GNAC Track-and-Field Records
Through End of 2015 Season

OUTDOOR

MEN

All Meets
100 – 10.22, Alex Donigian, Western Washington (2015)
200 – 21.11, Mike Hinshaw, Western Oregon (2002)
400 – 47.51, Ethan Hewitt, Alaska Anchorage (2011)
800 – 1:47.59, Badane Sultessa, Western Oregon (2015)
1500 – 3:44.67, Alfred Kangogo, Alaska Anchorage (2011)
3000 – 8:24.61, Jordan Welling, Western Washington (2010)
10,000 – 28:37.75, Micah Chelimo, Alaska Anchorage (2014)
400 Hurdles – 52.00, Shaun Ward, Alaska Anchorage (2011)
Steepchase – 8:45.63, Micah Chelimo, Alaska Anchorage (2012)
4x100 Relay – 41.10, Central Washington (2010)
High Jump – 6.11 ¾, Mikel Smith, Saint Martin’s (2015)

Decathlon Events:

100 – 10.90, Justin Miller, Humboldt State (2002).
Shot Put – 14.06 – 46-1 ½, Alex Harrison, Western Washington (2010).
High Jump – 2.06 – 6-9, Justin Peterson, Central Washington (2014).

Conference Meet

100 – 10.43, Anthony Wright, Central Washington (2010)
200 – 21.32, Rumar Christie, Northwest Nazarene (2013 prelims);
Tyrell Williams, Western Oregon (2014)
400 – 47.55, Ethan Hewitt, Alaska Anchorage (2012)
800 – 1:49.31, Paul Mach, Seattle Pacific (2005)
1500 – 3:49.03, Alfred Kangogo, Alaska Anchorage (2010)
Steepchase – 8:47.26, Ryan Brockerville, Simon Fraser (2012)
5000 – 14:29.41, Micah Chelimo, Alaska Anchorage (2011)
10,000 – 30:25.75, Jordan Welling, Western Washington (2011)
110 Hurdles – 14.21, Travis Milbrandt, Western Washington (2015 prelims)

400 Hurdles – 52.23, Shaun Ward, Alaska Anchorage (2011)
4x100 Relay – 41.10, Central Washington (Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols, 2010)
4x400 Relay – 3:13.84, Simon Fraser (Stuart Ellenwood, Cameron Procevijil, Joel Webster, Daniel Kelloway, 2015)
Triple Jump – 15.00 – 49-2 ½, Justin Lawrence, Central Washington (2003)
Javelin – 69.49 – 228-0, Franz Burghagen, Alaska Anchorage (2013)
Decathlon – 6,617, Cody Thomas, Alaska Anchorage (2014)

Decathlon Events:

Shot Put – 14.06 – 46-1 ½, Alex Harrison, Western Washington (2010).
400 – 49.89, Michael Morrison, CWU (2004).

Conference Meet Miscellaneous

Most points, single meet – 30, David Registe, Alaska Anchorage (2011)
Most points, career – 82, David Registe, Alaska Anchorage (2007-08, 11)
Most wins, individual events, single meet – 3, David Registe, Alaska Anchorage (2011)
Most wins (including relays), single meet – 5, David Registe, Alaska Anchorage (2011)
Most wins, individual events, career – 6, Mike Hinshaw, Western Oregon (2000-03)
Most wins, relays, career – 5, Mike Hinshaw, Western Oregon (2000-03)
Most wins (including relays), career – 11, Mike Hinshaw, Western Oregon (2000-03)
Most all-conference awards, individual events, single meet – 3, Twenty-three with
Most all-conference awards (including relays), single meet – 5, Cresap Watson, Central Washington (2006); David Registe, Alaska Anchorage (2011)
Most all-conference awards, individual events, career – 9, David Registe, Alaska Anchorage (2007-08, 11)
Most all-conference awards (including relays), career – 12, Mike Hinshaw, Western Oregon (2000-03); David Registe, Alaska Anchorage (2007-08, 11)
WOMEN

Ali Meets
100 – 11.64, Jamie Ashcroft, Alaska Anchorage (2015)
400 – 53.56, Mary Pearce, Alaska Anchorage (2007)
800 – 2:02.10, Helen Crofts, Simon Fraser (2013)
1500 – 4:11.06, Jessica Pixler, Seattle Pacific (2010)
3000 – 9:35.75, Sarah Porter, Western Washington (2011)
5000 – 15:44.07, Jessica Pixler, Seattle Pacific (2010)
10,000 – 33:17.39, Sarah Porter, Western Washington (2011)
100 Hurdles – 13.70, Danielle Ayers-Stamper, Seattle Pacific (2005)
4x100 Relay – 46.56, Alaska Anchorage (2014)
4x400 Relay – 3:42.05, Simon Fraser (2011)
Ali Worthen, Seattle Pacific (2013)
Triple Jump – 12.42 – 40.9, Ashley Potter, Western Oregon (2012)
Shot Put – 14.94 – 49.1, Krissy Tandle, Central Washington (2009)
Discus – 50.52 – 165.9, Jessica Houston, Alaska Anchorage (2005)

Heptathlon Events:
High Jump - 1.75 – 5.8 ½, Danielle Ayers-Stamper, Seattle Pacific (2005).
Shot Put – 13.00 – 42.8, Bridget Johnson, Western Oregon (2006).

Conference Meet
100 – 11.81, Jamie Ashcroft, Alaska Anchorage (2015 prelims)
200 – 24.30, Grace Morgan, Alaska Anchorage (2013 prelims)
400 – 54.46, Helen Crofts, Simon Fraser (2013)
800 – 2:06.38, Jessica Pixler, Seattle Pacific (2010)
1500 – 4:24.01, Jessica Pixler, Seattle Pacific (2010)
3000 – 9:53.80, Jessica Pixler, Seattle Pacific (2007)
10,000 – 35:43.38, Joyce Kichumbua, Alaska Anchorage (2014)
100 Hurdles – 13.82, Danielle Ayers-Stamper, Seattle Pacific (2005)
400 Hurdles – 1:00.29, Haleigh Lloyd, Alaska Anchorage (2015)
4x100 Relay – 46.68, Alaska Anchorage (Mackenzie Harsch, Rosie, Smith, Sasha Halfyard, Jamie Ashcroft, 2014)
4x400 Relay – 3:44.11, Seattle Pacific (Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker, 2013)
Tayler Fettig, Central Washington (2014)

Discus – 45.52 – 149-4, Jessica Telleria, Western Washington (2006)
Javelin – 47.83 – 156-11, Monika Gruszeczyk, Western Washington (2011)

High Jump - 1.73 – 5-8, Tayler Fettig, Central Washington (2014).

Conference Meet Miscellaneous
Most points, single meet – 50, Stephanie Huffman, Seattle Pacific (2002)
Most points, career – 115, Bridget Johnson, Western Oregon (2003-06);
Ali Worthen, Seattle Pacific (2011-13)
Most wins, individual events, single meet – 3, Barbara Weaver, Humboldt State (2000);
Laura Widman, Seattle Pacific (2000);
Stephanie Huffman, Seattle Pacific (2002);
Danielle Ayers-Stamper, Seattle Pacific (2005);
Jessica Pixler, Seattle Pacific (2007);
Ali Worthen, Seattle Pacific (2011 & 2013)
Most wins (including relays), single meet – 4, Bonnie Galloway, Western Oregon (2005);
Karen Summers, Seattle Pacific (2001);
Cyrena Bell, Seattle Pacific (2001);
Ali Worthen, Seattle Pacific (2011 & 2013)
Most wins, individual events, career – 7, Ali Worthen, Seattle Pacific (2011-13)
Most wins, relays, career – 5, Kishia Mitchell, Seattle Pacific (2011-14)
Most wins (including relays), career – 10, Ali Worthen, Seattle Pacific (2011-13)
Most all-conference awards, individual events, single meet – 5,
Stephanie Huffman, Seattle Pacific (2002);
Laura Widman, Seattle Pacific (2000);
Monica Smith, Western Oregon (2005);
Crystal Sims, Seattle Pacific (2011);
Ali Worthen, Seattle Pacific (2013)
Most all-conference awards (including relays), single meet – 7,
Monica Smith, Western Oregon (2007)
Most all-conference awards, individual events, career – 12, Ali Worthen Seattle Pacific (2011-13)
Most all-conference awards (including relays), career – 15, Ali Worthen, Seattle Pacific (2011-13)

NORTHWEST NCAA D-II RECORDS
1999-01
Prior to formation of the GNAC, the following athletes from charter members of the GNAC posted marks that are better than the current GNAC record in the following events:

MEN

Ali Meets
4x100 Relay - 40.97, Central Washington (1999)
High Jump - 7-0 1/2, A.J. Acker, Western Oregon (1999)
Conference Meet

WOMEN

All Meets
100 - 11.47, Trinity Davis, Humboldt State (1999)
4x100 Relay - 46.53, Humboldt State (1999)

INDOOR

MEN

60 – 6.72, Alex Donigian, Western Washington (2015)
800 – 1:50.73, Badane Sultessa, Western Oregon (2015)
5000 – 13:47.73, Micah Chelimo, Alaska Anchorage (2014)
60 Hurdles – 8.08, Travis Milbrandt, Western Oregon (2015)
4x400 Relay – 3:15.83, Western Oregon (Ashtin Mott, Anthony Yakovich, Josh Moore, Matt Kaino, 2010)

Distance Medley – 9:54.66, Simon Fraser (Travis Vugteveen, Joel Webster, Cameron Proceviat, Marc-Antoine Rouleau, 2015)

Conference Meet
60 – 6.75, Alex Donigian, Western Washington (2014)
60 Hurdles – 8.08, Travis Milbrandt, Western Washington (2015)
Distance Medley – 10:04.58, Simon Fraser (Ryan Brockville, Stuart Ellenwood, Kair Forster, Adam Reid, 2012)
High Jump – 2.06 – 6-9, Brennan Boyes, Central Washington (2012)


60 Hurdles – 8.50, Cody Thomas, UAA (2015).

Conference Meet Miscellaneous
Most points, career – 85, Chris Randolph, Seattle Pacific (2004-06)
Most wins, individual events, single meet – 3, Chris Randolph, Seattle Pacific (2005); Micah Chelimo, Alaska Anchorage (2013)
Most wins (including relays), single meet – 3, Chris Randolph, Seattle Pacific (2005); Micah Chelimo, Alaska Anchorage (2013)
Cameron Proceviat, Simon Fraser (2015)
Most wins, individual events, career – 5, Chris Randolph, Seattle Pacific (2004-06); Micah Chelimo, Alaska Anchorage (2013-14)

INDOOR

WOMEN

All Meets
60 – 7.60, Jamie Ashcroft, Alaska Anchorage (2015)
400 – 55.54, Terran Legard, Central Washington (2005)
800 – 2:04.94, Helen Crofts, Simon Fraser (2011)

5000 – 16:12.65, Jessica Pixler, Seattle Pacific (2009)
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay – 3:46.34, Seattle Pacific (Kishia Mitchell, Emily Quatter, Jasmine Johnson, McKayla Fricker, 2013)

Distance Medley – 11:28.28, Simon Fraser (Rebecca Bassett, Monique Lisew, Paige Nock, Lindsey Butterworth, 2015)
Triple Jump – 12.40 – 40-8 ¼, Ashley Potter, Western Oregon (2012)
High Jump – 1.77 – 5-9 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005); Tayler Fettig, Central Washington (2014)
Pole Vault – 3.91, Alison Silva, Northwest Nazarene (2014)

Conference Meet
60 – 7.60, Jamie Ashcroft, Alaska Anchorage (2015 Prelims)
400 – 55.90, Helen Crofts, Simon Fraser (2011)
800 – 2:08.28, Jessica Pixler, Seattle Pacific (2010)
3000 – 9:47.64, Jennifer Johnson, Simon Fraser (2015)
5000 – 16:47.07, Sarah Porter, Western Washington (2010)
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay – 3:50.68, Seattle Pacific (Jahzelle Ambus, Tasia Baldwin, Jalen Tims, Jasmine Johnson, 2015)
Distance Medley – 11:36.32, Seattle Pacific (Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler, 2010)
High Jump – 12.06 – 39-7, Ashley Potter, Western Oregon (2010)
Pole Vault – 3.91 – 12-10, Alison Silva, Northwest Nazarene (2014)

Conference Meet Miscellaneous
Most points, career – 110, Ali Worthen, Seattle Pacific (2009-12)
Most wins, individual events, single meet – 3, Danielle Ayers-Stamper, Seattle Pacific (2005)
Most wins (including relays), single meet – 4, Ali Worthen, Seattle Pacific (2012)
Most wins, individual events, career – 6, Krissy Tandle, Central Washington (2005-07, 09); Jessica Pixler, Seattle Pacific (2007-08, 10); Ali Worthen, Seattle Pacific (2009-12)
Most wins, relays, career – 4, Jessica Pixler, Seattle Pacific (2007-10); Helen Crofts, Simon Fraser (2011, 13)
Most wins (including relays), career – 10, Jessica Pixler, Seattle Pacific (2007-10)
Most all-conference awards (including relays), single meet – 6, Ali Worthen, Seattle Pacific (2012)
Most all-conference awards, individual events, career – 12, Ali Worthen, Seattle Pacific (2009-12)
Most all-conference awards (including relays), career – 14, Ali Worthen, Seattle Pacific (2009-12)

Pentathlon Events:
60 Hurdles – 8.82, Rosie Smith, Alaska Anchorage (2015)