

4-19-2009

Pacific Lutheran University Invitational

Great Northwest Athletic Conference

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Hy-Tek's Meet Manager 4/18/2009 04:0

PLU Invitational - 4/19/2009

Parkland, Wash.

Results

Women 100 Meter Dash

Name	Year School	Finals	Wind	Point
1 LeBrun, Amy	Pacific Lutheran	12.62	1.0	
2 Arceneaux, Laskia	Pacific Lutheran	12.80	1.0	
3 Halfyard, Sasha	Com. Cougars	13.09	1.0	
4 Putnam, Chelsea	Pacific Lutheran	13.42	1.0	
5 Kuhnly, Gail	Christ Life Trac	15.69	1.0	
6 Coleman, Evelyn	Evergreen St.	16.34	1.0	

Women 200 Meter Dash

Name	Year School	Finals	Wind	H#	Po
1 Hinton, Jessica	Seattle Pacific	25.60	-0.4	1	
2 LeBrun, Amy	Pacific Lutheran	26.24	-0.4	1	
3 Arceneaux, Laskia	Pacific Lutheran	26.65	-0.4	1	
4 Peaslee, Melissa	Seattle Pacific	27.26	0.9	2	
5 Halfyard, Sasha	Com. Cougars	27.34	-0.4	1	
6 Butler, Alex	Seattle Pacific	27.48	0.9	2	
7 Gunderson, Callie	Pacific Lutheran	27.94	0.9	2	
8 Power, Roxanne	Com. Cougars	28.26	-0.4	1	
9 Putnam, Chelsea	Pacific Lutheran	28.38	0.9	2	
10 Gedde, Kjersti	Seattle Pacific	29.17	0.9	2	
11 Gardner, Angela	Pacific Lutheran	29.28	0.9	3	
12 Mcleod, Kiersten	Com. Cougars	29.37	0.9	2	
13 Milligan Jackson, Marjor	Unattached	31.39	0.9	2	
14 Kuhnly, Gail	Christ Life Trac	33.15	0.9	3	
15 Coleman, Evelyn	Evergreen St.	34.80	0.9	3	

Women 400 Meter Dash

Name	Year School	Finals	Points
1 Hinton, Jessica	Seattle Pacific	56.61	

2	Butler, Alex	Seattle Pacific	59.79
3	Pendon, Jessica	St. Martin's	1:01.33
4	Gunderson, Callie	Pacific Lutheran	1:02.50
5	Power, Roxanne	Com. Cougars	1:03.85
6	Kuschel, Jill	Pacific Lutheran	1:04.94

Women 800 Meter Run

Name	Year School	Finals	Points
1 Schmid, Brianna	St. Martin's	2:21.62	
2 Harline, Kate	Seattle Pacific	2:22.20	
3 Walters, Anna	Seattle Pacific	2:27.76	
4 Meisenheimer, Janelle	Pacific Lutheran	2:28.37	
5 Smith, Sarah	Unattached	2:33.14	
6 McGill, Krissy	Everett CC	2:33.95	
7 Owen, Karissa	St. Martin's	2:35.12	
8 Johnson, Erica	Pacific Lutheran	2:36.31	
9 Minor, Jolene	Everett CC	2:41.49	
10 Costigan, Jessica	Everett CC	2:45.27	
11 Trask, Morgan	Pacific Lutheran	2:52.43	

Women 1500 Meter Run

Name	Year School	Finals	Points
1 Harline, Kate	Seattle Pacific	4:48.44	
2 Laweryson, Annie	St. Martin's	4:56.38	
3 Carlson, Krinda	St. Martin's	4:56.72	
4 Plunkett, Natty	Seattle Pacific	4:58.47	
5 Carlson, Karissa	Evergreen St.	5:08.03	
6 McGill, Krissy	Everett CC	5:24.45	
7 Minor, Jolene	Everett CC	5:31.88	
8 Costigan, Jessica	Everett CC	5:41.15	
9 Wear, Lacey	Pacific Lutheran	6:15.26	

Women 5000 Meter Run

Name	Year School	Finals	Points
1 Hart, Katie	Seattle Pacific	19:16.35	
2 Pecha, Kaitlynn	St. Martin's	19:31.62	

3	Attwood, Candace	Pacific Lutheran	20:56.08
4	Baker, Emily	Evergreen St.	22:15.92

Women 10000 Meter Run

Name	Year School	Finals	Points
1 Daligcon, Erika	Seattle Running	39:10.62	
2 Camden, Helen	St. Martin's	41:42.56	
3 Hunter, Tiffany	Seattle U.	43:10.88	
4 Blakney, Rebekah	Pacific Lutheran	43:34.58	
5 Whipple, Kelsey	Everett CC	43:45.47	
6 Kiracofe, Stephanie	Seattle Pacific	44:03.87	
7 Cotterill, Lacey	Everett CC	44:47.57	
8 Hanscomm, Margaret	Seattle Pacific	45:18.39	
9 Leo, Diann	Evergreen St.	45:38.66	

Women 100 Meter Hurdles

Name	Year School	Finals	Wind	Point
1 Lloyd, Haileigh	Com. Cougars	16.13	-1.1	
2 Olsen, Tori	Pacific Lutheran	18.14	-1.1	
3 DeWalt, Melissa	Pacific Lutheran	18.38	-1.1	

Women 400 Meter Hurdles

Name	Year School	Finals	Points
1 Pike, Jenifer	Seattle Pacific	1:03.52	
2 Araya, Faven	Pacific Lutheran	1:03.53	
3 Lloyd, Haileigh	Com. Cougars	1:04.83	
4 Nobbs, Natalie	Seattle Pacific	1:07.93	
5 Wilkins, Kayla	Seattle Pacific	1:08.62	
6 Miller, Lexie	Pacific Lutheran	1:14.49	

Women 3000 Meter Steeplechase

Name	Year School	Finals	Points
1 Steen, Karen	Club Northwest	11:27.67	
2 Miller, Lexie	Pacific Lutheran	11:30.32	

Name	Year School	Finals
1 Peaslee, Melissa	Seattle Pacific	3.62m 11-10.50
2 Gedde, Kjersti	Seattle Pacific	3.31m 10-10.25
3 Johnson, Ariel	Seattle U.	3.16m 10-04.25
4 Caldwell, Michaela	Seattle Pacific	3.01m 9-10.50
5 Gardner, Angela	Pacific Lutheran	2.71m 8-10.75
6 Anderson, Angela	St. Martin's	2.41m 7-10.75
6 Johnson, Jennifer	St. Martin's	2.41m 7-10.75
-- Allan, Carrie	Seattle Pacific	NH
-- Cabebe, Courtney	Seattle U.	NH

Women Long Jump

Name	Year School	Finals	Wind
1 Burns, Kelsey	Seattle Pacific	5.57m	NWI 18-0
2 Arceneaux, Lokia	Pacific Lutheran	5.21m	NWI 17-0
3 Putnam, Chelsea	Pacific Lutheran	5.00m	NWI 16-0
4 Nobbs, Natalie	Seattle Pacific	4.64m	NWI 15-0
5 Tsukamaki, Brady	Pacific Lutheran	4.26m	NWI 13-1
6 Pahlow, Shelley	Pacific Lutheran	3.54m	NWI 11-0

Women Triple Jump

Name	Year School	Finals	Wind
1 Urbany, Becca	Seattle U.	10.28m	NWI 33-0
2 Arceneaux, Lokia	Pacific Lutheran	9.93m	NWI 32-0
3 Adair, Megan	Unat-St. Martin'	9.64m	NWI 31-0
4 DeWalt, Melissa	Pacific Lutheran	9.55m	NWI 31-0
5 Tsukamaki, Brady	Pacific Lutheran	9.36m	NWI 30-0

Women Shot Put

Name	Year School	Finals
1 Hamilton, Jennifer	Washington State	12.77m 41-10.75
2 Hacker, Taylor	Pacific Lutheran	11.14m 36-06.75
3 Wallace, Jasmine	Pacific Lutheran	9.69m 31-09.50
4 DeMartini, Sara	Seattle U.	9.42m 30-11.00
5 Thomas, Megan	St. Martin's	9.30m 30-06.25

6 Valaile, RaeLani Seattle U. 9.21m 30-02.75

Women Discus Throw

Name	Year School	Finals
1 Ciarelli, Katelyn	Unattached	47.77m 156-09
2 Currier, Lindsay	Seattle U.	38.91m 127-08
3 Hacker, Taylor	Pacific Lutheran	33.18m 108-10
4 Wallace, Jasmine	Pacific Lutheran	30.20m 99-01
5 Valaile, RaeLani	Seattle U.	29.64m 97-03
6 DeMartini, Sara	Seattle U.	26.18m 85-11

Women Hammer Throw

Name	Year School	Finals
1 Sims, Caressa	Unattached	57.14m 187-06
2 Hacker, Taylor	Pacific Lutheran	53.52m 175-07
3 Jensen, Kjirsten	Washington State	50.26m 164-11
4 Whitfield, Cassie	Washington State	45.66m 149-10
5 Blake, Jillian	St. Martin's	42.38m 139-00
6 Thomas, Megan	St. Martin's	40.32m 132-03
7 Hamilton, Jennifer	Washington State	39.84m 130-08
8 Wallace, Jasmine	Pacific Lutheran	33.39m 109-06
9 Arceneaux, Lakia	Pacific Lutheran	31.85m 104-06
10 Fenton, Kelly	Pacific Lutheran	31.47m 103-03

Women Javelin Throw

Name	Year School	Finals
1 Schantin, Jeeni	Seattle Pacific	46.42m 152-03
2 VerMulum, Lauren	Seattle Pacific	45.10m 147-11
3 Hamilton, Jennifer	Washington State	42.40m 139-01
4 Fenton, Kelly	Pacific Lutheran	31.77m 104-03
4 Andrews, Carly	Seattle Pacific	31.77m 104-03
6 Blake, Jillian	St. Martin's	31.53m 103-05
7 Cone, Lacey	Pacific Lutheran	30.56m 100-03
8 Currier, Lindsay	Seattle U.	24.45m 80-02

Men 100 Meter Dash

Name	Year School	Finals	Wind	H#	Po
1 Bennett, Phillip	Unattached	11.29	-1.3	1	
2 Stephens, Christopher	Unat-Seattle U.	11.53	-1.3	1	
3 Felt, Justin	Seattle Pacific	11.56	-1.3	1	
4 Grounds, Micah	Seattle Pacific	11.60	-1.3	1	
5 Weinbrecht, Luke	Pacific Lutheran	11.65	-0.1	2	
6 Ramos, Jordan	Pacific Lutheran	11.76	-0.1	2	
7 Jackson, Nate	Pacific Lutheran	11.78	-1.3	1	
8 Colombini, Neil	Pacific Lutheran	11.93	-0.1	2	
9 Schoonover, Dylan	Com. Cougars	12.10	-0.1	2	
10 Caraballo, Nick	Pacific Lutheran	12.18	-0.1	2	
11 Ramirez, Hilario	Seattle Pacific	12.19	-0.1	2	
12 Shoemaker, Jason	Evergreen St.	12.52	-1.3	3	
13 Roberson, James	Unattached	12.88	-1.3	3	
14 Jelle, Charles	Unattached	12.98	-0.1	2	
15 Copeland, Scott	Barron Park Stri	13.12	-1.3	3	
16 Blake, Aaron	Unattached	13.38	-1.3	3	
17 Inoue, Tatsuya	Skagit Valley	13.56	-1.3	3	
18 Turock, Art	Unattached	14.70	-1.3	3	

Men 200 Meter Dash

Name	Year School	Finals	Wind	H#	Po
1 Bennett, Phillip	Unattached	22.41	-0.6	1	
2 Stephens, Christopher	Unat-Seattle U.	22.59	-0.6	1	
3 Moog, Isaac	Pacific Lutheran	22.84	-0.6	1	
4 Grounds, Micah	Seattle Pacific	23.65	-2.4	2	
5 Nupen, Ryan	Pacific Lutheran	23.71	-2.4	2	
6 Bollen, Barrett	Pacific Lutheran	23.90	-2.4	2	
7 Toves, Nick	Pacific Lutheran	24.02	-2.4	2	
8 Dodge, Travis	St. Martin's	24.08	-2.4	2	
9 Ramos, Jordan	Pacific Lutheran	24.27	-2.4	2	
10 Jackson, Nate	Pacific Lutheran	24.45	-1.8	3	
11 Alexander, Colin	Pacific Lutheran	24.59	-0.6	1	
12 Caraballo, Nick	Pacific Lutheran	24.86	-1.8	3	
13 Schoonover, Dylan	Com. Cougars	24.88	-0.6	1	
14 Ramirez, Hilario	Seattle Pacific	25.12	-1.8	3	
15 Taze, Michale	Skagit Valley	25.39	-1.8	3	
16 Shoemaker, Jason	Evergreen St.	25.41	-2.4	2	

17 Combs-Bachmann, Alex	Evergreen St.	25.81	-1.8	3
18 Engen, Alex	Skagit Valley	25.89	-1.8	3
19 Copeland, Scott	Barron Park Stri	26.32	0.2	4
20 Inoue, Tatsuya	Skagit Valley	27.50	0.2	4
21 Blake, Aaron	Unattached	27.64	0.2	4
22 Turock, Art	Unattached	30.62	0.2	4

Men 400 Meter Dash

Name	Year School	Finals	H#	Points
1 Moog, Isaac	Pacific Lutheran	50.02	1	
2 Toves, Nick	Pacific Lutheran	51.49	1	
3 Bollen, Barrett	Pacific Lutheran	51.74	1	
4 Dodge, Travis	St. Martin's	52.72	1	
5 Nupen, Ryan	Pacific Lutheran	53.75	2	
6 Burgoyne, Taylor	Seattle Pacific	54.78	2	
7 Flaherty, Connor	St. Martin's	56.65	2	
8 Johnson, Keith	Unattached	56.66	2	
9 Engen, Alex	Skagit Valley	56.86	2	
10 Elias, Mitchell	Everett CC	56.99	3	
11 Warren, Andy	Everett CC	57.81	3	
12 Combs-Bachmann, Alex	Evergreen St.	59.33	2	
13 Horn, TJ	Everett CC	1:01.06	3	
14 Lawrence, Justin	Everett CC	1:06.63	2	

Men 800 Meter Run

Name	Year School	Finals	Points
1 Meis, Chad	Seattle Pacific	1:57.98	
2 Alexander, Colin	Pacific Lutheran	1:58.88	
3 Bras, Orion	Pacific Lutheran	1:59.52	
4 Andrascik, Sean	Pacific Lutheran	2:00.69	
5 Wahlenmaier, Jacob	Everett CC	2:01.31	
6 Phillips, John	Pacific Lutheran	2:01.38	
7 Sosa, Frank	Skagit Valley	2:03.47	
8 Nilsen, Tyler	Everett CC	2:03.76	
9 Trowbridge, Seth	Everett CC	2:06.50	
10 Rockwell, Liam	Evergreen St.	2:06.90	
11 Ruud, John	Eastside Runners	2:09.10	
12 Wagner, Andy	Everett CC	2:12.83	

13 Duchaine, Brian	Unattached	2:12.98
14 Johnson, Keith	Unattached	2:18.18

Men 1500 Meter Run

Name	Year School	Finals	Points
1 Meis, Chad	Seattle Pacific	3:57.34	
2 Hunt, Spencer	St. Martin's	4:07.72	
3 Sleight, Nathanael	Seattle Pacific	4:09.10	
4 Nilsen, Tyler	Everett CC	4:11.32	
5 Wahlenmaier, Jacob	Everett CC	4:12.08	
6 Lance, Jordan	Seattle Pacific	4:16.72	
7 Sosa, Frank	Skagit Valley	4:19.01	
8 Wagner, Andy	Everett CC	4:20.33	
9 Trowbridge, Seth	Everett CC	4:20.95	
10 Caffrey, Noah	St. Martin's	4:20.99	
11 Rockwell, Liam	Evergreen St.	4:25.49	
12 Friesen, Daniel	Seattle Pacific	4:34.05	
13 Pace, Nicholas	Evergreen St.	4:40.48	
14 Barr, Clinton	St. Martin's	4:55.36	

Men 5000 Meter Run

Name	Year School	Finals	Points
1 Hamilton, Daniel	Seattle Pacific	16:13.69	
2 Barnes II, Clayton	Unattached	16:43.87	
3 Luce, Tyler	Evergreen St.	17:00.51	
4 Pace, Nicholas	Evergreen St.	18:22.14	
5 Dubois, John	Unattached	18:48.15	

Men 10000 Meter Run

Name	Year School	Finals	Points
1 Johnson, Destry	Seattle Running	32:26.30	
2 Harvey, Nicholas	St. Martin's	34:11.36	
3 Horn, TJ	Everett CC	38:45.93	
4 Johnson, Chris	Unattached	39:24.21	
5 Warren, Andy	Everett CC	41:44.90	
6 Lawrence, Justin	Everett CC	43:51.52	

Men 110 Meter Hurdles

Name	Year School	Finals	Wind Point
1 Brown, Ant	Unattached	15.20	NWI
2 Davies, Colby	Pacific Lutheran	16.34	NWI
3 Adams, Nolan	Pacific Lutheran	17.23	NWI
4 Roberson, James	Unattached	18.95	NWI

Men 400 Meter Hurdles

Name	Year School	Finals	Points
1 Weinbrecht, Luke	Pacific Lutheran	59.07	
2 Adams, Nolan	Pacific Lutheran	1:00.01	
3 Hibbard, Danny	Pacific Lutheran	1:00.98	
4 Colombini, Neil	Pacific Lutheran	1:03.76	
5 Roberson, James	Unattached	1:05.14	
6 Pedey, Brian	Pacific Lutheran	1:08.26	

Men 3000 Meter Steeplechase

Name	Year School	Finals	Points
1 Friesen, Daniel	Seattle Pacific	9:37.31	
2 Elias, Mitchell	Everett CC	9:56.97	
3 Caffrey, Noah	St. Martin's	10:30.46	
4 Hamilton, Andrew	Seattle Pacific	10:35.92	
5 Martin, Alex	Pacific Lutheran	10:52.17	
6 Martin, Austin	Pacific Lutheran	10:58.53	

Men 4x100 Meter Relay

School	Finals	Points
1 Pacific Lutheran 'A'	43.88	
1) Alexander, Colin	2) Weinbrecht, Luke	
3) Jackson, Nate	4) Moog, Isaac	
2 Seattle Pacific 'A'	44.21	
1) Derwin, Jace	2) Grounds, Micah	
3) Felt, Justin	4) Ramirez, Hilario	

Men 4x400 Meter Relay

School		Finals	Points
1	Pacific Lutheran 'A'	3:25.01	
	1) Toves, Nick	2) Bollen, Barrett	
	3) Alexander, Colin	4) Moog, Isaac	
2	Pacific Lutheran 'B'	3:32.96	
	1) Bras, Orion	2) Phillips, John	
	3) Andrascik, Sean	4) Nupen, Ryan	
3	Seattle Pacific 'A'	3:34.31	
	1) Grounds, Micah	2) Sleight, Nathanael	
	3) Felt, Justin	4) Meis, Chad	
4	Everett CC 'A'	3:38.68	
	1) Cheslik, Josiah	2) Nilsen, Tyler	
	3) Trowbridge, Seth	4) Wahlenmaier, Jacob	
5	Skagit Valley 'A'	3:44.05	
	1) Hovde, Nike	2) Taze, Michale	
	3) Engen, Alex	4) Sosa, Frank	
6	Everett CC 'B'	4:09.83	
	1) Wagner, Andy	2) Warren, Andy	
	3) Lawrence, Justin	4) Horn, TJ	

Men High Jump

Name	Year	School	Finals	
1	Richardson, Bill	St. Martin's	1.95m	6-04.75
2	Sweeney, Devlin	Seattle U.	1.90m	6-02.75
3	Faust, Tyler	Pacific Lutheran	1.80m	5-10.75
4	Wagner, Nathan	Seattle Pacific	1.75m	5-08.75

Men Pole Vault

Name	Year	School	Finals
--	Holt, Chester	Pacific Lutheran	NH

Men Long Jump

Name	Year	School	Finals	Wind
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1	Felt, Justin	Seattle Pacific	6.67m	NWI	21-1
2	Moog, Isaac	Pacific Lutheran	6.31m	NWI	20-0
3	Davies, Colby	Pacific Lutheran	5.82m	NWI	19-0
4	Schmidt, Karl	Seattle Pacific	5.50m	NWI	18-0
5	Wagner, Nathan	Seattle Pacific	5.30m	NWI	17-0

Men Triple Jump

Name	Year	School	Finals	Wind	
1	Jaros, Ty	Seattle U.	12.88m	NWI	42-0
--	Davies, Colby	Pacific Lutheran	ND	NWI	

Men Shot Put

Name	Year	School	Finals	
1	Vavricka, Michael	Unattached	13.36m	43-10.00
2	Nielsen, Jeff	Pacific Lutheran	12.70m	41-08.00
3	McNeill, Conor	Pacific Lutheran	12.58m	41-03.25
4	Swanson, Victor	Pacific Lutheran	11.84m	38-10.25
5	Clark, Cody	Pacific Lutheran	11.46m	37-07.25
6	Volk, Tim	Seattle Pacific	10.89m	35-08.75
7	Derwin, Jace	Seattle Pacific	10.47m	34-04.25

Men Discus Throw

Name	Year	School	Finals	
1	Larned, Conner	Washington State	50.00m	164-00
2	Washington, Sam	St. Martin's	46.64m	153-00
3	Anselmi, Nigel	Pacific Lutheran	43.82m	143-09
4	Ford, Mycal	Pacific Lutheran	41.80m	137-02
5	Vavricka, Michael	Unattached	37.56m	123-03
6	Swanson, Victor	Pacific Lutheran	36.09m	118-05
7	McNeill, Conor	Pacific Lutheran	34.69m	113-10
8	Ramos, Joel	Pacific Lutheran	32.72m	107-04
9	Derwin, Jace	Seattle Pacific	32.10m	105-04
10	Licht, Zach	Evergreen St.	29.72m	97-06
10	Volk, Tim	Seattle Pacific	29.72m	97-06

Men Hammer Throw

Name	Year	School	Finals	
1 Milakovic, Mike		Oregon Throwers	62.20m	204-01
2 Washington, Sam		St. Martin's	52.75m	173-01
3 McNeill, Conor		Pacific Lutheran	52.72m	172-11
4 Berkedal, Bjorn		Pacific Lutheran	42.75m	140-03
5 Ford, Mycal		Pacific Lutheran	41.09m	134-10
6 Nielsen, Jeff		Pacific Lutheran	40.83m	133-11
7 Anselmi, Nigel		Pacific Lutheran	36.45m	119-07
8 Ramos, Joel		Pacific Lutheran	33.90m	111-03
9 Price, Brian		Pacific Lutheran	30.22m	99-02
10 Clark, Cody		Pacific Lutheran	23.40m	76-09

Men Javelin Throw

Name	Year	School	Finals	
1 Arenas, Brandon		Unattached	50.95m	167-02
2 Beck, Kyle		Pacific Lutheran	50.47m	165-07
3 Price, Brian		Pacific Lutheran	42.65m	139-11
4 Hudson, Kevin		St. Martin's	42.42m	139-02
5 Loquvam, Jacob		St. Martin's	41.32m	135-07
6 Berkedal, Bjorn		Pacific Lutheran	37.77m	123-11

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