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Men's Indoor Track and Field Championship Meets

Great Northwest Athletic Conference

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Men's Indoor Track & Field Championship Meets

2004 (Feb. 21 at Nampa)

Team Scores - Western Oregon 164, Western Washington 126, Central Washington 107, Northwest Nazarene 71, Seattle Pacific 56, Saint Martin's 37, Seattle 14. **Outstanding Performer** - Isaac Frederick, Western Oregon.

60 - 1. Greg Coleman, WOU, 7.08; 2. Eddie Kaeka, WWU, 7.08; 3. Fabien Coutard, CWU, 7.09; 4. Sean Bresnahan, WOU, 7.11; 5. Jacob Petz, WWU, 7.16; 6. Derek Gitts, WOU, 7.28; 7. Jarel Cherry, SMC, 7.40; 8. Adam Neff, WWU, 8.25.

200 - 1. Isaac Frederick, WOU, 22.04; 2. Fabien Coutard, CWU, 22.43; 3. Greg Coleman, WOU, 22.72; 4. Adam Neff, WWU, 22.78; 5. David Olson, NNU, 23.01; 6. Josh Freeman, WWU, 23.08; 7. Mikel Lenox, WWU, 23.12; 8. Coby Eslinger, WOU, 23.17; 9. Chris McClung, WWU, 23.28; 10. Micah Kellcy, SPU, 23.34; 11. Faruk Punjani, SU, 23.38; 12. Brandon Hill, NNU, 23.61; 13. Danny Bowman, NNU, 23.97.

400 - 1. Isaac Frederick, WOU, 49.76; 2. Adam Neff, WWU, 49.99; 3. Mike Kelley, CWU, 50.27; 4. Matt Ward, NNU, 50.57; 5. K.J. Loreth, SU, 50.59; 6. Brian Sweeney, WWU, 51.24; 7. Matt Blaine, SU, 51.27; 8. Mike Morrison, CWU, 51.44; 9. Ryan Los, WWU, 51.52; 10. Tyler Mohoric, SMC, 51.56; 11. David Olson, NNU, 51.73; 12. Sam Hobbs, WOU, 51.90; 13. Nate Anderson, WOU, 52.07; 14. Todd Nishida, SU, 52.38; 15. Greg Flowers, SPU, 53.47.

800 - 1. Paul Mach, SPU, 1:51.49; 2. Andy Prentice, SMC, 1:52.63; 3. Ryan Meier, NNU, 1:55.47; 4. Lincoln Hagood, NNU, 1:56.43; 5. Eddie Strickler, SPU, 1:56.80; 6. Andrae Williams, WOU, 1:58.22; 7. Troy Banker, WOU, 1:58.87; 8. Jason Bush, CWU, 1:59.23; 9. Reuben Joseph, SU, 1:59.38; 10. Chris Randolph, SPU, 1:59.76; 11. Mike Gavereski, SPU, 1:59.96; 12. Nicholas Dols, SU, 2:00.49; 13. Seth Woods, SMC, 2:02.07; 14. Caleb Timmer, SMC, 2:03.85; 15. Matt Ward, NNU, 2:05.81; 16. Jerret Mantalas, WOU, 2:06.38; 17. Chris Carpenter, SMC, 2:13.63.

Mile - 1. Nathan Carlson, SMC, 4:18.54; 2. Tim LeCount, SPU, 4:23.43; 3. Zach Dwello, NNU, 4:23.58; 4. Jason Porter, CWU, 4:24.39; 5. Nick Crawford, WOU, 4:25.26; 6. Mike Pankiewicz, CWU, 4:25.87; 7. Fillipie Jasso, WOU, 4:28.16; 8. Tyler Lane, NNU, 4:31.35; 9. Bjorn Bostrom, SPU, 4:36.42; 10. Jerret Mantalas, WOU, 4:40.74; 11. Richard Franck, SU, 4:43.72; 12. Chris Carpenter, SMC, 4:53.26; 13. Clint Bjella, SPU, 4:54.47.

5000 - 1. Steve DeKoker, WWU, 15:24.02; 2. Tris Obluck, SMC, 15:41.70; 3. Chase Wells, WOU, 15:42.13; 4. Kevin Lambert, NNU, 15:49.07; 5. Michael Hughes, SU, 16:01.04; 6. Andy Peters, NNU, 16:03.18; 7. Matt Schmitt, CWU, 16:07.48; 8. Jake Hotchkiss, NNU, 16:11.89; 9. Tim Keller, NNU, 16:22.03; 10. Lee O'Connor, SPU, 16:30.33; 11. Steve Manos, SU, 16:33.41; 12. James Rosser, SPU, 16:34.41; 13. Andrew Lybarger, SU, 17:10.59; 14. Victor Carpenter, SMC, 17:30.98; 15. Robbie Wilber, SMC, 17:32.55; 16. Zac Vawter, SMC, 18:06.19; Spencer Walsh, WOU, dnf.

60 Hurdles - 1. Josh Freeman, WWU, 8.48; 2. Sam Hobbs, WOU, 8.49; 3. Nate Anderson, WOU, 8.54; 4. Dustin Wilson, WWU, 8.56; 5. Chris Randolph, SPU, 8.67; 6. Lee Clarkston, WOU, 8.68; 7. Colin McMahon, WOU, 8.74; 9. Josh Timmer, SMC, 8.90.

4x400 Relay - 1. Central Washington (Mike Kelley, Fabien Coutard, Cresap Watson, Mike Morrison) 3:23.79; 2. Western Oregon (Sam Hobbs, Isaac Frederick, Nate Anderson, Troy Banker) 3:25.11; 3. Western Washington (Brian Sweeney, Josh Freeman, Adam Neff, Ryan Los) 3:25.18; 4. Northwest Nazarene (David Olson, Brandon Hill, Ryan Meier, Matt Ward) 3:25.54; 5. Seattle 3:25.85; 6. Seattle Pacific 3:31.76.

Distance Medley - 1. Western Oregon (Nick Crawford, Scott Lemon, Andres Williams, Ethan Barrons) 10:36.72; 2. Saint Martin's (Andy Prentice, Tyler Mohoric, Seth Woods, Nathan Carlson) 10:41.41; 3. Seattle Pacific (Paul Mach, Chris Randolph, Eddie Strickler, Tim LeCount) 10:46.16; 4. Central Washington 10:53.54; 5. Northwest Nazarene 10:59.69.

Long Jump - 1. Chris Randolph, SPU, 6.65 - 21-10; 2. Justin Lawrence, CWU, 6.46 - 21-2 1/2; 3. Paul Danforth, WWU, 6.31 - 20-8 1/2; 4. Mark Mellein, WWU, 6.20 - 20-4 1/4; 5. Sean Doughty, NNU, 6.18 - 20-3 1/2; 6. Nate Anderson, WOU, 6.18 - 20-3 1/2; 7. Matt Ward, NNU, 6.18 - 20-3 1/2; 8. Mike Morrison, CWU, 6.16 - 20-2 1/2; 9. Cresap Watson, CWU, 6.12 - 20-1; 10. Shawn Pelton, NNU, 6.09 - 19-11 3/4; 11. Josh Freeman, WWU, 6.02 - 19-9; 12. Garrett Brown, SU, 5.84 - 19-2.

Triple Jump - 1. Justin Lawrence, CWU, 14.76 - 48-5 1/4; 2. Chris Mosbacher, NNU, 14.03 - 46-0 1/2; 3. Beau Ross, CWU, 13.97 - 45-10; 4. Cresap Watson, CWU, 13.18 - 43-3; 5. Mark Mellein, WWU, 13.12 - 43-0 1/2; 6. Shawn Pelton, NNU, 13.00 - 42-8; 7. Paul Danforth, WWU, 12.39 - 40-7 3/4; Tyrone Hattingh, SPU, foul.

Pole Vault - 1. Scott Romney, WWU, 4.56 - 14-11 1/2; 2. Anthony Gould, NNU, 4.56 - 14-11 1/2; 3. Josh Cummings, WOU, 4.56 - 14-11 1/2; 4. Tyler Thornbrue, WWU, 4.41 - 14-5 1/2; 5. Josh Freeman, WWU, 4.26 - 13-11 3/4; 6. Tommy Matthews, WOU, 4.26 - 13-11 3/4; 7. Andrew Behl, WWU, 4.11 - 13-5 3/4; 8. Charlie Tribe, WWU, 3.96 - 12-11 3/4; 9. Brian Gould, NNU, 3.96 - 12-11 3/4.

High Jump - 1. Cresap Watson, CWU, 1.99 - 6-6 1/4; 2. Chris Randolph, SPU, 1.99 - 6-6 1/4; 3. Beau Ross, CWU, 1.94 - 6-4 1/4; 4. Jeff Word, WWU, 1.89 - 6-2 1/4; 5. Peter Allan, WWU, 1.89 - 6-2 1/4; 6. Phillip Bayley, SPU, 1.89 - 6-2 1/4; 7. Scott Lemon, WOU, 1.84 - 6-0 1/2; 8. Sean Doughty, NNU, 1.79 - 5-10 1/2; 9. Dan Larimer, SPU, 1.74 - 5-8 1/2.

35-Pound Weight Throw - 1. Brandon Jasmin, WOU, 15.02 - 49-3 1/2; 2. Tom Farris, WWU, 13.76 - 45-1 3/4; 3. Kevin Johnson, WOU, 13.20 - 43-3 3/4; 4. Josh Holloway, WOU, 12.60 - 41-4 1/4; 5. Dane Wagner, WOU, 12.40 - 40-8 1/4; 6. David Uberti, CWU, 12.24 - 40-2; 7. Casey Lewin, WOU, 12.14 - 39-10; 8. Jarrod Roberts, WWU, 11.74 - 38-6 1/4; 9. Jeremy Davis, SMC, 8.92 - 29-3; 10. Jason Willard, WWU, 8.26 - 27-1 1/4.

Shot Put - 1. Kevin Johnson, WOU, 15.15 - 49-8 1/2; 2. Jacob Galloway, CWU, 14.87 - 48-9 1/2; 3. Collin Babcock, WOU, 14.24 - 46-8 3/4; 4. Dane Wagner, WOU, 13.59 - 44-7; 5. Jason Willard, WWU, 13.41 - 44-0; 6. Jason Patterson, CWU, 13.33 - 43-9; 7. Brandon Jasmin, WOU, 13.17 - 43-2 1/2; 8. Casey Lewin, WOU, 12.95 - 42-6; 9. Zach Fife, CWU, 12.95 - 42-6; 10. Tom Farris, WWU, 12.55 - 41-2 1/4; 11. Phillip Bayley, SPU, 11.94; 12. Jeremy Davis, SMC, 11.14 - 36-6 3/4.

Prelims

60 Hurdle - 1. Josh Freeman, WWU, 8.47; 2. Sam Hobbs, WOU, 8.51; 3. Dustin Wilson, WWU, 8.57; 4. Nate Anderson, WOU, 8.67; 5. Lee Clarkston, WOU, 8.75; 6. Josh Timmer, SMC, 8.84; 7. Chris Randolph, SPU, 8.88; 8. Colin McMahon, WOU, 8.93; 9. Chris Mosbacher, NNU, 9.23; 10. Dan Laimer, SPU, 9.51; Mike Morrison, CWU, false start. (Eight advance to finals).

60 - 1. Greg Coleman, WOU, 7.15; 2. Sean Bresnahan, WOU, 7.16; 3. Jacob Petz, WWU, and Eddie Kaeka, WWU, 7.17; 5. Fabien Coutard, CWU, 7.18; 6. Adam Neff, WWU, 7.19; 7. Derek Gitts, WOU, 7.21; 8. Jarel Cherry, SMC, 7.24; 9. Chris McClung, WWU, 7.30; 10. Faruk Punjani, SU, 7.31; 11. Coby Eslinger, WOU, 7.32; 12. Dustin Wilson, WWU, 7.35; 13. David Olson, NNU, 7.37; 14. Danny Bowman, NNU, 7.53; 15. Albert Albertson, SMC, 8.46.

2005 (Feb. 19 at Nampa)

Team Scores - Western Washington 141, Western Oregon 135, Central Washington 114, Seattle Pacific 87, Northwest Nazarene 54, Saint Martin's 40, Seattle 10. **Outstanding Performer** - Chris Randolph, Seattle Pacific.

60 - 1. Eddie Kaeka, WWU, 7.16; 2. Fabien Coutard, CWU, 7.17; 3. Dustin Wilson, WWU, 7.18; 4. Ryan Jewell, SPU, 7.18; 5. Mike Khabibulin, WWU, 7.28; 6. Derek Gitts, WOU, 7.36; 7. Eddie Wheeler, NNU, 7.38; 8. Adam Neff, WWU, 11.73.

200 - 1. Ryan Jewell, SPU, 22.46; 2. Mike Khabibulin, WWU, 22.89; 3. Faruk Punjani, SU, 22.90; 4. Mike Kelley, CWU, 23.09; 5. Eddie Wheeler, NNU, 23.18; 6. Kurt Engelson, SPU, 23.19; 7. Josh Freeman, WWU, 23.27; 8. Adam Neff, WWU, 23.30; 9. Derek Gitts, WOU, 23.33; 10. Matt Jirges, WOU, 23.50; 11. Mark DeBord, NNU, 23.56; 12. Eric Reynolds, CWU, 23.67; 13. Kevin Gallardo, WOU, 23.90; 14. Yi An Quach, SU, 24.17; 15. Cresap Watson, CWU, 25.14; Fabien Coutard, CWU, disqualified.

400 - 1. Chris Randolph, SPU, 49.99; 2. Adam Neff, WWU, 50.27; 3. Mike Kelley, CWU, 51.62; 4. Casey Hartwig, NNU, 51.66; 5. Eric Reynolds, CWU, 52.45; 6. Brandon Hill, NNU, 52.48; 7. Todd Nishida, SU, 52.56; 8. Tyler Mohoric, SMC, 52.77; 9. Skyler Gregory, WOU, 52.84; 10. Lee Clarkson, WOU, 52.88; 11. Yi An Quach, SU, 53.13; 12. Andres Williams, WOU, 53.47; 13. Ehrin Ching, SMC, 54.01; 14. Tim Walsh, WWU, 54.06; Cresap Watson, CWU, did not finish.

800 - 1. Andy Prentice, SMC, 1:53.39; 2. Eddie Strickler, SPU, 1:55.22; 3. Sam Brancheau, WWU, 1:55.23; 4. Mike Pankiewicz, CWU, 1:55.70; 5. Lincoln Hagood, NNU, 1:55.79; 6. Jerret Mantalas, WOU, 2:00.09; 7. Troy Banker, WOU, 2:01.62; 8. Ryan Meier, NNU, 2:01.86; 9. Dayne Kinder, CWU, 2:01.99; 10. Josh Vredenburg, WOU, 2:02.27; 11. Seth Woods, SMC, 2:03.60; 12. Noe Castellon, SMC, 2:03.74.

Mile - 1. Ethan Barrons, WOU, 4:15.27 (meet record, old, 4:18.54, Nathan Carlson, SMC, 2004); 2. Nathan Carlson, SMC, 4:15.41; 3. Sam Brancheau, WWU, 4:19.35; 4. Doug Gibson, SPU, 4:23.98; 5. Brian Cronrath, SPU, 4:25.52; 6. Fillipie Jasso, WOU, 4:25.97; 7. Geoff Anderson, CWU, 4:29.87; 8. Tyler Lane, NNU, 4:34.18; 9. Seth Woods, SMC, 4:40.24; 10. Robbie Wilbur, SMC, 4:42.67; 11. Steven Miller, SPU, 4:53.81.

5000 - 1. Sam Scotchmer, CWU, 15:03.96 (meet record; old 15:24.02, Steve DeKoker, WWU, 2004); 2. Tim LeCount, SPU, 15:27.78; 3. Spencer Walsh, WOU, 15:36.96; 4. Michael Stewart, WWU, 15:45.44; 5. Kevin Lambert, NNU, 15:46.99; 6. Logan Senrud, WWU, 15:47.44; 7. Ty Schepler, WWU, 15:49.67; 8. Brent Christensen, SMC, 15:56.72; 9. Brad Brolin, WOU, 16:01.62; 10. Jake Hotchkiss, NNU, 16:03.62; 11. Michael Hughes, SU, 16:05.29; 12. Lucas Franco, SU, 16:09.56; 13. Nathan Heitzinger, SU, 16:14.41; 14. Matt Schmitt, CWU, 16:27.40; 15. Andrew Lybarger, SU, 16:37.09; 16. Robbie Wilbur, SMC, 16:52.29.

60 Hurdles - 1. Alex Clark, CWU, 8.40 (meet record, old 8.47, Josh Freeman, WWU, 2004); 2. Sam Hobbs, WOU, 8.48; 3. Josh Freeman, WWU, 8.49; 4. Chris Randolph, SPU, 8.55; 5. Lee Clarkson, WOU, 8.79; 6. Brandon Myers, WWU, 9.11; 7. Dan Davenport, WOU, 9.22; 8. Gunner Argo, CWU, 9.26.

4x400 Relay - 1. Central Washington (Mike Kelley, Dayne Kinder, Fabien Coutard, Eric Reynolds) 3:25.54; 2. Northwest Nazarene (Greg Hamm, Casey Hartwig, Brandon Hill, Eddie Wheeler) 3:26.02; 3. Western Washington (Adam Neff, Josh Freeman, Paul Danforth, Mike Khabibulin) 3:27.41; 4. Western Oregon (Kevin Gallardo, Jeremy Parker, Andres Williams, Jerret Mantalas) 3:29.95; 5. Saint Martin's (Ehren Ching, Seth Woods, Noe Castellon, Brent Christensen) 3:42.52; 6. Seattle Pacific (Tim LeCount, Steven Miller, Ryan Jewell, Kurt Engelson) 3:43.92.

Distance Medley - 1. Saint Martin's (Andy Prentice, Tyler Mohoric, Caleb Timmer, Nathan Carlson) 10:19.74 (meet record, old 10:36.72, Western Oregon, 2004); 2. Western Oregon (Fillipie Jasso, Sam Hobbs, Troy Banker, Ethan Barrons) 10:24.48; 3. Seattle Pacific (Doug Gibson, Chris Randolph, Eddie Strickler, Brian Conrath) 10:25.55; 4. Western Washington (Ty Schepler, Brandon Myers, Logan Senrud, Sam Brancheau) 10:45.72; 5. Central Washington (Mike Pankiewicz, Gunner Argo, Sam Scotchmer, Geoff Anderson) 11:08.76; 6. Northwest Nazarene (Lincoln Hagood, Tyler Lane, Ryan Meier, David Olson) 11:13.39; 7. Seattle (Richard Franck, Faruk Punjani, Nathan Heitzinger, Michael Hughes) 11:22.35.

Long Jump - 1. Chris Randolph, SPU, 6.87 - 22-6 1/2 (meet record, old, 6.65 - 21-10, Chris Randolph, SPU, 2004); 2. Blake Herrington, WOU, 6.66 - 21-10 1/4; 3. Kyle McGillen, WWU, 6.64 - 21-9 1/2; 4. Greg Hamm, NNU, 6.53 - 21-5 1/4; 5. Josh Timmer, SMC, 6.49 - 21-3 1/2; 6. Jason Buckmier, WOU, 6.39 - 20-11 3/4; 7. Cresap Watson, CWU, 6.27 - 20-7; 8. Jeremy Parker, WOU, and Sam Hobbs, WOU, 6.19 - 20-3 3/4; 10. Paul Danforth, WWU, 6.12 - 21-1; 11. Phil Bayley, SPU, and Garrett Brown, SU, 6.08 - 19-11 1/2; 13. Caleb Timmer, SMC, 5.84 - 19-2.

Triple Jump - 1. Blake Herrington, WOU, 14.10 - 46-3 1/4; 2. Greg Hamm, NNU, 13.96 - 45-9 3/4; 3. Jeremy Parker, WOU, 13.44 - 44-1 1/4; 4. Kyle McGillen, WWU, 13.31 - 43-8; 5. Jason Buckmier, WOU, 13.09 - 42-11 1/2; 6. Brandon Myers, WWU, 12.88 - 42-3 1/4; 7. Josh Timmer, SMC, 12.84 - 42-1 1/2; 8. Paul Danforth, WWU, 12.79 - 41-11 1/2; 9. Cameron Bailey, CWU, 12.66 - 41-6 1/2; 10. Caleb Timmer, SMC, 12.63 - 41-5 1/4.

Pole Vault - 1. Hunter Verner, WWU, 4.84 - 15-10 1/2 (meet record; old 4.56 - 14-11 1/2, Scott Romney, WWU, 2004); 2. Tyler Thornbrue, WWU, 4.71 - 15-5 1/2; 3. Scott Romney, WWU, 4.71 - 15-5 1/2; 4. Preston Lewis, NNU, 4.61 - 15-1 1/2; 5. Charlie Tribe, WWU, 4.41 - 14-5 1/2; 6. Joe

Twigg, WOU, 4.41 - 14-5 1/2; 7. Josh Freeman, WWU, 4.31 - 14-1 3/4; 8. Brian Gould, NNU, 4.31 - 14-1 3/4; 9. Gunner Argo, CWU, 4.21 - 13-9 3/4; Robbie Lowry, WWU, no height.

High Jump - 1. Chris Randolph, SPU, 1.94 - 6-4 1/4; 2. Peter Geist, WWU, 1.94 - 6-4 1/4; 3. Jeremy Parker, WOU, 1.89 - 6-2 1/4; 4. Cresap Watson, CWU, 1.89 - 6-2 1/4; 5. Jeff Word, WWU, 1.89 - 6-2 1/4; 6. Cameron Bailey, CWU, 1.89 - 6-2 1/4; 7. Brandon Myers, WWU, 1.89 - 6-2 1/4; 8. Lars Teigen, CWU, 1.84 - 6-0 1/2; 9. Kyle McGillen, WWU, 1.84 - 6-0 1/2; 10. Dan Davenport, WOU, 1.79 - 5-10 1/2; 11. Gunner Argo, CWU, 1.79 - 5-10 1/2; 12. Tom Blain, NNU, 1.79 - 5-10 1/2.

Shot Put - 1. Cameron Neel, CWU, 16.95 - 55-7 1/2 (meet record, old 15.15 by Kevin Johnson, WOU, 2004); 2. Carlos Aguilar, WOU, 14.75 - 48-4 3/4; 3. Gunner Argo, CWU, 14.26 - 46-9 1/2; 4. Justin Kline, WOU, 14.07 - 46-2; 5. Brandon Jasmin, WOU, 13.36 - 43-10; 6. Matt Hermson, WOU, 13.26 - 43-6; 7. Jason Patterson, CWU, 12.73 - 41-9 1/4; 8. Matt Jirges, WOU, 12.65 - 41-6; 9. Nick Shekeryk, SU, 12.14 - 39-10; 10. Phil Bayley, SPU, 12.00 - 39-4 1/2; 11. Kevin Johnson, WOU, 11.55 - 37-10 3/4; Blake Walker, CWU, fouled.

Weight Throw - 1. Carlos Aguilar, WOU, 16.50 - 54-1 3/4 (meet record, old 15.02 - 49-3 1/2, Brandon Jasmin, WOU, 2004); 2. Blake Walker, CWU, 15.61 - 51-2 3/4; 3. Brandon Jasmin, WOU, 15.07 - 49-5 1/2; 4. Cameron Neel, CWU, 14.28 - 46-10 1/4; 5. David Uberti, CWU, 13.39 - 43-11 1/4; 6. Jonathan Hughes, CWU, 13.27 - 43-6 1/2; 7. Josh Holloway, WOU, 13.25 - 43-5 3/4; 8. Kevin Johnson, WOU, 13.16 - 43-2 1/4; 9. Justin Kline, WOU, 12.93 - 42-5 1/4; 10. Jason Patterson, CWU, 12.54 - 41-1 3/4; 11. Jarrod Roberts, WWU, 12.46 - 40-10 1/2; 12. Daniel Larkin, NNU, 10.73 - 35-2 1/2.

Prelims

60 - 1. Fabien Coutard, CWU, 7.14; 2. Eddie Kaeka, WWU, 7.18; 3. Dustin Wilson, WWU, 7.20; 4. Adam Neff, WWU, 7.24; 5. Mike Khabibulin, WWU, 7.26; 6. Ryan Jewell, SPU, 7.27; 7. Derek Gitts, WOU, 7.32; 8. Eddie Wheeler, NNU, 7.35; 9. Brandon Myers, WWU, and Kurt Engelson, SPU, 7.37; 11. Matt Jirges, WOU, 7.38; 12. Joe Twigg, WOU, 7.40; 13. Cameron Sloan, CWU, 7.48; 14. Mark DeBord, NNU, 7.51; 15. David Olson, NNU, 7.67).

2006 (Feb. 18 at Nampa)

Team Scores - Western Washington 151, Central Washington 134, Western Oregon 103, Seattle Pacific 63, Northwest Nazarene 59, Saint Martin's 41, Seattle University 30. **Outstanding Performer** - Andy Prentice, Saint Martin's.

60 - 1. Dustin Wilson, WWU, 7.15; 2. Matt Rogstad, CWU, 7.16; 3. Cameron Sloan, CWU, 7.21; 4. Greg Coleman, WOU, 7.24; 5. Mike Khabibulin, WWU, 7.26; 6. Tyler Wilson, WOU, 7.29; 7. Matt Jirges, WOU, 7.37; 8. Adam Neff, WWU, 7.99.

200 - 1. Mike Khabibulin, WWU, 22.80; 2. Matt Rogstad, CWU, 22.91; 3. Eddie Wheeler, NNU, 22.96; 4. Dmitry Zaichenko, WOU, 22.97; 5. Dustin Wilson, WWU, 22.98; 6. Cresap Watson, CWU, 23.04; 7. Dallas Beaty, WOU, 23.14; 8. Jason Roberts, CWU, 23.16; 9. Casey Hartwig, NNU, 23.18; 10. Adam Neff, WWU, 23.28; 11. Cole Samuel, WOU, 23.40; 12. Robert Edwards, CWU, 23.56; 13. Garrett Brown, SU, 24.22; 14. Brian Daltoso, SMU, 26.16.

400 - 1. Cresap Watson, CWU, 49.90; 2. Adam Neff, WWU, 49.92; 3. Casey Hartwig, NNU, 50.78; 4. Eddie Wheeler, NNU, 50.85; 5. Dallas Beaty, WOU, 50.86; 6. Mike Kelley, CWU, 51.04; 7. Cole Samuel, WOU, 51.68; 8. Jonathan Lee, WWU, 52.29; 9. Charles Velasquez, CWU, 52.32; 10. Dustin Redding, WWU, 52.77; 11. Bryan Gerry, SMU, 52.92; 12. Brenden Kirchner, WOU, 53.31; 13. Brian Daltoso, SMU, 59.20.

800 - 1. Andy Prentice, SMU, 1:54.70; 2. Eddie Strickler, SPU, 1:55.33; 3. Nicholas Dol, SU, 1:56.33; 4. Caleb Timmer, SMU, 1:57.78; 5. Mike Gavaeski, SPU, 1:58.86; 6. Sean Doyle, CWU, 1:59.10; 7. Kyle Lampi, WWU, 1:59.35; 8. Troy Banker, WOU, 1:59.90; 9. Mike Zetterberg, SPU, 2:00.46; 10. Corey Cronkhite, CWU, 2:00.56; 11. Sam Bedell, WWU, 2:00.70; 12. Josh Vredenburg, WOU, 2:02.84; 13. Kyle Gray, NNU, 2:04.54; 14. Tyler Layne, NNU, 2:06.81; 15. Trent Rocher, WOU, 2:09.30; 16. Peter Heitzinger, SU, 2:12.56.

Mile - 1. Andy Prentice, SMU, 4:17.25; 2. Robert Renninger, SU, 4:19.14; 3. Nick Crawford, WOU, 4:19.65; 4. Brian Cronrath, SPU, 4:24.09; 5. Doug Gibson, SPU, 4:25.93; 6. Sam Bedell, WWU, 4:27.86; 7. Tyler Layne, NNU, 4:27.97; 8. Anthony Tomsich, WWU, 4:29.64; 9. Geoff Anderson, CWU, 4:30.84; 10. Sam Brancheau, WWU, 4:31.53; 11. Nathan Heitzinger, SU, 4:32.78; 12. Cale McCulloch, WWU, 4:35.93; 13. Ryan Phillips, SPU, 4:44.34; 14. Steve Lalonde, SMU, 5:00.86; 15. Rich Thomas, SMU, 5:17.56.

5000 - 1. Sam Scotchmer, CWU, 15:03.96 (ties own meet record from 2005); 2. John Riak, SMU, 15:15.81; 3. Logan Senrud, WWU, 15:31.26; 4. Keith Lemay, WWU, 15:37.37; 5. Chad Portwood, WWU, 15:38.32; 6. Andy Peters, NNU, 15:38.70; 7. Keever Henry, WWU, 15:48.20; 8. Jonathon Rank, CWU, 15:49.42; 9. Jake Perry, NNU, 15:54.38; 10. Bjorn Bostrom, SPU, 15:55.21; 11. Nik Karr, WOU, 16:03.59; 12. Tristan Beach, SMU, 16:08.81; 13. Tim Keller, NNU, 16:09.92; 14. Carlo Lozano, SPU, 16:16.49; 15. James Rosser, SPU, 16:34.26; 16. Bryan Dibos, WOU, 16:42.05; 17. Robbie Wilbur, SMU, 17:04.24.

60 Hurdles - 1. Robert Edwards, CWU, 8.36 (meet record; old, 8.40, Alex Clark, CWU, 2005; conference record, old 8.37, Damien Davis, WOU, 2003, and Alex Clark, CWU, 2005); 2. Chris Randolph, SPU, 8.38; 3. Dustin Wilson, WWU, 8.44; 4. Lee Clarkson, WOU, 8.51; 5. Dustin Redding, WWU, 8.85; 6. Brandon Myers, WWU, 8.97; 7. Kevin Myhre, WWU, 8.98; 8. Paul Bentz, WOU, 9.41.

4x400 Relay - 1. Northwest Nazarene (Wheeler, Hill, Hamm, Hartwig) 3:24.60; 2. Central Washington (Kelley, Roberts, Rogstad, Watson) 3:24.61; 3. Western Oregon (Samuel, Gitts, Clarkson, Beaty) 3:25.42; 4. Western Washington (Wilson, Lee, Khabibulin, Neff) 3:26.07; 5. Seattle Pacific (Gavaeski, Zetterberg, Phillips, Lucey) 3:38.64; 6. Saint Martin's (J. Timmer, Thomas, Daltoso, LaLonde) 3:53.57.

Distance Medley Relay - 1. Seattle Pacific (Cronrath, Strickler, Gibson, Randolph) 10:28.71; 2. Seattle (Renninger, Dol, P. Heitzinger, N. Heitzinger) 10:37.74; 3. Western Washington (Bedell, Redding, Lampi, Tomsich) 10:41.07; 4. Saint Martins (Prentice, C. Timmer, Gerry, Riak) 10:48.55; 5.

Western Oregon (Crawford, Vredenburg, Banker, Karr) 10:52.50; 6. Central Washington (Doyle, Kelley, Cronkhite, Anderson) 10:55.17; 7. Northwest Nazarene (Peters, Gray, Perry, Layne) 11:00.29.

High Jump - 1. Jeff Word, WWU, 1.98 - 6-6; 2. Cameron Bailey, CWU, 1.98 - 6-6; 3. Chris Randolph, SPU, 1.98 - 6-6; 4. Brandon Myers, WWU, 1.93 - 6-4; 5. Cresap Watson, CWU, 1.93 - 6-4; 6. Jeremy Parker, WOU, 1.93 - 6-4; 7. Taylor Choyce, SU, 1.93 - 6-4; 8. Peter Geist, WWU, 1.88 - 6-2; 9. James Turner, WWU, 1.83 - 6-0; 10. Tom Blain, NNU, 1.74 - 5-8 ½.

Pole Vault - 1. Scott Romney, WWU, 4.89 - 16-0 ½ (meet record; old, Hunter Verner, WWU, 15-10 1/2); 2. Tyler Thornbrue, WWU, 4.71 - 15-5 ½; 3. Andy Behl, WWU, 4.71 - 15-5 ½; 4. Brian Gould, NNU, 4.61 - 15-1 ½; 5. Chris Randolph, SPU, 4.51 - 14-9 ½; 6. Kit Schumann, WWU, 4.51 - 14-9 ½; 7. Brandon Zueger, WWU, 4.21 - 13-9 ¾; 8. Scott McCoy, CWU, 4.21 - 13-9 ¾; Preston Lewis, NNU, no height; Jerad Larson, NNU, no height; Robbie Lowry, WWU, no height.

Long Jump - 1. Chris Randolph, SPU, 6.90 - 22-7 ¾ (meet record; old, 22-6 1/2, Randolph, SPU, 2005); 2. Greg Hamm, NNU, 6.60 - 21-8; 3. Jeremy Parker, WOU, 6.51 - 21-4 ¼; 4. Nick Collins, CWU, 6.43 - 21-1 ¼; 5. Paul Danforth, WWU, 6.43 - 21-1 ¼; 6. Brock Jahner, SU, 6.41 - 21-0 ½; 7. Matt Rogstad, CWU, 6.41 - 21-0 ½; 8. Brandon Myers, WWU, 6.36 - 20-10 ½; 9. Scott McCoy, CWU, 6.28 - 20-7 ¼; 10. Josh Timmer, SMU, 6.20 - 20-4 ¼; 11. Dmitry Zaichenko, WOU, 6.03 - 19-9 ½; 12. Mark Mellein, WWU, 5.17 - 16-11 ½.

Triple Jump - 1. Greg Hamm, NNU, 14.52 - 47-7 ¾; 2. Jeremy Parker, WOU, 13.57 - 44-6 ¼; 3. Mark Mellein, WWU, 13.56 - 44-6; 4. James Turner, WWU, 13.42 - 44-0 ½; 5. Cameron Bailey, CWU, 13.27 - 43-6 ½; 6. Nick Gaddy, WWU, 13.17 - 43-2 ½; 7. Paul Danforth, WWU, 12.97 - 42-6 ¾; 8. Brock Jahner, SU, 12.84 - 42-1 ½; 9. Josh Timmer, SMU, 12.57 - 41-3; 10. Nick Collins, CWU, 12.15 - 39-10 ½; 11. Dmitry Zaichenko, WOU, 11.72 - 38-5 ½.

Shot Put - 1. Cameron Neel, CWU, 16.25 - 53-3 ¾; 2. Carlos Aguilar, WOU, 15.62 - 51-3; 3. Matt Valdez, CWU, 14.50 - 47-7; 4. Anthony Marin, WOU, 12.83 - 42-1 ¼; 5. Evan Ruud, CWU, 12.52 - 41-1; 6. Robert Barrett, WOU, 12.38 - 40-7 ½; 7. Nick Shekeryk, SU, 12.11 - 39-8 ¾; 8. Robert Poe, NNU, 10.77 - 35-4; 9. Andrew Evans, NNU, 10.69 - 35-1; 10. Adam Paczkowski, SMU, 9.66 - 31-8 ½; 11. Kyle Finnegan, SU, 9.46 - 31-0 ½; 12. Joe Leigh, SU, 9.12 - 29-11 ¼; 13. Sean McCarthy, NNU, 8.59 - 28-2 ¼.

Weight Throw - 1. Carlos Aguilar, WOU, 16.54 - 54-3 ¼ (meet record, old, Aguilar, 2005, 54-1 3/4); 2. Anthony Marin, WOU, 16.48 - 54-1; 3. Cameron Neel, CWU, 16.25 - 53-3 ¾; 4. Evan Ruud, CWU, 14.66 - 48-1 ¼; 5. Brandon Jasmin, WOU, 14.56 - 47-9 ¼; 6. Matt Valdez, CWU, 14.19 - 46-6 ¾; 7. Josh Holloway, WOU, 14.06 - 46-1 ½; 8. Robert Poe, NNU, 9.97 - 32-8 ½; 9. Andrew Evans, NNU, 8.92 - 29-3 ¼.

Prelims

60 - 1. Matt Rogstad, CWU, 7.19; 2. Dustin Wilson, WWU, 7.22; 3. Adam Neff, WWU, and Cameron Sloan, CWU, 7.25; 5. Greg Coleman, WOU, 7.26; 6. Mike Khabibulin, WWU, 7.28; 7. Tyler Wilson, WOU, 7.29; 8. Matt Jirges, WOU, 7.32; 9. Dmitry Zaichenko, WOU, 7.34; 10. Derek Gitts, WOU, 7.35; 11. Jason Roberts, CWU, 7.37; 12. Jason Buckmier, WOU, 7.49; 13. Garrett Brown, SU, 7.58.

60 Hurdles - 1. Robert Edwards, CWU, 8.45; 2. Chris Randolph, SPU, 8.55; 3. Dustin Wilson, WWU, 8.57; 4. Lee Clarkson, WOU, 8.67; 5. Dustin Redding, WWU, 8.84; 6. Brandon Myers, WWU, 8.96; 7. Kevin Myhre, WWU, 9.06; 8. Paul Bentz, WOU, 9.07; 9. Josh Grewe, NNU, 9.31.

2007 (Feb. 19 at Nampa)

Team Scores - Central Washington 171 1/2, Western Washington 166, Western Oregon 80, Northwest Nazarene 77, Seattle Pacific 47, Seattle 21, Saint Martin's 16 1/2. **Outstanding Performer** - Michael Dean, Western Washington.

60 - 1. Matt Rogstad, CWU, 7.15; 2. Matt Jirges, WOU, 7.24; 3. Dustin Wilson, WWU, 7.26; 4. Christian Demouchet, CWU, 7.28; 5. Ryan Jewell, SPU, 7.33; 6. Tom Blain, NNU, 7.44; 7. Daniel Sullivan, SU, 7.56; 8. Michael Dean, WWU, 7.69. **(Prelims: Heat 1** - 1. Matt Rogstad, CWU, 7.23; 2. Matt Jirges, WOU, 7.25; 3. Dustin Wilson, WWU, 7.29; 4. Tom Blain, NNU, 7.38; 5. Justin Felt, SPU, 7.42. **Heat 2** - 1. Michael Dean, WWU, 7.06 (meet record, old, 7.08, Greg Coleman, WOU, 2004); 2. Christian Demouchet, CWU, 7.23; 3. Daniel Sullivan, SU, 7.25; 4. Ryan Jewell, SPU, 7.40; 5. Cole Samuel, WOU, 7.46; Aaron Edwards, SMU, dq; Tomi Keah, SU, dq.

200 - 1. Michael Dean, WWU, 22.42; 2. Matt Rogstad, CWU, 22.48; 3. Greg Hamm, NNU, 22.77; 4. Adam Neff, WWU, 22.91; 5. Matt O'Connell, WWU, 22.98; 6. Colby Brydson, CWU, 23.12; 7. Robert Edwards, CWU, 23.14; 8. Eddie Wheeler, NNU, 23.29; 9. Justin Felt, SPU, 23.38; 10. Christian Demouchet, CWU, 23.42; 11. Clint Hickey, WOU, 23.44; 12. Lloyd Massey, WOU, 23.97; 13. Blake Estep, WOU, 24.12; 14. Brian Daltoso, SMU, 25.50; Ryan Jewell, SPU, dq.

400 - 1. Michael Dean, WWU, 49.95; 2. Adam Neff, WWU, 50.06; 3. Mitch Ward, NNU, 50.35; 4. Charles Velasquez, CWU, 50.88; 5. Lloyd Massey, WOU, 50.89; 6. Daniel Sullivan, SU, 50.97; 7. Colby Brydson, CWU, 51.18; 8. Blake Estep, WOU, 51.25; 9. Loyal Allen Jr., SU, 51.74; 10. Carl Johnson, WWU, 52.19; 11. Ben Climer, SPU, 52.35; 12. Bryan Gerry, SMU, 53.64; 13. Clint Hickey, WOU, 53.69.

800 - 1. Eddie Strickler, SPU, 1:55.23; 2. Sam Brancheau, WWU, 1:55.24; 3. Erik Bies, WWU, 1:56.38; 4. Nicholas Dols, SU, 1:56.85; 5. Scott Palmer, CWU, 1:57.47; 6. Josh Vredenburg, WOU, 1:57.86; 7. Mike Schmidt, WOU, 1:59.45; 8. Asiki Ayume, SMU, 1:59.64; 9. Troy Banker, WOU, 1:59.81; 10. Caleb Timmer, SMU, 1:59.90; 11. Anders Mavis, WWU, 2:00.44; 12. Kyle Lampi, WWU, 2:00.76; 13. Josh Grewe, NNU, 2:02.03; 14. Tom Johnson, CWU, 2:02.39; 15. Sam Bedell, WWU, and Josh Gatbunton, SMU, 2:04.04.

Mile - 1. Sam Brancheau, WWU, 4:16.90; 2. Anthony Tomsich, WWU, 4:16.91; 3. Brian Cronrath, SPU, 4:19.26; 4. Andy Peters, NNU, 4:20.96; 5. Chad Meis, SPU, 4:22.18; 6. Daniel Phillips, WWU, 4:22.91; 7. Bennett Grimes, WWU, 4:23.72; 8. Kym Hunt, WOU, 4:24.20; 9. Sam Bedell, WWU, 4:24.56; 10. Nick Crawford, WOU, 4:24.80; 11. Geoff Anderson, CWU, 4:27.75; 12. Keith Lemay, WWU, 4:28.21; 13. Mike Gavareski, SPU, 4:28.44; 14. Mike Schmidt, WOU, 4:36.24; 15. Scott Palmer, CWU, 4:36.55; 16. Nicholas Alvarado, SU, 4:38.62.

5000 - 1. John Riak, SMU, 15:01.67 (meet record, old, 15:03.96, Scotchmer, CWU, 2005 & 2006); 2. Sam Scotchmer, CWU, 15:08.92; 3. Chad Portwood, WWU, 15:11.97; 4. Anthony Tomsich, WWU, 15:28.48; 5. Logan Senrud, WWU, 15:28.87; 6. Nik Karr, WOU, 15:31.61; 7. Andy Peters, NNU, 15:36.39; 8. Keever Henry, WWU, 15:50.35; 9. Keith Lemay, WWU, 15:56.43; 10. James Rosser, SPU, 16:10.49; 11. Kevin Lambert, NNU, 16:12.67; 12. Nathan Heitzinger, SU, 16:14.92; 13. Jonathan Rank, CWU, 16:15.23; 14. Blake Medhaug, WWU, 16:17.14; 15. Niwar Nasim, SMU, 16:28.76; 16. Seth Clark, NNU, 16:35.47; 17. Travis Banker, WOU, 16:57.15; 18. Nick Kirschner, SU, 17:04.33; 19. Steven Lalonde, SMU, 17:10.89; 20. Robbie Wilbur, SMU, 17:14.14.

60 Hurdles - 1. Robert Edwards, CWU, 8.26 (meet record, old, 8.36, Edwards, CWU, 2006); 2. Dustin Wilson, WWU, 8.58; 3. Lloyd Massey, WOU, 8.73; 4. Lee Clarkson, WOU, 8.77; 5. Christian Demouchet, CWU, 8.86; 6. Mark Zayshlyy, SPU, 8.96; 7. Josh Grewe, NNU, 9.25; 8. Grant Silver, NNU, 9.28. **Prelims:** Heat 1 - Dustin Wilson, WWU, 8.68; 2. Christian Demouchet, CWU, 8.81; 3. Lloyd Massey, WOU, 8.94; 4. Mark Zayshlyy, SPU, 9.11; 5. Josh Grewe, NNU, 9.24. Heat 2 - 1. Robert Edwards, CWU, 8.31; 2. Lee Clarkson, WOU, 9.05; 3. Grant Silver, NNU, 9.17; 4. Troy Tosdale, WOU, 9.25; 5. Ben Climer, SPU, 9.34).

Distance Medley Relay - 1. Seattle Pacific (Meis, Climer, Strickler, Cronrath) 10:24.56; 2. Western Washington (Grimes, Edwards, Brancheau, Phillips) 10:28.96; 3. Western Oregon (Hunt, Troy Banker, Vredenburg, Crawford) 10:44.90; 4. Central Washington (Palmer, Kelley, Johnson, Anderson) 10:49.77; 5. Northwest Nazarene (Hetrick, Blain, Huff, Gray) 11:13.58; 6. Seattle (Heitzinger, Keah, Brown, Alvarado) 11:27.88.

4x400 Relay - 1. Central Washington, (Kelley, Velasquez, Rogstad, Brydson) 3:20.98 (meet record and GNAC record, old meet, 3:23.79, CWU, 2004; old GNAC, 3:21.09, WOU, 2003); 2. Western Washington, (Neff, Mavis, O'Connell, Bies) 3:22.76; 3. Northwest Nazarene, (Grewe, Ward, Wheeler, Hamm) 3:22.77; 4. Seattle University, (Sullivan, Brown, Allen, Dols) 3:25.31; 5. Saint Martin's, (Timmer, Gatbunton, Ayume, Gerry) 3:30.02; 6. Western Oregon, (Massey, Estep, Jirges, Hickey) 3:30.78.

Long Jump - 1. Justin Felt, SPU, 6.79 - 22-3 1/2; 2. Nick Collins, CWU, 6.70 - 21-11 3/4; 3. Greg Hamm, NNU, 6.64 - 21-9 1/2; 4. Jason Buckmeir, WOU, 6.52 - 21-4 3/4; 5. Cameron Bailey, CWU, 6.23 - 20-5 1/4; 6. Brock Jahner, SU, 6.21 - 20-4 1/2; 7. Brandon Zueger, CWU, 6.16 - 20-2 1/2; 8. Blake Herrington, WOU, and Scott McCoy, CWU, 6.05 - 19-10 1/4; 10. Nick Gaddy, WWU, 5.82 - 19-1 1/4; 11. Matt Crumedy, SU, 3.99 - 13-1 1/4; Aaron Edwards, SMU, foul.

Triple Jump - 1. Greg Hamm, NNU, 14.22 - 46-8; 2. Cameron Bailey, CWU, 13.88 - 45-6 1/2; 3. Tyler Reisnaur, WOU, 13.66 - 44-9 3/4; 4. Adrian Elmo, CWU, 13.65 - 44-9 1/2; 5. Blake Herrington, WOU, 13.27 - 43-6 1/2; 6. Nick Collins, CWU, 12.73 - 41-9 1/4; 7. Nick Gaddy, WWU, 12.64 - 41-5 3/4; 8. Eric Zwiefelhofer, WOU, 12.27 - 40-3 1/4; 9. Brock Jahner, SU, 12.07 - 39-7 1/4.

High Jump - 1. Cameron Bailey, CWU, 2.05 - 6-8 3/4 (meet record, old, 6-6 1/4, Cresap Watson, CWU, 2204; Chris Randolph, SPU, 2004); 2. Peter Geist, WWU, 2.00 - 6-6 3/4; 3. Adrian Elmo, CWU, 1.95 - 6-4 3/4; 4. Robert Wegner, WOU, 1.90 - 6-2 3/4; 5. Bryan Lucke, WWU, 1.85 - 6-0 3/4; 6. Chris Covey, NNU, 1.80 - 5-10 3/4; 7. Clint Hickey, WOU, and Aaron Edwards, SMU, 1.80 - 5-10 3/4; 9. Troy Tosdale, WOU, 1.75 - 5-8 3/4; 10. Eric Zwiefelhofer, WOU, 1.70 - 5-7; 11. Tom Blain, NNU, 1.70 - 5-7; Darren Edwards, WWU, no height.

Pole Vault - 1. Tyler Thornbrue, WWU, 4.83 - 15-10; 2. Bryan Lucke, WWU, 4.63 - 15-2 1/4; 3. Hunter Verner, WWU, 4.48 - 14-8 1/4; 4. Scott McCoy, CWU, 4.33 - 14-2 1/2; 5. Jerad Larson, NNU, 4.33 - 14-2 1/2; 6. Brandon Zueger, CWU, 4.18 - 13-8 1/2; 7. Andrew Sneed, NNU, 3.88 - 12-8 3/4; 8. Darren Edwards, WWU, 3.73 - 12-2 3/4; 9. Brock Jahner, SU, 3.73 - 12-2 3/4; 10. Josh Jorgensen, SPU, 3.73 - 12-2 3/4; 11. Justin Blackstead, NNU, 3.58 - 11-9.

Shot Put - 1. Cameron Neel, CWU, 17.47 - 57-3 3/4 (Meet Record, old 16.95 - 55-7 1/2, Neel, CWU, 2005); 2. Matt Valdez, CWU, 14.86 - 48-9; 3. Zach Barclay, NNU, 14.06 - 46-1 1/2; 4. Dincer Kayhan, WWU, 14.02 - 46-0; 5. Grant Miller, NNU, 13.82 - 45-4 1/4; 6. Anthony Marin, WOU, 13.50 - 44-3 1/2; 7. Cody Heller, NNU, 13.42 - 44-0 1/2; 8. Ben Elder, WWU, 13.06 - 42-10 1/4; 9. Evan Ruud, CWU, 12.78 - 41-11 1/4; 10. Robert Barrett, WOU, 12.69 - 41-7 3/4; 11. Tyler Fischer, CWU, 12.47 - 40-11; 12. Andy Munsey, NNU, 11.80 - 38-8 3/4.

Weight Throw - 1. Anthony Marin, WOU, 18.19 - 59-8 1/4 (meet record, old, 54-3 1/4, Carlos Aguilar, WOU, 2006); 2. Evan Ruud, CWU, 18.07 - 59-3 1/2; 3. Matt Valdez, CWU, 16.13 - 52-11; 4. Tyler Fischer, CWU, 15.86 - 52-0 1/2; 5. Cameron Neel, CWU, 15.76 - 51-8 1/2; 6. Zach Barclay, NNU, 14.54 - 47-8 1/2; 7. Robert Barrett, WOU, 13.83 - 45-4 1/2; 8. Cody Heller, NNU, 13.75 - 45-1 1/2; 9. Andy Munsey, NNU, 13.11 - 43-0 1/4; 10. Ben Elder, WWU, 12.18 - 39-11 1/2; 11. Grant Miller, NNU, 12.01 - 39-5; 12. Robert Poe, NNU, 11.33 - 37-2 1/4.

2008 (Feb. 18 at Nampa)

Team Scores - Western Oregon 178, Western Washington 1131/2, Northwest Nazarene 99 1/2, Central Washington 75, Seattle 48, Seattle Pacific 39, Saint Martin's 20, Montana State Billings 9. **Outstanding Performer** - Zeb Udell, Western Oregon.

60 - 1. Ashtin Mott, WOU, 7.02 (meet record, old 7.06, by Michael Dean, WWU, 2007 prelims); 2. Christopher Fussell, SU, 7.15; 3. Zeb Udell, WOU, 7.21; 4. Dylan Wells, WOU, 7.22; 5. Travis Glover, SU, 7.27; 6. Andy Luscutt, WOU, 7.29; 7. Joshua Threet, WOU, 7.34; 8. Daniel Sullivan, SU, 7.56. **Prelims: Heat 1** - 1. Ashtin Mott, WOU, 7.07; 2. Dylan Wells, WOU, 7.17; 3. Zeb Udell, WOU, 7.19; 4. Joshua Threet, WOU, 7.31; 5. Eric Zwiefelhofer, NNU, 7.39; 6. James Hopkins, MSUB, 7.45; 7. Nathan Dide, MSUB, 7.51; 8. Noah Vallincourt, MSUB, 7.52. **Heat 2** - 1. Christopher Fussell, SU, 7.13; 2. Daniel Sullivan, SU, 7.21; 3. Travis Glover, SU, 7.22; 4. Andy Luscutt, WOU, 7.35; 5. Shane Gregor, WWU, 7.40; 6. Lionel Orji, CWU, 7.41; 7. Darren Edwards, WWU, 7.47; 8. Alex Harrison, WWU, 7.55.

60 Hurdles - 1. Lloyd Massey, WOU, 8.66; 2. D'Andre Benjamin, SU, 8.73; 3. Dallas Beaty, NNU, 8.78; 4. Andy Luscutt, WOU, 8.83; 5. Kevin Myhre, WWU, 8.89; 6. Clint Hickey, WOU, 8.92; 7. Tommy Woolf, WOU, 8.97; 8. Ben Wargo, WWU, 9.28. **Prelims: Heat 1** - Andy Luscutt, WOU, 8.96; 2. Dallas Beaty, NNU, 8.99; 3. Kevin Myhre, WWU, 9.01; 4. Mark Hanson, NNU, 9.21; 5. Kevin Moen, WWU, 9.33; 6. Robert Poshusta, SU, 9.70. **Heat 2** - D'Andre Benjamin, SU, 8.83; 2. Lloyd Massey, WOU, 8.86; 3. Tommy Woolf, WOU, 9.01; 4. Clint Hickey, WOU, 9.09; 5. Ben Wargo, WWU, 9.15; 6. Josh Grewe, NNU, 9.24; 7. Jordan Werner, WOU, 9.30.

200 - 1. Ashtin Mott, WOU, 22.16; 2. Matt Rogstad, CWU, 22.56; 3. Dylan Wells, WOU, 22.66; 4. Travis Glover, SU, 22.79; 5. Daniel Sullivan, SU, 22.96; 6. D'Andre Benjamin, SU, 23.02; 7. Christopher Fussell, SU, 23.07; 8. Nathan Diede, MSUB, 23.25; 9. Cole Samuel, WOU, and Loyal Allen, SU, 23.32; 11. Matt O'Connell, WWU, 23.36; 12. Shane Gruger, WWU, 23.48; 13. Roy Erhart, CWU, 23.51; 14. Colby Brydson, CWU, and Noah Vallincourt, MSUB, 23.64; 16. Toby David, WWU, 23.67; 17. Mitch Ward, NNU, 23.84.

400 - 1. Matt Rogstad, CWU, 49.58 (meet record; old 49.76, Isaac Frederick, WOU, 2004); 2. Blake Estep, WOU, 49.84; 3. Mitch Ward, NNU, 49.96; 4. Lloyd Massey, WOU, 50.50; 5. Charles Velasquez, CWU, 51.07; 6. Ben Wargo, WWU, 51.13; 7. Colby Brydson, CWU, 51.16; 8. Dallas Beaty, NNU, 51.32; 9. Matt O'Connell, WWU, 51.48; 10. Daniel Sullivan, SU, 51.52; 11. Jeramiah Richardson, WOU, 51.55; 12. Josh Grewe, NNU, 51.72; 13. Jude Martinez, SU, 52.27; 14. Loyal Allen, SU, 52.33; 15. Kevin Myhre, WWU, 52.65; 16. Nick Kesler, MSUB, 52.67.

800 - 1. Keith Lemay, WWU, 1:57.86; 2. Kyle Lampi, WWU, 1:58.17; 3. Matt Stark, NNU, 1:59.34; 4. Will Cameron, WWU, 1:59.68; 5. Dallas Moses, WOU, 1:59.93; 6. Michael Pankiewicz, CWU, 2:00.19; 7. Jeff Dull, SPU, 2:00.45; 8. Nick Abraham, WWU, 2:01.22; 9. Travis Banker, WOU, 2:01.86; 10. Abe Webb, WOU, 2:02.25; 11. Corey Cronkhite, CWU, 2:02.99; 12. Graham Miller, SU, 2:04.49; 13. Jordan Lance, SPU, 2:05.95; 14. Brian Cronrath, SPU, 2:07.76.

Mile - 1. John Riak, SMU, 4:21.50; 2. Brian Cronrath, SPU, 4:21.86; 3. Bennett Grimes, WWU, 4:22.47; 4. Jeff Long, WOU, 4:23.77; 5. Kyle Gray, NNU, 4:26.39; 6. Keith Lemay, WWU, 4:26.72; 7. Zeke VanPatten, WOU, 4:29.51; 8. Mike Schmidt, WOU, 4:30.37; 9. Nicholas Alvarado, SU, 4:30.58; 10. Tom Johnson, CWU, 4:34.04; 11. Richie Pemberton, MSUB, 4:36.91; 12. Jarred Rensvold, MSUB, 4:38.56; 13. Kyle Seick, WOU, 4:40.48; 14. Nicholas Harvey, SMU, 4:40.99; 15. Graham Miller, SU, 4:42.34; 16. Sam Bedell, WWU, 4:43.73.

5,000 - 1. Jordan Welling, WWU, 15:15.60; 2. Kevin Lambert, NNU, 15:21.85; 3. Nik Karr, WOU, 15:25.20; 4. Chad Meis, SPU, 15:35.27; 5. Nicholas Alvarado, SU, 15:44.41; 6. Chris Reed, WOU, 15:46.33; 7. Richie Pemberton, MSUB, 15:48.07; 8. Seth Clark, NNU, 15:51.21; 9. Blake Medhaug, WWU, 16:03.77; 10. Braxton Jackson, WOU, 16:11.69; 11. Hans Heitzinger, SU, 16:29.03; 12. Michael Van Nuland, SU, 16:36.69; 13. Jordan Lance, SPU, 16:40.69; 14. Tris Obluck, SMU, 16:47.40; 15. Steven Lalonde, SMU, 16:48.68; 16. Brian Rockenbach, CWU, 17:26.25.

4x400 Relay - 1. Northwest Nazarene (Grewe, Hamm, Beaty, Ward), 3:23.22; 2. Central Washington (Brydson, Erhart, Velasquez, Rogstad) 3:23.64; 3. Western Oregon (Estep, Massey, Mott, Hickey) 3:25.95; 4. Seattle University (Allen, Glover, Martinez, Sullivan) 3:28.62; 5. Western Washington (Wargo, O'Connell, Myhre, Lemay) 3:29.23; 6. Montana State Billings (Hopkins, Barrett, Kesler, Diede) 3:46.73.

Distance Medley Relay - 1. Western Washington (Lampi, Cameron, Abraham, Grimes) 10:38.21; 2. Seattle Pacific (Meis, J. Dull, Felt, Cronrath) 10:41.17; 3. Western Oregon (Schmidt, Moses, Banker, Long) 10:55.16; 4. Northwest Nazarene (Reynolds, Hill, Stark, Gray) 10:59.11; 5. Central Washington (Cronkhite, Orji, Pankiewicz, Johnson) 11:00.84; 6. Montana State Billings (Ceynar, Haynie, Miller, Rensvold) 11:15.01; 7. Saint Martin's (Riak, Obluck, Harvey, Gerry) 11:18.14; 8. Seattle University (Miller, Benjamin, Van Nuland, H. Heitzinger) 11:21.36.

High Jump - 1. Keefe Brockman, WWU, 1.95 - 6-4 ¼; 2. Jonathan Hamilton, CWU, 1.90 - 6-2 ¾; 3. Tommy Woolf, WOU, 1.90 - 6-2 ¾; 4. Jess Keys, NNU, 1.90 - 6-2 ¾; 5. Clint Hickey, WOU, and Robert Wegner, WOU, 1.85 - 6-0 ¾; 7. Brian Martinelli, WWU, 1.80 - 5-10 ¾; 8. Alex Harrison, WWU, 1.70 - 5-7; 9. Ben Shea, NNU, 1.65 - 5-5; Jude Martinez, SU, no height; Darren Edwards, WWU, no height.

Pole Vault - 1. Ryan Brown, WWU, 4.83 - 15-10; 2. Zeb Udell, WOU, 4.73 - 15-6 ¼; 3. Scott McCoy, CWU, 4.48 - 14-8 ¼; 4. Josh Winters, WWU, 4.18 - 13-8 ½; 5. Eric Zwiefelhofer, NNU, 4.18 - 13-8 ½; 6. Ben Shea, NNU, 4.18 - 13-8 ½; 7. Jerad Larson, NNU, 4.03 - 13-2 ½; 8. Michael Millson, WWU, 3.88 - 12-8 ¾; Joshua Jorgensen, SPU, no height; Darren Edwards, WWU, no height; Alex Harrison, WWU, no height.

Long Jump - 1. Zeb Udell, WOU, 7.01 - 23-0 (meet and conference record; old meet, 22-7 ¾, Chris Randolph, SPU, 2006; old conference record, 22-11, Randolph, 2006); 2. Allan Denton, WWU, 6.76 - 22-2 ¼; 3. Jamarian Malley, WOU, 6.75 - 22-1 ¾; 4. Justin Felt, SPU, 6.67 - 21-10 ¾; 5. Nick Collins, CWU, 6.66 - 21-10 ¾; 6. D'Andre Benjamin, SU, 6.58 - 21-7 ¼; 7. Tommy Woolf, WOU, 6.54 - 21-5 ½; 8. Robert Wegner, WOU, 6.49 - 21-3 ½; 9. Lionel Orji, CWU, 6.30 - 20-8; 10. Shane Gruger, WWU, 6.24 - 20-5 ¾; 11. Udoka Odoemene, SU, 6.23 - 20-5 ¼; 12. Tim Satterwhite, WWU, 6.18 - 20-3 ½; 13. Christopher Fussell, SU, 6.03 - 19-9 ½; 14. Luke Barrett, MSUB, 5.57 - 18-3 ¼.

Triple Jump - 1. Greg Hamm, NNU, 14.46 - 47-5 ¼; 2. Tommy Woolf, WOU, 13.84 - 45-5; 3. Keefe Brockman, WWU, 13.82 - 45-4 ¼; 4. Tyler Reisnauer, WOU, 13.82 - 45-4 ¼; 5. Tim Satterwhite, WWU, 13.80 - 45-3 ½; 6. Justin Felt, SPU, 12.88 - 42-3 ¼; 7. William Basham, CWU, 12.79 - 41-11 ½; 8. Josh Heidegger, NNU, 12.43 - 40-9 ½; 9. Udoka Odoemene, SU, 12.43 - 40-9 ½; 10. DeShawn Lewis, MSUB, 12.02 - 39-5 ¼; 11. James Hopkins, MSUB, 11.96 - 39-3.

Shot Put - 1. Zach Barclay, NNU, 14.87 - 48-9 ½; 2. Andrew Matschiner, SPU, 14.84 - 48-8 ¼; 3. Sam Washington, SMU, 14.75 - 48-4 ¾; 4. Matt Valdez, CWU, 14.56 - 47-9 ¼; 5. Robert Barrett, WOU, 14.30 - 46-11; 6. Grant Miller, NNU, 14.08 - 46-2 ½; 7. Brandon Varkevisser, WWU, 13.99 - 45-10 ¾; 8. Tyler Fischer, CWU, 13.91 - 45-7 ¾; 9. Jason Slowey, WOU, 13.63 - 44-8 ¾; 10. Jordan Fenters, NNU, 13.43 - 44-0 ¾; 11. Michael Hoffman, WWU, 13.18 - 43-3; 12. Bryant Michaelson, WWU, 13.03 - 42-9; 13. Anthony Marin, WOU, 12.44 - 40-9 ¾; 14. Diego Estrada, NNU, 12.35 - 40-6 ¼; Kyle Richards, MSUB, foul.

Weight Throw - 1. Anthony Marin, WOU, 17.73 - 58-2; 2. Zach Barclay, NNU, 16.49 - 54-1 ¼; 3. Tyler Fischer, CWU, 16.22 - 53-2 ¾; 4. Grant Miller, NNU, 15.46 - 50-8 ¾; 5. Mychal Ostler, CWU, 15.35 - 50-4 ½; 6. Robert Barrett, WOU, 14.82 - 48-7 ½; 7. Sam Washington, SMU, 13.45 - 44-1 ½; 8. Jordan Fenters, NNU, 12.58 - 41-3 ¼; 9. Andrew Matschiner, SPU, 11.85 - 38-10 ½; 10. Diego Estrada, NNU, 11.66 - 38-3 ¼; 11. Brandon Varkevisser, WWU, 11.37 - 37-3 ¾; 12. Alex Eaton, NNU, 11.21 - 36-9 ½; 13. Michael Hoffman, WWU, 11.16 - 36-7 ½; 14. Bryant

Michaelson, WWU, 10.95 – 35-11 ¼; 15. Jason Slowey, WOU, 10.57 – 34-8 ¼; 16. Jade Haynie, MSUB, 9.52 – 31-3; 17. Michael Vavricka, SMU, 9.17 – 30-1; Matt Valdez, CWU, foul.

2009 (Feb. 21 at Nampa)

Men's Team Scores - Western Oregon 169, Western Washington 135, Central Washington 128, Northwest Nazarene 84, Saint Martin's 40, Seattle Pacific 11, MSU Billings 8. **Outstanding Performers** - Zeke Van Patten, Western Oregon, and Tyler Fischer, Central Washington.

60 - 1. Bryan Mack, CWU, 6.95 (meet record, old, Aguilar, 6.99, 2009 prelims); 2. Augustine Agyei, WWU, 6.99; 3. Alex Tilley, WWU, 7.06; 4. Gabe Aguilar, WOU, 7.07; 5. Radio Battle, CWU, 7.15; 6. Dylan Wells, WOU, 7.16; 7. Kincaid Nichols, CWU, 7.21; 8. Zeb Udell, WOU, 7.29. **Prelims: Heat 1** - 1. Augustine Agyei, WWU, 7.02; 2. Kincaid Nichols, CWU, 7.10; 3. Radio Battle, CWU, 7.13; 4. Zeb Udell, WOU, 7.16; 5. Chris Freeman, WOU, 7.24; 6. Nick Kesler, MSUB, 7.32; 7. Eric Zwiefelhofer, NNU, 7.37; 8. Nathan Diede, MSUB, 7.61. **Heat 2** - 1. Gabe Aguilar, WOU, 6.99 (MR, old, 7.02, Ashtin Mott, WOU, 2008); 2. Bryan Mack, CWU, 7.05; 3. Alex Tilley, WWU, 7.16; 4. Dylan Wells, WOU, 7.19; 5. Derek Sepe, NNU, 7.29; 6. Phillip Villanueva, WWU, 7.38; 7. James Cho, CWU, 7.48; 8. Noah Vallincourt, MSUB, 7.49.

200 - 1. Radio Battle, CWU, 21.97 (MR, old, 22.04, Isaac Frederick, WOU, 2004); 2. Maurus Hope, NNU, 22.21; 3. Augustine Agyei, WWU, 22.60; 4. Matt Rogstad, CWU, 22.61; 5. Alex Tilley, WWU, 22.62; 6. Nick Clark, WOU, 22.76; 7. Gabe Aguilar, WOU, 22.79; 8. Kincaid Nichols, CWU, 22.80; 9. Derek Sepe, NNU, 22.93; 10. Nick Kesler, MSUB, 22.98; 11. Dylan Wells, WOU, 23.16; 12. Nathan Diede, MSUB, 23.22; 13. Micah Grounds, SPU, 23.35; 14. Dane Manley, NNU, 23.45; 15. Noah Vallincourt, MSUB, 23.64.

400 - 1. Maurus Hope, NNU, 49.75; 2. Mitch Ward, NNU, 49.99; 3. Blake Estep, WOU, 50.08; 4. Ashtin Mott, WOU, 50.12; 5. Nick Clark, WOU, 50.26; 6. Ben Wargo, WWU, 50.37; 7. Matt Rogstad, CWU, 50.49; 8. Dan Hill, NNU, 50.62; 9. Dallas Beaty, NNU, 51.07; 10. Kevin Myhre, WWU, 51.12; 11. Bryan Gerry, SMU, 51.25; 12. Travis Dodge, SMU, 51.46; 13. Andy Loscutt, WOU, 52.66; 14. James Hopkins, MSUB, 53.43; Deshawn Lewis, MSUB, dnf; Colby Brydson, CWU, DQ.

800 - 1. Zeke Van Patten, WOU, 1:53.43; 2. Carson O'Brien, WOU, 1:56.24; 3. Kyle Larson, WOU, 1:59.21; 4. Mike Schmid, WOU, 1:59.88; 5. Zach Massari, WOU, 2:00.60; 6. Corey Cronkhite, CWU, 2:01.67; 7. Mike Lewis, NNU, 2:02.39; 8. Abe Webb, WOU, 2:02.82; 9. Jeff Knudson, CWU, 2:02.90; 10. Tyson Vanderby, MSUB, 2:03.08; 11. Anders Mavis, WWU, 2:03.19; 12. Jake Brown, WWU, 2:03.76; 13. Jason Towery, NNU, 2:05.22; 14. Jeff Long, WOU, 2:06.13; 15. Kelley Miller, MSUB, 2:07.72; 16. Travis Banker, WOU, 2:09.17; 17. Josh Merioles, NNU, 2:12.17.

1 Mile - 1. Zeke Van Patten, WOU, 4:17.02; 2. Bennett Grimes, WWU, 4:18.10; 3. Jeff Long, WOU, 4:19.09; 4. Matt McCrary, WOU, 4:25.22; 5. Eric Brill, WWU, 4:26.88; 6. Braxton Jackson, WOU, 4:27.42; 7. Dan Sprinkle, WOU, 4:30.77; 8. Daniel Friesen, SPU, 4:30.82; 9. Nathanael Sleight, SPU, 4:31.73; 10. Daniel Lombardi, MSUB, 4:33.04; 11. Luke Hetrick, NNU, 4:34.77; 12. Noah Caffrey, SMU, 4:34.81; 13. Spencer Hunt, SMU, 4:34.91; 14. Alex Wipf, WWU, 4:35.35; 15. Tom Johnson, CWU, 4:37.93; 16. Neil Easter, NNU, 4:43.24; 17. Hank Hetrick, NNU, 4:49.68.

5000 - 1. John Riak, SMU, 15:09.89; 2. Jordan Welling, WWU, 15:15.43; 3. Josiah Price, SMU, 15:23.90; 4. Kyle Van Santen, SMU, 15:30.28; 5. Chris Reed, WOU, 15:36.78; 6. Nik Karr, WOU, 15:37.23; 7. Eric Brill, WWU, 15:40.82; 8. Brandon Snook, WOU, 15:56.59; 9. Trevor Kulvi, CWU, 15:58.46; 10. Darrell Terry, WOU, 16:14.54; 11. Justin Karr, WOU, 16:21.50; 12. Jordan Lance, SPU, 16:22.39; 13. Nicholas Harvey, SMU, 16:24.87; 14. Daniel Hamilton, SPU, 16:31.45; 15. Tom McKay, SPU, 16:36.08.

60 Hurdles - 1. Dallas Beaty, NNU, 8.51; 2. Kyle Williams, CWU, 8.64; 3. Andrew Gray, WWU, 8.71; 4. Andy Loscutt, WOU, 8.75; 5. Jordan Werner, WOU, 8.80; 6. Kevin Myhre, WWU, 8.88; 7. Robert Manwell, WOU, 8.91; 8. Ben Wargo, WWU, 14.82. **Prelims: Heat 1** - 1. Andrew Gray, WWU, 8.71; 2. Andy Loscutt, WOU, 8.76; 3. Kegan Lassiter, NNU, 8.99; 4. Darnell Harris, CWU, 9.05; 5. Michael Kendrick, WOU, 9.52; 6. Josh Grewe, NNU, 9.63. **Heat 2** - 1. Dallas Beaty, NNU, 8.49; 2. Ben Wargo, WWU, 8.75; 3. Robert Manwell, WOU, 8.85; 4. Jordan Werner, WOU, 8.89; 5. Kyle Williams, CWU, 8.91; 6. Kevin Myhre, WWU, 8.92.

Distance Medley Relay - 1. Western Washington (Bennett Grimes, Toby David, Anders Mavis, Jordan Welling) 10:26.42; 2. Western Oregon (Jackson, Larson, McCrary, Massari) 10:40.21; 3. Northwest Nazarene (Wageman, Grewe, Lewis, Easter) 10:55.11; 4. Central Washington (Cronkhite, Williams, Knutson, Johnson) 11:06.54; 5. Montana State Billings (Canfield, Miller, Hutchinson, Lombardi) 11:23.42; 6. Saint Martin's (Barr, Caffrey, Dodge, Gerry) 11:38.64.

4x400 Relay - 1. Northwest Nazarene 3:20.61 (Dallas Beaty, Mitch Ward, Dan Hill, Maurus Hope; MR, old, 3:20.98, Central Washington, 2007); 2. Western Oregon (Estep, Mott, Loscutt, O'Brien) 3:22.44; 3. Western Washington (Wargo, O'Connell, Myhre, Villanueva) 3:22.73; 4. Central Washington (Brydson, Battle, Nichols, Rogstad) 3:25.50; 5. Montana State Billings (Diede, Hopkins, Lewis, Kesler) 3:40.19; Saint Martin's (Barr, Caffrey, Dodge, Gerry) DNF.

High Jump - 1. Cameron Bailey, CWU, 2.01 – 6-7; 2. Robert Wegner, WOU, and Jonathan Hamilton, CWU, 1.96 – 6-5; 4. Matt Lariza, WOU, 1.91 – 6-3 ¼; 5. Josh Heidegger, NNU, 1.86 – 6-1 ¼; 6. James Turner, WWU, 1.81 – 5-11 ¼; 7. Nathan Wagner, SPU, 1.76 – 5-9 ¼; Nick Collins, CWU, NH; Zeb Udell, WOU, NH; Stuart Montgomery, NNU, NH; Josh Grewe, NNU, NH.

Pole Vault -1. Ryan Brown, WWU, 5.03 - 16-6 (MR & CR, old meet, 16-0 1/2, Scott Romney, WWU, 2006; old conference, 16-5 ¼, Tyler Thornbrue, WWU, 2007); 2. Zeb Udell, WOU, 4.65 - 15-3; 3. Josh Winters, WWU, 4.50 - 14-9; 4. Steven Schafer, NNU, 4.50 - 14-9; 5. Hayden Woodard, WWU, 4.50 - 14-9; 6. Will Lloyd, WWU, 4.35 - 14-3 ¼; 7. Nick Hoza, WWU, 4.20 - 13-9 ¼; 8. Ben Shea, NNU, 4.20 - 13-9 ¼; 9. Michael Millson, WWU, and Andrew Sneed, NNU, 4.05 – 13-3 ½; James Carr, CWU, NH; Tim Clendaniel, WWU, NH.

Long Jump -1. Zeb Udell, WOU, 7.03 - 23-0 ¾ (MR & CR, old records, 7.01 - 23-0 by Udell, 2008); 2. Justin Felt, SPU, 6.88 - 22-7; 3. Tim Clendaniel, WWU, 6.70 - 21-11 ¼; 4. Shane Gruger, WWU, 6.65 - 21-10; 5. Nick Collins, CWU, 6.61 - 21-8 ¼; 6. Bryan Mack, CWU, 6.53 - 21-5 ¼; 7. Rendel Jones, CWU, 6.52 - 21-4 ¾; 8. Chris Freeman, WOU, 6.48 - 21-3 ¼; 9. Mark Hanson, NNU, 6.47 – 21-2 ¾; 10. James Cho, CWU, 6.32 –

20-9; 11. Robert Wegner, WOU, 6.31 – 20-8 ½; 12. Isaiah Smith, WOU, 6.21 – 20-4 ½; 13. Josh Grewe, NNU, 6.16 – 20-2 ½; 14. Kincaid Nichols, CWU, 5.97 – 19-7; 15. Tim Satterwhite, WWU, 5.72 – 18-9 ¼; 16. Andrew Sneed, NNU, 5.69 – 18-8.

Triple Jump - 1. Rendel Jones, CWU, 14.24 – 46-8 ¾; 2. Tyler Reinsaur, WOU, 14.09 – 46-2 ¾; 3. James Cho, CWU, 13.99 – 45-10 ¾; 4. Tim Satterwhite, WWU, 13.90 – 45-7 ¼; 5. Cameron Bailey, CWU, 13.86 – 45-5 ¾; 6. Bryan Mack, CWU, 13.69 – 44-11; 7. James Turner, WWU, 13.56 – 44-6; 8. Josh Heidegger, NNU, 13.43 – 44-0 ¾; 9. Tim Clendaniel, WWU, 13.16 – 43-2 ¾; 10. Isaiah Smith, WOU, 13.13 – 43-1; 11. Matt Lariza, WOU, 12.87 – 42-2 ¾; 12. Justin Felt, SPU, 12.26 – 40-2 ¾; 13. Nathan Wagner, SPU, 12.08 – 39-7 ¾; 14. Karl Schmidt, SPU, 11.99 – 39-4; 15. Deshawn Lewis, MSUB, 11.97 – 39-3 ¼.

Shot Put - 1. Tyler Fischer, CWU, 15.93 – 52-3 ¼; 2. Sam Washington, SMU, 15.66 – 51-4 ½; 3. Dincer Kayhan, WWU, 15.42 – 50-7 ¼; 4. Zach Barclay, NNU, 15.32 – 50-3 ¼; 5. Grant Miller, NNU, 15.30 – 50-2 ½; 6. Ben Elder, WWU, 14.40 – 47-3; 7. Donovan Cunningham, WWU, 13.93 – 45-8 ½; 8. Brandon Varkevissier, WWU, 13.68 – 44-10 ¾; 9. Jordan Fenters, NNU, 13.59 – 44-7; 10. Robert Barrett, WOU, 13.34 – 43-9 ¼; 11. Jason Slowey, WOU, 13.27 – 43-6 ½; 12. Diego Estrada, NNU, 12.68 – 41-7 ¼; 13. Jade Haynie, MSUB, 11.57 – 37-11 ½; 14. Mychal Ostler, CWU, 11.04 – 36-2 ¾; 15. Matt Schryvers, WOU, 10.45 – 34-3 ¼.

Weight Throw - 1. Tyler Fischer, CWU, 17.83 – 58-6; 2. Sam Washington, SMU, 17.25 – 56-7 ¼; 3. Zach Barclay, NNU, 16.75 – 54-11 ½; 4. Anthony Marin, WOU, 15.77 – 51-9; 5. Mychal Ostler, CWU, 15.52 – 50-11; 6. Jordan Fenters, NNU, 14.93 – 48-11 ¾; 7. Ben Elder, WWU, 14.90 – 48-10 ¾; 8. Robert Barrett, WOU, 14.50 – 47-7; 9. Matt Schryvers, WOU, 14.27 – 46-10; 10. Jason Slowey, WOU, 13.66 – 44-9 ¾; 11. Diego Estrada, NNU, 12.60 – 41-4 ¾; 12. Jade Haynie, MSUB, 12.09 – 39-8; 13. Alex Eaton, NNU, 11.26 – 36-11 ½; Grant Miller, NNU, foul; Donovan Cunningham, WWU, foul.

2010 (Feb. 20 at Nampa)

Team Scores - Western Oregon 171, Western Washington 161 ½, Central Washington 134, Northwest Nazarene 53 ½, Seattle Pacific 39, MSU Billings 16, Saint Martin's 8. **Outstanding Performer** - Matson Hardie, Western Oregon.

60 - 1. Anthony Wright, CWU, 6.89 (meet record, old, 6.95, Bryan Mack, CWU, 2009); 2. Shane Gruger, WWU, 7.00; 3. Bobby Alexander, WOU, 7.00; 4. Kincaid Nichols, CWU, 7.01; 5. Alex Tilley, WWU, 7.02; 6. Gabe Aguilar, WOU, 7.06; 7. Anthony Zackery, WWU, 7.08; 8. Dustin Boyd, WOU, 7.12. **Prelims: Heat 1** - 1. Gabe Aguilar, WOU, 7.04; 2. Bobby Alexander, WOU, 7.08; 3. Dustin Boyd, WOU, 7.09; 4. Tyler Windall, NNU, 7.30; 5. James Cho, CWU, 7.38; Bryan Mack, CWU, false start. **Heat 2** - 1. Alex Tilley, WWU, 7.06; 2. Anthony Zackery, WWU, 7.07; 3. Brandon Pearce, MSUB, 7.17; 4. Justin Thomsen, WWU, 7.18; 5. Derek Sepe, NNU, 7.25; 6. Adam Prevost, MSUB, 7.41. **Heat 3** - 1. Anthony Wright, CWU, 6.91; 2. Shane Gruger WWU, 7.04; 3. Kincaid Nichols, CWU, 7.07; 4. Cameron Colby, NNU, 7.19; 5. Josh DeVaughn, SMU, 7.20.

200 - 1. Kincaid Nichols, CWU, 22.22; 2. Alex Tilley, WWU, 22.28; 3. Anthony Yakovich, WOU, 22.37; 4. Maurus Hope, NNU, 22.38; 5. Anthony Wright, CWU, 22.43; 6. Ashtin Mott, WOU, 22.53; 7. Dustin Boyd, WOU, 22.54; 8. Josh DeVaughn, SMU, 22.60; 9. Shane Gruger, WWU, 22.63; 10. Anthony Zackery, WWU, 22.67; 11. Josh Moore, WOU, 22.72; 12. Matt Kaino, WOU, 22.77; 13. Scott Morrison, CWU, 22.79; 14. Nathan Diede, MSUB, 23.02; 15. Dan Hill, NNU, 23.22; 16. Derek Sepe, NNU, 23.23; 17. Micah Grounds, SPU, 23.35; Brandon Pearce, MSUB, disqualified.

400 - 1. Matt Kaino, WOU, 49.17 (meet record, old, 49.58, Matt Rogstad, CWU, 2008); 2. Maurus Hope, NNU, 49.25; 3. Scott Morrison CWU, 49.33; 4. Ashtin Mott, WOU, 49.35; 5. Anthony Yakovich, WOU, 50.05; 6. Josh Moore, WOU, 50.25; 7. Andy Loscutoff, WOU, 50.31; 8. Logan Darling, WWU, 50.46; 9. Dan Hill, NNU, 50.50; 10. Toby David, WWU, 50.51; 11. Matt O'Connell, WWU, 50.56; 12. Shane O'Connell, WOU, 51.03; 13. Nathan Diede, MSUB, 51.29; 14. Kyle Fremd, CWU, 51.72; 15. Logan Mossey, MSUB, 52.05; 16. Travis Dodge, SMU, 53.52.

800 - 1. Nathan Seely SPU, 1:54.86; 2. Mike Schmidt, WOU, 1:55.38; 3. Carson O'Brien WOU, 1:56.95; 4. Justin Webb, NNU, 1:57.16; 5. Chad Meis, SPU, 1:57.87; 6. Anthony Tomsich WWU, 1:58.02; 7. Nathanael Sleight SPU, 1:58.14; 8. Tyson Vanderby, MSUB, 1:58.39; 9. Matt Stark, NNU, 1:58.40; 10. Nick Abraham, WWU, 1:58.56; 11. Joseph Patti, SMU, 1:58.59; 12. Toby Maunu, WOU, 1:58.60; 13. Jeff Long, WOU, 1:58.81; 14. Michael Brown, WOU, 2:00.92; 15. Connor Kasler, WOU, 2:01.81; 16. Benard Ngeno, NNU, 2:02.05; 17. Ryan Chapman, WOU, 2:04.02.

Mile - 1. Anthony Tomsich, WWU, 4:14.08 (meet record, old, 4:15.27, Ethan Barrons, WOU, 2005); 2. Barak Watson, NNU, 4:15.44; 3. Bennett Grimes, WWU, 4:15.78; 4. Connor Kasler, WOU, 4:16.51; 5. Chad Meis, SPU, 4:18.78 6. Dan Sprinkle, WOU, 4:22.97; 7. Kyle Larson, WOU, 4:23.35; 8. Blake Medhaug, WWU, 4:24.41; 9. Kyle Van Santen, SMU, 4:24.73; 10. A.J. Baker, SPU, 4:28.98; 11. Jeff Long, WOU, 4:32.37; 12. Jacob Wahlenmaier, SPU, 4:35.99.

5000 - 1. Jordan Welling, WWU, 14:51.53 (meet record, old, 15:01.67, John Riak, SMU, 2007); 2. Chris Reed, WOU, 14:55.72; 3. Barak Watson, NNU, 15:05.67; 4. Eric Brill, WWU, 15:16.24; 5. Greg Kubitz, WWU, 15:18.76; 6. Blake Medhaug, WWU, 15:31.59; 7. Matt McCrary, WOU, 15:40.42; 8. Spencer Hunt, SMU, 15:51.49; 9. Justin Karr, WOU, 16:00.31; 10. Luke Holt, WOU, 16:01.35; 11. Jesse Baggenstos, NNU, 16:05.41; 12. Nicholas Harvey, SMU, 16:12.18; 13. Taylor Canfield, MSUB, 16:34.60.

60 Hurdles - 1. Andy Loscutoff, WOU, 8.34; 2. Anthony Hogan, CWU, 8.37; 3. Darnell Harris, CWU, 8.57; 4. Jordan Werner, WOU, 8.57; 5. Andrew Gray, WWU, 8.85; 6. Ryan Endresen, SPU, 8.92; 7. Tim Steiglitz, NNU, 8.96; 8. Alex Harrison, WWU, 9.08. **Prelims: Heat 1** - 1. Anthony Hogan, CWU, 8.52; 2. Jordan Werner, WOU, 8.58; 3. Darnell Harris, CWU, 8.79; 4. Alex Harrison, WWU, 8.97; 5. Nate Johnson, SPU, 9.14. 6. Brandon Roddewig, CWU, 9.35. **Heat 2** - 1. Andy Loscutoff, WOU, 8.52; 2. Andrew Gray, WWU, 8.53; 3. Ryan Endresen, SPU, 8.89; 4. Tim Steiglitz, NNU, 9.13; 5. Dylan Solberg, MSUB, 9.23; Tim Clendaniel, WWU, did not finish.

4x400 - 1. Western Oregon (Matt Kaino, Ashtin Mott, Josh Moore, Anthony Yakovich) 3:19.36 (meet record, old, 3:20.61, Northwest Nazarene, 2009); 2. Western Washington (Alex Tilley, Logan Darling, Shane Gruger, Toby David) 3:23.35; 3. Northwest Nazarene (Maurus Hope, Derek Sepe, Dan Hill, Mark Hanson) 3:24.42; 4. MSU Billings (Logan Mossey, Deshawn Lewis, Nathan Diede, Brandon Pearce) 3:30.21; 5. Seattle Pacific (Micah Grounds, Nate Johnson, Jace Derwin, Nathanael Sleight) 3:30.56; 6. Central Washington (Kyle Fremd, Ryan Lara, Kincaid Nichols, Scott Morrison) 3:33.40; 7. Saint Martin's (Travis Dodge, Connor Flaherty, Cameron Grossaint, Josh DeVaughn) 3:35.55.

Distance Medley Relay - 1. Western Washington (Bennett Grimes, Andrew Gray, Nick Abraham, Jordan Welling) 10:18.80; 2. Western Oregon (Kyle Larson, Shane O'Connell, Mike Schmidt, Dan Sprinkle) 10:22.99; 3. Seattle Pacific (AJ Baker, Ryan Endresen, Nathan Seely, Chad Meis) 10:32.07; 4. MSU Billings (Ryan Blomback, Logan Mossey, Tucker Shuler, Tyson Vanderby) 11:03.58; 5. Saint Martin's (Scott Bauer, Joseph Patti, Kyle Van Santen, Noah Caffrey) 11:07.25; 6. Northwest Nazarene (Josh Merioles, Benard Ngeno, Hank Hetrick, Justin Webb) 11:07.69; 7. Central Washington (Jon Swanson, Marquis McKiever, Ryan Lara, Jake Hastings) 11:33.07.

High Jump - 1. Brennan Boyes, CWU, 1.95 - 6-4 $\frac{3}{4}$; 2. Jonathan Hamilton, CWU, 1.95 - 6-4 $\frac{3}{4}$; 3. Robert Wegner, WOU, 1.90 - 6-2 $\frac{3}{4}$; and Matson Hardie, WOU, 1.90 - 6-2 $\frac{3}{4}$; 5. Keefe Brockman, WWU, 1.90 - 6-2 $\frac{3}{4}$; 6. Ryan Brown, WWU, 1.85 - 6-0 $\frac{3}{4}$; 7. Josh Larson, WWU, 1.85 - 6-0 $\frac{3}{4}$; 8. Brandon Roddewig, CWU, 1.85 - 6-0 $\frac{3}{4}$; 9. Zach Massari, WOU, 1.80 - 5-10 $\frac{3}{4}$; 10. Tim Clendaniel, WWU, 1.75 - 5-8 $\frac{3}{4}$; Nate Wagner, SPU, no height.

Pole Vault - 1. Ryan Brown, WWU, 4.91 - 16-1 $\frac{1}{4}$; 2. Brandon Roddewig, CWU, 4.46 - 14-7 $\frac{1}{2}$; 3. Jayce Giddens, WOU, and Nathan Simunds, WWU, 4.31 - 14-1 $\frac{3}{4}$; 5. Brandon Martinez, MSUB, 4.31 - 14-1 $\frac{3}{4}$; 6. Alex Harrison, WWU, 4.31 - 14-1 $\frac{3}{4}$; 7. Tim Clendaniel, WWU, 4.31 - 14-1 $\frac{3}{4}$; 8. Austin Roberts, WOU, and Bruno Bennett, NNU, 4.16 - 13-7 $\frac{3}{4}$; 10. James Carr, CWU, 4.01 - 13-1 $\frac{3}{4}$; 11. Nate Johnson, SPU, 3.86 - 12-8; Josh Winters, WWU, no height; Kevin Iverson, WWU, no height.

Long Jump - 1. Matson Hardie, WOU, 7.21 - 23-8 (GNAC record, old, 23-2 $\frac{3}{4}$, Justin Felt, SPU, 2009; Meet record, old, 23-0 $\frac{3}{4}$, Zeb Udell, WOU, 2009); 2. Tim Clendaniel, WWU, 7.09 - 23-3 $\frac{3}{4}$; 3. Justin Felt, SPU, 6.95 - 22-9 $\frac{3}{4}$; 4. Anthony Zackery, WWU, 6.94 - 22-9 $\frac{3}{4}$; 5. Bryan Mack, CWU, 6.89 - 22-7 $\frac{1}{4}$; 6. Shane Gruger, WWU, 6.86 - 22-6 $\frac{1}{4}$; 7. Will Davis, WWU, 6.81 - 22-4 $\frac{1}{4}$; 8. Robert Wegner, WOU, 6.79 - 22-3 $\frac{1}{2}$; 9. James Cho, CWU, 6.60 - 21-8; 10. Rendel Jones, CWU, 6.52 - 21-4 $\frac{3}{4}$; 11. Jake Hyde, WOU, 6.49 - 21-3 $\frac{1}{2}$; 12. Mark Hanson, NNU, 6.24 - 20-5 $\frac{3}{4}$.

Triple Jump - 1. Rendel Jones, CWU, 14.51 - 47-7 $\frac{1}{4}$; 2. Matson Hardie, WOU, 14.43 - 47-4 $\frac{1}{4}$; 3. Bryan Mack, CWU, 14.28 - 46-10 $\frac{1}{4}$; 4. Will Davis, WWU, 14.20 - 46-7 $\frac{1}{4}$; 5. Jake Hyde, WOU, 13.99 - 45-10 $\frac{3}{4}$; 6. James Cho, CWU, 13.95 - 45-9 $\frac{1}{4}$; 7. Keefe Brockman, WWU, 13.40 - 43-11 $\frac{3}{4}$; 8. Deshawn Lewis, MSUB, 12.01 - 39-5.

Shot Put - 1. Jason Slowey, WOU, 15.64 - 51-3 $\frac{3}{4}$; 2. Tyler Fischer, CWU, 15.28 - 50-1 $\frac{3}{4}$; 3. Ben Elder, WWU, 15.07 - 49-5 $\frac{1}{2}$; 4. Jordan Fenters, NNU, 15.05 - 49-4 $\frac{1}{2}$; 5. Jacob Gilbert, WWU, 14.39 - 47-2 $\frac{1}{2}$; 6. Jesse Potes, CWU, 14.08 - 46-2 $\frac{1}{2}$; 7. Nelson Westlin, WWU, 13.83 - 45-4 $\frac{1}{2}$; 8. Alex Harrison, WWU, 13.72 - 45-0 $\frac{1}{4}$; 9. Tanner Rottrup, MSUB, 13.52 - 44-4 $\frac{1}{4}$; 10. Mike Jensen, CWU, 13.01 - 42-8 $\frac{1}{4}$; 11. Nick Wilson, MSUB, 12.94 - 42-5 $\frac{1}{2}$; 12. Matt Schryvers, WOU, 12.93 - 42-5 $\frac{1}{4}$; 13. Darian Kauffman, WOU, 12.59 - 41-3 $\frac{3}{4}$; 14. Bryce Jensen, MSUB, 12.28 - 40-3 $\frac{1}{2}$.

Weight Throw - 1. Tyler Fischer, CWU, 17.75 - 58-3; 2. Mychal Ostler, CWU, 17.38 - 57-0 $\frac{1}{4}$; 3. Jason Slowey, WOU, 15.91 - 52-2 $\frac{1}{2}$; 4. Jordan Fenters, NNU, 15.75 - 51-8 $\frac{1}{4}$; 5. Ben Elder, WWU, 15.34 - 50-4; 6. Matt Schryvers, WOU, 15.04 - 49-4 $\frac{1}{4}$; 7. Mike Jensen, CWU, 14.15 - 46-5 $\frac{1}{4}$; 8. Bryant Michaelson, WWU, 13.85 - 45-5 $\frac{1}{4}$; 9. Jesse Potes, CWU, 12.41 - 40-8 $\frac{3}{4}$; 10. Kody Reavis, WOU, 12.33 - 40-5 $\frac{1}{2}$; 11. Diego Estrada, NNU, 12.30 - 40-4 $\frac{1}{4}$; 12. Darian Kauffman, WOU, 12.13 - 39-9 $\frac{3}{4}$; 13. Tyler Nichols, WWU, 11.47 - 37-7 $\frac{3}{4}$.

Women's Indoor Track & Field Championship Meets

2004 (Feb. 21 at Nampa)

Team Scores - Seattle Pacific 160, Western Oregon 136 1/2, Central Washington 124, Northwest Nazarene 66, Western Washington 54 1/2, Seattle 28, Saint Martin's 6. **Outstanding Performer** - Terran Legard, Central Washington.

60 - 1. Kinyatta Leonhardt, SPU, 7.96; 2. Melissa Behrens, WWU, 8.03; 3. Terran Legard, CWU, 8.04; 4. Jean Kolb, SPU, 8.22; 5. Rebekah Bowman, NNU, 8.24; 6. Rachel Tynan, CWU, 8.25; 7. Bonnie Galloway, WOU, 8.39; 8. Kelsey Gleason, SPU, 8.44.

200 - 1. Kinyatta Leonhardt, SPU, 25.40; 2. Terran Legard, CWU, 25.50; 3. Kara Nygard, CWU, 26.15; 4. Melissa Behrens, WWU, 26.38; 5. Katy Kociemba, WOU, 26.48; 6. Kelsey Gleason, SPU, 26.49; 7. Monica Smith, WOU, 26.50; 8. Janna Schaafsma, SPU, 26.64; 9. Julie Duringer, SPU, 26.80; 10. Teresa Schlafer, CWU, 26.83; 11. Jackie McCall, WWU, 27.19; 12. Jean Kolb, SPU, 27.20; 13. Bonnie Galloway, WOU, 27.32; 14. Rebekah Bowman, NNU, 27.71; 15. Lakita Burr, SMC, 28.97.

400 - 1. Terran Legard, CWU, 57.69; 2. Kara Nygard, CWU, 59.31; 3. Julie Duringer, SPU, 59.86; 4. Katie Hingston, CWU, 1:00.86; 5. Ashley Marshall, SPU, 1:01.31; 6. Natalie Nash, WOU, 1:01.33; 7. Kristen Wiese, WOU, 1:01.36; 8. Lakita Burr, SMC, 1:01.36; 9. Kara Fischer, WWU, 1:01.90; 10. Kelsey Gleason, SPU, 1:02.17; 11. Laura Burch, WWU, 1:02.37; 12. Ruth Webster, WWU, 1:02.40; 13. Katherine Archambault, SU, 1:05.24; 14. Lloryn Hubbard, SU, 1:06.25.

800 - 1. Jennifer Marsh, SPU, 2:14.80; 2. Victoria Perkins, SPU, 2:18.94; 3. Mandi Johnson, NNU, 2:20.01; 4. Megan Johnson, NNU, 2:20.46; 5. Brandi McCoy, SPU, 2:21.45; 6. Lindy Mullen, CWU, 2:21.58; 7. Emily Ferguson, SU, 2:24.59; 8. Kari Konrad, WOU, 2:26.12; 9. Lindsay Dittmer, SU, 2:27.97; 10. Nicole Beatty, SMC, 2:30.57; 11. Leah Trutna, WOU, 2:32.56; 12. Lydia Lauer, SU, 2:33.53; 13. Maureen Driscoll, SMC, 2:42.61.

One Mile - 1. Jamie Witt, SPU, 5:09.21; 2. Kari Konrad, WOU, 5:11.57; 3. Brandy Anderson, CWU, 5:13.91; 4. Mandi Johnson, NNU, 5:21.59; 5. Abby Groth, SPU, 5:25.20; 6. Stephanie Stine, CWU, 5:32.07; 7. Nicole Beatty, SMC, 5:36.02; 8. Brandi McCoy, SPU, 5:38.55; 9. Phoebe Rohrbacher, SU, 5:43.81; 10. Jessica Wiggins, NNU, 5:52.15; 11. Sarah Brundidge, SU, 7:43.94.

5000 - 1. Alana Garcia, SU, 19:33.9; 2. Karen Dickson, SPU, 19:31.0; 3. Rachel Suess, SU, 19:39.0; 4. Tina Stimson, WWU, 19:54.5; 5. Emily Picinich, CWU, 19:55.5; 6. Kendra Steinbrugger, SMC, 20:51.08; 7. Rachel Bailey, CWU, 20:45.0; 8. Amber Green, CWU, 20:46.0; 9. Ann McCanick, SMC, 20:51.0; 10. Jennifer Smith, WOU, 20:52.28; 11. Jackie Glen, SMC, 21:40.42; 12. Karelynn Blum, SMC, 22:15.40; 13. Jami Eply, NNU, 23:12.01; Amanda Barelli, SU, did not place. **Note:** First and second-place placings are correct, despite the times listed. Because of a lap counting error, race was 5,200 meters.

60 Meter Hurdles - 1. Monica Smith, WOU, 9.22; 2. Ashley Rountree, CWU, 9.25; 3. Kirsten Holt, WWU, 9.40; 4. Linda Blake, SPU, 9.47; 5. Janna Schaafsma, SPU, 9.50; 6. Ashley Rickels, NNU, 9.59; 7. Nini Callen, WOU, 9.60; 8. Emily Peterson, NNU, 9.93.

4x400 Relay - 1. Central Washington (Kara Nygard, Katie Hingston, Lindy Mullen, Terran Legard) 3:58.72; 2. Seattle Pacific (Julie Duringer, Victoria Perkins, Kinyatta Leonhardt, Ashley Marshall) 4:01.7; 3. Western Washington (LeAnne Evans, Jackie McCall, Kara Fisher, Laura Burch) 4:06.0; 4. Northwest Nazarene 4:09.0; 5. Western Oregon 4:14.4; 6. Seattle 4:25.0.

Distance Medley Relay - 1. Seattle Pacific (Abby Groth, Linda Blake, Jennifer Marsh, Jamie Witt) 12:47.76; 2. Central Washington (Stephanie Stine, Teresa Schlafer, Emily Picinich, Brandy Anderson) 13:12.69; 3. Seattle (Emily Ferguson, Lloryn Hubbard, Lindsay Dittmer, Phoebe Rohrbacher) 13:20.29; 4. Western Oregon 13:41.47; 5. Northwest Nazarene 13:44.64.

Long Jump - 1. Katy Kociemba, WOU, 5.42 - 17-9 1/2; 2. Danae Clark, SPU, 5.33 - 17-6; 3. Nini Callen, WOU, 5.33 - 17-6; 4. Bridget Johnson, WOU, 5.11 - 16-9 1/4; 5. Anjuli Spear, CWU, 4.97 - 16-3 3/4; 6. Lea Tiger, CWU, 4.96 - 16-3 1/4; 7. Julie Kendall, WOU, 4.93 - 16-2 1/4; 8. Teresa Schlafer, CWU, 4.88 - 16-0 1/4; 9. Linda Blake, SPU, 4.85 - 15-11; 10. Ashley Rickels, NNU, 4.66 - 15-3 1/2; 11. LeAnne Evans, WWU, 4.62 - 15-2; 12. Theresa Mangahas, 4.60 - 15-1 1/4; 13. Sharon Bjella, SPU, 4.53 - 14-10 1/2; 14. Cheryl Austin, SU, 4.42 - 14-6; 15. Susan Sifferman, SU, 4.12 - 13-6 1/4.

Triple Jump - 1. Lea Tiger, CWU, 11.10 - 36-5; 2. Katy Kociemba, WOU, 10.93 - 35-10 1/2; 3. Danae Clark, SPU, 10.87 - 35-8; 4. Nini Callen, WOU, 10.74 - 35-3; 5. Julie Kendall, WOU, 10.33 - 33-10 3/4; 6. Sara Johnson, SPU, 10.20 - 33-5 3/4; 7. Anjuli Spear, CWU, 9.87 - 32-4 3/4.

High Jump - 1. Sharon Bjella, SPU, 1.61 - 5-3 1/4; 2. Liz Ryen, CWU, 1.61 - 5-3 1/4; 3. Ashley Rickels, NNU, 1.61 - 5-3 1/4; 4. Monica Smith, WOU, 1.56 - 5-1 1/4; 5. Emily Peterson, NNU, 1.56 - 5-1 1/4; 6. Tiffany Fackrell, CWU, 1.56 - 5-1 1/4; 7. Lindsey Cox, WWU, 1.51 - 4-11 1/2; 8. Bridget Johnson, WOU, 1.51 - 4-11 1/2; 9. Linda Blake, SPU, 1.51 - 4-11 1/2; 10. Valerie Ferguson, WOU, 1.51 - 4-11 1/2.

Pole Vault - 1. Danielle Juarez, WWU, 3.51 - 11-6 1/4; 2. Allison Hedges, SPU, 3.51 - 11-6 1/4; 3. Aubrey Metzger, NNU, 3.36 - 11-0 1/4; 4. Amy Harris, SPU, 3.21 - 10-6 1/4; 5. Amber Rose, SPU, 3.21 - 10-6 1/4; 6. Alina Lunsford, NNU, 3.06 - 10-0 1/2; 7. Aubrey Harrington, NNU, 3.06 - 10-0 1/2; 8. Theresa Mangahas, SU, 2.91 - 9-6 1/2; 9. Kelly Perez, WWU, 2.91 - 9-6 1/2; 10. Kristen Holt, WWU, 2.76 - 9-0 1/2.

Shot Put - 1. Chevonna Lynch, WOU, 12.31 - 40-4 3/4; 2. Alicia Vandervelden, WOU, 11.63 - 38-2; 3. Tammy Carlson, WWU, 11.48 - 37-8; 4. Bridget Johnson, WOU, 11.48 - 37-8; 5. Nini Callen, WOU, 11.34 - 37-2 1/2; 6. Kim Radke, WWU, 11.25 - 36-11; 7. Tiffany Fackrell, CWU, 11.23 - 36-10 1/4; 8. Sarah Arendt, NNU, 10.94 - 35-10 3/4; 9. Rebekah McAdam, NNU, 10.75 - 35-3 1/4; 10. Heather Yergen, CWU, 10.39 - 34-1 1/4; 11. LeAnne Evans, WWU, 10.18 - 33-4 3/4; 12. Jessica Telleria, WWU, 9.99 - 32-9 1/2; 13. Hannah Bowman, NNU, 9.27 - 30-5; 14. Cortney Rockwell, SMC, 7.00 - 22-11 3/4.

Weight Throw - 1. Kristen Hepler, WOU, 16.39 - 53-9 1/4; 2. Jaci Cederberg, WOU, 14.43 - 47-4 1/4; 3. Kristina Wherry, NNU, 13.61 - 44-8; 4. Rebekah McAdam, NNU, 13.60 - 44-7 1/2; 5. Lauren Kooy, SPU, 12.80 - 42-0; 6. Jessica Telleria, WWU, 12.78 - 41-11 1/4; 7. Chevonna Lynch, WOU, 12.46 - 40-10 1/2; 8. Kristina MacCully, WWU, 12.15 - 39-10 1/2; 9. Christin McDowell, CWU, 11.93 - 39-1 3/4; 10. Tammy Carlson, WWU, 11.47 - 37-7 3/4; 11. Kim Radke, WWU, 11.37 - 37-3 3/4; 12. Alicia Vandervelden, WOU, 10.93 - 35-10 1/2; 13. Sara Johnson, SPU, 10.77 - 35-4; 14. Courtney Rockwell, SMC, 6.97 - 22-10 1/2; 15. Coco Rogers, SMC, 6.34 - 20-9 3/4.

Prelims

60 Hurdle - 1. Linda Blake, SPU, 9.27; 2. Ashley Rountree, CWU, 9.34; 3. Monica Smith, WOU, 9.39; 4. Ashley Rickels, NNU, 9.49; 5. Janna Schaafsma, SPU, 9.53; 6. Nini Callen, WOU, 9.74; 7. Emily Peterson, NNU, 9.86; 8. Kristen Holt, WWU, 9.90; 9. Ashley Burns, SU, 9.92; 10. LeAnne Evans, WWU, 9.93; 11. Jennie Rummell, WOU, 15.15. (Eight advance to finals).

60 - 1. Kinyatta Leonhardt, SPU, 7.96; 2. Melissa Behrens, WWU, 8.00; 3. Terran Legard, CWU, 8.05; 4. Jean Kolb, SPU, 8.22; 5. Rebekah Bowman, NNU, 8.29; 6. Kelsey Gleason, SPU, and Bonnie Galloway, WOU, 8.33; 8. Rachel Tynan, CWU, 8.34; 9. Julie Durringer, SPU, 8.39; 10. Kristen Holt, WWU, 8.41; 11. Nicole Matheson, SMC, 8.47; 12. Ashley Burns, SU, 8.49; 13. April Elder, SMC, 8.50; 14. Tina Thorne, CWU, 8.54.

2005 (Feb. 19 at Nampa)

Team Scores - Seattle Pacific 188, Central Washington 137 1/2, Western Oregon 118, Northwest Nazarene 65, Western Washington 39 1/2, Saint Martin's 20, Seattle 15. **Outstanding Performer** - Danielle Ayers-Stamper, Seattle Pacific.

60 - 1. Kinyatta Leonhardt, SPU, 7.96; 2. Chelsi Claussen, SMC, 8.02; 3. Bonnie Galloway, WOU, 8.09; 4. Monica Smith, WOU, 8.19; 5. Anna Soule, SPU, 8.23; 6. Keyanna Jenkins, WOU, 8.25; 7. Jean Kolb, SPU, 8.32; 8. Katy Kociemba, WOU, 8.33.

200 - 1. Terran Legard, CWU, 25.25 (meet record; old, 25.40, Kinyatta Leonhardt, SPU, 25.40, 2004); 2. Kinyatta Leonhardt, SPU, 25.62; 3. Monica Smith, WOU, 26.02; 4. Katy Kociemba, WOU, 26.32; 5. Chelsi Claussen, SMC, 26.35; 6. Bonnie Galloway, WOU, 26.39; 7. Anna Soule, SPU, 26.53; 8. Kristin Janney, SPU, 26.71; 9. Bridget Johnson, WOU, 26.92; 10. Katie Hingston, CWU, 26.94; 11. Ashley Rountree, CWU, 27.26; 12. Jean Kolb, SPU, 27.31; 13. Nikki Schutte, NNU, 27.36; 14. Kim Berberick, NNU, 27.62; 15. Bekah Bowman, NNU, 27.77.

400 - 1. Terran Legard, CWU, 56.57 (meet record, old 57.69, Legard, CWU, 2004); 2. Jean Kolb, SPU, 1:00.22; 3. Katie Hingston, CWU, 1:01.21; 4. Chelsea Evans, CWU, 1:01.56; 5. Julie Durringer, SPU, 1:01.61; 6. Kara Fischer, WWU, 1:02.29; 7. Kristen Wiese, WOU, 1:02.39; 8. Katie Archambault, SU, 1:02.74; 9. Sarah Howell, WOU, 1:03.30; 10. Jenny Rummel, WOU, 1:03.40; 11. Amy Harder, WWU, 1:05.42.

800 - 1. Josie Lavin, SPU, 2:16.09; 2. Lindy Mullen, CWU, 2:19.05; 3. Melanie Nisley, NNU, 2:20.02; 4. Victoria Perkins, SPU, 2:21.66; 5. Morgan Ingersoll, NNU, 2:23.85; 6. Kari Konrad, WOU, 2:23.93; 7. Hanane Benanya, SPU, 2:24.90; 8. Lakita Burr, SMC, 2:25.07; 9. Jackie McCall, WWU, 2:27.69; 10. Charisse Arce, SU, 2:27.91; 11. Mandi Johnson, NNU, 2:28.52; 12. Jen Peterson, WOU, 2:28.74; 13. Kaleigh Bishop, SMC, 2:31.96; 14. Lydia Lauer, SU, 2:32.66; 15. Wendy Overton, WWU, 2:35.37; 16. Mo Driscoll, SMC, 2:40.99.

Mile - 1. Karen Dickson, SPU, 5:08.23 (meet record; old 5:09.21, Jamie Witt, SPU, 2004); 2. Melanie Nisley, NNU, 5:10.24; 3. Brandy Anderson, CWU, 5:11.76; 4. Sarah Benson, CWU, 5:22.31; 5. Mandi Johnson, NNU, 5:24.49; 6. Kari Konrad, WOU, 5:26.56; 7. Hanane Benanya, SPU, 5:28.89; 8. Kaitlin Rohde, SPU, 5:31.99; 9. Leah Trutna, WOU, 5:35.16; 10. Nicole Beatty, SMC, 5:39.14; 11. Sara Thon, WWU, 5:40.20; 12. Jessie Dunnam, SMC, 5:50.42.

5000 - 1. Karin Rohde, SPU, 18:41.46 (meet record, old, 19:31.00, Karen Dickson, SPU, 2004); 2. Alana Garcia, SU, 18:46.65; 3. Rachel Bailey, CWU, 18:55.45; 4. Marcie Mullen, CWU, 19:26.46; 5. Brandi McCoy, SPU, 19:26.98; 6. Tracy Kuhn, SPU, 19:29.38; 7. Janelle Probst, SMC, 19:34.48; 8. Rebecca Mishler, NNU, 19:36.83; 9. Andrea Ring, CWU, 19:51.93; 10. Ann McCanick, SMC, 19:57.31; 11. Lindsey Graham, NNU, 20:06.26; 12. Holly Mishler, NNU, 20:07.97; 13. Amber Green, CWU, 20:09.48; 14. Rachel Suess, SU, 21:04.49; 15. Jen Smith, WOU, 21:12.53; 16. Sarah Brundidge, SU, 22:16.66; 17. Katelynn Blume, SMC, 22:31.79.

60 Hurdles - 1. Danielle Ayers-Stamper, SPU, 8.66 (meet record; old 9.22, Monica Smith, WOU, 2004); 2. Ashley Rountree, CWU, 9.12; 3. Kristin Janney, SPU, 9.18; 4. Monica Smith, WOU, 9.18; 5. Kelsey Cooley, SPU, 9.32; 6. Nini Callan, WOU, 9.36; 7. Linda Blake, SPU, 9.40; 8. Bridget Johnson, WOU, 9.51.

4x400 Relay - 1. Central Washington (Chelsea Evans, Ashley Rountree, Katie Hingston, Terran Legard) 4:00.32; 2. Western Oregon (Bridget Johnson, Katy Kociemba, Monica Smith, Kristen Wiese) 4:02.75; 3. Northwest Nazarene (Bekah Bowman, Emily Peterson, Ashley Rickels, Nikki Schutte) 4:08.53; 4. Western Washington (Jackie McCall, LeAnne Evans, Amy Harder, Kara Fischer) 4:10.67; 5. Seattle Pacific (Julie Durringer, Kelsey Cooley, Jean Kolb, Anna Soule) 4:12.61; 6. Saint Martin's (Lakita Burr, Chelsi Claussen, Kaleigh Bishop, Ann McCanick) 4:21.13; 7. Seattle (Holly Bueb, Patricia Ramos, Juliet Agne, Sarah Brundidge) 4:46.20.

Distance Medley - 1. Seattle Pacific 12:35.89 (Josie Lavin, Karin Rohde, Victoria Perkins, Karen Dickson)(meet record, old 12:47.76 by SPU, 2004); 2. Central Washington (Sarah Benson, Susan Quick, Marcie Mullen, Brandy Anderson) 12:44.10; 3. Northwest Nazarene (Kim Berberick, Morgan Ingersoll, Mandi Johnson, Melanie Nisley) 13:02.31; 4. Western Oregon (Sarah Howell, Bridget Johnson, Jen Peterson, Leah Trutna) 13:11.26; 5. Seattle (Lydia Lauer, Katie Archambault, Charisse Arce, Alana Garcia) 13:25.16; 6. Western Washington (Sara Thon, Jamie Wulfekuhle, Wendy Overton, Kristina MacCully) 13:39.39; 7. Saint Martin's (Nicole Beatty, Katelynn Blume, Mo Driscoll, Jessie Dunnam) 14:17.13.

High Jump - 1. Danielle Ayers-Stamper, SPU, 1.68 - 5-6 (meet record; old 1.61 - 5-3 1/4, Sharon Bjella, SPU, 2004); 2. Emily Peterson, NNU, 1.68 - 5-6; 3. Monica Smith, WOU, 1.63 - 5-4 1/4; 4. Linda Blake, SPU, 1.58 - 5-2 1/4; 5. Bridget Johnson, WOU, 1.58 - 5-2 1/4; 6. Sharon Bjella, SPU, 1.58 - 5-2 1/4; 7. Kelsey Cooley, SPU, 1.53 - 5-0 1/4; 8. Tiffany Quilter, CWU, 1.53 - 5-0 1/4; 9. Liz Ryen, CWU, 1.53 - 5-0 1/4; 10. Christne Witcher, WWU, 1.48 - 4-10 1/4; 11. Ashley Rickels, NNU, 1.48 - 4-10 1/4; 12. Lindsey Cox, WWU, 1.48 - 4-10 1/4; 13. Jackie McCall, WWU, 1.48 - 4-10 1/4.

Triple Jump - 1. Amanda Merrell, NNU, 11.20 - 36-9 (meet record, old 11.10, Lea Tiger, CWU, 2004); 2. Katy Kociemba, WOU, 11.17 - 36-7 3/4; 3. Nini Callan, WOU, 10.96 - 35-11 1/2; 4. Lea Tiger, CWU, 10.73 - 35-2 1/2; 5. Jessica Wagner, CWU, 10.45 - 34-3 1/2; 6. Linda Blake, SPU, 10.42 - 34-2 1/4; 7. Julie Graham, CWU, 10.36 - 34-0; 8. Kelsey McBride, SPU, 10.30 - 33-9 1/2; 9. Anjuli Spear, CWU, 9.93 - 32-7; Julie Kendall, WOU, foul.

Pole Vault - 1. Allison Hedges, SPU, 3.61 - 11-10 (meet record; old 3.51 - 11-6 1/4, Danielle Juarez, WWU, 2004); 2. Andrea Kreft, WWU, 3.51 - 11-6 1/4; 3. Amy Harris, SPU, 3.51 - 11-6 1/4; 4. Monica Anderson, SPU, 3.41 - 11-2 1/4; 5. Julie Stone, WWU, 3.26 - 10-8 1/4; 6. Jamie Wulfekuhle, WWU, 3.11 - 10-2 1/2; 7. Haley Amos, CWU, and Kelly Perez, WWU, 2.96 - 9-8 1/2; 9. Brianna Fredricksen, CWU, and Joan Campbell, WOU, 2.81 - 9-2 1/2; 11. Kirsten Holt, WWU, 2.81 - 9-2 1/2; Danielle Smith, WOU, no height.

Long Jump - 1. Danielle Ayers-Stamper, SPU, 5.73 - 18-9 3/4 (meet record, old, 5.42 - 17-9 1/2, Katy Kociemba, WOU, 2004); 2. Katy Kociemba, WOU, 5.54 - 18-2 1/4; 3. Bridget Johnson, WOU, 5.41 - 17-9; 4. Kelsey Cooley, SPU, 5.13- 16-10; 5. Nini Callan, WOU, 5.07 - 16-7 3/4; 6. Kristin Janney, SPU, 5.04 - 16-6 1/2; 7. Julie Kendall, WOU, 5.04 - 16-6 1/2; 8. Anjuli Spear, CWU, 4.98 - 16-4 1/4; 9. Ashley Rickels, NNU, 4.95 - 16-3; 10. Alex Merrick, WWU, 4.91 - 16-1 1/2; 11. Amanda Merrell, NNU, 4.78 - 15-8 1/4; 12. Haley Amos, CWU, 4.77 - 15-7 3/4.

Shot Put - 1. Krissy Tandle, CWU, 12.48 - 40-11 1/2 (meet record; old 12.31 - 40-4 3/4, Chevonna Lynch, WOU, 2004); 2. Tammy Carlson, WWU, 12.45 - 40-10 1/4; 3. Tiffany Quilter, CWU, 11.89 - 39-0 1/4; 4. Bridget Johnson, WOU, 11.82 - 38-9 1/2; 5. Rebecca Lindquist, CWU, 11.55 - 37-10 3/4; 6. Danielle Ayers-Stamper, SPU, 11.39 - 37-4 1/2; 7. Rebekah McAdam, NNU, 11.27 - 36-11 3/4; 8. Amy Carroll, NNU, 11.26 - 36-11 1/2; 9. Nini Callan, WOU, 11.12 - 36-5 3/4; 10. Sabrina Freed, WOU, 10.95 - 35-11 1/4; 11. Heather Yergen, CWU, 10.56 - 34-7 3/4; 12. Jessica Telleria, WWU, 10.33 - 33-10 3/4; 13. Sarah Maddux, NNU, 10.15 - 33-3 3/4; 14. Teresa Mathias, SU, 9.67 - 31-8 3/4; 15. Danika Washington, SMC, 8.33 - 27-4.

Weight Throw - 1. Heather Yergen, CWU, 14.31 - 46-11 1/2; 2. Jaci Cederberg, WOU, 14.09 - 46-2 3/4; 3. Christin McDowell, CWU, 13.78 - 45-2 1/2; 4. Kristina Wherry, NNU, 13.20 - 43-3 3/4; 5. Rebekah McAdam, NNU, 12.99 - 42-7 1/2; 6. Jessica Telleria, WWU, 12.91 - 42-4 1/4; 7. Sabrina Freed, WOU, 12.86 - 42-2 1/4; 8. Tammy Carlson, WWU, 12.84 - 42-1 1/2; 9. Kristina MacCully, WWU, 12.71 - 41-8 1/2; 10. Jennifer Urrutia, SPU, 12.32 - 40-5; 11. Tiffany Quilter, CWU, 12.17 - 39-11 1/4; 12. Hannan Bowman, NNU, 12.08 - 39-7 3/4; 13. Krissy Tandle, CWU, 11.89 - 39-0 1/4.

Prelims

60 - 1. Kinyatta Leonhardt, SPU, and Chelsi Claussen, SMC, 7.94 (meet record; old, 7.96 by Leonhardt, SPU, 2004); 3. Bonnie Galloway, WOU, and Monica Smith, WOU, 8.16; 5. Katy Kociemba, WOU, 8.17; 6. Keyanna Jenkins, WOU, 8.24; 7. Jean Kolb, SPU, 8.25; 8. Anna Soule, SPU, 8.26; 9. Nikki Schutte, NNU, and Bekah Bowman, NNU, 8.33; 11. Rachelle Saletto, WWU, 8.34; 11. Rachelle Saletto, WWU, 8.34; 12. Haley Amos, and Suan Quick, CWU, 8.41; 14. Kim Berberick, NNU, 8.50; 15. Tina Thorne, CWU, 8.54.

60 Hurdles - 1. Danielle Ayers-Stamper, SPU, 8.69, 2. Ashley Rountree, CWU, 9.19, 3. Monica Smith, WOU, 9.21, 4. Bridget Johnson, WOU, 9.23, 5. Kristin Janney, SPU, 9.26, 6. Kelsey Cooley, SPU, 9.36, 7. Linda Blake, SPU, 9.47, 8. Nini Callan, WOU, 9.54; 9. Kirsten Holt, WWU, 9.57; 10. Ashley Rickels, NNU, 9.59; 11. Alex Merrick, WWU, 9.62; 12. LeAnne Evans, WWU, 9.70).

2006 (Feb. 18 at Nampa)

Team Scores - Seattle Pacific 154, Central Washington 134, Western Oregon 110, Northwest Nazarene 77, Western Washington 66, Saint Martin's 27, Seattle 8. **Outstanding Performer** - Krissy Tandle, Central Washington.

60 - 1. Whitney Knox, WWU, 8.02; 2. Heidi Dimmitt, WWU, 8.02; 3. Keyanna Jenkins, WOU, 8.07; 4. Chelsi Claussen, SMU, 8.10; 5. Anna Soule, SPU, 8.12; 6. Sarjane Rosenberg, WOU, 8.14; 7. Bekah Bowman, NNU, 8.30; 8. Nikki Schutte, NNU, 8.34.

200 - 1. Anna Soule, SPU, 26.04; 2. Chelsi Claussen, SMU, 26.15; 3. Terran Legard, CWU, 26.20; 4. Whitney Knox, WWU, 26.47; 5. Teresa Schlafer, CWU, 26.55; 6. Amanda Gius, CWU, 26.57; 7. Kara Nygard, CWU, 26.61; 8. Bekah Bowman, NNU, 26.93; 9. Jacqueline Postlewait, WOU, 26.97; 10. Nikki Schutte, NNU, 27.07; 11. Keyanna Jenkins, WOU, 27.11; 12. Jean Kolb, SPU, 27.44; 13. Sarjane Rosenberg, WOU, 27.61; 14. Amanda Thornton, WWU, 27.63; 15. Ashley Rountree, CWU, 28.15; Heidi Dimmitt, WWU, false-started.

400 - 1. Terran Legard, CWU, 57.75; 2. Teona Perkins, SPU, 58.03; 3. Rachael Kaercher, CWU, 58.41; 4. Heidi Dimmitt, WWU, 58.96; 5. Amanda Gius, CWU, 1:00.02; 6. Jennie Rummell, WOU, 1:00.71; 7. Kara Nygard, CWU, 1:01.12; 8. Chelsea Evans, CWU, 1:01.13; 9. Lakita Burr, SMU, 1:01.89; 10. Natalie Nash, WOU, 1:02.48; 11. Amanda Thornton, WWU, 1:02.67.

800 - 1. Ashley Puga, NNU, 2:16.55; 2. Lindy Mullen, 2:17.18; 3. Victoria Perkins, SPU, 2:19.87; 4. Suzie Strickler, SPU, 2:21.39; 5. Kim Beamon, SPU, 2:21.78; 6. Sarah Howell, WOU, 2:21.85; 7. Jessica Pendon, SMU, 2:22.18; 8. Sarah Benson, CWU, 2:22.35; 9. Josie Lavin, SPU, 2:25.30; 10. Hannah Larkin, NNU, 2:25.81; 11. Macey Blaine, NNU, 2:27.51; 12. Jen Peterson, WOU, 2:29.89; 13. Nicole Beatty, SMU, 2:42.72; Brittany Harmon, SU, did not finish.

Mile - 1. Katie Hummel, CWU, 5:08.11 (meet record; old, 5:08.23, Karen Dickson, SPU, 2005); 2. Karin Rohde, SPU, 5:10.52; 3. Brandi McCoy, SPU, 5:16.44; 4. Mandi Johnson, NNU, 5:16.71; 5. Stephanie Upshaw, WOU, 5:17.12; 6. Mary Moriarty, SPU, 5:21.82; 7. Katie Hansen, SU, 5:23.27; 8. Jessica Harper, WOU, 5:24.15; 9. Lydia Lauer, SU, 5:36.38; 10. Katrina Schwerdtfeger, WWU, 5:36.62; 11. Corina James, SPU, 5:39.68; 12. Shannon DeBoer, NNU, 5:40.94; 13. Charisse Arce, SU, 5:44.71; 14. Nicole Beatty, SMU, 5:48.36; 15. Natalie Martinez, SU, 6:00.13; 16. Rhiannon Cadelinia, SU, 6:15.12.

5000 - 1. Brandy Anderson, CWU, 18:27.98 (meet record, old 18:41.46, Karen Rohde, SPU, 2005); 2. Marcie Mullen, CWU, 18:32.42; 3. Karin Rohde, SPU, 18:37.16; 4. Ann McCanick, SMU, 18:42.27; 5. Mary Moriarty, SPU, 18:52.37; 6. Janelle Probst, SMU, 18:55.05; 7. Nikki Jensen, SPU, 19:31.10; 8. Erin Deasy, WWU, 19:32.68; 9. Jolene Boogaard, WWU, 19:37.28; 10. Lindsey Graham, NNU, 19:38.37; 11. Rachel Peters, WOU, 19:45.29; 12. Holly Mishler, NNU, 19:48.01; 13. Amber Green, CWU, 19:52.13; 14. Kaitlin Rohde, SPU, 20:00.89; 15. Kim Parry, WOU, 20:10.93.

60 Hurdles - 1. Linda Blake, SPU, 9.10; 2. Bridget Johnson, WOU, 9.15; 3. Ashley Wornell, NNU, 9.27; 4. Nini Callan, WOU, 9.30; 5. Kelsey Cooley, SPU, 9.34; 6. Ashley Rountree, CWU, 9.35; 7. Amanda Merrell, NNU, 9.46; 8. Jacqueline Postlewait, WOU, 9.71.

4x400 Relay - 1. Central Washington (Kaercher, Evans, Gius, Legard) 3:59.48; 2. Seattle Pacific (V. Perkins, Blake, Lavin, Strickler) 4:02.99; 3. Western Washington (Dimmitt, Thornton, McCall, Knox) 4:04.41; 4. Western Oregon (Postlewaite, Nash, Jenkins, Rummell) 4:06.82; 5. Saint Martin's (Burr, Beatty, Claussen, Pendon) 4:06.83; 6. Northwest Nazarene (Wornell, Bowman, Thompson, Berberick) 4:09.26.

Distance Medley Relay - 1. Central Washington (Benson, Schlafer, L. Mullen, Hummel) 12:24.60 (meet record, old SPU, 12:35.89, 2005); 2. Seattle Pacific (Soule, Beaman, Perkins, McCoy) 12:30.00; 3. Northwest Nazarene (Ma. Johnson, Peterson, Me. Johnson, Puga) 12:31.95; 4. Western Oregon (Upshaw, Howell, Harper, Peterson) 12:52.19; 5. Seattle University (Lauer, Archambault, Cadeilinia, Hansen) 13:33.45; Saint Martin's NT; Western Washington (Deasey, Cook, Boogaard, Schwerdtfeger) DQ.

High Jump - 1. Teona Perkins, SPU, 1.69 - 5-6 1/2 (meet record; old, 5-6, Danielle Ayers-Stamper, SPU, 2005); 2. Emily Peterson, NNU, 1.69 - 5-6 1/2 (meet record); 3. Sharon Bjella, SPU, 1.60 - 5-3; 4. Bridget Johnson, WOU, 1.60 - 5-3; 5. Clara Cook, WWU, 1.60 - 5-3; 6. Kelsey Cooley, SPU, 1.60 - 5-3; 7. Ashley Wornell, NNU, 1.55 - 5-1; 8. Linda Blake, SPU, 1.55 - 5-1; 9. Jacqueline Postlewait, WOU, 1.55 - 5-1; 10. Jennifer Josephson, WWU, and Lindsey Cox, WWU, 1.50 - 4-11; 12. Amy Farquhar, CWU, 1.40 - 4-7.

Pole Vault - 1. Amy Harris, SPU, 3.55 - 11-7 3/4; 2. Monica Anderson, SPU, 3.41 - 11-2 1/4; 3. Allison Hedges, SPU, 3.41 - 11-2 1/4; 4. Haley Amos, CWU, 3.26 - 10-8 1/4; 5. Kristi Metzger, NNU, 3.26 - 10-8 1/4; 6. Kirsten Holt, WWU, 3.11 - 10-2 1/2; 7. Cara Dockins, WWU, 3.11 - 10-2 1/2; 8. Danielle Smith, WOU, 2.96 - 9-8 1/2; 9. Jamie Wulfekuhle, WWU, 2.81 - 9-2 1/2; Julie Stone, WWU, no height; Camille Clarke, WWU, no height.

Long Jump - 1. Jacqueline Postlewait, WOU, 5.38 - 17-8; 2. Kelsey Cooley, SPU, 5.30 - 17-4 3/4; 3. Linda Blake, SPU, 5.28 - 17-4; 4. Kim Bascom, WWU, 5.18 - 17-0; 5. Nini Callan, WOU, 5.16 - 16-11 1/4; 6. Ashley Wornell, NNU, 5.13 - 16-10; 7. Bridget Johnson, WOU, 5.12 - 16-9 3/4; 8. Sarajane Rosenberg, WOU, 5.09 - 16-8 1/2; 9. Anjuli Spear, CWU, 5.03 - 16-6; 10. Lydia Morrison, WWU, 4.61 - 15-1 1/2; 11. Jackie McCall, WWU, 4.40 - 14-5 1/4; 12. Tiffany Lee, SU, 4.39 - 14-5; 13. Brittany Hood, CWU, 4.19 - 13-9; Christy Miller, WWU, fouled.

Triple Jump - 1. Amanda Merrell, NNU, 11.28 - 37-0 1/4 (meet record, old, 36-9, Amanda Merrell, NNU, 2005); 2. Kim Bascom, WWU, 11.05 - 36-3; 3. Sarajane Rosenberg, WOU, 11.03 - 36-2 1/4; 4. Nini Callan, WOU, 10.91 - 35-9 1/2; 5. Christy Miller, WWU, 10.85 - 35-7 1/4; 6. Lydia Morrison, WWU, 10.36 - 34-0; 7. Jessica Wagner, CWU, 10.18 - 33-4 3/4; 8. Sharelle Wells, WOU, 10.17 - 33-4 1/2; 9. Anjuli Spear, CWU, 10.07 - 33-0 1/2; 10. Kelsey McBride, SPU, 10.06 - 33-0 1/4.

Shot Put - 1. Krissy Tandle, CWU, 13.63 - 44-8 3/4 (meet record; old, 40-11 1/2 by Tandle, 2005); 2. Chevonna Lynch, WOU, 12.57 - 41-3; 3. Bridget Johnson, WOU, 12.55 - 41-2 1/4; 4. Alicia Vandervelden, WOU, 12.20 - 40-0 1/2; 5. Rebecca Lindquist, CWU, 11.99 - 39-4; 6. Nini Callan, WOU, 11.75 - 38-6 3/4; 7. ShaTayna Fernandez, SU, 11.54 - 37-10 1/2; 8. Sabrina Freed, WOU, 11.44 - 37-6 1/2; 9. Amy Carroll, NNU, 11.28 - 37-0 1/4; 10. Alicia Edwards, CWU, 10.81 - 35-5 3/4; 11. Bree Renzetti, CWU, 10.59 - 34-9; 12. Marci Roth, NNU, 10.19 - 33-5 1/4; 13. Kahlia Keita, SU, 9.12 - 29-11 1/4; 14. Erika Remple, NNU, 9.02 - 29-7 1/4.

Weight Throw - 1. Krissy Tandle, CWU, 15.26 - 50-0 3/4; 2. Sabrina Freed, WOU, 14.20 - 46-7 1/4; 3. Hannah Bowman, NNU, 13.54 - 44-5 1/4; 4. Bree Renzetti, CWU, 12.98 - 42-7; 5. Kristina Wherry, NNU, 12.82 - 42-0 3/4; 6. Amy Carroll, NNU, 12.76 - 41-10 1/2; 7. Katie Taylor, WWU, 11.89 - 39-0 1/4; 8. Erika Remple, NNU, 11.17 - 36-7 3/4; 9. Alicia Vandervelden, WOU, 11.02 - 36-2; 10. Erica Rance, WWU, 10.09 - 33-1 1/4; 11. Courtney Little, NNU, 9.32 - 30-7; 12. Rebekah Hook, WWU, 8.33 - 27-4; Alicia Edwards, CWU, foul; Rebecca Lindquist, CWU, foul.

Prelims

60 - 1. Heidi Dimmitt, WWU, 7.98; 2. Whitney Knox, WWU, 8.09; 3. Chelsi Claussen, SMU, 8.05; 4. Anna Soule, SPU, 8.15; 5. Keyanna Jenkins, WOU, 8.19; 6. Sarajane Rosenberg, WOU, 8.21; 7. Nikki Schutte, NNU, 8.25; 8. Bekah Bowman, NNU, 8.26; 9. Teresa Schlafer, CWU, 8.31; 10. Jean Kolb, SPU, 8.44; 11. Kelsey McBride, SPU, 8.46; 12. Kim Berberick, NNU, 8.50; 13. Brittany Hood, CWU, 8.56; 14. Danielle Smith, WOU, 8.72; 15. Katie Archambault, SU, 8.80.

60 Hurdles - 1. Bridget Johnson, WOU, 9.23; 2. Linda Blake, SPU, 9.34; 3. Ashley Wornell, NNU, 9.37; 4. Nini Callan, WOU, 9.40; 5. Amanda Merrell, NNU, 9.41; 6. Kelsey Cooley, SPU, 9.43; 7. Ashley Rountree, CWU, 9.53; 8. Jacqueline Postlewait, 9.58; 9. Christy Miller, WWU, 9.87; 10. Sharelle Wells, WOU, 10.03; 11. Jackie McCall, WWU, 10.41; 12. Rosalyn Leitch, SPU, 10.42.

2007 (Feb. 19 at Nampa)

Team Scores - Seattle Pacific 192, Northwest Nazarene 104, Western Oregon 93, Western Washington 87, Central Washington 82, Saint Martin's 14, Seattle 5. **Outstanding Performer** - Jessica Pixler, Seattle Pacific.

60 - 1. Latasha Essien, SPU, 7.73 (meet record, old, 7.94, Kenyatta Leonhardt, SPU, 2005 prelims; Chelsi Claussen, SMU, 2005 prelims, 7.94); 2. NyEma Sims, SPU, 7.75; 3. Jessica Hinton, SPU, 8.07; 4. Heidi Dimmitt, WWU, 8.21; 5. Chelsi Claussen, SMU, 8.25; 6. Lindsay Lunderman, WWU, 8.26; 7. Sarajane Rosenberg, WOU, 8.39; Anna Walters, SPU, false start. **Prelims: Heat 1** - 1. Heidi Dimmitt, WWU, 8.00; 2. Jessica Hinton, SPU, 8.02; 3. Nikki Schutte, NNU, 8.36; 4. Gail Butler, WWU, 8.46; 5. Amanda Rose, CWU, 8.60; 6. Lauren Zegers, WOU, 8.83. **Heat 2** - 1. Latasha Essien, SPU, 7.85; 2. Lindsay Lunderman, WWU, 8.25; 3. Chelsi Claussen, SMU, 8.28; 4. Kim Berberick, NNU, 8.41; 5. Brittany Hood, CWU, 8.44; 6. Christa Brediger, NNU, 8.49. **Heat 3** - 1. NyEma Sims, SPU, 7.80; 2. Anna Walters, SPU, 8.25; 3. Sarajane Rosenberg, WOU, 8.34; 4. Lindsay Brady, NNU, 8.39; 5. Kara Beard, CWU, 8.59.

200 - 1. Latasha Essien, SPU, 25.50; 2. NyEma Sims, SPU, 26.03; 3. Jessica Hinton, SPU, 26.11; 4. Heidi Dimmitt, WWU, 26.42; 5. Jacque Postlewait, WOU, 26.47; 6. Amanda Gius, CWU, 26.65; 7. Anna Walters, SPU, 26.84; 8. Amanda Thornton, WWU, 27.11; 9. Kim Berberick, NNU,

27.13; 10. Christa Brediger, NNU, 27.14; 11. Rachael Kaercher, CWU, 27.17; 12. Lindsay Brady, NNU, 27.32; 13. Natalie Nash, WOU, 27.42; 14. Britany Hood, CWU, 27.84.

400 - 1. Heidi Dimmitt, WWU, 59.11; 2. Chelsea Evans, CWU, 59.38; 3. Jessica Hinton, SPU, 59.44; 4. Rachael Kaercher, CWU, 59.51; 5. Amanda Gius, CWU, 1:00.25; 6. Anna Walters, SPU, 1:00.59; 7. Emily Peterson, NNU, 1:01.13; 8. Natalie Nash, WOU, 1:01.72; 9. Sarah Barker, WOU, and Jessica Pendon, SMU, 1:01.80; 11. Amanda Thornton, WWU, 1:02.61; 12. Jamie Sundvall, NNU, 1:03.10; 13. Jennifer Grover, SMU, 1:07.54; Katherine Mertens, WWU, disqualified.

800 - 1. Jessica Pixler, SPU, 2:11.52 (meet record, old, 2:14.80, Marsh, SPU, 2004); 2. Ashley Puga, NNU, 2:13.58; 3. Jennifer Marsh, SPU, 2:15.31; 4. Sarah Howell, WOU, 2:18.94; 5. Lisa Anderberg, SPU, 2:19.22; 6. Krinda Carlson, SMU, 2:20.09; 7. Sarah Benson, CWU, 2:21.22; 8. Victoria Perkins, SPU, 2:21.32; 9. Suzie Strickler, SPU, 2:23.08; 10. Greta Stiickney, SU, 2:28.84; 11. Stephanie Cooke, CWU, 2:35.10; 12. Jamie Sundvall, NNU, 2:35.93; 13. Jennifer Josephson, WWU, 2:36.60.

Mile - 1. Jessica Pixler, SPU, 4:54.53 (meet record, old, 5:08.11, Katie Hummel, CWU, 2006); 2. Jane Larson, SPU, 5:00.34; 3. Ashley Puga, NNU, 5:02.29; 4. Katie Hummel, CWU, 5:07.94; 5. Karin Rohde, SPU, 5:09.41; 6. Stephanie Upshaw, WOU, 5:20.56; 7. Charisse Arce, SU, 5:22.35; 8. Suzie Strickler, SPU, 5:23.80; 9. Jessica Harper, WOU, 5:26.65; 10. Molly DePasqual, WWU, 5:27.88; 11. Kate Harline, SPU, 5:28.41; 12. Megan Wrightman, SPU, 5:37.23; 13. Nicole Beatty, SMU, 5:44.38; 14. Amy Olson, WWU, 5:47.74; 15. Jessie Dunnam, SMU, 5:49.57; 16. Allison Graham, WWU, 5:55.93; 17. Miriam Reardon, NNU, 5:59.14; 18. Natalie Martinez, SU, 6:00.25.

5000 - 1. Karin Rohde, SPU, 18:17.35 (meet record, old, 18:27.98, Brandy Anderson, CWU, 2006); 2. Alea Rowley, WOU, 18:34.72; 3. Kaitlin Rohde, SPU, 19:02.24; 4. Katie Hart, SPU, 19:26.19; 5. Amy Layton, SMU, 19:30.14; 6. Shirlon Moncrief, WOU, 19:31.51; 7. McKinley Williams, WWU, 19:43.39; 8. Amber Green, CWU, 19:51.88; 9. Marissa Harshman, WWU, 20:00.94; 10. Kim Beamon, SPU, 20:02.25; 11. Kim Parry, WOU, 20:13.95; 12. Rhiannon Cadelinia, SU, 20:17.19; 13. Taylor Shipman, SMU, 20:39.49; 14. Rachel Yorkston, SU, 20:41.41; 15. Jaime Clark, SU, 20:50.18; 16. Katelynn Blume, SMU, 22:42.44.

60 Hurdles - 1. Kelsey Cooley, SPU, 9.30; 2. Ashley Wornell, NNU, 9.36; 3. Lindsay Lunderman, WWU, 9.38; 4. Jacque Postlewait, WOU, 9.41; 5. Brittany Bekins, SPU, 9.62; 6. Amanda Merrell, NNU, 9.68; 7. Raquel Gonzalez, CWU, 9.70; Sarah Barker, WOU, dq. **Prelims: Heat 1** - 1. Jacque Postlewait, WOU, 9.38; 2. Brittany Bekins, SPU, 9.55; 3. Amanda Merrell, NNU, 9.56; 4. Sarah Barker, WOU, 9.85; 5. Kara Beard, CWU, 10.38; 6. M.J. Usabel, NNU, 10.83. **Heat 2** - 1. Lindsay Lunderman, WWU, 9.29; 2. Ashley Wornell, NNU, 9.31; 3. Kelsey Cooley, SPU, 9.40; 4. Raquel Gonzalez, CWU, 9.70; 5. Lauren Zegers, WOU, 10.13; 6. Stephanie Druktenis, CWU, 10.81.

Distance Medley Relay - 1. Seattle Pacific, (Larson, Perkins, Marsh, Pixler) 11:58.41; 2. Central Washington (Benson, Druktenis, Cooke, Hummel) 12:40.40; 3. Western Oregon (Harper, Postlewait, Howell, Upshaw) 12:41.26; 4. Western Washington (Olson, Cook, Josephson, DePasqual) 13:36.17; 5. Northwest Nazarene (Reardon, Brediger, Wornell, Young) 13:40.29; 6. Seattle University (Yorkston, Cabebe, Stickney, Arce) 13:40.58.

4x400 Relay - 1. Seattle Pacific (Essien, Bekins, Cooley, Hinton) 3:58.68 (Meet and conference record, old, 3:58.72, Central Washington, 2004); 2. Central Washington (Gius, Taylor, Evans, Kaercher) 4:00.37; 3. Northwest Nazarene (Brady, Schutte, Peterson, Puga) 4:03.14; 4. Western Washington (Dimmitt, Lunderman, Thornton, Mertens) 4:07.06; 5. Western Oregon (Nash, Barker, Moncrief, Tibbetts) 4:16.08; 6. Saint Martin's (Pendon, Grover, Claussen, Carlson) 4:19.67.

Long Jump - 1. Kim Bascom, WWU, 5.58 - 18-3 $\frac{3}{4}$; 2. Jacque Postlewait, WOU, 5.45 - 17-10 $\frac{3}{4}$; 3. Sarajane Rosenberg, WOU, and Amanda Merrell, NNU, 5.34 - 17-6 $\frac{1}{4}$; 4. Christy Miller, WWU, 5.30 - 17-4 $\frac{3}{4}$; 6. NyEma Sims, SPU, 5.20 - 17-0 $\frac{3}{4}$; 7. Ashley Wornell, NNU, 5.09 - 16-8 $\frac{1}{2}$; 8. Gail Butler, WWU, 5.07 - 16-7 $\frac{3}{4}$; 9. Anjuli Spear, CWU, 4.95 - 16-3; 10. Racquel Gonzalez, CWU, 4.66 - 15-3 $\frac{1}{2}$; 11. Kristin Janney, SPU, 4.61 - 15-1 $\frac{1}{2}$; 12. Courtney Cabebe, SU, 4.55 - 14-11 $\frac{1}{4}$; 13. Britany Hood, CWU, 4.36 - 14-3 $\frac{3}{4}$; Kelsey Cooley, SPU, foul.

Triple Jump - 1. Kim Bascom, WWU, 11.51 - 37-9 $\frac{1}{4}$ (meet and GNAC record, old meet, 11.28 - 37-0 $\frac{1}{4}$, Amanda Merrell, NNU, 2006; old GNAC, 11.50, 37-9, Bascom, 2007); 2. Amanda Merrell, NNU, 11.12 - 36-5 $\frac{3}{4}$; 3. Sarajane Rosenberg, WOU, 10.92 - 35-10; 4. Christy Miller, WWU, 10.82 - 35-6; 5. Anjuli Spear, CWU, 10.70 - 35-1 $\frac{1}{4}$; 6. Lydia Morrison, WWU, 10.42 - 34-2 $\frac{1}{4}$; 7. Amanda Rose, CWU, 10.35 - 33-11 $\frac{1}{2}$; 8. Taryn Plypick, WOU, 10.24 - 33-7 $\frac{1}{4}$; 9. Ashley Rau, WOU, 9.86 - 32-4 $\frac{1}{4}$; 10. Laura VonArx, NNU, 9.15 - 30-0 $\frac{1}{4}$.

High Jump - 1. Emily Peterson, NNU, 1.67- 5-5 $\frac{3}{4}$; 2. Teona Perkins, SPU, 1.66 - 5-5 $\frac{3}{4}$; 3. Taryn Plypick, WOU, 1.66 - 5-5 $\frac{1}{4}$; 4. Ashley Wornell, NNU, 1.66 - 5-5 $\frac{1}{4}$; 5. Clara Cook, WWU, 1.66 - 5-5 $\frac{1}{4}$; 6. Jacque Postelwait, WOU, 1.61 - 5-3 $\frac{3}{4}$; 7. NyEma Sims, SPU, and Lacy Tibbetts, WOU, 1.51 - 4-11 $\frac{1}{2}$; 9. Mary Printz, NNU, and Kelsey Cooley, SPU, 1.46 - 4-9 $\frac{1}{2}$; 11. Mara Becker, SU, 1.46 - 4-9 $\frac{1}{2}$; Lindsey Cox, WWU, no height.

Pole Vault - 1. Monica Anderson, SPU, 3.36 - 11-0 $\frac{1}{4}$; 2. Christy Miller, WWU, 3.36 - 11-0 $\frac{1}{4}$; 3. Haley Amos, CWU, 3.21 - 10-6 $\frac{1}{4}$; 4. Tracie Lundsten, SPU, and Kristi Rice, NNU, 3.21 - 10-6 $\frac{1}{4}$; 6. Mary Printz, NNU, 3.06- 10-0 $\frac{1}{2}$; 7. M.J. Usabel, NNU, 2.91 - 9-6 $\frac{1}{2}$; 8. Brianna Fredricksen, CWU, 2.91 - 9-6 $\frac{1}{2}$; 9. Julie Stone, WWU, 2.91 - 9-6 $\frac{1}{2}$; 10. Courtney Cabebe, SU, and Camille Clarke, WWU, 2.76 - 9-0 $\frac{1}{2}$; Karina Elzinga, NNU, no height.

Shot Put - 1. Krissy Tandle, CWU, 13.06 - 42-10 $\frac{1}{4}$; 2. Chevonna Lynch, WOU, 12.54 - 41-1 $\frac{3}{4}$; 3. Brittany Bekins, SPU, 12.15 - 39-10 $\frac{1}{2}$; 4. Amy Carroll, NNU, 11.96 - 39-3; 5. Jocelyn Judd, NNU, 11.55 - 37-10 $\frac{3}{4}$; 6. Sabrina Freed, WOU, 11.45 - 37-6 $\frac{3}{4}$; 7. Becky Scherer, CWU, 11.19 - 36-8 $\frac{1}{2}$; 8. Kristin Janney, SPU, 10.21 - 33-6; 9. Chelsey Jones, NNU, 10.05 - 32-11 $\frac{1}{4}$; 10. Lindsay Currier, SU, 9.96 - 32-8 $\frac{1}{4}$; 11. Kahlia Keita, SU, 9.26 - 30-4 $\frac{3}{4}$; 12. Chelsea Sadler, WWU, 9.17 - 30-1; 13. Danika Washington, SMU, 8.36 - 27-5 $\frac{1}{4}$.

Weight Throw - 1. Sabrina Freed, WOU, 15.04 - 49-4 $\frac{1}{4}$; 2. Hannah Bowman, NNU, 14.45 - 47-5; 3. Krissy Tandle, CWU, 14.25 - 46-9; 4. Jocelyn Judd, NNU, 13.52 - 44-4 $\frac{1}{4}$; 5. Becky Scherer, CWU, 13.05 - 42-9-3/4; 6. Amy Carroll, NNU, 13.04 - 42-9 $\frac{1}{2}$; 7. Erika Remple, NNU, 12.62 - 41-5; 8. Alison McWeeny, CWU, 12.41 - 40-8 $\frac{3}{4}$; 9. Courtney Little, NNU, 12.29 - 40-4; 10. Katie Taylor, WWU, 12.07 - 39-7 $\frac{1}{4}$; 11. Erica Rance, WWU, 11.80 - 38-8 $\frac{3}{4}$; 12. Chelsea Sadler, WWU, 10.37 - 34-0 $\frac{1}{4}$; 13. Kristin Humphrey, WOU, 9.58 - 31-5 $\frac{1}{4}$.

2008 (Feb. 18 at Nampa)

Team Scores - Seattle Pacific 183, Western Washington 109, Northwest Nazarene 101 1/2, Western Oregon 92, Central Washington 46 1/2, Seattle University 23, Saint Martin's 14, Montana State Billings 12. **Outstanding Performer** - Jessica Pixler, Seattle Pacific.

60 - 1. Latasha Essien, SPU, 7.90; 2. Lauren Duckett, WOU, 8.05; 3. Megan Zukowski, WWU, 8.10; 4. Joana Houplin, WWU, 8.21; 5. Latoya Tidwell, NNU, 8.21; 6. Tisha Wells, CWU, 8.30; 7. Chelsi Claussen, SMU, 8.37. **Prelims: Heat 1** – 1. Megan Zukowski, WWU, 8.00; 2. Joana Houplin, WWU, 8.08; 3. Nicki Schutte, NNU, 8.16; 4. Tisha Wells, CWU, 8.31; 5. Chelsi Claussen, SMU, 8.37; 6. Caiti Schmitz, CWU, 8.56; 7. Britany Hood, CWU, 8.58. **Heat 2** – 1. Latasha Essien, SPU, 7.88; 2. Lauren Duckett, WOU, 8.14; 3. Latoya Tidwell, NNU, 8.28; 4. Christa Brediger, NNU, 8.37; 5. Britney Derhak, MSUB, 8.42; 6. Elizabeth Wolf, SU, 8.45; 7. Elsa Couvelier, WWU, 8.52.

60 Hurdles - 1. Michelle Howe, WWU, 9.30; 2. Jacque Postlewait, WOU, 9.33; 3. Chelsi Claussen, SMU, 9.49; 4. Jenifer Pike, SPU, 9.51; 5. Jessica Erickson, WWU, 9.59; 6. Raquel Gonzalez, CWU, 9.78; 7. Sarah Barker, WOU, 9.79; 8. Mandi Keifer, WOU, 9.80. **Prelims: Heat 1** – 1. Michelle Howe, WWU, 9.23; 2. Chelsi Claussen, SMU, 9.49; 3. Raquel Gonzalez, CWU, 9.70; 4. Sarah Barker, WOU, 9.78; 5. Clara Cook, WWU, 10.05; 6. Stephanie Druktenis, CWU, 10.71; 7. MJ Usabel, NNU, 10.79; 8. Mary Seidler, CWU, 11.80. **Heat 2** – Jacque Postlewait, WOU, 9.36; 2. Jenifer Pike, SPU, 9.68; 3. Jessica Erickson, WWU, 9.84; 4. Mandi Keifer, WOU, 9.88; 5. Dianna Hanson, WWU, 10.13; 6. Annie Larlee, NNU, 10.40; 7. Amanda Baum, MSUB, 11.30.

200 - 1. Jessica Hinton, SPU, 25.92; 2. Latoya Tidwell, NNU, 26.18; 3. Nicki Schutte, NNU, 26.50; 4. Joana Houplin, WWU, 26.61; 5. Mellisa Peaslee, SPU, 26.76; 6. Sarah Brownell, WWU, 26.84; 7. Heidi Dimmitt, WWU, 26.92; 8. Rachael Kaercher, CWU, 26.95; 9. Tisha Wells, CWU, 27.01; 10. Jacque Postlewait, WOU, 27.09; 11. Megan Zukowski, WWU, 27.17; 12. Elizabeth Wolf, SU, 27.51; 13. Chelsi Claussen, SMU, 27.57; Latasha Essien, SPU, disqualified.

400 - 1. Elisa Decker, NNU, 58.21; 2. Teona Golding, SPU, 58.22; 3. Heidi Dimmitt, WWU, 59.50; 4. Jessica Hinton, SPU, 59.82; 5. Rachael Kaercher, CWU, 1:00.39; 6. Jamie Beaty, NNU, 1:00.43; 7. Megan O'Connell, WWU, 1:01.22; 8. Jessica Pendon, SMU, 1:01.25; 9. Kelsey Castrey, WOU, 1:01.34; 10. Amanda Thornton, WWU, 1:01.96; 11. Joana Houplin, WWU, 1:02.05; 12. Rachel Purcell, SU, 1:02.27; 13. Kara Nygard, CWU, 1:02.46; 14. Julie Meaker, WWU, 1:02.94; 15. Alycia Link, NNU, 1:03.01; 16. Malori Woodford, MSUB, 1:03.94; 17. Erin Moon, SU, 1:04.30; 18. Chelsea Evans, CWU, 1:08.71; Sarah Brownell, WWU, disqualified.

800 - 1. Jessica Pixler, SPU, 2:10.18 (meet record; old record, 2:11.52, Pixler, 2007); 2. Jaclyn Puga, NNU, 2:15.04; 3. Ashley Puga, NNU, 2:16.04; 4. Lisa Anderberg, SPU, 2:17.59; 5. Ashley Berry, WOU, 2:18.37; 6. Sarah Howell, WOU, 2:19.59; 7. Rachael Johnson, SU, 2:19.85; 8. Kira Batcheller, WOU, 2:22.66; 9. Sarah Benson, CWU, 2:23.80; 10. Elisa Decker, NNU, 2:23.82; 11. Cheri Watson, WWU, 2:24.14; 12. Sarah Jackson, MSUB, 2:24.19; 13. Ally Ganyo, WWU, 2:26.30; 14. Kim Beamon, SPU, 2:27.50; 15. Micah Merrill-Johnson, MSUB, 2:28.23; 16. Jamie Beaty, NNU, 2:33.54; 17. Kaleigh Bishop, SMU, 2:37.52; 18. Karissa Owen, SMU, 2:43.64.

Mile - 1. Jessica Pixler, SPU, 4:50.38 (meet record; old record, 4:54.53, Pixler, 2007); 2. Jane Larson, SPU, 4:59.47; 3. Ashley Puga, NNU, 5:03.71; 4. Jessica Harper, WOU, 5:10.18; 5. Krinda Carlson, SMU, 5:12.35; 6. Karin Rohde, SPU, 5:17.33; 7. Suzie Strickler, SPU, 5:18.47; 8. Micah Merrill-Johnson, MSUB, 5:22.80; 9. Lisa Anderberg, SPU, 5:26.73; 10. Sarah Jackson, MSUB, 5:31.32; 11. Greta Stickney, SU, 5:35.76; 12. Erica Zambon, WOU, 5:44.64; 13. Katie Thiel, MSUB, 6:25.36.

5,000 - 1. Jane Larson, SPU, 17:39.95 (meet record; old record, 18:17.35, Karin Rohde, SPU, 2007); 2. Sarah Porter, WWU, 18:04.65; 3. Katie Hansen, SU, 18:20.76; 4. Marcie Mullen, CWU, 18:31.43; 5. Suzie Strickler, SPU, 18:36.44; 6. Kate Harline, SPU, 18:37.15; 7. Tricia Morrison, WOU, 18:47.23; 8. Lyndsey McKillip, WOU, 18:58.74; 9. Lauren Breihof, WWU, 19:12.18. 10. Karin Rohde, SPU, 19:17.68; 11. Maeve Sayres, WWU, 19:30.23; 12. Rachel Yorkston, SU, 19:36.71; 13. Helen Camden, SMU, 19:55.94; 14. Kaitlin Rohde, SPU, 19:56.20; 15. Jackie Dent, WOU, 20:12.62; 16. Miriam Reardon, NNU, 20:25.85; 17. Mary Bakeman, CWU, 20:36.09.

4x400 Relay - 1. Seattle Pacific (Essien, Peaslee, Pike, Golding), 3:57.36 (meet and conference record; old meet record, SPU, 3:58.68, 2007; old conference record, SPU, 3:57.88, 2008); 2. Northwest Nazarene (A. Puga, Decker, Beaty, Schutte) 4:00.11; 3. Western Washington (Dimmitt, Thornton, O'Connell, Brownell) 4:02.78; 4. Central Washington (Evans, Nygard, Schmitz, Kaercher) 4:05.64; 5. Seattle University (Cabebe, Johnson, Moon, Purcell) 4:09.45; 6. Western Oregon (Barker, Berry, Postlewait, Howell) 4:10.72; 7. Montana State Billings (Merrill-Johnson, Derhak, Jackson, Woodford) 4:19.14; 8. Saint Martin's (Carlson, Claussen, Bishop, Pendon) 4:23.70.

Distance Medley Relay - 1. Seattle Pacific (Larson, Anderberg, Bekins, Pixler,) 12:04.81; 2. Western Washington (Watson, Zukowski, Ganyo, Porter) 12:47.47; 3. Western Oregon (Berry, Castrey, Howell, Harper) 12:55.78; 4. Central Washington (Benson, Hood, Seidler, Mullen) 13:06.95; 5. Northwest Nazarene (Rendahl, Tidwell, J. Puga, DeBoer) 13:18.20; 6. Seattle University (Stickney, Wolf, Johnson, Hansen) 13:58.13

High Jump - 1. Teona Golding, SPU, 1.66 – 5-5 ¼; 2. Brittany Aanstad, SPU, 1.61 – 5-3 ¼; 3. Clara Cook, WWU, 1.61 – 5-3 ¼; 4. Mara Becker, SU, 1.56 – 5-1 ¼; 5. Jill Rogers, WWU, 1.56 – 5-1 ¼; 6. Kristi Rice, NNU, 1.51 – 4-11 ½; 7. Jaquie Mattson, SPU, 1.51 – 4-11 ½; 8. Brittany Bekins, SPU, 1.51 – 4-11 ½; 9. Ashley Berry, WOU, and Mandi Keifer, WOU, 1.46 – 4-9 ½; 11. Kelsey Hetman, NNU, 1.46 – 4-9 ½; 12. Crisy Overgard, WOU, 1.41 – 4-7 ½; 13. Chelsey Jones, NNU, 1.41 – 4-7 ½.

Pole Vault - 1. Melissa Peaslee, SPU, 3.89 – 12-9 (meet and GNAC record; old meet record, 11-10, Allison Hedges, SPU, 2005; old GNAC record, 12-4, Ally Studer, SPU, 2004); 2. Monica Anderson, SPU, 3.51 – 11-6 ¼; 3. Christy Miller, WWU, 3.51 – 11-6 ¼; 4. Tracie Lundsten, SPU, 3.36 – 11-

0 ¼; 5. Camille Clarke, WWU, 3.21 – 10-6 ¼; 6. Courtney Cabebe, SU, 3.21 – 10-6 ¼; 7. Karina Elzinga, NNU, and Haley Amos, CWU, 3.06 – 10-0 ½; 9. Kristi Rice, NNU, and M.J. Usabel, NNU, 2.91 – 9-6 ½; Kati Davis, SPU, no height; Amanda DiEnno, WWU, no height.

Long Jump - 1. Jacque Postlewait, WOU, 5.50 - 18-0 ½; 2. Brittany Aanstad, SPU, 5.33 - 17-6; 3. Sarajane Rosenberg, WOU, 5.26 - 17-3 ¼; 4. Megan Paulsen, WWU, 5.18 - 17-0; 5. Mandi Keifer, WOU, 4.95 - 16-3; 6. Maycee Bekkedahl, NNU, 4.92 - 16-1 ¼; 7. Lysie Powers, NNU, 4.90 - 16-1; 8. Caiti Schmitz, CWU, 4.87 - 15-11 ¼; 9. Amanda Rose, CWU, 4.75 – 15-7; 10. Raquel Gonzalez, CWU, 4.59 – 15-0 ¾; 11. Britney Derhak, MSUB, 4.37 – 14-4; 12. Amanda Baum, MSUB, 3.79 – 12-5 ¼.

Triple Jump - 1. Megan Paulsen, WWU, 11.28 - 37-0 ¼; 2. Christy Miller, WWU, 11.09 - 36-4 ¾; 3. Melissa Flower, SPU, 10.84 - 35-6 ¾; 4. Sarjane Rosenberg, WOU, 10.79 - 35-5; 5. Amanda Rose, CWU, 10.55 - 34-7 ½; 6. Brittany Aanstad, SPU, 10.37 - 34-0 ¼; 7. Laura VonArx, NNU, 10.26 - 33-8; 8. Megan Vorderstrasse, WOU, 9.91 - 32-6 ¼; 9. Lysie Powers, NNU, 9.87 – 32-4 ¾; 10. Maycee Bekkedahl, NNU, 9.76 – 32-0 ¼.

Shot Put - 1. Amy Carroll, NNU, 13.03 - 42-9; 2. Kacie Vanderloos, MSUB, 11.75 - 38-6 ¾; 3. Jordan Stueckle, CWU, 11.63 - 38-2; 4. Brittany Bekins, SPU, 11.51 - 37-9 ¼; 5. Sabrina Freed, WOU, 11.49 - 37-8 ½; 6. Hannah Dine-Aubert, NNU, 11.21 - 36-9 ½; 7. Alyssa Taylor, WOU, 11.04 - 36-2 ¾; 8. Lexi Halvorson, MSUB, 11.03 - 36-2 ¼; 9. Shayna Shute, NNU, 11.02 – 36-2; 10. Becky Scherer, CWU, 10.61 – 34-9 ¾; 11. Chelsey Jones, NNU, 10.47 – 34-4 ¼; 12. Kelsee Clark, MSUB, 10.33 – 33-10 ¾; 13. Megan Thomas, SMU, 9.89 – 32-5 ½; 14. Erica Rance, WWU, 9.53 – 31-3 ¼; 15. Sara Cole, WOU, 9.25 – 30-4 ¼; 16. Lindsay Currier, SU, 8.06 – 26-5 ½.

Weight Throw - 1. Sabrina Freed, WOU, 15.65 - 51-4 ¼; 2. Amy Carroll, NNU, 14.53 - 47-8; 3. Sara Cole, WOU, 14.27 - 46-10; 4. Alison McWeeny, CWU, 13.60 - 44-7 ½; 5. Shayna Shute, NNU, 13.02 - 42-8 ¾; 6. Jordan Stueckle, CWU, 12.96 - 42-6 ¼; 7. Courtney Little, NNU, 12.91 - 42-4 ¼; 8. Erica Rance, WWU, 12.83 - 42-1 ¼; 9. Becky Scherer, CWU, 12.77 – 41-10 ¾; 10. Hannan Dine-Aubert, NNU, 11.99 – 39-4; 11. Alyssa Taylor, WOU, 11.02 – 36-2; 12. Lexi Halvorson, MSUB, 10.05 – 32-11 ¾; 13. Lauren Kaligis, WWU, 9.76 – 32-0 ¼; 14. Kristin Humphrey, WOU, 9.66 – 31-8 ½; 15. Jillian Blake, SMU, 9.38 – 30-9 ¼.

2009 (Feb. 21 at Nampa)

Team Scores - Seattle Pacific 181, Western Washington 137 1/2, Northwest Nazarene 104 1/3, Western Oregon 77 1/2, Central Washington 61 2/3, MSU Billings 14, Saint Martin's 8. **Outstanding Performer** - Ashley Puga, Northwest Nazarene.

60 - 1. Latasha Essien, SPU, 7.77; 2. Jessica Hinton, SPU, 7.96; 3. Lauren Duckett, WOU, 8.01; 4. Lacey Meusec, WOU, 8.02; 5. Heidi Dimmitt, WWU, 8.02; 6. Megan Zukowski, WWU, 8.05; 7. Latoya Tidwell, NNU, 8.09; 8. Stefani Dittmar, WOU, 8.18. **Prelims: Heat 1** - 1. Latasha Essien, SPU, 7.81; 2. Lacey Meusec, WOU, 8.05; 3. Latoya Tidwell, NNU, 8.08; 4. Heidi Dimmitt, WWU, 8.09; 5. Lisette Peterson, SPU, 8.23; 6. Britney Derhak, MSUB, 8.31; 7. Jessica Erickson, WWU, 8.36; 8. Erika Halle, MSUB, 8.37. **Heat 2** - 1. Jessica Hinton, SPU, 7.99; 2. Lauren Duckett, WOU, 8.07; 3. Megan Zukowski, WWU, 8.18; 4. Stefani Dittmar, WOU, 8.19; 5. Justine Simons, MSUB, 8.20; 6. Molly Reid, NNU, 8.21; 7. Tish Wells, CWU, 8.24; 8. Christa Brediger, NNU, 8.31.

200 - 1. Jessica Hinton, SPU, 25.35; 2. Latasha Essien, SPU, 25.54; 3. Ellie Siler, WWU, 25.55; 4. Heidi Dimmitt, WWU, 25.63; 5. Ali Worthen, SPU, 25.68; 6. Latoya Tidwell, NNU, 25.75; 7. Megan Zukowski, WWU, 26.44; 8. Stefani Dittmar, WOU, 26.68; 9. Erika Halle, MSUB, 26.69; 10. Jennifer Pike, SPU, 26.77; 11. Justine Simons, MSUB, 26.81; 12. Christa Brediger, NNU, 26.97; 13. Britney Derhak, MSUB, 27.02; 14. Lisette Peterson, SPU, 27.03; Gwenna Carie, CWU, FS; Lacey Meusec, WOU, DQ.

400 - 1. Ellie Siler, WWU, 56.23 (MR, old 56.57, Terran Legard, CWU, 2005); 2. Jessica Hinton, SPU, 57.16; 3. Elisa Decker, NNU, 57.85; 4. Megan O'Connell, WWU, 58.12; 5. Gwenna Carie, CWU, 58.47; 6. Jamie Beaty, NNU, 58.58; 7. Devon King, WWU, 59.89; 8. Sarah Brownell, WWU, 1:00.17; 9. Lindsay Brady, NNU, 1:00.67; 10. Zoe Skordahl, WOU, 1:00.93; 11. Meryl Butcher, WOU, 1:01.08; 12. Anna Walters, SPU, 1:01.16; 13. Jessica Pendon, SMU, 1:01.18; 14. Erika Halle, MSUB, 1:01.34; 15. Michelle Howe, WWU, 1:01.75; 16. Kylie Marshall, NNU, 1:01.86; 17. Kayla Wilkins, SPU, 1:02.05; 18. Britany Hood, CWU, 1:05.58.

800 - 1. Ashley Puga, NNU, 2:09.86 (MR, old 2:10.18, Jessica Pixler, SPU, 2008); 2. Jessica Pixler, SPU, 2:11.23; 3. Rachael Johnson, WWU, 2:13.13; 4. Jaclyn Puga, NNU, 2:13.94; 5. Annan Applebee, WOU, 2:14.10; 6. Sarah Jackson, MSUB, 2:17.31; 7. Cheri Watson, WWU, 2:17.64; 8. Lisa Anderberg, SPU, 2:19.18; 9. Erica Zambon, WOU, 2:20.04; 10. Brianna Schmid, SMU, 2:22.95; 11. Annie Laweryson, SMU, 2:24.59; 12. Katie Thiel, MSUB, 2:32.83; 13. Mykel Ler, MSUB, 2:39.80.

Mile - 1. Ashley Puga, NNU, 4:47.37 (MR, old 4:50.38, Jessica Pixler, SPU, 2008); 2. Jessica Pixler, SPU, 4:47.54; 3. Jane Larson, SPU, 4:53.31; 4. Sarah Porter, WWU, 4:56.37; 5. Kate Harline, SPU, 5:03.22; 6. Janae Larson, SPU, 5:07.45; 7. Jessica Harper, WOU, 5:13.33; 8. Tricia Morrison, WOU, 5:17.71; 9. Joscelyn Minton, SMU, 5:19.36; 10. Lyndsey McKillip, WOU, 5:22.08; 11. Krinda Carlson, SMU, 5:29.80; 12. Erica Snawder, WOU, 5:33.13; 13. Whitney Mickelson, MSUB, 5:40.62.

5000 - 1. Jane Larson, SPU, 17:27.34 (MR, old 17:39.95, Jane Larson, SPU, 2008); 2. Janae Larson, SPU, 17:29.77; 3. Natty Plunkett, SPU, 17:50.50; 4. Lauren Breihof, WWU, 17:55.85; 5. Marcie Mullen, CWU, 18:38.50; 6. Mary Williams, SPU, 18:43.25; 7. Amanda Wright, WOU, 19:16.02; 8. Kayti Krepel, SPU, 19:28.77; 9. Katie Hart, SPU, 19:37.38; 10. Ashley Rendahl, NNU, 19:40.09; 11. Adriana Mendoza, 19:53.73; 12. Kaitlynn Pecha, SMU, 19:57.62; 13. Alex Borunda, CWU, 20:05.67; 14. Helen Camden, SMU, 20:11.44; 15. Whitney Mickelson, MSUB, 20:43.74.

60 Hurdles - 1. Michelle Howe, WWU, 9.07; 2. Ali Worthen, SPU, 9.09; 3. Jacque Helbling, WOU, 9.21; 4. Janna Vander Meulen, WOU, 9.40; 5. Mandy Keifer, WOU, 9.54; 6. Jennifer Pike, SPU, 9.69; 7. Raquel Gonzalez, CWU, 9.81; 8. Ali Mosher, WOU, 10.21. **Prelims: Heat 1** - 1. Michelle Howe, WWU, 9.26; 2. Janna Vander Meulen, WOU, 9.39; 3. Mandy Keifer, WOU, 9.43; 4. Clara Cook, WWU, 9.78; 5. Amanda Rose, CWU, 10.14; 6. MJ Usabel, NNU, 10.38; 7. Jessica Erickson, WWU, 10.48. **Heat 2** - 1. Ali Worthen, SPU, 9.12; 2. Jacque Helbling, WOU, 9.20; 3. Jennifer Pike, SPU, 9.39; 4. Raquel Gonzalez, CWU, 9.55; 5. Ali Mosher, WOU, 9.64; 6. Cassie Holm, MSUB, 9.87; 7. Jill Bennett, NNU, 10.28.

Distance Medley Relay - 1. Seattle Pacific (Anderberg, Harline, Pixler, Essien) 12:01.79; 2. Western Washington (Olsen, Siler, Johnson, Porter) 12:15.12; 3. Western Oregon (Morrison, Zambon, McKillip, Harper) no time; 4. Northwest Nazarene (A. Puga, Decker, Beaty, J. Puga) 12:47.02; 5. Saint Martin's (Camden, Carlson, Laweryson, Minton) 13:33.97; 6. Central Washington (Mendoza, Seidler, Borunda, Mullen) 13:37.38; 7. Montana State Billings (Thiel, Holm, Ler, Mickelson) 13:45.19.

4x400 Relay - 1. Northwest Nazarene (Beaty, A. Puga, J. Puga, Decker) 3:55.58 (MR, old 3:57.36, SPU, 2008); 2. Western Washington (Dimmitt, King, Brownell, O'Connell) 3:55.67; 3. Seattle Pacific (Essien, Hinton, Worthen, Peaslee) 4:00.42; 4. Western Oregon (Berry, Applebee, Meusec, Butcher) 4:02.96; 5. Saint Martin's (Carlson, Laweryson, Minton, Pendon) 4:12.28; 6. Central Washington (Hood, Rose, Wells, Carrie) 4:15.77; 7. Montana State Billings (Halle, Woodford, Jackson, Simons) 4:17.77.

High Jump - 1. Ali Worthen, SPU, 1.74 – 5-8 ½ (MR, old 1.69 – 5-6 ½, Teona Perkins, SPU, 2006 and Emily Peterson, NNU, 2006); 2. Sabrina Schwindler, WWU, 1.56 – 5-1 ¼; 3. Jacque Helbling, WOU, and Clara Cook, WWU, 1.56 – 5-1 ¼; 5. Kelsey Neilson, WOU, 1.56 – 5-1 ¼; 6. Mandy Keifer, WOU, 1.51 – 4-11 ½; 7. Jacquie Mattson, SPU, 1.51 – 4-11 ½; 8. Raquel Gonzalez, CWU; Danielle Nordlund, CWU, and Jill Bennett, NNU, 1.46 – 4-9 ½; 11. Zoe Skordahl, WOU, and Beth McLam, NNU, 1.46 – 4-9 ½; Chelsey Jones, NNU, NH; Tiffany Ferch, NNU, NH.

Pole Vault -1. Christy Miller, WWU, 3.76 - 12-4; 2. Melissa Peaslee, SPU, 3.66 - 12-0; 3. Carrie Hauck, SPU, 3.46 - 11-4 ¼; 4. Kjersti Gedde, SPU, 3.46 - 11-4 ¼; 5. Karina Elzinga, NNU, 3.21 - 10-6 ¼; 6. Camille Clarke, WWU, 3.21 - 10-6 ¼; 7. Robin Mueller, WWU, 3.06 - 10-0 ½; 8. Amanda DiEnno, WWU, 3.06 - 10-0 ½; 9. Cindy Glenn, CWU; MJ Usabel, NNU, and Amanda Konzal, NNU, 2.91 – 9-6 ½; 12. Sydney Austin, WWU, 2.76 – 9-0 ½; Jennifer Johnson, SMU, NH.

Long Jump -1. Ali Worthen, SPU, 5.65 – 18-6 ½; 2. Emily Warman, WWU, 5.65 – 18-6 ½; 3. Molly Reid, NNU, 5.19 – 17-0 ½; 4. Jacque Helbling, WOU, 5.18 – 17-0; 5. Callie Muri, WWU, 5.06 – 16-7 ¼; 6. Mandy Keifer, WOU, 5.06 – 16-7 ¼; 7. Laura VonArx, NNU, 5.06 – 16-7 ¼; 8. Natalie Nobbs, SPU, 4.98 – 16-4 ¼; 9. Danielle Nordlund, CWU, 4.96 – 16-3 ¼; 10. Clara Cook, WWU, 4.91 – 16-1 ½; 11. Erika Halle, MSUB, 4.90 – 16-1; 12. Maycee Bekkedahl, NNU, 4.87 – 15-11 ¼; 13. Britney Derhak, MSUB, 4.85 – 15-11; 14. Amanda Rose, CWU, 4.79 – 15-8 ¾; 15. Jill Bennett, NNU, 4.72 – 15-6; 16. Mary Seidler, CWU, 4.70 – 15-5.

Triple Jump - 1. Laura Vonarx, NNU, 11.33 – 37-2 ¼; 2. Emily Warman, WWU, 11.24 – 36-10 ½; 3. Ali Worthen, SPU, 11.07 – 36-4; 4. Mandy Keifer, WOU, 10.81 - 35-5 ¾; 5. Christy Miller, WWU, 10.73 – 35-2 ½; 6. Amanda Rose, CWU, 10.67 – 35-0 ¼; 7. Callie Muri, WWU, 10.53 – 34-6 ¾; 8. Molly Reid, NNU, 10.46 – 34-4; 9. Maycee Bekkedahl, NNU, 10.27 – 33-8 ½; 10. Zoe Skordahl, WOU, 10.21 – 33-6; 11. Kelsey Neilson, WOU, 10.02 – 32-10 ½; 12. Natalie Nobbs, SPU, 9.84 – 32-3 ½.

Shot Put -1. Krissy Tandle, CWU, 14.87 - 48-9 ½ (MR & CR, old meet, Tandle, 44-8 ¾, 2006; old conference, Tandle, 47-6 ¼, 2009); 2. Joy Warrington, NNU, 13.14 - 43-1 ½; 3. Jordan Stueckle, CWU, 12.08 - 39-7 ¾; 4. Torrie Self, CWU, 11.68 - 38-4; 5. Hillary Gourneau, MSUB, 11.65 - 38-2 ¾; 6. Shayna Shute, NNU, 10.85 - 35-7 ¼; 7. Kacie Vanderloos, MSUB, 10.72 - 35-2; 8. Alyssa Taylor, WOU, 10.53 - 34-6 ¾; 9. Hannah Dine-Aubert, NNU, 10.40 – 34-1 ½; 10. Becky Scherer, CWU, 10.18 – 33-4 ¾; 11. Chelsey Jones, NNU, 10.13 – 33-3; 12. Lexi Halvorson, MSUB, 10.06 – 33-0 ¼; 13. Robin Brown, WWU, 9.81 – 32-2 ¼; 13. Megan Thomas, SMU, 8.99 – 29-6; 15. Kelsey Clark, MSUB, 8.78 – 28-9 ¾.

Weight Throw - 1. Krissy Tandle, CWU, 15.97 – 52-4 ¾; 2. Torrie Self, CWU, 14.91 – 48-11; 3. Courtney Little, NNU, 14.91 – 48-11; 4. Erika McCarthy, NNU, 13.44 – 44-1 ¼; 5. Joy Warrington, NNU, 13.17 – 43-2 ½; 6. Jordan Stueckle, CWU, 13.09 – 42-11 ½; 7. Alyssa Taylor, WOU, 12.63 – 41-5 ¼; 8. Becky Scherer, CWU, 12.39 – 40-7 ¾; 9. Shayna Shute, NNU, 12.25 – 40-2 ¼; 10. Katie Snoderly, WOU, 11.91 – 39-1; 11. Hannah Dine-Aubert, NNU, 11.03 – 36-2 ¼; 12. Jillian Blake, SMU, 10.39 – 34-1 ¼; 13. Robin Brown, WWU, 9.25 – 30-4 ¼.

2010 (Feb. 20 at Nampa)

Team Scores - Seattle Pacific 179 ½, Western Washington 159 ½, Northwest Nazarene 90, Western Oregon 80, Central Washington 51, MSU Billings 18, Saint Martin's 4. **Outstanding Performer** - Jessica Pixler, Seattle Pacific.

60 - 1. Latasha Essien, SPU, 7.67 (meet record, old, 7.73, Essien, 2007); 2. Joana Houplin, WWU, 7.88; 3. Megan Zukowski, WWU, 7.94; 4. Crystal Sims, SPU, 8.00; 5. Melissa Grammer, NNU, 8.05; 6. Stefani Dittmar, WOU, 8.08; 7. Mary Bailey, WOU, 8.24. **Prelims: Heat 1** - 1. Crystal Sims, SPU, 8.00; 2. Stefani Dittmar, WOU, 8.16; 3. Erika Halle, MSUB, 8.18; 4. Christabel Leonce, NNU, 8.20; 5. Latoya Tidwell, NNU, 8.22; 6. Trinna Miranda, SPU, 8.22. **Heat 2** - 1. Latasha Essien, SPU, 7.77; 2. Megan Zukowski, WWU, 8.00; 3. Melissa Grammer, NNU, 8.02; 4. Mary Bailey, WOU, 8.16; 5. Carolanne Powers, WOU, 8.20; 6. Sarah Takayoshi, CWU, 8.21. **Heat 3** - 1. Joana Houplin, WWU, 7.89; 2. Lacey Meusec, WOU, 8.07; 3. Lisette Peterson, SPU, 8.19; 4. McKenzie Redberg, WOU, 8.20; 5. Justine Simons, MSUB, 8.34; 6. Britney Derhak, MSUB, 8.48.

200 - 1. Ellie Siler, WWU, 25.03 (GNAC record, old, 25.21, NyEma Sims, SPU, 2007; meet record, old, 25.25, Terran Legard, CWU, 2005); 2. Sarah Kathrein, WOU, 25.59; 3. Megan Zukowski, WWU, 25.82; 4. Erika Halle, MSUB, 25.83; 5. Joana Houplin, WWU, 26.00; 6. Lacey Meusec, WOU, 26.01; 7. Crystal McDowell, WOU, 26.13; 8. Sarah Brownell, WWU, 26.14; 9. McKenzie Redberg, WOU, 26.28; 10. Latoya Tidwell, NNU, 26.50; 11. Stefani Dittmar, WOU, 26.52; 12. Emily Quatier, SPU, 26.61; 13. Justine Simons, MSUB, 26.74; 14. Natalie Nobbs, SPU, 26.82; 15. Lisette Peterson, SPU, 26.94; 16. Melissa Grammer, NNU, 26.97; 17. Sarah Takayoshi, CWU, 27.01; 18. Kaila Weiks, SMU, 27.92; Crystal Sims, SPU, disqualified.

400 - 1. Ellie Siler, WWU, 56.93; 2. Sarah Brownell, WWU, 57.92; 3. Sarah Kathrein, WOU, 58.84; 4. Jennifer Pike, SPU, 58.93; 5. Megan O'Connell, WWU, 59.07; 6. Crystal McDowell, WOU, 59.21; 7. Kaitlyn Reid, WOU, 59.53; 8. Michelle Howe, WWU, 59.54; 9. Emily Quatier, SPU, 59.71; 10. Lexi Pola, WOU, 59.78; 11. Elisa Decker, NNU, 1:01.35; 12. Shanna Rippy, NNU, 1:01.42.

800 - 1. Jessica Pixler, SPU, 2:08.28 (meet record, old, 2:09.86, Ashley Puga, NNU, 2009); 2. Jane Larson, SPU, 2:14.41; 3. Janelle Everetts, WOU, 2:15.03; 4. Michelle Phillips, NNU, 2:15.49; 5. Christine Harwood, NNU, 2:15.87; 6. Rachael Johnson, WWU, 2:17.60; 7. Jaclyn Puga, NNU, 2:18.63; 8. Zoe Skordahl, WOU, 2:20.32; 9. Kelsey Brown, SPU, 2:21.14; 10. Cheri Watson, WWU, 2:21.75; 11. Erica Zambon, WOU, 2:22.81; 12. Lisa Anderberg, SPU, 2:25.00; 13. Meryl Butcher, WOU, 2:25.99; 14. Annie Laweryson, SMU, 2:26.80.

Mile - 1. Jessica Pixler, SPU, 4:40.39 (meet record, old, 4:47.37, Ashley Puga, NNU, 2009); 2. Jane Larson, SPU, 4:52.24; 3. Courtney Olsen, CWU, 4:57.37; 4. Kate Harline, SPU, 5:10.94; 5. Jordan Powell, NNU, 5:11.82; 6. Erika Snawder, WOU, 5:15.69; 7. Whitney Mickelson, MSUB, 5:18.14; 8. Jessica Boyer, WWU, 5:19.36; 9. Tricia Morrison, WOU, 5:21.02; 10. Lisa Anderberg, SPU, 5:24.07; 11. Krinda Carlson, SMU, 5:33.26.

5000 - 1. Sarah Porter, WWU, 16:47.07 (meet record, old, 17:27.34, Jane Larson, SPU, 2009); 2. Lauren Breihof, WWU, 17:32.30; 3. Courtney Olsen, WWU, 17:43.72; 4. Jordan Powell, NNU, 17:46.33; 5. Natty Plunkett, SPU, 17:56.47; 6. Jessica Boyer, WWU 18:38.41; 7. Amanda Wright, WOU, 18:38.94; 8. Sierra Brisky, WWU, 18:57.21; 9. Danielle Slaughter, WWU, 19:02.61; 10. KayAnna Cecchi, WOU, 19:28.64; 11. Kaitlynn Pecha, SMU, 20:00.75; 12. Megan Everetts, WOU, 20:36.90; Mary Owen, MSUB, did not finish; Ashley Rendahl, NNU, did not finish.

60 Hurdles - 1. Michelle Howe, WWU, 9.02; 2. Terra Schumacher, SPU, 9.07; 3. Mandy Keifer, WOU, 9.23; 4. Janna Vander Meulen, WOU, 9.29; 5. Jennifer Pike, SPU, 9.29; 6. Kaitlyn Reid, WOU, 9.34; 7. Tanya Bjornsson, WWU, 9.37; 8. Katharine Lotze, CWU, 9.76. **Prelims: Heat 1** - 1. Terra Schumacher, SPU, 9.07; 2. Janna Vander Meulen, WOU, 9.30; 3. Jennifer Pike, SPU, 9.42; 4. Kaitlyn Reid, WOU, 9.62; 5. Jill Bennett, NNU, 9.78, 6. Raquel Gonzalez, CWU, 9.96. **Heat 2** - 1. Michelle Howe, WWU, 9.00; 2. Mandy Keifer, WOU, 9.25; 3. Tanya Bjornsson, WWU, 9.45; 4. Katharine Lotze, CWU, 9.63; 5. Alexandra McDonald, WWU, 9.73.

4x400 Relay - 1. Western Washington (Ellie Siler, Michelle Howe, Sarah Brownell, Megan O'Connell) 3:55.21 (meet record, old, 3:55.58, Northwest Nazarene, 2009); 2. Seattle Pacific (Crystal Sims, Emily Quatier, Kira Lewis, Melissa Peaslee) 4:03.16; 3. Western Oregon (Lexi Pola, Lacey Meusec, Meryl Butcher, Crystal McDowell) 4:06.31; 4. Northwest Nazarene (Shanna Rippey, Amy Ciaccio, Melissa Grammer, Latoya Tidwell) 4:08.43; 5. MSU Billings (Britney Derhak, Emili Crowder, Erika Halle, Justine Simons) 4:14.09; 6. Central Washington (Liz Hampton, Amanda Rose, Raquel Gonzalez, Katharine Lotze) 4:16.99; 7. Saint Martin's (Kaila Weiks, Krinda Carlson, Hannah Scholter, Jennifer Johnson) 4:32.28.

Distance Medley Relay - 1. Seattle Pacific (Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler) 11:36.32 (meet record, old, 11:58.41, Seattle Pacific, 2007); 2. Western Washington (Sarah Porter, Megan Zukowski, Cheri Watson, Rachael Johnson) 12:19.11; 3. Northwest Nazarene (Jaclyn Puga, Elisa Decker, Christine Harwood, Michelle Phillips) 12:21.77; 4. Western Oregon (Janelle Everetts, Zoe Skordahl, Erika Snawder, Tricia Morrison) 12:47.74; 5. MSU Billings (Katie Thiel, Sarah McGurran, Mykel Ler, Whitney Mickelson) 13:04.34; 6. Central Washington (Kelsey Kreft, Siri Berg, Ashley Rice, Alex Borunda) 13:46.22; 7. Saint Martin's (Ashley Llapitan, Annie Laweryson, Karissa Owen, Helen Camden) 13:50.00.

High Jump - 1. Brittany Aanstad, SPU, 1.66 - 5-5 ¼; 2. Ali Worthen, SPU, 1.61 - 5-3 ¼; and Katy Gross, SPU, 1.61 - 5-3 ¼; 4. Amanda Overdick, WWU, 1.56 - 5-1 ¼; 5. Raquel Gonzalez, CWU, 1.56 - 5-1 ¼; 6. Karah Ambrose, WOU, 1.56 - 5-1 ¼; 7. Jacquie Mattson, SPU, 1.51 - 4-11 ½; 8. Jill Bennett, NNU, 1.51 - 4-11 ½; Jasmyn Jewitt, NNU, no height; Kelsey Neilson, WOU, no height.

Pole Vault - 1. Melissa Peaslee, SPU, 3.66 - 12-0; 2. Terra Schumacher, SPU, 3.51 - 11-6 ¼; 3. Diana DiMarco, WWU, 3.36 - 11-0 ¼; 4. MJ Usabel, NNU, 3.36 - 11-0 ¼; 5. Michaela Caldwell, SPU, 3.36 - 11-0 ¼; and Elsa Couvelier, WWU, 3.36 - 11-0 ¼; 7. Kjersti Gedde, SPU, 3.21 - 10-6 ¼; 8. Amanda DiEnno, WWU, 3.21 - 10-6 ¼; 9. Ashley Egger, NNU, 3.06 - 10-0 ½; 10. Robin Mueller, WWU, 3.06 - 10-0 ½; 11. Karina Elzinga, NNU, 3.06 - 10-0 ½; Hannah Swigart, CWU, no height; Samantha Hull, SMU, no height.

Long Jump - 1. Emily Warman, WWU, 5.58 - 18-3 ¾; 2. Crystal Sims, SPU, 5.37 - 17-7 ½; 3. Brittany Aanstad, SPU, 5.36 - 17-7; 4. Amanda Alvarez, SPU, 5.36 - 17-7; 5. Kelly Jenkins, SPU, 5.26 - 17-3 ¼; 6. Natalie Nobbs, SPU, 5.19 - 17-0 ½; 7. Trinna Miranda, SPU, 5.17 - 16-11 ½; 8. Ali Worthen, SPU, 5.09 - 16-8 ½; 9. Erika Halle, MSUB, 5.08 - 16-8; 10. Molly Reid, NNU, 5.07 - 16-7 ¾; 11. Mandy Keifer, WOU, 5.06 - 16-7 ¼; 12. Laura Vonarx, NNU, 5.00 - 16-5; 13. Jasmyn Jewitt, NNU, 5.00 - 16-5; 14. Jill Bennett, NNU, 4.80 - 15-9; 15. Maycee Bekkedahl, NNU, 4.79 - 15-8 ¾.

Triple Jump - 1. Ashley Potter, WOU, 11.85 - 38-10 ½ (meet record, old, 37-9 ¼, Kim Bascom, WWU, 2007); 2. Emily Warman, WWU, 11.68 - 38-4; 3. Amanda Alvarez, SPU, 11.63 - 38-2; 4. Katharine Lotze, CWU, 11.42 - 37-5 ¾; 5. Laura Vonarx, NNU, 11.34 - 37-2 ½; 6. Jasmyn Jewitt, NNU, 11.15 - 36-7; 7. Amanda Rose, CWU, 11.12 - 36-5 ¾; 8. Mandy Keifer, WOU, 10.94 - 35-10 ¾; 9. Maycee Bekkedahl, NNU, 10.84 - 35-6 ¾; 10. Kelly Jenkins, SPU, 10.80 - 35-5 ¼; 11. Kira Lewis, SPU, 10.80 - 35-5 ¼; 12. Katy Gross, SPU, 10.77 - 35-4; 13. Stephanie Jones, CWU, 10.74 - 35-3; 14. Annie Larlee, NNU, 10.63 - 34-10 ½; 15. Molly Reid, NNU, 10.52 - 34-6 ¼; 16. Trinna Miranda, SPU, 10.23 - 33-6 ¾; Elissa Adams, MSUB, foul; Athena Alvarez, SPU, foul.

Shot Put - 1. Joy Warrington, NNU, 13.95 - 45-9 1/4; 2. Torrie Self, CWU, 12.99 - 42-7 ½; 3. Carly Dranginis, NNU, 12.70 - 41-8; 4. Raisa Yates, CWU, 12.13 - 39-9 ¾; 5. Shayna Shute, NNU, 11.96 - 39-3; 6. Brook Berg, MSUB, 11.89 - 39-0 ¼; 7. Jordan Stueckle, CWU, 11.75 - 38-6 ¾; 8. Becky Mulkey, CWU, 11.70 - 38-4 ¾; 9. Hilary Gourneau, MSUB, 11.30 - 37-1; 10. Kelsee Clark, MSUB, 11.02 - 36-2; 11. Alexi Halvorson, MSUB, 10.95 - 35-11 ¼; 12. Kacie Vanderloos, MSUB, 10.65 - 34-11 ¼; 13. Mandy Keifer, WOU, 10.29 - 33-9 ¼.

Weight Throw - 1. Joy Warrington, NNU, 15.20 - 49-10 ½; 2. Torrie Self, CWU, 14.95 - 49-0 ¾; 3. Jordan Stueckle, CWU, 14.22 - 46-8; 4. Carly Dranginis, NNU, 13.95 - 45-9 ¼; 5. Erika McCarthy, NNU, 13.81 - 45-3 ¾; 6. Kaylee Baumstark, CWU, 13.24 - 43-5 ¼; 7. Shayna Shute, NNU, 13.01 - 42-8 ¾; 8. Alicia Hedrick, NNU, 11.95 - 39-2 ½; 9. Raisa Yates, CWU, 11.80 - 38-8 ¾; 10. Bailey Osborn, NNU, 10.46 - 34-4.