

5-15-2010

Great Northwest Athletic Conference Outdoor Track and Field Championships, Heats

Great Northwest Athletic Conference

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HY-TEK's Meet Man

2010 GNAC Outdoor Track & Field Championships - 5/14/2010 to 5/15/2010

hosted by Western Oregon University

Monmouth, OR (McArthur Field)

Meet Program

Event 31 Women 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 6 Best Times

Name	Year	School	Seed
Heat 1 Prelims			
1	29	Halle, Erika	SO Msu-Billings 12.69
2	111	Dittmar, Stefani	SR Western Oreg 12.70
3	76	Essien, Latasha	SR Seattle Paci 12.35
4	164	Zukowski, Megan	JR Western Wash 12.55
5	3	Everett, Ardrienna	JR Alaska Ancho 12.43
6	47	Grammer, Melissa	FR Northwest Na 12.52
7	114	Kathrein, Sarah	FR Western Oreg 12.83
8	108	Bailey, Mary	FR Western Oreg 12.88
Heat 2 Prelims			
1	35	Simons, Justine	SO Msu-Billings 12.79
2	53	Leonce, Christabel	SO Northwest Na 12.58
3	24	Takayoshi, Sarah	FR Central Wash 12.56
4	147	Houplin, Joana	SO Western Wash 12.32
5	92	Sims, Crystal	JR Seattle Paci 12.50
6	117	Meusec, Lacey	JR Western Oreg 12.49
7	27	Derhak, Britney	SR Msu-Billings 12.89
8	64	Tidwell, Latoya	JR Northwest Na 12.73

Event 37 Women 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times

Name	Year	School	Seed
Heat 1 Prelims			
1			
2	117	Meusec, Lacey	JR Western Oreg 25.81
3	124	Redberg, McKenzie	FR Western Oreg 25.69
4	24	Takayoshi, Sarah	FR Central Wash 26.12
5	27	Derhak, Britney	SR Msu-Billings 26.70
6	92	Sims, Crystal	JR Seattle Paci 25.51

7	164	Zukowski, Megan	JR Western Wash	25.92
	8			

Heat 2 Prelims

	1			
2	64	Tidwell, Latoya	JR Northwest Na	25.68
3	121	Pola, Lexi	FR Western Oreg	26.14
4	147	Houplin, Joana	SO Western Wash	25.90
5	111	Dittmar, Stefani	SR Western Oreg	26.25
6	114	Kathrein, Sarah	FR Western Oreg	25.83
7	29	Halle, Erika	SO Msu-Billings	25.51
	8			

Heat 3 Prelims

	1			
	2			
3	53	Leonce, Christabel	SO Northwest Na	25.70
4	91	Quatier, Emily	FR Seattle Paci	25.80
5	35	Simons, Justine	SO Msu-Billings	25.95
6	76	Essien, Latasha	SR Seattle Paci	25.27
7	123	Powers, Carolanne	FR Western Oreg	25.98
	8			

Event 29 Women 400 Meter Dash

8 Advance: Top 1 Each Heat plus Next 6 Best Times

Name	Year	School	Seed
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Heat 1 Prelims

	1			
2	88	Pike, Jenifer	JR Seattle Paci	NT
3	40	Brady, Lindsay	SR Northwest Na	58.26
4	91	Quatier, Emily	FR Seattle Paci	57.96
5	116	McDowell, Crystal	FR Western Oreg	59.57
6	109	Butcher, Meryl	SO Western Oreg	59.91
7	4	Friess, Meagan	SR Alaska Ancho	NT
	8			

Heat 2 Prelims

	1			
	2			
3	121	Pola, Lexi	FR Western Oreg	58.89
4	139	Brownell, Sarah	JR Western Wash	57.59
5	152	O'Connell, Megan	JR Western Wash	59.06
6	61	Rippy, Shanna	FR Northwest Na	1:00.64

7 41 Brediger, Christa SR Northwest Na 1:00.76
8

Event 33 Women 800 Meter Run

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8 Advance: Top 2 Each Heat plus Next 4 Best Times

Name	Year School	Seed
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Heat 1 Prelims

1		
2	163 Watson, Cheri	JR Western Wash 2:20.43
3	150 Johnson, Rachael	JR Western Wash 2:15.44
4	56 Phillips, Michelle	SR Northwest Na 2:12.68
5	112 Everetts, Janelle	FR Western Oreg 2:13.15
6	89 Pixler, Jessica	SR Seattle Paci 2:04.89
7	9 Krehlik, Katie	FR Alaska Ancho 2:16.91
8	48 Harwood, Christine	FR Northwest Na 2:20.41

Heat 2 Prelims

1	73 Brown, Kelsey	FR Seattle Paci 2:20.76
2	100 Laweryson, Annie	JR St. Martin's 2:20.15
3	79 Harline, Kate	SR Seattle Paci 2:15.43
4	71 Anderberg, Lisa	SR Seattle Paci 2:10.98
5	81 Larson, Jane	SR Seattle Paci 2:11.19
6	32 Jackson, Sarah	SO Msu-Billings 2:15.40
7	149 Ikeda, Haida	FR Western Wash 2:21.04
8	128 Skordahl, Zoe	SO Western Oreg 2:17.84

Event 25 Women 1500 Meter Run

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Name	Year School	Seed
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Section 1 Timed Finals

1	79 Harline, Kate	SR Seattle Paci 4:35.47
2	98 Carlson, Krinda	SR St. Martin's 4:59.34
3	144 Fairbanks, Kristi	FR Western Wash 4:42.87
4	9 Krehlik, Katie	FR Alaska Ancho 4:42.94
5	36 Thiel, Katie	JR Msu-Billings 4:54.08
6	129 Snawder, Erika	JR Western Oreg 4:41.08
7	11 Wilt, Hallidie	JR Alaska Ancho 4:36.69
8	33 Mickelsen, Whitney	SO Msu-Billings 4:50.41
9	58 Puga, Jaclyn	JR Northwest Na 4:41.56
10	153 Olsen, Courtney	SR Western Wash 4:32.34

11	81 Larson, Jane	SR Seattle Paci	4:23.05
12	1 Bohman, Emma	JR Alaska Ancho	4:51.89
13	132 Zambon, Erica	SR Western Oreg	4:51.78
14	2 Carr, Laura	SR Alaska Ancho	4:39.18
15	89 Pixler, Jessica	SR Seattle Paci	4:11.06
16	7 Keino, Ruth	FR Alaska Ancho	4:39.87
17	8 Kipng'eno, Miriam	SO Alaska Ancho	4:35.27

Event 39 Women 5000 Meter Run

Name	Year	School	Seed
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Section 1 Timed Finals

1	110 Cecchi, KayAnna	SO Western Oreg	18:38.09
2	137 Breihof, Lauren	JR Western Wash	17:11.88
3	144 Fairbanks, Kristi	FR Western Wash	NT
4	158 Rogers, Mary	FR Western Wash	18:48.66
5	34 Owen, Mary	FR Msu-Billings	19:16.16
6	131 Wright, Amanda	SO Western Oreg	18:09.12
7	103 Pecha, Kaitlynn	SO St. Martin's	18:54.16
8	57 Powell, Jordan	FR Northwest Na	18:12.58
9	8 Kipng'eno, Miriam	SO Alaska Ancho	16:48.01
10	155 Porter, Sarah	JR Western Wash	17:00.69
11	2 Carr, Laura	SR Alaska Ancho	17:04.63
12	159 Slaughter, Danielle	JR Western Wash	18:09.58
13	6 Keegan, Shoshana	SO Alaska Ancho	17:18.04
14	9 Krehlik, Katie	FR Alaska Ancho	17:55.30
15	161 Ujifusa, Maria	FR Western Wash	19:04.26
16	129 Snawder, Erika	JR Western Oreg	18:25.34
17	146 Houck, Stephanie	FR Western Wash	19:15.80
18	7 Keino, Ruth	FR Alaska Ancho	16:46.48

Event 19 Women 10000 Meter Run

Name	Year	School	Seed
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Section 1 Timed Finals

1	60 Rendahl, Ashley	JR Northwest Na	41:56.84
2	126 Rowley, Alee	SR Western Oreg	40:14.63
3	110 Cecchi, KayAnna	SO Western Oreg	39:03.03
4	34 Owen, Mary	FR Msu-Billings	40:09.07
5	131 Wright, Amanda	SO Western Oreg	37:22.02

6	12 Bakeman, Mary	JR Central Wash	45:57.68
7	90 Plunkett, Natty	SO Seattle Paci	NT
8	97 Camden, Helen	JR St. Martin's	41:24.33
9	6 Keegan, Shoshana	SO Alaska Ancho	36:19.49
10	155 Porter, Sarah	JR Western Wash	33:36.83
11	137 Breihof, Lauren	JR Western Wash	35:53.99
12	138 Brisky, Sierra	SO Western Wash	38:50.34

Event 27 Women 100 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 6 Best Times

Name	Year	School	Seed
Heat 1 Prelims			
1			
2	92 Sims, Crystal	JR Seattle Paci	15.07
3	141 Daigneault, Sarah	FR Western Wash	15.90
4	18 Lotze, Katharine	FR Central Wash	15.50
5	10 Laichak, Lauren	SO Alaska Ancho	15.60
6	148 Howe, Michelle	JR Western Wash	14.59
7	96 Worthen, Ali	SO Seattle Paci	15.75
8	135 Bjornsson, Tanya	FR Western Wash	15.19
Heat 2 Prelims			
1	82 Lewis, Kira	FR Seattle Paci	15.49
2	4 Friess, Meagan	SR Alaska Ancho	16.09
3	119 Mosher, Ali	SO Western Oreg	15.67
4	14 Gonzalez, Raquel	SR Central Wash	15.40
5	130 Vander Meulen, Janna	SO Western Oreg	15.00
6	125 Reid, Kaitlyn	JR Western Oreg	14.64
7	39 Bennett, Jill	SO Northwest Na	15.92
8	78 Gross, Katy	FR Seattle Paci	15.69

Event 35 Women 400 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 6 Best Times

Name	Year	School	Seed
Heat 1 Prelims			
1			
2	20 Rose, Amanda	SR Central Wash	1:09.04
3	96 Worthen, Ali	SO Seattle Paci	1:05.33
4	125 Reid, Kaitlyn	JR Western Oreg	1:04.01

5	82 Lewis, Kira	FR Seattle Paci	1:06.65
6	88 Pike, Jenifer	JR Seattle Paci	1:03.43
7	141 Daigneault, Sarah	FR Western Wash	1:08.56

8

Heat 2 Prelims

1

2

3	14 Gonzalez, Raquel	SR Central Wash	1:06.90
4	85 Nobbs, Natalie	SO Seattle Paci	1:05.13
5	148 Howe, Michelle	JR Western Wash	1:04.94
6	3 Everett, Ardrienna	JR Alaska Ancho	1:02.37
7	42 Ciaccio, Amy	JR Northwest Na	1:08.18

8

Event 21 Women 3000 Meter Steeplechase

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Name	Year School	Seed
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Section 1 Timed Finals

1	75 Carrick, Krysta	FR Seattle Paci	12:31.13
2	58 Puga, Jaclyn	JR Northwest Na	10:54.00
3	63 Swenson, Meagan	FR Northwest Na	12:38.37
4	1 Bohman, Emma	JR Alaska Ancho	11:15.63
5	34 Owen, Mary	FR Msu-Billings	12:08.81
6	136 Boyer, Jessica	SO Western Wash	12:06.13
7	153 Olsen, Courtney	SR Western Wash	10:42.55
8	94 Wilkins, Kayla	SO Seattle Paci	12:04.69
9	113 Everetts, Megan	FR Western Oreg	12:00.22
10	159 Slaughter, Danielle	JR Western Wash	11:39.62
11	95 Williams, Mary	SO Seattle Paci	12:24.29
12	11 Wilt, Hallidie	JR Alaska Ancho	10:48.90
13	57 Powell, Jordan	FR Northwest Na	11:45.00

Event 23 Women 4x100 Meter Relay

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School	Seed
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Section 1 Timed Finals

1

2	Msu-Billings 'A'	50.06
1)	27 Derhak, Britney SR	2) 32 Jackson, Sarah SO
3)	35 Simons, Justine SO	4) 29 Halle, Erika SO

5) 31 Hansen, Rachel SR	6) 33 Mickelsen, Whitney SO	
3 Northwest Nazarene 'A'		49.16
1) 53 Leonce, Christabel SO	2) 64 Tidwell, Latoya JR	
3) 40 Brady, Lindsay SR	4) 47 Grammer, Melissa FR	
5) 59 Reid, Molly SO	6)	
4 Western Oregon 'A'		48.35
1) 111 Dittmar, Stefani SR	2) 114 Kathrein, Sarah FR	
3) 124 Redberg, McKenzie FR	4) 117 Meusec, Lacey JR	
5) 123 Powers, Carolanne FR	6) 108 Bailey, Mary FR	
5 Western Washington 'A'		48.25
1) 147 Houplin, Joana SO	2) 148 Howe, Michelle JR	
3) 139 Brownell, Sarah JR	4) 164 Zukowski, Megan JR	
6 Seattle Pacific 'A'		49.08
1) 84 Miranda, Trinna FR	2) 87 Peterson, Lisette SO	
3) 91 Quatier, Emily FR	4) 92 Sims, Crystal JR	
7 Alaska Anchorage 'A'		49.89
1) 3 Everett, Ardrienna JR	2) 5 Harris, Elisha SR	
3) 4 Friess, Meagan SR	4) 10 Laichak, Lauren SO	
8 Central Washington 'A'		50.34
1) 16 Jones, Stephanie FR	2) 24 Takayoshi, Sarah FR	
3) 15 Hampton, Liz FR	4) 14 Gonzalez, Raquel SR	
5) 20 Rose, Amanda SR	6)	

Event 41 Women 4x400 Meter Relay

School	Seed
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Section 1 Timed Finals

1 St. Martin's 'A'		4:20.72
1) 98 Carlson, Krinda SR	2) 100 Laweryson, Annie JR	
3) 101 Llapitan, Ashley FR	4) 102 Owen, Karissa JR	
5) 105 Scholter, Hannah FR	6) 107 Weiks, Kaila FR	
2 Alaska Anchorage 'A'		4:11.43
1) 3 Everett, Ardrienna JR	2) 11 Wilt, Hallidie JR	
3) 9 Krehlik, Katie FR	4) 4 Friess, Meagan SR	
5) 1 Bohman, Emma JR	6)	
3 Western Oregon 'A'		4:02.70
1) 109 Butcher, Meryl SO	2) 112 Everetts, Janelle FR	
3) 114 Kathrein, Sarah FR	4) 116 McDowell, Crystal FR	
5) 121 Pola, Lexi FR	6) 125 Reid, Kaitlyn JR	
7) 124 Redberg, McKenzie FR	8) 117 Meusec, Lacey JR	
4 Northwest Nazarene 'A'		3:57.85

- | | |
|-----------------------------|-----------------------------|
| 1) 40 Brady, Lindsay SR | 2) 48 Harwood, Christine FR |
| 3) 58 Puga, Jaclyn JR | 4) 61 Rippy, Shanna FR |
| 5) 56 Phillips, Michelle SR | 6) |
| 5 Western Washington 'A' | 3:56.24 |
| 1) 148 Howe, Michelle JR | 2) 164 Zukowski, Megan JR |
| 3) 152 O'Connell, Megan JR | 4) 139 Brownell, Sarah JR |
| 6 Seattle Pacific 'A' | 4:02.61 |
| 1) 71 Anderberg, Lisa SR | 2) 91 Quatier, Emily FR |
| 3) 89 Pixler, Jessica SR | 4) 92 Sims, Crystal JR |
| 5) 88 Pike, Jenifer JR | 6) |
| 7 Msu-Billings 'A' | 4:06.79 |
| 1) 32 Jackson, Sarah SO | 2) 33 Mickelsen, Whitney SO |
| 3) 29 Halle, Erika SO | 4) 35 Simons, Justine SO |
| 5) 36 Thiel, Katie JR | 6) 27 Derhak, Britney SR |
| 8 Central Washington 'A' | 4:13.76 |
| 1) 24 Takayoshi, Sarah FR | 2) 20 Rose, Amanda SR |
| 3) 14 Gonzalez, Raquel SR | 4) 18 Lotze, Katharine FR |
| 5) 15 Hampton, Liz FR | 6) |

Event 15 Women High Jump

Name	Year School	Seed Mark
Flight 1 Finals		
1 120 Neilson, Kelsey	SO Western Oreg	1.55m
2 96 Worthen, Ali	SO Seattle Paci	1.67m
3 14 Gonzalez, Raquel	SR Central Wash	1.53m
4 39 Bennett, Jill	SO Northwest Na	1.60m
5 50 Jewitt, Jasmyrn	FR Northwest Na	1.57m
6 154 Overdick, Amanda	FR Western Wash	1.67m
7 83 Mattson, Jacquie	JR Seattle Paci	1.56m
8 133 Alvord, Angie	SR Western Wash	1.53m
9 20 Rose, Amanda	SR Central Wash	1.56m
10 68 Aanstad, Brittany	JR Seattle Paci	1.69m
11 78 Gross, Katy	FR Seattle Paci	1.67m

Event 7 Women Pole Vault

Name	Year School	Seed Mark
Flight 1 Finals		
1 65 Usabel, MJ	SR Northwest Na	3.35m

2	51 Konzal, Amanda	SO Northwest Na	3.05m
3	17 Larsen, Jamie	FR Central Wash	3.05m
4	142 DiEnno, Amanda	SR Western Wash	3.40m
5	46 Elzinga, Karina	SR Northwest Na	3.43m
6	156 Quick, Jennifer	JR Western Wash	3.25m
7	140 Couvelier, Elsa	SR Western Wash	3.50m
8	99 Hull, Samantha	FR St. Martin's	2.90m
9	86 Peaslee, Melissa	JR Seattle Paci	3.80m
10	143 DiMarco, Diana	JR Western Wash	3.15m
11	44 Egger, Ashley	JR Northwest Na	3.05m
12	134 Anderson, Karis	FR Western Wash	3.30m
13	74 Caldwell, Michaela	SO Seattle Paci	3.35m
14	23 Swigart, Hannah	FR Central Wash	2.90m
15	77 Gedde, Kjersti	SO Seattle Paci	3.20m
16			

Event 8 Women Long Jump

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Name	Year School	Seed Mark
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Flight 1 Finals

1	117 Meusec, Lacey	JR Western Oreg	5.28m
2	78 Gross, Katy	FR Seattle Paci	5.26m
3	16 Jones, Stephanie	FR Central Wash	5.20m
4	157 Reff, Callie	FR Western Wash	5.25m
5	50 Jewitt, Jasmyn	FR Northwest Na	5.19m
6	70 Alvarez, Athena	FR Seattle Paci	5.13m
7	68 Aanstad, Brittany	JR Seattle Paci	5.22m
8	107 Weiks, Kaila	FR St. Martin's	5.08m

9

Flight 2 Finals

1	85 Nobbs, Natalie	SO Seattle Paci	5.37m
2	162 Warman, Emily	SO Western Wash	5.44m
3	69 Alvarez, Amanda	FR Seattle Paci	5.36m
4	66 Vonarx, Laura	SR Northwest Na	5.31m
5	84 Miranda, Trinna	FR Seattle Paci	5.50m
6	122 Potter, Ashley	SO Western Oreg	5.43m
7	92 Sims, Crystal	JR Seattle Paci	5.30m
8	59 Reid, Molly	SO Northwest Na	5.33m
9	82 Lewis, Kira	FR Seattle Paci	5.38m

Event 12 Women Triple Jump

Name	Year	School	Seed	Mark
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Flight 1 Finals

1	107	Weiks, Kaila	FR St. Martin's	10.40m
2	80	Jenkins, Kelly	FR Seattle Paci	10.73m
3	84	Miranda, Trinna	FR Seattle Paci	10.51m
4	104	Sackeyfio, Julianna	FR St. Martin's	10.73m
5	59	Reid, Molly	SO Northwest Na	11.03m
6	16	Jones, Stephanie	FR Central Wash	10.92m
7	52	Larlee, Annie	JR Northwest Na	10.73m
8	38	Bekkedahl, Maycee	JR Northwest Na	10.98m

Flight 2 Finals

1	69	Alvarez, Amanda	FR Seattle Paci	12.11m
2	70	Alvarez, Athena	FR Seattle Paci	11.05m
3	20	Rose, Amanda	SR Central Wash	11.15m
4	162	Warman, Emily	SO Western Wash	11.24m
5	66	Vonarx, Laura	SR Northwest Na	11.62m
6	122	Potter, Ashley	SO Western Oreg	12.11m
7	50	Jewitt, Jasmyn	FR Northwest Na	11.67m
8	18	Lotze, Katharine	FR Central Wash	11.82m

Event 17 Women Shot Put

Name	Year	School	Seed	Mark
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Flight 1 Finals

1	19	Mulkey, Becky	FR Central Wash	11.31m
2	26	Berg, Brook	FR Msu-Billings	11.90m
3	5	Harris, Elisha	SR Alaska Ancho	11.34m
4	43	Dranginis, Carly	FR Northwest Na	11.80m
5	37	Vanderloos, Kacie	JR Msu-Billings	11.34m
6	22	Stueckle, Jordan	JR Central Wash	11.74m
7	30	Halvorson, Alexi	JR Msu-Billings	11.39m

Flight 2 Finals

1	21	Self, Torrie	JR Central Wash	12.81m
2	67	Warrington, Joy	SO Northwest Na	13.80m
3	25	Yates, Raisa	FR Central Wash	12.36m
4	28	Gourneau, Hilary	SO Msu-Billings	12.00m
5	151	Jones, Brittany	FR Western Wash	12.05m
6	62	Shute, Shayna	JR Northwest Na	11.95m
7	13	Baumstark, Kaylee	FR Central Wash	12.01m

Event 4 Women Discus Throw

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	Name	Year School	Seed Mark
=====			
Flight 1 Finals			
1	62 Shute, Shayna	JR Northwest Na	36.50m
2	21 Self, Torrie	JR Central Wash	42.66m
3	54 McCarthy, Erika	SR Northwest Na	35.08m
4	30 Halvorson, Alexi	JR Msu-Billings	42.59m
5	5 Harris, Elisha	SR Alaska Ancho	37.49m
6	151 Jones, Brittany	FR Western Wash	39.56m
7	13 Baumstark, Kaylee	FR Central Wash	37.01m
8	49 Hedrick, Alicia	FR Northwest Na	37.68m
9	25 Yates, Raisa	FR Central Wash	40.03m
10	160 Spieker, Emily	FR Western Wash	40.21m
11	67 Warrington, Joy	SO Northwest Na	41.25m
12	43 Dranginis, Carly	FR Northwest Na	36.73m

Event 11 Women Hammer Throw

=====			
	Name	Year School	Seed Mark
=====			
Flight 1 Finals			
1	67 Warrington, Joy	SO Northwest Na	44.23m
2	21 Self, Torrie	JR Central Wash	54.67m
3	30 Halvorson, Alexi	JR Msu-Billings	38.88m
4	62 Shute, Shayna	JR Northwest Na	45.35m
5	43 Dranginis, Carly	FR Northwest Na	39.39m
6	22 Stueckle, Jordan	JR Central Wash	46.35m
7	111 Dittmar, Stefani	SR Western Oreg	34.77m
8	13 Baumstark, Kaylee	FR Central Wash	39.64m
9	49 Hedrick, Alicia	FR Northwest Na	37.67m
10	54 McCarthy, Erika	SR Northwest Na	48.30m

Event 6 Women Javelin Throw

=====			
	Name	Year School	Seed Mark
=====			
Flight 1 Finals			
1	115 Macauley, Mariah	FR Western Oreg	35.02m
2	99 Hull, Samantha	FR St. Martin's	39.25m

3	45 Elwell, Sarah	SR Northwest Na	34.50m
4	66 Vonarx, Laura	SR Northwest Na	37.91m
5	13 Baumstark, Kaylee	FR Central Wash	37.54m
6	93 Tri, Brittany	SO Seattle Paci	36.28m
7	118 Morris, Caitlyn	SR Western Oreg	36.85m

8

Flight 2 Finals

1	68 Aanstad, Brittany	JR Seattle Paci	44.19m
2	72 Andrews, Carly	SO Seattle Paci	40.36m
3	5 Harris, Elisha	SR Alaska Ancho	43.07m
4	145 Gruszecki, Monika	JR Western Wash	42.25m
5	55 Nilles, Lakiesha	SO Northwest Na	43.29m
6	106 Stray, Jillian	FR St. Martin's	42.92m
7	127 Schumaker, Amanda	FR Western Oreg	42.68m
8	123 Powers, Carolanne	FR Western Oreg	46.94m

Event 32 Men 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 6 Best Times

Name	Year	School	Seed
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Heat 1 Prelims

1	244 Sepe, Derek	SO Northwest Na	11.18
2	348 Zackery, Anthony	JR Western Wash	11.12
3	195 Cho, James	SO Central Wash	11.29
4	322 Gruger, Shane	JR Western Wash	10.96
5	262 DeVaughn, Josh	FR St. Martin's	11.04
6	273 Alexander, Bobby	FR Western Oreg	10.97
7	219 Wright, Anthony	FR Central Wash	10.65
8	178 DeWolf, Austen	FR Alaska Ancho	11.09

Heat 2 Prelims

1	340 Tilley, Alex	SO Western Wash	10.98
2	234 Colby, Cameron	FR Northwest Na	11.25
3	208 Nichols, Kincaid	SO Central Wash	10.95
4	185 Preston, Demetrius	JR Alaska Ancho	11.11
5	203 Mack, Bryan	SO Central Wash	11.09
6	339 Thomsen, Justin	FR Western Wash	11.29
7	274 Bourne, Alex	SO Western Oreg	11.03
8	175 Allen, AJ	FR Alaska Ancho	10.95

Event 38 Men 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times

	Name	Year	School	Seed
=====				
Heat 1 Prelims				
	1			
2	223 Diede, Nathan	JR	Msu-Billings	22.44
3	184 McLaughlin, James	SR	Alaska Ancho	22.46
4	181 Hewitt, Ethan	FR	Alaska Ancho	22.87
5	185 Preston, Demetrius	JR	Alaska Ancho	22.17
6	219 Wright, Anthony	FR	Central Wash	21.41
7	206 Morrison, Scott	FR	Central Wash	22.17
	8			
Heat 2 Prelims				
	1			
2	275 Boyd, Dustin	FR	Western Oreg	22.66
3	307 Yakovich, Anthony	FR	Western Oreg	21.95
4	262 DeVaughn, Josh	FR	St. Martin's	22.20
5	180 Grant, Brandon	SR	Alaska Ancho	22.42
6	292 Mott, Ashtin	JR	Western Oreg	22.14
7	178 DeWolf, Austen	FR	Alaska Ancho	22.49
	8			
Heat 3 Prelims				
	1			
2	175 Allen, AJ	FR	Alaska Ancho	22.57
3	208 Nichols, Kincaid	SO	Central Wash	22.07
4	340 Tilley, Alex	SO	Western Wash	22.20
5	284 Kaino, Matt	FR	Western Oreg	22.28
6	322 Gruger, Shane	JR	Western Wash	22.10
7	215 Seel, Matt	FR	Central Wash	22.59
	8			

Event 30 Men 400 Meter Dash

8 Advance: Top 1 Each Heat plus Next 6 Best Times

	Name	Year	School	Seed
=====				
Heat 1 Prelims				
	1			
2	180 Grant, Brandon	SR	Alaska Ancho	50.64
3	315 David, Toby	JR	Western Wash	49.85
4	184 McLaughlin, James	SR	Alaska Ancho	49.08
5	206 Morrison, Scott	FR	Central Wash	48.78

6	181 Hewitt, Ethan	FR Alaska Ancho	47.62
7	242 Hill, Dan	JR Northwest Na	50.22
	8		

Heat 2 Prelims

	1		
2	197 Fremd, Kyle	FR Central Wash	50.46
3	307 Yakovich, Anthony	FR Western Oreg	49.16
4	292 Mott, Ashtin	JR Western Oreg	48.63
5	338 O'Connell, Matt	JR Western Wash	49.85
6	284 Kaino, Matt	FR Western Oreg	48.30
7	190 Truax, Bradley	FR Alaska Ancho	50.38
	8		

Event 34 Men 800 Meter Run

8 Advance: Top 2 Each Heat plus Next 4 Best Times

	Name	Year School	Seed
Heat 1 Prelims			
1	190 Truax, Bradley	FR Alaska Ancho	1:57.09
2	270 Patti, Joseph	FR St. Martin's	1:56.03
3	287 Larson, Kyle	JR Western Oreg	1:54.74
4	288 Long, Jeff	SR Western Oreg	1:54.33
5	293 O'Brien, Carson	SR Western Oreg	1:52.57
6	299 Schmidt, Mike	SR Western Oreg	1:52.57
7	247 Webb, Justin	FR Northwest Na	1:56.49
8	276 Brown, Michael	SO Western Oreg	1:57.29
Heat 2 Prelims			
1	230 Vanderby, Tyson	SO Msu-Billings	1:55.93
2	189 Rottich, Paul	SR Alaska Ancho	1:56.64
3	257 Seeley, Nathan	FR Seattle Paci	1:52.90
4	308 Abraham, Nick	SO Western Wash	1:54.78
5	183 Kangogo, Alfred	SO Alaska Ancho	1:52.50
6	286 Kasler, Connor	FR Western Oreg	1:53.58
7	182 Hill, Thomas	SO Alaska Ancho	1:56.95
8	258 Sleight, Nathanael	SO Seattle Paci	1:57.90

Event 26 Men 1500 Meter Run

	Name	Year School	Seed
Section 1 Timed Finals			

1	176 Chelimo, Micah	FR Alaska Ancho	3:53.80
2	341 Tomsich, Anthony	SR Western Wash	3:51.83
3	246 Watson, Barak	FR Northwest Na	4:02.32
4	303 Sprinkle, Dan	SO Western Oreg	4:01.10
5	183 Kangogo, Alfred	SO Alaska Ancho	3:49.46
6	277 Chapman, Ryan	FR Western Oreg	4:04.12
7	189 Rottich, Paul	SR Alaska Ancho	3:56.26
8	288 Long, Jeff	SR Western Oreg	3:55.02
9	308 Abraham, Nick	SO Western Wash	3:58.42
10	261 Wahlenmaier, Jacob	JR Seattle Paci	4:00.46
11	320 Grimes, Bennett	JR Western Wash	3:58.24
12	259 Van Ness, Andrew	FR Seattle Paci	4:03.07
13	287 Larson, Kyle	JR Western Oreg	3:58.41
14	290 Massari, Zach	SO Western Oreg	4:01.31
15	177 Cheseto, Marko	JR Alaska Ancho	3:51.88
16	330 Johnson, Kyle	SO Western Wash	4:05.74

Event 40 Men 5000 Meter Run

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Name	Year	School	Seed
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Section 1 Timed Finals

1	246 Watson, Barak	FR Northwest Na	14:54.62
2	291 McCrary, Matt	SO Western Oreg	15:21.95
3	183 Kangogo, Alfred	SO Alaska Ancho	14:17.74
4	256 Meis, Chad	SR Seattle Paci	NT
5	296 Reed, Chris	JR Western Oreg	14:24.24
6	177 Cheseto, Marko	JR Alaska Ancho	14:00.30
7	226 Lombardi, Daniel	SO Msu-Billings	15:48.32
8	345 Welling, Jordan	JR Western Wash	14:19.87
9	176 Chelimo, Micah	FR Alaska Ancho	14:36.05
10	334 Medhaug, Blake	JR Western Wash	14:54.29
11	189 Rottich, Paul	SR Alaska Ancho	15:00.00
12	329 Jackson, Chip	FR Western Wash	15:10.70
13	272 Van Santen, Kyle	SO St. Martin's	14:48.83
14	187 Ritekwiang, William	FR Alaska Ancho	14:57.11
15	320 Grimes, Bennett	JR Western Wash	14:30.50
16	268 Hunt, Spencer	SO St. Martin's	15:11.68
17	214 Santos, Manuel	SO Central Wash	15:36.89
18	249 Baker, AJ	FR Seattle Paci	15:14.00
19	311 Boyd, Tanner	FR Western Wash	15:16.80
20	341 Tomsich, Anthony	SR Western Wash	14:34.83

Event 20 Men 10000 Meter Run

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	Name	Year School	Seed
=====			
Section 1 Timed Finals			
1	266 Harvey, Nicholas	JR St. Martin's	33:36.99
2	309 Armstrong, Graham	FR Western Wash	33:40.35
3	285 Karr, Justin	JR Western Oreg	31:45.89
4	187 Ritekwiang, William	FR Alaska Ancho	32:27.39
5	253 Harrison, Will	FR Seattle Paci	33:03.47
6	334 Medhaug, Blake	JR Western Wash	30:14.91
7	214 Santos, Manuel	SO Central Wash	32:23.70
8	232 Baggenstos, Jesse	FR Northwest Na	33:42.78
9	345 Welling, Jordan	JR Western Wash	29:45.92
10	283 Jackson, Braxton	SR Western Oreg	31:43.56
11	226 Lombardi, Daniel	SO Msu-Billings	32:58.27
12	177 Cheseto, Marko	JR Alaska Ancho	29:41.86
13	331 Kubitz, Greg	SR Western Wash	32:57.34
	14		
	15		

Event 28 Men 110 Meter Hurdles

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8 Advance: Top 1 Each Heat plus Next 6 Best Times			
	Name	Year School	Seed
=====			
Heat 1 Prelims			
	1		
	2		
3	289 Loscutoff, Andy	JR Western Oreg	15.13
4	306 Werner, Jordan	JR Western Oreg	15.32
5	325 Harrison, Alex	JR Western Wash	16.12
6	218 Venema, Andrew	FR Central Wash	16.02
7	213 Roddewig, Brandon	FR Central Wash	16.54
	8		
Heat 2 Prelims			
	1		
2	217 Steinke, Thomas	FR Central Wash	16.28
3	199 Hogan, Anthony	FR Central Wash	15.02
4	245 Steiglitz, Tim	FR Northwest Na	15.78
5	319 Gray, Andrew	SO Western Wash	15.50

6	207 Najera, Michael	FR Central Wash	16.27
	7		
	8		

Event 36 Men 400 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 6 Best Times

Name	Year	School	Seed
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Heat 1 Prelims

	1		
	2		
3	251 Endresen, Ryan	FR Seattle Paci	54.79
4	294 O'Connell, Shane	SO Western Oreg	57.46
5	239 Hanson, Mark	SR Northwest Na	54.86
6	243 Hope, Maurus	SO Northwest Na	53.20
7	321 Grudzinski, Levi	FR Western Wash	57.58
	8		

Heat 2 Prelims

	1		
	2		
3	289 Loscutoff, Andy	JR Western Oreg	54.46
4	207 Najera, Michael	FR Central Wash	55.52
5	336 Morales, Gabriel	SO Western Wash	56.35
6	344 Villanueva, Phillip	JR Western Wash	54.53
7	218 Venema, Andrew	FR Central Wash	59.13
	8		

Event 22 Men 3000 Meter Steeplechase

Name	Year	School	Seed
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Section 1 Timed Finals

1	256 Meis, Chad	SR Seattle Paci	9:15.13
2	333 McLeod, Ian	FR Western Wash	9:58.66
3	183 Kangogo, Alfred	SO Alaska Ancho	9:04.63
4	330 Johnson, Kyle	SO Western Wash	9:47.70
5	303 Sprinkle, Dan	SO Western Oreg	9:33.28
6	277 Chapman, Ryan	FR Western Oreg	9:57.72
7	235 Easter, Neil	SO Northwest Na	10:00.00
8	222 Canfield, Taylor	SO Msu-Billings	10:06.97
9	249 Baker, AJ	FR Seattle Paci	9:45.84

10	246 Watson, Barak	FR Northwest Na	9:18.00
11	241 Hetrick, Luke	SO Northwest Na	10:11.31
12	302 Snook, Brandon	SR Western Oreg	9:32.56
13	189 Rottich, Paul	SR Alaska Ancho	NT
14	176 Chelimo, Micah	FR Alaska Ancho	8:49.31
15	211 Power, Scott	SO Central Wash	10:05.77

Event 24 Men 4x100 Meter Relay

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School	Seed
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Section 1 Timed Finals

1

2	Msu-Billings 'A'	43.76
	1) 220 Barrett, Luke SR	2) 225 Lewis, Deshawn JR
	3) 223 Diede, Nathan JR	4) 228 Prevost, Adam FR
	5) 224 Hildebrand, Michael SO	6)
3	Alaska Anchorage 'A'	42.49
	1) 180 Grant, Brandon SR	2) 184 McLaughlin, James SR
	3) 178 DeWolf, Austen FR	4) 185 Preston, Demetrius JR
	5) 175 Allen, AJ FR	6)
4	Western Washington 'A'	41.72
	1) 339 Thomsen, Justin FR	2) 348 Zackery, Anthony JR
	3) 322 Gruger, Shane JR	4) 340 Tilley, Alex SO
5	Central Washington 'A'	41.24
	1) 203 Mack, Bryan SO	2) 219 Wright, Anthony FR
	3) 199 Hogan, Anthony FR	4) 208 Nichols, Kincaid SO
6	Northwest Nazarene 'A'	42.44
	1) 244 Sepe, Derek SO	2) 234 Colby, Cameron FR
	3) 242 Hill, Dan JR	4) 243 Hope, Maurus SO
	5) 240 Heidegger, Ben SO	6)
7	Western Oregon 'A'	42.52
	1) 273 Alexander, Bobby FR	2) 307 Yakovich, Anthony FR
	3) 274 Bourne, Alex SO	4) 294 O'Connell, Shane SO
	5) 282 Hyde, Jake FR	6) 284 Kaino, Matt FR
	7) 275 Boyd, Dustin FR	8) 292 Mott, Ashtin JR

8

Event 42 Men 4x400 Meter Relay

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School	Seed
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Section 1 Timed Finals

- | | | |
|---|-------------------------------|------------------------------|
| 1 | Seattle Pacific 'A' | 3:33.20 |
| | 1) 251 Endresen, Ryan FR | 2) 257 Seeley, Nathan FR |
| | 3) 254 Johnson, Nate FR | 4) 250 Derwin, Jace SR |
| | 5) 258 Sleight, Nathanael SO | 6) |
| 2 | St. Martin's 'A' | 3:29.26 |
| | 1) 262 DeVaughn, Josh FR | 2) 263 Dodge, Travis SO |
| | 3) 264 Flaherty, Connor SR | 4) 265 Grossaint, Cameron FR |
| | 5) 270 Patti, Joseph FR | 6) |
| 3 | Central Washington 'A' | 3:19.45 |
| | 1) 197 Fremd, Kyle FR | 2) 219 Wright, Anthony FR |
| | 3) 207 Najera, Michael FR | 4) 206 Morrison, Scott FR |
| 4 | Western Oregon 'A' | 3:17.90 |
| | 1) 292 Mott, Ashtin JR | 2) 307 Yakovich, Anthony FR |
| | 3) 293 O'Brien, Carson SR | 4) 284 Kaino, Matt FR |
| | 5) 289 Loscutoff, Andy JR | 6) 275 Boyd, Dustin FR |
| | 7) 294 O'Connell, Shane SO | 8) 288 Long, Jeff SR |
| 5 | Alaska Anchorage 'A' | 3:15.59 |
| | 1) 181 Hewitt, Ethan FR | 2) 190 Truax, Bradley FR |
| | 3) 180 Grant, Brandon SR | 4) 184 McLaughlin, James SR |
| | 5) 178 DeWolf, Austen FR | 6) 185 Preston, Demetrius JR |
| | 7) 182 Hill, Thomas SO | 8) |
| 6 | Western Washington 'A' | 3:18.80 |
| | 1) 340 Tilley, Alex SO | 2) 321 Grudzinski, Levi FR |
| | 3) 315 David, Toby JR | 4) 338 O'Connell, Matt JR |
| 7 | Northwest Nazarene 'A' | 3:21.98 |
| | 1) 243 Hope, Maurus SO | 2) 242 Hill, Dan JR |
| | 3) 239 Hanson, Mark SR | 4) 240 Heidegger, Ben SO |
| | 5) 244 Sepe, Derek SO | 6) |
| 8 | Msu-Billings 'A' | 3:32.65 |
| | 1) 223 Diede, Nathan JR | 2) 221 Blomback, Ryan FR |
| | 3) 225 Lewis, Deshawn JR | 4) 230 Vanderby, Tyson SO |
| | 5) 224 Hildebrand, Michael SO | 6) 228 Prevost, Adam FR |

Event 9 Men High Jump

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	Name	Year School	Seed Mark
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Flight 1 Finals			
1	213 Roddewig, Brandon	FR Central Wash	1.98m
2	194 Caryl, Jason	FR Central Wash	1.81m
3	281 Hardie, Matson	FR Western Oreg	1.80m

4	198 Hamilton, Jonathan	JR Central Wash	1.96m
5	332 Larson, Josh	SO Western Wash	1.93m
6	192 Boyes, Brennan	FR Central Wash	2.00m
7	305 Wegner, Robert	SR Western Oreg	1.90m
8	312 Brockman, Keefe	SO Western Wash	1.96m
9	313 Brown, Ryan	JR Western Wash	1.86m
10	205 Meyers, Lewis	FR Central Wash	1.86m

Event 14 Men Pole Vault

=====			
	Name	Year School	Seed Mark
=====			
Flight 1 Finals			
1	342 Tribe, Charlie	SR Western Wash	4.10m
2	327 Hoza, Nic	SO Western Wash	4.25m
3	314 Clendaniel, Tim	SO Western Wash	4.10m
4	347 Winters, Josh	JR Western Wash	4.20m
5	269 Lawson, Charles	SO St. Martin's	3.75m
6	254 Johnson, Nate	FR Seattle Paci	4.10m
7	193 Carr, James	SR Central Wash	4.12m
8	325 Harrison, Alex	JR Western Wash	4.25m
9	227 Martinez, Branden	SO Msu-Billings	4.13m
10	279 Giddens, Jayce	SR Western Oreg	4.60m
11	323 Guidon, Thomas	FR Western Wash	4.10m
12	297 Roberts, Austin	SR Western Oreg	4.25m
13	328 Iverson, Kevin	SR Western Wash	4.12m
14	200 Hunter, Scott	FR Central Wash	4.42m
15	217 Steinke, Thomas	FR Central Wash	4.05m
16	213 Roddewig, Brandon	FR Central Wash	4.50m
17	313 Brown, Ryan	JR Western Wash	5.36m
	18		

Event 10 Men Long Jump

=====			
	Name	Year School	Seed Mark
=====			
Flight 1 Finals			
1	314 Clendaniel, Tim	SO Western Wash	6.56m
2	282 Hyde, Jake	FR Western Oreg	6.59m
3	340 Tilley, Alex	SO Western Wash	ND
4	310 Birks, Scott	FR Western Wash	6.24m
5	220 Barrett, Luke	SR Msu-Billings	6.10m

6	195 Cho, James	SO Central Wash	6.47m
7	194 Caryl, Jason	FR Central Wash	6.32m
8	316 Davis, Will	FR Western Wash	6.54m

9

Flight 2 Finals

1	322 Gruger, Shane	JR Western Wash	6.64m
2	204 Melo, Manny	FR Central Wash	7.12m
3	305 Wegner, Robert	SR Western Oreg	6.61m
4	185 Preston, Demetrius	JR Alaska Ancho	7.50m
5	348 Zackery, Anthony	JR Western Wash	6.69m
6	203 Mack, Bryan	SO Central Wash	6.83m
7	262 DeVaughn, Josh	FR St. Martin's	6.68m
8	252 Felt, Justin	SR Seattle Paci	6.74m
9	281 Hardie, Matson	FR Western Oreg	7.07m

Event 18 Men Triple Jump

Name	Year School	Seed Mark
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Flight 1 Finals

1	195 Cho, James	SO Central Wash	13.88m
2	314 Clendaniel, Tim	SO Western Wash	13.97m
3	312 Brockman, Keefe	SO Western Wash	13.92m
4	179 Freed, Andrew	FR Alaska Ancho	13.66m
5	205 Meyers, Lewis	FR Central Wash	12.65m
6	203 Mack, Bryan	SO Central Wash	13.82m
7	316 Davis, Will	FR Western Wash	13.65m
8	202 Jones, Rendel	SO Central Wash	14.19m
9	204 Melo, Manny	FR Central Wash	13.91m
10	282 Hyde, Jake	FR Western Oreg	13.43m
11	281 Hardie, Matson	FR Western Oreg	14.67m

Event 3 Men Shot Put

Name	Year School	Seed Mark
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Flight 1 Finals

1	212 Ramirez, Daniel	JR Central Wash	13.32m
2	210 Potes, Jesse	SO Central Wash	13.77m
3	325 Harrison, Alex	JR Western Wash	13.36m
4	229 Rottrup, Tanner	FR Msu-Billings	13.90m
5	326 Hoffman, Michael	JR Western Wash	13.74m

6	324 Gump, Cameron	FR Western Wash	13.14m
7	237 Estrada, Diego	JR Northwest Na	13.44m
Flight 2 Finals			
1	317 Elder, Ben	JR Western Wash	15.88m
2	318 Gilbert, Jacob	FR Western Wash	14.99m
3	346 Westlin, Nelson	FR Western Wash	13.95m
4	280 Gutzman, Paul	FR Western Oreg	14.64m
5	201 Jensen, Mike	FR Central Wash	14.38m
6	301 Slowey, Jason	JR Western Oreg	16.14m
7	238 Fenters, Jordan	JR Northwest Na	14.10m
8	196 Fischer, Tyler	SR Central Wash	15.69m

Event 5 Men Discus Throw

Name	Year School	Seed Mark
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Flight 1 Finals

1	210 Potes, Jesse	SO Central Wash	41.61m
2	231 Wilson, Nick	FR Msu-Billings	43.07m
3	212 Ramirez, Daniel	JR Central Wash	42.71m
4	300 Schryvers, Matt	SO Western Oreg	42.15m
5	325 Harrison, Alex	JR Western Wash	41.45m
6	209 Ostler, Mychal	SR Central Wash	41.64m

7

Flight 2 Finals

1	326 Hoffman, Michael	JR Western Wash	49.92m
2	346 Westlin, Nelson	FR Western Wash	46.49m
3	196 Fischer, Tyler	SR Central Wash	46.52m
4	301 Slowey, Jason	JR Western Oreg	49.42m
5	317 Elder, Ben	JR Western Wash	51.32m
6	304 Stewart, Parker	FR Western Oreg	46.12m
7	335 Michaelson, Bryant	SR Western Wash	46.39m

Event 16 Men Hammer Throw

Name	Year School	Seed Mark
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Flight 1 Finals

1	236 Eaton, Alex	SR Northwest Na	40.21m
2	255 Martin, Billy	FR Seattle Paci	42.03m
3	248 Williams, Elmer	FR Northwest Na	42.14m
4	295 Reavis, Kody	SO Western Oreg	42.46m

5	186 Rencehausen, Ryan	SR Alaska Ancho	44.01m
6	335 Michaelson, Bryant	SR Western Wash	45.54m
7	216 Sherrif, Tommy	SO Central Wash	43.90m
8	201 Jensen, Mike	FR Central Wash	44.30m

9

Flight 2 Finals

1	212 Ramirez, Daniel	JR Central Wash	46.93m
2	326 Hoffman, Michael	JR Western Wash	59.37m
3	337 Nichols, Tyler	SO Western Wash	45.75m
4	300 Schryvers, Matt	SO Western Oreg	51.52m
5	238 Fenters, Jordan	JR Northwest Na	48.35m
6	301 Slowey, Jason	JR Western Oreg	50.60m
7	317 Elder, Ben	JR Western Wash	49.03m
8	209 Ostler, Mychal	SR Central Wash	54.38m
9	196 Fischer, Tyler	SR Central Wash	57.86m

Event 13 Men Javelin Throw

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Name	Year School	Seed Mark
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Flight 1 Finals

1	298 Rowlett, Nathan	FR Western Oreg	56.04m
2	343 Valentine, Bob	JR Western Wash	51.86m
3	267 Hudson, Kevin	SO St. Martin's	49.09m
4	188 Robinson, Casey	JR Alaska Ancho	53.52m
5	271 Player, Anthony	FR St. Martin's	55.97m
6	216 Sherrif, Tommy	SO Central Wash	52.80m

7

Flight 2 Finals

1	250 Derwin, Jace	SR Seattle Paci	58.00m
2	278 Crook, Will	FR Western Oreg	61.57m
3	325 Harrison, Alex	JR Western Wash	58.31m
4	295 Reavis, Kody	SO Western Oreg	57.27m
5	191 Allison, Sean	FR Central Wash	58.42m
6	231 Wilson, Nick	FR Msu-Billings	63.62m
7	260 Wagner, Nate	SR Seattle Paci	58.47m

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