

2006 GNAC Men's Outdoor Track and Field Championships (May 6 at Monmouth)

Team Scores - Central Washington 222, Western Washington 188, Western Oregon 107, Alaska Anchorage 68, Northwest Nazarene 60, Humboldt State 56, Seattle Pacific 51, Saint Martin's 41, Seattle 13. **Outstanding Performer** - Cresap Watson, Central Washington.

100 - 1. Mike Khabibulin, WWU, 11.10; 2. Michael Madrid, UAA, 11.12; 3. Jason Roberts, CWU, 11.15; 4. Eric Walsh, UAA, 11.20; 5. Derek Gitts, WOU, 11.23; 6. Matt Rogstad, CWU, 11.24; 7. Adam Neff, WWU, 11.27; 8. Dustin Wilson, WWU, 11.27; 9. Tyler Wilson, WOU, 11.40; 10. Ryan Walsh, UAA, 11.44.

200 - 1. Cresap Watson, CWU, 22.11; 2. Mike Khabibulin, WWU, 22.26; 3. Adam Neff, WWU, 22.43; 4. Jason Roberts, CWU, 22.44; 5. Michael Madrid, UAA, 22.45; 6. Dustin Wilson, WWU, 22.52; 7. Matt Rogstad, CWU, 22.63; 8. Eric Walsh, UAA, 22.94; 9. Derek Gitts, WOU, 22.99; 10. Robert Edwards, CWU, 23.11; 11. Ryan Walsh, UAA, 23.48; 12. Jason Buckmier, WOU, 23.56; David Johnson, WOU, DQ.

400 - 1. Chris Randolph, SPU, 48.27; 2. Mike Kelley, CWU, 48.70; 3. Charles Velasquez, CWU, 49.51; 4. Casey Hartwig, NNU, 49.51; 5. John Lee, WWU, 50.58; 6. Dallas Beaty, WOU, 50.94; 7. Eddie Wheeler, NNU, 51.46.

800 - 1. Eddie Strickler, SPU, 1:52.52; 2. David Kiplagat, UAA, 1:53.73; 3. Caleb Timmer, SMU, 1:55.22; 4. Nicholas Dols, SU, 1:55.68; 5. Sam Brancheau, WWU, 1:55.88; 6. Anthony Tomsich, WWU, 1:55.90; 7. Andrew Wright, HSU, 1:57.54; 8. Josh Vrendenburg, WOU, 1:58.07; 9. Eric Tibbetts, HSU, 1:58.13; 10. Ryan Meier, NNU, 1:58.65; 11. Corey Cronkhite, CWU, 1:59.24; 12. Michael Gavereski, SPU, 2:00.88; 13. Kyle Lampi, WWU, 2:00.97; 14. Matt DeShazo, HSU, 2:04.20; Nick Crawford, WOU, did not finish.

1500 - 1. David Kiplagat, UAA, 3:58.09; 2. Jasper Peach, HSU, 3:58.22; 3. Keith Lemay, WWU, 3:59.92; 4. Eric Tibbetts, HSU, 3:59.92; 5. Anthony Tomsich, WWU, 4:00.52; 6. Brent Knight, UAA, 4:00.86; 7. Sam Brancheau, WWU, 4:01.44; 8. Sam Bedell, WWU, 4:01.76; 9. Michael Gavereski, SPU, 4:02.01; 10. Nick Crawford, WOU, 4:03.60; 11. Jonah Lefkowitz, HSU, 4:06.00; 12. Brian Cronrath, SPU, 4:06.02; 13. Kerry Burns, HSU, 4:10.80; 14. Bryan Dibos, WOU, 4:15.66; 15. Matt DeShazo, HSU, 4:23.46.

Steeplechase - 1. Jasper Peach, HSU, 9:14.05; 2. Matt DeShazo, HSU, 9:20.89; 3. Keever Henry, WWU, 9:22.13; 4. Doug Gibson, SPU, 9:30.29; 5. Geoff Anderson, CWU, 9:31.98; 6. Andy Peters, NNU, 9:37.38; 7. Josh Beck, WWU, 9:49.91; 8. Cale McCulloch, WWU, 9:59.79; 9. Andrew Chong, HSU, 10:02.45; 10. Logan Senrud, WWU, 10:02.47; 11. Kevin Oberholser, CWU, 10:04.73; 12. Brian Rockenbach, CWU, 10:27.93.

5000 - 1. Jasper Peach, HSU, 14:55.75 (meet record, old, 14:57.92, Jason Walker, HSU, 2002); 2. Sam Scotchmer, CWU, 15:04.72; 3. Robert Renninger, SU, 15:09.44; 4. Leif Olson, UAA, 15:13.74; 5. John Riak, SMU, 15:17.32; 6. Bjorn Bostrom, SPU, 15:22.22; 7. Brian Cronrath, SPU, 15:27.36; 8. Anthony Tomsich, WWU, 15:32.83; 9. Brian Kostock, HSU, 15:37.81; 10. Nik Karr, WOU, 15:45.90; 11. Chad Portwood, WWU, 15:48.99; 12. Sam Bedell, WWU, 15:51.14; 13. Eric Tibbetts, HSU, 15:52.79; 14. Keith Lemay, WWU, 16:00.18; Jimmy Elam, HSU, did not finish.

10,000 - 1. John Riak, SMU, 31:42.1; 2. Chad Portwood, WWU, 32:34.4; 3. Logan Senrud, WWU, 32:40.6; 4. Drew Dickson, UAA, 32:48.2; 5. Jake Perry, NNU, 32:51.6; 6. Brian Kostock, HSU, 33:01.3; 7. Jimmy Elam, HSU, 33:17.4; 8. Bobby Carlson, WWU, 33:25.5; 9. Arthur Gamirov, WWU, 33:59.4; 10. Peter Ellis, WWU, 34:06.0; 11. Tim Keller, NNU, 34:12.7; 12. Robbie Wilbur, SMU, 35:24.7; 13. James Roach, CWU, 35:26.0; Jonathan Rank, CWU, did not finish.

110 Hurdles - Robert Edwards, CWU, 14.89; 2. Dustin Wilson, WWU, 15.84; 3. Lee Clarkson, WOU, 15.87; 4. Josh Timmer, SMU, 15.98; 5. Dustin Redding, WWU, 16.03; 6. Chris Randolph, SPU, 16.09; 7. Michael Clark, WOU, 16.17; 8. Brandon Myers, WWU, 20.28.

400 Hurdles - 1. Lee Clarkson, WOU, 55.11; 2. Josh Timmer, SMU, 55.12; 3. Josh Grewe, NNU, 55.72; 4. Charles Velasquez, CWU, 57.41; 5. Dustin Redding, WWU, 57.64; 6. Robert Edwards, CWU, 58.29; 7. Jeremy Jasman, WWU, 58.73; 8. Jesse Alyea, CWU, 59.71; 9. Greg Flowers, SPU, 59.86; 10. Kevin Myhre, WWU, 1:01.42.

4x100 Relay - 1. Central Washington (Roberts, Watson, Edwards, Rogstad) 42.09; 2. Western Oregon (Wilson, Gitts, Johnson, Samuel) 42.78; 3. Western Washington (Wilson, Khabibulin, Lee, Neff) 42.85; 4. Alaska Anchorage (E. Walsh, R. Walsh, Draper, Madrid) 43.86; 5. Northwest Nazarene (Wheeler, Lewis, Blain, Gould) 44.66; 6. Saint Martin's (Gerry, Daltoso, Ayume, C. Timmer) 46.16.

4x400 Relay - 1. Central Washington (Kelley, Roberts, Rogstad, Watson) 3:15.91; 2. Northwest Nazarene (Wheeler, Meier, Hamm, Hartwig) 3:19.13; 3. Western Washington (Lee, Brancheau, Khabibulin, Neff) 3:19.57; 4. Saint Martin's (J. Timmer, Ayume, C. Timmer, Gerry) 3:24.05; 5. Seattle Pacific (Randolph, Gibson, Flowers, Strickler) 3:26.03; 6. Western Oregon (Samuel, Clarkson, Beaty, Vrendenburg) 3:28.69; 7. Alaska Anchorage (Madrid, E. Walsh, R. Walsh, Kiplagat) 3:29.89; 8. Humboldt State (Wright, Lefkowitz, Burns, DeShazo) 3:32.15.

High Jump - 1. Eric Draper, UAA, 2.07 - 6-9 1/2 (meet and conference record, old meet, 6-8, Kyle McGillen, WWU, 2005; old conference, 6-8 3/4, Mike Bonadurer, WOU, 2004; Cresap Watson, CWU, 2005; Eric Draper, UAA, 2006; McGillen, WWU, 2006); 2. Kyle McGillen, WWU, 2.04 - 6-8 1/4; 3. Cresap Watson, CWU, 1.98 - 6-6; 4. Peter Geist, WWU, 1.95 - 6-4 3/4; 5. Jeff Word, WWU, 1.95 - 6-4 3/4; 6. Cameron Bailey, CWU, 1.92 - 6-3 1/2; 7. Adrian Elmo, CWU, 1.89 - 6-2 1/4; 8. Brandon Myers, WWU, 1.86 - 6-1 1/4; 9. Bryan Lucke, WWU, 1.86 - 6-1 1/4; 10. Scott Ellis, CWU, 1.83 - 6-0; 11. Ryan Johnson, CWU, 1.77 - 5-9 3/4; 12. David Abbott, UAA, 1.77 - 5-9 3/4; Chris Randolph, SPU, no height.

Pole Vault - 1. Scott Romney, WWU, 4.60 - 15-1; 2. Preston Lewis, NNU, 4.50 - 14-9; 3. Scott McCoy, CWU, 4.40 - 14-5 1/4; 4. Bryan Lucke, WWU, 4.25 - 13-11 1/4; 5. Andrew Behl, WWU, 4.25 - 13-11 1/4; 6. Brandon Zueger, CWU, 4.10 - 13-5 1/4; Jerad Larson, NNU, no height; Brian Gould, NNU, no height; Hunter Verner, WWU, no height.

Long Jump - 1. Kyle McGillen, WWU, 6.85 - 22-5 3/4; 2. Chris Randolph, SPU, 6.60 - 21-8; 3. Mark Mellein, WWU, 6.59 - 21-7 1/2; 4. Jason Buckmier, WOU, 6.34 - 20-9 3/4; 5. Nick Collins, CWU, 6.33 - 20-9 1/4; 6. Cresap Watson, CWU, 6.26 - 20-6 1/2; 7. Christian Goodwin, CWU, 6.25 - 20-6 1/4; 8. Greg Hamm, NNU, 6.24 - 20-5 3/4; 9. Blake Herrington, WOU, 6.14 - 20-1 3/4; 10. Josh Timmer, SMU, 6.02 - 19-9; 11. Brandon Myers, WWU, 6.01 - 19-8 3/4.

Triple Jump - 1. Greg Hamm, NNU, 14.14 - 46-4 3/4; 2. Mark Mellein, WWU, 14.02 - 46-0; 3. Cameron Bailey, CWU, 13.83 - 45-4 1/2; 4. Kyle McGillen, WWU, 13.81 - 45-3 3/4; 5. Blake Herrington, WOU, 13.79 - 45-3; 6. James Turner, WWU, 13.63 - 44-8 3/4; 7. Brock Jahner, SU, 13.37 - 43-10 1/2; 8. Nick Gaddy, WWU, 12.94 - 42-5 1/2; 9. Paul Danforth, WWU, 12.87 - 42-2 3/4; 10. Christian Goodwin, CWU, 12.78 - 41-11 1/4; Scott Ellis, CWU, no distance.

Shot Put - 1. Cameron Neel, CWU, 16.61 - 54-6; 2. Justin Kline, WOU, 15.16 - 49-9; 3. Matt Valdez, CWU, 14.24 - 46-8 3/4; 4. Tim Santos, HSU, 13.96 - 45-9 3/4; 5. Anthony Marin, WOU, 13.06 - 42-10 1/4; 6. Evan Ruud, CWU, 12.77 - 41-10 3/4; 7. Ryan Rencehausen, UAA, 12.24 - 40-2; 8. Robert Barrett, WOU, 12.04 - 39-6; 9. Nik Skogsberg, WWU, 11.96 - 39-3; Brandon Jasmin, WOU, no distance.

Discus - 1. Cameron Neel, CWU, 49.90 - 163-8; 2. Justin Kline, WOU, 46.26 - 151-9; 3. Chris Randolph, SPU, 46.00 - 150-11; 4. Matt Valdez, CWU, 43.66 - 143-3; 5. Anthony Marin, WOU, 42.48 - 139-4; 6. Evan Ruud, CWU, 40.38 - 132-6; 7. Tim Santos, HSU, 39.98 - 131-2; 8. Brandon Jasmin, WOU, 39.90 - 130-11; 9. Thomas Wilhelm, HSU, 39.78 - 130-6; 10. Ryan Rencehausen, UAA, 37.06 - 121-7; 11. Josh Holloway, WOU, 35.52 - 116-6.

Hammer - 1. Evan Ruud, CWU, 52.32 - 171-8; 2. Anthony Marin, WOU, 51.89 - 170-3; 3. Josh Holloway, WOU, 47.37 - 155-5; 4. Justin Kline, WOU, 46.17 - 151-6; 5. Matt Valdez, CWU, 44.36 - 145-6; 6. Robert Barrett, WOU, 43.30 - 142-1; 7. Brandon Jasmin, WOU, 43.15 - 141-7; 8. Robert Poe, NNU, 37.91 - 124-4; 9. David Rogiers, WWU, 37.25 - 122-2; 10. Ryan Rencehausen, UAA, 36.19 - 118-9.

Javelin - 1. Ian Wells, CWU, 59.94 - 196-8; 2. Alan Phillips, NNU, 58.60 - 192-3; 3. Mat Hutchinson, WOU, 58.40 - 191-7; 4. Michael Ingman, CWU, 55.58 - 182-4; 5. Ryan Wall, WOU, 54.73 - 179-7; 6. Loren Harris, CWU, 54.57 - 179-0; 7. Chad Acock, CWU, 50.84 - 166-9; 8. Mark Dunn, WOU, 48.78 - 160-0; 9. Brandon Johnson, NNU, 47.29 - 155-2; 10. Brock Jahner, SU, 46.64 - 153-0; 11. James Turner, WWU, 44.19 - 145-0.

Decathlon (Apr. 24-25 at Ellensburg) - 1. Cresap Watson, CWU, 6044; 2. James Turner, WWU, 5336; 3. Brandon Zueger, CWU, 5090; 4. Scott McCoy, CWU, 4927; 5. Ryan Johnson, CWU, 4775.

Day 1 Results: 100 - Watson 11.47, Zueger 11.94, McCoy 12.01, Turner 12.36, Johnson 12.94. Long Jump - Watson 6.50 - 21-4, Turner 5.99 - 19-7 3/4, Zueger 5.96 - 19-6 1/2, McCoy 5.92 - 19-5, Johnson 5.36 - 17-7. Shot Put - McCoy 9.79 - 32-1 1/2, Watson 9.59 - 31-5 3/4, Johnson 8.74 - 28-8 1/4, Turner 8.62 - 28-3 1/2, Zueger 6.22 - 20-5. High Jump - Watson 1.97 - 6-5 1/2, Turner 1.79 - 5-10 1/2, Johnson 1.76 - 5-9 1/4, McCoy 1.73 - 5-8, Zueger 1.64 - 5-4 1/2. 400 - Watson 50.37, Zueger 53.28, McCoy 54.06, Turner 56.11, Johnson 56.60.

Day 2 Results: 110 Hurdles - Watson 16.21, Turner 16.90, Zueger 18.35, McCoy 18.72, Johnson 19.23. Discus - McCoy 33.49 - 109-10, Turner 27.00 - 88-7, Johnson 25.46 - 83-6, Watson 24.94 - 81-10, Zueger 21.84 - 71-8. Pole Vault - Zueger 4.40 - 14-5 1/4, Watson 3.30 - 10-10, Turner 3.30 - 10-10, Johnson 3.20 - 10-6, McCoy no height. Javelin - Turner 49.35 - 161-11, Johnson 42.09 - 138-1, McCoy 40.04 - 131-4, Watson 36.59 - 120-0, Zueger 36.35 - 119-3. 1500 - Watson 4:44.19, Johnson 4:46.87, McCoy 4:53.86, Turner 5:03.11, Zueger 5:10.01.

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Team Scores - Seattle Pacific 203, Western Oregon 188, Central Washington 150, Northwest Nazarene 92, Western Washington 89, Alaska Anchorage 76, Saint Martin's 28, Humboldt State 21, Seattle 9. **Outstanding Performer** - Mary Pearce, Alaska Anchorage.

100 - 1. Keyanna Jenkins, WOU, 12.44; 2. Chelsi Claussen, SMU, 12.67; 3. Whitney Knox, WWU, 12.75; 4. Anna Soule, SPU, 12.78; 5. Teresa Schlafer, CWU, 12.80; 6. Sarajane Rosenberg, WOU, 12.81; 7. Bonnie Galloway, WOU, 13.02; 8. Gail Butler, WWU, 13.16; 9. Ashley Rountree, CWU, 13.22; 10. Britany Hood, CWU, 13.22; 11. Lakita Burr, SMU, 13.24; 12. Jean Kolb, SPU, 13.30; 13. Nikki Schutte, NNU, 13.33; 14. Kim Berberick, NNU, 13.55.

200 - 1. Mary Pearce, UAA, 25.08 (meet record; old 24.9h, Bonnie Galloway, WOU, 2005); 2. Keyanna Jenkins, WOU, 25.36; 3. Terran Legard, CWU, 25.84; 4. Anna Soule, SPU, 25.85; 5. Teresa Schlafer, CWU, 25.96; 6. Rachel Kaercher, CWU, 26.13; 7. Bonnie Galloway, WOU, 26.27; 8. Whitney Knox, WWU, 26.38; 9. Emily Tweto, UAA, 26.65; 10. Kelsey Cooley, SPU, 26.72; 11. Nikki Schutte, NNU, 26.74; 12. Jacque Postlewait, WOU, 26.87; 13. Amanda Thornton, WWU, 26.89; 14. Linda Blake, SPU, 27.82; 15. Bridget Johnson, WOU, 28.22.

400 - 1. Mary Pearce, UAA, 55.65 (meet record, old, 55.98, Legard, CWU, 2004); 2. Terran Legard, CWU, 56.89; 3. Rachael Kaercher, CWU, 57.21; 4. Emily Peterson, NNU, 58.57; 5. Chelsea Evans, CWU, 58.79; 6. Teona Perkins, SPU, 59.03; 7. Amanda Gius, CWU, 59.34; 8. Brittany Taylor, CWU, 1:00.18; 9. Diana Gordon, UAA, 1:00.78; 10. Amanda Thornton, UAA, 1:00.81; 11. Lynelle Thompson, NNU, 1:01.97; 12. Jessica Allman, UAA, 1:02.48.

800 - 1. Sarah Howell, WOU, 2:17.15; 2. Suzie Strickler, SPU, 2:18.46; 3. Ashley Puga, NNU, 2:18.82; 4. Josie Lavin, SPU, 2:19.69; 5. Brandi McCoy, SPU, 2:19.79; 6. Jennifer Marsh, SPU, 2:20.48; 7. Lindy Mullen, CWU, 2:20.86; 8. Sarah Benson, CWU, 2:21.22; 9. Macey Blaine, NNU, 2:21.37; 10. Mandi Johnson, NNU, 2:21.81; 11. Kim Beamon, SPU, 2:21.91; 12. Megan Johnson, NNU, 2:22.05; 13. Stephanie Upshaw, WOU, 2:22.29; 14. Kaley Strachen, UAA, 2:22.96; 15. Danielle Pratt, UAA, 2:23.04; 16. Jessica Pendon, SMU, 2:24.74.

1500 - 1. Ashley Puga, NNU, 4:37.67; 2. Lindy Mullen, CWU, 4:39.19; 3. Jessica Harper, WOU, 4:41.52; 4. Stephanie Upshaw, WOU, 4:45.37; 5. Mary Moriarty, SPU, 4:47.09; 6. Mandi Johnson, NNU, 4:47.87; 7. Janelle Stevens, SPU, 4:48.17; 8. Megan Wrightman, SPU, 5:05.30; 9. Charise Arce, SU, 5:06.40.

Steeplechase - 1. Karin Rohde, SPU, 11:09.21; 2. Brandi McCoy, SPU, 11:15.00; 3. Sarah Benson, CWU, 11:22.41; 4. Kaley Strachen, UAA, 11:45.50; 5. Emily Uhlig, CWU, 12:09.43; 6. Corina James, SPU, 12:14.73; 7. Heather Moultonn, HSU, 12:19.95; 8. Ali McCall, HSU, 12:25.89; 9. Catherine McDonald, WWU, 12:40.83.

3000 - 1. Mary Moriarty, SPU, 10:22.8; 2. Jessica Rendon, HSU, 10:43.1; 3. Laura Carr, UAA, 10:44.4; 4. Brandy Anderson, CWU, 10:49.1; 5. Megan Wrightman, SPU, 10:53.1; 6. Erin Deasy, WWU, 11:01.8; 7. Lydia Lauer, SU, 11:06.1; 8. Mary Krusen, UAA, 11:14.8; 9. Katrina Scherdtfeger, WWU, 11:23.0.

5000 - 1. Mandy Kaempf, UAA, 17:24.11 (meet record, old 17:35.03, Katie Gosnell, HSU, 2002); 2. Rachel Bailey, CWU, 17:42.44; 3. Marcie Mullen, CWU, 17:49.15; 4. Karin Rohde, SPU, 18:00.79; 5. Katie Hansen, SU, 18:20.57; 6. Laura Carr, UAA, 18:27.68; 7. Jessie Dunnam, SMU, 18:58.05; 8. Holly Mishler, NNU, 19:02.01; 9. Jessica Rendon, HSU, 19:23.26; 10. Mary Krusen, UAA, 19:36.39; 11. Nikki Jensen, SPU, 19:44.56; 12. Emily Uhlig, CWU, 19:49.03; 13. Kaitlin Rohde, SPU, 20:01.25; 14. Becky Knox, SPU, 20:06.57.

10,000 - 1. Davya Baker, UAA, 39:07.72; 2. Amber Green, CWU, 39:08.92; 3. Nikki Jensen, SPU, 39:12.13; 4. Lindsey Graham, NNU, 40:25.68; 5. Janelle Probst, SMU, 40:36.96; 6. Becky Knox, SPU, 41:05.82; 7. Kaitlin Rohde, SPU, 41:43.26; 8. Heidi Peterson, SPU, 42:01.11; 9. Christy Wynkoop, NNU, 42:20.72; 10. Kami Burse, WWU, 42:39.52; 11. Kim Parry, WOU, 43:13.20; 12. Marissa Harshman, WWU, 43:28.07; 13. Andrea Lovio, HSU, 45:23.44.

100 Hurdles - 1. Bridget Johnson, WOU, 15.03; 2. Linda Blake, SPU, 15.10; 3. Kelsey Cooley, SPU, 15.26; 4. Emily Tweto, UAA, 15.47; 5. Jacque Postlewait, WOU, 15.51; 6. Ashley Rountree, CWU, 15.72; 7. Sarah Barker, WOU, 15.73; 8. Ashley Wornell, NNU, 15.78; 9. Nini Callan, WOU, 15.79; 10. Arielle Genter, WWU, 15.84; 11. Jennie Rummell, WOU, 16.00; 12. Amanda Merrell, NNU, 16.18; 13. Christy Miller, WWU, 16.22; 14. Jackie McCall, WWU, 16.75; 15. Meagan Friess, UAA, 16.85; 16. Rosalyn Leitch, SPU, 17.25.

400 Hurdles - 1. Jennie Rummell, WOU, 1:03.32; 2. Chelsi Claussen, SMU, 1:03.49; 3. Sarah Barker, WOU, 1:03.80; 4. Victoria Perkins, SPU, 1:04.25; 5. Arielle Genter, WWU, 1:05.51; 6. Ashley Wornell, NNU, 1:07.10; 7. Lakita Burr, SMU, 1:07.29; 8. Kara Nygard, CWU, 1:07.85; 9. Meagan Friess, UAA, 1:08.11; 10. Jessica Allman, UAA, 1:08.26; 11. Natalie Nash, WOU, 1:10.48; 12. Danielle Seibert, WWU, 1:10.61; 13. Stephanie Druktenis, CWU, 1:11.04.

4x100 Relay - Central Washington (Rountree, Hood, Gius, Schlafer) 48.37; 2. Alaska Anchorage (Gordon, Friess, Tweto, Pearce) 49.23; 3. Western Oregon (Jenkins, Postlewait, Rosenberg, Galloway) 50.13; 4. Northwest Nazarene (Berberick, Metzger, Peterson, Schutte) 50.24; 5. Seattle Pacific (Kolb, Cooley, Blake, Soule) 50.30; 6. Western Washington (Thornton, Seibert, G. Butler, Knox) 50.31; 7. Saint Martin's (Dunnam, Beatty, Blume, Pendon) 52.41.

4x400 Relay - 1. Central Washington (Kaercher, Gius, Evans, Legard) 3:51.83 (meet record, old, 3:53.42, Central Washington, 2004); 2. Seattle Pacific (Perkins, Lavin, Cooley, Soule) 3:55.66; 3. Western Oregon (Rummell, Howell, Barker, Jenkins) 3:58.88; 4. Northwest Nazarene (Berberick, Blaine, Puga, Peterson) 3:58.97; 5. Alaska Anchorage (Gordon, Allman, Pearce, Pratt) 4:02.07; 6. Western Washington (Seibert, Thornton, Genter, McCall) 4:06.78; 7. Saint Martin's (Beatty, Burr, Pendon, Claussen) 4:10.22.

High Jump - 1. Clara Cook, WWU, 1.70 - 5-7; 2. Emily Peterson, NNU, 1.67 - 5-5 3/4; 3. Teona Perkins, SPU, 1.64 - 5-4 1/2; 4. Kelsey Cooley, SPU, 1.64 - 5-4 1/2; 5. Emily Tweto, UAA, 1.64 - 5-4 1/2; 6. Linda Blake, SPU, 1.61 - 5-3 1/4; 7. Sharon Bjella, SPU, 1.61 - 5-3 1/4; 8. Taryn Plypick, WOU, 1.58 - 5-2 1/4; 9. Jacque Postlewait, WOU, 1.55 - 5-1; 10. Bridget Johnson, WOU, 1.55 - 5-1; 11. Chelsea Huff, HSU, 1.55 - 5-1; 12. Jenny Josephson, WWU, 1.52 - 4-11 3/4; 13. Amy Farquhar, CWU, 1.46 - 4-9 1/2; Lindsey Cox, WWU, no height.

Pole Vault - 1. Amy Harris, SPU, 3.41 - 11-2 1/4; 2. Monica Anderson, SPU, 3.41 - 11-2 1/4; 3. Allison Hedges, SPU, 3.41 - 11-2 1/4; 4. Kristi Metzger, NNU, 3.21 - 10-6 1/4; 5. Kirsten Holt, WWU, 3.21 - 10-6 1/4; 6. Haley Amos, CWU, 3.21 - 10-6 1/4; 7. Cara Dockins, WWU, 3.06 - 10-0 1/2; 8. Julie Stone, WWU, 3.06 - 10-0 1/2; 9. Brianna Fredrickson, CWU, 2.91 - 9-6 1/2; 10. Christy Miller, WWU, 2.91 - 9-6 1/2; 11. Jamie Wulfekuhle, WWU, 2.91 - 9-6 1/2.

Long Jump - 1. Sarajane Rosenberg, WOU, 5.32 - 17-5 1/2; 2. Jacque Postlewait, WOU, 5.28 - 17-4; 3. Bridget Johnson, WOU, 5.21 - 17-1 1/4; 4. Christy Miller, WWU, 5.19 - 17-0 1/2; 5. Kelsey Cooley, SPU, 5.12 - 16-9 3/4; 6. Linda Blake, SPU, 5.10 - 16-8 3/4; 7. Gail Butler, WWU, 5.04 - 16-6 1/2; 8. Ashley Wornell, NNU, 4.93 - 16-2 1/4; 9. Sarah Barker, WOU, 4.91 - 16-1 1/2; 10. Kim Bascom, WWU, 4.78 - 15-8 1/4; 11. Nini Callan, WOU, 4.77 - 15-7 3/4; 12. Lindsay Leonard, WWU, 4.72 - 15-6; 13. Whitney Knox, WWU, 4.66 - 15-3 1/2; 14. Haley Amos, CWU, 4.62 - 15-2; 15. Anjuli Spear, CWU, 4.55 - 14-11 1/4; 16. Lydia Morrison, WWU, 4.40 - 14-5 1/4.

Triple Jump - 1. Kim Bascom, WWU, 11.58 - 38-0 (meet record; old record, 37-6 3/4, Lea Tiger, CWU, 2005); 2. Amanda Merrell, NNU, 11.33 - 37-2 1/4; 3. Christy Miller, WWU, 11.07 - 36-4; 4. Sarajane Rosenberg, WOU, 11.07 - 36-4; 5. Linda Blake, SPU, 10.96 - 35-11 1/2; 6. Lindsay Leonard, WWU, 10.92 - 35-10; 7. Nini Callan, WOU, 10.82 - 35-6; 8. Anjuli Spear, CWU, 10.62 - 34-10 1/4; 9. Kelsey McBride, SPU, 10.19 - 33-5 1/4; 10. Heather Butler, WWU, 10.07 - 33-0 1/2; 11. Courtney Stein, UAA, 9.84 - 32-3 1/2; 12. Shawna Wayman, WWU, 9.81 - 32-2 1/4; 13. Sharelle Wells, WOU, 9.57 - 31-4 3/4; Lydia Morrison, WWU, no distance.

Shot Put - 1. Chevonna Lynch, WOU, 13.12 - 43-0 1/2; 2. Krissy Tandle, CWU, 12.75 - 41-10; 3. Alicia VanderVelden, WOU, 12.41 - 40-8 3/4; 4. Sabrina Freed, WOU, 12.11 - 39-8 3/4; 5. Bridget Johnson, WOU, 12.08 - 39-7 3/4; 6. Rebecca Lindquist, CWU, 11.75 - 38-6 3/4; 7. Amy Carroll, NNU, 11.57 - 37-11 1/2; 8. Nini Callan, WOU, 11.36 - 37-3 1/4; 9. Bree Renzetti, CWU, 10.96 - 35-11 1/2; 10. Nicole Lassetter, WOU, 10.82 - 35-6; 11. ShaTayna Fernandez, SU, 10.47 - 34-4 1/4; 12. Renee Dixon, UAA, 10.30 - 33-9 1/2; 13. Becky Scherer, CWU, 10.23 - 33-6 3/4; 14. Haley Buckbee, WOU, 9.88 - 32-5.

Discus - 1. Jessica Telleria, WWU, 45.52 - 149-4 (meet record, old 147-9, Telleria, 2005); 2. Krissy Tandle, CWU, 41.90 - 137-6; 3. Becky Scherer, CWU, 41.36 - 135-8; 4. Ashley VanOeveren, WWU, 40.76 - 133-9; 5. Nicole Lassetter, WOU, 39.54 - 129-9; 6. Marcie Roth, NNU, 39.40 - 129-3; 7. Erica Rance, WWU, 37.82 - 124-1; 8. Amy Carroll, NNU, 37.56 - 123-3; 9. Kristi Wherry, NNU, 37.18 - 122-0; 10. Renee Dixon, UAA, 35.52 - 116-6; 11. Rebecca Lindquist, CWU, 35.16 - 115-4; 12. Alicia VanderVelden, WOU, 34.24 - 112-4; 13. Jennifer Villalva, WWU, 33.52 - 110-0; 14. Haley Buckbee, WOU, 33.14 - 108-9; 15. Courtney Nicks, HSU, 29.88 - 98-0.

Hammer - 1. Audrey Oswald, HSU, 54.51 - 178-10 (meet record; old, 177-1, Jennifer Dunkin, WOU, 2003); 2. Sabrina Freed, WOU, 46.71 - 153-3; 3. Kristi Wherry, NNU, 44.90 - 147-4; 4. Hannah Bowman, NNU, 42.99 - 141-0; 5. Jessica Telleria, WWU, 42.51 - 139-6; 6. Krissy Tandle, CWU, 41.49 - 136-1; 7. Erica Rance, WWU, 41.28 - 135-5; 8. Amy Carroll, NNU, 39.84 - 130-8; 9. Katie Taylor, WWU, 39.36 - 129-2; 10. Bree Renzetti, CWU, 39.13 - 128-4; 11. Kim Radke, WWU, 37.14 - 121-10; 12. Becky Scherer, CWU, 36.63 - 120-2; 13. Rebekah Hook, WWU, 32.58 - 106-11; 14. Courtney Little, NNU, 30.29 - 99-4; 15. Rebecca Lindquist, CWU, 30.23 - 99-2; 16. Erika Remple, NNU, 27.57 - 90-5.

Javelin - 1. Lauren VerMulm, SPU, 44.08 - 144-7; 2. Katie McMeel, CWU, 42.72 - 140-2; 3. Bridget Johnson, WOU, 42.68 - 140-0; 4. Molly Barnes, SPU, 41.50 - 136-2; 5. Chelsea Glavin, WOU, 41.40 - 135-10; 6. ShaTayna Fernandez, SU, 37.42 - 122-9; 7. Nini Callan, WOU, 36.94 - 121-2; 8. Erica Rance, WWU, 35.08 - 115-1; 9. Liz Howe, WWU, 34.04 - 111-8; 10. Val Groshong, WOU, 32.34 - 106-1; 11. Sharelle Wells, WOU, 25.56 - 83-10.

Heptathlon (Apr. 24-25 at Ellensburg) - 1. Bridget Johnson, WOU, 5053; 2. Kelsey Cooley, SPU, 4880; 3. Linda Blake, SPU, 4692; 4. Amanda Merrell, NNU, 4654; 5. Jacque Postlewait, WOU, 4386; 6. Ashley Wornell, NNU, 4348; 7. Nini Callan, WOU, 4191; 8. Jackie McCall, WWU, 4008.

Day 1 Results: 100 Hurdles - Blake 14.72, Johnson 14.74, Cooley 14.97, Callan 15.17, Postlewait 15.20, Merrell 15.35, Wornell 15.42, McCall 16.62. High Jump - Cooley 1.61 - 5-3 1/4, Johnson 1.58 - 5-2 1/4, Wornell 1.58 - 5-2 1/4, Blake 1.58 - 5-2 1/4, Merrell 1.58 - 5-2 1/4, Postlewait 1.52 - 4-11 3/4, McCall 1.43 - 4-8 1/4, Callan 1.37 - 4-6. Shot Put - Johnson 12.88 - 42-3 1/4, Callan 10.94 - 35-10 3/4, Blake 10.57 - 34-8 1/4, Merrell 10.57 - 34-8 1/4, Cooley 10.41 - 34-2, McCall 9.69 - 31-9 1/2, Postlewait 9.46 - 31-0 1/2, Wornell 8.89 - 20-2. 200 - Cooley 26.25, Postlewait 26.28, Johnson 26.32, Wornell 26.89, Merrell 26.92, Blake 26.95, McCall 27.15, Callan 28.05.

Day 2 Results: Long Jump - Cooley 5.56 - 18-3, Johnson 5.42 - 17-9 1/4, Postlewait 5.36 - 17-7, Merrell 5.15 - 16-10 3/4, Callan 5.04 - 16-6 1/4, Wornell 4.97 - 16-3 3/4, Blake 4.96 - 16-3 1/4, McCall 4.71 - 15-5 1/4. Javelin - Johnson 36.80 - 120-9, Merrell 35.74 - 117-3, Callan 35.58 - 116-9, Blake 33.17 - 108-10, Cooley 30.20 - 99-1, Wornell 26.71 - 87-7, McCall 25.81 - 84-8, Postlewait 23.67 - 77-8. 800 - Cooley 2:24.86, McCall 2:26.59, Blake 2:26.84, Wornell 2:28.93, Johnson 2:29.91, Merrell 2:31.63, Postlewait 2:34.08, Callan 2:44.71.