

4-16-2005

# Central Washington University Spike Arlt Invitational

Great Northwest Athletic Conference

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Hy-Tek's Meet Manager 4/16/2005 06:2

2005 Spike Arlt Invitational - 4/16/2005

hosted by Central Washington University

Ellensburg, WA

Results

Women 100 Meter Dash

=====  
Arlt Invite: ~ 12.17 2000 Sarah Axley, Pacific Lutheran

Stadium: @ 11.6h 5/8/1993 Kim Vanderhoek, Simon Fraser

D-II Auto: # 11.50 2005

D-II Prov: \$ 12.10 2005

GNAC Auto: % 12.80 2005

GNAC Prov: ^ 13.70 2005

Name	Year	School	Finals	Wind	H#	Po
1 Claussen, Chelsi		St. Martin's	12.56	2.8	3	
2 Leonhardt, Kinyatta		Seattle Pacific	12.60	2.8	3	
3 Grizzand, Brittany		Mount Hood CC	12.80	2.8	3	
4 Schlafer, Teresa		Central Wash.	12.93	2.8	3	
5 Thorne, Kristina		Central Wash.	13.25^	-0.4	2	
6 Baldwin, Alisha		Northwest	13.26	2.8	3	
7 Hood, Britany		Unattached	13.38^	-0.4	2	
8 Schutte, Nicki		NW Nazarene	13.40	2.8	3	
9 Bowman, Rebekah		NW Nazarene	13.41^	-0.4	2	
10 Berberick, Kim		NW Nazarene	13.55	2.8	3	
10 Bertholf, Kim		Pacific Lutheran	13.55^	-0.4	2	
12 Burr, Lakita		St. Martin's	13.68^	-0.4	2	
13 Sonis, De De		Mount Hood CC	13.84	3.5	1	
14 Crow, Nicole		Eastern Ore.	14.11	3.5	1	
15 Moran, Tara		Eastern Ore.	14.25	-0.4	2	
16 Burns, Ashley		Seattle	14.44	3.5	1	
17 Kotter, Katie		NW Nazarene	14.61	-0.4	2	

Women 200 Meter Dash

=====  
Arlt Invite: ~ 24.97 1999 Sarah Axley, Pacific Lutheran

Stadium: @ 24.39 5/9/1987 Hollie Watson, Western Wash.

D-II Auto: # 23.80 2005

D-II Prov: \$ 24.80 2005

GNAC Auto: % 26.10 2005

GNAC Prov: ^ 27.50 2005

Name	Year	School	Finals	Wind	H#	Po
1 Legard, Terran		Unattached	26.04%	NWI	4	
2 Grizzand, Brittany		Mount Hood CC	26.38^	NWI	4	
3 Garasimchuk, Zori		Highline CC	26.55^	NWI	4	
4 Wageman, Renee		Northwest	26.83	2.6	3	
5 Bertholf, Kim		Pacific Lutheran	27.13	2.6	3	
6 Mitchell, Lindsey		Central Wash.	27.24^	NWI	4	
7 Norman, Carolyn		Highline CC	27.29	2.6	3	
8 Thorne, Kristina		Central Wash.	27.40	2.6	3	
9 McCall, Jackie		Western Wash.	27.46	2.6	3	
10 Berberick, Kim		NW Nazarene	27.49	2.6	3	
11 Baldwin, Alisha		Northwest	27.52	NWI	4	
12 Hood, Britany		Unattached	27.70	2.8	2	
13 Bowman, Rebekah		NW Nazarene	27.90	2.6	3	
14 Larson, Sarah		Pacific Lutheran	28.61	2.8	2	
15 Voitovitch, Nicole		Eastern Ore.	28.74	2.8	2	
16 Harder, Amy		Western Wash.	28.97	2.8	2	
17 Schultz, Hannah		Pacific Lutheran	29.84	5.0	1	
18 Crow, Nicole		Eastern Ore.	30.01	2.8	2	
19 Cavalieri, Ashley		Highline CC	30.24	5.0	1	

Women 400 Meter Dash

=====  
 Arlt Invite: ~ 56.22 2004 Kinyatta Leonhardt, Seattle Pacific  
 Stadium: @ 56.22 4/17/2004 Kinyatta Leonhardt, Seattle Pacific  
 D-II Auto: # 54.00 2005  
 D-II Prov: \$ 56.60 2005  
 GNAC Auto: % 59.80 2005  
 GNAC Prov: ^ 1:04.00 2005

Name	Year	School	Finals	H#	Points
1 Legard, Terran		Unattached	56.42\$	3	10
2 Kaercher, Rachael		Unattached	59.21%	3	8
3 Garasimchuk, Zori		Highline CC	1:00.04^	3	6
4 Wageman, Renee		Northwest	1:00.17^	3	5
5 Marsh, Jennifer		Seattle Pacific	1:00.70^	2	4
6 Hingston, Katie		Central Wash.	1:00.94^	3	2.5
6 Burt, Angela		Western Wash.	1:00.94^	3	2.5
8 Soule, Anna		Seattle Pacific	1:01.57^	2	1
9 Evans, LeAnne		Western Wash.	1:01.60^	2	

10	Senescall, Stephanie	Puget Sound	1:01.74^	3
11	Fischer, Kara	Western Wash.	1:01.80^	2
12	Norman, Carolyn	Highline CC	1:02.98^	3
13	Schutte, Nicki	NW Nazarene	1:03.24^	2
14	Woitovitch, Nicole	Eastern Ore.	1:03.94^	1
15	Blagden, Bonar	Puget Sound	1:04.10	2
16	Bueb, Holly	Seattle	1:05.00	1
17	Schultz, Hannah	Pacific Lutheran	1:06.30	1
18	Overton, Wendy	Western Wash.	1:06.64	2
19	Mielke, Becca	Eastern Ore.	1:07.64	1
20	Ramos, Patricia	Seattle	1:09.67	1

Women 800 Meter Dash

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Arlt Invite: ~	2:13.86	2002	Sarah Kraybill, Seattle Pacific
Stadium: @	2:09.71	5/9/1987	Brit McRoberts, Simon Fraser
D-II Auto: #	2:08.00	2005	
D-II Prov: \$	2:15.00	2005	
GNAC Auto: %	2:20.00	2005	
GNAC Prov: ^	2:27.00	2005	

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Name	Year	School	Finals	H#	Points
1 Marsh, Jennifer		Seattle Pacific	2:19.92%	3	10
2 Lavin, Josie		Seattle Pacific	2:21.91^	3	8
3 Stilwater, Tiffany		Northwest	2:25.42^	3	6
4 Arce, Charisse		Seattle	2:28.66	3	5
5 Cullop, Nicole		Central Wash.	2:30.53	3	4
6 Gregorich-Evans, Chelsea		Central Wash.	2:31.92	3	3
7 Haas, Kristin		Western Wash.	2:34.87	2	2
8 Koch, Jamie		Central Wash.	2:34.91	2	1
9 Owen, Tanja		Central Wash.	2:35.04	2	
10 Teran, Ashley		Northwest	2:36.00	3	
11 Tachibana, Shauna		Pacific Lutheran	2:36.54	2	
12 Davignon, Kristen		Pacific Lutheran	2:36.68	2	
13 Mielke, Becca		Eastern Ore.	2:37.31	2	
14 Ferguson, Emily		Seattle	2:37.48	2	
15 Van Benthuyzen, Molly		Puget Sound	2:38.31	3	
16 Aslam, Shaheen		Western Wash.	2:43.10	1	
17 Plomski, Liesl		Evergreen St.	2:45.80	1	
18 Lundahl, Crystal		Highline CC	2:46.88	3	
19 Fraser, Erin		Western Wash.	2:50.10	1	
20 Brevik, Kjirsten		Puget Sound	3:01.60	1	

Women 1500 Meter Run

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=====
Arlt Invite: ~ 4:32.45 2002      Alicen Maier, Central Wash.
  Stadium: @ 4:27.64 5/9/1987  Brit McRoberts, Simon Fraser
D-II Auto: # 4:27.00 2005
D-II Prov: $ 4:41.00 2005
GNAC Auto: % 4:50.00 2005
GNAC Prov: ^ 5:05.00 2005
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Name	Year	School	Finals	Points
1 Stilwater, Tiffany		Northwest	4:45.51%	10
2 Fullerton, Kelly		Seattle	4:45.71%	8
3 Marshall, Sitges		Highline CC	4:52.80^	6
4 Wilson, Michel		Mount Hood CC	4:53.31^	5
5 Johnson, Mandi		NW Nazarene	4:55.75^	4
6 Davignon, Kristen		Pacific Lutheran	4:57.46^	3
7 Colkitt, Stephanie		Eastern Ore.	4:58.02^	2
8 Dunnam, Jessie		St. Martin's	5:05.09	1
9 Ingersoll, Morgan		NW Nazarene	5:05.10	
10 Bailey, Rachel		Central Wash.	5:06.32	
11 Salveson, Meghan		Seattle	5:07.70	
12 Garcia, Alana		Seattle	5:08.70	
13 Teran, Ashley		Northwest	5:09.84	
14 D'Amico, Nicole		Western Wash.	5:11.90	
15 Bates, Sara		Eastern Ore.	5:15.90	
16 Johnson, Megan		NW Nazarene	5:22.20	
17 Bishop, Kaleigh		St. Martin's	5:23.92	
18 Lundahl, Crystal		Highline CC	5:25.83	
19 Jamieson, Ashley		Pacific Lutheran	5:26.31	
20 Howell, Jessica		Western Wash.	5:29.20	
21 Morris, Kim		Western Wash.	5:31.70	
22 Ferguson, Emily		Seattle	5:35.20	
23 Rohm, Breanne		Seattle Pacific	5:41.80	
24 Pratt, Suzi		Puget Sound	5:55.00	
25 Berdis, Meghan		Central Wash.	6:26.30	

Women 3000 Meter Run

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=====
Arlt Invite: ~ 9:53.04 2003      Ashlee Vincent, Western Wash.
  Stadium: @ 9:48.0h 5/8/1987  Leah Pells, Simon Fraser
D-II Auto: # 9:40.00 2005
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D-II Prov: \$ 10:18.00 2005  
 GNAC Auto: % 10:30.00 2005  
 GNAC Prov: ^ 11:15.00 2005

Name	Year	School	Finals	Points
1 Marshall, Sitges		Highline CC	10:30.30^	10
2 Anderson, Brandy		Central Wash.	10:38.60^	8
3 Mullen, Lindy		Central Wash.	10:43.70^	6
4 Benson, Sarah		Central Wash.	10:53.95^	5
5 D'Amico, Nicole		Western Wash.	11:15.98	4
6 Johnston, Jessica		Eastern Ore.	11:22.62	3
7 Schwerdtfeger, Katrina		Western Wash.	11:24.89	2
8 Lauer, Lydia		Seattle	11:25.51	1
9 Baxter, Lexi		Western Wash.	11:32.66	
10 Kaligis, Keely		Western Wash.	11:48.37	
11 Williams, Rachel		Evergreen St.	11:49.19	
12 Brundidge, Sarah		Seattle	12:04.53	
13 Flor, Cherilynn		Highline CC	12:09.52	
14 Jablonsky, Jami		Highline CC	12:10.60	
15 Suess, Rachel		Seattle	12:15.40	
16 Oberholser, Jessie		Central Wash.	12:17.24	
17 Keeton, Jennifer		Ga. Coll. & St.	12:18.21	
18 Knight, Lindsey		Western Wash.	12:21.53	
19 Aslam, Shaheen		Western Wash.	12:23.25	
20 Fjellanger, Cathy		Western Wash.	12:28.58	
21 Hudgins, Sarah		Highline CC	12:39.56	

Women 5000 Meter Run

=====  
 Arlt Invite: ~ 18:00.16 2004 Karen Dickson, Seattle Pacific  
 Stadium: @ 17:00.61 5/7/1982 Patsy Sharples, Idaho  
 D-II Auto: # 16:40.00 2005  
 D-II Prov: \$ 17:50.00 2005  
 GNAC Auto: % 18:30.00 2005  
 GNAC Prov: ^ 20:00.00 2005

Name	Year	School	Finals	Points
1 Rosapepe, Beth		Western Wash.	18:31.80^	10
2 Mullen, Marcie		Central Wash.	18:56.20^	8
3 Nisly, Melanie		NW Nazarene	19:19.60^	6
4 Mishler, Rebecca		NW Nazarene	19:19.80^	5
5 Finney, Rian		Eastern Ore.	19:21.00^	4

6	Mishler, Holly	NW Nazarene	19:26.10^	3
7	Probst, Janelle	St. Martin's	19:30.30^	2
8	Green, Amber	Central Wash.	19:58.00^	1
9	Mulvaney, Ashley	Mount Hood CC	20:35.10	
10	Uhlig, Emily	Central Wash.	20:46.10	
11	Wynkoop, Christy	NW Nazarene	20:54.40	
12	Wiggins, Jessica	NW Nazarene	21:13.80	
13	Blume, Katelynn	St. Martin's	22:03.40	
14	Hughes, Kellie	Ga. Coll. & St.	22:26.00	
15	Dedrick, Patricia	Ga. Coll. & St.	22:49.20	

Women 10000 Meter Run

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Arlt Invite: ~ 42:00.0h 2003 Nicole Seana, Seattle Pacific  
 Stadium: @ 36:52.8h 5/6/1982 Patsy Sharples, Idaho  
 D-II Auto: # 35:00.00 2005  
 D-II Prov: \$ 37:50.00 2005  
 GNAC Auto: % 40:00.00 2005  
 GNAC Prov: ^ 43:30.00 2005

Name	Year	School	Finals	Points
1	Dunn, Briana	Warner Pacific	42:15.50^	10
2	Burse, Kami	Western Wash.	42:49.30^	8
3	DuBay, Maria	Mount Hood CC	45:34.60	6

Women 100 Meter Hurdles

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Arlt Invite: ~ 14.34 1998 Vanessa Fryer, Simon Fraser  
 Stadium: @ 13.91 5/8/1993 Michaela Colluney, Simon Fraser  
 D-II Auto: # 13.80 2005  
 D-II Prov: \$ 14.65 2005  
 GNAC Auto: % 15.50 2005  
 GNAC Prov: ^ 17.00 2005

Name	Year	School	Finals	Wind	H#	Po
1	Rountree, Ashley	Central Wash.	15.14	3.1	2	
2	Holt, Kirsten	Western Wash.	15.50	3.1	2	
3	Merrick, Alex	Western Wash.	15.56	3.1	2	
4	Kinney, Erin	Warner Pacific	15.70	3.1	2	
5	Evans, LeAnne	Western Wash.	15.90	3.1	2	
6	Janney, Kristin	Seattle Pacific	16.10	3.1	2	
7	McCall, Jackie	Western Wash.	16.64	2.6	1	

8	Sonis, De De	Mount Hood CC	16.80	3.1	2
9	Hoke, Emily	Puget Sound	17.34	2.6	1
10	Newland, Jennifer	Central Wash.	17.74	2.6	1
11	Field, Maureen	Central Wash.	17.80	2.6	1
12	Kim, Christine	Highline CC	17.94	2.6	1
12	Druktenis, Stephanie	Central Wash.	17.94	2.6	1
14	Gilkison, Erin	Eastern Ore.	18.27	2.6	1

Women 400 Meter Hurdles

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Arlt Invite: ~ 1:01.24 2002      Jawaea Harder, Seattle Pacific  
 Stadium: @ 1:00.64 5/8/1993      Michaela Colluney, Simon Fraser  
 D-II Auto: # 59.00 2005  
 D-II Prov: \$ 1:03.30 2005  
 GNAC Auto: % 1:06.00 2005  
 GNAC Prov: ^ 1:11.20 2005

Name	Year	School	Finals	H#	Points
1 Rickels, Ashley		NW Nazarene	1:06.05^	2	10
2 Claussen, Chelsi		St. Martin's	1:06.09^	2	8
3 Rountree, Ashley		Central Wash.	1:08.89^	2	6
4 Nygard, Kara		Unattached	1:10.02^	2	5
5 McHugh, Kerry		Highline CC	1:10.09^	2	4
6 Newland, Jennifer		Central Wash.	1:11.73	2	3
7 Burr, Lakita		St. Martin's	1:12.33	2	2
8 Cornish, Kristen		Western Wash.	1:12.87	1	1
9 Senescall, Stephanie		Puget Sound	1:13.13	2	
10 Kim, Christine		Highline CC	1:17.54	1	
11 Delvecchio, Cara		Puget Sound	1:18.07	1	
12 Clayton, Laura		Eastern Ore.	1:18.08	1	
13 Flesher, Sarah		Eastern Ore.	1:24.45	1	

Women 3000 Meter Steeplechase

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Arlt Invite: ~ 11:36.0h 2002      Korinda Godwin, Northwest (Wash.)  
 Stadium: @ 11:10.10 5/3/2003      Kelly Fullerton, Seattle  
 D-II Auto: # 10:20.00 2005  
 D-II Prov: \$ 11:27.00 2005  
 GNAC Auto: % 11:50.00 2005  
 GNAC Prov: ^ 12:50.00 2005

Name	Year	School	Finals	Points
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1	McCanick, Ann	St. Martin's	12:10.20^	10
2	Stine, Stephanie	Unattached	12:12.70^	8
3	Jamieson, Ashley	Pacific Lutheran	12:15.50^	6
4	Haas, Kristin	Western Wash.	12:15.90^	5
5	Pitman, Erica	Central Wash.	12:31.80^	4
6	Beatty, Nicole	St. Martin's	12:35.20^	3
7	Thon, Sara	Western Wash.	12:39.40^	2
8	Jacobson, Liz	Pacific Lutheran	14:23.20	1

Women 4x100 Meter Relay

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Arlt Invite: ~ 47.48 1999 Pacific Lutheran  
Lay, Osborne, C.Axley, S.Axley

Stadium: @ 47.48 4/24/1999 Pacific Lutheran  
Lay, Osborne, C.Axley, S.Axley

D-II Auto: # 45.50 2005

D-II Prov: \$ 47.50 2005

School	Finals	Points
1 Central Washington University 'A'	49.39	10
2 Northwest Nazarene University 'A'	52.08	8

Women 4x400 Meter Relay

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Arlt Invite: ~ 3:52.13 1999 Western Wash.  
Anderson, Ellingson, Rose, Tenace

Stadium: @ 3:49.30 5/9/1987 Simon Fraser  
Ewing, Parrish, Wagner, McRoberts

D-II Auto: # 3:42.00 2005

D-II Prov: \$ 3:52.00 2005

School	Finals	H#	Points
1 Central Washington University 'A'	4:05.78	2	10
2 Northwest Nazarene University 'A'	4:07.38	2	8
3 Western Washington University 'A'	4:15.53	2	6
4 Central Washington University 'B'	4:19.66	2	5
5 Seattle University 'A'	4:23.03	1	4
6 Eastern Oregon University 'A'	4:26.10	1	3
7 Eastern Oregon University 'B'	4:40.18	1	2

Women High Jump

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Arlt Invite: ~ 5-05.75 2000 Brianna Willis, Unattached  
 Stadium: @ 5-09 Twice  
 D-II Auto: # 1.79m 2005  
 D-II Prov: \$ 1.69m 2005  
 GNAC Auto: % 1.60m 2005  
 GNAC Prov: ^ 1.48m 2005

Name	Year	School	Finals
1 Peterson, Emily		NW Nazarene	1.60m% 5-03.00
2 Kinney, Erin		Warner Pacific	1.55m^ 5-01.00
2 Groves, Monica		Puget Sound	1.55m^ 5-01.00
4 Moran, Tara		Eastern Ore.	1.55m^ 5-01.00
4 Todd, Lindsey		Washington	1.55m^ 5-01.00
6 Senescall, Stephanie		Puget Sound	1.50m^ 4-11.00
7 Ryen, Liz		Central Wash.	1.50m^ 4-11.00
7 Booth, Emily		Eastern Ore.	1.50m^ 4-11.00
9 Cox, Lindsey		Western Wash.	1.50m^ 4-11.00
9 Witcher, Christine		Western Wash.	1.50m^ 4-11.00
11 Attleburger, Christa		Mount Hood CC	1.50m^ 4-11.00
12 Kishi, Cristen		Western Wash.	1.45m 4-09.00
12 McCall, Jackie		Western Wash.	1.45m 4-09.00
12 Gallaher, Jessie		Mount Hood CC	1.45m 4-09.00
15 Larson, Ingrid		Pacific Lutheran	1.40m 4-07.00

Women Pole Vault

Arlt Invite: ~ 12-01.50 2004 Allison Hedges, Seattle Pacific  
 Stadium: @ 12-01.50 4/17/2004 Allison Hedges, Seattle Pacific  
 D-II Auto: # 4.00m 2005  
 D-II Prov: \$ 3.50m 2005  
 GNAC Auto: % 3.35m 2005  
 GNAC Prov: ^ 2.75m 2005

Name	Year	School	Finals
1 Harris, Amy		Seattle Pacific	3.68m\$ 12-00.75
2 Studer, Ally		Seattle Pacific	3.35m% 10-11.756
2 Swango, Myrriah		Washington	3.35m% 10-11.756
2 Kreft, Andrea		Western Wash.	3.35m% 10-11.756
5 Hedges, Allie		Seattle Pacific	3.35m% 10-11.75
6 Heaton, Katie		Puget Sound	3.20m^ 10-06.00
7 Amos, Haley		Central Wash.	3.05m^ 10-00.00
8 Holt, Kirsten		Western Wash.	2.90m^ 9-06.25

9	Maurer, Katie	Central Wash.	2.90m^	9-06.25
10	Dockins, Cara	Western Wash.	2.75m^	9-00.25
11	Stone, Julie	Western Wash.	2.75m^	9-00.25
12	Kajko, Liz	Puget Sound	2.60m	8-06.25
--	Gallagher, Jessie	Mount Hood CC	NH	
--	Bonino, Laura	Pacific Lutheran	NH	
--	Hood, Brittany	Unattached	NH	
--	Perez, Becky	Central Wash.	NH	
--	Perez, Kelli	Western Wash.	NH	
--	Fredricksen, Brianna	Central Wash.	NH	

Women Long Jump

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Arlt Invite: ~ 18-10.50 2002 Davina Strauss, Central Wash.  
 Stadium: @ 19-04 4/17/1987 Kim Huey, Seattle Pacific  
 D-II Auto: # 6.25m 2005  
 D-II Prov: \$ 5.69m 2005  
 GNAC Auto: % 5.20m 2005  
 GNAC Prov: ^ 4.72m 2005

Name	Year	School	Finals	Wind
1 Bascom, Kimberly		Western Wash.	5.04m^	NWI 16-0
2 Schlafer, Teresa		Central Wash.	4.92m^	NWI 16-0
3 Spear, Anjuli		Central Wash.	4.88m^	NWI 16-0
4 Merrick, Alex		Western Wash.	4.82m^	NWI 15-0
5 Graham, Julie		Central Wash.	4.66m	NWI 15-0
6 Tiger, Lea		Central Wash.	4.65m	NWI 15-0
7 Leonard, Lindsay		Western Wash.	4.65m	NWI 15-0
8 Field, Maureen		Central Wash.	4.60m	NWI 15-0
9 Goe, Becca		Puget Sound	4.48m	NWI 14-0
10 Burns, Ashley		Seattle	4.47m	NWI 14-0
11 Burr, Lakita		St. Martin's	4.46m	NWI 14-0
12 Hood, Britany		Unattached	4.42m	NWI 14-0
13 Maurer, Katie		Central Wash.	4.27m	NWI 14-0
14 Kajko, Liz		Puget Sound	3.85m	NWI 12-0
15 Lewis, Rebecca		Pacific Lutheran	3.84m	NWI 12-0
16 Plypick, Taryn		Highline CC	3.40m	NWI 11-0

Women Triple Jump

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Arlt Invite: ~ 38-08.50 1994 Tracy Fox, Pacific Lutheran  
 Stadium: @ 38-08.50 4/23/1994 Tracy Fox, Pacific Lutheran

D-II Auto: # 12.50m 2005  
 D-II Prov: \$ 11.60m 2005  
 GNAC Auto: % 10.90m 2005  
 GNAC Prov: ^ 9.50m 2005

Name	Year	School	Finals	Wind
1 Tiger, Lea		Central Wash.	10.99m%	NWI 36-0
2 Bascom, Kimberly		Western Wash.	10.99m%	NWI 36-0
3 Graham, Julie		Central Wash.	10.70m^	NWI 35-0
4 Leonard, Lindsay		Western Wash.	10.54m^	NWI 34-0
5 Wagner, Jessica		Central Wash.	10.49m^	NWI 34-0
6 Goe, Becca		Puget Sound	10.17m^	NWI 33-0
7 Spear, Anjuli		Central Wash.	10.17m^	NWI 33-0
8 Booth, Emily		Eastern Ore.	10.07m^	NWI 33-0
9 Attleburger, Christa		Mount Hood CC	9.72m^	NWI 31-1
10 Lewis, Rebecca		Pacific Lutheran	9.33m	NWI 30-0
11 Kim, Christine		Highline CC	8.92m	NWI 29-0

Women Shot Put

=====  
 Arlt Invite: ~ 44-11 2000 April Haney, Eastern Ore.  
 Stadium: @ 47-01.25 4/18/1981 Jenny Lemke, Wenatchee Valley CC  
 D-II Auto: # 15.24m 2005  
 D-II Prov: \$ 13.26m 2005  
 GNAC Auto: % 11.50m 2005  
 GNAC Prov: ^ 10.40m 2005

Name	Year	School	Finals
1 Tandle, Krissy		Central Wash.	12.46m% 40-10.50
2 Lindquist, Rebecca		Central Wash.	11.96m% 39-03.00
3 Whitemarsh, Ann-Erica		Warner Pacific	11.65m% 38-02.75
4 Carlson, Tammy		Western Wash.	11.55m% 37-10.75
5 Carroll, Amy		NW Nazarene	11.38m^ 37-04.00
6 McAdam, Rebekah		NW Nazarene	10.58m^ 34-08.50
7 Wochnick, Megan		Pacific Lutheran	10.39m 34-01.25
8 Maddux, Sarah		NW Nazarene	9.80m 32-02.00
9 Mathias, Teresa		Seattle	9.65m 31-08.00
10 Biechler, Sarah		Eastern Ore.	9.45m 31-00.00
11 Jacobsen, Missy		Eastern Ore.	9.41m 30-10.50
12 Wheelhouse, Chelsey		Eastern Ore.	9.33m 30-07.50
13 Washington, Danika		St. Martin's	8.32m 27-03.75
14 Brockman, Tera		Seattle	6.10m 20-00.25

15 Rice, Kristie	Seattle	5.13m	16-10.00
16 Quilter, Tiffany	Central Wash.	1.97m	6-05.75

Women Discus Throw

=====  
Arlt Invite: ~ 151-01 1998 Sherie Schroeder, Western Wash.  
Stadium: @ 166-11 4/9/1983 Julie Hanson, Unattached  
D-II Auto: # 50.60m 2005  
D-II Prov: \$ 44.00m 2005  
GNAC Auto: % 37.00m 2005  
GNAC Prov: ^ 33.00m 2005

Name	Year School	Finals	
1 McAdam, Rebekah	NW Nazarene	40.15m%	131-09
2 VanOeveren, Ashley	Western Wash.	39.95m%	131-01
3 Tandle, Krissy	Central Wash.	39.58m%	129-10
4 Quilter, Tiffany	Central Wash.	38.81m%	127-04
5 Gilkison, Erin	Eastern Ore.	38.58m%	126-07
6 Wochnick, Megan	Pacific Lutheran	37.54m%	123-02
7 Carroll, Amy	NW Nazarene	36.59m^	120-00
8 Wherry, Kristi	NW Nazarene	36.20m^	118-09
9 Lewis, Stephanie	Pacific Lutheran	34.74m^	114-00
10 McDowell, Christin	Central Wash.	33.89m^	111-02
11 Carlson, Tammy	Western Wash.	32.46m	106-06
12 Lindquist, Rebecca	Central Wash.	32.44m	106-05
13 Biechler, Sarah	Eastern Ore.	30.97m	101-07
14 MacCully, Kristina	Western Wash.	28.68m	94-01
15 Whitemarsh, Ann-Erica	Warner Pacific	24.21m	79-05
-- Rance, Erica	Western Wash.	FOUL	
-- Washington, Danika	St. Martin's	FOUL	
-- Heavilin, Amber	Warner Pacific	FOUL	

Women Hammer Throw

=====  
Arlt Invite: ~ 173-11.50 2003 Jennifer Dunkin, Western Ore.  
Stadium: @ 177-01.25 5/3/2003 Jennifer Dunkin, Western Ore.  
D-II Auto: # 56.38m 2005  
D-II Prov: \$ 48.75m 2005  
GNAC Auto: % 42.00m 2005  
GNAC Prov: ^ 33.00m 2005

Name	Year School	Finals	
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1	McDowell, Christin	Central Wash.	47.65m%	156-04
2	Wheelhouse, Chelsey	Eastern Ore.	46.58m%	152-10
3	Wherry, Kristi	NW Nazarene	45.51m%	149-04
4	Wochnick, Megan	Pacific Lutheran	44.80m%	147-00
5	MacCully, Kristina	Western Wash.	41.87m^	137-04
6	Carlson, Tammy	Western Wash.	41.12m^	134-11
7	Tandle, Krissy	Central Wash.	39.81m^	130-07
8	Bowman, Hannah	NW Nazarene	39.66m^	130-01
9	Parker, Mackenzie	Unattached	38.44m^	126-01
10	Taylor, Katie	Western Wash.	38.15m^	125-02
11	Quilter, Tiffany	Central Wash.	36.14m^	118-07
12	Carroll, Amy	NW Nazarene	35.45m^	116-04
13	Jacobsen, Missy	Eastern Ore.	34.39m^	112-10
14	Rance, Erica	Western Wash.	32.43m	106-05
15	Maddux, Sarah	NW Nazarene	32.25m	105-10
16	Horn, Tara	Puget Sound	29.52m	96-10

Women Javelin Throw

=====

Arlt Invite: ~ 156-05 2002 Molly Monroe, Unattached  
 Stadium: @ 160-11 4/23/1983 Lorna Martinson, Central Wash.  
 D-II Auto: # 47.24m 2005  
 D-II Prov: \$ 40.84m 2005  
 GNAC Auto: % 38.10m 2005  
 GNAC Prov: ^ 33.00m 2005

Name	Year	School	Finals	
1	McMeel, Katie	Central Wash.	41.22m\$	135-03
2	McAdam, Rebekah	NW Nazarene	40.85m\$	134-00
3	Taylor, Amy	Seattle Pacific	38.77m%	127-02
4	Groves, Monica	Puget Sound	35.71m^	117-02
5	Rance, Erica	Western Wash.	35.26m^	115-08
6	Ranjel, Loreen	Pacific Lutheran	34.94m^	114-07
7	Fenn, Lauren	Puget Sound	32.28m	105-11
8	Janney, Kristin	Seattle Pacific	32.11m	105-04
9	Mathias, Teresa	Seattle	31.14m	102-02
10	Taylor, Katie	Western Wash.	31.12m	102-01
11	Evans, LeAnne	Western Wash.	30.65m	100-07
12	Newland, Jennifer	Central Wash.	30.59m	100-04
13	Gilkison, Erin	Eastern Ore.	30.03m	98-06
14	Cavalieri, Ashley	Highline CC	28.81m	94-06
15	Barr, Kayla	NW Nazarene	22.95m	75-03

Men 100 Meter Dash

=====

Arlt Invite: ~ 10.53 1998 Chris Courtney, Central Wash.  
 Stadium: @ 10.53 4/25/1998 Chris Courtney, Central Wash.  
 D-II Auto: # 10.30 2005  
 D-II Prov: \$ 10.65 2005  
 GNAC Auto: % 11.10 2005  
 GNAC Prov: ^ 11.50 2005

Name	Year	School	Finals	Wind	H#	Po
1 Hubbard, Bruce		Highline CC	10.54	4.5	5	
2 Van Sant, Pete		Puget Sound	10.85	4.5	5	
3 Burnett, James		Pacific Lutheran	10.96	4.5	5	
4 Jayo, Talon		Eastern Ore.	10.96	4.5	5	
5 Redmond, Adam		Highline CC	11.11	4.5	5	
6 Punjani, Faruk		Seattle	11.17	4.5	5	
7 Rogstad, Matt		Unattached	11.24^	1.9	4	
8 Greene, Burch		Puget Sound	11.25^	1.9	4	
9 Wheeler, Eddie		NW Nazarene	11.28	4.5	5	
9 Glover, Travis		Highline CC	11.28	3.5	3	
11 Khabibulin, Mike		Western Wash.	11.31^	1.9	4	
12 Mangold, Casey		Seattle	11.32^	1.9	4	
13 Armstead, Jeremiah		Unattached	11.34	3.5	3	
14 Stevens, Jason		Eastern Ore.	11.36	3.5	3	
15 Bye, Brycen		Puget Sound	11.40	3.5	3	
16 Sloan, Cameron		Central Wash.	11.44^	1.9	4	
17 Roberts, Jason		Central Wash.	11.48^	1.9	4	
18 Howard, Sterling		Highline CC	11.51	3.5	3	
19 DeBord, Mark		NW Nazarene	11.56	3.1	2	
19 Albrecht, Andrew		Pacific Lutheran	11.56	3.1	2	
21 McGillen, Kyle		Western Wash.	11.58	1.9	4	
22 Thompsen, Dan		Western Wash.	11.64	3.5	3	
23 Gould, Brian		NW Nazarene	11.68	3.5	3	
24 Truman, Gary		Eastern Ore.	11.76	3.1	2	
25 Page, Nick		Pacific Lutheran	11.83	3.1	2	
26 Castona, Nic		Western Wash.	11.85	3.1	2	
27 Oliver, Gresham		NW Nazarene	11.90	3.1	2	
28 Vanek, Matt		Puget Sound	11.93	3.4	1	
28 Dexter, Tyler		Central Wash.	11.93	3.1	2	
30 Orji, Lionel		Highline CC	11.96	3.4	1	
31 Costello, Cody		Puget Sound	12.37	3.4	1	

Men 200 Meter Dash

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=====
Arlt Invite: ~ 21.50 1997      Marc Hill, Unattached
  Stadium: @ 21.50 4/26/1997  Marc Hill, Unattached
D-II Auto: # 20.65 2005
D-II Prov: $ 21.50 2005
GNAC Auto: % 22.20 2005
GNAC Prov: ^ 23.40 2005

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Name	Year	School	Finals	Wind	H#	Po
1 Hubbard, Bruce		Highline CC	22.10	3.2	7	
2 Coutard, Fabien		Unattached	22.19	3.2	7	
3 Van Sant, Pete		Puget Sound	22.66	4.1	6	
4 Punjani, Faruk		Seattle	22.92	2.3	5	
5 McIver, Brynnen		Highline CC	22.97	3.2	7	
6 Rogstad, Matt		Unattached	22.99	4.1	4	
6 Armstead, Jeremiah		Unattached	22.99	2.3	5	
8 Engelson, Kurt		Seattle Pacific	23.13	3.2	7	
9 Khabibulin, Mike		Western Wash.	23.14	3.2	7	
10 Wheeler, Eddie		NW Nazarene	23.15	2.3	5	
11 Jayo, Talon		Eastern Ore.	23.16	4.1	6	
12 Stevens, Jason		Eastern Ore.	23.34	4.1	6	
13 Howard, Sterling		Highline CC	23.43	2.3	5	
14 Roberts, Jason		Central Wash.	23.46	2.3	5	
15 DeBord, Mark		NW Nazarene	23.49	2.3	5	
16 Lycksell, Lucas		Pacific Lutheran	23.51	3.7	3	
17 Edwards, Robert		Central Wash.	23.61	4.1	4	
18 Jones, Alvin		Highline CC	23.64	4.1	6	
19 Gundel, Andy		Central Wash.	23.72	3.7	3	
20 Morrison, Michael		Club Northwest	23.75	4.1	6	
21 Hill, Brandon		NW Nazarene	23.79	4.1	4	
22 Payne, Jon		Pacific Lutheran	23.85	3.7	3	
22 Bye, Brycen		Puget Sound	23.85	3.8	2	
24 Kinder, Dayne		Central Wash.	24.05	3.7	3	
25 Albrecht, Andrew		Pacific Lutheran	24.12	4.1	4	
26 Page, Nick		Pacific Lutheran	24.16	5.9	1	
27 Truman, Gary		Eastern Ore.	24.31	3.7	3	
28 Scansen, Danny		Northwest	24.38	4.1	4	
29 Dexter, Tyler		Central Wash.	24.39	3.8	2	
30 Vanek, Matt		Puget Sound	24.45	5.9	1	
31 Hamblen, Jordan		Mount Hood CC	24.84	3.2	7	



32 Orji, Lionel	Highline CC	24.94	4.1	4
33 Costello, Cody	Puget Sound	25.19	5.9	1
34 Ching, Ehren	St. Martin's	25.22	3.8	2
35 Sholola, J.D.	Unattached	25.65	3.7	3

Men 400 Meter Dash

=====

Arlt Invite: ~ 47.9h 1994 Jay Spears, Central Wash.  
 Stadium: @ 47.84 5/12/1984 John Kaay, Simon Fraser  
 D-II Auto: # 46.50 2005  
 D-II Prov: \$ 48.00 2005  
 GNAC Auto: % 50.00 2005  
 GNAC Prov: ^ 51.70 2005

Name	Year School	Finals	H#	Points
1 Kelley, Mike	Central Wash.	49.93%	4	10
2 Reynolds, Eric	Central Wash.	50.37^	4	8
3 Neff, Adam	Western Wash.	50.64^	4	6
4 Coutard, Fabien	Unattached	50.94^	3	5
5 Strickler, Eddie	Seattle Pacific	50.99^	3	4
6 Watson, Cresap	Central Wash.	51.33^	4	3
7 Hartwig, Casey	NW Nazarene	51.35^	3	2
8 Jones, Alvin	Highline CC	51.64^	4	1
9 Kinder, Dayne	Central Wash.	51.91	3	
10 Morrison, Michael	Club Northwest	51.92	3	
11 Engelson, Kurt	Seattle Pacific	52.10	3	
12 Scansen, Danny	Northwest	52.40	2	
13 Stupnitskiy, Anton	Warner Pacific	52.45	4	
14 Gerry, Bryan	Unattached	52.92	3	
15 Brown, Garrett	Seattle	53.17	2	
16 Walsh, Tim	Western Wash.	55.04	2	
17 Ching, Ehren	St. Martin's	56.53	1	
18 Sholola, J.D.	Unattached	1:00.81	2	
19 Tober, Kevin	Unattached	1:02.28	1	

Men 800 Meter Dash

=====

Arlt Invite: ~ 1:52.14 2003 Devin Kemper, Club Northwest  
 Stadium: @ 1:51.75 5/9/1987 Andrew Dawson, Simon Fraser  
 D-II Auto: # 1:49.40 2005  
 D-II Prov: \$ 1:53.00 2005  
 GNAC Auto: % 1:55.50 2005

GNAC Prov: ^ 1:59.90 2005

Name	Year	School	Finals	Points
1 Hendricks, Nate		Unattached	1:57.24^	10
2 Hagood, Lincoln		NW Nazarene	1:58.81^	8
3 Savala, Travis		Pacific Lutheran	2:00.00	6
4 Riak, John		Unattached	2:00.03	5
5 Abbott, Kelen		Warner Pacific	2:00.32	4
6 Vanni, Matt		Puget Sound	2:01.42	3
7 Strickler, Eddie		Seattle Pacific	2:02.61	2
8 Whitaker, Brandon		Western Wash.	2:02.86	1
9 Quach, Yi-An		Seattle	2:02.87	
10 Dobra, Danny		Warner Pacific	2:03.79	
11 Little, Canyon		Western Wash.	2:04.18	
12 Timmer, Caleb		St. Martin's	2:05.23	
13 Randall, Leonard		Northwest	2:05.42	
14 Sipko, Daniel		Eastern Ore.	2:05.58	
15 Lesser, Jacob		Western Wash.	2:06.87	
16 Mohoric, Tyler		St. Martin's	2:06.98	
16 U'Ren, Ben		Puget Sound	2:06.98	
18 Johnson, Ben		Pacific Lutheran	2:08.55	
19 Rockenbach, Brian		Central Wash.	2:09.59	
20 Hunt, Skyler		Highline CC	2:10.38	
21 Castellon, Noe		St. Martin's	2:12.03	
22 Ramirez, Chris		Pacific Lutheran	2:13.40	
23 Nishida, Todd		Seattle	2:13.75	
24 Carpenter, Vic		St. Martin's	2:15.49	
25 Lalonde, Steven		St. Martin's	2:18.23	
26 Judd, Ben		Unattached	2:25.17	
27 Stephenson, Beau		Mount Hood CC	2:42.5h	

Men 1500 Meter Run

=====  
 Arlt Invite: ~ 3:54.5h 2002 Nathan Carlson, St. Martin's  
 Stadium: @ 3:51.64 5/9/1987 Mike Pace, Central Wash.  
 D-II Auto: # 3:47.00 2005  
 D-II Prov: \$ 3:54.00 2005  
 GNAC Auto: % 3:59.00 2005  
 GNAC Prov: ^ 4:10.00 2005

Name	Year	School	Finals	Points
1 Brancheau, Sam		Western Wash.	3:59.70^	10

2	Abbott, Kelen	Warner Pacific	4:02.81^	8
3	Pankiewicz, Mike	Central Wash.	4:06.98^	6
4	Sipko, Daniel	Eastern Ore.	4:10.18	5
5	Renninger, Robert	Seattle	4:11.38	4
6	Randall, Leonard	Northwest	4:12.01	3
7	Riak, John	Unattached	4:12.98	2
8	Nugent, Tyler	Pacific Lutheran	4:13.25	1
9	Whitaker, Brandon	Western Wash.	4:16.29	
10	Schepler, Ty	Western Wash.	4:18.29	
11	Zimmer, Andy	Puget Sound	4:19.26	
12	Layne, Tyler	NW Nazarene	4:22.30	
13	Castellon, Noe	St. Martin's	4:27.03	
14	Miskimens, David	Unattached	4:28.30	
15	Christensen, Brent	St. Martin's	4:30.40	
16	Hensley, Aaron	Mount Hood CC	4:31.40	
17	Pearson, Joel	Unattached	4:32.20	
18	Wilbur, Robbie	St. Martin's	4:33.10	
19	Graham, Laurence	NW Nazarene	4:33.50	
20	Carpenter, Vic	St. Martin's	4:37.00	
21	Lalonde, Steven	St. Martin's	4:38.80	
22	Martindale, Robert	Unattached	4:51.80	
23	O'Conner, Matt	Unattached	4:54.60	
24	Wangen, Jon	Mount Hood CC	5:02.10	
25	Murphy, Patrick	Evergreen St.	5:07.50	

Men 5000 Meter Run

=====

Arlt Invite: ~	14:22.35	2002	Eric Tollefson, Unattached
Stadium: @	14:22.35	4/20/2002	Eric Tollefson, Unattached
D-II Auto: #	14:00.00	2005	
D-II Prov: \$	14:50.00	2005	
GNAC Auto: %	15:10.00	2005	
GNAC Prov: ^	16:00.00	2005	

Name	Year	School	Finals	Points
1	Scotchmer, Sam	Central Wash.	15:09.79%	10
2	Senrud, Logan	Western Wash.	15:42.22^	8
3	Stewart, Michael	Western Wash.	15:44.29^	6
4	Hotchkiss, Jake	NW Nazarene	15:46.97^	5
5	Lambert, Kevin	NW Nazarene	15:50.24^	4
6	Larpenteur, David	Highline CC	16:02.55	3
7	Schmitt, Matt	Central Wash.	16:08.95	2

=====

8 Blackburn, Troy	Eastern Ore.	16:12.76	1
9 Cook, Matt	Central Wash.	16:16.53	
10 Anderson, Geoff	Central Wash.	16:19.90	
11 Henry, Keever	Western Wash.	16:20.30	
12 Heitzinger, Nathan	Seattle	16:20.80	
13 Lemay, Keith	Western Wash.	16:21.03	
14 Lybarger, Andrew	Seattle	16:23.67	
15 Paul, Phil	Central Wash.	16:26.21	
16 Pearson, Joel	Unattached	16:27.40	
17 Hughes, Michael	Seattle	16:31.71	
18 Hague, Michael	Ga. Coll. & St.	16:32.81	
19 Franco, Lucas	Seattle	16:37.48	
20 Hudson, James	Evergreen St.	16:49.23	
21 Pineda, Miguel	Unattached	17:05.81	
22 Weiser, Dan	Unattached	17:18.46	
23 Halferty, Bryan	Unattached	17:49.05	
24 Dobson, Richard	Ga. Coll. & St.	17:50.22	
25 Martindale, Robert	Unattached	18:31.16	
26 Murphy, Patrick	Evergreen St.	19:19.7h	

Men 10000 Meter Run

=====

Arlt Invite: ~ 33:39.25 2004 Robert Bartholomew, Highline CC  
 Stadium: @ 30:34.7h 4/24/1982 Don Stearns, Eastern Ore.  
 D-II Auto: # 29:20.00 2005  
 D-II Prov: \$ 31:20.00 2005  
 GNAC Auto: % 33:30.00 2005  
 GNAC Prov: ^ 35:00.00 2005

Name	Year School	Finals	Points
1 Nyuop, Bul	Western Wash.	33:39.80^	10
2 Lovik, John	Warner Pacific	33:41.50^	8
3 Keller, Tim	NW Nazarene	34:04.10^	6
4 Rank, Jonathon	Unattached	34:04.30^	5
5 Stoddard, Zach	Puget Sound	34:28.50^	4
6 O'Bluck, Tris	Unattached	34:34.60^	3
7 Chilcoat, Kenneth	Pacific Lutheran	34:43.80^	2
8 Genest, Darryl	Unattached	34:44.70^	1
9 Ellis, Peter	Western Wash.	34:58.60^	
10 Roach, James	Highline CC	35:34.10	
11 Fish, Cory	Pacific Lutheran	36:12.50	
12 Essig, Mike	Highline CC	38:23.90	

-- Litzinger, Alex                      Western Wash.                      DNF

Men 110 Meter Hurdles

=====

Arlt Invite: ~ 14.4h 1994              Nolan Toso, Pacific Lutheran  
Stadium: @ 14.53 5/12/1984      Don Erickson, Puget Sound  
D-II Auto: # 13.90 2005  
D-II Prov: \$ 14.75 2005  
GNAC Auto: % 15.60 2005  
GNAC Prov: ^ 16.60 2005

Name	Year	School	Finals	Wind	H#	Po
1 Edwards, Robert		Central Wash.	15.02	3.4	2	
2 Clark, Alex		Central Wash.	15.19	3.4	2	
3 Freeman, Josh		Western Wash.	15.29	3.4	2	
4 Wilson, Dustin		Western Wash.	15.39	3.4	2	
5 Moody, Ricky		Highline CC	15.88	2.2	1	
6 O'Keefe, Andrew		Highline CC	16.15	3.4	2	
7 Choyce, Taylor		Seattle	16.25	2.2	1	
8 Argo, Gunner		Central Wash.	16.48	2.2	1	
9 Penman, Todd		Warner Pacific	16.65	2.2	1	
10 Turner, James		Highline CC	17.04	2.2	1	

Men 400 Meter Hurdles

=====

Arlt Invite: ~ 52.5h 1994              Goreal Hudson, Central Wash.  
Stadium: @ 52.5h 4/23/1994      Goreal Hudson, Central Wash.  
D-II Auto: # 51.70 2005  
D-II Prov: \$ 53.30 2005  
GNAC Auto: % 56.90 2005  
GNAC Prov: ^ 1:00.00 2005

Name	Year	School	Finals	H#	Points
1 O'Keefe, Andrew		Highline CC	57.00^	2	10
2 Griffith, Eric		Eastern Ore.	57.27^	2	8
3 Hamblen, Jordan		Mount Hood CC	57.70^	2	6
4 Jensen, Erik		Pacific Lutheran	59.15^	1	5
5 Millar, Trevor		Northwest	59.21^	2	4
6 Myhre, Kevin		Western Wash.	59.91^	2	3
7 Browne, Ryan		Eastern Ore.	1:00.42	1	2
8 Penman, Todd		Warner Pacific	1:00.50	2	1
9 Aguirre, John		Eastern Ore.	1:00.65	1	

10 Decker, Stewart	Puget Sound	1:02.92	1
11 Bybee, Nathan	Puget Sound	1:03.98	1

Men 3000 Meter Steeplechase

=====  
 Arlt Invite: ~ 9:11.9h 1998 Eric Tollefson, Unattached  
 Stadium: @ 9:11.9h 4/25/1998 Eric Tollefson, Unattached  
 D-II Auto: # 9:00.00 2005  
 D-II Prov: \$ 9:24.00 2005  
 GNAC Auto: % 9:40.00 2005  
 GNAC Prov: ^ 10:15.00 2005

Name	Year School	Finals	Points
1 Anderson, Geoff	Central Wash.	9:35.50%	10
2 Cook, Matt	Central Wash.	9:45.70^	8
3 Woods, Seth	St. Martin's	10:01.00^	6
4 Libecap, Chris	Puget Sound	10:06.80^	5
5 Rockenbach, Brian	Central Wash.	10:09.50^	4
6 Ego, Josh	Eastern Ore.	10:11.10^	3
7 Wyatt, Jay	Puget Sound	10:12.40^	2
8 Frazier, Josh	Highline CC	10:21.70	1
9 Hudson, James	Evergreen St.	10:35.70	
10 Crabtree, Matt	Western Wash.	10:38.30	
11 Weiser, Dan	Unattached	10:54.10	
12 Lehman, Steve	Unattached	11:07.20	
13 Doyle, Sean	Unattached	11:07.30	

Men 4x100 Meter Relay

=====  
 Arlt Invite: ~ 41.12 1999 Central Wash.  
 Delay, Faulconer, Saur, Courtney  
 Stadium: @ 41.12 4/24/1999 Central Wash.  
 Delay, Faulconer, Saur, Courtney  
 D-II Auto: # 40.00 2005  
 D-II Prov: \$ 41.15 2005

School	Finals	Points
1 Highline Community College 'A'	42.84	10
2 Western Washington University 'A'	42.84	8
3 Central Washington University 'A'	43.53	6
4 University of Puget Sound 'A'	43.81	5
5 Northwest Nazarene University 'A'	44.40	4

6 Pacific Lutheran University 'A'	44.53	3
7 Seattle University 'A'	44.63	2
8 University of Puget Sound 'B'	47.05	1

Men 4x400 Meter Relay

=====  
 Arlt Invite: ~ 3:16.5h 1994 Western Wash.  
 Hill, Blank, Young, Delaney  
 Stadium: @ 3:15.08 5/12/1984 Simon Fraser  
 Clarke, Tyler, Devlin, Kaay

D-II Auto: # 3:09.00 2005  
 D-II Prov: \$ 3:13.30 2005

School	Finals	H#	Points
1 Western Washington University 'A'	3:22.71	2	10
2 Central Washington University 'A'	3:24.03	2	8
3 Unattached 'A'	3:28.41	2	6
4 Eastern Oregon University 'A'	3:30.04	2	5
5 Seattle University 'A'	3:34.15	2	4
6 Warner Pacific College 'A'	3:36.35	1	3
7 Western Washington University 'B'	3:36.98	1	2
8 Northwest Nazarene University 'A'	3:44.43	2	1

Men High Jump

=====  
 Arlt Invite: ~ 6-10.25 1998 Sean Steele, Highline CC  
 Stadium: @ 7-00 4/7/1979 Bob Peterson, Idaho

D-II Auto: # 2.16m 2005  
 D-II Prov: \$ 2.08m 2005  
 GNAC Auto: % 1.95m 2005  
 GNAC Prov: ^ 1.80m 2005

Name	Year School	Finals
1 Robinson, Aaron	Unattached	2.08m\$ 6-09.75
2 Eickhoff, Warren	Washington	2.08m\$ 6-09.75
3 Geist, Peter	Western Wash.	2.03m% 6-08.00
4 Reggler, Raheem	Highline CC	2.03m% 6-08.00
5 McGillen, Kyle	Western Wash.	1.93m^ 6-04.00
6 Word, Jeff	Western Wash.	1.93m^ 6-04.00
6 Bailey, Cameron	Central Wash.	1.93m^ 6-04.00
8 Choyce, Taylor	Seattle	1.88m^ 6-02.00
9 Watson, Cresap	Central Wash.	1.88m^ 6-02.00

10 Allan, Peter	Western Wash.	1.88m^	6-02.00
11 Moody, Ricky	Highline CC	1.83m^	6-00.00
12 Lucke, Bryan	Western Wash.	1.83m^	6-00.00
12 Freeman, Sam	Pacific Lutheran	1.83m^	6-00.00
14 Jones, Alvin	Highline CC	1.78m	5-10.00
15 Blain, Tom	NW Nazarene	1.73m	5-08.00
16 Bye, Brycen	Puget Sound	1.68m	5-06.00
-- Kramer, Brian	Puget Sound	NH	

Men Pole Vault

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Arlt Invite: ~ 17-01.75 2004 Shawn Trimble, Eastern Ore.  
Stadium: @ 17-01 4/17/2004 Shawn Trimble, Eastern Ore.  
D-II Auto: # 5.18m 2005  
D-II Prov: \$ 4.80m 2005  
GNAC Auto: % 4.40m 2005  
GNAC Prov: ^ 4.00m 2005

Name	Year School	Finals
1 Roberts, Sam	Washington	4.70m% 15-05.00
2 Gause, Greg	Puget Sound	4.55m% 14-11.00
3 Lewis, Preston	NW Nazarene	4.55m% 14-11.00
4 Greene, Burch	Puget Sound	4.40m% 14-05.25
5 Thomas, Joel	Central Wash.	4.25m^ 13-11.25
5 Zueger, Brandon	Central Wash.	4.25m^ 13-11.25
7 Redmond, Adam	Highline CC	4.25m^ 13-11.25
7 Lucke, Bryan	Western Wash.	4.25m^ 13-11.25
9 Behl, Andrew	Western Wash.	4.25m^ 13-11.25
10 Gould, Brian	NW Nazarene	4.25m^ 13-11.25
11 Schomann, Kit	Western Wash.	4.10m^ 13-05.25
11 Tribe, Charlie	Western Wash.	4.10m^ 13-05.25
13 Argo, Gunner	Central Wash.	4.10m^ 13-05.25
14 Giddens, Jayce	Mount Hood CC	3.95m 12-11.50
15 Lowry, Robbie	Western Wash.	3.80m 12-05.50
16 Turner, James	Highline CC	3.35m 10-11.75
-- Griffith, Eric	Eastern Ore.	NH

Men Long Jump

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Arlt Invite: ~ 23-10.75 1995 Rob Rising, Central Wash.  
Stadium: @ 24-05.50 3/28/1970 Dave Walker, Central Wash.  
D-II Auto: # 7.72m 2005



D-II Prov: \$ 7.21m 2005  
 GNAC Auto: % 6.70m 2005  
 GNAC Prov: ^ 6.30m 2005

Name	Year	School	Finals	Wind
1 Van Sant, Pete		Puget Sound	6.52m^	NWI 21-0
2 Kramer, Brian		Puget Sound	6.23m	NWI 20-0
3 Watson, Cresap		Central Wash.	6.12m	NWI 20-0
4 Goodwin, Christian		Central Wash.	6.12m	NWI 20-0
5 Choyce, Taylor		Seattle	6.10m	NWI 20-0
6 Elmo, Adrian		Unattached	6.09m	NWI 19-1
7 Danforth, Paul		Western Wash.	5.93m	NWI 19-0
8 Orji, Lionel		Highline CC	5.89m	NWI 19-0
9 McGillen, Kyle		Western Wash.	5.63m	NWI 18-0
10 Jensen, Erik		Pacific Lutheran	5.51m	NWI 18-0
11 Englund, Eric		Puget Sound	5.32m	NWI 17-0
12 Falconer, Caleb		Mount Hood CC	4.88m	NWI 16-0
13 Hall, Tim		Mount Hood CC	4.43m	NWI 14-0

Men Triple Jump

Arlt Invite: ~ 48-01.25 2002 Justin Lawrence, Central Wash.  
 Stadium: @ 51-00 4/7/1979 Dave White, Eastern Wash.  
 D-II Auto: # 15.54m 2005  
 D-II Prov: \$ 14.55m 2005  
 GNAC Auto: % 13.50m 2005  
 GNAC Prov: ^ 12.50m 2005

Name	Year	School	Finals	Wind
1 McIver, Brynna		Highline CC	13.99m%	NWI 45-1
2 Hamm, Greg		NW Nazarene	13.65m%	NWI 44-0
3 Timmer, Caleb		St. Martin's	13.28m^	NWI 43-0
4 Kramer, Brian		Puget Sound	12.94m^	NWI 42-0
5 Bailey, Cameron		Central Wash.	12.91m^	NWI 42-0
6 Elmo, Adrian		Unattached	12.72m^	NWI 41-0
7 Jensen, Erik		Pacific Lutheran	12.57m^	NWI 41-0
8 Danforth, Paul		Western Wash.	12.47m	NWI 40-1
9 Truman, Gary		Eastern Ore.	12.44m	NWI 40-0
10 Timmer, Josh		St. Martin's	12.40m	NWI 40-0
11 Watson, Cresap		Central Wash.	12.34m	NWI 40-0
12 Hall, Tim		Mount Hood CC	12.05m	NWI 39-0
13 Powers, Wes		Warner Pacific	11.17m	NWI 36-0

-- Falconer, Caleb

Mount Hood CC

FOUL NWI

Men Shot Put

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Arlt Invite: ~ 53-08.50 1994 Scott Easley, Western Wash.  
Stadium: @ 57-02 Twice  
D-II Auto: # 18.29m 2005  
D-II Prov: \$ 16.00m 2005  
GNAC Auto: % 13.40m 2005  
GNAC Prov: ^ 12.20m 2005

Name	Year	School	Finals
1 Neel, Cameron		Central Wash.	15.29m% 50-02.00
2 Hartsteen, Tyler		Mount Hood CC	15.14m% 49-08.25
3 Galloway, Jacob		Central Wash.	15.04m% 49-04.25
4 Cooper, Adam		Eastern Ore.	14.51m% 47-07.25
5 Valdez, Matt		Rodeo City TC	13.80m% 45-03.50
6 Walker, Blake		Central Wash.	13.61m% 44-08.00
7 Palmer, Steven		Puget Sound	13.58m% 44-06.75
8 Johnson, Michael		Pacific Lutheran	13.45m% 44-01.50
9 Stanbery, Russ		Puget Sound	13.27m^ 43-06.50
10 Perkins, Rhys		Eastern Ore.	13.06m^ 42-10.25
11 Oliphant, Colton		Pacific Lutheran	12.23m^ 40-01.50
12 Shekeryk, Nick		Seattle	12.03m 39-05.75
13 Uberti, David		Central Wash.	11.81m 38-09.00
14 Rogiers, David		Western Wash.	11.78m 38-07.75
15 White, Randall		Warner Pacific	11.58m 38-00.00
16 Gilbert, Cameron		NW Nazarene	10.39m 34-01.25
-- Feletoi, Ponce		St. Martin's	FOUL
-- Herriman, Mike		Eastern Ore.	FOUL

Men Discus Throw

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Arlt Invite: ~ 180-07 1998 Luke Jacobson, Pacific Lutheran  
Stadium: @ 201-01 5/8/1971 John Bakkenson, Portland TC  
D-II Auto: # 54.86m 2005  
D-II Prov: \$ 49.08m 2005  
GNAC Auto: % 43.00m 2005  
GNAC Prov: ^ 37.00m 2005

Name	Year	School	Finals
1 Bortz, Dirk		Eastern Ore.	52.15m\$ 171-01

2	Galloway, Jacob	Central Wash.	50.52m\$	165-09
3	Walker, Blake	Central Wash.	47.66m%	156-04
4	Cooper, Adam	Eastern Ore.	46.49m%	152-06
5	Neel, Cameron	Central Wash.	46.07m%	151-02
6	Argo, Gunner	Central Wash.	44.15m%	144-10
7	Moody, Ricky	Highline CC	44.10m%	144-08
8	Freeman, Josh	Western Wash.	43.58m%	143-00
9	Hughes, Jonathan	Central Wash.	41.41m^	135-10
10	Jones, Kyle	Unattached	40.48m^	132-10
11	Johnson, Michael	Pacific Lutheran	40.01m^	131-03
12	Roberts, Jarrod	Western Wash.	39.42m^	129-04
13	Valdez, Matt	Rodeo City TC	39.28m^	128-10
14	Perkins, Rhys	Eastern Ore.	37.92m^	124-05
15	Bertram, Tim	Mount Hood CC	37.75m^	123-10
16	Drelleshak, Jeremiah	Mount Hood CC	36.76m	120-07
17	Griffith, Eric	Eastern Ore.	32.39m	106-03
18	Oliphant, Colton	Pacific Lutheran	31.73m	104-01
19	Shekeryk, Nick	Seattle	31.01m	101-09
--	White, Randall	Warner Pacific	FOUL	
--	Timmer, Josh	St. Martin's	FOUL	
--	Lester, Andre	Highline CC	FOUL	

Men Hammer Throw

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Arlt Invite: ~ 189-02 1993 Aaron Linerud, Pacific Lutheran  
 Stadium: @ 211-07 4/22/1978 Dwight Midles, Unattached  
 D-II Auto: # 60.96m 2005  
 D-II Prov: \$ 52.42m 2005  
 GNAC Auto: % 43.00m 2005  
 GNAC Prov: ^ 35.00m 2005

Name	Year	School	Finals	
1	Bortz, Dirk	Eastern Ore.	55.56m\$	182-03
2	Cooper, Adam	Eastern Ore.	52.44m\$	172-00
3	Walker, Blake	Central Wash.	52.00m%	170-07
4	Johnson, Michael	Pacific Lutheran	47.30m%	155-02
5	Uberti, David	Central Wash.	45.30m%	148-07
6	Millsap, Travis	Eastern Ore.	45.17m%	148-02
7	Hughes, Jonathan	Central Wash.	45.12m%	148-00
8	Schultz, Greg	Unattached	44.14m%	144-10
9	Galloway, Jacob	Central Wash.	43.20m%	141-09
10	Bertram, Tim	Mount Hood CC	41.48m^	136-01

11	Roberts, Jarrod	Western Wash.	41.29m^	135-05
12	Lester, Andre	Highline CC	39.97m^	131-02
13	Perkins, Rhys	Eastern Ore.	38.50m^	126-04
14	Drelleshak, Jeremiah	Mount Hood CC	37.54m^	123-02
15	Patterson, Jason	Central Wash.	37.34m^	122-06
16	Rogiers, David	Western Wash.	37.19m^	122-00
17	Dean, Cody	Puget Sound	37.10m^	121-09
18	Justham, Drew	Puget Sound	32.16m	105-06
19	Oliphant, Colton	Pacific Lutheran	28.15m	92-04
--	Larkin, Daniel	NW Nazarene	FOUL	
--	Jones, Kyle	Unattached	FOUL	

Men Javelin Throw

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Arlt Invite: ~ 214-11	1998	Davy Logue, Pacific Lutheran
Stadium: @ 245-04	4/12/1969	Drew Stevick, Whitworth
D-II Auto: # 66.44m	2005	
D-II Prov: \$ 58.84m	2005	
GNAC Auto: % 57.00m	2005	
GNAC Prov: ^ 48.16m	2005	

Name	Year	School	Finals	
1 Nyland, Dave		Washington	59.44m\$	195-00
2 Phillips, Alan		NW Nazarene	53.04m^	174-00
3 Pyle, Casey		Pacific Lutheran	52.78m^	173-02
4 Ingman, Michael		Central Wash.	52.21m^	171-03
5 Arenas, Brandon		Central Wash.	52.07m^	170-10
6 Cail, Rob		Highline CC	51.01m^	167-04
7 Herriman, Mike		Eastern Ore.	50.99m^	167-03
8 Wells, Ian		Central Wash.	50.34m^	165-02
9 Nosler, Jake		Western Wash.	48.76m^	160-00
10 Carter, Eli		Mount Hood CC	48.30m^	158-05
11 Park, Albert		Western Wash.	47.41m	155-06
12 Pflugrath, Brett		Northwest	46.40m	152-03
13 Schultz, Marshall		NW Nazarene	46.00m	150-11
14 Teigen, Lars		Central Wash.	45.71m	150-00
15 Matern, Phil		Rodeo City TC	45.45m	149-01
16 Merila, Simon		Pacific Lutheran	44.51m	146-00
17 Bybee, Nathan		Puget Sound	41.83m	137-03
18 Babcock, William		Pacific Lutheran	41.76m	137-00

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Women - Team Rankings - 21 Events Scored

1) Central Washington Univer	198	2) Western Washington Univer	1
3) Northwest Nazarene Univer	91	4) Seattle Pacific Universit	
5) Saint Martin's College	36	6) Highline Community Colleg	
7) Eastern Oregon University	33	8) Northwest University	
9) Warner Pacific College	28	10) Pacific Lutheran Universi	
11) Mount Hood Community Colle	26	12) University of Puget Sound	
13) Seattle University	18	14) University of Washington	

Men - Team Rankings - 20 Events Scored

1) Central Washington Univer	180.50	2) Western Washington Univer	
3) Highline Community College	82.50	4) University of Puget Sound	
5) Eastern Oregon University	72	6) Northwest Nazarene Univer	
7) Pacific Lutheran Universit	37	8) University of Washington	
9) Seattle University	25	10) Warner Pacific College	
11) Mount Hood Community Colle	14	12) Saint Martin's College	
13) Seattle Pacific University	7	13) Northwest University	
15) Rodeo City Track Club	4		