

| INDOOR | | | OUTDOOR | | |
|--------------------------------|-----------------------------|------------------------------------|---------|--------------------------------|---|
| | Season | Career | | Season | Career |
| Mitchell Beard (RSr.) | | | | | |
| 800 | | 1:59.74 (2015-UW Indoor Preview) | 800 | | 1:59.43 (2015-WSU Cougar Invite) |
| Mile | 4:19.06 (UW Indoor Preview) | 4:19.06 (2017-UW Indoor Preview) | 1500 | 3:58.30 (Cougar Invitational) | 3:58.30 (2017-Cougar Invitational) |
| 3000 | 8:50.89 (Idaho Duals) | 8:50.89 (2017-Idaho Duals) | 5000 | 15:47.79 (Spokane Memorial) | 15:36.39 (2015-Sam Adams Classic) |
| Stefan Bradley (Fr.) | | | | | |
| 800 | 2:03.44 (Idaho Duals) | 2:03.44 (2017-Idaho Duals) | 1500 | 4:00.00 (Cougar Invitational) | 4:00.00 (2017-Cougar Invitational) |
| Mile | 4:26.77 (Idaho Duals) | 4:26.77 (2017-Idaho Duals) | 5000 | 14:57.04 (Portland Twilight) | 14:57.04 (2017-Portland Twilight) |
| | | | 3000 SC | 9:50.74 (Buc Scoring Invite) | 9:50.74 (2017-Buc Scoring Invite) |
| Coby Eastwood (RSo.) | | | | | |
| 800 | 2:06.83 (Idaho Duals) | 2:06.83 (2017-Idaho Duals) | 800 | | 2:12.81 (2016-University of Idaho Invite) |
| 3000 | | 9:19.20 (2016-Cougar Indoor) | 1500 | | 4:05.68 (2016-West Coast Invite) |
| Mile | 4:36.07 (Idaho Duals) | 4:36.07 (2017-Idaho Duals) | 3000 | 9:08.06 (Cougar Invitational) | 9:08.06 (2017-Cougar Invitational) |
| | | | 5000 | 15:00.72 (Portland Twilight) | 15:00.72 (2017-Portland Twilight) |
| Phillip Fishburn (Fr.) | | | | | |
| Mile | 4:28.95 (WSU Open) | 4:28.95 (2017-WSU Open) | 1500 | 4:10.53 (Sam Adams Classic) | 4:10.53 (2017-Sam Adams Classic) |
| 3000 | 8:35.55 (UW Indoor Preview) | 8:35.55 (2017-UW Indoor Preview) | 10000 | 30:35.61 (UCLA Legends Invite) | 30:35.61 (2017-UCLA Legends Invite) |
| | | | 5000 | 14:52.49 (Spokane Memorial) | 14:52.49 (2017-Spokane Memorial) |
| | | | 3000 | 8:45.50 (Cougar Invitational) | 8:45.50 (2017-Cougar Invitational) |
| Troy Fraley (Sr.) | | | | | |
| 3000 | 7:58.14 (UW Invitational) | 7:57.16 (2016-Husky Classic) | 800 | 1:55.76 (Sam Adams Classic) | 1:55.76 (2017-Sam Adams Classic) |
| 5000 | | 15:06.00 (2014-UW Invite) | 1500 | 3:52.94 (WAR 10) | 3:52.94 (2017-WAR 10) |
| | | | Mile | | 4:13.80 (2015-BYU Cougar Invitational) |
| | | | 5000 | 13:57.58 (Portland Twilight) | 13:57.58 (2017-Portland Twilight) |
| | | | 10000 | 30:04.06 (Mt. SAC Relays) | 30:04.06 (2017-Mt. SAC Relays) |
| | | | 2000 SC | | 6:05.57 (2014-Oregon Preview) |
| | | | 3000 SC | 8:39.30 (Jordan Payton Invite) | 8:39.30 (2017-Jordan Payton Invite) |
| Bennett Gagnon (So.) | | | | | |
| Mile | 4:21.79 (UW Indoor Preview) | 4:21.79 (2017-UW Indoor Preview) | 1500 | 4:04.79 (Sam Adams Classic) | 4:04.79 (2017-Sam Adams Classic) |
| 3000 | | 8:54.71 (2016-Idaho Invitational) | 5000 | 14:33.26 (UCLA Legends Invite) | 14:33.26 (2017-UCLA Legends Invite) |
| 5000 | 15:27.47 (Idaho Duals) | 15:27.47 (2017-Idaho Duals) | 3000 | 8:48.67 (Cougar Invitational) | 8:48.67 (2017-Cougar Invitational) |
| Zac Garrard (Sr.) | | | | | |
| 800 | | 1:55.37 (2015-Idaho Collegiate) | 800 | 1:54.28 (WAR 10) | 1:52.64 (2016-Spokane Memorial) |
| Mile | 4:10.81 (Husky Classic) | 4:10.81 (2017-Husky Classic) | 1500 | 3:50.12 (Bryan Clay Invite) | 3:47.63 (2016-West Coast Invite) |
| 3000 | | 9:21.45 (2014-UW Indoor Preview) | Mile | 4:05.62 (UCLA Legends Invite) | 4:05.62 (2017-UCLA Legends Invite) |
| | | | 5000 | | 15:48.41 (2014-Duane Hartman Invite) |
| Ian Goldizen (Sr.) | | | | | |
| 800 | | 1:55.32 (2013-UW Final Qualifier) | 200 | | 25.96 (2016-NCAA Qualifiers) |
| Mile | | 4:13.87 (2014-UW Husky Classic) | 800 | | 1:54.80 (2013-Duane Hartman Invite) |
| 3000 | | 8:58.97 (2015-Idaho Indoor Invite) | 1500 | 3:54.91 (Bryan Clay Invite) | 3:50.86 (2016-West Coast Invite) |
| | | | 5000 | 14:52.38 (Portland Twilight) | 14:52.38 (2017-Portland Twilight) |
| | | | 3000 | 8:31.57 (Cougar Invitational) | 8:31.57 (2017-Cougar Invitational) |
| Sumner Goodwin (R.Jr.) | | | | | |
| Mile | | 4:12.93 (2016-UW Preview) | 800 | 1:56.91 (Spokane Memorial) | 1:56.91 (2017-Spokane Memorial) |
| 3000 | | 8:20.65 (2014-Husky Classic) | 1500 | 3:55.93 (Sam Adams Classic) | 3:51.82 (2016-WAR IX) |
| 5000 | | 14:38.00 (2014-MPSF Championships) | 5000 | 14:12.35 (UCLA Legends Invite) | 14:12.35 (2017-UCLA Legends Invite) |
| | | | 10000 | 29:54.06 (Mt. SAC Relays) | 29:54.06 (2017-Mt. SAC Relays) |
| Alex Heffelfinger (Fr.) | | | | | |
| 3000 | 8:58.68 (Idaho Duals) | 8:58.68 (2017-Idaho Duals) | 3000 SC | 9:18.95 (Portland Twilight) | 9:18.95 (2017-Portland Twilight) |
| | | | 1500 | 4:06.26 (Cougar Invitational) | 4:06.26 (2017-Cougar Invitational) |
| Ben Hogan (Fr.) | | | | | |
| 800 | 2:03.18 (Idaho Duals) | 2:03.18 (2017-Idaho Duals) | | | |
| Mile | 4:24.90 (Idaho Duals) | 4:24.90 (2017-Idaho Duals) | | | |
| Peter Hogan (Fr.) | | | | | |
| Mile | 4:17.02 (UW Indoor Preview) | 4:17.02 (2017-UW Indoor Preview) | | | |
| Max Kaderabek (Sr.) | | | | | |
| 3000 | 8:31.32 (Husky Classic) | 8:31.32 (2017-Husky Classic) | 800 | 2:08.01 (Sam Adams Classic) | 2:08.01 (2017-Sam Adams Classic) |
| 5000 | 14:42.07 (UW Invitational) | 14:42.07 (2017-UW Invitational) | 1500 | 4:04.95 (Spokane Memorial) | 4:04.95 (2017-Spokane Memorial) |
| | | | 5000 | 14:22.26 (UCLA Legends Invite) | 14:22.26 (2017-UCLA Legends Invite) |
| | | | 10,000 | 29:57.53 (Portland Twilight) | 29:57.53 (2017-Portland Twilight) |
| Scott Kopczynski (So.) | | | | | |
| 3000 | 8:16.17 (UW Invitational) | 8:11.80 (2016-UW Invitational) | 800 | 1:56.62 (Sam Adams Classic) | 1:56.62 (2017-Sam Adams Classic) |
| | | | 1500 | 3:50.65 (Cougar Invitational) | 3:50.65 (Cougar Invitational) |
| | | | 5000 | 14:09.16 (UCLA Legends Invite) | 14:09.16 (2017-UCLA Legends Invite) |
| Kellen Manley (Jr.) | | | | | |
| Mile | | 4:23.57 (2016-WSU Indoor Open) | 800 | | 1:58.00 (2016-WAR IX) |
| 3000 | 8:21.59 (Husky Classic) | 8:21.59 (2017-Husky Classic) | 1500 | | 3:55.89 (2016-Portland Twilight) |
| | | | 3000 SC | | 8:57.75 (2016-West Coast Invite) |
| | | | 5000 | | 14:57.07 (2016-Spokane Memorial) |
| | | | 10000 | | 32:56.65 (2015-WAR 8) |



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|---------------------------------|-----------------------------|---|---------|--------------------------------|---|
| <u>Connor McCandless (RSr.)</u> | | | | | |
| Mile | | 4:11.03 (2016-UW Preview) | 800 | | 1:56.46 (2015-WSU Cougar Invite) |
| 3000 | 8:21.57 (UW Invitational) | 8:21.57 (2017-UW Invitational) | 1500 | 3:52.45 (Spokane Memorial) | 3:52.45 (2017-Spokane Memorial) |
| | | | 3000 | | 8:50.78 (2016-University of Idaho Invite) |
| | | | 5000 | 14:26.07 (Mt. SAC Relays) | 14:08.77 (2013-San Fran. St. Carnival) |
| | | | 10000 | | 31:05.81 (2015-Mt. SAC Relays) |
| <u>Henry Morris (Sr.)</u> | | | | | |
| Mile | 4:26.03 (Idaho Duals) | 4:26.03 (2017-Idaho Duals) | 1500 | 4:02.77 (Cougar Invitational) | 4:02.77 (2017-Cougar Invitational) |
| 3000 | 9:20.66 (WSU Open) | 9:03.51 (2015-Idaho Collegiate) | 5000 | 15:19.71 (WAR 10) | 15:19.71 (2017-WAR 10) |
| | | | 2000 SC | | 6:22.91 (2014-Oregon Preview) |
| | | | 3000 SC | 9:14.75 (Portland Twilight) | 9:14.75 (2017-Portland Twilight) |
| <u>Ciaran O'Leary (So.)</u> | | | | | |
| Mile | | 4:42.13 (2016-Cougar Indoor) | 3000 | 8:50.33 (Cougar Invitational) | 8:50.33 (2017-Cougar Invitational) |
| 3000 | 8:58.05 (Idaho Duals) | 8:58.05 (2017-Idaho Duals) | 5000 | 15:07.98 (Spokane Memorial) | 15:07.98 (2017-Spokane Memorial) |
| | | | 10000 | 31:27.11 (Portland Twilight) | 31:27.11 (2017-Portland Twilight) |
| <u>Jake Perrin (Fr.)</u> | | | | | |
| 3000 | 8:09.02 (Husky Classic) | 8:09.02 (2017-Husky Classic) | 5000 | 14:04.82 (UCLA Legends Invite) | 14:04.82 (2017-UCLA Legends Invite) |
| | | | 1500 | 3:53.31 (Sam Adams Classic) | 3:53.31 (2017-Sam Adams Classic) |
| | | | 10000 | 30:14.81 (Mt. SAC Relays) | 30:14.81 (2017-Mt. SAC Relays) |
| <u>Brandon Pollard (So.)</u> | | | | | |
| 800 | | 1:55.96 (2016-WSU Indoor Open) | 800 | 1:54.41 (Portland Twilight) | 1:54.41 (2017-Portland Twilight) |
| Mile | | 4:10.69 (2015-UW Indoor Preview) | 1500 | 3:59.56 (Bryan Clay Invite) | 3:48.85 (2015-Portland Twilight) |
| | | | Mile | | 4:16.56 (2015-BYU Cougar Invite) |
| <u>Dillion Quintana (Sr.)</u> | | | | | |
| Mile | | 4:19.81 (2015-WSU Cougar Invite) | 800 | | 2:05.01 (2014-9th Sam Adams Classic) |
| 3000 | 8:23.47 (Husky Classic) | 8:23.47 (2017-Husky Classic) | 1500 | | 4:00.75 (2016-WAR IX) |
| 5000 | | 14:31.19 (2016-UW Invitational) | 3000 | | 8:39.98 (2016-University of Idaho Invite) |
| | | | 5000 | 14:38.70 (Portland Twilight) | 14:38.45 (2015-Oregon Relays) |
| | | | 10000 | 30:49.05 (Mt. SAC Relays) | 30:35.54 (2016-Mt. SAC Relays) |
| <u>Devin Roche (RSo.)</u> | | | | | |
| 3000 | 10:00.96 (WSU Open) | 10:00.96 (2017-WSU Open) | 1500 | 4:31.29 (Sam Adams Classic) | 4:31.29 (2017-Sam Adams Classic) |
| | | | 5000 | 16:39.66 (Buc Scoring Invite) | 16:39.66 (2017-Buc Scoring Invite) |
| | | | 3000SC | | 10:36.40 (2015-Sam Adams Classic) |
| <u>Jerry Sicalo (Sr.)</u> | | | | | |
| Mile | 4:14.83 (UW Indoor Preview) | 4:14.83 (2017-UW Indoor Preview) | 800 | 2:05.63 (Buc Scoring Invite) | 1:57.08 (2015-WSU Cougar Invite) |
| 3000 | 8:54.76 (Idaho Duals) | 8:54.76 (2017-Idaho Duals) | 1500 | 3:56.97 (Bryan Clay Invite) | 3:53.54 (2015-Portland Twilight) |
| | | | 5000 | 15:07.54 (Spokane Memorial) | 16:07.54 (2017-Spokane Memorial) |
| <u>Hunter Simpson (Fr.)</u> | | | | | |
| 3000 | 9:37.51 (WSU Open) | 9:37.51 (2017-WSU Open) | 5000 | 15:00.78 (Spokane Memorial) | 15:00.78 (2017-Spokane Memorial) |
| | | | 10000 | 31:06.39 (Portland Twilight) | 31:06.39 (2017-Portland Twilight) |
| | | | 3000 | 8:49.99 (Cougar Invitational) | 8:49.99 (2017-Cougar Invitational) |
| <u>Kinsly Smith (RJr.)</u> | | | | | |
| 800 | 1:54.85 (UW Indoor Preview) | 1:54.14 (2016-UW Preview) | 800 | 1:51.76 (UCLA Legends Invite) | 1:51.76 (2017-UCLA Legends Invite) |
| Mile | | 4:31.33 (2014-UW Indoor Preview) | 1500 | 4:04.85 (Buc Scoring Invite) | 3:59.08 (2015-Buc Scoring Invite) |
| <u>Forest Tarbath (RSr.)</u> | | | | | |
| Mile | | 4:23.74 (2016-WSU Indoor Open) | 800 | 2:02.38 (Sam Adams Classic) | 2:02.38 (2017-Sam Adams Classic) |
| 3000 | 8:30.21 (Husky Classic) | 8:30.21 (2017-Husky Classic) | 1500 | 4:03.72 (Sam Adams Classic) | 4:03.72 (2017-Sam Adams Classic) |
| 5000 | 15:02.70 (UW Invitational) | 14:51.85 (2016-UW Invitational) | 5000 | 15:09.10 (Buc Scoring Invite) | 15:00.02 (2016-Buc Scoring Invite) |
| | | | 10000 | 31:02.75 (UCLA Legends Invite) | 31:02.75 (2017-UCLA Legends Invite) |
| <u>Daniel Thompson (Fr.)</u> | | | | | |
| Mile | 4:32.11 (Idaho Duals) | 4:32.11 (2017-Idaho Duals) | 3000SC | 10:08.12 (Buc Scoring Invite) | 10:08.12 (2017-Buc Scoring Invite) |
| 3000 | 8:34.60 (UW Invitational) | 8:34.60 (2017-UW Invitational) | 5000 | 15:18.86 (Spokane Memorial) | 15:18.86 (2017-Spokane Memorial) |
| <u>Kyle Thompson (RSO.)</u> | | | | | |
| Mile | 4:19.59 (Idaho Duals) | 4:19.59 (2017-Idaho Duals) | 1500 | 3:54.02 (Bryan Clay Invite) | 3:54.02 (2017-Bryan Clay Invite) |
| 3000 | 8:24.85 (UW Indoor Preview) | 8:24.85 (2017-UW Indoor Preview) | 5000 | 14:34.48 (Portland Twilight) | 14:34.48 (2017-Portland Twilight) |
| | | | 3000 | 8:36.25 (Cougar Invitational) | 8:36.25 (2017-Cougar Invitational) |
| <u>William Thompson (RSO.)</u> | | | | | |
| 3000 | | 8:52.66 (2016-Cougar Indoor) | 10000 | 31:44.57 (WAR 10) | 31:44.57 (2017-WAR 10) |
| | | | 5000 | 15:17.46 (Spokane Memorial) | 15:17.46 (2017-Spokane Memorial) |
| | | | 3000 | 8:54.13 (Cougar Invitational) | 8:54.13 (2017-Cougar Invitational) |
| <u>Sammy Truax (So.)</u> | | | | | |
| 800 | | 1:58.50 (2016-UW Preview) | 800 | 1:57.15 (Sam Adams Classic) | 1:57.15 (2017-Sam Adams Classic) |
| Mile | 4:24.54 (WSU Open) | 4:24.54 (2017-WSU Open) | 1500 | 3:58.41 (Sam Adams Classic) | 3:58.41 (2017-Sam Adams Classic) |
| 3000 | 8:35.94 (UW Indoor Preview) | 8:35.94 (2017-UW Indoor Preview) | 3000SC | 9:05.13 (Portland Twilight) | 9:05.13 (2017-Portland Twilight) |
| | | | 5000 | 15:03.49 (WAR 10) | 15:03.49 (2017-WAR 10) |
| <u>Nathan Vanos (Fr.)</u> | | | | | |
| 800 | 2:04.51 (Idaho Duals) | 2:04.51 (2017-Idaho Duals) | 800 | 1:58.80 (Cougar Invitational) | 1:58.80 (2017-Cougar Invitational) |
| Mile | 4:28.00 (Idaho Duals) | 4:28.00 (2017-Idaho Duals) | 1500 | 4:05.12 (Portland Twilight) | 4:05.12 (2017-Portland Twilight) |
| | | | 5000 | 15:55.13 (Spokane Memorial) | 15:55.13 (2017-Spokane Memorial) |
| <u>Graham Wendle (RSO.)</u> | | | | | |
| 800 | 2:01.30 (Idaho Duals) | 2:01.30 (2017-Idaho Duals) | 800 | | 1:58.29 (2015-WSU Cougar Invite) |
| Mile | 4:30.00 (Idaho Duals) | 4:28.49 (2015-UW Indoor Preview) | 1500 | | 3:57.09 (2016-Portland Twilight) |
| 3000 | | 9:06.25 (2015-Idaho Vandal Indoor Invite) | 2000 SC | | 6:09.58 (2016-University of Idaho Invite) |
| | | | 3000 SC | | 9:30.30 (2016-Oregon Relays) |
| | | | 5000 | | 15:21.54 (2016-Spokane Memorial) |

Personal Bests