

Conference Records

CONFERENCE RECORDS:

| Event | Mark / Time | Athlete (City) | Year |
|--------------------|-------------|---------------------------|------|
| 100M | 10.36 | Dusty Lane, Spokane | 1999 |
| 200M | 20.96 | Dusty Lane, Spokane | 1999 |
| 400M | 46.31 | Melvin Jenkins, Highline | 2004 |
| 800M | 01:50.8 | Don Rouse, Spokane | 1978 |
| 1500M | 03:48.8 | Ray Prentice, Highline | 1979 |
| 5000M | 14:41.0 | Jerry Maris, Bellevue | 1981 |
| 10000M | 30:30.9 | Orly Waller, Bellevue | 1981 |
| 3000M SC | 09:05.1 | Bret Goller, Highline | 1988 |
| 110M HH | 14.15 | Gerald Ellis, Mt. Hood | 1986 |
| 400M IH | 51.92 | Dusty Lane, Spokane | 1997 |
| LJ | 25-10 | Terry Metcalf, Eeverett | 1971 |
| TJ | 50-7.5 | Alvin Harris, Spokane | 1982 |
| HJ | 7-0.5 | Dwain Fagerberg, Mt. Hood | 1985 |
| Discus | 173-04 | Jason Dixon, Spokane | 2003 |
| Shot Put | 61-3.25 | Spike Walker, Spokane | 1971 |
| Hammer | 199-03 | Paul Etter, Clackamas | 2003 |
| Javelin (Pre '85) | 252-0 | Gary Schaefer, Spokane | 1976 |
| Javelin (Post '85) | 241-07 | Cyrus Hostetler, Lane | 2008 |
| Pole Vault | 17-0.25 | Bill Jones, Clackamas | 1997 |
| 400M Relay | 41.04 | Spokane | 1980 |
| 1600M Relay | 03:11.5 | Lane | 1986 |
| Decathlon | 7532 | David Lemen, Clackamas | 2000 |