

4-15-2006

# Central Washington University Spike Arlt Invitational

Great Northwest Athletic Conference

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Hy-Tek's Meet Manager 4/15/2006 06:1

2006 Spike Arlt Invitational - 4/15/2006

hosted by Central Washington University

Ellensburg, WA (Tomlinson Stadium)

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 2006

D-II Prov: \$ 12.10 2006

GNAC Auto: % 12.80 2006

GNAC Prov: ^ 13.70 2006

Name	Year	School	Finals	Wind	H#	Po
1 Schlafer, Teresa		Central Wash.	12.80%	-1.1	3	
2 LeBrun, Amy		Pacific Lutheran	12.98^	-0.1	2	
3 Rountree, Ashley		Central Wash.	13.00^	-0.1	2	
4 Clausen, Chelsi		St. Martin's	13.04^	-1.1	3	
5 Butler, Gail		Western Wash.	13.23^	-0.1	2	
6 Nygard, Kara		Central Wash.	13.30^	-1.1	3	
7 Smith, Brittany		Highline CC	13.33^	-0.1	2	
8 Campbell, Katie		Northwest	13.37^	-0.1	2	
9 Hood, Britany		Central Wash.	13.47^	-1.1	3	
9 McDuffie, Christina		Pacific Lutheran	13.47^	-0.4	1	
11 Burr, Lakita		St. Martin's	13.48^	-1.1	3	
12 Millard, Lynette		Pacific Lutheran	13.50^	-0.1	2	
13 Schutte, Nikki		NW Nazarene	13.53^	-1.1	3	
14 Berberick, Kim		NW Nazarene	13.64^	-1.1	3	
15 Kolb, Jean		Seattle Pacific	13.67^	-1.1	3	
16 Peoples, Sarah		Northwest	13.73	-0.1	2	
17 Schultz, Hannah		Pacific Lutheran	13.83	-0.4	1	
18 Shaw, Zakiya		Evergreen	14.00	-0.1	2	
19 Payne, Lindsay		Eastern Ore.	14.13	-0.4	1	

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 2006

D-II Prov: \$ 24.80 2006

GNAC Auto: % 26.10 2006

GNAC Prov: ^ 27.50 2006

Name	Year	School	Finals	Wind	H#	Po
1 Schlafer, Teresa		Central Wash.	26.05%	-0.1	5	
2 Legard, Terran		Central Wash.	26.74^	-0.1	5	
3 Baldwin, Alisha		Northwest	26.79^	0.5	4	
4 Gubler, Crystal		Northwest	26.91^	-0.1	5	
5 Gius, Amanda		Central Wash.	27.02^	-0.1	5	
5 LeBrun, Amy		Pacific Lutheran	27.02^	0.5	4	
7 Gregorich-Evans, Chelsea		Central Wash.	27.09^	-0.1	3	
8 Morton, Jeva		Pacific Lutheran	27.19^	-0.1	3	
9 Thornton, Amanda		Western Wash.	27.29^	-0.1	3	
9 Schutte, Nikki		NW Nazarene	27.29^	0.5	4	
11 Cooley, Kelsey		Seattle Pacific	27.39^	-0.1	5	
12 McCall, Jackie		Western Wash.	27.52	-0.1	3	
13 Blake, Linda		Seattle Pacific	27.59	0.5	4	
14 Taylor, Brittany		Central Wash.	27.67	-0.8	1	
15 Hood, Britany		Central Wash.	27.76	-0.1	3	
15 Peoples, Sarah		Northwest	27.76	0.5	4	
17 Millard, Lynette		Pacific Lutheran	27.85	-0.1	5	
17 Berberick, Kim		NW Nazarene	27.85	0.5	4	
19 Harmon, Chelsee		Eastern Ore.	27.91	-0.8	1	
20 Meyer, Sarah		Unattached	28.29	-0.1	3	
21 Schultz, Hannah		Pacific Lutheran	28.41	-0.8	1	
22 Leitch, Rosalyn		Seattle Pacific	28.61	-0.1	3	
23 Thompson, Lynelle		NW Nazarene	28.75	-0.8	1	
24 Payne, Lindsay		Eastern Ore.	29.17	-0.8	1	
25 Riedel, Kristi		Pacific Lutheran	29.47	-0.8	1	
26 Tribelhorn, Liz		Puget Sound	29.81	-0.8	1	
-- Chartrand, Trina		Nanaimo TC	X28.26	0.5	4	
-- Forbes, Kelly		Comox Valley TC	X29.49	-0.1	3	

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	2006			
D-II Prov: \$	56.60	2006			
GNAC Auto: %	59.80	2006			
GNAC Prov: ^	1:04.00	2006			
Name	Year	School	Finals	H#	Points

1	Kaercher, Rachael	Central Wash.	58.04%	3
2	Soule, Anna	Seattle Pacific	58.05%	3
3	Legard, Terran	Central Wash.	58.68%	3
4	Gubler, Crystal	Northwest	59.18%	3
5	Gregorich-Evans, Chelsea	Central Wash.	1:00.31^	3
6	Knox, Whitney	Western Wash.	1:00.66^	2
7	Baldwin, Alisha	Northwest	1:01.00^	2
8	Taylor, Brittany	Central Wash.	1:01.03^	2
9	Gius, Amanda	Central Wash.	1:01.45^	3
10	Morrison, Abby	Eastern Ore.	1:01.53^	2
11	Thornton, Amanda	Western Wash.	1:02.00^	2
12	Strickler, Suzie	Seattle Pacific	1:02.28^	3
13	McCoy, Brandi	Seattle Pacific	1:02.35^	1
14	McDuffie, Christina	Pacific Lutheran	1:02.51^	1
15	Farah, Lindsey	Highline CC	1:05.50	2
16	Tribelhorn, Liz	Puget Sound	1:05.88	1

Women 800 Meter Run

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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 2006  
 D-II Prov: \$ 2:15.00 2006  
 GNAC Auto: % 2:20.00 2006  
 GNAC Prov: ^ 2:27.00 2006

Name	Year	School	Finals	H#	Points
1		Mullen, Lindy	Central Wash.	2:16.4h%	3
2		Puga, Ashley	NW Nazarene	2:20.3h^	3
3		Marsh, Jenn	Seattle Pacific	2:22.2h^	3
4		Blaine, Macey	NW Nazarene	2:23.0h^	3
5		Janssen, Kyle	Eastern Ore.	2:23.3h^	3
6		Davis, Devyn	Puget Sound	2:23.5h^	2
7		Benson, Sarah	Central Wash.	2:23.8h^	3
8		Gunderson, Callie	Pacific Lutheran	2:24.6h^	2
9		Barbour, Sheree	Highline CC	2:25.7h^	2
10		Stevens, Janelle	Seattle Pacific	2:28.4h	1
11		Meyer, Sarah	Unattached	2:28.9h	3
12		Arce, Charisse	Seattle	2:30.8h	2
13		Bailey, Kjerstein	Northwest	2:31.1h	2
14		Owen, Tanja	Central Wash.	2:32.2h	2
15		Bates, Sara	Eastern Ore.	2:32.5h	2
16		Dobos, Marika	Eastern Ore.	2:34.3h	1

17	Seebeck, Maisha	Seattle Pacific	2:36.5h	1
18	Cullop, Nicole	Central Wash.	2:36.7h	2
19	Mielke, Becca	Eastern Ore.	2:38.4h	1
20	Overton, Wendy	Western Wash.	2:40.0h	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 2006
  D-II Prov: $ 4:44.00 2006
  GNAC Auto: % 4:50.00 2006
  GNAC Prov: ^ 5:05.00 2006

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Name	Year	School	Finals	Points
1 Puga, Ashley		NW Nazarene	4:43.9h\$	
2 Moriarty, Mary		Seattle Pacific	4:48.0h%	
3 Johnson, Mandi		NW Nazarene	4:53.3h^	
4 Stevens, Janelle		Seattle Pacific	4:53.6h^	
5 Bailey, Rachel		Central Wash.	4:56.6h^	
6 Hegg, Michele		Pacific Lutheran	4:58.5h^	
7 Hodgson, Brittany		Puget Sound	4:59.6h^	
8 Bailey, Kjerstein		Northwest	5:03.8h^	
9 Bosch, Marcella		Eastern Ore.	5:05.1h	
10 Johnson, Meghan		NW Nazarene	5:08.6h	
11 Burnet, Kyla		Puget Sound	5:08.8h	
12 Larkin, Hannah		NW Nazarene	5:12.4h	
13 Davignon, Kristen		Pacific Lutheran	5:17.5h	
14 Weed, Angela		Seattle Pacific	5:18.7h	
15 Jamieson, Ashley		Pacific Lutheran	5:25.3h	
16 Plomski, Liesl		Evergreen	5:59.0h	
17 Kirklin, Amanda		Evergreen	6:14.6h	
18 Pecora, Haley		Unattached	6:18.1h	
19 McLam, Britni		NW Nazarene	6:41.3h	

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 2006
  D-II Prov: $ 10:18.00 2006
  GNAC Auto: % 10:30.00 2006
  GNAC Prov: ^ 11:15.00 2006

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Name	Year	School	Finals	Points
1 Wrightman, Megan		Seattle Pacific	11:03.91^	
2 Lauer, Lydia		Seattle	11:11.22^	
3 Williams, Rachel		Evergreen	11:17.22	
4 Green, Amber		Central Wash.	11:28.13	
5 Beamon, Kim		Seattle Pacific	11:30.20	
6 Young, Jennifer		NW Nazarene	11:38.34	
7 McDonald, Catherine		Western Wash.	11:41.88	
8 Martinez, Natalie		Seattle	11:43.01	
9 Schwerdtfeger, Katrina		Western Wash.	11:45.15	
10 Kaligis, Keely		Western Wash.	11:52.32	
11 Benanaya, Hanane		Seattle Pacific	11:54.23	
12 Hart, Katie		Seattle Pacific	11:58.29	
13 Savage, Ashleigh		NW Nazarene	12:45.11	

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	2006	
D-II Prov: \$ 17:50.00	2006	
GNAC Auto: % 18:30.00	2006	
GNAC Prov: ^ 20:00.00	2006	

Name	Year	School	Finals	Points
1 Rohde, Karin		Seattle Pacific	18:19.9h%	
2 Finney, Rian		Eastern Ore.	19:21.6h^	
3 Probst, Janelle		St. Martin's	19:39.3h^	
4 Uhlig, Emily		Central Wash.	19:44.5h^	
5 Streuli, Autumn		Eastern Ore.	20:30.3h	
6 Johnston, Jessica		Eastern Ore.	20:53.2h	
7 Meeker, Rosie		Highline CC	21:24.9h	

Women 10000 Meter Run

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	2006	
D-II Prov: \$ 37:55.00	2006	
GNAC Auto: % 40:00.00	2006	
GNAC Prov: ^ 43:30.00	2006	

Name	Year	School	Finals	Points
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1	Graham, Lindsey	NW Nazarene	40:49.2h~
2	Mishler, Holly	NW Nazarene	41:00.6h~
3	Knox, Becky	Seattle Pacific	41:07.5h~
4	Mackillop, Cayenne	Evergreen	42:06.9h^
5	Wynkoop, Christy	NW Nazarene	42:32.5h^
6	Burse, Kami	Western Wash.	43:18.3h^
7	Harshman, Marissa	Western Wash.	43:18.6h^
8	Better, Melissa	Highline CC	47:30.5h

#### Women 100 Meter Hurdles

Arlt Invite: ~	14.34	1998	Vanessa Fryer, Simon Fraser
Stadium: @	13.82	5/7/2005	Danielle Ayers-Stamper, Seattle Pacific
D-II Auto: #	13.80	2006	
D-II Prov: \$	14.65	2006	
GNAC Auto: %	15.50	2006	
GNAC Prov: ^	17.00	2006	

Name	Year	School	Finals	Wind	H#	Po
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1	Rountree, Ashley	Central Wash.	15.39%	-1.6	2
2	Cooley, Kelsey	Seattle Pacific	15.85^	-1.6	2
3	Blake, Linda	Seattle Pacific	16.29^	-1.6	2
4	Araya, Faven	Pacific Lutheran	16.32^	-1.6	2
5	McCall, Jackie	Western Wash.	17.22	-1.6	2
6	Leitch, Rosalyn	Seattle Pacific	17.24	-2.2	1
7	Beard, Kara	Unattached	17.41	-2.2	1

#### Women 400 Meter Hurdles

Arlt Invite: ~	1:01.24	2002	Jawea Harder, Seattle Pacific
Stadium: @	1:00.64	5/8/1993	Michaela Colluney, Simon Fraser
D-II Auto: #	59.00	2006	
D-II Prov: \$	1:03.30	2006	
GNAC Auto: %	1:06.00	2006	
GNAC Prov: ^	1:11.20	2006	

Name	Year	School	Finals	H#	Points
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1	Nygaard, Kara	Central Wash.	1:06.13^	2
2	Burr, Lakita	St. Martin's	1:06.56^	2
3	Higa, Kelly	Puget Sound	1:06.82^	1
4	Perkins, Victoria	Seattle Pacific	1:06.89^	2
5	Wornell, Ashley	NW Nazarene	1:07.16^	2

6	Clausen, Chelsi	St. Martin's	1:08.40^	2
7	Araya, Faven	Pacific Lutheran	1:09.05^	1
8	Seibert, Danielle	Western Wash.	1:10.40^	2
9	Pendon, Jessica	St. Martin's	1:10.43^	2
10	Druktenis, Stephanie	Central Wash.	1:11.19^	1
11	Holland, Caitlin	Puget Sound	1:13.73	1

Women 3000 Meter Steeplechase

=====  
 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 2006  
 D-II Prov: \$ 11:27.00 2006  
 GNAC Auto: % 11:50.00 2006  
 GNAC Prov: ^ 12:50.00 2006

Name	Year	School	Finals	Points
1		McCoy, Brandi	Seattle Pacific	11:54.6h^
2		Benson, Sarah	Central Wash.	12:07.7h^
3		James, Corina	Seattle Pacific	12:56.9h
4		Blair, Kelsey	Evergreen	13:14.7h
5		Beatty, Nicole	St. Martin's	13:19.0h
6		Eply, Jami	NW Nazarene	14:04.6h
7		Pecora, Haley	Unattached	15:16.5h
8		Fredricksen, Brianna	Central Wash.	15:47.6h

Women 4x100 Meter Relay

=====  
 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 2006  
 D-II Prov: \$ 47.50 2006

School	Finals	Points
1 Central Washington University 'A'	48.7h	
2 Northwest University 'A'	49.9h	
3 Pacific Lutheran University 'A'	50.0h	
4 Northwest Nazarene University 'A'	50.2h	

Women 4x400 Meter Relay

=====



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 2006

D-II Prov: \$ 3:52.00 2006

School	Finals	H#	Points
1 Central Washington University 'A'	3:58.19	2	
2 Seattle Pacific University 'A'	4:07.67	2	
3 Northwest Nazarene University 'A'	4:07.86	2	
4 Central Washington University 'B'	4:11.07	2	
5 Pacific Lutheran University 'A'	4:13.51	2	
6 Western Washington University 'A'	4:17.51	2	
7 Eastern Oregon University 'A'	4:22.18	2	
8 Eastern Oregon University 'B'	4:31.59	2	

Women 4x800 Meter Relay

School	Finals	Points
1 The Evergreen State College 'A'	11:08.1h	

Women High Jump

Arlt Invite: ~ 5-05.75 2000 Brianna Willis, Unattached  
 Stadium: @ 5-09 Twice  
 D-II Auto: # 5-10.50 2006  
 D-II Prov: \$ 5-06.50 2006  
 GNAC Auto: % 5-03 2006  
 GNAC Prov: ^ 4-10.25 2006

Name	Year School	Finals	
1 Peterson, Emily	NW Nazarene	1.60m	5-03.00
2 Cook, Clara	Western Wash.	1.60m	5-03.00
3 Merrell, Amanda	NW Nazarene	1.55m	5-01.00
4 Cox, Lindsey	Western Wash.	1.50m	4-11.00
5 Wornell, Ashley	NW Nazarene	1.50m	4-11.00
6 Josephson, Jenny	Western Wash.	1.50m	4-11.00
7 Booth, Emily	Eastern Ore.	1.50m	4-11.00
8 Farquhar, Amy	Central Wash.	1.40m	4-07.00
9 McCall, Jackie	Western Wash.	1.40m	4-07.00
-- Chartrand, Trina	Nanaimo TC	XNH	

-- Pighin, Brooke                      Alberni Vall. TC                      X1.40m                      4-07.00

Women Pole Vault

Name	Year	School	Finals
Arlt Invite: ~	12-01.50	2004	Allison Hedges, Seattle Pacific
Stadium: @	12-01.50	4/17/2004	Allison Hedges, Seattle Pacific
D-II Auto: #	13-01.50	2006	
D-II Prov: \$	11-07.75	2006	
GNAC Auto: %	10-11.75	2006	
GNAC Prov: ^	9-00.75	2006	
Name	Year	School	Finals
1 Harris, Amy		Seattle Pacific	3.50m 11-05.75
2 Hedges, Allison		Seattle Pacific	3.50m 11-05.75
3 Anderson, Monica		Seattle Pacific	3.35m 10-11.75
4 Amos, Haley		Central Wash.	3.20m 10-06.00
5 Metzger, Kristi		NW Nazarene	3.05m 10-00.00
6 Holt, Kirsten		Western Wash.	3.05m 10-00.00
7 Dockins, Cara		Western Wash.	2.75m 9-00.25
7 Bonino, Laura		Pacific Lutheran	2.75m 9-00.25
9 Riedel, Kristi		Pacific Lutheran	2.60m 8-06.25
10 Stone, Julie		Western Wash.	2.45m 8-00.50
11 Fredricksen, Brianna		Central Wash.	2.45m 8-00.50
12 Craigie, Katie		Puget Sound	2.30m 7-06.50
-- Randall, Marilee		Puget Sound	NH

Women Long Jump

Name	Year	School	Finals	Wind
Arlt Invite: ~	18-10.50	2002	Davina Strauss, Central Wash.	
Stadium: @	19-04	4/17/1987	Kim Huey, Seattle Pacific	
D-II Auto: #	20-06.25	2006		
D-II Prov: \$	18-08	2006		
GNAC Auto: %	17-00.75	2006		
GNAC Prov: ^	15-05.75	2006		
Name	Year	School	Finals	Wind
1 Cooley, Kelsey		Seattle Pacific	5.15m	-2.1 16-1
2 Smith, Brittany		Highline CC	5.08m	-1.2 16-0
3 Blake, Linda		Seattle Pacific	4.90m	-1.0 16-0
4 Booth, Emily		Eastern Ore.	4.87m	-2.2 15-1
5 Butler, Heather		Western Wash.	4.67m	-1.7 15-0
6 Leonard, Lindsay		Western Wash.	4.63m	-3.0 15-0
7 Amos, Haley		Central Wash.	4.55m	-0.6 14-1

8	Wayman, Shawna	Western Wash.	4.53m	-1.0	14-1
9	Morrison, Lydia	Western Wash.	4.50m	NWI	14-0
10	Stone, Julie	Western Wash.	4.14m	-0.2	13-0
11	Lewis, Rebecca	Pacific Lutheran	4.05m	-0.3	13-0
12	Hood, Britany	Central Wash.	3.99m	-2.0	13-0

Women Triple Jump

=====

Arlt Invite: ~ 38-08.50 1994 Tracy Fox, Pacific Lutheran  
 Stadium: @ 38-08.50 4/23/1994 Tracy Fox, Pacific Lutheran  
 D-II Auto: # 41-00.25 2006  
 D-II Prov: \$ 38-00.75 2006  
 GNAC Auto: % 35-09 2006  
 GNAC Prov: ^ 31-02 2006

Name	Year	School	Finals	Wind	
1	Merrell, Amanda	NW Nazarene	11.07m	-0.2	36-0
2	Leonard, Lindsay	Western Wash.	10.10m	-0.3	33-0
3	Butler, Heather	Western Wash.	9.72m	-0.4	31-1
4	Morrison, Lydia	Western Wash.	9.69m	-0.1	31-0
5	Wayman, Shawna	Western Wash.	9.41m	-1.4	30-1
6	Lewis, Rebecca	Pacific Lutheran	9.32m	-1.3	30-0
7	Lee, Tiffany	Seattle	9.31m	-0.5	30-0

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: # 50-00 2006  
 D-II Prov: \$ 43-06 2006  
 GNAC Auto: % 37-08.75 2006  
 GNAC Prov: ^ 34-01.50 2006

Name	Year	School	Finals		
1	Tandle, Krissy	Central Wash.	12.18m	39-11.50	
2	Chase, Karen	Puget Sound	11.90m	39-00.50	
3	Sasse, Emily	Pacific Lutheran	11.51m	37-09.25	
4	Gilkison, Erin	Eastern Ore.	11.39m	37-04.50	
5	Carroll, Amy	NW Nazarene	11.13m	36-06.25	
6	Ross, Rachel	Evergreen	11.12m	36-05.75	
7	Hacker, Taylor	Pacific Lutheran	10.78m	35-04.50	
8	Blake, Linda	Seattle Pacific	10.78m	35-04.50	
9	Renzetti, Bree	Central Wash.	10.73m	35-02.50	

10	Scherer, Becky	Central Wash.	10.44m	34-03.00
11	Cooley, Kelsey	Seattle Pacific	10.37m	34-00.25
12	Roth, Marcie	NW Nazarene	10.07m	33-00.50
13	Merrell, Amanda	NW Nazarene	9.99m	32-09.50
14	Hickey, Alexis	Northwest	9.50m	31-02.00
15	Fernandez, ShaTanya	Seattle	9.40m	30-10.25
16	Washington, Danika	St. Martin's	8.27m	27-01.75

Women Discus Throw

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Arlt Invite: ~ 151-01 1998 Sherie Schroeder, Western Wash.  
 Stadium: @ 166-11 4/9/1983 Julie Hanson, Unattached  
 D-II Auto: # 166-00 2006  
 D-II Prov: \$ 144-04 2006  
 GNAC Auto: % 121-05 2006  
 GNAC Prov: ^ 108-03 2006

Name	Year	School	Finals	
1		Unattached	48.00m	157-06
2		Western Wash.	43.67m	143-03
3		Central Wash.	37.52m	123-01
4		Central Wash.	36.62m	120-02
5		Pacific Lutheran	36.24m	118-11
6		Western Wash.	35.73m	117-03
7		Western Wash.	34.95m	114-08
8		NW Nazarene	34.08m	111-10
9		Pacific Lutheran	32.34m	106-01
10		NW Nazarene	30.42m	99-10
11		Pacific Lutheran	30.15m	98-11
12		Northwest	29.98m	98-04
13		Eastern Ore.	29.85m	97-11
14		Eastern Ore.	29.82m	97-10
15		Western Wash.	29.63m	97-02
16		NW Nazarene	29.41m	96-06
17		Eastern Ore.	29.04m	95-03
18		Pacific Lutheran	28.39m	93-02
19		Northwest	27.20m	89-03
20		Western Wash.	26.91m	88-03
21		Seattle	24.56m	80-07
22		Seattle	21.51m	70-07
23		NW Nazarene	20.55m	67-05
--	Hook, Rebekah	Western Wash.	FOUL	
--	Gilkison, Erin	Eastern Ore.	FOUL	

-- Tranfield, Emily	Comox Valley TC	X25.62m	84-01
-- Gallagher, Sarah	Comox Valley TC	X27.09m	88-10

Women Hammer Throw

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Arlt Invite: ~ 173-11.50 2003      Jennifer Dunkin, Western Ore.
  Stadium: @ 177-01.25 5/3/2003  Jennifer Dunkin, Western Ore.
D-II Auto: #    185-00 2006
D-II Prov: $    158-09 2006
GNAC Auto: %    137-09 2006
GNAC Prov: ^    108-03 2006

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Name	Year School	Finals	
1	Wohnick, Megan	Pacific Lutheran	44.44m 145-10
2	Wheelhouse, Chelsy	Eastern Ore.	44.25m 145-02
3	Carroll, Amy	NW Nazarene	42.65m 139-11
4	Wherry, Kristi	NW Nazarene	41.77m 137-00
5	Taylor, Katie	Western Wash.	40.35m 132-04
6	Biechler, Sara	Eastern Ore.	40.35m 132-04
7	Hacker, Taylor	Pacific Lutheran	39.93m 131-00
8	Tandle, Krissy	Central Wash.	39.83m 130-08
9	Bowman, Hannah	NW Nazarene	39.70m 130-03
10	Telleria, Jessica	Western Wash.	39.40m 129-03
11	Hershberger, Trish	Eastern Ore.	39.27m 128-10
12	Lewis, Stephanie	Pacific Lutheran	39.19m 128-07
13	Richard, Julie	Pacific Lutheran	38.80m 127-03
14	Little, Courtney	NW Nazarene	37.35m 122-06
15	Renzetti, Bree	Central Wash.	36.94m 121-02
16	Radke, Kim	Western Wash.	36.07m 118-04
17	Horn, Tara	Puget Sound	35.28m 115-09
18	Remple, Erika	NW Nazarene	34.79m 114-02
19	Rance, Erica	Western Wash.	33.89m 111-02
20	Sasse, Emily	Pacific Lutheran	31.50m 103-04
21	Villalva, Jennifer	Western Wash.	27.74m 91-00
22	Hook, Rebekah	Western Wash.	24.44m 80-02
23	Scherer, Becky	Central Wash.	24.23m 79-06
--	Tranfield, Emily	Comox Valley TC	X27.83m 91-04
--	Gallagher, Sarah	Comox Valley TC	X36.93m 121-02

Women Javelin Throw

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Arlt Invite: ~ 156-05 2002      Molly Monroe, Unattached
  Stadium: @ 160-11 4/23/1983  Lorna Martinson, Central Wash.

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D-II Auto: # 155-00 2006  
 D-II Prov: \$ 133-00 2006  
 GNAC Auto: % 125-00 2006  
 GNAC Prov: ^ 108-03 2006

Name	Year	School	Finals	
1 Barnes, Molly		Seattle Pacific	41.26m	135-04
2 McMeel, Katie		Central Wash.	39.75m	130-05
3 Rance, Erica		Western Wash.	36.96m	121-03
4 Howe, Liz		Western Wash.	36.28m	119-00
5 Fernandez, ShaTanya		Seattle	35.68m	117-01
6 Posey, Shannon		Unattached	35.65m	116-11
7 Fenn, Lauren		Puget Sound	34.98m	114-09
8 Ranjel, Loreen		Pacific Lutheran	32.25m	105-10
9 Gilkison, Erin		Eastern Ore.	30.64m	100-06
10 Little, Courtney		NW Nazarene	27.46m	90-01
11 McCall, Jackie		Western Wash.	25.79m	84-07
12 Rees, Kelsi		Central Wash.	22.96m	75-04
13 Nygard, Kara		Central Wash.	22.67m	74-04
14 Elwell, Sarah		NW Nazarene	21.86m	71-09
15 Farah, Lindsey		Highline CC	21.73m	71-03
-- Forbes, Kelly		Comox Valley TC	XFOUL	
-- Pighin, Brooke		Alberni Vall. TC	X39.56m	129-09

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: # 10.34 2006  
 D-II Prov: \$ 10.65 2006  
 GNAC Auto: % 11.10 2006  
 GNAC Prov: ^ 11.50 2006

Name	Year	School	Finals	Wind	H#	Po
1 Hubbard, Bruce		Highline CC	11.07%	NWI	5	
2 Jackson, Kenjamine		Highline CC	11.07%	NWI	5	
3 Burnett, James		Pacific Lutheran	11.31^	NWI	5	
4 Neff, Adam		Western Wash.	11.32^	NWI	5	
5 Roberts, Jason		Central Wash.	11.42^	NWI	5	
6 Khabibulin, Mike		Western Wash.	11.43^	NWI	4	
7 Wilson, Dustin		Western Wash.	11.49^	NWI	4	
8 Rogstad, Matt		Central Wash.	11.52	NWI	5	
9 Martinez, Miguel		Highline CC	11.63	NWI	4	

10	Wheeler, Eddie	NW Nazarene	11.65	NWI	5
11	Albrecht, Andrew	Pacific Lutheran	11.73	NWI	3
12	McCoy, Scott	Central Wash.	11.80	NWI	3
13	Truman, Gary	Eastern Ore.	11.84	NWI	3
14	Inge, Jerome	Northwest	11.87	NWI	3
15	Bostock, Casey	Northwest	11.93	NWI	4
16	Galvin, Andrew	Puget Sound	12.00	NWI	2
17	Edwards, Adam	Unattached	12.03	NWI	3
18	Sparks, Keith	Pacific Lutheran	12.09	NWI	2
19	Ko, Sung	Puget Sound	12.10	NWI	2
20	Hoffman, Jarrod	Pacific Lutheran	12.16	NWI	2
21	Dexter, Tyler	Central Wash.	12.21	NWI	3
22	Gerry, Bryan	St. Martin's	12.23	NWI	2
23	Young, Charles	Highline CC	12.31	NWI	3
24	Page, Nick	Pacific Lutheran	12.33	NWI	2
25	Hatcher, Jason	Northwest	12.37	NWI	3
26	Daltoso, Brian	St. Martin's	12.73	NWI	2
--	Fralick, Brandt	Kelowna TC	X11.28^	NWI	5

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: # 20.85 2006  
 D-II Prov: \$ 21.45 2006  
 GNAC Auto: % 22.20 2006  
 GNAC Prov: ^ 23.40 2006

Name	Year	School	Finals	Wind	H#	Po
1		Watson, Cresap	Central Wash.	22.63^	+0.0	7
2		Roberts, Jason	Central Wash.	22.65^	+0.0	7
3		Kelley, Mike	Central Wash.	22.84^	-0.1	6
4		Wheeler, Eddie	NW Nazarene	22.90^	-0.1	6
5		Khabibulin, Mike	Western Wash.	22.91^	+0.0	7
6		Wilson, Dustin	Western Wash.	23.15^	+0.0	7
7		Schie, Daryl	Central Wash.	23.25^	-0.1	5
8		Hamm, Greg	NW Nazarene	23.26^	-0.1	5
9		Hartwig, Casey	NW Nazarene	23.27^	-0.1	6
10		Rogstad, Matt	Central Wash.	23.46	+0.0	7
11		Albrecht, Andrew	Pacific Lutheran	23.61	0.4	3
12		Inge, Jerome	Northwest	23.68	-0.1	5
13		Bostock, Casey	Northwest	23.82	-0.2	4
14		Johnson, Carl	Western Wash.	23.85	-0.2	4

14 Gerry, Bryan	St. Martin's	23.85	-0.1	5
16 Jasman, Jeremy	Western Wash.	23.98	-0.2	4
17 Dimond, Corey	Central Wash.	24.00	0.4	3
18 Bahr, Jordan	Pacific Lutheran	24.13	0.4	3
19 Sparks, Keith	Pacific Lutheran	24.14	0.4	3
19 Blain, Tom	NW Nazarene	24.14	-0.1	6
21 Galvin, Andrew	Puget Sound	24.28	-0.2	4
22 Page, Nick	Pacific Lutheran	24.33	0.4	3
23 Gundel, Andy	Central Wash.	24.39	-0.2	4
24 Truman, Gary	Eastern Ore.	24.56	0.4	3
25 Goodwin, Christian	Central Wash.	24.61	-0.1	5
26 Dexter, Tyler	Central Wash.	24.67	0.4	3
27 Hatcher, Jason	Northwest	25.26	-0.2	4
28 Daltoso, Brian	St. Martin's	25.65	-0.1	5
29 Carleson, Rob	NW Nazarene	25.69	-0.2	4
30 Moon, Curt	Unattached	26.83	-0.2	4

Men 400 Meter Dash

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Arlt Invite: ~ 47.9h 1994 Jay Spears, Central Wash.  
 Stadium: @ 47.84 5/12/1984 John Kaay, Simon Fraser  
 D-II Auto: # 46.50 2006  
 D-II Prov: \$ 48.00 2006  
 GNAC Auto: % 50.00 2006  
 GNAC Prov: ^ 51.70 2006

Name	Year School	Finals	H#	Points
1 Kelley, Mike	Central Wash.	49.14%	3	
2 Lane, Matt	Eastern Ore.	49.61%	3	
3 Hartwig, Casey	NW Nazarene	49.65%	3	
4 Schie, Daryl	Central Wash.	49.81%	3	
5 Velasquez, Charles	Central Wash.	50.64^	3	
6 Lee, Johnathan	Western Wash.	51.18^	3	
7 Bauer, Keyth	Eastern Ore.	51.74	3	
8 Gundel, Andy	Central Wash.	52.18	2	
9 Jasman, Jeremy	Western Wash.	52.28	2	
10 Johnson, Carl	Western Wash.	52.51	2	
11 Dimond, Corey	Central Wash.	52.68	2	
12 Gerry, Bryan	St. Martin's	52.98	2	
13 Zueger, Brandon	Central Wash.	53.32	1	
14 Carleson, Rob	NW Nazarene	55.71	1	
15 Iverson, Kevin	Western Wash.	55.91	2	
16 Daltoso, Brian	St. Martin's	56.40	1	



17 Adams, Nolan	Pacific Lutheran	57.06	1
-- Demmings, Adam	S.E.T.A. Club	X51.64^	3

Men 800 Meter Run

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Arlt Invite: ~ 1:52.14 2003      Devin Kemper, Club Northwest
  Stadium: @ 1:49.31 5/7/2005   Paul Mach, Seattle Pacific
  D-II Auto: # 1:49.80 2006
  D-II Prov: $ 1:53.00 2006
  GNAC Auto: % 1:55.50 2006
  GNAC Prov: ^ 1:59.90 2006

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Name	Year School	Finals	Points
1 Strickler, Eddie	Seattle Pacific	1:55.28%	
2 Palmer, Scott	Unattached	1:56.72^	
3 Dols, Nick	Seattle	1:57.29^	
4 Tomsich, Anthony	Western Wash.	1:57.39^	
5 Lampi, Kyle	Western Wash.	1:58.19^	
6 Brancheau, Sam	Western Wash.	1:58.22^	
7 Gavareski, Michael	Seattle Pacific	1:59.17^	
8 Doyle, Sean	Unattached	1:59.66^	
9 Meier, Ryan	NW Nazarene	2:00.38	
10 Molinaro, Gabe	Northwest	2:01.30	
11 Vanni, Matt	Puget Sound	2:01.87	
12 Zetterberg, Mike	Seattle Pacific	2:01.96	
13 Sipko, Daniel	Eastern Ore.	2:02.30	
14 Timmer, Caleb	St. Martin's	2:02.56	
15 Pineda, Miguel	Evergreen	2:03.06	
16 Hollander, Ben	Pacific Lutheran	2:03.10	
17 Ayume, Asiki	St. Martin's	2:03.84	
18 Klag, Graham	Puget Sound	2:03.90	
19 Gibson, Doug	Seattle Pacific	2:04.57	
20 Aguirre, John	Eastern Ore.	2:04.87	
21 Peters, Andy	NW Nazarene	2:05.23	
22 McDonald, Noah	Highline CC	2:06.60	
23 Johnson, Benjamin	Pacific Lutheran	2:06.92	
24 Klein, Jordan	Northwest	2:07.17	
25 Frazier, Josh	Unattached	2:07.77	
26 Manske, Mark	Pacific Lutheran	2:07.97	
27 Corley, Ben	Eastern Ore.	2:08.04	
28 Heath, Zach	Eastern Ore.	2:09.37	
29 Randall, Leonard	Northwest	2:09.38	
30 Stein, Kevin	Puget Sound	2:11.01	

31 Serdar, Cody	Western Wash.	2:11.64
32 Goff, Adam	St. Martin's	2:15.88
33 Lalonde, Steven	St. Martin's	2:16.65
34 Redd, Gary	Pacific Lutheran	2:17.18
35 Kulvi, Trevor	Highline CC	2:17.85
36 Kimuhu, Victor	Highline CC	2:18.48
37 Ali, Mohamud	Highline CC	2:20.62

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 2006  
 D-II Prov: \$ 3:54.00 2006  
 GNAC Auto: % 3:59.00 2006  
 GNAC Prov: ^ 4:10.00 2006

Name	Year School	Finals	Points
1 Cronrath, Brian	Seattle Pacific	4:05.1h^	
2 Riak, John	St. Martin's	4:05.8h^	
3 Bostrom, Bjorn	Seattle Pacific	4:06.2h^	
4 Scotchmer, Sam	Central Wash.	4:08.4h^	
5 Randall, Leonard	Northwest	4:08.7h^	
6 Sipko, Daniel	Eastern Ore.	4:09.1h^	
7 Renninger, Robert	Seattle	4:11.6h	
8 Pineda, Miguel	Evergreen	4:11.8h	
9 McCulloch, Cale	Western Wash.	4:12.1h	
10 Heath, Zach	Eastern Ore.	4:12.9h	
11 McCormick, Gerald	Unattached	4:16.0h	
12 McDonald, Noah	Highline CC	4:17.6h	
13 Phillips, Ryan	Seattle Pacific	4:22.6h	
14 Giem, Mason	Eastern Ore.	4:27.7h	
15 Ayers, Jeff	Seattle Pacific	4:29.9h	
16 Lalonde, Steven	St. Martin's	4:30.1h	
17 Layne, Tyler	NW Nazarene	4:32.3h	
18 Brakken-Thal, Sean	Puget Sound	4:43.1h	
19 Goff, Adam	St. Martin's	4:45.3h	
20 Kimuhu, Victor	Highline CC	4:45.7h	

Men 5000 Meter Run

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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 2006  
 D-II Prov: \$ 14:50.00 2006  
 GNAC Auto: % 15:10.00 2006  
 GNAC Prov: ^ 16:00.00 2006

Name	Year School	Finals	Points
1 Rank, Jonathon	Central Wash.	15:42.30^	
2 Goulet, Adam	Unattached	15:44.50^	
3 Anderson, Geoff	Central Wash.	15:58.62^	
4 Rockenbach, Brian	Central Wash.	16:16.27	
5 Ellis, Peter	Western Wash.	16:17.37	
6 Gamirov, Artur	Western Wash.	16:23.41	
7 Barten, Casey	Western Wash.	16:28.55	
8 Oberholser, Kevin	Central Wash.	16:31.05	
9 Wilbur, Robbie	St. Martin's	16:45.70	
10 Thissell, Kenny	Eastern Ore.	16:49.96	
11 Saltenberger, Morgan	Eastern Ore.	16:53.47	
12 Bolding, James	Unattached	17:59.46	
13 Murphy, Patrick	Evergreen	18:17.69	
-- Riak, John	St. Martin's	DNF	
-- Palmer, Scott	Unattached	DNF	
-- Porter, Jason	Club Northwest	X16:22.04	

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: # 29:30.00 2006  
 D-II Prov: \$ 31:10.00 2006  
 GNAC Auto: % 33:30.00 2006  
 GNAC Prov: ^ 35:00.00 2006

Name	Year School	Finals	Points
1 Perry, Jake	NW Nazarene	33:16.1h%	
2 Carlson, Bobby	Western Wash.	34:07.3h^	
3 Roach, James	Central Wash.	34:28.2h^	
4 Keller, Tim	NW Nazarene	34:50.7h^	
5 Gamirov, Artur	Western Wash.	35:16.3h	
6 Obluck, Tristan	Unattached	35:35.2h	
7 Chilcoat, Kenneth	Pacific Lutheran	35:50.6h	

Men 110 Meter Hurdles

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Arlt Invite: ~ 14.4h 1994 Nolan Toso, Pacific Lutheran  
 Stadium: @ 14.53 5/12/1984 Don Erickson, Puget Sound  
 D-II Auto: # 13.90 2006  
 D-II Prov: \$ 14.70 2006  
 GNAC Auto: % 15.60 2006  
 GNAC Prov: ^ 16.60 2006

Name	Year	School	Finals	Wind	H#	Po
1 Edwards, Robert		Central Wash.	15.18%	-0.5	2	
2 Wilson, Dustin		Western Wash.	15.74^	-0.5	2	
3 Redding, Dustin		Western Wash.	16.11^	-0.5	2	
4 Timmer, Josh		St. Martin's	16.41^	-0.5	2	
5 Alyea, Jesse		Central Wash.	17.84	-1.6	1	
6 Phend, Parker		Puget Sound	18.34	-1.6	1	
7 Johnson, Ryan		Central Wash.	18.51	-0.5	2	
8 Jensen, Guy		Pacific Lutheran	19.48	-1.6	1	
9 Jensen, Erik		Pacific Lutheran	19.98	-0.5	2	

#### 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 2006  
 D-II Prov: \$ 53.30 2006  
 GNAC Auto: % 56.90 2006  
 GNAC Prov: ^ 1:00.00 2006

Name	Year	School	Finals	H#	Points
1 Myhre, Kevin		Western Wash.	55.74%	3	
2 Grewe, Josh		NW Nazarene	56.37%	3	
3 Weinbrecht, Luke		Pacific Lutheran	56.51%	3	
4 Timmer, Josh		St. Martin's	57.67^	2	
5 Redding, Dustin		Western Wash.	58.01^	3	
6 Jensen, Erik		Pacific Lutheran	58.11^	3	
7 Andersen, Luc		Puget Sound	59.31^	2	
8 Edwards, Robert		Central Wash.	59.44^	2	
9 Flowers, Greg		Seattle Pacific	1:00.61	3	
10 Jaray, Ian		Puget Sound	1:00.68	2	
11 Alyea, Jesse		Central Wash.	1:00.81	2	
12 Colombini, Neil		Pacific Lutheran	1:03.61	2	
13 Henderson, Paul		Seattle Pacific	1:04.51	2	
14 Phend, Parker		Puget Sound	1:11.15	2	
15 Browne, Ryan		Eastern Ore.	1:12.66	3	

Men 3000 Meter Steeplechase

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Arlt Invite: ~ 9:11.9h 1998          Eric Tollefson, Unattached
    Stadium: @ 9:08.20 5/7/2005     Ethan Barrons, Western Ore.
D-II Auto: # 9:00.00 2006
D-II Prov: $ 9:26.00 2006
GNAC Auto: % 9:40.00 2006
GNAC Prov: ^ 10:15.00 2006
Name                               Year School                          Finals Points
=====
1 Gibson, Doug                      Seattle Pacific                        9:35.8h%
2 Peters, Andy                       NW Nazarene                           9:50.7h^
3 Senrud, Logan                      Western Wash.                          10:00.1h^
4 Blackburn, Troy                   Eastern Ore.                            10:13.1h^
5 Bedell, Sam                       Western Wash.                          10:28.6h
6 Kulvi, Trevor                     Highline CC                            10:33.8h
7 Miskimens, David                   Unattached                             11:19.5h

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Men 4x100 Meter Relay

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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: # 40.25 2006
D-II Prov: $ 41.30 2006
School                               Finals Points
=====
1 University of Puget Sound 'A'      42.3h
2 Central Washington University 'A'  42.4h
3 Western Washington University 'A'  42.6h
4 Highline Community College 'A'     43.4h
5 Eastern Oregon University 'A'      43.7h
6 Pacific Lutheran University 'A'    44.1h
7 Northwest Nazarene University 'A'  44.3h
8 Northwest University 'A'           44.7h

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Men 4x400 Meter Relay

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

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Clarke, Tyler, Devlin, Kaay

D-II Auto: # 3:09.40 2006

D-II Prov: \$ 3:14.40 2006

School	Finals	H#	Points
1 Central Washington University 'A'	3:21.24	2	
2 Eastern Oregon University 'A'	3:25.98	2	
3 Western Washington University 'A'	3:27.04	2	
4 Northwest Nazarene University 'A'	3:30.35	2	
4 Pacific Lutheran University 'B'	3:44.13		
5 Central Washington University 'B'	3:32.52	2	
6 Eastern Oregon University 'B'	3:37.43	1	
7 Western Washington University 'C'	3:38.96	1	
8 Western Washington University 'B'	3:39.12	2	
9 Unattached 'A'	3:43.05	1	
10 Seattle Pacific University 'A'	3:44.13	1	
11 Unattached 'B'	3:51.50	1	

Men 4x800 Meter Relay

School	Finals	Points
1 Pacific Lutheran University 'A'	8:44.5h	

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: # 7-01 2006  
D-II Prov: \$ 6-10.25 2006  
GNAC Auto: % 6-04.75 2006  
GNAC Prov: ^ 5-10.75 2006

Name	Year	School	Finals	
1 Pflugrath, Brett		Northwest	2.00m	6-06.75
2 Word, Jeff		Western Wash.	1.95m	6-04.75
3 Geist, Peter		Western Wash.	1.95m	6-04.75
4 Bailey, Cameron		Central Wash.	1.95m	6-04.75
5 McGillen, Kyle		Western Wash.	1.90m	6-02.75
6 Myers, Brandon		Western Wash.	1.85m	6-00.75
7 Johnson, Ryan		Central Wash.	1.75m	5-08.75
8 Kintigh, Luke		Northwest	1.75m	5-08.75
9 Ellis, Scott		Central Wash.	1.75m	5-08.75

10 Blain, Tom	NW Nazarene	1.70m	5-07.00
-- Maze, Matt	Puget Sound	NH	
-- Little, Paul	Nanaimo TC	X1.85m	6-00.75

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: # 17-00 2006  
 D-II Prov: \$ 15-09 2006  
 GNAC Auto: % 14-05.25 2006  
 GNAC Prov: ^ 13-01.50 2006

Name	Year	School	Finals
1 Thornbrue, Tyler		Unattached	4.55m 14-11.00
2 Verner, Hunter		Western Wash.	4.40m 14-05.25
3 Gould, Brian		NW Nazarene	4.40m 14-05.25
4 Behl, Andrew		Western Wash.	4.25m 13-11.25
5 McCoy, Scott		Central Wash.	4.25m 13-11.25
6 Zueger, Brandon		Central Wash.	4.10m 13-05.25
7 Schumann, Kit		Western Wash.	3.95m 12-11.50
8 Larson, Jerad		NW Nazarene	3.95m 12-11.50
8 Lucke, Bryan		Western Wash.	3.95m 12-11.50
10 Beitey, Sean		Western Wash.	3.50m 11-05.75
-- Lowry, Robbie		Western Wash.	NH
-- Lewis, Preston		NW Nazarene	NH
-- Turner, James		Western Wash.	NH
-- Romney, Scott		Western Wash.	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: # 25-00 2006  
 D-II Prov: \$ 23-03.50 2006  
 GNAC Auto: % 21-11.75 2006  
 GNAC Prov: ^ 20-08 2006

Name	Year	School	Finals	Wind
1 McGillen, Kyle		Western Wash.	6.62m -1.3	21-0
2 VanSant, Pete		Puget Sound	6.56m 0.3	21-0
3 Myers, Brandon		Western Wash.	6.44m 0.2	21-0
4 Hamm, Greg		NW Nazarene	6.43m +0.0	21-0

5	Collins, Nick	Central Wash.	6.43m	-0.5	21-0
6	Timmer, Josh	St. Martin's	6.22m	-0.4	20-0
7	Danforth, Paul	Western Wash.	6.21m	-0.6	20-0
8	Bailey, Cameron	Central Wash.	6.16m	-0.2	20-0
9	Jahner, Brock	Seattle	6.06m	-0.1	19-1
10	Edwards, Adam	Unattached	5.87m	+0.0	19-0
11	Ellis, Scott	Central Wash.	5.85m	-1.3	19-0
12	Bahr, Jordan	Pacific Lutheran	5.79m	-0.5	19-0
13	McCoy, Scott	Central Wash.	5.78m	-0.9	18-1
14	Zueger, Brandon	Central Wash.	5.72m	-1.0	18-0
15	Crumedy, Matthew	Seattle	5.71m	-0.6	18-0
16	Hoffman, Jarrod	Pacific Lutheran	5.51m	-1.0	18-0
17	Overlie, Brian	Unattached	5.47m	-0.2	17-1
17	Gaddy, Nick	Western Wash.	5.47m	-1.0	17-1
19	Kintigh, Luke	Northwest	5.27m	-1.1	17-0
--	Carlson, Justin	Pacific Lutheran	FOUL	NWI	
--	Lawrence, Justin	S.E.T.A. Club	X6.55m	-0.5	21-0

#### Men Triple Jump

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Arlt Invite: ~ 48-01.25 2002      Justin Lawrence, Central Wash.
Stadium: @ 51-00 4/7/1979      Dave White, Eastern Wash.
D-II Auto: # 51-00 2006
D-II Prov: $ 47-05 2006
GNAC Auto: % 44-03.50 2006
GNAC Prov: ^ 41-00.25 2006

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Name	Year	School	Finals	Wind	
1	Hamm, Greg	NW Nazarene	13.96m	-1.0	45-0
2	Mellein, Mark	Western Wash.	13.68m	-1.2	44-1
3	McGillen, Kyle	Western Wash.	13.33m	-1.7	43-0
4	Greene, Burch	Puget Sound	13.23m	-0.5	43-0
5	Bailey, Cameron	Central Wash.	13.12m	NWI	43-0
6	Jahner, Brock	Seattle	12.93m	-0.3	42-0
7	Goodwin, Christian	Central Wash.	12.54m	-0.9	41-0
8	Jensen, Erik	Pacific Lutheran	12.44m	-0.1	40-0
9	Gaddy, Nick	Western Wash.	12.43m	-1.0	40-0
10	Ellis, Scott	Central Wash.	11.97m	0.3	39-0
11	Truman, Gary	Eastern Ore.	11.69m	0.2	38-0
12	Hattingh, Tyrone	Seattle Pacific	11.36m	0.5	37-0
--	Elmo, Adrian	Central Wash.	FOUL	NWI	
--	Turner, James	Western Wash.	FOUL	NWI	
--	Lawrence, Justin	S.E.T.A. Club	X14.09m	-1.2	46-0



Men Shot Put

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Arlt Invite: ~ 53-08.50 1994      Scott Easley, Western Wash.
  Stadium: @   57-02              Twice
D-II Auto: # 59-10.50 2006
D-II Prov: $   52-02 2006
GNAC Auto: % 43-11.75 2006
GNAC Prov: ^ 40-00.50 2006
  
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Name	Year	School	Finals	
1 Valdez, Matt		Central Wash.	15.36m	50-04.75
2 Johnson, Michael		Pacific Lutheran	14.17m	46-06.00
3 Middleton, A.J.		Puget Sound	14.11m	46-03.50
4 Palmer, Steven		Puget Sound	13.29m	43-07.25
5 Ruud, Evan		Central Wash.	13.07m	42-10.75
6 Wheelhouse, Mitch		Eastern Ore.	13.00m	42-08.00
7 Mack, Troy		Northwest	12.63m	41-05.25
8 Vick, Jeff		Highline CC	12.47m	40-11.00
9 Oliphant, Colton		Pacific Lutheran	12.20m	40-00.50
10 Bahr, Jordan		Pacific Lutheran	10.37m	34-00.25
11 Poe, Robert		NW Nazarene	9.88m	32-05.00
12 Bailey, Phil		Seattle Pacific	9.68m	31-09.25
13 Aasen, Kjetil		Pacific Lutheran	9.46m	31-00.50
14 Evens, Andrew		NW Nazarene	9.15m	30-00.25
15 Wenzel, Miles		Evergreen	8.92m	29-03.25
16 Paczkowski, Adam		St. Martin's	8.89m	29-02.00
17 Finnegan, Kyle		Seattle	8.75m	28-08.50
18 Marvin, David		Northwest	8.60m	28-02.75
19 Crump, Paul		NW Nazarene	7.14m	23-05.25
-- Malone, Aaron		Comox Valley TC	X12.62m	41-05.00

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: # 175-00 2006
D-II Prov: $ 160-00 2006
GNAC Auto: % 141-01 2006
GNAC Prov: ^ 121-05 2006
  
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Name	Year	School	Finals	
1 Haakenson, Dan		Unattached	44.84m	147-01

2	Valdez, Matt	Central Wash.	42.06m	138-00
3	Johnson, Michael	Pacific Lutheran	41.30m	135-06
4	Cooper, Adam	Eastern Ore.	40.10m	131-07
5	Wheelhouse, Mitch	Eastern Ore.	39.55m	129-09
6	Bailey, Greg	Puget Sound	36.34m	119-03
7	Vick, Jeff	Highline CC	33.62m	110-04
8	McCoy, Scott	Central Wash.	31.55m	103-06
9	Price, Brian	Pacific Lutheran	29.54m	96-11
10	Poe, Robert	NW Nazarene	28.37m	93-01
11	Millsap, Travis	Eastern Ore.	26.11m	85-08
12	Finnegan, Kyle	Seattle	25.22m	82-09
13	McCarthy, Sean	NW Nazarene	23.83m	78-02
14	Johnson, Ryan	Central Wash.	20.19m	66-03
15	Zueger, Brandon	Central Wash.	18.91m	62-00
--	Evens, Andrew	NW Nazarene	FOUL	
--	Moon, Curt	Unattached	FOUL	
--	Oliphant, Colton	Pacific Lutheran	FOUL	
--	Ruud, Evan	Central Wash.	FOUL	
--	Morrison, Mike	Club Northwest	X34.26m	112-05

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: # 195-00 2006  
 D-II Prov: \$ 171-07 2006  
 GNAC Auto: % 141-01 2006  
 GNAC Prov: ^ 114-10 2006

Name	Year	School	Finals	
1		Unattached	54.43m	178-07
2		Pacific Lutheran	52.47m	172-02
3		Unattached	51.72m	169-08
4		Central Wash.	51.36m	168-06
5		Eastern Ore.	48.66m	159-08
6		Pacific Lutheran	45.13m	148-01
7		Central Wash.	43.89m	144-00
8		Eastern Ore.	42.79m	140-05
9		Puget Sound	42.22m	138-06
10		Eastern Ore.	41.94m	137-07
11		Puget Sound	38.59m	126-07
12		Puget Sound	36.09m	118-05
13		Western Wash.	35.97m	118-00

14 Evens, Andrew	NW Nazarene	32.74m	107-05
15 Poe, Robert	NW Nazarene	31.10m	102-00
16 Oliphant, Colton	Pacific Lutheran	30.14m	98-11
-- McCarthy, Sean	NW Nazarene	FOUL	
-- Mack, Troy	Northwest	FOUL	
-- Malone, Aaron	Comox Valley TC	X44.30m	145-04

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: # 218-00	2006		
D-II Prov: \$ 195-00	2006		
GNAC Auto: % 187-00	2006		
GNAC Prov: ^ 158-00	2006		
Name	Year School	Finals	
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1 Wells, Ian	Central Wash.	55.16m	181-00
2 Ingman, Michael	Central Wash.	54.85m	179-11
3 Phillips, Alan	NW Nazarene	53.10m	174-02
4 Acock, Chad	Central Wash.	53.09m	174-02
5 Moore, David	Unattached	52.94m	173-08
6 Herriman, Mike	Eastern Ore.	51.56m	169-02
7 Harris, Loren	Central Wash.	50.33m	165-01
8 Jahner, Brock	Seattle	49.41m	162-01
9 Bahr, Jordan	Pacific Lutheran	49.24m	161-06
10 Pyle, Casey	Pacific Lutheran	48.08m	157-09
11 Price, Brian	Pacific Lutheran	45.04m	147-09
12 Merslich, Kyle	Evergreen	44.22m	145-01
13 Pflugrath, Brett	Northwest	43.65m	143-02
14 Hoffman, Jarrod	Pacific Lutheran	42.74m	140-03
15 Vick, Jeff	Highline CC	42.11m	138-02
16 Maze, Matt	Puget Sound	41.96m	137-08
17 Finnegan, Kyle	Seattle	32.04m	105-01
18 Fairchild, Nathaniel	NW Nazarene	31.36m	102-11
19 Marvin, David	Northwest	30.98m	101-08
-- Morfitt, Graham	Comox Valley TC	X63.77m	209-03

8 PM

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