

4-19-2003

# Central Washington University Spike Arlt Invitational

Great Northwest Athletic Conference

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Hy-Tek's Meet Manager 4/19/2003 06:5

2003 Spike Arlt Invitational - 4/19/2003

hosted by Central Washington University

Tomlinson Stadium, Ellensburg, Washington

Results

Women 100 Meter Dash

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=====
Arlt Invite: ~ 12.17 2000      Sarah Axley, Pacific Lutheran
  Stadium: @ 11.6h 1993      Kim Vanderhoek, Simon Fraser
D-II Auto: # 11.50 2003
D-II Prov: $ 12.15 2003
GNAC Auto: % 12.80 2003
GNAC Prov: ^ 13.70 2003

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Name	Year	School	Seed	Finals	W	
1		Tonika Vickers	SO Pacific Lutheran	12.30	12.64%	
2		Jody Binder	SR Central Wash.	12.55	12.77%	
3		Melissa Behrens	JR Western Wash.	12.57	12.84^	
4		Carrie Larsen	JR Pacific Lutheran	12.76	12.90^	
5		Liz Brown	SO Puget Sound	13.00	13.19^	
6		Rachel Tynan	FR Central Wash.	12.95	13.20^	
7		Kristen Wiese	FR Western Oregon	12.84	13.23^	
8		Naomi Young	SO Northwest	13.89	13.26^	
9		Kelsey Gleason	FR Seattle Pacific	12.85	13.30^	
10		Jean Kolb	FR Seattle Pacific	12.70	13.32^	
11		April Elder	FR Saint Martin's	13.01	13.45^	
12		Megan Beith	FR Western Oregon	12.54	13.47^	
13		Kirsten Holt	FR Western Wash.	13.63	13.52^	
14		Laura Burch	SO Western Wash.	12.99	13.72	
15		Julie Graham	SO Central Wash.	14.10	13.89	
16		Brianne Dolan	JR Western Wash.	13.97	14.09	
17		Katie Archambault	FR Seattle	14.69	14.69	
18		Jennifer Dudik	SO Western Wash.	14.21	14.73	
19		Patty Wood	FR Saint Martin's	13.30	15.09	
20		Kristin Wilcock	FR Central Wash.	14.30	15.36	

Women 200 Meter Dash

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Arlt Invite: ~ 24.97 1999      Sarah Axley, Pacific Lutheran
  Stadium: @ 24.39 1987      Hollie Watson, Western Washington

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D-II Auto: # 23.80 2003  
 D-II Prov: \$ 24.90 2003  
 GNAC Auto: % 26.10 2003  
 GNAC Prov: ^ 27.50 2003

Name	Year	School	Seed	Finals	W
1 Olivia Palermo		Highline CC	25.44	25.80%	
2 Dania Swosinski		JR Western Wash.	25.42	26.08%	
3 Jody Binder		SR Central Wash.	25.85	26.28^	
4 Carrie Larsen		JR Pacific Lutheran	26.05	26.31^	
5 Monica Smith		SO Western Oregon	25.90	26.45^	
6 Kristen Wiese		FR Western Oregon	26.80	26.79^	
7 Melissa Behrens		JR Western Wash.	26.78	26.82^	
8 Ashley Rountree		FR Central Wash.	27.00	26.84^	
9 Teresa Schlafer		FR Central Wash.	27.40	26.93^	
10 Liz Brown		SO Puget Sound	27.00	27.05^	
11 Jessica Gimness		FR Central Wash.	27.30	27.29^	
12 Jean Kolb		FR Seattle Pacific	26.30	27.52	
13 LeAnne Evans		SO Western Wash.	27.95	27.57	
14 April Elder		FR Saint Martin's	27.80	27.60	
15 Dianna Grossglass		FR Seattle Pacific	26.50	27.62	
16 Megan Beith		FR Western Oregon	26.64	27.66	
17 Rachel Tynan		FR Central Wash.	27.35	27.70	
17 Kim Bertholf		SO Pacific Lutheran		27.70	
19 Ruth Webster		SO Western Wash.	28.99	29.06	
20 Kathy Gellatly		JR Western Oregon	28.70	29.22	
21 Brianne Dolan		JR Western Wash.	28.66	29.24	
22 Beth Griffin		FR Western Wash.	29.04	29.42	
23 Ashley Burns		FR Seattle	28.50	29.44	
24 Katie Archambault		FR Seattle	29.21	30.29	
25 Jennifer Dudik		SO Western Wash.	29.20	30.69	
26 Karli Reichert		FR Central Wash.	30.80	31.56	
-- Mo Driscoll		Unattached	30.22	X30.86	

Women 400 Meter Dash

=====  
 Arlt Invite: ~ 56.47 1997 Sydney Green, Western Washington  
 Stadium: @ 56.47 1997 Sydney Green, Western Washington  
 D-II Auto: # 54.00 2003  
 D-II Prov: \$ 56.70 2003  
 GNAC Auto: % 59.80 2003  
 GNAC Prov: ^ 1:03.50 2003

Name	Year	School	Seed	Finals	H
1 Olivia Palermo		Highline CC	57.14	56.78%	
2 Dania Swosinski	JR	Western Wash.	57.40	57.25%	
3 Jessica Gimness	FR	Central Wash.	1:00.85	59.35%	
4 Jessica Opersteny	JR	Western Wash.	1:00.76	1:00.38^	
5 Jackie McCall	FR	Western Wash.	1:01.42	1:02.59^	
6 Kim Bertholf	SO	Pacific Lutheran	1:04.39	1:02.80^	
7 Jamie Smith	JR	Pacific Lutheran	1:03.73	1:03.39^	
8 Nena Dodge	JR	Western Wash.	1:01.54	1:03.40^	
9 Ruth Webster	SO	Western Wash.	1:05.98	1:05.13	
10 Stacey Pohlschneider	SO	Western Oregon	1:04.00	1:05.92	
11 Lydia Lauer	FR	Seattle	1:05.50	1:06.84	
12 Karli Reichert	FR	Central Wash.	1:05.70	1:08.12	
13 Beth Warner	FR	Western Wash.	1:06.11	1:09.57	
-- Mo Driscoll		Unattached	1:10.11	X1:08.80	

Women 800 Meter Dash

Arlt Invite: ~	2:13.86	2002	Sarah Kraybill,	Seattle Pacific
Stadium: @	2:09.71	1987	Brit McRoberts,	Simon Fraser
D-II Auto: #	2:08.00	2003		
D-II Prov: \$	2:14.00	2003		
GNAC Auto: %	2:20.00	2003		
GNAC Prov: ^	2:27.00	2003		

  

Name	Year	School	Seed	Finals	P
1 Kim Stone	SR	Northwest	2:18.37	2:15.03%	
2 Josanna Lavin	SO	Seattle Pacific	2:15.10	2:17.97%	
3 Jill Salmon	SR	Western Oregon	2:15.80	2:21.17^	
4 Elisa Bolling		Northwest	2:17.49	2:21.40^	
5 Lindy Mullen	SO	Central Wash.	2:17.17	2:23.17^	
6 Mindy Noble	SO	Western Wash.	2:24.48	2:25.41^	
7 Janelle Stevens	FR	Seattle Pacific	2:22.00	2:25.61^	
8 Jodi McVey		Cascade	2:22.00	2:25.97^	
9 Toni Adair	JR	Western Oregon	2:19.00	2:26.94^	
10 Kristen Smith		Northwest	2:30.23	2:28.53	
11 Kim Morris	FR	Western Wash.	2:35.30	2:33.84	
12 Amanda Hall	SO	Western Wash.	2:30.30	2:34.27	
13 Meghan Salvenson	FR	Seattle	2:28.00	2:36.14	
14 Scan Flaaen		Highline CC	2:35.00	2:37.54	
15 Nicole Beatty	FR	Saint Martin's	2:37.00	2:37.64	

16	Ann McCanick	SO Saint Martin's	2:37.00	2:38.03
17	Becky Brackett	FR Western Wash.	2:39.53	2:40.28
18	Shaheen Aslam	FR Western Wash.	2:43.20	2:42.15
19	Leslie Kooy	FR Pacific Lutheran		2:45.42
20	Liz Jacobson	FR Pacific Lutheran	2:33.00	2:46.15
21	Miriam Reynolds	FR Western Wash.	2:45.20	2:53.20
--	Karinda Carlson	Unattached	2:35.00	X2:31.80

Women 1500 Meter Run

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Arlt Invite: ~ 4:32.45 2002      Alicen Maier, Central Washington
Stadium: @ 4:27.64 1987      Brit McRoberts, Simon Fraser
D-II Auto: # 4:27.00 2003
D-II Prov: $ 4:41.00 2003
GNAC Auto: % 4:50.00 2003
GNAC Prov: ^ 5:05.00 2003

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Name	Year	School	Seed	Finals	P
1 Sarah Kraybill	SR	Seattle Pacific	4:39.90	4:41.8h%	
2 Lindy Mullen	SO	Central Wash.	4:54.00	4:50.2h^	
3 Tiffany Stilwater	SO	Northwest	4:47.36	4:51.5h^	
4 Tracey Goldner	SO	Pacific Lutheran	4:55.00	5:01.0h^	
5 Shannon Hayes	JR	Pacific Lutheran	5:00.00	5:02.5h^	
6 Amanda Kamm		Highline CC	5:05.00	5:03.7h^	
7 Alana Hagney	SO	Puget Sound	5:08.00	5:05.6h	
8 Laura Bangerter	SR	Pacific Lutheran	5:00.00	5:08.9h	
9 Amanda Hall	SO	Western Wash.	5:15.00	5:10.4h	
10 Emily Ferguson	SO	Seattle	5:00.00	5:11.5h	
11 Candy Owens	JR	Evergreen	5:13.00	5:12.7h	
12 Sally Ryan	FR	Western Wash.	5:12.80	5:15.3h	
13 Meghan Salvenson	FR	Seattle	5:20.00	5:16.9h	
14 Joyce Doan		Highline CC	5:20.00	5:20.5h	
15 Becky Brackett	FR	Western Wash.	5:29.80	5:24.2h	
16 Kjirsten Brevik	FR	Puget Sound	5:25.00	5:41.0h	
17 Scan Flaaen		Highline CC	5:30.00	5:44.6h	

Women 3000 Meter Run

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=====
Arlt Invite: ~ 9:54.37 2002      Dana Boyle, Puget Sound
Stadium: @ 9:48.0h 1987      Leah Pells, Simon Fraser
D-II Auto: # 9:40.00 2003
D-II Prov: $ 10:18.00 2003

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GNAC Auto: % 10:30.00 2003

GNAC Prov: ^ 11:15.00 2003

Name	Year	School	Seed	Finals	P
1 Ashlee Vincent	SO	Western Wash.	10:02.20	9:53.04~	
2 Alicen Maier	SR	Central Wash.	10:05.00	9:54.32~	
3 Danyel Longmire	JR	Northwest	10:25.00	10:08.83\$	
4 Jamie Witt	SO	Seattle Pacific	10:15.00	10:25.85%	
5 Tiffany Picinich	SR	Central Wash.	10:34.00	10:31.16^	
6 Kelly Fullerton	SO	Seattle	10:30.00	10:35.53^	
7 Erika Olson	SO	Central Wash.	10:32.00	10:37.13^	
8 Abby Bielenberg	SR	Central Wash.	10:45.00	10:38.40^	
9 Stephanie Stine	SO	Central Wash.	11:00.00	10:52.41^	
10 Dawnita LiaBraaten	SR	Central Wash.	10:45.00	10:52.88^	
11 Tina Stimson	JR	Western Wash.	10:59.10	10:53.91^	
12 Stephanie Upshaw	FR	Western Oregon	11:18.00	11:00.79^	
13 Amye Ellingson		Northwest	11:20.00	11:02.69^	
14 Jill Salmon	SR	Western Oregon	10:50.00	11:05.12^	
15 Kristin Haas	SO	Western Wash.		11:05.79^	
16 Ruth Harbaugh	FR	Seattle Pacific	11:15.00	11:17.37	
17 Molly DePasqual	FR	Western Wash.	11:18.90	11:18.14	
18 Leah Trutna	FR	Western Oregon	11:30.00	11:22.01	
19 Kayla Castaneda	FR	Western Oregon	11:30.00	11:23.17	
20 Abby Groth	FR	Seattle Pacific	11:30.00	11:27.55	
21 Amanda Kamm		Highline CC	11:10.00	11:36.35	
22 Joyce Doan		Highline CC	11:40.00	11:46.16	
23 Kindel Stepper	FR	Central Wash.	11:20.00	11:49.10	
24 Ashley Jamieson	FR	Pacific Lutheran	11:10.00	12:52.03	
25 Sarah Brundidge	FR	Seattle	13:00.00	13:19.52	
26 Amber Sommer	JR	Saint Martin's	13:10.00	14:12.44	
-- Lisa Lindsay		Unattached	10:50.00	X10:56.35^	

Women 5000 Meter Run

Arlt Invite: ~ 18:28.2h	1995	My Nguyen, Puget Sound			
Stadium: @ 17:00.61	1982	Patsy Sharples, Idaho			
D-II Auto: # 16:40.00	2003				
D-II Prov: \$ 17:50.00	2003				
GNAC Auto: % 18:30.00	2003				
GNAC Prov: ^ 20:00.00	2003				
Name	Year	School	Seed	Finals	P

1	Lisa Pearl	SR Western Wash.	18:10.40	18:07.21~
2	Wogahata Haile	Highline CC	20:00.00	19:48.05^
3	Niki McCorkle	SO Western Oregon	19:40.00	19:49.11^
4	Beth Rosapepe	SO Western Wash.	19:36.11	19:50.55^
5	Theresa Hill	SO Central Wash.		20:19.21
6	Becky Knox	FR Seattle Pacific		20:21.85
7	Sarah Block	SR Western Oregon	19:45.00	20:55.15
8	Alyssa Anderson	JR Western Oregon	20:30.00	21:15.03
--	Kendra Steinbrugger	Unattached	19:00.00	X20:39.33

Women 10000 Meter Run

=====  
 Stadium: @ 36:52.8h 1982 Patsy Sharples, Idaho  
 D-II Auto: # 35:00.00 2003  
 D-II Prov: \$ 38:00.00 2003  
 GNAC Auto: % 40:00.00 2003  
 GNAC Prov: ^ 43:00.00 2003

Name	Year	School	Seed	Finals	P
1	Nicole Seana	JR Seattle Pacific	39:30.00	42:00.0h^	
2	Rachel Daniels	SO Western Oregon		42:43.0h^	
3	Rachel Bailey	FR Central Wash.		44:30.0h	
4	Erica Pitman	SO Central Wash.		47:27.0h	

Women 100 Meter Hurdles

=====  
 Arlt Invite: ~ 14.34 1998 Vanessa Fryer, Simon Fraser  
 Stadium: @ 13.91 1993 Michaela Colluney, Simon Fraser  
 D-II Auto: # 13.80 2003  
 D-II Prov: \$ 14.65 2003  
 GNAC Auto: % 15.50 2003  
 GNAC Prov: ^ 17.00 2003

Name	Year	School	Seed	Finals	W
1	Ashley Rountree	FR Central Wash.	15.19	15.05%	
2	Linda Blake	FR Seattle Pacific	15.10	15.25%	
3	Dani Reid	FR Western Wash.	15.83	15.75^	
4	Carrie Larsen	JR Pacific Lutheran	15.61	15.81^	
5	Maria Jones	JR Pacific Lutheran	16.14	16.18^	
6	Courtney Johnson	JR Pacific Lutheran	16.72	16.48^	
7	Kirsten Holt	FR Western Wash.	16.30	16.52^	
8	Kathy Gellatly	JR Western Oregon	17.05	16.91^	

9	Jennie Rummell	FR Western Oregon	16.53	17.12
9	Clare Benish	FR Puget Sound	16.95	17.12
11	Ashley Burns	FR Seattle	17.38	17.28
12	Tyisha Coleman	Highline CC	17.80	17.35
13	Naomi Young	SO Northwest		18.02

Women 400 Meter Hurdles

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=====
Arlt Invite: ~ 1:01.24 2002      Jawaea Harder, Seattle Pacific
  Stadium: @ 1:00.64 1993      Michaela Colluney, Simon Fraser
  D-II Auto: # 59.00 2003
  D-II Prov: $ 1:03.70 2003
  GNAC Auto: % 1:06.00 2003
  GNAC Prov: ^ 1:11.00 2003

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Name	Year	School	Seed	Finals	H
1 Kelsey Gleason	FR	Seattle Pacific	1:06.20	1:05.53%	
2 Janna Schaafsma	FR	Seattle Pacific	1:05.50	1:05.89%	
3 Jennie Rummell	FR	Western Oregon	1:07.49	1:07.26^	
4 Laura Burch	SO	Western Wash.	1:06.38	1:08.23^	
5 Easton Branam	JR	Pacific Lutheran	1:08.99	1:09.90^	
6 April Nelson	SR	Puget Sound	1:09.98	1:14.67	
7 Clare Benish	FR	Puget Sound	1:11.00	1:15.34	
8 Kali Seisler	FR	Puget Sound	1:26.00	1:26.91	
-- Kestle Riley		Unattached	1:10.00	X1:08.36^	

Women 3000 Meter Steeplechase

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=====
Arlt Invite: ~ 11:36.0h 2002      Korinda Godwin, Northwest
  Stadium: @ 11:36.0h 2002      Korinda Godwin, Northwest
  D-II Auto: # 10:10.00 2003
  D-II Prov: $ 11:20.00 2003
  GNAC Auto: % 11:50.00 2003
  GNAC Prov: ^ 12:30.00 2003

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Name	Year	School	Seed	Finals	P
1 Korinda Godwin	SR	Northwest	11:15.00	11:36.3h%	
2 Crystal Evans	JR	Northwest	11:50.00	11:53.7h^	
3 Amber Brougher	FR	Western Oregon	12:01.00	11:57.6h^	
4 Hillary Tayet	FR	Seattle Pacific	12:05.00	12:23.2h^	
5 Ann McCanick	SO	Saint Martin's		12:26.9h^	
6 Nicole Beatty	FR	Saint Martin's	13:07.00	12:41.1h	



7 Nicole Bandy	JR Central Wash.	13:13.30	12:52.9h
8 Lexi Baxter	SO Western Wash.	12:42.00	13:14.4h
-- Lakita Burr	Unattached		X14:16.3h

Women 4x100 Meter Relay

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=====
Arlt Invite: ~ 47.48 1999 Pacific Lutheran
                Lay, Osborne, C.Axley, S.Axley
Stadium: @ 47.48 1999 Pacific Lutheran
                Lay, Osborne, C.Axley, S.Axley
D-II Auto: # 45.50 2003
D-II Prov: $ 47.80 2003
School                                                Seed      Finals  P
=====
1 Western Washington University 'A'                48.65      48.24
2 Central Washington University 'A'                49.30      48.85
3 Pacific Lutheran University 'A'                 49.82      48.97
4 Seattle Pacific University 'A'                  49.80      49.06
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Women 4x400 Meter Relay

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=====
Arlt Invite: ~ 3:52.13 1999 Western Washington
                Anderson, Ellingson, Rose, Tenace
Stadium: @ 3:49.30 1987 Simon Fraser
                Ewing, Parrish, Wagner, McRoberts
D-II Auto: # 3:42.00 2003
D-II Prov: $ 3:52.00 2003
School                                                Seed      Finals  H
=====
1 Western Oregon University 'A'                   4:00.75    4:02.62
2 Pacific Lutheran University 'A'                 4:12.00    4:08.13
3 Central Washington University 'A'                 4:04.00    4:11.23
4 Western Washington University 'B'                 4:08.20    4:11.39
5 Seattle University 'A'                          4:27.00    4:33.22
6 Western Washington University 'C'                 4:16.00    4:37.16
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Women 4x800 Meter Relay

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=====
Arlt Invite: ~ 10:11.10 1998 Pacific Lutheran
                S.Robinson, T.Robinson, Morris, Dykes
Stadium: @ 9:13.0h 1984 Simon Fraser
                Street, Evanow, Tomlinson, Grant
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School	Seed	Finals	P
-- Northwest College 'A'	9:15.00	X9:20.94~	
-- Central Washington University 'A'	10:20.00	X10:26.67	

Women High Jump

Arlt Invite: ~ 5-05.75 2000 Brianna Willis, Unattached  
 Stadium: @ 5-09 Twice  
 D-II Auto: # 5-10.50 2003  
 D-II Prov: \$ 5-06 2003  
 GNAC Auto: % 5-03 2003  
 GNAC Prov: ^ 4-10.25 2003

Name	Year	School	Seed	Finals
1 Dianna Grossglass	FR	Seattle Pacific	1.65m	1.69m
2 Monica Smith	SO	Western Oregon	1.67m	1.63m
3 Ashlyn Terry	JR	Western Oregon	1.54m	J1.63m
4 Courtney Johnson	JR	Pacific Lutheran	1.60m	1.58m
5 Amy Kruckeberg	FR	Western Wash.	1.57m	J1.58m
6 Emily Teague	SO	Puget Sound	1.54m	1.53m
7 Liz Ryan	SO	Central Wash.	1.54m	J1.53m
8 Clare Benish	FR	Puget Sound	1.53m	1.48m
9 Bridget Johnson	FR	Western Oregon	1.54m	J1.48m
10 Nicolette Rowe	FR	Puget Sound	1.49m	1.43m
11 Kim Stone	SR	Northwest	1.32m	J1.43m
12 Kalya Yeager	FR	Central Wash.	1.47m	J1.43m

Women Pole Vault

Arlt Invite: ~ 11-09 2002 Jennifer Hunter, Valley Royals  
 Stadium: @ 11-09 2002 Jennifer Hunter, Valley Royals  
 D-II Auto: # 13-01.50 2003  
 D-II Prov: \$ 11-03 2003  
 GNAC Auto: % 10-11.75 2003  
 GNAC Prov: ^ 9-00.25 2003

Name	Year	School	Seed	Finals
1 Allyson Studer	JR	Seattle Pacific	3.70m	3.73m
2 Elli Seifert	SO	Northwest	3.50m	3.58m
2 Allison Hedges	FR	Seattle Pacific	3.55m	3.58m
4 Katie Heaton	SO	Puget Sound	3.49m	3.43m

5	Andrea Kreft	FR Western Wash.	3.35m	J3.43m
6	Nicolette Rowe	FR Puget Sound	3.04m	3.13m
7	Whitney Omlin	FR Central Wash.	3.04m	J3.13m
8	Kelly Wright	SR Pacific Lutheran	3.04m	J3.13m
9	Emily Teague	SO Puget Sound	3.04m	J3.13m
10	Liz Kajko	SO Puget Sound	3.04m	J3.13m
11	Theresa Mangahas	JR Seattle	3.35m	J3.13m
12	Laura Fisher	SO Pacific Lutheran	3.04m	2.98m
13	Amber Rose	JR Seattle Pacific	3.14m	J2.98m
14	Morgan Olsen	FR Western Oregon	2.74m	2.83m
14	Kira Langnese	JR Western Oregon	2.89m	2.83m
14	Annie Shuler	FR Central Wash.	2.74m	2.83m
17	Katie Maurer	SO Central Wash.	2.74m	2.68m
18	Alia Hines	Highline CC	2.74m	2.53m
18	Jamie Smith	JR Pacific Lutheran	2.74m	2.53m
18	Nena Dodge	JR Western Wash.	2.64m	2.53m
18	Joan Campbell	JR Western Oregon	2.74m	2.53m
--	Joan Brilley	SO Puget Sound	2.50m	NH

Women Long Jump

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Arlt Invite: ~ 18-10.50 2002 Davina Strauss, Central Washington  
 Stadium: @ 19-04 1987 Kim Huey, Seattle Pacific  
 D-II Auto: # 20-06.25 2003  
 D-II Prov: \$ 18-10 2003  
 GNAC Auto: % 17-00.75 2003  
 GNAC Prov: ^ 15-09 2003

Name	Year	School	Seed	Finals	W
1	Danielle Ayers-Stamper	FR Seattle Pacific	5.56m	5.68m	+
2	Maria Jones	JR Pacific Lutheran	5.30m	5.25m	+
3	Shelley Comstock	SR Western Oregon	5.48m	5.19m	-
4	Emily Teague	SO Puget Sound	4.90m	5.13m	+
5	Linda Blake	FR Seattle Pacific	5.10m	5.11m	-
6	Bridget Johnson	FR Western Oregon	4.97m	5.05m	-
7	Lea Tiger	SO Central Wash.	5.02m	5.01m	+
8	Teresa Schlafer	FR Central Wash.	5.08m	4.91m	-
9	Julie Graham	SO Central Wash.		4.83m	-
10	Clare Benish	FR Puget Sound	4.72m	4.81m	-
11	Annie Shuler	FR Central Wash.	4.41m	4.78m	+
12	Jessica Wagner	FR Central Wash.	4.67m	4.73m	-
12	Allyson Studer	JR Seattle Pacific	4.87m	4.73m	-

14	Nicolette Rowe	FR Puget Sound	4.50m	4.70m	+
15	Kalyn Yeager	FR Central Wash.	4.74m	4.67m	-
16	Beth Griffin	FR Western Wash.	4.69m	4.55m	-
16	Laura Fisher	SO Pacific Lutheran	4.87m	4.55m	+
18	Katie Maurer	SO Central Wash.	4.26m	4.54m	+
19	Nena Dodge	JR Western Wash.	4.54m	4.40m	
20	Jackie McCall	FR Western Wash.	4.67m	4.39m	-
21	Jennifer DeMuynck	Northwest	4.19m	4.34m	+
22	Brianne Dolan	JR Western Wash.	4.62m	4.24m	-
23	LeAnne Evans	SO Western Wash.	4.80m	4.08m	-
24	Kristin Wilcock	FR Central Wash.	4.26m	3.97m	-

Women Triple Jump

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Arlt Invite: ~	38-08.50	1994	Tracy Fox, Pacific Lutheran
Stadium: @	38-08.50	1994	Tracy Fox, Pacific Lutheran
D-II Auto: #	41-00.25	2003	
D-II Prov: \$	38-00.75	2003	
GNAC Auto: %	35-09	2003	
GNAC Prov: ^	31-02	2003	

Name	Year	School	Seed	Finals	W
1	Dianna Grossglass	FR Seattle Pacific	10.05m	11.14m	
2	Lea Tiger	SO Central Wash.	11.22m	J11.14m	-
3	Shelley Comstock	SR Western Oregon	11.58m	10.80m	-
4	Julie Graham	SO Central Wash.	10.61m	10.54m	-
5	Maria Jones	JR Pacific Lutheran	10.66m	10.42m	-
6	Amber Rose	JR Seattle Pacific	10.36m	10.33m	
7	Jessica Wagner	FR Central Wash.	9.98m	10.30m	
8	Alicia Steinruck	FR Pacific Lutheran	10.21m	10.05m	+
9	Laura Fisher	SO Pacific Lutheran	9.75m	9.69m	
10	Kalyn Yeager	FR Central Wash.	9.98m	9.59m	-
11	Beth Griffin	FR Western Wash.	10.21m	9.46m	-
--	Elli Seifert	SO Northwest		DNF	
--	Kristen Smith	Northwest		DNF	
--	Naomi Young	SO Northwest		DNF	

Women Shot Put

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Arlt Invite: ~	44-11	2000	April Haney, Eastern Oregon
Stadium: @	47-01.25	1981	Jenny Lemke, Wenatchee Valley CC
D-II Auto: #	50-00	2003	

D-II Prov: \$ 44-00 2003  
 GNAC Auto: % 37-08.75 2003  
 GNAC Prov: ^ 34-01.50 2003

Name	Year	School	Seed	Finals
1 Jennifer Pyeatt	JR	Seattle Pacific	12.82m	13.01m
2 Dorothy Kerr	SR	Western Oregon	12.49m	12.38m
3 Alicia Vandervelden	FR	Western Oregon	12.49m	11.97m
4 Julie Reese		Northwest	12.59m	11.67m
5 Danielle Ayers-Stamper	FR	Seattle Pacific	11.88m	11.50m
6 Hope Berkey	FR	Western Oregon	11.58m	11.28m
7 Tammy Carlson	SO	Western Wash.	10.61m	11.17m
8 Julie Locke	SO	Pacific Lutheran	11.48m	11.04m
9 Arlecier West		Highline CC	11.68m	10.97m
9 Rachelle Hoppe	FR	Western Wash.	11.06m	10.97m
11 Shalese Borden	SR	Western Oregon	12.19m	10.76m
12 Sarah Button	FR	Western Wash.	10.64m	10.65m
13 Lauren Kooy	JR	Seattle Pacific	10.05m	10.47m
14 LeAnne Evans	SO	Western Wash.	10.43m	10.20m
15 Ashley VanOeveren	FR	Western Wash.	9.70m	9.54m
16 Jemma Maher	FR	Central Wash.	9.14m	9.13m
17 Heather Yergen	SO	Central Wash.	9.29m	8.94m
18 Jackie McCall	FR	Western Wash.	9.06m	8.78m
19 Jennifer Powers	FR	Central Wash.	8.22m	8.44m
20 Cortney Rockwell	FR	Saint Martin's	7.49m	7.22m
21 Amanda von Jentzen	FR	Central Wash.	8.22m	7.00m

Women Discus Throw

=====  
 Arlt Invite: ~ 151-01 1998 Sherie Schroeder, Western Washington  
 Stadium: @ 166-11 1983 Julie Hanson, Unattached  
 D-II Auto: # 166-00 2003  
 D-II Prov: \$ 143-00 2003  
 GNAC Auto: % 121-05 2003  
 GNAC Prov: ^ 108-03 2003

Name	Year	School	Seed	Finals
1 Julie Locke	SO	Pacific Lutheran	39.67m	38.81m
2 Jessica Telleria	FR	Western Wash.	39.90m	38.06m
3 Jaci Cederberg	SO	Western Oregon	37.18m	36.51m
4 Ashley VanOeveren	FR	Western Wash.	36.72m	36.04m
5 Alicia Vandervelden	FR	Western Oregon	38.10m	34.86m

6	Christin McDowell	SO Central Wash.	36.57m	34.20m
7	Lauren Kooy	JR Seattle Pacific	37.18m	33.72m
8	Kristina MacCully	SO Western Wash.	35.83m	33.48m
9	Kim Radke	SO Western Wash.	35.61m	33.21m
10	Julie Reese	Northwest	33.80m	32.48m
11	Heather Yergen	SO Central Wash.	33.52m	32.16m
12	Rachelle Hoppe	FR Western Wash.	33.52m	32.09m
13	Shalese Borden	SR Western Oregon	33.22m	31.83m
14	Sarah Button	FR Western Wash.	33.62m	31.45m
15	Dorothy Kerr	SR Western Oregon	36.57m	30.74m
16	Robin Dudley	FR Pacific Lutheran	32.00m	29.79m
17	Kessa Volland	JR Western Wash.	31.08m	29.05m
18	Tammy Carlson	SO Western Wash.	31.01m	28.85m
19	Stacey Hopkins	JR Western Wash.	33.98m	27.60m
20	Hope Berkey	FR Western Oregon	28.34m	27.18m
21	Cortney Rockwell	FR Saint Martin's	26.51m	26.95m
22	Jennifer Powers	FR Central Wash.	23.77m	24.32m

Women Hammer Throw

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Arlt Invite: ~ 168-02 2000      Leah Merrill, Eastern Oregon
  Stadium: @ 168-02 2000      Leah Merrill, Eastern Oregon
  D-II Auto: # 185-00 2003
  D-II Prov: $ 155-00 2003
  GNAC Auto: % 137-09 2003
  GNAC Prov: ^ 108-03 2003

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Name	Year	School	Seed	Finals
1	Jennifer Dunkin	SR Western Oregon	54.86m	53.02m
2	Kristin Hepler	JR Western Oregon	50.59m	51.30m
3	Jaci Cederberg	SO Western Oregon	50.90m	46.74m
4	Shalese Borden	SR Western Oregon	46.32m	43.64m
5	Dorothy Kerr	SR Western Oregon	44.50m	43.50m
6	Christin McDowell	SO Central Wash.	45.26m	43.29m
7	Arlecier West	Highline CC	33.52m	42.84m
8	Kim Radke	SO Western Wash.	39.64m	38.96m
9	Alicia Vandervelden	FR Western Oregon	33.52m	34.09m
10	Tammy Carlson	SO Western Wash.	33.85m	32.98m
11	Hope Berkey	FR Western Oregon	29.87m	30.82m
12	Marie Wroble	FR Pacific Lutheran	32.00m	30.00m
13	Jessica Telleria	FR Western Wash.	30.73m	29.98m
14	Kristina MacCully	SO Western Wash.	25.12m	28.27m

15 Julie Reese	Northwest	19.81m	25.07m
16 Rachelle Hoppe	FR Western Wash.	26.08m	22.35m

Women Javelin Throw

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Arlt Invite: ~ 156-05 2002      Molly Monroe, Unattached
  Stadium: @ 160-11 1983      Lorna Martinson, Central Washington
D-II Auto: # 155-00 2003
D-II Prov: $ 134-00 2003
GNAC Auto: % 125-00 2003
GNAC Prov: ^ 108-03 2003
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Name	Year School	Seed	Finals
1 Stacey Hopkins	JR Western Wash.	137-08	148-04\$
2 Holly Conrad	SR Western Oregon	152-00	142-03\$
3 Rochelle Weems	SR Pacific Lutheran	126-00	129-11%
4 Danielle Ayers-Stamper	FR Seattle Pacific	133-00	124-01^
5 Marie Wroble	FR Pacific Lutheran	115-06	123-03^
6 Anna Nielsen	FR Western Wash.	114-04	120-00^
7 Julie Reese	Northwest	133-05	118-01^
8 Michelle Johnson	FR Western Wash.	116-00	116-01^
9 Alicia Steinruck	FR Pacific Lutheran	121-03	115-11^
10 Julie Maib	SO Central Wash.	105-06	115-09^
11 Ashlyn Terry	JR Western Oregon	121-00	112-11^
12 Kira Langnese	JR Western Oregon	118-00	106-04
13 Cortney Rockwell	FR Saint Martin's	114-00	105-01
14 Karisa Wilmovsky	JR Western Wash.	101-02	104-11
15 Andrea Sheedy	SO Seattle Pacific	110-00	103-10
16 Desiree Howard	JR Central Wash.	104-00	103-04
17 Linda Blake	FR Seattle Pacific	110-00	102-06
18 Lauren Kooy	JR Seattle Pacific	109-00	99-02
19 Carissa Baker	JR Central Wash.	102-05	90-05
20 Amanda von Jentzen	FR Central Wash.	90-00	88-05
21 Kathy Gellatly	JR Western Oregon	101-00	80-03
22 Morgan Evans	FR Pacific Lutheran	62-00	71-09

Men 100 Meter Dash

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Arlt Invite: ~ 10.53 1998      Chris Courtney, Central Washington
  Stadium: @ 10.53 1998      Chris Courtney, Central Washington
D-II Auto: # 10.30 2003
D-II Prov: $ 10.68 2003
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GNAC Auto: % 11.10 2003

GNAC Prov: ^ 11.50 2003

Name	Year	School	Seed	Finals	W
1 Curt Weber		SO Central Wash.	10.79	10.5h~	
2 Fabien Coutard		SO Central Wash.	11.04	10.6h\$	
3 Derek Gitts		FR Western Oregon	10.90	10.9h%	
4 Jacob Petz		SO Western Wash.	10.99	J10.9h%	
5 Edward Kaeka		FR Western Wash.	11.16	J10.9h%	
6 George Bedlion		FR Western Wash.	11.28	11.30^	
7 Dan Thompsen		JR Western Wash.	11.37	J11.43^	
8 Cory Medina		JR Central Wash.	11.45	J11.47^	
10 Matt Ludwigson		Highline CC	11.40	11.50^	
10 Greg Lewis		FR Western Oregon	11.34	11.50^	
12 Jeremiah Armstead		Highline CC	11.40	11.53	
13 Mikel Lenox		FR Western Wash.	11.81	11.59	
14 Tyson Walker		Highline CC	11.20	J11.3h^	
14 Sterling Howard		Highline CC	11.40	11.60	
15 Jason Roberts		FR Central Wash.	11.47	11.67	
16 Scott Peterson		SO Pacific Lutheran	11.57	11.69	
16 Edgardo Holland		Highline CC	11.30	11.69	
18 Andy Hamilton		FR Pacific Lutheran	11.90	11.76	
19 Joe Smith		JR Central Wash.	11.51	11.80	
20 Peter Hays		SO Western Wash.	11.52	11.83	
21 Chris Larson		SO Western Wash.	11.81	11.96	
22 Derek Bair		Highline CC	11.50	12.01	
23 Brian Hunter		SO Seattle Pacific	11.60	12.13	
24 Andy Albrecht		FR Pacific Lutheran	11.71	12.19	
25 Eisaku Nakagawa		Bellevue CC	11.50	12.24	
26 Evan Martin		SO Saint Martin's	12.89	13.74	
-- Antar Brame		FR Western Oregon	11.11	DQ	
-- Josh Freeman		Unattached	11.43	DQ	
-- Michael Morrison		JR Unattached	11.33	X11.67	

Men 200 Meter Dash

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Arlt Invite: ~ 21.50 1997      Marc Hill, Unattached  
Stadium: @ 21.50 1997      Marc Hill, Unattached  
D-II Auto: # 20.65 2003  
D-II Prov: \$ 21.55 2003  
GNAC Auto: % 22.20 2003  
GNAC Prov: ^ 23.40 2003



Name	Year	School	Seed	Finals	W
1	Isaac Frederick	JR Western Oregon	21.75	21.78%	
2	Fabien Coutard	SO Central Wash.	22.20	22.41^	
3	Jerome Sirmans	Highline CC	22.50	22.98^	
4	Jacob Petz	SO Western Wash.	22.80	22.99^	
5	David Neilsen	SR Seattle	22.36	23.01^	
6	Rashan Mitchell	Highline CC	22.60	23.04^	
6	Dustin Wilson	FR Western Wash.	22.85	23.04^	
8	George Bedlion	FR Western Wash.	22.95	23.13^	
9	Chris McClung	JR Western Wash.	22.72	23.25^	
10	Cory Medina	JR Central Wash.	23.20	23.28^	
11	Tyson Walker	Highline CC	22.91	23.34^	
12	Edward Kaeka	FR Western Wash.	23.58	23.36^	
13	Derek Gitts	FR Western Oregon	23.34	23.48	
14	Sterling Howard	Highline CC	23.10	23.51	
15	Greg Lewis	FR Western Oregon	23.46	23.52	
16	Jason Roberts	FR Central Wash.	23.65	23.59	
17	Eduardo Holland	Highline CC	22.90	23.67	
18	Scott Peterson	SO Pacific Lutheran	23.28	23.68	
19	Jeremiah Armstead	Highline CC	22.99	23.71	
20	K.J. Loreth	JR Seattle	23.19	23.81	
21	Dan Thompsen	JR Western Wash.	23.56	23.86	
22	Andy Hamilton	FR Pacific Lutheran	24.19	24.07	
23	Todd Nishida	JR Seattle	23.89	24.17	
24	Faruk Punjani	FR Seattle	23.39	24.21	
25	Andy Albrecht	FR Pacific Lutheran	23.28	24.25	
26	Luke Preble	FR Western Wash.	23.40	24.36	
27	Chris Larson	SO Western Wash.	23.81	24.39	
28	Matt Lambrecht	JR Saint Martin's	25.60	25.17	
29	Antwan Richardson	Highline CC	24.00	25.21	
30	Derek Bair	Highline CC	23.60	25.29	
--	Josh Freeman	Unattached	23.00	X23.40^	

Men 400 Meter Dash

Arlt Invite:	~ 47.9h	1994	Jay Spears, Central Washington
Stadium:	@ 47.84	1984	John Kaay, Simon Fraser
D-II Auto:	# 46.50	2003	
D-II Prov:	\$ 48.00	2003	
GNAC Auto:	% 50.00	2003	
GNAC Prov:	^ 51.50	2003	

Name	Year	School	Seed	Finals	H
1 Jerome Sirmans		Highline CC	48.90	48.92%	
2 David Neilsen	SR	Seattle	49.81	49.66%	
3 K.J. Loreth	JR	Seattle	49.71	49.76%	
4 Brian Sweeney	FR	Western Wash.	50.92	50.50^	
5 Scott Lemmon	SO	Western Oregon	50.65	50.73^	
6 Chris McClung	JR	Western Wash.	50.79	50.86^	
7 Chris Anderson	SR	Pacific Lutheran	50.80	51.01^	
8 Jeff Benson	FR	Western Oregon	51.38	51.05^	
9 Rashan Mitchell		Highline CC	50.20	51.93	
10 Luke Preble	FR	Western Wash.	53.23	51.98	
11 Patrick Skelley	FR	Western Wash.	52.15	52.45	
12 Keith Russell	FR	Pacific Lutheran	53.83	53.15	
13 Tim Walsh	SO	Western Wash.	52.65	53.35	
14 Matt Pakinas	SR	Central Wash.	53.50	53.38	
15 Corey Congleton		Northwest	52.10	53.48	
16 Dan Gibson	SO	Western Wash.	53.22	54.18	
17 Antwan Richardson		Highline CC	55.00	55.02	
18 Matt Lambrecht	JR	Saint Martin's	56.40	55.95	
19 Mike Sweeney	FR	Puget Sound	58.50	59.76	
-- Loyal Allen		Unattached	50.30	X50.74^	

Men 800 Meter Dash

Arlt Invite: ~ 1:52.6h	1994	Kirby Leufroy, Puget Sound			
Stadium: @ 1:51.75	1987	Andrew Dawson, Simon Fraser			
D-II Auto: # 1:49.40	2003				
D-II Prov: \$ 1:52.60	2003				
GNAC Auto: % 1:55.50	2003				
GNAC Prov: ^ 1:59.90	2003				
Name	Year	School	Seed	Finals	P
1 Paul Mach	JR	Seattle Pacific	1:54.00	1:53.94%	
2 Bryan Pyfer		Highline CC	1:54.50	1:54.41%	
3 Mike Pankiewicz	FR	Central Wash.	1:55.76	1:54.91%	
4 Mike Dickson		Highline CC	1:54.80	1:55.44%	
5 Ethan Barrons	SO	Western Oregon	1:58.00	1:57.78^	
6 Jason Nieblas		Highline CC	1:57.00	1:57.84^	
7 Steven DeKoker	JR	Western Wash.	1:59.20	1:57.88^	
8 Nathan Carlson	JR	Saint Martin's	1:55.00	1:58.15^	
9 Kelsey Backen	SR	Central Wash.	1:59.30	1:58.34^	

10	Matt Blaine	JR Seattle	1:58.00	1:58.79^
11	Clay Hemlock	Highline CC	1:55.00	1:59.11^
12	Jason Bush	JR Central Wash.	1:55.90	1:59.95
13	Canyon Little	FR Western Wash.	2:01.00	2:00.39
14	Matt Vanni	FR Puget Sound	2:00.00	2:01.01
15	Chris Carpenter	JR Saint Martin's	1:59.50	2:01.75
16	Scott Van Hess	SR Seattle Pacific	1:55.95	2:01.78
17	Aaron Eckert	SO Western Oregon	1:58.00	2:03.34
18	Ben U'Ren	FR Puget Sound	2:03.00	2:05.66
19	Andy Koehn	FR Seattle	2:05.00	2:06.26
20	Chris Logan	SR Western Oregon	1:59.00	2:07.15
21	Todd Nishida	JR Seattle	2:05.00	2:12.04
22	Matt Crabtree	FR Western Wash.	2:09.94	2:12.84
--	Devin Kemper	Club Northwest	1:51.00	X1:52.14\$
--	Nathanael Castle	SR Unattached	1:53.20	X1:54.64%
--	Reuben Joseph	JR Unattached	1:58.00	X2:05.15
--	Derek Thornton	Unattached		X2:08.37

Men 1500 Meter Run

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Arlt Invite: ~ 3:54.5h	2002	Nathan Carlson, Saint Martin's
Stadium: @ 3:51.64	1987	Mike Pace, Central Washington
D-II Auto: # 3:47.00	2003	
D-II Prov: \$ 3:54.00	2003	
GNAC Auto: % 3:59.00	2003	
GNAC Prov: ^ 4:10.00	2003	

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Name	Year	School	Seed	Finals	P
1 Nathan Carlson	JR	Saint Martin's	3:54.00	3:57.11%	
2 Clay Hemlock		Highline CC	3:58.00	4:00.78^	
3 Stuart Chaffee	SR	Western Oregon	4:00.00	4:02.39^	
4 Aaron Eckert	SO	Western Oregon	4:09.00	4:02.79^	
5 Jason Porter	JR	Central Wash.	4:03.30	4:05.67^	
6 Brian Brancheau	JR	Western Wash.	4:06.21	4:06.26^	
7 Emil Newhouse	SR	Western Wash.	4:22.30	4:07.26^	
8 Dain Engebretsen	JR	Seattle	4:10.00	4:07.8h^	
9 Chris Carpenter	JR	Saint Martin's	4:05.00	4:08.46^	
10 Andy Koehn	FR	Seattle	4:11.00	4:14.2h	
11 Chris Logan	SR	Western Oregon		4:15.2h	
12 Payton Thompson	SO	Pacific Lutheran	4:05.00	4:15.50	
13 Nathan Chambers	FR	Evergreen	4:12.00	4:15.6h	
14 Will Smith	SR	Western Oregon	4:16.00	4:17.0h	

15 Karl Meller	SR Western Wash.		4:18.6h
16 Richard Franck	FR Seattle	4:12.00	4:19.7h
17 Matt Crabtree	FR Western Wash.	4:18.64	4:22.5h
18 Clint Bjella	SO Seattle Pacific	4:25.00	4:24.6h
19 Robert Renninger	FR Seattle	4:05.00	4:26.91
20 Joe Baisch	SO Western Wash.	4:30.20	4:31.8h
-- Derek Thornton	Unattached		X4:14.6h

Men 5000 Meter Run

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Arlt Invite: ~ 14:22.35 2002      Eric Tollefson, Unattached
  Stadium: @ 14:22.35 2002      Eric Tollefson, Unattached
  D-II Auto: # 14:00.00 2003
  D-II Prov: $ 14:50.00 2003
  GNAC Auto: % 15:10.00 2003
  GNAC Prov: ^ 16:00.00 2003

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Name	Year	School	Seed	Finals	P
1 Spencer Walsh	SO	Western Oregon	15:48.00	15:33.12^	
2 Tim LeCount	SO	Seattle Pacific		15:38.78^	
3 Pat McGuire		Highline CC	15:30.00	15:59.35^	
4 Will Smith	SR	Western Oregon	15:38.00	16:02.82	
5 Josh Klimek	FR	Evergreen	16:02.00	16:04.65	
6 Jerret Mantalas	SO	Western Oregon		16:10.49	
7 Phil Paul	SO	Central Wash.	15:59.00	16:26.74	
8 Leif Kohler		Bellevue CC	16:20.00	16:29.64	
9 Dustin Marshall		Bellevue CC	16:40.00	16:41.56	
10 Gabe Andrews	FR	Central Wash.	16:20.00	16:48.86	
11 Jami Dashow	FR	Central Wash.	16:35.00	16:50.47	
12 Chris Swanson		Bellevue CC	15:50.00	16:52.33	
13 Vic Carpenter	FR	Saint Martin's	17:00.00	17:29.47	
-- Corey Rebmann		Unattached		XDNF	
-- Cary Costa	JR	Western Oregon	17:46.00	DNF	
-- Eric Tollefson		Unattached	14:30.00	X14:43.37\$	
-- Miguel Galeana		Unattached	14:50.00	X15:01.56%	
-- Angelo Baca		Unattached	15:35.00	X15:14.57^	
-- Peter Olsufka	SO	Unattached		X17:21.26	

Men 10000 Meter Run

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  Stadium: @ 30:34.7h 1982      Don Stearns, Eastern Oregon
  D-II Auto: # 29:20.00 2003

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D-II Prov: \$ 31:20.00 2003  
 GNAC Auto: % 33:30.00 2003  
 GNAC Prov: ^ 35:00.00 2003

Name	Year	School	Seed	Finals	P
1 Dan Ferguson		FR Central Wash.		34:53.4h^	

Men 110 Meter Hurdles

Arlt Invite: ~ 14.4h 1994 Nolan Toso, Pacific Lutheran  
 Stadium: @ 14.53 1984 Don Erickson, Puget Sound  
 D-II Auto: # 13.90 2003  
 D-II Prov: \$ 14.70 2003  
 GNAC Auto: % 15.60 2003  
 GNAC Prov: ^ 16.60 2003

Name	Year	School	Seed	Finals	W
1 Damien Davis		SR Western Oregon	14.54	14.89%	
2 Nate Anderson		SR Western Oregon	14.98	15.29%	
3 Jeff Luckstead		FR Western Wash.	15.83	15.42%	
4 Jon Payne		SO Pacific Lutheran	15.84	15.59%	
4 Brandon Conroy		SR Western Oregon	16.00	15.59%	
6 Jershon Foyston		Highline CC	15.21	15.62^	
7 Carl Strong		Pacific Lutheran	15.95	15.82^	
8 Chris Randolph		FR Seattle Pacific	15.85	15.89^	
9 Dustin Wilson		FR Western Wash.	15.74	16.16^	
10 Chris Anderson		SR Pacific Lutheran	16.14	16.55^	
10 Jason Radel		FR Seattle Pacific	16.30	16.55^	
12 Aaron Riner		FR Western Wash.	17.00	16.82	
13 Nick Gillespie		FR Western Oregon	17.11	16.83	
14 Luke Ewing		FR Western Oregon	17.07	17.12	
15 Gunner Argo		Highline CC	16.80	17.18	
-- Michael Morrison		JR Unattached	15.10	X15.02%	
-- Josh Freeman		Unattached	15.48	X15.46%	

Men 400 Meter Hurdles

Arlt Invite: ~ 52.5h 1994 Goreal Hudson, Central Washington  
 Stadium: @ 52.5h 1994 Goreal Hudson, Central Washington  
 D-II Auto: # 51.70 2003  
 D-II Prov: \$ 53.55 2003  
 GNAC Auto: % 56.90 2003

GNAC Prov: ^ 1:00.00 2003

Name	Year	School	Seed	Finals	H
1 Nate Anderson	SR	Western Oregon	54.08	53.90%	
2 Jon Payne	SO	Pacific Lutheran	55.03	54.30%	
3 Micah Kelly	SR	Seattle Pacific	54.90	55.64%	
4 Luke Ewing	FR	Western Oregon	57.66	56.44%	
5 Jershon Foyston		Highline CC	53.81	56.70%	
6 Michael Hartz	SO	Western Wash.	58.45	57.64^	
7 Chris Petersen	SR	Central Wash.	56.80	57.90^	
8 Matt Ludwigson		Highline CC	58.10	58.04^	
9 Mike Kelley	FR	Central Wash.	59.00	59.17^	
10 Nick Gillespie	FR	Western Oregon	58.84	59.84^	
11 Jason Radel	FR	Seattle Pacific	1:00.50	1:00.17	
12 Carl Strong		Pacific Lutheran	59.20	1:00.61	
13 Damien Davis	SR	Western Oregon	55.68	1:00.71	
14 Aaron Riner	FR	Western Wash.	1:01.69	1:02.21	
-- Michael Morrison	JR	Unattached	53.19	X52.93\$	

Men 3000 Meter Steeplechase

=====  
 Arlt Invite: ~ 9:11.9h 1998 Eric Tollefson, Unattached  
 Stadium: @ 9:11.9h 1998 Eric Tollefson, Unattached  
 D-II Auto: # 9:00.00 2003  
 D-II Prov: \$ 9:25.00 2003  
 GNAC Auto: % 9:40.00 2003  
 GNAC Prov: ^ 10:15.00 2003

Name	Year	School	Seed	Finals	P
1 Brett Franz	SR	Western Oregon	9:36.00	9:27.1h%	
2 Ethan Barrons	SO	Western Oregon	9:31.00	9:38.7h%	
3 Matt Cook	SO	Central Wash.	10:28.00	10:15.9h	
4 Leif Kohler		Bellevue CC	9:50.00	10:29.5h	
5 Aaron Libadisos	SO	Seattle Pacific	10:30.00	10:32.5h	
6 Pat McGuire		Highline CC	10:05.00	10:34.5h	
7 Sean Conroy		Highline CC	10:50.00	11:39.4h	
-- Peter Olsufka	SO	Unattached	10:28.00	X10:25.5h	

Men 4x100 Meter Relay

=====  
 Arlt Invite: ~ 41.12 1999 Central Washington  
 Delay, Faulconer, Saur, Courtney

Stadium: @ 41.12 1999 Central Washington  
DeLay, Faulconer, Saur, Courtney

D-II Auto: # 40.00 2003

D-II Prov: \$ 41.20 2003

School	Seed	Finals	P
1 Central Washington University 'A'	42.20	41.63	
2 Western Washington University 'A'	42.73	42.46	
3 Highline Community College 'A'	42.40	42.97	
4 Highline Community College 'B'	43.40	43.23	
5 Western Oregon University 'B'	42.80	43.34	
6 Western Washington University 'B'	43.09	43.49	
7 Highline Community College 'C'		44.18	
8 Pacific Lutheran University 'A'	44.20	44.53	

#### Men 4x400 Meter Relay

Arlt Invite: ~ 3:16.5h 1994 Western Washington  
Hill, Blank, Young, Delaney

Stadium: @ 3:15.08 1984 Simon Fraser  
Clarke, Tyler, Devlin, Kaay

D-II Auto: # 3:09.00 2003

D-II Prov: \$ 3:14.00 2003

School	Seed	Finals	H
1 Western Oregon University 'A'	3:17.80	3:19.26	
2 Seattle Pacific University 'A'	3:20.50	3:20.00	
3 Highline Community College 'A'	3:17.00	3:20.43	
4 Seattle University 'A'	3:27.02	3:25.33	
5 Central Washington University 'A'	3:25.00	3:25.67	
6 Highline Community College 'C'	3:30.00	3:26.60	
7 Pacific Lutheran University 'A'	3:30.00	3:26.63	
8 Western Washington University 'A'	3:25.53	3:26.80	
9 Highline Community College 'B'	3:22.00	3:27.14	
10 Western Washington University 'B'	3:32.10	3:30.87	

#### Men High Jump

Arlt Invite: ~ 6-10.25 1998 Sean Steele, Highline CC

Stadium: @ 7-00 1979 Bob Peterson, Idaho

D-II Auto: # 7-01 2003

D-II Prov: \$ 6-09.75 2003

GNAC Auto: % 6-04.75 2003

GNAC Prov: ^ 5-10.75 2003

Name	Year	School	Seed	Finals
1 Cole Parmalee	FR	Western Oregon	1.98m	1.93m
1 Jay Thomas	JR	Central Wash.	1.93m	1.93m
1 Jeff Word	FR	Western Wash.	1.90m	1.93m
4 Chris Randolph	FR	Seattle Pacific	1.94m	1.88m
4 Chris Fuller		Highline CC	1.93m	1.88m
6 Scott Lemmon	SO	Western Oregon	1.85m	1.78m

#### Men Pole Vault

Arlt Invite: ~ 16-05.50 1998 Neil Owen, Pacific Lutheran

Stadium: @ 16-05.50 1998 Neil Owen, Pacific Lutheran

D-II Auto: # 17-00 2003

D-II Prov: \$ 15-09 2003

GNAC Auto: % 14-05.25 2003

GNAC Prov: ^ 13-01.50 2003

Name	Year	School	Seed	Finals
1 Hunter Verner	SO	Western Wash.	4.57m	4.65m
2 Scott Alexander	JR	Central Wash.	4.57m	J4.65m
3 Josh Cummings	JR	Western Oregon	4.47m	J4.65m
4 Spike Olsen	JR	Western Oregon	4.47m	4.50m
5 Scott Romney	SO	Western Wash.	4.57m	J4.50m
6 Thomas Matthews	SO	Western Oregon	4.16m	4.35m
7 Eric Gunderson	SO	Pacific Lutheran	4.41m	J4.35m
8 Andrew Behl	FR	Western Wash.	3.96m	4.20m
9 Zack Koehnke	FR	Western Wash.	4.11m	4.05m
10 Brandon Conroy	SR	Western Oregon	3.81m	J4.05m
11 Greg Gause	FR	Puget Sound	4.41m	J4.05m
12 Charles Villagrancia		Highline CC	4.11m	3.90m
13 Chris Randolph	FR	Seattle Pacific	3.65m	J3.90m
14 Dustin Michaelis	FR	Western Wash.	3.93m	3.75m
15 Jason Radel	FR	Seattle Pacific	3.65m	J3.75m
-- Matt Perry	SR	Puget Sound	4.26m	NH
-- Burch Greene	FR	Puget Sound	4.41m	NH
-- Dominic Anderson	FR	Seattle Pacific	3.65m	NH
-- Adam Cleveland	FR	Western Wash.	4.55m	NH
-- Tyler Thornbrue	FR	Western Wash.	4.11m	NH
-- Gunner Argo		Highline CC	4.11m	NH



Men Long Jump

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Arlt Invite: ~ 23-10.75 1995      Rob Rising, Central Washington
  Stadium: @ 24-05.50 1970      Dave Walker, Central Washington
D-II Auto: # 25-04 2003
D-II Prov: $ 23-08 2003
GNAC Auto: % 21-11.75 2003
GNAC Prov: ^ 21-00 2003
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Name	Year	School	Seed	Finals	W
1 Joe Smith	JR	Central Wash.	6.70m	6.96m	+
2 Brad Satran	JR	Western Oregon	7.16m	6.93m	+
3 Cole Parmalee	FR	Western Oregon	7.01m	6.85m	-
4 Justin Lawrence	JR	Central Wash.	6.85m	6.69m	-
5 Curt Weber	SO	Central Wash.	6.80m	6.48m	-
6 Zak Ernst	FR	Western Wash.	6.35m	6.29m	-
7 Matt Ludwigson		Highline CC	6.24m	6.26m	+
8 Scott Freymond	JR	Central Wash.	6.95m	5.83m	-
9 Gunner Argo		Highline CC	6.01m	5.60m	+
10 Derek Bair		Highline CC	5.48m	5.15m	+
-- Thomas Ham		Unattached	6.92m	X6.16m	+

Men Triple Jump

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Arlt Invite: ~ 48-01.25 2002      Justin Lawrence, Central Washington
  Stadium: @ 51-00 1979      Dave White, Eastern Washington
D-II Auto: # 51-00 2003
D-II Prov: $ 48-06 2003
GNAC Auto: % 44-03.50 2003
GNAC Prov: ^ 41-00.25 2003
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Name	Year	School	Seed	Finals	W
1 Justin Lawrence	JR	Central Wash.	14.63m	14.63m	-
2 Cole Parmalee	FR	Western Oregon	13.41m	13.32m	
3 Chris Fuller		Highline CC	12.59m	12.92m	-
4 Greg Rohr	FR	Western Oregon	13.41m	12.84m	-
-- Jeff Word	FR	Western Wash.	12.42m	FOUL	
-- Jeff Summer		Pacific Lutheran	11.58m	FOUL	

Men Shot Put

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Arlt Invite: ~ 53-08.50 1994 Scott Easley, Western Washington  
 Stadium: @ 57-02 Twice  
 D-II Auto: # 60-00.25 2003  
 D-II Prov: \$ 53-00 2003  
 GNAC Auto: % 43-11.75 2003  
 GNAC Prov: ^ 40-00.50 2003

Name	Year	School	Seed	Finals
1 Kevin Johnson	FR	Western Oregon	14.02m	14.30m
2 Nate Carter		Highline CC	14.98m	14.06m
3 Dane Wagner	FR	Western Oregon	13.41m	14.04m
4 Andrew Holloway	SO	Pacific Lutheran	13.86m	13.67m
5 Brandon Jasmin	FR	Western Oregon	12.80m	13.23m
6 Ryan Nack	SO	Western Oregon	11.88m	13.22m
7 David Rogiers	FR	Western Wash.	12.80m	13.21m
8 Michael Johnson	FR	Pacific Lutheran	14.70m	13.09m
9 Brad Hendrickson	SR	Western Wash.	13.25m	13.02m
10 Gunner Argo		Highline CC	13.94m	12.96m
11 Prudencio Escobedo	SR	Western Oregon	12.80m	12.93m
12 Jason Patterson	JR	Central Wash.	12.49m	12.68m
13 Colin Babcock	SO	Western Oregon	14.02m	12.28m
14 Jason Willard	JR	Western Wash.	13.56m	11.67m
15 Jeremy Davis	FR	Saint Martin's	11.83m	11.30m
16 Brady Jones	SO	Western Wash.	12.14m	11.12m
17 Jarrod Roberts	SO	Western Wash.	11.25m	11.09m
18 Cory Medina	JR	Central Wash.		10.56m
19 Jeff Hansen	FR	Seattle Pacific	10.05m	9.78m
20 Evan Martin	SO	Saint Martin's	10.00m	9.46m
-- Jacob Galloway	JR	Central Wash.	14.17m	ND
-- Tom Farris	JR	Western Wash.	13.13m	ND
-- Josh Freeman		Unattached	11.12m	X10.78m
-- Nick McGee		Unattached		X14.20m

Men Discus Throw

Arlt Invite: ~ 180-07 1998 Luke Jacobson, Pacific Lutheran  
 Stadium: @ 201-01 1971 John Bakkenson, Portland TC  
 D-II Auto: # 180-00 2003  
 D-II Prov: \$ 161-00 2003  
 GNAC Auto: % 141-01 2003  
 GNAC Prov: ^ 121-05 2003

Name	Year	School	Seed	Finals
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1	Jacob Galloway	JR Central Wash.	46.93m	45.88m
2	Dan Haakenson	SO Pacific Lutheran	46.63m	45.73m
3	Isaiah Haines	JR Western Oregon	48.15m	45.21m
4	Tom Farris	JR Western Wash.	43.89m	43.33m
5	Colin Babcock	SO Western Oregon	41.14m	42.72m
6	Gunner Argo	Highline CC		42.34m
7	Brady Jones	SO Western Wash.	40.69m	41.96m
8	Michael Johnson	FR Pacific Lutheran	41.14m	41.73m
9	Andrew Holloway	SO Pacific Lutheran	40.53m	40.21m
10	Josh Hollaway	FR Western Oregon	38.10m	39.50m
11	Brandon Jasmin	FR Western Oregon	40.53m	39.45m
12	Brad Hendrickson	SR Western Wash.	40.71m	38.98m
13	Nate Carter	Highline CC	41.85m	38.93m
14	Andrew Steiner	SR Seattle Pacific	40.23m	38.74m
14	Kevin Johnson	FR Western Oregon	36.57m	38.74m
16	Chris Petersen	SR Central Wash.	39.62m	37.16m
17	Paul Clark	SO Pacific Lutheran	38.70m	36.79m
18	Nick Lyster	SO Pacific Lutheran	36.27m	36.51m
19	Jason Olson	JR Northwest	36.27m	36.34m
20	Bryce Reynolds	FR Puget Sound	38.32m	35.76m
21	Jonathan Hughes	JR Central Wash.	39.62m	34.10m
22	Jarrold Roberts	SO Western Wash.	40.61m	34.07m
23	Jeremy Davis	FR Saint Martin's	34.13m	33.21m
24	Jason Willard	JR Western Wash.	34.29m	31.15m
25	Cory Medina	JR Central Wash.		27.90m
--	Curt Moon	SR Central Wash.	36.57m	ND
--	Matt Volz	Unattached	35.05m	X30.52m
--	Josh Freeman	Unattached	36.60m	X36.63m

Men Hammer Throw

Arlt Invite: ~ 189-02	1993	Aaron Linerud, Pacific Lutheran		
Stadium: @ 211-07	1978	Dwight Middles, Unattached		
D-II Auto: # 200-00	2003			
D-II Prov: \$ 172-00	2003			
GNAC Auto: % 141-01	2003			
GNAC Prov: ^ 114-10	2003			
Name	Year	School	Seed	Finals
1 Dan Haakenson	SO	Pacific Lutheran	52.73m	53.03m
2 Michael Johnson	FR	Pacific Lutheran	41.75m	43.79m

3	Owen Bartels	SR Puget Sound	44.22m	43.74m
4	Adam Cox	SO Pacific Lutheran	41.14m	42.54m
5	Andrew Holloway	SO Pacific Lutheran	39.62m	40.39m
6	Josh Hollaway	FR Western Oregon	36.88m	39.03m
7	Ryan Nack	SO Western Oregon	40.53m	37.61m
8	Jonathan Hughes	JR Central Wash.	42.67m	36.82m
9	Andrew Reinhardt	FR Western Oregon	36.57m	35.65m
10	Jarrold Roberts	SO Western Wash.	38.40m	35.40m
11	Nate Carter	Highline CC	30.48m	32.90m
12	Tom Farris	JR Western Wash.	29.41m	30.59m
13	Marcus Sutton	JR Western Oregon	32.00m	30.53m
14	David Rogiers	FR Western Wash.	27.10m	24.53m
--	Prudencio Escobedo	SR Western Oregon	58.82m	FOUL
--	Kevin Johnson	FR Western Oregon	38.10m	FOUL
--	Jordan Abbott	SR Western Oregon	45.41m	FOUL
--	Ryan Dirks	Infinity Sports	60.98m	X57.98m

#### Men Javelin Throw

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Arlt Invite: ~ 214-11 1998      Davy Logue, Pacific Lutheran
Stadium: @ 245-04 1969      Drew Stevick, Whitworth
D-II Auto: # 218-00 2003
D-II Prov: $ 195-00 2003
GNAC Auto: % 187-00 2003
GNAC Prov: ^ 160-09 2003

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Name	Year	School	Seed	Finals
1	Dane Wagner	FR Western Oregon	55.16m	182-00^
2	Andrew Reinhardt	FR Western Oregon	57.30m	173-05^
3	Matt Ludwigson	Highline CC	51.81m	169-06^
4	Justin Brewer	SO Western Wash.	57.50m	166-10^
5	Matt Lambrecht	JR Saint Martin's	47.54m	156-06
6	Zak Ernst	FR Western Wash.	48.00m	154-08
7	Gunner Argo	Highline CC	47.24m	146-04
8	Tony Latham	Bellevue CC		132-07
9	Nick Lyster	SO Pacific Lutheran	47.85m	131-07
10	Jeff Lewis	FR Western Wash.	45.94m	127-06
11	Andrew Albertson	FR Saint Martin's	40.53m	118-08
12	Josh Hardman	FR Pacific Lutheran	39.31m	115-09
--	Matt Volz	Unattached		X154-06
--	Tony Rapaglia	FR Unattached	55.77m	X175-05^

Women - Team Rankings - 22 Events Scored

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1) Western Oregon University	152	2) Seattle Pacific University	1
3) Western Washington University	133	4) Central Washington University	1
5) Pacific Lutheran University	105	6) Northwest College	
7) Highline Community College	33	8) University of Puget Sound	
9) Seattle University	7	9) Saint Martin's College	
11) Cascade College	1		

Men - Team Rankings - 20 Events Scored

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1) Western Oregon University	231.50	2) Central Washington University	1
3) Highline Community College	115	4) Western Washington University	1
5) Pacific Lutheran University	63.50	6) Seattle Pacific University	
7) Seattle University	24	8) Saint Martin's College	
9) Bellevue Community College	7	10) University of Puget Sound	
11) The Evergreen State College	4		

8 PM

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NWI	1	6
NWI	1	5
NWI	2	4
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NWI	3	1
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Wind H# Points

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5-04.25	8
5-04.25	6
5-02.25	5
5-02.25	4
5-00.25	3
5-00.25	2
4-10.25	1
4-10.25	
4-08.25	
4-08.25	
4-08.25	

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12-02.75	10
11-09.00	7
11-09.00	7
11-03.00	5

11-03.00	4
10-03.25	3
10-03.25	2
10-03.25	1
10-03.25	
10-03.25	
10-03.25	
9-09.25	
9-09.25	
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9-03.25	
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Ind		Points
0.0	18-07.75	10
0.0	17-02.75	8
0.1	17-00.50	6
0.0	16-10.00	5
0.1	16-09.25	4
0.3	16-07.00	3
0.0	16-05.25	2
0.3	16-01.50	1
0.1	15-10.25	
0.2	15-09.50	
0.0	15-08.25	
0.1	15-06.25	
0.6	15-06.25	

0.0 15-05.00  
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1.1 36-06.75    10  
0.3 36-06.75    8  
2.1 35-05.25    6  
0.9 34-07.00    5  
0.1 34-02.25    4  
0.6 33-10.75    3  
0.5 33-09.50    2  
0.0 32-11.75    1  
0.4 31-09.50  
0.6 31-05.75  
2.2 31-00.50

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42-08.25	10
40-07.50	8
39-03.25	6
38-03.50	5
37-08.75	4
37-00.25	3
36-07.75	2
36-02.75	1
36-00.00	
36-00.00	
35-03.75	
34-11.25	
34-04.25	
33-05.75	
31-03.75	
29-11.50	
29-04.00	
28-09.75	
27-08.25	
23-08.25	
22-11.75	

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Points

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127-04	10
124-10	8
119-09	6
118-03	5
114-04	4

112-02	3
110-07	2
109-10	1
108-11	
106-07	
105-06	
105-03	
104-05	
103-02	
100-10	
97-09	
95-04	
94-08	
90-07	
89-02	
88-05	
79-09	

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Points

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173-11	10
168-04	8
153-04	6
143-02	5
142-08	4
142-00	3
140-07	2
127-10	1
111-10	
108-02	
101-01	
98-05	
98-04	
92-09	

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Points

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45.21m	10
43.35m	8
39.59m	6
37.82m	5
37.56m	4
36.57m	3
35.99m	2
35.38m	1
35.33m	
35.28m	
34.41m	
32.41m	
32.02m	
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Wind H# Points

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NWI	1	2.5
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NWI	2	1
NWI	1	
NWI	3	
NWI	2	
NWI	4	
NWI	3	
NWI	3	
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NWI	1	4.5
NWI	2	4.5
NWI	1	3
NWI	2	2
NWI	2	1
NWI	1	
NWI	2	
NWI	2	
NWI	3	
NWI	3	
NWI	3	
NWI	2	
NWI	1	
NWI	1	

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6-04.00	8
6-02.00	4.5
6-02.00	4.5
5-10.00	3

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Points

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15-03.00	10
15-03.00	8
15-03.00	6
14-09.00	5
14-09.00	4
14-03.25	3
14-03.25	2
13-09.25	1
13-03.50	
13-03.50	
13-03.50	
12-09.50	
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Ind		Points
0.0	22-10.00	10
0.0	22-09.00	8
0.1	22-05.75	6
1.6	21-11.50	5
0.4	21-03.25	4
0.6	20-07.75	3
0.0	20-06.50	2
0.8	19-01.50	1
0.0	18-04.50	
0.0	16-10.75	
0.0	20-02.50	

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Ind		Points
0.5	48-00.00	10
0.3	43-08.50	8
0.5	42-04.75	6
0.7	42-01.50	5
NWI		
NWI		

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Points

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46-11.00	10
46-01.50	8
46-00.75	6
44-10.25	5
43-05.00	4
43-04.50	3
43-04.25	2
42-11.50	1
42-08.75	
42-06.25	
42-05.25	
41-07.25	
40-03.50	
38-03.50	
37-01.00	
36-05.75	
36-04.75	
34-07.75	
32-01.00	
31-00.50	

35-04.50

46-07.25

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Points

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150-06	10
150-00	8
148-04	6
142-02	5
140-02	4
138-11	3
137-08	2
136-11	1
131-11	
129-07	
129-05	
127-11	
127-09	
127-01	
127-01	
121-11	
120-08	
119-09	
119-03	
117-04	
111-10	
111-09	
108-11	
102-02	
91-06	
100-01	
120-02	

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Points

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174-00	10
143-08	8

143-06	6
139-07	5
132-06	4
128-01	3
123-05	2
120-10	1
116-11	
116-02	
107-11	
100-04	
100-02	
80-06	

190-03

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Points

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55.47m	10
52.85m	8
51.66m	6
50.85m	5
47.70m	4
47.14m	3
44.60m	2
40.41m	1
40.10m	
38.86m	
36.16m	
35.28m	
47.09m	
53.46m	



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49

20

60

29

7

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28

01.50

41.50

15

6