

2011 GNAC Championships (May 13-14 at Monmouth)

Team Scores - Western Oregon 203, Western Washington 173 1/2, Central Washington 130, Alaska Anchorage 103, Northwest Nazarene 83 1/2, Seattle Pacific 63, Simon Fraser 48, MSU Billings 8, Saint Martin's 7. **Outstanding Performer** – David Registe, Alaska Anchorage.

Saturday's Finals:

100 (**Wind -1.2**) – 1. David Registe, UAA, 10.76; 2. Alex Tilley, WWU, 11.07; 3. Bobby Alexander, WOU, 11.25; 4. Dennis Nicolas, SFU, 11.28; 5. Donovan McFadden, WOU, 11.32; 6. James Cho, CWU, 11.38; 7. A.J. Allen, UAA, 11.38; 8. Micah Grounds, SPU, 11.39.

200 (**Wind -2.1**) - 1. David Registe, UAA, 21.69; 2. Andrew Curtis, NNU, 21.82; 3. Andrew Boss, SFU, 22.16; 4. Alex Tilley, WWU, 22.45; 5. Josh Moore, WOU, 22.51; 6. Matt Kaino, WOU, 22.53; 7. Tyler Thomas, WOU, 22.55; 8. Scott Morrison, CWU, 22.59.

400 - 1. Matt Kaino, WOU, 48.48; 2. Andrew Boss, SFU, 48.52; 3. Scott Morrison, CWU, 48.61; 4. Tyler Thomas, WOU, 49.82; 5. Colin Alexander, CWU, 49.96; 6. Brett Montrose, SFU, 50.34; 7. Toby David, WWU, 50.66; 8. Kyle Fremd, CWU, 50.75.

800 - 1. Kyle Larson, WOU, 1:56.09; 2. Dylan Hopper, WWU, 1:56.12; 3. Matt Stark, NNU, 1:56.25; 4. Connor Kasler, WOU, 1:56.28; 5. Nathan Seeley, SPU, 1:56.72; 6. Nick Abraham, WWU, 1:56.84; 7. Alfred Kangogo, UAA, 1:57.06; 8. Ryan Hansen, WOU, 1:57.11; 9. Zach Massari, WOU, 1:59.97.

1500 - 1. Ryan Brockerville, SFU, 3:52.79; 2. Alfred Kangogo, UAA, 3:52.97; 3. Chris Reed, WOU, 3:53.93; 4. Kyle Larson, WOU, 3:55.56; 5. Ryan Chapman, WOU, 3:55.91; 6. Matt Stark, NNU, 3:57.31; 7. Evan Bradford, Seattle Pacific, 3:57.81; 8. Spencer Hunt, SMU, 4:00.23; 9. Brett Wakefield, SFU, 4:00.98; 10. Barak Watson, NNU, 4:01.08; 11. Brian Potter, MSUB, 4:01.85; 12. Brandon Snook, WOU, 4:03.91; 13. James Young, SFU, 4:05.22; 14. Justin Webb, NNU, 4:06.22; 15. Jacob Wahlenmaier, SPU, 4:06.88; 16. Thomas Hill, UAA, 4:07.82; 17. Lukas Fenley, WOU, 4:08.71; 18. Zach Massari, WOU, 4:14.14.

5000 - 1. Micah Chelimo, UAA, 14:29.41 (meet record, old 14:37.18, Marko Cheseto, UAA, 2010); 2. Jordan Welling, WWU, 14:35.36; 3. Bennett Grimes, WWU, 14:47.56; 4. Chris Reed, WOU, 14:54.38; 5. Barak Watson, NNU, 14:59.56; 6. Blake Medhaug, WWU, 15:13.75; 7. Yonatan Yilma, UAA, 15:14.81; 8. Michael Shogren, WOU, 15:20.17; 9. Eric Brill, WWU, 15:23.68; 10. Chip Jackson, WWU, 15:26.07; 11. Manuel Santos, CWU, 15:28.17; 12. Jesse Baggenstos, NNU, 15:34.96; 13. Tanner Boyd, WWU, 15:36.12; 14. Dylan Peterson, WWU, 15:39.86; 15. Justin Karr, WOU, 15:43.99.

110 Hurdles (**Wind -1.9**) - 1. Brett Campbell, WOU, 15.49; 2. Cory Okazaki, WWU, 15.50; 3. Andrew Venema, CWU, 15.58; 4. Maurus Hope, NNU, 15.58; 5. Andy Loscutt, WOU, 15.63; 6. Kody Rhodes, WOU, 15.95; 7. Nate Johnson, SPU, 16.04; 8. Jordan Werner, WOU, 17.63.

400 Hurdles - 1. Shaun Ward, UAA, 52.23 (meet record, 52.91, Paul Mach, SPU, 2003); 2. Ryan Endresen, SPU, 53.78; 3. Maurus Hope, NNU, 54.67; 4. Phillip Villanueva, WWU, 54.76; 5. Andy Loscutt, WOU, 54.82; 6. Kody Rhodes, WOU, 54.86; 7. Kevin McCurdy, WOU, 55.97; 8. Gabriel Morales, WWU, 56.04.

4x100 Relay - 1. Alaska Anchorage (AJ Allen, Billy Kiefer, Shaun Ward, David Registe) 42.20; 2. Central Washington (Darnell Harrison, Scott Morrison, James Cho, Matt Seel) 42.38; 3. Western Oregon (Bobby Alexander, Brett Campbell, Josh Moore, Matt Kaino) 42.40; 4. Seattle Pacific (Nathanael Sleight, Ryan Endresen, Micah Grounds, Dustin Bratten) 42.78; 5. Western Washington (Mark Pangilinan, Cory Okazaki, Phillip Villanueva, Alex Tilley) 42.83; 6. Northwest Nazarene (Derek Sepe, Cameron Colby, Andrew Curtis, Cody Henderson) 42.99; 7. Simon Fraser (Zach Conard, Andrew Boss, Brett Montrose, Dennis Nicolas) 43.12; 8. MSU Billings (Casey Smartt, Deshawn Lewis, Lewis Polkow, Adam Prevost) 44.24.

4x400 Relay - 1. Alaska Anchorage (Levi Sutton, Alfred Kangogo, David Registe, Shaun Ward) 3:17.93; 2. Western Oregon (Matt Kaino, Josh Moore, Tyler Thomas, Anthony Yakovich) 3:19.19; 3. Northwest Nazarene (Dan Hill, Andrew Curtis, Maurus Hope, Ben Heidegger) 3:19.60; 4. Central Washington (Colin Alexander, Zach Armstrong, Kyle Fremd, Scott Morrison) 3:20.03; 5. Western Washington (Alex Tilley, Gabriel Morales, Dylan Hopper, Toby David) 3:20.07; 6. Montana State Billings (Jake Iverson, Drew Galahan, Logan Mossey, Ryan Blomback) 3:23.46; 7. Simon Fraser (Andrew Boss, Zach Conard, Brett Montrose, Yubai Liu) 3:25.67; 8. Seattle Pacific (Dustin Bratten, Dusty Duncan, Nathan Seeley, Ryan Endresen) 3:30.12.

Pole Vault - 1. Ray Zoellick, SPU, 4.55 - 14-11; 2. Cal Rosenberg, WWU, 4.55 - 14-11; 3. Tyler Will, WWU, 4.25 - 13-11 ¼; 4. Josh Winters, WWU, 4.25 - 13-11 ¼; 5. Brandon Roddewig, CWU, 4.25 - 13-11 ¼; 6. Nate Johnson, SPU, 4.25 - 13-11 ¼; 7. Keenan Komoto, WWU, 4.10 - 13-5 ¼; 8. Michael Millson, WWU, and Eric Zwiefelhofer, NNU, 4.10 - 13-5 ¼; 10. Branden Martinez, MSUB, 4.30 - 13-5 ¼. (**No Height** - Ryan Brown, WWU; Thomas Steinke, CWU; Scott Hunter, CWU; Thomas Guidon, WWU; Tim Lundy, WOU.)

Triple Jump - 1. Tim Clendaniel, WWU, 14.65 – 48-0 $\frac{3}{4}$; 2. +Sviatoslav Moldanov, SFU, 14.01 - 45-11 $\frac{3}{4}$, and +Manny Melo, CWU, 14.01 - 45-11 $\frac{3}{4}$; 4. James Cho, CWU, 13.93 - 45-8 $\frac{1}{2}$; 5. Stephen Larlee, NNU, 13.90 - 45-7 $\frac{1}{4}$; 6. +Jake Hyde, WOU, 13.75 - 45-1 $\frac{1}{2}$; 7. Kyle Lane, WOU, 13.72 – 45-0 $\frac{1}{4}$; 8. +Devin Bennett, CWU, 13.66 - 44-9 $\frac{3}{4}$; 9. Sakae Kamagata, CWU, 13.38 – 43-10 $\frac{3}{4}$; 10. Mickey Mukai, WWU, 13.01 – 42-8 $\frac{1}{4}$; 11. Andrew Freed, UAA, 12.86 – 42-2 $\frac{1}{4}$; Tim Greene, NNU, fouled. (+Wind-aided).

Javelin - 1. Will Crook, WOU, 59.78 - 196-1; 2. Kody Reavis, WOU, 57.94 - 190-1; 3. Billy Martin, SPU, 57.67 - 189-2; 4. Jace Derwin, SPU, 56.08 - 184-0; 5. Eric Zwiefelhofer, NNU, 55.72 - 182-10; 6. Chris Mitchell, WWU, 55.57 - 182-4; 7. Colby Mayberry, WWU, 54.04 - 177-3; 8. Tommy Sheriff, CWU, 52.69 - 172-10; 9. Anthony Player, SMU, 51.93 – 170-4; 10. Jacob Nicola, WOU, 50.48 – 165-7; 11. Ben Coles, SFU, 49.62 – 162-9; 12. Brock Steingrubber, MSUB, 49.15 – 161-3; 13. Brandon Roddewig, CWU, 45.92 – 150-8; 14. Manny Melo, CWU, 45.74 – 150-1.

Hammer - 1. Michael Hoffman, WWU, 54.78 - 179-9; 2. Grant Miller, NNU, 53.86 - 176-8; 3. Jason Slowey, WOU, 51.18 - 167-11; 4. Mike Jensen, CWU, 50.55 - 165-10; 5. Ben Elder, WWU, 48.52 - 159-2; 6. Gabe Holland, UAA, 46.75 - 153-4; 7. Tyler Nichols, WWU, 46.02 - 151-0; 8. Jesse Korb, NNU, 45.30 - 148-7; 9. Tommy Sheriff, CWU, 45.20 – 148-3; 10. Paul Oursland, CWU, 44.76 – 146-10; 11. Diego Estrada, NNU, 42.92 – 140-10; 12. Daniel Ramirez, CWU, 42.80 – 140-5; 13. Billy Martin, SPU, 40.91 – 134-3; 14. Reid White, NNU, 40.53 – 133-0; 15. Elmer Williams, NNU, 38.81 – 127-4; Kody Reavis, WOU, fouled.

Friday's Finals:

Steeplechase – 1. Micah Chelimo, UAA, 9:03.22; 2. Brandon Snook, WOU, 9:12.90; 3. AJ Baker, SPU, 9:12.98; 4. Barak Watson, NNU, 9:13.61; 5. Dan Sprinkle, WOU, 9:14.40; 6. Ryan Chapman, WOU, 9:18.42; 7. Luke Hetrick, NNU, 9:38.44; 8. Joshua Reiter, WWU, 9:41.10; 9. Kyle Johnson, WWU, 9:44.66; 10. Brady Beagley, WOU, 9:46.03; 11. Eric Brill, WWU, 9:46.05; 12. Dylan Peterson, WWU, 9:52.25; 13. Scott Power, CWU, 9:52.48; 14. Taylor Canfield, MSUB, 10:07.29.

10,000 - 1. Jordan Welling, WWU, 30:25.75 (meet record, old, 31:11.98, John Riak, SMU, 2007); 2. Bennett Grimes, WWU, 30:34.41; 3. Kyle Van Santen, SMU, 31:15.84; 4. Manuel Santos, CWU, 31:41.94; 5. Jesse Baggenstos, NNU, 31:42.75; 6. Justin Karr, WOU, 31:42.93; 7. Yonatan Yilma, UAA, 32:34.27; 8. Tanner Boyd, WWU, 32:34.73; 9. Otto Schmidt, WWU, 33:03.35; 10. Will Harrison, SPU, 33:13.64; 11. Marc Fuhrmeister, WWU, 33:15.47; 12. Chip Jackson, WWU, 33:24.01; 13. Lukas Fenley, WOU, 33:25.37; 14. Blake Medhaug, WWU, 33:42.53; 15. Nathan Minor, CWU, 34:37.33.

Shot Put - 1. Jason Slowey, WOU, 16.28 - 53-5; 2. Mike Jensen, CWU, 15.83 - 51-11 $\frac{1}{4}$; 3. Ben Elder, WWU, 15.66 - 51-4 $\frac{1}{2}$; 4. Grant Miller, NNU, 15.36 - 50-4 $\frac{3}{4}$; 5. Tanner Rottrup, MSUB, 15.07 - 49-5 $\frac{1}{2}$; 6. Jacob Gilbert, WWU, 14.82 - 48-7 $\frac{1}{2}$; 7. Daniel Ramirez, CWU, 14.72 – 48-3 $\frac{1}{2}$; 8. Nelson Westlin, WWU, 14.63- 48-0; 9. Michael Hoffman, WWU, 14.18 – 46-6 $\frac{1}{4}$; 10. Eric Holmstrom, CWU, 13.20 – 43-3 $\frac{3}{4}$; 11. Andrew Knight, WWU, 13.08 – 42-11; 12. Gabe Holland, UAA, 12.77 – 41-10 $\frac{3}{4}$; 13. Jesse Korb, NNU, 12.75 – 41-10; 14. Ian Allen, CWU, 12.01 – 39-5; Bryce Jensen, MSUB, fouled.

Discus - 1. Ben Elder, WWU, 50.92 - 167-1; 2. Jason Slowey, WOU, 50.44 - 165-6; 3. Kevin Rima, NNU, 48.83 - 160-2; 4. Michael Hoffman, WWU, 48.57 - 159-4; 5. Gabe Holland, UAA, 47.35 - 155-4; 6. Grant Miller, NNU, 47.14 - 154-8; 7. Nelson Westlin, WWU, 46.59 - 152-10; 8. Greg Cruise, WOU, 46.11 - 151-3; 9. Dylan Boone, SMU, 44.15 – 144-10; 10. Mike Jensen, CWU, 43.62 – 143-1; 11. Daniel Ramirez, CWU, 43.36 – 142-3; 12. Samuel Chue, WWU, 43.22 – 141-9; 13. Eric Holstrom, CWU, 41.26 – 135-4; 14. Jesse Korb, NNU, 41.23 – 135-3; 15. Jacob Gilbert, WWU, 38.74 – 127-1.

High Jump - 1. Brennan Boyes, CWU, 2.01 - 6-7; 2. Lewis Meyers, CWU, 2.01 - 6-7; 3. Brandon Roddewig, CWU, 1.91 - 6-3 $\frac{1}{4}$; 4. Tommy Sheriff, CWU, and Ethan Meikle, CWU, 1.86 - 6-1 $\frac{1}{4}$; 6. Elrycc Berkman, WOU, 1.86 - 6-1 $\frac{1}{4}$; 7. Karsten Schick, WWU, 1.86 - 6-1 $\frac{1}{4}$; 8. Josh Larson, WWU, and Ryan Brown, WWU, 1.81 - 5-11 $\frac{1}{4}$. (**No Height** – Eric Gaines, WOU; Jason Caryl, CWU; Andrew Venema, CWU; Gabe Mendenhall, WOU; Bryan Beaty, NNU).

Long Jump - 1. David Registe, UAA, 7.47 - 24-6 $\frac{1}{4}$; 2. Kyle Lane, WOU, 6.92 - 22-8 $\frac{1}{2}$; 3. Manny Melo, CWU, 6.80 - 22-3 $\frac{3}{4}$; 4. Dennis Nicolas, SFU, 6.72 - 22-0 $\frac{3}{4}$; 5. Jake Hyde, WOU, 6.70 - 21-11 $\frac{3}{4}$; 6. Mickey Mukai, WWU, 6.61 - 21-8 $\frac{1}{4}$; 7. Devin Bennett, CWU, 6.58 - 21-7 $\frac{1}{4}$; 8. Sakae Kamagata, CWU, 6.47 - 21-2 $\frac{3}{4}$; 9. Jason Caryl, CWU, 6.43 – 21-1 $\frac{1}{4}$; 10. Sviatoslav Moldanov, SFU, 6.35 – 20-10; 11. Tim Clendaniel, WWU, 6.21 – 20-4 $\frac{1}{2}$; 12. Eric Gaines, WOU, 6.19 – 20-3 $\frac{3}{4}$; 13. James Cho, CWU, 6.05 – 19-10 $\frac{1}{4}$; 14. Scott Hunter, CWU, 5.88 – 19-3 $\frac{1}{2}$; 15. Brandon Roddewig, CWU, 5.83 – 19-1 $\frac{1}{2}$; 16. Shae Stein, MSUB, 5.72 – 18-9 $\frac{1}{4}$.

Decathlon (May 2-3 at Nampa) – 1. Nate Johnson, SPU, 6373; 2. Jason Caryl, CWU, 6234; 3. Brandon Roddewig, CWU, 6225; 4. Andy Loscutoff, WOU, 6224; 5. Eric Gaines, WOU, 5892; 6. Tim Clendaniel, WWU, 5805; 7. Scott Hunter, CWU, 5728; 8. Jake Hyde, WOU, 5661; 9. Wyatt Morgan, UAA, 5573; 10. Thomas Steinke, CWU, 5477; 11. Andrew Venema, CWU, 5442; 12. Michael Stralser, WWU, 5241; 13. Tim Greene, NNU, 5066; 14. Brock Steingrubber, MSUB, 5007; 15. Stuart Montgomery, NNU, 4985; 16. Derek Hartwigen, WWU, 4914.

Day 1 Results: 100 – Hyde 11.57, Caryl 11.85, Clendaniel 11.87, Johnson 11.89, Loscutoff 11.95, Greene 11.98, Stralser 12.17, Roddewig 12.27, Gaines 12.30, Hartwigsen 12.35, Venema 12.36, Hunter 12.49, Steinke 12.50, Morgan 12.65, Steingruber 12.76, Montgomery 13.01. Long Jump – Hyde 6.87 – 22-6 ½, Caryl 6.66 – 21-10 ¼, Gaines 6.52 – 21-4 ¾, Clendaniel 6.52 – 21-4 ¾, Hunter 6.39 – 20-11 ¾, Roddewig 6.38 – 20-11 ¼, Loscutoff 6.20 – 20-4 ¼, Johnson 6.20 – 20-4 ¼, Steinke 6.12 – 20-1, Steingruber 6.10 – 20-0 ¾, Venema 5.90 – 19-4 ¼, Greene 5.88 – 19-3 ½, Montgomery 5.87 – 19-3 ¼, Hartwigsen 5.86 – 19-2 ¾, Stralser 5.77 – 18-11 ¼, Morgan 5.64 – 18-6. Shot Put – Hyde 12.48 – 40-11 ½, Loscutoff 12.00 – 39-4 ½, Hartwigsen 11.41 – 37-5 ¼, Greene 11.16 – 36-7 ½, Caryl 10.97 – 36-0, Johnson 10.86 – 35-7 ¾, Montgomery 10.77 – 35-4, Venema 10.68 – 35-0 ½, Roddewig 10.55 – 34-7 ½, Steinke 10.34 – 33-11 ¼, Clendaniel 10.17 – 33-4 ½, Gaines 10.14 – 33-3 ¼, Morgan 9.30 – 30-6 ¼, Stralser 9.26 – 30-4 ¾, Hunter 9.00 – 29-6 ½, Steingruber 8.04 – 26-4 ½. High Jump – Roddewig 1.96 – 6-5, Caryl 1.84 – 6-0 ½, Venema 1.84 – 6-0 ½, Gaines 1.84 – 6-0 ½, Hunter 1.81 – 5-11 ¼, Loscutoff 1.78 – 5-10, Johnson 1.78 – 5-10, Hyde 1.72 – 5-7 ¾, Steinke 1.72 – 5-7 ¾, Morgan 1.69 – 5-6 ½, Stralser 1.69 – 5-6 ½, Steingruber 1.69 – 5-6 ½, Clendaniel 1.66 – 5-5 ¼, Montgomery 1.60 – 5-3, Greene 1.57 – 5-1 ¾, Hartwigsen 1.54 – 5-0 ½. 400 – Gaines 51.17, Caryl 51.31, Loscutoff 51.35, Hunter 51.46, Morgan 51.87, Hyde 52.15, Johnson 52.35, Greene 52.53, Venema 53.38, Stralser 53.67, Steingruber 53.97, Roddewig 54.40, Steinke 54.63, Clendaniel 54.75, Montgomery 54.94, Hartwigsen 57.29.

Day 2 Results: 110 Hurdles - Loscutoff 15.50, Venema 15.51, Johnson 15.75, Roddewig 15.99, Clendaniel 16.35, Morgan 16.38, Steinke 16.41, Stralser 16.44, Caryl 16.64, Hyde 16.69, Gaines 17.03, Hunter 17.41, Greene 18.27, Montgomery 18.35, Steingruber 19.12, Hartwigsen 19.18. Discus - Johnson 36.70 - 120-5, Clendaniel 33.40 – 109-7, Hyde 33.22 – 109-0, Hartwigsen 31.91 – 104-8, Loscutoff 31.90 – 104-8, Roddewig 31.44 – 103-2, Caryl 30.91 – 101-5, Gaines 29.50 – 96-9, Venema 29.19 – 95-9, Stralser 28.16 – 92-5, Hunter 28.01 – 91-11, Morgan 26.52 – 87-0, Greene 26.26 – 86-2, Montgomery 26.16 – 85-10, Steinke 24.59 – 80-8, Steingruber 19.81 – 65-0. Pole Vault - Roddewig 4.45 - 14-7 ¼, Hunter 4.45 - 14-7 ¼, Johnson 4.35 – 14-3 ¼, Clendaniel 4.25 – 13-11 ¼, Morgan 4.05 – 13-3 ½, Steinke 4.05 – 13-3 ½, Caryl 3.85 – 12-7 ½, Loscutoff 3.85 – 12-7 ½, Stralser 3.65 - 11-11 ¾, Steingruber 3.65 - 11-11 ¾, Hartwigsen 3.45 – 11-3 ¾, Venema 3.35 – 10-11 ¾, Gaines 3.35 – 10-11 ¾, Montgomery 3.25 – 10-8, Hyde 3.05 – 10-0, Greene 2.55 – 8-4 ¼. Javelin - Roddewig 47.93 - 157-3, Steingruber 46.85 – 153-8, Johnson 46.09 – 151-2, Hartwigsen 46.03 – 151-0, Steinke 44.15 – 144-10, Caryl 42.44 – 139-3, Gaines 40.50 – 132-10, Clendaniel 39.97 – 131-2, Loscutoff 39.11 – 128-4, Stralser 37.96 – 124-6, Montgomery 36.95 – 121-3, Wyatt 36.12 – 118-6, Greene 36.07 – 118-4, Hunter 35.80 – 117-5, Venema 29.05 – 95-4, Hyde 26.14 – 85-9. 1500 – Morgan 4:33.75, Gaines 4:34.95, Loscutoff 4:42.07, Montgomery 4:42.17, Caryl 4:43.02, Greene 4:49.25, Johnson 4:51.79, Steingruber 4:54.86, Hunter 5:01.50, Roddewig 5:07.81, Venema 5:15.39, Clendaniel 5:19.45, Steinke 5:20.47, Hyde 5:24.56, Stralser 5:28.06, Hartwigsen 5:39.06.

Friday's Prelims:

100: Heat 1 (**Wind +1.0**) - 1. David Registe, UAA, 10.78; 2. Dennis Nicolas, SFU, 11.06; 3. Donovan McFadden, WOU, 11.11; 4. Bobby Alexander, WOU, 11.14; 5. James Cho, CWU, 11.22; 6. Micah Grounds, SPU, 11.28; 7. Cody Henderson, NNU, 11.48. Heat 2 (**Wind +0.9**) - 1. Alex Tilley, WWU, 10.98; 2. AJ Allen, UAA, 11.21; 3. Matt Seel, CWU, 11.31; 4. Edd Brown, SMU, 11.32; 5. Dustin Bratten, SPU, 11.43; Dustin Boyd, WOU, false-started.

200: Heat (**Wind -1.1**) - 1. Andrew Boss, SFU, 22.13; 2. Scott Morrison, CWU, 22.14; 3. Alex Tilley, WWU, 22.30; 4. Tyler Thomas, WOU, 22.62; 5. Micah Grounds, SPU, 22.96. Heat 2 (**Wind -0.3**) - 1. David Registe, UAA, 21.93; 2. Andrew Curtis, NNU, 22.03; 3. Matt Kaino, WOU, 22.40; 4. Josh Moore, WOU, 22.59; 5. Donovan McFadden, WOU, 23.03; 6. Kyle Fremd, CWU, 23.10.

400: Heat 1 - 1. Andrew Boss, SFU, 48.96; 2. Colin Alexander, CWU, 49.86; 3. Kyle Fremd, CWU, 50.14; 4. Dusty Duncan, SPU, 50.17; 5. Levi Sutton, UAA, 50.70; 6. Logan Mossey, MSUB, 51.48. Heat 2 - 1. Scott Morrison, CWU, 49.53; 2. Matt Kaino, WOU, 49.70; 3. Toby David, WWU, 50.01; 4. Brett Montrose, SFU, 50.09; 5. Tyler Thomas, WOU, 50.13; 6. Dan Hill, NNU, 51.11; 7. Bradley Truax, UAA, 52.12.

800: Heat 1 - 1. Alfred Kangogo, UAA, 1:52.12; 2. Matt Stark, NNU, 1:53.03; 3. Zach Massari, WOU, 1:53.40; 4. Nick Abraham, WWU, 1:53.49; 5. Billy Kiefer, UAA, 1:54.13; 6. Travis Vugteveen, SFU, 1:54.24; 7. Nathan Power, CWU, 1:54.76; 8. Joseph Patti, SMU, 1:54.91; 9. Thomas Hill, UAA, 1:56.82; 10. Tyson Vanderby, MSUB, 1:56.87. Heat 2 - 1. Ryan Hansen, WOU, 1:53.06; 2. Nathan Seeley, SPU, 1:53.17; 3. Kyle Larson, WOU, 1:53.55; 4. Connor Kasler, WOU, 1:53.59; 5. Dylan Hopper, WWU, 1:53.95; 6. Adam Reid, SFU, 1:54.89; 7. Chase Robinson, MSUB, 1:55.68; 8. Devon DeMoss, SMU, 1:56.02; 9. Braden Timpe, WWU, 1:56.24; 10. Yubai Liu, SFU, 1:58.34.

110 Hurdles: Heat 1 (**Wind +0.7**) - 1. Jordan Werner, WOU, 15.26; 2. Maurus Hope, NNU, 15.43; 3. Cory Okazaki, WWU, 15.46; 4. Nate Johnson, SPU, 15.60; 5. Darnell Harris, CWU, 15.74; 6. Brandon Roddewig, CWU, 15.93; 7. Wyatt Morgan, UAA, 16.18; 8. Kevin McCurdy, WOU, 16.45. Heat 2 (**Wind NWI**) - 1. Brett Campbell, WOU, 15.37; 2. Andrew Venema, CWU, 15.42; 3. Kody Rhodes, WOU, 15.48; 4. Andy Loscutoff, WOU, 15.54; 5. Karsten Schick, WWU, 16.03; 6. Travis Wilson, UAA, 16.04; 7. Reece Easterling, MSUB, 16.34; 8. Andrew Gray, WWU, 16.81.

400 Hurdles: Heat 1 - 1. Maurus Hope, NNU, 53.69; 2. Ryan Endresen, SPU, 54.30; 3. Andy Loscutoff, WOU, 55.39; 4. Kody Rhodes, WOU, 55.71; 5. Travis Wilson, UAA, 57.02; 6. Wyatt Morgan, UAA, 57.25; 7. Karsten Schick, WWU, 58.26. Heat 2 - 1.

Shaun Ward, UAA, 53.04; 2. Kevin McCurdy, WOU, 55.31; 3. Phillip Villanueva, WWU, 55.86; 4. Gabriel Morales, WWU, 56.00; 5. Lewis Polkow, MSUB, 56.36; 6. Cory Okazaki, WWU, 57.15; 7. Colin Alexander, CWU, 59.27.

2011 GNAC Championships (May 13-14 at Monmouth)

Team Scores - - Seattle Pacific 206 ½ , Western Washington 121, Western Oregon 109, Central Washington 97, Northwest Nazarene 88 ½ , Alaska Anchorage 86, Simon Fraser 79, MSU Billings 21, Saint Martin's 11.

Saturday's Finals:

100 (**Wind -1.6**) - 1. Kishia Mitchell, SPU, 12.39; 2. Crystal Sims, SPU, 12.52; 3. Madison McClung, WOU, 12.61; 4. Lacey Meusec, WOU, 12.73; 5. Megan Zukowski, WWU, 12.91; 6. Christabel Leonce, NNU, 13.00; 7. Tanya Bjornsson, WWU, 13.27; 8. Chelsea Genter, CWU, 32.25.

200 (**Wind -1.3**) - 1. Kishia Mitchell, SPU, 25.52; 2. Crystal Sims, SPU, 25.58; 3. Lexi Pola, WOU, 25.70; 4. Madison McClung, WOU, 25.93; 5. Eleanor Siler, WWU, 26.15; 6. Lacey Meusec, WOU, 26.29; 7. Christabel Leonce, NNU, 26.41; 8. Myisha Valentine, SPU, 26.65.

400 - 1. Helen Crofts, SFU, 55.25 (meet record, old, 55.45, Mary Pearce, UAA, 2007); 2. Lexi Pola, WOU, 56.53; 3. Brianna Kane, SFU, 56.76; 4. Emily Quatier, SPU, 57.14; 5. Annie Hayward, WOU, 57.75; 6. Valle Ledtke, WWU, 59.01; 7. Eleanor Siler, WWU, 59.28; 8. Myshia Valentine, SPU, 59.35.

800 - 1. Jessica Smith, SFU, 2:09.21; 2. Rachael Johnson, WWU, 2:11.71; 3. Annan Applebee, WOU, 2:12.46; 4. Susan Bick, UAA, 2:13.59; 5. Janelle Everetts, WOU, 2:14.06; 6. Sarah Sawatzky, SFU, 2:14.38; 7. Michaela Kane, SFU, 2:14.72; 8. Brianna Kane, SFU, 2:15.29; 9. Ivy O'Guinn, UAA, 2:15.48.

1500 - 1. Helen Crofts, SFU, 4:25.80; 2. Sarah Porter, WWU, 4:30.32; 3. Lindsey Butterworth, SFU, 4:34.00; 4. Ruth Keino, UAA, 4:34.31; 5. Miriam Kipng'eno, UAA, 4:34.52; 6. Jaclyn Puga, NNU, 4:35.28; 7. Joscelyn Minton, SMU, 4:36.15; 8. Ivy O'Guinn, UAA, 4:37.31; 9. Erika Snawder, WOU, 4:38.53; 10. Emma Bohman, UAA, 4:39.01; 11. Natalie Evans, NNU, 4:42.68; 12. Allison Cutting, SPU, 4:46.80; 13. Katie Thel, MSUB, 4:50.22; 14. Katie Krehlik, UAA, 4:52.38; 15. Meagan Swenson, NNU, 4:53.28; 16. Shena Wald, MSUB, 4:54.29; 17. Erika Copeland, SMU, 4:54.81; 18. Annie Laweryson, SMU, 4:57.11.

5000 - 1. Ruth Keino, UAA, 17:23.81; 2. Miriam Kipng'eno, UAA, 17:29.78; 3. Lauren Breihof, WWU, 17:58.11; 4. Shoshana Keegan, UAA, 18:06.96; 5. Adriana Mendoza, CWU, 18:19.05; 6. Krista Fairbanks, WWU, 18:30.74; 7. Phoebe Hartnett, WWU, 18:32.59; 8. Robin Zeidler, SPU, 18:33.53; 9. Heidi Laabs-Johnson, SPU, 18:34.17; 10. Tricia Morrison, WOU, 18:53.65; 11. Kaitlynn Pecha, SMU, 19:11.35; 12. Sierra Brisky, WWU, 19:16.26; 13. Allison Cutting, SPU, 19:51.44; 14. Amanda Wright, WOU, 19:59.55; Erika Snawder, WOU, did not finish..

100 Hurdles (**Wind +0.7**) - 1. Crystal Sims, SPU, 14.73; 2. Terra Schumacher, SPU, 14.78; 3. Ali Worthen, SPU, 14.95; 4. Haleigh Lloyd, UAA, 15.03; 5. Marie Smith, NNU, 15.16; 6. Tanya Bjornsson, WWU, 15.16; 7. Chelsea Genter, CWU, 15.33; 8. Ardrienna Everett, UAA, 15.39.

400 Hurdles - 1. Kaitlyn Reid, WOU, 1:02.94; 2. Ardrienna Everett, UAA, 1:03.07; 3. Ali Mosher, WOU, 1:03.82; 4. Jennifer Pike, SPU, 1:05.28; 5. Megan O'Connell, WWU, 1:05.58; 6. Haleigh Lloyd, UAA, 1:05.73; 7. Amber Dodd, WWU, 1:06.74; 8. Annie Larlee, NNU, 1:07.17.

4x100 Relay- 1. Seattle Pacific (Kishia Mitchell, Ali Worthen, Emily Quatier, Crystal Sims) 47.23 (meet record, old, 47.73, Western Oregon, 2005); 2. Western Oregon (Madison McClung, Lexi Pola, Kaitlyn Reid, Lacey Meusec) 47.76; 3. Western Washington (Eleanor Siler, Sydney Coffey, Tanya Bjornsson, Megan Zukowski) 48.22; 4. Central Washington (Alexis Ramos, Sarah Takayoshi, Seanna Pitassi, Chelsea Genter) 48.29; 5. Alaska Anchorage (Dianne Chong, Kelsea Johnson, Sasha Halfyard, Haleigh Lloyd) 48.54; 6. Northwest Nazarene (Christabel Leonce, Jasmyn Jewett, Molly Reid, Melissa Grammer) 48.68; 7. Simon Fraser (Andrea Abrahms, Charlotte Crombeen, Brianna Kane, Jessica Smith) 49.71; 8. Montana State Billings (Leah Berry, Kandi Bond, Justine Simons, Erika Halle) 50.32

4x400 Relay - 1. Simon Fraser (Helen Crofts, Jessica Smith, Brianna Kane, Michaela Kane) 3:46.17 (meet record, 3:51.47, Northwest Nazarene, 2008; GNAC record, old 3:49.70, Western Washington, 2009); 2. Seattle Pacific (Kishia Mitchell, Emily Quatier, BryAnne Wochnick, Crystal Sims) 3:50.73; 3. Western Oregon (Janelle Everetts, Annan Applebee, Lexi Pola, Annie Hayward) 3:51.72; 4. Western Washington (Eleanor Siler, Valle Ledtke, Megan O'Connell, Megan Zukowski) 3:53.71; 5. Alaska Anchorage (Sasha Halfyard, Ivy O'Guinn, Susan Bick, Haleigh Lloyd) 3:55.65; 6. Northwest Nazarene (Melissa Grammer, Natalie Evans, Elisa Decker, Shanna Rippy) 3:59.15; 7. Central Washington (Ashlee Sincraugh, Taylor Kartes, Katharine Lotze, Seanna Pitassi) 4:01.84; 8. Montana State Billings (Sarah Jackson, Leah Berry, Justine Simons, Erika Halle) 4:02.55.

High Jump - 1. Ali Worthen, SPU, 1.67 - 5-5 ¾; 2. Katy Gross, SPU, and Katie Pelchar, WOU, 1.62 - 5-3 ¾; 4. Brittany Aanstad, SPU, 1.62 - 5-3 ¾; 5. Rachelle Barnett, SFU, 1.62 - 5-3 ¾; 6. Siri Berg, CWU, and Shelby Napiontek, CWU, 1.52 - 4-11 ¾; 8. Kelsea Johnson, UAA, 1.52 - 4-11 ¾; 9. Brittany Tri, SPU; Taylor Yoro, SMU, and Amanda Overdick, WWU, 1.52 - 4-11 ¾; 12. Tara

Ramsey, WWU, and Stacey Pitt, MSUB, 1.52 – 4-11 $\frac{3}{4}$; 14. Jasmyn Jewett, NNU, and Diepiriye Iworima, SFU, 1.47 – 4-9 $\frac{3}{4}$. **No Height** – Leah Berry, MSUB; Brooklyn Holton, WWU.

Triple Jump - 1. +Ashley Potter, WOU, 11.82 - 38-9 $\frac{1}{2}$; 2. Jasmyn Jewett, NNU, 11.78 - 38-7 $\frac{3}{4}$; 3. +Katharine Lotze, CWU, 11.74 - 38-6 $\frac{1}{4}$; 4. +Maycee Bekkedahl, NNU, 11.43 - 37-6; 5. +Molly Reid, NNU, 11.23 - 36-10 $\frac{1}{4}$; 6. Ali Worthen, SPU, 11.15 - 36-7; 7. Trinna Miranda, SPU, 11.13 - 36-6 $\frac{1}{4}$; 8. Julianna Sackeyfio, SMU, 11.10 - 36-5; 9. Dianne Chong, UAA, 11.09 – 36-4 $\frac{3}{4}$; 10. +Annie Larlee, NNU, 11.04 – 36-2 $\frac{3}{4}$; 11. Laura Vonarx, NNU, 11.01 – 36-1 $\frac{1}{2}$; 12. Athena Nye, SPU, 10.80 – 35-5 $\frac{1}{4}$; 13. Jill Bennett, NNU, 10.69 – 35-1. (+Wind-aided)

Shot Put - 1. Anica Knispel, MSUB, 14.04 - 46-0 $\frac{3}{4}$ (meet record, old, 45-8, Krissy Tandle, CWU, 2007); 2. Joy Warrington, NNU, 13.69 - 44-11; 3. Shaina Afoa, CWU, 13.35 - 43-9 $\frac{3}{4}$; 4. Torrie Self, CWU, 12.77 - 41-10 $\frac{3}{4}$; 5. Jordan Stueckle, CWU, 12.26 - 40-2 $\frac{3}{4}$; 6. Kaylee Baumstark, CWU, 12.00 - 39-4 $\frac{1}{2}$; 7. Shayna Shute, NNU, 12.00 - 39-4 $\frac{1}{2}$; 8. Brook Berg, MSUB, 11.85 - 38-10 $\frac{1}{2}$; 9. Annie Martinez, CWU, 11.45 – 37-6 $\frac{3}{4}$; 10. Alla Dzhidzhieshvil, NNU, 10.76 – 35-3 $\frac{3}{4}$; 11. Jade Richardson, SFU, 10.75 – 35-3 $\frac{1}{4}$; 12. Elizabeth Thatcher, SMU, 10.30 – 33-9 $\frac{1}{2}$; 13. Marie Smith, NNU, 9.69 – 31-9 $\frac{1}{2}$; Morgan Kujala, MSUB, fouled.

Hammer - 1. Torrie Self, CWU, 53.48 - 175-5; 2. Lindsay Wells, WWU, 50.00 - 164-0; 3. Carly Dranginis, NNU, 48.62 - 159-6; 4. Shayna Shute, NNU, 47.78 - 156-9; 5. Joy Warrington, NNU, 46.77 - 153-5; 6. Jordan Stueckle, CWU, 46.40 - 152-3; 7. Anica Knispel, MSUB, 43.83 - 143-9; 8. Alicia Hedrick, NNU, 42.99 - 141-0; 9. Kaylee Baumstark, CWU, 41.61 – 136-6; 10. Jacque Korn, CWU, 29.72 – 97-6.

Friday's Finals:

Steeplechase – 1. Jaclyn Puga, NNU, 10:59.37; 2. Emma Bohman, UAA, 11:14.17; 3. Adriana Mendoza, CWU, 11:18.42; 4. Phoebe Hartnett, WWU, 11:25.95; 5. Kristi Fairbanks, WWU, 11:36.38; 6. Meagan Swenson, NNU, 11:40.28; 7. Megan Everetts, WOU, 11:44.30; 8. Jessica Boyer, WWU, 11:50.87; 9. Krysta Carrick, SPU, 11:53.11; 10. Kayla Wilkins, SPU, 12:03.28; 11. Josie Becker, SPU, 12:05.29; 12. Danika Lawson, SMU, 12:10.90; 13. Ashley Rice, CWU, 13:10.86.

10,000 - 1. Sarah Porter, WWU, 36:33.87; 2. Natty Plunkett, SPU, 36:42.08; 3. Lauren Breihof, WWU, 37:00.55; 4. Shoshana Keegan, UAA, 37:03.19; 5. Sierra Brisky, WWU, 37:34.64; 6. Katie Krehlik, UAA, 38:31.56; 7. Amanda Wright, WOU, 38:46.05; 8. Phoebe Hartnett, WWU, 38:54.61; 9. KayAnna Cecchi, WOU, 39:37.90; 10. Kendra Hedges, WWU, 39:47.97; 11. Kim Doerksen, SFU, 40:04.55; 12. Ashley Rendahl, NNU, 40:44.59; 13. Amanda Valera, CWU, 42:59.71.

Pole Vault - 1. Kati Davis, CWU, 3.65 - 11-11 $\frac{3}{4}$; 2. Karis Anderson, WWU, 3.65 - 11-11 $\frac{3}{4}$; 3. Melissa Peaslee, SPU, and Becca Clark, CWU, 3.50 - 11-5 $\frac{3}{4}$; 4. Terra Schumacher, SPU, 3.35 - 10-11 $\frac{3}{4}$; 5. Stacey Pitt, MSUB, 3.35 - 10-11 $\frac{3}{4}$; 6. Hannah Swigart, CWU, 3.20 - 10-6; 7. Loreah Winlow, WWU, 3.20 - 10-6; 8. Jamie Larsen, CWU, 3.05 – 10-0; 9. Jennifer Johnson, SMU, and Miranda Koenes, MSUB, 2.90 – 9-6 $\frac{1}{4}$; 10. Diana DiMarco, WWU, 2.90 – 9-6 $\frac{1}{4}$. **No Height** - Amy Jo Puckett, WWU; Tiffany Thomas, MSUB; Elizabeth Howe, WWU; Ashley Egger, NNU; Samantha Hull, SMU.

Long Jump - 1. Ali Worthen, SPU, 5.61 - 18-5; 2. Katy Gross, SPU, 5.55 - 18-2 $\frac{1}{2}$; 3. Crystal Sims, SPU, 5.41 - 17-9; 4. Diepiriye Iworima, SFU, 5.40 - 17-8 $\frac{3}{4}$; 5. Trinna Miranda, SPU, 5.38 - 17-8; 6. Molly Reid, NNU, 5.35 - 17-6 $\frac{3}{4}$; 7. Dianne Chong, UAA, 5.30 - 17-4 $\frac{3}{4}$; 8. Tanya Bjornsson, WWU, 5.25 – 17-2 $\frac{3}{4}$; 9. +April Cook-Mackenzie, SFU, 5.16 - 16-11 $\frac{1}{4}$; 10. Jasmyn Jewett, NNU, 5.08 – 16-8; 11. Rachelle Barnett, SFU, 5.06 – 16-7 $\frac{1}{4}$; 12. Kelsea Johnson, UAA, 5.04 – 16-6 $\frac{1}{2}$; 13. Charlotte Crombeen, SFU, 4.95 – 16-3; 14. Marie Smith, NNU, 4.93 – 16-2 $\frac{1}{4}$; 15. Brooklyn Holton, WWU, 4.62 – 15-2; 16. Katharine Lotze, CWU, 4.44 – 14-7 (+Indicates wind aided).

Discus - 1. Torrie Self, CWU, 43.78 - 143-8; 2. Elizabeth Thatcher, SMU, 42.83 - 140-6; 3. Shaina Afoa, CWU, 41.67 - 136-8; 4. Joy Warrington, NNU, 40.99 - 134-6; 5. Jade Richardson, SFU, 39.74 - 130-4; 6. Anica Knispel, MSUB, 38.65 - 126-10; 7. Kaylee Baumstark, CWU, 38.15 - 125-2; 8. Shayna Shute, NNU, 37.83 - 124-1; 9. Maggie Roe, WWU, 36.71 – 120-5; 10. Carly Dranginis, NNU, 36.25 – 118-11; 11. Jamilea Kittelmann, MSUB, 35.87 – 117-8; 12. Alla Dzhidzhiesgvil, NNU, 35.72 – 117-2; 13. Marie Smith, NNU, 32.81 – 107-8; 14. Jordan Stueckle, CWU, 31.39 – 103-0; Alexi Halvorson, MSUB, fouled.

Javelin - 1. Monika Gruszecki, WWU, 47.83 - 156-11 (meet record, old, 154-9, Caroline Powers, WOU, 2010); 2. Brittany Aanstad, SPU, 45.55 - 149-5; 3. Amanda Schumaker, WOU, 44.99 - 147-7; 4. Carly Andrews, SPU, 41.66 - 136-8; 5. Michelle Stuart, SFU, 40.36 - 132-5; 6. Justine Mosher, WOU, 40.00 - 131-3; 7. Seabre Church, WOU, 39.94 – 131-0; 8. Katy Gross, SPU, 39.01 – 128-0; 9. Brittany Tri, SPU, 38.86 – 127-6; 10. Samantha Hull, SMU, 37.92 – 124-5; 11. Jennifer Pike, SPU, 36.26 – 118-11; 12. Laura Vonarx, NNU, 32.75 – 107-5.

Heptathlon (May 2-3 at Nampa) –1. Ali Worthen, SPU, 4904; 2. Katy Gross, SPU, 4799; 3. Crystal Sims, SPU, 4718; 4. Jennifer Pike, SPU, 4535; 5. Kelsea Johnson, UAA, 4375; 6. Marie Smith, NNU, 4263; 7. Rachelle Barnett, SFU, 4193; 8. Jill Bennett, NNU, 4001; 9. Dianne Chong, UAA, 3954; 10. Ali Mosher, WOU, 3723; 11. Leah Berry, MSUB, 3699; 12. Brooklyn Holton, WWU, 3641; 13. Siri Berg, CWU, 3433; 14. Jessica Padrinao, SFU, 3335; 15. Stacey Pitt, MSUB, 3280; 16. Laura Pridgen, NNU, 3256; 17. Melanie Davis, CWU, 3244.

Day 1: 100 Hurdles – Worthen 14.87, Smith 15.05, Gross 15.14, Sims 15.17, Pike 15.57, Johnson 15.61, Mosher 16.21, Holton 16.62, Bennett 16.63, Chong 16.89, Berry 17.40, Davis 17.55, Pridgen 17.92, Berg 18.19, Barnett 18.19, Padriano 19.18, Pitt 20.76. High Jump – Barnett 1.70 – 5-7, Worthen 1.64 – 5-4 ½, Gross 1.64 – 5-4 ½, Pitt 1.61 – 5-3 ¼, Sims 1.52 – 4-11 ¾, Pike 1.52 – 4-11 ¾, Johnson 1.52 – 4-11 ¾, Chong 1.52 – 4-11 ¾, Berry 1.52 – 4-11 ¾, Holton 1.52 – 4-11 ¾, Smith 1.52 – 4-11 ¾, Bennett 1.49 – 4-10 ½, Berg 1.49 – 4-10 ½, Padriano 1.49 – 4-10 ½, Pridgen 1.49 – 4-10 ½, Mosher 1.40 – 4-7, Davis 1.37 – 4-6. Shot Put – Sims 12.06 – 39-7, Gross 11.43 – 37-6, Johnson 10.23 – 33-6 ¾, Worthen 10.12 – 33-2 ½, Barnett 10.09 – 33-1 ¼, Davis 9.50 – 31-2, Pike 9.48 – 31-1 ¼, Bennett 9.15 – 30-0 ¼, Berg 9.13 – 29-11 ½, Padriano 9.03 – 29-7 ½, Smith 8.74 – 28-8 ¼, Pridgen 8.54 – 28-0 ¼, Holton 8.51 – 27-11, Chong 8.45 – 27-8 ¾, Mosher 8.04 – 26-4 ½, Pitt 7.90 – 25-11, Berry 7.26 – 23-10. 200 – Sims 25.39, Worthen 26.08, Gross 26.52, Johnson 26.60, Smith 26.79, Pike 26.80, Holton 27.00, Chong 27.01, Mosher 27.48, Barnett 27.66, Bennett 27.96, Pitt 28.29, Berry 28.39, Berg 28.50, Pridgen 28.59, Padriano 28.73, Davis 29.18.

Day 2: Long Jump - Worthen 5.69 - 18-8, Chong 5.50 – 18-0 ½, Gross 5.39 – 17-8 ¼, Smith 5.16 – 16-11 ¼, Sims 5.15 – 16-10 ¾, Bennett 5.12 - 16-9 ¾, Barnett 5.11 – 16-9 ¼, Pike 5.00 – 16-5, Johnson 4.95 – 16-3, Padriano 4.79 – 15-8 ¾, Mosher 4.74 – 15-6 ¾, Berry 4.74 – 15-6 ¾, Davis 4.58 – 15-0 ½, Holton 4.57 – 15-0, Pitt 4.42 – 14-6, Berg 4.28 - 14-0 ½, Pridgen 4.20 – 13-9 ½. Javelin - Pike 35.50 - 116-6, Gross 34.23 – 112-4, Worthen 30.82 – 101-1, Johnson 30.67 – 100-7, Bennett 30.15 – 98-11, Chong 29.37 – 96-4, Barnett 28.56 – 93-8, Sims 27.14 – 89-0, Berg 26.87 – 88-2, Berry 26.63 – 87-4, Davis 26.23 – 86-1, Pitt 24.78 – 81-3, Smith 24.25 – 79-7, Pridgen 22.55 – 74-0, Padriano 21.34 – 70-0, Mosher 20.38 – 66-10, Holton 17.04 – 55-11. 800 - Pike 2:24.84, Sims 2:28.21, Worthen 2:30.44, Mosher 2:32.52, Berry 2:33.60, Johnson 2:34.03, Barnett 2:34.50, Smith 2:34.53, Gross 2:38.28, Bennett 2:39.99, Holton 2:43.52, Pitt 2:46.23, Berg 2:46.75, Padriano 2:47.15, Pridgen 2:52.35, Chong 2:56.68, Davis 3:03.23.

Friday's Prelims:

100: Heat 1 (**Wind -0.9**) - 1. Crystal Sims, SPU, 12.36; 2. Lacey Meusec, WOU, 12.48; 3. Madison McClung, WOU, 12.58; 4. Christabel Leonce, NNU, 12.66; 5. Melissa Grammer, NNU, 12.78; 6. Sarah Kathrein, WOU, 13.13. Heat 2 (**Wind +0.4**) - 1. Kishia Mitchell, SPU, 12.24; 2. Chelsea Genther, CWU, 12.62; 3. Tanya Bjornsson, WWU, 12.71; 4. Megan Zukowski, WWU, 12.72; 5. Sydney Coffey, WWU, 12.73; 6. Sarah Takayoshi, CWU, 12.93.

200: Heat 1 (**Wind -1.3**) - 1. Madison McClung, WOU, 25.47; 2. Crystal Sims, SPU, 25.80; 3. Eleanor Siler, WWU, 25.84; 4. Myisha Valentine, SPU, 26.11; 5. Melissa Grammer, NNU, 26.27; 6. Erika Halle, MSUB, 26.44; 7. Justine Simons, MSUB, 26.45; 8. Sydney Coffey, WWU, 26.90. Heat 2 (**Wind -1.0**) - 1. Lexi Pola, WOU, 25.33; 2. Kishia Mitchell, SPU, 25.64; 3. Lacey Meusec, WOU, 25.71; 4. Christabel Leonce, NNU, 26.03; 5. Megan Zukowski, WWU, 26.17; 6. BryAnne Wochnick, SPU, 26.46; 7. Valle Ledtke, WWU, 26.48; 8. Sarah Kathrein, WOU, 34.75.

400: Heat 1 - 1. Helen Crofts, SFU, 55.78; 2. Emily Quatier, SPU, 56.96; 3. Annie Hayward, WOU, 57.56; 4. Myisha Valentine, SPU, 58.29; 5. Valle Ledtke, WWU, 58.38; 6. Seanna Pitassi, CWU, 59.90; 7. Sasha Halfyard, UAA, 1:02.24. Heat 2 - 1. Eleanor Siler, WWU, 56.34; 2. Lexi Pola, WOU, 56.54; 3. Brianna Kane, SFU, 56.83; 4. BryAnne Wochnick, SPU, 59.11; 5. Shanna Rippy, NNU, 59.68; 6. Ashlee Sincaugh, CWU, 1:00.48; 7. Meryl Butcher, WOU, 1:01.25.

800: Heat 1 - 1. Jessica Smith, SFU, 2:10.61; 2. Sarah Sawatzky, SFU, 2:12.80; 3. Annan Applebee, WOU, 2:13.13; 4. Rachael Johnson, WWU, 2:13.20; 5. Michaela Kane, SFU, 2:15.06; 6. Sarah Jackson, MSUB, 2:17.17; 7. Cheri Watson, WWU, 2:17.87; 8. Jenny Leaf, WOU, 2:20.55; 9. Megan Everetts, WOU, 2:21.53. Heat 2 - 1. Susan Bick, UAA, 2:11.30; 2. Brianna Kane, SFU, 2:11.35; 3. Ivy O'Guinn, UAA, 2:11.74; 4. Janelle Everetts, WOU, 2:13.79; 5. Emma Vogt, SFU, 2:16.46; 6. Olivia Brennan, SFU, 2:16.50; 7. Connie Morgan, CWU, 2:17.48; 8. McKayla Fricker, SPU, 2:19.36; 9. Caitlin Dell, SFU, 2:25.08.

100 Hurdles: Heat 1 (**Wind +0.6**) - 1. Tanya Bjornsson, WWU, 14.51; 2. Ardrienna Everett, UAA, 14.58; 3. Terra Schumacher, SPU, 14.70; 4. Crystal Sims, SPU, 14.71; 5. Ali Worthen, SPU, 14.81; 6. Marie Smith, NNU, 14.91; 7. Ali Mosher, WOU, 15.40; 8. Alexandra McDonald, WWU, 15.57. Heat 2 (**Wind -0.2**) - 1. Chelsea Genther, CWU, 14.67; 2. Haleigh Lloyd, UAA, 14.71; 3. Janna Vander Meulen, WOU, 14.95; 4. Katy Gross, SPU, 15.07; 5. Kaitlyn Reid, WOU, 15.19; 6. Andrea Abrahms, SFU, 15.50; 7. Jennifer Pike, SPU, 15.56; 8. Kelsea Johnson, UAA, 15.57.

400 Hurdles: Heat 1 - 1. Haleigh Lloyd, UAA, 1:02.92; 2. Jennifer Pike, SPU, 1:04.17; 3. Amber Dodd, WWU, 1:06.35; 4. Annie Larlee, NNU, 1:06.60; 5. Natalie Nobbs, SPU, 1:07.31; 6. Janna Vander Meulen, WOU, 1:09.16; 7. Marie Smith, NNU, 1:10.81. Heat 2 - 1. Ardrienna Everett, UAA, 1:02.60; 2. Kaitlyn Reid, WOU, 1:03.74; 3. Ali Mosher, WOU, 1:05.03; 4. Megan O'Connell, WWU, 1:05.80; 5. Alexandra McDonald, WWU, 1:07.15; 6. Miranda Lahman, WWU, 1:07.68; 7. Amy Ciaccio, NNU, 1:10.75; 8. Dani Garner, MSUB, 1:13.79.