

2010 GNAC Indoor Track and Field Championships (Feb. 20 at Nampa)

Women's Team Scores - Seattle Pacific 179 ½, Western Washington 159 ½, Northwest Nazarene 90, Western Oregon 80, Central Washington 51, MSU Billings 18, Saint Martin's 4. **Outstanding Performer** - Jessica Pixler, Seattle Pacific.

60 - 1. Latasha Essien, SPU, 7.67 (meet record, old, 7.73, Essien, 2007); 2. Joana Houplin, WWU, 7.88; 3. Megan Zukowski, WWU, 7.94; 4. Crystal Sims, SPU, 8.00; 5. Melissa Grammer, NNU, 8.05; 6. Stefani Dittmar, WOU, 8.08; 7. Mary Bailey, WOU, 8.24.

200 - 1. Ellie Siler, WWU, 25.03 (GNAC record, old, 25.21, NyEma Sims, SPU, 2007; meet record, old, 25.25, Terran Legard, CWU, 2005); 2. Sarah Kathrein, WOU, 25.59; 3. Megan Zukowski, WWU, 25.82; 4. Erika Halle, MSUB, 25.83; 5. Joana Houplin, WWU, 26.00; 6. Lacey Meusec, WOU, 26.01; 7. Crystal McDowell, WOU, 26.13; 8. Sarah Brownell, WWU, 26.14; 9. McKenzie Redberg, WOU, 26.28; 10. Latoya Tidwell, NNU, 26.50; 11. Stefani Dittmar, WOU, 26.52; 12. Emily Quatier, SPU, 26.61; 13. Justine Simons, MSUB, 26.74; 14. Natalie Nobbs, SPU, 26.82; 15. Lisette Peterson, SPU, 26.94; 16. Melissa Grammer, NNU, 26.97; 17. Sarah Takayoshi, CWU, 27.01; 18. Kaila Weiks, SMU, 27.92; Crystal Sims, SPU, disqualified.

400 - 1. Ellie Siler, WWU, 56.93; 2. Sarah Brownell, WWU, 57.92; 3. Sarah Kathrein, WOU, 58.84; 4. Jennifer Pike, SPU, 58.93; 5. Megan O'Connell, WWU, 59.07; 6. Crystal McDowell, WOU, 59.21; 7. Kaitlyn Reid, WOU, 59.53; 8. Michelle Howe, WWU, 59.54; 9. Emily Quatier, SPU, 59.71; 10. Lexi Pola, WOU, 59.78; 11. Elisa Decker, NNU, 1:01.35; 12. Shanna Rippy, NNU, 1:01.42.

800 - 1. Jessica Pixler, SPU, 2:08.28 (meet record, old, 2:09.86, Ashley Puga, NNU, 2009); 2. Jane Larson, SPU, 2:14.41; 3. Janelle Everetts, WOU, 2:15.03; 4. Michelle Phillips, NNU, 2:15.49; 5. Christine Harwood, NNU, 2:15.87; 6. Rachael Johnson, WWU, 2:17.60; 7. Jaclyn Puga, NNU, 2:18.63; 8. Zoe Skordahl, WOU, 2:20.32; 9. Kelsey Brown, SPU, 2:21.14; 10. Cheri Watson, WWU, 2:21.75; 11. Erica Zambon, WOU, 2:22.81; 12. Lisa Anderberg, SPU, 2:25.00; 13. Meryl Butcher, WOU, 2:25.99; 14. Annie Laweryson, SMU, 2:26.80.

Mile - 1. Jessica Pixler, SPU, 4:40.39 (meet record, old, 4:47.37, Ashley Puga, NNU, 2009); 2. Jane Larson, SPU, 4:52.24; 3. Courtney Olsen, CWU, 4:57.37; 4. Kate Harline, SPU, 5:10.94; 5. Jordan Powell, NNU, 5:11.82; 6. Erika Snawder, WOU, 5:15.69; 7. Whitney Mickelson, MSUB, 5:18.14; 8. Jessica Boyer, WWU, 5:19.36; 9. Tricia Morrison, WOU, 5:21.02; 10. Lisa Anderberg, SPU, 5:24.07; 11. Krinda Carlson, SMU, 5:33.26.

5000 - 1. Sarah Porter, WWU, 16:47.07 (meet record, old, 17:27.34, Jane Larson, SPU, 2009); 2. Lauren Breihof, WWU, 17:32.30; 3. Courtney Olsen, WWU, 17:43.72; 4. Jordan Powell, NNU, 17:46.33; 5. Natty Plunkett, SPU, 17:56.47; 6. Jessica Boyer, WWU, 18:38.41; 7. Amanda Wright, WOU, 18:38.94; 8. Sierra Brisky, WWU, 18:57.21; 9. Danielle Slaughter, WWU, 19:02.61; 10. KayAnna Cecchi, WOU, 19:28.64; 11. Kaitlynn Pecha, SMU, 20:00.75; 12. Megan Everetts, WOU, 20:36.90; Mary Owen, MSUB, did not finish; Ashley Rendahl, NNU, did not finish.

60 Hurdles - 1. Michelle Howe, WWU, 9.02; 2. Terra Schumacher, SPU, 9.07; 3. Mandy Keifer, WOU, 9.23; 4. Janna Vander Meulen, WOU, 9.29; 5. Jennifer Pike, SPU, 9.29; 6. Kaitlyn Reid, WOU, 9.34; 7. Tanya Bjornsson, WWU, 9.37; 8. Katharine Lotze, CWU, 9.76.

4x400 Relay - 1. Western Washington (Ellie Siler, Michelle Howe, Sarah Brownell, Megan O'Connell) 3:55.21 (meet record, old, 3:55.58, Northwest Nazarene, 2009); 2. Seattle Pacific (Crystal Sims, Emily Quatier, Kira Lewis, Melissa Peaslee) 4:03.16; 3. Western Oregon (Lexi Pola, Lacey Meusec, Meryl Butcher, Crystal McDowell) 4:06.31; 4. Northwest Nazarene (Shanna Rippy, Amy Ciaccio, Melissa Grammer, Latoya Tidwell) 4:08.43; 5. MSU Billings (Britney Derhak, Emili Crowder, Erika Halle, Justine Simons) 4:14.09; 6. Central Washington (Liz Hampton, Amanda Rose, Raquel Gonzalez, Katharine Lotze) 4:16.99; 7. Saint Martin's (Kaila Weiks, Krinda Carlson, Hannah Scholter, Jennifer Johnson) 4:32.28.

Distance Medley Relay - 1. Seattle Pacific (Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler) 11:36.32 (meet record, old, 11:58.41, Seattle Pacific, 2007); 2. Western Washington (Sarah Porter, Megan Zukowski, Cheri Watson, Rachael Johnson) 12:19.11; 3. Northwest Nazarene (Jaclyn Puga, Elisa Decker, Christine Harwood, Michelle Phillips) 12:21.77; 4. Western Oregon (Janelle Everetts, Zoe Skordahl, Erika Snawder, Tricia Morrison) 12:47.74; 5. MSU Billings (Katie Thiel, Sarah McGurran, Mykel Ler, Whitney Mickelson) 13:04.34; 6. Central Washington (Kelsey Kreft, Siri Berg, Ashley Rice, Alex Borunda) 13:46.22; 7. Saint Martin's (Ashley Llapitan, Annie Laweryson, Karissa Owen, Helen Camden) 13:50.00.

High Jump - 1. Brittany Aanstad, SPU, 1.66 - 5-5 ¼; 2. Ali Worthen, SPU, 1.61 - 5-3 ¼; and Katy Gross, SPU, 1.61 - 5-3 ¼; 4. Amanda Overdick, WWU, 1.56 - 5-1 ¼; 5. Raquel Gonzalez, CWU, 1.56 - 5-1 ¼; 6. Karah Ambrose, WOU, 1.56 - 5-1 ¼; 7. Jacquie Mattson, SPU, 1.51 - 4-11 ½; 8. Jill Bennett, NNU, 1.51 - 4-11 ½; Jasmyn Jewitt, NNU, no height; Kelsey Neilson, WOU, no height.

Pole Vault - 1. Melissa Peaslee, SPU, 3.66 - 12-0; 2. Terra Schumacher, SPU, 3.51 - 11-6 ¼; 3. Diana DiMarco, WWU, 3.36 - 11-0 ¼; 4. MJ Usabel, NNU, 3.36 - 11-0 ¼; 5. Michaela Caldwell, SPU, 3.36 - 11-0 ¼; and Elsa Couvelier, WWU, 3.36 - 11-0 ¼; 7. Kjersti Gedde, SPU, 3.21 - 10-6 ¼; 8. Amanda DiEnno, WWU, 3.21 - 10-6 ¼; 9. Ashley Egger, NNU, 3.06 - 10-0 ½; 10. Robin Mueller, WWU, 3.06 - 10-0 ½; 11. Karina Elzinga, NNU, 3.06 - 10-0 ½; Hannah Swigart, CWU, no height; Samantha Hull, SMU, no height.

Long Jump - 1. Emily Warman, WWU, 5.58 - 18-3 ¾; 2. Crystal Sims, SPU, 5.37 - 17-7 ½; 3. Brittany Aanstad, SPU, 5.36 - 17-7; 4. Amanda Alvarez, SPU, 5.36 - 17-7; 5. Kelly Jenkins, SPU, 5.26 - 17-3 ¼; 6. Natalie Nobbs, SPU, 5.19 - 17-0 ½; 7. Trinna Miranda, SPU, 5.17 - 16-11 ½; 8. Ali Worthen, SPU, 5.09 - 16-8 ½; 9. Erika Halle, MSUB, 5.08 - 16-8; 10. Molly Reid, NNU, 5.07 - 16-7 ¾; 11. Mandy Keifer, WOU, 5.06 - 16-7 ¼; 12. Laura Vonarx, NNU, 5.00 - 16-5; 13. Jasmyrn Jewitt, NNU, 5.00 - 16-5; 14. Jill Bennett, NNU, 4.80 - 15-9; 15. Maycee Bekkedahl, NNU, 4.79 - 15-8 ¾.

Triple Jump - 1. Ashley Potter, WOU, 11.85 - 38-10 ½ (meet record, old, 37-9 ¼, Kim Bascom, WWU, 2007); 2. Emily Warman, WWU, 11.68 - 38-4; 3. Amanda Alvarez, SPU, 11.63 - 38-2; 4. Katharine Lotze, CWU, 11.42 - 37-5 ¾; 5. Laura Vonarx, NNU, 11.34 - 37-2 ½; 6. Jasmyrn Jewitt, NNU, 11.15 - 36-7; 7. Amanda Rose, CWU, 11.12 - 36-5 ¾; 8. Mandy Keifer, WOU, 10.94 - 35-10 ¾; 9. Maycee Bekkedahl, NNU, 10.84 - 35-6 ¾; 10. Kelly Jenkins, SPU, 10.80 - 35-5 ¼; 11. Kira Lewis, SPU, 10.80 - 35-5 ¼; 12. Katy Gross, SPU, 10.77 - 35-4; 13. Stephanie Jones, CWU, 10.74 - 35-3; 14. Annie Larlee, NNU, 10.63 - 34-10 ½; 15. Molly Reid, NNU, 10.52 - 34-6 ¾; 16. Trinna Miranda, SPU, 10.23 - 33-6 ¾; Elissa Adams, MSUB, foul; Athena Alvarez, SPU, foul.

Shot Put - 1. Joy Warrington, NNU, 13.95 - 45-9 1/4; 2. Torrie Self, CWU, 12.99 - 42-7 ½; 3. Carly Dranginis, NNU, 12.70 - 41-8; 4. Raisa Yates, CWU, 12.13 - 39-9 ¾; 5. Shayna Shute, NNU, 11.96 - 39-3; 6. Brook Berg, MSUB, 11.89 - 39-0 ¼; 7. Jordan Stueckle, CWU, 11.75 - 38-6 ¾; 8. Becky Mulkey, CWU, 11.70 - 38-4 ¾; 9. Hilary Gourneau, MSUB, 11.30 - 37-1; 10. Kelsee Clark, MSUB, 11.02 - 36-2; 11. Alexi Halvorson, MSUB, 10.95 - 35-11 ¼; 12. Kacie Vanderloos, MSUB, 10.65 - 34-11 ¼; 13. Mandy Keifer, WOU, 10.29 - 33-9 ¼.

Weight Throw - 1. Joy Warrington, NNU, 15.20 - 49-10 ½; 2. Torrie Self, CWU, 14.95 - 49-0 ¾; 3. Jordan Stueckle, CWU, 14.22 - 46-8; 4. Carly Dranginis, NNU, 13.95 - 45-9 ¼; 5. Erika McCarthy, NNU, 13.81 - 45-3 ¾; 6. Kaylee Baumstark, CWU, 13.24 - 43-5 ¼; 7. Shayna Shute, NNU, 13.01 - 42-8 ¼; 8. Alicia Hedrick, NNU, 11.95 - 39-2 ½; 9. Raisa Yates, CWU, 11.80 - 38-8 ¾; 10. Bailey Osborn, NNU, 10.46 - 34-4.

60 Prelims - **Heat 1:** 1. Crystal Sims, SPU, 8.00; 2. Stefani Dittmar, WOU, 8.16; 3. Erika Halle, MSUB, 8.18; 4. Christabel Leonce, NNU, 8.20; 5. Latoya Tidwell, NNU, 8.22; 6. Trinna Miranda, SPU, 8.22. **Heat 2:** 1. Latasha Essien, SPU, 7.77; 2. Megan Zukowski, WWU, 8.00; 3. Melissa Grammer, NNU, 8.02; 4. Mary Bailey, WOU, 8.16; 5. Carolanne Powers, WOU, 8.20; 6. Sarah Takayoshi, CWU, 8.21. **Heat 3:** 1. Joana Houplin, WWU, 7.89; 2. Lacey Meusec, WOU, 8.07; 3. Lisette Peterson, SPU, 8.19; 4. McKenzie Redberg, WOU, 8.20; 5. Justine Simons, MSUB, 8.34; 6. Britney Derhak, MSUB, 8.48.

60 Hurdles Prelims - **Heat 1:** 1. Terra Schumacher, SPU, 9.07; 2. Janna Vander Meulen, WOU, 9.30; 3. Jennifer Pike, SPU, 9.42; 4. Kaitlyn Reid, WOU, 9.62; 5. Jill Bennett, NNU, 9.78; 6. Raquel Gonzalez, CWU, 9.96. **Heat 2:** 1. Michelle Howe, WWU, 9.00; 2. Mandy Keifer, WOU, 9.25; 3. Tanya Bjornsson, WWU, 9.45; 4. Katharine Lotze, CWU, 9.63; 5. Alexandra McDonald, WWU, 9.73.

Men's Team Scores - Western Oregon 171, Western Washington 161 ½, Central Washington 134, Northwest Nazarene 53 ½, Seattle Pacific 39, MSU Billings 16, Saint Martin's 8. **Outstanding Performer** - Matson Hardie, Western Oregon.

60 - 1. Anthony Wright, CWU, 6.89 (meet record, old, 6.95, Bryan Mack, CWU, 2009); 2. Shane Gruger, WWU, 7.00; 3. Bobby Alexander, WOU, 7.00; 4. Kincaid Nichols, CWU, 7.01; 5. Alex Tilley, WWU, 7.02; 6. Gabe Aguilar, WOU, 7.06; 7. Anthony Zackery, WWU, 7.08; 8. Dustin Boyd, WOU, 7.12.

200 - 1. Kincaid Nichols, CWU, 22.22; 2. Alex Tilley, WWU, 22.28; 3. Anthony Yakovich, WOU, 22.37; 4. Maurus Hope, NNU, 22.38; 5. Anthony Wright, CWU, 22.43; 6. Ashtin Mott, WOU, 22.53; 7. Dustin Boyd, WOU, 22.54; 8. Josh DeVaughn, SMU, 22.60; 9. Shane Gruger, WWU, 22.63; 10. Anthony Zackery, WWU, 22.67; 11. Josh Moore, WOU, 22.72; 12. Matt Kaino, WOU, 22.77; 13. Scott Morrison, CWU, 22.79; 14. Nathan Diede, MSUB, 23.02; 15. Dan Hill, NNU, 23.22; 16. Derek Sepe, NNU, 23.23; 17. Micah Grounds, SPU, 23.35; Brandon Pearce, MSUB, disqualified.

400 - 1. Matt Kaino, WOU, 49.17 (meet record, old, 49.58, Matt Rogstad, CWU, 2008); 2. Maurus Hope, NNU, 49.25; 3. Scott Morrison CWU, 49.33; 4. Ashtin Mott, WOU, 49.35; 5. Anthony Yakovich, WOU, 50.05; 6. Josh Moore, WOU, 50.25; 7. Andy Loscutt, WOU, 50.31; 8. Logan Darling, WWU, 50.46; 9. Dan Hill, NNU, 50.50; 10. Toby David, WWU, 50.51; 11. Matt O'Connell, WWU, 50.56; 12. Shane O'Connell, WOU, 51.03; 13. Nathan Diede, MSUB, 51.29; 14. Kyle Fremd, CWU, 51.72; 15. Logan Mossey, MSUB, 52.05; 16. Travis Dodge, SMU, 53.52.

800 - 1. Nathan Seely SPU, 1:54.86; 2. Mike Schmidt, WOU, 1:55.38; 3. Carson O'Brien WOU, 1:56.95; 4. Justin Webb, NNU, 1:57.16; 5. Chad Meis, SPU, 1:57.87; 6. Anthony Tomsich WWU, 1:58.02; 7. Nathanael Sleight SPU, 1:58.14; 8. Tyson Vanderby, MSUB, 1:58.39; 9. Matt Stark, NNU, 1:58.40; 10. Nick Abraham, WWU, 1:58.56; 11. Joseph Patti, SMU, 1:58.59; 12. Toby Maunu, WOU, 1:58.60; 13. Jeff Long, WOU, 1:58.81; 14. Michael Brown, WOU, 2:00.92; 15. Connor Kasler, WOU, 2:01.81; 16. Benard Ngeno, NNU, 2:02.05; 17. Ryan Chapman, WOU, 2:04.02.

Mile - 1. Anthony Tomsich, WWU, 4:14.08 (meet record, old, 4:15.27, Ethan Barrons, WOU, 2005); 2. Barak Watson, NNU, 4:15.44; 3. Bennett Grimes, WWU, 4:15.78; 4. Connor Kasler, WOU, 4:16.51; 5. Chad Meis, SPU, 4:18.78; 6. Dan Sprinkle, WOU, 4:22.97; 7.

Kyle Larson, WOU, 4:23.35; 8. Blake Medhaug, WWU, 4:24.41; 9. Kyle Van Santen, SMU, 4:24.73; 10. A.J. Baker, SPU, 4:28.98; 11. Jeff Long, WOU, 4:32.37; 12. Jacob Wahlenmaier, SPU, 4:35.99.

5000 - 1. Jordan Welling, WWU, 14:51.53 (meet record, old, 15:01.67, John Riak, SMU, 2007); 2. Chris Reed, WOU, 14:55.72; 3. Barak Watson, NNU, 15:05.67; 4. Eric Brill, WWU, 15:16.24; 5. Greg Kubitz, WWU, 15:18.76; 6. Blake Medhaug, WWU, 15:31.59; 7. Matt McCrary, WOU, 15:40.42; 8. Spencer Hunt, SMU, 15:51.49; 9. Justin Karr, WOU, 16:00.31; 10. Luke Holt, WOU, 16:01.35; 11. Jesse Baggenstos, NNU, 16:05.41; 12. Nicholas Harvey, SMU, 16:12.18; 13. Taylor Canfield, MSUB, 16:34.60.

60 Hurdles - 1. Andy Loscutoff, WOU, 8.34; 2. Anthony Hogan, CWU, 8.37; 3. Darnell Harris, CWU, 8.57; 4. Jordan Werner, WOU, 8.57; 5. Andrew Gray, WWU, 8.85; 6. Ryan Endresen, SPU, 8.92; 7. Tim Steiglitz, NNU, 8.96; 8. Alex Harrison, WWU, 9.08.

4x400 - 1. Western Oregon (Matt Kaino, Ashtin Mott, Josh Moore, Anthony Yakovich) 3:19.36 (meet record, old, 3:20.61, Northwest Nazarene, 2009); 2. Western Washington (Alex Tilley, Logan Darling, Shane Gruger, Toby David) 3:23.35; 3. Northwest Nazarene (Maurus Hope, Derek Sepe, Dan Hill, Mark Hanson) 3:24.42; 4. MSU Billings (Logan Mossey, Deshawn Lewis, Nathan Diede, Brandon Pearce) 3:30.21; 5. Seattle Pacific (Micah Grounds, Nate Johnson, Jace Derwin, Nathanael Sleight) 3:30.56; 6. Central Washington (Kyle Fremd, Ryan Lara, Kincaid Nichols, Scott Morrison) 3:33.40; 7. Saint Martin's (Travis Dodge, Connor Flaherty, Cameron Grossaint, Josh DeVaughn) 3:35.55.

Distance Medley Relay - 1. Western Washington (Bennett Grimes, Andrew Gray, Nick Abraham, Jordan Welling) 10:18.80; 2. Western Oregon (Kyle Larson, Shane O'Connell, Mike Schmidt, Dan Sprinkle) 10:22.99; 3. Seattle Pacific (AJ Baker, Ryan Endresen, Nathan Seely, Chad Meis) 10:32.07; 4. MSU Billings (Ryan Blomback, Logan Mossey, Tucker Shuler, Tyson Vanderby) 11:03.58; 5. Saint Martin's (Scott Bauer, Joseph Patti, Kyle Van Santen, Noah Caffrey) 11:07.25; 6. Northwest Nazarene (Josh Merioles, Benard Ngeno, Hank Hetrick, Justin Webb) 11:07.69; 7. Central Washington (Jon Swanson, Marquis McKiever, Ryan Lara, Jake Hastings) 11:33.07.

High Jump - 1. Brennan Boyes, CWU, 1.95 - 6-4 $\frac{3}{4}$; 2. Jonathan Hamilton, CWU, 1.95 - 6-4 $\frac{3}{4}$; 3. Robert Wegner, WOU, 1.90 - 6-2 $\frac{3}{4}$; and Matson Hardie, WOU, 1.90 - 6-2 $\frac{3}{4}$; 5. Keefe Brockman, WWU, 1.90 - 6-2 $\frac{3}{4}$; 6. Ryan Brown, WWU, 1.85 - 6-0 $\frac{3}{4}$; 7. Josh Larson, WWU, 1.85 - 6-0 $\frac{3}{4}$; 8. Brandon Roddewig, CWU, 1.85 - 6-0 $\frac{3}{4}$; 9. Zach Massari, WOU, 1.80 - 5-10 $\frac{3}{4}$; 10. Tim Clendaniel, WWU, 1.75 - 5-8 $\frac{3}{4}$; Nate Wagner, SPU, no height.

Pole Vault - 1. Ryan Brown, WWU, 4.91 - 16-1 $\frac{1}{4}$; 2. Brandon Roddewig, CWU, 4.46 - 14-7 $\frac{1}{2}$; 3. Jayce Giddens, WOU, and Nathan Simunds, WWU, 4.31 - 14-1 $\frac{3}{4}$; 5. Brandon Martinez, MSUB, 4.31 - 14-1 $\frac{3}{4}$; 6. Alex Harrison, WWU, 4.31 - 14-1 $\frac{3}{4}$; 7. Tim Clendaniel, WWU, 4.31 - 14-1 $\frac{3}{4}$; 8. Austin Roberts, WOU, and Bruno Bennett, NNU, 4.16 - 13-7 $\frac{3}{4}$; 10. James Carr, CWU, 4.01 - 13-1 $\frac{3}{4}$; 11. Nate Johnson, SPU, 3.86 - 12-8; Josh Winters, WWU, no height; Kevin Iverson, WWU, no height.

Long Jump - 1. Matson Hardie, WOU, 7.21 - 23-8 (GNAC record, old, 23-2 $\frac{3}{4}$, Justin Felt, SPU, 2009; Meet record, old, 23-0 $\frac{3}{4}$, Zeb Udell, WOU, 2009); 2. Tim Clendaniel, WWU, 7.09 - 23-3 $\frac{1}{4}$; 3. Justin Felt, SPU, 6.95 - 22-9 $\frac{3}{4}$; 4. Anthony Zackery, WWU, 6.94 - 22-9 $\frac{3}{4}$; 5. Bryan Mack, CWU, 6.89 - 22-7 $\frac{1}{4}$; 6. Shane Gruger, WWU, 6.86 - 22-6 $\frac{1}{4}$; 7. Will Davis, WWU, 6.81 - 22-4 $\frac{1}{4}$; 8. Robert Wegner, WOU, 6.79 - 22-3 $\frac{1}{2}$; 9. James Cho, CWU, 6.60 - 21-8; 10. Rendel Jones, CWU, 6.52 - 21-4 $\frac{3}{4}$; 11. Jake Hyde, WOU, 6.49 - 21-3 $\frac{1}{2}$; 12. Mark Hanson, NNU, 6.24 - 20-5 $\frac{3}{4}$.

Triple Jump - 1. Rendel Jones, CWU, 14.51 - 47-7 $\frac{1}{4}$; 2. Matson Hardie, WOU, 14.43 - 47-4 $\frac{1}{4}$; 3. Bryan Mack, CWU, 14.28 - 46-10 $\frac{1}{4}$; 4. Will Davis, WWU, 14.20 - 46-7 $\frac{1}{4}$; 5. Jake Hyde, WOU, 13.99 - 45-10 $\frac{3}{4}$; 6. James Cho, CWU, 13.95 - 45-9 $\frac{1}{4}$; 7. Keefe Brockman, WWU, 13.40 - 43-11 $\frac{3}{4}$; 8. Deshawn Lewis, MSUB, 12.01 - 39-5.

Shot Put - 1. Jason Slowey, WOU, 15.64 - 51-3 $\frac{3}{4}$; 2. Tyler Fischer, CWU, 15.28 - 50-1 $\frac{3}{4}$; 3. Ben Elder, WWU, 15.07 - 49-5 $\frac{1}{2}$; 4. Jordan Fenters, NNU, 15.05 - 49-4 $\frac{1}{2}$; 5. Jacob Gilbert, WWU, 14.39 - 47-2 $\frac{1}{2}$; 6. Jesse Potes, CWU, 14.08 - 46-2 $\frac{1}{2}$; 7. Nelson Westlin, WWU, 13.83 - 45-4 $\frac{1}{2}$; 8. Alex Harrison, WWU, 13.72 - 45-0 $\frac{1}{4}$; 9. Tanner Rottrup, MSUB, 13.52 - 44-4 $\frac{1}{4}$; 10. Mike Jensen, CWU, 13.01 - 42-8 $\frac{1}{4}$; 11. Nick Wilson, MSUB, 12.94 - 42-5 $\frac{1}{2}$; 12. Matt Schryvers, WOU, 12.93 - 42-5 $\frac{1}{4}$; 13. Darian Kauffman, WOU, 12.59 - 41-3 $\frac{3}{4}$; 14. Bryce Jensen, MSUB, 12.28 - 40-3 $\frac{1}{2}$.

Weight Throw - 1. Tyler Fischer, CWU, 17.75 - 58-3; 2. Mychal Ostler, CWU, 17.38 - 57-0 $\frac{1}{4}$; 3. Jason Slowey, WOU, 15.91 - 52-2 $\frac{1}{2}$; 4. Jordan Fenters, NNU, 15.75 - 51-8 $\frac{1}{4}$; 5. Ben Elder, WWU, 15.34 - 50-4; 6. Matt Schryvers, WOU, 15.04 - 49-4 $\frac{1}{4}$; 7. Mike Jensen, CWU, 14.15 - 46-5 $\frac{1}{4}$; 8. Bryant Michaelson, WWU, 13.85 - 45-5 $\frac{1}{4}$; 9. Jesse Potes, CWU, 12.41 - 40-8 $\frac{3}{4}$; 10. Kody Reavis, WOU, 12.33 - 40-5 $\frac{1}{2}$; 11. Diego Estrada, NNU, 12.30 - 40-4 $\frac{1}{4}$; 12. Darian Kauffman, WOU, 12.13 - 39-9 $\frac{3}{4}$; 13. Tyler Nichols, WWU, 11.47 - 37-7 $\frac{3}{4}$.

60 Prelims - **Heat 1:** 1. Gabe Aguilar, WOU, 7.04; 2. Bobby Alexander, WOU, 7.08; 3. Dustin Boyd, WOU, 7.09; 4. Tyler Windall, NNU, 7.30; 5. James Cho, CWU, 7.38; Bryan Mack, CWU, false start. **Heat 2:** 1. Alex Tilley, WWU, 7.06; 2. Anthony Zackery, WWU, 7.07; 3. Brandon Pearce, MSUB, 7.17; 4. Justin Thomsen, WWU, 7.18; 5. Derek Sepe, NNU, 7.25; 6. Adam Prevost, MSUB, 7.41. **Heat 3:** 1. Anthony Wright, CWU, 6.91; 2. Shane Gruger, WWU, 7.04; 3. Kincaid Nichols, CWU, 7.07; 4. Cameron Colby, NNU, 7.19; 5. Josh DeVaughn, SMU, 7.20.

60 Hurdles Prelims - **Heat 1:** 1. Anthony Hogan, CWU, 8.52; 2. Jordan Werner, WOU, 8.58; 3. Darnell Harris, CWU, 8.79; 4. Alex Harrison, WWU, 8.97; 5. Nate Johnson, SPU, 9.14, 6. Brandon Roddewig, CWU, 9.35. **Heat 2:** 1. Andy Loscutoff, WOU, 8.52; 2. Andrew Gray, WWU, 8.53; 3. Ryan Endresen, SPU, 8.89; 4. Tim Steiglitz, NNU, 9.13; 5. Dylan Solberg, MSUB, 9.23; Tim Clendaniel, WWU, did not finish.