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2011 Great Northwest Athletic Conference Track-and-Field Rosters

Great Northwest Athletic Conference

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2011 GNAC Track-and-Field Rosters

SEAWOLVES Alaska Anchorage

Men	Events	Cl.	Hometown
Allen, A.J.	SPR	So.	Fairbanks (Lathrop HS)
Chelimo, Micah	DIS	So.	Kapkoi, Kenya (Tambach HS)
Cheseto, Marko	DIS	Sr.	Kapenguria, Kenya (Chewoyet HS)
DeWolf, Austen	J/S	So.	Anchorage (South HS)
Fay, Russell	HUR	Fr.	Pewaukee, WI (Pewaukee HS)
Freed, Andrew	JMP	So.	Anchorage (Service HS)
Hewitt, Ethan	SPR	So.	Eagle River (Chugiak HS)
Hill, Thomas	MDIS	Jr.	Thunder Bay, Ontario (St. Ignatius HS)
Holland, Gabe	THR	Fr.	Anchorage (South Anchorage HS)
Kangogo, Alfred	MDIS	Jr.	Eldoret, Kenya (Kitale Boys HS)
Karnikis, Taylor	THR	Jr.	Soldotna (Soldotna HS)
Kiefer, Billy	MDIS	Fr.	Kenai (Kenai Central HS)
Morgan, Wyatt	DEC	Jr.	Yamhill, Ore. (Yamhill-Carlton)
Parisien, Jake	DIS	Fr.	Palmer (Palmer HS)
Registe, David	J/S	Sr.	Palmer, Alaska (Colony HS)
Sutton, Levi	MDIS	Sr.	Kenai (Kenai Central HS)
Truax, Brad	MDIS	So.	Palmer (Colony HS)
Ward, Shaun	HUR	Jr.	Eagle River, Alaska (Chugiak HS)
Travis Wilson	HUR	Fr.	Anchorage, AK (Service)
Yilma, Yonatan	DIS	Jr.	Edmonds, Wash. (Edmonds-Woodway HS/Everett CC)

Women	Events	Cl.	Hometown
Bick, Susan	MDIS	Fr.	Anchorage (Bartlett HS)
Bohman, Emma	DIS	Sr.	Palmer (Palmer HS)
Chepkoech, Mary	DIS	Fr.	Kapsabet, Kenya (Chebisan Girls School)
Chong, Dianne	HEP	Jr.	Sitka (Sitka HS/SW Oregon CC)
Everett, Ardrienna	SPR	Sr.	Palmer (Colony HS)
Gaines, Ashleigh	THR	Fr.	Anchorage (West HS)
Halfyard, Sasha	SPR	Fr.	Nanaimo, B.C. (Wellington Secondary School)
Johansen, Gaynor	THR	Fr.	Palmer, AK (Colony)
Johnson, Kelsea	HEP	Jr.	Sitka (Sitka HS/SW Oregon CC)
Keegan, Shoshana	DIS	Jr.	Anchorage (Steller Secondary School)
Keino, Ruth	DIS	So.	Kapcheno, Kenya (Aldai Girls Secondary)
Kipng'eno, Miriam	MDIS	Jr.	Eldoret, Kenya (Girls Secondary School)
Krehlik, Katie	DIS	So.	Juneau (Juneau-Douglas HS)
Lende, J.J.	DIS	So.	Haines, AK (Adams State)
Lende, Stoli	DIS	Fr.	Haines, AK
Lloyd, Haleigh	HUR	Fr.	Ladysmith, B.C. (Ladysmith Secondary School)
O'Guinn, Ivy	MDIS	Fr.	Soldotna (Skyview HS)
Parker, Amanda	SPR	Fr.	Olympia, Wash. (North Thurston HS)
West, Alex	MDIS	Sr.	Soldotna (Skyview HS)
Wilt, Hallidie	MDIS	Sr.	Unalaska (Unalaska HS)

Head Coach - Michael Friess. **Assistants** – T.J. Garlatz, Rafael Echavarria, David Kiplagat, Ryan McWilliams

WILDCATS Central Washington

Men	Events	Ht.	Wt.	Cl.	Exp	Hometown
Colin Alexander	Sprints	6-2	165	Jr.	TR	Fall City, WA (Mount Si/Pacific Lutheran)
Ian Allen	Throws	6-3	235	Fr.	HS	Auburn, WA (Fife)
Zach Armstrong	Distance	5-10	145	So.	1V	Breckenridge, CO (Summit)
Devin Bennett	Jumps	5-10	160	Fr.	HS	Sammamish, WA (Eastlake)
Brennan Boyes	Jumps	6-3	175	So.	1V	Puyallup, WA (Puyallup)
Jason Caryl	Sprints/Jumps	5-10	168	So.	1V	Omak, WA (Omak)
James Cho	Sprints/Jumps	5-8	165	Jr.	2V	Spanaway, WA (Spanaway Lake)
Christian Demouchet	Sprints/Hurdles			Sr.	3V	Bremerton, WA (Olympic)
Ryan Eidsmoe	Distance	5-10	145	Jr.	JC	Federal Way, WA (Todd Beamer/Highline CC)
Tyler Eidsmoe	Distance	5-10	150	Jr.	JC	Federal Way, WA (Highline CC)
Kyle Fremd	Sprints	5-11	150	So.	1V	Kirkland, WA (Bellevue Christian)
Darnell Harris	Hurdles	6-0	175	So.	1V	Tacoma, WA (Spanaway Lake)
Anthony Hogan	Hurdles	5-11	146	So.	1V	Federal Way, WA (Todd Beamer)
Eric Holmstrom	Throws	6-1	190	Fr.	HS	Mount Vernon, WA (Mount Vernon)
Scott Hunter	Pole Vault	6-0	145	So.	1V	Hilo, HI (Hilo)
Mike Jensen	Throws	6-3	235	So.	1V	Tenino, WA (Tenino)
Sakae Kamagata	Jumps	5-7	143	Jr.	HS	Chiba, Japan (Yokoshiba)
Ryan Lara	Sprints	6-0	170	Sr.	1V	Tacoma, WA (Franklin Pierce/Evergreen State)
Erik Lee						
Kenton Lucke						
Bryan Mack	Sprints/Jumps	5-9	165	Jr.	2V	Arlington, WA (Arlington)
Ethan Meikle						
Manny Melo	Sprints/Jumps	6-0	189	So.	1V	Battle Ground, WA (Battle Ground)
Lewis Meyers	Jumps	6-2	170	So.	1V	Carson, WA (Stevenson)
Nathan Minor	Distance	6-1	160	Fr.	HS	Mount Vernon, WA (Mount Vernon)
Scott Morrison	Sprints	6-3	185	So.	1V	Hoquiam, WA (Hoquiam)
Matt Nodine	Distance	5-6	138	Jr.	1V	Ellensburg, WA (Ellensburg/Whatcom CC)
Paul Oursland	Throws	5-11	190	Fr.	HS	Kittitas, WA (Kittitas)
Nathan Power	Distance	6-1	165	Fr.	HS	Burlington, WA (Burlington-Edison)
Scott Power	Distance	6-0	165	Sr.	3V	Burlington, WA (Burlington-Edison)
Daniel Ramirez	Throws	6-1	200	Sr.	3V	Toppenish, WA (Toppenish)
Brandon Roddewig	Hurdles/Jumps	5-11	161	So.	1V	Fall City, WA (Mount Si)
Scott Sanford	Sprints/Hurdles	5-9	160	Fr.	HS	Chicago, IL (Thomas Jefferson [WA])
Manuel Santos	Distance	5-5	140	Jr.	1V	Yakima, WA (A.C. Davis/Clark College)
Matt Seel	Sprints	6-3	175	So.	1V	Fairwood, WA (Kentridge)
Tommy Sheriff	Throws	6-6	215	Jr.	2V	Bellevue, WA (Bellevue/Santa Barbara City College)
Thomas Steinke	Pole Vault/Triple Jump	5-10	170	So.	1V	Leavenworth, WA (Cascade)
Jon Swanson	Distance	6-2	150	So.	1V	Spokane Valley, WA (Central Valley)
Andrew Venema	Hurdles	6-4	195	So.	1V	Bickleton, WA (Bickleton)
Women	Events	Ht.	Cl.	Exp	Hometown	
Shaina Afoa	Throws	6-0	Sr.	3V	Anchorage, AK (A.J. Dimond)	
Berlyn Bales	Distance	5-8	Jr.	2V	Issaquah, WA (Liberty)	
Kaylee Baumstark	Throws	5-9	So.	1V	Port Angeles, WA (Port Angeles/Olympic College)	
Siri Berg	Hurdles	5-9	Jr.	2V	Burien, WA (Highline)	
Teaera Churchwell				Fr.	HS	
Becca Clark	Jumps	5-6	Fr.	HS	Meridian, ID (Meridian Medical Arts Charter)	
Rose Cruze		5-5	So.	HS	Issaquah, WA (Skyline)	
Kati Davis						
Melanie Davis	Hurdles	5-9	Fr.	HS	Pasco, WA (Pasco)	
Della Fleming						
Chelsea Genther	Sprints/Hurdles	5-10	Fr.	HS	Burlington, WA (Burlington-Edison)	
Liz Hampton	Hurdles	5-4	So.	1V	Monroe, WA (Monroe)	
Sierra Haverfield						
Justine Hintz	Sprints/Hurdles	5-8	Fr.	TR	Ephrata, WA (Ephrata/Wyoming)	
Sophie Hummer	Distance	5-9	Fr.	HS	Kelso, WA (Kelso)	
Taylor Kartes	Distance	5-6	Fr.	HS	Federal Way, WA (Todd Beamer)	
Jacqueline Korn	Throws	5-5	Fr.	HS	Bothell, WA (Bothell)	
Jamie Larsen	Pole Vault	5-7	So.	1V	Kent, WA (Kentwood)	
Katharine Lotze	Hurdles/Throws	5-11	So.	1V	Benton City, WA (Kiona-Benton)	
Annie Martinez	Throws	6-3	Fr.	HS	Moxee, WA (East Valley)	

Adriana Mendoza	Distance	5-2	Jr.	2V	Zillah, WA (Zillah)
Lena Mitchell					
Connie Morgan	Distance	5-7	Fr.	HS	Hoquiam, WA (Hoquiam)
Shelby Napiontek	Jumps	5-11	So.	HS	Port Angeles, WA (Port Angeles)
Chelsea Padra	Sprints/Hurdles	5-4	So.	HS	Spokane, WA (Mount Spokane)
Kaitlyn Parrott	Sprints	5-6	Fr.	RS	Redmond, WA (Redmond)
Seanna Pitassi	Sprints	5-7	Fr.	HS	Camas, WA (Camas)
Alexis Ramos	Sprints/Hurdles	5-3	Fr.	HS	Shoreline, WA (Shorecrest)
Ashley Rice	Distance	5-7	So.	1V	Tieton, WA (Highland)
Torrie Self	Throws	5-7	Sr.	3V	Kent, WA (Kent-Meridian)
Ashlee Sincaugh	Distance	5-4	Fr.	HS	Sumner, WA (Sumner)
Emelia Sodders	Sprints	5-3	Fr.	HS	Aberdeen, WA (Aberdeen)
Jordan Stueckle	Throws	5-7	Sr.	3V	Selah, WA (Selah)
Hannah Swigart	Pole Vault	5-7	So.	1V	Goldendale, WA (Goldendale)
Sarah Takayoshi	Sprints	5-6	So.	1V	Vancouver, WA (Union)
Amanda Valera	Distance	5-3	Jr.	2V	Moxee, WA (Zillah)
Adriana Zazula	Distance	5-5	So.	HS	Puyallup, WA (John Rogers)

Head Coach - Kevin Adkisson. **Assistants** - Charles Chandler, J.T. Statler, Nick Collins, Krissy Tandle, Tony Monroe

YELLOWJACKETS Montana State Billings

Men	Events	Cl.	Hometown
Ryan Blomback		So.	Belgrade, MT (Manhattan HS)
Taylor Canfield		Jr.	Manhattan, MT (Manhattan HS)
Reece Easterling		Fr.	Helena, MT (Helena HS)
Drew Galahan		Fr.	Harlowton, MT (Harlowton HS)
Travis Hutchinson		Jr.	Billings, MT (Billings Senior HS)
Jake Iverson		So.	Dillon, MT (Dillon HS)
Bryce Jensen		Jr.	Billings, MT (Billings West HS)
Deshawn Lewis		Sr.	Judith Gap, MT (Judith Gap HS)
Branden Martinez		So.	Worland, WY (Worland HS)
Logan Mossey		So.	Lewiston, MT (Lewiston HS)
Lewis Polkow		Fr.	Billings, MT (Skyview HS)
Brian Potter		Jr.	Manhattan, MT (Montana State)
Adam Prevost		So.	Billings, MT (Billings West HS)
Chase Robinson		Fr.	Colstrip, MT (Colstrip HS)
Tanner Rottrup		So.	Billings, MT (Billings Senior HS)
Shawn Skelton		Fr.	Bozeman, MT (Bozeman HS)
Casey Smartt		Jr.	Billings, MT (Skyview HS)
Shae Stein		Fr.	Nashua, MT (Nashua HS)
Brock Steingruber		Fr.	Three Forks, MT (Three Forks HS)
Jake Swan		So.	Billings, MT (Billings West HS)
Tyson Vanderby		Jr.	Manhattan, MT (Manhattan HS)
Women	Events	Cl.	Hometown
Brook Berg		Jr.	
Leah Berry		Fr.	Lewiston, MT (Lewiston HS)
Melanie Bock		Fr.	East Helena, MT (Helena HS)
Kandi Bond		Fr.	Billings, MT (Skyview HS)
Kelsee Clark		Sr.	Geraldine, MT (Geraldine HS)
Emili Crowder		So.	Saco, MT (Saco HS)
Nicole Davey		Fr.	Polson, MT (Polson HS)
Dani Garner		Fr.	Helena, MT (Capital HS)
Hillary Gourneau		Jr.	Poplar, MT (Poplar HS)
Sabrina Grandke-Bawab		Fr.	Kirkland, WA (Juanita HS)
Erika Halle		Jr.	Manhattan, MT (Manhattan Christian HS)
Lexi Halvorson		Sr.	Billings, MT (Billings West HS)
Renae Hepfner		Fr.	Belt, MT (Belt HS)
Cady Irion		Jr.	Miles City, MT (Miles City HS)
Sarah Jackson		Sr.	Bozeman, MT (Manhattan Christian HS)
Jamilea Kittelmann		So.	Billings, MT (Univ. of Montana-Western)
Anica Knispel		Fr.	Billings, MT (Skyview HS)

Miranda Koenes	Fr.	Manhattan, MT (Manhattan Christian HS)
Morgan Kujala	Fr.	San Coulee, MT (Centerville HS)
Alexis McCarthy	Fr.	Harlowton, MT (Harlowton HS)
Stacey Pitt	Fr.	Kalispell, MT (Glacier HS)
Shawnie Schraner	Fr.	Harlowton, MT (Harlowton HS)
Justine Simons	Jr.	Laurel, MT (Laurel HS)
Amanda Snell	Fr.	Helena, MT (Capital HS)
Katie Thiel	Jr.	Powell, WY (Powell HS)
Tiffany Thomas	So.	Huntley, MT (Huntley Project HS)
Kacie Vanderloos	Sr.	Hysham, MT (Hysham HS)
Shena Wald	Gr.	Billings, MT (Montana State)

Head Coach – Dave Coppock. **Assistants** – Dan Biehl, Casey Clausen, Kylie Izzy.

CRUSADERS Northwest Nazarene

Men	Events	Yr.	Hometown (School)
Jesse Baggenstos		So.	Kent, WA.
Bryan Beaty		Jr.	Salem, OR./Salem Academy HS
Cameron Colby		Fr.	Tualitin, OR / Westside Christian HS
Alex Crystal		Jr.	Kimberley, ID / Kimberely, HS
Alex Cunningham		So.	Mountain Home ID
Andrew Curtis		Fr.	Tigard, OR / Westside Christian HS
Neil Easter		Jr.	Nampa, ID / Columbia HS
Diego Estrada		Sr.	Castleford, ID / Castleford HS
Tim Greene		Sr.	Portland, OR / Madison HS
Ben Heidegger		Jr.	Medford, OR / Cascade Christian HS
Cody Henderson		Fr.	Green River, WY / Green River HS
Luke Hetrick		Jr.	Caldwell, ID / Greenleaf Friends Academy
Dan Hill		Jr.	Castleford, ID / Castleford HS
Maurus Hope		Jr.	Adrian, OR / Adrian HS
Brandon Humble		So.	Middleton, ID / Middleton HS
Josh Jones		Sr.	Spokane, WA / Mead HS
Greyson Kilgore		Fr.	Kuna, ID / Kuna HS
Jesse Korb		Fr.	Deer Park, WA / Deer Park HS
Marc Lannon		Jr.	Boise, ID / Treasure Valley CC
Stephen Larlee		Fr.	Maupin, OR / South Wasco County HS
Josh Merioles		Jr.	Valdez, AK / Valdez HS
Grant Miller		Sr.	Vancouver, WA / Vancouver Christian
Stuart Montgomery		Sr.	Marysville, WA / Grace Academy
Benard Ngeno		So.	Kericho, Kenya / Letien Boys School
Matt Rankin		So.	Ontario, OR / Ontario HS
Caleb Reynolds		Sr.	Yakima, WA / Riverside HS
Kevin Rima		Fr.	Fairbanks, AK / Hutchinson HS
Derek Sepe		So.	Everett, WA / Cascade HS
Matt Stark		Jr.	Meridian, ID / Mt. View HS
Tim Steiglitz		So.	Medford, OR / Cascade Christian HS
Mark Wade		Jr.	Boise, ID / Mountain View HS
Barak Watson		So.	Nampa, ID / Columbia HS
Justin Webb		So.	Weiser, ID / Weiser HS
Reid White		Fr.	Deer Park, WA / Deer Park HS
Elmer Williams		Fr.	Deer Park, WA / Deer Park HS
Eric Zwiefelhofer		Sr.	Hermiston Or. / Western Oregon
Women	Events	Yr.	Hometown (School)
Chelsea Barr		So.	Nampa, Id / Nampa Christian HS
Danielle Beesley		So.	Caldwell, ID / Nampa Christian HS
Maycee Bekkedahl		Sr.	Nampa, ID / Skyview
Jill Bennett		Jr.	Grants Pass, Or. / Cascade Christian HS
Jessica Case		So.	Troy, ID / Troy HS
Amy Ciaccio		Sr.	Boise, ID / Point Loma Nazarene
Elisa Decker		Sr.	Vancouver, WA / Mountain View HS
Carly Dranginis		So.	Nampa, ID / Skyview HS
Alla Dzhidzhivshvil		Jr.	Ontario, OR / Treasure Valley CC

Ashley Egger	Sr.	Portland, OR / A Beka Academy
Natalie Evans	Fr.	New Plymouth, ID / New Plymouth HS
Danielle Forest	Fr.	Kuna ID / Kuna HS
Melissa Grammer	So.	Valdez, AK / Valdez HS
Alice Harris	Fr.	Anchorage, AK / Grace Christian HS
Christine Harwood	So.	Pendleton, OR / Pendleton HS
Alicia Hedrick	So.	Bonnors Ferry, ID / Bonnors Ferry HS
Sam Hill	So.	Woodinville, Wa / Bothell HS
Rebecca Holding	So.	Damascus, OR / Damascus Christian HS
Jasmyn Jewett	So.	Mt. Home, ID / Mt. Home HS
Amanda Konzol	Jr.	Spokane, Wa / Mt. Spokane HS
Annie Larlee	Sr.	Maupin, OR / South Wasco County
Chelsea Layne	So.	Jerome, ID / Jerome HS
Christabel Leonce	So.	Castries St. Lucia, West Indies / Aurther Lewis
Marie Miller	Fr.	The Dalles, OR / Wahtonka HS
Jordan Powell	So.	Nampa, ID / Columbia HS
Laura Pridgen	So.	Nampa, ID / Nampa Christian HS
Jaclyn Puga	Sr.	Meridian, ID / Nampa Christian
Maria Ramirez	So.	La Pine, OR / La Pine HS
Molly Reid	Jr.	Jerome, ID / Jerome HS
Ashley Rendahl	Sr.	Hailey, ID / Wood River HS
Shanna Rippy	So.	Boise, ID / Timberline HS
Shayna Shute	Sr.	Vancouver, WA / Vancouver Christian
Marie E. Smith	Fr.	Boise, ID / Capital HS
Marie J. Smith	Sr.	Bellingham, WA / Sehome HS
Meagan Swenson	So.	Salem, OR / Salem Academy
Missy Tento	Fr.	Tigard, OR. / Westside Christian HS
Laura Vonarx	Sr.	Hermiston, OR / Hermiston
Joy Warrington	Jr.	Colorado Springs, Co / Widefield HS
Morgan Weidmeier	Fr.	Meridian, ID / Cole Valley Christian HS

Head Coach - John Spatz. **Assistants** - Ben Gall, Scott Kinnaman, Dustin Ainsworth, Jake Perry, Ashley Puga

SAINTS Saint Martin's

Men	Events	Yr.	Hometown
Scott Bauer	Distance	So.	Lancaster, CA / Paraclete HS
Dylan Boone	Throws	Fr.	Austin, TX / Aberdeen HS
Edd Brown	Sprints	So.	McKenna, WA / Yelm HS
Devon DeMoss		Fr.	
Travis Dodge	Sprints	Jr.	Graham, WA / Graham
Travis Grady	Throws	Fr.	Lynnwood, WA / Bishop Blanchet HS
Jeremy Green		Fr.	
Cameron Grossaint	Sprints	So.	Mollcreek, WA / Henry M. Jackson
John Hamman	Sprints	Fr.	Ontario, OR / Ontario HS
Nicholas Harvey	Distance	Sr.	Olympia, WA / River Ridge
Alexander Hendricks	Mid Distance	Fr.	Lakewood, WA / Lakes HS
Michael Holland	Pole Vault	Fr.	Olalla, WA / Bellarmine Prep
Spencer Hunt	Mid Distance	Jr.	Onalaska, WA / Onalaska
Kyle Karnofski	Sprints, Jumps	Fr.	Castle Rock, WA / Castle Rock
Dylan Linhart		Fr.	
Joseph Patti	Mid Distance	So.	Renton, WA / Charles A. Lindbergh
Anthony Player	Mid Distance	So.	Tumwater, WA / Tumwater HS
Cory Roberts	Throws	Fr.	Elma, WA / Elma HS
Jacob Suazo	Mid Distance	Jr.	Lakewood, WA / Tacoma Arts HS
Kyle Van Santen	Mid Distance	Jr.	Lake Stevens, WA / Lake Stevens
Casey Wiedmer	Hurdles, Multis	Fr.	Everett, WA / Cascade HS

Women	Events	Yr.	Hometown (School)
Carelia Agis		So.	
Erika Copeland	Mid Distance	Fr.	Port Orchard, WA / South Kitsap HS
Cymbree DeCosta	Jumps	Fr.	Kula, HI / Kamehameha
Samantha Hull	Pole Vault, Javelin	So.	Belfair, WA / North Mason
Jennifer Johnson	Pole Vault	Jr.	Yakima, WA / Eisenhower
Annie Laweryson	Mid Distance	Sr.	Puyallup, WA / Rogers
Danika Lawson	Mid Distance	Fr.	Puyallup, WA / Puyallup HS
Ashley Llapitan	Distance	So.	Buckley, WA / White River
Adaligza Medina	Sprints	Fr.	Orange, CA / Mater Dei HS
Joscelyn Minton	Distance	So.	Shelton, WA / Northwest Christian
Karissa Owen	Mid Distance	Sr.	Rainier, WA / Rainier
Kaitlynn Pecha	Distance	Jr.	Omak, WA / Omak
Julianna Sackeyfio	Jumps	Fr.	Seattle, WA / Ingraham HS
Hannah Scholter	Multi-Events	So.	Auburn, WA / Auburn
Elizabeth Thatcher	Throws	Fr.	Ocean Shores, WA / North Beach HS
Teilissa Tua	Throws	Fr.	Kahului, HI / Kamehameha
Kaila Weiks	Sprints	So.	Tumwater, WA / Tumwater HS

Head Coach – Julie Sullivan. **Assistants** – Gunner Argo, Malcolm Dunn, Marc Fish, Tara Leaman

FALCONS Seattle Pacific

Men	Events	Yr	Hometown (High School)
AJ Baker	Distance	So.	AuGres, MI (AuGres-Sims)
Evan Bradford	Distance	Fr.	Santa Barbara, CA (San Marcos)
Gavin Brand	Distance	So.	Suwanee, GA (Peach Tree Ridge)
Dustin Bratten	Sprints	Fr.	Sammamish, WA (Skyline)
Jace Derwin	SP, Disc, Sprints	Sr.	Snoqualmie, WA (Mount Si)
Dusty Duncan	Sprints	Fr.	Lynden, WA (Lynden)
Mat Edel	Distance	Fr.	Portland, OR (Franklin)
Ryan Endresen	Hurdles, Sprints	So.	Portland, OR (Columbia Christian)
Micah Grounds	Sprints	Sr.	San Diego, CA (Shorecrest (WA))
Daniel Hamilton	Distance	Jr.	Missoula, MT (Sentinal)
Will Harrison	Distance	So.	Tucson, AZ (Catalina Foothills)
Nate Johnson	Multi, Hurdles	So.	Boise, ID (Timberline)
Billy Martin	Throws	So.	Edmonds, WA (King's)
Caleb Parker	Steeplechase	So.	
Nate Seely	Distance	So.	Lynden, WA (Lynden)
Nathanael Sleight	Distance	Jr.	Bellevue, WA (Bellevue Christian)
Jacob Wahlenmaier	Distance	Sr.	Everett, WA (Cascade)
Stephen York	Distance	Fr.	Newberg, OR (Newberg)
Ray Zoellick	Pole vault	Fr.	Bothell, WA (Cedar Park Christian)

Women	Events	Yr.	Hometown (High School)
Brittany Aanstad	HJ, Multi	Jr.	Lake Stevens, WA (Lake Stevens)
Josie Becker	Distance	Jr.	Grapeview, WA (White River)
Carly Andrews	Javelin	Jr.	Issaquah, WA (Issaquah)
Kelsey Brown	Distance	So.	Colorado Springs, CO (Classical Acad.)
Krysta Carrick	Distance	So.	Tokyo, Japen (Christian Academy)
Brianna Clarke	Throws	Fr.	Downey, CA (Calvary Chapel)
Allison Cutting	Distance	Fr.	Sequim, WA (Sequim)
McKayla Fricker	Distance	Fr.	Canby, OR (Canby)
Katy Gross	Hurdles, HJ, LJ, TJ	So.	Everett, WA (Cascade)
Heidi Laabs-Johnson		Jr.	
Samantha Lane	Sprints	Fr.	Spokane, WA (Mead)
Kira Lewis	LJ, TJ, Hurdles	So.	Yakima, WA (West Valley)
Kishia Mitchell	Sprints	Fr.	Puyallup, WA (Rogers)
Trinna Miranda	LJ, TJ	So.	Tigard, OR (Southridge)
Natalie Nobbs	LJ, TJ, Hurdles, Sprints	Jr.	Yakima, WA (Riverside Christian)
Athena Nye	TJ, Sprints, 800	So.	Vancouver, WA (Columbia River)
Melissa Peaslee	Pole Vault	Sr.	Fox Island, WA (Gig Harbor)

Jennifer Pike	Hurdles, Sprints	Sr	Vancouver, WA (Skyview)
Natty Plunkett	Distance	Jr	Bellevue, WA (Newport)
Emily Quatier	Sprints	So	Portland, OR (Westside Christian)
Terra Schumacher	Heptathlon, Hurdles, PV	Jr	Sublimity, OR (Regis/Mount Hood CC)
Crystal Sims	Heptathlon, Sprints	Sr	Portland, OR (Jefferson/Mount Hood CC)
Leah Swanson	Distance	Fr	Seattle, WA (Blanchet)
Brittany Tri	Heptathlon	Jr	Lake Stevens, WA (Lake Stevens)
Myisha Valentine	Sprints	Jr	Mountlake Terrace, WA (N. Sound Chr./Spo.CC)
Danae Vermulm		Fr.	
Arianna Warren	HJ, Sprints	Fr	Seattle, WA (Holy Names)
Lisa Weaver	Sprints	Fr	Salem, OR (Salem Academy)
Kayla Wilkins	400, Hurdles, Distance	Jr	Vancouver, WA (Evergreen)
BryAnne Wochnick	Sprints	Fr	Portland, OR (Central Catholic)
Ali Worthen	HJ, LJ, Hurdles	Jr	Coos Bay, OR (Marshfield)
Robyn Zeidler	Distance	Fr	Plymouth, MN (Wayzata)

Head Coach – Karl Lerum **Assistants** – Duncan Atwood, Erika Daligcon, Carly Dockendorf, Bryan Gough, Doris Heritage, Letiwe Patton

CLAN Simon Fraser

Men	Event	Ht	Yr.	Exp.	Hometown (Previous Schools)
Andrew Boss	200,400	6-0	Sr.	3V	Port Coquitlam, B.C. (Terry Fox)
Ryan Brockerville	Steeple	6-2	Sr.	3V	Marystown, NL (M.C.H.S.)
Ben Coles	Jav, Disc	6-1	So.	1V	Ottawa, Ont. (Canterbury)
Zach Conard	Steeple	5-11	So.	1V	Everett, WA (Archbishop Murphy)
Samir Dhanani	800, 1500	5-6	Jr.	2V	Surrey, B.C. (Guildford Park)
Yubai Liu	400, 800	6-0	Jr.	2V	Vancouver, B.C. (Point Grey)
Tyler McMillan	400, 800	6-2	Fr.	HS	Surrey, B.C. (Semiahmoo)
Brett Montrose	200, 400	5-9	So.	2V	Nanaimo, B.C. (Dover Bay)
Sviatoslav Moldabov			Jr.		
Dennis Nicolas	100, LJ	5-11	Jr.	1V	Richmond, B.C. (McRoberts)
Andrew Ou	LJ	6-0	Fr.	HS	Taipei, Taiwan (R.C. Palmer)
Alexandre Pare	800	5-7	Fr.	HS	Sherbrooke, QC (Champlain CGP)
Adam Reid	800	6-0	So.	1V	Bowen Island, B.C. (West Vancouver)
Travis Vugteveen	800	6-0	Fr.	HS	Chilliwack, B.C. (Unity Christian)
Brett Wakefield	Steeple	5-8	Sr.	3V	Maple Ridge, B.C. (Thomas Haney)
James Young	1500	6-2	So.	1V	Surrey, B.C. (Enver Creek)
Women	Event	Ht	Yr.	Exp.	Hometown (Previous Schools)
Andrea Abrahms	60, 100, hurdles	5'6	Jr.	2V	Saskatoon, SK (Bishop James Mahoney High)
Kirsten Allen	1500, 3000	5'3	Fr.	HS	London, Ont. (Saunders Secondary)
Madeleine Barker	800, 1500	5'6	Fr.	HS	Sherbrooke, Que. (CEGEP de Sherbrooke)
Rachelle Barnett	HJ, multi	6'0	Sr.	3V	New Westminster, B.C. (Guildford Park Secondary)
Olivia Brennan	800, 600	5'4	Sr.	3V	Regina, SK (M.A. Riffel)
Robyn Broomfield	100, 200, LJ	5'3	Fr.	HS	Toronto, Ont. (Ontario Cedarbrae Collegiate Institute)
Lindsey Butterworth	800, 1500	5'10	Fr.	HS	North Vancouver, B.C. (Handsworth Secondart)
Breanne Carter	200, 400	5'8	Sr.	3V	Edmonton, AB (University of Alberta)
Heather Carviel					
April Cook-McKenzie	LJ	5'5	Jr.	2V	Port Coquitlam, B.C. (Riverside Secondary)
Helen Crofts	800, 400	5'11	Jr.	2V	West Vancouver, B.C. (West Van Secondary)
Charlotte Crombeen	hurdles, LJ	5'7	Fr.	HS	London, Ont. (Mother Teresa)
Caitlin Dell	800, 400	5'5	Fr.	HS	Salmon Arm, B.C. (Salmon Arm Secondary)
Kim Doerksen	1500, 3000	5'9	So.	HS	Gibsons, B.C. (Elphinstone)
Eva Gifford	800	5'10	Fr.	HS	Kootenay, B.C. (Rossland Secondary)
Bianca Gonzales	3000, steeple	5'7	Sr.	3V	Surrey, B.C. (Fraser Heights Secondary)
Brianna Kane	800, 400	5'6	Sr.	3V	Roberts Creek, B.C. (Elphinstone)
Michaela Kane	800, 400	5'6	So.	1V	Roberts Creek, B.C. (Elphinstone)
Diepiriye Iworima	LJ	5'6	Sr.	3V	Port Harcourt, Nigeria (Jepththah Comprehensice Sec.)
Jessica Padrinao	hammer	5'6	So.	1V	Surrey, B.C. (Holy Cross Regional Secondary)
Emily Palibroda	1500, steeple	5'4	Jr.	2V	Fort St. John, B.C. (North Peace Secondary)
Mercedes Rhode	multi event	5'10	Fr.	HS	Saskatoon, SK (Holy Cross)
Jade Richardson	discus, shot	5'9	Fr.	HS	Nanaimo, B.C. (Nanaimo District Secondary School)
Sarah Sawatzky	800, steeple	5'6	So.	HS	Chilliwack, B.C. (Sardis Secondary)

Angela Shaw	X, mile, 1500	5'7	Sr.	3V	Langley, B.C. (Walnut Grove)
Jasmin Sjodin	200, 400	5'3	So.	1V	Prince Albert, SK (Carlton High)
Jessica Smith	X, 800	5'8	Sr.	3V	North Vancouver, B.C. (Argyle)
Michelle Stuart	javelin	5'4	So.	1V	Langley, B.C. (Walnut Grove Secondary)
Kendra Viney	200, 400	5'3	So.	1V	Calgary, AB (Queen Elizabeth Secondary)
Emma Vogt	400, 800	5'3	Jr.	2V	Burnaby, B.C. (Burnaby South Secondary)
Abbey Vogt	400, 800	5'6	Fr.	HS	Burnaby, B.C. (Burnaby South Secondary)
Kristyn Webster	X, 3km, 5km	5'8	So.	1V	Vancouver, B.C. (Killarney Secondary)

Head Coach – Brit Townsend. **Assistants** – Tom Dickson (sprints), Jerrold Jones (jumps), Jennifer Padrinao and Byron Collyer (throws). **Volunteer Assistants** - Ruky Abdulai, Julia Howard, Rebecca Johnstone, Natasha Wodak, Neal Hurtibise, Paul Woytkowiak.

WOLVES Western Oregon

Men	Year	Events	Hometown (School)
Gabe Aguilar	Sr.-2V	Sprints	Hillsboro, OR (Glencoe)
Bobby Alexander	Jr.-1V	Sprints	Seattle, WA (O'Dea)
Francisco Arenas	So.- JC	Throws	Hermiston, OR (Hermiston)
Brady Beagley	Fr.-HS	Distance	Grants Pass, OR (Hidden Valley)
Elycc Berkman	Fr.-HS	Jumps	Seaside, OR (Seaside)
Dustin Boyd	So.	Sprints	Keizer, OR (McNary)
Brett Campbell	Fr.-HS	Hurdles	Bend, OR (Summit)
Ryan Chapman	Jr.-2V	Distance	Yakima, WA (Eisenhower)
Javier Cortes	Fr.-HS	Distance	Woodburn, OR (Woodburn)
James Croft	Jr.-2V	Distance	Central Point, Ore. (Crater)
Will Crook	So.-1V	Throws	Jewell, OR (Jewell)
Greg Cruise	Fr.-HS	Throws	Salem, OR (McKay)
Lukas Fenley	Fr.-HS	Distance	Leaburg, OR (Thurston)
Dominick Ferraris	So.-1V	Distance	Tigard, OR (Tigard)
Zach Franklin	Fr.-HS	Jumps	Salem, OR (South Salem)
Eric Gaines	Fr.-HS	Sprints	Sandy, OR (Sandy)
Ryan Hansen	Fr.-HS	Sprints	
Matson Hardie	So.-1V	Jumps	Bend, OR (Summit)
Jake Hyde	So.-1V	Jumps	Estacada, OR (Estacada)
Matt Kaino	So.-1V	Sprints	Ilwaco, WA (Ilwaco)
Justin Karr	Sr.-1V	Distance	Tigard, OR (Tigard)
Connor Kasler	So.-1V	Distance	Grants Pass, OR (Hidden Valley)
Kyle Lane	Fr.-HS	Jumps	Portland, OR (Reynolds)
Kyle Larson	Sr.-3V	Distance	Lake Stevens, WA (Lake Stevens)
Andy Loscutt	Sr.-3V	Sprints	Canby, OR (Canby)
Tim Lundy	Sr.-1V	Jumps	Dayton, OR (Dayton)
Zach Massari	Sr.-3V	Distance	Stayton, OR (Scio)
Kevin McCurdy	Fr.-HS	Hurdles	Salem, OR (McKay)
Donavan McFadden	Fr.-HS	Sprints	Portland, OR (Madison)
Gabe Mendenhall	Fr.-HS	Jumps	Independence, OR (Central)
Josh Moore	So.-1V	Sprints	Tacoma, WA (Franklin)
Tim Mowery	So.-1V	Sprints	Gresham, OR (Gresham)
Jacob Nicola	Jr.-2V	Throws	Portland, OR (La Salle)
Kody Reavis	Jr.-2V	Throws	Florence, OR (Siuslaw)
Chris Reed	Sr.-3V	Distance	Klamath Falls, OR (Klamath Union)
Kody Rhodes	Fr.-HS	Hurdles	Wilsonville, OR (Wilsonville)
Nathan Rowlett	Fr.-HS	Throws	Portland, OR (Christian)
Michael Shogren	Fr.-HS	Distance	Albany, OR (West Albany)
Jason Slowey	Sr.-3V	Throws	Medford, OR (North Medford)
Brandon Snook	Sr.-2V	Distance	Oregon City, OR (Oregon City)
Dan Sprinkle	Jr.-2V	Distance	Portland, OR (Century)
Tyler Thomas	So.-1V	Sprints	Philomath, OR (Philomath)
Jordan Werner	Sr.-2V	Hurdles	Grants Pass, OR (Grants Pass)
Anthony Yakovich	So.-1V	Sprints	Eugene, OR (Sheldon)

Women	Year	Events	Hometown (School)
Annan Applebee	Sr.-3V	Mid-Distance	Gladstone, OR (Gladstone)
April Batchelor	Fr.-HS	Distance	Spokane, WA (Cheney)
Ayesha Black	Fr.-HS	Throws	Beaverton, OR (Southridge)
Meryl Butcher	Jr.-2V	Distance	Clackamas, OR (Clackamas)
Shanai Campbell	Fr.-HS	Sprints	Yakima, WA (Eisenhower)
KayAnna Cecchi	Jr.-2V	Distance	Gresham, OR (Gresham)
Seabre Church	Fr.-HS	Throws	Florence, OR (Siuslaw)
Amy Elder	So.-JC	Throws	Nestucca, OR (Nestucca)
Janelle Everetts	Jr.-1V	Distance	Salem, Ore. (McKay)
Megan Everetts	Jr.-1V	Distance	Salem, Ore. (McKay)
Annie Hayward	Fr.-HS	Sprints	Newport, OR (Newport)
Jesika Kaczinski	Fr.-HS	Throws	Jewell, OR (Jewell)
Sarah Kathrein	So.-1V	Sprints	Boring, OR (Sandy)
Danielle Kermode	So.-JC	Pole Vault	
Jennifer Larson	Fr.-HS	Throws	Portland, OR (Reynolds)
Jenny Leaf	Fr.-HS	Distance	Boulder, CO (Fairview)
Amanda Lee	Fr.-HS	Distance	Highlands Ranch, CO (Thunder Ridge)
Madison McClung	Fr.-HS	Sprints	Cottage Grove, OR (Cottage Grove)
Crystal McDowell	So.-1V	Sprints	Roseburg, OR (Roseburg)
Lacey Meusec	Sr.-2V	Sprints	Gresham, OR (Gresham)
Tricia Morrison	Sr.-3V	Distance	Hillsboro, OR (Hillsboro)
Ali Mosher	Jr.-2V	Hurdles	Gresham, OR (Gresham)
Justine Mosher	Fr.-HS	Throws	Silverton, OR (Silverton)
Molly Murphy	Fr.-HS	Jumps	Yamhill-Carlton, OR (Yamhill-Carlton)
Katie Pelchar	Fr.-HS	Jumps	Sandy, OR (Sandy)
Emily Pieren	So.-JC	Sprints	Nestucca, OR (Nestucca)
Lexi Pola	So.-1V	Sprints	Dallas, OR (Dallas)
Ashley Potter	Jr.-1V	Jumps	Springfield, OR (Thurston)
Kaitlyn Reid	Sr.-1V	Sprints	West Linn, OR (West Linn)
Amanda Schumaker	So.-1V	Throws	Gladstone, OR (Gladstone)
Zoe Skordahl	Jr.-2V	Distance	Oakridge, OR (Oakridge)
Erika Snawder	Sr.-2V	Distance	Salem, OR (South Salem)
Ashley Taylor	Fr.-HS	Distance	Yelm, WA (Yelm)
Janna Vander Meulen	Jr.-2V	Hurdles	Puyallup, WA (Rogers)
Amanda Wright	Jr.-2V	Distance	Olympia, WA (Capitol)

Head Coach – Mike Johnson. **Assistants** – Jerret Mantalas, Isaac Frederick, Jessica Harper

VIKINGS Western Washington

Men	Events	Ht.	Wt.	Cl.	Exp	Hometown
Nick Abraham	M. Dist.	6-0	150	Jr.	2V	Sammamish, WA (Skyline)
Jeremy Anderson	M.Dist./St	5-9	145	So.	TR	Chimacum, WA (Chimacum/UofGreat Falls)
Graham Armstrong	Distance	5-10	135	So.	1V	Sammamish, WA (Skyline)
Yonas Berhe	Distance	5-5	115	So.	1V	Seattle, WA (Roosevelt)
Tanner Boyd	Distance	5-8	135	So.	SQ	Camas, WA (Camas)
Eric Brill	Distance	6-0	165	Sr.	3V	Kent, WA (Kentwood)
Ryan Brown	Pole Vault	6-3	175	Sr.	3V	Bellingham, WA (Squalicum)
Will Cameron	Distance	5-11	150	R-Jr.	SQ	Poulsbo, WA (North Kitsap)
Ryan Cavola	Distance	6-2	160	Fr.	HS	Vancouver, WA (Skyview)
Samuel Chue	Throws	6-0	215	Fr.	HS	Bellingham, WA (Sehome)
Tim Clendaniel	PV/Multi	5-11	170	Jr.	2V	Bothell, WA (Bothell)
Brandon Cole	Distance	6-1	160	Fr.	HS	Sammamish, WA (Eastlake)
Logan Darling	Sprints	5-6	155	Jr.	SQ	Bellingham, WA (Bellingham/Oregon)
Toby David	Sprints	6-3	180	Sr.	3V	Cathlamet, WA (Wahkiakum)
Ben DeKock	Throws	6-0	185	Jr.	2V	Seabeck, WA (Klahowya)
Alex Dye	Sprints	6-1	185	Sr.	1V	Bellevue, WA (Issaquah)
Ben Elder	Throws	6-5	260	Sr.	3V	Lake Stevens, WA (Lake Stevens)
Marc Fuhrmeister	Distance	5-11	140	R-Fr.	SQ	Bellingham, WA (Squalicum)
Brad Garrett	Distance	5-7	135	R-Fr.	SQ	Port Angeles, WA (Port Angeles)
Jacob Gilbert	Throws	5-10	245	So.	1V	Bellingham, WA (Sehome)

Dylan Gordon	Hurdles	5-10	180	So.	SQ	Maple Valley, WA (Tahoma)
Andrew Gray	Hurd/Spr	6-0	175	Jr.	2V	Sammamish, WA (Skyline)
Bennett Grimes	Distance	5-6	130	Sr.	3V	Pocatello, ID (Century)
Levi Grudzinski	Hurd/Spr	6-0	160	So.	1V	Bellingham, WA (Sehome)
Thomas Guidon	Pole Vault	5-10	180	So.	1V	Bothell, WA (Bothell)
Keegan Hall	Distance	5-10	155	Fr.	HS	Gig Harbor, WA (Peninsula)
Alex Harrison	Multi	6-1	190	Sr.	2V	Edmonds, WA (Edmonds-Woodway)
Derek Hartwigsen	Multi	5-10	180	Jr.	1V	Kent, WA (Kentwood)
Michael Hoffman	Throws	6-4	225	Jr.	2V	Bellingham, WA (Sehome)
Dylan Hopper	Distance	5-9	150	Fr.	HS	Everett, WA (Cascade)
Nick Howe	Distance	6-1	150	Fr.	HS	Arlington, WA (Arlington)
Justin Hurtubise						
Chip Jackson	Distance	6-0	150	So.	1V	Seattle, WA (Shorewood)
Kyle Johnson	M. Dist.	5-10	150	Jr.	1V	Nine Mile Falls, WA (Lakeside)
William Jones	Distance	5-10	145	Fr.	HS	Vancouver, WA (Columbia River)
Tatsuya Kee	Throws	5-11	180	Sr.	SQ	Vancouver, WA (Mountain View/Clark CC)
Andrew Knight	Throws	5-9	245	So.	SQ	Puyallup, WA (Fife)
Keenan Komoto	Jumps/PV	5-9	160	Fr.	HS	Kent, WA (Kent-Meridian)
Evan Koreyasu	Jumps	5-11	155	So.	SQ	Brier, WA (Mountlake Terrace)
Josh Larson	Multi	5-9	155	Sr.	1V	Bellingham, WA (Bellingham/Whatcom CC)
Kevin LeMond	Distance	6-2	145	Fr.	HS	Issaquah, WA (Issaquah)
Colin Logue	Sprints	6-0	175	So.	HS	Kamiak, WA (Mukilteo/WSU/Edmonds CC)
Sam Lyons	Distance	6-1	155	Fr.	HS	Burlingame, CA (Burlingame)
Ryan Macdonald	Throws	6-3	215	Fr.	HS	Bellingham, WA (Sehome)
Colby Mayberry	Throws	6-3	190	Jr.	SQ	Prescott, WA (Prescott/Walla Walla CC)
Blake Medhaug	Distance	5-9	135	Sr.	2V	Bothell, WA (Bothell)
Michael Millson	Jumps	5-8	160	Sr.	2V	Deming, WA (Mount Baker)
Gabe Morales	Sprints	6-2	180	Sr.	1V	Renton, WA (O'Dea)
Mickey Mukai				So.		Bothell, WA (Inglemoor)
Tyler Nichols	Throws	6-1	220	Jr.	1V	Shoreline, WA (Shorewood)
Ashkon Nima	Distance	5-10	145	Fr.	HS	Bothell, WA (Bothell)
Cory Okazaki	Hurdles	6-0	175	Fr.	HS	Puyallup, WA (Emerald Ridge)
Mark Pangilinan	Sprints	5-7	160	Fr.	HS	Marysville, WA (Marysville-Pilchuck)
Travis Peters	M. Dist.	5-10	150	So.	SQ	Kelso, WA (Kelso/UW)
Dylan Peterson	Distance	5-10	140	So.	SQ	Seattle, WA (Garfield)
Andy Randles	Distance	5-11	155	So.	SQ	Spokane, WA (Gonzaga Prep)
Tabor Reedy	Distance	6-2	155	Fr.	HS	Poulsbo, WA (North Kitsap)
Joshua Reiter	Distance	5-11	145	Fr.	HS	Camas, WA (Camas)
Jesse Roberson	Distance	5-9	135	Jr.	SQ	Tacoma, WA (Wilson)
Trevor Robinson	Distance	5-11	155	Fr.	HS	Seattle, WA (Nathan Hale)
Cal Rosenberg	Pole Vault	5-10	155	So.	SQ	Portland, OR (Grant)
Chris Ruether	Sprints	6-0	175	R-Fr.	SQ	Cashmere, WA (Cashmere)
Tim Satterwhite	Jumps	6-2	210	Sr.	3V	Federal Way, WA (Jefferson)
Karsten Schick	Multi/Hurd	6-3	170	Fr.	HS	Kodiak, AK (Kodiak)
Otto Schmidt	Distance	5-9	150	R-Fr.	SQ	Friday Harbor, WA (Friday Harbor)
Derek Slaughter	M. Dist.	6-2	150	So.	SQ	Spokane, WA (Shadle Park)
Brock Steffen	Sprints	5-10	190	Fr.	HS	Bellingham, WA (Bellingham)
Duane Stewart	Distance	5-11	160	Jr.	SQ	Abbotsford, BC (W.V. Mouat/PLU/Greenville)
Michael Stralser	Multi/Hurd	6-3	160	Fr.	HS	Cheney, WA (Cheney)
Dylan Sweeney	Distance	5-7	140	Fr.	HS	Bonnars Ferry, ID (Bonnars Ferry)
Justin Thomsen	Sprints	5-8	185	So.	1V	Bellingham, WA (Sehome)
Alex Tilley	Sprints	5-10	165	Jr.	2V	Edmonds, WA (Kamiak)
Braden Timpe	Distance	6-1	160	Fr.	HS	Enumclaw, WA (Enumclaw)
Daniel Tran	Jumps	5-7	130	Fr.	HS	Bothell, WA (Bothell)
Christopher VandenBos		5-10	150	Fr.	HS	Lynden, WA (Lynden Christian)
Phil Villanueva	Hurdles	5-6	130	Sr.	3V	Spanaway, WA (Bethel)
Jordan Welling	Distance	6-0	150	Sr.	3V	Burlington, WA (Burlington-Edison/Northern Arizona)
Nelson Westlin	Throws	5-10	230	So.	1V	Bellingham, WA (Sehome)
Tyler Will	Pole Vault	6-1	165	Fr.	HS	Spokane, WA (Lewis & Clark)
Josh Winters	Pole Vault	5-10	175	Sr.	3V	Bothell, WA (Bothell)

Women	Events	Ht.	Cl.	Exp	Hometown
Karis Anderson	Pole Vault	5-4	So.	1V	Seattle, WA (Roosevelt)
Tanya Bjornsson	Hurdles	5-4	So.	1V	Ferndale, WA (Ferndale)
Jessica Boyer	M. Dist.	5-7	Jr.	2V	Columbia Falls, MT (Columbia Falls)
Lauren Breihof	Distance	5-6	Sr.	3V	Vancouver, WA (Mountain View)
Sierra Brisky	Distance	5-7	Jr.	2V	Acme, WA (Mount Baker)
Sarah Brownell	Hurd/Spr	5-7	Sr.	3V	Yelm, WA (Yelm)
Amber Burnell	Distance	5-5	Fr.	HS	Marysville, WA (Lakewood)
Sydney Coffey	Spr/Hurd	5-7	Fr.	HS	Boulder, Co (Niwot)
Diana DiMarco	Pole Vault	5-4	Sr.	2V	Bozeman, MT (Bozeman)
Amber Dodd	Hurdles	5-6	Fr.	HS	Sammamish, WA (Skyline)
Kristi Fairbanks	Distance	5-9	So.	1V	Snohomish, WA (Snohomish)
Hannah George	Distance	5-2	Fr.	HS	Gig Harbor, WA (Peninsula)
Savannah Glasgow	Sprints	5-7	So.	SQ	Snohomish, WA (Snohomish)
Monika Gruszecki	Throws	5-4	Sr.	3V	Edmonds, WA (Meadowdale/Philipps)
Phoebe Hartnett	Distance	5-3	So.	1V	San Diego, CA (Patrick Henry)
Kendra Hedges	Distance	5-4	Jr.	1V	Lake Stevens, WA (Lake Stevens)
Brooklyn Holton	Multi/Hurd	5-6	So.	JC	Arlington, WA (Arlington/Clark CC)
Elizabeth Howe	Pole Vault	5-5	Fr.	HS	Sultan, WA (Sultan)
Haida Ikeda	Distance	5-5	So.	1V	Issaquah, WA (Issaquah)
Rachael Johnson	M. Dist.	5-5	Sr.	2V	Yakima, WA (West Valley/Seattle U.)
Miranda Lahman	Hurd/MDist	5-7	Fr.	HS	Boulder, CO (Niwot)
Valle Ledtke	Sprints	5-7	So.	SQ	Skamokawa, WA (Wahkiakum)
Alexandria McDonald	Hurdles	5-7	So.	SQ	Marysville, WA (Marysville-Pilchuck)
Sandra Meyer	Hurdles	5-2	R-Fr.	SQ	Bonney Lake, WA (Bonney Lake)
Kendra Miller	M. Dist.	5-3	Jr.	SQ	Lake Stevens, WA (Lake Stevens)
Megan O'Connell	Sprints	5-6	Sr.	3V	Sammamish, WA (Skyline)
Amanda Overdick	Jumps	5-5	So.	1V	Lynnwood, WA (Lynnwood)
Brienna Palmer	Pole Vault	5-7	Fr.	HS	Sedro-Woolley, WA (Burlington-Edison)
Erin Philbeck	Distance	5-4	Fr.	HS	Seattle, WA (Ballard)
Sarah Porter	Distance	5-4	Sr.	3V	Hockinson, WA (Hockinson)
Amy Puckett	Pole Vault	5-3	Fr.	HS	Laramie, WY (Laramie)
Tara Ramsey	Jumps	5-10	Fr.	HS	Olympia, WA (Shelton)
Callie Reff	Jumps	5-7	So.	1V	Burlington, WA (Burlington-Edison)
Sara Richards	Throws	5-8	R-Fr.	SQ	South Bend, WA (South Bend)
Maggie Roe	Throws	5-8	Fr.	HS	Bellevue, WA (Newport)
Mary Rogers	Distance	5-3	So.	1V	Spokane, WA (Shadle Park)
Annie Schinnell	Sprints	5-7	Fr.	HS	Morton, WA (Morton)
Eleanor Siler	Sprints	5-9	Jr.	2V	Spokane, WA (Lewis & Clark)
Shanyese Trujillo	Throws	5-7	So.	SQ	Lacey, WA (North Thurston)
Maria Ujifusa	Distance	5-4	So.	SQ	Snohomish, WA (Snohomish/Everett CC)
Arielle Walton	Distance	5-8	Fr.	HS	Issaquah, WA (Issaquah)
Emily Warman	Jumps	6-0	Jr.	2V	Sedro-Woolley, WA (Sedro-Woolley)
Cheri Watson	M. Dist.	5-2	Sr.	3V	Olympia, WA (Olympia)
Lindsay Wells	Throws	5-10	Fr.	HS	Seattle, WA (Nathan Hale)
Carly White	M. Dist.	5-4	So.	SQ	Hoquiam, WA (Hoquiam)
Loreah Winlow	Pole Vault	5-3	So.	TR	Nine Mile Falls, WA (Lakeside/WSU)
Shandel Yanney	Spr/Jumps	5-3	Fr.	HS	Ferndale, WA (Ferndale)
Megan Zukowski	Sprints	5-8	Sr.	3V	Maple Valley, WA (Tahoma)

Head Coach - Pee Wee Halsell . **Assistants** - Brandi Petz, Bill Roe, Dick Henrie, Lex Kaligis, Al Reimer, Christina Ashby, Jarrod Roberts, Kaylee Gardner, Ben Stensland, Scott McCoy. **Student Assistant** - Brian Zuleger