

PROGRAM BEST TIMES

WOMEN

4,000 METERS

1.	Jordan Thurston	Jr	13:40.6	Clash of the Inland Northwest	9/1/2016
2.	Julie Henling	RSo	13:58.9	Clash of the Inland Northwest	9/1/2015
3.	Amelia Evans	Sr	14:05.0	Clash of the Inland Northwest	9/1/2015
4.	Lindsey Drake	RSr	14:11.2	Clash of the Inland Northwest	9/1/2012
5.	Emily Thomas	RJr	14:16.6	Clash of the Inland Northwest	9/1/2012
6.	Maggie Jones	So	14:20.5	Clash of the Inland Northwest	9/1/2012
7.	Olivia Evans	So	14:29.7	Clash of the Inland Northwest	9/1/2015
8.	Jessica Mildes	Sr	14:31.7	Clash of the Inland Northwest	9/1/2016
9.	Lauren Bergam	RSr	14:35.0	Clash of the Inland Northwest	8/31/2013
10.	Zoe Urcadez	Jr	14:38.8	Clash of the Inland Northwest	8/30/2014

5,000 METERS

1.	Amelia Evans	Jr	16:52.0	Inland Empire Classic	10/18/2014
2.	Shelby Mills	Sr	16:56	Inland Empire Challenge	10/17/2015
3.	Jessica Mildes	Jr	16:57	Inland Empire Challenge	10/17/2015
4.	Jordan Thurston	So	17:06	Inland Empire Challenge	10/17/2015
5.	Lindsey Drake	RSr	17:13.0	Bill Dellinger Invitational	9/29/2012
6.	Cheska Fairbanks	So	17:15.0	NCAA Region VIII	11/16/1996
7.	Emily Thomas	Rso	17:23.5	Inland Northwest Classic	10/14/2011
8.	Lauren Bergam	RJr	17:35.0	Bill Dellinger Invitational	9/29/2012
9.	Maggie Jones	So	17:36.0	Bill Dellinger Invitational	9/29/2012
10.	Erin Bergmann	RJr	17:38.0	Inland Empire Classic	10/18/2014

6,000 METERS

1.	Shelby Mills	Jr	20:06.1	West Coast Conference Championship	11/1/2014
2.	Jessica Mildes	Jr	20:25.3	Washington Invitational	10/2/2015
3.	Amelia Evans	Jr	20:29.2	West Coast Conference Championship	11/1/2014
4.	Jordan Thurston	So	20:30.5	Washington Invitational	10/2/2015
5.	Emily Thomas	RJr	20:45.0	NCAA West Regional	11/9/2012
6.	Lindsey Drake	RSr	20:49.8	West Coast Conference Championship	10/27/2012
7.	Lauren Bergam	RSr	20:53.0	NCAA West Regional	11/15/2013
8.	Maggie Jones	Jr	21:01.0	NCAA West Regional	11/15/2013
9.	Julie Henling	So	21:21.6	Bill Dellinger Invitational	9/11/2015
10.	Alison Fraher	Jr	21:25.0	NCAA West Regional	11/15/2013

MEN

8,000 METERS

1.	Wille Milam	23:32	Inland Empire Classic	2013
2.	Troy Fraley	23:39	Washington Invitational	2015
3.	Nick Roche	23:51	West Coast Conference Championships	2014
4.	Kyle Branch	23:57	Washington Invitational	2015
5.	Matthew Crichlow	24:04	Washington Invitational	2015
6.	Tate Kelly	24:12	West Coast Conference Championships	2012
7.	Vince Hamilton	24:13	Washington Invitational	2015
8.	Scott Kopczynski	24:14	Washington Invitational	2015
9.	Colin O'Neil	24:15	Inland Empire Classic	2014
10.	Danny Lunder	24:26	West Coast Conference Championships	2014
11.	Robert Walgren	24:31	West Coast Conference Championships	2014
12.	Max Kaderabek	24:32	Inland Empire Classic	2014
13.	Ian Goldizen	24:32	Washington Invitational	2015
14.	Conor McCandless	24:33	Inland Empire Challenge	2015
15.	Jack Pearce	24:35	Inland Empire Challenge	2015
15.	Chris Boyle	24:35	Sundodger Invitational	2010
15.	Joe Miller	24:35	Sundodger Invitational	2003
18.	Brent Felnagle	24:39	West Coast Conference Championships	2012
19.	Ryan Anderson	24:41	Willamette Invitational	2003
20.	Andy Thomas	24:44	Washington Invitational	2015
21.	Nate Gesell	24:50	Erik Anderson Invitational	2011
22.	Travis Hensley	24:51	Inland Empire Classic	2013
23.	Colby Litzenberger	24:53	Sundodger Invitational	2008
24.	Forest Tarbath	24:54	Washington Invitational	2015
25.	Joe Manning	24:54	Willamette Invitational	2003

10,000 METERS

1.	Troy Fraley	30:16.1	NCAA Western Regionals	Nov. 14, 2014	Palo Alto, Calif.
2.	Nick Roche	30:16.8	NCAA Western Regionals	Nov. 14, 2014	Palo Alto, Calif.
3.	Willie Milam	30:35	NCAA Western Regionals	Nov. 15, 2013	Sacramento, Calif.
4.	Chris Boyle	30:41	NCAA Western Regionals	Nov. 13, 2010	Springfield, Ore.
5.	Colin O'Neil	30:44	NCAA Western Regionals	Nov. 14, 2014	Palo Alto, Calif.
6.	Max Kaderabek	30:45	NCAA Western Regionals	Nov. 11, 2016	Sacramento, Calif.
7.	Dillon Quintana	30:49	NCAA Western Regionals	Nov. 11, 2016	Sacramento, Calif.
8.	Jake Perrin	30:51	NCAA Western Regionals	Nov. 11, 2016	Sacramento, Calif.
9.	Kyle Branch	30:55	NCAA Western Regionals	Nov. 14, 2014	Palo Alto, Calif.
10.	Tate Kelly	30:59	NCAA Western Regionals	Nov. 9, 2012	Seattle, Wash.
11.	Brent Felnagle	31:06	NCAA Western Regionals	Nov. 9, 2012	Seattle, Wash.
12.	Ian Goldizen	31:12	NCAA Western Regionals	Nov. 14, 2014	Palo Alto, Calif.
13.	Matt Crichlow	31:16	NCAA National Championships	Nov. 21, 2015	Louisville, Ky.
14.	Joe Miller	31:18	NCAA Western Regionals	Nov. 12, 2005	Palo Alto, Calif.
15.	Robert Walgren	31:25	NCAA Western Regionals	Nov. 14, 2014	Palo Alto, Calif.
16.	Kellen Manley	31:38	NCAA Western Regionals	Nov. 11, 2016	Sacramento, Calif.
17.	Ian Goldizen	31:41	NCAA Western Regionals	Nov. 11, 2016	Sacramento, Calif.
18.	Danny Lunder	31:51	NCAA Western Regionals	Nov. 14, 2014	Palo Alto, Calif.
19.	Ryan Anderson	31:56	NCAA Western Regionals	Nov. 15, 2013	Gresham, Ore.
20.	Nate Gesell	32:08	NCAA Western Regionals	Nov. 12, 2011	Palo Alto, Calif.