

3-14-2009

# Willamette/Western Oregon/University of Oregon Running Club

Great Northwest Athletic Conference

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Women 100 Meter Dash

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NCAA AUTO: \$ 12.00  
 NCAA PROV: @ 12.30  
 Bowles Track: \* 12.06 1986 Sheren Wegener, Western Oregon  
 NWC: # 13.61

Name	Year	School	Finals	Wind
=====				
Finals				
1 Luecht, Jennifer		Willamette	12.65	3.5
2 Dittmar, Stefani		Western Oregon	12.75	3.5
3 Dinsmore, Jaela		Willamette	12.87	3.5
4 Marsalli, Lydia		Willamette	13.30	3.5
5 Minor, Carrie		UNAT	13.58	3.5
6 Barnett, Danielle		Willamette	14.00	3.5
7 DeCoursey, Julie		UO Running Club	14.97	3.5

Women 200 Meter Dash

=====

NCAA AUTO: \$ 24.57  
 NCAA PROV: @ 25.25  
 Bowles Track: \* 25.05 1979 Lorin Barnes, Flathead Valley  
 NWC: # 27.76

Name	Year	School	Finals	Wind	H#
=====					
1 Luecht, Jennifer		Willamette	25.99	3.8	1
2 Meusec, Lacey		Western Oregon	26.34	3.8	1
3 Dinsmore, Jaela		Willamette	26.52	3.8	1
4 Dittmar, Stefani		Western Oregon	26.91	3.8	1
5 Marsalli, Lydia		Willamette	27.42	3.8	1
6 Mosher, Ali		Western Oregon	27.57	3.8	1
7 Vander Meulen, Janna		Western Oregon	27.75	3.8	1
8 Minor, Carrie		UNAT	27.85	1.8	2
9 DeCoursey, Julie		UO Running Club	30.40	1.8	2

Women 400 Meter Dash

=====

NCAA AUTO: \$ 55.90  
 NCAA PROV: @ 57.50  
 Bowles Track: \* 55.34 2004 Althea Johnson  
 NWC: # 1:03.23

Name	Year	School	Finals
1 Meusec, Lacey		Western Oregon	1:00.73#
2 Butcher, Meryl		Western Oregon	1:00.92#
3 Skordahl, Zoe		Western Oregon	1:02.21#
4 Mosher, Ali		Western Oregon	1:03.15#
5 Nhim, Samantha		Willamette	1:03.40
6 Boehle-Silva, Kali		Willamette	1:05.80

Women 800 Meter Run

NCAA AUTO: \$ 2:11.00  
 NCAA PROV: @ 2:14.40  
 Bowles Track: \* 2:10.04 1998 Rachel Sauder  
 NWC: # 2:25.44

Name	Year	School	Finals
1 Spartas, Elizabeth		Willamette	2:29.32
2 Mohror, Kristen		UO Running Club	2:30.73
3 Polanco, Edith		Willamette	2:32.06
4 Rodell, Maja		UO Running Club	2:37.76
5 Venable, Sally		Willamette	2:38.78

Women 1500 Meter Run

NCAA AUTO: \$ 4:32.50  
 NCAA PROV: @ 4:39.00  
 Bowles Track: \* 4:24.13 1999 Marla Runyan  
 NWC: # 4:59.92

Name	Year	School	Finals
1 Coffman, Maddie		Willamette	4:52.83#
2 Howell, Sarah		UNAT	4:54.64#
3 Morrison, Tricia		Western Oregon	4:55.66#
4 Snawder, Erica		Western Oregon	4:56.28#
5 Zambon, Erica		Western Oregon	4:57.22#
6 Winger, Jena		Willamette	4:58.76#
7 Mohror, Kristen		UO Running Club	4:59.81#

8	Wright, Amanda	Western Oregon	5:02.52
9	Polanco, Edith	Willamette	5:04.64
10	Spartas, Elizabeth	Willamette	5:08.53
11	Venable, Sally	Willamette	5:17.46
12	Tollefson, Phoebe	Willamette	5:17.64
13	Rodell, Maja	UO Running Club	5:22.34
14	Sommer, Kalin	UO Running Club	5:31.70

Women 3000 Meter Steeplechase

=====

NCAA AUTO: \$ 10:44.00  
 NCAA PROV: @ 11:13.00  
 Bowles Track: \* 10:50.84 2003 Kristina Proticova, Northwest College  
 NWC: # 12:50.15

Name	Year	School	Finals
1		Willamette	10:49.67*
2		Willamette	12:41.67#
3		Willamette	13:01.70
--		UNAT	DNF
--		Willamette	DNF

Women High Jump

=====

NCAA AUTO: \$ 1.71m  
 NCAA PROV: @ 1.65m  
 Bowles Track: \* 1.78m 1983 Carina Westover  
 NWC: # 1.42m

Name	Year	School	Finals
1		Willamette	1.52m# 4-11.75
2		Western Oregon	1.42m# 4-07.75

Women Pole Vault

=====

NCAA AUTO: \$ 3.82m  
 NCAA PROV: @ 3.50m  
 Bowles Track: \* 4.35m 2006 Nikki McEwen, Team XO  
 NWC: # 2.51m

Name	Year	School	Finals
1		Willamette	2.90m# 9-06.25

Women Long Jump

=====

NCAA AUTO: \$ 5.80m  
NCAA PROV: @ 5.47m  
Bowles Track: \* 5.90m 1996           Saran Patillo, Willamette  
NWC: # 4.75m

Name	Year	School	Finals	Wind
1 Helbling, Jacque		Western Oregon	5.26m#	-1.8 17-0
2 Barnett, Danielle		Willamette	4.40m	2.4 14-0
3 Cobley, Jessica		Willamette	4.36m	2.4 14-0

Women Shot Put

=====

NCAA AUTO: \$ 14.20m  
NCAA PROV: @ 12.90m  
Bowles Track: \* 14.67m 1990           Carrie Pietig, Willamette  
NWC: # 9.78m

Name	Year	School	Finals
1 Edholm, Christina		Willamette	11.62m# 38-01.50
2 Taylor, Alyssa		Western Oregon	11.23m# 36-10.25

Women Discus Throw

=====

NCAA AUTO: \$ 47.00m  
NCAA PROV: @ 42.50m  
Bowles Track: \* 54.69m 2004           Mary Etter, Team XO  
NWC: # 30.13m

Name	Year	School	Finals
1 Edholm, Christina		Willamette	34.41m# 112-11
2 Taylor, Alyssa		Western Oregon	32.33m# 106-01
3 Peterson, Katie		Willamette	26.71m 87-07

Women Hammer Throw

=====

NCAA AUTO: \$ 52.60m  
NCAA PROV: @ 46.50m  
Bowles Track: \* 63.10m 2005           Cari Soong, Team XO  
NWC: # 31.40m

Name	Year School	Finals	
1 Taylor, Alyssa	Western Oregon	40.82m#	133-11
2 Edholm, Christina	Willamette	39.19m#	128-07
3 Peterson, Katie	Willamette	20.27m	66-06

Women Javelin Throw

NCAA AUTO: \$ 44.20m  
 NCAA PROV: @ 38.50m  
 Bowles Track: \* 46.36m 2006 Lauren Sexton, Concordia (OR)  
 NWC: # 31.75m

Name	Year School	Finals	
1 Lorenzen, Jillian	Western Oregon	35.76m#	117-04
2 Peterson, Katie	Willamette	35.35m#	116-00
3 Morris, Caitlyn	Unattached	33.91m#	111-03

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year School	Finals	Wind	Point
1 Miller, Brandi	Willamette	27.72	-0.1	65
2 Smith, Brooke	Willamette	28.79	-0.1	57

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Miller, Brandi	Willamette	2:39.42	580
2 Smith, Brooke	Willamette	2:50.71	456

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year School	Finals	Wind	Point
1 Helbling, Jacque	Western Oregon	15.17	+0.0	81
2 Vander Meulen, Janna	Western Oregon	16.02	+0.0	71
3 Smith, Brooke	Willamette	16.17	+0.0	69
4 Miller, Brandi	Willamette	16.86	+0.0	61
5 Mosher, Ali	Western Oregon	17.92	+0.0	49

Heptathlon: #2 Women High Jump Heptathlon

Name	Year School	Finals
1 Smith, Brooke	Willamette	1.57m 5-01.75
2 Miller, Brandi	Willamette	1.36m 4-05.50

Heptathlon: #5 Women Long Jump Heptathlon

Name	Year School	Finals	Wind
1 Smith, Brooke	Willamette	4.76m	2.4 15-0
2 Miller, Brandi	Willamette	4.50m	2.1 14-0

Heptathlon: #3 Women Shot Put Heptathlon

Name	Year School	Finals
1 Smith, Brooke	Willamette	10.51m 34-05.75
2 Miller, Brandi	Willamette	8.55m 28-00.75

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year School	Finals
1 Smith, Brooke	Willamette	31.18m 102-03
2 Miller, Brandi	Willamette	20.00m 65-07

Women Heptathlon

NCAA AUTO: \$	4600	
NCAA PROV: @	4100	
Bowles Track: *	4919	1983 Linda Hightower, Oregon Track Club
Name	Year School	Finals
1 Smith, Brooke	Willamette	3978
2 Miller, Brandi	Willamette	3467

Men 100 Meter Dash

NCAA AUTO: \$	10.55
NCAA PROV: @	10.78

Bowles Track: \* 10.55 2008 Josh Cain  
NWC: # 11.46

Name	Year	School	Finals	Wind	H#
1 Aguilar, Gabe		Western Oregon	10.75	4.5	1
2 Wells, Dylan		Western Oregon	11.02	4.5	1
3 Freeman, Chris		Western Oregon	11.29	4.5	1
3 Moland, Abe		Willamette	11.29	4.5	1
5 Howard, Neal		Willamette	11.42#	2.0	2
6 Dick, Nate		Willamette	11.57	4.5	1
7 Smith, Isaiah		Western Oregon	11.63	4.5	1
8 Reisnaur, Tyler		Western Oregon	11.73	2.0	2
9 White, Ray		Willamette	11.81	2.0	2
10 Colton, George		Willamette	11.91	4.5	1
11 Coy, Garrison		Willamette	12.55	2.0	2

Men 200 Meter Dash

NCAA AUTO: \$ 21.31

NCAA PROV: @ 21.80

Bowles Track: \* 21.20 2008 Ryan Bailey  
NWC: # 23.44

Name	Year	School	Finals	Wind
1 Wells, Dylan		Western Oregon	22.93	4.1
2 Estep, Blake		Western Oregon	23.12	4.1
3 Moland, Abe		Willamette	23.25	4.1
4 Meuser, Andy		Willamette	23.38	4.1
5 Dick, Nate		Willamette	23.39	4.1
6 Howard, Neal		Willamette	23.43	4.1
7 Manwell, Robert		Western Oregon	23.95	4.1
8 Chiapella, Tom		Willamette	24.10	4.1

Men 400 Meter Dash

NCAA AUTO: \$ 47.40

NCAA PROV: @ 48.50

Bowles Track: \* 47.44 1976 Carl Shaw, Linfield  
NWC: # 52.03

Name	Year	School	Finals	H#
1 Winger, Paul		Willamette	49.71#	1



2	Mott, Ashtin	Western Oregon	50.48#	1
3	Estep, Blake	Western Oregon	50.54#	1
4	Lackman, Drew	Willamette	51.40#	1
5	Morgan, Wyatt	UNAT	52.06	2
6	Kendrick, Michael	Western Oregon	52.15	2
7	Loscutoff, Andy	Western Oregon	52.36	1
8	Brown, Michael	Western Oregon	52.63	1
9	Meuser, Andy	Willamette	52.71	1
10	Bodding-Long, Tristan	Willamette	52.96	1
11	Hanshumaker, Marshall	Western Oregon	53.73	2
12	Werner, Jordan	Western Oregon	55.64	2

Men 800 Meter Run

=====

NCAA AUTO: \$ 1:51.10  
 NCAA PROV: @ 1:53.00  
 Bowles Track: \* 1:48.04 1982 Mark Fricker, Oregon State  
 NWC: # 2:00.16

Name	Year	School	Finals
1		Kotaich, Kyle	Willamette 1:59.40#
2		Lesch-Wragge, Geoff	UO Running Club 1:59.42#
3		Larson, Kyle	Western Oregon 2:00.60
4		Parker, Matt	Willamette 2:01.76
5		Massari, Zach	Western Oregon 2:06.25
6		Webb, Abe	Western Oregon 2:06.77
7		Grabman, Bart	Willamette 2:07.38

Men 1500 Meter Run

=====

NCAA AUTO: \$ 3:50.60  
 NCAA PROV: @ 3:55.00  
 Bowles Track: \* 3:40.24 1966 Dyrol Burleson  
 NWC: # 4:08.51

Name	Year	School	Finals
1		Long, Jeff	Western Oregon 3:59.67#
2		Gilbertson, Reid	Willamette 4:02.08#
3		Redfield, Stefan	Willamette 4:03.69#
4		Reed, Chris	Western Oregon 4:05.18#
5		McLaughlin, Ryan	Willamette 4:05.84#
6		Jackson, Braxton	Western Oregon 4:05.89#

7	McCrary, Matt	Western Oregon	4:06.37#
8	Lanning, Jonathan	Willamette	4:09.10
9	Parker, Matt	Willamette	4:10.13
10	Karr, Nik	Western Oregon	4:12.29
11	Laverty, Keith	UO Running Club	4:13.83
12	Karr, Justin	Western Oregon	4:14.37
13	Barnhart, Matt	UO Running Club	4:14.81
14	Corrigan, Colin	UO Running Club	4:16.67
15	O'Brien, Carson	Western Oregon	4:17.17
16	Smith, Nate	Willamette	4:17.59
17	Reid, David	UO Running Club	4:19.01
18	Alvarez, Daniel	UO Running Club	4:22.66
19	Guzman, Gio	UO Running Club	4:24.68
20	Banker, Travis	Western Oregon	4:26.11
21	Reese, Nate	Western Oregon	4:28.70
22	Cavanagh, Jordon	UO Running Club	4:29.46
23	Weisbard, Matt	Willamette	4:33.48
24	Goff, Jason	UO Running Club	4:35.71
25	Manoogian-O'Dell, Brin	Willamette	4:49.07
26	Diamond, Austin	UO Running Club	4:52.07
27	McLauchlan, Mark	UO Running Club	4:54.67
28	Logan, Andrew	UO Running Club	5:00.12
29	Gale, William	Willamette	5:12.22

Men 3000 Meter Steeplechase

=====

NCAA AUTO: \$ 9:08.00  
NCAA PROV: @ 9:23.00  
Bowles Track: \* 8:49.15 2006 Max King, Team XO  
NWC: # 10:40.39

Name	Year	School	Finals
1	Rebol, Nicholas	Willamette	9:41.55#
2	Platano, Chris	Willamette	9:42.13#
3	Donovan, Ben	Willamette	9:53.54#
4	Sprinkle, Dan	Western Oregon	10:13.89#
5	Sieck, Kyle	Western Oregon	10:46.58
6	Clough, Josh	Willamette	10:51.28
--	Donovan, Joe	Willamette	DNF

Men High Jump

=====

NCAA AUTO: \$ 2.11m

NCAA PROV: @ 2.02m

Bowles Track: \* 2.18m 1996 Scott Radetich, Linfield

NWC: # 1.80m

Name	Year	School	Finals	
1 Wegner, Robert		Western Oregon	1.90m#	6-02.75
2 Lariza, Matt		Western Oregon	1.80m#	5-10.75

#### Men Pole Vault

NCAA AUTO: \$ 5.04m

NCAA PROV: @ 4.70m

Bowles Track: \* 5.03m 1994 Curt Heywood, Linfield

NWC: # 3.94m

Name	Year	School	Finals	
1 Nevin, Brandt		Willamette	3.95m#	12-11.50
2 Bilbao, Aaron		Willamette	J3.95m#	12-11.50
3 Roberts, Austin		Unattached	3.80m	12-05.50
4 Foley, Conor		Willamette	3.65m	11-11.75
-- Udell, Zeb		Western Oregon	NH	
-- Takeda, Colby		Willamette	NH	

#### Men Long Jump

NCAA AUTO: \$ 7.30m

NCAA PROV: @ 7.00m

Bowles Track: \* 7.62m 2002 Go Go Peters, Oregon International

NWC: # 6.28m

Name	Year	School	Finals	Wind
1 Freeman, Chris		Western Oregon	6.43m	3.6 21-0
2 Reisnaur, Tyler		Western Oregon	6.40m	3.5 21-0
3 Wegner, Robert		Western Oregon	6.21m	3.4 20-0
4 Lariza, Matt		Western Oregon	5.98m	3.1 19-0
5 White, Ray		Willamette	5.97m	4.0 19-0
6 Woodland, Jonathan		Willamette	5.88m	4.4 19-0
7 Smith, Isaiah		Western Oregon	5.82m	4.4 19-0
8 Woo, Merben		Willamette	5.81m	2.5 19-0

#### Men Shot Put

=====

NCAA AUTO: \$ 17.00m  
 NCAA PROV: @ 15.45m  
 Bowles Track: \* 18.53m 1968 Ken Patera, Portland T.C.  
 NWC: # 12.68m

Name	Year	School	Finals	
1 Clothier, Josh		Willamette	13.85m#	45-05.25
2 Barrett, Robert		Western Oregon	13.82m#	45-04.25
3 Monroe, Jacob		Willamette	13.54m#	44-05.25
4 Slowey, Jason		Western Oregon	12.91m#	42-04.25
5 Sather, Craig		Willamette	12.51m	41-00.50
6 Collins, Steve		Willamette	12.23m	40-01.50
7 Short, Jeff		Willamette	11.52m	37-09.50
8 Schryvers, Matt		Western Oregon	11.35m	37-03.00
9 Kornei, Mark		Willamette	9.89m	32-05.50

Men Discus Throw

=====

NCAA AUTO: \$ 51.50m  
 NCAA PROV: @ 47.00m  
 Bowles Track: \* 56.34m 1983 Brad Boland  
 NWC: # 39.77m

Name	Year	School	Finals	
1 Oppat, David		Willamette	44.72m#	146-09
2 Monroe, Jacob		Willamette	43.52m#	142-09
3 Clothier, Josh		Willamette	40.67m#	133-05
4 Slowey, Jason		Western Oregon	38.22m	125-05
5 Schryvers, Matt		Western Oregon	37.51m	123-01
6 Reavis, Kody		Western Oregon	28.36m	93-00

Men Hammer Throw

=====

NCAA AUTO: \$ 57.00m  
 NCAA PROV: @ 52.00m  
 Bowles Track: \* 69.80m 1985 John McArdle, Oregon International  
 NWC: # 39.88m

Name	Year	School	Finals	
1 Monroe, Jacob		Willamette	50.62m#	166-01
2 Collins, Steve		Willamette	45.46m#	149-02

3	Bassett-Smith, Trevor	Willamette	43.81m#	143-09
4	Schryvers, Matt	Western Oregon	42.78m#	140-04
5	Barrett, Robert	Western Oregon	41.59m#	136-05
6	Reavis, Kody	Western Oregon	39.42m	129-04
7	Sather, Craig	Willamette	38.94m	127-09
8	Short, Jeff	Willamette	38.77m	127-02
9	Caster, Garret	Western Oregon	34.11m	111-11
10	Kornei, Mark	Willamette	30.97m	101-07

Men Javelin Throw

=====

NCAA AUTO: \$ 62.50m  
 NCAA PROV: @ 57.50m  
 Bowles Track: \* 66.30m 2008           Cyrus Hostetler, Lane CC  
 NWC: # 51.17m

Name	Year School	Finals	
1	Nevin, Brandt	Willamette	52.50m# 172-03
2	Reavis, Kody	Western Oregon	47.86m 157-00
3	Nicola, Jacob	Unattached	43.76m 143-07

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year School	Finals	Wind	Point
1	Piros, Grant	Willamette	11.56 +0.0	74
2	May, Trevor	Willamette	11.78 +0.0	69
3	Patton, Andrew	Willamette	11.83 +0.0	68
4	Colignon, Evin	Willamette	11.93 +0.0	66

Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year School	Finals	Points
1	Patton, Andrew	Willamette	52.53 702
2	Piros, Grant	Willamette	52.56 700
3	Colignon, Evin	Willamette	52.77 691
4	May, Trevor	Willamette	53.46 662

Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year School	Finals	Points
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1	May, Trevor	Willamette	4:59.04	565
2	Piros, Grant	Willamette	4:59.27	564
3	Patton, Andrew	Willamette	5:00.84	555
4	Colignon, Evin	Willamette	5:14.39	480

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year	School	Finals	Wind	Point
1	May, Trevor	Willamette	15.66	3.3	77
2	Piros, Grant	Willamette	15.96	3.3	73
3	Colignon, Evin	Willamette	17.41	3.3	58
4	Patton, Andrew	Willamette	17.48	3.3	57

Decathlon: #4 Men High Jump Decathlon

Name	Year	School	Finals
1	Patton, Andrew	Willamette	1.82m 5-11.50
2	May, Trevor	Willamette	1.79m 5-10.50
3	Colignon, Evin	Willamette	1.76m 5-09.25
4	Piros, Grant	Willamette	1.70m 5-07.00

Decathlon: #8 Men Pole Vault Decathlon

Name	Year	School	Finals
1	Colignon, Evin	Willamette	3.05m 10-00.00
1	Piros, Grant	Willamette	3.05m 10-00.00
3	May, Trevor	Willamette	2.45m 8-00.50
3	Patton, Andrew	Willamette	2.45m 8-00.50

Decathlon: #2 Men Long Jump Decathlon

Name	Year	School	Finals	Wind
1	Colignon, Evin	Willamette	6.22m	1.0 20-0
2	Piros, Grant	Willamette	6.10m	-1.0 20-0
3	Patton, Andrew	Willamette	5.73m	-0.9 18-0
4	May, Trevor	Willamette	5.71m	1.2 18-0

Decathlon: #3 Men Shot Put Decathlon

Name	Year School	Finals
1 Piros, Grant	Willamette	12.27m 40-03.25
1 Colignon, Evin	Willamette	12.27m 40-03.25
3 Patton, Andrew	Willamette	10.20m 33-05.75
4 May, Trevor	Willamette	9.60m 31-06.00

Decathlon: #7 Men Discus Throw Decathlon

Name	Year School	Finals
1 Colignon, Evin	Willamette	33.40m 109-07
2 Patton, Andrew	Willamette	28.65m 94-00
3 Piros, Grant	Willamette	28.48m 93-05
4 May, Trevor	Willamette	22.92m 75-02

Decathlon: #9 Men Javelin Throw Decathlon

Name	Year School	Finals
1 Piros, Grant	Willamette	59.37m 194-09
2 Colignon, Evin	Willamette	45.77m 150-02
3 May, Trevor	Willamette	40.70m 133-06
4 Patton, Andrew	Willamette	36.27m 119-00

Men Decathlon

NCAA AUTO: \$	6600	
NCAA PROV: @	6050	
Bowles Track: *	7199 1984	David Crume, Willamette
Name	Year School	Finals
1 Piros, Grant	Willamette	6048
2 Colignon, Evin	Willamette	5696
3 May, Trevor	Willamette	5310
4 Patton, Andrew	Willamette	5245

