

**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, 7.04 (2/18); Shane Gruger, 7.11 (2/12); Tucker Rudy, 7.14 (1/14); Justin Thomsen, 7.51 (1/14); Michael Stralser, 7.54 (2/17)

200 meters (21.26, 21.80) - Alex Tilley, 22.26 (2/18); Shane Gruger, 22.44 (2/18); Jason Nokes, 22.58 (2/18); 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)

1,000 meters – Michael Stralser, 3:12.29 (2/18)

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); Dak Riek, 14:59.30 (2/18)

60 meter hurdles (7.96, 8.25) – Logan Myers, 8.58 (2/17); Karsten Schick, 8.65 (2/18); Corey Pfeiff, 8.92 (2/17); Andrew Gray, 8.94 (2/17); Michael Stralser, 9.04 (2/18); 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), 3:20.71 (WWU Record) (2/18)

Distance Medley (9:50.20, 10:06.70) – (Abraham, Poolman, Timpe, Jackson), 10:06.80 (2/17)

High Jump (2.14 - 7-00.25, 2.04 - 6-8.25) – Logan Myers, 6-8 (2.03) (2/17); Brett Watson, 6-8 (2.03) (2/17); Karsten Schick, 6-6 (1.98) (2/17); Slater Hirst, 6-2 3/4 (1.90) (2/12); Michael Stralser, 5-4 1/2 (1.64) (2/17)

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); Michael Stralser, 13-3 1/2 (2/18); Thomas Guidon, 13-1 1/2 (4.00) (2/18); Justin Hurtubise, 13-1 1/2 (4.00) (2/12)

Long Jump (7.54 - 24-9, 7.10 - 23-03.50) – Shane Gruger, 22-4 1/2 (6.82) (2/7); 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), Michael Stralser, 17-11 (5.46) (2/17)

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, 44-5 1/2 (13.55) (2/17); Andrew Knight, 41-2 1/4 (12.55) (2/12); Tyler Nichols, 38-10 1/4 (11.84) (2/12); Michael Stralser, 31-8 1/2 (9.66) (2/17)

35-lb. Weight Throw (20.14 - 66-01.00, 17.50 - 57-05.00) – Michael Hoffman, 52-9 1/4 (16.08) (2/18); Tyler Nichols, 44-9 (13.64) (2/12); Andrew Knight, 40-3 1/4 (12.27) (2/12)

Heptathlon - (5,192, 4,600) – Michael Stralser, 4,051 (2/17-18)

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WOMEN

60 meters (7.44, 7.75) – Sydney Coffey, 7.94 (2/17); 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, 26.07 (2/18); 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, 56.70p (2/18); Sydney Coffey, 58.16 (2/18); 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); Brooklyn Holton, 2:37.10 (2/17)

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) – Erin Philbeck, 18:44.49 (2/18); Mary Rogers, 19:08.29 (2/18)

60 meter hurdles (8.43, 8.95) – Michelle Howe, 9.06 (1/27), Alex McDonald, 9.44 (2/17); Amber Dodd, 9.65 (2/17); Brooklyn Holton, 9.65 (2/17); 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); Brooklyn Holton, 5-1 1/4 (1.56) (2/17); 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, 12-5 1/2p (3.80) (2/17); 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, 18-7 3/4p (5.68) (2/17); Emily Walters, 17-4 3/4 (5.30) (1/14); Callie Reff, 16-8 3/4 (5.10) (2/12); Brooklyn Holton, 16-4 1/2 (4.99) (2/17); 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, 38-7p (11.76) (2/18); Emily Walters, 36-10 1/4 (11.23) (2/18); Shandel Yanney, 32-5 (9.88) (2/12)

Shot Put (14.97 - 49-01.50, 13.40 - 43-11.75) – Brooklyn Holton, 30- 1 1/2 (9.18) (2/17); 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, 45-10 3/4 (13.99) (2/17)

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

Heptathlon (3,813, 3,300) -