

5-8-2008

Ken Shannon/Ken Foreman Meet

Great Northwest Athletic Conference

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Women 100 Meter Dash

Name	Year School	Finals
Section 1 Wind: NWI		
1 James, Chanel	Spokane CC	12.21
2 Zukowski, Megan	Western Washingt	12.71
3 Channell, Jane	Simon Fraser	12.73
4 Cunliffe, Hannah	Unattached	12.86
5 Riley, Natalie	Vancouver T-Bird	13.56
6 McCall, Amie	Treasure Valley	16.56
Section 2 Wind: NWI		
1 Arceneaux, Lokia	Pacific Lutheran	12.88
2 Vistoria, Lurn	Unattached	13.00
3 Shearer, Angela	Spokane CC	13.22
4 Douglas, Danielle	Vancouver T-Bird	13.39
5 Valaile, RaeLani	Seattle U.	13.55
6 Collins, Racheal	Treasure Valley	13.86
7 Ellis, Alicia	Douglas College	13.98

Women 200 Meter Dash

Name	Year School	Finals
Section 1 Wind: NWI		
1 James, Chanel	Spokane CC	25.43
2 Channell, Jane	Simon Fraser	26.19
3 Zukowski, Megan	Western Washingt	26.67
3 Keeping, Cassie	Simon Fraser	26.67
5 Chin Aleong, Janessa	British Columbia	26.77
6 jackson, cecelia	Unattached	27.45
Section 2 Wind: NWI		
1 Hill, Stephanie	Spokane CC	26.65
2 Shearer, Angela	Spokane CC	26.91
3 Cunliffe, Hannah	Unattached	26.94
4 Vistoria, Lurn	Unattached	27.01

5	Purcell, Rachel	Seattle U.	27.26
6	Ellis, Alicia	Douglas College	28.63
Section 3 Wind: NWI			
1	Douglas, Danielle	Vancouver T-Bird	27.52
2	Vasser, Aleigha	Unattached	27.95
3	Riley, Natalie	Vancouver T-Bird	28.44
4	Collins, Racheal	Treasure Valley	28.53

Women 400 Meter Dash

Name	Year	School	Finals
Section 1			
1	Chin Aleong, Janessa	British Columbia	58.92
2	Lee, Christina	Unat-Washington	1:01.68
3	Gordillo, Luz	Treasure Valley	1:02.17
4	Gunderson, Callie	Pacific Lutheran	1:02.66

Women 800 Meter Run

Name	Year	School	Finals
1	Follett, Katie	Washington	2:06.43
2	Howard, Julia	Unattached	2:08.33
3	Schuster, Dani	Washington	2:12.16
4	Lisa, Anderberg	Seattle Pacific	2:13.48
5	Kolstad, Kristen	Simon Fraser	2:14.59
6	Turner, Michelle	Washington	2:16.09
7	Johnson, Rachael	Seattle U.	2:16.20
8	Chapa, Annaliese	Washington	2:16.43
9	Kendall, Danielle	Calgary Spartans	2:17.29
10	Watson, Cheri	Western Washingt	2:18.26
11	Mancell, Heather	Simon Fraser	2:18.41
12	Kane, Brianna	Simon Fraser	2:21.94
13	Brennan, Olivia	Simon Fraser	2:22.83
Section 2			
1	Kirschman, Lindsey	Washington	2:17.59
2	Frederick, Jill	Spokane CC	2:20.27
3	Gillespie, Lauren	Unattached	2:20.46
4	Laforce, Daisy	Unattached	2:21.37
5	Sanchez, Brittnee	Spokane CC	2:21.71
6	Hamann, Jen	Seattle U.	2:24.73

7	Weslowski, Jennifer	Simon Fraser	2:26.49
8	Bezdan, Jeanie	Ocean Athletics	2:26.71
9	Rajala, Amelia	British Columbia	2:31.83
10	Patterson, Katie	Treasure Valley	2:32.82
11	Rice, Nori	British Columbia	2:34.24

Women 1500 Meter Run

Name	Year School	Finals
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Section 1

1	Hinther, Ashley	U. of Victoria	4:31.61
2	Campbell, Kailey	Washington	4:33.50
3	Brown, Andrea	Washington	4:43.77
4	Lia, Amy	Washington	4:44.95
5	Schutte, Bailey	Washington	4:45.70
6	Porter, Sarah	Western Washingt	4:45.91
7	Hansen, Katie	Seattle U.	4:46.02
8	Roney, Patricia	U. of Victoria	4:49.29
9	Eckstein, Christine	Spokane CC	4:49.99
10	McIvor, Laura	Unattached	4:51.08
11	Briggs, Meredith	British Columbia	5:02.76
12	Stickney, Greta	Seattle U.	5:18.42
13	Cadelinia, Rhiannon	Seattle U.	5:18.68
14	Martinez, Natalie	Seattle U.	5:21.02
15	Cloutier, Ashley	Everett CC	5:27.69

Women 5000 Meter Run

Name	Year School	Finals
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1	Reeve, Sabrina	British Columbia	17:39.99
2	Skinner, Shauna	U. of Victoria	18:01.04
3	Garruto, Kiri	Eastern Washingt	18:10.89
4	Wetzel, Rose	Club Northwest	18:28.74
5	Durrance, Amy	Spokane CC	18:49.75
6	Astle, Kyli	Lewis-Clark	18:52.63
7	Perkins, Emily	Lewis-Clark	18:52.76
8	Hall, Megan	Everett CC	19:24.90
9	Owens, Katie	Spokane CC	19:33.20
10	Yorkston, Rachel	Unat-Seattle U.	19:36.33
11	Gulsvig, Jessie	Lewis-Clark	19:55.20

12	Miller, Julia	Seattle U.	20:08.28
13	Mesia, Lacey	Treasure Valley	20:09.51
14	Detschman, Taneal	Everett CC	20:26.40
15	Kathriner, Amber	Treasure Valley	20:29.28
16	Nielson, Brina	Treasure Valley	20:38.68
17	Price, Alli	Spokane CC	20:47.21
18	McGoldrick, Haley	Seattle U.	21:12.06
19	Kopecky, Heather	Treasure Valley	21:21.43
20	Cotterill, Lacey	Everett CC	21:26.26

Women 100 Meter Hurdles

Name	Year School	Finals	
Section 1 Wind: NWI			
1	Howe, Michelle	Western Washingt	15.06
2	Johns, Adelle	British Columbia	15.31
3	Stoffman, Zaria	Vancouver OC	15.39
4	jackson, cecelia	Unattached	16.34
5	Johnson, Arica	Spokane CC	16.81
Section 2 Wind: NWI			
1	Nestman, Jenna	British Columbia	17.56
2	Jablonski, Elizabeth	Treasure Valley	17.63
3	Attleberger, Kendra	Treasure Valley	17.85
4	Noble, Heather	Treasure Valley	18.06
5	Monahan, Clare	Seattle U.	21.41

Women 400 Meter Hurdles

Name	Year School	Finals	
Section 1			
1	Dimmitt, Heidi	Western Washingt	1:01.69
2	Araya, Faven	Pacific Lutheran	1:02.14
3	Mattila, Elizabeth	Whitworth	1:02.47
4	Van Den Bulk, Jeannette	Pacific Athletic	1:02.73
5	Richard, Claudia	British Columbia	1:04.38
Section 2			
1	Higa, Kelly	Puget Sound	1:08.99
2	Howard, Kelly	Treasure Valley	1:10.47
3	Johnson, Arica	Spokane CC	1:11.04
4	Attleberger, Kendra	Treasure Valley	1:14.58

Women 3000 Meter Steeplechase

Name	Year School	Finals
Section 1		
1 Strong, Kelly	Asics	10:04.08
2 Becker, Sarna	Club Northwest	10:34.89
3 Rohde, Karin	Seattle Pacific	10:54.73
4 Hodgson, Brittany	Puget Sound	11:10.87
5 Benson, Sarah	Central Washingt	11:14.82
6 Stopa, Amanda	Washington	11:16.38
7 Gonzales, Bianca	Simon Fraser	11:17.52
8 Steen, karen	Club Northwest	11:24.04
9 Szybura, Lindsay	Lewis-Clark	11:29.69
10 Miller, Lexie	Pacific Lutheran	11:30.73
11 Palibroda, Emily	Simon Fraser	11:36.27
12 Agee, Larsen	Unat-Spokane CC	11:36.99
13 Owens, Karen	Spokane CC	11:41.22
14 Clift, Justine	British Columbia	11:47.62

Women 4x100 Meter Relay

School	Finals
1 Spokane CC 'A'	47.79
1) Nida, Nicole	2) Cook, Taylor
3) Hill, Stephanie	4) James, Chanel
2 Treasure Valley CC 'A'	52.94
1) Howard, Kelly	2) Gordillo, Luz
3) Attleberger, Kendra	4) Collins, Racheal
-- Simon Fraser 'A'	DQ
1) Channell, Jane	2) Abdulai, Ruky
3) Kane, Brianna	4) Keeping, Cassie

Women 4x400 Meter Relay

School	Finals
1 Western Washington 'A'	3:59.33
1) Dimmitt, Heidi	2) Thornton, Amanda
3) O'Connell, Megan	4) Brownell, Sarah

Women High Jump

Name	Year School	Finals
Flight 1		
1 Moss, Kristle	Spokane CC	J1.61m 5-03.25
1 Robblee, Robyn	Washington	J1.61m 5-03.25
1 Stoffman, Zaria	Vancouver OC	1.61m 5-03.25
4 Lombardo, Allison	Washington	1.56m 5-01.25
4 Rogers, Jill	Western Washingt	J1.56m 5-01.25
4 Vielma, Nicole	Washington	J1.56m 5-01.25
7 Twitchell, Morgan	Simon Fraser	J1.51m 4-11.50
7 Lincecum, Rosanna	Spokane CC	J1.51m 4-11.50
7 Barnett, Rachelle	Simon Fraser	1.51m 4-11.50
7 Johns, Adelle	British Columbia	J1.51m 4-11.50
7 Hewitt, Katie	British Columbia	J1.51m 4-11.50
12 Jablonski, Elizabeth	Treasure Valley	1.46m 4-09.50
-- Cook, Clara	Western Washingt	NH

Women Pole Vault

Name	Year School	Finals
1 Pappas, Sarah	Washington	3.85m 12-07.50
2 Moore, Allison	Washington	3.65m 11-11.75
3 Marshalek, Stevie	Washington	J3.65m 11-11.75
4 Peterson, Andrea	Washington	J3.65m 11-11.75
5 Walker, Lauren	Washington	3.45m 11-03.75
6 Fjeran, Talyor	Unat-Washington	J3.45m 11-03.75
7 Kamphuis, Esther	Valley Royals	J3.45m 11-03.75
8 Anderson, Monica	Seattle Pacific	J3.45m 11-03.75
9 Amos, Haley	Central Washingt	J3.45m 11-03.75
10 Gordillo, Luz	Treasure Valley	3.25m 10-08.00
10 Lundsten, Tracie	Seattle Pacific	3.25m 10-08.00
12 Cabebe, Courtney	Seattle U.	J3.25m 10-08.00
13 Clarke, Camille	Western Washingt	J3.25m 10-08.00
14 Shimada, Kelsey	Unat-Washington	3.05m 10-00.00
15 Dockins, Cara	Western Washingt	J3.05m 10-00.00
-- Mudlo, Kelly	Unat-Washington	NH
-- Lee, Brittany	Seattle U.	NH
-- Noble, Heather	Treasure Valley	NH

-- Peaslee, Mellisa	Seattle Pacific	NH
-- Harless, Melissa	Spokane CC	NH
-- DiVesta, Kelley	Washington	NH
-- Hauk, Carrie	Seattle Pacific	NH

Women Long Jump

Name	Year School	Finals	Wind
1 James, Chanel 5.46m(1.0) x x	Spokane CC	5.46m	1.0 17-1
2 Dormaier, Kristen x x 5.16m(0.2)	Whitworth	5.16m	0.2 16-1
3 Mallory, Ren x x x 5.11m(-0.3)	Spokane CC	5.11m	-0.3 16-0
4 Johns, Adelle x 5.09m(-0.3) x	British Columbia	5.09m	-0.3 16-0
5 Iworima, Diepiriye x x x 5.07m(-0.4)	Simon Fraser	5.07m	-0.4 16-0
6 Arceneaux, Lokia x x x 5.00m(-0.8)	Pacific Lutheran	5.00m	-0.8 16-0
7 Cook, Taylor 4.97m(0.3) x x	Spokane CC	4.97m	0.3 16-0
7 Fleishman, Lindsey x 4.97m(0.3)	Unat-Washington	4.97m	0.3 16-0
9 Nestman, Jenna x 4.71m(-0.9) x	British Columbia	4.71m	-0.9 15-0
10 Squires, Kamala FOUL 4.11m(-0.2) FOUL	Seattle U.	4.11m	-0.2 13-0
-- Monahan, Clare FOUL FOUL FOUL	Seattle U.	FOUL	
-- jackson, cecelia FOUL FOUL FOUL	Unattached	FOUL	
-- Purcell, Rachel FOUL FOUL FOUL	Seattle U.	FOUL	

Women Triple Jump

Name	Year School	Finals	Wind
1 Abdulai, Ruky x 11.85m(-2.0) x	Simon Fraser	11.85m	-2.0 38-1

2	Vielma, Nicole	Washington	11.29m	-0.1	37-0
	x x x	11.29m(-0.1)			
3	Dormaier, Kristen	Whitworth	11.28m	-1.2	37-0
	x x	11.28m(-1.2)			
4	Fleishman, Lindsey	Unat-Washington	11.07m	-1.0	36-0
	x	11.07m(-1.0)			x
5	Arceneaux, Lakia	Pacific Lutheran	10.50m	-1.5	34-0
	x	10.50m(-1.5)			
6	Iworima, Diepiriye	Simon Fraser	10.43m	-1.8	34-0
		10.43m(-1.8)			x
7	Mallory, Ren	Spokane CC	10.17m	0.2	33-0
	x x x	10.17m(0.2)			
--	Squires, Kamala	Seattle U.		FOUL	
	FOUL				x x

Women Shot Put

Name	Year School	Finals
1 Michelson, Ashlee	Spokane CC	12.36m 40-06.75
2 Cornell, Whitney	Treasure Valley	11.06m 36-03.50
3 DeMartini, Sara	Seattle U.	9.41m 30-10.50
4 Johns, Adelle	British Columbia	9.22m 30-03.00
5 Valaile, RaeLani	Seattle U.	7.96m 26-01.50

Flight 2

1 Hutchinson, Ashley	Spokane CC	13.49m 44-03.25
1 Hutchinson, Corissa	Spokane CC	13.49m 44-03.25
3 Brown, Sarah	Spokane CC	13.18m 43-03.00
4 Afoa, Shaina	Central Washingt	12.92m 42-04.75
5 Garcia, Rachel	Spokane CC	12.70m 41-08.00
6 Carter, Kenzie	Spokane CC	10.91m 35-09.50
7 Hacker, Taylor	Pacific Lutheran	10.44m 34-03.00

Women Discus Throw

Name	Year School	Finals
1 Onzog, Anyka	Unat-Washington	37.20m 122-00
2 Wordell, Chelsea	Spokane CC	35.54m 116-07
3 Michelson, Ashlee	Spokane CC	35.31m 115-10
4 Cornell, Whitney	Treasure Valley	32.33m 106-01

5	Brown, Sarah	Spokane CC	31.92m	104-09
6	Savage, Shandall	Treasure Valley	27.40m	89-11
7	DeMartini, Sara	Seattle U.	27.29m	89-06
--	Valaile, RaeLani	Seattle U.	FOUL	

Flight 2

1	Hutchinson, Corissa	Spokane CC	48.73m	159-10
2	Ter Laak, Lara	British Columbia	42.76m	140-03
3	Veldman, Caroline	Washington	41.91m	137-06
4	Rance, Erica	Western Washingt	41.75m	137-00
5	Hutchinson, Ashley	Spokane CC	41.07m	134-09
6	Garcia, Rachel	Spokane CC	40.30m	132-03
7	Oyetuga, Korede	Washington	39.18m	128-06
8	Scherer, Becky	Central Washingt	38.45m	126-02
9	Afoa, Shaina	Central Washingt	37.28m	122-04
10	Currier, Lindsay	Seattle U.	36.68m	120-04
11	Thomason, Heather	Unat-Seattle U.	36.20m	118-09
12	Carter, Kenzie	Spokane CC	33.03m	108-04

Women Hammer Throw

Name	Year School	Finals
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Flight 1

1	Yush, Kristal	Tiger Olympians	64.91m	212-11
	61.13m 63.35m 62.31m FOUL 63.41m 64.91m			
2	Ter Laak, Lara	British Columbia	50.30m	165-00
	47.76m 46.29m 48.14m 48.01m 48.55m 50.30m			
3	Hacker, Taylor	Pacific Lutheran	49.65m	162-11
	45.72m 4.90m 49.65m 47.30m 43.45m 45.91m			
4	Oyetuga, Korede	Washington	44.19m	145-00
	FOUL 44.19m 41.73m FOUL 43.28m FOUL			
5	Rance, Erica	Western Washingt	40.75m	133-08
	40.75m 38.56m FOUL FOUL 37.54m FOUL			
6	Scherer, Becky	Central Washingt	40.30m	132-03
	39.01m 39.01m 35.81m 40.30m FOUL FOUL			
7	Neuman, Melissa	Lewis-Clark	39.02m	128-00
	FOUL 33.81m 37.94m 39.02m 38.57m 38.09m			

Women Javelin Throw

Name	Year School	Finals
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1	Gleadle, Liz	British Columbia	54.13m	177-07
2	Schantin, Jeeni	Seattle Pacific	46.15m	151-05
3	Bekins, Brittany	Seattle Pacific	41.03m	134-07
4	Hatch, Karin	Pacific Lutheran	37.88m	124-03
5	Johnstone, Ella	British Columbia	37.12m	121-09
--	Braun, Lynnea	Spokane CC	DNF	
--	Aanstad, Brittany	Seattle Pacific	DNF	

Men 100 Meter Dash

Name	Year	School	Finals
Section 1 Wind: NWI			
1		Taylor, Nathan	Unattached 11.00
2		Holley, Jack	Spokane CC 11.19
2		Giuffre, Mike	British Columbia 11.19
4		Fussell, Christopher	Seattle U. 11.20
5		Bennett, Phillip	Unattached 11.60
Section 2 Wind: NWI			
1		Thompson, Ira	Vancouver OC 11.12
2		Gruger, Shane	Western Washingt 11.26
3		Sullivan, Daniel	Seattle U. 11.36
4		Kurtz-Llamas, James	Treasure Valley 11.41
5		Williams, Kurt	Spokane CC 11.51
6		Nicolas, Dennis	Simon Fraser 11.52
7		Kirkpatrick, Timothy	Whitworth 11.60
8		Merrill, Riley	Simon Fraser 11.62
Section 3 Wind: NWI			
1		Jackson, Nate	Pacific Lutheran 11.47
2		Martinez, Jude	Seattle U. 11.51
3		Street, Adam	Vancouver OC 11.86
4		Robinson, Robby	Unat-Whatcom CC 11.92
5		Enns, Ross	Unattached 12.03
Section 4 Wind: NWI			
1		Palmerton, Justin	Unat-Whatcom CC 12.02
2		Morales, Gabriel	Western Washingt 12.03
3		Sims, Jason	Unat-Pacific Lut 12.19
4		Waller, Mike	Unat-Pacific Lut 12.21
5		Colombini, Neil	Pacific Lutheran 12.26
6		Low, Cody	British Columbia 12.28
7		Dye, Alex	Western Washingt 12.39

Men 200 Meter Dash

Name	Year School	Finals
Section 1 Wind: NWI		
1 Lim, Kevin	Unattached	22.40
2 Thompson, Ira	Vancouver OC	22.54
3 Holley, Jack	Spokane CC	22.99
4 Giuffre, Mike	British Columbia	23.24
Section 2 Wind: NWI		
1 Fussell, Christopher	Seattle U.	22.56
2 Gruger, Shane	Western Washingt	23.04
3 Bennett, Phillip	Unattached	23.36
3 Boss, Andrew	Simon Fraser	23.36
5 Overs, Thomas	Simon Fraser	23.50
Section 3 Wind: NWI		
1 Kurtz-Llamas, James	Treasure Valley	23.14
2 Kirkpatrick, Timothy	Whitworth	23.33
3 Hale, Sam	Spokane CC	23.57
4 Valencia, Francisco	Spokane CC	23.91
5 Carl, Lance	Unat-Washington	24.11
6 Palmerton, Justin	Unat-Whatcom CC	24.31
Section 4 Wind: NWI		
1 Rucker, Sam	Unat-Washington	23.31
2 Jackson, Nate	Pacific Lutheran	24.05
3 Colombini, Neil	Pacific Lutheran	24.45
4 Waller, Mike	Unat-Pacific Lut	24.55
5 Robinson, Robby	Unat-Whatcom CC	24.71
6 Campanaro, Chauncey	Seattle Pacific	24.98

Men 400 Meter Dash

Name	Year School	Finals
Section 1		
1 Jackson, Bruce	UW Alum	48.27
2 Lim, Kevin	Unattached	48.76
3 Glover, Travis	Seattle U.	49.15
4 Allestar, Stuart	British Columbia	50.05
5 Moog, Isaac	Pacific Lutheran	50.39
6 Fitzgerald, Matt	Spokane CC	50.99
7 Rogstad, Matt	Central Washingt	51.97

Section 2

1	Johnson, Carl	Western Washingt	51.09
2	Gerry, Bryan	St. Martin's	51.27
3	Hale, Sam	Spokane CC	51.84
4	boyd, pat	Unattached	51.93
5	Valencia, Francisco	Spokane CC	52.38

Section 3

1	Rucker, Sam	Unat-Washington	49.61
2	Villanueva, Phillip	Western Washingt	52.07
3	Khalsa, Tahoma	Western Washingt	52.80
4	White, Shay	Treasure Valley	53.66
5	Sydneysmith, Dylan	Vancouver T-Bird	54.53

Men 1 Mile Run

Name	Year School	Finals
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Section 1

2	Williams, Charlie	Washington	4:15.35
3	Hill, Mike	UW Alum	4:12.23
4	Wilson, James	Washington	4:19.72
5	Sayenko, Mike	Unattached	4:14.29
6	Abbott, Austin	Washington	4:20.73
7	Govier, Brian	Washington	4:11.41
8	Moe, Carl	Washington	4:01.53
9	Spady, Kelly	Washington	4:20.02
--	Schmitt, Jake	Washington	4:12.62

Men 800 Meter Run

Name	Year School	Finals
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1	Bofa, Emmanuel	Whitworth	1:53.40
2	Lemay, Keith	Western Washingt	1:53.90
3	Wilkie, Mark	Unattached	1:54.13
4	Howell, Brandon	Whitworth	1:54.14
5	Ordona, Logan	Unat-Washington	1:54.96
6	Freeman, Tim	Washington	1:56.61
7	Hole, Nigel	British Columbia	1:56.70
8	Gavareski, Michael	Seattle Pacific	1:56.81
9	Cameron, Will	Western Washingt	1:57.17
10	Corrigan, Peter	Calgary Spartans	1:58.10

11	Fraser, Seth	Simon Fraser	1:59.74
12	Jankowski, Theo	British Columbia	2:01.42

Section 2

1	Roberts, Jake	Unat-Spokane CC	1:53.77
2	Strickler, Eddie	Unattached	1:54.02
3	Cronrath, Brian	Seattle Pacific	1:54.56
4	Chad, Meis	Seattle Pacific	1:55.61
5	Lampi, Kyle	Western Washingt	1:56.45
6	Abraham, Nick	Western Washingt	1:56.86
7	Fraser, Chad	Simon Fraser	1:57.61
8	Kimick, Evan	Calgary Spartans	1:58.23
9	Rose, Chris	Spokane CC	1:58.40
10	Millage, Jamie	Simon Fraser	1:58.85
11	Neaves, Nigel	Everett CC	1:59.80
12	Maynard, Jordan	British Columbia	2:00.05
13	Beck, Matt	British Columbia	2:01.23
14	DeLange, Owen	Calgary Spartans	2:01.46

Section 3

1	Pasma, Jonathan	Club Northwest	1:59.09
2	Khalsa, Tahoma	Western Washingt	2:00.39
3	Hargrove, Wes	Central Washingt	2:02.30
4	Dean, Kyler	Treasure Valley	2:02.64
5	Miller, Graham	Seattle U.	2:02.70
6	Blaylock, Jacob	Treasure Valley	2:02.80
7	Lampshire, Cory	Western Washingt	2:03.23
8	Roberson, Jesse	Western Washingt	2:03.36
9	Zatylny, Scott	Calgary Spartans	2:06.57
10	Carlos, Luke	Unattached	2:06.85
11	Stipe, Justin	Unat-Spokane CC	2:08.93
12	Sydneysmith, Dylan	Vancouver T-Bird	2:10.91

Men 1500 Meter Run

Name	Year School	Finals
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Section 1

1	Mallie, Daniel	U. of Victoria	3:52.06
2	Suver, Curtis	Eastern Washingt	3:55.69
3	Booker, Riley	Washington	3:57.07
4	Carlos, Shane	Unattached	3:57.59
5	Swarthout, Jordan	Washington	3:58.63
6	Timeus, John	Club Northwest	4:00.34

7	MacKenzie, Davin	British Columbia	4:00.77
8	Abdullahi, Faisal	Unat-Washington	4:01.12
9	Hickerson, David	Unat-Washington	4:01.38
10	Sheeks, Matthew	Unattached	4:03.40
11	Brockerville, Ryan	Newfoundland	4:04.26
12	Kazuta, Kerry	Douglas College	4:06.97
13	Nichol, Stephen	Simon Fraser	4:07.95
14	Caseria, Dusty	Whitworth	4:08.24
15	Roberts, Jake	Unat-Spokane CC	4:08.57
16	Pierson, Etienne	Unat-Washington	4:12.49

Section 2

1	Vipham, Mike	Treasure Valley	4:09.63
2	Messiter, Sean	Unattached	4:11.09
3	Wahlenmaier, Jacob	Unattached	4:12.76
4	Nesbitt, Charlie	Kajaks T&F	4:17.26
5	Bailey, Cam	09 C.C.	4:19.79
6	Dull, Jeff	Seattle Pacific	4:21.62
7	cannon, david	Club Northwest	4:22.62
8	Phillips, John	Seattle Pacific	4:24.38
9	Lance, Jordan	Seattle Pacific	4:26.95
10	Norton, Jesse	Unat-Whatcom CC	4:34.77
11	Henry, Chris	Seattle U.	4:36.85
--	Alvarado, Nicholas	Seattle U.	DNF

Men 5000 Meter Run

Name	Year School	Finals
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Section 1

1	Welling, Jordan	Western Washingt	15:03.95
2	Sunderlage, Charlie	runningshoes.com	15:07.87
3	Riak, John	St. Martin's	15:09.44
4	Alexander, Sam	UW Alum	15:17.19
5	Smyth, Alex	Eastern Washingt	15:17.57
6	Quackenbush, Cameron	Washington	15:20.24
7	Medhaug, Blake	Western Washingt	15:20.86
8	Tuwei, Eric	Lewis-Clark	15:34.04
9	Galbraith, Aaron	Lewis-Clark	15:42.69
10	Hill, Damian	Unat-Whatcom CC	15:44.80
11	Justus, Tyler	Eastern Washingt	15:49.08
12	Hutchins, Dan	Club Northwest	15:52.27
13	Zahn, Nathan	Spokane CC	15:52.71

14 Furlong, Mark	Calgary Spartans	15:55.84
15 Huey, Sean	Lewis-Clark	15:56.44
16 Quimby, Jonathan	Unat-Whatcom CC	16:01.99
17 Nilsen, Tyler	Everett CC	16:02.73
18 Rosser, James	Seattle Pacific	16:05.06
19 Kulvi, Trevor	Central Washingt	16:07.68
20 Halliday, Scott	Club Northwest	16:15.02
21 Cannata-Bowman, Nick	Seattle U.	16:17.68
22 Jenkins, Cory	Unat-Whatcom CC	16:24.68
23 Kollgaard, Adam	Seattle U.	16:32.98
24 Boyes, Spencer	Everett CC	16:33.97
25 Van Nuland, Michael	Seattle U.	16:36.56
26 Butler, Jordan	Spokane CC	16:42.79
27 Elias, Mitchell	Everett CC	16:47.72
28 Carmichael, Weston	Treasure Valley	16:51.16
29 Seamster, Scott	Seattle Pacific	16:54.52
30 Adams, Alec	Seattle U.	17:12.98
31 Heitzinger, Nathan	Unattached	17:19.59
32 Perkins, Nate	Western Washingt	17:46.04

Men 110 Meter Hurdles

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Name	Year	School	Finals
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Section 1 Wind: NWI			
1 Freeman, Josh		Club Northwest	15.03
2 Spaun, Benjamin		Whitworth	15.19
3 Walden, Adam		Spokane CC	15.46
4 Cloud, Dustin		Treasure Valley	15.65
5 Armstrong, Tim		Spokane CC	15.66
6 Poosri, Tyreil		Unat-Spokane CC	15.74
7 Wargo, Ben		Western Washingt	16.82
Section 2 Wind: NWI			
1 Sullivan, Daniel		Seattle U.	16.13
2 King, Phil		Treasure Valley	16.63
3 Warrick, Collin		Spokane CC	16.66
4 Morales, Gabriel		Western Washingt	16.82
5 Williams, TJ		Treasure Valley	17.41
6 Poshusta, Robert		Seattle U.	17.67

Men 400 Meter Hurdles

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Name	Year School	Finals
Section 1		
1 Myhre, Kevin	Western Washingt	54.36
2 Wilkinson, Sheldon	Unattached	55.23
3 Armstrong, Tim	Spokane CC	55.28
4 Walden, Adam	Spokane CC	55.84
5 Acheson, Kyle	Unat-Washington	56.38
6 Poosri, Tyreil	Unat-Spokane CC	57.06
7 Benjamin, D'Andre	Seattle U.	59.62
Section 2		
1 Cloud, Dustin	Treasure Valley	57.07
2 Morales, Gabriel	Western Washingt	57.80
3 Bauman, Matt	Spokane CC	58.94
4 Warrick, Collin	Spokane CC	1:01.01
5 Poshusta, Robert	Seattle U.	1:02.45
Section 3		
1 Sims, Jason	Unat-Pacific Lut	59.25
2 Lannon, marc	Treasure Valley	1:00.99
3 Adams, Nolan	Pacific Lutheran	1:02.35
4 Williams, TJ	Treasure Valley	1:04.72
5 King, Phil	Treasure Valley	1:07.64

Men 3000 Meter Steeplechase

Name	Year School	Finals
Section 1		
1 Henry, Keever	Western Washingt	9:36.81
2 Maynard, Jordan	British Columbia	9:38.83
3 McCary, David	Unat-Washington	9:38.98
4 McIsaac, Chris	Linfield	9:40.12
5 Rapp, Tyler	Spokane CC	9:53.71
6 Stewart, Will	British Columbia	9:54.05
7 Elias, Mitchell	Everett CC	10:07.64
8 Ward, Matthew	Douglas College	10:11.61
9 Regan, Billy	British Columbia	10:20.33
10 Rockenbach, Brian	Central Washingt	10:22.76
11 Horn, TJ	Everett CC	10:32.03
12 Bean, Erik	British Columbia	10:34.88
13 Anderson, Darrin	Treasure Valley	10:43.78
14 Stephens-Whale, Shaun	British Columbia	10:52.43

Men 4x100 Meter Relay

School	Finals
1 Seattle U. 'A'	42.34
1) Allen, Loyal	2) Glover, Travis
3) Fussell, Christopher	4) Sullivan, Daniel
2 Spokane CC 'A'	43.23
1) Valencia, Francisco	2) Holley, Jack
3) Williams, Kurt	4) Vetter, Michael

Men 4x400 Meter Relay

School	Finals
1 Whitworth 'A'	3:18.13
1) Spaun, Benjamin	2) Caseria, Dusty
3) Howell, Brandon	4) Bofa, Emmanuel
2 Simon Fraser 'A'	3:20.81
1) Overs, Thomas	2) Culley, Mitchell
3) Merrill, Riley	4) Boss, Andrew
3 Spokane CC 'A'	3:27.66
1) Fitzgerald, Matt	2) Walden, Adam
3) Armstrong, Tim	4) Hale, Sam

Men 4x800 Meter Relay

School	Finals
1 Simon Fraser 'A'	7:47.85

Men High Jump

Name	Year School	Finals
Flight 1		
1 Swartz, Shawn	Unattached	2.07m 6-09.50
2 Bailey, Cam	09 C.C.	J2.02m 6-07.50
2 Edwards, Deonta	Spokane CC	2.02m 6-07.50
4 Brockman, Keefe	Western Washingt	1.97m 6-05.50
5 Martinelli, Brian	Western Washingt	1.92m 6-03.50

5	Widman, Kris	Spokane CC	J1.92m	6-03.50
7	Adair, Michael	Vancouver T-Bird	1.87m	6-01.50
--	Enns, Ross	Unattached	NH	
--	Spaun, Benjamin	Whitworth	NH	

Men Pole Vault

Name	Year School	Finals
1 Vu, Ryan	Washington	4.83m 15-10.00
1 O'Connor, Jared	Washington	4.83m 15-10.00
3 Brown, Ryan	Western Washingt	4.68m 15-04.25
4 Iverson, Nicholas	Unattached	4.48m 14-08.25
4 Beighton, Sean	Unat-Washington	4.48m 14-08.25
4 McCoy, Scott	Central Washingt	4.48m 14-08.25
7 Neace, Adam	Spokane CC	4.28m 14-00.50
7 Grant, Kraig	Spokane CC	4.28m 14-00.50
-- Lucke, Bryan	Western Washingt	FAIL
-- Winters, Josh	Western Washingt	FAIL
-- Carrillo, Beau	Unat-Spokane CC	FAIL
-- Massey, Marc	Seattle U.	FAIL
-- Schooley, Casey	Spokane CC	FAIL
-- Iverson, Kevin	Unattached	FAIL

Men Long Jump

Name	Year School	Finals	Wind
1 Khouw, Justin	British Columbia	6.46m	-2.0 21-0
x x x	6.46m(-2.0)		
2 Edwards, Deonta	Spokane CC	6.16m	-0.7 20-0
6.16m(-0.7) x x			
3 Odoemene, Udoka	Seattle U.	5.94m	-1.7 19-0
x 5.94m(-1.7) x			
4 Sullivan, Daniel	Seattle U.	5.79m	-2.5 19-0
5.79m(-2.5) x			
5 Martinez, Jude	Seattle U.	5.78m	0.2 18-1
x 5.78m(0.2) x			
6 Goodwin, Christian	Central Washingt	5.76m	0.8 18-1
x x 5.76m(0.8)			
7 Enns, Ross	Unattached	5.35m	-0.4 17-0
5.35m(-0.4) x			

8	Fewkes, Michael	Treasure Valley	5.21m	-1.1	17-0
	x 5.21m(-1.1) x				
--	Bennett, Phillip	Unattached	FOUL		
	FOUL x x				
--	Gaines, Donald	Spokane CC	FOUL		
	FOUL x x				
Flight 2					
1	Felt, Justin	Seattle Pacific	6.79m	-1.7	22-0
	x x 6.79m(-1.7)				
2	pollard, david	Unattached	6.60m	-0.8	21-0
	6.60m(-0.8) x				
2	Rizzardi, Peter	Unattached	6.60m	-0.8	21-0
	x x x 6.60m(-0.8)				
4	Fredericks, Corey	Washington	6.55m	0.3	21-0
	x x x 6.55m(0.3)				
5	Gruger, Shane	Western Washingt	6.34m	-1.6	20-0
	6.34m(-1.6) x x				
6	Mead, Junior	Unat-Spokane CC	6.31m	-1.5	20-0
	6.31m(-1.5) x x				
7	Collins, Nick	Central Washingt	6.28m	-0.6	20-0
	6.28m(-0.6)				
8	Canning, Andrew	Spokane CC	6.22m	-2.3	20-0
	6.22m(-2.3)				
9	Morgan, Michael-Sean	Simon Fraser	6.16m	-0.5	20-0
	6.16m(-0.5)				
10	Nicolas, Dennis	Simon Fraser	6.14m	-0.5	20-0
	6.14m(-0.5) x				
--	Williams, Kurt	Spokane CC	FOUL		
	x x x FOUL				
--	Adebayo, Sean	Spokane CC	FOUL		
	FOUL				

Men Triple Jump

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Name	Year School	Finals	Wind
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Flight 1

1	lawrence, justin	Club Northwest	14.81m	2.4	48-0
	x x x 14.81m(2.4)				
2	Fredericks, Corey	Washington	13.70m	+0.0	44-1
	x x x 13.70m(+0.0)				
3	Turner, James	Western Washingt	13.45m	+0.0	44-0

x x x

13.45m(+0.0)

Men Shot Put

Name	Year School	Finals
1 Anderson, Richard	Unat-Washington	14.32m 46-11.75
2 Frederick, Steven	Spokane CC	14.02m 46-00.00
3 Haakenson, Dan	Unat-Pacific Lut	13.14m 43-01.50
4 Whitley, Ron	Spokane CC	13.10m 42-11.75
5 Shepherd, Chris	Spokane CC	11.84m 38-10.25
6 McNeil, Conor	Unat-Pacific Lut	11.67m 38-03.50
7 Carl, Lance	Unat-Washington	10.49m 34-05.00

Flight 2

1 Washington, Sam	St. Martin's	16.14m 52-11.50
2 Elisara, Cameron	Washington	16.12m 52-10.75
3 Valdez, Matt	Central Washingt	15.09m 49-06.25
4 Middleton, AJ	Puget Sound	14.91m 48-11.00
5 Fischer, Tyler	Central Washingt	14.30m 46-11.00
6 Uhlorn, Nathan	Lewis-Clark	13.79m 45-03.00
7 Nielsen, Jeff	Pacific Lutheran	13.04m 42-09.50

Men Discus Throw

Name	Year School	Finals
1 Fullmer, Peter	Unat-Washington	49.73m 163-02
2 Smith, Kahel	Spokane CC	44.96m 147-06
-- Frederick, Steven	Spokane CC	FOUL
-- Shepherd, Chris	Spokane CC	FOUL
-- Heitzinger, Peter	Seattle U.	FOUL
-- Matschiner, Andrew	Seattle Pacific	FOUL
-- Carl, Lance	Unat-Washington	FOUL

Flight 2

1 reedus, thurmond	Club Northwest	55.12m 180-10
2 Fischer, Tyler	Central Washingt	47.62m 156-03
3 Whitley, Ron	Spokane CC	47.18m 154-09
4 Howard, Dave	Spokane CC	46.55m 152-09
5 Skermer, David	Kajaks T&F	44.52m 146-01
6 Valdez, Matt	Central Washingt	44.37m 145-07
7 Te'o-Nesheim, Daniel	Washington	44.23m 145-01

8 Hoffman, Michael	Western Washingt	42.91m	140-09
-- Elder, Ben	Unat-Western Was	FOUL	
-- Freeman, Josh	Club Northwest	FOUL	

Men Hammer Throw

Name	Year School	Finals	
Flight 1			
1 Haakenson, Dan	Unat-Pacific Lut	55.03m	180-06
2 Fischer, Tyler	Central Washingt	54.07m	177-05
3 Richards, Zack	Unattached	53.99m	177-01
4 Bailey, Greg	Puget Sound	48.42m	158-10
5 McIsaac, Shawn	British Columbia	44.84m	147-01
6 Oliphant, Colton	Pacific Lutheran	44.20m	145-00
7 McNeil, Conor	Unat-Pacific Lut	42.57m	139-08
8 Nielsen, Jeff	Pacific Lutheran	40.16m	131-09
9 Middleton, AJ	Puget Sound	38.76m	127-02
10 Elder, Ben	Unat-Western Was	36.39m	119-05
-- Hoffman, Michael	Western Washingt	FOUL	

Men Javelin Throw

Name	Year School	Finals	
1 Weidman, Ryan	BigFoot TC	64.48m	211-06
2 Brewer, Justin	Unattached	64.44m	211-05
3 Togstad, Adam	Spokane CC	60.54m	198-07
4 Stiger, Andrew	Central Washingt	58.32m	191-04
5 Woods, Zach	Washington	57.33m	188-01
6 Wells, Ian	Central Washingt	57.24m	187-09
-- Dekock, Ben	Western Washingt	FOUL	
-- Jorgensen, Joshua	Seattle Pacific	FOUL	
-- Howard, Dave	Spokane CC	FOUL	
-- Tornga, Travis	Spokane CC	FOUL	
-- Carl, Lance	Unat-Washington	FOUL	
-- Rodriguez, Gabe	Spokane CC	FOUL	
-- Flemmer, Jason	Spokane CC	FOUL	

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