

5-12-2007

Ken Foreman Invitational

Great Northwest Athletic Conference

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Hy-Tek's Meet Manager 5/12/2007 04:3

Ken Foreman Invitational

West Seattle Stadium - 5/11/2007 to 5/12/2007

Results

Women 100 Meter Dash

Name	Year School	Seed	Finals	W
1 Nettey, Sabrina	Kajaks T&F	12.29	11.98	
2 Kisielewska, Paulina	British Columbia	12.20	12.49	
3 Porter, Danaka	British Columbia	12.68	12.56	
4 Channell, Jane	Simon Fraser	12.56	12.80	
5 Johnson, Emily	Metro AC	11.97	12.86	
6 Hill, Stephanie	Spokane CC	12.55	12.90	
7 Phillips, Elizabeth	Spokane CC	12.95	13.30	-
8 Edwards, Brandie	Spokane CC	13.41	13.40	-
9 Gordillo, Luz	Treasure Valley	13.28	13.41	-
10 Axtell, April	Spokane CC	13.37	13.54	-
11 Simpson, Sareena	Treasure Valley	13.28	13.59	-
12 Howard, Kelly	Treasure Valley	13.90	13.91	-
13 Neumann, Lydia	Treasure Valley	13.80	14.10	-

Women 200 Meter Dash

Name	Year School	Seed	Finals	W
1 Hinton, Jessica	Seattle Pacific	25.30	25.59	-
2 Chin Aleong, Janessa	British Columbia	25.75	26.12	-
3 Channell, Jane	Simon Fraser	25.32	26.14	-
4 Hill, Stephanie	Spokane CC	26.03	26.21	
5 Johnson, Emily	Metro AC	26.50	26.50	
6 Bendio, Kim	Spokane CC	25.91	26.65	-
7 Phillips, Elizabeth	Spokane CC	27.02	27.43	
8 vanRuyven, Michelle	Kajaks T&F	26.80	27.73	
9 Simpson, Sareena	Treasure Valley	27.80	28.35	
10 Denniston, CyCy	Unat-Seattle Pac	29.20	28.69	
11 Kuhnly, Gail	Unattached		32.97	

Women 400 Meter Dash

Name	Year School	Seed	Finals	P
1 Seibel, Lauren	Vancouver OC	54.57	56.33	
2 Legard, Terran	Central Washingt	56.45	56.41	
3 Richard, Claudia	British Columbia	58.50	57.34	
4 Hewitt, Cloe	British Columbia	58.25	58.73	
5 Gordillo, Luz	Treasure Valley	1:03.00	1:00.47	
6 Bendio, Kim	Spokane CC	1:00.55	1:01.23	
7 Neumann, Lydia	Treasure Valley	1:02.50	1:02.38	
8 Patterson, Katie	Treasure Valley	1:03.29	1:06.42	

Women 800 Meter Run

Name	Year School	Seed	Finals	P
1 Pixler, Jessica	Seattle Pacific	2:10.64	2:08.13	
2 Marsh, Jennifer	Seattle Pacific	2:13.00	2:15.20	
3 Perkins, Teona	Seattle Pacific	2:13.00	2:16.39	
4 Lisa, Anderberg	Seattle Pacific	2:17.58	2:18.29	
5 Williams, Natasha	Unat-Douglas Col	2:32.19	2:34.08	
6 Cadelinia, Rhiannon	Seattle U.	2:32.00	2:34.60	

Women 1500 Meter Run

Name	Year School	Seed	Finals	P
1 Johnson, Megan	Club Northwest	4:30.00	4:40.36	
2 Hodgson, Brittany	Puget Sound	4:45.00	4:43.93	
3 Carlson, Krinda	St. Martin's	4:44.85	4:46.31	
4 Imperati, Anna	Unat-Washington		4:50.90	
5 Eckstein, Christine	Spokane CC	4:54.00	4:52.56	
6 Lademan, Brooke	Unat-Washington	4:34.00	4:56.22	
7 Durrance, Amy	Spokane CC	5:12.00	4:59.35	
8 Arce, Charisse	Seattle U.	5:04.25	5:00.39	
9 Grover, Jennifer	St. Martin's	5:00.00	5:10.50	
10 Matthews, Valerie	Western Washingt	5:14.90	5:14.11	
11 Williams, Alicia	Unat-Douglas Col	5:16.09	5:18.70	
12 Clark, Jaime	Seattle U.	5:25.00	5:27.17	
13 Innes, Jennifer	Seattle U.	5:30.00	5:33.03	

Women 3000 Meter Run

Name	Year School	Seed	Finals	P
1 Kolstad, Kristen	Simon Fraser	9:35.94	9:50.98	
2 Macgregor, Meredith	Simon Fraser	9:34.89	9:55.60	
3 Pixler, Jessica	Seattle Pacific	9:37.41	10:01.83	
4 Larson, Jane	Seattle Pacific	10:05.00	10:02.01	
5 Hummel, Katie	Central Washingt	10:11.00	10:14.98	
6 Harline, Kate	Seattle Pacific	10:34.75	10:29.19	
7 Strickler, Suzie	Seattle Pacific	10:18.13	10:38.80	
8 Bailey, Rachel	Unattached	10:25.00	10:41.69	
9 carpenter, kristen	Kajaks T&F		10:48.47	
10 Rutter, Taebrooke	Spokane CC	11:10.00	11:02.93	
11 Compogno, Katie	Spokane CC	11:10.00	11:06.52	
12 Cronrath, Kysa	Seattle Pacific	10:53.00	11:13.14	
13 Yorkston, Rachel	Seattle U.	11:32.14	11:18.55	
14 Slaughter, Danielle	Western Washingt	10:54.32	11:24.90	
15 Martinez, Natalie	Seattle U.	11:40.00	11:26.81	
16 Stickney, Greta	Seattle U.	11:40.00	12:20.38	
17 Perkins, Michelle	Unattached		14:41.58	

Women 5000 Meter Run

Name	Year School	Seed	Finals	P
1 Bailey, Rachel	Unattached	17:28.00	17:43.09	
2 Elmer, Shannon	British Columbia	17:30.20	17:45.06	
3 Mullen, Marcie	Unattached	18:00.00	18:40.04	
4 Ward, Pam	Treasure Valley	18:52.00	18:45.38	
5 McDougall, Ashley	Western Washingt	19:13.70	18:59.92	
6 Akeroyd, Nicole	British Columbia	18:10.20	19:14.82	
7 Jenson, Nikki	Seattle Pacific	19:01.00	19:17.28	
8 Hart, Katie	Seattle Pacific	18:45.28	19:19.03	
9 Rohde, Kaitlin	Seattle Pacific	19:00.00	19:43.61	
10 Green, Amber	Central Washingt	18:59.00	19:44.56	
11 Peterson, Heidi	Seattle Pacific	19:30.00	19:56.11	
12 Kathriner, Amber	Treasure Valley	21:50.00	20:58.40	
13 Frazier, Emily	Spokane CC	20:30.00	21:13.23	
14 Meeker, Rosie	Highline CC	21:04.00	21:33.98	
15 VanKomen, Kelsie	Treasure Valley	21:55.00	22:36.27	

Women 100 Meter Hurdles

Name	Year School	Seed	Finals	W
1 Nettey, Christabel	Kajaks T&F	14.80	14.58	
2 Olfert, Jessica	British Columbia	14.38	14.70	
3 Stoffman, Zaria	Vancouver OC	14.60	15.29	-
4 Edwards, Brandie	Spokane CC	15.02	15.43	
5 Preveteau, Louise	Unat-British Col	15.63	15.49	
6 Baker, Leslie	Spokane CC	17.55	16.85	
7 Fewkes, Shere	Treasure Valley	16.90	17.37	
8 Axtell, April	Spokane CC	16.88	18.32	
8 Blake, Linda	Unattached	15.50	18.32	

Women 400 Meter Hurdles

Name	Year School	Seed	Finals	P
1 Dimmitt, Heidi	Western Washingt	1:02.94	1:02.01	
2 Araya, Faven	Pacific Lutheran	1:03.56	1:02.46	
3 Preveteau, Louise	Unat-British Col	1:05.10	1:05.66	
4 Wong, Hali	Simon Fraser	1:03.70	1:05.83	
5 Higa, Kelly	Puget Sound	1:05.86	1:05.98	
6 Baker, Leslie	Spokane CC	1:05.99	1:08.42	
7 Fewkes, Shere	Treasure Valley	1:11.66	1:13.49	

Women 3000 Meter Steeplechase

Name	Year School	Seed	Finals	P
1 Rohde, Karin	Seattle Pacific	11:01.00	11:04.90	
2 Becker, Sarna	Club Northwest	11:00.00	11:20.38	
3 Benson, Sarah	Central Washingt	11:11.44	11:37.30	
4 Agee, Larsen	Spokane CC	12:11.00	11:41.68	
5 Rutter, Chelsea	Spokane CC	11:51.00	11:50.74	
6 Beamon, Kim	Seattle Pacific	11:58.00	11:55.56	
7 Davignon, Kristin	Unat-Pacific Lut		12:18.92	

Women 4x100 Meter Relay

School	Seed	Finals	P
1 British Columbia 'A'	48.20	48.52	
1) Olfert, Jessica			
2) Richard, Claudia			

3) Kisielewska, Paulina	4) Hewitt, Cloe		
1 Simon Fraser 'A'		47.80	48.52
1) Abdulai, Ruky	2) Boss, Traci		
3) Channell, Jane	4) Williams, Valerie		
3 Spokane CC 'A'		48.78	49.38
1) Hill, Stephanie	2) Abersfeller, Natalie		
3) Bendio, Kim	4) Mallory, Ren		
4 Treasure Valley CC 'A'		51.01	51.23
1) Simpson, Sareena	2) Simpson, Sareena		
3) Gordillo, Luz	4) Gordillo, Luz		

Women 4x400 Meter Relay

School	Seed	Finals	P
1 Central Washington 'A'	3:51.48	3:50.17	
1) Kaercher, Rachael	2) Gius, Amanda		
3) Evans, Chelsea	4) Legard, Terran		
2 Seattle Pacific 'A'		4:06.06	
1) Perkins, Teona	2) Marsh, Jennifer		
3) Hinton, Jessica	4) Lisa, Anderberg		
3 Spokane CC 'A'	4:00.34	4:09.68	
1) Hill, Stephanie	2) Eckstein, Christine		
3) Bendio, Kim	4) Abersfeller, Natalie		

Women High Jump

Name	Year School	Seed	Finals
1 Abdulai, Ruky	Simon Fraser	1.85m	1.73m
2 Perkins, Teona	Seattle Pacific	1.75m	1.68m
3 Cook, Clara	Western Washingt	1.68m	1.58m
4 Williams, Juliana	Whitman	1.55m	1.53m
5 Hewitt, Katie	British Columbia	1.55m	J1.53m
6 Shoemake, Kristina	Washington	1.55m	J1.53m
7 Blake, Linda	Unattached	1.60m	J1.53m
-- Vielma, Nicole	Washington	1.55m	NH

Women Pole Vault

Name	Year School	Seed	Finals
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1	Anderson, Monica	Seattle Pacific	3.70m	3.65m
2	Lundsten, Tracie	Seattle Pacific	3.55m	3.50m
3	Miller, Christy	Western Washingt	3.50m	3.35m
3	Hedges, Allison	Unattached	3.33m	3.35m
5	Amos, Haley	Central Washingt	3.40m	3.20m
6	Kamphuis, Esther	Valley Royals	3.42m	J3.20m
6	Bolton, Jennifer	Spokane CC	3.65m	J3.20m
6	Hauck, Carrie	Unattached	3.42m	J3.20m
9	Clarke, Camille	Western Washingt	3.20m	2.90m
--	Nestman, Jenna	Unat-British Col	3.10m	NH
--	Gillespy, Becca	Club Northwest	2.90m	NH
--	Walker, Lauren	Unat-Washington	3.70m	NH

Women Long Jump

Name	Year School	Seed	Finals	W	
1	Abdulai, Ruky	Simon Fraser	6.55m	6.03m	
2	Nettey, Sabrina	Kajaks T&F	5.75m	6.00m	
3	Nettey, Christabel	Kajaks T&F	6.12m	5.92m	-
4	Preveteau, Louise	Unat-British Col	5.25m	5.33m	-
5	Abersfeller, Natalie	Spokane CC	5.15m	5.22m	-
6	Bekins, Brittany	Seattle Pacific	5.00m	5.18m	
7	Williams, Valerie	Simon Fraser	5.21m	5.09m	-
8	Nestman, Jenna	Unat-British Col	5.17m	5.05m	-
9	Spear, Anjuli	Central Washingt	5.15m	4.96m	
10	vanRuyven, Michelle	Kajaks T&F	5.40m	4.82m	-
11	Mallory, Ren	Spokane CC	5.00m	4.81m	
12	Lewis, Rebecca	Pacific Lutheran	4.87m	4.47m	
13	Axtell, April	Spokane CC	4.64m	4.46m	
14	Edwards, Brandie	Spokane CC	4.57m	4.35m	

Women Triple Jump

Name	Year School	Seed	Finals	W	
1	Abersfeller, Natalie	Spokane CC	11.58m	11.42m	
2	Bascom, Kim	Western Washingt	11.55m	11.21m	
3	Vielma, Nicole	Washington	10.93m	10.71m	
4	Williams, Valerie	Simon Fraser	11.30m	10.62m	
5	Spear, Anjuli	Central Washingt	10.50m	10.36m	
6	Blymia, Lydia	Washington		10.14m	

9 Hutchinson, Corissa Spokane CC 39.21m 29.25m

Women Javelin Throw

Name	Year School	Seed	Finals
1 Gleadle, Liz	British Columbia	52.26m	47.55m
2 McMeel, Katie	Central Washingt	44.82m	42.91m
3 Barnes, Molly	Seattle Pacific	44.88m	41.78m
4 Gruszecki, Monica	Western Washingt	44.76m	39.37m
5 Hatch, Karin	Pacific Lutheran	39.95m	38.17m
6 Janney, Kristin	Seattle Pacific	37.13m	37.48m
7 Bolton, Jennifer	Spokane CC	37.92m	37.22m
8 Baker, Leslie	Spokane CC	38.30m	36.02m
9 Howe, Liz	Western Washingt	37.49m	34.55m

Men 100 Meter Dash

Name	Year School	Seed	Finals	W
1 Adebayo, Deji	Spokane CC	10.55	10.66	-
2 Guiffre, Mike	Metro AC	10.87	11.18	-
3 Garry, Tasheen	Spokane CC	10.91	11.19	-
4 Robinson, Brett	Metro AC	10.99	11.22	-
5 Farrell, Leon	Unat-British Col	11.04	11.31	-
6 Parrish, Curtis	Spokane CC	11.13	11.34	-
7 Edwards, Robert	Central Washingt	11.39	11.43	-
8 Keah, Tomi	Seattle U.	11.36	11.45	-
9 Sullivan, Daniel	Seattle U.	11.40	11.50	-
10 Tyson, Dan	Spokane CC	10.93	11.75	-
11 Russell, Brandon	British Columbia	11.54	11.83	-
12 White, Shay	Treasure Valley	11.55	11.88	-
12 Myers, Matt	Treasure Valley	11.57	11.88	-
14 Waller, Mike	Unat-Pacific Lut	11.80	11.89	-

Men 200 Meter Dash

Name	Year School	Seed	Finals	W
1 Thompson, Ira	Vancouver OC		22.52	-
2 Robinson, Brett	Metro AC	22.17	22.60	-
3 Farrell, Leon	Unat-British Col	21.96	22.77	-

4	Lim, Kevin	Kajaks T&F	22.80	22.90	-
5	White, Shay	Treasure Valley	23.55	23.73	
6	Buchanan, Tyson	Simon Fraser	23.21	23.94	-
7	Cloud, Dustin	Treasure Valley	24.50	24.16	
8	Solomon, Danny	Treasure Valley	24.40	24.35	-
9	Gardner, Dallas	Treasure Valley	25.00	24.94	
10	Barnhart, David	Treasure Valley	24.80	25.25	
11	Poshusta, Robert	Seattle U.	23.70	25.31	
12	Beal, Matthew	Pacific Lutheran	25.50	25.76	

Men 400 Meter Dash

Name	Year School	Seed	Finals	H	
1	Cleary, Brendan	Simon Fraser	47.89	47.82	
2	Rogstad, Matt	Central Washingt	48.73	48.85	
3	Dean, Michael	Western Washingt	48.52	49.07	
4	Thompson, Ira	Vancouver OC	48.66	50.45	
5	Johnson, Carl	Western Washingt	51.07	50.97	
6	Lim, Kevin	Kajaks T&F	48.80	51.24	
7	Allen, Loyal	Seattle U.	50.50	51.83	
8	Gaona, Richard	Treasure Valley	52.70	52.38	
9	Hawker, Evan	Treasure Valley	53.20	52.87	
10	May, Brandt	Highline CC	52.50	54.01	
11	Quach, Yi	Unattached	55.00	54.32	
12	Barnhart, David	Treasure Valley	56.00	54.61	
13	Buchanan, Tyson	Simon Fraser	52.54	54.62	
14	Overs, Thomas	Simon Fraser	50.90	55.28	
15	Poshusta, Robert	Seattle U.	53.25	56.86	

Men 800 Meter Run

Name	Year School	Seed	Finals	P	
1	Jackson, Bruce	Club Northwest	1:49.68	1:50.50	
2	Strickler, Eddie	Seattle Pacific	1:51.76	1:50.83	
3	Brancheau, Sam	Western Washingt	1:53.49	1:52.48	
4	Fraser, Seth	Simon Fraser	1:54.10	1:53.06	
5	Freeman, Tim	Washington	1:52.20	1:53.30	
6	Dols, Nicholas	Seattle U.	1:54.76	1:53.58	
7	MacKenzie, Davin	British Columbia	1:51.90	1:53.69	
8	Drapala, Rob	Simon Fraser	1:54.09	1:53.75	

9	Easton, Curtis	Club Northwest	1:52.00	1:53.81
10	Harmon, Blake	Spokane CC	1:54.40	1:53.85
11	Roberts, Jake	Spokane CC	1:55.60	1:54.39
12	Cisneros, Cordero	Spokane CC	1:54.20	1:54.44
13	Tomsich, Anthony	Western Washingt	1:54.00	1:54.77
14	Fraser, Chad	Simon Fraser	1:54.20	1:55.22
15	Lampi, Kyle	Western Washingt	1:55.89	1:55.50
16	Kineshenko, Tom	Simon Fraser	1:56.00	1:55.80
17	Kazuta, Kerry	Douglas College	1:57.36	1:57.58
18	Cameron, Will	Western Washingt	1:56.88	1:57.81
19	Grimes, Bennett	Western Washingt	2:00.01	1:58.28
20	Timmer, Caleb	St. Martin's	1:55.23	1:58.89
21	Nicol, Scott	Unattached	1:56.80	1:59.48
22	Zarate, Matthew	Seattle U.	1:59.00	1:59.99
23	Johnson, Ben	Pacific Lutheran	2:00.01	2:02.79
24	Eidsmoe, Tyler	Highline CC	2:06.24	2:03.24
25	Bedell, Sam	Western Washingt	1:58.94	2:06.47
26	McDonald-Robbins, Noah	Highline CC	2:10.08	2:06.82
27	Manske, Mark	Pacific Lutheran	2:02.00	2:07.05
28	Beal, Matthew	Pacific Lutheran	2:08.00	2:10.07
29	May, Brandt	Highline CC	2:01.22	2:22.22

Men 1500 Meter Run

Name	Year School	Seed	Finals	P
1	Cronrath, Brian	Seattle Pacific	3:52.28	3:52.86
2	Tomsich, Anthony	Western Washingt	3:50.25	3:54.35
3	Fuller, Andrew	Unat-Spokane CC	3:53.00	3:54.70
4	Lemay, Keith	Western Washingt	3:53.89	3:54.74
5	Roberts, Jake	Spokane CC	3:57.00	3:56.61
6	Gussin, Zack	Unat-Washington	3:55.00	3:58.96
7	Ledford, Chris	Unattached	3:50.40	4:01.46
8	Childs, Cliff	Kelowna Track an	4:00.89	4:03.36
9	Nichol, Stephen	Simon Fraser	3:59.45	4:03.50
10	Bedell, Sam	Western Washingt	3:58.99	4:05.19
11	Vipham, Michael	Treasure Valley	4:10.92	4:06.05
12	Gavareski, Michael	Seattle Pacific	4:01.01	4:06.31
13	Swanson, Jonathan	AQX	4:05.00	4:06.34
14	khalif, hassan	Unattached	4:00.00	4:06.55
15	Jennings, Trevor	Highline CC	4:15.87	4:08.90
16	Chad, Meis	Seattle Pacific	4:03.57	4:09.15

17	Alvarado, Nicholas	Seattle U.	4:07.00	4:10.00
18	Chilcoat, Kenneth	Hares		4:15.63
19	Hurlburt, John	Highline CC	4:18.78	4:17.21
20	Ramirez, Chris	Pacific Lutheran	4:15.00	4:26.53
21	Henry, Chris	Seattle U.	4:25.00	4:30.77
22	Manske, Mark	Pacific Lutheran	4:10.00	4:33.51

Men 5000 Meter Run

Name	Year School	Seed	Finals	P
1	Fuller, Andrew	Unat-Spokane CC	15:00.00	14:50.35
2	Riak, John	St. Martin's	14:46.00	14:55.25
3	Hemlock, Clayton	Pearson's Athlet	14:26.70	14:56.09
4	Fraser, Ian	Unattached	15:05.00	14:56.23
5	Scotchmer, Sam	Central Washingt	14:42.81	14:58.28
6	Moeller, Mark	Spokane CC	15:04.00	15:12.54
7	Swarthout, Jordan	Unattached	15:20.00	15:29.00
8	Haliday, Scott	Club Northwest	15:21.00	15:37.97
9	Stewart, Will	British Columbia	15:50.50	15:38.89
10	Jennings, Trevor	Highline CC	15:55.23	15:40.70
11	Vipham, Michael	Treasure Valley	17:40.00	15:44.06
12	Heitzinger, Nathan	Seattle U.	15:40.00	15:49.97
13	Rosser, James	Seattle Pacific	15:50.00	15:54.42
14	khalif, hassan	Unattached	15:20.00	15:57.29
15	Burck, Eric	Spokane CC	15:43.00	16:03.54
16	Kulvi, Trevor	Central Washingt	15:50.00	16:09.06
17	Carmichael, Weston	Treasure Valley	16:50.00	16:12.23
18	McDonald, John	Central Washingt	15:58.00	16:19.39
19	Roach, James	Central Washingt	15:57.00	16:28.15
20	Maynard, Jordan	British Columbia	15:59.90	16:45.08
21	Walker, Klamath	Treasure Valley	17:50.00	16:55.14
22	Murdock, Rob	Treasure Valley	17:55.00	17:37.79

Men 10000 Meter Run

Name	Year School	Seed	Finals	P
1	Primrose, Andrew	Club Northwest	33:18.00	35:04.47
2	Anderson, William	Highline CC	38:00.00	38:37.62

Men 110 Meter Hurdles

Name	Year	School	Seed	Finals	W
1 Edwards, Robert		Central Washingt	14.87	14.82	
1 Williams, Elvie		Unat-Spokane CC	14.99	14.82	
3 Freeman, Josh		Club Northwest	15.39	15.36	
4 Randolph, Chris		Unat-Seattle Pac	14.70	15.55	
5 Poosri, Tyreil		Spokane CC	15.78	15.86	
6 Brown, Garrett		Seattle U.	16.30	16.32	
7 Cloud, Dustin		Treasure Valley	16.19	16.39	
8 Sullivan, Daniel		Seattle U.	16.00	16.89	
9 Nelson, Andy		Spokane CC	16.33	17.09	
10 Poshusta, Robert		Seattle U.	18.28	18.36	
11 Gardner, Dallas		Treasure Valley	17.17	21.96	

Men 400 Meter Hurdles

Name	Year	School	Seed	Finals	H
1 Parrish, Curtis		Spokane CC	53.71	53.92	
2 Nelson, Andy		Spokane CC	58.89	54.51	
3 Chester, Ryan		Kajaks T&F	53.91	54.68	
4 Newbert, Joel		Unat-British Col	55.40	55.84	
5 Halcro, Joel		Unat-British Col	55.05	56.39	
6 Weinbrecht, Luke		Pacific Lutheran	56.62	57.03	
7 Poosri, Tyreil		Spokane CC	57.23	57.30	
8 Kirk, Joshua		Central Washingt	56.90	57.87	
9 Robertson, matt		Unattached		1:00.82	

Men 3000 Meter Steeplechase

Name	Year	School	Seed	Finals	P
1 Gant, Dylan		Simon Fraser	9:12.00	9:17.18	
2 Symonds, Jeff		British Columbia	9:10.22	9:28.54	
3 Senrud, Logan		Western Washingt	9:20.00	9:30.31	
4 Anderson, Geoff		Central Washingt	9:25.10	9:37.48	
5 Cummings, Charles		Spokane CC	9:50.00	9:48.18	
6 Rockenbach, Brian		Unattached	9:50.00	9:50.22	
7 Rapp, Tyler		Spokane CC	10:00.00	9:54.83	
8 Phillips, Ryan		Seattle Pacific	10:02.00	10:06.80	
9 Mavis, Anders		Western Washingt	10:07.60	10:07.33	

10	Blount, Kevin	Central Washingt	9:45.00	10:08.63
11	Henry, Keeever	Western Washingt	9:17.10	10:20.40
12	Kratzer, Josh	Central Washingt	10:15.00	10:57.62
13	McDonald-Robbins, Noah	Highline CC	11:00.00	11:05.74

Men 4x100 Meter Relay

School	Seed	Finals	P
1 Spokane CC 'A'	41.66	42.72	
1) Parrish, Curtis			2) Adebayo, Deji
3) Tyson, Dan			4) Garry, Tasheen
2 Seattle U. 'A'	42.83	43.90	
1) Allen, Loyal			2) Brown, Garrett
3) Keah, Tomi			4) Sullivan, Daniel
3 Treasure Valley CC 'A'	43.96	44.59	
1) Myers, Matt			2) Solomon, Danny
3) Gaona, Richard			4) White, Shay

Men 4x400 Meter Relay

School	Seed	Finals	P
1 Spokane CC 'A'	3:17.65	3:23.36	
1) Harmon, Blake			2) Cisneros, Cordero
3) Roberts, Jake			4) Parrish, Curtis
2 Treasure Valley CC 'A'	3:30.00	3:27.76	
1) Myers, Matt			2) Solomon, Danny
3) Gaona, Richard			4) Hawker, Evan

Men High Jump

Name	Year School	Seed	Finals
1 Parrish, Curtis	Spokane CC	1.87m	2.03m
2 Bailey, Cameron	Central Washingt	2.01m	1.98m
3 Talbot, Kevin	Treasure Valley	1.85m	1.93m
-- Crumedy, Matthew	Seattle U.	1.60m	NH

Men Pole Vault

Name	Year School	Seed	Finals
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1	Randolph, Chris	Unat-Seattle Pac	4.86m	4.70m
2	Thornbrue, Tyler	Western Washingt	4.82m	J4.70m
3	Law, Geoff	Unat-British Col	4.56m	J4.70m
4	Lucke, Bryan	Western Washingt	4.60m	4.55m
5	McCoy, Scott	Central Washingt	4.62m	J4.55m
6	Schooley, Casey	Spokane CC	4.54m	4.40m
7	Pinkerton, David	Unat-Washington	4.50m	4.25m
8	Gustavson, Reid	British Columbia	4.40m	4.10m
9	Grant, Kraig	Spokane CC	4.41m	J4.10m
--	Carillo, Beau	Spokane CC	4.80m	NH
--	Jorgensen, Joshua	Seattle Pacific	4.11m	NH

Men Long Jump

Name	Year	School	Seed	Finals	W	
1		Williams, Elvie	Unat-Spokane CC	7.41m	7.02m	:
2		Williams, Kurt	Spokane CC	6.62m	6.71m	:
3		Van Sant, Pete	Puget Sound	7.12m	6.68m	:
4		Russell, Brandon	British Columbia	6.74m	6.59m	:
5		Weeks, Braden	Washington	6.51m	6.32m	:
6		Khouw, Justin	British Columbia	6.44m	6.22m	:
7		Sullivan, Daniel	Seattle U.	6.21m	5.83m	:
--		Garry, Tasheen	Spokane CC	6.78m	FOUL	:

Men Triple Jump

Name	Year	School	Seed	Finals	W	
1		Weeks, Braden	Washington	12.81m	13.37m	:
2		Bailey, Cameron	Central Washingt	13.71m	13.23m	:
3		Williams, Kurt	Spokane CC	13.61m	13.04m	:
4		Brown, Garrett	Seattle U.	12.72m	12.94m	:
5		Beach, Jackson	Washington	12.77m	12.78m	:

Men Shot Put

Name	Year	School	Seed	Finals	
1		Neel, Cameron	Central Washingt	16.83m	15.65m
2		Valdez, Matt	Central Washingt	15.70m	15.29m

3	Howard, Dave	Spokane CC	15.08m	14.03m
4	Lawton, Nate	Spokane CC	14.24m	13.23m
5	Elder, Ben	Western Washingt	13.41m	12.80m
6	Nielsen, Jeff	Pacific Lutheran	12.80m	12.41m
7	Gustavson, Reid	British Columbia	12.80m	11.98m
8	Frederick, Steven	Spokane CC	11.88m	11.44m
9	Togstad, Adam	Spokane CC	11.88m	10.88m
10	Aguirre, Jesse	Treasure Valley	8.14m	8.46m

Men Discus Throw

Name	Year School	Seed	Finals	
1	Neel, Cameron	Central Washingt	51.34m	50.41m
2	Ruud, Evan	Central Washingt	49.38m	48.27m
3	Fischer, Tyler	Central Washingt	46.93m	45.29m
4	Randolph, Chris	Unat-Seattle Pac	49.31m	45.08m
5	Lemieux, Kevin	Spokane CC	44.42m	44.85m
6	Elder, Ben	Western Washingt	43.81m	44.50m
7	Freeman, Josh	Club Northwest	45.75m	43.89m
8	Michaelson, Bryant	Western Washingt	41.60m	42.25m
9	Howard, Dave	Spokane CC	43.89m	42.02m
10	Whitley, Ron	Unat-Spokane CC	44.34m	41.47m
11	Stoner, Jesse	Spokane CC	42.16m	36.26m
12	Jahner, Brock	Seattle U.	32.46m	25.90m
--	Frederick, Steven	Spokane CC	39.09m	FOUL

Men Hammer Throw

Name	Year School	Seed	Finals	
1	Ruud, Evan	Central Washingt	58.42m	56.91m
2	Haakenson, Dan	Unat-Pacific Lut	56.20m	54.52m
3	Fischer, Tyler	Central Washingt	56.34m	54.21m
4	Richards, Zack	Unattached	54.05m	52.95m
5	McIssac, Shawn	British Columbia	50.36m	50.27m
6	Whitley, Ron	Unat-Spokane CC	48.76m	48.95m
7	Lawton, Nate	Spokane CC	52.24m	48.48m
8	Bailey, Greg	Puget Sound	48.42m	47.13m
9	Stoner, Jesse	Spokane CC	47.04m	42.98m
10	Elder, Ben	Western Washingt	41.70m	37.96m
11	Schaffer, Mike	Spokane CC	33.83m	34.87m

12	Nielsen, Jeff	Pacific Lutheran	38.00m	34.39m
13	Lemieux, Kevin	Spokane CC	39.62m	34.19m

Men Javelin Throw

Name	Year	School	Seed	Finals
1	Weidman, Ryan	Unat-Spokane CC	71.27m	65.62m
2	Matthews, Jarrad	Unattached	70.00m	64.45m
3	McCormick, Pat	Spokane CC	71.32m	60.66m
4	Ingman, Michael	Central Washingt	62.05m	56.76m
5	Rodriguez, Gabe	Spokane CC	60.04m	54.30m
6	Togstad, Adam	Spokane CC	61.16m	52.12m
7	Howard, Dave	Spokane CC	54.10m	51.19m
8	Jahner, Brock	Seattle U.	50.08m	47.82m
9	Crumedy, Matthew	Seattle U.	45.74m	45.11m
10	Grant, Kraig	Spokane CC	49.25m	45.09m

5 PM

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find H# Points

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find H# Points

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1.4 1
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