

2-18-2008

Great Northwest Athletic Conference Indoor Track and Field Championship

Great Northwest Athletic Conference

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Great Northwest Athletic Conference - 2/18/2008
 GNAC Indoor Track & Field Championship
 Jacksons Track/Idaho Center
 Results

Women 60 Meter Dash

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Venue: V 7.28 2/12/2005 Ashley Owens, Louisiana St
 NCAA Auto: A 7.55
 NCAA Prov: P 7.76
 Meet Record: M 7.73 2/19/2007 Latasha Essien, Seattle Paci

Name	Year	School	Prelims	H#
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Preliminaries

1	Latasha Essien	Seattle Pacific	7.88q	2
2	Megan Zukowski	Western Washingt	8.00q	1
3	Joana Houplin	Western Washingt	8.08q	1
4	Lauren Duckett	Western Oregon	8.14q	2
5	Nicki Schutte	Northwest Nazare	8.16q	1
6	Latoya Tidwell	Northwest Nazare	8.28q	2
7	Tisha Wells	Central Washingt	8.31q	1
8	Chelsi Claussen	St. Martin's	8.37q	1
9	Christa Brediger	Northwest Nazare	8.37	2
10	Britney Derhak	MSU-Billings	8.42	2
11	Elizabeth Wolf	Seattle U.	8.45	2
12	Elsa Couvelier	Western Washingt	8.52	2
13	Caiti Schmitz	Central Washingt	8.56	1
14	Britany Hood	Central Washingt	8.58	1

Women 60 Meter Dash

=====

Venue: V 7.28 2/12/2005 Ashley Owens, Louisiana St
 NCAA Auto: A 7.55
 NCAA Prov: P 7.76
 Meet Record: M 7.73 2/19/2007 Latasha Essien, Seattle Paci

Name	Year	School	Finals
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Finals

1	Latasha Essien	Seattle Pacific	7.90
2	Lauren Duckett	Western Oregon	8.05
3	Megan Zukowski	Western Washingt	8.10
4	Joana Houplin	Western Washingt	8.21

5	Latoya Tidwell	Northwest Nazare	8.21
6	Tisha Wells	Central Washingt	8.30
7	Chelsi Claussen	St. Martin's	8.37
--	Nicki Schutte	Northwest Nazare	FS

Women 200 Meter Dash

=====

Venue: V 23.37 2/12/2005 Hazel Ann Regis, Louisiana St

NCAA Auto: A 24.55

NCAA Prov: P 25.20

Meet Record: M 25.25 2/19/2005 Terran Legard, Central WA

Name	Year	School	Finals	H#
1	Jessica Hinton	Seattle Pacific	25.92	1
2	Latoya Tidwell	Northwest Nazare	26.18	3
3	Nicki Schutte	Northwest Nazare	26.50	3
4	Joana Houplin	Western Washingt	26.61	3
5	Mellisa Peaslee	Seattle Pacific	26.76	2
6	Sarah Brownell	Western Washingt	26.84	2
7	Heidi Dimmitt	Western Washingt	26.92	2
8	Rachael Kaercher	Central Washingt	26.95	2
9	Tisha Wells	Central Washingt	27.01	1
10	Jacque Postlewait	Western Oregon	27.09	1
11	Megan Zukowski	Western Washingt	27.17	3
12	Elizabeth Wolf	Seattle U.	27.51	1
13	Chelsi Claussen	St. Martin's	27.57	2
--	Latasha Essien	Seattle Pacific	DQ	3 lane v

Women 400 Meter Dash

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Venue: V 52.88 2/7/2004 Hazel Regis, L S U

NCAA Auto: A 55.90

NCAA Prov: P 57.50

Meet Record: M 56.57 2/19/2005 Terran Legard, Central WA

Name	Year	School	Finals	H#
1	Elisa Decker	Northwest Nazare	58.21	4
2	Teona Golding	Seattle Pacific	58.22	1
3	Heidi Dimmitt	Western Washingt	59.50	4
4	Jessica Hinton	Seattle Pacific	59.82	4
5	Rachael Kaercher	Central Washingt	1:00.39	4
6	Jamie Beaty	Northwest Nazare	1:00.43	2

7	Megan O'Connell	Western Washingt	1:01.22	3
8	Jessica Pendon	St. Martin's	1:01.25	3
9	Kelsey Castrey	Western Oregon	1:01.34	2
10	Amanda Thornton	Western Washingt	1:01.96	3
11	Joana Houplin	Western Washingt	1:02.05	3
12	Rachel Purcell	Seattle U.	1:02.27	3
13	Kara Nygard	Central Washingt	1:02.46	2
14	Julie Meaker	Western Washingt	1:02.94	3
15	Alycia Link	Northwest Nazare	1:03.01	2
16	Malori Woodford	MSU-Billings	1:03.94	1
17	Erin Moon	Seattle U.	1:04.30	1
18	Chelsea Evans	Central Washingt	1:08.71	4
--	Sarah Brownell	Western Washingt	DQ	4 interf

Women 1 Mile Run

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Venue: V 4:44.05 2/25/2006 Kali Baker, Nevada
NCAA Auto: A 4:57.50
NCAA Prov: P 5:06.00
Meet Record: M 4:54.53 2/19/2007 Jessica Pixler, Seattle Paci

Name	Year	School	Finals
1	Jessica	Seattle Pacific	4:50.38M
2	Jane	Seattle Pacific	4:59.47P
3	Ashley	Northwest Nazare	5:03.71P
4	Jessica	Western Oregon	5:10.18
5	Krinda	St. Martin's	5:12.35
6	Karin	Seattle Pacific	5:17.33
7	Suzie	Seattle Pacific	5:18.47
8	Micah	MSU-Billings	5:22.80
9	Lisa	Seattle Pacific	5:26.73
10	Sarah	MSU-Billings	5:31.32
11	Greta	Seattle U.	5:35.76
12	Erica	Western Oregon	5:44.64
13	Katie	MSU-Billings	6:25.36

Women 800 Meter Run

=====
Venue: V 2:05.15 2/22/2003 Lena Nilsson, UCLA
NCAA Auto: A 2:13.30
NCAA Prov: P 2:18.00
Meet Record: M 2:11.52 2/19/2007 Jessica Pixler, Seattle Paci

Name	Year School	Finals
1 Jessica Pixler	Seattle Pacific	2:10.18M
2 Jaclyn Puga	Northwest Nazare	2:15.04P
3 Ashley Puga	Northwest Nazare	2:16.04P
4 Lisa Anderberg	Seattle Pacific	2:17.59P
5 Ashley Berry	Western Oregon	2:18.37
6 Sarah Howell	Western Oregon	2:19.59
7 Rachael Johnson	Seattle U.	2:19.85
8 Kira Batcheller	Western Oregon	2:22.66
9 Sarah Benson	Central Washingt	2:23.80
10 Elisa Decker	Northwest Nazare	2:23.82
11 Cheri Watson	Western Washingt	2:24.14
12 Sarah Jackson	MSU-Billings	2:24.19
13 Ally Ganyo	Western Washingt	2:26.30
14 Kim Beamon	Seattle Pacific	2:27.50
15 Micah Merrill-Johnson	MSU-Billings	2:28.23
16 Jamie Beaty	Northwest Nazare	2:33.54
17 Kaleigh Bishop	St. Martin's	2:37.52
18 Karissa Owen	St. Martin's	2:43.64

Women 5000 Meter Run

=====
 Venue: V 18:09.61 2/8/2008 Alma Janet Martinez, Nevada
 NCAA Auto: A 17:05.00
 NCAA Prov: P 17:50.00
 Meet Record: M 18:17.35 2/19/2007 Karin Rohde, Seattle Paci

Name	Year School	Finals
1 Jane Larson	Seattle Pacific	17:39.95P
2 Sarah Porter	Western Washingt	18:04.65V
3 Katie Hansen	Seattle U.	18:20.76
4 Marcie Mullen	Central Washingt	18:31.43
5 Suzie Strickler	Seattle Pacific	18:36.44
6 Kate Harline	Seattle Pacific	18:37.15
7 Tricia Morrison	Western Oregon	18:47.23
8 Lyndsey McKillip	Western Oregon	18:58.74
9 Lauren Breihof	Western Washingt	19:12.18
10 Karin Rohde	Seattle Pacific	19:17.68
11 Maeve Sayres	Western Washingt	19:30.23
12 Rachel Yorkston	Seattle U.	19:36.71
13 Helen Camden	St. Martin's	19:55.94

14	Kaitlin Rohde	Seattle Pacific	19:56.20
15	Jackie Dent	Western Oregon	20:12.62
16	Miriam Reardon	Northwest Nazare	20:25.85
17	Mary Bakeman	Central Washingt	20:36.09

Women 60 Meter Hurdles

=====

Venue: V 7.78 1/18/2003 Tiffany Hogan, Unattached
 NCAA Auto: A 8.65
 NCAA Prov: P 8.97
 Meet Record: M 8.66 2/19/2005 Danielle Ayers-Stamper, Seattle Pacific

Name	Year	School	Prelims	H#
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Preliminaries

1	Michelle Howe	Western Washingt	9.23q	1
2	Jacque Postlewait	Western Oregon	9.36q	2
3	Chelsi Claussen	St. Martin's	9.49q	1
4	Jenifer Pike	Seattle Pacific	9.68q	2
5	Raquel Gonzalez	Central Washingt	9.70q	1
6	Sarah Barker	Western Oregon	9.78q	1
7	Jessica Erickson	Western Washingt	9.84q	2
8	Mandi Keifer	Western Oregon	9.88q	2
9	Clara Cook	Western Washingt	10.05	1
10	Dianna Hanson	Western Washingt	10.13	2
11	Annie Larlee	Northwest Nazare	10.40	2
12	Stephanie Druktenis	Central Washingt	10.71	1
13	MJ Usabel	Northwest Nazare	10.79	1
14	Amanda Baum	MSU-Billings	11.30	2
15	Mary Seidler	Central Washingt	11.80	1
--	Brittany Bekins	Seattle Pacific	FS	2

Women 60 Meter Hurdles

=====

Venue: V 7.78 1/18/2003 Tiffany Hogan, Unattached
 NCAA Auto: A 8.65
 NCAA Prov: P 8.97
 Meet Record: M 8.66 2/19/2005 Danielle Ayers-Stamper, Seattle Pacific

Name	Year	School	Finals
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Finals

1	Michelle Howe	Western Washingt	9.30
2	Jacque Postlewait	Western Oregon	9.33

3	Chelsi Claussen	St. Martin's	9.49
4	Jenifer Pike	Seattle Pacific	9.51
5	Jessica Erickson	Western Washingt	9.59
6	Raquel Gonzalez	Central Washingt	9.78
7	Sarah Barker	Western Oregon	9.79
8	Mandi Keifer	Western Oregon	9.80

Women 4x400 Meter Relay

Venue: V 3:39.07 2/26/2005 Louisiana Tech U, Louisiana Tech
D Appleberry, N Gilbert, K Cole, L Wilson

NCAA Auto: A 3:45.60

NCAA Prov: P 3:56.60

Meet Record: M 3:58.68 2/19/2007 Seattle Pacific University, Seattle Pa
L Essien, B Bekins, K Cooley, J Hinton

School	Finals	H#
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1	Seattle Pacific 'A'	3:57.36M	2
2	Northwest Nazarene University 'A'	4:00.11	2
3	Western Washington University 'A'	4:02.78	2
4	Central Washington 'A'	4:05.64	2
5	Seattle University 'A'	4:09.45	2
6	Western Oregon University 'A'	4:10.72	2
7	Montana State Billings 'A'	4:19.14	1
8	St. Martin's University 'A'	4:23.70	1

Women Distance Medley

Venue: V 12:19.72 2/8/2008 Northwest Nazarene, Northwest Nazare
J Puga, J Beaty, E Decker, A Puga

NCAA Auto: A 11:49.10

NCAA Prov: P 12:19.10

Meet Record: M 11:58.41 2/19/2007 Seattle Pacific University, Seattle P
J Larson, V Perkins, J Marsh, J Pixler

School	Finals
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1	Seattle Pacific 'A'	12:04.81P
2	Western Washington University 'A'	12:47.47
3	Western Oregon University 'A'	12:55.78
4	Central Washington 'A'	13:06.95
5	Northwest Nazarene University 'A'	13:18.20
6	Seattle University 'A'	13:58.13

Women High Jump

Venue: V 1.90m 2/26/2005 Gaelle Niare, SMU

NCAA Auto: A 1.74m

NCAA Prov: P 1.67m

Meet Record: M 1.69m 2/18/2006 Teona Perkins, Seattle Paci

Name	Year	School	Finals
1 Teona Golding		Seattle Pacific	1.66m 5-05.25
1.36 1.41 1.46 1.51 1.56 1.61 1.66 1.80			
PPP PPP PPP PPP O O XXX			
2 Brittany Aanstad		Seattle Pacific	1.61m 5-03.25
1.36 1.41 1.46 1.51 1.56 1.61 1.66			
PPP PPP PPP PPP O XO XXX			
3 Clara Cook		Western Washingt	J1.61m 5-03.25
1.36 1.41 1.46 1.51 1.56 1.61 1.66			
PPP PPP PPP PPP XO XO XXX			
4 Mara Becker		Seattle U.	1.56m 5-01.25
1.36 1.41 1.46 1.51 1.56 1.61			
PPP PPP O O O XXX			
5 Jill Rogers		Western Washingt	J1.56m 5-01.25
1.36 1.41 1.46 1.51 1.56 1.61			
PPP PPP O O XO XXX			
6 Kristi Rice		Northwest Nazare	1.51m 4-11.50
1.36 1.41 1.46 1.51 1.56			
O O O XO XXX			
7 Jaquie Mattson		Seattle Pacific	J1.51m 4-11.50
1.36 1.41 1.46 1.51 1.56			
PPP PPP PPP XXO XXX			
8 Brittany Bekins		Seattle Pacific	J1.51m 4-11.50
1.36 1.41 1.46 1.51 1.56			
PPP PPP XO XXO XXX			
9 Ashley Berry		Western Oregon	1.46m 4-09.50
1.36 1.41 1.46 1.51			
PPP O O XXX			
9 Mandi Keifer		Western Oregon	1.46m 4-09.50
1.36 1.41 1.46 1.51			
O O O XXX			
11 Kelsey Hettman		Northwest Nazare	J1.46m 4-09.50
1.36 1.41 1.46 1.51			
PPP O XXO XXX			

12	Crisy Overgard	Western Oregon	1.41m	4-07.50
	1.36 1.41 1.46			
	O XO XXX			
13	Chelsey Jones	Northwest Nazare	J1.41m	4-07.50
	1.36 1.41 1.46			
	O XXO XXX			

Women Pole Vault

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Venue: V 4.60m 1/25/2003 Stacy Dragila, Nike

NCAA Auto: A 3.80m

NCAA Prov: P 3.50m

Meet Record: M 3.61m 2/19/2005 Allison Hedges, Seattle Pacific

Name	Year	School	Finals
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1	Mellisa Peaslee	Seattle Pacific	3.89mA	12-09.00
	2.76 2.91 3.06 3.21 3.36 3.51 3.62 3.77 3.89 3.97			
	PPP PPP PPP PPP PPP XO XO O XO XXX			
2	Monica Anderson	Seattle Pacific	3.51mP	11-06.25
	2.76 2.91 3.06 3.21 3.36 3.51 3.62			
	PPP PPP PPP PPP XO XO XXX			
3	Christy Miller	Western Washingt	J3.51mP	11-06.25
	2.76 2.91 3.06 3.21 3.36 3.51 3.62			
	PPP O O O XXO XO XXX			
4	Tracie Lundsten	Seattle Pacific	3.36m	11-00.25
	2.76 2.91 3.06 3.21 3.36 3.51			
	PPP PPP PPP O O XXX			
5	Camille Clarke	Western Washingt	3.21m	10-06.25
	2.76 2.91 3.06 3.21 3.36			
	PPP O XO XO XXX			
6	Courtney Cabebe	Seattle U.	J3.21m	10-06.25
	2.76 2.91 3.06 3.21 3.36			
	O XO O XXO XXX			
7	Karina Elzinga	Northwest Nazare	3.06m	10-00.50
	2.76 2.91 3.06 3.21			
	PPP O O XXX			
7	Haley Amos	Central Washingt	3.06m	10-00.50
	2.76 2.91 3.06 3.21			
	PPP O O XXX			
9	Kristi Rice	Northwest Nazare	2.91m	9-06.50
	2.76 2.91 3.06			
	PPP O XXX			

9	MJ Usabel	Northwest Nazare	2.91m	9-06.50
	2.76 2.91 3.06			
	PPP O XXX			
--	Kati Davis	Seattle Pacific	NH	
	2.76 2.91 3.06			
	PPP PPP XXX			
--	Amanda DiEnno	Western Washingt	NH	
	2.76 2.91			
	PPP XXX			

Women Long Jump

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Venue: V 6.49m 1/26/2008 Erica McLain, Stanford
NCAA Auto: A 5.80m
NCAA Prov: P 5.50m
Meet Record: M 5.73m 2/19/2005 Danielle Ayers-Stamper, Seattle Pacific
Name Year School Finals
=====
1 Jacque Postlewait Western Oregon 5.50mP 18-00.50
5.39m 5.43m 5.50m 5.29m PASS PASS
2 Brittany Aanstad Seattle Pacific 5.33m 17-06.00
4.97m 5.06m 5.15m 5.11m 5.17m 5.33m
3 Sarajane Rosenberg Western Oregon 5.26m 17-03.25
5.19m 5.17m 5.26m 5.07m PASS 5.06m
4 Megan Paulsen Western Washingt 5.18m 17-00.00
3.30m 4.97m 5.05m 5.18m FOUL 4.97m
5 Mandi Keifer Western Oregon 4.95m 16-03.00
4.58m 4.77m 4.83m 4.56m 4.91m 4.95m
6 Maycee Bekkedahl Northwest Nazare 4.92m 16-01.75
FOUL 4.72m 4.91m FOUL 4.77m 4.92m
7 Lysie Powers Northwest Nazare 4.90m 16-01.00
FOUL 4.84m 4.89m 4.63m 4.90m FOUL
8 Caiti Schmitz Central Washingt 4.87m 15-11.75
4.78m 4.80m 4.85m 4.76m 4.83m 4.87m
9 Amanda Rose Central Washingt 4.75m 15-07.00
FOUL 4.75m 4.66m
10 Raquel Gonzalez Central Washingt 4.59m 15-00.75
4.59m 3.82m 4.52m
11 Britney Derhak MSU-Billings 4.37m 14-04.00
FOUL 4.37m 4.19m
12 Amanda Baum MSU-Billings 3.79m 12-05.25
3.48m 3.79m 3.73m

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-- Megan Vorderstrasse Western Oregon FOUL
 FOUL FOUL FOUL

-- Gail Butler Western Washingt FOUL
 FOUL FOUL FOUL

Women Triple Jump

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Venue: V 13.38m 2/7/2004 Nicole Toney, L S U

NCAA Auto: A 12.20m

NCAA Prov: P 11.50m

Meet Record: M 11.51m 2/19/2007 Kim Bascom, Western Wash

Name	Year	School	Finals
1 Megan Paulsen		Western Washingt	11.28m 37-00.25
			FOUL 10.91m 11.14m 11.02m 11.28m 11.14m
2 Christy Miller		Western Washingt	11.09m 36-04.75
			10.49m 10.93m 11.09m 10.79m FOUL 10.77m
3 Melissa Flower		Seattle Pacific	10.84m 35-06.75
			10.84m 10.82m 10.19m 10.53m 10.56m 10.77m
4 Sarajane Rosenberg		Western Oregon	10.79m 35-05.00
			10.67m 10.46m 10.61m 9.23m 10.74m 10.79m
5 Amanda Rose		Central Washingt	10.55m 34-07.50
			10.55m FOUL FOUL 10.18m 10.48m 10.49m
6 Brittany Aanstad		Seattle Pacific	10.37m 34-00.25
			FOUL FOUL 10.37m PASS PASS PASS
7 Laura VonArx		Northwest Nazare	10.26m 33-08.00
			9.88m 9.57m 10.03m 10.26m 10.25m 10.22m
8 Megan Vorderstrasse		Western Oregon	9.91m 32-06.25
			9.91m 9.90m 9.76m 9.81m FOUL 9.86m
9 Lynsie Powers		Northwest Nazare	9.87m 32-04.75
			FOUL 9.87m 9.87m
10 Maycee Bekkedahl		Northwest Nazare	9.76m 32-00.25
			9.74m 9.49m 9.76m

Women Shot Put

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Venue: V 18.19m 2/3/2006 Kristin Heaston, Nike

NCAA Auto: A 14.30m

NCAA Prov: P 13.25m

Meet Record: M 13.63m 2/18/2006 Krissy Tandle, Central Wash

Name	Year	School	Finals
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1	Amy Carroll	Northwest Nazare	13.03m	42-09.00
	12.10m 12.32m 12.52m FOUL 12.66m 13.03m			
2	Kacie Vanderloos	MSU-Billings	11.75m	38-06.75
	11.10m 11.69m 11.47m 11.53m 11.75m 10.93m			
3	Jordan Stueckle	Central Washingt	11.63m	38-02.00
	10.13m 11.62m 10.97m 10.51m 11.63m 11.03m			
4	Brittany Bekins	Seattle Pacific	11.51m	37-09.25
	11.51m 10.98m FOUL 11.12m 11.24m 10.95m			
5	Sabrina Freed	Western Oregon	11.49m	37-08.50
	9.67m 10.39m 11.49m 11.47m 11.09m 11.02m			
6	Hannah Dine-Aubert	Northwest Nazare	11.21m	36-09.50
	10.89m 10.85m 10.83m 11.21m 10.60m 10.78m			
7	Alyssa Taylor	Western Oregon	11.04m	36-02.75
	10.74m 10.62m 11.04m 9.28m 10.59m 10.86m			
8	Lexi Halvorson	MSU-Billings	11.03m	36-02.25
	11.03m 10.37m 10.16m 10.32m FOUL 10.96m			
9	Shayna Shute	Northwest Nazare	11.02m	36-02.00
	10.62m 10.75m 10.87m 11.02m 9.95m 10.70m			
10	Becky Scherer	Central Washingt	10.61m	34-09.75
	9.81m 10.21m 10.61m			
11	Chelsey Jones	Northwest Nazare	10.47m	34-04.25
	10.47m 10.20m 10.29m			
12	Kelsee Clark	MSU-Billings	10.33m	33-10.75
	10.33m 9.60m 8.87m			
13	Megan Thomas	St. Martin's	9.89m	32-05.50
	9.25m 9.89m 9.56m			
14	Erica Rance	Western Washingt	9.53m	31-03.25
	FOUL 9.53m 9.30m			
15	Sara Cole	Western Oregon	9.25m	30-04.25
	9.25m 9.11m 9.24m			
16	Lindsay Currier	Seattle U.	8.06m	26-05.50
	FOUL FOUL 8.06m			

Women Weight Throw

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Venue:	V 21.21m	2/2/2007	Loree Smith, NYAC
NCAA Auto:	A 17.45m		
NCAA Prov:	P 15.85m		
Meet Record:	M 16.39m	2/21/2004	Kristen Hepler, Western Oregon
Name	Year	School	Finals
=====			
1	Sabrina Freed	Western Oregon	15.65m 51-04.25

	15.42m	15.65m	13.89m	14.61m	14.92m	FOUL		
2	Amy Carroll			Northwest Nazare			14.53m	47-08.00
	13.79m	14.48m	14.53m	14.21m	FOUL	12.90m		
3	Sara Cole			Western Oregon			14.27m	46-10.00
	FOUL	FOUL	13.16m	FOUL	14.27m	13.90m		
4	Alison McWeeny			Central Washingt			13.60m	44-07.50
	12.78m	13.24m	13.56m	13.17m	13.30m	13.60m		
5	Shayna Shute			Northwest Nazare			13.02m	42-08.75
	12.87m	12.40m	13.02m	12.60m	FOUL	12.72m		
6	Jordan Stueckle			Central Washingt			12.96m	42-06.25
	12.77m	12.96m	FOUL	11.98m	FOUL	FOUL		
7	Courtney Little			Northwest Nazare			12.91m	42-04.25
	11.93m	11.61m	12.49m	FOUL	FOUL	12.91m		
8	Erica Rance			Western Washingt			12.83m	42-01.25
	12.16m	12.83m	11.70m	12.02m	11.40m	12.10m		
9	Becky Scherer			Central Washingt			12.77m	41-10.75
	FOUL	12.58m	12.77m	11.86m	12.32m	12.56m		
10	Hannah Dine-Aubert			Northwest Nazare			11.99m	39-04.00
	11.91m	11.99m	11.14m					
11	Alyssa Taylor			Western Oregon			11.02m	36-02.00
	10.62m	FOUL	11.02m					
12	Lexi Halvorson			MSU-Billings			10.05m	32-11.75
	FOUL	FOUL	10.05m					
13	Lauren Kaligis			Western Washingt			9.76m	32-00.25
	9.76m	9.05m	9.23m					
14	Kristin Humphrey			Western Oregon			9.66m	31-08.50
	FOUL	9.66m	9.60m					
15	Jillian Blake			St. Martin's			9.38m	30-09.25
	FOUL	FOUL	9.38m					

Men 60 Meter Dash

=====

Venue:	V	6.68	2/1/2003	Samie Parker, Oregon		
NCAA Auto:	A	6.80				
NCAA Prov:	P	6.88				
Meet Record:	M	7.06	2/19/2007	Michael Dean, Western Wash		
Name			Year	School	Prelims	H#

=====

Preliminaries

1	Ashtin Mott		Western Oregon		7.07q	1
2	Christopher Fussell		Seattle U.		7.13q	2
3	Dylan Wells		Western Oregon		7.17q	1

4	Zeb Udell	Western Oregon	7.19q	1
5	Daniel Sullivan	Seattle U.	7.21q	2
6	Travis Glover	Seattle U.	7.22q	2
7	Joshua Threet	Western Oregon	7.31q	1
8	Andy Luscutoff	Western Oregon	7.35q	2
9	Eric Zwiefelhofer	Northwest Nazare	7.39	1
10	Shane Gruger	Western Washingt	7.40	2
11	Lionel Orji	Central Washingt	7.41	2
12	James Hopkins	MSU-Billings	7.45	1
13	Darren Edwards	Western Washingt	7.47	2
14	Nathan Diede	MSU-Billings	7.51	1
15	Noah Vallincourt	MSU-Billings	7.52	1
16	Alex Harrison	Western Washingt	7.55	2

Men 60 Meter Dash

=====

Venue: V 6.68 2/1/2003 Samie Parker, Oregon
 NCAA Auto: A 6.80
 NCAA Prov: P 6.88
 Meet Record: M 7.06 2/19/2007 Michael Dean, Western Wash

Name	Year	School	Finals
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Finals

1	Ashtin Mott	Western Oregon	7.02M
2	Christopher Fussell	Seattle U.	7.15
3	Zeb Udell	Western Oregon	7.21
4	Dylan Wells	Western Oregon	7.22
5	Travis Glover	Seattle U.	7.27
6	Andy Luscutoff	Western Oregon	7.29
7	Joshua Threet	Western Oregon	7.34
8	Daniel Sullivan	Seattle U.	7.56

Men 200 Meter Dash

=====

Venue: V 20.74 2/12/2005 Domenik Peterson, Arizona Stat
 NCAA Auto: A 21.55
 NCAA Prov: P 21.80
 Meet Record: M 22.04 2/21/2004 Issac Frederick, Western Oregon

Name	Year	School	Finals	H#
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1	Ashtin Mott	Western Oregon	22.16	4
2	Matt Rogstad	Central Washingt	22.56	4

3	Dylan Wells	Western Oregon	22.66	4
4	Travis Glover	Seattle U.	22.79	3
5	Daniel Sullivan	Seattle U.	22.96	1
6	D'Andre Benjamin	Seattle U.	23.02	3
7	Christopher Fussell	Seattle U.	23.07	4
8	Nathan Diede	MSU-Billings	23.25	3
9	Cole Samuel	Western Oregon	23.32	2
9	Loyal Allen	Seattle U.	23.32	3
11	Matt O'Connell	Western Washingt	23.36	3
12	Shane Gruger	Western Washingt	23.48	2
13	Roy Erhart	Central Washingt	23.51	1
14	Colby Brydson	Central Washingt	23.64	4
14	Noah Vallincourt	MSU-Billings	23.64	1
16	Toby David	Western Washingt	23.67	2
17	Mitch Ward	Northwest Nazare	23.84	2

Men 400 Meter Dash

=====

Venue: V 46.18 2/11/2005 Kelly Willie, Louisiana St

NCAA Auto: A 47.75

NCAA Prov: P 48.85

Meet Record: M 49.76 2/21/2004 Issac Frederick, Western Washington

Name	Year	School	Finals	H#
1	Matt Rogstad	Central Washingt	49.58M	3
2	Blake Estep	Western Oregon	49.84	3
3	Mitch Ward	Northwest Nazare	49.96	3
4	Lloyd Massey	Western Oregon	50.50	3
5	Charles Velasquez	Central Washingt	51.07	3
6	Ben Wargo	Western Washingt	51.13	2
7	Colby Brydson	Central Washingt	51.16	3
8	Dallas Beaty	Northwest Nazare	51.32	2
9	Matt O'Connell	Western Washingt	51.48	2
10	Daniel Sullivan	Seattle U.	51.52	2
11	Jeramiah Richardson	Western Oregon	51.55	1
12	Josh Grewe	Northwest Nazare	51.72	2
13	Jude Martinez	Seattle U.	52.27	1
14	Loyal Allen	Seattle U.	52.33	2
15	Kevin Myhre	Western Washingt	52.65	1
16	Nick Kesler	MSU-Billings	52.67	1

Men 1 Mile Run

=====
Venue: V 4:05.29 2/22/2003 Seth Hejny, Stanford

NCAA Auto: A 4:10.00

NCAA Prov: P 4:14.00

Meet Record: M 4:15.27 2/19/2005 Ethan Barrons, Western OR

Name Year School Finals

=====
1 John Riak St. Martin's 4:21.50
2 Brian Cronrath Seattle Pacific 4:21.86
3 Bennett Grimes Western Washingt 4:22.47
4 Jeff Long Western Oregon 4:23.77
5 Kyle Gray Northwest Nazare 4:26.39
6 Keith Lemay Western Washingt 4:26.72
7 Zeke VanPatten Western Oregon 4:29.51
8 Mike Schmidt Western Oregon 4:30.37
9 Nicholas Alvarado Seattle U. 4:30.58
10 Tom Johnson Central Washingt 4:34.04
11 Richie Pemberton MSU-Billings 4:36.91
12 Jarred Rensvold MSU-Billings 4:38.56
13 Kyle Seick Western Oregon 4:40.48
14 Nicholas Harvey St. Martin's 4:40.99
15 Graham Miller Seattle U. 4:42.34
16 Sam Bedell Western Washingt 4:43.73

Men 800 Meter Run

=====
Venue: V 1:49.92 3/1/2003 Adam Davis, Rice

NCAA Auto: A 1:52.30

NCAA Prov: P 1:54.00

Meet Record: M 1:51.49 2/21/2004 Paul Mach, Seattle Pacific

Name Year School Finals

=====
1 Keith Lemay Western Washingt 1:57.86
2 Kyle Lampi Western Washingt 1:58.17
3 Matt Stark Northwest Nazare 1:59.34
4 Will Cameron Western Washingt 1:59.68
5 Dallas Moses Western Oregon 1:59.93
6 Michael Pankiewicz Central Washingt 2:00.19
7 Jeff Dull Seattle Pacific 2:00.45
8 Nick Abraham Western Washingt 2:01.22
9 Travis Banker Western Oregon 2:01.86
10 Abe Webb Western Oregon 2:02.25

11	Corey Cronkhite	Central Washingt	2:02.99
12	Graham Miller	Seattle U.	2:04.49
13	Jordan Lance	Seattle Pacific	2:05.95
14	Brian Cronrath	Seattle Pacific	2:07.76

Men 5000 Meter Run

=====
 Venue: V 15:13.00 2/8/2008 Brian Pierre, Boise State
 NCAA Auto: A 14:20.00
 NCAA Prov: P 14:50.00
 Meet Record: M 15:01.67 2/19/2007 John Riak, Saint Martin

Name	Year School	Finals
1	Jordan Welling	Western Washingt 15:15.60
2	Kevin Lambert	Northwest Nazare 15:21.85
3	Nik Karr	Western Oregon 15:25.20
4	Meis Chad	Seattle Pacific 15:35.27
5	Nicholas Alvarado	Seattle U. 15:44.41
6	Chris Reed	Western Oregon 15:46.33
7	Richie Pemberton	MSU-Billings 15:48.07
8	Seth Clark	Northwest Nazare 15:51.21
9	Blake Medhaug	Western Washingt 16:03.77
10	Braxton Jackson	Western Oregon 16:11.69
11	Hans Heitzinger	Seattle U. 16:29.03
12	Michael Van Nuland	Seattle U. 16:36.69
13	Jordan Lance	Seattle Pacific 16:40.69
14	Tris Obluck	St. Martin's 16:47.40
15	Steven Lalonde	St. Martin's 16:48.68
16	Brian Rockenbach	Central Washingt 17:26.25

Men 60 Meter Hurdles

=====
 Venue: V 7.80 1/18/2003 Tim Bogdanof, CAL
 NCAA Auto: A 8.05
 NCAA Prov: P 8.24
 Meet Record: M 8.26 2/19/2007 Robert Edwards, Central Wash

Name	Year School	Prelims	H#
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Preliminaries

1	D'Andre Benjamin	Seattle U.	8.83q	2
2	Lloyd Massey	Western Oregon	8.86q	2
3	Andy Luscutoff	Western Oregon	8.96q	1

4	Dallas Beaty	Northwest Nazare	8.99q	1
5	Kevin Myhre	Western Washingt	9.01q	1
5	Tommy Woolf	Western Oregon	9.01q	2
7	Clint Hickey	Western Oregon	9.09q	2
8	Ben Wargo	Western Washingt	9.15q	2
9	Mark Hanson	Northwest Nazare	9.21	1
10	Josh Grewe	Northwest Nazare	9.24	2
11	Jordan Werner	Western Oregon	9.30	2
12	Kevin Moen	Western Washingt	9.33	1
13	Robert Poshusta	Seattle U.	9.70	1

Men 60 Meter Hurdles

=====

Venue:	V	7.80	1/18/2003	Tim Bogdanof, CAL
NCAA Auto:	A	8.05		
NCAA Prov:	P	8.24		
Meet Record:	M	8.26	2/19/2007	Robert Edwards, Central Wash
Name			Year School	Finals

=====

Finals

1	Lloyd Massey	Western Oregon	8.66
2	D'Andre Benjamin	Seattle U.	8.73
3	Dallas Beaty	Northwest Nazare	8.78
4	Andy Luscutoff	Western Oregon	8.83
5	Kevin Myhre	Western Washingt	8.89
6	Clint Hickey	Western Oregon	8.92
7	Tommy Woolf	Western Oregon	8.97
8	Ben Wargo	Western Washingt	9.28

Men 4x400 Meter Relay

=====

Venue:	V	3:06.52	2/12/2005	Louisiana State University, Louisiana
NCAA Auto:	A	3:14.00		
NCAA Prov:	P	3:18.50		
Meet Record:	M	3:20.98	2/19/2007	Central Wash. U., Central Wash
				M Kelley, C Velasquez, M Rogstad, C Brydson
School				Finals

=====

1	Northwest Nazarene University	'A'	3:23.22
2	Central Washington	'A'	3:23.64
3	Western Oregon University	'A'	3:25.95
4	Seattle University	'A'	3:28.62

5 Western Washington University 'A' 3:29.23
 6 Montana State Billings 'A' 3:46.73

Men Distance Medley

=====
 Venue: V 10:28.71
 NCAA Auto: A 9:51.10
 NCAA Prov: P 10:14.10
 Meet Record: M 10:19.74 2/19/2005 Saint Martin's, St. Martin's
 A Prentice, T Mohoric, C Timmer, N Carlson

School	Finals
1 Western Washington University 'A'	10:38.21
2 Seattle Pacific 'A'	10:41.17
3 Western Oregon University 'A'	10:55.16
4 Northwest Nazarene University 'A'	10:59.11
5 Central Washington 'A'	11:00.84
6 Montana State Billings 'A'	11:15.01
7 St. Martin's University 'A'	11:18.14
8 Seattle University 'A'	11:21.36

Men High Jump

=====
 Venue: V 2.34m 2/1/2003 Charles Clinger, Bronco TC
 NCAA Auto: A 2.12m
 NCAA Prov: P 2.05m
 Meet Record: M 2.05m 2/19/2007 Cameron Bailey, Central Wash

Name	Year School	Finals
1 Keefe Brockman	Western Washingt	1.95m 6-04.75
1.65 1.70 1.75 1.80 1.85 1.90 1.95 2.00		
PPP PPP PPP PPP O XO XXO XXX		
2 Jonathan Hamilton	Central Washingt	1.90m 6-02.75
1.65 1.70 1.75 1.80 1.85 1.90 1.95		
PPP PPP XO O O O XXX		
3 Tommy Woolf	Western Oregon	J1.90m 6-02.75
1.65 1.70 1.75 1.80 1.85 1.90 1.95		
PPP PPP O O O XXO XXX		
4 Jess Keys	Northwest Nazare	J1.90m 6-02.75
1.65 1.70 1.75 1.80 1.85 1.90 1.95		
PPP PPP O O XXO XXO XXX		
5 Clint Hickey	Western Oregon	1.85m 6-00.75

	1.65	1.70	1.75	1.80	1.85	1.90						
	PPP	PPP	O	O	XO	XXX						
5	Robert Wegner						Western Oregon	1.85m	6-00.75			
	1.65	1.70	1.75	1.80	1.85	1.90						
	PPP	PPP	PPP	O	XO	XXX						
7	Brian Martinelli						Western Washingt	1.80m	5-10.75			
	1.65	1.70	1.75	1.80	1.85							
	PPP	PPP	PPP	O	XXX							
8	Alex Harrison						Western Washingt	1.70m	5-07.00			
	1.65	1.70	1.75									
	O	XO	XXX									
9	Ben Shea						Northwest Nazare	1.65m	5-05.00			
	1.65	1.70										
	XO	XXX										
--	Jude Martinez						Seattle U.		NH			
	1.65											
	XXX											
--	Darren Edwards						Western Washingt		NH			
	1.65											
	XXX											

Men Pole Vault

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=====
Venue: V 5.71m 2/7/2004 Tommy Skipper, Oregon
NCAA Auto: A 5.03m
NCAA Prov: P 4.71m
Meet Record: M 4.89m 2/18/2006 Scott Romney, Western Wash
Name Year School Finals
=====
1 Ryan Brown Western Washingt 4.83mP 15-10.00
3.43 3.58 3.73 3.88 4.03 4.18 4.33 4.48 4.63 4.73 4.83 4.93
PPP PPP PPP PPP PPP PPP PPP XXO XO PPP O XXX
2 Zeb Udell Western Oregon 4.73mP 15-06.25
3.43 3.58 3.73 3.88 4.03 4.18 4.33 4.48 4.63 4.73 4.83 4.93
PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP XXX
3 Scott McCoy Central Washingt 4.48m 14-08.25
3.43 3.58 3.73 3.88 4.03 4.18 4.33 4.48 4.63
PPP PPP PPP PPP PPP PPP PPP O XXX
4 Josh Winters Western Washingt 4.18m 13-08.50
3.43 3.58 3.73 3.88 4.03 4.18 4.33
PPP PPP PPP PPP PPP O XXX
4 Eric Zwiefelhofer Northwest Nazare 4.18m 13-08.50

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	3.43	3.58	3.73	3.88	4.03	4.18	4.33			
	PPP	PPP	PPP	PPP	O	O	XXX			
6	Ben Shea							Northwest Nazare	J4.18m	13-08.50
	3.43	3.58	3.73	3.88	4.03	4.18	4.33			
	PPP	PPP	PPP	PPP	O	XO	XXX			
7	Jerad Larson							Northwest Nazare	4.03m	13-02.50
	3.43	3.58	3.73	3.88	4.03	4.18				
	PPP	PPP	PPP	PPP	O	XXX				
8	Michael Millson							Western Washingt	3.88m	12-08.75
	3.43	3.58	3.73	3.88	4.03					
	PPP	PPP	XO	O	XXX					
--	Joshua Jorgensen							Seattle Pacific		NH
	3.43	3.58	3.73	3.88	4.03					
	PPP	PPP	PPP	PPP	XXX					
--	Darren Edwards							Western Washingt		NH
	3.43	3.58	3.73							
	PPP	PPP	XXX							
--	Alex Harrison							Western Washingt		NH
	3.43	3.58	3.73							
	PPP	PPP	XXX							

Men Long Jump

=====										
	Venue:	V	7.85m	2/8/2008	Matt Turner,	Arizona State				
	NCAA Auto:	A	7.30m							
	NCAA Prov:	P	7.08m							
	Meet Record:	M	6.90m	2/18/2006	Chris Randolph,	Seattle Paci				
	Name			Year	School			Finals		
=====										
1	Zeb Udell				Western Oregon			7.01mM	23-00.00	
	6.45m	6.73m	6.88m	7.01m	PASS	PASS				
2	Allan Denton				Western Washingt			6.76m	22-02.25	
	FOUL	6.76m	6.71m	6.50m	FOUL	FOUL				
3	Jamarian Malley				Western Oregon			6.75m	22-01.75	
	6.33m	6.67m	6.30m	FOUL	6.40m	6.75m				
4	Justin Felt				Seattle Pacific			6.67m	21-10.75	
	FOUL	6.41m	6.40m	6.04m	6.51m	6.67m				
5	Nick Collins				Central Washingt			6.66m	21-10.25	
	6.66m	6.66m	FOUL	6.36m	FOUL	6.63m				
6	D'Andre Benjamin				Seattle U.			6.58m	21-07.25	
	5.83m	6.31m	5.91m	5.75m	6.26m	6.58m				
7	Tommy Woolf				Western Oregon			6.54m	21-05.50	

	6.47m	6.54m	6.37m	6.35m	PASS	PASS		
8	Robert Wegner				Western Oregon		6.49m	21-03.50
	6.40m	6.28m	6.24m	FOUL	6.42m	6.49m		
9	Lionel Orji				Central Washingt		6.30m	20-08.00
	5.93m	5.84m	6.30m					
10	Shane Gruger				Western Washingt		6.24m	20-05.75
	5.30m	5.32m	6.24m					
11	Udoka Odoemene				Seattle U.		6.23m	20-05.25
	FOUL	6.12m	6.23m					
12	Tim Satterwhite				Western Washingt		6.18m	20-03.50
	6.18m	6.08m	5.96m					
13	Christopher Fussell				Seattle U.		6.03m	19-09.50
	FOUL	6.03m	FOUL					
14	Luke Barrett				MSU-Billings		5.57m	18-03.25
	5.57m	5.40m	5.42m					

Men Triple Jump

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Venue: V 16.63m 2/7/2004 Lejuan Simon, L S U

NCAA Auto: A 15.20m

NCAA Prov: P 14.30m

Meet Record: M 14.76m 2/21/2004 Justin Lawrence, Central Washington

Name	Year	School	Finals	
1	Greg Hamm	Northwest Nazare	14.46mP	47-05.25
	13.71m	14.29m	14.11m	14.16m 14.01m 14.46m
2	Tommy Woolf	Western Oregon	13.84m	45-05.00
	13.24m	13.41m	13.62m	13.84m 13.73m PASS
3	Keefe Brockman	Western Washingt	13.82m	45-04.25
	13.59m	13.81m	FOUL	13.65m 13.82m FOUL
4	Tyler Reisnaur	Western Oregon	J13.82m	45-04.25
	FOUL	13.45m	13.82m	13.55m 13.73m 13.50m
5	Tim Satterwhite	Western Washingt	13.80m	45-03.50
	FOUL	FOUL	13.36m	13.77m 13.44m 13.80m
6	Justin Felt	Seattle Pacific	12.88m	42-03.25
	FOUL	12.88m	12.61m	12.78m FOUL 12.36m
7	William Basham	Central Washingt	12.79m	41-11.50
	12.58m	12.79m	12.51m	12.24m 12.66m 12.58m
8	Josh Heidegger	Northwest Nazare	12.43m	40-09.50
	12.43m	12.40m	FOUL	12.35m 12.37m 12.23m
9	Udoka Odoemene	Seattle U.	J12.43m	40-09.50
	12.09m	12.43m	12.26m	

10	Deshawn Lewis	MSU-Billings	12.02m	39-05.25
	FOUL 11.71m 12.02m			
11	James Hopkins	MSU-Billings	11.96m	39-03.00
	11.96m 11.56m FOUL			

Men Shot Put

=====				
	Venue: V	20.48m	2/8/2003	John Godina, Throwers
	NCAA Auto: A	17.40m		
	NCAA Prov: P	15.85m		
	Meet Record: M	17.47m	2/19/2007	Cameron Neel, Central Wash
	Name	Year	School	Finals
=====				
1	Zach Barclay		Northwest Nazare	14.87m 48-09.50
	FOUL 13.66m 13.90m 13.95m 14.87m 14.54m			
2	Andrew Matschiner		Seattle Pacific	14.84m 48-08.25
	14.24m 13.96m 13.99m 13.77m 14.84m 14.69m			
3	Sam Washington		St. Martin's	14.75m 48-04.75
	13.66m 14.75m 14.72m 13.69m 14.40m 14.39m			
4	Matt Valdez		Central Washingt	14.56m 47-09.25
	FOUL 13.55m FOUL FOUL 14.56m FOUL			
5	Robert Barrett		Western Oregon	14.30m 46-11.00
	13.93m 14.30m FOUL 14.22m FOUL FOUL			
6	Grant Miller		Northwest Nazare	14.08m 46-02.50
	13.72m 13.27m FOUL 14.08m FOUL 13.44m			
7	Brandon Varkevisser		Western Washingt	13.99m 45-10.75
	13.99m 13.63m 13.47m FOUL 13.13m FOUL			
8	Tyler Fischer		Central Washingt	13.91m 45-07.75
	12.73m FOUL 13.67m FOUL 13.36m 13.91m			
9	Jason Slowey		Western Oregon	13.63m 44-08.75
	11.74m 13.38m 13.63m FOUL 13.31m FOUL			
10	Jordan Fenters		Northwest Nazare	13.43m 44-00.75
	13.43m 13.32m FOUL			
11	Michael Hoffman		Western Washingt	13.18m 43-03.00
	12.89m 13.18m 12.88m			
12	Bryant Michaelson		Western Washingt	13.03m 42-09.00
	13.03m FOUL 12.17m			
13	Anthony Marin		Western Oregon	12.44m 40-09.75
	12.44m 11.86m 12.19m			
14	Diego Estrada		Northwest Nazare	12.35m 40-06.25
	11.17m 12.05m 12.35m			
--	Kyle Richards		MSU-Billings	FOUL

FOUL FOUL FOUL

Men Weight Throw

Venue: V 25.28m 2/4/2005 Libor Charfreitag, Mizuno

NCAA Auto: A 19.00m

NCAA Prov: P 17.20m

Meet Record: M 18.19m 2/19/2007 Anthony Marin, Western Oreg

Name	Year	School	Finals
1 Anthony Marin		Western Oregon	17.73mP 58-02.00
17.24m	17.18m	17.73m	16.53m 17.32m 17.05m
2 Zach Barclay		Northwest Nazare	16.49m 54-01.25
15.87m	16.14m	15.35m	16.49m 16.12m 15.98m
3 Tyler Fischer		Central Washingt	16.22m 53-02.75
16.22m	16.02m	15.74m	FOUL 15.93m 15.54m
4 Grant Miller		Northwest Nazare	15.46m 50-08.75
14.31m	13.65m	FOUL	FOUL 14.78m 15.46m
5 Mychal Ostler		Central Washingt	15.35m 50-04.50
14.68m	15.35m	14.90m	12.95m 13.36m FOUL
6 Robert Barrett		Western Oregon	14.82m 48-07.50
13.86m	FOUL	FOUL	14.19m FOUL 14.82m
7 Sam Washington		St. Martin's	13.45m 44-01.50
12.40m	11.95m	FOUL	12.37m 12.95m 13.45m
8 Jordan Fenters		Northwest Nazare	12.58m 41-03.25
FOUL	12.58m	10.97m	FOUL FOUL 11.24m
9 Andrew Matschiner		Seattle Pacific	11.85m 38-10.50
11.85m	FOUL	FOUL	FOUL FOUL FOUL
10 Diego Estrada		Northwest Nazare	11.66m 38-03.25
FOUL	FOUL	11.66m	
11 Brandon Varkevisser		Western Washingt	11.37m 37-03.75
FOUL	11.37m	FOUL	
12 Alex Eaton		Northwest Nazare	11.21m 36-09.50
9.88m	11.21m	FOUL	
13 Michael Hoffman		Western Washingt	11.16m 36-07.50
11.16m	11.06m	10.53m	
14 Bryant Michaelson		Western Washingt	10.95m 35-11.25
9.94m	9.73m	10.95m	
15 Jason Slowey		Western Oregon	10.57m 34-08.25
8.74m	7.86m	10.57m	
16 Jade Haynie		MSU-Billings	9.52m 31-03.00
FOUL	7.46m	9.52m	

17 Michael Vavricka
FOUL 8.91m 9.17m

St. Martin's

9.17m 30-01.00

-- Matt Valdez

Central Washingt

FOUL

FOUL FOUL FOUL

