

## FINAL 2003 GNAC TRACK-AND-FIELD OUTDOOR TOP PERFORMANCES

### MEN

#### 100 (11.10, 11.50; 10.30, 10.68)

Mike Hinshaw, WOU	10.51
Kurt Weber, CWU (Best hand-held 10.5)	10.79
Jacob Petz, WWU	10.89
Fabien Coutard, CWU (Best hand-held 10.6)	10.91
Matt Kragness, WOU	10.99
Derek Gitts, WOU	11.02
George Bedlion, WWU	11.02
Justin Lawrence, CWU	11.04
Chris McClung, WWU	11.04
Bach Khongsaengdao, HSU	11.10
Mikel Lenox, WWU	11.10
Dan Thompsen, WWU	11.15
Josh Fishburn, NNU	11.19
Antar Brame, WOU	11.22
Edward Kaeka, WWU (Best hand-held 10.9)	11.23
Dustin Wilson, WWU	11.25
Sherman Clayton, HSU	11.25
David Olson, NNU	11.30
Brian Hunter, SPU	11.34
Jay Thomas, CWU	11.35
Damien Davis, WOU	11.2
Cory Medina, CWU	11.46
Jason Roberts, CWU	11.48
Greg Lewis, WOU (Best hand-held 11.2)	11.49
Scott Freymond, CWU	11.49

#### 200 (22.20, 23.40; 20.65, 21.55)

Isaac Frederick, WOU	21.37
Mike Hinshaw, WOU	21.61
Fabien Coutard, CWU	22.10
Sherman Clayton, HSU	22.27
Kurt Weber, CWU	22.29
Jacob Petz, WWU	22.45
David Neilsen, SU	22.50
Dustin Wilson, WWU	22.54
Chris McClung, WWU	22.58
David Olson, NNU	22.60
George Bedlion, WWU	22.61
Mikel Lenox, WWU	22.68
Matt Kragness, WOU	22.75
Cory Medina, CWU	22.75
Josh Johnson, HSU	22.87
Antar Brame, WOU	23.00
Nick Brown, CWU	23.00
Jake Cantrell, WOU	23.12
Brandon Hill, NNU	23.15
Edward Kaeka, WWU	23.15
Cresap Watson, CWU	23.18
Bach Khongsaengdao, HSU	23.19
Brian Sweeney, WWU	23.30
Faruk Punjani, SU	23.34
Derek Gitts, WOU (Best hand-held 23.1)	23.36
K.J. Loreth, SU	23.39

#### 400 (50.00, 51.50; 46.50, 48.00)

Isaac Frederick, WOU	48.24
Sherman Clayton, HSU	48.64
David Neilsen, SU	49.47
Josh Johnson, HSU	49.49
K.J. Loreth, SU	49.76
Paul Mach, SPU	49.79
Jason Newton, WOU	49.79
Brian Sweeney, WWU	50.02
Micah Kelcy, SPU	50.20
David Olson, NNU	50.36
Scott Lemmon, WOU	50.65
Jeff Benson, WOU	50.83
Chris McClung, WWU	50.86
Chris Randolph, SPU	51.07
Steve Brockett, WWU	51.20
Chris Petersen, CWU	51.21

#### 800 (1:55.50, 1:59.90; 1:49.40, 1:52.60)

Andy Prentice, SMC	1:52.52
Paul Mach, SPU	1:53.94
Chris Binschus, HSU	1:54.03
Stuart Chaffee, WOU	1:54.60
Jerret Mantalas, WOU	1:54.66
Mike Pankiewicz, CWU	1:54.91
Scott Van Hess, SPU	1:55.97
Nathan Carlson, SMC	1:56.83
Josh Johnson, HSU	1:56.98
Matt Blaine, SU	1:56.99
Kelsey Backen, CWU	1:57.55
Ethan Barrons, WOU	1:57.78
Josh Garrett, HSU	1:57.81
Steve DeKoker, WWU	1:57.88
Lincoln Hagood, NNU	1:57.8
Jason Bush, CWU	1:58.22
Kile Taylor, HSU	1:58.60
Zach Dwello, NNU	1:58.86
Ryan Meier, NNU	1:58.7
Canyon Little, WWU	1:59.26

#### 1500 (3:59.00, 4:10.00; 3:47.00, 3:54.00)

Doug Hamilton, HSU	3:50.96
Nathan Carlson, SMC	3:52.30
Jerret Mantalas, WOU	3:55.78
TimLeCount, SPU	3:56.47
Andy Prentice, SMC	3:58.88
Steve DeKoker, WWU	4:00.45
Kile Taylor, HSU	4:00.70
Stuart Chaffee, WOU	4:00.82
Kurt Hartmaier, WWU	4:01.56
Josh Garrett, HSU	4:02.26
Zach Dwello, NNU	4:02.31
Aaron Eckert, WOU	4:02.79
Ethan Barrons, WOU	4:02.87
Chris Binschus, HSU	4:03.70
Chris Carpenter, SMC	4:04.79
Jason Porter, CWU	4:05.21
Jesse Plummer, HSU	4:05.34
Justin McNeil, WWU	4:05.64

Tyler Layne, NNU	4:05.70	Gabe Andrews, CWU	34:30.9
T.J. Garlatz, WWU	4:05.93	Dan Ferguson, CWU	34:53.4
Brian Brancheau, WWU	4:06.26	Matt Cook, CWU	35:25.3
Nate Normandin, UAA	4:06.40	Ammon Gilbert, HSU	36:45.41
Michael Hughes, SU	4:06.54	Vic Carpenter, SMC	37:39.86
Matt DeShazo, HSU	4:07.02		
Emil Newhouse, WWU	4:07.26	<b>110 Hurdles (15.60, 16.60; 13.90, 14.70)</b>	
Chris Carpenter, SMC	4:07.32	Damien Davis, WOU	14.54
Dain Engbretsen, SU	4:07.77	Nate Anderson, WOU	14.88
Zach Boteilho, WWU	4:07.85	Jeff Luckstead, WWU	15.27
Steve Manos, SU	4:09.57	Dustin Wilson, WWU	15.28
		Chris Mosbacher, NNU	15.38
<b>3000 (Not a post-season event)</b>		Brandon Conroy, WOU	15.44
Tim LeCount, SPU	8:48.69	Chris Randolph, SPU	15.61
T.J. Garlatz, WWU	8:55.38	Chris Petersen, CWU	16.03
Jerret Mantalas, WOU	8:58.75	Chris Bitcon, HSU	16.06
Mike Pankiewicz, CWU	9:35.91	Jason Radel, SPU	16.31
Karl Meller, WWU	9:42.00	Nick Gillespie, WOU	16.45
Aaron Libadisos, SPU	10:00.68	Aaron Riner, WWU	16.82
Clint Bjella, SPU	10:14.23	Mike Kelley, CWU	17.04
		Luke Ewing, WOU	17.07
<b>5000 (15:10.00,16:00.00;14:00.00, 14:50.00)</b>		Justin Alvarez, HSU	17.25
Doug Hamilton, HSU	14:46.38	Cresap Watson, CWU	18.12
Steve Manos, SU	14:57.30		
Steve DeKoker, WWU	14:58.73	<b>400 Hurdles (56.90, 60.00; 51.70, 53.55)</b>	
Zach Boteilho, WWU	14:58.90	Paul Mach, SPU	52.91
Kurt Hartmaier, WWU	15:05.8	Nate Anderson, WOU	53.06
Ethan Barrons, WOU	15:06.84	Micah Kelly, SPU	54.68
Nathan Carlson, SMC	15:09.85	Chris Mobacher, NNU	55.68
Emil Newhouse, WWU	15:14.24	Chris Petersen, CWU	57.05
T.J. Garlatz, WWU	15:14.95	Mike Kelley, CWU	57.22
Aaron Eckert, WOU	15:18.36	Luke Ewing, WOU	57.51
Brett Franz, WOU	15:20.6	Michael Hartz, WWU	57.64
Spencer Walsh, WOU	15:22.64	Ryan Los, WWU	57.78
Jason Porter, CWU	15:23.55	Nick Gillespie, WOU	58.84
Jake Hotchkiss, NNU	15:25.9	Chris Bitcon, HSU	59.05
Brian Brancheau, WWU	15:26.73	Matt Blaine, SU	59.72
Jorge Medina, HSU	15:30.89	Jason Radel, SPU	1:00.17
Will Smith, WOU	15:38.78	Damien Davis, WOU	1:00.71
Tim LeCount, SPU	15:38.78	Dain Engbretsen, SU	1:01.43
Michael Hughes, SU	15:40.79	Aaron Riner, WWU	1:01.99
Nate Normandin, UAA	15:42.60		
Richard Franck, SU	15:44.96	<b>Steeplechase (9:40.00,10:15.00;9:00.00, 9:25:00)</b>	
Brian Kostick, HSU	15:46.6	Zach Dwello, NNU	9:13.53
Bryce Roncace, NNU	15:49.37	Brett Franz, WOU	9:27.1
Eric Strabel, UAA	15:54.26	Kurt Hartmaier, WWU	9:31.44
Carlos Siqueiros, SU	15:56.39	Ethan Barrons, WOU	9:31.90
		Jason Porter, CWU	9:33.6
<b>10,000 (33:30.00,35:00.00;29:20.00,31:20.00)</b>		Nate Normandin, UAA	9:34.5
Zach Boteilho, WWU	30:33.23	Matt DeShazo, HSU	9:36.15
Steve Manos, SU	31:00.95	Brian Brancheau, WWU	9:39.2
Will Smith, WOU	31:58.63	Dain Engbretsen, SU	9:41.23
Spencer Walsh, WOU	32:00.5	Robert Renninger, SU	9:52.27
Brice Roncace, NNU	32:28.14	Chris Logan, WOU	9:56.8
T.J. Garlatz, WWU	32:29.73	Matt Barreau, WOU	9:57.0
Brett Franz, WOU	32:32.01	Matt Cook, CWU	10:15.9
Carlos Siqueriros, SU	32:40.58	Phil Paul, CWU	10:25.82
Michael Hughes, SU	32:54.77	Aaron Libadisos, SPU	10:27.14
Brian Kostock, HSU	33:00.79	Matt Crabtree, WWU	10:32.87
Jake Hotchkiss, NNU	33:52.01	Jami Dashow, CWU	11:05.64
Phil Paul, CWU	34:20.0		

**4x100 Relay (None; 40.00, 41.20)**

Western Oregon	41.48
Central Washington	41.63
Western Washington	42.03
Humboldt State	41.9
Northwest Nazarene	43.35
Seattle Pacific	44.69

**4x400 Relay (None; 3:09.00, 3:14.00)**

Western Oregon	3:14.67
Seattle	3:19.77
Seattle Pacific	3:20.00
Humboldt State	3:21.6
Western Washington	3:22.52
Central Washington	3:25.67
Northwest Nazarene	3:30.61

**4x800 Relay (Not a post-season event)**

Western Oregon	7:54.29
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**Decathlon (Top 10; 7000, 6500)**

Chris Petersen, CWU	6334
Chris Randolph, SPU	6288
Brandon Conroy, WOU	6220
Josh Fishburne, NNU	5818
Justin Alvarez, HSU	5489
Jason Radel, SPU	5459
Cresap Watson, CWU	5331
Scott VanHess, SPU	4834

**High Jump (6-4 ¾, 5-10 ¾; 7-1, 6-9 ¾)**

Brendan Reilly, HSU	1.98 (6-6)
Cresap Watson, CWU	1.98 (6-6)
Jeff Word, WWU	1.96 (6-6)
Jay Thomas, CWU	1.98 (6-6)
Peter Allan, WWU	1.95 (6-4 ¾)
Cole Parmalee, WOU	1.95 (6-4 ¾)
Chris Randolph, SPU	1.95 (6-4 ¾)
Mike Bonadurer, WOU	1.93 (6-4)
Sean Doughty, NNU	1.88 (6-2)
Brandon Conroy, WOU	1.88 (6-2)
Julius DeFour, WWU	1.88 (6-2)
Chris Petersen, CWU	1.87 (6-1 ½)
Josh Fishburne, NNU	1.85 (6-0 ¾)
Brad Satran, WOU	1.85 (6-0 ¾)
Scott Lemmon, WOU	1.83 (6-0)
Justin Alvarez, HSU	1.73 (5-8)
Jason Radel, SPU	1.73 (5-8)

**Pole Vault (14-5 ¼, 13-1 ½; 17-0, 15-9)**

Spike Olsen, WOU	4.81 (15-9 ¼)
Josh Fishburne, NNU	4.81 (15-9 ¼)
Hunter Verner, WWU	4.65 (15-3)
Scott Alexander, CWU	4.65 (15-3)
Josh Cummings, WOU	4.65 (15-3)
Scott Romney, WWU	4.64 (15-2 ¾)
Adam Cleveland, WWU	4.63 (15-2 ¼)
Anthony Gould, NNU	4.48 (14-8 ¼)
Tommy Matthews, WOU	4.35 (14-3 ¾)
Tyler Thornbrue, WWU	4.33 (14-2 ½)
Andrew Behl, WWU	4.20 (13-9 ¼)
Brandon Conroy, WOU	4.18 (13-8 ½)

Zack Koehnke, WWU	4.11 (13-5 ¾)
Justin Alvarez, HSU	4.03 (13-2 ½)
Tom Barrett, NNU	3.97 (13-0 ¼)
Chris Randolph, SPU	3.90 (12-9 ½)

**Long Jump (21-11 ¾, 21-0; 25-4, 23-8)**

Joe Smith, CWU	7.02 (23-0 ½)
Kurt Weber, CWU	7.02 (23-0 ½)
Justin Lawrence, CWU	7.01 (23-0)
Scott Freymond, CWU	7.00 (22-11 ¾)
Brad Satran, WOU	6.97 (22-10 ½)
Jay Thomas, CWU	6.88 (22-6 ¾)
Cole Parmalee, WOU	6.87 (22-6 ½)
Paul Danforth, WWU	6.48 (21-3 ¼)
Chris Petersen, CWU	6.47 (21-2 ¾)
Chris Randolph, SPU	6.46 (21-2 ½)
Cresap Watson, CWU	6.37 (20-10 ¾)
Andrew Moulton, WWU	6.36 (20-10 ½)
Zack Ernst, WWU	6.35 (20-10)
Josh Fishburne, NNU	6.32 (20-8 ¾)
Chris Mobacher, NNU	6.29 (20-7 ¾)
Sean Doughty, NNU	6.29 (20-7 ¾)

**Triple Jump (44-3 ½, 41-0 ¼; 51-0, 48-6)**

Justin Lawrence, CWU	15.00 (49-2 ½)
Brad Satran, WOU	13.83 (45-4 ½)
Chris Mosbacher, NNU	13.79 (45-3)
Scott Freymond, CWU	13.70 (44-11 ½)
Cole Parmalee, WOU	13.32 (43-8 ½)
Greg Rohr, WOU	13.20 (43-3 ¾)
Cresap Watson, CWU	13.08 (42-11)
Paul Danforth, WWU	13.05 (42-9 ¾)
Chris Petersen, CWU	12.74 (41-9 ¾)
Jeff Word, WWU	12.44 (40-9 ¾)
Andrew Moulton, WWU	12.43 (40-9 ½)
Daniel Straw, WOU	12.11 (39-8 ¾)
Preston Timmons, HSU	11.85 (38-10 ½)
Brendan Reilly, HSU	36-0 ½

**Shot Put (43-11 ¾, 40-0 ½; 60-0 ¼, 53-0)**

T.J. Aimonetti, HSU	15.67 (51-5)
Kevin Johnson, WOU	14.30 (46-11)
Dane Wagner, WOU	14.04 (46-0 ¾)
Jacob Galloway, CWU	14.02 (46-0)
Collin Babcock, WOU	13.76 (45-1 ¾)
Brandon Jasmin, WOU	13.72 (45-0 ¼)
Nyle Chambers, WWU	13.61 (44-8)
Jason Williard, WWU	13.55 (44-5 ½)
Brad Hendrickson, WWU	13.24 (43-5 ¼)
Ryan Nack, WOU	13.22 (43-4 ½)
David Rogiers, WWU	13.21 (43-4 ¼)
Josh Evans, UAA	13.15 (43-1 ¾)
Tom Farris, WWU	13.12 (43-0 ½)
Jordan Abbott, WOU	12.95 (42-6)
Pro Escobedo, WOU	12.93 (42-5 ¼)
Jason Day, WWU	12.85 (42-2)
Jason Patterson, CWU	12.77 (41-10 ¾)

**Discus (141-1, 121-5; 180-0, 161-0)**

Isaiah Haines, WOU	51.38 (168-7)
Jacob Galloway, CWU	46.75 (153-4)
Tom Farris, WWU	45.21 (148-4)

Nyle Chambers, WWU	44.78 (146-11)	Dani Reid, WWU	13.09
Brandon Jasmin, WOU	44.08 (144-7)	Megan Beith, WOU (Best hand-held 12.3)	13.11
Brady Jones, WWU	43.85 (143-10)	Samantha Day, NNU	13.14
Collin Babcock, WOU	42.72 (140-2)	Laura Burch, WWU	13.18
Brad Hendrickson, WWU	41.53 (136-3)	Kirsten Holt, WWU	13.30
Jarrold Roberts, WWU	40.63 (133-3)	Angela Ocampo, SPU	13.38
Chris Petersen, CWU	39.91 (130-11)	Dianna Grossglass, SPU	13.51
Andrew Steiner, SPU	39.84 (130-8)		
Josh Holloway, WOU	40.33 (132-4)		
Kevin Johnson, WOU	39.85 (130-9)		
T.J. Aimonetti, HSU	129-6		
Andrew Steiner, SPU	38.74 (127-1)		
Jonathon Hughes, CWU	37.93 (124-5)		

**Hammer (141-1, 114-10; 200-0, 172-0)**

Pro Escobedo, WOU	62.89 (206-4)	200 (26.10, 27.50; 23.80, 24.90)	
Jordan Abbott, WOU	45.61 (149-8)	Dania Swosinski, WWU	25.42
Jonathon Hughes, CWU	43.90 (144-0)	Melissa Behrens, WWU	25.78
Josh Holloway, WOU	40.90 (134-2)	Jody Binder, CWU	25.89
Ryan Nack, WOU	40.56 (133-1)	Meredith Lisk, HSU	25.94
Jarrold Roberts, WWU	38.74 (127-1)	Toni Adair, WOU	26.09
Kevin Johnson, WOU	38.34 (125-9)	Ashley Rountree, CWU	26.21
Andrew Reinhardt, WOU	37.09 (121-8)	Jean Kolb, SPU	26.34
Marcus Sutton, WOU	31.96 (104-10)	Monica Smith, WOU	26.45
Tom Farris, WWU	30.59 (100-4)	Kristen Wiese, WOU	26.46
Tommy Uhlman-Cox, NNU	30.24 (99-2)	Teresa Schlafer, CWU	26.61
David Rogiers, WWU	27.11 (88-11)	Danielle Ayers-Stamper, SPU	26.63
		Laura Widman, SPU	26.81
		LeAnne Evans, WWU	26.8
		Bekah Bowman, NNU	27.06
		Linda Blake, SPU (Best hand-held of 26.7)	27.11
		Dani Reid, WWU	27.15
		Bridget Johnson, WOU	27.24
		Jessica Gimness, CWU	27.29
		Shelley Comstock, WOU	27.1
		Rachel Tyran, CWU	27.36
		Dorothy Andrews, HSU	27.38
		Megan Beith, WOU (Best hand-held 26.4)	27.43

**Javelin (187-0, 160-9; 218-0, 195-0)**

Andrew Reinhardt, WOU	60.11 (197-2)	400 (59.80, 63.50; 54.00, 56.70)	
Tom Martin, WOU	58.10 (190-7)	Dania Swosinski, WWU	57.25
Justin Brewer, WWU	57.52 (188-8)	Sarah Kraybill, SPU	57.81
Brandon Johnson, NNU	56.79 (186-4)	Toni Adair, WOU	58.05
Dane Wagner, WOU	55.47 (182-0)	Jessica Gimness, CWU	59.35
Jacob Galloway, CWU	54.32 (178-2)	Kristen Wiese, WOU	59.81
Tony Rapaglia, SMC	53.46 (175-5)	Jean Kolb, SPU	59.91
Tim Pak, WOU	49.88 (163-8)	Laura Widman, SPU	1:00.11
Ryan Lee, NNU	49.19 (161-5)	Jessica Operstény, WWU	1:00.38
Zack Ernst, WWU	48.03 (157-6)	Laura Burch, WWU	1:01.2
Matt Lambrecht, SMC	47.84 (156-11)	Jody Binder, CWU	1:02.04
Les Courtemanche, HSU	155-8	Jackie McCall, WWU	1:02.59
Seth Rogers, WOU	47.10 (154-6)	Nena Dodge, WWU	1:03.12
Jeff Lewis, WWU	46.44 (152-4)	Bekah Bowman, NNU	1:03.71
Mike Stewart, SPU	46.08 (151-2)	Stacy Pohlschneider, WOU	1:04.16
Chris Randolph, SPU	45.56 (149-6)	Angie Ocampo, SPU	1:04.27
		Ruth Webster, WWU	1:05.13

**WOMEN**

**100 (12.80, 13.70; 11.50, 12.15)**

Melissa Behrens, WWU	12.27
Jody Binder, CWU	12.49
Monica Smith, WOU	12.63
Jean Kolb, SPU	12.64
Rachel Tynan, CWU	12.77
Bekah Bowman, NNU	12.84
April Elder, SMC	12.86
Dania Swosinski, WWU	12.88
Joy Broussard, HSU	12.93
Kelsey Gleason, SPU	12.96
Dorothy Andrews, HSU	13.01
Meredith Lisk, HSU	13.07
Kristen Wiese, WOU (Best hand-held 12.6)	13.07

**800 (2:20.00, 2:27.00; 2:08.00, 2:14.00)**

Sarah Kraybill, SPU	2:08.41
Alicen Maier, CWU	2:14.00
Josie Lavin, SPU	2:15.07
Lindy Mullen, CWU	2:17.17
Ashlee Vincent, WWU	2:17.36
Jessica Operstény, WWU	2:18.65
Lindsay Krous, UAA	2:18.86
Jill Salmon, WOU	2:21.17
Kamie Jo Massey, UAA	2:21.25
Janelle Stevens, SPU	2:22.31
Katie Gosnell, HSU	2:22.58

Nikki Hodgson, HSU	2:24.39	<b>5000 (18:30.00, 20:00.00; 16:40.00, 17:50.00)</b>	
Mindy Noble, WWU	2:24.48	Ashlee Vincent, WWU	16:59.08
Tina Stimson, WWU	2:25.04	Kati Gosnell, HSU	17:16.00
LeAnne Evans, WWU	2:25.14	Jamie Witt, SPU	17:45.53
Amber Brougher, WOU	2:25.84	Tiffany Picinich, CWU	17:50.11
Toni Adair, WOU	2:25.85	Stacy Edwards, UAA	18:05.9
Danielle Ayers-Stamper, SPU	2:26.01	Dolores Bergmann, HSU	18:06.34
Laura Widman, SPU	2:26.29	Lisa Pearl, WWU	18:07.21
Nicole Campbell, HSU	2:26.63	Kelly Cronin, HSU	18:16.64
Emily Ferguson, SU	2:26.64	Katherine Stephenson, HSU	18:19.35
<b>1500 (4:50.00, 5:05.00; 4:27.00, 4:41.00)</b>		Abby Bielenberg, CWU	18:41.13
Alicen Maier, CWU	4:29.56	Ellie Enos, WOU	18:43.24
Josie Lavin, SPU	4:33.91	Kristin Haas, WWU	19:16.12
Ashlee Vincent, WWU	4:36.94	Nicole Seana, SPU	19:17.63
Sarah Kraybill, SPU	4:39.71	Stephanie Upshaw, WOU	19:20.0
Kati Gosnell, HSU	4:40.42	Kaya Castanada, WOU	19:33.0
Erika Olsen, CWU	4:42.06	Beth Rosapepe, WWU	19:36.11
Lindy Mullen, CWU	4:44.43	Ann McCanick, SMC	19:38.3
Jamie Witt, SPU	4:49.87	Nikki McCorkle, WOU	19:41.02
Tina Stimson, WWU	4:51.48	Jasmine Zamora, SPU	19:43.51
Tiffany Picinich, CWU	4:54.83	Tina Stimson, WWU	19:44.23
Amber Brougher, WOU	4:54.87	Molly DePasqual, WWU	19:46.62
Kelly Fullerton, SU	4:55.8	Ruth Harbaugh, SPU	19:47.21
Dawnita LiaBraaten, CWU	4:57.11	Megan Whitney, WWU	19:50.20
Nicole Campbell, HSU	4:59.42	Rachel Bailey, CWU	19:52.72
Lindsay Krous, UAA	4:59.48	Susan Young, NNU	19:53.0
Isaura Rodriguez, HSU	5:00.67	Rachel Daniels, WOU	19:54.4
Stacy Edwards, UAA	5:00.85	Theresa Hill, CWU	19:57.11
Jill Salmon, WOU	5:03.29	Mindi Newby, NNU	19:58.5
Lisa Pearl, WWU	5:04.04	<b>10,000 (40:00.00, 43:00.00; 35:00.00, 38:00.00)</b>	
Leah Trutna, WOU	5:04.67	Stacy Edwards, UAA	36:54.7
Tammy Hunt, HSU	5:04.77	Dolores Bergmann, HSU	37:08.06
<b>3000 (10:30.00, 11:15.00; 9:40.00, 10:18.00)</b>		Lisa Pearl, WWU	37:10.77
Ashlee Vincent, WWU	9:53.04	Ellie Enos, WOU	37:31.4
Alicen Maier, CWU	9:54.32	Ann McCanick, SMC	39:53.5
Kati Gosnell, HSU	10:00.04	Niki McCorkle, WOU	40:08.0
Ellie Enos, WOU	10:19.76	Jasmine Zamora, SPU	41:15.56
Jamie Witt, SPU	10:25.85	Susan Young, NNU	41:48.66
Lisa Pearl, WWU	10:29.43	Becky Knox, SPU	41:55.0
Kelly Cronin, HSU	10:30.69	Nicole Seana, SPU	42:00.0
Tiffany Picinich, CWU	10:31.16	Sarah Block, WOU	42:10.10
Dolores Bergmann, HSU	10:32.24	Alyssa Anderson, WOU	42:28.60
Erika Olson, CWU	10:33.68	Rachel Daniels, WOU	42:43.0
Kelly Fullerton, SU	10:35.53	Kelly Smith, HSU	43:43.06
Stacy Edwards, UAA	10:36.17	Rachel Bailey, CWU	44:30.0
Isaura Rodriguez, HSU	10:37.42	Erica Pitman, CWU	47:27.0
Abby Bielenberg, CWU	10:38.40	<b>100 Hurdles (15.50, 17.00; 13.80, 14.65)</b>	
Kat Stephenson, HSU	10:47.14	Danielle Ayers-Stamper, SPU	14.19
Amber Brougher, WOU	10:48.60	Ashley Rountree, CWU	14.55
Tina Stimson, WWU	10:49.73	Linda Blake, SPU	14.92
Tammy Hunt, HSU	10:49.92	Dani Reid, WWU	14.94
Jill Salmon, WOU	10:50.84	Monica Smith, WOU	15.28
Stephanie Stine, CWU	10:52.41	Kirsten Holt, WWU	15.57
Dawnita LiaBraaten, CWU	10:52.88	Janna Schaafsma, SPU	15.66
Abby Groth, SPU	10:57.98	Laura Widman, SPU	15.91
Stephanie Upshaw, WOU	11:00.79	Meredith Lisk, HSU	16.23
Kristen Haas, WWU	11:05.79		
Nicole Campbell, HSU	11:07.29		
Ann McCanick, SMC	11:11.69		

Kathy Gellatly, WOU	16.30
LeAnne Evans, WWU (best hand-held of 15.8)	16.32
Jennie Rummell, WOU	16.53
Holly Conrad, WOU	16.61
Jennie Rummell, WOU	16.72
Bridget Johnson, WOU	16.97
Ashley Burns, SU	17.28

#### 400 Hurdles (66.00, 71.00; 59.00, 63.70)

Kelsey Gleason, SPU	1:04.84
Laura Burch, WWU	1:05.28
Janna Schaafsma, SPU	1:05.75
Jennie Rummell, WOU	1:06.20
Angela Ocampo, SPU	1:06.38
Linda Blake, SPU	1:06.84
Dani Reid, WWU	1:07.20
Laura Winterhalter, HSU	1:10.18
Kelly Fullerton, SU	1:10.84
Emily Bentley, WOU	1:13.49

#### Steeplechase (11:50.00,12:30.00;+10:20.00,11:30.00)

Kelly Fullerton, SU	10:51.69
Jill Salmon, WOU	11:12.6
Amber Brougher, WOU	11:45.41
Stephanie Stine, CWU	11:57.15
Hillary Tayet, SPU	12:05.27
Stephanie Upshaw, WOU	12:16.1
Ann McCanick, SMC	12:26.9
Nicole Beatty, SMC	12:27.65
Lexi Baxter, WWU	12:42.30
Nicole Bandy, CWU	12:47.43
Sarah Block, WOU	13:00.87
Kristin Lane, NNU	13:01.51
Kara Richard, SPU	13:08.2
Alyssa Anderson, WOU	13:20.19
Andrea Newcomer, WWU	13:30.08
+12-foot pit (10-foot pit – 10:10/11:20)	

#### 4x100 Relay (None: 45.50, 47.80)

Western Washington	48.04
Central Washington	48.37
Western Oregon	48.65
Seattle Pacific	49.06
Humboldt State	50.06
Northwest Nazarene	51.81

#### 4x400 Relay (None: 3:42.00, 3:52.00)

Western Oregon	3:56.58
Seattle Pacific	3:56.95
Central Washington	3:57.28
Western Washington	4:00.03
Seattle	4:22.13
Northwest Nazarene	4:24.59

#### 4x800 Relay (Not a post-season event)

Central Washington	10:26.67
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#### Heptathlon (Top 10; 5250, 4400)

Danielle Ayers-Stamper, SPU	5120
Laura Widman, SPU	4771
Linda Blake, SPU	4446
LeAnne Evans, WWU	4260
Holly Conrad, WOU	4107
Ashlyn Terry, WOU	3915
Bridgett Johnson, WOU	3887
Jackie McCall, WWU	3866
Kathy Gellatly, WOU	3088
Amy Klein, NNU	2852
Nena Dodge, WWU	2703
Amanda vonJentzen, CWU	2153

#### High Jump (5-3, 4-10 ¼ ; 5-10 ½, 5-6)

Monica Smith, WOU	1.70 (5-7)
Dianna Grossglass, SPU	1.69 (5-6 ½)
Danielle Ayers-Stamper, SPU	1.65 (5-5)
Linda Blake, SPU	1.65 (5-5)
Ashlyn Terry, WOU	1.63 (5-4 ½)
Amy Kruckeberg, WWU	1.64 (5-4 ½)
Laura Widman, SPU	1.60 (5-3)
Bridgett Johnson, WOU	1.57 (5-1 ¾)
Liz Ryen, CWU	1.53 (5-0 ¼)
Jackie McCall, WWU	1.53 (5-0 ¼)
Holly Conrad, WOU	1.51 (4-11 ½)
LeAnne Evans, WWU	1.49 (4-10 ¾)
Kelsey Kraft, WWU	1.46 (4-9 ½)
Kalyn Yeager, CWU	1.45 (4-9)
Amy Klein, NNU	1.35 (4-5)
Kathy Gellatly, WOU	1.30 (4-3 ¾)

#### Pole Vault (10-11 ¾, 9-0 ¼; 13-1 ½, 11-3)

Ally Studer, SPU	3.76 (12-4)
Allison Hedges, SPU	3.58 (11-9)
Amy Harris, SPU	3.46 (11-4 ¼)
Aubrey Metzger, NNU	3.46 (11-4 ¼)
Andrea Kreft, WWU	3.43 (11-3)
Theresa Mangahas, SU	3.36 (11-0 ¼)
Kira Langnese, WOU	3.31 (10-10 ¼)
Alina Lunsford, NNU	3.31 (10-10 ¼)
Amber Rose, SPU	3.16 (10-4 ¼)
Whitney Omlin, CWU	3.13 (10-3 ¼)
Morgan Olsen, WOU	3.01 (9-10 ½)
Annie Shuler, CWU	3.01 (9-10 ½)
Katie Reimer, NNU	3.01 (9-10 ½)
Katie Maurer, CWU	2.75 (9-0 ¼)
Nena Dodge, WWU	2.65 (8-8 ¼)
Joan Campbell, WOU	2.50 (8-2 ½)

#### Long Jump (17-0 ¾, 15-9; 20-6 ¼, 18-10)

Danielle Ayers-Stamper, SPU	5.68 (18-7 ¾)
Laura Widman, SPU	5.50 (18-0 ½)
Shelley Comstock, WOU	5.33 (17-5 ¾)
Bridgett Johnson, WOU	5.15 (16-10 ¾)
Linda Blake, SPU	5.12 (16-9 ¾)
Teresa Schlafer, CWU	5.10 (16-8 ¾)

Lea Tiger, CWU	5.04 (16-6 ½)
Julie Graham, CWU	5.04 (16-6 ½)
Lacey Rasmussen, NNU	4.81 (15-9 ½)
Holly Conrad, WOU	4.79 (15-8 ½)
Allyson Studer, SPU	4.78 (15-8 ¼)
Kristin Wiese, WOU	4.75 (15-7)
Jessica Wagner, CWU	4.73 (15-6 ¼)
Kalyn Yeager, CWU	4.73 (15-6 ¼)
Beth Griffin, WWU	4.71 (15-5 ½)
LeAnne Evans, WWU	4.70 (15-5)
April Elder, SMC	4.67 (15-3 ¾)

**Triple Jump (35-9, 31-2; 41-0 ¼, 38-0 ¾)**

Shelley Comstock, WOU	11.32 (37-1 ¾)
Lea Tiger, CWU	11.28 (37-0 ¼)
Diana Grossglass, SPU	11.14 (36-6 ¾)
Lacey Rasmussen, NNU	10.90 (35-9 ¼)
Julie Graham, CWU	10.72 (35-2)
Amber Ross, SPU	10.37 (34-0 ¼)
Jessica Wagner, CWU	10.30 (33-9 ½)
Beth Griffin, WWU	10.12 (33-2 ½)
Joy Broussard, HSU	10.06 (33-0 ¼)
Kalyn Yeager, CWU	9.97 (32-8 ½)
April Elder, SMC	9.59 (31-5 ¾)

**Shot Put (37-8 ¾, 34-1 ½; 50-0, 44-0)**

Jennifer Pyeatt, SPU	13.01 (42-8 ¼)
Dorothy Kerr, WOU	12.99 (42-7 ½)
Holly Conrad, WOU	12.90 (42-4)
Alicia Vandervelden, WOU	12.58 (41-3 ¼)
Shalese Borden, WOU	12.06 (39-7)
Laura Widman, SPU	12.03 (39-5 ½)
Danielle Ayers-Stamper, SPU	11.93 (39-1 ¾)
Hope Berkey, WOU	11.48 (37-8)
Tammy Carlson, WWU	11.43 (37-6)
Rachelle Hoppe, WWU	11.29 (37-0 ½)
Bridgett Johnson, WOU	10.97 (36-0)
Sarah Button, WWU	10.66 (34-11 ¾)
Lauren Kooy, SPU	10.63 (34-10 ½)
Sarah Arendt, NNU	10.57 (34-8 ¼)
Stephanie Jones, HSU	10.52 (34-6 ½)
Linda Blake, SPU	10.46 (34-4)
LeAnne Evans, WWU	10.44 (34-3)

**Discus (121-5, 108-3; 166-0, 143-0)**

Jessica Telleria, WWU	43.51 (142-9)
Dorothy Kerr, WOU	40.96 (134-4)
Alicia Vandervelden, WOU	38.51 (126-4)
Kristi Wherry, NNU	38.36 (125-10)

Lauren Kooy, SPU	37.73 (123-9)
Jaci Cederberg, WOU	37.72 (123-9)
Ashley VanOeveren, WWU	36.72 (120-6)
Christin McDowell, CWU	36.49 (119-9)
Kim Radke, WWU	36.21 (118-9)
Kristina MacCully, WWU	35.83 (117-7)
Stacey Hopkins, WWU	33.99 (111-6)
Rachelle Hoppe, WWU	33.84 (111-0)
Sarah Button, WWU	33.65 (110-4)
Stephanie Clabaugh, WWU	33.52 (110-0)
Shalese Borden, WOU	32.96 (108-2)
Heather Yergen, CWU	32.58 (106-11)

**Hammer (137-9, 108-3; 185-0, 155-0)**

Jennifer Dunkin, WOU	56.27 (184-7)
Kristin Hepler, WOU	53.56 (179-0)
Jaci Cederberg, WOU	51.32 (168-4)
Shalese Borden, WOU	47.34 (155-4)
Christin McDowell, CWU	45.17 (148-2)
Dorothy Kerr, WOU	45.04 (147-9)
Kristi Wherry, NNU	42.78 (140-4)
Kim Radke, WWU	42.15 (138-3)
Stephanie Jones, HSU	36.67 (120-4)
Alicia Vandervelden, WOU	34.09 (111-10)
Tammy Carlson, WWU	33.86 (111-1)
Liann Carleton, HSU	33.86 (108-7)
Hope Berkey, WOU	30.82 (101-1)
Jessica Telleria, WWU	30.73 (100-10)
Katie Fitch, NNU	29.02 (95-2)
Kristina MacCully, WWU	28.27 (92-9)

**Javelin (125-0, 108-3; 155-0, 134-0)**

Holly Conrad, WOU	46.34 (152-0)
Stacey Hopkins, WWU	45.21 (148-4)
Danielle Ayers-Stamper, SPU	40.90 (134-2)
Ashlyn Terry, WOU	39.27 (128-10)
Anna Nielsen, WWU	37.61 (123-5)
Laura Widman, SPU	37.20 (122-0)
LeAnne Evans, WWU	36.83 (120-10)
Kira Langnese, WOU	35.96 (118-0)
Michelle Johnson, WWU	35.38 (116-1)
Cortney Rockwell, SMC	35.20 (115-6)
Kristi Wherry, NNU	32.68 (107-3)
Julie Maib, CWU	32.38 (106-3)
Amy Klein, NNU	32.02 (105-1)
Karisa Wilmovsky, WWU	31.97 (104-11)
Andrea Sheedy, SPU	31.64 (103-10)
Linda Blake, SPU	31.60 (103-8)