

GNAC Track & Field Champions & Award Winners

OUTDOOR

Men

Team Champion

PacWest

2000	Western Oregon	191 ½
2001	Western Oregon	171

GNAC

2002	Western Oregon	206 ½
2003	Western Oregon	259 ½
2004	Western Oregon	253 ½
2005	Western Washington	221
2006	Central Washington	222
2007	Central Washington	238
2008	Western Oregon	166 ½
2009	No meet	
2010	Western Washington	221 ½
2011	Western Oregon	203

Athlete of the Year

2002	Jason Walker, Humboldt State
2003	Pro Escobedo, Western Oregon
2004	Chris Randolph, Seattle Pacific Justin Lawrence, Central Washington
2005	Chris Randolph, Seattle Pacific
2006	Chris Randolph, Seattle Pacific
2007	Anthony Tomsich, Western Washington
2008	David Registe, Alaska Anchorage
2009	David Registe, Alaska Anchorage
2010	Ryan Brown, Western Washington
2011	Ryan Brown, Western Washington

Newcomer-of-the-Year

2002	Jamil Wynn, Western Oregon
2003	Isaac Frederick, Western Oregon
2004	Josh Timmer, Saint Martin's
2005	Cameron Neel, Central Washington
2006	Eric Draper, Alaska Anchorage
2007	Zeb Udell, Western Oregon
2008	Richie Pemberton, Montana State Billings
2009	Marko Cheseto, Alaska Anchorage
2010	Anthony Zackery, Western Washington
2011	Ryan Brown, Western Washington
2011	None selected

Freshman-of-the-Year

2002	Jamil Wynn, Western Oregon
2003	Chris Randolph, Seattle Pacific
2004	Sam Hobbs, Western Oregon
2005	Kyle McGillen, Western Washington
2006	David Kiplagat, Alaska Anchorage
2007	David Registe, Alaska Anchorage
2008	Sam Washington, Saint Martin's
2009	Alfred Kangogo, Alaska Anchorage

2010	Anthony Wright, Central Washington Micah Chelimo, Alaska Anchorage
2011	Brett Campbell, Western Oregon

Outstanding Performer (Conference Meet)

PacWest

2000	Dante Betha, Western Oregon
2001	Jason Walker, Humboldt State

GNAC

2002	Mike Hinshaw, Western Oregon
2004	Isaac Frederick, Western Oregon
2004	Isaac Frederick, Western Oregon
2005	Adam Neff, Western Washington
2006	Cresap Watson, Central Washington
2007	Evan Ruud, Central Washington
2008	Michael Madrid, Alaska Anchorage
2009	No meet
2010	Alfred Kangogo, Alaska Anchorage
2011	David Registe, Alaska Anchorage

Coach-of-the-Year

PacWest

2000	John Knight, Western Oregon
2001	John Knight, Western Oregon

GNAC

2002	John Knight, Western Oregon
2003	John Knight, Western Oregon
2004	Mike Johnson, Western Oregon
2005	PeeWee Halsell, Western Washington
2006	Kevin Adkisson, Central Washington
2007	Kevin Adkisson, Central Washington
2008	Mike Johnson, Western Oregon Michael Friess, Alaska Anchorage
2009	Michael Friess, Alaska Anchorage
2010	PeeWee Halsell, Western Washington
2011	Mike Johnson, Western Oregon

100

PacWest

2000	Mike Hinshaw, WOU	10.60
2001	Mike Hinshaw, WOU	10.52

GNAC

2002	Mike Hinshaw, WOU	10.76
2003	Mike Hinshaw, WOU	10.51
2004	Greg Coleman, WOU	11.18
2005	Adam Neff, WWU	11.00
2006	Mike Khabibulin, WWU	11.10
2007	Michael Madrid, UAA	11.12
2008	Michael Madrid, UAA	10.84
2010	Anthony Wright, CWU	10.43
2011	David Registe, UAA	10.76

200*PacWest*

2000	Dante Betha, WOU	21.55
2001	Mike Hinshaw, WOU	21.52

GNAC

2002	Mike Hinshaw, WOU	21.82
2003	Isaac Frederick, WOU	21.37
2004	Isaac Frederick, WOU	22.12
2005	Adam Neff, WWU	21.91
2006	Cresap Watson, CWU	22.11
2007	Michael Madrid, UAA	22.51
2008	Michael Madrid, UAA	21.83
2010	Anthony Wright, CWU	21.36
2011	David Registe, UAA	21.69

400*PacWest*

2000	Dante Betha, WOU	48.00
2001	David Richmond, WOU	49.03

GNAC

2002	David Neilsen, SU	49.26
2003	Isaac Frederick, WOU	48.24
2004	Isaac Frederick, WOU	48.26
2005	Mike Kelley, CWU	48.82
2006	Chris Randolph, SPU	48.27
2007	Matt Rogstad, CWU	48.73
2008	Ashtin Mott, WOU	48.11
2010	Ethan Hewitt, UAA	48.15
2011	Matt Kaino, WOU	48.48

800*PacWest*

2000	Josh Piper, WOU	1:53.64
2001	Nick Gai, HSU	1:54.13

GNAC

2002	Nathanael Castle, SPU	1:55.00
2003	Stuart Chaffee, WOU	1:55.04
2004	Sam Brancheau, WWU	1:56.70
2005	Paul Mach, SPU	1:49.31
2006	Eddie Strickler, SPU	1:52.52
2007	Eddie Strickler, SPU	1:53.71
2008	Jeff Long, WOU	1:55.68
2010	Alfred Kangogo, UAA	1:54.51
2011	Kyle Larson, WOU	1:56.09

1500*PacWest*

2000	Devin Kemper, WWU	3:48.46
2001	Aaron Matthias, NNU	3:54.24

GNAC

2002	Nathanael Castle, SPU	3:54.28
2003	Doug Hamilton, HSU	3:58.78
2004	Jerret Mantalas, WOU	3:55.46
2005	Nathan Carlson, SMU	3:53.82
2006	David Kiplagat, UAA	3:58.09
2007	Anthony Tomsich, WWU	3:50.25
2008	Zeke VanPatten, WOU	3:55.74

2010	Alfred Kangogo, UAA	3:49.03
2011	Ryan Brockerville, SFU	3:52.79

5000*PacWest*

2000	Tim Miller, HSU	15:16.60
2001	Jason Walker, HSU	14:55.27

GNAC

2002	Jason Walker, HSU	14:57.92
2003	Zach Boteilho, WWU	15:11.32
2004	Tim LeCount, SPU	14:58.98
2005	Tim LeCount, SPU	15:12.81
2006	Jasper Peach, HSU	14:55.75
2007	David Kiplagat, UAA	14:59.22
2008	Jordan Welling, WOU	15:02.89
2010	Marko Cheseto, UAA	14:37.18
2011	Micah Chelimo, UAA	14:29.41

10,000*PacWest*

2000	John Moir, CWU	32:57.73
2001	Adam Hall, HSU	33:04.97

GNAC

2002	Sean Rivers, UAA	31:28.37
2003	T.J. Garlatz, WWU	32:29.73
2004	Chase Wells, WOU	32:35.67
2005	Sam Scotchmer, CWU	31:22.80
2006	John Riak, SMU	31:42.1
2007	John Riak, SMU	31:11.98
2008	Kevin Lambert, NNU	31:31.32
2010	Marko Cheseto, UAA	31:23.03
2011	Jordan Welling, WWU	30:25.75

Steeplechase*PacWest*

2000	Tim Miller, HSU	9:20.32
2001	Jason Walker, HSU	9:23.20

GNAC

2002	Jason Walker, HSU	9:17.6
2003	Zack Dwello, NNU	9:29.9
2004	Nate Normandin, UAA	9:16.72
2005	Ethan Barrons, WOU	9:08.2
2006	Jasper Peach, HSU	9:14.05
2007	Andy Peters, NNU	9:12.8
2008	Richie Pemberton, MSUB	9:12.0
2010	Micah Chelimo, UAA	9:02.79
2011	Micah Chelimo, UAA	9:03.22

110 High Hurdles*PacWest*

2000	Vince Butorac, CWU	15.33
2001	Erik Iverson, CWU	15.45

GNAC

2002	Damien Davis, WOU	14.92
2003	Damien Davis, WOU	14.78
2004	Sam Hobbs, WOU	15.18
2005	Robert Edwards, CWU	14.87
2006	Robert Edwards, CWU	14.89

2007	Robert Edwards, CWU	15.10
2008	Andy Luscutoff, WOU	14.97
2010	Anthony Hogan, CWU	15.36
2011	Brett Campbell, WOU	15.49

400 Hurdles

PacWest

2000	Nick Little, WWU	52.81
2001	Paul Mach, SPU	55.10

GNAC

2002	Paul Mach, SPU	53.77
2003	Paul Mach, SPU	52.91
2004	Sam Hobbs, WOU	53.95
2005	Sam Hobbs, WOU	55.52
2006	Lee Clarkson, WOU	55.11
2007	Lloyd Massey, WOU	53.77
2008	Kevin Myhre, WWU	53.75
2010	Maurus Hope, NNU	53.54
2011	Shaun Ward, UAA	52.23

4x100

PacWest

2000	Western Oregon	41.16
2001	Central Washington	42.04

GNAC

2002	Western Oregon	42.14
2003	Western Oregon	41.80
2004	Central Washington	41.72
2005	Western Washington	42.16
2006	Central Washington	42.09
2007	Central Washington	42.04
2008	Alaska Anchorage	41.59
2010	Central Washington	41.10
2011	Alaska Anchorage	42.20

4x400

PacWest

2000	Western Oregon	3:18.04
2001	Western Oregon	3:19.77

GNAC

2002	Western Oregon	3:20.20
2003	Western Oregon	3:18.85
2004	Central Washington	3:17.61
2005	Central Washington	3:18.96
2006	Central Washington	3:15.91
2007	Central Washington	3:20.48
2008	Alaska Anchorage	3:17.3
2010	Alaska Anchorage	3:16.10
2011	Alaska Anchorage	3:17.93

High Jump

PacWest

2000	Nathan Lindeman, WWU	6-9
2001	Nathan Lindeman, WWU	6-10 $\frac{3}{4}$ (2.10)

GNAC

2002	Jamil Wynn, WOU	6-6 $\frac{1}{4}$ (1.99)
2003	Jeff Word, WWU	6-6 (1.98)
2004	Jeff Word, WWU	6-6 $\frac{3}{4}$ (2.00)

2005	Kyle McGillen, WWU	6-8 (2.03)
2006	Eric Draper, UAA	6-9 $\frac{1}{2}$ (2.07)
2007	Jonathan Hamilton, CWU	6-6 (1.98)
2008	Keefe Brockman, WWU	6-6 (1.98)
2010	Keefe Brockman, WWU	6-6 $\frac{3}{4}$ (2.00)
2011	Brennan Boyes, CWU	6-7 (2.01)

Pole Vault

PacWest

2000	Paul Chapracki, HSU	16-1 $\frac{1}{4}$
2001	Justin Miller, HSU	15-7 (4.75)

GNAC

2002	Spike Olsen, WOU	14-9 (4.50)
2003	Spike Olsen, WOU	15-9 $\frac{1}{4}$ (4.81)
2004	Josh Cummings, WOU	15-7 (4.75)
2005	Hunter Verner, WWU	15-7 $\frac{1}{4}$ (4.76)
2006	Scott Romney, WWU	15-1 (4.60)
2007	Tyler Thornbrue, WWU	15-9 $\frac{3}{4}$ (4.82)
2008	Zeb Udell, WOU	16-4 (4.98)
2010	Ryan Brown, WWU	16-10 $\frac{3}{4}$ (5.15)
2011	Ray Zoellick, SPU	14-11 (4.55)

Long Jump

PacWest

2000	Jeremy Vogel, WOU	22-1 $\frac{3}{4}$
2001	Ryan Brown, WOU	23-9 (7.24)

GNAC

2002	Justin Lawrence, CWU	23-1 $\frac{3}{4}$ (7.05)
2003	Kurt Weber, CWU	23-0 $\frac{1}{2}$ (7.02)
2004	Joe Smith, CWU	23-2 (7.06)
2005	Kyle McGillen, WWU	23-0 (7.01)
2006	Kyle McGillen, WWU	22-5 $\frac{3}{4}$ (6.85)
2007	David Registe, UAA	23-3 $\frac{1}{4}$ (7.09)
2008	David Registe, UAA	24-8 $\frac{1}{4}$ (7.52)
2010	Demetrius Preston, UAA	24-4 $\frac{1}{4}$ (7.42)
2011	David Registe, UAA	24-6 $\frac{1}{4}$ (7.47)

Triple Jump

PacWest

2000	Beau Ross, CWU	46-7 $\frac{1}{2}$
2001	Beau Ross, CWU	47-6 $\frac{1}{4}$ (14.48)

GNAC

2002	Justin Lawrence, CWU	48-6 $\frac{1}{4}$ (14.79)
2003	Justin Lawrence, CWU	49-2 $\frac{1}{2}$ (15.00)
2004	Justin Lawrence, CWU	49-11 (15.21)
2005	Mark Mellein, WWU	46-2 $\frac{1}{2}$ (14.08)
2006	Greg Hamm, NNU	46-4 $\frac{3}{4}$ (14.14)
2007	Greg Hamm, NNU	45-4 $\frac{1}{2}$ (13.83)
2008	Greg Hamm, NNU	46-10 $\frac{3}{4}$ (14.29)
2010	Matson Hardie, WOU	47-7 $\frac{1}{4}$ (14.51)
2011	Tim Clendaniel, WWU	48-0 $\frac{3}{4}$ (14.65)

Shot Put

PacWest

2000	Erik Knutzen, WWU	46-3 $\frac{1}{4}$
2001	Steve Bernardy, WWU	49-5 $\frac{1}{2}$ (15.07)

GNAC

2002	James Deaver, WWU	49-0 $\frac{3}{4}$ (14.95)
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2003	T.J. Aimonetti, HSU	48-6 (14.78)
2004	Collin Babcock, WOU	47-3 ¼ (14.42)
2005	Cameron Neel, CWU	55-8 ¼ (16.97)
2006	Cameron Neel, CWU	54-6 (16.61)
2007	Cameron Neel, CWU	54-2 ¾ (16.53)
2008	Sam Washington, SMU	54-6 ½ (16.62)
2010	Jason Slowey, WOU	54-0 (16.46)
2011	Jason Slowey, WOU	53-5 (16.28)

Discus

PacWest

2000	Jake Nickerson, WOU	148-1
2001	Tony Kyle, WWU	150-6 (45.88)

GNAC

2002	Tony Kyle, WWU	154-10 (47.20)
2003	Isaiah Haines, WOU	168-7 (51.38)
2004	Isaiah Haines, WOU	166-3 (50.68)
2005	Jacob Galloway, CWU	166-5 (50.73)
2006	Cameron Neel, CWU	163-8 (49.90)
2007	Cameron Neel, CWU	166-2 (50.66)
2008	Tyler Fischer, CWU	169-6 (51.67)
2010	Ben Elder, WWU	158-2 (48.20)
2011	Ben Elder, WWU	167-1 (50.92)

Hammer

PacWest

2000	Luke Franzke, WOU	172-10
2001	Greg Gottfried, WOU	163-10 (49.94)

GNAC

2002	Dave Margraf, HSU	172-7 (52.60)
2003	Pro Escobedo, WOU	196-8 (59.95)
2004	Carlos Aguilar, WOU	163-2 (49.74)
2005	Carlos Aguilar, WOU	180-10 (55.12)
2006	Evan Ruud, CWU	171-8 (52.32)
2007	Anthony Marin, WOU	192-3 (58.60)
2008	Tyler Fischer, CWU	177-1 (53.97)
2010	Michael Hoffman, WWU	195-2 (59.50)
2011	Michael Hoffman, WWU	179-9 (54.78)

Javelin

PacWest

2000	Travis Huntsinger, WWU	190-8
2001	Scott Halley, NNU	220-2 (67.12)

GNAC

2002	James Thomas Jr., NNU	195-2 (59.49)
2003	Andrew Reinhardt, WOU	197-2 (60.11)
2004	Justin Brewer, WWU	187-5 (57.12)
2005	Justin Brewer, WWU	204-1 (62.20)
2006	Ian Wells, CWU	196-8 (59.94)
2007	Michael Ingman, CWU	203-4 (61.98)
2008	Josh Heidegger, NNU	199-1 (60.68)
2010	Alex Harrison, WWU	208-5 (63.52)
2011	Will Crook, WOU	196-1 (59.78)

Decathlon

PacWest

2000	Jeremy Vogel, WOU	5825
2001	Justin Miller, HSU	6427

GNAC

2002	Justin Miller, HSU	6366
2003	Chris Petersen, CWU	6334
2004	Michael Morrison, CWU	6342
2005	Josh Freeman, WWU	6574
2006	Cresap Watson, CWU	6044
2007	Zeb Udell, WOU	6358
2008	Zeb Udell, WOU	6181
2009	Zeb Udell, WOU	6286
2010	Alex Harrison, WWU	6474
2011	Nate Johnson, SPU	6373

Women

Team Champion

PacWest

2000	Seattle Pacific	239
2001	Seattle Pacific	240

GNAC

2002	Seattle Pacific	226
2003	Western Oregon	210 ½
2004	Western Oregon	231 ½
2005	Western Oregon	217 ½
2006	Seattle Pacific	203
2007	Seattle Pacific	200
2008	Western Oregon	162
2009	No meet	
2010	Seattle Pacific	224
2011	Seattle Pacific	206 ½

Athlete of the Year

2002	Stephanie Huffman, Seattle Pacific
2003	Danielle Ayers-Stamper, Seattle Pacific
2004	Kelly Fullerton, Seattle
2005	Danielle Ayers-Stamper, Seattle Pacific
2006	Katie McMeel, Central Washington
2007	Jessica Pixler, Seattle Pacific
2008	Ashley Puga, Northwest Nazarene
2009	Ashley Puga, Northwest Nazarene
2010	Jessica Pixler, Seattle Pacific
2011	Sarah Porter, Western Washington Helen Crofts, Simon Fraser

Newcomer-of-the-Year

2002	Leah Wiest, Seattle Pacific
2003	None selected
2004	Kelly Legard, Central Washington
2005	Bonnie Galloway, Western Oregon
2006	Mary Pearce, Alaska Anchorage
2007	None selected
2008	Jeeni Schantin, Seattle Pacific
2009	Janae Larson, Seattle Pacific
2010	Crystal Sims, Seattle Pacific
2011	Sarah Sawatzky, Simon Fraser

Freshman-of-the-Year

2002	Ashlee Vincent, Western Washington
2003	Danielle Ayers-Stamper, Seattle Pacific
2004	Jennifer Marsh, Seattle Pacific
2005	Kelsey Cooley, Seattle Pacific

2006	Clara Cook, Western Washington
	Ashley Puga, Northwest Nazarene
2007	Jessica Pixler, Seattle Pacific
2008	Brittany Aanstad, Seattle Pacific
2009	Eleanor Siler, Western Washington
2010	Carolanne Powers, Western Oregon
2011	Susan Bick, Alaska Anchorage
	Kishia Mitchell, Seattle Pacific

Outstanding Performer (Conference Meet)

PacWest

2000	Barbara Weaver, Humboldt State
2001	Stephanie Huffman, Seattle Pacific

GNAC

2002	Stephanie Huffman, Seattle Pacific
2003	Sarah Kraybill, Seattle Pacific
2004	Monica Smith, Western Oregon
2005	Monica Smith, Western Oregon
	Danielle Ayers-Stamper, Seattle Pacific
2006	Mary Pearce, Alaska Anchorage
2007	Jessica Pixler, Seattle Pacific
2008	Ashley Puga, Northwest Nazarene
2009	No meet
2010	Crystal Sims, Seattle Pacific
2011	Helen Crofts, Simon Fraser

Coach-of-the-Year

PacWest

2000	Jack Hoyt, Seattle Pacific
2001	Jack Hoyt, Seattle Pacific

GNAC

2002	Jack Hoyt, Seattle Pacific
2003	John Knight, Western Oregon
2004	Mike Johnson, Western Oregon
2005	Mike Johnson, Western Oregon
2006	Karl Lerum, Seattle Pacific
2007	Karl Lerum, Seattle Pacific
2008	Mike Johnson, Western Oregon
2009	PeeWee Halsell, Western Washington
2010	Karl Lerum, Seattle Pacific
2011	Karl Lerum, Seattle Pacific

100

PacWest

2000	Lyndsey Stewart, SPU	12.28
2001	Karen Summers, SPU	12.36

GNAC

2002	Jody Binder, CWU	12.0
2003	Melissa Behrens, WWU	12.28
2004	Melissa Behrens, WWU	12.73
2005	Bonnie Galloway, WOU	12.26
2006	Keyanna Jenkins, WOU	12.44
2007	NyEma Sims, SPU	12.46
2008	Nicki Schutte, NNU	12.82
2010	Latasha Essien, SPU	12.16
2011	Kishia Mitchell, SPU	12.39

200

PacWest

2000	Laura Widman, SPU	25.41
2001	Cyrena Bell, SPU	25.19

GNAC

2002	Dania Swosinski, WWU	25.30
2003	Dania Swosinski, WWU	25.45
2004	Terran Legard, CWU	25.53
2005	Bonnie Galloway, WOU	24.9
2006	Mary Pearce, UAA	25.08
2007	NyEma Sims, SPU	25.12
2008	Latoya Tidwell, NNU	26.00
2010	Latasha Essien, SPU	25.23
2011	Kishia Mitchell, SPU	25.52

400

PacWest

2000	Sarah Kraybill, SPU	56.00
2001	Cyrena Bell, SPU	57.79

GNAC

2002	Dania Swosinski, WWU	57.66
2003	Dania Swosinski, WWU	57.88
2004	Terran Legard, CWU	55.98
2005	Kinyatta Leonhardt, SPU	57.16
2006	Mary Pearce, SPU	55.65
2007	Mary Pearce, SPU	55.45
2008	Lindsay Brady, NNU	57.47
2010	Emily Quatier, SPU	57.23
2011	Helen Crofts, SFU	55.25

800

PacWest

2000	Rachel Ross, SPU	2:12.56
2001	Rachel Ross, SPU	2:13.24

GNAC

2002	Sarah Kraybill, SPU	2:12.92
2003	Sarah Kraybill, SPU	2:17.25
2004	Jennifer Marsh, SPU	2:15.50
2005	Jennifer Marsh, SPU	2:19.00
2006	Sarah Howell, WOU	2:17.15
2007	Jessica Pixler, SPU	2:10.93
2008	Ashley Puga, NNU	2:13.10
2010	Jessica Pixler, SPU	2:06.38
2011	Jessica Smith, SFU	2:09.21

1500

PacWest

2000	Rachel Ross, SPU	4:41.72
2001	Rachel Ross, SPU	4:35.84

GNAC

2002	Alicen Maier, CWU	4:31.84
2003	Sarah Kraybill, SPU	4:40.37
2004	Kari Konrad, WOU	4:40.72
2005	Kari Konrad, WOU	4:47.92
2006	Ashley Puga, NNU	4:37.67
2007	Jessica Pixler, SPU	4:32.80
2008	Jane Larson, SPU	4:29.66

2010	Jessica Pixler, SPU	4:24.01
2011	Helen Crofts, SFU	4:25.80

2010	Courtney Olsen, WWU	10:50.62
2011	Jaclyn Puga, NNU	10:59.37

3000

PacWest

2000	Sarah Forrey, CWU	10:20.60
2001	Sarah Forrey, CWU	10:21.84

GNAC

2002	Alice Maier, CWU	10:06.86
2003	Ashlee Vincent, WWU	10:17.34
2004	Brandy Anderson, CWU	10:39.32
2005	Brandy Anderson, CWU	10:17.24
2006	Mary Moriarty, SPU	10:22.8
2007	Jessica Pixler, SPU	9:53.80
2008	Elizabeth Chepkosgei, UAA	9:59.16

5000

PacWest

2000	Amy Forrey, CWU	17:57.43
2001	Amy Forrey, CWU	17:43.27

GNAC

2002	Katie Gosnell, HSU	17:35.03
2003	Katie Gosnell, HSU	17:56.29
2004	Laura Trevelyan WWU	17:48.65
2005	Kelly Fullerton, SU	18:19.16
2006	Mandy Kaempf, UAA	17:24.11
2007	Laura Carr, UAA	18:30.56
2008	Laura Carr, UAA	17:44.74
2010	Sarah Porter, WWU	16:39.39
2011	Ruth Keino, UAA	17:23.81

10,000

PacWest

2000	Leia Giambastiani, HSU	38:41.35
2001	Becky Mello, HSU	39:11.25

GNAC

2002	Ellie Enos, WOU	37:31.43
2003	Stacy Edwards, UAA	38:48.48
2004	Alana Garcia, SU	39:48.13
2005	Alana Garcia, SU	38:56.11
2006	Davya Baker, UAA	39:07.72
2007	Alee Rowley, WOU	38:51.17
2008	Sarah Porter, WWU	36:31.85
2010	Lauren Breihof, WWU	36:16.89
2011	Sarah Porter, WWU	36:33.87

Steeplechase

PacWest

2001	Emily Thomas, SMU	11:38.46
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GNAC

2002	Jill Salmon, WOU	11:24.6
2003	Kelly Fullerton, SU	11:10.1
2004	Kelly Fullerton, SU	11:05.27
2005	Kelly Fullerton, SU	11:10.1
2006	Karin Rohde, SPU	11:09.21
2007	Karin Rohde, SPU	11:01.6
2008	Jessica Harper, WOU	10:57.0

100 Hurdles

PacWest

2000	Jennifer Pyeatt, SPU	14.45
2001	Kate Herber, WWU	14.59

GNAC

2002	Kate Herber, WWU	15.06
2003	Danielle Ayers-Stamper, SPU	14.19
2004	Monica Smith, WOU	14.75
2005	Danielle Ayers-Stamper, SPU	13.82
2006	Bridget Johnson, WOU	15.03
2007	Jacque Postlewait, WOU	15.33
2008	Jacque Postlewait, WOU	14.73
2010	Michelle Howe, WWU	14.68
2011	Crystal Sims, SPU	14.73

400 Hurdles

PacWest

2000	Jennifer Pyeatt, SPU	1:00.96
2001	Karen Summers, SPU	1:02.04

GNAC

2002	Jawea Harder, SPU	1:02.43
2003	Laura Burch, WWU	1:05.28
2004	Janna Schaafsma, SPU	1:03.72
2005	Chelsi Claussen, SMU	1:04.36
2006	Jennie Rummell, WOU	1:03.32
2007	Heidi Dimmitt, WWU	1:02.94
2008	Heidi Dimmitt, WWU	1:01.78
2010	Ardrienna Everett, UAA	1:02.45
2011	Kaitlyn Reid, WOU	1:02.94

4x100

PacWest

2000	Seattle Pacific	47.86
2001	Seattle Pacific	47.90

GNAC

2002	Central Washington	48.78
2003	Western Washington	48.04
2004	Seattle Pacific	47.87
2005	Western Oregon	47.73
2006	Central Washington	48.37
2007	Seattle Pacific	48.17
2008	Northwest Nazarene	48.49
2010	Western Oregon	47.81
2011	Seattle Pacific	47.23

4x400

PacWest

2000	Seattle Pacific	3:49.08
2001	Seattle Pacific	3:50.79

GNAC

2002	Seattle Pacific	3:56.37
2003	Western Oregon	3:56.80
2004	Central Washington	3:53.42
2005	Western Oregon	3:55.88
2006	Central Washington	3:51.83

2007	Central Washington	3:51.48
2008	Northwest Nazarene	3:51.47
2010	Seattle Pacific	3:53.78
2011	Simon Fraser	3:46.17

High Jump

PacWest

2000	Laura Widman, SPU	5-5 ¼
2001	Natalie Svenvold, WWU	5-5 (1.65)
GNAC		
2002	Jenoa Potter, CWU	5-4 ½ (1.64)
2003	Dianna Grossglass, SPU	5-4 ½ (1.64)
2004	Monica Smith, WOU	5-6 (1.68)
2005	Danielle Ayers-Stamper, SPU	5-8 ½ (1.74)
2006	Clara Cook, WWU	5-7 (1.70)
2007	Teona Perkins, SPU	5-8 (1.73)
2008	Clara Cook, WWU	5-4 ¼ (1.63)
2010	Amanda Overdick, WWU	5-3 (1.60)
2011	Ali Worthen, SPU	5-5 ¾ (1.67)

Pole Vault

PacWest

2000	Jennifer Ruff, HSU	11-0 ¼
2001	Danielle Juarez, WWU	12-2 (3.71)
GNAC		
2002	Danielle Juarez, WWU	11-5 ¾ (3.50)
2003	Ally Studer, SPU	12-4 (3.76)
2004	Danielle Juarez, WWU	12-2 ¾ (3.73)
2005	Amy Harris, SPU	12-2 (3.71)
2006	Amy Harris, SPU	11-2 ¼ (3.41)
2007	Tracie Lundsten, SPU	11-7 ¾ (3.55)
2008	Melissa Peaslee, SPU	11-9 (3.58)
2010	Melissa Peaslee, SPU	11-9 ¾ (3.60)
2011	Kati Davis, CWU	11-11 ¾ (3.65)

Long Jump

PacWest

2000	Laura Widman, SPU	18-8 ½
2001	Stephanie Huffman, SPU	17-9 (5.41)
GNAC		
2002	Stephanie Huffman, SPU	18-1 (5.51)
2003	Danielle Ayers-Stamper, SPU	17-11 ½ (5.47)
2004	Katy Kociemba, WOU	18-2 ½ (5.55)
2005	Danielle Ayers-Stamper, SPU	19-0 ¾ (5.81)
2006	Sarajane Rosenberg, WOU	17-5 ½ (5.32)
2007	Kim Brady, UAA	18-0 ½ (5.50)
2008	Kim Brady, UAA	18-3 (5.56)
2010	Ashley Potter, WOU	18-4 ¼ (5.59)
2011	Ali Worthen, SPU	18-5 (5.61)

Triple Jump

PacWest

2000	Natalie Dorow, SPU	37-11 ¼
2001	Natalie Dorow, SPU	38-2 (11.63)
GNAC		
2002	Shelley Comstock, WOU	37-4 ½ (11.39)
2003	Lea Tiger, CWU	36-8 ½ (11.19)
2004	Katy Kociemba, WOU	36-11 ½ (11.26)

2005	Lea Tiger, CWU	37-6 ¾ (11.45)
2006	Kim Bascom, WWU	38-0 (11.58)
2007	Kim Bascom, WWU	36-9 ½ (11.21)
2008	Kim Brady, UAA	39-3 ¾ (11.98)
2010	Amanda Alvarez, SPU	39-1 ¼ (11.92)
2011	Ashley Potter, WOU	38-9 ½ (11.82)

Shot Put

PacWest

2000	Barbara Weaver, HSU	44-10 ¼
2001	Dionna Anderson, SPU	41-3 ¼ (12.58)
GNAC		
2002	Dionna Anderson, SPU	44-5 ½ (13.55)
2003	Dorothy Kerr, WOU	42-7 ½ (12.99)
2004	Alicia Vandervelden, WOU	41-2 ½ (12.56)
2005	Tammy Carlson, WWU	39-11 ¼ (12.17)
2006	Chevonna Lynch, WOU	43-0 ½ (13.12)
2007	Krissy Tandle, CWU	45-8 (13.92)
2008	Shaina Afoa, CWU	42-7 ½ (12.99)
2010	Joy Warrington, NNU	44-0 ½ (13.42)
2011	Anica Knispel, MSUB	46-0 ¾ (14.04)

Discus

PacWest

2000	Barbara Weaver, HSU	128-6
2001	Peni Vaefaga, HSU	132-6 (40.38)
GNAC		
2002	Kristi Lund, NNU	141-7 (43.15)
2003	Jessica Telleria, WWU	142-9 (43.51)
2004	Jessica Telleria, WWU	140-7 (42.86)
2005	Jessica Telleria, WWU	147-9 (45.03)
2006	Jessica Telleria, WWU	149-4 (45.52)
2007	Erica Rance, WWU	140-5 (42.80)
2008	Erica Rance, WWU	140-9 (42.90)
2010	Alexi Halvorson, MSUB	135-8 (41.36)
2011	Torrie Self, CWU	143-8 (43.78)

Hammer

PacWest

2000	Barbara Weaver, HSU	159-1
2001	Jennifer Dunkin, WOU	159-10 (48.72)
GNAC		
2002	Jennifer Dunkin, WOU	149-11 (45.70)
2003	Jennifer Dunkin, WOU	177-1 (53.98)
2004	Kristin Hepler, WOU	175-5 (53.48)
2005	Jaci Cederberg, WOU	174-8 (53.25)
2006	Audrey Oswald, HSU	178-10 (54.51)
2007	Sabrina Freed, WOU	164-3 (50.06)
2008	Sabrina Freed, WOU	168-9 (51.44)
2010	Torrie Self, CWU	176-1 (53.68)
2011	Torrie Self, CWU	175-5 (53.48)

Javelin

PacWest

2000	Kellie Kathman, WOU	142-5
2001	Stephanie Huffman, SPU	151-4 (46.12)
GNAC		
2002	Stephanie Huffman, SPU	148-4 (45.21)

2003	Holly Conrad, WOU	147-7 (44.99)
2004	Sara Johnson, SPU	141-10 (43.24)
2005	Lauren VerMulm, SPU	145-4 (44.29)
2006	Lauren VerMulm, SPU	144-7 (4.408)
2007	Katie McMeel, CWU	147-0 (44.82)
2008	Brittany Aanstad, SPU	147-10 (45.07)
2010	Carolanne Powers, WOU	154-9 (47.16)
2011	Monika Gruszecki, WWU	156-11 (47.83)

Heptathlon

PacWest

2000	Sarah Hiss, WWU	4604
2001	Mary Glaze, NNU	4134

GNAC

2002	Stephanie Huffman, SPU	4867
2003	Danielle Ayers-Stamper, SPU	5024
2004	Linda Blake, SPU	4593
2005	Bridget Johnson, WOU	4997
2006	Bridget Johnson, WOU	5053
2007	Jacque Postlewait, WOU	4529
2008	Jacque Postlewait, WOU	4615
2009	Mandy Keifer, WOU	4588
2010	Crystal Sims, SPU	4769
2011	Ali Worthen, SPU	4904

INDOOR

Men

Team Champion

2004	Western Oregon	164
2005	Western Washington	141
2006	Western Washington	151
2007	Central Washington	171 ½
2008	Western Oregon	178
2009	Western Oregon	169
2010	Western Oregon	171
2011	Western Oregon	147 5/6

Athlete of the Year

2006	Andy Prentice, Saint Martin's
2007	Cameron Neel, Central Washington
2008	Zeb Udell, Western Oregon
2009	Zeke Van Patten, Western Oregon
2010	Ryan Brown, Western Washington
2011	Ryan Brown, Western Washington

Outstanding Performer (Conference Meet)

2004	Isaac Frederick, Western Oregon
2005	Chris Randolph, Seattle Pacific
2006	Andy Prentice, Saint Martin's
2007	Michael Dean, Western Washington
2008	Zeb Udell, Western Oregon
2009	Zeke Van Patten, Western Oregon Tyler Fischer, Central Washington
2010	Matson Hardie, Western Oregon
2011	Andrew Boss, Simon Fraser

Coach-of-the-Year

2004	Mike Johnson, Western Oregon
2005	PeeWee Halsell, Western Washington
2006	PeeWee Halsell, Western Washington
2007	Kevin Adkisson, Central Washington
2008	Mike Johnson, Western Oregon
2009	Mike Johnson, Western Oregon
2010	Mike Johnson, Western Oregon
2011	Mike Johnson, Western Oregon

Newcomer-of-the-Year

2004	Mark Mellein, Western Washington
2005	Cameron Neel, Central Washington
2006	Robert Edwards, Central Washington
2007	Adrian Elmo, Central Washington
2008	Zeb Udell, Western Oregon
2009	Josiah Price, Saint Martin's Augustine Agyei, Western Washington
2010	Anthony Zackery, Western Washington
2011	None selected

Freshman-of-the-Year

2004	Trish O'Bluck, Saint Martin's Adam Neff, Western Washington
2005	Blake Herrington, Western Oregon
2006	Matt Rogstad, Central Washington John Riak, Saint Martin's
2007	Michael Dean, Western Washington
2008	Astin Mott, Western Oregon
2009	Maurus Hope, Northwest Nazarene
2010	Matson Hardie, Western Oregon
2011	Kyle Lane, Western Oregon Andrew Curtis, Northwest Nazarene

60

2004	Greg Coleman, WOU	7.08
2005	Eddie Kaeka, WWU	7.16
2006	Dustin Wilson, WWU	7.15
2007	Matt Rogstad, CWU	7.15
2008	Ashtin Mott, WOU	7.02
2009	Bryan Mack, CWU	6.95
2010	Anthony Wright, CWU	6.89
2011	Alex Tilley, WWU	7.05

200

2004	Isaac Frederick, WOU	22.04
2005	Ryan Jewell, SPU	22.46
2006	Mike Khabibulin, WWU	22.80
2007	Michael Dean, WWU	22.42
2008	Ashtin Mott, WOU	22.16
2009	Radio Battle, CWU	21.97
2010	Kincaid Nichols, CWU	22.22
2011	Andrew Boss, SFU	21.84

400

2004	Isaac Frederick, WOU	49.76
2005	Chris Randolph, SPU	49.99
2006	Cresap Watson, CWU	49.90
2007	Michael Dean, WWU	49.95
2008	Matt Rogstad, CWU	49.58
2009	Maurus Hope, NNU	49.75

2010	Matt Kaino, WOU	49.17
2011	Andrew Boss, SFU	49.18

800

2004	Paul Mach, SPU	1:51.49
2005	Andy Prentice, SMU	1:53.39
2006	Andy Prentice, SMU	1:54.70
2007	Eddie Strickler, SPU	1:55.23
2008	Keith Lemay, WWU	1:57.86
2009	Zeke Van Patten, WOU	1:53.43
2010	Nathan Seely, SPU	1:54.86
2011	Nathan Seely, SPU	1:54.35

Mile

2004	Nathan Carlson, SMU	4:18.54
2005	Ethan Barrons, WOU	4:15.27
2006	Andy Prentice, SMU	4:17.25
2007	Sam Brancheau, WWU	4:16.90
2008	John Riak, SMU	4:21.50
2009	Zeke Van Patten, WOU	4:17.02
2010	Anthony Tomsich, WWU	4:14.08
2011	Chris Reed, WOU	4:12.22

5000

2004	Steve DeKoker, WWU	15:24.02
2005	Sam Scotchmer, CWU	15:03.96
2006	Sam Scotchmer, CWU	15:03.96
2007	John Riak, SMU	15:01.67
2008	Jordan Welling, WWU	15:15.60
2009	John Riak, SMU	15:09.89
2010	Jordan Welling, WWU	14:51.53
2011	Jordan Welling, WWU	15:15.07

60 Hurdles

2004	Josh Freeman, WWU	8.48
2005	Alex Clark, CWU	8.40
2006	Robert Edwards, CWU	8.36
2007	Robert Edwards, CWU	8.26
2008	Lloyd Massey, WOU	8.66
2009	Dallas Beaty, NNU	8.51
2010	Andy Loscutt, WOU	8.34
2011	Anthony Hogan, CWU	8.42

4x400 Relay

2004	Central Washington	3:23.79
2005	Central Washington	3:25.54
2006	Northwest Nazarene	3:24.60
2007	Central Washington	3:20.98
2008	Northwest Nazarene	3:23.22
2009	Northwest Nazarene	3:20.61
2010	Western Oregon	3:19.36
2011	Northwest Nazarene	3:20.23

Distance Medley

2004	Western Oregon	10:36.72
2005	Saint Martin's	10:19.74
2006	Seattle Pacific	10:28.71
2007	Seattle Pacific	10:24.56
2008	Western Washington	10:38.21
2009	Western Washington	10:26.42
2010	Western Washington	10:18.80
2011	Simon Fraser	10:05.58

Long Jump

2004	Chris Randolph, SPU	21-10 (6.65)
2005	Chris Randolph, SPU	22-6 ½ (6.87)
2006	Chris Randolph, SPU	22-7 ¾ (6.90)
2007	Justin Felt, SPU	22-3 ½ (6.79)
2008	Zeb Udell, WOU	23-0 (7.01)
2009	Zeb Udell, WOU	23-0 ¾ (7.03)
2010	Matson Hardie, WOU	23-8 (7.21)
2011	Kyle Lane, WOU	23-4 ½ (7.12)

Triple Jump

2004	Justin Lawrence, CWU	48-5 ¼ (14.76)
2005	Blake Herrington, WOU	46-3 ¼ (14.10)
2006	Greg Hamm, NNU	47-7 ¾ (14.52)
2007	Greg Hamm, NNU	46-8 (14.22)
2008	Greg Hamm, NNU	47-5 ¼ (14.46)
2009	Rendel Jones, CWU	46-8 ¾ (14.24)
2010	Rendel Jones, CWU	47-7 ¼ (14.51)
2011	Tim Clendaniel, WWU	46-11 (14.30)

High Jump

2004	Cresap Watson, CWU	6-6 ¼ (1.99)
2005	Chris Randolph, SPU	6-4 ¼ (1.94)
2006	Jeff Word, WWU	6-6 (1.98)
2007	Cameron Bailey, CWU	6-8 ¾ (2.05)
2008	Keefe Brockman, WWU	6-4 ¾ (1.95)
2009	Cameron Bailey, CWU	6-7 (2.01)
2010	Brennan Boyes, CWU	6-4 ¾ (1.95)
2011	Brandon Roddewig, CWU	6-4 ¾ (1.95)

Pole Vault

2004	Scott Romney, WWU	14-11 ½ (4.56)
2005	Hunter Verner, WWU	15-10 ½ (4.84)
2006	Scott Romney, WWU	16-0 ½ (4.89)
2007	Tyler Thornbrue, WWU	15-10 (4.83)
2008	Ryan Brown, WWU	15-10 (4.83)
2009	Ryan Brown, WWU	16-6 (5.03)
2010	Ryan Brown, WWU	16-1 ¼ (4.91)
2011	Ryan Brown, WWU	15-9 ¼ (4.81)

35-Pound Weight

2004	Brandon Jasmin, WOU	49-3 ½ (15.02)
2005	Carlos Aguilar, WOU	54-1 ¾ (16.50)
2006	Carlos Aguilar, WOU	54-3 ¼ (16.54)
2007	Anthony Marin, WOU	59-8 ¼ (18.19)
2008	Anthony Marin, WOU	58-2 (17.73)
2009	Tyler Fischer, CWU	58-6 (17.83)
2010	Tyler Fischer, CWU	58-3 (17.75)
2011	Matt Schryvers, WOU	56-7 ¼ (17.25)

Shot Put

2004	Kevin Johnson, WOU	49-8 ½ (15.15)
2005	Cameron Neel, CWU	55-7 ½ (16.95)
2006	Cameron Neel, CWU	53-3 ¾ (16.25)
2007	Cameron Neel, CWU	57-3 ¾ (17.47)
2008	Zach Barclay, NNU	48-9 ½ (14.87)
2009	Tyler Fischer, CWU	52-3 ¼ (15.93)
2010	Jason Slowey, WOU	51-3 ¾ (15.64)
2011	Jason Slowey, WOU	52-8 (16.05)

Heptathlon

2011	Nate Johnson, SPU	4576
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Women**Team Champion**

2004	Seattle Pacific	160
2005	Seattle Pacific	188
2006	Seattle Pacific	154
2007	Seattle Pacific	192
2008	Seattle Pacific	183
2009	Seattle Pacific	181
2010	Seattle Pacific	179 ½
2011	Seattle Pacific	126 ½

Athlete of the Year

2006	Teona Perkins, Seattle Pacific
2007	Jessica Pixler, Seattle Pacific
2008	Jessica Pixler, Seattle Pacific
2009	Jessica Pixler, Seattle Pacific
2010	Jessica Pixler, Seattle Pacific
2011	Sarah Porter, Western Washington Helen Crofts, Simon Fraser

Outstanding Performer (Conference Meet)

2004	Terran Legard, Central Washington
2005	Danielle Ayers-Stamper, Seattle Pacific
2006	Krissy Tandle, Central Washington
2007	Jessica Pixler, Seattle Pacific
2008	Jessica Pixler, Seattle Pacific
2009	Ashley Puga, Northwest Nazarene
2010	Jessica Pixler, Seattle Pacific
2011	Torrie Self, Central Washington

Coach-of-the-Year

2004	Jack Hoyt, Seattle Pacific
2005	Jack Hoyt, Seattle Pacific
2006	Kevin Adkisson, Central Washington
2007	Karl Lerum, Seattle Pacific
2008	Karl Lerum, Seattle Pacific
2009	Karl Lerum, Seattle Pacific
2010	Karl Lerum, Seattle Pacific
2011	Karl Lerum, Seattle Pacific

Newcomer-of-the-Year

2004	Terran Legard, Central Washington
2005	Chelsi Claussen, Saint Martin's
2006	Teona Perkins, Seattle Pacific
2007-08	None selected
2009	Janae Larson, Seattle Pacific
2010	Ashley Potter, Western Oregon
2011	Kaitlin Davis, Central Washington

Freshman-of-the-Year

2004	Kinyatta Leonhardt, Seattle Pacific
2005	Karin Rohde, Seattle Pacific
2006	Ashley Puga, Northwest Nazarene
2007	Jessica Pixler, Seattle Pacific
2008	Jaclyn Puga, Northwest Nazarene
2009	Ali Worthen, Seattle Pacific
2010	Sarah Kathrein, Western Oregon
2011	Becca Clark, Central Washington

60

2004	Kinyatta Leonhardt, SPU	7.96
2005	Kinyatta Leonhardt, SPU	7.96
2006	Whitney Knox, WWU	8.02
2007	Latasha Essien, SPU	7.73
2008	Latasha Essien, SPU	7.90
2009	Latasha Essien, SPU	7.77
2010	Latasha Essien, SPU	7.67
2011	Jane Channell, SFU	7.81

200

2004	Kinyatta Leonhardt, SPU	25.40
2005	Terran Legard, CWU	25.25
2006	Anna Soule, SPU	26.04
2007	Latasha Essien, SPU	25.50
2008	Jessica Hinton, SPU	25.92
2009	Jessica Hinton, SPU	25.35
2010	Eleanor Siler, WWU	25.03
2011	Jane Channell, SFU	25.57

400

2004	Terran Legard, CWU	57.69
2005	Terran Legard, CWU	56.57
2006	Terran Legard, CWU	57.75
2007	Heidi Dimmitt, WWU	59.11
2008	Elisa Decker, NNU	58.21
2009	Eleanor Siler, WWU	56.23
2010	Eleanor Siler, WWU	56.93
2011	Helen Crofts, SFU	55.90

800

2004	Jennifer Marsh, SPU	2:14.80
2005	Josie Lavin, SPU	2:16.09
2006	Ashley Puga, NNU	2:16.55
2007	Jessica Pixler, SPU	2:11.52
2008	Jessica Pixler, SPU	2:10.18
2009	Ashley Puga, NNU	4:47.37
2010	Jessica Pixler, SPU	2:08.28
2011	Brianna Kane, SFU	2:14.58

Mile

2004	Jamie Witt, SPU	5:09.21
2005	Karen Dickson, SPU	5:08.23
2006	Katie Hummel, CWU	5:08.11
2007	Jessica Pixler, SPU	4:54.53
2008	Jessica Pixler, SPU	4:50.38
2009	Ashley Puga, NNU	4:47.37
2010	Jessica Pixler, SPU	4:40.39
2011	Jessica Smith, SFU	5:04.83

5000

2004	Alana Garcia, SU	19:33.9*
2005	Karin Rohde, SPU	18:41.46
2006	Brandy Anderson, CWU	18:27.98
2007	Karin Rohde, SPU	18:17.35
2008	Jane Larson, SPU	17:39.95
2009	Jane Larson, SPU	17:27.34
2010	Sarah Porter, WWU	16:47.07
2011	Sarah Porter, WWU	17:17.92

*Because of lap counting error, 2004 race was 5,200 meters

60 Hurdles

2004	Monica Smith, WOU	9.22
2005	Danielle Ayers-Stamper, SPU	8.66
2006	Linda Blake, SPU	9.10
2007	Kelsey Cooley, SPU	9.30
2008	Michelle Howe, WWU	9.30
2009	Michelle Howe, WWU	9.07
2010	Michelle Howe, WWU	9.02
2011	Tanya Bjornsson, WWU	8.98

4x400 Relay

2004	Central Washington	3:58.72
2005	Central Washington	4:00.32
2006	Central Washington	3:59.48
2007	Seattle Pacific	3:58.68
2008	Seattle Pacific	3:57.36
2009	Northwest Nazarene	3:55.58
2010	Western Washington	3:55.21
2011	Simon Fraser	3:51.72

Distance Medley

2004	Seattle Pacific	12:47.76
2005	Seattle Pacific	12:35.89
2006	Central Washington	12:24.60
2007	Seattle Pacific	11:58.41
2008	Seattle Pacific	12:04.81
2009	Seattle Pacific	12:01.79
2010	Seattle Pacific	11:36.32
2011	Simon Fraser	11:46.64

Long Jump

2004	Katy Kociemba, WOU	17-9 ½ (5.42)
2005	Danielle Ayers-Stamper, SPU	18-9 ¾ (5.73)
2006	Jacqueline Postlewait, WOU	17-8 (5.38)
2007	Kim Bascom, WWU	18-3 ¾ (5.58)
2008	Jacque Postlewait, WOU	18-0 ½ (5.50)
2009	Ali Worthen, SPU	18-6 ½ (5.65)
2010	Emily Warman, WWU	18-3 ¾ (5.58)
2011	Ali Worthen, SPU	18-2 ½ (5.55)

Triple Jump

2004	Lea Tiger, CWU	36-5 (11.10)
2005	Amanda Merrill, NNU	36-9 (11.20)
2006	Amanda Merrell, NNU	37-0 ¼ (11.28)
2007	Kim Bascom, WWU	37-9 ¼ (11.51)
2008	Megan Paulsen, WWU	37-0 ¼ (11.28)
2009	Laura Vonarx, NNU	37-2 ¼ (11.33)
2010	Ashley Potter, WOU	38-10 ½ (11.85)
2011	Katharine Lotze, CWU	38-5 (11.71)

High Jump

2004	Sharon Bjella, SPU	5-3 ¼ (1.61)
2005	Danielle Ayers-Stamper, SPU	5-6 (1.68)
2006	Teona Perkins, SPU	5-6 ½ (1.69)
2007	Emily Peterson, NNU	5-5 ¾ (1.67)
2008	Teona Golding, SPU	5-5 ¼ (1.66)
2009	Ali Worthen, SPU	5-8 ½ (1.74)
2010	Brittany Aanstad, SPU	5-5 ¼ (1.66)
2011	Ali Worthen, SPU	5-5 ¼ (1.66)

Pole Vault

2004	Danielle Juarez, WWU	11-6 ¼ (3.51)
2005	Allison Hedges, SPU	11-10 (3.61)
2006	Amy Harris, SPU	11-7 ¾ (3.55)
2007	Monica Anderson, SPU	11-0 ¼ (3.36)
2008	Melissa Peaslee, SPU	12-9 (3.89)
2009	Christy Miller, WWU	12-4 (3.76)
2010	Melissa Peaslee, SPU	12-0 (3.66)
2011	Becca Clark, CWU	12-0 ½ (3.67)

35-Pound Weight

2004	Kristen Hepler, WOU	53-9 ¼ (16.39)
2005	Heather Yergen, CWU	46-11 ½ (14.31)
2006	Krissy Tandle, CWU	50-0 ¾ (15.26)
2007	Sabrina Freed, WOU	49-4 ¼ (15.04)
2008	Sabrina Freed, WOU	51-4 ¼ (15.65)
2009	Krissy Tandle, CWU	52-4 ¾ (15.97)
2010	Joy Warrington,, NNU	49-10 ½ (15.20)
2011	Torrie Self, CWU	53-7 ½ (16.34)

Shot Put

2004	Chevonna Lynch, WOU	40-4 ¾ (12.31)
2005	Krissy Tandle, CWU	40-11 ½ (12.48)
2006	Krissy Tandle, CWU	44-8 ¾ (13.63)
2007	Krissy Tandle, CWU	42-10 ¼ (13.06)
2008	Amy Carroll, NNU	42-9 (13.03)
2009	Krissy Tandle, CWU	48-9 ½ (14.87)
2010	Joy Warrington, NNU	45-9 ¼ (13.95)
2011	Torrie Self, CWU	45-10 (13.97)
2011	Torrie Self, CWU	45-10 (13.97)

Pentathlon

2011	Katy Gross, SPU	3297
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