

2004 GNAC Men's Outdoor Track and Field Championships (May 8 at Monmouth)

Team Scores - Western Oregon 253 1/2, Western Washington 197 1/2, Central Washington 183, Northwest Nazarene 67, Saint Martin's 43, Seattle Pacific 32, Alaska Anchorage 29, Humboldt State 27, Seattle 26. **Outstanding Performer** - Isaac Frederick, WOU.

100 - 1. Greg Coleman, WOU, 11.18; 2. Fabien Coutard, CWU, 11.24; 3. Jacob Petz, WWU, 11.33; 4. Matt Jirgis, WOU, 11.38; 5. Dustin Wilson, WWU, 11.39; 6. Eddie Kaeka, WWU, 11.40; 7. Derek Gitts, WOU, 11.40; 8. Antar Brame, WOU, 11.41; 9. Sean Bresnahan, WOU, 11.42; 10. Nelacey Porter, WOU, 11.58; 11. Dan Thompsen, WWU, 11.60.

200 - 1. Isaac Frederick, WOU, 22.12; 2. Fabien Coutard, CWU, 22.26; 3. Adam Neff, WWU, 22.65; 4. Sherman Clayton, HSU, 22.72; 5. Cresap Watson, CWU, 22.77; 6. Greg Coleman, WOU, 22.84; 7. Colby Eslinger, WOU, 22.97; 8. Faruk Punjani, SU, 23.34; 9. Dustin Wilson, WWU, 23.35; 10. Jason Roberts, CWU, 23.43; 11. Derek Gitts, WOU, 23.56; 12. David Olson, NNU, 23.73; 13. Mikel Lenox, WWU, 23.87.

400 - 1. Isaac Frederick, WOU, 48.26; 2. Sherman Clayton, HSU, 48.30; 3. Adam Neff, WWU, 49.36; 4. Eddie Strickler, SPU, 49.36; 5. Mike Kelley, CWU, 49.40; 6. Matt Ward, NNU, 49.88; 7. Brian Sweeney, WWU, 50.61; 8. Reuben Joseph, SU, 50.62; 9. John Daubenspeck, HSU, 50.71; 10. Brandon Hill, NNU, 50.86; 11. Eric Reynolds, CWU, 50.87; 12. K.J. Loreth, SU, 51.80; 13. David Olson, NNU, 52.04; 14. Tyler Mohoric, SMC, 52.11; 15. Casey Hartwig, NNU, 53.23.

800 - 1. Sam Brancheau, WWU, 1:56.70; 2. Matthew Blaine, SU, 1:57.17; 3. Ryan Meier, NNU, 1:57.60; 4. Andy Prentice, SMC, 1:57.61; 5. Michael Pankiewicz, CWU, 1:58.65; 6. Jesse McNeil, WWU, 1:59.07; 7. Nick Dols, SU, 1:59.24; 8. Andres Williams, WOU, 1:59.64; 9. Brandon Whitaker, WWU, 1:59.99; 10. Patrick Skelley, WWU, 2:00.23; 11. Andrew Wright, HSU, 2:01.11; 12. Troy Banker, WOU, 2:02.27; 13. Caleb Timmer, SMC, 2:03.63; 14. Jasper Peach, HSU, 2:07.54; 15. Nick Crawford, WOU, 2:07.71; 16. Jerret Mantalas, WOU, 2:08.68.

1500 - 1. Jerret Mantalas, WOU, 3:55.46; 2. Andy Prentice, SMC, 3:56.00; 3. Kurt Hartmaier, WWU, 3:59.79; 4. Michael Pankiewicz, CWU, 4:02.04; 5. Doug Hamilton, HSU, 4:03.18; 6. Nick Crawford, WOU, 4:03.19; 7. Aaron Dickson, UAA, 4:04.01; 8. Jason Porter, CWU, 4:04.12; 9. Chris Carpenter, SMC, 4:06.64; 10. Ben Wornell, NNU, 4:06.89; 11. Brandon Whitaker, WWU, 4:07.29; 12. Felipe Jasso, WOU, 4:07.60; 13. Jasper Peach, HSU, 4:14.25; 14. Zack Dwello, NNU, 4:15.3; 15. Nick Dols, SU, 4:15.9; 16. Tyler Lane, NNU, 4:16.34.

Steeplechase - 1. Nate Normandin, UAA, 9:16.72 (meet record; old, 9:17.6, Jason Walker, HSU, 2002); 2. Kurt Hartmaier, WWU, 9:17.57; 3. Zack Dwello, NNU, 9:21.62; 4. Matt DeShazo, HSU, 9:26.53; 5. Matt Cook, CWU, 9:44.46; 6. Sam Brancheau, WWU, 9:52.77; 7. Andrew Peters, NNU, 9:56.67; 8. Dain Engbretsen, SU, 10:01.60; 9. Brian Rockenbach, CWU, 10:13.10; 10. Lehrin Morey, HSU, 10:26.86; 11. Seth Woods, SMC, 10:29.21.

5000 - 1. Tim LeCount, SPU, 14:58.98; 2. Aaron Mathias, NNU, 15:11.99; 3. Steve Manos, SU, 15:22.69; 4. Nate Normandin, UAA, 15:29.10; 5. Drew Dickson, UAA, 15:34.52; 6. Jason Porter, CWU, 15:37.41; 7. Sam Scotchmer, CWU, 15:37.84; 8. Brad Brolin, WOU, 15:44.12; 9. Aaron Dickson, UAA, 15:48.72; 10. Bjorn Bostrom, SPU, 15:51.23; 11. Ben Wornell, NNU, 15:57.13; 12. Jake Hotchkiss, NNU, 16:13.59; 13. Tris Obluck, SMC, 16:31.15.

10,000 - 1. Chase Wells, WOU, 32:35.67; 2. Brad Brolin, WOU, 32:37.83; 3. Jake Hotchkiss, NNU, 32:53.55; 4. Tris Obluck, SMC, 32:58.42; 5. Logan Senrud, WWU, 33:17.49; 6. Spencer Walsh, WOU, 33:24.10; 7. Todd List, UAA, 33:26.98; 8. Kevin Lambert, NNU, 33:28.59; 9. Matt Schmitt, CWU, 34:14.89; 10. Tim Keller, NNU, 34:15.69; 11. Andrew Lybarger, SU, 34:17.77; 12. Phil Paul, CWU, 34:37.62; 13. Gabe Andrews, CWU, 34:49.69; 14. Jason Smyser, HSU, and Richard Franck, SU, 35:06.64; 16. Lee O'Connor, SPU, 35:20.94.

110 Hurdles - 1. Sam Hobbs, WOU, 15.18; 2. Michael Morrison, CWU, 15.47; 3. Lee Clarkston, WOU, 15.66; 4. Colin McMahon, WOU, 15.73; 5. Dustin Wilson, WWU, 15.75; 6. Chris Thornton, WOU, 15.94; 7. Josh Freeman, WWU, 16.01; 8. Chris Mosbacher, NNU, 16.03; 9. Chris Randolph, SPU, 16.22; 10. Ryan Lee, NNU, 16.37; 11. Josh Timmer, SMC, 16.55.

400 Hurdles - 1. Sam Hobbs, WOU, 53.95; 2. Michael Morrison, CWU, 54.93; 3. Chris Mosbacher, NNU, 55.68; 4. Ryan Los, WWU, 56.30; 5. Luke Ewing, WOU, 56.93; 6. Micah Kelly, SPU, 57.01; 7. Chris Thornton, WOU, 57.13; 8. Lee Clarkson, WOU, 57.65; 9. Colin McMahon, WOU, 58.04; 10. Tim Reeves, SPU, 58.54; 11. Michael Hartz, WWU, 1:00.15.

4x100 Relay - 1. Central Washington 41.72 (Justin Lawrence, Cresap Watson, Eric Reynolds, Kurt Weber; meet record; old 41.80, WOU, 2003); 2. Western Oregon (Greg Coleman, Isaac Frederick, Derek Gitts, Sean Bresnahan) 42.15; 3. Western Washington (Dustin Wilson, Eddie Kaeka, George Bedlion, Jacob Petz) 42.98; 4. Northwest Nazarene (David Olson, Anthony Gould, Brandon Hill, Mark DeBord) 43.86; 5. Seattle (Faruk Punjani, Tyler Mohoric, Trevor Dunstan, Caleb Timmer) 44.02; 6. Saint Martin's (Josh Timmer, Tyler Mohoric, Trevor Dunstan, Caleb Timmer) 45.03.

4x400 Relay - 1. Central Washington 3:17.61 (Mike Kelley, Fabien Coutard, Cresap Watson, Michael Morrison; meet record; old 3:18.85, WOU, 2003); 2. Western Oregon (Sam Hobbs, Isaac Frederick, Jerret Mantalas, Brad Satran) 3:20.20; 3. Western Washington (Brian Sweeney, Jacob Petz, Adam Neff, Ryan Los) 3:21.45; 4. Humboldt State (Jon Daubenspeck, Matt DeShazo, Andrew Wright, Sherman Clayton) 3:23.07; 5. Northwest Nazarene (Matt Ward, Brandon Hill, Ryan Meier, Casey Hartwig) 3:23.15; 6. Seattle (K.J. Loreth, Reuben Joseph, Todd Nishida, Matt Blaine) 3:23.57; 7. Seattle Pacific (Micah Kelly, Tim Reeves, Chris Randolph, Eddie Strickler) 3:26.72; 8. Saint Martin's (Tyler Mohoric, Andy Prentice, Caleb Timmer, Chris Carpenter) 3:30.02.

High Jump - 1. Jeff Word, WWU, 2.00 - 6-6 3/4 (meet record; old 6-6 1/4, held by four others); 2. Julius DeFour, WWU, 2.00 - 6-6 3/4 (meet record); 3. Zak Ernst, WWU, 1.95 - 6-4 3/4; 4. Beau Ross, CWU, and Cresap Watson, CWU, 1.95 - 6-4 3/4; 6. Peter Allan, WWU, and Brandon Bodine, WOU, 1.90 - 6-2 3/4; 8. Scott Lemmon, WOU, 1.90 - 6-2 3/4; 9. Peter Geist, WWU, 1.90 - 6-2 3/4; 10. Sean Doughty, NNU, 1.90 - 6-2 3/4; 11. Brian Langhans, SU, 1.90 - 6-2 3/4; 12. Scott Durbin, WWU, 1.85 - 6-0 3/4.

Pole Vault - 1. Josh Cummings, WOU, 4.75 - 15-7; 2. Anthony Gould, NNU, 4.30 - 14-1 1/4; 3. Charlie Tribe, WWU, 4.30 - 14-1 1/4; 4. Andy Behl, WWU, 4.30 - 14-1 1/4; 5. Tyler Thornbrue, WWU, 4.15 - 13-7 1/4; 6. Brian Gould, NNU, 4.00 - 13-1 1/2; 7. Robbie Lowry, WWU, 4.00 - 13-1 1/2.

Long Jump - 1. Joe Smith, CWU, 7.06 - 23-2 (meet record, old 23-1 3/4, Justin Lawrence, CWU, 2002); 2. Brad Satran, WOU, 7.02 - 23-0 1/2; 3. Kurt Weber, CWU, 6.92 - 22-8 1/2; 4. Cresap Watson, CWU, 6.72 - 22-0 3/4; 5. Justin Lawrence, CWU, 6.69 - 21-11 1/2; 6. Mark Mellein, WWU, 6.42 - 21-0

3/4; 7. Brandon Bodine, WOU, 6.31 - 20-8 1/2; 8. Sam Hobbs, WOU, 6.30 - 20-8; 9. Julius DeFour, WWU, 6.25 - 20-6 1/4; 10. Paul Danforth, WWU, 6.15 - 20-2 1/4; 11. Josh Timmer, SMC, 6.02 - 19-9.

Triple Jump - 1. Justin Lawrence, CWU, 15.21 - 49-11 (conference and meet records; old 49-8 1/2 and 49-2 1/2 by Lawrence in 2004 and 2003); 2. Beau Ross, CWU, 13.92 - 45-8; 3. Chris Mosbacher, NNU, 13.87 - 45-6 1/4; 4. Mark Mellein, WWU, 13.74 - 45-1; 5. Trevor Dunstan, SMC, 13.35 - 43-9 3/4; 6. Caleb Timmer, SMC, 13.12 - 43-0 1/2; 7. Brad Satran, WOU, 13.00 - 42-8; 8. Josh Timmer, SMC, 12.90 - 42-4; 9. Tyrone Hattingh, SPU, 12.48 - 40-11 1/2; 10. Paul Danforth, WWU, 12.47 - 40-11.

Discus - 1. Isaiah Haines, WOU, 50.68 - 166-3; 2. Collin Babcock, WOU, 47.10 - 154-6; 3. Tom Farris, WWU, 45.76 - 150-1; 4. Brandon Jasmin, WOU, 45.10 - 147-11; 5. Josh Freeman, WWU, 43.52 - 142-9; 6. Nyle Chambers, WWU, 43.12 - 141-6; 7. Chris Randolph, SPU, 40.46 - 132-9; 8. Philip Bayley, SPU, 39.70 - 130-3; 9. Josh Holloway, WOU, 38.84 - 127-5; 10. Jarrod Roberts, WWU, 37.92 - 124-5; 11. Tim Proctor, NNU, 37.22 - 122-1; 12. Rob White, WWU, 36.82 - 120-10; 13. Aaron Hayes, CWU, 36.08 - 118-4; 14. Casey Lewin, WOU, 35.98 - 118-0.

Shot - 1. Collin Babcock, WOU, 14.42 - 47-3 3/4; 2. Kevin Johnson, WOU, 14.41 - 47-3 1/2; 3. Josh Evans, UAA, 14.41 - 47-3 1/2; 4. Aaron Hayes, CWU, 14.24 - 46-8 3/4; 5. David Rogiers, WWU, 13.94 - 45-9; 6. Jeff DeBuigne, WWU, 13.64 - 44-9; 7. Zach Fife, CWU, 13.63 - 44-8 3/4; 8. Jason Willard, WWU, 13.44 - 44-1 1/4; 9. Carlos Aguilar, WOU, 13.10 - 42-11 3/4; 10. Casey Lewin, WOU, 12.76 - 41-10 1/2; 11. Matt Jirgis, WOU, 12.51 - 41-0 1/2; 12. Philip Bayley, SPU, 11.84 - 38-10 1/4; 13. Allan Mikolas, WOU, 11.69 - 38-4 1/4; 14. Brandon Jasmin, WOU, 11.55 - 37-10 3/4.

Javelin - 1. Justin Brewer, WWU, 57.12 - 187-5; 2. Andrew Reinhardt, WOU, 54.12 - 177-7; 3. Evan Corbin, WOU, 53.62 - 175-11; 4. Colby Eslinger, WOU, 52.02 - 170-8; 5. Michael Ingman, CWU, 49.38 - 162-0; 6. Chris Randolph, SPU, 47.92 - 157-3; 7. Marshall Schultz, NNU, 46.48 - 152-6; 8. Josh Timmer, SMC, 45.90 - 150-7; 9. Michael Morrison, CWU, 45.68 - 149-10.

Hammer - 1. Carlos Aguilar, WOU, 49.74 - 163-2; 2. David Uberti, CWU, 47.14 - 154-8; 3. Tom Farris, WWU, 44.74 - 146-9; 4. Brandon Jasmin, WOU, 43.52 - 142-9; 5. Josh Holloway, WOU, 42.62 - 139-10; 6. Nyle Chambers, WWU, 41.84 - 137-3; 7. Jarrod Roberts, WWU, 41.26 - 135-4; 8. Aaron Hayes, CWU, 40.20 - 131-11; 9. Kevin Johnson, WOU, 40.06 - 131-5; 10. Casey Lewin, WOU, 39.20 - 128-7; 11. Jeff DeBuigne, WWU, 35.94 - 117-11; 12. David Rogiers, WWU, 34.16 - 112-1; 13. Marcus Sutton, WOU, 33.30 - 109-3.

Decathlon (Apr. 22-23 at Monmouth) - 1. Michael Morrison, CWU, 6342; 2. Josh Freeman, WWU, 6283; 3. Cresap Watson, CWU, 5833; 4. Josh Timmer, SMC, 5672; 5. Matt Jirgis, WOU, 5063; 6. Dan Larimer, SPU, 4936; 7. Andy Behl, WWU, 4867; 8. Zac Vawter, SMC, 4345.

Day 1 Results: 100 – Jirgis 11.61, Watson 11.62, Morrison 11.71, Freeman 11.75, Timmer 12.04, Larimer 12.21, Behl 12.27, Vawter 13.08. Long Jump – Watson 6.45 – 21-2, Timmer 6.24 – 20-5 ¾, Freeman 5.90 – 19-4 ¼, Morrison 5.82 – 19-1 ¼, Jirgis 5.76 – 18-10 ¾, Larimer 5.69 – 18-8, Behl 5.60 – 18-4 ½, Vawter 5.26 – 17-3 ¼. Shot Put – Jirgis 13.19 – 43-3 ¾, Morrison 11.80 – 38-8 ¾, Freeman 11.67 – 38-3 ½, Timmer 11.08 – 36-4 ¼, Larimer 10.18 – 33-4 ¾, Behl 9.10 – 29-10 ¼, Watson 9.00 – 29-6 ½, Vawter 7.34 – 24-1. High Jump – Watson 1.94 – 6-4 ¼, Timmer 1.79 – 5-10 ½, Larimer 1.79 – 5-10 ½, Morrison 1.76 – 5-9 ¼, Vawter 1.76 – 5-9 ¼, Freeman 1.64 – 5-4 ½, Jirgis 1.61 – 5-3 ¼, Behl 1.58 – 5-2 ¼. 400 – Morrison 49.89, Jirgis 52.98, Watson 50.43, Freeman 51.77, Larimer 53.12, Timmer 55.08, Vawter 55.47, Behl 55.82.

Day 2 Results: 110 Highs – Morrison 15.13, Freeman 16.05, Watson 16.68, Timmer 16.69, Vawter 19.79, Behl 19.89, Larimer 21.71, Jirgis 22.36. Discus – Freeman 41.25 – 135-4, Morrison 36.05 – 118-3, Jirgis 32.82 – 107-8, Timmer 31.00 – 101-8, Watson 25.40 – 83-4, Behl 25.19 – 82-8, Larimer 24.64 – 80-10, Vawter 20.40 – 66-11. Pole Vault – Behl 4.25 – 13-11 1/4, Freeman 4.05 – 13-3 ½, Morrison 3.75 – 12-3 ½, Timmer 3.25 – 10-8, Watson 3.05 – 10-0, Larimer 2.65 – 8-8 1/4, Jirgis 2.55 – 8-4 ¼, Vawter 2.45 – 8-0 ½. Javelin – Timmer 48.27 – 158-4, Freeman 47.39 – 155-6, Morrison 43.91 – 144-1, Jirgis 42.57 – 139-8, Larimer 40.27 – 132-1, Watson 38.35 – 125-10, Behl 37.76 – 123-11, Vawter 28.91 – 94-10. 1500 – Vawter 4:22.12, Larimer 4:35.95, Watson 4:48.30, Morrison 4:51.27, Freeman 4:52.74, Jirgis 5:05.93, Timmer 5:10.33, Behl 5:12.15.

2004 GNAC Women's Outdoor Track and Field Championships (May 8 at Monmouth)

Team Scores - Western Oregon 231 1/2, Seattle Pacific 216 1/2, Western Washington 149 1/2, Central Washington 132 1/2, Northwest Nazarene 74 1/2, Seattle 42 1/2, Alaska Anchorage 19, Saint Martin's 18, Humboldt State 8. **Outstanding Performer** - Monica Smith, WOU.

100 - 1. Melissa Behrens, WWU, 12.73; 2. Jean Kolb, SPU, 12.85; 3. Monica Smith, WOU, 12.88; 4. Katy Kociemba, WOU, 13.00; 5. Kara Nygard, CWU, 13.03; 6. Kelsey Gleason, SPU, 13.08; 7. Rebekah Bowman, NNU, 13.16; 8. Lauren Gardner, WWU, 13.25; 9. Michelle Bartleman, UAA, 13.40; 10. Tina Thorne, CWU, 13.41; 11. Shanette Harper, UAA, 13.52; 12. April Elder, SMC, 13.53; 13. Nikki Matheson, SMC, 13.65; 14. Rachel Tynan, CWU, 13.71; 15. Kirsten Holt, WWU, 13.75; 16. Ashley Burns, SU, 14.06.

200 - 1. Terran Legard, CWU, 25.53; 2. Kinyatta Leonardt, SPU, 25.96; 3. Monica Smith, WOU, 26.25; 4. Melissa Behrens, WWU, 26.50; 5. Jean Kolb, SPU, 26.57; 6. Katy Kociemba, WOU, 26.76; 7. Bridget Johnson, WOU, 26.80; 8. Kristin Janney, SPU, 26.81; 9. Lauren Gardner, WWU, 26.92; 10. Teresa Schlafer, CWU, 27.04; 11. Rebekah Bowman, NNU, 27.45; 12. Nikki Matheson, SMC, 27.46; 13. Kirsten Holt, WWU, 27.61; 14. April Elder, SMC, 27.79; 15. Tina Thorne, CWU, 27.90.

400 - 1. Terran Legard, CWU, 55.98 (meet record; old 57.66, Dania Swosinski, WWU, 2002); 2. Kinyatta Leonhardt, SPU, 57.33; 3. Julie Durringer, SPU, 59.15; 4. Danielle Pridgen, NNU, 59.58; 5. Kristen Wiese, WOU, 59.85; 6. Jackie McCall, WWU, 1:00.29; 7. Diana Gordon, UAA, 1:00.52; 8. Kara Fischer, WWU, 1:00.69; 9. Katie Hingston, CWU, 1:00.88; 10. Ruth Webster, WWU, 1:01.65; 11. Ashley Marshall, SPU, 1:02.39; 12. Jessica Gimness, CWU, 1:03.97; 13. Nena Dodge, WWU, 1:04.77; 14. Katherine Archambault, SU, 1:04.78.

800 - 1. Jennifer Marsh, SPU, 2:15.50; 2. Victoria Perkins, SPU, 2:16.92; 3. Kari Konrad, WOU, 2:18.11; 4. Kamie Jo Massey, UAA, 2:18.70; 5. Danielle Pridgen, NNU, 2:19.07; 6. Jessica Opersteny, WWU, 2:19.44; 7. Toni Adair, WOU, 2:20.36; 8. Megan Johnson, NNU, 2:21.02; 9. Brandi McCoy, SPU, 2:23.10; 10. Jackie McCall, WWU, 2:32.17.

1500 - 1. Kari Konrad, WOU, 4:40.72; 2. Jennifer Marsh, SPU, 4:43.09; 3. Kamie Jo Massey, UAA, 4:44.46; 4. Tina Stimson, WWU, 4:48.13; 5. Nicole Campbell, HSU, 4:52.65; 6. Megan Johnson, NNU, 4:55.68; 7. Brandy Anderson, CWU, 5:00.50; 8. Abby Groth, SPU, 5:04.31; 9. Michelle Toshack, WWU, 5:07.06; 10. Kristie Rice, SU, 5:07.39; 11. Leah Trutna, WOU, 5:10.48; 12. Emily Ferguson, SU, 5:13.81.

Steeplechase - 1. Kelly Fullerton, SU, 11:05.27 meet record, old 11:10.1 by Fullerton; 2. Stephanie Stine, CWU, 11:41.08; 3. Kristie Rice, SU, 12:01.94; 4. Molly DePasqual, WWU, 12:03.11; 5. Erica Pitman, CWU, 12:05.08; 6. Nicole Beatty, SMC, 12:23.30; 7. Nicole Bandy, CWU, 12:28.92; 8. Lexi Baxter, WWU, 12:44.04; 9. Sadie Solem, HSU, 12:51.40; 10. Phoebe Rohrbachter, SU, 13:23.68.

3000 - 1. Brandy Anderson, CWU, 10:39.32; 2. Kendra Steinbrugger, SMC, 10:54.33; 3. Abby Groth, SPU, 10:58.39; 4. Mindy Newby, NNU, 11:05.77; 5. Rachel Suess, SU, 11:09.72; 6. Jamie Witt, SPU, 11:12.85; 7. Erin Deasy, WWU, 11:22.06; Amanda Barelli, SU, did not finish.

5000 - 1. Laura Trevelyan, WWU, 17:48.65; 2. Karen Dickson, SPU, 17:49.55; 3. Kelly Fullerton, SU, 18:29.53; 4. Tina Stimson, WWU, 18:35.01; 5. Rachel Bailey, CWU, 18:46.27; 6. Beth Rosapepe, WWU, 18:55.53; 7. Mindy Newby, NNU, 19:07.85; 8. Stephanie Stine, CWU, 19:08.91; 9. Kendra Steinbrugger, SMC, 19:22.28; 10. Susan Young, NNU, 19:30.33; 11. Rachel Suess, SU, 19:38.30; 12. Erica Pittman, CWU, 20:01.86; 13. Sadie Solem, HSU, 21:34.56.

10,000 - 1. Alana Garcia, SU, 39:48.13; 2. Susan Young, NNU, 40:19.81; 3. Amber Green, CWU, 40:56.08; 4. Becky Knox, SPU, 41:14.82; 5. Erin Wymer, HSU, 42:46.00; 6. Ann McCanick, SMC, 43:14.92; 7. Marissa Harshman, WWU, 44:13.24.

100 Hurdles - 1. Monica Smith, WOU, 14.75; 2. Ashley Rountree, CWU, 14.84; 3. Kristin Janney, SPU, 15.42; 4. Janna Schaafsma, SPU, 15.43; 5. Nini Callan, WOU, 15.60; 6. Ashley Rickels, NNU, 15.67; 7. Kirsten Holt, WWU, 15.86; 8. Dianna Grossglass, SPU, 16.23; 9. Linda Blake, SPU, 16.34; 10. Ashley Burns, SU, 16.59; 11. Shanette Harper, UAA, 17.05; 12. Kestle Riley, CWU, 17.22; 13. Melanie Kelly, WWU, 17.49.

400 Hurdles - 1. Janna Schaafsma, SPU, 1:03.72; 2. Kelsey Gleason, SPU, 1:04.39; 3. Kara Nygard, CWU, 1:04.94; 4. Kestle Riley, CWU, 1:05.37; 5. Laura Burch, WWU, 1:05.75; 6. Natalia Nash, WOU, 1:05.85; 7. Ashley Rickels, NNU, 1:06.28; 8. Jennie Rummell, WOU, 1:07.02; 9. Diana Grossglass, SPU, 1:07.52; 10. Lindsay Dittmer, SU, 1:09.52; 11. Lakita Burr, SMC, 1:09.87.

4x100 Relay - 1. Seattle Pacific 47.87 (Kelsey Gleason, Janna Schaafsma, Jean Kolb, Kinyatta Leonhardt; meet record; old 48.04, WWU, 2003); 2. Western Oregon (Bridget Johnson, Monica Smith, Kristen Wiese, Katy Kociemba) 48.55; 3. Western Washington (Laura Burch, Kara Fischer, Lauren Gardner, Melissa Behrens) 49.64; 4. Central Washington (Ashley Rountree, Rachel Tynan, Teresa Schlafer, Tina Thorne) 49.96; 5. Northwest Nazarene (Rebekah Bowman, Aubrey Harrington, Emily Peterson, Ashley Rickels) 50.58; 6. Saint Martin's (April Elder, Nikki Matheson, Lakita Burr, Patty Wood) 51.92; Seattle (Katherine Archambault, Holly Bueb, Sarah Brundidge, Lydia Lauer) did not finish.

4x400 Relay - 1. Central Washington (Kara Nygard, Katie Hingston, Ashley Rountree, Terran Legard) 3:53.42; 2. Seattle Pacific (Kelsey Gleason, Jean Kolb, Jennifer Marsh, Victoria Perkins) 3:57.83; 3. Western Washington (Ruth Webster, Jessica Opersteny, Kara Fischer, Laura Burch) 4:02.12; 4. Northwest Nazarene (Rebekah Bowman, Megan Johnson, Emily Peterson, Danielle Pridgen) 4:02.28; 5. Western Oregon (Kristen Wiese, Kari Konrad, Jennie Rummell, Natalia Nash) 4:07.51; 6. Alaska Anchorage (Diana Gordon, Stephanie Myers, Danielle Pratt, Kamie Jo Massey) 4:15.16; 7. Seattle (Theresa Mangahas, Katherine Archambault, Kelly Fullerton, Emily Ferguson) 4:23.31; 8. Saint Martin's (Nikki Matheson, Ann McCanick, Jackie Glen, Lakita Burr) 4:26.89.

High Jump - 1. Monica Smith, WOU, 1.68 - 5-6 (meet record; old 5-4 1/2 by seven others); 2. Sharon Bjella, SPU, 1.63 - 5-4 1/4; 3. Ashley Rickels, NNU, 1.58 - 5-2 1/4; 4. Dianna Grossglass, SPU, 1.58 - 5-2 1/4; 5. Bridget Johnson, WOU, and Emily Peterson, NNU, 1.53 - 5-0 1/4; 7. Valerie Ferguson, WOU, 1.53 - 5-0 1/4; 8. Lindsey Cox, WWU, and Tiffany Fackrell, CWU, 1.53 - 5-0 1/4; 10. Liz Ryen, CWU, 1.53 - 5-0 1/4; 11. Linda Blake, SPU, 1.48 - 4-10 1/4.

Pole Vault - 1. Danielle Juarez, WWU, 3.73 - 12-2 3/4; 2. Allison Hedges, SPU, 3.70 - 12-1 1/2; 3. Amy Harris, SPU, 3.50 - 11-5 3/4; 4. Theresa Mangahas, SU, and Aubrey Metzger, NNU, 3.35 - 10-11 3/4; 6. Whitney Omlin, CWU, 3.20 - 10-6; 7. Danielle Smith, WOU, 3.20 - 10-6; 8. Amber Rose, SPU, and Alina Lunsford, NNU, 3.05 - 10-0; 10. Aubrey Harrington, NNU, 3.05 - 10-0; 11. Alana Schlumpf, SPU, 3.05 - 10-0; 12. Katie Maurer, CWU, and Kirsten Holt, WWU, 2.90 - 9-6 1/4; 14. Kelly Perez, WWU, 2.90 - 9-6 1/4; 15. Joan Campbell, WOU, 2.75 - 9-0 1/4.

Long Jump - 1. Katy Kociemba, WOU, 5.55 - 18-2 1/2 (meet record, old 18-1 by Stephanie Huffman, SPU, 2002); 2. Bridget Johnson, WOU, 5.31 - 17-5 1/4; 3. Julie Kendall, WOU, 5.30 - 17-4 3/4; 4. Anjuli Spear, CWU, 5.27 - 17-3 1/2; 5. Kim Bascom, WWU, 5.24 - 17-2 1/4; 6. Kristin Janney, SPU, 5.21 - 17-1 1/4; 7. Nini Callan, WOU, 5.14 - 16-10 1/2; 8. Lea Tiger, CWU, 5.02 - 16-5 3/4; 9. Teresa Schlafer, CWU, 4.99 - 16-4 1/2; 10. Diana Gordon, UAA, 4.93 - 16-2 1/4; 11. Michelle Bartleman, UAA, 4.83 - 15-10 1/4; 12. Linda Blake, SPU, 4.82 - 15-9 3/4; 13. Ashley Rickels, NNU, 4.81 - 15-B9 1/2; 14. Julie Graham, CWU, 4.73 - 15-6 1/4.

Triple Jump - 1. Katy Kociemba, WOU, 11.26 - 36-11 1/2; 2. Lea Tiger, CWU, 11.25 - 36-11; 3. Kim Bascom, WWU, 10.97 - 36-0; 4. Nini Callan, WOU, 10.68 - 35-0 1/2; 5. Julie Graham, CWU, 10.54 - 34-7; 6. Julie Kendall, WOU, 10.47 - 34-4 1/4; 7. Jessica Wagner, CWU, 10.35 - 33-11 1/2; 8. Ashley Marshall, SPU, 10.32 - 33-10 1/4; 9. Beth Griffin, WWU, 10.25 - 33-7 1/2; 10. Cheryl Austin, SU, 9.33 - 30-7 1/2; 11. Anjuli Spear, CWU, 9.26 - 30-4 3/4.

Discus - 1. Jessica Telleria, WWU, 42.86 - 140-7; 2. Ashley VanOeveren, WWU, 39.38 - 129-2; 3. Jaci Cederberg, WOU, 38.58 - 126-7; 4. Rebekah McAdam, NNU, 38.44 - 126-1; 5. Lauren Kooy, SPU, 38.38 - 125-11; 6. Alicia Vandervelden, WOU, 37.50 - 123-0; 7. Tiffany Fackrell, CWU, 37.30 - 122-4; 8. Jessica Houston, UAA, 37.10 - 121-9; 9. Heather Yergen, CWU, 36.06 - 118-4; 10. Christin McDowell, CWU, 35.98 - 118-0; 11. Kristina MacCully, WWU, 35.14 - 115-3; 12. Kristina Wherry, NNU, 34.34 - 112-8; 13. Rebecca Lindquist, CWU, 33.76 - 110-9; 14. Gabrielle Robinson-Spaulding, SPU, 33.44 - 109-8; 15. Chevonna Lynch, WOU, 32.80 - 107-7.

Shot - 1. Alicia Vandervelden, WOU, 12.56 - 41-2 1/2; 2. Chevonna Lynch, WOU, 12.42 - 40-9; 3. Tammy Carlson, WWU, 12.32 - 40-5; 4. Nini Callan, WOU, 11.88 - 38-11 3/4; 5. Bridget Johnson, WOU, 11.68 - 38-4; 6. Tiffany Fackrell, CWU, 11.67 - 38-3 1/2; 7. Jessica Houston, UAA, 11.30 - 37-1; 8. Jennifer Urrutia, SPU, 10.84 - 35-6 3/4; 9. Sarah Arendt, NNU, 10.83 - 35-6 1/2; 10. Heather Yergen, CWU, 10.62 - 34-10 1/4; 11. Jaci Cederberg, WOU, 10.47 - 34-4 1/4; 12. Rebecca Lindquist, CWU, 10.27 - 33-8 1/2.

Javelin - 1. Sara Johnson, SPU, 43.24 - 141-10; 2. Stacey Hopkins, WWU, 42.68 - 140-0; 3. Nini Callan, WOU, 40.40 - 132-6; 4. Sara Hunt, WOU, 39.06 - 128-2; 5. Michelle Johnson, WWU, 37.76 - 123-11; 6. Molly Hornbuckle, SPU, 37.24 - 122-2; 7. Anna Nielsen, WWU, 36.58 - 120-0; 8. Jaci Cederberg, WOU, 34.50 - 113-2; 9. Rebekah McAdam, NNU, 32.16 - 105-6; 10. Kristina Wherry, NNU, 30.88 - 101-4; 11. Andrea Pennington, SPU, 30.38 - 99-8; 12. Courtney Rockwell, SMC, 27.76 - 91-1.

Hammer - 1. Kristin Hepler, WOU, 53.48 - 175-5; 2. Jaci Cederberg, WOU, 52.28 - 171-6; 3. Christin McDowell, CWU, 46.80 - 153-6; 4. Jessica Telleria, WWU, 44.50 - 146-0; 5. Tammy Carlson, WWU, 42.42 - 139-2; 6. Hannah Bowman, NNU, 41.84 - 137-3; 7. Kristina MacCully, WWU, 41.66 - 136-8; 8. Heather Yergen, CWU, 38.76 - 127-2; 9. Jennifer Urrutia, SPU, 38.54 - 126-5; 10. Kristina Wherry, NNU, 38.26 - 125-6; 11. Rebekah McAdam, NNU, 37.82 - 124-1; 12. Chevonna Lynch, WOU, 37.04 - 121-6; 13. Stacey Hopkins, WWU, 35.36 - 116-0; 14. Gabrielle Robinson-Spaulding, SPU, 34.30 - 112-6.

Heptathlon (Apr. 22-23 at Monmouth) - 1. Linda Blake, SPU, 4593; 2. Bridget Johnson, WOU, 4464; 3. Kristin Janney, SPU, 4446; 4. Monica Smith, WOU, 4442; 5. Ashley Rickels, NNU, 4177; 6. Jackie McCall, WWU, 4096; 7. Nini Callan, WOU, 3928; 8. Anjuli Spear, CWU, 3458; 9. Emily Peterson, NNU, 3421.

Day 1 Results: 100 Hurdles – Smith 14.96, Blake 15.02, Rickels 15.42, Johnson 15.50, Janney 15.61, Callan 16.42, McCall 18.02, Spear 18.58, Peterson 21.17. High Jump – Smith 1.64 – 5-4 1/2, Johnson 1.61 – 5-3 1/4, Blake 1.58 – 5-2 1/4, McCall 1.55 – 5-1, Peterson 1.55 – 5-1, Janney 1.52 – 4-11 3/4, Rickels 1.52 – 4-11 3/4, Callan 1.40 – 4-7, Spear 1.40 – 4-7. Shot Put – Callan 11.66 – 38-3 1/4, Johnson 10.84 – 35-6 3/4, Blake 9.95 – 32-7 3/4, Janney 8.96 - 29-4 3/4, Rickels 8.79 - 28-10 1/4, McCall 8.66 – 28-5, Peterson 8.14 - 26-8 1/2, Smith 7.83 – 25-8 1/4, Spear 7.44 – 24-5. 200 – Smith 25.91, Janney 26.57, Blake 27.05, McCall 27.06, Johnson 27.11, Rickels 27.41, Callan 28.01, Peterson 28.08, Spear 28.54.

Day 2 Results: Long Jump – Rickels 5.08 – 16-8, Blake 5.06 – 16-7 1/4, Johnson 5.00 – 16-5, Janney 4.92 – 16-1 3/4, Smith 4.86 – 15-11 1/2, McCall 4.85 – 15-11, Peterson 4.78 – 15-8 1/4, Spear 4.72 – 15-6, Callan 4.61 – 15-1 1/2, Javelin – Janney 36.09 – 118-5, Callan 32.84 – 107-9, McCall 32.28 – 105-11, Blake 31.79 – 104-3, Spear 29.83 – 97-10, Johnson 27.96 – 91-9, Smith 26.81 – 87-11, Peterson 25.45 – 83-6, Rickels 23.15 – 75-11, 800 – McCall 2:25.99, Blake 2:27.76, Janney 2:29.54, Rickels 2:30.37, Smith 2:30.98, Peterson 2:37.06, Johnson 2:33.07, Spear 2:37.12, Callan 2:46.94.