

4-7-2007

Western Washington University Ralph Vernacchia Team Meet

Great Northwest Athletic Conference

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Hy-Tek's Meet Manager 4/7/2007 05:4

WWU Ralph Vernacchia Team Meet - 4/6/2007 to 4/7/2007

WWU Campus Track, Bellingham, WA

Results

Event 1 Women High Jump

Name	Year School	Finals
1 Cook, Clara	Western Washingt	1.60m 5-03.00
2 Webb, Kailin	Simon Fraser	1.55m 5-01.00
3 Cox, Lindsey	Western Washingt	1.50m 4-11.00
4 Spear, Anjuli	Central Washingt	J1.50m 4-11.00
5 VanZanten, Kara	Northwest U.	J1.50m 4-11.00
5 Hewitt, Katie	British Columbia	J1.50m 4-11.00

Event 2 Men High Jump

Name	Year School	Finals
1 Pflugrath, Brett	Northwest U.	2.01m 6-07.00
2 Bailey, Cameron	Central Washingt	1.95m 6-04.75
3 Geist, Peter	Western Washingt	1.90m 6-02.75
4 Hamilton, Jonathan	Central Washingt	1.85m 6-00.75
4 Elmo, Adrian	Central Washingt	1.85m 6-00.75
6 Kintigh, Luke	Northwest U.	1.80m 5-10.75
7 Flora, Tyler	Central Washingt	1.75m 5-08.75

Event 3 Women Pole Vault

Name	Year School	Finals
1 Anderson, Monica	Seattle Pacific	3.70m 12-01.50
2 Lundsten, Tracie	Seattle Pacific	3.55m 11-07.75
3 Miller, Christy	Western Washingt	3.40m 11-01.75
4 Clarke, Camille	Western Washingt	3.10m 10-02.00
5 Amos, Haley	Central Washingt	J3.10m 10-02.00
6 Stone, Julie	Western Washingt	2.95m 9-08.00
6 Wulfekuhle, Jamie	Western Washingt	2.95m 9-08.00
8 Ehlers, Sara	Western Washingt	2.80m 9-02.25
8 Ziegler, Erica	Western Washingt	2.80m 9-02.25

Event 4 Men Pole Vault

Name	Year School	Finals
1 Thornbrue, Tyler	Western Washingt	4.72m 15-05.75
2 Gustavson, Reid	British Columbia	3.60m 11-09.75
-- Jorgensen, Joshua	Seattle Pacific	NH

Event 5 Women Long Jump

Name	Year School	Finals	Wind
1 Abdulai, Ruky	Simon Fraser	6.04m	0.4 19-0
2 Bascom, Kim	Western Washingt	5.22m	0.8 17-0
3 Bekins, Brittany	Seattle Pacific	5.12m	+0.0 16-0
4 Williams, Valerie	Simon Fraser	5.02m	1.5 16-0
5 Spear, Anjuli	Central Washingt	4.83m	0.5 15-1
6 Quick, Susan	Central Washingt	4.73m	0.4 15-0
7 Webb, Kailin	Simon Fraser	4.71m	0.2 15-0
8 Butler, Gail	Western Washingt	4.64m	2.0 15-0
9 Rose, Amanda	Central Washingt	4.54m	1.2 14-1
10 Morrison, Lydia	Western Washingt	4.40m	0.9 14-0
11 Peoples, Sarah	Northwest U.	3.85m	0.7 12-0

Event 6 Men Long Jump

Name	Year School	Finals	Wind
1 Denton, Allan	Western Washingt	6.62m	0.2 21-0
2 Elmo, Adrian	Central Washingt	6.48m	0.6 21-0
3 Russell, Brandon	British Columbia	6.45m	1.2 21-0
4 Goodwin, Christian	Central Washingt	6.33m	0.2 20-0
5 Khouw, Justin	British Columbia	6.02m	0.5 19-0

Event 7 Women Triple Jump

Name	Year School	Finals	Wind
1 Bascom, Kim	Western Washingt	11.33m	1.2 37-0
2 Rose, Amanda	Central Washingt	10.95m	1.2 35-1
3 Williams, Valerie	Simon Fraser	10.66m	0.6 34-1

4 Morrison, Lydia Western Washingt 10.27m 1.7 33-0

Event 8 Men Triple Jump

Name	Year	School	Finals	Wind
1 Bailey, Cameron		Central Washingt	13.42m	0.9 44-0
2 Khouw, Justin		British Columbia	12.71m	0.9 41-0
3 Goodwin, Christian		Central Washingt	12.60m	0.4 41-0
4 Gaddy, Nick		Western Washingt	12.45m	1.0 40-1

Event 9 Women Shot Put

Name	Year	School	Finals
1 Sadler, Chelsea		Western Washingt	11.31m 37-01.25
2 Johnstone, Ella		British Columbia	10.79m 35-05.00
3 Brown, Kaitlyn		Western Washingt	10.18m 33-04.75
4 Hewitt, Cloe		British Columbia	9.80m 32-02.00
5 Rance, Erica		Western Washingt	9.74m 31-11.50
6 Johnson, Sarah		Western Washingt	9.58m 31-05.25
7 Peoples, Sarah		Northwest U.	5.55m 18-02.50

Event 10 Men Shot Put

Name	Year	School	Finals
1 Edler, Ben		Western Washingt	13.41m 44-00.00
2 Varkevisser, Brandon		Western Washingt	13.36m 43-10.00
3 Michaelson, Bryant		Western Washingt	12.39m 40-07.75
4 Skogsberg, Nik		Western Washingt	11.74m 38-06.25
5 Gustavson, Reid		British Columbia	11.48m 37-08.00
6 Heisler, Tommy		Northwest U.	9.16m 30-00.75

Event 11 Women Discus Throw

Name	Year	School	Finals
1 Ter Laak, Lara		Simon Fraser	43.24m 141-10
2 Rance, Erica		Western Washingt	38.26m 125-06
3 Sadler, Chelsea		Western Washingt	34.95m 114-08
4 McWeeny, Alison		Central Washingt	31.08m 102-00

5	Taylor, Katie	Western Washingt	30.43m	99-10
6	Brown, Kaitlyn	Western Washingt	30.04m	98-07
7	Johnson, Sarah	Western Washingt	28.87m	94-09

Event 12 Men Discus Throw

Name	Year	School	Finals	
1	Edler, Ben	Western Washingt	42.59m	139-09
2	Michaelson, Bryant	Western Washingt	40.79m	133-10
3	Ostler, Mychal	Central Washingt	39.63m	130-00
4	Skogsberg, Nik	Western Washingt	37.45m	122-10
5	Marvin, David	Northwest U.	33.56m	110-01
6	Kintigh, Luke	Northwest U.	31.32m	102-09
7	Heisler, Tommy	Northwest U.	26.27m	86-02

Event 13 Women Hammer Throw

Name	Year	School	Finals	
1	Hansen, Kaylee	Simon Fraser	47.15m	154-08
2	Ter Laak, Lara	Simon Fraser	46.38m	152-02
3	Taylor, Katie	Western Washingt	40.38m	132-06
4	McWeeny, Alison	Central Washingt	39.40m	129-03
5	Rance, Erica	Western Washingt	37.90m	124-04
6	Hook, Rebekah	Western Washingt	29.22m	95-10
7	Kaligis, Lauren	Unattached	27.70m	90-10

Event 14 Men Hammer Throw

Name	Year	School	Finals	
1	Richards, Zach	Unattached	X50.41m	165-05
2	McIssac, Shawn	British Columbia	47.46m	155-08
3	Edler, Ben	Western Washingt	36.75m	120-07
4	Ostler, Mychal	Central Washingt	36.49m	119-09
5	Skogsberg, Nik	Western Washingt	30.86m	101-03

Event 15 Women Javelin Throw

Name	Year	School	Finals	
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1	Gleadle, Liz	British Columbia	48.04m	157-07
2	Barnes, Molly	Seattle Pacific	40.25m	132-01
3	Howe, Liz	Western Washingt	37.49m	123-00
4	Johnstone, Ella	British Columbia	33.29m	109-03
5	McWeeny, Alison	Central Washingt	32.28m	105-11
6	Marino, Lauryn	Western Washingt	18.92m	62-01

Event 16 Men Javelin Throw

Name	Year School	Finals	
1	Waterhouse, Travis	British Columbia	53.20m 174-06
2	Harris, Loren	Central Washingt	52.21m 171-03
3	McIssac, Shawn	British Columbia	49.68m 163-00
4	Marvin, David	Northwest U.	41.87m 137-04

Event 17 Women 3000 Meter Run

Name	Year School	Finals	Points
1	Clift, Justine	British Columbia	10:57.84
2	Wrightman, Megan	Seattle Pacific	11:02.56
3	Kaligis, Keely	Western Washingt	11:08.87
4	McDougall, Ashley	Western Washingt	11:15.49
5	Slaughter, Danielle	Western Washingt	11:29.65
6	Olson, Amy	Western Washingt	11:33.14
7	Jensen, Shellane	Western Washingt	11:38.40
8	Gray, Kaitlin	British Columbia	12:18.33
9	Friday, Anya	Central Washingt	12:43.74
10	Hirsch Korn, Jessica	Central Washingt	13:13.67
11	Schaufler, Abby	Northwest U.	13:24.50

Event 18 Men 10000 Meter Run

Name	Year School	Finals	Points
1	Portwood, Chad	Western Washingt	32:23.64
2	Harri, Ed	Unattached	X32:26.54
3	Senrud, Logan	Western Washingt	32:33.13
4	Kubitz, Greg	Western Washingt	33:11.86
5	Ellis, Peter	Western Washingt	33:14.04
6	Primrose, Andrew	Club Northwest	X33:16.74

7	Barten, Casey	Western Washingt	33:19.53
8	Rosser, James	Seattle Pacific	33:29.61
9	Halliday, Scott	Club Northwest	X33:47.64
10	Fountain, Josh	Club Northwest	X33:54.81
11	Collins, John	Unattached	X33:58.48
12	Race, Tommy	Western Washingt	34:10.88
13	Seamster, Scott	Seattle Pacific	34:26.16
14	Cantwell, Colin	Unattached	X34:48.38
15	Zahn, Nathan	Unattached	X34:48.67
16	Wick, RB	Unattached	X34:59.91
17	Gamirov, Artur	Unattached	X35:19.60
18	Buffum, Jesse	Unattached	X36:38.46
--	Tarbill, Joe	Club Northwest	XDNF

Event 19 Women 10000 Meter Run

Name	Year School	Finals	Points
1	Elmer, Shannon	British Columbia	38:32.23
2	Riemer-Reiss, Marti	Unattached	X38:52.46
3	Bailey, Kjerstein	Northwest U.	39:01.31
4	Akeroyd, Nicole	British Columbia	40:28.46
5	Jenson, Nikki	Seattle Pacific	40:31.06
6	Oram, Louise	British Columbia	41:10.85
7	Peterson, Heidi	Seattle Pacific	42:50.13
8	Schwerdtfeger, Katrina	Western Washingt	46:02.86
--	Rohde, Kaitlin	Seattle Pacific	DNF

Event 20 Men 3000 Meter Steeplechase

Name	Year School	Finals	Points
1	Hart, Tyler	Northwest U.	9:39.0h
2	Phillips, Ryan	Seattle Pacific	10:17.5h
3	Han, Yi	British Columbia	10:22.6h
4	Maynard, Jordan	British Columbia	10:29.0h

Event 21 Women 3000 Meter Steeplechase

Name	Year School	Finals	Points
1	Rohde, Karin	Seattle Pacific	11:22.2h

2	Beamon, Kim	Seattle Pacific	12:03.9h
3	Matthews, Valerie	Western Washingt	13:03.2h

Event 22 Women 4x100 Meter Relay

=====			
School		Finals	Points
=====			
1	University of British Columbia 'A'	48.70	
	1) Porter, Danaka	2) Hewitt, Cloe	
	3) Richard, Claudia	4) Kisielewska, Paulina	
2	Central Washington University 'A'	50.03	
	1) Gius, Amanda	2) Legard, Terran	
	3) Hood, Britany	4) Kaercher, Rachael	

Event 23 Men 4x100 Meter Relay

=====			
School		Finals	Points
=====			
1	Central Washington University 'A'	42.09	
	1) Demouchet, Christian	2) Edwards, Robert	
	3) Brydson, Colby	4) Rogstad, Matt	
2	University of British Columbia 'A'	43.38	
	1) Russell, Brandon	2) Allestar, Stuart	
	3) Gustavson, Reid	4) Beck, Matt	
3	Northwest University 'A'	44.51	
	1) Bostock, Casey	2) Veach, Kyle	
	3) Reed, Jimmy	4) Inge, Jerome	
--	Western Washington 'A'	DNF	
	1) Williams, Calvin	2) Dean, Michael	
	3) Denton, Allan	4) Neff, Adam	
--	Simon Fraser University 'A'	DQ	
	1) Hargreaves, Aaron	2) Cleary, Brendan	
	3) Drapala, Rob	4) Tremblay, Ryan	

Event 24 Women 1500 Meter Run

=====			
Name	Year School	Finals	Points
=====			
1	Pixler, Jessica	Seattle Pacific	4:23.17
2	Macgregor, Meredith	Simon Fraser	4:37.20
3	Kolstad, Kristen	Simon Fraser	4:37.64
4	Larson, Jane	Seattle Pacific	4:43.86

5	Strickler, Suzie	Seattle Pacific	4:55.67
6	Lisa, Anderberg	Seattle Pacific	4:55.94
7	Cooke, Stephanie	Central Washingt	5:02.06
8	Harline, Kate	Seattle Pacific	5:03.09
9	Clift, Justine	British Columbia	5:12.59
10	Kaligis, Keely	Western Washingt	5:13.35
11	Olson, Amy	Western Washingt	5:16.12
12	Jensen, Shellane	Western Washingt	5:26.82

Event 25 Men 1500 Meter Run

Name	Year School	Finals	Points
1 Cronrath, Brian	Seattle Pacific	3:52.93	
2 Gant, Dylan	Simon Fraser	3:54.10	
3 Brancheau, Sam	Western Washingt	3:56.00	
4 Lemay, Keith	Western Washingt	3:57.29	
5 Tomsich, Anthony	Western Washingt	3:57.61	
6 Fraser, Seth	Simon Fraser	4:01.96	
7 Croutworst, Alex	Northwest U.	4:05.30	
8 Bedell, Sam	Western Washingt	4:07.88	
9 Johnson, Tom	Central Washingt	4:10.42	
10 Stewart, Will	British Columbia	4:12.12	
11 Molinaro, Gabe	Northwest U.	4:12.82	
12 Beck, Josh	Western Washingt	4:17.73	
13 Thistlewood, Ben	British Columbia	4:19.64	
14 Lampshire, Cory	Western Washingt	4:20.93	
-- Kazuta, Kerry	Douglas College	XDNF	

Event 26 Women 100 Meter Hurdles

Name	Year School	Finals	Wind Point
1 Lunderman, Lindsay	Western Washingt	15.07	-1.3
2 Johns, Adelle	British Columbia	15.14	-1.3
3 Cook, Clara	Western Washingt	16.91	-1.3

Event 27 Men 110 Meter Hurdles

Name	Year School	Finals	Wind Point
1 Edwards, Robert	Central Washingt	15.39	-2.3

2	Wargo, Ben	Western Washingt	16.61	-2.3
3	Zayshly, Mark	Seattle Pacific	16.85	-2.3

Event 28 Women 400 Meter Dash

Name	Year School	Finals	H#	Points
1	Evans, Chelsea	Central Washingt	58.86	2
2	Kaercher, Rachael	Central Washingt	59.73	2
3	Walters, Anna	Seattle Pacific	1:00.13	2
4	Gius, Amanda	Central Washingt	1:00.90	2
5	Thornton, Amanda	Western Washingt	1:01.48	2
6	Lisa, Anderberg	Seattle Pacific	1:01.86	1
7	Simon, Amy	Northwest U.	1:02.31	1
8	Taylor, Brittany	Central Washingt	1:02.87	2
9	Campbell, Katie	Northwest U.	1:03.78	1
10	Seibert, Danielle	Western Washingt	1:04.78	1

Event 29 Men 400 Meter Dash

Name	Year School	Finals	H#	Points
1	Neff, Adam	Western Washingt	49.50	2
2	Drapala, Rob	Simon Fraser	49.54	2
3	Strickler, Eddie	Seattle Pacific	49.94	2
4	Allestar, Stuart	British Columbia	50.24	2
5	Brydson, Colby	Central Washingt	50.74	2
6	O'Connell, Matt	Western Washingt	50.79	2
7	Schie, Daryl	Central Washingt	51.21	2
8	Reed, Jimmy	Northwest U.	51.74	1
9	Gundel, Andy	Central Washingt	52.17	2
10	Dimond, Corey	Central Washingt	52.61	1
11	Inge, Jerome	Northwest U.	53.57	1
12	Coughran, Nick	Western Washingt	55.33	1

Event 30 Women 100 Meter Dash

Name	Year School	Finals	Wind	H#	Po
1	Sims, NyEma	Seattle Pacific	12.64	-2.3	2
2	Hinton, Jessica	Seattle Pacific	13.02	-2.3	2
3	Porter, Danaka	British Columbia	13.07	-2.3	2

3	Kisieleska, Paulina	British Columbia	13.07	-2.3	2
5	Dimmitt, Heidi	Western Washingt	13.09	-2.3	2
6	Hood, Britany	Central Washingt	13.43	-2.0	1
7	Beard, Kara	Central Washingt	13.68	-2.0	1
8	Couvelier, Elsa	Western Washingt	13.70	-2.3	2
9	Nygaard, Kara	Central Washingt	13.94	-2.3	2
10	Amos, Haley	Central Washingt	14.11	-2.0	1
11	Quick, Susan	Central Washingt	14.23	-2.0	1

Event 31 Men 100 Meter Dash

Name	Year School	Finals	Wind	Point
1 Dean, Michael	Western Washingt	11.16	-1.9	
2 Demouchet, Christian	Central Washingt	11.48	-1.9	
3 Rogstad, Matt	Central Washingt	11.51	-1.9	
4 Hargreaves, Aaron	Simon Fraser	11.58	-1.9	
5 Wilson, Dennis	Northwest U.	11.77	-1.9	
6 Jewell, Ryan	Seattle Pacific	11.83	-1.9	
7 Buchanan, Tyson	Simon Fraser	12.10	-1.9	
8 Breakey, Ryan	Western Washingt	12.33	-1.9	

Event 32 Women 800 Meter Run

Name	Year School	Finals	H#	Points
1 Pixler, Jessica	Seattle Pacific	2:10.64	2	
2 Mancell, Heather	Simon Fraser	2:13.86	2	
3 Perkins, Teona	Seattle Pacific	2:14.15	2	
4 Marsh, Jennifer	Seattle Pacific	2:15.35	2	
5 Larson, Jane	Seattle Pacific	2:17.30	2	
6 Kolstad, Kristen	Simon Fraser	2:19.37	2	
7 Rohde, Karin	Seattle Pacific	2:21.57	1	
8 Ershov, Victoria	Simon Fraser	2:22.01	2	
9 Legard, Terran	Central Washingt	2:26.19	1	
10 Strickler, Suzie	Seattle Pacific	2:27.09	1	
11 Scruggs-James, Susannah	Western Washingt	2:27.61	1	
12 Perkins, Victoria	Seattle Pacific	2:28.76	2	
13 Clarke, Lynde	Central Washingt	2:31.16	1	
14 Nelson, Ali	Western Washingt	2:32.06	1	
15 Josephson, Jenny	Western Washingt	2:35.08	1	
16 Fraser, Erin	Western Washingt	2:43.39	1	

Event 33 Men 800 Meter Run

Name	Year School	Finals	Points
1 Cleary, Brendan	Simon Fraser	1:54.24	
2 Brancheau, Sam	Western Washingt	1:54.49	
3 Fraser, Chad	Simon Fraser	1:55.87	
4 MacKenzie, Davin	British Columbia	1:56.41	
5 Gavareski, Michael	Seattle Pacific	1:56.84	
6 Cronrath, Brian	Seattle Pacific	1:57.04	
7 Kineshenko, Tom	Simon Fraser	1:57.33	
8 Kazuta, Kerry	Douglas College	X1:57.36	
9 Maludzinski, Chris	British Columbia	1:57.61	
10 Millage, Jaimie	Simon Fraser	1:57.64	
11 Lampi, Kyle	Western Washingt	1:57.86	
12 Lemay, Keith	Western Washingt	1:58.24	
13 Tomsich, Anthony	Western Washingt	1:58.29	
14 Mavis, Anders	Western Washingt	1:59.39	
15 Cameron, Will	Western Washingt	2:00.03	
16 Bedell, Sam	Western Washingt	2:00.19	
17 Hart, Tyler	Northwest U.	2:01.10	
18 Romaniw, Chris	British Columbia	2:03.06	
19 Overs, Thomas	Simon Fraser	2:03.60	
20 Jankowski, Theo	British Columbia	2:07.37	
21 Lampshire, Cory	Western Washingt	2:08.12	
22 Beck, Josh	Western Washingt	2:10.79	

Event 34 Women 400 Meter Hurdles

Name	Year School	Finals	Points
1 Boss, Traci	Simon Fraser	1:03.79	
2 Lunderman, Lindsay	Western Washingt	1:04.20	
3 Dimmitt, Heidi	Western Washingt	1:04.63	
4 Wong, Hali	Simon Fraser	1:06.95	
5 Spear, Aly	Western Washingt	1:10.03	

Event 35 Men 400 Meter Hurdles

Name	Year School	Finals	Points
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1	Wargo, Ben	Western Washingt	56.49
2	Velasquez, Charles	Central Washingt	57.90
3	Kirk, Joshua	Central Washingt	57.92
4	Climer, Ben	Seattle Pacific	58.34
5	Daeschel, Aaron	Simon Fraser	1:01.69
6	Zayshly, Mark	Seattle Pacific	1:02.02
7	Henderson, Paul	Seattle Pacific	1:02.78

Event 36 Women 200 Meter Dash

Name	Year School	Finals	Wind H#	Po
1 Abdulai, Ruky	Simon Fraser	24.38	-1.4	2
2 Sims, NyEma	Seattle Pacific	25.05	-1.4	2
3 Hinton, Jessica	Seattle Pacific	26.03	-1.4	2
4 Richard, Claudia	British Columbia	26.18	-1.4	2
5 Porter, Danaka	British Columbia	26.42	-1.4	2
6 Evans, Chelsea	Central Washingt	26.88	-1.4	2
7 Hood, Britany	Central Washingt	27.06	-0.3	1
8 Walters, Anna	Seattle Pacific	27.08	-1.4	2
9 Thornton, Amanda	Western Washingt	27.58	-0.3	1
10 Couvelier, Elsa	Western Washingt	27.84	-0.3	1
11 Nygard, Kara	Central Washingt	27.97	-1.4	2
12 Taylor, Brittany	Central Washingt	28.03	-0.3	1
13 Beard, Kara	Central Washingt	28.29	-0.3	1

Event 37 Men 200 Meter Dash

Name	Year School	Finals	Wind H#	Po
1 Dean, Michael	Western Washingt	22.30	NWI	2
2 Demouchet, Christian	Central Washingt	22.63	NWI	2
3 Neff, Adam	Western Washingt	22.80	NWI	2
4 Edwards, Robert	Central Washingt	23.05	NWI	2
5 Brydson, Colby	Central Washingt	23.08	NWI	2
6 Beck, Matt	British Columbia	23.15	NWI	2
7 O'Connell, Matt	Western Washingt	23.48	NWI	2
8 Jewell, Ryan	Seattle Pacific	23.63	-0.4	1
9 Bostock, Casey	Northwest U.	23.65	-0.4	1
10 Williams, Calvin	Western Washingt	23.82	NWI	2
11 Buchanan, Tyson	Simon Fraser	23.88	-0.4	1
12 Gundel, Andy	Central Washingt	24.07	-0.4	1

13	Dimond, Corey	Central Washingt	24.30	-0.4	1
14	Breakey, Ryan	Western Washingt	24.72	-0.4	1

Event 38 Women 5000 Meter Run

Name	Year School	Finals	Points
1 Hart, Katie	Seattle Pacific	19:05.79	
2 Harshman, Marissa	Western Washingt	19:28.36	

Event 39 Men 5000 Meter Run

Name	Year School	Finals	Points
1 Grimes, Bennett	Western Washingt	15:17.14	
2 Symonds, Jeff	British Columbia	15:23.43	
3 Henry, Keever	Western Washingt	15:26.25	
4 Medhaug, Blake	Western Washingt	15:37.78	
5 Chad, Meis	Seattle Pacific	15:54.08	
6 Kuhn, Cameron	British Columbia	16:18.54	
7 McDonald, John	Central Washingt	16:22.66	
8 Nichol, Stephen	Simon Fraser	16:26.86	
9 Swanson, Patrick	Northwest U.	16:33.59	
10 Roach, James	Central Washingt	16:46.10	
11 Mavis, Anders	Western Washingt	16:56.28	

Event 40 Women 4x400 Meter Relay

School	Finals	Points
1 Central Washington University 'A'	3:54.16	
1) Kaercher, Rachael	2) Gius, Amanda	
3) Evans, Chelsea	4) Legard, Terran	
2 Seattle Pacific University 'A'	3:54.64	
1) Hinton, Jessica	2) Walters, Anna	
3) Sims, NyEma	4) Pixler, Jessica	
3 Simon Fraser University 'A'	3:55.62	
1) Wong, Hali	2) Mancell, Heather	
3) Boss, Traci	4) Abdulai, Ruky	
4 Western Washington 'A'	4:04.47	
1) Dimmitt, Heidi	2) Mertens, Kathryn	
3) Lunderman, Lindsay	4) Thornton, Amanda	

- | | | | |
|---|-------------------------------|-----|----------------------------|
| 5 | Central Washington University | 'B' | 4:18.78 |
| | 1) Taylor, Brittany | | 2) Cooke, Stephanie |
| | 3) Hood, Britany | | 4) Clarke, Lynde |
| 6 | Western Washington | 'B' | 4:21.67 |
| | 1) Seibert, Danielle | | 2) Couvelier, Elsa |
| | 3) Nelson, Ali | | 4) Scruggs-James, Susannah |

Event 41 Men 4x400 Meter Relay

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School		Finals	H# Points
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1	Central Washington University	'A'	3:20.12 2
	1) Velasquez, Charles		2) Demouchet, Christian
	3) Brydson, Colby		4) Rogstad, Matt
2	Simon Fraser University	'A'	3:23.11 2
	1) Buchanan, Tyson		2) Fraser, Chad
	3) Fraser, Seth		4) Drapala, Rob
3	Western Washington	'A'	3:26.96 2
	1) Wargo, Ben		2) Coughran, Nick
	3) O'Connell, Matt		4) Dean, Michael
4	Seattle Pacific University	'A'	3:28.00 2
	1) Strickler, Eddie		2) Climer, Ben
	3) Cronrath, Brian		4) Zayshly, Mark
5	Central Washington University	'B'	3:29.00 1
	1) Gundel, Andy		2) Dimond, Corey
	3) Kirk, Joshua		4) Schie, Daryl
6	University of British Columbia	'A'	3:29.06 2
	1) Maludzinski, Chris		2) Stewart, Will
	3) MacKenzie, Davin		4) Allestar, Stuart
7	Simon Fraser University	'B'	3:29.40 1
	1) Daeschel, Aaron		2) Kineshenko, Tom
	3) Millage, Jaimie		4) Overs, Thomas
8	Western Washington	'B'	3:29.84 1
	1) Lampi, Kyle		2) Brancheau, Sam
	3) Tomsich, Anthony		4) Lemay, Keith
9	Northwest University	'A'	3:30.13 2
	1) Bostock, Casey		2) Croutworst, Alex
	3) Inge, Jerome		4) Reed, Jimmy
10	Seattle Pacific University	'B'	3:37.60 1
	1) Gavareski, Michael		2) Henderson, Paul
	3) Phillips, Ryan		4) Jorgensen, Joshua
11	Western Washington	'C'	3:41.17 1

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| 1) Dye, Alex | 2) Bedell, Sam |
| 3) Lampshire, Cory | 4) Cameron, Will |

Event 50 Women Heptathlon

Name	Year School	Finals	Points
1 Johnson, Bridget	Team XO	4446	
2 Plypick, Taryn	Western Oregon	3764	
3 Gonzalez, Raquel	Central Washingt	3577	
4 Cooley, Kelsey	Seattle Pacific	3298	
5 Miller, Christy	Western Washingt	3194	
6 Seidler, Mary	Central Washingt	3109	

Event 51 Men Decathlon

Name	Year School	Finals	Points
1 Freeman, Josh	Unattached	6292	
2 Udell, Zeb	Western Oregon	6162	
3 Felt, Justin	Seattle Pacific	5775	
4 McCoy, Scott	Central Washingt	5472	
5 Jahner, Brock	Seattle U.	5393	
6 Collins, Nick	Central Washingt	5107	
7 Iverson, Kevin	Western Washingt	4961	
8 Lucke, Bryan	Western Washingt	4667	
9 Moen, Kevin	Western Washingt	4392	