

2009 GNAC INDOOR TRACK AND FIELD

Final

Note: National standards in running events are listed in parenthesis. First set of standards listed are for an "over 200 meter track" (i.e., UW Dempsey track). The second set of standards are for a "200 meter banked track" (i.e., Jackson's Track at Nampa). For the 200 meters, 400 meters, 800 meters, mile, 5000 meters, 4x400 relay and distance medley the national standards vary depending on size of track and if banked or flat. Northwest tracks include: UW – Over 200 meter; WSU – 200 meter flat; Idaho – Over 200 meter; EWU – 200 meter flat. Nampa – 200 meter banked. Portland – Over 200 meter. Black Hills State – 200 Meter Flat. Idaho State – 200 Meters Banked. Montana State – 200 Meters Banked

WOMEN

| | | | |
|---|---------|--|----------|
| | | Megan O'Connell, WWU | 1:24.06 |
| | | Kayla Wilkins, SPU | 1:29.32 |
| 55 (7.02, 7.24) | | 800 (2:12.70, 2:16.90; 2:12.80, 2:17.00) | |
| Justine Simons, MSUB | 7.57 | +Ashley Puga, NNU | 2:07.63 |
| Erika Halle, MSUB | 7.71 | +Jessica Pixler, SPU | 2:10.62 |
| Britney Derhak, MSUB | 7.87 | Rachael Johnson, WWU | 2:11.82 |
| Cassie Holm, MSUB | 8.07 | +Annan Applebee, WOU | 2:11.86 |
| 60 (7.55, 7.77) | | Jaclyn Puga, NNU | 2:13.94 |
| Latasha Essien, SPU | 7.77 | Elisa Decker, NNU | 2:16.73 |
| Jessica Hinton, SPU | 7.96 | Sarah Jackson, MSUB | 2:17.31 |
| Lauren Duckett, WOU | 8.01 | Cheryl Watson, WWU | 2:17.64 |
| Heidi Dimmitt, WWU | 8.02 | Ashley Berry, WOU | 2:18.22 |
| Lacey Meusec, WOU | 8.02 | Lisa Anderberg, SPU | 2:19.18 |
| Megan Zukowski, WWU | 8.05 | | |
| Latoya Tidwell, NNU | 8.08 | 1000 | |
| Justine Simons, MSUB | 8.10 | Ashley Puga, NNU | 2:54.89 |
| Stefani Dittmar, WOU | 8.13 | Jaclyn Puga, NNU | 3:00.53 |
| Chantel Green, WWU | 8.17 | | |
| 200 (24.50, 25.10; 24.60, 25.20) | | Mile (4:56.10, 5:04.60; 4:56.50, 5:05.00) | |
| Jessica Hinton, SPU | 25.35 | +Jessica Pixler, SPU | 4:37.83 |
| Latasha Essien, SPU | 25.54 | +Ashley Puga, NNU | 4:47.37 |
| Ellie Siler, WWU | 25.55 | +Jane Larson, SPU | 4:47.39 |
| Heidi Dimmitt, WWU | 25.63 | +Sarah Porter, WWU | 4:56.37 |
| Ali Worthen, SPU | 25.68 | Kate Harline, SPU | 5:03.22 |
| Latoya Tidwell, NNU | 25.75 | Janae Larson, SPU | 5:03.83 |
| Lacey Meusec, WOU | 26.05 | Jocelyn Minton, SMU | 5:12.82 |
| Megan Zukowski, WWU | 26.44 | Jessica Harper, WOU | 5:13.06 |
| Gwenna Carie, CWU | 26.57 | Ashley Berry, WOU | 5:13.76 |
| Chantel Green, WWU | 26.62 | Tricia Morrison, WOU | 5:17.71 |
| Justine Simons, MSUB | 26.62 | | |
| 400 (55.60, 57.40; 55.70, 57.50) | | 1,600 | |
| Ellie Siler, WWU | 56.06 | Whitney Mickelsen, MSUB | 5:46.61 |
| Jessica Hinton, SPU | 57.16 | Katie Thiel, MSUB | 6:09.54 |
| Elise Decker, NNU | 57.85 | | |
| Megan O'Connell, WWU | 58.12 | 3,000 | |
| Gwenna Carie, CWU | 58.47 | Jessica Pixler, SPU | 9:23.24 |
| Jamie Beaty, NNU | 58.58 | Sarah Porter, WWU | 9:47.86 |
| Latasha Essien, SPU | 59.38 | Jessica Harper, WOU | 10:16.19 |
| Devon King, WWU | 59.89 | Kate Harline, SPU | 10:18.97 |
| Sarah Brownell, WWU | 1:00.17 | Lauren Breihof, WWU | 10:24.83 |
| Heidi Dimmitt, WWU | 1:00.37 | Natty Plunkett, SPU | 10:24.67 |
| | | Mary Williams, SPU | 10:39.69 |
| | | Marcie Mullen, CWU | 10:42.32 |
| | | Amanda Wright, WOU | 10:48.9 |
| | | Kayti Krepel, SPU | 10:51.40 |
| 500 | | 5000 (17:05.50, 17:50.50; 17:06.20, 17:51.20) | |
| Elisa Decker, NNU | 1:19.12 | +Jessica Pixler, SPU | 16:12.65 |
| Annan Applebee, WOU | 1:19.56 | +Jane Larson, SPU | 16:55.02 |
| Meryl Butcher, WOU | 1:21.89 | +Sarah Porter, WWU | 16:56.07 |
| Jessica Pendon, SMU | 1:22.08 | Janae Larson, SPU | 17:16.56 |
| Zoe Skordahl, WOU | 1:23.12 | Lauren Breihof, WWU | 17:49.23 |
| Ellie Siler, WWU | 1:23.25 | | |
| Anna Walters, SPU | 1:23.26 | | |

| | |
|----------------------|----------|
| Natty Plunkett, SPU | 17:50.50 |
| Marcie Mullen, CWU | 18:39.50 |
| Mary Williams, SPU | 18:43.25 |
| Phoebe Hartnett, WWU | 19:02.65 |
| Amanda Wright, WOU | 19:16.02 |

55-Hurdles

| | |
|-------------------|------|
| Cassie Holm, MSUB | 9.29 |
|-------------------|------|

60 Hurdles (8.65, 9.00)

| | |
|--------------------------|------|
| Michelle Howe, WWU | 9.07 |
| Ali Worthen, SPU | 9.09 |
| Jacque Helbling, WOU | 9.20 |
| Janna Vander Meulen, WOU | 9.39 |
| Jennifer Pike, SPU | 9.39 |
| Mandy Keifer, WOU | 9.43 |
| Jessica Erickson, WWU | 9.54 |
| Raquel Gonzalez, CWU | 9.55 |
| Ali Mosher, WOU | 9.62 |
| Clara Cook, WWU | 9.75 |

4x400 Relay (3:46.40, 3:56.20; 3:46.80, 3:56.60)

| | |
|------------------------|---------|
| Western Washington | 3:54.16 |
| Northwest Nazarene | 3:55.58 |
| Seattle Pacific | 4:00.42 |
| Western Oregon | 4:02.96 |
| Saint Martin's | 4:10.15 |
| Montana State Billings | 4:13.73 |
| Central Washington | 4:15.77 |

Distance Medley (11:49.10, 12:22.10; 11:50.00, 12:23.00)

| | |
|-----------------------------------|----------|
| Northwest Nazarene | 11:55.73 |
| Western Washington | 11:57.17 |
| Seattle Pacific | 11:58.88 |
| Saint Martin's | 13:33.97 |
| Central Washington | 13:37.38 |
| Montana State Billings (13:54.48) | 13:44.94 |

+ Actual time in parenthesis. Altitude adjustment for Pocatello of 9.54 applied.

Long Jump (5.80, 5.50)

| | |
|----------------------|---------------|
| Emily Warman, WWU | 5.74 (18-10) |
| Ali Worthen, SPU | 5.65 (18-6 ½) |
| Natalie Nobbs, SPU | 5.28 (17-4) |
| Molly Reid, NNU | 5.26 (17-3) |
| Jacque Helbling, WOU | 5.18 (17-0) |
| Laura VonArx, NNU | 5.10 (16-8 ¾) |
| Callie Muri, WWU | 5.10 (16-8 ¾) |
| Jill Bennett, NNU | 5.07 (16-7 ¾) |
| Natalie Nobbs, SPU | 5.06 (16-7 ¼) |
| Mandy Keifer, WOU | 5.06 (16-7 ¼) |

Triple Jump (11.95, 11.40)

| | |
|---------------------|----------------|
| Emily Warman, WWU | 11.96 (39-3) |
| Laura Vonarx, NNU | 11.41 (37-5 ¼) |
| Ali Worthen, SPU | 11.07 (36-4) |
| Mandy Keifer, WOU | 10.81 (35-5 ¾) |
| Christy Miller, WWU | 10.73 (35-2 ½) |
| Amanda Rose, CWU | 10.67 (35-0 ¼) |
| Molly Reid, NNU | 10.58 (34-8 ½) |
| Callie Muri, WWU | 10.53 (34-6 ¾) |

| | |
|-----------------------|----------------|
| Natalie Nobbs, SPU | 10.27 (33-8 ½) |
| Maycee Bekkedahl, NNU | 10.27 (33-8 ½) |

High Jump (1.74, 1.67)

| | |
|-------------------------|---------------|
| +Ali Worthen, SPU | 1.74(5-8 ½) |
| Clara Cook, WWU | 1.63 (5-4 ¼) |
| Sabrina Schwindler, WWU | 1.58 (5-2 ¼) |
| Jacque Helbling, WOU | 1.56 (5-1 ¼) |
| Kelsey Neilson, WOU | 1.56 (5-1 ¼) |
| Jacque Mattson, SPU | 1.55 (5-1) |
| Jill Bennett, NNU | 1.51 (4-11 ½) |
| Mandy Keifer, WOU | 1.51 (4-11 ½) |
| Danielle Nordlund, CWU | 1.50 (4-11) |
| Tiffany Ferch, NNU | 1.47 (4-9 ¾) |

Pole Vault (3.85, 3.55)

| | |
|------------------------|----------------|
| Melissa Peaslee, SPU | 3.81 (12-6) |
| Christy Miller, WWU | 3.80 (12-5 ½) |
| Carrie Hauck, SPU | 3.63 (11-10 ¾) |
| Kjersti Gedde, SPU | 3.46 (11-4 ¼) |
| Robin Mueller, WWU | 3.36 (11-0 ¼) |
| Amanda DiEnno, WWU | 3.35 (10-11 ¾) |
| Karina Elzinga, NNU | 3.21 (10-6 ¼) |
| Camille Clarke, WWU | 3.21 (10-6 ¼) |
| Sydney Austin, WWU | 3.20 (10-6) |
| Michaela Caldwell, SPU | 3.16 (10-4 ¼) |

20-lb Weight (18.00, 16.00)

| | |
|----------------------|-----------------|
| Krissy Tandle, CWU | 16.40 (53-9 ½) |
| Torie Self, CWU | 14.91 (48-11) |
| Courtney Little, NNU | 14.91 (48-11) |
| Erika McCarthy, NNU | 13.44 (44-1 ¼) |
| Joy Warrington, NNU | 13.17 (43-2 ½) |
| Courtney Zappe, MSUB | 13.14 (43-1 ½) |
| Jordan Stueckle, CWU | 13.09 (42-11 ½) |
| Shayna Shute, NNU | 12.69 (41-7 ¾) |
| Alyssa Taylor, WOU | 12.63 (41-5 ¼) |
| Becky Scherer, CWU | 12.52 (41-1) |

Shot Put (14.30, 13.20)

| | |
|------------------------|-----------------|
| +Krissy Tandle, CWU | 14.87 (48-9 ½) |
| Courtney Zappe, MSUB | 13.37 (43-10 ½) |
| Joy Warrington, NNU | 13.14 (43-1 ½) |
| Jordan Stueckle, CWU | 12.08 (39-7 ¾) |
| Torie Self, CWU | 11.73 (47-0 ¾) |
| Hilary Gourneau, MSUB | 11.65 (38-2 ¾) |
| Lexi Halvorson, MSUB | 11.22 (36-9 ¾) |
| Kacie Vanderloos, MSUB | 10.97 (36-0) |
| Shayna Shute, NNU | 10.85 (35-7 ¼) |
| Robin Brown, WWU | 10.72 (35-2) |
| Alyssa Taylor, WOU | 10.72 (35-2) |

Discus

| | |
|--------------------|---------------|
| Krissy Tandle, CWU | 38.78 (127-3) |
| Becky Scherer, CWU | 33.63 (110-4) |

Pentathlon (3,100)

| | |
|--------------------|------|
| Ali Worthen, SPU | 3447 |
| Jill Bennett, NNU | 2978 |
| Chelsey Jones, NNU | 2375 |
| Beth McLam, NNU | 2210 |

MEN**55 (6.30, 6.40)**

| | |
|------------------------|------|
| Nick Kesler, MSUB | 6.72 |
| Nathan Diede, MSUB | 6.92 |
| Noah Vallincourt, MSUB | 6.93 |
| James Hopkins, MSUB | 6.97 |
| Deshawn Lewis, MSUB | 7.03 |
| Chase Berg, MSUB | 7.19 |

60 (6.78, 6.88)

| | |
|----------------------|------|
| Bryan Mack, CWU | 6.95 |
| Gabe Aguilar, WOU | 6.96 |
| Augustine Agyei, WWU | 6.96 |
| Alex Tilley, WWU | 7.03 |
| Ashtin Mott, WOU | 7.09 |
| Radio Battle, CWU | 7.10 |
| Kincaid Nichols, CWU | 7.10 |
| Chris Freeman, WOU | 7.13 |
| Dylan Wells, WOU | 7.16 |
| Zeb Udell, WOU | 7.16 |

200 (21.45; 21.70; 21.55, 21.80)

| | |
|----------------------|-------|
| Radio Battle, CWU | 21.97 |
| Maurus Hope, NNU | 22.21 |
| Matt Rogstad, CWU | 22.59 |
| Augustine Agyei, WWU | 22.60 |
| Ashtin Mott, WOU | 22.61 |
| Alex Tilley, WWU | 22.62 |
| Nick Clark, WOU | 22.76 |
| Bryan Mack, CWU | 22.76 |
| Gabe Aguilar, WOU | 22.79 |
| Kincaid Nichols, CWU | 22.80 |

300 (Not a national event)

| | |
|-------------------|-------|
| Matt Rogstad, CWU | 36.74 |
|-------------------|-------|

400 (47.65, 48.75; 47.75, 48.85)

| | |
|---------------------|-------|
| Maurus Hope, NNU | 49.66 |
| Mitch Ward, NNU | 49.99 |
| Blake Estep, WOU | 50.08 |
| Ashtin Mott, WOU | 50.12 |
| Matt Rogstad, CWU | 50.18 |
| Nick Clark, WOU | 50.26 |
| Ben Wargo, WWU | 50.37 |
| Andy Loscutoff, WOU | 50.43 |
| Dan Hill, NNU | 50.62 |
| Dallas Beaty, NNU | 50.63 |

500 (Not a national event)

| | |
|----------------------|---------|
| Matt Rogstad, CWU | 1:11.09 |
| Ben Wargo, WWU | 1:11.12 |
| Carl Johnson, WWU | 1:14.19 |
| Gabriel Morales, WWU | 1:14.95 |

800 (1:52.20, 1:53.90; 1:52.30, 1:54.00)

| | |
|-----------------------|---------|
| +Zeke Van Patten, WOU | 1:51.73 |
| Jeff Long, WOU | 1:53.71 |
| Carson O'Brien, WOU | 1:56.24 |
| Anders Mavis, WWU | 1:58.92 |
| Kyle Larson, WOU | 1:59.21 |
| Mike Schmid, WOU | 1:59.88 |

| | |
|----------------------|---------|
| Corey Cronkhite, CWU | 2:00.17 |
| Zach Massari, WOU | 2:00.60 |
| Abe Webb, WOU | 2:01.90 |
| Mike Lewis, NNU | 2:02.39 |

1000 (Not a national event)

| | |
|------------------------|---------|
| Josh Grewe, NNU | 2:46.18 |
| Josh Merioles, NNU | 2:46.63 |
| Mike Lewis, NNU | 2:47.57 |
| Stuart Montgomery, NNU | 2:55.42 |

Mile (4:08.80, 4:13.30; 4:09.20, 4:17.70)

| | |
|----------------------|---------|
| Bennett Grimes, WWU | 4:13.18 |
| Anthony Tomsich, WWU | 4:13.63 |
| John Riak, SMU | 4:15.08 |
| Zeke Van Patten, WOU | 4:15.84 |
| Jeff Long, WOU | 4:16.90 |
| Matt McCrary, WOU | 4:24.18 |
| Eric Brill, WWU | 4:26.88 |
| Braxton Jackson, WOU | 4:27.42 |
| Spencer Hunt, SMU | 4:28.21 |
| Dan Sprinkle, WOU | 4:29.14 |
| Daniel Friesen, SPU | 4:30.74 |

1,600

| | |
|-------------------------|---------|
| Daniel Lombardi, MSUB | 4:44.62 |
| Tyson Vanderby, MSUB | 4:57.63 |
| Travis Hutchinson, MSUB | 4:57.83 |
| Taylor Canfield, MSUB | 4:58.23 |

3,000

| | |
|----------------------|---------|
| Jordan Welling, WWU | 8:19.80 |
| Bennett Grimes, WWU | 8:31.79 |
| John Riak, SMU | 8:32.61 |
| Kyle Van Santen, SMU | 8:43.37 |
| Eric Brill, WWU | 8:50.41 |
| Yonas Berhe, WWU | 8:52.3 |
| Matt McCrary, WOU | 8:56.95 |
| Justin Karr, WOU | 9:03.71 |
| Brandon Snook, WOU | 9:06.71 |
| Casper Jakobsen, WWU | 9:08.49 |

5,000 (14:19.00; 14:49.00; 14:20.00, 14:50.00)

| | |
|----------------------|----------|
| Jordan Welling, WWU | 14:21.30 |
| John Riak, SMU | 14:32.71 |
| Bennett Grimes, WWU | 14:40.84 |
| Zeke Van Patten, WOU | 14:48.40 |
| Chris Reed, WOU | 14:51.23 |
| Josiah Price, SMU | 14:54.23 |
| Kyle Van Santen, SMU | 15:05.30 |
| Nik Karr, WOU | 15:26.56 |
| Trevor Kulvi, CWU | 15:34.91 |
| Eric Brill, WWU | 15:40.82 |

60-Hurdles (8.05, 8.24)

| | |
|-----------------------|------|
| Dallas Beaty, NNU | 8.49 |
| Andy Loscutoff, WOU | 8.51 |
| Kyle Williams, CWU | 8.64 |
| Andrew Gray, WWU | 8.71 |
| Ben Wargo, WWU | 8.75 |
| Michael Kendrick, WOU | 8.78 |
| Jordan Werner, WOU | 8.80 |

| | |
|---------------------|------|
| Robert Manwell, WOU | 8.85 |
| Kevin Myhre, WWU | 8.88 |
| Josh Grewe, NNU | 8.92 |

4x400 Relay (3:13.60, 3:18.10; 3:14.00, 3:18.50)

| | |
|------------------------|---------|
| Northwest Nazarene | 3:19.66 |
| Western Oregon | 3:22.44 |
| Western Washington | 3:22.73 |
| Central Washington | 3:24.29 |
| Montana State Billings | 3:39.08 |
| Saint Martin's | 3:41.66 |

Distance Medley (9:51.70, 10:06.70; 9:52.60, 10:07.60)

| | |
|------------------------|----------|
| Western Washington | 10:26.42 |
| Western Oregon | 10:40.21 |
| Northwest Nazarene | 10:55.11 |
| Central Washington | 11:06.54 |
| Montana State Billings | 11:23.42 |
| Saint Martin's | 11:38.64 |

Long Jump (7.30, 7.08)

| | |
|---------------------|---|
| Justin Felt, SPU | 7.08 (23-2 ³ / ₄) |
| Zeb Udell, WOU | 7.03 (23-0 ³ / ₄) |
| Tim Clendaniel, WWU | 6.70 (21-11 ³ / ₄) |
| Chris Freeman, WOU | 6.68 (21-11) |
| Shane Gruger, WWU | 6.65 (21-10) |
| Nick Collins, CWU | 6.61 (21-8 ¹ / ₄) |
| Bryan Mack, CWU | 6.53 (21-5 ¹ / ₄) |
| Rendel Jones, CWU | 6.52 (21-4 ³ / ₄) |
| Robert Wegner, WOU | 6.50 (21-4) |
| Mark Hanson, NNU | 6.47 (21-2 ³ / ₄) |

Triple Jump (15.20, 14.40)

| | |
|----------------------|--|
| Rendel Jones, CWU | 14.30 (46-11) |
| Tyler Reisnauer, WOU | 14.09 (46-2 ³ / ₄) |
| James Cho, CWU | 13.99 (45-10 ³ / ₄) |
| Tim Satterwhite, WWU | 13.90 (45-7 ¹ / ₄) |
| Cameron Bailey, CWU | 13.86 (45-5 ³ / ₄) |
| Bryan Mack, CWU | 13.73 (45-0 ¹ / ₂) |
| James Turner, WWU | 13.56 (44-5) |
| Tim Clendaniel, WWU | 13.43 (44-0 ³ / ₄) |
| Josh Heidegger, NNU | 13.43 (44-0 ³ / ₄) |
| Isaiah Smith, WOU | 13.13 (43-1) |

High Jump (2.11, 2.05)

| | |
|------------------------|--|
| Cameron Bailey, CWU | 2.02 (6-7 ¹ / ₂) |
| Robert Wegner, WOU | 1.96 (6-5) |
| Jonathon Hamilton, CWU | 1.96 (6-5) |
| Zeb Udell, WOU | 1.93 (6-4) |
| Matt Lariza, WOU | 1.91 (6-3 ¹ / ₄) |
| Josh Heidegger, NNU | 1.86 (6-1 ¹ / ₄) |
| Nathan Wagner, SPU | 1.85 (6-0 ³ / ₄) |
| James Turner, WWU | 1.81 (5-11 ¹ / ₄) |
| Joseph Nelson, CWU | 1.80 (5-10 ³ / ₄) |
| Zach Massari, WOU | 1.78 (5-10) |

Pole Vault (5.03, 4.75)

| | |
|----------------------|---|
| +Ryan Brown, WWU | 5.03 (16-6) |
| Zeb Udell, WOU | 4.65 (15-3) |
| Tim Clendaniel, WWU | 4.60 (15-1) |
| Hayden Woodard, WWU | 4.50 (14-9) |
| Josh Winters, WWU | 4.50 (14-9) |
| Steven Schafer, NNU | 4.50 (14-9) |
| Will Lloyd, WWU | 4.35 (14-3 ¹ / ₄) |
| Michael Millson, WWU | 4.26 (13-11 ³ / ₄) |
| Ben Shea, NNU | 4.25 (13-11 ¹ / ₄) |
| Nic Hoza, WWU | 4.20 (13-9 ¹ / ₄) |

35-lb Weight (19.00, 17.45)

| | |
|---------------------|--|
| Tyler Fischer, CWU | 17.83 (58-6) |
| Zach Barclay, NNU | 17.33 (56-10 ¹ / ₄) |
| Sam Washington, SMU | 17.25 (56-7 ¹ / ₄) |
| Grant Miller, NNU | 16.69 (54-9 ¹ / ₄) |
| Anthony Marin, WOU | 16.68 (54-8 ³ / ₄) |
| Robert Barrett, WOU | 15.53 (50-11 ¹ / ₂) |
| Mychal Ostler, CWU | 15.52 (50-11) |
| Matt Schryvers, WOU | 14.98 (49-1 ³ / ₄) |
| Jordan Fenters, NNU | 14.93 (48-11 ³ / ₄) |
| Ben Elder, WWU | 14.90 (48-10 ³ / ₄) |

Discus (Not a national event)

| | |
|--------------------|---------------|
| Tyler Fischer, CWU | 45.90 (150-7) |
|--------------------|---------------|

Shot Put (17.40, 15.85)

| | |
|--------------------------|--|
| Tyler Fischer, CWU | 15.93 (52-3 ¹ / ₄) |
| Sam Washington, SMU | 15.66 (51-4 ¹ / ₂) |
| Dincer Kayhan, WWU | 15.42 (50-7 ¹ / ₄) |
| Zach Barclay, NNU | 15.32 (50-3 ¹ / ₄) |
| Grant Miller, NNU | 15.30 (50-2 ¹ / ₂) |
| Ben Elder, WWU | 14.40 (47-3) |
| Brandon Varkevisser, WWU | 14.06 (46-1 ¹ / ₂) |
| Jordan Fenters, NNU | 13.99 (45-10 ³ / ₄) |
| Donovan Cunningham, WWU | 13.93 (45-8 ¹ / ₂) |
| Robert Barrett, WOU | 13.86 (45-5 ³ / ₄) |

Heptathlon (4500)

| | |
|------------------------|------|
| Josh Grewe, NNU | 4341 |
| Stuart Montgomery, NNU | 2423 |