

5-14-2004

Ken Foreman Invitational

Great Northwest Athletic Conference

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Hy-Tek's Meet Manager 5/15/2004 06:0

Ken Foreman Invitational - 5/14/2004 to 5/15/2004

SOUTH WEST SPORTS COMPLEX

Results

Women 100 Meter Dash

Name	Year School	Finals	Wind	H#	Po
1 Kisielewska, Paulina	Coq. Falcons	12.59	NWI	1	
2 Pierre, Patrice	Portland	12.60	NWI	1	
3 Vickers, Tonika	Unattached	12.77	NWI	1	
3 White, Monaka	Highline CC	12.77	NWI	1	
5 Behrens, Melissa	W. Washington	12.95	NWI	1	
6 Porter, Danaka	Vancouver Olympi	13.06	NWI	1	
7 Milam, Adrienne	Spokane CC	13.09	NWI	2	
8 Burt, Molly	Spokane CC	13.16	NWI	1	
9 Cornish, Lisa	U-British Columb	13.22	NWI	1	
10 Matheson, Nicole	St. Martin's Col	13.28	NWI	2	
11 Keppler, Amy	Spokane CC	13.41	NWI	2	

Women 200 Meter Dash

Name	Year School	Finals	Wind	H#	Po
1 White, Monaka	Highline CC	26.29	-2.3	1	
2 Behrens, Melissa	W. Washington	26.75	-2.3	1	
3 Porter, Danaka	Vancouver Olympi	26.77	-2.3	2	
4 Kociemba, Katy	Western Oregon	27.01	-2.3	1	
5 Olfert, Jessica	British Columbia	27.02	-2.3	1	
6 Matheson, Nicole	St. Martin's Col	27.36	-2.3	2	
7 Cornish, Lisa	U-British Columb	27.39	-2.3	1	
8 Evans, Chelsea	Unattached	27.74	-2.3	2	
9 Leonard, Sarah	Club Northwest	29.14	-2.3	2	

Women 400 Meter Dash

Name	Year School	Finals	H#	Points
1 Legard, Terran	Central Washingt	55.16	1	
2 Dunnigan, Grace	Simon Fraser	56.17	1	

3	Swan, Jody	Lewis & Clark Co	56.47	1
4	Newell, Kelsey	Linfield College	58.27	1
5	Crotty, Erin	Portland	58.54	1
6	Metcalfe, Kelsey	Portland	58.89	1
7	Hingston, Katie	Central Washingt	59.79	2
8	Duringer, Julie	Seattle Pacific	59.92	2
9	Garasmichuk, Zori	Highline CC	1:00.11	2
10	Evans, Chelsea	Unattached	1:00.30	1
11	Marshall, Ashley	Seattle Pacific	1:00.39	2
12	Wiese, Kristen	Western Oregon	1:00.46	2
13	Howard, Heather	Spokane CC	1:03.19	2

Women 800 Meter Run

Name	Year School	Finals	Points
1	Holbert, Kari	Willamette	2:12.25
2	Andrews, Alicia	Willamette	2:12.49
3	Marsh, Jennifer	Seattle Pacific	2:13.74
4	Kamm, Amanda	Highline CC	2:15.00
5	Wageman, Renee	NW College	2:15.44
6	Ballard, Carmen	Kelowna Track CL	2:16.70
7	Opersteny, Jessica	W. Washington	2:17.57
8	Vandehey, Stephanie	Willamette	2:18.02
9	Heinemann, Elaine	Whitworth	2:18.23
10	Fox, Chloe	Simon Fraser	2:18.33
11	McCoy, Brandi	Seattle Pacific	2:18.81
12	Hanson, Mariah	Willamette	2:20.30
13	Hadway, Ashley	Spokane CC	2:20.64
14	Maclean, Celia	NW College	2:21.82
14	Burr, Lakita	St. Martin's Col	2:21.82
16	Lentz, Bethany	Spokane CC	2:21.92
17	Leonard, Sarah	Club Northwest	2:22.82
18	Killam, Carly	Willamette	2:23.84
19	Carlson, Karinda	U-St. Martin's C	2:24.11
20	Rummell, Jennie	Western Oregon	2:25.96
21	Polakovic, Ashley	NW College	2:30.11
22	Beatty, Nicole	St. Martin's Col	2:35.50

Women 1500 Meter Run

Name	Year School	Finals	Points
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1	Ballard, Carmen	Kelowna Track CL	4:35.93
2	Konrad, Kari	Western Oregon	4:42.66
3	Mark, Michelle	British Columbia	4:44.43
4	Hadway, Ashley	Spokane CC	4:46.44
5	Maclean, Celia	NW College	4:49.83
6	Perkins, Teona	NW College	4:57.88
7	Boekermann, Leah	Simon Fraser	5:01.02
8	Ferguson, Emily	Seattle U.	5:05.11
9	Carlson, Krissa	U-St. Martin's C	5:06.16
10	Beatty, Nicole	St. Martin's Col	5:13.14

Women 3000 Meter Run

Name	Year School	Finals	Points
1	Longmire, Danyel	NW College	9:53.41
2	Wodak, Natasha	Simon Fraser	10:04.26
3	Marshall, Sitges	Highline CC	10:06.17
4	Rice, Kathy	Portland	10:18.88
5	Proticova, Kristina	NW College	10:20.62
6	Stilwater, Tiffany	NW College	10:24.33
7	Campbell, Nicole	Humboldt State	10:25.78
8	Rohde, Kristen	Portland	10:32.30
9	Stimson, Tina	W. Washington	10:34.24
10	Sabin, Elise	Portland	10:40.82
11	Bailey, Kjerstein	NW College	10:41.73
12	Anderson, Brandy	Central Washingt	10:44.44
13	Ellingson, Amye	NW College	10:59.23
14	Groth, Abby	Seattle Pacific	10:59.66
15	Rice, Kristie	Seattle U.	11:07.19
16	Pitman, Erica	Central Washingt	11:11.94
17	Rorbacher, Phoebe	Seattle U.	11:23.42
18	Brundige, Sarah	Seattle U.	11:40.20
19	Jablonsky, Jami	Highline CC	11:42.31
20	McCanick, Ann	St. Martin's Col	11:47.18

Women 5000 Meter Run

Name	Year School	Finals	Points
1	Campbell, Melinda	Greater Boise RU	17:55.48

2	Jensen, Jenny	NW College	18:03.63
3	Barker, Jessyca	Eastern Oregon	18:05.67
4	Kaneko, Noelani	Washington	18:17.79
5	Wise, Molly	Washington	18:32.20
6	Polakovic, Ashley	NW College	18:49.88
7	Bailey, Rachel	Central Washingt	19:01.69
8	Jamieson, Ashley	Pacific Lutheran	19:04.45
9	Knox, Becky	Seattle Pacific	19:12.66
10	Shiraiwa, Leila	Washington	20:24.01

Women 10000 Meter Run

Name	Year School	Finals	Points
1 Dickson, Karen	Seattle Pacific	36:09.66	
2 Garcia, Alana	Seattle U.	39:13.39	
3 Suess, Rachel	Seattle U.	41:27.34	

Women 100 Meter Hurdles

Name	Year School	Finals	Wind	H#	Po
1 Rountree, Ashley	Central Washingt	14.85	-3.3	1	
2 Smith, Monica	Western Oregon	14.91	-3.3	1	
3 Olfert, Jessica	British Columbia	15.11	-3.3	1	
4 Stoffman, Zaria	Vancouver Olympi	15.92	-3.0	2	
5 Campbell, Tiffany	Portland	16.02	-3.3	1	
6 Burt, Molly	Spokane CC	16.17	-3.3	1	
7 Griffin, Kristina	Spokane CC	16.88	-3.0	2	
7 Wonsick, Brittany	Spokane CC	16.88	-3.0	2	
9 Milam, Adrienne	Spokane CC	17.39	-3.0	2	

Women 400 Meter Hurdles

Name	Year School	Finals	H#	Points
1 Fell, Corri	U-British Columb	1:01.54	1	
2 McGrane, Shannon	Willamette	1:02.37	1	
3 Larsen, Carrie	Pacific Lutheran	1:02.61	1	
4 Kassebaum, Roseann	Willamette	1:02.76	1	
5 Van der Bulk, Jeanette	Pac. Athletics	1:03.34	1	
6 Burt, Molly	Spokane CC	1:03.65	1	

7	Schaafsma, Janna	Seattle Pacific	1:05.65	1
8	Riley, Kestle	Central Washingt	1:05.93	2
9	Branam, Easton	Pacific Lutheran	1:06.45	2
10	Burch, Laura	W. Washington	1:07.90	2
11	Nash, Natalie	Western Oregon	1:09.19	2
12	Milam, Adrienne	Spokane CC	1:09.36	3
13	Nygaard, Kara	Central Washingt	1:09.55	1
14	Keppler, Amy	Spokane CC	1:10.22	2
15	Griffin, Kristina	Spokane CC	1:10.68	3
16	Wonsick, Brittany	Spokane CC	1:11.84	2
17	Boysen, Brittney	Highline CC	1:12.15	3

Women 3000 Meter Steeplechase

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Name	Year	School	Finals	Points
=====				
1	Butler, Margaret	Kajaks T&F	10:28.37	
2	Crowley, Tara	Team XO	10:51.71	
3	Witt, Meryl	Linfield College	11:29.65	
4	Hall, Terry	Linfield College	11:32.39	
5	Carpenter, Kristin	British Columbia	11:43.26	
6	Colkitt, Stephanie	Eastern Oregon	11:53.03	
7	McCallum, Kelsey	Washington	11:55.54	
8	Daiger, Jessica	U-Washington	11:56.00	
9	Harris, Whittney	George Fox	12:34.55	

Women 4x100 Meter Relay

=====				
School			Finals	Points
=====				
1	Central Washington University	'A'	48.43	
	1) Rountree, Ashley	2) Legard, Terran		
	3) Schlafer, Teresa	4) Nygaard, Kara		
2	Seattle Pacific University	'A'	48.65	
	1) Gleason, Kelsey	2) Schaafsma, Janna		
	3) Kolb, Jean	4) Leonhardt, Kinyatta		
3	Spokane Community College	'A'	49.45	
	1) Keppler, Amy	2) Burt, Molly		
	3) Milam, Adrienne	4) Howard, Heather		

Women 4x400 Meter Relay

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School	Finals	Points
1 Willamette University 'A'	3:52.08	
1) Kassebaum, Roseann	2) Patterson, Lindsey	
3) Hanson, Mariah	4) McGrane, Shannon	
2 Unattached 'A'	3:52.87	
3 Northwest College 'A'	4:00.57	
1) Proticova, Kristina	2) Perkins, Teona	
3) Maclean, Celia	4) Wageman, Renee	
4 Western Washington University 'A'	4:04.35	
1) Webster, Ruth	2) Opersteny, Jessica	
3) Fischer, Kara	4) Burch, Laura	
5 Highline Community College 'A'	4:05.80	
1) Boysen, Brittney	2) Garasmichuk, Zori	
3) Kamm, Amanda	4) Marshall, Sitges	
6 Spokane Community College 'A'	4:06.30	
1) Howard, Heather	2) Burt, Molly	
3) Keppler, Amy	4) Lentz, Bethany	

Women High Jump

Name	Year School	Finals	Points
1 Smith, Monica	Western Oregon	1.68m	5-06.00
2 Stoffman, Zaria	Vancouver Olympi	1.63m	5-04.25
3 Bjella, Sharon	Seattle Pacific	J1.63m	5-04.25
4 Larson, Lindsay	Linfield College	1.58m	5-02.25
5 Cox, Lindsey	W. Washington	1.53m	5-00.25
5 Pagnucco, Natalie	Simon Fraser	1.53m	5-00.25
5 Kinney, Erin	Warner Pacific	1.53m	5-00.25
-- Plympick, Taryn	Highline CC	NH	

Women Pole Vault

Name	Year School	Finals	Points
1 Hedges, Big Allie	Seattle Pacific	3.73m	12-02.75
2 Juarez, Danielle	W. Washington	3.43m	11-03.00
3 Hunter, Jennifer	Bellingham Track	J3.43m	11-03.00
4 Harris, Amy Lynn	Seattle Pacific	3.28m	10-09.00
5 Mangahas, Theresa	Seattle U.	3.13m	10-03.25
6 Fisher, Laura	Pacific Lutheran	J3.13m	10-03.25

7	Heaton, Katie	Puget Sound	J3.13m	10-03.25
8	Wonsick, Brittany	Spokane CC	0.83m	2-08.75
--	Perez, Kelly	W. Washington	NH	
--	Groesbeck, Amy	Washington	NH	
--	Schlumpf, Alena	U-Seattle Pacifi	NH	
--	Rose, Amber	Seattle Pacific	NH	
--	Rogers, Erin	Spokane CC	NH	

Women Long Jump

Name	Year	School	Finals	Wind
1	Patterson, Lindsey	Willamette	5.55m	NWI 18-0
2	Kociemba, Katy	Western Oregon	5.50m	NWI 18-0
3	Kendall, Julie	Western Oregon	4.84m	NWI 15-1
4	Spear, Anjulie	Central Washingt	4.82m	NWI 15-0
5	Plypick, Taryn	Highline CC	4.80m	NWI 15-0
6	Burt, Molly	Spokane CC	4.74m	NWI 15-0
7	Moulton, Salala	Highline CC	3.97m	NWI 13-0

Women Triple Jump

Name	Year	School	Finals	Wind
1	Kociemba, Katy	Western Oregon	11.24m	NWI 36-1
2	Robinson, Jena	Puget Sound	11.00m	NWI 36-0
3	Kendall, Julie	Western Oregon	10.38m	NWI 34-0
4	Plypick, Taryn	Highline CC	9.85m	NWI 32-0
5	Marshall, Ashley	Seattle Pacific	9.77m	NWI 32-0
6	Rogers, Erin	Spokane CC	9.43m	NWI 30-1

Women Shot Put

Name	Year	School	Finals
1	Bielenberg, Danielle	Linfield College	13.16m 43-02.25
2	Bovey, Marji	Spokane CC	12.55m 41-02.25
2	Claypool, Joni	Linfield College	12.55m 41-02.25
4	Lynch, Chevonna	Western Oregon	12.51m 41-00.50
5	Vandervelden, Alicia	Western Oregon	12.18m 39-11.50
6	DeCammillis, Kelsey	British Columbia	11.87m 38-11.50
7	Zibin, Aleena	U-British Columb	11.82m 38-09.50

8	LaFever, Orejeona	Spokane CC	11.79m	38-08.25
9	Cvetkovski, Sasha	Spokane CC	11.64m	38-02.25
10	Woelk, Jen	Spokane CC	10.42m	34-02.25
11	Kooy, Lauren	Seattle Pacific	9.89m	32-05.50
12	Washington, Danika	U-St. Martin's C	0.74m	2-05.25

Women Discus Throw

Name	Year School	Finals
1 Etter, Mary	Team XO	50.28m 164-11
2 Telleria, Jessica	W. Washington	41.11m 134-10
3 Cederberg, Jaci	Western Oregon	38.84m 127-05
4 Reardon, Amber	U-Spokane CC	37.78m 123-11
5 Locke, Julie	Pacific Lutheran	37.60m 123-04
6 VanOeveren, Ashley	W. Washington	37.38m 122-08
7 Jones, Taylor	Portland	36.71m 120-05
8 Vandervelden, Alicia	Western Oregon	35.74m 117-03
9 Cvetkovski, Sasha	Spokane CC	35.37m 116-00
10 Cruz, Bianca	Spokane CC	34.35m 112-08
11 Kooy, Lauren	Seattle Pacific	33.07m 108-06
12 Bovey, Marji	Spokane CC	29.88m 98-00

Women Hammer Throw

Name	Year School	Finals
1 Padrinao, Jennifer	Simon Fraser	55.99m 183-08
2 Hepler, Kristin	Western Oregon	55.22m 181-02
3 Cederberg, Jaci	Western Oregon	50.87m 166-11
4 McDowell, Christin	Central Washingt	48.77m 160-00
5 Payne, Chelsea	Kajaks T&F	46.96m 154-01
6 Trygg, Carin	Washington	45.75m 150-01
7 Reardon, Amber	U-Spokane CC	44.00m 144-04
8 Wocknick, Megan	Pacific Lutheran	43.73m 143-06
9 Zibin, Aleena	U-British Columb	43.30m 142-01
10 Deutsch, Tanya	Simon Fraser	43.10m 141-05
11 Wasiela, Izabela	British Columbia	41.90m 137-06
12 Lewis, Stephanie	Pacific Lutheran	41.86m 137-04
13 Reed, Monique	Willamette	41.81m 137-02
14 Blankenship, Lindsey	George Fox	39.33m 129-00
15 Bovey, Marji	Spokane CC	37.77m 123-11

6	Gillespie, KC	Willamette	11.68	NWI	2
7	Armstead, Jeramiah	Highline CC	11.70	NWI	2
8	McDavid, Yves	U-British Columb	11.86	NWI	2
9	Krings, Michael	Spokane CC	11.94	NWI	1
10	Heninger, Mike	Treasure Valley	12.11	NWI	1
11	Gizinski, John	Treasure Valley	12.22	NWI	2
12	Coleman, Will	Treasure Valley	12.42	NWI	1

Men 200 Meter Dash

Name	Year	School	Finals	Wind	H#	Po
1	Jenkins, Melvin	Highline CC	21.96	-3.4	1	
2	Fredrick, Issac	Western Oregon	22.21	-3.4	1	
3	Harcourt, Alex	Highline CC	22.36	-3.4	1	
4	Sirmans, Jerome	Highline CC	22.47	-2.4	2	
5	Coutard, Fabien	Central Washingt	22.52	-3.4	1	
6	Neff, Adam	W. Washington	22.60	-2.4	2	
7	Watson, Cresap	Central Washingt	22.77	-2.4	2	
8	Punjani, Faruk	Seattle U.	23.26	-2.4	2	
9	Armstead, Jeramiah	Highline CC	23.42	-3.4	1	
10	Gitts, Derek	Western Oregon	23.45	-2.4	2	
11	Porter, Nelacey	Western Oregon	23.48	-3.6	3	
12	Kragt, John	Spokane CC	23.49	-2.4	2	
13	Sweeny, Brian	W. Washington	23.75	-3.6	3	
14	Betancourt, Ricardo	U-Spokane CC	23.82	-3.4	1	
15	Allen, Aaron	Seta	24.16	-3.6	3	
16	Kelley, Mike	Central Washingt	24.18	-3.4	1	
17	Bauer, Keyth	Treasure Valley	24.30	-3.6	3	
18	Albrecht, Andrew	Pacific Lutheran	24.43	-3.6	3	

Men 400 Meter Dash

Name	Year	School	Finals	H#	Points
1	Jenkins, Melvin	Highline CC	47.41	1	
2	Harcourt, Alex	Highline CC	47.87	1	
3	Sirmans, Jerome	Highline CC	48.30	1	
4	Sweeny, Brian	W. Washington	50.72	1	
5	Priester, Josh	George Fox	50.85	2	
6	Loreth, KJ	Seattle U.	51.06	2	
7	Rasmussen, Jesse	George Fox	51.09	1	

8	Porter, Nelacey	Western Oregon	51.60	2
9	Kragt, John	Spokane CC	51.66	1
10	Wilds, Trevor	Seta	51.84	2
11	Joseph, Reuben	Seattle U.	52.14	1
12	Betancourt, Ricardo	U-Spokane CC	52.29	2
13	Betancourt, Angel	Spokane CC	52.75	2

Men 800 Meter Dash

Name	Year School	Finals	Points
1	Brown, Ryan	U-Washington	1:52.28
2	Freeman, Tim	Washington	1:52.39
3	Appel, Nate	Portland	1:53.50
4	Dickson, Mike	Highline CC	1:53.73
5	Blaine, Matt	Seattle U.	1:53.86
6	Thomas, Everett	Willamette	1:53.88
7	Prentice, Andy	St. Martin's Col	1:54.47
8	Strickler, Eddie	Seattle Pacific	1:54.56
9	Young, Tony	Club Northwest	1:54.79
10	Stupnitskiy, Anton	Warner Pacific	1:54.98
11	Wilkie, Mark	British Columbia	1:55.34
12	Dols, Nicholas	Seattle U.	1:55.55
13	Gimenez, Tyler	Willamette	1:56.09
14	Ayume, Asiki	Spokane CC	1:56.22
15	Williams, Andres	Western Oregon	1:56.58
16	Hendricks, Nate	U-Spokane CC	1:56.74
17	Pyfer, Brian	Highline CC	1:57.15
18	McNeil, Jessie	W. Washington	1:57.98
19	Randall, Derrick	British Columbia	1:58.02
20	Whitaker, Brandon	W. Washington	1:58.35
21	Singsaas, Josh	Portland	1:58.37
22	Mohsenian, Arman	Spokane CC	1:58.86
23	Sauer, Kristofor	Whitworth	2:00.90
24	Kurtz, Alex	U-Spokane CC	2:01.55
25	Easton, Curtis	U-Washington	2:01.58
26	Gardner, Erich	Spokane CC	2:03.59
27	Timmer, Caleb	St. Martin's Col	2:05.01
28	Baouya, Dannile	Unattached	2:05.04
29	Hunt, Skyler	Highline CC	2:05.16
30	Rios, Raul	Spokane CC	2:05.30

Men 1500 Meter Dash

Name	Year School	Finals	Points
1 Robinson, Brendan	Portland	3:56.18	
2 Axtman, Ty	Spokane CC	3:57.81	
3 Mantalas, Jerret	Western Oregon	3:57.96	
4 Epp, Jamie	Kajaks T&F	3:59.34	
5 Stevick, Jesse	Whitworth	3:59.53	
6 Abbott, Kalen	Warner Pacific	4:00.08	
7 Brancheau, Sam	W. Washington	4:00.40	
8 Boyer, Nate	Spokane CC	4:00.75	
9 Gavin, John	Spokane CC	4:01.33	
10 Carlos, Shane	British Columbia	4:03.58	
11 Brown, Ben	Pacific Lutheran	4:05.68	
12 Carpenter, Chris	St. Martin's Col	4:07.65	
13 Hamitlon, Doug	Humboldt State	4:07.86	
14 Cobb, Bryan	George Fox	4:08.78	
15 Goiney, Chris	U-Washington	4:14.19	
16 Farrell, Kris	Highline CC	4:16.32	
17 Carpenter, Victor	St. Martin's Col	4:17.19	
18 Yaeger, Daniel	Unattached	4:18.92	
19 Phillips, Ryan	Seattle Pacific	4:24.12	
20 Khalif, Hassan	Highline CC	4:29.64	
21 Martindale, Robert	Evergreen State	4:53.41	

Men 5000 Meter Run

Name	Year School	Finals	Points
1 Hemlock, Clay	Highline CC	14:26.65	
1 Sheeks, Matt	Portland	14:26.65	
3 McCurry, Patrick	Eastside Track C	14:32.53	
4 Schuetze, Nick	Portland	14:37.04	
5 McKenzie, Chuck	Portland	14:47.94	
6 Craig, Ryan	Portland	14:49.12	
7 Liber, Brad	U-Washington	14:50.81	
8 Hartmaier, Kurt	W. Washington	14:55.76	
9 Chessar, Patrick	U-Spokane CC	14:57.59	
10 Currell, Mark	Spokane CC	15:01.03	
11 LeCount, Tim	Seattle Pacific	15:04.80	
12 Kaufman, Joe	Spokane CC	15:18.28	

13	Olinger, Chris	Portland	15:18.89
14	Gorder, Andrew	Portland	15:31.30
15	Bostrom, Bjorn	Seattle Pacific	15:34.92
16	Wells, Chase	Western Oregon	15:42.06
17	Carlos, Shane	British Columbia	15:44.51
18	Fuller, Andrew	U-Spokane CC	15:45.96
19	Dean, John	Spokane CC	15:49.63
20	Griffiths, Jason	unattached runne	15:49.80

Men 10000 Meter Run

Name	Year School	Finals	Points
1	Manos, Steve	Seattle U.	32:44.69
2	Porter, Jason	Central Washingt	33:12.26
3	Rosser, James	Seattle Pacific	34:22.25
4	O'Connor, Lee	Seattle Pacific	35:56.94
5	Seeley, Lane	U-Seattle Pacifi	36:09.84

Men 110 Meter Hurdles

Name	Year School	Finals	Wind	H#	Po
1	Hobbs, Sam	Western Oregon	15.06	-1.8	1
2	Garrelts, Brennan	Willamette	15.30	-1.8	1
2	Foyston, Jershon	U-Highline CC	15.30	-1.6	2
2	May, Tyler	Willamette	15.30	-1.8	1
5	Foyston, Jacob	Highline CC	15.37	-1.8	1
5	McDavid, Yves	U-British Columb	15.37	-1.8	1
7	Thorton, Chris	Western Oregon	15.49	-1.6	2
8	Mapp, Andrew	Spokane CC	15.65	-1.6	2
9	Heninger, Mike	Treasure Valley	15.76	-1.6	2
10	Clarkson, Lee	Western Oregon	15.83	-1.6	2
10	Hutchinson, Kevin	Spokane CC	15.83	-1.6	2
10	Woutilla, Matt	Highline CC	15.83	-1.6	2
13	Schwabe, Justin	Spokane CC	15.88	-1.8	1

Men 400 Meter Hurdles

Name	Year School	Finals	H#	Points
1	Morrison, Mike	Central Washingt	53.18	1

2	Foyston, Jacob	Highline CC	53.95	1
3	Hobbs, Sam	Western Oregon	54.33	1
4	Setere, Lucas	Pacific U.	54.37	1
5	Garrelts, Brennan	Willamette	54.40	1
6	Payne, Jon	Pacific Lutheran	54.76	1
7	Fipps, Jesse	Linfield College	54.78	2
8	Bailey, Brandon	Washington	55.09	1
9	Kelcy, Micah	Seattle Pacific	55.52	2
10	Hutchinson, Kevin	Spokane CC	56.17	2
11	Shimmell, Jordan	Simon Fraser	56.30	2
12	Clarkson, Lee	Western Oregon	56.35	3
13	Thorton, Chris	Western Oregon	57.24	3
14	Schwabe, Justin	Spokane CC	57.41	2
15	Penman, Todd	Warner Pacific	57.64	3
16	Foyston, Jershon	U-Highline CC	58.14	2
17	Mapp, Andrew	Spokane CC	59.48	2
18	Woutilla, Matt	Highline CC	1:00.92	3
19	Swinney, Clay	Treasure Valley	1:02.81	3

Men 3000 Meter Steeplechase

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3000 STEEPLE IS 28 METERS LONG

THE TIMES ARE ADJUSTED BY 5SEC ON FRIST TWO

Name	Year School	Finals	Points
1	Stout, Jacob	Willamette	9:08.42
2	Overby, Scott	Willamette	9:09.84
3	Jacobson, Chris	Portland	9:21.11
4	Hartmaier, Kurt	W. Washington	9:24.60
5	Deshazo, Matt	Humboldt State	9:26.97
6	Hollingshead, Aaron	Willamette	9:34.76
7	Carter, Brett	Portland	9:38.76
8	Ault, Steven	Portland	9:42.21
9	Bailey, Dylan	Highline CC	9:53.71
10	Engebretsen, Dain	Seattle U.	9:57.41
11	Fayant, Chris	Washington	10:01.61
12	Larpentuer, David	Highline CC	10:01.83
13	Thompson, Payton	Pacific Lutheran	10:05.52
14	Shaw, John	Spokane CC	10:29.94
15	Farrell, Kris	Highline CC	10:35.52
16	Frazier, Josh	Highline CC	10:41.24
17	Juarez, Hector	Treasure Valley	11:45.52

Men 4x100 Meter Relay

School	Finals	Points
1 Central Washington University 'A'	42.37	
1) Lawrence, Justin	2) Watson, Cresap	
3) Coutard, Fabien	4)	
2 Highline Community College 'A'	43.13	
1) Armstead, Jeramiah	2) Foyston, Jacob	
3) Jenkins, Melvin	4) Harcourt, Alex	
3 Treasure Valley Community Coll 'A'	44.89	
1) Heninger, Mike	2) Bauer, Keyth	
3) Coleman, Will	4) Gizinski, John	

Men 4x400 Meter Relay

School	Finals	Points
1 Simon Fraser University 'A'	3:13.62	
1) Drapula, Rob	2) Pitches, Graeme	
3) Mason, Tim	4) Hurtubise, Neil	
2 Highline Community College 'A'	3:13.64	
1) Harcourt, Alex	2) Jenkins, Melvin	
3) Sirmans, Jerome	4) Dickson, Mike	
3 George Fox University 'A'	3:15.02	
1) Bates, Brad	2) Harris, Seth	
3) Salisbury, Ben	4) Sprunger, Ryan	
4 Central Washington University 'A'	3:18.52	
1) Watson, Cresap	2)	
3) Coutard, Fabien	4) Kelley, Mike	
5 Seattle University 'A'	3:23.88	
1) Blaine, Matt	2) Dols, Nicholas	
3) Nishida, Todd	4) Punjani, Faruk	
6 Spokane Community College 'A'	3:24.46	
1) Ayume, Asiki	2) Boyer, Nate	
3) Hutchinson, Kevin	4) Gavin, John	
7 Western Washington University 'A'	3:28.01	
1) Brancheau, Sam	2) McNeil, Jessie	
3) Skelley, Patrick	4) Whitaker, Brandon	

Men High Jump

Name	Year	School	Finals	
1 Larsen, Zach		Willamette	2.01m	6-07.00
2 DeFour, Julius		W. Washington	1.96m	6-05.00
2 Word, Jeff		W. Washington	1.96m	6-05.00
2 Skiba, Jeff		Unattached	1.96m	6-05.00
5 Swim, Corey		Warner Pacific	J1.96m	6-05.00
5 Watson, Cresap		Central Washingt	J1.96m	6-05.00
7 Ross, Beau		Central Washingt	1.91m	6-03.25
8 Jones, Alvin		Highline CC	1.86m	6-01.25
9 Langhans, Brian		Seattle U.	J1.86m	6-01.25
10 Woutilla, Matt		Highline CC	J1.86m	6-01.25
-- Ernst, Zak		U-W. Washington		NH

Men Pole Vault

Name	Year	School	Finals	
1 Roberts, Sam		Washington	4.70m	15-05.00
2 Krings, Michael		Spokane CC	4.55m	14-11.00
3 Powell, Jaymes		Spokane CC	J4.55m	14-11.00
4 Tribe, Charlie		W. Washington	4.40m	14-05.25
5 Gause, Greg		Puget Sound	4.25m	13-11.25
6 Thornbrue, Tyler		W. Washington	J4.25m	13-11.25
7 Behl, Andrew		W. Washington	4.10m	13-05.25
-- McNeil, Brett		Willamette		NH
-- Cummings, Josh		Western Oregon		NH
-- Romney, Scott		U-W. Washington		NH
-- James, Matthias		Willamette		NH

Men Long Jump

Name	Year	School	Finals	Wind
1 Smith, Joe		U-Central Washin	7.15m	NWI 23-0
2 Kien, Mason		Highline CC	7.02m	NWI 23-0
3 Moody, Ricky		Highline CC	6.93m	NWI 22-0
4 Turner, Jermaine		Spokane CC	6.90m	NWI 22-0
5 Binder, Karl		U-Simon Fraser	6.30m	NWI 20-0
6 DeFour, Julius		W. Washington	6.22m	NWI 20-0
7 Gillespie, KC		Willamette	6.21m	NWI 20-0

8	Langhans, Brian	Seattle U.	6.05m	NWI	19-1
9	Dunston, Trevor	St. Martin's Col	5.93m	NWI	19-0
10	Eaton, Lucas	Highline CC	5.54m	NWI	18-0

Men Triple Jump

Name	Year	School	Finals	Wind
1	Lawrence, Justin	Central Washingt	15.18m	NWI 49-0
2	Puckett, Adam	George Fox	14.25m	NWI 46-0
3	Ross, Beau	Central Washingt	13.92m	NWI 45-0
4	Mellein, Mark	W. Washington	13.73m	NWI 45-0
5	Dunston, Trevor	St. Martin's Col	13.12m	NWI 43-0
6	Turner, Jermaine	Spokane CC	13.09m	NWI 42-1
7	Flowers, Greg	Seattle Pacific	12.78m	NWI 41-1
8	Eaton, Lucas	Highline CC	12.53m	NWI 41-0
9	Hattingh, Tyrone	Seattle Pacific	12.15m	NWI 39-1

Men Shot Put

Name	Year	School	Finals
1	Holden, Andy	Pacific Lutheran	14.85m 48-08.75
2	Johnson, Kevin	Western Oregon	14.30m 46-11.00
3	Malcolm, David	George Fox	14.28m 46-10.25
4	Hayes, Aaron	U-Central Washin	14.18m 46-06.25
5	Kakaley, Quinton	Pacific Lutheran	14.15m 46-05.25
6	Barclay, Zach	Treasure Valley	14.13m 46-04.25
7	Gilmore, Kyle	Spokane CC	13.92m 45-08.00
8	Coleman, Ryan	U-Spokane CC	13.61m 44-08.00
9	Renne, Mark	Pacific Lutheran	13.51m 44-04.00
10	Walter, Cameron	Spokane CC	13.27m 43-06.50
11	Jones, Kyle	Highline CC	13.25m 43-05.75
12	Lester, Andre	Highline CC	13.03m 42-09.00
13	Moody, Ricky	Highline CC	12.74m 41-09.75
14	Mouldey, Kevin	Unattached	11.64m 38-02.25

Men Discus Throw

Name	Year	School	Finals
1	Haines, Isaiah	Western Oregon	51.24m 168-01

2	Farris, Tom	W. Washington	47.90m	157-02
3	Olson, Travis	U-Linfield Colle	46.14m	151-04
4	Jasmin, Brandon	Western Oregon	43.24m	141-10
5	Moody, Ricky	Highline CC	41.31m	135-06
6	DeWindt, Derrick	U-Spokane CC	41.11m	134-10
7	Mouldey, Kevin	Unattached	38.68m	126-11
8	Johnson, Kevin	Western Oregon	38.60m	126-08
9	Jones, Kyle	Highline CC	38.29m	125-07
10	Hayes, Aaron	U-Central Washin	38.28m	125-07
11	Gilmore, Kyle	Spokane CC	37.59m	123-04
12	Holloway, Josh	Western Oregon	35.42m	116-02
13	Walter, Cameron	Spokane CC	34.44m	113-00
14	Murray, Shae	Spokane CC	34.14m	112-00
15	Jones, Jared	Spokane CC	31.08m	102-00

Men Hammer Throw

Name	Year School	Finals		
1	Dirks, Ryan	Club Northwest	61.21m	200-10
2	Matlock, Nate	Willamette	55.64m	182-06
3	Haakinson, Dan	Pacific Lutheran	53.63m	175-11
4	Edwards, Jeremy	British Columbia	53.49m	175-06
5	Johnson, Michael	Pacific Lutheran	51.71m	169-08
6	LaForest, Sean	Valley Royals TC	51.07m	167-07
7	Gottfried, Greg	George Fox	49.51m	162-05
8	DeWindt, Derrick	U-Spokane CC	49.29m	161-08
9	Aguilar, Carlos	Western Oregon	48.39m	158-09
10	Sandbo, Bill	Willamette	47.95m	157-04
11	Jones, Kyle	Highline CC	46.24m	151-08
12	Holden, Andy	Pacific Lutheran	45.50m	149-03
13	Jasmin, Brandon	Western Oregon	43.45m	142-07
14	Walter, Cameron	Spokane CC	42.99m	141-00
15	Uberti, David	Central Washingt	42.59m	139-09
16	Holloway, Josh	Western Oregon	42.35m	138-11
17	malcoln, david	George Fox	41.98m	137-09
18	Jones, Jared	Spokane CC	40.97m	134-05

Men Javelin Throw

Name	Year School	Finals
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1	Weidman, Ryan	Unattached	63.99m	209-11
2	Swim, Corey	Warner Pacific	63.79m	209-03
3	Murray, Shae	Spokane CC	59.69m	195-10
4	Brewer, Justin	W. Washington	59.40m	194-10
5	Pankratz, Adam	Simon Fraser	58.86m	193-01
6	Shearer, Gavin	Warner Pacific	57.52m	188-08
7	Gilmore, Kyle	Spokane CC	55.27m	181-04
8	Jones, Jared	Spokane CC	53.32m	174-11
9	Cail, Rob	Highline CC	52.96m	173-09
10	Skiba, Jeff	Unattached	44.10m	144-08

Men Decathlon

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	Name	Year School	Finals	Points
1	Randolph, Chris	Seattle Pacific	6881	
2	Jensen, Erik	Pacific Lutheran	6058	
3	Wauters, Michael	Pacific Lutheran	5533	
4	Samuelu, T.J.	Cascade College	4711	
5	Freeman, Josh	W. Washington	3088	

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