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Central Washington University Spike Arlt Invitational Track and Field Meet History, Men, 1993-1999

Central Washington University Athletics

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Spike Arlt Invitational Track & Field Meet History – Men

Team Scores

1993 Pacific Lutheran 85, Central Washington 73, Western Washington 26, Puget Sound 21
1994 Pacific Lutheran 237 1/2, Central Washington 141, Puget Sound 107 1/2, Western Washington 100
1995 Central Washington 104, Western Washington 59, Puget Sound 39
1996 Central Washington 82, Western Washington 79
1997 No team scores
1998 Pacific Lutheran 156, Western Washington 121, Highline CC 110, Central Washington 94, Simon Fraser 58, Puget Sound 42, Northwest 16
1999 Central Washington 219, Pacific Lutheran 138, Western Washington 120, Eastern Oregon 44, Puget Sound 42, Northwest 14
2000 Central Washington 191, Western Washington 179 1/2, Pacific Lutheran 124, Highline 76, Eastern Oregon 70 1/2, Northwest Nazarene 66, Puget Sound 47, Northwest College 10, Seattle 4

Outstanding Athlete

1998 Luke Jacobson, Pacific Lutheran
1999 Luke Jacobson, Pacific Lutheran & CWU 4x100 Relay
2000 Ryan Dirks, PLU, and Chris Faulconer, CWU

100

1993 Art Ballard, CWU 10.5
1994 B.J. Wilson, CWU 10.9
1995 Dan Lewis, WWU 10.8
1996 Chris Courtney, CWU 10.9
1997 Marc Hill, unat. 10.99
1998 Chris Courtney, CWU *10.53
1999 Chris Courtney, CWU 10.77
2000 Chris Faulconer, CWU 10.61

200

1993 D.J. Livingston, CWU 22.2
1994 D.J. Seydel, PLU 21.7
1995 Dan Lewis, WWU 21.9
1996 Jack Warner, WWU 22.1
1997 Marc Hill, unat. *21.50
1998 Kyle Kikuchi, UPS 22.01
1999 Chris Faulconer, CWU 21.93
2000 Chris Faulconer, CWU 21.65

400

1993 D.J. Livingston, CWU 48.9
1994 Jay Spears, CWU 47.9
1995 Rob Rising, CWU 49.5
1996 Jay Spears, CWU *48.6
1997 Todd Girtz, Highline 48.91

1998	Niki Sylve, Highline	49.36
1999	Shawn Bills, CWU	49.65
2000	Manuel Blakeley, HCC	50.1

800

1993	Scott Jensen, PLU	1:53.3
1994	Kirby Leufroy, UPS	*1:52.6
1995	Ahman Dirks, UPS	1:56.4
1996	Garth Lind, CWU	1:59.6
1997	Said Musse, Highline	1:56.11
1998	Brian Smith, Highline	1:55.9
1999	Khan Khabra, WWU	1:56.44
2000	John Cote, EOU	1:53.9

1500

1993	Scott Jensen, PLU	4:04.8
1994	Kirby Leufroy, UPS	3:57.4
1995	Ahman Dirks, UPS	3:57.8
1996	Mike Ogliore, WWU	4:05.1
1997	David Smith, unat.	3:57.92
1998	Marty Cluff, SFU	4:02.90
1999	Devin Kemper, WWU	3:56.99
2000	Devin Kemper, WWU	*3:56.73

3000

1994	Matt Ellis, UPS	8:37.2
1997	Eric Tollefson, unat.	*8:18.67
2000	Dave Davis, UPS	8:38.1

Steeplechase

1993	Trent Erickson, PLU	9:38.1
1995	Cande Gonzalez, CWU	9:36.3
1996	James Day, CWU	9:40.3
1998	Eric Tollefson, unat.	*9:11.9
1999	Scott Gilmore, WWU	9:47.9
2000	Eric Tollefson, unat.	9:25.8

5000

1993	Josh Montgomery, UPS	15:45.8
1994	Brent Hooper, CWU	*15:18.9
1995	Greg Fox, UPS	15:32.9
1996	James Day, CWU	16:10.9
1997	Clay Wing, WWU	15:32.66
1998	Todd Lopata, Highline	15:51.84
1999	Destry Johnson, unat.	15:26.5
2000	Aaron Matthias, NW Nazarene	15:31.43

3000 Race-Walk

1997	Dan Casmier, PLU	14:48.77
1998	Brad Hawkins, CWU	*13:22.84

5000 Race-Walk

1994 Gary Briggs, PLU *25:20.6

110 Hurdles

1993 Lance Soliday, CWU 14.6
1994 Nolan Toso, PLU *14.4
1995 John Perry, CWU 15.7
1996 Jack Warner, WWU 14.8
1997 Karl Lerum, PLU 15.00
1998 Demoone Taylor, Highline 14.91
1999 James Neil, CWU 16.07
1999 Kyle Wallace, WWU 15.0

400 Hurdles

1993 Peter Myers, WWU 55.1
1994 Goreal Hudson, CWU *52.5
1995 Alberto Locsin, WWU 56.7
1996 Peter Myers, WWU 55.9
1997 Eric Woodyard, PLU 55.61
1998 Nick Little, WWU 53.68
1999 Nick Little, WWU 53.66
2000 Nick Little, WWU 54.80

4x100

1993 Central Washington (Ballard, Klassen, Livingston, Alexander) 41.9
1994 Pacific Lutheran (Toso, Lerum, Bray, Seydel) 41.6
1995 Central Washington (Gott, B.J. Wilson, Rising, Jordan) 42.9
1996 Central Washington (Courtney, Gudmondson, Myers, Spears) 42.0
1997 Western Washington (Lewis, Dilling, Susee, Lynch) 41.84
1998 Highline CC (Demouchet, Clark, Keah, Slyve) 42.00
1999 Central Washington (DeLay, Faulconer, Saur, Courtney) *41.12
2000 Central Washington (DeLay, Medina, S. Alexander, Faulconer) 42.48

4x400

1993 Central Washington (Klassen, Spears, Livingston, Meyer) 3:17.2
1994 Western Washington (Hill, Blank, Young, Delaney) *3:16.5
1995 Central Washington (Rising, Covell, J. Lind, A. Lind) 3:23.4
1996 Central Washington (Palmborg, Gudmondson, Rising, Myers) 3:21.1
1997 Pacific Lutheran (Wilson, Johns, Owen, Lerum) 3:18.18
1998 Western Washington (Little, McCulloch, Shelton, Lynch) 3:25.76

1999 Central Washington (DeLay, Courtney, Faulconer, Bills)
3:19.99
2000 Western Washington (Little, Leavengood, Kemper, Carson)
3:23.42

4x800 Relay

1998 Simon Fraser (Surerus, Hurlen, Bertolia, Cluff) *8:04.05

Long Jump

1993 D.J. Seydel, PLU 22-10 1/2
1994 Dan Colleran, PLU 23-4
1995 Rob Rising, CWU *23-10 3/4
1996 Rob Rising, CWU 22-2 1/2
1997 Judd Hunter, PLU 21-11
1998 Judd Hunter, PLU 22-9 1/2
1999 Seth Berghoff, PLU 23-4

Triple Jump

1993 Pat Reddick, CWU *46-3
1994 Karl Lerum, PLU 45-10
1995 Pat Reddick, CWU 43-7 1/2
1996 Rob Rising, CWU 43-8 3/4
1997 Ron Parker, unat. 44-6 1/2
1998 Nathan Lindeman, WWU 43-5 1/4
1999 Tony Butorac, CWU 43-10 1/2

Pole Vault

1993 Rob Oatfield, PLU 13-0
1994 Rick Maib, CWU 14-0
1995 Kirk Palmberg, WWU 13-6
1996 John Perry, WWU 13-6
1997 Neil Owen, PLU 15-7 1/4
1998 Neil Owen, PLU *16-5 1/2
1999 Mike Alexander, CWU 15-1

High Jump

1993 Dan Colleran, PLU 6-3
1994 Rob Bradbury, UPS 6-6
1995 James Neil, CWU 6-5
1996 James Neil, CWU 6-0
1997 Eric Green, WWU 6-7
1998 Sean Steele, Highline *6-10 1/4
1999 Nathan Lindeman, WWU 6-8 3/4

Discus

1993 Aaron Linerud, PLU 159-4
1994 Jon Rubey, PLU 149-3
1995 Lloyd Tibeau, CWU 142-0
1996 Tony Hoiby, CWU 152-8

1997	Luke Jacobson, PLU	163-11
1998	Luke Jacobson, PLU	*180-7
1999	Luke Jacobson, PLU	171-6

Shot Put

1993	Jon Roberts, PLU	48-9 1/4
1994	Scott Easley, WWU	*53-8 1/2
1995	Mike Manz, CWU	44-7 1/2
1996	Mike Boyd, WWU	49-9
1997	Brent Twaddle, HCC	50-9
1998	Luke Jacobson, PLU	51-10
1999	Luke Jacobson, PLU	52-10

Hammer

1993	Aaron Linerud, PLU	*189-2
1994	Jason Thiel, PLU	188-10
1995	Seth Rhodes, WWU	168-8
1996	Seth Rhodes, WWU	163-11
1997	Travis Hale, PLU	178-4
1998	Luke Jacobson, PLU	184-7
1999	Luke Jacobson, PLU	181-5

Javelin

1993	Brent Fazio, WWU	178-8
1994	Brian Van Valey, PLU	191-10
1995	Antoine Butcher, CWU	185-1
1996	Ryan Grennan, WWU	183-4
1997	Dan Carlson, PLU	189-9
1998	Davy Logue, PLU	*214-11
1999	Tyler Wingard, Club NW	196-1

Spike Arlt Invitational Track & Field Meet History - Women

Team Scores

1993	Pacific Lutheran 89, Western Washington 43, Puget Sound 32, Central Washington 21
1994	Pacific Lutheran 172, Puget Sound 128, Western Washington 109, Central Washington 101
1995	Puget Sound 66, Western Washington 52, Central Washington 52
1996	Western Washington 103, Central Washington 38
1997	No team scores
1998	Western Washington 186, Pacific Lutheran 158, Central Washington 112, Simon Fraser 57, Puget Sound 49, Northwest 11
1999	Western Washington 204, Pacific Lutheran 144, Central Washington 115, Puget Sound 65, Eastern Oregon 48, Northwest 6

Outstanding Athlete

1998	Sherie Schroeder, WWU, and Louise Bomars, WWU
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1999 Shannon Anderson, WWU

100

1993 Shannon O'Neill, WWU 12.5
1994 Adia Brown, UPS 12.1
1995 Andee Anderson, UPS 12.4
1996 Amy Cameron, WWU 12.3
1997 Andee Anderson, UPS 12.56
1998 Vanessa Fryer, SFU *12.22
1999 Christine Axley, PLU 12.42

200

1993 Brandi Stevenson, WWU 25.6
1994 Brandi Stevenson, WWU 24.8
1995 Andee Anderson, UPS 25.0
1996 Amy Cameron, WWU 25.6
1997 Christine Axley, PLU 25.44
1998 Amy Friedrich, PLU 26.60
1999 Sarah Axley, PLU *24.97

400

1993 Brandi Stevenson, WWU 58.1
1994 Danita Erickson-Parkhurst, UPS 58.2
1995 Sydney Green, WWU 58.2
1996 Sydney Green, WWU 1:00.5
1997 Sydney Green, WWU *56.47
1998 Christine Rose, WWU 1:00.45
1999 Shannon Anderson, WWU 56.99

800

1993 Casi Montoya, PLU 2:20.1
1994 Danita Erickson-Parkhurst, UPS 2:15.8
1995 Emily Kellman, UPS 2:23.4
1996 Amy Ross, Northwest 2:23.8
1997 Kristin Mora, unat. *2:15.46
1998 Megan Clancy, WWU 2:20.8
1999 Megan Clancy, WWU 2:20.63

1500

1993 Danita Erickson, UPS *4:32.9
1994 Emily Kellman, UPS 4:47.4
1995 Emily Kellman, UPS 4:43.2
1996 Jennifer Campbell, WWU 4:44.9
1997 Tanya Robinson, PLU 4:43.89
1998 Desneige McLean, SFU 4:48.47
1999 Maree George, PLU 4:48.39

2000 Steeplechase

1998 Dana Morse, WWU 7:52.3
1999 Lisa Nye, Nike Portland *6:40.0

3000

1993	Jennifer Burningham, UPS	10:33.3
1994	Emily Kellman, UPS	*10:11.1
1996	Jen Campbell, WWU	10:34.0
1997	Kate Schmitt, UPS	10:34.45
1998	Renee Embree, SFU	10:46.62
1999	Amy Forrey, CWU	10:55.05

5000

1993	Kelly Hewitt, unat.	18:49.3
1994	Turi Widsteen, PLU	18:34.8
1995	My Nguyen, UPS	*18:28.2
1997	Samantha Burns, UW	18:42.95
1998	Sheri Goodwin, UPS	18:44.9
1999	Abby Bielenberg, CWU	19:18.7

3000 Race-Walk

1994	Valerie Chan, UPS	15:44.4
1997	Jill Green, PLU	*14:53.71
1998	Naomi Labrecque, CWU	16:51.05

100 Hurdles

1993	Jennifer Lukenbill, PLU	14.8
1994	Brandi Stevenson, WWU	14.6
1995	Kirsten Holmboe, UPS	15.7
1996	Amy Cameron, WWU	14.4
1997	Amy Cameron, WWU	14.60
1998	Vanessa Fryer, SFU	*14.34
1999	Kristi Osborne, PLU	14.7

400 Hurdles

1993	Kristi Keene, PLU	1:05.4
1994	Kara Dodd, CWU	1:03.8
1995	Kara Dodd, CWU	1:03.7
1996	Brandi Stevenson, WWU	1:03.1
1997	Louise Bomars, WWU	1:03.03
1998	Louise Bomars, WWU	*1:02.38
1999	Corinne Lay, PLU	1:03.65

4x100 Relay

1993	Western Washington (Stanton, Mark-Booth, Mattson, Stevenson)	48.3
1994	Puget Sound (Anderson, Steensland, Brown, Andrews)	48.3
1995	Western Washington (Bell, Green, Garrod, Jones)	50.0
1996	Western Washington (Johnson, Jones, Cameron, Stevenson)	48.7
1997	Pacific Lutheran (J. Krueger, Lay, C. Axley, S. Axley)	48.02
1998	Pacific Lutheran (Krueger, Lay, C. Axley, S. Axley)	

48.52
1999 Pacific Lutheran (Lay, Osborne, C. Axley, S. Axley)
*47.48

4x400 Relay

1993 Pacific Lutheran (Anunson, Keene, Saathoff, Metzger)
3:56.8
1994 Pacific Lutheran (Andrade, Wirth, Saathoff, Metzger)
3:53.6
1995 Western Washington (Patterson, Garrod, Hammermaster, Green)
4:06.4
1996 Western Washington (Jones, Garrod, Cameron, Green) 4:06.4
1997 Western Washington (Anderson, Bomars, Green, Jones)
3:54.51
1998 Pacific Lutheran (Friedrich, Lay, C. Axley, S. Axley)
3:57.52
1999 Western Washington (Anderson, Ellingson, Rose, Tenace)
*3:52.13
4x800 Relay
1998 Pacific Lutheran (S. Robinson, T. Robinson, Morris, Dykes)
*10:11.10

Long Jump

1993 Jennifer Frazier, PLU 18-7
1994 Tracy Fox, PLU 17-9 1/2
1995 Nickola Wilson, CWU 17-4 1/4
1996 Jane Wallace, WWU 16-0 3/4
1997 Kirsten Holmboe, UPS 17-8 1/2
1998 Sarah Hiss, WWU 17-10
1999 Kristi Osborne, PLU *18-8 1/2

Triple Jump

1993 Tracy Fox, PLU 37-4 1/4
1994 Tracy Fox, PLU *38-8 1/2
1995 Kirsten Holmboe, UPS 35-11
1996 Jane Wallace, WWU 35-1 3/4
1997 Jane Wallace, WWU 36-3 3/4
1998 Jane Wallace, WWU 37-2 1/4
1999 Jane Wallace, WWU 37-10

Pole Vault

1997 Amy Wells, UPS 8-0
1998 Erin Schaueremann, WWU 9-0
1999 Amy Wells, UPS *10-4

High Jump

1993 Veronica Persons, CWU *5-4
1994 Veronica Persons, CWU *5-4
1995 Veronica Persons, CWU *5-4
1996 Veronica McGuire, CWU *5-4

1997	Larissa Norris, PLU	*5-4
1998	Sarah Dillon, UPS	5-3 1/2
1999	Sarah Dillon, UPS	*5-4

(Note: Kirston Obergh, CWU, also jumped meet-record 5-4 in 1994).

Discus

1993	Wendy Cordeiro, PLU	148-4
1994	Wendy Cordeiro, PLU	146-8
1995	Dee Balderson, WWU	145-7
1996	Sheri Schroeder, WWU	128-8
1997	Samantha Duncan, UPS	126-7
1998	Sherie Schroeder, WWU	*151-1
1999	Stacy Faller, CWU	137-0

Shot Put

1993	Wendy Cordeiro, PLU	42-5 1/2
1994	Wendy Cordeiro, PLU	*44-8 1/2
1995	Angie Marchant, CWU	42-1
1996	Sheri Schroeder, WWU	43-9 3/4
1997	Nicole Trammell, unat.	42-6
1998	Sherie Schroeder, WWU	43-3 1/2
1999	Sara Lind, CWU	38-0

Hammer

1996	Allison Stevens, WWU	110-1
1997	Corie Krueger, PLU	158-2
1998	Kirsten Liane, PLU	141-0
1999	Leah Merrill, EOU	*167-6

Javelin

1993	Stephanie Hutchins, PLU	135-5
1994	Dee Balderson, WWU	130-11
1995	Angie Marchant, CWU	131-1
1996	Natalie Hutcheson, CWU	124-0
1997	Nicole Trammell, unat.	147-5
1998	Laura Kruse, WWU	*151-3
1999	Sara Lind, CWU	126-8