

# CWU SPIKE ARLT OPEN

Apr. 20, 2002

At Ellensburg

## Men

### Team Scores

Central Washington	145 1/3
Pacific Lutheran	127 1/3
Western Washington	125 1/3
Highline	92
Seattle Pacific	52
Eastern Oregon	51
Warner Pacific	46
Saint Martin's	33
Northwest Nazarene	34
Puget Sound	24
Northwest College	15
Seattle	17
Bellevue CC	4

### 100 Meters

Wind: Heat 1, 0.4; Heat 2, 0.7; Heat 3, +2.1;  
Heat 4, -0.7. (people in wind aided heat denoted  
by \*)

1. John Wolfork, PLU	10.87
2. Omari Gildon, HCC	10.93
3. Fabien Coutard, CWU	11.06
4. Kojo Obeng, CWU	11.10
5. Scott Peterson, PLU	11.20
6. Dominique Demouchet, unat.	11.23
6. Russell Dokken, PLU	11.23
8. Lamar Ward, HCC	11.34
9. Cory Medina, CWU	11.37
10. Rudy Mattheis, BCC	11.38
11. Matt Zolnowsky, unat.	11.41
12. Mike Morrison, unat.	11.42
13. Joe Smith, CWU	11.61
14. Rian Barta, HCC	11.63*
15. Brad Carlson, WWU	11.66
16. Ryan Lee, NNU	11.76
17. Maurice Cowley, PLU	11.80
18. David Jackson, UPS	12.03
19. Dan Hervol, UPS	12.04*
20. Kenny Turner, NNU	12.13*
21. Ian Nelson, WP	12.21*
22. Brad Simpson, NNU	12.34*
23. Blas Elguezabal, EOU	13.30
24. Jason Robison, UPS	13.48*
25. Evan Martin, SMC	13.49*

### 200 Meters

Wind: Heat 1, 1.4; Heat 2, 0.8; Heat 3, 1.0; Heat 4,  
1.7.

1. Fabien Coutard, CWU	22.20
2. Omari Gildon, HCC	22.53
3. John Wolfork, PLU	22.55
4. Russell Dokken, PLU	22.63
5. Kojo Obeng, CWU	22.67
6. Malcolm McLemore, HCC	22.67
7. Nick Haralson, CWU	22.70
8. K.J. Loreth, SMC	22.90

9. Cory Medina, CWU	22.94
10. Scott Peterson, PLU	23.00
11. Telon Walker, HCC	23.18
12. Julian Trevino, CWU	23.31
13. Steve Brockett, WWU	23.36
14. Mike Morrison, unat.	23.37
15. Jimmy Bennum, NNU	23.41
16. Curt Moon, CWU	23.80
17. Brian Hunter, SPU	23.88
18. Maurice Cowley, PLU	23.99
19. Ryan Los, WWU	24.11
20. Cameron Christiansen, EOU	24.24
21. Dan Gibson, WWU	24.52
22. Nick Rickard, EOU	24.57
23. Josef Gabriel, SU	24.58
24. Ian Nelson, WP	24.72
25. Matt Pakinas, CWU	24.77
26. Kenny Turner, NNU	24.93
27. Brad Simpson, NNU	25.40
28. Rob Kemper, SU	26.12
29. Blas Elguezabal, EOU	26.86
30. Jason Robison, UPS	27.64

### 400 Meters

1. K.J. Loreth, SMC	49.22
2. Nick Haralson, CWU	49.77
3. Malcolm McLemore, HCC	50.68
4. Louise Jenkins, NWC	50.93
5. Telon Walker, HCC	51.14
6. Steve Brockett, WWU	51.18
7. Aaron Reader, HCC	51.45
8. Josh Freeman, WWU	51.62
9. Curt Moon, CWU	51.70
10. Ryan Los, WWU	51.77
11. Jimmy Bennum, NNU	51.81
12. Ryan Meier, NNU	51.99
13. David Terry, EOU	52.10
Chris Anderson, PLU	52.10
15. Jason Hutson, unat.	52.12
16. Julian Trevino, CWU	52.15
17. Brandon Hill, NNU	52.62
18. Todd Nishida, SU	53.09
19. Brandon Nixon, unat.	53.10
20. Tyler Berndt, UPS	53.14
21. Tim Walsh, WWU	53.26
22. Matt Pakinas, CWU	53.29
23. Dan Gibson, WWU	54.64
24. Jese Gabriel, SU	54.80
25. Jason Sytsma, WWU	57.20
26. Rob Kemper, SMC	57.55
27. Tyson Magney, SMC	61.61

### 800 Meters

1. Nathanael Castle, SPU	1:53.35
2. Mike Houston, PLU	1:53.44
3. Neal Fryett, SPU	1:55.62
4. Ben Kevan, UPS	1:55.67
5. Chris Clancy, WP	1:56.42
6. Kevin Gary, CWU	1:56.94
7. Ryan Reed, PLU	1:57.42
8. Andy Prentice, SMC	1:57.46
9. Tim Riley, EOU	1:59.30

10. Scott Van Hess, SPU	1:59.05
11. Kalen Abbott, WP	1:59.66
12. Neil Small, CWU	1:59.81
13. Brandon Whitaker, WWU	2:00.04
14. Eric Griffiths, EOU	2:00.54
15. Ben Brown, PLU	2:00.60
16. Jason Bush, CWU	2:00.97
17. Raymond Fields, EOU	2:01.01
18. Steve Manos, SU	2:01.60
19. Steve DeKoker, WWU	2:01.77
20. Tyler Sellon, UPS	2:01.79
21. Sean Mitchell, HCC	2:01.94
22. Brandon Ohnemus, WWU	2:02.14
23. Billy Lee, WP	2:02.24
24. Jeff Parker, HCC	2:02.84
25. Jason Porter, CWU	2:03.04
26. Marcus Meddles, unat.	2:03.37
27. Jesse Peterson, EOU	2:04.63
28. Kirk Larson, WWU	2:04.73
29. Dano McGourty, EOU	2:05.74
30. Reuben Joseph, SMC	2:06.94
31. Michael Hughes, SU	2:08.18
32. Ben Perkey, SU	2:09.50
33. Tyler Nugent, PLU	2:11.98
34. Will Hill, GC	2:12.40
35. Morgan Stallings, GC	2:14.09
36. Shawn Miller, WWU	2:16.27
37. Todd Nishida, SU	2:17.37

### 1500 Meters

1. Nathan Carlson, SMC	3:54.5
2. Tim LeCount, SPU	3:56.8
3. Turaj Trubiroha, NNU	3:57.5
4. Martin Ranney, WWU	3:58.8
5. David Terry, EOU	4:00.5
6. Neil Small, CWU	4:01.8
7. Brian Crowl, EOU	4:03.5
8. Steve DeKoker, WWU	4:04.5
9. Steve Manos, SU	4:06.7
10. Andy Prentice, SMC	4:10.07
11. Chris Carpenter, SMC	4:13.3
12. Aaron Fulwider, HCC	4:14.0
13. Zac Vawter, SMC	4:14.42
14. Kirk Larson, WWU	4:15.26
15. Dano McGourty, EOU	4:16.51
16. James Corliss, PLU	4:17.38
17. Michael Hughes, SU	4:18.0
18. Brian Brancheau, WWU	4:18.41
19. Nathan Wilkinson, NNU	4:20.65
20. Ben Perkey, SU	4:20.5
21. Mike DeFoe, HCC	4:27.50
22. Morgan Stallings, GC	4:28.34
23. Joe Baisch, WWU	4:33.62
24. Bryan Burdo, CNW	4:39.15
25. Scott Flichtbeil, UPS	4:47.10

### Steeplechase

1. Rusty McCrea, NWC	9:24.0
2. Jason Porter, CWU	9:59.0
3. Kevin Lybarger, SU	9:59.0
4. Zac Vawter, SMC	10:02.0
5. Matt Schmitt, CWU	10:06.0

6. Dain Engebretsen, SU	10:17.0
7. Payton Thompson, PLU	10:26.0
8. Aaron Libadisos, SPU	11:07.0

#### 5000 Meters

1. Eric Tollefson, unat.	14:22.35
2. Tom Gaschk, unat.	15:47.58
3. Martin Ranney, WWU	15:52.44
4. Carlos Siqueros, SU	15:54.42
5. James O'Dea, UPS	15:59.43
6. Andy Reese, WWU	16:14.73
7. Alex McGladrey, EOU	16:16.43
8. Matt Gage, SMC	16:22.57
9. Matt Schmitt, CWU	16:43.67
10. Darryl Genest, unat	16:45.66
11. Matt Cook, CWU	16:59.07
12. Phil Paul, CWU	17:01.36
13. Aaron Fulwider, HCC	17:03.14
14. Jay Lundergan, NNU	17:15.94
15. John Moir, unat.	17:18.51
16. Gabe Andrews, unat.	17:32.35
17. Dustin Marshall, BCC	18:23.77

#### 110 HH

Wind: Heat 1, -0.7; Heat 2, +1.2; Heat 3, +0.7).

1. Mike Morrison, unat.	15.16
2. Ryan Lee, NNU	15.32
3. Jershon Foyston, HCC	15.39
4. Chris Berthoff, PLU	15.54
5. Reggie Reguindan, HCC	15.74
6. Carl Strong, PLU	15.81
7. Rian Barta, HCC	15.89
8. Erik Iverson, CWU	16.09
9. Josh Freeman, WWU	16.39
10. Chris Anderson, PLU	16.47
11. Gunner Argo, HCC	16.57
12. Nicolas Tolkmitt, HCC	16.64
13. Mark Hamlin, CWU	16.94
14. Jeff Grant, EOU	16.95
15. Matt Young, EOU	17.35
16. Josh Allen, EOU	17.40

#### 400 Meter Hurdles

1. Chris Berthoff, PLU	53.24
2. Mike Morrison, unat.	54.11
3. Paul Mach, SPU	54.47
4. Chris Petersen, CWU	55.75
5. Jershon Foyston, HCC	56.14
6. Micah Kelcy, SPU	56.75
7. Josh Allen, EOU	57.41
8. Reggie Reguindan, HCC	57.53
9. Dominique Demouchet, unat.	57.74
10. Chris Anderson, PLU	58.71
11. Carl Strong, PLU	59.10
12. Jeff Grant, EOU	59.18
13. Mark Hamlin, CWU	59.43
14. PLU ?	60.11
15. Brent Mueller, WP	60.42
16. Brandon Nixon, unat.	61.18
17. Michael Hartz, WWU	61.31

#### 4x100 Relay

1. Central Washington	42.11
2. Highline	42.78
3. Pacific Lutheran	42.91
4. Seattle Pacific	44.15
5. Eastern Oregon	45.13

#### 4x400 Relay

1. Seattle Pacific	3:24.21
2. Pacific Lutheran	3:24.30
3. Highline	3:28.55
4. Central Washington	3:29.85
5. Eastern Oregon	3:31.42
6. Saint Martin's	3:31.61
7. Warner Pacific	3:34.04
8. Northwest Nazarene	3:34.66
9. Western Washington	3:34.88
10. Highline	3:36.38
11. Seattle Pacific	3:42.02
12. Unattac hed	3:46.46

#### Long Jump (all marks wind legal)

1. Joe Smith, CWU	6.95 (22-9 ½)
2. Justin Lawrence, CWU	6.73 (22-1)
3. John Wolfork, PLU	6.71 (22-0 ¼)
4. Lamar Ward, HCC	6.50 (21-4)
5. Ryan Doran, BCC	6.47 (21-2 ¾)
6. Phillip Pohl, PLU	6.46 (21-2 ¼)
7. Erik Iverson, CWU	6.29 (20-7 ¾)
8. Dominique Demouchet, unat.	6.22 (20-5)
9. Nick Dewing, WWU	6.04 (19-9 ¾)
10. Gunner Argo, HCC	5.74 (18-10)
11. Mark Hamlin, CWU	5.44 (17-10 ¼)
12. Zach Crofton, UPS	5.29 (17-4 ¼)
13. Rian Barta, HCC	5.16 (16-11 ¼)

#### Triple Jump (all marks wind legal)

1. Justin Lawrence, CWU	14.66 (48-1 ¼)
2. Beau Ross, CWU	14.18 (46-6 ¼)
3. John Wolfork, PLU	14.11 (46-3 ½)
4. Phillip Pohl, PLU	12.05 (39-6 ½)
5. Nick Rickard, EOU	11.56 (37-11)
6. Brian Hartley, EOU	11.45 (37-7)
7. Paul Lapke, EOU	10.07 (33-0 ½)

#### High Jump

1. Mike Tully, WWU	1.98 (6-6)
2. Phillip Pohl, PLU	1.88 (6-2)
Peter Allen, WWU	1.88 (6-2)
Beau Ross, CWU	1.88 (6-2)
3. Scott Durbin, WWU	1.88 (6-2)
4. Gunner Argo, HCC	1.83 (6-0)

#### Pole Vault

1. Shawn Trimble, EOU	4.50 (14-9)
2. Hunter Verner, WWU	4.35 (14-3 ¼)
3. Paul Lapke, EOU	4.20 (13-9 ¼)
4. Eric Gunderson, PLU	4.20 (13-9 ¼)
5. Chase Ruebel, WWU	4.05 (13-3 ½)

#### Shot Put

1. James Deaver, WWU	14.60 (47-10 ¾)
2. Nathan Carter, HCC	14.37 (47-2)
3. Corey Lehosky, HCC	13.83 (45-4 ½)
4. Ian McDole, WWU	13.80 (45-3 ¼)
5. Erik Knutzen, WWU	13.48 (44-2 ¾)
6. Pat Jarman, EOU	13.46 (44-2)
7. Aaron Hayes, CWU	13.38 (43-10 ¾)
8. Ryan Thomason, CWU	13.04 (42-9 ½)
9. Jorn Johnson, EOU	12.78
10. James Thomas Jr., NNU	12.73
11. Tom Farris, WWU	12.69
12. Gunner Argo, HCC	12.61
13. Andrew Holloway, PLU	12.59
14. Jason Day, WWU	12.44
15. Brady Jones, WWU	12.33
16. Rob Clement, unat.	12.30
17. Adam Cox, PLU	12.20
18. Jason Patterson, CWU	11.79
19. Adam Butts, NNU	11.73
20. Todd Gowing, WWU	11.61
21. Adam Heaton, HCC	10.45
22. Gabe Davis, HCC	10.13
23. Josh Opper, WP	8.57

#### Hammer

1. Dan Haakenson, PLU	49.02 (160-10)
2. Owen Bartels, UPS	44.16 (144-10)
3. Tim Jolin, WWU	42.82 (140-6)
4. Adam Butts, NNU	41.39 (135-9)
5. Justin Schram, PLU	40.07 (131-5)
6. Jonathan Hughes, CWU	39.04 (128-1)
7. Pat Jarman, EOU	38.78 (127-3)
8. Adam Cox, PLU	36.13 (118-6)
9. Tim Johnson, NNU	35.90
10. Jason Patterson, CWU	34.68
11. Jorn Johnson, EOU	34.48
12. Rick Thew, EOU	34.47
13. Jarrod Roberts, WWU	33.76
14. Jon Sprouffske, SMC	25.94

#### Discus

1. Jacob Galloway, CWU	47.62 (156-3)
2. Tony Kyle, WWU	46.57 (152-9)
3. Tom Farris, WWU	44.57 (146-2)
4. James Deaver, WWU	44.27 (145-2)
5. Brady Jones, WWU	43.44 (142-6)
6. Dan Haakenson, PLU	43.36 (142-3)
7. Chris Petersen, CWU	42.58 (139-8)
8. Andrew Holloway, PLU	40.24 (132-0)
9. Josh Callon, SMC	38.83
10. James Thomas Jr., NNU	38.62
11. Andrew Steiner, SPU	38.43
12. Todd Gowing, WWU	38.15
13. Paul Clark, PLU	37.44
14. Josh Freeman, WWU	37.05
15. Justin Kendall, UPS	37.01
16. Jonathan Hughes, CWU	36.49
17. Aaron Hayes, CWU	36.40
18. Pat Jarman, EOU	36.19
19. Jason Olson, NWC	35.26
20. Tim Johnson, NNU	34.89

21. Nick Lyster, PLU	34.30
22. Adam Butts, NNU	33.42
23. Nathan Carter, HCC	33.22
24. Jarrod Roberts, WWU	33.18
25. Jesse Bauman, CWU	31.37
26. Gabe Davis, HCC	28.72
27. Owen Bartels, UPS	28.26
28. Josh Opper, WP	28.18
29. Adam Heaton, HCC	26.41

### Javelin

1. James Thomas Jr., NNU	59.87 (196-4)
2. Travis Huntsinger, WWU	59.39 (194-10)
3. Tony Kyle, WWU	58.91 (193-3)
4. Dan Hervol, UPS	53.70 (176-2)
5. Justin Brewer, WWU	52.33 (171-8)
6. Brice Crowninshield, CWU	52.50 (172-3)
7. Ryan Lee, NNU	50.52 (165-9)
8. Eric Jensen, PLU	49.80 (163-4)
9. Jesse Bauman, CWU	46.82
10. Nick Lyster, PLU	46.69
11. Paul Clark, PLU	46.61
12. Josh Allen, EOU	46.30
13. Matt Lambrecht, SMC	46.11
14. Curt Moon, CWU	43.66
15. Matt Young, EOU	43.29
16. Owen Bartels, UPS	40.65
17. Nathan Carter, HCC	38.77
18. Gunner Argo, HCC	37.28
19. Josh Freeman, WWU	37.53
20. Adam Heaton, HCC	36.32
21. Jason Sytsma, WWU	31.10

### Women

#### Team Scores

Western Washington	155
Central Washington	150
Pacific Lutheran	138
Seattle Pacific	74
Northwest Nazarene	64
Highline	39
Eastern Oregon	36
Saint Martin's	34
Puget Sound	32
Northwest College	19
Seattle	15
Warner Pacific	13
Georgia College	10

#### 100 Meters

Wind: Heat 1, +1.2; Heat 2, +0.4; Heat 3,+0.3.

1. Jody Binder, CWU	12.41
2. Tonika Vickers, unat.	12.41
3. Davina Strauss, CWU	12.49
4. Melissa Behrens, WWU	12.49
5. Carrie Larsen, PLU	12.70
6. Bekah Bowman, NNU	13.01
7. Liz Brown, UPS	13.02
8. Daryllyn Harris, HCC	13.14
9. Christina Lashbrook, CWU	13.23
10. Kate Herber, WWU	13.40

11. Becca Ehli, PLU	13.43
12. Allison Degracia, CWU	13.51
13. Dara Stevens, CWU	13.71
14. Rachael Schwartz, CWU	13.76
15. Brooke Dixon, SMC	13.77
16. Beth Varo, EOU	13.94
17. Brianne Dolan, WWU	14.02
18. Kakie Arnaud, UPS	15.69

#### 200 Meters

Wind: Heat 1, +0.9; Heat +2.3\*;Heat 3, +1.6; Heat 4, -1.0. (people in wind aided heat denoted by \*)

1. Dania Swosinski, WWU	25.25
2. Tonika Vickers, unat.	25.36
3. Jody Binder, CWU	25.45
4. Jill Wilmovsky, PLU	25.90
5. Olivia Palermo, HCC	26.13
6. Melissa Behrens, WWU	26.45*
7. Liz Brown, UPS	26.67
8. Bekah Bowman, NNU	26.77
9. Christina Lashbrook, CWU	26.92*
10. Daryllyn Harris, HCC	27.02*
11. Kristen Boyd, HCC	27.29*
12. Kate Herber, WWU	27.48
13. Becca Ehli, PLU	27.55*
14. Jamie Smith, PLU	27.72*
15. Kim Berthoff, PLU	27.83
16. Alicia Frye, EOU	27.99*
17. Dara Stevens, CWU	28.12*
18. Beth Varo, EOU	28.20
19. Amanda McClary, SPU	28.43
20. Ruth Webster, WWU	28.16
21. Brooke Dixon, SMC	28.85
22. Andrea Johnson, EOU	28.90
23. Brianne Dolan, WWU	28.93
24. Aubrey Metzger, NNU	29.15
25. Heather Peters, EOU	30.98
26. Sarah Flesher, EOU	32.58
27. Kakie Arnaud, UPS	32.92

#### 400 Meters

1. Dania Swosinski, WWU	57.50
2. Jill Wilmovsky, PLU	57.61
3. Olivia Palermo, HCC	58.20
4. Kristi Lund, NNU	60.97
5. Naomi Young, NWC	61.20
6. Jamie Smith, PLU	61.43
7. Heather Esposito, NNU	61.65
8. Emily Weyers, SPU	61.85
9. Alicia Frye, EOU	62.01
10. Jessica Opersteyn, WWU	62.50
11. Holly Bueb, SU	62.51
12. Kim Berthoff, PLU	62.59
13. Lacey Lyon, CWU	63.44
14. Ruth Webster, WWU	64.18
15. Shelby Zacharias, EOU	65.21
16. Kathleen Donnatini, CWU	65.97
17. Ann McCanick, SMC	67.31

#### 800 Meters

1. Sarah Kraybill, SPU	2:13.86
2. Alicen Maier, CWU	2:14.91

3. Sarah Leonard, CNW	2:16.35
4. Josanna Lavin, SPU	2:19.82
5. Sarah Becker, NWC	2:22.02
6. Becky Franza, PLU	2:23.03
7. Erika Olson, CWU	2:24.31
8. Candice Owens, SPU	2:25.52
9. Shannon Hayes, PLU	2:25.98
10. Erinn Nickels, unat.	2:27.16
11. Jennifer Houk, SMC	2:32.89
12. Heather Horsley, CWU	2:33.77
13. Mandy Alliston, GC	2:55.6

#### 1500 Meters

1. Alicen Maier, CWU	4:32.45
2. Kendel White, WP	5:01.29
3. Lindy Mullen, CWU	5:03.54
4. Tina Stimson, WWU	5:09.77
5. Ann McCanick, SMC	5:11.37
6. Laura Bangerter, PLU	5:14.97
7. Carolyn Morris, WWU	5:15.17
8. Amber Swim, WWU	5:16.06
9. Jennifer Houk, SMC	5:19.62
10. Erin Donnelly, UPS	5:30.25
11. Mandy Alliston, GC	5:33.69
12. Bethany Loushine, GC	5:37.09

#### 3000 Meters

1. Dana Boyle, UPS	9:54.37
2. Kelsey Jones, EOU	10:21.25
3. Ann-Marie Wiggins, NNU	10:26.42
4. Kelly Fullerton, SU	10:30.74
5. Tiffany Picinich, CWU	10:45.24
6. Sarah Leonard, CNW	10:50.45
7. Ruth Hawkinson, SPU	10:55.67
8. Dawnita LiaBraaten, CWU	10:58.64
9. Stephanie Stine, CWU	11:01.29
10. Brea DeSloover, PLU	11:12.62
11. Tarell Muscutt, WWU	11:16.27
12. Tara Matthews, SU	11:27.92
13. Emily Ferguson, SU	11:31.19
14. Megan Whitney, WWU	11:34.17
15. Mindy Meier, NNU	11:42.23
16. Carolyn Morris, WWU	11:47.20
17. Kristin Lane, NNU	11:48.57
18. Amber Sommer, SMC	14:46.7

#### Steeplechase

1. Korinda Godwin, NWC	11:36.0
2. Emily Thomas, SMC	11:53.0
3. Linsy Nickels, unat.	12:00.0
4. Becky Dalrymple, SMC	12:31.0
5. Lexi Baxter, WWU	12:33.0
6. Kara Richard, SPU	13:12.0
7. Nicole Bandy, CWU	13:37.0

#### 5000 Meters

1. Amy Forrey, unat.	19:15.10
2. Abby Bielenberg, unat.	19:29.61
3. Bethany Loushine, GC	19:51.55
4. Elisabeth Rosapepe, WWU	19:55.12
5. Nicole Seana, SPU	20:03.81
6. Mindy Meier, NNU	20:10.51

7. Wogahata Haile, HCC	20:20.28
8. Julie Biles, CWU	20:25.22
9. Erica Pitman, CWU	20:54.68
10. Kaylee Bulyca, CWU	21:00.68
11. Andrea Ring, WWU	22:56.30
12. Ashley Zacharias, EOU	23:02.56

### 100 High Hurdles

Wind: Heat 1, +3.0; Heat 2, +1.8 (people in wind aided heat denoted by \*)

1. Kate Herber, WWU	15.11*
2. Carrie Larsen, PLU	15.45*
3. Courtney Johnson, PLU	15.98*
4. Maria Jones, PLU	16.03*
5. Katrina O'Connor, SMC	17.55
6. Beth Varo, EOU	18.80
7. Christina Powell, WP	17.55

### 400 Meter Hurdles

1. Jawa Harder, SPU	1:01.24
2. Carrie Larsen, PLU	1:03.44
4. Kristen Boyd HCC	1:05.99
3. Laura Burch, WWU	1:05.93
5. Brooke Little, SPU	1:09.56
6. Megan Ernst, PLU	1:10.99
7. Kelly Wright, PLU	1:11.57
8. Suzy Campbell, EOU	1:18.95

### 4x100 Relay

1. Western Washington	48.86
2. Pacific Lutheran	49.80
3. Northwest Nazarene	52.13

### 4x400 Relay

1. Seattle Pacific	4:00.35
2. Central Washington	4:01.97
3. Western Washington	4:03.80
4. Eastern Oregon	4:24.00
5. Seattle	4:31.88
6. Saint Martin's	4:37.38

### Long Jump (all marks wind legal)

1. Davina Strauss, CWU	5.75 (18-10 ½)
2. Maria Jones, PLU	5.23 (17-2)
3. Aubrey Metzger, NNU	5.02 (16-5 ¾)
4. Carrie Larsen, PLU	4.88 (16-0 ¼)
5. Courtney Johnson, PLU	4.69 (15-4 ¾)
6. Katrina O'Connor, SMC	4.46 (14-7 ½)
7. Laura Fisher, PLU	4.42 (14-6)
8. Moriah Blake, UPS	4.37 (14-4)
9. Brianna Dolan, WWU	4.34
10. Liz Kajko, UPS	4.24
11. Jessica White, SMC	4.08
12. Sarah Flesher, EOU	3.72
13. Heather Peters, EOU	3.50

### Triple Jump (all marks wind legal)

1. Lacey Rasmussen, NNU	10.89 (35-9)
2. Lea Tiger, CWU	10.78 (35-4 ¼)
3. Julie Graham, CWU	10.51 (34-6)
4. Maria Jones, PLU	10.45 (34-3 ¾)
5. Moriah Blake, UPS	9.94 (32-7 ¼)

### High Jump

1. Courtney Johnson, PLU	1.58 (5-2 ¼)
2. Jenoa Potter, CWU	1.53 (5-0 ¼)
3. Lea Tiger, CWU	1.48 (4-10 ¼)
4. LeAnne Evans, WWU	1.48 (4-10 ¼)
Liz Ryan, CWU	no height

### Pole Vault

1. Jennifer Hunter, Valley Royals	3.58 (11-9)
2. Danielle Juarez, WWU	3.43(11-3)
3. Katie Heaton, UPS	3.43 (11-3)
4. Theresa Mangahas, SU	3.13 (10-3 ¼)
5. Alina Lunsford, NNU	3.13(10-3 ¼)
6. Kelly Perez, WWU	3.13(10-3 ¼)
7. Laura Fisher, PLU	2.98 (9-9 ¼)
Aubrey Metzger, NNU	2.98 (9-9 ¼)
Kate Law, UPS	2.98 (9-9 ¼)
10. Amber Rose, SPU	2.83 (9-3 ¼)
Emily Teague, UPS	2.83 (9-3 ¼)
Kelly Wright, PLU	2.83 (9-3 ¼)
13. Rachel Schwartz, CWU	2.83 (9-3 ¼)
14. Nina Dodge, WWU	2.83 (9-3 ¼)
Jamie Smith, PLU	2.83 (9-3 ¼)
16. Liz Kajko, UPS	2.68 (8-9 ½)
17. Mackensie Rogers, SPU	2.53 (8-3 ½)
18. Katie Maurer, CWU	2.53 (8-3 ½)
Joan Brilley, UPS	2.53 (8-3 ½)

### Shot Put

1. Dionna Anderson, SPU	13.59 (44-7)
2. Brianna Barrett, WWU	11.41 (37-5 ¼)
3. Kharmyn Williams, HCC	11.24 (36-10 ½)
4. Lauren Kooy, SPU	10.99 (36-0 ¾)
5. Julie Locke, PLU	10.85 (35-7 ¼)
6. Tammy Carlson, WWU	10.75 (35- 3 ¼)
7. Sarah Arendt, NNU	10.71 (35-1 ¾)
8. Shawna Damon, WP	9.75 (32-0)
9. Kessa Volland, WWU	9.73
10. Rebekah Ackermann, CWU	9.54
11. Jennifer Powers, unat.	9.19
12. Suzy Campbell, EOU	9.16
13. Rebecca Lindquist, unat.	9.13
14. Kristina MacCully, WWU	9.07
15. Heather Yergen, CWU	8.94
16. Natalie Senvold, WWU	8.87
17. Stacy Hopkins, WWU	8.74
18. Sarah Flesher, EOU	7.48

### Hammer

1. Jami Questa, unat.	50.83 (166-9)
2. Kristin Hepler, PLU	45.40 (148-11)
3. Marianne Scott, WWU	38.46 (126-2)
4. Christin McDowell, CWU	35.74 (117-3)
5. Brianna Barrett, WWU	34.34 (112-8)
6. Rebekah Ackermann, CWU	34.00 (111-6)
7. Julie Locke, PLU	33.89 (111-2)
8. Kara Blagg, EOU	33.85 (111-0)
9. Sarah Arendt, NNU	28.72 (94-2)
10. Tammy Carlson, WWU	24.56 (80-7)

### Discus

1. Kharmyn Williams, HCC	39.44(129-5)
2. Kristi Lund, NNU	38.68 (126-10)
3. Julie Locke, PLU	35.85 (117-7)
4. Megan Wright, WWU	35.74 (117-2)
5. Kristina MacCully, WWU	35.24 (115-7)
6. Lauren Kooy, SPU	34.94 (114-7)
7. Stacy Hopkins, WWU	34.35 (112-8)
8. Marika Henderson, UPS	32.64 (107-1)
9. Kessa Volland, WWU	32.55 (106-9)
10. Kara Blagg, EOU	31.68 (103-11)
11. Heather Yergen, CWU	31.06 (101-10)
12. Tammy Carlson, WWU	31.03 (101-9)
13. Mariah O'Neal, SMC	31.00 (101-8)
14. Rebekah Ackermann, CWU	30.80 (101-0)
15. Brook Irving, PLU	29.65 (97-3)
16. Sarah Arendt, NNU	26.00 (85-3)
17. Shawna Damon, WP	25.84 (84-9)

### Javelin

1. Molly Monroe, unat.	47.79 (156-5)
2. Katie Pruet, CWU	42.69 (140-0)
3. Stacy Hopkins, WWU	42.43 (139-2)
4. Mariah O'Neal, SMC	37.62 (123-5)
5. Hailey Ruff, CWU	36.91 (121-1)
6. Rochelle Weems, PLU	36.83 (120-9)
7. Carissa Baker, CWU	31.60 (103-8)
8. Tiana Buck, WP	31.47 (103-2)
9. Suzy Campbell, EOU	29.30
10. Lauren Kooy, SPU	27.75
11. Natalie Senvold, WWU	27.12
12. Aubrey Metzger, NNU	27.15