

Personal Bests

INDOOR			OUTDOOR		
	Season	Career		Season	Career
Jenny Albrecht (Jr.)					
400		67.76 (2015-Idaho Collegiate)	800	2:30.87 (Sam Adams Classic)	2:30.87 (2017-Sam Adams Classic)
800		2:29.24 (2016-Cougar Indoor)	1500	4:57.15 (UCLA Legends Invite)	4:49.24 (2016-West Coast Invite)
Mile		5:37.66 (2017-UW Preview)			
Shot Put	6.73m (Idaho Duals)	6.73m (2017-Idaho Duals)			
High Jump	1.29m (Idaho Duals)	1.39m (2017-Idaho Duals)			
Emily Anderson (Sr.)					
200		30:19 (2017-WSU Open)	200	28.57 (Sam Adams Classic)	28.57 (2017-Sam Adams Classic)
600		1:39.72 (2015-UW Preview)	400	1:02.23 (Sam Adams Classic)	1:00.79 (2016-WAR 9)
800	2:35.15 (Idaho Duals)	2:19.83 (2015-UW Invite)	800	2:21.99 (UCLA Legends Invite)	2:16.99 (2014-West Coast Invite)
Mile		5:46.53 (2016-WSU Indoor Open)	1500		4:57.11 (2014-Dusty Lane Open)
Gianna Bacher (Fr.)					
			200	29.03 (Cougar Invitational)	29.03 (2017-Cougar Invitational)
			100	14.11 (Cougar Invitational)	14.11 (2017-Cougar Invitational)
Lauren Bourgeois (Fr.)					
3000		10:57.78 (2017-WSU Open)	1500	4:54.40 (Portland Twilight)	4:54.40 (2017-Portland Twilight)
			5000	18:11.25 (UCLA Legends Invite)	18:11.25 (2017-UCLA Legends Invite)
Megan Chucka (R.Jr.)					
800		2:27.48 (2015-WSU Cougar Invite)	800	2:39.71 (Buc Scoring Invite)	2:29.07 (2015-WAR 8)
Mile		5:26.13 (2016-Cougar Indoor)	1500	5:10.65 (Spokane Memorial)	4:50.44 (2016-Buc Scoring Invite)
3000	11:08.39 (Idaho Duals)	11:08.39 (2017-Idaho Duals)	3000		10:42.55 (2016-University of Idaho Invite)
			Mile		5:51.12 (2015-BYU Invite)
			5000		17:53.99 (2016-Oregon Relays)
Katy Culver (RSr.)					
Mile	5:20.22 (Idaho Duals)	5:11.08 (2016-Cougar Indoor)	800		2:26.46 (2015-Buc Scoring Invite)
3000		10:43.87 (2015-WSU Cougar Invite)	1500	4:47.56 (Cougar Invitational)	4:44.78 (2015-Sam Adams Classic)
			Mile		5:15.25 (2015-BYU Invite)
			5000	17:26.88 (Bryan Clay Invite)	17:24.67 (2016-Bruin Legends)
Megan Dillon (So.)					
200	29.33 (Cougar Indoor)	29.33 (2016-Cougar Indoor)	200		28.89 (2016-Sam Adams Classic)
400	64.67 (Idaho Invitational)	64.67 (2016-Idaho Invitational)	400		65.68 (2016-University of Idaho Invite)
Amelia Evans (RSr.)					
800	2:32.99 (WSU Open)	2:32.99 (WSU Open)	1500	4:56.52 (Sam Adams Classic)	4:40.67 (2015-WAR 8)
3000		9:53.66 (2015-UW Preview)	5000	17:56.60 (Spokane Memorial)	16:47.08 (2015-SFS Distance Carnival)
Mile		5:10.27 (2014-Vandal Indoor)	10,000		35:07.03 (2015-Mt. SAC Relays)
5000		17:24.53 (2015-UW Classic)	3000	10:21.75 (Cougar Invitational)	10:21.75 (2017-Cougar Invitational)
Olivia Evans (RSO.)					
Mile	5:30.50 (Idaho Duals)	5:19.89 (2015-WSU Cougar Invite)	1500	4:56.74 (Portland Twilight)	4:53.31 (2016-University of Idaho Invite)
3000	10:34.53 (UW Indoor Preview)	10:34.53 (UW Indoor Preview)	5000	18:21.98 (Spokane Memorial)	17:51.66 (2016-Oregon Relays)
5000	18:15.71 (UW Invitational)	18:15.71 (2017-UW Invitational)			
Molly Foster (RSO.)					
200	29.60 (WSU Open)	29.60 (WSU Open)	200		28:28 (2016-Buc Scoring Invite)
400	1:05.52 (Idaho Duals)	1:04.68 (WSU Indoor Open)	400		1:02.33 (Buc Scoring Invite)
600		1:47.60 (2016-Cougar Indoor)	800	2:35.25 (Buc Scoring Invite)	2:33.52 (2016-Sam Adams Classic)
800		2:30.42 (2016-Idaho Invitational)	400H	1:08.80 (Portland Twilight)	1:07.08 (2016-West Coast Invite)
Long Jump	4.39m (Idaho Duals)	4.39m (2017-Idaho Duals)	2000 Steeple		8:40.17 (2016-University of Idaho Invite)
Claren Fraher (Jr.)					
400		61.81 (2015-Idaho Collegiate)			
600	1:45.38 (UW Indoor Preview)	1:41.45 (2016-UW Preview)	400		1:02.55 (2016-Buc Scoring Invite)
800	2:25.67 (WSU Open)	2:18.48 (2015-Cougar Indoor)	800	2:24.25 (Spokane Memorial)	2:19.73 (2016-University of Idaho Invite)
Mile		5:26.89 (2015-WSU Cougar Invite)	1500	4:44.21 (Bryan Clay Invite)	4:41.35 (2016-Oregon Relays)
Kelly Gilbert (Fr.)					
3000	11:09.98 (Idaho Duals)	11:03.38 (2016-Idaho Invitational)	1500	5:01.00 (Portland Twilight)	5:01.00 (2017-Portland Twilight)
			3000		11:46.22 (2016-University of Idaho Invite)
			5000	19:02.02 (Sam Adams Classic)	18:50.18 (2016-West Coast Invite)
Megan Glenski (Fr.)					
Mile	5:45.68 (WSU Open)	5:45.68 (2017-WSU Open)	1500	5:08.40 (Buc Scoring Invite)	5:08.40 (2017-Buc Scoring Invite)
			5000	18:53.05 (UCLA Legends Invite)	18:53.05 (2017-UCLA Legends Invite)
			3000	11:31.05 (Cougar Invitational)	11:31.05 (2017-Cougar Invitational)
Sarah Hawley (Fr.)					
400	1:07.39 (WSU Open)	1:07.39 (2017-WSU Open)	800	2:25.66 (Sam Adams Classic)	2:25.66 (2017-Sam Adams Classic)
800	2:31.41 (Idaho Duals)	2:31.41 (2017-Idaho Duals)			
Julie Henling (Sr.)					
Mile		5:48.78 (2016-WSU Indoor Open)	1500	5:14.11 (Sam Adams Classic)	4:53.10 (2015-Sam Adams Classic)
3000	10:47.33 (WSU Open)	10:47.33 (2017-WSU Open)	3000	10:37.16 (Cougar Invitational)	10:37.16 (2017-Cougar Invitational)
5000	18:12.38 (UW Invitational)	18:12.38 (2017-UW Invitational)	5000	18:09.38 (Spokane Memorial)	18:09.38 (2017-Spokane Memorial)
Shot Put	6.52m (Idaho Duals)	6.52m (2017-Idaho Duals)	10,000	38:47.89 (WAR 10)	38:47.89 (2017-WAR 10)
Amanda Kiefer (So.)					
Mile		5:33.94 (2016-Cougar Indoor)	1500		4:39.14 (2016-Buc Scoring Invite)
3000	10:35.98 (WSU Open)	10:35.98 (2017-WSU Open)	2000 SC		7:56.61 (2016-University of Idaho Invite)
			5000	18:20.72 (Sam Adams Classic)	18:11.30 (2016-West Coast Invite)



INDOOR

OUTDOOR

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	Season	Career		Season	Career
Claire Manley (Fr.)					
Mile	5:32.44 (WSU Open)	5:32.44 (2017-WSU Open)	5000	18:36.41 (Sam Adams Classic)	18:36.41 (2017-Sam Adams Classic)
3000	10:35.72 (UW Indoor Preview)	10:35.72 (UW Indoor Preview)	1500	5:00.60 (Portland Twilight)	5:00.60 (2017-Portland Twilight)
Jessica Mildes (RSr.)					
Mile	5:05.87	5:05.87 (2017-Idaho Duals)	800	2:25.27 (Buc Scoring Invite)	2:18.45 (2015-Buc Scoring Invite)
3000		9:55.46 (2015-UW Preview)	1500	4:33.74 (WAR 10)	4:33.74 (2017-WAR 10)
5000	17:24.13 (UW Invitational)	17:00.66 (2015-UW Classic)	5000	16:25.08 (UCLA Legends Invite)	16:16.88 (2015-Oregon Relays)
			10,000	34:13.96 (Mt. SAC Relays)	33:40.82 (2015-Stanford Invitational)
Emma Morris (So.)					
800	2:38.86 (Idaho Duals)	2:38.86 (2017-Idaho Duals)	800	2:48.32 (Buc Scoring Invite)	2:39.59 (2016-University of Idaho Invite)
			1500		5:11.71 (2016-WAR IX)
			400	1:10.37 (Cougar Invitational)	1:10.37 (2017-Cougar Invitational)
Corrine Murray (RJR.)					
800		2:25.89 (2015-WSU Cougar Invite)	800		2:28.41 (2014-NW Scoring Clash)
Mile	5:31.88 (WSU Open)	5:31.88 (2017-WSU Open)	1500	4:56.00 (Cougar Invitational)	4:55.19 (2015-WSU Cougar Invite)
3000	10:27.83 (Idaho Duals)	10:27.83 (2017-Idaho Duals)	5000	18:34.97 (Buc Scoring Invite)	18:58.83 (2014-Duane Hartman Invite)
			2000 SC		7:40.91 (2016-University of Idaho Invite)
			3000 SC	11:42.20 (UCLA Legends Invite)	11:42.20 (2017-UCLA Legends Invite)
Maggie Riley (Jr.)					
			400	1:08.59 (Spokane Memorial)	1:08.59 (2017-Spokane Memorial)
			800	2:40.86 (Sam Adams Classic)	2:40.86 (2017-Sam Adams Classic)
			1500	5:41.18 (Buc Scoring Invite)	5:41.18 (2017-Buc Scoring Invite)
Monica Ripple (So.)					
3000	11:04.55 (WSU Open)	11:04.55 (2017-WSU Open)	5000	20:01.79 (Sam Adams Classic)	20:01.79 (2017-Sam Adams Classic)
			10000	42:02.39 (WAR 10)	42:02.39 (2017-WAR 10)
Lauren Saunders (Sr.)					
300		45.51 (2014-Vandal Indoor)	200		28.55 (2016-Sam Adams Classic)
400		64.77 (2015-WSU Cougar Invite)	400		64.35 (2016-University of Idaho Invite)
600		1:43.06 (2014-UW Preview)	800		2:20.26 (2015-Oregon Relays)
			1500		5:17.73 (2014-Dusty Lane Open)
Elena Slavoski (RSo.)					
Mile	5:40.11 (Idaho Duals)	5:37.57 (2016-Cougar Indoor)	3000	10:56.81 (Cougar Invitational)	10:56.81 (2017-Cougar Invitational)
			5000	19:29.40 (Spokane Memorial)	19:29.40 (2017-Spokane Memorial)
Braze Smith (RFR.)					
800	2:35.89 (WSU Open)	2:35.89 (2017-WSU Open)	400	1:12.56 (Spokane Memorial)	1:12.56 (2017-Spokane Memorial)
Melanie Stralen (RJR.)					
200	29.98 (Idaho Duals)	29.98 (2017-Idaho Duals)	100	14.06 (Sam Adams Classic)	14.06 (2017-Sam Adams Classic)
Mile		5:59.26 (2014-Idaho Collegiate)	200	28.59 (Cougar Invitational)	28.59 (2017-Cougar Invitational)
3000		12:12.67 (2014-UW Indoor Preview)	400		1:11.53 (2015-WAR 8)
Molly Stroosma (Sr.)					
300		46.09 (2014-Vandal Indoor)	400		1:03.91 (2014-West Coast Invite)
400		62.49 (2015-Idaho Collegiate)	800	2:22.49 (Spokane Memorial)	2:18.06 (2016-Portland Twilight)
600	1:46.58 (WSU Open)	1:42.26 (2014-UW Preview)	1500	4:53.44 (Bryan Clay Invite)	4:48.53 (2016-Oregon Relays)
800	2:30.72 (Idaho Duals)	2:26.93 (2015-Idaho Collegiate)	200	28.55 (Cougar Invitational)	28.55 (2017-Cougar Invitational)
Mile	5:53.69 (WSU Open)	5:52.88 (2016-Cougar Indoor)			
Claire Swafford (Fr.)					
3000	11:46.01 (Idaho Duals)	11:46.01 (2017-Idaho Duals)			
Jordan Thurston (RSO.)					
3000		10:12.35 (2016-Idaho Invitational)	1500	4:46.64 (Cougar Invitational)	4:43.91 (2016-WAR IX)
5000		17:12.86 (2016-UW Invitational)	3000		10:03.38 (2016-University of Idaho)
			5000	16:49.08 (Portland Twilight)	16:34.81 (2016-Oregon Relays)
Brianna Vasquez (So.)					
60	8.38 (Idaho Duals)	8.38 (2017-Idaho Duals)	100	13.75 (Buc Scoring Invite)	13.75 (2017-Buc Scoring Invite)
200	27.74 (Idaho Duals)	27.50 (2016-Cougar Indoor)	200	26.82 (Cougar Invitational)	26.82 (2017-Cougar Invitational)
400	63.25 (WSU Open)	62.90 (2016-Idaho Invitational)	400	1:00.42 (Portland Twilight)	1:00.42 (2017-Portland Twilight)
Sammy Vowles (RFR.)					
200	30.39 (Idaho Duals)	30.39 (2017-Idaho Duals)	100	13.85 (Sam Adams Classic)	13.85 (2017-Sam Adams Classic)
			200	28.49 (Cougar Invitational)	28.49 (2017-Cougar Invitational)
			400		67.39 (2016-University of Idaho Invite)
			800		2:33.37 (2016-WAR IX)
Kate Wagner (RJR.)					
Mile	5:34.74 (UW Indoor Preview)	5:34.74 (2017-UW Indoor Preview)	800		2:30.05 (2016-Erik Anderson Twilight)
			1500	4:52.77 (UCLA Legends Invite)	4:52.77 (2017-UCLA Legends Invite)
			3000		11:34.94 (2016-University of Idaho Invite)
Christina Winters (RSr.)					
3000	11:17.57 (Idaho Duals)	11:10.07 (2015-WSU Cougar Invite)	1500		5:24.75 (2014-Buc Scoring Invite)
			3000	11:12.92 (Cougar Invitational)	11:12.92 (2017-Cougar Invitational)
			5000	19:04.34 (WAR 10)	19:04.34 (2017-WAR 10)

