

Great Northwest Athletic Conference - 2/21/2009
 2009 Indoor Track & Field Championships
 Jackson's Track, Nampa, Idaho
 Results

Women 60 Meter Dash

=====					
MeetRecord:	M	7.73	2007	Latasha Essien, SPU	
NCAAAuto:	A	7.55			
NCAAPro:	P	7.77			
Venue:	V	7.28	2/12/2005	Ashley Owens, Louisiana St	
Name			Year	School	Prelims H#
=====					
Preliminaries					
1	Latasha Essien			SPU	7.81q 1
2	Jessica Hinton			SPU	7.99q 2
3	Lacey Meusec			WOU	8.05q 1
4	Lauren Duckett			WOU	8.07q 2
5	Latoya Tidwell			NNU	8.08q 1
6	Heidi Dimmitt			WWU	8.09q 1
7	Megan Zukowski			WWU	8.18q 2
8	Stefani Dittmar			WOU	8.19q 2
9	Justine Simons			MSUB	8.20 2
10	Molly Reid			NNU	8.21 2
11	Lisette Peterson			SPU	8.23 1
12	Tish Wells			CWU	8.24 2
13	Christa Brediger			NNU	8.31 2
13	Britney Derhak			MSUB	8.31 1
15	Jessica Erickson			WWU	8.36 1
16	Erika Halle			MSUB	8.37 1

Women 60 Meter Dash

=====					
MeetRecord:	M	7.73	2007	Latasha Essien, SPU	
NCAAAuto:	A	7.55			
NCAAPro:	P	7.77			
Venue:	V	7.28	2/12/2005	Ashley Owens, Louisiana St	
Name			Year	School	Finals
=====					
Finals					
1	Latasha Essien			SPU	7.77P
2	Jessica Hinton			SPU	7.96
3	Lauren Duckett			WOU	8.01
4	Lacey Meusec			WOU	8.02
5	Heidi Dimmitt			WWU	8.02
6	Megan Zukowski			WWU	8.05
7	Latoya Tidwell			NNU	8.09
8	Stefani Dittmar			WOU	8.18

Women 200 Meter Dash

=====					
MeetRecord:	M	25.25	2005	Terran Legard, CWU	
NCAAAuto:	A	24.60			
NCAAPro:	P	25.20			
Venue:	V	23.37	2/12/2005	Hazel Ann Regis, Louisiana St	
Name			Year	School	Finals H#
=====					
1	Jessica Hinton			SPU	25.35 4
2	Latasha Essien			SPU	25.54 4
3	Ellie Siler			WWU	25.55 4
4	Heidi Dimmitt			WWU	25.63 3
5	Ali Worthen			SPU	25.68 1

6	Latoya Tidwell	NNU	25.75	4	
7	Megan Zukowski	WWU	26.44	2	
8	Stefani Dittmar	WOU	26.68	3	
9	Erika Halle	MSUB	26.69	1	
10	Jenifer Pike	SPU	26.77	2	
11	Justine Simons	MSUB	26.81	2	
12	Christa Brediger	NNU	26.97	1	
13	Britney Derhak	MSUB	27.02	1	
14	Lisette Peterson	SPU	27.03	2	
--	Gwenna Carie	CWU	FS	3	
--	Lacey Meusec	WOU	DQ	3	lane violation

Women 400 Meter Dash

MeetRecord: M 56.57		2005	Terran Legard, CWU		
NCAA Auto: A 55.70					
NCAA Pro: P 57.50					
Venue: V 52.88		2/7/2004	Hazel Regis, L S U		
Name	Year	School	Finals	H#	
=====					
1	Ellie Siler	WWU	56.23M	3	
2	Jessica Hinton	SPU	57.16P	3	
3	Elisa Decker	NNU	57.85	3	
4	Megan O'Connell	WWU	58.12	3	
5	Gwenna Carie	CWU	58.47	1	
6	Jamie Beaty	NNU	58.58	3	
7	Devon King	WWU	59.89	2	
8	Sarah Brownell	WWU	1:00.17	3	
9	Lindsay Brady	NNU	1:00.67	1	
10	Zoe Skordahl	WOU	1:00.93	2	
11	Meryl Butcher	WOU	1:01.08	2	
12	Anna Walters	SPU	1:01.16	2	
13	Jessica Pendon	SMU	1:01.18	2	
14	Erika Halle	MSUB	1:01.34	1	
15	Michelle Howe	WWU	1:01.75	2	
16	Kylie Marshall	NNU	1:01.86	1	
17	Kayla Wilkins	SPU	1:02.05	1	
18	Britany Hood	CWU	1:05.58	1	

Women 800 Meter Run

MeetRecord: M 2:10.18		2008	Jessica Pixler, SPU	
NCAA Auto: A 2:12.80				
NCAA Pro: P 2:17.00				
Venue: V 2:05.15		2/22/2003	Lena Nilsson, UCLA	
Name	Year	School	Finals	
=====				
1 Ashley Puga		NNU	2:09.86M	
2 Jessica Pixler		SPU	2:11.23A	
3 Rachael Johnson		WWU	2:13.13P	
4 Jaclyn Puga		NNU	2:13.94P	
5 Annan Applebee		WOU	2:14.10P	
6 Sarah Jackson		MSUB	2:17.31	
7 Cheri Watson		WWU	2:17.64	
8 Lisa Anderberg		SPU	2:19.18	
9 Erica Zambon		WOU	2:20.04	
10 Brianna Schmid		SMU	2:22.95	
11 Annie Laweryson		SMU	2:24.59	
12 Katie Thiel		MSUB	2:32.83	
13 Mykel Ler		MSUB	2:39.80	

Women 1 Mile Run

=====

MeetRecord: M 4:50.38 2008 Jessica Pixler, SPU

NCAAAuto: A 4:56.50

NCAAPro: P 5:05.00

Venue: V 4:44.05 2/25/2006 Kali Baker, Nevada

Name	Year	School	Finals
1 Ashley Puga		NNU	4:47.37M
2 Jessica Pixler		SPU	4:47.54M
3 Jane Larson		SPU	4:53.31A
4 Sarah Porter		WWU	4:56.37A
5 Kate Harline		SPU	5:03.22P
6 Janae Larson		SPU	5:07.45
7 Jessica Harper		WOU	5:13.33
8 Tricia Morrison		WOU	5:17.71
9 Joscelyn Minton		SMU	5:19.36
10 Lyndsey McKillip		WOU	5:22.08
11 Krinda Carlson		SMU	5:29.80
12 Erica Snawder		WOU	5:33.13
13 Whitney Mickelson		MSUB	5:40.62

Women 5000 Meter Run

MeetRecord: M 17:39.95 2008 Jane Larson, SPU

NCAAAuto: A 17:06.00

NCAAPro: P 17:51.20

Venue: V 17:15.64 2/29/2008 Amanda Moreno, Nevada

Name	Year	School	Finals
1 Jane Larson		SPU	17:27.34M
2 Janae Larson		SPU	17:29.77M
3 Natty Plunkett		SPU	17:50.50P
4 Lauren Breihof		WWU	17:55.85
5 Marcie Mullen		CWU	18:38.50
6 Mary Williams		SPU	18:43.25
7 Amanda Wright		WOU	19:16.02
8 Kayti Krepel		SPU	19:28.77
9 Katie Hart		SPU	19:37.38
10 Ashley Rendahl		NNU	19:40.09
11 Adriana Mendoza		CWU	19:53.73
12 Kaitlynn Pecha		SMU	19:57.62
13 Alex Borunda		CWU	20:05.67
14 Helen Camden		SMU	20:11.44
15 Whitney Mickelson		MSUB	20:43.74

Women 60 Meter Hurdles

MeetRecord: M 8.66 2005 Danielle Ayers-Stamper, SPU

NCAAAuto: A 8.65

NCAAPro: P 9.00

Venue: V 7.78 1/18/2003 Tiffany Hogan, Unattached

Name	Year	School	Prelims	H#
Preliminaries				
1 Ali Worthen		SPU	9.12q	2
2 Jacque Helbling		WOU	9.20q	2
3 Michelle Howe		WWU	9.26q	1
4 Janna Vander Meulen		WOU	9.39q	1
4 Jenifer Pike		SPU	9.39q	2
6 Mandy Keifer		WOU	9.43q	1
7 Raquel Gonzalez		CWU	9.55q	2
8 Ali Mosher		WOU	9.64q	2
9 Clara Cook		WWU	9.78	1
10 Cassie Holm		MSUB	9.87	2

11	Amanda Rose	CWU	10.14	1
12	Jill Bennett	NNU	10.28	2
13	MJ Usabel	NNU	10.38	1
14	Jessica Erickson	WWU	10.48	1

Women 60 Meter Hurdles

MeetRecord:	M	8.66	2005	Danielle Ayers-Stamper, SPU	
NCAAAuto:	A	8.65			
NCAAPro:	P	9.00			
Venue:	V	7.78	1/18/2003	Tiffany Hogan, Unattached	
Name			Year	School	Finals

Finals

1	Michelle Howe	WWU	9.07
2	Ali Worthen	SPU	9.09
3	Jacque Helbling	WOU	9.21
4	Janna Vander Meulen	WOU	9.40
5	Mandy Keifer	WOU	9.54
6	Jenifer Pike	SPU	9.69
7	Raquel Gonzalez	CWU	9.81
8	Ali Mosher	WOU	10.21

Women 4x400 Meter Relay

MeetRecord:	M	3:57.36	2008	, SPU
NCAAAuto:	A	3:46.80		
NCAAPro:	P	3:56.60		
Venue:	V	3:39.07	2/26/2005	Louisiana Tech U, Louisiana Tech D Appleberry, N Gilbert, K Cole, L Wilson
School				Finals

1	Northwest Nazarene	'A'	3:55.58P
2	Western Washington	'A'	3:55.67P
3	Seattle Pacific	'A'	4:00.42
4	Western Oregon	'A'	4:02.96
5	St. Martin's	'A'	4:12.28
6	Central Washington	'A'	4:15.77
7	Montana State-Billings	'A'	4:17.77

Women Distance Medley

MeetRecord:	M	11:58.41	2007	, SPU
NCAAAuto:	A	11:50.00		
NCAAPro:	P	12:23.00		
Venue:	V	11:46.59	2/24/2006	University of Idaho, Idaho M Kamau, V Samuel, A Murdoch, D Olson
School				Finals

1	Seattle Pacific	'A'	12:01.79P
2	Western Washington	'A'	12:15.12P
3	Northwest Nazarene	'A'	12:47.02
4	St. Martin's	'A'	13:33.97
5	Central Washington	'A'	13:37.38
6	Montana State-Billings	'A'	13:45.19

Women High Jump

MeetRecord:	M	5-06.50	2006	Teona Perkins, Emily Peterson, SPU, NNU	
NCAA Auto:	A	1.74m			
NCAA Pro:	P	1.67m			
Venue:	V	1.90m	2/26/2005	Gaelle Niare, SMU	
Name			Year	School	Finals

=====									
1	Ali Worthen					SPU		1.74mA	5-08.50
	1.46 1.51 1.56 1.61 1.66 1.71 1.74 1.77								
	PPP PPP PPP 0 0 PPP 0 XXX								
2	Sabrina Schwindler					WWU		1.56m	5-01.25
	1.46 1.51 1.56 1.61								
	PPP 0 X0 XXX								
3	Jacque Helbling					WOU		J1.56m	5-01.25
	1.46 1.51 1.56 1.61								
	0 0 XX0 XXX								
3	Clara Cook					WWU		J1.56m	5-01.25
	1.46 1.51 1.56 1.61								
	PPP PPP XX0 XXX								
5	Kelsey Neilson					WOU		J1.56m	5-01.25
	1.46 1.51 1.56 1.61								
	0 X0 XX0 XXX								
6	Mandy Keifer					WOU		1.51m	4-11.50
	1.46 1.51 1.56								
	0 0 XXX								
7	Jaquie Mattson					SPU		J1.51m	4-11.50
	1.46 1.51 1.56								
	PPP X0 XXX								
8	Raquel Gonzalez					CWU		1.46m	4-09.50
	1.46 1.51								
	X0 XXX								
8	Danielle Nordlund					CWU		1.46m	4-09.50
	1.46 1.51								
	X0 XXX								
8	Jill Bennett					NNU		1.46m	4-09.50
	1.46 1.51								
	X0 XXX								
11	Zoe Skordahl					WOU		J1.46m	4-09.50
	1.46 1.51								
	XX0 XXX								
11	Beth McLam					NNU		J1.46m	4-09.50
	1.46 1.51								
	XX0 XXX								
--	Chelsey Jones					NNU		NH	
	1.46								
	XXX								
--	Tiffany Ferch					NNU		NH	
	1.46								
	XXX								

Women Pole Vault

=====									
MeetRecord: M 12-09 2008		Melissa Peaslee, SPU							
NCAA Auto: A 3.80m									
NCAA Pro: P 3.50m									
Venue: V 4.60m 1/25/2003		Stacy Dragila, Nike							
Name		Year	School					Finals	
=====									
1	Christy Miller					WWU		3.76mP	12-04.00
	2.76 2.91 3.06 3.21 3.36 3.46 3.56 3.66 3.76 3.85								
	P P P P 0 0 XX0 0 X0 XXX								
2	Melissa Peaslee					SPU		3.66mP	12-00.00
	2.76 2.91 3.06 3.21 3.36 3.46 3.56 3.66 3.76								
	P P P P P P 0 0 XXX								
3	Carrie Hauk					SPU		3.46m	11-04.25
	2.76 2.91 3.06 3.21 3.36 3.46 3.56								
	P P P XP 0 0 XXX								
4	Kjersti Gedde					SPU		J3.46m	11-04.25
	2.76 2.91 3.06 3.21 3.36 3.46 3.56								

	P	P	XX0	0	X0	X0	XXX		
5	Karina Elzinga					NNU		3.21m	10-06.25
	2.76	2.91	3.06	3.21	3.36				
	P	0	0	0	XXX				
6	Camille Clarke					WWU		J3.21m	10-06.25
	2.76	2.91	3.06	3.21	3.36				
	P	0	0	XX0	XXX				
7	Robin Mueller					WWU		3.06m	10-00.50
	2.76	2.91	3.06	3.21					
	P	0	0	XXX					
8	Amanda DiEnno					WWU		J3.06m	10-00.50
	2.76	2.91	3.06	3.21					
	P	X0	0	XXX					
9	Cindy Glenn					CWU		2.91m	9-06.50
	2.76	2.91	3.06						
	X0	X0	XXX						
9	MJ Usabel					NNU		2.91m	9-06.50
	2.76	2.91	3.06						
	P	X0	XXX						
9	Amanda Konzal					NNU		2.91m	9-06.50
	2.76	2.91	3.06						
	X0	X0	XXX						
12	Sydney Austin					WWU		2.76m	9-00.50
	2.76	2.91							
	X0	XXX							
--	Jennifer Johnson					SMU		NH	
	2.76								
	XXX								

Women Long Jump

=====									
MeetRecord:	M	18-09.75	2005		Danielle Ayers-Stamper, SPU				
NCAA Auto:	A	5.80m							
NCAA Pro:	P	5.50m							
Venue:	V	6.49m	1/26/2008		Erica McLain, Stanford				
Name			Year	School		Finals			
=====									
1	Ali Worthen			SPU		5.65mP	18-06.50		
	5.36m	5.39m	5.65m	5.58m	5.43m	PASS			
2	Emily Warman			WWU		J5.65mP	18-06.50		
	5.65m	FOUL	5.37m	5.48m	5.50m	5.34m			
3	Molly Reid			NNU		5.19m	17-00.50		
	5.02m	5.19m	5.03m	4.97m	5.09m	FOUL			
4	Jacque Helbling			WOU		5.18m	17-00.00		
	5.09m	FOUL	5.18m	PASS	5.06m	5.08m			
5	Callie Muri			WWU		5.06m	16-07.25		
	4.78m	4.96m	5.02m	4.80m	5.06m	4.89m			
6	Mandy Keifer			WOU		J5.06m	16-07.25		
	5.06m	4.91m	4.81m	4.92m	4.86m	4.98m			
7	Laura Vonarx			NNU		J5.06m	16-07.25		
	4.78m	FOUL	5.06m	FOUL	4.93m	FOUL			
8	Natalie Nobbs			SPU		4.98m	16-04.25		
	4.84m	FOUL	4.98m	FOUL	FOUL	4.89m			
9	Danielle Nordlund			CWU		4.96m	16-03.25		
	4.96m	4.87m	4.94m	4.68m	4.79m	4.56m			
10	Clara Cook			WWU		4.91m	16-01.50		
	4.91m	FOUL	4.86m						
11	Erika Halle			MSUB		4.90m	16-01.00		
	FOUL	4.41m	4.90m						
12	Maycee Bekkedahl			NNU		4.87m	15-11.75		
	4.47m	4.85m	4.87m						
13	Britney Derhak			MSUB		4.85m	15-11.00		
	4.17m	4.19m	4.85m						

14	Amanda Rose	CWU	4.79m	15-08.75
	4.59m 4.60m 4.79m			
15	Jill Bennett	NNU	4.72m	15-06.00
	4.72m 4.65m 4.52m			
16	Mary Seidler	CWU	4.70m	15-05.00
	FOUL FOUL 4.70m			

Women Triple Jump

=====									
MeetRecord: M		37-09.25		2007		Kim Bascom, WWU			
NCAA Auto: A		11.95m							
NCAA Pro: P		11.40m							
Venue: V		13.38m		2/7/2004		Nicole Toney, L S U			
Name				Year		School		Finals	
=====									
1	Laura Vonarx			NNU			11.33m	37-02.25	
	11.33m	11.14m	FOUL	PASS	PASS	PASS			
2	Emily Warman			WWU			11.24m	36-10.50	
	11.15m	11.03m	FOUL	10.54m	11.24m	11.08m			
3	Ali Worthen			SPU			11.07m	36-04.00	
	10.83m	11.07m	10.89m	PASS	PASS	PASS			
4	Mandy Keifer			WOU			10.81m	35-05.75	
	10.39m	10.81m	10.54m	10.54m	10.62m	10.57m			
5	Christy Miller			WWU			10.73m	35-02.50	
	10.04m	FOUL	10.73m	10.44m	10.58m	9.97m			
6	Amanda Rose			CWU			10.67m	35-00.25	
	10.58m	10.24m	10.48m	10.30m	10.67m	10.41m			
7	Callie Muri			WWU			10.53m	34-06.75	
	9.77m	10.41m	FOUL	10.30m	10.37m	10.53m			
8	Molly Reid			NNU			10.46m	34-04.00	
	10.46m	10.15m	10.14m	9.93m	9.95m	10.01m			
9	Maycee Bekkedahl			NNU			10.27m	33-08.50	
	10.18m	FOUL	10.27m	10.16m	FOUL	10.01m			
10	Zoe Skordahl			WOU			10.21m	33-06.00	
	9.67m	10.21m	9.71m						
11	Kelsey Neilson			WOU			10.02m	32-10.50	
	9.72m	9.53m	10.02m						
12	Natalie Nobbs			SPU			9.84m	32-03.50	
	9.84m	9.47m	9.14m						

Women Shot Put

=====									
MeetRecord: M		44-08.75		2006		Krissy Tandle, CWU			
NCAA Auto: A		14.30m							
NCAA Pro: P		13.20m							
Venue: V		18.19m		2/3/2006		Kristin Heaston, Nike			
Name				Year		School		Finals	
=====									
1	Krissy Tandle			CWU			14.87m	A	48-09.50
	13.52m	14.66m	14.87m	FOUL	FOUL	FOUL			
2	Joy Warrington			NNU			13.14m		43-01.50
	12.71m	13.14m	FOUL	FOUL	FOUL	FOUL			
3	Jordan Stueckle			CWU			12.08m		39-07.75
	11.32m	11.92m	FOUL	11.76m	FOUL	12.08m			
4	Torrie Self			CWU			11.68m		38-04.00
	FOUL	FOUL	10.84m	10.80m	11.28m	11.68m			
5	Hillary Gourneau			MSUB			11.65m		38-02.75
	10.25m	9.23m	9.59m	10.72m	11.65m	11.16m			
6	Shayna Shute			NNU			10.85m		35-07.25
	10.61m	10.25m	10.44m	10.51m	10.61m	10.85m			
7	Kacie Vanderloos			MSUB			10.72m		35-02.00
	10.15m	10.61m	10.72m	10.49m	FOUL	10.52m			
8	Alyssa Taylor			WOU			10.53m		34-06.75

	10.47m	10.53m	10.09m	10.36m	10.50m	FOUL		
9	Hannah Dine-Aubert			NNU			10.40m	34-01.50
	10.16m	10.28m	10.40m	9.91m	10.25m	9.62m		
10	Becky Scherer			CWU			10.18m	33-04.75
	9.67m	9.73m	10.18m					
11	Chelsey Jones			NNU			10.13m	33-03.00
	9.75m	10.13m	FOUL					
12	Lexi Halvorson			MSUB			10.06m	33-00.25
	10.06m	9.49m	9.81m					
13	Robin Brown			WWU			9.81m	32-02.25
	8.53m	9.46m	9.81m					
14	Megan Thomas			SMU			8.99m	29-06.00
	8.57m	8.62m	8.99m					
15	Kelsee Clark			MSUB			8.78m	28-09.75
	8.78m	FOUL	FOUL					

Women Weight Throw

MeetRecord: M	53-09.25	2004	Kristen Hepler, WOU				
NCAA Auto: A	18.00m						
NCAA Pro: P	16.00m						
Venue: V	21.21m	2/2/2007	Loree Smith, NYAC				
Name	Year		School			Finals	
=====							
1	Krissy Tandle			CWU		15.97m	52-04.75
	15.46m	15.59m	15.97m	15.09m	FOUL	15.36m	
2	Torrie Self			CWU		14.91m	48-11.00
	FOUL	13.32m	FOUL	13.16m	14.91m	14.56m	
2	Courtney Little			NNU		14.91m	48-11.00
	14.91m	FOUL	14.36m	14.14m	14.22m	13.19m	
4	Erika McCarthy			NNU		13.44m	44-01.25
	13.00m	13.44m	13.33m	13.02m	FOUL	13.17m	
5	Joy Warrington			NNU		13.17m	43-02.50
	13.17m	12.49m	12.95m	FOUL	FOUL	12.34m	
6	Jordan Stueckle			CWU		13.09m	42-11.50
	12.58m	12.81m	13.09m	12.30m	FOUL	12.19m	
7	Alyssa Taylor			WOU		12.63m	41-05.25
	12.14m	12.63m	11.86m	11.98m	12.04m	11.88m	
8	Becky Scherer			CWU		12.39m	40-07.75
	12.26m	11.83m	12.39m	11.88m	12.12m	12.39m	
9	Shayna Shute			NNU		12.25m	40-02.25
	12.25m	10.75m	FOUL	11.68m	FOUL	11.96m	
10	Katie Snoderly			WOU		11.91m	39-01.00
	11.91m	10.79m	11.57m				
11	Hannah Dine-Aubert			NNU		11.03m	36-02.25
	10.08m	11.03m	FOUL				
12	Jillian Blake			SMU		10.39m	34-01.25
	10.39m	10.11m	8.74m				
13	Robin Brown			WWU		9.25m	30-04.25
	9.08m	9.25m	FOUL				

Men 60 Meter Dash

MeetRecord:	M	7.02	2008	Ashtin Mott, WOU			
NCAAAuto:	A	6.78					
NCAAPro:	P	6.88					
Venue:	V	6.68	2/1/2003	Samie Parker, Oregon			
Name			Year	School	Prelims	H#	
=====							
Preliminaries							
1	Gabe Aguilar			WOU	M 6.99q	2	
2	Augustine Agyei			WWU	M 7.02q	1	
3	Bryan Mack			CWU	7.05q	2	

4	Kincaid Nichols	CWU	7.10q	1
5	Radio Battle	CWU	7.13q	1
6	Alex Tilley	WWU	7.16q	2
6	Zeb Udell	WOU	7.16q	1
8	Dylan Wells	WOU	7.19q	2
9	Chris Freeman	WOU	7.24	1
10	Derek Sepe	NNU	7.29	2
11	Nick Kesler	MSUB	7.32	1
12	Eric Zwiefelhofer	NNU	7.37	1
13	Phillip Villanueva	WWU	7.38	2
14	James Cho	CWU	7.48	2
15	Noah Vallincourt	MSUB	7.49	2
16	Nathan Diede	MSUB	7.61	1

Men 60 Meter Dash

=====				
MeetRecord:	M	7.02	2008	Ashtin Mott, WOU
NCAAAuto:	A	6.78		
NCAAPro:	P	6.88		
Venue:	V	6.68	2/1/2003	Samie Parker, Oregon
Name		Year	School	Finals

Finals

1	Bryan Mack	CWU	6.95M
2	Augustine Agyei	WWU	6.99M
3	Alex Tilley	WWU	7.06
4	Gabe Aguilar	WOU	7.07
5	Radio Battle	CWU	7.15
6	Dylan Wells	WOU	7.16
7	Kincaid Nichols	CWU	7.21
8	Zeb Udell	WOU	7.29

Men 200 Meter Dash

=====				
MeetRecord:	M	22.04	2004	Isaac Frederick, WOU
NCAAAuto:	A	21.55		
NCAAPro:	P	21.80		
Venue:	V	20.74	2/12/2005	Domenik Peterson, Arizona Stat
Name		Year	School	Finals H#

1	Radio Battle	CWU	21.97M	3
2	Maurus Hope	NNU	22.21	3
3	Augustine Agyei	WWU	22.60	2
4	Matt Rogstad	CWU	22.61	3
5	Alex Tilley	WWU	22.62	2
6	Nick Clark	WOU	22.76	1
7	Gabe Aguilar	WOU	22.79	3
8	Kincaid Nichols	CWU	22.80	3
9	Derek Sepe	NNU	22.93	2
10	Nick Kesler	MSUB	22.98	2
11	Dylan Wells	WOU	23.16	2
12	Nathan Diede	MSUB	23.22	1
13	Micah Grounds	SPU	23.35	1
14	Dane Manley	NNU	23.45	1
15	Noah Vallincourt	MSUB	23.64	1

Men 400 Meter Dash

=====				
MeetRecord:	M	49.58	2008	Matt Rogstad, CWU
NCAAAuto:	A	47.75		
NCAAPro:	P	48.85		
Venue:	V	46.18	2/11/2005	Kelly Willie, Louisiana St
Name		Year	School	Finals H#

1	Maurus Hope	NNU	49.75	3	
2	Mitch Ward	NNU	49.99	2	
3	Blake Estep	WOU	50.08	3	
4	Ashtin Mott	WOU	50.12	3	
5	Nick Clark	WOU	50.26	2	
6	Ben Wargo	WWU	50.37	2	
7	Matt Rogstad	CWU	50.49	3	
8	Dan Hill	NNU	50.62	2	
9	Dallas Beaty	NNU	51.07	3	
10	Kevin Myhre	WWU	51.12	2	
11	Bryan Gerry	SMU	51.25	1	
12	Travis Dodge	SMU	51.46	1	
13	Andy Loscutoff	WOU	52.66	3	
14	James Hopkins	MSUB	53.43	1	
--	Deshawn Lewis	MSUB	DNF	1	
--	Colby Brydson	CWU	DQ	1	lane violation

Men 800 Meter Run

MeetRecord:	M 1:51.49	2004	Paul Mach, SPU		
NCAAAuto:	A 1:52.30				
NCAAPro:	P 1:54.00				
Venue:	V 1:49.92	3/1/2003	Adam Davis, Rice		
Name	Year	School	Finals	H#	
1	Zeke Van Patten	WOU	1:53.43P	2	
2	Carson O'Brien	WOU	1:56.24	2	
3	Kyle Larson	WOU	1:59.21	2	
4	Mike Schmid	WOU	1:59.88	1	
5	Zach Massari	WOU	2:00.60	2	
6	Corey Cronkhite	CWU	2:01.67	2	
7	Mike Lewis	NNU	2:02.39	1	
8	Abe Webb	WOU	2:02.82	2	
9	Jeff Knudson	CWU	2:02.90	1	
10	Tyson Vanderby	MSUB	2:03.08	1	
11	Anders Mavis	WWU	2:03.19	2	
12	Jake Brown	WWU	2:03.76	1	
13	Jason Towery	NNU	2:05.22	1	
14	Jeff Long	WOU	2:06.13	2	
15	Kelley Miller	MSUB	2:07.72	1	
16	Travis Banker	WOU	2:09.17	2	
17	Josh Merioles	NNU	2:12.17	1	

Men 1 Mile Run

MeetRecord:	M 4:15.27	2005	Ethan Barrons, WOU		
NCAAAuto:	A 4:09.20				
NCAAPro:	P 4:13.70				
Venue:	V 4:05.29	2/22/2003	Seth Hejny, Stanford		
Name	Year	School	Finals		
1	Zeke Van Patten	WOU	4:17.02		
2	Bennett Grimes	WWU	4:18.10		
3	Jeff Long	WOU	4:19.09		
4	Matt McCrary	WOU	4:25.22		
5	Eric Brill	WWU	4:26.88		
6	Braxton Jackson	WOU	4:27.42		
7	Dan Sprinkle	WOU	4:30.77		
8	Daniel Friesen	SPU	4:30.82		
9	Nathanael Sleight	SPU	4:31.73		
10	Daniel Lombardi	MSUB	4:33.04		
11	Luke Hetrick	NNU	4:34.77		

12	Noah Caffrey	SMU	4:34.81
13	Spencer Hunt	SMU	4:34.91
14	Alex Wipf	WWU	4:35.35
15	Tom Johnson	CWU	4:37.93
16	Neil Easter	NNU	4:43.24
17	Hank Hetrick	NNU	4:49.68

Men 5000 Meter Run

=====			
MeetRecord:	M 15:01.67	2007	John Riak, SMU
NCAAAuto:	A 14:20.00		
NCAAPro:	P 14:50.00		
Venue:	V 14:33.47	2/24/2006	Forest Braden, Boise State
Name	Year	School	Finals
=====			
1	John Riak	SMU	15:09.89
2	Jordan Welling	WWU	15:15.43
3	Josiah Price	SMU	15:23.90
4	Kyle Van Santen	SMU	15:30.28
5	Chris Reed	WOU	15:36.78
6	Nik Karr	WOU	15:37.23
7	Eric Brill	WWU	15:40.82
8	Brandon Snook	WOU	15:56.59
9	Trevor Kulvi	CWU	15:58.46
10	Darrell Terry	WOU	16:14.54
11	Justin Karr	WOU	16:21.50
12	Jordan Lance	SPU	16:22.39
13	Nicholas Harvey	SMU	16:24.87
14	Daniel Hamilton	SPU	16:31.45
15	Tom McKay	SPU	16:36.08

Men 60 Meter Hurdles

=====			
MeetRecord:	M 8.26	2007	Robert Edwards, CWU
NCAAAuto:	A 8.04		
NCAAPro:	P 8.25		
Venue:	V 7.80	1/18/2003	Tim Bogdanof, CAL
Name	Year	School	Prelims H#
=====			
Preliminaries			
1	Dallas Beaty	NNU	8.49q 2
2	Andrew Gray	WWU	8.71q 1
3	Ben Wargo	WWU	8.75q 2
4	Andy Loscutoff	WOU	8.76q 1
5	Robert Manwell	WOU	8.85q 2
6	Jordan Werner	WOU	8.89q 2
7	Kyle Williams	CWU	8.91q 2
8	Kevin Myhre	WWU	8.92q 2
9	Kegan Lassiter	NNU	8.99 1
10	Darnell Harris	CWU	9.05 1
11	Michael Kendrick	WOU	9.52 1
12	Josh Grewe	NNU	9.63 1

Men 60 Meter Hurdles

=====			
MeetRecord:	M 8.26	2007	Robert Edwards, CWU
NCAAAuto:	A 8.04		
NCAAPro:	P 8.25		
Venue:	V 7.80	1/18/2003	Tim Bogdanof, CAL
Name	Year	School	Finals
=====			
Finals			
1	Dallas Beaty	NNU	8.51

2	Kyle Williams	CWU	8.64
3	Andrew Gray	WWU	8.71
4	Andy Loscutoff	WOU	8.75
5	Jordan Werner	WOU	8.80
6	Kevin Myhre	WWU	8.88
7	Robert Manwell	WOU	8.91
8	Ben Wargo	WWU	14.82

Men 4x400 Meter Relay

=====			
MeetRecord:	M 3:20.98	2007	, CWU
NCAAAuto:	A 3:14.00		
NCAAPro:	P 3:18.50		
Venue:	V 3:06.52	2/12/2005	Louisiana State University, Louisiana St
School			Finals
=====			
1	Northwest Nazarene 'A'		3:20.61M
2	Western Oregon 'A'		3:22.44
3	Western Washington 'A'		3:22.73
4	Central Washington 'A'		3:25.50
5	Montana State-Billings 'A'		3:40.19
--	St. Martin's 'A'		DNF

Men Distance Medley

=====			
MeetRecord:	M 10:19.74	2005	, SMU
NCAAAuto:	A 9:52.60		
NCAAPro:	P 10:07.60		
Venue:	V 10:03.78	2/23/2007	Utah State, Utah State
			B Kessen, S Bell, A Niccoli, T Jones
School			Finals
=====			
1	Western Washington 'A'		10:26.42
2	Western Oregon 'A'		10:40.21
3	Northwest Nazarene 'A'		10:55.11
4	Central Washington 'A'		11:06.54
5	Montana State-Billings 'A'		11:23.42
6	St. Martin's 'A'		11:38.64

Men High Jump

=====			
MeetRecord:	M 6-08.75	2007	Cameron Bailey, CWU
NCAAAuto:	A 2.11m		
NCAAPro:	P 2.05m		
Venue:	V 2.34m	2/1/2003	Charles Clinger, Bronco TC
Name		Year School	Finals
=====			
1	Cameron Bailey	CWU	2.01m 6-07.00
	1.76 1.81 1.86 1.91 1.96 2.01 2.08		
	PPP PPP PPP 0 XO XO XXX		
2	Robert Wegner	WOU	1.96m 6-05.00
	1.76 1.81 1.86 1.91 1.96 2.01		
	PPP 0 0 XO 0 XXX		
2	Jonathan Hamilton	CWU	1.96m 6-05.00
	1.76 1.81 1.86 1.91 1.96 2.01		
	PPP 0 0 XO 0 XXX		
4	Matt Lariza	WOU	1.91m 6-03.25
	1.76 1.81 1.86 1.91 1.96		
	PPP PPP 0 0 XXX		
5	Josh Heidegger	NNU	1.86m 6-01.25
	1.76 1.81 1.86 1.91		
	0 XO 0 XXX		
6	James Turner	WWU	1.81m 5-11.25

	1.76 1.81 1.86			
	0 0 XXX			
7	Nathan Wagner	SPU	1.76m	5-09.25
	1.76 1.81			
	X0 XXX			
--	Nick Collins	CWU	NH	
	1.76			
	XXX			
--	Zeb Udell	WOU	NH	
	1.76 1.81 1.86			
	PPP PPP XXX			
--	Stuart Montgomery	NNU	NH	
	1.76			
	XXX			
--	Josh Grewe	NNU	NH	
	1.76			
	XXX			

Men Pole Vault

=====											
MeetRecord: M		16-00.50		2006		Scott Romney, WWU					
NCAA Auto: A		5.03m									
NCAA Pro: P		4.71m									
Venue: V		5.71m		2/7/2004		Tommy Skipper, Oregon					
Name		Year		School		Finals					
=====											
1	Ryan Brown	WWU		5.03mA						16-06.00	
	4.05 4.20 4.35 4.50 4.65 4.75 4.85 4.95 5.03 5.08										
	P P P P 0 0 X0 0 X0 XXX										
2	Zeb Udell	WOU		4.65m						15-03.00	
	4.05 4.20 4.35 4.50 4.65 4.75 4.85										
	P P P P XX0 P XXX										
3	Josh Winters	WWU		4.50m						14-09.00	
	4.05 4.20 4.35 4.50										
	0 0 XX0 0										
4	Steven Schafer	NNU		J4.50m						14-09.00	
	4.05 4.20 4.35 4.50 4.65										
	X0 0 0 X0 XXX										
5	Hayden Woodard	WWU		J4.50m						14-09.00	
	4.05 4.20 4.35 4.50 4.65										
	P XX0 0 XX0 XXX										
6	Will Lloyd	WWU		4.35m						14-03.25	
	4.05 4.20 4.35 4.50										
	X0 X0 XX0 XXX										
7	Nick Hoza	WWU		4.20m						13-09.25	
	4.05 4.20 4.35										
	X0 0 XXX										
8	Ben Shea	NNU		J4.20m						13-09.25	
	4.05 4.20 4.35										
	0 X0 XXX										
9	Andrew Sneed	NNU		4.05m						13-03.50	
	4.05 4.20										
	XX0 XXX										
9	Michael Millson	WWU		4.05m						13-03.50	
	4.05 4.20										
	X0 XXX										
--	James Carr	CWU		NH							
	4.05										
	XXX										
--	Tim Clendaniel	WWU		NH							
	4.05 4.20 4.35										
	P P XXX										

Men Long Jump

=====									
MeetRecord: M 23-00		2008		Zeb Udell, WOU					
NCAAAuto: A 7.30m									
NCAAPro: P 7.08m									
Venue: V 7.84m		1/26/2008		Luis Rivera-Morales, Arizona					
Name		Year		School		Finals			
=====									
1	Zeb Udell			WOU			7.03m	23-00.75	
	6.79m	6.81m	7.03m	6.92m	6.85m	6.99m			
2	Justin Felt			SPU			6.88m	22-07.00	
	6.71m	6.74m	6.78m	6.82m	6.88m	FOUL			
3	Tim Clendaniel			WWU			6.70m	21-11.75	
	FOUL	6.33m	FOUL	6.19m	6.70m	6.54m			
4	Shane Gruger			WWU			6.65m	21-10.00	
	6.45m	6.62m	6.52m	FOUL	6.60m	6.65m			
5	Nick Collins			CWU			6.61m	21-08.25	
	6.31m	FOUL	6.47m	6.61m	FOUL	5.84m			
6	Bryan Mack			CWU			6.53m	21-05.25	
	6.13m	6.53m	5.77m	6.05m	PASS	PASS			
7	Rendel Jones			CWU			6.52m	21-04.75	
	6.52m	6.32m	6.21m	6.45m	FOUL	5.44m			
8	Chris Freeman			WOU			6.48m	21-03.25	
	6.48m	6.43m	6.18m	5.99m	PASS	6.40m			
9	Mark Hanson			NNU			6.47m	21-02.75	
	FOUL	6.42m	6.47m	FOUL	6.45m	6.35m			
10	James Cho			CWU			6.32m	20-09.00	
	FOUL	6.32m	FOUL						
11	Robert Wegner			WOU			6.31m	20-08.50	
	6.28m	6.31m	6.06m						
12	Isaiah Smith			WOU			6.21m	20-04.50	
	FOUL	6.21m	6.04m						
13	Josh Grewe			NNU			6.16m	20-02.50	
	6.16m	6.06m	6.06m						
14	Kincaid Nichols			CWU			5.97m	19-07.00	
	FOUL	5.76m	5.97m						
15	Tim Satterwhite			WWU			5.72m	18-09.25	
	5.72m	5.59m	4.98m						
16	Andrew Sneed			NNU			5.69m	18-08.00	
	5.52m	5.69m	5.63m						

Men Triple Jump

=====									
MeetRecord: M		48-05.25		2004		Justin Lawrence, CWU			
NCAAAuto: A		15.20m							
NCAAPro: P		14.40m							
Venue: V		16.63m		2/7/2004		Lejuan Simon, L S U			
Name				Year		School		Finals	
=====									
1 Rendel Jones						CWU		14.24m 46-08.75	
14.12m		14.24m		FOUL		13.88m 13.78m		FOUL	
2 Tyler Reisnaur						WOU		14.09m 46-02.75	
13.61m		13.79m		13.78m		13.67m FOUL		14.09m	
3 James Cho						CWU		13.99m 45-10.75	
13.99m		13.81m		FOUL		13.60m 13.97m		13.30m	
4 Tim Satterwhite						WWU		13.90m 45-07.25	
FOUL		13.60m		13.76m		FOUL 13.69m		13.90m	
5 Cameron Bailey						CWU		13.86m 45-05.75	
13.75m		FOUL		13.46m		13.66m 13.64m		13.86m	
6 Bryan Mack						CWU		13.69m 44-11.00	
13.69m		PASS		PASS		13.44m FOUL		13.66m	
7 James Turner						WWU		13.56m 44-06.00	
FOUL		13.56m		FOUL		FOUL FOUL		FOUL	

8	Josh Heidegger	NNU	13.43m	44-00.75
	FOUL 13.43m 13.12m FOUL 13.35m 13.26m			
9	Tim Clendaniel	WWU	13.16m	43-02.25
	FOUL 13.16m PASS PASS FOUL 13.06m			
10	Isaiah Smith	WOU	13.13m	43-01.00
	13.00m FOUL 13.13m			
11	Matt Lariza	WOU	12.87m	42-02.75
	12.84m 12.58m 12.87m			
12	Justin Felt	SPU	12.26m	40-02.75
	FOUL FOUL 12.26m			
13	Nathan Wagner	SPU	12.08m	39-07.75
	11.97m 12.08m 12.04m			
14	Karl Schmidt	SPU	11.99m	39-04.00
	11.63m 11.26m 11.99m			
15	Deshawn Lewis	MSUB	11.97m	39-03.25
	11.97m 11.83m PASS			

Men Shot Put

MeetRecord: M 57-03.75 2007 Cameron Neel, CWU				
NCAA Auto: A 17.40m				
NCAA Pro: P 15.85m				
Venue: V 21.00m 2/29/2008 Russ Winger, Idaho				
Name	Year	School	Finals	
1 Tyler Fischer		CWU	15.93mP	52-03.25
	13.27m 14.73m 14.82m 15.15m 15.20m 15.93m			
2 Sam Washington		SMU	15.66m	51-04.50
	14.41m FOUL FOUL 14.64m FOUL 15.66m			
3 Dincer Kayhan		WWU	15.42m	50-07.25
	14.68m 14.91m 14.62m 14.45m 15.42m 15.23m			
4 Zach Barclay		NNU	15.32m	50-03.25
	14.90m 14.49m FOUL 14.48m 15.32m FOUL			
5 Grant Miller		NNU	15.30m	50-02.50
	14.36m 14.23m 14.73m 15.30m FOUL 15.28m			
6 Ben Elder		WWU	14.40m	47-03.00
	12.75m FOUL 13.61m 13.60m 14.40m FOUL			
7 Donavan Cunningham		WWU	13.93m	45-08.50
	13.43m 13.87m 13.93m FOUL 13.65m FOUL			
8 Brandon Varkevisser		WWU	13.68m	44-10.75
	13.56m FOUL 13.47m 13.01m 13.68m 12.81m			
9 Jordan Fenters		NNU	13.59m	44-07.00
	13.28m 13.59m 13.17m FOUL FOUL FOUL			
10 Robert Barrett		WOU	13.34m	43-09.25
	13.07m 13.34m 13.21m			
11 Jason Slowey		WOU	13.27m	43-06.50
	FOUL FOUL 13.27m			
12 Diego Estrada		NNU	12.68m	41-07.25
	12.68m FOUL FOUL			
13 Jade Haynie		MSUB	11.57m	37-11.50
	FOUL 11.57m FOUL			
14 Mychal Ostler		CWU	11.04m	36-02.75
	10.83m 11.04m FOUL			
15 Matt Schryvers		WOU	10.45m	34-03.50
	FOUL 10.45m FOUL			

Men Weight Throw

MeetRecord: M 58-08.25 2007 Anthony Marin, WOU				
NCAA Auto: A 19.00m				
NCAA Pro: P 17.45m				
Venue: V 25.28m 2/4/2005 Libor Charfreitag, Mizuno				
Name	Year	School	Finals	

=====							
1	Tyler Fischer			CWU		17.83mP	58-06.00
	17.03m	16.98m	17.61m	16.35m	17.37m	17.83m	
2	Sam Washington			SMU		17.25m	56-07.25
	14.35m	17.25m	FOUL	FOUL	FOUL	FOUL	
3	Zach Barclay			NNU		16.75m	54-11.50
	16.63m	16.48m	15.75m	FOUL	15.58m	16.75m	
4	Anthony Marin			WOU		15.77m	51-09.00
	14.92m	15.76m	FOUL	14.65m	FOUL	15.77m	
5	Mychal Ostler			CWU		15.52m	50-11.00
	14.78m	FOUL	14.23m	FOUL	14.52m	15.52m	
6	Jordan Fenters			NNU		14.93m	48-11.75
	14.93m	14.92m	FOUL	FOUL	FOUL	FOUL	
7	Ben Elder			WWU		14.90m	48-10.75
	13.18m	14.29m	14.90m	14.71m	14.42m	13.76m	
8	Robert Barrett			WOU		14.50m	47-07.00
	14.46m	14.48m	14.50m	14.26m	14.22m	13.88m	
9	Matt Schryvers			WOU		14.27m	46-10.00
	13.51m	13.54m	13.70m	FOUL	14.27m	13.99m	
10	Jason Slowey			WOU		13.66m	44-09.75
	13.66m	FOUL	13.51m				
11	Diego Estrada			NNU		12.60m	41-04.25
	11.92m	12.60m	FOUL				
12	Jade Haynie			MSUB		12.09m	39-08.00
	12.09m	11.64m	FOUL				
13	Alex Eaton			NNU		11.26m	36-11.50
	FOUL	11.26m	FOUL				
--	Grant Miller			NNU		FOUL	
	FOUL	FOUL	FOUL				
--	Donavan Cunningham			WWU		FOUL	
	FOUL	FOUL	FOUL				

Women - Team Rankings - 15 Events Scored

=====			
1)	Seattle Pacific	181	2) Western Washington 137.50
3)	Northwest Nazarene	105.33	4) Western Oregon 71.50
5)	Central Washington	62.66	6) Montana State-Billings 14
7)	St. Martin's	9	

Men - Team Rankings - 15 Events Scored

=====			
1)	Western Oregon	169	2) Western Washington 135
3)	Central Washington	128	4) Northwest Nazarene 84
5)	St. Martin's	40	6) Seattle Pacific 11
7)	Montana State-Billings	8	