

# RESULTS OF THE Club Northwest SPRING BREAK OPEN TRACK & FIELD MEET

West Seattle Stadium, Seattle • Saturday, March 29, 2014 • Revised April 2, 2014 • Page 1

## Event 1 Men High Jump

| <i>Plc</i> | <i>Name</i>       | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |         |
|------------|-------------------|-------------|--------------------|---------------|---------|
| 1          | Myers, Logan      |             | Western Washington | 2.00m         | 6-06.75 |
| 2          | Sanderlin, Tyrone |             | Everett CC         | 1.90m         | 6-02.75 |
| 3          | Namba, Chris      |             | Everett CC         | 1.70m         | 5-07.00 |
| --         | Manago, Anthony   |             | Trinity Lutheran   | NH            |         |
| --         | Galhroth, Andrew  |             | Unattached         | NH            |         |
| --         | Meikle, Ethan     |             | Central Washington | NH            |         |
| --         | Johnson, Anthony  |             | Evergreen State    | NH            |         |

## Event 2 Women High Jump

| <i>Plc</i> | <i>Name</i>       | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |         |
|------------|-------------------|-------------|--------------------|---------------|---------|
| 1          | Osadchey, Miranda |             | Western Washington | 1.50m         | 4-11.00 |
| 2          | Dondrea, Charnie  |             | Northwest U        | 1.45m         | 4-09.00 |
| 3          | Hong, Cheryl      |             | Seattle Pacific    | 1.40m         | 4-07.00 |
| --         | Sherwood, Holly   |             | Central Washington | NH            |         |
| --         | Wright, Katelyn   |             | Western Washington | NH            |         |

## Event 3 Men Pole Vault

| <i>Plc</i> | <i>Name</i>     | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |          |
|------------|-----------------|-------------|--------------------|---------------|----------|
| 1          | Kordas, Gordon  |             | Western Washington | 4.11m         | 13-05.75 |
| 2          | Palmer, Freeman |             | Western Washington | 4.11m         | 13-05.75 |
| 3          | Shear, Spencer  |             | Unattached         | 3.96m         | 12-11.75 |
| 4          | Britt, Evan     |             | Skagit Valley      | 3.96m         | 12-11.75 |

## Event 4 Women Pole Vault

| <i>Plc</i> | <i>Name</i>      | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |          |
|------------|------------------|-------------|--------------------|---------------|----------|
| 1          | Webster, Madi    |             | Seattle Pacific    | 3.05m         | 10-00.00 |
| 2          | Annable, Morgan  |             | Western Washington | 3.05m         | 10-00.00 |
| 3          | Knope, Elizabeth |             | Western Washington | 2.90m         | 9-06.25  |
| 4          | Hess, Jenna      |             | Everett CC         | 2.90m         | 9-06.25  |

## Event 5 Men Long Jump (no wind information)

| <i>Plc</i> | <i>Name</i>           | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |          |
|------------|-----------------------|-------------|--------------------|---------------|----------|
| 1          | van Tuinen, Nathaniel |             | Western Washington | 6.69m         | 21-11.50 |
| 2          | Cheong, Thomas        | 95          | Unattached         | 6.55m         | 21-06.00 |
| 3          | Landis, Kodiak        |             | Everett CC         | 6.20m         | 20-04.25 |
| 4          | Manago, Anthony       |             | Trinity Lutheran   | 6.10m         | 20-00.25 |
| 5          | Rhodes, William       |             | Evergreen State    | 5.89m         | 19-04.00 |
| 5          | Smith, Ben            |             | Seattle Pacific    | 5.89m         | 19-04.00 |
| 7          | Baker, Alex           |             | Trinity Lutheran   | 4.90m         | 16-01.00 |

## Event 6 Women Long Jump (no wind information)

| <i>Plc</i> | <i>Name</i>      | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |          |
|------------|------------------|-------------|--------------------|---------------|----------|
| 1          | Brannan, Kyra    |             | Seattle Pacific    | 5.33m         | 17-06.00 |
| 2          | Baldwin, Tasia   |             | Seattle Pacific    | 5.17m         | 16-11.50 |
| 3          | Snider, Michelle |             | Northwest U        | 5.07m         | 16-07.75 |
| 4          | Dondrea, Charnie |             | Northwest U        | 5.03m         | 16-06.00 |
| 5          | Sowers, Ali      |             | Seattle Pacific    | 4.94m         | 16-02.50 |
| 6          | Hong, Cheryl     |             | Seattle Pacific    | 4.77m         | 15-07.75 |
| 7          | Wright, Katelyn  |             | Western Washington | 4.73m         | 15-06.25 |
| 8          | Hommel, Maddi    |             | Seattle Pacific    | 4.71m         | 15-05.50 |

**RESULTS OF THE Club Northwest SPRING BREAK OPEN TRACK & FIELD MEET**West Seattle Stadium, Seattle • Saturday, March 29, 2014 • *Revised April 2, 2014* • Page 2**Event 7 Men Triple Jump (no wind information)**

| <i>Plc</i> | <i>Name</i>    | <i>Year</i> | <i>Team</i> | <i>Finals</i> |          |
|------------|----------------|-------------|-------------|---------------|----------|
| 1          | Cheong, Thomas | 95          | Unattached  | 13.60m        | 44-07.50 |

**Event 8 Women Triple Jump (no wind information)**

| <i>Plc</i> | <i>Name</i>       | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |          |
|------------|-------------------|-------------|--------------------|---------------|----------|
| 1          | McMullin, Jasmine |             | Western Washington | 10.24m        | 33-07.25 |

**Event 9 Men Shot Put**

| <i>Plc</i>         | <i>Name</i>      | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |          |
|--------------------|------------------|-------------|--------------------|---------------|----------|
| 1                  | Catelli, Frank   |             | Western Washington | 16.53m        | 54-02.75 |
| <b>MEET RECORD</b> |                  |             |                    |               |          |
| 2                  | Hutchison, Brian | 92          | Unattached         | 15.60m        | 51-02.25 |
| 3                  | Gilbert, Jacob   |             | Western Washington | 14.24m        | 46-08.75 |
| 4                  | Fisher, Damien   |             | Western Washington | 13.86m        | 45-05.75 |
| 5                  | Frazier, Jordan  |             | Everett CC         | 13.40m        | 43-11.75 |
| 6                  | Ambrose, Tyler   |             | Everett CC         | 12.93m        | 42-05.25 |
| 7                  | Huguenin, Cody   |             | Everett CC         | 12.70m        | 41-08.00 |
| 8                  | Shumate, James   |             | Central Washington | 12.67m        | 41-07.00 |
| 9                  | Knight, Andrew   |             | Western Washington | 12.40m        | 40-08.25 |
| 10                 | Harman, Tad      | 89          | Unattached         | 11.89m        | 39-00.25 |
| 11                 | Miller, Scott    |             | Everett CC         | 11.28m        | 37-00.25 |
| 12                 | Stone, Jonathan  | 66          | Big River RC       | 8.10m         | 26-07.00 |
| 13                 | Greiling, Rodney |             | Seattle Pacific    | 7.93m         | 26-00.25 |
| 14                 | Robicheau, Evan  |             | Seattle Pacific    | 7.34m         | 24-01.00 |
| 15                 | Baker, Alex      |             | Trinity Lutheran   | 6.66m         | 21-10.25 |
| --                 | Holmstrom, Eric  |             | Central Washington | FOUL          |          |

**Event 10 Women Shot Put**

| <i>Plc</i> | <i>Name</i>      | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |          |
|------------|------------------|-------------|--------------------|---------------|----------|
| 1          | Mortensen, Megan |             | Western Washington | 12.37m        | 40-07.00 |
| 2          | Burke, Corinne   |             | Northwest U        | 11.26m        | 36-11.50 |
| 3          | Markham, Sammi   |             | Seattle Pacific    | 11.17m        | 36-07.75 |
| 4          | Moore, Dorothy   |             | Central Washington | 10.73m        | 35-02.50 |
| 5          | Lindseth, Alexa  |             | Northwest U        | 10.50m        | 34-05.50 |
| 6          | Pratt, Marissa   |             | Central Washington | 10.00m        | 32-09.75 |
| 7          | Sowers, Ali      |             | Seattle Pacific    | 9.72m         | 31-10.75 |
| 8          | Hombres, Maddi   |             | Seattle Pacific    | 8.17m         | 26-09.75 |
| 9          | Grothen, Chantal |             | Northwest U        | 7.96m         | 26-01.50 |
| 10         | Stralser, Emily  |             | Western Washington | 7.85m         | 25-09.25 |

**Event 11 Men Discus Throw**

| <i>Plc</i> | <i>Name</i>       | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |        |
|------------|-------------------|-------------|--------------------|---------------|--------|
| 1          | Catelli, Frank    |             | Western Washington | 46.72m        | 153-03 |
| 2          | Miller, Scott     |             | Everett CC         | 45.01m        | 147-08 |
| 3          | Gilbert, Jacob    |             | Western Washington | 42.39m        | 139-01 |
| 4          | Fisher, Damien    |             | Western Washington | 42.19m        | 138-05 |
| 5          | Macdonald, Ryan   |             | Western Washington | 40.25m        | 132-01 |
| 6          | Frazier, Jordan   |             | Everett CC         | 38.76m        | 127-02 |
| 7          | Shumate, James    |             | Central Washington | 36.10m        | 118-05 |
| 8          | Harman, Tad       | 89          | Unattached         | 35.33m        | 115-11 |
| 9          | Huguenin, Cody    |             | Everett CC         | 32.67m        | 107-02 |
| 10         | Stralser, Michael |             | Western Washington | 27.26m        | 89-05  |

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|    |             |  |                  |        |       |
|----|-------------|--|------------------|--------|-------|
| 11 | Baker, Alex |  | Trinity Lutheran | 23.43m | 76-10 |
|----|-------------|--|------------------|--------|-------|

**Event 12 Women Discus Throw**

| <i>Plc</i> | <i>Name</i>      | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |        |
|------------|------------------|-------------|--------------------|---------------|--------|
| 1          | Roe, Maggie      |             | Western Washington | 40.32m        | 132-03 |
| 2          | Lindseth, Alexa  |             | Northwest U        | 36.09m        | 118-05 |
| 3          | Knope, Elizabeth |             | Western Washington | 35.13m        | 115-03 |
| 4          | Mortensen, Megan |             | Western Washington | 30.96m        | 101-07 |

**Event 13 Men Hammer Throw**

| <i>Plc</i> | <i>Name</i>        | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |        |
|------------|--------------------|-------------|--------------------|---------------|--------|
| 1          | Hoffman, Zeb       |             | Unattached         | 58.75m        | 192-09 |
|            | <b>MEET RECORD</b> |             |                    |               |        |
| 2          | White, Kyle        | 93          | Unattached         | 51.15m        | 167-10 |
| 3          | Behncke, Peter     |             | Simon Fraser       | 48.95m        | 160-07 |
| 4          | Frazier, Jordan    |             | Everett CC         | 45.19m        | 148-03 |
| 5          | Molinari, Luca     |             | Simon Fraser       | 43.47m        | 142-07 |
| 6          | Harman, Tad        | 89          | Unattached         | 38.96m        | 127-10 |
| 7          | Knight, Andrew     |             | Western Washington | 38.49m        | 126-03 |

**Event 14 Women Hammer Throw**

| <i>Plc</i> | <i>Name</i>        | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |        |
|------------|--------------------|-------------|--------------------|---------------|--------|
| 1          | Wells, Lindsay     |             | Western Washington | 52.15m        | 171-01 |
|            | <b>MEET RECORD</b> |             |                    |               |        |
| 2          | Gravelle, Carolyn  | 93          | Unattached         | 46.95m        | 154-00 |
| 3          | Carr, Ryley        |             | Simon Fraser       | 46.47m        | 152-05 |
| 4          | Coleman, Beverly   | 93          | Unattached         | 45.81m        | 150-03 |
| 5          | Moore, Dorothy     |             | Central Washington | 40.63m        | 133-04 |
| 6          | Gremer, Emma       |             | Western Washington | 33.97m        | 111-05 |
| 7          | Knope, Elizabeth   |             | Western Washington | 33.66m        | 110-05 |

**Event 15 Men Javelin Throw**

| <i>Plc</i> | <i>Name</i>       | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |        |
|------------|-------------------|-------------|--------------------|---------------|--------|
| 1          | Fischer, Luke     | 89          | Unattached         | 61.72m        | 202-06 |
| 2          | Haskin, John      |             | Western Washington | 50.09m        | 164-04 |
| 3          | Chavez, Michael   |             | Central Washington | 46.91m        | 153-11 |
| 4          | Leslie, Jered     |             | Northwest U        | 44.72m        | 146-09 |
| 5          | Galhroth, Andrew  |             | Unattached         | 44.21m        | 145-00 |
| 6          | Frazier, Jordan   |             | Everett CC         | 42.89m        | 140-08 |
| 7          | Miller, Scott     |             | Everett CC         | 42.08m        | 138-01 |
| 8          | Ramsey, Justin    |             | Seattle Pacific    | 40.33m        | 132-04 |
| 9          | Stone, Jonathan   | 66          | Big River RC       | 39.61m        | 129-11 |
| 10         | Stralser, Michael |             | Western Washington | 39.13m        | 128-04 |
| 11         | Jaurez, Andres    |             | Evergreen State    | 38.11m        | 125-00 |

**Event 16 Women Javelin Throw**

| <i>Plc</i> | <i>Name</i>      | <i>Year</i> | <i>Team</i>     | <i>Finals</i> |        |
|------------|------------------|-------------|-----------------|---------------|--------|
| 1          | Farner, Michaela |             | Seattle Pacific | 40.72m        | 133-07 |
| 2          | Corona, Emily    |             | Seattle Pacific | 34.92m        | 114-07 |
| 3          | Markham, Sammi   |             | Seattle Pacific | 33.57m        | 110-02 |
| 4          | Hommes, Maddi    |             | Seattle Pacific | 32.93m        | 108-00 |
| 5          | Grothen, Chantal |             | Northwest U     | 32.72m        | 107-04 |
| 6          | Burke, Corinne   |             | Northwest U     | 31.87m        | 104-07 |
| 7          | Lindseth, Alexa  |             | Northwest U     | 29.21m        | 95-10  |

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|----|--------------------|--|--------------------|--------|-------|
| 8  | Dela Cuadra, Kameo |  | Evergreen State    | 27.33m | 89-08 |
| 9  | Stralser, Emily    |  | Western Washington | 24.72m | 81-01 |
| 10 | Patcho, Kimiko     |  | Evergreen State    | 20.71m | 67-11 |
| 11 | Hong, Cheryl       |  | Seattle Pacific    | 20.53m | 67-04 |
| 12 | Sowers, Ali        |  | Seattle Pacific    | 20.29m | 66-07 |
| 13 | Hess, Jenna        |  | Everett CC         | 20.25m | 66-05 |

**Event 17 Men 10000-meter Run**

| <i>Plc</i> | <i>Name</i>       | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |
|------------|-------------------|-------------|--------------------|---------------|
| 1          | Grimes, Bennett   |             | Club Northwest     | 31:05.40      |
| 2          | Griffith, Isaac   |             | Western Washington | 31:19.00      |
| 3          | Richards, Nathan  |             | Western Washington | 31:51.15      |
| 4          | Boyd, Tanner      |             | Western Washington | 32:19.18      |
| 5          | Jones, Will       |             | Western Washington | 32:20.93      |
| 6          | Peterson, Ryan    |             | Western Washington | 32:24.00      |
| 7          | Castillo, Juan    |             | Western Washington | 32:36.46      |
| 8          | Frandsen, Shaun   |             | Club Northwest     | 33:24.12      |
| 9          | Reed, Andrew      | 88          | Club Northwest     | 34:05.02      |
| 10         | Martinez, Bryan   |             | Everett CC         | 34:10.83      |
| 11         | Rodriguez, Freddy |             | Everett CC         | 34:45.11      |

**Event 18 Women 10000-meter Run**

| <i>Plc</i> | <i>Name</i>         | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |
|------------|---------------------|-------------|--------------------|---------------|
| 1          | Salzwedel, Adrienne |             | Club Northwest     | 39:46.81      |
| 2          | Johnson, Jessica    | 93          | Northwest Missouri | 40:01.30      |
| 3          | Ringer, Talia       |             | Club Northwest     | 40:11.04      |

**Event 19 Men 3000-meter Race Walk**

| <i>Plc</i> | <i>Name</i>       | <i>Year</i> | <i>Team</i>      | <i>Finals</i> |
|------------|-------------------|-------------|------------------|---------------|
| 1          | DiBernardo, Steve |             | Club Northwest   | 16:40.66      |
| 2          | Novak, Bob        |             | Unattached       | 18:03.37      |
| 3          | Rehder, Mike      |             | Unattached       | 18:18.03      |
| 4          | Byram, Lloyd      |             | Trinity Lutheran | 19:25.19      |
| 5          | Kale, Bart        |             | Unattached       | 19:26.68      |
| 6          | Pitkethly, David  | 36          | Snohomish TC     | 23:55.35      |

**Event 20 Women 3000-meter Race Walk**

| <i>Plc</i> | <i>Name</i>    | <i>Year</i> | <i>Team</i> | <i>Finals</i> |
|------------|----------------|-------------|-------------|---------------|
| 1          | Tuberg, Ann    |             | Unattached  | 18:36.56      |
| 2          | Thurman, Diane |             | Unattached  | 20:21.57      |

**Event 21 Men 3000-meter Run**

| <i>Plc</i> | <i>Name</i>        | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |
|------------|--------------------|-------------|--------------------|---------------|
| 1          | Abdi, Mohamud      |             | Everett CC         | 8:49.25       |
| 2          | Wiley, Turner      |             | Seattle Pacific    | 8:55.99       |
| 3          | Espinoza, Jack     |             | Everett CC         | 8:58.41       |
| 4          | Welch, Nick        |             | Club Northwest     | 8:58.75       |
| 5          | Avischious, Adam   |             | Seattle Pacific    | 9:06.14       |
| 6          | Winegar, Brett     | 79          | Club Northwest     | 9:07.14       |
| 7          | Quimby, Jonathan   |             | Western Washington | 9:07.43       |
| 8          | Ferguson, Jonathan |             | Northwest U        | 9:08.51       |
| 9          | Medhaug, Blake     |             | Club Northwest     | 9:14.59       |
| 10         | Ellis, Peter       |             | Unattached         | 9:15.76       |

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|----|-------------------|----|--------------------|---------|
| 11 | Schwittay, Matt   |    | Everett CC         | 9:16.92 |
| 12 | Flannery, Tyler   | 94 | Seattle U          | 9:21.84 |
| 13 | Reiter, Joshua    |    | Western Washington | 9:30.79 |
| 14 | Welch, Nick       |    | Club Northwest     | 9:33.44 |
| 15 | Griffis, Logan    |    | Northwest U        | 9:39.76 |
| 16 | Deshazer, Brandon |    | Northwest U        | 9:40.28 |
| 17 | Alcantara, Ryan   |    | Seattle Pacific    | 9:51.49 |
| 18 | O'Hearn, John     | 61 | Club Northwest     | 9:53.62 |
| 19 | Young, Paul       | 91 | Unattached         | 9:53.68 |

## Event 22 Women 5000-meter Run

| <i>Plc</i> | <i>Name</i>          | <i>Year</i> | <i>Team</i>      | <i>Finals</i> |
|------------|----------------------|-------------|------------------|---------------|
| 1          | Heuer Johnson, Megan | 81          | Club Northwest   | 17:20.01      |
| 2          | Lacey, Lana          |             | Club Northwest   | 17:30.42      |
| 3          | Garvue, Drea         |             | Club Northwest   | 17:39.80      |
| 4          | Hinson, Kimber       |             | Club Northwest   | 17:44.82      |
| 5          | McDevitt, Janet      |             | Club Northwest   | 17:45.74      |
| 6          | Houk, Kristi         | 84          | Club Northwest   | 17:46.48      |
| 7          | Keller, Lois         |             | Club Northwest   | 17:51.53      |
| 8          | Lyle, Meghan         | 81          | Club Northwest   | 18:25.43      |
| 9          | Mickelson, Laura     |             | Club Northwest   | 18:53.28      |
| 10         | Thoreson, Sigrid     |             | Northwest U      | 19:22.35      |
| 11         | Wing, Madeline       | Skagit      | Valley           | 20:38.81      |
| 12         | Vuong, Phung         |             | Trinity Lutheran | 22:01.79      |

## Event 23 Men 3000-meter Steeplechase

| <i>Plc</i> | <i>Name</i>         | <i>Year</i> | <i>Team</i>      | <i>Finals</i> |
|------------|---------------------|-------------|------------------|---------------|
| 1          | Fisher, Chris       |             | Club Northwest   | 9:38.54       |
| 2          | McLaughlin, Nathan  | 93          | Seattle U        | 9:56.12       |
| 3          | Mugrage, Kris       |             | Unattached       | 10:03.00      |
| 4          | Contreras, Emmanuel |             | Trinity Lutheran | 10:14.51      |
| --         | Yoke, Justin        |             | Trinity Lutheran | DNF           |

## Event 24 Women 3000-meter Steeplechase

| <i>Plc</i> | <i>Name</i>        | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |
|------------|--------------------|-------------|--------------------|---------------|
| 1          | Steen, Katelyn     |             | Western Washington | 10:54.78      |
|            | <b>MEET RECORD</b> |             |                    |               |
| 2          | O'Connor, Haley    |             | Western Washington | 11:34.90      |
| 3          | Calvert, Hannah    |             | Seattle Pacific    | 12:24.23      |

## Event 25 Men 4x100-meter Relay

| <i>Plc</i> | <i>Team</i>                                   | <i>Finals</i> |
|------------|---|---------------|
| 1          | Western Washington                            | 43.37         |
|            | 1) van Tuinen, Nathaniel 2) Poolman, Jonathon |               |
|            | 3) Smith, Devon 4) Yates, Kevin               |               |
| --         | Seattle Pacific                               | DNF           |
|            | 1) Ferguson, David 2) Adams, Ian              |               |
|            | 3) Russell, Sean 4) Lang, Cody                |               |

## Event 26 Women 4x100-meter Relay

| <i>Plc</i> | <i>Team</i>     | <i>Finals</i> |
|------------|-----------------|---------------|
| 1          | Seattle Pacific | 48.42         |

**MEET RECORD**

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|---|----------------------|----|------------------|-------|
|   | 1) Wochnick, BryAnne | 2) | Mitchell, Kishia |       |
|   | 3) Brannan, Kyra     | 4) | Baldwin, Tasia   |       |
| 2 | Northwest U          |    |                  | 50.94 |
|   | 1) McDaniel, Ericka  | 2) | Hall, Kaisa      |       |
|   | 3) Snider, Michelle  | 4) | Hollis, Kaitlyn  |       |

## Event 27 Men 1500-meter Run

| <i>Plc</i> | <i>Name</i>         | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |
|------------|---------------------|-------------|--------------------|---------------|
| 1          | McCranie, Cody      |             | Western Washington | 4:01.42       |
| 2          | Williams, Charlie   |             | Club Northwest     | 4:06.74       |
| 3          | Beard, Mitch        |             | Everett CC         | 4:09.30       |
| 4          | Alexander, Sam      |             | Unattached         | 4:10.66       |
| 5          | Nicol, Mason        |             | Everett CC         | 4:15.48       |
| 6          | Dietz, Stephen      |             | Everett CC         | 4:16.02       |
| 7          | Jones, Les          |             | Evergreen State    | 4:17.16       |
| 8          | Rash, Dakota        | 94          | Unattached         | 4:17.82       |
| 9          | King, Jamin         | 89          | Unattached         | 4:18.07       |
| 10         | Schwecke, Tyler     |             | Western Washington | 4:21.01       |
| 11         | Medhaug, Blake      |             | Club Northwest     | 4:22.62       |
| 12         | Siegel, Ben         |             | Club Northwest     | 4:25.38       |
| 13         | Bywater, Johnny     |             | Trinity Lutheran   | 4:25.63       |
| 14         | Deshazer, Brandon   |             | Northwest U        | 4:29.89       |
| 15         | Thomas, Matt        |             | Club Northwest     | 4:33.15       |
| 16         | Thornton, Derek     | 82          | Unattached         | 4:35.24       |
| 17         | Cole, Kyle          |             | Northwest U        | 4:37.82       |
| 18         | Wilkins, Colin      |             | Seattle Pacific    | 4:38.10       |
| 19         | Messman, Alec       |             | Evergreen State    | 4:41.27       |
| 20         | Van De Zande, Steve | 76          | Unattached         | 4:45.11       |
| 21         | Herling, Matthew    |             | Unattached         | 5:05.84       |
| 22         | Weldon, Daniel      | 85          | Unattached         | 5:06.0h       |

## Event 28 Women 1500-meter Run

| <i>Plc</i> | <i>Name</i>           | <i>Year</i> | <i>Team</i>     | <i>Finals</i> |
|------------|-----------------------|-------------|-----------------|---------------|
| 1          | Farthing, Amber       |             | Club Northwest  | 4:49.20       |
| 2          | Mandi, Alison         | 83          | Club Northwest  | 4:51.78       |
| 3          | Macdonald, Sarah      |             | Seattle Pacific | 4:57.82       |
| 4          | Patti, Anna           |             | Seattle Pacific | 4:57.93       |
| 5          | EGge, Kelly           |             | Everett CC      | 5:01.02       |
| 6          | O'Connor-Lenth, Maira |             | Seattle U       | 5:03.36       |
| 7          | Zeitler, Kiley        |             | Seattle Pacific | 5:22.67       |
| 8          | Tacke, Emily          |             | Northwest U     | 5:28.50       |
| 9          | Tischer, Mercedes     |             | Skagit Valley   | 5:35.92       |
| 10         | Peters, Hannah        |             | Northwest U     | 5:38.22       |
| 11         | Grant, Kelly          |             | Northwest U     | 5:57.82       |

## Event 29 Men 110-meter Hurdles

| <i>Plc</i> | <i>Name</i>         | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |
|------------|---------------------|-------------|--------------------|---------------|
| 1          | Milbrandt, Travis   |             | Western Washington | 15.19         |
| 2          | James, Jamall       |             | Everett CC         | 15.95         |
| 3          | Thomas, Stuart      |             | Unattached         | 16.10         |
| 4          | Mickelson, Dennzell |             | Central Washington | 16.12         |

## Event 30 Women 100-meter Hurdles

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| <i>Plc</i> | <i>Name</i>        | <i>Year</i> | <i>Team</i>        | <i>Finals</i> | <i>Heat</i> |
|------------|--------------------|-------------|--------------------|---------------|-------------|
| 1          | Deck, Allison      |             | Central Washington | 15.9h         | 2           |
| 2          | Sowers, Ali        |             | Seattle Pacific    | 17.22         | 1           |
| 3          | Werner, Chloe      |             | Northwest U        | 17.24         | 2           |
| 4          | Hong, Cheryl       |             | Seattle Pacific    | 17.25         | 2           |
| 5          | Stralser, Emily    |             | Western Washington | 17.35         | 2           |
| 6          | Woodworth, McKenna |             | Trinity Lutheran   | 18.44         | 1           |
| 7          | Hombres, Maddi     |             | Seattle Pacific    | 19.87         | 1           |

**Event 31 Men 400-meter Dash**

| <i>Plc</i> | <i>Name</i>        | <i>Year</i> | <i>Team</i>        | <i>Finals</i> | <i>Heat</i> |
|------------|--------------------|-------------|--------------------|---------------|-------------|
| 1          | Schmidt, Nathaniel |             | Western Washington | 49.92         | 2           |
| 2          | Rynn, Isaac        | 89          | Unattached         | 51.39         | 2           |
| 3          | Sarmiento, Kennedy |             | Central Washington | 53.12         | 2           |
| 4          | Bosman, Kean       |             | Everett CC         | 55.87         | 2           |
| 5          | Meikle, Ethan      |             | Central Washington | 56.16         | 2           |
| 6          | Acosta, Medardo    |             | Trinity Lutheran   | 58.32         | 1           |
| 7          | Souaiaia, Soufi    | 88          | Unattached         | 58.92         | 1           |
| 8          | Alexander, Sam     |             | Unattached         | 1:00.03       | 1           |
| 9          | Thornton, Derek    | 82          | Unattached         | 1:00.43       | 2           |
| 10         | Wilson, Don        | 49          | Unattached         | 1:06.80       | 1           |

**Event 32 Women 400-meter Dash**

| <i>Plc</i> | <i>Name</i>        | <i>Year</i> | <i>Team</i>        | <i>Finals</i> | <i>Heat</i> |
|------------|--------------------|-------------|--------------------|---------------|-------------|
| 1          | McDaniel, Ericka   |             | Northwest U        | 58.99         | 2           |
| 2          | Desch, Chantel     |             | Simon Fraser       | 59.59         | 2           |
| 3          | Inderbitzin, Jayna |             | Central Washington | 1:01.00       | 2           |
| 4          | Chase, Kelsey      |             | Seattle Pacific    | 1:01.04       | 2           |
| 5          | Banfro, Tianna     |             | Central Washington | 1:01.60       | 2           |
| 6          | Hood, Anna         |             | Central Washington | 1:02.51       | 2           |
| 7          | Hall, Kaisa        |             | Northwest U        | 1:02.91       | 1           |
| 8          | LeBrun, Lindsay    |             | Seattle Pacific    | 1:02.98       | 1           |
| 9          | Bergstrom, Natalie |             | Central Washington | 1:05.18       | 1           |

**Event 33 Men 100-meter Dash**

| <i>Plc</i> | <i>Name</i>       | <i>Year</i> | <i>Team</i>        | <i>Finals</i> | <i>Heat</i> |
|------------|-------------------|-------------|--------------------|---------------|-------------|
| 1          | Prasad, Harish    |             | Central Washington | 11.15         | 3           |
| 2          | Ferguson, David   |             | Seattle Pacific    | 11.20         | 3           |
| 3          | Straker, RJ       |             | Seattle Pacific    | 11.49         | 3           |
| 4          | McMillan, Relijah | Skagit      | Valley             | 11.49         | 3           |
| 5          | Nystrom, Evan     |             | Central Washington | 11.50         | 3           |
| 6          | Namba, Chris      |             | Everett CC         | 11.70         | 2           |
| 7          | DeHart, Jaric     |             | Western Washington | 11.91         | 2           |
| 8          | Russell, Sean     |             | Seattle Pacific    | 11.93         | 3           |
| 9          | Manago, Anthony   |             | Trinity Lutheran   | 11.97         | 3           |
| 10         | Rhodes, William   |             | Evergreen State    | 12.08         | 2           |
| 11         | Williams, Anthony |             | Trinity Lutheran   | 12.16         | 1           |
| 11         | Adams, Ian        |             | Seattle Pacific    | 12.16         | 2           |
| 13         | Lang, Cody        |             | Seattle Pacific    | 12.29         | 2           |
| 14         | Miller, Scott     |             | Everett CC         | 12.46         | 2           |
| 15         | Chavez, Michael   |             | Central Washington | 12.67         | 1           |
| 16         | Jaurez, Andres    |             | Evergreen State    | 12.68         | 1           |
| 17         | Rozema, Mark      | 62          | Unattached         | 13.70         | 1           |

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## Event 34 Women 100-meter Dash

| <i>Plc</i> | <i>Name</i>        | <i>Year</i> | <i>Team</i>        | <i>Finals</i> | <i>Heat</i> |
|------------|--------------------|-------------|--------------------|---------------|-------------|
| 1          | Mitchell, Kishia   |             | Seattle Pacific    | 12.51         | 2           |
| 2          | Brannan, Kyra      |             | Seattle Pacific    | 12.88         | 1           |
| 3          | Wohnick, BryAnne   |             | Seattle Pacific    | 12.97         | 2           |
| 4          | Ivancic, Veronica  |             | Western Washington | 13.10         | 2           |
| 5          | Leaprot, Jasmine   |             | Central Washington | 13.22         | 2           |
| 6          | Ivancic, Rachel    |             | Western Washington | 13.25         | 2           |
| 7          | bowling, samantha  | 94          | Unattached         | 13.34         | 2           |
| 8          | Baldwin, Tasia     |             | Seattle Pacific    | 13.42         | 2           |
| 9          | Deck, Allison      |             | Central Washington | 13.93         | 1           |
| 10         | Garcia, Madison    |             | Central Washington | 13.94         | 2           |
| 11         | Hollis, Kaitlyn    |             | Northwest U        | 13.98         | 1           |
| 12         | Clark, Tasia       |             | Trinity Lutheran   | 14.22         | 1           |
| 13         | Dela Cuadra, Kameo |             | Evergreen State    | 16.05         | 1           |

## Event 35 Men 800-meter Run

| <i>Plc</i> | <i>Name</i>        | <i>Year</i> | <i>Team</i>      | <i>Finals</i> |
|------------|--------------------|-------------|------------------|---------------|
| 1          | Jones, Wes         |             | Evergreen State  | 1:58.52       |
| 2          | Horton, Alex       |             | Seattle Pacific  | 1:59.78       |
| 3          | Zigic, Jovan       | 94          | Unattached       | 2:00.68       |
| 4          | Ferguson, Jonathan |             | Northwest U      | 2:01.12       |
| 5          | Willis, Dean       |             | Northwest U      | 2:03.16       |
| 6          | Siler, Cameron     |             | Trinity Lutheran | 2:03.65       |
| 7          | Davis, Gary        |             | Everett CC       | 2:04.61       |
| 8          | Beard, Mitch       |             | Everett CC       | 2:07.63       |
| 9          | Griffis, Logan     |             | Northwest U      | 2:08.36       |
| 10         | Siegel, Ben        |             | Club Northwest   | 2:09.38       |
| 11         | Bywater, Johnny    |             | Trinity Lutheran | 2:14.35       |

## Event 36 Women 800-meter Run

| <i>Plc</i> | <i>Name</i>       | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |
|------------|-------------------|-------------|--------------------|---------------|
| 1          | Decker, Lynelle   |             | Seattle Pacific    | 2:15.81       |
| 2          | Troupe, Shawna    |             | Western Washington | 2:18.94       |
| 3          | Farthing, Amber   |             | Club Northwest     | 2:20.04       |
| 4          | Sowers, Joanna    |             | Northwest U        | 2:25.61       |
| 5          | Weilert, Valerie  |             | Club Northwest     | 2:26.86       |
| 6          | Ruby, Ellen       |             | Seattle Pacific    | 2:28.44       |
| 7          | Lystad, Shandon   |             | Northwest U        | 2:30.44       |
| 8          | Tischer, Mercedes | Skagit      | Valley             | 2:43.34       |
| 9          | Flores, Camila    |             | Trinity Lutheran   | 3:06.52       |

## Event 37 Men 400-meter Hurdles

| <i>Plc</i> | <i>Name</i>         | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |
|------------|---------------------|-------------|--------------------|---------------|
| 1          | Wilson, Jade        |             | Western Washington | 56.81         |
| 2          | James, Jamall       |             | Everett CC         | 56.83         |
| 3          | Mickelson, Dennzell |             | Central Washington | 59.29         |
| 4          | Jones, Derrick      | 94          | Unattached         | 1:00.30       |
| 5          | Forest, Zephyr      |             | Evergreen State    | 1:00.89       |
| 6          | Ramsey, Justin      |             | Seattle Pacific    | 1:09.76       |

## Event 38 Women 400-meter Hurdles



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| <i>Plc</i> | <i>Name</i>        | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |
|------------|--------------------|-------------|--------------------|---------------|
| 1          | Lahman, Miranda    |             | Western Washington | 1:06.47       |
| 2          | Harris, Nicole     | 94          | Unattached         | 1:07.03       |
| 3          | Deck, Allison      |             | Central Washington | 1:10.97       |
| 4          | Woodworth, McKenna |             | Trinity Lutheran   | 1:11.00       |

**Event 39 Men 200-meter Dash**

| <i>Plc</i> | <i>Name</i>           | <i>Year</i> | <i>Team</i>        | <i>Finals</i> | <i>Heat</i> |
|------------|-----------------------|-------------|--------------------|---------------|-------------|
| 1          | Prasad, Harish        |             | Central Washington | 22.34         | 4           |
| 2          | Ferguson, David       |             | Seattle Pacific    | 22.44         | 4           |
| 3          | Poolman, Jonathon     |             | Western Washington | 22.64         | 4           |
| 4          | van Tuinen, Nathaniel |             | Western Washington | 22.77         | 4           |
| 5          | Smith, Devon          |             | Western Washington | 22.84         | 4           |
| 6          | Woods, Devonte        |             | Unattached         | 23.07         | 4           |
| 7          | Myers, Logan          |             | Western Washington | 23.12         | 4           |
| 8          | Landis, Kodiak        |             | Everett CC         | 23.27         | 2           |
| 9          | Wilson, Jade          |             | Western Washington | 23.46         | 3           |
| 10         | Namba, Chris          |             | Everett CC         | 23.54         | 3           |
| 11         | Smith, Ben            |             | Seattle Pacific    | 23.77         | 3           |
| 12         | Stralser, Michael     |             | Western Washington | 24.03         | 3           |
| 13         | Milbrandt, Travis     |             | Western Washington | 24.05         | 4           |
| 14         | Sarmiento, Kennedy    |             | Central Washington | 24.06         | 3           |
| 15         | Williams, Anthony     |             | Trinity Lutheran   | 24.69         | 2           |
| 16         | Shaw, Trevor          |             | Everett CC         | 24.83         | 3           |
| 17         | Bosman, Kean          |             | Everett CC         | 25.66         | 2           |
| 18         | Acosta, Medardo       |             | Trinity Lutheran   | 26.77         | 2           |
| 19         | rozema, mark          | 62          | Unattached         | 27.56         | 2           |

**Event 40 Women 200-meter Dash**

| <i>Plc</i> | <i>Name</i>       | <i>Year</i> | <i>Team</i>        | <i>Finals</i> | <i>Heat</i> |
|------------|-------------------|-------------|--------------------|---------------|-------------|
| 1          | Hong, Cheryl      |             | Seattle Pacific    | 26.16         | 3           |
| 2          | Desch, Chantel    |             | Simon Fraser       | 26.58         | 3           |
| 3          | Hombres, Maddi    |             | Seattle Pacific    | 26.60         | 2           |
| 4          | Leaprot, Jasmine  |             | Central Washington | 26.83         | 3           |
| 5          | Ivancic, Veronica |             | Western Washington | 26.84         | 3           |
| 6          | Ivancic, Rachel   |             | Western Washington | 27.16         | 3           |
| 7          | Chase, Kelsey     |             | Seattle Pacific    | 27.19         | 3           |
| 8          | Banfro, Tianna    |             | Central Washington | 27.29         | 2           |
| 9          | Hood, Anna        |             | Central Washington | 28.06         | 2           |
| 10         | Forgey, Dakota    |             | Central Washington | 28.30         | 3           |
| 11         | LeBrun, Lindsay   |             | Seattle Pacific    | 28.46         | 2           |
| 12         | Sowers, Ali       |             | Seattle Pacific    | 28.68         | 2           |
| 13         | Hollis, Kaitlyn   |             | Northwest U        | 29.45         | 2           |
| 14         | Clark, Tasia      |             | Trinity Lutheran   | 30.39         | 2           |

**Event 41 Men 5000-meter Run**

| <i>Plc</i> | <i>Name</i>   | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |
|------------|---------------|-------------|--------------------|---------------|
| 1          | Boyd, Travis  |             | Club Northwest     | 14:53.53      |
| 2          | Bridges, Seth |             | Club Northwest     | 15:05.04      |
| 3          | Lutz, Matt    |             | Western Washington | 15:31.47      |
| 4          | Reedy, Tabor  |             | Western Washington | 15:37.16      |
| 5          | Baker, AJ     | 91          | Unattached         | 16:02.05      |
| 6          | Nicol, Mason  |             | Everett CC         | 16:06.46      |

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|    |                      |    |                    |          |
|----|----------------------|----|--------------------|----------|
| 7  | Freshwaters, Cameron |    | Western Washington | 16:15.52 |
| 8  | Pletcher, Marty      |    | Western Washington | 16:23.26 |
| 9  | Simon, Myles         |    | Skagit Valley      | 16:55.77 |
| 10 | Matwichuk, Michael   |    | Club Northwest     | 16:56.32 |
| 11 | Alumbaugh, CJ        |    | Skagit Valley      | 17:17.60 |
| 12 | Young, Paul          | 91 | Unattached         | 17:18.28 |
| 13 | Smilde, Ed           | 89 | Club Northwest     | 18:13.98 |
| 14 | Kalkura, Amar        |    | Unattached         | 18:32.54 |

## Event 42 Women 3000-meter Run

| <i>Plc</i> | <i>Name</i>        | <i>Year</i> | <i>Team</i>        | <i>Finals</i> |
|------------|--------------------|-------------|--------------------|---------------|
| 1          | Rachwitz, Claire   |             | Seattle Pacific    | 10:49.70      |
| 2          | Dowdell, Hannah    |             | Central Washington | 10:55.81      |
| 3          | Frederick, Lindsay | 93          | Seattle U          | 11:12.10      |
| 4          | Thoreson, Sigrid   |             | Northwest U        | 11:15.22      |
| 5          | Governor, Meagan   |             | Northwest U        | 11:25.75      |
| 6          | Tacke, Emily       |             | Northwest U        | 11:37.88      |
| 7          | Kruell, Haley      | 93          | Seattle U          | 11:45.38      |
| 8          | Peters, Hannah     |             | Northwest U        | 12:35.72      |
| 9          | Grant, Kelly       |             | Northwest U        | 12:47.41      |

## Event 43 Men 4x400-meter Relay

| <i>Plc</i> | <i>Team</i>         | <i>Finals</i>     |
|------------|---------------------|-------------------|
| 1          | Evergreen State     | 3:36.72           |
|            | 1) Jones, Wes       | 2) Forest, Zephyr |
|            | 3) Pressley, Steven | 4) Jones, Les     |