

**WESTERN WASHINGTON UNIVERSITY –  
2012 INDOOR TRACK AND FIELD BESTS**

**Best marks and National qualifiers (all caps and bold face)**

**(NCAA II: a-automatic, p-provisional)**

**MEN**

**60 meters (6.75, 6.95)** – Mark Pangilinan, 7.04 (1/28); Alex Tilley, 7.06 (1/14); Shane Gruger, 7.11 (2/12); Tucker Rudy, 7.14 (1/14); Justin Thomsen, 7.51 (1/14);

**200 meters (21.26, 21.80)** - Shane Gruger, 22.60 (2/12), Jason Nokes, 22.81 (2/12); Alex Tilley, 22.96 (2/12); Jonathon Poolman, 23.03 (1/14); Mark Pangilinan, 23.03 (1/14); Tucker Rudy, 23.06 (2/12); Nathaniel Schmidt, 23.54 (2/12); Gabriel Morales, 23.82 (2/14); Andrew Gray, 24.26 (2/12)

**400 meters (48.28, 48.75)** – Jonathon Poolman, 49.66 (2/12); Jason Nokes, 50.06 (2/12); Alex Tilley, 50.38 (2/12); Nathaniel Schmidt, 50.46 (1/14); Gabe Morales, 52.22 (2/12); Levi Grudzinski, 52.30 (1/14); Jeff Sloat, 52.90 (2/12); Corey Pfeiff, 53.95 (2/12)

**800 meters (1:50.80, 1:53.60)** - Nick Abraham, 1:56.13 (2/12); Keegan Hall, 2:01.38 (1/14); Braden Timpe, 2:02.10 (2/12); Brian Piette, 2:02.12 (2/12); Nick Howe, 2:03.11 (2/12)

**Mile (4:05.20, 4:13.60)** – Chip Jackson, 4:13.72 (1/28); Braden Timpe, 4:19.41 (2/12); Brian Bates, 4:36.60 (2/12); Tyler Schwecke, 4:45.54 (2/12)

**3,000 meters** - Dak Riek, 8:31.94 (2/12); Brian Glassey, 8:46.62 (2/12); Tanner Boyd, 8:46.98 (1/14); Chip Jackson, 8:49.97 (1/14)

**5000 meters (14:04.60, 14:44.00)** - Tanner Boyd, 14:52.70 (1/27)

**60 meter hurdles (7.96, 8.25)** – Karsten Schick, 8.94 (1/14); Logan Myers, 8.96 (1/14); Corey Pfeiff, 9.01 (2/12); Andrew Gray, 9.02 (1/14); Jeff Sloat, 9.10 (2/12), Michael Stralser, 9.34 (1/14); Dylan Gordon, 9.74 (2/12)

**4x400 meter relay (3:11.30, 3:18.10)** – (Tilley, Grudzinski, Schick, Morales), 3:21.51 (WWU Record) (1/28)

**Distance Medley (9:50.20, 10:06.70)** –

**High Jump (2.14 - 7-00.25, 2.04 - 6-8.25)** – Brett Watson, 6-7 1/2 (2.02) (1/14); Karsten Schick, 6-4 3/4 (1.95) (2/12); Logan Myers, 6-4 3/4 (1.95) (2/12); Slater Hirst, 6-2 3/4 (1.90) (2/12)

**Pole Vault (5.09 - 16-06.25, 4.75 - 15-7)** – Cal Rosenberg, 15-5 (4.70) (2/12); Tyler Will, 14-7 1/4 (4.45) (2/12); Brett Mattson, 13-7 1/4 (4.15) (2/12); Thomas Guidon, 13-1 1/2 (4.00) (2/12); Justin Hurtubise, 13-1 1/2 (4.00) (2/12)

**Long Jump (7.54 - 24-9, 7.10 - 23-03.50)** – Shane Gruger, 21-6 (6.55) (1/14); Michael Ferrell, 20-1 3/4 (6.14) (1/14); Slater Hirst, 19-4 1/4 (5.90) (2/12); Dylan Gordon, 18-1/4 (5.49) (2/12)

**Triple Jump (15.49 - 50-10.00, 14.30 - 46-11.00)** –

**Shot Put (18.18 - 59-07.75, 15.90 - 52-02.00)** – Nelson Westlin, 46-8 3/4 (14.24) (2/12); Michael Hoffman, 43-2 1/4 (13.16) (1/14); Andrew Knight, 41-2 1/4 (12.55) (2/12); Tyler Nichols, 38-10 1/4 (11.84) (2/12)

**35-lb. Weight Throw (20.14 - 66-01.00, 17.50 - 57-05.00)** – Michael Hoffman, 52-4 1/2 (15.96) (2/12); Tyler Nichols, 44-9 (13.64) (2/12); Andrew Knight, 40-3 1/4 (12.27) (2/12)

**Heptathlon - (5,192, 4,600) -**

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**WOMEN**

**60 meters (7.44, 7.75)** - Sydney Coffey, 8.16 (1/14); Emily Stralser, 8.39 (2/12); Amber Dodd, 8.43 (2/12); Alex McDonald, 8.49 (2/12); Taylor Fiskness, 8.53 (2/12); Shandel Yanney, 8.59 (2/12); Laura Barrow, 8.91 (2/12)

**200 meters (24.06, 25.10)** – Sydney Coffey, 26.05 (2/12); Eleanor Siler, 26.31 (1/14); Valle Ledtke, 26.93 (2/12); Katie Reichert, 27.64 (2/12); Emily Stralser, 27.81 (2/12); Amber Dodd, 28.11 (1/14); Annie Schinnell, 28.14 (2/12); Alex McDonald, 28.19 (1/14); Shandel Yanney, 28.27 (1/14)

**400 meters (55.02, 57.40)** – Eleanor Siler, 57.30p (1/28); Sydney Coffey, 58.79 (2/12); Valle Ledtke, 59.44 (2/12); Miranda Lahman, 1:02.54 (2/12); Annie Schinnell, 1:02.68 (1/14); Taylor Fiskness, 1:03.61 (2/12)

**800 meters (2:10.43, 2:15.90)** – Miranda Lahman, 2:24.89 (1/14); Haley O'Connor, 2:25.54 (1/14); Michelle Howe, 2:29.19 (1/27); Sigourney Gundy, 2:30.65 (1/14)

**Mile (4:50.90, 5:01.60)** – Katelyn Steen, 5:09.42 (2/12); Mikhaila Thornton, 5:20.01 (1/14)

**3000 meters** – Mary Rogers, 10:49.18 (2/12); Erin Philbeck, 10:52.79 (2/12); Maddie McGee, 11:04.65 (2/12)

**5000 meters (16:34.30, 17:32.30)** –

**60 meter hurdles (8.43, 8.95)** – Michelle Howe, 9.06 (1/27), Alex McDonald, 9.57 (1/14); Amber Dodd, 9.75 (2/12); Brooklyn Holton, 9.75 (2/12); Emily Stralser, 9.82 (2/12); Sydney Coffey, 9.95 (2/12); Katie Reichert, 10.07 (2/12); Laura Barrow, 10.22 (1/14)

**4x400 meter relay (3:44.30, 3:55.40)** – (Siler, Howe, Coffey, Ledtke), 3:57.50 (1/28)

**Distance Medley (11:37.50, 12:16.10)** – (Thornton, Siler, Lahman, Steen), 12:22.32 (1/27)

**High Jump (1.76 - 5-09.25, 1.67 - 5-05.75)** – Brittany Grandy, 5-8p (1.73) (WWU Record) (1/14); Amanda Overdick, 5-3 1/4 (1.61) (1/28); Sydney Coffey, 4-11 (1.50) (2/12); Katie Reichert, 4-11 (1.50) (2/12), Michelle Howe, 4-10 1/4 (1.48) (1/27)

**Pole Vault (3.96 - 13-00.75, 3.50 - 11-05.75)** – Karis Anderson, 12-1/2p (3.67) (1/27); Cheyenna Pinley, 10-8 (3.25) (2/12); Loreah Winlow, 10-6 1/4 (3.21) (2/12); Amy Puckett, 10-2 (3.10) (2/12); Amy Rovira, 9-8 (2.95) (2/12), Bethnay Graham, 8-8 1/4 (2.65) (2/12)

**Long Jump (5.91 - 19-4-3/4, 5.55 - 18-02.50)** – Emily Warman, 18-5 3/4p (5.63) (1/28); Emily Walters, 17-4 3/4 (5.30) (1/14); Callie Reff, 16-8 3/4 (5.10) (2/12); Brooklyn Holton, 16-1/4 (4.88) (2/12); Sydney Coffey, 16-1/4 (4.88) (1/14); Michelle Howe, 14-10 3/4 (4.54) (1/27); Shandel Yanney, 14-7 1/4 (4.45) (2/12); Katie Reichert, 13-1/4 (3.97) (2/12)

**Triple Jump (12.17 - 39-11.25, 11.50 - 37-08.75)** – Emily Warman, 38-2 3/4p (11.65) (2/11); Emily Walters, 35-10 1/2 (10.93) (2/11); Shandel Yanney, 32-5 (9.88) (2/12)

**Shot Put (14.97 - 49-01.50, 13.40 - 43-11.75)** – Michelle Howe, 27-1/2 (8.24) (1/27)

**20-lb. Weight Throw (18.63 - 61-01.50, 16.10 - 52-10.00)** - Lindsay Wells, 44-2 (13.46) (2/12)

**Pentathlon** - Michelle Howe 3,052 (WWU Record) (1/27)

**Heptathlon (3,813, 3,300)** -