

INLAND NORTHWEST TRACK AND FIELD RECORDS (as of 9/20/16)

Junior Women (14-19)

100mh	Brenda Harding, Flames	14.39	1984
400mh	Shelli McMurray	1:01.6	6/12/82
100m	Bree Skinner, PAC	11.8	6/28/97
	Jacque Artis	11.8	6/28/97
200m	Rebekah Noble, Spokane	24.7	7/13/05
400m	Rebekah Noble, Spokane	53.46	6/1/05
800m	Rebekah Noble, Spokane	2:03.73	6/24/05
1500m	Sarah Schwald, Spokane	4:28.0	7/90
3000m	Sarah Schwald, Spokane	9:28.9	7/90
10K			
3K SC	Jenny Liou, Moscow	11:56.7	6/22/02
5K RW	Kathy Law, Comets	27:54.0	5/25/94
LJ	Jewell Dorman, WYR	19'0	1983
HJ	Camille Harding, OF	6'0	6/05/83
TJ	Baily Cox, CTC	36'11"	7/14/01
Shot	Lisa Merrill, Pullman	45'11"	1985
Discus	Kate Hutchinson, Comets	154-06	6/22/02
Jav	Christine Kirkwood	169'09	6/19/10
Hammer	Katie Wardsworth, ValAC	164'0"	6/11/16
Wt	Katie Wardsworth, ValAC	47-3.5	2/14/13
Hept	Lauren McCluskey, Comets	4556	6/25/15
Dec			

Junior Men (14-19)

Jason Ensminger, TS	14.5	6/25/88
Chad Berry, Spokane	54.77	7/12/88
Ja' Warren Hooker, Ellnbrg	10.28	6/22/97
Ja' Warren Hooker, Ellnbrg	21.02	6/22/97
Ron Fabian, TS	48.4	6/23/84
Ben Brantl, TS	1:54.74	1984
Colin Overbay, Spokane	4:01.46	6/21/13
Jacob Smith, unat	8:41.25	7/28/11
Tim Briggs, Davenport	30:57.95	6/24/95
Gregory Barnes, unat	22'11.25"	7/12/08
Ed Mann, Spokane Val.	7'0"	1974
Terry Ellis, Peteros	7'0"	1977
Rashad Toussaint, Spokane	52-00.5	6/26/05
Aaron Castle, unatt		
Rich Olson, NWK	187'5"	1977
Ryan Edington, Spokane	186'3"	6/26/93
Will Loman	212'1"	6/11/16
Kevin Stanley, Valley AC	60'7"	2/13/11
Nathan Boyd, LCTC	6489 pts.	6/26-27/93

Open Women (19-29)

100m H	Chantal Brunner, Comets	12.1	6/20/92
110m H			
400m IH	Pam Board, PKO	1:04.5	7/09/83
100m	Mechelle McClain, Spokane	12.3	6/21/86
200m	Elaine Martin, RETC	25.6	8/02/88
400m	Terren Legard, Burbank	57.2	6/14/03
800m	Anne Phillips, Spokane	2:09.4	1984
Mile	Judy Oliver, Soap Lake	5:22.0	1968
	Terry Kennedy, Spokane	5:22.0	7/27/74
1500m	Jessica Brathovd, WSU	4:36.0	6/11/94
3000m	Kris Kent, SVRT	11:01.8	5/15/83
1500 RW	Melanie Asaki, Comets	11:34.0	5/4/94
3000m RW	Melanie Asaki, Comets	21:57.3	4/27/94
5000m RW	Juliann Perrigo, RETC	30:37.9	6/23/81
5000m	Kristi Wellman, Spokane	19:52.0	6/16/90
6 mile			
30 K(rd)	Kim Rosenquist, Spokane	1:47.41	10/12/86
400m Relay	Team Spokane	49.15	7/20/85
	O'Connell, Donner, Gamby, Fabien		
Mile relay	Team Spokane	4:04.4	7/21/85
1600m Relay	Pullman Comets TC	4:24.4	6/23/84
	Coe, Brenner, Lee, Behler		
3200m Relay	Cheney TC	13:37.3	6/23/84
	Waggoner, R. Van Kuren, Carol Van Kuren, Glaser		
Hammer	Samantha Missel, Comets	169-02	6/12/04
LJ	Joneil Custodio, Richland	19'5.5	6/26/93
HJ	Lissa Gray, Comets	5'8	6/18/88
TJ	Sheila Smith, Kenniwick	41'3	6/11/94
Shot	Lisa Merrill, Pullman	45'3	7/21/85
Discus	Kristi Andrews, Comets	154'6.5	6/11/94
Javelin	Jennifer Broncheau, OTFC	85-10	6/14/03
PV	Jeannette Martus, Comets	12'5.75	6/10/01
Heptathlon	Danielle Ayers-Stamper	5646	6/24-25/05
Decathlon			
2000m Steeple	Marilyn Nielson, BRRC	8:22.32	6/11/05
Indoor Pent.			

Open Men (19-29)

Gary Hilton, Spokane	14.1	6/23/84
Steve Jackson, Spokane	51.8	6/18/88
Lee Gordon, WSU	10.4	7/09/83
David Harewood, MUSA	21.0	7/25/81
Rick Bartlett, MUSA	48.6	7/11/81
Rick Bartlett, MUSA	1:53.7	7/15/78
Phil Burkwitz, Spokane	4:12.6	1974
Alex Dressell, Spokane	4:04.5	6/21/88
Evan Glaser, CTC	9:22.7	5/12/84
Randy Pasko, FAFB	15:20.1	7/15/89
Steve James, WSU	14:54.1	7/11/81
Kurt Beckman, Spokane	29:28.0	1974
Team Spokane	42.0	6/26/82
Soo, Wallace, Harris, Fabien		
Moscow USA	3:29.5	7/08/78
Dare, Hay, Bartlett, Wollkind		
Pullman Comets TC	3:30.3	6/23/84
Walter, Taylor, Tucker, Stallworth		
Kyle Daley,	195-0	6/08/02
Bill Henry, Spokane	24'10.5	1968
Brent Harken, Spokane	7'6.5	7/02/87
Chaz Huff, Comets	48'1.5	6/20/92
Russ Winger, Moscow	65-09.5	6/26/05
John Van Reenan	186'0	1968
Ozzie Duncan, Kuna	231'9	7/19/03
Lex Katich	15'7	6/19/99
Dan O'Brien, Reebok	8891	/92
Robert Price, WYR	5:55.33	6/28/86
Dan O'Brien, Moscow	6476 pts	3/93

Senior Women (30-34)

100m	Sheila Rae Smith, Kenn.	:13.54	7/20/02
200m	Lauriea Blume, BRRC	:28.4	7/19/97
400m	Jane Hewett, L&C	1:04.7	6/15/02
100m H	Sally Chapman, WYR	:17.5	6/18/94
400m IH			
800m	Jane Hewett, L-C	2:29.6	6/15/02
1500m	Jane Hewett, L-C	5:00.8	6/15/02
3000m	Jane Hewett, L-C	10:38.1	6/30/01
5000m	Jane Hewett, L&C	19:01.8	6/16/01
6 mile			
10000m(tr)	Jane Hewett, L&C	38:33.2	6/16/01
Marathon	Kim Jones, Spokane	2:26:40	4/15/91
1500m RW	Lauriea Blume, BRRC	12:17.0	6/19/99

Senior Men (30-34)

Keith Stuffle, OTFC	11.1	6/24/00
Keith Stuffle, OTFC	23.2	6/09/01
Keith Stuffle, OTFC	52.2	6/12/04
110H Keith Stuffle, OTFC	15.3	6/08/02
Keith Stuffle, OTFC	53.2	6/17/00
Jeff Rahn, Spokane	2:04.14	8/15/92
Jeff Rahn, Spokane	4:22.04	8/16/92
Wayne Bunce, LCTC	9:51.4	6/14/03
Corey Brantley, Spokane	15:26.0	6/14/03
Dave Haugen, CTC	35:24.7	1976
Brett Hyde, Moscow	31:47.4	6/20/92
Terry Schliesman, Comets	11:01.8	5/21/98

Mile RW			Dick Baker, Spokane	8:50.8	1973	
3000m RW	Kris Larson, Comets	22:54.7	6/20/92	Greg Moore, Spokane	17:49.1	5/21/89
5K RW	Penne Leland-White, Clk	36:08.7	8/14/92			
400 Relay	Riverside TC	1:02.1	6/23/84	Orofino Track & Field	49.2	6/15/02
	Jordan,Davis,Delisle,Witherell			Struhs,Brooks,Stuffle,McCarthy		
Mile Relay	Cheney Track Club	6:35.3	5/19/84	Riverside TC	4:26.6	5/19/84
	Huff,Weekes,Glaser,Hall			Neville,Santos,Jordan,Ellsworth		
1600m Relay	Spokane Mercury	5:01.61	08/2008	Comets	4:10.2	6/19/99
	Overbay,Naughton,Osborn,Stewart			Nybo, Ward, Johnson, Mathison		
3200m Relay	Bloomsday RRC	11:08.58	8/18/96			
	Robertson,Holman,Ticknor,Yoke			Scott Schochler, OTFC	7:50.1	6/14/03
2K Steeple	Lauriea Blume, BRRC	8:37.92	6/24/01	Janusz Stempinski, Spo.	11:20.03	7/20/91
3K Steeple				Jason Lauritzen, NIV	11'0	6/10-06
PV	Laurie Ticknor, BRRC	7'1/2"	8/18/96	Keith Stuffle, OTFC	22'9.25	6/09/01
LJ	Sheila Rae Smith, Kenn.	18-2	7/22/06	Vince Martin, Spokane	44'2.75	8/14/92
TJ	Sheila Rae Smith, Kenn.	38-10.5	7/22/06	Brent Harkin, Spokane	6'10"	6/11/94
HJ	Sally Chapman, WYR	5'6"	6/19/93	Michael Bennett, Spo.	45'10.5	7/18/98
Shot	Marcia Mecklenberg, Pull	47'8	6/18/88	Michael Bennett, Spo.	158'11"	8/17/96
Discus	Carlene Anders, Pateros	97'7.5	6/05/99	Ryan Weidman, Veradale	221'3	7/17/04
Jav	Shaney Redmon, Spokane	145'6"	8/15/96	Arnie Tyler, PA	175'2	8/16/96
Hammer	Melissa Tyler, PA	118'8	11/9/96	Dan O'Brien, Reebok	8824	7/31-8/1/96
Combined	Amy Schochler, OTFC	1197	6/25-26/05			

Senior Women (35-39)

100mH	Jasvir Dhillon, Comets	20.14	8/14/92
110mH			
100m	Pam Johnson, Tonasket	13.1	7/17/93
200m	Kelley Hewett, L&C	28.0	6/14/03
400m	Kelley Hewett, L&C	1:01.21	7/17/04
800m	Kelley Hewett, L&C	2:25.9	6/12/04
1500m	Jane Hewett, L&C	5:03.1	6/26/05
Mile	Diane Craig, Yakima	6:20.6	6/26/83
3000m	Jane Hewett	10:46.13	6/26/05
5000m	Kim Jones, Spokane	16:18.54	8/15/96
8K (tr)	Lauriea Blume, BRRC	40:02.00	8/2003
10K (tr)	Dori Robertson, BRR	42:08.88	8/17/96
6 Mile			
400mH			
1500 RW	Lauriea Blume, BRRC	10:31.7	6/14/03
3K RW	Sherry Hathaway, CTC	18:44.2	7/15/89
5K RW	Cindy Algeo, Spokane	32:23.71	7/20/91
SC 2k	Laurie Ticknor, BRRC	8:49.98	8/9/97
SC 3k	Lauriea Michels, BRRC	14:24.70	7/23/05
400 M Relay	Comets Track Club	1:18.1	6/18/94
	Bessie Kolva, Jasvir Dhillon, Diana Barbee, Laura Sweeney		
Combined	Holly Lundgren OTFC	1265	6/26-7/04
2 Mile Relay	Cheney Track Club	18:38.0	5/21/83
	Hargrove, Stevens, Kraft, Van Kuren		
LJ	Sheila Rae Smith, Kennewick	18-1.5	8/2008
TJ	Sheila Rae Smith, Kennewick	37-10	6/16/07
HJ	Kary Lee, Comets	4'6"	6/16/01
Shot	Carlene Anders, Pateros	36'7.5	6/15/02
Discus	Karen Miller, PA	119'2	11/9/96
Jav	Laurie Ticknor, BRRC	102'1	8/9/97
Hammer	Marcia Mecklenberg, PA	128'9	8/16/96
Wt Throw			
Super WT			

Masters Women (40-44)

80m Hur	Linda Lanker, PA	14.5	7/20/96
400m IH	Linda Lanker, PA	1:14.6	7/20/96
100 M Hur	Linda Lanker, PA	19.04	7/17/99
100m	Linda Lanker, PA	:13.97	8/14/00
200m	Kelly Hewett, LCTC	:29.47	6/16/07
400m	Laurence Davin, Pullman	1:05.1	6/15/02
	Nora McCabe, Comets	1:05.1	6/12/04
800m	Janet McCone Comets	3:25.5	6/08/02
1500m	Nora McCabe, Comets	5:47.38	7/20/02
Mile			
3000m	Margaret Stone, Calder	12:43.2	6/22/91
5000m	Lauriea Blume, BRRC	20.54	6/16/07
6 mile			
10K (track)	Ann Bell, Spokane	39:48.51	8/18/84
1500 RW	Lauriea Blume, BRRC	11:13.8	6/16/07
3000m RW	Fran Law, Comets	17:56.0	6/22/91
5K RW	Shelah Gove, Liberty Lake	29:16.9	8/14/92
400m Relay	Comets	1:04.7	6/22/91
	Kalasz,Walker,Law,Widman		
1600m Relay	Comets	5:53.7	6/12/04
	Wheeler,Schumaker,McCabe,Wiebold		

Senior Men (35-39)

Cory Yost, Spokane	20.26	8/16/96	
Ray Fabien, TS	11.0	6/26/82	
Rob Cassleman, Comets	22.5	6/20/92	
Ray Fabien, TS	49.6	7/11/81	
Rich Tucker, Comets	2:04.00	8/18/84	
Jeff Rahn, Spokane	4:16.26	8/18/96	
Jim Lynch, Spokane	4:48.7	7/21/79	
Jeff Rahn, Spokane	9:35.4	5/16/98	
Rick Riley, Spokane	15:05.9	6/11/83	
Larry Robinette, PA	47:08.0	6/24/00	
Dave Haugen, CTC	35:24.7	1976	
Rob Cassleman, Comets	54.9	6/20/92	
Mile RW	Dick Baker, Spokane	8:50.8	1973
Larry Gallagher, PA	25:15.0	6/29/96	
2k Chip Roe, Deer Park	7:18.2	6/17/00	
3k Chip Roe, Deer Park	10:48.10	8/10/00	
Comets Track Club	53.0	6/15/02	
	Ward, Schaller, Funabiki, Lewis		
Dan O'Brien, Moscow	6,904	6/02	
Vince Martin, Spokane	20'6"	6/10/95	
Vince Martin, Spokane	43'2.5"	7/16/94	
Alan Wardsworth, PA	6'0"	6/21/97	
Dean Moore, Richland	47'7"	8/14/92	
Jim Jesernig, Kennewick	136'11"	6/12/93	
Don Dicus, Spokane	156'7	6/27/98	
Aaron Linerud, Bigfoot TC	177-10	6/10/06	
Bryan Pane, Spokane	32-10.5	6/26/05	
Bryan Pane, Spokane	19-1	6/26/05	

Masters Men (40-44)

Robert Cassleman, Comets	:54.02	8/15/92	
110 HH	Mike Flatt, CTC	:22.4	6/21/97
Ray Fabien, TS	:11.5	6/21/86	
Rich Tucker, Comets	:23.70	7/26/85	
Rich Tucker, Comets	:51.33	8/ /88	
Rich Tucker, Comets	1:57.50	8/ /88	
Herald Hadley, BFTC	4:00.8	8/18/84	
Archie George, MoscUSA	4:39.02	6/16/90	
Jeff Rahn, Spokane	9:27.4	6/05/99	
Rick Becker, Yakima	15:32	7/95	
Ed Rockwell, Spokane	35:09.6	1976	
Rick Becker, Yakima	32:22	7/95	
Glenn Canton, Comets	9:02.1	7/9/97	
Allen Ehrgood, Spokane	18:12.2	5/21/88	
Comets	49.4	7/15/89	
Schaller,Plumb,Hinz,Tucker			
Comets	5:57.1	6/21/97	
Wilson, Cantor, Scheer, Kolva			

LJ	Sheila Smith, Unatt	17-0.75	7/21/12	Jeff Schaller, Pullman	19'08	8/ /88
TJ	Sheila Smith, Unatt	35-5.0	7/21/12	Vince Martin, Spokane	38-0.25	8/2003
Shot	Karen Miller, Spo.Mercury	35'0.5	6/12/04	Rick Stowell, Kamiah	45'2.5	6/18/88
Discus	Karen Miller, SMAC	115'0	7/19/03	Glenn Passey, CTC (coll.)	173'9	8/18/84
Jav	Laurie Chadwick, Spokane	95'07	6/16/07	Ryan Weidman	206'5"	6/11/16
Ham	Marcia Mecklenburg, CTC	137'8	8/9/98	Arlen Olson, OTFC	106-3	3/13/04
Wt. Throw	Midge Yergen, WYR	27'7.5	7/19/97			
HJ	Christine Flowers, SMAC	4'2	6/16/12	Donald Rasmussen, Spo	5'7"	8/17/96
PV	Laurie Chadwick, BRRC	6-8.75	7/04	Reg Hulbert, BigfootTC	12'6	7/16/94
10k RW	Cindy Algeo, Spo.	1.04:00.0	6/16/92			
20k RW				Buck Ehrgood, Spokane	2:04:43.5	8/15/87
2k SC	Laurie Blume, BRRC	10:35.27	6/16/07	Chip Roe, Deer Park	7:14.6	6/15/02
3000m	Steeplechase			David Miskiimens, HCR	11:28.07	7/22/06
Pentathlon				Steven Moncrief, Spokane	1523	8/13/92

Master Women (45-49)

110m H						
400 MHur						
100m	Teddie Bell, Spokane	15.89	8/14/92			
200m	Edelza Knights,Granger	29.35	7/17/04			
400M	Judith Paine, Spokane	1:17.24	7/15/89			
800m	Judith Paine, Spokane	2:53.78	8/15/92			
1500 M	Laurence Davin, Comets	6:16.05	6/16/07			
Mile						
3000 M	Becky Phillips, Comets	14:44.2	6/14/03			
5000m	Judy Brannan, Cd'A	20:08.36	8/15/96			
10K(on Tr)						
1500m RW	Christina Baldwin, Pull	9:20	4/27/94			
3000m RW	Christina Baldwin, Pull	20:05	6/11/94			
5 K.RW	Cindy Algeo, Spokane	35:19.2	7/22/00			
10 K RW						
LJ						
TJ						
HJ	Gretchen Hoy, CTC	3-10	6/21/03			
Shot	Karen Miller, SMAC	33-10.75	7/22/06			
Discus	Karen Miller, SMAC	104-4	7/22/06			
Jav	Lani Powell, Ford	81-0	7/23/05			
Hammer	Sue Hinz, Comets	89'3"	6/26/93			
20Miles (onTR)						
50 Miles (on TR)						
20 K RW						
3000m STCH						
2000M STCH						
Pole Vault	Linda Lanker, Spokane	6'0	7/21/01			
Wt. Throw						
Super WT						

Master Women (50-54)

110m HH(39)						
300m IH	Linda Lanker, GSTC	1:01.9	7/22/06			
100m	Linda Lanker,GSTC	15.61	7/22/06			
200m	Teddie Bell, Spokane	34.98	8/10/97			
400m	Jan Wienbold, Comets	1:33.2	7/22/00			
800m	Jan Wienbold, Comets	3:47.2	6/27/98			
1500m						
1 mile						
3000m	Jan Wienbold, Comets	19:00.96	15/02			
5000m						
10k track						
1.5K RW	Darlene Backlund, ConTC	9:25.5	8/8/98			
1 mi.RW	Darlene Backlund, ConTC	9:38.18	6/19/99			
3K RW	Darlene Backlund, ConTC	20:23.7	5/16/98			
5k RW	Julia Wing, Chewelah	31:50.64	8/14/92			
10K RW	Julia Wing, Chewelah	1:08:51	8/16/92			
15K RW	Darlene Backlund, ConTC	1:41:33	5/16/99			
20K RW	Darlene Backlund, ConTC	2:22:27	3/21/99			
1hr RW	Darlene Backlund, ConTC	9:154	9/25/99			
Shot 3K	Sue Hinz, Comets	28'3.5	6/03/00			
Shot 4k	Sue Hinz, Comets	27'0	6/27/98			
Discus	Sue Hinz, Comets	77'9	6/27/98			
Jav	(600) Sue Hinz, Comets	62'9	6/13/98			
Jav	(500) Sue Hinz, Comets	59-11	6/15/02			
Jav	(400)Teddie Bell, Spokane	72'4.5	8/09/97			
Hammer 3K	Sharon Sellereite,ConTC	107'11	7/17/04			
Wt Throw	Sharon Sellereite,ConTC	25-6.25	6/26/05			
Super WT	Liz Wardsworth	17-3.5	2/23/14			
HJ						
TJ						
PV						
LJ	Jan Wiebold, Comets	9-04	6/15/02			

Master Men (45-49)

Rob Cassleman, Comets	18.2	6/15/02
Tim Lee, Kamiah	1:07.0	6/17/95
Jeff Schaller, Pullman	12.22	7/24/94
Jeff Schaller, Pullman	24.9	6/8/94
Rich Tucker, Yakima	53.73	8/14/92
Larry Almberg, Ellensberg	1:58.96	8/15/92
Ken Bell, Valley	4:20.38	8/18/96
Tim Trudeau, Kennewick	5:42.1	6/26/93
David Fuller, Spokane	10:07.7	7/22/95
Larry Almberg, Ellensbrg	15:30.45	8/13/92
Richard O'Brien, Selah	33:27.50	8/17/96
David Kolva, Comets	8:15.5	7/9/97
David Kolva, Comets	17:16.7	5/28/97
David Kolva, Comets	29:26.2	6/11/97
David Kolva, Comets	1:05.30	7/22/95
Jeff Schaller, Pullman	18'9.5"	6/95
Tim Lee, Kamiah	33'7.75"	6/17/95
Kent Kinyon, LCTC	5'4"	6/17/00
Dean Moore, Tri-City TC	41-9.5	6/08/02
Tom Lees, Comets	114'10	6/11/94
Dick Warwick, Oakesdale	152'4"	7/16/94
Paul Brown, Yakima	107'11"	7/19/97
Bill Misner, Spokane	2:17:00	10/5/85
Bill Misner, Spokane	6:32:45	4/9/89
Buck Ehrgood, Spokane	2:04:43.5	8/15/87
Virgle Ayers, Spokane	12:00.63	7/20/91
David Fuller, Spokane	7:19.8	6/17/95
Reg Hulbert, Spokane	12'6	6/27/98
Paul Brown, WYR	36' 1.5"	7/19/97
Paul Brown, WYR	21' 11"	7/19/97

Master Men (50 -54)

Robert Gent, Harrah	20.7	6/26/93
Keith Wollen, Pullman	12.3	7/13/85
Keith Wollen, Pullman	25.2	6/23/84
Rich Tucker, Spokane	57.5	6/21/97
Rich Tucker, Yakima	2:05.5	7/95
Des O'Rourke, Pullman	4:42.64	6/30/89
Bill Misner, Spokane	5:15.97	6/16/90
Bill Misner, Spokane	10:47.7	5/19/90
Richard Obrien , Selah	16:23.93	7/18/99
Jeff Corkill, Spokane	34:55.99	8/17/96
Dave Kolva, Comets	7:52.7	6/21/00
Dave Kolva, Comets	9:39.46	6/26/02
Dave Kolva, Comets	17:07.9	6/03/00
Dave Kolva, Comets	29:16.5	6/17/00
Gary Baskett, Spokane	479	8/14/92
Glenn Passey, CTC	165'10	8/15/92
Robert Shirts	165-05	6/16/07
12# Glenn Passey, CTC	134'9"	6/26/93
Alan Wardsworth	31'10"	2/23/14
Kent Kinyon, L&C	5-03	6/15/02
Jeff Schaller, Comets	30'9.5	8/20/00
Reg Hulbert, SVTC	12'0	7/21/01
Jeff Schaller, Comets	15'11	8/19/00

Pentathlon	Robert Gent, Harrah	1827	8/13/92
3200m Relay	Bigfoot TC (Haggin,Misner,Kelling,Thach)	10:04.80	8/16/92
100 mile	Jeff Hagen, Yakima	17h59m03s	10/4/98
50K / 50 Mi	Jeff Hagen, Yakima	5h10m12	10/3/98
100K	Bill Misner, Spokane	10h47m39	9/28-29/91
2000m Stch	Chip Roe, Deer Park	7:44.86	6/29/13
3000m Stch	Chip Roe, Deer Park	12:40.23	7/21/12
24 hours / 48 hours	Jeff Hagen, Yakima	131.0 miles	216.4 miles 11/99

Masters Women (55-59)

100m Hur			
400m Hur			
100	Teddie Bell, Spokane	17.22	6/26/05
200	Margaret Noren, Juliaetta, ID	42.5	6/14/03
400	Margaret Noren, Juliaetta, ID	1:31.78	8/2003
800	Margaret Noren, Juliaetta, ID	3:29.36	7/20/02
1500	Margaret Noren, Juliaetta, ID	6:53.1	6/15/02
3K	Margaret Noren, Juliaetta, ID	14:14.3	6/15/02
2 Mile			
3 Mile			
5K	Lonna Lee Williams, Spokane	25:03.3	8/13/92
10K Track			
6 Mile			
2K SC			
1500 RW	Margaret Noren, Juliaetta, ID	10:35.5	6/14/03
1mi. RW	Janet Weibold, Comets	11:40.07	7/17/04
5000m RW	Carol Wilkenson, Kenn.	32:11.75	8/2003
3000m RW	Kathy Malone, PA	22:15.0	6/27/98
10 K RW	Carol Wilkenson, Kenn.	1:06:35.0	8/2003
15 K RW			
20 K RW			
1hr RW			
24 hr. Run / 48 hr. Run	Jeff Hagen, Yakima	127.5mi	3/10/03
200K /100 Mi	Jeff Hagen, Yakima	23hr37m51sec	11/9-10/03
HJ			
LJ	Janet Weibold, Comets	7-10.25	7/17/04
PV			
Shot	Sue Hinz, Comets	28-5.25	6/14/03
Discus	Sue Hinz, Comets	70-04	6/10/06
Jav (600)	Ruth Van Kuren, CTC	39'2	6/12/99
Jav (500)	Teddie Bell, Spokane	76-0.75	6/26/05
Jav (400)	Sue Hinz, Comets	59-3	6/14/03
Hammer	Sue Hinz, Comets	99-4	6/14/03
TJ			
16# Wt.	Sharon Sellereite, Connell	25-2	7/07/06
Sup.Wt.	Sharon Sellereite, Connell	14-2	7/08/06

Master Men (55-59)

Jim Hill, Moscow	22.06	8/16/96
Jim Hill, Moscow	1:27.26	8/17/96
Jeff Schaller, Comets	13.09	8/2003
Jeff Schaller, Comets	27.26	8/2003
Rich Tucker, BRRC	57.5	6/17/00
Rich Tucker, BRRC	2:13.95	8/12/00
Bob Dellwo, Spokane	4:37.2	1973
Tom Askman, CTC	15:17	6/19/99
Bob Dellwo, Spokane	11:00.4	1972
Bob Dellwo, Spokane	17:28.8	1973
Bart Haggin, Spokane	18:53.72	8/94
Jim Peterson , 3RRC	46:30.0	6/08/02
Bob Dellwo, Spokane	36:18.0	1972
Jim Peterson , 3RRC	10:27.3	6/03/00
John Backlund, ConTC	8:47.6	8/8/98
John Backlund, ConTC	9:17.46	6/19/99
Calvin Brown, Spokane	29:21.47	8/14/92
Robert Dolphin, HCR	17:33.3	6/4/88
John Backlund, ConTC	1:07.3	1/9/99
John Backlund, ConTC	1:39:30	5/16/99
Calvin Brown, Spokane	2:05.31	8/16/92
John Backlund, ConTC	9574m	9/25/99
127.5mi	3/10/03	214.25mi 1/01/03
23hr37m51sec	11/9-10/03	17h56m25 9/13/03
Dale Preedy, Spokane	5'1.75	8/14/92
Jeff Schaller, Comets	16'8.25	6/21/03
Gary Isham, Spokane	9'6"	9/16/90
Dan Nipp, Cd'A	44'4	7/21/01
Dan Nipp, Cd'A	144'0	7/21/01
Dick Warwick, Oakesdale	137-6	7/20/02
Dave Kolva, Comets	88-03	6/11/05
Pat Shoher, Richland	29-4.75	7/17/04

Masters Women (60-64)

100mh			
100m	Dorothy Torney, Spokane	:22.4	6/21/86
200m			
400m	June Machala, Spokane	1:24.9	8/94
800m			
1500m	June Machala, Spokane	6:00.96	8/16/92
5000m	June Machala, Spokane	21:48.87	8/94
10000m	June Machala, Spokane	45:28.76	8/94
3000mRW			
1500mRW			
5K RW	Dorothy Torney, Spokane	36:14.50	8/15/87
20 K RW			
Shot	Sue Hinz, Comets	26'7	7/24/10
Discus	Sue Hinz, Comets	64'4	6/5/10
Javelin	Sue Hinz, Comets	49'8	7/17/10
Ham.	Sue Hinz, Comets	92'3	7/17/10
HJ			
PV			
LJ			
TJ			
15 K			
20# Wt	Indoor / outdoor		
56# Sup. Wt	Indoor/outdoor		
25# Sup. Wt	Sue Hinz, Comets	18'4	7/17/10
Outdoor wt. Pentathlon			
12# Wt	Sue Hinz, Comets	33'7	2009
25# Wt	Sue Hinz, Comets	19'5.5	2009

Masters Men (60-64)

Dave Klicker, Walla Walla	16.15	8/16/96
Pat Kerby, LCTC	:14.78	6/10/06
Ralph Riddick, BRRC	:30.2	7/16/94
Rich Tucker, BTC	1:01.27	7/23/05
Des O'Rourke, Pullman	2:29.45	8/18/99
Des O'Rourke, Pullman	5:15.60	7/17/99
Joe Machala, Spokane	18:46.49	7/21/03
Joe Machala, Spokane	38:32.76	6/21/03
Truvor Bodnar, Spokane	19:18.6	6/12/04
Truvor Bodnar, Spokane	9:18.6	6/12/04
L. Calvin Brown, Spokane	29:45.0	8/00
L. Calvin Brown, Spokane	2-04:38	8/00
Gary Baskett, Spokane	48-02.5	8/08/02
Gary Baskett, Spokane	143-0	7/20/02
6/12/04 Gary Baskett, Spokane	106-5	7/20/02
George Mathews, IWT	173-03	8/05
Dale Preedy, Spokane	49"	8/17/96
Pat Kerby, LCTC	7-0	6/10/06
Robert Litton, Spokane	15'7	7/20/91
Robert Litton, Spokane	29'7.5	8/14/92
Ralph Riddick, BRRC	1:12.41	4/30/95
George Mathews, IWT	67-6.25 / 67-5.25	2005
George Mathews, IWT	27-6.75 / 26-10	2005
George Mathews, IWT	4130 points	2005

Master Women (65-69)

100m	Bessie Kolva, CTC	25.31	6/11/16
200m	Jean Stevens, CTC	46.68	8/15/87

Master Men (65-69)

Jeff Schaller, Comets	13.70	7/25/13
John Knudsen, Moscow	30.27	7/23/05

400m	Nancy Savage, Moscow	1:54.4	7/19/03	Jeff Schaller, Comets	1:06.15	7/13/13
800m	Jean Stevens, CTC	4:57.5	8/14/87	Des O'Rourke, Pullman	2:12.78	6/16/07
1500m	Nancy Savage, Moscow	8:36.2	7/19/03	Des O'Rourke, Pullman	5:59.91	7/23/05
Mile	Jean Stevens, CTC	10:27.36	5/22/85	Ralph Riddick, BRRC	14:40.0	5/16/98
3000m	Jean Stevens, CTC	19:49.7	83	Ralph Riddick, BRRC	28:24.9	7/22/00
5000m	June Machala, Spo	22:15.84	8/15/96			
5 K rd	June Machala, Spo	22:07	6/97			
10000m	June Machala, Spo	45:42.98	8/17/96			
1500m RW	Bessie Kolva	12:38.67	6/11/16	David Kolva, Comets	11:18.30	6/13/15
2K RW	Dorothy Torney, Spo	14:42.71	6/30/89			
3K RW	Dorothy Torney, Spo	21:06.78	6/16/90	John Malone, PA	21:23.8	6/03/00
5Km RW				L. Calvin Brown, Spokane	30:27.98	8/2003
10Km RW				L. Calvin Brown, Spokane	1:02:49.0	8/2003
Shot 6#	Sue Hinz, Comets	23'11"	7/25/13	Bob Fisher, Kennewick	123'7"	8/17/96
Discus	Jean Stevens, CTC	25'10.5"	83	David Kolva, Comets	89'3"	6/11/16
Hammer	Sue Hinz, Comets	87'2"	7/20/13	20 lb, David Kolva, Comets	33'0.25"	7/20/13
Wt	12 lb, Sue Hinz, Comets	31'8"	7/20/13	20 kg, David Kolva, Comets	13'1.25"	7/18/15
SWT	Sue Hinz, Comets	23'5.5"	7/20/13	Gary Correll, 9Mile	128'1"	8/18/96
Jav 600g	Sue Hinz, Comets	47'4"	7/25/13	Bill Fix, Spokane	691 pts.	8/13/92
Pent.						

Masters Women (70-74)

100						
200						
400						
Discus						
Shot						
LJ						
Mile	June Machala, Spokane	7:16.12	7/21/03			
5000m	June Machala, Spokane	23:28.76	7/21/03			
10K track	June Machala, Spokane	48:11.29	7/21/03			
5000 m RW						
Pentathlon						

Masters Women (75-79)

100m						
200m						
400m						
800m						
1500m						
5000m						
10k track						
Shot	Mildred Marshall, L-C T.C.	12'6"	6/11/94			
Jav	Mildred Marshall, L-C T.C.	24'2"	6/11/94			

Masters Women (80-84)

100m						
200m						
400m						
800m						
1500m						
5000m						
Discus						
Shot						
Jav.						
4k Hammer						

Masters Women(85-89)

100						
200						
400						
800						
Hammer						
4K Shot						
Discus						
Jav						

Masters Women (90-94)

Hammer						
4K Shot						
Discus						
Jav						

Masters Men (70-74)

Don Saunders, Hayden	14.40	8/14/94
Ted Parrish, PA	35.2	6/15/96
Hank Shinkosky, BFTC	1:56.8	5/19/84
Fred Shober, Richland	98'1"	6/12/93
Fred Shober, Richland	30'3.5	6/12/93
Don Saunders, Hayden	14'2"	8/94
Floyd Henschen, Richland	7:06.7	6/26/93
Floyd Henschen, Richland	24:50.0	8/13/92
Art Clevenger, Yakima	37:49.92	8/16/96
Bill Fix, Spokane	2203 pt	8/15/96

Master Men (75-79)

Ralph Riddick, BRRC	18.41	7/20/08
Ralph Riddick, BRRC	38.30	7/20/08
Ralph Riddick, BRRC	1:29.02	7/20/08
Ralph Riddick, BRRC	2:59.0	7/20/08
Ralph Riddick, BRRC	8:15.21	7/20/08
George Boulden, Spokane	24:12.0	8/13/92
Wilbur Inks, Spokane	59:18.1	8/15/92

Masters Men (80-84)

Hank Shinkosky, Spokane	19:80	7/ /90
Hank Shinkosky, Spokane	43.00	7/ /90
Jule Crabtree, Royal City	1:51.4	7/19/97
Jule Crabtree, Royal City	4:57.6	6/27/98
Wilbur Inks, Spokane	9:18.84	7/22/00
George Boulden, Spokane	24:40.88	8/15/96
D. "Andy" Anderson, PA	64'	8/17/96
D. "Andy" Anderson, PA	23'3.5	6/29/96
D. "Andy" Anderson, PA	54'8	7/20/96
D. "Andy" Anderson, PA	59'8	8/16/96

Masters Men (85-89)

Jule Crabtree, Royal City	22.9	6/19/99
Jule Crabtree, Royal City	49.7	6/19/99
Jule Crabtree, Royal City	1:56.7	6/19/99
Jule Crabtree, Royal City	6:30.0	7/19/03
D.Andy Anderson, Spokane	51'09	7/22/00
D.Andy Anderson, Spokane	19'5.5	7/22/00
D.Andy Anderson, Spokane	55'06	7/22/00
D.Andy Anderson, Spokane	55'09	7/22/00

Masters Men (90-94)

D.Andy Anderson, Spokane	55'09	6/11/05
D.Andy Anderson, Spokane	16-9	6/11/05
D.Andy Anderson, Spokane	38-00	6/11/05
D.Andy Anderson, Spokane	37-01	6/11/05