

GNAC Outdoor Performance List

ICON KEY: NCAA DII Prov GNAC Auto GNAC Prov NCAA DII Auto

		100m (Men)		NCAA DII Auto 10.35	NCAA DII Prov 10.60	GNAC Auto 11.11	GNAC Prov 11.40
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Wright, Anthony	FR-1	Central Washington	10.43	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
2	Tilley, Alex	SO-2	Western Washington	10.75	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
3	Nichols, Kincaid	SO-2	Central Washington	10.77	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
4	Gruger, Shane	JR-3	Western Washington	10.83	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
5	Preston, Demetrius	Senior	Alaska Anchorage	10.87	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
6	Allen, AJ		Alaska Anchorage	10.95	Northridge Invitational	03/12/10	03/14/10
7	Bourne, Alex	Junior	Western Oregon	10.96	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
8	Alexander, Bobby		Western Oregon	10.97	Oregon Preview	03/20/10	03/21/10
8	DeVaughn, Josh	FR-1	St. Martin's	10.97	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
8	Zackery, Anthony	JR-3	Western Washington	10.97	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
11	DeWolf, Austen		Alaska Anchorage	11.05	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
12	Thomsen, Justin	FR-1	Western Washington	11.06	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
13	Mack, Bryan	SO-2	Central Washington	11.09	Oregon Preview	03/20/10	03/21/10
14	Yakovich, Anthony		Western Oregon	11.15	John Knight Twilight	04/09/10	04/10/10
15	Sepe, Derek	Junior	Northwest Nazarene	11.18	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
16	Morrison, Scott	FR-1	Central Washington	11.22	UW Ken Shannon Invitational	05/08/10	05/09/10
17	Colby, Cameron	Sophomore	Northwest Nazarene	11.23	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
17	Grant, Brandon	SR-4	Alaska Anchorage	11.23	Azusa Pacific Bryan Clay Invitational	04/15/10	04/17/10
17	Johnson, Bryce	SR-4	Western Oregon	11.23	Mt. Hood CC Saints Open	03/13/10	03/16/10
20	Cho, James	SO-2	Central Washington	11.29	CWU Spike Arlt Invitational	04/17/10	04/19/10
21	Hogan, Anthony	FR-1	Central Washington	11.30	WAR 3 at Spokane CC	04/10/10	04/13/10
22	Grounds, Micah	Senior	Seattle Pacific	11.34	WAR 3 at Spokane CC	04/10/10	04/13/10
23	Burghardt, Drew	FR-1	Central Washington	11.35	CWU Spike Arlt Invitational	04/17/10	04/19/10
24	Seel, Matt	FR-1	Central Washington	11.38	UW Ken Shannon Invitational	05/08/10	05/09/10
25	McLaughlin, James	SR-4	Alaska Anchorage	11.41	Chabot Relays & Distance Festival	03/26/10	03/27/10
25	Zwiefelhofer, Eric	Senior	Northwest Nazarene	11.41	Northwest Nazarene Invitational	04/23/10	04/25/10
27	Prevost, Adam		MSU-Billings	11.42 @	Montana State Bobcat Open	04/10/10	04/10/10
28	Brown, Edd	FR-1	St. Martin's	11.43	WWU Twilite Track & Field Meet	04/23/10	04/25/10
29	Wegner, Robert	SR-4	Western Oregon	11.48	John Knight Twilight	04/09/10	04/10/10
30	Clendaniel, Tim	SO-2	Western Washington	11.51	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
31	Harrison, Alex	JR-3	Western Washington	11.55	NCAA Division II Outdoor Championships	05/27/10	05/30/10
32	Birks, Scott	FR-1	Western Washington	11.61	CWU Spike Arlt Invitational	04/17/10	04/19/10
33	Freeman, Chris	SO-2	Western Oregon	11.65	John Knight Twilight	04/09/10	04/10/10
33	Hyde, Jake		Western Oregon	11.65	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
35	Felt, Justin	SR-4	Seattle Pacific	11.66	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
36	Heidegger, Ben	Junior	Northwest Nazarene	11.67	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
37	Gray, Andrew	SO-2	Western Washington	11.68	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
38	Caryl, Jason	FR-1	Central Washington	11.71	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
38	Johnson, Nate		Seattle Pacific	11.71	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
40	Fremd, Kyle	FR-1	Central Washington	11.72	WAR 3 at Spokane CC	04/10/10	04/13/10
41	Loscutoff, Andy	Senior	Western Oregon	11.73	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
42	Grudzinski, Levi	FR-1	Western Washington	11.79	Club Northwest Spring Break Open	03/27/10	03/28/10
43	Roddeiwig, Brandon	FR-1	Central Washington	11.83	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
44	Ramirez, Hilario	JR-3	Seattle Pacific	11.84	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
44	Roberts, Austin	SR-4	Western Oregon	11.84	2010 Willamette Opener	03/06/10	03/08/10
46	Barrett, Luke	SR-4	MSU-Billings	11.87 @	Montana State Bobcat Open	04/10/10	04/10/10
46	Boyes, Brennan	FR-1	Central Washington	11.87	CWU Spike Arlt Invitational	04/17/10	04/19/10
46	O'Connell, Shane	SO-2	Western Oregon	11.87	2010 Willamette Opener	03/06/10	03/08/10
49	Snyder, Maxx	JR-3	Western Washington	11.90	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
50	Dye, Alex	Senior	Western Washington	11.97	JD Shotwell Invitational	04/03/10	04/04/10
51	Hunter, Scott	FR-1	Central Washington	11.98	PLU Invitational	03/13/10	03/17/10
52	Freed, Andrew		Alaska Anchorage	12.03	San Francisco State Distance Carnival	03/26/10	03/27/10
53	Ivenema, Andrew		Central Washington	12.10	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
54	Iverson, Kevin	SR-4	Western Washington	12.12	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
55	Hartwigsen, Derek	SO-2	Western Washington	12.13	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
56	Karnofski, Kyle	FR-1	St. Martin's	12.26	Joe Peyton Invitational	03/27/10	03/27/10
56	Steinke, Thomas	FR-1	Central Washington	12.26	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
58	Gordon, Dylan	FR-1	Western Washington	12.29	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
59	Montgomery, Stuart	Senior	Northwest Nazarene	12.53	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
59	Steiglitz, Tim		Northwest Nazarene	12.53	NNU Combined Events	03/11/10	05/03/10
61	Wade, Mark		Northwest Nazarene	12.63	Northwest Nazarene Invitational	04/23/10	04/25/10
62	Greene, Tim	Senior	Northwest Nazarene	16.90	NNU Combined Events	03/11/10	05/03/10

		100m (Women)		NCAA DII Auto 11.65	NCAA DII Prov 12.12	GNAC Auto 12.60	GNAC Prov 13.22
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Essien, Latasha	SR-4	Seattle Pacific	12.11	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
2	Sims, Crystal	Senior	Seattle Pacific	12.17	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
3	Houplin, Joana	SO-2	Western Washington	12.32	Oregon Relays presented by Oregon Community Credit Union	04/30/10	05/02/10
4	Meusec, Lacey	Senior	Western Oregon	12.35	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
5	Zukowski, Megan	JR-3	Western Washington	12.42	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
6	Everett, Adrienna	Senior	Alaska Anchorage	12.43	Beach Invitational	04/16/10	04/18/10
6	Grammer, Melissa	Sophomore	Northwest Nazarene	12.43	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
8	Leonce, Christabel	Junior	Northwest Nazarene	12.56	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
8	Takayoshi, Sarah	FR-1	Central Washington	12.56	CWU Spike Arlt Invitational	04/17/10	04/19/10
10	Kathrein, Sarah		Western Oregon	12.60	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
11	Halle, Erika	SO-2	MSU-Billings	12.69 @	BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
12	Dittmar, Stefani	SR-4	Western Oregon	12.70	Mt. Hood CC Saints Open	03/13/10	03/16/10
13	Tidwell, Latoya	Senior	Northwest Nazarene	12.73	2010 All Idaho Collegiate	04/02/10	04/04/10
14	Quatier, Emily		Seattle Pacific	12.78	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
15	Simons, Justine	SO-2	MSU-Billings	12.79 @	BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
15	Bailey, Mary		Western Oregon	12.88	John Knight Twilight	04/09/10	04/10/10
16	Powers, Carolanne	FR-1	Western Oregon	12.88	John Knight Twilight	04/09/10	04/10/10
16	Redberg, McKenzie	FR-1	Western Oregon	12.88	San Francisco State Distance Carnival	03/26/10	03/27/10
19	Derhak, Britney	SR-4	MSU-Billings	12.89 @	Montana Tom Gage Classic	05/07/10	05/08/10
20	Peterson, Lisette	Junior	Seattle Pacific	13.01	Oregon Preview	03/20/10	03/21/10

200m (Men)

NCAA DII Auto 21.00

NCAA DII Prov 21.45

GNAC Auto 22.44

GNAC Prov 22.91

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Wright, Anthony	FR-1	Central Washington	21.36	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
2	Nichols, Kincaid	SO-2	Central Washington	21.77	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
3	Yakovich, Anthony		Western Oregon	21.95	Pacific Twilight Invitational	05/01/10	05/02/10
4	Gruger, Shane	JR-3	Western Washington	22.01	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
5	Tilley, Alex	SO-2	Western Washington	22.04	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
6	DeWolf, Austen		Alaska Anchorage	22.05	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
7	Mott, Ashtin	JR-3	Western Oregon	22.14	Pacific Twilight Invitational	05/01/10	05/02/10
8	Morrison, Scott	FR-1	Central Washington	22.17	UW Ken Shannon Invitational	05/08/10	05/09/10
8	Preston, Demetrius	Senior	Alaska Anchorage	22.17	Northridge Invitational	03/12/10	03/14/10
10	DeVaughn, Josh	FR-1	St. Martin's	22.20	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
11	Kaino, Matt		Western Oregon	22.28	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
12	Grant, Brandon	SR-4	Alaska Anchorage	22.42	Northridge Invitational	03/12/10	03/14/10
13	Diede, Nathan	JR-3	MSU-Billings	22.44	@Montana State Bobcat Open	04/10/10	04/10/10
14	McLaughlin, James	SR-4	Alaska Anchorage	22.46	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
15	Allen, AJ		Alaska Anchorage	22.57	Northridge Invitational	03/12/10	03/14/10
16	Seel, Matt	FR-1	Central Washington	22.59	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
17	Hope, Maurus	Junior	Northwest Nazarene	22.63	Northwest Nazarene Open	03/13/10	03/14/10
18	Boyd, Dustin		Western Oregon	22.66	Mt. Hood Twilight	05/07/10	05/08/10
19	Hewitt, Ethan		Alaska Anchorage	22.67	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
20	Fremd, Kyle	FR-1	Central Washington	22.81	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
21	Hogan, Anthony	FR-1	Central Washington	22.82	CWU Spike Arit Invitational	04/17/10	04/19/10
22	Moore, Josh	FR-1	Western Oregon	22.83	Oregon Preview	03/20/10	03/21/10
23	Bourne, Alex	Junior	Western Oregon	22.85	2010 Willamette Opener	03/06/10	03/08/10
24	Sepe, Derek	Junior	Northwest Nazarene	22.90	EOU Mountaineer Open	04/17/10	04/18/10
25	Grounds, Micah	Senior	Seattle Pacific	22.93	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
26	Johnson, Bryce	SR-4	Western Oregon	23.04	John Knight Twilight	04/09/10	04/10/10
27	Alexander, Bobby		Western Oregon	23.05	2010 Willamette Opener	03/06/10	03/08/10
28	Sutton, Levi	Senior	Alaska Anchorage	23.07	UNLV Track & Field Classic	03/06/10	03/07/10
29	David, Toby	JR-3	Western Washington	23.12	WWU Twilite Track & Field Meet	04/23/10	04/25/10
29	Thomsen, Justin	FR-1	Western Washington	23.12	Cal State L.A. Twilight Open	04/15/10	04/16/10
31	Mack, Bryan	SO-2	Central Washington	23.15	CWU Spike Arit Invitational	04/17/10	04/19/10
32	Mowery, Tim		Western Oregon	23.16	2010 Chuck Bowles Spring Break Classic (Willamette) - COLLEGO3/19/10	03/20/10	
33	Colby, Cameron	Sophomore	Northwest Nazarene	23.19	WAR 3 at Spokane CC	04/10/10	04/13/10
34	Hill, Dan	Senior	Northwest Nazarene	23.31	Northwest Nazarene Invitational	04/23/10	04/25/10
35	Gray, Andrew	SO-2	Western Washington	23.34	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
35	Zwiefelhofer, Eric	Senior	Northwest Nazarene	23.34	WAR 3 at Spokane CC	04/10/10	04/13/10
37	Brown, Edd	FR-1	St. Martin's	23.37	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
38	Burghardt, Drew	FR-1	Central Washington	23.38	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
38	O'Connell, Shane	SO-2	Western Oregon	23.38	2010 Willamette Opener	03/06/10	03/08/10
40	Lara, Ryan	SO-2	Central Washington	23.42	WWU Twilite Track & Field Meet	04/23/10	04/25/10
41	Prevost, Adam		MSU-Billings	23.47	@BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
42	Dodge, Travis	SO-2	St. Martin's	23.49	Joe Peyton Invitational	03/27/10	03/27/10
43	Najera, Michael	FR-1	Central Washington	23.56	CWU Spike Arit Invitational	04/17/10	04/19/10
44	Grudzinski, Levi	FR-1	Western Washington	23.58	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
45	Grossaint, Cameron	FR-1	St. Martin's	23.68	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
46	Lewis, Deshawn		MSU-Billings	23.71	@Montana Open	04/17/10	04/18/10
47	Wiest, Cam	Junior	MSU-Billings	23.75	@Montana Open	04/17/10	04/18/10
48	Birks, Scott	FR-1	Western Washington	23.76	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
49	Freeman, Chris	SO-2	Western Oregon	23.78	2010 Willamette Opener	03/06/10	03/08/10
50	Morales, Gabriel	SO-2	Western Washington	23.92	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
51	Snyder, Maxx	JR-3	Western Washington	24.03	Club Northwest Spring Break Open	03/27/10	03/28/10
52	Reed, John	FR-1	Alaska Anchorage	24.04	San Francisco State Distance Carnival	03/26/10	03/27/10
53	Ramirez, Hilario	JR-3	Seattle Pacific	24.09	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
54	Barrett, Luke	SR-4	MSU-Billings	24.21	@BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
55	Hunter, Scott	FR-1	Central Washington	24.25	Dusty Lane Open	03/19/10	03/21/10
56	Dye, Alex	Senior	Western Washington	24.40	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
57	Freed, Andrew		Alaska Anchorage	24.47	Northridge Invitational	03/12/10	03/14/10
58	Larsen, Seth	FR-1	Western Washington	24.72	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
59	Flaherty, Connor	SR-4	St. Martin's	24.81	Joe Peyton Invitational	03/27/10	03/27/10
60	Werner, Jordan	Senior	Western Oregon	24.98	Mt. Hood CC Saints Open	03/13/10	03/16/10
61	Humble, Brandon	Sophomore	Northwest Nazarene	25.11	Northwest Nazarene Invitational	04/23/10	04/25/10
62	Karnofski, Kyle	FR-1	St. Martin's	25.46	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
63	Hildebrand, Michael	SO-2	MSU-Billings	25.88	@BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10

200m (Women)

NCAA DII Auto 23.95

NCAA DII Prov 24.70

GNAC Auto 26.13

GNAC Prov 26.66

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Sims, Crystal	Senior	Seattle Pacific	25.13	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
2	Essien, Latasha	SR-4	Seattle Pacific	25.23	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
3	Siler, Eleanor	SO-2	Western Washington	25.25	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
4	Zukowski, Megan	JR-3	Western Washington	25.46	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
5	Halle, Erika	SO-2	MSU-Billings	25.51	@ Montana Open	04/17/10	04/18/10
6	Redberg, McKenzie	FR-1	Western Oregon	25.52	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
7	Tidwell, Latoya	Senior	Northwest Nazarene	25.68	Idaho-Utah Borderclash	04/30/10	05/02/10
8	Leonce, Christabel	Junior	Northwest Nazarene	25.70	Idaho-Utah Borderclash	04/30/10	05/02/10
9	Houplin, Joana	SO-2	Western Washington	25.74	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
10	Meusec, Lacey	Senior	Western Oregon	25.77	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
11	Kathrein, Sarah		Western Oregon	25.79	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
12	Quatier, Emily		Seattle Pacific	25.80	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
13	Simons, Justine	SO-2	MSU-Billings	25.95	@ BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
14	Powers, Carolanne	FR-1	Western Oregon	25.98	Mt. Hood Twilight	05/07/10	05/08/10
15	Takayoshi, Sarah	FR-1	Central Washington	26.12	CWU Spike Arit Invitational	04/17/10	04/19/10
16	Dittmar, Stefani	SR-4	Western Oregon	26.13	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
17	Pola, Lexi		Western Oregon	26.14	John Knight Twilight	04/09/10	04/10/10
18	McDowell, Crystal		Western Oregon	26.37	Azusa Pacific Bryan Clay Invitational	04/15/10	04/17/10
19	Grammer, Melissa	Sophomore	Northwest Nazarene	26.41	Idaho-Utah Borderclash	04/30/10	05/02/10
20	Derhak, Britney	SR-4	MSU-Billings	26.68	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
21	Brady, Lindsay	SR-4	Northwest Nazarene	26.72	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
21	Pike, Jennifer	Senior	Seattle Pacific	26.72	Cal Multis	03/24/10	03/26/10
23	Peterson, Lisette	Junior	Seattle Pacific	26.79	JD Shotwell Invitational	04/03/10	04/04/10
24	Brediger, Christa	SR-4	Northwest Nazarene	26.88	EOU Mountaineer Open	04/17/10	04/18/10
25	Laichak, Lauren	SO-2	Alaska Anchorage	26.96	Oxy Invitational	05/08/10	05/09/10
26	Friess, Meagan	SR-4	Alaska Anchorage	26.97	Asics Steve Scott Invitational	05/01/10	05/03/10
27	Bailey, Mary		Western Oregon	27.01	2010 Willamette Opener	03/06/10	03/08/10
28	Bjornsson, Tanya	FR-1	Western Washington	27.07	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
29	Miranda, Trinna		Seattle Pacific	27.08	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
30	Harwood, Christine	Sophomore	Northwest Nazarene	27.12	EOU Mountaineer Open	04/17/10	04/18/10
31	Pieren, Emily		Western Oregon	27.42	Mt. Hood Twilight	05/07/10	05/08/10
32	Vander Meulen, Janna	Junior	Western Oregon	27.58	2010 Willamette Opener	03/06/10	03/08/10
33	Lotze, Katharine	FR-1	Central Washington	27.64	CWU Spike Arit Invitational	04/17/10	04/19/10

33	Worthen, Ali	Junior	Seattle Pacific	27.64	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
35	Mosher, Ali	Junior	Western Oregon	27.65	Pacific Twilight Invitational	05/01/10	05/02/10
36	Weiks, Kaila	FR-1	St. Martin's	27.68	PLU Invitational	03/13/10	03/17/10
37	Rippy, Shanna	Sophomore	Northwest Nazarene	27.90	EOU Mountaineer Open	04/17/10	04/18/10
38	Vonarx, Laura	Senior	Northwest Nazarene	27.93	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
39	Gonzalez, Raquel	SR-4	Central Washington	28.08	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
40	Phillips, Michelle	SR-4	Northwest Nazarene	28.09	EOU Mountaineer Open	04/17/10	04/18/10
41	Ledtke, Valle	SO-2	Western Washington	28.10	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
42	Bennett, Jill	Junior	Northwest Nazarene	28.20	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
43	Gross, Katy		Seattle Pacific	28.32	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
44	Tipton, Molly	JR-3	Northwest Nazarene	28.44	Northwest Nazarene Invitational	04/23/10	04/25/10
45	Cheng, Kiana	FR-1	Western Washington	28.70	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
46	McWilliams, Leah		Alaska Anchorage	28.72	Northridge Invitational	03/12/10	03/14/10
47	Daigneault, Sarah	FR-1	Western Washington	28.73	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
48	Burcham, Linzee	FR-1	Alaska Anchorage	28.82	UNLV Track & Field Classic	03/06/10	03/07/10
48	Jones, Stephanie	FR-1	Central Washington	28.82	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
50	Aanstad, Brittany	Senior	Seattle Pacific	28.93	Cal Multis	03/24/10	03/26/10
51	Berg, Siri	SO-2	Central Washington	29.18	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
51	Layne, Chelsea	Sophomore	Northwest Nazarene	29.18	EOU Mountaineer Open	04/17/10	04/18/10
53	Scholter, Hannah	FR-1	St. Martin's	29.23	Linfield Decathlon/Heptathlon	03/22/10	03/26/10
54	Tri, Brittany	Junior	Seattle Pacific	29.28	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
55	Case, Jessica	Sophomore	Northwest Nazarene	29.89	Idaho-Utah Borderclash	04/30/10	05/02/10
56	McLam, Beth	SR-4	Northwest Nazarene	29.97	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
57	Gedde, Kjersti	SO-2	Seattle Pacific	30.20	JD Shotwell Invitational	04/03/10	04/04/10
58	Seidler, Mary	SR-4	Central Washington	30.22	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
59	Chamberlain, Karie	FR-1	Seattle Pacific	30.32	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
60	Holding, Rebecca	Sophomore	Northwest Nazarene	30.77	2010 All Idaho Collegiate	04/02/10	04/04/10
61	Johnson, Jennifer	SO-2	St. Martin's	31.17	PLU Invitational	03/13/10	03/17/10

400m (Men)

NCAA DII Auto 46.70 NCAA DII Prov 48.00 GNAC Auto 49.88 GNAC Prov 50.75

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Hewitt, Ethan		Alaska Anchorage	47.62	Northridge Invitational	03/12/10	03/14/10
2	Kaino, Matt		Western Oregon	48.30	Oregon Preview	03/20/10	03/21/10
3	Mott, Ashtin	JR-3	Western Oregon	48.63	Azusa Pacific Bryan Clay Invitational	04/15/10	04/17/10
4	Morrison, Scott	FR-1	Central Washington	48.69	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
5	McLaughlin, James	SR-4	Alaska Anchorage	48.81	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
6	Yakovich, Anthony		Western Oregon	48.95	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
7	David, Toby	JR-3	Western Washington	49.85	UW Ken Shannon Invitational	05/08/10	05/09/10
7	O'Connell, Matt	JR-3	Western Washington	49.85	Cal State L.A. Twilight Open	04/15/10	04/16/10
9	Moore, Josh	FR-1	Western Oregon	49.86	Oregon Preview	03/20/10	03/21/10
10	Gray, Andrew	SO-2	Western Washington	49.89	UW Ken Shannon Invitational	05/08/10	05/09/10
11	Seeley, Nathan		Seattle Pacific	50.14	UW Ken Shannon Invitational	05/08/10	05/09/10
12	Wright, Anthony	FR-1	Central Washington	50.16	JD Shotwell Invitational	04/03/10	04/04/10
13	Sutton, Levi	Senior	Alaska Anchorage	50.17	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
14	Hill, Dan	Senior	Northwest Nazarene	50.22	Idaho-Utah Borderclash	04/30/10	05/02/10
15	Grant, Brandon	SR-4	Alaska Anchorage	50.38	Oxy Invitational	05/08/10	05/09/10
15	Truax, Bradley		Alaska Anchorage	50.38	Asics Steve Scott Invitational	05/01/10	05/03/10
17	O'Connell, Shane	SO-2	Western Oregon	50.43	Oregon Preview	03/20/10	03/21/10
18	Fremd, Kyle	FR-1	Central Washington	50.46	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
19	Loscutoff, Andy	Senior	Western Oregon	50.82	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
20	O'Brien, Carson	SR-4	Western Oregon	50.88	Beach Invitational	04/16/10	04/18/10
21	Mossey, Logan	Sophomore	MSU-Billings	50.98	UNLV Track & Field Classic	03/06/10	03/07/10
22	Boyd, Dustin		Western Oregon	50.99	2010 Willamette Opener	03/06/10	03/08/10
23	Lara, Ryan	SO-2	Central Washington	51.14	WWU Twiite Track & Field Meet	04/23/10	04/25/10
24	Seel, Matt	FR-1	Central Washington	51.44	JD Shotwell Invitational	04/03/10	04/04/10
25	Dodge, Travis	SO-2	St. Martin's	51.50	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
25	Mowery, Tim		Western Oregon	51.50	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
27	Heidegger, Ben	Junior	Northwest Nazarene	51.53	2010 All Idaho Collegiate	04/02/10	04/04/10
28	Harrison, Alex	JR-3	Western Washington	51.60	NCAA Division II Outdoor Championships	05/27/10	05/30/10
29	Grudzinski, Levi	FR-1	Western Washington	51.64	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
30	Schmidt, Mike	SR-4	Western Oregon	51.69	Beach Invitational	04/16/10	04/18/10
31	Ward, Shaun	Senior	Alaska Anchorage	51.81	UNLV Track & Field Classic	03/06/10	03/07/10
32	Grossaint, Cameron	FR-1	St. Martin's	52.07	Joe Peyton Invitational	03/27/10	03/27/10
33	Morales, Gabriel	SO-2	Western Washington	52.87	CWU Spike Art Invitational	04/17/10	04/19/10
34	Caryl, Jason	FR-1	Central Washington	52.93	CWU Spike Art Invitational	04/17/10	04/19/10
35	DeVaughn, Josh	FR-1	St. Martin's	53.16	JD Shotwell Invitational	04/03/10	04/04/10
36	Diede, Nathan	JR-3	MSU-Billings	53.34	@ BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
37	Hunter, Scott	FR-1	Central Washington	53.45	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
38	Johnson, Nate		Seattle Pacific	53.52	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
39	Stark, Matt	Junior	Northwest Nazarene	53.56	2010 All Idaho Collegiate	04/02/10	04/04/10
40	Greene, Tim	Senior	Northwest Nazarene	53.63	Idaho-Utah Borderclash	04/30/10	05/02/10
41	Larsen, Seth	FR-1	Western Washington	53.75	WWU Twiite Track & Field Meet	04/23/10	04/25/10
42	Grounds, Micah	Senior	Seattle Pacific	53.85	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
43	Venema, Andrew		Central Washington	53.89	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
44	Lewis, Deshawn		MSU-Billings	54.02	@ Montana Open	04/17/10	04/18/10
45	Flaherty, Connor	SR-4	St. Martin's	54.34	Joe Peyton Invitational	03/27/10	03/27/10
46	Hyde, Jake		Western Oregon	55.07	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
47	Hartwigsen, Derek	SO-2	Western Washington	55.11	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
48	Roddedwig, Brandon	FR-1	Central Washington	55.65	JD Shotwell Invitational	04/03/10	04/04/10
49	Steiglitz, Tim		Northwest Nazarene	55.68	NUU Combined Events	03/11/10	05/03/10
50	Roberts, Austin	SR-4	Western Oregon	55.70	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
51	Steinke, Thomas	FR-1	Central Washington	55.71	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
52	Montgomery, Stuart	Senior	Northwest Nazarene	55.79	2010 All Idaho Collegiate	04/02/10	04/04/10
53	Zwiefelhofer, Eric	Senior	Northwest Nazarene	55.88	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
54	Humble, Brandon	Sophomore	Northwest Nazarene	55.96	Idaho-Utah Borderclash	04/30/10	05/02/10
55	Hildebrand, Michael	SO-2	MSU-Billings	56.37	@ Montana State Bobcat Open	04/10/10	04/10/10
56	Iverson, Kevin	SR-4	Western Washington	56.74	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
57	Wiest, Cam	Junior	MSU-Billings	56.77	@ BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
58	Clendaniel, Tim	SO-2	Western Washington	56.88	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
59	Brown, Edd	FR-1	St. Martin's	57.50	JD Shotwell Invitational	04/03/10	04/04/10
60	Wade, Mark		Northwest Nazarene	58.61	2010 All Idaho Collegiate	04/02/10	04/04/10
61	Gordon, Dylan	FR-1	Western Washington	1:00.64	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10

400m (Women)

NCAA DII Auto 55.00 NCAA DII Prov 56.80 GNAC Auto 59.01 GNAC Prov 1:00.85

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Siler, Eleanor	SO-2	Western Washington	56.46	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
2	Quatier, Emily		Seattle Pacific	57.23	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
3	Brownell, Sarah	JR-3	Western Washington	57.59	52nd Annual Mt. SAC Relays	04/15/10	04/18/10
4	Brady, Lindsay	SR-4	Northwest Nazarene	57.84	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
5	Sims, Crystal	Senior	Seattle Pacific	57.88	WWU Twiite Track & Field Meet	04/23/10	04/25/10
6	Anderberg, Lisa	SR-4	Seattle Pacific	58.05	UW Ken Shannon Invitational	05/08/10	05/09/10
7	Pike, Jennifer	Senior	Seattle Pacific	58.64	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10

8	Butcher, Meryl	Junior	Western Oregon	58.66	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
9	Pola, Lexi		Western Oregon	58.72	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
10	O'Connell, Megan	JR-3	Western Washington	59.06	UW Ken Shannon Invitational	05/08/10	05/09/10
11	McDowell, Crystal		Western Oregon	59.57	Oregon Preview	03/20/10	03/21/10
12	Halle, Erika	SO-2	MSU-Billings	59.62 @	Montana Open	04/17/10	04/18/10
13	Rippy, Shanna	Sophomore	Northwest Nazarene	1:00.08	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
14	Redberg, McKenzie	FR-1	Western Oregon	1:00.72	Beach Invitational	04/16/10	04/18/10
15	Brediger, Christa	SR-4	Northwest Nazarene	1:00.76	EOU Mountaineer Open	04/17/10	04/18/10
16	Friess, Meagan	SR-4	Alaska Anchorage	1:00.78	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
16	Kathrein, Sarah		Western Oregon	1:00.78	Pacific Twilight Invitational	05/01/10	05/02/10
18	Hayward, Annie	Senior	Western Oregon	1:00.95	John Knight Twilight	04/09/10	04/10/10
19	Roelle, Ariel	SO-2	Alaska Anchorage	1:01.10	Northridge Invitational	03/12/10	03/14/10
20	Powers, Carolanne	FR-1	Western Oregon	1:01.12	San Francisco State Distance Carnival	03/26/10	03/27/10
21	Peterson, Lisette	Junior	Seattle Pacific	1:01.25	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
22	Charette, Jocelyn	SR-4	Seattle Pacific	1:01.28	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
23	Meusec, Lacey	Senior	Western Oregon	1:01.67	ML Hood CC Saints Open	03/13/10	03/16/10
24	Skordahl, Zoe	Junior	Western Oregon	1:01.76	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
25	Ledtke, Valle	SO-2	Western Washington	1:02.23	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
26	Grammer, Melissa	Sophomore	Northwest Nazarene	1:02.37	EOU Mountaineer Open	04/17/10	04/18/10
27	Johnson, Rachael	JR-3	Western Washington	1:02.48	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
28	Decker, Elisa	Senior	Northwest Nazarene	1:02.59	Northwest Nazarene Invitational	04/23/10	04/25/10
29	Brown, Kelsey	FR-1	Seattle Pacific	1:02.64	WWU Twilite Track & Field Meet	04/23/10	04/25/10
30	Zukowski, Megan	JR-3	Western Washington	1:02.69	WWU Twilite Track & Field Meet	04/23/10	04/25/10
31	Weiks, Kaila	FR-1	St. Martin's	1:03.33	WWU Twilite Track & Field Meet	04/23/10	04/25/10
32	Glasgow, Savannah	FR-1	Western Washington	1:03.65	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
33	Watson, Cheri	JR-3	Western Washington	1:03.85	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
34	Zambon, Erica	SR-4	Western Oregon	1:03.98	WU/WOU 4/15/10 Meet	04/15/10	04/26/10
35	West, Alex	Senior	Alaska Anchorage	1:03.99	Northridge Invitational	03/12/10	03/14/10
36	Fairbanks, Kristi	FR-1	Western Washington	1:04.41	CWU Spike Arit Invitational	04/17/10	04/19/10
37	Ciaccio, Amy	Senior	Northwest Nazarene	1:05.38	2010 All Idaho Collegiate	04/02/10	04/04/10
38	Napiontek, Shelby	FR-1	Central Washington	1:07.62	WAR 3 at Spokane CC	04/10/10	04/13/10
39	McGurran, Sarah	FR-1	MSU-Billings	1:07.74 @	Montana Open	04/17/10	04/18/10
40	Johnson, Jennifer	SO-2	St. Martin's	1:15.28	JD Shotwell Invitational	04/03/10	04/04/10

800m (Men)

NCAA DII Auto 1:50.00

NCAA DII Prov 1:53.00

GNAC Auto 1:54.77

GNAC Prov 1:58.13

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Kangogo, Alfred	Junior	Alaska Anchorage	1:52.50	UNLV Track & Field Classic	03/06/10	03/07/10
2	O'Brien, Carson	SR-4	Western Oregon	1:52.57	Pacific Twilight Invitational	05/01/10	05/02/10
2	Schmidt, Mike	SR-4	Western Oregon	1:52.57	Oregon Twilight	05/08/10	05/09/10
4	Seeley, Nathan		Seattle Pacific	1:52.90	Oregon Preview	03/20/10	03/21/10
5	Kasier, Connor		Western Oregon	1:53.58	Oregon Preview	03/20/10	03/21/10
6	Long, Jeff	SR-4	Western Oregon	1:54.02	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
7	Tomsich, Anthony	SR-4	Western Washington	1:54.17	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
8	Larson, Kyle	Senior	Western Oregon	1:54.52	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
9	Abraham, Nick	SO-2	Western Washington	1:54.78	Oregon Relays presented by Oregon Community Credit Union	04/30/10	05/02/10
10	Patti, Joseph	FR-1	St. Martin's	1:54.80	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
11	Vanderby, Tyson	Junior	MSU-Billings	1:55.93 @	Montana Tom Gage Classic	05/07/10	05/08/10
12	Massari, Zach	Junior	Western Oregon	1:56.26	San Francisco State Distance Carnival	03/26/10	03/27/10
12	Sutton, Levi	Senior	Alaska Anchorage	1:56.26	Occidental Distance Carnival	03/12/10	03/13/10
14	Webb, Justin	Sophomore	Northwest Nazarene	1:56.49	Idaho-Utah Borderclash	04/30/10	05/02/10
15	Rottich, Paul	SR-4	Alaska Anchorage	1:56.64	UNLV Track & Field Classic	03/06/10	03/07/10
16	Hill, Thomas	Junior	Alaska Anchorage	1:56.95	Occidental Distance Carnival	03/12/10	03/13/10
17	Chelimo, Micah		Alaska Anchorage	1:57.09	UNLV Track & Field Classic	03/06/10	03/07/10
17	Truax, Bradley		Alaska Anchorage	1:57.09	UNLV Track & Field Classic	03/06/10	03/07/10
19	Cheseto, Marko	Senior	Alaska Anchorage	1:57.24	UNLV Track & Field Classic	03/06/10	03/07/10
20	Brown, Michael	Junior	Western Oregon	1:57.29	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
21	Johnson, Kyle	SO-2	Western Washington	1:57.53	UW Ken Shannon Invitational	05/08/10	05/09/10
22	Sleight, Nathanael	Junior	Seattle Pacific	1:57.90	UW Ken Shannon Invitational	05/08/10	05/09/10
23	Welling, Jordan	JR-3	Western Washington	1:58.31	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
24	Sprinkle, Dan	Junior	Western Oregon	1:58.56	WU/WOU 4/15/10 Meet	04/15/10	04/26/10
25	Ngeno, Benard	Junior	Northwest Nazarene	1:58.91	Idaho-Utah Borderclash	04/30/10	05/02/10
26	Stark, Matt	Junior	Northwest Nazarene	1:58.98	Northwest Nazarene Invitational	04/23/10	04/25/10
27	Armstrong, Zach	Sophomore	Central Washington	1:59.71	UW Ken Shannon Invitational	05/08/10	05/09/10
28	Ferraris, Dominick		Western Oregon	1:59.75	WU/WOU 4/15/10 Meet	04/15/10	04/26/10
29	Grimes, Bennett	Senior	Western Washington	1:59.76	UW Ken Shannon Invitational	05/08/10	05/09/10
30	Ritekwiang, William		Alaska Anchorage	1:59.83	UNLV Track & Field Classic	03/06/10	03/07/10
31	Meis, Chad	SR-4	Seattle Pacific	1:59.90	JD Shotwell Invitational	04/03/10	04/04/10
32	Merioles, Josh	Junior	Northwest Nazarene	2:00.07	EOU Mountaineer Open	04/17/10	04/18/10
33	Swanson, Jon	FR-1	Central Washington	2:00.33	Dusty Lane Open	03/19/10	03/21/10
34	Wahlenmaier, Jacob		Seattle Pacific	2:00.35	CWU Spike Arit Invitational	04/17/10	04/19/10
35	McCrary, Matt	Junior	Western Oregon	2:00.49	WU/WOU 4/15/10 Meet	04/15/10	04/26/10
36	Lara, Ryan	SO-2	Central Washington	2:00.72	CWU Spike Arit Invitational	04/17/10	04/19/10
37	Blomback, Ryan	Sophomore	MSU-Billings	2:01.35 @	BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
38	O'Connell, Matt	JR-3	Western Washington	2:02.12	WWU Twilite Track & Field Meet	04/23/10	04/25/10
39	Shuler, Tucker	SO-2	MSU-Billings	2:02.19 @	BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
40	Webb, Abe	JR-3	Western Oregon	2:02.55	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
41	Hill, Dan	Senior	Northwest Nazarene	2:03.15	Northwest Nazarene Open	03/13/10	03/14/10
42	Van Santen, Kyle	Junior	St. Martin's	2:03.34	JD Shotwell Invitational	04/03/10	04/04/10
43	Santos, Manuel	SO-2	Central Washington	2:03.66	Dusty Lane Open	03/19/10	03/21/10
44	Boyd, Tanner	Freshman	Western Washington	2:03.84	CWU Spike Arit Invitational	04/17/10	04/19/10
45	Baker, AJ		Seattle Pacific	2:03.97	WAR 3 at Spokane CC	04/10/10	04/13/10
46	Jackson, Braxton	SR-4	Western Oregon	2:04.02	WU/WOU 4/15/10 Meet	04/15/10	04/26/10
47	Lance, Jordan	Senior	Seattle Pacific	2:04.25	WWU Twilite Track & Field Meet	04/23/10	04/25/10
48	Hunt, Spencer	SO-2	St. Martin's	2:04.28	JD Shotwell Invitational	04/03/10	04/04/10
49	Hetrick, Hank	SR-4	Northwest Nazarene	2:04.51	Idaho-Utah Borderclash	04/30/10	05/02/10
50	Medhaug, Blake	JR-3	Western Washington	2:04.77	JD Shotwell Invitational	04/03/10	04/04/10
51	Jackson, Chip	Freshman	Western Washington	2:05.36	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
52	Caffrey, Noah	SO-2	St. Martin's	2:05.97	Joe Peyton Invitational	03/27/10	03/27/10
53	Croft, James		Western Oregon	2:06.26	Willamette May 13th Meet	05/13/10	05/17/10
54	Flaherty, Connor	SR-4	St. Martin's	2:06.62	WWU Twilite Track & Field Meet	04/23/10	04/25/10
55	Hanson, Taylor	Freshman	Western Washington	2:06.82	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
55	Randles, Andy	FR-1	Western Washington	2:06.82	WWU Twilite Track & Field Meet	04/23/10	04/25/10
57	McLeod, Ian	FR-1	Western Washington	2:07.48	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
58	Van Ness, Andrew		Seattle Pacific	2:08.74	JD Shotwell Invitational	04/03/10	04/04/10
59	Peterson, Dylan	Freshman	Western Washington	2:08.84	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
59	Watson, Barak	Sophomore	Northwest Nazarene	2:08.84	Northwest Nazarene Open	03/13/10	03/14/10
61	Roberson, Jesse	SO-2	Western Washington	2:09.12	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
62	Slaughter, Derek	FR-1	Western Washington	2:09.60	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
63	Hastings, Jake	Sophomore	Central Washington	2:09.98	WWU Twilite Track & Field Meet	04/23/10	04/25/10
64	Hetrick, Luke	Junior	Northwest Nazarene	2:10.40	EOU Blue & Gold Invitational	03/19/10	03/23/10
65	Anderson, Jeremy	Sophomore	Western Washington	2:11.74	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
66	Roland, Tyler	FR-1	Central Washington	2:12.09	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
67	Lovell, Joe	FR-1	Northwest Nazarene	2:12.57	2010 All Idaho Collegiate	04/02/10	04/04/10
68	Hutchinson, Travis	Junior	MSU-Billings	2:17.80 @	Montana Al Manuel Invitational	04/02/10	04/04/10
69	Reynolds, Caleb	Senior	Northwest Nazarene	2:19.72	Northwest Nazarene Open	03/13/10	03/14/10

800m (Women)

		NCAA DII Auto 2:10.00		NCAA DII Prov 2:14.50		GNAC Auto 2:17.33		GNAC Prov 2:23.10	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
1	Pixler, Jessica	SR-4	Seattle Pacific	2:04.89	Beach Invitational	04/16/10	04/18/10		
2	Anderberg, Lisa	SR-4	Seattle Pacific	2:10.37	NCAA Division II Outdoor Championships	05/27/10	05/30/10		
3	Larson, Jane	SR-4	Seattle Pacific	2:11.19	Beach Invitational	04/16/10	04/18/10		
4	Phillips, Michelle	SR-4	Northwest Nazarene	2:11.26	NCAA Division II Outdoor Championships	05/27/10	05/30/10		
5	Everetts, Janelle		Western Oregon	2:13.15	Stanford Invitational	03/26/10	03/28/10		
6	Johnson, Rachael	JR-3	Western Washington	2:13.27	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
7	Olsen, Courtney	SR-4	Western Washington	2:13.89	WWU Twilite Track & Field Meet	04/23/10	04/25/10		
8	Jackson, Sarah	SO-2	MSU-Billings	2:15.40	@ Montana Tom Gage Classic	05/07/10	05/08/10		
9	Harline, Kate	SR-4	Seattle Pacific	2:15.43	UW Ken Shannon Invitational	05/08/10	05/09/10		
10	Krehlik, Katie		Alaska Anchorage	2:16.91	Azusa Pacific Bryan Clay Invitational	04/15/10	04/17/10		
11	O'Connell, Megan	JR-3	Western Washington	2:17.37	Club Northwest Spring Break Open	03/27/10	03/28/10		
12	Skordahl, Zoe	Junior	Western Oregon	2:17.84	Beach Invitational	04/16/10	04/18/10		
13	Butcher, Meryl	Junior	Western Oregon	2:18.21	Oregon Twilight	05/08/10	05/09/10		
14	Wilt, Hallidie	Senior	Alaska Anchorage	2:18.28	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10		
15	Puga, Jacyln	Senior	Northwest Nazarene	2:18.95	EOU Mountaineer Open	04/17/10	04/18/10		
16	Watson, Cheri	JR-3	Western Washington	2:19.07	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
17	Brady, Lindsay	SR-4	Northwest Nazarene	2:19.30	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
18	Snawder, Erika	Senior	Western Oregon	2:19.75	San Francisco State Distance Carnival	03/26/10	03/27/10		
19	Roelle, Ariel	SO-2	Alaska Anchorage	2:20.04	Azusa Pacific Bryan Clay Invitational	04/15/10	04/17/10		
20	West, Alex	Senior	Alaska Anchorage	2:20.14	San Francisco State Distance Carnival	03/26/10	03/27/10		
21	Laweryson, Annie	JR-3	St. Martin's	2:20.15	WWU Twilite Track & Field Meet	04/23/10	04/25/10		
22	Harwood, Christine	Sophomore	Northwest Nazarene	2:20.41	Idaho-Utah Borderclash	04/30/10	05/02/10		
23	Brown, Kelsey	FR-1	Seattle Pacific	2:20.76	San Francisco State Distance Carnival	03/26/10	03/27/10		
24	Ikeda, Haida	Freshman	Western Washington	2:21.04	CWU Spike Arit Invitational	04/17/10	04/19/10		
25	Pike, Jennifer	Senior	Seattle Pacific	2:21.22	Cal Multis	03/24/10	03/26/10		
26	Sims, Crystal	Senior	Seattle Pacific	2:22.01	Cal Multis	03/24/10	03/26/10		
27	Everetts, Megan		Western Oregon	2:22.26	Beach Invitational	04/16/10	04/18/10		
28	Bohman, Emma	Senior	Alaska Anchorage	2:22.39	UNLV Track & Field Classic	03/06/10	03/07/10		
29	Carr, Laura	SR-4	Alaska Anchorage	2:22.90	UNLV Track & Field Classic	03/06/10	03/07/10		
30	Fairbanks, Kristi	FR-1	Western Washington	2:23.02	CWU Spike Arit Invitational	04/17/10	04/19/10		
31	Layne, Chelsea	Sophomore	Northwest Nazarene	2:23.15	Idaho-Utah Borderclash	04/30/10	05/02/10		
32	Pfeiffer, Natalie	JR-3	Alaska Anchorage	2:23.64	Northridge Invitational	03/12/10	03/14/10		
33	Zambon, Erica	SR-4	Western Oregon	2:23.99	John Knight Twilight	04/09/10	04/10/10		
34	Keino, Ruth	Junior	Alaska Anchorage	2:24.24	UNLV Track & Field Classic	03/06/10	03/07/10		
35	Kipng'eno, Miriam	Junior	Alaska Anchorage	2:25.16	UNLV Track & Field Classic	03/06/10	03/07/10		
36	King, Kristen		Alaska Anchorage	2:25.29	Northridge Invitational	03/12/10	03/14/10		
37	Mickelsen, Whitney	SO-2	MSU-Billings	2:25.34	@ BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10		
38	Owen, Karissa	JR-3	St. Martin's	2:26.20	Saint Martin's Track & Field Invitational	05/01/10	05/02/10		
39	Nennison, Chandler	FR-1	Western Washington	2:26.61	WWU Twilite Track & Field Meet	04/23/10	04/25/10		
40	Hayward, Annie	Senior	Western Oregon	2:27.01	WU/WOU 4/15/10 Meet	04/15/10	04/26/10		
41	Keegan, Shoshana	Junior	Alaska Anchorage	2:27.64	UNLV Track & Field Classic	03/06/10	03/07/10		
42	Breihof, Lauren	JR-3	Western Washington	2:28.40	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		
43	Wright, Amanda	Junior	Western Oregon	2:28.53	WU/WOU 4/15/10 Meet	04/15/10	04/26/10		
44	Slaughter, Danielle	JR-3	Western Washington	2:28.91	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10		
45	Daigneault, Sarah	FR-1	Western Washington	2:29.03	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
46	Kreft, Kelsey	SO-2	Central Washington	2:29.32	PLU Invitational	03/13/10	03/17/10		
47	Thiel, Katie	JR-3	MSU-Billings	2:30.93	@ Montana Open	04/17/10	04/18/10		
48	Carlson, Krinda	SR-4	St. Martin's	2:31.50	JD Shotwell Invitational	04/03/10	04/04/10		
49	Swenson, Meagan	Sophomore	Northwest Nazarene	2:31.85	EOU Mountaineer Open	04/17/10	04/18/10		
50	Gonzalez, Raquel	SR-4	Central Washington	2:31.88	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
51	Bennett, Jill	Junior	Northwest Nazarene	2:32.18	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
52	Powell, Jordan	Sophomore	Northwest Nazarene	2:32.58	Northwest Nazarene Open	03/13/10	03/14/10		
53	Rogers, Mary	FR-1	Western Washington	2:32.85	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10		
54	McLam, Beth	SR-4	Northwest Nazarene	2:33.08	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
55	Miller, Kendra	SO-2	Western Washington	2:34.58	Saint Martin's Track & Field Invitational	05/01/10	05/02/10		
56	Ujifusa, Maria	FR-1	Western Washington	2:34.72	JD Shotwell Invitational	04/03/10	04/04/10		
57	Vonax, Laura	Senior	Northwest Nazarene	2:35.77	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
58	Worthen, Ali	Junior	Seattle Pacific	2:38.00	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		
59	Aanstad, Brittany	Senior	Seattle Pacific	2:38.84	Cal Multis	03/24/10	03/26/10		
60	Hill, Sam	Sophomore	Northwest Nazarene	2:39.21	2010 All Idaho Collegiate	04/02/10	04/04/10		
61	Decker, Elisa	Senior	Northwest Nazarene	2:39.56	2010 All Idaho Collegiate	04/02/10	04/04/10		
62	Schmidt, Mary	SR-4	Central Washington	2:40.26	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
63	McGurran, Sarah	FR-1	MSU-Billings	2:41.23	@ Montana Al Manuel Invitational	04/02/10	04/04/10		
64	Mosher, Ali	Junior	Western Oregon	2:42.92	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
65	Berg, Siri	SO-2	Central Washington	2:43.68	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
66	Scholter, Hannah	FR-1	St. Martin's	2:43.90	Linfield Decathlon/Heptathlon	03/22/10	03/26/10		
67	Gross, Katy		Seattle Pacific	2:44.66	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
68	Tri, Brittany	Junior	Seattle Pacific	2:47.21	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
69	Jones, Stephanie	FR-1	Central Washington	2:53.40	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		

1,500m (Men)

		NCAA DII Auto 3:46.00		NCAA DII Prov 3:53.00		GNAC Auto 4:00.80		GNAC Prov 4:05.19	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
1	Kangogo, Alfred	Junior	Alaska Anchorage	3:49.03	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
2	Cheseto, Marko	Senior	Alaska Anchorage	3:49.33	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
3	Tomsich, Anthony	SR-4	Western Washington	3:51.01	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
4	Chelimo, Micah		Alaska Anchorage	3:51.91	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
5	Reed, Chris	Senior	Western Oregon	3:53.11	John Knight Twilight	04/09/10	04/10/10		
6	Grimes, Bennett	Senior	Western Washington	3:53.86	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
7	Long, Jeff	SR-4	Western Oregon	3:55.02	Pacific Twilight Invitational	05/01/10	05/02/10		
8	Welling, Jordan	JR-3	Western Washington	3:55.42	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		
9	Meis, Chad	SR-4	Seattle Pacific	3:55.93	UW Ken Shannon Invitational	05/08/10	05/09/10		
10	Rottich, Paul	SR-4	Alaska Anchorage	3:56.26	San Francisco State Distance Carnival	03/26/10	03/27/10		
11	Watson, Barak	Sophomore	Northwest Nazarene	3:58.02	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
12	Larson, Kyle	Senior	Western Oregon	3:58.41	Beach Invitational	04/16/10	04/18/10		
13	Abraham, Nick	SO-2	Western Washington	3:58.42	UW Ken Shannon Invitational	05/08/10	05/09/10		
14	Medhaug, Blake	JR-3	Western Washington	3:58.58	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		
15	Schmidt, Mike	SR-4	Western Oregon	3:58.63	John Knight Twilight	04/09/10	04/10/10		
16	Jackson, Chip	Freshman	Western Washington	3:59.01	UW Ken Shannon Invitational	05/08/10	05/09/10		
17	Wahlenmaier, Jacob		Seattle Pacific	3:59.18	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
18	Kasler, Connor		Western Oregon	4:00.26	San Francisco State Distance Carnival	03/26/10	03/27/10		
19	Sprinkle, Dan	Junior	Western Oregon	4:01.10	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10		
20	Massari, Zach	Junior	Western Oregon	4:01.31	John Knight Twilight	04/09/10	04/10/10		

21	McCrory, Matt	Junior	Western Oregon	4:02.13	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
21	Ritekwiang, William		Alaska Anchorage	4:02.13	San Francisco State Distance Carnival	03/26/10	03/27/10
23	Seeley, Nathan		Seattle Pacific	4:02.85	HTUPS vs. L&C, WWU, SPU	03/06/10	03/10/10
24	Van Ness, Andrew		Seattle Pacific	4:03.07	UW Ken Shannon Invitational	05/08/10	05/09/10
25	Hunt, Spencer	SO-2	St. Martin's	4:03.73	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
26	Snook, Brandon	Senior	Western Oregon	4:03.87	2010 Willamette Opener	03/06/10	03/08/10
27	Patti, Joseph	FR-1	St. Martin's	4:03.97	PLU Invitational	03/13/10	03/17/10
28	Chapman, Ryan		Western Oregon	4:04.12	Mt. Hood Twilight	05/07/10	05/08/10
29	Friessen, Daniel	SO-2	Seattle Pacific	4:04.51	WAR 3 at Spokane CC	04/10/10	04/13/10
30	Boyd, Tanner	Freshman	Western Washington	4:05.01	UW Ken Shannon Invitational	05/08/10	05/09/10
31	Van Santen, Kyle	Junior	St. Martin's	4:05.66	JD Shotwell Invitational	04/03/10	04/04/10
32	Johnson, Kyle	SO-2	Western Washington	4:05.74	HTUPS vs. L&C, WWU, SPU	03/06/10	03/10/10
33	Harrison, Will		Seattle Pacific	4:06.86	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
34	Kubitz, Greg	SR-4	Western Washington	4:07.31	UW Ken Shannon Invitational	05/08/10	05/09/10
35	Vanderby, Tyson	Junior	MSU-Billings	4:07.50	@ BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
36	Jackson, Braxton	SR-4	Western Oregon	4:07.62	2010 Willamette Opener	03/06/10	03/08/10
37	Ferraris, Dominick		Western Oregon	4:07.80	Pacific Twilight Invitational	05/01/10	05/02/10
38	Santos, Manuel	SO-2	Central Washington	4:07.93	UW Ken Shannon Invitational	05/08/10	05/09/10
39	Hill, Thomas	Junior	Alaska Anchorage	4:08.09	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
40	Brown, Michael	Junior	Western Oregon	4:08.20	Pacific Twilight Invitational	05/01/10	05/02/10
41	Johnson, Tom	SR-4	Central Washington	4:08.56	UW Ken Shannon Invitational	05/08/10	05/09/10
42	McLeod, Ian	FR-1	Western Washington	4:08.72	UW Ken Shannon Invitational	05/08/10	05/09/10
43	Armstrong, Graham	Freshman	Western Washington	4:09.00	UW Ken Shannon Invitational	05/08/10	05/09/10
44	Karr, Justin	Senior	Western Oregon	4:09.21	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
45	Sleight, Nathanael	Junior	Seattle Pacific	4:10.21	JD Shotwell Invitational	04/03/10	04/04/10
46	Webb, Justin	Sophomore	Northwest Nazarene	4:11.76	EOU Blue & Gold Invitational	03/19/10	03/23/10
47	Lance, Jordan	Senior	Seattle Pacific	4:11.84	2010 Chuck Bowles Spring Break Classic (Willamette) - COLLEGE	03/19/10	03/20/10
48	Peterson, Dylan	Freshman	Western Washington	4:12.31	HTUPS vs. L&C, WWU, SPU	03/06/10	03/10/10
49	Baker, AJ		Seattle Pacific	4:13.89	UW Ken Shannon Invitational	05/08/10	05/09/10
50	Peters, Travis	Sophomore	Western Washington	4:14.09	JD Shotwell Invitational	04/03/10	04/04/10
51	Baggenstos, Jesse	Sophomore	Northwest Nazarene	4:15.68	Idaho-Utah Borderclash	04/30/10	05/02/10
52	Swanson, Jon	FR-1	Central Washington	4:15.73	CWU Spike Art Invitational	04/17/10	04/19/10
53	Hamilton, Daniel	Junior	Seattle Pacific	4:16.68	WAR 3 at Spokane CC	04/10/10	04/13/10
54	Rankin, Matt	Sophomore	Northwest Nazarene	4:17.17	EOU Mountaineer Open	04/17/10	04/18/10
55	Canfield, Taylor	Junior	MSU-Billings	4:17.26	@ BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
56	Roland, Tyler	FR-1	Central Washington	4:18.06	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
57	Hanson, Taylor	Freshman	Western Washington	4:18.09	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
58	Croft, James		Western Oregon	4:18.21	2010 Willamette Opener	03/06/10	03/08/10
59	Hetrick, Luke	Junior	Northwest Nazarene	4:18.59	EOU Blue & Gold Invitational	03/19/10	03/23/10
60	Brand, Gavin	Sophomore	Seattle Pacific	4:18.71	WAR 3 at Spokane CC	04/10/10	04/13/10
61	Slaughter, Derek	FR-1	Western Washington	4:19.79	Club Northwest Spring Break Open	03/27/10	03/28/10
62	Easter, Neil	Junior	Northwest Nazarene	4:21.81	EOU Mountaineer Open	04/17/10	04/18/10
63	Crystal, Alex	Junior	Northwest Nazarene	4:23.41	EOU Mountaineer Open	04/17/10	04/18/10
64	Ngeno, Benard	Junior	Northwest Nazarene	4:23.72	2010 All Idaho Collegiate	04/02/10	04/04/10
65	Armstrong, Zach	Sophomore	Central Washington	4:23.81	CWU Spike Art Invitational	04/17/10	04/19/10
66	Lovell, Joe	FR-1	Northwest Nazarene	4:25.52	WAR 3 at Spokane CC	04/10/10	04/13/10
67	Anderson, Jeremy	Sophomore	Western Washington	4:25.74	HTUPS vs. L&C, WWU, SPU	03/06/10	03/10/10
68	Merioles, Josh	Junior	Northwest Nazarene	4:26.59	2010 All Idaho Collegiate	04/02/10	04/04/10
69	Blomback, Ryan	Sophomore	MSU-Billings	4:27.81	@ Montana State Bobcat Open	04/10/10	04/10/10
70	Hastings, Jake	Sophomore	Central Washington	4:29.98	CWU Spike Art Invitational	04/17/10	04/19/10
71	Roberson, Jesse	SO-2	Western Washington	4:31.13	HTUPS vs. L&C, WWU, SPU	03/06/10	03/10/10
72	Bauer, Scott	FR-1	St. Martin's	4:32.30	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
73	Heidegger, Ben	Junior	Northwest Nazarene	4:36.14	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
74	Loscuttuff, Andy	Senior	Western Oregon	4:36.50	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
75	Emory, Lyle	FR-1	Seattle Pacific	4:38.68	UW Ken Shannon Invitational	05/08/10	05/09/10
76	Montgomery, Stuart	Senior	Northwest Nazarene	4:39.54	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
77	Hunter, Scott	FR-1	Central Washington	4:41.58	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
78	Randles, Andy	FR-1	Western Washington	4:43.70	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
79	Hutchinson, Travis	Junior	MSU-Billings	4:47.54	@ BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
80	Iverson, Kevin	SR-4	Western Washington	4:47.91	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
81	Steinke, Thomas	FR-1	Central Washington	4:49.43	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
82	Stewart, Duane	SO-2	Western Washington	4:51.44	JD Shotwell Invitational	04/03/10	04/04/10
83	Roberts, Austin	SR-4	Western Oregon	4:51.64	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
84	Hetrick, Hank	SR-4	Northwest Nazarene	4:54.37	2010 All Idaho Collegiate	04/02/10	04/04/10
85	Johnson, Nate		Seattle Pacific	4:54.87	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
86	Harrison, Alex	JR-3	Western Washington	4:57.06	Mt. SAC/CA Invite Combined Events	04/14/10	04/18/10
87	Wade, Mark		Northwest Nazarene	5:00.66	NNU Combined Events	03/11/10	05/03/10
88	Caryl, Jason	FR-1	Central Washington	5:03.21	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
89	Roddewig, Brandon	FR-1	Central Washington	5:03.41	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
90	Venema, Andrew		Central Washington	5:03.90	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
91	Clendaniel, Tim	SO-2	Western Washington	5:06.33	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
92	Hyde, Jake		Western Oregon	5:07.53	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
93	Zwiefelhofer, Eric	Senior	Northwest Nazarene	5:08.85	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
94	Hartwigsen, Derek	SO-2	Western Washington	5:10.32	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
95	Gordon, Dylan	FR-1	Western Washington	5:22.32	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
96	Steiglitz, Tim		Northwest Nazarene	5:31.62	NNU Combined Events	03/11/10	05/03/10

1,500m (Women)

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Pixler, Jessica	SR-4	Seattle Pacific	4:11.06	52nd Annual Mt. SAC Relays	04/15/10	04/18/10
2	Larson, Jane	SR-4	Seattle Pacific	4:23.05	Stanford Invitational	03/26/10	03/28/10
3	Olsen, Courtney	SR-4	Western Washington	4:32.34	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
4	Porter, Sarah	JR-3	Western Washington	4:32.58	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
5	Keino, Ruth	Junior	Alaska Anchorage	4:34.34	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
6	Kipng'eno, Miriam	Junior	Alaska Anchorage	4:34.37	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
7	Harline, Kate	SR-4	Seattle Pacific	4:35.47	Oregon Relays presented by Oregon Community Credit Union	04/30/10	05/02/10

8	Carr, Laura	SR-4	Alaska Anchorage	4:35.48	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
9	Wilt, Halidie	Senior	Alaska Anchorage	4:36.69	Beach Invitational	04/16/10	04/18/10
10	Krehlik, Katie		Alaska Anchorage	4:39.01	Oxy Invitational	05/08/10	05/09/10
11	Fairbanks, Kristi	FR-1	Western Washington	4:39.39	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
12	Johnson, Rachael	JR-3	Western Washington	4:39.72	WWU Twilite Track & Field Meet	04/23/10	04/25/10
13	Snawder, Erika	Senior	Western Oregon	4:39.86	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
14	Puga, Jaclyn	Senior	Northwest Nazarene	4:41.56	Northwest Nazarene Invitational	04/23/10	04/25/10
15	Everetts, Janelle		Western Oregon	4:43.42	John Knight Twilight	04/09/10	04/10/10
16	Bohman, Emma	Senior	Alaska Anchorage	4:47.49	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
17	Breihof, Lauren	JR-3	Western Washington	4:47.61	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
18	Mickelsen, Whitney	SO-2	MSU-Billings	4:47.90	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
19	Keegan, Shoshana	Junior	Alaska Anchorage	4:48.21	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
20	Phillips, Michelle	SR-4	Northwest Nazarene	4:50.55	WAR 3 at Spokane CC	04/10/10	04/13/10
21	Zambon, Erica	SR-4	Western Oregon	4:51.50	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
22	Morrison, Tricia	JR-3	Western Oregon	4:53.09	2010 Willamette Opener	03/06/10	03/08/10
23	Thiel, Katie	JR-3	MSU-Billings	4:54.08	@ BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
24	Slaughter, Danielle	JR-3	Western Washington	4:54.24	HTCWU Spike Arit Invitational	04/17/10	04/19/10
25	Plunkett, Natty	Junior	Seattle Pacific	4:54.29	HTUPS vs. L&C, WWU, SPU	03/06/10	03/10/10
26	Boyer, Jessica	SO-2	Western Washington	4:54.46	WWU Twilite Track & Field Meet	04/23/10	04/25/10
27	Rogers, Mary	FR-1	Western Washington	4:54.93	WWU Twilite Track & Field Meet	04/23/10	04/25/10
28	King, Kristen		Alaska Anchorage	4:54.96	Occidental Distance Carnival	03/12/10	03/13/10
29	Laweryson, Annie	JR-3	St. Martin's	4:55.65	JD Shotwell Invitational	04/03/10	04/04/10
30	Wright, Amanda	Junior	Western Oregon	4:55.95	2010 Willamette Opener	03/06/10	03/08/10
31	Brisky, Sierra	SO-2	Western Washington	4:56.87	UW Ken Shannon Invitational	05/08/10	05/09/10
32	Cecchi, KayAnna	Junior	Western Oregon	4:58.12	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
33	West, Alex	Senior	Alaska Anchorage	4:58.29	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
34	Watson, Cheri	JR-3	Western Washington	4:58.44	HTCWU Spike Arit Invitational	04/17/10	04/19/10
35	Carlson, Krinda	SR-4	St. Martin's	4:59.34	Joe Peyton Invitational	03/27/10	03/27/10
36	Ikeda, Haida	Freshman	Western Washington	4:59.42	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
37	Everetts, Megan		Western Oregon	5:00.03	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
38	Harwood, Christine	Sophomore	Northwest Nazarene	5:03.04	2010 All Idaho Collegiate	04/02/10	04/04/10
39	Swenson, Meagan	Sophomore	Northwest Nazarene	5:03.36	Idaho-Utah Borderclash	04/30/10	05/02/10
40	Powell, Jordan	Sophomore	Northwest Nazarene	5:04.36	EOU Mountaineer Open	04/17/10	04/18/10
41	Jackson, Sarah	SO-2	MSU-Billings	5:04.96	@ BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
42	Houck, Stephanie	FR-1	Western Washington	5:05.19	HTUPS vs. L&C, WWU, SPU	03/06/10	03/10/10
43	Ujifusa, Maria	FR-1	Western Washington	5:07.20	HTUPS vs. L&C, WWU, SPU	03/06/10	03/10/10
44	Kreft, Kelsey	SO-2	Central Washington	5:07.49	WWU Twilite Track & Field Meet	04/23/10	04/25/10
45	Rendahl, Ashley	Senior	Northwest Nazarene	5:08.55	Idaho-Utah Borderclash	04/30/10	05/02/10
46	Brown, Kelsey	FR-1	Seattle Pacific	5:09.72	HTUPS vs. L&C, WWU, SPU	03/06/10	03/10/10
47	Minton, Joscelyn	SO-2	St. Martin's	5:13.28	JD Shotwell Invitational	04/03/10	04/04/10
48	Ler, Mykel	JR-3	MSU-Billings	5:13.97	@ Montana Open	04/17/10	04/18/10
49	Dennison, Chandler	FR-1	Western Washington	5:16.24	HTCWU Spike Arit Invitational	04/17/10	04/19/10
50	Llapan, Ashley	FR-1	St. Martin's	5:18.02	WWU Twilite Track & Field Meet	04/23/10	04/25/10
51	Rowley, Alee	SR-4	Western Oregon	5:21.11	WU/WOU 4/15/10 Meet	04/15/10	04/26/10
52	Morman, Ashley	SR-4	Northwest Nazarene	5:22.79	Idaho-Utah Borderclash	04/30/10	05/02/10
53	Beesley, Danielle	Junior	Northwest Nazarene	5:23.00	Idaho-Utah Borderclash	04/30/10	05/02/10
54	Hanscom, Margaret	SO-2	Seattle Pacific	5:26.06	HTUPS vs. L&C, WWU, SPU	03/06/10	03/10/10
55	Moser, Laura	FR-1	Seattle Pacific	5:28.18	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
56	Hill, Sam	Sophomore	Northwest Nazarene	5:29.27	WAR 3 at Spokane CC	04/10/10	04/13/10
57	Altizer, Jillian	FR-1	Western Washington	5:31.23	HTUPS vs. L&C, WWU, SPU	03/06/10	03/10/10
58	Boulton, Kassandra	FR-1	Seattle Pacific	5:38.97	HTUPS vs. L&C, WWU, SPU	03/06/10	03/10/10
59	Miller, Kendra	SO-2	Western Washington	5:55.89	JD Shotwell Invitational	04/03/10	04/04/10

5,000m (Men)

NCAA DII Auto 14:00.00 NCAA DII Prov 14:45.00 GNAC Auto 15:22.22 GNAC Prov 15:37.80

RANK	KATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Cheseto, Marko	Senior	Alaska Anchorage	13:58.85	Oxy Invitational	05/08/10	05/09/10
2	Kangogo, Alfred	Junior	Alaska Anchorage	14:17.74	Occidental Distance Carnival	03/12/10	03/13/10
3	Welling, Jordan	JR-3	Western Washington	14:19.87	Oregon Relays presented by Oregon Community Credit Union	04/30/10	05/02/10
4	Reed, Chris	Senior	Western Oregon	14:24.24	Stanford Invitational	03/26/10	03/28/10
5	Grimes, Bennett	Senior	Western Washington	14:30.50	Oregon Relays presented by Oregon Community Credit Union	04/30/10	05/02/10
6	Tomsich, Anthony	SR-4	Western Washington	14:34.83	52nd Annual Mt. SAC Relays	04/15/10	04/18/10
7	Chelimo, Micah		Alaska Anchorage	14:36.05	Occidental Distance Carnival	03/12/10	03/13/10
8	Van Santen, Kyle	Junior	St. Martin's	14:48.83	San Francisco State Distance Carnival	03/26/10	03/27/10
9	Meis, Chad	SR-4	Seattle Pacific	14:49.48	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
10	Medhaug, Blake	JR-3	Western Washington	14:54.29	Club Northwest Spring Break Open	03/27/10	03/28/10
11	Watson, Barak	Sophomore	Northwest Nazarene	14:54.62	WAR 3 at Spokane CC	04/10/10	04/13/10
12	Ritekwiang, William		Alaska Anchorage	14:57.11	Occidental Distance Carnival	03/12/10	03/13/10
13	Rottich, Paul	SR-4	Alaska Anchorage	15:00.00	Occidental Distance Carnival	03/12/10	03/13/10
14	Jackson, Chip	Freshman	Western Washington	15:10.70	WWU Twilite Track & Field Meet	04/23/10	04/25/10
15	Hunt, Spencer	SO-2	St. Martin's	15:11.68	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
16	Baker, AJ		Seattle Pacific	15:14.00	WWU Twilite Track & Field Meet	04/23/10	04/25/10
17	Boyd, Tanner	Freshman	Western Washington	15:16.80	WWU Twilite Track & Field Meet	04/23/10	04/25/10
18	McCrary, Matt	Junior	Western Oregon	15:21.95	Pacific Twilight Invitational	05/01/10	05/02/10
19	Santos, Manuel	SO-2	Central Washington	15:24.63	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
20	Karr, Justin	Senior	Western Oregon	15:29.03	Pacific Twilight Invitational	05/01/10	05/02/10
21	Harrison, Will		Seattle Pacific	15:37.26	JD Shotwell Invitational	04/03/10	04/04/10
22	Friesen, Daniel	SO-2	Seattle Pacific	15:39.25	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
23	Lombardi, Daniel	Junior	MSU-Billings	15:48.32	@ Montana Open	04/17/10	04/18/10
24	Baggenstos, Jesse	Sophomore	Northwest Nazarene	15:51.99	WAR 3 at Spokane CC	04/10/10	04/13/10
25	Croft, James		Western Oregon	15:52.07	John Knight Twilight	04/09/10	04/10/10
26	Kubitz, Greg	SR-4	Western Washington	15:54.00	WWU Twilite Track & Field Meet	04/23/10	04/25/10
27	Brand, Gavin	Sophomore	Seattle Pacific	16:04.42	JD Shotwell Invitational	04/03/10	04/04/10
28	Hamilton, Daniel	Junior	Seattle Pacific	16:08.51	JD Shotwell Invitational	04/03/10	04/04/10
29	Armstrong, Graham	Freshman	Western Washington	16:13.10	WWU Twilite Track & Field Meet	04/23/10	04/25/10
30	Roland, Tyler	FR-1	Central Washington	16:14.28	UW Ken Shannon Invitational	05/08/10	05/09/10
31	Hanson, Taylor	Freshman	Western Washington	16:14.53	UW Ken Shannon Invitational	05/08/10	05/09/10
32	Johnson, Tom	SR-4	Central Washington	16:18.03	PLU Invitational	03/13/10	03/17/10
33	Canfield, Taylor	Junior	MSU-Billings	16:25.84	@ Montana State Bobcat Open	04/10/10	04/10/10
34	Harvey, Nicholas	JR-3	St. Martin's	16:31.29	JD Shotwell Invitational	04/03/10	04/04/10
35	Caffrey, Noah	SO-2	St. Martin's	16:40.80	WWU Twilite Track & Field Meet	04/23/10	04/25/10
36	Anderson, Jeremy	Sophomore	Western Washington	16:42.21	JD Shotwell Invitational	04/03/10	04/04/10
37	Bolt, Mark	Senior	MSU-Billings	16:46.66	@ Montana Open	04/17/10	04/18/10
38	Bauer, Scott	FR-1	St. Martin's	16:47.13	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
39	Crystal, Alex	Junior	Northwest Nazarene	16:50.51	EOU Mountaineer Open	04/17/10	04/18/10
40	Buttelman, Travis	Sophomore	MSU-Billings	16:56.72	@ Montana State Bobcat Open	04/10/10	04/10/10
41	Slaughter, Derek	FR-1	Western Washington	17:09.37	CWU Spike Arit Invitational	04/17/10	04/19/10
42	Lopez, Derek	Junior	Western Oregon	17:10.45	Mt. Hood Twilight	05/07/10	05/08/10
43	Stewart, Duane	SO-2	Western Washington	17:48.40	WWU Twilite Track & Field Meet	04/23/10	04/25/10
44	Hutchinson, Travis	Junior	MSU-Billings	18:26.30	@ Montana Open	04/17/10	04/18/10

5,000m (Women)

NCAA DII Auto 16:57.00 NCAA DII Prov 17:33.00 GNAC Auto 18:27.68 GNAC Prov 19:23.26

RANK	KATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
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1	Pixler, Jessica	SR-4	Seattle Pacific	15:44.07	Stanford Invitational	03/26/10	03/28/10
2	Porter, Sarah	JR-3	Western Washington	16:23.52	NCAA Division II Outdoor Championships	05/27/10	05/30/10
3	Keino, Ruth	Junior	Alaska Anchorage	16:44.24	NCAA Division II Outdoor Championships	05/27/10	05/30/10
4	Kipng'eno, Miriam	Junior	Alaska Anchorage	16:48.01	Stanford Invitational	03/26/10	03/28/10
5	Carr, Laura	SR-4	Alaska Anchorage	17:03.40	Oxy Invitational	05/08/10	05/09/10
6	Breihof, Lauren	JR-3	Western Washington	17:11.88	San Francisco State Distance Carnival	03/26/10	03/27/10
7	Keegan, Shoshana	Junior	Alaska Anchorage	17:18.04	San Francisco State Distance Carnival	03/26/10	03/27/10
8	Wilt, Hallidie	Senior	Alaska Anchorage	17:23.36	Occidental Distance Carnival	03/12/10	03/13/10
9	Plunkett, Natty	Junior	Seattle Pacific	17:24.43	Oregon Relays presented by Oregon Community Credit Union	04/30/10	05/02/10
10	Krehlik, Katie		Alaska Anchorage	17:55.30	Occidental Distance Carnival	03/12/10	03/13/10
11	Bohman, Emma	Senior	Alaska Anchorage	18:07.32	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
12	Wright, Amanda	Junior	Western Oregon	18:09.12	San Francisco State Distance Carnival	03/26/10	03/27/10
13	Slaughter, Danielle	JR-3	Western Washington	18:09.58	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
14	Powell, Jordan	Sophomore	Northwest Nazarene	18:12.58	WAR 3 at Spokane CC	04/10/10	04/13/10
15	Snawder, Erika	Senior	Western Oregon	18:25.34	John Knight Twilight	04/09/10	04/10/10
16	Rogers, Mary	FR-1	Western Washington	18:37.85	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
17	Fairbanks, Kristi	FR-1	Western Washington	18:37.92	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
18	Cecchi, KayAnna	Junior	Western Oregon	18:38.09	2010 Willamette Opener	03/06/10	03/08/10
19	Pecha, Kaitlynn	SO-2	St. Martin's	18:54.16	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
20	Brisky, Sierra	SO-2	Western Washington	18:56.81	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
21	Ujifusa, Maria	FR-1	Western Washington	19:04.26	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
22	Mickelsen, Whitney	SO-2	MSU-Billings	19:07.31	@Montana State Bobcat Open	04/10/10	04/10/10
23	Houck, Stephanie	FR-1	Western Washington	19:15.80	WWU Twilight Track & Field Meet	04/23/10	04/25/10
24	Owen, Mary	FR-1	MSU-Billings	19:16.16	@Montana Tom Gage Classic	05/07/10	05/08/10
25	Boyer, Jessica	SO-2	Western Washington	19:18.43	CWU Spike Arit Invitational	04/17/10	04/19/10
26	Hedges, Kendra	FR-1	Western Washington	19:21.82	WWU Twilight Track & Field Meet	04/23/10	04/25/10
27	Rendahl, Ashley	Senior	Northwest Nazarene	19:23.45	WAR 3 at Spokane CC	04/10/10	04/13/10
28	Camden, Helen	JR-3	St. Martin's	19:32.06	Joe Peyton Invitational	03/27/10	03/27/10
29	Rowley, Alee	SR-4	Western Oregon	19:40.72	2010 Willamette Opener	03/06/10	03/08/10
30	Moser, Laura	FR-1	Seattle Pacific	20:00.49	PLU Invitational	03/13/10	03/17/10
31	Boulton, Cassandra	FR-1	Seattle Pacific	20:08.64	JD Shotwell Invitational	04/03/10	04/04/10
32	Bakeman, Mary	JR-3	Central Washington	20:26.81	WAR 3 at Spokane CC	04/10/10	04/13/10
33	Hanscomm, Margaret	SO-2	Seattle Pacific	20:39.94	WAR 3 at Spokane CC	04/10/10	04/13/10
34	Hill, Sam	Sophomore	Northwest Nazarene	21:17.62	Northwest Nazarene Invitational	04/23/10	04/25/10
35	Rice, Ashley	FR-1	Central Washington	21:32.45	JD Shotwell Invitational	04/03/10	04/04/10
36	Beesley, Danielle	Junior	Northwest Nazarene	22:30.39	Northwest Nazarene Invitational	04/23/10	04/25/10

10,000m (Men)

		NCAA DII Auto 29:40.00		NCAA DII Prov 31:00.00		GNAC Auto 32:35.47		GNAC Prov 33:42.34	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
1	Cheseto, Marko	Senior	Alaska Anchorage	29:41.86	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10		
2	Welling, Jordan	JR-3	Western Washington	29:45.92	52nd Annual Mt. SAC Relays	04/15/10	04/18/10		
3	Reed, Chris	Senior	Western Oregon	29:52.39	52nd Annual Mt. SAC Relays	04/15/10	04/18/10		
4	Grimes, Bennett	Senior	Western Washington	30:05.10	52nd Annual Mt. SAC Relays	04/15/10	04/18/10		
5	Medhaug, Blake	JR-3	Western Washington	30:14.91	52nd Annual Mt. SAC Relays	04/15/10	04/18/10		
6	Kangogo, Alfred	Junior	Alaska Anchorage	30:39.05	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10		
7	Chelimo, Micah		Alaska Anchorage	31:11.74	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10		
8	Jackson, Braxton	SR-4	Western Oregon	31:43.56	John Knight Twilight	04/09/10	04/10/10		
9	Karr, Justin	Senior	Western Oregon	31:45.89	John Knight Twilight	04/09/10	04/10/10		
10	Santos, Manuel	SO-2	Central Washington	31:55.46	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
11	Ritekwiang, William		Alaska Anchorage	31:59.97	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
12	Kubitz, Greg	SR-4	Western Washington	32:14.30	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
13	Baggenstos, Jesse	Sophomore	Northwest Nazarene	32:50.35	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
14	Lombardi, Daniel	Junior	MSU-Billings	32:58.27	@ Montana State Bobcat Open	04/10/10	04/10/10		
15	Harrison, Will		Seattle Pacific	33:03.47	CWU Spike Arit Invitational	04/17/10	04/19/10		
16	Rottich, Paul	SR-4	Alaska Anchorage	33:06.86	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10		
17	Harvey, Nicholas	JR-3	St. Martin's	33:36.99	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		
18	Armstrong, Graham	Freshman	Western Washington	33:40.35	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		
19	Brand, Gavin	Sophomore	Seattle Pacific	34:12.84	HT UPS vs. L&C, WWU, SPU	03/06/10	03/10/10		
20	Bolt, Mark	Senior	MSU-Billings	34:40.88	@ Montana State Bobcat Open	04/10/10	04/10/10		
21	Buttelman, Travis	Sophomore	MSU-Billings	35:00.97	@ BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10		
22	Hamilton, Daniel	Junior	Seattle Pacific	35:27.00	CWU Spike Arit Invitational	04/17/10	04/19/10		
23	Lopez, Derek	Junior	Western Oregon	35:46.94	John Knight Twilight	04/09/10	04/10/10		
24	Stewart, Duane	SO-2	Western Washington	36:43.36	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		

10,000m (Women)

		NCAA DII Auto 35:30.00		NCAA DII Prov 37:20.00		GNAC Auto 40:48.42		GNAC Prov 42:14.71	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
1	Porter, Sarah	JR-3	Western Washington	33:36.83	Stanford Payton Jordan Cardinal Inv	05/01/10	05/03/10		
2	Carr, Laura	SR-4	Alaska Anchorage	35:08.51	52nd Annual Mt. SAC Relays	04/15/10	04/18/10		
3	Keino, Ruth	Junior	Alaska Anchorage	35:09.26	52nd Annual Mt. SAC Relays	04/15/10	04/18/10		
4	Breihof, Lauren	JR-3	Western Washington	35:53.99	Oregon Relays presented by Oregon Community Credit Union	04/30/10	05/02/10		
5	Keegan, Shoshana	Junior	Alaska Anchorage	36:19.49	52nd Annual Mt. SAC Relays	04/15/10	04/18/10		
6	Plunkett, Natty	Junior	Seattle Pacific	36:40.80	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
7	Wright, Amanda	Junior	Western Oregon	37:22.02	John Knight Twilight	04/09/10	04/10/10		
8	Brisky, Sierra	SO-2	Western Washington	38:22.07	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
9	Cecchi, KayAnna	Junior	Western Oregon	39:03.03	John Knight Twilight	04/09/10	04/10/10		
10	Owen, Mary	FR-1	MSU-Billings	40:09.07	@ Montana State Bobcat Open	04/10/10	04/10/10		
11	Rowley, Alee	SR-4	Western Oregon	40:14.63	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10		
12	Camden, Helen	JR-3	St. Martin's	40:25.61	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
13	Rendahl, Ashley	Senior	Northwest Nazarene	40:40.78	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
14	Bakeman, Mary	JR-3	Central Washington	45:57.68	CWU Spike Arit Invitational	04/17/10	04/19/10		
15	Vreeland, Shannon	JR-3	Central Washington	47:16.46	CWU Spike Arit Invitational	04/17/10	04/19/10		

110m H (Men)

		NCAA DII Auto 14.15		NCAA DII Prov 14.65		GNAC Auto 15.67		GNAC Prov 16.69	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
1	Hogan, Anthony	FR-1	Central Washington	15.02	CWU Spike Arit Invitational	04/17/10	04/19/10		
2	Werner, Jordan	Senior	Western Oregon	15.09	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
3	Loscutoff, Andy	Senior	Western Oregon	15.13	2010 Willamette Opener	03/06/10	03/08/10		
4	Harrison, Alex	JR-3	Western Washington	15.38	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
5	Gray, Andrew	SO-2	Western Washington	15.50	CWU Spike Arit Invitational	04/17/10	04/19/10		
6	Price, Gante	FR-1	Central Washington	15.78	PLU Invitational	03/13/10	03/17/10		
6	Steiglitz, Tim		Northwest Nazarene	15.78	Idaho-Utah Borderclash	04/30/10	05/02/10		
8	Najera, Michael	FR-1	Central Washington	15.93	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
9	Venema, Andrew		Central Washington	15.94	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
10	Endresen, Ryan		Seattle Pacific	15.99	JD Shotwell Invitational	04/03/10	04/04/10		
11	Cleandaniel, Tim	SO-2	Western Washington	16.13	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
12	Steinke, Thomas	FR-1	Central Washington	16.28	JD Shotwell Invitational	04/03/10	04/04/10		
13	Rodewig, Brandon	FR-1	Central Washington	16.54	CWU Spike Arit Invitational	04/17/10	04/19/10		
14	Solberg, Dylan	FR-1	MSU-Billings	16.55	@ Montana AI Manuel Invitational	04/02/10	04/04/10		
15	Johnson, Nate		Seattle Pacific	16.78	Oregon Preview	03/20/10	03/21/10		

16	Hyde, Jake		Western Oregon	17.37	John Knight Twilight	04/09/10	04/10/10
17	Zwiefelhofer, Eric	Senior	Northwest Nazarene	17.39	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
18	Iverson, Kevin	SR-4	Western Washington	17.41	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
19	Hartwigsen, Derek	SO-2	Western Washington	17.47	WWU Twilite Track & Field Meet	04/23/10	04/25/10
20	Heidegger, Ben	Junior	Northwest Nazarene	17.90	NUU Combined Events	03/11/10	05/03/10
21	Gordon, Dylan	FR-1	Western Washington	18.11	Club Northwest Spring Break Open	03/27/10	03/28/10
22	Hunter, Scott	FR-1	Central Washington	18.15	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
23	Montgomery, Stuart	Senior	Northwest Nazarene	18.26	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
24	Roberts, Austin	SR-4	Western Oregon	18.81	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
25	Caryl, Jason	FR-1	Central Washington	20.28	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
26	Wade, Mark		Northwest Nazarene	22.97	NUU Combined Events	03/11/10	05/03/10

400m H (Men)

		NCAA DII Auto 52.00		NCAA DII Prov 54.00		GNAC Auto 55.83		GNAC Prov 58.04	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
1	Hope, Maurus	Junior	Northwest Nazarene	53.20	Idaho-Utah Borderclash	04/30/10	05/02/10		
2	Loscutoff, Andy	Senior	Western Oregon	54.46	2010 Willamette Opener	03/06/10	03/08/10		
3	Villanueva, Phillip	JR-3	Western Washington	54.53	UW Ken Shannon Invitational	05/08/10	05/09/10		
4	Erdresen, Ryan		Seattle Pacific	54.65	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
5	Hanson, Mark	SR-4	Northwest Nazarene	54.86	Northwest Nazarene Invitational	04/23/10	04/25/10		
6	Price, Gante	FR-1	Central Washington	55.44	Oregon Preview	03/20/10	03/21/10		
7	Najera, Michael	FR-1	Central Washington	55.52	UW Ken Shannon Invitational	05/08/10	05/09/10		
8	Morales, Gabriel	SO-2	Western Washington	56.29	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
9	Grudzinski, Levi	FR-1	Western Washington	56.77	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
10	O'Connell, Shane	SO-2	Western Oregon	57.15	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
11	Gray, Andrew	SO-2	Western Washington	57.31	CWU Spike Arlt Invitational	04/17/10	04/19/10		
12	Venema, Andrew		Central Washington	59.13	Dusty Lane Open	03/19/10	03/21/10		
13	Steiglitz, Tim		Northwest Nazarene	59.35	Idaho-Utah Borderclash	04/30/10	05/02/10		
14	Solberg, Dylan	FR-1	MSU-Billings	1:00.21 @	Montana Al Manuel Invitational	04/02/10	04/04/10		
15	Hogan, Anthony	FR-1	Central Washington	1:01.89	Saint Martin's Track & Field Invitational	05/01/10	05/02/10		
16	Iverson, Kevin	SR-4	Western Washington	1:03.53	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10		
17	Gordon, Dylan	FR-1	Western Washington	1:05.32	WWU Twilite Track & Field Meet	04/23/10	04/25/10		

400m H (Women)

		NCAA DII Auto 1:00.75		NCAA DII Prov 1:03.00		GNAC Auto 1:05.28		GNAC Prov 1:08.11	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
1	Everett, Arianna	Senior	Alaska Anchorage	1:02.37	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
2	Pike, Jennifer	Senior	Seattle Pacific	1:03.43	UW Ken Shannon Invitational	05/08/10	05/09/10		
3	Reid, Kaitlyn		Western Oregon	1:03.64	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
4	Young, Zee Zee	SR-4	Alaska Anchorage	1:04.03	Northridge Invitational	03/12/10	03/14/10		
5	Nobbs, Natalie	Junior	Seattle Pacific	1:04.48	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
6	Howe, Michelle	JR-3	Western Washington	1:04.94	Cal State L.A. Twilight Open	04/15/10	04/16/10		
7	Keifer, Mandy	JR-3	Western Oregon	1:05.18	Oregon Preview	03/20/10	03/21/10		
8	Worthen, Aili	Junior	Seattle Pacific	1:05.33	JD Shotwell Invitational	04/03/10	04/04/10		
9	Lewis, Kira		Seattle Pacific	1:06.55	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
10	Gonzalez, Raquel	SR-4	Central Washington	1:06.90	UW Ken Shannon Invitational	05/08/10	05/09/10		
11	Brownell, Sarah	JR-3	Western Washington	1:07.52	Cal State L.A. Twilight Open	04/15/10	04/16/10		
12	Ciaccio, Amy	Senior	Northwest Nazarene	1:08.18	Northwest Nazarene Invitational	04/23/10	04/25/10		
13	Daigneault, Sarah	FR-1	Western Washington	1:08.56	Club Northwest Spring Break Open	03/27/10	03/28/10		
14	McDonald, Alexandra	FR-1	Western Washington	1:08.87	Club Northwest Spring Break Open	03/27/10	03/28/10		
15	Rose, Amanda	SR-4	Central Washington	1:09.04	CWU Spike Arlt Invitational	04/17/10	04/19/10		
16	Hampton, Liz	FR-1	Central Washington	1:09.62	WWU Twilite Track & Field Meet	04/23/10	04/25/10		
17	Pridgen, Laura	Sophomore	Northwest Nazarene	1:09.98	Idaho-Utah Borderclash	04/30/10	05/02/10		
18	Brady, Lindsay	SR-4	Northwest Nazarene	1:11.45	Northwest Nazarene Invitational	04/23/10	04/25/10		
19	Scholter, Hannah	FR-1	St. Martin's	1:11.48	JD Shotwell Invitational	04/03/10	04/04/10		
20	Berg, Siri	SO-2	Central Washington	1:12.18	UW Ken Shannon Invitational	05/08/10	05/09/10		
21	Kermode, Danielle	JR-3	Western Oregon	1:15.43	2010 Willamette Opener	03/06/10	03/08/10		
22	Hugus, Stephanie	FR-1	Northwest Nazarene	1:15.77	Northwest Nazarene Open	03/13/10	03/14/10		
23	Seidler, Mary	SR-4	Central Washington	1:16.21	UW Ken Shannon Invitational	05/08/10	05/09/10		

3,000m Steeple (Men)

		NCAA DII Auto 9:06.00		NCAA DII Prov 9:25.00		GNAC Auto 9:37.38		GNAC Prov 10:13.10	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
1	Chelimo, Micah		Alaska Anchorage	8:49.31	52nd Annual Mt. SAC Relays	04/15/10	04/18/10		
2	Kangogo, Alfred	Junior	Alaska Anchorage	9:04.63	Beach Invitational	04/16/10	04/18/10		
3	Meis, Chad	SR-4	Seattle Pacific	9:10.84	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
4	Watson, Barak	Sophomore	Northwest Nazarene	9:13.42	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
5	Snook, Brandon	Senior	Western Oregon	9:32.56	John Knight Twilight	04/09/10	04/10/10		
6	Sprinkle, Dan	Junior	Western Oregon	9:33.28	Pacific Twilight Invitational	05/01/10	05/02/10		
7	Johnson, Kyle	SO-2	Western Washington	9:42.57	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
8	Baker, AJ		Seattle Pacific	9:45.84 HT	CWU Spike Arlt Invitational	04/17/10	04/19/10		
9	Ritekwiang, William		Alaska Anchorage	9:46.73	UNLV Track & Field Classic	03/06/10	03/07/10		
10	Hetrick, Luke	Junior	Northwest Nazarene	9:47.45	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
11	Easter, Neil	Junior	Northwest Nazarene	9:50.08	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
12	Chapman, Ryan		Western Oregon	9:57.72	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10		
13	McLeod, Ian	FR-1	Western Washington	9:58.66	WWU Twilite Track & Field Meet	04/23/10	04/25/10		
14	Power, Scott	SO-2	Central Washington	10:05.08	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
15	Canfield, Taylor	Junior	MSU-Billings	10:06.97 @	Montana Open	04/17/10	04/18/10		
16	Rottich, Paul	SR-4	Alaska Anchorage	10:08.40	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
17	Parker, Caleb		Seattle Pacific	10:20.06	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10		
18	Rankin, Matt	Sophomore	Northwest Nazarene	10:20.48	WAR 3 at Spokane CC	04/10/10	04/13/10		
19	Crystal, Alex	Junior	Northwest Nazarene	10:24.71	WAR 3 at Spokane CC	04/10/10	04/13/10		
20	Slaughter, Derek	FR-1	Western Washington	10:31.54	UW Ken Shannon Invitational	05/08/10	05/09/10		
21	Caffrey, Noah	SO-2	St. Martin's	10:31.83	PLU Invitational	03/13/10	03/17/10		
22	Hastings, Jake	Sophomore	Central Washington	10:38.65	UW Ken Shannon Invitational	05/08/10	05/09/10		
23	Anderson, Jeremy	Sophomore	Western Washington	10:42.70	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		
24	Webb, Abe	JR-3	Western Oregon	10:44.68	John Knight Twilight	04/09/10	04/10/10		
25	Armstrong, Zach	Sophomore	Central Washington	10:58.77	UW Ken Shannon Invitational	05/08/10	05/09/10		
26	Blomback, Ryan	Sophomore	MSU-Billings	11:12.09 @	Montana Al Manuel Invitational	04/02/10	04/04/10		
27	Stewart, Duane	SO-2	Western Washington	12:48.04	Saint Martin's Track & Field Invitational	05/01/10	05/02/10		

3,000m Steeple (Women)

		NCAA DII Auto 10:46.00		NCAA DII Prov 11:20.00		GNAC Auto 11:56.24		GNAC Prov 12:40.83	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
1	Olsen, Courtney	SR-4	Western Washington	10:35.32	NCAA Division II Outdoor Championships	05/27/10	05/30/10		
2	Witt, Hallidie	Senior	Alaska Anchorage	10:48.90	52nd Annual Mt. SAC Relays	04/15/10	04/18/10		
3	Puga, Jaelyn	Senior	Northwest Nazarene	10:52.07	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
4	Bohman, Emma	Senior	Alaska Anchorage	11:15.63	Stanford Invitational	03/26/10	03/28/10		
5	Slaughter, Danielle	JR-3	Western Washington	11:26.54	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
6	Powell, Jordan	Sophomore	Northwest Nazarene	11:35.00	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
7	Boyer, Jessica	SO-2	Western Washington	11:45.05	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		

8	Everetts, Megan	Sophomore	Western Oregon	11:49.10	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
9	Swenson, Meagan	Sophomore	Northwest Nazarene	11:58.22	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
10	Wilkins, Kayla	Junior	Seattle Pacific	12:04.69	UW Ken Shannon Invitational	05/08/10	05/09/10
11	Owen, Mary	FR-1	MSU-Billings	12:08.81 @	BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
12	Williams, Mary	SO-2	Seattle Pacific	12:24.29	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
13	Carrick, Krysta		Seattle Pacific	12:31.13	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
14	Rice, Ashley	FR-1	Central Washington	12:55.23	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
15	Rendahl, Ashley	Senior	Northwest Nazarene	12:55.88 HT	2010 All Idaho Collegiate	04/02/10	04/04/10

4 x 100m Relay (Men)

NCAA DII Auto 40.25 NCAA DII Prov 41.35

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Central Washington	41.10	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
2	Western Washington	41.72	WWU Twilite Track & Field Meet	04/23/10	04/25/10
3	Alaska Anchorage	42.34	Oxy Invitational	05/08/10	05/09/10
4	Western Oregon	42.44	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
4	Northwest Nazarene	42.44	Idaho-Utah Borderclash	04/30/10	05/02/10
6	MSU-Billings	43.76 @	Montana State Bobcat Open	04/10/10	04/10/10
7	Seattle Pacific	43.98	WAR 3 at Spokane CC	04/10/10	04/13/10

4 x 100m Relay (Women)

NCAA DII Auto 46.00 NCAA DII Prov 47.40

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Western Washington	46.90	52nd Annual Mt. SAC Relays	04/15/10	04/18/10
2	Western Oregon	47.81	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
3	Seattle Pacific	48.34	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
4	Northwest Nazarene	48.70	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
5	Alaska Anchorage	49.65	Oxy Invitational	05/08/10	05/09/10
6	MSU-Billings	50.06	UNLV Track & Field Classic	03/06/10	03/07/10
7	Central Washington	50.34	CWU Spike Arlt Invitational	04/17/10	04/19/10

4 x 400m Relay (Men)

NCAA DII Auto 3:10.00 NCAA DII Prov 3:15.00

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Alaska Anchorage	3:14.89	Oxy Invitational	05/08/10	05/09/10
2	Western Oregon	3:16.55	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
3	Central Washington	3:18.37	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
4	Western Washington	3:18.51	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
5	Northwest Nazarene	3:20.40	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
6	St. Martin's	3:28.71	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
7	Seattle Pacific	3:29.53	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
8	MSU-Billings	3:32.65 @	BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10

4 x 400m Relay (Women)

NCAA DII Auto 3:45.00 NCAA DII Prov 3:50.00

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Seattle Pacific	3:53.78	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
2	Western Washington	3:56.24	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
3	Northwest Nazarene	3:57.67	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
4	Western Oregon	4:00.31	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
5	Alaska Anchorage	4:00.61	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
6	MSU-Billings	4:06.79 @	BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
7	Central Washington	4:12.17	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
8	St. Martin's	4:16.21	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10

High Jump (Men)

NCAA DII Auto 2.14m NCAA DII Prov 2.05m GNAC Auto 1.93m GNAC Prov 1.86m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
1	Boyes, Brennan	FR-1	Central Washington	6' 6.75"	2.00m	CWU Spike Arlt Invitational	04/17/10	04/19/10
1	Brockman, Keefe	SO-2	Western Washington	6' 6.75"	2.00m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
3	Rodewig, Brandon	FR-1	Central Washington	6' 6"	1.98m	Dusty Lane Open	03/19/10	03/21/10
4	Hamilton, Jonathan	JR-3	Central Washington	6' 5"	1.96m	UW Ken Shannon Invitational	05/08/10	05/09/10
5	Larson, Josh	SO-2	Western Washington	6' 4.75"	1.95m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
6	Wegner, Robert	SR-4	Western Oregon	6' 2.75"	1.90m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
7	Brown, Ryan	JR-3	Western Washington	6' 1.25"	1.86m	WWU Twilite Track & Field Meet	04/23/10	04/25/10
7	Meyers, Lewis	FR-1	Central Washington	6' 1.25"	1.86m	UW Ken Shannon Invitational	05/08/10	05/09/10
9	Loscutoff, Andy	Senior	Western Oregon	5' 11.5"	1.82m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
9	Zwiefelhofer, Eric	Senior	Northwest Nazarene	5' 11.5"	1.82m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
11	Caryl, Jason	FR-1	Central Washington	5' 11.25"	1.81m	JD Shotwell Invitational	04/03/10	04/04/10
11	Clendaniel, Tim	SO-2	Western Washington	5' 11.25"	1.81m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
11	Johnson, Nate		Seattle Pacific	5' 11.25"	1.81m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
14	Hardie, Matson		Western Oregon	5' 10.75"	1.80m	John Knight Twilight	04/09/10	04/10/10
14	Massari, Zach	Junior	Western Oregon	5' 10.75"	1.80m	Mt. Hood Twilight	05/07/10	05/08/10
14	Nelson, Joseph	JR-3	Central Washington	5' 10.75"	1.80m	CWU Spike Arlt Invitational	04/17/10	04/19/10
17	Steinke, Thomas	FR-1	Central Washington	5' 10.5"	1.79m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
17	Venema, Andrew		Central Washington	5' 10.5"	1.79m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
19	Hunter, Scott	FR-1	Central Washington	5' 9.25"	1.76m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
19	Iverson, Kevin	SR-4	Western Washington	5' 9.25"	1.76m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
21	Vanderby, Tyson	Junior	MSU-Billings	5' 8"	1.72m	BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10
22	Hyde, Jake		Western Oregon	5' 7"	1.70m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
23	Harrison, Alex	JR-3	Western Washington	5' 6.5"	1.69m	Mt. SAC/CA Invite Combined Events	04/14/10	04/18/10
24	Hartwigen, Derek	SO-2	Western Washington	5' 5.75"	1.67m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
24	Heidegger, Ben	Junior	Northwest Nazarene	5' 5.75"	1.67m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
26	Montgomery, Stuart	Senior	Northwest Nazarene	5' 4.5"	1.64m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
26	Roberts, Austin		Western Oregon	5' 4.5"	1.64m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
28	Steiglitz, Tim		Northwest Nazarene	5' 3.75"	1.62m	NUU Combined Events	03/11/10	05/03/10
29	Karnofski, Kyle	FR-1	St. Martin's	5' 0.25"	1.53m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
30	Wade, Mark		Northwest Nazarene	4' 7.5"	1.41m	NUU Combined Events	03/11/10	05/03/10

High Jump (Women)

NCAA DII Auto 1.75m NCAA DII Prov 1.68m GNAC Auto 1.61m GNAC Prov 1.53m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
1	Aanstad, Brittany	Senior	Seattle Pacific	5' 6.5"	1.69m	Cal Multis	03/24/10	03/26/10
2	Gross, Katy		Seattle Pacific	5' 5.75"	1.67m	Oregon Preview	03/20/10	03/21/10
2	Overdick, Amanda	FR-1	Western Washington	5' 5.75"	1.67m	Oregon Relays presented by Oregon Community Credit Union	04/30/10	05/02/10
2	Worthen, Ali	Junior	Seattle Pacific	5' 5.75"	1.67m	Oregon Preview	03/20/10	03/21/10

5	Jewett, Jasmyn	Sophomore	Northwest Nazarene	5' 2"	1.57m	EOU Blue & Gold Invitational	03/19/10	03/23/10
6	Mattson, Jacquie	JR-3	Seattle Pacific	5' 1.25"	1.56m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
6	Rose, Amanda	SR-4	Central Washington	5' 1.25"	1.56m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
8	Alvord, Angie	SR-4	Western Washington	5' 1"	1.55m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
8	Bennett, Jill	Junior	Northwest Nazarene	5' 1"	1.55m	Northwest Nazarene Invitational	04/23/10	04/25/10
8	Neilson, Kelsey	SO-2	Western Oregon	5' 1"	1.55m	Mt. Hood Twilight	05/07/10	05/08/10
11	Gonzalez, Raquel	SR-4	Central Washington	5' 0.25"	1.53m	UW Ken Shannon Invitational	05/08/10	05/09/10
12	Potter, Ashley		Western Oregon	4' 11.75"	1.52m	John Knight Twilight	04/09/10	04/10/10
13	Vonax, Laura	Senior	Northwest Nazarene	4' 11.5"	1.51m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
14	Sims, Crystal	Senior	Seattle Pacific	4' 11"	1.50m	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
14	Tri, Brittany	Junior	Seattle Pacific	4' 11"	1.50m	CWU Spike Art Invitational	04/17/10	04/19/10
16	Jones, Stephanie	FR-1	Central Washington	4' 10.5"	1.49m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
17	Berg, Siri	SO-2	Central Washington	4' 10.25"	1.48m	UW Ken Shannon Invitational	05/08/10	05/09/10
17	Napiontek, Shelby	FR-1	Central Washington	4' 10.25"	1.48m	UW Ken Shannon Invitational	05/08/10	05/09/10
19	Jones, Chelsey	SR-4	Northwest Nazarene	4' 9"	1.45m	Northwest Nazarene Open	03/13/10	03/14/10
20	Ambrose, Karah	FR-1	Western Oregon	4' 8.25"	1.43m	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
21	Pike, Jennifer	Senior	Seattle Pacific	4' 7.75"	1.42m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
22	DeCosta, Cymbree	FR-1	St. Martin's	4' 7.5"	1.41m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
23	Burcham, Linzee	FR-1	Alaska Anchorage	4' 7"	1.40m	Northridge Invitational	03/12/10	03/14/10
24	McLam, Beth	SR-4	Northwest Nazarene	4' 6.75"	1.39m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
25	Daigneault, Sarah	FR-1	Western Washington	4' 5.5"	1.36m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
25	Mosher, Ali	Junior	Western Oregon	4' 5.5"	1.36m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
27	Rotta, Ali	FR-1	Northwest Nazarene	4' 5"	1.35m	Northwest Nazarene Invitational	04/23/10	04/25/10
28	Seidler, Mary	SR-4	Central Washington	4' 4.25"	1.33m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
29	Scholler, Hannah	FR-1	St. Martin's	4' 4"	1.32m	PLU Invitational	03/13/10	03/17/10
30	Brady, Lindsay	SR-4	Northwest Nazarene	4' 3.25"	1.30m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10

Pole Vault (Men)

			NCAA DII Auto 5.15m		NCAA DII Prov 4.85m		GNAC Auto 4.31m		GNAC Prov 3.87m	
RANK	ATHLETE	YEAR TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
1	Brown, Ryan	JR-3 Western Washington	17' 8.5"	5.40m	NCAA Division II Outdoor Championships	05/27/10	05/30/10			
2	Giddens, Jayce	SR-4 Western Oregon	15' 1"	4.60m	Stanford Invitational	03/26/10	03/28/10			
3	Roddedwig, Brandon	FR-1 Central Washington	14' 9"	4.50m	WWU Twilite Track & Field Meet	04/23/10	04/25/10			
4	Hunter, Scott	FR-1 Central Washington	14' 7.25"	4.45m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
5	Harrison, Alex	JR-3 Western Washington	14' 3.25"	4.35m	NCAA Division II Outdoor Championships	05/27/10	05/30/10			
5	Zwiefelhofer, Eric	Senior Northwest Nazarene	14' 3.25"	4.35m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
7	Clendaniel, Tim	SO-2 Western Washington	14' 1.25"	4.30m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
7	Roberts, Austin	SR-4 Western Oregon	14' 1.25"	4.30m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
7	Winters, Josh	JR-3 Western Washington	14' 1.25"	4.30m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
10	Hoza, Nic	SO-2 Western Washington	13' 11.25"	4.25m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10			
11	Carr, James	SR-4 Central Washington	13' 9.25"	4.20m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
12	Martinez, Branden	MSU-Billings	13' 6.5"	4.13m	Montana Tom Gage Classic	05/07/10	05/08/10			
13	Iverson, Kevin	SR-4 Western Washington	13' 6.25"	4.12m	UW Ken Shannon Invitational	05/08/10	05/09/10			
14	Guidon, Thomas	FR-1 Western Washington	13' 5.25"	4.10m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10			
14	Johnson, Nate	Seattle Pacific	13' 5.25"	4.10m	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10			
14	Tribe, Charlie	SR-4 Western Washington	13' 5.25"	4.10m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10			
17	Chavez, Ismael	SO-2 Western Washington	13' 3.5"	4.05m	WWU Twilite Track & Field Meet	04/23/10	04/25/10			
17	Rosenberg, Cal	FR-1 Western Washington	13' 3.5"	4.05m	WWU Twilite Track & Field Meet	04/23/10	04/25/10			
17	Steinke, Thomas	FR-1 Central Washington	13' 3.5"	4.05m	WWU Twilite Track & Field Meet	04/23/10	04/25/10			
20	Bennett, Bruno	FR-1 Northwest Nazarene	13' 1.5"	4.00m	2010 All Idaho Collegiate	04/02/10	04/04/10			
21	Milson, Michael	JR-3 Western Washington	12' 11.5"	3.95m	JD Shotwell Invitational	04/03/10	04/04/10			
22	Lawson, Charles	SO-2 St. Martin's	12' 3.5"	3.75m	WWU Twilite Track & Field Meet	04/23/10	04/25/10			
23	Hartwigsen, Derek	SO-2 Western Washington	10' 11.75"	3.35m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
24	Loscutoff, Andy	Senior Western Oregon	10' 8"	3.25m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
25	Caryl, Jason	FR-1 Central Washington	10' 5.5"	3.19m	PLU Invitational	03/13/10	03/17/10			
26	Montgomery, Stuart	Senior Northwest Nazarene	10' 4"	3.15m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
26	Venema, Andrew	Central Washington	10' 4"	3.15m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10			
28	Hyde, Jake	Western Oregon	10' 0"	3.05m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
29	Heidegger, Ben	Junior Northwest Nazarene	9' 4.25"	2.85m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
30	Gordon, Dylan	FR-1 Western Washington	8' 4.25"	2.55m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10			
31	Steiglitz, Tim	Northwest Nazarene	7' 11.5"	2.43m	NUU Combined Events	03/11/10	05/03/10			

Pole Vault (Women)

			NCAA DII Auto 3.95m		NCAA DII Prov 3.60m		GNAC Auto 3.26m		GNAC Prov 2.90m	
RANK	ATHLETE	YEAR TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
1	Peaslee, Melissa	Senior Seattle Pacific	12' 5.5"	3.80m	52nd Annual Mt. SAC Relays	04/15/10	04/18/10			
2	Couvelier, Elsa	SR-4 Western Washington	11' 5.75"	3.50m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10			
2	Elzinga, Karina	SR-4 Northwest Nazarene	11' 5.75"	3.50m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
4	DiEnno, Amanda	SR-4 Western Washington	11' 1.75"	3.40m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
4	Gedde, Kjersti	SO-2 Seattle Pacific	11' 1.75"	3.40m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
6	Caldwell, Michaela	Junior Seattle Pacific	10' 11.75"	3.35m	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10			
6	Usabel, MJ	SR-4 Northwest Nazarene	10' 11.75"	3.35m	WAR 3 at Spokane CC	04/10/10	04/13/10			
8	Anderson, Karis	FR-1 Western Washington	10' 10"	3.30m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
8	Larsen, Jamie	FR-1 Central Washington	10' 10"	3.30m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
10	Quick, Jennifer	JR-3 Western Washington	10' 8"	3.25m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10			
11	DiMarco, Diana	JR-3 Western Washington	10' 6"	3.20m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
12	Egger, Ashley	Senior Northwest Nazarene	10' 0"	3.05m	Northwest Nazarene Invitational	04/23/10	04/25/10			
12	Konzal, Amanda	Junior Northwest Nazarene	10' 0"	3.05m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
14	Hull, Samantha	Sophomore St. Martin's	9' 6.25"	2.90m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10			
14	Swigart, Hannah	FR-1 Central Washington	9' 6.25"	2.90m	WAR 3 at Spokane CC	04/10/10	04/13/10			
16	Kermode, Danielle	JR-3 Western Oregon	9' 2.25"	2.80m	2010 Willamette Opener	03/06/10	03/08/10			
17	Lopez, Belen	FR-1 Central Washington	8' 11"	2.72m	PLU Invitational	03/13/10	03/17/10			
18	Gross, Kristi	SO-2 Western Washington	8' 10.25"	2.70m	WWU Twilite Track & Field Meet	04/23/10	04/25/10			
19	Anderson, Angela	SO-2 St. Martin's	8' 6.25"	2.60m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10			
19	Johnson, Jennifer	SO-2 St. Martin's	8' 6.25"	2.60m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10			

Long Jump (Men)

			NCAA DII Auto 7.50m		NCAA DII Prov 7.15m		GNAC Auto 6.42m		GNAC Prov 6.21m	
RANK	ATHLETE	YEAR TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
1	Preston, Demetrius	Senior Alaska Anchorage	25' 3.25"	7.70m	NCAA Division II Outdoor Championships	05/27/10	05/30/10			
2	Melo, Manny	FR-1 Central Washington	23' 4.5"	7.12m	UW Ken Shannon Invitational	05/08/10	05/09/10			
3	Hardie, Matson	Western Oregon	23' 2.5"	7.07m	John Knight Twilight	04/09/10	04/10/10			
4	Hyde, Jake	Western Oregon	22' 7.25"	6.89m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			
5	Clendaniel, Tim	SO-2 Western Washington	22' 7"	6.88m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10			

6	Mack, Bryan	SO-2	Central Washington	22' 5"	6.83m	CWU Spike Art Invitational	04/17/10	04/19/10
7	Felt, Justin	SR-4	Seattle Pacific	22' 1.5"	6.74m	JD Shotwell Invitational	04/03/10	04/04/10
8	Zackery, Anthony	JR-3	Western Washington	21' 11.5"	6.69m	Cal State L.A. Twilight Open	04/15/10	04/16/10
9	DeVaughn, Josh	FR-1	St. Martin's	21' 11"	6.68m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
10	Gruger, Shane	JR-3	Western Washington	21' 9.5"	6.64m	Cal State L.A. Twilight Open	04/15/10	04/16/10
11	Wegner, Robert	SR-4	Western Oregon	21' 8.25"	6.61m	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
12	Davis, Will	FR-1	Western Washington	21' 5.5"	6.54m	WWU Twilite Track & Field Meet	04/23/10	04/25/10
13	Reed, John	FR-1	Alaska Anchorage	21' 4"	6.50m	Northridge Invitational	03/12/10	03/14/10
14	Cho, James	SO-2	Central Washington	21' 2.75"	6.47m	JD Shotwell Invitational	04/03/10	04/04/10
15	Zwiefelhofer, Eric	Senior	Northwest Nazarene	21' 0"	6.40m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
16	Caryl, Jason	FR-1	Central Washington	20' 9"	6.32m	JD Shotwell Invitational	04/03/10	04/04/10
17	Harrison, Alex	JR-3	Western Washington	20' 8"	6.30m	Mt. SAC/CA Invite Combined Events	04/14/10	04/18/10
18	Birks, Scott	FR-1	Western Washington	20' 5.75"	6.24m	WWU Twilite Track & Field Meet	04/23/10	04/25/10
19	Morrison, Scott	FR-1	Central Washington	20' 5"	6.22m	WWU Twilite Track & Field Meet	04/23/10	04/25/10
20	Hanson, Mark	SR-4	Northwest Nazarene	20' 3.75"	6.19m	Northwest Nazarene Invitational	04/23/10	04/25/10
21	Tilley, Alex	SO-2	Western Washington	20' 3.5"	6.18m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
22	Jones, Rendel	SO-2	Central Washington	20' 1.5"	6.13m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
23	Barrett, Luke	SR-4	MSU-Billings	20' 0.25"	6.10m	Montana Tom Gage Classic	05/07/10	05/08/10
24	Freed, Andrew	Alaska Anchorage	19' 11.5"	6.08m	Azusa Pacific Bryan Clay Invitational	04/15/10	04/17/10	
25	Loscutoff, Andy	Senior	Western Oregon	19' 11"	6.07m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
25	Rodewig, Brandon	FR-1	Central Washington	19' 11"	6.07m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
27	Johnson, Nate	Seattle Pacific	19' 10.25"	6.05m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
28	Iverson, Kevin	SR-4	Western Washington	19' 8.75"	6.01m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
29	Freeman, Chris	SO-2	Western Oregon	19' 8"	5.99m	Mt. Hood Twilight	05/07/10	05/08/10
29	Venema, Andrew	Central Washington	19' 8"	5.99m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
31	McDaniel, Casey	FR-1	Western Washington	19' 7.5"	5.98m	UW Ken Shannon Invitational	05/08/10	05/09/10
32	DeWolf, Austen	Alaska Anchorage	19' 6.75"	5.96m	Azusa Pacific Bryan Clay Invitational	04/15/10	04/17/10	
33	Steinke, Thomas	FR-1	Central Washington	19' 3.5"	5.88m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
34	Sepe, Derek	Junior	Northwest Nazarene	19' 0.75"	5.81m	Northwest Nazarene Invitational	04/23/10	04/25/10
35	Greene, Tim	Senior	Northwest Nazarene	19' 0.5"	5.80m	Idaho-Utah Borderclash	04/30/10	05/02/10
36	Roberts, Austin	SR-4	Western Oregon	18' 11.25"	5.77m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
37	Hartwigsen, Derek	SO-2	Western Washington	18' 10"	5.74m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
38	Karnofski, Kyle	FR-1	St. Martin's	18' 9.75"	5.73m	Joe Peyton Invitational	03/27/10	03/27/10
39	Hunter, Scott	FR-1	Central Washington	18' 9"	5.71m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
40	Montgomery, Stuart	Senior	Northwest Nazarene	18' 8.5"	5.70m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
41	Meyers, Lewis	FR-1	Central Washington	18' 7"	5.66m	CWU Spike Art Invitational	04/17/10	04/19/10
42	Brown, Edd	FR-1	St. Martin's	18' 6"	5.64m	Joe Peyton Invitational	03/27/10	03/27/10
42	Heidegger, Ben	Junior	Northwest Nazarene	18' 6"	5.64m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
44	Gordon, Dylan	FR-1	Western Washington	18' 5"	5.61m	WWU Twilite Track & Field Meet	04/23/10	04/25/10
45	Steiglitz, Tim	Northwest Nazarene	17' 9.5"	5.42m	NUU Combined Events	03/11/10	05/03/10	
46	Wade, Mark	Northwest Nazarene	17' 3.5"	5.27m	2010 All Idaho Collegiate	04/02/10	04/04/10	
47	Hogan, Anthony	FR-1	Central Washington	17' 0.5"	5.19m	CWU Spike Art Invitational	04/17/10	04/19/10

Long Jump (Women)			NCAA DII Auto 5.95m	NCAA DII Prov 5.65m	GNAC Auto 5.21m	GNAC Prov 4.99m		
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
1	Potter, Ashley		Western Oregon	18' 4.25"	5.59m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
2	Warman, Emily	SO-2	Western Washington	18' 3.25"	5.57m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
3	Miranda, Trinna		Seattle Pacific	18' 0.5"	5.50m	WAR 3 at Spokane CC	04/10/10	04/13/10
4	Keifer, Mandy	JR-3	Western Oregon	17' 11.5"	5.47m	John Knight Twilight	04/09/10	04/10/10
5	Alvarez, Amanda	FR-1	Seattle Pacific	17' 9.5"	5.42m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
6	Lewis, Kira		Seattle Pacific	17' 8"	5.38m	WWU Twilite Track & Field Meet	04/23/10	04/25/10
7	Nobbs, Natalie	Junior	Seattle Pacific	17' 7.5"	5.37m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
8	Jewett, Jasmyn	Sophomore	Northwest Nazarene	17' 7"	5.36m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
8	Sims, Crystal	Senior	Seattle Pacific	17' 7"	5.36m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
10	Gross, Katy		Seattle Pacific	17' 6"	5.33m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
10	Reid, Molly	Junior	Northwest Nazarene	17' 6"	5.33m	Northwest Nazarene Invitational	04/23/10	04/25/10
12	Gonzalez, Raquel	SR-4	Central Washington	17' 5.25"	5.31m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
12	Vonax, Laura	Senior	Northwest Nazarene	17' 5.25"	5.31m	NUU Combined Events	03/11/10	05/03/10
14	Meusec, Lacey	Senior	Western Oregon	17' 4.75"	5.30m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
15	Reff, Callie	FR-1	Western Washington	17' 2.75"	5.25m	WWU Twilite Track & Field Meet	04/23/10	04/25/10
16	Aanstad, Brittany	Senior	Seattle Pacific	17' 1.5"	5.22m	Cal Multis	03/24/10	03/26/10
17	Bennett, Jill	Junior	Northwest Nazarene	17' 1.25"	5.21m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
18	Jones, Stephanie	FR-1	Central Washington	17' 0.75"	5.20m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
19	Waiks, Kaila	FR-1	St. Martin's	16' 11.5"	5.17m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
20	Alvarez, Athena		Seattle Pacific	16' 10"	5.13m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
21	Bjornsson, Tanya	FR-1	Western Washington	16' 9.25"	5.11m	UW Ken Shannon Invitational	05/08/10	05/09/10
22	Bekkedahl, Maycee	Senior	Northwest Nazarene	16' 8.5"	5.09m	Northwest Nazarene Invitational	04/23/10	04/25/10
23	Jenkins, Kelly	FR-1	Seattle Pacific	16' 7.75"	5.07m	CWU Spike Art Invitational	04/17/10	04/19/10
24	Halle, Erika	SO-2	MSU-Billings	16' 6.5"	5.04m	Montana State Bobcat Open	04/10/10	04/10/10
25	Bailey, Mary		Western Oregon	16' 5.25"	5.01m	John Knight Twilight	04/09/10	04/10/10
25	Neilson, Kelsey	SO-2	Western Oregon	16' 5.25"	5.01m	2010 Chuck Bowles Spring Break Classic (Willamette) - COLLEGE	03/19/10	03/20/10
27	Mosher, Ali	Junior	Western Oregon	16' 3"	4.95m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
28	Worthen, Ali	Junior	Seattle Pacific	16' 2.25"	4.93m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
29	Larlee, Annie	Senior	Northwest Nazarene	16' 1.5"	4.91m	Northwest Nazarene Invitational	04/23/10	04/25/10
30	Pike, Jennifer	Senior	Seattle Pacific	16' 1"	4.90m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
31	Daigneault, Sarah	FR-1	Western Washington	15' 11.5"	4.86m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
32	Sackeyifo, Julianna	FR-1	St. Martin's	15' 10.5"	4.84m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
33	Tri, Brittany	Junior	Seattle Pacific	15' 7.75"	4.77m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
34	Charette, Jocelyn	SR-4	Seattle Pacific	15' 6.25"	4.73m	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
35	Berg, Siri	SO-2	Central Washington	15' 4"	4.67m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
36	Brady, Lindsay	SR-4	Northwest Nazarene	15' 2.75"	4.64m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
37	DeCosta, Cymbree	FR-1	St. Martin's	14' 9.75"	4.51m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
38	McLam, Beth	SR-4	Northwest Nazarene	14' 9"	4.49m	EOU Mountaineer Open	04/17/10	04/18/10
39	Seidler, Mary	SR-4	Central Washington	14' 8"	4.47m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
40	Scholter, Hannah	FR-1	St. Martin's	14' 7"	4.44m	GNAC Combined Events Championships	05/03/10	05/04/10

Triple Jump (Men)			NCAA DII Auto 15.30m	NCAA DII Prov 14.50m	GNAC Auto 13.63m	GNAC Prov 12.57m		
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED

1	Hardie, Matson		Western Oregon	48' 1.75"	14.67m	S2nd Annual Mt. SAC Relays	04/15/10	04/18/10
2	Davis, Will	FR-1	Western Washington	47' 0.25"	14.33m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
3	Jones, Rendel	SO-2	Central Washington	46' 6.75"	14.19m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
4	Brockman, Keefe	SO-2	Western Washington	46' 3.5"	14.11m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
5	Cleandaniel, Tim	SO-2	Western Washington	45' 11.25"	14.00m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
6	Melo, Manny	FR-1	Central Washington	45' 7.75"	13.91m	UW Ken Shannon Invitational	05/08/10	05/09/10
7	Cho, James	SO-2	Central Washington	45' 6.5"	13.88m	CWU Spike Art Invitational	04/17/10	04/19/10
8	Mack, Bryan	SO-2	Central Washington	45' 4.25"	13.82m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
9	Freed, Andrew		Alaska Anchorage	44' 9.75"	13.66m	Northridge Invitational	03/12/10	03/14/10
10	Hyde, Jake		Western Oregon	44' 0.75"	13.43m	John Knight Twilight	04/09/10	04/10/10
11	Reed, John	FR-1	Alaska Anchorage	43' 8"	13.30m	Chabot Relays & Distance Festival	03/26/10	03/27/10
12	Meyers, Lewis	FR-1	Central Washington	41' 6"	12.65m	UW Ken Shannon Invitational	05/08/10	05/09/10
13	Birks, Scott	FR-1	Western Washington	40' 8.75"	12.41m	CWU Spike Art Invitational	04/17/10	04/19/10
14	Steinke, Thomas	FR-1	Central Washington	40' 2"	12.24m	CWU Spike Art Invitational	04/17/10	04/19/10

Triple Jump (Women)

		NCAA DII Auto 12.15m		NCAA DII Prov 11.55m		GNAC Auto 10.92m		GNAC Prov 10.25m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH METRIC MEET		MEET DATE		DATE SUBMITTED	
1	Alvarez, Amanda	FR-1	Seattle Pacific	39' 8.75"	12.11m	UW Ken Shannon Invitational	05/08/10	05/09/10	
1	Potter, Ashley		Western Oregon	39' 8.75"	12.11m	Stanford Invitational	03/26/10	03/28/10	
3	Lotze, Katharine	FR-1	Central Washington	38' 9.5"	11.82m	UW Ken Shannon Invitational	05/08/10	05/09/10	
4	Jewett, Jasmy	Sophomore	Northwest Nazarene	38' 6.75"	11.75m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
5	Warman, Emily	SO-2	Western Washington	38' 5"	11.71m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
6	Vonax, Laura	Senior	Northwest Nazarene	38' 2.75"	11.65m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
7	Jones, Stephanie	FR-1	Central Washington	37' 1.25"	11.31m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
8	Alvarez, Athena		Seattle Pacific	36' 7.75"	11.17m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
9	Rose, Amanda	SR-4	Central Washington	36' 7"	11.15m	CWU Spike Art Invitational	04/17/10	04/19/10	
10	Reid, Molly	Junior	Northwest Nazarene	36' 2.25"	11.03m	2010 All Idaho Collegiate	04/02/10	04/04/10	
11	Bekkedahl, Maycee	Senior	Northwest Nazarene	36' 0.5"	10.98m	EOU Blue & Gold Invitational	03/19/10	03/23/10	
12	Miranda, Trinna		Seattle Pacific	35' 6"	10.82m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
13	Jenkins, Kelly	FR-1	Seattle Pacific	35' 2.5"	10.73m	WAR 3 at Spokane CC	04/10/10	04/13/10	
14	Larlee, Annie	Senior	Northwest Nazarene	35' 2.5"	10.73m	Idaho-Utah Borderclash	04/30/10	05/02/10	
13	Sackeyfio, Julianna	FR-1	St. Martin's	35' 2.5"	10.73m	JD Shotwell Invitational	04/03/10	04/04/10	
16	Keifer, Mandy	JR-3	Western Oregon	34' 7.75"	10.56m	John Knight Twilight	04/09/10	04/10/10	
16	Weiks, Kaila	FR-1	St. Martin's	34' 7.75"	10.56m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
18	Reff, Callie	FR-1	Western Washington	34' 0.25"	10.37m	UW Ken Shannon Invitational	05/08/10	05/09/10	
19	Charette, Jocelyn	SR-4	Seattle Pacific	34' 0"	10.36m	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10	
20	Pola, Lexi		Western Oregon	33' 1.25"	10.09m	John Knight Twilight	04/09/10	04/10/10	
21	Adams, Elissa	FR-1	MSU-Billings	32' 0.75"	9.77m	UNLV Track & Field Classic	03/06/10	03/07/10	

Shot Put (Men)

		NCAA DII Auto 17.10m		NCAA DII Prov 15.90m		GNAC Auto 14.30m		GNAC Prov 13.05m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH METRIC MEET		MEET DATE		DATE SUBMITTED	
1	Slowe, Jason	Senior	Western Oregon	54' 0"	16.46m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
2	Elder, Ben	JR-3	Western Washington	52' 11.5"	16.14m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
3	Fischer, Tyler	SR-4	Central Washington	51' 11.75"	15.84m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
4	Gilbert, Jacob	FR-1	Western Washington	49' 2.25"	14.99m	CWU Spike Art Invitational	04/17/10	04/19/10	
5	Jensen, Mike	FR-1	Central Washington	49' 0.25"	14.94m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
6	Gutzman, Paul	FR-1	Western Oregon	48' 0.5"	14.64m	WU/WOU 4/15/10 Meet	04/15/10	04/26/10	
7	Harrison, Alex	JR-3	Western Washington	47' 7.75"	14.52m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
8	Hoffman, Michael	JR-3	Western Washington	46' 10.75"	14.29m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
9	Ramirez, Daniel	Senior	Central Washington	46' 10.25"	14.28m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
10	Fenters, Jordan	Senior	Northwest Nazarene	46' 6.75"	14.19m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
11	Westlin, Nelson	FR-1	Western Washington	45' 9.25"	13.95m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	
12	Rottrup, Tanner		MSU-Billings	45' 7.25"	13.90m	Montana Open	04/17/10	04/18/10	
13	Poles, Jesse	SO-2	Central Washington	45' 2.25"	13.77m	Dusty Lane Open	03/19/10	03/21/10	
14	Estrada, Diego	Senior	Northwest Nazarene	44' 4"	13.51m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
15	Gump, Cameron	FR-1	Western Washington	43' 1.5"	13.14m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10	
16	Sackeyfio, Matt	SO-2	Western Oregon	42' 10.25"	13.06m	John Knight Twilight	04/09/10	04/10/10	
17	Robinson, Casey		Alaska Anchorage	41' 8"	12.70m	Azusa Pacific Bryan Clay Invitational	04/15/10	04/17/10	
18	Renchohausen, Ryan	SR-4	Alaska Anchorage	41' 7.25"	12.68m	Chabot Relays & Distance Festival	03/26/10	03/27/10	
19	Nichols, Tyler	SO-2	Western Washington	40' 8.75"	12.41m	UW Ken Shannon Invitational	05/08/10	05/09/10	
20	Jensen, Bryce	Junior	MSU-Billings	40' 6"	12.34m	Montana Al Manuel Invitational	04/02/10	04/04/10	
21	Kreit, Andrew	FR-1	Western Washington	40' 4"	12.29m	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10	
22	Sheriff, Tommy		Central Washington	40' 0.75"	12.21m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10	
23	Arenas, Paco		Western Oregon	39' 3.75"	11.98m	Mt. Hood Twilight	05/07/10	05/08/10	
24	Zwiefelhofer, Eric	Senior	Northwest Nazarene	39' 1.75"	11.93m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
25	Kosel, Dane	FR-1	St. Martin's	39' 1"	11.91m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10	
26	Hartwigsen, Derek	SO-2	Western Washington	38' 9"	11.81m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
27	Ostler, Mychal	SR-4	Central Washington	38' 6.25"	11.74m	CWU Spike Art Invitational	04/17/10	04/19/10	
28	Lovell, Zach	SO-2	Northwest Nazarene	38' 4"	11.68m	Idaho-Utah Borderclash	04/30/10	05/02/10	
29	Martin, Billy		Seattle Pacific	37' 9.25"	11.51m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	
30	Player, Anthony	FR-1	St. Martin's	37' 7.75"	11.47m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10	
31	Larson, Neil	SO-2	Central Washington	37' 5.25"	11.41m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	
32	Loscutoff, Andy	Senior	Western Oregon	37' 3"	11.35m	Mt. Hood CC Saints Open	03/13/10	03/16/10	
33	Cleandaniel, Tim	SO-2	Western Washington	36' 0.25"	10.98m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10	
34	Heidegger, Ben	Junior	Northwest Nazarene	35' 10.5"	10.93m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
35	Wade, Mark		Northwest Nazarene	35' 9.25"	10.90m	Northwest Nazarene Invitational	04/23/10	04/25/10	
36	Hyde, Jake		Western Oregon	35' 7.25"	10.85m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
37	Iverson, Kevin	SR-4	Western Washington	35' 0.25"	10.67m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10	
38	Williams, Elmer	Sophomore	Northwest Nazarene	34' 10.25"	10.62m	Northwest Nazarene Open	03/13/10	03/14/10	
39	Montgomery, Stuart	Senior	Northwest Nazarene	33' 8.5"	10.27m	NNU Combined Events	03/11/10	05/03/10	
40	Johnson, Nate		Seattle Pacific	33' 3.75"	10.15m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
41	Caryl, Jason	FR-1	Central Washington	32' 5"	9.88m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10	
42	Eaton, Alex	SR-4	Northwest Nazarene	31' 9.25"	9.68m	EOU Mountaineer Open	04/17/10	04/18/10	
42	Venema, Andrew		Central Washington	31' 9.25"	9.68m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
44	Greene, Tim	Senior	Northwest Nazarene	30' 7.75"	9.34m	Northwest Nazarene Invitational	04/23/10	04/25/10	
45	Roddedwig, Brandon	FR-1	Central Washington	30' 0.25"	9.15m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	
46	Steinke, Thomas	FR-1	Central Washington	29' 3.75"	8.93m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
47	Suazo, Jacob	SO-2	St. Martin's	28' 1.75"	8.58m	JD Shotwell Invitational	04/03/10	04/04/10	
48	Roberts, Austin	SR-4	Western Oregon	27' 3.75"	8.32m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
49	Hunter, Scott	FR-1	Central Washington	27' 2"	8.28m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
50	Steigltz, Tim		Northwest Nazarene	27' 0.5"	8.24m	NNU Combined Events	03/11/10	05/03/10	
51	Gordon, Dylan	FR-1	Western Washington	24' 5"	7.44m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10	

Shot Put (Women)

		NCAA DII Auto 14.50m		NCAA DII Prov 13.25m		GNAC Auto 11.76m		GNAC Prov 10.96m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH METRIC MEET		MEET DATE		DATE SUBMITTED	
1	Warrington, Joy	Junior	Northwest Nazarene	45' 3.5"	13.80m	Northwest Nazarene Invitational	04/23/10	04/25/10	
2	Self, Torrie	JR-3	Central Washington	42' 0.5"	12.81m	JD Shotwell Invitational	04/03/10	04/04/10	
3	Yates, Raisa	FR-1	Central Washington	40' 11.5"	12.48m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
4	Baumstark, Kaylee		Central Washington	40' 9"	12.42m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
5	Dranginis, Carly	Sophomore	Northwest Nazarene	40' 7"	12.37m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	

6	Stueckle, Jordan	JR-3	Central Washington	40' 2"	12.24m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
7	Jones, Brittany	FR-1	Western Washington	39' 6.5"	12.05m	JD Shotwell Invitational	04/03/10	04/04/10
8	Gourneau, Hilary	SO-2	MSU-Billings	39' 4.5"	12.00m	Montana Al Manuel Invitational	04/02/10	04/04/10
9	Shute, Shayna	Senior	Northwest Nazarene	39' 2.5"	11.95m	Northwest Nazarene Invitational	04/23/10	04/25/10
10	Berg, Brook	FR-1	MSU-Billings	39' 0.5"	11.90m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
11	Harris, Elisha	SR-4	Alaska Anchorage	37' 11.25"	11.56m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
12	Halvorson, Alexi	JR-3	MSU-Billings	37' 4.5"	11.39m	Montana Tom Gage Classic	05/07/10	05/08/10
13	Vanderloos, Kacie	JR-3	MSU-Billings	37' 2.5"	11.34m	Montana Tom Gage Classic	05/07/10	05/08/10
14	Mulkey, Becky	FR-1	Central Washington	37' 1.25"	11.31m	CWU Spike Arit Invitational	04/17/10	04/19/10
15	Sims, Crystal	Senior	Seattle Pacific	36' 9.75"	11.22m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
16	Keifer, Mandy	JR-3	Western Oregon	36' 4.75"	11.09m	2010 Willamette Opener	03/06/10	03/08/10
17	Spieker, Emily	FR-1	Western Washington	34' 4.75"	10.48m	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
18	Spees, Sarah	SO-2	Central Washington	33' 11.25"	10.34m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
19	Tri, Brittany	Junior	Seattle Pacific	32' 11"	10.03m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
20	Gross, Katy		Seattle Pacific	32' 8.5"	9.97m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
20	Hedrick, Alicia	Sophomore	Northwest Nazarene	32' 8.5"	9.97m	Northwest Nazarene Open	03/13/10	03/14/10
22	Brady, Lindsay	SR-4	Northwest Nazarene	32' 5"	9.88m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
23	Elder, Amy		Western Oregon	32' 2"	9.80m	WU/WOU 4/15/10 Meet	04/15/10	04/26/10
24	Gonzalez, Raquel	SR-4	Central Washington	31' 9.25"	9.68m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
25	Rotta, Ali	FR-1	Northwest Nazarene	31' 5.75"	9.59m	EOU Mountaineer Open	04/17/10	04/18/10
26	Worthen, Ali	Junior	Seattle Pacific	31' 0"	9.45m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
27	Vonarx, Laura	Senior	Northwest Nazarene	30' 9"	9.37m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
28	Bennett, Jill	Junior	Northwest Nazarene	30' 4.75"	9.26m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
29	McLam, Beth	SR-4	Northwest Nazarene	30' 3.5"	9.23m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
30	Tua, Teiissa	FR-1	St. Martin's	30' 1.5"	9.18m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
31	Mattly, Sarah	FR-1	Northwest Nazarene	29' 9.25"	9.07m	Northwest Nazarene Open	03/13/10	03/14/10
32	Aanstad, Brittany	Senior	Seattle Pacific	29' 7.25"	9.02m	Cal Multis	03/24/10	03/26/10
33	Seidler, Mary	SR-4	Central Washington	29' 6"	8.99m	Dusty Lane Open	03/19/10	03/21/10
34	Pike, Jennifer	Senior	Seattle Pacific	29' 1"	8.86m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
35	Berg, Siri	SO-2	Central Washington	28' 11.75"	8.83m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
36	McCarthy, Erika	SR-4	Northwest Nazarene	28' 10"	8.78m	EOU Blue & Gold Invitational	03/19/10	03/23/10
37	Houplin, Joana	SO-2	Western Washington	28' 3.75"	8.63m	UW Ken Shannon Invitational	05/08/10	05/09/10
38	Carriveau, Danielle	FR-1	Central Washington	28' 0"	8.53m	WWU Twilight Track & Field Meet	04/23/10	04/25/10
39	Nilles, Lakiesha	Junior	Northwest Nazarene	27' 6.5"	8.39m	EOU Blue & Gold Invitational	03/19/10	03/23/10
40	Daigneault, Sarah	FR-1	Western Washington	26' 1"	7.95m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
40	Mosher, Ali	Junior	Western Oregon	26' 1"	7.95m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
42	Scholter, Hannah	FR-1	St. Martin's	24' 11.25"	7.60m	PLU Invitational	03/13/10	03/17/10
43	Jones, Stephanie	FR-1	Central Washington	24' 2.25"	7.37m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
44	Elwell, Sarah	SR-4	Northwest Nazarene	21' 4"	6.50m	EOU Blue & Gold Invitational	03/19/10	03/23/10

Discus Throw (Men)

			NCAA DII Auto 53.00m	NCAA DII Prov 48.80m	GNAC Auto 43.12m	GNAC Prov 40.52m		
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	DATE	DATE
								SUBMITTED
1	Elder, Ben	JR-3	Western Washington	168' 4"	51.32m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
2	Hoffman, Michael	JR-3	Western Washington	163' 9"	49.92m	Oregon Relays presented by Oregon Community Credit Union	04/30/10	05/02/10
3	Slowey, Jason	Senior	Western Oregon	162' 2"	49.42m	Beach Invitational	04/16/10	04/18/10
4	Fischer, Tyler	SR-4	Central Washington	155' 8"	47.46m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
5	Westlin, Nelson	FR-1	Western Washington	152' 6"	46.49m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
6	Michaelson, Bryant	Senior	Western Washington	152' 2"	46.39m	WWU Twilight Track & Field Meet	04/23/10	04/25/10
7	Stewart, Parker	FR-1	Western Oregon	151' 4"	46.12m	Mt. Hood Twilight	05/07/10	05/08/10
8	Wilson, Nick		MSU-Billings	145' 4"	44.30m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
9	Potes, Jesse	SO-2	Central Washington	140' 11"	42.96m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
10	Ramirez, Daniel	Senior	Central Washington	140' 3"	42.74m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
11	Schryvers, Matt	SO-2	Western Oregon	138' 3"	42.15m	Pacific Twilight Invitational	05/01/10	05/02/10
12	Ostler, Mychal	SR-4	Central Washington	136' 7"	41.64m	CWU Spike Arit Invitational	04/17/10	04/19/10
13	Harrison, Alex	JR-3	Western Washington	136' 0"	41.45m	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10
14	Gutzman, Paul	FR-1	Western Oregon	132' 4"	40.33m	WU/WOU 4/15/10 Meet	04/15/10	04/26/10
15	Jensen, Mike	FR-1	Central Washington	131' 6"	40.09m	Idaho Vandal Jamboree	05/08/10	05/09/10
16	Gilbert, Jacob	FR-1	Western Washington	130' 9"	39.86m	UW Ken Shannon Invitational	05/08/10	05/09/10
17	Martin, Billy		Seattle Pacific	127' 5"	38.85m	CWU Spike Arit Invitational	04/17/10	04/19/10
18	Williams, Elmer	Sophomore	Northwest Nazarene	127' 4"	38.81m	2010 All Idaho Collegiate	04/02/10	04/04/10
19	Fenters, Jordan	Senior	Northwest Nazarene	125' 11"	38.38m	Northwest Nazarene Invitational	04/23/10	04/25/10
20	Robinson, Casey		Alaska Anchorage	125' 9"	38.32m	Chabot Relays & Distance Festival	03/26/10	03/27/10
21	Rencehausen, Ryan	SR-4	Alaska Anchorage	125' 3"	38.18m	Willie Williams Classic	03/19/10	03/20/10
22	Estrada, Diego	Senior	Northwest Nazarene	119' 9"	36.51m	Idaho-Utah Borderclash	04/30/10	05/02/10
23	Johnson, Nate		Seattle Pacific	117' 5"	35.79m	CWU Spike Arit Invitational	04/17/10	04/19/10
24	Mayberry, Colby	SO-2	Western Washington	117' 4"	35.76m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
25	Sheriff, Tommy		Central Washington	116' 5"	35.48m	Dusty Lane Open	03/19/10	03/21/10
26	Larson, Neil	SO-2	Central Washington	115' 4"	35.15m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
27	Jensen, Bryce	Junior	MSU-Billings	114' 7"	34.92m	Montana Al Manuel Invitational	04/02/10	04/04/10
28	Hyde, Jake		Western Oregon	112' 6"	34.28m	John Knight Twilight	04/09/10	04/10/10
29	Loscutoff, Andy	Senior	Western Oregon	111' 4"	33.94m	John Knight Twilight	04/09/10	04/10/10
30	Reavis, Kody	Junior	Western Oregon	111' 0"	33.84m	John Knight Twilight	04/09/10	04/10/10
31	Nichols, Tyler	SO-2	Western Washington	110' 0"	33.52m	WWU Twilight Track & Field Meet	04/23/10	04/25/10
32	Eaton, Alex	SR-4	Northwest Nazarene	106' 8"	32.52m	WAR 3 at Spokane CC	04/10/10	04/13/10
33	Zwiefelhofer, Eric	Senior	Northwest Nazarene	104' 6"	31.85m	GNAC Combined Events Championships	05/03/10	05/04/10
34	Wade, Mark		Northwest Nazarene	104' 1"	31.73m	Northwest Nazarene Invitational	04/23/10	04/25/10
35	Iverson, Kevin	SR-4	Western Washington	102' 7"	31.27m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
36	Hartwigen, Derek	SO-2	Western Washington	101' 6"	30.93m	Club Northwest Spring Break Open	03/27/10	03/28/10
37	Ciendaniel, Tim	SO-2	Western Washington	100' 9"	30.72m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
38	Karnikis, Taylor	Junior	Alaska Anchorage	100' 8"	30.68m	Beach Invitational	04/16/10	04/18/10
39	Morley, Josh	FR-1	MSU-Billings	99' 2"	30.24m	Montana Open	04/17/10	04/18/10
40	Player, Anthony	FR-1	St. Martin's	98' 9"	30.09m	Joe Peyton Invitational	03/27/10	03/27/10
41	Roddedwig, Brandon	FR-1	Central Washington	98' 3"	29.94m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
42	Knight, Andrew	FR-1	Western Washington	95' 10"	29.21m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
43	Montgomery, Stuart	Senior	Northwest Nazarene	94' 9"	28.87m	Northwest Nazarene Invitational	04/23/10	04/25/10
44	Venema, Andrew		Central Washington	92' 6"	28.19m	GNAC Combined Events Championships	05/03/10	05/04/10

45	Roberts, Austin	SR-4	Western Oregon	89' 8"	27.33m	GNAC Combined Events Championships	05/03/10	05/04/10
46	Steinke, Thomas	FR-1	Central Washington	79' 10"	24.33m	GNAC Combined Events Championships	05/03/10	05/04/10
47	Hunter, Scott	FR-1	Central Washington	79' 2"	24.14m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
48	Caryl, Jason	FR-1	Central Washington	77' 3"	23.56m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
49	Heidegger, Ben	Junior	Northwest Nazarene	76' 2"	23.22m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
50	Greene, Tim	Senior	Northwest Nazarene	75' 1"	22.89m	Northwest Nazarene Invitational	04/23/10	04/25/10
51	Steiglitz, Tim		Northwest Nazarene	70' 10"	21.58m	NUU Combined Events	03/11/10	05/03/10
52	Gordon, Dylan	FR-1	Western Washington	61' 6"	18.76m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10

Discus Throw (Women)

		NCAA DII Auto 47.60m		NCAA DII Prov 43.00m		GNAC Auto 39.87m		GNAC Prov 36.06m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	
1	Self, Torrie	JR-3	Central Washington	139' 11"	42.66m	Oregon Preview	03/20/10	03/21/10	
2	Halvorson, Alexi	JR-3	MSU-Billings	139' 9"	42.59m	BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10	
3	Warrington, Joy	Junior	Northwest Nazarene	135' 4"	41.25m	Northwest Nazarene Invitational	04/23/10	04/25/10	
4	Spieker, Emily	FR-1	Western Washington	131' 11"	40.21m	UW Ken Shannon Invitational	05/08/10	05/09/10	
5	Yates, Raisa	FR-1	Central Washington	131' 4"	40.03m	Idaho Vandal Jamboree	05/08/10	05/09/10	
6	Jones, Brittany	FR-1	Western Washington	129' 9"	39.56m	UW Ken Shannon Invitational	05/08/10	05/09/10	
7	Dranginis, Carly	Sophomore	Northwest Nazarene	127' 7"	38.90m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
8	Hedrick, Alicia	Sophomore	Northwest Nazarene	123' 7"	37.68m	Idaho-Utah Borderclash	04/30/10	05/02/10	
9	Harris, Elisha	SR-4	Alaska Anchorage	123' 0"	37.49m	Chabot Relays & Distance Festival	03/26/10	03/27/10	
10	Baumstark, Kaylee		Central Washington	121' 5"	37.01m	PLU Invitational	03/13/10	03/17/10	
11	Shute, Shayna	Senior	Northwest Nazarene	119' 9"	36.50m	Idaho-Utah Borderclash	04/30/10	05/02/10	
12	McCarthy, Erika	SR-4	Northwest Nazarene	115' 1"	35.08m	Northwest Nazarene Invitational	04/23/10	04/25/10	
13	Gourneau, Hilary	SO-2	MSU-Billings	112' 3"	34.21m	Montana Al Manuel Invitational	04/02/10	04/04/10	
14	Elder, Amy		Western Oregon	109' 11"	33.51m	Pacific Twilight Invitational	05/01/10	05/02/10	
15	Nilles, Lakiesha	Junior	Northwest Nazarene	105' 9"	32.24m	2010 All Idaho Collegiate	04/02/10	04/04/10	
16	Stueckle, Jordan	JR-3	Central Washington	105' 8"	32.20m	PLU Invitational	03/13/10	03/17/10	
17	Jones, Chelsey	SR-4	Northwest Nazarene	102' 3"	31.17m	Idaho-Utah Borderclash	04/30/10	05/02/10	
18	Spees, Sarah	SO-2	Central Washington	101' 8"	30.99m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10	
19	Mattly, Sarah	FR-1	Northwest Nazarene	101' 2"	30.83m	Northwest Nazarene Invitational	04/23/10	04/25/10	
20	Berg, Brook	FR-1	MSU-Billings	100' 4"	30.58m	Montana State Bobcat Open	04/10/10	04/10/10	
21	Aanstad, Brittany	Senior	Seattle Pacific	100' 0"	30.47m	JD Shotwell Invitational	04/03/10	04/04/10	
22	Mulkey, Becky	FR-1	Central Washington	94' 5"	28.78m	PLU Invitational	03/13/10	03/17/10	
23	Tua, Teiissa	FR-1	St. Martin's	88' 3"	26.91m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10	
24	Carriveau, Danielle	FR-1	Central Washington	76' 9"	23.40m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	

Hammer Throw (Men)

		NCAA DII Auto 60.00m		NCAA DII Prov 54.50m		GNAC Auto 48.57m		GNAC Prov 40.79m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	
1	Hoffman, Michael	JR-3	Western Washington	195' 2"	59.50m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
2	Fischer, Tyler	SR-4	Central Washington	193' 2"	58.88m	NCAA Division II Outdoor Championships	05/27/10	05/30/10	
3	Ostler, Mychal	SR-4	Central Washington	189' 2"	57.66m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
4	Schryvers, Matt	SO-2	Western Oregon	172' 11"	52.72m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
5	Slowey, Jason	Senior	Western Oregon	166' 0"	50.60m	John Knight Twilight	04/09/10	04/10/10	
6	Elder, Ben	JR-3	Western Washington	160' 10"	49.03m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10	
7	Fenters, Jordan	Senior	Northwest Nazarene	158' 7"	48.35m	WAR 3 at Spokane CC	04/10/10	04/13/10	
8	Ramirez, Daniel	Senior	Central Washington	155' 1"	47.26m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
9	Michaelson, Bryant	Senior	Western Washington	152' 9"	46.56m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
10	Nichols, Tyler	SO-2	Western Washington	150' 1"	45.75m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	
11	Reavis, Kody	Junior	Western Oregon	145' 10"	44.46m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
12	Jensen, Mike	FR-1	Central Washington	145' 4"	44.30m	Idaho Vandal Jamboree	05/08/10	05/09/10	
13	Renoehausen, Ryan	SR-4	Alaska Anchorage	144' 5"	44.01m	Willie Williams Classic	03/19/10	03/20/10	
14	Sheriff, Tommy		Central Washington	144' 0"	43.90m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	
15	Williams, Elmer	Sophomore	Northwest Nazarene	140' 1"	42.70m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
16	Martin, Billy		Seattle Pacific	137' 11"	42.03m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	
17	Estrada, Diego	Senior	Northwest Nazarene	133' 10"	40.79m	EOU Mountaineer Open	04/17/10	04/18/10	
18	Eaton, Alex	SR-4	Northwest Nazarene	131' 11"	40.21m	EOU Mountaineer Open	04/17/10	04/18/10	
19	Arenas, Paco		Western Oregon	127' 2"	38.77m	Mt. Hood Twilight	05/07/10	05/08/10	
20	Poles, Jesse	SO-2	Central Washington	122' 11"	37.48m	Idaho Vandal Jamboree	05/08/10	05/09/10	
21	Larson, Neil	SO-2	Central Washington	119' 2"	36.32m	Idaho Vandal Jamboree	05/08/10	05/09/10	
22	Arenas, Francisco	SO-2	Western Oregon	115' 5"	35.19m	2010 Willamette Opener	03/06/10	03/08/10	
23	Kee, Tatsuya	SO-2	Western Washington	114' 9"	34.99m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	
24	Player, Anthony	FR-1	St. Martin's	113' 1"	34.46m	Joe Peyton Invitational	03/27/10	03/27/10	
25	Gilbert, Jacob	FR-1	Western Washington	111' 1"	33.85m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	
26	Knight, Andrew	FR-1	Western Washington	109' 8"	33.44m	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10	
27	Westlin, Nelson	FR-1	Western Washington	103' 1"	31.41m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10	
28	Mayberry, Colby	SO-2	Western Washington	100' 2"	30.54m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	

Hammer Throw (Women)

		NCAA DII Auto 54.60m		NCAA DII Prov 49.50m		GNAC Auto 44.79m		GNAC Prov 39.36m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	
1	Self, Torrie	JR-3	Central Washington	179' 4"	54.67m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	
2	McCarthy, Erika	SR-4	Northwest Nazarene	160' 7"	48.94m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
3	Dranginis, Carly	Sophomore	Northwest Nazarene	154' 1"	46.96m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
4	Stueckle, Jordan	JR-3	Central Washington	152' 1"	46.35m	PLU Invitational	03/13/10	03/17/10	
5	Warrington, Joy	Junior	Northwest Nazarene	150' 6"	45.88m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
6	Shute, Shayna	Senior	Northwest Nazarene	148' 9"	45.35m	WAR 3 at Spokane CC	04/10/10	04/13/10	
7	Dittmar, Stefani	SR-4	Western Oregon	140' 3"	42.74m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
8	Baumstark, Kaylee		Central Washington	130' 1"	39.64m	WAR 3 at Spokane CC	04/10/10	04/13/10	
9	Hedrick, Alicia	Sophomore	Northwest Nazarene	129' 4"	39.42m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
10	Halvorson, Alexi	JR-3	MSU-Billings	127' 7"	38.88m	Montana State Bobcat Open	04/10/10	04/10/10	
11	Yates, Raisa	FR-1	Central Washington	122' 6"	37.34m	Idaho Vandal Jamboree	05/08/10	05/09/10	
12	Spieker, Emily	FR-1	Western Washington	113' 9"	34.68m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10	
13	Mulkey, Becky	FR-1	Central Washington	113' 4"	34.54m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	
14	Elder, Amy		Western Oregon	106' 9"	32.54m	Mt. Hood Twilight	05/07/10	05/08/10	
15	Mattly, Sarah	FR-1	Northwest Nazarene	104' 4"	31.81m	Northwest Nazarene Invitational	04/23/10	04/25/10	
16	Kaligis, Lauren	SR-4	Western Washington	102' 6"	31.25m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10	
17	Spees, Sarah	SO-2	Central Washington	86' 8"	26.43m	Idaho Vandal Jamboree	05/08/10	05/09/10	
18	Stray, Jillian	FR-1	St. Martin's	82' 9"	25.22m	Joe Peyton Invitational	03/27/10	03/27/10	
19	Carriveau, Danielle	FR-1	Central Washington	67' 8"	20.62m	WWU Twilite Track & Field Meet	04/23/10	04/25/10	

Javelin (Men)

		NCAA DII Auto 63.50m		NCAA DII Prov 59.00m		GNAC Auto 54.57m		GNAC Prov 48.93m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	
1	Wilson, Nick		MSU-Billings	208' 9"	63.62m	Montana State Bobcat Open	04/10/10	04/10/10	
2	Harrison, Alex	JR-3	Western Washington	208' 5"	63.52m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
3	Crook, Will		Western Oregon	202' 0"	61.57m	Pacific Twilight Invitational	05/01/10	05/02/10	

4	Rowlett, Nathan	Western Oregon	199' 4"	60.76m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
5	Wagner, Nate	SR-4 Seattle Pacific	191' 10"	58.47m	WWU Twilight Track & Field Meet	04/23/10	04/25/10
6	Allison, Sean	FR-1 Central Washington	191' 8"	58.42m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
7	Derwin, Jace	SR-4 Seattle Pacific	190' 3"	58.00m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
8	Zwiefelhofer, Eric	Senior Northwest Nazarene	189' 6"	57.76m	2010 All Idaho Collegiate	04/02/10	04/04/10
9	Reavis, Kody	Junior Western Oregon	187' 11"	57.27m	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
10	Player, Anthony	FR-1 St. Martin's	183' 7"	55.97m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
11	Robinson, Casey	Alaska Anchorage	175' 7"	53.52m	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10
12	Sheriff, Tommy	Central Washington	173' 3"	52.80m	Dusty Lane Open	03/19/10	03/21/10
13	Valentine, Bob	JR-3 Western Washington	172' 5"	52.56m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10
14	Hart, Kyle	SO-2 Western Oregon	171' 4"	52.22m	2010 Willamette Opener	03/06/10	03/08/10
15	Johnson, Nate	Seattle Pacific	168' 0"	51.20m	CWU Spike Art Invitational	04/17/10	04/19/10
16	Berkman, Kerycz	SO-2 Western Oregon	166' 3"	50.67m	Mt. Hood CC Saints Open	03/13/10	03/16/10
17	Mayberry, Colby	SO-2 Western Washington	165' 7"	50.48m	WWU Twilight Track & Field Meet	04/23/10	04/25/10
18	Hudson, Kevin	SO-2 St. Martin's	161' 1"	49.09m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10
19	Loscutoff, Andy	Senior Western Oregon	160' 9"	49.00m	John Knight Twilight	04/09/10	04/10/10
20	Hyde, Jake	Western Oregon	159' 3"	48.53m	GNAC Combined Events Championships	05/03/10	05/04/10
21	Hartwigsen, Derek	SO-2 Western Washington	158' 9"	48.40m	CWU Spike Art Invitational	04/17/10	04/19/10
22	Nicola, Jacob	Junior Western Oregon	156' 9"	47.78m	John Knight Twilight	04/09/10	04/10/10
23	Rottrup, Tanner	MSU-Billings	156' 7"	47.74m	Montana Open	04/17/10	04/18/10
24	Nelson, Joseph	JR-3 Central Washington	156' 6"	47.70m	CWU Spike Art Invitational	04/17/10	04/19/10
25	Wade, Mark	Northwest Nazarene	149' 1"	45.44m	Northwest Nazarene Invitational	04/23/10	04/25/10
26	Clendaniel, Tim	SO-2 Western Washington	146' 7"	44.68m	JD Shotwell Invitational	04/03/10	04/04/10
27	DeWolf, Austen	Alaska Anchorage	144' 11"	44.18m	UNLV Track & Field Classic	03/06/10	03/07/10
28	Karnikis, Taylor	Junior Alaska Anchorage	142' 8"	43.48m	Beach Invitational	04/16/10	04/18/10
29	Fenters, Jordan	Senior Northwest Nazarene	138' 8"	42.26m	Northwest Nazarene Invitational	04/23/10	04/25/10
30	Lovell, Zach	SO-2 Northwest Nazarene	137' 9"	42.00m	WAR 3 at Spokane CC	04/10/10	04/13/10
31	Roddedwig, Brandon	FR-1 Central Washington	137' 8"	41.97m	GNAC Combined Events Championships	05/03/10	05/04/10
32	Jones, Josh	Senior Northwest Nazarene	137' 6"	41.90m	WAR 3 at Spokane CC	04/10/10	04/13/10
33	Caryl, Jason	FR-1 Central Washington	132' 10"	40.48m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
34	Heidegger, Ben	Junior Northwest Nazarene	129' 1"	39.35m	NUU Combined Events	03/11/10	05/03/10
35	Steinke, Thomas	FR-1 Central Washington	128' 3"	39.09m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
36	Montgomery, Stuart	Senior Northwest Nazarene	127' 7"	38.88m	Northwest Nazarene Invitational	04/23/10	04/25/10
37	Greene, Tim	Senior Northwest Nazarene	127' 5"	38.83m	Northwest Nazarene Invitational	04/23/10	04/25/10
38	Iverson, Kevin	SR-4 Western Washington	127' 3"	38.79m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
39	Morley, Josh	FR-1 MSU-Billings	125' 7"	38.28m	Montana State Bobcat Open	04/10/10	04/10/10
40	Larson, Neil	SO-2 Central Washington	118' 1"	36.00m	CWU Spike Art Invitational	04/17/10	04/19/10
41	Hunter, Scott	FR-1 Central Washington	114' 1"	34.77m	GNAC Combined Events Championships	05/03/10	05/04/10
42	Roberts, Austin	SR-4 Western Oregon	108' 5"	33.05m	GNAC Combined Events Championships	05/03/10	05/04/10
43	Venema, Andrew	Central Washington	93' 0"	28.34m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
44	Gordon, Dylan	FR-1 Western Washington	80' 5"	24.51m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
45	Steiglitz, Tim	Northwest Nazarene	69' 7"	21.20m	NUU Combined Events	03/11/10	05/03/10

Javelin (Women)

		NCAA DII Auto 45.00m		NCAA DII Prov 40.00m		GNAC Auto 40.83m		GNAC Prov 34.50m	
RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET	DATEDATE	SUBMITTED
1	Powers, Carolanne	FR-1	Western Oregon	154' 9"	47.16m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
2	Aanstad, Brittany	Senior	Seattle Pacific	149' 10"	45.68m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
3	Schumaker, Amanda		Western Oregon	146' 6"	44.66m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
4	Nilles, Lakiessa	Junior	Northwest Nazarene	142' 0"	43.29m	Northwest Nazarene Open	03/13/10	03/14/10	
5	Harris, Elisha	SR-4	Alaska Anchorage	141' 4"	43.07m	Northridge Invitational	03/12/10	03/14/10	
6	Stray, Jillian	FR-1	St. Martin's	140' 10"	42.92m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10	
7	Vonax, Laura	Senior	Northwest Nazarene	139' 7"	42.54m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
8	Gruszecki, Monika	JR-3	Western Washington	138' 7"	42.25m	52nd Annual Mt. SAC Relays	04/15/10	04/18/10	
9	Andrews, Carly	Junior	Seattle Pacific	132' 5"	40.36m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10	
10	Hull, Samantha	Sophomore	St. Martin's	128' 9"	39.25m	PLU Invitational	03/13/10	03/17/10	
11	Morris, Caitlyn	SR-4	Western Oregon	127' 11"	39.00m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
12	Keifer, Mandy	JR-3	Western Oregon	124' 6"	37.94m	Mt. Hood CC Saints Open	03/13/10	03/16/10	
13	Baumstark, Kaylee		Central Washington	123' 2"	37.54m	WWU Twilight Track & Field Meet	04/23/10	04/25/10	
14	Pike, Jennifer	Senior	Seattle Pacific	121' 7"	37.07m	WWU Twilight Track & Field Meet	04/23/10	04/25/10	
15	Tri, Brittany	Junior	Seattle Pacific	119' 9"	36.50m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
16	Maccauley, Mariah	FR-1	Western Oregon	115' 9"	35.28m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	
17	Elwell, Sarah	SR-4	Northwest Nazarene	113' 2"	34.50m	Northwest Nazarene Open	03/13/10	03/14/10	
18	Spees, Sarah	SO-2	Central Washington	111' 6"	34.00m	PLU Invitational	03/13/10	03/17/10	
19	Gross, Katy		Seattle Pacific	108' 0"	32.91m	GNAC Combined Events Championships	05/03/10	05/04/10	
20	Sims, Crystal	Senior	Seattle Pacific	107' 5"	32.74m	WWU Twilight Track & Field Meet	04/23/10	04/25/10	
21	Clark, Kelsey	JR-3	MSU-Billings	107' 0"	32.62m	UNLV Track & Field Classic	03/06/10	03/07/10	
22	Jones, Chelsey	SR-4	Northwest Nazarene	104' 2"	31.74m	Northwest Nazarene Open	03/13/10	03/14/10	
23	Gonzalez, Raquel	SR-4	Central Washington	103' 6"	31.55m	WWU Twilight Track & Field Meet	04/23/10	04/25/10	
24	Bradly, Lindsay	SR-4	Northwest Nazarene	101' 5"	30.91m	Northwest Nazarene Invitational	04/23/10	04/25/10	
25	Chergler, Hannah	FR-1	St. Martin's	98' 11"	30.14m	Saint Martin's Track & Field Invitational	05/01/10	05/02/10	
26	Berg, Siri	SO-2	Central Washington	97' 3"	29.65m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10	
27	McLam, Beth	SR-4	Northwest Nazarene	95' 0"	28.97m	GNAC Combined Events Championships	05/03/10	05/04/10	
28	Worthen, Ali	Junior	Seattle Pacific	94' 1"	28.67m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10	
29	Marino, Lauryn	JR-3	Western Washington	91' 6"	27.90m	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10	
30	Iron, Cady	FR-1	MSU-Billings	91' 0"	27.73m	BHSU Yellow Jacket Outdoor Invitational	04/24/10	04/30/10	
31	Bennett, Jill	Junior	Northwest Nazarene	87' 8"	26.73m	Northwest Nazarene Invitational	04/23/10	04/25/10	
32	Daigneault, Sarah	FR-1	Western Washington	86' 11"	26.50m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10	
33	Swigart, Hannah	FR-1	Central Washington	81' 4"	24.79m	CWU Spike Art Invitational	04/17/10	04/19/10	
34	Everett, Charleen	SO-2	Northwest Nazarene	74' 6"	22.70m	Northwest Nazarene Open	03/13/10	03/14/10	
35	Siedler, Mary	SR-4	Central Washington	73' 6"	22.40m	CWU Spike Art Invitational	04/17/10	04/19/10	
36	Jones, Stephanie	FR-1	Central Washington	65' 3"	19.89m	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10	
37	Mosher, Ali	Junior	Western Oregon	59' 6"	18.14m	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10	

Decathlon (Men)

		NCAA DII Auto 6900		NCAA DII Prov 6300		GNAC Auto 5491		GNAC Prov 4422	
RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED		
1	Harrison, Alex	JR-3	Western Washington	6625	Mt. SAC/CA Invite Combined Events	04/14/10	04/18/10		
2	Zwiefelhofer, Eric	Senior	Northwest Nazarene	6173	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
3	Loscutoff, Andy	Senior	Western Oregon	6159	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
4	Johnson, Nate		Seattle Pacific	6040	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
5	Roddedwig, Brandon	FR-1	Central Washington	5799	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
6	Hyde, Jake		Western Oregon	5718	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
7	Clendaniel, Tim	SO-2	Western Washington	5674	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
8	Hunter, Scott	FR-1	Central Washington	5436	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
9	Iverson, Kevin	SR-4	Western Washington	5379	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
10	Hartwigsen, Derek	SO-2	Western Washington	5364	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
11	Steinke, Thomas	FR-1	Central Washington	5212	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		
12	Roberts, Austin	SR-4	Western Oregon	5148	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
13	Venema, Andrew		Central Washington	5137	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
14	Heidegger, Ben	Junior	Northwest Nazarene	5057	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
15	Montgomery, Stuart	Senior	Northwest Nazarene	4954	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
16	Caryl, Jason	FR-1	Central Washington	4912	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		
17	Steiglitz, Tim		Northwest Nazarene	4294	NUU Combined Events	03/11/10	05/03/10		

18	Wade, Mark	Northwest Nazarene	3407	3407	NNU Combined Events	03/11/10	05/03/10
19	Gordon, Dylan	FR-1 Western Washington	3365	3365	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10
20	Greene, Tim	Senior Northwest Nazarene	30	30	NNU Combined Events	03/11/10	05/03/10

100m H (Women)

		NCAA DII Auto 13.90		NCAA DII Prov 14.55		GNAC Auto 15.19		GNAC Prov 16.14	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
1	Sims, Crystal	Senior	Seattle Pacific	14.45	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
2	Howe, Michelle	JR-3	Western Washington	14.53	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
3	Reid, Kaitlyn		Western Oregon	14.64	Oregon Twilight	05/08/10	05/09/10		
4	Laichak, Lauren	SO-2	Alaska Anchorage	14.89	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
5	Keifer, Mandy	JR-3	Western Oregon	14.94	2010 Willamette Invitational - COLLEGE TEAMS	04/02/10	04/05/10		
6	Bjornsson, Tanya	FR-1	Western Washington	14.98	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
7	Vander Meulen, Janna	Junior	Western Oregon	15.00	Oregon Twilight	05/08/10	05/09/10		
8	Gonzalez, Raquel	SR-4	Central Washington	15.24	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
9	Lewis, Kira		Seattle Pacific	15.43	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
10	Lotze, Katharine	FR-1	Central Washington	15.50	PLU Invitational	03/13/10	03/17/10		
11	Pike, Jennifer	Senior	Seattle Pacific	15.55	JD Shotwell Invitational	04/03/10	04/04/10		
12	Mosher, Ali	Junior	Western Oregon	15.61	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
13	Gross, Katy		Seattle Pacific	15.62	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
14	Worthen, Ali	Junior	Seattle Pacific	15.75	JD Shotwell Invitational	04/03/10	04/04/10		
15	Young, Zee Zee	SR-4	Alaska Anchorage	15.80	UNLV Track & Field Classic	03/06/10	03/07/10		
16	Bennett, Jill	Junior	Northwest Nazarene	15.84	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
17	Daigneault, Sarah	FR-1	Western Washington	15.87	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
18	McDonald, Alexandra	FR-1	Western Washington	15.94	HT Club Northwest Spring Break Open	03/27/10	03/28/10		
19	Friess, Meagan	SR-4	Alaska Anchorage	16.09	Beach Invitational	04/16/10	04/18/10		
20	Jones, Stephanie	FR-1	Central Washington	16.19	CWU Spike Arit Invitational	04/17/10	04/19/10		
21	Tri, Brittany	Junior	Seattle Pacific	16.22	CWU Spike Arit Invitational	04/17/10	04/19/10		
22	Pridgen, Laura	Sophomore	Northwest Nazarene	16.23	EOU Mountaineer Open	04/17/10	04/18/10		
23	Everett, Adrienna	Senior	Alaska Anchorage	16.34	Chabot Relays & Distance Festival	03/26/10	03/27/10		
24	Rowland, Shelby	FR-1	Western Washington	16.41	WWU Twilite Track & Field Meet	04/23/10	04/25/10		
24	Vonax, Laura	Senior	Northwest Nazarene	16.41	Northwest Nazarene Invitational	04/23/10	04/25/10		
26	Aanstad, Brittany	Senior	Seattle Pacific	16.57	Cal Multis	03/24/10	03/26/10		
27	Rose, Amanda	SR-4	Central Washington	16.70	Dusty Lane Open	03/19/10	03/21/10		
28	Scholter, Hannah	FR-1	St. Martin's	16.90	PLU Invitational	03/13/10	03/17/10		
29	Nobbs, Natalie	Junior	Seattle Pacific	17.06	UPS vs. L&C, WWU, SPU	03/06/10	03/10/10		
30	Berg, Siri	SO-2	Central Washington	17.54	CWU Spike Arit Invitational	04/17/10	04/19/10		
31	McLam, Beth	SR-4	Northwest Nazarene	17.56	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
32	Brady, Lindsay	SR-4	Northwest Nazarene	18.17	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
33	Seidler, Mary	SR-4	Central Washington	18.45	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		

Heptathlon (Women)

		NCAA DII Auto 5000		NCAA DII Prov 4400		GNAC Auto 4438		GNAC Prov 3327	
RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED		
1	Sims, Crystal	Senior	Seattle Pacific	4769	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
2	Aanstad, Brittany	Senior	Seattle Pacific	4393	Cal Multis	03/24/10	03/26/10		
3	Gonzalez, Raquel	SR-4	Central Washington	4327	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
4	Pike, Jennifer	Senior	Seattle Pacific	4291	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
5	Gross, Katy		Seattle Pacific	4265	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
6	Worthen, Ali	Junior	Seattle Pacific	4225	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		
7	Vonax, Laura	Senior	Northwest Nazarene	4176	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
8	Bennett, Jill	Junior	Northwest Nazarene	4127	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
9	Brady, Lindsay	SR-4	Northwest Nazarene	3902	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
10	Tri, Brittany	Junior	Seattle Pacific	3855	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
11	Daigneault, Sarah	FR-1	Western Washington	3710	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
12	Berg, Siri	SO-2	Central Washington	3529	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
13	Mosher, Ali	Junior	Western Oregon	3519	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
14	McLam, Beth	SR-4	Northwest Nazarene	3503	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		
15	Jones, Stephanie	FR-1	Central Washington	3411	2010 Ralph Vernacchia Team Track & Field Meet	04/09/10	04/13/10		
16	Scholter, Hannah	FR-1	St. Martin's	3057	Linfield Decathlon/Heptathlon	03/22/10	03/26/10		
17	Seidler, Mary	SR-4	Central Washington	3007	GNAC Outdoor Track & Field Championships	05/14/10	05/16/10		