

# YEARLY TRACK AND FIELD OUTDOOR MEET RESULTS

2002

**Chico Multi-Events (Feb. 28-Mar. 1): Decathlon** - Justin Miller, HSU, 6721.

**Linfield Icebreaker (Mar. 2): Men:** 10,000 - Spencer Walsh, WOU, 32:34.8. 110 Hurdles - Nate Anderson, WOU, 14.90. 400 Hurdles - Nate Anderson, WOU, 55.27; Steeplechase - Ethan Barrons, WOU, 9:58.1; Discus - Isaiah Haines, WOU, 152-5. **Women:** 10,000 - Ellie Enos, WOU, 38:15.8; Pole Vault - Katie Henes, WOU, 10-8.

**Humboldt County Open (Mar. 2): Men:** 1500 Steeplechase - Jason Walker, HSU, 4:10.8. 1000 - Nick Gai, HSU, 2:36.74. Two-Mile - Jason Walker, HSU, 9:28.25. 60 Meter Hurdles - Chris Bitcom, HSU, 9.17. 4x100 - Humboldt State 43.8. Shot Put - Dave Margraf, HSU, 41-3. Discus - Dave Margraf, HSU, 133-6. Hammer - Dave Margraf, HSU, 144-0. **Women:** 150 - Kathy Zehrbach, HSU, 20.22. 600 - Crystal Johnson, HSU, 1:43.22. Two-Mile - Dolores Bergmann, HSU, 11:11.65. 60 Hurdles - Laura Winterhalter, HSU, 10.32. 300 Hurdles - Preston Timmons, HSU, 48.31. 4x100 - Humboldt State 50.7. Discus - Renee Rakestraw, HSU, 100-8. Hammer - Renee Rakestraw, HSU, 114-7. Javelin - Kate Droz, HSU, 135-0.

**CWU Open (Mar. 2): Men:** 200 - Fabien Coutard, CWU, 22.1. 400 - K.J. Loreth, SMC, 50.6. 800 - Jason Bush, CWU, 1:59.9. 1500 - Nate Carlson, SMC, 4:01.1. 3000 - Andy Prentice, SMC, 9:19.3. 110 Hights - Mark Hamlin, CWU, 17.0. 400 Hurdles - Chris Petersen, CWU, 58.6. 4x100 - Central Washington 44.9. 4x400 - Saint Martin's 3:31.0. Long Jump - Mark Hamlin, CWU, 18-9 1/2. Triple Jump - B.J. Malphrus, CWU, 37-10 1/2. **Women:** 100 - Jody Binder, CWU, 12.3. 200 - Jody Binder, CWU, 25.3. 400 - Lacey Lyon, CWU, 1:04.4. 800 - Erika Olson, CWU, 2:29.8. 1500 - Kelly Fullerton, SU, 5:04.2. 3000 - Stephanie Stine, CWU, 11:08.6. 4x100 - Central Washington 49.7. 4x400 - Central Washington 4:18.9. High Jump - Jenoa Potter, CWU, 5-2. Pole Vault - Theresa Mangahas, SU, 10-6. Long Jump - Davina Strauss, CWU, 17-10. Triple Jump - Lea Tiger, CWU, 34-7.

**PLU Salzman Invitational (Mar. 9): Team Scores** - Washington 338 1/2, Central Washington 174 1/2, Western Washington 168, Portland 132, Pacific Lutheran 130 1/2, Seattle Pacific 117, George Fox 112, Highline CC 77, Lewis & Clark 59, Puget Sound 52 1/2, Clark CC 51, Saint Martin's 33, Northwest College 29, Gonzaga 29, Seattle 20, Alaska Anchorage 12, Eastern Washington 5. **Men:** Washington 170 1/2, Western Washington 91, Central Washington 88 1/2, George Fox 65, Highline 63, Pacific Lutheran 60, Clark CC 40, Portland 40, Lewis & Clark 36, Seattle Pacific 30, Saint Martin's 29, Puget Sound 17, Seattle 15, Alaska Anchorage 12, Northwest 11, Gonzaga 8. **Individuals:** 10,000 - Sean Rivers, UAA, 31:12.03. 4x100 - Central Washington 42.19. Triple Jump - Justin Lawrence, CWU, 47-9 3/4. **Women:** Washington 168, Portland 92, Seattle Pacific 87, Central Washington 86, Western Washington 77, Pacific Lutheran 70 1/2, George Fox 47, Puget Sound 35 1/2, Lewis & Clark 23, Gonzaga 21, Northwest College 18, Highline CC 14, Clark CC 11, Seattle 5, Eastern Washington 5, Saint Martin's 4. **Individuals:** 800 - Alicen Maier, CWU, 2:17.82; 1500 - Rachel Ross, SPU, 4:36.85. 4x100 - Seattle Pacific 49.84; 4x400 - Seattle Pacific 4:01.43. High Jump - Jenoa Potter, CWU, 5-3 3/4. Javelin - Stephanie Huffman, SPU, 138-8.

**Sacramento State Bruce Drummond Invitational (Mar. 9): Men:** None (Steeplechase - 2. Jason Walker, HSU, 9:04.52; Pole Vault - 2. Justin Miller, HSU, 15-6). **Women:** 5000 - Dolores Bergmann, HSU, 17:50.41.

**WOU-Linfield Dual (Mar. 9 at McMinnville): Men** - WOU 122 ½, Linfield 67 ½. **WOU Winners:** 200 - Jason Newton 23.20. 800 - Ethan Barrons 2:02.42. 1500 - Ethan Barrons 4:08.00. 5000 - Brett Franz 16:28.18. 110 Hights - Nate Anderson 15.47. 400 Hurdles - Nate Anderson 54.55. 4x400 - WOU 3:24.22. High Jump - Jamil Wynn 6-4. Pole Vault - Tommy Mathews 12-11 1/2. Long Jump - Jamil Wynn 23-0 1/2. Triple Jump - Jamil Wynn 45-5 3/4. Discus - Isaiah Haines, WOU, 158-0. **Women** - Western Oregon 146, Linfield 42. **WOU Winners:** 100 - Emily Porter 12.98. 200 - Monica Smith 27.18. 400 - Alisa Long 1:01.17. 800 - Ellie Enos 2:24.64. 1500 - Ellie Enos 4:53.88. 100 Hurdles - Cassie Moorhouse 16.30. 400 Hurdles - Cassie Moorhouse 1:08.47. 4x100 - WOU 49.60. 4x400 - WOU 4:21.24. High Jump - Monica Smith 5-1

3/4. Pole Vault - Katie Henes 10-10. Long Jump - Shelley Comstock 16-9 1/4. Triple Jump - Shelley Comstock 34-9. Shot Put - Holly Conrad 40-6. Discus - Dorothy Kerr 118-1. Hammer - Jennifer Dunkin 165-7. Javelin - Holly Conrad 125-11.

**Husky Classic (Mar. 16 at Seattle): Men:** None (Long Jump - 2. Justin Lawrence, CWU, 22-5 ¼; Triple Jump - 2. Justin Lawrence, CWU, 47-9 1/4). **Women:** 1500 - Alicen Maier, CWU, 4:36.42.

**Humboldt State Open (Mar. 16 at Arcata): Men:** 800 - Nick Gai, HSU, 1:57.2. 5000 - Jason Walker, HSU, 14:46.6; Pole Vault - Justin Miller, HSU, 15-10. **Women:** 3000 - Dolores Bergmann, HSU, 10:12.7. 400 Hurdles - Sara Cunningham, HSU, 1:05.30. 4x100 - Humboldt State 49.77. Javelin - Kate Droz, HSU, 136-5.

**Long Beach State Classic (Mar. 16 at Long Beach): Women** - Long Beach State 189, Cornell 187, Kentucky 141, Seattle Pacific 126, UC Riverside 121, George Mason 107, Air Force 94, Riverside City College 92, Carlton College 76, Orange Coast 73, Hawaii 63, Yale 30, LA Southwest 24. **Individuals:** 800 - Rachel Ross, SPU, 2:13.02. **Men** - Long Beach State 189, Air Force 178 1/2, Cornell 155 1/2, Southern Utah 148, UC Riverside 139, Riverside City 109, Orange Coast 1-2 1/2, Kentucky 87 1/2, Colgate 64, Yale 49, LA Southwest 45, Pasadena City 38, Golden West 9, Seattle Pacific 7. **Individuals:** None (1500 - 4. Nathanael Castle, SPU 3:58.86).

**Eugene Open (Mar. 16 at Eugene): Men:** 400 - Erik Bjornstad, WOU, 51.2. Steeplechase - Brett Franz, WOU, 9:55.9. 5000 - Spencer Walsh, WOU, 15:38.9. High Jump - Mike Bonadurer, WOU, 6-2 3/4. **Women:** 800 - Theresa Lane, WOU, 2:24.6. 3000 - Rachel Daniels, WOU, 11:50.8. 5000 - Ellie Enos, WOU, 18:09.2. 400 Hurdles - Casey Moorhouse, WOU, 1:07.1. Long Jump - Shelly Comstock, WOU, 15-2. Triple Jump - Shelley Comstock, WOU, 35-2. High Jump - Monica Smith, WOU, 4-11 1/2. Javelin - Holly Conrad, WOU, 136-11. Hammer - Jennifer Dunkin, WOU, 157-8. Shot Put - Holly Conrad, WOU, 38-7.

**Point Loma Heptathlon (Mar. 21-22): Heptathlon** - Stephanie Huffman, SPU, 4933.

**Western Oregon Intercollegiate (Mar. 23 at Monmouth): Men:** 800 - Nate Carlson, SMC, 1:56.09; 1500 - Sean Rivers, UAA, 3:56.55. 5000 - Spencer Walsh, WOU, 15:15.26; 10,000 - Kirk Larson, WWU, 33:30.79. 110 Hurdles - Damien Davis, WOU, 15.27; High Jump - Mike Bonadurer, WOU, 6-8 3/4. Pole Vault - Jon Strohshine, WOU, 14-1 1/4. Long Jump - Jamil Wynn, WOU, 22-9 3/4; Triple Jump - Jamil Wynn, WOU, 44-0 1/2. Discus - Tony Kyle, WWU, 146-6. **Women:** 100 - Melissa Behrens, WWU, 12.92. 800 - Ashlee Vincent, WWU, 2:20.63; 3000 - Ashlee Vincent, WWU, 10:20.84; 5000 - Stacy Edwards, UAA, 18:40.46; 100 Hurdles - Kate Herber, WWU, 15.62; 400 Hurdles - Cassie Moorhouse, WOU, 1:03.42. Steeplechase - Jill Salmon, WOU, 11:33.19. 4x100 - Western Oregon 48.60; Hammer - Jenni Dunkin, WOU, 169-5. Javelin - Holly Conrad, WOU, 138-6.

**San Diego State Aztec Invitational (Mar. 23 at San Diego): Men:** 1500 - Nathanael Castle, SPU, 3:58.24. **Women:** 800 - Rachel Ross, SPU, 2:12.63. 1500 - Rachel Ross, SPU, 4:41.29.

**Stanford Invitational (Mar. 29-30 at Palo Alto): Men:** None (Steeplechase - 11. Jason Walker, HSU, 8:58.62). **Women:** None (800 - 8. Alicen Maier, CWU, 2:14.0; High Jump - 9. Jenna Potters, CWU, 5-4 ½).

**Cal-Nevada Championships (Mar. 29-30 at Fresno): Men** - 18. Humboldt State 8. **Individuals:** Pole Vault - 3. Justin Miller, HSU, 16-4 ¾. **Women** - 19. Humboldt State 7. **Individuals:** Javelin - 3. Katie Droz, HSU, 148-11.

**Willamette Spring Fling (Mar. 30 at Salem): Men:** None (High Jump - 2. Mike Bonadurer, WOU, 6-8). **Women:** Javelin - Holly Conrad, WOU, 142-3.

**Spring Break Open (Mar. 30 at Edmonds): Men:** 1500 - Nate Carlson, SMC, 3:57.44; 10,000 - Matt Schmitt, CWU, 33:28.0; 4x800 - Seattle Pacific 7:51.01; Pole Vault, Hunter Verner, WWU, 14-5 1/2; Shot Put - James

Deaver, WWU, 46-0 1/4; Discus - Jacob Galloway, CWU, 145-4. **Women:** 200 - Dania Swosinski, WWU, 26.34; 400 - Sarah Kraybill, SPU, 57.69; 1500 - Ashley Vincent, WWU, 4:42.31; 3000 - Tiffany Picinich, CWU, 10:46.81; 5000 - Emily Thomas, SMC, 19:23.2; 100 Hurdles - Stephanie Huffman, SPU, 14.82; 4x100 Relay - Seattle Pacific 51.73; 4x400 Relay - Seattle Pacific 4:04.48; 4x800 - Seattle Pacific 9:33.73; High Jump - Natalie Svenvold, WWU, 5-5 3/4; Pole Vault - Ally Studer, SPU, 11-4 1/2; Triple Jump - Stephanie Huffman, SPU, 36-5 3/4; Javelin - Stacey Hopkins, WWU, 135-2.

**Point Loma Nazarene (Mar. 30 at San Diego): Men** - Williams 221, Northwest Nazarene 218, Point Loma 215, Middlebury 133, Colby 126. **Individuals:** 800 - Juraj Trubirhoha, NNU, 1:59.49; 1500 - Juraj Trubirhoha, NNU, 4:02.05; Steeplechase - Zach Dwello, NNU, 9:36.4; 5000 - Ben Wornell, NNU, 15:22.32; Javelin - James Thomas Jr., NNU, 207-9. **Women** - Williams 237, Point Loma 224, Colby 185, Northwest Nazarene 147, Middlebury 139. **Individuals:** None (Discus - 2. Kristi Lund, NNU, 136-8).

**WWU Vernacchia Invitational (Apr. 6 at Bellingham): Men** - Western Washington 107, Central Washington 89, Simon Fraser 67, Pacific Lutheran 60, Seattle Pacific 33, Saint Martin's 19, Seattle 11, Puget Sound 10. **Individuals:** 100 - Moses Lewis, CWU, 11.04. 200 - Kojo Obeng, CWU, 22.73. 1500 - Nathanael Castle, SPU, 3:53.78. 5000 - Martin Ranney, WWU, 15:28.59. 400 Hurdles - Paul Mach, SPU, 54.11. 4x100 - Central Washington 42.11. High Jump - Beau Ross, CWU, 6-4 3/4. Pole Vault - Hunter Verner, WWU, 13-11 1/4. Long Jump - Erik Iverson, CWU, 20-9 3/4. Triple Jump - Justin Lawrence, CWU, 47-1. Shot Put - James Deaver, WWU, 49-0 1/4. Discus - Tony Kyle, WWU, 156-7. Javelin - Travis Huntsinger, WWU, 188-2. **Women** - Seattle Pacific 101, Western Washington 99, Pacific Lutheran 71, Central Washington 70, Simon Fraser 28, Saint Martin's 20, Puget Sound 20, Seattle 5. **Individuals:** 100 - Melissa Behrens, WWU, 12.85. 200 - Jody Binder, CWU, 25.90. 400 - Jody Binder, CWU, 59.10. 800 - Rachel Ross, SPU, 2:12.85. 1500 - Rachel Ross, SPU, 4:33.31. 100 Hurdles - Kate Herber, WWU, 15.33. 4x100 - Western Washington 49.55. Pole Vault - Danielle Juarez, WWU, 10-8. Long Jump - Davina Strauss, CWU, 18-2. Triple Jump - Kaye Stephens, WWU, 34-10 1/4. Shot Put - Dionna Anderson, SPU, 43-2 1/4. Javelin - Stacey Hopkins, WWU, 133-4.

**Willamette Invitational (Apr. 6 at Salem): Men:** 3000 - Aaron Eckert, WOU, 9:10.51. 110 Hurdles - Damien Davis, WOU, 14.94. Javelin - Derek Deskins, WOU, 202-2. **Women:** 10,000 - Dolores Bergmann, HSU, 36:53.6. 4x100 Relay - Western Oregon 48.54. Pole Vault - Katie Henes, WOU, 11-6.

**Whitworth Invitational (Apr. 6 at Spokane): Men** - CC of Spokane 119, Whitworth 81, Northwest Nazarene 52, Eastern Oregon 38. 5000 - Caleb Tubei, NNU, 15:37.48. **Individuals:** Javelin - James Thomas Jr., NNU, 190-8. **Women** - CC of Spokane 117 1/2, Whitworth 95, Northwest Nazarene 44 1/2, Eastern Oregon 30. **Individuals:** 400 - Kristi Lund, NNU, 1:02.30. Pole Vault - Aubrey Metzger, NNU, 9-5 3/4. Discus - Kristi Lund, NNU, 123-11

**Western Washington Multi-Events (Apr. 7-8 at Bellingham): Heptathlon** - 1. Natalie Svenvold, WWU, 4280. **Decathlon** - 2. Josh Freeman, WWU, 5762.

**EWU Pelluer Invitational (Apr. 12 at Cheney): Men:** 1500 - Nathanael Castle, SPU, 3:56.10. **Women:** 800 - Rachel Ross, SPU, 2:13.12. 4x400 - Seattle Pacific 3:54.43. Shot Put - Dionna Anderson, SPU, 46-6 1/4.

**Northwest Relays (Apr. 13 at Edmonds): Men:** Middle Medley Relay - Seattle 3:44.39; 4x800 - Saint Martin's 8:13.2; High Jump - Peter Allen, WWU, 6-4 3/4; Triple Jump - Beau Ross, CWU, 44-7 1/2; Pole Vault - Hunter Vernon, WWU, 14-5 1/4; Shot Put - James Deaver, WWU, 47-3; Javelin - Travis Huntsinger, WWU, 185-6. **Women:** 3000 - Alicen Maier, CWU, 10:00.7; 4x100 Relay - Central Washington 50.13; 4x400 Relay - Central Washington 4:04.3; Middle Medley Relay - Central Washington 4:39.34; Long Jump - Davina Strauss, CWU, 18-7 1/2; Triple Jump - Lea Tiger, CWU, 35-10; Shot Put - Dionna Anderson, SPU, 41-6 1/2; Hammer - Marianne Scott, WWU, 127-6; Discus - Lauren Kooy, SPU, 118-8.

**Oregon Tech Invitational (Apr. 13 at Klamath Falls): Men** - Oregon Tech 162, Southern Oregon 161, Shasta 88 1/2, Siskiyou 74, Humboldt State 66, Lassen 15. **Individuals:** 110 High Hurdles - Chris Bitcon, HSU, 16.25; High Jump - Brendan Reilly, HSU, 6-4; Long Jump - Preston Timmons, HSU, 20-5

3/4; Javelin - Dave Margraf, HSU, 169-3. **Women** - Oregon Tech 200, Southern Oregon 184, Humboldt State 71, Shasta 68, Lassen 25, Siskiyou 5. **Individuals:** 100 - Carie Bronson, HSU, 12.91; 200 - Carie Bronson, HSU, 25.87.

**Northwest Nazarene Open (Apr. 13 at Nampa): Men:** 400 - David Olson, NNU, 50.45; Steeplechase - Zach Dwello, NNU, 9:45.98; 10,000 - Brice Roncace, NNU, 33:05.72; 4x100 - Northwest Nazarene 43.06; **Women:** 100 - Bekah Bowman, NNU, 13.04; Pole Vault - Alina Lunsford, NNU, and Aubrey Metzger, NNU, 9-6; Triple Jump - Lacey Rasmussen, NNU, 32-10; Long Jump - Aubrey Metzger, NNU, 15-4; Discus - Kristi Lund, NNU, 136-7.

**UC Berkeley Hamilton Invitational (Apr. 13 at Berkeley): Men:** Steeplechase - Jason Walker, HSU, 9:09.10. **Women:** None (Javelin - 3. Katie Droz, HSU, 134-11).

**George Fox Invitational (Apr. 13 at Newberg): Men:** 110 Hurdles - Damien Davis, WOU, 15.41; 400 Hurdles - Nate Anderson, WOU, 55.73; 4x100 Relay - Western Oregon 43.35; 4x400 Relay - Western Oregon 3:22.25; Pole Vault - Spike Olson, WOU, 15-1; Triple Jump - Jamil Wynn, WOU, 47-1 1/2; Discus - Isaiah Haines, WOU, 160-0. **Women:** 200 - Monica Smith, WOU, 26.03; 400 - Toni Adair, WOU, 59.44; 100 Hurdles - Monica Smith, WOU, 17.27; Steeplechase - Jill Salmon, WOU, 11:16.4; High Jump - Monica Smith, WOU, 5-6; Pole Vault - Stephanie Booth, WOU, 109-4; Shot Put - Shalese Borden, WOU, 37-10 1/2; Discus - Dorothy Kerr, WOU, 120-4; Hammer - Jennifer Dunkin, WOU, 169-0; Javelin - Holly Conrad, WOU, 126-10.

**California Multi-Events (Apr. 18-19 at Azusa): Heptathlon** - 4. Stephanie Huffman, SPU, 5005.

**Spike Arlt Invitational (Apr. 20 at Ellensburg): Men** - Central Washington 145 1/3, Pacific Lutheran 127 1/3, Western Washington 125 1/3, Highline 92, Seattle Pacific 52, Eastern Oregon 51, Warner Pacific 46, Northwest Nazarene 34, Saint Martin's 33, Puget Sound 24, Seattle 17, Northwest 15, Bellevue CC 4. **Individuals:** 200 - Fabien Coutard, CWU, 22.20; 400 - K.J. Loreth, SMC, 49.22; 800 - Nathanael Castle, SPU, 1:53.35; 1500 - Nathan Carlson, SMC, 3:54.5; 4x100 - Central Washington 42.11; 4x400 - Seattle Pacific 3:24.21; Long Jump - Joe Smith, CWU, 22-9 1/2; Triple Jump - Justin Lawrence, CWU, 48-1 1/4; High Jump - Mike Tully, WWU, 6-6; Shot Put - James Deaver, WWU, 47-10 3/4; Discus - Jacob Galloway, CWU, 156-3; Javelin - James Thomas Jr., NNU, 196-4. **Women** - Western Washington 155, Central Washington 150, Pacific Lutheran 138, Seattle Pacific 74, Northwest Nazarene 62, Highline 40, Eastern Oregon 36, Saint Martin's 34, Puget Sound 33, Northwest 19, Seattle 15, Warner Pacific 13, Georgia College 10. **Individuals:** 100 - Jody Binder, CWU, 12.41; 200 - Dania Swosinski, WWU, 25.25; 400 - Dania Swosinski, WWU, 57.50; 800 - Sarah Kraybill, SPU, 2:13.86; 1500 - Alicen Maier, CWU, 4:32.45; 100 Hurdles - Kate Herber, WWU, 15.11; 400 Hurdles - Jawa Harder, SPU, 1:01.24; 4x100 - Western Washington 48.86; 4x400 - Seattle Pacific 4:00.35; Long Jump - Davina Strauss, CWU, 18-10 1/2; Triple Jump - Lacey Rasmussen, NNU, 35-9; Shot Put - Dionna Anderson, SPU, 44-7.

**Clackamas Invitational (Apr. 20 at Oregon City): Men** - Clackamas CC 127, Mt. Hood 97 5/6, Lane CC 94 5/6, George Fox 79 1/3, Linfield 76 1/2, Portland State 62 1/2, Western Oregon 62, Willamette 58, Clark 37. **Individuals:** 5000 - Spencer Walsh, WOU, 15:18.6; Pole Vault - Spike Olsen, WOU, 15-0. **Women** - Western Oregon 120, Willamette 92, George Fox 86, Lane CC 86, Portland State 63, Mt. Hood 58, Clark 47, Linfield 43, Clackamas 41. **Individuals:** 4x100 - Western Oregon 49.85. 4x400 - Western Oregon 4:12.11.

**UC Davis Invitational (Apr. 20 at Davis): Men:** 100 - Mike Hinshaw, WOU, 10.76; 200 - Mike Hinshaw, WOU, 21.77; Long Jump - Jamil Wynn, WOU, 24-5 3/4. **Women:** Javelin - Holly Conrad, WOU, 143-3.

**Mt. Sac Relays (Apr. 20): Women:** 10,000 - 24. Dolores Bergmann, HSU, 36:25.90.

**Penn Relays (Apr. 25): Men:** Steeplechase - 14. Jason Walker, HSU, 9:08.48.

**GNAC Multi-Events (Apr. 25-26 at Monmouth): Men** - Justin Miller, HSU, 6366. **Women** - Stephanie Huffman, SPU, 4867.

**Western Oregon Open (Apr. 27 at Monmouth): Men:** 400 - Donnie Herneisen, WOU, 50.02; 1500 - Dylan Corbett, WOU, 4:04.68; 5000 - Spencer Walsh, WOU, 15:16.74; 110 Hurdles - Damien Davis, WOU, 15.15; 400 Hurdles - Nate Anderson, WOU, 55.14; Steeplechase - Ethan Barrons, WOU, 9:49.26; 4x100 - Western Oregon 41.72; 4x400 - Western Oregon 3:21.98; High Jump - Mike Bonadurer, WOU, 6-8 1/4; Long Jump - Jamil Wynn, WOU, 22-6 1/2; Discus - Tom Farris, WWU, 149-6; Javelin - James Thomas Jr., NNU, 203-7. **Women:** 100 - Shelley Comstock, WOU, 12.71; 200 - Toni Adair, WOU, 26.90; 400 - Toni Adair, WOU, 59.24; 800 - Meredith Gomes, WWU, 2:19.15; 5000 - Ann-Marie Wiggins, NNU, 18:52.37; 100 Hurdles - Cassie Moorhouse, WOU, 15.72; 400 Hurdles - Cassie Moorhouse, WOU, 1:03.06; Steeplechase - Lexi Baxter, WWU, 13:09.69; 4x100 - Western Oregon 48.23; 4x400 Relay - Western Oregon 3:59.49; High Jump - Monica Smith, WOU, 5-5; Pole Vault - Aubrey Metzger, NNU, 10-0; Long Jump - Shelley Comstock, WOU, 17-6; Triple Jump - Shelley Comstock, WOU, 38-1 1/4; Shot Put - Dorothy Kerr, WOU, 39-1; Discus - Kristi Lund, NNU, 131-7; Hammer - Jenni Dunkin, WOU, 170-11.

**University of Oregon Invitational (Apr. 26-27 at Eugene): Men's Twilight:** 100 - Mike Hinshaw, WOU, 10.99. **Women's Twilight:** None (Long Jump - 2. Davina Strauss, CWU, 18-2 1/2). **Men's Day Session:** 1500 - Nathan Carlson, SMC, 3:52.71; 400 Hurdles - Paul Mach, SPU, 53.72; 4x400 - Seattle Pacific 3:23.66. **Women's Day Session:** 800 - Sarah Kraybill, SPU, 2:13.00; 5000 - Katie Gosnell, HSU, 17:46.28; 4x100 Relay - Central Washington 49.23.

**Chico Invitational (Apr. 27 at Chico): Men** - Brendan Reilly, HSU, 6-4. **Women** - None (400 - 2. Wendy Lautner, HSU, 1:01.66).

**GNAC Championships (May 4 at Bellingham): Men** - Western Oregon 206 1/2, Western Washington 158 1/2, Central Washington 154 1/2, Humboldt State 106 1/2, Northwest Nazarene 71, Seattle Pacific 60, Saint Martin's 28, Seattle 13, Alaska Anchorage 10. **Outstanding Male Performer** - Mike Hinshaw, Western Oregon. **Coach-of-the-Year** - John Knight, Western Oregon. **Women** - Seattle Pacific 226, Western Oregon 194 1/2, Western Washington 127, Central Washington 111, Humboldt State 85, Northwest Nazarene 51 1/2, Seattle 22, Saint Martin's 11, Alaska Anchorage 4. **Outstanding Female Performer** - Stephanie Huffman, Seattle Pacific. **Coach-of-the-Year** - Jack Hoyt, Seattle Pacific.

**Stanford Last-Chance (May 10): Men:** Pole Vault - Jacob Hayes, HSU, 14-7 1/4. **Women:** None (5000 - 9. Katie Gosnell, HSU, 18:10.10).

**Seattle Pacific Ken Foreman Invitational (May 10-11): Men:** 100 - Mike Hinshaw, WOU, 10.83; Long Jump - Jamil Wynn, WOU, 23-11 1/2; Triple Jump - Justin Lawrence, CWU, 48-8 1/4; Javelin - Travis Huntsinger, WWU, 199-0. **Women:** 800 - Rachel Ross, SPU, 2:09.36; Steeplechase - Jill Salmon, WOU, 11:26.44; High Jump - Jenoa Potter, CWU, 5-5; Long Jump - Davina Strauss, CWU, 18-10 3/4; Triple Jump - Shelley Comstock, WOU, 38-10 1/4; Shot Put - Dionna Anderson, SPU, 47-4 1/4; Hammer - Jennifer Duncan, WOU, 172-9.

**Modesto Relays (May 11): Men:** Pole Vault - 9. Justin Miller, HSU, 16-6 ¾.

**EOU Invitational (May 11): Men:** Discus - James Thomas Jr., NNU, 131-5. **Women:** Pole Vault - Aubrey Metzger, NNU, 11-3; Discus - Kristi Lund, NNU, 134-6.

**Oregon Twilight (May 11): Men:** 200 - 2. Mike Hinshaw, WOU, 21.30. **Women:** 400 Hurdles - 2. Cassie Moorhouse, WOU, 1:03.28.

**Willamette Last Chance (May 11): Men:** 800 - Brandon Ohnemus, WWU, 1:56.58. **Women:** ,000 - Ann McCannick, SMC, 42:14.20.

**NCAA Nationals (May 23-25 at Edwardsville, Ill): Men** - 44. Humboldt State and Western Oregon 3; 51. Seattle Pacific 1. **Women** - 19. Seattle Pacific 17; 34. Western Oregon 6; 45. Western Washington 4; 49. Central Washington 1.

## 2003

**Chico Multi-Events (Feb. 27-28): Heptathlon** - 3. Holly Conrad, WOU, 4107; 8. Bridget Johnson, WOU, 3741. **Decathlon** - 7. Brandon Conroy, WOU, 5714.

**Humboldt County Open (Mar. 1): Men (HSU winners):** 60 - Bach Khongsaengdao 6.8. 150 - Bach Khongsaengdao 16.7. 300 - Sherman Clayton 35.0. 1000 - Josh Garrett 2:34.3. Mile - Doug Hamilton 4:20.6. Two-Mile - Doug Hamilton 9:44.0. 60 Hurdles - Chris Bitcon 9.1. 300 Hurdles - Chris Bitcon 42.1. Long Jump - Brendan Reilly 19-8 ½. Triple Jump - Preston Timmons 37-4. High Jump - Brendan Reilly 6-0. **Women (HSU winners):** 60 - Meredith Lisk 8.0. 150 - Meredith Lisk 19.3. 600 - Monique Garcia 1:47.2. Mile - Kati Gosnell, HSU, 5:10.0. Two-Mile - Kati Gosnell 11:03.0. 60 Hurdles - Meredith Lisk 9.9. Long Jump - Dorothy Andrews 14-9. Javelin - Laura Winterhalter 25-7 ½. Hammer - Liann Carleton 93-7.

**Linfield Icebreaker (Mar. 1): Men:** 400 Hurdles - Nate Anderson, WOU, 55.21. Steeplechase - Ethan Barrons, WOU, 9:31.9. 4x100 - Western Oregon 42.02. 4x400 - Western Oregon 3:20.97. Hammer - Pro Escobedo, WOU, 177-4. **Women:** 800 - Lindsay Krous, UAA, 2:25.86. 1500 - Lindsay Krouse, UAA, 5:02.87. **10,000** - Ellie Enos, WOU, 37:39.9. 100 Hurdles - Monica Smith, WOU, 15.38. High Jump - Monica Smith, WOU, 5-6. Triple Jump - Shelley Comstock, WOU, 37-1 ¾. Hammer - Kristin Hepler, WOU, 152-7.

**UPS Three-Way (Mar. 1): Men's Team Scores** - Puget Sound 95, Seattle Pacific 54, Lewis & Clark 33. **Individuals:** 400 - Micah Kelly, SPU, 50.70. 800 - Scott Van Hess, SPU, 1:59.50. 3000 - Tim LeCount, SPU, 8:48.69. 110 Hurdles - Jason Radel, SPU, 16.38. 400 Hurdles - Paul Mach, SPU, 54.55. 4x100 - Seattle Pacific 44.89. 4x400 - Seattle Pacific 3:26.51. Discus - Andrew Steiner, SPU, 130-8. **Women's Team Scores** - Seattle Pacific 121, Puget Sound 41, Lewis & Clark 33. **Individuals:** 100 - Kelsey Gleason, SPU, 13.18. 200 - Laura Widman, SPU, 26.87. 400 - Sarah Kraybill, SPU, 58.71. 800 - Janelle Stevens, SPU, 2:23.25. 1500 - Sarah Kraybill, SPU, 4:51.67. 3000 - Abby Groth, SPU, 11:27.91. 100 Hurdles - Danielle Ayers, Stamper, SPU, 15.44. 400 Hurdles - Linda Blake, SPU, 1:07.11. 4x100 - Seattle Pacific 50.40. 4x400 - Seattle Pacific 4:03.71. High Jump - Linda Blake, SPU, 5-1 ¾. Long Jump - Danielle Ayers-Stamper, SPU, 16-10. Pole Vault - Allison Hedges, SPU, 10-11 ¾. Shot Put - Laura Widman, SPU, 38-0. Javelin - Danielle Ayers-Stamper, 130-8.

**Sac State Bruce Drummond Invitational (Mar. 8 at Sacramento): Men:** High Jump - Brendan Reilly, HSU, 6-6 (1500 - 2. Doug Hamilton, HSU, 3:54.40). **Women:** None (5000 - 2. Katie Gosnell, HSU, 17:16.22; Triple Jump - 2. Joy Broussard, HSU, 31-8 ½).

**Willamette Three-Way (Mar. 8 at Salem): Men:** 100 - Matt Kragness, WOU, 10.9. 400 - Jason Newton, WOU, 50.3. 1500 - Stuart Chaffee, WOU, 4:11.8. Steeplechase - Brett Franz, WOU, 9:47.4. 110 Hurdles - Damien Davis, WOU, 15.2. 4x100 - Western Oregon 41.68. 4x400 - Western Oregon 3:23.7. Pole Vault - Spike Olson, WOU, 14-0 ½. Triple Jump - Greg Rohr, WOU, 40-9 ½. Discus - Isaiah Haines, WOU, 153-1. Javelin - Andrew Reinhardt, WOU, 179-7. **Women:** 100 - Kristen Wiese, WOU, 12.8. 100 Hurdles - Monica Smith, WOU, 15.4. 4x100 - Western Oregon 49.65. High Jump - Monica Smith, WOU, 15-4 ¾. Triple Jump - Shelley Comstock, WOU, 36-3. Shot Put - Holly Conrad, WOU, 40-1 11 ½; Javelin - Holly Conrad, WOU, 139-0. Hammer - Jennifer Dunkin, WOU, 169-4.

**EWU Multi-Events (Mar. 13-14 at Cheney): Decathlon** - 3. Josh Fishburne, NNU, 5724.

**PLU Salzman Invitational (Mar. 15 at Tacoma): Team Scores** - Western Washington 357, Central Washington 237 ½, Seattle Pacific 197, Pacific Lutheran 189 ½, Highline CC 143 ½, Northwest 95, Puget Sound 84, Lewis & Clark 77, Seattle 63 ½, Saint Martin's 28, Alaska Anchorage 20, Utah State 20. **Men** - Western Washington 191 ½, Central Washington 119, Highline 114 ½, Pacific Lutheran 87 ½, Seattle Pacific 64, Seattle 49 ½, Puget Sound 43, Lewis & Clark 34, Saint Martin's 21, Utah State 20, Alaska Anchorage 10, Northwest 2. **Individuals:** 100 - Kurt Weber, CWU, 10.91. 200 - Kurt Weber, CWU, 22.29. 1500 - Nathan Carlson, SMU, 3:58.34. Steeplechase

– Nate Normandin, UAA, 9:55.90. 5000 – Zach Boteilho, WWU, 15:17.06. 10,000 – Steve Manos, SU, 32:00.27. High Jump – Cresap Watson, CWU, 6-6. Long Jump – Scott Freymond, CWU, 21-11 ¼. Triple Jump – Justin Lawrence, CWU, 47-2 ¼. Pole Vault – Adam Cleveland, WWU, 14-11 ½. 4x100 – Western Washington 42.73. **Women** - Western Washington 164 ½, Seattle Pacific 133, Central Washington 118 ½, Pacific Lutheran 102, Northwest 93, Lewis & Clark 43, Puget Sound 41, Highline CC 29, Seattle 14, Alaska Anchorage 10, Saint Martin's 7. **Individuals:** Steeplechase – Kelly Fullerton, SU, 11:42.84. 5000 - Ashlee Vincent, WWU, 17:42.85. 10,000 – Stacy Edwards, UAA, 38:20.71. 100 Hurdles – Linda Blake 15.12. 4x100 – Western Washington 48.92. 4x400 – Western Washington 4:05.40. High Jump - Amy Kruckeberg, WWU, 5-1 ¾. Pole Vault – Allie Hedges, SPU, 10-11 ¾. Triple Jump – Lea Tiger, CWU, 35-5. Shot Put – Laura Widman, SPU, 39-5 ¾.

**Humboldt State Shamrock Classic (Mar. 15 at Arcata): Men:** 4x400 – Humboldt State 3:22.36. High Jump – Brendan Reilly, HSU, 6-2. Pole Vault – Justin Alvarez, HSU, 13-0. **Women:** 3000 – Katie Gosnell, HSU, 10:00.04. 4x100 – Humboldt State 50.06.

**Western Oregon Three-Way (Mar. 15 at Monmouth): Men: 100 – Mike Hinshaw, WOU, 10.73.** 200 – Isaac Frederick, WOU, 21.76. 400 – Isaac Frederick, WOU, 49.51. 800 – Stuart Chaffee, WOU, 1:58.58. 1500 – Stuart Chaffee, WOU, 4:02.60. 110 Hurdles – Damien Davis, WOU, 14.54. 400 Hurdles – Nate Anderson, WOU, 54.39. 4x100 – Western Oregon 41.49. 4x400 – Western Oregon 3:22.35. Long Jump – Cole Parmalee, WOU, 22-5 ¾. Triple Jump – Brad Satran, WOU, 44-6 ¾. Shot Put – Collin Babcock, WOU, 44-3 ½. Discus – Isaiah Haines, WOU, 157-6. Hammer – Pro Escobedo, WOU, 182-11. **Women:** 100 – Kristin Wiese, WOU, 13.12. 200 – Kristin Wiese, WOU, 26.96. 800 – Amber Brough, WOU, 2:25.84. 1500 – Amber Brougher, WOU, 4:54.87. 100 Hurdles – Monica Smith, WOU, 15.28. 400 Hurdles – Jennie Runnell, WOU, 1:07.59. 4x100 – Western Oregon 48.65. 4x400 – Western Oregon 4:03.16. Long Jump – Shelley Comstock, WOU, 17-5 ¾. High Jump – Monica Smith, WOU, 5-3. Javelin – Holly Conrad, WOU, 152-0. Shot Put – Holly Conrad, WOU, 40-5. Discus – Alicia Vandervelden, WOU, 123-3. Hammer – Jennifer Dunkin, WOU, 167-10.

**UW Ken Shannon Invitational (Mar. 22 at Seattle): Men:** 100 – Kurt Weber, CWU, 11.21. Long Jump – Paul Danforth, WWU, 20-8. Triple Jump – Justin Lawrence, CWU, 47-7. **Women:** 200 – Dania Swosinski, WWU, 27.00. 1500 – Ashlee Vincent, WWU, 4:47.25. 3000 – Alicen Maier, CWU, 10:05.33.

**Stan Wright Invitational (Mar. 22 at Sacramento): Men** – None (400 Hurdles – 2. Micah Kelly, SPU, 54.92). **Women:** 5000 – Jamie Witt, SPU, 17:57.03

**Oregon Preview (Mar. 22 at Eugene): Men:** 100 - Mike Hinshaw, WOU, 10.78. 200 - Isaac Frederick, WOU, 21.81. **Women** – None (Hammer – 2. Jennifer Dunkin, WOU, 177-3.)

**Linfield Multi-Events (Mar. 24-25): Heptathlon** – 6. Bridget Johnson, WOU, 3,771.

**California Multi-Events (Mar. 26-27): Heptathlon** – 6. Danielle Ayers-Stamper, SPU, 4909; 15. Linda Blake, SPU, 4,446. **Decathlon** – 12. Chris Randolph, SPU, 5994.

**Stanford Invitational (Mar. 28-29): Men (Top 20)** – None (Triple Jump – 11. Justin Lawrence, CWU, 46-10 ¾. 400 Hurdles – 15. Paul Mach, SPU, 53.97). **Women (Top 20)** – None (800 – 11. Sarah Kraybill, SPU, 2:10.91. 1500 – 14. Alicen Maier, CWU, 4:29.56. Pole Vault – 12. Allyson Studer, SPU, 11-6 ¼. Javelin – 14. Stacey Hopkins, WWU, 133-3. Hammer – 15. Kristin Hepler, WOU, 165-4).

**NNU Multi-Events (Mar. 28-29): Decathlon** – 1. Josh Fishburne, NNU, 5,333.

**Spring Break Open (Mar. 29): Men:** 100 – Dustin Wilson, WWU, 11.25. 110 Hurdles – Dustin Wilson, WWU, 15.5. Long Jump - Jay Thomas, CWU, 21-11. Triple Jump - Scott Freymond, CWU, 42-1 ¼. Shot Put - Jacob Galloway, CWU, 46-0. **Women:** 100 - Melissa Behrens, WWU, 12.78. 100 Hurdles - Dani Reid, WWU, 16.17. 3000 - Erika Olson, CWU, 10:33.68.

Triple Jump - Lea Tiger, CWU, 36-0. Discus - Christin McDowell, CWU, 111-6.

**Sac State Hornet Invitational (Mar. 29): Men** – None (400 Hurdles – Paul Mach, SPU, 53.19. Steeplechase – 2. Dain Engebretsen, SU, 9:53.33). **Women: Pole Vault** - Ally Studer, SPU, 12-1 ½.

**WWU Ralph Vernacchia (Apr. 5): Men** – Western Washington 159, Pacific Lutheran 74, Central Washington 72, Simon Fraser 49, Seattle Pacific 23, Seattle 20, Saint Martin's 7. **Outstanding Performer** - Zach Boteilho WWU. **Individuals:** 100 – Kurt Weber, CWU, 10.79. 200 – Chris McClung, WWU, 22.82. Steeplechase – Jason Porter, CWU, 9:33.6. 110 Hurdles – Jeff Luckstead, WWU, 15.83. 800 – Nathan Carlson, SMU, 1:56.83. 5000 – Zach Boteilho, WWU, 14:58.90. 4x100 – Central Washington 42.49. High Jump – Peter Allan, WWU, 6-4 ¾. Long Jump – Scott Freymond, CWU, 22-10 ½. Triple Jump – Justin Lawrence, CWU. Discus – Jacob Galloway, CWU, 151-8. Javelin – Justin Brewer, WWU, 184-8. , 47-11 ¼. **Women** – Seattle Pacific 111 ½, Western Washington 103 ½, Central Washington 78, Pacific Lutheran 73, Simon Fraser 35, Seattle 7, Saint Martin's 2. **Outstanding Performer** – Danielle Ayers-Stamper, SPU. **Individuals:** 400 – Sarah Kraybill, SPU, 58.40.1500 – Sarah Kraybill, SPU, 4:49.3. 5000 – Jamie Witt, SPU, 17:57.87. 100 Hurdles – Danielle Ayers-Stamper, SPU, 15.02. 4x100 – Western Washington 48.73. High Jump – Danielle Ayers-Stamper, SPU, and Linda Blake, SPU, 5-3. Pole Vault – Ally Studer, SPU, 11-11 ½. Long Jump – Danielle Ayers-Stamper, SPU, 17-7 ½. Triple Jump – Lea Tiger, CWU, 36-6 ¼. Shot Put – Jennifer Pyeatt, SPU, 39-4 ¼. Discus – Jessica Telleria, WWU, 130-3. Javelin – Stacey Hopkins, WWU, 137-0.

**Willamette Invitational (Apr. 5): Men:** 200 – Isaac Frederick, WOU, 21.8. 110 Hurdles – Nate Anderson, WOU, 15.53. 400 Hurdles – Nate Anderson, WOU, 54.891. 3000 – Jerret Mantalas, WOU, 8:58.75. 4x100 – Western Oregon 42.21. Long Jump – Brad Satran, WOU, 22-6 ¼. Discus – Isaiah Haines, WOU, 153-6. **Women:** 4x100 – Western Oregon 49.06. Hammer – Jennifer Dunkin, WOU, 179-9.

**San Francisco State Mathis Invitational (Apr. 5): Men** – None (5000 – 5. Doug Hamilton, HSU, 14:46.38; 10,000 – 3. Brian Kostock, HSU, 33:00.79. 4x400 – 4. Humboldt State 3:21.6. **Women** – None (1500 – 5. Kati Gosnell, HSU, 4:40.42. 5000 – 2. Kati Gosnell, HSU, 17:45.66. 10,000 – 5. Dolores Bergmann, HSU, 37:53.82). 4x100 – 6. Humboldt State 50.48.

**Whitworth Invitational (Apr. 5): Men** – Spokane CC 236, Whitworth 156, Northwest Nazarene 88, Puget Sound 74. Lewis & Clark 23. **Individuals:** 400 – David Olson, NNU, 50.36. Triple Jump – Chris Mosbacher, NNU, 45-3. **Women** – Whitworth 215, Spokane CC 145, Puget Sound 92, Lewis & Clark 83, Northwest Nazarene 49, **Individual** – None (Steeplechase – 2. Kristin Lane, NNU, 13:23.22. Triple Jump – 2. Lacey Rasmussen, NNU, 34-2).

**WWU Spring Forward Multi-Events (Apr. 6-7 at Bellingham): Decathlon** – Chris Peterson, CWU, 6188. **Heptathlon** - LeAnne Evans, WWU, 4048.

**Cal Nevada Championships (Apr. 11 at San Diego): Men:** Shot Put – 10. T.J. Aimonetti, HSU, 51-5. **Women:** Humboldt State (18<sup>th</sup>, 5). **Individual:** 3000 – 5. Kati Gosnell, HSU, 10:06.15.

**EWU Pelleur Invitational (Apr. 11 at Cheney): Women:** 800 – Sarah Kraybill, SPU, 2:16.94. 1500 – Sarah Kraybill, SPU, 4:39.71. High Jump – Dianna Grossglass, SPU, 5-5.

**UPS Shotwell (Apr. 12 at Tacoma): Men (Point totals not available)** – 1. Western Washington, 2. Pacific Lutheran, 3. Central Washington, 4. Puget Sound, 5. Seattle, 6. Saint Martin's, 7. Washington, 8. Northwest Nazarene. **Individuals:** 100 – Kurt Weber, CWU, 10.99. 200 – Fabien Coutard, CWU, 22.48. 400 – J.T. Lorethm SU, 50.11. 800 – Andy Prentice, SMU, 1:55.15. 5000 – Steve Manos, SU, 14:57.30. 110 Hurdles – Jeff Luckstead, WWU, 15.79. 4x100 – Western Washington 3:27.26. 4x400 – Western Washington 3:27.26. High Jump – Cresap Watson, CWU, 6-1 ½. Pole Vault – Scott Romney, WWU, 15-0. Long Jump – Kurt Weber, CWU, 22-3 ½. Triple Jump – Justin Lawrence, CWU, 46-10. **Women (Point totals not available)** – 1. Western Washington, 2. Central Washington, 3. Pacific Lutheran, 4. Northwest, 5. Puget Sound, 6. Seattle, 7. Saint Martin's, 8. Highline. **Individuals:** 800 – Alicen Maier, CWU, 2:14.57. 1500 – Alicen Maier, CWU, 4:35.80. 100 – Ashley Rountree, CWU, 15.26. Steeplechase – Kelly

Fullerton, SU, 11:24.80. 4x100 – Western Washington 48.65. 4x400 – Western Washington 4:03.45. High Jump – Amy Kruckenberg, WWU, 5-1 ¾. Long Jump – Teresa Schlafer, CWU, 16-7. Triple Jump – Lea Tiger, 35-11 ¼. Hammer – Christin McDowell, CWU, 148-2. Javelin – Stacey Hopkins, WWU, 128-4.

**Northwest Nazarene Invitational (Apr. 12 at Nampa): Men:** 100 – David Olson, NNU, 11.30. Steeplechase – Zach Dwello, NNU, 9:41.76. 10,000 – Brice Roncace, NNU, 33:22.42. Triple Jump – Chris Mosbacher, NNU, 45-0 ¼. **Women:** Steeplechase – Kristin Lane 13:01.51. Pole Vault – Aubrey Metzger, 10-6.

**George Fox Invitational (Apr. 12 at Newberg): Men** – None (1500 – 2. Nate Normandin, UAA, 4:06.40. Steeplechase – 2. Nate Normandin, UAA, 9:34.5). **Women:** 800 – Lindsay Krous, UAA, 2:18.86. 5000 – Stacy Edwards, UAA, 18:05.9.

**Oregon Tech Invitational (Apr. 12 at Klamath Falls): Men** – Southern Oregon 180, Oregon Tech 145, Humboldt State 82, College of the Siskiyous 59 ½. Shasta 50, College of the Redwoods 12 ½. **Individuals:** 100 – 2. Bach Shongsaengdao, HSU, 11.10. 400 – 2. Sherman Clayton, HSU, 49.18. 110 Hurdles – 2. Chris Bitcom, HSU, 59.86. 4x100 – 2. Humboldt State 42.9. 4x400 – 2. Humboldt State 3:38.86. **Women** – Oregon Tech 176, Shasta 97, Southern Oregon 81, Humboldt State 68, College of the Siskiyous 21. **Individuals:** 200 – 1. Meredith Lisk, HSU, 26.34. 100 Hurdles – 2. Meredith Lisk, HSU, 17.61. 4x100 – 2. Humboldt State 50.4.

**Western Oregon Double Dual (Apr. 12 at Monmouth): Men** – Western Oregon 98, Portland State 90; Western Oregon 135, Portland 36. **Individuals:** 200 – Isaac Frederick, WOU, 21.75. 400 – Isaac Frederick, WOU, 48.37. 1500 – Jerret Mantalas, WOU, 3:55.78. 110 Hurdles – Damien Davis, WOU, 14.89. Pole Vault – Spike Olsen, WOU, 14-8. Discus – Isaiah Haines, WOU, 156-0. Hammer – Pro Escobedo, WOU, 192-11. Javelin – Tom Martin, WOU, 190-7. **Women** – Portland State 105, Western Oregon 85; Western Oregon 101, Portland 82. **Individuals:** 400 – Toni Adair, WOU, 59.07. Steeplechase – Jill Salmon, WOU, 11:24.25. 4x100 – Western Oregon 48.82. Pole Vault – Kira Langnese, WOU, 9-2 ¼. Shot Put – Holly Conrad, WOU, 40-11 ½. Discus – Jaci Cederberg, WOU, 121-9. Hammer – Jennifer Dunkin, WOU, 177-3. Javelin – Holly Conrad, WOU, 134-2.

**Spike Arlt (Apr. 19 at Ellensburg): Men** – Western Oregon 231 ½, Central Washington 128, Highline 115, Western Washington 101 ½, Pacific Lutheran 63 ½, Seattle Pacific 41 ½, Seattle 24, Saint Martin's 15, Bellevue 7, Puget Sound 6, Evergreen State 4. **Individuals:** 100 – Kurt Weber, CWU, 10.5. 200 – Isaac Frederick, WOU, 21.75. 800 – Paul Mach, SPU, 1:53.94. 1500 – Nathan Carlson, SMU, 3:54.0. 5000 – Spencer Walsh, WOU, 15:33.12. 10,000 – Dan Ferguson, CWU, 34:53.4. 110 Hurdles – Damien Davis, WOU, 14.89. 400 Hurdles – Nate Anderson 53.90. Steeplechase – Brett Franz, WOU, 9:27.1. 4x100 – Central Washington 41.63. 4x400 – Western Oregon 3:19.26. High Jump – Cole Parmalee, WOU; Jay Thomas, CWU, and Jeff Word, WWU, 6-4. Pole Vault – Hunter Verner, WWU, 15-3. Long Jump – Joe Smith, CWU, 22-10. Triple Jump – Justin Larence, CWU, 48-0. Shot Put – Kevin Johnson, WOU, 46-11. Discus – Jacob Galloway, CWU, 150-6. Javelin – Dane Wagner, WOU, 182-0. **Women** – Western Oregon 152, Seattle Pacific 149, Western Washington 133, Central Washington 120, Pacific Lutheran 105, Northwest 60, Highline 33, Puget Sound 29, Seattle 7, Saint Martin's 7, Cascade 1. **Individuals:** 1500 – Sarah Kraybill, SPU, 4:41.8. 3000 – Ashlee Vincent, WWU, 9:53.04. 5000 – Lisa Pearl, WWU, 18:07.21. 100 Hurdles – Ashlee Rountree, CWU, 15.05. 400 Hurdles – Kelsey Gleason, SPU, 1:05.53. 4x100 – Western Washington 48.24. 4x400 – Western Oregon 4:02.62. High Jump – Dianna Grossglass, SPU, 5-6 ½. Long Jump – Danielle Ayers-Stamper, SPU, 18-7 ¾. Triple Jump – Dianna Grossglass, SPU, 36-6 ¾. Pole Vault – Allyson Studer, SPU, 11-9. Shot Put – Jennifer Pyeatt, SPU, 42-8 ¼. Hammer – Jennifer Dunkin, WOU, 173-11. Javelin – Stacey Hopkins, WWU, 148-4.

**Mt. Sac Relays (Apr. 18 at Walnut): Men:** 5000 – 7. Doug Hamilton, HSU, 14:07.84. **Women:** 5000 – 16. Katie Gosnell, HSU, 17:16.00.

**UC Davis Woody Wilson Classic (Apr. 19 at Davis): Men (Top 6):** 400 – 3. Sherman Clayton, HSU, 49.28. Steeplechase – 4. Matt DeShazo, 9:36.15. Shot – 4. T.J. Aimonetti, HSU, 49-4 ¼. **Women (Top 14):** 200 – 10. Meredith Lisk, HSU, 26.50. 3000 – 13. Kelly Cronin, HSU, 10:30.69.

**Eastern Oregon Invitational (Apr. 19 at La Grande): Men:** Javelin – Brandon Johnson, NNU, 176-1. **Women:** 5000 – Susan Young, NNU, 20:15.62. Pole Vault – Alina Lunsford, NNU, 10-6.

**GNAC Multi-Events at Monmouth (Apr. 24-25 at Monmouth): Decathlon** – Chris Petersen, CWU, 6334. **Heptathlon** – Danielle Ayers-Stamper, SPU, 5,024.

**Western Oregon Open (Apr. 26 at Monmouth): Men:** 110 Hurdles – Damien Davis, WOU, 14.88. Steeplechase – Zach Dwello, NNU, 9:28.2. 4x100 – Western Washington 43.42. 4x400 – Western Oregon 3:21.2. Pole Vault – Spike Olsen, WOU, 15-7. **Women:** 100 – Monica Smith, WOU, 12.7. 200 – Toni Adair, WOU, 26.7. 400 – Toni Adair, WOU, 58.94. 1500 – Amber Brougher, WOU, 5:00.82. 5000 – Ellie Enos, WOU, 18:43.24. 100 Hurdles – Kirsten Holt, WWU, 16.22. 400 Hurdles – Jennie Rummell, WOU, 1:06.33. 4x100 – Western Oregon 49.21. 4x400 – Western Washington 4:13.6. High Jump – Amy Kruckenberg, WWU, 5-1 ¼. Pole Vault – Alina Lunsford, NNU, 10-6. Long Jump – Shelley Comstock, WOU, 17-4. Shot Put – Jennifer Pyeatt, SPU, 42-6 ¾. Discus – Jessica Telleria, WWU, 138-4. Hammer – Jennifer Dunkin, WOU, 173-11.

**Oregon Invitational (Apr. 25-26 at Eugene): Men's Twilight (Top 8):** 100 – 5. Mike Hinshaw, WOU, 10.72. 10,000 – 8. Zach Boteilho, WWU, 30:33.23. 4x100 – 4. Western Oregon 41.92. Triple Jump – 6. Justin Lawrence, CWU, 47-10. Hammer – 7. Pro Escobedo, WOU, 191-5. **Men's Day (Top 6):** 400 – 5. Isaac Frederick, WOU, 48.64. 110 Hurdles – 2. Damien Davis, WOU, 14.66. 400 Hurdles – 5. Paul Mach, SPU, 54.43. Pole Vault – 2. Scott Romney, WWU, and Hunter Verner, WWU, 15-1. **Women's Twilight (Top 8):** 800 – 2. Sarah Kraybill, SPU, 2:09.19. 10,000 – 4. Dolores Bergmann, HSU, 37:08.06; 5. Lisa Pearl, WWU, 37:10.7. **Women's Day (Top 6):** 100 – 3. Melissa Behrens, WWU, 12.27. 1500 – 2. Ashlee Vincent, WWU, 4:36.94; 6. Josie Lavin, SPU, 4:38.67. 5000 – 2. Jamie Witt, SPU, 17:45.6; 3. Tiffany Picinich, CWU, 17:50.11. 100 Hurdles – 5. Ashlee Rountree, CWU, 15.16. 400 Hurdles – 5. Kelsey Gleason, SPU, 1:04.84. 4x100 – 2. Central Washington 49.32. 4x400 – 3. Western Washington 4:00.03. High Jump – 5. Dianna Grossglass, SPU, 5-3. Pole Vault – 2. Ally Studer, SPU, and Allison Hedges, SPU, 11-5 ¾.

**Chico Invitational (Apr. 26 at Chico): Men (Top 6):** 400 – 6. Sherman Clayton, HSU, 49.53. Shot – 5. T.J. Aimonetti, HSU, 50-1. Javelin – 5. Les Courtenache, WWU, 155-8. **Women (Top 6):** 100 – 5. Joy Broussard, HSU, 13.11; 6. Dorothy Andrews, HSU, 13.46. 200 – 5. Meredith Lisk, HSU, 26.50. 4x100 – 4. Humboldt State 50.18.

**GNAC Championships (May 3 at Ellensburg): Men** – Western Oregon 259 ½, Western Washington 156, Central Washington 147, Humboldt State 81, Northwest Nazarene 64, Seattle Pacific 41 ½, Seattle 37, Saint Martin's 21, Alaska Anchorage 4. **Outstanding Performer** – Isaac Frederick, Western Oregon. **Coach-of-the-Year** – John Knight, Western Oregon. **Women** – Western Oregon 210 ½, Seattle Pacific 207 ½, Western Washington 181, Central Washington 121 ½, Humboldt State 59, Northwest Nazarene 30 ½, Seattle 18, Alaska Anchorage 17, Saint Martin's 6. **Outstanding Performer** – Sarah Kraybill, Seattle Pacific. **Coach-of-the-Year** – John Knight, Western Oregon.

**SPU Ken Foreman (May 10-11 at Seattle): Men:** 200 – Isaac Frederick, WOU, 21.71. 110 Hurdles – Damien Davis, WOU, 14.82. 400 Hurdles – Paul Mach, SPU, 53.11. 4x400 – Western Oregon 3:14.67. Long Jump – Kurt Weber, CWU, 22-3 ¾. Triple Jump – Justin Lawrence, CWU, 47-3 ½. Decathlon – Chris Randolph, SPU, 6288. **Women:** 400 – Toni Adair, WOU, 58.13. 800 – Sarah Kraybill, SPU, 2:09.54. 1500 – Josie Lavin, SPU, 4:33.91. Steeplechase – Kelly Fullerton, SU, 11:12.34. 4x400 – Western Oregon 3:56.58. High Jump – Monica Smith, WOU, 5-8. Discus – Jessica Telleria, WWU, 140-10.400 - Heptathlon – Laura Widman 4771.

**Stanford Qualifier (May 10 at Palo Alto): Men:** 19. Doug Hamilton, HSU, 3:50.96. **Women:** 12. Katie Gosnell, HSU, 17:31.08.

**Willamette Last Chance (May 18 at Salem): Men:** 400 – 4. Andy Prentice, SMU, 51.75. 1500 – 5. Andy Prentice, SMU, 3:58.88. **Women:** 200 – 2. April Elder, SMU, 27.64. 10,000 – 2. Ann McCanick, SMU, 39:53.5.

**NCAA Division II (May 22-24 at Edwardsville, Ill.): Men** – 22. Western Oregon 10. **Women** – 13. Western Oregon 15; 16. Seattle Pacific 14; 33. Western Washington 8.

## 2004

**Puget Sound Double Dual (Mar. 6 at Tacoma): Men** – Puget Sound 75 ½. Seattle Pacific 64, Lewis & Clark 59 ½. **Individuals:** 400 – Eddie Strickler, SPU, 50.0. 800 – Eddie Strickler, SPU, 2:01.79. 1500 – Tim LeCount, SPU, 4:03.73. 110 Hurdles – Chris Randolph, SPU, 16.02. 400 Hurdles – Micah Kelcy, SPU, 57.43. 4x100 Relay – Seattle Pacific 44.98. 4x400 Relay – Seattle Pacific 3:29.36. Shot Put – Philip Bayley, SPU, 41-5 1/4. Discus – Chris Randolph, 134-0. **Women** – Seattle Pacific 128, Puget Sound 38, Lewis & Clark 25. **Individuals:** 100 – Jean Kolb, SPU, 12.91; 200 – Jean Kolb, SPU, 26.66; 400 – Kinyatta Leonhardt, SPU, 58.83. 800 – Jennifer Marsh, SPU, 2:15.66. 1500 – Abby Groth, SPU, 4:55.87. 100 Hurdles – Linda Blake, SPU, 15.66. 400 Hurdles – Kelsey Gleason, SPU, 1:06.17. 4x100 Relay – Seattle Pacific 49.13. 4x400 Relay – Seattle Pacific 4:07.81. High Jump – Linda Blake, SPU, 5-1 ¾. Pole Vault – Allison Hedges, SPU, 11-5 ¾. Long Jump – Danae Clark, SPU, 17-3 ¼. Shot Put – Lauren Kooy, SPU, 34-11. Discus – Lauren Kooy, SPU, 128-8. Javelin – Sara Johnson, SPU, 147-7.

**Linfield Icebreaker (Mar. 6 at McMinnville): Men:** Steeplechase – Nate Normandin, UAA, 9:24.33. Pole Vault – Josh Cummings, WOU, 15-5. **Women:** 10,000 – Stacy Edwards, UAA, 37:23.87. 400 Hurdles – Jennie Rummell, WOU, 1:06.8. Discus – Jessica Houston, UAA, 134-2.

**Sacramento Bruce Drummond Invitational (Mar. 6 at Sacramento): Men** – Portland State 339 ½, Southern Oregon 328 ½, Stanford 322, Sacramento State 293, Oregon Tech 260, Humboldt State 71. **Individuals:** Steeplechase – 3. Matt DeShazo, HSU, 9:34.32. **Women** – Portland State 388 ½, Oregon Tech 336 ½, Southern Oregon 314, Stanford 263, Sacramento State 239 ½, Humboldt State 63 (15 teams). **Individuals:** 3000 – 4. Nicole Campbell, HSU, 10:31.02.

**Western Washington Winter Quarter Open (Mar. 6 at Bellingham): Men:** 800 – Mike Pankiewicz, CWU, 1:57.43; 3000 – Kurt Hartmaier, WWU, 8:38.88; 110 Hurdles – Josh Freeman, WWU, 15.63; 400 Hurdles – Ryan Los, WWU, 56.02; 4x100 Relay – Western Washington 42.99. 4x400 Relay – Western Washington 3:27.43; High Jump – Jeff Word, WWU, 6-6. Pole Vault – Tyler Thornbrue, WWU, 13-9 ¼. Long Jump – Paul Danforth, WWU, 20-8; Triple Jump – Justin Lawrence, CWU, 49-3 ½; Discus – Nyle Chambers, WWU, 144-10; Javelin – Justin Brewer, WWU, 181-5. **Women:** 100 – Melissa Behrens, WWU, 12.5; 200 – Melissa Behrens, WWU, 26.23; 400 – Katie Hingston, CWU, 1:01.2; 800 – Terran Legard, CWU, 2:25.38; Mile – Tina Stimson, WWU, 5:18.89; 3000 – Laura Trevelyan, WWU, 10:42.75; 100 Hurdles – Ashley Rountree, CWU, 15.45; 400 Hurdles, 4x100 Relay – Western Washington 50.61; 4x400 Relay – Central Washington 4:08.35; High Jump – Lindsey Cox, WWU, 5-0 ¼; Pole Vault – Danielle Juarez, WWU, 11-3 ¾. Long Jump – Anjuli Spear, CWU, 16.4; Triple Jump – Lea Tiger, CWU, 35-7 ¾. Shot Put – Tammy Carlson, WWU, 38-6 ¾; Discus – Jessica Telleria, WWU, 123-5; Javelin – Stacey Hopkins, WWU, 127-2.

**Salzman Invitational (Mar. 13 at Tacoma): Men** – Western Washington 181 3/4, Highline CC 142 ½, Pacific Lutheran 113 ½, Central Washington 110, Seattle 57¾, Washington 55 ½, Seattle Pacific 38, Saint Martin's 22, Alaska Anchorage 17, British Columbia 8, Evergreen State 6. **Individuals:** 800 – Edward Strickler, SPU, 1:54.5, 1500 – Kurt Hartmaier, WWU, 3:59.7. 5000 – Nate Normandin, UAA, 15:01.7. 110 Highs – Mike Morrison, CWU, 14.7. 4x100 Relay – Western Washington 42.9. 4x400 Relay – Western Washington 3:22.8. Pole Vault – Tyler Thornbrue, WWU, 14-6. Triple Jump – Beau Ross, CWU, 46-2 ¾. Javelin – Justin Brewer, WWU, 172-4. **Women** – Seattle Pacific 184 ½, Central Washington 132, Western Washington 124, Pacific Lutheran 108, Seattle 47, Washington 45 ½, Highline CC 40, Northwest 34, Alaska Anchorage 24, Saint Martin's 9, British Columbia 9. **Individuals:** 400 – Terran Legard, CWU, 57.05. Steeplechase – Kelly Fullerton, SU, 11:13.9. 10,000 – Laura Trevelyan, WWU, 37:52.0. 100 Hurdles – Janna Schaafsma, SPU, 15.0. 4x100 – Seattle Pacific 48.4. 4x400 – Seattle Pacific 3:59.61. Pole Vault – Allison Hedges, SPU, 10-11 ¾. Long Jump – Teresa Schlafer, CWU, 16-6. Triple Jump – Lea Tiger, CWU, 35-6 ½. Javelin – Andrea Pennington, SPU, 131-5.

**CCAA North (Mar. 13 at Chico): Men:** 400 – 4. Sherman Clayton, HSU, 49.43. **Women:** 1500 – 6. Nicole Campbell, HSU, 4:56.05.

**Dusty Lane Invitational (Mar. 20 at Spokane): Men:** 400 – David Olson, NNU, 50.77; Steeplechase – Zach Dwello, NNU, 9:31.46; 4x100 – Central Washington 42.99; 4x400 – Northwest Nazarene 3:29.21; High Jump – Beau Ross, CWU, 6-3 ½; Pole Vault – Tony Gould, NNU, 13-11 ¼; Triple Jump – Justin Lawrence, CWU, 48-2. **Women:** 400 – Terran Legard, CWU, 56.92; 100 Hurdles – Ashley Rountree, CWU, 16.32; 400 Hurdles – Kara Nygard, CWU, 1:05.66; 4x400 – Northwest Nazarene 4:07.52; Pole Vault – Aubrey Harrington, NNU, 10-6.

**Panther Stan Wright Invitational (Mar. 20 at Sacramento): Men** - None (400 Hurdles – 5. Micah Kelcy, SPU, 55.41). **Women:** 4x400 – Seattle Pacific 3:56.21. Pole Vault – Allison Hedges, SPU, 11-0. Javelin – Sara Johnson, SPU, 137-10.

**Oregon Preview (Mar. 20 at Eugene): Men** – None (Discus – 2. Isaiah Haines, WOU, 47.58 – 156-1). **Women** - None (100 Hurdles – 2. Monica Smith, WOU, 15.00).

**Linfield Multi-Events (Mar. 22-23 at McMinnville): Heptathlon** – 3. Monica Smith, WOU, 4069. **Decathlon** – 3. Matt Jurgis, WOU, 4490.

**UC-Berkeley Multi-Events (Mar. 24-25 at Berkeley): Heptathlon** – 7. Linda Blake, SPU, 4032. **Decathlon** – 2. Dan Larimer, SPU, 5867.

**Stanford Invitational (Mar. 26-27 at Palo Alto): Men** - None (Triple Jump – 2. Justin Lawrence, CWU, 14.88 – 48-10. **Women** - None (400 – 3. Terran Legard, CWU, 25.78).

**Spring Break Open (Mar. 27 at Edmonds): Men** - None (110 Hurdles – 2. Josh Timmer, SMC, 16.05; Pole Vault – 2. Tyler Thornbrue, WWU, 4.40 – 14-5 ½; Long Jump – 2. Mark Mellein, WWU, 6.48 – 21-3; Triple Jump – 2. Mark Mellein, WWU, 13.50 – 55-3 ½; Shot Put – 2. Aaron Hayes, CWU, 13.80 – 45-3 ¼; Hammer – 2. David Uberti, CWU, 40.66 – 133-5). **Women:** 5000 – Beth Rosapepe, WWU, 18:26.8. Triple Jump – Julie Graham, CWU, 10.43 – 34-2 ¾. Discus – Christin McDowell, CWU, 36.10 – 118-5. Javelin – Cortney Rockwell, SMC, 33.84 – 111-0.

**Sacramento State Invitational (Mar. 27 at Sacramento): Men** - None (800 – 2. Jerret Mantalas, WOU, 1:56.43; High Jump – 2. Scott Lemon, WOU, 1.78 – 5-10). **Women:** 800 – Jennifer Marsh, SPU, 2:13.41; 5000 – Laura Trevelyan, WWU, 17:59.25; Javelin – Sara Johnson, SPU, 42.80 – 140-5.

**Montana Open (Mar. 27 at Missoula): Men** - None (Triple Jump - 2. Chris Mosbacher, NNU, 45-10 1/2).

**Northwest Nazarene Multi-Events (Mar. 29-30 at Nampa): Heptathlon** – Ashley Rickels, NNU, 3858.

**Willamette Invitational (Apr. 2-3 at Salem): Men:** 110 High Hurdles – Sam Hobbs, WOU, 14.83. Pole Vault – Josh Cummings, WOU, 15-6. **Women:** 4x100 – Western Oregon 49.79. High Jump – Monica Smith, WOU, 5-7. Triple Jump – Julie Kendall, WOU, 33-11 ½. Javelin – Nini Callan, WOU, 127-7. Hammer – Jaci Cederberg, WOU, 168-3.

**WWU Vernacchia Invitational (Apr. 3 at Bellingham): Men** – Western Washington 116, British Columbia 74 ½, Central Washington 60, Simon Fraser 60, Pacific Lutheran 47 ½, Seattle Pacific 29, Seattle 19, Saint Martin's 19. **Individuals:** 100 – Adam Neff, WWU, 11.32. 800 – Mike Pankiewicz, CWU, 1:55.05. 5,000 – Kurt Hartmaier, WWU, 14:58.99. 10,000 – Matt Schmitt, CWU, 33:07.8. High Jump – Brian Langhans, SU, 6-6. Pole Vault – Tyler Thornbrue, WWU, 14-9. Long Jump – Mark Mellein, WWU, 21-5 ¼. Triple Jump – Justin Lawrence, CWU, 49-7. Discus – Nyle Chambers, WWU, 151-11. Javelin – Justin Brewer, WWU, 192-10. **Women** – Seattle Pacific 103, Central Washington 97, Western Washington 68 ½, Simon Fraser 67 ½, British Columbia 50, Pacific Lutheran 29, Northwest 20, Seattle 19, Saint Martin's 2. **Individuals:** 100 – Melissa Behrens, WWU, 12.81. 200 – Terran Legard, CWU, 25.64. 400 – Terran Legard, CWU, 56.46. 1500 – Jennifer Marsh, SPU, 4:31.22. 3000 – Abby Groth, SPU, 10:30.2. 4x100 Relay – Seattle Pacific 48.52. 4x400 – Seattle Pacific 3:54.02. High Jump – Dianna Grossglass, SPU, 5-2 ¼. Pole Vault – Amy Harris, SPU, 11-5 ¾.

Long Jump – Lea Tiger, CWU, 16-0 ½. Triple Jump – Lea Tiger, CWU, 36-0 ¼. Shot Put – Tammy Carlson, WWU, 38-5 ½. Discus – Jessica Telleria, WWU, 134-0. Javelin – Sara Johnson, SPU, 141-9.

**Boise State Invitational (Apr. 3 at Boise): Men** - None ( 1500 – 2. Zach Dwello, NNU, 3:59.93; . Steeplechase – 2. Jake Hotchkiss, NNU, 10:02.2; Pole Vault – 2. Anthony Gould, NNU, 14-0; Triple Jump – 2. Chris Mosbacher, NNU, 44-8 ½). **Women** - None (100 Hurdles – 4. Ashley Rickels, NNU, 16.33).

**WWU Spring Forward Multi-Events (Apr. 4-5 at Bellingham): Decathlon** – Josh Freeman, WWU, 6326; **Heptathlon** – 2. Jackie McCall, WWU, 3794.

**EWU Pelleur Invitational (Apr. 9 at Cheney): Men:** Triple Jump – Justin Lawrence, CWU, 49-8 ½. **Women:** 400 – Terran Legard, CWU, 56.02. 4x400 Relay – Central Washington 3:59.73. Hammer – Christin McDowell, CWU, 163-1.

**HSU Green & Gold (Apr. 10 at Arcata): Men:** 400 – Sherman Clayton, HSU, 49.4. 1500 – Ryan Tuss, HSU, 4:14.20. 3000 – Doug Hamilton, HSU, 8:45.9. 400 Hurdles – Matt DeShazo, HSU, 1:01.9. 4x400 Relay – Humboldt State 4:01.1. **Women:** 1500 – Kelly Cronin, HSU, 5:23.91. 3000 – Nicole Campbell, HSU, 10:34.1. 400 Hurdles – Sadie Solem, HSU, 1:28.3.

**George Fox Invitational (Apr. 9-10 at Newberg): Men:** 100 – Greg Coleman, WOU, 10.91. Pole Vault – Josh Cummings, WOU, 15-5. Shot Put – Kevin Johnson, WOU, 47-3 ½. Discus – Isaiah Haines, WOU, 161-8. **Women:** 1500 – Kamie Jo Massey, UAA, 4:53.7. 4x100 – Western Oregon 51.71. 4x400 – Alaska Anchorage 4:19.57. Shot Put – Chevonna Lynch, WOU, 41-4 ¼.

**UPS Shotwell (Apr. 10 at Tacoma): Men** – Western Washington 186, Linfield 138, Pacific Lutheran 84, Seattle 74, Puget Sound 68, Seattle Pacific 47 ½, Saint Martin's 36, Lewis & Clark 30, Highline 8, SETA 8, Central Washington 4 ½, Club Northwest 1. **Individuals:** 400 – Adam Neff, WWU, 49.42. 800 – Eddie Strickler, SPU, 1:54.56. 1500 – Andy Prentice, SMC, 3:54.89. 110 Hurdles – Dustin Wilson, WWU, 15.2. 400 Hurdles – Matt Blaine, SU, 55.44. Steeplechase – Kurt Hartmaier, WWU, 9:39.88.. 4x100 – Seattle 44.34. 4x400 – Western Washington 3:22.41. Discus – Tom Farris, WWU, 140-11. **Women** – Seattle Pacific 164.45, Western Washington 138 1/5, Puget Sound 74 ½, Linfield 71.95, Pacific Lutheran 70 ½, Northwest 43 1/5, Seattle 42 ½, Lewis & Clark 39, Saint Martin's 17, Central Washington 10, Simon Fraser 5 1/5. **Individuals:** 800 – Jennifer Marsh, SPU, 2:13.24. 1500 – Kelly Fullerton, SU, 4:50.99. 100 Hurdles – Janna Schaafsma, SPU, 15.30. Steeplechase – Kristie Rice, SU, 12:04.09. 4x100 – Western Washington 50.57. 4x400 – Seattle Pacific 3:53.56. High Jump – Sharon Bjella, SPU, 5-3. Pole Vault – Allison Hedges, SPU, 11-5 ¼. Discus – Jessica Telleria, WWU, 133-4. Javelin – Stacey Hopkins, WWU, 133-7.

**NNU Invitational (Apr. 10 at Nampa): Men:** 10,000 – Jake Hotchkiss, NNU, 33:16.34. 110 Hurdles – Chris Mosbacher, NNU, 15.45. High Jump – Sean Doughty, NNU, 6-1 ½. **Women:** 4x100 – Northwest Nazarene 52.27. Pole Vault – Aubrey Harrington, NNU, 10-6. Javelin – Rebekah McAdam, NNU, 118-6.

**South Sound Multis (Apr. 12-13 at Lacey): Decathlon** – 2. Josh Timmer, SMC, 5516.

**CWU Spike Art Invitational (Apr. 17 at Ellensburg): Men** - Highline 153 1/2, Central Washington 140 1/2, Western Washington 113 2/3, Northwest Nazarene 65, Eastern Oregon 40, Seattle 39 1/3, Pacific Lutheran 31, Saint Martin's 22, Puget Sound 14, Seattle Pacific 13, Evergreen State 8, Club Northwest 8. **Individuals:** 800 – Mike Pankiewicz, CWU, 1:56.75. 110 Hurdles – Michael Morrison, CWU, 14.92. 400 Hurdles – Michael Morrison, CWU, 54.05. Steeplechase – Matt Cook, CWU, 9:55.0. 4x100 – Central Washington 42.5. High Jump – Beau Ross, CWU, 6-4. Long Jump – Joe Smith, CWU, 23-0. Triple Jump – Justin Lawrence, CWU, 47-7. **Women** - Seattle Pacific 174, Central Washington 153, Western Washington 96 1/2, Northwest 75 1/2, Northwest Nazarene 69, Highline 54, Pacific Lutheran 37, Puget Sound 30, Eastern Oregon 29, Saint Martin's 26, Seattle 24. **Individuals:** 100 – Melissa Behrens, WWU, 12.68. 200 – Terran Legard, CWU, 25.59. 400 – Kinyatta Leonhardt, SPU, 56.22. 3000 – Kelly Fullerton, SU, 10:30.05. 5000 – Karen Dickson, SPU, 18:00.16. 10,000 – Nicole Beatty,

SMC, 43:20.04. 100 Hurdles – Ashley Rountree, CWU, 14.56. 400 Hurdles – Kelsey Gleason, SPU, 1:04.75. Steeplechase – Stephanie Stine, CWU, 11:48.0. 4x100 – Seattle Pacific 48.2. 4x400 – Central Washington 3:53.56. High Jump – Emily Peterson, NNU, 5-3. Pole Vault – Allison Hedges, SPU, 12-1 ½. Long Jump – Kinyatta Leonhardt, SPU, 16-5. Shot Put – Tammy Carlson, WWU, 38-11 ¼. Discus – Jessica Telleria, WWU, 137-4. Javelin – Sara Johnson, SPU, 135-8.

**UC Davis Invitational (Apr. 17 at Davis): Men** - None (Steeplechase – 2. Matt DeShazo, HSU, 9:24.73). **Women** - None (1500 – 3. Kari Konrad, WOU, 4:39.87. High Jump – 3. Monica Smith, WOU, 5-2 ¼).

**George Fox Open (Apr. 17 at Newberg): Men:** 400 Hurdles – Luke Ewing, WOU, 57.21. Triple Jump – Brad Satran, WOU, 43-1. **Women** - None (100 – 3. Danielle Smith, WOU, 13.58).

**GNAC Multi-Events (Apr. 22-23 at Monmouth): Heptathlon** - Linda Blake, SPU, 4593. **Decathlon** - Michael Morrison, CWU, 6342.

**Western Oregon Twilight (Apr. 23 at Monmouth): Men:** 100 - Adam Neff, WWU, 10.91; 200 - Adam Neff, WWU, 22.09; 400 - Mike Kelley, CWU, 49.75; 800 - Mike Pankiewicz, CWU, 1:55.45; 1500 - Ben Wornell, NNU, 3:59.77; 4x400 Relay - Northwest Nazarene 3:23.45; High Jump - Julius DeFour, WWU, 6-4 3/4; Shot Put - Collin Babcock, WOU, 46-8 3/4; Javelin - Justin Brewer, WWU, 183-9. **Women:** 200 - Nicole Matheson, SMC, 26.78; 400 - Danielle Pridgen, NNU, 1:00.45; 800 - Danielle Pridgen, NNU, 2:20.91; 1500 - Tina Stimson, WWU, 4:52.91; 3000 - Mindy Newby, NNU, 11:07.70; 100 Hurdles - Kristen Holt, WWU, 15.30; 400 Hurdles - Natalie Nash, WOU, 1:08.77; 4x100 - Western Washington 49.88; 4x400 - Western Washington 4:09.01; Long Jump - Julie Kendall, WOU, 16-11 1/4; Shot Put - Tammy Carlson, WWU, 38-3 1/4; Javelin - Stacey Hopkins, WWU, 139-9.

**Oregon Invitational (Apr. 24 at Eugene): Men Morning Session:** 800 - Andy Prentice, SMC, 1:54.48. 110 High Hurdles - Sam Hobbs, WOU, 14.83. 4x400 Relay - Western Washington 3:20.11. **Women Morning Session:** 400 Hurdles - Janna Schaafsma, SPU, 1:03.38. **Men Twilight Session** - None (4x100 - 4. Western Oregon 42.25). **Women Twilight Session** - None (400 - 2. Terran Legard, CWU, 55.12; 4x100 - 2. Seattle Pacific 48.27).

**WSU Cougar Invitational (Apr. 24 at Pullman): Men** - None (Steeplechase - 5. Jason Porter, CWU, 9:52.01). **Women** - None (3000 - 2. Brandy Anderson, CWU, 10:38.52).

**WWU Twilight (Apr. 30 at Bellingham): Men:** 400 – Eddie Strickler, SPU, 50.04. 1500 – Chris Carpenter, SMC, 4:02.29. 5000 – Tris Obluck, SMC, 15:46.06. 4x400 – Western Washington 3:27.17. High Jump – Peter Geist, WWU, 6-6. Long Jump – Mark Mellein, WWU, 21-6. Triple Jump – Justin Lawrence, CWU, 47-11 ¼. Javelin – Justin Brewer, WWU, 182-0. **Women:** 100 – Melissa Behrens, WWU, 12.47. 800 – Brandi McCoy, SPU, 2:18.08. 1500 – Kelly Fullerton, SU, 4:50.47. 3000 – Tina Stimson, WWU, 10:30.44. Steeplechase – Molly DePasqual, WWU, 12:01.13. 100 Hurdles – Kristin Janney, SPU, 15.28. 400 Hurdles – Diana Grossglass, SPU, 1:07.38. 4x100 – Western Washington 49.71. 4x400 – Western Washington 4:03.09. Pole Vault – Danielle Juarez, WWU, 11-5 ¼. Long Jump – Kim Bascom, WWU, 15-11 ¼. Triple Jump – Kim Bascom, WWU, 35-5. Shot Put – Tammy Carlson, WWU, 39-6 ½. Discus – Jessica Telleria, WWU, 142-10. Hammer – Jessica Telleria, WWU, 151-0. Javelin – Stacey Hopkins, WWU, 145-4.

**WOU Double Dual (Apr. 30 at Monmouth): Men** – Western Oregon 106, Portland State 49; Western Oregon 111, Portland 42; Portland State 56, Portland 52. **Individuals:** 200 – Isaac Frederick 22.08. 400 – Isaac Frederick 49.80. 400 Hurdles – Sam Hobbs 54.49. 4x100 – Western Oregon 42.87. 4x400 – Western Oregon 3:25.49. High Jump – Scott Lemmon 6-0. Pole Vault – Josh Cummings 15-3. Long Jump – Brad Satran 22-5. Shot Put – Collin Babcock 47-6 ½. Discus – Isaiah Haines 1547-0. Hammer – Carlos Aguilar 149-5. **Women** – Portland State 105, Portland 42; Portland State 95, Western Oregon 78; Western Oregon 107, Portland 47. **Individuals:** 400 Hurdles – Natalie Nash 1:08.78. Triple Jump – Katy Kociemba 37-5 ¼. Shot Put – Jaci Cederberg 126-10. Hammer – Kristin Hepler 171-5. Javelin – Sara Hunt 132-2.

**Dwayne Hartman Invitational (May 1 at Spokane): Men:** High Jump – Cresap Watson, CWU, 6-6. Triple Jump – Justin Lawrence, CWU, 48-4.

**Women:** 100 Hurdles – Ashley Rountree, CWU, 14.83. Pole Vault – Whitney Omlin, CWU, 10-0.

**Bronco Twilight (May 1 at Boise): Men** - None (1500 – 2. Ben Wornell, NNU, 3:59.4; 5000 – 2. Andy Peters, NNU, 16:13.22). **Women** - None (1500 – 2. Megan Johnson, NNU, 4:48.86. Pole Vault – 2. Aubrey Metzger, NNU, 11-7 ¾).

**Oregon Twilight (May 1 at Eugene): Men** - None (Discus – 3. Isaiah Haines, WOU, 42.45 – 139-3).

**GNAC Championships (May 8 at Monmouth): Men** - Western Oregon 253 1/2, Western Washington 197 1/2, Central Washington 183, Northwest Nazarene 67, Saint Martin's 43, Seattle Pacific 32, Alaska Anchorage 29, Humboldt State 27, Seattle 26. **Men's Coach-of-the-Year** - Mike Johnson, WOU. **Outstanding Male Performer** - Isaac Frederick, WOU. **Women** - Western Oregon 231 1/2, Seattle Pacific 216 1/2, Western Washington 149 1/2, Central Washington 132 1/2, Northwest Nazarene 74 1/2, Seattle 42 1/2, Alaska Anchorage 19, Saint Martin's 18, Humboldt State 8. **Women's Coach-of-the-Year** - Mike Johnson, WOU. **Outstanding Female Performer** - Monica Smith, WOU.

**SPU Ken Foreman Invitational (May 15 at Seattle): Men:** 10,000 – Steve Manos, SU, 32:44.69. 110 High Hurdles – Sam Hobbs, WOU, 15.06. 400 Hurdles – Michael Morrison, CWU, 53.18. 4x100 – Central Washington 42.37, Long Jump – Joe Smith, CWU, 23-5 ½. Triple Jump – Justin Lawrence, CWU, 49-9 ¾. Discus – Isaiah Haines, WOU, 168-1. Decathlon – Chris Randolph, SPU, 6881. **Women:** 400 – Terran Legard, CWU, 55.16. 10,000 – Karen Dickson, SPU, 36:09.66. 100 Hurdles – Ashlee Rountree, SPU, 14.85. 4x100 – Central Washington 48.43. High Jump – Monica Smith, WOU, 5-6. Pole Vault – Allie Hedges, SPU, 12-2 ¾. Triple Jump – Katy Kociemba, WOU, 36-10 ½. Javelin – Sara Johnson, SPU, 149-0.

**Willamette Last Chance (May 22 at Salem): Men** - None (110 High Hurdles - 3. Colin McMahon, WOU, 15.92). **Women:** 4x400 Relay - Saint Martin's 4:31.60.

**NCAA Division II Nationals (May 27-29 at Walnut, CA): Men** - 1. Abilene Christian 75; 29. Western Oregon 8; 32. Seattle Pacific 6; 49. Central Washington 3. **Women** - 1. Lincoln 85; 32. Seattle Pacific 8; 35. Seattle 5; 40. Western Oregon 4; 51. Central Washington 2; 60. Western Washington ½.

## 2005

**Linfield Icebreaker (Mar. 5 at McMinnville): Men:** Hammer – 2. Carlos Aguilar, WOU, 174-6. **Women:** 200 – 2. Bonnie Galloway, WOU, 26.06. 1500 – 2. Lindy Mullen, CWU, 4:54.67. 5000 – 2. Brandy Anderson, CWU, 18:16.56. Hammer – 2. Jaci Cederberg, WOU, 167-0.

**Puget Sound Double Dual (Mar. 5 at Tacoma): Men** – Puget Sound 94, Seattle Pacific 57, Lewis and Clark 25. **Individuals:** 200 – Ryan Jewell, SPU, 22.49. 400 – Kurt Engelson, SPU, 52.43. 1500 – Brian Cronrath, SPU, 4:00.35. 110 Hurdles – Chris Randolph, SPU, 15.24. 4x400 Relay – Seattle Pacific 3:29.63. Discus – Chris Randolph, SPU, 134-9. Javelin – Chris Randolph, SPU, 169-3. **Women** - Seattle Pacific 95, Puget Sound 56, Lewis & Clark 30. **Individuals:** 100 – Anna Soule, SPU, 12.91. 200 – Kinyatta Leonhardt, SPU, 26.08. 400 – Jean Kolb, SPU, 1:00.56. 800 – Karin Rohde, SPU, 2:20.39. 100 Hurdles – Linda Blake, SPU, 15.07. 4x100 – Seattle Pacific 50.58. 4x400 Relay – Seattle Pacific 4:10.12. Pole Vault – Ally Studer, SPU, 11-11 ¾. Shot Put – Kelsey Cooley, SPU, 36-2. Javelin – Molly Hornbuckle, SPU, 140-3. Hammer – Jennifer Urrutia, SPU, 123-2.

**Joe Peyton UPS Invitational (Mar. 12 at Tacoma): Men** – Central Washington 210 ½, Western Washington 158 ½, Puget Sound 106, Seattle Pacific 58, Saint Martin's 24. **Individuals:** 100 – Adam Neff, WWU, 11.35. 200 – Ryan Jewell, SPU, 22.64. 400 – Cresap Watson, CWU, 50.27. 800 – Mike Pankiewicz, CWU, 1:58.27. 1500 – Brian Cronrath, SPU, 3:59.62. Steeplechase – Doug Gibson, SPU, 9:31.22. 5000 – Sam Scotchmer, CWU, 14:48.54. 110 Hurdles – Alex Clark, CWU, 15.53. 400 Hurdles – Josh Kirk, CWU, 57.92. 4x100 – Western Washington 43.28. 4x400 – Central Washington 3:27.23. High Jump – Peter Geist, WWU, 6-6 ½. Long Jump –

Kyle McGillen, WWU, 22-0 ¾. Triple Jump – Kyle McGillen, WWU, 44-4. Shot Put – Blake Walker, CWU, 46-0 ½. Discus – Blake Walker, CWU, 149-3. Javelin – Justin Brewer, WWU, 184-6. Hammer – Blake Walker, CWU, 171-11. **Women** - Central Washington 193, Seattle Pacific 155, Western Washington 111, Puget Sound 86, Saint Martin's 28. **Individuals:** 100 – Chelsi Claussen, SMC, 13.01. 200 – Anna Soule, SPU, 26.71. 400 – Jean Kolb, SPU, 1:00.59. 800 – Hanane Benanaya, SPU, 2:27.83. 1500 – Brandy Anderson, CWU, 4:51.76. 5000 – Beth Rosapepe, WWU, 18:39.44. 100 Hurdles – Kelsey Cooley, SPU, 15.45. 400 Hurdles – Jennifer Newland, CWU, 1:10.68. 4x100 – Central Washington 50.01. 4x400 – Western Washington 4:12.63. High Jump – Monica Smith, WOU, 5-6; Linda Blake, SPU, 5-5. Pole Vault – Monica Anderson, SPU, 11-5 ¾. Shot Put – Krissy Tandle, CWU, 41-11 ¼. Discus – Christin McDowell, CWU, 120-0. Javelin – Lauren VerMulm, SPU, 141-11. Hammer – Christin McDowell, CWU, 144-8. **Chico State Relays (Mar. 12 at Chico): Men (Top 6):** Steeplechase – 3. Andrew Chong, HSU, 10:10.44. 400 Hurdles – 5. Seth Astle, HSU, 59.74. 4x800 – 6. Humboldt State 7:59.39. Distance Medley – 5. Humboldt State 10:43.13. **Women (Top 6):** Distance Medley – 2. Humboldt State 13:22.80. 4x800 – 3. Humboldt State 10:11.71. 400 Hurdles – 6. Katherine Smith, HSU, 1:08.53.

**Mount Hood Invitational (Mar. 12 at Gresham): Men:** 3000 – Phillip Jasso, WOU, 8:57.62. **Women:** 200 – Bonnie Galloway, WOU, 25.73. 100 Hurdles – Monica Smith, WOU, 15.01. 400 – Jenny Rummel, WOU, 1:06.90. High Jump – Monica Smith, WOU, 5-6. Long Jump – Katy Kociemba, WOU, 18-1 ¼.

**EWU Multi-Events (Mar. 17-18 at Cheney):** Heptathlon - 2. Ashley Rickels, NNU, 4217.

**Chuck Bowles Spring Break Classic (Mar. 18 at Salem): Men** - None (Shot Put - 2. Justin Kline, WOU, 48-3 1/2; Javelin - 2. Mat Hutchinson, WOU, 51.77 - 169-10). **Women:** 100 - Keyanna Jenkins, WOU, 12.76. 100 Hurdles - Bridget Johnson, WOU, 15.57.

**UW Outdoor Preview (Mar. 19 at Seattle): Men:** 800 - Paul Mach, SPU, 1:55.67; 110 Hurdles - Josh Freeman, WWU, 15.21. 4x400 - Western Washington 3:27.93. High Jump - Peter Geist, WWU, 6-6 3/4. **Women:** 100 Hurdles - Danielle Ayers-Stamper, SPU, 14.56. 400 Hurdles - Maureen Field, CWU, 1:12.01. Steeplechase - Brandi McCoy, SPU, 11:59.23. 4x400 - Central Washington 4:10.88. Pole Vault - Ally Studer, SPU, and Amy Harris, SPU, 11-3 3/4. Shot Put - Jessica Houston, UAA, 37-7 1/4. Discus - Ashley VanOeveren, WWU, 116-9.

**Dusty Lane Open (Mar. 19 at Spokane): Men:** Pole Vault - Preston Lewis, NNU, 14-1 1/4. **Women:** 400 - Nicki Schutte, NNU, 1:04.25. 800 - Morgan Ingersoll, NNU, 2:28.13. 4x400 - Northwest Nazarene 4:15.68. Shot Put - Krissy Tandle, CWU, 41-1 3/4.

**Jim Hunt Six-Lane Classic (Mar. 19 at Arcata): Men:** 400 - John Daubenspeck, HSU, 51.06. 800 - Andrew Wright, HSU, 2:00.86. Steeplechase - Larry Blaylock, HSU, 190:10.93. 10,000 - Larry Blaylock, HSU, 34:34.99. 4x400 - Humboldt State 3:40.35. **Women:** 200 - Keri Gross, HSU, 28.81. 800 - Keri Gross, HSU, 2:23.01. Mile - Jessica Rendon, HSU, 5:31.59. 3000 - Nicole Campbell, HSU, 10:08.90.

**Oregon Preview (Mar. 19 at Eugene): Men** - None (110 Hurdles - 2. Sam Hobbs, WOU, 14.79. Triple Jump - 2. Blake Herrington, WOU, 43-5 3/4. **Women:** 4x100 - Western Oregon 48.40 (Long Jump - 2. Katy Kociemba, WOU, 18-7).

**Linfield Multi-Events (Mar. 21-22 at McMinnville):** Heptathlon - 1. Monica Smith, WOU, 4457; 2. Bridget Johnson, WOU, 4364. Decathlon - 7. Dan Davenport, WOU, 5318.

**UC Berkeley Multi Events (Mar. 24-25 at Berkeley): Decathlon** – 2. Chris Randolph, SPU, 6996; 13. Jason Childress, SPU, 5433. **Heptathlon** – 11. Kelsey Cooley, SPU, 4524; 14. Linda Blake, SPU, 4357 (Section 2 – 2. Bridgette Sexton, SPU, 4369).

**UPS Open (Mar. 25 at Tacoma): Men** – Puget Sound 191, Pacific Lutheran 78, Saint Martin's 44, Whitman 14. **Individuals:** 110 Hurdles – Josh Timmer, SMC, 16.49. 3000 – Nathan Carlson, SMC, 8:36.00. **Women** – Puget

Sound 242, Saint Martin's 56, Pacific Lutheran 48. **Individuals:** 800 – Ann McCanick, SMC, 2:30.15.

**Sacramento State Hornet Invitational (Mar. 26 at Sacramento): Men (Top 6):** 800 – 6. Jerret Mantalas, WOU, 1:55.02. 1500 – 2. Ethan Barrons, WOU, 3:57.08. **Women (Top 6):** 10,000 – 2. Brandy Anderson, CWU, 39:50.16. 100 Hurdles – 5. Monica Smith, WOU, 15.10. Discus – 5. Jaci Cederberg, WOU, 157-9.

**Stanford Invitational (Mar. 25-26 at Palo Alto): Men (Top 8):** Shot Put – 5. Cameron Neel, CWU, 56-6 ½. **Women (Top 8):** 100 Hurdles – 8. Danielle Ayers-Stamper, SPU, 13.93. Long Jump – 5. Danielle Ayers-Stamper, SPU, 19-6 ¼. Javelin – 4. Lauren VerMulm, SPU, 154-3.

**Ralph Vernacchia Team Invitational (Apr. 1-2 at Bellingham): Men –** Western Washington 117 ½, Central Washington 74, Simon Fraser 71, British Columbia 66, Pacific Lutheran 47, Seattle Pacific 22, Seattle 15 ½, Saint Martin's 10. **Individuals:** 800 – Nathan Carlson, SMC, 1:54.42. 10,000 – Logan Senrud, WWU, 32:27.9. 110 Hurdles – Alex Clark, CWU, 15.09. Steeplechase – Sam Brancheau, WWU, 9:31.2. High Jump – Peter Geist, WWU, 6-2 ¾. Pole Vault – Hunter Verner, WWU, 15-9. Long Jump – Kyle McGillen, WWU, 21-8 ¾. Triple Jump – Kyle McGillen, WWU, 43-11 ¾. Shot Put – Jacob Galloway, CWU, 44-7. Discus – Cameron Neel, CWU, 166-8. **Women –** Seattle Pacific 93 ½, Simon Fraser 92, British Columbia 83, Central Washington 62, Western Washington 57 ½, Pacific Lutheran 23, Northwest 16, Saint Martin's 13, Seattle 10. **Individuals:** Pole Vault – Ally Studer, SPU, 11-1 ¾. Triple Jump – Kim Bascom, WWU, 34-10 ¼. Discus – Jessica Telleria, WWU, 144-10. Javelin – Lauren VerMulm, SPU, 150-4.

**Whitworth Invitational (Apr. 2 at Spokane): Men –** Whitworth 107, Puget Sound 49, Northwest Nazarene 41. **Individuals:** 1500 – Jake Hotchkiss, NNU, 4:10.83. 4x100 – Northwest Nazarene 44.36. Pole Vault – Preston Lewis, NNU, 14-8. Long Jump – Greg Hamm, NNU, 20-9 ¼. Javelin – Alan Phillips, NNU, 179-2. **Women –** Whitworth 79, Northwest Nazarene 71, Puget Sound 71. **Individuals:** 100 Hurdles – Ashley Rickels, NNU, 15.49. 400 Hurdles – Ashley Rickels, NNU, 1:07.35. 4x400 – Northwest Nazarene 4:13.36. High Jump – Emily Peterson, NNU, 5-4 ½. Triple Jump – Amanda Merrell, NNU, 36-9 ¾. Shot Put – Amy Carroll, NNU, 37-1 ¼. Discus – Rebekah McAdam, NNU, 124-0. Hammer – Kristi Wherry, NNU, 144-3. Javelin – Rebekah McAdam, NNU, 129-4.

**Willamette Invitational (Apr. 2 at Salem): Men:** Pole Vault – Joseph Twigg, WOU, 14-7 ½. **Women:** High Jump – Monica Smith, WOU, 5-3. Long Jump – Bridget Johnson, WOU, 17-0. Discus – Jessica Houston, UAA, 165-9. Hammer – Jaci Cederberg, WOU, 174-8.

**SFSU Johnny Mathis Invitational (Apr. 2 at San Francisco): Men:** 1500 – 4. Chris Binchus, HSU, 4:03.02. 10,000 – 4. Jesus Cisneros, HSU, 33:49.77. **Women:** 1500 – 4. Nicole Campbell, HSU, 4:42.65. 10,000 – 2. Emily Peterson, HSU, 42:04.64. 400 Hurdles – 4. Keri Gross, HSU, 1:07.38. 4x100 – 3. Humboldt State 55.49.

**Spring Forward Multi-Events (Apr. 2-3 at Bellingham): Decathlon –** 1. Josh Freeman, WWU, 6168. **Heptathlon –** 2. LeAnne Evans, WWU, 4197.

**EWU Pelleur Invitational (Apr. 8 at Cheney): Men:** None (110 Hurdles – 2. Robert Edwards, CWU, 15.18; 4x400 – 2. Central Washington 3:21.33; Discus – 2. Cameron Neel, CWU, 157-10; High Jump – 2. Cameron Bailey, CWU, 6-4). **Women:** 1500 – Karen Dickson, SPU, 4:40.97. Steeplechase – Brandi McCoy, SPU, 11:57.45. 100 Hurdles – Danielle Ayers-Stamper, SPU, 14.09. High Jump – Danielle Ayers-Stamper, SPU, 5-8.

**NNU Invitational (Apr. 9 at Nampa): Men:** 10,000 – Jake Hotchkiss, NNU, 32:56.9. Pole Vault – Preston Lewis, NNU, 15-6 ¼. **Women:** 3000 – Melanie Nisly, NNU, 11:01.75. 10,000 – Christy Wynkoop, NNU, 44:50.8. 100 Hurdles – Ashley Rickels, 15.10. 400 – Ashley Rickels, NNU, 1:08.48. 4x400 – Northwest Nazarene 4:11.31. Shot Put – Amy Carroll, NNU, 37-1 ¼. Javelin – Rebekah McAdam, NNU, 131-2.

**WOU Team Invitational (Apr. 9 at Monmouth): Men:** 100 – Derek Gitts, WOU, 11.29. 200 – Faruk Punjani, SU, 22.83. 400 – Faruk Punjani, SU, 50.6. 800 – Troy Banker, WOU, 1:56.12. 1500 – Jerret Mantalas, WOU, 3:57.16. 3000 – Stig Yngve, UAA, 9:46.01. 5000 – Brad Brolin, WOU, 15:15.74. 110

Hurdles – Taylor Choyce, SU, 18.52. 400 Hurdles – Lee Clarkson, WOU, 59.50. 4x100 – Western Oregon 45.48. 4x400 – Western Oregon 3:27.4. Pole Vault – Joseph Twigg, WOU, 14-9. Long Jump – Blake Herrington, WOU, 20-5 ¾. Triple Jump – Blake Herrington, WOU, 43-0 ¼. Shot Put – Carlos Aguilar, WOU, 49-8 ½. Discus – Carlos Aguilar, WOU, 144-5. **Women:** 100 – Bonnie Galloway, WOU, 12.20. 200 – Keyanna Jenkins, WOU, 26.7. 400 – Bridget Johnson, WOU, 1:01.0. 800 – Kari Konrad, WOU, 2:19.64. 1500 – Kari Konrad, WOU, 4:48.10. 3000 – Stacy Edwards, UAA, 10:36.91. 100 Hurdles – Monica Smith, WOU, 14.6. 4x100 – Western Oregon 48.01. 4x400 – Western Oregon 4:04.7. High Jump – Bridget Johnson, WOU, 4-9 ½. Pole Vault – Danielle Smith, WOU, 8-8 ¼. Long Jump – Katy Kociemba, WOU, 18-0 ½. Triple Jump – Katy Kociemba, WOU, 35-3 ¾. Shot Put – Jessica Houston, UAA, 38-10 ¼. Discus – Jessica Houston, UAA, 134-9. Hammer – Jaci Cederberg, WOU, 170-9. Javelin – Bridget Johnson, WOU, 110-11.

**UPS Shotwell (Apr. 9 at Tacoma): Men –** Western Washington 175, Pacific Lutheran 160, Puget Sound 148, Saint Martin's 75, Lewis & Clark 37, Club Northwest 18, UPS Alumni 16, SETA 10, Central Washington 10, Northwest 4. **Individuals:** 1500 – Nathan Carlson, SMC, 3:55.95. 4x400 – Saint Martin's 3:27.55. Discus – Josh Freeman, WWU, 145-11. Javelin – Jake Nosler, WWU, 176-9. **Women –** Western Washington 193 ½, Pacific Lutheran 142, Puget Sound 103, Lewis & Clark 91 ½, Saint Martin's 65, Central Washington 59, Club Northwest 14, Northwest 13, Bellevue CC 1. **Individuals:** 1500 – Lindy Mullen, CWU, 4:50.35. Steeplechase – Molly DePasqual, WWU, 12:20.3. 100 Hurdles – Chelsi Clausen, SMC, 15.40. 400 Hurdles – Chelsi Clausen, SMC, 1:06.79. 4x400 – Saint Martin's 4:16.03. High Jump – Cristen Kishi, WWU, 5-2 ½. Triple Jump – Kim Bascom, WWU, 35-6 ¾. Shot Put – Tammy Carlson, WWU, 36-7 ¾. Discus – Jessica Telleria, WWU, 136-2.

**CSU Stanislaus Invitational (Apr. 9 at Turlock): Men:** 3000 Steeplechase – Andrew Chong, HSU, 9:53.02. 1500 – Chris Binschus, HSU, 4:05.99. **Women –** None (1500 – 9. Andrea Lovio, HSU, 5:34.83).

**Mount Sac Multi-Events (Apr. 13-14 at Azusa, CA): Heptathlon –** 1. Danielle Ayers-Stamper, SPU, 5491.

**Mount Sac Relays (Apr. 15-16 at Walnut, CA): Men (Top 20):** Steeplechase – 15. Ethan Barrons, WOU, 9:14.88. 800 – 18. Paul Mach, SPU, 1:52.83. 1500 – 17. Nathan Carlson, SMC, 3:51.69. **Women (Top 20):** 10,000 – 14. Karen Dickson, SPU, 34:08.64. Javelin – 4. Lauren VerMulm, SPU, 44.60 – 146-5.

**Pomona-Pitzer (Apr. 15 at Pomona, CA): Men (Top 20):** 800 – 11. Troy Banker, WOU, 1:54.82. Shot Put – 14. Carlos Aguilar, WOU, 14.98 – 49-1 ¾. **Women (Top 20):** 100 – 16. Bonnie Galloway, WOU, 12.36. Long Jump – 5. Katy Kociemba, WOU, 5.56 – 18-3.

**Spike Arlt Invitational (Apr. 16 at Ellensburg): Men –** Central Washington 180 ½, Western Washington 93, Highline 82 ½, Puget Sound 73, Eastern Oregon 72, Northwest Nazarene 52, Pacific Lutheran 37, Washington 28, Seattle 25, Warner Pacific 24, Mount Hood 14, Saint Martin's 12, Seattle Pacific 7, Northwest 7, Rodeo City TC 4. **Individuals:** 400 – Mike Kelley, CWU, 49.93. 1500 – Sam Brancheau, WWU, 3:59.70. 5000 – Sam Scotchmer, CWU, 15:09.79. 10,000 – Bul Nyoop, WWU, 33:39.8. 110 Hurdles – Robert Edwards, CWU, 15.02. Steeplechase – Geoff Anderson, CWU, 9:35.5. 4x400 – Western Washington 3:22.71. Shot Put – Cameron Neel, CWU, 50-2. **Women –** Central Washington 198, Western Washington 123.83, Northwest Nazarene 91, Seattle Pacific 61.33, Saint Martin's 36, Highline 34, Eastern Oregon 33, Northwest 29, Warner Pacific 28, Pacific Lutheran 27, Mount Hood 26, Puget Sound 23, Seattle 18, Washington 10.83. **Individuals:** 100 – Chelsi Clausen, SMC, 12.56. 800 – Jennifer Marsh, SPU, 2:19.92. 5000 – Beth Rosapepe, WWU, 18:31.8. 100 Hurdles – Ashley Rountree, CWU, 15.14. 400 Hurdles – Ashley Rickels, NNU, 1:06.05. Steeplechase – Ann McCanick, SMC, 12:10.2. 4x100 – Central Washington 49.39. 4x400 – Central Washington 4:05.78. High Jump – Emily Peterson, NNU, 5-3. Pole Vault – Amy Harris, SPU, 12-0 ¾. Long Jump – Kim Bascom, WWU, 16-6 ½. Triple Jump – Lea Tiger, CWU, 16-0 ¾. Shot Put – Krissy Tandle, CWU, 40-10 ½. Discus – Rebekah McAdam, NNU, 131-9. Hammer – Christin McDowell, CWU, 156-4. Javelin – Katie McNeel, CWU, 135-3.

**UC Davis Invitational (Apr. 16 at Davis, CA): Men (Top 6):** 5000 – 3. Larry Blaylock, HSU, 15:55.26. 400 Hurdles – 4. Seth Astle, HSU, 59.05. Steeplechase – 6. Andrew Chong, HSU, 10:07.80. Shot Put – 5. Jeff

Spivey, HSU, 44-7 ½. **Women (Top 8):** Steeplechase – 7. Allison McCall, HSU, 12:41.19; 8. Heather Moulton, HSU, 12:47.19.

**George Fox Open (Apr. 16 at Newberg, OR): Men:** 200 - Derek Gitts, WOU, 22.98. 110 Hurdles - Dan Davenport, WOU, 17.00. Pole Vault - Joseph Twigg, WOU, 14-7 1/4. Triple Jump - Jeremy Parker, WOU, 42-10 1/4. Shot Put - Justin Kline, WOU, 47-4 1/4. Javelin - Mat Hutchinson, WOU, 193-9. **Women:** 1500 - Kari Konrad, WOU, 4:47.64. 5000 - Stephanie Upshaw, WOU, 19:30.32. 100 Hurdles - Monica Smith, WOU, 14.77. 400 Hurdles - Jennie Rummell, WOU, 1:07.90. High Jump - Monica Smith, WOU, 5-5. Pole Vault - Danielle Smith, WOU, 10-2. Triple Jump - Nini Callan, WOU, 35-6 1/2. Hammer - Sabrina Freed, WOU, 150-3.

**Long Beach Invitational (Apr. 16 at Long Beach, CA): Men (Top 10):** Long Jump – 7. Blake Herrington, WOU, 21-8 ¼. Triple Jump – 6. Blake Herrington, WOU, 44-8 ¾. 5000 – 7. Chris Binschus, HSU, 15:32.39. **Women (Top 10):** Long Jump – Katy Kociemba, WOU, 18-4 ½.

**Oregon Invitational (Apr. 22-23 at Eugene): Evening Session (Top 6): Men:** 4x400 - 6. Seattle Pacific 3:18.05. Javelin - 6. Stuart Powell, WOU, 191-4. **Women:** Steeplechase - 5. Kelly Fullerton, SU, 10:36.95. 100 Hurdles - 1. Danielle Ayers-Stamper, SPU, 14.04. 4x100 - 2. Seattle Pacific 49.11. 4x400 - 4. Seattle Pacific 3:59.27. Pole Vault - 4. Amy Harris, SPU, 11-8 1/2. **Afternoon Session (Top 3): Men:** 800 - 2. Paul Mach, SPU, 1:53.66. Steeplechase - 1. Ethan Barrons, WOU, 9:10.94. 4x100 - 1. Western Oregon 44.14. Pole Vault - 2. Joseph Twigg, WOU, 14-5 ¼. **Women:** 100 - 3. Chelsi Claussen, SMC, 12.74. 400 Hurdles - 3. Chelsi Claussen, SMC, 1L03.4. High Jump - 2. Danielle Ayers-Stamper, SPU, 5-7. Long Jump - 2. Katy Kociemba, WOU, 18-3.

**UCSD Triton Invitational (Apr. 22-23 at San Diego): Men (Top 10):** 4x400 – 10. Alaska Anchorage 3:32.09. Javelin – 10. Arthur Moreau, UAA, 149-1. **Women (Top 10):** 5000 – 9. Stacy Edwards, UAA, 18:44.20. 4x400 – 8. Alaska Anchorage 4:25.26.

**WSU Invitational (Apr. 23 at Pullman): Men (Top 3):** 800 - 2. Mike Pankiewicz, CWU, 1:54.39. 110 Hurdles - 2. Josh Freeman, WWU, 14.84; 3. Robert Edwards, CWU, 15.05. Steeplechase - 1. Sam Brancheau, WWU, 9:32.25; 2. Logan Senrud, WWU, 9:39.19; 3. Keever Henry, WWU, 9:53.18. 4x100 - 3. Western Washington 43.41. 4x400 - 2. Central Washington 3:24.26. High Jump - 2. Cresap Watson, CWU, 6-8 3/4. Triple Jump - 3. Paul Danforth, WWU, 42-4 3/4. Shot Put - 3. Jacob Galloway, 48-9 1/2. **Women (Top 3):** 1500 - 3. Lindy Mullen, CWU, 4:50.26. 3000 - 2. Brandy Anderson, CWU, 10:41.98; 3. Beth Rosapepe, WWU, 10:47.62. 100 Hurdles - 2. Alex Merrick, WWU, 15.52; 3. Ashley Rountree, CWU, 15.59. Steeplechase - 3. Kristin Haas, WWU, 11:56.52. 4x100 - 3. Central Washington 49.76. 4x400 - 2. Central Washington 4:01.87; 3. Western Washington 4:03.18. Pole Vault - 3. Andrea Kreft, WWU, 11-5 3/4. Long Jump - 3. Kim Bascom, WWU, 16-7 3/4.

**Chico State Twilight (Apr. 23 at Chico): Men (Top 3):** 800 - 2. Chris Binschus, HSU, 1:52.96. **Women (Top 3):** 3000 - 1. Nicole Campbell, HSU, 10:15.22. Steeplechase - 2. Keri Gross, HSU, 11:34.57.

**GNAC Combined (Apr. 25-26 at Ellensburg): Decathlon -** Josh Freeman, WWU, 6574 **Heptathlon -** Bridget Johnson, WOU, 4997.

**NNU Invitational (Apr. 29 at Nampa): Men:** 200 - Mark DeBord, NNU, 23.34. 800 - Lincoln Hagood, NNU, 1:58.40. 4x100 - Northwest Nazarene 43.71. Triple Jump - Greg Hamm, NNU, 46-4 1/4. Pole Vault - Brian Gould, NNU, 14-3. **Women:** 200 - Nicki Schutte, NNU, 26.45. 4x100 - Northwest Nazarene 51.45. Triple Jump - Amanda Merrell, NNU, 36-3 1/4. Shot Put - Rebekah McAdam, NNU, 35-9. High Jump - 1. Emily Peterson, NNU, 5-5. Javelin - Rebekah McAdam, NNU, 118-3.

**WWU Twilight (Apr. 29 at Bellingham): Men:** 400 - Chris Randolph, SPU, 50.47. 800 - Paul Mach, SPU, 1:51.56. 1500 - Robert Renninger, SU, 4:06.97. 5000 - Ty Schepler, WWU, 15:27.8. 110 Hurdles - Josh Freeman, WWU, 15.60. 400 Hurdles - Josh Freeman, WWU, 57.40. Steeplechase - Peter Ellis, WWU, 10:41.33. 4x400 - Seattle Pacific 3:23.02. Pole Vault - Tyler Thornbrue, WWU, 15-9. Long Jump - Kyle McGillen, WWU, 22-0 3/4. Triple Jump - Mark Mellein, WWU, 45-9 1/4. Javelin - Justin Brewer, WWU, 199-2. **Women:** 400 - Kinyatta Leonhardt, SPU, 58.49. 800 - Jennifer Marsh,

SPU, 2:18.59. 3000 - Karin Rohde, SPU, 10:31.53. 5000 - Alana Garcia, SU, 18:36.12. 100 Hurdles - Alex Merrick, WWU, 16.10. 400 Hurdles - LeAnne Evans, WWU, 1:06.8. 4x400 - Seattle Pacific 4:02.38. Pole Vault - Amy Harris, SPU, 11-3 3/4. Long Jump - Kim Bascom, WWU, 17-9 3/4. Triple Jump - Kim Bascom, WWU, 36-7. Shot Put - Danielle Ayers-Stamper, SPU, 38-10 1/4. Discus - Jessica Telleria, WWU, 151-10. Hammer - Christin McDowell, CWU, 158-10. Javelin - Danielle Ayers-Stamper, SPU, 133-9.

**San Francisco Distance Carnival (Apr. 29 at USF): Men:** 400 –John Daubenspeck, HSU, 51.75. Long Jump –Sean Astle, HSU, 17-5 ¼. **Women -** None (5000 – 4. Nicole Campbell, HSU, 17:51.85).

**WOU Twilight (Apr. 29 at Monmouth): Men:** 110 High Hurdles - Sam Hobbs, WOU, 15.31. 4x200 - Western Oregon 1:34.32. Shot Put - Carlos Aguilar, WOU, 51-0. **Women:** 100 - Keyanna Jenkins, WOU, 12.91. 200 - Bonnie Galloway, WOU, 25.81. 10,000 - Kim Parry, WOU, 41:48.34. 100 Hurdles - Monica Smith, WOU, 15.08.

**SFCC Hartman Invitational (Apr. 30 at Spokane): Men:** 800 – Mike Pankiewicz, CWU, 1:52.48. 4x100 – Central Washington 43.39. 4x400 – Central Washington 3:19.92. High Jump – Cresap Watson, CWU, 6-4 ¾. **Women:** 400 – Katie Hingston, CWU, 58.91. 5000 – Rachel Bailey, CWU, 18:37.31. 4x400 – Central Washington 4:05.58. Triple Jump – Lea Tiger, CWU, 36-11.

**Stanford Invitational (May 1 at Palo Alto): Men:** 25. Chris Binschus, HSU, 1:53.95. 5000 – 70. Brian Kostock, HSU, 15:11.00.

**GNAC (May 7 at Ellensburg): Men –** Western Washington 221, Western Oregon 186, Central Washington 184 ½, Seattle Pacific 85 ½, Northwest Nazarene 44, Humboldt State 28, Saint Martin's 27, Seattle University 20, Alaska Anchorage 17. **Outstanding Performer –** Adam Neff, WWU. **Coach-of-the-Year –** PeeWee Halsell, WWU. **Women –** Western Oregon 217 ½, Seattle Pacific 206 ½, Central Washington 151 ½. Western Washington 91, Northwest Nazarene 65, Seattle 32, Humboldt State 31, Saint Martin's 30, Alaska Anchorage 27. **Outstanding Performer –** Monica Smith, WOU, and Danielle Ayers-Stamper, SPU. **Coach-of-the-Year –** Mike Johnson, WOU.

**Ken Foreman Invitational (May 12-14 at Seattle): Women:** 100 - Bonnie Galloway, WOU, 12.74. 100 Hurdles - Monica Smith, WOU, 14.38. 4x100 - Western Oregon (Jenkins, Kociemba, Galloway, Smith) 47.58. High Jump - Monica Smith, WOU, 5-7 3/4. Long Jump - Katy Kociemba, WOU, 19-0 1/2. Discus - Jessica Telleria, WWU, 150-11. Javelin - Lauren VerMulm, SPU, 142-4. Hammer - Jaci Cederberg, WOU, 175-11. Heptathlon – Linda Blake, SPU, 4680. **Men -** None (800 - 2. Paul Mach, SPU, 1:50.99. 1500 - 2. Nathan Carlson, SMC, 3:52.80. 5000 - 2. Tim LeCount, SPU, 15:02.34. Long Jump - 2. Kyle McGillen, WWU, 22-8 1/2. Triple Jump - 2. Mark Mellein, WWU, 46-9. Discus - 2. Cameron Neel, CWU, 160-9).

**NCAA Division II Outdoors at Abilene, Tex. (May 25-27 at Abilene, Tex.): Men -** 15. Seattle Pacific 15, 25. Central Washington 8, 50. Saint Martin's 1. **Women –** 13. Seattle Pacific 20, 27. Western Oregon 11, 49. Seattle 3.

## 2006

**Linfield Icebreaker (Mar. 4 at McMinnville): Women:** 100 – Keyanna Jenkins, WOU, 13.01; 200 – Mary Pearce, UAA, 25.41; 400 – Mary Pearce, UAA, 57.18; 800 – Sarah Howell, WOU, 2:24.01; 5000 – Brandy Anderson, CWU, 18:20.45; 100 Hurdles – Bridget Johnson, WOU, 15.63; 400 Hurdles – Jenny Rummell, WOU, 1:06.07; Steeplechase – Kaley Strachen, UAA, 11:59.61; High Jump – Emily Tweto, UAA, and Taryn Plypick, WOU, 5-3; Long Jump – Jacque Postlewait, WOU, 17-2 ½; Triple Jump – Sarajan Rosenberg, WOU, 35-4 ½; Discus – Alicia VanderVelden, WOU, 133-9. **Men -** None. (100 – 2. Michael Madrid, UAA, 11.34; 5000 – 2. Leif Olson, UAA, 15:29.01; 110 Hurdles – 2. Lee Clarkson, WOU, 16.11; 4x100 – 2. Western Oregon 43.81; High Jump – 2. Jeremy Parker, WOU, 6-2 ¾).

**Puget Sound Double-Dual (Mar. 4 at Tacoma): Women –** Seattle Pacific 87, Puget Sound 45, Lewis & Clark 38. **SPU Winners:** 100 – Jean Kolb, SPU, 13.57; 200 – Anna Soule, SPU, 26.70; 400 – Anna Soule, SPU, 58.73; 800 – Suzie Strickler, SPU, 2:22.72; 1500 – Mary Moriarty, SPU, 4:48.49. Steeplechase – Brandi McCoy, SPU, 11:26.81; 100 Hurdles – Linda Blake,

SPU, 15.87; 400 Hurdles – Victoria Perkins, SPU, 1:05.96; 4x400 Relay – Seattle Pacific 4:10.38; High Jump – Linda Blake, SPU, 5-3; Shot Put – Kelsey Cooley, SPU, 30-5 ¾; Javelin – Molly Barnes, SPU, 124-10. **Men** – Puget Sound 123, Lewis & Clark 31, Seattle Pacific 30. **SPU Winners:** 400 – Eddie Strickler, SPU, 50.37; 800 – Eddie Strickler, SPU, 2:02.70; Steeplechase – Doug Gibson, SPU, 9:36.38.

**Stanislaus Opener (Mar. 4 at Turlock):** **Men** - None (3000 – 2. Jasper Peach, HSU, 8:33.90). **Women** - None (Hammer – 2. Audrey Oswald, HSU, 164-0).

**WWU Winter Open (Mar. 4 at Bellingham):** **Men:** Pole Vault – Brian Lucke, WWU, 13-11 ¼; Triple Jump – James Turner, WWU, 44-8; Mile – Tony Tomsich, WWU, 4:29.7; 400 – Mike Kelley, CWU, 50.56; 100 Adam Neff, WWU, 11.28; 800 – Tony Tomsich, WWU, 1:58.83; Medley Relay – Western Washington 3:43.17; 3000 – Cale McCulloch, WWU, 9:16.24. Co-Ed, 4x200 Relay – Western Washington 1:38.97. **Women:** Hammer – Jessica Telleria, WWU, 144-0; Pole Vault – Kirsten Holt, WWU, 10-0; Long Jump – Christy Miller, WWU, 16-6 ¾; Javelin – Liz Howe, WWU, 109-4; High Jump – Clara Cook, WWU, 4-11; Triple Jump – Kim Bascom, WWU, 36-5 ¾; Discus – Jessica Telleria, WWU, 154-2; Mile – Erin Deasy, WWU, 5:42.15; 100 Hurdles – Arielle Genter, WWU, 15.85; 100 – Heidi Dimmitt, WWU, 12.78; 400 Hurdles – Heidi Dimmitt, WWU, 67.45; 400 – Brittney Taylor, CWU, 62.79; 3000 – Marci Mullen, CWU, 10:38.98.

**UPS Joe Peyton Invitational (Mar. 11 at Tacoma):** **Men** – Puget Sound 158, Central Washington 146, Western Washington 118, Seattle Pacific 69, Saint Martin's 32, Seattle 12. **Individuals:** 100 – Matt Rogstad, CWU, 11.51. 200 – Dustin Wilson, WWU, 22.64. 400 – Eddie Strickler, SPU, 50.28. 800 – John Riak, SMU, 1:59.44. 1500 – John Riak, SMU, 4:03.18. 110 High Hurdles – Robert Edwards, CWU, 15.40. 400 Hurdles – Kevin Myhre, WWU, 58.81. 4x100 – Central Washington 43.40. 4x400 – Seattle Pacific 3:26.40. High Jump – Jeff Word, WWU, 6-4 ¾. Shot Put – Matt Valdez, CWU, 47-7 ½. Discus – Matt Valdez, SPU, 139-7. Javelin – Chris Randolph, SPU, 177-7. Hammer – Evan Ruud, CWU, 158-9. **Women** – Central Washington 189, Seattle Pacific 155, Western Washington 139, Puget Sound 59, Saint Martin's 12, Seattle 11. **Individuals:** 100 – Whitney Knox, SPU, 13.04. 200 – Anna Soule, SPU, 26.30. 400 – Anna Soule, SPU, 59.41. 800 – Chelsea Evans, CWU, 2:21.46. 1500 – Brandi McCoy, SPU, 4:49.85. Steeplechase – Karin Rohde, SPU, 11:15.81. 5000 – Marcie Mullen, CWU, 18:15.93. 100 Hurdles – Linda Blake, SPU, 15.44. 400 Hurdles – Kara Nygard, CWU, 1:06.63. 4x100 – Central Washington 49.85. 4x400 – Central Washington 4:04.40. High Jump – Clara Cook, WWU, 5-3. Pole Vault – Haley Amos, CWU, Monica Anderson, SPU, and Allison Hedges, SPU, 10-6. Long Jump – Christy Miller, WWU, 16-9 ¾. Triple Jump – Lindsay Leonard, WWU, 34-4 ¾. Shot Put – Rebecca Lindquist, WWU, 34-4 ¾. Discus – Jessica Telleria, WWU, 150-10. Javelin – Lauren VerMulm, SPU, 134-1. Hammer – Jessica Telleria, WWU, 145-3.

**Chico Relays (Mar. 11 at Chico):** **Men** – None (Distance Medley – 2. Humboldt State 10:34.51). **Women** – None (Distance Medley – 4. Humboldt State 13:51.42).

**Mount Hood Open (Mar. 11 at Gresham):** **Men:** Discus – Anthony Marin, WOU, 138-6. **Women** - None (High Jump – 2. Bridget Johnson, WOU, 5-1 ¾).

**Whitworth Multi-Events (Mar. 16-17 at Spokane):** **Heptathlon** – 2. Ashley Wornell, NNU, 4006.

**Linfield Invitational (Mar. 17 at McMinnville):** **Men:** Discus – Anthony Marin, WOU, 140-1. **Women:** 800 – Stephanie Upshaw, WOU, 2:26.55; Triple Jump – Sharelle Wells, WOU, 34-7; Discus – Nicole Lassetter, WOU, 131-3.

**Oregon Preview (Mar. 18 at Eugene):** **Men (Top 6):** 100 - 6. Derek Gitts, WOU, 22.86; 4x100 - 3. Western Oregon 44.06; Discus - 6. Justin Kline, WOU, 141-9. **Women (Top 6):** 100 - 3. Keyanna Jenkins, WOU, 12.65. 200 - 4. Keyanna Jenkins, WOU, 26.15. 800 - 4. Sarah Howell, WOU, 2:18.58. 100 Hurdles - 4. Nini Callan, WOU, 15.22. 400 Hurdles - 4. Jennie Rummell, WOU, 1:06.52; 6. Natalie Nash, WOU, 1:08.54. 4x100 - 2. Western Oregon 49.19. Long Jump - 2. Jacque Postlewait, WOU, 17-4 3/4.

**UW Outdoor Preview (Mar. 18 at Spokane):** **Men:** 400 - Chris Randolph, SPU, 48.72. 110 Hurdles - Chris Randolph, SPU, 15.06. 4x100 - Central Washington 43.52. 4x400 - Central Washington 3:24.21. Discus - Chris Randolph, SPU, 155-1. **Women:** 200 - Mary Pearce, UAA, 25.07. 400 - Molly Pearce, UAA, 55.97. 4x100 - Central Washington 50.19. 4x400 - Seattle Pacific 4:08.17. Discus - Renee Dixon, UAA, 122-11. Javelin - Molly Barnes, SPU, 127-8.

**Baldy Castillo Invitational (Mar. 18 at Tempe):** **Men** - None (Steeplechase – 7. Matt DeShazo, HSU, 9:58.62). **Women** - None (Hammer – 6. Audrey Oswald, HSU, 171-3).

**SCC Dusty Lane Invitational (Mar. 18 at Spokane):** **Men:** Shot Put - Cameron Neel, CWU, 52-3 1/4. **Women:** 800 – Ashley Puga, NNU, 2:22.10; 1500 – Ashley Puga, NNU, 4:55.50; 5000 – Holly Mishler, NNU, 19:30.18; 4x400 Relay - Northwest Nazarene 4:07.55. High Jump – Emily Peterson, NNU, 5-5 1/4; Shot Put - Krissy Tandle, CWU, 42-3 1/4.

**UPS Open (Mar. 24 at Tacoma):** **Men** - Puget Sound 238, Pacific Lutheran 113, Saint Martin's 87, Highline 10, Northwest 3. **Individuals:** 800 - John Riak, SMU, 1:56.69. 3000 - John Riak, SMU, 8:57.11. 110 Hurdles - Josh Timmer, SMU, 16.16. Long Jump - Josh Timmer, SMU, 21-0 3/4. **Women** - Puget Sound 185, Pacific Lutheran 96, Saint Martin's 57. **Individuals:** 800 - Jessica Pendon, SMU, 2:24.03. 3000 - Janelle Probst, SMU, 10:52.09.

**Sacramento State Hornet Invitational (Mar. 25 at Sacramento):** **Men (Top 8):** High Jump - 3. Cresap Watson, CWU, 6-6. Shot Put - 2. Cameron Neel, CWU, 56-10 1/4. **Women (Top 8):** 400 Hurdles - 7. Jennie Rummell, WOU, 1:04.96. High Jump - 5. Taryn Plypick, WOU, 5-2 1/4.

**Spring Break Open (Mar. 25 at Edmonds):** **Men:** 110 Hurdles- Chris Randolph, SPU, 15.78. Triple Jump - Christian Goodwin, CWU, 40-7 1/2. Discus - Chris Randolph, SPU, 148-4. **Women:** 100 - Heidi Dimmitt, WWU, 13.15; 5000 - Karin Rohde, SPU, 18:10.05; Pole Vault - Allison Hedges, SPU, 11-5 3/4; Javelin - Molly Barnes, SPU, 131-11.

**Jim Hunt 6-Lane Classic (Mar. 25 at Arcata):** **Men:** 1500 - Eric Tibbetts, HSU, 4:04.48. 10,000 - Jimmy Elam, HSU, 32:37.69. Steeplechase - Matt DeShazo, HSU, 9:38.28. Discus - Tim Santos, HSU, 135-1. **Women:** 200 - Karen Camilli, HSU, 29.85. 1500 - Jessica Rendon, HSU, 5:04.50. 10,000 - Heather Moulton, HSU, 43:37.08. Steeplechase - Keri Gross, HSU, 12:14.54. Shot Put - Courtney Nickes, HSU, 32-9.

**EOU Open (Mar. 25 at LaGrande):** **Men:** 4x100 - Northwest Nazarene 45.5. **Women:** 200 - Nikki Schutte, NNU, 27.37. 400 - Ashley Puga, NNU, 1:02.97. 800 - Mandi Johnson, NNU, 2:23.17. 3000 - Ashley Puga, NNU, 11:01.50. 100 Hurdles - Ashley Wornell, NNU, 15.47. 4x100 - Northwest Nazarene 51.09. 4x400 - Northwest Nazarene 4:10.16. High Jump - Emily Peterson, NNU, 5-2. Pole Vault - Kristin Metzger, NNU, 10-0. Long Jump - Ashley Wornell, NNU, 16-9 1/2. Triple Jump - Amanda Merrell, NNU, 35-4 1/2. Shot Put - Amy Carroll, NNU, 30-10 1/4.

**Linfield Multi-Events (Mar. 27-28):** **Heptathlon** – Bridget Johnson, WOU, 4890.

**Cal Berkeley Multi-Events (Mar. 29-30):** **Heptathlon** – 6. Kelsey Cooley, SPU, 4616.

**WOU First-Chance (Mar. 31-Apr. 1):** **Women:** 100 - Keyanna Jenkins, WOU, 12.83. 200 - Mary Pearce, UAA, 25.61. 400 - Mary Pearce, UAA, 56.70. 1500 - Jessica Harper, WOU, 4:50.48. 5000 - Mandy Kaempf, UAA, 18:11.27. High Jump - Jacque Postlewait, WOU, 5-1. Pole Vault - Danielle Smith, WOU, 10-0. **Men:** 5000 - David Kiplagat, UAA, 14:56.73. 110 Hurdles - Lee Clarkson, WOU, 15.83. Shot Put - Justin Kline, WOU, 152-3.

**Vernacchia Team Classic (Apr. 1 at Bellingham):** **Women** - Western Washington 124, Simon Fraser 118 ½, Central Washington 65 ½, British Columbia 52 ½, Seattle Pacific 42 ½, Northwest 33, Seattle 9, Saint Martin's 6. **Individuals:** 3000 - Mary Moriarty, SPU, 10:14.2. Steeplechase - Emily Uhlig, CWU, 12:48.88. 100 Hurdles - Ashley Rountree, CWU, 15.86. Pole Vault - Allison Hedges, SPU, & Monica Anderson, SPU, 10-8. Triple Jump - Kim Bascom, WWU, 35-4. Discus - Jessica Telleria, WWU, 156-2. Hammer - Jessica Telleria, WWU, 147-11. Javelin - Liz Howe, WWU, 105-0. **Men** - 11

Western Washington 131 1/2, British Columbia 93 1/2, Central Washington 63, Simon Fraser 55, Northwest 33, Seattle 18, Saint Martin's 17, Seattle Pacific 14. **Individuals:** 5000 - John Riak, SMU, 14:52.95. 110 Hurdles - Robert Edwards, CWU, 15.59. 400 Hurdles - Josh Timmer, SMU, 58.32. 4x100 - Central Washington 43.37. 4x400 - Central Washington 3:23.2. Pole Vault - Andrew Behl, WWU, 13-11 1/4. Triple Jump - Mark Mellein, WWU, 45-8 1/2. Discus - Philip Bayley, SPU, 119-5.

**Stanford Invitational (Mar. 31-Apr. 1): Men (Top 6):** 400 – 3. Chris Randolph, SPI, 48.75. Javelin – 6. Chris Randolph, SPU, 180-6. **Women (Top 6):** Javelin – 4. Molly Barnes, SPU, 122-2. Hammer – 5. Audrey Oswald, HSU, 161-10.

**Whitworth Invitational (Apr. 1 at Spokane): Men (Top 3):** Shot Put – 2. Cameron Neel, CWU, 52-7 ¼. **Women (Top 3):** Shot Put – 2. Krissy Tandle, CWU, 41-1 ½. Javelin – 2. Katie McMeel, CWU, 126-4.

**Cal-Nevada Invitational (Mar. 31 at Fresno): Men –** 14. Humboldt State 6. **Individual:** 5000 – 4. Jasper Peach, HSU, 15:02.36. **Women –** HSU did not score. **Individual:** Discus – 12. Courtney Nicks, HSU, 109-5.

**WWU Spring Forward Multi-Events (Apr. 2-3 at Bellingham): Decathlon –** 2. Cresap Watson, CWU, 5,713. **Heptathlon –** 1. Jackie McCall, WWU, 3965.

**EWU Pelluer Invitational (Apr. 7 at Cheney): Men (Top 3):** 4x100 - 2. Central Washington 42.34; 4x400 - 2. Central Washington 3:18.51; High Jump - 3. Cameron Bailey, CWU, 6-6 3/4. Shot Put - 3. Cameron Neel, CWU, 52-8. **Women (Top 3):** 400 - 2. Rachael Kaercher, CWU, 58.34; Javelin - 3. Katie McMeel, CWU, 147-5.

**Willamette Invitational (Apr. 8 at Salem): Men –** Spokane CC 90, Willamette 71 1/2, Linfield 67 1/2, Concordia 59, Western Oregon 55, Alaska Anchorage 54 (21. Central Washington 8). **Individuals:** 5000 - David Kiplagat, UAA, 14:38.87; High Jump - Eric Draper, UAA, 6-8 3/4; Discus - Anthony Marin, WOU, 145-10. **Women -** Willamette 107 1/3, Western Oregon 79 1/3, Concordia 64 1/3, Spokane CC 63, Linfield 60 1/2, Alaska Anchorage 50 1/2 (12. Central Washington 23). **Individuals:** 200 - Mary Pearce, UAA, 25.12; 400 - Mary Pearce, UAA, 55.34; 10,000 - Marcie Mullen, CWU, 37:25.11.

**UPS Shotwell (Apr. 8 at Tacoma): Men –** Western Washington 186 1/2, Puget Sound 159, Pacific Lutheran 86, Highline CC 54, Saint Martin's 54, Seattle 39 1/2, Northwest 30, Seattle Pacific 22, Central Washington 12. **Individuals:** 400 - Jonathan Lee, WWU, 51.34; 800 - Sam Brancheau, WWU, 1:56.23; 1500 - John Riak, SMU, 4:02.88; 110 Hurdles - Dustin Wilson, WWU, 15.42; 400 Hurdles - Kevin Myhre, WWU, 57.23; 4x400 - Western Washington 3:27.97; Pole Vault - Andrew Behl, WWU, 13-5 ¾. **Women –** Western Washington 179, Seattle Pacific 163 1/2, Pacific Lutheran 120, Puget Sound 74, Saint Martin's 37, Northwest 36, Central Washington 28 1/2, Highline CC 19, Seattle 18, Club Northwest 10. **Individuals:** 100 - Anna Soule, SPU, 12.69; 200 - Chelsi Claussen, SMU, 26.81; 400 - Chelsi Claussen, SMU, 1:00.16; 800 - Karin Rohde, SPU, 2:20.90; 1500 - Mary Moriarty, SPU, 4:43.74; 100 Hurdles - Kelsey Cooley, SPU, 15.11; 400 Hurdles - Heidi Dimmitt, WWU, 1:05.44; 4x100 - Western Washington 50.10; 4x400 - Seattle Pacific 4:06.59; High Jump - Clara Cook, WWU, 5-2 1/2; Pole Vault - Allison Hedges, SPU, 10-11 3/4; Long Jump - Christy Miller, WWU, 17-5 1/4; Discus - Jessica Telleria, WWU, 145-8; Javelin - Lauren VerMum, SPU, 135-10.

**NNU Invitational (Apr. 8 at Nampa): Men:** 100 - Greg Hamm, NNU, 11.63; Pole Vault - Brian Gould, NNU, 13-11 1/4; Javelin - Alan Phillips, NNU, 175-5. **Women:** 800 - Ashley Puga, NNU, 2:18.82; 1500 - Ashley Puga, NNU, 4:47.38; High Jump - Emily Peterson, NNU, 5-3; Pole Vault - Kristi Metzger, NNU, 10-6; Long Jump - Ashley Wornell, NNU, 17-4 1/4; Javelin - Sarah Elwell, NNU, 86-3. Heptathlon - Amanda Merrell, NNU, 4362.

**SFSU Mathis Invitational (Apr. 8 at San Francisco): Men (Top 3):** 1500 - 1. Jasper Peach, HSU, 3:58.34. Steeplechase - 1. Jasper Peach, HSU, 9:24.20. 10,000 - 3. Kerry Burns, HSU, 34:54.0. **Women (Top 3):** Steeplechase - 2. Kerl Gross, HSU, 11:55.5. High Jump - 2. Chelsea Huff, HSU, 5-1. Hammer - 1. Audrey Oswald, HSU, 172-5.

**Mount Sac Multi-Events (Apr. 12-13 at Azusa): Decathlon –** 3. Chris Randolph, SPU, 7621. **Heptathlon –** 14. Bridget Johnson, WOU, 4845.

**California Invitational Multi-Events (Apr. 12-13 at Azusa): Heptathlon –** 17. Jacque Postlewait, WOU, 4345, 21. Nini Callan, WOU, 4290.

**Mount Sac Relays (Apr. 14-15): Men:** Steeple – 26. Matt Deshazo, HSU, 9:46.92. **Women:** Javelin – 5. Lauren VerMum, SPU, 43.89 – 144-0. Hammer – 13. Audrey Oswald, HSU, 47.85 – 157-0.

**CWU Spike Arlt Invitational (Apr. 15): Men –** Central Washington 203, Western Washington 174 1/2, Northwest Nazarene 77 1/2, Eastern Oregon 53, Pacific Lutheran 47, Puget Sound 42, Seattle Pacific 38, Highline CC 29, Saint Martin's 21, Northwest 18, Seattle University 12, Evergreen 1. **Individuals:** 200 - Cresap Watson, CWU, 226.3. 400 - Mike Kelley, CWU, 49.14. 800 - Eddie Strickler, SPU, 1:55.28. 1500 - Brian Cronrath, SPU, 4:05.1. 5000 - Jonathon Rank, CWU, 15:42.30. 10,000 - Jake Perry, NNU, 33:16.1. 110 Hurdles - Robert Edwards, CWU, 15.18. 400 Hurdles - Kevin Myhre, WWU, 55.74. Steeplechase - Doug Gibson, SPU, 9:35.8. 4x400 Relay - Central Washington 3:21.24. Pole Vault - Tyler Thornbrue, WWU, 14-11. Long Jump - Kyle McGillen, WWU, 21-8 3/4. Triple Jump - Greg Hamm, NNU, 45-9 3/4. Shot Put - Matt Valdez, CWU, 50-4 3/4. Javelin - Ian Wells, CWU, 181-0. **Women –** Central Washington 181 1/2, Seattle Pacific 154, Northwest Nazarene 122, Western Washington 101 1/2; Pacific Lutheran 63, Eastern Oregon 45, Northwest 28, Saint Martin's 26, Puget Sound 21, Evergreen 19, Seattle University 15, Highline CC 13. **Individuals:** 100 - Teresa Schlafer, CWU, 12.80. 200 - Teresa Schlafer, CWU, 26.05. 400 - Rachael Kaercher, CWU, 48.04. 800 - Lindy Mullen, CWU, 2:16.4. 1500 - Ashley Puga, NNU, 4:43.9. 3000 - Megan Wrightman, SPU, 11:03.91. 5000 - Karin Rohde, SPU, 18:19.9. 10,000 - Lindsey Graham, NNU, 40:49.2. 100 Hurdles - Ashley Rountree, CWU, 15.39. 400 Hurdles - Kara Nygard, CWU, 1:06.13. Steeplechase - Brandi McCoy, SPU, 11:54.6. 4x100 - Central Washington 48.7. 4x400 - Central Washington 3:58.19. High Jump - Emily Peterson, NNU, 5-3. Pole Vault - Amy Harris, SPU, 11-5 3/4. Long Jump - Kelsey Cooley, SPU, 16-10 3/4. Triple Jump - Amanda Merrell, NNU, 36-4. Shot Put - Krissy Tandle, CWU, 39-11 1/2. Javelin - Molly Barnes, SPU, 135-4.

**Chico Twilight (Apr. 15): Men:** 5000 - Nik Karr, WOU, 15:56.04. Steeplechase - Kerry Burns, HSU, 10:17.26. Hammer - Anthony Marin, WOU, 168-0. **Women:** 100 - Keyanna Jenkins, WOU, 12.22. 3000 - Jessica Harper, WOU, 10:50.05. 400 Hurdles - Jennie Rummell, WOU, 1:04.10. 4x400 - Western Oregon 4:04.79.

**Oregon Invitational (Apr. 21-22 at Eugene): Men's Morning Session (Top 3):** Long Jump – 1. Jason Buckmier, WOU, 21-8 ¾. Triple Jump – 3. Brock Jahner, SU, 42-2 ¼. **Women's Morning Session (Top 3):** 200 – 2. Keyanna Jenkins, WOU, 25.54. 400 Hurdles – 3. Sarah Howell, WOU, 1:05.72. Long Jump – 3. Sarajane Rosenberg, WOU, 16-11 ½. Shot Put – 1. Chevonna Lynch, WOU, 41-8 ½. Discus – 3. Krissy Tandle, CWU, 129-11. Javelin – 2. Katie McMeel, CWU 137-0. **Afternoon Session (Top 4):** 100 – 4. Keyanna Jenkins, WOU, 12.13. 4x100 – 4. Western Oregon 48.70. Discus – 2. Jessica Telleria, WWU, 153-9.

**WSU Invitational (Apr. 22 at Pullman): Men:** High Jump – Kyle McGillen, WWU, 6-8 ¾. **Women:** 3000 – Ashley Puga, NNU, 10:26.00. Steeplechase – Karin Rohde, SPU, 11:19.18. High Jump – Teona Perkins, SPU, 5-7. Javelin – Lauren VerMum, SPU, 147-2.

**UC Davis Wilson Invitational (Apr. 22 at Davis): Men:** 1500 – 2. Eric Tibbetts, HSU, 4:02.51. **Women:** Hammer – 4. Audrey Oswald, HSU, 174-9.

**UCSD Triton Invitational (Apr. 21-22 at San Diego): Men (Top 4):** 1500 – 3. David Kiplagat, UAA, 3:57.31. 5000 – 2. David Kiplagat, UAA, 14:27.29. High Jump – 4. Eric Draper, UAA, 6-8 ¾. **Women (Top 4):** 100 – 4. Mary Pearce, UAA, 55.10. 5000 – 3. Mandy Kaempf, UAA, 17:35.08.

**GNAC Multi-Events (Apr. 24-25 at Ellensburg): Decathlon –** Cresap Watson, CWU, 6044. **Heptathlon –** Bridget Johnson, WOU, 5053.

**SMU-Evergreen Duals (Apr. 25 at Olympia): Men –** Saint Martin's 88, Evergreen State 16. **SMU Winners:** 100 – Bryan Gerry 11.4. 200 – Caleb Timmer 23.8. 400 – Caleb Timmer, 51.0. 800 – Asiki Ayume 2:00.8. 1500 – Robbie Wilbur 4:30.9. 10,000 – John Riak 33:15.6. 4x100 – Saint Martin's

47.4. Shot – Josh Timmer 36-3 ¼. Long Jump – Josh Timmer 18-9 ½. Triple Jump – Caleb Timmer 40-9. **Women** – Saint Martin's 84, Evergreen 6. **SMU Winners** : 100 – Chelsi Claussen 13.2. 200 – Chelsi Claussen 27.4. 400 – Chelsi Claussen 58.0. 3000 – Janelle Probst 11:08.6. 100 Hurdles – Chelsi Claussen 15.4. 4x100 – Saint Martin's 59.5 Javelin – Chelsi Claussen 57-2 ½. Shot – Danika Washington 29-2 ¾. Discus – Danika Washington 73-4. Long Jump – Chelsi Claussen 15-1 ½.

**WOU Twilight (Apr. 28 at Monmouth): Women:** 100 - Keyanna Jenkins, WOU, 12.36. 200 - Keyanna Jenkins, WOU, 25.44. 800 - Sarah Howell, WOU, 2:14.46. 100 Hurdles - Nini Callan, WOU, 15.38. 4x100 - Western Oregon 48.56. Triple Jump - Sarajane Rosenberg, WOU, 37-5 ¾. **Men:** 4x100 - Western Oregon 42.40. Long Jump - Jason Buckmier, WOU, 22-0 ¾.

**WWU Twilight (Apr. 28 at Bellingham): Men** - Western Washington 333, Highline 72, Saint Martin's 42, Seattle Pacific 42, Central Washington 16, British Columbia 13, Evergreen State 12, Seattle 11, Coquitlam 10, Vancouver City 8, South Fraser 6, Old Salties 4. **Individuals:** 400 - Adam Neff, WWU, 48.92. 800 - Caleb Timmer, SMU, 1:55.58. 1500 - Sam Brancheau, WWU, 3:57.83. 5000 - Chad Portwood, WWU, 15:44.66. 110 Hurdles - Dustin Wilson, WWU, 15.44. 400 Hurdles - Kevin Myhre, WWU, 56.30. Steeplechase - Keever Henry, WWU, 9:44.47. 4x100 - Western Washington 42.22. 4x400 - Western Washington 3:26.56. High Jump - Jeff Word, WWU, 6-6. Long Jump - Kyle McGillen, WWU, 21-11 ¾. Triple Jump - Kyle McGillen, WWU, 45-4 1/2. Discus - Chris Randolph, SPU, 161-9. **Women** - Western Washington 265, Seattle Pacific 184, Saint Martin's 48 1/2, Central Washington 39, Seattle 35, Coquitlam 34. Highline 27 1/2, Evergreen 22, Club Northwest 8, British Columbia 4. **Individuals:** 800 - Brandi McCoy, SPU, 2:18.97. 1500 - Janelle Stevens, SPU, 4:52.60. 3000 - Mary Moriarty, SPU, 10:15.85. 5000 - Nikki Jensen, SPU, 19:11.81. 100 Hurdles - Arielle Genter, WWU, 15.59. 400 Hurdles - Chelsi Claussen, SMU, 1:04.68. Steeplechase - Corina James, SPU, 12:28.94. 4x100 - Western Washington 50.81. 4x400 - Seattle Pacific 4:04.39. High Jump - Teona Perkins, SPU, 5-7 ¾. Pole Vault - Amy Harris, SPU, 11-11 ¾. Long Jump - Gail Butler, WWU, 17-2. Triple Jump - Kim Bascom, WWU, 37-10. Shot Put - ShaTanya Fernandez, SU, 37-7 1/4. Discus - Becky Scherer, CWU, 139-3. Hammer - Katie Taylor, WWU, 136-7.

**SFCC Hartman Invitational (Apr. 29 at Spokane): Men:** 110 Hurdles - Robert Edwards, CWU, 15.36. **Women:** 400 - Terran Legard, CWU, 57.70.

**Boise State YMCA Invitational (Apr. 28-29 at Boise): Women:** 800 - Ashley Puga, NNU, 2:15.36. High Jump - Emily Peterson, NNU, 5-5.

**USF Invitational (Apr. 29 at San Francisco): Men:** 10,000 – Brian Kostock, HSU, 32:44.63.

**Cardinal Invitational (Apr. 30 at Stanford): Men:** 1500 – 15. Eric Tibbetts, HSU, 3:58.73. Steeplechase – 20. Matt DeShazo, HSU, 9:22.00. **Women:** Hammer – 3. Audrey Oswald, HSU, 169-7.

**GNAC Championships (May 6 at Monmouth): Men** - Central Washington 222, Western Washington 188, Western Oregon 107, Alaska Anchorage 68, Northwest Nazarene 60, Humboldt State 56, Seattle Pacific 51, Saint Martin's 41, Seattle 13. **Outstanding Performer** - Cresap Watson, Central Washington. **Coach-of-the-Year** - Kevin Adkisson, Central Washington. **Women** - Seattle Pacific 203, Western Oregon 188, Central Washington 150, Northwest Nazarene 92, Western Washington 89, Alaska Anchorage 76, Saint Martin's 28, Humboldt State 21, Seattle 9. **Outstanding Performer** - Mary Pearce, Alaska Anchorage. **Coach-of-the-Year** - Karl Lerum, Seattle Pacific.

**WOU Open (May 13 at Monmouth): Men** – Concordia 90, Western Oregon 86, Eastern Oregon 64, Team XO 49, George Fox 44, Warner Pacific 36, Willamette 34, Linfield 24, Team Eugene 24, Southern Oregon 18, Albertson 17, Clackamas TC 15, Bruin Track Club 12, Linfield TC 10, Foot Traffic 10, Humboldt State 8, Eastside TC 8, Warner Pacific TC 8, Whitworth 6, On Eagles Wings 5, PMTC 4, Lane CC 4, Pacific 4, Oregon Tech 3, Corvallis Running Project 1. **WOU winners:** Long Jump – Jason Buckmier 45-9 ¾. Triple Jump – Blake Herrington 45-9 ¾. **Women** – Western Oregon 122 ½, Willamette 80, George Fox 69, Concordia 64, Linfield 55, Southern Oregon 40, Eastern Oregon 38 ½. Pacific 3½, Oregon Tech 18, Lewis & Clark 13, Albertson 10, Warner Pacific 8, Bruin TC 8, Warner Pacific 8, Eastside TC 5, Oregon State TC 3. **WOU winners:** 100 – Keyanna Jenkins 12.33. 200 –

Keyanna Jenkins 25.52. 800 – Sarah Howell 2:13.06. 1500 – Jessica Harper 4:42.90. 100 Hurdles – Nini Callan 15.28. Triple Jump – Sarajane Rosenberg 36-10 ½.

**SPU Ken Foreman Invitational (May 13 at Seattle): Men:** 800 - Eddie Strickler, SPU, 1:53.80. 110 Hurdles - Robert Edwards, CWU, 15.16. 4x400 - Central Washington (Mike Kelley, Jason Roberts, Matt Rogstad, Cresap Watson) 3:15.33. Shot Put - Matt Valdez, CWU, 50-4 1/2. Discus - Cameron Neel, CWU, 162-2. **Women:** 400 - Terran Legard, CWU, 56.73. 1500 - Ashley Puga, NNU, 4:38.14. 3000 - Mary Moriarty, SPU, 10:06.03. 10,000 - Marcie Mullen, CWU, 37:47.28. Steeplechase - Karin Rohde, SPU, 10:58.70. 4x400 - Central (Rachael Kaercher, Chelsea Evans, Amanda Gius, Terran Legard) 3:52.65. Shot Put - Krissy Tandle, CWU, 41-5 ¾. Discus - Jessica Telleria, WWU, 151-10.

**NCAA Nationals (May 25-27 at Emporia, Kans.): Men** - 1. St. Augustine's 77 1/2; 27. Central Washington and Seattle Pacific 10, 50. Humboldt State 1. **Women** - 1. Lincoln 93; 26. Central Washington and Seattle Pacific 8; 33. Alaska Anchorage 6; 38. Western Oregon 5; 49. Western Washington 3; 54. Humboldt State 2.

## 2007

**UPS Three-Way (Mar. 3 at Tacoma): Men** – Seattle Pacific 71, Lewis & Clark 68; Puget Sound 125, Lewis & Clark 42; Puget Sound 121, Seattle Pacific 47. 400 – Ben Climer, SPU, 51.46; 1500 – Brian Cronrath, SPU, 3:57.12; 110 Hurdles – Ben Climer, SPU, 16.75; 4x400 – Seattle Pacific 3:28.87; Javelin – Justin Felt, SPU, 141-10. **Women** – Lewis & Clark 82, Seattle Pacific 42; Puget Sound 99, Lewis & Clark 70; Puget Sound 88, Seattle Pacific 48. 400 – Jessica Hinton, SPU, 1:00.39; 800 – Brittany Bekins, SPU, 2:20.76; 1500 – Suzie Strickler, SPU, 4:57.11; Steeplechase – Kim Beamon, SPU, 12:25.84; High Jump – Brittany Bekins, SPU, 5-1; Javelin – Brittany Bekins, SPU, 150-4.

**Linfield Icebreaker (Mar. 3 at McMinnville): Men:** 5000 – David Kiplagat, UAA, 15:11.44; 110 Hurdles – Lloyd Massey, WOU, 15.82; 400 Hurdles – Lloyd Massey, WOU, 55.49; 4x100 – Alaska Anchorage 42.97; Long Jump – David Registe, UAA, 22-11. **Women:** 200 – Mary Pearce, UAA, 25.37; 400 – Mary Pearce, UAA, 56.53; 5000 – Laura Carr, UAA, 17:52.88; 400 Hurdles – Emily Tweto, UAA, 1:08.41; 4x100 – Alaska Anchorage 50.62; High Jump – Emily Tweto, UAA, 5-3; Shot Put – Chevonna Lynch, WOU, 41-5 ¾; Hammer – Sabrina Freed, WOU, 162-4.

**UPS Peyton Invitational (Mar. 10 at Tacoma): Men:** 100 - Michael Dean, WWU, 22.43. 200 - Michael Dean, WWU, 22.43. 400 - Matthew O'Connell, WWU, 51.09. 800 - Scott Palmer, CWU, 2:00.37. 1500 - John Riak, SMU, 4:02.21. 5000 - Sam Scotchmer, CWU, 14:58.90. 110 Hurdles - Robert Edwards, CWU, 15.08. 400 Hurdles - Dan Sullivan, SU, 54.65. 4x100 - Central Washington 42.76. 4x400 - Central Washington 3:24.93. High Jump - Cameron Bailey, CWU, 6-4 ¾. Pole Vault - Bryan Lucke, WWU, 13-11 1/4. Long Jump - Aaron Edwards, SMU, 20-7 1/4. Triple Jump - Adrian Elmo, CWU, 44-2 ¾. Shot Put - Matt Valdez, CWU, 49-9. Discus - Tyler Fischer, CWU, 143-7. Javelin - Ian Wells, CWU, 190-9. Hammer - Matt Valdez, CWU, 151-2. **Women:** 100 - Heidi Dimmitt, WWU, 12.78. 200 - Terran Legard, CWU, 26.88. 400 - Terran Legard, CWU, 58.74. 800 - Lisa Anderberg, SPU, 2:22.30. 1500 - Krinda Carlson, SMU, 4:56.63. 100 Hurdles - Lindsay Lunderman, WWU, 15.52. 400 Hurdles - Heidi Dimmitt, WWU, 1:05.18. 4x100 - Central Washington 50.92. 4x400 - Central Washington 4:06.86. High Jump - Clara Cook, WWU, 5-6. Pole Vault - Christy Miller, WWU, 10-11 ¾. Triple Jump - Kim Bascom, WWU, 37-0 1/4. Shot Put - Krissy Tandle, CWU, 42-4. Discus - Krissy Tandle, CWU, 121-11. Javelin - 1. Monica Gruszecki, WWU, 146-10. Hammer - Krissy Tandle, CWU, 145-2.

**Willamette Open (Mar. 10 at Salem): Men:** 400 Hurdles - Lloyd Massey, WOU, 54.95. Long Jump - Jason Buckmier, WOU, 21-8 1/4. Shot Put - Robert Barrett, WOU, 45-1 1/4. **Women:** 1500 - Stephanie Upshaw, WOU, 4:48.09. Long Jump - Jacque Postlewait, WOU, 17-3 1/2. Triple Jump - Sarajane Rosenberg, WOU, 35-1 1/4. Shot Put - Chevonna Lynch, WOU, 41-8 1/4. Hammer - Sabrina Freed, WOU, 143-5.

**Whitworth Multi-Events (Mar. 15-16 at Spokane): Decathlon** – 5. Josh Grewe, NNU, 5137. **Heptathlon** – 2. Amanda Merrell, NNU, 4215.

**UW Outdoor Preview (Mar. 16 at Seattle): Men:** 100 - Michael Dean, WWU, 11.08. 200 - Michael Madrid, UAA, 22.57. 800 - Keith Lemay, WWU, 1:54.15. 400 Hurdles - Ben Climer, SPU, 57.07. 4x400 - Seattle Pacific 3:31.27. Long Jump - David Registe, UAA, 23-5 ½. **Women:** 400 - Mary Pearce, UAA, 54.84. 800 - Teona Perkins, SPU, 2:17.27. 3000 - Jessica Pixler, SPU, 9:37.41. 400 Hurdles - Heidi Dimmitt, WWU, 1:05.61. 4x400 - Seattle Pacific 4:00.03. Shot Put - Jessica Houston, UAA, 45-11 1/4. Javelin - Monica Gruszecki, WWU, 136-7.

**Linfield Invitational (Mar. 16 at McMinnville): Men:** 110 Hurdles - Lloyd Massey, WOU, 15.87. Long Jump - Robert Wegner, WOU, 22-1 ¾. **Women:** 400 Hurdles - Natalie Nash, WOU, 1:07.65. High Jump - Jacque Postlewait, WOU, 5-3 ¾. Shot Put - Chevonna Lynch, WOU, 41-5 ¾. Hammer - Sabrina Freed, WOU, 170-4.

**Oregon Preview (Mar. 17 at Eugene): Men:** None (400 Hurdles - 2. Lloyd Massey, WOU, 54.14). **Women:** High Jump - Taryn Plypick, WOU, 5-5 ¾.

**CCS Dusty Lane Invitational (Mar. 17 at Spokane): Men:** Shot Put - Cameron Neel, CWU, 53-1 ½. Discus - Cameron Neel, CWU, 167-3. Hammer - Evan Ruud, CWU, 179-4. **Women:** Shot Put - Krissy Tandle, CWU, 45-0 ½. Javelin - Katie McMeel, CWU, 128-4.

**Pacific Lutheran Invitational (Mar. 17 at Tacoma): Men:** 200 - Christian Demouchet, CWU, 22.66. 800 - Caleb Timmer, SMU, 1:58.22. 1500 - John Riak, SMU, 4:01.44. 10,000 - Sam Scotchmer, CWU, 31:52.52. 110 Hurdles - Robert Edwards, CWU, 15.15. 400 Hurdles - Ben Wargo, WWU, 57.20. 4x100 - Central Washington 43.09. 4x400 - Central Washington 3:28.75. High Jump - Cameron Bailey, CWU, 6-6. Long Jump - Kevin Iverson, WWU, 20-1. Shot Put - Ben Elder, WWU, 41-10. Discus - Ben Elder, WWU, 129-10. **Women:** 100 - Mary Pearce, UAA, 12.58. 200 - Mary Pearce, UAA, 25.31. 400 - Terran Legard, CWU, 58.08. 800 - Krinda Carlson, SMU, 2:22.25. 10,000 - Jessie Dunnam, WWU, 39:16.56. 100 Hurdles - Lindsay Lunderman, WWU, 15.26. 400 Hurdles - Lindsay Lunderman, WWU, 1:05.71. Steeplechase - Sarah Benson, CWU, 11:39.38. 4x100 - Alaska Anchorage 49.85. 4x400 - Saint Martin's 4:22.49. High Jump - Emily Tweto, UAA, 5-1 ¾. Pole Vault - Camille Clarke, WWU, 10-0. Long Jump - Christy Miller, WWU, 16-3 ¾. Triple Jump - Kim Brady, UAA, 34-10 ½. Shot Put - Jessica Houston, UAA, 41-2 ½. Discus - Erica Rance, WWU, 129-2.

**Charles Bowles Spring Break (Mar. 23 at Salem): Men:** 400 - Blake Estep, WOU, 50.43. 110 Hurdles - Lloyd Massey, WOU, 15.42. 400 Hurdles - Lloyd Massey, WOU, 55.05. **Women:** High Jump - Taryn Plypick, WOU, 5-4 1/4. Hammer - Sabrina Freed, WOU, 162-5.

**UPS Open (Mar. 23 at Tacoma): Men:** 800 - John Riak, SMU, 1:55.75. 3000 - John Riak, SMU, 8:49.14. Long Jump - Aaron Edwards, SMU, 21-1 1/4. Javelin - Ian Wells, CWU, 182-0. **Women:** 200 - Terran Legard 26.50. 4x400 - Central Washington (Evans, Taylor, Kaercher, Legard) 4:05.2. Shot Put - ShaTanya Fernandez, SU, 38-2 1/4.

**USC Invitational (Mar. 24 at Los Angeles): Men (Top 8):** 800 - 8. Eddie Strickler, SPU, 1:54.26. 1500 - 4. Brian Cronrath, SPU, 3:56.07. 3000 - 5. Chad Meis, SPU, 8:52.97. **Women (Top 8):** 100 - 8. NyEma Sims, SPU, 12.00. 800 - 7. Jane Larson, SPU, 2:16.53. 1500 - 1. Jessica Pixler, SPU, 4:23.29. 3000 - 7. Karin Rohde, SPU, 10:09.64. 4x400 - 6. Seattle Pacific (Sims, Walters, Hinton, Essien) 3:48.47. High Jump - 6. Teona Perkins, SPU, 5-9. Pole Vault - 6. Monica Anderson, SPU, 11-5 3/4. Javelin - 5. Brittany Bekins, SPU, 145-4.

**EOU Open (Mar. 24 at LaGrande): Men:** Pole Vault - Jerad Larson, NNU, 13-0. **Women:** 1500 - Ashley Puga, NNU, 4:48.15.

**Cal Multi-Events (Mar. 28-29 at Berkeley): Heptathlon** - 4. Jacque Postlewait, WOU, 4561.

**Buc Scoring Invitational (Mar. 31 at Spokane): Men:** Whitworth 206, Central Washington 170 1/2, Puget Sound 135 1/2, Northwest Nazarene 94, CC of Spokane 53, Lewis & Clark 37, Gonzaga 27. 200 - Matt Rogstad, CWU, 22.22. 400 - Colby Brydson, CWU, 50.26. 5000 - Andy Peters, NNU, 15:30.44. Steeplechase - Andy Peters, NNU, 9:27.27. Pole Vault - Scott McCoy, CWU, 14-5 1/4. Triple Jump - Adrian Elmo, 44-3 1/2. Discus - Tyler Fischer, CWU, 142-6. Hammer - Zach Barclay, NNU, 157-10. Javelin -

Michael Ingman, CWU, 194-11. **Women:** Northwest Nazarene 222, Central Washington 142 1/2, Whitworth 113 1/2, Puget Sound 100 1/2, CC of Spokane 98 1/2, Lewis & Clark 56, Gonzaga 16. 400 - Rachael Kaercher, CWU, 59.51. 800 - Ashley Puga, NNU, 2:20.39. 1500 - Ashley Puga, NNU, 4:46.24. 400 Hurdles - Ashley Wornell, NNU, 1:07.92. 4x400 - Northwest Nazarene 4:08.82. High Jump - Emily Peterson, NNU, 5-5. Pole Vault - Kristi Rice, NNU, 10-4. Long Jump - Anjuli Spear, CWU, 16-4 1/2. Triple Jump - Amanda Merrell, NNU, 35-2 1/2. Shot Put - Shaina Afoa, CWU, 39-10. Hammer - Amy Carroll, NNU, 142-8.

**Stanford Invitational (Mar. 30-31): Men (Top 16 Sections Combined):** 400 Hurdles - 16. Lloyd Massey, WOU, 54.58. Pole Vault - 8. Tyler Thornbrue, WWU, 15-7. Long Jump - 11. David Registe, UAA, 21-4 3/4. High Jump - 8. Cameron Bailey, CWU, 6-7. Hammer - 10. Evan Ruud, CWU, 179-11; 14. Anthony Marin, WOU, 176-6. Shot Put - 6. Cameron Neel, CWU, 55-2 3/4. Javelin - 3. Ian Wells, CWU, 195-6. Discus - 14. Cameron Neel, CWU, 164-11. **Women (Top 16 Sections Combined):** 400 - 9. Mary Pearce, UAA, 55.92. High Jump - 8. Taryn Plypick, WOU, 5-5 ¼; 9. Tara Cook, WWU, 5-5 ¼. Triple Jump - 16. Kim Bascom, WWU, 37-0 ¼. Shot Put - 11. Krissy Tandle, CWU, 44-8 ¾. Javelin - 10. Katie McMeel, CWU, 133-7; 12. Monica Gruszecki, WWU, 130-11.

**Spring Break Open (Mar. 31): Men:** 100 - Tomi Keah, SU, 11.4. 200 - Tomi Keah, SU, 22.9. 400 - Loyal Allen Jr., SU, 51.5. 3000 - Nicholas Alvarado, SU, 8:58.7. 4x100 - Seattle 43.8. 4x400 - Seattle 3:24.5. Triple Jump - Caleb Timmer, SMU, 42-1. Pole Vault - Brock Jahner, SU, 11-5 3/4. **Women:** 400 Hurdles - Courtney Cabebe, SU, 1:12.4. Long Jump - Courtney Cabebe, SU, 13-10 1/4. Discus - Lindsay Currier, SU, 119-6. Javelin - Ashley Blazina, SU, 74-9.

**NNU Multi-Events (Apr. 5-6 at Nampa): Decathlon** - 3. Josh Grewe, NNU, 5338. **Heptathlon** - 2. Ashley Wornell, NNU, 4328.

**WWU Vernaccia Invitational (Apr. 6-7 at Bellingham): Men:** Western Washington 155, Central Washington 99, British Columbia 61, Seattle Pacific 39, Simon Fraser 32, Northwest 28, Western Oregon 7, Seattle 3. **Individuals:** 100 - Michael Dean, WWU, 11.16. 200 - Michael Dean, WWU, 22.30. 400 - Adam Neff, WWU, 49.50. 1500 - Brian Cronrath, SPU, 3:52.93. 5000 - Bennett Grimes, WWU, 15:17.14. 10,000 - Chad Portwood, WWU, 32:23.64. 110 Hurdles - Robert Edwards, CWU, 15.39. 400 Hurdles - Ben Wargo, WWU, 56.49. 4x100 - Central Washington 42.09. 4x400 - Central Washington 3:20.12. Long Jump - Allan Denton, WWU, 21-8 3/4. Triple Jump - Cameron Bailey, CWU, 44-0 1/2. Pole Vault - Tyler Thornbrue, WWU, 15-5 3/4. Shot Put - Ben Elder, WWU, 44-0. Discus - Ben Elder, WWU, 139-9. **Women:** Western Washington 123, Seattle Pacific 113, Simon Fraser 74, British Columbia 63 1/2, Central Washington 67, Western Oregon 7, Northwest 6 1/2. **Individuals:** 100 - NyEma Sims, SPU, 12.64. 400 - Chelsea Evans, CWU, 58.86. 800 - Jessica Pixler, SPU, 2:10.64. 1500 - Jessica Pixler, SPU, 4:23.17. Steeplechase - Karin Rohde, SPU, 11:22.2. 5000 - Katie Hart, SPU, 19:05.79. 100 Hurdles - Lindsay Lunderman, WWU, 15.07. 4x400 - Central Washington 3:54.16. High Jump - Clara Cook, WWU, 5-3. Pole Vault - Monica Anderson, SPU, 12-1 1/2. Triple Jump - Kim Bascom, WWU, 37-2 1/4. Shot Put - Chelsea Sadler, WWU, 37-1 1/4.

**WWU Spring Forward Multi-Events (Apr. 6-7 at Bellingham): Decathlon** - 2. Zeb Udell, WOU, 6162. **Heptathlon** - 2. Taryn Plypick, WOU, 3764.

**EWU Pelleur Invitational (Apr. 6 at Cheney): Men (Top 3):** Shot - 2. Cameron Neel, CWU, 54-1 3/4. Discus - 2. Cameron Neel, CWU, 159-0. Hammer - 3. Evan Ruud, CWU, 181-5. **Women (Top 3):** 200 - 2. Terran Legard, CWU, 26.16. Javelin - 2. Katie McMeel, CWU, 138-5.

**Willamette Invitational (Apr. 6-7 at Salem): Men (Top 3):** 100 - 2. Eric Walsh, UAA, 10.96; 3. Michael Madrid, UAA, 11.08. 200 - 2. Michael Madrid, UAA, 22.50. 5000 - 3. David Kiplagat, UAA, 14:24.92. 10,000 - 3. Nik Karr, WOU, 32:25.96. 110 Hurdles - Lloyd Massey, WOU, 15.30. 400 Hurdles - 2. Lloyd Massey, WOU, 54.61. Steeplechase - 3. Kym Hunt, WOU, 9:37.07. 4x400 - 2. Western Oregon 3:27.53. High Jump - 1. Eric Draper, UAA, 6-6 3/4. Long Jump - 1. David Registe, UAA, 239; 2. Robert Wegner, WOU, 21-11 3/4. Triple Jump - 3. Tyler Reinsaur, WOU, 43-1 1/2. Hammer - 3. Anthony Marin, WOU, 169-2. **Women (Top 3):** 100 - Mary Pearce, UAA, 25.64. 200 - 1. Mary Pearce, UAA, 25.64. 100 Hurdles - 2. Jacque Postlewait, WOU, 14.90. 400 Hurdles - 1. Sarah Barker, WOU, 1:05.59; 2.

Natalie Nash, WOU, 1:06.16; 3. Emily Tweto, UAA, 1:06.80. 4x100 - 3. Alaska Anchorage 49.6. 4x400 - 2. Western Oregon 4:00.99; 3. Alaska Anchorage 4:11.85. High Jump - 1. Emily Tweto, UAA, 5-4 1/2; 3. Jacque Postlewait, WOU, 5-2 1.2. Long Jump - 2. Kim Brady, UAA, 17-7; 3. Sarajane Rosenberg, WOU, 16-10 3/4. Triple Jump - 2. Sarajane Rosenberg, WOU, 35-8 3/4; 3. Kim Brady, UAA, 35-3. Shot Put - 3. Jessica Houston, UAA, 129-2. Hammer - 2. Sabrina Freed, WOU, 164-2. Javelin - 2. Chelsea Glavin, WOU, 125-2.

**UPS Shotwell Invitational (Apr. 7 at Tacoma): Men** - Linfield 214, Puget Sound 189, Seattle 81, Lewis & Clark 59, Saint Martin's 48, Pacific Lutheran 48, UPS Alumni 11. **Individuals:** 800 - Nicholas Dols, SU, 1:54.76. 110 Hurdles - Robby Poshusta, SU, 19.43. 400 Hurdles - Dan Sullivan 54.57. **Women** - Pacific Lutheran 162, Linfield 148, Puget Sound 134, Lewis & Clark 79, Seattle 58, Saint Martin's 51. **Individuals:** 1500 - Krinda Carlson, 4:49.89. Pole Vault - Courtney Cabebe, SU, 9-9. Discus - Lindsay Currier, SU, 123-7.

**NUU Invitational (Apr. 7 at Nampa): Men:** 400 - Mitch Ward, NNU, 50.44. 4x100 - Northwest Nazarene 44.18. 4x400 - Northwest Nazarene 3:30.09. High Jump - Chris Covey, NNU, 5-11 1/2. Pole Vault - Jared Larson, NNU, 13-0. Javelin - Jason Simmons, NNU, 156-10. **Women** : 200 - Brook Bachmeier, NNU, 26.55. 400 - Brook Bachmeier, NNU, 59.71. 100 Hurdles - MJ Usabel, NNU, 18.09. 4x100 - Northwest Nazarene 50.29. 4x400 - Northwest Nazarene 4:08.82. High Jump - Mary Printz, NNU, 4-9 3/4. Shot Put - Amy Carroll, NNU, 37-11 1/2. Hammer - Amy Carroll, NNU, 150-1. Javelin - Sarah Elwell, NNU, 114-5.

**Mt. Sac Relays Heptathlon (Apr. 11-12 at Azusa): Heptathlon** - 10. Brittany Bekins, SPU, 4944. (100 Hurdles - 15.37; High Jump - 1.54 - 5-0 1/2; Shot - 12.38 - 40-7 1/2; 200 - 26.90; Long Jump - 5.12 - 16-9 3/4; Javelin - 42.75 - 140-3; 800 - 2:24.21.

**UCLA Invitational (Apr. 13): Men (Top 8):** Long Jump - 2. Zeb Udell, WOU, 22-0 1/4. 1500 - 8. Nick Crawford, WOU, 3:56.43. 400 Hurdles - 8. Lloyd Massey, WOU, 54.11. **Women (Top 8):** 800 - 6. Sarah Howell, WOU, 2:13.70. High Jump - 2. Taryn Plypick, WOU, 5-7.

**Mt. Sac Relays (Apr. 13-15): Men (Top 8):** 800 - 7. Eddie Strickler, SPU, 1:52.65. 1500 - 6. Brian Cronrath, SPU, 3:53.12. **Women (Top 8):** 100 - 4. NyEma Sims, SPU, 11.90. 200 - 8, NyEma Sims, SPU, 23.99. 1500 - 1. Jessica Pixler, SPU, 4:19.92. High Jump - 3. Teona Perksm SPU, 5-7. Javelin - 4. Brittany Bekins, SPU, 125-10.

**CWU Spike Arlt Invitational (Apr. 14 at Ellensburg): Men** - Central Washington 246.5; Western Washington 124; Eastern Oregon 98.33; Northwest Nazarene 71; Puget Sound 60.33; Seattle 55; Seattle Pacific 42; Saint Martin's 29.5; Idaho 22; Pacific Lutheran 16; Northwest 15; Warner Pacific 9.33; Highline CC 8. **Individuals:** 100 - Michael Dean, WWU, 10.86. 200 - Michael Dean, WWU, 21.98. 400 - Matt Rogstad, CWUU, 49.15. 800 - Keith Lemay, WWU, 1:57.57. 1500 - Kyle Lampi, WWU, 4:06.2. 10,000 - Kevin Lambert, NNU, 33:19.79. 110 Hurdles - Robert Edwards, CWU, 14.87. 400 Hurdles - Dan Sullivan, SU, 54.81. Steeplechase - Andy Peters, NNU, 9:25.0. 4x100 - Central Washington 42.62. 4x400 - Seattle 3:23.90. 4x800 - Central Washington 8:48.07. High Jump - Cameron Bailey, CWU, 6-5 1/2. Pole Vault - Tyler Thornbrue, WWU, 15-3. Long Jump - Justin Felt, SPU, 22-3 3/4. Triple Jump - Greg Hamm, NNU, 45-8. Shot Put - Cameron Neel, CWU, 55-1. Discus - Cameron Neel, CWU, 168-5. Hammer - Evan Ruud, CWU, 190-5. Javelin - Michael Ingman, CWU, 202-5. **Women** - Central Washington 205.5; Western Washington 152; Northwest Nazarene 116.5; Seattle Pacific 107; Eastern Oregon 66; Pacific Lutheran 53.5; Puget Sound 22, Seattle 20.5; Saint Martin's 15; Warner Pacific 14, Evergreen State 14; Northwest (Wash.) 10. **Individuals:** 100 - Jessica Hinton, SPU, 12.54. 200 - Jessica Hinton, SPU, 25.6. 400 - Terran Legard, CWU, 57.80. 800 - Jennifer Marsh, SPU, 2:19.60. 1500 - Ashley Puga, NNU, 4:43.7. 3000 - Katie Hummel, CWU, 10:40.64. 5000 - Katie Hart, SPU, 19:11.2. 10,000 - Shannon DeBoer, NNU, 41:54.38. 100 Hurdles - Raquel Gonzalez, CWU, 15.66. 400 Hurdles - Heidi Dimmitt, WWU, 1:06.08. Steeplechase - Kim Beaman, SPU, 12:34.0. 4x100 - Central Washington 49.2. 4x400 - Central Washington 4:00.15. High Jump - Clara Cook, WWU, 5-3. Long Jump - Kim Bascom, WWU, 17-0 1/2. Triple Jump - Kim Bascom, WWU, 17-0 1/2. Shot Put - Krissy Tandle, CWU, 44-4 1/4. Discus - Krissy Tandle, CWU, 137-7. Javelin - Katie McMeel, CWU, 144-4.

**Long Beach Invitational (Apr. 14): Men (Top 8):** 110 Hurdles - 3. Lloyd Massey, WOU, 15.42. 400 Hurdles - 1. Lloyd Massey, WOU, 54.71, 6. Clint Hickey, WOU, 57.34. Steeplechase - 6. Kym Hunt, WOU, 9:46.78. Pole Vault - 1. Zeb Udell, WOU, 15-7. Discus - 8. Anthony Marin, WWU, 139-9. Hammer - 5. Anthony Marin, WOU, 162-2. **Women (Top 8):** 800 - 5. Sarah Howell, WOU, 2:14.80. 100 Hurdles - 8. Jacque Postlewait, WOU, 15.33. 400 Hurdles - 5. Sarah Barker, WOU, 1:07.34, 7. Natalie Nash, WOU, 1:08.22. High Jump - 2. Taryn Plypick, WOU, 5-7. Hammer - 6. Sabrina Freed, WOU, 150-1. Javelin - 3. Chelsea Glavin, WOU, 123-5.

**Lewis & Clark Invitational (Apr. 14): Men** - Concordia 162, Linfield 145, Mt. Hood 139 1/2, Western Oregon 55 1/2, SW Oregon 43, Portland 36, George Fox 29, Clark 29, Pacific 29, Lewis & Clark 25, Cascade 11. **Individuals (Top 3):** 400 - 2. Cole Samuel, WOU, 51.83. High Jump - 3. Robert Wagner, WOU, 6-0 3/4. Shot Put - 1. Robert Barrett, WOU, 44-5 1/2. **Women** - Concordia 152, Mt. Hood 108, Linfield 102, Portland 81, Lewis & Clark 59, Clark 55, George Fox 33 1/2, Western Oregon 26 1/2, Coquiltam 17, SW Oregon 13, Pacific 12, Paprika 10, Corban 4, Cascade 3. **Individuals (Top 3):** Steeplechase - 3. Shirlon Moncrief, WOU, 11:47.44. Hammer - 3. Kristin Humphrey, WOU, 105-8.

**Oregon Invitational (Apr. 20-21 at Eugene): Friday Evening (Session 1): Men (Top 8 Combined Heats):** Hammer - 8. Evan Ruud, CWU, 182-8. **Women (Top 8 Combined Heats):** 1500 - 3. Jessica Pixler, SPU, 4:19.81. **Saturday (Session 2): Men (Top 3):** 400 - 2. Michael Dean, WWU, 48.52. 800 - 2. Erik Bies, WWU, 1:52.35; 3. Eddie Strickler, SPU, 1:52.49. 1500 - 1. Brian Cronrath, SPU, 3:53.39; 2. Keith Lemay, WWU, 3:53.89. 110 Hurdles - 2. Robert Edwards, CWU, 15.25; 3. Lloyd Massey, WOU, 15.30. Pole Vault - 2. Zeb Udell, WOU, 15-7. Javelin - 3. Michael Ingman, CWU, 184-5. **Women (Top 3):** 800 - 2. Sarah Howell, WOU, 2:14.05. 1500 - 3. Jane Larson, SPU, 4:36.94. Hammer - 2. Sabrina Freed, WOU, 155-1. **Saturday (Session 3): Men (Top 8):** 400 Hurdles - 8. Lloyd Massey, WOU, 53.88. 4x400 Relay - 6, Seattle (Dan Sullivan, Garrett Brown, Loyal Allen, Nicholas Dols) 3:19.41. Discus - 3. Cameron Neel, CWU, 162-11. Shot Put - 6. Cameron Neel, CWU, 50-10. **Women (Top 8):** 100 - 2. NyEma Sims, SPU, 12.21, 3. Latasha Essien, SPU, 12.37. 200 - 3. NyEma Sims, SPU, 24.91. 100 Hurdles - 7. Jacque Postlewait, SU, 15.19. 4x400 - 1. Seattle Pacific (Latasha Essien, Teona Perkins, Jessica Pixler, NyEma Sims) 3:53.89; 7. Western Washington 4:08.53. 400 Hurdles - 7. Heidi Dimmitt, WWU, 1:04.14. Shot Put - 6. Krissy Tandle, CWU, 44-2. High Jump - 1. Teona Perkins, SPU, 5-6; 3. Taryn Plypick, WOU, and Clara Cook, WWU, 5-3.

**Warner Pacific Mini-Meet (Apr. 20 at Oregon City): Men** - Concordia 90, Warner Pacific 84, Cascade 65, Western Oregon 63, Clackamas 58, Seattle 28, Corban 19. 100 - Josh Threet, WOU, 11.46, Triple Jump - Blake Herrington, WOU, 41-5 1/4. **Women** - Concordia 84, Warner Pacific 63, Seattle 43, Cascade 39, Corban 38, Western Oregon 38, Northwest 18, Clackamas 16, Club Northwest 10, Northwest Christian 8. 1500 - Charise Arce, SU, 5:04.73. 100 Hurdles - Lauren Zegers, WOU, 16.35.

**WSU Cougar Invitational: Men (Top 4):** 800 - 2. Will Cameron, WWU, 1:56.88. 400 Hurdles - 3. Ben Wargo, WWU, 55.49. Steeplechase - 2. Andy Peters, NNU, 9:28.84. 4x100 - 4. Northwest Nazarene 44.59. 4x400 - 3. Northwest Nazarene 3:25.03. High Jump - 4. Cameron Bailey, CWU, 6-6 3/4. Triple Jump - 4. Greg Hamm, NNU, 45-5. Pole Vault - 2. Bryan Lucke, WWU, 15-1. **Women (Top 4):** 100 - 1. Jessica Hinton, SPU, 12.70. 200 - 2. Jessica Hinton, SPU, 25.61. 800 - 3. Lisa Anderberg, SPU, 2:18.42. 1500 - 1. Ashley Puga, NNU, 4:37.72. 3000 - 4. Kate Harline, SPU, 10:43.53. 400 Hurdles - 4. Alysha Spear, WWU, 1:09.67. 4x400 - 3. Seattle Pacific 4:02.12; 4. Northwest Nazarene 4:02.62. High Jump - 4. Emily Peterson, NNU, 5-5. Javelin - 2. Molly Barnes, SPU, 147-3.

**UC San Diego Triton Invitational: Men (Top 8):** 100 - 7. Michael Madrid, UAA, 10.96. 4x100 - 5. Alaska Anchorage 42.61. High Jump - 5. Eric Draper, UAA, 6-6 3/4. Long Jump - 2. David Registe, UAA, 24-4 1/4. **Women (Top 8):** 200 - 8. Mary Pearce, UAA, 24.82. 400 - 5. Mary Pearce, UAA, 54.78. 5000 - 4. Laura Carr, UAA, 17:51.64; 8. Elizabeth Chepkosgei, UAA, 18:29.28. 4x100 - 6. Alaska Anchorage 49.83.

**GNAC Multi-Events (Apr. 23-24 at Monmouth): Decathlon** - 1. Zeb Udell, WOU, 6358; 2. Brock Jahner, SU, 5852; 3. Josh Grewe, NNU, 5635; 4. Justin Felt, SPU, 5568; 5. Scott McCoy, CWU, 5533; 6. Kevin Iverson, WWU, 4819. **Heptathlon** - 1. Jacque Postlewait, WOU, 4529; 2. Amanda Merrell, NNU, 415

4488; 3. Ashley Wornell, NNU, 4367; 4. Kelsey Cooley, SPU, 4074; 5. Emily Peterson, NNU, 4035; 6. Taryn Plypick, WOU, 3992; 7. Raquel Gonzalez, CWU, 3619; 8. Mary Seidler, CWU, 3079; 9. Chelsey Jones, NNU, 2938.

**WWU Twilight (Apr. 27 at Bellingham): Men:** 200 - Michael Dean, WWU, 22.59. 400 - Michael Dean, WWU, 48.72. 1500 - Anthony Tomsich, WWU, 3:53.25. Steeplechase - John Riak, SMU, 9:54.3. 4x100 - Seattle 45.45. 4x400 - Seattle Pacific 3:25.35. Pole Vault - Bryan Lucke, WWU, 14-3 1/4. Long Jump - Christian Goodwin, CWU, 20-9. Discus - Ben Elder, WWU, 135-7. **Women:** 100 - Jessica Hinton, SPU, 12.68. 200 - Anna Walters, SPU, 26.79. 400 - Rachael Kaercher, CWU, 58.58. 800 - Jennifer Marsh, SPU, 2:17.41. 1500 - Karin Rohde, SPU, 4:45.2. 3000 - Jane Larson, SPU, 10:07.64. 100 Hurdles - Lindsay Lunderman, WWU, 15.57. 400 Hurdles - Heidi Dimmitt, WWU, 1:05.75. 4x100 - Seattle Pacific 48.12. 4x400 - Seattle Pacific 3:53.98. High Jump - Clara Cook, WWU, 5-5 3/4. Long Jump - NyEma Sims, SPU, 16-10 1/2. Triple Jump - Kim Bascom, WWU, 35-8 3/4. Shot Put - Lindsay Currier, SU, 35-9 1/4. Discus - Lindsay Currier, SU, 129-7. Hammer - Katie Taylor, WWU, 138-0. Javelin - Erica Rance, WWU, 124-4.

**Boise State Twilight (Apr. 26 at Boise): Men (Top 3):** 400 - 2. Mitch Ward, NNU, 49.99; 3. Eddie Wheeler, NNU, 50.35. 400 Hurdles - 2. Josh Grewe, NU, 55.30. High Jump - 3. Tom Blain, NNU, 5-7. Pole Vault - 2. Caleb Patee, NNU, and Justin Blackstead, NNU, 12-1 1/2. Shot Put - 3. Zach Barclay, NNU, 45-8 1/2. 2000 Steeplechase - 3. Zach Lane, NNU, 6:48.90. **Women (Top 3):** 100 - 3. Nikki Schutte, NNU, 12.93. 200 - 2. Brook Bachmeier, NNU, 25.73. 800 - 1. Ashley Puga, NNU, 2:17.44; 3. Jamie Sundvall, NNU, 2:23.59. 1500 - 2. Ashley Puga, NNU, 4:36.44. 100 Hurdles - 1. Ashley Wornell, NNU, 15.44. 4x100 - 2. Northwest Nazarene 49.83. High Jump - 1. Ashley Wornell, NNU, 5-6; 2. Emily Peterson, NNU, 5-5; 3. Mary Printz, NNU, 5-1. Pole Vault - 3. M.J. Usabel, NNU, 10-0. Triple Jump - 2. Amanda Merrell, NNU, 36-1 1/4. Discus - 3. Amy Carroll, NNU, 127-9. Javelin - 3. Sarah Elwell, NNU, 101-9. Shot Put - 2. Amy Carroll, NNU, 41-11 1/4.

**CCS Duane Hartman Invitational (Apr. 28 at Spokane): Men (Top 3):** 400 - 1. Colby Brydson, CWU, 49.59. 110 Hurdles - 1. Robert Edwards, CWU, 15.26. 400 Hurdles - 1. Charles Velasquez, CWU, 55.52. 4x400 - 2. Central Washington 43.00. 4x400 - 3. Central Washington 3:36.45. Discus - 3. Tyler Fischer, CWU, 154-0. **Women (Top 3):** 200 - 2. Terran Legard, CWU, 25.81. 400 - 1. Chelsea Evans, CWU, 57.90. 400 Hurdles - 2. Kara Nygard, CWU, 1:10.85; 3. Stephanie Druktenis, CWU, 1:12.57. 4x400 - 1. Central Washington 4:16.43. Triple Jump - 2. Amanda Rose, CWU, 34-4 1/4. Shot Put - 2. Krissy Tandle, CWU, 43-9. Javelin - 1. Katie McMeel, CWU, 145-11.

**Western Oregon Twilight (Apr. 26 at Monmouth): Men (Top 3):** 400 Hurdles - 1. Lloyd Massey, WOU, 52.90. Steeplechase - 2. Kym Hunt, WOU, 9:40.51. 4x100 - 2. Western Oregon 44.74. Pole Vault - 2. Zeb Udell, WOU, 15-5. Long Jump - 3. Jason Buckmier, WOU, 21-5 1/4. **Women (Top 3):** 800 - 2. Sarah Howell, WOU, 2:14.49. 400 Hurdles - 3. Sarah Barker, WOU, 1:06.44. Steeplechase - 1. Shirlon Moncrief, WOU, 11:56.67. High Jump - 1. Taryn Plypick, WOU, 5-3 1/4. Triple Jump - 2. Sarajane Rosenberg, WOU, 37-1. Shot Put - 3. Chevonna Lynch, WOU, 41-5 1/2. Hammer - 1. Sabrina Freed, WOU, 168-2.

**GNAC Championships (May 4-5 at Bellingham): Men** - Central Washington 238, Western Washington 148, Western Oregon 124, Alaska Anchorage 105, Northwest Nazarene 69, Seattle 54, Seattle Pacific 45, Saint Martin's 32. **Outstanding Performer** - Evan Ruud, Central Washington. **Team Scores** - Seattle Pacific 200, Western Oregon 142 1/2, Central Washington 129 1/2, Western Washington 119 1/2, Northwest Nazarene 119, Alaska Anchorage 100 1/2, Saint Martin's 30, Seattle 14. **Outstanding Performer** - Jessica Pixler, Seattle Pacific.

**WOU Last-Chance (May 11 at Monmouth): Men (Top 3):** 200 - 1. Joshua Threet, WOU, 22.85; 2. Cole Samuel, WOU, 23.12. 400 - 3. Blake Estep, WOU, 50.91. 400 Hurdles - 2. Lloyd Massey, WOU, 54.08. Steeplechase - 2. Troy Banker, WOU, 10:40.87. Pole Vault - 1. Zeb Udell, WOU, 15-9. Triple Jump - 2. Tyler Reinsaur, WOU, 42-11. Shot Put - 1. Grant Miller, NNU, 47-7; 2. Robert Barrett, WOU, 47-6 1/4. Discus - 2. Grant Miller, NNU, 146-5. Hammer - 2. Anthony Marin, WOU, 190-3. Javelin - 3. Eric Zwiefelhofer, WOU, 178-6. **Women (Top 3):** 800 - 3. Sarah Howell, WOU, 2:10.61. 1500 - 1. Ashley Puga, NNU, 4:32.81. 100 Hurdles - 2. Lauren Zegers, WOU, 15.94. 400 Hurdles - 2. Sarah Barker, WOU, 1:06.29; 3. Natalie Nash, WOU, 1:08.62. Steeplechase - 1. Jessica Harper, WOU, 11:10.71; 2. Shirlon

Moncrief, WOU, 11:36.96; 3. Kim Parry, WOU, 12:49.58. High Jump - 1. Taryn Plypick, WOU, 5-5 3/4. Discus - 2. Amy Carroll, NNU, 126-6. Hammer - 2. Sabrina Freed, WOU, 163-3; 3. Amy Carroll, NNU, 150-3. Heptathlon - 2. Amanda Merrell, NNU, 4640; 3. Natalie Nash, WOU, 3055.

**SPU Ken Foreman (May 11-12 at Seattle): Men:** 1500 - Brian Cronrath, SPU, 3:52.86.110 Hurdles - Robert Edwards, CWU, 14.82. Shot Put - Cameron Neel, CWU, 51-4 1/4. Discus - Cameron Neel, CWU, 165-5. Hammer - Evan Ruud, CWU, 186-8. **Women:** 200 - Jessica Hinton, SPU, 25.59. 800 - Jessica Pixler, SPU, 2:08.13. 400 Hurdles - Heidi Dimmitt, WWU, 1:02.01. Steeplechase - Karin Rohde, SPU, 11:04.90. 4x400 - Central Washington (Kaercher, Gius, Evans, Legard) 3:50.17. Pole Vault - Monica Anderson, SPU, 11-11 3/4. Shot Put - Krissy Tandle, CWU, 133-6.

**NCAA Nationals (May 24-26 at Charlotte, NC): Men** - 1. Abilene Christian 105 1/2, 37. Western Washington 5, 42. Western Oregon 4, 52. Central Washington 1. **Women** - 1. Lincoln 82 1/2, 7. Seattle Pacific 32, 24. Western Washington 10, 30. Central Washington 9, 40. Alaska Anchorage 5. 51. Northwest Nazarene 3.

## 2008

**UPS Joe Peyton Open (Mar. 8 at Tacoma): Men's Team Scores** - Western Washington 192, Central Washington 156, Puget Sound 119, Seattle 106, Pacific Lutheran 51, Saint Martin's 49, Seattle Pacific 35. **GNAC Winners:** 100 - Travis Glover, SU, 11.06; 200 - Matt Rogstad, CWU, 22.48; 400 - Matt O'Connell, WWU, 50.52; 800 - Josh Gatbunton, SMU, 1:59.01; 1500 - Brian Cronrath, SPU, 4:00.03; 5000 - John Riak, SMU, 15:02.93; 110 Hurdles - D'Andre Benjamin, SU, 15.72; 400 Hurdles - Kevin Myhre, WWU, 56.46; 3000 Steeplechase - Brian Rockenbach, CWU, 9:59.45; 4x100 - Seattle 43.14; 4x400 - Central Washington 3:25.58; High Jump - Keefe Brockman, WWU, 6-2 3/4; Pole Vault - Ryan Brown, WWU, 14-11; Long Jump - D'Andre Benjamin, SU, 21-4 1/4; Triple Jump - Tim Satterwhite, WWU, 43-7 1/4; Shot Put - Sam Washington, SMU, 48-4 3/4; Discus - Tyler Fischer, CWU, 147-8; Javelin - Ian Wells, CWU, 189-9. **Women's Team Scores** - Seattle Pacific 158, Western Washington 15. **GNAC Winners:** 200 - Jessica Hinton, SPU, 25.95; 400 - Rachael Kaercher, CWU, 59.86; 800 - Chelsea Evans, CWU, 2:22.51; 1500 - Rachael Johnson, SU, 4:54.30; 5000 - Marcie Mullen, CWU, 17:46.43; 4x100 - Western Washington 48.79; 4x400 - Seattle Pacific 3:58.6; High Jump - Jacquie Mattson, SPU, 5-0 1/4; Pole Vault - Monica Anderson, SPU, 10-11 3/4; Long Jump - Gail Butler, WWU, 16-9 3/4; Discus - Becky Scherer, CWU, 119-6; Javelin - Jeeni Schantlin, SPU, 148-5.

**UNLV Collegiate Classic (Mar. 8 at Las Vegas): Men (Top 3):** 100 - 2. Michael Madrid, UAA, 10.89; 3. David Registe, UAA, 11.06. 200 - 2. Michael Madrid, UAA, 22.31; 3. David Registe, UAA, 22.71. 400 - 2. James McLaughlin, UAA, 48.77. 800 - 1. Mick Boyle, UAA, 1:55.98; 2. Paul Rottich, UAA, 1:56.30. 1500 - 1. Peter Doner, UAA, 4:00.86; 2. Paul Rottich, UAA, 4:02.03; 3. Aaron Dickson, UAA, 4:02.92. 100 Hurdles - 2. Shaun Ward, UAA, 16.05. 400 Hurdles - 2. Shaun Ward, UAA, 57.15. Steeplechase - 1. David Kiplagat, UAA, 9:33.87. 4x100 - Alaska Anchorage 42.04. 4x400 - 1. Alaska Anchorage 3:39.36. Long Jump - 1. David Registe, UAA, 24-10 1/2. **Women (Top 3):** 1500 - 2. Elizabeth Chepkosgei, UAA, 4:40.23. 4x100 - 3. Alaska Anchorage 51.21. High Jump - 3. Lindsay Mock, UAA, 4-9. Long Jump - 3. Kim Brady, UAA, 18-1. Triple Jump - 1. Kim Brady, UAA, 38-3 1/4. Discus - 2. Jessica Houston, UAA < 38-3 1/4.

**WOU/Willamette Dual (Mar. 8 at Monmouth): WOU Winners, Men:** 400 - Blake Estep 50.65; 800 - Mike Schmidt 1:57.93; 1500 - Jeff Long 4:00.31; 3000 - Zeke VanPatten 8:41.90; 110 Hurdles - Andy Luscutoff 15.86; 400 Hurdles - Clint Hickey 55.73; 4x400 Relay - Western Oregon 3:29.31; High Jump - Robert Wegner 6-4 3/4; Hammer - Anthony Marin 177-9. **Women:** 100 - Lauren Duckett 12.81; 200 - Lauren Duckett 26.91; 400 - Sarah Howell 1:00.20; 1500 - Jessica Harper 4:46.68; 3000 - Lyndsey McKillip 10:27.95; 100 Hurdles - Jacque Postlewait 15.22; 400 Hurdles - Sarah Barker 1:05.86; 4x400 Relay - Western Oregon 4:09.62; High Jump - Ashley Berry 4-9 3/4; Long Jump - Mandy Keifer 16-3 1/4; Shot Put - Sabrina Freed 37-10 3/4; Hammer - Sabrina Freed 161-1; Javelin - Sara Cole 127-4.

**NNU Open (Mar. 14-15 at Nampa): Men (NNU winners): Friday,** 200 - Dane Manley 23.61. Triple Jump - Greg Hamm 43-4 1/2. Shot Put - Zach Barclay 45-3. Javelin - Eric Zwiefelhofer 178-7. Decathlon - Josh Grewe

5796. **Saturday**, 110 Hurdles - Mark Hanson, NNU, 16.56. 4x400 Relay - Northwest Nazarene 3:27.41. Pole Vault - Ben Shea 13-11 1/4. Decathlon - Josh Grewe 5796. **Women (NNU winners): Friday**, 100 - Latoya Tidwell 13.09, 200 - Alycia Link 28.19. 10,000 - Shannon DeBoer 39:51.98. Triple Jump - Laura VonArx 34-3 1/2. Shot Put - Hannah Dine-Aubert 34-7 1/2. Javelin - Sarah Elwell 101-5. **Saturday**, 200 - Latoya Tidwell 26.02. Pole Vault - 2.Kristi Rice 10-6. Long Jump - Lysie Powers 16-0 1/2.

**Occidental Distance Carnival (Mar. 14 at Los Angeles): Men (Top 10):** 5000 - 4. Aaron Dickson, UAA, 15:04.05. Steeplechase - 1. David Kiplagat, UAA, 9:17.28; 4. Peter Doner, UAA, 9:34.38. **Women (Top 10):** 800 - 8. Suzanna Caldwell, UAA, 2:24.37; 1500 - 8. Emma Bohman, UAA, 4:53.72; 5000 - 4. Elizabeth Chepkosgei, UAA, 17:10.17; 9. Laura Carr, UAA, 17:19.33.

**SCC Dusty Lane Open (Mar. 15 at Spokane): Men (Top 3):** 400 - 2. Matt Rogstad, CWU, 49.94. 5000 - 2. Travis Kulvi, CWU, 15:43.57. 400 Hurdles - 3. Charles Velasquez, CWU, 57.87. Steeplechase - 1. Kevin Blount, CWU, 10:19.17; 3. Josh Kratzer, CWU, 10:50.82. Pole Vault - 1. Scott McCoy, CWU, 15-3. Hammer - 2. Tyler Fischer, CWU, 168-5. **Women (Top 3):** Triple Jump - 3. Amanda Rose, CWU, 32-10 1/4.

**Northridge Relays (Mar. 15 at Northridge): Men (Top 6):** 100 - 3. Michael Madrid, UAA, 10.89. 800 - 6. Mick Boyle, UAA, 1:55.15. 1500 - 6. David Kiplagat, UAA, 3:56.56. 4x100 - 2. Alaska Anchorage 42.01. Long Jump - 2. David Registe, UAA, 24-1. **Women (Top 6):** 200 - 4. Kim Brady, UAA, 27.87; 5. Lindsey Mock, UAA, 28.17. 3000 - 1. Elizabeth Chepkosgei, UAA, 10:09.18; 3. Laura Carr, UAA, 10:15.55, 4x100 - 6. Alaska Anchorage 53.17. Long Jump - 3. Kim Brady, UAA, 17-4 3/4. Triple Jump - 6. Kim Brady, UAA, 36-9 3/4. High Jump - 6. Lindsey Mock, UAA, 4-9. Shot Put - 6. Jessica Houston, UAA, 42-6 3/4. Discus - 6. Jessica Houston, UAA, 114-0.

**Willamette Three-Way (Mar. 15 at Salem): Men (WOU Winners):** 400 - Blake Estep 50.00. 800 - Jeff Long 1:55.08. 110 Hurdles - Lloyd Massey 15.27. 400 Hurdles - Lloyd Massey 55.26. Long Jump - Robert Wegner 20-3. Triple Jump - Tyler Reinsaur 44-4 3/4. Javelin - Tommy Woolf 162-3. **Women (WOU Winners):** 100 - Lauren Duckett 12.65. 1500 - Tricia Morrison 4:51.01. 100 Hurdles - Sarah Barker 15.52. 400 Hurdles - Sarah Barker 1:05.51. High Jump - Ashley Berry 4-11 3/4. Long Jump - Sarajane Rosenberg 16-5. Triple Jump - Sarajane Rosenberg 34-11 1/4. Hammer - Sara Cole 157-3. Javelin - Mandy Keifer 119-1.

**Big Green in the Desert (Mar. 18-19 at Scottsdale):** Heptathlon - 1. Brittany Bekins, SPU, 4554 (**Wednesday**: 100 Hurdles - 16.15; High Jump - 4-11 1/2; Shot Put - 33-7 1/2; 200 - 26.4. **Thursday**: Long Jump - 15-9; Javelin - 120-6; 800 - 2:19.72); 3. Brittany Aanstad, SPU, 4422 (**Wednesday**: 100 Hurdles - 17.09; High Jump - 5-4 1/4; Shot Put - 31-11 1/2; 200 - 27.8. **Thursday**: Long Jump - 17-0; Javelin - 142-4; 800 - 2:39.04).

**Charles Bowles Spring Break Classic (Mar. 21 at Salem):** Men (Top 6): 110 Hurdles - 2. Jordan Werner, WOU, 15.93. 400 Hurdles - 4. Marshall Hanshumaker, WOU, 59.36. Hammer - 4. Robert Barrett, WOU, 148-7. **Women (Top 6):** 800 - 6. Erica Zambon, WOU, 2:25.3.

**ASU Baldy Castillo Invitational (Mar. 21-22 at Tempe): Men (Top 8):** Long Jump - 8. Justin Felt, SPU, 21-8 3/4. **Women (Top 8):** 200 - 8. Jessica Hinton, SPU, 26.12. 800 - 6. Lisa Anderberg, SPU, 2:14.96. 3000 - 2. Jane Larson, SPU, 9:49.48. Steeplechase - 2. Karin Rohde, SPU, 11:18.12; 3. Suzie Strickler, SPU, 11:23.59. Pole Vault - 6. Mellisa Peaslee, SPU, 12-1 1/2; 7. Carrie Hauck, SPU, 12-1 1/2. Javelin - 3. Brittany Aanstad, SPU, 147-9; 6. Jeeni Schantlin, SPU, 142-1; 8. Lauren VerMum, SPU, 135-7.

**Oregon Preview (Mar. 22 at Eugene): Men (Top 6):** 400 - 6. Blake Estep, WOU, 50.39. 110 Hurdles - 4. Lloyd Massey, WOU, 15.34; 5. Andy Lustcutoff, WOU, 15.59. 400 Hurdles - 3. Lloyd Massey, WOU, 54.47. 2000 Steeplechase - 6. Brian Rockenbach, CWU, 6:26.49. Long Jump - 2. Zeb Udell, WOU, 22-1 3/4. Triple Jump - 6. Tyler Reinsaur, WOU, 43-9. Hammer - 6. Anthony Marin, WOU, 172-6. **Women (Top 6):** 100 - 4. Lauren Duckett, WOU, 12.61. 400 - 6. Chelsea Evans, CWU, 1:00.09. 100 Hurdles - 4. Jacque Postlewait, WOU, 15.17. 400 Hurdles - 5. Sarah Barker, WOU, 1:04.66. 4x400 - 2. Western Oregon 4:06.21. Long Jump - 6. Jacque Postlewait, WOU, 17-7. Hammer - 2. Sabrina Freed, WOU, 167-1.

**Club Northwest Spring Break (Mar. 22 at Edmonds): GNAC Winners:** **Men:** 200 - Travis Glover, SU, 22.56. 1500 - Eric Brill, WWU, 4:09.77. 400 Hurdles - Kevin Myhre, WWU, 16.39. 4x400 Relay - Seattle University 3:27.26. Pole Vault - Ryan Brown, WWU, 15-5. Triple Jump - Timothy Satterwhite, WWU, 41-7 1/2. **Women:** 100 - Michelle Howe, WWU, 13.24. 200 - Megan Zukowski, WWU, 26.28. 400 - Megan O'Connell, WWU, 59.48. 3000 - Greta Stickney, SU, 11:07.97. 100 Hurdles - Michelle Howe, WWU, 15.29. 4x100 - Seattle University 53.45. 4x400 - Seattle University 4:30.32. High Jump - Clara Cook, WWU, 5.3. Long Jump - Megan Paulsen, WWU, 15-10 3/4.

**Linfield Multi-Events (Mar. 24-25 at McMinnville): Decathlon - 9. Tommy Woolf, WOU, 5145. **Monday:** 100 - 12.21. Long Jump - 5.91 - 19-4 1/2. Shot Put - 9.22 - 30-3. High Jump - 1.85 - 6-0 3/4. 400 - 57.00. **Tuesday:** 110 Hurdles - 16.53. Discus - 29.13 - 95-7. Pole Vault - 2.95 - 9-8. Javelin - 43.65 - 143-02. 1500 - 5:34.52. Heptathlon - 3. Mandy Keifer, WOU, 4209. **Monday:** 100 Hurdles - 16.02. High Jump - 1.47 - 4-9 3/4. Shot Put - 9.33 - 30-7 1/4. 200 - 27.81. **Tuesday:** Long Jump - 4.85 - 15-11. Javelin - 37.69 - 123-8. 800 - 2:34.73.**

**UW Preview (Mar. 28 at Seattle): GNAC Winners: Men:** 100 - Michael Madrid, UAA, 11.11. 200 - Michael Madrid, UAA, 22.32. 800 - Mick Boyle, UAA, 1:56.69. 4x100 - Alaska Anchorage 42.58. 4x400 - Alaska Anchorage 3:23.34. **Women:** 3000 - Jane Larson, SPU, 10:01.19. 400 Hurdles - Zee Zee Ridgway, UAA, 1:07.98. 4x100 - Seattle 52.84. 4x400 - Seattle 4:13.64. Shot Put - Jessica Houston, UAA, 42-2 1/2.

**South Dakota School of Mines Bauer Invitational (Mar. 29 at Rapid City, S.D.): Men (Top 3):** 5000 - 1. Richie Pemberton, MSUB, 16:38.89. Steeplechase - 2. Richie Pemberton, MSUB, 9:53.21. 4x100 - 3. Montana State Billings 44.18. Javelin - 2. Jade Haynie, MSUB, 170-6. **Women (Top 3):** 800 - 1. Sarah Jackson, MSUB, 2:25.23. 1500 - 3. Sarah Jackson, MSUB, 5:11.26. 4x100 - 3. Montana State Billings 53.98. Discus - 2. Lexi Halvorson, MSUB, 140-3.

**Stanford Invitational (Apr. 4-5 at Palo Alto): Men (Top 16):** Javelin - 8. Ian Wells, CWU, 188-3; 10. Matt Rogstad, CWU, 48.83; Shot Put - 14. Matt Valdez, CWU, 49-8 1/2. **Women (Top 16):** Javelin - 5. Monika Gruszecki, WWU, 144-0.

**Willamette Invitational (Apr. 4-5): Men:** 100 - Michael Madrid, UAA, 10.89; 800 - Mick Boyle, UAA, 1:54.14 (Friday), 1:54.91 (Saturday). 400 Hurdles - Shaun Ward, UAA, 54.96. 4x400 - Alaska Anchorage 3:22.99. Long Jump - David Registe, UAA, 24-0 1/4. **Women:** 10,000 - Marcie Mullen, CWU, 36:41.83. 100 Hurdles - Jacque Postlewait, WOU, 1:04.85. Pole Vault - Melissa Peaslee, SPU, 11-5 3/4. Triple Jump - Kim Brady, UAA, 37-2 1/4. Hammer - Sabrina Freed, WOU, 168-5.

**Idaho Collegiate Cup (Apr. 4-5 at Boise): Men:** Triple Jump - Greg Hamm, NNU, 44-6 1/4. 110 Hurdles - Dallas Beaty, NNU, 15.80. 400 Hurdles - Dallas Beaty, NNU, 56.16; Discus - Grant Miller, NNU, 142-3. **Women:** 1500 - Ashley Puga, NNU, 4:45.27; Hammer - Amy Carroll, NNU, 156-2.

**UPS Shotwell Invitational (Apr. 5 at Tacoma): Men -** Western Washington 198 1/2, Puget Sound 118, Linfield 107, Central Washington 68, Seattle 62 1/2, Pacific Lutheran 55, Saint Martin's 29, Seattle Pacific 27, Lewis & Clark 16, Northwest 15, Whatcom 7, Evergreen State 5. **GNAC Winners:** 200 - Travis Glover, SU, 22.50; 800 - Michael Gavareski, SPU, 1:58.60; 1500 - Keith Lemay, WWU, 3:57.70; 400 Hurdles - Kevin Myhre, WWU, 56.06; 4x100 - Seattle 42.85; 4x400 - Seattle 3:24.02. Pole Vault - Ryan Brown, WWU, 15-5; Long Jump - Justin Felt, SPU, 22-3; Shot Put - Sam Washington, SMU, 49-6 1/2; Javelin - Andrew Steiger, CWU, 197-6. **Women -** Western Washington 170 1/2, Central Washington 115, Seattle Pacific 91, Linfield 74, Pacific Lutheran 67, Puget Sound 61, Lewis & Clark 58 1/2, Seattle 52 1/2, Saint Martin's 38, Northwest 4 1/2, Evergreen State 2. **GNAC Winners:** 100 - Megan Zukowski, WWU, 12.66; 200 - Jessica Hinton, SPU, 26.02; 400 - Sarah Brownell, WWU, 58.55; 800 - Annie Laweryson, SMU, 2:20.85; 1500 - Katie Hansen, SU, 4:47.91. 400 Hurdles - Heidi Dimmitt, WWU, 1:03.18. 4x100 - Western Washington 48.88. 4x400 - Western Washington 4:01.81. Long Jump - Gail Butler, WWU, 16-7. Triple Jump - Megan Paulsen, WWU, 35-7 3/4. Javelin - Jeeni Schantlin, SPU, 144-11.

**Montana Al Manuel Invitational (Apr. 5): Men (Top 6):** 100 - 5. Noah Vallincourt, MSUB, 11.52; 6. Nathan Diede, MSUB, 11.56. 200 - 6. Nick Kesler, MSUB, 23.26. 400 - 5. Nick Kesler, MSUB, 52.14. Steeplechase - 4. Richie Pemberton, MSUB, 9:40.30. 4x100 - 3. MSU Billings 44.32. **Women (Top 6):** 800 - 3. Sarah Jackson, MSUB, 2:19.80. 100 Hurdles - 6. Amanda Baum, MSUB, 17.87. Shot Put - 6. Kacie Vanderloos, MSUB, 36-6 3/4. Discus - 5. Lexi Halvorson, MSUB, 131-10.

**WWU Multi-Events (Apr. 6-7 at Bellingham): Decathlon** - 1. Josh Freeman, CNW, 6345; 2. Darren Edwards, WWU, 5694; 3. Alex Harrison, WWU, 5620; 4. Kevin Iverson, WWU, 5098; 5. Josh Kirk, CWU, 4918; 6. Nick Collins, CWU, 4644. **Heptathlon** - 1. Clara Cook, WWU, 3687; 2. Raquel Gonzalez, CWU, 3618; 3. Michelle Howe, WWU, 3583; 4. Shayna Prause, Northwest, 3533; 5. Amanda Rose, CWU, 3254; 6. Mary Seidler, CWU, 3074.

**WWU Vernacchia Team Classic (Apr. 11 at Bellingham): Men** - Western Washington 203, Puget Sound 62, British Columbia 61, Simon Fraser 41, Seattle Pacific 34, Whatcom CC 18, Everett CC 10. **GNAC Winners:** 400 - Matt O'Connell, WWU, 50.06. 800 - Keith Lemay, WWU, 1:53.39. 5000 - Grant Fujii, WWU, 15:48.48. 110 Hurdles - Ben Wargo, WWU, 16.19. 400 Hurdles - Kevin Myhre, WWU, 55.55. 4x100 - Western Washington 43.46. High Jump - Keefe Brockman, WWU, 6-4 3/4. Pole Vault - Josh Winters, WWU, 14-3 1/4. Long Jump - Shane Gruger, WWU, 21-6 1/4. Triple Jump - Shane Gruger, WWU, 21-6 1/4. Javelin - Ben Dekock, WWU, 186-5. **Women** - Western Washington 134, Seattle Pacific 95 1/2, Simon Fraser 94 1/2, British Columbia 68, Puget Sound 7, Northwest 1, Seattle 1, Everett CC 1. **GNAC Winners:** 1500 - Sarah Porter, WWU, 4:51.49. 5000 - Kate Harline, SPU, 18:10.26. 400 Hurdles - Heidi Dimmitt, WWU, 1:02.78. Steeplechase - Suzie Strickler, SPU, 10:50.24. Pole Vault - Melissa Peaslee, SPU, 12-3 1/2. Discus - Erica Rance, WWU, 126-10. Hammer - Erica Rance, WWU, 128-7. Javelin - Jeeni Schantlin, SPU, 150-5.

**EWU 37th annual Pelluer Invitational (Apr.11 at Cheney): Men (Top 3):** 100 - 1. Christopher Fussell, SU, 11.18. 200 - 3. Matt Rogstad, CWU, 22.0. 400 Hurdles - 1. Daniel Sullivan, SU, 54.63. 4x100 - 1. Seattle 42.21. 4x400 - 2. Central Washington 3:21.59. Long Jump - 3. Ezekiel Hill, CWU, 22-11. Discus - 3. Tyler Fischer, CWU, 158-11. **Women (Top 3):** 800 - Rachael Johnson, SU, 2:18.14. 5000 - 2. Katie Hansen, SU, 17:58.70. 4x400 - 3. Central Washington 4:02.64.

**UCLA Invitational (Apr. 11 at Los Angeles): Men (Top 10):** 800 - 9. Jeff Long, WOU, 1:54.03. 5000 - 7. Zeke VanPatten, WOU, 14:57.63. Triple Jump - 5. Tyler Reinsaur, WOU, 45-10. Decathlon - 3. Zeb Udell, WOU, 5587. **Women (Top 10):** 800 - 10. Ashley Berry, WOU, 2:15.90. Steeplechase - 9. Jessica Harper, WOU, 11:06.62. Javelin - 2. Mandy Keifer, WOU, 129-5.

**Montana State Invitational (Apr. 12 at Bozeman): GNAC Winners, Men:** 100 - Nathan Diede, MSUB, 11.50. 10,000 - Ryan Ceynar, MSUB, 38:30.90. Long Jump - DeShawn Lewis, MSUB, 18-11 1/2. **Women:** 800 - Sarah Jackson, MSUB, 2:22.58.

**EOU Invitational (Apr. 12 at LaGrande): GNAC Winners, Men:** 400 - Daniel Hill, NNU, 51.09. 400 Hurdles - Dallas Beaty, NNU, 56.53. 4x400 - Northwest Nazarene 3:26.87. Triple Jump - Greg Hamm, NNU, 47-5 3/4. Shot Put - Zachary Barclay, NNU, 47-1 3/4. Discus - Grant Miller, NNU, 140-3. Javelin - Joshua Heidegger, NNU, 186-8. **Women:** 100 - Latoya Tidwell, NNU, 13.05. 200 - Latoya Tidwell, NNU, 25.98. 800 - Ashley Puga, NNU, 2:16.43. 5000 - Ashley Rendahl, NNU, 20:11.82. 400 Hurdles - Ann Larlee, NNU, 1:08.21. 4x400 - Northwest Nazarene 4:05.97. Pole Vault - MJ Usabel, NNU, 10-6. Long Jump - Laura VonArx, NNU, 16-5. Triple Jump - Laura VonArx, NNU, 35-7 1/4. Shot Put - Amy Carroll, NNU, 39-7 1/4. Discus - Amy Carroll, NNU, 120-11.

**Lewis & Clark Invitational (Apr. 12 at Portland): Men** - Concordia 183 1/2, Linfield 100, SW Oregon 79, Clackamas CC 78, Western Oregon 52, Willamette 46 1/2, George Fox 33, Lewis & Clark 31, Pacific 30, Warner Pacific 23, Corban 16, Cascade 11, Willamette Striders 10, Portland 3. 400 - 3. Ashtin Mott, WOU, 50.33. 110 Hurdles - 3. Jordan Werner, WOU, 16.40. 400 Hurdles - 1. Dallas Moses, WOU, 57.50. **Women** - Concordia 157, Clackamas CC 80 1/2, Willamette 78 1/2, Linfield 72, Lewis & Clark 66, George Fox 63, Southwestern Oregon 47, Western Oregon 43, Corban 38,

Portland 28, Pacific 22, Warner Pacific 12, Cascade 1. 5000 - 3. Jackie Dent, WOU, 19:36.51. 400 Hurdles - 3. Kelsey Castrey, WOU, 4-9 1/2.

**PLU Invitational (Apr. 12 at Tacoma): GNAC Winners, Men:** 10,000 - John Riak, SMU, 33:12.97. Steeplechase - Trevor Kulvi, CWU, 10:19.45. Shot Put - Sam Washington, SMU, 50-8. Discus - Sam Washington, SMU, 143-4. Javelin - Andrew Steiger, CWU, 184-0. **Women:** 400 - Chelsi Claussen, JMU, 59.88. 800 - Annie Laweryson, SMU, 2:19.34. 1500 - Krinda Carlson, SMU, 4:54.60. 5000 - Mary Bakeman, CWU, 19:48.19. 100 Hurdles - Raquel Gonzalez, CWU, 15.82. 400 Hurdles - Raquel Gonzalez, CWU, 1:10.31. 4x400 - Saint Martin's 4:12.37.

**California Multi-Events (Apr. 16-17 at Azusa): Heptathlon** - 8. Brittany Bekins, SPU, 4681 (**Wednesday:** 100 Hurdles - 15.81; High Jump - 1.53 - 5-0 1/4; Shot - 10.58 - 34-8 1/2; 200 - 26.83. **Thursday:** Long Jump - 4.82 - 15-9 3/4. Javelin - 37.99 - 124-8. 800 - 2:17.69; Brittany Aanstad, SPU, 3,582 (**Wednesday:** 100 Hurdles - 17.18; High Jump - 1.53 - 5-0 1/4; Shot - 9.17 - 30-1; 200 - 28.51. **Thursday:** Long Jump - 5.03 - 16-6. Javelin - 42.62 - 139-10. 800 - Withdrew).

**Mt. Sac Relays (Apr. 17-18 at Walnut, CA): Thursday, Men:** 5000 - 25. David Kiplagat, UAA, 14:34.42. 10,000 - 24. Jordan Welling, WWU, 30:35.82; 27. Bennett Grimes, WWU, 30:45.15; 29. John Riak, SMU, 31:19.08. Steeplechase - 20. Peter Doner, UAA, 9:29.23; 24. Keever Henry, WWU, 9:38.76. **Women:** 5,000 - 20. Elizabeth Chepkosgei, UAA, 17:15.86. 10,000 - 8. Laura Carr, UAA, 35:41.98; 17. Sarah Porter, WWU, 36:45.1; 35. Jessie Dunnam, SMU, 39:26.21; 36. Helen Camden, SMU, 39:55.89. **Friday, Men:** 100 - 10. David Registe, UAA, 10.69; 16. Michael Madrid, UAA, 10.76; 24. Eric Walsh, UAA, 10.94. 200 - 7. David Registe, UAA, 21.71; 9. Michael Madrid, UAA, 21.80. 400 - 10. James McLaughlin, UAA, 48.48. 400 Hurdles - 23. Kevin Myhre, WWU, 58.94. High Jump - 9. Keefe Brockman, WWU, 6-4. Pole Vault - 3. Ryan Brown, WWU, 4.75 - 15-7. **Women:** 100 - 38. Megan Zukowski, WWU, 12.62. 400 - 21. Megan O'Connell, WWU, 58.21; 25. Sarah Brownell, WWU, 59.52. 800 - 20. Lisa Anderberg, SPU, 2:12.52. 1500 - 14. Jane Larson, SPU, 4:28.08. 100 Hurdles - 12. Michelle Howe, WWU, 14.70. 400 Hurdles - 6. Heidi Dimmitt, WWU, 1:02.34. 4x100 - 5. Western Washington 48.60. 4x400 - 4. Western Washington 4:00.72. Pole Vault - 16. Carrie Hauck, SPU, 3.60 - 11-9 3/4. 20. Monica Anderson, SPU, 3.45 - 11-3 3/4. High Jump - 5. Clara Cook, WWU, 5-4. Javelin - 7. Jeeni Schantlin, SPU, 43.84 - 143-10; 11. Lauren VerMulm, SPU, 41.40 - 135-9.

**Azusa Pacific Invitational (Apr. 18 at Azusa, Calif.): Men (Top10):** 800 - 5. Mick Boyle, UAA, 1:54.73. 1500 - 2. Keith Lemay, WWU, 3:52.35. 5000 - 7. Aaron Dickson, UAA, 15:17.22. 110 Hurdles - 6. Shaun Ward, UAA, 15.32. 4x100 Relay - 1. Alaska Anchorage 41.55. Shot Put - 8. Sam Washington, SMU, 52-6 1/2. **Women (Top 10):** 4x100 - 4. Alaska Anchorage 50.10. Long Jump - 9. Kim Brady, UAA, 18-6. Triple Jump - 8. Kim Brady, UAA, 38-11 1/2. Javelin - 2. Monika Gruszecki, WWU, 143-4.

**Long Beach State (Apr. 18 at Long Beach, CA): Men (Top 6):** Steeplechase - 1. David Kiplagat, UAA, 9:07.20. 4x100 - 4. Alaska Anchorage 41.86. 4x400 - 1. Alaska Anchorage, UAA, 3:19.95. Long Jump - 2. David Registe, UAA, 24-2 1/2. **Women (Top 6):** 1500 - 1. Jane Larson, SPU, 4:28.36. 4x400 - 4. Alaska Anchorage 4:08.82. Pole Vault - 6. Melissa Peaslee, SPU, 12-1 1/2. Javelin - 4. Lauren VerMulm, SPU, 148-10; 5. Jeeni Schantlin, SPU, 145-10.

**Western Oregon Twilight (Apr. 18 at Monmouth):GNAC Winners, Men:** 400 Hurdles - Lloyd Massey, WOU, 54.17. Steeplechase - Kym Hunt, WOU, 9:48.52. Long Jump - Zeb Udell, WOU, 21-3 1/4. **Women:** 800 - Kira Batcheller, WOU, 2:21.33. 100 Hurdles - Jacque Postlewait, WOU, 14.95. 400 Hurdles - Sarah Barker, WOU, 1:05.13. 4x100 - Western Oregon 49.50. 4x400 - Western Oregon 4:06.95.

**CWU Art Invitational (Apr. 19 at Ellensburg): Men** - Central Washington 272, Western Washington 143 1/2, Northwest Nazarene 130 1/2, Seattle Pacific 67, Everett CC 11, Evergreen State 4. **GNAC Winners:** 100 - Shane Gruger, WWU, 11.27. 200 - Matt Rogstad, CWU, 22.14. 400 - Matt Rogstad, CWU, 48.30. 800 - Michael Gavareski, SPU, 1:59.00. 1500 - Brian Cronrath, SPU, 4:01.00. 5000 - Trevor Kulvi, CWU, 16:18.8. 10,000 - Kevin Lambert, NNU, 32:25.8. 110 Hurdles - Dallas Beaty, NNU, 15.85. 400 Hurdles - Dallas Beaty, NNU, 55.47. 4x100 - Central Washington 42.34. 4x400 - Central Washington 3:28.58. Pole Vault - Scott McCoy, CWU, 14-7 1/4. Long

Jump - Ezekiel Hill, CWU, 22-0 3/4. Triple Jump - Greg Hamm, NNU, 46-8 1/4. Shot Put - Matt Valdez, CWU, 49-0 1/4. Discus - Tyler Fischer, CWU, 158-11. Hammer - Tyler Fischer, CWU, 167-2. Javelin - Andrew Stiger, CWU, 192-11. **Women** - Northwest Nazarene 260, Central Washington 143, Western Washington 136, Seattle Pacific 70, Everett CC 18, Evergreen State 13. **GNAC Winners:** 100 - Latoya Tidwell, NNU, 12.79. 200 - Latoya Tidwell, NNU, 25.77. 400 - Lindsay Brady, NNU, 58.52. 800 - Jaclyn Puga, NNU, 2:20.78. 1500 - Ashley Puga, NNU, 4:36.09. 3000 - Ashley Puga, NNU, 10:14.52. 10,000 - Shannon DeBoer, NNU, 40:46.3. 100 Hurdles - Raquel Gonzalez, CWU, 15.89. 400 Hurdles - Annie Larlee, NNU, 1:10.04. Steeplechase - Karin Rohde, SPU, 11:08.5. 4x100 - Northwest Nazarene 49.28. 4x400 - Northwest Nazarene 4:03.8. High Jump - Jill Rogers, WWU, 5-1. Pole Vault - Christy Miller, WWU, 10-6. Long Jump - Christy Miller, WWU, 16-3. Triple Jump - Laura VonArx, NNU, 36-5 1/2. Hammer - Amy Carroll, NNU, 153-0.

**GNAC Multis (Apr. 21-22 at Ellensburg): Decathlon** - 1. Zeb Udell, WOU, 6181; 2. Clint Hickey, WOU, 5537; 3. Kevin Iverson, WWU, 5532; 4. Nick Collins, CWU, 5400; 5. Josh Kirk, CWU, 5331; 6. Tommy Woolf, WOU, 5241; 7. D'Andre Benjamin, Seattle, 5077; 8. Stuart Montgomery, NNU, 4422; 9. Alex Harrison, WWU, 3077; Darren Edwards, WWU, DNF. **Heptathlon** - 1. Jacque Postlewait, WOU, 4615; 2. Mandy Keifer, WOU, 4223; 3. Brittany Aanstad, SPU, 4083; 4. Jennifer Pike, SPU, 3988; 5. Clara Cook, WWU, 3960; 6. Raquel Gonzalez, CWU, 3899; 7. Michelle Howe, WWU, 3693; 8. Amanda Rose, CWU, 3395; 9. Chelsey Jones, NNU, 3327; 10. Mary Seidler, CWU, 3002; 11. Claire Monahan, Seattle, 1644; Brittany Bekins, Seattle Pacific, DNF.

**WWU Twilight (Apr. 25 at Bellingham): GNAC Winners, Men:** 800 - Keith Lemay 1:52.29. 4x100 - Seattle 42.75. 4x400 - Western Washington 3:24.36. 400 Hurdles - Kevin Myhre, WWU, 54.69. Pole Vault - Ryan Brown, WWU, 15-3. Long Jump - Justin Felt, SPU, 21-11 3/4. Shot Put - Sam Washington, SMU, 53-4 1/4. **Women:** 400 - Chelsea Evans, CWU, 59.16. 800 - Rachael Johnson, SU, 2:18.81. 3000 - Suzie Strickler, SPU, 10:11.68. 5000 - Sarah Porter, WWU, 17:37.48. 100 Hurdles - Michelle Howe, WWU, 14.81. 400 Hurdles - Heidi Dimmitt, WWU, 1:02.89. 4x400 - Western Washington 3:57.60. High Jump - Clara Cook, WWU, 5-3. Long Jump - Kasey Hostetler, WWU, 17-5 1/2. Discus - Erica Rance, WWU, 133-7. Javelin - Jeeni Schantlin, SPU, 149-0.

**Oregon Invitational (Apr. 25-26 at Eugene): Friday, Men:** 400 - 6. Blake Estep, WOU, 49.90. 800 - 7. Michael Gavareski, SPU, 1:56.64. 1500 - 40. Chad Meis, SPU, 3:58.65; 45. Brian Cronrath, SPU, 4:00.31. 110 Hurdles - 1. Andy Luscutoff, WOU, 15.17. **Women:** 800 - 2. Lisa Anderberg, SPU, 2:12.64; 4. Ashley Berry, WOU, 2:14.15; 6. Annan Applebee, WOU, 2:16.96. 1500 - 12. Jane Larson, SPU, 4:26.91; 41. Tricia Morrison, WOU, 4:49.54; 45. Jackie Dent, WOU, 5:01.82. 5000 - 38. Marcie Mullen, CWU, 18:14.46; 39. Kate Harline, SPU, 18:26.18. **Saturday, Women:** 400 Hurdles - 6. Sarah Barker, WOU, 1:03.96; 12. Kelsey Castrey, WOU, 1:08.24.

**WSU Cougar Invitational (Apr. 26 at Pullman): Men:** 100 - 4. Ezekiel Hill, CWU, 11.27. 200 - 2. Ezekiel Hill, CSWU, 22.55. 400 - 5. Andrew Christenson, CWU, 51.13; 6. Colby Brydson, CWU, 51.15. 3000 - 4. Trevor Kulvi, CWU, 9:17.33. Steeplechase - 4. Josh Kratzer, CWU, 10:27.32; 5. John Durkee, CWU, 10:48.49. High Jump - 9. Jonathan Hamilton, CWU, 6-2 3/4. Long Jump - 4. Ezekiel Hill, CWU, 20-9; 5. Nick Collins, CWU, 20-5 3/4. Discus - 5. Tyler Fischer, CWU, 160-4. Hammer - 8. Tyler Fischer, CWU, 175-5. Javelin - 14. Ian Wells, CWU, 171-0; 16. Chad Acock, CWU, 169-0. **Women:** 1500 - 4. Sarah Benson, CWU, 4:56.67; 5. Stephanie Cooke, CWU, 5:02.62. 400 Hurdles - 4. Kara Nygard, CWU, 1:10.15.

**Northwest Nazarene Invitational (Apr. 26 at Nampa): Men:** 5000 - Kevin Lambert, NNU, 15:16.68. High Jump - Jess Keys, NNU, 5-10 3/4. Pole Vault - Ben Shea, NNU, 14-3 1/4. Triple Jump - Josh Heidegger, NNU, 40-9 3/4. Shot Put - Zach Barclay, NNU, 48-6 1/4. Javelin - Josh Heidegger, NNU, 184-6. **Women:** 100 - Nicki Schutte, NNU, 12.58. 200 - Christa Breidiger, NNU, 27.05. 400 - Lindsay Brady, NNU, 58.85. 800 - Ashley Puga, NNU, 2:14.33. 1500 - Ashley Puga, NNU, 4:34.26. Steeplechase - Jaclyn Puga, NNU, 11:48.11. 4x100 - Northwest Nazarene 48.81. High Jump - Kelsey Hettman, NNU, and Rylee Walker, NNU, 4-8 1/4. Pole Vault - Kristi Rice, NNU, 10-6. Long Jump - Laura VonArx, NNU, 16-2 1/2. Triple Jump - Laura VonArx, NNU, 37-4. Shot Put - Amy Carroll, NNU, 38-11 1/2. Discus - Amy

Carroll, NNU, 128-1. Hammer - Amy Carroll, NNU, 167-8. Javelin - Amanda Peters, NNU, 112-6.

**Concordia/Mt. Hood Invitational (Apr. 26 at Gresham): Men (Top 3):** 800 - 2. Mike Schmidt, WOU, 1:54.86. 110 Hurdles - 3. Jordan Werner, WOU, 16.16. 4x100 - 2. Western Oregon 43.58. High Jump - 2. Robert Wegner, WOU, 6-2. Triple Jump - 2. Tyler Reinsaur, WOU, 43-7 3/4. **Women (Top 3):** 1500 - 3. Jessica Harper, WOU, 4:47.35. Steeplechase - 1. Lyndsey McKillip, WOU, 11:01.88. Triple Jump - 1. Sarajane Rosenberg, WOU, 37-1 1/4. Hammer - 1. Sabrina Freed, WOU, 167-1; 2. Sara Cole, WOU, 146-2.

**Montana Open (Apr. 26 at Missoula): Men (Top 3):** Long Jump - 3. Luke Barrett, MSUB, 19-3 1/2. Triple Jump - 3. DeShawn Lewis, MSUB, 41-0 1/4. Hammer - 3. Jade Haynie, MSUB, 117-7. **Women (Top 3):** 400 - 3. Malori Woodford, MSUB, 1:05.20. 800 - 3. Sarah Jackson, MSUB, 2:18.76. 100 Hurdles - 2. Amanda Baum, MSUB, 17.50. Triple Jump - 3. Rachel Hansen, MSUB, 33-2. Shot Put - 2. Lexi Halvorson, MSUB, 38-11.

**GNAC (May 2-3 at Ellensburg): Men's Team Scores** - Western Oregon 166 1/2, Alaska Anchorage 157, Western Washington 152, Central Washington 151 1/2, Northwest Nazarene 73, Seattle 38, Seattle Pacific 30, Saint Martin's 29, Montana State Billings 17. **Most Outstanding Performer** - Michael Madrid, Alaska Anchorage. **Women's Team Scores** - Western Oregon 162, Seattle Pacific 158, Western Washington 142, Northwest Nazarene 138, Alaska Anchorage 109, Central Washington 71, Seattle 43, Saint Martin's 17, Montana State Billings 14. **Most Outstanding Performer** - Ashley Puga, Northwest Nazarene.

**Ken Shannon/Ken Foreman Invitational (May 10 at Seattle): GNAC Winners, Men:** 5000 - Jordan Welling, WWU, 15:03.95. 400 Hurdles - Kevin Myhre, WWU, 54.36. Steeplechase - Keever Henry, WWU, 9:36.81. 4x100 - Seattle University 42.34. Long Jump - Justin Felt, SPU, 22-3 1/2. Shot Put - Sam Washington, SMU, 52-11 1/2. **Women:** 100 Hurdles - Michelle Howe, WWU, 15.06. 400 Hurdles - Heidi Dimmitt, WWU, 1:01.69. 4x100 - Western Washington (Dimmitt, Thornton, O'Connell, Brownell) 3:59.33.

**Western Oregon Twilight (May 10 at Monmouth): GNAC Winners: Men:** 1500 - Zeke Van Patten, WOU, 3:55.05. 110 Hurdles - Andy Luscutoff, WOU, 15.41. Triple Jump - Greg Hamm, NNU, 45-5 3/4. **Women:** 100 - Lauren Duckett, WOU, 12.58. 400 Hurdles - Sarah Barker, WOU, 1:03.20.

**Oregon Twilight (May 10 at Eugene): Men:** 800 - 15. Jeff Long, WOU, 1:58.80. Pole Vault - 2. Zeb Udell, WOU, 4.90 - 16-0 3/4. **Women:** 400 Hurdles - 2. Sarah Barker, WOU, 1:03.31. Hammer - 14. Sabrina Freed, WOU, 51.65 - 169-5.

**NCAA National (May 22-24 at Walnut, Calif.): Men** - 1. Abilene Christian 108 1/2, 19. Alaska Anchorage 11, 42. Central Washington 4, 47. Western Washington 3; 52. Saint Martin's 2. **Women** - 1. Abilene Christian 76 1/2, 11. Seattle Pacific 22, 21. Western Washington 13, 22. Northwest Nazarene 12, 49. Western Oregon 3, 55. Alaska Anchorage 2.

## 2009

**Willamette Opener (Feb. 28 at Salem): WOU Winners: Men:** 100 - Chris Freeman, WOU, 11.39. 200 - Blake Estep, WOU, 23.15. 400 - Nick Clark, WOU, 51.50. 110 Hurdles - Michael Kendrick, WOU, 15.50. Javelin - Bryce Johnson, WOU, 191-0. **Women:** 100 - Lacey Meusec, WOU, 12.65. 5000 - KayAnna Cecchi, WOU, 19:23.61. 100 Hurdles - Mandy Keifer, WOU, 15.82.

**UNLV Invitational (Mar. 7 at Las Vegas): GNAC Winners: Men:** 400 - James McLaughlin, UAA, 49.94. 1500 - Marko Cheseto, UAA, 3:53.02. 400 - Shaun Ward, UAA, 55.17. 4x400 - Alaska Anchorage (Grant, Pettigrew, Ward, McLaughlin) 3:19.22. Long Jump - David Registe, UAA, 24-9 3/4. **Women:** None (800 - 2. Stephanie Trenholm, UAA, 2:17.39).

**UPS Outdoor Preview (Mar. 7 at Tacoma): Men** - Western Washington 127, Seattle Pacific 47; Western Washington 122, Puget Sound 69; Puget Sound 99. Seattle Pacific 60. **GNAC Winners:** 100 - Alex Tilley, WWU, 10.93. 400 - Micah Grounds, SPU, 52.77. 800 - Nathanael Sleight, SPU, 2:04.57. 1500 - Chad Meis, SPU, 4:03.74. 110 Hurdles - Andrew Gray, WWU, 15.79. 400 Hurdles - Kevin Myhre, WWU, 57.88. 4x100 - Western

Washington 42.83. 4x400 - Western Washington 3:35.63. High Jump - Josh Larson, WWU, 6-0. Pole Vault - Josh Winters, WWU, 13-5. Long Jump - Justin Felt, SPU, 21-10. Javelin - Ben DeKock, WWU, 180-0. **Women** - Western Washington 84, Seattle Pacific 66; Seattle Pacific 76, Puget Sound 73; Western Washington 109, Puget Sound 58. **GNAC Winners:** 100 - Jessica Hinton, SPU, 12.35. 200 - Jessica Hinton, SPU, 26.08. 400 - Rachel Johnson, WWU, 1:01.11. 800 - Lisa Anderberg, SPU, 2:22.03. 3000 - Natty Plunkett, SPU, 10:37.22. 10,000 - Lauren Briehof, WWU, 36:58.82. 100 Hurdles - Michelle Howe, WWU, 15.12. 400 Hurdles - Jennifer Pike, SPU, 1:07.09. 4x100 - Western Washington 50.65. 4x400 - Seattle Pacific 4:17.96. High Jump - Clara Cook, WWU, 5-2 1/4. Pole Vault - Amanda DiEnno, WWU, 10-8 1/4. Long Jump - Callie Muri, WWU, 16-0 1/2. Triple Jump - Callie Muri, WWU, 34-4. Javelin - Jeeni Schantlin, SPU, 160-1.

**Willamette/WOU Dual (Mar. 7 at Monmouth): WOU Winners: Men:** 200 - Nick Clark, WOU, 23.23. 400 - Blake Estep, WOU, 50.70. 800 - Michael Brown, WOU, 1:56.99. High Jump - Robert Wegner, WOU, 6-2 3/4. Triple Jump - Tyler Reinsaur, WOU, 42-5 1/2. Hammer - Anthony Marin, WOU, 171-11. **Women:** 200 - Lacey Meusec, WOU, 25.77. 400 Hurdles - Ali Mosher, WOU, 1:08.57. High Jump - Kelsey Neilson, WOU, 5-1 3/4. Triple Jump - Kelsey Neilson, WOU, 31-10 3/4. Discus - Alyssa Taylor, WOU, 106-1.

**Occidental Distance Carnival (Mar. 13 at Los Angeles): GNAC Winners: Men:** 800 - James Pettigrew, UAA, 1:53.23. 1500 - Cory Pena, UAA, 3:51.87. 5000 - Mark Cheseto, UAA, 14:07.48. Steeplechase - David Kiplagat, UAA, 9:21.93. **Women:** None (1500 - 2. Stephanie Trenholm, UAA, 4:46.31; 5000 - 3. Elizabeth Chepkosgei, UAA, 17:17.78).

**CSU Northridge Invitational (Mar. 14 at Northridge): Men (Top 6):** 800 - 2. Cory Pena, UAA, 1:52.65; 3. James Pettigrew, UAA, 1:52.86; 6. Thomas Hill, UAA, 1:55.42. 1500 - 2. Marko Cheseto, UAA, 3:51.52; 4. David Kiplagat, UAA, 3:53.41; 5. Alfred Kangogo, UAA, 3:53.97; 6. Mick Boyle, UAA, 3:54.13. 400 Hurdles - 4. Shaun Ward, UAA, 54.60. 4x400 - Alaska Anchorage 3:18.55. Long Jump - 5. Demetrius Preston, UAA, 21-2 1/2. **Women (Top 6):** 800 - 6. Stephanie Trenholm, UAA, 2:16.08. 1500 - 6. Elizabeth Chepkosgei, UAA, 4:38.40. 4x400 - 6. Alaska Anchorage 4:05.37.

**WOU/Willamette Dual (Mar. 14 at Salem): GNAC Winners: Men:** 100 - Gabe Aguilar, WOU, 10.75. 200 - Dylan Wells, WOU, 22.93. 1500 - Jeff Long, WOU, 3:59.67. High Jump - Robert Wegner, WOU, 6-2 3/4. Long Jump - Chris Freeman, WOU, 21-1 1/4. **Women:** 400 - Lacey Meusec, WOU, 1:00.73. Long Jump - Jacque Helbling, WOU, 17-3 1/4. Hammer - Alyssa Taylor, WOU, 133-11. Javelin - Jillian Lorenzen, WOU, 117-4.

**UPS Joe Peyton Invitational (Mar. 14 at Tacoma): Men** - Western Washington 194, Seattle 132, Pacific Lutheran 131, Central Washington 96, Puget Sound 75, Saint Martin's 67. **GNAC Winners:** 100 - Bryan Mack, CWU, 10.99. 800 - Anthony Tomsich, WWU, 2:00.14. 1500 - Anthony Tomsich, WWU, 4:01.96. 5000 - John Riak, SMU, 15:14.79. 110 Hurdles - Andrew Gray, WWU, 15.94. Steeplechase - Eric Brill, WWU, 9:41.03. 4x100 - Western Washington 42.75. High Jump - Cameron Bailey, CWU, 6-2. Pole Vault - Hayden Woodard, WWU, 13-5 1/4. Triple Jump - James Cho, CWU, 44-11. Discus - Tyler Fischer, CWU, 146-5. Javelin - Ben DeKock, WWU, 168-10. **Women** - Western Washington 171 1/2, Pacific Lutheran 159, Seattle 116, Central Washington 101 1/2, Saint Martin's 66, Puget Sound 62, Seattle Pacific 18, Seattle 14. **GNAC Winners:** 200 - Megan Zukowski, WWU, 26.48. 400 - Megan O'Connell, WWU, 59.98. 800 - Brianna Schmid, SMU, 2:26.55. 1500 - Jocelyn Minton, SMU, 4:54.51. 5000 - Lauren Briehof, WWU, 17:52.08. 100 Hurdles - Michelle Howe, WWU, 15.08. 400 Hurdles - Heidi Dimmitt, WWU, 1:04.13. Steeplechase - Mary Williams, SPU, 11:55.11. 4x400 - Western Washington 4:04.06. High Jump - Clara Cook, WWU, 5-2 1/4. Pole Vault - Robin Mueller, WWU, 9-4 1/4. Shot Put - Torie Self, CWU, 37-6 3/4. Javelin - Jillian Blake, SMU, 112-1.

**NNU Open (Mar. 13-14 at Nampa): GNAC Winners: Men:** 100 - Derek Sepe, NNU, 11.71. 200 - Marius Hope, NNU, 22.53. 400 - Dan Hill, NNU, 50.52. 4x100 - Northwest Nazarene 44.69. 4x400 - Northwest Nazarene 3:23.99. Long Jump - Mark Hanson, NNU, 21-1 1/4. Decathlon - Josh Grewe, NNU, 5546. **Women:** 100 - Latoya Tidwell, NNU, 13.13. 200 - Latoya Tidwell, NNU, 26.15. 4x100 - Northwest Nazarene 49.95. Pole Vault - Karina Elzinga, NNU, 10-2. Long Jump - Molly Reid, NNU, 16-8 1/2. Triple Jump -

Molly Reid, NNU, 34-7 3/4. Shot Put - Joy Warrington, NNU, 40-3 1/2. Javelin - Lakiesha Nilles, NNU, 137-6. Heptathlon - Laura VonArx, NNU, 3660.

**EOU Blue & Gold Invitational (Mar. 20 at LaGrande): GNAC Winners: Men:** 800 - Mitch Ward, NNU, 2:02.40. 4x100 - Northwest Nazarene 44.20. 4x300 - Northwest Nazarene 2:31.76. Long Jump - Mark Hanson, NNU, 20-11. Shot Put - Grant Miller, NNU, 48-10. Discus - Grant Miller, NNU, 154-10. **Women:** 100 - Latoya Tidwell, NNU, 12.81. 200 - Latoya Tidwell, NNU, 26.27. 400 - Ashley Puga, NNU, 58.25. 800 - Elisa Decker, NNU, 2:17.14. 4x300 - Northwest Nazarene 2:57.41. Long Jump - Laura VonArx, NNU, 37-6. Shot Put - Joy Warrington, NNU, 38-10 1/2. Javelin - Lakiesha Nilles, NNU, 128-6.

**Willamette Charles Bowles Classic (Mar. 20 at Salem): GNAC Winners: Men:** 400 - Abe Webb, WOU, 51.14. 900 - Kyle Larson, WOU, 1:56.08. 1500 - Chris Reed, WOU, 4:02.03. Long Jump - Chris Freeman, WOU, 20-9 1.4. **Women:** Triple Jump - Zoe Skordahl, WOU, 34-3 1/2.

**Willie Williams Classic (Mar. 20 at Tucson, AZ): Men:** Shot Put - 13. Ryan Rencehausen, UAA, 11.99 - 39-4. Hammer - 17. Ryan Rencehausen, UAA, 40.35 - 132-4.

**Sac State Hornet Invitational (Mar. 21 at Sacramento): Men (Top 3):** Steeplechase - 3. Chad Meis, SPU, 9:20.38. **Women (Top 3):** 800 - 2. Lisa Anderberg, SPU, 2:15.73. 1500 - 1. Kate Harline, SPU, 4:37.88; 2. Janae Larson, SPU, 4:40.26. Pole Vault - 2. Melissa Peaslee, SPU, 11-9 3/4. Javelin - 2. Lauren VerMulm, SPU, 145-3.

**Oregon Preview (Mar. 21 at Eugene): Men (Top 3):** 4x100 Relay - 2. Western Oregon 43.06. Pole Vault - 1. Zeb Udell, WOU, 16-6. **Women (Top 3):** 100 - 2. Lacey Meusec, WOU, 12.83. 4x100 - 1. Western Oregon 48.53. 4x400 - 1. Western Oregon 4:05.58.

**Dusty Lane Open (Mar. 21 at Spokane): Men (Top 3):** 100 - 2. Nick Daltoso, CWU, 11.51. 400 - 1. Matt Rogstad, CWU, 50.17. Discus - 2. Daniel Ramirez, CWU, 135-11. **Women (Top 3):** Shot Put - 1. Krissy Tandle, CWU, 44-8. Javelin - 3. Katie McMeel, CWU, 122-6.

**Linfield Multi-Events (Mar. 23-24 at McMinnville): Decathlon** - 5. Zeb Udell, WOU, 6149. **Heptathlon** - 1. Mandy Keifer, WOU, 4061; 2. Jacque Helbling, WOU, 3989.

**California Multi-Events (Mar. 25-26 at Azusa): Heptathlon** - Ali Worthen, SPU, 4007 (DNF). Day 1: 100 Hurdles - 15.12; High Jump - 1.66 - 5-5 1/4; Shot Put - 10.11 - 33-2; 200 - 26.26. Day 2: Long Jump - 5.30 - 17-4 1/2. Javelin - 27.00 - 83-7.

**Stanford Invitational (Mar. 27-28 at Palo Alto): Men (Top 20):** 800 - 9. James Pettigrew, UAA, 1:50.76. Steeplechase - 14. David Kiplagat, UAA, 9:01.67. 5000 - 3. Marko Cheseto, UAA, 14:02.45. High Jump - 9. Cameron Bailey, CWU, 6-4 3/4. Long Jump - 4. Justin Felt, SPU, 22-6 3/4. **Women (Top 20):** 200 - 13. Jessica Hinton, SPU, 25.42. 400 - 12. Jessica Hinton, SPU, 57.43. 800 - 7. Ashley Puga, NNU, 2:07.55. 1500 - 1. Jessica Pixler, SPU, 4:18.64. 400 Hurdles - 15. Jennifer Pike, SPU, 1:05.02. Pole Vault - 10. Melissa Peaslee, SPU, 12-1 1/2. Javelin - 7. Jeeni Schantlin, SPU, 151-6; 9. Lauren VerMulm, SPU, 148-2. Shot Put - 3. Krissy Tandle, CWU, 49-1.

**San Francisco State Distance Carnival (Mar. 27 at San Francisco): GNAC Winners: Men:** 100 - Demetrius Preston, UAA, 11.18. 200 - Brandon Grant, UAA, 22.52. 400 - Brandon Grant, UAA, 50.87. **Women:** 800 - Lisa Anderberg, SPU, 2:14.88.

**Spring Break Open (Mar. 28 at Edmonds): GNAC Winners: Men:** 100 - Alex Tilley, WWU, 11.09. 400 - Kevin Myhre, WWU, 51.19. 1500 - Nathanael Sleight, SPU, 4:09.83. 4x400 - Western Washington 3:31.67. Pole Vault - Ryan Brown, WWU, 13-11 1/4. Discus - Tyler Fischer, CWU, 157-0. **Women:** 100 Hurdles - Michelle Howe, WWU, 15.13. 400 Hurdles - 1. Michelle Howe, WWU, 1:07.96. Pole Vault - Jennifer Quick, WWU, 10-6.

**Chabot Relays (Mar. 28 at Hayward, Calif.): Men:** 100 - 1. Brandon Grant, UAA, 11.12; 4. Eric Walsh, UAA, 11.33; 6. James McLaughlin, UAA, 11.40. 110 Hurdles - 2. Shaun Ward, UAA, 15.33. 400 Hurdles - 1. Shaun Ward, UAA, 53.01. 4x100 - 1. Alaska Anchorage 42.15. 4x400 - 2. Alaska

Anchorage 3:18.05. **Women:** 100 - 3. Ardienna Everett, UAA, 12.46. 100 Hurdles - 3. Lauren Laichak, UAA, 15.64; 4. Meagan Friess, UAA, 15.94; 7. ZeeSee Young, UAA, 16.76. 400 Hurdles - 1. Ardienna Everett, UAA, 1:03.01; 4. Nathalia Echavarría, UAA, 1:08.22; 5. Meagan Friess, UAA, 1:11.40. 4x100 - 2. Alaska Anchorage 48.96. 4x400 - 3. Alaska Anchorage 4:05.02.

**Willamette Invitational (Apr. 3-4 at Salem): GNAC Winners: Men:** 1500 - Mick Boyle, UAA, 3:49.77. 110 Hurdles - Shaun Ward, UAA, 15.02. 400 Hurdles - Shaun Ward, UAA< 53.30. 4x400 - Alaska Anchorage 3:19.40. **Women:** 200 - Lacey Meusec, WOU, 25.43. 100 Hurdles - Jacque Helbling, WOU, 14.99. 400 Hurdles - Ardienna Everett, UAA< 1:03.74. 4x100 - Western Oregon 48.50.

**Montana Al Manuel Invitational (Apr. 3-4 at Missoula): Men (Top 6):** 100 - 3. Nick Kesler, MSUB, 11.46. Long Jump - 6. Luke Barrett, MSUB, 17-7. Shot Put - 6. Kyle Richards, MSUB, 43-6 ½. **Women (Top 6):** 100 Hurdles - 6. Cassie Holm, MSUB, 15.60. 4x100 - 3. MSU Billings 50.10.

**All-Idaho Collegiate Cup (Apr. 3-4 at Boise): GNAC Winners: Men:** 400 Hurdles - Dallas Beaty, NNU, 54.62. Javelin - Josh Heidegger, NNU, 207-9. **Women :** 400 - Ashley Puga, NNU, 56.20. 800 - Elisa Decker, NNU, 2:18.50. 1500 - Ashley Puga, NNU, 4:36.05. Hammer - Erika McCarthy, NNU, 134-3. Shot Put - Joy Warrington, NNU, 41-2 ¼.

**UPS Shotwell Invitational (Apr. 4 at Tacoma): GNAC Winners: Men:** 1500 - Sam Bedell, WWU, 4:05.63. 110 Hurdles - Ben Wargo, WWU, 15.80. 400 Hurdles - Phillip Villanueva, WWU, 55.23. Steeplechase - Yonas Berhe, WWU, 9:58.1. High Jump - Cameron Bailey, CWU, 6-5 ½. Long Jump - Justin Felt, SPU, 22-1 ½. Shot Put - Tyler Fischer, CWU, 49-3 ¾. Discus - Tyler Fischer, CWU, 161-3. Hammer - Tyler Fischer, CWU, 179-0. **Women:** 400 - Ellie Siler, WWU, 57.04. 800 - Lisa Anderberg, SPU, 2:14.57. 1500 - Rachael Johnson, WWU, 4:50.78. 5000 - Sarah Porter, WWU, 17:01.94. 400 Hurdles - Jennifer Pike, SPU, 1:03.05. Steeplechase - Kayti Krepel, SPU, 11:27.1. 4x400 - Western Washington 3:57.35. Pole Vault - Melissa Peaslee, SPU, 11-9 ¾. Long Jump - Emily Warman, WWU, 17-11 ¾. Triple Jump - Emily Warman, WWU, 37-5. Shot Put - Krissy Tandle, CWU, 48-5 ¼. Discus - Shaina Afoa, CWU, 125-7. Javelin - Jeeni Schantlin, SPU, 149-0.

**WWU Multi-Events (Apr. 5-6 at Bellingham): Decathlon** - Alex Harrison, WWU, 6085. **Heptathlon** - Clara Cook, WWU, 4261.

**WWU Ralph Vernacchia Team Classic (Apr. 10 at Bellingham): Men** - Western Washington 116, Concordia 85, Simon Fraser 46 ½, British Columbia 45 ½, Seattle 41 ½, Washington 36, Pacific Lutheran 10, Central Washington 9, Whatcom CC 5, Seattle Pacific 4. Northwest 1. **GNAC Winners:** 800 - Anthony Tomsich, WWU, 1:54.63. High Jump - Ryan Brown, WWU, 6-0 ¾. Triple Jump - Will Davis, WWU, 46-3 ¼. **Women** - Western Washington 101 ½, Concordia 95, Simon Fraser 47, Pacific Lutheran 39 ½, Washington 35, British Columbia 32, Seattle Pacific 31, Seattle 27, Northwest 8, Whatcom 7, Kajacks 4, Central Washington 4, Everett 2. **GNAC Winners:** 200 - Ellie Siler, WWU, 25.79. 400 - Ellie Siler, WWU, 56.93. 1500 - Sarah Porter, WWU, 4:36.24. 5000 - Natty Plunkett, SPU, 17:58.76. 100 Hurdles - Michelle Howe, WWU, 15.19. 400 Hurdles - Heidi Dimmitt, WWU, 1:02.25. 4x100 - Western Washington 48.86. Long Jump - Emily Warman, WWU, 18-4 ¼. Triple Jump - Emily Warman, WWU, 38-8 ¾.

**Pacific Northwest Relays (Apr. 10 at Oregon City): GNAC Winners: Men:** 3000 - Travis Banker, WOU, 9:23.70. 5000 - Braxton Jackson, WOU, 15:23.10. Shot Put - Jason Slowey, WOU, 46-2. Discus - Jason Slowey, WOU, 143-8. **Women:** Triple Jump - Mandy Keifer, WOU, 35-8 3/4.

**Dickinson State Invitational (Apr. 10 at Glendive, MT): Men (Top 3):** Discus - 2. Jade Haynie, MSUB, 144-6. **Women (Top 3):** 200 - 3. Justine Simons, MSUB, 25.88. 5000 - 3. Lisa Minnehan, MSUB, 18:56.32. Discus - 1. Lexi Halvorson, MSUB, 142-9.

**UCLA Invitational (Apr. 10-11 at Los Angeles): Friday: Men (Top 6):** Long Jump - 3. Zeb Udell, WOU, 22-10 1/2. **Women (Top 6):** 800 - 3. Annan Applebee, WOU, 2:12.90; 5. Jane Larson, SPU, 2:14.09. Pole Vault - 2. Melissa Peaslee, SPU, 12-1 1/2. Javelin - 5. Lauren VerMulm, SPU, 143-2; 5. Jeeni Schantlin, SPU, 141-1. **Saturday: Women:** 800 Invite - 3. Jessica

Pixler, SPU, 2:08.78. 1500 Invite - 1. Jessica Pixler, SPU, 4:17.68; 7. Jane Larson, SPU, 4:30.33.

**Weber State Open (Apr. 11 at Ogden, UT): Men (Top 3):** 400 - 2. Dan Hill, NNU, 49.87. 400 Hurdles - 3. Dallas Beaty, NNU, 15.39. 4x400 - 2. Northwest Nazarene 3:17.22. Hammer - 3. Zach Barclay, NNU, 174-8. Javelin - 1. Josh Heidegger, NNU, 206-0. **Women (Top 3):** 400 - 2. Lindsay Brady, NNU, 59.85. 800 - 1. Ashley Puga, NNU, 2:09.46; 2. Elisa Decker, NNU, 2:16.20. 1500 - 1. Ashley Puga, NNU, 4:28.83. 400 Hurdles - 2. Jamie Beaty, NNU, 1:05.35. 4x400 - 2. Northwest Nazarene 3:54.49. Triple Jump - 3. Laura VonArx, NNU, 36-9 1/2. Shot Put - 1. Joy Warrington, NNU, 42-4 3/4. Javelin - 3. Lakiesha Nilles, NNU, 135-9.

**Pacific Invitational (Apr. 11 at Forest Grove): Men:** Steeplechase - 1. Mike Schmidt, WOU, 9:57.72; 2. Darrell Terry, WOU, 10:29.79. **Women :** 400 - 1. Mandy Keifer, WOU, 1:07.47. Steeplechase - 2. Tricia Morrison, WOU, 11:43.77.

**SCC Washington/Oregon Challenge (Apr. 11 at Spokane): Men** - 1. CC of Spokane 143, Lane CC 114, Eastern Washington 110, Linfield 99 1/2, Portland State 79, Whitworth 70, Eastern Oregon 50 1/2, Central Washington 37. **Individuals (Top 3):** 100 - 3. Kincaid Nichols, CWU, 11.13. 200 - 3. Kincaid Nichols, CWU, 22.33. Hammer - 1. Tyler Fischer, CWU, 179-2. Discus - 3. Tyler Fischer, CWU, 153-6. **Women** - Eastern Washington 160, CC of Spokane 92 1/2, Eastern Oregon 87, Whitworth 84 1/2, Lane CC 81, Linfield 77 1/2, Portland State 57, Central Washington 37 1/2. **Individuals (Top 3):** 400 - 1. Gwenna Carie, CWU, 57.54. Discus - 3. Krissy Tandle, CWU, 127-3. Shot Put - 1. Krissy Tandle, CWU, 45-11 3/4.

**Mt. Sac Relays (Apr. 16-17 at Mt. Sac): Men (Top 16):** 1500 - 14. Alfred Kangogo, UAA, 3:50.15. 10,000 - 10. Mark Cheseto, UAA, 29:08.28. 400 Hurdles - 3. Shaun Ward, UAA, 52.79. Pole Vault - 7. Ryan Brown, WWU, 15-7. Hammer - 11. Anthony Marin, WOU, 182-11. **Women (Top 16):** 400 - 11. Ellie Siler, WWU, 56.18. 800 - 1. Ashley Puga, NNU, 2:05.23. 400 Hurdles - 11. Heidi Dimmitt, WWU, 1:01.57. Pole Vault - 7. Christy Miller, WWU, 12-1 1/2.

**Bryan Clay Invitational (Apr. 17 at Azusa, Calif.): Men (Top 10):** 400 - 6. Ashtin Mott, WOU, 48.84. 800 - 7. Michael Brown, WOU, 1:55.51; 8. Paul Rottich, UAA, 1:55.70. 1500 - 7. Kyle Larson, WOU, 3:59.69. 400 Hurdles - 8. Andy Loscutoff, WOU, 54.74. 4x100 - 5. Alaska Anchorage 42.55. Long Jump - 7. Shane Gruger, WWU, 22-5 3/4. Triple Jump - 1. Tyler Reinsaur, WOU, 48-10. Discus - 8. Jason Slowey, WOU, 149-5. **Women (Top 10):** 100 - Lacey Meusec, WOU, 12.31. 400 Hurdles - 10. Ardienna Everett, UAA, 1:03.23. Javelin - 8. Elisha Harris, UAA, 126-3.

**Long Beach State Invitational (Apr. 18 at Long Beach): Men (Top 10):** 800 - 2. Cory Pena, UAA, 1:51.78. 1500 - 3. Alfred Kangogo, UAA, 3:52.13; 6. Cory Pena, UAA, 3:53.36. 400 Hurdles - 5. Shaun Ward, UAA< 53.20. Long Jump - 1. David Registe, UAA, 25-10 3/4. Hammer - 10. Anthony Marin, WOU, 174-8. **Women (Top 10):** 1500 - 8. Elizabeth Chepkosgei, UAA, 4:35.39. 400 Hurdles - 8. Ardienna Everett, UAA, 1:02.57. Javelin - 9. Elisha Harris, UAA, 131-9.

**Montana Open (Apr. 18 at Missoula): Men (Top 4):** 400 - 4. Chase Berg, MSUB, 53.11. 4x100 - 1. MSU Billings 45.04. Long Jump - 4. Luke Barrett, MSUB, and Deshawn Lewis, MSUB, 18-9. **Women (Top 4):** 5000 - 4. Lisa Minnehan, MSUB, 19:23.76. 100 Hurdles - 3. Cassie Holm, MSUB, 15.98. 4x100 - 2. MSU Billings 50.26. 4x400 - 3. MSU Billings 4:17.21. Shot Put - 4. Hilary Gourneau, MSUB, 36-5 3/4. Discus - 3. Lexi Halvorson, MSUB, 129-0.

**CWU Spike Art Invitational (Apr. 18 at Ellensburg): Men** - Central Washington 179 1/2, Spokane CC 162, Western Washington 150 1/2, Whitworth 91, Puget Sound 53, Northwest 39, Great Falls 32, Eastern Washington 26, Highline CC 8, Lewis-Clark State 1. **GNAC Winners:** 100 - Kincaid Nichols, CWU, 10.95. 400 - Matt Rogstad, CWU, 49.79. 5000 - Sam Bedell, WWU, 15:45.50. 400 Hurdles - Phillip Villanueva, WWU, 55.67. 4x100 - Central Washington 42.43. 4x400 - Western Washington 3:26.39. Pole Vault - Hayden Woodard, WWU, 14-1 1/4. Long Jump - Bryan Mack, CWU, 21-10. Triple Jump - Cameron Bailey, CWU, 45-0 1/4. Discus - Tyler Fischer, CWU, 160-5. Hammer - Tyler Fischer, CWU, 177-11. **Women** - Spokane CC 177, Central Washington 166 1/2, Western Washington 154 1/2, Northwest 53, Whitworth 26, Puget Sound 24, Idaho 22, Lewis-Clark State 10, Great

Falls 2. **GNAC Winners:** 400 - Gwenna Carie, CWU, 58.18. 1500 - Marcie Mullen, CWU, 4:53.21. 5000 - Phoebe Harnett, WWU, 19:15.86. 400 Hurdles - Raquel Gonzalez, CWU, 15.85. Steeplechase - Adriana Mendoza, CWU, 12:20.40. 4x400 - Central Washington 4:16.25. Pole Vault - Amanda DiEnno, WWU, 10-10. Long Jump - Emily Warman, WWU, 18-4 1/2. Triple Jump - Emily Warman, WWU, 35-6 1/2. Discus - Torie Self, CWU, 132-7.

**PLU Invitational (Apr. 18 at Tacoma): GNAC Winners: Men:** 800 - Chad Meis, SPU, 1:57.98. 1500 - Chad Meis, SPU, 3:57.34. 5000 - Daniel Hamilton, SPU, 16:13.69. Steeplechase - Daniel Friesen, SPU, 9:37.31. High Jump - Bill Richardson, SMU, 6-4 3/4. Long Jump - Justin Felt, SPU, 21-10 3/4. **Women:** 200 - Jessica Hinton, SPU, 25.60. 400 - Jessica Hinton, SPU, 56.61. 800 - Brianna Schmid, SMU, 2:21.62. 1500 - Kate Harline, SPU, 4:48.44. 5000 - Katie Hart, SPU, 19:16.35. 400 Hurdles - Jennifer Pike, SPU, 1:03.52. 4x400 - Seattle Pacific 3:59.90. Pole Vault - Melissa Peaslee, SPU, 11-10 1/2. Long Jump - Kelsey Burns, SPU, 18-3 1/4. Javelin - Jeeni Schantlin, SPU, 152-3.

**Eastern Oregon Invitational (Apr. 18 at La Grande): GNAC Winners: Men:** 100 - Derek Sipe, NNU, 11.43. 400 - Dallas Beaty, NNU, 55.13. 4x100 - Northwest Nazarene 44.44. 4x400 - Northwest Nazarene 3:27.80. Pole Vault - Ben Shea, NNU, 14-9. Long Jump - Mark Hanson, NNU, 19-9 3/4. Triple Jump - Josh Heidegger, NNU, 40-4. Hammer - Zach Barclay, NNU, 168-6. **Women:** 1500 - Ashley Rendahl, NNU, 5:12.71. 400 Hurdles - Jamie Beaty, NNU, 1:03.54. 4x400 - Northwest Nazarene 4:02.42. Long Jump - Maycee Bekkedahl, NNU, 15-2 1/4. Triple Jump - Laura Von Arx, NNU, 38-0 3/4. Shot Put - Joy Warrington, NNU, 42-2 3/4. Hammer - Erika McCarthy, NNU, 149-2. Javelin - Lakiesha Nilles, NNU, 121-4.

**GNAC Multi-Events at Ellensburg (Apr. 20-21): Decathlon** - 1. Zeb Udell, WOU, 6286; 2. Alex Harrison, WWU, 6060; 3. Josh Grewe, NNU, 6015; 4. Tim Clendaniel, WWU, 5760; 5. Nick Collins, CWU, 4986; 6. Andrew Sneed, NNU, 4983; 7. Stuart Montgomery, NNU, 4484; 8. Austin Roberts, WOU, 3781. **Heptathlon** - 1. Mandy Keifer, WOU, 4588; 2. Clara Cook, WWU, 4343; 3. Raquel Gonzalez, CWU, 4137; 4. Jacque Helbling, WOU, 4131; 5. Michelle Howe, WWU, 3948; 6. Sabrina Schwindler, WWU, 3947; 7. Jill Bennett, NNU, 3834; 8. Laura VonArx, NNU, 3832; 9. Beth McLam, NNU, 3328; 10. Siri Berg, CWU, 3192; 11. Devon King, WWU, 3044; 12. Mary Seidler, CWU, 2841.

**WWU Twilight (Apr. 24 at Bellingham): GNAC Winners: Men:** 100 - Bryan Mack, CWU, 10.98. 800 - Anthony Tomsich, WWU, 1:53.78. 1500 - Sam Bedell, WWU, 4:00.11. 5000 - John Riak, SMU, 14:59.21. 400 Hurdles - Ben Wargo, WWU, 15.50. Steeplechase - Daniel Friesen, SPU, 9:39.23. 4x100 - Western Washington 42.26. 4x400 - Western Washington 3:26.76. Pole Vault - Ryan Brown, WWU, 16-0 3/4. Long Jump - Justin Felt, SPU, 22-11. Triple Jump - Will Davis, WWU, 46-0. Shot - Sam Washington, SMU, 50-6 3/4. Discus - Donovan Cunningham, WWU, 157-10. Hammer - Tyler Fischer, CWU, 185-8. **Women:** 100 - Megan Zukowski, WWU, 12.32. 200 - Ellie Siler, WWU, 25.63. 400 - Ellie Siler, WWU, 56.20. 800 - Rachael Johnson, WWU, 2:15.23. 400 Hurdles - Heidi Dimmitt, WWU, 1:02.78. Steeplechase - Courtney Olsen, WWU, 11:31.58. 4x100 - Western Washington 48.13. 4x400 - Western Washington 4:00.09. High Jump - Clara Cook, WWU, 5-3 3/4. Pole Vault - Christy Miller, WWU, 12-4. Long Jump - Emily Warman, WWU, 18-1. Triple Jump - Emily Warman, WWU, 37-8. Shot Put - Krissy Tandle, CWU, 45-3 3/4. Discus - Torie Self, CWU, 142-8. Hammer - Tori Self, CWU, 155-0. Javelin - Jeeni Schantlin, SPU, 156-4.

**NNU Invitational (Apr. 24-25 at Nampa): Men:** 100 - Derek Sepe, NNU, 11.42. 200 - Dallas Beaty, NNU, 22.68. 110 Hurdles - Dallas Beaty, NNU, 15.20. Steeplechase - Luke Hetrick, NNU, 10:15.19. 4x100 - Northwest Nazarene 44.10. Pole Vault - Ben Shea, NNU, 14-1 1/4. Long Jump - Mark Hanson, NNU, 21-2. Shot Put - Grant Miller, NNU, 47-1. Discus - Grant Miller, NNU, 152-0. **Women:** 200 - Latoya Tidwell, NNU, 25.32. 400 - Lindsay Brady, NNU, 59.36. 800 - Ashley Puga, NNU, 2:06.59. 400 Hurdles - Jamie Beaty, NNU, 1:02.28. 4x100 - Northwest Nazarene 49.60. High Jump - Four (Maycee Bekkedahl, Tiffany Ferch, Beth McLam and Chelsey Jones, all of NNU) tied at 4-8 1/4. Pole Vault - Karina Elzinga, NNU, 11-1 3/4. Long Jump - Molly Reid, NNU, 17-5 1/4. Triple Jump - Maycee Bekkedahl, NNU, 36-0. Shot Put - Joy Warrington, NNU, 40-10 1/2. Hammer - Erika McCarthy, NNU, 157-9. Javelin - Lakiesha Nilles, NNU, 131-0.

Oregon Relays (Apr. 24-25 at Eugene): Friday (Top 8): Men, Hammer - 7. Anthony Marin, WOU, 161-1. Women, 800 - 6. Meryl Butcher, WOU, 2:19.84. 1500 - 3. Jessica Pixler, SPU, 4:20.98; 6. Jane Larson, SPU, 4:28.12. 100 Hurdles - 3. Janna VanderMeulen, WOU, 15.08; 5. Mandy Keifer, WOU, 15.17; 6. Ali Mosher, WOU, 15.47. Saturday (Top 8), Women, 100 - 6. Lauren Duckett, WOU, 12.58. 800 - 5. Annan Applebee, WOU, 2:11.40. Men: 400 Hurdles - 7. Andy Loscutt, WOU, 54.73.

**Mt. Hood Open (Apr. 25 at Gresham): Men (Top 3):** 200 - 3. Ashtin Mott, WOU, 22.64. Steeplechase - 3. Travis Banker, WOU, 10:10.780. High Jump - 2. Robert Wegner, WOU, 6-0. Long Jump - 1. Robert Wegner, WOU, 20-2 1/4. Hammer - 3. Anthony Marin, WOU, 162-10. **Women (Top 6):** Shot Put - 6. Alyssa Taylor, WOU, 37-0 3/4. Discus - 6. Alyssa Taylor, WOU, 117-5. Javelin - 5. Stephanie Lane, WOU, 112-0.

**Montana State Invitational (Apr. 25 at Bozeman): Men (Top 2):** 400 Hurdles - 2. James Hopkins, MSUB, 58.32. 10,000 - 1. Travis Hutchinson, MSUB, 37:07.2. 4x100 - 1. MSU Billings 44.77. Shot - 2. Kyle Richards, MSUB, 41-3 3/4. **Women (Top 2):** 10,000 - 1. Lisa Minnehan, MSUB, 41:00.08. 100 Hurdles - 2. Cassie Holm, MSUB, 18.74. 4x100 - 2. MSU Billings 51.18.

**38th Annual Pelleur Invitational (May 1 at Cheney): Men:** 400 - 5. Matt Rogstad, CWU, 49.46. High Jump - 4. Cameron Bailey, CWU, 6-6 3/4. **Women:** 200 - 9. Britany Hood, CWU, 27.54.

**Pacific Twilight (May 2 at Forest Grove): Men:** 1500 - +Mark Cheseto, UAA, 3:52.68. 400 Hurdles - Dallas Beaty, NNU, 53.52. Steeplechase - +David Kiplagat, UAA, 9:29.09. 4x100 - +Alaska Anchorage 41.80. 4x400 - \*Western Washington 3:21.00. Long Jump - +Demetrius Preston, UAA, 24-4 1/2. Triple Jump - Will Davis, WWU, 46-2 1/2. Discus - +Tyler Fischer, CWU, 162-3. **Women:** 400 - +Ellie Siler, WWU, 56.57. 800 - Ashley Puga, NNU, 2:13.21. 1500 - +Ashley Puga, NNU, 4:30.59. 5000 - +Sarah Porter, WWU, 16:50.87. Steeplechase - \*Courtney Olsen, WWU, 11:38.41. 400 Hurdles - +Heidi Dimmitt, WWU, 1:01.88. 4x100 - Western Washington 47.92. 4x400 - +Western Washington 3:49.70. Triple Jump - \*Emily Warman, WWU, 38-5. Shot Put - Krissy Tandle, CWU, 46-5 1/4. Hammer - Torie Self, CWU, 148-11. +Meet and Stadium record. \*Meet record.

**WOU John Knight Twilight (May 6 at Salem, Ore.): GNAC Winners: Men:** 200 - Ashtin Mott, WOU, 22.36. 400 - Ashtin Mott, WOU, 49.06. 1500 - Kyle Larson, WOU, 3:56.81. Steeplechase - Brandon Snook, WOU, 9:30.85. Discus - Jason Slowey, WOU, 166-4. **Women:** 100 - Lacey Meusec, WOU, 12.57. 4x400 - Western Oregon 3:59.15.

**SPU Ken Foreman/Ken Shannon Invitational (May 8 at Seattle): GNAC Winners: Men:** 5000 - Josiah Price, SMU, 15:00.71. Steeplechase - Chad Meis, SPU, 9:30.26. 4x400 - Western Washington 3:30.31. High Jump - Cameron Bailey, CWU, 6-9. Long Jump - Justin Felt, SPU, 23-1 1/4. Shot Put - Sam Washington, SMU, 51-0. **Women:** 400 - Jessica Hinton, SPU, 57.54. High Jump - Clara Cook, WWU, 5-7 1/4.

**Vandal Indoor (May 8-9 at Moscow): Men (Top 3):** Steeplechase - 1. Josh Kratzer, CWU, 11:15.5. High Jump - 2. Cameron Bailey, CWU, 6-6 3/4. Discus - 2. Tyler Fischer, CWU, 164-9. **Women (Top 3):** Shot Put - 2. Krissy Tandle, CWU, 46-9. Discus - 3. Krissy Tandle, CWU, 136-1. Hammer - 3. Torie Self, CWU, 154-4.

**Oregon Twilight (May 9 at Eugene): Men (Top 3):** 400 - 3. Ashtin Mott, WOU, 49.26. 5000 - 3. Jordan Welling, WWU, 14:16.90. 110 Hurdles - 2. Dallas Beaty, NNU, 14.92. 400 Hurdles - 1. Dallas Beaty, NNU, 53.36; 3. Andy Loscutt, WOU, 54.30. 4x400 - 2. Western Oregon 3:23.79. Pole Vault - 3. Zeb Udell, WOU, 16-0 3/4. Shot Put - 1. Grant Miller, WOU, 51-0. Javelin - 3. Josh Heidegger, NNU, 206-8. **Women (Top 3):** 100 Hurdles - 3. Michelle Howe, WWU, 14.52. 400 Hurdles - 3. Jamie Beaty, NNU, 1:02.95. 4x100 - 2. Western Washington 47.88, 3. Western Oregon 48.27. 4x100 - 1. Western Washington 3:50.43. Shot Put - 3. Joy Warrington, NNU, 37-10 1/2.

**NCAA Nationals (May 21-23 at San Angelo, TX): Men** - 1. Saint Augustine's 94, 14. Alaska Anchorage 19, 16. Northwest Nazarene 14. **Women** - 1. Lincoln 85, 11. Seattle Pacific 20, 17. Western Washington 14, 24. Northwest Nazarene 11, 41. Western Oregon 4.

## 2010

**UNLV Classic (March 6 at Las Vegas): Women (Top 6):** 1500 - 3. Miriam Kipng'eno, UAA, 4:37.22. Steeplechase - 2. Hallidie Wilt, UAA, 11:10.43; 3. Emma Bohman, UAA, 12:16.73; 4. Mary Owen, MSUB, 12:37.98. 400 Hurdles - 2. Ardienna Everett, UAA, 1:03.84. Discus - 6. Alexi Halvorson, MSUB, 130-04. Javelin - 4. Elisha Harris, UAA, 130-1. **Men (Top 8):** 100 - 4. AJ Allen, UAA, 10.99. 400 - 1. Ethan Hewitt, UAA, 47.97; 5. James McLaughlin, UAA, 49.14. 800 - 2. Alfred Kangogo, UAA, 1:52.50; 6. Paul Rottich, UAA, 1:56.64. 1500 - 1. Alfred Kangogo, UAA, 3:51.04; 2. Marko Cheseto, UAA, 3:52.04; 3. Paul Rottich, UAA, 3:59.75. 5000 - 4. Daniel Lombardi, MSUB, 16:01.21. Steeple - 1. Micah Chelimo, UAA, 9:13.31; 4. William Ritekwiang, UAA, 9:46.73. 4x100 - 3. Montana State Billings 44.76. 4x400 - 4. Alaska Anchorage 3:27.13. Long Jump - 2. Demetrius Preston, UAA, 22-10. Triple Jump - 3. Andrew Freed, UAA, 42-0 3/4. Javelin - 2. Nick Wilson, MSUB, 196-10.

**Puget Sound Invitational (March 6 at Tacoma): Women** - Western Washington 237, Seattle Pacific 213, Lewis & Clark 126, Puget Sound 97. **GNAC Winners:** 100 - Joana Houplin, WWU, 12.85. 200 - Ellie Siler, WWU, 25.25. 400 - Ellie Siler, WWU, 56.46. 800 - Haida Ikeda, WWU, 2:24.10. 10,000 - Sierra Brisky, WWU, 38:50.1. 100 Hurdles - Michelle Howe, WWU, 14.88. 400 Hurdles - Natalie Nobbs, SPU, 1:06.75. 4x100 - Seattle Pacific 49.23. 4x400 - Seattle Pacific 4:08.19. High Jump - Amanda Overdick, WWU, 5-3. Pole Vault - Amanda DiEnno, WWU, 10-11 3/4. Long Jump - Trinna Miranda, SPU, 17-7. Triple Jump - Amanda Alvarez, SPU, 39-0 1/4. Shot Put - Brittany Jones, WWU, 35-5. Discus - Brittany Jones, WWU, 128-1. Javelin - Monika Gruszecki, WWU, 130-11. **Men** - Western Washington 279, Puget Sound 153, Seattle Pacific 110, Lewis & Clark 109 1/2. **GNAC Winners:** 100 - Alex Tilley, WWU, 11.08. 200 - Alex Tilley, WWU, 22.38. 400 - Toby David, WWU, 50.64. 800 - Nathanael Sleight, SPU, 1:59.63. 1500 - Nathan Seeley, SPU, 4:02.7. Steeple - AJ Baker, SPU, 10:05.26. 4x100 - Western Washington, 42.0. 4x400 - Western Washington, 3:27.44. High Jump - Tim Clendaniel, WWU, 5-10.75. Pole Vault - Nic Hoza, WWU, 13-05.75. Long Jump - Justin Felt, SPU, 22-0 3/4. Triple Jump - Keefe Brockman, WWU, 44-1 1/4. Shot Put - Jacob Gilbert, WWU, 45-9 3/4. Javelin - Alex Harrison, WWU, 187-8.

**Willamette Open (March 6 at Salem) Women (GNAC Winners):** 100 - 1. Lacey Meusec, WOU, 12.49. 400 - 1. Meryl Butcher, WOU, 1:00.18. 800 - 1. Zoe Skordahl, WOU, 2:21.27. 1500 - 1. Erika Snawder, WOU, 4:45.22. 400 Hurdles - 1. Kaitlyn Reid, WOU, 1:04.89. 4x100 - 1. Western Oregon 48.96. 4x400 - 1. Western Oregon, 4:04.08. **Men (GNAC Winners):** 100 - 1. Bobby Alexander, WOU, 11.08. 110 Hurdles - 1. Andy Loscutt, WOU, 15.13. 400 Hurdles - 1. Andy Loscutt, WOU, 54.46. Pole Vault - 1. Jayce Giddens, WOU, 15-1. Shot Put - 1. Jason Slowey, WOU, 49-10.

**Northwest Nazarene Open (March 11-13 at Nampa): Women (GNAC Winners):** 100 - Melissa Grammer, NNU, 12.65. 200 - Latoya Tidwell, NNU, 27.00. 400 - Shanna Rippey, NNU, 1:05.19. 1500 - Michelle Phillips, NNU, 4:54.87. 400 Hurdles - Amy Ciaccio, NNU, 1:11.33. 4x100 - Northwest Nazarene, 50.98. Pole Vault - Karina Elzinga, NNU, 3.05 - 10-0. Long Jump - Jasmyn Jewett, NNU, 5.10 - 16-8 3/4. Triple Jump - Molly Reid, NNU, 10.90 - 35-9 1/4. Shot Put - Joy Warrington, NNU, 12.72 - 41-8 3/4. Discus - Joy Warrington, NNU, 36.82 - 120-9. Hammer - Joy Warrington, 44.12 - 144-9. Javelin - Lakiesha Nilles, NNU, 43.29 - 142-0. Heptathlon - Jill Bennett, NNU, 3596. **Men (GNAC Winners):** 100 - Cameron Colby, NNU, 11.25. 200 - Maurus Hope, NNU, 22.63. 400 Hurdles - Mark Hanson, NNU, 58.67. 4x100 - Northwest Nazarene, 44.05. 4x400 - Northwest Nazarene, 3:30.11. Javelin - Erica Zwiefelhofer, NNU, 55.28 - 181-4. Decathlon - Ben Heidegger, NNU, 5043.

**Oxy Distance Carnival (Mar. 12 at Los Angeles, CA): Men (Top 8):** 800 - 7. Levi Sutton, UAA, 1:56.26. 5000 - 1. Marko Cheseto, UAA, 14:13.92; 2. Alfred Kangogo, UAA, 14:17.74; 4. Micah Chelimo, UAA, 14:36.05. **Women (Top 8):** 800 - 8. Ariel Roelle, UAA, 2:20.18. 1500 - 4. Kristen King, UAA, 4:54.96. 5000 - 1. Miriam Kipng'eno, UAA, 16:59.24; 2. Ruth Keino, UAA, 17:00.03; 4. Laura Carr, UAA, 17:09.34; 6. Hallidie Wilt, UAA, 17:23.36. Steeplechase - 3. Emma Bohman, UAA, 11:17.99.

**Northridge Invitational (Mar. 13 at Northridge): Men (Top 8):** 200 - 1. Demetrius Preston, UAA, 22.17. 400 - 1. Ethan Hewitt, UAA, 47.62. 1500 - 1. Alfred Kangogo, UAA, 3:49.46; 2. Marko Cheseto, UAA, 3:51.88. 4x400 - 3. Alaska Anchorage 3:17.52. Long Jump - 1. Demetrius Preston, UAA, 24-6 1/4. **Women (Top 8):** 1500 - 2. Hallidie Wilt, UAA, 4:30.65; 4. Miriam Kipng'eno, UAA, 4:42.00; 5. Ruth Keino, UAA, 4:43.11; 6. Laura Carr, UAA, 4:43.86; 8. Katie Krehlik, UAA, 4:45.31. Javelin - 5. Elisha Harris, UAA, 141-3.

**PLU Invitational (March 13 at Tacoma): Women (GNAC Winners):** 800 - Annie Lawryson, SMU, 2:24.39. 100 Hurdles - Katharine Lotze, CWU, 15.50. 400 Hurdles - Raquel Gonzalez, CWU, 1:10.61. High Jump - Raquel Gonzalez, CWU, 4-11 3/4. Triple Jump - Katharine Lotze, CWU, 35-6 1/2. Shot Put - Raisa Yates, CWU, 38-11. Discus - Raisa Yates, CWU, 128.4. Hammer - Torrie Self, CWU, 157-3. Javelin - Samantha Hull, SMU, 128-9. **Men (GNAC Winners):** 100 - Kincaid Nichols, CWU, 10.97. 200 - Anthony Wright, CWU, 22.04. 400 - Scott Morrison, CWU, 49.59. 5000 - Kyle Van Santen, SMU, 15:26.13. 110 Hurdles - Anthony Hogan, CWU, 15.53. 400 Hurdles - Gante Price, CWU, 55.83. 4x100 - Central Washington, 42.47. 4x400 - Central Washington, 3:24.46. Shot Put - Tyler Fischer, CWU, 49-9 1/4. Discus - Tyler Fischer, CWU, 152-7. Hammer - Tyler Fischer, CWU, 181-2.

**Willamette Spring Break Classic (Mar. 18-19 at Salem): Men (Top 3):** 100 - 3. Alex Bourne, WOU, 11.03. 400 - 1. Shane O'Connell, WOU, 51.14; 3. Tim Mowery, WOU, 51.55. 1500 - 2. Nathanael Sleight, SPU, 4:10.84; 3. Jacob Wahlenmaier, SPU, 4:11.14. 5000 - 3. Will Harrison, SPU, 16:07.87. **Women (Top 3):** 400 - 3. Annie Hayward, WOU, 1:02.47. Long Jump - 2. Kelsey Neilson, WOU, 5.01 - 16-5 1/4.

**Eastern Oregon Mini-Meet (Mar. 19 at La Grande): Men (GNAC Winners):** Javelin - Eric Zwiefelhofer, NNU, 50.03 - 164-2. **Women (GNAC Winners):** High Jump - Jasmine Jewett, NNU, 1.57 - 5-2. Long Jump - Jasmine Jewett, NNU, 5.19 - 17-0 1/2. Hammer - Erika McCarthy, NNU, 43.98 - 144-3. Javelin - Lakeshia Nilles, NNU, 37.23 - 122-2.

**Oregon Preview (Mar. 20 at Eugene): Men (Top 3):** 100 - 1. Anthony Wright, CWU, 10.75. 400 - 1. Matt Kaino, WOU, 48.30; 2. Scott Morrison, CWU, 48.78; 3. Anthony Yakovich, WOU, 49.16. 800 - 3. Nathan Seely, SPU, 1:52.90. 4x100 - 2. Central Washington 42.15. Triple Jump - 3. Matson Hardie, WOU, 13.83 - 45-4 1/2. Discus - 2. Jason Slowey, WOU, 47.26 - 155-1. Hammer - 3. Tyler Fischer, CWU, 57.12 - 187-5. **Women (Top 3):** 800 - 3. Jane Larson, SPU, 2:11.75. 4x400 - 3. Seattle Pacific 4:02.61. High Jump - 3. Katy Gross, SPU, and Al Worthen, SPU, 1.67 - 5-5 3/4. Triple Jump - 1. Amanda Alvarez, SPU, 11.80 - 38-8 3/4; 2. Ashley Potter, WOU, 11.52 - 37-9 1/2. Discus - 2. Torrie Self, CWU, 42.66 - 139-11. Hammer - 3. Torrie Self, CWU, 49.82 - 163-5.

**CCS Dusty Lane (Mar. 20 at Spokane): Women (Top 3):** 400 Hurdles - 2. Raquel Gonzalez, CWU, 1:08.97. Long Jump - 3. Raquel Gonzalez, CWU, 4.76 - 15-7 1/2. **Men (Top 3):** 400 Hurdles - 3. Andrew Venema, CWU, 59.13. High Jump - 1. Brandon Roddewig, CWU, 1.98 - 6-6. Pole Vault - 2. Scott Hunter, CWU, 4.35 - 14-3 1/4. Triple Jump - 1. James Cho, CWU, 13.73 - 45-0 1/2.

**Arizona Willie Williams Classic (Mar. 20 at Tucson): Men (Top 6):** Hammer - 5. Ryan Rencehausen, UAA, 44.01 - 144-5. Shot - 6. Ryan Rencehausen, UAA, 12.19 - 40-0.

**Arizona Willie Williams Classic (Mar. 20 at Tucson): Men (Top 6):** Hammer - 5. Ryan Rencehausen, UAA, 44.01 - 144-5. Shot - 6. Ryan Rencehausen, UAA, 12.19 - 40-0.

**Linfield Multis (Mar. 22-23 at McMinnville): Heptathlon** - 5. Hannah Scholter, SMU, 3057.

**Cal Multis (Mar. 24-25 at Berkeley): Heptathlon** - 7. Crystal Sims, SPU, 4506; 9. Brittany Aanstad, SPU, 4393; 11. Jennifer Pike, SPU, 4229.

**Stanford Invitational (Mar. 26-27 at Stanford): Friday, Men (Top 8):** 100 - 4. Anthony Wright, CWU, 10.79. 400 - 6. Ethan Hewitt, UAA, 48.80. Long Jump - 1. Preston Demetrius, UAA, 7.50 - 24-7 1/4; 6. Matson Hardie, WOU, 6.71 - 22-0 1/4. Shot Put (4 Throws) - 3. Tyler Fischer, CWU, 15.24 - 50-0.

5. Jason Slowey, WOU, 15.09 - 49-6 1/4. **Women (Top 8):** 5000 - 1. Jessica Pixler, SPU, 15:44.07. Javelin - 6. Brittany Aanstad, SPU, 42.84 - 140-7. Saturday, Men (Top 8): Triple Jump - 8. Matson Hardie, WOU, 13.65 - 44-9 1/2. Discus - 8. Tyler Fischer, CWU, 38.95 - 127-9. Hammer (4 Throws) - 8. Mychal Ostler, CWU, 49.52 - 162-6. **Women (Top 8):** Triple Jump - 5. Ashley Potter, WOU, 12.11 - 39-8 3/4; 7. Amanda Alvarez, SPU, 11.69 - 38-4 1/4; 8. Katharine Lotze, CWU, 11.30 - 37-1.

**Chabot Relays (Mar. 26-27 at Hayward, CA): Men (GNAC Winners):** 100 - A.J. Allen, UAA, 11.14 4x100 - Alaska Anchorage (Preston, Grant, DeWolf, Allen) 42.49. 4x400 - Alaska Anchorage (Hewitt, Grant, Sutton, McLaughlin) 3:20.88. 1600 Sprint Relay - Alaska Anchorage 3:38.35 4000 Distance Medley Relay - Alaska Anchorage (Hill, Sutton, Truax, Rottich) 10:34.61. **Women (GNAC Winners):** 400 Hurdles - Ardrienna Everett, UAA, 1:03.47 4000 Distance Medley - Alaska Anchorage (Roelle, Pfeiffer, West, King) 12:50.37.

**UPS Joe Peyton Invitational (Mar. 27 at Tacoma): Men - Pacific Lutheran 81, Puget Sound 68, Saint Martin's 46. GNAC Winners:** 200 - Josh DeVaughn, SMU, 22.80. 800 - Joseph Patti, SMU, 1:57.26. 4x400 - Saint Martin's 3:31.43. Long Jump - Josh DeVaughn, SMU, 6.22 - 20-5. Javelin - Anthony Player, SMU, 49.11 - 161-1. **Women - Pacific Lutheran 82 1/2, Puget Sound 59 1/2, Saint Martin's 44. GNAC Winners:** 800 - Annie Laweryson, SMU, 2:21.23. Triple Jump - Julianna Sackeyfio, SMU, 10.69 - 35-1.

**CNW Spring Break Open (Mar. 27 at Edmonds): Men (GNAC Winners):** 5000 - Anthony Tomsich, WWU, 14:39.26. Pole Vault - Ryan Brown, WWU, 5.05 - 16-6 3/4. **Women (GNAC Winners):** 800 - Megan O'Connell, WWU, 2:17.37. 1500 - Courtney Olsen, WWU, 4:41.14. 3000 - Sarah Porter, WWU, 9:43.84. 100 Hurdles - Michelle Howe, WWU, 14.5. 400 Hurdles - Michelle Howe, WWU, 1:05.24. High Jump - Amanda Overdick, WWU, 1.55 - 5-1.

**San Francisco State Distance Carnival (Mar. 26 at San Francisco): Women (Top 3):** 100 - 1. McKenzie Redberg, WOU, 12.88; 2. Stefani Dittmar, WOU, 12.91. 200 - 2. McKenzie Redberg, WOU, 25.91. 400 - 1. Lexi Pola, WOU, 59.13. 800 - 2. Erika Snawder, WOU, 2:19.75. 5000 - 2. Lauren Breihof, WWU, 17:11.88; 3. Shoshana Keegan, UAA, 17:18.04. **Men (Top 3):** 100 - 2. Bobby Alexander, WOU, 11.17. Steeplechase - 3. Dan Sprinkle, WOU, 9:37.96.

**Willamette Invitational (Apr. 2-3 at Salem): Men (Top 3):** 100 - 3. AJ Allen, UAA, 10.97. 400 - 2. James McLaughlin, UAA, 49.26. 10,000 - 1. Marko Cheseto, UAA, 29:41.86; 3. Alfred Kangogo, UAA, 30:39.05. 4x100 - 2. Alaska Anchorage 42.50. 4x400 - 1. Alaska Anchorage 3:20.93. Pole Vault - 1. Jayce Giddens, WOU, 15-1; 2. Austin Roberts, WOU, 13-7 1/4. Long Jump - 3. Robert Wegner, WOU, 21-8 1/4. Shot Put - 1. Jason Slowey, WOU, 48-9. Javelin - 2. Will Crook, WOU, 191-6. **Women (Top 3):** 400 - 3. Lexi Pola, WOU, 1:00.33. 1500 - 3. Miriam King'eno, UAA, 4:38.18. 100 Hurdles - 2. Mandy Keifer, WOU, 14.94; 3. Kaitlyn Reid, WOU, 15.02. 400 Hurdles - 2. Ardrienna Everett, UAA, 1:04.00; 3. Kaitlyn Reid, WOU, 1:04.01. 4x100 - 2. Western Oregon 48.35. 4x400 - 2. Western Oregon 4:02.70. Long Jump - 2. Ashley Potter, WOU, 17-4 3/4. Javelin - 1. Amanda Schumaker, WOU, 140-0; 2. Carolanne Powers, WOU, 138-3.

**Montana Al Manuel Invitational (Apr. 2-3 at Missoula): Men (Top 6):** 100 - 5. Adam Prevost, MSUB, 11.73. 800 - 6. Tyson Vanderby, MSUB, 1:59.10. 5000 - 6. Daniel Lombardi, MSUB, 16:07.7. 4x100 Relay - 4. MSU Billings 44.58. 400 Hurdles - 6. Dylan Solberg, MSUB, 1:00.10. **Women (Top 6):** 200 - 4. Erika Halle, MSUB, 25.83. Steeplechase - 3. Mary Owen, MSUB, 12:28.86. 4x400 - 6. MSU Billings 3:18.81. Shot Put - 6. Hilary Gourneau, MSUB, 12.00 - 39-4 1/2.

**All Idaho Cup (Apr. 2-3 at Boise): Women (Top 3):** 1500 - 1. Jaclyn Puga, NNU, 4:52.13. Steeplechase - 2. Jaclyn Puga, NNU, 11:28.8; 3. Jordan Powell, NNU, 11:46.8. 4x100 Relay - 3. Northwest Nazarene 49.22. Triple Jump - 2. Laura Vonarx, NNU, 36-9 3/4; 3. Molly Reid, NNU, 36-2 1/4. Shot Put - 2. Joy Warrington, NNU, 39-5 3/4. Javelin - 3. Sarah Elwell, NNU 91-4. **Men (Top 3):** 1500 - 2. Barak Watson, NNU, 4:13.83. 110 Hurdles - 3. Tim Steigltz, NNU, 16.23. 400 Hurdles - 1. Maurus Hope, NNU, 55.11; 3. Mark Hanson, NNU, 57.18. Steeplechase - 2. Barak Watson, NNU, 9:32.0. 4x100 Relay - 2. Northwest Nazarene 42.95. 4x400 Relay - 2. Northwest Nazarene

3:21.98. Hammer - 3. Jordan Fenters, NNU, 157-1. Javelin - 3. Eric Zwiefelhofer, NNU, 189-6.

**UPS Shotwell Invitational (Apr. 3 at Tacoma): Men - Western Washington 183 1/2, Central Washington 148, Seattle Pacific 77, Concordia-Moorhead 52, Pacific Lutheran 48, Mount Hood CC 42 1/2, Puget Sound 34, Washington 28, Saint Martin's 26, Lewis & Clark 25, Evergreen State, Everett CC 8. **GNAC Winners :** 100 - Kincaid Nichols, CWU, 10.95. 200 - Anthony Wright, CWU, 22.06. 800 - Chad Meis, SPU, 1:59.90. 1500 - Chad Meis, SPU, 4:00.43. 110 Hurdles - Anthony Hogan, CWU, 15.18. Steeplechase - AJ Baker, SPU, 10:02.19. 4x100 Relay - Central Washington 42.03. 4x400 Relay - Western Washington 3:25.68. High Jump - Brandon Roddewig, CWU, 6-4 1/4. Pole Vault - Ryan Brown, WWU, 15-11. Long Jump - Justin Felt, SPU, 22-1 1/2. Triple jump - Keefe Brockman, WWU, 41-11 1/2. Discus - Michael Hoffman, WWU, 156-5. **Women - Western Washington 176 1/2, Seattle Pacific 163, Central Washington 79 1/2, Pacific Lutheran 65 1/2, Lewis & Clark 57 1/2, Puget Sound 53, Concordia-Moorhead 52, Saint Martin's 27, Washington 19, Mount Hood CC 5. GNAC Winners:** 200 - Eleanor Siler, WWU, 25.60. 400 - Eleanor Siler, WWU, 57.39. 800 - Megan O'Connell, WWU, 2:18.48. 1500 - Rachael Johnson, WWU, 4:50.14. 100 hurdles - Tanya Bjornsson, WWU, 15.19. 400 hurdles - Jennifer Pike, SPU, 1:04.05. Steeplechase - Courtney Olsen, WWU, 11:01.33. 4x400 Relay - Western Washington 4:01.50. High jump - Amanda Overdick, WWU, 5-2 1/2. Triple jump - Amanda Alvarez, SPU, 38-3 1/4. Discus - Torrie Self, CWU, 120-3. Javelin - Brittany Aanstad, SPU, 137-10. Shot put - Torrie Self, CWU, 42-5.**

**WWU Combined-Events (Apr. 8-9 at Bellingham): Decathlon (Top 4) - 4. Nate Johnson, SPU, 5789. Heptathlon (Top 4) - 1. Ali Worthen, SPU, 4225; 2. Raquel Gonzalez, CWU, 4097; 3. Katy Gross, SPU, 3935; 4. Brittany Tri, SPU, 3744.**

**WOU John Knight Twilight (April 9 at Monmouth): Women (GNAC Winners):** 200 - McKenzie Redberg, WOU, 25.77. 400 - Crystal McDowell, WOU, 1:00.30. 5000 - Erika Snawder, WOU, 18:25.34. 100 Hurdles - Kaitlyn Reid, WOU, 14.82. 4x100 Relay - Western Oregon, 48.72. 4x400 Relay - Western Oregon, 4:03.56. High Jump - Kelsey Neilson, WOU, 4-11 3/4. Long Jump - Mandy Keifer, WOU, 17-11 1/2. Triple Jump - Ashley Potter, WOU, 38-10 1/4. Javelin - Carolanne Powers, WOU, 154-0. **Men (GNAC Winners):** 100 - Bobby Alexander, WOU, 10.99. 800 - Jeff Long, WOU, 1:54.79. 1500 - Chris Reed, WOU, 3:53.11. 10,000 - Braxton Jackson, WOU, 31:43.56. 110 Hurdles - Jordan Werner, WOU, 15.55. 400 Hurdles - Andy Loscuttoff, WOU, 55.15. Pole Vault - Jayce Giddens, WOU, 14-7 1/4. Long Jump - Matson Hardie, WOU, 23-2 1/2. Triple Jump - Matson Hardie, WOU, 45-8. Discus - Jason Slowey, WOU, 156-3. Hammer - Matt Schryvers, WOU, 168-6.

**WWU Ralph Vernacchia Team Invitational (April 9 at Bellingham): Women - Western Washington 167, Simon Fraser 105, British Columbia 31 1/2, Saint Martin's 29, Northwest 25 1/2, Seattle Pacific 14, Everett 12, Central Washington 6, Douglas 4. **Individuals (GNAC Winners):** 200 - Ellie Siler, WWU, 25.80. 400 - Ellie Siler, WWU, 57.25. 1500 - Courtney Olsen, WWU, 4:32.34. 5000 - Danielle Slaughter, WWU, 18:09.58. 100 Hurdles - Michelle Howe, WWU, 15.02. 400 Hurdles - Michelle Howe, WWU, 1:05.55. 4x100 Relay - Western Washington 48.25. High Jump - Amanda Overdick, WWU, 5-3. Pole Vault - Amanda DiEnno, WWU, 11-1 3/4. Triple Jump - Julianna Sackeyfio, SMU, 34-11 3/4. Shot Put - Brittany Jones, WWU, 36-7 3/4. Discus - Brittany Jones, WWU, 116-10. Heptathlon - Ali Worthen, SPU, 4225. **Men - Western Washington 196 1/2, British Columbia 99 1/2, Simon Fraser 44, Saint Martin's 37, Northwest 15, Everett 5, Skagit Valley 4, Seattle Pacific 3, Central Washington 2. Individuals (GNAC Winners):** 200 - Shane Gruger, WWU, 22.22. 1500 - Anthony Tomsich, WWU, 3:54.27. 5000 - Kyle Van Santen, SMU, 14:58.19. 110 Hurdles - Andrew Grey, WWU, 16.34. 400 Hurdles - Phillip Villanueva, WWU, 56.50. 4x100 Relay - Western Washington, 42.30. High Jump - Keefe Brockman, WWU, 6-4 3/4. Pole Vault - Ryan Brown, WWU, 16-10 3/4. Long Jump - Josh DeVaughn, SMU, 21-11. Shot Put - Ben Elder, WWU, 52-1 1/4. Discus - Ben Elder, WWU, 168-4. Hammer - Michael Hoffman, WWU, 177-6.**

**Montana State Bobcat Open (April 10 at Bozeman): Men (Top 3):** 100 - 2. Adam Prelost, MSUB, 11.39. 200 - 2. Nathan Diede, MSUB, 22.37. 400 - 2. Michael Hildebrand, MSUB, 56.26; 3. Cam Wiest, MSUB, 57.47. 10,000 - 2. Daniel Lombardi, MSUB, 33:55.15. 4x100 Relay - 2. Montana State Billings 43.64. 4x400 Relay - 2. Montana State Billings 3:35.53. Javelin - 2. Nick

Wilson, MSUB, 208-9. Long Jump - 3. Luke Barrett, MSUB, 18-2 1/4. **Women (Top 3):** 200 - 3. Erika Halle, MSUB, 25.70. 800 - 3. Sarah Jackson, MSUB, 2:22.65. 1500 - 3. Whitney Mickelson, MSUB, 5:00.76. 5000 - 1. Whitney Mickelson, MSUB, 19:34.65; 2. Mary Owen, MSUB, 20:03.64. 10,000 - 2. Mary Owen, MSUB, 41:17.13.

**CC of Spokane WAR 3 (April 10 at Spokane): Women (Top 3):** 1500 - 3. Kate Harline, SPU, 4:45.15. 5000 - 2. Natty Plunkett, SPU, 17:30.09. 400 Hurdles - 2. Jennifer Pike, SPU, 65.12. Steeplechase - 1. Jaclyn Puga, NNU, 11:08.75. Pole Vault - 3. Melissa Peaslee, SPU, 11-11.75. Triple Jump - 1. Amanda Alvarez, SPU, 38-0; 2. Jasmyn Jewitt, NNU, 37-6 3/4; 3. Katharine Lotze, CWU, 36-11 1/2. **Men (Top 3):** 100 - 1. Anthony Wright, CWU, 10.65. 200 - Anthony Wright, CWU, 21.93. 800 - 3. Nathan Seeley, SPU, 1:54.61. 5000 - 3. Barak Watson, NNU, 14:54.62. 400 Hurdles - 1. Maurus Hope, NNU, 54.37. Steeplechase - 1. Chad Meis, SPU, 9:28.67. 4x100 Relay - Northwest Nazarene, 42.70. 4x400 Relay - Central Washington, 3:25.81. Long Jump - 1. Justin Felt, SPU, 21-11 3/4. Hammer - 1. Tyler Fischer, CWU, 189-10.

**Mt. Hood Multis (Apr. 13-14 at Gresham): Decathlon (Top 6)** - 3. Andy Loscutoff, WOU, 5936; 4. Jake Hyde, WOU, 5562; 6. Ben Heidegger, NNU, 4880. **Heptathlon (Top 6)** - 2. Jill Bennett, NNU, 4114; 4. Lyndsey Brady, NNU, 3414; 6. Beth McLam, NNU, 3404.

**Cal Multi-Events (Apr. 14-15 at Azusa, CA): Decathlon** - 2. Alex Harrison, WWU, 6625. **Day 1:** 100 - Harrison 11.55. Long Jump - Harrison 20-8. Shot Put - 43-9 3/4. High Jump - Harrison 5-6 1/2. 400 - 52.76. **Day 2:** 110 Hurdles - Harrison 16.18. Discus 127-1. Pole Vault 13-9 1/4. Javelin - 191-4. 1500 - 4:47.06.

**Cal State L.A. Twilight (Apr. 15 at Los Angeles): Men (GNAC Winners):** Discus - Michael Hoffman, WWU, 162-4. **Women (GNAC Winners):** 100 - Joana Houplin, WWU, 12.36. 200 - Megan Zukowski, WWU, 25.92. Long Jump - Emily Watson, WWU, 17-7 1/2.

**Western Oregon/Willamette (Apr. 15 at Salem): Men (GNAC Winners):** 100 - Alex Bourne, WOU, 11.11. 800 - Dan Sprinkle, WOU, 1:58.56. 1500 - Ryan Chapman, WOU, 4:16.94. 4x400 - Western Oregon 3:48.44. Javelin - Kody Reavis, WOU, 172-1. Long Jump - Robert Wegner, WOU, 20-6 1/2. Pole Vault - Jayce Giddens, WOU, 14-7 1/4. **Women (GNAC Winners):** 100 - Mary Bailey, WOU, 13.06. 400 - Meryl Butcher, WOU, 59.91. 800 - Annie Hayward, WOU, 2:27.01.

**Mt. Sac Relays (Apr. 15-17 at Walnut, CA): Men (Top 8): Thursday:** Steeplechase (Olympic Development) - 2. Micah Chelimo, UAA, 8:49.31. 10,000 (Open) - 1. Chris Reed, WOU, 29:52.39; 6. Bennett Grimes, WWU, 30:05.10. Friday : 400 - 6. Ethan Hewitt, UAA, 47.71. 5000 - 5. Marko Cheseto, UAA, 14:00.30. 4x100 Relay - 4. Western Washington 42.07. Triple Jump - 8. Matson Hardie, WOU, 48-1 3/4. **Women (Top 8): Women:** Steeplechase (Open) - 1. Courtney Olsen, WWU, 10:42.55. 10,000 (Olympic Development) - 2. Sarah Porter, WWU, 34:30.21; 8. Laura Carr, UAA, 35:08.51. 10,000 (Open) - 6. Lauren Breihof, WWU, 36:02.54. Friday : 1500 (Open) - 4. Jane Larson, SPU, 4:26.54. 1500 (Invitational) - 2. Jessica Pixler, SPU, 4:11.06. Pole Vault - 1. Melissa Peaslee, SPU, 12-5 1/2.

**Azusa Pacific Clay Invitational (Apr. 16 at Azusa, CA): Men (Top 8):** Triple Jump - 8. Andrew Freed, UAA, 44-8 3/4. Shot Put - 5. Ben Elder, WWU, 15.71. **Women (Top 8):** 1500 - 3. Courtney Olsen, WWU, 4:37.27. Javelin - 2. Carolanne Powers, WOU, 134-9.

**CWU Spike Arlt Invitational (Apr. 17 at Ellensburg): Men (GNAC Winners):** 100 - Anthony Wright, CWU, 10.65. 200 - Anthony Wright, CWU, 21.5. 400 - Scott Morrison, CWU, 49.18. 5000 - Manuel Santos, CWU, 15:48.99. 10,000 - Manuel Santos, CWU, 32:23.70. 110 Hurdles - Anthony Hogan, CWU, 15.02. 400 Hurdles - Ryan Endresen, SPU, 54.86. 4x100 - Central Washington (Mack, Wright, Hogan, Nichols) 41.0. 4x400 - Central Washington (Wright, Lara, Fremd, Morrison) 3:23.65. Triple Jump - Rendel Jones, CWU, 46-2 1/2. Hammer - Tyler Fischer, CWU, 189-7. **Women** : 400 - Emily Quatier, SPU, 58.10. 800 - Haida Ikeda, WWU, 2:21.04. 1500 - Danielle Slaughter, WWU, 4:54.0. 100 Hurdles - Tanya Bjornsson, WWU, 15.42. 400 Hurdles - Jennifer Pike, SPU, 1:04.19. High Jump - Amanda Overdick, WWU, 5-5. Pole Vault - Elsa Couvelier, WWU, 11-3 3/4. Long Jump - Natalie Nobbs, SPU, 17-2 3/4. Triple Jump - Katharine Lotze, CWU,

38-1 1/4. Discus - Torrie Self, CWU, 139-0. Hammer - Torrie Self, CWU, 170-9.

**Eastern Oregon Open (Apr. 17 at La Grande): Men (GNAC Winners):** 100 - Derek Sepe, NNU, 11.46. 5000 - Barak Watson, NNU, 15:22.57. 4x100 Relay - Northwest Nazarene 42.93. **Women (GNAC Winners):** 100 - Latoya Tidwell, NNU, 12.77. 200 - Latoya Tidwell, NNU, 26.19. 5000 - Ashley Rendahl, NNU, 19:48.28. 400 Hurdles - Amy Ciaccio, NNU, 1:08.28. 4x100 - Northwest Nazarene 49.53. Long Jump - Molly Reid, NNU, 16-8. Triple Jump - Laura Vonarx, NNU, 38-1 1/2. Shot Put - Joy Warrington, NNU, 43-3. Discus - Joy Warrington, NNU, 131-7. Hammer - Erika McCarthy, NNU, 156-3.

**Montana Open (Apr. 17 at Missoula): Men (Top 3):** 400 - 3. Deshawn Lewis, MSUB, 53.91. 800 - 3. Tyson Vanderby, MSUB, 1:56.61. Javelin - 3. Nick Wilson, MSUB, 189-3. **Women (Top 3):** 100 - 3. Justine Simons, MSUB, 12.88. 800 - 3. Sarah Jackson, MSUB, 2:16.79. 4x100 - 1. MSU Billings (Derhak, McGurran, Simons, Halle) 50.82. 4x400 Relay - 3. MSU Billings (Halle, Jackson, Mickelsen, Simons) 4:11.00. Shot Put - 3. Brook Berg, MSUB, 39-0 1/2.

**Long Beach Invitational (Apr. 17 at Long Beach): Men (Top 6):** 400 - 6. Ethan Hewitt, UAA, 48.32. Steeplechase - 2. Alfred Kangogo, UAA, 9:04.63. 4x400 Relay - 2. Alaska Anchorage (Truax, McLaughlin, Grant, Hewitt) 3:15.63. Discus - 6. Jason Slowey, WOU, 162-2. **Women (Top 6):** 800 - 1. Jessica Pixler, SPU, 2:04.89. Javelin - 5. Amanda Schumaker, WOU, 138-0; 6. Brittany Aanstad, SPU, 137-1.

**WWU Twilight (Apr. 23 at Bellingham): Men (GNAC Winners):** 100 - Alex Tilley, WWU, 11.17. 200 - Shane Gruger, WWU, 22.48. 400 - Toby David, WWU, 50.19. 3000 - Jordan Welling, WWU, 8:24.61. 400 Hurdles - Ryan Endresen, SPU, 55.10. Steeplechase - Kyle Johnson, WWU, 9:47.70. 4x100 - Western Washington 41.72. 4x400 - Western Washington 3:27.20. Pole Vault - Ryan Brown, WWU, 16-8 3/4. Discus - Michael Hoffman, WWU, 163-8. Hammer - Michael Hoffman, WWU, 194-9. **Women (GNAC Winners):** 400 - Sarah Brownell, WWU, 57.85. 800 - Courtney Olsen, WWU, 2:13.89. 1500 - Rachael Johnson, WWU, 4:39.72. 5000 - Sarah Porter, WWU, 17:00.69. 100 Hurdles - Michelle Howe, WWU, 14.76. 4x100 - Western Washington 48.38. 4x400 - Central Washington 4:13.76. High Jump - Katy Gross, SPU, 5-4 1/4. Pole Vault - Samantha Hull, SMU; Jennifer Quick, WWU; and Karis Anderson, WWU, 9-4 1/4. Long Jump - Emily Warman, WWU, 17-10 1/4. Hammer - Torrie Self, CWU, 179-4. Javelin - Brittany Aanstad, SPU, 135-4.

**Northwest Nazarene Open (Apr. 24 at Nampa): Men (GNAC Winners):** Steeplechase - Barak Watson, NNU, 9:38.31. 4x100 - Northwest Nazarene (Sepe, Colby, Hill, Hope) 42.57. **Women (GNAC Winners):** 100 - Christabel Leonce, NNU, 12.58. 10,000 - Ashley Rendahl, NNU, 42:00.1. 4x100 - Northwest Nazarene (Brediger, Brady, Leonce, Grammer) 49.41. Pole Vault - MJ Usabel, NNU, 10-11 3/4. Long Jump - Molly Reid, NNU, 17-5 3/4. Triple Jump - Laura Vonarx, NNU, 37-6. Shot Put - Joy Warrington, NNU, 45-3 1/4. Discus - Joy Warrington, NNU, 135-4.

**Black Hills State Open (Apr. 24 at Spearfish, SD): Men (Top 3):** 200 - 3. Nathan Diede, MSUB, 22.69. 1500 - 2. Tyson Vanderby, MSUB, 4:02.56. 10,000 - 2. Travis Buttelman, MSUB, 35:34.69. 4x100 Relay - 3. MSU Billings 44.08. 4x400 Relay - MSU Billings 3:32.21. High Jump - 3. Tyson Vanderby, MSUB, 5-8. Discus - 3. Nick Wilson, MSUB, 141-4. **Women (Top 3):** 100 - 2. Erika Halle, MSUB, 12.66. 200 - 1. Erika Halle, MSUB, 25.58; 2. Justine Simons, MSUB, 25.88. 800 - 1. Sarah Jackson, MSUB, 2:22.13; 2. Whitney Mickelsen, MSUB, 2:25.77. 1500 - 3. Whitney Mickelsen, MSUB, 4:54.12. Steeplechase - 2. Mary Owen, MSUB, 12:18.34. 4x400 Relay - 2. MSU Billings 4:06.35. Javelin - 3. Kelsee Clark, MSUB, 105-4. Discus - 1. Alexi Halvorson, MSUB, 139-9.

**Idaho-Utah Border Clash (Apr. 30-May 1): Men** - Utah State 202, Weber State 161, Boise State 149 1/2, Northwest Nazarene 50 1/2. **Individuals (Top 3):** 3000 - 3. Jesse Baggenstos, NNU, 9:41.53. 400 Hurdles - 2. Maurus Hope, NNU, 53.20. Steeplechase - 2. Barak Watson, NNU, 9:18.00. 4x400 - 3. Northwest Nazarene 3:23.25. **Women** - Boise State 200, Utah State 198, Northwest Nazarene 133, Weber State 110. **Individuals (Top 3):** 400 Hurdles - 3. Amy Ciaccio, NNU, 1:08.20. Steeplechase - 1. Jaclyn Puga, NNU, 10:54.00. 4x400 Relay - 3. Northwest Nazarene 4:07.17. Triple Jump - 2. Jasmyn Jewett, NNU, 38-3 1/2. Shot Put - 3. Joy Warrington, NNU, 43-

4 1/4. Javelin - 2. Lakeshia Nilles, NNU, 125-0; 3. Laura Vonarx, NNU, 124-4.

**Saint Martin's Invite (May 1 at Lacey): Women (Event Winner):** 100 - Sarah Takayoshi, CWU, 12.72. 200 - Latasha Essien, SPU, 25.27. 800 - Annie Laweryson, SMU, 2:20.99. 100 Hurdles - Katharine Lotze, CWU, 15.96. 400 Hurdles - Natalie Nobbs, SPU, 1:05.53. Steeplechase - Danielle Slaughter, WWU, 11:39.62. 4x100 Relay - Central Washington, 51.43. 4x400 Relay - Central Washington, 4:15.38. High Jump - Jacquie Mattson, SPU, 1.56 - 5-1 1/4. Pole Vault - Elsa Couvelier, WWU, 3.50 - 11-5 3/4. Long Jump - Natalie Nobbs, SPU, 5.37 - 17-7 1/4. Triple Jump - Amanda Alvarez, SPU, 11.71 - 38-5. Discus - Torrie Self, CWU, 40.23 - 132-0. Hammer - Torrie Self, CWU, 51.39 - 168-7. Javelin - Brittany Aanstad, SPU, 43.58 - 142-11. **Men (Event Winner):** 100 - Anthony Wright, CWU, 10.76. 200 - Anthony Wright, CWU, 21.41. 400 - Scott Morrison, CWU, 48.80. 1500 - Jacob Wahlenmaier, SPU, 4:02.86. 5000 - Kyle Van Santen, SMU, 15:23.77. 110 Hurdles - Anthony Hogan, CWU, 15.52. 400 Hurdles - Ryan Endresen, SPU, 54.79. Steeplechase - AJ Baker, SPU, 10:05.90. 4x100 Relay - Central Washington, 41.48. 4x400 Relay - Central Washington, 3:24.92. High Jump - Brennan Boyes, CWU, 1.98 - 6-6. Pole Vault - Nic Hoza, WWU, 4.25 - 13-11 1/4. Long Jump - James Cho, CWU, 6.39 - 20-11 3/4. Triple Jump - Rendel Jones, CWU, 14.19 - 46-6 3/4. Shot Put - Jacob Gilbert, WWU, 14.65 - 48-0 3/4. Discus - Tyler Fischer, CWU, 46.39 - 152-2. Javelin - Sean Allison, CWU, 58.42 - 191-8.

**Pacific Twilight (May 1 at Forest Grove): Women (Top 3):** 200 - 3. McKenzie Redberg, WOU, 25.72. 800 - 2. Janelle Everetts, WOU, 2:16.86. 1500 - 1. Erika Snawder, WOU, 4:41.08. 5000 - 2. KayAnna Cecchi, WOU, 18:40.44. 100 Hurdles - 2. Kaitlyn Reid, WOU, 14.72; 3. Janna Vander Meulen, WOU, 15.27. 400 Hurdles - 1. Kaitlyn Reid, WOU, 1:04.60. 4x100 Relay - 1. Western Oregon, 48.35. Long Jump - 2. Ashley Potter, WOU, 5.43 - 17-9 3/4. Triple Jump - 1. Ashley Potter, WOU, 11.72 - 38-5 1/2. Javelin - 1. Carolanne Powers, WOU, 42.55 - 139-7. **Men (Top 3):** 200 - 2. Anthony Yakovich, WOU, 21.95; 3. Ashton Mott, WOU, 22.14. 800 - 1. Carson O'Brien, WOU, 1:52.57; 2. Mike Schmidt, WOU, 1:53.17. 1500 - 2. Jeff Long, WOU, 3:55.02. Steeplechase - 3. Dan Sprinkle, WOU, 9:33.28. 4x100 Relay - 2. Western Oregon, 42.52. Pole Vault - 3. Jayce Giddens, WOU, 4.40 - 14-5 1/4. Shot Put - 1. Jason Slowey, WOU, 15.77 - 51-9. Discus - 3. Jason Slowey, WOU, 46.45 - 152-5. Javelin - 3. Will Crook, WOU, 61.57 - 202-0.

**Oregon Relays (April 30-May 1 at Eugene) Men (Top 6):** Friday, 800 - 3. Nathan Seeley, SPU, 1:53.48; 5. Nick Abraham, WWU, 1:54.78. 5000 - 3. Jordan Welling, WWU, 14:19.87. Discus - 3. Ben Elder, WWU, 50.17 - 164-7; 4. Michael Hoffman, WWU, 49.92 - 163-9. Saturday, 100 - 1. Shane Gruger, WWU, 10.96; 3. Alex Tiley, WWU, 11.07. 4x100 Relay - 2. Western Washington 42.30. 4x400 Relay - 5. Western Washington 3:18.80. Pole Vault - 3. Ryan Brown, WWU, 5.08 - 16-8 Shot Put - 3. Ben Elder, WWU, 15.46 - 50-8 3/4. Hammer - 4. Michael Hoffman, WWU, 56.90 - 186-8. **Women (Top 8):** Friday, 10,000 - 4. Lauren Breihof, WWU, 35:53.99. Steeplechase - 5. Courtney Olsen, WWU, 10:50.59. Saturday, 400 - 4. Sarah Brownell, WWU, 57.69. 800 - 2. Jessica Pixler, SPU, 2:05.38. 4x100 - 5. Western Washington 48.54. High Jump - 2. Amanda Overdick, WWU, 1.67 - 5-5 3/4. Triple Jump - 4. Emily Warman, WWU, 11.11 - 36-5 1/2.

**Stanford Payton Jordan Invitational (May 1 at Stanford): Women's 10,000** - 15. Sarah Porter, WWU, 33:36.83.

**UC Irvine Scott Invitational (May 2 at Irvine): Men (Top 10):** 400 - 5. Ethan Hewitt, UAA, 47.93; 10. James McLaughlin, UAA, 49.19. 4x400 - 3. Alaska Anchorage (Hewitt, Truax, Grant, McLaughlin) 3:15.59. **Women (Top 10):** 1500 - 6. Hallidie Wilt, UAA, 4:36.81. 400 Hurdles - 9. Arianna Everett, UAA, 1:30.81.

**GNAC Multi-Events (May 3-4 at Nampa). Decathlon** - 1. Alex Harrison, WWU, 6474; 2. Eric Zwiefelhofer, NNU, 6173; 3. Andy Loscutt, WOU, 6159; 4. Nate Johnson, SPU, 6040; 5. Brandon Roddewig, CWU, 5799; 6. Jake Hyde, WOU, 5718; 7. Tim Clendaniel, WWU, 5674; 8. Scott Hunter, CWU, 5436. **Day 1 Top Marks:** 100 - Zwiefelhofer 11.48. Long Jump - Hyde 6.89 - 22-7 1/4. Shot Put - Harrison 14.06 - 46-1 1/2. High Jump - Roddewig 1.94 - 6-4 1/4. 400 - Loscutt 50.82. **Day 2 Top Marks:** 110 Hurdles - Loscutt 15.67. Discus - Harrison 39.07 - 128-2. Pole Vault - Hunter 4.45 - 14-7 1/4. Roddewig 4.45 - 14-7 1/4. Javelin - Harrison 50.31 - 197-10. 1500 - Ben Heidegger, NNU, 4:36.14. **Heptathlon** - 1. Crystal Sims, SPU, 4769; 2. Raquel Gonzalez, CWU, 4327; 3. Jennifer Pike, SPU, 4291; 4. Katy Gross,

SPU, 4265; 5. Laura Vonarx, NNU, 4176; 6. Jill Bennett, NNU, 4127; 7. Lindsay Brady, NNU, 3902; 8. Brittany Tri, SPU, 3855. **Day 1 Top Marks:** 100 Hurdles - Sims 14.95. High Jump - Brittany Aanstad, SPU, 1.60 - 5-3. Shot Put - Sims 11.22 - 36-9 3/4. 200 - Sims 25.87. **Day 2 Top Marks:** Sims 5.36 - 17-7. Javelin - Tri 34.43 - 112-11. 800 - Brady 2:19.30.

**Mt. Hood Twilight (May 7 at Gresham): Men (Top 3):** High Jump - 2. Robert Wegner, WOU, 1.80 - 5-10 3/4. Pole Vault - 1. Jayce Giddens, WOU, 4.45 - 14-7 1/4; 3. Austin Roberts, WOU, 4.25 - 13-11 1/4. Shot Put - 3. Jason Slowey, WOU, 16.14 - 52-11 1/2. Discus - 3. Jason Slowey, WOU, 46.77 - 153-5. Hammer - 3. Matt Schryvers, WOU, 49.16 - 161-3. **Women (Top 3):** 100 Hurdles - 2. Ali Mosher, WOU, 15.67. Steeplechase - 2. Megan Everetts, WOU, 12:00.22. High Jump - 3. Kelsey Nelson, WOU, 1.55 - 5-1.

**Montana Last-Chance (May 7 at Missoula): Men (Top 3):** 10,000 - 2. Mark Bolt, MSUB, 35:26.80; 3. Travis Buttelman, MSUB, 35:58.99. **Women (Top 3):** 200 - 3. Erika Halle, MSUB, 26.11. 1500 - 1. Whitney Mickelsen, MSUB, 4:57.30; 2. Katie Thiel, MSUB, 4:58.30. 5000 - 2. Mary Owen, MSUB, 19:29.60. 4x100 - 2. MSU Billings 51.77.

**Vandal Jamboree (May 7-8 at Moscow): Men (Top 6):** Discus - 5. Tyler Fischer, CWU, 44.31 - 145-4. Hammer - 3. Tyler Fischer, CWU, 57.23 - 187-9. Javelin - 3. Sean Allison, CWU, 51.15 - 167-10; 6. Tommy Sherrif, CWU, 44.19 - 145-0. **Women (Top 6):** Shot Put - 6. Torrie Self, CWU, 12.18 - 39-11 1/2. Hammer - 2. Torrie Self, CWU, 53.67 - 176-1. Javelin - 4. Kaylee Baumstark, CWU, 35.78 - 117-5.

**UW-Ken Shannon Invitational (May 7-8 at Seattle): Men (GNAC Winners):** 100 - Anthony Wright, CWU, 10.89. 200 - Anthony Wright, CWU, 21.56. 110 Hurdles - Anthony Hogan, CWU, 15.43. Pole Vault - Ryan Brown, WWU, 5.36 - 17-7. Long Jump - Manny Melo, CWU, 7.12 - 23-4 1/2. Shot Put - Ben Elder, WWU, 15.77 - 51-9. **Women (GNAC Winners):** 400 - Lisa Anderberg, SPU, 58.05. 1500 - Courtney Olsen, WWU, 4:35.23.

**Oxy Invitational (May 8 at Los Angeles): Men (Top 6):** 400 - 4. Ethan Hewitt, UAA, 48.15. 1500 - 5. Alfred Kangogo, UAA, 3:49.60. 5000 - 1. Marko Cheseto, UAA, 13:58.85. 4x100 - 2. Alaska Anchorage 42.34. 4x400 - 3. Alaska Anchorage 3:14.89. Long Jump - 4. Demetrius Preston, UAA, 6.86 - 22-6 1/4. **Women (Top 6):** 1500 - 6. Miriam Kipng'eno, UAA, 4:35.25. 5000 - 6. Laura Carr, UAA, 17:03.40. 400 Hurdles - 6. Arianna Everett, UAA, 1:02.54. Steeplechase - 5. Hallidie Wilt, UAA, 11:00.90. 4x100 Relay - 4. Alaska Anchorage 49.65. 4x400 - 6. Alaska Anchorage 4:03.22. Javelin - 2. Elisha Harris, UAA, 41.20 - 135-2.

**Oregon Twilight (May 8 at Eugene): Men (Top 3):** 800 - 2. Mike Schmidt, WOU, 1:52.57. 4x400 Relay - 1. Western Oregon (Mott, Yakovich, Loscutt, Kaino) 3:17.90. Shot Put - 3. Jason Slowey, WOU, 15.56 - 51-0 3/4. Discus - 3. Jason Slowey, WOU, 47.51 - 155-10. **Women (Top 3):** Triple Jump - 1. Ashley Potter, WOU, 11.80 - 38-8 3/4.

**GNAC (May 14-15 at Monmouth): Men** - Western Washington 221 1/2, Central Washington 182, Western Oregon 166 1/2, Alaska Anchorage 130, Northwest Nazarene 48, Seattle Pacific 37, Saint Martin's 15, Montana State Billings 14. **Outstanding Performer** - Alfred Kangogo, UAA. **Women** - Seattle Pacific 224, Western Washington 190, Northwest Nazarene 128 1/2, Western Oregon 115, Central Washington 69 1/2, Alaska Anchorage 68, Montana State Billings 21, Saint Martin's 2. **Outstanding Performer** - Crystal Sims, Seattle Pacific.

**NCAA (May 27-29 at Charlotte, NC): Men** - 1. St. Augustine's 82, 14. Alaska Anchorage 17; 18. Western Washington 14, 57. Central Washington 1. **Women** - 1. Angelo State 87, 17. Seattle Pacific 16, 18. Western Washington 14, 35. Western Oregon 7.

## 2011

**UPS Outdoor Preview (Mar. 5 at Tacoma): Men** - Western Washington 89, Seattle Pacific 38, Puget Sound 35, Lewis & Clark 29, UPS Alum 1. **GNAC Winners:** 400 - Nathan Seeley, SPU, 50.12. 800 - Dusty Duncan, SPU, 1:56.79. 1500 - Blake Medhaug, WWU, 4:02.72. 10,000 - Chip Jackson, WWU, 32:28.94. 110 Hurdles - Karsten Schick, WWU, 16.42. 400 Hurdles - Ryan Endresen, SPU, 56.00. Steeplechase - AJ Baker, SPU,

9:44.95. 4x400 – Seattle Pacific 3:25.34. High Jump – Josh Larson, WWU, 1.88 – 6-2. Pole Vault – Josh Winters, WWU, 4.40 – 14-5 ¼. Triple Jump – Evan Koreyasu, WWU, 12.47 – 40-11. Discus – Nelson Westlin, WWU, 45.07 – 147-10. Hammer – Michael Hoffman, WWU, 52.66 – 172-9. Javelin – Alex Harrison, WWU, 59.76 – 196-1. **Women** – Western Washington 66, Seattle Pacific 50, Lewis & Clark 46, Puget Sound 37. **GNAC Winners:** 100 – Shandel Yanney, WWU, 13.16. 400 – Valle Ledtke, WWU, 59.62. 1500 – Heidi Laabs-Johnson, SPU, 4:58.06. 100 Hurdles – Tanya Bjornsson, WWU, 14.85. 400 Hurdles – Alexandra McDonald, WWU, 1:06.20. 4x400 – Seattle Pacific 4:01.62. High Jump – Amanda Overdick, WWU, 1.58 – 5-2 ¼. Pole Vault – Loreah Winlow, WWU, 3.20 – 10-6. Long Jump – Tanya Bjornsson, WWU, 5.28 – 17-4. Triple Jump – Trinna Miranda, SPU, 10.97 – 36-0. Discus – Maggie Roe, WWU, 33.75 – 110-9. Hammer – Lindsay Wells, WWU, 45.64 – 149-9. Javelin – Brittany Aanstad, SPU, 43.29 – 142-0.

**UNLV Invitational (Mar. 4-5 at Las Vegas): Men (Top 3):** 100 – 2. Austen DeWolf, UAA, 11.03. 200 – 2. Austen DeWolf, UAA, 22.04. 400 – 3. Levi Sutton, UAA, 49.89. 800 – 2. Alfred Kangogo, UAA, 1:55.58. 1500 – 2. Alfred Kangogo, UAA, 3:53.79. 5000 – 2. Jacob Parisien, UAA, 15:16.91. 400 Hurdles – 1. Shaun Ward, UAA, 52.82. Steeplechase – 2. Taylor Canfield, MSUB, 10:38.51. 4x100 – 3. MSU Billings 45.13. Long Jump – 1. David Registe, UAA, 7.89 – 25-10 ¾. Discus – 1. Gabe Holland, UAA, 47.44 – 155-8. **Women (Top 3):** 1500 – 3. Miriam Kipng'eno, UAA, 4:40.28. 400 Hurdles – 1. Haleigh Lloyd, UAA, 1:01.01. Pole Vault – 2. Stacey Pitt, MSUB, 3.05 – 10-0.

**Willamette Preview (Mar. 5 at Salem): Men (GNAC Winners):** 400 – Ryan Hansen, WOU, 51.60. 800 – Michael Shogren, WOU, 2:00.20. 110 Hurdles – Jordan Werner, WOU, 15.67. 400 Hurdles – Andy Loscutoff, WOU, 56.66. High Jump – Gabe Mendenhall, WOU, 1.88 – 6-2. **Women (GNAC Winners):** 200 – Crystal McDowell, WOU, 26.64. 400 – Annie Hayward, WOU, 58.83. 800 – Jenny Leaf, WOU, 2:19.85. 100 Hurdles – Kaitlyn Reid, WOU, 15.03. 4x100 – Western Oregon 49.11. 4x400 – Western Oregon 4:02.02. Javelin – Amanda Schumaker, WOU, 44.45 – 145-10.

**UNLV Multis (Mar. 9-10 at Las Vegas, NV): Heptathlon** - 1. Kelsea Johnson, UAA, 4491; 5. Amanda Parker, UAA, 2898.

**NUU Open (Mar. 10-12 at Nampa): Men (GNAC Winners):** 200 – Andrew Curtis, NNU, 22.68. 400 – Ben Heidegger, NNU, 50.86. 1500 – Barak Watson, NNU, 4:02.00. 110 Hurdles – Maurus Hope, NNU, 16.18. 400 Hurdles – Maurus Hope, NNU, 56.17. Steeplechase – Barak Watson, NNU, 9:39.06. 4x100 – Northwest Nazarene 4.84. 4x400 – Northwest Nazarene 3:26.09. High Jump – Bryan Beatty, NNU, 1.70 – 5-7. Triple Jump – Stephen Larlee, NNU, 13.64 – 44-9. Shot Put – Grant Miller, NNU, 15.36 – 50-4 ¾. **Women (GNAC Winners):** 400 – Shanna Rippy, NNU, 59.79. 1500 – Jaclyn Puga, NNU, 4:41.31. 5000 – Jordan Powell, NNU, 19:12.40. 4x400 – Northwest Nazarene 4:04.66. High Jump – Jasmyn Jewett, NNU, 1.45 – 4-9. Pole Vault – Amanda Konzal, NNU, 2.90 – 9-6 ¼. Long Jump – Molly Reid, NNU, 5.07 – 16-7 ¾. Triple Jump – Jasmyn Jewett, NNU, 11.39 – 37-4 ½. Shot Put – Joy Warrington, NNU, 12.89 – 42-3 ½. Discus – Joy Warrington, NNU, 39.25 – 128-9. Hammer – Carly Dranginis, NNU, 45.54 – 149-5. Javelin – Laura Vonarx, NNU, 31.93 – 104-9. Heptathlon – Marie Smith, NNU, 3513.

**Occidental Distance Carnival (Mar. 11 at Los Angeles): Men (Top 8):** 800 – 3. Levi Sutton, UAA, 1:54.84. Steeplechase – 3. Micah Chelimo, UAA, 9:12.48; 4. Alfred Kangogo, UAA, 9:19.19. **Women (Top 8):** 1500 – 2. Ivy O'Guinn, UAA, 4:33.56; 5. Susan Bick, UAA, 4:39.14. 5000 – 1. Ruth Keino, UAA, 16:59.30; 2. Miriam Kipng'eno, UAA, 17:02.87. Steeplechase – 7. Emma Bohman, UAA, 11:48.19.

**Pacific Lutheran Invitational (Mar. 12 at Tacoma): Men** – Central Washington 203 ¼, Pacific Lutheran 154 ½, Seattle 68, Saint Martin's 67, Western Washington 62, Seattle Pacific 54, Puget Sound 50 ¼, Lewis & Clark 36, Olympic 15, Northwest 15, Skagit Valley 9, Evergreen State 7, Green River 2. **GNAC Winners:** 200 – Scott Morrison, CWU, 21.9. 400 – Scott Morrison, CWU, 48.8. 800 – Nathan Power, CWU, 1:57.7. 1500 – Spencer Hunt, SMU, 3:59.00. 5000 – Kyle Van Santen, SMU, 14:56.3. 10,000 – Manuel Santos, CWU, 32:50.83. 110 Hurdles – Anthony Hogan, CWU, 14.9. 400 Hurdles – Ryan Endresen, SPU, 55.80. 4x100 – Saint Martin's 45.99. 4x400 – Central Washington 3:22.9. High Jump – Brandon Roddewig, CWU, Lewis Meyers, CWU, and Brennan Boyes, CWU, 1.93 – 6-

4. Long Jump – Manny Melo, CWU, 6.28 – 20-7 ¼. Discus – Michael Hoffman, WWU, 46.02 – 151-0. Hammer – Michael Hoffman, WWU, 55.27 – 181-4. **Women** – Central Washington 183, Seattle Pacific 179, Saint Martin's 94 ½, Pacific Lutheran 91, Lewis & Clark 66 ½, Western Washington 36, Puget Sound 30, Northwest 30, Seattle 12 ½, Green River 12, Skagit Valley 7, Olympic 5 ½, Evergreen State 5. **GNAC Winners:** 100 – Chelsea Genter, CWU, and BryAnne Wochnick, SPU, 12.7. 200 – Crystal Sims, SPU, 26.36. 400 – Emily Quatier, SPU, 57.6. 800 – Joscelyn Minton, SMU, 2:23.3. 1500 – Joscelyn Minton, SMU, 4:46.53. 100 Hurdles – Terra Schumacher, SPU, 15.3. 400 Hurdles – Natalie Nobbs, SPU, 1:07.4. Steeplechase – Kayla Wilkins, SPU, 11:56.37. 4x100 – Central Washington 49.41. 4x400 Relay – Central Washington 4:08.3. High Jump – Katy Gross, SPU, and Amanda Overdick, WWU, 1.58 – 5-2 ¼. Long Jump – Kaila Weiks, SMU, 4.84 – 15-10 ½. Triple Jump – Trinna Miranda, SPU, 10.82 – 35-6. Shot Put – Torrie Self, CWU, 12.09 – 39-8. Discus – Torrie Self, CWU, 40.45 – 132-8. Hammer – Torrie Self, CWU, 49.23 – 161-6. Javelin – Carly Andrews, SPU, 38.44 – 126-1.

**Northridge Relays (Mar. 12 at Northridge): Men (Top 8):** 100 – 3. David Registe, UAA, 10.70. 200 – 8. Austen DeWolf, UAA, 21.99. 1500 – 1. Alfred Kangogo, UAA, 3:51.21; 6. Micah Chelimo, UAA, 3:55.82. 400 Hurdles – 3. Shaun Ward, UAA, 53.40. Long Jump – 1. David Registe, UAA, 7.64 – 25-0 ¾. Discus – 5. Gabe Holland, UAA, 49.39 – 162-0. **Women (Top 8):** 800 – 1. Ivy O'Guinn, UAA, 2:12.30; 3. Susan Dick, UAA, 2:12.61. 1500 – 4. Miriam Kipng'eno, UAA, 4:37.89; 6. Ruth Keino, UAA, 4:42.25. 100 Hurdles – 6. Haleigh Lloyd, UAA, 14.82. 400 Hurdles – 1. Haleigh Lloyd, UAA, 1:00.96. 4x400 – 5. Alaska Anchorage 3:58.03.

**Pacific Preview (Mar. 12 at Forest Grove): Men (GNAC Winners):** 200 - Anthony Yakovich, WOU, 22.63. 1500 - Michael Shogren, WOU, 4:05.91. 5000 - Justin Karr, WOU, 15:22.00. Discus - Jason Slowey, WOU, 45.92 - 150-8. Shot - Jason Slowey, WOU, 15.52 - 50-11. Decathlon - Jake Hyde, WOU, 5630. **Women (GNAC Winners):** 800 - Megan Everetts, WOU, 2:18.32. 1500 - Janelle Everetts, WOU, 4:48.77.

**Oregon Invitational (Mar. 19 at Eugene): Men (Top 3):** 400 - 1. Matt Kaino, WOU, 48.44; 2. Scott Morrison, CWU, 48.57. 400 Hurdles - 3. Ryan Endresen, SPU, 54.89. Pole Vault - 3. Tim Lundy, WOU, 4.45- 14-7 1/4. Long Jump - 3. Kyle Lane, WOU, 6.69 - 21-11 1/2. Shot Put - 2. Jason Slowey, WOU, 15.44 - 50-8. Discus - 2. Jason Slowey, WOU, 47.76 - 156-8. **Women (Top 3):** 100 - 3. Kishia Mitchell, SPU, 12.51. 400 Hurdles - 3. Kaitlyn Reid, WOU, 1:05.47. High Jump - 1. Ali Worthen, SPU, 1.67 - 5-5 3/4. 2. Katy Gross, SPU, 1.67 - 5-5 3/4. Triple Jump - 1. Ashley Potter, WOU, 11.93 - 39-1 3/4; 3. Katharine Lotze, CWU, 11.71 - 38-5. Javelin - 2. Brittany Aanstad, SPU, 43.71 - 143-5.

**Spokane Falls Dusty Lane Open (Mar. 19 at Spokane): Men (Top 3):** 110 Hurdles - 3. Andrew Venema, CWU, 16.12. **Women (Top 3):** Pole Vault - 1. Kaitlin Davis, CWU, 3.65 - 11-11 3/4. Shot Put - 3. Kaylee Baumstark, CWU, 11.52 - 37-9 1/2.

**Lewis and Clark Open (Mar. 19 at Spokane): Men** – 1. Pacific Lutheran 143, 2. Linfield 84 1/2, 3. Lewis & Clark 73, 4. Pacific 61, 5. Warner Pacific 47; 7. Western Oregon 32; 8. Seattle Pacific 29 ½; 16. Central Washington 6. 200 – 2. Dustin Boyd, WOU, 22.52. **Individuals (Top 3):** 400 – 2. Dusty Duncan, SPU, 49.95. 1500 – 1. Evan Bradford, SPU, 4:00.50; 3. Jacob Wahlenmaier, SPU, 4:07.21. 110 Hurdles – 1. Brett Campbell, WOU, 16.19. High Jump – 3. Lewis Meyers, CWU, 1.93 – 6-4. **Women** – 1. Pacific Lutheran 141, 2. Lewis & Clark 103, 3. Clackamas 95, 4. Linfield 89, 5. Pacific 69, 8. Western Oregon 13, 11. Seattle Pacific 4. **Individuals (Top 3):** 400 – 2. Crystal McDowell, WOU, 1:02.05.

**Eastern Oregon Blue and Gold (Mar. 19 at La Grande): Men (GNAC Winners):** 3000 - Barak Watson, NNU, 9:20.41. Triple Jump - Tim Greene, NNU, 12.74 - 41-9 3/4. Discus - Grant Miller, NNU, 45.15 - 148-1. Shot - Grant Miller, NNU, 14.52 - 47-7 3/4. **Women (GNAC Winners):** High Jump - Jasmyn Jewett, NNU, and Laura Pridgen, NNU, 1.47 - 4-10. Triple Jump - Maycee Bekkedahl, NNU, 10.77 - 35-4.

**Cal Multis (Mar. 23-24 at Berkeley): Decathlon** - 4. Nate Johnson, SPU, 4897. Heptathlon - 4. Katy Gross, SPU, 4050. **Note:** Men's pole vault and one section of heptathlon not completed due to weather issues.

**Stanford Invitational (Mar. 25-26 at Stanford): Men (Top 8):** 400 - 4. Ethan Hewitt, UAA, 48.43. 1500 - 2. Alfred Kangogo, UAA, 3:50.89. 5000 - 8. Jordan Welling, WWU, 14:10.43. Invitational Long Jump - 2. David Registe, UAA, 7.44 - 24-5. Collegiate Long Jump - 5. Jake Hyde, WOU, 6.75 - 22-1 3/4. **Women (Top10):** 400 Hurdles - 2. Haleigh Lloyd, UAA, 1:01.32. Collegiate Pole Vault - 3. Terra Schumacher, SPU, 3.45 - 11-3 3/4. Collegiate Long Jump - 7. Trinna Miranda, SPU, 5.29 - 17-4 1/4. Javelin Invitational - 3. Brittany Aanstad, SPU, 42.67 - 140-0. Four-Throw Javelin - 2. Monika Gruszecki, WWU, 42.78 - 140-4; 3. Carly Andrews, SPU, 41.81 - 137-2.

**San Francisco State Distance Carnival (Mar. 25 at San Francisco): Men (Top 3):** 100 - 2. Donovan McFadden, WOU, 11.37. 1500 - 1. Connor Kasler, WOU, 3:57.42. High Jump - 1. Donovan McFadden, WOU, 1.82 - 5-11 1/2; 2. Eric Gaines, WOU, 1.77 - 5-9 3/4. **Women (Top 3):** 100 - 1. Madison McClung, WOU, 12.45. 200 - 2. Madison McClung, WOU, 25.46. 400 - 2. Lexi Pola, WOU, 58.40.

**Spring Break Open (Mar. 26 at King's): Men (GNAC Winners):** 1500 - Nathan Power, CWU, 4:09.05. Steeplechase - Scott Power, CWU, 10:26.32. 5000 - Chip Jackson, WWU, 15:24.57. 400 Hurdles - Logan Darling, WWU, 55.8. Pole Vault - Ryan Brown, WWU, 5.00 - 16-4 3/4. Shot Put - Ben Elder, WWU, 15.01 - 49-3. **Women (GNAC Winners):** 200 - Megan Zukowski, WWU, 26.14. 1500 - Rachael Johnson, WWU, 4:40.88. 3000 - Allison Cutting, SPU, 10:38.87. Steeplechase - Phoebe Hartnett, WWU, 11:44.75.

**Whitworth Buc Invitational (Mar. 26 at Spokane): Men -** Whitworth 107, Spokane CC 83, Idaho 52, Gonzaga 43, Northwest Nazarene 19, Eastern Washington 3, Washington State 2. **Individuals (Top 3):** Steeplechase - 2. Matt Rankin, NNU, 10:20.13. **Women -** Whitworth 89, Spokane CC 73, Northwest Nazarene 68, Idaho 46, Gonzaga 30, Whitman 2. **Individuals (Top 3):** 100 - 2. Jessica Case, NNU, 13.43. 400 - 2. Danielle Forest, NNU, 1:04.94. 100 Hurdles - 3. Jill Bennett, NNU, 16.84. 4x100 - 2. Northwest Nazarene 51.70. Long Jump - 1. Molly Reid, NNU, 5.05 - 16-7; 3. Jill Bennett, NNU, 4.94 - 16-2 1/2. Triple Jump - 2. Molly Reid, NNU, 10.64 - 34-11; 3. Annie Larlee, NNU, 10.54 - 34-7. Shot Put - 2. Shayna Shute, NNU, 12.02 - 39-5 1/4. Hammer - 2. Shayna Shute, NNU, 46.04 - 151-0.

**Puget Sound Peyton Invite (Mar. 26 at Tacoma): Men (GNAC Winners):** 400 - Cameron Grossaint, SMU, 51.17. 800 - Kyle Van Santen, SMU, 1:59.44. 1500 - Kyle Van Santen, SMU, 3:59.76. **Women (GNAC Winners):** 800 - Joscelyn Minton, SMU, 2:23.46. Steeplechase - Danika Lawson, SMU, 12:32.00. Pole Vault - Samantha Hull, SMU, 3.10 - 10-2. Long Jump - Julianna Sackeyfio, SMU, 4.72 - 15-6. Triple Jump - Julianna Sackeyfio, SMU, 10.52 - 34-6 1/4.

**UBC Open (Mar. 26 at Vancouver, BC): Men (GNAC Winners):** 100 - Andrew Boss, SFU, 10.92. Long Jump - Sviatosl Moldanov, SFU, 6.73 - 22-1. **Women (GNAC Winners):** 1500 - Lindsey Butterworth, SFU, 4:46.57. Long Jump - Diepiriye Iworima, SFU, 5.57 - 18-3 1/4. Shot Put - Jade Richardson, SFU, 11.36 - 37-3 1/4.

**April Al Manuel Montana Open (Apr. 2 at Missoula, MT): Men (Top 6):** 800 - 5. Logan Mossey, MSUB, 2:00.70. 400 Hurdles - 6. Lewis Polkow, MSUB, 58.89. **Women (Top 6):** 200 - 5. Erika Halle, MSUB, 26.41. 800 - 5. Sarah Jackson, MSUB, 2:24.60. Shot Put - 3. Anica Knispel, MSUB, 12.87 - 42-2 3/4.

**SFU Emilie Mondor Spring Open (Apr. 2 at Abbotsford, BC): Men (GNAC Winners):** 400 - Andrew Boss, SFU, 48.81. 1500 - Ryan Brockerville, SFU, 3:56.63. Triple Jump - Sviatosl Moldanov, SFU, 13.60 - 44-7 1/2. **Women (GNAC Winners):** 400 - Helen Crofts, SFU, 56.76. 800 - Lindsey Butterworth, SFU, 2:15.29 4x800 - 1. Simon Fraser 9:20.66. Shot Put - Jade Richardson, SFU, 11.05 - 36-3.

**All Idaho Cup (Apr. 2 at Boise): Men -** Boise State 209, Idaho State 163, Northwest Nazarene 136, College of Idaho 83. **GNAC Winners:** 1500 - Matt Stark, NNU, 3:55.39. Triple Jump - Stephen Larlee, NNU, 14.39 - 47-2 1/2. Shot Put - Grant Miller, NNU, 14.40 - 47-3. **Women -** Boise State 208 1/2, Idaho State 168 1/2, Northwest Nazarene 142, College of Idaho 78, Oiselle Racing Team 12. **GNAC Winners:** High Jump - Jasmyn Jewett, NNU, 1.42 - 4-7 3/4. Triple Jump - Jasmyn Jewett, NNU, 11.01 - 36-1 1/2. Shot Put - Joy Warrington, NNU, 13.07 - 42-10 3/4.

**UPS Shotwell Invitational (Apr. 2 at Tacoma): Men -** Western Washington 232, Central Washington 130, Pacific Lutheran 86, Mt. Hood CC 68, Seattle Pacific 65, Puget Sound 48 1/2, Green River CC 29, Saint Martin's 20, Olympic 13 1/2, Skagit Valley 12, Seattle 8, Evergreen State 5. **GNAC Winners:** 100 - Mark Pangilinan, WWU, and Alex Tilley, WWU, 10.95. 1500 - Nick Abraham, WWU, 4:01.29. 5000 - Dylan Peterson, WWU, 15:36.72. 110 Hurdles - Cory Okazaki, WWU, 15.45. 400 Hurdles - Ryan Endresen, SPU, 54.92. Steeplechase - Eric Brill, WWU, 9:50.12. 4x100 Relay - Central Washington 44.38. 4x400 Relay - Central Washington 3:26.43. High Jump - Brennan Boyes, CWU, 1.94 - 6-4 1/4. Pole Vault - Ryan Brown, WWU, 4.90 - 16-0 3/4. Shot Put - Ben Elder, WWU, 15.07 - 49-5 1/2. Discus - Ben Elder, WWU, 45.60 - 149-7. Hammer - Michael Hoffman, WWU, 56.80 - 186-4. **Women -** Seattle Pacific 210 1/2, Western Washington 135 1/2, Central Washington 126 1/2, Puget Sound 61 1/4, Pacific Lutheran 60, Saint Martin's 57 1/2, Mt. Hood CC 35, Evergreen State 12, Seattle 9, Olympic 6 1/4, Green River CC 4 1/2, Skagit Valley 4. **GNAC Winners:** 200 - Kishia Mitchell, SPU, 25.36. 400 - Kishia Mitchell, SPU, 58.22. 800 - Rachael Johnson, WWU, 2:17.09. 5000 - Heidi Laabs-Johnson, SPU, 18:29.01. 100 Hurdles - Crystal Sims, SPU, 14.98. 4x100 Relay - Central Washington 48.75. 4x400 Relay - Central Washington 4:09.04. High Jump - Ali Worthen, SPU, 1.64 - 5-4 1/2. Pole Vault - Kati Davis, CWU, 3.50 - 11-5 3/4. Long Jump - Ali Worthen, SPU, 5.47 - 17-11 1/2. Triple Jump - Trinna Miranda, SPU, 10.85 - 35-7 1/4. Shot Put - Torrie Self, CWU, 13.19 - 43-3 1/4. Discus - Elizabeth Thatcher, SMU, 40.06 - 131-5. Hammer - Torrie Self, CWU, 55.58 - 182-4. Javelin - Monika Gruszecki, WWU, 45.87 - 150-6.

**Willamette Invitational (Apr. 2 at Salem): Men (GNAC Winners):** 100 - David Registe, UAA, 10.68. 200 - David Registe, UAA, 21.91. 1500 - Zach Massari, WOU, 4:00.61. 5000 - Micah Chelimo, UAA, 14:30.21. 4x100 Relay - Alaska Anchorage 41.91. Shot Put - Jason Slowey, WOU, 15.76 - 51-8 1/2. Discus - Gabe Holland, UAA, 48.94 - 160-7. **Women (GNAC Winners):** 100 Hurdles - Haleigh Lloyd, UAA, 14.54. 400 Hurdles - Haleigh Lloyd, UAA, 1:01.18. 4x400 - Alaska Anchorage 3:56.18.

**WWU Multi-Events (Apr. 7-8 at Bellingham): Decathlon -** 1. Brandon Roddewig, CWU, 5989; 2. Jason Caryl, CWU, 5929; 4. Scott Hunter, CWU, 5562; 5. Andrew Venema, CWU, 5547; 6. Tim Clendaniel, WWU, 5540. **Heptathlon -** 1. Rachelle Barnett, SFU, 4034; 4. Seri Berg, CWU, 3427; 5. Brooklyn Holton, WWU, 3279.

**WOU John Knight Twilight (Apr. 8 at Monmouth): Men (GNAC Winners):** 100 - Dustin Boyd, WOU, 11.02. 200 - Anthony Yakovich, WOU, 22.08. 400 - Anthony Yakovich, WOU, 49.27. 1500 - Chris Reed, WOU, 3:50.47. Long Jump - Jake Hyde, WOU, 6.73 - 22-1. Pole Vault - Tim Lundy, WOU, 4.30 - 14-1 1/4. Shot Put - Jason Slowey, WOU, 16.57 - 54-4 1/2. Discus - Jason Slowey, WOU, 48.38 - 158-9. **Women (GNAC Winners):** 400 Hurdles - Kaitlyn Reid, WOU, 1:04.24. 4x100 Relay - Western Oregon 47.72. High Jump - Katie Pelchar, WOU, 1.65 - 5-5. Long Jump - Ashley Potter, WOU, 5.29 - 17-4 1/4. Triple Jump - Ashley Potter, WOU, 11.66 - 38-3 1/4.

**WWU Ralph Vernacchia Classic (Apr. 8 at Bellingham): Men -** Western Washington 300, British Columbia 122, Everett CC 69, Simon Fraser 60, Saint Martin's 56, Club Northwest 51, Green River 43, Northwest 32, Skagit Valley 14, Olympic 10, Douglas 2. **GNAC Winners:** 200 - Andrew Boss, SFU, 21.98. 400 - Andrew Boss, SFU, 48.92. 1500 - Jordan Welling, WWU, 3:54.53. 5000 - Chip Jackson, WWU, 15:06.6. 400 Hurdles - Logan Darling, WWU, 56.35. Steeplechase - Ryan Brockerville, SFU, 9:08.61. 4x100 - Western Washington 43.29. High Jump - Karsten Schick, WWU, 1.86 - 6-1 1/4. Pole Vault - Ryan Brown, WWU, 5.15 - 16-10 3/4. Long Jump - Dennis Nicolas, SFU, 6.79 - 22-3 1/2. Shot Put - Ben Elder, WWU, 15.48 - 50-9 1/2. Discus - Michael Hoffman, WWU, 48.91 - 160-5. Hammer - Michael Hoffman, WWU, 56.49 - 185-4. **Women -** Western Washington 251, Simon Fraser 174 1/2. Saint Martin's 87 1/2, British Columbia 66 1/2, Northwest 61, Olympic 24, Kajacks 22, Everett CC 21, Green River CC 17 1/2, Club Northwest 9, Skagit Valley 4, Pacific Lutheran 3, Douglas 2, Evergreen State 1. **GNAC Winners:** 100 - Megan Zukowski, WWU, 12.68. 200 - Breanne Carter, SFU, 25.84. 800 - Brianna Kane, SFU, 2:12.36. 1500 - Helen Crofts, SFU, 4:28.44. 5000 - Sarah Porter, WWU, 17:38.75. 100 Hurdles - Tanya Bjornsson, WWU, 14.89. 400 Hurdles - Alexandra McDonald, WWU, 1:06.34. Steeplechase - Emily Palibroda, SFU, 12:17.09. 4x100 - Western Washington 48.90. 4x400 - Simon Fraser 3:59.7. High Jump - Rachelle Barnett, SFU, 1.70 - 5-7. Pole Vault - Karis Anderson, WWU, 3.51 - 11-6 1/4. Long Jump - Diepiriye Iworima, SFU, 5.69 - 18-8. Shot Put - Elizabeth Thatcher, SMU, 11.90 -

39-0 1/2. Discus - Jade Richardson, SFU, 40.18 - 131-10. Javelin - Monika Gruszecki, WWU, 40.74 - 133-8.

**SFCC War IV (Apr. 9 at Spokane): Men** - Eastern Washington 129, Washington State 107.50, Whitworth 80, Spokane CC 77, Idaho 67.50, Northwest Nazarene 62, Eastern Oregon 39, Central Washington 30, Seattle 28, Boise State 24.50, Seattle Pacific 22.50, Gonzaga 20, Great Falls 18, Lewis & Clark 15, Montana 15. **Individuals (Top 3):** 400 - 2. Andrew Curtis, NNU, 49.22; 3. Dusty Duncan, SPU, 49.22. 1500 - 1. Matt Stark, NNU, 3:54.31. 5000 - 2. Barak Watson, NNU, 14:45.12. 400 Hurdles - 2. Maurus Hope, NNU, 53.94. 4x100 - 2. Seattle Pacific 42.80. 4x400 - 2. Northwest Nazarene 3:17.45. High Jump - 2. Brennan Boyes, CWU, 2.03 - 6-8. Triple Jump - 3. Stephen Larlee, NNU, 13.70 - 44-11 1/2. **Women** - Idaho 124.25, Washington State 120.42, Eastern Washington 110.67, Seattle Pacific 96.67, Spokane CC 59.50, Whitworth 43, Eastern Oregon 35, Northwest Nazarene 34, Central Washington 27.67, Boise State 25.85, Montana 23.92, Gonzaga 23, Seattle 15, Great Falls 1. **Individuals (Top 3):** 200 - 3. Kishia Mitchell, SPU, 26.08. 400 - 2. Emily Quatier, SPU, 57.30; 3. Kishia Mitchell, SPU, 57.37. 100 Hurdles - 2. Ali Worthen, SPU, 14.92. Steeplechase - 3. Jaclyn Puga, NNU, 11:05.55. 4x100 - 3. Seattle Pacific 47.69. High Jump - 1. Ali Worthen, SPU, 1.70 - 5-7. Long Jump - 3. Ali Worthen, SPU, 5.50 - 18-0 1/2. Triple Jump - 3. Jasmyn Jewett, NNU, 11.32 - 37-1 3/4. Shot Put - 2. Joy Warrington, NNU, 13.47 - 44-2 1/2. Javelin - 2. Carly Andrews, SPU, 43.13 - 141-6.

**Spokane CC Multi-Events (Apr. 12-13 at Spokane): Decathlon** - 7. Tim Greene, NNU, 4979. **Heptathlon** - 2. Jill Bennett, NNU, 4117; 3. Marie Smith, NNU, 3929.

**Azusa Heptathlon Events (Apr. 13-14 at Azusa): Mt. Sac Relays** - 12. Crystal Sims, SPU, 4933. **Cal Invite** - 6. Ali Worthen, SPU, 4922.

**Cal State L.A. Twilight (Apr. 14 at Los Angeles): Men (Top 4):** Pole Vault - 1. Ryan Brown, WWU, 5.05 - 16-5 1/2. Triple Jump - 4. Tim Clendaniel, WWU, 13.96 - 45-9 3/4. Shot Put - 1. Ben Elder, WWU, 15.06 - 49-4. **Women (Top 4):** 800 - 1. Rachael Johnson, WWU, 2:14.03; 4. Megan O'Connell, WWU, 2:19.20. 4x400 Relay - 4. Western Washington 48.66. 4x400 - 1. Western Washington 4:00.88.

**APU Brian Clay Invitational (Apr. 15 at Azusa, CA): Men (Top 6):** 200 - 5. Andrew Boss, SFU, 21.61. 800 - 6. Andrew Reid, SFU, 1:53.87. Long Jump - 3. Kyle Lane, WOU, 6.94 - 22-9 1/4; 6. Jake Hyde, WOU, 6.90 - 22-7 3/4. Triple Jump - 5. Tim Clendaniel, WWU, 14.21 - 46-7 1/2. Shot Put - 1. Jason Slowey, WOU, 16.81 - 55-2. Discus - 1. Gabe Holland, UAA, 48.90 - 160-5; 4. Jason Slowey, WOU, 47.71 - 156-7. **Women (Top 6):** 800 - 1. Jessica Smith, SFU, 2:06.93. 100 Hurdles - 5. Andrea Abrahms, SFU, 14.93. Long Jump - 3. Diepiriye Iworima, SFU, 5.85 - 19-2 1/2; 4. April Cook-Mackenzie, SFU, 5.63 - 18-5 3/4. Triple Jump - 2. Ashley Potter, WOU, 11.99 - 39-4. Javelin - 5. Michelle Stuart, SFU, 38.23 - 125-5.

**Mt. Sac Relays (Apr. 14-16 at Walnut, Calif.): Men (Top 8): Thursday:** Steeplechase Olympic Development Elite - 7. Ryan Brockerville, SFU, 8:50.76. 10,000 Open - 6. Chris Reed, WOU, 29:44.77. **Friday:** 2000 - 4. David Registe, UAA, 21.44. 400 - 7. Ethan Hewitt, UAA, 47.51. 5000 Olympic Development - 7. Bennett Grimes, WWU, 14:17.12. Pole Vault - 3. Ryan Brown, WWU, 5.15 - 16-10 3/4. Hammer - 8. Michael Hoffman, WWU, 59.50 - 195-2. **Saturday:** 800 Olympic Development - 5. Travis Vugteveen, SFU, 1:53.70. **Women (Top 8): Thursday:** 10,000 Olympic Development Elite - 7. Ruth Keino, UAA, 34:57.41. **Friday:** 5000 Olympic Development - 4. Sarah Porter, WWU, 15:57.02. **Saturday:** 800 Olympic Development - 2. Jessica Smith, SFU, 2:04.34; 3. Helen Crofts, SFU, 2:04.39; 8. Brianna Kane, SFU, 2:10.95. 1500 Olympic Development - 8. Helen Crofts, SFU, 4:20.83.

**Montana Open (Apr. 16 at Missoula): Men (Top 3):** 800 - 3. Jake Iverson, MSUB, 1:58.28. Steeplechase - 2. Taylor Canfield, MSUB, 10:07.75. 110 Hurdles - 3. Reece Easterling, MSUB, 16.30. 4x100 Relay - 2. MSU Billings 44.12. 4x400 Relay - 3. MSU Billings 3:28.15. Shot Put - 2. Bryce Jensen, MSUN, 13.36 - 43-10. **Decathlon (Apr. 14-15)** - 3. Brock Steingruber, MSUB, 5050. **Women (Top 3):** 200 - 3. Erika Halle, MSUB, 26.03. 5000 - 3. Katie Thiel, MSUB, 19:21.06. 100 Hurdles - 2. Dani Garner, MSUB, 18.17. 400 Hurdles - 3. Dani Garner, MSUB, 1:14.96. 4x100 - 1. MSU Billings 50.28. 4x400 - 3. MSU Billings 4:09.89. Triple Jump - 2. Leah Berry, MSUB, 9.99 - 32-9 1/2. Shot Put - 2. Anica Knispel, MSUB, 12.77 - 41-10 3/4. Hammer - 2.

Anica Knispel, MSUB, 45.02 - 147-8. **Heptathlon (Apr. 14-15)** - 5. Stacey Pitt, MSUB, 3396.

**CWU Spike Arlt (Apr. 16 at Ellensburg): Men** - Central Washington 237 1/2, Spokane CC 123 1/2, Seattle Pacific 73, Western Washington 69, Whitworth 55, Everett CC 54, Pacific Lutheran 53, Puget Sound 26, Eastern Washington 25, Saint Martin's 14, Skagit Valley 11, Northwest 11. **GNAC Winners:** 400 - Scott Morrison, CWU, 49.83. 5000 - Nathan Power, CWU, 1:58.49. 1500 - Evan Bradford, SPU, 4:06.87. 10,000 - Manuel Santos, CWU, 32:43.8. 400 Hurdles - Ryan Endresen, SPU, 54.82. 4x100 - Central Washington 43.17. 4x400 - Central Washington 3:29.85. Pole Vault - Ray Zoellick, SPU, 4.35 - 14-3 1/4. **Women** - Central Washington 203 1/2, Seattle Pacific 191, Spokane CC 133, Western Washington 93, Eastern Washington 36, Puget Sound 26, Everett CC 25, Saint Martin's 20, Northwest 19 1/2, Pacific Lutheran 5, Whitworth 4. **GNAC Winners:** 100 - Kishia Mitchell, SPU, 12.10. 200 - Kishia Mitchell, SPU, 25.21. 5000 - Erin Philbeck, WWU, 19:44.37. 10,000 - Sierra Brisky, WWU, 39:14.7. 100 Hurdles - Chelsea Genther, CWU, 14.86. 4x100 - Central Washington 48.50. Javelin - Brittany Aanstad, SPU, 43.10 - 141-5. Hammer - Torrie Self, CWU, 55.23 - 181-2. Shot Put - Shaina Afoa, CWU, 12.57 - 41-3. Long Jump - Trnna Miranda, SPU, 5.26 - 17-3 1/4. Triple Jump - Katharine Lotze, CWU, 11.80 - 38-8 3/4. Pole Vault - Becca Clark, CWU, 3.50 - 11-5 3/4. High Jump - Katy Gross, SPU, 1.58 - 5-2 1/4.

**Beach Invitational (Apr. 16 at Long Beach, CA): Men (Top 6):** 400 - 5. Ethan Hewitt, UAA, 47.79. 1500 - 2. Micah Chelimo, UAA, 3:49.92. 400 Hurdles - 5. Shaun Ward, UAA, 53.87. Long Jump - 2. David Registe, UAA, 7.54 - 24-9. 4x400 Relay - 3. Alaska Anchorage (Hewitt, Sutton, Registe, Ward) 3:14.74. **Women (Top 6):** 1500 - 5. Miriam Kipng'eno, UAA, 4:32.20. 5000 - Shoshana Keegan, UAA, 17:26.52. Long Jump - 4. Diepiriye Iworima, SFU, 5.69 - 19-4 1/4.

**Eastern Oregon Open (Apr. 16 at La Grande): Men (GNAC Winners):** 200 - Andrew Curtis, NNU, 22.11. 800 - Matt Stark, NNU, 1:54.40. 4x100 - Northwest Nazarene 43.74. 4x400 Relay - Northwest Nazarene 3:20.73. Long Jump - Stephen Larlee, NNU, 5.96 - 19-6 1/2. Shot Put - Grant Miller, NNU, 14.42 - 47-3 3/4. Discus - Grant Miller, NNU, 44.40 - 145-8. Hammer - Grant Miller, NNU, 49.56 - 162-7. **Women (GNAC Winners):** 200 - Christabel Leonce, NNU, 25.90. 5000 - Samantha Hill, NNU, 20:46.64. 100 Hurdles - Marie Smith, NNU, 15.34. Pole Vault - Amanda Konzal, NNU, 3.20 - 10-6. Long Jump - Molly Reid, NNU, 5.12 - 16-9 1/2. Triple Jump - Maycee Bekkedahl, NNU, 11.28 - 37-0 1/4. Shot Put - Joy Warrington, NNU, 13.62 - 44-8 1/4. Hammer - Shayna Shute, NNU, 45.38 - 148-10.

**WWU Twilight (Apr. 23 at Bellingham): Men (GNAC Winners):** 200 - Scott Morrison, CWU, 22.05. 200 Big Cheese - Zach Armstrong, CWU, 23.74. 800 - Nathan Power, CWU, 1:57.30. Mile - Jordan Welling, WWU, 4:12.00. 3000 - Manuel Santos, CWU, 8:57.79. 110 Hurdles - Cory Okazaki, WWU, 15.31. 400 Hurdles - Ryan Endresen, SPU, 54.86. Steeplechase - A.J. Baker, SPU, 9:34.93. 4x100 - Central Washington (Harris, Morrison, Cho, Seel) 42.78. 4x400 - Central Washington (Alexander, Armstrong, Fremd, Morrison) 3:20.44. High Jump - Brennan Boyes, CWU, 1.95 - 6-4 3/4. Pole Vault - Ryan Brown, WWU, 5.25 - 17-2 3/4. Long Jump - Sakae Kamagata, CWU, 6.63 - 21-9. Triple Jump - Sakae Kamagata, CWU, 13.73 - 45-0 1/2. Shot Put - Ben Elder, WWU, 15.55 - 51-0 1/4. Discus - Ben Elder, WWU, 50.36 - 165-3. Hammer - Michael Hoffman, WWU, 62.87 - 206-3. **Women (GNAC Winners):** 200 Big Cheese - Rachael Johnson, WWU, 27.74. 400 - Eleanor Siler, WWU, 57.11. 1500 - Rachael Johnson, WWU, 4:44.26. 3000 - Sarah Porter, WWU, 9:35.75. 5000 - Kristi Fairbanks, WWU, 18:47.54. 100 Hurdles - Tanya Bjornsson, WWU, 14.69. 400 Hurdles - Jennifer Pike, SPU, 1:04.69. Steeplechase - Phoebe Hartnett, WWU, 11:30.76. 4x100 - Western Washington (Siler, Coffey, Ledtke, Zukowski) 48.70. 4x400 - Western Washington (Siler, O'Connell, Ledtke, Zukowski) 4:00.20. 4x800 - Central Washington (Rice, Soddors, Mendoza, Morgan) 10:23.94. High Jump - Katy Gross, SPU, 1.58 - 5-2 1/4. Pole Vault - Melissa Peaslee, SPU, 3.70 - 12-1 1/2. Long Jump - Ali Worthen, SPU, 5.98 - 19-7 1/2. Triple Jump - Trinna Miranda, SPU, 11.22 - 36-9 3/4. Shot Put - Shaina Afoa, CWU, 13.14 - 43-1 1/2. Discus - Elizabeth Thatcher, SMU, 43.48 - 142-8. Hammer - Jordan Stueckle, CWU, 47.01 - 154-3. Javelin - Samantha Hull, SMU, 39.90 - 130-11.

**Northwest Nazarene Invite (Apr. 23 at Nampa): Men (GNAC Winners):** 400 - Andrew Curtis, NNU, 48.86. 800 - Matt Stark, NNU, 1:55.89. 1500 -

Matt Stark, NNU, 3:53.01. 400 Hurdles - Lewis Polkow, MSUB, 57.04. 4x400 Relay - Northwest Nazarene (Heidegger, Hope, Hill, Lannon) 3:23.17. Shot Put - Grant Miller, NNU, 15.43 - 50-7 1/2. 4x100 - Northwest Nazarene (Hill, Colby, Curtis, Henderson) 43.08. **Women (GNAC Winners):** 400 - Shanna Rippy, NNU, 57.54. 800 - Natalie Evans, NNU, 2:19.52. 1500 - Jaclyn Puga, NNU, 4:37.64. 5000 - Katie Thiel, MSUB, 19:27.55. 100 Hurdles - Marie Smith, NNU, 15.04. 4x400 - Northwest Nazarene (Decker, Evans, Harwood, Rippy) 4:02.21. High Jump - Stacey Pitt, MSUB, 1.66 - 5-5 1/4. Long Jump - Jasmyn Jewett, NNU, 5.32 - 17-5 1/2. Triple Jump - Jasmyn Jewett, NNU, 11.19 - 36-8 1/2. Shot Put - Anica Knispel, MSUB, 13.25 - 43-5 3/4.

**Oregon Relays (Apr. 22-23 at Eugene): Men (Top 3): Friday,** 800 (B) - 3. Kyle Larson, WOU, 1:55.57 Steeplechase - 2. Ryan Chapman, WOU, 9:23.32. Discus - 2. Jason Slowey, WOU, 51.40 - 168-8. **Saturday,** 400 Hurdles - 3. Kevin McCurdy, WOU, 55.41. 4x400 - 2. Western Oregon (Thomas, Moore, Yakovich, Kaino) 3:17.76. Shot Put - 2. Jason Slowey, WOU, 16.10 - 52-10. **Women: Friday,** 800 (B) - 3. Janelle Everetts, WOU, 2:15.39 Javelin - 2. Brittany Aanstad, SPU, 45.31 - 148-8. **Saturday,** 4x100 - 3. Seattle Pacific (Mitchell, Wochnick, Quatier, Sims) 47.57. 4x400 - 3. Seattle Pacific (Mitchell, Quatier, Wochnick, Sims) 3:50.64.

**Achilles Cup (Apr. 27 at Burnaby): Men - UBC 58, Simon Fraser 52 (SFU Winners):** 200 - Andrew Boss, SFU, 21.77. 400 - Brett Montrose, SFU, 50.40. 1500 - Ryan Brockerville, SFU, 3:55.64. 4x100 - Simon Fraser (Boss, Montrose, Nicolas, Conard) 43.47. 4x400 - Simon Fraser (Boss, Montrose, Vugteveen, Liu) 3:23.04. Long Jump - Sviatoslav Moldanov, SFU, 6.41 - 21-0 1/2. **Women:** SFU 76, UBC 39 (**SFU Winners**): 200 - Breanne Carter, SFU, 25.83. 400 - Helen Crofts, SFU, 56.81. 800 - Brianna Kane, SFU, 2:15.80. 1500 - Helen Crofts, SFU, 4:45.91. 4x400 - Simon Fraser (Crofts, Smith, Kane, Carter) 4:06.98. High Jump - Rachele Barnett, SFU, 1.55 - 5-1. Long Jump - Charlotte Crombeen, SFU, 5.20 - 17-0 3/4. Shot Put - Jade Richardson, SFU, 10.61 - 34-9 3/4. Javelin - Michelle Stuart, SFU, 36.36 - 119-3. **Note:** Winners listed reflect SFU/UBC dual winners and not necessarily overall winner in meet.

**Black Hills State Yellow Jacket Open (Apr. 28 at Spearfish, S.D.): Men (GNAC Winners):** None (Long Jump - 2. Shae Stein, MSUB, 6.83 - 22-5). **Women (GNAC Winners):** 800 - Sarah Jackson, MSUB, 4:53.02. 1500 - Katie Thiel, MSUB, 4:53.02.

**Idaho/Utah Border Clash (Apr. 29-30 at Boise): Men (Top 3):** 400 - 3. Andrew Curtis, NNU, 49.15. 3000 - 1. Barak Watson, NNU, 8:52.11; 3. Jesse Baggenstos, NNU, 9:05.68. Steeplechase - 2. Barak Watson, NNU, 9:28.6. **Women (Top 3):** 800 - 3. Natalie Evans, NNU, 2:23.21. 1500 - 2. Jaclyn Puga, NNU, 4:46.02. Steeplechase - 2. Jaclyn Puga, NNU, 11:13.1. Triple Jump - 2. Jasmyn Jewett, NNU, 11.91 - 39-1. Shot Put - 2. Joy Warrington, NNU, 13.03 - 42-9. Javelin - 3. Laura Vonarx, NNU, 33.22 - 109-0.

**Pacific Twilight (Apr. 29-30 at Forest Grove): Men (Top 3):** 110 Hurdles - 2. Brett Campbell, WOU, 15.35. 400 Hurdles - 3. Kevin McCurdy, WOU, 56.27. Javelin - 2. Will Crook, WOU, 62.49 - 205-0. **Women (Top 3):** 200 - 3. Madison McClung, WOU, 25.47. 800 - 1. Janelle Everetts, WOU, 2:12.05; 3. Annan Applebee, WOU, 2:12.76. Javelin - 1. Amanda Schumaker, WOU, 42.87 - 140-8.

**Saint Martin's Invitational (Apr. 30 at Lacey): Men - Central Washington 225, Western Washington 153, Seattle Pacific 68 1/2, Pacific Lutheran 67, Saint Martin's 54, Green River CC 47 1/2, Northwest 40, Everett CC 27, Olympic 19, Club Northwest 10, Skagit Valley 9, Evergreen State 8, Clark 5. **GNAC Winners:** 200 - Scott Morrison, CWU, 22.20. 400 - Scott Morrison, CWU, 48.38. 800 - Nathan Powers, CWU, 1:56.33. 1500 - Evan Bradford, SPU, 3:57.50. 110 Hurdles - Darnell Harris, CWU, 15.92. Steeplechase - Dylan Peterson, WWU, 9:39.74. 4x100 Relay - Central Washington, 43.00. High Jump - Brennan Boyes, CWU, 2.00 - 6-6 3/4. Long Jump - Manny Melo, CWU, 6.67 - 21-10 3/4. Triple Jump - James Chao, CWU, 14.08 - 46-2 1/2. Shot Put - Ben Elder, WWU, 15.41 - 50-6 3/4. Discus - Michael Hoffman, WWU, 49.64 - 162-10. Hammer - Michael Hoffman, WWU, 56.59 - 185-8. **Women - Seattle Pacific 174, Central Washington 168, Western Washington 123 1/2, Saint Martin's 80, Northwest 56, Pacific Lutheran 21, Club Northwest 20, Everett CC 20, Green River CC 15 1/2, Olympic 10, Evergreen State 6, Skagit Valley 3. **GNAC Winners:** 100 - Kishia Mitchell, SPU, 12.39. 200 - Kishia Mitchell, SPU, 25.54. 400 - Valle Ledtke, WWU, 58.17. 1500 - Joscelyn Minton, SMU, 4:40.84. 100 Hurdles - Chelsea Genter, CWU,****

15.32. Steeplechase - Adriana Mendoza, CWU, 11:33.79. 4x100 - Seattle Pacific 47.64. 4x400 - Central Washington 4:02.06. Pole Vault - Terra Schumacher, SPU, 3.56 - 11-8. Long Jump - Trinna Miranda, SPU, 5.49 - 18-0 1/4. Triple Jump - Trinna Miranda, SPU, 11.51 - 37-9 1/4. Shot Put - Torrie Self, CWU, 13.01 - 42-8 1/4. Discus - Torrie Self, CWU, 43.96 - 144-3. Hammer -- Jordan Stueckle, CWU, 45.15 - 148-1. Javelin - Brittany Aanstad, SPU, 46.02 - 151-0.

**Stanford Payton Jordan Invitational (May 1 at Palo Alto, CA): Men (Top 6):** 200 - 2. Andrew Boss, SFU, 21.81. **Women (Top 6):** 800 - 4. Helen Crofts, SFU, 2:02.68. Triple Jump - 3. Charlotte Crombeen, SFU, 11.18 - 36-8 1/4; 4. Diepiriye Iworima, SFU, 36-4 3/4. Discus - 4. Jade Richardson, SFU, 46.53 - 152-8. Javelin - 4. Monika Gruszecki, WWU, 43.40 - 142-5.

**GNAC Multis (May 2-3 at Nampa): Decathlon - 1. Nate Johnson, SPU, 6373; 2. Jason Caryl, CWU, 6234; 3. Brandon Roddewig, CWU, 6225; 4. Andy Loscutt, WOU, 6224; 5. Eric Gaines, WOU, 5892; 6. Tim Clendaniel, WWU, 5805; 7. Scott Hunter, CWU, 5728; 8. Jake Hyde, WOU, 5661. **Day 1:** 100 - Hyde 11.57. Long Jump - Hyde 6.87 - 22-6 1/2. Shot Put - Hyde 12.48 - 40-11 1/2. High Jump - Roddewig 1.96 - 6-5. 400 - Gaines 51.17. **Day 2:** 110 Hurdles - Loscutt 15.50. Discus - Johnson 36.70 - 120-5. Pole Vault - Roddewig 4.45 - 14-7 1/4, Hunter 4.45 - 14-7 1/4. Javelin - Roddewig 47.93 - 157-3. 1500 - Wyatt Morgan, UAA, 4:33.75. **Heptathlon - 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. Rachele Barnett, SFU, 4193; 8. Rachele Barnett, NNU, 4001. **Day 1:** 100 Hurdles - Worthen 15.17. High Jump - Barnett 1.70 - 5-7. Shot Put - Sims 12.06 - 39-6 3/4. 200 - Sims 25.39. **Day 2:** Long Jump - Worthen 5.69 - 18-8. Javelin - Pike 35.50 - 116-5. 800 - Pike 2:24.84.****

**Oregon Twilight (May 6 at Eugene): Men (Top 3):** 800 (B) - 3. Dylan Hopper, WWU, 1:56.80. 1500 (B) - 3. Nick Abraham, WWU, 3:58.11. 400 Hurdles - 3. Phillip Villanueva, WWU, 55.12. Steeplechase - 3. Brandon Snook, WOU, 9:11.11. Long Jump - 3. Kyle Lane, WOU, 6.48 - 21-3 1/4. Shot Put - 1. Jason Slowey, WOU, 16.00 - 52-6. Discus - 2. Jason Slowey, WOU, 51.41 - 168-8. **Women (Top 6):** Javelin - 3. Monika Gruszecki, WWU, 44.49 - 145-11.

**Montana State Tom Gage Classic (May 6 at Bozeman): Men (Top 3):** 400 Hurdles - 3. Lewis Polkow, MSUB, 56.96. 4x100 Relay - 2. Montana State Billings 43.37. 4x400 Relay - 2. Montana State Billings 3:26.15. **Women (Top 3):** 100 - 3. Erika Halle, MSUB, 12.91. 1500 - 1. Katie Thiel, MSUB, 5:05.28; 2. Shena Wald, MSUB, 5:08.85. 100 Hurdles - 3. Dani Garner, MSUB, 18.06. Shot Put - 1. Anica Knispel, MSUB, 13.20 - 43-3 3/4. Hammer - 2. Anica Knispel, MSUB, 42.88 - 140-8.

**Oxy Invitational (May 7 at Eagle Rock, CA): Men (Top 3):** 1500 - 1. Alfred Kangogo, UAA, 3:44.67. 400 Hurdles - 3. Shaun Ward, UAA, 52.96. 4x400 Relay - 3. Alaska Anchorage 3:19.21. Long Jump - 1. David Registe, UAA, 7.71 - 25-3 1/2. **Women (Top 3):** Steeplechase - 3. Emma Bohman, UAA, 11:04.22. 4x400 Relay - 3. Alaska Anchorage 3:50.28. Triple Jump - Dianne Chong, UAA, 11.55 - 37-10 3/4.

**Ken Shannon/Ken Foreman Invite (May 7 at Seattle): Men (GNAC Winners):** 400 Hurdles - Gabriel Morales, WWU, 57.04. Shot Put - Mike Jensen, CWU, 15.41 - 50-6 3/4. **Women (GNAC Winners):** 200 - Myisha Valentine, SPU, 25.97. Steeplechase - Adriana Mendoza, CWU, 11:23.52. Pole Vault - Melissa Peaslee, SPU, 3.83 - 12-6 3/4.

**Mt. Hood Festival (May 7 at Gresham, OR): Men (Top 3):** 5000 - 2. Brady Beagley, WOU, 15:45.43. 400 Hurdles - 1. Kevin McCurdy, WOU, 54.98. **Women (Top 3):** 800 - 1. Annan Applebee, WOU, 2:11.21. 1500 - 3. Jenny Leaf, WOU, 4:53.55. High Jump - 2. Katie Pelchar, WOU, 1.65 - 5-5.

**GNAC (May 13-14 at Monmouth): Men - 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. Women - Seattle Pacific 206 1/2, Western Washington 121, Western Oregon 109, Central Washington 97, Northwest Nazarene 88 1/2, Alaska Anchorage 86, Simon Fraser 79, MSU Billings 21, Saint Martin's 11. **Outstanding Performer - Helen Crofts, Simon Fraser.******

**NAIA Championships (May 26-28 at Marion, IN):** **Men** -1. Shorter 66, 28. Simon Fraser 10. **Women** - 1. Concordia (Ore.) 86, 4. Simon Fraser 59.

**NCAA II National Championships (May 26-28 at Turlock, CA):** **Men** - 1. Abilene Christian 68, 19. Alaska Anchorage 14, 28. Western Washington 10, 58. Western Oregon 1. **Women** - 1. Grand Valley State 82 ½, 6. Western Washington 29 ½, 15. Seattle Pacific 17, 55. Alaska Anchorage 2, 59. Central Washington 1 ½, 60. Western Oregon 1 .