

5-8-2009

Ken Shannon/Ken Foreman Meet

Great Northwest Athletic Conference

Follow this and additional works at: http://digitalcommons.cwu.edu/cwu_track_field

Recommended Citation

Great Northwest Athletic Conference, "Ken Shannon/Ken Foreman Meet" (2009). *Track and Field*. Book 287.
http://digitalcommons.cwu.edu/cwu_track_field/287

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 University of Washington Huskies

HY-TEK's Meet Manager 5/8/2009 09:1

Ken Shannon-Ken Foreman 2009 - 5/8/2009

Seattle, WA

Results

Women 100 Meter Dash

=====			
Name	Year	School	Finals
=====			
Section 1	Wind: 0.2		
1	705	Channell, Jane	Simon Fraser 12.48
2	605	LeBrun, Amy	Pacific Lutheran 12.50
3	668	Lout, Alyssa	Seattle U. 12.77
4	602	Arceneaux, Lokia	Pacific Lutheran 12.80
5	505	Douglas, Danielle	British Columbia 13.07
6	607	Putnam, Chelsea	Pacific Lutheran 13.15
--	867	Zukowski, Megan	Western Washingt DQ
Section 2	Wind: -0.6		
1	716	Wong, Hali	Simon Fraser 13.31
2	715	Williams, Valerie	Simon Fraser 13.40
3	515	Railey, Natalie	British Columbia 13.65
4	761	Mendenhall, Martha	Unattached 13.87
5	507	Fox, Amanda	British Columbia 13.89
6	556	Kuhnly, Gail	Christ Life Trac 15.59

Women 200 Meter Dash

=====			
Name	Year	School	Finals
=====			
Section 1	Wind: -1.8		
1	704	Carter, Breanne	Simon Fraser 25.58
2	705	Channell, Jane	Simon Fraser 25.72
3	605	LeBrun, Amy	Pacific Lutheran 25.94
4	702	Boss, Traci	Simon Fraser 26.23
5	503	Chin Aleong, Janes	British Columbia 26.34
6	668	Lout, Alyssa	Seattle U. 26.72
7	671	Obradovich, Clare	Seattle U. 26.74
Section 2	Wind: -2.0		
1	645	Peterson, Lisette	Seattle Pacific 26.98
2	673	Purcell, Rachel	Seattle U. 27.19
3	522	Tran, Sophie	British Columbia 27.22

4	738 Good, Emma	Treasure Valley	27.26
5	679 Wolf, Elizabeth	Seattle U.	27.39
6	505 Douglas, Danielle	British Columbia	27.60
Section 3 Wind: -2.4			
1	603 Gunderson, Callie	Pacific Lutheran	27.74
2	737 davies, Tyshae	Treasure Valley	28.18
3	515 Railey, Natalie	British Columbia	28.47
4	743 Root, Janae	Treasure Valley	28.92
5	761 Mendenhall, Martha	Unattached	29.84
6	556 Kuhnly, Gail	Christ Life Trac	33.11

Women 400 Meter Dash

Name	Year	School	Finals
Section 1			
1	639	Hinton, Jessica	Seattle Pacific 57.54
2	702	Boss, Traci	Simon Fraser 58.24
3	803	Finch, Lindsay	Washington 59.45
4	738	Good, Emma	Treasure Valley 1:01.15
5	603	Gunderson, Callie	Pacific Lutheran 1:01.32
6	713	Vogt, Emma	Simon Fraser 1:02.04
7	737	davies, Tyshae	Treasure Valley 1:03.51
8	743	Root, Janae	Treasure Valley 1:03.67
Section 2			
1	522	Tran, Sophie	British Columbia 1:03.54
2	518	Rice, Nori	British Columbia 1:06.54

Women 800 Meter Run

Name	Year	School	Finals
Section 1			
1	810	Kirschman, Lindsey	Washington 2:12.85
2	708	Hudson, Ali	Simon Fraser 2:13.36
3	711	Shaw, Angela	Simon Fraser 2:14.86
4	860	Johnson, Rachael	Western Washingt 2:14.90
5	631	Anderberg, Lisa	Seattle Pacific 2:15.34
6	791	Mosewich, Amber	Vancouver T-Bird 2:24.73
--	590	Schaffer, Lauren	Idaho DNF
Section 2			
1	665	Hamann, Jen	Seattle U. 2:18.14

2	866 Watson, Cheri	Western Washingt	2:18.27
3	703 Brennan, Olivia	Simon Fraser	2:19.25
4	847 Butcher, Meryl	Western Oregon	2:21.47
5	511 Imlach, Brittany	British Columbia	2:21.81
6	714 Weslowski, Jennife	Simon Fraser	2:23.01
7	678 Waters, Nicole	Seattle U.	2:31.09
8	516 Rajala, Amelia	British Columbia	2:32.61
9	568 Brager, Amanda	Everett CC	2:33.40

Women 1500 Meter Run

=====

Name	Year School	Finals
------	-------------	--------

=====

Section 1

1	779 Schaaf, Kendra	Unattached-Washi	4:23.55
2	642 Larson, Jane	Seattle Pacific	4:30.77
3	808 Huber, Mo	Washington	4:36.65
4	591 Schoch, Teegan	Idaho	4:38.08
5	812 Linnell, Allison	Washington	4:39.15
6	820 Schutte, Bailey	Washington	4:39.28
7	846 Applebee, Annan	Western Oregon	4:40.80
8	637 Harline, Kate	Seattle Pacific	4:41.27
9	798 Bonner, Ellie	Washington	4:43.11
10	802 Evans, Kayla	Washington	4:53.06
11	511 Imlach, Brittany	British Columbia	5:04.06

Section 2

1	599 Klettke, Kelsey	Lewis-Clark	4:50.49
2	849 Zambon, Erica	Western Oregon	4:50.80
3	759 Johnson, Jen	Unattached	4:54.05
4	660 Cadelinia, Rhianno	Seattle U.	4:57.64
5	851 Boyer, Jessica	Western Washingt	4:59.46
6	672 Prather, Allison	Seattle U.	5:02.75
7	741 Nielson, Brook	Treasure Valley	5:06.57
8	662 Cottle, Alison	Seattle U.	5:37.95

Women 5000 Meter Run

=====

Name	Year School	Finals
------	-------------	--------

=====

Section 1

1	517 Reeve, Sabrina	British Columbia	17:25.43
2	647 Plunkett, Natty	Seattle Pacific	17:30.90

3	852 Breihof, Lauren	Western Washingt	17:32.38
4	552 Mullen, Marcie	Central Washingt	17:33.49
5	571 Hall, Megan	Everett CC	18:47.65
6	669 Martinez, Natalie	Seattle U.	18:50.93
7	558 ashby, christina	Club Northwest	19:09.86
8	638 Hart, Katie	Seattle Pacific	19:16.67
9	637 Harline, Kate	Seattle Pacific	19:31.89
10	569 Costigan, Jessica	Everett CC	19:54.98
11	740 Nielson, Brina	Treasure Valley	19:59.18
12	666 Innes, Jennifer	Seattle U.	20:11.71
13	574 Whipple, Kelsey	Everett CC	20:22.19
14	570 Cotterill, Lacey	Everett CC	20:22.86
15	573 Minor, Jolene	Everett CC	20:24.43
16	640 Kiracofe, Stephani	Seattle Pacific	20:43.26
17	712 Tongue, Katie	Simon Fraser	20:54.63
18	636 Hanscomm, Margaret	Seattle Pacific	21:04.93
19	568 Brager, Amanda	Everett CC	21:33.34

Women 100 Meter Hurdles

=====			
	Name	Year School	Finals
=====			
Section 1	Wind: -1.2		
1	588 Bergland, Heather	Idaho	14.23
2	858 Howe, Michelle	Western Washingt	14.77
3	795 Stoffman, Zaria	VOC	14.90
4	559 Smith, Audra	Club Northwest	15.08
5	629 McGrane, Caitlin	Puget Sound	15.55
6	677 Vranizan, Rachel	Seattle U.	16.76
7	676 Urbany, Becca	Seattle U.	17.62
8	514 Pattison, Alana	British Columbia	21.96

Women 400 Meter Hurdles

=====			
	Name	Year School	Finals
=====			
Section 1			
1	814 Martin, Syreeta	Washington	1:01.36
2	762 Van Den Bulk, Jean	Unattached	1:02.08
3	646 Pike, Jenifer	Seattle Pacific	1:02.76
4	806 Glass, Joi	Washington	1:02.95
5	601 Araya, Faven	Pacific Lutheran	1:03.47

6	506 Farish, Catharine	British Columbia	1:03.77
7	513 Nano, Anna-Mari	British Columbia	1:04.87
Section 2			
1	823 Visoria, Lauren	Washington	1:06.59
2	677 Vranizan, Rachel	Seattle U.	1:08.34
3	504 Cole, Meisha	British Columbia	1:08.49
4	744 Thompson, Blythe	Treasure Valley	1:15.41

Women 3000 Meter Steeplechase

Name	Year	School	Finals
Section 1			
1	710	Palibroda, Emily	Simon Fraser 11:17.32
2	560	Steen, karen	Club Northwest 11:19.63
3	863	Olsen, Courtney	Western Washingt 11:27.01
4	606	Miller, Lexie	Pacific Lutheran 11:34.85
5	641	Krepel, Kayti	Seattle Pacific 11:35.69
6	651	Williams, Mary	Seattle Pacific 11:36.87
7	857	Hartnett, Phoebe	Western Washingt 11:43.14
8	707	Gonzales, Bianca	Simon Fraser 11:43.43
9	520	Strong, Jenny	British Columbia 11:56.49
10	551	Mendoza, Adriana	Central Washingt 11:59.32
11	523	Venner, Alexandra	British Columbia 12:20.23
--	821	Stopa, Amanda	Washington DQ

Women 4x100 Meter Relay

School	Finals
1 Washington 'A'	46.36
1) 796 Ankton, Falesha	2) 811 Lauderdale, Dominique
3) 800 Carlson, Jordan	4) 807 Greene, Bianca
2 Simon Fraser 'A'	48.48
1) 702 Boss, Traci	2) 704 Carter, Breanne
3) 705 Channell, Jane	4) 716 Wong, Hali
3 Pacific Lutheran 'A'	48.68
1) 607 Putnam, Chelsea	2) 602 Arceneaux, Lakia
3) 601 Araya, Faven	4) 605 LeBrun, Amy
4 Seattle U. 'A'	49.53
1) 668 Lout, Alyssa	2) 671 Obradovich, Clare
3) 679 Wolf, Elizabeth	4) 673 Purcell, Rachel

5	British Columbia 'A'	51.19
1)	505 Douglas, Danielle	2) 522 Tran, Sophie
3)	507 Fox, Amanda	4) 514 Pattison, Alana
6	Treasure Valley CC 'A'	51.67
1)	736 Collins, Racheal	2) 743 Root, Janae
3)	737 davies, Tyshae	4) 738 Good, Emma
7	Seattle U. 'B'	52.52
1)	676 Urbany, Becca	2) 675 Tetzlaff, Toni
3)	659 Cabebe, Courtney	4) 677 Vranizan, Rachel

Women 4x400 Meter Relay

School	Finals
1 British Columbia 'A'	4:13.56
1) 519 Richard, Claudia	2) 503 Chin Aleong, Janessa
3) 509 Hazarat, Rana	4) 506 Farish, Catharine
2 Seattle U. 'B'	4:25.09
1) 659 Cabebe, Courtney	2) 672 Prather, Allison
3) 678 Waters, Nicole	4) 665 Hamann, Jen

Women High Jump

Name	Year School	Finals
Flight 1		
1 854 Cook, Clara	Western Washingt	1.71m 5-07.25
1.45 1.50 1.55 1.60 1.65 1.71 1.74		
P P O O O XO XXX		
2 999 McNamee, Kelly	Washington	1.65m 5-05.00
1.45 1.50 1.55 1.60 1.65 1.71		
P P P P O XXX		
3 819 Robblee, Robyn	Washington	1.60m 5-03.00
1.45 1.50 1.55 1.60 1.65		
P O XO XO XXX		
3 864 Schwindler, Sabrin	Western Washingt	1.60m 5-03.00
1.45 1.50 1.55 1.60 1.65		
P O XXO XO XXX		
3 1000 Soules, Caroline	Unattached	1.60m 5-03.00
1.45 1.50 1.55 1.60 1.65		
P O O XO XXX		
6 559 Smith, Audra	Club Northwest	1.55m 5-01.00

	1.45	1.50	1.55	1.60				
	O	O	XXO	XXX				
6	813	Lombardo, Allison	Washington	1.55m	5-01.00			
	1.45	1.50	1.55	1.60				
	P	P	XXO	XXX				
8	701	Barnett, Rachelle	Simon Fraser	1.50m	4-11.00			
	1.45	1.50	1.55					
	P	O	XXX					
8	743	Root, Janae	Treasure Valley	1.50m	4-11.00			
	1.45	1.50	1.55					
	XO	O	XXX					
8	510	Hewitt, Katie	British Columbia	1.50m	4-11.00			
	1.45	1.50	1.55					
	XO	XXO	XXX					
8	643	Mattson, Jaquie	Seattle Pacific	1.50m	4-11.00			
	1.45	1.50	1.55					
	P	XO	XXX					
--	795	Stoffman, Zaria	VOC		NH			
	1.45	1.50	1.55					
	P	P	XXX					

Women Pole Vault

=====								
Name	Year	School	Finals					
=====								
1	809	Jones, Lara	Washington	3.71m	12-02.00			
	3.11	3.26	3.41	3.56	3.71	4.01		
	P	P	P	P	XO	XXX		
1	818	Peterson, Andrea	Washington	3.71m	12-02.00			
	3.11	3.26	3.41	3.56	3.71	4.01		
	P	P	P	O	XO	XXX		
3	644	Peaslee, Melissa	Seattle Pacific	3.56m	11-08.00			
	3.11	3.26	3.41	3.56	3.71			
	P	P	P	XO	XXX			
3	861	Miller, Christy	Western Washingt	3.56m	11-08.00			
	3.11	3.26	3.41	3.56	3.71			
	P	O	O	O	XXX			
3	630	Allan, Carrie	Seattle Pacific	3.56m	11-08.00			
	3.11	3.26	3.41	3.56	3.71			
	P	P	P	O	XXX			
3	804	Fjeran, Talyor	Washington	3.56m	11-08.00			
	3.11	3.26	3.41	3.56	3.71			

	P	P	O	O	XXX				
3	824	Wojciechowski, All	Washington	3.56m	11-08.00				
	3.11	3.26	3.41	3.56	3.71				
	P	P	XXO	O	XXX				
3	815	Mudlo, Kelly	Washington	3.56m	11-08.00				
	3.11	3.26	3.41	3.56	3.71				
	P	P	O	XO	XXX				
9	634	Caldwell, Michaela	Seattle Pacific	3.41m	11-02.25				
	3.11	3.26	3.41	3.56					
	O	O	XXO	XXX					
10	855	Couvelier, Elsa	Western Washingt	3.26m	10-08.25				
	3.11	3.26	3.41						
	O	O	XXX						
10	856	DiEnno, Amanda	Western Washingt	3.26m	10-08.25				
	3.11	3.26	3.41						
	XXO	O	XXX						
10	760	Kamphuis, Esther	Unattached	3.26m	10-08.25				
	3.11	3.26	3.41						
	XO	XXO	XXX						
13	862	Mueller, Robin	Western Washingt	3.11m	10-02.50				
	3.11	3.26							
	O	XXX							
--	659	Cabebe, Courtney	Seattle U.		NH				
	3.11								
	XXX								
--	635	Gedde, Kjersti	Seattle Pacific		NH				
	3.11								
	XXX								
--	667	Johnson, Ariel	Seattle U.		NH				
	3.11								
	XXX								

Women Long Jump

=====									
Name	Year	School	Finals		Wind				
=====									
1	788	Abdulai, Rukayatu	Valley Royals	6.27m	1.2	20-0			
				6.27m(1.2)	5.95m(+0.0)	6.14m(0.7)	6.08m(-1.7)	6.25m(0.4)	FOUL(-1.5)
2	633	Burns, Kelsey	Seattle Pacific	5.71m	1.1	18-0			
				5.36m(+0.0)	5.71m(1.1)	5.43m(1.2)	5.51m(-1.0)	5.59m(+0.0)	5.59m(-0.7)
3	865	Warman, Emily	Western Washingt	5.43m	+0.0	17-0			
				5.18m(1.2)	5.43m(+0.0)	5.30m(1.0)	PASS	PASS	PASS

4	709 Iworima, Diepiriye	Simon Fraser	5.42m	+0.0	17-0
	5.42m(+0.0) FOUL(0.7) FOUL(0.8) FOUL(-0.3) FOUL(-1.1) FOUL(-0.1)				
5	816 Nichols, Taylor	Washington	5.39m	+0.0	17-0
	FOUL(1.4) 5.39m(+0.0) PASS PASS PASS PASS				
6	607 Putnam, Chelsea	Pacific Lutheran	5.38m	0.7	17-0
	5.13m(0.8) 5.38m(0.7) 5.29m(0.3) 5.20m(-0.9) 5.26m(-0.8) 5.07m(-1.7)				
7	715 Williams, Valerie	Simon Fraser	5.27m	+0.0	17-0
	FOUL(0.8) FOUL(1.4) 5.14m(0.4) 4.94m(-0.7) 5.27m(+0.0) FOUL(-1.3)				
8	822 Vielma, Nicole	Washington	5.26m	1.0	17-0
	4.93m(-0.7) 5.26m(1.0) 4.85m(0.6) PASS PASS PASS				
9	706 Cook-Mackenzie, Ap	Simon Fraser	5.02m	1.0	16-0
	5.02m(1.0) 4.99m(+0.0) 5.01m(1.2)				
10	629 McGrane, Caitlin	Puget Sound	4.78m	0.5	15-0
	4.78m(0.5) 4.53m(1.9) 4.73m(1.3)				
11	676 Urbany, Becca	Seattle U.	4.75m	0.8	15-0
	4.53m(-0.1) 4.75m(0.8) 4.71m(0.8)				
12	514 Pattison, Alana	British Columbia	4.74m	1.3	15-0
	4.55m(-0.2) 4.74m(1.3) 4.54m(+0.0)				
13	805 Fleishman, Lindsey	Washington	4.64m	0.5	15-0
	4.64m(0.5) PASS PASS				
--	675 Tetzlaff, Toni	Seattle U.	FOUL		
	FOUL(0.4) FOUL(0.7) FOUL(1.0)				
--	674 Squires, Kamala	Seattle U.	FOUL		
	FOUL(0.9) FOUL(0.7) FOUL(+0.0)				

Women Triple Jump

=====					
Name	Year	School	Finals	Wind	
=====					
1	816 Nichols, Taylor	Washington	12.09m	2.6	39-0
	FOUL(0.6) 11.98m(2.1) FOUL(1.3) 11.85m(2.5) 11.92m(4.6) 12.09m(2.6)				
2	865 Warman, Emily	Western Washingt	11.66m	3.3	38-0
	FOUL(1.4) FOUL(2.6) FOUL(1.5) 11.61m(2.8) 11.24m(0.5) 11.66m(3.3)				
3	822 Vielma, Nicole	Washington	11.49m	3.7	37-0
	11.15m(+0.0) 10.95m(2.9) 11.13m(2.8) 11.49m(3.7) 10.57m(5.0) 11.33m(1.				
4	805 Fleishman, Lindsey	Washington	11.09m	2.6	36-0
	FOUL(0.6) 10.98m(1.5) 11.09m(2.6) 10.58m(2.5) 10.73m(1.6) 10.81m(1.4)				
5	553 Rose, Amanda	Central Washingt	10.88m	1.1	35-0
	FOUL(0.5) 10.88m(1.1) 10.74m(2.6) 10.60m(+0.0) FOUL(2.5) 10.45m(2.1)				
6	676 Urbany, Becca	Seattle U.	10.70m	1.2	35-0
	FOUL(+0.0) FOUL(2.8) FOUL(3.9) FOUL(0.8) 10.70m(1.2) FOUL(3.6)				
7	602 Arceneaux, Lokia	Pacific Lutheran	10.41m	3.5	34-0

FOUL(0.4) FOUL(1.9) FOUL(2.0) 10.41m(3.5) 10.33m(0.2) FOUL(3.8)
 -- 715 Williams, Valerie Simon Fraser FOUL
 FOUL(0.6) FOUL(1.2) PASS PASS PASS PASS

Women Shot Put

Name	Year	School	Finals
1 604 Hacker, Taylor		Pacific Lutheran	12.20m 40-00.50
11.74m FOUL FOUL FOUL		12.20m FOUL	
2 950 Todhunter, Brittan		Unattached-Washi	11.49m 37-08.50
FOUL 10.61m 11.49m 10.56m 11.25m 11.23m			
3 663 Currier, Lindsay		Seattle U.	10.69m 35-01.00
10.04m FOUL 10.07m 9.98m 10.69m FOUL			
4 739 Lutjens, Kathryn		Treasure Valley	10.33m 33-10.75
10.30m 9.50m 9.38m FOUL 10.33m FOUL			
5 629 McGrane, Caitlin		Puget Sound	9.82m 32-02.75
9.12m FOUL 9.23m 9.82m 9.17m FOUL			
6 664 DeMartini, Sara		Seattle U.	9.43m 30-11.25
8.83m 9.37m 9.43m 9.38m 8.92m 9.28m			

Women Discus Throw

Name	Year	School	Finals
1 597 Spies, Chantel		Kajaks T&F	46.06m 151-01
42.87m 38.23m FOUL 46.06m FOUL FOUL			
2 521 Ter Laak, Lara		British Columbia	42.93m 140-10
42.93m FOUL 42.80m FOUL 42.54m FOUL			
3 778 Huse, Erica		Unattached-Washi	41.13m 134-11
39.59m 37.35m 41.13m 39.22m 40.11m 40.28m			
4 790 Patterson, Mikaela		Valley Royals	40.97m 134-05
40.33m 38.51m 39.33m 40.92m 40.97m FOUL			
5 663 Currier, Lindsay		Seattle U.	40.94m 134-04
37.69m FOUL 38.53m 34.14m 37.20m 40.94m			
6 817 Oyetuga, Korede		Washington	40.65m 133-04
40.65m FOUL FOUL 39.14m 39.86m 38.82m			
7 739 Lutjens, Kathryn		Treasure Valley	37.54m 123-02
37.54m 33.23m 34.26m FOUL 34.81m FOUL			
8 604 Hacker, Taylor		Pacific Lutheran	34.52m 113-03
32.02m 29.73m 34.47m 32.02m 34.48m 34.52m			
9 950 Todhunter, Brittan		Unattached-Washi	29.60m 97-01

23.36m 29.60m 27.89m

Women Hammer Throw

Name	Year	School	Finals
1 604 Hacker, Taylor		Pacific Lutheran	53.14m 174-04
50.04m 49.43m 53.14m	FOUL	49.10m 50.28m	
2 521 Ter Laak, Lara		British Columbia	51.85m 170-01
51.85m 50.82m FOUL	51.80m	50.86m 48.95m	
3 817 Oyetuga, Korede		Washington	46.64m 153-00
45.87m 43.41m 46.64m	42.98m	FOUL 45.57m	
4 729 Blake, Jillian		St. Martin's	41.86m 137-04
40.02m FOUL 40.85m	41.08m	40.88m 41.86m	
5 778 Huse, Erica		Unattached-Washi	40.08m 131-06
32.09m 38.73m 38.57m	37.58m	39.53m 40.08m	
6 602 Arceneaux, Lokia		Pacific Lutheran	36.94m 121-02
29.77m 31.17m FOUL	34.58m	36.94m FOUL	

Women Javelin Throw

Name	Year	School	Finals
1 508 Gleadle, Liz		British Columbia	51.90m 170-03
49.44m 50.09m 44.97m	51.05m	51.90m 46.92m	
2 648 Schantin, Jeeni		Seattle Pacific	47.75m 156-08
39.74m 40.79m 43.66m	41.59m	40.63m 47.75m	
3 649 VerMulm, Lauren		Seattle Pacific	44.78m 146-11
43.33m 44.78m 42.96m	41.18m	40.55m 40.24m	
4 789 Fraser, Nicolle		Valley Royals	43.66m 143-03
43.57m 43.66m 41.90m	FOUL	40.44m 41.97m	
5 550 McMeel, Katie		Central Washingt	37.56m 123-03
35.28m 33.08m 37.56m	36.28m	FOUL 34.64m	
6 512 Johnstone, Ella		British Columbia	36.28m 119-00
34.74m 32.63m 36.28m	33.82m	32.82m FOUL	
7 632 Andrews, Carly		Seattle Pacific	31.74m 104-02
FOUL 30.94m FOUL	FOUL	FOUL 31.74m	
8 670 Monahan, Clare		Seattle U.	27.89m 91-06
24.15m 25.97m 24.02m	22.92m	26.96m 27.89m	
9 663 Currier, Lindsay		Seattle U.	26.35m 86-05
24.50m FOUL FOUL	23.82m	26.35m 25.95m	

Men 100 Meter Dash

=====				
Name	Year	School	Finals	
=====				
Section 1	Wind: 2.2			
1	723	Newton, Adam	Simon Fraser	10.79
2	538	Nathan, Andrew	British Columbia	10.88
3	897	Tilley, Alex	Western Washingt	10.92
4	696	Stanfield, Zach	Seattle U.	10.94
5	726	Thompson, Jeffrey	Simon Fraser	11.04
6	690	Mezzera, Jim	Seattle U.	11.07
Section 2	Wind: 2.1			
1	869	Agyei, Augustine	Western Washingt	10.86
2	764	Bennett, Phillip	Unattached	11.13
3	882	Gruger, Shane	Western Washingt	11.17
4	541	Shum, Mike	British Columbia	11.25
5	612	Jackson, Nate	Pacific Lutheran	11.41
6	771	Morales, Gabriel	Unattached	11.63
7	776	Waller Sr., Michae	Unattached	11.78

Men 200 Meter Dash

=====				
Name	Year	School	Finals	
=====				
Section 1	Wind: -2.6			
1	717	Boss, Andrew	Simon Fraser	22.34
2	538	Nathan, Andrew	British Columbia	22.58
3	696	Stanfield, Zach	Seattle U.	22.77
4	726	Thompson, Jeffrey	Simon Fraser	23.05
5	541	Shum, Mike	British Columbia	23.79
Section 2	Wind: -1.6			
1	764	Bennett, Phillip	Unattached	22.46
2	786	Rucker, Sam	Unattached-Washi	22.49
3	614	Moog, Isaac	Pacific Lutheran	22.65
4	882	Gruger, Shane	Western Washingt	22.71
5	690	Mezzera, Jim	Seattle U.	22.76
6	897	Tilley, Alex	Western Washingt	22.88
7	654	Grounds, Micah	Seattle Pacific	23.41
Section 3	Wind: -1.3			
1	610	Bollen, Barrett	Pacific Lutheran	23.61
2	608	Alexander, Colin	Pacific Lutheran	23.74
3	612	Jackson, Nate	Pacific Lutheran	23.76

4	895 Snyder, Maxx	Western Washingt	23.79
5	776 Waller Sr., Michae	Unattached	24.07
6	879 Dye, Alex	Western Washingt	24.59

Men 400 Meter Dash

Name	Year School	Finals
------	-------------	--------

Section 1

1	530 Halcro, Joel	British Columbia	48.44
2	717 Boss, Andrew	Simon Fraser	48.75
3	598 Lim, Kevin	Kajaks T&F	49.07
4	786 Rucker, Sam	Unattached-Washi	49.23
5	727 Unruh, Tyson	Simon Fraser	49.31
6	614 Moog, Isaac	Pacific Lutheran	49.85

Section 2

1	608 Alexander, Colin	Pacific Lutheran	50.55
2	527 Beck, Matt	British Columbia	51.02
3	610 Bollen, Barrett	Pacific Lutheran	51.52
4	792 Adair, Michael	Vancouver T-Bird	51.75
5	755 Smith, Casey	Treasure Valley	53.14
6	578 Lawrence, Justin	Everett CC	1:03.41

Men 800 Meter Run

Name	Year School	Finals
------	-------------	--------

Section 1

1	830 Govier, Brian	Washington	1:51.22
2	838 Soberanis, Ryan	Washington	1:51.64
3	777 Wilkie, Mark	Unattached	1:52.65
4	773 Strickler, Eddie	Unattached	1:53.96
5	718 Culley, Mitchell	Simon Fraser	1:54.96
6	592 Barquero, Cesar	Idaho	1:57.57
--	825 Abbott, Austin	Washington	DNF

Section 2

1	624 Ramirez, Douglas	Pearson's Athlet	1:54.11
2	868 Abraham, Nick	Western Washingt	1:56.71
3	757 Ward, Kurt	Treasure Valley	1:57.07
4	533 Jankowski, Theo	British Columbia	1:58.28
5	575 Cheslik, Josiah	Everett CC	1:58.67
6	582 Wahlenmaier, Jacob	Everett CC	1:58.81

7	580	Trowbridge, Seth	Everett CC	1:59.20
8	700	Winger, Rustin	Seattle U.	1:59.47
9	536	McCluskie, Shane	British Columbia	2:00.60
10	692	Miller, Graham	Seattle U.	2:00.69
11	585	Lantz, Daniel	Great Falls	2:01.28

Section 3

1	620	Gavereski, Mike	Pearson's Athlet	1:57.67
2	587	Eidsmoe, Ryan	Highline CC	1:58.37
3	682	Auld, Chris	Seattle U.	1:59.91
4	625	Thomas, Sean	Portland	2:01.55
5	697	Sullivan, Daniel	Seattle U.	2:02.22
6	748	Dean, Kyler	Treasure Valley	2:03.15
7	873	Brown, Jake	Western Washingt	2:04.62
8	691	Mezzera, Tom	Seattle U.	2:07.15
9	751	Hernandez, Freddy	Treasure Valley	2:09.79
10	749	Frates, Josh	Treasure Valley	2:10.24
11	557	Johnson, Keith	Christ Life Trac	2:10.37

Men 1500 Meter Run

=====

Name	Year	School	Finals
------	------	--------	--------

=====

Section 1

1	546	Garner, Eric	Brooks Eastside	3:46.53
2	898	Tomsich, Anthony	Western Washingt	3:47.21
3	734	Sayenko, Mike	Strands	3:48.02
4	593	Clark, James	Idaho	3:48.26
5	566	Smyth, Alex	Eastern Washingt	3:51.57
6	839	Spady, Kelly	Washington	3:53.04
7	826	Abdulahi, Faisal	Washington	3:53.34
8	832	McCary, David	Washington	3:58.22
9	827	Ahl, Chris	Washington	4:05.69
--	836	Quackenbush, Camer	Washington	DNF

Section 2

1	543	Smith, Jordan	British Columbia	3:56.82
2	683	Barkhaus, Erik	Seattle U.	3:57.19
3	767	Carlos, Shane	Unattached	3:57.24
4	768	Forster, Keir	Unattached	3:57.76
5	870	Bedell, Sam	Western Washingt	4:05.65
6	616	Phillips, John	Pacific Lutheran	4:08.44
7	657	Sleight, Nathanael	Seattle Pacific	4:08.61
8	719	Dahani, Samir	Simon Fraser	4:12.47

9	904 Zahn, Nathan	Western Washingt	4:13.22
Section 3			
1	563 Messiter, Sean	Club Northwest	4:09.38
2	757 Ward, Kurt	Treasure Valley	4:12.67
3	896 Spencer, David	Western Washingt	4:12.81
4	682 Auld, Chris	Seattle U.	4:14.01
5	689 McClement, Matthew	Seattle U.	4:14.58
6	700 Winger, Rustin	Seattle U.	4:14.60
7	692 Miller, Graham	Seattle U.	4:19.54
8	763 Alvarado, Nicholas	Unattached	4:20.09
9	735 Haas, Jacob	Stumptown LF	4:25.23
--	621 Nodine, Matt	Pearson's Athlet	DNF

Men 5000 Meter Run

=====			
	Name	Year School	Finals
=====			
Section 1			
1	730 Price, Josiah	St. Martin's	15:00.71
2	534 Kazuta, Kerry	British Columbia	15:02.09
3	567 Medhaug, Blake	Eleven-Eleven	15:09.48
4	564 Young, Tony	Club Northwest	15:11.82
5	565 Edbing, Bowe	Eastern Washingt	15:13.54
6	731 Riak, John	St. Martin's	15:15.42
7	732 Van Santen, Kyle	St. Martin's	15:18.99
8	828 Bromka, Alec	Washington	15:19.05
9	685 Heitzinger, Hans	Seattle U.	15:21.60
10	885 Jakobsen, Casper	Western Washingt	15:22.68
11	545 Thistlewood, Ben	British Columbia	15:22.78
12	687 Kollgaard, Adam	Seattle U.	15:23.52
13	579 Nilsen, Tyler	Everett CC	15:23.82
14	547 Bryden, Jordan	Calgary Spartans	15:24.36
15	561 Halliday, Scott	Club Northwest	15:27.16
16	548 Furlong, Mark	Calgary Spartans	15:31.21
17	532 Hunt, Theo	British Columbia	15:52.33
18	582 Wahlenmaier, Jacob	Everett CC	16:02.13
19	581 Wagner, Andy	Everett CC	16:07.37
20	655 Hamilton, Daniel	Seattle Pacific	16:26.59
21	746 Begay, Atcitty	Treasure Valley	16:39.36
22	577 Horn, TJ	Everett CC	17:01.50
23	772 Mueller, Jesse	Unattached	17:29.42

Men 110 Meter Hurdles

=====			
Name	Year	School	Finals
=====			
Section 1	Wind: -1.3		
1	775	Walker, Sean	Unattached 15.70
2	698	Sweeney, Devlin	Seattle U. 15.94
3	881	Gray, Andrew	Western Washingt 16.21
4	697	Sullivan, Daniel	Seattle U. 16.66
Section 2	Wind: 0.1		
1	793	Cheng, Ryan	Vancouver T-Bird 16.19
2	787	Vetter, Jake	Unattached-Washi 16.40
3	758	Williams, TJ	Treasure Valley 17.09
4	694	Poshusta, Robert	Seattle U. 17.18

Men 400 Meter Hurdles

=====			
Name	Year	School	Finals
=====			
Section 1			
1	754	Noble, Philip	Treasure Valley 53.74
2	842	Timpe, Miles	Washington 54.56
3	892	Myhre, Kevin	Western Washingt 54.98
4	900	Villanueva, Philli	Western Washingt 55.36
5	775	Walker, Sean	Unattached 55.45
6	771	Morales, Gabriel	Unattached 57.44
Section 2			
1	539	Pitt, Brynlynn	British Columbia 57.71
2	688	Martinez, Jude	Seattle U. 59.29
3	753	Lannon, marc	Treasure Valley 59.69
4	695	Smith Fraser, Jaba	Seattle U. 1:01.75
5	694	Poshusta, Robert	Seattle U. 1:01.78
6	758	Williams, TJ	Treasure Valley 1:06.94

Men 3000 Meter Steeplechase

=====			
Name	Year	School	Finals
=====			
Section 1			
1	656	Meis, Chad	Seattle Pacific 9:30.26
2	653	Friesen, Daniel	Seattle Pacific 9:31.48
3	586	Reyes, Jared	Great Falls 9:31.56

4	872 Brill, Eric	Western Washingt	9:35.05
5	886 Johnson, Kyle	Western Washingt	9:41.81
6	699 Van Nuland, Michae	Seattle U.	9:44.11
7	781 Drosky, Greg	Unattached-Washi	9:46.08
8	576 Elias, Mitchell	Everett CC	9:56.28
9	748 Dean, Kyler	Treasure Valley	10:06.89
10	540 Regan, Billy	British Columbia	10:10.20
11	526 Bean, Erik	British Columbia	10:12.55
12	745 Anderson, Darrin	Treasure Valley	10:14.24
13	769 Goman, Charlie	Unattached	10:15.27
14	728 Wakefield, Brett	Simon Fraser	10:22.25
15	756 Ward, Casey	Treasure Valley	10:48.57

Men 4x100 Meter Relay

School		Finals
1	British Columbia 'A'	41.62
	1) 530 Halcro, Joel	2) 544 Stewart, Rohan
	3) 538 Nathan, Andrew	4) 529 Giuffre, Mike
2	Western Washington 'A'	42.20
	1) 869 Agyei, Augustine	2) 882 Gruger, Shane
	3) 890 Miura, Joey	4) 897 Tilley, Alex
3	Seattle U. 'A'	42.23
	1) 691 Mezzera, Tom	2) 690 Mezzera, Jim
	3) 696 Stanfield, Zach	4) 697 Sullivan, Daniel
4	Seattle U. 'B'	45.57
	1) 694 Poshusta, Robert	2) 693 Odoemene, Udoka
	3) 695 Smith Fraser, Jabari	4) 686 Jaros, Ty
5	Treasure Valley CC 'A'	45.88
	1) 747 Burch-lucich, Beau	2) 749 Frates, Josh
	3) 755 Smith, Casey	4) 758 Williams, TJ
--	Simon Fraser 'A'	DNF
	1) 717 Boss, Andrew	2) 723 Newton, Adam
	3) 725 Nicolas, Dennis	4) 727 Unruh, Tyson

Men 4x400 Meter Relay

School		Finals
1	Western Washington 'A'	3:30.31
	1) 869 Agyei, Augustine	2) 876 David, Toby

3) 881 Gray, Andrew	4) 897 Tilley, Alex	
2 British Columbia 'A'		3:34.33
1) 525 Allestar, Stuart	2) 527 Beck, Matt	
3) 543 Smith, Jordan	4) 533 Jankowski, Theo	
3 Seattle U. 'B'		3:36.69
1) 691 Mezzera, Tom	2) 696 Stanfield, Zach	
3) 695 Smith Fraser, Jabari	4) 682 Auld, Chris	
4 Seattle U. 'A'		3:39.39
1) 697 Sullivan, Daniel	2) 690 Mezzera, Jim	
3) 700 Winger, Rustin	4) 692 Miller, Graham	

Men 4x800 Meter Relay

School	Finals
1 Simon Fraser 'A'	7:48.46
1) 720 Fraser, Seth	2) 718 Culley, Mitchell
3) 724 Nichol, Stephen	4) 1002 Fraser, Chad

Men High Jump

Name	Year School	Finals
Flight 1		
1 555 Bailey, Cameron	Central Washingt	2.06m 6-09.00
1.80 1.85 1.90 1.95 2.00 2.06 2.08		
P P P O XXO O XXX		
2 787 Vetter, Jake	Unattached-Washi	1.95m 6-04.75
1.80 1.85 1.90 1.95 2.00		
O O O O XXX		
2 794 Little, Paul	Vancouver T-Bird	1.95m 6-04.75
1.80 1.85 1.90 1.95 2.00		
P P O O XXX		
4 686 Jaros, Ty	Seattle U.	1.85m 6-00.75
1.80 1.85 1.90		
O O XXX		
4 698 Sweeney, Devlin	Seattle U.	1.85m 6-00.75
1.80 1.85 1.90		
O O XXX		

Men Pole Vault

=====

Name	Year	School	Finals	
1 835 O'Connor, Jared		Washington	5.35m	17-06.50
4.30 4.45 4.60 4.75 4.90 5.05 5.15 5.25 5.35 5.42				
P P P P P XXO P P XO XXX				
2 837 Roth, Scott		Washington	5.15m	16-10.75
4.30 4.45 4.60 4.75 4.90 5.05 5.15 5.25 5.35				
P P P P P P XO P XXX				
3 562 McCoy, Scott		Club Northwest	4.75m	15-07.00
4.30 4.45 4.60 4.75 4.90				
P P P O XXX				
3 874 Brown, Ryan		Western Washingt	4.75m	15-07.00
4.30 4.45 4.60 4.75 4.90				
P P P O XXX				
5 902 Winters, Josh		Western Washingt	4.60m	15-01.00
4.30 4.45 4.60 4.75				
P P XO XXP				
5 785 Oudekirk, Austin		Unattached-Washi	4.60m	15-01.00
4.30 4.45 4.60 4.75				
P XXO XO XXX				
7 903 Woodard, Hayden		Western Washingt	4.30m	14-01.25
4.30 4.45				
O XXX				
-- 844 Vu, Ryan		Washington	NH	
4.30 4.45 4.60 4.75 4.90				
P P P P XXX				
-- 884 Hoza, Nick		Western Washingt	NH	
4.3				
XXX				

Men Long Jump

Name	Year	School	Finals	Wind
1 652 Felt, Justin		Seattle Pacific	7.04m	1.0 23-0
FOUL(-0.2) FOUL(-0.3) 7.04m(1.0) 6.82m(0.2) FOUL(0.2) FOUL(0.9)				
2 528 Elliott, Svob		British Columbia	6.65m	+0.0 21-1
FOUL(1.4) 6.35m(-0.7) 6.39m(-0.2) FOUL(-0.1) FOUL(1.2) 6.65m(+0.0)				
3 882 Gruger, Shane		Western Washingt	6.51m	-1.5 21-0
FOUL(0.7) FOUL(-1.2) 6.51m(-1.5) PASS FOUL(0.2) FOUL(+0.0)				
4 783 Johnson, Clayton		Unattached-Washi	6.45m	1.3 21-0
6.45m(1.3) 6.02m(+0.0) 6.07m(0.2) 5.89m(-0.9) 6.04m(-0.8) 6.13m(0.3)				

5	725 Nicolas, Dennis	Simon Fraser	6.42m	1.0	21-0
	6.39m(0.2) FOUL(0.2) FOUL(0.7) FOUL(-0.8) 6.42m(1.0) FOUL(0.4)				
6	693 Odoemene, Udoka	Seattle U.	6.41m	0.3	21-0
	FOUL(0.8) 6.22m(+0.0) FOUL(-0.9) 6.37m(1.3) 6.34m(0.8) 6.41m(0.3)				
7	782 Fedore, Cale	Unattached-Washi	6.26m	0.2	20-0
	FOUL(1.4) 6.26m(0.2) FOUL(-0.5) FOUL(-1.1) 6.22m(1.1) FOUL(0.8)				
8	780 Coleman, Justin	Unattached-Washi	6.15m	-0.1	20-0
	5.98m(+0.0) 6.09m(-0.5) 6.15m(-0.1) 6.01m(0.9) 5.86m(0.6) 6.07m(1.1)				
9	887 Koreyasu, Evan	Western Washingt	6.12m	-0.7	20-0
	FOUL(2.4) 6.12m(-0.7) 5.90m(-1.0)				
--	535 Khouw, Justin	British Columbia	FOUL		
	FOUL(2.1) FOUL(+0.0) FOUL(1.2)				
--	623 Pierre, Miguel	Pearson's Athlet	FOUL		
	FOUL x				

Men Triple Jump

=====					
Name	Year	School	Finals	Wind	
=====					
1	783 Johnson, Clayton	Unattached-Washi	14.10m	2.1	46-0
	14.10m(2.1) 13.81m(1.5) 13.78m(-0.1) 13.69m(0.9) PASS PASS				
2	877 Davis, Will	Western Washingt	14.02m	1.2	46-0
	13.54m(0.2) 13.50m(+0.0) 13.89m(1.0) 13.55m(0.5) FOUL(1.9) 14.02m(1.2)				
3	893 Satterwhite, Tim	Western Washingt	13.96m	0.5	45-0
	FOUL(1.7) FOUL(0.8) 13.96m(0.5) 13.75m(1.0) FOUL(0.8) FOUL(0.8)				
4	722 Moldanov, Sviatosl	Simon Fraser	13.93m	1.6	45-0
	13.93m(1.6) FOUL(-0.7) FOUL(1.7) 13.40m(0.6) FOUL(1.3) 13.87m(0.4)				
5	686 Jaros, Ty	Seattle U.	13.43m	+0.0	44-0
	FOUL(3.5) FOUL(-0.2) 13.43m(+0.0) FOUL(0.4) FOUL(2.5) FOUL(1.7)				
--	754 Noble, Philip	Treasure Valley	FOUL		
	FOUL(2.1) FOUL(-0.1) FOUL(0.7) FOUL(0.2) FOUL(2.5) FOUL(0.8)				
--	780 Coleman, Justin	Unattached-Washi	FOUL		
	FOUL(+0.0) FOUL(1.7) FOUL(1.0) FOUL(1.6) PASS PASS				
--	833 McCune, Josh	Washington	FOUL		
	FOUL(2.3) FOUL(0.5) FOUL(-1.3) PASS PASS PASS				

Men Shot Put

=====					
Name	Year	School	Finals		
=====					
1	733 Washington, Sam	St. Martin's	15.54m	51-00.00	
	15.20m FOUL FOUL 15.28m 14.86m 15.54m				

2	899 Varkevisser, Brand	Western Washingt	14.10m	46-03.25
	13.00m	13.67m	13.51m	14.10m
	13.46m	13.81m		
3	880 Elder, Ben	Western Washingt	13.76m	45-01.75
	13.76m	FOUL	FOUL	PASS
		PASS	PASS	
4	615 Nielsen, Jeff	Pacific Lutheran	13.14m	43-01.50
	FOUL	12.21m	12.33m	12.37m
		12.74m	13.14m	
5	770 Hoffman, Michael	Unattached	12.83m	42-01.25
	12.83m	11.24m	12.16m	12.22m
		12.70m	12.65m	
6	875 Cunningham, Donava	Western Washingt	11.34m	37-02.50
	FOUL	11.34m	FOUL	10.75m
		FOUL	FOUL	
7	752 Jones III, Reginal	Treasure Valley	10.46m	34-04.00
	9.94m	FOUL	10.33m	10.46m
		10.46m	9.57m	

Men Discus Throw

=====				
Name	Year	School	Finals	
=====				
1	1001 Conwell, Will	Club Northwest	55.29m	181-05
	54.07m	53.68m	55.29m	53.53m
		FOUL	FOUL	
2	829 Follmer, Peter	Washington	49.92m	163-09
	48.32m	FOUL	47.10m	FOUL
		49.92m	48.66m	
3	733 Washington, Sam	St. Martin's	47.32m	155-03
	46.02m	47.32m	FOUL	44.19m
		FOUL	45.82m	
4	875 Cunningham, Donava	Western Washingt	46.57m	152-09
	FOUL	46.57m	43.79m	45.72m
		46.56m	46.37m	
5	880 Elder, Ben	Western Washingt	45.85m	150-05
	43.85m	45.85m	FOUL	42.69m
		45.18m	45.26m	
6	542 Skermer, David	British Columbia	45.50m	149-03
	45.50m	FOUL	FOUL	45.44m
		FOUL	FOUL	
7	770 Hoffman, Michael	Unattached	44.21m	145-00
	40.60m	FOUL	FOUL	44.21m
		41.14m	41.72m	
8	889 Michaelson, Bryant	Western Washingt	42.20m	138-05
	42.20m	41.86m	42.15m	41.09m
		FOUL	FOUL	

Men Hammer Throw

=====				
Name	Year	School	Finals	
=====				
1	613 McNeill, Conor	Pacific Lutheran	49.42m	162-02
	43.30m	46.86m	47.07m	42.81m
		FOUL	49.42m	
2	770 Hoffman, Michael	Unattached	48.60m	159-05
	46.73m	FOUL	47.26m	48.60m
		FOUL	43.59m	

3	733 Washington, Sam	St. Martin's	47.69m	156-05
	45.53m	FOUL	44.05m	FOUL
			47.69m	46.23m
4	615 Nielsen, Jeff	Pacific Lutheran	38.76m	127-02
	FOUL	38.76m	FOUL	35.24m
			FOUL	38.54m
5	609 Berkedal, Bjorn	Pacific Lutheran	38.50m	126-04
	FOUL	FOUL	38.50m	FOUL
			FOUL	PASS
6	889 Michaelson, Bryant	Western Washingt	36.38m	119-04
	FOUL	FOUL	FOUL	FOUL
			36.38m	36.13m

Men Javelin Throw

Name	Year School	Finals
1	537 Moss, Curtis	British Columbia
	62.51m	61.98m
	61.85m	59.56m
	58.25m	58.63m
2	834 Nyland, David	Washington
	58.03m	58.45m
	59.31m	60.24m
	60.96m	59.19m
3	765 Brewer, Justin	Unattached
	59.80m	57.20m
	58.30m	52.52m
	53.03m	60.32m
4	845 Woods, Zach	Washington
	FOUL	56.15m
	54.94m	57.84m
	FOUL	55.89m
5	883 Harrison, Alex	Western Washingt
	53.91m	FOUL
	FOUL	50.02m
	53.86m	49.82m
6	750 Hart, Kyle	Treasure Valley
	52.85m	41.95m
	48.25m	46.38m
	46.61m	FOUL
7	901 Wilhelmy, Steven	Western Washingt
	44.46m	48.83m
	50.07m	47.08m
	48.24m	51.18m
8	878 Dekock, Ben	Western Washingt
	47.84m	44.96m
	46.79m	46.58m
	44.82m	FOUL

7 PM

