

4-19-2008

# Central Washington University Spike Arlt Invitational

Great Northwest Athletic Conference

Follow this and additional works at: [http://digitalcommons.cwu.edu/cwu\\_track\\_field](http://digitalcommons.cwu.edu/cwu_track_field)

---

## Recommended Citation

Great Northwest Athletic Conference, "Central Washington University Spike Arlt Invitational" (2008). *Track and Field*. Book 207.  
[http://digitalcommons.cwu.edu/cwu\\_track\\_field/207](http://digitalcommons.cwu.edu/cwu_track_field/207)

This Book is brought to you for free and open access by the Sports Statistics and Histories at ScholarWorks@CWU. It has been accepted for inclusion in Track and Field by an authorized administrator of ScholarWorks@CWU.

Licensed to Central Washington University

Hy-Tek's Meet Manager 4/19/2008 09:3

2008 Spike Arlt Invitational - 4/19/2008

hosted by Central Washington University

Ellensburg, WA (Tomlinson Stadium)

Results

Women 100 Meter Dash

```

=====
Arlt Invite: ~ 12.17 2000 Sarah Axley, Pacific Lutheran
Stadium: @ 11.6h 5/8/1993 Kim Vanderhoek, Simon Fraser
D-II Auto: # 11.65 2008
D-II Prov: $ 12.10 2008
GNAC Auto: % 12.80 2008
GNAC Prov: ^ 13.70 2008

```

Name	Year	School	Seed	Finals	W
1 Tidwell, Latoya		NW Nazarene	12.80	12.79%	-
2 Schutte, Nicki		NW Nazarene	12.80	12.89^	-
3 Wells, Laticia		Central Wash.	12.85	13.01^	-
4 Hood, Britany		Central Wash.	12.98	13.14^	-
5 Berberick, Kim		NW Nazarene	13.40	13.41^	-
6 Brediger, Christa		NW Nazarene	13.50	13.43^	-
7 Thornton, Amanda		Western Wash.	13.02	13.74	-
8 Seward, Sharelle		NW Nazarene	13.60	14.02	-
9 Bickford, Danielle		NW Nazarene	14.20	14.80	-

Women 200 Meter Dash

```

=====
Arlt Invite: ~ 24.97 1999 Sarah Axley, Pacific Lutheran
Stadium: @ 24.39 5/9/1987 Hollie Watson, Western Wash.
D-II Auto: # 23.95 2008
D-II Prov: $ 24.80 2008
GNAC Auto: % 26.10 2008
GNAC Prov: ^ 27.50 2008

```

Name	Year	School	Seed	Finals	W
1 Tidwell, Latoya		NW Nazarene	25.70	25.77	
2 Schutte, Nicki		NW Nazarene	26.79	25.93	
3 Brady, Lindsay		NW Nazarene	26.93	26.58	
4 Hood, Britany		Central Wash.	26.85	26.65	
5 Kaercher, Rachael		Central Wash.	26.50	26.83	

6	Nygaard, Kara	Central Wash.	27.24	27.15
7	Thornton, Amanda	Western Wash.	27.02	27.25
8	Brediger, Christa	NW Nazarene	28.00	27.40
9	Berberick, Kim	NW Nazarene	27.80	28.02
10	Seward, Sharelle	NW Nazarene	28.20	28.90
11	Schuh, Kristen	Western Wash.	29.74	29.99
12	Bickford, Danielle	NW Nazarene	28.70	30.84
--	Mortenson, Angie	Orca TC	30.50	X30.09

Women 400 Meter Dash

```

=====
Arlt Invite: ~ 56.22 2004      Kinyatta Leonhardt, Seattle Pacific
  Stadium: @ 56.22 4/17/2004  Kinyatta Leonhardt, Seattle Pacific
D-II Auto: # 55.00 2008
D-II Prov: $ 56.60 2008
GNAC Auto: % 59.80 2008
GNAC Prov: ^ 1:04.00 2008

```

Name	Year	School	Seed	Finals	P
1 Brady, Lindsay		NW Nazarene	1:00.00	58.52%	
2 Evans, Chelsea		Central Wash.	58.00	58.76%	
3 Thornton, Amanda		Western Wash.	1:00.29	1:00.19^	
4 Nygaard, Kara		Central Wash.	1:00.70	1:01.49^	
5 Schuh, Kristen		Western Wash.	1:08.98	1:10.22	
-- Mortenson, Angie		Orca TC	1:09.78	X1:07.08	

Women 800 Meter Run

```

=====
Arlt Invite: ~ 2:13.86 2002      Sarah Kraybill, Seattle Pacific
  Stadium: @ 2:09.71 5/9/1987  Brit McRoberts, Simon Fraser
D-II Auto: # 2:10.50 2008
D-II Prov: $ 2:15.00 2008
GNAC Auto: % 2:20.00 2008
GNAC Prov: ^ 2:27.00 2008

```

Name	Year	School	Seed	Finals	P
1 Puga, Jaclyn		NW Nazarene	2:16.00	2:20.78^	
2 Rohde, Karin		Seattle Pacific	2:20.00	2:22.76^	
3 Watson, Cheri		Western Wash.	2:17.10	2:24.66^	
4 Ganyo, Ally		Western Wash.	2:23.59	2:27.78	
5 Strickler, Suzie		Seattle Pacific	2:20.00	2:28.75	
6 Cooke, Stephanie		Central Wash.	2:24.00	2:29.72	

7	Krepel, Kayti	Seattle Pacific	2:23.00	2:32.29
8	D'Amico, Nicole	Western Wash.	2:33.27	2:39.68
9	Detschman, Taneal	Everett CC	2:30.15	2:43.70

Women 1500 Meter Run

=====

Arlt Invite: ~ 4:32.45 2002 Alicen Maier, Central Wash.  
 Stadium: @ 4:27.64 5/9/1987 Brit McRoberts, Simon Fraser  
 D-II Auto: # 4:31.00 2008  
 D-II Prov: \$ 4:42.00 2008  
 GNAC Auto: % 4:50.00 2008  
 GNAC Prov: ^ 5:05.00 2008

Name	Year	School	Seed	Finals	P
1		Puga, Ashley	NW Nazarene	4:45.00	4:36.09\$
2		Strickler, Suzie	Seattle Pacific	4:40.00	4:54.46^
3		Krepel, Kayti	Seattle Pacific	5:04.00	5:03.97^
4		Rendahl, Ashley	NW Nazarene	5:13.00	5:08.32
5		Olsen, Courtney	Western Wash.	5:10.76	5:13.08
6		Beaman, Kim	Seattle Pacific	5:00.00	5:14.56
7		D'Amico, Nicole	Western Wash.	5:15.81	5:14.58
8		Cloutier, Ashley	Everett CC	5:20.96	5:16.65
9		Young, Jen	NW Nazarene	5:33.00	5:22.57
10		Morman, Ashley	NW Nazarene	5:52.00	5:38.20
11		Hall, Megan	Everett CC	5:22.80	5:48.35
12		Cotterill, Lacey	Everett CC	5:55.10	6:03.67
13		Reardon, Miriam	NW Nazarene	5:12.00	6:05.41
--		Carlyle, Laura	Orca TC	5:00.60	X4:58.56^

Women 3000 Meter Run

=====

Arlt Invite: ~ 9:53.04 2003 Ashlee Vincent, Western Wash.  
 Stadium: @ 9:48.0h 5/8/1987 Leah Pells, Simon Fraser  
 D-II Auto: # 9:40.00 2008  
 D-II Prov: \$ 10:15.00 2008  
 GNAC Auto: % 10:30.00 2008  
 GNAC Prov: ^ 11:15.00 2008

Name	Year	School	Seed	Finals	P
1		Puga, Ashley	NW Nazarene	10:09.00	10:14.52\$
2		Mullen, Marcie	Central Wash.	10:11.00	10:31.19^
3		Hart, Katie	Seattle Pacific	11:24.00	11:04.00^

4	Slaughter, Danielle	Western Wash.	10:56.50	11:07.09^
5	Rendahl, Ashley	NW Nazarene	11:11.00	11:09.79^
6	Matthews, Valerie	Western Wash.	11:01.90	11:11.61^
7	Cooke, Stephanie	Central Wash.	11:14.00	11:15.40
8	Breihof, Lauren	Western Wash.	10:55.00	11:16.65
9	Williams, McKinley	Western Wash.	11:02.50	11:22.19
10	Borunda, Alehandra	Central Wash.	11:11.00	11:24.02
11	Clarke, Kirsten	Central Wash.	11:12.00	11:24.72
12	Sayres, Maeve	Western Wash.	10:59.50	11:28.34
13	Bakeman, Mary	Central Wash.	11:12.00	11:32.88
14	Felton, Emily	Seattle Pacific	11:23.00	11:53.12
15	Reardon, Miriam	NW Nazarene	11:14.00	12:02.88
16	Hirschhorn, Jessica	Central Wash.	12:45.00	13:15.80
--	Carlyle, Laura	Orca TC	11:04.30	X11:06.31^

Women 5000 Meter Run

=====

Arlt Invite: ~	18:00.16	2004	Karen Dickson, Seattle Pacific
Stadium: @	17:00.61	5/7/1982	Patsy Sharples, Idaho
D-II Auto: #	17:11.00	2008	
D-II Prov: \$	17:45.00	2008	
GNAC Auto: %	18:30.00	2008	
GNAC Prov: ^	20:00.00	2008	

Name	Year	School	Seed	Finals	P
1		Green, Amber	Unattached	19:11.00	19:27.58^
2		Detschman, Taneal	Everett CC	20:23.40	20:00.80
3		Rohde, Kaitlin	Seattle Pacific	18:55.00	20:17.43
4		Hall, Megan	Everett CC	19:44.40	20:31.06
5		Cotterill, Lacey	Everett CC	21:36.80	21:46.59

Women 10000 Meter Run

=====

Arlt Invite: ~	40:49.20	2006	Lindsey Graham, NW Nazarene
Stadium: @	36:52.8h	5/6/1982	Patsy Sharples, Idaho
D-II Auto: #	35:50.00	2008	
D-II Prov: \$	37:30.00	2008	
GNAC Auto: %	40:00.00	2008	
GNAC Prov: ^	43:30.00	2008	

Name	Year	School	Seed	Finals	P
1		DeBoer, Shannon	NW Nazarene	40:46.30~	

=====

2 Leo, Diann

Evergreen St.

45:40.00

44:44.20

Women 100 Meter Hurdles

=====  
Arlt Invite: ~ 14.34 1998 Vanessa Fryer, Simon Fraser  
Stadium: @ 13.82 5/7/2005 Danielle Ayers-Stamper, Seattle Pacific  
D-II Auto: # 14.00 2008  
D-II Prov: \$ 14.60 2008  
GNAC Auto: % 15.50 2008  
GNAC Prov: ^ 17.00 2008

Name	Year	School	Seed	Finals	W
1 Gonzalez, Raquel		Central Wash.	15.45	15.89^	-
2 Druktenis, Stephanie		Central Wash.	17.40	17.58	-
3 Larlee, Annie		NW Nazarene	17.50	18.25	-
4 Seidler, Mary		Central Wash.	18.50	18.83	-

Women 400 Meter Hurdles

=====  
Arlt Invite: ~ 1:01.24 2002 Jawa Harder, Seattle Pacific  
Stadium: @ 1:00.64 5/8/1993 Michaela Colluney, Simon Fraser  
D-II Auto: # 1:00.00 2008  
D-II Prov: \$ 1:03.00 2008  
GNAC Auto: % 1:06.00 2008  
GNAC Prov: ^ 1:11.20 2008

Name	Year	School	Seed	Finals	P
1 Larlee, Annie		NW Nazarene	1:08.20	1:10.04^	
2 Druktenis, Stephanie		Central Wash.	1:10.75	1:12.63	

Women 3000 Meter Steeplechase

=====  
Arlt Invite: ~ 11:36.0h 2002 Korinda Godwin, Northwest (Wash.)  
Stadium: @ 11:10.10 5/3/2003 Kelly Fullerton, Seattle  
D-II Auto: # 11:00.00 2008  
D-II Prov: \$ 11:27.00 2008  
GNAC Auto: % 11:50.00 2008  
GNAC Prov: ^ 12:50.00 2008

Name	Year	School	Seed	Finals	P
1 Rohde, Karin		Seattle Pacific	11:17.00	11:08.50@	
2 Benson, Sarah		Central Wash.	11:15.00	11:22.90\$	

3	Puga, Jaclyn	NW Nazarene		11:47.00%
4	Uhlig, Emily	Evergreen St.	12:13.00	11:50.80^
5	Beaman, Kim	Seattle Pacific	12:07.00	11:59.70^

Women 4x100 Meter Relay

```

=====
Arlt Invite: ~ 47.48 1999 Pacific Lutheran
                Lay, Osborne, C.Axley, S.Axley
Stadium: @ 47.48 4/24/1999 Pacific Lutheran
                Lay, Osborne, C.Axley, S.Axley
D-II Auto: # 46.00 2008
D-II Prov: $ 47.60 2008
School                                               Seed      Finals  P
=====
1 Northwest Nazarene University 'A'                49.00      49.28
2 Central Washington University 'A'                50.24      53.57

```

Women 4x400 Meter Relay

```

=====
Arlt Invite: ~ 3:52.13 1999 Western Wash.
                Anderson, Ellingson, Rose, Tenace
Stadium: @ 3:49.30 5/9/1987 Simon Fraser
                Ewing, Parrish, Wagner, McRoberts
D-II Auto: # 3:42.00 2008
D-II Prov: $ 3:52.00 2008
School                                               Seed      Finals  P
=====
1 Northwest Nazarene University 'A'                4:06.00    4:03.8h
2 Central Washington University 'A'                4:02.00    4:14.3h
3 Unattached 'A'                                     4:49.5h

```

Women High Jump

```

=====
Arlt Invite: ~ 5-05.75 2000 Brianna Willis, Unattached
Stadium: @ 5-09 Twice
D-II Auto: # 1.75m 2008
D-II Prov: $ 1.68m 2008
GNAC Auto: % 1.60m 2008
GNAC Prov: ^ 1.48m 2008
Name          Year School          Seed      Finals
=====
1 Rogers, Jill          Western Wash.        1.60m      1.55m^

```

	1.40	1.45	1.50	1.55	1.60			
	P	O	XO	O	XXX			
2	Mattson, Jacquie					Seattle Pacific	1.53m	1.50m^
	1.40	1.45	1.50	1.55				
	P	O	O	XXX				
3	Hettman, Kelsey					NW Nazarene	1.50m	1.45m
	1.40	1.45	1.50					
	O	XO	XXX					

Women Pole Vault

```
=====
```

Arlt Invite:	~	12-01.50	2004		Allison Hedges,	Seattle Pacific		
Stadium:	@	12-01.50	4/17/2004		Allison Hedges,	Seattle Pacific		
D-II Auto:	#	3.91m	2008					
D-II Prov:	\$	3.60m	2008					
GNAC Auto:	%	3.35m	2008					
GNAC Prov:	^	2.75m	2008					
Name			Year	School			Seed	Finals
=====								
1	Miller, Christy			Western Wash.			3.66m	3.20m^
	2.45	2.60	2.75	2.90	3.05	3.20	3.50	
	P	P	P	P	O	O	XXX	
2	Clarke, Camille			Western Wash.			3.14m	3.05m^
	2.45	2.60	2.75	2.90	3.05	3.20		
	P	P	P	O	O	XXX		
2	Rice, Kristi			NW Nazarene			3.20m	3.05m^
	2.45	2.60	2.75	2.90	3.05	3.20		
	P	P	P	O	O	XXX		
4	Elzinga, Karina			NW Nazarene			3.05m	J3.05m^
	2.45	2.60	2.75	2.90	3.05	3.20		
	P	P	O	O	XO	XXX		
5	Dockins, Cara			Western Wash.			3.04m	2.90m^
	2.45	2.60	2.75	2.90	3.05			
	P	P	XO	O	XXX			
6	Stevens, Samantha			Western Wash.			3.04m	J2.90m^
	2.45	2.60	2.75	2.90	3.05			
	P	P	O	XXO	XXX			
7	Egger, Ashley			NW Nazarene			2.60m	2.60m
	2.45	2.60	2.75					
	O	O	XXX					
8	McCloy, Sophia			Western Wash.			2.89m	J2.60m
	2.45	2.60	2.75					



	XO	O	XXX			
9	Quick, Jennifer			Western Wash.	3.04m	J2.60m
	2.45	2.60	2.75			
	P	XO	XXX			
--	Amos, Haley			Central Wash.	3.20m	NH
	2.45	2.60	2.75			
	P	P	XXX			
--	DiMarco, Diana			Western Wash.	3.04m	NH
	2.45	2.60	2.75			
	P	P	XXX			

Women Long Jump

```
=====
```

Arlt Invite: ~	18-10.50	2002		Davina Strauss, Central Wash.
Stadium: @	19-04	4/17/1987		Kim Huey, Seattle Pacific
D-II Auto: #	5.90m	2008		
D-II Prov: \$	5.60m	2008		
GNAC Auto: %	5.20m	2008		
GNAC Prov: ^	4.72m	2008		

```
=====
```

Name	Year	School	Seed	Finals	W
1 Miller, Christy		Western Wash.	4.67m	4.95m^	
	4.95m(0.6)	FOUL(NWI)	4.79m(NWI)		
2 VonArx, Laura		NW Nazarene	5.00m	4.73m^	
	4.68m(0.3)	4.73m(1.8)	4.52m(0.2)	4.69m(NWI)	FOUL(NWI)
	4.53m(-0.3)				
3 Powers, Lysie		NW Nazarene	4.90m	4.69m	
	4.40m(-0.2)	4.69m(2.3)	4.53m(NWI)	4.29m(NWI)	4.52m(0.3)
	4.41m(NWI)				
4 Paulsen, Megan		Western Wash.	4.87m	4.68m -	
	4.68m(-0.3)	FOUL(NWI)	FOUL(NWI)	4.51m(0.3)	4.44m(-0.6)
	4.48m(-0.8)				
5 Potvin, Samantha		Central Wash.	4.57m	4.51m	
	4.51m(0.2)	4.24m(-1.3)	4.41m(0.8)	4.34m(1.7)	FOUL(NWI)
	FOUL(NWI)				
6 DiEnno, Amanda		Western Wash.	4.57m	4.46m -	
	4.46m(-0.6)	4.43m(-0.4)	4.25m(0.2)	4.45m(1.9)	3.18m(-0.1)
	4.20m(-0.2)				
7 Bekkedahl, Maycee		NW Nazarene	4.92m	J4.46m -	
	FOUL(NWI)	4.41m(0.8)	4.41m(-0.1)	4.30m(0.7)	4.35m(0.2)
	4.46m(-0.4)				
8 Flower, Melissa		Seattle Pacific	4.60m	4.42m	
	4.24m(NWI)	4.27m(0.2)	4.02m(-0.3)	4.42m(1.4)	4.01m(-1.1)
	4.40m(-0.3)				
9 Rice, Kristi		NW Nazarene	4.60m	4.40m	
	4.21m(-0.2)	4.18m(-1.0)	4.20m(NWI)	4.40m(1.1)	4.14m(-0.2)
	4.40m(-0.3)				
10 Jones, Chelsey		NW Nazarene	4.25m	3.94m -	
	3.92m(-0.2)	3.94m(-0.6)	FOUL(NWI)		

Women Triple Jump

=====  
 Arlt Invite: ~ 38-08.50 1994 Tracy Fox, Pacific Lutheran  
 Stadium: @ 38-08.50 4/23/1994 Tracy Fox, Pacific Lutheran  
 D-II Auto: # 12.25m 2008  
 D-II Prov: \$ 11.60m 2008  
 GNAC Auto: % 10.90m 2008  
 GNAC Prov: ^ 9.50m 2008

Name	Year	School	Seed	Finals	W
1 VonArx, Laura		NW Nazarene	10.66m	11.11m%	
			11.06m(NWI) 10.59m(NWI) 11.11m(NWI) 10.65m(NWI) 10.31m(NWI)	PASS(NWI)	
2 Miller, Christy		Western Wash.	10.66m	10.75m^	
			PASS(NWI) 10.75m(NWI)		
3 Paulsen, Megan		Western Wash.	10.97m	10.55m^	
			10.42m(NWI) 10.43m(NWI) 10.54m(NWI) 10.33m(NWI) 10.31m(NWI)	10.55m(NWI)	
4 Bekkedahl, Maycee		NW Nazarene	9.75m	10.14m^	
			PASS(NWI) 10.14m(NWI) 9.83m(NWI) PASS(NWI) PASS(NWI) PASS(NWI)		
5 Flower, Melissa		Seattle Pacific	10.50m	10.12m^	
			PASS(NWI) PASS(NWI) 9.82m(NWI) 10.12m(NWI) 9.99m(NWI)	PASS(NWI)	
6 Larlee, Annie		NW Nazarene	10.10m	9.68m^	
			PASS(NWI) 9.37m(NWI) PASS(NWI) 9.54m(NWI) PASS(NWI) 9.68m(NWI)		
7 Potvin, Samantha		Central Wash.	9.90m	9.56m^	
			9.56m(NWI) 9.45m(NWI) 9.40m(NWI) PASS(NWI) PASS(NWI) PASS(NWI)		

Women Shot Put

=====  
 Arlt Invite: ~ 44-11 2000 April Haney, Eastern Ore.  
 Stadium: @ 47-01.25 4/18/1981 Jenny Lemke, Wenatchee Valley CC  
 D-II Auto: # 14.90m 2008  
 D-II Prov: \$ 13.30m 2008  
 GNAC Auto: % 11.50m 2008  
 GNAC Prov: ^ 10.40m 2008

Name	Year	School	Seed	Finals	W
1 Tandle, Krissy		Unattached	14.63m	13.54m\$	
			13.41m 13.15m 13.54m 12.91m FOUL 12.79m		
2 Carroll, Amy		NW Nazarene	12.19m	11.53m%	
			1.18m FOUL 11.53m FOUL 10.95m 11.09m		
3 Stueckle, Jordan		Central Wash.	11.88m	11.43m^	
			11.43m FOUL FOUL FOUL FOUL FOUL		
4 Afoa, Shaina		Central Wash.	12.19m	11.40m^	

	11.40m	FOUL	FOUL	FOUL	FOUL	FOUL		
5	Shute, Shayna						NW Nazarene	10.66m 11.00m^
	FOUL	10.36m	FOUL	11.00m	10.51m	10.56m		
6	Scherer, Becky						Central Wash.	11.27m 10.19m
	9.07m	9.35m	10.19m	9.55m	9.56m	9.59m		
7	Sadler, Chelsea						Western Wash.	10.66m 10.04m
	FOUL	9.58m	9.55m	9.83m	FOUL	10.04m		
8	Peters, Amanda						NW Nazarene	10.36m 9.98m
	9.98m	9.55m	9.47m	9.56m	8.81m	FOUL		
9	McWeeny, Alison						Central Wash.	10.05m 9.80m
	9.80m	FOUL	9.03m	8.68m	8.76m	9.14m		
10	Rance, Erica						Western Wash.	9.75m 9.70m
	9.47m	FOUL	9.70m					
11	McMeel, Katie						Unattached	9.75m 9.56m
	8.28m	9.27m	9.56m					
12	Seidler, Mary						Central Wash.	9.44m 9.01m
	8.70m	8.64m	9.01m					

Women Discus Throw

=====

Arlt Invite: ~ 151-01 1998 Sherie Schroeder, Western Wash.  
 Stadium: @ 166-11 4/9/1983 Julie Hanson, Unattached  
 D-II Auto: # 47.60m 2008  
 D-II Prov: \$ 43.00m 2008  
 GNAC Auto: % 37.00m 2008  
 GNAC Prov: ^ 33.00m 2008

Name	Year	School	Seed	Finals
1 Tandle, Krissy		Unattached	39.62m	39.51m%
	39.51m	37.39m	0.37m	37.25m
	PASS	PASS	PASS	36.80m
2 Rance, Erica		Western Wash.	38.70m	39.40m%
	39.40m	PASS	PASS	35.97m
	PASS	PASS	PASS	36.33m
	PASS	PASS	PASS	PASS
3 Carroll, Amy		NW Nazarene	39.62m	36.79m^
	36.79m	PASS	PASS	PASS
	PASS	PASS	PASS	PASS
4 Scherer, Becky		Central Wash.	41.14m	35.71m^
	35.71m	PASS	33.19m	0.34m
	PASS	PASS	PASS	33.53m
	PASS	PASS	PASS	35.71m
5 Afoa, Shaina		Central Wash.	39.62m	35.24m^
	PASS	35.07m	35.24m	34.35m
	PASS	PASS	PASS	34.09m
	PASS	PASS	PASS	PASS
6 Sadler, Chelsea		Western Wash.	33.83m	34.65m^
	33.83m	PASS	33.36m	PASS
	PASS	PASS	PASS	34.65m
7 Shute, Shayna		NW Nazarene	36.57m	33.52m^
	PASS	31.55m	28.52m	30.71m
	PASS	PASS	PASS	33.52m
	PASS	PASS	PASS	30.35m

8	Jones, Chelsey	NW Nazarene	30.48m	31.95m
	PASS 31.95m	PASS 25.64m	PASS	PASS
9	Little, Courtney	NW Nazarene	30.48m	30.73m
	30.73m	29.82m 28.79m	30.62m	PASS 0.28m
10	McWeeny, Alison	Central Wash.	33.52m	30.63m
	30.63m	PASS 27.89m	PASS	PASS

Women Hammer Throw

```
=====
```

Arlt Invite: ~	173-11.50	2003	Jennifer Dunkin, Western Ore.
Stadium: @	177-01.25	5/3/2003	Jennifer Dunkin, Western Ore.
D-II Auto: #	54.00m	2008	
D-II Prov: \$	49.00m	2008	
GNAC Auto: %	42.00m	2008	
GNAC Prov: ^	33.00m	2008	

```
=====
```

Name	Year	School	Seed	Finals
1	Carroll, Amy	NW Nazarene	45.72m	46.64m%
	PASS 46.42m	PASS PASS 44.38m	46.64m	
2	Tandle, Krissy	Unattached	45.72m	45.52m%
	PASS 44.54m	43.81m 42.38m	PASS 45.52m	
3	McWeeny, Alison	Central Wash.	45.11m	42.74m%
	PASS 38.12m	PASS 42.19m	39.05m	42.74m
4	Little, Courtney	NW Nazarene	42.67m	42.14m%
	36.28m	36.26m 38.98m	41.40m	PASS 42.14m
5	Rance, Erica	Western Wash.	41.04m	41.20m^
	33.79m	41.20m	PASS 39.50m	37.39m 38.18m
6	Shute, Shayna	NW Nazarene	42.67m	38.93m^
	38.58m	38.32m 38.52m	38.93m	PASS PASS
7	Scherer, Becky	Central Wash.	42.67m	37.28m^
	35.43m	36.43m 35.89m	35.22m	36.58m 37.28m
8	Stueckle, Jordan	Central Wash.	33.83m	36.06m^
	32.47m	34.61m 36.06m	PASS 34.94m	33.46m
9	Kaligis, Lauren	Western Wash.	33.52m	32.42m
	30.87m	32.42m 31.84m	PASS	PASS

Women Javelin Throw

```
=====
```

Arlt Invite: ~	156-05	2002	Molly Monroe, Unattached
Stadium: @	160-11	4/23/1983	Lorna Martinson, Central Wash.
D-II Auto: #	44.55m	2008	
D-II Prov: \$	41.00m	2008	

GNAC Auto: % 38.10m 2008

GNAC Prov: ^ 33.00m 2008

Name	Year	School	Seed	Finals
1 McMeel, Katie		Unattached	44.19m	42.61m\$
41.50m	38.96m	42.61m	42.58m	PASS 40.01m
2 VonArx, Laura		NW Nazarene	30.48m	36.47m^
31.28m	35.50m	35.42m	PASS	PASS 36.47m
3 Jensen, Melissa		Western Wash.	33.52m	33.44m^
33.41m	30.32m	33.10m	29.79m	33.44m 32.31m
4 DiEnno, Amanda		Western Wash.		33.26m^
32.95m	32.19m	33.26m	27.34m	
5 Elwell, Sarah		NW Nazarene	33.52m	32.85m
PASS	32.85m	30.74m	31.81m	PASS 30.82m
6 Tandle, Krissy		Unattached	35.05m	32.30m
32.30m	32.10m	PASS	28.82m	PASS 30.67m
7 Peters, Amanda		NW Nazarene	33.52m	32.04m
30.47m	29.29m	32.04m	28.34m	29.93m PASS
8 Gonzalez, Raquel		Central Wash.	30.48m	28.28m
28.28m	25.73m	23.46m	22.19m	25.45m 27.81m
9 Dick, Mandi		NW Nazarene	27.43m	21.11m
19.76m	21.11m	19.66m		
10 Potvin, Samantha		Central Wash.	21.33m	20.26m
PASS	14.91m	20.26m		

Men 100 Meter Dash

Arlt Invite: ~ 10.53 1998 Chris Courtney, Central Wash.

Stadium: @ 10.53 4/25/1998 Chris Courtney, Central Wash.

D-II Auto: # 10.35 2008

D-II Prov: \$ 10.65 2008

GNAC Auto: % 11.10 2008

GNAC Prov: ^ 11.50 2008

Name	Year	School	Seed	Finals	W
1 Gruger, Shane		Western Wash.	11.45	11.27^	+
2 Hill, Ezekiel		Central Wash.	11.15	11.29^	+
3 Villanueva, Phillip		Western Wash.	11.68	11.42^	+
4 Demouchet, Christian		Central Wash.	11.30	11.52	+
5 Orji, Lionel		Central Wash.	11.60	11.61	+
6 Skrivanich, Dominik		Central Wash.	11.60	11.62	+
7 Gatlin, Alex		Central Wash.	11.55	11.67	+

8	Li, Kevin	Western Wash.	11.95	11.85
9	Goodwin, Christian	Central Wash.	11.95	11.92
10	Moen, Kevin	Western Wash.	11.89	11.94
11	Sevier, A.J.	NW Nazarene	13.00	13.47
--	Palmerton, Justin	Orca TC	11.66	X11.60
--	Robinson, Robby	Orca TC	11.90	X11.67

Men 200 Meter Dash

```

=====
Arlt Invite: ~ 21.50 1997      Marc Hill, Unattached
  Stadium: @ 21.50 4/26/1997  Marc Hill, Unattached
  D-II Auto: # 21.00 2008
  D-II Prov: $ 21.48 2008
  GNAC Auto: % 22.20 2008
  GNAC Prov: ^ 23.40 2008

```

Name	Year	School	Seed	Finals	W
1 Rogstad, Matt		Central Wash.	22.00	22.14%	
2 O'Connell, Matthew		Western Wash.	23.11	22.76^	
3 Gruger, Shane		Western Wash.	23.28	23.19^	
4 Hill, Dan		NW Nazarene	23.40	23.24^	
5 Demouchet, Christian		Central Wash.	23.40	23.44	
6 Kelley, Mike		Unattached	23.95	23.78	
7 Orji, Lionel		Central Wash.	23.50	24.01	
8 McPeters, Brian		Unattached	23.60	24.06	
9 Dye, Alex		Western Wash.	24.30	24.50	
10 Snyder, Maxx		Western Wash.	24.47	24.63	
11 Greene, Tim		NW Nazarene	23.60	24.69	
12 Coughran, Nicholas		Western Wash.	25.29	25.32	
13 Sevier, A.J.		NW Nazarene	27.00	27.15	
-- Palmerton, Justin		Orca TC	23.45	X24.11	
-- Robinson, Robby		Orca TC	23.95	X24.44	

Men 400 Meter Dash

```

=====
Arlt Invite: ~ 47.9h 1994      Jay Spears, Central Wash.
  Stadium: @ 47.84 5/12/1984  John Kaay, Simon Fraser
  D-II Auto: # 46.80 2008
  D-II Prov: $ 48.00 2008
  GNAC Auto: % 50.00 2008
  GNAC Prov: ^ 51.70 2008

```

Name	Year	School	Seed	Finals	H
------	------	--------	------	--------	---

1	Rogstad, Matt	Central Wash.	48.75	48.30%
2	O'Connell, Matthew	Western Wash.	50.06	49.99%
3	Hill, Dan	NW Nazarene	51.30	51.04^
4	Kelley, Mike	Unattached	52.80	51.33^
5	Christenson, Andrew	Central Wash.	51.56	51.53^
6	Ward, Mitch	NW Nazarene	51.50	51.57^
7	Johnson, Carl	Western Wash.	51.94	51.86
8	Brydson, Colby	Central Wash.	50.00	52.52
9	Snyder, Maxx	Western Wash.	54.01	54.45
10	Coughran, Nicholas	Western Wash.	55.19	54.75
11	Greene, Tim	NW Nazarene	53.00	54.93
--	Norton, Jesse	Orca TC	54.56	X54.57

Men 800 Meter Run

Arlt Invite: ~	1:52.14	2003	Devin Kemper, Club Northwest
Stadium: @	1:49.31	5/7/2005	Paul Mach, Seattle Pacific
D-II Auto: #	1:50.00	2008	
D-II Prov: \$	1:52.60	2008	
GNAC Auto: %	1:55.50	2008	
GNAC Prov: ^	1:59.90	2008	

Name	Year	School	Seed	Finals	P
1		Gavareski, Mike	Seattle Pacific	1:58.00	1:59.00^
2		Meis, Chad	Seattle Pacific	1:58.00	2:00.10
3		Bedell, Sam	Western Wash.	1:58.95	2:00.70
4		McGrath, Mac	Central Wash.	1:58.00	2:00.90
5		Dull, Jeff	Seattle Pacific	1:58.00	2:02.60
6		Neaves, Nigel	Everett CC	1:56.30	2:03.10
7		Cronkhite, Corey	Central Wash.	1:56.30	2:03.60
8		Stark, Steven	NW Nazarene	1:57.00	2:04.60
9		Roberson, Jesse	Western Wash.	2:02.50	2:05.00
10		Reynolds, Caleb	NW Nazarene	2:05.00	2:05.50
11		Paul, Phil	Unattached	2:06.00	2:05.65
12		Nilsen, Tyler	Everett CC	2:03.10	2:05.70
13		Hargrove, Wes	Central Wash.	2:01.00	2:06.00
14		Wahlenmaier, Jacob	Unattached	2:00.39	2:06.30
15		Phillips, John	Seattle Pacific	2:03.00	2:07.50
16		Huff, Steve	NW Nazarene	2:06.00	2:10.54
17		Boyes, Spencer	Everett CC	2:06.80	2:11.39
18		Hetrick, Hank	NW Nazarene	2:02.00	2:11.50

19	Knudson, Jeff	Central Wash.	2:01.20	2:13.70
20	DeSimone, Greg	NW Nazarene	2:10.00	2:14.83
21	Blount, Kevin	Central Wash.	2:08.00	2:16.23
22	Horn, T.J.	Everett CC	2:06.42	2:20.10
23	Kratzer, Josh	Central Wash.	2:08.00	2:21.95
24	Otis, Gabe	NW Nazarene	2:25.00	2:27.28
--	Strickler, Eddie	Club Northwest	1:53.49	X1:59.30^

Men 1500 Meter Run

=====  
 Arlt Invite: ~ 3:54.5h 2002 Nathan Carlson, St. Martin's  
 Stadium: @ 3:51.64 5/9/1987 Mike Pace, Central Wash.  
 D-II Auto: # 3:49.00 2008  
 D-II Prov: \$ 3:53.50 2008  
 GNAC Auto: % 3:59.00 2008  
 GNAC Prov: ^ 4:10.00 2008

Name	Year	School	Seed	Finals	P
1		Cronrath, Brian		4:01.00^	
2		Cameron, Will	4:03.00	4:02.70^	
3		Lampi, Kyle	4:01.10	4:03.90^	
4		Meis, Chad	3:59.00	4:08.50^	
5		Neaves, Nigel	4:08.24	4:09.90^	
6		Wahlenmaier, Jacob	4:09.00	4:10.90	
7		Hetrick, Hank	4:12.00	4:13.41	
8		Nilsen, Tyler	4:09.72	4:14.10	
9		Kubitz, Greg	4:13.50	4:15.00	
10		Stark, Steven	4:03.00	4:15.40	
11		Phillips, John	4:17.00	4:18.05	
12		Knudson, Jeff	4:17.00	4:20.22	
13		Perkins, Nate	4:22.00	4:20.33	
14		Lampshire, Cory	4:18.50	4:20.47	
15		Boyes, Spencer	4:22.60	4:21.49	
16		DeSimone, Greg	4:28.00	4:23.77	
17		Wageman, Josh		4:29.28	
--		Dennis, Chris	4:08.23	X4:19.30	

Men 5000 Meter Run

=====  
 Arlt Invite: ~ 14:22.35 2002 Eric Tollefson, Unattached  
 Stadium: @ 14:22.35 4/20/2002 Eric Tollefson, Unattached  
 D-II Auto: # 14:10.00 2008



D-II Prov: \$ 14:45.00 2008  
 GNAC Auto: % 15:10.00 2008  
 GNAC Prov: ^ 16:00.00 2008

Name	Year	School	Seed	Finals	P
1 Kulvi, Trevor		Central Wash.	15:37.00	16:18.80	
2 Johnson, Tom		Central Wash.	15:50.00	16:20.90	
3 Rosser, James		Seattle Pacific	16:06.00	16:33.70	
4 Durkee, John		Central Wash.	16:25.00	16:38.30	
5 Lance, Jordan		Seattle Pacific	16:56.00	17:03.10	
6 Carper, Brian		Seattle Pacific	16:45.00	17:24.50	
-- Rank, Jonathon		Unattached	17:00.00	DNF	
-- Jenkins, Cory		Orca TC	15:48.80	X16:10.20	
-- Quimby, Jon		Orca TC	15:56.67	X16:25.80	
-- Dennis, Chris		Orca TC	16:30.50	X17:36.00	

Men 10000 Meter Run

Arlt Invite: ~ 33:16.10 2006 Jake Perry, NW Nazarene  
 Stadium: @ 30:34.7h 4/24/1982 Don Stearns, Eastern Ore.  
 D-II Auto: # 29:45.00 2008  
 D-II Prov: \$ 31:05.00 2008  
 GNAC Auto: % 33:30.00 2008  
 GNAC Prov: ^ 35:00.00 2008

Name	Year	School	Seed	Finals	P
1 Lambert, Kevin		NW Nazarene		32:25.80~	
2 Clark, Seth		NW Nazarene		33:25.00%	
3 Race, Thomas		Western Wash.		35:27.60	
4 Alhajri, Andrew		Central Wash.	35:00.00	37:32.30	
5 Johnson, Chris		Evergreen St.	39:30.00	41:32.20	

Men 110 Meter Hurdles

Arlt Invite: ~ 14.4h 1994 Nolan Toso, Pacific Lutheran  
 Stadium: @ 14.53 5/12/1984 Don Erickson, Puget Sound  
 D-II Auto: # 14.15 2008  
 D-II Prov: \$ 14.65 2008  
 GNAC Auto: % 15.60 2008  
 GNAC Prov: ^ 16.60 2008

Name	Year	School	Seed	Finals	W
------	------	--------	------	--------	---

1	Beaty, Dallas	NW Nazarene	15.80	15.85^
2	Wargo, Benjamin	Western Wash.	16.18	16.44^
3	Moen, Kevin	Western Wash.	16.39	18.02
4	Montgomery, Stuart	NW Nazarene	19.80	18.92

Men 400 Meter Hurdles

=====  
 Arlt Invite: ~ 52.5h 1994 Goreal Hudson, Central Wash.  
 Stadium: @ 52.5h 4/23/1994 Goreal Hudson, Central Wash.  
 D-II Auto: # 51.65 2008  
 D-II Prov: \$ 53.40 2008  
 GNAC Auto: % 56.90 2008  
 GNAC Prov: ^ 1:00.00 2008

Name	Year	School	Seed	Finals	P
1		Beaty, Dallas	NW Nazarene	56.16	55.47%
2		Velasquez, Charles	Central Wash.	55.90	55.94%
3		Wargo, Benjamin	Western Wash.	56.38	56.10%
4		Villanueva, Phillip	Western Wash.	58.02	58.55^
5		Morales, Gabriel	Western Wash.	1:00.82	1:01.56

Men 3000 Meter Steeplechase

=====  
 Arlt Invite: ~ 9:11.9h 1998 Eric Tollefson, Unattached  
 Stadium: @ 9:08.20 5/7/2005 Ethan Barrons, Western Ore.  
 D-II Auto: # 9:07.00 2008  
 D-II Prov: \$ 9:26.00 2008  
 GNAC Auto: % 9:40.00 2008  
 GNAC Prov: ^ 10:15.00 2008

Name	Year	School	Seed	Finals	P
1		Peters, Andy	Unattached	9:25.00	9:30.30%
2		Rockenbach, Brian	Central Wash.	9:50.00	10:09.80^
3		Kratzer, Josh	Central Wash.	10:25.00	10:18.40
4		Blount, Kevin	Central Wash.	10:10.00	10:30.30
5		Lane, Zach	NW Nazarene	10:43.00	10:31.10
6		Horn, T.J.	Everett CC	10:49.67	10:41.50

Men 4x100 Meter Relay

=====  
 Arlt Invite: ~ 41.12 1999 Central Wash.  
 Delay, Faulconer, Saur, Courtney

Stadium: @ 41.12 4/24/1999 Central Wash.  
 Delay, Faulconer, Saur, Courtney

D-II Auto: # 40.25 2008

D-II Prov: \$ 41.35 2008

School	Seed	Finals	P
1 Central Washington University 'A'	42.50	42.34	
2 Northwest Nazarene University 'A'	44.80	43.83	
3 Central Washington University 'B'	44.80	44.31	

Men 4x400 Meter Relay

Arlt Invite: ~ 3:16.5h 1994 Western Wash.  
 Hill, Blank, Young, Delaney

Stadium: @ 3:15.08 5/12/1984 Simon Fraser  
 Clarke, Tyler, Devlin, Kaay

D-II Auto: # 3:10.00 2008

D-II Prov: \$ 3:14.40 2008

School	Seed	Finals	P
1 Central Washington University 'C'	3:33.00	3:28.58	
-- Northwest Nazarene University 'A'	3:27.00	DQ	

Men High Jump

Arlt Invite: ~ 6-10.25 1998 Sean Steele, Highline CC

Stadium: @ 7-00 4/7/1979 Bob Peterson, Idaho

D-II Auto: # 2.16m 2008

D-II Prov: \$ 2.05m 2008

GNAC Auto: % 1.95m 2008

GNAC Prov: ^ 1.80m 2008

Name	Year	School	Seed	Finals
1 Bailey, Cameron		Unattached	2.03m	2.00m%
	1.75 1.80 1.85 1.90 1.95 2.00 2.05			
	P P P XO O XO XXX			
2 Hamilton, Jonathan		Central Wash.	1.98m	1.90m^
	1.75 1.80 1.85 1.90 1.95			
	P O O XXO XXX			
3 Nelson, Joseph		Central Wash.	1.82m	1.85m^
	1.75 1.80 1.85 1.90			
	XO O XXO XXX			

Men Pole Vault

```
=====
Arlt Invite: ~ 17-01.75 2004          Shawn Trimble, Eastern Ore.
  Stadium: @ 17-01 4/17/2004      Shawn Trimble, Eastern Ore.
D-II Auto: # 5.02m 2008
D-II Prov: $ 4.80m 2008
GNAC Auto: % 4.40m 2008
GNAC Prov: ^ 4.00m 2008
```

Name	Year	School	Seed	Finals
1 McCoy, Scott		Central Wash.	4.64m	4.45m%
3.40 3.55 3.70 3.85 4.00 4.15 4.30 4.45 4.76				
P P P P P P P O XXX				
2 Winters, Josh		Western Wash.	4.57m	4.30m^
3.40 3.55 3.70 3.85 4.00 4.15 4.30 4.45				
P P P P P P O XXX				
3 Shea, Ben		NW Nazarene	4.30m	4.15m^
3.40 3.55 3.70 3.85 4.00 4.15 4.30				
P P P P XO O XXX				
4 Millson, Michael		Western Wash.	4.06m	4.00m^
3.40 3.55 3.70 3.85 4.00 4.15				
O O P O O XXX				
5 Zwiefelhofer, Eric		NW Nazarene	4.35m	J4.00m^
3.40 3.55 3.70 3.85 4.00				
P P P P XXO				
5 Lucke, Bryan		Western Wash.	4.36m	J4.00m^
3.40 3.55 3.70 3.85 4.00 4.15 4.30				
P P P P XXO P XXX				
7 Patee, Caleb		NW Nazarene	3.60m	3.70m
3.40 3.55 3.70 3.85				
O XO O XXX				
8 Lloyd, William		Western Wash.	3.65m	3.55m
3.40 3.55 3.70				
XXO O XXX				

Men Long Jump

```
=====
Arlt Invite: ~ 23-10.75 1995          Rob Rising, Central Wash.
  Stadium: @ 24-05.50 3/28/1970      Dave Walker, Central Wash.
D-II Auto: # 7.50m 2008
D-II Prov: $ 7.15m 2008
```

GNAC Auto: % 6.70m 2008

GNAC Prov: ^ 6.30m 2008

Name	Year	School	Seed	Finals	W	
1 Hill, Ezekiel		Central Wash.	7.01m	6.72m%		
	6.19m(NWI)	6.14m(NWI)	6.71m(NWI)	6.72m(NWI)	PASS(NWI)	6.38m(NWI)
2 Felt, Justin		Seattle Pacific	7.00m	6.71m%		
	6.26m(NWI)	6.47m(NWI)	6.45m(NWI)	6.32m(NWI)	6.71m(NWI)	5.93m(NWI)
3 Gruger, Shane		Western Wash.	6.55m	6.55m^		
	6.28m(NWI)	6.40m(NWI)	6.36m(NWI)	6.55m(NWI)	PASS(NWI)	PASS(NWI)
4 Cho, James		Unattached	6.09m	6.28m		
	PASS(NWI)	PASS(NWI)	5.99m(-1.1)	5.90m(0.6)	PASS(NWI)	6.28m(2.2)
5 Orji, Lionel		Central Wash.	6.29m	5.93m		
	5.82m(NWI)	5.89m(NWI)	5.89m(NWI)	5.85m(NWI)	PASS(NWI)	5.93m(NWI)
6 Satterwhite, Timothy		Western Wash.	6.09m	5.79m		
	5.60m(-0.1)	5.63m(1.6)	PASS(NWI)	6.32m(1.5)	PASS(NWI)	6.71m(0.6)

#### Men Triple Jump

Arlt Invite: ~ 48-01.25 2002 Justin Lawrence, Central Wash.

Stadium: @ 51-00 4/7/1979 Dave White, Eastern Wash.

D-II Auto: # 15.30m 2008

D-II Prov: \$ 14.45m 2008

GNAC Auto: % 13.50m 2008

GNAC Prov: ^ 12.50m 2008

Name	Year	School	Seed	Finals	W	
1 Hamm, Greg		NW Nazarene	13.71m	14.23m%		
	FOUL(NWI)	14.09m(1.9)	14.23m(NWI)	13.80m(-0.3)	FOUL(NWI)	FOUL(NWI)
2 Bailey, Cameron		Unattached	13.66m	13.76m%	-	
	FOUL(NWI)	13.76m(-0.2)	FOUL(NWI)	13.41m(NWI)	13.70m(NWI)	13.69m(NWI)
3 Cho, James		Unattached	13.71m	13.55m%		
	FOUL(NWI)	13.55m(0.4)	FOUL(NWI)	13.30m(NWI)	FOUL(NWI)	13.41m(NWI)
4 Goodwin, Christian		Central Wash.	13.10m	12.94m^	-	
	FOUL(NWI)	FOUL(NWI)	12.94m(-0.4)	FOUL(NWI)	12.93m(0.5)	FOUL(NWI)
5 Satterwhite, Timothy		Western Wash.	13.71m	J12.94m^		
	FOUL(NWI)	FOUL(NWI)	12.76m(-0.5)	12.94m(NWI)	12.84m(-0.1)	FOUL(NWI)
6 Felt, Justin		Seattle Pacific	12.80m	12.76m^		
	12.39m(-0.3)	FOUL(NWI)	FOUL(NWI)	12.76m(NWI)	FOUL(NWI)	11.88m(-0.6)
7 McCoy, Scott		Central Wash.	12.19m	12.03m		
	11.55m(-0.7)	FOUL(NWI)	FOUL(NWI)	12.03m(NWI)	11.49m(NWI)	FOUL(NWI)
8 Bricker, Donald		Central Wash.	12.19m	11.21m		

11.17m(-0.6) FOUL(NWI) 11.21m(0.5)

Men Shot Put

---

Arlt Invite: ~ 53-08.50 1994 Scott Easley, Western Wash.  
Stadium: @ 57-02 Twice  
D-II Auto: # 16.90m 2008  
D-II Prov: \$ 15.90m 2008  
GNAC Auto: % 13.40m 2008  
GNAC Prov: ^ 12.20m 2008

Name	Year	School	Seed	Finals
1 Valdez, Matt		Central Wash.	15.54m	14.94m%
14.34m	14.94m	PASS 14.57m	PASS	PASS
2 Barclay, Zach		NW Nazarene	14.32m	14.56m%
14.02m	13.83m	14.56m	PASS	PASS
3 Fischer, Tyler		Central Wash.	14.02m	13.87m%
PASS	13.87m	13.75m	PASS	13.68m
4 Matschiner, Andrew		Seattle Pacific	14.93m	13.76m%
13.68m	13.42m	13.76m	12.63m	13.01m
5 Fenters, Jordan		NW Nazarene	13.71m	13.45m%
12.40m	12.85m	12.21m	13.18m	13.39m
6 Ramirez, Daniel		Central Wash.	12.49m	13.38m^
12.83m	11.38m	12.30m	PASS	13.38m
7 Hoffman, Michael		Western Wash.	13.61m	12.92m^
11.99m	PASS	12.77m	12.56m	12.50m
8 Estrada, Diego		NW Nazarene	12.19m	11.37m
11.37m	PASS	PASS	11.31m	PASS
9 Michaelson, Bryant		Western Wash.	13.10m	11.34m
11.34m	PASS	PASS		

Men Discus Throw

---

Arlt Invite: ~ 180-07 1998 Luke Jacobson, Pacific Lutheran  
Stadium: @ 201-01 5/8/1971 John Bakkenson, Portland TC  
D-II Auto: # 52.00m 2008  
D-II Prov: \$ 48.76m 2008  
GNAC Auto: % 43.00m 2008  
GNAC Prov: ^ 37.00m 2008

Name	Year	School	Seed	Finals
1 Fischer, Tyler		Central Wash.	48.76m	48.45m%

	40.43m	44.21m	46.43m	48.14m	48.45m		
2	Hoffman, Michael			Western Wash.		45.01m	41.77m^
	FOUL	41.77m	FOUL	37.81m	38.39m		
3	Valdez, Matt			Central Wash.		45.72m	41.55m^
	39.90m	FOUL	41.55m	41.25m	FOUL		
4	Barclay, Zach			NW Nazarene		39.62m	40.40m^
	FOUL	40.40m	FOUL	FOUL	FOUL		
5	Elder, Ben			Unattached		45.40m	40.00m^
	36.21m	37.83m	40.00m	FOUL	36.97m		
6	Ramirez, Daniel			Central Wash.		38.10m	39.13m^
	39.13m	33.81m	37.65m	31.54m	32.96m		
7	Michaelson, Bryant			Western Wash.		44.50m	38.88m^
	38.88m	37.86m	38.68m	FOUL	FOUL		
8	Matschiner, Andrew			Seattle Pacific		39.62m	37.73m^
	37.73m	30.88m	FOUL	FOUL	FOUL		
9	Fenters, Jordan			NW Nazarene		39.62m	37.46m^
	FOUL	37.46m	36.69m	FOUL	FOUL		
10	Estrada, Diego			NW Nazarene		35.05m	36.02m
	32.88m	36.02m	34.98m				
11	Eaton, Alex			NW Nazarene		36.57m	35.34m
	FOUL	35.34m	FOUL				
12	Ostler, Mychal			Central Wash.		39.62m	29.91m
	FOUL	29.91m	29.00m				
13	Heidegger, Josh			NW Nazarene		35.05m	28.62m
	FOUL	26.94m	28.62m				
14	Montgomery, Stuart			NW Nazarene		30.48m	26.45m
	26.45m	FOUL	25.32m				

Men Hammer Throw

=====

Arlt Invite: ~ 189-02 1993 Aaron Linerud, Pacific Lutheran  
 Stadium: @ 211-07 4/22/1978 Dwight Midles, Unattached  
 D-II Auto: # 58.50m 2008  
 D-II Prov: \$ 53.00m 2008  
 GNAC Auto: % 43.00m 2008  
 GNAC Prov: ^ 35.00m 2008

Name	Year	School	Seed	Finals		
1 Fischer, Tyler		Central Wash.	50.90m	50.95m%		
	48.31m	48.47m	50.68m	50.95m	49.32m	50.67m
2 Barclay, Zach		NW Nazarene	48.76m	50.03m%		
	47.13m	48.90m	46.40m	49.75m	50.03m	48.40m

3	Ostler, Mychal		Central Wash.	51.51m	48.13m%
	46.17m	47.22m	48.13m 47.63m FOUL FOUL		
4	Valdez, Matt		Central Wash.	50.29m	47.75m%
	46.56m	47.75m	46.99m FOUL FOUL FOUL		
5	Hoffman, Michael		Western Wash.	44.50m	42.24m^
	42.24m	41.79m	FOUL 38.30m FOUL FOUL		
6	Elder, Ben		Unattached	41.10m	41.72m^
	34.87m	39.05m	37.61m 41.72m 35.88m FOUL		
7	Fenters, Jordan		NW Nazarene	39.62m	38.38m^
	36.39m	FOUL FOUL	37.15m 37.86m 38.38m		
8	Eaton, Alex		NW Nazarene	36.57m	38.10m^
	38.10m	36.96m	FOUL 37.90m FOUL FOUL		
9	Estrada, Diego		NW Nazarene	35.05m	34.06m
	26.96m	31.86m	FOUL 34.01m FOUL 34.06m		

#### Men Javelin Throw

=====

Arlt Invite: ~ 214-11 1998 Davy Logue, Pacific Lutheran  
 Stadium: @ 245-04 4/12/1969 Drew Stevick, Whitworth  
 D-II Auto: # 64.00m 2008  
 D-II Prov: \$ 59.44m 2008  
 GNAC Auto: % 57.00m 2008  
 GNAC Prov: ^ 48.16m 2008

Name	Year	School	Seed	Finals
1 Stiger, Andrew		Central Wash.	60.35m	58.81m%
	54.00m	53.67m	FOUL 57.32m 57.37m 58.81m	
2 Wells, Ian		Central Wash.	59.13m	58.79m%
	53.59m	50.76m	56.82m 53.67m 56.35m 58.79m	
3 Acock, Chad		Central Wash.	56.69m	56.47m^
	FOUL	53.07m	FOUL FOUL FOUL 56.47m	
4 Heidegger, Josh		NW Nazarene	54.86m	55.54m^
	52.95m	52.80m	52.05m 45.95m 55.54m 53.88m	
5 Harris, Loren		Unattached	53.34m	55.15m^
	46.66m	55.15m	53.33m 49.66m 51.53m FOUL	
6 Zwiefelhofer, Eric		NW Nazarene	57.91m	54.33m^
	54.33m	FOUL FOUL	FOUL FOUL 54.27m	
7 Nelson, Joseph		Central Wash.	48.15m	46.37m
	46.37m	41.86m	35.67m 44.07m FOUL FOUL	
8 Valentine, Bob		Western Wash.	49.37m	45.89m
	45.89m	44.73m	FOUL 45.79m FOUL FOUL	
9 Lloyd, William		Western Wash.	46.48m	41.44m



41.44m FOUL FOUL FOUL FOUL FOUL  
10 Jones, Josh NW Nazarene 42.67m 37.33m  
37.33m 33.47m 36.27m

Women - Team Rankings - 21 Events Scored

=====

1) Northwest Nazarene Univer	260	2) Central Washington Univer	1
3) Western Washington Univer	136	4) Seattle Pacific Universit	
5) Everett Community College	18	6) The Evergreen State Colle	

Men - Team Rankings - 21 Events Scored

=====

1) Central Washington Univer	272	2) Western Washington Univer	1
3) Northwest Nazarene Univer	130.50	4) Seattle Pacific Universit	
5) Everett Community College	11	6) The Evergreen State Colle	

2 PM

=====

find H# Points

=====

0.1	1	10
0.1	1	8
0.1	1	6
0.1	1	5
0.1	1	4
1.5	2	3
0.1	1	2
1.5	2	1
1.5	2	

=====

find H# Points

=====

3.1	1	10
3.1	1	8
3.1	1	6
3.1	1	5
3.1	1	4