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# Pacific Northwest Region Men's Track and Field Meet History

Central Washington University Athletics

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## Pacific Northwest Region T&F Meet History - Men

\*Meet record indicated with asterisk

### Team Scores

1995 Pacific Lutheran 139 1/2, Western Oregon 116, Central Washington 112, Western Washington 109, George Fox 87 1/2, Southern Oregon 60 1/2, Simon Fraser 49, Eastern Oregon 43 1/2, Puget Sound 39, Whitworth 37, Northwest Nazarene 13, Willamette 10, Whitman 8 (at Tacoma)

1996 Pacific Lutheran 182, Western Western Oregon 155, Western Washington 127 1/2, Central Washington 88, Simon Fraser 65, Eastern Oregon 50, Puget Sound 34 1/2, Southern Oregon 34, Pacific 18, Oregon Tech 18, Northwest Nazarene 11, Whitman 11 (at Monmouth)

1997 No team scores (at Tacoma)

1998 No team scores (at Monmouth)

### Outstanding Performer

1995 Chris Myhr, Simon Fraser

1996 Eric Tollefson, Central Washington

1997 Dan Nelson, Western Oregon

Ryan Chaney, George Fox

1998 Paul Steenkolk, Southern Oregon

David Logue, Pacific Lutheran

### Coach-of-the-Year

1995 Brad Moore, Pacific Lutheran

1996 John Knight, Western Oregon

1997 Keith Jensen, Whitman

Joe Peyton, Puget Sound

1998 John Knight, Western Oregon

### 100

1995 Jochannon Lowe, Whtw 10.86

1996 Chris Courtney, CWU 10.83

1997 Colby Dilling, WWU 11.07

1998 Mikel Chapin, WOU 11.08

(\*Meet record, 10.82, Chris Courtney, CWU, 1996 prelims)

### 200

1995 Joseph Dias, WOU 22.08

1996 Chris Courtney, CWU 21.80

1997 Coby Dilling, WWU 22.01

1998 Mike Lynch, WWU \*21.79

### 400

1995 Ryan Chaney, GFU 48.02

1996 Loren Myers, CWU 49.19

1997 Ryan Chaney, GFU \*46.37

1998 Iain McLellan, SFU 48.63

800

1995 Sasha Smiljanic, SFU 1:52.92

1996 Kurt Grichel, WWU 1:53.56

1997 Ahman Dirks, UPS \*1:51.92

1998 Chris McIntosh, WOU 1:55.78

1500

1995 Chris Myhr, SFU \*3:51.17

1996 Ahman Dirks, UPS 3:53.12

1997 Aaron Heidt, SFU 3:59.6

1998 Marty Cluff, SFU 3:57.04

Steeplechase

1995 Cande Gonzalez, CWU 9:18.26

1996 Eric Tollefson, CWU \*9:02.23

1997 James Day, CWU 9:26.05

1998 Brandon Workman, GFU 9:18.35

5000

1995 Chris Myhr, SFU 14:59.55

1996 Eric Tollefson, CWU \*14:39.17

1997 Dave Davis, UPS 14:51.6

1998 Scott Crouter, Linf 14:55.46

10,000

1995 Eric Tollefson, CWU \*31:26.09

1996 Destry Johnson, PLU 31:59.29

1997 Chris Engel, PLU 32:43.5

1998 Jon Westerman, UPS 32:04.46

5,000 Race-Walk

1995 Jason Glover, PLU 23:28.88

1996 Dan Casmier, PLU 27:37.70

1997 Brad Hawkins, CWU 25:12.6

1998 Dan Casmier, PLU \*23:18.68

110 Hurdles

1995 Nolan Toso, PLU 14.69

1996 Casey Hill, PLU 14.92

1997 Kevin Moss, WWU 15.39

1998 Todd Scrivner, WOU 15.00

(\*Meet record, 14.66, Nolan Toso, PLU, 1995 prelims)

400 Hurdles

1995 Rio Okamura, WOU 53.21

1996 Peter Myers, WWU 53.24

1997 Andrew Wilson, PLU \*52.84

1998 Nick Little, WWU 53.11

#### 4x100 Relay

1995 Western Oregon (Taoule Konate, Rio Okamura, Keoni McHone, Joseph Dias) 42.37  
1996 Western Oregon (Lee Evans, Scott Olds, Keoni McHone, Alper Kasapoglu) 42.22  
1997 Western Washington (Dan Lewis, Coby Dilling, Chris Susee, Mike Lynch) 41.72  
1998 Western Oregon (Jeremy Peil, Mikel Chapin, Chris Doran, Jacob Brown) \*41.38

#### 4x400 Relay

1995 George Fox (Peter Carmack, Hank Schaffeld, Torrey Lindbo, Ryan Chaney) 3:17.56  
1996 Western Washington (Chris Haveman, Peter Myers, Kurt Grichel, Oscar Myre) 3:20.24  
1997 George Fox (Peter Carmack, Ryan Chaney, Jim Haley, David Parker) \*3:14.29  
1998 Pacific Lutheran (Shipley Ennis, Neil Owen, Thorin Southworth, Karl Lerum) 3:15.21

#### 4x800 Relay

1998 Western Washington (Brandon Ohnemus, Lance Latimer, Devin Kemper, Lewis McCulloch) \*7:41.25

#### Long Jump

1995 Rob Rising, CWU 22-10 1/2  
1996 Alper Kasapoglu, WOU \*23-11  
1997 Judd Hunter, PLU 22-3 1/2  
1998 Chet Doughty, Whtw 22-11

#### Triple Jump

1995 Aaron George, GFC \*47-8 1/2  
1996 Chad VanKleek, WOU 44-5 1/4  
1997 Chad VanKleek, WOU 45-0 1/4  
1998 Andrew Stave, GFU 46-0

#### Pole Vault

1995 Matt Frketich, WOU 15-7  
John Smith, GFC 15-7  
1996 Neiol Owen, PLU 15-7  
1997 Matt Craven, Linf 16-0 1/2  
1998 Neil Owen, PLU \*16-0 3/4

#### High Jump

1995 Rob Bradbury, UPS 6-8  
1996 Justin Marion, NNC \*6-10 1/4  
1997 A.J. Acker, WOU \*6-10 1/4

1998 A.J. Acker, WOU 6-8 1/4

#### Shot Put

1995 Barrett Smith, SOU 52-10  
1996 Jason Tootikian, WOU 52-11  
1997 Jason Tootikian, WOU 56-1 3/4  
1998 Paul Steenkolk, SOU \*58-2 1/2

#### Discus

1995 Steve Dudley, PLU 155-8  
1996 Jason Tootikian, WOU 160-11  
1997 Luke Jacobson, PLU \*162-6  
1998 Luke Jacobson, PLU 161-1

#### Javelin

1995 Craig Gries, WOU 199-5  
1996 Chris Thomas, WOU 193-8  
1997 Jim Hageman, SOU 196-3  
1998 David Logue, PLU \*224-11

#### Hammer

1995 Steven Gehley, WOU 179-9  
1996 Dan Nelson, WOU 181-0  
1997 Dan Nelson, WOU \*200-1  
1998 Dan Nelson, WOU 193-11

#### Decathlon

1995 B. J. Wilson, CWU \*6458

Pacific Northwest Region T&F Meet History - Women  
\*Meet record indicated with asterisk

#### Team Scores

1995 Pacific Lutheran 186, Puget Sound 86, Western Washington 85, George Fox 76, Central Washington 70, Western Oregon 63, Simon Fraser 61, Southern Oregon 56, Whitman 22, Whitworth 16, Northwest Nazarene 15, Eastern Oregon 3 (at Tacoma)  
1996 Pacific Lutheran 165 1/2, Western Washington 160, Western Oregon 95, Puget Sound 89, Simon Fraser 75, Central Washington 54 1/2, Eastern Oregon 40, Southern Oregon 33, Northwest Nazarene 20, Whitman 19, Oregon Tech 3, Pacific 1 (at Monmouth)  
1997 No team scores (at Tacoma)  
1998 No team scores (at Monmouth)

#### Outstanding Performer

1995 Sandy Metzger, Pacific Lutheran  
 1996 Amy Cameron, Western Washington  
 1997 Jennifer Boyman, Linfield  
 1998 Heather deGeest, Simon Fraser  
 Sherie Schroeder, Western Washington

Coach-of-the-Year

1995 Brad Moore, Pacific Lutheran  
 1996 Pee Wee Halsell, Western Washington  
 1997 Keith Jensen, Whitman  
 Joe Peyton, Puget Sound  
 1998 John Knight, Western Oregon

100

1995 Sandy Metzger, PLU 12.28  
 1996 Andee Anderson, UPS 12.0  
 1997 Andee Anderson, UPS 12.53  
 1998 Rachael Morris, WOU 12.48  
 \*Meet record, 12.17, Sandy Metzger, PLU, 1996 prelims

200

1995 Sandy Metzger, PLU 25.36  
 1996 Sandy Metzger, PLU 25.02  
 1997 Christine Axley, PLU 25.52  
 1998 Vanessa Fryer, SFU 25.28  
 \*Meet record, 24.74, Sandy Metzger, PLU, 1996 prelims

400

1995 Karen Andrade, PLU \*56.90  
 1996 Sydney Green, WWU 58.09  
 1997 Sydney Green, WWU 57.39  
 1998 Melody Sherman, Linf 57.00

800

1995 Amy Saathoff, PLU 2:13.89  
 1996 Summer Morris, WOU 2:13.78  
 1997 Carolyn Murray, SFU 2:13.65  
 1998 Heather deGeest, SFU \*2:12.20

1500

1995 Carolyn Murray, SFU 4:40.64  
 1996 Carolyn Murray, SFU 4:31.88  
 1997 Heather DeGeest, SFU \*4:28.8  
 1998 Sarah Andrews, UPS 4:35.93

3000

1995 Emily Kellman, UPS \*9:48.95  
 1996 Cari Rampersad, SFU 10:05.06  
 1997 Sarah Andrews, UPS 9:54.3

1998 Dana Murray, SFU 10:06.26

#### 5000

1995 Jessica Bissonette, Whtm 17:28.36

1996 Kathleen Gibson, Whtm 17:57.49

1997 Tanya Robinson, PLU \*17:26.2

1998 Tanya Robinson, PLU 17:37.41

#### 10,000

1995 Valerie Wawryzcki, PLU 40:21.06

1996 Jen Funk, EOU \*38:59.05

1997 Cami Gawłowski, PLU 40:35.2

1998 Mishe Simantel, EOU 39:38.24

#### 3000 Race-Walk

1995 Anne Marie Oswald, SFU 15:10.05

1996 Anne Marie Oswald, SFU 15:00.46

1997 Jill Green, PLU \*14:55.4

1998 Naomi Labrecque, CWU 16:18.84

#### 100 Hurdles

1995 Karen Andrade, PLU 14.47

1996 Amy Cameron, WWU \*14.34

1997 Amy Cameron, WWU 14.82

1998 Vanessa Fryer, SFU 14.51

#### 400 Hurdles

1995 Jill Carrier, SOU \*1:01.33

1996 Brandi Stevenson, WWU 1:02.06

1997 Jeannette VandenBulk, SFU 1:02.33

1998 Jeannette VandenBulk, SFU 1:02.37

#### 4x100 Relay

1995 Pacific Lutheran (Grimes, Cameron, Metzger, Lukenbill)

48.06

1996 Western Washington (Tammy Johnson, Alicia Jones, Amy Caneron, Brandi Stevenson) 48.88

1997 Pacific Lutheran (Jenni Krueger, Corie Krueger, Sarah Axley, Christine Axley) 48.04

1998 Pacific Lutheran (Jenni Krueger, Corinne Lay, Christine Axley, Sarah Axley) \*47.44

#### 4x400 Relay

1995 Pacific Lutheran (Andrade, Keene, Saathoff, S. Metzger)

\*3:49.81

1996 Western Washington (Alicia Jones, Sarah Garrod, Brandi Stevenson, Sydney Green) 3:57.79

1997 George Fox (Karen Baltz, Kristin Oelrich, Nancy Rissmiller, Heidi Haley) 3:52.8

1998 George Fox (Sharla Rhoades, Kristin Chaney, Sharon Barnett,

Nancy Rissmiller) 3:54.54

#### 4x800 Relay

1998 Simon Fraser (Heather deGeest, Cari Rampersad, Carolyn Murray, Desneige McLean) \*9:08.93

#### Long Jump

1995 Angie Grimes, PLU \*18-8 1/2  
1996 Diana Djokotoe, WOU 18-3 1/4  
1997 Sarah Hiss, WWU 17-9 3/4  
1998 Sarah Hiss, WWU 18-1 1/4

#### Triple Jump

1995 Kirsten Holmboe, UPS 37-6 1/2  
1996 Kirsten Holmboe, UPS 37-8 1/2  
1997 Jane Wallace, WWU 37-1 3/4  
1998 Jane Wallace, WWU \*37-8 3/4

#### Pole Vault

1997 Kristen Peterson, EOU 10-0  
1998 Amy Wells, UPS \*11-1 3/4

#### High Jump

1995 Corrinna Wolf, SFU \*5-8  
1996 Suzie Burright, WOU 5-6  
1997 Nancy Rissmiller, GFU \*5-8  
1998 Nancy Rissmiller, GFU 5-7 1/4

#### Discus

1995 Molly Duggan, WOU 150-2  
1996 Sherie Schroeder, WWU 134-6  
1997 Jennifer Boyman, Linf 139-3  
1998 Sherie Schroeder, WWU \*151-10

#### Shot Put

1995 Molly Duggan, WOU \*46-5 1/2  
1996 Sherie Schroeder, WWU 43-7  
1997 Jamie Schuette, WOU 40-9  
1998 Sherie Schroeder, WWU 44-1 1/4

#### Hammer

1996 Corie Krueger, PLU 150-2  
1997 Jennifer Boyman, Linf \*167-3  
1998 Jamie Schuette, WOU 159-8

#### Javelin

1995 Emily Pohlschneider, WOU 147-6  
1996 Suzy Hooper, PLU 141-1  
1997 Becci Harper, GFC 138-3  
1998 Laura Kruse, WWU \*153-10



Heptathlon

1995 Kahleia Crane, UPS \*4020

1999 No team scores (at Tacoma)

1999 Luke Jacobson, Pacific Lutheran  
David Parker, George Fox

1999 Wes Cook, George Fox  
Brad Moore, Pacific Lutheran

95 B. J. Wilson, CWU \*6458

1999 No team scores (at Tacoma)D

1999 Heather DeGeest, Simon Fraser