

WOMEN

200 meters	Year	Time	Date	Meet	Location
1. Claire Obradovich	FR	26.45	4/19/2008	Duane Hartman Invite	Spokane, Wash.
2. Amanda Legerski		26.54	4/5/1997	Spokane Invitational	Spokane, Wash.
3. Brianna Vasquez	SO	26.82	5/1/2017	Cougar Invitational	Pullman, Wash.
4. Katherine Benton		27.20	1986		
5. Beth Kupko		27.23	4/19/1997		
6. Theresa McKiernan	FR	27.62	4/13/1990	Bigfoot Open	Spokane, Wash.
7. Taylor Moravec	FR	27.76	3/20/2010	Dusty Lane Open	Spokane, Wash.
8. Audrey Nordness		28.55	4/12/2012	Whitworth Twilight	Spokane, Wash.
9. Lauren Saunders	SO	28.58	3/20/2015	Buc Scoring Invite	Spokane, Wash.
10. Zoey Selby	FR	28.65	4/5/2014	Sam Adams Invite	Spokane, Wash.

400 meters	Year	Time	Date	Meet	Location
1. Vonda Harmon		00:59.00	1986		
2. Claire Obradovich	FR	00:59.76	4/19/2008	Duane Hartman Invite	Spokane, Wash.
3. Brianna Vasquez	SO	01:00.42	5/13/2017	Portland Twilight	Portland, Ore.
4. Emily Anderson	JR	01:00.79	4/9/2016	Northwest Scoring Clash	Spokane, Wash.
5. Amanda Legerski		01:00.51	4/25/1997		
6. Kara Rasmussen		01:01.13	4/16/2005	Whitworth Open	Spokane, Wash.
7. Maggie Riley	RFR	01:01.21	3/20/2015	Buc Scoring Invite	Spokane, Wash.
8. Jordan McCann	SR	01:01.23	3/15/2014	Dusty Lane Open	Spokane, Wash.
9. Kelsey Tracy	SO	01:01.75	4/13/2013	Northwest Scoring Clash	Spokane, Wash.
10. Christa Draggie		01:01.79	4/24/1998	Arnie Pelluer Invite	Cheney, Wash.

800 meters	Year	Time	Date	Meet	Location
1. Lindsey Drake	RSR	02:11.27	5/14/2013	Whitworth Last Chance	Spokane, Wash.
2. Jordan McCann	JR	02:13.34	5/11/2013	West Coast Invitational	Salem, Ore.
3. Catherine Theobald	SO	02:14.84	4/12/2012	Whitworth Twilight	Spokane, Wash.
4. Kate Brayko		02:16.23	4/25/1997	Annie Pelluer Invite	Spokane, Wash.
5. Emily Anderson	FR	02:16.99	5/15/2014	West Coast Invitational	Salem, Ore.
6. Kelsey Tracy	FR	02:17.36	5/12/2012	West Coast Invitational	Salem, Ore.
7. Shelly Davis	JR	02:17.74	4/12/2014	Northwest Scoring Clash	Spokane, Wash.
8. Molly Stroosma	JR	02:18.06	5/15/2016	Portland Twilight	Portland, Ore.
9. Maggie Jones	SR	02:18.38	5/18/2016	Whitworth Final Qualifying	Spokane, Wash.
10. Colleen McCambridge	SR	02:18.47	4/20/1990	Bob Gibb Classic	Boise, Idaho

1,500 meters	Year	Time	Date	Meet	Location
1. Lindsey Drake	RSR	04:17.79	6/8/2013	Portland Track Festival	Portland, Ore.
2. Catherine Theobald	SO	04:31.08	5/12/2012	West Coast Invitational	Salem, Ore.
3. Jessica Mildes	SR	04:35.88	4/8/2017	Northwest Scoring Clash	Spokane, Wash.
4. Maggie Jones	RSR	04:36.53	4/9/2016	Northwest Scoring Clash	Spokane, Wash.
5. Shelly Davis	RJR	04:34.51	5/15/2014	West Coast Invitational	Salem, Ore.
6. Zoe Urcadez	SO	04:36.02	4/18/2014	Mt SAC Relays	Walnut, Calif.
7. Lara Tuthill	RSO	04:38.06	4/27/2013	Duane Hartman Invite	Spokane, Wash.
8. Amelia Evans	JR	04:40.67	4/11/2015	Northwest Scoring Clash	Spokane, Wash.
9. Claren Fraher	SO	04:41.35	4/15/2016	Oregon Relays	Eugene, Ore.
10. Emily Thomas	SO	04:42.18	4/27/2012	Duane Hartman Invite	Spokane, Wash.

5,000 meters	Year	Time	Date	Meet	Location
1. Jessica Mildes	SO	16:16.88	4/17/2015	Oregon Relays	Eugene, Ore.
2. Lindsey Drake	RSR	16:22.53	4/19/2013	Oregon Relays	Eugene, Ore.
3. Shelby Mills	RJR	16:25.81	3/17/2016	Buc Scoring	Spokane, Wash.
4. Maggie Jones	JR	16:27.86	4/17/2015	Oregon Relays	Eugene, Ore.
5. Jordan Thurston	RJR	16:34.81	4/15/2016	Oregon Relays	Eugene, Ore.
6. Amelia Evans	JR	16:47.08	4/3/2015	SF State Distance Carnival	San Francisco, Calif.
7. Lara Tuthill	RSO	16:48.64	4/19/2013	Oregon Relays	Eugene, Ore.
8. Emily Thomas	RJR	16:54.94	5/11/2013	West Coast Invitational	Salem, Ore.
9. Laura Volcheff	SR	17:15.45	5/14/2011	West Coast Invitational	Salem, Ore.
10. Jill Semenza		17:18.87	4/22/2005	Oregon Invitational	Eugene, Ore.



10,000 meters	Year	Time	Date	Meet	Location
1. Jessica Mildes	JR	33:40.82	4/3/2015	Stanford Invitational	Palo Alto, Calif.
2. Emily Thomas	RJR	34:41.97	3/29/2013	Stanford Invitational	Palo Alto, Calif.
3. Amelia Evans	JR	35:07.03	4/16/2014	Mt. SAC Relays	Walnut, Calif.
4. Jill Semenza	JR	36:11.21	4/2/2005	Willamette Invite	Salem, Ore.
5. Tana Caskey		37:13.00	4/27/2001	Oregon Invite	Eugene, Ore.
6. Brittany O'Regan	SR	37:22.60	3/24/2011	Buc Scoring Invite	Spokane, Wash.
7. Molly Follen		37:53.30	4/2/2005	Willamette Invite	Salem, Ore.
8. Molly Funk	SR	37:56.20	3/27/2010	Buc Scoring Invite	Spokane, Wash.
9. Katie Owen		38:05.50	4/19/1996	Bob Gibb Classic	Boise, Idaho
10. Kayla Lloyd	JR	38:05.67	5/14/2011	West Coast Invitational	Salem, Ore.

3000m Steeplechase	Year	Time	Date	Meet	Location
1. Shelby Mills	RJR	09:56.17	5/12/2016	West Coast Invitational	Salem, Ore.
2. Lauren Bergam	SR	10:46.73	5/11/2013	West Coast Invitational	Salem, Ore.
3. Cathy Hall		11:38.05	2003		
4. Corrine Murray	JR	11:41.21	4/23/2016	Spokane Memorial Open	Spokane, Wash.
5. Laura Volcheff	SO	11:45.21	3/26/2009	Buc Scoring Invite	Spokane, Wash.
6. Jamie Schiel		11:54.78	4/11/2003	Pelluer Invite	Cheney, Wash.
7. Molly Funk	JR	12:01.72	4/25/2009	Duane Hartman Invite	Spokane, Wash.
8. Haley Nordin	FR	12:08.82	4/27/2012	Duane Hartman Invite	Spokane, Wash.
9. Carrie Gibson		12:10.53	3/22/2003	Ken Shannon Invite	Seattle, Wash.
10. Nikki Beck		12:30.39	3/22/2003	Ken Shannon Invite	Seattle, Wash.

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800 meters	Year	Time	Date	Meet	Location
1. Brandon Pollard	JR	01:49.88	6/13/2015	Portland Festival	Portland, Ore.
2. Andy Phillips	SR*	01:51.40	6/13/2015	Portland Festival	Portland, Ore.
3. Joe Lamontagne	SR	01:51.75	5/15/2014	West Coast Invitational	Salem, Ore.
4. Kinsly Smith	JR	01:51.76	3/31/2017	UCLA Distance Carnival	Los Angeles, Calif.
5. Mason Villarma	FR	01:52.30	4/9/2016	Northwest Scoring Clash	Spokane, Wash.
6. Brent Felnagle	SO*	01:52.31	4/13/2013	Northwest Scoring Clash	Spokane, Wash.
7. Jon Neil	SR	01:52.31	1996	Spokane Falls Spring	Spokane, Wash.
8. Zac Garrard	JR	01:52.64	4/23/2016	Spokane Memorial Open	Spokane, Wash.
9. Willie Milam	SR*	01:53.25	3/20/2015	Buc Scoring Invite	Spokane, Wash.
10. Hans Hagmeier	SO	01:54.10	5/1/2010	Duane Hartman Invite	Spokane, Wash.

1,500 meters	Year	Time	Date	Meet	Location
1. Andy Phillips	JR	03:43.90	5/17/2015	Portland Twilight	Portland, Ore.
2. Willie Milam	JR*	03:45.73	5/15/2014	West Coast Invitational	Salem, Ore.
3. Mason Villarma	FR	03:46.05	5/12/2016	West Coast Invitational	Salem, Ore.
4. Brent Felnagle	SO*	03:46.61	5/11/2013	West Coast Invitational	Salem, Ore.
5. Zac Garrard	JR	03:47.63	5/12/2016	West Coast Invitational	Salem, Ore.
6. Brandon Pollard	FR	03:48.85	5/17/2015	Portland Twilight	Portland, Ore.
7. Scott Koczynski	FR	03:50.65	5/1/2017	Cougar Invitational	Pullman, Wash.
8. Ian Goldizen	JR	03:50.86	5/12/2016	West Coast Invitational	Salem, Ore.
9. Matthew Crichlow	SR	03:51.22	4/23/2016	Spokane Memorial Open	Spokane, Wash.
10. Sumner Goodwin	SO	03:51.82	4/9/2016	Northwest Scoring Clash	Spokane, Wash.

5,000 meters	Year	Time	Date	Meet	Location
1. Willie Milam	SR*	13:53.74	4/3/2015	Stanford Invitational	Palo Alto, Calif.
2. Troy Fraley	JR	13:57.58	5/13/2017	Portland Twilight	Portland, Ore.
3. Jake Perrin	FR	14:04.82	3/31/2017	UCLA Distance Carnival	Los Angeles, Calif.
4. Conor McCandless	FR	14:08.77	3/30/2013	SF St. Distance Carnival	San Francisco, Calif.
5. Scott Koczynski	SO	14:09.16	3/31/2017	UCLA Distance Carnival	Los Angeles, Calif.
6. Sumner Goodwin	JR	14:12.35	3/31/2017	UCLA Distance Carnival	Los Angeles, Calif.
7. Robert Walgren	JR*	14:13.51	4/4/2014	SF St. Distance Carnival	San Francisco, Calif.
8. Matthew Crichlow	SR*	14:16.14	5/15/2016	Portland Twilight	Portland, Ore.
9. Nick Roche	SR	14:19.43	4/17/2015	Mt. SAC Relays	Walnut, Calif.
10. Max Kaderabek	SR	14:22.26	3/31/2017	UCLA Distance Carnival	Los Angeles, Calif.

10,000 meters	Year	Time	Date	Meet	Location
1. Matthew Crichlow	SR	29:45.54	4/14/2016	Mt. SAC Relays	Norwalk, Calif.
2. Willie Milam	SR	29:49.78	4/17/2015	Mt. SAC Relays	Walnut, Calif.
3. Sumner Goodwin	RJR	29:54.06	4/13/2017	Mt. SAC Relays	Torrance, Calif.
4. Max Kaderabek	SR	29:57.53	5/13/2017	Portland Twilight	Portland, Ore.
5. Troy Fraley	RJR	30:04.06	4/13/2017	Mt. SAC Relays	Torrance, Calif.
6. Colin O'Neil	SO*	30:09.86	4/18/2014	Mt. SAC Relays	Walnut, Calif.
7. Jake Perrin	FR	30:14.81	4/13/2017	Mt. SAC Relays	Torrance, Calif.
8. Jack Pearce	SO	30:16.62	5/12/2016	West Coast Invitational	Salem, Ore.
9. Tate Kelly	JR	30:23.77	5/12/2012	West Coast Invitational	Salem, Ore.
10. Robert Walgren	JR*	30:26.90	4/18/2014	Mt. SAC Relays	Walnut, Calif.

3000m Steeplechase	Year	Time	Date	Meet	Location
1. Troy Fraley	JR	08:39.30	5/5/2017	Payton Jordan Invite	Stanford, Calif.
2. Kellen Manley	SO	08:57.75	5/12/2016	West Coast Invitational	Salem, Ore.
3. Nick Roche	JR	08:59.29	4/4/2014	Stanford Invitational	Palo Alto, Calif.
4. Casey Adams	RSR	09:02.90	5/12/2016	West Coast Invitational	Salem, Ore.
5. Kyle Branch	SR*	09:03.03	5/6/2016	Oregon Twilight	Eugene, Ore.
6. Patrick Richie	SR*	09:04.96	4/4/2014	SF St. Distance Carnival	San Francisco, Calif.
7. Sammy Truax	SO	09:05.13	5/13/2017	Portland Twilight	Portland, Ore.
8. Henry Morris	SR	09:14.75	5/13/2017	Portland Twilight	Portland, Ore.
9. Alex Heffelfinger	FR	09:18.95	5/13/2017	Portland Twilight	Portland, Ore.
10. Alec Temple	FR	09:23.69	4/19/2013	Oregon Relays	Eugene, Ore.

*** Set in 2017