

12-1-2007

University of Washington Winter Preview

Great Northwest Athletic Conference

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Hy-Tek's Meet Manager 12/1/2007 04:2

UW Winter Preview - 12/1/2007

Dempsey Indoor, Seattle, Wash.

Results

Women 60 Meter Dash

Name	Year School	Finals
Section 1		
1 3675 Kayla Smith	Unattached	7.96
2 3670 Brianna Okoro	Unattached	8.04
3 3665 christene jones	Unattached	8.19
Section 2		
1 3664 Ariana Jones	Unattached	7.95
2 3641 Lauren Hoskie	Striders	8.05
3 3672 Emily Quatier	Unattached	8.30
4 3678 McKenzie Walker	Unattached	8.37
5 3673 Sabrina Salazar	Unattached	9.32
Section 3		
1 3847 Megan Zukowski	Western Wash.	8.10
2 3818 Gail Butler	Western Wash.	8.30
3 3661 Danita Hamptonie	Unattached	8.44
Section 4		
1 3772 Lauren Duckett	Western Oregon	8.11
2 3669 Rachel Meis	Unattached	8.30
3 3660 Holly DeHart	Unattached	8.65
Section 5		
1 3845 Justine Sturm	Western Wash.	8.51
2 3829 Dianna Hanson	Western Wash.	8.65

Women 200 Meter Dash

Name	Year School	Finals
Section 1		
1 3675 Kayla Smith	Unattached	25.78
2 3670 Brianna Okoro	Unattached	26.28
3 3641 Lauren Hoskie	Striders	27.29
Section 2		
1 3672 Emily Quatier	Unattached	26.93

2	3824	Heidi Dimmitt	Western Wash.	27.04
3	3665	christene jones	Unattached	27.64
Section 3				
1	3830	Joana Houplin	Unat-W. Wash.	26.91
2	3767	Sarah Barker	Western Oregon	27.53
3	3663	Bridget Johnson	Unattached	27.58
4	3644	Lauren Lozada	Striders	28.74
Section 4				
1	3847	Megan Zukowski	Western Wash.	26.90
2	3772	Lauren Duckett	Western Oregon	27.68
3	3826	Jessica Erickson	Unat-W. Wash.	28.95
Section 5				
1	3678	McKenzie Walker	Unattached	27.96
2	3669	Rachel Meis	Unattached	27.98
3	3654	Miko Starks	Striders Track C	28.97
Section 6				
1	3831	Michelle Howe	Western Wash.	27.87
2	3846	Amanda Thornton	Western Wash.	28.70
3	3838	Sarah Olson	Western Wash.	29.08
4	3559	Mellisa Flower	Seattle Pacific	29.69
5	3833	Katie Kirkness	Western Wash.	29.71

Women 300 Meter Dash

=====					
	Name	Year	School	Finals	
=====					
Section 1					
1	3674		Nyema Sims	Unattached	40.98
2	3590		Kamala Squires	Seattle U.	50.07

Women 400 Meter Dash

=====					
	Name	Year	School	Finals	
=====					
1	3739		Falesha Ankton	Washington	58.86
2	3746		Syreeta Martin	Washington	59.02
3	3750		Marie Tvare	Washington	59.66
4	3836		Megan O'Connell	Western Wash.	1:01.12
Section 2					
1	3557		Latasha Essien	Seattle Pacific	58.48
2	3744		Christina Lee	Washington	59.69
3	3677		Midori Starks	Unattached	59.73

4	3562	Jessica Hinton	Seattle Pacific	59.91
5	3751	Lauren Visoria	Washington	1:01.46
Section 3				
1	3824	Heidi Dimmitt	Western Wash.	59.91
2	3588	Rachel Purcell	Seattle U.	1:01.10
3	3830	Joana Houplin	Unat-W. Wash.	1:01.54
4	3644	Lauren Lozada	Striders	1:09.35
Section 4				
1	3834	Julie Meaker	Western Wash.	1:01.46
2	3654	Miko Starks	Striders Track C	1:04.43
3	3743	Chelsey Johnson	Washington	1:06.10
Section 5				
1	3627	Jessica Pendon	St. Martin's	1:02.85
2	3770	Kelsey Castrey	Western Oregon	1:03.49
3	3846	Amanda Thornton	Western Wash.	1:04.17
4	3587	Erin Moon	Seattle U.	1:07.73
Section 6				
1	3662	Gabrielle Holman	Unattached	1:04.86
2	3833	Katie Kirkness	Western Wash.	1:09.02

Women 1 Mile Run

=====					
	Name	Year	School	Finals	
=====					
Section 1					
1	3505	Emily	Uhlig	Evergreen St.	5:37.19
2	3591	Greta	Stickney	Seattle U.	5:43.54
3	3668	Meaghan	McCluskey	Unattached	5:45.84
4	3583	Natalie	Martinez	Seattle U.	6:02.43
5	3619	Ninalynn	Benitez	St. Martin's	6:21.30
6	3888	Darci	Tuttle	Whatcom CC	6:29.86
Section 2					
1	3623	Krinda	Carlson	St. Martin's	5:19.20
2	3774	Jessica	Harper	Western Oregon	5:19.58
3	3625	Annie	Laweryson	St. Martin's	5:23.08
4	3658	Jeanie	Bezdan	Unattached	5:26.36
5	3778	Shirlon	Moncrief	Western Oregon	5:31.27
6	3784	Erica	Zambon	Western Oregon	5:51.16

Women 800 Meter Run

=====				
	Name	Year	School	Finals
=====				

=====
 Section 1

1	3560	Teona Golding	Seattle Pacific	2:17.65
2	3775	Sarah Howell	Western Oregon	2:24.74
3	3769	Ashley Berry	Western Oregon	2:25.72
4	3657	Danielle Ayers-Stam	Unattached	2:27.73
5	3563	Kayti Krepel	Seattle Pacific	2:28.59
6	3552	Brittany Aanstad	Unattached	2:33.50
7	3768	Kira Batcheller	Western Oregon	2:34.12
8	3626	Karissa Owen	St. Martin's	2:35.96
9	3620	Kaleigh Bishop	St. Martin's	2:40.43

Women 5000 Meter Run

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Name	Year	School	Finals	
1	3839	Sarah Porter	Western Wash.	17:34.37
2	3779	Tricia Morrison	Western Oregon	18:36.98
3	3581	Katie Hansen	Seattle U.	18:48.62
4	3777	Lyndsey McKillip	Western Oregon	18:48.75
5	3594	Rachel Yorkston	Seattle U.	18:58.09
6	3624	Jessie Dunnam	St. Martin's	19:02.15
7	3622	Helen Camden	St. Martin's	19:12.98
8	3554	Kim Beamon	Seattle Pacific	20:05.32
9	3582	Tiffany Hunter	Seattle U.	20:12.52
10	3585	Julia Miller	Seattle U.	20:36.97
11	3837	Amy Olson	Western Wash.	20:38.37
12	3558	Emily Felton	Seattle Pacific	20:54.00
13	3589	Kerianne Quiocho	Seattle U.	21:02.74
14	3887	Alison Bartosch	Whatcom CC	21:06.87
15	3584	Haley McGoldrick	Seattle U.	21:21.81
16	3569	Kyla Rohde	Seattle Pacific	22:07.31
--	3827	Erin Flinn	Western Wash.	DNF

Women 60 Meter Hurdles

=====

Name	Year	School	Finals	
1	3741	Liz Fuller	Washington	9.03
2	3643	Shaquana Logan	Striders	9.11
3	3657	Danielle Ayers-Stam	Unattached	9.14
4	3780	Jacque Postlewait	Western Oregon	9.38

5	3831 Michelle Howe	Western Wash.	9.45
Section 2			
1	3767 Sarah Barker	Western Oregon	9.77
2	3828 Arielle Genter	Western Wash.	10.36
Section 3			
1	3663 Bridget Johnson	Unattached	9.20
2	3776 Mandi Kiefer	Western Oregon	9.64
3	3829 Dianna Hanson	Western Wash.	10.00
4	3845 Justine Sturm	Western Wash.	10.07
5	3783 Megan Vorderstrasse	Western Oregon	10.56

Women 4x400 Meter Relay

School	Finals
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Section 1

1	Western Washington 'B'	4:28.03
	1) Sarah Olson	2) Brooke Bekkedahl
	3) Michelle Howe	4) Arielle Genter
2	Seattle Pacific 'B'	4:31.30
	1) Monica Anderson	2) Kati Davis
	3) Mellisa Peaslee	4) Carrie Hauk

Section 2

1	Washington 'A'	3:56.45
	1) Marie Tvare	2) Falesha Ankton
	3) Syreeta Martin	4) Christina Lee
2	Seattle Pacific 'A'	4:01.02
	1) Teona Golding	2) Jessica Hinton
	3) Latasha Essien	4) Jenifer Pike
3	Western Oregon 'A'	4:11.30
	1) Sarah Barker	2) Kelsey Castrey
	3) Ashley Berry	4) Sarah Howell
4	Western Washington 'A'	4:15.57
	1) Heidi Dimmitt	2) Megan O'Connell
	3) Julie Meaker	4) Amanda Thornton
5	Seattle U. 'A'	4:21.86
	1) Courtney Cabebe	2) Erin Moon
	3) Elizabeth Wolf	4) Rachel Purcell

Women High Jump

Name	Year School	Finals
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=====
 Flight 1

1	3507	Emma Kimoto	Kajaks T&F	1.65m	5-05.00	
	1.45	1.50	1.55	1.60	1.65	1.70
	PPP	O	O	O	O	XXX
2	3820	Clara Cook	Western Wash.	1.60m	5-03.00	
	1.45	1.50	1.55	1.60	1.65	
	PPP	O	O	XO	XXX	
2	3741	Liz Fuller	Washington	1.60m	5-03.00	
	1.45	1.50	1.55	1.60	1.65	
	O	O	O	XO	XXX	
4	3565	Jaquie Mattson	Seattle Pacific	1.55m	5-01.00	
	1.45	1.50	1.55	1.60		
	O	O	XXO	XXX		
5	3726	Nicole Vielma	Unattached-Wash.	1.50m	4-11.00	
	1.45	1.50	1.55			
	O	O	XXX			
5	3842	Jill Rogers	Western Wash.	J1.50m	4-11.00	
	1.45	1.50	1.55			
	XO	O	XXX			
7	3769	Ashley Berry	Western Oregon	1.45m	4-09.00	
	1.45	1.50				
	O	XXX				
--	3586	Clare Monahan	Seattle U.		NH	
	1.45					
	XXX					
--	3673	Sabrina Salazar	Unattached		NH	
	1.45					
	XXX					

Women Pole Vault

=====
 Name Year School Finals
 =====

1	3725	Kelsey Shimada	Unattached-Wash.	J3.52m	11-06.50				
	2.32	2.52	2.72	2.92	3.07	3.22	3.37	3.52	3.62
	PPP	PPP	O	O	O	XO	O	O	XXX
2	3721	Taylor Fjeran	Unattached-Wash.	J3.22m	10-06.75				
	2.32	2.52	2.72	2.92	3.07	3.22	3.37		
	PPP	PPP	O	O	O	XO	XXX		
3	3893	Mallory Ramsey	Willamette Strid	3.07m	10-00.75				
	2.32	2.52	2.72	2.92	3.07	3.22			

	PPP	PPP	PPP	PPP	O	XXX				
3	3835	Christy Miller		Western Wash.			J3.07m	10-00.75		
		2.32	2.52	2.72	2.92	3.07	3.22			
		PPP	PPP	PPP	PPP	XO	XXX			
3	3840	Jennifer Quick		Western Wash.			J3.07m	10-00.75		
		2.32	2.52	2.72	2.92	3.07	3.22			
		PPP	O	O	XO	XXO	XXX			
3	3671	Lindsey Porter		Unattached			J3.07m	10-00.75		
		2.32	2.52	2.72	2.92	3.07	3.22			
		O	O	XO	XO	O	XXX			
3	3724	Kelly Mudlo		Unattached-Wash.			J3.07m	10-00.75		
		2.32	2.52	2.72	2.92	3.07	3.22			
		PPP	PPP	O	O	XO	XXX			
3	3823	Diana DiMarco		Western Wash.			J3.07m	10-00.75		
		2.32	2.52	2.72	2.92	3.07	3.22			
		PPP	PPP	O	O	XXO	XXX			
9	3825	Cara Dockins		Western Wash.			J2.92m	9-07.00		
		2.32	2.52	2.72	2.92	3.07				
		PPP	XXO	XXO	O	XXX				
9	3819	Camille Clarke		Western Wash.			J2.92m	9-07.00		
		2.32	2.52	2.72	2.92	3.07				
		PPP	PPP	O	XO	XXX				
9	3897	Rachel Jordan		Willamette STC			2.92m	9-07.00		
		2.32	2.52	2.72	2.92	3.07				
		PPP	PPP	O	O	XXX				
12	3578	Courtney Cabebe		Seattle U.			J2.72m	8-11.00		
		2.32	2.52	2.72	2.92					
		PPP	XXO	O	XXX					
12	3844	Samantha Stevens		Western Wash.			J2.72m	8-11.00		
		2.32	2.52	2.72	2.92					
		PPP	XO	O	XXX					
12	3822	Amanda DiEnno		Western Wash.			2.72m	8-11.00		
		2.32	2.52	2.72	2.92					
		PPP	PPP	O	XXX					
--	3894	Donna Schultz		Willamette Strid				NH		
		2.32	2.52	2.72	2.92	3.07				
		PPP	PPP	PPP	PPP	XXX				
Flight 2										
1	3676	Kate Conwell		Club NW			3.82m	12-06.25		
		3.07	3.22	3.37	3.52	3.67	3.82	3.97		
		PPP	PPP	PPP	O	O	XXO	XXX		
2	3740	Kelley DiVesta		Washington			3.67m	12-00.50		

	3.07	3.22	3.37	3.52	3.67	3.82			
	PPP	PPP	XO	XO	XXO	XXX			
3	3749	Andrea Peterson					Washington	3.52m	11-06.50
	3.07	3.22	3.37	3.52	3.67				
	PPP	PPP	O	O	XXX				
3	3566	Mellisa Peaslee					Seattle Pacific	3.52m	11-06.50
	3.07	3.22	3.37	3.52	3.67				
	PPP	O	O	O	XXX				
5	3901	Myrriah Swango					Unattached	3.37m	11-00.75
	3.07	3.22	3.37	3.52					
	PPP	O	O	XXX					
5	3753	Allison Wojciechows					Washington	J3.37m	11-00.75
	3.07	3.22	3.37	3.52					
	PPP	PPP	XXO	XXX					
7	3564	Tracie Lundsten					Seattle Pacific	3.22m	10-06.75
	3.07	3.22	3.37						
	O	O	XXX						
7	3561	Carrie Hauk					Seattle Pacific	J3.22m	10-06.75
	3.07	3.22	3.37						
	PPP	XXO	XXX						
--	3556	Kati Davis					Seattle Pacific		NH
	3.07								
	XXX								
--	3553	Monica Anderson					Seattle Pacific		NH
	3.07								
	XXX								
--	3747	Allison Moore					Washington		NH
	3.07	3.22	3.37						
	PPP	PPP	XXX						

Women Long Jump

=====									
Name	Year	School	Finals						
=====									
Flight 1									
1	3738	Daria Amiad-Pavlov	Washington	5.52m	18-01.50				
	5.07m	5.29m	FOUL	FOUL	5.52m	FOUL			
2	3748	Taylor Nichols	Washington	5.39m	17-08.25				
	5.31m	5.21m	5.16m	5.13m	5.36m	5.39m			
3	3780	Jacque Postlewait	Western Oregon	5.18m	17-00.00				
	5.18m	4.82m	4.94m	PASS	PASS	PASS			
4	3818	Gail Butler	Western Wash.	4.94m	16-02.50				

	4.80m	4.94m	4.82m	FOUL	PASS	PASS		
5	3783	Megan Vorderstrasse	Western Oregon		4.85m	15-11.00		
	4.77m	FOUL	4.48m	FOUL	FOUL	4.85m		
6	3722	Lindsey Fleishman	Unattached-Wash.		4.76m	15-07.50		
	FOUL	4.62m	4.76m	4.72m	FOUL	FOUL		
7	3720	Brianna Clark	Unattached-Wash.		4.64m	15-02.75		
	3.82m	4.32m	4.64m	FOUL	4.33m	4.25m		
8	3835	Christy Miller	Western Wash.		4.59m	15-00.75		
	4.59m	4.58m	4.57m	PASS	PASS	PASS		
9	3832	Kristin Johnson	Unat-W. Wash.		4.47m	14-08.00		
	4.47m	4.26m	4.25m	FOUL	4.34m	FOUL		
10	3822	Amanda DiEnno	Western Wash.		4.41m	14-05.75		
	FOUL	4.41m	4.34m					
11	3742	Riley Glandon	Washington		4.34m	14-03.00		
	4.34m	FOUL	FOUL					
12	3660	Holly DeHart	Unattached		4.28m	14-00.50		
	4.19m	4.26m	4.28m					
13	3590	Kamala Squires	Seattle U.		4.07m	13-04.25		
	4.07m	3.85m	4.02m					
14	3586	Clare Monahan	Seattle U.		3.75m	12-03.75		
	3.72m	3.75m	3.73m					

Women Shot Put

=====								
	Name	Year	School		Finals			
=====								
1	3741	Liz Fuller	Washington		12.40m	40-08.25		
	12.40m	11.11m	FOUL	11.83m				
2	3773	Sabrina Freed	Western Oregon		11.20m	36-09.00		
	10.91m	11.20m	10.78m	10.83m				
3	3663	Bridget Johnson	Unattached		11.07m	36-04.00		
	10.64m	10.72m	11.07m	10.76m				
4	3657	Danielle Ayers-Stam	Unattached		10.52m	34-06.25		
	9.98m	10.52m	10.12m	10.29m				
5	3782	Alyssa Taylor	Western Oregon		10.31m	33-10.00		
	9.81m	9.31m	10.31m	9.95m				
6	3579	Lindsay Currier	Seattle U.		10.20m	33-05.75		
	8.58m	9.95m	9.29m	10.20m				
7	3552	Brittany Aanstad	Unattached		10.12m	33-02.50		
	9.22m	10.12m	9.80m	9.82m				
8	3771	Sara Cole	Western Oregon		9.95m	32-07.75		
	9.45m	9.00m	9.31m	9.95m				

9	3580 Sarah DeMartini	Seattle U.	9.21m	30-02.75
	9.05m 8.80m 9.21m 9.17m			
10	3628 Megan Thomas	St. Martin's	8.82m	28-11.25
	8.66m 8.82m 8.78m 8.23m			
11	3592 RaeLani Valaile	Seattle U.	8.81m	28-11.00
	8.81m 8.64m 8.15m 7.66m			
11	3841 Erica Rance	Western Wash.	8.81m	28-11.00
	8.81m FOUL FOUL FOUL			
13	3621 Jillian Blake	St. Martin's	8.54m	28-00.25
	FOUL 8.54m 8.23m 8.26m			
14	3659 Feomina Cervantes	Unattached	8.12m	26-07.75
	7.05m 8.12m 7.32m FOUL			

Men 60 Meter Dash

Name	Year School	Finals
Section 1		
1 3759 Ryan Hamilton	Washington	7.07
2 3765 Joseph Turner	Washington	7.08
3 3763 Kenny Shaw	Washington	7.22
4 3703 Ross Manderscheid	Unattached	7.33
5 3616 Ku'ualoha Whittle	Seattle U.	7.61
Section 2		
1 3694 Ezra John Griffey	Unattached	7.12
2 3687 Josh Cain	Unattached	7.32
3 3649 Keelynn Johnson	Striders	7.44
Section 3		
1 3855 Michael Dean	Unat-W. Wash.	7.08
2 3653 Anthony Wright	Striders	7.27
3 3706 Ashtin Mott	Unattached	7.29
4 3682 Phillip Bennett	Unattached	7.36
5 3696 Greg Hoover	Unattached	7.54
Section 4		
1 3695 Marcus Harewood	Unattached	7.22
2 3602 Travis Glover	Seattle U.	7.25
3 3757 Corey Fredericks	Washington	7.34
3 3656 Damian Olson	Team XO	7.34
5 3506 Ronald Dudley II	Flying AJ's	7.42
6 3755 Andrew Ferleman	Washington	7.49
Section 5		
1 3702 Bryan Mack	Unattached	7.13

2	3813	Dylan Wells	Western Oregon	7.19
3	3766	Ryan Vu	Washington	7.37
4	3701	Justin Lundgren	Unattached	7.58
5	3735	Scott Roth	Unattached-Wash.	7.69
6	3690	Jesse Duke	Unattached	8.02
Section 6				
1	3808	Joshua Threet	Western Oregon	7.40
2	3886	Calvin Williams	Western Wash.	7.44
3	3714	Zach Smith	Unattached	7.54
4	3853	Toby David	Western Wash.	7.64
5	3800	Steve Perrilloux	Western Oregon	7.72
6	3712	Matt Sanchez	Unattached	7.78
Section 7				
1	3861	Shane Gruger	Western Wash.	7.43
2	3857	Darren Edwards	Western Wash.	7.50
3	3760	Jared O'Connor	Washington	7.57
4	3873	Kevin Moen	Western Wash.	7.78
5	3713	Chris Shunk	Unattached	8.41
Section 8				
1	3728	Lance Carl	Unattached-Wash.	7.46
2	3727	Sean Beighton	Unattached-Wash.	7.60
3	3731	Bobby Noble	Unattached-Wash.	7.63
4	3729	Jeremy Lashinske	Unattached-Wash.	7.66
Section 9				
1	3707	David Ortman	Unattached	8.02
2	3689	Scott Copeland	Unattached	8.12
3	3717	Art Turock	Unattached	8.74

Men 200 Meter Dash

Name	Year	School	Finals
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Section 1				
1	3694	Ezra John Griffey	Unattached	22.65
2	3706	Ashtin Mott	Unattached	23.09
3	3682	Phillip Bennett	Unattached	23.14
4	3703	Ross Manderscheid	Unattached	24.12
Section 2				
1	3855	Michael Dean	Unat-W. Wash.	22.67
2	3813	Dylan Wells	Western Oregon	22.98
3	3602	Travis Glover	Seattle U.	23.23
4	3808	Joshua Threet	Western Oregon	24.06

Section 3

1	3649	Keelynn Johnson	Striders	23.70
2	3653	Anthony Wright	Striders	23.71
3	3506	Ronald Dudley II	Flying AJ's	24.06
4	3710	Humberto Quintanar	Unattached	25.82

Section 4

1	3797	Lloyd Massey	Western Oregon	23.56
2	3886	Calvin Williams	Western Wash.	23.89
3	3804	Cole Samuel	Western Oregon	24.19
4	3790	Clint Hickey	Western Oregon	24.38
5	3646	Robert Ellington	Striders	25.98

Section 5

1	3853	Toby David	Western Wash.	24.03
2	3800	Steve Perrilloux	Western Oregon	24.84
3	3814	Jordan Werner	Western Oregon	25.02
4	3712	Matt Sanchez	Unattached	25.85

Section 6

1	3702	Bryan Mack	Unattached	23.86
2	3857	Darren Edwards	Western Wash.	24.11
3	3680	Chris Andres	Unattached	24.64

Section 7

1	3862	Alex Harrison	Western Wash.	24.54
2	3873	Kevin Moen	Western Wash.	24.98
3	3615	Jordan Wagner	Seattle U.	25.83

Section 8

1	3864	Kevin Iverson	Western Wash.	24.90
1	3856	Alex Dye	Western Wash.	24.90

Section 9

1	3707	David Ortman	Unattached	25.89
2	3689	Scott Copeland	Unattached	26.41
3	3697	Clyde Hundley	Unattached	29.60
4	3717	Art Turock	Unattached	29.82

Men 300 Meter Dash

Name	Year	School	Finals
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Section 1

1	3765	Joseph Turner	Washington	35.09
2	3503	Chris Randolph	Club NW	36.21
3	3506	Ronald Dudley II	Flying AJ's	38.59
4	3891	Jesse Norton	Whatcom CC	41.51

Men 400 Meter Dash

Name	Year	School	Finals
1 3762 Sam Rucker		Washington	50.26
2 3764 Miles Timpe		Washington	50.84
3 3645 Demetrius Douglas-D		Striders	51.22
Section 2			
1 3855 Michael Dean		Unat-W. Wash.	50.15
2 3754 Kyle Acheson		Washington	51.46
3 3875 Kevin Myhre		Western Wash.	54.17
Section 3			
1 3789 Blake Estep		Western Oregon	50.65
2 3876 Matt O'Connell		Western Wash.	51.83
3 3596 Loyal Allen		Seattle U.	52.36
4 3884 Ben Wargo		Western Wash.	52.42
5 3859 Jason Fitz		Unat-W. Wash.	54.87
Section 4			
1 3716 Eddie Strickler		Unattached	51.48
2 3614 Daniel Sullivan		Seattle U.	51.84
3 3803 Jerimiah Richardson		Western Oregon	51.85
4 3680 Chris Andres		Unattached	55.00
5 3874 Gabriel Morales		Western Wash.	57.90
Section 5			
1 3502 Charles Velasquez		Central Wash.	51.99
2 3631 Bryan Gerry		St. Martin's	52.20
3 3608 Jude Martinez		Seattle U.	52.85
4 3880 Maxx Snyder		Unat-W. Wash.	55.81
Section 6			
1 3612 Robert Poshusta		Seattle U.	56.13
2 3710 Humberto Quintanar		Unattached	57.06
3 3646 Robert Ellington		Striders	1:00.42
4 3712 Matt Sanchez		Unattached	1:09.96

Men 1 Mile Run

Name	Year	School	Finals
Section 1			
1 3599 Max Cole		Seattle U.	4:45.38
2 3889 Chris Dennis		Whatcom CC	4:48.67

3	3632	Nicholas Harvey	St. Martin's	4:49.42
4	3598	Nick Cannata-Bowman	Seattle U.	4:50.67
5	3606	Adam Kollgaard	Seattle U.	4:52.42
6	3652	Jamar Williams	Striders	4:55.29
7	3610	Graham Miller	Seattle U.	4:57.74

Section 2

1	3509	Graeme Wells	Kajaks T&F	4:15.31
2	3736	Charlie Williams	Unattached-Wash.	4:16.45
3	3708	Ozzie Pina	Unattached	4:17.05
4	3638	John Riak	St. Martin's	4:17.13
5	3848	Sam Bedell	Western Wash.	4:17.71
6	3732	Tom Peterson	Washington	4:18.73
7	3805	Mike Schmidt	Western Oregon	4:20.05
8	3734	Cameron Quackenbush	Unattached-Wash.	4:22.93
9	3796	Jeff Long	Western Oregon	4:23.29
10	3730	David McCary	Unattached-Wash.	4:27.25
11	3733	Etienne Pierson	Unattached-Wash.	4:28.06
12	3791	Kym Hunt	Western Oregon	4:31.84
13	3737	Emesh Fernando	VS Track West	5:13.10

Men 800 Meter Run

Name	Year	School	Finals
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Section 1

1	3618	Rob Drapala	Simon Fraser	1:59.14
2	3758	Tim Freeman	Unattached-Wash.	1:59.16
3	3799	Dallas Moses	Western Oregon	2:00.24
4	3786	Travis Banker	Western Oregon	2:01.66
5	3811	Abe Webb	Western Oregon	2:02.66
6	3630	Josh Gatbunton	St. Martin's	2:02.89
7	3617	Aaron Daeschel	Simon Fraser	2:06.91
8	3652	Jamar Williams	Striders	2:10.11
9	3891	Jesse Norton	Whatcom CC	2:14.28

Men 5000 Meter Run

Name	Year	School	Finals
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1	3885	Jordan Welling	Western Wash.	15:10.54
2	3504	Tim Badley	Concordia (Ore.)	15:11.36
3	3570	Meis Chad	Seattle Pacific	15:17.65

4	3801 James Reed	Western Oregon	15:22.34
5	3810 Zeke VanPatten	Western Oregon	15:22.38
6	3792 Braxton Jackson	Western Oregon	15:23.24
7	3551 John Collins	RunningShoes.com	15:23.62
8	3571 Brian Cronrath	Seattle Pacific	15:25.57
9	3794 Nik Karr	Western Oregon	15:37.27
10	3878 Daniel Phillips	Western Wash.	15:51.10
11	3890 Cory Jenkins	Whatcom CC	15:51.63
12	3798 Matt McCrary	Western Oregon	15:52.76
13	3793 Justin Karr	Western Oregon	15:56.19
14	3693 Michael Gavareski	Unattached	16:03.25
15	3852 Will Cameron	Western Wash.	16:03.65
16	3785 Beau Backman	Western Oregon	16:04.30
17	3604 Nathan Heitzinger	Seattle U.	16:07.07
18	3635 Tris Obluck	St. Martin's	16:08.68
18	3795 Kyle Larson	Western Oregon	16:08.68
20	3806 Kyle Seick	Western Oregon	16:22.84
21	3892 Jonathan Quimby	Whatcom CC	16:25.10
22	3633 Steven Lalonde	St. Martin's	16:29.22
23	3572 Evan Dull	Seattle Pacific	16:31.78
24	3866 Kyle Lampi	Western Wash.	16:33.75
25	3705 Jason McConnell	Unattached	16:46.29
26	3877 Nate Perkins	Western Wash.	16:59.62
27	3603 Hans Heitzinger	Seattle U.	17:03.14
28	3575 Jordan Lance	Seattle Pacific	17:07.14
29	3595 Alec Adams	Seattle U.	17:11.05
30	3577 Scott Seamster	Seattle Pacific	17:17.26

Men 60 Meter Hurdles

Name	Year School	Finals
1 3797 Lloyd Massey	Western Oregon	8.68
2 3755 Andrew Ferleman	Washington	8.94
3 3859 Jason Fitz	Unat-W. Wash.	9.17
4 3873 Kevin Moen	Western Wash.	9.26
Section 2		
1 3809 Zeb Udell	Western Oregon	8.96
2 3881 Cory Sullivan	Western Wash.	9.32
3 3790 Clint Hickey	Western Oregon	9.41
4 3612 Robert Poshusta	Seattle U.	9.65

Section 3

1	3788	Eli Callan	Western Oregon	9.45
2	3870	Brian Martinelli	Western Wash.	9.50
3	3651	Devon Neary	Striders	9.78
4	3615	Jordan Wagner	Seattle U.	10.32
5	3874	Gabriel Morales	Western Wash.	11.18

Section 4

1	3814	Jordan Werner	Western Oregon	9.29
2	3862	Alex Harrison	Western Wash.	10.39
3	3864	Kevin Iverson	Western Wash.	11.03

Men 4x400 Meter Relay

School	Finals
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Section 1

1	Western Oregon	'B'	3:34.50
2	Western Washington	'B'	3:39.34
	1) Kevin Iverson	2) Toby David	
	3) Gabriel Morales	4) Alex Harrison	
3	Seattle U.	'B'	3:48.48
	1) Daniel Sullivan	2) Loyal Allen	
	3) Jordan Wagner	4) Christopher Fussell	

Section 2

1	Western Oregon	'A'	3:27.77
	1)	2) Lloyd Massey	
	3) Dallas Moses	4) Joshua Threet	
2	Western Washington	'A'	3:29.16
	1) Matt O'Connell	2) Kevin Myhre	
	3) Ben Wargo	4) Darren Edwards	
3	Seattle U.	'A'	3:29.48
	1) Travis Glover	2) d'Andre Benjamin	
	3) Robert Poshusta	4) Marc Massey	

Men High Jump

Name	Year	School	Finals
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Flight 1

1	3756	Norris Frederick	Washington	2.14m	7-00.25				
	1.79	1.84	1.89	1.94	1.99	2.04	2.09	2.14	2.17
	PPP	PPP	O	O	O	XO	O	XXO	XXX
2	3812	Robert Wegner	Western Oregon	1.94m	6-04.25				

	1.79	1.84	1.89	1.94	1.99			
	O	O	XXO	XO	XXX			
3	3850	Keefe Brockman		Western Wash.		1.84m	6-00.50	
	1.79	1.84	1.89					
	O	XO	XXX					
3	3699	Josh Larson		Unattached		J1.84m	6-00.50	
	1.79	1.84	1.89					
	XO	XXO	XXX					
3	3870	Brian Martinelli		Western Wash.		J1.84m	6-00.50	
	1.79	1.84	1.89					
	O	XXO	XXX					
6	3815	Tommy Woolf		Western Oregon		1.79m	5-10.50	
	1.79	1.84						
	O	XXX						
--	3790	Clint Hickey		Western Oregon		NH		
	1.79	1.84						
	PPP	XXX						

Men Pole Vault

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Name                      Year School                      Finals
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1 3709 David Pinkerton      Unattached                      4.30m  14-01.25
3.60 3.80 4.00 4.15 4.30 4.45
PPP PPP PPP PPP O XXX
1 3896 Jared Hippler        Willamette Strid                4.30m  14-01.25
3.60 3.80 4.00 4.15 4.30 4.45
PPP PPP PPP O O XXX
1 3731 Bobby Noble          Unattached-Wash.                J4.30m 14-01.25
3.60 3.80 4.00 4.15 4.30 4.45
PPP PPP PPP O XXO XXX
4 3851 Ryan Brown           Unat-W. Wash.                   J4.15m 13-07.25
3.60 3.80 4.00 4.15 4.30
PPP PPP PPP XXO XXX
4 3699 Josh Larson          Unattached                       J4.15m 13-07.25
3.60 3.80 4.00 4.15 4.30
O O O XXO XXX
4 3895 Jack Hippler         Willamette Strid                4.15m  13-07.25
3.60 3.80 4.00 4.15 4.30
PPP PPP PPP O XXX
7 3857 Darren Edwards       Western Wash.                    3.80m  12-05.50
3.60 3.80 4.00

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	O O XXX			
7	3728 Lance Carl	Unattached-Wash.	3.80m	12-05.50
	3.60 3.80 4.00			
	PPP O XXX			
9	3683 Bryce Borer	Unattached	3.60m	11-09.75
	3.60 3.80			
	O XXX			
9	3872 Michael Millson	Western Wash.	J3.60m	11-09.75
	3.60 3.80			
	XXO XXX			
--	3719 Josh Winters	Unattached		NH
	3.60 3.80 4.00 4.15			
	PPP PPP PPP XXX			
--	3609 Marc Massey	Seattle U.		NH
	3.6			
	XXX			
--	3727 Sean Beighton	Unattached-Wash.		NH
	3.60 3.80 4.00 4.15			
	PPP PPP PPP XXX			
--	3700 Todd Laughlin	Unattached		NH
	3.60 3.80 4.00 4.15			
	PPP PPP PPP XXX			
Flight 2				
1	3766 Ryan Vu	Washington	J4.90m	16-00.75
	4.45 4.60 4.75 4.90 5.05			
	PPP O O XXO XXX			
1	3760 Jared O'Connor	Washington	4.90m	16-00.75
	4.45 4.60 4.75 4.90 5.05			
	PPP O XO O XXX			
3	3809 Zeb Udell	Western Oregon	4.75m	15-07.00
	4.45 4.60 4.75 4.90 5.05			
	PPP PPP XO PPP XXX			
3	3898 Ben Cogdill	Willamette STC	J4.75m	15-07.00
	4.45 4.60 4.75 4.90			
	PPP XO XO XXX			
5	3503 Chris Randolph	Club NW	J4.60m	15-01.00
	4.45 4.60 4.75			
	XO O XXX			
5	3729 Jeremy Lashinske	Unattached-Wash.	4.60m	15-01.00
	4.45 4.60 4.75			
	XO O XXX			
5	3899 Thomas Juhala	WSTC	4.60m	15-01.00

4.45 4.60 4.75

XXO XO XXX

8 3869 Bryan Lucke Western Wash. 4.45m 14-07.25

4.45 4.60

O XXX

-- 3691 John Ellingson Unattached NH

4.45

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Men Long Jump

Name	Year	School	Finals
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Flight 1

1 3902 William Ayers Unattached 6.88m 22-07.00

FOUL 6.88m FOUL PASS PASS PASS

2 3861 Shane Gruger Western Wash. 6.48m 21-03.25

FOUL 6.48m FOUL FOUL 6.27m FOUL

3 3703 Ross Manderscheid Unattached 6.33m 20-09.25

6.26m 6.33m PASS 5.76m 5.93m 6.19m

4 3815 Tommy Woolf Western Oregon 6.14m 20-01.75

FOUL 6.14m 6.05m

5 3616 Ku'ualoha Whittle Seattle U. 6.11m 20-00.50

6.11m 6.08m FOUL

6 3864 Kevin Iverson Western Wash. 6.00m 19-08.25

FOUL 5.97m 6.00m

7 3802 Tyler Reisnaur Western Oregon 5.96m 19-06.75

5.87m 5.53m 5.96m

8 3611 Udoka Odoemene Seattle U. 5.94m 19-06.00

5.89m 5.94m 5.89m

9 3735 Scott Roth Unattached-Wash. 5.82m 19-01.25

5.60m 5.82m 5.63m

10 3790 Clint Hickey Western Oregon 5.81m 19-00.75

FOUL 5.81m FOUL

11 3862 Alex Harrison Western Wash. 5.57m 18-03.25

5.56m 5.47m 5.57m

Flight 2

1 3656 Damian Olson Team XO 7.22m 23-08.25

7.22m 7.20m 7.17m FOUL FOUL 6.99m

2 3809 Zeb Udell Western Oregon 6.56m 21-06.25

FOUL 6.55m 6.56m PASS FOUL PASS

3 3574 Justin Felt Seattle Pacific 6.49m 21-03.50

	6.35m	6.47m	5.90m	6.49m	FOUL	6.25m		
4	3757	Corey Fredericks		Washington		6.33m	20-09.25	
	6.22m	FOUL	5.98m	6.33m	6.05m	4.17m		
5	3714	Zach Smith		Unattached		6.32m	20-09.00	
	5.93m	5.70m	6.32m	5.84m	6.17m	5.93m		
6	3695	Marcus Harewood		Unattached		6.19m	20-03.75	
	6.19m	5.97m	5.73m	PASS	PASS	PASS		
7	3755	Andrew Ferleman		Washington		6.18m	20-03.50	
	6.18m	5.97m	5.71m					
8	3812	Robert Wegner		Western Oregon		6.15m	20-02.25	
	6.15m	5.83m	6.01m					
9	3696	Greg Hoover		Unattached		6.03m	19-09.50	
	6.03m	5.88m	5.61m					
10	3701	Justin Lundgren		Unattached		5.95m	19-06.25	
	5.65m	5.66m	5.95m					
11	3718	Cliff Winburn		Unattached		5.88m	19-03.50	
	5.30m	5.72m	5.88m					
12	3879	Tim Satterwhite		Western Wash.		5.57m	18-03.25	
	5.57m	5.48m	FOUL					

Men Shot Put

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Name	Year	School	Finals
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Flight 1

1	3903	Andrew Matchiner		Seattle Pacific		14.20m	46-07.25
	13.39m	13.71m	13.86m	14.20m			
2	3640	Sam Washington		St. Martin's		14.05m	46-01.25
	13.46m	14.05m	13.78m	13.86m			
3	3863	Michael Hoffman		Western Wash.		13.22m	43-04.50
	12.85m	13.22m	12.99m	12.74m			
4	3787	Robert Barrett		Western Oregon		13.16m	43-02.25
	12.37m	12.80m	13.16m	FOUL			
5	3882	Brandon Varkevisser		Western Wash.		12.83m	42-01.25
	12.81m	12.83m	FOUL	12.56m			
6	3807	Jason Slowey		Western Oregon		12.78m	41-11.25
	12.78m	FOUL	FOUL	FOUL			
7	3858	Ben Elder		Unat-W. Wash.		12.50m	41-00.25
	12.50m	FOUL	FOUL	12.34m			
8	3681	Imrose Baga		Unattached		12.29m	40-04.00
	11.33m	12.29m	FOUL	FOUL			
9	3639	Michael Vavricka		St. Martin's		12.24m	40-02.00

	12.19m	12.24m	11.93m	FOUL		
10	3862	Alex Harrison	Western Wash.		11.66m	38-03.25
		11.46m	11.66m	10.70m	11.36m	
11	3868	Will Lloyd	Western Wash.		11.36m	37-03.25
		11.36m	10.91m	FOUL	FOUL	
12	3755	Andrew Ferleman	Washington		11.16m	36-07.50
		FOUL	11.06m	10.34m	11.16m	
13	3731	Bobby Noble	Unattached-Wash.		10.31m	33-10.00
		10.31m	10.21m	9.87m	FOUL	
14	3728	Lance Carl	Unattached-Wash.		9.65m	31-08.00
		9.65m	9.04m	8.83m	9.48m	
15	3634	Jacob Loquvam	St. Martin's		9.21m	30-02.75
		8.24m	8.83m	9.21m	9.06m	
16	3637	Joshua Puckett	St. Martin's		8.13m	26-08.25
		8.09m	7.99m	8.13m	8.02m	

2 PM