

Spring Break Open Meet
West Seattle Stadium, Seattle, WA - 3/30/2013

Men's 100 Meters
Final

PL	Athlete	Team	Final	Pts	HPL
1	Mack, Bryan	Central Washington	11.09	10	1
2	Marshall, Travis	Washington	11.16	8	2
3	Steffen, Brock	Western Washington	11.25	6	3
4	Todd, Jordan	Central Washington	11.26	5	1
5	McKinney, Kent	Central Washington	11.34	4	2
6	Perez, Sergio	Seattle Speed	11.36		4
7	Rudy, Tucker	Western Washington	11.40	3	3
8	Hamlett, Kendale	Western Oregon	11.43	0.5	1
8	Melton, Jonathan	Northwest U	11.43	0.5	4
10	Nystrom, Evan	Central Washington	11.45		5
11	Lam, Wang Chun Oscar	Everett CC	11.50		1
12	Gruger, Shane	Unat01	11.53		5
13	Lee, Erik	Unattached	11.62		2
14	Bardwell, Julian	Unattached	11.69		6
15	Gaillard, Devante	Everett CC	11.94		2
16	Blue, Candino	Green River CC	11.96		3
17	Lindsey, Nigel	Unattached	12.00		3
17	Reed, Jimmy	Unattached	12.00		4
19	Coggins, Conakry	Everett CC	12.17		4
20	Manago, Anthony	Unat09	12.28		5
21	Farias, Hernan	Unat04	12.29		5
22	Lee, Patrick	Unattached	12.30		6
23	Lekea, Lucien	Unat04	12.31		6
24	Fiedler, Dylan	Skagit VC	12.39		7
25	Ortman, David	Unat02	13.24		6
26	Clemons, Gary	Unattached	13.68		7
27	Turock, Art	Club Northwest	15.23		8

Men's 200 Meters
Final

PL	Athlete	Team	Final	Pts	HPL
1	Donigian, Alex	Western Washington	22.10	10	1
2	Schmidt, Nathaniel	Western Washington	22.50	8	2
3	Poolman, Jonathon	Western Washington	22.64	6	3
4	Nokes, Jason	Western Washington	22.76	5	4
5	Smith, Devon	Western Washington	22.97		1
6	Dunn, Colton	Washington	23.11	4	5
7	McKinney, Kent	Central Washington	23.12	3	2
8	Hite, Ryan	Central Washington	23.23	0.5	1
8	Fremd, Kyle	Central Washington	23.23	0.5	1
10	Woods, Davonte	Green River CC	23.25		3
11	Rudy, Tucker	Western Washington	23.41		4
12	Nystrom, Evan	Central Washington	23.47		2
13	Lee, Erik	Unattached	23.49		3
13	Morriss, Kyle	Green River CC	23.49		3
15	Blue, Candino	Green River CC	23.64		2
16	Johnson, Nate	Seattle Pacific	23.75		5
17	Smith, Ben	Seattle Pacific	23.91		6
18	Davis, Gary	Unat07	24.10		7
19	Agwunobi, Crosby	Unat07	24.13		3
20	Reed, Jimmy	Unattached	24.42		5

21 Gaillard, Devante	Everett CC	24.50	6
22 Lam, Wang Chun Oscar	Everett CC	24.51	7
23 Manney, Bret	Everett CC	24.68	4
24 Farias, Hernan	Unat04	24.88	5
25 Fiedler, Dylan	Skagit VC	25.11	6
26 Lekea, Lucien	Unat04	25.38	7
27 Ibarreta, Xavier	Unattached	25.56	8

Men's 400 Meters

Final

PL	Athlete	Team	Final	Pts	HPL
1	Jones, Derrick	Washington	50.35	10	1
2	Garner, Demarcus	Central Washington	50.56	8	2
3	Morriss, Kyle	Green River CC	50.75	6	1
4	Hite, Ryan	Central Washington	50.76	5	3
5	Davis, Gary	Unat07	51.01		2
6	Woods, Davonte	Green River CC	51.18	4	3
7	Fremd, Kyle	Central Washington	51.38	3	4
8	Ferguson, David	Seattle Pacific	51.68	2	4
9	Arroyo, Sergio	Green River CC	51.92	1	5
10	Ferguson, Jonathan	Northwest U	52.23		5
11	Manney, Bret	Everett CC	54.15		6
12	Agwunobi, Crosby	Unat07	54.37		7
13	Horton, Matt	Unattached	56.34		1
14	Ibarreta, Xavier	Unattached	56.59		2
15	Ortman, David	Unat02	59.10		3
16	Rozema, Mark	Unattached	1:01.10		4
17	Wilson, Don	Unattached	1:06.32		5
18	Leslie, Will	Christ Life TC	1:10.26		6

Men's 800 Meters

Final

PL	Athlete	Team	Final	Pts	HPL
1	Emmons, Hap	Unattached	1:54.10		1
2	Hughes, Taylor	Washington	1:56.96	10	2
3	Jones, Wes	Evergreen State	1:57.85	8	3
4	Horton, Alex	Seattle Pacific	1:58.68	6	4
5	Cummings, Timothy	Washington	2:00.09	5	5
6	Ferguson, Jonathan	Northwest U	2:01.30	4	1
7	Beard, Mitch	Everett CC	2:02.54	3	2
8	Pierson, Seth	Seattle Pacific	2:03.31	2	6
9	Hopkins, Jerrold	Unattached	2:04.24		3
10	Jones, Les	Evergreen State	2:04.31	1	7
11	Siler, Cameron	Unat09	2:04.98		4
12	Ryzhkov, Dmitry	Unattached	2:06.50		5
13	Mennell, Ben	Seattle Pacific	2:08.50		6
14	Thomas, Matthew	Unattached	2:10.73		7
15	Inclan, Carlos	Club Northwest	2:11.58		8

Men's 1500 Meters

Final

PL	Athlete	Team	Final	Pts	HPL
1	Nelson, Blake	Unattached	3:56.30		1
2	Pierson, Seth	Seattle Pacific	4:00.99	10	2
3	Cummings, Timothy	Washington	4:02.82	8	3
4	Brown, Dylan	Western Washington	4:05.19	6	4

5	Reedy, Tabor	Western Washington	4:05.61	5	5
6	Murphy, Nich	Western Washington	4:06.17	4	6
7	Dittell, Sandy	Unattached	4:09.12		7
8	Starr, Nate	Everett CC	4:09.16	3	1
9	Jones, Les	Evergreen State	4:09.17	2	2
10	Alcantara, Ryan	Seattle Pacific	4:09.59	1	3
11	McCranie, Cody	Western Washington	4:11.20		8
12	Schwecke, Tyler	Western Washington	4:13.55		4
13	Alexander, Sam	Unat05	4:14.58		5
14	Wojtech, John	Central Washington	4:15.39		9
15	Knoblich, Nick	Green River CC	4:15.45		6
16	Elias, Mitchell	Unattached	4:17.43		7
16	Bywater, Johnny	Unat09	4:17.43		10
18	Armstrong, Zach	Central Washington	4:19.10		11
19	Moroney, Andrew	Unattached	4:20.14		8
20	Hashimoto, Jeff	Club Northwest	4:21.19		9
21	Sjoerdsma, Dustin	Unat10	4:21.74		12
22	Swenson, Paul	Unattached	4:39.84		10
23	Speiker, Zack	Everett CC	4:41.83		11

Men's 3000 Meters
Final

PL	Athlete	Team	Final	Pts
1	Campbell, Aaron	Unat07	8:49.90	
2	Koenigs, Matt	Unat07	8:54.40	
3	VanDooren, Tyler	Club Northwest	8:55.60	10
4	Collins, John	Club Northwest	8:56.90	8
5	Porter, Matt	Northwest U	9:05.90	6
6	Minor, Nathan	Central Washington	9:06.10	5
7	Eidsmoe, Ryan	Central Washington	9:06.20	4
8	Cannon, Tyler	Unat10	9:08.80	
9	Halford, Jackson	Central Washington	9:17.10	3
10	Spencer, Nick	Central Washington	9:17.60	2
11	Bates, Brian	Western Washington	9:18.60	1
12	Rubio, Habtamu	Everett CC	9:19.00	
13	Javier, Kaleb	Central Washington	9:28.80	
14	Comer, Brian	Seattle Pacific	9:49.60	
15	Wilkins, Colin	Seattle Pacific	9:49.90	
16	O'Hearn, John	Club Northwest	9:53.80	
17	Simison, Bryan	Unattached	9:58.90	
18	Taylor, Trevor	Seattle Pacific	10:11.20	
	Demmings, Adam	Unattached	DNF	

Men's 5000 Meters
Final

PL	Athlete	Team	Final	Pts
1	Baker, AJ	Seattle Pacific	15:32.70	10
2	Comeaux, Angelo	Washington	15:41.20	8
3	Dittell, Sandy	Unattached	15:43.76	
4	Wiley, Turner	Seattle Pacific	15:51.36	6
5	Sofen, Eric	Seattle RC	15:55.47	5
6	VanDooren, Tyler	Club Northwest	16:20.15	4
7	Adams, Travis	ES Runners	16:24.44	3
8	McCulloch, David	Club Northwest	16:30.72	2
9	Link, Matt	Green River CC	16:41.26	1
10	Carmichael, Richard	Everett CC	17:01.93	
11	Anson, Scott	Club Northwest	17:59.83	
	Coombs, Stephen	Unattached	DNF	

Men's 10000 Meters

Final

PL Athlete	Team	Final	Pts
1 Steidl, Uli	Seattle RC	30:19.10	10
2 Sayenko, Mike	Club Northwest	30:19.30	8
3 Harrison, Will	Seattle Pacific	31:17.10	6
4 DeKoker, Steve	Unattached	31:39.20	
5 Peterson, Dylan	Western Washington	32:17.50	5
6 Johnson, Cory	Western Washington	32:31.80	4
7 Quimby, Jonathan	Western Washington	32:36.70	3
8 Griffith, Isaac	Western Washington	32:38.20	2
9 Reed, Andrew	Club Northwest	32:39.20	1
10 Crowther, Gregory	Seattle RC	32:47.00	
11 Peterson, Ryan	Western Washington	32:58.50	
12 Castillo, Juan	Unat10	33:38.20	
13 Pletcher, Marty	Western Washington	34:26.80	
14 Mugrage, Kris	Everett CC	34:41.50	
15 Smith, Mike	Club Northwest	34:53.80	
Medhaug, Blake	Club Northwest	DNF	
Robinson, Trevor	Western Washington	DNF	
Kubitz, Greg	Unattached	DNF	
Wolfe, Jordan	Unattached	DNF	

Men's 110m Hurdle

Final

PL Athlete	Team	Final	Pts	HPL
1 Pfeiff, Corey	Western Washington	15.24	10	1
2 Milbrandt, Travis	Western Washington	15.31	8	1
3 Gordon, Josh	Washington	15.60	6	2
4 Tipton, Kaid	Washington	15.68	5	3
5 Venema, Andrew	Central Washington	15.69	4	4
6 Johnson, Nate	Seattle Pacific	15.74	3	2
7 McIntosh, Max	Central Washington	18.10	2	5
8 Fomich, Matt	Green River CC	18.54	1	3

Men's 400m Hurdle

Final

PL Athlete	Team	Final	Pts	HPL
1 Jones, Derrick	Washington	54.48	10	1
2 Endresen, Ryan	Seattle Pacific	54.90	8	2
3 Pfeiff, Corey	Western Washington	56.48	6	1
4 Arroyo, Sergio	Green River CC	57.33	5	2
5 Venema, Andrew	Central Washington	58.23	4	3
6 Tipton, Kaid	Washington	59.95	3	3
7 Choun, Junior	Green River CC	1:03.69	2	4
8 Fomich, Matt	Green River CC	1:06.21	1	5

Men's 3000m Steeple

Final

PL Athlete	Team	Final	Pts
1 Baker, AJ	Seattle Pacific	9:24.11	10
2 Lutz, Matt	Western Washington	9:40.98	8
Meis, Chad	Unattached	DNF	

Men's 3000m Race Walk

Final

PL	Athlete	Team	Final	Pts
1	DiBernardo, Steve	Club Northwest	16:15.80	10
2	Kale, Bart	Unattached	19:53.20	

Men's 4 x 100m Relay

Final

PL	Sq	Team	Final	Pts
1	A	Central Washington	42.43	10
2	A	Washington	42.44	8
		A Green River CC	DQ	
		A Everett TC	DNF	

Men's 4 x 400m Relay

Final

PL	Sq	Team	Final	Pts
1	A	Western Washington	3:23.01	10
2	A	Central Washington	3:25.76	8
3	A	Green River CC	3:35.96	6
4	B	Central Washington	3:51.97	

Men's High Jump

Final

PL	Athlete	Team	Final	Pts
1	Gordon, Josh	Washington	1.90m	10

Men's Pole Vault

Final

PL	Athlete	Team	Final	Pts
1	Allen, Spencer	Unattached	4.40m	
	Simonelli, Dominic	Everett CC	NH	

Men's Long Jump

Final

PL	Athlete	Team	Final	Pts	HPL
1	Gordon, Josh	Washington	7.25m	10	1
2	Mack, Bryan	Central Washington	6.85m	8	1
3	Plummer, Luke	Central Washington	6.73m	6	2
4	Estes, David	Unattached	6.15m		2
5	Seely, Mark	Unattached	6.02m		3
6	Johnson, Nate	Seattle Pacific	5.98m	5	4
7	Manago, Anthony	Unat09	5.87m		5
8	Smith, Ben	Seattle Pacific	5.82m	4	6
9	Ferguson, Jonathan	Northwest U	5.29m	3	3
10	Lekea, Lucien	Unat04	5.19m		4
11	Turock, Art	Club Northwest	3.59m	2	5
	Gruger, Shane	Unat01	FOUL		

Men's Triple Jump

Final

PL Athlete	Team	Final	Pts
1 Mack, Bryan	Central Washington	14.00m	10
2 Gartrell, Kyle	USAF	13.48m	8
3 Plummer, Luke	Central Washington	13.46m	6
4 Estes, David	Unattached	12.34m	
5 Tran, Daniel	Western Washington	12.01m	5
6 Norton, Matthew	Unat04	11.42m	
7 Seely, Mark	Unattached	11.12m	
Yeoman, Michael	Unattached	FOUL	

Men's Shot Put

Final

PL Athlete	Team	Final	Pts	HPL
1 Holmstrom, Eric	Central Washington	15.91m	10	1
2 Catelli, Frank	Western Washington	15.69m	8	2
3 Jensen, Mike	Central Washington	15.10m	6	3
4 Agosta, Quinton	Central Washington	14.97m	5	4
5 Gilbert, Jacob	Western Washington	13.77m	4	1
6 Martin, Troy	Unattached	13.73m	2.5	5
6 Ambrose, Tyler	Club Northwest	13.73m	2.5	5
8 Knight, Andrew	Washington	13.09m	2	7
9 Hammer, Hunter	Unat07	12.92m		2
10 Stanley, Kevin	Spokane CC	12.85m	1	8
11 Bizzack, Alex	Western Washington	12.79m		9
12 Shumate, James	Unattached	12.75m		3
13 Frazier, Jordan	Everett CC	12.08m		4
14 Higgins, John	Everett CC	11.46m		5
15 Etter, Paul	Unat07	10.57m		6
16 Lorenz, Kyle	Northwest U	10.36m		7
17 Haney, Caleb	Everett CC	9.32m		8
Reyes, Cristian	Everett CC	FOUL		

Men's Discus

Final

PL Athlete	Team	Final	Pts	HPL
1 Higgins, John	Everett CC	45.54m	10	1
2 Agosta, Quinton	Central Washington	45.33m	8	2
3 Martin, Troy	Unattached	44.64m		1
4 Hammer, Hunter	Unat07	42.95m		3
5 Gilbert, Jacob	Western Washington	42.02m	6	4
6 Jensen, Mike	Central Washington	41.43m	5	5
7 Johnson, Nate	Seattle Pacific	40.45m	4	2
8 Frazier, Jordan	Everett CC	38.78m	3	3
9 Holmstrom, Eric	Central Washington	37.86m	2	6
10 Shumate, James	Unattached	37.65m		4
11 Haney, Caleb	Everett CC	33.89m	1	5
12 Etter, Paul	Unat07	33.23m		6
13 Bizzack, Alex	Western Washington	31.02m		7
14 Reyes, Cristian	Everett CC	29.95m		8
15 Lorenz, Kyle	Northwest U	29.79m		9

Men's Hammer

Final

PL Athlete	Team	Final	Pts	HPL
1 Hoffman, Zeb	Unattached	57.50m		1
2 Jensen, Mike	Central Washington	49.46m	10	2
3 White, Kyle	Washington	47.71m	8	1
4 Eager, Brock	Seatown Express	46.33m		3
5 Holmstrom, Eric	Central Washington	45.48m	6	4
6 Macdonald, Ryan	Western Washington	44.91m	5	2
7 Beard, Chris	Unattached	43.81m		3
8 Etter, Paul	Unat07	41.91m		4
9 Hammer, Hunter	Unat07	41.78m		5
10 Knight, Andrew	Washington	40.45m	4	1
11 Reyes, Cristian	Everett CC	39.25m	3	6
12 Bates, Kenny	Unat07	38.33m		2
13 Keller, Braden	Central Washington	37.15m	2	5
14 McHugo, Nyc	Spokane CC	37.02m	1	7
15 Bizzack, Alex	Western Washington	36.93m		3
16 Frazier, Jordan	Everett CC	34.98m		4
17 Higgins, John	Everett CC	34.62m		6
18 Shumate, James	Unattached	30.27m		5
Gilbert, Jacob	Western Washington	FOUL		
Haney, Caleb	Everett CC	FOUL		
Stanley, Kevin	Spokane CC	FOUL		
Agosta, Quinton	Central Washington	FOUL		

Men's Javelin

Final

PL Athlete	Team	Final	Pts
1 Weidman, Ryan	Unat08	61.27m	
2 Haas, Derek	Spokane CC	55.57m	10
3 Ziebart, Alex	Unattached	54.56m	
4 Keller, Braden	Central Washington	52.40m	8
5 Hersha, Zack	Central Washington	47.98m	6
6 McCullough, Kevin	Green River CC	41.56m	5

Women's 100 Meters

Final

PL Athlete	Team	Final	Pts	HPL
1 Worthen, Ali	Seattle Pacific	12.58	10	1
2 Petersen, Lisa	Green River CC	12.66	8	2
3 Baldwin, Tasia	Seattle Pacific	12.75	6	3
4 Cronie, Alesha	Unattached	12.77		4
5 Chase, Kelsey	Seattle Pacific	12.78	5	1
6 Wochnick, BryAnne	Seattle Pacific	12.86	4	2
7 Genter, Chelsea	Central Washington	12.99	3	3
8 Carterby, Brittany	Central Washington	13.49	2	1
9 Joy, Juliana	Central Washington	13.52	1	4
10 Whitfield, Madisen	Unattached	13.73		2
11 LeBrun, Lindsay	Seattle Pacific	13.75		3
11 Hall, Kaisa	Northwest U	13.75		3
13 Bjorgo, Taijia	Everett CC	13.88		5
14 Ellit, KT	Unat07	16.98		5

Women's 200 Meters

Final

PL Athlete	Team	Final	Pts	HPL
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1	Worthen, Ali	Seattle Pacific	25.66	10	1
2	Cronie, Alesha	Unattached	25.91		2
3	Wochnick, BryAnne	Seattle Pacific	26.34	8	3
4	Chase, Kelsey	Seattle Pacific	26.64	6	4
5	O'Donnell, Shealee	Washington	26.94	5	5
6	Ledtke, Valle	Western Washington	27.15	4	6
7	Inderbitzin, Jayna	Central Washington	27.16	3	7
8	Fettig, Tayler	Central Washington	27.25	2	1
9	Gross, Katy	Seattle Pacific	27.26	1	1
10	Dodd, Amber	Western Washington	27.57		2
11	Whitfield, Madisen	Unattached	27.84		3
12	Forgey, Dakota	Central Washington	28.03		4
13	Bjorgo, Taijia	Everett CC	28.23		2
14	LeBrun, Lindsay	Seattle Pacific	28.43		5
15	Yanney, Shandel	Western Washington	28.52		8
16	Sowers, Joanna	Northwest U	28.70		6
17	Ellit, KT	Unat07	36.35		7

Women's 400 Meters
Final

PL	Athlete	Team	Final	Pts
1	Johnson, Jasmine	Seattle Pacific	57.56	10
2	Torfin, Annie	Washington	59.35	8
3	Pitassi, Seanna	Central Washington	1:00.50	6
4	McDaniel, Ericka	Northwest U	1:00.58	5
5	Ledtke, Valle	Western Washington	1:01.06	4
6	O'Donnell, Shealee	Washington	1:02.27	3

Women's 800 Meters
Final

PL	Athlete	Team	Final	Pts
1	Quatier, Emily	Seattle Pacific	2:15.80	10
2	Carlson, Jordan	Unattached	2:15.88	
3	Atchley, Skye	Washington	2:17.29	8
4	Farthing, Amber	Club Northwest	2:20.58	6
5	Terry, Pearl	Unattached	2:22.66	
6	Fisher, Kaitlin	Everett CC	2:23.70	5
7	Bennett, Brittany	Unattached	2:25.30	
8	Serventi, Gabriella	Seattle Pacific	2:31.05	4

Women's 1500 Meters
Final

PL	Athlete	Team	Final	Pts
1	Fricker, McKayla	Seattle Pacific	4:38.59	10
2	Decker, Lynelle	Seattle Pacific	4:40.44	8
3	Farthing, Amber	Club Northwest	4:45.42	6
4	Morris, Katie	Seattle Pacific	4:50.79	5
5	Morgan, Connie	Central Washington	4:55.79	4
6	Fisher, Kaitlin	Everett CC	4:56.15	3
7	Sowers, Joanna	Northwest U	5:03.00	2
8	Tolentino, Amy	Unattached	5:03.54	
9	Governor, Meagan	Northwest U	5:06.37	1
10	Thoreson, Sigrid	Northwest U	5:22.64	

Women's 3000 Meters
Final

PL Athlete	Team	Final	Pts
1 Governor, Meagan	Northwest U	10:52.85	10
2 Morgan, Connie	Central Washington	11:03.21	8
3 Chinchar, Erin	Central Washington	11:08.73	6
4 Thoreson, Sigrid	Northwest U	11:14.45	5

Women's 5000 Meters

Final

PL Athlete	Team	Final	Pts
1 Thralls, Katie	Seattle Pacific	17:50.75	10
2 Haneberg, Marren	Everett CC	18:10.00	8
3 McDevitt, Janet	Unattached	18:36.75	
4 Patti, Anna	Seattle Pacific	18:38.64	6
5 O'Connor, Haley	Western Washington	18:43.80	5
6 Reiter, Austen	Western Washington	18:47.01	4
7 Cordy, Kristina	Everett CC	19:06.63	3
8 Barton, Briana	Central Washington	19:42.35	2
9 Maldonado, Danielle	Central Washington	19:47.81	1
10 Doe, Elizabeth	Seattle Pacific	19:49.04	
11 Blue, Avery	Skagit VC	20:20.91	
12 Bohart, Nikki	Green River CC	20:35.97	
13 Lesh, Lainey	Whatcom Tesseract	20:44.22	
14 Carlson, Oksana	Green River CC	21:15.80	
15 Garza, Sunny	Skagit VC	21:37.41	
16 Bute, April	Skagit VC	21:43.16	
17 Blair-Nelson, Sharay	Skagit VC	22:06.69	

Women's 10000 Meters

Final

PL Athlete	Team	Final	Pts
1 Cundy, Rachel	Everett CC	38:29.58	10
2 Kreft, Kelsey	Central Washington	39:16.28	8
3 Eggleston, Dani	Central Washington	39:43.27	6
4 Wren, Mackenzie	Everett CC	42:46.24	5
5 Rogers, Megan	Central Washington	43:13.44	4
6 Cruze, Rose	Central Washington	43:56.53	3
7 Vuong, Phung	Everett CC	48:18.92	2

Women's 100m Hurdle

Final

PL Athlete	Team	Final	Pts	HPL
1 Worthen, Ali	Seattle Pacific	14.47	10	1
2 Sophusson Smith, Nai	Washington	14.60	8	2
3 Luquin, Maliea	Seattle Pacific	15.15	6	3
4 Petersen, Lisa	Green River CC	15.23	5	4
5 Bergstrom, Natalie	Central Washington	15.30	4	1
6 Fettig, Tayler	Central Washington	15.35	3	2
7 Gross, Katy	Seattle Pacific	15.38	2	5
8 Deck, Allison	Central Washington	15.56	1	3
9 Genther, Chelsea	Central Washington	17.26		4

Women's 400m Hurdle

Final

PL Athlete	Team	Final	Pts	HPL
1 Harris, Nicole	Washington	1:04.95	10	1
2 McDonald, Alexandra	Western Washington	1:05.20	8	2
3 Barrow, Laura	Western Washington	1:06.74	6	3
4 Genther, Chelsea	Central Washington	1:11.44	5	4
5 Hall, Kaisa	Northwest U	1:12.50	4	5
6 Deck, Allison	Central Washington	1:13.50	3	1
7 Bergstrom, Natalie	Central Washington	1:13.71	2	2

Women's 3000m Steeple
Final

PL Athlete	Team	Final	Pts
1 Arrigoni, Catie	Everett CC	11:34.89	10
2 Eldredge, Brenna	Everett CC	12:35.49	8
3 Rice, Ashley	Central Washington	13:22.10	6

Women's 3000m Race Walk
Final

PL Athlete	Team	Final	Pts
1 Tuberg, Ann	Unattached	17:25.50	
2 Bosserman, Melissa	Unat06	17:28.90	
3 Cunningham, Michelle	Club Northwest	19:26.70	10
4 Thurman, Diana	Unattached	20:31.30	
5 Choi, Dora	Unattached	21:12.60	

Women's 4 x 100m Relay
Final

PL	Sq Team	Final	Pts
1	A Central Washington	50.44	10
2	A Everett CC	59.88	8

Women's 4 x 400m Relay
Final

PL	Sq Team	Final	Pts
1	A Seattle Pacific	3:53.84	10
2	B Seattle Pacific	3:59.48	
3	C Washington	4:00.67	8
4	B Central Washington	4:06.18	6
5	A Northwest U	4:27.82	5
6	C Central Washington	4:31.67	

Women's High Jump
Final

PL Athlete	Team	Final	Pts
1 Fettig, Tayler	Central Washington	1.75m	10
2 Grager, Molly	Seattle Pacific	1.60m	8
3 Wright, Katelyn	Western Washington	1.55m	6
4 Overdick, Amanda	Western Washington	1.55m	5
5 Dondrea, Charnie	Northwest U	1.55m	4
6 Whitfield, Madisen	Unattached	1.45m	
7 Luquin, Maliea	Seattle Pacific	1.45m	3

8 Clark, Tasia	Unat04	1.45m	
9 Joy, Juliana	Central Washington	1.40m	2

Women's Pole Vault
Final

PL Athlete	Team	Final	Pts
1 Schnapp, Ashley	Washington	3.50m	10
2 Larsen, Jamie	Central Washington	3.35m	8
Wren, Klarissa	Washington	NH	

Women's Long Jump
Final

PL Athlete	Team	Final	Pts
1 Baldwin, Tasia	Seattle Pacific	5.47m	10
2 Luquin, Maliea	Seattle Pacific	5.23m	8
3 Miranda, Trinna	Seattle Pacific	5.13m	6
4 Wright, Katelyn	Western Washington	4.88m	5
5 Stigglebout, Chloe	Washington	4.73m	4
6 Alflen, Taylor	Western Washington	4.63m	3
7 Marzano, Allyssa	Central Washington	4.55m	2
8 Mueller, Anne	Seattle Pacific	4.46m	1
9 Yanney, Shandel	Western Washington	4.29m	
10 Clark, Tasia	Unat04	4.18m	
11 Wheeler, Miriam	Central Washington	4.14m	
12 Shreve, Kellie	Central Washington	4.09m	

Women's Triple Jump
Final

PL Athlete	Team	Final	Pts
1 Stigglebout, Chloe	Washington	11.07m	10
2 Miranda, Trinna	Seattle Pacific	10.82m	8
3 Yanney, Shandel	Western Washington	10.18m	6
4 Marzano, Allyssa	Central Washington	9.96m	5
5 Mueller, Anne	Seattle Pacific	9.86m	4
6 Shreve, Kellie	Central Washington	9.46m	3
7 Wheeler, Miriam	Central Washington	9.11m	2
8 Castor, Jess	Everett CC	9.01m	1

Women's Shot Put
Final

PL Athlete	Team	Final	Pts	HPL
1 Parker, Mary	Unat07	12.86m		1
2 Coleman, Beverly	Washington	12.83m	10	2
3 Duhamel, Becki	Central Washington	12.35m	8	3
4 Martinez, Annie	Central Washington	11.64m	6	4
5 Youngers, Amanda	Unat08	11.44m		5
6 Gravelle, Carolyn	Washington	11.07m	5	6
7 Worthen, Ali	Seattle Pacific	10.51m	4	1
8 Burke, Corinne	Northwest U	10.46m	3	7
9 Moore, Dorothy	Central Washington	9.89m	2	2
10 Marzano, Allyssa	Central Washington	9.34m	1	3
11 Roe, Maggie	Western Washington	8.97m		8
12 Grothen, Chantal	Northwest U	7.96m		4

Women's Discus

Final

PL Athlete	Team	Final	Pts
1 Parker, Mary	Unat07	45.62m	
2 Alyea, Janell	Unat09	44.83m	
3 Duhamel, Becki	Central Washington	40.31m	10
4 Roe, Maggie	Western Washington	39.73m	8
5 Duke, Jessie	Central Washington	34.29m	6
6 Jensen, Sydney	Central Washington	32.47m	5
7 Burke, Corinne	Northwest U	31.48m	4
8 Grothen, Chantal	Northwest U	26.49m	3

Women's Hammer

Final

PL Athlete	Team	Final	Pts
1 Wells, Lindsay	Western Washington	48.64m	10
2 Parker, Mary	Unat07	47.13m	
3 Alyea, Janell	Unat09	43.84m	
4 Rodgers, Angel	Everett CC	42.76m	8
5 Flynn, Emily	Spokane CC	41.81m	6
6 Gravelle, Carolyn	Washington	40.11m	5
7 Larsen, Jamie	Central Washington	37.96m	4
8 Jensen, Sydney	Central Washington	37.38m	3
9 Havens, Jesse	Washington	34.79m	2
10 Coleman, Beverly	Washington	34.00m	1
11 Duke, Jessie	Central Washington	33.85m	
12 Scocco, Riley	Unattached	32.83m	
13 Moore, Dorothy	Central Washington	30.34m	
Duhamel, Becki	Central Washington	FOUL	

Women's Javelin

Final

PL Athlete	Team	Final	Pts
1 Drake, Bethany	Western Washington	43.33m	10
2 Garrett, Britlyn	Club Northwest	41.33m	8
3 Burke, Corinne	Northwest U	39.00m	6
4 Gross, Katy	Seattle Pacific	38.63m	5
5 Webber, Monica	Everett CC	35.64m	4
6 Youngers, Amanda	Unat08	34.97m	
7 Worthen, Ali	Seattle Pacific	33.22m	3
8 Joy, Juliana	Central Washington	33.14m	2
9 Grothen, Chantal	Northwest U	31.03m	1
10 Corona, Emily	Seattle Pacific	30.83m	
11 Luquin, Maliea	Seattle Pacific	27.35m	