

3-13-2010

Pacific Lutheran University Invitational

Great Northwest Athletic Conference

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

Recommended Citation

Great Northwest Athletic Conference, "Pacific Lutheran University Invitational" (2010). *Track and Field*. Book 362.
http://digitalcommons.cwu.edu/cwu_track_field/362

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 Pacific Lutheran University

Hy-Tek's Meet Manager 3/13/2010 06:2

2010 PLU Invitational - 3/13/2010

Parkland, Wash.

Results

Women 100 Meter Dash

Name	Year School	Finals	Wind	H#	Po
1 Arceneaux, Lokia	Pacific Lutheran	12.84	0.2	1	
2 Takayoshi, Sarah	Central Washingt	13.01	0.2	1	
3 Putnam, Chelsea	Pacific Lutheran	13.02	0.2	1	
4 Weiks, Kaila	St. Martin's	13.36	0.2	1	
5 Sehlke, Madison	Pacific Lutheran	13.69	0.2	1	
6 Adams, Erin	Warner Pacific	13.79	1.8	3	
7 Jones, Stephanie	Central Washingt	13.80	0.2	1	
8 Hunt, Chloe	Puget Sound	13.86	1.8	3	
9 Jones, Nicole	Pacific Lutheran	13.87	0.2	1	
10 Brigham, Grace	Northwest U.	13.89	0.3	2	
11 Ricco, Danielle	Warner Pacific	13.92	0.3	2	
12 Richey, Tamara	Unattached	13.95	0.2	1	
13 Tsukamaki, Brady	Pacific Lutheran	14.17	0.3	2	
14 Jones, LeAsia	Evergreen St.	14.45	1.8	3	
15 Morgan, Caitlin	Warner Pacific	14.89	1.8	3	
16 Pahlow, Shelley	Pacific Lutheran	15.06	0.3	2	
17 Coleman, Evelyn	Evergreen St.	15.66	0.3	2	
18 Crumb, Melissa	Evergreen St.	15.87	0.3	2	

Women 200 Meter Dash

Name	Year School	Finals	Wind	H#	Po
1 Arceneaux, Lokia	Pacific Lutheran	26.28	1.5	1	
2 Bouyer, Kennadi	1911 Track Club	26.51	1.5	1	
3 Takayoshi, Sarah	Central Washingt	26.61	1.5	1	
4 Miller, Chelsea	Northwest U.	26.66	1.5	1	
5 Bergmann, Meeghan	Seattle U.	26.77	1.5	1	
6 Shakoor, Kenya	1911 Track Club	26.94	1.5	1	
7 Putnam, Chelsea	Pacific Lutheran	27.10	0.7	2	
8 Leiken, Andrea	Puget Sound	27.40	0.7	2	
9 Weiks, Kaila	St. Martin's	27.68	0.7	2	

10	Sehlke, Madison	Pacific Lutheran	28.03	1.5	1
11	Brigham, Grace	Northwest U.	28.31	0.7	2
12	Jones, Nicole	Pacific Lutheran	28.78	0.7	2
13	Hicks, Ericka	Warner Pacific	29.59	0.7	2
14	Johnson, Jennifer	St. Martin's	31.17	0.7	2
15	Ballard, Leah	Warner Pacific	31.64	1.4	3
16	Coleman, Evelyn	Evergreen St.	32.81	1.4	3
17	Crumb, Melissa	Evergreen St.	33.52	1.4	3

Women 400 Meter Dash

Name	Year School	Finals	Points
1 Shakoor, Kenya	1911 Track Club	1:00.55	
2 Bouyer, Kennadi	1911 Track Club	1:00.88	
3 Leiken, Andrea	Puget Sound	1:02.78	
4 Thompson, Katelyn	Everett CC	1:03.73	
5 Hicks, Ericka	Warner Pacific	1:06.45	
6 Trask, Morgan	Pacific Lutheran	1:07.72	

Women 800 Meter Run

Name	Year School	Finals	Points
1 Laweryson, Annie	St. Martin's	2:24.39	
2 Rose-Witt, Chiara	Pacific Lutheran	2:26.72	
3 Kreft, Kelsey	Central Washingt	2:29.32	
4 Evans, Nika	Puget Sound	2:29.50	
5 Johnson, Julia	Northwest U.	2:31.13	
6 Choate, Katie	Pacific Lutheran	2:32.38	
7 Keith, Carrie	Puget Sound	2:35.21	
8 Loftis, Emma	Evergreen St.	2:35.56	
9 Hunter, Danielle	Unattached	2:35.64	
10 Grambo, Heather	Skagit Valley	2:36.85	
11 Grams, Danielle	Everett CC	2:37.40	
12 Gillespie, Cara	Puget Sound	2:38.52	
13 Vollmer, Treva	Puget Sound	2:42.66	
14 Winkle, Kayla	Warner Pacific	2:44.45	

Women 1500 Meter Run

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

1	Olsen, Suzy	Pacific Lutheran	4:58.96
2	Evans, Nika	Puget Sound	4:59.92
3	Carlson, Karissa	Evergreen St.	5:02.90
4	Gillespie, Cara	Puget Sound	5:21.90
5	Llapitan, Ashley	St. Martin's	5:24.68
6	Hughes, Katie	Everett CC	5:33.14
7	Winkle, Kayla	Warner Pacific	5:33.65

Women 5000 Meter Run

Name	Year School	Finals	Points
1	Hazlehurst, Marnie	Puget Sound	19:03.53
2	Gebert, Katherine	Pacific Lutheran	19:07.04
3	Steele, Alanna	Skagit Valley	19:12.85
4	Adams, Rebecca	Puget Sound	19:14.36
5	Ballard, Leah	Warner Pacific	19:21.88
6	Patton, Letiwe	Unattached	19:27.07
7	Peterson, Britta	Evergreen St.	19:30.00
8	Pecha, Kaitlynn	St. Martin's	19:34.79
9	Moser, Laura	Seattle Pacific	20:00.49
10	Plunkett, Natty	Seattle Pacific	20:01.26
11	Minton, Joscelyn	Unattached	20:16.67
12	Boulton, Kassandra	Seattle Pacific	20:37.59
13	Johnson, Erica	Pacific Lutheran	21:02.75
14	Hanscomm, Margaret	Seattle Pacific	21:05.77
15	Korpela, Kattarina	Warner Pacific	21:24.33
16	Thomas, Laura	Puget Sound	21:35.04
17	Uhlig, Emily	Harrier Track Cl	21:46.76

Women 10000 Meter Run

Name	Year School	Finals	Points
1	Loomans, Kelsey	Everett CC	38:00.21
2	Massie, Valerie	Everett CC	38:10.57
3	Talkington, Kelly	Everett CC	38:35.83
4	McGill, Krissy	Everett CC	41:43.34
5	Attwood, Candace	Pacific Lutheran	43:27.69
6	Whipple, Kelsey	Everett CC	44:04.62
7	Minor, Jolene	Unattached	44:24.38

8	Smith, Lauresa	Unattached	44:38.08
9	Blakney, Rebekah	Pacific Lutheran	44:44.20
10	Brown, Kelly	Unattached	45:27.29

Women 100 Meter Hurdles

Name	Year	School	Finals	Wind	H#	Po
1	Lotze, Katharine	Central Washingt	15.50	2.3	1	
2	Gonzalez, Raquel	Central Washingt	15.99	2.3	1	
3	Jones, Stephanie	Central Washingt	16.56	2.3	1	
4	Scholter, Hannah	St. Martin's	16.90	2.3	1	
5	Rose, Amanda	Central Washingt	16.93	0.6	2	
6	Minter, Navotni	Seattle U.	17.53	2.3	1	
7	Morgan, Caitlin	Warner Pacific	19.77	0.6	2	
8	Raisl, Emma	Puget Sound	19.85	0.6	2	
9	Prior, Dana	Pacific Lutheran	20.56	0.6	2	

Women 400 Meter Hurdles

Name	Year	School	Finals	Points
1	Gonzalez, Raquel	Central Washingt	1:10.61	
2	Hampton, Liz	Central Washingt	1:11.72	
3	Scholter, Hannah	St. Martin's	1:12.90	
4	Ricco, Danielle	Warner Pacific	1:13.94	
5	Berg, Siri	Central Washingt	1:14.94	
6	Raisl, Emma	Puget Sound	1:16.62	
7	Prior, Dana	Pacific Lutheran	1:21.89	
8	Seidler, Mary	Central Washingt	1:22.88	

Women 3000 Meter Steeplechase

Name	Year	School	Finals	Points
1	Keith, Carrie	Puget Sound	11:48.59	
2	Rice, Ashley	Central Washingt	13:30.34	

Women 4x100 Meter Relay

School	Finals	Points
--------	--------	--------

1 Pacific Lutheran 'A'	50.02
1) Putnam, Chelsea	2) Jahnsen, Katheryn
3) Sehlke, Madison	4) Arceneaux, Lalka
2 Central Washington 'A'	51.05
1) Jones, Stephanie	2) Rose, Amanda
3) Lotze, Katharine	4) Takayoshi, Sarah
3 Warner Pacific 'A'	53.45
1) Hicks, Ericka	2) Adams, Erin
3) Ricco, Danielle	4) Spiering, Adrienne

Women 4x400 Meter Relay

School	Finals	Points
1 Pacific Lutheran 'A'	4:18.82	
1) Sehlke, Madison	2) Rose-Witt, Chiara	
3) Olsen, Suzy	4) Arceneaux, Lalka	
2 Warner Pacific 'A'	4:21.23	
1) Hicks, Ericka	2) Adams, Erin	
3) Murray, Riley	4) Spiering, Adrienne	
3 St. Martin's 'A'	4:23.75	
1) Johnson, Jennifer	2) Laweryson, Annie	
3) Scholter, Hannah	4) Weiks, Kaila	
4 Puget Sound 'A'	4:27.94	
1) Leiken, Andrea	2) Means, Catherine	
3) Gillespie, Cara	4) Evans, Nika	
5 Central Washington 'A'	4:30.49	
1) Hampton, Liz	2) Rose, Amanda	
3) Gonzalez, Raquel	4) Lotze, Katharine	
6 Pacific Lutheran 'B'	4:48.43	
1) Putnam, Chelsea	2) Prior, Dana	
3) Trask, Morgan	4) Choate, Katie	

Women High Jump

Name	Year School	Finals	Points
1 Gonzalez, Raquel	Central Washingt	1.52m	4-11.75
2 Napiontek, Shelby	Central Washingt	1.42m	4-07.75
2 Jones, Nicole	Pacific Lutheran	1.42m	4-07.75
4 Allison, Kyrstin	Pacific Lutheran	1.37m	4-06.00
4 Berg, Siri	Central Washingt	1.37m	4-06.00

6	Spiering, Adrienne	Warner Pacific	1.32m	4-04.00
6	Bateman, Kaytie	Seattle U.	1.32m	4-04.00
6	Smith, Kelsey	Pacific Lutheran	1.32m	4-04.00
6	Scholter, Hannah	St. Martin's	1.32m	4-04.00

Women Pole Vault

Name	Year	School	Finals	
1	Wessa, Lindsey	Northwest U.	2.95m	9-08.00
2	Larsen, Jamie	Central Washingt	2.87m	9-05.00
3	Swigart, Hannah	Central Washingt	2.72m	8-11.00
3	Lopez, Belen	Central Washingt	2.72m	8-11.00
3	Hull, Samantha	St. Martin's	2.72m	8-11.00
3	Herr, Emily	Puget Sound	2.72m	8-11.00
3	Jones, Nicole	Pacific Lutheran	2.72m	8-11.00

Women Long Jump

Name	Year	School	Finals	Wind	
1	Putnam, Chelsea	Pacific Lutheran	5.22m	NWI	17-0
2	Weiks, Kaila	St. Martin's	4.78m	NWI	15-0
2	Sackeyfio, Julianna	St. Martin's	4.78m	NWI	15-0
4	Bateman, Kaytie	Seattle U.	4.76m	NWI	15-0
5	Adams, Erin	Warner Pacific	4.51m	NWI	14-0
6	Minter, Navotni	Seattle U.	4.39m	NWI	14-0
7	Tsukamaki, Brady	Pacific Lutheran	4.28m	NWI	14-0
8	Sehlke, Madison	Pacific Lutheran	4.22m	NWI	13-1
9	Squires, Kamala	Seattle U.	4.10m	NWI	13-0
10	Richey, Tamara	Unattached	4.09m	NWI	13-0
11	Raisl, Emma	Puget Sound	3.89m	NWI	12-0
12	Prior, Dana	Pacific Lutheran	3.78m	NWI	12-0
13	Pahlow, Shelley	Pacific Lutheran	3.65m	NWI	11-1
14	Morgan, Caitlin	Warner Pacific	3.56m	NWI	11-0
--	Lotze, Katharine	Central Washingt	FOUL	NWI	
--	Hunt, Chloe	Puget Sound	FOUL	NWI	

Women Triple Jump

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

1	Lotze, Katharine	Central Washingt	10.83m	1.5	35-0
2	Jones, Stephanie	Central Washingt	10.45m	1.2	34-0
3	Rose, Amanda	Central Washingt	10.37m	2.2	34-0
4	Sackeyfio, Julianna	St. Martin's	10.32m	2.2	33-1
5	Hunt, Chloe	Puget Sound	9.63m	2.8	31-0
6	Tsukamaki, Brady	Pacific Lutheran	9.41m	1.3	30-1
7	Spiering, Adrienne	Warner Pacific	9.37m	1.1	30-0
8	Jones, Nicole	Pacific Lutheran	9.28m	2.6	30-0

Women Shot Put

Name	Year	School	Finals	
1		Central Washingt	11.86m	38-11.00
2		Central Washingt	11.74m	38-06.25
3		Central Washingt	11.66m	38-03.25
4		Central Washingt	10.76m	35-03.75
5		Central Washingt	10.40m	34-01.50
6		Northwest U.	10.27m	33-08.50
7		Pacific Lutheran	9.90m	32-05.75
8		Central Washingt	9.72m	31-10.75
9		Pacific Lutheran	9.29m	30-05.75
10		St. Martin's	9.09m	29-10.00
11		Northwest U.	8.99m	29-06.00
12		Pacific Lutheran	8.88m	29-01.75
13		Central Washingt	8.32m	27-03.75
14		St. Martin's	7.60m	24-11.25
15		Puget Sound	7.41m	24-03.75
16		Puget Sound	6.40m	21-00.00

Women Discus Throw

Name	Year	School	Finals	
1		Central Washingt	39.13m	128-04
2		Central Washingt	39.08m	128-02
3		Central Washingt	37.01m	121-05
4		Northwest U.	33.58m	110-02
5		Central Washingt	32.20m	105-08
6		Northwest U.	32.02m	105-01
7		Central Washingt	28.78m	94-05
8		Central Washingt	27.92m	91-07

9	Wallace, Jasmine	Pacific Lutheran	27.00m	88-07
10	Tua, Teilissa	St. Martin's	24.61m	80-09
11	Bryant, Vanessa	Pacific Lutheran	22.49m	73-09
12	Nelson, Persephone	Pacific Lutheran	21.09m	69-02

Women Hammer Throw

Name	Year	School	Prelims
------	------	--------	---------

Preliminaries

1	Self, Torrie	Central Washingt	47.94mq	157-03
2	Stueckle, Jordan	Central Washingt	46.35mq	152-01
3	Wallace, Jasmine	Pacific Lutheran	42.00mq	137-09
4	Baumstark, Kaylee	Central Washingt	38.96mq	127-10
5	Bryant, Vanessa	Pacific Lutheran	33.83mq	111-00
6	Kneip, Cadie	Northwest U.	33.01mq	108-04
7	Yates, Raisa	Central Washingt	32.59mq	106-11
8	Fenton, Kelly	Pacific Lutheran	32.19mq	105-07
9	Mulkey, Becky	Central Washingt	30.98mq	101-08
10	Kneip, Jessica	Northwest U.	30.69mq	100-08
11	Nelson, Persephone	Pacific Lutheran	28.41mq	93-02
12	Klee, Maggie	Puget Sound	28.34mq	93-00
13	Gilbert, Christina	Puget Sound	20.02mq	65-08
14	Stray, Jillian	St. Martin's	19.92mq	65-04
15	Spees, Sarah	Central Washingt	16.80mq	55-01
--	Arceneaux, Lokia	Pacific Lutheran	FOUL	

Women Hammer Throw

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

Finals

1	Self, Torrie	Central Washingt	47.94m	157-03
2	Stueckle, Jordan	Central Washingt	46.35m	152-01
3	Wallace, Jasmine	Pacific Lutheran	42.00m	137-09
4	Baumstark, Kaylee	Central Washingt	38.96m	127-10
5	Bryant, Vanessa	Pacific Lutheran	33.83m	111-00
6	Kneip, Cadie	Northwest U.	33.01m	108-04
7	Yates, Raisa	Central Washingt	32.59m	106-11
8	Fenton, Kelly	Pacific Lutheran	32.19m	105-07
9	Mulkey, Becky	Central Washingt	30.98m	101-08
10	Kneip, Jessica	Northwest U.	30.69m	100-08

11	Nelson, Persephone	Pacific Lutheran	28.41m	93-02
12	Klee, Maggie	Puget Sound	28.34m	93-00
13	Gilbert, Christina	Puget Sound	20.02m	65-08
14	Stray, Jillian	St. Martin's	19.92m	65-04
15	Spees, Sarah	Central Washingt	16.80m	55-01
--	Arceneaux, Lakia	Pacific Lutheran	FOUL	

Women Javelin Throw

Name	Year School	Finals	
1	Hull, Samantha	St. Martin's	39.25m 128-09
2	Stray, Jillian	St. Martin's	37.67m 123-07
3	Peoples, Jill	Warner Pacific	37.34m 122-06
4	Spees, Sarah	Central Washingt	34.00m 111-06
5	Fenton, Kelly	Pacific Lutheran	33.23m 109-00
6	Jahnsen, Katheryn	Pacific Lutheran	30.00m 98-05
7	Monahan, Clare	Seattle U.	28.46m 93-04
8	Scholter, Hannah	St. Martin's	27.29m 89-06
9	Bateman, Kaytie	Seattle U.	24.98m 81-11
10	Berg, Siri	Central Washingt	22.59m 74-01
--	Mull, Ayla	Pacific Lutheran	FOUL

Men 100 Meter Dash

Name	Year School	Finals	Wind	H#	Po
1	Nichols, Kincaid	Central Washingt	10.97	1.2	1
2	DeVaughn, Josh	St. Martin's	11.05	1.2	1
3	Reeves, I.V.	Pacific Lutheran	11.10	1.2	1
4	Bennett, Phillip	Unattached	11.11	1.2	1
5	Mack, Bryan	Central Washingt	11.21	1.2	1
6	Sacirovic, Alija	Warner Pacific	11.44	0.1	2
7	Ancheta-Major, Ryan	Unattached	11.62	1.2	1
8	Jackson, Nate	Pacific Lutheran	11.67	0.1	2
9	Burghardt, Drew	Central Washingt	11.72	0.1	2
10	Hass, Michael	Puget Sound	11.76	0.2	5
11	McDonald, Steven	Pacific Lutheran	11.79	0.1	2
12	Alexander, Colin	Pacific Lutheran	11.96	NWI	3
13	Holden, Alex	Pacific Lutheran	11.97	NWI	3
13	Brown, Matt	Pacific Lutheran	11.97	0.1	2
15	Hunter, Scott	Central Washingt	11.98	NWI	3

15	Roddewig, Brandon	Central Washingt	11.98	NWI	3
17	South, Garrett	Warner Pacific	11.99	0.2	5
18	Kowalko, Caleb	Warner Pacific	12.09	0.1	2
19	Kelly, Kramer	Northwest U.	12.14	NWI	3
20	Combs-Bachmann, Alex	Evergreen St.	12.33	1.8	4
21	Aiken, Jason	Warner Pacific	12.66	0.2	5
22	Bronner, Seddrick	Unattached	12.78	0.1	2
23	Blake, Aaron	Unattached	12.95	1.8	4
24	Kasem, Wahad	Skagit Valley	13.03	0.2	5
25	Holt, Chester	Pacific Lutheran	13.14	1.8	4
25	Nesbitt, Devin	Pacific Lutheran	13.14	1.8	4
27	McNamara, Ryan	Northwest U.	13.39	1.8	4

Men 200 Meter Dash

Name	Year School	Finals	Wind	H#	Po
1	Wright, Anthony	Central Washingt	22.04	1.0	1
2	Bennett, Phillip	Unattached	22.18	1.0	1
3	DeVaughn, Josh	St. Martin's	22.33	1.0	1
4	Morrison, Scott	Central Washingt	22.39	1.0	1
5	Reeves, I.V.	Pacific Lutheran	22.79	0.4	2
6	Bollen, Barrett	Pacific Lutheran	23.00	0.4	2
7	Putnam, Wiley	Puget Sound	23.24	0.4	2
8	Seel, Matt	Unattached	23.40	1.0	1
9	Sacirovic, Alija	Warner Pacific	23.50	0.4	2
10	Fremd, Kyle	Central Washingt	23.57	0.4	2
11	Hass, Michael	Puget Sound	23.73	1.0	3
12	Kelly, Kramer	Northwest U.	24.36	1.0	3
13	Fisher, David	Pacific Lutheran	24.52	1.0	3
14	Dye, Alex	Western Washingt	24.68	0.4	2
15	Aiken, Jason	Warner Pacific	25.15	0.4	5
16	Scholer, Matt	Warner Pacific	25.33	0.4	5
17	Firman, Jeremiah	Puget Sound	25.68	0.4	5
18	Rothenbueler, Karlen	Puget Sound	25.79	NWI	4
19	Blake, Aaron	Unattached	27.00	0.4	5
20	McNamara, Ryan	Northwest U.	27.79	0.4	5
21	Turock, Art	Unattached	29.69	0.4	5

Men 400 Meter Dash

Name	Year School	Finals	H#	Points
------	-------------	--------	----	--------

1	Morrison, Scott	Central Washingt	49.59	1
2	Bollen, Barrett	Pacific Lutheran	50.63	1
2	Woods, Darren	Evergreen St.	50.63	1
4	Johnson, Logan	Skagit Valley	51.13	1
5	Wright, Anthony	Central Washingt	51.19	2
6	Dodge, Travis	St. Martin's	51.91	2
7	Akers, Isaac	Unattached	52.31	1
8	Grossaint, Cameron	St. Martin's	52.55	1
9	Fremd, Kyle	Central Washingt	52.89	1
10	Seel, Matt	Unattached	53.13	2
11	Fisher, David	Pacific Lutheran	53.65	2
12	Flaherty, Connor	St. Martin's	54.69	3
13	Firman, Jeremiah	Puget Sound	54.80	3
14	Shakalia, Karim	Warner Pacific	55.69	3
15	Scholer, Matt	Warner Pacific	55.76	3
16	White-Duong, Han	Warner Pacific	55.92	3
17	Young, David	Puget Sound	57.36	3
18	Davis, Gary	Unattached	58.22	1

Men 800 Meter Run

Name	Year School	Finals	Points
1	Bras, Orion	Pacific Lutheran	1:59.63
2	Snowden, Robert	Puget Sound	2:00.43
3	Larson, Drew	Unattached	2:00.74
4	Page, Nathan	Pacific Lutheran	2:00.99
5	Armstrong, Zach	Central Washingt	2:01.34
6	Patti, Joseph	St. Martin's	2:01.87
7	Sullivan, Daniel	Seattle U.	2:01.96
8	Ramirez, Doug	Harrier Track Cl	2:03.78
9	Lara, Ryan	Central Washingt	2:04.18
10	Johnson, Logan	Skagit Valley	2:04.71
11	Shakalia, Karim	Warner Pacific	2:06.51
12	Kollgaard, Adam	Seattle U.	2:06.85
13	Brower, Robby	Puget Sound	2:07.40
14	Lasbo, Sebastian	Evergreen St.	2:07.61
15	Rexach, Michael	Everett CC	2:07.78
16	Caffrey, Noah	St. Martin's	2:08.93
17	DeLaCruz, Juan	Warner Pacific	2:11.04
18	Fullen, Jacob	Green River CC	2:11.34

19	Trowbridge, Seth	Unattached	2:11.54
20	Meeker, Christopher	Warner Pacific	2:12.08
21	Rockwell, Liam	Evergreen St.	2:12.51
22	Stecker, Nathan	Warner Pacific	2:12.72
23	Mungai, Joseph	Pacific Lutheran	2:13.25
24	Fleishman, Kevin	Warner Pacific	2:13.94
25	Pengra, Travis	Warner Pacific	2:14.14
26	Rasor, Kyle	Everett CC	2:15.37
27	Foot, Garrett	Northwest U.	2:18.00
28	Uslan, Jeff	Puget Sound	2:21.45
29	Karle, Nathan	Pacific Lutheran	2:27.00

Men 1500 Meter Run

Name	Year School	Finals	Points
1	George, Lee	Harrier Track Cl	4:02.65
2	Pierson, Seth	Everett CC	4:03.76
3	Patti, Joseph	St. Martin's	4:03.97
4	Bridges, Seth	Northwest U.	4:06.17
5	Hunt, Spencer	St. Martin's	4:06.23
6	Van Santen, Kyle	St. Martin's	4:06.88
7	Kollgaard, Adam	Seattle U.	4:13.31
8	Van Nuland, Michael	Seattle U.	4:14.25
9	Wall, Casey	Puget Sound	4:15.81
10	Ramirez, Doug	Harrier Track Cl	4:17.41
11	Pace, Nicholas	Evergreen St.	4:17.55
12	Koenigs, Matt	Unattached	4:19.01
13	Meeker, Christopher	Warner Pacific	4:19.55
14	Phillips, John	Pacific Lutheran	4:20.19
15	Swanson, Jon	Central Washingt	4:24.96
16	Fullen, Jacob	Green River CC	4:27.33
17	Brewer, Robert	Warner Pacific	4:27.45
18	Rasor, Kyle	Everett CC	4:27.46
19	Trowbridge, Seth	Unattached	4:27.76
20	Allen-Slaba, Nathaniel	Pacific Lutheran	4:28.58
21	Miland, Matt	Everett CC	4:31.63
22	Hastings, Jake	Central Washingt	4:31.94
23	Pengra, Travis	Warner Pacific	4:32.20
24	Klein, Matt	Puget Sound	4:33.25
25	Foot, Garrett	Northwest U.	4:40.45
26	Noble, Charles	Puget Sound	4:41.04

27	Fleishman, Kevin	Warner Pacific	4:41.35
28	Dennison, Ryan	Seattle U.	4:44.57
29	Lauth, Chris	Puget Sound	4:44.82
30	Beal, Matthew	Pacific Lutheran	4:57.49
31	Magana, Chris	Unattached	5:04.23
32	Alexander, Colin	Pacific Lutheran	5:12.60

Men 5000 Meter Run

Name	Year School	Finals	Points
1	Van Santen, Kyle	St. Martin's	15:26.13
2	George, Lee	Harrier Track Cl	15:44.16
3	Hunt, Spencer	St. Martin's	15:47.65
4	Berger, Joe	Green River CC	15:54.56
5	Vandooren, Tyler	Harrier Track Cl	16:01.76
6	Santos, Manuel	Central Washingt	16:02.65
7	Klein, Matt	Puget Sound	16:12.65
8	Johnson, Tom	Central Washingt	16:18.03
9	Wall, Casey	Puget Sound	16:22.73
10	Bear Don't Walk, Oliver	Harrier Track Cl	16:34.12
11	Luce, Tyler	Evergreen St.	16:38.55
12	Roland, Tyler	Central Washingt	16:46.19
13	White-Duong, Han	Warner Pacific	16:47.37
14	Butler, Cameron	Puget Sound	16:51.51
15	Creek, Jimmy	Everett CC	16:59.88
16	Strang, Scott	Unattached	17:08.94
17	Felch, Scott	Everett CC	17:37.11
18	Johnson, Chris	Evergreen St.	18:44.90
19	Magana, Chris	Unattached	18:55.79
--	Rakestraw, Brian	Evergreen St.	DNF

Men 10000 Meter Run

Name	Year School	Finals	Points
1	Jenkins, Cory	Harrier Track Cl	32:04.38
2	Kulvi, Trevor	Unattached	32:12.21
3	Bryden, Jordan	Calgary Spartans	32:16.44
4	Yilma, Yon	Unattached	32:28.79
5	Bear Don't Walk, Oliver	Harrier Track Cl	32:39.45
6	Santos, Manuel	Central Washingt	33:22.32

7	Grigsby, Kolter	Pacific Lutheran	35:14.40
8	Martin, Austin	Pacific Lutheran	35:28.53
9	Marshall, Justin	Everett CC	36:18.00
10	Lystad, Tonder	Unattached	37:47.64
11	Baker, Alex	Unattached	39:48.28

Men 110 Meter Hurdles

Name	Year	School	Finals	Wind	H#	Po
1	Hogan, Anthony	Central Washingt	15.53	NWI	1	
2	Price, Gante	Central Washingt	15.78	NWI	1	
3	Venema, Andrew	Unattached	16.23	NWI	1	
4	O'Dell, Ryan	Warner Pacific	16.26	NWI	2	
5	Tolman, Jeffrey	Pacific Lutheran	16.67	NWI	1	
6	Roddewig, Brandon	Central Washingt	16.73	NWI	2	
7	Najera, Michael	Central Washingt	16.79	NWI	1	
8	Kowalko, Caleb	Warner Pacific	16.82	NWI	1	
9	South, Garrett	Warner Pacific	17.33	NWI	2	
10	Abdelnoor, Connor	Evergreen St.	17.44	NWI	1	
11	Poshusta, Robert	Seattle U.	17.63	NWI	2	
12	Sample, Emerson	Puget Sound	17.96	NWI	2	
13	McDonald, Myles	Puget Sound	18.64	NWI	2	

Men 400 Meter Hurdles

Name	Year	School	Finals	H#	Points
1	Price, Gante	Central Washingt	55.83	1	
2	Najera, Michael	Central Washingt	58.14	1	
3	Venema, Andrew	Unattached	59.91	1	
4	South, Garrett	Warner Pacific	1:00.20	2	
5	Sample, Emerson	Puget Sound	1:01.19	2	
6	McDonald, Myles	Puget Sound	1:01.74	2	
7	Hogan, Anthony	Central Washingt	1:01.93	1	
8	Heflin, Matt	Puget Sound	1:02.29	2	
9	Tolman, Jeffrey	Pacific Lutheran	1:07.55	2	

Men 3000 Meter Steeplechase

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

1	DeLaCruz, Juan	Warner Pacific	10:10.71
2	Baldrige, Jesse	Puget Sound	10:18.58
3	Andrascik, Sean	Pacific Lutheran	10:24.66
4	Butler, Cameron	Puget Sound	10:31.04
5	Caffrey, Noah	St. Martin's	10:31.83
6	Martin, Alex	Pacific Lutheran	10:36.25
7	Beal, Matthew	Pacific Lutheran	11:41.38
8	Steinke, Thomas	Unattached	12:06.90

Men 4x100 Meter Relay

School		Finals	Points
1	Central Washington 'A'	42.47	
	1) Mack, Bryan	2) Hogan, Anthony	
	3) Nichols, Kincaid	4) Wright, Anthony	
2	Pacific Lutheran 'A'	43.36	
	1) Brown, Matt	2) Bollen, Barrett	
	3) McDonald, Steven	4) Reeves, I.V.	
3	Warner Pacific 'A'	44.20	
	1) Moore, Cody	2) O'Dell, Ryan	
	3) Hamilton, Cameron	4) Sacirovic, Alija	
4	Puget Sound 'A'	45.43	
	1) Carter, Matt	2) Hass, Michael	
	3) Ivory, Jimmy	4) Putnam, Wiley	

Men 4x400 Meter Relay

School		Finals	H#	Points
1	Central Washington 'A'	3:24.46	1	
	1) Fremd, Kyle	2) Lara, Ryan		
	3) Price, Gante	4) Morrison, Scott		
2	Pacific Lutheran 'A'	3:31.45	1	
	1) McDonald, Steven	2) Alexander, Colin		
	3) Bras, Orion	4) Bollen, Barrett		
3	Warner Pacific 'A'	3:33.08	1	
	1) Brewer, Robert	2) O'Dell, Ryan		
	3) Stecker, Nathan	4) Sacirovic, Alija		
4	Puget Sound 'A'	3:33.26	1	
	1) Putnam, Wiley	2) McDonald, Myles		
	3) Sample, Emerson	4) Carter, Matt		

5	St. Martin's 'A'	3:37.46	1
	1) Brown, Edd	2) DeVaughn, Josh	
	3) Dodge, Travis	4) Flaherty, Connor	
6	Central Washington 'B'	3:38.02	2
	1) Armstrong, Zach	2) Swanson, Jon	
	3) Hastings, Jake	4) Najera, Michael	
7	Evergreen St. 'A'	3:39.51	1
	1) Abdelnoor, Connor	2) Combs-Bachmann, Alex	
	3) Turner, Jordan	4) Woods, Darren	
8	Puget Sound 'B'	3:44.86	2
	1) Brower, Robby	2) Snowden, Robert	
	3) Hass, Michael	4) Noble, Charles	
9	Warner Pacific 'B'	3:45.96	2
	1) Moore, Cody	2) Shakalia, Karim	
	3) DeLaCruz, Juan	4) Scholer, Matt	
10	Northwest U. 'A'	3:46.14	1
	1) Woods, Tyler	2) Reed, Jimmy	
	3) Kelly, Kramer	4) Doty, Jake	
11	Pacific Lutheran 'B'	3:47.09	2
	1) Martin, Alex	2) Allen-Slaba, Nathaniel	
	3) Andrascik, Sean	4) Page, Nathan	

Men High Jump

Name	Year School	Finals
1 Boyes, Brennan	Unattached	1.94m 6-04.25
2 Hamilton, Jonathan	Central Washingt	1.84m 6-00.50
3 Roddewig, Brandon	Central Washingt	1.79m 5-10.50
3 Ancheta-Major, Ryan	Unattached	1.79m 5-10.50
5 Caryl, Jason	Central Washingt	1.74m 5-08.50
6 Faust, Tyler	Pacific Lutheran	1.69m 5-06.50
6 Nelson, Joseph	Central Washingt	1.69m 5-06.50
6 Venema, Andrew	Unattached	1.69m 5-06.50
-- Mungai, Joseph	Pacific Lutheran	NH
-- Alexander, Colin	Pacific Lutheran	NH
-- Astel, Taylor	Pacific Lutheran	NH

Men Pole Vault

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

1	Streed, Connor	Warner Pacific	4.34m	14-02.75
2	Hunter, Scott	Central Washingt	4.19m	13-09.00
2	Roddewig, Brandon	Central Washingt	4.19m	13-09.00
4	Stull, Travis	Puget Sound	4.04m	13-03.00
4	Carr, James	Central Washingt	4.04m	13-03.00
6	Kowalko, Caleb	Warner Pacific	3.94m	12-11.00
6	Collins, Nick	Unattached	3.94m	12-11.00
8	Fish, Marc	Unattached	3.64m	11-11.25
8	Carter, Matt	Puget Sound	3.64m	11-11.25
8	Christensen, Gunnar	Unattached	3.64m	11-11.25
11	Caryl, Jason	Central Washingt	3.19m	10-05.50
12	Lawson, Charles	St. Martin's	3.04m	9-11.75
--	Ancheta-Major, Ryan	Unattached	NH	
--	Steinke, Thomas	Unattached	NH	
--	Kowalko, Lukas	Warner Pacific	NH	
--	Moore, Cody	Warner Pacific	NH	
--	Sample, Emerson	Puget Sound	NH	
--	McDonald, Myles	Puget Sound	NH	
--	Bollen, Barrett	Pacific Lutheran	NH	
--	Holt, Chester	Pacific Lutheran	NH	
--	Stecker, Nathan	Warner Pacific	NH	

Men Long Jump

Name	Year School	Finals	Wind
1	Bardwell, Julian	Unattached	6.57m NWI 21-0
2	DeVaughn, Josh	St. Martin's	6.46m NWI 21-0
3	Collins, Nick	Unattached	6.31m NWI 20-0
4	Bronner, Seddrick	Unattached	6.28m NWI 20-0
4	Ancheta-Major, Ryan	Unattached	6.28m NWI 20-0
6	Caryl, Jason	Central Washingt	6.22m NWI 20-0
7	Hass, Michael	Puget Sound	5.72m NWI 18-0
7	McDonald, Steven	Pacific Lutheran	5.72m NWI 18-0
9	Turner, Jordan	Evergreen St.	5.60m NWI 18-0
--	Stanfield, Zach	Seattle U.	ND NWI

Men Triple Jump

Name	Year School	Finals	Wind
1	Reeves, I.V.	Pacific Lutheran	13.13m NWI 43-0

2	Bardwell, Julian	Unattached	12.33m	NWI	40-0
3	Steinke, Thomas	Unattached	12.31m	NWI	40-0
4	Turner, Jordan	Evergreen St.	11.89m	NWI	39-0
5	Kowalko, Lukas	Warner Pacific	11.04m	NWI	36-0

Men Shot Put

Name	Year School	Finals
1 Fischer, Tyler	Central Washingt	15.17m 49-09.25
2 Potes, Jesse	Central Washingt	13.33m 43-09.00
3 Pierce, Jackson	Pacific Lutheran	12.91m 42-04.25
4 Vavricka, Mike	Pacific Lutheran	12.74m 41-09.75
5 Ransavage, Ryan	Pacific Lutheran	12.66m 41-06.50
6 Ramirez, Daniel	Central Washingt	12.57m 41-03.00
7 McNeill, Conor	Pacific Lutheran	12.45m 40-10.25
8 Palmquist, Sam	Warner Pacific	11.90m 39-00.50
9 Sherrif, Tommy	Central Washingt	11.62m 38-01.50
10 Ostler, Mychal	Central Washingt	11.30m 37-01.00
11 Larson, Neil	Central Washingt	10.72m 35-02.00
12 Player, Anthony	St. Martin's	10.32m 33-10.25
13 Bollen, Barrett	Pacific Lutheran	9.99m 32-09.50
14 Waldman, Ethan	Puget Sound	9.62m 31-06.75
15 Kosel, Dane	St. Martin's	8.55m 28-00.75
16 Heflin, Matt	Puget Sound	8.37m 27-05.50

Men Discus Throw

Name	Year School	Finals
1 Fischer, Tyler	Central Washingt	46.52m 152-07
2 Anselmi, Nigel	Pacific Lutheran	41.02m 134-07
3 Ford, Mycal	Pacific Lutheran	39.72m 130-04
4 Jensen, Mike	Central Washingt	38.56m 126-06
5 Pierce, Jackson	Pacific Lutheran	37.66m 123-07
6 Ransavage, Ryan	Pacific Lutheran	37.34m 122-06
7 Vavricka, Mike	Pacific Lutheran	37.22m 122-01
8 Ramirez, Daniel	Central Washingt	36.96m 121-03
9 Ostler, Mychal	Central Washingt	36.55m 119-11
10 Potes, Jesse	Central Washingt	35.57m 116-08
11 Waldman, Ethan	Puget Sound	34.63m 113-07
12 Sherrif, Tommy	Central Washingt	34.13m 112-00

13	Ramos, Joel	Pacific Lutheran	33.49m	109-10
14	Larson, Neil	Central Washingt	32.28m	105-11
15	Poole, Shawn	Puget Sound	30.09m	98-09
16	Palmquist, Sam	Warner Pacific	27.97m	91-09
17	Moore, Cody	Warner Pacific	25.41m	83-04

Men Hammer Throw

Name	Year	School	Finals	
1	Fischer, Tyler	Central Washingt	55.21m	181-02
2	Ostler, Mychal	Central Washingt	48.78m	160-00
3	McNeill, Conor	Pacific Lutheran	47.24m	155-00
4	Ramos, Joel	Pacific Lutheran	43.54m	142-10
5	Pierce, Jackson	Pacific Lutheran	43.10m	141-05
6	Ransavage, Ryan	Pacific Lutheran	43.04m	141-02
7	Sherrif, Tommy	Central Washingt	41.38m	135-09
8	Ramirez, Daniel	Central Washingt	41.36m	135-08
9	Price, Brian	Pacific Lutheran	40.19m	131-10
10	Jensen, Mike	Central Washingt	36.43m	119-06
11	Anselmi, Nigel	Pacific Lutheran	35.89m	117-09
12	Ford, Mycal	Pacific Lutheran	35.63m	116-11
13	Vavricka, Mike	Pacific Lutheran	34.64m	113-08
14	Waldman, Ethan	Puget Sound	32.83m	107-08
15	Deller, Nick	Puget Sound	31.15m	102-02
16	Poole, Shawn	Puget Sound	27.61m	90-07
17	Larson, Neil	Central Washingt	26.65m	87-05
18	Potes, Jesse	Central Washingt	25.89m	84-11
--	Berkedal, Bjorn	Pacific Lutheran	FOUL	

Men Javelin Throw

Name	Year	School	Finals	
1	Allison, Sean	Unattached	52.94m	173-08
2	Derwin, Jace	Seattle Pacific	50.12m	164-05
3	Sherrif, Tommy	Central Washingt	48.67m	159-08
4	Wagner, Nate	Seattle Pacific	48.25m	158-04
5	Callahan, Edward	Unattached	47.67m	156-05
6	Beck, Kyle	Titans-K	47.22m	154-11
7	Player, Anthony	St. Martin's	46.73m	153-04
8	Hudson, Kevin	St. Martin's	46.37m	152-01

9 Nelson, Joseph	Central Washingt	38.72m	127-00
10 Kowalko, Caleb	Warner Pacific	38.55m	126-06
11 Sample, Emerson	Puget Sound	36.67m	120-04
12 Berkedal, Bjorn	Pacific Lutheran	35.50m	116-06
13 Bollen, Barrett	Pacific Lutheran	34.84m	114-04
14 Alexander, Colin	Pacific Lutheran	32.90m	107-11
15 Holt, Chester	Pacific Lutheran	31.93m	104-09

1 PM

====
ints
====

====
ints
====