

5-2-2009

Great Northwest Athletic Conference Outdoor Track and Field Championships, Multis

Great Northwest Athletic Conference

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 2009 GNAC Outdoor Track & Field Championships - 4/20/2009 to 5/2/2009
 hosted by Western Oregon University
 Monmouth, OR (McArthur Field)
 Results

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year School	Finals	Wind	H#	Po
1 Howe, Michelle	SO Western Wash.	26.51	-0.8	1	7
2 Helbling, Jacque	SR Western Ore.	26.94	-0.8	1	7
3 King, Devon	FR Western Wash.	27.02	-0.3	3	7
4 Schwindler, Sabrina	FR Western Wash.	27.42	-0.8	1	6
5 Bennett, Jill	FR NW Nazarene	27.56	-0.8	1	6
6 Keifer, Mandy	SO Western Ore.	27.69	-0.3	3	6
7 Cook, Clara	SR Western Wash.	27.90	-0.7	2	6
8 Gonzalez, Raquel	JR Central Wash.	27.99	-0.7	2	6
9 VonArx, Laura	JR NW Nazarene	28.50	-0.3	3	5
10 Berg, Siri	FR Central Wash.	29.47	-0.7	2	5
11 McLam, Beth	FR NW Nazarene	29.76	-0.3	3	4
12 Seidler, Mary	JR Central Wash.	29.79	-0.7	2	4

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year School	Finals	Wind	H#	Po
1 Howe, Michelle	SO Western Wash.	14.77	-0.1	1	8
2 Keifer, Mandy	SO Western Ore.	15.29	-0.1	1	8
3 Helbling, Jacque	SR Western Ore.	15.36	0.4	2	7
4 Cook, Clara	SR Western Wash.	15.48	+0.0	3	7
5 Gonzalez, Raquel	JR Central Wash.	15.66	0.4	2	7
6 Bennett, Jill	FR NW Nazarene	16.53	0.4	2	6
7 Schwindler, Sabrina	FR Western Wash.	16.95	0.4	2	6
8 McLam, Beth	FR NW Nazarene	17.64	-0.1	1	5
9 VonArx, Laura	JR NW Nazarene	17.75	+0.0	3	5
10 Berg, Siri	FR Central Wash.	18.14	+0.0	3	4
11 King, Devon	FR Western Wash.	18.45	+0.0	3	4
12 Seidler, Mary	JR Central Wash.	18.94	-0.1	1	3

Heptathlon: #2 Women High Jump Heptathlon

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1	Keifer, Mandy	SO Western Ore.	10.57m	34-08.25
	10.00m 10.57m 8.84m			
2	Gonzalez, Raquel	JR Central Wash.	10.42m	34-02.25
	9.22m 9.81m 10.42m			
3	King, Devon	FR Western Wash.	9.37m	30-09.00
	8.61m 9.27m 9.37m			
4	Helbling, Jacque	SR Western Ore.	9.24m	30-03.75
	8.98m 9.03m 9.24m			
5	Seidler, Mary	JR Central Wash.	9.17m	30-01.00
	8.92m 8.63m 9.17m			
6	VonArx, Laura	JR NW Nazarene	8.91m	29-02.75
	8.91m 8.85m 8.45m			
7	Berg, Siri	FR Central Wash.	8.54m	28-00.25
	7.72m 8.12m 8.54m			
8	Cook, Clara	SR Western Wash.	8.37m	27-05.50
	8.15m 8.21m 8.37m			
9	McLam, Beth	FR NW Nazarene	8.07m	26-05.75
	8.07m 7.44m FOUL			
10	Schwindler, Sabrina	FR Western Wash.	7.93m	26-00.25
	7.93m 6.81m 7.66m			
11	Bennett, Jill	FR NW Nazarene	7.37m	24-02.25
	FOUL 7.10m 7.37m			
12	Howe, Michelle	SO Western Wash.	7.11m	23-04.00
	6.83m 6.96m 7.11m			

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year School	Finals	Wind	H#	Po
1 Udell, Zeb	SR Western Ore.	11.45	-0.8	1	7
2 Clendaniel, Tim	FR Western Wash.	11.58	-1.4	2	7
3 Grewe, Josh	SR NW Nazarene	11.90	-0.8	1	6
4 Harrison, Alex	SO Western Wash.	12.00	-0.8	1	6
5 Roberts, Austin	JR Western Ore.	12.11	-1.4	2	6
6 Collins, Nick	SR Central Wash.	12.40	-0.8	1	5
7 Sneed, Andrew	JR NW Nazarene	12.41	-1.4	2	5
8 Montgomery, Stuart	SO NW Nazarene	12.98	-1.4	2	4

Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year School	Finals	H#	Points
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1	Grewe, Josh	SR NW Nazarene	51.68	1	739
2	Udell, Zeb	SR Western Ore.	51.89	2	730
3	Roberts, Austin	JR Western Ore.	53.86	1	645
4	Harrison, Alex	SO Western Wash.	54.04	2	638
5	Clendaniel, Tim	FR Western Wash.	55.71	1	571
6	Sneed, Andrew	JR NW Nazarene	55.94	2	562
7	Montgomery, Stuart	SO NW Nazarene	56.03	2	558
8	Collins, Nick	SR Central Wash.	59.78	1	421

Decathlon: #4 Men High Jump Decathlon

Name	Year	School	Finals														
1	Udell, Zeb	SR Western Ore.	1.88m	6-02.00													
			1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.82	1.85	1.88	1.91	
			P	P	P	P	P	P	P	P	O	P	P	O	XO	P	
2	Clendaniel, Tim	FR Western Wash.	1.76m	5-09.25													
			1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76	1.79					
			P	P	P	P	XXO	P	XXO	O	XO	XXX					
3	Sneed, Andrew	JR NW Nazarene	1.73m	5-08.00													
			1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76						
			P	P	P	P	XO	O	XXO	XXO	XXX						
3	Collins, Nick	SR Central Wash.	1.73m	5-08.00													
			1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76						
			P	P	P	P	P	P	P	XO	XXX						
5	Harrison, Alex	SO Western Wash.	1.67m	5-05.75													
			1.52	1.55	1.58	1.61	1.64	1.67	1.70								
			P	P	P	XO	O	O	XXX								
6	Grewe, Josh	SR NW Nazarene	1.61m	5-03.25													
			1.52	1.55	1.58	1.61	1.64	1.67									
			O	P	P	XO	P	XXX									
7	Montgomery, Stuart	SO NW Nazarene	1.58m	5-02.25													
			1.52	1.55	1.58	1.61											
			O	O	O	XXX											
8	Roberts, Austin	JR Western Ore.	1.52m	4-11.75													
			1.52	1.55	1.58												
			O	P	XXX												

Decathlon: #2 Men Long Jump Decathlon

Name	Year	School	Finals	Wind
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1	Udell, Zeb	SR Western Ore.	6.32m	-0.2	20-0
	FOUL(NWI) 6.26m(0.6) 6.32m(-0.2)				
2	Collins, Nick	SR Central Wash.	6.19m	0.2	20-0
	5.93m(NWI) FOUL(NWI) 6.19m(0.2)				
3	Grewe, Josh	SR NW Nazarene	6.18m	1.4	20-0
	5.90m(1.4) 6.18m(1.4) 5.99m(-0.1)				
4	Clendaniel, Tim	FR Western Wash.	6.08m	0.9	19-1
	5.92m(0.9) 6.08m(0.9) 5.99m(NWI)				
5	Harrison, Alex	SO Western Wash.	5.81m	NWI	19-0
	5.35m(1.3) 5.73m(1.4) 5.81m(NWI)				
6	Roberts, Austin	JR Western Ore.	5.50m	NWI	18-0
	5.40m(0.6) 5.26m(1.2) 5.50m(NWI)				
7	Sneed, Andrew	JR NW Nazarene	5.44m	1.3	17-1
	FOUL(NWI) 5.44m(1.3) 5.35m(-0.8)				
8	Montgomery, Stuart	SO NW Nazarene	5.27m	+0.0	17-0
	5.12m(1.0) 5.27m(+0.0) FOUL(NWI)				

Decathlon: #3 Men Shot Put Decathlon

Name	Year School	Finals
1 Harrison, Alex	SO Western Wash.	12.52m 41-01.00
		12.40m 12.26m 12.52m
2 Grewe, Josh	SR NW Nazarene	11.37m 37-03.75
		11.37m FOUL 11.33m
3 Collins, Nick	SR Central Wash.	11.30m 37-01.00
		11.30m FOUL FOUL
4 Clendaniel, Tim	FR Western Wash.	10.76m 35-03.75
		10.71m 10.76m 10.41m
5 Udell, Zeb	SR Western Ore.	10.43m 34-02.75
		10.43m 9.98m 10.14m
6 Montgomery, Stuart	SO NW Nazarene	9.22m 30-03.00
		9.22m FOUL FOUL
7 Roberts, Austin	JR Western Ore.	9.07m 29-09.25
		8.22m 7.81m 9.07m
8 Sneed, Andrew	JR NW Nazarene	8.60m 28-02.75
		8.60m 8.40m 8.60m