestine N'Drin | Durham, N.C. | 1990 |
| **2.** | 2:03.48 | Anna Layman | Tucson, Ariz. | 2011 |
| **3.** | 2:04.68 | Camille Rivard | Indianapolis, Ind. | 1985 |
| **4.** | 2:04.81 | Alishia Booterbaugh | Durham, N.C. | 2000 |
| **5.** | 2:05.15 | Linda Spaargaren | Seattle, Wash. | 1985 |
| **6.** | **2:05.44** | **Rosemary Longisa** | **Azusa, Calif.** | **2025** |
| **7.** | 2:05.48 | Elena Willems | Corvallis, Ore. | 2023 |
| **8.** | 2:05.54 | Neema Kimtai | Azusa, Calif. | 2022 |
| **9.** | 2:05.82 | Abigail Regan | Pullman, Wash. | 2014 |
| **10.** | 2:05.94 | Jennifer Carpenter | Durham, N.C. | 1990 |

## 1,500 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | **4:13.59** | **Rosemary Longisa** | **Stanford, Calif.** | **2025** |
| **2.** | 4:14.69 | Jennifer Robertson Bravard | Seattle, Wash. | 1993 |
| **3.** | 4:15.39 | Kaili Keefe | Eugene, Ore. | 2018 |
| **4.** | 4:17.52 | Abigail Regan | Los Angeles, Calif. | 2015 |
| **5.** | 4:18.10 | Camille Rivard | Indianapolis, Ind. | 1986 |
| **6.** | 4:18.57 | Ruby Roberts | Walnut, Calif. | 2014 |
| **7.** | 4:19.31 | Lisa Egami | Stanford, Calif. | 2010 |
| **8.** | **4:20.42** | **Zenah Cheptoo** | **San Diego, Calif.** | **2025** |
| **9.** | 4:20.48 | Neema Kimtai | Corvallis, Ore. | 2023 |
| **10.** | 4:23.78 | Zenny Koehler | Walnut, Calif. | 1989 |

## 5,000 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | **15:40.09** | **Zenah Cheptoo** | **Azuza, Calif.** | **2024** |
| **2.** | 15:59.73 | Vallery Korir | Azusa, Calif. | 2018 |
| **3.** | **16:08.95** | **Alaina Stone Boggs** | **Walnut, Calif.** | **2023** |
| **4.** | 16:09.02 | Ruby Roberts | Stanford, Calif. | 2014 |
| **5.** | 16:14.55 | Anna Blue | Stanford, Calif. | 2003 |
| **6.** | 16:17.29 | Devon Bortfled | Stanford, Calif. | 2017 |
| **7.** | 16:18.04 | Isley Gonzalez | Walnut, Calif. | 2009 |
| **8.** | 16:20.86 | Haley Paul | Stanford, Calif. | 2006 |
| **9.** | 16:24.13 | Cristina Molteni | Stanford, Calif. | 2023 |
| **10.** | 16:26.36 | Jennifer Bravard | Eugene, Ore. | 1993 |

## 10,000 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | **32:23.18** | **Zenah Cheptoo** | **Stanford, Calif.** | **2025** |
| **2.** | 33:16.89 | Vallery Korir | Sacramento, Calif. | 2018 |
| **3.** | 33:33.92 | Cristina Molteni | Sacramento, Calif. | 2023 |
| **4.** | **33:37.70** | **Alaina Stone Boggs** | **Stanford, Calif.** | **2025** |
| **5.** | 33:56.49 | Mevin Jelagat | Eugene, Ore. | 2022 |
| **6.** | 34:03.69 | CharLee Linton | Stanford, Calif. | 2015 |
| **7.** | 34:25.63 | Anna Blue | Walnut, Calif. | 2003 |
| **8.** | 34:45.81 | Erin Mullins | Los Angeles, Calif. | 2021 |
| **9.** | 35:14.27 | Chelsea VanDeBrake | Stanford, Calif. | 2011 |
| **10.** | 35:21.2 | Lisa Braun | Los Angeles, Calif. | 1988 |

## 3,000-METER STEEPLECHASE

| | | | | |
|---|---|---|---|---|
| **1.** | **10:05.60** | **Caroline Jepkorir** | **Stanford, Calif.** | **2025** |
| **2.** | 10:07.70 | Caroline Jerotich | Sacramento, Calif. | 2023 |
| **3.** | 10:08.49 | Caroline Austin | Los Angeles, Calif. | 2013 |
| **4.** | 10:14.29 | Sara Trané | Northridge, Calif. | 2008 |
| **5.** | 10:15.79 | Zorana Grujic | Long Beach, Calif. | 2019 |
| **6.** | 10:16.36 | Meghan Leonard | Walnut, Calif. | 2008 |
| **7.** | 10:18.30 | Devon Bortfeld | Sacramento , Calif. | 2018 |
| **8.** | **10:24.27** | **Nicole Bissell** | **Stanford, Calif.** | **2025** |
| **9.** | 10:24.59 | Pia Richards | Walnut, Calif. | 2022 |
| **10.** | 10:25.27 | Collier Lawrence | Stanford, Calif. | 2008 |

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## 4 X 100 METER RELAY

| | | | | |
|---|---|---|---|---|
| **1.** | 43.93 | M. Caicedo, B. Lyons, J. Nijjar, S. Walton | Boulder, Colo. | 2024 |
| 2. | **44.38** | E. Unruh-Thomas, J. Van Staden, J. Nijjar, S. Walton | Sacramento, Calif. | 2023 |
| **3.** | 44.50 | A. Higgins, L. Mucker, E. Richardson, F. Green | Tempe, Ariz. | 1999 |
| **4.** | 44.61 | B. Watley, D. Darden, C. Ekelem, D. Keel | Austin, Texas | 2015 |
| **5.** | 44.70 | G. Wollman, E. Unruh-Thomas J. Nijjar, S. Walton | Phoenix, Ariz. | 2023 |
| **6.** | 44.75 | R. Gaffney, D. Darden, C. Eklelem, D. Keel | Los Angeles, Calif. | 2016 |
| **7.** | 44.78 | S. Higgins, L. Mucker, T. Brown, F. Green | Pullman, Wash. | 1998 |
| | **44.78** | **Z. Ray, L. Ray A. Hollenbeck Willems, B. Lyons** | **San Diego, Calif.** | **2025** |
| **9.** | 44.92 | C. James, C. Robinson, C. McFarland, S. Fermin | Austin, Texas | 2012 |
| **10.** | 44.97 | S. Higgins, L. Mucker, T. Brown, A. Higgins | Pullman, Wash. | 1997 |

## 4X400 METER RELAY

| | | | | |
|---|---|---|---|---|
| **1.** | 3:33.65 | Tiffany Giles, Monique Jessie, Tamara Gulley, Ellannee Richardson | Stanford, Calif. | 2003 |
| **2.** | 3:35.66 | Erin Allen, Dominique Keel, Christiana Ekelem, Liz Harper | Austin, Texas | 2015 |
| **3.** | 3:36.76 | Regyn Gaffney, Dominique Keel Christiana Ekelem, Liz Harper | Norwalk, Calif. | 2016 |
| **4.** | 3:37.01 | Maya McCabe, Jasneet Nijjar, Elena Willems, Brooke Lyons | Boulder, Colo. | 2024 |
| **5.** | 3:37.23 | Tiffany Giles, Tamara Gulley, Randi Smith, Ellannee Richardson | Austin, Texas | 2002 |
| **6.** | 3:37.34 | Tiffany Giles, Monique Jessie Angelita Green, Tamara Gulley | Sacramento | 2003 |
| **7.** | 3:37.42 | Erin Reed, Ellannee Richardson, Angelita Green, Randi Smith | Berkeley, Calif. | 2001 |
| **8.** | 3:37.55 | Diana Pickler, Brandi Probasco-Canda, Lorraine King, Julie Pickler | Palo Alto, Calif. | 2007 |
| **9.** | 3:38.08 | Attrina Higgins, Whitney Evans, Randi Smith, Ellannee Richardson | Tempe, Ariz. | 1999 |
| **10.** | 3:38.45 | Shawna Fermin, Anna Layman, Veronica Elseroad-Wall, Princess Joy Griffey | Austin, Texas | 2010 |

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## HIGH JUMP

| | | | | |
|---|---|---|---|---|
| **1.** | 1.87m/ 6' 2.0" | Mary Moore | Walnut, Calif. | 1986 |
| **2.** | 1.86m/ 6' 1.25" | Whitney Evans | Sacramento, Calif. | 2003 |
| **3.** | 1.85m/ 6' 0.75" | Holly Parent | Tucson, Ariz. | 2011 |
| **4.** | 1.84m/ 6' 0.5" | Diana Pickler | Austin, Texas | 2007 |
| | 1.84m/ 6' 0.5" | Ebba Jungmark | Västerås, Sweeden | 2008 |
| **6.** | 1.82m/ 5' 11.5" | Charlotte Muschamp | Pullman, Wash. | 2014 |
| | 1.82m/ 5' 11.5" | Audrey Ketchum | Austin, Texas | 2015 |
| | 1.82m/ 5' 11.5" | Aislinn Overby | Pullman, Wash. | 2022 |
| **9.** | 1.81m/ 5' 11.25" | Liz Harper | Seattle, Wash. | 2016 |
| **10.** | 1.80m/ 5' 10.75" | Christine Rice | Tucson, Ariz. | 2011 |

## POLE VAULT

| | | | | |
|---|---|---|---|---|
| **1.** | **4.50m/ 14' 9"** | **Tatum Moku** | **Spokane, Wash.** | **2025** |
| **2.** | **4.26m/ 13' 11.75"** | **Eva Lowder** | **Pullman, Wash.** | **2024** |
| **3.** | 4.25m/ 13' 11.25" | Tamara Diles | Pullman, Wash. | 2006 |
| **4.** | 4.18m/ 13' 8.5" | Kristine Felix | Moscow, Idaho | 2017 |
| **5.** | 4.17m/ 13' 8.25" | Molly Scharmann | Sacramento, Calif. | 2018 |
| **6.** | 4.08m/ 13' 4.5" | Katelyn Frost | Tucson, Ariz. | 2019 |
| **7.** | 4.04m/ 13' 3" | Emily Coombs | Pullman, Wash. | 2021 |
| **8.** | 4.03m/ 13' 3.0" | Jeannette Martus | Berkley, Calif. | 2001 |
| **9.** | **4.03m/ 13' 2.5"** | **Chloe Metz** | **Pullman, Wash.** | **2025** |
| **10.** | 4.01m/ 13' 1.75" | Tiffany Maskulinski | Los Angeles | 2006 |

## LONG JUMP

| | | | | |
|---|---|---|---|---|
| **1.** | 6.52m/ 21' 4.75 | Agneta Rosenblad | Berkeley, Calif. | 2001 |
| **2.** | 6.37m/ 20' 10.75 | Chantal Brunner | Seattle, Wash. | 1993 |
| **3.** | 6.36m/ 20' 9" | Francesca Green | Los Angeles | 1996 |
| **4.** | 6.20m/ 20' 4.25" | Diana Pickler | Stanford, Calif. | 2007 |
| **5.** | 6.13m/ 20' 1.5" | Sharon Li | Seattle, Wash. | 1993 |
| | 6.13m/ 20' 1.5" | Anna Rodgers | Pullman, Wash. | 2022 |
| **7.** | 6.09m/ 19' 11.75" | Cicely Clinkenbeard | Pullman, Wash. | 2002 |
| **8.** | 6.06m/ 19' 10.75" | Lauren Newman | Fresno, Calif. | 2021 |
| **9.** | 6.01m/ 19' 8.75" | Liz Harper | Los Angeles | 2016 |
| **10.** | 5.89m/ 19' 4.0" | Alissa Brooks-Johnson | Stanford, Calif. | 2018 |
| | 5.89m/ 19' 4.0" | Jasneet Nijjar | Pullman, Wash. | 2024 |

*Top Wind-aided marks*

| | | | |
|---|---|---|---|
| 6.06m/ 19' 10.75" | Julie Pickler | Austin, Texas | 2006 |
| 5.96m/ 19' 6.75" | Ellannee Richardson | Berkeley, Calif. | 2002 |

## TRIPLE JUMP

| | | | | |
|---|---|---|---|---|
| **1.** | 13.20m/ 43' 3.25" | Charisma Taylor | Queretaro, Mexico | 2019 |
| **2.** | 13.06m/ 42' 10.25" | Cicely Clinkenbeard | Eugene, Ore. | 2000 |
| **3.** | 13.01m/ 42' 8.25" | Kiana Davis | Austin, Texas | 2017 |
| **4.** | 12.81m/ 42' 0.5" | Greer Alsop | Sacramento, Calif. | 2018 |
| **5.** | 12.63m/ 41' 5.25" | Francesca Green | Tucson, Ariz. | 1999 |
| **6.** | 12.59m/ 41' 3.75" | Sharon Li | Spokane, Wash. | 1992 |
| **7.** | 12.58m/ 41' 3.25" | Catie Schuetzle | Seattle, Wash. | 2007 |
| **8.** | 12.57m/ 41' 3.0" | Shelia Phillips | Cheney, Wash. | 1994 |
| **9.** | 12.51m/ 41' 0.5" | Bree Skinner | Stanford, Calif. | 2003 |
| **10.** | 12.47m/ 40' 11.25" | Kaylee Gardner | Eugene, Ore. | 2007 |

*Top Wind-aided marks*

| | | | |
|---|---|---|---|
| 13.24m/43' 5.25" | Blessing Ufodiama | Walnut, Calif. | 2004 |
| 13.22m/ 43' 4.5" | Charisma Taylor | Queretaro, Mexico | 2019 |
| 12.83m/ 42' 1.25" | Charlotte Muschamp | Pullman, Wash. | 2014 |

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## SHOT PUT

| | | | | |
|---|---|---|---|---|
| **1.** | **17.23m/ 55' 6.5"** | **Nana Gyedu** | **Fayetteville, Ark.** | **2024** |
| **2.** | 16.61m/ 54' 6" | Georgette Reed | Calgary, Alberta | 1991 |
| **3.** | 15.38m/ 50' 5.5" | Chrisshnay Brown | Spokane, Wash. | 2019 |
| **4.** | 14.96m/ 49' 1" | Jessica Zita | Pullman, Wash. | 2008 |
| **5.** | 14.88m/ 48' 10" | Conny Eckl | Corvallis, Ore. | 1988 |
| **6.** | 14.85m/ 48' 8.75" | Lisa Merrill | Corvallis, Ore. | 1987 |
| **7.** | 14.80m/ 48' 6.75" | Becky Potter | Tempe, Ariz. | 1999 |
| **8.** | 14.70m/ 48' 2.75" | Debbie Lombardi | - | 1983 |
| **9.** | 14.42m/ 47' 3.75" | Audrey Hughes | Pullman, Wash. | 2022 |
| **10.** | 14.15m/ 46' 5.25" | Mary Barnett | Seattle, Wash. | 2013 |

## DISCUS

| | | | | |
|---|---|---|---|---|
| **1.** | 57.86m/ 189' 10" | Laura Lavine | Tucson, Ariz. | 1988 |
| **2.** | 57.52m/ 188' 8" | Mandy Borschwa | Pullman, Wash. | 1999 |
| **3.** | 54.04m/ 177' 3" | McKenzie Garberg | Des Moines, Iowa | 2008 |
| **4.** | 54.00m/ 177' 2" | Kristy Andrews | Seattle, Wash. | 1994 |
| **5.** | 52.46m/ 172' 1" | Andrea Thornton | Berkeley, Calif. | 2001 |
| **6.** | 51.17m/ 167' 10" | Marie Muai | Seattle, Wash. | 2003 |
| **7.** | 50.88m/ 166' 11" | Georgette Reed | Calgary, Alberta | 1991 |
| **8.** | 50.07m/ 164' 3" | Ashley Kenney | Pullman, Wash. | 2013 |
| **9.** | 49.92m/ 163' 9" | Kim Hulse | Los Angeles | 1996 |
| **10.** | 48.54m/ 159' 3" | Becky Potter | Tempe, Ariz. | 1999 |

## HAMMER

| | | | | |
|---|---|---|---|---|
| **1.** | 64.09m/ 210' 3" | McKenzie Garberg | Des Moines, Iowa | 2008 |
| **2.** | 62.05m/ 203' 6.75" | Carolina Ulloa-Daza | Cali, Columbia | 2021 |
| **3.** | 59.50m/ 195' 2" | Aoife Martin | Sacramento, Calif. | 2019 |
| **4.** | 59.44m/ 195' 0" | Andrea Thornton | Stanford, Calif. | 2001 |
| **5.** | 58.74m/ 192' 8" | Kjirsten Jensen | Pullman, Wash. | 2010 |
| **6.** | 58.29m/ 191' 3" | Katie Wardworth | Long Beach, Calif. | 2017 |
| **7.** | 57.01m/ 187' 0" | Alex Payne | Spokane, Wash. | 2023 |
| **8.** | 56.97m/ 186' 11" | Brittany Hinchcliffe | Boise, Idaho | 2003 |
| **9.** | 56.48m/ 185' 4" | Tara Koonce | Walnut, Calif. | 2023 |
| **10.** | 55.95m/ 183' 6" | Sasha Korolenko | Spokane, Wash. | 2021 |

## JAVELIN

*(New javelin implement adjusted for balance in 1999)*

| | | | | |
|---|---|---|---|---|
| **1.** | 56.71m/ 186' 1" | Marissa Tschida | Austin, Texas | 2010 |
| **2.** | 54.03m/ 177' 3" | Valentina Barrios Bomacelli | Eugene, Ore. | 2022 |
| **3.** | 53.36m/ 175' 1" | Atina Kamasi | Pullman, Wash. | 2018 |
| **4.** | 52.94m/ 173' 8" | Courtney Kirkwood | Los Angeles | 2011 |
| **5.** | 51.70m/ 169' 7" | Jenna Dean | Tucson, Ariz. | 2005 |
| **6.** | **51.21m/ 168' 0"** | **Laura Lindquist** | **Corvallis, Ore.** | **2025** |
| **7.** | 50.14m/ 164' 6" | Kendra Sachse | Seattle, Wash. | 2021 |
| **8.** | 50.09m/ 164' 4" | Rachel Bertholf | Walnut, Calif. | 2005 |
| **9.** | 50.05m/ 164' 2" | Christine Kirkwood | Los Angeles | 2012 |
| **10.** | 49.21m/ 161' 5" | Anna Adamko | Los Angeles | 2013 |

## HEPTATHLON

| | | | | |
|---|---|---|---|---|
| **1.** | 6,205 points | Diana Pickler | Austin, Texas | 2007 |
| **2.** | 5,977 points | Alissa Brooks-Johnson | Stanford, Calif. | 2018 |
| **3.** | 5,839 points | Ellannee Richardson | Sacramento, Calif. | 2003 |
| **4.** | 5,831 points | Julie Pickler | Sacramento, Calif. | 2007 |
| **5.** | 5,718 points | Conny Eckl | Indianapolis, Ind. | 1986 |
| **6.** | 5,579 points | Whitney Evans | Boise, Idaho | 1999 |
| **7.** | 5,564 points | Liz Harper | Seattle, Wash. | 2016 |
| **8.** | 5,456 points | Cicely Clinkenbeard | Pullman, Wash | 2002 |
| **9.** | 5,238 points | Heidi Shultz | Azusa, Calif. | 1997 |
| **10.** | 5,234 points | Esther Medema | Eugene, Ore. | 1992 |

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## 100 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 10.17 | Anson Henry | Walnut, Calif. | 2002 |
| | 10.17 | Louie Hinchliffe | Sacramento, Calif. | 2023 |
| **3.** | 10.19 | Augustin Olobia | Eugene, Ore. | 1991 |
| | 10.19 | Benny Chatman | Los Angeles | 2003 |
| | 10.19 | James McSwain | Walnut, Calif. | 2005 |
| | **10.19** | **Mason Lawyer** | **Pullman, Wash.** | **2025** |
| **7.** | 10.21 | Anthony Buchanan | Tucson, Arizona | 2004 |
| **8.** | 10.24* | Gary Minor | Spokane, Wash. | 1976 |
| **9.** | 10.26 | Ray Ray Wells Jr. | Tucson, Arizona | 2019 |
| **10.** | 10.27 | George Ogbeide | Pullman, Wash. | 1991 |

*Top Wind-aided marks*

| | | | |
|---|---|---|---|
| **9.95w** | **Mason Lawyer** | **College Station, Tex.** | **2025** |
| 10.10w | Anthony Buchanan | Los Angeles | 2003 |
| 10.12w | Bennie Chatman | Los Angeles | 2003 |
| 10.16w | James McSwain | Tucson, Arizona | 2006 |
| 10.21w | Lee Gordon | Boise, Idaho | 1984 |
| **10.24w** | **Bryson Stubblefield** | **Corvallis, Ore.** | **2025** |

## 110 METER HURDLES

| | | | | |
|---|---|---|---|---|
| **1.** | 13.37 | Tony Li | Sapporo, Japan | 1991 |
| **2.** | **13.42** | **John Paredes** | **Boulder, Colo.** | **2024** |
| **3.** | 13.46 | Dominique Arnold | Eugene, Ore. | 1996 |
| **4.** | 13.47 | Arend Watkins | Berkeley, Calif. | 2000 |
| **5.** | 13.49 | Kip Ngeno | Berlin, Germany | 1975 |
| **6.** | 13.59 | Jeff Bruce | Cheney, Wash. | 1980 |
| **7.** | 13.60 | Javier Moracho | Palo Alto, Calif. | 1982 |
| **8.** | **13.69** | **Parker Duskin** | **Long Beach, Calif.** | **2025** |
| **9.** | 13.70 | Sam Brixey | Seattle, Wash. | 2021 |
| **10.** | 13.77 | Nick Johnson | Long Beach, Calif. | 2019 |

*Top Wind-aided marks*

| | | | | |
|---|---|---|---|---|
| **1.** | 13.31w | Tony Li | Modesto, Calif. | 1991 |
| **2.** | 13.32w | Dominique Arnold | Eugene, Ore. | 1996 |
| **3.** | 13.60w | Javier Moracho | Stanford, Calif. | 1982 |
| **4.** | 13.66w | Sam Brixey | Seattle, Wash. | 2021 |
| **5.** | 13.71w | Robert Williams | Eugene, Ore. | 2009 |

## 200 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | **20.34** | **Mason Lawyer** | **College Station, Tex.** | **2025** |
| **2.** | 20.52 | Anson Henry | Pullman, Wash. | 2002 |
| **3.** | 20.54* | Gary Minor | Spokane, Wash. | 1976 |
| **4.** | 20.61 | Georges Kablan | Rome, Italy | 1981 |
| **5.** | 20.65 | Chris Whitlock | Berkeley, Calif. | 1983 |
| | 20.65 | Gabriel Tiacoh | Pullman, Wash. | 1984 |
| **7.** | 20.75 | Anthony Buchanan | Walnut, Calif. | 2002 |
| **8.** | 20.81* | Steve Hoover | Pullman, Wash. | 1969 |
| **9.** | 20.83 | Lee Gordon | Berkeley, Calif. | 1983 |
| **10.** | 20.85 | James McSwain | Walnut, Calif. | 2005 |
| | 20.85 | Justin Woods | Eugene, Ore. | 2009 |

*Top Wind-aided marks*

| | | | |
|---|---|---|---|
| **20.48w** | **Mason Lawyer** | **Corvallis, Ore.** | **2025** |
| 20.66w | Justin Woods | Provo, Utah | 2006 |
| 20.79w | Augustin Olobia | Pullman, Wash. | 1992 |
| 20.70w* | Curt Ledford | Pullman, Wash. | 1938 |

## 400 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 44.30 (CR) | Gabriel Tiacoh | Indianapolis, Ind. | 1986 |
| **2.** | 44.80 | Chris Whitlock | Colorado Springs, Colo. | 1983 |
| **3.** | 45.84 | Kris Durr | Pullman, Wash. | 1984 |
| **4.** | **45.87** | **Grant Buckmiller** | **Boulder, Colo.** | **2024** |
| **5.** | 45.89 | Michael Joubert | Durham, N.C. | 1990 |
| **6.** | 46.08 | Jeshua Anderson | Seattle, Wash. | 2009 |
| **7.** | **46.22** | **Royal Haley** | **Pullman, Wash.** | **2025** |
| **8.** | 46.36 | Georges Kablan | Moscow, Idaho | 1981 |
| **9.** | 46.64 | John Avognan | Pullman, Wash. | 1980 |
| **10.** | 46.66* | Lee Orr | Princeton, N.J. | 1940 |
| | 46.66* | Joe Nebolon | Berkeley, Calif. | 1947 |

## 400-METER HURDLES

| | | | | |
|---|---|---|---|---|
| **1.** | 47.93 | Jeshua Anderson | Eugene, Ore. | 2011 |
| **2.** | 49.27 | Boyd Gittins | South Lake Tahoe, Calif. | 1968 |
| **3.** | 49.40 | CJ Allen | Eugene, Ore. | 2017 |
| **4.** | 49.53 | John Cassleman | Eugene, Ore. | 2006 |
| **5.** | 49.59 | Eric Dudley | Los Angeles, Calif. | 2003 |
| **6.** | 49.84 | Jared McAlvey | Boulder, Colo. | 2024 |
| **6.** | 50.05 | Mark Macdonald | Eugene, Ore. | 1992 |
| **7.** | 50.23 | Jared McAlvey | Walnut, Calif. | 2023 |
| **8.** | 50.24* | Jim Allen | London, U.K. | 1963 |
| **9.** | 50.44 | Barry Leavitt | Northridge, Calif. | 2008 |

## 800 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 1:45.5* | Art Sandison | Knoxville, Tenn. | 1969 |
| **2.** | 1:45.76 | Jesse Jorgensen | Eugene, Ore. | 2015 |
| **3.** | 1:46.02 | Bernard Lagat | Paris, France | 1998 |
| **4.** | 1:46.34 | Sotirios Moutanas | Los Angeles | 1984 |
| **5.** | 1:46.84 | Joe Abbott | Eugene, Ore. | 2011 |
| **6.** | 1:47.0 | Michael Joubert | Seattle, Wash. | 1992 |
| **7.** | 1:47.3 | Dale Scott | Baton Rouge, La. | 1973 |
| **8.** | 1:47.38 | Eric Anderson | Tucson, Ariz. | 1995 |
| **9.** | 1:47.5 | Gerald Pawirodikromo | Medellin, Colombia | 1978 |
| **10.** | 1:47.52 | Calvin Harris | Indianapolis, Ind. | 1986 |

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## 1,500 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 3:30.56 | Bernard Lagat | Zurich, Switzerland | 1999 |
| **2.** | 3:36.48 | Paul Ryan | Azusa, Calif. | 2021 |
| **3.** | 3:38.38 | Samuel Kibiri | Oslo, Norway | 1991 |
| **4.** | 3:38.46 | Peter Koech | Helsinki, Finland | 1982 |
| **5.** | 3:38.77 | Richard Tuwei | Helsinki, Finland | 1982 |
| **6.** | 3:39.32 | Zach Stallings | College Station, Texas | 2021 |
| **7.** | 3:40.1* | Rick Riley | Los Angeles, Calif. | 1970 |
| **8.** | 3:40.31 | Julius Korir | Oslo, Norway | 1983 |
| **9.** | 3:40.72 | Colton Johnsen | Eugene, Ore. | 2021 |
| **10.** | 3:40.8 | Omar Ortega | Palo Alto, Calif. | 1984 |

## 5,000 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 13:06.2 | Henry Rono | Knaruik, Norway | 1981 |
| **2.** | 13:09.50 | Peter Koech | Stockholm, Sweden | 1982 |
| **3.** | **13:16.01** | **Evans Kurui** | **Azusa, Calif.** | **2025** |
| **4.** | 13:20.0* | Gerry Lindgren | Seattle, Wash. | 1966 |
| **5.** | 13:20.6 | John Ngeno | Montreal, Canada | 1976 |
| **6.** | 13:21.6 | Samson Kimombwa | Zurich, Switzerland | 1977 |
| **7.** | 13:26.8 | Joshua Kimeto | Helsinki, Finland | 1977 |
| **8.** | 13:30.60 | Richard Tuwei | Stockholm, Sweden | 1983 |
| **9.** | 13:34.75 | Colton Johnsen | Boston, Massachusetts | 2021 |
| **10.** | 13:34.8 | Joel Cheruiyot | Corvallis, Ore. | 1978 |

## 10,000 METERS

| | | | | |
|---|---|---|---|---|
| **1.** | 27:22.5 | Henry Rono | Vienna, Austria | 1978 |
| **2.** | 27:31.47 | Samson Kimombwa | Helsinki, Finland | 1977 |
| **3.** | **27:37.32** | **Evans Kurui** | **Stanford, Calif.** | **2025** |
| **4.** | 27:50.3 | Joel Cheruiyot | Brussels, Belgium | 1979 |
| **5.** | **27:59.27** | **Josphat Meli** | **Stanford, Calif.** | **2025** |
| **6.** | 28:00.6 | Joshua Kimeto | London, England | 1977 |
| **7.** | 28:04.6 | John Ngeno | Helsinki, Finland | 1975 |
| **8.** | 28:07.28 | Peter Koech | Paris, France | 1982 |
| **9.** | 28:09.6* | Gerry Lindgren | San Diego, Calif. | 1965 |
| **10.** | 28:22.4 | Josephat Kapkory | Walnut, Calif. | 1992 |

## 3,000 METERS STEEPLECHASE

| | | | | |
|---|---|---|---|---|
| **1.** | 8:05.4 | Henry Rono | Seattle, Wash. | 1978 |
| **2.** | 8:11.80 | Julius Korir | Los Angeles, Calif. | 1984 |
| **3.** | 8:18.22 | Richard Tuwei | Hengelo, Netherlands | 1983 |
| **4.** | 8:19.84 | Peter Koech | Austin, Texas | 1985 |
| **5.** | 8:25.63 | Josephat Kapkory | Hengelo, Netherlands | 1994 |
| **6.** | 8:28.63 | Samuel Kibiri | Lindau, Germany | 1991 |
| **7.** | 8:31.64 | Colton Johnsen | Eugene, Ore. | 2022 |
| **8.** | 8:33.76 | Jorge Garcia | Barcelona, Spain | 1982 |
| **9.** | 8:33.77 | NathanMorris | Los Angeles, Calif. | 1989 |
| **10.** | 8:36.72 | Steve James | Eugene, Ore. | 1981 |

## 4X100 METER RELAY

| | | | | |
|---|---|---|---|---|
| **1.** | **39.09** | **B. Stubblefield, M. Lawyer, P. Duskin, K. Kuntz** | **College Station, Tex.** | **2025** |
| **2.** | 39.24 | G. Ogbeide, T. Li, B. Burroughs, A. Olobia | Eugene, Ore. | 1991 |
| **3.** | 39.48 | G. Hornsby, N. Washington, B. Blanshan, M. Murray | Tucson, Ariz. | 2011 |
| **4.** | **39.50** | **B. Stubblefield, G. Buckmiller, P. Duskin, M. Lawyer** | **Walnut, Calif.** | **2025** |
| **5.** | 39.53* | E. Ackah, K. Ngeno, T. Giesa, G. Minor | Provo, Utah | 1975 |
| **6.** | 39.54 | L. Gordon, G. Tiacoh, D. Livingston, K. Durr | Pullman, Wash. | 1985 |
| **7.** | 39.55 | M. Boston, M. Mason, J. McSwain, A. Buchanan | Pullman, Wash. | 2004 |
| **8.** | 39.57 | G. Ogbeide, T. Li, M. Joubert, A. Olobia | Tempe, Ariz. | 1991 |
| **9.** | 39.58 | M. Boston, J. Robertson, J. McSwain, A. Buchanan | Northridge, Calif. | 2004 |
| **10.** | 39.67 | M. Boston, J. McSwain J. Woods, J. Robertson | Tucson, Ariz. | 2006 |

## 4X400 METER RELAY

| | | | | |
|---|---|---|---|---|
| **1.** | 3:05.37 | E. Willems, J. McAlvey, M. Lawyer, G. Buckmiller | Boulder, Colo. | 2024 |
| **1.** | 3:05.58 | L. Gordon, D. Livingston, C. Harris, G. Tiacoh | Tucson, Ariz. | 1985 |
| **2.** | 3:05.90 | S. Stougard, T. Manson, G. Tiacoh, C. Harris | Los Angeles | 1986 |
| **3.** | 3:06.4 | B. Dawson, N. Washington, J. Sealby, J. Anderson | Tucson, Ariz. | 2011 |
| | 3:06.4 | K. Durr, T. Manson, G. Tiacoh, C. Harris | Los Angeles | 1986 |
| **5.** | 3:07.12 | J. Avognan, J. Ramsey, G. Kablan, C. Whitlock | Corvallis, Ore. | 1981 |
| **6.** | 3:07.38 | A. Durr, S. Moutsanas, K. Durr, G. Tiacoh | Pullman, Wash. | 1984 |
| **7.** | 3:07.47 | B. Leavitt, J. Anderson, R. Follett, J. Woods | Tempe, Ariz. | 2008 |
| **8.** | 3:07.54 | S. Stougard, T. Manson, G. Tiacoh, K. Durr | Pullman, Wash. | 1984 |
| **9.** | 3:07.60 | S. Fitzgerald, L. Barton, A. Sandison, L. Scheurer | Pullman, Wash. | 1970 |

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## HIGH JUMP

| | | | | |
|---|---|---|---|---|
| **1.** | 2.31m/ 7' 7" | Brent Harken | Rome, Italy | 1984 |
| **2.** | 2.30m/ 7' 6.5" | Greg Jones | San Diego, Calif. | 1987 |
| **3.** | 2.27m/ 7' 5.5" | James Cunningham | Tacoma | 1984 |
| **4.** | 2.25m/ 7' 4.5" | Doug Nordquist | Pullman | 1981 |
| | 2.25m/ 7' 4.5" | Trent Arrivey | Walnut | 2009 |
| **6.** | 2.21m/ 7' 3" | Brett Lowery | Berkeley, Calif. | 1983 |
| | 2.21m/ 7' 3" | Mitch Jacobson | Eugene | 2022 |
| | 2.21m/ 7' 3" | Thane Pierson | Pullman | 2016 |
| **9.** | 2.20m/ 7' 2.75" | Anastasios Djonis | Cheney | 1983 |
| | 2.20m/ 7' 2.5" | Lee Braach | Seattle | 1976 |

## POLE VAULT

| | | | | |
|---|---|---|---|---|
| **1.** | 5.56m/ 18' 6.5" | Christos Pallakis | Patra, Greece | 1995 |
| **2.** | 5.50m/ 18' 0.5" | Patrik Johansson | Oslo, Norway | 1989 |
| **3.** | 5.40m/ 17' 8.5" | Tyson Byers | Sacramento, Calif. | 2007 |
| **4.** | 5.39m/ 17' 8.25" | Sander Moldau | Azusa, Calif. | 2018 |
| **5.** | 5.32m/ 17' 5.5" | Jacob Englar | Fresno, Calif. | 2022 |
| | 5.32m/ 17' 5.5" | Paul Nicoletti | Seattle, Wash. | 2005 |
| **7.** | 5.28m/ 17' 3.75" | Brian Goodman | Pullman, Wash. | 1980 |
| **8.** | 5.27m/ 17' 3.5" | Brian Worden | Pullman, Wash. | 1978 |
| **9.** | 5.24m/ 17' 2.5" | Greg Ernst | Pullman, Wash. | 1982 |
| **10.** | 5.21m/ 17' 1" | Dennis Dudley | Pullman, Wash. | 1976 |
| | 5.21m/ 17' 1" | Jake Baertlein | Pullman, Wash. | 2012 |

## LONG JUMP

| | | | | |
|---|---|---|---|---|
| **1.** | 8.24m/ 27' 0.5" | George Ogbeide | Cottbus, Germany | 1991 |
| **2.** | 8.07m/ 26' 5.75" | Bill Ayears | Spokane, Wash. | 1988 |
| **3.** | 7.92m/ 26' 6.25" | Matt Mason | Seattle, Wash. | 2004 |
| **4.** | 7.87m/ 25' 10" | Robert Williams | Seattle, Wash. | 1979 |
| **5.** | 7.86m/ 25' 9.5" | Demetrios Araouzos | Boise, Idaho | 1984 |
| **6.** | 7.82m/ 25' 8" | Peter Halson | Long Beach, Calif. | 1981 |
| **7.** | 7.79m/ 25' 6.75" | John Delamere | Los Angeles | 1974 |
| | 7.79m/ 25' 6.75" | Hilary Mawindi | Modesto, Calif. | 1997 |
| **9.** | 7.78m/ 25' 6.5" | Stephan Scott-Ellis | Eugene, Ore. | 2012 |
| **10.** | 7.77m/ 25' 6" | Bill Henry | Corvallis, Ore. | 1969 |
| | *Top Wind-aided marks* | | | |
| | 25-9 1/2w/ 7.86m | John Delamere | Pullman | 1974 |
| | 25-9 1/4w/ 7.85m | Stephan Scott-Ellis | Eugene | 2012 |

## TRIPLE JUMP

| | | | | |
|---|---|---|---|---|
| **1.** | 17.19m/ 56' 4.75" | Joseph Taiwo | Lagos, Nigeria | 1984 |
| **2.** | 16.93m/ 55' 6.5" | Ian Campbell | Detroit, Mich. | 1978 |
| **3.** | 16.82m/ 55' 2.25" | Francis Dodoo | Eugene, Ore. | 1984 |
| **4.** | 16.60m/ 54' 5.5" | Marios Hadjiandreou | Chania, Greece | 1987 |
| **5.** | 16.29m/ 53' 5.75" | Demetrius Murray | Modesto, Calif. | 1999 |
| **6.** | 16.28m/ 53' 5" | Ray Kimble | Philadelphia, Pa. | 1976 |
| **7.** | 16.19m/ 53' 1.5" | Gary Milton | Seattle, Wash. | 1982 |
| **8.** | 16.14m/ 52' 11.5" | Hilary Mawindi | Buffalo, N.Y. | 1998 |
| **9.** | 16.05m/ 52' 8" | Stephan Scott-Ellis | Eugene, Ore. | 2012 |
| **10.** | 15.80m/ 51' 10" | Jamil Smith | Northridge, Calif. | 2004 |

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## SHOT PUT

| | | | | |
|---|---|---|---|---|
| **1.** | 20.59m/ 67' 6.75" | Dimitrios Koutsoukis | Indianapolis, Ind. | 1986 |
| **2.** | 19.81m/ 65' 0" | John van Reenen | Bethlehem, Pa. | 1970 |
| **3.** | 19.45m/ 63' 9.75" | Ian Waltz | Cheney, Wash. | 1998 |
| **4.** | 19.35m/ 63' 6" | Tim Gehring | Berkeley, Calif. | 2004 |
| **5.** | 19.16m/ 62' 10.5" | Ronald Grueso Mosquera | Stanford, Calif. | 2023 |
| **6.** | 19.08m/ 62' 7.5 | Bruce Anderson | Moscow, Idaho | 1986 |
| **7.** | 18.95m/ 62' 2.25" | Paul Buxton | Los Angeles | 1977 |
| **8.** | 18.68m/ 61' 3.5" | Harold Lorenzen | Oslo, Norway | 1965 |
| **9.** | 18.36m/ 60' 3" | Ed VandeVoorde | Palo Alto, Calif. | 1982 |
| **10.** | 18.29m/ 60' 0.25" | Orestis Rossides | Athens, Greece | 1977 |

## DISCUS THROW

| | | | | |
|---|---|---|---|---|
| **1.** | 64.44m/ 211' 5" | Ian Waltz | Salinas, Calif. | 1998 |
| **2.** | 63.67m/ 208' 10" | John van Reenen | Pullman, Wash. | 1970 |
| **3.** | 62.36m/ 204' 7" | Matt Lamb | Eugene, Ore. | 2008 |
| **4.** | 59.72m/ 195' 11" | Jim Jesernig | Spokane, Wash. | 1980 |
| **5.** | 59.29m/ 194' 6" | Jed Miller | Spokane, Wash. | 1975 |
| **6.** | 58.98m/ 193' 6" | John Kolb | Fresno, Calif. | 2021 |
| **7.** | 58.70m/ 192' 7" | Mark Robinson | Pullman, Wash. | 1982 |
| **8.** | 58.37m/ 191' 6" | Drew Ulrick | Stanford, Calif. | 2007 |
| **9.** | 57.79m/ 189' 7" | Adam Mahama | Ellensburg, Wash. | 2017 |
| **10.** | 57.66m/ 189' 2" | Dimitrios Koutsoukis | Tucson, Ariz. | 1985 |

## HAMMER THROW

| | | | | |
|---|---|---|---|---|
| **1.** | 77.76m/ 255' 1" | Tore Gustafsson | Pullman, Wash. | 1986 |
| **2.** | 74.48m/ 244' 5" | Stefan Jonsson | Vasteras, Sweden | 1988 |
| **3.** | 71.90m/ 235' 10.75" | Brock Eager | Long Beach, Calif. | 2019 |
| **4.** | 70.28m/ 230' 7" | Paul Buxton | Tempe, Ariz. | 1979 |
| **5.** | 67.98m/ 223' 0" | John Billingsley | Stanford, Calif. | 1989 |
| **6.** | 65.84m/ 216' 0" | Jim Jesernig | Tempe, Ariz. | 1979 |
| **7.** | **64.82m/ 212' 8"** | **Blake Sturgis** | **Corvallis, Ore.** | **2024** |
| **8.** | 64.78m/ 212' 6" | Amani Brown | Pullman, Wash. | 2019 |
| **9.** | 64.58m/ 211' 10" | Matt Shaffer | Pullman, Wash. | 1994 |
| **10.** | 64.54m/ 211' 9" | Kyle Unland | Seattle, Wash. | 1989 |

## JAVELIN THROW

*(New javelin implement adjusted for balance in 1986)*

| | | | | |
|---|---|---|---|---|
| **1.** | 78.38m/ 257' 2" | Stephan Wikstrom | Pullman, Wash. | 1990 |
| **2.** | 78.36m/ 257' 1" | Jan Johansson | Pullman, Wash. | 1986 |
| **3.** | 75.86m/ 248' 11" | Jim Miller | Corvallis, Ore. | 1987 |
| **4.** | 75.30m/ 247' 0" | Mark Babich | Pullman, Wash. | 1986 |
| **5.** | 73.80m/ 242' 1" | Randy Mendenhall | Corvallis, Ore. | 1987 |
| **6.** | 72.83m/ 238' 11" | Curt Borland | Austin, Texas | 2004 |
| **7.** | 72.35m/ 237' 4" | Jon Jeffreys | Pullman, Wash. | 2008 |
| **8.** | 71.90m/ 235' 11" | Chad McKinney | Pullman, Wash. | 1992 |
| **9.** | 71.18m/ 233' 6" | Kyle Stevens | Shoreline, Wash. | 2014 |
| **10.** | 71.07m/ 233' 2" | Brad Stevens | Walnut, Calif. | 2015 |

## DECATHLON

| | | | | |
|---|---|---|---|---|
| **1.** | 8,036 points | Simon Shirley | Seoul, Korea | 1988 |
| **2.** | 7,816 points | Lee Walburn | Eugene, Ore. | 2024 |
| **3.** | 7,787 points | Rickey Moody | Austin, Texas | 2008 |
| **4.** | 7,743 points | Leo Slack | Los Angeles, Calif. | 1996 |
| **5.** | 7,741 points | Rodney Zuyderwyk | Tempe, Ariz. | 1991 |
| **6.** | 7,626 points | Keith Collins | Eugene, Ore. | 1982 |
| **7.** | 7,531 points | Darion Powell | Los Angeles, Calif. | 2005 |
| **8.** | 7,528 points | Brad Harris | Eugene, Ore. | 1982 |
| **9.** | 7,497 points | Mike Allen | Corvallis, Ore. | 1978 |
| **10.** | 7,459 points | Carlos Gambetta | Pullman, Wash. | 1984 |

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# WOMEN

| | | |
|---|---|---|
| **1984** | **Mary Moore** | **High Jump** |
| **1985** | **Mary Moore** | **High Jump** |
| | Camille Rivard | 800 Meters |
| 1986 | Camille Rivard | 1000 Meters |
| 1987 | Mary Moore | High Jump |
| | Pam Qualls | 55 Meters |
| 1991 | Georgette Reed | Shot Put |
| 1992 | Jennifer Carpenter | 800 Meters |
| 1997 | Francesca Green | Long Jump |
| 1999 | Whitney Evans | High Jump |
| 2002 | Tamara Diles | Pole Vault |
| | Whitney Evans | High Jump |
| 2003 | Whitney Evans | High Jump |
| | Tiffany Giles | 1600m Relay |
| | Monique Jessie | 1600m Relay |
| | Angelita Green | 1600m Relay |
| | Ellannee Richardson | 1600m Relay |
| 2005 | Diana Pickler | Pentathlon |
| 2006 | Julie Pickler | Pentathlon |
| 2007 | Diana Pickler | Pentathlon |
| | Julie Pickler | Pentathlon |
| **2008** | **Ebba Jungmark** | **High Jump** |
| 2011 | Holly Parent (2nd) | High Jump |
| 2020 | Kreete Verlin | Long Jump |
| 2020 | Charisma Taylor | Triple Jump |
| 2020 | Leonie Reuter | High Jump |
| 2021 | Charisma Taylor | Triple Jump |
| 2023 | Maribel Caicedo | 60m Hurrdles |
| 2024 | Eva Lowder | Pole Vault |
| 2025 | Micaela De Mello | 60m Hurdles |
| 2025 | Tatum Moku | Pole Vault |



**Whitney Evans**, eight-time All-American, the most decorated female student-athlete in WSU history, inducted into the WSU Athletics Hall of Fame in 2013.

# MEN

| | | |
|---|---|---|
| **1965** | **Bob Yard (NCAA)** | **Pole Vault** |
| 1966 | Chris Westman | 2-Mile |
| | **Gerry Lindgren (NCAA)** | **2-Mile** |
| **1967** | **Gerry Lindgren** | **2-Mile** |
| **1968** | **John van Reenen** | **Shot Put** |
| | Gerry Lindgren | 2-Mile |
| **1974** | **John Ngeno (NCAA)** | **3-Mile** |
| 1975 | Joshua Kimeto (fr.) | 2-Mile |
| | **John Ngeno (NCAA)** | **3-Mile** |
| 1976 | Lee Braach | High Jump |
| | Samson Kimombwa | 3-Mile |
| | John Ngeno | 3-Mile |
| | Joshua Kimeto | 2-Mile |
| 1977 | James Brewster | 1000 Yard |
| | Brian Worden | Pole Vault |
| | **Ian Campbell** | **Triple Jump** |
| | Samson Kimombwa | 3-Mile |
| | **Henry Rono (NCAA)** | **2-Mile** |
| | Henry Rono | 1-Mile |
| | Joshua Kimeto | 2-Mile |
| | Paul Buxton (fr.) | 35-lb. Wt. |
| **1978** | **Ian Campbell (NCAA)** | **Triple Jump** |
| | **Henry Rono** | **1-Mile** |
| | Joel Cheruiyot (fr.) | 3-Mile |
| | Henry Rono | 2-Mile |
| | Jim Jesernig | 35-lb. Wt. |
| 1979 | Brian Goodman | Pole Vault |
| 1980 | Jeff Ramsey | 600 Yard |
| | Georges Kablan | Mile Relay |
| | Gerald Pawirodikromo | Mile Relay |
| | John Avognan | Mile Relay |
| | Jeff Ramsey | Mile Relay |
| 1981 | Joseph Taiwo | Triple Jump |
| | Sotirios Moutsanas | 1000 Yard |
| | Jeff Ramsey | Mile Relay |
| | Georges Kablan | Mile Relay |
| | John Avognan | Mile Relay |
| | Chris Whitlock | Mile Relay |
| 1982 | Richard Tuwei (fr.) | 1-Mile |
| | Sotirios Moutsanas | 1000 Yard |
| | Doug Nordquist | High Jump |
| | Joseph Taiwo | Triple Jump |
| | Peter Koech (fr.) | 2-Mile |
| 1983 | Richard Tuwei | 1000 Yard |
| | Richard Tuwei | 1-Mile |
| | Peter Koech | 2-Mile |
| | Joseph Taiwo | Triple Jump |
| 1984 | Dimitrios Koutsoukis | Shot Put |
| | Joseph Taiwo | Triple Jump |
| | Francis Dodoo | Triple Jump |
| | Peter Koech (NCAA) | 3000m |
| | Brent Harken | High Jump |
| **1985** | **Peter Koech** | **3000m** |
| | James Cunningham | High Jump |
| | Dimitrios Koutsoukis | Shot Put |
| | Tore Gustafsson | 35-lb. Wt. |
| **1986** | **Tore Gustafsson (NCAA)** | **35-lb. Wt.** |
| | Dimitrios Koutsoukis | Shot Put |
| 1987 | Jacinto Navarrete | 3000m |
| | Stefan Jonsson | 35-lb. Wt. |
| | Greg Jones | High Jump |
| 1988 | Stefan Jonsson | 35-lb. Wt. |
| | John Billingsley | 35-lb. Wt. |
| 1989 | E. J. Guo | 3000m |
| | John Billingsley | 35-lb. Wt. |
| | Tony Li | 55m Hurdles |
| **1990** | **Tony Li (NCAA)** | **55m Hurdles** |
| | E. J. Guo | 5000m |
| **1991** | **Augustin Olobia** | **55m** |
| | **Tony Li** | **55m Hurdles** |
| | Samuel Kibiri | 1-Mile |
| **1992** | **Josephat Kapkory** | **3000m** |
| | Augustin Olobia | 55m |
| **1994** | **Josephat Kapkory (NCAA)** | **3000m** |
| | Christos Pallakis | Pole Vault |
| 1997 | Eric Kamau, Guillermo Macias, Rasto Kiplangat, Bernard Lagat | Distance Medley Relay |
| 1998 | Bernard Lagat | 3000m |
| | Ian Waltz | Shot Put |
| | Arend Watkins | 55m Hurdles |
| | **Kamau, Macias, Kiplangat, Lagat (NCAA)** | **DMR** |
| 1999 | Arend Watkins | 60m Hurdles |
| | **Bernard Lagat** | **Mile** |
| | **Bernard Lagat** | **3000m** |
| 2000 | Ian Waltz | Shot Put |
| | Demetrius Murray | Triple Jump |
| 2001 | Benson Jones | Long Jump |
| 2002 | Anson Henry | 60m |
| 2003 | Kurtiss Dilley | High Jump |
| 2004 | Danny Wolf | 3000m |
| | Tim Gehring | Shot Put |
| | Matt Mason | Long Jump |
| 2007 | Tyson Byers | Pole Vault |
| 2009 | Trent Arrivey | High Jump |
| | Barry Leavitt, Reny Follett, Justin Woods, Jeshua Anderson | 1600m Relay |
| 2011 | Joe Abbott | 800m |
| 2012 | Stephan Scott-Ellis | Long Jump |
| | Stephan Scott-Ellis (2nd) | Triple Jump |
| 2013 | Stephan Scott-Ellis (2nd) | Long Jump |
| 2014 | Jesse Jorgensen | 800m |
| 2019 | Ray Ray Wells Jr. | 60m |
| 2019 | Paul Ryan | Mile |
| 2020 | Ray Ray Wells Jr. | 60m |
| 2020 | Sam Brixey | 60m Hurdles |
| 2021 | Sam Brixey | 60m Hurdles |
| 2021 | Zach Stallings | Mile |
| 2021 | Colton Johnsen | 3000m |
| 2021 | Colton Johnsen | 5000m |
| 2022 | Sam Brixey | 60m Hurdles |
| 2022 | Colton Johnsen | Mile |
| 2022 | Colton Johnsen | 3000m |
| 2024 | Mason Mahacek | Heptathlon |
| 2025 | Mason Lawyer (2nd) | 100m |
| 2025 | Mason Lawyer (2nd) | 200m |
| 2025 | Evans Kurui (1st) | 5000m |

**Bold Type =** NCAA Champion (NCAA) = NCAA Meet Record
(USTFCCCA awarded first and second team All-America certificates in 2011)

# WOMEN

| | | |
|---|---|---|
| 1985 | Conny Eckl | Heptathlon |
| 1986 | Conny Eckl | Heptathlon |
| | Pam Qualls Reynolds | 200m |
| | Laura Lavine | Discus |
| | Camille Rivard | 1500m |
| | Celestine N'Drin | 800m |
| 1987 | Pam Qualls Reynolds | 100m |
| | Pam Qualls Reynolds | 200m |
| | Shaney Coe | Javelin |
| | **Laura Lavine** | **Discus** |
| **1988** | **Laura Lavine** | **Discus** |
| 1989 | Jennifer Robertson | 3000m |
| 1990 | Celestine N'Drin | 800m |
| | Jennifer Robertson | 3000m |
| 1991 | Georgette Reed | Shot Put |
| 1992 | Jennifer Carpenter | 800m |
| 1993 | Jennifer Bravard | 3000m |
| | Chantal Brunner | Long Jump |
| 1996 | Francesca Green | Long Jump |
| 1999 | Ellannee Richardson | Heptathlon |
| | Whitney Evans | High Jump |
| | Whitney Evans | Heptathlon |
| | Mandy Borschowa | Discus |
| 2000 | Alishia Booterbaugh | 800m |
| | Cicely Clinkenbeard | Triple Jump |
| | Molly Monroe | Javelin |
| 2001 | Whitney Evans | High Jump |
| | Jeannette Martus | Pole Vault |
| | Ellannee Richardson | Heptathlon |
| | Andrea Thornton | Discus |
| | Andrea Thornton | Hammer |
| 2002 | Whitney Evans | High Jump |
| | Ellannee Richardson | Heptathlon |
| 2003 | Anna Blue | 5000m |
| | **Whitney Evans** | **High Jump** |
| | Ellannee Richardson | Heptathlon |
| 2005 | Tamara Diles | Pole Vault |
| | Julie Pickler | Heptathlon |
| | Diana Pickler | Heptathlon |
| 2006 | Diana Pickler | Heptathlon |
| | Julie Pickler | Heptathlon |
| 2007 | McKenzie Garberg | Discus |
| | Julie Pickler | Heptathlon |
| 2008 | McKenzie Garberg | Discus |
| | McKenzie Garberg | Hammer |
| | Anna Layman | 800m |
| 2009 | Marissa Tschida | Javelin |
| 2010 | Anna Layman | 800m |
| | Marissa Tschida | Javelin |
| | Courtney Kirkwood | Javelin |
| 2011 | Marissa Tschida | Javelin |
| | Courtney Kirkwood (2nd) | Javelin |
| 2013 | Shawna Fermin (2nd) | 400m |
| 2016 | Liz Harper (2nd) | Heptathlon |
| 2017 | Alissa Brooks-Johnson | Heptathlon |
| 2018 | Kaili Keefe (2nd) | 1500m |
| | Alissa Brooks-Johnson | Heptathlon |
| 2021 | Stephanie Cho (1st) | 400m Hurdles |
| 2022 | Valentina Barrios Bornacelli (1st) | Javelin |
| 2024 | Maribel Caicedo (1st) | 100m Hurdles |
| | Micaela De Mello (1st) | 100m Hurdles |

**Bold Type = NCAA Champion** (NCAA) = NCAA Meet Record

## USTFCCCA HONORABLE MENTION

| | | |
|---|---|---|
| 2015 | Alissa Brooks-Johnson | 400m Hurdles |
| | Liz Harper | 400m Hurdles |
| | Bria'una Watley | 4×100m Relay |
| | Danielle Darden | 4×100m Relay |
| | Christiana Ekelem | 4×100m Relay |
| | Dominique Keel | 4×100m Relay |
| | Erin Allen | 4x400m Relay |
| | Dominique Keel | 4×400m Relay |
| | Christiana Ekelem | 4×400m Relay |
| | Liz Harper | 4x400m Relay |
| | Audrey Ketcham | High Jump |
| | Alissa Brooks-Johnson | Heptathlon |
| 2018 | Stephanie Cho | 400m Hurdles |
| 2021 | Charisma Taylor | Triple Jump |
| | Suzy Pace | High Jump |
| 2022 | Micaela De Mello | 100m Hurdles |
| | Aislinn Overby | High Jump |
| 2024 | Nana Gyedu | Shot Put |

**U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) added second team and honorable mention All-America certificates beginning in 2011.




**Laura Lavine** was WSU's first woman NCAA Outdoor Champion, winning back-to-back discus titles and still holds the school discus record.

# MEN



**Jack Nelson** was never was beaten in a collegiate race during three seasons at Washington State College. He tied the World Record in the 100-yard dash and and broke the WR in the 200-yard dash.

| | | |
|---|---|---|
| **1909** | **Jack Nelson** | **100 Yard** |
| | **Jack Nelson** | **200 Yard** |
| **1921** | **Eldon Jenne (NCAA)** | **Pole Vault** |
| **1925** | **John Devine** | **2-Mile** |
| 1928 | Wes Foster | 100 Yard |
| 1931 | Homer Hein | Javelin |
| 1934 | George Theodoratos | Shot Put |
| 1935 | George Theodoratos | Shot Put |
| | Dwight Scheyer | Discus |
| 1936 | Lorin Benke | 440 Yd. IH |
| **1937** | **Lorin Benke (NCAA)** | **440 Yard** |
| | Lee Orr | 220 Yard |
| 1939 | Curt Ledford | 220 Yard |
| | Bill Dale | 880 Yard |
| | Mel Pettichord | 220 Yard |
| **1940** | **Lee Orr** | **440 Yard** |
| | Dixie Garner | 2-Mile |
| 1947 | Joe Nebolon | 440 Yard |
| 1951 | Bill Parnell | 1-Mile |
| | Clem Eischen | 880 Yard |
| 1952 | Clint Richardson | Triple Jump |
| | Al Fisher | 5,000m |
| 1953 | Clint Richardson | Long Jump |
| 1954 | Bob Gary | 220 Yard |
| | Bob Gary | 100 Yard |
| 1955 | Bob Gary | 220 Yard |
| 1959 | Spike Arlt | 120 Yd. HH |
| | Spike Arlt | 440 Yd. IH |
| 1960 | Wayne Wilson | Pole Vault |
| 1962 | Eilif Fredriksen | Triple Jump |
| | Don Bertoia | 880 Yard |
| 1963 | Jim Allen | 440 Yd. IH |
| | Eilif Fredriksen | Triple Jump |
| 1964 | Bob Keppel | High Jump |
| | John Valiant | 10,000m |
| | John Valiant | Steeplechase |
| 1965 | Chris Westman | 6-Mile |
| | Bob Keppel | High Jump |
| | Chris Westman | 3-Mile |
| **1966** | **Gerry Lindgren (NCAA)** | **3-Mile** |
| | **Gerry Lindgren** | **6-Mile** |
| | Chris Westman | 3-Mile |
| **1967** | **Gerry Lindgren** | **3-Mile** |
| | **Gerry Lindgren** | **6-Mile** |
| **1968** | **John van Reenen** | **Discus** |
| | **Gerry Lindgren (NCAA)** | **5,000m** |
| | **Gerry Lindgren** | **10,000m** |
| | **Carl O'Donnell** | **Javelin** |
| | Boyd Gittins | 400m Hurdles |
| | John van Reenen | Shot Put |
| 1969 | Jim Voss | High Jump |
| | Tony Tenisci (fr.) | Hammer |
| | Rick Riley | 6-Mile |
| | Art Sandison | 880 Yard |
| | **John van Reenen (NCAA)** | **Discus** |
| 1970 | Art Sandison | 880 Yard |
| | John van Reenen | Shot Put |
| | Peter Wright | High Jump |
| | **John van Reenen** | **Discus** |
| 1971 | Phil Wash | Decathlon |
| 1973 | Dean Clark | Steeplechase |
| | John Ngeno (fr.) | 3-Mile |
| 1974 | John Ngeno | 3-Mile |
| | **John Ngeno** | **6-Mile** |
| **1975** | **John Ngeno** | **3-Mile** |
| | Kip Ngeno | 120 Yd. HH |
| | **John Ngeno** | **6-Mile** |
| **1976** | **John Ngeno (NCAA)** | **10,000m** |
| | **Joshua Kimeto** | **5,000m** |
| | Samson Kimombwa (fr) | 5,000m |
| | John Ngeno | 5,000m |
| | Ray Kimball | Triple Jump |
| 1977 | James Brewster | 800m |
| | **Joshua Kimeto** | **5,000m** |
| | Henry Rono (fr.) | Steeplechase |
| | **Samson Kimombwa (NCAA)** | **10,000m** |
| | Paul Buxton (fr.) | Hammer |
| | Samson Kimombwa | 5,000m |
| | Dwight Midles | Hammer |
| | Ian Campbell (fr.) | Triple Jump |
| 1978 | Samson Kimombwa | 10,000m |
| | Ian Campbell | Triple Jump |
| | Josua Kimeto | 5,000m |
| | Henry Rono (NCAA) | Steeplechase |
| | Samson Kimombwa | 5,000m |
| | Gene Lorenzen | Javelin |
| 1979 | Jim Jesernig | Hammer |
| | Gene Lorenzen | Javelin |
| | Joel Cheruiyot | 10,000m |
| | Paul Buxton | Hammer |
| | **Henry Rono** | **Steeplechase** |
| 1980 | Samson Kimombwa | 10,000m |
| | Jim Jesernig | Hammer |
| 1981 | Joseph Taiwo | Triple Jump |
| | Greg Ernst | Pole Vault |

# MEN CONTINUED...

| | | |
|---|---|---|
| **1982** | **Richard Tuwei (fr.)** | **Steeplechase** |
| | Peter Koech (fr.) | 5,000m |
| | Brent Harken | High Jump |
| | Laslo Babits | Javelin |
| | Peter Koech | 10,000m |
| | Joseph Taiwo | Triple Jump |
| | Tom Diehl | Javelin |
| | Tore Gustafsson | Hammer |
| | Ed VandeVoorde | Hammer |
| | Keith Collins | Decathlon |
| 1983 | Julius Korir (fr.) | Steeplechase |
| | Richard Tuwei | Steeplechase |
| | Tore Gustafsson | Hammer |
| | Laslo Babits | Javelin |
| | Peter Koech | 10,000m |
| | Chris Whitlock | 400m |
| | Brent Harken | High Jump |
| | Julius Korir | 5,000m |
| | Richard Tuwei | 5,000m |
| 1984 | Lee Gordon | 100m |
| | Peter Koech | 5,000m |
| | Peter Koech | 10,000m |
| | **Julius Korir** | **5,000m** |
| | Julius Korir | Steeplechase |
| | Joseph Taiwo | Triple Jump |
| | Gabriel Tiacoh | 400m |
| | Francis Dodoo | Triple Jump |
| | Dimitrious Koutsoukis | Shot Put |
| | Jan Johansson (fr.) | Javelin |
| | James Cunningham | High Jump |
| | Carlos Gambetta | Decathlon |
| 1985 | Gabriel Tiacoh (NCAA) | 400m |
| | Peter Koech | 5,000m |
| | **Peter Koech** | **Steeplechase** |
| | **Tore Gustafsson (NCAA)** | **Hammer** |
| | Jan Johansson | Javelin |
| | Randy Mendenhall | Javelin |
| | Dimitrios Koutsoukis | Shot Put |
| **1986** | **Gabriel Tiacoh** | **400m** |
| | Calvin Harris | 800m |
| | Nathan Morris | Steeplechase |
| | Tore Gustafsson | Hammer |
| | Dimitrios Koutsoukis | Shot Put |
| | Jan Johansson | Javelin |
| | Mark Babich | Javelin |
| | Jim Miller | Javelin |
| | **Julius Korir** | **Steeplechase** |
| | Julius Korir | 5,000m |
| 1987 | Jim Miller | Javelin |
| | Randy Mendenhall | Javelin |
| | **Stefan Jonsson** | **Hammer** |
| **1988** | **Stefan Jonsson** | **Hammer** |
| | Greg Jones | High Jump |
| | Patrik Johansson | Pole Vault |
| | Simon Shirley | Decathlon |
| | John Billingsley | Hammer |
| 1989 | John Billingsley | Hammer |
| | Kyle Unland | Hammer |
| | Simon Shirley | Decathlon |
| | Tony Li | 110m Hurdles |
| | Leo Slack | Decathlon |
| 1990 | Tony Li | 110m Hurdles |
| | Michael Joubert | 400m |
| **1991** | **George Ogbeide** | **Long Jump** |
| | George Ogbeide | 400m Relay |
| | Tony Li | 400m Relay |
| | Benari Burroughs | 400m Relay |
| | Augustin Olobia | 400m Relay |
| | Augustin Olobia | 100m |
| | Samuel Kibiri | Steeplechase |
| | **Samuel Kibiri** | **1500m** |
| | Robert Price | Steeplechase |
| | John Hill | Steeplechase |
| | E. J. Guo | 5,000m |
| | E. J. Guo | 10,000m |
| 1992 | Mark Macdonald | 400m Hurdles |
| | Josephat Kapkory | 5,000m |
| | Matt Shafer | Hammer |
| 1994 | Josephat Kapkory | 10,000m |
| | Patrick Muturi | 10,000m |
| | Chad McKinney | Javelin |
| | Matt Shaffer | Hammer |
| 1995 | Christos Pallakis | Pole Vault |
| | Leo Slack | Decathlon |
| **1996** | **Dominique Arnold** | **110mHH** |
| | Leo Slack | Decathlon |
| 1997 | Bernard Lagat | 1500m |
| | Ian Waltz | Discus |
| | Ian Waltz | Shot Put |
| 1998 | Bernard Lagat | 1500m |
| | Hilary Mawindi | Triple Jump |
| | Ian Waltz | Discus |
| | Ian Waltz | Shot Put |
| | Arend Watkins | 110m Hurdles |



Julius Korir was the only collegiate athlete to ever win an NCAA 5,000m and steeplechase and then go on to win the gold medal in the steeplechase. Korir's steeple win at the 1984 Los Angeles Olympics was the only gold medal for Kenya at those games.

# MEN CONTINUED...

| | | |
|---|---|---|
| **1999** | **Bernard Lagat** | **5000m** |
| | Bernard Lagat | 1500m |
| | Demetrius Murray | Triple Jump |




**Bernard Lagat** earned 11 NCAA All-America certificates and was MVP of the 1999 NCAA Indoor Championships with wins in the mile and 3,000m. He also won the 5,000m at the 1989 NCAA Outdoor Championships.

| | | |
|---|---|---|
| 2000 | Ian Waltz | Discus |
| | Ian Waltz | Shot Put |
| 2001 | Eric Dudley | 400m Hurdles |
| | Arend Watkins | 110m Hurdles |
| 2002 | Anson Henry | 100m |
| 2003 | Eric Dudley | 400m Hurdles |
| | Darion Powell | Decathlon |
| 2004 | Curt Borland | Javelin |
| | Anthony Buchanan | 100m |
| 2005 | Tyson Byers | Pole Vault |
| 2006 | John Cassleman | 400m Hurdles |
| | Matt Lamb | Discus |
| 2007 | Matt Lamb | Discus |
| **2008** | **Jeshua Anderson** | **400m Hurdles** |
| | Trent Arrivey | High Jump |
| | Rickey Moody | Decathlon |
| **2009** | **Jeshua Anderson** | **400m Hurdles** |
| | Trent Arrivey | High Jump |
| | Matt Lamb | Discus |
| 2010 | Jeshua Anderson | 400m Hurdles |
| **2011** | **Jeshua Anderson** | **400m Hurdles** |
| | Joe Abbott (2nd) | 800m |
| | Brett Blanshan (2nd) | 400m Relay |
| | Greg Hornsby (2nd) | 400m Relay |
| | Nate Washington (2nd) | 400m Relay |
| | Marlon Murray (2nd) | 400m Relay |
| 2012 | Stephan Scott-Ellis | Long Jump |
| 2015 | Jesse Jorgensen (2nd) | 800m |
| 2016 | CJ Allen (2nd) | 400m Hurdles |
| 2017 | CJ Allen (2nd) | 400m Hurdles |
| | Brock Eager (2nd) | Hammer |
| 2018 | Brock Eager (2nd) | Hammer |
| 2019 | Brock Eager (2nd) | Hammer |
| 2021 | Paul Ryan (1st) | 1500m |
| | Colton Johnsen (2nd) | 3000m Steeplechase |
| 2022 | Mitch Jacobson (1st) | High Jump |
| | Colton Johnsen (2nd) | 3000m Steeplechase |
| 2024 | Lee Walburn (1st) | Decathlon |
| 2025 | Evans Kurui (1st) | 10000m |
| | Mason Lawyer (2nd) | 100m |

**Bold Type = NCAA Champion** (NCAA) = NCAA Meet Record

**USTFCCCA HONORABLE MENTION**

| | | |
|---|---|---|
| 2014 | Jesse Jorgensen | 800m |
| | Andrew Gonzales | 3000m Steeplechase |
| 2015 | Kyle Stevens | Javelin |
| | Dino Dodig | Decathlon |
| 2018 | Chandler Teigen | 1500m |
| | Sander Moldau | Pole Vault |
| 2019 | Nick Johnson | 110m Hurdles |
| 2019 | Mitch Jacobson | High Jump |
| 2019 | Peyton Fredrickson | High Jump |
| 2021 | Zach Stallings | 1500m |
| | Sam Brixey | 110 Hurdles |
| | Mitch Jacobson | High Jump |
| 2022 | Jacob Englar | Pole Vault |
| 2023 | Louie Hinchliffe | 100m |
| 2025 | Mason Lawyer | 200m |
| | Bryson Stubblefield, Mason Lawyer, Parker Duskin, Keenan Kuntz | 4x100m Relay |

*The U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) added second team and honorable mention All-America certificates beginning in 2011. Honorable mention honorees are not called All-Americans.




**Jeshua Anderson** was a three-time NCAA Outdoor Championships men's 400m hurdles champion (2008, 2009 & 2011), and was the runner-up in 2010.

## WOMEN

| | | | |
|---|---|---|---|
| 1987 | Laura Lavine | Discus | 189-7 |
| | Celestine N'Drin | 800m | 2:05.13 |
| 1988 | Laura Lavine | Discus | 186-2 |
| 1989 | Celestine N'Drin | 400m | 53.01 |
| | Jennifer Carpenter | 800m | 2:07.47 |
| | Jennifer Robertson | 3000m | 9:26.79 |
| | Jennifer Robertson | 5000m | 16:36.14 |
| 1990 | Celestine N'Drin | 800m | 2:04.05 |
| 1992 | Jennifer Carpenter | 1500m | 4:26.42 |
| 1993 | Chantal Brunner | Long Jump | 20-4 1/4 |
| 1996 | Francesca Green | Long Jump | 20-10 1/2 |
| 1998 | Francesca Green | Long Jump | 20-6 1/2 |
| 1999 | Cicely Clinkenbeard | Triple Jump | 42-8 1/4w |
| | A. Higgins, L. Mucker E. Richardson, F. Green | 4x100 Relay | 44.50 |
| 2000 | Molly Monroe | Javelin | 152-7 |
| 2001 | Whitney Evans | High Jump | 5-10 3/4 |
| | Ellannee Richardson | Heptathlon | 5578 pts |
| | Agneta Rosenblad | Long Jump | 21-4 3/4 |
| 2002 | Whitney Evans | High Jump | 5-11 1/4 |
| | Ellannee Richardson | Heptathlon | 5821 pts |
| 2003 | Ellannee Richardson | Heptathlon | 5766 pts |
| | Whitney Evans | High Jump | 5-11 1/2 |
| 2005 | Julie Pickler | Heptathlon | 5569 pts |
| | Robin Mikesh | High Jump | 5-10 |
| 2007 | Sara Trané | Steeplechase | 10:19.89 |
| | Diana Pickler | Heptathlon | 6018 pts |
| 2008 | Sara Trané | Steeplechase | 10:17.80 |
| 2009 | Lorraine King | 400m Hurdles | 57.51 |
| 2010 | Marissa Tschida | Javelin | 173-3 |
| 2011 | Anna Layman | 800m | 2:03.48 |
| | Marissa Tschida | Javelin | 183-9 |
| 2013 | Kristine Felix | Pole Vault | 13-4 1/4 |
| 2014 | Charlotte Muschamp | High Jump | 5-11 1/2 |
| 2015 | Alissa Brooks-Johnson | Heptathlon | 5803 pts |
| 2017 | Alissa Brooks-Johnson | Heptathlon | 5638 pts |
| 2018 | Alissa Brooks-Johnson | Heptathlon | 5977 pts |

## MEN

| | | | |
|---|---|---|---|
| 1919 | Charles Smith | 2-Mile | 9:59.4 |
| | Eldon Jenne | Pole Vault | 11-8 |
| | Overman Howell | 120 Yd. HH | 15.4 |
| 1920 | Charles Smith | 2-Mile | 9:53.8 |
| | Eldon Jenne | Pole Vault | 13-0 3/8 |
| 1921 | Eldon Jenne | Pole Vault | 12-0 |
| 1928 | Wes Foster | 100 Yd. Dash | 9.9 |
| | Wes Foster | 220 Yd. Dash | 21.6 |
| 1929 | Ben Herron | Pole Vault | 12-6 |
| | Wes Foster | 100 Yd. Dash | 10.1 |
| | Jack Mooberry, True Ouillette Wes Foster, Ken Kelly | Mile Relay | 3:23.0 |
| 1930 | Wes Foster | 100 Yd. Dash | 10.1 |
| | Wes Foster | 220 Yd. Dash | 21.8 |
| | Rex Taylor | 880 Yd. | 1:57.8 |
| | Homer Hein | Javelin | 198-3 3/8 |
| 1931 | Al Crosetto | 2-Mile | 9:38.5 |
| 1932 | Ken Wills | 1500m | 3:59.6 |
| | Al Crosetto | 5000m | 15:53.5n |
| | Arthur Crews | Javelin | 199-3 |
| | Max Boone | Pole Vault | 13-0 |
| | George Martin | Long Jump | 23-8 |
| | Milford Schultz | High Jump | 6-0 |
| 1933 | Ken Leendersten | 880 Yd. | 1:57.1 |
| | Max Boone | Pole Vault | 12-0 5/8 |
| 1934 | Roy Carriker | Mile | 4:24.6 |
| | George Theodoratos | Shot Put | 52-0 7/8 |
| | Ron Kelly | 120 Yd. HH | 14.7 |
| | Ted Christoffersen, Lawrence Giles | High Jump | 6-0 3/4 |
| 1935 | Harry Nettleton | 440 Yd. Dash | 49.40 |
| | George Theodoratos | Shot Put | 50-0 3/8 |
| | Dwight Sceyer | Discus | 150-4 |
| | Harry Nettleton, Ken Leendersten, Delmar Farley, Loren Benke | Mile Relay | 3:20.3 |
| | Leslie Darr | Pole Vault | 12-6 |
| | Lorin Benke | Long Jump | 23-8 1/2 |
| | Lorin Benke | 220 Yd. LH | 23.2 |
| 1937 | Lee Orr, Jack Orr, Harry Nettleton, Lorin Benke (WR)(CR) | Mile Relay | 3:12.3 |
| 1938 | Mel Pettichord, Robert Littlejohn, Curt Ledford, Lee Orr | Mile Relay | 3:15.0 |
| 1939 | Dixie Garner | 2-Mile | 9:22.1 |
| | Lee Orr | 220 Yd. Dash | 21.2 |
| | Bill Dale | 880 Yd. | 1:54.6 |
| 1940 | Lee Orr (1-t) | 440 Yd. | 46.9 |
| | Dixie Garner | 2-Mile | 9:12.5 |
| 1941 | Pat Haley | 220 Yd. LH | 23.7 |
| | Noel Williams | 2-Mile | 9:23.8 |
| | Bill Dale | 880 Yd. | 1:51.7 |
| 1945 | Roy Nuckolls (fr.) | Mile | 4:35.3 |
| | Darroll Waller, Vince Hanson | High Jump | 5-7 |
| 1948 | Robert Selfridge | 2-Mile | 9:35.5 |
| 1949 | Richard Paeth | 2-Mile | 9:29.3 |
| 1952 | Al Fisher | 2-Mile | 9:24.7 |
| | Bob Gary (fr.) | 100 Yd. Dash | 9.9 |
| | Eric Roberts | High Jump | 6-5 7/8 |
| 1953 | Al Fisher | 2-Mile | 9:17.8 |
| | Howard McCants | High Jump | 6-6 |
| 1954 | Bill Link | 880 Yd. | 1:54.4 |
| | Bob Gary | 220 Yd. Dash | 21.5 |
| 1955 | Bob Gary | 100 Yd. Dash | 9.9 |
| | Bob Gary | 220 Yd. Dash | 21.2 |

# MEN CONTINUED...

| | | | |
|---|---|---|---|
| 1959 | Dick Rubenser | Javelin | 229-9 1/2 |
| 1963 | Eilif Fredricksen | Triple Jump | 48-10 1/2 |
| 1964 | Bill Self | Pole Vault | 15-9 1/2 |
| | Buck Kipe | Javelin | 237-2 |
| | Jim Allen | 440 Yd. IH | 51.9 |
| | Chris Westman | 3-Mile | 13:53.1 |
| 1965 | Richard Hickman | 100-Yd. Dash | 9.6 |
| 1966 | Gerry Lindgren | 3-Mile | 13:12.8 |
| | Bob Keppel | High Jump | 6-9 |
| 1967 | Gerry Lindgren | 3-Mile | 13:37.5 |
| 1968 | John van Reenen | Discus | 194-10 |
| | Gerry Lindgren | 3-Mile | 13:29.6 |
| | Rod Dahl | Steeplechase | 9:02.6 |
| 1969 | Stu Hunnings | Javelin | 257-8 |
| | John van Reenen | Discus | 194-1 |
| | Larry Almberg | Steeplechase | 8:51.6 |
| | Art Sandison | 880 Yd. | 1:48.9 |
| 1970 | Art Sandison | 880 Yd. | 1:48.2 |
| | Rick Riley | Mile | 3:59.2 |
| 1973 | John Ngeno (fr.) | 6-Mile | 28:23.6 |
| | Tony Tenisci | Hammer | 190-5 |
| 1974 | Gary Minor | 220 Yd. Dash | 21.2 |
| | John Ngeno | 6-Mile | 28:28.0 |
| | Kip Ngeno | 120 Yd. HH | 13.8 |
| | John Ngeno | 3-Mile | 13:16.0 |
| 1975 | Marl Murray | Hammer | 194-11 |
| | John Ngeno | 6-Mile | 28:38.0 |
| 1976 | John Ngeno | 5000m | 13:51.2 |
| 1977 | Samson Kimombwa | 10,000m | 28:13.4 |
| | James Brewster | 800m | 1:48.5 |
| | Samson Kimombwa | 5000m | 13:35.4 |
| | Henry Rono (fr.) | Steeplechase | 8:35.4 |
| 1978 | Henry Rono | 10,000m | 27:46.55 |
| | Henry Rono | 5000m | 13:20.23 |
| 1979 | Henry Rono | 5000m | 13:32.8 |
| 1980 | Samson Kimombwa | 10,000m | 28:39.2 |
| 1981 | Brent Harken | High Jump | 7-2 1/4 |
| 1982 | Laslo Babits | Javelin | 267-1 |
| | Richard Tuwei (fr.) | Steeplechase | 8:31.70 |
| | Keith Collins | Decathlon | 7691 pts |
| | Tore Gustafsson (fr.) | Hammer | 215-4 |
| | Joseph Taiwo | Triple Jump | 55-5 3/4 |
| | Peter Koech (fr.) | 5000m | 13:36.71 |
| 1983 | Julius Korir (fr.) | Steeplechase | 8:31.24 |
| | Peter Koech | 10,000m | 28:37.3 |
| | Tore Gustafsson | Hammer | 228-0 |
| | Chris Whitlock | 400m Dash | 46.28 |
| | Brett Lowery (fr.) | High Jump | 7-3 |
| | Richard Tuwei | 5000m | 13:42.8 |
| 1984 | Gabriel Tiacoh | 400m Dash | 45.24 |
| | Julius Korir | 5000m | 13:49.13 |
| | Peter Koech | 10,000m | 29:07.84 |
| | Julius Korir | Steeplechase | 8:26.10 |
| | Joseph Taiwo | Triple Jump | 54-9 1/4 |
| | James Cunningham | High Jump | 7-2 1/2 |
| | Al Durr, Sotirios Moutsanas, Kris Durr, Gabriel Tiacoh | 1600m Relay | 3:07.38 |
| 1985 | Gabriel Tiacoh | 400m Dash | 45.00 |
| | Peter Koech | 1500m | 3:41.29 |
| | Peter Koech | 10,000m | 29:37.72 |
| | Richard Tuwei | Steeplechase | 8:32.61 |
| | Dimitrios Koutsoukis | Shot Put | 65-5 1/4 |
| | Lee Gordon, Gabriel Tiacoh, Dennis Livingston, Kris Durr | 400m Relay | 39.61 |
| | Lee Gordon, Dennis Livingston, Calvin Harris, Gabriel Tiacoh | 1600m Relay | 3:05.58 |
| 1986 | Julius Korir | 5000m | 13:52.71 |
| | Julius Korir | Steeplechase | 8:28.91 |
| | Gabriel Tiacoh | 400m | 44.58 |
| | Dimitrios Koutsoukis | Shot Put | 64-11 1/4 |
| | Jan Johansson | Javelin | 239-4 |
| | Tore Gustafsson | Hammer | 248-1 |
| 1987 | Stefan Jonsson | Hammer | 237-2 |
| | Jim Miller | Javelin | 248-11 |
| | Simon Shirley | Decathlon | 7,559 pts |
| | Jacinto Navarrete | 10,000m | 29:54.39 |
| 1988 | Tim Manson | 800m | 1:48.2 |
| | Stefan Jonsson | Hammer | 233-9 |
| 1989 | Marty Stroschein | Steeplechase | 8:37.07 |
| | E. J. Guo (fr.) | 10,000m | 29:45.56 |
| 1990 | Stephan Wikstrom | Javelin | 244-6 |
| | Tony Li | 110m Hurdles | 13.93 |
| | E. J. Guo | 5000m | 14:24.15 |
| 1991 | Samuel Kibiri | 1500m | 3:43.59 |
| | Tony Li | 110m Hurdles | 13.65 |
| | George Ogbeide, Tony Li Michael Joubert, Augustin Olobia | 400m Relay | 39.57 |
| 1992 | Josephat Kapkory | 1500m | 3:45:34 |
| | Josephat Kapkory | 10,000m | 29:22.04 |
| 1994 | Josephat Kapkory | Steeplechase | 8:56.35 |
| | Josephat Kapkory | 5000m | 14:16.65 |
| | Josephat Kapkory | 10,000m | 29:39.32 |
| 1995 | Eric Anderson | 800m | 1:47.38 |
| 1996 | Leo Slack | Decathlon | 7,743 pts |
| 1997 | Bernard Lagat | 1500m | 3:41.98 |
| | Hilary Mawindi | Long Jump | 25-2 1/2 |
| | Ian Waltz | Discus | 196-4 |
| | Ian Waltz | Shot Put | 61-8 1/4 |
| 1998 | Bernard Lagat | 800m | 1:48.19 |
| | Bernard Lagat | 1500m | 3:44.33 |
| | Hilary Mawindi | Long Jump | 24-10 1/2 |
| 1999 | Bernard Lagat | 1500m | 3:52.06 |
| | Arend Watkins | 110m Hurdles | 13.84 |
| 2000 | Demetrius Murray | Triple Jump | 52-10 |
| | Ian Waltz | Discus | 198-7 |
| 2001 | Eric Dudley | 400m Hurdles | 50.53 |
| | Arend Watkins | 110m Hurdles | 13.62 |
| 2002 | Anson Henry | 100m | 10.29 |
| | Anson Henry | 200m | 20.52 |
| 2003 | Anthony Buchanan | 100m | 10.10w |
| | Lamarr Kirk, Bennie Chatman, James McSwain, A. Buchanan | 400m Relay | 39.68 |
| 2004 | Anthony Buchanan | 100m | 10.21 |
| 2005 | Darion Powell | Decathlon | 7531 pts |
| 2008 | Jeshua Anderson (fr.) | 400m Hurdles | 49.55 |
| 2009 | Jeshua Anderson | 400m Hurdles | 48.90 |
| | Trent Arrivey | High Jump | 7-2 1/4 |
| 2010 | Jeshua Anderson | 400m Hurdles | 48.63 |
| 2011 | Jeshua Anderson | 400m Hurdles | 48.13 |
| | Stephan Scott-Ellis | Triple Jump | 52-2 |
| | Greg Hornsby, Nate Washington, Brett Blanshan, Marlon Murray | 400m Relay | 39.48 |
| 2012 | Stephan Scott-Ellis | Long Jump | 25-9 1/4w |
| 2014 | CJ Allen | 400m Hurdles | 51.14 |
| 2015 | Jesse Jorgensen | 800m | 1:46.49 |
| 2016 | CJ Allen | 400m Hurdles | 50.36 |

# MEN CONTINUED...

| | | | |
|---|---|---|---|
| | Thane Pierson | High Jump | 7-3 |
| 2017 | Brock Eager | Hammer | 221-1 |
| 2018 | Sander Moldau | Pole Vault | 17-21/24 |
| 2019 | Brock Eager | Hammer | 228-8 |
| 2022 | Jacob Englar | Pole Vault | 16- 9 1/4 |
| 2024 | Jared McAlvey | 400m Hurdles | 49.84 |



In three years, quartermiler **Gabriel Tiacoh** delivered three Pacific-10 Conference titles, one NCAA Championship and one Olympic Silver Medal.

# TEAM SCORING - WOMEN

## NORPAC Women

| Year | Score | (Place) |
|---|---|---|
| 1983 | 28 | (6th) |
| 1984 | 82 | (4th) |
| 1985 | 133 | (2nd) |
| 1986 | 126.5 | (2nd) |

## Women's Pac-10/12

| Year | Score | (Place) |
|---|---|---|
| 1987 | 55 | (5th) |
| 1988 | 24 | (9th) |
| 1989 | 52.33 | (5th) |
| 1990 | 50 | (7th) |
| 1991 | 39 | (7th) |
| 1992 | 58 | (5th) |
| 1993 | 38 | (6th) |
| 1994 | 34 | (8th) |
| 1995 | 15 | (9th) |
| 1996 | 56 | (7th) |
| 1997 | 66 | (6th) |
| 1998 | 76.5 | (6th) |
| 1999 | 123 | (3rd) |
| 2000 | 86 | (4th) |
| 2001 | 101.5 | (4th) |
| 2002 | 85 | (5th) |
| 2003 | 87 | (5th) |
| 2004 | 45.5 | (8th) |
| 2005 | 74.5 | (6th) |
| 2006 | 40 | (7th) |
| 2007 | 67.83 | (5th) |
| 2008 | 71.5 | (T-6th) |
| 2009 | 44 | (9th) |
| 2010 | 52 | (8th) |
| 2011 | 49 | (7th) |
| 2012 | 27 | (9th) |
| 2013 | 42 | (7th) |
| 2014 | 46.5 | (8th) |
| 2015 | 64 | (5th) |
| 2016 | 45 | (8th) |
| 2017 | 45 | (9th) |
| 2018 | 26 | (10th) |
| 2019 | 24.5 | (10th) |
| 2020 | canceled due to COVID-19 Pandemic | |
| 2021 | 16.5 | (11th) |
| 2022 | 29 | (11th) |
| 2023 | 15.5 | (12tth) |
| 2024 | 54 | (8th) |
| 2025 | No Event | |

## NCAA Outdoor - Women

| Year | Score | (Place) |
|---|---|---|
| 1986 | 20 | (10th) |
| 1987 | 15 | (19th) |
| 1988 | 10 | (T-24th) |
| 1989 | 6 | (T-37th) |
| 1990 | 4 | (T-47th) |
| 1991 | 4 | (T-46th) |
| 1993 | 1 | (T-55th) |
| 1999 | 21 | (T-20th) |
| 2000 | 2 | (T-59th) |
| 2001 | 15 | (T-18th) |
| 2002 | 16 | (T-15th) |
| 2003 | 21 | (T-12th) |
| 2005 | 8 | (T-32nd) |
| 2006 | 10 | (T-25th) |
| 2007 | 9 | (T-27th) |
| 2008 | 8 | (T-31st) |
| 2009 | 3 | (T-58th) |
| 2010 | 5 | (T-42st) |
| 2011 | 6 | (T-40th) |
| 2012 | 0 | |
| 2013 | 0 | |
| 2014 | 0 | |
| 2015 | 0 | |
| 2016 | 0 | |
| 2017 | 3 | (T-52nd) |
| 2018 | 3 | (T-46th) |
| 2020 | canceled due to COVID-19 Pandemic | |
| 2021 | 1 | (T-63rd) |
| 2022 | 4 | (T-54th) |
| 2023 | 0 | |
| 2024 | 10 | (T-27th) |
| 2025 | 0 | |

# TEAM SCORING - MEN

## Men's Pac-8/10/12

| Year | Score | (Place) |
|---|---|---|
| 1963 | 26 | (4th) |
| 1964 | 40 | (3rd) |
| 1965 | 41 | (2nd) |
| 1966 | 20 | (7th) |
| 1967 | 28 | (8th) |
| 1968 | 66 | (6th) |
| 1969 | 87.75 | (3rd) |
| 1970 | 72 | (5th) |
| 1971 | 26 | (8th) |
| 1972 | 14 | (8th) |
| 1973 | 88 | (4th) |
| 1974 | 76 | (4th) |
| 1975 | 96 | (3rd) |
| 1976 | 88 | (4th) |
| 1977 | 132 | (2nd) |
| 1978 | 109.5 | (4th) |
| 1979 | 73.33 | (4th) |
| 1980 | 67 | (4th) |
| 1981 | 74 | (5th) |
| 1982 | 113 | (2nd) |
| 1983 | 132 | (1st) |
| 1984 | 157.33 | (1st) |
| 1985 | 149.5 | (1st)* |
| 1986 | 104 | (3rd) |
| 1987 | 79 | (3rd) |
| 1988 | 80 | (2nd) |
| 1989 | 72 | (4th) |
| 1990 | 102 | (2nd) |
| 1991 | 133.66 | (1st)* |
| 1992 | 79.5 | (4th) |
| 1993 | - | - |
| 1994 | 109 | (3rd) |
| 1995 | 68 | (5th) |
| 1996 | 82.5 | (5th) |
| 1997 | 90 | (6th) |
| 1998 | 103 | (4th) |
| 1999 | 69 | (7th) |
| 2000 | 59.5 | (9th) |
| 2001 | 67.5 | (7th) |
| 2002 | 71 | (7th) |
| 2003 | 77 | (6th) |
| 2004 | 41 | (9th) |
| 2005 | 36.5 | (9th) |
| 2006 | 37 | (9th) |
| 2007 | 84 | (7th) |
| 2008 | 73.5 | (6th) |
| 2009 | 91 | (4th) |
| 2010 | 67 | (7th) |
| 2011 | 85 | (7th) |
| 2012 | 56.5 | (8th) |
| 2013 | 45 | (9th) |
| 2014 | 66.5 | (9th) |
| 2015 | 31.5 | (9th) |
| 2016 | 41.60 | (10th) |
| 2017 | 68.5 | (6th) |
| 2018 | 56.5 | (7th) |
| 2019 | 53 | (7th) |
| 2020 | canceled due to COVID-19 Pandemic | |
| 2021 | 61.5 | (6th) |
| 2022 | 34 | (9th) |
| 2023 | 40 | (10th) |
| 2024 | 64 | (8th) |
| 2025 | No Event | |

*Title forfeited and vacated due to NCAA violations.

## NCAA Outdoor - Men

| Year | Score | (Place) |
|---|---|---|
| 1921 | 2.75 | |
| 1925 | 5 | |
| 1928 | 6 | |
| 1930 | 5 | |
| 1931 | 6 | |
| 1934 | 6 | |
| 1935 | 12 | (6th) |
| 1936 | 4 | |
| 1937 | 20 | (5th) |
| 1939 | 24 | (4th) |
| 1940 | 18 | (8th) |
| 1941 | 3 | |
| 1946 | 2 | |
| 1947 | 6 | |
| 1948 | 5 | |
| 1949 | 2 | |
| 1951 | 14.16 | (10th) |
| 1952 | 6 | |
| 1953 | 8.6 | (10th) |
| 1954 | 14 | (9th) |
| 1955 | 6 | |
| 1959 | 8.1 | |
| 1960 | 4 | |
| 1962 | 4.76 | (9th) |
| 1963 | 10 | |
| 1964 | 19.5 | (5th) |
| 1965 | 23.5 | (6th) |
| 1966 | 29 | (5th) |
| 1967 | 21 | (7th) |
| 1968 | 57 | (2nd) |
| 1969 | 40 | (3rd) |
| 1970 | 21 | (7th) |
| 1971 | 4 | |
| 1972 | 1.5 | |
| 1973 | 10 | |
| 1974 | 15 | (10th) |
| 1975 | 20 | (9th) |
| 1976 | 34 | (4th) |
| 1977 | 46 | (4th) |
| 1978 | 26 | (9th) |
| 1979 | 21 | (10th) |
| 1980 | 10 | (20th) |
| 1981 | 8.5 | (21st) |
| 1982 | 85 | (3rd) |
| 1983 | 66 | (5th) |
| 1984 | 94.5 | (2nd) |
| 1985 | 46 | (2nd) |
| 1986 | 52 | (2nd) |
| 1987 | 15 | (19th) |
| 1988 | 19.5 | (13th) |
| 1989 | 11 | (T-22nd) |
| 1990 | 6 | (T-47th) |
| 1991 | 42 | (2nd) |
| 1992 | 18 | (T-13th) |
| 1994 | 14 | (T-17th) |
| 1995 | 9 | (T-26th) |
| 1996 | 12 | (T-26th) |
| 1997 | 7 | (T-40th) |
| 1998 | 16 | (T-14th) |
| 1999 | 23 | (11th) |
| 2001 | 4 | (T-48th) |
| 2002 | 1 | (T-68th) |
| 2003 | 8 | (T-27th) |
| 2004 | 5 | (T-44th) |
| 2005 | 4 | (T-46th) |
| 2006 | 10 | (T-26th) |
| 2007 | 3 | (T-62nd) |
| 2008 | 11 | (T-23rd) |
| 2009 | 14 | (T-17th) |
| 2010 | 8 | (T-33rd) |
| 2011 | 10 | (T-25th) |
| 2012 | 4 | (T-49th) |
| 2013 | 0 | |
| 2014 | 0 | |
| 2015 | 0 | |
| 2016 | 0 | |
| 2017 | 3 | (T-52nd) |
| 2018 | 0 | |
| 2019 | 0 | |
| 2020* | | |
| 2021 | 1 | (T-62nd) |
| 2022 | 1 | (T-62nd) |
| 2023 | 0 | |
| 2024 | 2 | (T-62nd) |
| 2025 | 4 | (T-54th) |

# Women's Team Results

*The women's track program at Washington St. began in 1972 with the first dual meet in 1977.*

**1977 (0-1)**
Oregon 104 WSU 23
**1978 (0-1)**
Oregon 105 WSU 17
**1979 (0-2)**
Oregon St. 96 WSU 31
Washington 80 WSU 47
**1980 (0-2)**
Oregon St. 89 WSU 38
Washington 70 WSU 57
**1981 (0-3)**
Oregon St. 93 WSU 34
Oregon 89 WSU 37
Washington 79 WSU 38
**1982 (2-4)**
WSU 68 Idaho 59
WSU 83 Montana 43
Oregon 97 WSU 25
Stanford 78 WSU 62
Oregon St. 74 WSU 53
Washington 74 WSU 53
**1983 (2-3)**
WSU 66 Oregon St. 59
Oregon 69 WSU 57
Washington 77 WSU 32
Montana St. 75 WSU 51
WSU 64 EWU 58
**1984 (4-1)**
Oregon 82 WSU 44
WSU 79 Boise St. 64
WSU 79 EWU 35
WSU 73 Boise St. 51
WSU 83 Oregon St. 52
**1985 (8-3)**
USC 90 WSU 75
WSU 86 SDSU 70
WSU 100 Hawaii 57
WSU 95 Oregon St. 40
WSU 79 Kansas St. 58
WSU 127 EWU 9
Oregon 84 WSU 52
WSU 109 Idaho 25
WSU 95 Oregon St. 41
WSU 88 Boise St. 48
Washington 77 WSU 59
**1986 (6-1)**
WSU 118 Idaho 28
WSU 94 Oregon St. 40
Oregon 70.5 WSU 65.5
WSU 89 Oregon St. 46
WSU 107 MSU 24
WSU 82.7 UW 51.3
WSU 100 Boise St. 36
**1987 (4-1)**
WSU 94 Oregon St. 40
Oregon 81 WSU 55
WSU 96 Idaho 32
WSU 98 Colorado 32
WSU 80 UW 56
**1988 (4-2)**
WSU 108 Idaho 37
WSU 114 EWU 29
WSU 121 Whitworth 16
Oregon 81 WSU 49
WSU 86 Oregon St. 48
UW 72 WSU 64
**1989 (4-2)**
WSU 102 Idaho 37
WSU 85 Kansas St. 51
WSU 111 Idaho 25
Washington 83 WSU 53
Oregon 88 WSU 48
WSU 72 Boise St. 64
**1990 (3-4)**
Fresno St. 79 WSU 56
WSU 88 Occidental 48
Oregon 79 WSU 57
WSU 85 Boise St. 49
UW 72.7 WSU 63.3
WSU 76 BYU 63
UW 86 WSU 59
**1991 (6-4)**
WSU 75 Ohio St. 60
WSU 95 Idaho 41
WSU 117 Portland 17
Oregon 102 WSU 76
WSU 88 Indiana 87
WSU 85 Alabama 80
Oregon 79 WSU 57
WSU 101 Idaho 30
UW 77 WSU 59
Nebraska 105 WSU 31
**1992 (7-1)**
WSU 101 Idaho 41
WSU 89 EWU 36
Oregon 73 WSU 63
WSU 96 Minnesota 39
WSU 99 EWU 19
WSU 102 Boise St. 18
WSU 90 UW 45
WSU 114 EWU 20
**1993 (4-4)**
Oregon 81 WSU 55
WSU 90.5 Cal 63.5
WSU 100 MSU 61
WSU 104 Idaho 50
Oregon 107 WSU 69
Arizona St. 93 WSU 80
WSU 97 Kansas St. 75
UW 70 WSU 66
**1994 (6-2)**
WSU 81 Idaho 54
WSU 100 EWU 19
WSU 100 Portland 28
UW 77.5 WSU 58.5
WSU 104 EWU 31
WSU 78 California 57
UW 78.5 WSU 52.5
WSU 81 Idaho 55
**1995 (3-6)**
WSU 97 Idaho 46
WSU 108 EWU 36
UW 90 WSU 46
Arizona 71 WSU 64
WSU 89 Michigan 85
Nebraska 118 WSU 60
Oregon 114 WSU 63
UW101 WSU 64
Oregon 102 WSU 64
**1996 (6-4)**
WSU 103 EWU 51
WSU 107 Idaho 36
WSU 103 Gonzaga 4
Oregon 103 WSU 77
Stanford 93 WSU 87
Washington 99 WSU 80
WSU 119 Idaho 49
WSU 83 Boise St. 68
WSU 89 Weber St. 64
Idaho St. 80 WSU 72
**1997 (8-2)**
WSU 83 Idaho 33
WSU 87 EWU 29
WSU 73 Oregon 72
WSU 102 Idaho 32
UW 100.5 WSU 80.5
Oregon 111 WSU 92
WSU 106 Arizona 91
WSU 107 Indiana 93
WSU 106 Boise St. 38
WSU 110 Utah St. 35
**1998 (4-1)**
Oregon 91 WSU 63
WSU 84 UW 70
WSU 120 Idaho 30
WSU 120 Kansas 33
WSU 126 Boise St. 27
**1999 (3-0)**
WSU 114 Oregon 40
WSU 135 Idaho 18
WSU 107 UW 47
**2000 (3-0)**
WSU 110 UW 44
WSU 120 Idaho 34
WSU 124 Utah St. 75
**2001 (7-1)**
WSU 104 California 58
UCLA 85 WSU 78
WSU 122 UW 40
WSU 114.5 UW 43.5
WSU 146 EWU 11
WSU 108 Idaho 55
WSU 133 Boise St. 23
WSU 127 LBSU 34
**2002 (3-1)**
UCLA 106 WSU 92
WSU 105 California 93
WSU 129 Idaho 66
WSU 105 UW 98
**2003 (1-0)**
WSU 113 UW 90
**2004 (0-1)**
WSU 95 UW 108
**2005 (1-0)**
WSU 111 UW 92
**2006 (1-0)**
WSU 111.5 UW 91.5
**2007 (1-0)**
WSU 102 UW 61
**2008 (1-0)**
WSU 116 UW 47
**2009 (0-1)**
UW 81.66 WSU 81.33
**2010 (1-0)**
WSU 114 UW 49
**2011 (1-0)**
WSU 92 UW 71
**2012 (0-3)**
Tennessee 99 WSU 63
UCLA 82 WSU 81
Washington 89 WSU 74
**2013 (1-0)**
WSU 86 UW 77
**2014 (2-0)**
WSU 87 UCLA 75
WSU 82 UW 81
**2015 (0-1)**
UW 99 WSU 64
**2016 (0-1)**
UW 100 WSU 63
**2017 (1-0)**
WSU 66 UW 96
**2018 (1-0)**
WSU 88 UW 75
**2019 (0-1)**
WSU 55 UW 108
**2021 (0-1)**
WSU 68 UW 95
**2022 (1-0)**
WSU 90 UW 69

# Men's Team Results

**1895 (1-0-0)**
WSU 38 Idaho 12
**1896 (0-1-0)**
Idaho 27 WSU 18
**1898 (1-0-0)**
WSU 36 Idaho 3
**1899 (1-0-0)**
WSU 27 Idaho 17
**1900 (1-1-0)**
Washington 74 WSU 44
WSU 44 Idaho 7
**1901 (1-1-0)**
WSU 82 Whitman 41
Washington 96 WSU 26
**1902 (1-1-0)**
Washington 86 WSU 35
WSU 68 Whitman 54
**1903 (1-1-0)** Idaho 71 WSU 51
WSU 79 Whitman 43
**1904 (3-0-0)**
WSU 81 Idaho 41
WSU 87 Montana 26
WSU 84 Whitman 48
**1905 (2-0-0)**
WSU 74 Whitman 48
WSU 69 Idaho 59
**1906 (0-3-0)**
Montana 62 WSU 51
Whitman 61 WSU 59
Idaho 72 WSU 52
**1907 (3-2-0)**
WSU 104 Montana 26
Oregon 84 WSU 38
Oregon St. 64.5 WSU 52.5
WSU 51 Whitman 36
WSU 51 Idaho 35
**1908 (2-1-0)**
WSU 37 Idaho 33
Oregon 62 WSU 60
WSU 73 Montana 56
**1909 (3-0-0)**
WSU 99 Whitman 23
WSU 82 Oregon St. 39
WSU 100 Idaho 31
**1910 (3-1-0)**
WSU 117 Whitman 23
Oregon 81 WSU 51
WSU 82 Oregon St. 45
WSU 76 Idaho 64
**1911 (3-0-0)**
WSU 83 Montana 39
WSU 79 Idaho 61
WSU 99.5 Whitman 40.5
**1912 (3-0-0)**
WSU 71 Whitman 64
WSU 74 Idaho 52
WSU 81 Washington 59
**1913 (2-1-0)**
WSU 72 Whitman 39
WSU 90.5 Idaho 39.5
UW 68 WSU 63
**1914 (4-1-0)**
WSU 76 Montana 51
WSU 93.5 M.A.C. 37.5
Idaho 68 WSU 63
WSU 81 Whitman 50
WSU 77 Washington 54
**1915 (3-1-0)**
WSU 112 M.A.C. 19
WSU 76 Whitman 55
UW 72 WSU 58
WSU 67 Idaho 64
**1916 (3-1-0)**
WSU 87 Whitman 43
Idaho 66 WSU 65
WSU 84 Montana 47
WSU 62 S.A.A.C. 60
**1918 (2-0-0)**
WSU 69 Idaho 62
WSU 74 Idaho 56
**1919 (2-0-0)**
WSU 79 Idaho 32
WSU 74 Oregon St. 57
**1920 (1-1-0)**
Washington 77 WSU 54
WSU 68.5 Idaho 62.5
**1921 (1-2-0)**
WSU 78 Idaho 53
UW 84 WSU 47
Oregon St. 71.5 WSU 58.5
**1922 (1-2-0)**
WSU 92 Idaho 39
UW 93 WSU 38
OSU 77.5 WSU 53.5
**1923 (2-1-0)**
WSU 98.5 Idaho 32.5
UW 98 WSU 33
WSU 69.5 Montana 61.5
**1924 (5-0-0)**
WSU 69 Idaho 57
WSU 69 Gonzaga 5
WSU 79.5 Idaho 51.5
WSU 96 5/6 Montana 32 1/6
WSU 66 Oregon 65
**1925 (3-2-0)**
WSU 85 Idaho 36.3
WSU 85 Gonzaga 13.6
Montana 73 WSU 58
WSU 77.3 Idaho 53.6
UW 85 WSU 50
**1926 (4-1-0)**
WSU 66.5 Oregon St. 63.5
WSU 73 Idaho 58
UM 70.75 WSU 57
WSU 70 Idaho 30.25
WSU 70 Gonzaga 4
**1927 (2-1-0)**
Oregon 66 WSU 65
WSU 66 Idaho 65
WSU 67 Montana 64
**1928 (4-1-0)**
WSU 84 Idaho 47
Washington 78 WSU 53
WSU 79 Oregon 52
WSU 96.5 Idaho 53.5
WSU 96.5 Gonzaga 9
**1929 (1-1-0)**
WSU 108 Idaho 23
UW 82.3 WSU 48.6
**1930 (2-1-0)**
WSU 85 Whitman 46
WSU 93 Idaho 38
UW 75 WSU 55
**1931 (2-1-0)**
WSU 83 Idaho 48
WSU 69 2/5 Oregon St. 61 3/5
UW 78 WSU 53
**1932 (4-1-0)**
Washington 68 WSU 63
WSU 60 Oregon St. 57
WSU 77 Idaho 54
WSU 83 Idaho 44
WSU 83 Montana 31
**1933 (2-0-0)**
WSU 114 Idaho 17
WSU 72 Washington 59
**1934 (3-0-0)**
WSU 73 Idaho 58
WSU 72 Oregon 59
WSU 77.5 UW 52.5
**1935 (3-1-0)**
California 85 WSU 46
WSU 63 3/5 Oregon 63 2/5
WSU 95 Idaho 36
WSU 71.3 UW 54.6
**1936 (4-2-0)**
California 95 WSU 36
Oregon 69.5 WSU 61.5
WSU 91.3 Oregon St. 38.6
WSU 69 Washington 62
WSU 98.5 Idaho 49.5
WSU 98.5 Montana 16
**1937 (3-0-0)**
WSU 80 Idaho 51
WSU 90 Oregon 41
WSU 76 Washington 55
**1938 (1-2-0)**
Idaho 70.6 WSU 60.3
WSU 67 Oregon 64
Washington 75 WSU 56
**1939 (2-0-0)**
WSU 95.6 Idaho 36.3
WSU 87 UW 44
**1940 (3-1-0)**
California 98 WSU 33
WSU 78 Idaho 53
WSU 73 Oregon 58
WSU 68.6 UW 62.3
**1941 (4-0-0)**
WSU 91 Idaho 40
WSU 73 Montana 56
WSU 72.6 Oregon 58.3
WSU 73 UW 58
**1942 (1-2-0)**
Idaho 79 2/5 WSU 51 3/5
WSU 71 Oregon 60
UW 71.3 WSU 59.6
**1943 (1-2-0)**
WSU 89 Idaho 42
UW 69 WSU 62
Oregon 80.5 WSU 50.5
**1945 (3-5-0)**
WSU 75 2/3 Idaho 55 1/3
WSU 75 Whitman 56
Idaho 69 1/6 WSU 61 5/6
Trainees 62 WSU 28
UW 41 WSU 28
UW 61 WSU 35
WSU 35 Idaho 27 1/2
Whitman 38 1/2 WSU 35
**1946 (2-1-0)**
Idaho 69.3 WSU 61.6
WSU 76 Oregon 55
WSU 69.5 UW 61.5
**1947 (5-0-0)**
WSU 77 Montana 54
WSU 80 Oregon St. 51
WSU 80.5 Oregon 50.5
WSU 67 Washington 64
WSU 89 Idaho 42
**1948 (5-0-0)**
WSU 98 Idaho 32
WSU 90 Oregon 41
WSU 89 Oregon St. 42
WSU 102 Montana 29
WSU 87.3 UW 43.6
**1949 (5-0-0)**
WSU 107 Montana 24
WSU 81.6 Oregon 49.3
WSU 88.5 Oregon St. 42.5
WSU 103.5 Idaho 23.5
WSU 79 Washington 52
**1950 (3-1-1)**
WSU 93 3/4 Montana 37 1/4
Oregon 75.5 WSU 55.5
WSU 84 Oregon St. 47
WSU 73.5 Idaho 56.5

## Men's Team Results Continued...

| | |
|---|---|
| WSU 65.5 | UW 65.5 |
| **1951 (4-0-0)** | |
| WSU 77 | Idaho 54 |
| WSU 74 | Oregon St. 56 |
| WSU 68.6 | Oregon 62.3 |
| WSU 72.5 | UW 58.5 |
| **1952 (3-1-0)** | |
| WSU 93.5 | Idaho 37.5 |
| Oregon 67.5 | WSU 63.5 |
| WSU 94.5 | Oregon St. 36.5 |
| WSU 77 | UW 54 |
| **1953 (4-0-0)** | |
| WSU 96 | Oregon St. 34 |
| WSU 97 | Idaho 23 |
| WSU 86 | Oregon 45 |
| WSU 79.5 | UW 51.5 |
| **1954 (2-2-0)** | |
| Oregon 67.5 | WSU 63.5 |
| WSU 89.6 | Idaho 41.3 |
| WSU 89.5 | Oregon St. 41.5 |
| Washington 68 | WSU 63 |
| **1955 (2-2-0)** | |
| WSU 93.3 | Oregon 37.6 |
| WSU 94.5 | Idaho 36.5 |
| Oregon 72 | WSU 59 |
| UW 70 | WSU 61 |
| **1956 (3-1-0)** | |
| WSU 91.5 | Idaho 31.5 |
| Oregon 72.5 | WSU 58.5 |
| WSU 73 | Oregon St. 58 |
| WSU 76.6 | UW 59.4 |
| **1957 (4-2-0)** | |
| WSU 101 | Whitworth 30 |
| WSU 100 | EWU 31 |
| WSU 101 | Idaho 30 |
| Oregon 94 | WSU 37 |
| WSU 82.3 | Oregon St. 48.6 |
| UW 84.3 | WSU 46.6 |
| **1958 (7-1-0)** | |
| WSU 120 | Gonzaga 11 |
| WSU 97 | Idaho 34 |
| WSU 103 | EWU 28 |
| WSU 100 | Whitworth 30 |
| WSU 97 | EWU 34 |
| Oregon 71 | WSU 59 |
| WSU 95.25 | Oregon St. 35.75 |
| WSU 71 | Washington 60 |
| **1959 (6-2-0)** | |
| WSU 89 | EWU 42 |
| WSU 120 | Whitworth 11 |
| WSU 99 | Idaho 31 |
| WSU 102 | EWU 29 |
| WSU 100 | Whitworth 31 |
| Oregon St. 66 | WSU 65 |
| Oregon 74 | WSU 57 |
| WSU 67.6 | UW 63.3 |
| **1960 (3-2-0)** | |
| WSU 98 | EWU 33 |
| WSU 85 | Idaho 46 |
| Oregon St. 66 | WSU 65 |
| Oregon 74.5 | WSU 56.5 |
| WSU 71.5 | UW 59.5 |
| **1961 (2-3-0)** | |
| WSU 81.3 | Idaho 49.6 |
| WSU 69 | Idaho 62 |
| Oregon 86 | WSU 34 |
| Oregon St. 92 | WSU 38 |
| UW 75.3 | WSU 55.8 |
| **1962 (3-2-0)** | |
| WSU 113 | EWU 31 |
| WSU 86.5 | Idaho 58.5 |
| Oregon St. 91 | WSU 54 |
| Oregon 98 | WSU 45 |
| WSU 80 | UW 65 |
| **1963 (3-2-0)** | |
| WSU 120 | EWU 24 |
| WSU 106 | Idaho 39 |
| Oregon St. 92 | WSU 53 |
| Oregon 87 | WSU 57 |
| WSU 74 | UW 71 |
| **1964 (3-3-0)** | |
| WSU 110 | Idaho 35 |
| WSU 73 | Oregon St. 72 |
| Stanford 78 | WSU 67 |
| Oregon 81 | WSU 64 |
| USC 86 | WSU 59 |
| WSU 85 | UW 60 |
| **1965 (3-1-0)** | |
| WSU 83 | Oregon St. 62 |
| Oregon 75 | WSU 70 |
| WSU 81 | USC 65 |
| WSU 82 | UW 63 |
| **1966 (1-4-0)** | |
| Oregon St. 89 | WSU 55 |
| WSU 78 | California 67 |
| Oregon 82 | WSU 62 |
| UCLA 107 | WSU 38 |
| UW 75 | WSU 69 |
| **1967 (1-5-0)** | |
| WSU 106 | Idaho 15 |
| Oregon St. 104 | WSU 41 |
| California 101 | WSU 44 |
| Oregon 91 | WSU 45 |
| UCLA 100 | WSU 45 |
| UW 88 | WSU 57 |
| **1968 (6-2-0)** | |
| WSU 132 | EWU 13 |
| WSU 136 | Whitworth 9 |
| WSU 114 | Montana 31 |
| Oregon St. 89 | WSU 61 |
| WSU 109 | Stanford 36 |
| WSU 77 | Oregon 68 |
| USC 90 | WSU 50 |
| WSU 107 | Washington 38 |
| **1969 (9-2-0)** | |
| WSU 139 | Whitworth 19 |
| WSU 136 | Idaho 21 |
| WSU 137 | EWU 22 |
| WSU 128 | Montana 27 |
| Oregon St. 86 | WSU 68 |
| WSU 88 | Stanford 66 |
| WSU 114 | Arizona St. 40 |
| WSU 84 | San Jose St. 67 |
| WSU 89 | Oregon 65 |
| USC 82 | WSU 72 |
| WSU 115 | Washington 39 |
| **1970 (8-2-0)** | |
| WSU 150 | Montana St. 8 |
| WSU 143 | Whitworth 10 |
| WSU 136.5 | Montana 16.5 |
| WSU 134 | EWU 19 |
| WSU 142 | Idaho 10 |
| WSU 100 | Oregon St. 63 |
| WSU 78 | California 76 |
| Oregon 83.5 | WSU 70.5 |
| UCLA 97 | WSU 42 |
| WSU 105 | UW 49 |
| **1971 (6-5-0)** | |
| WSU 121 | EWU 10 |
| WSU 122 | Whitworth 9 |
| WSU 127 | Montana 27 |
| WSU 146 | Idaho 8 |
| WSU 128 | Idaho St. 20 |
| WSU 94 | San Jose St. 69 |
| Oregon St. 82.5 | WSU 71.5 |
| California 96 | WSU 48 |
| Oregon 107 | WSU 46 |
| UCLA 84 | WSU 61 |
| Washington 84 | WSU 61 |
| **1972 (8-2-0)** | |
| WSU 128 | Idaho 34 |
| WSU 147 | EWU 17 |
| WSU 129 | CWU 33 |
| Oregon St. 101 | WSU 62 |
| WSU 150 | Wyoming 12 |
| WSU 124 | Idaho 22 |
| WSU 123 | Air Force 26 |
| WSU 114 | Montana 36 |
| Oregon 99 | WSU 63 |
| WSU 100 | Washington 62 |
| **1973 (9-2-0)** | |
| WSU 142 | CWU 10 |
| WSU 139 | EWU 60 |
| WSU 141 | Whitworth 36 |
| WSU 134 | Idaho 54 |
| WSU 119 | Colorado St. 73 |
| Oregon St. 91 | WSU 72 |
| WSU 107 | Nebraska 83 |
| Oregon 94 | WSU 69 |
| WSU 123 | Utah St. 64 |
| WSU 121.5 | Montana 64.5 |
| WSU 91.5 | UW 71.5 |
| **1974 (8-1)** | |
| WSU 124 | Boise St. 58 |
| WSU 121 | Weber St. 66 |
| WSU 86.5 | SJSU 67.5 |
| WSU 87 | Oregon St. 76 |
| Oregon 94 | WSU 71 |
| WSU 121 | EWU 53 |
| WSU 131 | Idaho 40 |
| WSU 113 | Montana 55 |
| WSU 84 | UW 79 |
| **1975 (7-3)** | |
| WSU 140 | CSUH 30 |
| WSU 136 | CSUS 34 |
| San Jose St. 82 | WSU 81 |
| Oregon St. 92.5 | WSU 73.5 |
| WSU 94 | Oregon 64 |
| WSU 151 | Idaho 11 |
| WSU 124 | Montana 58 |
| WSU 130 | EWU 51 |
| WSU 141 | Club NW 15 |
| UW 95 | WSU 68 |
| **1976 (7-1)** | |
| WSU 121 | Idaho St. 42 |
| WSU 130 | Idaho 43 |
| WSU 121 | Oregon St. 42 |
| WSU 99 | BYU 60 |
| WSU 135 | Boise St. 17 |
| Oregon 95 | WSU 68 |
| WSU 125 | Montana 22 |
| WSU 117 | Washington 45 |
| **1977 (8-1)** | |
| WSU 103 | Oregon St. 59 |
| WSU 146 | Boise St. 39 |
| WSU 104 | BYU 59 |
| Oregon 94 | WSU 68 |
| WSU 105 | Utah 70 |
| WSU 108 | Montana 57 |
| WSU 88.5 | UW 74.5 |
| WSU 120 | Idaho 61 |
| WSU 120 | Weber St. 43 |
| **1978 (11-0)** | |
| WSU 107.5 | Oregon St. 51.5 |
| WSU 106 | Arizona St. 45 |
| WSU 104 | California 55 |
| WSU 85 | Oregon 78 |
| WSU 137 | Idaho 41 |
| WSU 112 | Colorado St. 74 |
| WSU 123 | Montana 63 |
| WSU 125 | Boise St. 50 |
| WSU 108 | UW 54 |
| WSU 124 | Montana 56 |
| WSU 134 | Weber St. 33 |
| **1979 (10-1)** | |
| WSU 81 | EWU 77 |
| WSU 99 | Oregon St. 63 |

## Men's Team Results Continued...

| | |
|---|---|
| WSU 91 | Arizona St. 71 |
| WSU 129 | Idaho 57 |
| Oregon 95 | WSU 68 |
| WSU 100.5 | BYU 62.5 |
| WSU 122 | Utah St. 25 |
| WSU 116 | Utah 26 |
| WSU 127 | Weber St. 19 |
| WSU 86 | Washington 77 |
| WSU 117 | Montana 45 |
| **1980 (9-2)** | |
| WSU 98 | Idaho 50 |
| WSU 119 | Montana 34 |
| Oregon 96 | WSU 67 |
| WSU 84 | Arizona St. 70 |
| WSU 100 | Oregon St. 63 |
| WSU 104 | Idaho 58 |
| WSU 102 | Fresno St. 46 |
| California 93 | WSU 61 |
| WSU 101 | Washington 63 |
| WSU 105 | N. Arizona 44 |
| WSU 103 | Arizona 46 |
| **1981 (11-0)** | |
| WSU 114 | Idaho 49 |
| WSU 126 | Montana 29 |
| WSU 105 | Oregon St. 58 |
| WSU 98 | Washington 65 |
| WSU 103 | BYU 60 |
| WSU 86 | Oregon 77 |
| WSU 124 | Idaho 35 |
| WSU 96 | Arizona St. 66 |
| WSU 91 | Washington 72 |
| WSU 104 | Montana 33 |
| WSU104 | Stanford 57 |
| **1982 (11-0)** | |
| WSU 105 | Idaho 25 |
| WSU 121 | Montana 12 |
| WSU 90 | Oregon 73 |
| WSU 123 | Stanford 40 |
| WSU 98 | Arizona St. 64 |
| WSU 108.5 | Oregon St. 47.5 |
| WSU 115 | Idaho 41 |
| WSU 95 | Washington 68 |
| WSU 108 | Boise St. 47 |
| WSU 140 | Montana 21 |
| WSU 97 | Kansas St. 66 |
| **1983 (14-0)** | |
| WSU 128 | Montana 41 |
| WSU 116 | Idaho 53 |
| WSU 116 | Oregon St. 42 |
| WSU 90 | California 71 |
| WSU 100 | Arizona St. 59 |
| WSU 110 | Stanford 36 |
| WSU 82 | USC 65 |
| WSU 89 | Oregon 74 |
| WSU 115 | Idaho 43 |
| WSU 115 | EWU 67 |
| WSU 112 | Weber St. 46 |
| WSU 100 | EWU 53 |
| WSU 97 | Montana St. 55 |
| WSU 95 | UCLA 68 |
| **1984 (12-0)** | |
| WSU 94 | Oregon 69 |
| WSU 120 | Stanford 22 |
| WSU 113 | California 50 |
| WSU 97 | San Jose St. 65 |
| WSU 97 | USC 62 |
| WSU 121 | EWU 42 |
| WSU 116 | Weber St. 41 |
| WSU 115 | Boise St. 42 |
| WSU 105 | Washington 56 |
| WSU 126 | Boise St. 23 |
| WSU 92 | Oregon St. 67 |
| WSU 96 | Idaho 54 |
| **1985 (8-0)** | |
| WSU 113 | Oregon St. 49 |
| WSU 124 | Kansas St. 36 |
| WSU 140 | Weber St. 21 |
| WSU 107 | Oregon 55 |
| WSU 116 | Idaho 34 |
| WSU 105 | Oregon St. 48 |
| WSU 100 | Boise St. 52 |
| WSU 105 | Washington 58 |
| **1986 (10-1)** | |
| WSU 120 | Oregon St. 42 |
| WSU 95 | Washington 67 |
| Oregon 86 | WSU 77 |
| WSU 119 | Oregon St. 38 |
| WSU 107 | Idaho 46 |
| WSU 96 | Idaho 50 |
| WSU 110 | Montana 29 |
| WSU 108 | Montana St. 33 |
| WSU 93 | Boise St. 57 |
| WSU 102 | Washington 51 |
| WSU 101 | Idaho 34 |
| **1987 (10-1)** | |
| WSU 96 | Oregon St. 62 |
| Oregon 94 | WSU 69 |
| WSU 127 | Idaho 27 |
| WSU 94 | Idaho 42 |
| WSU 104 | EWU 42 |
| WSU 115 | Montana St. 41 |
| WSU 95 | Weber St. 59 |
| WSU 106 | Idaho 50 |
| WSU 99 | Colorado 47 |
| WSU 96 | Boise St. 61 |
| WSU 92 | Washington 67 |
| **1988 (7-1)** | |
| Oregon 94 | WSU 69 |
| WSU 104 | Oregon St. 44 |
| WSU 107.5 | Idaho 23.5 |
| WSU 94 | Idaho 40 |
| WSU 91 | Boise St. 50 |
| WSU 95.5 | Oregon St. 48.5 |
| WSU 91 | Washington 70 |
| WSU 116 | Montana 24 |
| **1989 (8-1)** | |
| WSU 91 | Kansas St. 74 |
| WSU 116 | Idaho 52 |
| Oregon 101 | WSU 62 |
| WSU 99.5 | Illinois 96.5 |
| WSU 93 | Boise St. 71 |
| WSU 101 | Idaho 42 |
| WSU 108 | EWU 36 |
| WSU 83 | Washington 77 |
| WSU 129 | Montana 29 |
| **1990 (9-1)** | |
| Oregon 89 | WSU 74 |
| WSU 82 | Oregon 81 |
| WSU 108 | Georgetown 34 |
| WSU 123 | Cal Poly Slo 36 |
| WSU 107 | Idaho 35 |
| WSU 108 | EWU 27 |
| WSU 110 | Washington 53 |
| WSU 133.67 | Boise St. 22.33 |
| WSU 144 | Idaho 1 |
| WSU 97 | BYU 65 |
| **1991 (10-0)** | |
| WSU 121 | Ohio St. 33 |
| WSU 130 | Idaho 24 |
| WSU 131.5 | Portland 16.5 |
| WSU 116.5 | Oregon 83.5 |
| WSU 129 | Indiana 67 |
| WSU 127 | Alabama 112 |
| WSU 111 | Oregon 52 |
| WSU 136 | Idaho 16 |
| WSU 101 | Washington 61 |
| WSU 99 | Nebraska 62 |
| **1992 (11-0)** | |
| WSU 102 | BYU 58 |
| WSU 114 | Idaho 48 |
| WSU 137 | EWU 20 |
| WSU 113 | Air Force 46 |
| WSU 125 | Idaho 36 |
| WSU 135 | Portland 14 |
| WSU 96 | California 67 |
| WSU 116 | Nevada 38 |
| WSU 85 | Oregon 78 |
| WSU 96 | Washington 67 |
| WSU 105 | Idaho 57 |
| **1993 (8-1)** | |
| WSU 97 | Oregon 66 |
| WSU 129 | Idaho 29 |
| Cal 100.5 | WSU 98.5 |
| WSU 123.5 | MSU 77.5 |
| WSU 131 | Idaho 54 |
| WSU 114 | Kansas St. 84 |
| WSU 102 | Arizona St. 90 |
| WSU 88 | Washington 74 |
| WSU 145 | Portland St. 10 |
| **1994 (13-0)** | |
| WSU 124.5 | EWU 37.5 |
| WSU 109 | Idaho 46 |
| WSU 143 | Portland 17 |
| WSU 103 | Washington 94 |
| WSU 129 | EWU 60 |
| WSU 130 | Portland 43 |
| WSU 97 | California 96 |
| WSU 111 | Nevada 73 |
| WSU 132 | Sac. St. 53 |
| WSU 111 | Air Force 79 |
| WSU 114 | Cal Poly SLO 70 |
| WSU 89 | Washington 73 |
| WSU 127 | Idaho 25 |
| **1995 (5-3)** | |
| WSU 97 | Washington 62 |
| WSU 92 | Arizona 70 |
| Oregon 116 | WSU 82 |
| Nebraska 116 | WSU 92 |
| WSU 106 | Michigan 89 |
| WSU 122 | Washington 66 |
| WSU 114 | Idaho 67 |
| Oregon 106 | WSU 95 |
| **1996 (8-2)** | |
| WSU 122 | EWU 41 |
| WSU 94 | Idaho 69 |
| WSU 147 | Gonzaga 12 |
| Oregon 104 | WSU 96 |
| WSU 110 | Stanford 88 |
| UW 104 | WSU 97 |
| WSU 112 | Idaho 81 |
| WSU 83 | Boise St. 75 |
| WSU 94 | Weber St. 65 |
| WSU 92 | Idaho St. 71 |
| **1997 (8-2)** | |
| WSU 104 | Idaho 59 |
| WSU 124 | EWU 29 |
| WSU 82 | Oregon 81 |
| WSU 94 | Idaho 77 |
| UW 103 | WSU 99 |
| Oregon 106 | WSU 85 |
| WSU 103 | Arizona 87 |
| WSU 110 | Indiana 82 |
| WSU 113 | Boise St. 44 |
| WSU 115 | Utah St. 42 |
| **1998 (4-1)** | |
| Oregon 90 | WSU 73 |
| WSU 93 | Washington 70 |
| WSU 106 | Idaho 56 |
| WSU 86 | Kansas 73 |
| WSU 113 | Boise St. 49 |
| **1999 (2-1)** | |
| WSU 83 | Oregon 65 |
| WSU 94 | Idaho 54 |
| UW 86 | WSU 77 |
| **2000 (2-1)** | |
| WSU 103 | Idaho 58 |
| UW 106 | WSU 57 |
| WSU 108 | Utah St. 91 |

## Men's Team Results Continued...

**2001 (7-1)**

| | |
|---|---|
| WSU 101 | California 62 |
| WSU 100 | UW 63 |
| UCLA 101 | WSU 62 |
| WSU 111 | UW 52 |
| WSU 114 | EWU 40 |
| Idaho 86 | WSU 76 |
| WSU 132 | Boise St. 20 |
| WSU 115 | LBSU 40 |

**2002 (3-1)**

| | |
|---|---|
| UCLA 104.5 | WSU 98.5 |
| WSU 120 | California 75 |
| WSU 113 | Idaho 86 |
| WSU 103 | UW 99 |

**2003 (1-0)**

| | |
|---|---|
| WSU 116 | UW 81 |

**2004 (1-0)**

| | |
|---|---|
| WSU 112 | Washington 90 |

**2005 (0-1)**

| | |
|---|---|
| UW 110.5 | WSU 92.5 |

**2006 (0-1)**

| | |
|---|---|
| UW 112 | WSU 91 |

**2007 (0-1)**

| | |
|---|---|
| UW 103 | WSU 60 |

**2008 (1-0)**

| | |
|---|---|
| WSU 93 | UW 70 |

**2009 (1-0)**

| | |
|---|---|
| WSU 92 | UW 70 |

**2010 (1-0)**

| | |
|---|---|
| WSU 108 | UW 55 |

**2011 (0-1)**

| | |
|---|---|
| UW 83 | WSU 80 |

**2012 (3-0)**

| | |
|---|---|
| WSU 92 | Tennessee 66 |
| WSU 85.5 | UCLA 77.5 |
| WSU 87 | Washington 76 |

**2013 (0-1)**

| | |
|---|---|
| Washington 92 | WSU 71 |

**2014 (1-1)**

| | |
|---|---|
| WSU 85 | UCLA 78 |
| Washington 84 | WSU 79 |

**2015 (0-1)**

| | |
|---|---|
| UW 113 | WSU 50 |

**2016 (0-1)**

| | |
|---|---|
| UW 95 | WSU 68 |

**2017 (0-1)**

| | |
|---|---|
| UW 84 | WSU 79 |

**2018 (1-0)**

| | |
|---|---|
| WSU 89 | UW 74 |

**2019 (0-1)**

| | |
|---|---|
| UW 103 | WSU 60 |

**2020**

Cancelled due to COVID-19 pandemic

**2021 (0-1)**

| | |
|---|---|
| UW 86 | WSU 77 |

**2022 (0-1)**

| | |
|---|---|
| UW 100 | WSU 63 |

## Northern Pacific Conference Championships

| Year | WSU Finish | Champion |
|---|---|---|
| 1983 | 2nd | Oregon |
| 1984 | 2nd | Oregon |
| 1985 | 2nd | Oregon |

## Pac-12 Conference Championships

| Year | Site | WSU Finish | Champion |
|---|---|---|---|
| 1986 | Stanford, Calif. | 6th | Oregon |
| 1987 | Stanford, Calif. | 3rd | Oregon |
| 1988 | Stanford, Calif. | 4th | Oregon |
| 1989 | Stanford, Calif. | 2nd | Washington |
| 1990 | Stanford, Calif. | 4th | Oregon |
| 1991 | Stanford, Calif. | 7th | Oregon |
| 1992 | Stanford, Calif. | 6th | Oregon |
| 1993 | Stanford, Calif. | 8th | Stanford |
| 1994 | Stanford, Calif. | 6th | Stanford |
| 1995 | Stanford, Calif. | 7th | Oregon |
| 1996 | Stanford, Calif. | 7th | Stanford |
| 1997 | Stanford, Calif. | 7th | Stanford |
| 1998 | Stanford, Calif. | 6th | Stanford |
| 1999 | Long Beach, Calif. | 7th | Stanford |
| 2000 | Seattle, Wash. | 5th | Stanford |
| 2001 | Scottsdale, Ariz. | 6th | Stanford |
| 2002 | Pasadena, Calif. | 6th | Stanford |
| 2003 | Pullman, Wash. | 8th | Stanford |
| 2004 | San Francisco, Calif. | 5th | Stanford |
| 2005 | Tucson, Ariz. | 5th | Stanford |
| 2006 | Stanford, Calif. | 6th | Stanford |
| 2007 | Corvallis, Ore. | 5th | Stanford |
| 2008 | Springfield, Wash. | 5th | Washington |
| 2009 | Long Beach, Calif. | 10th | Washington |
| 2010 | Seattle, Wash. | 9th | Stanford |
| 2011 | Litchfield Park, Ariz. | 11th | Colorado |
| 2012 | Santa Clarita | 12th | Oregon |
| 2013 | Louisville, Colo. | 10th | Arizona |
| 2014 | Oakland, Calif. | 9th | Oregon |
| 2015 | Colfax, Wash. | 10th | Oregon |
| 2016 | Tucson, Ariz. | 11th | Colorado |
| 2017 | Springfield, Ore. | 10th | Colorado |
| 2018 | Stanford, Calif. | 8th | Oregon |
| 2019 | Monmouth, Ore. | 10th | Stanford |
| 2020-21 | University Pl., Wash. | 6th | Stanford |
| 2021 | Salt Lake City, Utah | 7th | Colorado |
| 2022 | Riverside, Calif. | 7th | Colorado |
| 2023 | University Pl., Wash. | 9th | Washington |

## WCC Conference Women's Championships

| Year | Site | WSU Finish | Champion |
|---|---|---|---|
| 2024 | Stockton, Calif. | 3rd | Gonzaga |

## Pac-12 Cross Country Athlete of the Year

| Year | Name |
|---|---|
| 1989 | Jennifer Robertson Bravard |

## NCAA Cross Country Competitors

| Year | Site | Name | Finish |
|---|---|---|---|
| 1983 | Bethlehem | Lisa Braun | 51 |
| 1983 | Bethlehem | Cheryl Livingstone | 76 |
| 1983 | Bethlehem | Kari Jonassen | 101 |
| 1983 | Bethlehem | Linda Spaargaren | 114 |
| 1983 | Bethlehem | Camille Rivard | 115 |
| 1983 | Bethlehem | Joan McGrath | 130 |
| 1984 | College Park | Cheryl Livingstone | 69 |
| 1985 | Milwaukee | Linda Spaargaren | 46 |
| 1985 | Milwaukee | Kari Jonassen | 50 |
| 1985 | Milwaukee | Lisa Braun | 64 |
| 1985 | Milwaukee | Camille Rivard | 69 |
| 1985 | Milwaukee | Cheryl Livingstone | 93 |
| 1985 | Milwaukee | Zenny Koehler | 119 |
| 1985 | Milwaukee | Mary Reed | 127 |
| 1987 | Charlottesville | Lisa Braun | 45 |
| 1992 | Bloomington | Jennifer Bravard | 100 |
| 1998 | Lawrence | Megan Maynard | 22 |
| 2001 | Greenville | Everlyne Lagat | 30 |
| 2003 | Waterloo | Anna Blue | 78 |
| 2005 | Terre Haute | Haley Paul | 14 |
| 2009 | Terre Haute | Lisa Egami | 169 |
| 2017 | Indianapolis | Vallrey Korir | 33 |
| 2020 | Stillwater | Erin Mullins | 123 |
| 2021 | Tallahassee | Amir Ado | 195 |

## NCAA Cross Country Championships

| Year | Site | WSU Score | WSU Finish | Champion |
|---|---|---|---|---|
| 1983 | Bethlehem | 347 | 15th | Oregon |
| 1985 | Milwaukee | 227 | T-7th | Wisconsin |

## Cross Country All-Americans

| Year | Name |
|---|---|
| 1998 | Megan Maynard |
| 2001 | Everlyne Lagat |
| 2005 | Haley Paul |
| 2017 | Vallrey Korir |

## Pac-12 Conference Men's Championships

| Year | Site | WSU Finish | Champion |
|---|---|---|---|
| 1969 | Stanford, Calif. | 2nd | Oregon |
| 1970 | Pullman, Wash. | 2nd | Oregon |
| 1971 | Los Angeles, Calif. | 1st | Washington State |
| 1972 | Seattle, Wash. | 1st | Washington State |
| 1973 | Stanford, Calif. | 2nd | Oregon |
| 1974 | Stanford, Calif. | 1st | Washington State |
| 1975 | Stanford, Calif. | 1st | Washington State |
| 1976 | Stanford, Calif. | 2nd | Oregon |
| 1977 | Stanford, Calif. | 3rd | Oregon |
| 1978 | Fresno, Calif. | 2nd | Oregon |
| 1979 | Stanford, Calif. | 2nd | Oregon |
| 1980 | Stanford, Calif. | Inc. Team | UCLA |
| 1981 | Stanford, Calif. | 6th | UCLA |
| 1982 | Fresno, Calif. | 4th | Oregon |
| 1983 | Stanford, Calif. | No entry | Arizona |
| 1984 | Stanford, Calif. | 2nd | Arizona |
| 1985 | Stanford, Calif. | 5th | Stanford |
| 1986 | Stanford, Calif. | 9th | Arizona |
| 1987 | Stanford, Calif. | 3rd | Arizona |
| 1988 | Stanford, Calif. | 6th | Oregon |
| 1989 | Stanford, Calif. | 6th | Oregon |
| 1990 | Stanford, Calif. | Inc. Team | Oregon |
| 1991 | Stanford, Calif. | 4th | Arizona |
| 1992 | Stanford, Calif. | 6th | Oregon |
| 1993 | Stanford, Calif. | 2nd | Washington |
| 1994 | Stanford, Calif. | 7th | Arizona |
| 1995 | Stanford, Calif. | 6th | Oregon |
| 1996 | Stanford, Calif. | 4th | Stanford |
| 1997 | Stanford, Calif. | 3rd | Stanford |
| 1998 | Stanford, Calif. | 3rd | Stanford |
| 1999 | Long Beach, Calif. | 8th | Arizona |
| 2000 | Seattle, Wash. | 7th | Stanford |
| 2001 | Tucson, Ariz. | 8th | Stanford |
| 2002 | Pasadena, Calif. | 5th | Stanford |
| 2003 | Pulllman, Wash. | 6th | Stanford |
| 2004 | San Francisco, Calif. | 7th | Stanford |
| 2005 | Tucson, Ariz. | 8th | Stanford |
| 2006 | Stanford, Calif. | 7th | Oregon |
| 2007 | Corvallis, Ore. | 7th | Oregon |
| 2008 | Springfield, Wash. | 6th | Oregon |
| 2009 | Long Beach Calif. | 6th | Stanford |
| 2010 | Seattle, Wash. | 6th | Stanford |
| 2011 | Litchfield Park, Ariz. | 6th | Colorado |
| 2012 | Santa Clarita, Calif. | 8th | Colorado |
| 2013 | Louisville, Colo. | 6th | Colorado |
| 2014 | Oakland, Calif. | 9th | Colorado |
| 2015 | Colfax, Wash. | 6th | Colorado |
| 2016 | Tucson, Ariz. | 5th | Colorado |
| 2017 | Springfield, Ore. | 6th | Stanford |
| 2018 | Stanford, Calif. | 5th | Stanford |
| 2019 | Monmouth, Ore. | 6th | Colorado |
| 2020-21 | University Pl., Wash. | 6th | Stanford |
| 2021 | Salt Lake City, Utah | 5th | Colorado |
| 2022 | Riverside, Calif. | 7th | Stanford |
| 2023 | University Pl., Wash. | 6th | Stanford |

*2020 championships moved to spring due to COVID-19 pandemic

## WCC Conference Men's Championships

| Year | Site | WSU Finish | Champion |
|---|---|---|---|
| 2024 | Stockton, Calif. | 3rd | Portland |

## Pac-12 Individual Champions

| Year | Name |
|---|---|
| 1969 | Gerry Lindgren |
| 1972 | John Ngeno |
| 1974 | John Ngeno |
| 1975 | Joshua Kimeto |
| 1976 | Henry Rono |
| 1977 | Joel Cheruiyot |
| 1978 | Henry Rono |
| 1979 | Henry Rono |
| 1981 | Richard Tuwei |
| 1992 | Josephat Kapkory |
| 1993 | Josephat Kapkory |
| 1997 | Bernard Lagat |

## WCC Individual Champions

| Year | Name |
|---|---|
| 2024 | Evans Kurui |

## NCAA West Region Individual Champions

| Year | Name |
|---|---|
| 1976* | Henry Rono (fr.) |
| 1977 | Joel Cheruiyot (fr.) |
| 1978 | Henry Rono |
| 1979 | Henry Rono |
| 1981 | Richard Tuwei (fr.) |
| 1991 | Josephat Kapkory |
| 1992 | Josephat Kapkory |
| 1993 | Josephat Kapkory |
| 2024 | Evans Kurui |

## NCAA Cross Country Championships

| Year | Site | WSU Score | WSU Finish | Champion |
|---|---|---|---|---|
| 1966 | Lawrence | 208 | 5th | Villanova |
| 1969 | New York | 187 | 4th | Texas-El Paso |
| 1971 | Knoxville | 122 | 2nd | Oregon |
| 1972 | Houston | 179 | 4th | Tennessee |
| 1973 | Spokane | 166 | 3rd | Oregon |
| 1974 | Bloomington | 144 | 4th | Oregon |
| 1975 | College Park | 92 | 2nd | Texas-El Paso |
| 1976 | Denton | 179 | 3rd | Texas-El Paso |
| 1977 | Spokane | 278 | 9th | Oregon |
| 1984 | University Park | 214 | 7th | Arkansas |
| 1998 | Lawrence | 433 | 18th | Arkansas |
| 2011 | Terre Haute | 512 | 21st | Wisconsin |
| 2015 | Louisville | 547 | 26th | Syracuse |
| 2016 | TerreHaute | 370 | 14th | Northern Arizona |

## Cross Country All-Americans

| Year | Name | Site |
|---|---|---|
| 1965 | Gary Benson | Lawrence |
| 1965 | Chris Westman | Lawrence |
| 1966 | Chris Westman | Lawrence |
| 1966 | Gerry Lindgren (NCAA) | Lawrence |
| 1967 | Gerry Lindgren | Laramie |
| 1969 | Rick Riley | New York |
| 1969 | Gerry Lindgren (NCAA) | New York |
| 1970 | Mark Hiefield | Williamsburg |
| 1970 | Don Smith (fr.) | Williamsburg |
| 1971 | Dan Murphy (fr.) | Knoxville |
| 1971 | Phil Burkwist | Knoxville |
| 1972 | Dan Murphy | Houston |
| 1973 | John Ngeno | Spokane |
| 1973 | Dan Murphy | Spokane |
| 1974 | John Ngeno | Bloomington |
| 1975 | Joshua Kimeto | College Park |
| 1975 | Kurt Beckman | College Park |
| 1975 | John Ngeno | College Park |
| 1976 | Henry Rono (NCAA) | Denton |
| 1976 | Samson Kimombwa | Denton |
| 1976 | Joshua Kimeto | Denton |
| 1977 | Henry Rono | Spokane |
| 1977 | Joel Cheruiyot (fr.) | Spokane |
| 1979 | Henry Rono | Bethlehem |
| 1979 | Joel Cheruiyot | Bethlehem |
| 1981 | Richard Tuwei (fr.) | Wichita |
| 1984 | Peter Koech | University Park |
| 1987 | Jacinto Navarrete | Charlottesville |
| 1990 | Samuel Kibiri | Knoxville |
| 1990 | E. J. Guo | Knoxville |
| 1991 | Josephat Kapkory | Tucson |
| 1992 | Josephat Kapkory | Bloomington |
| 1993 | Josephat Kapkory | Bethlehem |
| 1993 | Patrick Muturi | Bethlehem |
| 1997 | Bernard Lagat | Greenville |
| 1998 | Eric Kamau | Lawrence |
| 1998 | Bernard Lagat | Lawrence |
| 2016 | Michael Williams | Terre Haute |
| 2024 | Evans Kurui | Madison, Wisc. |

**Bold Type = NCAA Champion**; (NCAA) = NCAA Meet Record

## Pac-12 Athlete of the Year

| Year | Name | Class |
|---|---|---|
| 1975 | Joshua Kimeto | Sophomore |
| 1976 | Henry Rono | Freshman |
| 1977 | Henry Rono | Sophomore |
| 1979 | Henry Rono | Senior |
| 1981 | Richard Tuwei | Freshman |
| 1992 | Josephat Kapkory | Junior |
| 1993 | Josephat Kapkory | Senior |

## WCC Cross Country Athlete of the Year

| Year | Name |
|---|---|
| 2024 | Evans Kurui |

## Coach of the Year Honors

| Year | Name | Award |
|---|---|---|
| 1970 | Jack Mooberry | NCAA District 8 |
| 1975 | John Chaplin | Pac-10, NCAA District 8 |