

5-2-2009

Great Northwest Athletic Conference Outdoor Track and Field Championships

Great Northwest Athletic Conference

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 2009 GNAC Outdoor Track & Field Championships - 5/1/2009 to 5/2/2009
 hosted by Western Oregon University
 Monmouth, OR (McArthur Field)
 Meet Program

Event 1 Heptathlon: #1 Women 100 Meter Hurdles

=====			
	Name	Year School	Seed
=====			
Section 1 Timed Finals			
1	26 Seidler, Mary	JR Central Wash.	NT
	2		
3	112 Keifer, Mandy	SO Western Ore.	NT
	4		
5	59 McLam, Beth	FR NW Nazarene	NT
	6		
7	143 Howe, Michelle	SO Western Wash.	NT
	8		
Section 2 Timed Finals			
1	20 Gonzalez, Raquel	JR Central Wash.	NT
	2		
3	44 Bennett, Jill	FR NW Nazarene	NT
	4		
5	155 Schwindler, Sabrina	FR Western Wash.	NT
	6		
7	111 Helbling, Jacque	SR Western Ore.	NT
	8		
Section 3 Timed Finals			
1	67 VonArx, Laura	JR NW Nazarene	NT
	2		
3	17 Berg, Siri	FR Central Wash.	NT
	4		
5	134 Cook, Clara	SR Western Wash.	NT
	6		
7	147 King, Devon	FR Western Wash.	NT
	8		

Event 1 Heptathlon: #2 Women High Jump

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	Name	Year School	Seed Mark
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Flight 1 Finals

1	155 Schwindler, Sabrina	FR Western Wash.	NH
2	59 McLam, Beth	FR NW Nazarene	NH
3	147 King, Devon	FR Western Wash.	NH
4	67 VonArx, Laura	JR NW Nazarene	NH
5	134 Cook, Clara	SR Western Wash.	NH
6	44 Bennett, Jill	FR NW Nazarene	NH
7	111 Helbling, Jacque	SR Western Ore.	NH
8	17 Berg, Siri	FR Central Wash.	NH
9	20 Gonzalez, Raquel	JR Central Wash.	NH
10	26 Seidler, Mary	JR Central Wash.	NH
11	143 Howe, Michelle	SO Western Wash.	NH
12	112 Keifer, Mandy	SO Western Ore.	NH

Event 1 Heptathlon: #3 Women Shot Put

Name	Year School	Seed Mark
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Flight 1 Finals

1	111 Helbling, Jacque	SR Western Ore.	ND
2	26 Seidler, Mary	JR Central Wash.	ND
3	112 Keifer, Mandy	SO Western Ore.	ND
4	44 Bennett, Jill	FR NW Nazarene	ND
5	143 Howe, Michelle	SO Western Wash.	ND
6	17 Berg, Siri	FR Central Wash.	ND
7	147 King, Devon	FR Western Wash.	ND
8	59 McLam, Beth	FR NW Nazarene	ND
9	67 VonArx, Laura	JR NW Nazarene	ND
10	20 Gonzalez, Raquel	JR Central Wash.	ND
11	134 Cook, Clara	SR Western Wash.	ND
12	155 Schwindler, Sabrina	FR Western Wash.	ND

Event 1 Heptathlon: #4 Women 200 Meter Dash

Name	Year School	Seed
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Section 1 Timed Finals

1	155 Schwindler, Sabrina	FR Western Wash.	NT
2			
3	44 Bennett, Jill	FR NW Nazarene	NT
4			
5	143 Howe, Michelle	SO Western Wash.	NT

6

7 111 Helbling, Jacque SR Western Ore. NT

8

Section 2 Timed Finals

1 26 Seidler, Mary JR Central Wash. NT

2

3 20 Gonzalez, Raquel JR Central Wash. NT

4

5 134 Cook, Clara SR Western Wash. NT

6

7 17 Berg, Siri FR Central Wash. NT

8

Section 3 Timed Finals

1 67 VonArx, Laura JR NW Nazarene NT

2

3 59 McLam, Beth FR NW Nazarene NT

4

5 112 Keifer, Mandy SO Western Ore. NT

6

7 147 King, Devon FR Western Wash. NT

8

Event 1 Heptathlon: #5 Women Long Jump

Name	Year	School	Seed	Mark
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Flight 1 Finals

1 20 Gonzalez, Raquel JR Central Wash. ND

2 134 Cook, Clara SR Western Wash. ND

3 155 Schwindler, Sabrina FR Western Wash. ND

4 143 Howe, Michelle SO Western Wash. ND

5 44 Bennett, Jill FR NW Nazarene ND

6 147 King, Devon FR Western Wash. ND

7 111 Helbling, Jacque SR Western Ore. ND

8 26 Seidler, Mary JR Central Wash. ND

9 112 Keifer, Mandy SO Western Ore. ND

10 59 McLam, Beth FR NW Nazarene ND

11 67 VonArx, Laura JR NW Nazarene ND

12 17 Berg, Siri FR Central Wash. ND

Event 1 Heptathlon: #6 Women Javelin Throw

Name	Year	School	Seed	Mark
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	Name	Year	School	Seed	Mark
=====					
Flight 1 Finals					
1	44 Bennett, Jill	FR	NW Nazarene	ND	
2	20 Gonzalez, Raquel	JR	Central Wash.	ND	
3	17 Berg, Siri	FR	Central Wash.	ND	
4	67 VonArx, Laura	JR	NW Nazarene	ND	
5	155 Schwindler, Sabrina	FR	Western Wash.	ND	
6	134 Cook, Clara	SR	Western Wash.	ND	
7	147 King, Devon	FR	Western Wash.	ND	
8	111 Helbling, Jacque	SR	Western Ore.	ND	
9	59 McLam, Beth	FR	NW Nazarene	ND	
10	143 Howe, Michelle	SO	Western Wash.	ND	
11	26 Seidler, Mary	JR	Central Wash.	ND	
12	112 Keifer, Mandy	SO	Western Ore.	ND	

Event 1 Heptathlon: #7 Women 800 Meter Run

	Name	Year	School	Seed
=====				
Section 1 Timed Finals				
1	26 Seidler, Mary	JR	Central Wash.	NT
2	17 Berg, Siri	FR	Central Wash.	NT
3	143 Howe, Michelle	SO	Western Wash.	NT
4	112 Keifer, Mandy	SO	Western Ore.	NT
5	155 Schwindler, Sabrina	FR	Western Wash.	NT
6	67 VonArx, Laura	JR	NW Nazarene	NT
7	44 Bennett, Jill	FR	NW Nazarene	NT
8	134 Cook, Clara	SR	Western Wash.	NT
9	147 King, Devon	FR	Western Wash.	NT
10	20 Gonzalez, Raquel	JR	Central Wash.	NT
11	59 McLam, Beth	FR	NW Nazarene	NT
12	111 Helbling, Jacque	SR	Western Ore.	NT

Event 2 Decathlon: #1 Men 100 Meter Dash

	Name	Year	School	Seed
=====				
Section 1 Timed Finals				
1	304 Grewe, Josh	SR	NW Nazarene	NT
	2			
3	271 Collins, Nick	SR	Central Wash.	NT

4			
5	374 Udell, Zeb	SR Western Ore.	NT
6			
7	393 Harrison, Alex	SO Western Wash.	NT
8			

Section 2 Timed Finals

1	312 Montgomery, Stuart	SO NW Nazarene	NT
2			
3	385 Clendaniel, Tim	FR Western Wash.	NT
4			
5	316 Sneed, Andrew	JR NW Nazarene	NT
6			
7	365 Roberts, Austin	JR Western Ore.	NT
8			

Event 2 Decathlon: #2 Men Long Jump

Name	Year	School	Seed	Mark
Flight 1 Finals				
1	312	Montgomery, Stuart	SO NW Nazarene	ND
2	385	Clendaniel, Tim	FR Western Wash.	ND
3	393	Harrison, Alex	SO Western Wash.	ND
4	271	Collins, Nick	SR Central Wash.	ND
5	365	Roberts, Austin	JR Western Ore.	ND
6	374	Udell, Zeb	SR Western Ore.	ND
7	316	Sneed, Andrew	JR NW Nazarene	ND
8	304	Grewe, Josh	SR NW Nazarene	ND

Event 2 Decathlon: #3 Men Shot Put

Name	Year	School	Seed	Mark
Flight 1 Finals				
1	385	Clendaniel, Tim	FR Western Wash.	ND
2	393	Harrison, Alex	SO Western Wash.	ND
3	316	Sneed, Andrew	JR NW Nazarene	ND
4	271	Collins, Nick	SR Central Wash.	ND
5	304	Grewe, Josh	SR NW Nazarene	ND
6	365	Roberts, Austin	JR Western Ore.	ND
7	312	Montgomery, Stuart	SO NW Nazarene	ND
8	374	Udell, Zeb	SR Western Ore.	ND

Event 2 Decathlon: #4 Men High Jump

Name	Year	School	Seed	Mark	
Flight 1 Finals					
1	385	Clendaniel, Tim	FR	Western Wash.	NH
2	271	Collins, Nick	SR	Central Wash.	NH
3	374	Udell, Zeb	SR	Western Ore.	NH
4	304	Grewe, Josh	SR	NW Nazarene	NH
5	312	Montgomery, Stuart	SO	NW Nazarene	NH
6	365	Roberts, Austin	JR	Western Ore.	NH
7	316	Sneed, Andrew	JR	NW Nazarene	NH
8	393	Harrison, Alex	SO	Western Wash.	NH

Event 2 Decathlon: #5 Men 400 Meter Dash

Name	Year	School	Seed	
Section 1 Timed Finals				
1	365	Roberts, Austin	JR Western Ore.	NT
2				
3	385	Clendaniel, Tim	FR Western Wash.	NT
4				
5	304	Grewe, Josh	SR NW Nazarene	NT
6				
7	271	Collins, Nick	SR Central Wash.	NT
8				
Section 2 Timed Finals				
1	393	Harrison, Alex	SO Western Wash.	NT
2				
3	316	Sneed, Andrew	JR NW Nazarene	NT
4				
5	374	Udell, Zeb	SR Western Ore.	NT
6				
7	312	Montgomery, Stuart	SO NW Nazarene	NT
8				

Event 2 Decathlon: #6 Men 110 Meter Hurdles

Name	Year	School	Seed
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Section 1 Timed Finals

1	271 Collins, Nick	SR Central Wash.	NT
	2		
3	374 Udell, Zeb	SR Western Ore.	NT
	4		
5	304 Grewe, Josh	SR NW Nazarene	NT
	6		
7	365 Roberts, Austin	JR Western Ore.	NT
	8		

Section 2 Timed Finals

1	316 Sneed, Andrew	JR NW Nazarene	NT
	2		
3	393 Harrison, Alex	SO Western Wash.	NT
	4		
5	312 Montgomery, Stuart	SO NW Nazarene	NT
	6		
7	385 Clendaniel, Tim	FR Western Wash.	NT
	8		

Event 2 Decathlon: #7 Men Discus Throw

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	Name	Year School	Seed Mark
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Flight 1 Finals

1	312 Montgomery, Stuart	SO NW Nazarene	ND
2	304 Grewe, Josh	SR NW Nazarene	ND
3	365 Roberts, Austin	JR Western Ore.	ND
4	374 Udell, Zeb	SR Western Ore.	ND
5	385 Clendaniel, Tim	FR Western Wash.	ND
6	393 Harrison, Alex	SO Western Wash.	ND
7	316 Sneed, Andrew	JR NW Nazarene	ND
8	271 Collins, Nick	SR Central Wash.	ND

Event 2 Decathlon: #8 Men Pole Vault

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	Name	Year School	Seed Mark
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Flight 1 Finals

1	393 Harrison, Alex	SO Western Wash.	NH
2	316 Sneed, Andrew	JR NW Nazarene	NH
3	374 Udell, Zeb	SR Western Ore.	NH
4	365 Roberts, Austin	JR Western Ore.	NH

5	312 Montgomery, Stuart	SO NW Nazarene	NH
6	304 Grewe, Josh	SR NW Nazarene	NH
7	385 Clendaniel, Tim	FR Western Wash.	NH
8	271 Collins, Nick	SR Central Wash.	NH

Event 2 Decathlon: #9 Men Javelin Throw

Name	Year	School	Seed	Mark
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Flight 1 Finals

1	312 Montgomery, Stuart	SO NW Nazarene	ND
2	374 Udell, Zeb	SR Western Ore.	ND
3	304 Grewe, Josh	SR NW Nazarene	ND
4	365 Roberts, Austin	JR Western Ore.	ND
5	271 Collins, Nick	SR Central Wash.	ND
6	393 Harrison, Alex	SO Western Wash.	ND
7	385 Clendaniel, Tim	FR Western Wash.	ND
8	316 Sneed, Andrew	JR NW Nazarene	ND

Event 2 Decathlon: #10 Men 1500 Meter Run

Name	Year	School	Seed
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Section 1 Timed Finals

1	271 Collins, Nick	SR Central Wash.	NT
2	374 Udell, Zeb	SR Western Ore.	NT
3	304 Grewe, Josh	SR NW Nazarene	NT
4	385 Clendaniel, Tim	FR Western Wash.	NT
5	316 Sneed, Andrew	JR NW Nazarene	NT
6	365 Roberts, Austin	JR Western Ore.	NT
7	312 Montgomery, Stuart	SO NW Nazarene	NT
8	393 Harrison, Alex	SO Western Wash.	NT

Event 3 Men Shot Put

Name	Year	School	Seed	Mark
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Flight 1 Finals

1	262 Rencehausen, Ryan	SR Alaska Anchorage	13.00m
2	386 Cunningham, Donavan	FR Western Wash.	13.96m
3	284 Potes, Jesse	FR Central Wash.	12.96m
4	295 Richards, Kyle	SR Montana State-Bi	13.27m

5	408 Skogsberg, Nik	SR Western Wash.	12.45m
6	411 Varkevisser, Brandon	SR Western Wash.	13.84m
7	285 Ramirez, Daniel	SO Central Wash.	13.99m
8	303 Fenters, Jordan	SO NW Nazarene	13.63m
Flight 2 Finals			
1	397 Kayhan, Dincer	JR Western Wash.	15.18m
2	311 Miller, Grant	JR NW Nazarene	15.39m
3	299 Barclay, Zach	SR NW Nazarene	14.46m
4	338 Washington, Sam	SO St. Martin's	15.41m
5	274 Fischer, Tyler	JR Central Wash.	15.33m
6	341 Barrett, Robert	SR Western Ore.	14.17m
7	369 Slowey, Jason	SO Western Ore.	15.27m
8	390 Elder, Ben	JR Western Wash.	14.39m

Event 4 Women Discus Throw

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	Name	Year School	Seed Mark
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Flight 1 Finals			
1	35 Halvorson, Alexi	SO Montana State-Bi	43.51m
2	33 Gourneau, Hilary	FR Montana State-Bi	35.67m
3	27 Self, Torrie	SO Central Wash.	43.49m
4	123 Taylor, Alyssa	SO Western Ore.	35.81m
5	56 Little, Courtney	SR NW Nazarene	34.56m
6	29 Tandle, Krissy	SR Central Wash.	41.29m
7	64 Shute, Shayna	SO NW Nazarene	34.22m
8	68 Warrington, Joy	FR NW Nazarene	37.97m
9	15 Afoa, Shaina	JR Central Wash.	39.69m

Event 5 Men Discus Throw

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	Name	Year School	Seed Mark
=====			
Flight 1 Finals			
1	303 Fenters, Jordan	SO NW Nazarene	38.97m
2	401 Michaelson, Bryant	JR Western Wash.	43.81m
3	367 Schryvers, Matt	FR Western Ore.	38.63m
4	284 Potes, Jesse	FR Central Wash.	41.18m
5	295 Richards, Kyle	SR Montana State-Bi	39.36m
6	285 Ramirez, Daniel	SO Central Wash.	41.44m
7	283 Ostler, Mychal	JR Central Wash.	39.87m
8	299 Barclay, Zach	SR NW Nazarene	41.14m

Flight 2 Finals

1	274 Fischer, Tyler	JR Central Wash.	49.15m
2	369 Slowey, Jason	SO Western Ore.	45.55m
3	390 Elder, Ben	JR Western Wash.	47.64m
4	357 Marin, Anthony	SR Western Ore.	45.64m
5	386 Cunningham, Donavan	FR Western Wash.	48.10m
6	289 Haynie, Jade	JR Montana State-Bi	44.05m
7	311 Miller, Grant	JR NW Nazarene	47.19m
8	338 Washington, Sam	SO St. Martin's	46.64m

Event 6 Women Javelin Throw

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Name	Year School	Seed Mark
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Flight 1 Finals

1	116 Morris, Caitlyn	JR Western Ore.	34.78m
2	136 DiEnno, Amanda	JR Western Wash.	33.70m
3	31 Clark, Kelsee	SO Montana State-Bi	34.91m
4	112 Keifer, Mandy	SO Western Ore.	35.48m
5	71 Andrews, Carly	FR Seattle Pacific	33.73m
6	98 Blake, Jillian	SR St. Martin's	34.17m
7	29 Tandle, Krissy	SR Central Wash.	33.82m
8			

Flight 2 Finals

1	22 McMeel, Katie	SR Central Wash.	39.38m
2	60 Nilles, Lakiesha	FR NW Nazarene	41.92m
3	113 Lane, Stephanie	SO Western Ore.	38.05m
4	7 Harris, Elisha	JR Alaska Anchorage	40.17m
5	93 VerMulm, Lauren	SR Seattle Pacific	45.31m
6	67 VonArx, Laura	JR NW Nazarene	38.54m
7	92 Schantin, Jeeni	SR Seattle Pacific	48.80m
8	114 Lorenzen, Jillian	FR Western Ore.	38.51m

Event 7 Women Pole Vault

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Name	Year School	Seed Mark
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Flight 1 Finals

1	127 Austin, Sydney	FR Western Wash.	3.30m
2	87 Peaslee, Melissa	SO Seattle Pacific	3.70m
3	137 DiMarco, Diana	SO Western Wash.	2.95m
4	66 Usabel, MJ	JR NW Nazarene	3.20m

5	148 Miller, Christy	SR Western Wash.	3.76m
6	69 Allan, Carrie	SO Seattle Pacific	3.61m
7	135 Couvelier, Elsa	JR Western Wash.	3.25m
8	51 Egger, Ashley	SO NW Nazarene	2.90m
9	136 DiEnno, Amanda	JR Western Wash.	3.30m
10	54 Konzal, Amanda	FR NW Nazarene	3.10m
11	154 Quick, Jennifer	SO Western Wash.	3.20m
12	76 Gedde, Kjersti	FR Seattle Pacific	3.31m
13	149 Mueller, Robin	FR Western Wash.	3.25m
14	52 Elzinga, Karina	JR NW Nazarene	3.40m
15	133 Clarke, Camille	SR Western Wash.	3.25m
16	74 Caldwell, Michaela	FR Seattle Pacific	3.30m

Event 8 Women Long Jump

Name	Year	School	Seed	Mark
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Flight 1 Finals

1	36 Hansen, Rachel	JR Montana State-Bi	5.02m
2	132 Butler, Gail	SR Western Wash.	4.91m
3	43 Bekkedahl, Maycee	SO NW Nazarene	5.04m
4	44 Bennett, Jill	FR NW Nazarene	4.89m
5	119 Neilson, Kelsey	FR Western Ore.	4.95m
6	155 Schwindler, Sabrina	FR Western Wash.	4.73m
7	150 Muri, Callie	FR Western Wash.	5.08m
8	55 Larlee, Annie	SO NW Nazarene	4.95m

Flight 2 Finals

1	67 VonArx, Laura	JR NW Nazarene	5.09m
2	158 Warman, Emily	FR Western Wash.	5.60m
3	34 Halle, Erika	FR Montana State-Bi	5.19m
4	62 Reid, Molly	FR NW Nazarene	5.31m
5	112 Keifer, Mandy	SO Western Ore.	5.17m
6	72 Burns, Kelsey	SR Seattle Pacific	5.57m
7	111 Helbling, Jacque	SR Western Ore.	5.29m
8	86 Nobbs, Natalie	FR Seattle Pacific	5.09m

Event 9 Men High Jump

Name	Year	School	Seed	Mark
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Flight 1 Finals

1	376 Wegner, Robert	JR Western Ore.	1.93m
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2	358 Massari, Zach	SO Western Ore.	1.83m
3	268 Bailey, Cameron	SR Central Wash.	1.98m
4	374 Udell, Zeb	SR Western Ore.	1.84m
5	336 Richardson, Bill	SR St. Martin's	1.95m
6	327 Wagner, Nathan	JR Seattle Pacific	1.82m
7	275 Hamilton, Jonathan	SR Central Wash.	1.93m
8	352 Lariza, Matt	JR Western Ore.	1.90m
9	384 Brown, Ryan	SO Western Wash.	1.85m
10	399 Larson, Josh	SO Western Wash.	1.83m

Event 10 Men Long Jump

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	Name	Year School	Seed Mark
=====			
Flight 1 Finals			
1	282 Orji, Lionel	SR Central Wash.	6.32m
2	305 Hanson, Mark	JR NW Nazarene	6.45m
3	270 Cho, James	FR Central Wash.	6.40m
4	364 Reisnaur, Tyler	JR Western Ore.	6.48m
5	346 Freeman, Chris	FR Western Ore.	6.49m
6	281 Nichols, Kincaid	FR Central Wash.	6.43m
7	278 Mack, Bryan	FR Central Wash.	6.65m
Flight 2 Finals			
1	392 Gruger, Shane	SO Western Wash.	6.85m
2	385 Clendaniel, Tim	FR Western Wash.	6.67m
3	374 Udell, Zeb	SR Western Ore.	6.97m
4	287 Williams, Kyle	FR Central Wash.	6.74m
5	320 Felt, Justin	JR Seattle Pacific	6.98m
6	261 Registe, David	JR Alaska Anchorage	7.89m
7	260 Preston, Demetrius	SO Alaska Anchorage	6.80m

Event 11 Women Hammer Throw

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	Name	Year School	Seed Mark
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Flight 1 Finals			
1	123 Taylor, Alyssa	SO Western Ore.	40.82m
2	106 Thomas, Megan	SO St. Martin's	41.12m
3	35 Halvorson, Alexi	SO Montana State-Bi	38.53m
4	64 Shute, Shayna	SO NW Nazarene	42.34m
5	146 Kaligis, Lauren	JR Western Wash.	34.72m
6	50 Dine-Aubert, Hannah	SO NW Nazarene	42.08m

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Flight 2 Finals

1	28 Stueckle, Jordan	SO Central Wash.	45.68m
2	58 McCarthy, Erika	SR NW Nazarene	48.08m
3	56 Little, Courtney	SR NW Nazarene	46.97m
4	68 Warrington, Joy	FR NW Nazarene	42.84m
5	27 Self, Torrie	SO Central Wash.	47.25m
6	98 Blake, Jillian	SR St. Martin's	42.38m
7	29 Tandle, Krissy	SR Central Wash.	45.67m

Event 12 Women Triple Jump

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	Name	Year School	Seed Mark
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Flight 1 Finals

1	67 VonArx, Laura	JR NW Nazarene	11.87m
2	148 Miller, Christy	SR Western Wash.	10.29m
3	25 Rose, Amanda	JR Central Wash.	10.79m
4	112 Keifer, Mandy	SO Western Ore.	10.89m
5	43 Bekkedahl, Maycee	SO NW Nazarene	10.97m
6	121 Skordahl, Zoe	FR Western Ore.	10.45m
7	36 Hansen, Rachel	JR Montana State-Bi	9.98m
8	150 Muri, Callie	FR Western Wash.	10.57m
9	62 Reid, Molly	FR NW Nazarene	11.13m
10	72 Burns, Kelsey	SR Seattle Pacific	10.93m
11	158 Warman, Emily	FR Western Wash.	11.80m

Event 13 Men Javelin Throw

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	Name	Year School	Seed Mark
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Flight 1 Finals

1	306 Heidegger, Josh	SO NW Nazarene	63.32m
2	389 Dekock, Ben	SO Western Wash.	54.86m
3	277 Lucke, Kenton	FR Central Wash.	54.45m
4	362 Reavis, Kody	FR Western Ore.	52.66m
5	415 Wilhelmy, Steven	FR Western Wash.	53.38m
6	393 Harrison, Alex	SO Western Wash.	55.68m

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8

Event 14 Men Pole Vault

Name	Year	School	Seed	Mark
Flight 1 Finals				
1	365	Roberts, Austin	JR Western Ore.	4.10m
2	374	Udell, Zeb	SR Western Ore.	5.05m
3	316	Sneed, Andrew	JR NW Nazarene	4.15m
4	384	Brown, Ryan	SO Western Wash.	4.90m
5	400	Lloyd, Will	JR Western Wash.	4.30m
6	315	Shea, Ben	JR NW Nazarene	4.49m
7	394	Hoza, Nic	FR Western Wash.	4.45m
8	416	Woodard, Hayden	FR Western Wash.	4.45m
9	393	Harrison, Alex	SO Western Wash.	4.25m
10	313	Schafer, Luke	FR NW Nazarene	4.43m
11	385	Clendaniel, Tim	FR Western Wash.	4.45m
12	269	Carr, James	SO Central Wash.	4.15m

Event 15 Women High Jump

Name	Year	School	Seed	Mark
Flight 1 Finals				
1	20	Gonzalez, Raquel	JR Central Wash.	1.49m
2	134	Cook, Clara	SR Western Wash.	1.67m
3	147	King, Devon	FR Western Wash.	1.52m
4	17	Berg, Siri	FR Central Wash.	1.52m
5	72	Burns, Kelsey	SR Seattle Pacific	1.60m
6	119	Neilson, Kelsey	FR Western Ore.	1.57m
7	44	Bennett, Jill	FR NW Nazarene	1.50m
8	155	Schwindler, Sabrina	FR Western Wash.	1.58m
9	112	Keifer, Mandy	SO Western Ore.	1.52m
10	85	Mattson, Jacquie	SO Seattle Pacific	1.57m

Event 16 Men Hammer Throw

Name	Year	School	Seed	Mark
Flight 1 Finals				
1	303	Fenters, Jordan	SO NW Nazarene	46.29m
2	401	Michaelson, Bryant	JR Western Wash.	40.66m
3	262	Rencehausen, Ryan	SR Alaska Anchorage	40.35m
4	341	Barrett, Robert	SR Western Ore.	44.50m

5	302 Estrada, Diego	SO NW Nazarene	40.78m
6	285 Ramirez, Daniel	SO Central Wash.	46.87m
7	301 Eaton, Alex	JR NW Nazarene	41.37m
8	390 Elder, Ben	JR Western Wash.	46.67m

Flight 2 Finals

1	283 Ostler, Mychal	JR Central Wash.	54.46m
2	367 Schryvers, Matt	FR Western Ore.	47.45m
3	299 Barclay, Zach	SR NW Nazarene	53.24m
4	369 Slowey, Jason	SO Western Ore.	47.03m
5	338 Washington, Sam	SO St. Martin's	52.75m
6	311 Miller, Grant	JR NW Nazarene	52.21m
7	274 Fischer, Tyler	JR Central Wash.	56.60m
8	357 Marin, Anthony	SR Western Ore.	55.76m

Event 17 Women Shot Put

Name	Year School	Seed Mark
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Flight 1 Finals

1	123 Taylor, Alyssa	SO Western Ore.	11.40m
2	29 Tandle, Krissy	SR Central Wash.	14.94m
3	40 Vanderloos, Kacie	SO Montana State-Bi	11.23m
4	27 Self, Torrie	SO Central Wash.	12.18m
5	15 Afoa, Shaina	JR Central Wash.	12.96m
6	68 Warrington, Joy	FR NW Nazarene	12.92m
7	106 Thomas, Megan	SO St. Martin's	10.51m
8	28 Stueckle, Jordan	SO Central Wash.	11.76m
9	64 Shute, Shayna	SO NW Nazarene	11.34m
10	33 Gourneau, Hilary	FR Montana State-Bi	11.12m
11	50 Dine-Aubert, Hannah	SO NW Nazarene	11.94m

Event 18 Men Triple Jump

Name	Year School	Seed Mark
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Flight 1 Finals

1	352 Lariza, Matt	JR Western Ore.	13.43m
2	320 Felt, Justin	JR Seattle Pacific	12.51m
3	270 Cho, James	FR Central Wash.	13.69m
4	278 Mack, Bryan	FR Central Wash.	13.90m
5	268 Bailey, Cameron	SR Central Wash.	13.72m
6	370 Smith, Isaiah	JR Western Ore.	13.31m

7	388 Davis, Will	FR Western Wash.	14.10m
8	407 Satterwhite, Tim	JR Western Wash.	13.87m
9	364 Reisnaur, Tyler	JR Western Ore.	14.88m

Event 19 Women 10000 Meter Run

=====			
	Name	Year School	Seed
=====			
Section 1 Timed Finals			
1	77 Hanscomm, Margaret	FR Seattle Pacific	45:18.39
2	79 Hart, Katie	SR Seattle Pacific	39:52.08
3	16 Bakeman, Mary	JR Central Wash.	42:31.45
4	38 Minnehan, Lisa	JR Montana State-Bi	39:51.38
5	81 Kiracofe, Stephanie	FR Seattle Pacific	44:03.87
6	99 Camden, Helen	SO St. Martin's	41:42.56
7	125 Wright, Amanda	FR Western Ore.	39:07.76
8	63 Rendahl, Ashley	SO NW Nazarene	42:16.00
9	153 Porter, Sarah	SO Western Wash.	34:58.37
10	48 DeBoer, Shannon	SR NW Nazarene	43:16.00
11	120 Rowley, Alee	JR Western Ore.	42:00.55
12	128 Breihof, Lauren	FR Western Wash.	36:04.47

Event 20 Men 10000 Meter Run

=====			
	Name	Year School	Seed
=====			
Section 1 Timed Finals			
1	332 Harvey, Nicholas	SO St. Martin's	34:11.36
2	264 Sigei, Cornelious	SR Alaska Anchorage	33:47.87
3	291 Hutchinson, Travis	FR Montana State-Bi	36:09.98
4	349 Jackson, Braxton	JR Western Ore.	31:19.76
5	251 Cheseto, Marko	SO Alaska Anchorage	29:08.28
6	382 Berhe, Yonas	FR Western Wash.	31:52.65
7	350 Karr, Justin	SO Western Ore.	32:22.71
8	414 Welling, Jordan	SO Western Wash.	30:02.33
9	398 Kubitz, Greg	JR Western Wash.	32:52.36
10	395 Jakobsen, Casper	FR Western Wash.	32:52.94
11	317 Wageman, Josh	SR NW Nazarene	33:45.50
12	252 Ellis, Auston	SR Alaska Anchorage	32:40.00
13	351 Karr, Nik	SR Western Ore.	31:28.00
14	323 Hamilton, Daniel	FR Seattle Pacific	34:18.91
15	334 Price, Josiah	SR St. Martin's	30:51.36

Event 21 Women 3000 Meter Steeplechase

=====			
	Name	Year School	Seed
=====			
Section 1 Timed Finals			
1	141 Hartnett, Phoebe	FR Western Wash.	11:48.43
2	23 Mendoza, Adriana	FR Central Wash.	12:20.40
3	117 Morrison, Tricia	SO Western Ore.	11:43.77
4	96 Williams, Mary	FR Seattle Pacific	11:40.29
5	122 Snawder, Erica	SO Western Ore.	12:15.07
6	2 Bohman, Emma	SO Alaska Anchorage	11:37.47
7	152 Olsen, Courtney	JR Western Wash.	11:31.58
8	82 Krepel, Kayti	SO Seattle Pacific	11:27.10

Event 22 Men 3000 Meter Steeplechase

=====			
	Name	Year School	Seed
=====			
Section 1 Timed Finals			
1	372 Sprinkle, Dan	SO Western Ore.	9:55.20
2	373 Terry, Darrell	FR Western Ore.	10:05.06
3	382 Berhe, Yonas	FR Western Wash.	9:58.10
4	396 Johnson, Kyle	FR Western Wash.	10:01.05
5	366 Schmidt, Mike	JR Western Ore.	9:57.72
6	263 Rottich, Paul	JR Alaska Anchorage	9:40.78
7	368 Seick, Kyle	JR Western Ore.	10:08.14
8	371 Snook, Brandon	JR Western Ore.	9:40.35
9	383 Brill, Eric	SO Western Wash.	9:24.61
10	321 Friesen, Daniel	FR Seattle Pacific	9:37.31
11	340 Banker, Travis	JR Western Ore.	10:10.70
12	256 Kiplagat, David	SR Alaska Anchorage	9:01.67
13	324 Meis, Chad	JR Seattle Pacific	9:20.38

Event 23 Women 4x100 Meter Relay

=====			
	School	Seed	Final
=====			
Section 1 Timed Finals			
1			
2	Montana State-Billings 'A'	50.22	
	1) 36 Hansen, Rachel JR		2) 34 Halle, Erika FR

3) 32 Derhak, Britney JR	4) 39 Simons, Justine FR	
3 Seattle Pacific University 'A'		49.35
4 Western Oregon University 'A'		48.50
1) 111 Helbling, Jacque SR	2)	
5 Western Washington University 'A'		48.13
6 Alaska Anchorage 'A'		48.96
1) 5 Everett, Ardrienna SO	2) 4 Echavarria, Nathalia SR	
3) 6 Friess, Meagan JR	4) 10 Laichak, Lauren FR	
7 Northwest Nazarene University 'A'		49.60
8 Central Washington University 'A'		50.41

Event 24 Men 4x100 Meter Relay

School	Seed	Final
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Section 1 Timed Finals

1		
2 Seattle Pacific University 'A'		44.18
1) 319 Derwin, Jace JR	2)	
3 Western Oregon University 'A'		43.02
4 Western Washington University 'A'		42.26
5 Alaska Anchorage 'A'		42.12
1) 266 Walsh, Eric SR	2) 253 Grant, Brandon JR	
3) 257 McLaughlin, James SR	4) 260 Preston, Demetrius SO	
6 Central Washington University 'A'		42.43
1) 280 McKiever, Marquis FR	2)	
7 Northwest Nazarene University 'A'		43.50
8 Montana State-Billings 'A'		44.89
1) 288 Berg, Chase FR	2) 293 Lewis, Deshawn SO	
3) 290 Hopkins, James JR	4) 298 Weist, Cam FR	

Event 25 Women 1500 Meter Run

Name	Year School	Seed
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Section 1 Timed Finals

1	1 Bailey, Mychaela	FR Alaska Anchorage	4:52.45
2	13 Wilt, Hallidie	SO Alaska Anchorage	4:41.68
3	61 Puga, Ashley	SR NW Nazarene	4:23.17
4	117 Morrison, Tricia	SO Western Ore.	4:53.17
5	90 Pixler, Jessica	JR Seattle Pacific	4:17.68
6	3 Chepkosgei, Elizabeth	SR Alaska Anchorage	4:35.39

7	126 Zambon, Erica	JR Western Ore.	4:52.14
8	101 Laweryson, Annie	SO St. Martin's	4:56.38
9	83 Larson, Janae	SO Seattle Pacific	4:40.26
10	9 Kipng'eno, Miriam	FR Alaska Anchorage	4:49.64
11	100 Carlson, Krinda	JR St. Martin's	4:56.02
12	24 Mullen, Marcie	SR Central Wash.	4:49.40
13	84 Larson, Jane	JR Seattle Pacific	4:28.12
14	152 Olsen, Courtney	JR Western Wash.	4:53.83
15	78 Harline, Kate	JR Seattle Pacific	4:37.88
16	8 Keegan, Shoshana	FR Alaska Anchorage	4:56.84

Event 26 Men 1500 Meter Run

Name	Year	School	Seed
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Section 1 Timed Finals

1	333 Hunt, Spencer	FR St. Martin's	4:07.72
2	258 Pena, Cory	FR Alaska Anchorage	3:51.87
3	379 Abraham, Nick	SO Western Wash.	4:07.47
4	250 Boyle, Mick	SR Alaska Anchorage	3:49.77
5	372 Sprinkle, Dan	SO Western Ore.	4:03.46
6	410 Tomsich, Anthony	JR Western Wash.	3:50.44
7	251 Cheseto, Marko	SO Alaska Anchorage	3:51.52
8	358 Massari, Zach	SO Western Ore.	4:00.11
9	353 Larson, Kyle	SO Western Ore.	3:59.69
10	371 Snook, Brandon	JR Western Ore.	4:07.32
11	354 Long, Jeff	JR Western Ore.	3:51.33
12	326 Sleight, Nathanael	FR Seattle Pacific	4:07.59
13	255 Kangogo, Alfred	FR Alaska Anchorage	3:50.15
14	396 Johnson, Kyle	FR Western Wash.	4:02.32
15	254 Hill, Thomas	FR Alaska Anchorage	3:58.80
16	381 Bedell, Sam	JR Western Wash.	4:00.11

Event 27 Women 100 Meter Hurdles

Name	Year	School	Seed rel
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Heat 1 Prelims

1	134 Cook, Clara	SR Western Wash.	15.85
2	140 Erickson, Jessica	SO Western Wash.	15.61
3	112 Keifer, Mandy	SO Western Ore.	15.18
4	44 Bennett, Jill	FR NW Nazarene	16.09

5	37 Holm, Cassie	FR Montana State-Bi	15.64
6	143 Howe, Michelle	SO Western Wash.	14.71
7	124 Vander Meulen, Janna	FR Western Ore.	15.08

8

Heat 2 Prelims

1	20 Gonzalez, Raquel	JR Central Wash.	15.85
2	111 Helbling, Jacque	SR Western Ore.	14.99
3	6 Friess, Meagan	JR Alaska Anchorage	15.24
4	25 Rose, Amanda	JR Central Wash.	16.55
5	118 Mosher, Ali	FR Western Ore.	15.47
6	10 Laichak, Lauren	FR Alaska Anchorage	15.06
7	4 Echavarria, Nathalia	SR Alaska Anchorage	15.77

8

Event 28 Men 110 Meter Hurdles

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Name	Year School	Seed rel
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Heat 1 Prelims

1			
2	267 Ward, Shaun	SO Alaska Anchorage	15.02
3	391 Gray, Andrew	FR Western Wash.	15.79
4	378 Werner, Jordan	SO Western Ore.	16.03
5	403 Moen, Kevin	JR Western Wash.	16.20
6	413 Wargo, Ben	JR Western Wash.	15.50

7

8

Heat 2 Prelims

1			
2	300 Beaty, Dallas	SR NW Nazarene	15.20
3	276 Harris, Darnell	FR Central Wash.	16.31
4	404 Myhre, Kevin	SR Western Wash.	15.95
5	356 Manwell, Robert	SO Western Ore.	16.52
6	287 Williams, Kyle	FR Central Wash.	15.84
7	309 Lassiter, Kegan	FR NW Nazarene	15.41

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Event 29 Women 400 Meter Dash

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Name	Year School	Seed rel
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Heat 1 Prelims

1	73 Butler, Alex	JR Seattle Pacific	59.40
2	57 Marshall, Kylie	FR NW Nazarene	1:00.31
3	156 Siler, Ellie	FR Western Wash.	56.18
4	104 Pendon, Jessica	SR St. Martin's	1:01.29
5	18 Carie, Gwenna	FR Central Wash.	57.54
6	157 Thornton, Amanda	SR Western Wash.	1:01.67
7	139 Eckels, Lydia	FR Western Wash.	1:02.20
8	151 O'Connell, Megan	SO Western Wash.	58.54

Heat 2 Prelims

1	80 Hinton, Jessica	SR Seattle Pacific	56.61
2	41 Woodford, Malori	SO Montana State-Bi	1:01.93
3	45 Brady, Lindsay	JR NW Nazarene	59.36
4	94 Walters, Anna	JR Seattle Pacific	1:01.07
5	61 Puga, Ashley	SR NW Nazarene	56.20
6	21 Hood, Britany	SR Central Wash.	1:02.03
7	131 Brownell, Sarah	SO Western Wash.	59.32
8	121 Skordahl, Zoe	FR Western Ore.	1:00.95

Event 30 Men 400 Meter Dash

Name	Year School	Seed rel
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Heat 1 Prelims

1			
2	286 Rogstad, Matt	SR Central Wash.	49.79
3	344 Clark, Nick	SO Western Ore.	50.46
4	360 Mott, Ashtin	SO Western Ore.	48.84
5	387 David, Toby	SO Western Wash.	50.98
6	345 Estep, Blake	JR Western Ore.	49.62
7	318 Ward, Mitch	JR NW Nazarene	50.34
8	375 Webb, Abe	SO Western Ore.	51.14

Heat 2 Prelims

1			
2	257 McLaughlin, James	SR Alaska Anchorage	48.90
3	265 Sutton, Levi	SO Alaska Anchorage	50.60
4	308 Hope, Maurus	FR NW Nazarene	49.03
5	329 Dodge, Travis	FR St. Martin's	51.50
6	307 Hill, Dan	SO NW Nazarene	49.98
7	253 Grant, Brandon	JR Alaska Anchorage	50.27
8	406 O'Connell, Matt	JR Western Wash.	50.54

Event 31 Women 100 Meter Dash

Name	Year	School	Seed rel
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Heat 1 Prelims

1	34	Halle, Erika	FR Montana State-Bi	12.92
2	115	Meusec, Lacey	SO Western Ore.	12.31
3	142	Houplin, Joana	SO Western Wash.	12.76
4	5	Everett, Ardrienna	SO Alaska Anchorage	12.39
5	30	Wells, Tish	JR Central Wash.	12.81
6	75	Essien, Latasha	JR Seattle Pacific	12.49
7	109	Dittmar, Stefani	JR Western Ore.	12.75
8	39	Simons, Justine	FR Montana State-Bi	12.76

Heat 2 Prelims

1	160	Zukowski, Megan	SO Western Wash.	12.32
2	147	King, Devon	FR Western Wash.	12.94
3	110	Duckett, Lauren	SO Western Ore.	12.38
4	138	Dimmitt, Heidi	SR Western Wash.	12.77
5	65	Tidwell, Latoya	SO NW Nazarene	12.53
6	62	Reid, Molly	FR NW Nazarene	12.97
7	88	Peterson, Lisette	FR Seattle Pacific	12.69
8	32	Derhak, Britney	JR Montana State-Bi	12.93

Event 32 Men 100 Meter Dash

Name	Year	School	Seed rel
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Heat 1 Prelims

1	279	Mann, Trystan	FR Central Wash.	11.33
2	339	Aguilar, Gabe	FR Western Ore.	10.75
3	346	Freeman, Chris	FR Western Ore.	11.29
4	377	Wells, Dylan	SO Western Ore.	10.97
5	392	Gruger, Shane	SO Western Wash.	11.11
6	278	Mack, Bryan	FR Central Wash.	10.97
7	273	Demouchet, Christian	JR Central Wash.	11.43
8	380	Agyei, Augustine	SR Western Wash.	11.08

Heat 2 Prelims

1	402	Miura, Joey	JR Western Wash.	11.19
2	409	Tilley, Alex	FR Western Wash.	10.93
3	314	Sepe, Derek	FR NW Nazarene	11.42
4	281	Nichols, Kincaid	FR Central Wash.	10.95
5	266	Walsh, Eric	SR Alaska Anchorage	11.14
6	261	Registe, David	JR Alaska Anchorage	11.00

7	272 Daltoso, Nick	FR Central Wash.	11.38
8	260 Preston, Demetrius	SO Alaska Anchorage	11.02

Event 33 Women 800 Meter Run

Name	Year	School	Seed rel
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Heat 1 Prelims

1			
2	61 Puga, Ashley	SR NW Nazarene	2:05.23
3	13 Wilt, Hallidie	SO Alaska Anchorage	2:18.55
4	12 Trenholm, Stephanie	FR Alaska Anchorage	2:13.89
5	105 Schmid, Brianna	FR St. Martin's	2:21.62
6	70 Anderberg, Lisa	JR Seattle Pacific	2:14.57
7	11 Roelle, Ariel	FR Alaska Anchorage	2:21.32
8	1 Bailey, Mychaela	FR Alaska Anchorage	2:16.46

Heat 2 Prelims

1			
2	90 Pixler, Jessica	JR Seattle Pacific	2:08.78
3	49 Decker, Elisa	SO NW Nazarene	2:15.52
4	107 Applebee, Annan	SO Western Ore.	2:11.40
5	159 Watson, Cheri	SO Western Wash.	2:19.79
6	145 Johnson, Rachael	SO Western Wash.	2:15.11
7	108 Butcher, Meryl	FR Western Ore.	2:19.84
8			

Event 34 Men 800 Meter Run

Name	Year	School	Seed rel
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Heat 1 Prelims

1			
2	254 Hill, Thomas	FR Alaska Anchorage	1:55.42
3	361 O'Brien, Carson	JR Western Ore.	1:54.23
4	259 Pettigrew, James	SR Alaska Anchorage	1:50.76
5	379 Abraham, Nick	SO Western Wash.	1:57.84
6	255 Kangogo, Alfred	FR Alaska Anchorage	1:53.01
7	353 Larson, Kyle	SO Western Ore.	1:54.99
8	296 Roseberry, Matt	JR Montana State-Bi	1:58.41

Heat 2 Prelims

1			
2	343 Brown, Michael	FR Western Ore.	1:54.82

3	354 Long, Jeff	JR Western Ore.	1:54.48
4	250 Boyle, Mick	SR Alaska Anchorage	1:51.73
5	263 Rottich, Paul	JR Alaska Anchorage	1:55.70
6	258 Pena, Cory	FR Alaska Anchorage	1:51.78
7	256 Kiplagat, David	SR Alaska Anchorage	1:56.82
	8		

Event 35 Women 400 Meter Hurdles

Name	Year School	Seed rel
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Heat 1 Prelims

	1		
2	86 Nobbs, Natalie	FR Seattle Pacific	1:06.80
3	89 Pike, Jennifer	SO Seattle Pacific	1:03.05
4	4 Echavarria, Nathalia	SR Alaska Anchorage	1:08.22
5	138 Dimmitt, Heidi	SR Western Wash.	1:01.57
6	143 Howe, Michelle	SO Western Wash.	1:06.94
7	14 Young, Zee Zee	SR Alaska Anchorage	1:04.66
8	6 Friess, Meagan	JR Alaska Anchorage	1:08.22

Heat 2 Prelims

	1		
2	95 Wilkins, Kayla	FR Seattle Pacific	1:08.03
3	118 Mosher, Ali	FR Western Ore.	1:06.40
4	42 Beaty, Jamie	SR NW Nazarene	1:02.28
5	20 Gonzalez, Raquel	JR Central Wash.	1:09.05
6	47 Ciaccio, Amy	SO NW Nazarene	1:07.97
7	112 Keifer, Mandy	SO Western Ore.	1:06.32
8	5 Everett, Ardrienna	SO Alaska Anchorage	1:02.57

Event 36 Men 400 Meter Hurdles

Name	Year School	Seed rel
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Heat 1 Prelims

	1		
2	412 Villanueva, Phillip	SO Western Wash.	55.23
3	267 Ward, Shaun	SO Alaska Anchorage	52.79
4	287 Williams, Kyle	FR Central Wash.	57.51
5	348 Hanshumaker, Marshall	SO Western Ore.	58.86
6	413 Wargo, Ben	JR Western Wash.	55.07
7	304 Grewe, Josh	SR NW Nazarene	57.59

8	378 Werner, Jordan	SO Western Ore.	59.36
Heat 2 Prelims			
1	309 Lassiter, Kegan	FR NW Nazarene	59.51
2	356 Manwell, Robert	SO Western Ore.	59.46
3	404 Myhre, Kevin	SR Western Wash.	55.38
4	300 Beaty, Dallas	SR NW Nazarene	54.62
5	290 Hopkins, James	JR Montana State-Bi	58.43
6	305 Hanson, Mark	JR NW Nazarene	55.26
7	355 Loscutoff, Andy	SO Western Ore.	54.73
8	276 Harris, Darnell	FR Central Wash.	58.66

Event 37 Women 200 Meter Dash

=====			
	Name	Year School	Seed rel
=====			
Heat 1 Prelims			
1	34 Halle, Erika	FR Montana State-Bi	26.40
2	115 Meusec, Lacey	SO Western Ore.	25.24
3	32 Derhak, Britney	JR Montana State-Bi	26.68
4	160 Zukowski, Megan	SO Western Wash.	26.18
5	75 Essien, Latasha	JR Seattle Pacific	25.54
6	46 Brediger, Christa	JR NW Nazarene	26.70
7	30 Wells, Tish	JR Central Wash.	26.81
8	156 Siler, Ellie	FR Western Wash.	25.38
Heat 2 Prelims			
1	142 Houplin, Joana	SO Western Wash.	26.73
2	39 Simons, Justine	FR Montana State-Bi	25.88
3	65 Tidwell, Latoya	SO NW Nazarene	25.32
4	131 Brownell, Sarah	SO Western Wash.	26.64
5	18 Carie, Gwenna	FR Central Wash.	25.88
6	109 Dittmar, Stefani	JR Western Ore.	26.58
7	80 Hinton, Jessica	SR Seattle Pacific	25.37
8	88 Peterson, Lisette	FR Seattle Pacific	26.71

Event 38 Men 200 Meter Dash

=====			
	Name	Year School	Seed rel
=====			
Heat 1 Prelims			
1	314 Sepe, Derek	FR NW Nazarene	23.23
2	261 Registe, David	JR Alaska Anchorage	21.91
3	377 Wells, Dylan	SO Western Ore.	22.75

4	360 Mott, Ashtin	SO Western Ore.	22.64
5	266 Walsh, Eric	SR Alaska Anchorage	22.90
6	409 Tilley, Alex	FR Western Wash.	22.48
7	342 Bourne, Alex	FR Western Ore.	22.99
8	257 McLaughlin, James	SR Alaska Anchorage	22.42

Heat 2 Prelims

1	279 Mann, Trystan	FR Central Wash.	23.02
2	273 Demouchet, Christian	JR Central Wash.	23.01
3	265 Sutton, Levi	SO Alaska Anchorage	22.89
4	281 Nichols, Kincaid	FR Central Wash.	22.33
5	260 Preston, Demetrius	SO Alaska Anchorage	22.57
6	253 Grant, Brandon	JR Alaska Anchorage	22.14
7	345 Estep, Blake	JR Western Ore.	22.88
8	392 Gruger, Shane	SO Western Wash.	22.62

Event 39 Women 5000 Meter Run

Name	Year School	Seed
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Section 1 Timed Finals

1	63 Rendahl, Ashley	SO NW Nazarene	19:32.15
2	84 Larson, Jane	JR Seattle Pacific	17:06.01
3	8 Keegan, Shoshana	FR Alaska Anchorage	18:21.03
4	38 Minnehan, Lisa	JR Montana State-Bi	18:56.32
5	13 Wilt, Hallidie	SO Alaska Anchorage	17:48.10
6	79 Hart, Katie	SR Seattle Pacific	18:40.17
7	141 Hartnett, Phoebe	FR Western Wash.	19:15.86
8	9 Kipng'eno, Miriam	FR Alaska Anchorage	18:12.33
9	91 Plunkett, Natty	FR Seattle Pacific	17:46.69
10	24 Mullen, Marcie	SR Central Wash.	18:04.35
11	3 Chepkosgei, Elizabeth	SR Alaska Anchorage	17:11.14
12	78 Harline, Kate	JR Seattle Pacific	18:27.03
13	144 Jensen, Shellane	JR Western Wash.	19:03.71
14	128 Breihof, Lauren	FR Western Wash.	17:32.76
15	103 Pecha, Kaitlynn	FR St. Martin's	19:27.45
16	153 Porter, Sarah	SO Western Wash.	17:01.94

Event 40 Men 5000 Meter Run

Name	Year School	Seed
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Section 1 Timed Finals

1	395 Jakobsen, Casper	FR Western Wash.	15:39.01
2	363 Reed, Chris	SO Western Ore.	14:45.89
3	252 Ellis, Auston	SR Alaska Anchorage	15:27.57
4	256 Kiplagat, David	SR Alaska Anchorage	14:44.02
5	410 Tomsich, Anthony	JR Western Wash.	15:11.67
6	359 McCrary, Matt	SO Western Ore.	15:34.98
7	414 Welling, Jordan	SO Western Wash.	14:28.48
8	255 Kangogo, Alfred	FR Alaska Anchorage	15:10.02
9	383 Brill, Eric	SO Western Wash.	15:14.88
10	337 Van Santen, Kyle	FR St. Martin's	14:44.71
11	351 Karr, Nik	SR Western Ore.	15:25.70
12	349 Jackson, Braxton	JR Western Ore.	15:23.10
13	263 Rottich, Paul	JR Alaska Anchorage	15:28.50
14	335 Riak, John	SR St. Martin's	14:45.71
15	398 Kubitz, Greg	JR Western Wash.	15:37.49
16	251 Cheseto, Marko	SO Alaska Anchorage	14:02.45

Event 41 Women 4x400 Meter Relay

School	Seed	Final
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Section 1 Timed Finals

1	Montana State-Billings 'A'	4:17.65
1)	37 Holm, Cassie FR	2) 41 Woodford, Malori SO
3)	34 Halle, Erika FR	4) 39 Simons, Justine FR
2	Central Washington University 'A'	4:16.25
3	Seattle Pacific University 'A'	3:58.22
4	Northwest Nazarene University 'A'	3:54.47
5	Western Washington University 'A'	3:57.02
6	Alaska Anchorage 'A'	4:04.85
1)	5 Everett, Ardrienna SO	2) 12 Trenholm, Stephanie FR
3)	6 Friess, Meagan JR	4) 4 Echavarria, Nathalia SR
7	Western Oregon University 'A'	4:05.58
8	St. Martin's 'A'	4:16.27
1)	97 Anderson, Angela FR	2) 100 Carlson, Krinda JR
3)	101 Laweryson, Annie SO	4) 102 Owen, Karissa SO

Event 42 Men 4x400 Meter Relay

School	Seed	Final
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Section 1 Timed Finals

1	St. Martin's 'A'		3:39.95
	1) 328 Caffrey, Noah FR	2) 329 Dodge, Travis FR	
	3) 330 Flaherty, Connor JR	4) 331 Gerry, Bryan SR	
2	Seattle Pacific University 'A'		3:34.31
3	Western Washington University 'A'		3:22.87
4	Northwest Nazarene University 'A'		3:16.84
5	Alaska Anchorage 'A'		3:18.05
	1) 257 McLaughlin, James SR	2) 253 Grant, Brandon JR	
	3) 258 Pena, Cory FR	4) 267 Ward, Shaun SO	
6	Western Oregon University 'A'		3:24.21
7	Central Washington University 'A'		3:27.54
	1) 280 McKiever, Marquis FR	2)	
8	Montana State-Billings 'A'		3:37.08
	1) 288 Berg, Chase FR	2) 294 Miller, Kelley SO	
	3) 290 Hopkins, James JR	4) 296 Roseberry, Matt JR	

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