

2010 GNAC Championships (May 14-15 at Monmouth)

Women's Team Scores – Seattle Pacific 224, Western Washington 190, Northwest Nazarene 128 1/2, Western Oregon 115, Central Washington 69 1/2, Alaska Anchorage 68, Montana State Billings 21, Saint Martin's 2. **Outstanding Performer** - Crystal Sims, Seattle Pacific.

100 – 1. Latasha Essien, SPU, 12.16; 2. Joana Houplin, WWU, 12.36; 3. Crystal Sims, SPU, 12.50; 4. Ardienna Everett, UAA, 12.56; 5. Megan Zukowski, WWU, 12.59; 6. Lacey Meusec, WOU, 12.66; 7. Melissa Grammer, NNU, 12.70; 8. Christabel Leonce, NNU, 12.94.

200 – 1. Latasha Essien, SPU, 25.23; 2. Crystal Sims, SPU, 25.37; 3. McKenzie Redberg, WOU, 25.52; 4. Megan Zukowski, WWU, 25.59; 5. Joana Houplin, WWU, 25.74; 6. Lacey Meusec, WOU, 25.82; 7. Sarah Kathrein, WOU, 25.90; 8. Erika Halle, MSUB, 26.07.

400 – 1. Emily Quatier, SPU, 57.23; 2. Sarah Brownell, WWU, 57.77; Lindsay Brady, NNU, 57.84; 4. Jennifer Pike, SPU, 58.64; 5. Meryl Butcher, WOU, 58.66; 6. Lexi Pola, WOU, 58.98; 7. Megan O'Connell, WWU, 59.30; 8. Crystal McDowell, WOU, 59.86.

800 – 1. Jessica Pixler, SPU, 2:06.38 (meet record, old, Jessica Pixler, 2:10.66, 2010 prelims); 2. Rachael Johnson, WWU, 2:13.27; 3. Janelle Everetts, WOU, 2:13.55; 4. Lisa Anderberg, SPU, 2:13.90; 5. Jane Larson, SPU, 2:15.19; 6. Michelle Phillips, NNU, 2:15.26; 7. Sarah Jackson, MSUB, 2:19.56; 8. Kate Harline, SPU, 2:20.39.

1500 – 1. Jessica Pixler, SPU, 4:24.01 (meet record, old, Jane Larson, SPU, 4:29.66, 2008); 2. Courtney Olsen, WWU, 4:32.95; 3. Jane Larson, SPU, 4:33.41; 4. Ruth Keino, UAA, 4:34.34; 5. Miriam Kipng'eno, UAA, 4:34.37; 6. Laura Carr, UAA, 4:35.48; 7. Kate Harline, SPU, 4:36.76; 8. Kristi Fairbanks, WWU, 4:39.39.

5000 - 1. Sarah Porter, WWU, 16:39.39 (meet record, Mandy Kaempf, UAA, 17:24.11, 2006); 2. Laura Carr, UAA, 17:15.82; 3. Lauren Breihof, WWU, 17:29.65; 4. Miriam Kipng'eno, UAA, 17:30.46; 5. Ruth Keino, UAA, 17:31.51; 6. Danielle Slaughter, WWU, 18:25.47; 7. Amanda Wright, WOU, 18:33.03; 8. Mary Rogers, WWU, 18:37.85.

100 Hurdles – 1. Michelle Howe, WWU, 14.68; 2. Crystal Sims, SPU, 14.73; 3. Kaitlyn Reid, WOU, 14.85; 4. Lauren Laichak, UAA, 14.89; 5. Tanya Bjornsson, WWU, 14.98; 6. Janna Vander Meulen, WOU, 15.23; 7. Kira Lewis, SPU, 15.45; 8. Raquel Gonzalez, CWU, 15.74.

400 Hurdles - 1. Ardienna Everett, UAA, 1:02.45; 2. Kaitlyn Reid, WOU, 1:03.64; 3. Natalie Nobbs, SPU, 1:04.48; 4. Jennifer Pike, SPU, 1:04.64; 5. Michelle Howe, WWU, 1:05.19; 6. Kira Lewis, SPU, 1:06.55; 7. Raquel Gonzalez, CWU, 1:10.31; 8. Amanda Rose, CWU, 1:11.58.

4x100 Relay - 1. Western Oregon (Dittmar, Kathrein, McKenzie, Meusec) 47.81; 2. Western Washington (Houplin, Howe, Brownell, Zukowski) 48.07; 3. Seattle Pacific (Miranda, Peterson, Quatier, Sims) 48.34; 4. Northwest Nazarene (Leonce, Tidwell, Brady, Grammar) 48.70; 5. Alaska Anchorage (Everett, Harris, Friess, Laichak) 49.85; 6. MSU Billings (Derhak, Jackson, Simons, Halle) 50.50; 7. Central Washington (Jones, Takayoshi, Hampton, Gonzalez) 51.02.

4x400 Relay - 1. Seattle Pacific (Quatier, Sims, Anderberg, Pixler) 3:53.78; 2. Northwest Nazarene (Brady, Harwood, Puga, Rippy) 3:57.67; 3. Western Washington (Howe, Zukowski, O'Connell, Brownell) 3:58.46; 4. Western Oregon (Everetts, Butcher, Reid, Pola) 4:00.31; 5. Alaska Anchorage (Friess, Wilt, Everett, Bohman) 4:00.61; 6. MSU Billings (Jackson, Mickelsen, Halle, Simons) 4:09.92; 7. Central Washington (Hampton, Rose, Gonzalez, Lotze) 4:12.17; 8. Saint Martin's (Weiks, Owen, Llapitan, Laweryson) 4:16.21.

High Jump - 1. Amanda Overdick, WWU, 1.60 - 5-3; 2. Katy Gross, SPU, 1.60 - 5-3; 3. Jacquie Mattson, SPU, 1.55 - 5-01; 3. Angie Favored, WWU, 1.55 - 5-01; 5. Brittany Aanstad, SPU, 1.55 - 5-01; 6. Kelsey Neilson, WOU, 1.50 - 4-11; 7. Amanda Rose, CWU, 1.50 - 4-11; 8. Jasmyn Jewitt, NNU, 1.50 - 4-11; 8. Raquel Gonzalez, CWU, 1.50 - 4-11.

Triple Jump - 1. Amanda Alvarez, SPU, 11.92 - 39-1 1/4; 2. Ashley Potter, WOU, 11.87 - 38-11 1/2; 3. 50 Jasmyn Jewitt, NNU, 11.75 - 38-6 3/4; 4. Emily Warman, WWU, 11.71 - 38-5; 5. Laura Vonarx, NNU, 11.65 - 38-2 3/4; 6. Stephanie Jones, CWU, 11.31 - 37-1 1/4; 7. Katharine Lotze, CWU, 11.21 - 36-9 1/2; 8. Athena Alvarez, SPU, 11.17 - 36-7 3/4.

Shot Put - 1. Joy Warrington, NNU, 13.42 - 44-0 1/2; 2. Torrie Self, CWU, 12.76 - 41-10 1/2; 3. Raisa Yates, CWU, 12.48 - 40-11 1/2; 4. Kaylee Baumstark, CWU, 12.42 - 40-9; 5. Carly Dranginis, NNU, 12.37 - 40-7; 6. Jordan Stueckle, CWU, 12.24 - 40-2; 7. Brook Berg, MSUB, 11.90 - 39-0 1/2; 8. Brittany Jones, WWU, 11.75 - 38-6 3/4.

Hammer - 1. Torrie Self, CWU, 53.68 - 176-1; 2. Erika McCarthy, NNU, 48.94 - 160-7; 3. Carly Dranginis, NNU, 46.96 - 154-1; 4. Joy Warrington, NNU, 45.88 - 150-6; 5. Stefani Dittmar, WOU, 42.10 - 138-1; 7. Alicia Hedrick, NNU, 39.42 - 129-4; 8. Kaylee Baumstark, CWU, 39.36 - 129-2.

Friday's Finals:

Steeplechase - 1. Courtney Olsen, WWU, 10:50.62 (meet record, old 10:57.0, Jessica Harper, WOU, 2008); 2. Jaclyn Puga, NNU, 10:52.07; 3. Danielle Slaughter, WWU, 11:26.54; 4. Jordan Powell, NNU, 11:35.00; 5. Jessica Boyer, WWU, 11:45.05; 6. Megan Everetts, WOU, 11:49.10; 7. Meagan Swenson, NNU, 11:58.22; 8. Emma Bohman, UAA, 12:09.68.

10,000 - 1. Lauren Breihof, WWU, 36:16.89 (meet record, old 36:31.85, Sarah Porter, WWU, 2008); 2. Natty Plunkett, SPU, 36:40.80; 3. Sarah Porter, WWU, 37:33.28; 4. Amanda Wright, WOU, 37:42.87; 5. Sierra Brisky, WWU, 38:22.07; 6. Shoshana Keegan, UAA, 38:50.27; 7. KayAnna Cecchi, WOU, 40:23.67; 8. Helen Camden, SMU, 40:25.61.

Long Jump - 1. Ashley Potter, WOU, 5.59 - 18-4 ¼; 2. Emily Warman, WWU, 5.57 - 18-3 ¼; 3. Trinna Miranda, SPU, 5.48 - 17-11 ¼; 4. Amanda Alvarez, SPU, 5.42 - 17-9 ½; 5. Jasmyn Jewitt, NNU, 5.36 - 17-7; 6. Crystal Sims, SPU, 5.34 - 17-6 ¼; 7. Natalie Nobbs, SPU, 5.31 - 17-5 ¼; 8. Lacey Meusec, WOU, 5.30 - 17-4 ¼.

Pole Vault - 1. Melissa Peaslee, SPU, 3.60 - 11-9 ¾; 2. Karina Elzinga, NNU, 3.50 - 11-5 ¾; 3. Elsa Couvelier, WWU, 3.40 - 11-1 ¾; 4. Amanda DiEnno, WWU, 3.40 - 11-1 ¾; 4. Kjersti Gedde, SPU, 3.40 - 11-1 ¾; 6. Jamie Larsen, CWU, 3.30 - 10-10; 7. Karis Anderson, WWU, 3.30 - 10-10; 8. Jennifer Quick, WWU, 3.20 - 10-6.

Discus - 1. Alexi Halvorson, MSUB, 41.36 - 135-8; 2. Joy Warrington, NNU, 40.48 - 132-10; 3. Torrie Self, CWU, 40.38 - 132-6; 4. Carly Dranginis, NNU, 38.90 - 127-7; 5. Raisa Yates, CWU, 38.80 - 127-3; 6. Brittany Jones, WWU, 37.50 - 123-0; 7. Elisha Harris, UAA, 37.12 - 121-9; 8. Emily Spieker, WWU, 36.92 - 121-1.

Javelin - 1. Carolanne Powers, WOU, 47.16 - 154-9 (meet record, old 45.21 - 148-4, Stephanie Huffman, SPU, 2002); 2. Brittany Aanstad, SPU, 45.68 - 149-10; 3. Amanda Schumaker, WOU, 44.66 - 146-6; 4. Elisha Harris, UAA, 42.94 - 140-10; 5. Laura Vonarx, NNU, 42.54 - 139-7; 6. Monika Gruszecki, WWU, 42.14 - 138-3; 7. Lakiesha Nilles, NNU, 39.88 - 130-10; 8. Caitlyn Morris, WOU, 39.00 - 127-11.

Heptathlon (May 3-4) - 1. Crystal Sims, SPU, 4769; 2. Raquel Gonzalez, CWU, 4327; 3. Jennifer Pike, SPU, 4291; 4. Katy Gross, SPU, 4265; 5. Laura Vonarx, NNU, 4176; 6. Jill Bennett, NNU, 4127; 7. Lindsay Brady, NNU, 3902; 8. Brittany Tri, SPU, 3855; 9. Sarah Daigneault, WWU, 3710; 10. Siri Berg, CWU, 3529; 11. Ali Mosher, WOU, 3519; 12. Beth McLam, NNU, 3503; 13. Mary Seidler, CWU, 3007; 14. Hannah Scholter, SMU, 2988; Brittany Aanstad, SPU, did not finish.

Day 1 Results: 100 Hurdles - Sims 14.95, Pike 15.57, Gross 15.62, Gonzalez 15.64, Daigneault 15.87, Bennett 16.08, Mosher 16.17, Vonarx 16.50, Tri 16.60, Aanstad 17.34, Berg 17.55, McLam 17.56, Scholter 17.64, Brady 18.17, Seidler 18.45. High Jump - Aanstad 1.60 - 5-3, Gross 1.54 - 5-0 ½, Vonarx 1.51 - 4-11 ½, Gonzalez 1.51 - 4-11 ½, Bennett 1.51 - 4-11 ½, Tri 1.48 - 4-10 ¼, Sims 1.48 - 4-10 ¼, Berg 1.45 - 4-9, Pike 1.42 - 4-7 ¾, McLam 1.39 - 4-6 ¾, Daigneault 1.36 - 4-5 ½, Mosher 1.36 - 4-5 ½, Seidler 1.33 - 4-4 ¼, Brady 1.30 - 4-3 ¼, Scholter 1.27 - 4-2. Shot Put - Sims 11.22 - 36-9 ¾, Tri 10.03 - 32-11, Gross 9.97 - 32-8 ½, Brady 9.88 - 32-5, Gonzalez 9.68 - 31-9 ¼, Vonarx 9.37 - 30-9, Bennett 9.26 - 30-4 ¼, McLam 9.23 - 30-3 ½, Aanstad 9.12 - 29-11 ¼, Pike 8.86 - 29-1, Berg 8.83 - 28-11 ¾, Seidler 8.55 - 28-0 ¾, Mosher 7.95 - 26-1, Daigneault 7.95 - 26-1, Scholter 6.97 - 22-10 ½. 200 - Sims 25.87, Brady 26.72, Pike 26.96, Vonarx 27.93, Gonzalez 28.08, Mosher 28.15, Bennett 28.20, Gross 28.32, Daigneault 28.73, Aanstad 29.08, Berg 29.18, Tri 29.32, Scholter 29.52, McLam 29.97, Seidler 30.22.

Day 2 Results: Long Jump - Sims 5.36 - 17-7, Gross 5.33 - 17-6, Gonzalez 5.31 - 17-5 ¼, Bennett 5.21 - 17-1 ¼, Vonarx 5.10 - 16-8 ¾, Mosher 4.95 - 16-3, Pike 4.90 - 16-1, Daigneault 4.86 - 15-11 ½, Tri 4.77 - 15-7 ¾, Berg 4.67 - 15-4, Brady 4.64 - 15-2 ¾, Scholter 4.44 - 14-7, Seidler 4.40 - 14-5 ¼, McLam 4.35 - 14-3 ¼. Javelin - Tri 34.43 - 112-11, Vonarx 34.24 - 112-4, Pike 33.42 - 109-8, Gross 32.91 - 108-0, Gonzalez 30.56 - 100-3, Brady 29.55 - 96-11, Sims 29.09 - 95-5, McLam 28.97 - 95-0, Berg 27.55 - 90-5, Scholter 27.07 - 88-10, Bennett 26.56 - 87-2, Daigneault 21.29 - 69-10, Mosher 18.14 - 59-6, Seidler 17.92 - 58-9. 800 - Brady 2:19.30, Sims 2:22.94, Pike 2:25.91, Daigneault 2:29.03, Gonzalez 2:31.88, Bennett 2:32.18, McLam 2:33.08, Vonarx 2:35.77, Seidler 2:40.26, Mosher 2:42.92, Berg 2:43.68, Gross 2:44.66, Tri 2:47.21, Scholter 2:56.32.

Friday's Prelims:

100 - Heat 1, 1. Latasha Essien SPU, 12.11 (meet record, old, Bonnie Galloway, WOU, 12.26, 2005; old, Jody Binder, CWU, 12.0h, 2002); 2. Megan Zukowski, WWU, 12.42; 3. Melissa Grammer, NNU, 12.43; 4. Ardrienna Everett, UAA, 12.50; 5. Sarah Kathrein, WOU, 12.60; 6. Stefani Dittmar, WOU, 12.72; 7. Erika Halle, MSUB, 12.75; 8. Mary Bailey, WOU, 13.00. Heat 2, 1. Crystal Sims, SPU, 12.17; 2. Lacey Meusec, WOU, 12.35; 3. Joana Houplin, WWU, 12.36; 4. Christabel Leonce, NNU, 12.56; 5. Latoya Tidwell, NNU, 12.78; 6. Sarah Takayoshi, CWU, 12.81; 7. Justine Simons, MSUB, 12.87; 8. Britney Derhak, MSUB, 12.98.

200 - Heat 1, 1. Crystal Sims, SPU, 25.13; 2. Megan Zukowski, WWU, 25.46; 3. McKenzie Redberg, WOU, 25.67; 4. Lacey Meusec, WOU, 25.77; 5. Britney Derhak, MSUB, 26.68; 6. Sarah Takayoshi, CWU, 27.14. Heat 2, 1. Joana Houplin, WWU, 25.79; 2. Sarah Kathrein, WOU, 25.79; 3. Erika Halle, MSUB, 25.88; 4. Stefani Dittmar, WOU, and Latoya Tidwell, NNU, 26.13; 6. Lexi Pola, WOU, 26.38. Heat 3, 1. Latasha Essien, SPU, 25.41; 2. Emily Quatier, SPU, 26.07; 3. Christabel Leonce, NNU, 26.14; 4. Carolanne Powers, WOU, 26.29; 5. Justine Simons, MSUB, 26.63.

400 - Heat 1, 1. Emily Quatier, SPU, 57.97; 2. Lindsay Brady, NNU, 58.56; 3. Meryl Butcher, WOU, 58.83; 4. Jennifer Pike, SPU, 59.39; 5. *Crystal McDowell, WOU, 1:00.08; 6. Megan Friess, Megan Friess, UAA, 1:00.78. Heat 2, 1. Sarah Brownell, WWU, 58.08; 2. Lexi Pola, WOU, 58.72; 3. Megan O'Connell, WWU, 59.10; 4. Shanna Rippy, NNU, 1:00.08; 5. Christa Brediger, NNU, 1:03.02. (*Advanced on tie-breaker).

800 - Heat 1, 1. Jessica Pixler, SPU, 2:10.66 (meet record, old 2:10.93, Pixler, 2007); 2. Michelle Phillips, NNU, 2:14.81; 3. Rachael Johnson, WWU, 2:14.96; 4. Janelle Everetts, WOU, 2:16.31; 5. Cheri Watson, WWU, 2:19.07; 6. Katie Krehlik, UAA, 2:19.77; 7. Christine Harwood, NNU, 2:21.59. Heat 2, 1. Kate Harline, SPU, 2:16.47; 2. Jane Larson, SPU, 2:16.58; 3. Lisa Anderberg, SPU, 2:16.62; 4. Sarah Jackson, MSUB, 2:17.96; 5. Zoe Skordahl, WOU, 2:18.20; 6. Annie Laweryson, SMU, 2:20.50; 7. Haida Ikeda, WWU, 2:21.86; 8. Kelsey Brown, SPU, 2:23.89.

100 Hurdles - Heat 1, 1. Kaitlyn Reid, WOU, 14.87; 2. Raquel Gonzalez, CWU, 15.24; 3. Kira Lewis, SPU, 15.43; 4. Janna Vander Meulen, WOU, 15.48; 5. Ali Mosher, 15.61; 6. Katy Gross, SPU, 15.65; 7. Meagan Friess, UAA, 16.15. Heat 2, 1. Crystal Sims, SPU, 14.45; 2. Michelle Howe, WWU, 14.53; 3. Lauren Laichak, UAA, 15.01; 4. Tanya Bjornsson, WWU, 15.02; 6. Sarah Daigneault, WWU, 15.98; 7. Katharine Lotze, CWU, 16.08.

400 Hurdles - Heat 1, 1. Kaitlyn Reid, WOU, 1:04.44; 2. Jennifer Pike, SPU, 1:05.53; 3. Kira Lewis, SPU, 1:06.60; 4. Amanda Rose, CWU, 1:09.79; 5. Sarah Daigneault, WWU, 1:10.14. Heat 2, 1. Ardrienna Everett, UAA, 1:02.37; 2. Natalie Nobbs, SPU, 1:05.22; 3. Michelle Howe, WWU, 1:07.25; 4. Raquel Gonzalez, CWU, 1:08.02; 5. Amy Ciaccio, NNU, 1:10.39.

Men's Team Scores - Western Washington 221 1/2, Central Washington 182, Western Oregon 166 1/2, Alaska Anchorage 130, Northwest Nazarene 48, Seattle Pacific 37, Saint Martin's 15, Montana State Billings 14. **Outstanding Performer** - Alfred Kangogo, UAA.

100 - 1. Anthony Wright, CWU, 10.43 (meet and conference records, old, 10.51, Mike Hinshaw, WOU, 2003); 2. Kincaid Nichols, CWU, 10.77. 3. Shane Gruger, WWU, 10.83; 4. Alex Tilley, WWU, 10.87; 5. Josh DeVaughn, SMU, 11.11. 6. Anthony Zackery, WWU, 11.12; 7. Alex Bourne, WOU, 11.12. 8. Demetrius Preston, UAA, 11.14.

200 - 1. Anthony Wright, CWU, 21.36 (meet record, old, Isaac Frederick, WOU, 21.37, 2003); 2. Kincaid Nichols, CWU, 21.77; 3. Shane Gruger, WWU, 22.01; 4. Alex Tilley, WWU, 22.04; 5. Austen DeWolf, UAA, 22.19; 6. Scott Morrison, CWU, 22.45; 7. Ashtin Mott, WOU, 22.51; 8. Demetrius Preston, UAA, 22.58.

400 - 1. Ethan Hewitt, UAA, 48.15; 2. Scott Morrison, CWU, 48.69; 3. James McLaughlin, UAA, 48.81; 4. Matt Kaino, WOU, 48.89; 5. Anthony Yakovich, WOU, 48.95; 6. Ashtin Mott, WOU, 49.26; 7. Toby David, WWU, 50.67; 8. Matt O'Connell, WWU, 50.69.

800 - 1. Alfred Kangogo, UAA, 1:54.51; 2. Mike Schmidt, WOU, 1:54.98. 3. Kyle Larson, WOU, 1:55.18; 4. Nathan Seely, SPU, 1:55.93; 5. Joseph Patti, SMU, 1:56.50; 6. Carson O'Brien, WOU, 1:59.36; 7. Nick Abraham, WWU, 2:00.06.

1500 - 1. Alfred Kangogo, UAA, 3:49.03 (meet record, old, Anthony Tomsich, WWU, 3:50.25, 2007); 2. Marko Cheseto, UAA, 3:49.33; 3. Anthony Tomsich, WWU, 3:51.01; 4. Micah Chelimo, UAA, 3:51.91; 5. Bennett Grimes, WWU, 3:53.86; 6. Jeff Long, WOU, 3:55.57; 7. Barak Watson, NNU, 3:58.02; 8. Jacob Wahlenmaier, SPU, 3:59.18.

5000 - 1. Marko Cheseto, UAA, 14:37.18 (meet record, old, Jasper Peach, HSU, 14:55.75, 2006); 2. Jordan Welling, WWU, 14:43.02; 3. Micah Chelimo, UAA, 14:46.69; 4. Chris Reed, WOU, 14:46.96; 5. Chad Meis, SPU, 14:49.48; 6. Kyle Van Santen, SMU, 14:50.37; 7. Bennett Grimes, WWU, 14:55.41; 8. Alfred Kangogo, UAA, 14:59.66.

4x100 Relay - 1. Central Washington (Mack, Wright, Hogan, Nichols) 41.10 (meet record, old, 41.59, Alaska Anchorage, 2008; conference record, old, 41.48, Western Oregon, 2008; old, Central Washington, 41.0h, 2010); 2. Western Washington (Thomsen, Zackery, Gruger, Tilley) 41.79; 3. Western Oregon (Alexander, Yakovich, Bourne, O'Connell) 42.44; 4. Alaska Anchorage (Grant, McLaughlin, DeWolf, Preston) 42.51; 5. Northwest Nazarene (Sepe, Colby, Hill, Hope) 42.85; 6. Montana State Billings (Barrett, Lewis, Diede, Prevost) 44.05.

4X400 Relay - 1. Alaska Anchorage (Hewitt, Truax, Grant, McLaughlin) 3:16.10; 2. Western Oregon (Mott, Yakovich, O'Brien, Kaino) 3:16.55; 3. Central Washington (Fremd, Wright, Najera, Morrison) 3:18.27; 4. Western Washington (Tilley Grudzinski, David, O'Connell) 3:18.51; 5. Northwest Nazarene (Hope, Hill, Hanson, Heidegger) 3:20.40; 6. Saint Martin's (Grossaint, Flaherty, Dodge,

Devaughn) 3:28.71; 7. Seattle Pacific (Sleight, Johnson, Seely, Endresen) 3:29.53; 8. MSU Billings (Prevost, Blomback, Lewis, Vanderby) 3:34.03.

110 Hurdles - 1. Anthony Hogan, CWU, 15.36; 2. Andy Loscutt, WOU, 15.38. 3. Jordan Werner, WOU, 15.72. 4. Andrew Venema, CWU, 16.02.5. Tim Steiglitz, NNU, 16.19. 6. Michael Najera, CWU, 16.52. 7. Brandon Roddewig, CWU, 17.33.

400 Hurdles - 1. Maurus Hope, NNU, 53.54; 2. Ryan Endresen, SPU, 54.65; 3. Phillip Villanueva, WWU, 54.66; 4. Andy Loscutt, WOU, 55.09; 5. Mark Hanson, NNU, 55.52; 6. Michael Najera, CWU, 55.94; 7. Gabriel Morales, WWU, 56.29; 8. Levi Grudzinski, WWU, 57.56.

Pole Vault - 1. Ryan Brown, WWU, 5.15 - 16-10 $\frac{3}{4}$ (meet Record, old, Zeb Udell, WOU, 4.98 -16-4, 2008); 2. Scott Hunter, CWU, 4.40 - 14-05 $\frac{1}{4}$; 3. Brandon Roddewig, CWU, 4.40 - 14-05 $\frac{1}{4}$; 4. Josh Winters, WWU, 4.30 - 14-01 $\frac{1}{4}$; 5. Austin Roberts, WOU, 4.30 - 14-01 $\frac{1}{4}$; 5. Tim Clendaniel, WWU, 4.30 - 14-01 $\frac{1}{4}$; 7. James Carr, CWU, 4.20 - 13-09 $\frac{1}{4}$; 8. Nic Hoza, WWU, 4.05 -13-03 $\frac{1}{2}$.

Triple Jump - 1. Matson Hardie, WOU, 14.51 - 47-7 $\frac{1}{4}$; 2. Will Davis, WWU, 14.33 - 47-0 $\frac{1}{4}$; 3. Keefe Brockman, WWU, 14.11 - 46-3 $\frac{1}{2}$; . 4. Rendel Jones, CWU, 14.05 - 46-1 $\frac{1}{4}$; . 5. Tim Clendaniel, WWU, 14.00 - 45-11 $\frac{1}{4}$; . 6. James Cho, CWU, 13.73 - 45-0 $\frac{1}{2}$; . 7. Jake Hyde, WOU, 13.27 - 43-6 $\frac{1}{2}$; 8. Andrew Freed, UAA, , 13.26 -43-6.

Javelin - 1. Alex Harrison, WWU, 63.52 - 208-5 (meet record, old, Justin Brewer, WWU, 62.20 - 204-1, 2005); 2. Nick Wilson, MSUB, 62.10 - 203-09; 3. Nathan Owlet, WOU, 60.76 - 199-04; 4. Will Crook, WOU, 60.10 - 197-02; 5. Jace Derwin, SPU, 57.58 - 188-11; 6. Kody Re avis, WOU, 55.94 - 183-06; 7. Sean Allison, CWU, 55.82 - 183-02; 8. Anthony Player, SMU, 54.62 - 179-02.

Hammer - 1. Michael Hoffman, WWU, 59.50 - 195-2; 2. Mychal Ostler, CWU, 57.66 - 189-2; 3. Tyler Fischer, CWU, 56.50 -185-4; 4. Matt Schryvers, WOU, 52.72 - 172-11; 5. Jason Slowey, WOU, 48.48 - 159-01; 6. Jordan Fenters, NNU, 47.70 - 156-06; 7. Daniel Ramirez, CWU, 47.26 -155-01; 8. Bryant Michaelson, WWU, 46.56 - 152-09.

Friday's Finals:

Steeplechase - 1. Micah Chelimo, UAA, 9:02.79 (meet record, old 9:08.2, Ethan Barrons, WOU, 2005); 2. Alfred Kangogo, UAA, 9:07.94; 3. Chad Meis, SPU, 9:10.84; 4. Barak Watson, NNU, 9:13.42; 5. Dan Sprinkle, WOU, 9:35.23; 6. Kyle Johnson, WWU, 9:42.57; 7. Luke Hetrick, NNU, 9:47.45; 8. Neil Easter, NNU, 9:50.08.

10,000 - 1. Marko Cheseto, UAA, 31:23.03; 2. Jordan Welling, WWU, 31:36.70; 3. Blake Medhaug, WWU, 31:53.98; 4. Manuel Santos, CWU, 31:55.46; 5. William Ritekwiang, UAA, 31:59.97; 6. Greg Kubitz, WWU, 32:14.30; 7. Justin Karr, WOU, 32:22.25; 8. Braxton Jackson, WOU, 32:36.06.

High Jump - 1. Keefe Brockman, WWU, 2.00 - 6-6 $\frac{3}{4}$; 2. Brennan Boyes, CWU, 1.95 - 6-4 $\frac{3}{4}$; 3. Josh Larson, WWU, 1.95 - 6-4 $\frac{3}{4}$; 4. Jonathan Hamilton, CWU, 1.90 - 6-2 $\frac{3}{4}$; 5. Robert Wegner, WOU, 1.90 - 6-2 $\frac{3}{4}$; 6. Brandon Roddewig, CWU, 1.90 - 6-2 $\frac{3}{4}$; 7. Ryan Brown, WWU, 1.80 - 5-10 $\frac{3}{4}$; 8. Lewis Meyers, CWU, 1.80 - 5-10 $\frac{3}{4}$.

Long Jump - 1. Demetrius Preston, UAA, 7.42 - 24-4 $\frac{1}{4}$; 2. Manny Melo, CWU, 6.75 - 22-1 $\frac{3}{4}$; 3. Jake Hyde, WOU, 6.74 - 22-1 $\frac{1}{2}$; 4. Matson Hardie, WOU, 6.61 - 21-8 $\frac{1}{4}$; 5. Shane Gruger, WWU, 6.52 - 21-4 $\frac{3}{4}$; 6. Tim Clendaniel, WWU, 6.51 - 21-4 $\frac{1}{4}$; 7. Justin Felt, SPU, 6.39 - 20-11 $\frac{3}{4}$; 8. Robert Wegner, WOU, 6.38 - 20-11 $\frac{1}{4}$.

Shot - 1. Jason Slowey, WOU, 16.46 - 54-0; 2. Ben Elder, WWU, 16.14 - 52-11 $\frac{1}{2}$; 3. Tyler Fischer, CWU, 15.84 - 51 - 11 $\frac{3}{4}$; 4. Mike Jensen, CWU, 14.94 - 49-0 $\frac{1}{4}$; 5. Alex Harrison, WWU, 14.52 - 47-7 $\frac{3}{4}$; 6. Michael Hoffman, WWU, 14.29 - 46-10 $\frac{3}{4}$; 7. Daniel Ramirez, CWU, 14.28 - 46-10 $\frac{1}{4}$; 8. Jordan Fenters, NNU, 14.19 - 46-6 $\frac{3}{4}$.

Discus - 1. Ben Elder, WWU, 48.20 - 158-2; 2. Jason Slowey, WOU, 47.68 - 156-5; 3. Tyler Fischer, CWU, 47.46 - 155-8; 4. Michael Hoffman, WWU, 47.40 - 155-6; 5. Parker Stewart, WOU, 45.08 - 147-11; 6. Nelson Westlin, WWU, 44.80 - 147-0; 7. Nick Wilson, MSUB, 44.30 - 145-04; 8. Bryant Michaelson, WWU, 43.50 - 142-8.

Decathlon (May 3-4) - 1. Alex Harrison, WWU, 6474; 2. Eric Zwiefelhofer, NNU, 6173; 3. Andy Loscutt, WOU, 6159; 4. Nate Johnson, SPU, 6040; 5. Brandon Roddewig, CWU, 5799; 6. Tim Clendaniel, WWU, 5674; 7. Jake Hyde, WOU, 5572; 8. Scott Hunter, CWU, 5436.

Day 1 Results: 100 - Zwiefelhofer 11.48, Clendaniel 11.63, Hyde 11.65, Heidegger 11.67, Caryl 11.73, Loscutt 11.73, Johnson 11.76, Roddewig 11.83, Harrison 11.85, Roberts 11.96, Venema 12.10, Hunter 12.12, Hartwigsen 12.13, Iverson 12.22, Steinke 12.26, Montgomery 12.53. Long Jump - Hyde 6.89 - 22-7 $\frac{1}{4}$, Clendaniel 6.88 - 22-7, Zwiefelhofer 6.40 - 21-0, Harrison 6.10 - 20-0 $\frac{1}{4}$, Caryl 6.09 - 19-11 $\frac{3}{4}$, Loscutt 6.07 - 19-11, Johnson 6.05 - 19-10 $\frac{1}{4}$, Johnson 6.05 - 19-10 $\frac{1}{4}$, Roddewig 6.01 - 19-8 $\frac{3}{4}$, Iverson 6.01 - 19-8 $\frac{3}{4}$, Venema 5.99 - 19-8, Steinke 5.88 - 19-3 $\frac{1}{2}$, Roberts 5.77 - 18-11 $\frac{1}{4}$, Hartwigsen 5.74 - 18-10, Hunter 5.71 - 18-9, Montgomery 5.70 - 18-8 $\frac{1}{2}$, Heidegger 5.64 - 18-6. Shot Put - Harrison 14.06 - 46-1 $\frac{1}{2}$, Zwiefelhofer 11.93 - 39-1 $\frac{3}{4}$,

Hartwigsen 11.81 – 38-9, Heidegger 10.93 – 35-10 ½, Hyde 10.85 – 35-7 ¼, Loscutoff 10.84 – 35-6 ¾, Clendaniel 10.83 – 35-6 ½, Iverson 10.16 – 33-4, Johnson 10.15 – 33-3 ¾, Montgomery 9.99 – 32-9 ½, Caryl 9.93 – 32-7, Venema 9.68 – 31-9 ¼, Roddewig 9.00 – 29-6 ½, Steinke 8.93 – 29-3 ¾, Roberts 8.32 – 27-3 ¾, Hunter 8.28 – 27-2. High Jump - Roddewig 1.94 - 6-4 ¼, Loscutoff 1.82 – 5-11 ½, Zwiefelhofer 1.82 – 5-11 ½, Johnson 1.81 – 5-11 ¼, Clendaniel 1.81 – 5-11 ¼, Venema 1.79 – 5-10 ½, Steinke 1.79 – 5-10 ½, Hunter 1.76 – 5-9 ¼, Iverson 1.76 – 5-9 ¼, Hyde 1.70 – 5-7, Heidegger 1.67 – 5-5 ¾, Hartwigsen 1.67 – 5-5 ¾, Harrison 1.67 – 5-5 ¾, Montgomery 1.64 – 5-4 ½, Roberts 1.64 – 5-4 ½. 400 - Loscutoff 50.82, Heidegger 53.23, Hunter 53.45, Johnson 53.52, Venema 53.89, Harrison 54.98, Hyde 55.07, Hartwigsen 55.11, Roberts 55.70, Steinke 55.71, Montgomery 55.86, Zwiefelhofer 55.88, Clendaniel 56.88, Roddewig 56.95, Iverson 59.19.

Day 2 Results: 110 Hurdles - Loscutoff 15.67, Harrison 15.91, Venema 15.95, Clendaniel 16.13, Roddewig 16.70, Steinke 16.85, Johnson 16.86, Zwiefelhofer 17.39, Iverson 17.41, Hyde 17.66, Hartwigsen 17.68, Hunter 18.15, Montgomery 18.26, Roberts 18.81, Heidegger 18.82. Discus - Harrison 39.07 - 128-2, Johnson 35.64 – 116-11, Hyde 32.93 – 108-0, Zwiefelhofer 31.85 – 104-6, Clendaniel 30.72 – 100-9, Iverson 29.86 – 97-11, Hartwigsen 29.78 – 97-8, Loscutoff 29.02 – 95-2, Roddewig 28.97 – 95-0, Venema 28.19 – 92-6, Roberts 27.33 – 89-8, Montgomery 24.75 – 81-2, Steinke 24.33 – 79-10, Hunter 24.14 – 79-2, Heidegger 23.22 – 76-2. Pole Vault - Hunter 4.45 - 14-7 ¼, Roddewig 4.45 – 14-7 ¼, Harrison 4.35 – 14-3 ¼, Zwiefelhofer 4.35 – 14-3 ¼, Roberts 4.25 – 13-11 ¼, Iverson 4.05 – 13-3 ½, Johnson 3.95 – 12-11 ½, Clendaniel 3.95 – 12-11 ½, Hartwigsen 3.35 – 10-11 ¾, Loscutoff 3.25 – 10-8, Montgomery 3.15 – 10-4, Steinke 3.15 – 10-4, Hyde 3.05 – 10-0, Venema 2.95 – 9-8, Heidegger 2.85 – 9-4 ¼. Javelin - Harrison 60.31 - 197-10, Zwiefelhofer 52.12 – 171-0, Loscutoff 48.09 – 157-9, Johnson 46.98 – 154-2, Hartwigsen 46.49 – 152-6, Roddewig 41.97 – 137-8, Hyde 38.53 – 126-5, Montgomery 36.90 – 121-1, Hunter 34.77 – 114-1, Steinke 33.78 – 110-10, Iverson 33.44 – 109-8, Roberts 33.05 – 108-5, Heidegger 29.27 – 96-0, Venema 18.68 – 61-3, Clendaniel 18.63 – 61-1. 1500 - Heidegger 4:36.14, Loscutoff 4:36.50, Montgomery 4:39.54, Hunter 4:41.58, Iverson 4:48.10, Steinke 4:50.74, Roberts 4:51.64, Johnson 4:54.87, Venema 5:03.90, Clendaniel 5:06.33, Hyde 5:07.53, Roddewig 5:08.84, Zwiefelhofer 5:08.85, Hartwigsen 5:10.32, Harrison 5:13.38.

Friday's Prelims:

100 - Heat 1 , 1. Anthony Wright, CWU, 10.85; 2. Josh DeVaughn, SMU, 10.97; 3. Anthony Zackery, WWU, 10.97; 4. Shane Gruger, WWU, 11.00; 5. Bobby Alexander, WOU, 11.02; 6. Austen DeWolf, UAA, 11.05; 7. Derek Sepe, NNU, 11.18; 8. James Cho, CWU, 11.32. Heat 2 , 1. Alex Tilley, WWU, 10.75; 2. Kincaid Nichols, CWU, 10.77; 3. Demetrius Preston, UAA, 10.87; 4. Alex Bourne, WOU, 10.96; 5. Justin Thomsen, WWU, 11.06; 6. AJ Allen, UAA, 11.13; 7. Bryan Mack, CWU, 11.15; 8. Cameron Colby, NNU, 11.23.

200 - Heat 1, 1. Anthony Wright, CWU, 22.45; 2. Demetrius Preston, UAA, 22.47; 3. Scott Morrison, CWU, 22.52; 4. Ethan Hewitt, UAA, 22.67; 5. James McLaughlin, UAA, 22.72; 6. Nathan Diede, MSUB, 23.13. Heat 2, 1. Austen DeWolf, UAA, 22.05; 2. Ashtin Mott, WOU, 22.41; 3. Anthony Yakovich, WOU, 22.54; 4. Brandon Grant, UAA, 22.72; 5. Josh DeVaughn, SMU, 22.82; 6. Dustin Boyd, WOU, 22.84. Heat 3, 1. Kincaid Nichols, CWU, 21.89; 2. Shane Gruger, WWU, 22.15; 3. Alex Tilley, WWU, 22.22; 4. Matt Kaino, WOU, 22.60; 5. Matt Seel, CWU, 22.71; 6. AJ Allen, UAA, 23.93.

400 - Heat 1, 1. Ethan Hewitt, UAA, 47.79 (meet record, old 48.11, Ashtin Mott, WOU, 2008); 2. Scott Morrison, CWU, 48.94; 3. James McLaughlin, UAA, 49.19; 4. Toby David, WWU, 50.17; 5. Brandon Grant, UAA, 50.50; 6. Dan Hill, NNU, 50.61. Heat 2, 1. Matt Kaino, WOU, 48.71; 2. Ashtin Mott, WOU, 49.07; 3. Anthony Yakovich, WOU, 49.85; 4. Matt O'Connell, WWU, 50.20; 5. Bradley Truax, UAA, 51.01; 6. Kyle Fremd, CWU, 51.23.

800 - Heat 1, 1. Mike Schmidt, WOU, 1:52.93; 2. Jeff Long, WOU, 1:54.02; 3. Carson O'Brien, WOU, 1:54.45; 4. Kyle Larson, WOU, 1:54.52; 5. Joseph Patti, SMU, 1:54.80; 6. Justin Webb, NNU, 1:56.53; 7. Bradley Truax, UAA, 2:00.59; 8. Michael Brown, WOU, 2:03.89. Heat 2, 1. Nathan Seely, SPU, 1:53.94; 2. Alfred Kangogo, 1:54.50; 3. Nick Abraham, WWU, 1:55.06; 4. Tyson Vanderby, MSUB, 1:56.31; 5. Paul Rottich, UAA, 1:56.65; 6. Connor Kasler, WOU, 1:57.14; 7. Nathanael Sleight, SPU, 1:58.15; 8. Thomas Hill, UAA, 1:58.64.

110 Hurdles - Heat 1, 1. Jordan Werner, WOU, 15.09; 2. Andy Loscutoff, WOU, 15.29; 3. Alex Harrison, WWU, 15.38; 4. Andrew Venema, CWU, 15.94; 5. Brandon Roddewig, CWU, 16.56. Heat 2, 1. Anthony Hogan, CWU, 15.55; 2. Michael Najera, CWU, 15.93; 3. Tim Steiglitz, NNU, 16.35; 4. Thomas Steinke, CWU, 17.98.

400 Hurdles - Heat 1, 1. Maurus Hope, NNU, 53.25; 2. Ryan Endresen, SPU, 54.96; 3. Mark Hanson, NNU, 55.39; 4. Levi Grudzinski, WWU, 56.77; 5. Shane O'Connell, WOU, 57.15. Heat 2, 1. Andy Loscutoff, WOU, 55.07; 2. Phillip Villanueva, WWU, 55.32; 3. Michael Najera, CWU, 55.95; 4. Gabriel Morales, WWU, 56.38; 5. Andrew Venema, CWU, 59.23.