

Zaepfel Stadium/Don Holder Track Stadium Record
 Note: NWAC Championships in 1967 and No Meets in 1977-1978.

UNDER RESEARCHER in 1979-1986.

Revised: April 22, 2020

By: Coach Ivan Alfaro - Eisenhower

College & Professional Stadium Record

Men' Record

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Notes</u>
100 Yard 100m	9.7 10.7	Randy Montgomery Jim Kjolso McMacken	Everett Yakima Valley Spokane	1967 1964 1967	NWAC Champs Sunfair Invite Fruit Bowl Invite
220 Yard 200m	21.5 21.3	Acrey	Yakima Valley	1965	Sunfair Invite
440 Yard 400m	48.9 48.7	Gary Barkes	Yakima Valley	1967	NWAC Champs
880 Yard 800m	1:54.2 1:53.7	At Sandison	Washington State	1967	Sunfair Invite
1500m (Started 1976)	3:57.4	Rick Adams	Highline	1976	Fruit Bowl Invite
Mile	4:12.4	Rick Riley	Washington State	1967	Sunfair Invite
Two Mile	8:59.8	Gerry Lindgren	Washington State	1965	Sunfair Invite
5000m (Started 1976)	15:07.7	Rick Adams	Highline	1976	Fruit Bowl Invite
3000m Steeplechase					
120 High Hurdles 110m High Hurdles	14.7 14.6	Boyd Gittins Danielson Olsen	Shoreline Washington State Washington State	1967 1967 1968	NWAC Champs Sunfair Invite Sunfair Invite
330 Low Hurdles (End 1969)	37.9	Boyd Gittins	Shoreline	1967	NWAC Champs
440 Inter Hurdles 400m Inter Hurdles	54.4	Jim Bell	Mt. Hood	1976	Fruit Bowl Invite
440 Relay 400 Relay (4 x 100m)	42.5 42.4	M. Lawrence, L. Gillespie, M. Pope & L. Scheurer Jones, Pope, Clssen Schuerer	Clark Clark	1967 1967	NWAC Champs League Meet
Mile Relay 1600 Relay (4 x 400m)	3:18.8 3:16.7	J. Kirry, D. Mailer, L. McKim, & M. McDonald	Shoreline	1967	NWAC Champs
Shot Put	59' 9"	John VanReenan	Washington State	1967	Sunfair Invite
Discus	170' 0"	John VanReeman	Washington State	1967	Sunfair Invite
Javelin	231' 9"	Pahike	Oregon	1965	Sunfair Invite

High Jump	6' 10"	Tom Bakken	Highline	1975	Fruit Bowl Invite
Pole Vault	15' 0"	Stu Jones	Shoreline	1967	NWAC Champs
Long Jump	23' 7.25"	Jim Kjolso	Yakima Valley	1964	Sunfair Invite
Triple Jump	47' 9"	Dick Cook	Everett	1975	Fruit Bowl Invite
Women' Record					
Event	Performance	Name	School	Year	Notes
100m	12.9	Cheryl Johnson	Spokane Falls	1976	Fruit Bowl Invite
200m	25.3	Pam Riggs	Central Washington	1976	Fruit Bowl Invite
400m	59.8	Linda Jones	Spokane Falls	1976	Fruit Bowl Invite
800m	2:29.0	Nancy Ehle	Central Washington	1976	Fruit Bowl Invite
1500m	4:48.9	Cindy Chapman	Whitman	1976	Fruit Bowl Invite
5000m					
3000m Steeplechase					
100m Low Hurdles	15.8	Many Kister	Spokane Falls	1976	Fruit Bowl Invite
400m Inter Hurdles					
440 Yard Relay 400 Relay (4 x 100m)	50.2 50.1	J. Miller, G. Schneider, J. Jordan & P. Riggs	Central Washington	1976	Fruit Bowl Invite
Mile Relay 1600 Relay (4 x 400m)	4:20.0 4:18.8	M. Kiehn, N. Watchie, S. McKenize & N. Ehle	Central Washington	1976	Fruit Bowl Invite
Shot Put	49' 9.5"	Debe Bender	Spokane Falls	1976	Fruit Bowl Invite
Discus	128' 4.5"	Mary Petree	Central Washington	1976	Fruit Bowl Invite
Javelin	122' 8.5"	Cathy Miller	Spokane Falls	1976	Fruit Bowl Invite
High Jump	5' 1"	Karen Schillinger	Olympia	1976	Fruit Bowl Invite
Pole Vault					
Long Jump	18' 2.5"	Melanie Kiehn	Central Washington	1976	Fruit Bowl Invite
Triple Jump					