

4-14-2007

Central Washington University Spike Arlt Invitational

Great Northwest Athletic Conference

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Hy-Tek's Meet Manager 4/14/2007 06:1

2007 Spike Arlt Invitational - 4/14/2007

hosted by Central Washington University

Ellensburg, WA (Tomlinson Stadium)

Results

Women 100 Meter Dash

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Arlt Invite: ~ 12.17 2000      Sarah Axley, Pacific Lutheran
  Stadium: @ 11.6h 5/8/1993  Kim Vanderhoek, Simon Fraser
D-II Auto: # 11.50 2007
D-II Prov: $ 12.10 2007
GNAC Auto: % 12.80 2007
GNAC Prov: ^ 13.70 2007

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Name	Year	School	Seed	Finals	W
1 Hinton, Jessica		Seattle Pacific	12.40	12.54	
2 Dimmitt, Heidi		Western Wash.	12.78	12.63	
3 Schutte, Nikki		NW Nazarene	13.20	12.86	
4 Brady, Lindsay		NW Nazarene	13.20	12.87	
5 Walters, Anne		Seattle Pacific	12.30	12.92	
6 Hood, Britany		Central Wash.	13.27	12.98	
7 LeBrun, Amy		Pacific Lutheran	13.22	13.00	
8 Nygard, Kara		Central Wash.	13.50	13.15	
9 Berberick, Kim		NW Nazarene	13.20	13.19	
10 Brediger, Christa		NW Nazarene	13.40	13.30	
11 Harmon, Chelsea		Eastern Ore.	13.50	13.32	
12 Beard, Kara		Central Wash.	13.38	13.33	
13 Morton, Jeva		Pacific Lutheran	13.77	13.36	
14 Couvelier, Elsa		Western Wash.	13.30	13.43	
15 Milleson, Caroline		Puget Sound	13.88	13.68	
16 Miller, Kendra		Puget Sound	14.03	13.77	
17 Loscutoff, Alexa		Eastern Ore.	14.20	13.81	
18 Lewis, Rebecca		Pacific Lutheran	14.50	14.21	

Women 200 Meter Dash

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Arlt Invite: ~ 24.97 1999      Sarah Axley, Pacific Lutheran
  Stadium: @ 24.39 5/9/1987  Hollie Watson, Western Wash.
D-II Auto: # 23.80 2007
D-II Prov: $ 24.80 2007

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GNAC Auto: % 26.10 2007

GNAC Prov: ^ 27.50 2007

Name	Year	School	Seed	Finals	W
1 Hinton, Jessica		Seattle Pacific	26.00	25.6h	
2 Legard, Terran		Central Wash.	25.90	25.7h	
3 Claussen, Chelsi		St. Martin's	26.50	26.2h	
4 Bachmeier, Brook		NW Nazarene	26.60	26.5h	
5 Walters, Anne		Seattle Pacific	26.40	J26.5h	
6 Brown, Nicole		Warner Pacific	26.43	J26.5h	
7 LeBrun, Amy		Pacific Lutheran	27.43	26.6h	
7 Schutte, Nikki		NW Nazarene	27.00	26.6h	
9 Hood, Britany		Central Wash.	26.99	J26.6h	
10 Reis, Danielle		Eastern Ore.	26.62	27.0h	
10 Brady, Lindsay		NW Nazarene	27.20	27.0h	
12 Murphy, Danielle		Eastern Ore.	27.18	J27.0h	
13 Berberick, Kim		NW Nazarene	26.94	27.1h	
14 Millard, Lynette		Pacific Lutheran	27.88	27.2h	
15 Thornton, Amanda		Western Wash.	27.45	27.5h	
16 Couvelier, Elsa		Western Wash.	27.50	27.6h	
16 Brediger, Christa		NW Nazarene	27.43	27.6h	
18 Morton, Jeva		Pacific Lutheran	28.35	27.8h	
19 Merrell, Amanda		NW Nazarene	27.60	28.0h	
20 Miller, Kendra		Puget Sound	29.06	28.1h	
21 Ontko, Erin		Eastern Ore.	28.82	28.3h	
22 Milleson, Caroline		Puget Sound	28.61	28.4h	
23 Taylor, Brittany		Central Wash.	27.81	28.8h	
-- Arreola, Ana		Unattached	31.00	X30.2h	

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	2007			
D-II Prov: \$	56.60	2007			
GNAC Auto: %	59.80	2007			
GNAC Prov: ^	1:04.00	2007			
Name	Year	School	Seed	Finals	H
1 Legard, Terran		Central Wash.	56.50	57.80%	
2 Kaercher, Rachael		Central Wash.	58.47	58.21%	
3 Evans, Chelsea		Central Wash.	58.60	59.46%	

4	Gius, Amanda	Central Wash.	59.85	1:00.68^
5	Reis, Danielle	Eastern Ore.	1:00.21	1:01.25^
6	Thornton, Amanda	Western Wash.	1:00.50	1:01.64^
7	Murphy, Danielle	Eastern Ore.	1:00.73	1:01.82^
8	Mertens, Kathryn	Western Wash.	59.30	1:01.93^
9	Peterson, Emily	NW Nazarene	1:00.00	1:02.05^
10	Choate, Kathryn	Pacific Lutheran	1:02.00	1:02.46^
11	Pendon, Jessica	St. Martin's	1:00.00	1:02.93^
12	Bachmeier, Brook	NW Nazarene	59.70	1:03.25^
13	Scruggs-James, Sanna	Western Wash.	1:04.20	1:04.31
14	Nelson, Ali	Western Wash.	1:05.20	1:07.19
15	Bishop, Kaleigh	St. Martin's	1:08.00	1:08.70
--	Arreola, Ana	Unattached	1:08.00	X1:17.87

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: # 2:09.00 2007
D-II Prov: $ 2:14.00 2007
GNAC Auto: % 2:20.00 2007
GNAC Prov: ^ 2:27.00 2007

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Name	Year	School	Seed	Finals	P
1	Marsh, Jenn	Seattle Pacific	2:15.00	2:19.60%	
2	Puga, Ashley	NW Nazarene	2:15.00	2:21.57^	
3	Anderberg, Lisa	Seattle Pacific	2:18.00	2:24.24^	
4	Perkins, Victoria	Seattle Pacific	2:18.00	2:25.47^	
5	Cooke, Stephanie	Central Wash.	2:24.90	2:27.75	
6	Clarke, Lynde	Central Wash.	2:25.00	2:28.17	
7	Bosch, Marcella	Eastern Ore.	2:18.59	2:28.33	
8	Cronrath, Kysa	Seattle Pacific	2:25.00	2:28.52	
9	Dunnam, Jessie	St. Martin's	2:30.00	2:29.73	
10	Strickler, Suzie	Seattle Pacific	2:20.00	2:31.86	
11	Sundvall, Jamie	NW Nazarene	2:20.00	2:32.38	
12	Donovan, Jessica	Pacific Lutheran	2:30.47	2:34.94	
13	Grover, Jennifer	St. Martin's	2:23.00	2:35.35	
14	Kaligis, Keely	Western Wash.	2:30.00	2:36.86	
15	Stock, Katie	Puget Sound	2:37.45	2:43.50	
16	Fraser, Erin	Western Wash.	2:40.00	2:45.35	
17	Oldewage, Carolyn	Puget Sound	2:39.95	2:45.85	
18	Graham, Allison	Western Wash.	2:35.00	2:47.07	

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 2007
D-II Prov: $ 4:42.00 2007
GNAC Auto: % 4:50.00 2007
GNAC Prov: ^ 5:05.00 2007
  
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Name	Year	School	Seed	Finals	P
1 Puga, Ashley		NW Nazarene	4:46.00	4:43.7h%	
2 Rohde, Karin		Seattle Pacific	4:35.00	4:50.9h^	
3 Strickler, Suzie		Seattle Pacific	4:55.00	4:55.0h^	
4 Anderberg, Lisa		Seattle Pacific	4:55.00	4:55.3h^	
5 Harline, Kate		Seattle Pacific	5:00.00	4:57.7h^	
6 Kaligis, Keely		Western Wash.	5:08.00	5:07.1h	
7 Bates, Sara		Eastern Ore.	5:10.50	5:08.2h	
8 Layton, Amy		St. Martin's	4:55.00	5:09.2h	
9 Hegg, Michelle		Pacific Lutheran	4:59.63	5:14.5h	
10 Beckham, Kelly		Evergreen St.	5:04.90	5:18.4h	
11 Young, Jen		NW Nazarene	5:24.00	5:25.5h	
11 Stickney, Greta		Seattle	5:00.00	5:25.5h	
13 Dobos, Marika		Eastern Ore.		5:31.2h	
14 Graham, Allison		Western Wash.	5:30.00	5:34.4h	
15 Danila, Anna		Puget Sound	5:24.95	5:36.8h	
16 Innes, Jennifer		Seattle	5:30.00	5:38.8h	
17 D'Amico, Nicole		Western Wash.	5:20.00	5:41.7h	

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 2007
D-II Prov: $ 10:15.00 2007
GNAC Auto: % 10:30.00 2007
GNAC Prov: ^ 11:15.00 2007
  
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Name	Year	School	Seed	Finals	P
1 Hummel, Katie		Central Wash.	9:59.00	10:40.64^	
2 Benson, Sarah		Central Wash.	10:50.00	10:48.51^	
3 Arce, Charisse		Seattle	10:40.00	10:49.51^	

4 Clayton, Laura	Eastern Ore.		11:19.29
5 Cronrath, Kysa	Seattle Pacific	11:03.00	11:27.13
6 Green, Amber	Central Wash.	11:15.00	11:29.15
7 Yorkston, Rachel	Seattle	11:20.00	11:36.67
8 Matthews, Valerie	Western Wash.	11:20.00	11:40.83
9 Jensen, Shellane	Western Wash.	11:30.00	11:43.70
10 Cadelinia, Rhiannon	Seattle	11:30.00	11:52.31
11 Martinez, Natalie	Seattle	11:50.00	11:57.66
12 Koch, Jamie	Central Wash.	12:10.00	12:23.47
13 Friday, Anya	Central Wash.	12:15.00	12:38.45
14 Blume, Katelynn	St. Martin's	12:00.00	12:54.08
15 Leo, Diann	Evergreen St.	13:00.00	13:19.61
-- Bailey, Rachel	Unatt.-CWU Alums	10:07.00	X10:24.77%
-- Camden, Helen	Unattached	11:00.00	X11:33.96

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 2007
 D-II Prov: \$ 17:42.00 2007
 GNAC Auto: % 18:30.00 2007
 GNAC Prov: ^ 20:00.00 2007

Name	Year	School	Seed	Finals	P
1 Hart, Katie		Seattle Pacific	18:59.00	19:11.2h^	
2 McDougall, Ashley		Western Wash.	19:45.00	19:13.7h^	
3 Williams, McKinley		Western Wash.	19:20.00	19:17.8h^	
4 Clapp, Katie		Eastern Ore.		19:39.4h^	
5 Slaughter, Danielle		Western Wash.	19:45.00	19:41.3h^	
6 Schwerdtfeger, Katrina		Western Wash.	19:55.00	19:43.0h^	
7 Rohde, Kaitlin		Seattle Pacific	19:19.00	19:49.1h^	
8 Olson, Amy		Western Wash.	19:55.00	19:55.0h^	
9 Jensen, Nikki		Seattle Pacific	19:00.00	20:01.0h	
10 Peterson, Heidi		Seattle Pacific	20:00.00	20:19.3h	
11 Clark, Jaime		Seattle	20:10.00	20:20.2h	
12 Mosich, Emily		Western Wash.	19:55.00	20:22.5h	
13 Meeker, Rosie		Highline CC	22:51.00	22:16.9h	

Women 10000 Meter Run

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Arlt Invite: ~ 40:49.20 2006 Lindsey Graham, NW Nazarene

Stadium: @ 36:52.8h 5/6/1982 Patsy Sharples, Idaho
 D-II Auto: # 35:00.00 2007
 D-II Prov: \$ 37:55.00 2007
 GNAC Auto: % 40:00.00 2007
 GNAC Prov: ^ 43:30.00 2007

Name	Year	School	Seed	Finals	P
1 DeBoer, Shannon		NW Nazarene	43:32.00	41:54.38^	

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 2007
 D-II Prov: \$ 14.65 2007
 GNAC Auto: % 15.50 2007
 GNAC Prov: ^ 17.00 2007

Name	Year	School	Seed	Finals	W
1 Gonzalez, Raquel		Central Wash.	16.40	15.66	
2 Claussen, Chelsi		St. Martin's	16.11	15.82	
3 Cook, Clara		Western Wash.	16.71	15.97	
4 Araya, Faven		Pacific Lutheran	15.84	16.34	
5 Gangwes, Kea		Warner Pacific	17.01	17.08	
6 Hoke, Emily		Puget Sound	17.45	17.66	
7 Usabel, MaryJo		NW Nazarene	17.80	17.75	
8 Seidler, Mary		Central Wash.	18.90	19.57	
9 Ontko, Erin		Eastern Ore.	20.97	21.45	

Women 400 Meter Hurdles

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 2007
 D-II Prov: \$ 1:03.30 2007
 GNAC Auto: % 1:06.00 2007
 GNAC Prov: ^ 1:11.20 2007

Name	Year	School	Seed	Finals	H
1 Dimmitt, Heidi		Western Wash.	1:04.46	1:06.08^	
2 Araya, Faven		Pacific Lutheran	1:05.83	1:06.46^	
3 Wornell, Ashley		NW Nazarene	1:07.50	1:07.95^	

4	Higa, Kelly	Puget Sound	1:08.27	1:11.40
5	Seibert, Danielle	Western Wash.	1:09.23	1:11.61
6	Ridling, Lauren	Puget Sound	1:09.57	1:12.39
7	Harmon, Chelsee	Eastern Ore.	1:07.86	1:13.89
8	Nygaard, Kara	Central Wash.	1:07.00	1:14.12
9	Druktenis, Stephanie	Central Wash.	1:10.00	1:14.26
10	Hoke, Emily	Puget Sound	1:16.09	1:16.01
11	Gangwes, Kea	Warner Pacific	1:13.13	1:19.31

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 2007
 D-II Prov: \$ 11:27.00 2007
 GNAC Auto: % 11:50.00 2007
 GNAC Prov: ^ 12:50.00 2007

Name	Year	School	Seed	Finals	P
1		Seattle Pacific	12:05.00	12:34.0h^	
2		Evergreen St.	12:17.00	12:45.0h^	
3		Evergreen St.	12:36.00	12:57.0h	
4		Pacific Lutheran	13:21.06	13:02.0h	
5		NW Nazarene		14:48.0h	

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 2007
 D-II Prov: \$ 47.50 2007

School	Seed	Finals	P
1 Central Washington University 'A'	49.90	49.2h	
2 Northwest Nazarene University 'A'	49.00	49.9h	
3 Western Washington University 'A'	51.10	50.2h	
4 Eastern Oregon University 'A'	50.50	50.5h	
5 Pacific Lutheran University 'A'	50.73	J50.5h	

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 2007
D-II Prov: $ 3:52.00 2007
School
                Seed      Finals  P
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1	Central Washington University	'A'	3:54.16	4:00.15
2	Northwest Nazarene University	'A'	4:08.00	4:02.14
3	Seattle Pacific University	'A'	3:54.00	4:03.07
4	Western Washington University	'A'	4:05.00	4:21.56
5	Eastern Oregon University	'A'		4:30.88
6	Western Washington University	'B'	4:20.00	4:36.09

Women 4x800 Meter Relay

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=====
Arlt Invite: ~ 11:08.10 2006          The Evergreen State College, Evergree
Stadium: @ 11:08.10 4/15/2006      The Evergreen State College, Evergree
School
                Seed      Finals  P
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1	Northwest University	'A'		10:07.42@
2	Central Washington University	'A'	9:45.00	10:43.35@

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 2007
D-II Prov: $ 1.68m 2007
GNAC Auto: % 1.60m 2007
GNAC Prov: ^ 1.48m 2007
Name
Year School
                Seed      Finals
=====

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1	Cook, Clara	Western Wash.	1.70m	1.60m%
	1.35 1.40 1.45 1.50 1.55 1.60 1.65			
	P P P P XO XXO XXX			
2	Peterson, Emily	NW Nazarene	1.65m	1.55m^
	1.35 1.40 1.45 1.50 1.55 1.60			
	P P P P O XXX			
3	Cox, Lindsey	Western Wash.	1.54m	J1.55m^

	1.35	1.40	1.45	1.50	1.55	1.60					
	P	P	O	XXO	XXO	XXX					
4	Printz, Mary						NW Nazarene	1.52m		1.50m^	
	1.35	1.40	1.45	1.50	1.55						
	P	P	O	O	XXX						
5	Spear, Anjuli						Central Wash.			1.45m	
	1.35	1.40	1.45	1.50							
	P	O	O	XXX							
5	Becker, Mara						Seattle	1.55m		1.45m	
	1.35	1.40	1.45	1.50							
	P	P	O	XXX							
7	Rose, Amanda						Central Wash.	1.52m		J1.45m	
	1.35	1.40	1.45	1.50							
	P	O	XO	XXX							
8	Hettman, Kelsey						NW Nazarene	1.47m		1.40m	
	1.35	1.40	1.45								
	O	O	XXX								
--	Wornell, Ashley						NW Nazarene	1.68m		NH	
	1.35	1.40	1.45	1.50	1.55						
	P	P	P	P	XXX						
--	Ontko, Erin						Eastern Ore.	1.37m		NH	
	1.35										
	XXX										
--	Seidler, Mary						Central Wash.			NH	
	1.35										
	XXX										

Women Pole Vault

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Arlt Invite: ~ 12-01.50 2004 Allison Hedges, Seattle Pacific
Stadium: @ 12-01.50 4/17/2004 Allison Hedges, Seattle Pacific
D-II Auto: # 3.90m 2007
D-II Prov: $ 3.55m 2007
GNAC Auto: % 3.35m 2007
GNAC Prov: ^ 2.75m 2007
Name Year School Seed Finals
=====
1 Weissert, Cayla Eastern Ore. 3.35m 3.35m%
2.17 2.29 2.44 2.59 2.74 2.90 3.05 3.20 3.35 3.43
P P P P P P O O XXO XXX
2 Miller, Christy Western Wash. 3.50m J3.35m%
2.17 2.29 2.44 2.59 2.74 2.90 3.05 3.20 3.35 3.43

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	P	P	P	P	P	P	XXO	O	XXO	XXX		
3	Clarke, Camille					Western Wash.					3.09m	3.05m^
	2.17	2.29	2.44	2.59	2.74	2.90	3.05	3.20				
	P	P	P	P	O	XO	O	XXX				
4	Usabel, MaryJo					NW Nazarene					3.04m	J3.05m^
	2.17	2.29	2.44	2.59	2.74	2.90	3.05	3.20				
	P	P	P	P	XO	XO	O	XXX				
5	Amos, Haley					Central Wash.					3.35m	J3.05m^
	2.17	2.29	2.44	2.59	2.74	2.90	3.05	3.20				
	P	P	P	P	P	XO	XO	XXX				
6	Paul-Bowdin, Tenley					Eastern Ore.					3.04m	2.90m^
	2.17	2.29	2.44	2.59	2.74	2.90	3.05					
	P	P	P	P	O	O	XXX					
7	Printz, Mary					NW Nazarene					3.04m	J2.90m^
	2.17	2.29	2.44	2.59	2.74	2.90	3.05					
	P	P	P	P	O	XO	XXX					
8	Rice, Kristi					NW Nazarene					3.35m	J2.90m^
	2.17	2.29	2.44	2.59	2.74	2.90	3.05					
	P	P	P	P	P	XXO	XXX					
9	Cabebe, Courtney					Seattle					2.80m	J2.90m^
	2.17	2.29	2.44	2.59	2.74	2.90	3.05					
	P	P	P	O	XO	XXO	XXX					
10	Elzinga, Karina					NW Nazarene					3.04m	2.74m
	2.17	2.29	2.44	2.59	2.74	2.90						
	P	P	P	P	O	XXX						
11	Schreiner, Molly					Puget Sound					2.97m	J2.74m
	2.17	2.29	2.44	2.59	2.74	2.90						
	P	P	O	O	XO	XXX						
11	Stone, Julie					Western Wash.					2.94m	J2.74m
	2.17	2.29	2.44	2.59	2.74	2.90						
	P	P	P	P	XO	XXX						
11	Ehlers, Sara					Western Wash.					2.79m	J2.74m
	2.17	2.29	2.44	2.59	2.74	2.90						
	P	P	XO	O	O	XXX						
14	Miller, Kendra					Puget Sound					2.60m	2.59m
	2.17	2.29	2.44	2.59	2.74							
	O	O	O	O	XXX							
15	Peoples, Jill					Warner Pacific					2.89m	J2.59m
	2.17	2.29	2.44	2.59	2.74							
	P	O	O	XO	XXX							
15	Bonino, Laura					Pacific Lutheran					2.85m	J2.59m
	2.17	2.29	2.44	2.59	2.74							

	P	P	O	XO	XXX						
17	Ziegler, Erica					Western Wash.	2.79m		J2.59m		
	2.17	2.29	2.44	2.59	2.74						
	P	P	XXO	O	XXX						
18	Herr, Emily					Puget Sound	2.70m		2.44m		
	2.17	2.29	2.44	2.59							
	O	O	O	XXX							
--	Lundsten, Tracie					Seattle Pacific	3.35m		NH		
	2.17	2.29	2.44	2.59	2.74	2.90	3.05	3.20			
	P	P	P	P	P	P	P	XXX			
--	Riedel, Kristi					Pacific Lutheran	2.45m		NH		
	2.17	2.29	2.44								
	P	P	XXX								
--	Anderson, Monica					Seattle Pacific	3.38m		NH		
	2.17	2.29	2.44	2.59	2.74	2.90	3.05	3.20	3.35		
	P	P	P	P	P	P	P	P	XXX		
--	Craigie, Megan					Puget Sound	2.15m		NH		
	2.17										
	XXX										

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: # 6.17m 2007
D-II Prov: $ 5.69m 2007
GNAC Auto: % 5.20m 2007
GNAC Prov: ^ 4.72m 2007
Name Year School Seed Finals W
=====
1 Bascom, Kimberly Western Wash. 5.48m 5.19m^
FOUL(NWI) 5.12m(1.2) 5.01m(1.1) 5.12m(1.0) 5.17m(1.9) 5.19m(2.0)
2 Merrell, Amanda NW Nazarene 5.18m 5.16m^
5.16m(1.7) 4.88m(1.1) 5.12m(0.8) 4.95m(1.0) FOUL(NWI) 4.66m(1.5)
3 Miller, Christy Western Wash. 5.02m 5.14m^
5.09m(1.0) FOUL(NWI) FOUL(NWI) FOUL(NWI) 5.14m(1.3) 4.96m(1.2)
4 Spear, Anjuli Central Wash. 5.10m 5.07m^
5.03m(0.9) 4.89m(1.0) 4.78m(1.4) 4.67m(1.9) 5.07m(1.6) 4.82m(1.5)
5 Gonzalez, Raquel Central Wash. 4.87m 4.71m
FOUL(NWI) 4.47m(1.2) 4.59m(0.7) 4.49m(1.6) 4.71m(1.1) 4.47m(1.8)
6 Amos, Haley Central Wash. 4.82m 4.68m
4.59m(1.1) 4.68m(1.0) FOUL(NWI) 4.62m(1.7) 4.44m(1.0) 4.62m(1.8)
=====

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7	Eggers, Jamie	Puget Sound	4.51m	4.67m
	4.59m(+0.0)	4.67m(1.3)	4.52m(0.4)	PASS(NWI) PASS(NWI) PASS(NWI)
8	Seidler, Mary	Central Wash.	4.57m	4.58m
	4.33m(+0.0)	4.46m(1.7)	FOUL(NWI) FOUL(NWI)	4.23m(1.1) 4.58m(2.2)
9	Quick, Susan	Central Wash.	4.77m	4.55m +
	4.55m(+0.0)	FOUL(NWI) 4.39m(0.9)	PASS(NWI) PASS(NWI)	PASS(NWI)
10	Morrison, Lydia	Western Wash.	4.57m	4.41m
	4.39m(+0.0)	4.41m(0.6)	4.38m(0.5)	
11	O'Farrell, Heather	Pacific Lutheran	4.13m	4.30m
	4.30m(+0.0)	4.22m(0.2)	FOUL(NWI)	
12	Cabebe, Courtney	Seattle	4.50m	4.23m
	4.20m(+0.0)	4.23m(1.1)	FOUL(NWI)	

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	2007	
D-II Prov:	\$ 11.75m	2007	
GNAC Auto:	% 10.90m	2007	
GNAC Prov:	^ 9.50m	2007	

Name	Year	School	Seed	Finals	W
1 Bascom, Kimberly		Western Wash.	11.58m	11.55m%	
		FOUL(NWI) FOUL(NWI)	11.23m(1.4)	11.48m(1.7)	11.44m(1.0) 11.55m(1.8)
2 Merrell, Amanda		NW Nazarene	10.66m	10.97m	
		FOUL(NWI)	10.97m(2.6)	FOUL(NWI)	10.44m(2.4) FOUL(NWI) PASS(NWI)
3 Spear, Anjuli		Central Wash.	10.51m	10.35m	
		FOUL(NWI)	10.35m(2.8)	10.17m(1.7)	FOUL(NWI) FOUL(NWI) 10.02m(2.3)
4 Rose, Amanda		Central Wash.	10.97m	10.33m^	
		FOUL(NWI)	10.33m(1.6)	10.18m(1.3)	10.14m(2.2) 10.33m(2.1) 10.29m(2.0)
5 Gangwes, Kea		Warner Pacific	10.61m	10.06m^	
			10.06m(1.6)	9.83m(1.7)	9.72m(1.6) 9.77m(1.3) 9.63m(0.7) 9.62m(1.8)
6 Miller, Christy		Western Wash.	10.82m	9.95m^	
		FOUL(NWI) FOUL(NWI)	9.95m(0.1)	FOUL(NWI)	PASS(NWI) PASS(NWI)
7 Lewis, Rebecca		Pacific Lutheran	9.34m	9.63m^	
		FOUL(NWI) FOUL(NWI)	9.63m(1.4)	9.49m(1.5)	9.22m(1.9) 9.62m(2.2)
8 Loscutoff, Alexa		Eastern Ore.	9.82m	9.55m	
		FOUL(NWI)	9.34m(2.1)	9.55m(2.1)	9.27m(1.1) FOUL(NWI) 9.22m(1.5)
9 O'Farrell, Heather		Pacific Lutheran	9.21m	9.25m	
		FOUL(NWI) FOUL(NWI)	9.25m(3.4)	9.01m(2.2)	9.10m(1.8) 8.73m(1.5)
-- Morrison, Lydia		Western Wash.	10.36m	FOUL	

FOUL(NWI) FOUL(NWI) FOUL(NWI)

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 2007
D-II Prov: \$ 13.26m 2007
GNAC Auto: % 11.50m 2007
GNAC Prov: ^ 10.40m 2007

Name	Year	School	Seed	Finals	
1 Tandle, Krissy		Central Wash.	14.02m	13.52m\$	
12.96m	FOUL	13.52m	FOUL	13.13m	FOUL
2 Afoa, Shaina		Central Wash.	12.19m	11.94m%	
11.01m	11.41m	11.50m	11.94m	11.93m	10.95m
3 Chase, Karen		Puget Sound	11.93m	11.73m%	
11.22m	11.73m	11.13m	10.83m	FOUL	FOUL
4 Scherer, Becky		Central Wash.	11.27m	11.35m^	
10.77m	10.98m	10.79m	11.35m	10.72m	10.97m
5 Hacker, Taylor		Pacific Lutheran	11.42m	11.32m^	
FOUL	10.78m	11.15m	11.23m	11.21m	11.32m
6 Sadler, Chelsea		Western Wash.	11.27m	11.24m^	
11.16m	10.67m	10.69m	10.93m	11.24m	11.01m
7 Ulmer, Tiffany		Eastern Ore.	10.87m	11.08m^	
10.37m	11.08m	10.88m	10.46m	10.43m	FOUL
8 Currier, Lindsay		Seattle	10.60m	10.90m^	
10.90m	FOUL	FOUL	10.69m	FOUL	FOUL
9 Rance, Erica		Western Wash.	10.05m	10.30m	
10.05m	9.69m	10.30m			
10 Judd, Jocelyn		NW Nazarene	11.58m	10.17m	
FOUL	FOUL	10.17m			
11 Harshberger, Trish		Eastern Ore.	9.29m	9.73m	
FOUL	8.95m	9.73m			
12 Coble, Lacy		Eastern Ore.	9.29m	9.51m	
8.66m	FOUL	9.51m			
13 Nash, Marybeth		Eastern Ore.	9.37m	9.37m	
9.10m	FOUL	9.37m			
14 Gonzalez, Raquel		Central Wash.	9.75m	9.30m	
8.79m	9.30m	FOUL			
15 Washington, Danika		St. Martin's	8.53m	9.09m	
9.09m	FOUL	FOUL			

16	Brown, Kaitlyn	Western Wash.	9.75m	9.03m
	9.03m FOUL FOUL			
17	Keita, Kahlia	Seattle	9.70m	8.81m
	8.81m FOUL FOUL			
18	Jones, Chelsey	NW Nazarene	10.97m	8.80m
	8.80m FOUL FOUL			
19	Blazina, Ashley	Seattle	8.20m	8.38m
	FOUL 8.38m FOUL			
20	McMeel, Katie	Central Wash.	10.05m	7.96m
	FOUL 7.96m FOUL			
21	Henrich, Rebekah	Seattle	7.70m	6.86m
	6.86m FOUL FOUL			

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: # 50.60m 2007
 D-II Prov: \$ 44.00m 2007
 GNAC Auto: % 37.00m 2007
 GNAC Prov: ^ 33.00m 2007

Name	Year	School	Seed	Finals
1 Tandle, Krissy		Central Wash.	39.62m	41.95m%
				38.81m 41.58m FOUL 39.94m FOUL 41.95m
2 Currier, Lindsay		Seattle	39.00m	41.87m%
				39.48m 39.08m 40.43m FOUL 41.87m 37.01m
3 Scherer, Becky		Central Wash.	40.53m	41.28m%
				40.26m 39.29m 40.40m 40.83m 39.96m 41.28m
4 Rance, Erica		Western Wash.	39.62m	40.17m%
				FOUL 38.33m FOUL 40.17m FOUL 38.87m
5 Ulmer, Tiffany		Eastern Ore.	38.37m	39.70m%
				38.66m FOUL 38.15m 39.70m FOUL 35.98m
6 Bortz, Bethany		Eastern Ore.	30.65m	35.82m^
				FOUL 30.64m 35.82m FOUL 34.59m FOUL
7 Coble, Lacy		Eastern Ore.	32.23m	35.21m^
				33.78m FOUL FOUL 32.68m 34.82m 35.21m
8 Harshberger, Trish		Eastern Ore.		34.11m^
				33.09m 34.11m FOUL FOUL FOUL FOUL
9 Sadler, Chelsea		Western Wash.	35.48m	33.46m^
				FOUL 33.32m 33.46m
10 Breighner, Marci		NW Nazarene	38.10m	32.75m

	FOUL	32.75m	32.21m			
11	Brown, Kaitlyn			Western Wash.	30.48m	31.33m
		31.33m	FOUL	FOUL		
12	Nash, Marybeth			Eastern Ore.	31.87m	30.65m
		30.65m	FOUL	FOUL		
13	Jones, Chelsey			NW Nazarene	27.43m	29.31m
		29.31m	FOUL	FOUL		
14	Kaligis, Lauren			Western Wash.	24.38m	27.67m
		27.67m	FOUL	FOUL		
15	McWeeny, Ali			Central Wash.	32.00m	27.55m
		27.55m	FOUL	FOUL		
15	Hacker, Taylor			Pacific Lutheran	31.85m	27.55m
		27.55m	FOUL	FOUL		
17	Keita, Kahlia			Seattle	33.00m	26.93m
		26.93m	FOUL	FOUL		
18	Blazina, Ashley			Seattle	24.00m	25.47m
		FOUL	FOUL	25.47m		
19	Washington, Danika			St. Martin's	19.81m	24.02m
		FOUL	FOUL	24.02m		
--	Afoa, Shaina			Central Wash.	36.57m	FOUL
		FOUL	FOUL	FOUL		
--	Judd, Jocelyn			NW Nazarene	35.05m	FOUL
		FOUL	FOUL	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	2007			
D-II Prov:	\$	48.40m	2007			
GNAC Auto:	%	42.00m	2007			
GNAC Prov:	^	33.00m	2007			
Name			Year	School	Seed	Finals
=====						
1	Wochnick, Megan			Pacific Lutheran	49.19m	48.17m%
		46.35m	48.17m	47.00m	47.97m	FOUL 48.14m
2	Hacker, Taylor			Pacific Lutheran	43.40m	46.59m%
		45.04m	39.70m	46.59m	FOUL	FOUL FOUL
3	Tandle, Krissy			Central Wash.	44.80m	43.14m%
		43.02m	41.55m	FOUL	43.14m	FOUL FOUL
4	McWeeny, Ali			Central Wash.	39.62m	42.49m%
		35.43m	42.49m	39.96m	38.61m	40.56m 38.67m

5	Harshberger, Trish	Eastern Ore.	40.46m	41.73m^
	39.76m FOUL 41.73m FOUL FOUL 40.79m			
6	Judd, Jocelyn	NW Nazarene	42.67m	41.71m^
	39.98m 41.71m FOUL 40.82m FOUL FOUL			
7	Rance, Erica	Western Wash.	39.62m	41.47m^
	41.47m 40.02m 39.92m 38.30m 39.40m FOUL			
8	Scherer, Becky	Central Wash.	41.45m	41.37m^
	41.37m 39.20m 38.69m FOUL 40.95m 38.19m			
9	Nash, Marybeth	Eastern Ore.	39.06m	39.68m^
	36.83m 39.68m FOUL			
10	Coble, Lacy	Eastern Ore.	35.76m	39.44m^
	39.44m FOUL 38.91m			
11	Little, Courtney	NW Nazarene	41.14m	38.59m^
	38.59m FOUL 38.26m			
12	Rempel, Erika	NW Nazarene	38.10m	33.85m^
	FOUL 33.85m FOUL			
13	Hook, Rebekah	Western Wash.	28.95m	29.65m
	29.65m FOUL FOUL			
14	Ulmer, Tiffany	Eastern Ore.		29.43m
	FOUL 29.43m FOUL			
15	Breighner, Marci	NW Nazarene	36.57m	27.36m
	27.36m FOUL FOUL			
--	Kaligis, Lauren	Western Wash.	21.33m	FOUL
	FOUL FOUL FOUL			
--	Bortz, Bethany	Eastern Ore.	32.18m	FOUL
	FOUL FOUL FOUL			

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.		
D-II Auto: # 47.24m	2007			
D-II Prov: \$ 40.54m	2007			
GNAC Auto: % 38.10m	2007			
GNAC Prov: ^ 33.00m	2007			
Name	Year	School	Seed	Finals
=====				
1 McMeel, Katie		Central Wash.	45.72m	44.00m\$
	42.73m 42.78m 44.00m 42.08m 42.09m 41.58m			
2 Gruszecki, Monica		Western Wash.	44.75m	39.65m%
	37.03m 36.82m 34.58m 39.65m FOUL 36.39m			
3 Peoples, Jill		Warner Pacific	37.38m	39.11m%

	38.41m	36.89m	37.65m	35.35m	39.11m	36.02m		
4	Janney, Kristin			Seattle Pacific			36.57m	36.96m^
	35.06m	36.96m	36.45m	36.16m	FOUL	FOUL		
5	DeBoodt, Grace			Eastern Ore.			37.43m	36.94m^
	33.30m	36.94m	33.57m	FOUL	34.26m	34.92m		
6	Howe, Liz			Western Wash.			37.49m	35.67m^
	34.71m	35.67m	32.89m	FOUL	34.53m	33.86m		
7	Hatch, Karin			Pacific Lutheran			38.83m	35.66m^
	33.02m	FOUL	35.47m	35.66m	34.51m	35.59m		
8	Ulmer, Tiffany			Eastern Ore.				34.88m^
	34.88m	33.45m	34.38m	33.36m	33.49m	34.63m		
9	Denman, Lindsey			Puget Sound			35.68m	34.80m^
	34.06m	34.80m	33.09m					
10	McWeeny, Ali			Central Wash.			33.52m	33.41m^
	33.41m	31.12m	31.01m					
11	Fenn, Lauren			Puget Sound			33.64m	32.59m
	29.81m	32.59m	FOUL					
12	Elwell, Sarah			NW Nazarene			35.05m	26.93m
	FOUL	FOUL	26.93m					
13	Loscutoff, Alexa			Eastern Ore.			31.75m	26.65m
	26.65m	FOUL	FOUL					
14	Blazina, Ashley			Seattle			25.50m	24.52m
	24.52m	FOUL	FOUL					
15	Gonzalez, Raquel			Central Wash.			28.04m	24.03m
	24.03m	FOUL	FOUL					
16	Dick, Amanda			NW Nazarene			30.48m	21.21m
	21.21m	FOUL	FOUL					
17	Seidler, Mary			Central Wash.			25.90m	18.06m
	18.06m	FOUL	FOUL					
18	Marino, Lauryn			Western Wash.			21.33m	17.28m
	17.28m	FOUL	FOUL					

Men 100 Meter Dash

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Arlt Invite: ~ 10.53 1998 Chris Courtney, Central Wash.
Stadium: @ 10.53 4/25/1998 Chris Courtney, Central Wash.
D-II Auto: # 10.34 2007
D-II Prov: $ 10.65 2007
GNAC Auto: % 11.10 2007
GNAC Prov: ^ 11.50 2007

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Name	Year	School	Seed	Finals	W
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1	Dean, Michael	Western Wash.	11.07	10.86
2	Van Sant, Pete	Puget Sound	11.00	10.87
3	Blum, Isaac	Puget Sound	11.26	11.00
4	Keah, Tomi	Seattle	11.00	11.02
5	Burnett, James	Pacific Lutheran	11.03	11.11
6	Demouchet, Christian	Central Wash.	11.15	11.13
7	Weinbrecht, Luke	Pacific Lutheran	11.01	11.27
8	Glover, Travis	Seattle	11.20	11.28
9	Miller, Adam	Eastern Ore.	11.36	11.36
10	Hoppie, Chris	Eastern Ore.	11.41	11.38
11	Schmidt, Nate	Eastern Ore.	11.73	11.41
12	Jewel, Ryan	Seattle Pacific	11.20	11.46
13	Bye, Brycen	Puget Sound	11.44	11.50
14	Wilson, Dennis	Northwest	11.77	11.51
15	Galvin, Andrew	Puget Sound	11.58	11.54
16	Lee, Rory	Puget Sound	11.57	11.56
17	Blain, Tom	NW Nazarene	11.90	11.69
18	Browne, Ryan	Eastern Ore.	11.73	11.81
19	Daltoso, Brian	St. Martin's	12.13	12.05
20	Ayiel, Daniel	Pacific Lutheran	12.29	12.06
21	Breakey, Ryan	Western Wash.	12.30	12.15
22	Shoemaker, Jason	Evergreen St.	12.60	12.18
23	Adams, Nolan	Pacific Lutheran	13.20	12.41
24	St. Louis, Matt	Eastern Ore.	12.00	12.53
--	Hill, Zeke	Unattached	11.40	X11.18
--	Watson, Cresap	Unatt.-CWU Alums	11.40	X11.50
--	Reynolds, Eric	Unatt.-CWU Alums	11.40	X11.60

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 2007
  D-II Prov: $ 21.45 2007
  GNAC Auto: % 22.20 2007
  GNAC Prov: ^ 23.40 2007

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Name	Year	School	Seed	Finals	W
1	Dean, Michael	Western Wash.	22.15	21.98	
2	Demouchet, Christian	Central Wash.	22.29	22.18	
3	Lane, Matt	Eastern Ore.	22.42	22.48	
4	Rogstad, Matt	Central Wash.	22.22	22.68	

5	Edwards, Robert	Central Wash.	22.78	22.69
6	Keah, Tomi	Seattle	22.70	22.76
7	Blum, Isaac	Puget Sound	23.00	22.81
8	Van Sant, Pete	Puget Sound	22.30	22.89
9	Hamm, Greg	NW Nazarene	23.00	23.11
10	Jewel, Ryan	Seattle Pacific	23.00	23.21
11	Schmidt, Nate	Eastern Ore.	23.30	23.28
12	Gerry, Bryan	St. Martin's	23.37	23.36
13	Williams, Calvin	Western Wash.	23.02	23.43
14	Galvin, Andrew	Puget Sound	23.48	23.59
15	Lee, Rory	Puget Sound	23.80	23.66
16	Inge, Jerome	Northwest	23.90	23.84
17	Schie, Daryl	Central Wash.	23.57	23.88
18	Dimond, Corey	Central Wash.	23.88	24.10
19	Bye, Brycen	Puget Sound	23.94	24.25
20	Dye, Alex	Western Wash.	24.10	24.45
21	Breakey, Ryan	Western Wash.	24.60	24.83
22	McCusker, Andrew	Eastern Ore.		25.12
23	Daltoso, Brian	St. Martin's	24.53	25.19
24	Shoemaker, Jason	Evergreen St.	25.30	25.47
25	St. Louis, Matt	Eastern Ore.	23.97	25.80
--	Hill, Zeke	Unattached	22.80	X22.43
--	Hurtado, Vidal	Unattached	22.60	X23.08
--	Cleveland, Travis	Unattached	23.91	X23.77
--	Truman, Gary	Unattached	23.90	X24.24

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 2007
 D-II Prov: \$ 48.00 2007
 GNAC Auto: % 50.00 2007
 GNAC Prov: ^ 51.70 2007

Name	Year	School	Seed	Finals	H
1		Rogstad, Matt	Central Wash.	49.40	49.15%
2		Brydson, Colby	Central Wash.	50.24	49.35%
3		Lane, Matt	Eastern Ore.	49.24	50.11^
4		Velasquez, Charles	Central Wash.	50.57	50.30^
5		Brancheau, Sam	Western Wash.	50.45	51.42^
6		Schie, Daryl	Central Wash.	50.33	51.47^

7	Ward, Mitch	NW Nazarene	50.00	51.55^
8	Wheeler, Eddie	NW Nazarene	50.00	52.10
9	Gundel, Andy	Central Wash.	51.63	53.10
10	Williams, Calvin	Western Wash.	52.99	53.12
11	Allen, Loyal	Seattle	50.50	53.25
12	Hibbard, Daniel	Pacific Lutheran	53.44	53.34
13	Bostock, Casey	Northwest		53.39
14	Dimond, Corey	Central Wash.	52.12	53.47
15	Andersen, Luc	Puget Sound	52.37	53.68
16	Johnson, Carl	Western Wash.	51.23	53.83
17	Lockard, Curt	Warner Pacific	51.29	54.11
18	Gerry, Bryan	St. Martin's	51.70	54.85
19	May, Brandt	Highline CC	54.00	54.98
20	Coughran, Nick	Western Wash.	53.50	55.14
21	Iverson, Kevin	Western Wash.	52.80	56.20
22	McCusker, Andrew	Eastern Ore.	58.00	56.21
--	Hurtado, Vidal	Unattached	50.80	X52.18
--	Kelley, Mike	Unatt.-CWU Alums	52.14	X53.50

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	2007			
D-II Prov:	\$ 1:53.00	2007			
GNAC Auto:	% 1:55.50	2007			
GNAC Prov:	^ 1:59.90	2007			
Name	Year	School	Seed	Finals	P

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1	Lemay, Keith	Western Wash.	1:54.15	1:57.57^
2	Ayume, Asiki	St. Martin's	1:56.00	1:58.95^
3	Palmer, Scott	Central Wash.	1:56.00	2:00.04
4	Cameron, Will	Western Wash.	2:00.00	2:00.48
5	Gavoreski, Mike	Seattle Pacific	1:57.00	2:00.64
6	Timmer, Caleb	St. Martin's	1:55.00	2:01.60
7	Cronkhite, Corey	Central Wash.	1:58.50	2:01.97
8	Wilbur, Robbie	St. Martin's	1:58.00	2:02.34
9	Meis, Chad	Seattle Pacific	1:57.00	2:02.57
10	Johnson, Tom	Central Wash.	1:59.40	2:02.77
11	Cobb, Josh	Eastern Ore.	2:00.71	2:02.80
12	Johnson, Benjamin	Pacific Lutheran	2:03.53	2:04.07
13	Molinaro, Gabe	Northwest		2:04.11

14	Henry, Keever	Western Wash.	2:04.00	2:05.07
15	May, Brandt	Highline CC	2:07.00	2:05.53
16	Speetjens, Frank	Puget Sound	2:07.12	2:07.08
17	Ramirez, Chris	Pacific Lutheran	2:02.59	2:08.64
18	Phillips, Ryan	Seattle Pacific	2:06.00	2:09.88
19	Hetrick, Hank	NW Nazarene	2:08.00	2:10.57
20	Lampshire, Cory	Western Wash.	2:07.00	2:10.80
21	Hurlburt, John	Highline CC	2:05.00	2:10.87
22	Nasim, Niwar	St. Martin's	2:05.00	2:12.28
23	MacDonald-Robbins, Noah	Highline CC	2:09.00	2:14.11
24	Eidsmoe, Tyler	Highline CC	2:09.00	2:14.34
25	Brakken-Thal, Sean	Puget Sound	2:11.67	2:15.72
26	Jones, Eric	Evergreen St.	2:04.50	2:16.78
27	Blount, Kevin	Central Wash.	2:04.00	2:18.30
28	Tober, Kevin	St. Martin's	2:15.00	2:20.48
29	Uslan, Jeff	Puget Sound	2:17.81	2:23.18
--	Doyle, Sean	Unattached	1:57.80	X2:05.22

Men 1500 Meter Run

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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 2007
  D-II Prov: $ 3:54.00 2007
  GNAC Auto: % 3:59.00 2007
  GNAC Prov: ^ 4:10.00 2007

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Name	Year	School	Seed	Finals	P
1	Lampi, Kyle	Western Wash.	4:06.00	4:06.2h^	
2	Grimes, Bennett	Western Wash.	4:04.00	4:08.3h^	
3	Dols, Nicholas	Seattle	3:59.00	4:10.0h^	
4	Henry, Keever	Western Wash.	4:06.00	4:11.0h	
5	Gavoreski, Mike	Seattle Pacific	4:02.00	4:13.0h	
6	Scotchmer, Sam	Central Wash.	4:03.00	4:14.2h	
7	Ardissono, Eric	Central Wash.	4:12.00	4:14.3h	
8	Gatbunton, Josh	St. Martin's	4:00.00	4:14.6h	
9	Goulet, Adam	Eastern Ore.	4:00.16	4:14.9h	
10	Zarate, Matthew	Seattle	4:10.00	4:17.6h	
11	McDonald, John	Central Wash.	4:08.00	4:17.9h	
12	Blount, Kevin	Central Wash.	4:11.00	4:18.0h	
13	Manske, Mark	Pacific Lutheran	4:13.13	4:18.4h	
14	Lampshire, Cory	Western Wash.	4:20.00	4:19.3h	

15	Gray, Kyle	NW Nazarene	4:08.00	4:19.4h
16	Medhaug, Blake	Western Wash.	4:06.00	4:19.7h
17	Rakestraw, Brian	Evergreen St.	4:11.00	4:20.2h
18	Nasim, Niwar	St. Martin's	4:20.00	4:21.0h
19	Hetrick, Hank	NW Nazarene	4:24.00	4:22.0h
20	Eidsmoe, Tyler	Highline CC	4:20.00	4:22.6h
21	Pineda, Miguel	Evergreen St.	4:09.80	4:24.1h
22	Swanson, Patrick	Northwest		4:26.8h
23	Perkins, Nate	Western Wash.	4:28.00	4:29.5h
24	Butler, Cam	Puget Sound	4:26.39	4:29.8h
25	Jones, Eric	Evergreen St.	4:16.00	4:30.6h
26	Henry, Chris	Seattle	4:20.00	4:34.3h
27	MacDonald-Robbins, Noah	Highline CC	4:20.00	4:36.3h
28	Felch, Scott	Seattle Pacific	4:40.00	4:38.9h
29	Hurlburt, John	Highline CC	4:19.00	4:41.5h
30	Anderson, William	Highline CC	4:44.00	4:44.3h
31	DeSimone, Greg	NW Nazarene	4:48.00	4:46.2h
--	Zulfer, Erik	Unattached	4:25.00	X4:32.8h
--	Miskimens, David	Unattached	4:25.00	X4:33.2h
--	Lehman, Steve	Unattached		X5:12.5h

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	2007	
D-II Prov: \$	14:50.00	2007	
GNAC Auto: %	15:10.00	2007	
GNAC Prov: ^	16:00.00	2007	

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Name	Year	School	Seed	Finals	P
1	Ego, Josh	Eastern Ore.	15:50.62	15:50.29^	
2	Jennings, Trevor	Highline CC	16:12.00	15:55.23^	
3	Blackburn, Troy	Eastern Ore.		15:56.50^	
4	Croutworst, Alex	Northwest	15:48.80	16:03.92	
5	Dean, Justin	Eastern Ore.	16:10.66	16:10.41	
6	Rosser, James	Seattle Pacific	15:52.00	16:25.33	
7	Randall, Leonard	Northwest		16:31.51	
8	Beck, Josh	Western Wash.	16:00.00	16:32.37	
9	Seamster, Scott	Seattle Pacific	16:34.00	16:39.60	
10	Benson, Doug	Eastern Ore.	15:57.85	16:44.01	
11	Gray, Kyle	NW Nazarene		18:01.97	

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12 Anderson, William Highline CC 18:54.00 18:07.83

Men 10000 Meter Run

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Arlt Invite: ~ 33:16.10 2006 Jake Perry, NW Nazarene
Stadium: @ 30:34.7h 4/24/1982 Don Stearns, Eastern Ore.
D-II Auto: # 29:30.00 2007
D-II Prov: \$ 31:10.00 2007
GNAC Auto: % 33:30.00 2007
GNAC Prov: ^ 35:00.00 2007

Name	Year	School	Seed	Finals	P
1 Lambert, Kevin		NW Nazarene	33:15.00	33:19.79%	
2 Heitzinger, Nathan		Seattle	34:00.00	34:06.60^	
3 Roach, James		Central Wash.	34:00.00	34:18.81^	
4 Clark, Seth		NW Nazarene	34:11.00	34:25.02^	
5 Beach, Tristan		St. Martin's	34:30.00	34:54.58^	
6 Lalonde, Steven		St. Martin's	35:00.00	35:00.97	
7 Chilcoat, Kenneth		Pacific Lutheran	35:55.44	35:05.49	

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 2007
D-II Prov: \$ 14.70 2007
GNAC Auto: % 15.60 2007
GNAC Prov: ^ 16.60 2007

Name	Year	School	Seed	Finals	W
1 Edwards, Robert		Central Wash.	14.87	14.87	
2 Ohmes, Lucas		Eastern Ore.	16.12	15.79	
3 Aguilar, Ernie		Warner Pacific	16.34	16.69	
4 Silver, Grant		NW Nazarene	17.50	16.77	
5 McCoy, Scott		Central Wash.	16.80	16.82	
6 Zayshlyy, Mark		Seattle Pacific	16.50	16.84	
7 Grewe, Josh		NW Nazarene	17.70	16.87	
8 Elmo, Adrian		Central Wash.	15.80	17.44	
9 Felt, Justin		Seattle Pacific	16.90	17.68	
10 Colley, Jake		Warner Pacific	17.20	17.83	
11 Poshusta, Robby		Seattle	18.50	18.43	
12 Wargo, Ben		Western Wash.	16.91	18.78	

Men 400 Meter Hurdles

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Arlt Invite: ~ 52.5h 1994      Goreal Hudson, Central Wash.
  Stadium: @ 52.5h 4/23/1994  Goreal Hudson, Central Wash.
D-II Auto: # 51.40 2007
D-II Prov: $ 53.00 2007
GNAC Auto: % 56.90 2007
GNAC Prov: ^ 1:00.00 2007
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Name	Year	School	Seed	Finals	H
1 Sullivan, Dan		Seattle	54.50	54.81%	
2 Wargo, Ben		Western Wash.	56.30	56.89%	
3 Climer, Ben		Seattle Pacific	57.00	56.97^	
4 Kirk, Josh		Central Wash.	57.50	57.91^	
5 Grewe, Josh		NW Nazarene	57.00	57.99^	
6 Hanson, Mark		NW Nazarene	58.50	58.16^	
7 Miller, Adam		Eastern Ore.	55.32	58.21^	
8 Penman, Todd		Warner Pacific	55.13	58.32^	
9 Brown, Garrett		Seattle	55.20	58.33^	
10 Weinbrecht, Luke		Pacific Lutheran	57.76	58.39^	
11 Browne, Ryan		Eastern Ore.	56.20	58.99^	
12 Hibbard, Daniel		Pacific Lutheran	58.06	59.22^	
13 Velasquez, Charles		Central Wash.	56.90	59.96^	
14 Aguilar, Ernie		Warner Pacific	57.09	1:00.21	
15 Silver, Grant		NW Nazarene	59.23	1:00.73	
16 Henderson, Paul		Seattle Pacific	1:00.00	1:02.51	
17 Iverson, Kevin		Western Wash.	1:03.50	1:02.69	
18 Poshusta, Robby		Seattle	1:04.00	1:04.24	

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 2007
D-II Prov: $ 9:26.00 2007
GNAC Auto: % 9:40.00 2007
GNAC Prov: ^ 10:15.00 2007
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Name	Year	School	Seed	Finals	P
1 Peters, Andy		NW Nazarene	9:27.00	9:25.0h\$	
2 Heath, Zach		Eastern Ore.	9:50.83	9:52.0h^	

3	Starner, Cam	Eastern Ore.		9:59.0h^
4	Oberholser, Kevin	Central Wash.	10:05.00	10:10.0h^
5	Phillips, Ryan	Seattle Pacific	10:17.00	10:19.0h
6	Cameron, Will	Western Wash.	10:30.00	10:28.0h
7	Mavis, Anders	Western Wash.	10:30.00	10:30.0h
8	Aguirre, John	Eastern Ore.		10:31.0h
9	Bedell, Sam	Western Wash.	10:15.00	10:34.0h
10	Kulvi, Trevor	Central Wash.	10:20.00	10:38.0h
11	Obluck, Tris	St. Martin's	10:30.00	10:45.0h
12	Lane, Zach	NW Nazarene	10:30.00	10:51.0h
13	Kratzer, Josh	Central Wash.		10:55.0h
14	Beal, Matthew	Pacific Lutheran	10:55.68	11:16.0h
--	Fraser, Ian	Unattached	9:30.00	X9:38.0h%
--	Sipko, Daniel	Unattached		X10:21.0h
--	Rockenbach, Brian	Unattached	9:50.00	X10:29.0h
--	Patton, Scott	Unattached		X12:10.0h

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: # 40.25 2007
 D-II Prov: \$ 41.30 2007

School	Seed	Finals	H
1 Central Washington University 'A'	41.90	42.62	
2 University of Puget Sound 'A'	42.96	43.37	
3 Seattle University 'A'	43.80	43.62	
4 Eastern Oregon University 'A'	43.26	43.98	
5 Pacific Lutheran University 'A'	43.84	44.32	
6 Northwest University 'A'	44.51	44.43	
7 Northwest Nazarene University 'A'	44.18	45.47	
8 University of Puget Sound 'B'	45.69	45.84	
9 Western Washington University 'A'	43.20	46.69	
10 Warner Pacific College 'A'	44.75	46.99	
-- Unattached-CWU Alumni 'A'	44.55	X46.32	

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: # 3:09.40 2007
 D-II Prov: \$ 3:14.40 2007

School	Seed	Finals	H
1 Seattle University 'A'	3:22.40	3:23.90	
2 Western Washington University 'A'	3:18.99	3:24.18	
3 Central Washington University 'A'	3:19.00	3:27.10	
4 Northwest Nazarene University 'A'	3:25.00	3:27.70	
5 Seattle Pacific University 'A'	3:30.00	3:33.80	
6 Eastern Oregon University 'A'		3:34.27	
7 Western Washington University 'B'	3:28.50	3:37.14	
8 Western Washington University 'C'	3:28.50	3:37.15	
9 Pacific Lutheran University 'A'	3:37.40	3:40.19	
10 Northwest University 'A'	3:30.10	3:42.09	
11 Seattle University 'B'	3:24.60	3:44.57	
12 Pacific Lutheran University 'B'	3:44.00	3:45.96	
-- Unattached-CWU Alumni 'B'	3:34.00	X3:46.36	

Men 4x800 Meter Relay

School	Seed	Finals	P
Arlt Invite: ~ 8:44.50 2006 Pacific Lutheran University, Pacific L			
Stadium: @ 8:44.50 4/15/2006 Pacific Lutheran University, Pacific L			
1 Central Washington University 'A'	8:04.00	8:48.07	
2 The Evergreen State College 'A'		9:01.89	
3 Central Washington University 'B'	8:16.00	9:29.69	

Men High Jump

Name	Year	School	Seed	Finals
Arlt Invite: ~ 6-10.25 1998 Sean Steele, Highline CC				
Stadium: @ 7-00 4/7/1979 Bob Peterson, Idaho				
D-II Auto: # 2.16m 2007				
D-II Prov: \$ 2.07m 2007				
GNAC Auto: % 1.95m 2007				
GNAC Prov: ^ 1.80m 2007				
1 Bailey, Cameron		Central Wash.	2.03m	1.97m%

	1.72 1.77 1.82 1.87 1.92 1.97 2.02		
	P P P P O XO XXX		
2	Kramer, Brian	Puget Sound	1.95m J1.97m%
	1.72 1.77 1.82 1.87 1.92 1.97 2.02		
	P P P P O XXO XXX		
3	Geist, Peter	Western Wash.	1.98m 1.92m^
	1.72 1.77 1.82 1.87 1.92 1.97		
	P P P O O XXX		
4	Pflugrath, Brett	Northwest	2.00m J1.92m^
	1.72 1.77 1.82 1.87 1.92 1.97		
	P P O O XO XXX		
5	Richardson, Bill	St. Martin's	1.98m 1.87m^
	1.72 1.77 1.82 1.87 1.92		
	P P P XO XXX		
6	Edwards, Aaron	St. Martin's	1.90m 1.82m^
	1.72 1.77 1.82 1.87		
	P P O XXX		
6	Hamilton, Jonathon	Central Wash.	1.90m 1.82m^
	1.72 1.77 1.82 1.87		
	P P O XXX		
8	Colley, Jake	Warner Pacific	1.90m J1.82m^
	1.72 1.77 1.82 1.87		
	O XO O XXX		
9	Covey, Chris	NW Nazarene	1.87m J1.82m^
	1.72 1.77 1.82 1.87		
	P O XO XXX		
10	Collins, Nick	Central Wash.	1.77m
	1.72 1.77 1.82		
	XO O XXX		
11	Flora, Tyler	Central Wash.	1.85m 1.72m
	1.72 1.77		
	O XXX		
12	Maze, Matt	Puget Sound	1.80m J1.72m
	1.72 1.77 1.82		
	XO P XXX		
--	Blain, Tom	NW Nazarene	1.77m NH
	1.72		
	XXX		
--	Faust, Tyler	Pacific Lutheran	1.70m NH
	1.72		
	XXX		

O O XXX
 -- Larson, Jerod NW Nazarene 4.26m NH
 3.15 3.30 3.45 3.60 3.75 3.90
 P P P P P XXX

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: # 7.62m 2007
D-II Prov: $ 7.15m 2007
GNAC Auto: % 6.70m 2007
GNAC Prov: ^ 6.30m 2007
Name Year School Seed Finals W
=====
1 Felt, Justin Seattle Pacific 6.93m 6.80m% -
6.80m(-0.3) 6.67m(-0.3) FOUL(NWI) 5.95m(-0.1) FOUL(NWI) FOUL(NWI)
2 Van Sant, Pete Puget Sound 6.72m 6.72m%
5.92m(0.3) 6.22m(-0.1) 6.72m(0.7) 6.32m(-0.2) 6.46m(0.3) FOUL(NWI)
3 Denton, Allan Western Wash. 6.60m 6.65m^ -
6.65m(-0.2) 6.53m(0.2) 6.40m(0.7) 6.24m(-0.7) 6.50m(-0.3) 6.60m(-0.3)
4 Collins, Nick Central Wash. 6.68m 6.54m^ -
FOUL(NWI) 5.75m(0.2) 6.03m(0.5) 5.84m(-0.1) 6.45m(0.6) 6.54m(-0.2)
5 Elmo, Adrian Central Wash. 6.60m 6.51m^ +
FOUL(NWI) 6.51m(+0.0) 6.10m(0.2) 6.34m(-0.2) 6.44m(-1.0) 6.35m(-0.4)
6 Edwards, Aaron St. Martin's 6.70m 6.39m^
6.36m(-0.1) 6.39m(0.2) 6.31m(-0.1) 6.31m(0.2) 6.30m(-0.1) FOUL(NWI)
7 Jahner, Brock Seattle 6.40m 6.07m -
6.05m(-0.3) 6.07m(-0.3) 5.91m(-0.1)
8 Iverson, Kevin Western Wash. 6.09m J6.07m -
5.68m(0.6) 5.91m(1.4) 6.07m(-0.1) 5.88m(-0.1) 5.77m(-0.7) FOUL(NWI)
9 Ivory, Jimmy Puget Sound 5.56m 5.54m
5.54m(0.5) 4.92m(-0.2) FOUL(NWI)
10 Crumedy, Matt Seattle 6.40m 5.28m -
5.28m(-0.2) FOUL(NWI) FOUL(NWI)
11 Flora, Tyler Central Wash. 5.79m 4.86m
4.86m(0.1) 4.78m(-0.3) 4.63m(0.3)
-- Nelson, Caleb Unattached 5.96m X5.74m
5.70m(0.2) 5.74m(0.4) 5.51m(-0.4)
-- Truman, Gary Unattached 6.08m X5.78m -
5.75m(0.2) 5.58m(-0.4) 5.78m(-0.2)
-- Cleveland, Travis Unattached 6.83m X6.53m^ +
  
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6.53m(+0.0) 6.35m(1.7) 6.45m(-0.1) 6.33m(-0.3) 6.10m(0.4) 5.70m(1.7)
 -- Hill, Zeke Unattached 6.55m X6.85m% -
 6.70m(-0.2) FOUL(NWI) 6.65m(0.3) 6.39m(-0.1) FOUL(NWI) 6.85m(-0.3)

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 2007
 D-II Prov: \$ 14.45m 2007
 GNAC Auto: % 13.50m 2007
 GNAC Prov: ^ 12.50m 2007

Name	Year	School	Seed	Finals	W
1 Hamm, Greg		NW Nazarene	13.41m	13.92m%	-
		FOUL(NWI) 13.92m(-1.1) 13.43m(-0.2) 13.60m(1.3) FOUL(NWI) FOUL(NWI)			
2 Kramer, Brian		Puget Sound	13.41m	13.60m%	
		FOUL(NWI) 13.19m(0.6) 13.60m(0.8)			
3 Bailey, Cameron		Central Wash.	13.53m	13.57m%	
		FOUL(NWI) 13.52m(0.2) 13.41m(1.4) 13.27m(0.3) 13.57m(0.2) 13.55m(0.5)			
4 Elmo, Adrian		Central Wash.	13.63m	13.55m%	
		FOUL(NWI) FOUL(NWI) 13.55m(0.2) 13.46m(1.9) 13.32m(0.2) FOUL(NWI)			
5 Gaddy, Nick		Western Wash.	12.49m	12.50m^	-
		12.50m(-0.1) FOUL(NWI) 11.98m(1.1) FOUL(NWI) 11.65m(0.3) FOUL(NWI)			
6 Ivory, Jimmy		Puget Sound	12.44m	12.14m	
		11.98m(-0.2) FOUL(NWI) FOUL(NWI) 11.97m(0.2) 12.14m(1.5) FOUL(NWI)			
7 Crumedy, Matt		Seattle	13.20m	11.96m	
		FOUL(NWI) 11.96m(0.9) FOUL(NWI)			
8 Kowalko, Caleb		Warner Pacific	11.86m	11.54m	
		11.54m(0.3) FOUL(NWI) FOUL(NWI)			
-- Truman, Gary		Unattached	12.02m	X11.87m	-
		11.87m(-0.1) FOUL(NWI) 11.75m(2.0) FOUL(NWI) 11.31m(1.0) FOUL(NWI)			
-- Cleveland, Travis		Unattached	13.51m	X13.43m^	-
		13.14m(-0.2) 13.43m(-1.1) 13.35m(0.3) FOUL(NWI) FOUL(NWI) FOUL(NWI)			
-- Lawrence, Justin		Club Nw/S.E.T.A.	15.30m	X14.96m\$	
		FOUL(NWI) 14.69m(1.9) FOUL(NWI) FOUL(NWI) 14.91m(0.5) 14.96m(0.5)			

Men Shot Put

=====
 Arlt Invite: ~ 53-08.50 1994 Scott Easley, Western Wash.
 Stadium: @ 57-02 Twice
 D-II Auto: # 18.25m 2007

D-II Prov: \$ 15.90m 2007
 GNAC Auto: % 13.40m 2007
 GNAC Prov: ^ 12.20m 2007

Name	Year	School	Seed	Finals
1 Neel, Cameron		Central Wash.	17.37m	16.79m\$
16.79m	FOUL	16.52m	16.54m	FOUL FOUL
2 Wheelhouse, Mitch		Eastern Ore.	14.12m	15.12m%
14.58m	14.41m	FOUL	15.12m	FOUL FOUL
3 Valdez, Matt		Central Wash.	15.21m	14.94m%
13.49m	14.36m	FOUL	14.14m	FOUL 14.94m
4 Rosenau, Nate		Idaho		14.52m%
FOUL	FOUL	13.81m	13.16m	FOUL 14.52m
5 Middleton, A.J.		Puget Sound	15.38m	14.46m%
13.48m	13.51m	14.42m	14.11m	14.46m 14.11m
6 Ruud, Evan		Central Wash.	13.10m	12.96m^
12.96m	FOUL	FOUL	FOUL	FOUL FOUL
7 Munsey, Andy		NW Nazarene	12.19m	12.71m^
11.83m	FOUL	12.71m	FOUL	FOUL FOUL
8 Michaelson, Bryant		Western Wash.	12.36m	12.70m^
FOUL	12.03m	12.70m	FOUL	FOUL FOUL
9 Elder, Ben		Western Wash.	13.41m	12.62m^
12.56m	12.62m	FOUL		
10 Varkevisser, Brandon		Western Wash.	13.10m	12.49m^
12.49m	FOUL	12.45m		
11 Fischer, Tyler		Central Wash.	12.49m	12.45m^
12.45m	FOUL	12.01m		
12 Miller, Grant		NW Nazarene	12.80m	12.32m^
FOUL	11.83m	12.32m		
13 Dunten, Jason		Eastern Ore.	12.87m	12.30m^
FOUL	11.79m	12.30m		
14 Ross, Josh		Eastern Ore.	12.75m	J12.30m^
11.68m	11.76m	12.30m		
15 Neilsen, Jeff		Pacific Lutheran	12.06m	12.10m
11.81m	11.91m	12.10m		
16 Oliphant, Colton		Pacific Lutheran	11.56m	11.87m
11.87m	11.87m	11.73m		
17 Sturgeon, Devin		St. Martin's	11.58m	10.62m
FOUL	FOUL	10.62m		
18 Collins, Nick		Central Wash.	11.27m	10.45m
10.45m	FOUL	FOUL		
19 Porter, Eric		Pacific Lutheran	10.95m	10.35m

	FOUL	FOUL	10.35m			
20	Finnegan, Kyle			Seattle	9.30m	9.18m
	FOUL	FOUL	9.18m			
21	McCoy, Scott			Central Wash.	10.66m	8.70m
	8.70m	FOUL	FOUL			
--	Heisler, Tommy			Northwest	9.16m	FOUL
	FOUL	FOUL	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:	#	53.34m	2007			
D-II Prov:	\$	48.76m	2007			
GNAC Auto:	%	43.00m	2007			
GNAC Prov:	^	37.00m	2007			
Name			Year	School	Seed	Finals
=====						
1	Neel, Cameron			Central Wash.	51.81m	51.34m\$
	49.91m	51.34m	50.10m	47.66m	49.58m	FOUL
2	Rosenau, Nate			Idaho	41.14m	46.00m%
	39.66m	44.99m	FOUL	43.53m	46.00m	FOUL
3	Wheelhouse, Mitch			Eastern Ore.	44.47m	45.95m%
	44.66m	45.95m	41.06m	FOUL	44.67m	FOUL
4	Fischer, Tyler			Central Wash.	45.11m	44.55m%
	41.31m	FOUL	44.50m	44.55m	43.48m	FOUL
5	Ruud, Evan			Central Wash.	41.14m	44.36m%
	FOUL	44.36m	FOUL	FOUL	FOUL	FOUL
6	Miller, Grant			NW Nazarene	42.67m	44.33m%
	41.33m	FOUL	38.56m	FOUL	41.16m	44.33m
7	Valdez, Matt			Central Wash.	42.97m	43.17m%
	FOUL	43.17m	FOUL	38.62m	FOUL	FOUL
8	Bailey, Greg			Puget Sound	39.66m	41.54m^
	36.97m	40.50m	41.12m	38.41m	FOUL	41.54m
9	Heller, Cody			NW Nazarene	39.62m	40.86m^
	40.86m	40.35m	39.38m			
10	Elder, Ben			Western Wash.	42.67m	40.84m^
	FOUL	40.84m	38.06m			
11	Ostler, Mychal			Central Wash.	39.62m	40.59m^
	39.25m	40.50m	40.59m			
12	Dunten, Jason			Eastern Ore.	39.52m	40.55m^
	40.55m	40.34m	FOUL			

13	Michaelson, Bryant	Western Wash.	40.79m	40.49m^
	37.63m 40.49m 36.96m			
14	Wood, Ben	Idaho	42.67m	38.86m^
	38.86m FOUL FOUL			
15	Ross, Josh	Eastern Ore.	38.30m	38.27m^
	38.27m 36.78m FOUL			
16	Walker, Brian	Puget Sound	37.27m	37.69m^
	37.69m FOUL FOUL			
17	Barclay, Zach	NW Nazarene	36.57m	37.56m^
	35.45m FOUL 37.56m			
18	Skogsberg, Nik	Western Wash.	36.57m	36.43m
	FOUL 36.43m FOUL			
19	Rickabaugh, Doug	Pacific Lutheran	36.67m	34.78m
	34.78m FOUL FOUL			
20	Munsey, Andy	NW Nazarene	36.57m	34.62m
	34.62m FOUL FOUL			
21	Poe, Robert	NW Nazarene		34.31m
	FOUL 34.31m FOUL			
22	Eaton, Alex	NW Nazarene	35.05m	34.24m
	FOUL 34.24m FOUL			
23	Jahner, Brock	Seattle	35.00m	34.11m
	FOUL FOUL 34.11m			
24	Lucke, Bryan	Western Wash.	38.15m	32.24m
	32.24m FOUL FOUL			
25	Marvin, David	Northwest	33.55m	31.41m
	FOUL FOUL 31.41m			
26	Oliphant, Colton	Pacific Lutheran	31.90m	29.88m
	29.88m FOUL FOUL			
27	Porter, Eric	Pacific Lutheran	29.61m	29.13m
	FOUL 29.13m FOUL			
28	Finnegan, Kyle	Seattle	27.00m	27.49m
	27.49m FOUL FOUL			
29	Heisler, Tommy	Northwest	26.26m	26.23m
	FOUL 26.23m FOUL			
--	Sturgeon, Devin	St. Martin's	27.43m	FOUL
	FOUL FOUL FOUL			
--	Varkevisser, Brandon	Western Wash.	36.57m	FOUL
	FOUL FOUL FOUL			
--	Millsap, Travis	Eastern Ore.	34.84m	FOUL
	FOUL FOUL 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: # 59.45m 2007
 D-II Prov: \$ 52.75m 2007
 GNAC Auto: % 43.00m 2007
 GNAC Prov: ^ 35.00m 2007

Name	Year	School	Seed	Finals
1 Ruud, Evan		Central Wash.	55.47m	58.04m\$
FOUL FOUL 50.15m	FOUL	58.04m	FOUL	
2 Wood, Ben		Idaho	48.76m	50.38m%
47.70m 50.38m 48.54m	FOUL FOUL FOUL			
3 Valdez, Matt		Central Wash.	46.32m	49.67m%
FOUL 46.77m 48.58m 49.67m	47.79m 48.94m			
4 Barclay, Zach		NW Nazarene	47.54m	49.08m%
42.87m 48.24m 49.08m	FOUL FOUL FOUL			
5 Wheelhouse, Mitch		Eastern Ore.	46.93m	48.45m%
FOUL 38.81m 48.45m 46.67m	FOUL FOUL			
6 Dunten, Jason		Eastern Ore.	44.70m	48.31m%
46.06m 47.42m 47.11m 48.31m	47.94m 44.35m			
7 Bailey, Greg		Puget Sound	48.42m	48.29m%
48.29m FOUL 47.10m	FOUL FOUL FOUL			
8 Rosenau, Nate		Idaho	42.67m	44.14m%
44.14m FOUL 43.57m				
9 Fischer, Tyler		Central Wash.	51.51m	42.72m^
FOUL FOUL 42.72m				
10 Dean, Cody		Puget Sound	40.07m	40.01m^
40.01m FOUL FOUL				
11 Justham, Drew		Puget Sound	39.76m	39.94m^
FOUL FOUL 39.94m				
12 Miller, Grant		NW Nazarene	38.10m	39.66m^
34.18m 38.78m 39.66m				
13 Oliphant, Colton		Pacific Lutheran	42.03m	39.46m^
FOUL FOUL 39.46m				
14 Munsey, Andy		NW Nazarene	39.01m	39.34m^
37.26m 37.11m 39.34m				
15 Ostler, Mychal		Central Wash.	37.18m	38.56m^
38.56m 37.65m 37.01m				
16 Elder, Ben		Western Wash.	39.62m	38.53m^
38.53m FOUL FOUL				
17 Millsap, Travis		Eastern Ore.	40.46m	37.58m^

	37.58m	FOUL	FOUL				
18	Heller, Cody			NW Nazarene	39.62m	37.46m^	
	FOUL	37.46m	FOUL				
19	Ross, Josh			Eastern Ore.	34.18m	35.80m^	
	FOUL	35.80m	FOUL				
20	Poe, Robert			NW Nazarene		34.15m	
	34.15m	FOUL	FOUL				
21	Porter, Eric			Pacific Lutheran	35.25m	33.11m	
	FOUL	33.11m	FOUL				
22	Neilsen, Jeff			Pacific Lutheran	30.14m	31.99m	
	31.99m	FOUL	FOUL				
23	Eaton, Alex			NW Nazarene	35.05m	31.84m	
	31.84m	FOUL	FOUL				
24	Fairchild, Nathaniel			NW Nazarene	30.48m	28.89m	
	28.89m	FOUL	FOUL				
25	McCarthy, Sean			NW Nazarene	30.48m	26.33m	
	FOUL	FOUL	26.33m				
26	Skogsberg, Nik			Western Wash.	33.52m	25.31m	
	FOUL	25.31m	FOUL				
--	Richards, Zack			Unattached	53.84m	X54.06m\$	
	50.03m	52.18m	FOUL	FOUL	53.79m	54.06m	

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	2007		
D-II Prov: \$	59.44m	2007		
GNAC Auto: %	57.00m	2007		
GNAC Prov: ^	48.16m	2007		

Name	Year	School	Seed	Finals		
1 Ingman, Michael		Central Wash.	59.43m	61.69m\$		
	56.04m	56.83m	58.49m	59.54m	58.32m	61.69m
2 Wells, Ian		Central Wash.	59.74m	61.66m\$		
	61.66m	57.47m	57.32m	PASS	FOUL	PASS
3 Acock, Chad		Central Wash.	53.94m	58.00m%		
	58.00m	54.43m	53.91m	53.36m	PASS	FOUL
4 Bailey, Lane		Eastern Ore.	53.13m	55.25m^		
	FOUL	54.47m	55.25m	52.11m	53.75m	54.09m
5 Ruud, Evan		Central Wash.	54.86m	53.06m^		
	51.51m	53.06m	51.96m	51.33m	51.14m	51.73m

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6	Pyle, Casey	Pacific Lutheran	48.64m	51.30m^
	49.97m 51.30m 50.83m 48.34m 50.28m 45.98m			
7	Jahner, Brock	Seattle	46.00m	48.99m^
	FOUL 48.99m 47.41m 48.48m 45.34m 46.60m			
8	Rickabaugh, Doug	Pacific Lutheran	52.07m	48.36m^
	45.34m 45.96m 48.36m			
9	Simmons, Jason	NW Nazarene	48.76m	47.76m
	43.48m 47.76m FOUL			
10	Harris, Loren	Central Wash.	52.42m	47.00m
	FOUL 47.00m FOUL			
11	Crumedy, Matt	Seattle	40.00m	44.49m
	FOUL 38.10m 44.49m			
12	Marvin, David	Northwest	41.85m	43.11m
	37.84m FOUL 43.11m			
13	Richardson, Bill	St. Martin's	43.89m	40.88m
	40.88m FOUL FOUL			
14	Fairchild, Nathaniel	NW Nazarene	42.67m	39.82m
	FOUL 39.82m FOUL			
15	Felt, Justin	Seattle Pacific	39.62m	35.15m
	FOUL 35.15m FOUL			
16	Lee, Rory	Puget Sound	41.71m	34.61m
	34.61m FOUL FOUL			
17	Rockenbrant, Jeff	Pacific Lutheran		33.94m
	33.94m FOUL FOUL			
18	Finnegan, Kyle	Seattle	33.50m	33.50m
	33.50m FOUL FOUL			
--	Herriman, Michael	Unattached	58.69m	X57.91m%
	57.45m FOUL 57.78m 57.78m 57.91m FOUL			

Women - Team Rankings - 22 Events Scored

1) Central Washington Univers	203.50	2) Western Washington Univer	1
3) Northwest Nazarene Univers	114.50	4) Seattle Pacific Universit	1
5) Eastern Oregon University	66	6) Pacific Lutheran Universi	
7) Seattle University	20.50	8) University of Puget Sound	
9) Warner Pacific College	17	10) Saint Martin's University	
11) The Evergreen State Colleg	14	12) Northwest University	

Men - Team Rankings - 21 Events Scored

1) Central Washington Univers	244.50	2) Western Washington Univer	1
3) Eastern Oregon University	98.33	4) Northwest Nazarene Univer	

5) University of Puget Sound	60.33	6) Seattle University
7) Seattle Pacific University	42	8) Saint Martin's University
9) University of Idaho	22	10) Pacific Lutheran University
11) Northwest University	15	12) Warner Pacific College
13) The Evergreen State College	8	13) Highline Community College