

5-5-2007

Great Northwest Athletic Conference Outdoor Track and Field Championships

Great Northwest Athletic Conference

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Hy-Tek's Meet Manager 5/5/2007 04:0

2007 GNAC Outdoor Track & Field Championships - 4/23/2007 to 5/5/2007

hosted by Western Washington University

Bellingham, WA (Civic Stadium)

Results

Women 100 Meter Dash

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=====
Conference: # 12.26 2005      Bonnie Galloway, WOU
           Field: % 12.01 1996  Lareina Woods, U of O
Provisional: * 12.10
Automatic: = 11.50

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Name                      Year School                      Seed    Prelims  W
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Preliminaries

1	Sims, NyEma	Seattle Pacific	11.90	12.54Q
2	Pearce, Mary	Univ Alaska Anch	12.37	12.55Q
3	Hinton, Jessica	Seattle Pacific	12.54	12.74q
4	Dimmitt, Heidi	Western Washingt	12.63	12.77q
5	Schutte, Nicki	Northwest Nazare	12.86	13.05q
6	Rosenberg, Sarajane	Western Oregon U	13.21	13.12q
7	Hood, Britany	Central Washingt	12.98	13.15q
8	Nygaard, Kara	Central Washingt	13.15	13.27q
9	Berberick, Kim	Northwest Nazare	13.19	13.29
10	Couvelier, Elsa	Western Washingt	13.42	13.32
11	Brediger, Christa	Northwest Nazare	13.30	13.34
12	Nash, Natalie	Western Oregon U	13.30	13.39
13	Butler, Gail	Western Washingt	13.34	13.80

Women 100 Meter Dash

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=====
Conference: # 12.26 2005      Bonnie Galloway, WOU
           Field: % 12.01 1996  Lareina Woods, U of O
Provisional: * 12.10
Automatic: = 11.50

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Name                      Year School                      Prelims  Finals  W
=====

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Finals

1	Sims, NyEma	Seattle Pacific	12.54	12.46	-
2	Pearce, Mary	Univ Alaska Anch	12.55	13.05	-
3	Hinton, Jessica	Seattle Pacific	12.74	13.06	-

4	Dimmitt, Heidi	Western Washingt	12.77	13.21	-
5	Schutte, Nicki	Northwest Nazare	13.05	13.56	-
6	Hood, Britany	Central Washingt	13.15	13.58	-
7	Rosenberg, Sarajane	Western Oregon U	13.12	13.83	-
8	Nygaard, Kara	Central Washingt	13.27	14.33	-

Women 200 Meter Dash

=====
 Conference: # 25.08 5/6/2006 Mary Pearce, Alaska Anchorage
 Field: % 24.74 1996 Sandy Metzger, Pacific Lutheran
 Provisional: * 24.80
 Automatic: = 23.80

Name Year School Seed Prelims W

Preliminaries

1	Pearce, Mary	Univ Alaska Anch	24.82	25.35Q	-
2	Hinton, Jessica	Seattle Pacific	25.61	26.03Q	-
3	Sims, NyEma	Seattle Pacific	23.99	26.19q	-
4	Legard, Terran	Central Washingt	25.81	26.25q	-
5	Bachmeier, Brook	Northwest Nazare	25.73	26.45q	-
6	Kaercher, Rachael	Central Washingt	26.33	26.59q	-
7	Postlewait, Jacque	Western Oregon U	26.43	26.75q	-
8	Brady, Lindsay	Northwest Nazare	26.57	26.87q	-
9	Berberick, Kim	Northwest Nazare	26.51	26.99	-
10	Schutte, Nicki	Northwest Nazare	26.52	27.10	-
11	Hood, Britany	Central Washingt	27.06	27.25	-
12	Brediger, Christa	Northwest Nazare	27.32	27.59	-

Women 200 Meter Dash

=====
 Conference: # 25.08 5/6/2006 Mary Pearce, Alaska Anchorage
 Field: % 24.74 1996 Sandy Metzger, Pacific Lutheran
 Provisional: * 24.80
 Automatic: = 23.80

Name Year School Prelims Finals W

Finals

1	Sims, NyEma	Seattle Pacific	26.19	25.12	-
2	Pearce, Mary	Univ Alaska Anch	25.35	25.42	-
3	Hinton, Jessica	Seattle Pacific	26.03	25.99	-
4	Legard, Terran	Central Washingt	26.25	26.27	-
5	Bachmeier, Brook	Northwest Nazare	26.45	26.74	-

6	Brady, Lindsay	Northwest Nazare	26.87	26.94
7	Postlewait, Jacque	Western Oregon U	26.75	27.21
8	Kaercher, Rachael	Central Washingt	26.59	27.51

Women 400 Meter Dash

=====
 Conference: # 55.65 5/6/2006 Mary Pearce, Alaska Anchorage
 Field: % 56.62 1997 Karen Olson, Oregon International
 Provisional: * 56.60
 Automatic: = 54.00

Name	Year	School	Seed	Prelims	H
------	------	--------	------	---------	---

=====
 Preliminaries

1	Pearce, Mary	Univ Alaska Anch	54.78	* 56.21Q
2	Legard, Terran	Central Washingt	57.66	57.39Q
3	Evans, Chelsea	Central Washingt	57.90	58.33q
4	Kaercher, Rachael	Central Washingt	58.21	58.67q
5	Walters, Anna	Seattle Pacific	59.94	59.24q
6	Brady, Lindsay	Northwest Nazare	59.24	59.38q
7	Mertens, Kathryn	Western Washingt	1:00.74	1:00.03q
8	Gius, Amanda	Central Washingt	1:00.51	1:00.11q
9	Thornton, Amanda	Western Washingt	1:00.59	1:00.26
10	Bachmeier, Brook	Northwest Nazare	59.71	1:00.85
11	Pendon, Jessica	Saint Martin's U	1:01.14	1:01.13
12	Taylor, Brittany	Central Washingt	1:02.44	1:01.54
13	Allman, Jessica	Univ Alaska Anch	1:03.28	1:03.55
14	Peterson, Emily	Northwest Nazare	1:02.05	1:04.78

Women 400 Meter Dash

=====
 Conference: # 55.65 5/6/2006 Mary Pearce, Alaska Anchorage
 Field: % 56.62 1997 Karen Olson, Oregon International
 Provisional: * 56.60
 Automatic: = 54.00

Name	Year	School	Prelims	Finals	P
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=====
 Finals

1	Pearce, Mary	Univ Alaska Anch	56.21	55.45#
2	Legard, Terran	Central Washingt	57.39	56.91
3	Kaercher, Rachael	Central Washingt	58.67	57.93
4	Evans, Chelsea	Central Washingt	58.33	58.45
5	Brady, Lindsay	Northwest Nazare	59.38	58.62

6	Gius, Amanda	Central Washingt	1:00.11	59.47
7	Walters, Anna	Seattle Pacific	59.24	59.65
8	Mertens, Kathryn	Western Washingt	1:00.03	59.98

Women 800 Meter Run

=====
 Conference: # 2:12.92 2002 Sarah Kraybill, Seattle Pacific
 Field: % 2:11.51 2000 Vicky Fleschner, UNA
 Provisional: * 2:15.00
 Automatic: = 2:08.00

Name	Year	School	Seed	Finals	P
1		Pixler, Jessica	Seattle Pacific	2:10.64	2:10.93%
2		Howell, Sarah	Western Oregon U	2:13.70	2:14.53*
3		Marsh, Jennifer	Seattle Pacific	2:15.35	2:17.15
4		Lisa, Anderberg	Seattle Pacific	2:17.58	2:20.24
5		Puga, Ashley	Northwest Nazare	2:17.44	2:22.30
6		Layton, Amy	Saint Martin's U	2:25.29	2:22.70
7		Grover, Jennifer	Saint Martin's U	2:23.07	2:23.27
8		Strachan, Kaley	Univ Alaska Anch	2:21.24	2:25.41
9		Scruggs-James, Susannah	Western Washingt	2:24.37	2:26.11
10		Perkins, Victoria	Seattle Pacific	2:22.21	2:27.14
11		Sundvall, Jamie	Northwest Nazare	2:23.57	2:31.55

Women 1500 Meter Run

=====
 Conference: # 4:31.84 2002 Alicen Maier, Central Washington
 Field: % 4:13.81 1997 Jennifer Bravard, Asics Track Club
 Provisional: * 4:44.00
 Automatic: = 4:27.00

Name	Year	School	Seed	Finals	P
1		Pixler, Jessica	Seattle Pacific	4:19.81	4:32.80*
2		Puga, Ashley	Northwest Nazare	4:36.44	4:40.41*
3		Larson, Jane	Seattle Pacific	4:36.94	4:43.06*
4		Rohde, Karin	Seattle Pacific	4:45.20	4:44.48
5		Carlson, Krinda	Saint Martin's U	4:47.23	4:44.85
6		Upshaw, Stephanie	Western Oregon U	4:43.12	4:50.95
7		Harline, Kate	Seattle Pacific	4:57.70	4:58.41
8		Strachan, Kaley	Univ Alaska Anch	4:53.31	4:59.59
9		Strickler, Suzie	Seattle Pacific	4:50.66	5:02.06
10		Carr, Laura	Univ Alaska Anch	5:03.07	5:04.10

11	Chepkosgei, Elizabeth	Univ Alaska Anch	4:58.82	5:04.48
12	Arce, Charisse	Seattle Univ WA	5:04.25	5:05.98
13	Moncrief, Shirlon	Western Oregon U	4:58.93	5:10.09
14	Harper, Jessica	Western Oregon U	4:47.08	5:11.56

Women 3000 Meter Run

=====
 Conference: # 10:06.86 2002 Alicen Maier, Central Washington
 Field: % 9:15.58 1998 Clare Taylor, UNA
 Provisional: * 10:18.00
 Automatic: = 9:40.00

Name	Year	School	Seed	Finals	P
1 Pixler, Jessica		Seattle Pacific	9:37.41	9:53.80#	
2 Larson, Jane		Seattle Pacific	10:07.00	10:05.47#	
3 Hummel, Katie		Central Washingt	10:40.64	10:13.79*	
4 Carr, Laura		Univ Alaska Anch	10:09.48	10:21.70	
5 Chepkosgei, Elizabeth		Univ Alaska Anch	10:24.46	10:31.07	
6 Strickler, Suzie		Seattle Pacific	10:18.13	J10:31.07	
7 Harline, Kate		Seattle Pacific	10:34.75	10:33.11	
8 Strachan, Kaley		Univ Alaska Anch	11:09.26	10:44.00	
9 Arce, Charisse		Seattle Univ WA	10:49.51	10:48.84	
10 Cronrath, Kysa		Seattle Pacific	10:58.17	10:53.95	
11 Kaligis, Keely		Western Washingt	10:54.15	10:56.75	
12 Slaughter, Danielle		Western Washingt	10:54.32	11:11.10	

Women 5000 Meter Run

=====
 Conference: # 17:24.11 5/6/2006 Mandy Kaempf, Alaska Anchorage
 Field: % 16:53.39 1991 Jill Beals, George Fox
 Provisional: * 17:50.00
 Automatic: = 16:40.00

Name	Year	School	Seed	Finals	P
1 Carr, Laura		Univ Alaska Anch	17:26.66	18:30.56	
2 Rowley, Alee		Western Oregon U	18:24.00	18:47.36	
3 Chepkosgei, Elizabeth		Univ Alaska Anch	18:22.49	18:54.78	
4 Hart, Katie		Seattle Pacific	18:45.28	19:17.97	
5 Yorkston, Rachel		Seattle Univ WA	19:40.44	19:29.02	
6 McDougall, Ashley		Western Washingt	19:13.70	19:30.08	
7 Williams, McKinley		Western Washingt	19:17.80	19:33.24	
8 Harshman, Marissa		Western Washingt	19:28.36	19:45.57	

9	Parry, Kim	Western Oregon U	19:47.08	19:55.79
10	Mosich, Emily	Western Washingt	19:54.61	19:56.64
11	Haydu, Anjuli	Univ Alaska Anch	19:33.29	20:05.20
12	Krusen, Mary	Univ Alaska Anch	19:41.11	20:11.09
13	Cadelinia, Rhiannon	Seattle Univ WA	19:25.54	20:15.95
14	Olson, Amy	Western Washingt	19:47.24	20:22.37
15	Schwerdtfeger, Katrina	Western Washingt	19:43.00	21:00.86

Women 10000 Meter Run

=====
 Conference: # 37:31.43 2002 Ellie Enos, WOU
 Field: % 37:31.29 1998 Susan Reese, WOU
 Provisional: * 37:55.00
 Automatic: = 35:00.00

Name	Year	School	Seed	Finals	P
1	Rowley, Alee	Western Oregon U	39:00.90	38:51.17	
2	Dunnam, Jessie	Saint Martin's U	39:16.56	39:48.41	
3	Hart, Katie	Seattle Pacific	40:56.02	39:56.88	
4	Jenson, Nikki	Seattle Pacific	40:31.06	40:01.79	
5	Green, Amber	Central Washingt	41:01.18	40:24.53	
6	Peterson, Heidi	Seattle Pacific	42:50.13	41:04.27	
7	DeBoer, Shannon	Northwest Nazare	41:54.38	41:18.05	
8	Shipman, Taylor	Saint Martin's U	43:05.17	41:38.30	
9	Harshman, Marissa	Western Washingt	42:01.63	41:57.29	

Women 100 Meter Hurdles

=====
 Conference: # 13.82 2005 Danielle Ayers-Stamper, Seattle Pacific
 Field: % 14.34 1996 Amy Cameron, Western Washington
 Provisional: * 14.65
 Automatic: = 13.80

Name	Year	School	Seed	Prelims	W
1	Postlewait, Jacque	Western Oregon U	14.88	14.93Q	
2	Lunderman, Lindsay	Western Washingt	15.07	15.14Q	-
3	Tweto, Emily	Univ Alaska Anch	15.28	15.22q	-
4	Claussen, Chelsi	Saint Martin's U	15.82	15.51q	
5	Wornell, Ashley	Northwest Nazare	15.44	15.63q	
6	Gonzalez, Raquel	Central Washingt	15.66	15.65q	
7	Bekins, Brittany	Seattle Pacific	15.37	15.71q	

Preliminaries

8	Barker, Sarah	Western Oregon U	15.50	15.99q	-
9	Zegers, Lauren	Western Oregon U	15.46	16.14	-
10	Cook, Clara	Western Washingt	15.97	16.39	-
11	Cooley, Kelsey	Seattle Pacific	16.53	16.48	
12	Merrell, Amanda	Northwest Nazare	16.11	16.61	-
13	McGlasson, Amber	Univ Alaska Anch	16.72	17.02	

Women 100 Meter Hurdles

=====
 Conference: # 13.82 2005 Danielle Ayers-Stamper, Seattle Pacific
 Field: % 14.34 1996 Amy Cameron, Western Washington
 Provisional: * 14.65
 Automatic: = 13.80

Name	Year	School	Prelims	Finals	W
=====					
Finals					
1		Postlewait, Jacque	Western Oregon U	14.93	15.33 -
2		Tweto, Emily	Univ Alaska Anch	15.22	15.43 -
3		Lunderman, Lindsay	Western Washingt	15.14	15.53 -
4		Wornell, Ashley	Northwest Nazare	15.63	16.07 -
5		Claussen, Chelsi	Saint Martin's U	15.51	16.28 -
6		Gonzalez, Raquel	Central Washingt	15.65	16.30 -
7		Barker, Sarah	Western Oregon U	15.99	16.50 -
8		Bekins, Brittany	Seattle Pacific	15.71	17.18 -

Women 400 Meter Hurdles

=====
 Conference: # 1:02.43 2002 Jawea Harder, Seattle Pacific
 Field: % 1:00.23 2006 Kasey Harwood, U of O
 Provisional: * 1:03.30
 Automatic: = 59.00

Name	Year	School	Seed	Prelims	H
=====					
Preliminaries					
1		Dimmitt, Heidi	Western Washingt	1:04.14	1:04.18Q
2		Claussen, Chelsi	Saint Martin's U	1:07.73	1:05.02Q
3		Tweto, Emily	Univ Alaska Anch	1:05.79	1:04.37q
4		Barker, Sarah	Western Oregon U	1:04.50	1:05.45q
5		Nash, Natalie	Western Oregon U	1:05.45	1:05.48q
6		Lunderman, Lindsay	Western Washingt	1:04.20	1:06.99q
7		Allman, Jessica	Univ Alaska Anch	1:08.03	1:07.84q
8		Nygaard, Kara	Central Washingt	1:10.59	1:08.27q

9	Wornell, Ashley	Northwest Nazare	1:07.92	1:09.41
10	Seibert, Danielle	Western Washingt	1:09.55	1:09.88
11	Druktenis, Stephanie	Central Washingt	1:10.78	1:10.63
12	McGlasson, Amber	Univ Alaska Anch	1:09.39	1:10.88
13	Echavarria, Nathalia	Univ Alaska Anch	1:09.31	1:11.61
14	Cabebe, Courtney	Seattle Univ WA	1:10.44	1:11.86

Women 400 Meter Hurdles

=====
 Conference: # 1:02.43 2002 Jawaea Harder, Seattle Pacific
 Field: % 1:00.23 2006 Kasey Harwood, U of O
 Provisional: * 1:03.30
 Automatic: = 59.00

Name	Year	School	Prelims	Finals	P
=====					
Finals					
1		Dimmitt, Heidi	Western Washingt	1:04.18	1:02.94*
2		Barker, Sarah	Western Oregon U	1:05.45	1:05.12
3		Claussen, Chelsi	Saint Martin's U	1:05.02	1:05.27
4		Nash, Natalie	Western Oregon U	1:05.48	1:05.64
5		Lunderman, Lindsay	Western Washingt	1:06.99	1:06.44
6		Allman, Jessica	Univ Alaska Anch	1:07.84	1:09.04
7		Nygaard, Kara	Central Washingt	1:08.27	1:10.73
8		Tweto, Emily	Univ Alaska Anch	1:04.37	1:15.48

Women 3000 Meter Steeplechase

=====
 Conference: # 11:09.21 5/6/2006 Karin Rohde, Seattle Pacific
 Field: % 11:24.25 2003 Jill Salmon, WOU
 Provisional: * 11:27.00
 Automatic: = 10:20.00

Name	Year	School	Seed	Finals	P
=====					
1		Rohde, Karin	Seattle Pacific	11:03.73	11:01.6h#
2		Harper, Jessica	Western Oregon U	11:28.91	11:40.1h
3		Moncrief, Shirlon	Western Oregon U	11:47.44	11:43.0h
4		Benson, Sarah	Central Washingt	11:11.44	11:50.4h
5		Beamon, Kim	Seattle Pacific	12:03.90	11:57.9h
6		Parry, Kim	Western Oregon U	12:53.70	12:26.8h
7		Matthews, Valerie	Western Washingt	13:03.20	12:50.8h
8		Graham, Allison	Western Washingt	13:10.60	13:21.2h

Women 4x100 Meter Relay

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=====
Conference: # 47.73 2005          WOU
              Jenkins, Kociemba, Galloway, Smith
Field: % 46.85 1995          U of O
Provisional: * 47.50
Automatic: = 45.50
School                               Seed      Finals  P
=====
1 Seattle Pacific Univ WA  'A'                48.12    48.17
  1) Bekins, Brittany                2) Hinton, Jessica
  3) Walters, Anna                   4) Sims, NyEma
2 Central Washington Univ  'A'                49.44    48.97
  1) Gius, Amanda                    2) Legard, Terran
  3) Hood, Britany                   4) Kaercher, Rachael
3 Univ Alaska Anchorage  'A'                49.83    49.39
  1) Tweto, Emily                    2) Echavarria, Nathalia
  3) Brady, Kim                      4) Pearce, Mary
4 Western Washington Univ  'A'                49.49    49.50
  1) Couvelier, Elsa                 2) Lunderman, Lindsay
  3) Dimmitt, Heidi                 4) Thornton, Amanda
5 Northwest Nazarene Univ ID  'A'            49.83    50.30
  1) Berberick, Kim                 2) Schutte, Nicki
  3) Brediger, Christa              4) Brady, Lindsay
6 Western Oregon Univ  'A'                50.79    51.47
  1) Nash, Natalie                  2) Postlewait, Jacque
  3) Barker, Sarah                  4) Rosenberg, Sarajane
  
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Women 4x400 Meter Relay

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=====
Conference: # 3:51.83 5/6/2006  Central Washington University, Central
              R Kaercher, A Gius, C Evans, T Legard
Field: % 3:52.94 1996          George Fox
Provisional: * 3:52.00
Automatic: = 3:42.00
School                               Seed      Finals  P
=====
1 Central Washington Univ  'A'                3:54.16  3:51.48#
  1) Kaercher, Rachael              2) Gius, Amanda
  3) Evans, Chelsea                 4) Legard, Terran
2 Seattle Pacific Univ WA  'A'                3:53.89  3:54.13
  1) Bekins, Brittany              2) Pixler, Jessica
  
```

3) Perkins, Teona	4) Sims, NyEma		
3 Western Washington Univ 'A'		4:04.47	4:02.04
1) Dimmitt, Heidi	2) Mertens, Kathryn		
3) Lunderman, Lindsay	4) Thornton, Amanda		
4 Northwest Nazarene Univ ID 'A'		4:02.14	4:03.06
1) Brady, Lindsay	2) Schutte, Nicki		
3) Peterson, Emily	4) Puga, Ashley		
5 Western Oregon Univ 'A'		4:00.99	4:07.21
1) Postlewait, Jacque	2) Barker, Sarah		
3) Nash, Natalie	4) Howell, Sarah		
6 Univ Alaska Anchorage 'A'		4:10.60	4:15.06
1) McGlasson, Amber	2) Strachan, Kaley		
3) Allman, Jessica	4) Pearce, Mary		
7 Saint Martin's Univ WA 'A'		4:14.74	4:17.59
1) Pendon, Jessica	2) Grover, Jennifer		
3) Bishop, Kaleigh	4) Claussen, Chelsi		
8 Seattle Univ WA 'A'		4:31.49	4:38.50
1) Arce, Charisse	2) Martinez, Natalie		
3) Yorkston, Rachel	4) Cabebe, Courtney		

Women High Jump

=====				
Conference: #	1.74m	2005	Danielle Ayers-Stamper,	Seattle Pacific
Field: %	1.80m	1996	Camile Jampulski,	UNA
Provisional: *	5-06.50			
Automatic: =	5-10.50			
Name	Year School		Seed	Finals
=====				
1 Perkins, Teona	Seattle Pacific		1.75m	1.73m
1.48 1.53 1.58 1.63 1.68 1.73 1.78				
P P P O O O XXX				
2 Plypick, Taryn	Western Oregon U		1.70m	1.68m
1.48 1.53 1.58 1.63 1.68 1.73				
P P O O O XXX				
3 Peterson, Emily	Northwest Nazare		1.65m	1.63m
1.48 1.53 1.58 1.63 1.68				
P P O O XXX				
4 Wornell, Ashley	Northwest Nazare		1.68m	1.58m
1.48 1.53 1.58 1.63				
P O O XXX				
5 Cook, Clara	Western Washingt		1.68m	J1.58m
1.48 1.53 1.58 1.63				

	P	P	XO	XXX					
6	Becker, Mara				Seattle Univ WA	1.52m		J1.58m	
	1.48	1.53	1.58	1.63					
	XXO	O	XO	XXX					
7	Cooley, Kelsey				Seattle Pacific	1.59m		J1.58m	
	1.48	1.53	1.58	1.63					
	XO	XO	XXO	XXX					
8	Tweto, Emily				Univ Alaska Anch	1.64m		1.53m	
	1.48	1.53	1.58						
	P	O	XXX						
8	Postlewait, Jacque				Western Oregon U	1.67m		1.53m	
	1.48	1.53	1.58						
	P	O	XXX						
10	Cox, Lindsey				Western Washingt	1.55m		J1.53m	
	1.48	1.53	1.58						
	O	XO	XXX						
10	Printz, Mary				Northwest Nazare	1.55m		J1.53m	
	1.48	1.53	1.58						
	O	XO	XXX						
12	Josephson, Jenny				Western Washingt	1.52m		J1.53m	
	1.48	1.53	1.58						
	XO	XXO	XXX						
13	Spear, Anjuli				Central Washingt	1.50m		1.48m	
	1.48	1.53							
	XO	XXX							
14	Rose, Amanda				Central Washingt	1.52m		J1.48m	
	1.48	1.53							
	XXO	XXX							

Women Pole Vault

=====											
Conference: #	3.76m	2003	Ally Studer, Seattle Pacific								
Field: %	4.12m	2001	Becky Holliday, Clackamas								
Provisional: *	11-07.75										
Automatic: =	13-01.50										
Name	Year				School				Seed	Finals	
=====											
1	Lundsten, Tracie					Seattle Pacific				3.55m	3.55m
	2.75	2.90	3.05	3.20	3.35	3.45	3.55	3.67			
	P	P	P	XO	O	O	XXO	XXX			
2	Anderson, Monica					Seattle Pacific				3.70m	3.45m
	2.75	2.90	3.05	3.20	3.35	3.45	3.55				

	P	P	P	P	O	O	XXX			
3	Miller, Christy						Western Washingt	3.50m	3.35m	
	2.75	2.90	3.05	3.20	3.35	3.45				
	P	P	O	XO	O	XXX				
4	Rice, Kristi						Northwest Nazare	3.20m	3.20m	
	2.75	2.90	3.05	3.20	3.35					
	P	P	O	O	XXX					
5	Printz, Mary						Northwest Nazare	3.05m	3.05m	
	2.75	2.90	3.05	3.20						
	P	O	O	XXX						
6	Clarke, Camille						Western Washingt	3.20m	2.90m	
	2.75	2.90	3.05							
	P	O	XXX							
6	Fredrickson, Brianna						Central Washingt	2.85m	2.90m	
	2.75	2.90	3.05							
	O	O	XXX							
6	Elzinger, Karina						Northwest Nazare	2.90m	2.90m	
	2.75	2.90	3.05							
	P	O	XXX							
6	Usabel, MJ						Northwest Nazare	3.05m	2.90m	
	2.75	2.90	3.05							
	P	O	XXX							
10	Stone, Julie						Western Washingt	2.95m	J2.90m	
	2.75	2.90	3.05							
	XO	O	XXX							
11	Amos, Haley						Central Washingt	3.20m	J2.90m	
	2.75	2.90	3.05							
	P	XXO	XXX							
12	Wulfekuhle, Jamie						Western Washingt	2.95m	2.75m	
	2.75	2.90								
	O	XXX								
12	Ehlers, Sara						Western Washingt	2.80m	2.75m	
	2.75	2.90								
	O	XXX								
14	Ziegler, Erica						Western Washingt	2.80m	J2.75m	
	2.75	2.90								
	XXO	XXX								
--	Cabebe, Courtney						Seattle Univ WA	2.97m	NH	
	2.75									
	XXX									

Women Long Jump 9 to Finals

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=====
Conference: #    5.81m  2005      Danielle Ayers-Stamper, Seattle Pacif
Field: %    5.86m  1996      Julie Bright, UNA
Provisional: *    8-08
Automatic: = 20-06.25

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Name	Year	School	Seed	Finals	W	
1 Brady, Kim		Univ Alaska Anch	5.37m	5.50m		
	5.07m(-2.6)	5.11m(-2.3)	5.30m(-0.3)	5.24m(-0.7)	5.22m(-1.9)	5.50m(0.7)
2 Bascom, Kim		Western Washingt	5.30m	5.32m		
	4.72m(-0.1)	5.19m(+0.0)	5.15m(-1.4)	5.32m(0.8)	5.16m(-1.2)	FOUL(NWI)
3 Postlewait, Jacque		Western Oregon U	5.40m	5.30m		
	5.28m(1.4)	5.22m(0.5)	5.30m(1.0)	5.25m(-0.6)	FOUL(0.7)	FOUL(0.9)
4 Merrell, Amanda		Northwest Nazare	5.37m	5.26m	-	
	FOUL(NWI)	5.01m(-1.2)	5.26m(-0.2)	5.05m(-0.3)	4.52m(-3.5)	FOUL(NWI)
5 Sims, NyEma		Seattle Pacific	5.14m	5.22m		
	5.15m(1.5)	5.22m(2.0)	4.99m(0.2)	5.06m(-0.3)	4.72m(-0.9)	4.49m(0.4)
6 Miller, Christy		Western Washingt	5.14m	5.18m	-	
	4.78m(-1.5)	5.18m(-0.2)	5.02m(-0.2)	5.00m(1.1)	FOUL(-0.2)	5.08m(0.6)
7 Rosenberg, Sarajane		Western Oregon U	5.20m	5.15m		
	FOUL(NWI)	5.01m(0.2)	5.15m(1.0)	4.94m(+0.0)	5.03m(-0.3)	4.98m(+0.0)
8 Plypick, Taryn		Western Oregon U	5.27m	5.10m		
	4.51m(-0.9)	5.01m(1.2)	4.97m(-1.0)	5.10m(0.7)	4.99m(-0.2)	4.80m(-1.4)
9 Spear, Anjuli		Central Washingt	5.07m	5.02m		
	FOUL(NWI)	4.90m(0.3)	4.91m(-1.3)	4.81m(-0.6)	5.02m(NWI)	4.90m(-2.4)
10 Butler, Gail		Western Washingt	5.10m	4.82m	-	
	4.80m(0.2)	FOUL(+0.0)	4.82m(-0.3)			
11 Quick, Susan		Central Washingt	4.73m	4.76m		
	4.72m(1.6)	4.68m(1.7)	4.76m(0.2)			
12 Gonzalez, Raquel		Central Washingt	4.71m	4.39m		
	4.17m(1.0)	4.10m(-0.6)	4.39m(0.3)			

Women Triple Jump 9 to Finals

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=====
Conference: #    11.58m  5/6/2006      Kim Bascom, W. Washington
Field: %    12.42m  1992      Lavern Clark, UNA
Provisional: * 38-00.75
Automatic: = 41-00.25

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Name	Year	School	Seed	Finals	W	
1 Bascom, Kim		Western Washingt	11.55m	11.21m	-	
	10.94m(0.1)	11.10m(0.6)	11.17m(0.8)	11.21m(-0.1)	11.18m(1.0)	11.18m(+0)

2	Miller, Christy	Western Washingt	10.83m	11.00m				
			10.48m(0.7)	10.60m(0.8)	FOUL(NWI)	11.00m(0.6)	10.80m(-0.1)	10.99m(-1.0)
3	Brady, Kim	Univ Alaska Anch	10.85m	10.98m				
			10.70m(+0.0)	10.98m(0.5)	10.51m(0.5)	10.24m(-0.1)	FOUL(NWI)	10.46m(-0.0)
4	Rosenberg, Sarajane	Western Oregon U	11.30m	10.94m	-			
			10.76m(-0.1)	10.84m(-0.2)	10.70m(0.7)	10.94m(-0.4)	10.80m(-0.1)	9.50m(
5	Rose, Amanda	Central Washingt	10.95m	10.90m				
			10.23m(0.2)	10.47m(-1.2)	FOUL(NWI)	10.63m(0.7)	10.47m(-0.2)	10.90m(1.2)
6	Merrell, Amanda	Northwest Nazare	11.00m	10.68m	+			
			10.46m(1.1)	FOUL(NWI)	9.52m(0.2)	10.68m(+0.0)	10.53m(0.1)	10.62m(1.4)
7	Spear, Anjuli	Central Washingt	10.35m	10.27m	-			
			9.91m(0.9)	9.79m(0.5)	9.91m(0.8)	9.63m(-0.7)	10.27m(-0.7)	10.15m(2.8)
8	Morrison, Lydia	Western Washingt	10.37m	10.25m				
			9.87m(-0.4)	10.01m(1.9)	FOUL(NWI)	10.09m(0.4)	10.02m(-0.2)	10.25m(2.0)
9	Rau, Ashley	Western Oregon U	9.82m	9.33m				
			9.28m(0.6)	9.21m(-0.1)	FOUL(NWI)	9.33m(0.9)	9.23m(-0.2)	FOUL(NWI)

Women Shot Put 9 to Finals

=====

Conference: # 13.55m 2002 Dionna Anderson, Seattle Pacific
 Field: % 14.32m 1997 Jessica Marble, Lane
 Provisional: * 43-06
 Automatic: = 50-00

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Name	Year	School	Seed	Finals
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1	Tandle, Krissy	Central Washingt	13.73m	13.92m#
			13.12m	12.76m
			13.66m	FOUL
			12.97m	13.92m
2	Afoa, Shaina	Central Washingt	12.14m	12.81m
			12.20m	12.61m
			12.81m	12.51m
			12.59m	12.56m
3	Lynch, Chevonna	Western Oregon U	12.71m	12.44m
			11.76m	12.44m
			FOUL	11.87m
			11.49m	11.59m
4	Carroll, Amy	Northwest Nazare	12.78m	12.32m
			FOUL	12.03m
			12.27m	12.07m
			12.32m	FOUL
5	Houston, Jessica	Univ Alaska Anch	14.00m	12.20m
			11.65m	FOUL
			11.56m	FOUL
			12.20m	11.18m
6	Freed, Sabrina	Western Oregon U	11.70m	11.22m
			10.01m	10.29m
			11.22m	10.97m
			10.54m	10.63m
7	Sadler, Chelsea	Western Washingt	11.31m	11.17m
			10.20m	FOUL
			11.17m	FOUL
			10.18m	10.52m
8	Humphrey, Kristin	Western Oregon U	10.90m	10.89m
			10.79m	FOUL
			FOUL	10.08m
			10.52m	10.89m
9	Bell, Corena	Univ Alaska Anch	11.01m	10.79m

	10.35m	10.79m	10.31m	FOUL	9.61m	9.85m		
10	Scherer, Becky			Central Washingt	11.81m	10.63m		
	10.63m	10.41m	FOUL					
11	Judd, Jocelyn			Northwest Nazare	11.01m	10.03m		
	FOUL	10.03m	FOUL					
--	Currier, Lindsay			Seattle Univ WA	11.20m	FOUL		
	FOUL	FOUL	FOUL					

Women Discus Throw 9 to Finals

=====								
Conference: #	45.52m	5/6/2006	Jessica Telleria, W. Washington					
Field: %	47.83m	2006	Annie Hess, Concordia					
Provisional: *	144-04							
Automatic: =	166-00							
Name		Year	School		Seed		Finals	
=====								
1	Rance, Erica			Western Washingt	40.17m	42.80m		
	41.42m	42.80m	37.80m	40.58m	39.34m	FOUL		
2	Carroll, Amy			Northwest Nazare	38.93m	42.12m		
	FOUL	35.30m	40.34m	39.88m	42.12m	FOUL		
3	Currier, Lindsay			Seattle Univ WA	41.87m	41.84m		
	41.84m	41.04m	38.98m	38.40m	FOUL	FOUL		
4	Bell, Corena			Univ Alaska Anch	36.23m	40.94m		
	40.94m	39.54m	40.54m	37.48m	FOUL	36.16m		
5	Tandle, Krissy			Central Washingt	41.95m	40.24m		
	34.76m	35.86m	39.88m	FOUL	38.70m	40.24m		
6	Afoa, Shaina			Central Washingt	36.67m	39.82m		
	38.84m	39.82m	38.30m	FOUL	35.52m	37.48m		
7	Scherer, Becky			Central Washingt	41.28m	38.30m		
	FOUL	38.30m	FOUL	34.12m	37.42m	36.70m		
8	Sadler, Chelsea			Western Washingt	35.48m	35.46m		
	35.46m	FOUL	35.30m	34.04m	33.76m	FOUL		
9	Breighner, Marci			Northwest Nazare	36.09m	33.08m		
	33.08m	FOUL	32.00m	FOUL	32.54m	FOUL		
10	Freed, Sabrina			Western Oregon U	36.47m	32.52m		
	32.52m	31.54m	FOUL					
11	Humphrey, Kristin			Western Oregon U	34.35m	30.74m		
	FOUL	FOUL	30.74m					
12	Houston, Jessica			Univ Alaska Anch	40.73m	27.32m		
	FOUL	27.32m	FOUL					

Women Hammer Throw 9 to Finals

Conference: # 54.51m 5/6/2006 Audrey Oswald, Humboldt State						
Field: % 59.31m 2005 Cari Soong, Team XO						
Provisional: * 158-09						
Automatic: = 185-00						
Name	Year	School	Seed	Finals		
1 Freed, Sabrina		Western Oregon U	51.91m	50.06m		
	45.40m	44.42m	50.06m	46.02m	49.18m	48.64m
2 Tandle, Krissy		Central Washingt	44.48m	46.96m		
	46.14m	FOUL	46.96m	44.34m	44.38m	FOUL
3 Taylor, Katie		Western Washingt	43.43m	46.66m		
	44.34m	42.54m	46.66m	FOUL	44.72m	45.48m
4 Carroll, Amy		Northwest Nazare	46.99m	46.48m		
	FOUL	45.98m	45.42m	46.48m	FOUL	FOUL
5 Bowman, Hannah		Northwest Nazare	46.15m	45.52m		
	45.52m	FOUL	FOUL	FOUL	FOUL	44.44m
6 Scherer, Becky		Central Washingt	41.37m	43.52m		
	38.70m	43.52m	42.90m	FOUL	43.30m	FOUL
7 Little, Courtney		Northwest Nazare	39.75m	42.58m		
	42.58m	39.48m	39.76m	37.82m	39.54m	40.62m
8 McWeeny, Alison		Central Washingt	42.49m	42.12m		
	42.12m	FOUL	39.62m	35.42m	FOUL	39.72m
9 Rempel, Erika		Northwest Nazare	42.26m	41.76m		
	41.76m	FOUL	36.72m	35.78m	FOUL	40.36m
10 Rance, Erica		Western Washingt	41.47m	40.98m		
	FOUL	39.48m	40.98m	FOUL	FOUL	FOUL
-- Judd, Jocelyn		Northwest Nazare	41.71m	FOUL		
	FOUL	FOUL	FOUL			

Women Javelin Throw 9 to Finals

Conference: # 45.21m 2002 Stephanie Huffman, Seattle Pacific						
Field: % 51.26m 1995 Kelsey Stellick, U of O						
Provisional: * 133-00						
Automatic: = 155-00						
Name	Year	School	Seed	Finals		
1 McMeel, Katie		Central Washingt	44.49m	44.82m		
	39.26m	44.82m	42.12m	FOUL	38.52m	43.54m
2 Gruszecki, Monica		Western Washingt	44.76m	44.56m		
	40.08m	38.54m	FOUL	44.56m	38.60m	41.98m

3	Barnes, Molly				Seattle Pacific	44.88m	43.42m
	43.42m	42.30m	38.66m	38.64m	41.90m	42.96m	
4	Glavin, Chelsea				Western Oregon U	39.60m	41.34m
	41.34m	38.74m	39.32m	FOUL	37.10m	39.00m	
5	Howe, Liz				Western Washingt	37.49m	40.32m
	37.04m	40.32m	37.70m	37.76m	34.54m	FOUL	
6	Merrell, Amanda				Northwest Nazare	34.24m	36.38m
	34.40m	31.94m	35.36m	34.98m	36.38m	34.62m	
7	Janney, Kristin				Seattle Pacific	37.13m	35.78m
	32.56m	FOUL	34.80m	35.78m	34.64m	FOUL	
8	Rance, Erica				Western Washingt	37.98m	35.74m
	34.10m	35.74m	35.08m	FOUL	FOUL	FOUL	
9	Harsin, Angela				Western Oregon U	37.09m	34.50m
	33.22m	32.68m	34.50m	34.06m	33.50m	33.98m	
10	Elwell, Sarah				Northwest Nazare	34.87m	34.46m
	26.42m	34.46m	31.56m				
11	Mead, Kaitlin				Western Oregon U	33.88m	34.16m
	32.00m	34.16m	FOUL				
12	McWeeny, Alison				Central Washingt	33.66m	33.04m
	29.50m	33.04m	FOUL				

Women Heptathlon

=====					
Name	Year	School	Seed	Finals	P
=====					
1		Postlewait, Jacque		Western Oregon U	4529
2		Merrell, Amanda		Northwest Nazare	4488
3		Wornell, Ashley		Northwest Nazare	4367
4		Cooley, Kelsey		Seattle Pacific	4074
5		Peterson, Emily		Northwest Nazare	4035
6		Plypick, Taryn		Western Oregon U	3992
7		Gonzalez, Raquel		Central Washingt	3619
8		Seidler, Mary		Central Washingt	3079
9		Jones, Chelsey		Northwest Nazare	2938

Men 100 Meter Dash

=====					
Conference: #	10.51	2003		Mike Henshaw, WOU	
Field: %	10.33	1993		Jean Oliver-Zirignon, UNA	
Provisional: *	10.65				
Automatic: =	10.34				
Name		Year	School	Seed	Prelims W

=====
Preliminaries

1	Registe, David	Univ Alaska Anch	11.06	11.05Q	-
2	Madrid, Michael	Univ Alaska Anch	10.96	11.10Q	-
3	Walsh, Eric	Univ Alaska Anch	10.96	11.21q	-
4	Keah, Tomi	Seattle Univ WA	11.02	11.26q	-
5	Demouchet, Christian	Central Washingt	11.13	11.29q	-
6	Threet, Joshua	Western Oregon U	11.17	11.37q	-
7	Walsh, Ryan	Univ Alaska Anch	11.19	11.42q	-
8	Glover, Travis	Seattle Univ WA	11.28	11.44q	-
9	Grant, Brandon	Univ Alaska Anch	11.34	11.51	-
10	Udell, Zeb	Western Oregon U	11.46	11.60	-
11	Jewell, Ryan	Seattle Pacific	11.46	11.72	-

Men 100 Meter Dash

=====
Conference: # 10.51 2003 Mike Henshaw, WOU
Field: % 10.33 1993 Jean Oliver-Zirignon, UNA
Provisional: * 10.65
Automatic: = 10.34

Name	Year	School	Prelims	Finals	W
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=====
Finals

1	Madrid, Michael	Univ Alaska Anch	11.10	11.12	-
2	Registe, David	Univ Alaska Anch	11.05	11.17	-
3	Walsh, Eric	Univ Alaska Anch	11.21	11.22	-
4	Demouchet, Christian	Central Washingt	11.29	11.27	-
5	Keah, Tomi	Seattle Univ WA	11.26	11.36	-
6	Walsh, Ryan	Univ Alaska Anch	11.42	11.37	-
7	Threet, Joshua	Western Oregon U	11.37	11.39	-
8	Glover, Travis	Seattle Univ WA	11.44	12.22	-

Men 200 Meter Dash

=====
Conference: # 21.37 2003 Isaac Frederick, WOU
Field: % 21.38 1993 Jean Oliver-Zirignon, UNA
Provisional: * 21.45
Automatic: = 20.85

Name	Year	School	Seed	Prelims	W
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Preliminaries

1	Registe, David	Univ Alaska Anch	22.14	22.28Q	-
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2	Madrid, Michael	Univ Alaska Anch	22.29	22.32Q	-
3	Demouchet, Christian	Central Washingt	22.18	22.47q	-
3	Rogstad, Matt	Central Washingt	22.22	22.47q	-
5	Dean, Michael	Western Washingt	21.98	22.59q	-
6	Walsh, Eric	Univ Alaska Anch	22.57	22.60q	-
7	Glover, Travis	Seattle Univ WA	23.14	22.72q	-
8	Keah, Tomi	Seattle Univ WA	22.76	22.79q	-
9	Threet, Joshua	Western Oregon U	22.81	22.87	-
10	Edwards, Robert	Central Washingt	22.69	22.89	-
11	Samuel, Cole	Western Oregon U	23.13	23.00	-
12	McLaughlin, James	Univ Alaska Anch	22.88	23.02	-
13	O'Connell, Matt	Western Washingt	23.06	23.04	-
14	Hamm, Greg	Northwest Nazare	22.98	23.09	-
15	Walsh, Ryan	Univ Alaska Anch	22.92	23.12	-
15	Grant, Brandon	Univ Alaska Anch	22.86	23.12	-

Men 200 Meter Dash

=====
 Conference: # 21.37 2003 Isaac Frederick, WOU
 Field: % 21.38 1993 Jean Oliver-Zirignon, UNA
 Provisional: * 21.45
 Automatic: = 20.85

Name	Year	School	Prelims	Finals	W
=====					
Finals					
1		Madrid, Michael	Univ Alaska Anch	22.32	22.51 -
2		Registe, David	Univ Alaska Anch	22.28	22.57 -
3		Demouchet, Christian	Central Washingt	22.47	22.59 -
4		Rogstad, Matt	Central Washingt	22.47	23.04 -
5		Walsh, Eric	Univ Alaska Anch	22.60	23.18 -
6		Keah, Tomi	Seattle Univ WA	22.79	23.21 -
7		Dean, Michael	Western Washingt	22.59	23.49 -
8		Glover, Travis	Seattle Univ WA	22.72	24.88 -

Men 400 Meter Dash

=====
 Conference: # 48.24 2003 Isaac Frederick, WOU
 Field: % 48.00 2000 Dante Betha, WOU
 Provisional: * 48.00
 Automatic: = 46.50

Name	Year	School	Seed	Prelims	H
=====					

Preliminaries

1	Rogstad, Matt	Central Washingt	49.15	49.43Q
2	Dean, Michael	Western Washingt	48.52	50.31Q
3	Velasquez, Charles	Central Washingt	50.30	49.96q
4	Brydson, Colby	Central Washingt	49.35	50.15q
5	Ward, Mitch	Northwest Nazare	49.99	50.35q
6	McLaughlin, James	Univ Alaska Anch	50.35	50.53q
7	Estep, Blake	Western Oregon U	50.20	50.72q
8	O'Connell, Matt	Western Washingt	50.79	50.75q
9	Wheeler, Eddie	Northwest Nazare	50.35	J50.75
10	Samuel, Cole	Western Oregon U	51.06	50.96
11	Schie, Daryl	Central Washingt	51.11	51.36
12	Allen, Loyal	Seattle Univ WA	51.05	51.40
13	Gundel, Andy	Central Washingt	51.48	51.73
14	Johnson, Carl	Western Washingt	51.07	51.88

Men 400 Meter Dash

=====
 Conference: # 48.24 2003 Isaac Frederick, WOU
 Field: % 48.00 2000 Dante Betha, WOU
 Provisional: * 48.00
 Automatic: = 46.50

Name	Year	School	Prelims	Finals	P
=====					

Finals

1	Rogstad, Matt	Central Washingt	49.43	48.73
2	Dean, Michael	Western Washingt	50.31	49.30
3	Brydson, Colby	Central Washingt	50.15	49.83
4	Ward, Mitch	Northwest Nazare	50.35	49.93
5	McLaughlin, James	Univ Alaska Anch	50.53	50.23
6	Velasquez, Charles	Central Washingt	49.96	50.43
7	Estep, Blake	Western Oregon U	50.72	50.73
8	O'Connell, Matt	Western Washingt	50.75	50.80

Men 800 Meter Run

=====
 Conference: # 1:49.31 2005 Paul Mach, Seattle Pacific
 Field: % 1:49.03 1995 Shannon Lemora, MIKE Intl
 Provisional: * 1:53.00
 Automatic: = 1:49.80

Name	Year	School	Seed	Prelims
=====				

Preliminaries

-- Glover, Travis	Seattle Univ WA		SCR
-- Walsh, Eric	Univ Alaska Anch		SCR
-- Registe, David	Univ Alaska Anch		SCR
-- Walsh, Ryan	Univ Alaska Anch		SCR
-- Keah, Tomi	Seattle Univ WA		SCR
-- Madrid, Michael	Univ Alaska Anch		SCR
-- Demouchet, Christian	Central Washingt		SCR
-- Threet, Joshua	Western Oregon U		SCR
1 Brancheau, Sam	Western Washingt	1:54.49	1:53.89Q
2 Bies, Erik	Western Washingt	1:52.26	1:55.86Q
3 Strickler, Eddie	Seattle Pacific	1:51.76	1:55.00Q
4 Lemay, Keith	Western Washingt	1:54.15	1:55.96Q
5 Ayume, Asiki	Saint Martin's U	1:57.61	1:55.89q
6 Lampi, Kyle	Western Washingt	1:55.98	1:56.10q
7 Boyle, Mick	Univ Alaska Anch	1:55.30	1:56.18q
8 Dols, Nicholas	Seattle Univ WA	1:54.76	1:56.27q
9 Timmer, Caleb	Saint Martin's U	1:56.29	1:56.92
10 Gavareski, Michael	Seattle Pacific	1:56.84	1:56.96
11 Cameron, Will	Western Washingt	1:56.88	1:57.92
12 Banker, Troy	Western Oregon U	1:56.19	2:03.86
13 Long, Jeff	Western Oregon U	1:56.70	2:05.05

Men 800 Meter Run

=====
 Conference: # 1:49.31 2005 Paul Mach, Seattle Pacific
 Field: % 1:49.03 1995 Shannon Lemora, MIKE Intl
 Provisional: * 1:53.00
 Automatic: = 1:49.80

Name	Year	School	Prelims	Finals	P
------	------	--------	---------	--------	---

=====

Finals

1 Strickler, Eddie	Seattle Pacific	1:55.00	1:53.71
2 Bies, Erik	Western Washingt	1:55.86	1:53.88
3 Dols, Nicholas	Seattle Univ WA	1:56.27	1:55.48
4 Brancheau, Sam	Western Washingt	1:53.89	1:56.88
5 Boyle, Mick	Univ Alaska Anch	1:56.18	1:58.62
6 Ayume, Asiki	Saint Martin's U	1:55.89	1:58.88
7 Lampi, Kyle	Western Washingt	1:56.10	2:00.74
8 Lemay, Keith	Western Washingt	1:55.96	2:06.23

Men 1500 Meter Run

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=====
Conference: # 3:53.82 2005          Nathan Carlson, Saint Martins
           % 3:46.74 1997          Jim Howarth, UNA
Provisional: * 3:54.00
Automatic: = 3:47.00

```

Name	Year	School	Seed	Finals	P
1 Tomsich, Anthony		Western Washingt	3:53.25	3:50.25#	
2 Cronrath, Brian		Seattle Pacific	3:52.93	3:52.28#	
3 Lemay, Keith		Western Washingt	3:53.89	3:54.24	
4 Bedell, Sam		Western Washingt	4:02.99	3:58.99	
5 Palmer, Scott		Central Washingt	4:00.83	4:02.06	
6 Gatbunton, Josh		Saint Martin's U	4:02.37	4:02.51	
7 Rottich, Paul		Univ Alaska Anch	4:02.64	4:02.73	
8 Lampi, Kyle		Western Washingt	4:06.07	4:03.65	
9 Boyle, Mick		Univ Alaska Anch	3:58.30	4:05.74	
10 Crawford, Nick		Western Oregon U	3:56.43	4:09.37	
11 Cronkhite, Corey		Central Washingt	4:04.07	4:14.42	
12 Anderson, Geoff		Central Washingt	4:08.58	4:16.94	
13 Jackson, Braxton		Western Oregon U	4:07.44	4:20.88	

Men 5000 Meter Run

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=====
Conference: # 14:55.75 5/6/2006    Jasper Peach, Humboldt State
           % 14:39.17 1996          Eric Tollefson, Central Washington
Provisional: * 14:50.00
Automatic: = 14:00.00

```

Name	Year	School	Seed	Finals	P
1 Kiplagat, David		Univ Alaska Anch	14:24.92	14:59.22	
2 Tomsich, Anthony		Western Washingt	14:31.86	15:02.06	
3 Riak, John		Saint Martin's U	14:57.81	15:05.85	
4 Grimes, Bennett		Western Washingt	15:17.14	15:21.03	
5 Cronrath, Brian		Seattle Pacific	15:09.00	15:21.81	
6 Dickson, Aaron		Univ Alaska Anch	14:56.54	15:26.80	
7 Peters, Andy		Northwest Nazare	15:30.44	15:28.42	
8 Karr, Nik		Western Oregon U	15:18.60	15:30.02	
9 Chad, Meis		Seattle Pacific	15:29.58	15:33.84	
10 Alvarado, Nicholas		Seattle Univ WA	15:40.11	15:36.56	
11 Portwood, Chad		Western Washingt	14:58.97	15:36.98	
12 Rottich, Paul		Univ Alaska Anch	15:04.63	15:39.75	
-- Hunt, Kym		Western Oregon U	15:28.51	DNF	

Men 10000 Meter Run

Conference: # 31:22.80 2005 Sam Scotchmer, CWU

Field: % 30:31.84 1989 Tad Woosley, WOU

Provisional: * 31:10.00

Automatic: = 29:30.00

Name	Year	School	Seed	Finals	P
1 Riak, John		Saint Martin's U	30:55.34	31:11.98#	
2 Scotchmer, Sam		Central Washingt	31:52.52	31:31.39	
3 Karr, Nik		Western Oregon U	32:25.96	32:08.03	
4 Lambert, Kevin		Northwest Nazare	33:15.00	32:12.87	
5 Heitzinger, Nathan		Seattle Univ WA	34:06.60	32:40.10	
6 Jackson, Braxton		Western Oregon U	33:25.70	32:53.23	
7 Nasim, Niwar		Saint Martin's U	33:20.41	32:59.98	
8 Ellis, Auston		Univ Alaska Anch	33:35.83	33:07.81	
9 Kulvi, Trevor		Central Washingt	33:37.76	33:17.22	
10 Ellis, Peter		Western Washingt	33:14.04	33:23.02	
11 Seamster, Scott		Seattle Pacific	33:46.21	33:27.11	
12 Ardissono, Eric		Central Washingt	33:29.19	33:31.05	
13 Rosser, James		Seattle Pacific	33:29.61	33:36.60	
14 Barten, Casey		Western Washingt	33:19.53	33:40.66	
15 Medhaug, Blake		Western Washingt	33:23.55	33:49.12	
16 Dickson, Drew		Univ Alaska Anch	33:12.23	34:05.28	
17 Kubitz, Greg		Western Washingt	33:11.86	34:16.86	

Men 110 Meter Hurdles

Conference: # 14.78 2003 Damien Davis, Wou

Field: % 14.40 1992 Darryl Coppedge, SOU

Provisional: * 14.70

Automatic: = 13.90

Name	Year	School	Seed	Prelims	W
Preliminaries					
1 Edwards, Robert		Central Washingt	14.87	14.87Q	-
2 Massey, Lloyd		Western Oregon U	15.30	15.83Q	-
3 Moen, Kevin		Western Washingt	16.43	16.50q	-
4 Wargo, Ben		Western Washingt	16.06	16.54q	-
5 Zayshly, Mark		Seattle Pacific	16.55	16.76q	-
6 Herrington, Blake		Western Oregon U	16.56	16.87q	-

7	Clarkson, Lee	Western Oregon U	15.66	16.98q	-
8	Silver, Grant	Northwest Nazare	16.47	17.13q	-
9	Grewe, Josh	Northwest Nazare	16.05	17.84	-

Men 110 Meter Hurdles

=====
Conference: # 14.78 2003 Damien Davis, Wou
Field: % 14.40 1992 Darryl Coppedge, SOU
Provisional: * 14.70
Automatic: = 13.90

Name	Year	School	Prelims	Finals	W
------	------	--------	---------	--------	---

=====

Finals

1	Edwards, Robert	Central Washingt	14.87	15.10	-
2	Massey, Lloyd	Western Oregon U	15.83	15.48	-
3	Moen, Kevin	Western Washingt	16.50	16.53	-
4	Wargo, Ben	Western Washingt	16.54	16.68	-
5	Herrington, Blake	Western Oregon U	16.87	16.77	-
6	Clarkson, Lee	Western Oregon U	16.98	16.83	-
7	Zayshly, Mark	Seattle Pacific	16.76	17.12	-
8	Silver, Grant	Northwest Nazare	17.13	17.88	-

Men 400 Meter Hurdles

=====
Conference: # 52.91 2003 Paul Mach, Seattle Pacific
Field: % 51.33 1997 Keith Stuffle, Oregon International
Provisional: * 53.30
Automatic: = 51.70

Name	Year	School	Seed	Prelims	H
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=====

Preliminaries

1	Sullivan, Daniel	Seattle Univ WA	54.54	53.80Q
2	Massey, Lloyd	Western Oregon U	52.90	55.03Q
3	Grewe, Josh	Northwest Nazare	55.30	55.51q
4	Climer, Ben	Seattle Pacific	55.44	55.80q
5	Velasquez, Charles	Central Washingt	55.52	56.12q
6	Wargo, Ben	Western Washingt	55.49	56.17q
7	Brown, Garrett	Seattle Univ WA	56.39	56.30q
8	Hickey, Clint	Western Oregon U	56.52	56.97q
9	Hanson, Mark	Northwest Nazare	56.76	57.04
10	Kirk, Joshua	Central Washingt	56.99	58.77
11	Minch, Nick	Western Oregon U	58.50	59.89

12	Silver, Grant	Northwest Nazare	58.38	1:00.10
13	Zayshly, Mark	Seattle Pacific	59.76	1:00.17

Men 400 Meter Hurdles

=====
 Conference: # 52.91 2003 Paul Mach, Seattle Pacific
 Field: % 51.33 1997 Keith Stuffle, Oregon International
 Provisional: * 53.30
 Automatic: = 51.70

Name	Year	School	Prelims	Finals	P
=====					
Finals					
1	Massey, Lloyd	Western Oregon U	55.03	53.77	
2	Sullivan, Daniel	Seattle Univ WA	53.80	53.89	
3	Wargo, Ben	Western Washingt	56.17	55.72	
4	Grewe, Josh	Northwest Nazare	55.51	56.11	
5	Brown, Garrett	Seattle Univ WA	56.30	56.32	
6	Climmer, Ben	Seattle Pacific	55.80	56.51	
7	Hickey, Clint	Western Oregon U	56.97	57.39	
8	Velasquez, Charles	Central Washingt	56.12	57.51	

Men 3000 Meter Steeplechase

=====
 Conference: # 9:08.2h 2005 Ethan Burrows, WOU
 Field: % 8:52.68 1991 Matt Sabo, U of P
 Provisional: * 9:26.00
 Automatic: = 9:00.00

Name	Year	School	Seed	Finals	P
=====					
1	Peters, Andy	Northwest Nazare	9:25.00	9:12.8h*	
2	Senrud, Logan	Western Washingt	9:23.94	9:20.0h*	
3	Brancheau, Sam	Western Washingt	9:12.29	9:25.9h*	
4	Anderson, Geoff	Central Washingt	9:28.97	9:26.3h	
5	Hunt, Kym	Western Oregon U	9:37.07	9:38.1h	
6	Henry, Keever	Western Washingt	9:17.10	9:50.3h	
7	Blount, Kevin	Central Washingt	10:09.43	9:54.8h	
8	Oberholser, Kevin	Central Washingt	10:10.00	10:01.3h	
9	Phillips, Ryan	Seattle Pacific	10:05.40	10:02.0h	
10	Mavis, Anders	Western Washingt	10:09.90	10:07.6h	
11	Banker, Travis	Western Oregon U	10:11.40	10:11.8h	
12	Seick, Kyle	Western Oregon U	10:06.94	10:18.4h	
--	Beck, Josh	Western Washingt	10:09.27	DNF	

Men 4x100 Meter Relay

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=====
Conference: # 41.80 2003          WOU
              Mike Henshaw, Isaac Fredericks, Damien Davis, Dere
Field: % 41.00 1995          U of Oregon
Provisional: * 41.30
Automatic: = 40.25
School                               Seed      Finals  P
=====
1 Central Washington Univ 'A'                42.09      42.04
  1) Demouchet, Christian          2) Edwards, Robert
  3) Brydson, Colby                4) Rogstad, Matt
2 Univ Alaska Anchorage 'A'                42.61      42.21
  1) Walsh, Eric                   2) Grant, Brandon
  3) Registe, David                4) Madrid, Michael
3 Seattle Univ WA 'A'                    43.62      42.83
  1) Sullivan, Daniel              2) Allen, Loyal
  3) Keah, Tomi                    4) Glover, Travis
4 Western Oregon Univ 'A'                  44.74      44.08
  1) Threet, Joshua                2) Udell, Zeb
  3) Herrington, Blake            4) Estep, Blake
5 Northwest Nazarene Univ ID 'A'          44.18      44.46
  1) Blain, Tom                    2) Larson, Jerad
  3) Wheeler, Eddie               4) Ward, Mitch
6 Western Washington Univ 'A'              46.69      44.73
  1) O'Connell, Matt              2) Johnson, Carl
  3) Wargo, Ben                   4) Breakey, Ryan
7 Saint Martin's Univ WA 'A'              47.45      46.51
  1) Wilbur, Robbie               2) Timmer, Caleb
  3) Daltoso, Brian               4) Flaherty, Connor
  
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Men 4x400 Meter Relay

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=====
Conference: # 3:15.91 5/6/2006  Central Washington University, Central
              M Kelley, J Roberts, M Rogstad, C Watson
Field: % 3:15.21 1998          Pacific Lutheran
Provisional: * 3:14.40
Automatic: = 3:09.40
School                               Seed      Finals  P
=====
1 Central Washington Univ 'A'                3:20.12    3:20.48
  
```

1) Brydson, Colby	2) Velasquez, Charles		
3) Schie, Daryl	4) Rogstad, Matt		
2 Western Washington Univ 'A'		3:18.96	3:21.16
1) O'Connell, Matt	2) Brancheau, Sam		
3) Bies, Erik	4) Dean, Michael		
3 Seattle Univ WA 'A'		3:19.41	3:21.93
1) Allen, Loyal	2) Brown, Garrett		
3) Dols, Nicholas	4) Sullivan, Daniel		
4 Northwest Nazarene Univ ID 'A'		3:25.00	3:22.15
1) Wheeler, Eddie	2) Ward, Mitch		
3) Grewe, Josh	4) Hamm, Greg		
5 Univ Alaska Anchorage 'A'		3:29.84	3:24.50
1) Madrid, Michael	2) Boyle, Mick		
3) Grant, Brandon	4) McLaughlin, James		
6 Seattle Pacific Univ WA 'A'		3:25.35	3:24.99
1) Climer, Ben	2) Felt, Justin		
3) Strickler, Eddie	4) Gavareski, Michael		
7 Western Oregon Univ 'A'		3:22.72	3:26.17
1) Samuel, Cole	2) Estep, Blake		
3) Hickey, Clint	4) Massey, Lloyd		
8 Saint Martin's Univ WA 'A'		3:28.64	3:32.83
1) Ayume, Asiki	2) Daltoso, Brian		
3) Gatbunton, Josh	4) Gerry, Bryan		

Men High Jump

=====				
Conference: #	2.07m	5/6/2006	Eric Draper, Alaska Anchorage	
Field: %	2.25m	1999	Chris Nelson, UNA	
Provisional: *	6-10.25			
Automatic: =	7-01			
Name	Year School		Seed	Finals
=====				
1 Hamilton, Jonathan	Central Washingt		1.90m	1.98m
	1.78	1.83 1.88 1.93 1.98 2.03		
	O	O O XO O XXX		
2 Draper, Eric	Univ Alaska Anch		2.00m	J1.98m
	1.78	1.83 1.88 1.93 1.98 2.03		
	P	P XO XO O XXX		
3 Bailey, Cameron	Central Washingt		2.01m	J1.98m
	1.78	1.83 1.88 1.93 1.98 2.03		
	P	P P XO XO XXX		
4 Elmo, Adrian	Central Washingt		1.85m	1.93m

	1.78 1.83 1.88 1.93 1.98			
	O XXO XXO XO XXX			
5 Richardson, Bill		Saint Martin's U	1.98m	J1.93m
	1.78 1.83 1.88 1.93 1.98			
	O O O XXO XXX			
6 Geist, Peter		Western Washingt	1.98m	1.88m
	1.78 1.83 1.88 1.93			
	P P XO XXX			
7 Wegner, Robert		Western Oregon U	1.93m	J1.88m
	1.78 1.83 1.88 1.93			
	XO O XO XXX			
8 Udell, Zeb		Western Oregon U	1.93m	1.83m
	1.78 1.83 1.88			
	O XXO XXX			
9 Flora, Tyler		Central Washingt	1.80m	J1.83m
	1.78 1.83 1.88			
	XO XXO XXX			
10 Covey, Chris		Northwest Nazare	1.85m	1.78m
	1.78 1.83			
	O XXX			

Men Pole Vault 9 to Finals

=====					
Conference: #	4.81m	2003	Spike Olsen, WOU		
Field: %	5.85m	1997	Tim Bright, Mizuno Track Club		
Provisional: *	15-09				
Automatic: =	17-00				
Name	Year School			Seed	Finals
=====					
1 Thornbrue, Tyler	Western Washingt			4.75m	4.82m#
	3.87 4.02 4.17 4.32 4.47 4.62 4.72 4.82 4.92				
	P P P P P O P XO XXX				
2 McCoy, Scott	Central Washingt			4.50m	4.62m
	3.87 4.02 4.17 4.32 4.47 4.62 4.72				
	P P P XXO O O XXX				
3 Udell, Zeb	Western Oregon U			4.90m	J4.62m
	3.87 4.02 4.17 4.32 4.47 4.62 4.72 4.82				
	P P P P P XXO P XXX				
4 Lucke, Bryan	Western Washingt			4.60m	4.32m
	3.87 4.02 4.17 4.32 4.47				
	P P P XO XXX				
5 Zwiefelhofer, Eric	Western Oregon U			4.00m	4.17m

	3.87	4.02	4.17	4.32			
	O	O	O	XXX			
6	Jahner, Brock		Seattle Univ WA	4.06m	J4.17m		
	3.87	4.02	4.17	4.32			
	XXO	O	O	XXX			
7	Jorgensen, Joshua		Seattle Pacific	4.11m	J4.17m		
	3.87	4.02	4.17	4.32			
	XO	O	XO	XXX			
8	Sneed, Andrew		Northwest Nazare	4.00m	4.02m		
	3.87	4.02	4.17				
	XO	XO	XXX				
9	Blackstead, Justin		Northwest Nazare	3.90m	3.87m		
	3.87	4.02					
	XO	XXX					
--	Larson, Jerad		Northwest Nazare	4.25m	NH		
	3.87	4.02					
	P	XXX					

Men Long Jump 9 to Finals

=====						
Conference: #	7.05m	2002	Justin Lawrence, Central Washington			
Field: %	7.62m	2006	Jon Hiill, Portland State			
Provisional: *	23-03.50					
Automatic: =	25-00					
Name	Year	School	Seed	Finals	W	
=====						
1	Registe, David	Univ Alaska Anch	7.42m	7.09m#		
	FOUL(NWI) 7.09m(0.7) 6.91m(-0.9) FOUL(NWI) FOUL(NWI) 6.63m(-0.7)					
2	Felt, Justin	Seattle Pacific	6.93m	6.85m		
	6.85m(0.2) FOUL(-0.1) 6.80m(1.0) FOUL(NWI) FOUL(NWI) FOUL(NWI)					
3	Udell, Zeb	Western Oregon U	6.71m	6.80m		
	6.53m(0.2) FOUL(NWI) 6.80m(3.2) FOUL(NWI) 6.59m(+0.0) 6.60m(-0.5)					
4	Denton, Allan	Western Washingt	6.65m	6.69m	-	
	FOUL(NWI) FOUL(NWI) 6.46m(1.9) 6.55m(-0.1) 6.60m(+0.0) 6.69m(-0.3)					
5	Buckmier, Jason	Western Oregon U	6.53m	6.45m		
	6.32m(-1.1) FOUL(NWI) 6.45m(3.4) FOUL(NWI) 6.16m(1.1) 6.45m(0.6)					
6	Elmo, Adrian	Central Washingt	6.51m	6.41m		
	5.79m(-0.8) 5.95m(0.3) 6.15m(1.2) 6.41m(0.3) FOUL(NWI) 6.11m(-0.7)					
7	Goodwin, Christian	Central Washingt	6.33m	6.31m		
	FOUL(NWI) 6.08m(-1.4) 5.98m(-1.0) 6.09m(0.4) 6.31m(1.1) 6.25m(0.6)					
8	Wegner, Robert	Western Oregon U	6.75m	5.35m		
	FOUL(NWI) FOUL(NWI) 5.35m(1.1) PASS(NWI) PASS(NWI) PASS(NWI)					

Men Triple Jump 9 to Finals

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=====
Conference: # 15.00m 2003          Justin Lawrence, Cenbtral Washington
           Field: % 15.60m 1996      Steve Miller, UNA
Provisional: * 47-05
Automatic: = 51-00
Name              Year School              Seed      Finals  W
=====
1 Hamm, Greg              Northwest Nazare             13.92m     13.83m
   FOUL(NWI) FOUL(NWI) 13.27m(1.4) 13.32m(0.8) 13.47m(2.1) 13.83m(0.4)
2 Bailey, Cameron        Central Washingt            13.57m     13.71m
   13.41m(1.4) 13.40m(0.2) 13.52m(1.3) 13.52m(0.3) 13.71m(2.6) 13.40m(1.4)
3 Elmo, Adrian          Central Washingt            13.55m     13.60m
   13.60m(0.4) 12.75m(-0.8) 13.21m(-1.1) 13.45m(0.6) 13.46m(1.3) 13.43m(0.4)
4 Goodwin, Christian     Central Washingt            13.04m     J13.60m
   12.62m(-0.5) 13.11m(0.8) FOUL(NWI) 13.09m(0.4) 13.60m(0.3) 13.39m(-1.3)
5 Reisnaur, Tyler        Western Oregon U             13.51m     13.27m
   FOUL(NWI) FOUL(NWI) 12.72m(-1.1) 12.55m(0.7) 13.27m(2.2) FOUL(NWI)
6 Herrington, Blake     Western Oregon U             13.12m     12.85m
   12.62m(1.1) 12.85m(1.7) FOUL(NWI) 12.55m(0.3) FOUL(NWI) FOUL(NWI)
7 Gaddy, Nick           Western Washingt            12.50m     12.71m -
   12.65m(1.4) FOUL(NWI) 12.23m(0.8) FOUL(NWI) FOUL(NWI) 12.71m(-0.1)
8 Timmer, Caleb         Saint Martin's U             12.82m     12.57m
   12.57m(0.4) 12.13m(-1.0) FOUL(NWI) 12.11m(1.6) 11.99m(0.2) FOUL(NWI)
=====

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Men Shot Put 9 to Finals

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=====
Conference: # 16.97m 2003          Cameron Neel, Central Washington
           Field: % 17.74m 1998      Paul Steenkolk, SOU
Provisional: * 52-02
Automatic: = 59-10.50
Name              Year School              Seed      Finals
=====
1 Neel, Cameron          Central Washingt            16.83m     16.53m
   15.60m 15.57m 16.53m 15.67m FOUL 15.93m
2 Valdez, Matt          Central Washingt            15.22m     15.70m
   15.28m FOUL 15.38m 15.15m FOUL 15.70m
3 Kayhan, Dincer        Western Washingt            13.79m     14.21m
   13.83m 13.58m 13.98m 14.16m 13.68m 14.21m
4 Barclay, Zach         Northwest Nazare             13.93m     14.20m
   13.25m 13.28m 14.20m 14.01m 14.15m 13.15m
=====

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5	Barrett, Robert	Western Oregon U	14.24m	14.01m
	13.63m 13.41m 14.01m 13.20m FOUL 13.40m			
6	Varkevisser, Brandon	Western Washingt	13.95m	13.85m
	13.52m 13.35m FOUL 13.85m FOUL 13.65m			
7	Ruud, Evan	Central Washingt	13.77m	13.79m
	13.27m FOUL 13.03m FOUL FOUL 13.79m			
8	Rencehausen, Ryan	Univ Alaska Anch	13.43m	13.01m
	FOUL 13.01m 12.56m 11.88m 12.63m 12.65m			
9	Marin, Anthony	Western Oregon U	14.04m	12.88m
	12.01m 12.76m 12.88m FOUL FOUL FOUL			
9	Heller, Cody	Northwest Nazare	13.56m	12.88m
	12.69m FOUL 12.88m FOUL FOUL FOUL			
11	Miller, Grant	Northwest Nazare	13.56m	12.71m
	12.71m FOUL 12.41m			
12	Elder, Ben	Western Washingt	13.41m	12.70m
	11.31m 12.70m 12.42m			
13	Michaelson, Bryant	Western Washingt	12.70m	12.57m
	11.98m 12.16m 12.57m			
14	Waite, Michael	Western Oregon U	12.21m	12.02m
	11.65m 11.56m 12.02m			
15	Fischer, Tyler	Central Washingt	12.45m	11.78m
	11.78m FOUL FOUL			
--	Munsey, Andy	Northwest Nazare	12.71m	FOUL
	FOUL FOUL FOUL			

Men Discus Throw 9 to Finals

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Conference: # 51.38m 2003 Isaiah Haines, WOU
 Field: % 55.47m 2006 Colin Veldman, U of O
 Provisional: * 160-00
 Automatic: = 175-00

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Name	Year	School	Seed	Finals
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1	Neel, Cameron	Central Washingt	51.34m	50.66m
	48.90m 50.66m FOUL 47.50m 47.64m 48.66m			
2	Ruud, Evan	Central Washingt	45.62m	49.38m
	47.38m FOUL 49.38m 44.70m FOUL FOUL			
3	Valdez, Matt	Central Washingt	43.19m	46.92m
	45.40m FOUL FOUL 42.62m 44.78m 46.92m			
4	Fischer, Tyler	Central Washingt	46.93m	45.14m
	42.70m 44.92m FOUL 43.90m FOUL 45.14m			
5	Miller, Grant	Northwest Nazare	44.32m	44.14m

	42.56m	FOUL	38.56m	FOUL	42.24m	44.14m		
6	Elder, Ben				Western Washingt		43.81m	42.72m
	39.12m	42.72m	FOUL	FOUL	41.22m	38.92m		
7	Marin, Anthony				Western Oregon U		44.57m	42.38m
	40.82m	42.38m	FOUL	FOUL	39.30m	FOUL		
8	Michaelson, Bryant				Western Washingt		40.90m	41.60m
	41.60m	38.42m	35.94m	38.88m	39.52m	38.74m		
9	Heller, Cody				Northwest Nazare		42.79m	41.58m
	FOUL	40.24m	41.58m	FOUL	41.12m	41.32m		
10	Pedro, Lucas				Univ Alaska Anch		40.47m	40.02m
	39.52m	40.02m	39.52m					
11	Ostler, Mychal				Central Washingt		40.59m	39.88m
	38.66m	39.88m	38.88m					
12	Skogsberg, Nik				Western Washingt		37.45m	34.58m
	FOUL	34.58m	FOUL					
13	Barclay, Zach				Northwest Nazare		37.61m	34.14m
	FOUL	FOUL	34.14m					
14	Lucke, Bryan				Western Washingt		38.15m	33.88m
	33.88m	FOUL	FOUL					
--	Rencehausen, Ryan				Univ Alaska Anch		39.25m	FOUL
	FOUL	FOUL	FOUL					

Men Hammer Throw 9 to Finals

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Conference: # 59.95m 2003 Pro Escobedo, WOU
Field: % 69.76m 2004 Scott Boothby, Club NW
Provisional: * 171-07
Automatic: = 195-00

Name	Year	School	Seed	Finals
1 Marin, Anthony		Western Oregon U	56.96m	58.60m
	54.70m	56.12m	FOUL	56.26m 58.60m 56.94m
2 Ruud, Evan		Central Washingt	58.04m	58.42m
	FOUL	FOUL	55.84m	58.30m 58.42m FOUL
3 Fischer, Tyler		Central Washingt	51.48m	56.34m
	49.90m	53.34m	56.34m	FOUL FOUL FOUL
4 Valdez, Matt		Central Washingt	49.67m	50.70m
	46.42m	FOUL	50.70m	49.26m 50.28m FOUL
5 Barclay, Zach		Northwest Nazare	50.11m	48.96m
	48.76m	48.96m	FOUL	46.28m 47.96m FOUL
6 Barrett, Robert		Western Oregon U	46.97m	45.64m
	FOUL	45.64m	45.00m	43.30m FOUL FOUL

7	Heller, Cody					Northwest Nazare	46.76m	44.72m
	FOUL	42.10m	40.96m	44.16m	42.70m	44.72m		
8	Karnitz, Scott					Univ Alaska Anch	43.60m	42.92m
	FOUL	40.16m	42.92m	41.22m	42.84m	FOUL		
9	Miller, Grant					Northwest Nazare	46.76m	42.38m
		40.82m	39.68m	42.38m	FOUL	FOUL	FOUL	
10	Elder, Ben					Western Washingt	39.36m	41.70m
		38.02m	38.42m	41.70m				
11	Munsey, Andy					Northwest Nazare	39.62m	41.20m
	FOUL	38.04m	41.20m					
12	Ostler, Mychal					Central Washingt	42.63m	39.80m
	FOUL	39.80m	35.32m					
13	Poe, Robert					Northwest Nazare	36.83m	39.16m
	FOUL	37.98m	39.16m					
14	Rencehausen, Ryan					Univ Alaska Anch	43.35m	38.00m
	FOUL	38.00m	FOUL					
15	Eaton, Alex					Northwest Nazare	38.68m	36.78m
	FOUL	36.78m	FOUL					
16	Waite, Michael					Western Oregon U	36.85m	36.04m
		36.04m	35.72m	35.56m				

Men Javelin Throw 9 to Finals

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Conference: #	62.20m	2005				Justin Brewer, Western Washington
Field: %	79.08m	1990				Brian Crouser, NY Athletic Club
Provisional: *	195-00					
Automatic: =	218-00					

Name	Year	School	Seed	Finals		
1	Ingman, Michael	Central Washingt	62.05m	61.98m		
	55.32m	60.46m	57.60m	61.98m	56.90m	FOUL
2	Ruud, Evan	Central Washingt	53.06m	55.78m		
	54.50m	52.86m	FOUL	FOUL	53.82m	55.78m
3	Wall, Ryan	Western Oregon U	53.22m	55.16m		
	51.40m	52.18m	51.20m	51.82m	53.50m	55.16m
4	Hutchinson, Mat	Western Oregon U	52.99m	55.08m		
	50.06m	50.12m	55.08m	51.06m	FOUL	52.34m
5	Acock, Chad	Central Washingt	58.00m	54.50m		
	52.06m	FOUL	52.50m	FOUL	51.84m	54.50m
6	Harris, Loren	Central Washingt	54.47m	54.40m		
	FOUL	52.20m	54.40m	FOUL	52.40m	53.64m
7	Wells, Ian	Central Washingt	61.66m	54.26m		

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	51.38m	54.26m	53.90m	48.56m	50.46m	50.68m		
8	Zwiefelhofer, Eric			Western Oregon U		48.54m		52.74m
	FOUL	51.96m	50.50m	52.74m	FOUL	FOUL		
9	Jahner, Brock			Seattle Univ WA		49.00m		50.08m
	48.94m	49.28m	FOUL	47.00m	FOUL	50.08m		

Men Decathlon

Name	Year	School	Seed	Finals	P
1 Udell, Zeb		Western Oregon U		6358	
2 Jahner, Brock		Seattle Univ WA		5852	
3 Grewe, Josh		Northwest Nazare		5635	
4 Felt, Justin		Seattle Pacific		5568	
5 McCoy, Scott		Central Washingt		5533	
6 Iverson, Kevin		Western Washingt		4819	

Women - Team Rankings - 22 Events Scored

1) Seattle Pacific Univ WA	200	2) Western Oregon Univ	1
3) Central Washington Univ	129.50	4) Western Washington Univ	1
5) Northwest Nazarene Univ ID	119	6) Univ Alaska Anchorage	1
7) Saint Martin's Univ WA	30	8) Seattle Univ WA	

Men - Team Rankings - 21 Events Scored

1) Central Washington Univ	238	2) Western Washington Univ	1
3) Western Oregon Univ	124	4) Univ Alaska Anchorage	1
5) Northwest Nazarene Univ ID	69	6) Seattle Univ WA	
7) Seattle Pacific Univ WA	45	8) Saint Martin's Univ WA	

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0.1 1
0.1 1
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find Points

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3.9 10
3.9 8
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