

12-31-2008

All-Time Great Northwest Athletic Conference Track and Field Rosters

Great Northwest Athletic Conference

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ALL-TIME GNAC TRACK AND FIELD ROSTERS

2002

SEAWOLVES Alaska Anchorage

Men

Chris Cannon
Andy Elvester
Sheamus Lamb
Nate Normandin
Sean Rivers
Scott Rood
Tobias Schwoerer
Eric Strabel
Mark Strabel

Cl. Hometown

Fr. Helena, MT
Jr. Forest Lake, MN
So. Anchorage, AK
So. Anchorage, AK
Jr. Sandy, OR
Fr. Eagle River, AK
So. Lenzkirsch, Germany
So. Palmer, AK
Sr. Palmer, AK

Women

Leslie Boyd
Stacy Edwards
Lindsay Krous
Katya Lamskova
Kiersten Lippman
Stephanie Myers
Heather Walsh

Cl. Hometown

Jr. Anchorage
Fr. Girdwood
So. Yakima, Wash.
Jr. Moscow, Russia
Jr. Wayland, Mass.
Fr. Anchorage
Fr. North Pole

Head Coach - Michael Friess.

WILDCATS Central Washington

Men

Alfred Anaya
Jesse Bauman
Jason Bush*
Matt Cook
Fabien Coutard
Brice Crowninshield*
Josh Delay***
Jacob Galloway*
Kevin Gary**
Mark Hamlin
Nicholas Haralson*
Aaron Hayes*
Johnathan Hughes
Erik Iverson**
Justin Lawrence*
Josh Leigh
Moses Lewis
B.J. Malphrus
Marcus Meddles
Cory Medina*
Curt Moon
Kojo Obeng*
Matt Pakinas
Jason Patterson*
Phil Paul
Chris Petersen*
Jason Porter

Events

Sprints
Throws
Middle Distance
Distance
Sprints
Throws
Sprints
Throws
Middle Distance
Sprints, Hurdles
Sprints
Throws
Throws
Hurdles, Jumps
Jumps
Sprints
Sprints, Hurdles
PV, Jumps
Middle Distance
Sprints
Sprints, Hurdles
Sprints
Sprints
Throws
Distance
Decathlon
Distance

Yr. Hometown (School)

Fr. Toppenish, WA (Whitworth)
So. Fall City, WA (Mt. Si)
So. Bickleton, WA
Fr. Maple Valley, WA (Tahoma)
Fr. Maple Valley, WA (Tahoma)
So. Mill Creek, WA (Cascade)
Sr. Royal City, WA
So. Shelton, WA
Sr. Lacey, WA (North Thurston)
Fr. Arlington, WA (Lakewood)
Jr. Puyallup, WA (Mt. Rainier)
Jr. Stanwood, WA
So. Sunnyside, WA
Jr. Montesano, WA
So. Toppenish, WA (Zillah)
Fr. Kent, WA (Kentrige)
So. Yakima, WA (Davis-UW)
Fr. Burlington, WA (Burlington-Edison)
Fr. Bremerton, WA (Central Kitsap)
So. Quincy, WA
Fr. Okanogan, WA
Jr. Chehalis, WA (W.F. West)
Fr. Sultan, WA (UO)
So. Shelton, WA
Fr. Kent, WA (Kentrige)
Jr. Kirkland, WA (Juanita - Highline CC)
Fr. Kirkland, WA (Juanita - Montana State)

Cory Rebmann	Distance	Fr.	Colville, WA
Jeremy Rice*	Distance	So.	Yakima, WA (Davis)
Beau Ross**	Jumps	Jr.	Thorp, WA (Ellensburg)
Matt Schmitt*	Distance	So.	Federal Way, WA
Neil Small*	Middle Distance	Sr.	Chewelah, WA (North Idaho College)
Ian Smith*	Distance	So.	Harrah, WA (Wapato)
Joe Smith*	Sprints, Jumps	So.	Enumclaw, WA
Ryan Thomason*	Throws	So.	Lake Stevens, WA
Derek Thornton	Middle Distance	Fr.	East Wenatchee, WA (Eastmont)
Julian Trevino***	Sprints	Sr.	Sunnyside, WA
David Uberti	Throws	So.	Everett, WA (Cascade)
Kurt Weber*	Jumps, Sprints	So.	Yakima, WA (West Valley)

Women	Events	Yr.	Hometown (School)
Rebekah Ackermann	Throw	Sr.	Olympia, WA
Pamela Albertson	Jumps	Fr.	Sammamish, WA (Eastlake)
Jennifer Anderson*	Sprints	So.	LaConner, WA (SVCC)
Carissa Baker	Throws	Fr.	Port Angeles, WA (SWOCC)
Nicole Bandy	Distance	So.	Sedro Woolley, WA
Diane Bedwell	Distance	Fr.	Mountlake Terrace, WA
Julie Biles	Distance	Fr.	Selah, WA
Jody Binder *	Sprints	So.	Fairbanks, AK (Lathrop)
Kaylee Bulyc*	Distance	So.	Woodinville, WA
Jessica Common	Middle Distance	Fr.	Marysville, WA (Marysville-Pilchuck)
Allison Degracia*	Sprints, Hurdles	So.	Belfair, WA (North Mason)
Kathleen Donnatin	Middle Distance	Fr.	Warwick, NY
Tracey Fischer*	Distance	So.	Edmonds, WA (Edmonds-Woodway)
Julie Graham	Jumps	Fr.	Sultan, WA
Theresa Hill	Distance	Fr.	Seattle, WA (Blanchet)
Heather Horsley	Middle Distance	Fr.	Wapato, WA (Riverside Christian)
Shelby Jacobs*	Distance	Sr.	Kirkland, WA (Lake Washington)
Katie Kaune	Jumps	Fr.	Gig Harbor, WA
Emily Lang	Sprints	So.	Othello, WA (Royal City)
Christina Lashbrook	Sprints	Fr.	Sultan, WA
Dawnita LiaBraaten	Distance	Jr.	El Dorado, CA (Kelso-Clark)
Anne Lindquist	Throws	Fr.	Palmer, AK
Rebecca Lindquist	Throws	Fr.	Palmer, AK
Melissa Lnenicka	Distance	Fr.	Ephrata, WA
Shawna Locey	Jumps, Hurdles	Jr.	Milwaukee, OR (Rex Putnam)
Lacey Lyon	Middle Distance	Fr.	Benton City, WA (Kiona-Benton)
Alicen Maier **	Distance	Jr.	Selah, WA
Krissi Mathers***	Distance	Sr.	Woodinville, WA
Katie Maurer	PV	Fr.	Redmond, WA (Cedercrest)
Christin McDowell	Throws	Fr.	Sammamish, WA (Eastlake)
Lindy Mullen	Middle Distance	Fr.	Sedro Woolley, WA
Erika Olson	Middle Distance	Jr.	Kenmore, WA (Cedar Park Chr.-Shoreline)
Kim Olson	Sprints	Fr.	Endicott, WA (St. John-Endicott)
Melissa Phillips	Distance	Fr.	Marysville, WA (Marysville-Pilchuck & EvCC)
Tiffany Picinich*	Distance	Jr.	Port Orchard, WA (South Kitsap - Olympic)
Erica Pitman	Distance	Fr.	Woodinville, WA
JoAnna Pleasants	Throws	Fr.	North Bend, WA (Mt. Si)
Jenoa Potter*	HJ	Sr.	Fife, WA (Orting-Highline CC)
Jennifer Powers	Throws	Fr.	Yakima, WA (West Valley)
Karie Pruet	Throws	Jr.	Spokane, WA (Ferris - CCS)
Andrea Quick	Sprints	Fr.	Lynnwood, WA (Edmonds-Woodway)
Hailey Ruff	Hept	Fr.	Kennewick, WA
Elizabeth Ryen	Jumps	Fr.	Seattle, WA (Blanchet)
Rachael Schwartz*	PV	Sr.	Auburn, WA (Highline)
Dara Stevens	Sprints	Fr.	Fairbanks, AK (Lathrop)
Stephanie Stine	Distance	Fr.	Pasco, WA
Davina Strauss	Jumps	Sr.	Sydney, Australia (Wyoming)

Logan Swanson	Middle Distance	Fr.	Sammamish, WA (Skyline)
Lea Tiger	Jumps	Fr.	Renton, WA (Kentrige)
Tori Torres	Sprints	Fr.	Yakima, WA (Eisenhower)
Heather Yergen	Throws	Fr.	Yakima, WA (West Valley)

Head Coach – Kevin Adkisson. **Assistants** – John Picha (throws), Kristin Sparling (jumps), Bryan Contreras (distances), Lucita Kelley (sprints, hurdles).

LUMBERJACKS Humboldt State

Men	Events	Yr.	Hometown (School)
Charles Ables	Throws	Sr.	Carmel, CA (Hartnell CC)
Ron Anderson	5K, 10K	Sr.	San Diego, CA (Scripps Ranch)
Chris Bitcon	110HH	Sr.	San Jose, CA (San Jose CC)
Matthew Burke	1500, 5000	So.	El Cajon, CA (El Capitan)
Matt Colling	Sprints	Fr.	Sacramento, CA (Sacramento State)
Evan Dahl	1500, 5000	Sr.	Irvine, CA (Orange Coast CC)
Jason DeSelle	1500, 5000	Jr.	Santa Rosa, CA (Montgomery)
Jared Cockrum	800, 1500	So.	Ketchikan, AK
Adam Freeland	5000	Jr.	Dana Point, CA (Marco Forester CC)
Nick Gai	800, 1500	Sr.	Arcata, CA
Jason Golenor	800, 1500	Sr.	Redding, CA (Shasta College)
Daniel Graybill	800, 1500	So.	Santa Cruz, CA
Jacob Hayes	PV, Dec	Sr.	Scotia, CA (Fortuna)
Brian Janes	5K, 10K	Sr.	Mira Mesa, CA (St. Augustine)
Josh Johnson	Sprints	Fr.	Los Angeles, CA (Palisades)
Nick King	Sprints	Fr.	Vallejo, CA
Dave Margraf	Throws	Sr.	Las Vegas, NV (Desert CC)
Justin Miller	PV, Dec	Sr.	Manteca, CA (Delta College)
Richard Morales	Sprints	So.	Chino, CA
Lehrin Morey	5K, Steeple	So.	Eureka, CA
Jon O'Connor	800, 1500	Jr.	San Diego, CA (University City)
Josh Otto	10K, Steeple	Sr.	Ukiah, CA
George Phillips	Sprints	So.	Monterey, CA
Jesse Plummer	1500	Jr.	Boulder Creek, CA (West Valley CC)
Brendan Reilly	Jumps	So.	Blue Lake, CA (Arcata)
Dan Sutton-Kane	1500, 5K, Steeple	So.	Santee, CA (West Hills)
Kile Taylor	800, 1500	Jr.	Visalia, CA (Mt. Whitney)
Preston Timmons	Jumps	Fr.	Rio Dell, CA (Fortuna)
Jason Walker	Distance	Sr.	Wyoming (Fort Lewis)
Louie White	1500, 5000	Sr.	Montara, CA (Half Moon Bay)

Women	Events	Yr.	Hometown (School)
Haley Anderson	Pole Vault	So.	Reno, NV
Dolores Bergmann	5K, 10K	Sr.	Chico, CA (Lassen CC)
Carie Bronson	Sprint, Hurdles	Sr.	Payette, ID
Kalei Colridge	1500, Steeple	Jr.	Fairfield, CA (Arimjo)
Sara Cunningham	Heptathlon	Jr.	Coos Bay, OR (Portland State)
Kate Droz	Javelin	Sr.	Trinidad (C. of the Redwoods)
Tammy Hunt	1500, 3000	Jr.	Cobb Mountain, CA (Middletown)
Crystal Johnson	400, 800	Sr.	Eureka, CA
Meredith Lisk	100, 400	Jr.	Litchfield, CA (Lassen)
Grace Neisingh	1500	Sr.	Santa Rosa, CA (Santa Rosa JC)
Renee Rakestraw	Shot, Disc, Ham	Sr.	Santa Clara, CA (Ventura College)
Jennifer Ruff	Pole Vault	Sr.	Shingle Springs, CA (Ponderosa)
Sadie Solem	3000	So.	Janesville, CA (Lassen)
Katherine Stephenson	5000	Sr.	Beaufort, NC (Saint Mary's)
Peni Vaefaga	Throws	So.	Sacramento, CA (Burbank)
Laura Winterhalter	Hurdles	Fr.	Sacramento, CA (Woodcreek)

Rachael Wiseman	5K, 10K	Sr.	San Jose, CA (West Valley CC)
Kathy Zehrbach	Heptathlon	So.	San Jose, CA (Leigh)

Head Coach – Dave Wells. **Assistant** – Scott Tucker

CRUSADERS Northwest Nazarene

Men	Events	Ht.	Yr.	Hometown (School)
James Bennum	Sprints	6-2	Sr.	Federal Way, WA (Thomas Jefferson)
Daniel Bowman	Sprints	5-11	Fr.	Weiser, ID
Jake Braun	Distance	5-6	Fr.	Greenleaf, ID (Friends Academy)
Adam Butts	Throws		Fr.	
Nick Carver	Distance	5-6	Fr.	
Zach Dwello	Distance	5-10	So.	McCall, ID (McCall – Donnelly)
Josh Fishburne	PV, Sprints	5-9	Jr.	Leavenworth, WA (Cascade)
Lincoln Hagood	Distance	6-0	So.	Nampa, ID (Skyview)
Brandon Hill	Sprints		Fr.	Oak Harbor, WA
Tim Johnson	Throws	6-8	Jr.	Blaine, MN (Allan Hancock CC)
Francis Kimeli	Distance	5-7	Jr.	Eldoret, Kenya (Ainabkot - Abilene Christian)
Matt Kitchen	Hurdles	6-4	Jr.	Portland, OR (David Douglas - Umpqua CC)
Ryan Lee	Jumps, Sprints	6-2	So.	Nampa, ID (Nampa Christian)
Jay Lundergan	Distance	6-2	Fr.	Nampa, ID (Kuna)
Aaron Matthias	Distance	6-2	Jr.	Yakima, WA (West Valley)
Ryan Meier	Sprints	6-0	Fr.	Anchorage, AK (Grace Christian)
David Olson	Sprints	6-4	So.	Nampa, ID (Nampa Christian)
Brice Roncace	Distance	5-8	Jr.	Meridian, ID
Brad Simpson	Sprints	5-9	Fr.	Olympia, WA (Northwest Christian)
James Thomas Jr.	Javelin, Jumps	6-5	Jr.	Houston, TX (Mayde Creek – Southern Univ.)
Juraj Trubiroha	Distance	6-0	So.	Bratislava, Slovakia (Gorda)
Caleb Tubei	Distance	6-2	Fr.	Nakuru, Kenya (Kituro)
Kenny Turner	Sprints	5-5	Jr.	Olympia, WA (River Ridge)
Nathan Wilkinson	Distance	5-11	So.	Albany, OR (East Linn Christian)
Ben Wornell	Distance	6-0	Jr.	Harrisburg, OR

Women	Events	Ht.	Yr.	Hometown (School)
Sarah Arndt	Throws		Fr.	
Alyssa Barnett	Hurdles, Sprints	5-8	Fr.	Belgrade, MT
Rebekah Bowman	Sprints	5-4	Fr.	Weiser, ID
Sarah DuVall	Hurdles	5-3	Fr.	Meridian, ID
Heather Esposito	Sprints	5-5	Sr.	Kuna, ID
Katie Fitch	Throws		Fr.	
Jennifer Gilbert (rs)	Sprints	5-3	Fr.	Middleton, ID
Lindsay Glaze	Hurdles, Hept	5-7	Jr.	Nikiski, AK
Jana Harris	Distance	5-9	Jr.	Arlington, WA
Kristin Lane	Distance	5-5	So.	Caldwell, ID (Vallivue – U. Idaho)
Alina Lunsford	Pole Vault	5-5	So.	Midvale, ID (Cambridge)
Kristi Lund	Sprints, Throws	5-11	Sr.	Ridgefield, WA (Clark CC)
Mary Ann McDonald (rs)	Throws	5-7	Jr.	Fruitland, ID
Erica Madison	Distance	5-6	Jr.	Anchorage, AK (Service)
Mindy Meier	Distance	5-5	Jr.	Anchorage, AK (Grace Christian)
Aubrey Metzger	Pole Vault	5-4	So.	Shelton, WA
Melissa Proctor	Sprints	5-7	So.	Milton-Freewater, OR (MacHi)
Lacey Rasmussen	Jumps, Javelin	5-6	Fr.	Nampa, ID (Skyview)
Shanti Rawls (rs)	Sprints		Fr.	
Faith Sacht	Sprints, Jumps	5-11	Fr.	Boise, ID (Cole Valley Christian)
Ann-Marie Wiggins	Distance	5-7	So.	Weiser, ID (Midvale)
Jessica Wiggins	Distance	5-6	Fr.	Weiser, ID (Midvale)
Christy Wynkoop	Distance	5-1	Fr.	Gresham, OR
Susan Young	Distance	5-3	So.	Nampa, ID

Head Coach – Randy Dalzell

SAINTS Saint Martin's

	Events	Yr.	Hometown (School)
Mike Brown	Distance	Fr.	Quincy, WA
Fred Brugato	Sprints	Fr.	Portland, OR (Central Catholic)
Josh Callon	Throws	So.	Redmond, WA
Nate Carlson	Middle, Distance	So.	Pateros, WA
Chris Carpenter	Middle, Distance	So.	Shelton, WA
Matt Gage	Distance	Fr.	Onalaska, WA
Carlos Gonzalez	Middle, Distance	Fr.	Yakima, WA (Davis)
Toby Hapala	Pole Vault	Fr.	Williamsburg, VA
Tim Horton	Shot, Discus	So.	Bremerton, WA
Reuben Joseph	Sprints, Middle	So.	Tacoma, WA (Lakes)
Rob Kemper	Sprints, Middle	Jr.	Amity, OR
Matt Lambrecht	Javelin	So.	La Center, WA
K.J. Loreth	Sprints	So.	Burien (Kennedy)
Tyson Magney	Middle, Distance	Jr.	Spokane, WA (Ferris)
Evan Martin	Throws, Hurdles	Fr.	Kent, WA (Kentwood)
Kyle Oleson	Distance	Fr.	Seattle, WA (Tyee)
Andy Prentice	Distance	Fr.	Spokane, WA (Lakeside)
Garrett Ronning	Throws	Fr.	Shelton, WA
Jonathan Sprouffske	Shot, Discus	So.	Rainier, WA
Zac Vawter	Distance, Steeple	So.	Mossyrock, WA

Women	Events	Yr.	Hometown (School)
JocyInn Campbell	Throws	Fr.	Lacey, WA (Timberline)
Becky Dalrymple	Distance, Middle	Jr.	Tacoma, WA (Lincoln)
Brooke Dixon	Sprints	Fr.	Olympia, WA (Sprints)
Allison Grinsberg	Sprints	Fr.	Seattle, WA (Roosevelt)
Aimee Holt	Middle, Distance	Fr.	Kamiah, ID
Jennifer Houk	Distance, Middle	Jr.	Olympia, WA (Capital)
Louise Huezo	Shot, Discus	Fr.	Bundaberg, Australia
Ann McCannick	Middle, Distance	Fr.	Tacoma, WA (Lakes)
Katrina O'Connor	Spr., Jumps, Hurdles	Fr.	Olympia, WA
Mariah O'Neal	Javelin, Discus	So.	Tacoma, WA (Washington)
Amber Sommer	Middle, Distance	So.	Issaquah, WA (Liberty)
Heather Stolz	Middle Distance	Fr.	Grangeville, ID
Emily Thomas	Distance, Middle	So.	Dufur, OR
Jessica White	Sprints	So.	St. Helens, OR

Head Coach – Brad Hooper. **Assistant** – Dan Sutich.

REDHAWKS Seattle University

Men	Events	Yr.	Hometown (School)
John Callan	Distance	Jr.	Portland, OR (Central Catholic)
Dain Engebretsen	Distance	So.	Polson, MT
Mike Hughes	Distance	Fr.	Issaquah, WA
Kevin Lybarger	Steeple	Jr.	Spokane, WA (West Valley)
Steve Manos	Distance	So.	Phoenix, AZ (Brophy Prep)
David Nielsen	400, 800	Jr.	Barrigorda, Guam
Todd Nishida	400, 800	So.	Aiea, HI (Pearl City)
Benjamin Perkey	Distance	Fr.	Phoenix, AZ (Brophy Prep)
Carlos Siqueiros	Distance	Jr.	San Jose, CA (Silver Creek)

Women	Events	Yr.	Hometown (School)
Jennifer Baxter	400, 800	Fr.	Juneau, AK
Holly Bueb	400, 800	Fr.	Auburn, CA
Beth DeRego	Distance	Jr.	Kailua, HI
Danielle Ernhart	Distance	So.	Elk River, MN

Emily Fergerson	1500, 3000	Fr.	Portland, OR (Central Catholic)
Kelly Fullerton	800, 1500	So.	Roseburg, OR
Theresa Mangahas	PV	So.	Redmond, WA (Lake Washington)
Andrea Martinez	Distance	So.	Sante Fe Springs, CA (El Rancho)
Tara Matthews	Distance	Sr.	Auburn, WA (Thomas Jefferson)

Head Coaches – Paula Montgomery, Brian Montgomery

FALCONS Seattle Pacific

Men	Events	Ht.	Yr.	Hometown (School)
Alex Bartholomew-Garcia	5000	5-9	Fr.	Bellevue, WA (Newport)
Nick Berry	400 Hurdles	5-11	Fr.	Kealahou, HI (Konawaena)
Clint Bjella	1500, 5000	5-11	Fr.	Everett, WA
Nathanael Castle	1500, 5000	6-1	Sr.	Gooding, ID
Neal Fryett	800, 1500	6-0	Sr.	Pullman, WA (Logos)
Brian Hunter	100, 200, Jav	6-1	Fr.	Duvall, WA (Cedarcrest)
Micah Kelley	400 Hurdles	5-9	Fr.	Lakewood, WA (Clover Park)
Tim LeCount	1500, 5000	6-1	Fr.	Battle Ground, WA
Aaron Libadisos	1500	6-1	Fr.	Kailua-Kona, HI (Kealahou)
Brandon Littlefield	Pole Vault	5-10	So.	Selah, WA (Eisenhower)
Paul Mach	400 Hurdles	6-0	So.	Seattle, WA (King's)
Perry McConnell	5K, 10K	6-3	Fr.	Arlington, WA (Lakewood)
Andrew Steiner	SP, Disc	5-10	Jr.	Edmonds, WA (Sno. Cty. Christian)
Scott Van Hess	800	6-0	Jr.	Salem, OR (McKay)
Women	Events	Ht.	Yr.	Hometown (School)
Dionna Anderson	Shot Put	6-0	Sr.	Lynnwood, WA (Woodway - Edmonds CC)
Kirsten Bjork	1500, 3000	5-3	So.	Olympia, WA (Black Hills)
Acadia Giffey-Brohaugh	1500, 3000	5-10	Fr.	Missoula, MT (Valley Christian)
Jawea Harder	100H, 400H	5-5	Sr.	Port Townsend, WA
Ruth Hawkinson	5K, 10K	5-3	Jr.	Roy, WA (Yelm)
Stephanie Huffman	LJ, Hep, 100H	5-8	Sr.	Brush Prairie, WA (Prairie)
Lauren Kooy	Discus, Javelin	5-9	So.	George, WA (Quincy)
Sarah Kraybill	400, 800	5-9	Jr.	Seattle, WA (Ballard)
Josie Lavin	800	5-7	Fr.	Bremerton, WA
Brooke Little	400 Hurdles	5-5	So.	Lynnwood, WA
Amanda McClary	200, 400	5-11	Fr.	Shelton, WA
Angie Ocampo	Heptathlon	5-5	Jr.	Vancouver, WA (Mountain View)
Candy Owens	3000	5-7	Fr.	Ridgefield, CT (Ridgefield)
Jennifer Pyeatt	Hepth, 400 Hurdles	5-5	So.	Graham, WA (Bethel)
Morgan Ranta	LJ, TJ	5-5	Sr.	Kent, WA (Kentrige)
Kara Richard	Steeple	5-10	Fr.	Springbrook, NY (Iroquois)
Mackensie Rogers	Pole Vault	5-6	So.	Otis Orchards, WA (East Valley)
Breanne Rohm	800, 1500	5-6	Fr.	Juneau, AK (Juneau-Douglas)
Amber Rose	TJ, PV	5-5	So.	Olympia, WA (Capital)
Rachel Ross	800, 1500	5-7	Sr.	Kennewick, WA
Nicole Seana	5K, 10K	5-3	So.	Carnation, WA (Kamiakin)
Lindsey Stewart	200, 400	5-7	Jr.	Shoreline, WA (King's)
Ally Studer	PV, LJ	5-1	So.	Redmond, WA
Emily Weyers	400	5-8	Fr.	Stanwood, WA
Laura Widman	Hep, HJ, LJ	5-10	Jr.	Colfax, WA
Leah Wiest	Heptathlon	5-11	Sr.	Spokane, WA (Deer Park - Cornell)
Jamie Witt	3000, 5000	5-7	So.	Folsom, CA

Head Coach – Jack Hoyt **Assistants** – Doris Heritage, Juli Van Pelt, Algerian Hart

WOLVES Western Oregon

	Events	Yr.	Hometown (School)
Jordan Abbott	Hammer	Jr.	(Chemeketa CC)
Jeff Aichele*	Throws	Sr.	Hermiston, OR
Michael Anderson	Hurdles	Fr.	Lake Stevens, WA
Nathan Anderson	Hurdles,LJ	Jr.	Gresham, OR (Barlow - Mt. Hood CC)
Jerred Ashcraft*	Throws	So.	Prineville, OR (Crook County)
Colin Babcock	Throws	Fr.	Portland, OR (Reynolds)
Matthew Barreau	Distance	Jr.	Eugene, OR (Thurston - Warner Pacific)
Ethan Barrons*	Distance	So.	Salem, OR (Blanchet)
Jeff Benson	Sprints	Fr.	Dallas, OR
Erik Bjornstad**	Sprints	Jr.	Albany, OR (West Albany)
Mike Bonadurer	High Jump	Jr.	Milwaukie, OR (Clackamas CC)
Brandon Conroy**	Decathlon	Sr.	Hillsboro, OR (Glencoe)
Dylan Corbett	Distance	Jr.	Myrtle Point, OR (Clark College)
Damien Davis*	Sprints, Jumps	Sr.	Lincoln City (Taft - Clark College)
Derek Deskins	Javelin	Fr.	(Mapleton)
Danny Easter*	Sprints	So.	Amity, OR
Prudencio Escobedo	Throws	Jr.	Nyssa, OR (Chemeketa CC)
Brett Franz**	Distance	Jr.	Colorado Springs, CO (Air Academy)
Greg Gottfried*	Throws	So.	Beaverton, OR (LaSalle)
Isaiah Haines*	Throws	So.	Albany, OR (South Albany)
Ryan Heuthorne	Sprints	Fr.	Philomath, OR
Frank Heidrick	Sprints	Fr.	Portland, OR (Reynolds)
Ray Henschel*	Throws	Sr.	Rickreall, OR (Dallas - Chemeketa CC)
Donnie Herneisen***	Sprints	Sr.	Mill City, OR (Santiam)
Mike Hinshaw**	Sprints	Jr.	Scappoose, OR
Andy Kessinger*	Distance	Sr.	Eugene, OR (Sheldon - Clackamas CC)
Nathan Kosikowski	Throws	Fr.	Woodburn, OR (North Marion)
Greg Lewis	Sprints	Fr.	Salem, OR (Sprague)
Scott Lemmon	Decathlon	Fr.	Toledo, OR
Chris Logan*	Distance	So.	Bend, OR
Jerret Mantalas	Distance	Fr.	Gladstone, OR
Thomas Matthews	Pole Vault	Fr.	Seattle, WA (Seattle Lutheran)
Tomas Mendoza	Throws	Fr.	Madras, OR
Sean McLean	Distance	Jr.	Salem, OR (Sprague - Chemeketa CC)
Justin Montano*	Hurdles	So.	Astoria, OR (Knappa)
Tom Moung*	Sprints	Jr.	Independence, OR (Central)
Ryan Nack	Throws	Fr.	Salem, OR (Sprague)
Jason Newton**	Sprints	Jr.	Antigo, WI
Spike Olsen**	Pole Vault	Jr.	Lake Oswego, OR (Tigard)
Aaron Parrish*	Sprints	So.	Elkton, OR
Jose Rangel	Jumps	Fr.	Dayton, OR
Tony Roberts*	Javelin	So.	Rogue River, OR
Seth Rogers	Decathlon	Fr.	Dallas, OR
Gabriel Sapp	Pole Vault, Jav	Jr.	Alsea, OR
Brad Satran*	Jumps	So.	Tigard, OR
Jay Sohlman***	Javelin	Sr.	Pleasant Hill, OR (Oregon)
William Smith	Distance	Jr.	Canby, OR (Portland State)
Kyle Stott	Throws	Fr.	Terrebonne, OR (Redmond)
Daniel Straw**	Jumps	Jr.	Eugene, OR (Creswell)
Jon Stroschine***	Pole Vault	Sr.	Stayton, OR
David Swopes*	Sprints	Sr.	Fremont, CA (Moreau Catholic)
Ryan Vaughan	Sprints	Fr.	Prineville, OR (Crook County)
Michael Volker	Decathlon	Fr.	Portland, OR (Madison)
Spencer Walsh	Distance	Fr.	Shoreline, WA (Shorecrest)
Michael White	Distance	Fr.	(Illinois Valley)
Jamil Wynn	Jumps	Fr.	Myrtle Point, OR
Kelly Young*	Distance	So.	Portland, OR (Clackamas)

Women	Events	Yr.	Hometown (School)
Toni Adair	Sprints	So.	Philomath, OR (Portland State)
Megan Benneth	Sprints	Fr.	Lebanon, OR
Sarah Block	Distance	Jr.	(Clackamas CC)
Stephanie Booth	Pole Vault	Fr.	Gresham, OR (Barlow)
Shalese Borden**	Throws	Jr.	Salem, OR (McNary)
Ashlee Brendan	Throws	Fr.	McMinnville, OR
Joan Campbell*	Pole Vault	So.	Portland, OR (Madison)
Jaci Cederberg	Throws	Fr.	Newberg, OR
Annette Christensen	Distance	Fr.	Corvallis, OR (Crescent Valley)
Rachel Codioli	Sprints	So.	Portland, OR (Wilson - Portland State)
Shelby Collins	Distance	Fr.	Beaverton, OR
Shelley Comstock**	Jumps	Jr.	Salem, OR (South Salem)
Holly Conrad**	Multi-Events	Jr.	Lyons, OR (Regis)
Katherine Cook**	Hurdles, Jumps	Sr.	Portland, OR (Reynolds - Mount Hood CC)
Kara Cozby***	Distance	Sr.	Gustavus, AK (Gustavus)
Rachel Daniels	Distance	Fr.	Bandon, OR
Jennifer Dunkin**	Throws	Jr.	Dallas, OR
Adrienne Eide	Sprints	Fr.	Gold Beach, OR
Ellie Enos**	Distance	Jr.	Brookings, OR (Brookings-Harbor)
Jennifer Foster	Throws	Fr.	Salem, OR (Sprague)
Kathy Gellatly*	Sprints	So.	Philomath, OR
Katie Henes**	Pole Vault	Jr.	Baker City, OR
Dorothy Kerr**	Throws	Jr.	Stayton, OR
Theresa Lane*	Distance	Sr.	Vancouver, WA (Mountain View - Clark)
Kira Langnese*	Pole Vault	So.	Madras, OR
Alisa Long	Sprints	Sr.	Florence, OR (Siuslaw)
Mary Majors*	Jumps	So.	McMinnville, OR
Niki McCorkle	Distance	Fr.	Sisters, OR
Cassie Moorhouse*	Sprints	Sr.	Molalla, OR (Clackamas CC)
Morgan Olson	Pole Vault	Fr.	Portland, OR (Wilson)
Annie Peters*	Jumps, Hurdles	So.	Stayton, OR (Regis)
Stacy Pohlschneider	Hurdles, Sprints	Fr.	St. Paul, OR
Emily Porter**	Sprints	Jr.	Portland, OR (Westview)
Tiffany Prinslow*	Hurdles	Jr.	Salem, OR (Gervais - Chemeketa CC)
Stephanie Reichenbach	Throws	So.	Salem, OR (McKay)
Jill Salmon	Distance	Jr.	Central Point, OR (Crater - Portland State)
Lisa Smith	Pole Vault	Jr.	Gresham, OR (Portland State)
Monica Smith	High Jump	Fr.	Dallas, OR
Melissa Staley	Sprints	Fr.	Gresham, OR
Alicia Vandervelden	Throws	Fr.	Coos Bay, OR (Marshfield)
Carrie Wales***	Hurdles	Sr.	Canby, OR
Kylee Wells	Distance	Sr.	Gresham, OR (Oregon)
Kiana Womack**	Sprints	Jr.	Portland, OR (David Douglas)
Alisa Worley*	Sprints	Sr.	Florence, OR (Siuslaw - Oregon State)

Head Coach – John Knight

VIKINGS Western Washington

Men	Events	Ht.	Wt.	Yr.	Hometown (School)
Peter Allan	Jumps	6-2	185	Fr.	Bellevue, WA (Interlake - WSU)
Chad Arnold	Throws	6-1	180	So.	Woodinville, WA
Joe Baisch	Distance	6-1	155	Fr.	Burien, WA (Highline)
Paul Barlund	Sprints	5-8	170	So.	Arlington, WA (Everett CC)
Brian Brancheau*	Distance	5-8	145	Jr.	Edmonds, WA (Woodway)
Justin Brewer	Throws	5-10	180	Fr.	Sammamish, WA (Eastlake)
Steve Brockett	Middle Distance	6-2	175	So.	Bellevue, WA
Shane Carothers**	Sprints/Hurdles	6-3	175	Jr.	Edmonds, WA (Kamiak)
Brad Carlson	Sprints	5-8	165	Jr.	Ridgefield, WA (Clark CC)
Jon Carwin	Distance	6-2	160	So.	Kirkland, WA (Lake Washington)
Jason Day	Throws	6-5	244	Fr.	Tonasket, WA
James Deaver*	Throws	6-2	255	Sr.	Marysville, WA (Pilchuck)
Steve DeKoker	Middle Distance	6-3	165	Jr.	Maple Valley, WA (Tahoma)
Nick Dewing*	Jumps	6-3	190	So.	Redmond, WA (Lake Washington)
Scott Durbin*	Jumps	5-10	180	So.	Kenmore, WA (Inglemoor)
Tom Farris	Throws	6-5	280	So.	Issaquah, WA
Lino Fenumiai	Throws	6-0	285	So.	Juneau, AK (Juneau-Douglas)
Josh Freeman	Decathlon	6-3	180	So.	Bainbridge Island, WA
Dan Gibson	Sprints	5-10	130	Fr.	Tenino, WA
Todd Gowing	Throws	6-3	245	Fr.	Kirkland, WA (Inglemoor)
Kurt Hartmaier*	Distance	5-6	130	So.	Woodinville, WA (Redmond)
Michael Hartz	Sprints/Hurdles	5-6	135	So.	Long Beach, WA (Ilwaco)
Adam Harvey	Middle Distance	6-2	170	Jr.	Kirkland, WA (Juanita – Spokane CC)
Peter Hays	Sprints	5-8	165	So.	Vancouver, WA (Prairie)
Dan Hayward	Sprints/Hurdles	6-0	170	Fr.	Veradale, WA (Central Valley)
Jeff Hayward	Sprints/Hurdles	6-0	165	Fr.	Veradale, WA (Central Valley)
Dan Hewitt	Middle Distance	6-0	155	Jr.	Yakima, WA (Eisenhower)
John Holman	Middle Distance	5-9	120	So.	Camano Island, WA (Stanwood – SVCC)
Travis Huntsinger***	Throws	6-3	230	Sr.	Milton, WA (Fife)
Eric Jacobs	Distance	6-0	170	Jr.	Tacoma, WA (Franklin Pierce)
Tim Jolin**	Throws	6-1	290	Sr.	Omak, WA
Brady Jones	Throws	5-11	235	Fr.	Issaquah, WA
Erik Knutzen***	Throws	5-11	215	Sr.	Deming, WA (Mount Baker)
Tony Kyle**	Throws	6-5	235	Sr.	Bow, WA (Burlington-Edison)
Kirk Larson**	Distance	6-1	165	Sr.	Spokane, WA (Gonzaga Prep)
Matt Lathrop	Throws	6-3	300	So.	Bellingham, WA (Squalicum)
David Law	Sprints	6-1	190	So.	Pullman, WA
Ryan Los*	Sprints	6-3	190	So.	Gig Harbor, WA (Peninsula)
Jared Martineau	Hurdles	5-11	165	Jr.	Kirkland, WA (Juanita)
Ian McDole***	Throws	6-1	285	Sr.	Walla Walla, WA (Walla Walla CC)
Jesse McNeil	Middle Distance	6-0	160	So.	Tacoma, WA (Franklin Pierce)
Justin McNeil	Distance	5-10	160	Fr.	Tacoma, WA (Franklin Pierce)
Karl Meller**	Distance	5-8	150	Jr.	Lynden, WA
Shawn Miller**	Distance	5-5	135	Jr.	Juneau, AK (Juneau-Douglas)
Michael Morrison	Hurdles	6-3	170	Jr.	Lacey, WA (North Thurston – SCC)
Sean Naylor	Distance	5-10	155	So.	Spokane, WA (Mead)
Brandon Ohnemus**	Middle Distance	5-10	150	Sr.	White Salmon, WA
Peter Omdal	Middle Distance	6-2	165	So.	Redmond, WA
Liam O'Sullivan	Middle Distance	6-2	170	So.	Seattle, WA (Seattle Prep- UW)
Ben Otteson	Sprints	5-5	125	So.	Longview, WA (Mark Morris)
Chris Philbrick	Sprints	6-0	160	So.	Sumner, WA (Auburn-Riverside)
Luke Preble	Sprints	5-11	150	Fr.	Bainbridge Island, WA
Martin Ranney**	Distance	5-9	150	Sr.	Bellingham, WA (Sehome - Whatcom)
Andy Reese	Sprints	5-11	145	Fr.	Bainbridge Island, WA
Shawn Reese	Sprints	5-11	180	So.	Walla Walla, WA
Danny Richards	Middle Distance	6-3	180	Fr.	Tacoma, WA (Stadium)
Keith Rivers	Distance	5-10	150	Fr.	North Bend, WA (Mount Si)
Jarrod Roberts	Throws	5-10	230	So.	Hobart, WA (Eastside Catholic)
Scott Romney	Pole Vault	6-1	175	Fr.	Gig Harbor, WA

Chase Ruebel	Jumps	6-0	155	So.	Bellevue, WA (Newport)
Matt Shaffer	Distance	5-8	140	So.	Everett, WA (Cascade)
Matt Schiefer**	Decathlon	5-10	165	Sr.	Olympia, WA (Tumwater)
Ryan Seamster**	Distance	6-0	145	Jr.	Seattle, WA (Blanchet)
Scott Staley	800	5-9	145	Fr.	Seattle, WA (Evergreen)
Josh Steiner	Distance	6-0	145	So.	Longview, WA (Mark Morris)
Jason Sytsma	Decathlon	6-1	190	So.	Bellingham, WA (Squalicum)
Jackson Thompson	Sprints/Jumps	6-0	180	Fr.	Puyallup, WA (Franklin Pierce)
Mike Tully***	Jumps	6-3	180	Sr.	Raymond, WA
Hunter Verner	Pole Vault	5-10	170	So.	Brentwood, TN (Montgomery)
Tim Walsh	Sprints	5-11	160	Fr.	Sammamish, WA (Eastlake)
Brandon Whitaker	Middle Distance	5-7	135	Fr.	Marysville, WA (Marysville-Pilchuck)
Justin White	Sprints	5-10	185	Jr.	Arlington, WA (Everett CC)
Rob White	Throws	6-1	210	So.	Woodinville, WA (Inglemoor)
Sam Whitney	Middle Distance	6-2	165	Fr.	Snohomish, WA
Aaron York	Sprints	5-9	155	So.	Cathlamet, WA (Wahkiakum)

Women

	Events	Ht.	Yr.	Hometown (School)
Stephanie Aaker	Middle Distance	5-2	Fr.	Renton, WA
Stephanie Ambrose	Pole Vault	5-2	Fr.	Wickersham, WA (Mount Baker)
Brianne Barrett*	Throws	5-8	Sr.	Shelton, WA (Southwestern Oregon CC)
Lexi Baxter	Distance	5-4	Fr.	Colville, WA
Dana Beaudry*	Distance	5-4	Sr.	Seattle, WA (Garfield - Bellevue CC)
Marta Bednarczyk**	Distance	5-2	Jr.	Lakewood, WA (Lakes - Pacific Lutheran)
Melissa Behrens*	Sprints	5-8	So.	Snoqualmie, WA (Eastlake)
Becky Brackett	Middle Distance	5-10	Jr.	Bellevue, WA (UCLA)
Laura Burch	Hurdles	5-4	Fr.	McMinnville, OR
Amanda Caffall	Hurdles	5-5	Fr.	Woodland, WA (Clark CC)
Tammy Carlson	Throws	5-8	Fr.	Ridgefield, WA
Jessica DiBari	Middle Distance	5-4	So.	Selah, WA
Nena Dodge	Pole Vault, Sprints	5-7	So.	Bow, WA (Burlington-Edison)
Brianne Dolan	Heptathlon	5-8	So.	Edmonds, WA (Edmonds-Woodway)
Diana Dominguez	Distance	5-9	Fr.	Kent, WA (Kentlake)
LeAnne Evans	Heptathlon	5-9	Fr.	Steilacoom, WA
Meredith Gomes**	Middle Distance	5-7	Jr.	Bremerton, WA (Olympic)
Kristin Haas	Distance	5-8	Fr.	Port Orchard, WA (South Kitsap)
Lindsey Hagen	Sprints	5-6	Jr.	Bremerton, WA (Central Kitsap - Whatcom CC)
Jill Hagensen	Middle Distance	5-4	So.	Camas, WA
Amanda Hall	Middle Distance	5-9	So.	Coeur d'Alene, ID (Lake City)
Kyle Hatch	Distance	5-4	So.	Anchorage, AK (Service)
Stephanie Haydon	Middle Distance	5-4	Fr.	Port Orchard, WA (North Kitsap)
Kate Herber***	Hurdles, Sprints	5-8	Sr.	Bellevue, WA
Stacey Hopkins	Throws	5-11	So.	Sammamish, WA (Eastlake - Auburn & BCC)
Rachelle Hoppe	Throws	5-4	Fr.	Mukilteo, WA (Kamiak)
Jennifer Janke	Distance	5-7	So.	Kennewick, WA (Kamiakin)
Annie Johnson	Distance	5-11	So.	Camas, WA
Sarena Johnson	Throws	5-9	Fr.	Kent, WA (Chief Sealth)
Danielle Juarez**	Pole Vault	5-5	Jr.	Olympia, WA (North Thurston - SPS CC)
Florence Juilland	Distance	5-3	Jr.	Morges, Switzerland
Kelsey Kraft	Sprints	5-6	So.	Canby, OR (Saint Louis Univ., Madrid)
Nina Laurinolli***	Distance	5-5	Sr.	Camas, WA
Brenna Lee	Throws	5-9	So.	Gig Harbor, WA
Kristina MacCully	Throws	5-5	Fr.	Shoreline, WA (Shorecrest)
Andrea Marston	Throws	5-3	So.	Kenmore, WA (Inglemoor)
Kilie Maus	Sprints	5-4	Fr.	Lynnwood, WA
Edna Merrick	Distance	5-6	Sr.	Bellevue, WA
Carolyn Morris	Distance	5-7	Sr.	Deer Park, WA (Utah State)
Tarell Muscutt	Distance	5-6	Sr.	Everson, WA (Nooksack Valley)
Mindy Noble	Middle Distance	5-6	Fr.	Spokane, WA (Lewis & Clark)
Jessica Opersteny	Sprints	5-7	So.	Seattle, WA (Roosevelt - Seattle Central CC)
Kelly Perez	Pole Vault	5-1	Fr.	Edmonds, WA (Kamiak)

Emily Picinich	Distance	5-2	Fr.	Port Orchard, WA (South Kitsap)
Andrea Ring	Distance	5-7	So.	Tacoma, WA (Curtis - Highline CC)
Beth Rosapepe	Distance	5-3	Fr.	Port Orchard, WA (South Kitsap)
Heidi Roland	Throws	5-10	Sr.	Bellingham, WA (Mount Baker)
Shannon Ross	Distance	5-2	So.	Gig Harbor, WA (CC of Spokane)
Marianne Scott	Throws	5-4	Jr.	Woodinville, WA
Carrie Shaffer	Distance	5-8	So.	Camas, WA
Kim Snyder	Sprints, Jumps	5-10	So.	Stanwood, WA
Kaye Stephens	Jumps	5-5	Fr.	Vashon, WA
Tina Stimson	Middle Distance	5-7	So.	Renton, WA (Liberty)
Natalie Svenvold***	Throws, Heptathlon	5-8	Sr.	Kent, WA (Kent-Meridian)
Amber Swin	Middle Distance	5-4	Fr.	Kent, WA (Kent-Meridian)
Dania Swosinski*	Sprints	5-6	So.	Tacoma, WA (Wilson)
Coquille Talbert	Sprints	5-7	So.	Port Townsend, WA (Oregon)
Danielle Vanderwalker	Distance	5-4	So.	Kent, WA (Kent-Meridian - Green River CC)
Ashlee Vincent	Distance	5-6	Fr.	Bellingham, WA (Squalicum)
Andrea Vitalich	Pole Vault	5-6	Fr.	Bellingham, WA (Sehome)
Kessa Volland	Throws	5-8	So.	Bellingham, WA (Squalicum - EWU)
Ruth Webster	Sprints	5-8	Fr.	Redmond, WA (Lake Washington)
Megan Whitney	Distance	5-7	So.	Snohomish, WA
Karisa Wilmovsky	Throws	5-10	So.	Olympia, WA
Tess Wolken*	Middle Distance	5-6	Jr.	Enumclaw, WA
Megan Wright	Throws	5-8	Jr.	Gig Harbor, WA
Kathryn Wyatt	Distance	5-7	So.	St. Paul, MN (St. Paul Central)

Head Coach - Kelven "Pee Wee" Halsell. **Assistants** - Bill Roe, Brandi Carbee, Lex Kaligis, Jim LeVain, Dick Henrie, Mike Lynch.

2003

SEAWOLVES Alaska Anchorage

Men

Josh Evans
Sheamus Lamb
Nate Normandin
Scott Rood
Eric Strabel
Andrew Rupert
Tobias Schwoerer

Cl.

Jr. Anchorage, AK
Jr. Anchorage, AK
Jr. Anchorage, AK
So. Eagle River, AK
Jr. Palmer, AK
Jr. Anchorage, AK
Sr. Lenzkirch, Germany

Hometown

Women

Stacy Edwards
Lindsay Krous
Kiersten Lippmann
Mandy Kaempf

Cl.

So. Girdwood, AK
Jr. Yakima, WA
Sr. Wayland, MA
Fr. Steinbach-Hallenberg, Germany

Hometown

Head Coach - Michael Friess.

WILDCATS Central Washington

Men

Men	Events	Ht.	Wt.	Cl.	Hometown
Scott Alexander	Pole Vault	5-9	175	Jr.	Quincy, WA
Gabe Andrews	Distance	5-7	125	Fr.	Redmond, WA
Kelsey Backen	Mid-Distance	6-0	180	Sr.	Yakima, WA (East Valley – SPU)
Nick Brown	Sprints			Sr.	Puyallup, WA (Mount Rainier)
Jason Bush	Mid-Distance	5-6	150	Jr.	Bickleton, WA
Rashawn Cobb	Throws			Fr.	Kennewick, WA
Matthew Cook	Distance	5-9	140	So.	Maple Valley, WA (Tahoma)
Fabien Coutard	Sprints	5-11	190	So.	Maple Valley, WA (Tahoma)
Brice Crowninshield	Throws	6-5	240	Jr.	Mill Creek, WA (Cascade)
Jami Dashow	Distance	6-0	145	Fr.	Lakewood, WA (Steilacoom)
Dan Ferguson	Distance	5-11	135	Fr.	Bothell, WA (Blanchet)
Scott Freymond	Jumps	6-2	185	Jr.	Elma, WA (Whatcom CC)
Jacob Galloway	Throws	6-5	250	Jr.	Shelton, WA
Aaron Hayes	Throws			Jr.	Camano Island, WA (Stanwood)
Jonathan Hughes	Throws	6-0	230	Jr.	Sunnyside, WA
Mike Kelley	Sprints			Fr.	Boise, ID (Borah)
Justin Lawrence	Jumps/Sprints	5-8	155	Jr.	Toppenish, WA (Zillah)
Cory Medina	Sprints	5-9	180	Jr.	Quincy, WA
Curt Moon	Sprints/Hurdles			Sr.	Okanogan, WA
Michael Morrison	Hurdles/Dec.	6-3	170	Jr.	Lacey, WA (North Thurston - Spokane Falls CC)
Pete Olsufka	Mid-Distance	6-4	160	So.	Royal City, WA (Royal – Spokane Falls)
Matt Pakinas	Sprints	5-8	153	Sr.	Sultan, WA (U. Oregon)
Michael Pankiewicz	Mid-Distance	6-1	145	Fr.	Mukilteo, WA (Kamiak)
Jason Patterson	Throws	6-2	310	Jr.	Shelton, WA
Phil Paul	Distance	5-10	140	So.	Renton, WA (Kentrige)
Chris Petersen	Jumps/Dec.			Sr.	Kirkland, WA (Juanita – HCC)
Jason Porter	Distance	6-0	142	Jr.	Woodinville, WA (Juanita)
Jason Roberts	Sprints	5-8	145	Fr.	Auburn, WA (Auburn Riverside)
Matt Schmitt	Distance	5-9	140	Jr.	Federal Way, WA
Joe Smith	Jumps/Sprints	6-1	190	Jr.	Enumclaw, WA
Jay Thomas	Jumps	6-4	205	Jr.	Walldorf, Germany (Spanaway Lake)
David Uberti	Throws	6-0	240	Jr.	Everett, WA (Cascade)
Cresap Watson	Jumps/Sprints	6-1	160	Fr.	Woodinville, WA
Kurt Weber	Jumps/Sprints	6-2	185	So.	Yakima, WA (West Valley)

Women	Events	Yr.	Cl.	Hometown (School)
Rachel Bailey	Distance	5-9	Fr.	Woodinville, WA
Carissa Baker	Javelin	5-4	Jr.	Joyce, WA (Crescent - Southwestern Oregon CC)
Nicole Bandy	Distance	5-2	Jr.	Sedro-Woolley, WA
Abby Bielenberg	Distance		Sr.	Stanwood, WA
Jody Binder	Sprints	5-8	Sr.	Fairbanks, AK (Lathrop – WSU)
Kaylee Bulyca	Distance	5-7	Jr.	Woodinville, WA
Karen Causseaux	Javelin	5-11	Jr.	Puyallup, WA (Bellarmine Prep)
Allison Degracia	Sprints/Hurdles		Jr.	Allyn, WA (North Mason)
Jessica Gimness	Sprints	5-6	Fr.	Woodinville, WA
Julie Graham	Jumps		So.	Monroe, WA (Sultan)
Theresa Hill	Distance	5-5	So.	Lynnwood, WA (Blanchet)
Desiree Howard	Javelin	5-5	Jr.	Gold Bar, WA (Sultan - Everett CC)
Callie Jones	Pole Vault	5-3	Fr.	Shoreline, WA (Shorecrest)
Christina Lashbrook	Sprints	5-3	So.	Sultan, WA
Dawnita LiaBraaten	Mid-Distance	5-6	Sr.	Kelso, WA (Lower Columbia CC)
Rebecca Lindquist	Throws	5-11	So.	Palmer, AK (Matanuska Christian)
Lacey Lyon	Sprints		So.	Benton City, WA (Kiona-Benton)
Julie Maib	Javelin		So.	Walla Walla, WA (Dickinson State)
Jemma Maher	Throws		Fr.	Oroville, WA
Alicen Maier	Mid-Distance	5-1	Sr.	Selah, WA
Katie Maurer	Pole Vault		So.	Redmond, WA (Cedarcrest)
Christin McDowell	Throws	5-7	So.	Sammamish, WA (Skyline)
Lindy Mullen	Mid-Distance	5-10	So.	Sedro-Woolley, WA
Erika Olson	Distance	4-11	Sr.	Kenmore, WA (Cedar Park Christian)
Whitney Omlin	Pole Vault	5-3	Fr.	Quincy, WA
Emily Picinich	Distance	5-2	So.	Port Orchard, WA (South Kitsap - Western Washington)
Tiffany Picinich	Distance	5-6	Sr.	Port Orchard, WA (South Kitsap)
Erica Pitman	Distance	5-9	So.	Woodinville, WA
Jennifer Powers	Throws		Fr.	Yakima, WA (West Valley)
Karli Reichert	Sprints	5-4	Fr.	Maple Valley, WA (Tahoma)
Ashley Rountree	Hurdles	5-5	Fr.	Covington, WA (Kentlake)
Hailey Ruff	Javelin		Jr.	Kennewick, WA
Liz Ryen	Jumps	5-4	So.	Seattle, WA (Blanchet)
Teresa Schlafer	Sprints/Jumps	5-5	Fr.	Port Orchard, WA (South Kitsap)
Annie Shuler	Pole Vault	5-8	Fr.	Benton City, WA (Kiona-Benton)
Kindel Stepper	Mid-Distance	5-5	Fr.	Port Orchard, WA (South Kitsap)
Stephanie Stine	Distance	5-4	So.	Pasco, WA
Tina Thorne	Sprints	5-7	Fr.	Maple Valley, WA (Tahoma)
Lea Tiger	Jumps	5-9	So.	Renton, WA (Kentrige)
Rachel Tynan	Sprints	5-8	Fr.	Everett, WA (Cascade)
Amanda von Jentzen	Heptathlon	5-8	Fr.	Granite Falls, WA (Everett CC)
Jessica Wagner	Jumps	5-10	Fr.	Port Orchard, WA (South Kitsap)
Kristin Wilcock	Sprints	5-6	Fr.	Kirkland, WA (Juanita)
Kalyn Yeager	Jumps	5-7	Fr.	Selah, WA
Heather Yergen	Throws	5-9	So.	Yakima, WA (West Valley)

Head Coach: Kevin Adkisson **Assistants** - Davina Strauss, Teresa Tyler.

LUMBERJACKS Humboldt State

Men	Yr.	Hometown (School)
T.J. Aimonetti	So.	San Jose, CA
Justin Alvarez	Jr.	
Chris Binschus	Jr.	Eureka, CA
Chris Bitcon	Sr.	San Jose, CA
Matthew Burks	So.	El Cajon, CA
Sherman Clayton	Jr.	Mariposa, CA
Les Courtemanche	So.	Oroville
Matt DeShazo	So.	Novato, CA
Josh Garrett	Jr.	Los Angeles, CA

Ammon Gilbert
 Doug Hamilton
 Josh Johnson
 Bach Khongsaengdao
 Brian Kostock
 Graham Lierley
 Adam Martinez
 Jorge Medina
 Danny Melo
 Richard Morales
 George Phillips
 Jesse Plummer
 Brendan Reilly
 Jason Smyser
 Kile Taylor
 Preston Timmons
 Louie White

Fr. Friday Harbor WA
 Jr. Modesto, CA
 So. Los Angeles, CA
 Sr. Eureka, CA
 So. Santa Barbara, CA
 So. Seattle, WA
 So. Modesto, CA
 Fr. San Jose, CA
 Jr. Santa Rosa, CA
 Jr. Chino, CA
 Jr. Monterey, CA
 Jr. Boulder Creek, CA
 Jr. Blue Lake, CA
 Sr. Modesto, CA
 So. Visalia, CA
 So. Rio Dell, CA
 Sr. Montara, CA

Women

Dorothy Andrews
 Dolores Bergmann
 Joy Broussard
 Nicole Campbell
 Liann Carleton
 Kelley Cronin
 Monique Garcia
 Kati Gosnell
 Nicole Hodgson
 Tammy Hunt
 Meredith Lisk
 Isaura Rodriguez
 Kelley Smith
 Sadie Solem
 Katherine Stephenson
 Peni Vaefaga
 Laura Winterhalter

Yr. Hometown
 Fr. Riverside, CA
 Sr. Chico, CA
 Fr. Berkeley, CA
 Fr. Topanga, CA
 Fr. Thousand Oaks, CA
 Fr. Wallingford, CN
 Jr. Manteca, CA
 Sr. Lyons, CO
 So. Grass Valley, CA
 Sr. Cobb, CA
 Sr. Susanville, CA
 Jr. Topanga, CA
 Sr. Santa Rosa, CA
 So. Janesville, CA
 Sr. Beaufort, NC
 So. Sacramento, CA
 So. Sacramento, CA

Head Coach – Dave Wells. **Assistant** – Scott Tucker

CRUSADERS Northwest Nazarene

	Events	Ht.	Yr.	Hometown (School)
Tom Barrett	Pole Vault	6-0	Fr.	Middleton, ID
Danny Bowman	Sprints	5-11	So.	Weiser, ID
Adam Butts	Throws	6-1	So.	Turner, OR (Cascade)
Sean Doughty	Jumps	5-11	Fr.	Challis, ID
Zach Dwello	Distance	5-10	Jr.	McCall, ID (McCall-Donnelly)
Josh Fishburne	PV, Sprints	5-8	Sr.	Leavenworth, WA (Cascade)
Anthony Gould	Pole Vault	5-9	Jr.	Gresham, OR (CC of the Air Force)
Brian Gould	Pole Vault	5-8	Fr.	Gresham, OR
Tyler Gray	Throws	6-2	Fr.	Nampa, ID (Nampa Christian)
Lincoln Hagood	Distance	6-0	Jr.	Nampa, ID (Skyview)
Casey Hartwig	Sprints	6-0	Fr.	Walla Walla, WA
Adam Haynes	Throws	5-11	Fr.	Nampa, ID (Nampa Christian)
Brandon Hill	Sprints	5-11	So.	Oak Harbor, WA
Jake Hotchkiss	Distance	6-0	So.	Idaho City, ID
Brandon Johnson	Throws	5-11	Fr.	Albany, OR
Tim Keller	Distance	5-10	Fr.	McMinnville, OR
Daniel Larkin	Sprints	6-3	Fr.	Redmond, OR
Tyler Layne	Distance	6-0	Fr.	Jerome, ID
Ryan Lee	Hurdles, Jumps	6-2	Jr.	Nampa, ID (Nampa Christian)

Jay Lundergan	Distance	6-2	So.	Nampa, ID (Kuna)
Aaron Matthias	Distance	6-2	Jr.	Yakima, WA (West Valley)
Ryan Meier	Sprints	6-0	So.	Anchorage, AK (Grace Christian)
Chris Mosbacher	Jumps	6-5	Fr.	Missoula, MT (Sentinel)
Gresham Oliver	Sprints	5-9	So.	Kenai, AK
David Olson	Sprints	6-4	Jr.	Nampa, ID (Nampa Christian)
Andy Peters	Distance	5-11	Fr.	Homer, AK
Brice Roncace	Distance	5-7	Sr.	Meridian, ID
Tommy Uhlman-Cox	Throws	6-2	Fr.	New Plymouth, ID
Marc Veristain	Distance	5-10	Fr.	Idaho City, ID
Nathan Wilkinson	Distance	5-11	Jr.	Albany, OR (East Linn Christian Academy)
Ben Wornell	Distance	6-0	Sr.	Harrisburg, OR

Women	Events	Ht.	Yr.	Hometown (School)
Sarah Arendt	Throws	5-6 ½	So.	Bremerton, WA (Olympic)
Rebekah Bowman	Sprints	5-4	So.	Weiser, ID
Samantha Day	Sprints	5-3	Fr.	Canyon City, OR
Jami Epley	Distance	5-7	Fr.	Homer, AK
Katie Fitch	Throws	5-5	So.	Pittsburg, CA
Jenny Gilbert	Sprints	5-3	So.	Caldwell, ID (Middleton)
Lindsey Graham	Distance	5-3	Fr.	Olympia, WA (Northwest Christian)
Amy Klein	Sprints	5-6	Fr.	Newport, WA
Kristin Lane	Distance	5-5	Sr.	Caldwell, ID (Vallivue – U. of Idaho)
Alina Lunsford	Pole Vault	5-5	Jr.	Midvale, ID (Cambridge)
Mindy Meier	Distance	5-5	Sr.	Anchorage, AK (Grace Christian)
Bethany Mello	Sprints	5-6	Sr.	McCall, ID (McCall-Donnelly)
Aubrey Metzger	Pole Vault	5-4	Sr.	Shelton, WA
Megan Mitchell	Jumps	5-9	Fr.	Pilot Rock, OR
Mindi Newby	Distance	5-2	Fr.	Hayden, ID (Coeur d'Alene)
Lacey Rasmussen	Jumps	5-4	So.	Nampa, ID (Skyview)
Katie Reimer	Pole Vault	5-4	Fr.	Whitefish, MT
Tara Robinson	Distance	5-4	Fr.	McCall, ID (McCall-Donnelly)
Kristina Wherry	Throws	5-9	Fr.	New Plymouth, ID
Jessica Wiggins	Distance	5-6	Fr.	Weiser, ID (Midvale)
Christy Wynkoop	Distance	5-1	So.	Gresham, OR
Susan Leigh Young	Distance	5-3	Sr.	Nampa, ID

Head Coach - John Spatz. **Assistants** - Ben Gall (distance), Leah Merrell (throws), Mauri Lewis (pole vault), Wendy French (sprints), Jim Honell (hurdles).

SAINTS Saint Martin's

Men	Events	Yr.	Hometown
Andrew Albertson	Javelin	Fr.	Lacey, WA
Juan Carlos Baca	Pole Vault	Fr.	Zillah, WA
Lennon Bronsema	Distance	Fr.	Sumas, WA
Mike Brown	Distance	Fr.	Quincy, WA
Nathan Carlson	Distance, Middle	Jr.	Pateros, WA
Chris Carpenter	Distance, Middle	So.	Shelton, WA
Jeremy Davis	Shot, Discus	So.	Lakewood, WA
Matt Gage	Distance	So.	Onalaska, WA
Carlos Gonzalez	Distance, Middle	Jr.	Yakima, WA
Tim Horton	Discus, Shot	So.	Bremerton, WA
Rob Kemper	Middle Distance	Sr.	McMinnville, OR
Matt Lambrecht	Javelin	Jr.	La Center, WA
Tyson Magney	Distance	Jr.	Spokane, WA
Evan Martin	Shot, Hurdles	Fr.	Kent, WA
Dan Partlow	Distance	Fr.	Olympia, WA
Andy Prentice	Distance	So.	Spokane, WA
Tony Rapaglia	Javelin	Fr.	Lacey, WA

Jonathan Sprouffske	Shot, Hammer	So.	Rainer, WA
Zac Vawter	Middle, Steeple	So.	Mossyrock, WA

Women	Events	Yr.	Hometown (School)
Nicole Bailey	Middle Distance, Steeple	Fr.	Port Angeles, WA
Lakita Burr	Middle, SC, Hurdles	Fr.	Lakewood, WA
Danika Desclos	Jumps	So.	Seattle, WA
Maureen Driscoll	Middle Distance, Hurdles	Fr.	Bothell, WA
April Elder	Jumps	Fr.	Chehalis, WA
Tracey Hylton	Throws	Fr.	Olympia, WA
Ellen Lipsey	Middle Distance	Fr.	Port Orchard, WA
Danielle Gomez	Middle Distance	Fr.	Tucson, AZ
Ann McCanick	Distance	So.	Lakewood, WA
Katrina O'Connor	Hurdles, Jumps	So.	Olympia, WA
Mariah O'Neal	Throws	Jr.	Parkland, WA
Cortney Rockwell	Throws	Fr.	Tenino, WA
Amber Sommer	Distance	Jr.	Winthrop, WA
Julie Thielen	Distance	Jr.	Olympia, WA
Arielle White	Jumps	Fr.	Spanaway, WA
Jessica White	Jumps	Fr.	Olympia, WA

Head Coach – Brad Hooper. **Assistant** – Dan Sutich.

REDHAWKS Seattle University

Men	Events	Ht.	Yr.	Hometown (School)
Matthew Blaine	Middle Distance	6-1	Jr.	Spokane, WA (Gonzaga Prep)
Dain Engebretsen	Steeplechase	5-9	Jr.	Polson, MT
Richard Franck	Distance	5-10	Fr.	Bellevue, WA
Josef Gabriel	Sprints			
Joe Hampton	Sprints			
Mike Hughes	Distance	5-9	So.	Issaquah, WA
Rueben Joseph	Middle Distance		Jr.	Tacoma, WA (Lakes – Saint Martin's)
Andrew Koehn	Middle Distance	6-1	Fr.	Ferndale, WA
K.J. Loreth	Sprints		Jr.	Burien, WA (Kennedy – Saint Martin's)
Kevin Lybarger	Steeplechase	6-2	Sr.	Spokane, WA (West Valley)
Steve Manos	Distance	6-0	Jr.	Phoenix, AZ (Brophy Prep)
David Neilsen	Middle Distance	5-11	Sr.	Barrigada, Guam (Kennedy)
Todd Nishida	Middle Distance	5-10	Jr.	Aiea, HI (Pearl City)
Faruk Punjani	Sprints		Fr.	Kirkland, WA (Lake Washington)
Robert Renninger	Middle Distance	6-0	Fr.	Bellevue, WA
Joseph Seipa	Throws		Fr.	Burien, WA (Evergreen)
Carlos Siqueiros	Distance	5-9	Sr.	San Jose, CA (Silver Creek)

Women	Events	Ht.	Yr.	Hometown (School)
Katherine Archambault	Middle Distance	5-3	Fr.	Flemington, NJ (Hunterdon Central)
Amanda Barelli	Distance	5-10	Fr.	Phoenix, AZ (Xavier Prep)
Sarah Brundidge	Distance	5-0	Fr.	Oak Harbor, WA
Holly Bueb	Middle Distance	5-9	So.	Auburn, CA (Placer)
Sarah Burley	Distance		Fr.	Boise, ID (Bishop Kelly)
Ashley Burns	Hurdles		Fr.	Everett, WA
Emily Ferguson	Middle Distance	5-6	Fr.	Portland, OR (Central Catholic)
Kelly Fullerton	Distance	5-5	Jr.	Roseburg, OR
Rachel Gehrts	Distance		Fr.	Roseville, CA (Oakmont)
Angela Gummow	Distance		Fr.	Los Gatos, CA (St. Francis)
Lydia Lauer	Distance	5-3	Fr.	Portland, OR (Lincoln)
Elizabeth Mack	Middle Distance	5-1	Fr.	Tacoma, WA (Wilson)
Theresa Mangahas	PV, Sprints	5-4	Jr.	Redmond, WA (Lake Washington)
Andrea Martinez	Distance	5-2	Jr.	Sante Fe Springs, CA (El Rancho)
Jennifer Powers	Distance		Fr.	

Megan Salvesson	Distance	Fr.	Juneau, AK (Juneau-Douglas)
Mary Slavkovsky	Distance	So.	Sisters, OR (Linfield)

Head Coaches – Paula Montgomery, Brian Montgomery

FALCONS Seattle Pacific

Men	Events	Yr.	Hometown (School)
Dominic Anderson	PV	Fr.	Bremerton, WA
Nick Berry	400H	Fr.	Kealakekua, HI (Konawaena)
Clint Bjella	1500, 5000	So.	Everett, WA
Brian Hunter	100, 200, Jav	So.	Carnation, WA (Cedarcrest)
Micah Kelley	400H	So.	Lakewood, WA (Clover Park)
Tim LeCount	1500, 5000	So.	Battle Ground, WA
Aaron Libadisos	1500	So.	Kailua-Kona, HI (Kealakehe)
Brandon Littlefield	PV	So.	Selah, WA (Eisenhower)
Paul Mach	400H	Jr.	Seattle, WA (King's)
Tim Marston	5000	Jr.	Pullman, WA (Logos)
Chris Randolph	HJ, LJ	Fr.	Lone Tree, CO (Denver Christian)
Jason Radel	110H, 400H	Fr.	Flathead, MT
Tim Reeves	400H	Fr.	Beaverton, OR
Andrew Steiner	SP, Disc	Sr.	Edmonds, WA (Snohomish Christian)
Scott Van Hess	800	Sr.	Salem, OR (McKay)
Women	Events	Yr.	Hometown (School)
Danielle Ayers-Stamper	Hep, LJ	Fr.	LaCrosse, WA
Linda Blake	Hep, 100H	Fr.	Richland, WA (Liberty Christian)
Kirsten Bjork	1500, 3000	Jr.	Olympia, WA (Black Hills)
Kelsey Gleason	100H, 400H	Fr.	Salem, OR (Salem Academy)
Dianna Grossglass	HJ	Fr.	LaConner, WA
Abby Groth	1500, 3000	Fr.	Roseburg, OR (Glide)
Ruth Harbaugh	3000	Fr.	Gig Harbor, WA
Amy Harris	PV	Fr.	Philomath, OR (Crescent Valley)
Ruth Hawkinson	5000, 10,000	Sr.	Roy, WA (Yelm)
Allison Hedges	PV	Fr.	Richland, WA
Becky Knox	1500	Fr.	Denver, CO (Denver Christian)
Jean Kolb	100, 200	Fr.	Eugene, OR (South Eugene)
Lauren Kooy	Disc, Jav, SP	Jr.	George, WA (Quincy)
Sarah Kraybill	400, 800	Sr.	Seattle, WA (Ballard)
Josie Lavin	800	So.	Bremerton, WA
Brandi McCoy	1500, 3000	Fr.	Richland, WA
Melanie Newell	400	Fr.	Newberg, OR
Angie Ocampo	400H	Sr.	Vancouver, WA (Mountain View)
Jennifer Pyeatt	400H, 100H	Jr.	Graham, WA (Bethel)
Kara Richard	Steeplechase	So.	Springbrook, NY (Iroquois)
Breanne Rohm	800, 1500	So.	Juneau, AK (Juneau-Douglas)
Amber Rose	TJ, PV	Jr.	Olympia, WA (Capital)
Janna Schaafsma	100H, 400H	Fr.	Soldotna, AK
Nicole Seana	5K, 10K	Jr.	Carnation, WA (Kamiakin)
Janelle Stevens	800, 1500	Fr.	Soquel, CA
Ally Studer	PV, LJ	Jr.	Redmond, WA
Hillary Tayet	1500	Fr.	Lakewood, WA (Cascade Christian)
Laura Widman	Hep, HJ, LJ	Sr.	Colfax, WA
Jamie Witt	3000, 5000	So.	Folsom, CA
Jasmine Zamora	5000	Fr.	Coos Bay, OR (Marshfield)

Head Coach – Jack Hoyt **Assistants** – Doris Heritage, Erika Daligcon, Algerian Hart, Kelly LaBounty

WOLVES Western Oregon

Men	Events	Yr.	Hometown (School)
Jordan Abbott	Throws	Sr.	Dallas, OR (Chemeketa CC)
Rafael Alaniz	Sprints	Fr.	Madras, OR (Madras)
Nate Anderson	Sprints/Jumps	Sr.	Gresham, OR (Barlow - Mt. Hood CC)
Collin Babcock	Throws	So.	Portland, OR (Reynolds)
Tim Barr	Distance	Fr.	Springfield, OR
Matt Barreau	Distance	Sr.	Eugene, OR. (Thurston - Warner Pacific)
Ethan Barrons	Distance	So.	Salem, OR (Blanchet)
Jeff Benson	Sprints	Fr.	Dallas, OR
Brandon Bodine	Decathlon	Fr.	Jefferson, OR (Jefferson)
Mike Bonadurer	Jumps	Sr.	Portland, OR (Milwaukie - Clackamas CC)
Antar Brame	Sprints	Fr.	Portland, OR (Madison - Portland State)
Jacob Cantrell	Sprints	Fr.	Salem, OR (Cascade)
Stuart Chaffee	Distance	Sr.	Lake Stevens, WA
Ariel Cohen	Sprints	Fr.	Maui, HI (Lahaina)
Brandon Conroy	Decathlon	Sr.	Hillsboro, OR (Glencoe)
Cary Costa	Distance	Jr.	Oregon City (Oregon City - Clackamas CC)
Nick Crawford	Distance	Fr.	Beaverton, OR (Beaverton)
Josh Cummings	Pole Vault	Jr.	Stevenson, Wash. (Stevenson - Clackamas CC)
Damien Davis	Hurdles	Sr.	Lincoln City, OR (Taft - Clark College)
Derek Deskins	Throws	So.	Mapleton, OR
Aaron Eckert	Distance	So.	Astoria, OR
Pro Escabedo	Throws	Jr.	Nyssa, OR (Chemeketa CC)
Luke Ewing	Hurdles	Fr.	Maupin, OR (South Wasco)
Jordan Farnsworth	Throws	Fr.	Salem, OR (Sprague)
Brett Franz	Distance	Sr.	Colorado Springs, Colo. (Air Academy)
Isaac Frederick	Sprints	Jr.	Portland, OR (David Douglas - Clackamas CC)
Darren Gillenwater	Throws	Sr.	Beaverton, OR
Nick Gillespie	Hurdles	Fr.	Oakridge, OR
Derek Gitts	Sprints	Fr.	Canby, OR
Isaiah Haines	Throws	Jr.	Albany, OR (South Albany)
Jeff Hill	Distance	Fr.	Olympia, WA (Black Hills)
Mike Hinshaw	Sprints	Sr.	Scappoose, OR
Kyle Holland	Distance	Jr.	Tualatin, OR (Clackamas CC)
Josh Holloway	Throws	Fr.	Warrenton, OR
Brandon Jasmin	Throws	Fr.	Prineville, OR (Crook County)
Kevin Johnson	Throws	Fr.	Hillsboro, OR (Century)
Colby Jones	Throws	Fr.	Newport, OR
Brian Nowlin	Distance	Fr.	Juneau, AK (Douglas)
Matt Kragness	Sprints	So.	Sweet Home, OR (Sweet Home - Linn-Benton CC)
Scott Lemon	Sprints	So.	Toledo, OR
Greg Lewis	Sprints	Fr.	Salem, OR (Sprague)
Jesse Light	Distance	Jr.	Eugene, OR (South Eugene)
Chris Logan	Distance	Jr.	Bend, OR
Ben Madison	Sprints	Fr.	Elkton, OR (Western Baptist)
Jerret Mantalas	Distance	So.	Gladstone, OR
Tom Martin	Throws	Fr.	Grants Pass, OR
Brandon Marr	Decathlon	Fr.	Monmouth, OR (Central)
Tommy Mathews	Pole Vault	So.	Seattle, WA (Seattle Lutheran)
Ryan Nack	Throws	So.	Salem, OR (Sprague)
Jason Newton	Sprints	Sr.	Antigo, WI
Spike Olsen	Pole Vault	Sr.	Lake Oswego, OR (Tigard)
Tim Pak	Throws	Fr.	Milwaukie, OR (Rex Putnam)
Cole Parmalee	Sprints	Fr.	Merlin, OR (North Valley)
Kris Peterson	Sprints	Fr.	Beaverton, OR
Nelacey Porter	Sprints	Fr.	Portland, OR (Benson)
Micah Reading	Jumps	Jr.	Pendleton, OR (Lane CC)
Andrew Reinhardt	Throws	Fr.	Turner, OR (Cascade)
Seth Rogers	Decathlon	Fr.	Dallas, OR
Greg Rohr	Jumps	Fr.	Gresham, OR (Barlow)

Gabe Sapp	Pole Vault	Sr.	Alsea, OR
Brad Satran	Jumps/Sprints	Jr.	Tigard, OR
Will Smith	Distance	Sr.	Canby, OR (Portland State)
David Snyder	Pole Vault	Fr.	Stanwood, WA
Dan Straw	Jumps	Sr.	Eugene, OR (Creswell)
David Swanson	Sprints	Jr.	San Jose, CA (Archbishop Mitty - Mt. Hood CC)
Marcus Sutton	Throws	Jr.	Dugway, UT (Dugway - Chemeketa CC)
Matt von Borstel	Jumps	Fr.	Maupin, OR (South Wasco)
Dane Wagner	Throws	Fr.	Salem, OR (Sprague)
Spencer Walsh	Distance	So.	Shoreline, WA (Shorecrest)
Chase Wells	Distance	So.	Gresham, OR (Mt. Hood)
Jess Wills	Sprints	Fr.	Gold Beach, OR
Women	Events	Yr.	Hometown (School)
Toni Adair	Sprints	Jr.	Philomath, OR (Philomath - Portland State)
Alyssa Anderson	Distance	Jr.	Oregon City, OR (Clackamas CC)
Galina Apreotesi	Hurdles	Fr.	Grants Pass, OR
Megan Beith	Sprints	Fr.	Portland, OR (Reynolds)
Emily Bentley	Hurdles	Fr.	Gaston, OR (Yamhill-Carlton)
Hope Berkey	Throws	Fr.	Medford, OR (South Medford)
Sarah Block	Distance	Sr.	Bend, OR (Clackamas CC)
Stephenie Booth	Pole Vault	So.	Gresham, OR (Barlow)
Shalese Borden	Throws	Sr.	Salem, OR (McNary)
Amber Brougher	Distance	Fr.	Springfield, OR
Joan Campbell	Pole Vault	So.	Portland, OR (Madison)
Kayla Castaneda	Distance	Fr.	Salem, OR (Sprague)
Jaci Cederberg	Throws	So.	Newberg, OR
Shelley Comstock	Jumps	Sr.	Salem, OR (South Salem)
Holly Conrad	Throws	Sr.	Lyons, OR (Regis)
Stephanie Costanzo	Distance	Jr.	Oregon City, OR (Clackamas CC)
Rachel Daniels	Distance	So.	North Bend, OR (Bandon)
Jennifer Dunkin	Throws	Sr.	Dallas, OR
Ellie Enos	Distance	Sr.	Brookings, OR (Brookings-Harbor)
Kathy Gellatly	Sprints	Jr.	Philomath, OR
Kristin Hepler	Throws	Jr.	Edmonds, WA (Edmonds-Woodway - Pacific Lutheran)
Rachel Horn	Distance	Fr.	Scappoose, OR
Bridget Johnson	Heptathlon	Fr.	Portland, OR (David Douglas)
Dorothy Kerr	Throws	Sr.	Stayton, OR
Kira Langnese	Pole Vault	Jr.	Madras, OR
Niki McCorkle	Distance	So.	Sisters, OR
Morgan Olsen	Pole Vault	Fr.	Lake Oswego, OR
Stacey Pohlschneider	Distance	So.	St. Paul, OR
Jennie Rummell	Hurdles	Fr.	Astoria, OR
Jill Salmon	Distance	Sr.	Central Point, OR (Crater - Portland State)
Danielle Smith	Pole Vault	Fr.	Molalla, OR
Lisa Smith	Pole Vault	Jr.	Gresham, OR (Portland State)
Monica Smith	Jumps	So.	Dallas, OR
Blair Staley	Distance	So.	Gresham, OR
Michelle Swanick	Jumps	Fr.	Aumsville, OR (Salem Academy)
Ashlyn Terry	Heptathlon	Jr.	Triangle Lake, OR (Lane CC)
Leah Trutna	Distance	Fr.	Colorado Springs, CO (Coronado)
Stephanie Upshaw	Distance	Fr.	Union, OR
Alicia Vandervelden	Throws	Fr.	Coos Bay, OR (Marshfield)
Kristen Wiese	Sprints	Fr.	Estacada, OR
Whitney Williams	Sprints	Fr.	Portland, OR (Westview)

Head Coach – John Knight

VIKINGS Western Washington

Men	Events	Ht.	Wt.	Yr.	Hometown (School)
Peter Allan	Jumps	6-2	190	So.	Bellevue, WA (Interlake - WSU)
Joe Baisch	Distance	6-2	155	So.	Burien, WA (Highline)
Paul Barlund	Sprints	5-8	170	Jr.	Arlington, WA (Everett CC)
Andy Behl	Pole Vault	6-0	180	Fr.	Everett, WA (Cascade)
George Bedlion	Sprints	5-10	175	Fr.	Bellingham, WA (Squalicum)
Zach Boteilho	Distance	5-6	125	Sr.	Camas, WA
Brian Brancheau	Distance	5-8	140	Sr.	Edmonds, WA (Edmonds-Woodway)
Justin Brewer	Throws	5-9	180	So.	Sammamish, WA (Eastlake)
Jeff Bridges	Distance	6-0	160	So.	University Place, WA (Curtis)
Steve Brockett	Middle Distance	6-2	175	Jr.	Bellevue, WA
Shane Carothers	Sprints, Hurdles	6-3	180	Sr.	Edmonds, WA (Kamiak)
Brad Carlson	Sprints	5-8	165	Sr.	Ridgefield, WA (Clark CC)
Jon Carwin	Distance	6-2	160	Jr.	Kirkland, WA (Lake Washington)
Brook Caudill	Sprints	6-0	205	Fr.	Mount Vernon, WA
Adam Cleveland	Pole Vault	6-0	155	Fr.	Spokane, WA (West Valley)
Matt Crabtree	Distance	5-8	140	Fr.	Lynden, WA
Paul Danforth	Jumps/Sprints	5-11	155	Fr.	Kent, WA (Kennedy)
Jason Day	Throws	6-5	240	Jr.	Tonasket, WA
Julius Defour	Jumps	6-2	190	Fr.	Spokane, WA (Lewis & Clark)
Steve DeKoker	Middle Distance	6-3	160	Sr.	Maple Valley, WA (Tahoma)
Nick Dewing	Jumps	6-3	190	Jr.	Redmond, WA (Lake Washington)
Scott Durbin	Jumps	5-10	180	Jr.	Kenmore, WA (Inglemoor)
Zak Ernst	Jumps/Throws	6-0	190	Fr.	Bellingham, WA (Squalicum)
Tom Farris	Throws	6-6	245	Jr.	Bellevue, WA (Issaquah)
Josh Freeman	Decathlon	6-4	185	Jr.	Bainbridge Island, WA
T.J. Garlatz	Distance	5-6	130	Sr.	Redmond, WA (Inglemoor - UW)
Dan Gibson	Sprints	5-11	150	So.	Tenino, WA
Todd Gowing	Throws	6-3	245	So.	Kirkland, WA (Inglemoor)
Kurt Hartmaier	Distance	5-6	135	Jr.	Woodinville, WA (Redmond)
Michael Hartz	Sprints/Hurdles	5-6	135	So.	Long Beach, WA (Ilwaco)
Peter Hays	Sprints	5-9	170	So.	Vancouver, WA (Prairie)
Brad Hendrickson	Throws	6-3	275	Sr.	Port Angeles, WA
Kyle Janzen	Throws	5-9	185	Fr.	Federal Way, WA
Brady Jones	Throws	5-11	225	Jr.	Issaquah, WA
Eddie Kaeka	Sprints	6-0	180	Fr.	Spanaway, WA (Spanaway Lake)
Zack Koehnke	Pole Vault	6-3	180	Fr.	Gig Harbor, WA
Chris Larson	Sprints	5-11	175	Jr.	Vancouver, WA (Mountain View)
Mikel Lenox	Sprints	5-11	155	Fr.	Spokane, WA (North Central)
Jeff Lewis	Throws	6-2	165	Fr.	Bellevue, WA (Newport)
Canyon Little	Middle Distance	5-11	165	Fr.	Tacoma, WA (Franklin Pierce)
Ryan Los	Sprints	6-3	200	Jr.	Gig Harbor, WA (Peninsula)
Jeff Luckstead	Hurdles	5-11	160	Fr.	Walla Walla, WA
Chris McClung	Sprints	6-0	185	Jr.	Vancouver, WA (Skyline - Clark CC)
Jesse McNeil	Middle Distance	6-1	170	Jr.	Tacoma, WA (Franklin Pierce)
Justin McNeil	Distance	5-10	160	So.	Tacoma, WA (Franklin Pierce)
Karl Meller	Distance	5-8	150	Sr.	Lynden, WA
Dustin Michaelis	Pole Vault	5-8	155	Fr.	Everett, WA (Cascade)
Andrew Moulton	Jumps	6-0	165	Fr.	Spokane, WA (St. George's)
Emil Newhouse	Distance	6-0	135	Sr.	Snohomish, WA (Snohomish - Shoreline CC)
Jacob Petz	Sprints	6-0	170	Fr.	Pullman, WA
Luke Preble	Sprints	5-11	155	Fr.	Bainbridge Island, WA
Aaron Riner	Hurdles	6-0	175	Fr.	Eldersburg, MD (Liberty)
Jarrod Roberts	Throws	5-10	225	So.	Hobart, WA (Eastside Catholic)
David Rogiers	Throws	5-5	260	Fr.	Tacoma, WA (Washington)
Scott Romney	Pole Vault	6-0	175	So.	Gig Harbor, WA
Patrick Skelley	Middle Distance	5-10	145	Fr.	Tacoma, WA (Washington)
Matthew Solosabal	Distance	5-10	155	Jr.	Yakima, WA (Eisenhower - Clackamas CC)
Brian Sweeney	Sprints	5-10	145	So.	Seattle, WA (Seattle Prep)
Dan Thompsen	Sprints	5-9	170	Jr.	Bellevue, WA (Interlake)

Tyler Thornbrue	Pole Vault	5-10	155	Fr.	Shelton, WA
Michael Towle	Distance	6-4	175	Fr.	Camas, WA
Hunter Verner	Pole Vault	5-10	165	So.	Nashville, TN (Montgomery Bell Academy)
Tim Walsh	Sprints	5-11	160	So.	Sammamish, WA (Eastlake)
Brandon Whitaker	Middle Distance	5-7	135	So.	Marysville, WA (Marysville-Pilchuck)
Jason Willard	Throws	6-1	225	So.	Stanwood, WA (UPS - Everett CC)
Dustin Wilson	Sprints	5-10	165	Fr.	Silverdale, WA (Central Kitsap)
Rob White	Throws	6-1	210	Jr.	Woodinville, WA (Inglemoor)
Jeff Word	Jumps	5-11	160	Fr.	Sequim, WA

Women

	Events	Ht.	Yr.	Hometown (School)
Shaheen Aslam	Middle Distance	5-6	So.	Spokane, WA (Ferris - Linfield)
Rachael Bates	Middle Distance	5-7	Fr.	Coeur d'Alene, ID (Lake City - North Idaho JC)
Lexi Baxter	Distance	5-4	So.	Colville, WA
Melissa Behrens	Sprints	5-8	Jr.	Redmond, WA (Eastlake)
Crisma Biggs	Sprints/Jumps	5-6	Fr.	Bainbridge Island, WA (Bainbridge)
Becky Brackett	Middle Distance	5-9	Jr.	Bellevue, WA (UCLA)
Laura Burch	Hurdles	5-4	So.	McMinnville, OR
Sarah Button	Throws	5-8	Fr.	Bellingham, WA (Squalicum)
Tammy Carlson	Throws	5-8	So.	Ridgefield, WA
Stephanie Clabaugh	Throws	5-11	Fr.	Tacoma, WA (Wilson)
Lauren Dees	Sprints/Jumps	5-7	Fr.	Apple Valley, MN (School of Environmental Studies)
Molly DePasqual	Distance	5-7	Fr.	Jackson Hole, WY
Nena Dodge	Pole Vault/Sprints	5-7	Jr.	Bow, WA (Burlington-Edison)
Brianne Dolan	Heptathlon	5-8	Jr.	Edmonds, WA (Edmonds-Woodway)
Diana Dominguez	Distance	5-9	So.	Kent, WA (Kentlake)
Jennifer Dudik	Sprints	5-7	So.	Seattle, WA (Blanchet)
LeAnne Evans	Heptathlon	5-9	So.	Steilacoom, WA
Beth Griffin	Jumps	6-0	Fr.	Seattle, WA (Kennedy)
Kristin Haas	Distance	5-7	So.	Port Orchard, WA (South Kitsap)
Jill Hagensen	Middle Distance	5-3	So.	Camas, WA
Amanda Hall	Middle Distance	5-8	So.	Coeur d'Alene, ID (Lake City)
Kyle Hatch	Middle Distance	5-4	Jr.	Anchorage, AK (Service - Alaska Anchorage)
Stephanie Haydon	Distance	5-4	So.	Kingston, WA (North Kitsap)
Gabrielle Hernandez	Distance	5-6	Fr.	Poulsbo, WA (North Kitsap)
Kirsten Holt	Hurdles/Sprints	5-8	Fr.	Lakewood, WA (Everett CC)
Stacey Hopkins	Throws	5-11	Jr.	Sammamish, WA (Eastlake - Auburn Univ. -Bellevue CC)
Rachelle Hoppe	Throws	5-4	Fr.	Mukilteo, WA (Kamiak)
Michelle Johnson	Javelin	5-2	Fr.	Olympia, WA (North Thurston)
Sarena Johnson	Throws	5-9	So.	Kent, WA (Chief Sealth)
Danielle Juarez	Pole Vault	5-6	So.	Olympia, WA (North Thurston - South Puget Sound CC)
Kelsey Kraft	Sprints	5-6	So.	Canby, OR (Saint Louis Univ., Madrid)
Andrea Kreft	Pole Vault	5-7	Fr.	Lake Stevens, WA
Amy Kruckeberg	Jumps	5-7	Fr.	Lake Stevens, WA
Kristina MacCully	Throws	5-5	So.	Shoreline, WA (Shorecrest)
Jackie McCall	Heptathlon	5-7	Fr.	Spokane, WA (Medical Lake)
Kim Morris	Middle Distance	5-7	Fr.	Mandeville, LA (Fontainebleau)
Andrea Newcomer	Distance	5-6	Fr.	Sammamish, WA (Skyline)
Anna Nielsen	Javelin	5-8	Fr.	Ferndale, WA
Mindy Noble	Middle Distance	5-5	So.	Spokane, WA (Lewis & Clark)
Jessica Opersteny	Sprints	5-7	Jr.	Seattle, WA (Roosevelt - Seattle Central CC)
Shanika Parker	Sprints/Jumps	5-5	Fr.	Spanaway, WA (Spanaway Lake)
Kim Patsula	Sprints	5-3	Fr.	Bellevue, WA (Eastside Catholic)
Jessie Patterson	Sprints/Hurdles	5-10	Fr.	Helena, MT
Lisa Pearl	Distance	5-5	So.	Kenmore, WA (Inglemoor)
Kelly Perez	Pole Vault	5-1	So.	Edmonds, WA (Kamiak)
Kim Radke	Throws	5-6	Fr.	East Wenatchee, WA (Eastmont - Idaho)
Dani Reid	Sprints/Hurdles	5-4	Fr.	Spokane, WA (North Central)
Miriam Reynolds	Middle Distance	5-4	Fr.	Redmond, WA (Lake Washington)
Andrea Ring	Distance	5-6	Jr.	Tacoma, WA (Curtis - Highline CC)
Heidi Roland	Throws	5-10	Jr.	Bellingham, WA (Mount Baker)

Beth Rosapepe	Distance	5-3	So.	Port Orchard, WA (South Kitsap)
Shannon Ross	Distance	5-2	Jr.	Gig Harbor, WA (CC of Spokane)
Sally Ryan	Distance	5-6	Fr.	Kirkland, WA (Inglemoor)
Tina Stimson	Middle Distance	5-7	Jr.	Renton, WA (Liberty)
Dania Swosinski	Sprints	5-6	Jr.	Tacoma, WA (Wilson)
Jessica Telleria	Throws	5-8	Fr.	Boise, ID (Capital)
Megan Toth	Throws	6-0	Jr.	Arlington, WA
Shannon Tillo	Pole Vault/Sprints	5-3	Fr.	Helena, MT (Capital)
Laura Trevellyan	Distance	5-3	Fr.	Vashon, WA
Ashley Vanoveren	Throws	5-10	Fr.	Fall City, WA (Mount Si)
Ashlee Vincent	Distance	5-6	So.	Bellingham, WA (Squalicum)
Allie Volland	Throws	5-11	Fr.	Bellingham, WA (Squalicum)
Kessa Volland	Throws	5-7	Jr.	Bellingham, WA (Squalicum – EWU)
Beth Warner	Sprints	5-9	Fr.	Olympia, WA (North Thurston)
Stacey Washington	Throws	5-10	Fr.	Bellingham, WA (Ferndale)
Ruth Webster	Sprints	5-8	So.	Redmond, WA (Lake Washington - Arizona State)
Megan Whitney	Distance	5-8	So.	Snohomish, WA
Karisa Wilmovsky	Throws	5-10	Jr.	Olympia, WA (Olympia)

Head Coach - Kelven "Pee Wee" Halsell. **Assistants** - Bill Roe, Brandi Carbee, Lex Kaligis, Jim LeVain, Dick Henrie, Tony Kyle, Justin Sylvestal, Natalie Senvold.

2004

SEAWOLVES Alaska Anchorage

Men	Events	Cl.	Hometown
Aaron Dickson	Distance	Fr.	Palmer, AK
Drew Dickson	Distance	Fr.	Palmer, AK
Josh Evans	Throws	Sr.	Anchorage, AK (University – SCC)
Michael Kenny	Distance	Fr.	Anchorage, AK
Brent Knight	Distance	So.	Soldotna, AK
Todd List	Distance	Sr.	Spokane, WA (University – North Idaho)
Nate Normandin	Distance	Sr.	Anchorage, AK (Dimond)
Leif Olson	Distance	Jr.	Spokane, WA (Mt. Spokane – SCC)
Andy Rupert	Distance	Sr.	Anchorage, AK (Bartlett)
Eric Strabel	Distance	Sr.	Palmer, AK
Brandon Stum	Distance	Jr.	Spokane, WA

Women	Events	Cl.	Hometown
Davya Baker	Distance	Fr.	Fairbanks, AK (West Valley)
Stacy Edwards	Distance	Jr.	Eagle River, AK
Amjuli Haydu	Distance	Fr.	Craig, AK
Nikki Holmes	Distance	Fr.	Girdwood, AK (Dimond)
Lindsay Krous	Distance	Sr.	Yakima, WA (Davis)
Stephanie Myers	Distance	Fr.	Sand Point, AK (West Anchorage)
Danielle Pratt	Distance	Fr.	Talkeetna, AK (Grace)
Kamie Jo Massey	Middle Distance	Sr.	Payson, UT
Michelle Bartleman	Sprints	Sr.	Montreal, Quebec (Riverdale)
Shanette Harper	Sprints	Fr.	
Jessica Houston	Throws	Fr.	Anchorage, AK (Dimond)

Head Coach - Michael Friess.

WILDCATS Central Washington

Men	Events	Cl.	Hometown
Scott Alexander	Pole Vault	Sr.	Quincy, WA
Gabe Andrews	Distance	So.	Redmond, WA
Matt Cook	Distance	Jr.	Maple Valley, WA (Tahoma)
Fabien Coutard	Sprints	Jr.	Maple Valley, WA (Tahoma)
Matt Durkee	Middle Distance	Jr.	Yakima, WA (East Valley -YVC)
Steve Edwards	Sprints	Fr.	East Wenatchee, WA (Eastmont)
Dan Ferguson	Distance	So.	Bothell, WA (Blanchet)
Zach Fife	Throws	Sr.	Yakima, WA (West Valley)
Steve Frausto	Distance	Fr.	Edmonds, WA (Kamiak)
Scott Freymond	Jumps	Sr.	Elma, WA (Whatcom CC)
Jacob Galloway	Throws	Sr.	Shelton, WA
Adam Grambo	Distance	So.	Kelso, WA (Lower Columbia)
Aaron Hayes	Throws	Sr.	Camano Island, WA (Stanwood)
Michael Ingman	Throws	Fr.	Olympia, WA (Capital)
Mike Kelley	Sprints	So.	Boise, ID (Borah)
Dayne Kinder	Middle Distance	Fr.	Covington, WA (Kentlake)
Justin Lawrence	Jumps, Sprints	Sr.	Toppenish, WA (Zillah)
Steve Lehman	Jumps, Sprints	Fr.	Wenatchee, WA (Eastmont)
Curt Moon	Sprints, Hurdles	Sr.	Okanogan, WA
Michael Morrison	Hurdles, Decathlon	Sr.	Lacey, WA (North Thurston - Spokane Falls CC)
Michael Pankiewicz	Middle Distance	Jr.	Mukilteo, WA (Kamiak)
Jason Patterson	Throws	Sr.	Shelton, WA
Phil Paul	Distance	Jr.	Renton, WA (Kentrige)
Jason Porter	Distance	Jr.	Woodinville, WA (Juanita)
Eric Reynolds	Sprints	Fr.	Chehalis, WA (West)

Jason Roberts	Sprints	So.	Federal Way, WA (Auburn Riverside)
Brian Rockenbach	Distance	Fr.	Snohomish, WA
Marcel Rogoza	Middle Distance	Jr.	Mount Vernon, WA (Skagit Valley)
Beau Ross	Jumps	Sr.	Ellensburg, WA
Matt Schmitt	Distance	Sr.	Federal Way, WA
Sam Scotchmer	Distance	Fr.	Snohomish, WA
Joe Smith	Jumps, Sprints	Sr.	Enumclaw, WA
Jay Thomas	Jumps	Sr.	Walldorf, Germany (Spanaway Lake)
David Uberti	Throws	Sr.	Everett, WA (Cascade)
Cresap Watson	Jumps, Sprints	So.	Woodinville, WA
Kurt Weber	Jumps, Sprints	Sr.	Yakima, WA (West Valley)
Ian Wells	Throws	Fr.	Woodinville, WA (Bothell)

Women

Crystal Ames
Haley Amos
Brandy Anderson
Joselyn Aske
Rachel Bailey
Nicole Baker
Nicole Bandy
Kaylee Bulyca
Kelly Dobbins
Tiffany Fackrell
Emily Forseth
Jessica Gimness
Julie Graham
Amber Green
Chelsea Gregorich-Evans
Margaret Henry
Theresa Hill
Katie Hingston
Alicia Hutchinson
Callie Jones
Christina Lashbrook
Terran Legard
Kara Leonard
Rebecca Lindquist
Katie Maurer
Christin McDowell
Lindy Mullen
Kara Nygard
Whitney Omlin
Rebecca Perez
Emily Picinich
Erica Pitman
Jennifer Powers
Kestle Riley
Andrea Ring
Ashley Rountree
Hailey Ruff
Liz Ryen
Kate Sayles
Teresa Schlafer
Annie Shuler
Anjuli Spear
Stephanie Stine
Tina Thorne
Lea Tiger
Rachel Tynan
Amanda von Jentzen
Jessica Wagner

Events

Jumps
PV, Jumps
Distance
Distance
Distance
Distance
Distance
Distance
Distance
HJ, Shot
Middle Distance
Sprints
Jumps
Distance
Sprints
Throws, Hurdles
Distance
Sprints
Distance
Pole Vault
Sprints
Sprints
Sprints
Rebecca Lindquist
Pole Vault
Throws
Middle Distance
Sprints
Pole Vault
Pole Vault
Distance
Distance
Throws
Distance
Hurdles
Javelin
Jumps
Throws
Sprints, Jumps
Pole Vault
Jumps
Distance
Sprints
Jumps
Sprints
Heptathlon
Jumps

Cl.

So. Shoreline, WA (Shorecrest)
Fr. Cowiche, WA (Highland)
Jr. Juneau, AK (Juneau-Douglas – Western State)
So. La Center, WA
Jr. Woodinville, WA
Fr. Belfair, WA (North Mason)
Sr. Sedro-Woolley, WA
Sr. Woodinville, WA
Fr. Wenatchee, WA (Eastmont)
Fr. Moses Lake, WA
Fr. Allyn, WA (North Mason)
So. Woodinville, WA
Jr. Monroe, WA (Sultan)
Fr. Selah, WA
Fr. Yakima, WA (West Valley)
Jr. North Bend, WA (Mt. Si – UW)
Jr. Lynnwood, WA (Blanchet)
Fr. Kennewick, WA
Fr. Lacrosse, WA
So. Shoreline, WA (Shorecrest)
Jr. Sultan, WA
So. Burbank, WA (Columbia)
Fr. Yakima, WA (East Valley)
Jr. Palmer, AK (Matanuska Christian)
Jr. Redmond, WA (Cedarcrest)
Jr. Issaquah, WA (Skyline)
Jr. Lyman, WA (Sedro-Woolley)
Fr. Wenatchee, WA
So. Quincy, WA
So. Selah, WA
Jr. Manchester, WA (South Kitsap - Western Washington)
Jr. Woodinville, WA
So. Yakima, WA (West Valley)
Fr. Port Townsend, WA
Jr. Tacoma, WA (Curtis – WWU)
So. Covington, WA (Kentlake)
Sr. Kennewick, WA
Jr. Seattle, WA (Blanchet)
Fr. Seattle, WA (Holy Names)
So. Port Orchard, WA (South Kitsap)
So. Benton City, WA (Kiona-Benton)
Fr. Roslyn, WA (Cle Elum-Roslyn)
Jr. Pasco, WA
So. Renton, WA (Tahoma)
Jr. Renton, WA (Kentrige)
So. Mukilteo, WA (Cascade)
So. Granite Falls, WA (Everett CC)
Jr. Port Orchard, WA(South Kitsap)

Annie Wakefield	Distance	Sr.	Marysville, WA (Kamiak)
Betsy Williams	Middle Distance	So	Bothell, WA
Kalyn Yeager	Jumps	So.	Selah, WA
Heather Yergen	Throws	Jr.	Yakima, WA (West Valley)

Head Coach - Kevin Adkisson. **Assistants** – Davina Strauss (sprints & jumps), T.J. Crater (throws).

LUMBERJACKS Humboldt State

Men	Events	Yr.	Hometown (School)
Jesse Bennett	800, 1500	Fr.	Santa Rosa, CA
Matt Burks	800, 1500	Jr.	El Cajon, CA
Andrew Chong	Steeplechase	Fr.	San Jose, CA (Silver Creek)
Sherman Clayton	800	Sr.	Mariposa, Ca
Jon Daubenspeck	800	Fr.	The Woodlands, TX (Vista College)
Matt DeShazo	1500, SC	Jr.	Novato, CA (San Marin)
Ammon Gilbert	5k, 10K	Jr.	Friday Harbor, WA (Concord)
Dan Graybill	800, 1500	Jr.	Santa Cruz, CA
Ryan Hall	5K, 10K	Fr.	Lafayette, CA (Acalanes)
Doug Hamilton	1500, 5000	Sr.	Modesto, CA (Santa Barbara CC)
Brent Lubratich	5000	Jr.	Danville, CA (Monte Vista)
Danny Melo	800	Jr.	Santa Rosa, CA (Santa Rosa JC)
Lehrin Morey	Steeplechase	Sr.	Eureka, CA
Jasper Peach	1500	Fr.	Auburn, CA (Placer)
Carlos Sanchez	5K, 10K	Jr.	Ventura, CA (Hueneme)
Bjorn Samson	5K, 10K	So.	San Jose, CA (Valley Christian)
Jason Smyser	5K, 10K	Sr.	Tracy, CA (Merrill F. West)
Kile Taylor	1500	Sr.	Visalia, CA (Oklahoma Christian)
Ryan Tuss	800, 1500	Jr.	Arcata, CA (North Idaho)
Andrew Wright	800, 1500	Fr.	San Leandro, CA (St. Joseph Notre Dame)
Brandt Wright	800, 1500	Fr.	Lancaster
Kyle Zeck	800, 1500	Fr.	Eureka

Women	Events	Yr.	Hometown
Nicole Campbell	1500, 3000	Jr.	Topanga, CA (Palisades Charter)
Kelly Cronin	3000, 5000	Sr.	Wallingford, CN (Mark T. Sheehan)
Emma Middlebrook	3000, 5000	Jr.	Bellingen, Australia (Belingen)
Jessica Rendon	800, 1500	Fr.	Mountain View, CA (Roseville)
Jessica Riley	800, 1500	So.	Providence, RI (LaSalle Academy)
Sadie Solem	5k, 10K	Jr.	Janesville, CA (Lassen)
Erin Wyner	5K, 10K	Sr.	Fort Bragg, CA (Mendocino JC)

Head Coach – Dave Wells. **Graduate Assistant** - Tim Miller. **Volunteer Assistant** - Jen Miller, Carie Bronson.

CRUSADERS Northwest Nazarene

Name	Events	Yr.	Hometown (School)
Tom Blain*	High Jump	So.	Weippe, ID (Timberline)
Danny Bowman**	Sprints	Jr.	Weiser, ID
Tyler Crow	Javelin	Sr.	Fort Mill, SC
Mark DeBord*	Sprints	Jr.	Brighton, CO
Sean Doughty*	Jumps	So.	Challis, ID
Zack Dwello***	Steeplechase	Sr.	McCall, ID (McCall-Donnelly)
Anthony Gould***	Pole Vault	Sr.	Gresham, OR
Brian Gould*	Pole Vault	So.	Gresham, OR
Lincoln Hagood***	Middle Distance	Sr.	Nampa, ID (Skyview)
Casey Hartwig*	Middle Distance	So.	Walla Walla, WA
Chad Hazelbaker	Distance	Fr.	Grangeville, ID
Brandon Hill**	Sprints	Jr.	Oak Harbor, WA
Dominique Hill	Sprints	Fr.	Colorado Springs, CO (Harrison)
Jake Hotchkiss**	Distance	Jr.	Idaho City, ID

Brandon Johnson*	Javelin	So.	Albany, OR (South Albany)
Tim Keller*	Distance	So.	McMinnville, OR
Kevin Lambert	Distance	Fr.	Boise, ID (Nampa Christian)
Daniel Larkin	Throws	RS	Redmond, OR
Tyler Layne*	Distance	So.	Jerome, ID
Ryan Lee*	Sprints	Sr.	Nampa, ID (Nampa Christian)
Jay Lundergan**	Distance	Jr.	Nampa, ID (Kuna)
Aaron Mathias***	Distance	Sr.	Yakima, WA (West Valley)
Ryan Meier**	Distance	Jr.	Anchorage, AK (Grace Christian)
Chris Mosbacher*	Jumps, Hurdles	So.	Missoula, MT (Sentinel)
David Olson***	Sprints	Sr.	Nampa, ID (Nampa Christian)
Shawn Pelton*	Sprints, Jumps	Sr.	Eagle, ID
Andrew Peters*	Distance	So.	Homer, AK
Tim Proctor	Discus	Fr.	Milton-Freewater, OR (MacHI)
Marshall Schultz	Javelin	Fr.	John Day, OR (Grand Union)
Zack Shaw	Distance	Fr.	Issaquah, WA
Marcos Veristain*	Distance	So.	Idaho City, ID
Matthew Ward	Middle Distance	Fr.	Nampa, ID (Nampa Christian)
Nathan Wilkinson***	Distance	Sr.	Albany, OR (East Albany)
Ben Wornell***	Distance	Sr.	Harrisburg, OR
Name	Events	Yr.	Hometown (School)
Sarah Arendt**	Throws	Jr.	Bremerton, WA (Olympic)
Hannah Bowman	Throws	Fr.	Weiser, ID (Nampa Christian)
Rebekah Bowman**	Sprints	Jr.	Weiser, ID
Karen Diener	Distance	RS	Great Falls, MT
Jami Epley*	Distance	So.	Homer, AK
Katie Fitch**	Throws	Jr.	Pittsburg, CA
Lindsey Graham*	Distance	So.	Olympia, WA (Northwest Christian)
Aubrey Harrington	Pole Vault	Fr.	Eagle Point, OR
Mandi Johnson	Distance	Jr.	Boise, ID (Centennial - North Idaho CC)
Megan Johnson	Distance	Jr.	Boise, ID (Centennial - North Idaho CC)
Alina Lunsford***	Pole Vault	Sr.	Midvale, ID (Cambridge)
Rebekah McAdam	Throws	Fr.	Bend, OR (Mountain View)
Aubrey Metzger***	Pole Vault	Gr.	Union, WA (Shelton)
Mindy Newby**	Distance	Jr.	Coeur d'Alene, ID
Emily Peterson	Sprints, Jumps	Fr.	Roseburg, OR (Umpqua Valley Christian)
Danielle Pridgen	Middle Distance	Fr.	Nampa, ID (Nampa Christian)
Ashley Rickels	Hurdles	Fr.	Middleton, ID
Tara Robinson*	Distance	So.	McCall, ID (McCall-Donnelly)
Jamie Sundvall	Middle, 400H	RS	Jefferson, OR
Jennifer Tyhurst	Distance	Fr.	Montague, CA (Yreka)
Kristina Wherry*	Throws	So.	New Plymouth, ID
Jessica Wiggins**	Distance	Jr.	Weiser, ID (Midvale)
Christy Wynkoop**	Distance	Sr.	Tigard, OR
Susan Young***	Distance	Sr.	Nampa, ID

Head Coach - John Spatz. **Assistants** - Ben Gall (distance), Leah Merrell (throws), Mauri Lewis (pole vault), Wendy French (sprints), Jim Honell (hurdles).

SAINTS Saint Martin's

Men	Events	Yr.	Hometown
Mathiang Akoi	Distance	Fr.	Yelm, WA
Andrew Albertson	Javelin	So.	Lacey, WA (Timberline)
Nate Carlson	Distance, Middle	Jr.	Pateros, WA
Chris Carpenter	Distance, Middle	Jr.	Shelton, WA
Vic Carpenter	Distance, Middle	So.	Shelton, WA
Jarel Cherry	Sprints, Jumps	Fr.	San Diego, CA (Morse)
Jeremy Davis	Shot, Discus	So.	Lakewood, WA (Clover Park)
Trevor Dunston	Jumps	Fr.	Pasco, WA
Ponce De Leon Faletoi	Throws	Fr.	Marist, OR

Matt Lambrecht	Javelin	Sr.	La Center, WA
Evan Martin	Throws, Hurdles	So.	Kent, WA (Kentwood)
Tyler Mohoric	Middle Distance, Sprints	Fr.	Centralia, WA
Jacob Nhial	Distance	Fr.	Tacoma, WA (Foss)
Tris Obluck	Distance	Fr.	Mukwanago, WI
Andy Prentice	Distance	Jr.	Spokane, WA (Lakeside)
Tony Rapaglia	Javelin	So	Lacey, WA (Timberline)
Jonathan Sprouffske	Shot, Discus	Jr.	Rainer, WA
Caleb Timmer	Middle Distance	Fr.	Tacoma, WA (Tacoma Baptist)
Josh Timmer	Hurdles, Sprints	Fr.	Tacoma, WA (Tacoma Baptist)
Zac Vawter	Distance, Steeple	So.	Mossyrock, WA
Robbie Wilbur	Middle Distance	Fr.	Spanaway, WA (Spanaway Lake)
Seth Woods	Middle Distance	Fr.	Lacey, WA (Northwest Christian)

Women

Caitlyn Ames
Nicole Beatty
Katelynn Blume
Lakita Burr
Maureen Driscoll
April Elder
Jackie Glen
Nicole Matheson
Ann McCanick
Cortney Rockwell
Coco Rogers
Lily Rudenko
Amber Sommer
Kendra Steinbrugger
Patty Wood
Mele Vulanqi
Danika Washington

Events

Distance
Distance, Steeple
Distance
Middle, SC, Hurdles
Middle Distance, Sprints
Jumps, Sprints, Hept
Distance
Sprints
Distance
Throws
Throws
Distance
Distance
Distance
Sprints
Throws
Throws

Yr.

Fr.
So.
Fr.
Fr.
Fr.
So.
Fr.
Fr.
Jr.
So.
Fr.
Fr.
Jr.
So.
Fr.
Fr.
Fr.
Fr.
Fr.

Hometown (School)

Kentwood, WA
Port Angeles, WA
Lacey, WA (Timberline)
Lakewood, WA (Lakes)
Bothell, WA (Inglemoor)
Chehalis, WA (WF West)
Lakewood, WA (Lakes)
Lakewood, WA (Lakes)
Lakewood, WA (Lakes)
Tenino, WA
Silverdale, WA (Central Kitsap)
Tacoma, WA (Foss)
Winthrop, WA (Liberty)
Tumwater, WA
Yelm, WA
Lacey, WA (Timberline)

Head Coach – Brad Hooper. **Assistant** – Mike Hanby.

REDHAWKS Seattle University

Men

Matthew Blaine***
Garrett Brown
Nicholas Dols
Dain Engebretsen***
Richard Franck*
Marcus Green
Nathan Heitzinger
Mike Hughes**
Rueben Joseph*
Andrew Koehn*
Brian Langhans
K.J. Loreth*
Andrew Lybarger
Steve Manos***
Todd Nishida***
Craig Olson
Faruk Punjani*
Robert Renninger*

Events

Middle Distance
Jumps/Hurdles/Sprints
Middle Distance
Steeplechase
Distance
Distance
Distance
Middle Distance
Middle Distance
HJ, Sprints
Sprints
Distance
Distance
Middle Distance
Sprints
Middle Distance

Yr.

Sr.
Fr.
Fr.
Sr..
So
Jr.
Fr.
Jr.
Sr.
So.
Fr.
Sr.
Fr.
Sr.
Sr.
Fr.
So.
So.

Hometown (School)

Spokane, WA (Gonzaga Prep)
Edmonds, WA (Edmonds-Woodway)
Portland, OR (Jesuit)
Polson, MT
Bellevue, WA
Seattle, WA
Scottsdale, AZ (Brophy Prep)
Issaquah, WA
Tacoma, WA (Lakes – Saint Martin's)
Ferndale, WA
Seattle (Blanchet)
Burien, WA (Kennedy – Saint Martin's)
Spokane, WA (West Valley)
Phoenix, AZ (Brophy Prep)
Aiea, HI (Pearl City)
Bellingham, WA
Kirkland, WA (Lake Washington)
Bellevue, WA

Women

Katherine Archambault*
Cheryl Austin
Amanda Barelli
Sarah Brundidge*

Events

Middle Distance
Long Jump
Distance
Distance

Yr.

So.
Fr.
So.
So.

Hometown (School)

Flemington, NJ (Hunterdon Central)
Bellevue, WA (Inglemoor)
Phoenix, AZ (Xavier Prep)
Oak Harbor, WA

Holly Bueb**	Middle Distance	Jr.	Auburn, CA (Placer)
Ashley Burns*	Hurdles	So.	Everett, WA
Jessica Butler	Distance	Fr.	Des Moines, WA (Tyee)
Jean Marie Callan		Fr.	Portland, OR
Lindsay Dittmer	Middle Distance	Jr.	Richland, WA (Hanford – George Mason)
Marie Draye	Distance	Fr.	Kenmore, WA (Blanchet)
Emily Ferguson*	Middle Distance	So.	Portland, OR (Central Catholic)
Kelly Fullerton**	Steeple, Distance	Jr.	Roseburg, OR
Alana Garcia	Distance	Fr.	Modesto, CA (Davis)
Lloryn Hubbard	400	Fr.	Seattle, WA (Holy Names)
Lydia Lauer*	Distance	So.	Portland, OR (Lincoln)
Theresa Mangahas***	PV, Sprints	Sr.	Redmond, WA (Lake Washington)
Theresa Mathias		Fr.	Lynnwood, WA
Sarah Menzies		Fr.	Ferndale, WA
Karina Pacheco	Distance	Fr.	Portland, OR (Central Catholic)
Kristie Rice	Distance	Fr.	Des Moines, WA (Mount Rainier)
Phoebe Rohrbacher	Distance	Fr.	Juneau, AK
Megan Salvesson*	Distance	So.	Juneau, AK (Juneau-Douglas)
Susan Sifferman	Jumps, Sprints	Fr.	Kirkland, WA (Cedar Park Christian)
Rachel Suess	Distance	Fr.	Ferndale, WA
Nicole Wheeler	Distance	Fr.	Idaho Falls, ID (Skyline)

Head Coach – Paula Montgomery **Assistants** – Brian Montgomery (distance), Derek Prior (sprints), Drew Dambreville (jumps), Josh Rentz (jumps)

FALCONS Seattle Pacific

	Events	Yr.	Hometown (School)
Philip Bayley	Dec	Jr.	Seattle, WA (King's – PLU)
Clint Bjella	1500, 5000	Jr.	Everett, WA
Bjorn Bostrom	1500, 5000	Fr.	La Conner, WA (Bellingham)
Gregg Flowers	200, 400H	Fr.	Seattle, WA (King's)
Michael Gavereski	800, 1500	Fr.	Bellingham, WA
Tyrone Hattingh	Triple Jump	Fr.	Redmond, WA (King's)
Micah Kelley	400H	Sr.	Lakewood, WA (Clover Park)
Dan Larimer	Dec	Fr.	Libby, MT
Tim LeCount	1500, 5000	Jr.	Battle Ground, WA
Aaron Libadisos	Steeplechase	Jr.	Kailua-Kona, HI (Kealakehe)
Paul Mach	400H, 800	Sr.	Seattle, WA (King's)
Lee O'Connor	5K, 10K	Fr.	Indianapolis, IN (Davis)
Ryan Phillips	1500, 5000	Fr.	West Linn, OR
Chris Randolph	HJ, LJ, Dec	So.	Lone Tree, CO (Denver Christian)
Jason Radel	Dec, 400H	So.	Flathead, MT
Tim Reeves	400H	So.	Beaverton, OR
James Rosser	5K, 10K	Fr.	Seattle, WA (Highline)
Eddie Strickler	400, 800	Fr.	Richland, WA

Women	Events	Yr.	Hometown (School)
Danielle Ayers-Stamper	Hep, LJ, Jav	So.	LaCrosse, WA
Sharon Bjella	HJ, Hep	Fr.	Everett, WA
Linda Blake	Hep, 100H	So.	Richland, WA (Liberty Christian)
Danae Clark	LJ, TJ, 400	Fr.	Hillsboro, OR (Glencoe)
Kelsey Cooley	Hep, HJ	Fr.	Missoula, MT (Hellgate)
Karen Dickson	3000, 5000	Fr.	El Dorado Hills, CA (Oak Ridge)
Julie Durringer	400	Fr.	Monroe, WA
Kelsey Gleason	100H, 400H	So.	Salem, OR (Salem Academy)
Dianna Grossglass	HJ, TJ, 100H	So.	LaConner, WA
Abby Groth	1500, 3000	So.	Roseburg, OR (Glide)
Ruth Harbaugh	3000, 5000	So.	Gig Harbor, WA
Amy Harris	PV	So.	Philomath, OR (Crescent Valley)
Allison Hedges	PV	So.	Richland, WA
Molly Hornbuckle	Jav, Disc	Fr.	Burien, WA (Highline)
Kristin Janney	Hep, TJ	Fr.	White Salmon, WA (Columbia)

Nikki Jensen	3000, 5000	Fr.	Portland, OR (St. Mary's Academy)
Sara Johnson	Jav, Ham, TJ	Jr.	Kennewick, WA (SFCC)
Becky Knox	1500	So.	Denver, CO (Denver Christian)
Jean Kolb	100, 200	So.	Eugene, OR (South Eugene)
Lauren Kooy	Disc, Hammer	Sr.	George, WA (Quincy)
Josie Lavin	800, 1500	Jr.	Bremerton, WA
Kinyatta Leonhardt	100, 200, 400	Fr.	Petaluma, CA (St. Vincent)
Jennifer Marsh	400, 800, 1500	Fr.	Kirkland, WA (Juanita)
Ashley Marshall	400, 800	Fr.	Bellingham, WA (Meridian)
Brandi McCoy	1500, 3000	Fr.	Richland, WA
Andrea Pennington	Jav, Disc	Sr.	Bellingham, WA (Whatcom CC)
Victoria Perkins	400H	Fr.	Kent, WA (Kentwood)
Erica Preboski	Steeple	Fr.	Camano Island, WA (Stanwood)
Gabriel Robinson-Spaulling	Disc, Hammer	Fr.	Redding, CA (Shasta)
Breanne Rohm	400	Jr.	Juneau, AK (Juneau-Douglas)
Amber Rose	TJ, PV	Sr.	Olympia, WA (Capital)
Janna Schaafsma	100H, 400H	So.	Soldotna, AK
Janelle Stevens	800, 1500	So.	Soquel, CA
Ally Studer	PV, LJ	Sr.	Redmond, WA
Hillary Tayet	800, Steeple	So.	Lakewood, WA (Cascade Christian)
Jennifer Urrutia	Disc, Hammer	Fr.	Sunnyside, CA
Jamie Witt	3000, 5000	Jr.	Folsom, CA

Head Coach – Jack Hoyt **Assistants** – Doris Heritage, Erika Daligcon, Algerian Hart, Kelly LaBounty, Howie Kellogg, Laura Widman

WOLVES Western Oregon

Men	Events	Yr.	Hometown (School)
Nate Anderson***	Sprints/Jumps	Sr.	Gresham, OR (Barlow - Mt. Hood CC)
Collin Babcock**	Throws	Jr.	Portland, OR (Reynolds)
Troy Banker	Sprints	Fr.	Beaverton, OR (Valley Catholic)
Ethan Barrons**	Distance	Jr.	Salem, OR (Blanchet)
Jeff Benson*	Sprints	So.	Dallas, OR
Brandon Bodine	Decathlon	Fr.	Jefferson, OR
Sean Bresnahan	Sprints	Fr.	Vancouver, WA (Columbia River)
Brad Brolin	Distance	Jr.	Corvallis, OR (Crescent Valley - Clackamas CC)
Jason Buckmeir	Sprints	Fr.	Beaverton, OR (Westview)
Lee Clarkson	Hurdles	Fr.	Salem, OR (Salem Academy)
Greg Coleman	Sprints	Fr.	Portland, OR (Westview)
Evan Corbin	Throws	Fr.	Oakland, OR
Cary Costa*	Distance	Sr.	Oregon City, OR (Clackamas CC)
Nick Crawford	Distance	Fr.	Beaverton, OR
Josh Cummings*	Pole Vault	Sr.	Stevenson, WA (Clackamas CC)
Colby Eslinger	Sprints	Fr.	Brookings, OR (Brookings-Harbor)
Luke Ewing*	Hurdles	So.	Maupin, OR (South Wasco)
Isaac Frederick*	Sprints	Sr.	Portland, OR (David Douglas - Clackamas CC)
Nick Gillespie*	Hurdles	So.	Oakridge, OR
Derek Gitts*	Sprints	So.	Canby, OR
Duane Graham	Decathlon	Fr.	Stayton, OR
Sean Haga	Jumps	Fr.	Bandon, OR
Isaiah Haines***	Throws	Sr.	Albany, OR (South Albany)
Drew Herburger	Throws	Fr.	
Sam Hobbs	Hurdles	So.	Cornelius, OR (Westview - Univ. of Oregon)
Kyle Holland	Distance	Jr.	Tualatin, OR (Clackamas CC)
Josh Holloway*	Throws	So.	Warrenton, OR
Kelly Howlett	Throws	Jr.	? (Clackamas CC)
Brandon Jasmin*	Throws	So.	Prineville, OR (Crook County)
Felipe Jasso	Distance	Fr.	Gresham, OR
Kevin Johnson*	Throws	So.	Hillsboro, OR (Century)
Ray Kauffman	Throws	Jr.	West Linn, OR (Clackamas CC)
Scott Lemmon*	Sprints	So.	Toledo, OR

Casey Lewin	Throws	Fr.	Salem, OR (Sprague)
Chris Logan***	Distance	Sr.	Bend, OR
Steve Manning	Sprints	Fr.	Puyallup, WA (Emerald Ridge)
Zack Manning	Hurdles	Fr.	Wilsonville, OR
Jerret Mantalas**	Distance	Jr.	Gladstone, OR
Tom Martin*	Throws	So.	Grants Pass, OR
Tommy Mathews**	Pole Vault	Jr.	Seattle, WA (Seattle Lutheran)
Colin McMahon	Hurdles	Fr.	Portland, OR (Westview)
Allan Mikolas	Throws	Fr.	Salem, OR (McKay)
Brian Nowlin	Distance	Fr.	Juneau, Alaska (Douglas)
Cole Parmalee*	Sprints	So.	Merlin, OR (North Valley)
Nelacey Porter	Sprints	Fr.	Portland, OR (Benson)
Micah Reading	Jumps	Jr.	Pendleton, OR (Lane CC)
Andrew Reinhardt*	Throws	So.	Turner, OR (Cascade)
Greg Rohr*	Jumps	So.	Gresham, OR (Barlow)
Brad Satran***	Jumps/Sprints	Sr.	Tigard, OR
Brian Seward	Sprints	Fr.	Sweet Home, OR
Tyler Smith	Sprints	Jr.	Albany, OR (South Albany - Idaho)
Marcus Sutton*	Throws	Sr.	Dugway, UT (Chemeketa CC)
Chris Thornton	Hurdles	Fr.	Beaverton, OR (Sunset)
Kyle Van Ness	Throws	Fr.	Albany, OR (West Albany)
Dane Wagner*	Throws	So.	Salem (Sprague)
Spencer Walsh**	Distance	Jr.	Shoreline, WA (Shorecrest)
Chase Wells	Distance	So.	Gresham, OR (Mt. Hood)
Andrae Williams	Sprints	So.	Portland, OR (David Douglas - Clackamas CC)
Thomas Wortman	Jumps	Fr.	Oakridge, OR

Women	Events	Yr.	Hometown (School)
Toni Adair*	Sprints	Sr.	Philomath, OR (Portland State)
Alyssa Anderson*	Distance	Sr.	Oregon City, OR (Clackamas CC)
Megan Beith*	Sprints	So.	Portland, OR (Reynolds)
Nini Callan	Hurdles	So.	Sisters, OR (Mt. Hood CC)
Joan Campbell**	Pole Vault	Jr.	Portland, OR (Madison)
Kayla Castaneda*	Distance	So.	Salem, OR (Sprague)
Jaci Cederberg**	Throws	Jr.	Newberg, OR
Rachel Daniels**	Distance	Jr.	North Bend, OR (Bandon)
Victoria Escobedo	Throws	Fr.	Nyssa, OR
Valerie Ferguson	Hurdles	Fr.	Gresham, OR (Barlow)
Bonnie Galloway	Hurdles	Jr.	Gresham, OR (Mt. Hood CC)
Kristin Hepler*	Throws	Sr.	Edmonds, WA (Edmonds-Woodway - Pacific Lutheran)
Rachel Horn	Distance	Fr.	Scappoose, OR
Bridget Johnson*	Heptathlon	So.	Portland, OR (David Douglas)
Julie Kendall	Jumps	Jr.	Eugene, OR (Sheldon - Lane CC)
Katy Kociemba	Jumps	Jr.	Oregon City, OR (Boise State)
Kari Konrad	Distance	Jr.	Tigard, OR (Clackamas CC)
Kira Langnese***	Pole Vault	Sr.	Madras, OR
Chevonna Lynch	Throws	Fr.	Douglas, OR
Amanda Miles	Distance	Fr.	Hillsboro, OR (Westview)
Natalie Nash	Hurdles	Fr.	Hillsboro, OR (Century)
Jennie Rummell*	Hurdles	So.	Astoria, OR
Krystal Schneider	Throws	Sr.	Warrenton, OR (Dakota Wesleyan)
Jen Smith	Distance	So.	Glide, OR
Monica Smith**	Jumps	Jr.	Dallas, OR
Ashlyn Terry*	Heptathlon	Sr.	Triangle Lake, OR (Triangle Lake - Lane CC)
Leah Trutna*	Distance	So.	Colorado Springs, CO (Coronado)
Stephanie Upshaw*	Distance	So.	Union, OR
Alicia Vandervelden*	Throws	So.	Coos Bay, OR (Marshfield)
Stacie Wells	Distance	Fr.	Dallas, OR (Chemeketa CC)
Kristen Wiese*	Sprints	So.	Estacada, OR
Jennifer Williams	Pole Vault	Fr.	

Head Coach – Mike Johnson. **Assistants** – Brian Caster, Randy Kruse, Dennis Olafson, Ryan Dirks, Will Smith, Damien Davis.

VIKINGS Western Washington

Men	Events	Yr.	Hometown (School)
Ryan Albright	Distance	Fr.	Port Orchard, WA (Peninsula – Tacoma CC)
Peter Allan*	Jumps	Jr.	Bellevue, WA (Interlake - WSU)
Ken Bailey	Sprints, Hurdles	Fr.	Puyallup, WA
Casey Barten	Distance	Fr.	Snohomish, WA
George Bedlion*	Sprints	So.	Bellingham, WA (Squalicum)
Andy Behl*	Pole Vault	So.	Everett, WA (Cascade)
Roger Binns	Sprints	Jr.	Battle Ground, WA
Sam Brancheau	Distance	Fr.	Edmonds, WA (Edmonds-Woodway)
Justin Brewer**	Throws	Jr.	Sammamish, WA (Eastlake)
Jeff Bridges	Distance	Jr.	University Place, WA (Curtis)
Jon Carwin	Distance	Sr.	Kirkland, WA (Lake Washington)
Nyle Chambers*	Throws	Sr.	Sumner, WA
Matt Crabtree	Distance	So.	Lynden, WA
Paul Danforth*	Jumps	So.	Kent, WA (Kennedy)
Jason Day**	Throws	Sr.	Tonasket, WA
Jeff DeBuigne	Throws	So.	Kennewick, WA (Kamiakin)
Julius Defour*	Jumps	So.	Spokane, WA (Lewis & Clark)
Steve DeKoker**	Middle Distance	Sr.	Maple Valley, WA (Tahoma)
Scott Durbin**	Jumps	Sr.	Kenmore, WA (Inglemoor)
Peter Ellis	Distance	Fr.	Eatonville, WA
Zak Ernst	Jumps, Throws	So.	Bellingham, WA (Squalicum)
Tom Farris**	Throws	Sr.	Bellevue, WA (Issaquah)
Josh Freeman*	Decathlon	Jr.	Bainbridge Island, WA
Peter Geist	Sprints, Jumps, Hurdles	Fr.	Portland, OR (Grant)
Dan Gibson	Sprints	Jr.	Tenino, WA
Sean Gorton	Distance	Fr.	Spokane, WA (West Valley)
Todd Gowing*	Throws	Jr.	Kirkland, WA (Inglemoor)
Kurt Hartmaier**	Distance	Sr.	Woodinville, WA (Redmond)
Michael Hartz**	Sprints, Hurdles	Jr.	Long Beach, WA (Ilwaco)
Peter Hays*	Sprints	Jr.	Vancouver, WA (Prairie)
Dan Hayward	Sprints	So.	Veradale, WA (Central Valley)
Jeff Hayward	Sprints	So.	Veradale, WA (Central Valley)
Keever Henry	Distance	Fr.	Kelso, WA
Kyle Janzen	Throws	So.	Federal Way, WA
Brady Jones**	Throws	Jr.	Issaquah, WA
Eddie Kaeka*	Sprints	So.	Spanaway, WA (Spanaway Lake)
Zack Koehnke*	Pole Vault	So.	Gig Harbor, WA
Chris Larson	Sprints, Throws	Jr.	Vancouver, WA (Mountain View)
Mikel Lenox*	Sprints	So.	Spokane, WA (North Central)
Canyon Little*	Middle Distance	So.	Tacoma, WA (Franklin Pierce)
Ryan Los**	Sprints	Jr.	Gig Harbor, WA (Peninsula)
Robbie Lowry	Pole Vault	Fr.	Marysville, WA (Marysville – Pilchuck)
Chris McClung*	Sprints	Sr.	Vancouver, WA (Skyline - Clark CC)
Jesse McNeil*	Middle Distance	Jr.	Tacoma, WA (Franklin-Pierce)
Justin McNeil	Distance	Jr.	Tacoma, WA (Franklin-Pierce)
Andrew Moulton	Jumps	So.	Spokane, WA (St. George's)
Mark Mellein	Jumps	So.	Maple Grove, MN
Adam Neff	Sprints	Fr.	White Salmon, WA (Columbia)
Nick Nguyen	Sprints	Fr.	Bellingham, WA (Sehome)
Jacob Petz*	Sprints	So.	Pullman, WA
Luke Preble*	Sprints	So.	Bainbridge Island, WA (Bainbridge)
Steve Recher	Sprints, Hurdles	Fr.	Yakima, WA (Eisenhower)
Matt Rhode	Sprints	So.	Sammamish, WA (Eastlake)
Jarrod Roberts*	Throws	Jr.	Hobart, WA (Eastside Catholic)
David Rogiers*	Throws	So.	Tacoma, WA (Washington)
Scott Romney**	Pole Vault	Jr.	Gig Harbor, WA
Cory Scott	Sprints, Jumps	Fr.	Bremerton, WA (Klahowa)
Eric Scranton	Sprints	So.	Spokane, WA (Ferris)

Logan Senrud	Distance	Fr.	Bigfork, MT
Patrick Skelley	Middle Distance	So.	Tacoma, WA (Washington)
Tyler Smedley	Distance	Fr.	Tenino, WA
Jacob Stewart	Distance	So.	Kelso, WA (Iona)
Brian Sweeney*	Sprints	So.	Seattle, WA (Seattle Prep)
Dan Thompsen**	Sprints	Sr.	Bellevue, WA (Interlake)
Tyler Thornbrue*	Pole Vault	Fr.	Shelton, WA
Charlie Tribe	Pole Vault	Fr.	Missoula, MT
Tim Walsh	Sprints	Jr.	Sammamish, WA (Eastlake)
Brandon Whitaker	Middle Distance	Jr.	Marysville, WA (Marysville-Pilchuck)
Jason Willard*	Throws	Jr.	Stanwood, WA (UPS - Everett CC)
Dustin Wilson	Sprints	So.	Silverdale, WA (Central Kitsap)
Rob White	Throws	Sr.	Woodinville, WA (Inglemoor)
Jeff Word*	Jumps	So.	Sequim, WA
Women	Events	Yr.	Hometown (School)
Shaheen Aslam	Middle Distance	Jr.	Spokane, WA (Ferris – Linfield)
Kim Bascom	Jumps	Fr.	Camano Island, WA (Stanwood)
Lexi Baxter*	Distance	Jr.	Colville, WA
Melissa Behrens**	Sprints	Sr.	Redmond, WA (Eastlake)
Anna Brown	Sprints	Fr.	Prosser, WA
Laura Burch**	Hurdles, Sprints	Jr.	McMinnville, OR
Tammy Carlson*	Throws	Jr.	Ridgefield, WA
Shannon Carney	Distance	Fr.	Seattle, WA (Garfield)
Stephanie Clabaugh*	Throws	So.	Tacoma, WA (Wilson)
Lindsey Cox	Jumps	Fr.	Milton, WA
Kelsey Crawford	Distance	Fr.	Lynnwood, WA (Meadowdale)
Danielle Davis	Pole Vault	So.	Marysville, WA (Marysville-Pilchuck)
Molly DePasqual	Distance	So.	Jackson Hole, WY
Nena Dodge*	Pole Vault, Sprints	Sr.	Bow, WA (Burlington-Edison)
Diana Dominguez	Distance	Jr.	Kent, WA (Kentlake)
Jennifer Dudik	Sprints	Jr.	Seattle, WA (Blanchet)
Tracy Durnell	Sprints	Fr.	San Anselmo, CA (Drake)
LeAnne Evans**	Heptathlon	Jr.	Steilacoom, WA
Kara Fischer	Sprints	Fr.	East Wenatchee, WA (Eastmont)
Cathy Fjellanger	Distance	Fr.	Bothell, WA (Woodinville)
Morgan Franklin	Jumps, Throws	Fr.	Auburn, WA (Fife)
Bryana Gamido	Sprints	So.	Bellevue, WA (Interlake)
Lauren Gardner	Sprints	Fr.	Bellingham, WA (Sehome)
Beth Griffin	Jumps	Fr.	Seattle, WA (Kennedy)
Kristin Haas**	Distance	Jr.	Port Orchard, WA (South Kitsap)
Amanda Hall	Middle Distance	Jr.	Coeur d'Alene, ID (Lake City)
Marissa Harshman	Distance	Fr.	Vancouver, WA (Heritage)
Stephanie Haydon	Distance	Jr.	Kingston, WA (North Kitsap)
Kirsten Holt*	Sprints	So.	Lakewood, WA (Everett CC)
Stacey Hopkins**	Throws	Sr.	Sammamish, WA (Eastlake – Auburn & Bellevue CC)
Rachelle Hoppe*	Throws	So.	Mukilteo, WA (Kamiak)
Michelle Johnson*	Javelin	So.	Lacey, WA (North Thurston)
Sarena Johnson	Throws	Jr.	Kent, WA (Chief Sealth)
Alyson Jones	Distance	Fr.	Lynnwood, WA (Meadowdale)
Danielle Juarez***	Pole Vault	Sr.	Olympia, WA (North Thurston - South Puget Sound CC)
Keely Kaligis	Distance	Fr.	Mukilteo, WA (Kamiak)
Denica Klein	Throws	Fr.	Kirkland, WA (Juanita)
Kelsey Kraft	Sprints, Jumps	Jr.	Canby, OR (Saint Louis University-Madrid)
Andrea Krefit*	Pole Vault	So.	Lake Stevens, WA
Amy Kruckeberg*	Jumps	So.	Lake Stevens, WA
Kristina MacCully	Throws	Jr.	Shoreline, WA (Shorecrest)
Jackie McCall	Heptathlon	So.	Spokane, WA (Medical Lake)
Kim Morris	Middle Distance	So.	Mandeville, LA (Fontainebleau)
Andrea Newcomer	Distance	So.	Sammamish, WA (Skyline)
Anna Nielsen*	Javelin	So.	Ferndale, WA
Jessica Opersteny**	Sprints	Sr.	Seattle, WA (Roosevelt – Seattle Central)

Kim Patsula	Sprints	So.	Seattle, WA (Eastside Catholic)
Jessie Patterson	Jumps, Hurdles	So.	Helena, MT
Lisa Pearl	Distance	So.	Kenmore, WA (Inglemoor)
Kelly Perez*	Pole Vault	So.	Edmonds, WA (Kamiak)
Kim Radke*	Throws	So.	East Wenatchee, WA (Eastmont - Idaho)
Beth Rosapepe*	Distance	Jr.	Port Orchard, WA (South Kitsap)
Autumn Ruskell	Distance	Fr.	Stanwood, WA
Sally Ryan	Distance	So.	Kirkland, WA (Inglemoor)
Monika Sakowicz	Jumps	Fr.	Kirkland, WA (Juanita)
Lauren Schmidt	Jumps, Sprints	Fr.	Wheat Ridge, CO
Tina Stimson**	Middle Distance	Sr.	Renton, WA (Liberty)
Dania Swosinski***	Sprints	Sr.	Tacoma, WA (Wilson)
Jessica Telleria*	Throws	So.	Boise, ID (Capital)
Taylor Thompson	Sprints, Middle Distance	Fr.	Monroe, WA
Shannon Tillo*	Pole Vault, Sprints	So.	Helena, MT (Capital)
Michelle Toshack	Distance	Fr.	Spokane, WA (North Central)
Laura Trevellyan	Distance	Fr.	Vashon, WA (Vashon Island)
Ashley Vanoveren*	Throws	So.	Fall City, WA (Mount Si)
Stacey Washington	Throws	So.	Ferndale, WA
Ruth Webster*	Sprints	Jr.	Redmond, WA (Lake Washington - Arizona State)
Kathleen Weinand	Distance	Fr.	Spokane, WA (Gonzaga Prep)

Head Coach - Kelven "Pee Wee" Halsell. **Assistants** - Bill Roe, Brandi Carbee, Lex Kaligis, Dick Henrie, Jeremy Skulley. **Student Assistants** - Tony Kyle, Natalie Svenvold.

2005

SEAWOLVES Alaska Anchorage

Men	Events	Cl.	Hometown
Kendall Beckwith	Sprints	Fr.	Eagle River, AK (Chugiak)
Justin Bode	Sprints	So.	Anchorage, AK (Bartlett)
Mick Boyle	Middle Distance	Fr.	Kenai, AK (Kenai Central)
Sam Cason	Distance	So.	Anchorage, AK (West)
Aaron Dickson	Distance	So.	Palmer, AK
Drew Dickson	Distance	So.	Palmer, AK
Casey Fagerquist	Middle Distance	Jr.	Casper, WY (Natrona County)
David Hernandez	Distance	So.	Soldotna, AK
Chad Hufford	Throws	Sr.	Anchorage, AK
Brent Knight	Distance	Jr.	Soldotna, AK
Michael Madrid	Sprints	Fr.	Anchorage, AK (East)
Arthur Moreau	Throws	So.	Worden, MT (Huntley Project)
Leif Olson	Distance	Jr.	Spokane, WA (Mt. Spokane – SCC)
Brandon Stum	Distance	Jr.	Spokane, WA (University)
Zach Violett	Middle Distance	Sr.	Brownsville, CA (Nevada Union)
Stig Yngve	Distance	Fr.	Kodiak, AK

Women	Events	Cl.	Hometown
Davya Baker	Distance	Fr.	Fairbanks, AK (West Valley)
Taryn Council	Distance	Fr.	Anchorage, AK (Bartlett)
Renee Dixon	Throws	Fr.	Palmer, AK
Stacy Edwards	Distance	Jr.	Eagle River, AK
Ashlee Gardner	Sprints	Fr.	Anchorage, AK (West)
Diana Gordon	Sprints	Fr.	Palmer, AK
Anjuli Haydu	Distance	So.	Craig, AK
Jessica Houston	Throws	So.	Anchorage, AK (Dimond)
Lindsay Krous	Distance	Sr.	Yakima, WA (Davis)
Mary Krusen	Middle Distance	So.	Kenai, AK (Kenai Central)
Mindy Lindquist	Throws	Sr.	Springville, UT
Heather McIntyre	Distance	Fr.	Kenai, AK (Kenai Central)
Jenny Mitchell	Middle Distance	Sr.	Everson, WA (Nooksack Valley)
Stephanie Myers	Distance	Sr.	Sand Point, AK (West Anchorage)
Danielle Pratt	Middle Distance	So.	Talkeetna, AK (Grace Christian)
Courtney Stein	Jumps	Jr.	Mill Creek, WA
Kaley Strachan	Distance	Fr.	Port Alberni, BC
Genie Tran	Sprints	Fr.	Bellevue, WA
Brook Williams	Distance	Fr.	Wrangell, AK

Head Coach - Michael Friess.

WILDCATS Central Washington

Men	Events	Cl.	Hometown
Geoff Anderson	Distance	Jr.	Gresham, OR (Barlow – Mt. Hood CC)
Brandon Arenas	Javelin	Jr.	Tacoma, WA
Gunner Argo	110H, Disc, PV	Sr.	Carbonado, WA (White River – Portland State)
Cameron Bailey	Jumps	Fr.	Woodinville, WA
Alex Clark	Hurdles	Fr.	Selah, WA
Matt Cook	Distance	Sr.	Maple Valley, WA (Tahoma)
Tyler Dexter	Sprints	Fr.	Naches, WA
Corey Dimond	Sprints	Fr.	Puyallup, WA
Robert Edwards	Hurdles	So.	Olympia, WA
Steve Frausto	Distance	So.	Edmonds, WA (Kamiak)
Jacob Galloway	Discus, SP, Hammer	Sr.	Shelton, WA

Christian Goodwin	Jumps	So.	Chimacum, WA
Andy Gundel	Sprints, Middle Distance	Fr.	Bellingham, WA
Jonathan Hughes	Hammer, Discus	Sr.	Sunnyside, WA
Mike Ingman	Javelin	So.	Olympia, WA (Capital)
Mike Kelley	Sprints	Jr.	Boise, ID (Borah)
Dayne Kinder	Middle Distance	So.	Covington, WA (Kentlake)
Josh Kirk	Hurdles	Fr.	Kennewick, WA
Cameron Neel	SP, Discus	So.	Woodinville, WA (WSU)
Mike Pankiewicz	Middle Distance	Sr.	Mukilteo, WA (Kamiak)
Jason Patterson	SP, Discus	Sr.	Shelton, WA
Phil Paul	Distance	Sr.	Renton, WA (Kentrige)
Eric Reynolds	Sprints	So.	Chehalis, WA (West)
Jason Roberts	Sprints	Sr.	Federal Way, WA (Auburn Riverside)
Brian Rockenbach	Distance	So.	Snohomish, WA
Matt Schmitt	Distance	Sr.	Federal Way, WA
Sam Scotchmer	Distance	So.	Snohomish, WA
Cameron Sloan	Sprints, Jumps	Fr.	Ellensburg, WA
Lars Teigen	Jav, HJ	Fr.	Shoreline, WA (Shorecrest)
Joel Thomas	Pole Vault	Fr.	Spokane, WA
David Uberti	Hammer, Discus	Sr.	Everett, WA (Cascade)
Blake Walker	SP, Discus, Hammer	Sr.	Everett, WA (Cascade)
Cresap Watson	Jumps, Sprints	Jr.	Woodinville, WA
Dan Weiser	Distance	Fr.	Snohomish, WA
Ian Wells	Javelin	Fr.	Woodinville, WA (Bothell)
Brandon Zueger	Pole Vault	Fr.	Lake Stevens, WA
Women	Events	Cl.	Hometown (School)
Haley Amos	Pole Vault, LJ	Fr.	Cowiche, WA (Highland)
Brandy Anderson	Distance	Jr.	Juneau, AK (Juneau-Douglas – Western State)
Rachel Bailey	Distance	Jr.	Woodinville, WA
Sarah Benson	Distance	Fr.	Kent, WA (Kentrige)
Meghan Berdis	Distance	Fr.	Cheney, WA
Nicole Cullop	Middle Distance	Fr.	Bellingham, WA
Kelly Dobbins	Distance	So.	Wenatchee, WA (Eastmont)
Stephanie Druktenis	High Jump, Hurdles	Fr.	Bellevue, WA (Issaquah)
Maureen Field	Hurdles, LJ	Fr.	Graham, WA (Bellarmine Prep)
Brianna Fredricksen	Pole Vault	Fr.	Cove, OR (La Grande)
Julie Graham	Jumps	Sr.	Sultan, WA
Amber Green	Distance	So.	Selah, WA
Chelsea Gregorich-Evans	Sprints	Fr.	Yakima, WA (West Valley)
Katie Hingston	Sprints	So.	Kennewick, WA
Jamie Koch	Distance	Fr.	Medina, WA
Rebecca Lindquist	Throws	Sr.	Palmer, AK (Matanuska Christian)
Katie Maurer	Pole Vault, LJ	Jr.	Redmond, WA
Christin McDowell	Throws	Sr.	Issaquah, WA (Skyline)
Katie McMeel	Throws	Fr.	Olympia, WA
Lindsay Mitchell	Sprints	Fr.	Milton, WA
Lindy Mullen	Middle Distance	Jr.	Lyman, WA (Sedro-Woolley)
Marcie Mullen	Distance	Fr.	Lyman, WA (Sedro-Woolley)
Jennifer Newland	Hurdles, Hephth	Fr.	Yakima, WA (East Valley)
Jessie Oberholser	Distance	Jr.	Redmond, WA
Tanja Owen	Distance	Fr.	East Wenatchee, WA
Becky Perez	Pole Vault	Jr.	Bellingham, WA
Erica Pitman	Distance	Sr.	Woodinville, WA
Susan Quick	Sprints, Jumps	Fr.	Lynnwood, WA (Edmonds-Woodway)
Tiffany Quilter	HJ, Throws	So.	Moses Lake, WA
Kestle Riley	Hurdles, Sprints	So.	Port Townsend, WA
Andrea Ring	Distance	Sr.	Tacoma, WA (Curtis)
Ashley Rountree	Hurdles	Jr.	Covington, WA (Kentlake)
Liz Ryan	Jumps	Sr.	Seattle, WA (Blanchet)
Teresa Schlafer	Sprints, Jumps	Jr.	Port Orchard, WA (South Kitsap)
Anjali Spear	Jumps, Heptathlon	So.	Roslyn, WA (Cle Elum-Roslyn)

Alaina Stenberg	Sprints, Middle Distance	Fr.	Fox Island, WA
Krissy Tandle	Throws	Fr.	Wenatchee, WA
Tina Thorne	Sprints	Jr.	Renton, WA (Tahoma)
Lea Tiger	Jumps	Sr.	Renton, WA (Kentridge)
Emily Uhlig	Distance	Fr.	Renton, WA
Jessica Wagner	Jumps	Jr.	Port Orchard, WA (South Kitsap)
Heather Yergen	Throws	Sr.	Yakima, WA (West Valley)

Head Coach - Kevin Adkisson. **Assistants** – Davina Strauss (sprints & jumps), T.J. Crater (throws), Bryan Contreras (distance)

LUMBERJACKS Humboldt State

Men	Events	Yr.	Hometown (School)
Seth Astle	400, Hurdles	Fr.	South Pasadena, CA
Jesse Bennett	800, 1500	Fr.	Santa Rosa, CA
Chris Binschus	800, 1500	Sr.	Eureka, CA
Larry Blaylock	5K, Steeplechase	Jr.	Palmdale, CA
Andrew Chong	Steeplechase	Fr.	San Jose, CA (Silver Creek)
Jesus Cisneros	5000	Jr.	Oxnard, CA
John Daubenspeck	400, 800	So.	The Woodlands, TX (Vista College)
Brian Kostock	5000	Sr.	Santa Barbara, CA
Trevor Scoggins	800	Jr.	Goleta, CA
Jeff Spivey	Throws	Fr.	Hoquiam, WA
Ryan Tuss	800, 1500	Sr.	Clancy, MT (North Idaho)
Chris Weingarten	Sprints	Jr.	(Long Beach City College)
Jamal White	Sprints	Fr.	Los Angeles, CA (Washington)
Andrew Wright	800, 1500	So.	San Leandro, CA (St. Joseph Notre Dame)

Women	Events	Yr.	Hometown
Joy Broussard	Sprints	So.	Berkeley, CA
Seana Burden	Distance	Fr.	Ben Lomond, CA
Nicole Campbell	1500, 3000	Sr.	Topanga, CA (Palisades Charter)
Amanda Gertz	Distance		
Keri Gross	800, Hurdles	Jr.	(Cuesta CC)
Andrea Lovio	Distance	Jr.	Arcata, CA
Lindsey Manka	Sprints	So.	Trinidad, CA
Alison McCall	Steeplechase	So.	Concord, CA
Megan McDrew	Distance	Sr.	Walnut Creek, CA
Heather Moulton	Steeplechase	Fr.	Arcadia, CA
Audrey Oswald	Throws	So.	Gresham, OR
Betsy Peterson	Distance	Sr.	Fullerton, CA
Jackie Piombo	Distance	Sr.	Redwood City, CA
Jessica Rendon	800, 1500	So.	Mountain View, CA (Roseville)
Katherine Smith	Steeplechase	Jr.	Mission Viejo, CA
Sadie Solem	Distance	Sr.	Janesville, CA (Lassen)

Head Coach – Sandy Moran. **Assistant** - Reed Elmore.

CRUSADERS Northwest Nazarene

Name	Events	Yr.	Hometown (School)
Tom Blain	High Jump	Jr.	Weippe, ID (Timberline)
Danny Bowman	Sprints	Sr.	Weiser, ID
Grant Bruner	Distance	Fr.	Nampa, ID (Nampa Christian)
Paul Crump	Throws	So.	Olympia, WA
Mark DeBord	Sprints	Sr.	Brighton, CO
Cameron Gilbert	Shot Put	Jr.	Nampa, ID
Brian Gould	Pole Vault	Jr.	Gresham, OR

Laurence Graham	Distance	Fr.	Olympia, WA (Northwest Christian)
Lincoln Hagood	Middle Distance	Sr.	Nampa, ID (Skyview)
Greg Hamm	Sprints, Jumps	Fr.	Hermiston, OR
Casey Hartwig	Middle Distance	Jr.	Walla Walla, WA
Brandon Hill	Sprints	Sr.	Oak Harbor, WA
Dominique Hill	Sprints	Fr.	Colorado Springs, CO (Harrison)
Jake Hotchkiss	Distance	Sr.	Idaho City, ID
Tim Keller	Distance	Jr.	McMinnville, OR
Kevin Lambert	Distance	So.	Boise, ID (Nampa Christian)
Daniel Larkin	Hammer	Jr.	Redmond, OR
Tyler Layne	Distance	Jr.	Jerome, ID
Preston Lewis	Pole Vault	Fr.	Meridian, ID (Eagle)
Ryan Meier	Distance	Sr.	Anchorage, AK (Grace Christian)
Gresham Oliver	Sprints	Sr.	Kenai, AK
Alan Phillips	Throws	Fr.	Medford, OR (South Medford)
Marshall Schultz	Javelin	So.	John Day, OR (Grand Union)
Edwin Wheeler	Sprints, Jumps	Jr.	Grandview, WA (YVCC)

Name	Events	Yr.	Hometown (School)
Kayla Barr	Javelin	Fr.	Olympia, WA
Kim Berberick	Sprints	Fr.	Challis, ID
Hannah Bowman	Throws	So.	Weiser, ID
Bekah Bowman	Sprints	Sr.	Weiser, ID
Amy Carroll	Throws	Fr.	Billings, MT
Jamie Epley	Distance	Jr.	Homer, AK
Katie Fitch	Throws	Sr.	Pittsburg, CA
Lindsey Graham	Distance	Jr.	Olympia, WA (Northwest Christian)
Aubrey Harrington	Pole Vault	So.	Eagle Point, OR
Morgan Ingersoll	800	Fr.	Richland, WA
Mandi Johnson	Distance	Sr.	Boise, ID (Centennial - North Idaho CC)
Megan Johnson	Distance	Sr.	Boise, ID (Centennial - North Idaho CC)
Rebekah McAdam	Throws	So.	Bend, OR (Mountain View)
Sarah Maddux	Throws	Sr.	Bremerton, WA (Olympic)
Amanda Merrell	Jumps	Fr.	Spokane, WA (Mead)
Holly Mishler	Distance	Fr.	Hillsboro, OR (Newberg)
Rebecca Mishler	Distance	Fr.	Hillsboro, OR (Newberg)
Melanie Nisly	Distance	Jr.	Corvallis, OR
Emily Peterson	Sprints, Jumps	So.	Roseburg, OR (Umpqua Valley Christian)
Ashley Rickels	Hurdles	So.	Middleton, ID
Tara Robinson	Hurdles	Jr.	McCall, ID (McCall-Donnelly)
Nicole Schutte	Sprints	Fr.	Nampa, ID
Jennifer Tyhurst	Distance	So.	Montague, CA (Yreka)
Kristina Wherry	Throws	Jr.	New Plymouth, ID
Jessica Wiggins	Distance	Sr.	Weiser, ID (Midvale)
Christy Wynkoop	Distance	Sr.	Gresham, OR

Head Coach - John Spatz. **Assistants** - Ben Gall (distance), Leah Merrell (throws), Mauri Lewis (pole vault), Danny Bowman (sprints, relays), Aaron Mathias (distance)

SAINTS Saint Martin's

Men	Events	Yr.	Hometown
Andrew Albertson	Javelin	Jr.	Lacey, WA (Timberline)
Nathan Carlson	Distance, Middle	Sr.	Pateros, WA
Noe Castellon	Distance, Middle	Fr.	Bellingham, WA
Vic Carpenter	Distance, Middle	Jr.	Shelton, WA
Ehren Ching	Middle Distance	Fr.	Mililani, HI
Brent Christensen	Distance	Fr.	Cottage Grove, OR
Trevor Dunstan	Jumps	So.	Pasco, WA
Ponce De Leon Faletoi	Throws	So.	Marist, OR

Steven Lalonde	Distance	Fr.	Centralia, WA
Tyler Mohoric	Middle Distance, Sprints	So.	Centralia, WA
Andy Prentice	Distance	Sr.	Spokane, WA (Lakeside)
Tony Rapaglia	Javelin, Shot, Discus	So.	Lacey, WA (Timberline)
Caleb Timmer	Middle Distance	So.	Tacoma, WA (Tacoma Baptist)
Josh Timmer	Hurdles, Sprints	So.	Tacoma, WA (Tacoma Baptist)
Robbie Wilbur	Middle Distance	So.	Spanaway, WA (Spanaway Lake)
Seth Woods	Middle Distance	So.	Lacey, WA (Northwest Christian)

Women	Events	Yr.	Hometown (School)
Nicole Beatty	Distance, Steeple	So.	Port Angeles, WA
Kaleigh Bishop	Middle Distance	Fr.	Stanwood, WA
Katelynn Blume	Distance	Fr.	Lacey, WA (Timberline)
Lakita Burr	Middle, SC, Hurdles	Fr.	Lakewood, WA (Lakes)
Chelsi Claussen	Hurdles, Sprints	Fr.	Shelton, WA
Maureen Driscoll	Middle Distance, Sprints	Fr.	Bothell, WA (Inglemoor)
Jessie Dunnam	Middle Distance, Distance	Fr.	Kelso, WA
Ann McCanick	Distance	Jr.	Lakewood, WA (Lakes)
Janelle Probst	Distance	Fr.	Spokane, WA (Mead)
Coco Rogers	Throws	So.	Silverdale, WA (Central Kitsap)
Patty Wood	Sprints	So.	Yelm, WA
Mele Vulanqi	Throws	Fr.	American Samoa
Danika Washington	Throws	Fr.	Lacey, WA (Timberline)
Zee Zee Young	Hurdles, Sprints	Fr.	Diamond, AK
Lindsay Ford	Relays	Fr.	Ridgefield, WA
Jacque Buchanan	Distance	Fr.	Olympia, WA (Olympia)

Head Coach – Brad Hooper. **Assistants** – Mike Hanby, Julie Sullivan, Rob Reynolds, Jen Houk

REDHAWKS Seattle University

Men	Events	Yr.	Hometown (School)
Ben Artaz	Distance	Fr.	Portland, OR (Jesuit)
Garrett Brown	Jumps, Hurdles, Sprints	So.	Edmonds, WA (Edmonds-Woodway)
Taylor Choyce	High Jump, Long Jump	Jr.	Cle Elum, WA
Nicholas Dols	Middle Distance	So.	Portland, OR (Jesuit)
Richard Franck	Distance	Jr.	Bellevue, WA
Lucas Franco	Distance	Fr.	Friday Harbor, WA
Tim Greer	Throws	Jr.	Tacoma, WA
Nathan Heitzinger	Distance	So.	Scottsdale, AZ (Brophy Prep)
Devin Healy	Hurdles	Fr.	Butte, MT
Michael Hughes	Distance	Sr.	Issaquah, WA
Andrew Lybarger	Distance	So.	Spokane, WA (West Valley)
Casey Mangold	Sprints	So.	Burien, WA (Kennedy)
Todd Nishida	Sprints	Sr.	Aiea, HI (Pearl City)
Faruk Punjani	Sprints	Jr.	Kirkland, WA (Lake Washington)
Yi An Quach	Sprints	So.	Seattle, WA (Garfield)
Robert Renninger	Distance	Jr.	Bellevue, WA
Nick Shekeryck	Throws	Fr.	Woodinville, WA

Women	Events	Yr.	Hometown (School)
Charisse Arce	Distance	Fr.	Seattle, WA (Holy Names)
Katherine Archambault	Sprints	Jr.	Flemington, NJ (Hunterdon Central)
Tera Brockman	Distance	Fr.	Federal Way, WA (Thomas Jefferson)
Sarah Brundidge	Distance	Jr.	Oak Harbor, WA
Holly Bueb	Distance	Sr.	Auburn, CA (Placer)
Ashley Burns	Hurdles	Jr.	Everett, WA (Meridan)
Emily Ferguson	Distance	Jr.	Portland, OR (Central Catholic)
Kelly Fullerton	Distance	Sr.	Roseburg, OR
Alana Garcia	Distance	So.	Modesto, CA (Davis)
Jessica Gimmness	Sprints	Jr.	Woodinville, WA (Central Washington)
Lloryn Hubbard	Jumps	So.	Seattle, WA (Holy Names)

Lydia Lauer	Distance	Jr.	Portland, OR (Lincoln)
Teresa Mathias	Throws	So.	Lynnwood, WA (Archbishop Murphay)
Patricia Ramos	Sprints	Fr.	Alhambra, CA (Ramona Covnent)
Kristie Rice	Distance	So.	Des Moines, WA (Mount Rainier)
Phoebe Rohrbacher	Distance	So.	Juneau, AK
Megan Salveson	Distance	Jr.	Juneau, AK (Juneau-Douglas)
Rachel Suess	Distance	So.	Ferndale, WA
Jessica Woerhlin	Distance	Fr.	Spokane, WA (West Valley)

Head Coach – Paula Montgomery **Assistants** – Brian Montgomery (distance), Derek Prior (sprints), Drew Dambreville (jumps), Josh Rentz (jumps).

FALCONS Seattle Pacific

Men	Events	Yr.	Hometown (School)
Phil Bayley	Dec	Sr.	Seattle, WA (King's)
Bjorn Boström	1500, 5000	So.	La Conner, WA (Bellingham)
Jason Childress	Dec	Fr.	Arlington, WA
Brian Cronrath	1500, 5000	Fr.	Battle Ground, WA
David Duke	1500	Jr.	Modesto, CA (Davis)
Kurt Engelson	Sprints	Sr.	Stanwood, WA (Marysville-Pilchuck)
Greg Flowers	200, 400H	So.	Seattle, WA (King's)
Michael Gavareski	800, 1500	Fr.	Bellingham, WA
Doug Gibson	1500	So.	Yakima, WA (Riverside Christian)
Tyrone Hattingh	Triple Jump	So.	Redmond, WA (King's)
Chris Hunter	Discus, Shot	Fr.	Omaha, NE (Gretna)
Ryan Jewell	200, 400	Fr.	Olympia, WA
Tim LeCount	1500, 5000	Sr.	Battle Ground, WA
Daniel Lim	5000	Fr.	Spanaway, WA (Spanaway Lake)
Carlo Lozano	1500, 5000	Fr.	Seattle, WA (Blanchet - Arizona St.)
Paul Mach	400H, 800	Sr.	Seattle, WA (King's)
Steven Miller	1500, /5000	Fr.	Edmonds, WA (King's)
Ryan Phillips	1500, 5000	So.	West Linn, OR
Chris Randolph	Decathlon	Jr.	Lone Tree, CO (Denver Christian)
Tim Reeves	400H	Jr.	Beaverton, OR
James Rosser	5000, 10k	So.	Seattle, WA (Highline)
Eddie Strickler	400, 800	So.	Richland, WA (Richland)

Women	Events	Yr	Hometown (High School)
Monica Anderson	Pv	Fr.	Bremerton, WA
Danielle Ayers-Stamper	Hep, LJ, Jav	Jr.	LaCrosse, WA
Hanane Benanaya	800, 1500	Fr.	Casablanca, Morocco (Mohammedia)
Sharon Bjella	HJ, Hep	So.	Everett, WA
Linda Blake	Hep, 400H	Jr.	Richland, WA (Liberty Christian)
Kelsey Cooley	Hep, HJ	So.	Missoula, MT (Hellgate)
Karen Dickson	5000, 10k	So.	El Dorado Hills, CA (Oak Ridge)
Kristen Edholm	3000, 5000	Fr.	Spanaway, WA (Spanaway Lake)
Ruth Harbaugh	3000, 5000	Jr.	Gig Harbor, WA
Amy Harris	Pole Vault	Jr.	Corvallis, OR (Crescent Valley)
Allison Hedges	Pole Vault	Jr.	Richland, WA
Molly Hornbuckle	Javelin	So.	Burien, WA (Highline)
Kristin Janney	Heptathlon	So.	White Salmon, WA
Nikki Jensen	3000, 5000	So.	Portland, OR (St. Mary's Academy)
Sara Johnson	Jav, Hammer, TJ	Sr.	Kennewick, WA (Spokane Falls CC)
Becky Knox	1500	Jr.	Denver, CO (Denver Christian)
Jean Kolb	100, 200	Jr.	Eugene, OR (South Eugene)
Tracy Kuhn	1500, 3000	Fr.	Port Angeles, WA
Josie Lavin	800, 1500	Jr.	Bremerton, WA
Kinyatta Leonhardt	100, 200, 400	So.	Petaluma, CA (St. Vincent)
Jennifer Marsh	400, 800, 1500	So.	Kirkland, WA (Juanita)

Kim Matsunaga	200, 400, TJ	Fr.	Aiea, HI (Pearl City)
Kelsey McBride	200, 400, TJ	Fr.	Woodinville, WA
Brandi McCoy	1500, 3000	So.	Richland, WA
Victoria Perkins	400H	So.	Kent, WA (Kentwood)
Gabrielle Robinson-Spaulding	Hammer	So.	Redding, Ca. (Shasta)
Kaitlin Rohde	1500, 3000	Fr.	Bellingham, WA (Mount Baker)
Karin Rohde	3000, 5000	Fr.	Bellingham, WA (Mount Baker)
Breanne Rohm	400	Sr.	Juneau, AK (Juneau-Douglas)
Bridgette Sexton	Hep, 800	Fr.	LaCenter, WA
Anna Soule	200, 400	So.	Puyallup, WA (Emerald Ridge)
Ally Studer	PV, LJ	Sr.	Redmond, WA
Amy Taylor	Jav	Sr.	Shoreline, WA (Shorewood)
Jennifer Urrutia	Hammer	So.	Sunnyside, WA
Lauren VerMulm	Hep, /Jav	Fr.	Mount Vernon, WA
Megan Wrightman	800, 1500	Fr.	Bend, OR

Head Coach – Jack Hoyt **Assistants** – Doris Heritage, Algerian Hart, Kelly LaBounty, Howie Kellogg, Dan Snowden

WOLVES Western Oregon

Men	Events	Yr.	Hometown (School)
Carlos Aguilar	Throws	So.	Eugene, OR (North Eugene)
Marc Amerson	Pole Vault	Fr.	McMinnville, OR
Collin Babcock	Throws	So.	Portland, OR (Reynolds)
Troy Banker	Sprints	So.	Beaverton, OR (Valley Catholic)
Ethan Barrons	Distance	Jr.	Salem, OR (Blanchet)
Paul Bentz	Hurdles	Fr.	Ontario, OR
Brad Brolin	Distance	Sr.	Corvallis, OR (Crescent Valley - Clackamas CC)
Jason Buckmier	Sprints	So.	Beaverton, OR (Westview)
Lee Clarkson	Hurdles	So.	Salem, OR (Salem Academy)
Matthew Cole	Javelin	Fr.	North Bend, OR
Evan Corbin	Throws	So.	Oakland, OR
Cary Costa	Distance	Sr.	Oregon City, OR (Clackamas CC)
Nick Crawford	Distance	So.	Beaverton, OR
Dan Davenport	Hurdles	Fr.	La Pine, OR
Mark Dunn	Javelin	Fr.	Diamond, OR (Crane Union)
Kevin Gallardo	Sprinter	Fr.	Salem, OR (McKay)
Derek Gitts	Sprints	Jr.	Canby, OR
Mike Greenman	Distance	So.	Loon Lake, WA (Colville/Eastern Oregon)
Skyler Gregory	Sprinter	Fr.	Stayton, OR
Matt Hermesen	Throws	Fr.	Tacoma, WA (Wilson)
Blake Herrington	Jumps	Fr.	Portland, OR (Rex Putnam)
Sam Hobbs	Hurdles	So.	Cornelius, OR (Westview - Oregon)
Josh Holloway	Throws	Sr.	Warrenton, OR
Mat Hutchinson	Javelin	Fr.	Newport, OR
Brandon Jasmin	Throws	So.	Prineville, OR (Crook County)
Fillipie Jasso	Distance	Jr.	Gresham, OR
Matt Jirges	Multi-Events	So.	Gervais, OR
Kevin Johnson	Throws	Jr.	Hillsboro, OR (Century)
Aaron Kennen	Throws	Fr.	Dayton, OR
Brenden Kirchner	Sprinter	Fr.	Salem, OR (McKay)
Justin Kline	Throws	So.	Salem, OR (McKay - Chemeketa CC)
Jerret Mantalas	Distance	Sr.	Gladstone, OR
Brett McEldowney-Hey	Throws	Fr.	Springfield, OR (Thurston)
Jeremy Parker	Jumps	Fr.	Helix, OR (Weston-McEwen)
Stuart Powell	Javelin	Jr.	Rainier, OR (Clackamas CC)
Cole Samuel	Sprints	Fr.	Portland, OR (David Douglas)
Scott Todd	Sprints	Fr.	Siulslaw, OR
Joseph Twigg	Sprints	Fr.	Cornelius, OR (Hillsboro)
Josh Vredenburg	Distance	So.	Canby, OR (Clackamas CC)
Spencer Walsh	Distance	Sr.	Shoreline, WA (Shorecrest)

Chase Wells	Distance	Jr.	Gresham, OR (Mt. Hood CC)
Andres Williams	Sprints	Sr.	Portland, OR (David Douglas - Clackamas CC)

Women	Events	Yr.	Hometown (School)
Kristin Aamodt	Javelin	Fr.	Condon, OR
Sarah Barker	Hurdles	Fr.	LaPine, OR
Nini Callan	Hurdles	Sr.	Sisters, OR (Mt. Hood CC)
Joan Campbell	Pole Vault	Jr.	Portland, OR (Madison)
Kayla Castaneda	Distance	Jr.	Salem, OR (Sprague)
Jaci Cederberg	Throws	Sr.	Newberg, OR
Rachael Daniels	Distance	Jr.	North Bend, OR (Bandon)
Victoria Escobedo	Throws	Fr.	Nyssa, OR
Sabrina Freed	Throws	Fr.	Burns, OR
Bonnie Galloway	Hurdles	Sr.	Gresham, OR (Barlow/Mt. Hood CC)
Rachael Horn	Distance	Jr.	Scappoose, OR
Sarah Howell	Sprints	Fr.	Puyallup, WA
Keyanna Jenkins	Sprints	Jr.	Vancouver, WA (Mt. View - Clark)
Bridget Johnson	Multi-Events	Jr.	Portland, OR (David Douglas)
Julie Kendall	Jumps	Jr.	Eugene, OR (North Eugene - Lane CC)
Katy Kociemba	Jumps/Sprints	Sr.	Oregon City, OR (Boise State)
Kari Konrad	Distance	Sr.	Tigard, OR (Clackamas CC)
Nicole Lassetter	Throws	Fr.	London, England (London Central)
Chevonna Lynch	Throws	So.	Douglas, OR
Natalie Nash	Hurdles	So.	Hillsboro, OR (Century)
Kim Parry	Distance	Fr.	Portland, OR (Centennial)
Jen Peterson	Distance	Fr.	Lake Oswego, OR (Clackamas CC)
Jennie Rummell	Hurdles	Jr.	Astoria, OR
Danielle Smith	Pole Vault	So.	Molalla, OR
Jennifer Smith	Distance	Sr.	Glide, OR (U. Portland)
Monica Smith	Multi-Events	Sr.	Dallas, OR
Melissa Snelling	Distance	Fr.	Portland, OR (Reynolds)
Leah Trutna	Distance	Jr.	Colorado Springs, CO (Coronado)
Stephanie Upshaw	Distance	Jr.	Union, OR
Stacie Wells	Distance	Jr.	Dallas, OR (Chemeketa CC)
Emily Wickstrom	Throws	Fr.	Portland, OR (David Douglas)
Kristen Wiese	Sprints	Jr.	Estacada, OR

Head Coach – Mike Johnson. **Assistants** – Ryan Dirks (throws), John Knight (pole vault), Dennis Olafson (jumps), Damien Davis (sprints), Brandon Conroy (multi-events).

VIKINGS Western Washington

Men	Events	Yr.	Hometown (School)
Will Abbasmoi	Sprints	Fr.	Everett, WA (Cascade)
Peter Allan	Jumps	Sr.	Bellevue, WA (Interlake - WSU)
Casey Barten	Distance	So.	Snohomish, WA
George Bedlion	Sprints	Jr.	Bellingham, WA (Squalicum)
Andy Behl	Pole Vault	Jr.	Everett, WA (Cascade)
Josh Bennett	Throws	So.	Mount Vernon, WA (Skagit CC)
Sam Brancheau	Distance	So.	Edmonds, WA (Edmonds-Woodway)
Justin Brewer	Throws	Sr.	Sammamish, WA (Eastlake)
Marcus Brown	Throws	Fr.	Federal Way, WA
Andrew Cabaniss	Distance	Fr.	Port Orchard, WA (South Kitsap)
Spencer Callero	Distance	Fr.	Puyallup, WA (Franklin Pierce)
Nic Castona	Sprints	So.	Lynnwood, WA (Edmonds CC)
Matt Crabtree	Distance	Jr.	Lynden, WA
Paul Danforth	Jumps	Jr.	Kent, WA (Kennedy)
Jeff DeBuigne	Throws	Jr.	Kennewick, WA (Kamiakin)
Peter Ellis	Distance	So.	Eatonville, WA
Alex Elmore	Middle Distance	Fr.	Everett, WA (Mariner)
Zak Ernst	Jumps, Throws	Jr.	Bellingham, WA (Squalicum)

Josh Freeman	Decathlon	Sr.	Bainbridge Island, WA
Joshua Gaither	Distance	Fr.	Tumwater, WA
Peter Geist	Jumps	So.	Portland, OR (Grant)
Dan Gibson	Sprints	Sr.	Tenino, WA
Todd Gowing	Throws	Sr.	Kirkland, WA (Inglemoor)
Jake Haskins	Distance	Jr.	Port Townsend, WA (UW)
Keever Henry	Distance	Fr.	Kelso, WA
Kevin Hutchinson	Hurdles	Jr.	Lake Stevens, WA (Spokane CC)
Eric Jones	Distance	Fr.	Vancouver, WA (Columbia River)
Eddie Kaeka	Sprints	Jr.	Spanaway, WA (Spanaway Lake)
Mike Khabibulin	Sprints	Jr.	Vancouver, WA (Skyview – Clark CC)
Zack Koehnke	Pole Vault	Jr.	Gig Harbor, WA
Keith Lemay	Distance	Fr.	Lynden, WA (Lynden Christian)
Jacob Lesser	Middle Distance	Fr.	Port Townsend, WA
Canyon Little	Middle Distance	So.	Tacoma, WA (Franklin Pierce)
Alex Litzinger	Distance	Fr.	Mukilteo, WA (Kamiak)
Ryan Los	Sprints	Sr.	Gig Harbor, WA (Peninsula)
Robbie Lowry	Pole Vault	So.	Marysville, WA (Marysville – Pilchuck)
Bryan Lucke	Decathlon, Jumps	Fr.	Snohomish, WA (Monroe)
George Mansour	Throws	Fr.	Bellingham, WA (Whatcom CC)
Kyle McGillen	Jumps	Fr.	Clinton, WA (South Whidbey)
Jesse McNeil	Middle Distance	Sr.	Tacoma, WA (Franklin Pierce)
Mark Mellein	Jumps	Jr.	Maple Grove, MN (South Puget Sound CC)
Brandon Myers	Decathlon	So.	Everett, WA (Jackson – Portland State)
Kevin Myhre	Hurdles	Fr.	Edmonds, WA (Meadowdale)
Adam Neff	Sprints	So.	White Salmon, WA (Columbia)
Jake Nosler	Throws	Jr.	Woodland, WA (Ridgefield)
Bul Nyuop	Distance	So.	Lacey, WA (North Thurston)
Albert Park	Throws	Fr.	University Place, WA (Curtis)
Jarrold Roberts	Throws	Sr.	Hobart, WA (Eastside Catholic)
David Rogiers	Throws	Jr.	Tacoma, WA (Washington)
Scott Romney	Pole Vault	Jr.	Gig Harbor, WA
Steve Rydman	Middle Distance	Fr.	Mukilteo, WA (Kamiak)
Ty Schepler	Distance	Fr.	Walla Walla, WA
Kit Schomann	Pole Vault	Fr.	Deming, WA (Blaine)
Logan Senrud	Distance	So.	Bigfork, MT
Cody Serdar	Middle Distance	Fr.	Vancouver, WA (Columbia River)
Michael Stewart	Distance	Fr.	Edmonds, WA (Edmonds-Woodway)
James Sundquist	Distance	Fr.	Cinton, WA (South Whidbey)
Anthony Thach	Jumps	Fr.	Tacoma, WA (North Thurston)
Dan Thompsen	Sprints	Sr.	Bellevue, WA (Interlake)
Tyler Thornbrue	Pole Vault	Jr.	Shelton, WA
Charlie Tribe	Pole Vault	So.	Missoula, MT (Sentinel)
Hunter Verner	Pole Vault	Jr.	Brentwood, TN (Montgomery Bell)
Jacob Vorono	Throws	Fr.	University Place, WA (Curtis)
Tim Walsh	Sprints	Sr.	Sammamish, WA (Eastlake)
Travis Watt	Middle Distance	Fr.	Seattle, WA (Ballard)
Brandon Whitaker	Middle Distance	Jr.	Marysville, WA (Marysville-Pilchuck)
Rob White	Throws	Sr.	Woodinville, WA (Inglemoor)
Dustin Wilson	Sprints	Jr.	Silverdale, WA (Central Kitsap)
Jeff Word	Jumps	Jr.	Sequim, WA

Women

Shaheen Aslam
Kim Bascom
Rachael Bates
Lexi Baxter
Kami Burse
Angela Burt
Tammy Carlson
Kristen Cornish
Rachel Cortez

Events

Middle Distance
Jumps
Distance
Distance
Distance
Sprints
Throws
Hurdles
Middle Distance

Yr.

Sr.
So.
So.
Sr.
Fr.
Fr.
Sr.
Fr.
Sr.
Fr.
Fr.

Hometown (School)

Spokane, WA (Ferris & Linfield)
Camano Island, WA (Stanwood)
Coeur d'Alene, ID (Lake City)
Colville, WA
Veradale, WA (Central Valley)
Bellingham, WA
Ridgefield, WA
Lake Stevens, WA
Spokane, WA (West Valley)

Lindsey Cox	Jumps	So.	Milton, WA (Fife)
Nikki D'Amico	Distance	Fr.	Lynnwood, WA
Molly DePasqual	Distance	Jr.	Jackson Hole, WY
Cara Dockins	Pole Vault	Fr.	East Wenatchee, WA (Eastmont)
Nicole Elliott	Sprints	Fr.	Sultan, WA
LeAnne Evans	Heptathlon	Jr.	Steilacoom, WA
Kara Fischer	Sprints	So.	East Wenatchee, WA (Eastmont)
Cathy Fjellanger	Distance	So.	Woodinville, WA
Erin Fraser	Distance	Fr.	Lake Stevens, WA
Jackie Gifford	Distance	Fr.	SeaTac, WA (Tyee)
Beth Griffin	Jumps	Jr.	Seattle, WA (Kennedy)
Kristin Haas	Distance	Jr.	Port Orchard, WA (South Kitsap)
Amy Harder	Sprints	Fr.	Sprague, WA
Marissa Harshman	Distance	So.	Vancouver, WA (Heritage)
Kirsten Holt	Sprints	Jr.	Lakewood, WA (Everett CC)
Jessica Howell	Distance	Fr.	Oceanside, CA (Carroll – Del Mar)
Summer Huntington	Middle Distance	Fr.	Marysville, WA (Marysville – Pilchuck)
Shannon Johnson	Middle Distance	Fr.	Seattle, WA (Seattle Prep)
Keely Kaligis	Distance	So.	Mukilteo, WA (Kamiak)
Melanie Kelly	Hurdles	So.	Olympia, WA
Allison King	Middle Distance	Fr.	Bellevue, WA (Newport)
Cristen Kishi	Jumps	Fr.	Snohomish, WA
Lindsay Knight	Distance, PV	Fr.	Boise, ID (Capital)
Andrea Kreft	Pole Vault	So.	Lake Stevens, WA
Lindsay Leonard	Jumps, Sprints	Fr.	Bellingham, WA (Squalicum)
Kristina MacCully	Throws	Sr.	Shoreline, WA (Shorecrest)
Jackie McCall	Heptathlon	Jr.	Spokane, WA (Medical Lake)
Alex Merrick	Hurdles, Jumps	Fr.	Seattle, WA (Holy Names)
Emily Miller	Sprints	Fr.	Woodinville, WA
Ali Misenaar	Distance	Fr.	Woodinville, WA (Redmond)
Kim Morris	Middle Distance	Jr.	Mandeville, LA (Fountainebleau)
Christina Murphy	Distance	So.	Brier, WA (Mountlake Terrace & Everett CC)
Andrea Newcomer	Distance	Jr.	Sammamish, WA (Skyline)
Anna Nielson	Javelin	Jr.	Ferndale, WA
Wendy Overton	Middle Distance	Fr.	Elma, WA
Alia Parker	Distance	Fr.	Anchorage, AK (West Anchorage)
Kelly Perez	Pole Vault	Jr.	Edmonds, WA (Kamiak)
Kim Radke	Throws	So.	East Wenatchee, WA (Eastmont & U. Idaho)
Erica Rance	Throws	Fr.	Seattle, WA (Renton)
Emma Rea	Middle Distance	Fr.	Anchorage, AK (West Anchorage)
Beth Rosapepe	Distance	Sr.	Port Orchard, WA (South Kitsap)
Sally Ryan	Distance	So.	Kirkland, WA (Inglemoor)
Rachelle Saletto	Sprints	Fr.	Bellingham, WA (Squalicum)
Katrina Schwerdtfeger	Distance	So.	Mountlake Terrace, WA (Everett CC)
Julie Stone	Jumps	Fr.	Bellingham, WA (Sehome)
Katie Taylor	Throws	Fr.	Bellevue, WA (Interlake)
Jessica Telleria	Throws	Jr.	Boise, ID (Capital)
Sara Thon	Distance	Fr.	Bellingham, WA (Squalicum)
Michelle Toshack	Distance	So.	Spokane, WA (North Central)
Ashley VanOeveren	Throws	Jr.	Fall City, WA (Mount Si)
Becca Voit	Throws	Fr.	Woodinville, WA
Kathleen Weinand	Distance	So.	Spokane, WA (Gonzaga Prep)
Lauren Wilson	Distance	Fr.	Seattle, WA (The Northwest School)
Christine Witcher	Jumps	Fr.	Seattle, WA (Blanchet)
Katie Wittrock	Middle Distance	Fr.	Des Moines, WA (Bellarmine Prep)
Jamie Wulfekuhle	Pole Vault	Fr.	Olympia, WA (Capital)

Head Coach - Kelven "Pee Wee" Halsell. **Assistants** – Brandie Carbee, T.J. Garlatz, Dick Henrie, Lex Kaligis, Bill Roe, Jeremy Sjulley, Peter Hays, Tony Kyle, Chris McClung.

2006

SEAWOLVES Alaska Anchorage

Men	Events	Cl.	Hometown
Mick Boyle	Middle Distance	So.	Kenai, AK (Kenai Central)
Aaron Dickson	Distance	Jr.	Palmer, AK
Drew Dickson	Distance	Jr.	Palmer, AK
Auston Ellis	Distance	Fr.	Valdez, AK
Casey Fagerquist	Middle Distance	Sr.	Casper, WY (Natrona County)
David Kiplagat	Distance	Fr.	Kapsavet, Kenya
Brent Knight	Distance	Sr.	Soldotna, AK
Michael Madrid	Sprints	So.	Anchorage, AK (East)
Arthur Moreau	Throws	Jr.	Worden, MT (Huntley Project – Jamestown, ND)
Leif Olson	Distance	S.	Spokane, WA (Mt. Spokane – SCC)
Cornelious Sigei	Distance	Fr.	Nairobi, Kenya
Brandon Stum	Distance	Sr.	Spokane, WA (University)
Eric Walsh	Sprints	Fr.	Fairbanks, AK (Monroe Catholic)
Ryan Walsh	Sprints	Fr.	Fairbanks, AK (Monroe Catholic)
Karl Wing	Distance	Fr.	Anchorage, AK (Heritage Christian)
Stig Yngve	Distance	So.	Kodiak, AK
Women	Events	Cl.	Hometown
Jessica Allman	Distance	Fr.	Anchorage, AK (East)
Davya Baker	Distance	So.	Fairbanks, AK (West Valley)
Laura Carr	Distance	Fr.	South Bend, IN (Penn)
Renee Dixon	Throws	So.	Palmer, AK
Ashlee Gardner	Sprints	So.	Anchorage, AK (West)
Diana Gordon	Sprints	Sr.	Palmer, AK
Jennifer Grover	Middle Distance	So.	Olympia, WA (Tumwater)
Sarah Hansen	Distance	Sr.	Wasilla, AK (Colony)
Anjuli Haydu	Distance	Jr.	Craig, AK
Jessica Houston	Throws	Jr.	Anchorage, AK (Dimond)
Mandy Kaempf	Distance	Sr.	Steinbach-Hallenberg, Germany
Heidi Kidd	Distance	Fr.	Anchorage, AK (Bartlett)
Mary Krusen	Middle Distance	Jr.	Kenai, AK (Kenai Central)
Heather McIntyre	Distance	So.	Kenai, AK (Kenai Central)
Mary Pearce	Distance	Jr.	Anchorage, AK (Dimond - Baylor)
Danielle Pratt	Middle Distance	Jr.	Talkeetna, AK (Grace Christian)
Kaylee Sena	Distance	Fr.	Wasilla, AK (Colony)
Courtney Stein	Jumps	Sr.	Edmonds, WA (Meadowdale)
Kaley Strachan	Distance	So.	Port Alberni, BC
Genie Tran	Sprints	So.	Bellevue, WA
Brook Williams	Distance	Fr.	Wrangell, AK

Head Coach - Michael Friess.

WILDCATS Central Washington

Men	Events	Cl.	Hometown
Chad Acock	Throws	Fr.	Walla Walla, WA (DeSales)
Jesse Alyea	Hurdles	Fr.	Everett, WA (Cascade)
Geoff Anderson*	Distance	Sr.	Gresham, OR (Barlow – Mt. Hood)
Gabe Andrews***	Distance	Sr.	Redmond, WA
Cameron Bailey*	Jumps	So.	Woodinville, WA
James Bolding	Distance	Fr.	Bothell, WA
Nick Collins	Jumps	Fr.	Zillah, WA
Dan Costello	Sprints	Fr.	Marysville, WA (Marysville-Pilchuck)
Corey Cronkhite	Middle Distance	Fr.	Puyallup, WA (Spanaway Lake)

Michael Dickson	Middle Distance		
Corey Dimond	Sprints, Middle	So.	Puyallup, WA (Emerald Ridge)
Sean Doyle	Middle Distance	So.	Edmonds, WA (Edmonds-Woodway)
Robert Edwards*	Hurdles	So.	Vancouver, WA (Mountain View)
Scott Ellis	Jumps	Fr.	Pateros, WA
Adrian Elmo	Jumps	Fr.	Kennewick, WA
Dan Ferguson**	Distance	Jr.	Seattle, WA (Blanchet)
J.D. Gardner	Sprints	Fr.	Shoreline, WA (Shorecrest)
Christian Goodwin*	Jumps	So.	Chimacum, WA
Saer Goree-Ndiaye	Sprints	Fr.	Vancouver, WA (Skyview)
Andy Gundel*	Sprints	So.	Bellingham, WA (Squalicum)
Loren Harris	Throws	Jr.	Renton, WA (Lindbergh)
Michael Ingman**	Throws	Jr.	Olympia, WA (Capital)
Ryan Johnson	Jumps, Decathlon	Fr.	Cle Elum, WA (Cle Elum-Roslyn)
Mike Kelley***	Sprints	Sr.	Boise, ID (Borah)
Dayne Kinder*	Hurdles, Sprints	Jr.	Covington, WA (Kentlake)
Joshua Kirk	Hurdles	Fr.	Kennewick, WA
Steve Lehman*	Middle Distance	Jr.	East Wenatchee, WA (Eastmont)
Scott McCoy	Jumps, Decathlon	So.	Hoquiam, WA
Cameron Neel*	Throws	Jr.	Woodinville, WA (WSU)
Kevin Oberholser	Distance	Fr.	Redmond, WA
Scott Palmer	Middle Distance	So.	Puyallup, WA
Jonathon Rank	Distance	Fr.	Sea Isle City, WA (North Kitsap)
James Roach	Distance	Jr.	Auburn, WA (Thomas Jefferson – Highline CC)
Jason Roberts*	Sprints	Sr.	Auburn, WA (Auburn Riverside)
Brian Rockenbach*	Distance	Jr.	Snohomish, WA
Matt Rogstad	Sprints	Fr.	Yakima, WA (East Valley)
Evan Ruud	Throws	So.	Kennewick, WA (Kamiakin)
Daryl Schie	Sprints	Fr.	Burlington, WA (Burlington-Edison)
Sam Scotchmer**	Distance	Jr.	Snohomish, WA
Cameron Sloan*	Sprints	So.	Ellensburg, WA
Joel Thomas	Jumps	So.	Spokane, WA (West Valley)
Matt Valdez	Throws	Fr.	Toppenish, WA
Charles Velasquez	Hurdles, Sprints	Jr.	Yakima, WA (Highland – Clark College)
Adam Vogt	Middle Distance		
Cresap Watson***	Sprints, Jumps	Sr.	Woodinville, WA
Dan Weiser	Distance	So.	Snohomish, WA
Ian Wells*	Throws	Jr.	Woodinville, WA (Bothell)
Brandon Zueger	Jumps	So.	Lake Stevens, WA

Women

Haley Amos*
Brandy Anderson**
Rachel (Bleakney) Bailey**
Autumn Belford
Sarah Benson*
Meghan Berdis
Brittany Berg
Kirsten Clarke
Jamie Corwin
Nicole Cullop
Kelly Dobbins
Stephanie Druktenis
Alicia Edwards
Chelsea (Gregorich) Evans*
Amy Farquhar
Maureen Field
Brianna Fredricksen
Amanda Gius
Amber Green**
Katie Hingston**
Britany Hood

Events

Jumps
Distance
Distance
Middle Distance
Distance
Distance
Throws
Middle Distance
Distance
Hurdles
Throws
Sprints
Jumps
Hurdles, Jumps
Jumps
Sprints
Distance
Sprints
Sprints

Cl.

So.	Cowiche, WA (Highland)
Sr.	Juneau, AK (Douglas – Western State)
Sr.	Woodinville, WA
So.	Kent, WA (Kentridge)
So.	Lakenheath, GBR (Lakenheath American)
Jr.	Wenatchee, WA
Sr.	Auburn, WA (Liberty)
So.	Bellingham, WA
Jr.	East Wenatchee, WA (Eastmont)
So.	Bellevue, WA (Issaquah)
So.	Kelso, WA
So.	Yakima, WA (West Valley)
Fr.	Shoreline, WA (Shorecrest)
So.	Graham, WA (Bellarmine Prep)
So.	Cove, OR (La Grande)
Fr.	Sumner, WA (Auburn Riverside)
Jr.	Selah, WA
Jr.	Kennewick, WA
Fr.	Randle, WA (White Pass)

Hometown

Katie Hummel	Middle Distance	Jr.	Yakima, WA (Ike – Texas A&M)
Allison Huwe	Jumps	Fr.	Naches, WA (Naches Valley)
Rachael Kaercher	Sprints	Fr.	Shelton, WA
Jamie Knight	Distance	Fr.	Mukilteo, WA (Kamiak)
Jamie Koch	Middle Distance	So.	Bellevue, WA
Ashley Lannoye	Sprints	Fr.	East Wenatchee, WA (Eastmont)
Terran Legard*	Sprints	Jr.	Burbank, WA (Columbia – Boise State)
Rebecca Lindquist*	Throws	Jr.	Palmer, AK (Matanuska Christian)
Katie McMeel*	Throws	So.	Olympia, WA
Lindsay Mitchell*	Sprints	So.	Edgewood, WA (Federal Way)
Lindy Mullen***	Middle Distance	Sr.	Lyman, WA (Sedro-Woolley)
Marcie Mullen*	Distance	So.	Lyman, WA (Sedro-Woolley)
Jennifer Newland	Hurdles, Heptathlon	So.	Yakima, WA (East Valley)
Tiffany Nicholas	Jumps	Fr.	Bothell, WA
Cristina Null	Throws	Sr.	Federal Way, WA (Decatur)
Kara Nygard*	Hurdles	So.	Wenatchee, WA
Jessie Oberholser	Distance	Jr.	Redmond, WA (Cotter JC)
Emily Ogura	Distance		
Tanja Owen	Middle Distance	So.	East Wenatchee, WA (Eastmont)
Rebecca Perez	Jumps, Throws	Jr.	Bellingham, WA (Selah)
Emily Picinich	Distance	Sr.	Port Orchard, WA (South Kitsap – WWU)
Susan Quick	Sprints	So.	Lynnwood, WA (Edmonds – Woodway)
Kelsi Rees	Throws	Jr.	Olympia, WA (Tumwater)
Bree Renzetti	Throws	Sr.	Cle Elum, WA (Bellevue CC)
Ashley Rountree***	Hurdles	Sr.	Covington, WA (Kentlake)
Teresa Schlafer***	Jumps, Sprints	Sr.	Port Orchard, WA (South Kitsap)
Becky Scherer	Throws	Fr.	Lake Forest Park, WA (Shorecrest)
Staci Schrader	Sprints	Fr.	Cle Elum, WA (Cle Elum – Roslyn)
Elizabeth Sheary	Distance	So.	Redmond, WA
Anjuli Spear**	Jumps	Jr.	Roslyn, WA (Cle Elum – Roslyn)
Alaina Stenberg	Sprints	So.	Gig Harbor, WA
Tori Swanson	Distance	Fr.	Renton, WA (Lindbergh)
Krissy Tandle*	Throws	So.	Wenatchee, WA
Brittany Taylor	Sprints	Jr.	Centralia, WA
Tina Thorne**	Sprints	Sr.	Maple Valley, WA (Tahoma)
Emily Uhlig	Distance	Fr.	Renton, WA (Liberty)
Jessica Wagner***	Jumps	Sr.	Port Orchard, WA (South Kitsap)
Betsy Williams	Distance	Sr.	Bothell, WA
Terra Winston			

Head Coach - Kevin Adkisson. **Assistants** – Bryan Contreras (distance), T.J. Crater (throws), Curt Moon (G.A., Jumps), and Chris Baumgartner (sprints/hurdles).

LUMBERJACKS Humboldt State

Men	Events	Yr.	Hometown (School)
Jesse Bennett	800, 1500	So.	Sonoma, CA (Santa Rosa)
Matt Benoit		So.	
Kerry Burns		Fr.	Somis, CA (Moorpark)
Michael Caballero		So.	San Jose, CA
Andrew Chong	Steeplechase	So.	San Jose, CA (Silver Creek)
Jesus Cisneros	5000	Jr.	Oxnard, CA
Julian Demark		So.	Arcata, CA
Matt DeShazo	1500, SC	Sr.	Novato, CA (San Marin)
Jimmy Elam		Fr.	Manteca, CA (Sierra)
Jose Gargalio		Fr.	Ontario, CA (Montclair)
Brian Kostock	5000	Sr.	Santa Barbara, CA (San Marcos)
Jonah Lefkowitz		Jr.	Pasadena, CA (Mt. Sac)
Omar Limon		Jr.	Sun Valley, CA (Glendale CC)
Ben Miller		So.	Yreka, CA
Will Monday		Fr.	

Andrew Moore		Fr.	
Jasper Peach	1500	So.	Auburn, CA (Placer)
Richard Perkins		Jr.	Gardena, CA
Michael Price		Fr.	San Rafael, CA (Terra Linda)
Nate Prince		Fr.	McKinleyville, CA
Nate Ritchie		Fr.	McKinleyville, CA
Buddy Rogers		Fr.	San Bernardino, CA
Tim Santos		Fr.	San Ramon, CA
Trevor Scoggins	800	So.	Goleta, CA (Dos Pueblos)
Kyle Sherry		Jr.	Camarillo, CA
Eric Tibbetts		Jr.	Rancho Cucamongo, CA (Citrus)
Jamal White	Sprints	So.	Hawthorne, CA (Washington)
Andrew Wright	800, 1500	Jr.	San Leandro, CA (St. Joseph Notre Dame)

Women	Events	Yr.	Hometown
Brittany Athing		Fr.	Arcata, CA
Nicole Beare		Fr.	Eureka, CA
Joy Broussard	Sprints	Jr.	Berkeley, CA
Seana Burden	Distance	So.	Ben Lomond, CA (San Lorenzo Valley)
Kim Crouch		Fr.	Auburn, CA (Placer)
Amanda Garcia		Fr.	Milpitas, CA
Ariel Gray		Fr.	Running Springs, CA (Rim of the World)
Keri Gross	800, Hurdles	Sr.	(Cuesta CC)
Chelsea Huff		Fr.	Watsonville, CA
Jennifer Lau		Fr.	San Jose, CA (Mt. Pleasant)
Andrea Lovio	Distance	Sr.	Arcata, CA
Lindsey Manka	Sprints	Jr.	Trinidad, CA
Alison McCall	Steeplechase	Jr.	Concord, CA (Diablo Valley CC)
Heather Moulton	Steeplechase	So.	Arcadia, CA
Courtney Nicks		Fr.	Owensville, MO
Audrey Oswald	Throws	So.	Gresham, OR
Jessica Rendon	800, 1500	Jr.	Mountain View, CA (Roseville)

Head Coach – Sandy Moran. **Assistant** - Chris Binschus

CRUSADERS Northwest Nazarene

Name	Events	Yr.	Hometown (School)
Tom Blain	High Jump	Sr.	Weippe, ID (Timberline)
Robert Carlson	Distance	Fr.	Johannesburg, S. Africa (Kings School)
Ben Cremer			
Paul Crump	Throws	Jr.	Olympia, WA
Cory Daker			
Mark DeBord	Sprints	Sr.	Brighton, CO
Andrew Evans	Throws	Fr.	Boise, ID (Cole Valley Christian)
Cameron Gilbert	Throws	Jr.	Nampa, ID
Brian Gould	Pole Vault	Sr.	Gresham, OR
Kyle Gray			
Josh Grewe	Middle Distance	Fr.	Spokane, WA (Northwest Christian)
Lincoln Hagood	Middle Distance	Sr.	Nampa, WA (Skyview)
Greg Hamm	Sprints, Jumps	So.	Hermiston, OR
Casey Hartwig	Middle Distance	Sr.	Walla Walla, WA
Brandon Hill	Sprints	Sr.	Oak Harbor, WA
Tim Keller	Distance	Jr.	McMinnville, OR
Kevin Lambert	Distance	So.	Boise, ID (Nampa Christian)
Daniel Larkin	Sprints	Jr.	Redmond, OR
Jerad Larson	Pole Vault	Fr.	Meridian, ID (Mountain View)
Tyler Layne	Distance	Jr.	Jerome, ID
Preston Lewis	Pole Vault	So.	Meridian, ID (Eagle)
Sean McCarthy			
Mike Martinez			
Ryan Meier	Distance	Sr.	Anchorage, AK (Grace Christian)

Gresham Oliver	Sprints	Sr.	Kenai, AK
David Olson			
Jake (Hotchkiss) Perry	Distance	Sr.	Idaho City, ID
Andy Peters			
Alan Phillips	Javelin	So.	Medford, OR (South Medford)
Robert Poe	Throws	Fr.	Nampa, ID
Marshall Schultz	Javelin	Jr.	John Day, OR (Grant Union)
Zach Shaw	Distance	So.	Sammamish, WA (Issaquah)
Eddie Wheeler	Sprints, Jumps	Sr.	Grandview, WA (YVCC)
Name	Events	Yr.	Hometown (School)
Kim Berberick	Sprints	So.	Post Falls, ID (Challis)
Macey Blaine			
Bekah Bowman	Sprints	Sr.	Weiser, ID
Hannah Bowman	Throws	Jr.	Weiser, ID
Amy Carroll	Throws	So.	Billings, MT
Shannon DeBoer			
Sarah Elwell	Javelin	Fr.	Woodburn, OR
Jamie Epley	Distance	Jr.	Homer, AK
Katie Fitch	Throws	Sr.	Pittsburg, CA
Lindsey Graham	Distance	Sr.	Olympia, WA (Northwest Christian)
Morgan Ingersoll	800		Richland, WA
Mandi Johnson	Distance	Sr.	Boise, ID (Centennial - North Idaho CC)
Megan Johnson	Distance	Sr.	Boise, ID (Centennial - North Idaho CC)
Jocelyn Judd	Throws	Fr.	Randle, WA (White Pass)
Hannah Larkin			
Courtney Little			
Rebekah McAdam	Throws	So.	Bend, OR (Mountain View)
Sarah Maddux	Throws	Sr.	Bremerton, WA (Olympic)
Amanda Merrell	Jumps	So.	Spokane, WA (Mead)
Kristi Metzger	Pole Vault	Fr.	Union, WA (Shelton)
Holly Mishler	Distance	So.	Hillsboro, OR (Newberg)
Rebecca Mishler	Distance	So.	Hillsboro, OR (Newberg)
Melanie Nisly	Distance	Sr.	Corvallis, MT
Emily Peterson	Sprints, Jumps	Jr.	Roseburg, OR (Umpqua Valley Christian)
Ashley Puga		Fr.	Boise, ID (Nampa Christian)
Erika Remple	Throws	Fr.	Avondale, AZ (Baker City)
Marci Roth	Throws	Fr.	Ridgefield, WA
Ashley Savage		Fr.	Anchorage, AK (Grace Christian)
Nikki Schutte	Sprints	So.	Nampa, ID
Lynelle Thompson		Fr.	Post Falls, ID (North Idaho Christian)
Jennifer Tyhurst	Distance	So.	Monatque, CA (Yreka)
Kristina Wherry	Throws	Jr.	New Plymouth, ID
Ashley Wornell	Hurdles	Jr.	Middleton, ID
Christy Wynkoop	Distance	Sr.	Gresham, OR
Jennifer Young		Fr.	Medford, OR (Siuslaw)

Head Coach - John Spatz. **Assistants** - Ben Gall (distance), Leah Merrell (throws), Mauri Lewis (pole vault), Danny Bowman (sprints, relays), Aaron Mathias (distance)

SAINTS Saint Martin's

Men	Events	Yr.	Hometown
Asiki Ayume	Middle Dist., Sprints	Jr.	Federal Way, WA (Spokane CC)
Tristan Beach	Distance	Fr.	Tacoma, WA (Wilson)
Brian Daltoso	Sprints	Fr.	Walla Walla, WA (DeSales)
Bryan Gerry	Sprints	Fr.	Lacey, WA (Timberline)
Adam Goff	Distance	Fr.	Lacey, WA (Northwest Christian)
Steven Lalonde	Distance	So.	Centralia, WA
Tris O'Bluck	Distance	So.	Mukwanago, WI
Adam Paczkowski	Throws	Fr.	Oak Harbor, WA
+Andy Prentice	Distance	Sr.	Spokane, WA (Lakeside)

Tony Rapaglia	Javelin, Shot, Discus	So	Lacey, WA (Timberline)
John Riak	Distance, Middle Dist.	Fr.	Lacey, WA (North Thurston)
Rich Thomas	Distance	Fr.	Boise, ID (Bishop Knight)
Caleb Timmer	Middle Distance	Jr.	Tacoma, WA (Tacoma Baptist)
Josh Timmer	Sprints, Jumps, Throws	Jr.	Tacoma, WA (Tacoma Baptist)
Kevin Tober	Middle Distance	Fr.	Redmond, WA
Robbie Wilbur	Distance	Jr.	Spanaway, WA (Spanaway Lake)
Seth Woods	Middle Distance, SC	Jr.	Lacey, WA (Northwest Christian)
+Indoor only			

Women	Events	Yr.	Hometown (School)
Nicole Beatty	Middle Distance, SC	Jr.	Port Angeles, WA
Kaleigh Bishop	Distance	So.	Stanwood, WA
Katelynn Blume	Distance	Jr.	Lacey, WA (Timberline)
Lakita Burr	Sprints, Middle Dist.	Jr.	Lakewood, WA (Lakes)
Chelsi Claussen	Hurdles, Sprints	So.	Shelton, WA
Jessie Dunnam	Middle Distance	So.	Kelso, WA
Ann McCanick	Distance, Sprints, SC	Jr.	Lakewood, WA (Lakes)
Ashley Mowery	Jumps, Sprints	Fr.	Pacific Beach, WA (North Beach)
Jessica Pendon	Middle Distance, Sprints	Fr.	Spanaway, WA (Spanaway Lake)
Janelle Probst	Distance	So.	Spokane, WA (Mead)
Coco Rogers	Throws	Jr.	Silverdale, WA (Central Kitsap)
Danika Washington	Throws	Jr.	Lacey, WA (Timberline)
Heather Warner	Throws	Fr.	Lacey, WA (North Thurston)

Head Coach – Brad Hooper. **Assistants** – Julie Sullivan

REDHAWKS Seattle University

Men	Events	Yr.	Hometown (School)
Garrett Brown	Sprints	Jr.	Edmonds, WA (Edmonds-Woodway)
Taylor Choyce	High Jump	Sr.	Cle Elum, WA
Matt Crumedy	Jumps	Fr.	San Francisco, CA (St. Ignatius)
Nicholas Dols	Distance	Jr.	Portland, OR (Jesuit)
Jared Bryan Ferrer	Sprints, Jumps	Fr.	Honolulu, HI
Kyle Finnegan	Throws	Fr.	Tacoma, WA
Nathan Heitzinger	Distance	Jr.	Scottsdale, AZ (Brophy Prep)
Peter Heitzinger	Distance	Fr.	Scottsdale, AZ (Brophy Prep)
Brock Jahner	Sprints, Jumps	Fr.	Kalispell, MT
Tomi Keah	Sprints	Jr.	Seattle, WA (Westlake)
Mike Kelley	Sprints, Jumps	Fr.	Seattle, WA
Adam Lawrence	Sprints	So.	Spokane, WA (St. George's)
Joe Leigh	Throws	Fr.	Shoreline, WA (Shorecrest)
Andrew Lybarger	Distance	Jr.	Spokane, WA (West Valley)
Robert Renninger	Distance	Jr.	Bellevue, WA
Nick Shekeryk	Throws	Jr.	Woodinville, WA (Inglemoor)
Dan Weldon	Distance	Jr.	Tacoma, WA (SFCC)

Women	Events	Yr.	Hometown (School)
Charisse Arce	Distance	Fr.	Seattle, WA (Holy Names)
Katie Archambault	Sprints	Jr.	Flemington, NJ (Hunterdon Central)
Tera Brockman	Distance	Fr.	Federal Way, WA (Thomas Jefferson)
Rhiannon Cadelinia	Distance	Fr.	San Francisco, CA (Sacred Heart)
ShaTayna Fernandez	Throws	Fr.	Renton, WA
Molly Follen	Distance	Sr.	Portland, OR (Gonzaga)
Alana Garcia	Distance	So.	Modesto, CA (Davis)
Katie Hansen	Distance	Fr.	Gresham, OR (Barlow)
Brittany Harmon	Distance	Fr.	Yakima, WA (Davis)
Kahlia Keita	Throws	Jr.	
Lydia Lauer	Distance	Jr.	Portland, OR (Lincoln)
Tiffany Lee	Jumps	So.	Mercer Island, WA
Natalie Martinez	Distance	Fr.	San Francisco, CA (Sacred Heart)

Patricia Ramos	Sprints	Fr.	Alhambra, CA (Ramona Covent)
Phoebe Rohrbacher	Distance	So.	Juneau, AK (Juneau-Douglas)
Megan Salvesson	Distance	Jr.	Juneau, AK (Juneau-Douglas)

Head Coach – Mike Hill **Assistants** - Matt Franck

FALCONS Seattle Pacific

Men	Events	Yr.	Hometown (School)
Jeff Ayers	800, 1500	Fr.	Edmonds, WA (King's)
Philip Bayley	Dec	Sr.	Seattle, WA (King's)
Bjorn Bostrom	1500, 5000	Jr.	La Conner, WA (Bellingham)
Jordan Chalfant	Shot, Discus	Fr.	Bellingham, WA (Sehome)
Chris Cox	LJ, 100	Fr.	Henderson, NV (Lake Mead Christian)
Brian Cronrath	1500, 5000	So.	Battle Ground, WA
David Duke	1500	Sr.	Modesto, CA (Davis – Modesto JC)
Michael Gavareski	800, 1500	Fr.	Bellingham, WA
Doug Gibson	1500, Steeple	Jr.	Yakima, WA (Riverside Christian)
Tyrone Hattingh	Triple Jump	Jr.	Redmond, WA (King's)
Dan Larimer	Decathlon	Jr.	Libby, MT
Carlo Lozano	5000, 10K	So.	Seattle, WA (Blanchet - Arizona St.)
Shane Lucey	800, 1500	Fr.	Marysville, WA (Marysville-Pilchuck)
Adrian Mendez	100, 200	Fr.	Whittier, CA (LaSerna)
Ryan Phillips	1500, 5000	Jr.	West Linn, OR
Chris Randolph	Decathlon	Sr.	Lone Tree, CO (Denver Christian)
James Rosser	5000, 10k	Jr.	Seattle, WA (Highline)
Eddie Strickler	400, 800	Jr.	Richland, WA
Mike Zetterberg	800, 1500	Fr.	Lakewood, WA (Curtis)
Mark Zayshlyy	110HH, 400H	Fr.	Auburn, WA (Christian Faith)
Women	Events	Yr	Hometown (High School)
Monica Anderson	PV	So.	Bremerton, WA
Kim Beaman	800, 1500	Fr.	Emily, MN (Crosby-Ironton)
Hanane Benanaya	800, 1500	So.	Casablanca, Morocco (Mohammedia)
Sharon Bjella	High Jump	Jr.	Everett, WA
Linda Blake	Hep, 400H	Sr.	Richland, WA (Liberty Christian)
Kelsey Cooley	Hep, HJ	Jr.	Missoula, MT (Hellgate)
Meredith Crane	5000, 10K	So.	Yakima, WA (Davis)
Elana Darnell	3000	Fr.	Yakima, WA (Eisenhower)
Julie Duringer	400, 800	Jr.	Monroe, WA
Ruth Harbaugh	5000	Sr.	Gig Harbor, WA
Amy Harris	Pole Vault	Sr.	Philomath, OR (Crescent Valley)
Katie Hart	3000	Fr.	Pasadena, CA (LA Baptist)
Allison Hedges	Pole Vault	Sr.	Richland, WA
Molly Hornbuckle	Javelin	Jr.	Burien, WA (Highline)
Corina James	3000, 5000	Fr.	Madera, CA
Kristin Janney	Heptathlon	Jr.	White Salmon, WA
Nikki Jensen	5000, 10K	Jr.	Portland, OR (St. Mary's Academy)
Becky Knox	1500	Sr.	Denver, CO (Denver Christian)
Jean Kolb	100, 200	Sr.	Eugene, OR (South Eugene)
Tracy Kuhn	1500, 3000	So.	Port Angeles, WA
Josie Lavin	800, 1500	Sr.	Bremerton, WA
Rosalyn Leitch	100H, 400H	Fr.	Albuquerque, NM
Sachi Lopez	10K	Fr.	Aiea, HI (McKinley)
Jennifer Marsh	400, 800, 1500	Jr.	Kirkland, WA (Juanita)
Kelsey McBride	Triple Jump	So.	Kirkland, WA (Woodinville)
Brandi McCoy	1500, 3000, SC	Jr.	Richland, WA
Mary Moriarty	1500, 3000	Fr.	Seattle, WA (Ballard)
Teona Perkins	800, 1500	Jr.	Kennewick, WA (SFCC)
Victoria Perkins	400H	Jr.	Kent, WA (Kentwood)
Heidi Peterson	5000, 10K	Fr.	Edmonds, WA (King's)
Kaitlin Rohde	5000, 10K	So.	Bellingham, WA (Mount Baker)

Karin Rohde	3000, 5000, SC	So.	Bellingham, WA (Mount Baker)
Maisha Seebeck	800	Fr.	Grand Rapids, MI (GR Christian)
Anna Soule	100, 200	Jr.	Puyallup, WA (Emerald Ridge)
Suzie Strickler	400, 800, 1500	Fr.	Richland, WA
Lauren VerMulm	Hep, Jav	So.	Mount Vernon, WA
Angela Weed	800	Fr.	Bellingham, WA (Squalicum)
Megan Wrightman	800, 1500	So.	Bend, OR

Head Coach – Karl Lerum **Assistants** – Doris Heritage, Duncan Atwood, Aaron Bass, Howie Kellogg

WOLVES Western Oregon

Men	Events	Yr.	Hometown (School)
Robert Barrett	Throws	Fr.	Eugene, OR (Churchill)
Dallas Beaty	Sprints	Fr.	Salem, OR (Salem Academy)
Paul Bentz	Hurdles	So.	Ontario, OR
Damon Britton	Sprints	Jr.	South San Francisco, CA (College of San Mateo)
Jason Buckmier	Sprints	Jr.	Beaverton, OR (Westview)
Brad Button	Sprints	Fr.	Hillsboro, OR
Michael Clark	Hurdles	Fr.	Medford, OR (Cascade Christian)
Cary Costa	Distance	Sr.	Oregon City, OR (Clackamas CC)
Lee Clarkson	Hurdles	Jr.	Salem, OR (Salem Academy)
Greg Coleman	Sprints	So.	Beaverton, OR (Westview)
Nick Crawford	Distance	Jr.	Beaverton, OR
Bryan Dibos	Distance	Fr.	Eugene, OR (Marist)
Mark Dunn	Javelin	Fr.	Diamond, OR (Crane Union)
Derek Gitts	Sprints	Sr.	Canby, OR
Matt Hermson	Throws	So.	Tacoma, WA (Wilson)
Justin Hernandez	Jumps	Fr.	Fairbanks, AK (West Valley)
Blake Herrington	Jumps	So.	Portland, OR (Rex Putnam)
Josh Holloway	Throws	Sr.	Warrenton, OR
Mat Hutchinson	Javelin	So.	Newport, OR
Brandon Jasmin	Throws	Jr.	Prineville, OR (Crook County)
Matt Jirges	Multi-Events	So.	Gervais, OR
David Johnson		Fr.	
Nik Karr	Distance	Fr.	Tigard, OR
Brenden Kirchner	Sprinter	Fr.	Salem, OR (McKay)
Justin Kline	Throws	Jr.	Salem, OR (McKay/Chemeketa CC)
Anthony Marin	Throws	Fr.	Salem, OR (McKay)
Tim Minks	Sprints	Fr.	Cottage Grove, OR
Sean Quinn	Sprints	Fr.	Blaine, WA (Sehome)
Bryant Saldarriaga	Hurdles	Fr.	Fairbanks, AK (West Valley)
Cole Samuel	Sprints	So.	Portland, OR (David Douglas)
Trent Tocher	Distance	Fr.	Grants Pass, OR
Josh Vredenburg	Distance	So.	Canby, OR (Clackamas CC)
Ryan Wall	Javelin		
Mike Waller	Sprints/Jumps	So.	Portland, OR (Grant)
Tyler Wilson	Sprints	Fr.	Dayton, OR
Dmitry Zaichenko	Sprints	So.	Salem, OR (North Salem)
Women	Events	Yr.	Hometown (School)
Kristen Aamodt	Javelin	Fr.	Condon, OR
Sarah Barker	Hurdles	So.	LaPine, OR
Rachael Barreau	Distance	Jr.	Scappoose, OR
Leada Berkey	Sprints	So.	Amity, OR
Haley Buckbee	Throws	Fr.	Roseburg, OR
Nini Callan	Hurdles	Sr.	Sisters, OR (Mt. Hood CC)
Brittany Ferguson	Javelin	Fr.	Canby, OR
Sabrina Freed	Throws	So.	Burns, OR
Bonnie Galloway	Sprints	Sr.	Gresham, OR (Barlow/Mt. Hood CC)
Chelsea Glavin	Multi-Events	Jr.	Vancouver, WA (Heritage/Clark CC)
Jessica Harper	Distance	Fr.	Oregon City, OR (Clackamas CC)

Sarah Howell	Sprints	So.	Puyallup, WA
Keyanna Jenkins	Sprints	Sr.	Vancouver, WA (Mt. View/Clark CC)
Bridget Johnson	Multi-Events	Sr.	Portland, OR (David Douglas)
Nicole Lassetter	Throws	So.	London, England (London Central)
Chevonna Lynch	Throws	So.	Douglas, OR
Stephanie Manies	Distance	Fr.	Wilsonville, OR
Natalie Nash	Hurdles	Jr.	Hillsboro, OR (Century)
Kim Parry	Distance	Fr.	Portland, OR (Centennial)
Rachel Peters	Distance	Fr.	Canby, OR
Jen Peterson	Distance	So.	Lake Oswego, OR (Clackamas CC)
Taryn Plypick	Jumps	Jr.	Sumner, WA (Highline CC)
Jacque Postlewaite	Multi-Events	Fr.	Canby, OR
Corina Pusch	Distance	Fr.	Veneta, OR (Elmira)
Sarajane Rosenberg	Jumps	Fr.	Pendleton, OR
Jennie Rummell	Hurdles	Sr.	Astoria, OR
Danielle Smith	Pole Vault	Sr.	Molalla, OR
Stephanie Upshaw	Distance	Sr.	Union, OR
Alicia Vandervelden	Throws	Jr.	Coos Bay, OR (North Bend)
Sharelle Wells	Jumps	Fr.	Tieton, WA (Riverside Christian)

Head Coach – Mike Johnson (third season)

Assistants – John Knight (throws), Dennis Olafson (jumps), Damien Davis (sprints), Jerret Mantalas (student assistant).

VIKINGS Western Washington

Men	Events	Yr.	Hometown (School)
Casey Barten**	Distance	Jr.	Snohomish, WA
Josh Beck	Distance	Jr.	Kelso, WA (Lower Columbia CC)
Sam Bedell	Distance	Fr.	Reno, NV (Bishop Manogue)
Andy Behl***	Pole Vault	Sr.	Everett, WA (Cascade)
Sean Beitey	Pole Vault	Sr.	Vancouver, WA (Hudson's Bay - Clark CC)
Sam Brancheau**	Distance	Jr.	Edmonds, WA (Edmonds-Woodway)
Devin Branson	Distance	Fr.	Bothell, WA (Jackson)
Marcus Brown*	Throws	So.	Federal Way, WA
Jesse Buffum	Distance	So.	Sedro-Woolley, WA
Andrew Cabaniss	Distance	So.	Port Orchard, WA (South Kitsap)
Spencer Callero	Distance, Steeple	Fr.	Puyallup, WA (Franklin Pierce)
Bobby Carlson	Distance	Fr.	Snohomish, WA
Michael Clay	Sprints	Fr.	Richland, WA
Anton Clifford	Distance	Fr.	Sequim, WA
Matt Crabtree*	Distance	Sr.	Lynden, WA
Paul Danforth**	Jumps	Sr.	Kent, WA (Kennedy)
Colby Davies	Multi-Events	Fr.	Steilacoom, WA
Jon Dryver	Distance	Fr.	Port Angeles, WA
Peter Ellis*	Distance	Jr.	Eatonville, WA
Alex Elmore*	Distance, Steeple	So.	Everett, WA (Mariner)
Kenneth Farnsworth	Jumps	So.	Snohomish, WA
Josh Frazier	Distance	Jr.	Sea-Tac, WA (Tyee - Highline CC)
Nick Gaddy	Jumps, Sprints	Fr.	Cheney, WA
Arthur Gamirov	Distance	So.	Spokane, WA (Mount Spokane)
Peter Geist**	Jumps	Jr.	Portland, OR (Grant)
Keever Henry*	Distance, Steeple	Jr.	Kelso, WA
Kevin Iverson	Multi-Events	Fr.	Mill Creek, WA (Jackson)
Jeremy Jasman	Hurdles, Sprints	Fr.	Odessa, WA
Carl Johnson	Sprints	Fr.	Renton, WA (Liberty)
Matt Johnson	Sprints	Jr.	Yakima, WA (Davis - Edmonds CC)
Alex Jones	Distance	Fr.	Kenmore, WA (Inglemoor)
Mike Khabibulin*	Sprints	Sr.	Vancouver, WA (Skyview - Clark CC)
Greg Kubitz	Distance	Fr.	Kelso, WA
Kyle Lampi	Middle Distance	Fr.	Everett, WA
Cory Lampshire	Middle Distance	Fr.	Castle Rock, CO (Douglas County)

David Larpenteur	Distance, Steeple	Jr.	Federal Way, WA (Decatur)
Johnathan Lee	Sprints, Jumps	Jr.	Mount Vernon, WA (PLU - Whatcom CC)
Keith Lemay*	Distance	So.	Blaine, WA (Lynden Christian)
Jacob Lesser	Middle Distance	So.	Port Townsend, WA
Canyon Little**	Middle Distance	Sr.	Tacoma, WA (Franklin Pierce)
Alex Litzinger	Distance	Fr.	Mukilteo, WA (Kamiak)
Robbie Lowry	Pole Vault	Jr.	Marysville, WA (Pilchuck)
Bryan Lucke	Decathlon, Jumps	So.	Snohomish, WA (Monroe)
Anders Mavis	Middle Distance	Fr.	Boulder, CO
Cale McCulloch	Middle Distance	Fr.	Snohomish, WA
Kyle McGillen*	Jumps	So.	Langley, WA (South Whidbey)
Mark Mellein**	Jumps	Sr.	Olympia, WA (Maple Grove MN - South Puget Sound CC)
Mike Miller	Middle Distance	Fr.	Seattle, WA (Seattle Prep)
Brandon Myers	Jumps, Sprints, Hurdles	Jr.	Everett, WA (Jackson)
Kevin Myhre	Hurdles	So.	Edmonds, WA (Meadowdale)
Adam Neff**	Sprints	Jr.	White Salmon, WA (Columbia)
Jake Nosler*	Throws	Sr.	Woodland, WA (Ridgefield)
Albert Park	Throws	So.	University Place, WA (Curtis)
Kevin Pentz	Sprints	So.	Silverdale, WA (Central Kitsap - Point Loma Nazarene & Whatcom CC)
Chad Portwood	Distance	Jr.	Cheney, WA (Western State)
Dustin Redding	Hurdles	Fr.	Lynnwood, WA (Meadowdale)
David Rogiers***	Throws	Sr.	Tacoma, WA (Washington)
Ben Romeijn-Stout	Middle Distance	Jr.	Montesano, WA (Lynden - Whatcom CC)
Scott Romney***	Pole Vault	Sr.	Gig Harbor, WA
Ty Schepler*	Distance	So.	Walla Walla, WA
Kit Schumann*	Pole Vault	So.	Deming, WA (Blaine)
Ryan Schutt	Distance	Fr.	Lynnwood, WA (Edmonds-Woodway)
Logan Senrud**	Distance	Jr.	Bigfork, MT
Cody Serdar	Middle Distance	So.	Vancouver, WA (Columbia River)
Nik Skogsberg	Throws	Fr.	Yelm, WA
Michael Stewart*	Distance	So.	Edmonds, WA (Edmonds-Woodway)
James Sundquist	Distance	So.	Clinton, WA (South Whidbey)
Tyler Thornbrue***	Pole Vault	Sr.	Shelton, WA
Anthony Tomsich	Distance	Fr.	Fairbanks, AK (West Valley)
Charlie Tribe**	Pole Vault	Jr.	Missoula, MT (Sentinel)
James Turner	Jumps, Pole Vault	Jr.	Gig Harbor, WA
Joseph Van Vleck	Jumps	Fr.	Ferndale, WA
Hunter Verner**	Pole Vault	Sr.	Brentwood, TN (Montgomery Bell Academy)
Randall Wick	Distance	Fr.	Bellingham, WA (Mount Baker)
Dustin Wilson***	Sprints, Hurdles	Sr.	Silverdale, WA (Central Kitsap)
Jeff Word***	Jumps	Sr.	Sequim, WA
Erik Zulfer	Distance	Fr.	Kent, WA (Kentrige)

Women

Kim Bascom**
 Jolene Boogaard
 Kami Burse*
 Gail Butler
 Heather Butler
 Camille Clarke
 Melanie Cobb
 Clara Cook
 Kristen Cornish*
 Rachel Cortez
 Lindsey Cox**
 Nikki D'Amico*
 Erin Deasy*
 Molly DePasqual***
 Amy Diehl
 Heidi Dimmitt
 Cara Dockins*

Events

Jumps
 Distance
 Distance
 Sprints, Jumps
 Sprints, Jumps
 Pole Vault
 Distance
 Jumps
 Hurdles, Middle Dist.
 Middle Distance
 Jumps
 Middle Distance
 Distance
 Distance
 Sprints
 Sprints, Hurdles
 Pole Vault

Yr.

Jr.
 Fr.
 So.
 Fr.
 Jr.
 Fr.
 Fr.
 Fr.
 So.
 So.
 Jr.
 So.
 Sr.
 Sr.
 Fr.
 Fr.
 So.

Hometown (School)

Camano Island, WA (Stanwood)
 Kelso, WA
 Spokane, WA (Central Valley)
 Issaquah, WA
 Leavenworth, WA (Cascade)
 Bellingham, WA
 Port Orchard, WA (South Kitsap)
 Wenatchee, WA
 Lake Stevens, WA
 Spokane, WA (West Valley)
 Milton, WA (Fife)
 Lynnwood, WA
 Gig Harbor, WA (Tulsa)
 Jackson Hole, WY
 Kenmore, WA (Inglemoor)
 Wenatchee, WA
 East Wenatchee, WA (Eastmont)

Cathy Fjellanger*	Distance	Jr.	Woodinville, WA
Erin Fraser	Distance	So.	Lake Stevens, WA
Arielle Genter	Hurdles, Sprints	Fr.	Bow, WA (Burlington-Edison)
Kimberly Halwachy	Jumps	Fr.	Ferndale, WA
Amy Harder*	Sprints	So.	Sprague, WA
Marissa Harshman*	Distance	Jr.	Vancouver, WA (Heritage)
Kirsten Holt***	Pole Vault, Hurdles	Sr.	Lakewood, WA (Linn Benton CC - Everett CC)
Rebekah Hook	Throws	Fr.	Tucson, AZ (Canyon Del Oro)
Liz Howe	Throws	Fr.	Bothell, WA
Jessica Howell*	Middle Distance	So.	Corpus Christi, TX (Mary Carroll - Del Mar College)
Summer Huntington*	Distance	Jr.	Marysville, WA (Marysville-Pilchuck - SPU)
Shellane Jensen	Distance	Fr.	Sedro-Woolley, WA
Shannon Johnson*	Middle Distance	So.	Seattle, WA (Seattle Prep)
Jennifer Josephson	Jumps, Sprints	Fr.	Eagle, ID
Keely Kaligis**	Distance	Jr.	Mukilteo, WA (Kamiak)
Jill Keller	Distance	Fr.	Spokane, WA (Mount Spokane)
Hannah King	Jumps	Fr.	Naches, WA (Naches Valley)
Lindsey Knight	Distance	So.	Boise, ID (Capital)
Whitney Knox	Sprints	Fr.	Seattle, WA (Blanchet)
Hannah Krielkamp	Distance	Fr.	Anchorage, AK (East Anchorage)
Lindsay Leonard*	Jumps	So.	Bellingham, WA (Squalicum)
Jackie McCall***	Heptathlon	Sr.	Spokane, WA (Medical Lake)
Catherine McDonald	Distance	Fr.	Tacoma, WA (Bellarmine Prep)
Ashley McDougall	Middle Distance	Fr.	Redmond, WA (Montana)
Helena Menendez	Sprints	Fr.	El Paso, TX (Coronado)
Alex Merrick*	Hurdles, Jumps	So.	Seattle, WA (Holy Names)
Christy Miller	Jumps, Hurdles	Fr.	Boise, ID (Bishop Kelly)
Emily Miller*	Middle Distance	So.	Woodinville, WA
Ali Misenar*	Distance	So.	Redmond, WA
Kim Morris	Middle Distance	Sr.	Mandeville, LA (Fontainebleau)
Lydia Morrison	Jumps	Fr.	Clarkston, WA
Christina Murphy	Distance	Jr.	Brier, WA (Mountlake Terrace - Everett CC)
Andrea Newcomer*	Distance	Sr.	Sammamish, WA (Skyline)
Amy Olson	Distance	So.	Stanwood, WA
Wendy Overton*	Middle Distance	So.	Elma, WA
Kim Radke**	Throws	Sr.	East Wenatchee, WA (Eastmont - Idaho)
Erica Rance*	Throws	So.	Seattle, WA (Renton)
Angela Rispoli	Distance	Jr.	Sammamish, WA (Skyline - Bellevue CC & Whatcom CC)
Andrea (Kreft) Roberts**	Pole Vault	Jr.	Lake Stevens, WA
Sally Ryan*	Distance	Jr.	Kirkland, WA (Inglemoor)
Parsan Saffaie	Distance	Fr.	Saratoga, CA
Rachelle Saletto	Sprints	So.	Bellingham, WA (Squalicum)
Danielle Scala	Throws, Multi-Events	Fr.	Steilacoom, WA
Katrina Schwerdtfeger*	Distance	Sr.	Mountlake Terrace, WA (Everett CC)
Danielle Seibert	Hurdles/Sprints	Fr.	Kirkland, WA (Juanita)
Julie Stone*	PV, Multi-Events	So.	Bellingham, WA (Sehome)
Katie Taylor*	Throws	Jr.	Bellevue, WA (Interlake)
Jessica Telleria***	Throws	Sr.	Boise, ID (Capital)
Amanda Thornton	Sprints	Fr.	Kenmore, WA (Inglemoor - Shoreline CC)
Laura Trevelyan**	Distance	Jr.	Vashon Island, WA
Ashley VanOeveren***	Throws	Sr.	Fall City, WA (Mount Si)
Jennifer Villalva	Throws	Fr.	Port Orchard, WA (South Kitsap)
Becca Voit	Throws	So.	Woodinville, WA
Kathleen Weinand*	Distance	Jr.	Spokane, WA (Gonzaga Prep)
Ashley Werner	Sprints, Multi-Events	Fr.	Everett, WA (Archbishop Murphy)
Christine Witcher	Jumps	So.	Seattle, WA (Blanchet)
Katie Wittrock*	Middle Distance	So.	Federal Way, WA (Bellarmine Prep)
Jamie Wulfekuhle	Jumps	So.	Olympia, WA (Capital)

Head Coach - Kelven "Pee Wee" Halsell **Assistants** - Bill Roe, Brandi Carbee, Lex Kaligis, Dick Henrie, Jeremy Skulley, T.J. Garlatz
Student Assistants - Peter Hays, Jim Brewer

2007

SEAWOLVES Alaska Anchorage

Men	Events	Cl.	Hometown
David Abbott	Jumps	So.	Palmer, AK
Chad Anderson	Sprints	Sr.	Chisago City, MN
Mick Boyle	Middle Distance	Jr.	Kenai, AK (Kenai Central)
Cliff Cochran	Middle Distance	Sr.	Kenai, AK (Kenai Central)
Aaron Dickson	Distance	Jr.	Palmer, AK
Drew Dickson	Distance	Sr.	Palmer, AK
Eric Draper	Jumps	Sr.	Memphis, TN (White Station)
Auston Ellis	Distance	So.	Valdez, AK
Brandon Grant	Sprints	Fr.	Anchorage, AK
Scott Karnitz	Throws	Jr.	DeSoto, KS
David Kiplagat	Distance	So.	Kapsavet, Kenya
Brent Knight	Distance	Sr.	Soldotna, AK
Rafael Leon	Middle Distance	Sr.	Anchorage, AK (Diamond)
James McLaughlin	Sprints	So.	Cedar, MN (St. Francis)
Michael Madrid	Sprints	Jr.	Anchorage, AK (East)
DaRon Mason	Sprints	Fr.	Detroit, MI (Henry Ford)
Lucas Predo	Throws	So.	Los Angeles, CA (West Hills)
David Registe	Jumps	Fr.	Palmer, AK
Ryan Renchehausen	Throws	So.	Tucson, AZ (Canyon Deloro)
Paul Rottich	Distance	Fr.	Kapsabet, Kenya
Cornelious Sigei	Distance	So.	Nairobi, Kenya
Anton Topf	Throws	Jr.	DeSoto, KS
Eric Walsh	Sprints	So.	Fairbanks, AK (Monroe Catholic)
Ryan Walsh	Sprints	So.	Fairbanks, AK (Monroe Catholic)
Women	Events	Cl.	Hometown
Jessica Allman	Hurdles	So.	Anchorage, AK (East)
Corena Bell	Throws	Fr.	Anchorage, AK (Bartlett)
Kim Brady	Jumps	Fr.	Odessa, TX
Suzanna Caldwell	Middle Distance	Fr.	Wasilla, AK
Laura Carr	Distance	So.	South Bend, IN (Penn)
Elizabeth Chepkosgei	Distance	Fr.	Kapsabet, Kenya (Eisero Girls Secondary)
Nathalia Echavarria	Hurdles	Jr.	Anchorage, AK
Davya (Baker) Flaharty	Distance	Sr.	Fairbanks, AK (West Valley)
Anjuli Haydu	Middle Distance	Jr.	Craig, AK
Jessica Houston	Throws	Jr.	Anchorage, AK (Dimond)
Brianne Johnson	Distance	Fr.	Kodiak, AK
Mary Krusen	Middle Distance	Sr.	Kenai, AK (Kenai Central)
Rachel McCartan	Middle Distance	So.	Kenai, AK (Soldotna)
Amber McGlasson	Hurdles	Fr.	Kenai, AK (Kenai Central)
Heather McIntyre	Distance	So.	Kenai, AK (Kenai Central)
Ashley McKnight	Sprints	So.	Anchorage, AK (Bartlett, AK)
Mary Pearce	Distance	Sr.	Anchorage, AK (Dimond - Baylor)
Danielle Pratt	Middle Distance	Sr.	Talkeetna, AK (Grace Christian)
Kaley Strachan	Distance	Jr.	Port Alberni, BC
Autumn Streuli	Distance	Jr.	Petersburg, AK
Emily Tweto	Jumps	Sr.	Anchorage, AK (West)
Ciri Vail	Distance	Fr.	Girdwood, AK (Dimond)

Head Coach - Michael Friess.

WILDCATS Central Washington

Men	Events	Cl.	Hometown
Chad Acock	Throws	So.	Walla Walla, WA (DeSales)
Geoff Anderson	Distance	Sr.	Gresham, OR (Barlow – Mt. Hood)
Eric Ardissono	Distance	Fr.	Shoreline, WA (Shorewood)
Cameron Bailey	Jumps	Jr.	Woodinville, WA
Kevin Blount	Distance	Jr.	Yakima, WA (Ike – SFCC)
James Bolding	Distance	Fr.	Bothell, WA
Colby Brydson	Sprints	Fr.	Covington, WA (Kentlake)
Nick Collins	Jumps	So.	Zillah, WA
Corey Cronkhite	Middle Distance	So.	Puyallup, WA (Spanaway Lake)
Christian Demouchet	Hurdles	Fr.	Bremerton, WA (Olympic)
Tyler Dexter	Sprints	Jr.	Naches, WA (Naches Valley)
Corey Dimond	Sprints, Middle	Jr.	Puyallup, WA (Emerald Ridge)
Sean Doyle	Middle Distance	Jr.	Edmonds, WA (Edmonds-Woodway)
Robert Edwards	Hurdles	Jr.	Vancouver, WA (Mountain View)
Adrian Elmo	Jumps	So.	Kennewick, WA
Tyler Fischer	Throws	Fr.	Cashmere, WA
Tyler Flora	Jumps	Fr.	Seattle, WA (Nathan Hale)
J.D. Gardner	Sprints	Jr.	Shoreline, WA (Shorecrest)
Christian Goodwin	Jumps	Jr.	Chimacum, WA (Green Ridge)
Andy Gundel	Sprints	Jr.	Bellingham, WA (Squalicum)
Jonathon Hamilton	Jumps	Fr.	North Pole, AK
Loren Harris	Throws	So.	Renton, WA (Lindbergh)
Vidal Hurtado	Sprints	Fr.	Cashmere, WA
Michael Ingman	Throws	Sr.	Olympia, WA (Capital)
Ryan Johnson	Jumps, Decathlon	So.	Cle Elum, WA (Cle Elum-Roslyn)
Tom Johnson	Middle Distance	Fr.	Seattle, WA (O'Dea)
Mike Kelley	Sprints	Sr.	Boise, ID (Borah)
Josh Kirk	Hurdles	Jr.	Kennewick, WA
Josh Kratzer	Distance	Jr.	Renton, WA (Lindbergh – BCC)
Trevor Kulvi	Distance	Jr.	Sumner, WA (Highline CC)
Scott McCoy	Jumps, Decathlon	Jr.	Hoquiam, WA
John McDonald	Distance	Fr.	Richland, WA
Cameron Neel	Throws	Sr.	Woodinville, WA (WSU)
Kevin Oberholser	Distance	So.	Redmond, WA
Mychal Ostler	Throws	Fr.	Stevenson, WA
Scott Palmer	Middle Distance	Fr.	Puyallup, WA
Jonathon Rank	Distance	So.	Sea Isle City, WA (North Kitsap)
James Roach	Distance	Sr.	Auburn, WA (Thomas Jefferson – Highline CC)
Brian Rockenbach	Distance	Sr.	Snohomish, WA
Matt Rogstad	Sprints	So.	Yakima, WA (East Valley)
Evan Ruud	Throws	So.	Kennewick, WA (Kamiakin)
Daryl Schie	Sprints	So.	Burlington, WA (Burlington-Edison)
Sam Scotchmer	Distance	Sr.	Snohomish, WA
Matt Valdez	Throws	So.	Toppenish, WA
Charles Velasquez	Hurdles, Sprints	Sr.	Yakima, WA (Highland – Clark College)
Anthony Washington	Jumps	So.	Lake Stevens, WA
Ian Wells	Throws	Jr.	Woodinville, WA (Bothell)
Brandon Zueger	Jumps	Jr.	Lake Stevens, WA

No Longer with Team

Blake Radish

Women	Events	Cl.	Hometown
Shaina Afoa	Throws	Fr.	Anchorage, AK (Dimond)
Haley Amos	Jumps	Jr.	Cowiche, WA (Highland)
Mary Bakeman	Distance	Fr.	Whidbey Island, WA (South Whidbey)
Kara Beard	Hurdles	Fr.	Wenatchee, WA
Sarah Benson	Middle Distance	Jr.	Kent, WA (Kentridge)

Meghan Berdis	Distance	Jr.	Lakenheath, GBR (Lakenheath American)
Kirsten Clarke	Distance	So.	Wenatchee, WA
Lynde Clarke	Sprints	Fr.	Albuquerque, NM (Sandia)
Stephanie Cooke	Middle Distance	Fr.	Ellensburg, WA
Nicole Cullop	Middle Distance	Jr.	Bellingham, WA
Stephanie Druktenis	Hurdles	Jr.	Bellevue, WA (Issaquah)
Alicia Edwards	Throws	So.	Kelso, WA
Chelsea (Gregorich) Evans	Sprints	Jr.	Yakima, WA (West Valley)
Brianna Fredricksen	Jumps	Jr.	La Grande, OR
Anya Friday	Distance	Fr.	Bellingham, WA
Amanda Gius	Sprints	So.	Lake Tapps, WA (Auburn Riverside)
Raquel Gonzalez	Jumps, Hurdles	Fr.	Ellensburg, WA (Kittitas)
Amber Green	Distance	Sr.	Selah, WA
Katie Hingston	Sprints	Jr.	Kennewick, WA
Jessica Hirschhorn	Distance	Fr.	Enumclaw, WA
Britany Hood	Sprints	Jr.	Mossyrock, WA (White Pass)
Katie Hummel	Distance	Jr.	Yakima, WA (Ike – Texas A&M)
Rachael Kaercher	Sprints	So.	Shelton, WA
Jamie Koch	Middle Distance	So.	Bellevue, WA
Ashley Lannoye	Jumps	Fr.	East Wenatchee, WA (Eastmont)
Terran Legard	Sprints	Jr.	Burbank, WA (Columbia – Boise State)
Katie McMeel	Throws	So.	Olympia, WA
Alison McWeeny	Throws	Fr.	Auburn, WA (Fife)
Marcie Mullen	Distance	So.	Lyman, WA (Sedro-Woolley)
Jennifer Newland	Hurdles, Heptathlon	So.	Yakima, WA (East Valley)
Kara Nygard	Hurdles	So.	Wenatchee, WA
Tanja Owen	Middle Distance	So.	East Wenatchee, WA (Eastmont)
Susan Quick	Sprints	So.	Lynnwood, WA (Edmonds – Woodway)
Amanda Rose	Jumps	Fr.	Chehalis, WA (West)
Becky Scherer	Throws	So.	Lake Forest Park, WA (Shorecrest)
Elizabeth Schoch	Sprints	Fr.	Shoreline, WA (Shorewood)
Mary Seidler	Middle Distance, Hep	Fr.	Goodyear, AZ (Millennium HS)
Anjuli Spear	Jumps	Sr.	Roslyn, WA (Cle Elum – Roslyn)
Alaina Stenberg	Sprints	So.	Gig Harbor, WA
Tori Swanson	Distance	Fr.	Renton, WA (Lindbergh)
Krissy Tandle	Throws	Jr.	Wenatchee, WA
Brittany Taylor	Sprints	So.	Centralia, WA
Tina Thorne	Sprints	Sr.	Maple Valley, WA (Tahoma)
Shannon Vreeland	Distance	Fr.	Port Orchard, WA (South Kitsap)

Head Coach - Kevin Adkisson. **Assistants** – T.J. Crater (throws), Chris Baumgartner (sprints/hurdles/jumps), Jason Roberts (sprint assistant)

CRUSADERS Northwest Nazarene

Men	Events	Yr.	Hometown (School)
Zach Barclay	Throws	Fr.	Meridian, ID (Treasure Valley)
Dallas Beaty	Sprints	So.	Salem, OR (Western Oregon)
Justin Blackstead	Jumps	Fr.	Nampa, ID (Nampa Christian)
Tom Blain	Jumps	Sr.	Weippe, ID (Timberline)
Jonathan Block	Middle Distance	Fr.	Cheney, WA (EWU)
Seth Clark	Distance	Fr.	Grangeville, ID
Chris Covey	Jumps	Fr.	Marsing, ID
Greg DeSimone	Distance	Fr.	Las Vegas, NV (Bonanza)
Alex Eaton	Throws	Fr.	Craigmont, ID (Highland)
Nathaniel Fairchild	Throws	Sr.	Greeley, CO (Northridge)
Kyle Gray	Distance	So.	San Diego, CA (Point Loma HS)
Josh Grewe	Middle Distance	So.	Spokane, WA (Northwest Christian)
Greg Hamm	Sprints, Jumps	Jr.	Hermiston, OR
Mark Hanson	Hurdles	Fr.	Nampa, ID (Skyview)
Cody Heller	Throws	Fr.	Marsing, ID

Hank Hetrick	Distance	Fr.	Caldwell, ID (Greenleaf Friends)
Steve Huff	Distance	Fr.	Leicester, NY (York Central)
Joel Jensen	Distance	Fr.	Bellingham, WA
Kevin Lambert	Distance	Sr.	Boise, ID (Nampa Christian)
Zach Lane	Distance	Fr.	Redmond, OR
Jerad Larson	Jumps	So.	Meridian, ID (Mountain View)
Sean McCarthy	Throws	So.	Anthem, AZ (O'Connor)
Grant Miller	Throws	Fr.	Vancouver, WA (Vancouver Christian)
Andy Munsey	Throws	Fr.	Prineville, OR (Crook County)
Caleb Patee	Jumps	So.	Ridgefield, WA
Andy Peters	Distance	Sr.	Homer, AK
Robert Poe	Throws	So.	Nampa, ID
Grant Silver	Hurdles	Jr.	Spokane, WA (Spokane Falls CC)
Jason Simmons	Throws	Jr.	Oakland, OR (Olympic)
Andrew Sneed	Jumps	Fr.	Gladstone, OR
Mitch Ward	Sprints, Jumps	Fr.	Nampa, ID (Skyview)
Eddie Wheeler	Sprints, Jumps	Sr.	Grandview, WA (YVCC)

Women	Events	Yr.	Hometown (School)
Brook Bachmeier	Sprints	Fr.	Hauser, ID (CCS)
Kim Berberick	Sprints	Jr.	Post Falls, ID (Challis)
Macey Blaine	Distance	So.	Dallas, OR
Hannah Bowman	Throws	Sr.	Weiser, ID
Lindsay Brady	Sprints	Fr.	Boise, ID (Bishop Kelley)
Christa Brediger	Sprints	Fr.	Shoreline, WA (Shorewood)
Marci Breighner	Throws	So.	Ridgefield, WA
Amy Carroll	Throws	Jr.	Billings, MT
Shannon DeBoer	Distance	So.	Othello, WA
Mandi Dick	Javelin	Fr.	Tacoma, WA (Stadium)
Sarah Elwell	Javelin	So.	Woodburn, OR
Karina Elzinga	Jumps, PV	Fr.	Salmon, ID
Kelsey Hettman	Jumps	Fr.	Bonney Lake, WA (Auburn Riverside)
Chelsey Jones	Throws	Fr.	Grandview, WA (Sunnyside Christian)
Jocelyn Judd	Throws	So.	Randle, WA (White Pass)
Courtney Little	Throws	So.	Othello, WA
Amanda Merrell	Jumps	Jr.	Spokane, WA (Mead)
Ashley Morman	Jumps	Fr.	Bonnors Ferry, ID
Jennifer (Tyhurst) Perry	Distance	Sr.	Montaque, CA (Yreka)
Emily Peterson	Sprints, Jumps	Sr.	Roseburg, OR (Umpqua Valley Christian)
Lynsie Powers	Jumps	Fr.	Spirit Lake, ID (Timberlake)
Mary Printz	Jumps	Fr.	Boise, ID (Mountain View)
Ashley Puga	Distance	So.	Meridian, ID (Nampa Christian)
Miriam Reardon	Distance	Fr.	Grangeville, ID (Prairie Christian)
Erika Rempel	Throws	So.	Avondale, AZ (Baker City)
Kristi Rice	Pole Vault	So.	Union, WA (Shelton)
Tara Robinson	Distance	Sr.	McCall, ID (McCall-Donnelly)
Marcie Roth	Throws	So.	Ridgefield, WA
Nikki Schutte	Sprints	Jr.	Nampa, ID
Jamie Sundvall	Middle Distance	Fr.	Jefferson, OR (Eastern Oregon)
Lynelle Thompson	Sprints	So.	Post Falls, ID (North Idaho Christian)
M.J. Usabel	Hurdles, PV	Fr.	Marsing, ID
Laura VonArx	Jumps, Hurdles	Fr.	Hermiston, OR
Ashley Wornell	Hurdles	Sr.	Middleton, ID
Jennifer Young	Distance	So.	Florence, OR (Siuslaw)

Head Coach - John Spatz. **Assistants** - Ben Gall, Danny Bowman, Scott Kinnaman, Dustin Ainsworth, Rebekah Bowman, Amanda Trempert, Jake Perry

SAINTS Saint Martin's

Men	Events	Yr.	Hometown
Asiki Ayume	Middle Distance	Sr.	Federal Way, WA (Spokane CC)
Tristan Beach	Distance	So.	Tacoma, WA (Wilson)
Brian Daltoso	Sprints	So.	Walla Walla, WA (DeSales)
Aaron Edwards	Sprints, Jumps	So.	Lacey, WA
Mohammed El-Jazoub	Throws, Jumps	Fr.	Tacoma, WA
Josh Gatbunton	Middle Distance	Fr.	Lakewood, WA
Bryan Gerry	Sprints	So.	Lacey, WA (Timberline)
Steven Lalonde	Distance	Jr.	Centralia, WA
Tris Obluck	Distance	Jr.	Mukwanago, WI
Niwar Nasim	Distance	Fr.	Tacoma, WA
John Riak	Distance, Middle Dist.	So.	Lacey, WA (North Thurston)
Bill Richardson	High Jump	Jr.	Shelton, WA
Devin Sturgeon	Throws	Fr.	Ocean Shores, WA
Caleb Timmer	Middle Distance	Jr.	Tacoma, WA (Tacoma Baptist)
Kevin Tober	Middle Distance	So.	Redmond, WA
Robbie Wilbur	Distance	Sr.	Spanaway, WA (Spanaway Lake)

Women	Events	Yr.	Hometown (School)
Kaleigh Bishop	Middle Distance	Jr.	Stanwood, WA
Katelynn Blume	Distance	Sr.	Lacey, WA (Timberline)
Krinda Carlson	Middle Distance	Fr.	Pateros, WA
Chelsi Claussen	Hurdles, Sprints	Jr.	Shelton, WA
Jessie Dunnam	Middle Distance	Jr.	Kelso, WA
Jennifer Grover	Sprints, Middle Distance	Jr.	Tumwater, WA
Amy Layton	Distance	Jr.	Toledo, WA
Jessica Pendon	Middle Distance	So.	Spanaway, WA (Spanaway Lake)
Taylor Shipman	Distance	Fr.	Bellingham, WA
Danika Washington	Throws	Sr.	Lacey, WA (Timberline)

Head Coach – Julie Sullivan. **Assistants** – Hal L. Werner, Andrew Prentice, Brandon Stum

REDHAWKS Seattle University

Men	Events	Yr.	Hometown (School)
Jeffery Allen	Distance	Fr.	Indianola, WA (North Kitsap)
Loyal Allen Jr.	400	Jr.	Seattle, WA (Highline CC)
Nicholas Alvarado	Distance	Fr.	San Francisco, CA (St. Ignatius)
Garrett Brown	Sprints	Sr.	Edmonds, WA (Edmonds-Woodway)
Matt Crumedy	Jumps	So.	San Francisco, CA (St. Ignatius)
Nicholas Dols	Distance	Jr.	Portland, OR (Jesuit)
Kyle Finnegan	Throws	So.	University Place, WA (Curtis)
Travis Glover	Sprints	Jr.	Sea-Tac, WA (Highline CC)
Nathan Heitzinger	Distance	Jr.	Scottsdale, AZ (Brophy Prep)
Peter Heitzinger	Throws	So.	Scottsdale, AZ (Brophy Prep)
Chris Henry	Distance	Fr.	West Seattle, WA (O'Dea)
Brock Jahner	Multi-Events	So.	Kalispell, MT
Tomi Keah	Sprints	Sr.	Austin, TX (Westlake)
Nick Kirschner	Distance	So.	Seattle, WA (O'Dea)
Joe Leigh	Javelin	So.	Shoreline, WA (Shorecrest)
Robert Poshusta	Sprints, Hurdles	Fr.	Bremerton, WA (Olympic)
Nick Shekeryk	Throws	Sr.	Woodinville, WA (Inglemoor)
Dan Sullivan	Sprints	Fr.	Tukwila, WA (Foster)
Andrew Wilburn	Distance	Fr.	Boise, ID

Women	Events	Yr.	Hometown (School)
Charisse Arce	Distance	Jr.	Seattle, WA (Holy Names)
Mara Becker	Jumps	Fr.	Fairbanks, AK (Monroe Catholic)

Ashley Blazina	Throws	Fr.	Poulsbo, WA (North Kitsap)
Alissa Borda	Distance	Sr.	Mercer Island, WA
Courtney Cabebe	Pole Vault	Fr.	Kihei, HI (Maui)
Rhiannon Cadelinia	Distance	So.	San Francisco, CA (Sacred Heart)
Jaime Clark	Distance	So.	St. Louis, MO (Westminster)
Lindsay Currier	Throws	Fr.	Beaverton, OR
ShaTanya Fernandez	Throws	So.	Renton, WA
Katie Hansen	Distance	So.	Gresham, OR (Barlow)
Rebekah Henrich	Multi-Events	Fr.	Portland, OR (St. Mary's)
Jennifer Innes	Distance	So.	San Bruno, CA (Mercy)
Kahlia Keita	Throws	Jr.	Phoenix, AZ (Agua Fria)
Natalie Martinez	Distance	So.	San Francisco, CA (Sacred Heart)
Greta Stickney	Distance	Fr.	Poulsbo, WA (North Kitsap)
Asia VanderBilt	Distance	So.	Seattle, WA (Ballard)
Rachel Yorkston	Distance	Fr.	Bellingham, WA

Head Coach – Trisha Steidl **Assistants** – Eric Schueffner, Uli Steidl, Jessica Scalzo, Becca Gillespy.

FALCONS Seattle Pacific

Men	Events	Yr.	Hometown (School)
Jeff Ayers	800, 1500	So.	Edmonds, WA (King's)
Ben Climer	400H, 400	Fr.	Woodburn, OR (McNary)
Brian Cronrath	1500, 5000	Jr.	Battle Ground, WA
Rob Faucette	200	Jr.	Bellevue, WA (Interlake & BCC)
Scott Felch	1500, SC	Fr.	Snohomish, WA (Marysville-Pilchuck)
Justin Felt	Dec, LJ	Fr.	Eugene, OR (Churchill)
Michael Gavareski	800, 1500	Sr.	Bellingham, WA
Paul Henderson	400H, 800	Sr.	Sammamish, WA (Issaquah)
Andrew Henning	1500	Fr.	Mountlake Terrace, WA
Ryan Jewell	200, 400	So.	Olympia, WA
Joshua Jorgensen	Pole Vault	Fr.	Gladstone, OR (Putnam – Clackamas CC)
Dan Larimer	Decathlon, 400H	Sr.	Libby, MT
Carlo Lozano	5000, 10K	Jr.	Seattle, WA (Blanchet - Arizona St.)
Chad Meis	5000	Fr.	Renton, WA (Seattle Christian)
Ryan Phillips	1500, 5000	Sr.	West Linn, OR
James Rosser	5000, 10K	Sr.	Seattle, WA (Highline)
Scott Seamster	5000, 10K	Jr.	Seattle, WA (Blanchet – BCC)
Eddie Strickler	400, 800	Sr.	Richland, WA
Mark Zayshlyy	110H, 400H	So.	Auburn, WA (Christian Faith)
Women	Events	Yr	Hometown (High School)
Lisa Anderberg	800, 1500	Fr.	Edmonds, WA (Kamiak)
Monica Anderson	PV	Jr.	Bremerton, WA
Molly Barnes	Jav	Sr.	Burien, WA (Highline)
Kim Beaman	800, 1500	So.	Emily, MN (Crosby-Ironton)
Brittany Bekins	Jav, Hep	So.	Everett, WA (Cascade)
Kelsey Cooley	Hep, HJ	Sr.	Missoula, MT (Hellgate)
Kysa Cronrath	3000	Fr.	Odessa, WA
Latasha Essien	100, 200, 400	Fr.	Portland, OR (Reynolds)
Kate Harline	3000, 5000	Fr.	Orem, UT
Katie Hart	3000	So.	Pasadena, CA (LA Baptist)
Jessica Hinton	200, Hurdles	Fr.	Lake Stevens, WA
Milika Hopoi	Shot	Fr.	Portland, OR (Franklin)
Jessica Innes	PV	Fr.	Bothell, WA (Cedar P. Christian)
Corina James	3000, 5000	So.	Madera, CA
Kristin Janney	Heptathlon	Sr.	White Salmon, WA
Nikki Jensen	5000, 10K	Sr.	Portland, OR (St. Mary's Academy)
Kayti Krepel	400, 800	Fr.	Talkeetna, AK (Susitna Valley)
Jane Larson	1500, 3000	Fr.	Fall City, WA (Cedar P. Christian)

Tracie Lundsten	PV	Fr.	Banks, OR
Jennifer Marsh	400, 800, 1500	Sr.	Kirkland, WA (Juanita)
Teona Perkins	800, 1500	Sr.	Kennewick, WA (SFCC)
Victoria Perkins	400H, 800	Sr.	Kent, WA (Kentwood)
Heidi Peterson	5000, 10K	So.	Edmonds, WA (King's)
Jessica Pixler	1500, 3000	Fr.	Sammamish, WA (Eastlake)
Kaitlin Rohde	5000, 10K	Jr.	Bellingham, WA (Mount Baker)
Karin Rohde	3000, SC	Jr.	Bellingham, WA (Mount Baker)
NyEma Sims	100, 200, Hep	Fr.	Portland, OR (Jefferson)
Suzie Strickler	400, 800, 1500	So.	Richland, WA
Lauren VerMulm	Jav	Jr.	Mount Vernon, WA
Anna Walters	200, 400	Fr.	Spokane, WA (North Central)
Megan Wrightman	800, 1500	Jr.	Bend, OR

Head Coach – Karl Lerum **Assistants** – Doris Heritage, Duncan Atwood, Aaron Bass, Howie Kellogg

WOLVES Western Oregon

Men	Events	Yr.	Hometown (School)
Beau Backman	Distance	Fr.	Gig Harbor, WA
Travis Banker	Distance	Fr.	Beaverton, OR (Valley Catholic)
Troy Banker	Distance	Jr.	Beaverton, OR (Valley Catholic)
Robert Barrett	Throws	So.	Eugene, OR (Churchill)
Trevor Bassett-Smith	Throws	Fr.	Keizer, OR (McNary)
Adam Bernot	Distance	So.	Portland, OR (Sunset)
Jason Buckmier	Sprints	Jr.	Beaverton, OR (Westview)
Lee Clarkson	Hurdles	Sr.	Salem, OR (Salem Academy)
Nick Crawford	Distance	Sr.	Beaverton, OR
Blake Estep	Distance	Fr.	Grants Pass, OR (Hidden Valley)
Justin Hernandez	Jumps	Fr.	Fairbanks, AK (West Valley)
Blake Herrington	Jumps	So.	Portland, OR (Rex Putnam)
Clint Hickey	Multi	Jr.	Bend, OR (Mountain View/Lane CC)
Kym Hunt	Distance	Fr.	Scio, OR (Cascade)
Mat Hutchinson	Javelin	So.	Newport, OR
Braxton Jackson	Distance	Fr.	Lincoln City, OR (Taft)
Nik Karr	Distance	So.	Tigard, OR
Brenden Kirchner	Sprinter	So.	Salem, OR (McKay)
Jeff Long	Distance	Fr.	Vancouver, WA (Skyview)
Anthony Marin	Throws	Fr.	Salem, OR (McKay)
Lloyd Massey	Hurdles	Fr.	Salem, OR (Sprague)
Nick Minch	Hurdles	Fr.	Portland, OR (Grant)
Charlie Newton	Distance	Fr.	Gresham, OR (Sam Barlow)
Daniel Nkemontoh	Distance	Fr.	Beaverton, OR (Southridge)
Ted Quinn	Throws	Jr.	Beaverton, OR (Jesuit/Providence)
Paris Ramsey	Sprints	Jr.	Sweet Home, OR (Lane CC)
Tyler Reisnaur	Jumps	Fr.	Hillsboro, OR (Century)
Miles Robison	Distance	So.	Gresham, OR (Reynolds)
Cole Samuel	Sprints	Jr.	Portland, OR (David Douglas)
Mike Schmidt	Distance	Fr.	Tacoma, WA (Bellarmine Prep)
Kyle Seick	Distance	Fr.	Monmouth, OR (Central)
Josh Threet	Sprints	Fr.	Jefferson, OR
Troy Tosdale	Hurdles	Jr.	Salem, OR (Sprague/Chemeketa CC)
Zeb Udell	Pole Vault	So.	Dallas, OR (Central/George Fox)
Michael Waite	Throws	Fr.	Newport, OR
Ryan Wall	Javelin	Sr.	Gresham, OR (Barlow/Mt. Hood CC)
Robert Wegner	Jumps	Fr.	Tigard, OR
Jake Wilson	Distance	Fr.	Colville, WA
Eric Zwiefelhofer	Pole Vault	Fr.	Hermiston, OR

No Longer With Team
Mark Dunn

Diamond, OR (Crane)

Women	Events	Yr.	Hometown (School)
Sarah Barker	Hurdles	Jr.	LaPine, OR
Tinisha Cross	Throws	Fr.	Eugene, OR (North Eugene)
Jessica Ely	Throws	Fr.	Hermiston, OR
Sabrina Freed	Throws	So.	Burns, OR
Chelsea Glavin	Multi-Events	Jr.	Vancouver, WA (Heritage/Clark CC)
Jessica Harper	Distance	So.	Oregon City, OR (Clackamas CC)
Angela Harsin	Sprints	Fr.	Condon, OR
Sarah Howell	Sprints	Jr.	Puyallup, WA
Kristin Humphrey	Throws	Fr.	Toledo, OR
Katherine Johnson	Distance	Jr.	Beaverton, OR (Northern Arizona)
Nicole Lassetter	Throws	So.	London, England (London Central)
Chevonna Lynch	Throws	So.	Douglas, OR
Kaitlin Mead	Throws	Fr.	Dufur, OR
Shirlon Moncrief	Distance	Fr.	Vancouver, WA (Heritage)
Natalie Nash	Hurdles	Sr.	Hillsboro, OR (Century)
Kim Parry	Distance	So.	Portland, OR (Centennial)
Taryn Plypick	Jumps	Sr.	Sumner, WA (Highline CC)
Jacque Postlewait	Multi-Events	So.	Canby, OR
Ashley Rau	Multi Events	Fr.	Newport, OR
Sarajane Rosenberg	Jumps	Fr.	Pendleton, OR
Alee Rowley	Distance	Fr.	Kenai, AK (KenaiCentral)
Alexandrea Stricker	Jumps	Fr.	Gervais, OR
Shannon Talbott	Throws	Sr.	Enterprise, OR
Stephanie Upshaw	Distance	Sr.	Union, OR
Brittini Wilson	Hurdles	Fr.	Willamina, OR
Lauren Zegers	Hurdles	Fr.	Bellingham, WA (Sehome)

No Longer With Team
Lacy Tibbits

Head Coach – Mike Johnson (fourth season)

Assistants – John Knight, Randy Kruse, Bridget Johnson, Jerret Mantalas, Damien Davis, Isaac Frederick

VIKINGS Western Washington

Men	Events	Yr.	Hometown (School)
Casey Barten	Distance	Sr.	Snohomish, WA
Josh Beck	Distance	Sr.	Kelso, WA (Lower Columbia CC)
Sam Bedell	Distance	So.	Reno, NV (Bishop Manogue)
Erik Bies	Middle Distance	GS	Sioux Falls, SD (Roosevelt – Luther)
Sam Brancheau	Distance	Sr.	Edmonds, WA (Edmonds-Woodway)
Ryan Brekey	Sprints	Fr.	Cowiche, WA (Highland)
Jesse Buffum	Distance	So.	Sedro-Woolley, WA
Will Cameron	Middle Distance	Fr.	Poulsbo, WA (North Kitsap)
Bobby Carlson	Distance	So.	Snohomish, WA
Nicholas Coughran	Sprints	So.	Tacoma, WA (Curtis – Tacoma CC)
Chad DeAguiar	Sprints, Jumps	Fr.	Mountlake Terrace, WA
Michael Dean	Sprints	Fr.	Tacoma, WA (Stadium)
Allan Denton	Sprints, Jumps	Fr.	Los Angeles, CA (Upland)
Alex Dye	Sprints	Fr.	Bellevue, WA (Issaquah)
Darren Edwards	Decathlon	Fr.	Arlington, WA
Ben Elder	Throws	Fr.	Lake Stevens, WA
Peter Ellis	Distance	Sr.	Eatonville, WA
Kenneth Farnsworth	Jumps	Jr.	Snohomish, WA
Josh Frazier	Distance	Sr.	Sea-Tac, WA (Tyee - Highline CC)
Nick Gaddy	Jumps, Sprints	So.	Cheney, WA
Peter Geist	Jumps	Sr.	Portland, OR (Grant)
Bennett Grimes	Distance	Fr.	Pocatello, ID (Century)
Alex Harrison	Decathlon	Fr.	Edmonds, WA (Woodway)

Keever Henry	Distance, Steeple	Sr.	Kelso, WA
Kevin Iverson	Multi-Events	So.	Mill Creek, WA (Jackson)
Carl Johnson	Sprints	So.	Renton, WA (Liberty)
Eddie Kaeka	Sprints	Sr.	Spanaway, WA (Spanaway Lake)
Dincer Kayhan	Throws	Fr.	Gig Harbor, WA
Miles Kenney	Throws	Fr.	Seattle, WA (Roosevelt)
Greg Kubitz	Distance	Fr.	Kelso, WA
Kyle Lampi	Middle Distance	So.	Everett, WA
Cory Lampshire	Middle Distance	So.	Castle Rock, CO (Douglas County)
Keith Lemay	Distance	Jr.	Blaine, WA (Lynden Christian)
Mikel Lenox	Sprints	Sr.	Spokane, WA (North Central)
Jacob Lesser	Middle Distance	Jr.	Port Townsend, WA
Kevin Li	Sprints	Fr.	Mercer Island, WA (Bellevue Christian)
Will Lloyd	Decathlon, Throws	Fr.	Tumwater, WA
Robbie Lowry	Pole Vault	Sr.	Marysville, WA (Pilchuck)
Bryan Lucke	Decathlon, Jumps	Jr.	Snohomish, WA (Monroe)
Anders Mavis	Middle Distance	So.	Boulder, CO
Cale McCulloch	Middle Distance	So.	Snohomish, WA
Blake Medhaug	Distance	Fr.	Bothell, WA
Bryant Michaelson	Throws	Fr.	Bellingham, WA (Meridian)
Kevin Moen	Sprints, Hurdles	Fr.	Kent, WA (Kent-Meridian)
Kevin Myhre	Hurdles	Jr.	Edmonds, WA (Meadowdale)
Adam Neff	Sprints	Sr.	White Salmon, WA (Columbia)
Matt O'Connell	Sprints	Fr.	Sammamish, WA (Skyline)
Alex Pempe	Distance	Fr.	Bellingham, WA (Mt. Baker – Whatcom CC)
Nate Perkins	Middle Distance	Fr.	Bellevue, WA (Bellevue Christian)
Daniel Phillips	Distance	Fr.	Olympia, WA
Chad Portwood	Distance	Sr.	Cheney, WA (Western State)
Keon Price	Hurdles	Fr.	Lakewood, WA (Clover Park)
Tommy Race	Distance	So.	Chelan, WA
Logan Senrud	Distance	Sr.	Bigfork, MT
Cody Serdar	Middle Distance	Jr.	Vancouver, WA (Columbia River)
Nik Skogsberg	Throws	So.	Yelm, WA
Tyler Thornbrue	Pole Vault	Sr.	Shelton, WA
Anthony Tomsich	Distance	So.	Fairbanks, AK (West Valley)
James Turner	Jumps	Sr.	Gig Harbor, WA (Highline CC)
Brandon Varkevissier	Throws	Jr.	Castle Rock, WA (LCC)
Hunter Verner	Pole Vault	Sr.	Brentwood, TN (Montgomery Bell Academy)
Ben Wargo	Hurdles, Sprints	Fr.	Pullman, WA
Calvin Williams	Sprints	Fr.	Gig Harbor, WA (Peninsula)
Dustin Wilson	Sprints	Sr.	Silverdale, WA (Central Kitsap)
Erik Zulfer	Distance	So.	Kent, WA (KentrIDGE)

Women

Mitra Akhavan
 Brianna Armour
 Kim Bascom
 Jolene Boogaard
 Chelsea Bradley
 Kaitlyn Brown
 Kami Burse
 Gail Butler
 Heather Butler
 Camille Clarke
 Clara Cook
 Kristen Cornish
 Elsa Couvelier
 Lindsey Cox
 Nikki D'Amico
 Erin Deasy
 Molly DePasqual
 Heidi Dimmitt

Events

Sprints, Jumps
 Sprints, Hurdles
 Jumps
 Distance
 Sprints
 Shot Put
 Distance
 Sprints, Jumps
 Sprints, Jumps
 Pole Vault
 Jumps
 Hurdles, Middle Dist.
 Sprints
 Jumps
 Distance
 Distance
 Distance
 Sprints, Hurdles

Yr.

Fr.
 Fr.
 Sr.
 So.
 Fr.
 Fr.
 Jr.
 So.
 Sr.
 So.
 So.
 So.
 Jr.
 Fr.
 Sr.
 So.
 Sr.
 Sr.
 So.

Hometown (School)

Olympia, WA (North Thurston)
 Kirkland, WA (Juanita)
 Camano Island, WA (Stanwood)
 Kelso, WA
 Marysville, WA (Pilchuck)
 LaConner, WA
 Spokane, WA (Central Valley)
 Issaquah, WA
 Leavenworth, WA (Cascade)
 Bellingham, WA
 Wenatchee, WA
 Lake Stevens, WA
 Bellingham, WA
 Milton, WA (Fife)
 Lynnwood, WA
 Gig Harbor, WA (Tulsa)
 Jackson Hole, WY
 Wenatchee, WA

Cara Dockins	Pole Vault	So.	East Wenatchee, WA (Eastmont)
Sara Ehlers	Pole Vault	Fr.	Corvallis, OR (Crescent Valley)
Cathy Fjellanger	Distance	Jr.	Woodinville, WA
Erin Fraser	Middle Distance	So.	Lake Stevens, WA
Arielle Genter	Hurdles, Sprints	So.	Bow, WA (Burlington-Edison)
Allison Graham	Distance	Fr.	Mill Creek, WA (Jackson)
Monika Gruszecki	Throws	Fr.	Edmonds, WA (Meadowdale)
Marissa Harshman	Distance	Jr.	Vancouver, WA (Heritage)
Carley Higgins	Middle Distance	Fr.	LaConner, WA
Rebekah Hook	Throws	So.	Tucson, AZ (Canyon Del Oro)
Kasey Hostetter	Jumps, Sprints	So.	Richland, WA (Hanford & Seattle U.)
Liz Howe	Throws	So.	Bothell, WA
Jessica Howell	Middle Distance	Jr.	Corpus Christi, TX (Mary Carroll - Del Mar College)
Shellane Jensen	Distance	So.	Sedro-Woolley, WA
Sarah Johnson	Throws	Jr.	Odessa, WA (Whatcom CC)
Shannon Johnson	Middle Distance	Jr.	Seattle, WA (Seattle Prep)
Jenny Josephson	Jumps, Sprints	So.	Eagle, ID
Keely Kaligis	Distance	Sr.	Mukilteo, WA (Kamiak)
Lauren Kaligis	Throws	Fr.	Mukilteo, WA (Kamiak)
Hannah King	Jumps	So.	Naches, WA (Naches Valley)
Lindsey Knight	Distance, PV	Jr.	Boise, ID (Capital)
Whitney Knox	Sprints	So.	Seattle, WA (Blanchet)
Lindsay Leonard	Jumps, Sprints	Jr.	Bellingham, WA (Squalicum)
Lindsay Lunderman	Hurdles, Sprints	Fr.	Tacoma, WA (Franklin Pierce)
Valerie Matthews	Distance	Fr.	Issaquah, WA (Skyline)
Sophia McCloy	Pole Vault	Fr.	Custer, WA (Ferndale)
Catherine McDonald	Distance	So.	Tacoma, WA (Bellarmine Prep)
Ashley McDougall	Middle Distance	Fr.	Sammamish, WA (Redmond -Montana)
Kathryn Mertens	Sprints	Fr.	Olympia, WA
Christy Miller	Jumps, Hurdles	So.	Boise, ID (Bishop Kelly)
Lydia Morrison	Jumps	So.	Clarkston, WA
Emily Mosich	Distance	Fr.	Tacoma, WA (Bellarmine Prep)
Ali Nelson	Middle Distance	Fr.	Medical Lake, WA (SFCC)
Amy Olson	Distance	Jr.	Stanwood, WA
Wendy Overton	Middle Distance	Jr.	Elma, WA
Erica Rance	Throws	Jr.	Seattle, WA (Renton)
Ellie Reff	Distance	Fr.	Bow, WA (Burlington-Edison)
Chelsea Sadler	Throws	So.	Olympia, WA (North Thurston)
Laura Sandall	Sprints	Fr.	Albuquerque, NM (El Dorado)
Katrina Schwerdtfeger	Distance	Sr.	Mountlake Terrace, WA (Everett CC)
Susanna Scruggs-James	Middle Distance	Fr.	Seattle, WA (Seattle Academy)
Danielle Seibert	Hurdles/Sprints	So.	Kirkland, WA (Juanita)
Danielle Slaughter	Distance	Fr.	Spokane, WA (Shadle Park)
Aly Spear	Hurdles	Fr.	Spokane, WA (Ferris)
Julie Stone	PV, Multi-Events	Jr.	Bellingham, WA (Sehome)
Katie Taylor	Throws	Sr.	Bellevue, WA (Interlake)
Amanda Thornton	Sprints	Jr.	Kenmore, WA (Inglemoor - Shoreline CC)
Jennifer Villalva	Throws	So.	Port Orchard, WA (South Kitsap)
Shawna Wayman	Jumps	So.	Bow, WA (Burlington-Edison)
Kathleen Weinand	Distance	Sr.	Spokane, WA (Gonzaga Prep)
Ashley Werner	Sprints, Multi-Events	So.	Everett, WA (Archbishop Murphy)
McKinley Williams	Distance	Fr.	Federal Way, WA (Todd Beamer)
Katie Wittrock	Middle Distance	Jr.	Federal Way, WA (Bellarmine Prep)
Jamie Wulfekuhle	Pole Vault	Jr.	Olympia, WA (Capital)
Erica Ziegler	Pole Vault	Fr.	Spokane, WA (Mt. Spokane)

Head Coach - Kelven "Pee Wee" Halsell **Assistants** - Bill Roe, Brandi Petz, Jim Brewer, Lex Kaligis, Dick Henrie, Jeremy Skulley, T.J. Garlatz

2008

SEAWOLVES Alaska Anchorage

Men	Events	Cl.	Hometown
Mick Boyle	Middle Distance	Jr.	Kenai, AK (Kenai Central)
Aaron Dickson	Distance	Sr.	Palmer, AK
Peter Doner	Distance	So.	Palmer, AK (Colony – Adams State)
Auston Ellis	Distance	Jr.	Valdez, AK
David Gilbert	Sprints	Fr.	Kodiak, AK
Brandon Grant	Sprints	So.	Anchorage, AK (Dimond)
Scott Kamitz	Throws	Sr.	DeSoto, KS
David Kiplagat	Distance	Jr.	Kapsabet, Kenya (Kaptumo Boys)
Michael Madrid	Sprints	Sr.	Anchorage, AK (East)
JamesMcLaughlin	Sprints	Jr.	East Bethel, MN (St. Francis)
Lucas Pedro	Throws	Jr.	Anaheim, CA (Western HS – West Hills College)
Cory Pena	Distance	Fr.	Kodiak, AK
Demetrius Preston	Sprints	Fr.	Anchorage, WA (Service)
David Registe	Jumps, Sprints	So.	Palmer, AK (Colony)
Paul Rottich	Distance	So.	Kapsabet, Kenya (Kaptumo Boys)
Orin Ryan	Distance	Fr.	Fairbanks, AK (Lathrop)
Cornelious Sigei	Distance	Jr.	Nairobi, Kenya (Kaplong Boys)
Levi Sutton	Middle Distance	Fr.	Kenai, AK (Kenai Central)
Eric Walsh	Sprints	Jr.	Fairbanks, AK (Monroe Catholic)
Shaun Ward	Hurdles	Fr.	Anchorage, AK (Eagle River)
Women	Events	Cl.	Hometown
Emma Bohman	Distance	Fr.	Palmer, AK
Kim Brady	Jumps	So.	Odessa, TX
Suzanna Caldwell	Middle Distance	Fr.	Wasilla, AK
Laura Carr	Distance	Jr.	South Bend, IN (Penn)
Elizabeth Chepkosgei	Distance	So.	Kapsabet, Kenya (Eisero Girls)
Johanna Doner	Distance	Fr.	Palmer, AK (Colony)
Nathalia Echavarria	Hurdles	Sr.	Anchorage, AK (Dimond)
Ardrienna Everett	Sprints	Fr.	Palmer, AK (Colony)
Davya Flaharty	Distance	Sr.	Fairbanks, AK (West Valley)
Meagan Friess	Hurdles	So.	Anchorage, AK (Dimond)
Anjuli Haydu	Middle Distance	Sr.	Craig, AK
Jessica Houston	Throws	Sr.	Anchorage, AK (Dimond)
Kristina Kvernplassen	Middle Distance	Jr.,	Anchorage, AK (Stellar – U. Arkansas)
Heather McIntyre	Distance	Jr.	Kenai, AK (Kenai Central)
Lindsey Mock	Sprints	Fr.	Langley, WA (South Whidbey)
Natalie Pfeifer	Middle Distance	Fr.	Ketchikan, AK
Zee Zee Ridgway	Hurdles	Jr.	Anchorage, AK (Dimond)
Kristina Smith	Middle Distance	Jr.	Anchorage, AK
Kaley Strachan	Distance	Sr.	Port Alberni, BC (Alberni)
Alex West	Middle Distance	Fr.	Soldotna, AK
Hallidie Wilt	Distance	Fr.	Unalaska, AK

Head Coach - Michael Friess. **Assistants** – T.J. Garlatz, Rafael Echavarria, Vivian Echavarria, James Aronow

WILDCATS Central Washington

Men	Events	Cl.	Hometown
Chad Acock	Throws	Jr.	Walla Walla, WA (DeSales)
Cameron Bailey	Jumps	Sr.	Woodinville, WA
Nick Baloca	Pole Vault	Fr.	Bonney Lake, WA
William Basham	Jumps	Fr.	Tacoma, WA (Washington)
Kevin Blount	Distance	Sr.	Yakima, WA (Ike – SFCC)
Donald Bricher	Sprints	Fr.	Lake Tapps, WA (Sumner)
Colby Brydson	Sprints	So.	Covington, WA (Kentlake)
Keith Catt	Throws	Fr.	Columbia Falls, MT
James Cho	Jumps	Fr.	Spanaway, WA (Spanaway Lake)
Andrew Christenson	Sprints	Fr.	Cowiche, WA (Highland)
Nick Collins	Jumps	Jr.	Zillah, WA
Corey Cronkhite	Middle Distance	Jr.	Puyallup, WA (Spanaway Lake)
Christian Demouchet	Hurdles	So.	Bremerton, WA (Olympic)
Tyler Dexter	Sprints	Jr.	Yakima, WA (Naches Valley)
Corey Dimond	Sprints, Middle Distance	Sr.	Puyallup, WA (Emerald Ridge)
Joseph Domingues	Middle Distance	Fr.	Seattle, WA (West Seattle)
John Durkee	Distance	Fr.	Omak, WA
Roy Erhart	Sprints	Fr.	Hoquiam, WA
Tyler Fischer	Throws	So.	Cashmere, WA
Alex Gatlin	Sprints	Fr.	Bonney Lake, WA (Sumner)
Dave Gaudette	PV, Sprints	Fr.	Yakima, WA (Eisenhower)
Christian Goodwin	Jumps	Sr.	Chimacum, WA (Green River)
Chris Grist	Pole Vault	Fr.	Lake Tapps, WA (Sumner)
Andy Gundel	Sprints	Sr.	Bellingham, WA (Squalicum)
Jonathan Hamilton	Jumps	So.	North Pole, AK
Wes Hargrove	Middle Distance	Fr.	Mount Vernon, WA (Burlington-Edison)
Steve Harrington	Throws	Fr.	Snohomish, WA
Ryan Johnson	Jumps	So.	Cle Elum, WA (Cle Elum-Roslyn)
Tom Johnson	Middle Distance	So.	Seattle, WA (O'Dea)
Josh Kirk	Hurdles	Sr.	Kennewick, WA
Jeff Knutson	Distance	Fr.	Yakima, WA (East Valley)
Josh Kratzer	Distance	Sr.	Renton, WA (Lindbergh – BCC)
Trevor Kulvi	Distance	Sr.	Sumner, WA (Highline CC)
Erik Lee	Jumps	Fr.	Shoreline, WA (Shorewood)
Scott McCoy	Jumps, Dec	Sr.	Hoquiam, WA
Maurice McGrath	Middle Distance	Fr.	Ellensburg, WA (Kittitas)
Joseph Nelson	Jumps	Fr.	Lyle, WA
Lionel Orji	Sprints	So.	Federal Way, WA (Thomas Jefferson)
Mychal Ostler	Throws	So.	Stevenson, WA
Michael Pankiewicz	Middle Distance	Sr.	Mukilteo, WA (Kamiak)
Scott Power	Distance	Fr.	Burlington, WA (Burlington-Edison)
Daniel Ramirez	Throws	Fr.	Toppenish, WA
Brian Rockenbach	Distance	Sr.	Snohomish, WA
Matt Rogstad	Sprints	Jr.	Yakima, WA (East Valley)
Dominik Skrivanich	Sprints	Fr.	Gig Harbor, WA (Peninsula)
Andrew Stiger	Throws	Fr.	Everett, WA
Rock Trostel	Sprints	Fr.	Kinei, HI (Maui)
Matt Valdez	Throws	Jr.	Toppenish, WA
Charles Velasquez	Hurdles, Sprints	Sr.	Yakima, WA (Highland – Clark)
Ian Wells	Throws	Sr.	Lake Stevens, WA
Women	Events	Cl.	Hometown
Shaina Afoa	Throws	So.	Anchorage, AK (Dimond)
Haley Amos	Jumps	Sr.	Cowiche, WA (Highland)
Mary Bakeman	Distance	So.	Whidbey Island, WA (South Whidbey)
Berlyn Bales	Distance	Fr.	Issaquah, WA (Liberty)
Sarah Benson	Middle Distance	Sr.	Kent, WA (KentrIDGE)
Alejandra Borunda	Distance	Fr.	Yakima, WA (West Valley)
Kirsten Clarke	Distance	Jr.	Wenatchee, WA

Lynde Clarke	Sprints	So.	Albuquerque, NM (Sandia)
Stephanie Cooke	Middle Distance	So.	Ellensburg, WA
Stephanie Druktenis	Hurdles	Sr.	Bellevue, WA (Issaquah)
Alicia Edwards	Throws	Jr.	Kelso, WA
Chelsea Evans	Sprints	Sr.	Yakima, WA (West Valley)
Anya Friday	Distance	So.	Bellingham, WA
Amanda Gius	Sprints	Jr.	Lake Tapps, WA (Auburn Riverside)
Raquel Gonzalez	Hurdles, Jumps	So.	Ellensburg, WA (Kittitas)
Jesica Hirschhorn	Distance	Fr.	Enumclaw, WA
Britany Hood	Sprints	Jr.	Mossyrock, WA (White Pass)
Katie Hummel	Middle Distance	Sr.	Yakima, WA (Ike – Texas A&M)
Rachael Kaercher	Sprints	Jr.	Shelton, WA
Jamie Koch	Middle Distance	Jr.	Bellevue, WA
Amanda Lotz	Distance	Fr.	Puyallup, WA (Bellarmine Prep)
Rachael Mathwig	Distance	Fr.	Renton, WA
Katie McMeel	Throws	Jr.	Olympia, WA
Alison McWeeny	Throws	So.	Auburn, WA (Fife)
Marcie Mullen	Distance	Jr.	Lyman, WA (Sedro-Woolley)
Kiera Murphy	Throws	Fr.	Lyle, WA
Kara Nygard	Hurdles	Sr.	Wenatchee, WA
Tanja Owen	Middle Distance	Jr.	East Wenatchee, WA (Eastmont)
Samantha Potvin	Jumps	Fr.	Selah, WA (Davis)
Susan Quick	Sprints	Jr.	Lynnwood, WA (Edmonds-Woodway)
Staci Ring	Distance	Fr.	University Place, WA (Curtis)
Amanda Rose	Jumps	So.	Chehalis, WA (West)
Becky Scherer	Throws	Jr.	Lake Forest Park, WA (Shorecrest)
Caitlin Schmitz	Sprints	Fr.	Cowiche, WA (Highland)
Jennifer Scott	Sprints	Fr.	Puyallup, WA (Rogers)
Mary Seidler	Hepth	So.	Goodyear, AZ (Millennium)
Jordan Stueckle	Throws	Fr.	Selah, WA
Krissy Tandle	Throws	Sr.	Wenatchee, WA
Casey Tate	PV	Fr.	Ephrata, WA
Shannon Vreeland	Distance	So.	Port Orchard, WA (South Kitsap)
Tisha Wells	Jumps, Sprints	Fr.	Lakewood, WA (Clover Park)

Head Coach - Kevin Adkisson. **Assistants** – Chris Baumgartner, Terran Legard, Julian Trevino.

YELLOWJACKETS Montana State Billings

Men	Events	Cl.	Hometown
Luke Barrett	Sprints	Fr.	Whitehall, MT
Ryan Ceynar	Distance	Fr.	Glendive, MT (Dawson County)
Nathan Diede	Sprints	Fr.	Lambert, MT (Richie-Lambert)
Jade Haynie	Throws, Sprints	Fr.	Billings, MT (Skyview)
James Hopkins	Sprints, Hurdles	So.	Helena, MT (Capital)
Joe Houghton	Sprints, Jumps	Fr.	Billings, MT (West)
Nick Kesler	Sprints	Fr.	Billings, MT (Billings West)
Deshawn Lewis	Jumps	Fr.	Judith Gap, MT
Kelley Miller	Distance	Fr.	Glendive, MT (Dawson County)
Richie Pemberton	Distance	Sr.	Manhattan, MT
Jarred Rensvold	Distance	Sr.	Wolf Point, MT
Kyle Richards	Throws	So.	Whitehall, MT (Harrison)
Nathan Satran	Pole Vault	Fr.	Forsyth, MT
Noah Vallincourt	Sprints	So.	Roseville, CA
Women	Events	Cl.	Hometown
Amanda Baum	Sprints, Hurdles	Fr.	Winston, MT (Townsend)
Kelsee Clark	Throws	Fr.	Geraldine, MT
Britney Derhak	Sprints	So.	Billings, MT (Skyview)
Lexi Halvorson	Throws	Fr.	Billings, MT (West)

Sarah Jackson	Sprints, Middle	Fr.	Bozeman, MT (Manhattan Christian)
Mykel Ler	Middle Distance	Fr.	Sidney, MT
Micah Merrill-Johnson	Middle Distance	Jr.	Salt Lake City, UT (East)
Dianna Stanley	Distance	Fr.	Miles City, MT (Custer County)
Katie Thiel	Distance	Fr.	Powell, WY
Kacie Vanderloos	Throws	Fr.	Hysham, MT
Malori Woodford	Sprints, Jumps	Fr.	Mosby, MT (Grass Range-Winnett)

Head Coach – Dave Coppock. **Assistants** – Sarah Lord, Jimmy Beal, Dan Biehl, Dennis Johnson

CRUSADERS Northwest Nazarene

Men	Events	Yr.	Hometown (School)
Zach Barclay	Throws	Jr.	Meridian, ID
Dallas Beaty	Hurdles	Jr.	Salem, OR
Justin Blackstead	Jumps	So.	Nampa, ID (Nampa Christian)
Seth Clark	Distance	So.	Grangeville, ID
Greg DeSimone	Distance	So.	Las Vegas, NV (Bonanza)
Alex Eaton	Throws	So.	Craigmont, ID (Highland)
Diego Estrada	Throws	Fr.	Castleford, ID
Jordan Fenters	Throws	Fr.	Klamath Falls, OR (Henely)
Kyle Gray	Distance	Jr.	San Diego, CA (Point Loma HS)
Tim Greene	Sprints	Fr.	Portland, OR (Madison)
Josh Grewe	Multi	Jr.	Spokane, WA (Northwest Christian)
Greg Hamm	Jumps	Sr.	Hermiston, OR
Mark Hanson	Hurdles	So.	Nampa, ID (Skyview)
Josh Heidegger	Jumps/Throws	Fr.	Jacksonville, OR (Cascade Christian)
Hank Hetrick	Distance	So.	Caldwell, ID (Greenleaf Friends)
Dan Hill	Sprints	Fr.	Castleford, ID
Steve Huff	Distance	So.	Leicester, NY (York Central)
Joshua Jones	Jumps/Throws	Fr.	Spokane, WA
Jess Keys	Jumps	Fr.	Sweet Home, OR
Kevin Lambert	Distance	Sr.	Boise, ID (Nampa Christian)
Zach Lane	Distance	So.	Redmond, OR
Jerad Larson	Jumps	Jr.	Meridian, ID (Mountain View)
Dane Manley	Sprints	So.	Puyallup, WA (Rogers)
Grant Miller	Throws	So.	Vancouver, WA (Vancouver Christian)
Stuart Montgomery	Multi	Fr.	Marysville, WA (Grace)
Gabriel Otis	Distance	Jr.	Blue Springs, MD
Caleb Patee	Jumps	So.	Ridgefield, WA
Caleb Reynolds	Distance	Fr.	Yakima, WA (Riverside Christian)
Ben Shea	Jumps	So.	Wenatchee, WA
Matt Stark	Distance	Fr.	Meridian, ID (Mountain View)
Josh Wageman	Distance	Jr.	Meridian, ID
Mitch Ward	Sprints	So.	Nampa, ID (Skyview)
Eric Zwiefelhofer	Sprints/Jumps	So.	Hermiston, OR
Women	Events	Yr.	Hometown (School)
Jamie Beaty	Distance	Jr.	Jefferson, OR
Maycee Bekkedahl	Sprints/Jumps	Fr.	Nampa, ID (Skyview)
Shanie Benner	Throws	Sr.	Spokane, WA (Central Valley)
Kim Berberick	Sprints	Sr.	Challis, ID
Danielle Bickford	Sprints	Fr.	Battle Ground, WA (Columbia Adventist)
Lindsay Brady	Sprints	So.	Boise, ID (Bishop Kelly)
Christa Brediger	Sprints	So.	Shoreline, WA (Shorewood)
Amy Carroll	Throws	Sr.	Billings, MT
Shannon DeBoer	Distance	Jr.	Othello, WA
Elisa Decker	Distance	Fr.	Vancouver, WA (Mountain View)
Mandi Dick	Sprints/Throws	So.	Tacoma, WA (Stadium)
Hannah Dine-Aubert	Throws	Fr.	Sweet Home, OR
Ashley Egger	Jumps	Fr.	Portland, OR

Karina Elzinga	Jumps	So.	Salmon, ID
Kelsey Hettman	Jumps	So.	Auburn, WA (Auburn Riverside)
Chelsey Jones	Multi	So.	Sunnyside, WA (Sunnyside Christian)
Annie Larlee	Hurdles	Fr.	Maupin, OR (South Wasco)
Alycia Link	Sprints	Jr.	Nampa, ID (Nampa Christian)
Courtney Little	Throws	Jr.	Othello, WA
Kendra Loeber	Distance	Fr.	Grangeville, ID
Ashley Morman	Distance	So.	Bonnors Ferry, ID
Amanda Peters	Multi	Sr.	Spokane, WA (Mead)
Lynsie Powers	Jumps	So.	Spirit Lake, ID (Timberlake)
Ashley Puga	Distance	Jr.	Meridian, ID (Nampa Christian)
Jaclyn Puga	Distance	Fr.	Meridian, ID (Nampa Christian)
Miriam Reardon	Distance	So.	Grangeville, ID (Camas Prairie Home Educators)
Ashley Rendahl	Distance	Fr.	Hailey, ID (Wood River)
Kristi Rice	Jumps	So.	Shelton, WA
Sarah Robinson-Elwell	Throws	Jr.	Woodburn, OR
Nichole Schutte	Sprints	Jr.	Nampa, ID
Sharelle Seward	Sprints	Fr.	Kimberly, ID
Shayna Shute	Throws	Fr.	Vancouver, WA (Vancouver Christian)
Falissa Smith	Sprints	Fr.	Beaverton, OR (Southridge)
Katlin Sullivan	Jumps	Fr.	Baker City, OR
Lynelle Thompson	Sprints	Jr.	Post Falls, ID (North Idaho Christian)
Latoya Tidwell	Sprints	Fr.	Tacoma, WA (Franklin Pierce)
M.J. Usabel	Jumps/Hurdles	So.	Marsing, ID
Laura VonArx	Jumps	So.	Hermiston, OR
Rylee Walker	Jumps	Fr.	Stevenson, WA
Jennifer Young	Distance	Jr.	Florence, OR (Siuslaw)

Head Coach - John Spatz. **Assistants** - Ben Gall, Scott Kinnaman, Dustin Ainsworth, Jake Perry, Rebekah Bowman, Andy Peters

SAINTS Saint Martin's

Men	Events	Yr.	Hometown
Connor Flaherty	Sprints	So.	Salem, OR (Blanchet)
Josh Gatbunton	Middle Distance	So.	Lakewood, WA (Mt. Tahoma)
Bryan Gerry	Sprints	Jr.	Lacey, WA (Timberline)
Michael Grosso	Sprints	Fr.	Tacoma, WA (Franklin Pierce)
Nick Harvey	Middle Distance	Fr.	Olympia, WA (River Ridge)
Justus Kandoll	Distance	Sr.	Poulsbo, WA (North Kitsap)
Steven Lalonde	Distance	Sr.	Centralia, WA
Jacob Loquvam	Sprints, Throws	Fr.	Lacey, WA (Timberline)
Tris Obluck	Distance	Sr.	Mukowanago, WI
Joshua Puckett	Throws	Fr.	Port Orchard, WA (South Kitsap)
John Riak	Distance, Middle Distance	Jr.	Lacey, WA (North Thurston)
Bill Richardson	High Jump, Javelin	Jr.	Shelton, WA (Grays Harbor CC)
Mike Vavricka	Throws	Fr.	Yakima, WA (LaSalle)
Sam Washington	Throws	Fr.	Tacoma, WA (Lincoln)
Women	Events	Yr.	Hometown (School)
Ana Arreola	Sprints, Hurdles	So.	Wapato, WA
Ninalynn Benitez	Distance	Fr.	Auburn, WA (Thomas Jefferson)
Kaleigh Bishop	Middle Distance	Sr.	Stanwood, WA
Jillian Blake	Throws	Jr.	Little Rock, WA (Clark)
Helen Camden	Distance	Fr.	Yakima, WA (LaSalle)
Krinda Carlson	Middle Distance	So.	Pateros, WA
Chelsi Claussen	Sprints, Hurdles	Sr.	Shelton, WA
Jessie Dunnam	Middle Distance	Sr.	Kelso, WA
Annie Laweryson	Middle Distance	Fr.	Puyallup, WA (Rogers)
Amy Layton	Distance	Sr.	Toledo, WA
Karissa Owen	Distance	Fr.	Rainier, WA

Jessica Pendon	Sprints, Hurdles	Jr.	Spanaway, WA (Spanaway Lake)
Sade Smith	Throws	Sr.	Pullman, WA (Centralia CC)
Megan Thomas	Throws	Fr.	Kennewick, WA

Head Coach – Julie Sullivan. **Assistants** – Richard LaLonde, Andy Prentice, Hal L. Werner

REDHAWKS Seattle University

Men	Events	Yr.	Hometown (School)
Alec Adams	Distance	So.	Woodway, WA (Edmonds-Woodway)
Loyal Allen Jr.	Sprints, Middle Distance	Sr.	Seattle, WA (Rainier Beach – Highline CC)
Nicholas Alvarado	Distance	So	San Francisco, CA (Saint Ignatius Prep)
D’Andre Benjamin	Sprints, Hurdles	Fr.	Mililani, HI
Nick Cannata-Bowman	Distance	Fr.	San Francisco, CA (Sacred Heart Cathedral)
Max Cole	Distance	Fr.	Fort Collins, CO
Kyle Finnegan	Throws	Jr.	University Place, WA (Curtis)
Christopher Fussell	Sprints	Fr.	Las Vegas, NV
Travis Glover	Sprints	Sr.	Sea-Tac, WA (Tyee – Highline CC)
Hans Heitzinger	Distance	Fr.	Scottsdale, AZ (Brophy College Prep)
Peter Heitzinger	Throws	Jr.	Scottsdale, AZ (Brophy College Prep)
Chris Henry	Distance	So	West Seattle, WA (O’Dea)
Adam Kollgaard	Distance	Fr.	Kent, WA (Thomas Jefferson)
Jude Anthony Martinez	Sprints	Fr.	Hagatna, Guam (Father Duenas Memorial)
Marc Massey	Pole Vault	Fr.	Gig Harbor, WA
Graham Miller	Distance	Fr.	Spokane, WA (Lewis & Clark)
Udoka Odoemene	Jumps	So	Des Moines, WA (Kennedy)
Robert Poshusta	Sprints, Hurdles	So	Bremerton, WA (Olympic)
Daniel Sullivan	Sprints	So	Tukwila, WA
Michael Van Nuland	Distance	Fr.	Newcastle, WA (Hazen)
Women	Events	Yr.	Hometown (School)
Mara Becker	Jumps	So.	Fairbanks, AK (Monroe Catholic)
Hali Bellisario	Throws	Fr.	Newberry, OR
Courtney Cabebe	Pole Vault	So.	Kihei, HI (Maui)
Rhiannon Cadelinia	Distance	Jr.	San Francisco, CA (Sacred Heart Cathedral)
Kaci Rae Christopher	Throws	Fr.	Hillsboro, OR
Lindsay Currier	Throws	So	Beaverton, OR
Sara DeMartini	Throws	Fr.	San Francisco, CA (Saint Ignatius College Prep)
Jen Hamann	Distance	Sr.	Colorado Springs, CO (Pine Creek)
Katie Hansen	Distance	Jr.	Portland, OR (Sam Barlow)
Tiffany Hunter	Distance	Fr.	Longview, WA (R.A. Long)
Jennifer Innes	Distance	Jr.	San Bruno, CA (Mercy)
Rachael Johnson	Distance	Fr.	Yakima, WA (West Valley)
Natalie Martinez	Distance	Jr.	San Francisco, CA (Sacred Heart Cathedral)
Haley McGoldrick	Distance	Fr.	Scottsdale, AZ (Xavier College Prep)
Julia Miller	Distance	Fr.	Normandy Park, WA (Highline)
Clare Monahan	Jumps	Fr.	Centennial, CO (Regis Jesuit)
Erin Moon	Sprints, Hurdles	Fr.	Honolulu, HI
Rachel Purcell	Sprints	Fr.	Mission Viejo, CA (Jserra Catholic)
Kerianne Quiocho	Distance	Fr.	Tacoma, WA (Bellarmine Prep)
Kamala Squires	Jumps	Fr.	Ventura, CA
Greta Stickney	Distance	So	Poulsbo, WA (North Kitsap)
RaeLani Valaile	Throws	Fr.	Seattle, WA (Kennedy)
Elizabeth Wolf	Sprints	Fr.	Albuquerque, NM (St. Piux X)
Rachel Yorkston	Distance	So.	Bellingham, WA

Head Coach – Trisha Steidl **Assistants** – Eric Schueffner, Uli Steidl, Becca Gillespy, Heather Thomason , Matt Sheeks

FALCONS Seattle Pacific

Men	Events	Yr.	Hometown (School)
Brian Carper	Distance	Fr.	Vancouver, WA
Brian Cronrath***	1500, 5000	Sr.	Battle Ground, WA
Evan Dull	800, 1500	Fr.	Shoreline, WA (King's)
Jeff Dull	700, 1500	Fr.	Shoreline, WA (King's)
Justin Felt*	LJ, Dec	So.	Eugene, OR (Churchill)
Michael Gavareski	800, 1500	Sr.	Bellingham, WA
Joshua Jorgensen*	Pole Vault	So.	Gladstone, OR (Rex Putnam)
Andrew Matschiner	Shot, Disc	Fr.	Portland, OR (Jesuit)
Chad Meis*	5000	So.	Renton, WA (Seattle Christian)
James Rosser	Distance	Sr.	Seattle, WA (Highline)
Scott Seamster*	5000, 10K	Sr.	Seattle, WA (Blanchet)
Women	Events	Yr	Hometown (High School)
Brittany Aanstad	Jav, HJ, Hep	Fr.	Lake Stevens, WA
Lisa Anderberg*	800, 1500	So.	Edmonds, WA (Kamiak)
Monica Anderson***	PV	Sr.	Bremerton, WA
Kim Beaman**	800, 1500	Jr.	Emily, MN (Crosby-Ironton)
Brittany Bekins*	Jav, Hep	Jr.	Everett, WA (Cascade)
Kysa Cronrath*	3000	So.	Odessa, WA
Latasha Essien*	100, 200	So.	Portland, OR (Reynolds)
Melissa Flower	Long Jump	Fr.	Vancouver, WA
Teona (Perkins) Golding	High Jump	Sr.	Kennewick, WA
Kate Harline*	3000, 5000	So.	Orem, UT
Katie Hart**	3000	Jr.	Pasadena, CA (L.A. Baptist)
Carrie Hauck	PV	Fr.	Longview, WA (Mark Morris)
Jessica Hinton*	100, 200	So.	Lake Stevens, WA
Jane Larson*	1500, 3000	So.	Fall City, WA (Cedar Park Christian)
Tracie Lundsten*	PV	So.	Banks, OR
Jacquie Mattson	HJ	Fr.	Odell, OR (Hood River Valley)
Melissa Peaslee	PV	Fr.	Fox Island, WA (Gig Harbor)
Heidi Peterson**	5000, 10K	Jr.	Edmonds, WA (King's)
Jennifer Pike	100H, 400H	Fr.	Vancouver, WA (Skyview)
Jessica Pixler*	800, 1500	So.	Sammamish, WA (Eastlake)
Kaitlin Rohde***	5000, 10K	Sr.	Bellingham, WA (Mount Baker)
Karin Rohde***	1500, SC	Sr.	Bellingham, WA (Mount Baker)
Kyla Rohde	Steeplechase	Fr.	Bellingham, WA (Mount Baker)
Jeeni Schantin	Jav	Jr.	West Linn, OR
NyEma Sims*	200, 400, Hep	So.	Portland, OR (Jefferson)
Suzie Strickler**	800, 1500	Jr.	Richland, WA
Lauren VerMulm**	Jav	Jr.	Mount Vernon, WA
Anna Walters*	200, 400	So.	Spokane, WA (North Central)
Megan Wrightman***	800, 1500	Sr.	Bend, OR

Head Coach – Karl Lerum **Assistants** – Doris Heritage, Duncan Atwood, Chris Randolph, Erika Daligcon, Lane Seeley, Kate Carlson

WOLVES Western Oregon

Men	Events	Yr.	Hometown (School)
Kasey Ahsing	Throws	Fr.	Oregon City, OR
Beau Backman*	Distance	So.	Gig Harbor, WA
Travis Banker*	Distance	So.	Banks, OR (Valley Catholic)
Robert Barrett**	Throws	Jr.	Eugene, OR (Churchill)
Eli Callan	Hurdles, Sprints	Fr.	Sisters, OR
Nick Clark	Sprints	Fr.	Portland, OR
Marc DesJardin	Sprints	Fr.	John Day, OR (Grant Union)
Benjamin Dieker	Jumps	Fr.	John Day, OR (Grant Union)
Blake Estep*	Sprints	So.	Grants Pass, OR (Hidden Valley)
Gabe Flores	Sprints	Fr.	Myrtle Creek, OR (South Umpqua)

Marshall Hanshumaker	Sprints	Fr.	Seal Rock, OR (Waldport)
Clayton Herman	Hurdles	Jr.	Molalla, OR (Clackamas CC)
Justin Hernandez	Jumps	So.	Fairbanks, AK (West Valley)
Clint Hickey*	Multi, Hurdles	Sr.	Bend, OR (Mountain View)
Kym Hunt*	Distance	So.	Scio, OR (Cascade)
Nathan Ingrao	Sprints	So.	Sandy, OR (Lane CC)
Braxton Jackson*	Distance	So.	Lincoln City, OR (Taft)
Andrew Jepson	Throws	Fr.	Willamina, OR
Justin Karr	Distance	Fr.	Tigard, OR
Nik Karr**	Distance	Jr.	Tigard, OR
Ben Kuenzi	Sprints	So.	Salem, OR (McKay)
Kyle Larson	Distance	Fr.	Lake Stevens, WA
Jeff Long*	Distance	So.	Vancouver, WA (Skyview)
Derek Lopez	Distance	Fr.	Hillsboro, OR
Andy Luscutoff	Sprints	Fr.	Canby, OR
Justin Mackenzie	Javelin	Fr.	Bend, OR (Mountain View)
Jamarian Malley	Jumps	Fr.	Portland, OR (Benson Tech)
Anthony Marin**	Throws	Jr.	Salem, OR (McKay)
Zach Massari	Distance	Fr.	Scio, OR
Lloyd Massey*	Hurdles	So.	Salem, OR (Sprague)
Matt McCrary	Distance	Fr.	Gladstone, OR
Dallas Moses	Distance	Fr.	Warrenton, OR
Ashtin Mott	Sprints	Fr.	Lake Stevens, WA
Steve Perrilloux	Sprints	Fr.	LaPlace, LA (East St. John)
Paris Ramsey	Sprints	Jr.	Sweet Home, OR (Lane CC)
Chris Reed	Distance	Fr.	Klamath Fall, OR
Nate Reese	Distance	Fr.	Monmouth, OR (Central)
Tyler Reisnaur*	Jumps	So.	Hillsboro, OR (Century)
Jeramiah Richardson	Middle Distance	Fr.	Grants Pass, OR (Hidden Valley)
Cole Samuel**	Sprints	Sr.	Portland, OR (David Douglas)
Mike Schmidt*	Distance	So.	Tacoma, WA (Bellarmine Prep)
Kyle Seick*	Distance	So.	Monmouth, OR (Central)
Jason Slowey	Throws	Fr.	Medford, OR (North Medford)
Joshua Threet*	Sprints	So.	Jefferson, OR
Zeb Udell*	Multi-Events	Jr.	Dallas, OR (Central - George Fox)
Zeke Van Patten	Distance	Fr.	Corvallis, OR
Abe Webb	Distance	Fr.	Milwaukie, OR (LaSalle)
Robert Wegner*	Jumps	So.	Tigard, OR
Dylan Wells	Sprints	Fr.	Aurora, OR (Regis)
Jordan Werner	Hurdles	Fr.	Grants Pass, OR
Alex Whitaker	Throws	Fr.	Astoria, OR
Tommy Woolf	Multi-Events	Fr.	Fairbanks, AK (West Valley)

Women	Events	Yr.	Hometown (School)
Annan Applebee	Distance	Fr.	Gladstone, OR
Sarah Barker***	Hurdles	Sr.	LaPine, OR
Kira Batcheller	Distance	Fr.	Hillsboro, OR
Ashley Berry	Distance	Fr.	Medford, OR (North Medford)
Kelsey Castrey	Sprints	Fr.	Vancouver, WA (Hudson's Bay)
Sara Cole	Throws	Fr.	Independence, OR (Central)
Jackie Dent	Distance	So.	Salem, OR (Sprague)
Lauren Duckett	Throws	Jr.	Burns, OR
Barbie Duffy	Javelin	Fr.	Myrtle Creek, OR (South Umpqua)
Sabrina Freed**	Throws	Jr.	Burns, OR
Ashley Fullerton	Throws	Fr.	Milwaukie, OR (Rex Putnam)
Jessica Harper**	Distance	Jr.	Oregon City, OR (Clackamas CC)
Angela Harsin*	Sprints	So.	Condon, OR
Sarah Howell**	Distance	Jr.	Puyallup, WA
Kristin Humphrey*	Throws	So.	Toledo, OR
Mandy Keifer	Jumps	Fr.	Salem, OR (North Salem)
Delores Lyons	Jumps	Fr.	Portland, OR (LaSalle)
Lyndsey McKillip	Distance	Jr.	Puyallup, WA (Clackamas CC)

Shirlon Moncrief	Distance	So.	Vancouver, WA (Heritage)
Cate Morris	Javelin	Fr.	Portland, OR (Grant)
Tricia Morrison	Distance	Fr.	Hillsboro, OR
Crisy Overgard	Jumps	Fr.	Dayton, OR
Jacque Postlewait**	Multi-Events	Jr.	Canby, OR
Sarajane Rosenberg**	Jumps, Sprints	Jr.	Pendleton, OR
Kasi Roth	Jumps	Fr.	Dayton, OR
Alee Rowley*	Distance	So.	Kenai, Alaska (Kenai Central)
Katie Snoderly	Throws	Fr.	Portland, OR (David Douglas)
Alyssa Taylor	Throws	Fr.	Medford, OR (North Medford)
Laura Ueki	Distance	Fr.	Beaverton, OR (Valley Catholic)
Megan Vorderstrasse	Jumps, Hurdles	Fr.	Lebanon, OR
Erica Zambon	Distance	So.	Carlsbad, CA (Sonoma State)
Lauren Zegers*	Hurdles	So.	Bellingham, WA (Sehome)

Head Coach – Mike Johnson. **Assistants** – John Knight, Bridget Johnson, Jerret Mantalas, Isaac Frederick, Nikki Becker

VIKINGS Western Washington

Men	Events	Yr.	Hometown (School)
Nick Abraham	Distance	Fr.	Issaquah, WA (Skyline)
Sam Bedell**	Distance	Jr.	Reno, NV (Bishop Manogue)
Yonas Berhe	Distance	Fr.	Seattle, WA (Roosevelt)
Ryan Breakey	Sprints	So.	Cowiche, WA (Highland)
Eric Brill	Distance	Fr.	Kent, WA (Kentwood)
Keefe Brockman	Jumps	Fr.	Richland, WA (Hanford)
Ryan Brown	Jumps	Fr.	Bellingham, WA (Squalicum)
Will Cameron	Middle Distance	So.	Poulsbo, WA (North Kitsap)
Bobby Carlson*	Distance	So.	Snohomish, WA
Nick Coughran	Sprints	Jr.	Tacoma, WA (Curtis - Tacoma CC)
Toby David	Sprints	Fr.	Cathlamet, WA (Wahkiakum)
Michael Dean*	Sprints	So.	Tacoma, WA (Stadium)
Ben Dekock	Throws	Fr.	Seabeck, WA (Klahowya)
Allan Denton*	Sprints, Jumps	So.	Los Angeles, CA (Upland)
Spencer Douglas	Sprints	So.	Yakima, WA (West Valley - Portland State)
Alex Dye	Sprints	So.	Bellevue, WA (Issaquah)
Darren Edwards	Sprints, Jumps	So.	Arlington, WA
Ben Elder*	Throws	So.	Lake Stevens, WA
Peter Ellis**	Distance	Sr.	Eatonville, WA
Jason Fitz	Hurdles	Fr.	Langley, WA (South Whidbey)
Joshua Frazier	Distance	Jr.	Sea-Tac, WA (Tyee - Highline CC)
Grant Fujii	Distance	Fr.	Seattle, WA (Renton)
Craig Garner	Sprints	Fr.	Tacoma, WA (Lakes)
Bennett Grimes	Distance	So.	Pocatello, ID (Century)
Shane Gruger	Jumps, Sprints	Fr.	Shoreline, WA (Shorewood)
Alex Harrison	Decathlon	Fr.	Edmonds, WA (Edmonds-Woodway)
Keever Henry***	Steeplechase	Sr.	Kelso, WA
Michael Hoffman	Throws	Fr.	Bellingham, WA (Sehome)
Micah Hulbert	Middle Distance	Jr.	Gig Harbor, WA (Peninsula - Tacoma CC)
Kevin Iverson*	Multi-Events	Jr.	Mill Creek, WA (Jackson)
Carl Johnson*	Sprints	Jr.	Renton, WA (Liberty)
Dincer Kayhan*	Throws	So.	Gig Harbor, WA
Tahoma Khalsa	Middle Distance	So.	Shoreline, WA (Shorecrest - Shoreline CC)
Miles Kenney	Throws	Fr.	Seattle, WA (Roosevelt)
Greg Kubitz	Distance	So.	Kelso, WA
Kyle Lampi**	Middle Distance	Jr.	Everett, WA
Cory Lampshire	Middle Distance	Jr.	Castle Rock, CO (Douglas County)
Keith Lemay***	Distance	Sr.	Lynden, WA (Lynden Christian)
Kevin Li	Sprints	Fr.	Mercer Island, WA (Bellevue Christian)
Will Lloyd	Decathlon, Throws	Fr.	Tumwater, WA
Robbie Lowry**	Pole Vault	Sr.	Marysville, WA (Marysville-Pilchuck)

Bryan Lucke***	Pole Vault	Sr.	Snohomish, WA (Monroe)
Brian Martinelli	Hurdles - Jumps	Fr.	Sonoma, CA (Sonoma Valley)
Anders Mavis	Middle Distance	Jr.	Boulder, CO
Cale McCulloch*	Middle Distance	So.	Snohomish, WA
Blake Medhaug*	Distance	So.	Bothell, WA
Bryant Michaelson*	Throws	So.	Lynden, WA (Meridian)
Michael Millson	Jumps	Fr.	Deming, WA (Mount Baker)
Kevin Moen	Sprints, Hurdles	So.	Kent, WA (Kent-Meridian)
Gabe Morales	Hurdles	Fr.	Renton, WA (O'Dea)
Kevin Myhre**	Hurdles, Sprints	Jr.	Edmonds, WA (Meadowdale)
Matt O'Connell*	Sprints	So.	Sammamish, WA (Skyline)
Nate Perkins	Middle Distance	So.	Bellevue, WA (Bellevue Christian)
Daniel Phillips	Distance	So.	Olympia, WA
Keon Price	Hurdles	Fr.	Lakewood, WA (Clover Park)
Tommy Race	Distance	Jr.	Chelan, WA
Jesse Roberson	Distance	Fr.	Tacoma, WA (Wilson)
Matt Santos	Distance	Fr.	Tacoma, WA (Wilson)
Tim Satterwhite	Jumps	So.	Federal Way, WA (Thomas Jefferson - Texas Southern)
Kevin Schieber	Jumps	Fr.	Clackamas, WA
Cody Serdar	Distance	Jr.	Vancouver, WA (Columbia River)
Jon Skelton	Distance	Jr.	Mount Vernon, WA (West Point)
Nik Skogsberg**	Throws	Jr.	Yelm, WA
Maxxwell Snyder	Sprints	Fr.	Tacoma, WA (Stadium)
Corey Sullivan	Hurdles, Jumps	Fr.	Bellevue, WA (Interlake)
Anthony Tomsich**	Distance	Jr.	Fairbanks, AK (West Valley)
Bob Valentine	Throws	Fr.	Vancouver, WA (Evergreen)
Brandon Varkevisser*	Throws	Jr.	Castle Rock, WA (LowerColumbia CC)
Peter Villanueva	Hurdles	Fr.	Spanaway, WA (Bethel)
Ben Wargo*	Hurdles, Sprints	So.	Pullman, WA
Jordan Welling	Distance	Fr.	Burlington, WA (B-Edison - Northern Arizona)
Calvin Williams	Sprints	So.	Gig Harbor, WA (Peninsula)
Josh Winters	Pole Vault	So.	Bothell, WA (WSU)
Alex Wipf	Distance	Fr.	Edmonds, WA (Meadowdale)
Dylan Wirkkala	Distance	Fr.	Ilwaco, WA
Kenny York	Sprints	Fr.	Marysville, WA (Marysville-Pilchuck)

Women

Brooke Bekkedahl
Missy Better
Jessica Boyer
Rebecca Bowles
Lauren Briehef
Kaitlyn Brown
Sarah Brownell
Gail Butler**
Nicole Carrigan
Corina Cheever
Camille Clarke*
Clara Cook**
Elsa Couvelier*
Nikki D'Amico*
Amanda DiEnno
Diana DiMarco
Heidi Dimmitt**
Cara Dockins**
Sara Ehlers*
Jessica Erickson
Erin Flinn
Erin Fraser
Ally Ganyo
Arielle Genther*
Allison Graham

Events

Hurdles
Distance
Distance
Distance
Distance
Throws
Middle Dist., Hurdles
Sprints, Jumps
Throws
Distance
Pole Vault
Jumps
Sprints
Middle Distance
Jumps, Multi-Events
Pole Vault
Sprints, Hurdles
Pole Vault
Pole Vault
Hurdles
Distance
Distance
Distance
Hurdles, Sprints
Distance

Yr.

Fr.
So.
Fr.
Sr.
Fr.
So.
Fr.
Jr.
So.
Fr.
Jr.
Jr.
So.
So.
Fr.
Fr.
Jr.
Jr.
So.
Fr.
Fr.
Sr.
Fr.
So.
So.

Hometown (School)

Vancouver, WA (Columbia River)
Goldendale, WA (Highline CC)
Columbia Falls, MT
Gig Harbor, WA (Tacoma CC)
Vancouver, WA (Mountain View)
LaConner, WA
Yelm, WA
Issaquah, WA
Hoquiam, WA
Lynnwood, WA (Mountlake Terrace)
Bellingham, WA
Wenatchee, WA
Bellingham, WA
Lynnwood, WA
Oshkosh, WI (Cambridge - Wisconsin-Oshkosh)
Bozeman, MT
Wenatchee, WA
East Wenatchee, WA (Eastmont)
Corvallis, OR (Crescent Valley)
Purdy, WA (Peninsula)
Camas, WA (St. Mary's)
Lake Stevens, WA)
Spokane, WA (Medical Lake)
Bow, WA (Burlington-Edison)
Mill Creek, WA (Jackson)

Monika Gruszecki*	Throws	So.	Lynnwood, WA (Meadowdale)
Dianna Hanson	Hurdles	Fr.	Mountlake Terrace, WA
Rachel Harvey	Pole Vault	Fr.	Yakima, WA (Eisenhower)
Lisa Higbee-Robinson	Distance	Fr.	Tacoma, WA (Tacoma School of Arts)
Ilana Hipshman	Distance	Fr.	Portland, OR (LaSalle WI)
Kasey Hostetter	Jumps, Sprints	So.	Richland, WA (Hanford - Seattle U.)
Joana Houplin	Sprints	Fr.	Olympia, WA
Michelle Howe	Sprints	Fr.	Lakewood, WA
Melissa Jensen	Throws	Fr.	Bothell, WA (Inglemoor)
Shellane Jensen	Distance	Jr.	Sedro-Woolley, WA
Kristin Johnson	Jumps, Hurdles	Fr.	Snohomish, WA
Shannon Johnson*	Middle Distance	Jr.	Seattle, WA (Seattle Prep)
Jenny Josephson**	Middle Distance	Jr.	Eagle, ID
Lauren Kaligis	Throws	So.	Mukilteo, WA (Kamiak)
Katie Kirkness	Middle Distance	Fr.	Shoreline, WA (Shorecrest)
Lindsay Lunderman*	Hurdles, Sprints	So.	Tacoma, WA (Franklin Pierce)
Laurn Marino	Throws	So.	Portland, OR (Caitlin Gabel)
Valerie Matthews*	Distance	So.	Issaquah, WA (Skyline)
Sophia McCloy-Enolter	Pole Vault	Fr.	Custer, WA (Ferndale)
Catherine McDonald*	Distance	Jr.	Tacoma, WA (Bellarmine Prep)
Ashley McDougall	Middle Distance	Jr.	Sammamish, WA (Redmond - Montana)
Samantha McGhee	Distance	Fr.	Kelso, WA
Julie Meaker	Sprints	Fr.	Blaine, WA
Kathryn Mertens*	Sprints	So.	Olympia, WA
Christy Miller**	Jumps, Hurdles	Jr.	Boise, ID (Bishop Kelly)
Emily Mosich	Distance	So.	Tacoma, WA (Bellarmine Prep)
Ali Nelson	Middle Distance	So.	Medical Lake, WA (Spokane Falls CC)
Megan O'Connell	Sprints	Fr.	Sammamish, WA (Skyline)
Courtney Olsen	Distance	So.	Bellingham, WA (Squalicum - Concordia)
Amy Olson*	Distance	Sr.	Stanwood, WA
Sarah Olson	Sprints	Fr.	Langley, WA (South Whidbey)
Megan Paulsen	Jumps	Fr.	Bellevue, WA (Bellevue Christian)
Sarah Porter	Distance	Fr.	Hockinson, WA)
Jennifer Quick	Jumps	Fr.	Edmonds, WA (Edmonds-Woodway)
Erica Rance***	Throws	Sr.	Seattle, WA (Renton)
Ellie Reff	Distance	Fr.	Bow, WA (Burlington-Edison)
Jill Rogers	Jumps	Fr.	Puyallup, WA (Rogers)
Chelsea Sadler*	Throws	So.	Lacey, WA (North Thurston)
Maeve Sayres	Distance	Fr.	Valleyford, WA (Freeman)
Kristen Schuh	Hurdles	Fr.	Kalama, WA
Susannah Scruggs-James	Middle Distance	Fr.	Seattle, WA (Seattle Academy)
Jessica Self	Distance	Sr.	Arnold, CA (Bret Harte - Columbia College)
Sherrie Simpson	Distance	So.	Lynden, WA (Bellingham)
Danielle Slaughter*	Distance	So.	Spokane, WA (Shadle Park)
Samantha Stevens	Jumps	Fr.	Carnation, WA (Cedarcrest)
Julie Stone**	Pole Vault	Jr.	Bellingham, WA (Sehome)
Justine Sturm	Hurdles	Fr.	Aberdeen, WA (Weatherwax)
Katie Taylor**	Throws	Sr.	Bellevue, WA (Interlake)
Lauren Thompson	Distance	Fr.	Sammamish, WA (Eastlake)
Amanda Thornton**	Sprints	Jr.	Kenmore, WA (Inglemoor - Shoreline CC)
Britt Thorpe	Middle Distance	Fr.	Bellingham, WA (Sehome)
Katie Vliet	Sprints, Throws	Jr.	Rochester, WA (Centralia CC)
Cheryl Watson	Distance	Fr.	Olympia, WA
McKinley Williams	Distance	So.	Federal Way, WA (Todd Beamer)
Jamie Wulfekuhle*	Jumps	Jr.	Olympia, WA (Capital)
Megan Zukowski	Sprints	Fr.	Maple Valley, WA (Tahoma)

Head Coach - Kelven "Pee Wee" Halsell **Assistants** - Bill Roe, Brandi Petz, Lex Kaligis, Dick Henrie, Jeremy Skulley, Jarrod Roberts, Al Reimer, Erik Bies, Steve Grichel, Kim Bascom, Katrina Schwerdtfeger