

## UW ALL TIME TOP 5 LISTS:

### Men's Outdoor:

#### 100 meter dash

Glen Galbaugh	10.15	4/74
Jim Thoeming	10.25	3/72
Mickey Dunn	10.35	3/49
Jerry Saffell	10.35	5/66
Mike Frazier	10.35	4/69

#### 200 meter dash

Mickey Dunn	20.76	5/51
Jim Thoeming	20.94	5/70
Glenn Galbaugh	21.04	4/74
Harold Farmer	21.04	3/59
Carlington Duncan	21.44	5/00

#### 400 meter dash

Darius Taruru	46.44	4/77
Max Charlemagne	46.99	5/00
Robert Harris	47.13	5/04
Arbia Jones	47.24	5/70
Jermaine Kelly	47.72	5/05

#### 110 meter high hurdles

Tom Garrison	13.81	5/90
Jason Medearis	13.81	5/99
Joel Giorgis	13.85	5/95
Jerry Saffell	14.30	5/66
Alan Herbison	14.40	4/75

#### 400 meter hurdles

Seth Billy	50.07	5/02
Jason Medearis	50.82	5/99
G. Williams	50.83	6/78
Keith Ladson	50.93	5/96
Carlington Duncan	51.64	5/99

**800 meter run**

Wesley Maiyo	1:46.44	4/75
Jeremiah Johnson	1:48.54	4/06
Wayne Jensen	1:48.84	5/69
Morten Jurs	1:49.32	5/85
Roald Horten	1:49.52	5/80

**1500 meter run**

Wayne Jensen	3:42.94	5/69
Wesley Maiyo	3:45.44	4/74
Espen Borge	3:45.46	5/84
Nick Thiel	3:45.92	4/96
Matt Hudson	3:47.67	5/04

**3000 meter run**

Mark Korir	8:16.44	3/06
Greg Schabron	8:40.40	4/00
Joe Hall	8:52.91	3/99
Brian Knight	8:54.40	3/05
Kelsey Kean	8:55.32	5/97

**3000 meter steeplechase**

Joe Nzau	8:43.14	5/79
Geir Kvernmo	8:46.14	4/74
Philemon Tanui	8:50.80	4/07
Ben Paolillo	8:51.14	5/81
Solomon Chebor	8:56.50	4/78

**5000 meter run**

Geir Kvernmo	13:41.24	5/80
Joe Nzau	13:54.54	6/78
Mark Korir	13:58.86	5/06
Simon Kilili	14:01.44	4/78
Solomon Chebor	14:06.14	4/78

**10,000 meter run**

<b>Joe Nzau</b>	<b>28:20.74</b>	<b>6/79</b>
<b>Simon Kilili</b>	<b>28:57.04</b>	<b>4/78</b>
<b>John Wodny</b>	<b>29:08.74</b>	<b>4/88</b>
<b>Mark Korir</b>	<b>29:09.25</b>	<b>3/06</b>
<b>Joe Hall</b>	<b>29:10.77</b>	<b>3/01</b>

**4x100 meter relay**

**Duncan, Davis**                      **40.54**                      **5/00**  
**Charlemagne, Swaby**

**Chapman, Jones**                      **40.61**                      **5/70**  
**Nordstrom, Thoeming**

**Brauneis, Kelly**                      **40.69**                      **4/07**  
**West, Neptune**

**Binning, Fisher**                      **40.75**                      **4/69**  
**Santos, Frazier**

**Zowada, Neptune**                      **40.82**                      **5/04**  
**Kelly, Harris**

**4x400 meter relay**

**Millemon, Billy**                      **3:09.48**                      **5/00**  
**Charlemagne, Duncan**

**Johnson, Harris**                      **3:11.32**                      **5/04**  
**Baysinger, Kelly**

**Sawyer, Millemon**                      **3:12.04**                      **5/99**  
**Duncan, Medearis**

**Johnson, Fenton**                      **3:12.61**                      **5/06**  
**Arnwine, Kelly**

**Harris, Kelly**                      **3:12.82**                      **4/05**  
**Baysinger, Arnwine**

### Hammer Throw

Kevin Mannon	226' 6"	5/99
Jason Hammond	221' 1"	3/01
Kyle Herl	219' 10"	4/05
Ryan Butler	217' 4"	4/96
Zack Schaefer	213' 10"	5/04

### Shot Put

Jason Gervais	63' 11.50"	5/00
Jason Hammond	63' 4.75"	4/00
Matt Spears	61' 5.50"	5/97
Kevin Mannon	60' 8.75"	4/99
Kyle Herl	57' 7.75"	4/05

### Discus Throw

Jason Gervais	210' 10"	5/00
Jared Finley	192' 3"	6/78
Jeff Honey	188' 11"	5/97
Kevin Mannon	187' 9"	4/98
Ryan Butler	183' 6"	5/96

### Javelin Throw

Guy Tucker	223' 0"	5/95
Mike Abbey	221' 11"	3/93
Josh McMullen	212' 6"	3/00
Brian Sinner	196' 5"	3/06
Olav Roe	195' 4"	5/07

### Javelin Throw (Old Model – Pre 1986)

Mike Prudenti	246' 10"	5/69
Jerry Holmstrom	245' 4"	4/76
Leif Lundmark	241' 9"	5/76
Terry Halmi	240' 11"	5/69
L.H. Brown	220' 5"	5/84

### Long Jump

Mervin Swaby	25' 4.75"	5/02
Charles Thomas	25' 1.50"	4/65
Bud Hamilton	24' 11.25"	5/93
Justin Smith	24' 7.75"	4/96
Quincy Howe	24' 5.50"	4/02

### Triple Jump

Quincy Howe	54' 4.75"	5/02
Tim Cawley	51' 7"	4/98
Mervin Swaby	51' 1.50"	4/02
Blake Jackson	51' 0"	4/07
Bud Hamilton	50' 5.50"	4/94

### High Jump

Mike White	7' 2"	5/80
Bud Hamilton	7' 1.75	4/94
Chris Larson	7' 1.25"	3/95
Bryan Coventry	7' 0"	5/85
Dan Obange	7' 0"	4/74

### Pole Vault

Eric Richey	16' 6"	4/90
Gregg Sawyer	16' 6"	4/99
Jay Novacek	16' 4"	4/84
Darren Niedermeyer	16' .75"	5/02
Steve McMorris	16' 0"	4/91

### Decathlon

Gregg Sawyer	7250	5/99
Olav Roe	7222	5/07
Phillip Thomas	6632	5/07
Justin Smith	6330	5/98
Brett Zowada	6249	5/04

### Decathlon (Old Tables)

Jay Novacek	7762	5/84
Phil Mulkey	7116	4/56
Bryan Steadman	6492	5/72

## **Women's Outdoor:**

### **100 meter dash**

<b>Kima Wells</b>	<b>11.70</b>	<b>4/04</b>
<b>Jessica Fox</b>	<b>11.75</b>	<b>4/05</b>
<b>Adalaide Harper</b>	<b>11.78</b>	<b>5/03</b>
<b>Trecia Roberts</b>	<b>11.80</b>	<b>5/91</b>
<b>Natika Brame</b>	<b>11.84</b>	<b>3/94</b>

### **200 meter dash**

<b>Jessica Fox</b>	<b>23.22</b>	<b>5/05</b>
<b>Shauna Smith</b>	<b>23.53</b>	<b>4/04</b>
<b>Adalaide Harper</b>	<b>23.62</b>	<b>4/03</b>
<b>Lori Grillo</b>	<b>23.85</b>	<b>3/88</b>
<b>Sharon Larrier</b>	<b>23.86</b>	<b>4/07</b>

### **400 meter dash**

<b>Jessica Fox</b>	<b>51.72</b>	<b>5/05</b>
<b>Shauna Smith</b>	<b>53.04</b>	<b>5/02</b>
<b>Kima Wells</b>	<b>53.41</b>	<b>5/04</b>
<b>Sharon Larrier</b>	<b>53.53</b>	<b>5/05</b>
<b>Amanda Hopper</b>	<b>54.34</b>	<b>5/05</b>

### **100 meter hurdles**

<b>Shauna Smith</b>	<b>13.29</b>	<b>5/04</b>
<b>Trecia Roberts</b>	<b>13.45</b>	<b>5/92</b>
<b>Kathy Romsa</b>	<b>13.60</b>	<b>4/85</b>
<b>Kelly Ann Charles</b>	<b>13.72</b>	<b>5/03</b>
<b>Shaylee Babbitt</b>	<b>13.75</b>	<b>5/06</b>

### **400 meter hurdles**

<b>Shauna Smith</b>	<b>54.32</b>	<b>6/05</b>
<b>Anne Vollmer</b>	<b>59.80</b>	<b>4/97</b>
<b>Kim Demers</b>	<b>59.91</b>	<b>4/02</b>
<b>Adriana Friezen</b>	<b>1:00.24</b>	<b>3/07</b>
<b>Darby Goodspeed</b>	<b>1:00.36</b>	<b>5/99</b>

**800 meter run**

Deby Anderson	2:07.15	5/94
Tanice Barnett	2:10.39	5/04
Brenna Dooley	2:10.58	4/07
Kerry Cerda	2:11.55	5/82
Juanita Neff	2:11.75	5/80

**1500 meter run**

Andrea Everett	4:20.20	5/83
Tanice Barnett	4:24.43	5/05
Hege Jorgenson	4:24.67	4/87
Molly Moulton	4:26.90	3/98
Maggie Diller	4:34.84	5/04

**3000 meter run**

Andrea Everett	9:23.90	5/83
Gretchen Johnson	9:47.31	3/07
Laura Anderson	9:49.54	4/82
B. Graham-Gray	9:50.68	4/84
A. Hollington	9:52.42	4/84

**3000 meter steeplechase**

Stephanie Hanks	11:20.67	5/01
Christine Michel	11:43.05	5/04
Emerald Reid	11:52.09	4/06

**5000 meter run**

L. Barinaga	16:35.94	5/80
Gretchen Johnson	16:41.21	4/07
A. Hollington	16:53.90	5/83
Jennifer Thompson	16:59.77	4/04
B. Graham-Gray	17:15.26	4/84

**10,000 meter run**

B. Graham-Gray	34:34.00	3/82
Dodie Kocsis	36:15.34	5/91
Leanne Larson	36:56.84	4/87
Michelle Kvernmo	37:05.50	5/06
Gretchen Johnson	37:39.75	5/07

**4x100 meter relay**

**Smith, Wells                    44.63                    5/04**  
**Hopper, Fox**

**Smith, Harper                    45.54                    5/03**  
**Charles, Fox**

**Smith, Fox                    45.63                    4/05**  
**Hopper, Babbitt**

**Larrier, Rudolph                    45.91                    4/07**  
**Hopper, Friezen**

**Brown, Harper                    46.10                    4/00**  
**Lindo-Jeffrey, Wells**

**4x400 meter relay**

**Smith, Larrier                    3:30.68                    6/05**  
**Hopper, Fox**

**Fox, Wells                    3:31.83                    6/04**  
**Hopper, Smith**

**Hopper, DaCosta                    3:40.18                    4/07**  
**Friezen, Larrier**

**Smith, Demers                    3:44.48                    5/03**  
**Knecht, Fox**

**Ferguson, Neff                    3:46.31                    4/80**  
**Bradley, Johnson**

**Hammer Throw**

**Robin Lyons                    206' 9"                    5/00**

**Kate Burton                    197' 11"                    3/06**

**Shannon Popp                    194' 7"                    4/07**

**Dana Dillon                    192' 5"                    4/00**

**Julie Thomas                    190' 9"                    4/00**

### Shot Put

Jessica Cross	55' .75"	4/98
Andrea Batt	51' 9"	5/02
Mandy Kinney	50' 6.75"	4/00
Grace Apiafi	49' 6.50"	4/84
Naomi Elliot	48' .50"	4/00

### Discus Throw

Robin Lyons	179' 5"	4/00
Jessica Cross	167' 8"	3/98
Andrea Batt	167' 8"	5/02
Julie Jones	162' 9"	4/80
Mandy Kinney	160' 5"	3/00

### Javelin Throw

Andrea Batt	168' 8"	5/01
Jorah Roylance	163' 1"	4/00

### Javelin Throw (Old Rules - Pre 1999)

Kamber Backman	170' 6"	5/95
Cheryl Ward	154' 3"	3/94
Sandra Stenseng	152' 7"	5/84

### Long Jump

Patricia Miller	20' 4"	5/80
Nicole Stancato	19' 10"	5/89
Renee Guy-Garth	19' 8"	5/96
B.J. Eldridge	19' 7.75"	3/81
Shelly Thacker	19' 6.50"	3/91

### Triple Jump

Tomeca Brown	41' 2.25"	5/99
Nicole Stancato	40' 2.75"	5/89
Courtney Schlegel	40' 2"	5/05
Enioma Haynes	39' 11"	5/02
Tori Connett	39' 2.50"	5/93

### **High Jump**

<b>Julie Burgess</b>	<b>5' 10"</b>	<b>5/87</b>
<b>Joanna Wilson</b>	<b>5' 8"</b>	<b>5/98</b>
<b>Chan Johnson</b>	<b>5' 8"</b>	<b>4/02</b>
<b>Kathy Romsa</b>	<b>5' 7.50"</b>	<b>4/83</b>
<b>Johnna Jeffries</b>	<b>5' 7"</b>	<b>4/07</b>

### **Pole Vault**

<b>Lauri Smith</b>	<b>12' 1.5"</b>	<b>4/06</b>
<b>Stephanie Anderson</b>	<b>11' 6.50"</b>	<b>4/05</b>
<b>Kat Doherty</b>	<b>11' 5.25"</b>	<b>4/05</b>
<b>Jody Sanborn</b>	<b>11' 2"</b>	<b>4/03</b>
<b>Kaela Thayer</b>	<b>11' 2"</b>	<b>4/03</b>

### **Heptathlon**

<b>Kathy Romsa</b>	<b>5258</b>	<b>5/84</b>
<b>Patty Harrington</b>	<b>4708</b>	<b>5/87</b>
<b>Joanna Wilson</b>	<b>4704</b>	<b>5/98</b>
<b>Ingvild Carstens</b>	<b>4478</b>	<b>5/04</b>
<b>Sharon Newcomer</b>	<b>4117</b>	<b>4/84</b>