

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Event 1 Women Heptathlon**

	Name	School	Seed	Finals	H#
Finals					
1	#9 Liessfeld, Vivien	Alaska Anchorage	4521	4639	
2	#378 Clemens, Macy	Western Oregon	4134	4428	
3	#281 Chang, Hannah	Seattle Pacific	4346	4365	
4	#77 Ntekpere, Emy	Central Washington		4335	
5	#380 Deters, Amity	Western Oregon	3881	4294	
6	#68 Huber, Carley	Central Washington		4011	
7	#454 Avery, Nicole	Western Washington	3455	3919	
8	#57 DeGroot, Ellie	Central Washington	4881	3902	
9	#496 Walker, Karma	Western Washington	3296	3779	
10	#407 Wendring, Sadie	Western Oregon	3546	3523	
11	#492 Schulberg, Cassandra	Western Washington	3070	3139	
12	#472 King, Tess	Western Washington	3065	2872	

Event 1 Women 3000 Meter Steeplechase

	Name	School	Seed	Finals
Finals				
1	#464 Davis, Ila	Western Washington	10:11.97	10:41.15
	44.892 (44.892) 2:06.241 (1:21.349) 3:30.974 (1:24.733) 4:55.538 (1:24.564)			
	6:22.743 (1:27.205) 7:50.191 (1:27.448) 9:20.287 (1:30.096) 10:41.141 (1:20.854)			
2	#491 Reeck, Ashley	Western Washington	10:34.38	11:04.29
	45.278 (45.278) 2:07.413 (1:22.135) 3:32.129 (1:24.716) 4:58.852 (1:26.723)			
	6:27.676 (1:28.824) 7:59.492 (1:31.816) 9:33.013 (1:33.521) 11:04.284 (1:31.271)			
3	#455 Bassett, Elie	Western Washington	11:39.36	11:14.23
	48.119 (48.119) 2:15.110 (1:26.991) 3:43.775 (1:28.665) 5:14.792 (1:31.017)			
	6:46.504 (1:31.712) 8:18.297 (1:31.793) 9:51.239 (1:32.942) 11:14.223 (1:22.984)			
4	#470 Halsell, Laura	Western Washington	11:05.48	11:21.49
	46.310 (46.310) 2:12.469 (1:26.159) 3:40.988 (1:28.519) 5:11.395 (1:30.407)			
	6:42.834 (1:31.439) 8:16.422 (1:33.588) 9:50.831 (1:34.409) 11:21.481 (1:30.650)			
5	#459 Collins-Winn, Evelyn	Western Washington	11:13.34	11:24.46
	46.484 (46.484) 2:13.253 (1:26.769) 3:42.988 (1:29.735) 5:15.360 (1:32.372)			
	6:52.136 (1:36.776) 8:27.490 (1:35.354) 9:59.832 (1:32.342) 11:24.455 (1:24.623)			
6	#285 Ewing, Maya	Seattle Pacific	11:23.39	11:30.69
	46.624 (46.624) 2:13.232 (1:26.608) 3:42.294 (1:29.062) 5:16.021 (1:33.727)			
	6:50.689 (1:34.668) 8:26.115 (1:35.426) 10:01.605 (1:35.490) 11:30.685 (1:29.080)			
7	#385 Flack, Olivia	Western Oregon	11:16.96	11:35.97
	46.938 (46.938) 2:13.924 (1:26.986) 3:44.895 (1:30.971) 5:19.360 (1:34.465)			
	6:56.839 (1:37.479) 8:35.018 (1:38.179) 10:11.851 (1:36.833) 11:35.964 (1:24.113)			
8	#21 Williamson, Avery	Alaska Anchorage	11:25.56	11:42.14
	48.158 (48.158) 2:15.421 (1:27.263) 3:45.254 (1:29.833) 5:17.493 (1:32.239)			
	6:53.551 (1:36.058) 8:31.275 (1:37.724) 10:10.478 (1:39.203) 11:42.137 (1:31.659)			
9	#377 Chapman, Katie	Western Oregon	11:35.33	11:47.67
	46.658 (46.658) 2:12.966 (1:26.308) 3:41.638 (1:28.672) 5:12.567 (1:30.929)			
	6:48.931 (1:36.364) 8:28.786 (1:39.855) 10:09.345 (1:40.559) 11:47.661 (1:38.316)			
10	#122 Eagleton, Cecily	Msu-Billings	11:46.06	11:59.49
	49.646 (49.646) 2:19.204 (1:29.558) 3:50.833 (1:31.629) 5:25.197 (1:34.364)			
	7:01.824 (1:36.627) 8:41.272 (1:39.448) 10:22.309 (1:41.037) 11:59.483 (1:37.174)			
11	#390 Larson, Lindie	Western Oregon	12:15.26	12:13.44
	49.534 (49.534) 2:21.076 (1:31.542) 3:56.961 (1:35.885) 5:36.066 (1:39.105)			
	7:17.896 (1:41.830) 8:59.457 (1:41.561) 10:39.575 (1:40.118) 12:13.435 (1:33.860)			
12	#82 Smith, Allison	Central Washington	12:25.25	12:21.00
	49.102 (49.102) 2:18.583 (1:29.481) 3:53.015 (1:34.432) 5:31.648 (1:38.633)			
	7:13.646 (1:41.998) 8:57.838 (1:44.192) 10:44.305 (1:46.467) 12:21.000 (1:36.695)			

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Results

Finals ... (Event 1 Women 3000 Meter Steeplechase)

Name	School	Seed	Finals
13 #17 Spaic, Sofija	Alaska Anchorage	11:51.89	12:21.65
49.456 (49.456) 2:20.344 (1:30.888) 3:56.230 (1:35.886) 5:35.576 (1:39.346)			
7:17.367 (1:41.791) 9:01.573 (1:44.206) 10:46.790 (1:45.217) 12:21.647 (1:34.857)			
14 #74 Mikkelsen, Hannah	Central Washington	12:01.55	12:32.36
49.168 (49.168) 2:20.323 (1:31.155) 3:56.521 (1:36.198) 5:37.871 (1:41.350)			
7:22.488 (1:44.617) 9:09.842 (1:47.354) 10:53.462 (1:43.620) 12:32.358 (1:38.896)			
15 #196 Stewart, Keelin	Northwest Nazarene	12:32.84	12:40.72
49.861 (49.861) 2:20.724 (1:30.863) 3:57.878 (1:37.154) 5:41.314 (1:43.436)			
7:28.445 (1:47.131) 9:17.663 (1:49.218) 11:04.017 (1:46.354) 12:40.718 (1:36.701)			
16 #286 Flolo, Katelyn	Seattle Pacific	12:24.70	12:50.50
47.823 (47.823) 2:18.776 (1:30.953) 3:54.500 (1:35.724) 5:35.938 (1:41.438)			
7:22.620 (1:46.682) 9:12.158 (1:49.538) 11:01.888 (1:49.730) 12:50.494 (1:48.606)			

Event 1 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	School	Finals	Wind	H#
Finals				
1 #57 DeGroot, Ellie	Central Washington	14.47	1.4	3
2 #281 Chang, Hannah	Seattle Pacific	14.64	1.4	3
3 #9 Liessfeld, Vivien	Alaska Anchorage	15.31	1.4	3
4 #77 Ntekpere, Emy	Central Washington	15.42	+0.0	2
5 #378 Clemens, Macy	Western Oregon	15.55	1.4	3
6 #496 Walker, Karma	Western Washington	15.94	+0.0	2
7 #68 Huber, Carley	Central Washington	16.38	+0.0	2
8 #380 Deters, Amity	Western Oregon	16.55	-0.6	1
9 #454 Avery, Nicole	Western Washington	16.83	-0.6	1
10 #492 Schulberg, Cassandra	Western Washington	17.46	+0.0	2
11 #407 Wendring, Sadie	Western Oregon	17.47	-0.6	1
12 #472 King, Tess	Western Washington	18.85	-0.6	1

Event 1 Heptathlon: #2 Women High Jump Heptathlon

Name	School	Finals
Finals		
1 #77 Ntekpere, Emy	Central Washington	1.72m
2 #380 Deters, Amity	Western Oregon	1.66m
3 #378 Clemens, Macy	Western Oregon	1.57m
4 #281 Chang, Hannah	Seattle Pacific	1.54m
5 #57 DeGroot, Ellie	Central Washington	1.51m
5 #496 Walker, Karma	Western Washington	1.51m
5 #9 Liessfeld, Vivien	Alaska Anchorage	1.51m
8 #68 Huber, Carley	Central Washington	1.48m
9 #454 Avery, Nicole	Western Washington	1.45m
10 #492 Schulberg, Cassandra	Western Washington	1.36m
11 #407 Wendring, Sadie	Western Oregon	1.33m
--- #472 King, Tess	Western Washington	NH

Event 1 Heptathlon: #3 Women Shot Put Heptathlon

Name	School	Finals
Finals		
1 #9 Liessfeld, Vivien	Alaska Anchorage	10.69m
2 #57 DeGroot, Ellie	Central Washington	10.09m
3 #496 Walker, Karma	Western Washington	9.52m
4 #378 Clemens, Macy	Western Oregon	9.39m

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Finals ... (Event 1 Heptathlon: #3 Women Shot Put Heptathlon)

Name	School	Finals
5 #407 Wendring, Sadie	Western Oregon	8.80m
6 #454 Avery, Nicole	Western Washington	8.69m
7 #68 Huber, Carley	Central Washington	8.58m
8 #380 Deters, Amity	Western Oregon	8.28m
9 #281 Chang, Hannah	Seattle Pacific	8.21m
10 #472 King, Tess	Western Washington	7.90m
11 #492 Schulberg, Cassandra	Western Washington	7.83m
12 #77 Ntekpere, Emy	Central Washington	6.69m

Event 1 Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	School	Finals	Wind	H#
Finals				
1 #57 DeGroot, Ellie	Central Washington	25.37	1.2	2
2 #9 Liessfeld, Vivien	Alaska Anchorage	26.11	1.2	2
3 #281 Chang, Hannah	Seattle Pacific	26.56	1.2	2
4 #77 Ntekpere, Emy	Central Washington	26.63	1.2	2
5 #454 Avery, Nicole	Western Washington	26.78	0.5	1
6 #380 Deters, Amity	Western Oregon	26.87	1.2	2
7 #68 Huber, Carley	Central Washington	27.40	0.5	1
8 #378 Clemens, Macy	Western Oregon	27.43	0.5	1
9 #407 Wendring, Sadie	Western Oregon	27.65	0.5	1
10 #496 Walker, Karma	Western Washington	27.73	1.2	2
11 #492 Schulberg, Cassandra	Western Washington	28.58	0.5	1
12 #472 King, Tess	Western Washington	28.62	0.5	1

Event 1 Heptathlon: #5 Women Long Jump Heptathlon

Name	School	Finals	Wind
Finals			
1 #77 Ntekpere, Emy	Central Washington	5.58m	1.1
1 #9 Liessfeld, Vivien	Alaska Anchorage	5.58m	0.1
3 #378 Clemens, Macy	Western Oregon	5.23m	1.0
4 #57 DeGroot, Ellie	Central Washington	5.16m	2.1
5 #454 Avery, Nicole	Western Washington	5.14m	1.3
6 #380 Deters, Amity	Western Oregon	5.10m	1.6
7 #68 Huber, Carley	Central Washington	4.95m	NWI
8 #496 Walker, Karma	Western Washington	4.93m	0.1
9 #281 Chang, Hannah	Seattle Pacific	4.87m	2.4
10 #407 Wendring, Sadie	Western Oregon	4.71m	-0.8
11 #492 Schulberg, Cassandra	Western Washington	4.52m	0.9
12 #472 King, Tess	Western Washington	4.16m	0.8

Event 1 Heptathlon: #6 Women Javelin Throw Heptathlon

Name	School	Finals
Finals		
1 #9 Liessfeld, Vivien	Alaska Anchorage	33.94m
2 #380 Deters, Amity	Western Oregon	32.17m
3 #378 Clemens, Macy	Western Oregon	31.26m
4 #454 Avery, Nicole	Western Washington	30.72m
5 #472 King, Tess	Western Washington	30.10m
6 #407 Wendring, Sadie	Western Oregon	28.60m

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Finals ... (Event 1 Heptathlon: #6 Women Javelin Throw Heptathlon)

Name	School	Finals
7 #281 Chang, Hannah	Seattle Pacific	28.55m
8 #496 Walker, Karma	Western Washington	27.24m
9 #77 Ntekpere, Emy	Central Washington	24.41m
10 #57 DeGroot, Ellie	Central Washington	24.13m
11 #68 Huber, Carley	Central Washington	23.84m
12 #492 Schulberg, Cassandra	Western Washington	23.61m

Event 1 Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	School	Finals
Finals		
1 #68 Huber, Carley	Central Washington	2:27.80
2 #281 Chang, Hannah	Seattle Pacific	2:31.52
3 #472 King, Tess	Western Washington	2:32.00
4 #378 Clemens, Macy	Western Oregon	2:32.04
5 #380 Deters, Amity	Western Oregon	2:38.08
6 #9 Liessfeld, Vivien	Alaska Anchorage	2:40.31
7 #77 Ntekpere, Emy	Central Washington	2:44.97
8 #407 Wendring, Sadie	Western Oregon	2:46.77
9 #454 Avery, Nicole	Western Washington	2:48.92
10 #492 Schulberg, Cassandra	Western Washington	3:00.59
11 #496 Walker, Karma	Western Washington	3:06.08
--- #57 DeGroot, Ellie	Central Washington	DNF

Event 2 Men Decathlon

Name	School	Seed	Finals	H#
Finals				
1 #102 Klein, Drew	Central Washington	6881	6709	
2 #416 Burchfield, Gabe	Western Oregon	6013	6249	
3 #36 Larsen, Anders	Alaska Anchorage	5791	6230	
4 #260 Boyd, Andrew	Saint Martin's		5994	
5 #147 Fenley, Ryan	Msu-Billings	5593	5817	
6 #451 Walker, JJ	Western Oregon	3481	5453	
7 #439 Ness, Caleb	Western Oregon	4814	5328	

Event 2 Men 3000 Meter Steeplechase

Name	School	Seed	Finals
Finals			
1 #515 Gillingham, Jeret	Western Washington	8:52.33	8:45.40
37.769 (37.769)	1:48.412 (1:10.643)	2:58.271 (1:09.859)	4:09.736 (1:11.465)
5:20.289 (1:10.553)	6:30.674 (1:10.385)	7:40.341 (1:09.667)	8:45.394 (1:05.053)
2 #498 Alderfer, Jared	Western Washington	9:17.96	9:09.19
36.789 (36.789)	1:47.377 (1:10.588)	2:58.490 (1:11.113)	4:10.204 (1:11.714)
5:22.719 (1:12.515)	6:37.301 (1:14.582)	7:53.378 (1:16.077)	9:09.182 (1:15.804)
3 #511 Eifert, Ian	Western Washington	9:26.00	9:13.61
38.586 (38.586)	1:49.078 (1:10.492)	2:59.089 (1:10.011)	4:11.635 (1:12.546)
5:26.264 (1:14.629)	6:43.626 (1:17.362)	8:01.769 (1:18.143)	9:13.603 (1:11.834)
4 #523 Javurek, Jalen	Western Washington	9:30.27	9:26.72
38.160 (38.160)	1:50.988 (1:12.828)	3:05.753 (1:14.765)	4:22.266 (1:16.513)
5:39.611 (1:17.345)	6:57.352 (1:17.741)	8:14.796 (1:17.444)	9:26.711 (1:11.915)
5 #445 Smith, Bailey	Western Oregon	9:13.53	9:35.13
40.096 (40.096)	1:53.384 (1:13.288)	3:06.305 (1:12.921)	4:21.381 (1:15.076)
5:38.203 (1:16.822)	6:57.890 (1:19.687)	8:17.952 (1:20.062)	9:35.126 (1:17.174)

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Finals ... (Event 2 Men 3000 Meter Steeplechase)

Name	School	Seed	Finals
6 #48 Tveit, Ries	Alaska Anchorage	9:24.18	9:38.30
41.239 (41.239) 1:54.324 (1:13.085) 3:08.502 (1:14.178) 4:23.372 (1:14.870)			
5:40.969 (1:17.597) 7:00.188 (1:19.219) 8:20.828 (1:20.640) 9:38.295 (1:17.467)			
7 #306 LeBlanc, Brennan	Seattle Pacific	9:38.30	9:44.49
40.261 (40.261) 1:54.038 (1:13.777) 3:08.568 (1:14.530) 4:24.098 (1:15.530)			
5:41.400 (1:17.302) 7:01.634 (1:20.234) 8:24.354 (1:22.720) 9:44.482 (1:20.128)			
8 #558 Salazar, Matthew	Western Washington	9:39.94	9:46.94
41.833 (41.833) 1:56.925 (1:15.092) 3:15.038 (1:18.113) 4:35.226 (1:20.188)			
5:55.122 (1:19.896) 7:14.374 (1:19.252) 8:34.264 (1:19.890) 9:46.932 (1:12.668)			
9 #507 Bursch, Ethan	Western Washington	9:47.63	9:52.91
39.610 (39.610) 1:54.067 (1:14.457) 3:09.416 (1:15.349) 4:26.004 (1:16.588)			
5:45.749 (1:19.745) 7:08.275 (1:22.526) 8:32.401 (1:24.126) 9:52.909 (1:20.508)			
10 #568 Werner, Logan	Western Washington	9:39.74	9:52.99
41.140 (41.140) 1:55.455 (1:14.315) 3:11.272 (1:15.817) 4:29.133 (1:17.861)			
5:49.613 (1:20.480) 7:10.615 (1:21.002) 8:33.363 (1:22.748) 9:52.990 (1:19.627)			
11 #556 Rodriguez, Diego	Western Washington	9:48.46	9:53.32
39.669 (39.669) 1:53.797 (1:14.128) 3:08.971 (1:15.174) 4:25.053 (1:16.082)			
5:43.848 (1:18.795) 7:04.997 (1:21.149) 8:29.446 (1:24.449) 9:53.315 (1:23.869)			
12 #264 Dale, Eli	Saint Martin's	9:45.13	10:02.47
40.644 (40.644) 1:54.532 (1:13.888) 3:10.095 (1:15.563) 4:29.374 (1:19.279)			
5:52.409 (1:23.035) 7:16.848 (1:24.439) 8:40.594 (1:23.746) 10:02.470 (1:21.876)			
13 #300 Demmert, Silas	Seattle Pacific	10:04.65	10:22.42
41.983 (41.983) 1:57.455 (1:15.472) 3:16.737 (1:19.282) 4:38.733 (1:21.996)			
6:03.934 (1:25.201) 7:30.211 (1:26.277) 8:55.932 (1:25.721) 10:22.419 (1:26.487)			
14 #522 Jacob-Kurilo, Maxwell	Western Washington	10:03.12	10:33.39
40.621 (40.621) 1:57.998 (1:17.377) 3:19.236 (1:21.238) 4:42.869 (1:23.633)			
6:09.057 (1:26.188) 7:38.443 (1:29.386) 9:08.130 (1:29.687) 10:33.389 (1:25.259)			
--- #31 Hansen, Truman	Alaska Anchorage	9:47.17	DNF
41.549 (41.549) 1:55.981 (1:14.432) 3:11.760 (1:15.779) 4:29.001 (1:17.241)			
5:50.194 (1:21.193)			
--- #149 May, Wyatt	Msu-Billings	9:46.41	DNF
41.867 (41.867) 1:56.283 (1:14.416) 3:12.287 (1:16.004) 4:30.052 (1:17.765)			
5:51.656 (1:21.604)			

Event 2 Decathlon: #1 Men 100 Meter Dash Decathlon

Name	School	Finals	Wind
Finals			
1 #102 Klein, Drew	Central Washington	11.17	1.4
2 #36 Larsen, Anders	Alaska Anchorage	11.28	1.4
3 #260 Boyd, Andrew	Saint Martin's	11.39	1.4
4 #416 Burchfield, Gabe	Western Oregon	11.41	1.4
5 #451 Walker, JJ	Western Oregon	11.51	1.4
6 #147 Fenley, Ryan	Msu-Billings	11.82	1.4
7 #439 Ness, Caleb	Western Oregon	12.02	1.4

Event 2 Decathlon: #2 Men Long Jump Decathlon

Name	School	Finals	Wind
Finals			
1 #102 Klein, Drew	Central Washington	6.96m	2.1
2 #416 Burchfield, Gabe	Western Oregon	6.46m	-0.1
3 #36 Larsen, Anders	Alaska Anchorage	6.41m	0.7
4 #451 Walker, JJ	Western Oregon	6.31m	0.7
5 #147 Fenley, Ryan	Msu-Billings	6.26m	-0.1
6 #260 Boyd, Andrew	Saint Martin's	6.21m	-0.4
7 #439 Ness, Caleb	Western Oregon	5.86m	-0.8

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Event 2 Decathlon: #3 Men Shot Put Decathlon

Name	School	Finals
Finals		
1 #260 Boyd, Andrew	Saint Martin's	13.08m
2 #451 Walker, JJ	Western Oregon	12.21m
3 #36 Larsen, Anders	Alaska Anchorage	11.05m
4 #416 Burchfield, Gabe	Western Oregon	10.62m
5 #102 Klein, Drew	Central Washington	9.51m
6 #147 Fenley, Ryan	Msu-Billings	9.50m
7 #439 Ness, Caleb	Western Oregon	8.94m

Event 2 Decathlon: #4 Men High Jump Decathlon

Name	School	Finals
Finals		
1 #416 Burchfield, Gabe	Western Oregon	1.84m
2 #36 Larsen, Anders	Alaska Anchorage	1.81m
2 #147 Fenley, Ryan	Msu-Billings	1.81m
4 #102 Klein, Drew	Central Washington	1.78m
5 #439 Ness, Caleb	Western Oregon	1.75m
6 #451 Walker, JJ	Western Oregon	1.66m
7 #260 Boyd, Andrew	Saint Martin's	1.60m

Event 2 Decathlon: #5 Men 400 Meter Dash Decathlon

Name	School	Finals
Finals		
1 #36 Larsen, Anders	Alaska Anchorage	50.61
2 #102 Klein, Drew	Central Washington	51.52
3 #451 Walker, JJ	Western Oregon	52.54
4 #147 Fenley, Ryan	Msu-Billings	53.05
5 #439 Ness, Caleb	Western Oregon	53.17
6 #260 Boyd, Andrew	Saint Martin's	53.42
7 #416 Burchfield, Gabe	Western Oregon	53.50

Event 2 Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	School	Finals	Wind	H#
Finals				
1 #416 Burchfield, Gabe	Western Oregon	15.28	+0.0	2
2 #102 Klein, Drew	Central Washington	15.58	+0.0	2
3 #36 Larsen, Anders	Alaska Anchorage	16.36	0.1	1
4 #451 Walker, JJ	Western Oregon	16.99	+0.0	2
5 #147 Fenley, Ryan	Msu-Billings	17.52	0.1	1
6 #439 Ness, Caleb	Western Oregon	17.70	0.1	1
7 #260 Boyd, Andrew	Saint Martin's	17.76	+0.0	2

Event 2 Decathlon: #7 Men Discus Throw Decathlon

Name	School	Finals
Finals		
1 #102 Klein, Drew	Central Washington	35.58m
2 #260 Boyd, Andrew	Saint Martin's	34.57m
3 #416 Burchfield, Gabe	Western Oregon	34.56m
4 #36 Larsen, Anders	Alaska Anchorage	34.10m
5 #451 Walker, JJ	Western Oregon	32.94m

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Finals ... (Event 2 Decathlon: #7 Men Discus Throw Decathlon)

Name	School	Finals
6 #147 Fenley, Ryan	Msu-Billings	28.94m
7 #439 Ness, Caleb	Western Oregon	25.48m

Event 2 Decathlon: #8 Men Pole Vault Decathlon

Name	School	Finals
1 #102 Klein, Drew	Central Washington	4.73m
2 #416 Burchfield, Gabe	Western Oregon	4.03m
3 #147 Fenley, Ryan	Msu-Billings	3.83m
4 #260 Boyd, Andrew	Saint Martin's	3.73m
5 #36 Larsen, Anders	Alaska Anchorage	3.33m
6 #451 Walker, JJ	Western Oregon	3.23m
7 #439 Ness, Caleb	Western Oregon	3.13m

Event 2 Decathlon: #9 Men Javelin Throw Decathlon

Name	School	Finals
1 #260 Boyd, Andrew	Saint Martin's	57.85m
2 #36 Larsen, Anders	Alaska Anchorage	48.12m
3 #102 Klein, Drew	Central Washington	48.04m
4 #439 Ness, Caleb	Western Oregon	43.24m
5 #147 Fenley, Ryan	Msu-Billings	40.63m
6 #451 Walker, JJ	Western Oregon	40.32m
7 #416 Burchfield, Gabe	Western Oregon	35.40m

Event 2 Decathlon: #10 Men 1500 Meter Run Decathlon

Name	School	Finals
1 #147 Fenley, Ryan	Msu-Billings	4:40.19
2 #439 Ness, Caleb	Western Oregon	4:46.96
3 #416 Burchfield, Gabe	Western Oregon	4:57.78
4 #36 Larsen, Anders	Alaska Anchorage	5:02.90
5 #102 Klein, Drew	Central Washington	5:06.02
6 #260 Boyd, Andrew	Saint Martin's	5:22.93
7 #451 Walker, JJ	Western Oregon	6:14.57

Event 3 Women 100 Meter Hurdles

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 #55 Chandler, Lauryn 14.094 (14.094)	Central Washington	13.95	14.10 Q	+0.0	1
2 #7 Heite, Liv 14.313 (14.313)	Alaska Anchorage	14.27	14.32 Q	-0.1	2
3 #405 Thompson, Maliyah 14.340 (14.340)	Western Oregon	14.55	14.34 q	-0.1	2
4 #281 Chang, Hannah 14.405 (14.405)	Seattle Pacific	14.30	14.41 q	+0.0	1
5 #57 DeGroot, Ellie 14.631 (14.631)	Central Washington	14.08	14.64 q	-0.1	2
6 #6 De Arvizu Sarrias, Blanca 14.823 (14.823)	Alaska Anchorage	14.51	14.83 q	+0.0	1

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Preliminaries ... (Event 3 Women 100 Meter Hurdles)

Name	School	Seed	Prelims	Wind	H#
7 #10 Mader, Mikayla 14.860 (14.860)	Alaska Anchorage	15.10	14.86 q	-0.1	2
8 #19 Van Der Meer, Mette 14.898 (14.898)	Alaska Anchorage	14.73	14.90 q	-0.1	2
9 #77 Ntekpere, Emy 15.152 (15.152)	Central Washington	15.42	15.16	+0.0	1
10 #456 Bates, Naomi 15.158 (15.158)	Western Washington	15.87	15.16	-0.1	2
11 #242 Cintron, Gabriela 15.250 (15.250)	Saint Martin's	15.27	15.25	+0.0	1
12 #378 Clemens, Macy 15.275 (15.275)	Western Oregon	15.04	15.28	-0.1	2
13 #15 Simmons, Lacie 15.295 (15.295)	Alaska Anchorage	14.97	15.30	+0.0	1
14 #76 Nhye, Candace 15.380 (15.380)	Central Washington	14.94	15.38	+0.0	1
15 #488 Porter, Isabella 15.605 (15.605)	Western Washington	15.73	15.61	-0.1	2

Event 4 Men 110 Meter Hurdles

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 #114 Wise, Aiden 14.672 (14.672)	Central Washington	14.54	14.68 Q	+0.0	1
2 #102 Klein, Drew 14.724 (14.724)	Central Washington	14.91	14.73 Q	1.6	2
3 #418 Conklin, Justin 14.881 (14.881)	Western Oregon	15.28	14.89 q	1.6	2
4 #510 Edwards, Jaden 14.885 (14.885)	Western Washington	15.08	14.89 q	1.6	2
5 #88 Boast, Josh 14.905 (14.905)	Central Washington	15.26	14.91 q	1.6	2
6 #416 Burchfield, Gabe 15.204 (15.204)	Western Oregon	15.19	15.21 q	+0.0	1
7 #220 Johansson, Luke 15.307 (15.307)	Northwest Nazarene	15.39	15.31 q	+0.0	1
8 #451 Walker, JJ 15.602 (15.602)	Western Oregon	15.66	15.61 q	+0.0	1
9 #260 Boyd, Andrew 15.771 (15.771)	Saint Martin's	15.23	15.78	+0.0	1
10 #142 Carlson, Benji 15.777 (15.777)	Msu-Billings	15.94	15.78	1.6	2
11 #36 Larsen, Anders 15.814 (15.814)	Alaska Anchorage	16.06	15.82	1.6	2
12 #45 Robertson, Felix 16.279 (16.279)	Alaska Anchorage	16.37	16.28	+0.0	1
13 #147 Fenley, Ryan 16.378 (16.378)	Msu-Billings	17.24	16.38	+0.0	1

Event 5 Women 400 Meter Dash

Name	School	Seed	Prelims	H#
Preliminaries				
1 #460 Cook, Kennedy 55.987 (55.987)	Western Washington	56.77	55.99 Q	1

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Preliminaries ... (Event 5 Women 400 Meter Dash)

Name	School	Seed	Prelims	H#
2 #313 Bosma, Claire 56.219 (56.219)	Simon Fraser	56.57	56.22 Q	2
3 #315 Cannan, Emma 56.365 (56.365)	Simon Fraser	56.58	56.37 Q	3
4 #280 Brown, Johanna 57.303 (57.303)	Seattle Pacific	57.31	57.31 q	2
5 #253 Vu, Madison 57.317 (57.317)	Saint Martin's	57.30	57.32 q	3
6 #282 Crane, Marissa 57.843 (57.843)	Seattle Pacific	56.95	57.85 q	1
7 #169 DeJong, Laine 57.916 (57.916)	Northwest Nazarene	57.60	57.92 q	2
8 #386 Hart, Jessy 58.094 (58.094)	Western Oregon	58.51	58.10 q	1
9 #287 Green, Aniya 58.302 (58.302)	Seattle Pacific	58.17	58.31	3
10 #61 Harris, Donna Marie 58.516 (58.516)	Central Washington	58.63	58.52	2
11 #479 Miller, Anna 58.737 (58.737)	Western Washington	1:02.37	58.74	3
12 #372 Altamirano, Bethanie 59.080 (59.080)	Western Oregon	58.54	59.08	3
13 #172 Farnsworth, Kalli 59.126 (59.126)	Northwest Nazarene	58.61	59.13	2
14 #295 Smith, Charisma 59.734 (59.734)	Seattle Pacific	1:00.55	59.74	1
15 #1 Backman, Kaitlyn 59.840 (59.840)	Alaska Anchorage	1:01.28	59.84	1
16 #5 Cvancara, Sophia 1:00.886 (1:00.886)	Alaska Anchorage	1:00.11	1:00.89	3
--- #20 Vidad, Joei	Alaska Anchorage	58.30	DNF	1

Event 6 Men 400 Meter Dash

Name	School	Seed	Prelims	H#
Preliminaries				
1 #506 Brenek, Lucas 48.045 (48.045)	Western Washington	48.13	48.05 Q	1
2 #24 Angarita, Kevin 48.310 (48.310)	Alaska Anchorage	47.81	48.31 Q	2
3 #532 Le, Brian 49.095 (49.095)	Western Washington	48.63	49.10 q	2
4 #438 Murphy, Brennen 49.129 (49.129)	Western Oregon	48.24	49.13 q	1
5 #425 Hendrix, Amari 49.507 (49.507)	Western Oregon	48.80	49.51 q	2
6 #205 Breuer, Dylan 48.045 (48.045)	Northwest Nazarene	49.85	49.85 q	1
7 #267 Franco, Zachary 50.119 (50.119)	Saint Martin's	50.09	50.12 q	1
8 #548 Pinto, Denzel 50.397 (50.397)	Western Washington	50.93	50.40 q	2
9 #432 Le, Teo 50.696 (50.696)	Western Oregon	51.09	50.70	1
10 #32 Hunter, Timothy 50.938 (50.938)	Alaska Anchorage	52.02	50.94	2

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Preliminaries ... (Event 6 Men 400 Meter Dash)

Name	School	Seed	Prelims	H#
11 #299 Carpenter, Evan 51.695 (51.695)	Seattle Pacific	51.28	51.70	1
12 #222 Kindler, Christian 52.160 (52.160)	Northwest Nazarene	50.35	52.16	2
13 #30 Grant, Morgan 52.161 (52.161)	Alaska Anchorage	52.46	52.57	2
14 #37 Mandujano, Jesse 54.516 (54.516)	Alaska Anchorage	52.78	54.52	1

Event 7 Women 100 Meter Dash

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 #325 Leclair, Marie-Eloise 11.510 (11.510)	Simon Fraser	11.50	11.51 Q	0.4	1
2 #63 Hollis, E'Lexis 11.546 (11.546)	Central Washington	11.45	11.55 Q	0.6	2
3 #458 Cheney, Caitlyn 11.906 (11.906)	Western Washington	11.91	11.91 q	0.4	1
4 #319 Cummings, Jaeland 12.011 (12.011)	Simon Fraser	12.22	12.02 q	0.4	1
5 #86 Williams, Juliette 12.065 (12.065)	Central Washington	12.30	12.07 q	0.4	1
6 #59 Gonzales, Zoe 12.156 (12.156)	Central Washington	12.18	12.16 q	0.6	2
7 #471 Heiman, Annabelle 12.283 (12.283)	Western Washington	12.19	12.29 q	0.6	2
8 #487 Polkinghorn, Hannah 12.285 (12.285)	Western Washington	12.43	12.29 q	0.6	2
9 #391 Lavato, Josie 12.517 (12.517)	Western Oregon	12.58	12.52	0.4	1
10 #9 Liessfeld, Vivien 12.638 (12.638)	Alaska Anchorage		12.64	0.4	1
11 #3 Binford, Portia 12.743 (12.743)	Alaska Anchorage	12.69	12.75	0.4	1
12 #180 Harms, Gabbie 12.807 (12.807)	Northwest Nazarene	12.71	12.81	0.6	2
13 #125 Hamill, Katelyn 12.934 (12.934)	Msu-Billings	12.77	12.94	0.6	2
14 #135 Sanchez, Alyssa 13.260 (13.260)	Msu-Billings	12.99	13.26	0.4	1
--- #405 Thompson, Maliyah	Western Oregon	12.32	DNF	0.6	2

Event 8 Men 100 Meter Dash

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 #26 Caleb, Joshua 10.406 (10.406)	Alaska Anchorage	10.34	10.41 Q	-0.6	1
2 #539 Mickenham, Nolan 10.489 (10.489)	Western Washington	10.60	10.49 Q	1.3	2
3 #357 Hall, Jacob 10.588 (10.588)	Simon Fraser	10.60	10.59 q	1.3	2
4 #524 Johnson, Ethan 10.489 (10.489)	Western Washington	10.77	10.69 q	1.3	2
5 #364 O'Donnell, Liam 10.694 (10.694)	Simon Fraser	10.63	10.70 q	-0.6	1

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Preliminaries ... (Event 8 Men 100 Meter Dash)

Name	School	Seed	Prelims	Wind	H#
6 #365 Penson-McCoy, Jesaiah 10.714 (10.714)	Simon Fraser	10.81	10.72 q	-0.6	1
7 #95 Green, Josh 10.731 (10.731)	Central Washington	10.63	10.74 q	-0.6	1
8 #204 Braseth, Hunter 10.770 (10.770)	Northwest Nazarene	10.95	10.77 q	1.3	2
9 #513 Fischer, Derek 10.799 (10.799)	Western Washington	10.82	10.80	-0.6	1
10 #422 Driesner, Alex 10.846 (10.846)	Western Oregon	10.84	10.85	1.3	2
11 #428 Johnson, Thomas 10.886 (10.886)	Western Oregon	10.86	10.89	1.3	2
12 #148 Herbert, JayCee 10.892 (10.892)	Msu-Billings	10.69	10.90	1.3	2
13 #39 Mercier, Marc 10.916 (10.916)	Alaska Anchorage	10.88	10.92	-0.6	1
14 #33 Jana, Riday 10.997 (10.997)	Alaska Anchorage	10.94	11.00	-0.6	1
15 #154 Ralston, Ben 11.129 (11.129)	Msu-Billings	10.97	11.13	1.3	2
16 #41 Morris, Brian 11.255 (11.255)	Alaska Anchorage	11.18	11.26	-0.6	1

Event 9 Women 800 Meter Run

Name	School	Seed	Prelims	H#
Preliminaries				
1 #475 Ledesma, Marian 1:04.470 (1:04.470) 2:11.474 (1:07.004)	Western Washington	2:08.94	2:11.48 Q	1
2 #336 Roxby, Megan 1:05.238 (1:05.238) 2:12.706 (1:07.468)	Simon Fraser	2:08.48	2:12.71 Q	2
3 #497 Wright, Sophie 1:04.375 (1:04.375) 2:12.128 (1:07.753)	Western Washington	2:11.56	2:12.13 Q	1
4 #462 Crocker, Mia 1:05.948 (1:05.948) 2:13.253 (1:07.305)	Western Washington	2:16.88	2:13.26 Q	2
5 #251 Saucedo, Alisha 1:04.811 (1:04.811) 2:13.353 (1:08.542)	Saint Martin's	2:14.17	2:13.36 q	1
6 #473 Kroontje, Emmy 1:05.326 (1:05.326) 2:13.759 (1:08.433)	Western Washington	2:13.10	2:13.76 q	2
7 #395 Merritt, Amelia 1:05.797 (1:05.797) 2:14.551 (1:08.754)	Western Oregon	2:16.57	2:14.56 q	2
8 #4 Chisar, Jess 1:05.504 (1:05.504) 2:15.708 (1:10.204)	Alaska Anchorage	2:17.59	2:15.71 q	2
9 #341 Vanderput, Elizabeth 1:05.588 (1:05.588) 2:16.303 (1:10.715)	Simon Fraser	2:13.24	2:16.31	2
10 #340 Tasdemir, Selin 1:05.110 (1:05.110) 2:17.588 (1:12.478)	Simon Fraser	2:15.75	2:17.59	1
11 #403 Smith, Riley 1:06.481 (1:06.481) 2:19.233 (1:12.752)	Western Oregon	2:17.08	2:19.24	1
12 #329 Millar, Stephanie 1:06.638 (1:06.638) 2:19.586 (1:12.948)	Simon Fraser	2:19.48	2:19.59	1
13 #331 Prangley, Charlotte 1:06.854 (1:06.854) 2:20.242 (1:13.388)	Simon Fraser	2:22.19	2:20.25	1
14 #397 Nguyen, Kaydence 1:06.239 (1:06.239) 2:20.241 (1:14.002)	Western Oregon	2:17.53	2:20.82	1

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Preliminaries ... (Event 9 Women 800 Meter Run)

Name	School	Seed	Prelims	H#
15 #84 Thompson, Madison 1:05.700 (1:05.700) 2:21.523 (1:15.823)	Central Washington	2:17.93	2:21.53	2

Event 10 Men 800 Meter Run

Name	School	Seed	Prelims	H#
Preliminaries				
1 #567 Weber, Drew 53.590 (53.590) 1:51.084 (57.494)	Western Washington	1:49.88	1:51.09 Q	2
2 #426 Hosking, Elwood 55.760 (55.760) 1:51.257 (55.497)	Western Oregon	1:51.65	1:51.26 Q	3
3 #91 Correa, Johan 56.638 (56.638) 1:51.425 (54.787)	Central Washington	1:49.71	1:51.43 Q	1
4 #99 Hutton, Max 53.852 (53.852) 1:51.345 (57.493)	Central Washington	1:51.40	1:51.35 Q	2
5 #369 Thomson, Andrew 56.345 (56.345) 1:51.519 (55.174)	Simon Fraser	1:51.57	1:51.52 Q	1
6 #366 Plummer, Colton 55.833 (55.833) 1:51.586 (55.753)	Simon Fraser	1:51.57	1:51.59 Q	3
7 #442 Rodriguez, Isaiah 55.661 (55.661) 1:51.733 (56.072)	Western Oregon	1:49.66	1:51.74 q	3
8 #414 Bohannon, Grant 55.581 (55.581) 1:52.200 (56.619)	Western Oregon	1:52.56	1:52.20 q	3
9 #441 Pomrankey, Easton 56.958 (56.958) 1:52.757 (55.799)	Western Oregon	1:52.47	1:52.76	1
10 #545 Palmen, Connor 54.066 (54.066) 1:52.884 (58.818)	Western Washington	1:52.37	1:52.89	2
11 #276 Pagente, Kainalu 56.524 (56.524) 1:53.413 (56.889)	Saint Martin's	1:52.03	1:53.42	1
12 #444 Sanchez, Keeton 51.654 (51.654) 1:53.858 (1:02.204)	Western Oregon	1:52.44	1:53.86	2
13 #270 Higgins, Francis (Timmy) 57.362 (57.362) 1:55.900 (58.538)	Saint Martin's	1:57.02	1:55.90	1
14 #108 Pratapas, Jack 54.650 (54.650) 1:56.275 (1:01.625)	Central Washington	1:55.19	1:56.28	2
15 #106 Perez, Chase 55.102 (55.102) 1:58.275 (1:03.173)	Central Washington	1:55.13	1:58.28	2
16 #358 House, kaelan 57.326 (57.326) 2:00.306 (1:02.980)	Simon Fraser	1:54.79	2:00.31	1

Event 11 Women 400 Meter Hurdles

Name	School	Seed	Prelims	H#
Preliminaries				
1 #7 Heite, Liv 1:02.953 (1:02.953)	Alaska Anchorage	1:03.22	1:02.96 Q	2
2 #71 McDevitt, Zoe 1:03.848 (1:03.848)	Central Washington	1:03.69	1:03.85 Q	1
3 #389 Lambing, Madeline 1:03.366 (1:03.366)	Western Oregon	1:03.10	1:03.37 q	2
4 #68 Huber, Carley 1:04.109 (1:04.109)	Central Washington	1:04.31	1:04.11 q	1
5 #57 DeGroot, Ellie 1:04.115 (1:04.115)	Central Washington	1:00.89	1:04.12 q	1
6 #6 De Arvizu Sarrias, Blanca 1:04.144 (1:04.144)	Alaska Anchorage	1:03.74	1:04.15 q	1

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Name	School	Seed	Prelims	H#
7 #464 Davis, Ila 1:04.325 (1:04.325)	Western Washington	1:03.99	1:04.33 q	2
8 #456 Bates, Naomi 1:04.789 (1:04.789)	Western Washington	1:04.29	1:04.79 q	2
9 #175 Gomez, Alejandra 1:05.684 (1:05.684)	Northwest Nazarene	1:04.82	1:05.69	1
10 #190 Levy, Ellie 1:06.571 (1:06.571)	Northwest Nazarene	1:06.43	1:06.58	2
11 #376 Carstensen, Rilee 1:07.512 (1:07.512)	Western Oregon	1:07.74	1:07.52	1
12 #177 Graham, Hailey 1:07.744 (1:07.744)	Northwest Nazarene	1:06.93	1:07.75	1
13 #118 Clark-Sexson, Annelise 1:08.011 (1:08.011)	Msu-Billings	1:08.23	1:08.02	2
14 #15 Simmons, Lacie 1:08.370 (1:08.370)	Alaska Anchorage	1:06.79	1:08.37	2
15 #76 Nhye, Candace 1:10.842 (1:10.842)	Central Washington	1:09.22	1:10.85	2

Event 12 Men 400 Meter Hurdles

Name	School	Seed	Prelims	H#
Preliminaries				
1 #88 Boast, Josh 54.130 (54.130)	Central Washington	53.71	54.13 Q	1
2 #102 Klein, Drew 55.631 (55.631)	Central Washington	54.70	55.64 Q	2
3 #510 Edwards, Jaden 55.353 (55.353)	Western Washington	55.51	55.36 q	1
4 #220 Johansson, Luke 55.813 (55.813)	Northwest Nazarene	54.94	55.82 q	1
5 #114 Wise, Aiden 56.310 (56.310)	Central Washington	54.82	56.31 q	2
6 #520 Hong, Ethan 56.900 (56.900)	Western Washington	59.12	56.90 q	2
7 #350 Carr, Tyson 56.925 (56.925)	Simon Fraser	56.80	56.93 q	2
8 #113 Williams, Reilly 57.106 (57.106)	Central Washington	55.86	57.11 q	2
9 #430 King, Elijah 57.184 (57.184)	Western Oregon	58.28	57.19	1
10 #157 Scott, Kaleb 58.654 (58.654)	Msu-Billings	59.44	58.66	2
11 #439 Ness, Caleb 58.662 (58.662)	Western Oregon	57.74	58.67	1
12 #261 Boyd, Noah 1:00.109 (1:00.109)	Saint Martin's	59.78	1:00.11	1

Event 13 Women 200 Meter Dash

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 #325 Leclair, Marie-Eloise 23.209 (23.209)	Simon Fraser	24.10	23.21 Q	-1.1	1
2 #63 Hollis, E'Lexis 24.136 (24.136)	Central Washington	24.16	24.14 Q	-1.9	2

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Preliminaries ... (Event 13 Women 200 Meter Dash)

	Name	School	Seed	Prelims	Wind	H#
3	#458 Cheney, Caitlyn 24.616 (24.616)	Western Washington	24.88	24.62 q	-1.1	1
4	#86 Williams, Juliette 24.911 (24.911)	Central Washington	24.61	24.92 q	-1.9	2
5	#315 Cannan, Emma 25.035 (25.035)	Simon Fraser	24.84	25.04 q	-1.1	1
6	#319 Cummings, Jaeland 25.204 (25.204)	Simon Fraser	25.80	25.21 q	-1.9	2
7	#471 Heiman, Annabelle 25.310 (25.310)	Western Washington	25.36	25.31 q	-1.9	2
8	#253 Vu, Madison 25.339 (25.339)	Saint Martin's	25.41	25.34 q	-1.1	1
9	#59 Gonzales, Zoe 25.363 (25.363)	Central Washington	25.40	25.37	-1.1	1
10	#487 Polkinghorn, Hannah 25.368 (25.368)	Western Washington	25.53	25.37	-1.9	2
11	#287 Green, Aniya 25.524 (25.524)	Seattle Pacific	25.54	25.53	-1.1	1
12	#460 Cook, Kennedy 25.367 (25.367)	Western Washington	25.42	25.55	-1.9	2
13	#479 Miller, Anna 25.561 (25.561)	Western Washington	25.79	25.57	-1.1	1
14	#172 Farnsworth, Kalli 25.815 (25.815)	Northwest Nazarene	25.29	25.82	-1.9	2
15	#134 Richardson, Mya 26.097 (26.097)	Msu-Billings	26.13	26.10	-1.1	1
16	#180 Harms, Gabbie 26.234 (26.234)	Northwest Nazarene	25.80	26.24	-1.9	2

Event 14 Men 200 Meter Dash

	Name	School	Seed	Prelims	Wind	H#
Preliminaries						
1	#26 Caleb, Joshua 21.038 (21.038)	Alaska Anchorage	21.23	21.04 Q	0.9	1
2	#95 Green, Josh 21.127 (21.127)	Central Washington	21.38	21.13 Q	-0.2	2
3	#365 Penson-McCoy, Jesaiah 21.216 (21.216)	Simon Fraser	21.85	21.22 q	0.9	1
4	#204 Braseth, Hunter 21.470 (21.470)	Northwest Nazarene	21.62	21.47 q	-0.2	2
5	#422 Driesner, Alex 21.794 (21.794)	Western Oregon	22.09	21.80 q	0.9	1
6	#364 O'Donnell, Liam 21.831 (21.831)	Simon Fraser	22.31	21.84 q	-0.2	2
7	#517 Greenwalt, Ryan 21.835 (21.835)	Western Washington	21.90	21.84 q	-0.2	2
8	#24 Angarita, Kevin 21.860 (21.860)	Alaska Anchorage	21.97	21.86 q	-0.2	2
9	#357 Hall, Jacob 22.032 (22.032)	Simon Fraser	21.85	22.04	0.9	1
10	#513 Fischer, Derek 22.162 (22.162)	Western Washington	22.03	22.17	0.9	1
11	#33 Jana, Riday 22.172 (22.172)	Alaska Anchorage	22.09	22.18	-0.2	2

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Preliminaries ... (Event 14 Men 200 Meter Dash)

Name	School	Seed	Prelims	Wind	H#
12 #148 Herbert, JayCee 22.180 (22.180)	Msu-Billings	22.49	22.18	-0.2	2
13 #437 Mitchell, Joshua 22.374 (22.374)	Western Oregon	22.47	22.38	0.9	1
14 #144 Dezember, Mason 22.562 (22.562)	Msu-Billings	22.74	22.57	-0.2	2
15 #41 Morris, Brian 22.580 (22.580)	Alaska Anchorage	22.34	22.58	0.9	1
16 #432 Le, Teo 22.886 (22.886)	Western Oregon	23.27	22.89	0.9	1

Event 15 Women 10000 Meter Run

Name	School	Seed	Finals
Finals			
1 #482 Nystrom, Meaera 1:24.292 (1:24.292) 7:13.074 (1:28.638) 13:10.068 (1:29.754) 19:10.680 (1:29.877) 25:08.793 (1:29.457) 31:12.501 (1:30.308) 37:01.214 (1:20.752)	Western Washington	36:18.94	37:01.22
2 #387 Heldt, Caitlin 1:24.112 (1:24.112) 7:08.243 (1:27.185) 13:04.238 (1:29.382) 19:08.593 (1:31.522) 25:16.939 (1:32.605) 31:30.395 (1:33.843) 37:26.657 (1:20.779)	Western Oregon	35:54.51	37:26.66
3 #493 Smith, Emma 1:25.595 (1:25.595) 7:24.926 (1:30.727) 13:29.967 (1:33.037) 19:33.020 (1:30.505) 25:33.656 (1:30.904) 31:43.277 (1:33.692) 37:34.949 (1:22.071)	Western Washington	37:13.42	37:34.95
4 #478 McLain, Danielle 1:30.633 (1:30.633) 7:28.572 (1:30.237) 13:35.008 (1:31.817) 19:44.759 (1:30.644) 25:48.661 (1:31.874) 31:49.618 (1:30.326) 37:38.695 (1:23.848)	Western Washington	37:24.14	37:38.70
5 #292 Mulch, Matise 1:31.466 (1:31.466) 7:28.885 (1:30.010) 13:35.223 (1:33.227) 19:42.306 (1:29.534) 25:48.931 (1:31.872) 31:51.863 (1:32.293) 37:58.938 (1:29.278)	Seattle Pacific	38:38.25	37:58.94

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Finals ... (Event 15 Women 10000 Meter Run)

Finals ...	Name	School	Seed	Finals
6	#171 Erler, Morgan	Northwest Nazarene	36:53.62	38:31.09
	1:25.102 (1:25.102)	2:51.375 (1:26.273)	4:16.470 (1:25.095)	5:44.794 (1:28.324)
	7:13.451 (1:28.657)	8:42.503 (1:29.052)	10:11.648 (1:29.145)	11:41.677 (1:30.029)
	13:13.114 (1:31.437)	14:44.299 (1:31.185)	16:16.008 (1:31.709)	17:48.152 (1:32.144)
	19:21.821 (1:33.669)	20:56.372 (1:34.551)	22:30.058 (1:33.686)	24:04.165 (1:34.107)
	25:41.116 (1:36.951)	27:18.209 (1:37.093)	28:54.641 (1:36.432)	30:34.332 (1:39.691)
	32:13.293 (1:38.961)	33:49.972 (1:36.679)	35:28.456 (1:38.484)	37:03.028 (1:34.572)
	38:31.081 (1:28.053)			
7	#484 Parker, Alexis	Western Washington	37:37.85	38:40.24
	1:31.156 (1:31.156)	3:00.793 (1:29.637)	4:29.488 (1:28.695)	5:59.465 (1:29.977)
	7:29.936 (1:30.471)	9:01.751 (1:31.815)	10:33.521 (1:31.770)	12:06.409 (1:32.888)
	13:38.806 (1:32.397)	15:12.393 (1:33.587)	16:46.858 (1:34.465)	18:21.162 (1:34.304)
	19:55.625 (1:34.463)	21:29.433 (1:33.808)	23:02.386 (1:32.953)	24:36.183 (1:33.797)
	26:10.136 (1:33.953)	27:44.557 (1:34.421)	29:18.831 (1:34.274)	30:54.069 (1:35.238)
	32:29.905 (1:35.836)	34:05.835 (1:35.930)	35:40.828 (1:34.993)	37:14.399 (1:33.571)
	38:40.238 (1:25.839)			
8	#249 Sabra, Sara	Saint Martin's	37:17.43	38:44.39
	1:27.511 (1:27.511)	2:55.321 (1:27.810)	4:24.287 (1:28.966)	5:54.044 (1:29.757)
	7:24.859 (1:30.815)	8:54.964 (1:30.105)	10:25.207 (1:30.243)	11:56.686 (1:31.479)
	13:29.724 (1:33.038)	15:01.691 (1:31.967)	16:35.028 (1:33.337)	18:09.270 (1:34.242)
	19:42.673 (1:33.403)	21:16.046 (1:33.373)	22:51.862 (1:35.816)	24:28.355 (1:36.493)
	26:05.951 (1:37.596)	27:43.617 (1:37.666)	29:21.639 (1:38.022)	31:00.039 (1:38.400)
	32:38.525 (1:38.486)	34:12.399 (1:33.874)	35:46.108 (1:33.709)	37:17.915 (1:31.807)
	38:44.382 (1:26.467)			
9	#483 Parker, Alanna	Western Washington	37:29.45	39:08.89
	1:30.757 (1:30.757)	3:00.287 (1:29.530)	4:29.056 (1:28.769)	5:59.036 (1:29.980)
	7:29.684 (1:30.648)	9:01.560 (1:31.876)	10:33.249 (1:31.689)	12:06.470 (1:33.221)
	13:39.054 (1:32.584)	15:12.548 (1:33.494)	16:46.700 (1:34.152)	18:21.049 (1:34.349)
	19:55.448 (1:34.399)	21:31.154 (1:35.706)	23:08.014 (1:36.860)	24:43.272 (1:35.258)
	26:18.378 (1:35.106)	27:52.558 (1:34.180)	29:29.798 (1:37.240)	31:06.944 (1:37.146)
	32:42.985 (1:36.041)	34:19.627 (1:36.642)	35:58.824 (1:39.197)	37:35.440 (1:36.616)
	39:08.889 (1:33.449)			
10	#248 Ramirez, Kya	Saint Martin's	37:42.34	39:26.88
	1:30.925 (1:30.925)	3:00.064 (1:29.139)	4:28.014 (1:27.950)	5:57.049 (1:29.035)
	7:27.328 (1:30.279)	8:58.277 (1:30.949)	10:29.541 (1:31.264)	12:01.714 (1:32.173)
	13:34.940 (1:33.226)	15:08.064 (1:33.124)	16:41.917 (1:33.853)	18:14.535 (1:32.618)
	19:48.498 (1:33.963)	21:24.783 (1:36.285)	23:02.324 (1:37.541)	24:37.496 (1:35.172)
	26:15.512 (1:38.016)	27:54.140 (1:38.628)	29:33.456 (1:39.316)	31:12.714 (1:39.258)
	32:52.591 (1:39.877)	34:32.050 (1:39.459)	36:12.488 (1:40.438)	37:52.516 (1:40.028)
	39:26.876 (1:34.360)			
11	#400 Potratz, Kyla	Western Oregon		41:08.88
	1:30.878 (1:30.878)	3:00.535 (1:29.657)	4:29.222 (1:28.687)	6:00.113 (1:30.891)
	7:31.798 (1:31.685)	9:07.018 (1:35.220)	10:43.205 (1:36.187)	12:20.884 (1:37.679)
	14:00.078 (1:39.194)	15:39.410 (1:39.332)	17:18.861 (1:39.451)	18:59.714 (1:40.853)
	20:40.221 (1:40.507)	22:23.086 (1:42.865)	24:05.783 (1:42.697)	25:50.008 (1:44.225)
	27:33.929 (1:43.921)	29:18.869 (1:44.940)	31:03.449 (1:44.580)	32:47.561 (1:44.112)
	34:33.438 (1:45.877)	36:15.521 (1:42.083)	37:51.613 (1:36.092)	39:25.456 (1:33.843)
	41:08.876 (1:43.420)			

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12	#117 Berendsen, Carey	Msu-Billings	39:47.10	42:14.08
	1:31.479 (1:31.479)	3:05.689 (1:34.210)	4:39.326 (1:33.637)	6:16.516 (1:37.190)
	7:49.167 (1:32.651)	9:26.467 (1:37.300)	10:31.578 (1:05.111)	12:42.223 (2:10.645)
	14:22.433 (1:40.210)	16:03.231 (1:40.798)	17:46.813 (1:43.582)	19:30.521 (1:43.708)
	21:13.596 (1:43.075)	22:56.154 (1:42.558)	24:43.094 (1:46.940)	26:30.395 (1:47.301)
	28:21.978 (1:51.583)	30:11.234 (1:49.256)	32:01.103 (1:49.869)	33:51.035 (1:49.932)
	35:33.605 (1:42.570)	37:11.266 (1:37.661)	38:52.293 (1:41.027)	40:35.437 (1:43.144)
	42:14.071 (1:38.634)			

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Finals ... (Event 15 Women 10000 Meter Run)

Name	School	Seed	Finals
13 #379 Clifton, Ali	Western Oregon	39:17.49	42:43.10
1:30.481 (1:30.481)	3:00.212 (1:29.731)	4:28.310 (1:28.098)	5:56.759 (1:28.449)
7:27.855 (1:31.096)	9:00.456 (1:32.601)	10:33.006 (1:32.550)	12:07.849 (1:34.843)
13:48.839 (1:40.990)	15:31.441 (1:42.602)	17:14.067 (1:42.626)	18:57.226 (1:43.159)
20:40.056 (1:42.830)	22:24.622 (1:44.566)	24:14.019 (1:49.397)	26:03.677 (1:49.658)
27:52.657 (1:48.980)	29:43.864 (1:51.207)	31:35.639 (1:51.775)	33:27.826 (1:52.187)
35:21.629 (1:53.803)	37:14.659 (1:53.030)	39:07.885 (1:53.226)	40:56.969 (1:49.084)
42:43.098 (1:46.129)			
14 #138 Tolman, Aspen	Msu-Billings	41:31.90	43:48.20
1:32.160 (1:32.160)	3:08.188 (1:36.028)	4:49.038 (1:40.850)	6:32.547 (1:43.509)
8:15.959 (1:43.412)	10:00.862 (1:44.903)	11:46.008 (1:45.146)	13:30.519 (1:44.511)
15:15.342 (1:44.823)	17:01.477 (1:46.135)	18:48.472 (1:46.995)	20:34.421 (1:45.949)
22:21.432 (1:47.011)	24:07.955 (1:46.523)	25:54.901 (1:46.946)	27:43.566 (1:48.665)
29:32.200 (1:48.634)	31:19.594 (1:47.394)	33:08.712 (1:49.118)	34:58.968 (1:50.256)
36:47.666 (1:48.698)	38:34.193 (1:46.527)	40:20.478 (1:46.285)	42:06.301 (1:45.823)
43:48.198 (1:41.897)			
--- #465 Edens, Ella	Western Washington	37:03.92	DNF
1:30.238 (1:30.238)	2:59.205 (1:28.967)	4:28.146 (1:28.941)	5:57.949 (1:29.803)
7:28.147 (1:30.198)	9:00.670 (1:32.523)	10:31.922 (1:31.252)	12:03.444 (1:31.522)
13:35.538 (1:32.094)	15:08.390 (1:32.852)	16:42.278 (1:33.888)	18:16.076 (1:33.798)
19:50.895 (1:34.819)	21:27.190 (1:36.295)	23:03.253 (1:36.063)	24:40.725 (1:37.472)
26:19.327 (1:38.602)	27:59.272 (1:39.945)		

Event 16 Men 10000 Meter Run

Name	School	Seed	Finals
Finals			
1 #221 Kemble, Brody	Northwest Nazarene	30:15.60	30:46.90
1:09.518 (1:09.518)	2:22.549 (1:13.031)	3:34.482 (1:11.933)	4:47.005 (1:12.523)
5:59.186 (1:12.181)	7:11.843 (1:12.657)	8:24.989 (1:13.146)	9:37.391 (1:12.402)
10:50.946 (1:13.555)	12:06.820 (1:15.874)	13:22.091 (1:15.271)	14:36.274 (1:14.183)
15:51.414 (1:15.140)	17:08.154 (1:16.740)	18:23.781 (1:15.627)	19:39.124 (1:15.343)
20:54.661 (1:15.537)	22:07.701 (1:13.040)	23:22.658 (1:14.957)	24:36.905 (1:14.247)
25:52.147 (1:15.242)	27:06.523 (1:14.376)	28:20.765 (1:14.242)	29:35.103 (1:14.338)
30:46.900 (1:11.797)			
2 #544 Oslin, Andrew	Western Washington	29:57.88	31:04.70
1:11.791 (1:11.791)	2:23.838 (1:12.047)	3:34.905 (1:11.067)	4:47.495 (1:12.590)
6:00.000 (1:12.505)	7:13.121 (1:13.121)	8:27.633 (1:14.512)	9:42.510 (1:14.877)
10:56.933 (1:14.423)	12:13.111 (1:16.178)	13:28.746 (1:15.635)	14:44.622 (1:15.876)
16:00.294 (1:15.672)	17:14.623 (1:14.329)	18:30.019 (1:15.396)	19:46.225 (1:16.206)
21:02.138 (1:15.913)	22:18.525 (1:16.387)	23:36.442 (1:17.917)	24:54.149 (1:17.707)
26:12.394 (1:18.245)	27:30.708 (1:18.314)	28:48.546 (1:17.838)	30:03.181 (1:14.635)
31:04.692 (1:01.511)			
3 #509 Clough, Ryan	Western Washington	29:35.91	31:16.14
1:09.256 (1:09.256)	2:22.270 (1:13.014)	3:34.185 (1:11.915)	4:46.740 (1:12.555)
5:58.914 (1:12.174)	7:11.552 (1:12.638)	8:24.694 (1:13.142)	9:37.106 (1:12.412)
10:50.672 (1:13.566)	12:06.536 (1:15.864)	13:21.840 (1:15.304)	14:36.027 (1:14.187)
15:51.159 (1:15.132)	17:07.874 (1:16.715)	18:23.516 (1:15.642)	19:38.821 (1:15.305)
20:55.306 (1:16.485)	22:12.905 (1:17.599)	23:31.202 (1:18.297)	24:48.641 (1:17.439)
26:06.951 (1:18.310)	27:26.223 (1:19.272)	28:45.875 (1:19.652)	30:03.693 (1:17.818)
31:16.136 (1:12.443)			

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4 #557 Rutledge, Leo	Western Washington	31:51.21	32:04.39
1:17.383 (1:17.383)	2:37.173 (1:19.790)	3:53.975 (1:16.802)	5:10.710 (1:16.735)
6:28.497 (1:17.787)	7:46.086 (1:17.589)	9:02.536 (1:16.450)	10:18.625 (1:16.089)
11:34.728 (1:16.103)	12:51.209 (1:16.481)	14:07.577 (1:16.368)	15:24.107 (1:16.530)
16:41.558 (1:17.451)	17:59.556 (1:17.998)	19:15.260 (1:15.704)	20:31.899 (1:16.639)
21:47.329 (1:15.430)	23:03.850 (1:16.521)	24:21.753 (1:17.903)	25:39.075 (1:17.322)
26:56.548 (1:17.473)	28:14.917 (1:18.369)	29:31.928 (1:17.011)	30:48.451 (1:16.523)
32:04.389 (1:15.938)			

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Results

Finals ... (Event 16 Men 10000 Meter Run)

Name	School	Seed	Finals
5 #533 Lennon, Dylan	Western Washington	32:23.43	32:04.42
1:17.581 (1:17.581)	2:37.337 (1:19.756)	3:54.343 (1:17.006)	5:11.046 (1:16.703)
6:28.833 (1:17.787)	7:46.510 (1:17.677)	9:03.326 (1:16.816)	10:19.578 (1:16.252)
11:35.481 (1:15.903)	12:51.541 (1:16.060)	14:07.896 (1:16.355)	15:24.386 (1:16.490)
16:41.824 (1:17.438)	17:59.691 (1:17.867)	19:15.492 (1:15.801)	20:32.216 (1:16.724)
21:47.745 (1:15.529)	23:03.703 (1:15.958)	24:21.659 (1:17.956)	25:39.406 (1:17.747)
26:56.779 (1:17.373)	28:15.215 (1:18.436)	29:32.247 (1:17.032)	30:48.683 (1:16.436)
32:04.418 (1:15.735)			
6 #218 Ingram, Asher	Northwest Nazarene	32:03.41	32:14.66
1:17.178 (1:17.178)	2:37.379 (1:20.201)	3:54.098 (1:16.719)	5:10.837 (1:16.739)
6:28.570 (1:17.733)	7:45.967 (1:17.397)	9:03.652 (1:17.685)	10:20.161 (1:16.509)
11:36.747 (1:16.586)	12:52.502 (1:15.755)	14:09.163 (1:16.661)	15:26.133 (1:16.970)
16:43.443 (1:17.310)	18:00.199 (1:16.756)	19:16.317 (1:16.118)	20:32.790 (1:16.473)
21:50.440 (1:17.650)	23:08.593 (1:18.153)	24:28.664 (1:20.071)	25:47.602 (1:18.938)
27:07.140 (1:19.538)	28:26.149 (1:19.009)	29:45.860 (1:19.711)	31:03.205 (1:17.345)
32:14.654 (1:11.449)			
7 #43 Payne, George	Alaska Anchorage	31:59.11	32:30.38
1:17.127 (1:17.127)	2:37.025 (1:19.898)	3:54.303 (1:17.278)	5:11.175 (1:16.872)
6:28.605 (1:17.430)	7:46.125 (1:17.520)	9:02.721 (1:16.596)	10:19.000 (1:16.279)
11:35.255 (1:16.255)	12:51.787 (1:16.532)	14:08.583 (1:16.796)	15:25.895 (1:17.312)
16:44.117 (1:18.222)	18:02.667 (1:18.550)	19:21.374 (1:18.707)	20:40.560 (1:19.186)
21:59.176 (1:18.616)	23:18.632 (1:19.456)	24:39.374 (1:20.742)	26:00.342 (1:20.968)
27:20.700 (1:20.358)	28:43.726 (1:23.026)	30:06.090 (1:22.364)	31:22.975 (1:16.885)
32:30.373 (1:07.398)			
8 #562 Souza-Ponce, Eric Anthony	Western Washington	32:10.39	32:35.83
1:17.813 (1:17.813)	2:37.533 (1:19.720)	3:54.216 (1:16.683)	5:10.957 (1:16.741)
6:28.779 (1:17.822)	7:46.328 (1:17.549)	9:03.066 (1:16.738)	10:19.272 (1:16.206)
11:35.121 (1:15.849)	12:51.433 (1:16.312)	14:08.249 (1:16.816)	15:24.659 (1:16.410)
16:42.227 (1:17.568)	17:59.947 (1:17.720)	19:16.409 (1:16.462)	20:35.935 (1:19.526)
21:54.336 (1:18.401)	23:13.959 (1:19.623)	24:35.656 (1:21.697)	25:59.737 (1:24.081)
27:20.250 (1:20.513)	28:41.267 (1:21.017)	30:01.564 (1:20.297)	31:22.827 (1:21.263)
32:35.826 (1:12.999)			
9 #572 Zeljak, Spencer	Western Washington	32:13.33	32:40.43
1:16.674 (1:16.674)	2:36.559 (1:19.885)	3:53.529 (1:16.970)	5:10.232 (1:16.703)
6:27.958 (1:17.726)	7:45.791 (1:17.833)	9:02.392 (1:16.601)	10:18.903 (1:16.511)
11:34.378 (1:15.475)	12:51.002 (1:16.624)	14:07.311 (1:16.309)	15:23.847 (1:16.536)
16:41.304 (1:17.457)	17:59.351 (1:18.047)	19:17.017 (1:17.666)	20:34.717 (1:17.700)
21:54.726 (1:20.009)	23:14.896 (1:20.170)	24:34.935 (1:20.039)	25:58.044 (1:23.109)
27:22.760 (1:24.716)	28:46.283 (1:23.523)	30:10.055 (1:23.772)	31:20.297 (1:10.242)
32:40.424 (1:20.127)			
10 #312 Venable, Isaac	Seattle Pacific	32:27.17	33:23.07
1:17.957 (1:17.957)	2:37.832 (1:19.875)	3:54.659 (1:16.827)	5:12.035 (1:17.376)
6:30.181 (1:18.146)	7:48.831 (1:18.650)	9:08.149 (1:19.318)	10:27.452 (1:19.303)
11:48.954 (1:21.502)	13:10.669 (1:21.715)	14:32.393 (1:21.724)	15:52.931 (1:20.538)
17:14.295 (1:21.364)	18:34.795 (1:20.500)	19:55.399 (1:20.604)	21:17.415 (1:22.016)
22:37.558 (1:20.143)	23:58.891 (1:21.333)	25:20.633 (1:21.742)	26:41.433 (1:20.800)
28:03.010 (1:21.577)	29:24.982 (1:21.972)	30:46.531 (1:21.549)	32:07.932 (1:21.401)
33:23.064 (1:15.132)			

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11	#146 Edgerton, Bryant	Msu-Billings	32:55.64	33:38.24
	1:15.781 (1:15.781)	2:36.729 (1:20.948)	3:53.727 (1:16.998)	5:10.537 (1:16.810)
	6:28.411 (1:17.874)	7:46.478 (1:18.067)	9:04.385 (1:17.907)	10:24.086 (1:19.701)
	11:43.988 (1:19.902)	13:03.037 (1:19.049)	14:22.224 (1:19.187)	15:42.431 (1:20.207)
	17:03.691 (1:21.260)	18:26.349 (1:22.658)	19:48.982 (1:22.633)	21:13.657 (1:24.675)
	22:37.971 (1:24.314)	24:03.820 (1:25.849)	25:30.054 (1:26.234)	26:53.181 (1:23.127)
	28:16.005 (1:22.824)	29:40.304 (1:24.299)	31:02.143 (1:21.839)	32:23.540 (1:21.397)
	33:38.234 (1:14.694)			

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024

Central Washington University

Results

Finals ... (Event 16 Men 10000 Meter Run)

	Name	School	Seed	Finals
12	#563 Tobon, Eduardo	Western Washington	32:08.29	33:44.67
	1:17.540 (1:17.540)	2:36.890 (1:19.350)	3:54.002 (1:17.112)	5:10.744 (1:16.742)
	6:28.168 (1:17.424)	7:46.004 (1:17.836)	9:02.907 (1:16.903)	10:19.190 (1:16.283)
	11:34.973 (1:15.783)	12:52.123 (1:17.150)	14:08.856 (1:16.733)	15:25.307 (1:16.451)
	16:45.267 (1:19.960)	18:06.903 (1:21.636)	19:31.922 (1:25.019)	20:59.955 (1:28.033)
	22:27.272 (1:27.317)	23:54.262 (1:26.990)	25:22.266 (1:28.004)	26:50.296 (1:28.030)
	28:16.275 (1:25.979)	29:42.655 (1:26.380)	31:07.492 (1:24.837)	32:30.090 (1:22.598)
	33:44.668 (1:14.578)			
13	#301 Endresen, Gabe	Seattle Pacific	33:12.32	33:52.44
	1:18.425 (1:18.425)	2:38.077 (1:19.652)	3:54.879 (1:16.802)	5:12.163 (1:17.284)
	6:30.492 (1:18.329)	7:48.910 (1:18.418)	9:08.319 (1:19.409)	10:28.206 (1:19.887)
	11:49.303 (1:21.097)	13:10.867 (1:21.564)	14:32.892 (1:22.025)	15:53.502 (1:20.610)
	17:15.002 (1:21.500)	18:36.987 (1:21.985)	20:00.079 (1:23.092)	21:24.468 (1:24.389)
	22:48.811 (1:24.343)	24:12.744 (1:23.933)	25:37.599 (1:24.855)	27:02.191 (1:24.592)
	28:27.237 (1:25.046)	29:52.268 (1:25.031)	31:15.415 (1:23.147)	32:37.534 (1:22.119)
	33:52.434 (1:14.900)			
14	#543 O'Day, Cale	Western Washington	31:38.29	33:54.72
	1:17.322 (1:17.322)	2:36.471 (1:19.149)	3:53.481 (1:17.010)	5:10.255 (1:16.774)
	6:27.990 (1:17.735)	7:45.825 (1:17.835)	9:02.812 (1:16.987)	10:19.678 (1:16.866)
	11:36.168 (1:16.490)	12:53.810 (1:17.642)	14:13.792 (1:19.982)	15:34.618 (1:20.826)
	16:55.241 (1:20.623)	18:18.392 (1:23.151)	19:41.290 (1:22.898)	21:04.367 (1:23.077)
	22:27.719 (1:23.352)	23:52.942 (1:25.223)	25:18.063 (1:25.121)	26:45.753 (1:27.690)
	28:12.202 (1:26.449)	29:37.593 (1:25.391)	31:05.057 (1:27.464)	32:30.646 (1:25.589)
	33:54.716 (1:24.070)			
15	#440 Parker, Logan	Western Oregon	32:37.14	34:00.23
	1:18.231 (1:18.231)	2:38.131 (1:19.900)	3:55.046 (1:16.915)	5:11.649 (1:16.603)
	6:29.586 (1:17.937)	7:47.374 (1:17.788)	9:05.536 (1:18.162)	10:24.811 (1:19.275)
	11:43.698 (1:18.887)	13:02.712 (1:19.014)	14:21.847 (1:19.135)	15:42.106 (1:20.259)
	17:04.069 (1:21.963)	18:26.676 (1:22.607)	19:50.067 (1:23.391)	21:15.604 (1:25.537)
	22:40.179 (1:24.575)	24:03.406 (1:23.227)	25:27.600 (1:24.194)	26:56.230 (1:28.630)
	28:24.172 (1:27.942)	29:51.332 (1:27.160)	31:16.946 (1:25.614)	32:42.106 (1:25.160)
	34:00.223 (1:18.117)			
16	#304 Gale, Nathaniel	Seattle Pacific	32:55.68	34:30.64
	1:18.828 (1:18.828)	2:38.360 (1:19.532)	3:55.426 (1:17.066)	5:12.686 (1:17.260)
	6:30.983 (1:18.297)	7:50.358 (1:19.375)	9:10.986 (1:20.628)	10:32.326 (1:21.340)
	11:55.432 (1:23.106)	13:17.874 (1:22.442)	14:40.394 (1:22.520)	16:04.879 (1:24.485)
	17:29.363 (1:24.484)	18:53.948 (1:24.585)	20:18.503 (1:24.555)	21:44.396 (1:25.893)
	23:10.760 (1:26.364)	24:36.304 (1:25.544)	26:02.624 (1:26.320)	27:28.164 (1:25.540)
	28:54.727 (1:26.563)	30:22.324 (1:27.597)	31:48.449 (1:26.125)	33:12.402 (1:23.953)
	34:30.638 (1:18.236)			
17	#419 Davis-Frankfort, Cedar	Western Oregon	32:21.79	36:01.87
	1:18.495 (1:18.495)	2:37.500 (1:19.005)	3:54.776 (1:17.276)	5:11.365 (1:16.589)
	6:29.161 (1:17.796)	7:46.786 (1:17.625)	9:04.208 (1:17.422)	10:24.215 (1:20.007)
	11:46.268 (1:22.053)	13:12.605 (1:26.337)	14:40.109 (1:27.504)	16:04.453 (1:24.344)
	17:33.682 (1:29.229)	19:03.846 (1:30.164)	20:35.462 (1:31.616)	22:07.084 (1:31.622)
	23:40.526 (1:33.442)	25:16.959 (1:36.433)	26:53.740 (1:36.781)	28:30.055 (1:36.315)
	30:07.900 (1:37.845)	31:37.125 (1:29.225)	33:01.787 (1:24.662)	34:30.931 (1:29.144)
	36:01.865 (1:30.934)			

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results**

18	#434 Mckenney, Dustyn	Western Oregon	32:51.23	36:23.54
	1:18.165 (1:18.165)	2:37.799 (1:19.634)	3:54.610 (1:16.811)	5:11.291 (1:16.681)
	6:29.073 (1:17.782)	7:47.052 (1:17.979)	9:05.685 (1:18.633)	10:27.565 (1:21.880)
	11:51.441 (1:23.876)	13:16.906 (1:25.465)	14:43.268 (1:26.362)	16:11.422 (1:28.154)
	17:41.409 (1:29.987)	19:11.059 (1:29.650)	20:37.830 (1:26.771)	21:59.829 (1:21.999)
	23:28.737 (1:28.908)	25:00.846 (1:32.109)	26:34.752 (1:33.906)	28:10.278 (1:35.526)
	29:47.376 (1:37.098)	31:26.207 (1:38.831)	33:08.048 (1:41.841)	34:45.860 (1:37.812)
	36:23.540 (1:37.680)			
---	#500 Billings, Jonah	Western Washington	31:12.27	DNF
	1:16.907 (1:16.907)	2:36.810 (1:19.903)	3:53.767 (1:16.957)	5:10.487 (1:16.720)
	6:28.233 (1:17.746)	7:46.194 (1:17.961)	9:03.121 (1:16.927)	10:19.904 (1:16.783)
	11:37.131 (1:17.227)	12:58.977 (1:21.846)	14:24.202 (1:25.225)	

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024

Central Washington University

Results

Event 17 Women Long Jump

	Name	School	Seed	Finals	Wind	H#
Finals						
1	#398 Nwokoma, Ujunwa	Western Oregon	5.91m	5.84m	NWI	2
2	#77 Ntekpere, Emy	Central Washington	5.61m	5.78m	+0.0	2
3	#9 Liessfeld, Vivien	Alaska Anchorage	5.64m	5.51m	-0.3	2
4	#487 Polkinghorn, Hannah	Western Washington	5.51m	5.49m	0.4	2
5	#380 Deters, Amity	Western Oregon	5.30m	5.37m	+0.0	2
6	#461 Cook, Kora	Western Washington	5.31m	5.35m	+0.0	2
7	#454 Avery, Nicole	Western Washington	5.14m	5.30m	0.2	1
8	#68 Huber, Carley	Central Washington	4.98m	5.23m	+0.0	1
9	#76 Nhye, Candace	Central Washington	5.27m	5.10m	+0.0	2
10	#179 Green, Vai	Northwest Nazarene	5.21m	5.09m	-1.6	1
11	#291 Mock, Sophie	Seattle Pacific	5.40m	4.98m	+0.0	2
12	#463 Danner-Bunn, Ayla	Western Washington	5.12m	4.96m	+0.0	1
13	#290 Kessler, Paige	Seattle Pacific	4.84m	4.84m	+0.0	1
14	#75 Moore, Tehya	Central Washington	5.00m	4.82m	0.1	1
15	#135 Sanchez, Alyssa	Msu-Billings	4.76m	4.55m	0.2	1
---	#378 Clemens, Macy	Western Oregon	5.36m	FOUL		2

Event 18 Men Javelin Throw

	Name	School	Seed	Finals	H#
Finals					
1	#352 Chong, Jarrett	Simon Fraser	66.12m	64.25m	2
2	#237 Waldbauer, Laurenz	Northwest Nazarene	70.71m	64.04m	2
3	#541 Nelson, Andrew	Western Washington	60.69m	60.55m	2
4	#268 Guidry, Ethan	Saint Martin's	61.01m	59.51m	2
5	#505 Braunstein, Jakob	Western Washington	61.88m	59.31m	2
6	#570 Witters, Sean	Western Washington	57.33m	57.76m	2
7	#260 Boyd, Andrew	Saint Martin's	57.85m	53.80m	2
8	#360 Malkoske, Riley	Simon Fraser	54.56m	53.68m	2
9	#451 Walker, JJ	Western Oregon	49.77m	52.42m	1
10	#258 Armstrong, Landon	Saint Martin's	52.17m	51.79m	1
11	#115 Wise, Branden	Central Washington	57.40m	51.64m	2
12	#421 Dickson, Anthony	Western Oregon	45.34m	46.82m	1
13	#145 Dunham, Bryce	Msu-Billings	48.55m	45.75m	1
14	#201 Alberts, Carter	Northwest Nazarene	45.65m	43.62m	1

Event 19 Women Shot Put

	Name	School	Seed	Finals	H#
Finals					
1	#489 Potts, Katie	Western Washington	13.88m	14.14m	2
2	#183 Herbert, Destany	Northwest Nazarene	14.34m	14.00m	2
3	#485 Parks, Mara	Western Washington	13.22m	13.46m	2
4	#469 Grandbois, Maddy	Western Washington	12.47m	12.56m	2
5	#53 Board, Brenna	Central Washington	12.26m	12.33m	2
6	#121 Cooper, Hannah	Msu-Billings	12.16m	12.04m	2
7	#188 Kwok, Emma	Northwest Nazarene	11.31m	11.79m	2
8	#78 Prazer, Ellie	Central Washington	11.29m	11.27m	1
9	#170 Eldridge, Jordan	Northwest Nazarene	10.68m	11.22m	1
10	#124 Green, Jaida	Msu-Billings	11.69m	11.04m	2

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024

Central Washington University

Results

Finals ... (Event 19 Women Shot Put)

Name	School	Seed	Finals	H#
11 #388 Helmen, Maya	Western Oregon	10.47m	10.84m	1
12 #73 Mendoza, Jazmin	Central Washington	10.66m	10.69m	1
13 #401 Ramirez-Carmona, Marliyn	Western Oregon	13.15m	10.63m	2
14 #243 Dillon, Taylor	Saint Martin's	10.30m	10.52m	1
15 #255 Ward, Taja	Saint Martin's	10.42m	10.42m	1
16 #127 Jones, Grace	Msu-Billings	10.53m	10.41m	1

Event 20 Men Long Jump

Name	School	Seed	Finals	Wind	H#
Finals					
1 #112 Webster, Isaiah	Central Washington	7.35m	7.30m	-1.5	2
2 #39 Mercier, Marc	Alaska Anchorage	7.12m	7.06m	-3.0	2
3 #102 Klein, Drew	Central Washington	6.96m	7.02m	-0.5	2
4 #537 Menicke, Gabe	Western Washington	6.64m	7.01m	0.4	1
5 #363 Monro, Nicholas	Simon Fraser	6.79m	6.98m	+0.0	2
6 #517 Greenwalt, Ryan	Western Washington	6.97m	6.97m	-2.1	2
7 #278 Schulz, Andrew	Saint Martin's	6.75m	6.92m	1.4	2
8 #354 Furtado, Blake	Simon Fraser	6.75m	6.88m	-1.1	2
9 #453 White, Tyler	Western Oregon	6.73m	6.82m	-1.1	2
10 #431 Koonantha, Ping	Western Oregon	6.74m	6.62m	NWI	2
11 #416 Burchfield, Gabe	Western Oregon	6.68m	6.54m	NWI	1
12 #528 Kenny, Ryan	Western Washington	6.33m	6.46m	NWI	1
13 #565 Vongphet, Anouthai	Western Washington	6.55m	6.42m	NWI	1
14 #273 Nguyen, Hewson	Saint Martin's	6.59m	6.21m	NWI	1
15 #451 Walker, JJ	Western Oregon	6.51m	6.19m	NWI	1
16 #147 Fenley, Ryan	Msu-Billings	6.33m	5.98m	NWI	1
--- #355 Gibbs, Mitchell	Simon Fraser	6.69m	FOUL		1
--- #449 Stevens, Deshaun	Western Oregon	6.72m	FOUL		1

Event 21 Men Discus Throw

Name	School	Seed	Finals	H#
Finals				
1 #566 Wall, Liam	Western Washington	48.47m	50.95m	2
2 #94 Franklin, Wyatt	Central Washington	49.27m	47.95m	2
3 #103 Kriete, Wes	Central Washington	45.18m	43.21m	2
4 #564 Turner, Noah	Western Washington	43.30m	42.57m	2
5 #156 Sandefur, Cort	Msu-Billings	41.15m	42.23m	2
6 #104 Martin, Logan	Central Washington	41.26m	42.15m	2
7 #25 Bushnell, Eric	Alaska Anchorage	42.07m	42.08m	2
8 #550 Ramos, Angelo	Western Washington	39.01m	40.35m	1
9 #141 Bentley, Cole	Msu-Billings	39.69m	37.89m	1
10 #223 Knight, Derek	Northwest Nazarene	43.53m	37.86m	2
11 #435 Meade, Danny	Western Oregon	38.94m	36.95m	1
12 #508 Campbell, Miller	Western Washington	39.20m	36.79m	1
13 #561 Simicich, Nathan	Western Washington	38.09m	36.73m	1
14 #201 Alberts, Carter	Northwest Nazarene	38.74m	35.94m	1
--- #152 Perkins, Isaac	Msu-Billings	39.97m	FOUL	2

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Event 22 Women Javelin Throw**

	Name	School	Seed	Finals	H#
Finals					
1	#408 Wright, Kaylee	Western Oregon	44.01m	46.71m	2
2	#174 Gebers, Maddie	Northwest Nazarene	42.25m	45.12m	2
3	#193 Powers, Emily	Northwest Nazarene	43.03m	41.44m	2
4	#72 McGough, Lauryn	Central Washington	36.97m	40.16m	2
5	#375 Carpenter, Emillia	Western Oregon	37.32m	40.13m	2
6	#120 Cookman, Jordan	Msu-Billings	34.23m	38.49m	1
7	#121 Cooper, Hannah	Msu-Billings	36.90m	37.89m	2
8	#330 Paugh, Madison	Simon Fraser	38.44m	37.67m	2
9	#402 Sanders, Abigail	Western Oregon	36.58m	37.62m	2
10	#9 Liessfeld, Vivien	Alaska Anchorage	33.94m	34.10m	1
11	#130 Linday, Brianna	Msu-Billings	35.41m	33.40m	2
12	#192 Newell, Sierra	Northwest Nazarene	33.27m	31.86m	1
13	#454 Avery, Nicole	Western Washington	30.72m	31.61m	1
14	#472 King, Tess	Western Washington	32.10m	30.60m	1
15	#131 Littrell, Darci	Msu-Billings	32.14m	29.52m	1
16	#75 Moore, Tehya	Central Washington	29.59m	25.90m	1

Event 23 Women Pole Vault

	Name	School	Seed	Finals	
Finals					
1	#283 Daugherty, Lizzy	Seattle Pacific	3.82m	3.77m	
2	#296 Thomason, Emily	Seattle Pacific	3.72m	J3.77m	
3	#495 Tran, Annie	Western Washington	3.67m	3.67m	
4	#480 Mohlman, Sydney	Western Washington	3.61m	J3.67m	
5	#54 Bryant, Cariann	Central Washington	3.40m	3.37m	
6	#60 Haarer, Isabella	Central Washington	2.90m	3.07m	
7	#85 Thornhill, Kyra	Central Washington	3.18m	2.92m	
7	#80 Ross, Alena	Central Washington	2.88m	2.92m	
---	#393 Lemeza, Alecia	Western Oregon	3.05m	NH	
---	#72 McGough, Lauryn	Central Washington	4.01m	NH	
---	#79 Rannow, Kim	Central Washington	2.58m	NH	
---	#252 Skaggs, Claire	Saint Martin's	3.21m	NH	
---	#192 Newell, Sierra	Northwest Nazarene	2.85m	NH	

Event 24 Women Hammer Throw

	Name	School	Seed	Finals	H#
Finals					
1	#183 Herbert, Destany	Northwest Nazarene	48.78m	49.57m	2
2	#58 Elenbaas, Payton	Central Washington	48.37m	49.31m	2
3	#124 Green, Jaida	Msu-Billings	46.81m	48.13m	1
4	#375 Carpenter, Emillia	Western Oregon	47.51m	47.28m	2
5	#170 Eldridge, Jordan	Northwest Nazarene	49.54m	47.27m	2
6	#326 Liniewski, Zuzanna	Simon Fraser	54.27m	47.15m	2
7	#320 Hanger, Kaitlyn	Simon Fraser	47.54m	45.57m	2
8	#485 Parks, Mara	Western Washington	46.79m	44.65m	1
9	#53 Board, Brenna	Central Washington	48.21m	43.74m	2
10	#73 Mendoza, Jazmin	Central Washington	44.44m	43.40m	1
11	#126 Jolma, Brynn	Msu-Billings	46.80m	43.23m	1

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Central Washington University

Results

Finals ... (Event 24 Women Hammer Throw)

Name	School	Seed	Finals	H#
12 #250 Saribay, Jocelyn	Saint Martin's	47.28m	42.89m	2
13 #394 Lyness, Liliana	Western Oregon	46.60m	42.16m	1
14 #388 Helmen, Maya	Western Oregon	41.79m	42.07m	1
15 #127 Jones, Grace	Msu-Billings	48.90m	41.22m	2
16 #120 Cookman, Jordan	Msu-Billings	43.45m	39.18m	1
17 #121 Cooper, Hannah	Msu-Billings	43.36m	36.57m	1
18 #133 McColly, Mattea	Msu-Billings	38.56m	33.83m	1

Event 25 Men High Jump

Name	School	Seed	Finals
Finals			
1 #212 Groce, Jonah	Northwest Nazarene	2.03m	1.98m
2 #418 Conklin, Justin	Western Oregon	1.95m	1.95m
3 #112 Webster, Isaiah	Central Washington	1.75m	1.92m
4 #516 Greenlee, Manu	Western Washington	1.96m	1.87m
5 #361 McDiarmid, Caysen	Simon Fraser	1.80m	1.82m
5 #150 Okere, Favor	Msu-Billings	1.88m	1.82m
7 #416 Burchfield, Gabe	Western Oregon	1.91m	J1.82m
7 #147 Fenley, Ryan	Msu-Billings	1.81m	J1.82m
7 #274 Olmstead, Connor	Saint Martin's	1.87m	J1.82m
10 #36 Larsen, Anders	Alaska Anchorage	1.81m	J1.82m
10 #417 Clark, Maddax	Western Oregon	1.76m	J1.82m
--- #528 Kenny, Ryan	Western Washington	1.85m	NH
--- #143 Coronel, Trenton	Msu-Billings	1.73m	NH

Event 26 Women 4x100 Meter Relay

Team	Relay	Seed	Finals
Finals			
1 Central Washington 1) #61 Harris, Donna Marie 45.757 (45.757)	A 2) #59 Gonzales, Zoe	46.23	45.76 4) #63 Hollis, E'Lexis
2 Simon Fraser 1) #313 Bosma, Claire 46.078 (46.078)	A 2) #325 Leclair, Marie-Eloise	46.77	46.08 4) #319 Cummings, Jaeland
3 Western Washington 1) #471 Heiman, Annabelle 46.794 (46.794)	A 2) #458 Cheney, Caitlyn	46.99	46.80 4) #479 Miller, Anna
4 Alaska Anchorage 1) #10 Mader, Mikayla 48.084 (48.084)	A 2) #9 Liessfeld, Vivien	48.35	48.09 4) #3 Binford, Portia
5 Northwest Nazarene 1) #175 Gomez, Alejandra 48.184 (48.184)	A 2) #172 Farnsworth, Kalli	48.50	48.19 4) #180 Harms, Gabbie
6 Western Oregon 1) #391 Lavato, Josie 48.444 (48.444)	A 2) #372 Altamirano, Bethanie	48.75	48.45 4) #376 Carstensen, Rilee
7 Msu-Billings 1) #128 Klein, Bella 48.973 (48.973)	A 2) #134 Richardson, Mya	49.74	48.98 4) #125 Hamill, Katelyn
--- Seattle Pacific 1) #287 Green, Aniya 50.210 (50.210)	A 2) #295 Smith, Charisma	50.32	DQ 4) #282 Crane, Marissa

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Team	Relay	Seed	Finals
Finals			
1 Central Washington 1) #88 Boast, Josh 40.875 (40.875)	A 2) #112 Webster, Isaiah	41.01 3) #95 Green, Josh	40.88 4) #111 Walker, Trevion
2 Western Washington 1) #517 Greenwalt, Ryan 41.127 (41.127)	A 2) #524 Johnson, Ethan	41.11 3) #539 Mickenham, Nolan	41.13 4) #532 Le, Brian
3 Western Oregon 1) #428 Johnson, Thomas 41.273 (41.273)	A 2) #422 Driesner, Alex	41.67 3) #425 Hendrix, Amari	41.28 4) #438 Murphy, Brennen
4 Simon Fraser 1) #355 Gibbs, Mitchell 41.590 (41.590)	A 2) #357 Hall, Jacob	41.37 3) #364 O'Donnell, Liam	41.59 4) #365 Penson-McCoy, Jesaiah
5 Northwest Nazarene 1) #239 Wong, Nicholas 41.949 (41.949)	A 2) #204 Braseth, Hunter	42.16 3) #232 Sortor, Hunter	41.95 4) #217 Hunt, Sylvanus
6 Msu-Billings 1) #158 Sweat, Dawson 42.587 (42.587)	A 2) #148 Herbert, JayCee	42.22 3) #144 Dezember, Mason	42.59 4) #154 Ralston, Ben
--- Alaska Anchorage 1) #39 Mercier, Marc	A 2) #36 Larsen, Anders	41.42 3) #41 Morris, Brian	DQ 4) #33 Jana, Riday

Event 28 Women 1500 Meter Run

Name	School	Seed	Finals
Finals			
1 #336 Roxby, Megan 1:00.240 (1:00.240)	Simon Fraser 2:19.767 (1:19.527) 3:29.895 (1:10.128)	4:20.02 4:37.596 (1:07.701)	4:37.60
2 #497 Wright, Sophie 1:00.262 (1:00.262)	Western Washington 2:19.829 (1:19.567) 3:30.216 (1:10.387)	4:32.17 4:40.403 (1:10.187)	4:40.41
3 #284 Esvelt, Annika 1:00.844 (1:00.844)	Seattle Pacific 2:19.644 (1:18.800) 3:31.058 (1:11.414)	4:34.73 4:41.762 (1:10.704)	4:41.77
4 #254 Walchak-Sloan, Cassidy 1:00.406 (1:00.406)	Saint Martin's 2:20.031 (1:19.625) 3:30.781 (1:10.750)	4:28.48 4:41.955 (1:11.174)	4:41.96
5 #464 Davis, Ila 1:00.767 (1:00.767)	Western Washington 2:20.158 (1:19.391) 3:29.879 (1:09.721)	4:31.47 4:45.186 (1:15.307)	4:45.19
6 #462 Crocker, Mia 1:00.498 (1:00.498)	Western Washington 2:20.266 (1:19.768) 3:31.929 (1:11.663)	4:40.53 4:46.577 (1:14.648)	4:46.58
7 #486 Philbin, Jill 1:01.389 (1:01.389)	Western Washington 2:21.578 (1:20.189) 3:38.114 (1:16.536)	4:44.66 4:49.293 (1:11.179)	4:49.30
8 #316 Chalk, Grace 1:00.526 (1:00.526)	Simon Fraser 2:20.051 (1:19.525) 3:32.316 (1:12.265)	4:40.43 4:49.588 (1:17.272)	4:49.59
9 #459 Collins-Winn, Evelyn 1:00.975 (1:00.975)	Western Washington 2:20.405 (1:19.430) 3:38.300 (1:17.895)	4:40.92 4:51.158 (1:12.858)	4:51.16
10 #340 Tasdemir, Selin 1:00.730 (1:00.730)	Simon Fraser 2:20.683 (1:19.953) 3:34.596 (1:13.913)	4:40.05 4:53.710 (1:19.114)	4:53.71
11 #339 Stoochnoff, Madison 1:00.830 (1:00.830)	Simon Fraser 2:20.796 (1:19.966) 3:39.038 (1:18.242)	4:41.34 4:58.113 (1:19.075)	4:58.12
12 #403 Smith, Riley 1:00.565 (1:00.565)	Western Oregon 2:22.740 (1:22.175) 3:41.690 (1:18.950)	4:38.93 4:58.361 (1:16.671)	4:58.37
13 #455 Bassett, Elie 1:01.445 (1:01.445)	Western Washington 2:21.983 (1:20.538) 3:42.201 (1:20.218)	4:37.67 5:04.508 (1:22.307)	5:04.51
14 #185 Klein, Olivia 1:01.095 (1:01.095)	Northwest Nazarene 2:22.366 (1:21.271) 3:44.889 (1:22.523)	4:50.67 5:06.465 (1:21.576)	5:06.47

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Results

Finals ... (Event 28 Women 1500 Meter Run)

Name	School	Seed	Finals
15 #87 Yanasak, Nicole 1:01.191 (1:01.191) 2:21.825 (1:20.634) 3:39.538 (1:17.713) 5:07.902 (1:28.364)	Central Washington	4:47.76	5:07.91

Event 29 Men 1500 Meter Run

Name	School	Seed	Finals
Finals			
1 #535 McDermott, Kevin 47.118 (47.118) 1:50.257 (1:03.139) 2:50.033 (59.776) 3:51.444 (1:01.411)	Western Washington	3:46.54	3:51.45
2 #426 Hosking, Elwood 47.299 (47.299) 1:51.659 (1:04.360) 2:54.653 (1:02.994) 3:53.615 (58.962)	Western Oregon	3:52.35	3:53.62
3 #50 Zapherson, Michael 46.940 (46.940) 1:51.261 (1:04.321) 2:54.354 (1:03.093) 3:54.361 (1:00.007)	Alaska Anchorage	3:54.62	3:54.37
4 #356 Good, Aiden 46.745 (46.745) 1:50.975 (1:04.230) 2:54.521 (1:03.546) 3:54.470 (59.949)	Simon Fraser	3:52.23	3:54.47
5 #351 Castro, Jose 46.821 (46.821) 1:52.437 (1:05.616) 2:56.411 (1:03.974) 3:56.646 (1:00.235)	Simon Fraser	3:52.55	3:56.65
6 #34 Kohler, Zachary 47.952 (47.952) 1:52.399 (1:04.447) 2:55.209 (1:02.810) 3:56.892 (1:01.683)	Alaska Anchorage	3:55.51	3:56.90
7 #498 Alderfer, Jared 48.543 (48.543) 1:52.147 (1:03.604) 2:55.665 (1:03.518) 3:58.860 (1:03.195)	Western Washington	3:55.14	3:58.86
8 #534 Lingwall, Samuel 48.928 (48.928) 1:53.493 (1:04.565) 2:57.459 (1:03.966) 3:59.254 (1:01.795)	Western Washington	3:53.17	3:59.26
9 #233 Stedman, Carter 48.504 (48.504) 1:53.731 (1:05.227) 2:58.104 (1:04.373) 3:59.847 (1:01.743)	Northwest Nazarene	3:55.40	3:59.85
10 #28 Elliott, Ty 48.703 (48.703) 1:53.614 (1:04.911) 2:56.543 (1:02.929) 4:00.289 (1:03.746)	Alaska Anchorage	3:58.35	4:00.29
11 #370 Wadhvani, Jacob 47.762 (47.762) 1:52.890 (1:05.128) 2:56.897 (1:04.007) 4:00.899 (1:04.002)	Simon Fraser	3:55.27	4:00.90
12 #441 Pomrankey, Easton 47.888 (47.888) 1:52.632 (1:04.744) 2:57.123 (1:04.491) 4:01.317 (1:04.194)	Western Oregon	3:52.72	4:01.32
13 #557 Rutledge, Leo 48.762 (48.762) 1:53.747 (1:04.985) 2:58.904 (1:05.157) 4:06.754 (1:07.850)	Western Washington	3:54.66	4:06.76
14 #511 Eifert, Ian 48.189 (48.189) 1:53.222 (1:05.033) 2:58.169 (1:04.947) 4:08.026 (1:09.857)	Western Washington	3:53.78	4:08.03
15 #562 Souza-Ponce, Eric Anthony 47.591 (47.591) 1:54.400 (1:06.809) 3:02.700 (1:08.300) 4:08.293 (1:05.593)	Western Washington	3:56.23	4:08.30
16 #444 Sanchez, Keeton 48.211 (48.211) 1:52.134 (1:03.923) 3:00.429 (1:08.295) 4:12.479 (1:12.050)	Western Oregon	3:47.55	4:12.48

Event 30 Women 100 Meter Hurdles

Name	School	Prelims	Finals	Wind
Finals				
1 #281 Chang, Hannah 13.872 (13.872)	Seattle Pacific	14.41	13.88	3.0
2 #7 Heite, Liv 14.272 (14.272)	Alaska Anchorage	14.32	14.28	3.0
3 #55 Chandler, Lauryn 14.297 (14.297)	Central Washington	14.10	14.30	3.0
4 #57 DeGroot, Ellie 14.529 (14.529)	Central Washington	14.64	14.53	3.0
5 #10 Mader, Mikayla 14.610 (14.610)	Alaska Anchorage	14.86	14.61	3.0
6 #19 Van Der Meer, Mette 14.625 (14.625)	Alaska Anchorage	14.90	14.63	3.0
--- #6 De Arvizu Sarrias, Blanca	Alaska Anchorage	14.83	DQ	3.0

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	Name	School	Prelims	Finals	Wind
Finals					
1	#114 Wise, Aiden 14.467 (14.467)	Central Washington	14.68	14.47	1.8
2	#418 Conklin, Justin 14.594 (14.594)	Western Oregon	14.89	14.60	1.8
3	#102 Klein, Drew 14.685 (14.685)	Central Washington	14.73	14.69	1.8
4	#510 Edwards, Jaden 14.751 (14.751)	Western Washington	14.89	14.76	1.8
5	#88 Boast, Josh 14.931 (14.931)	Central Washington	14.91	14.94	1.8
6	#220 Johansson, Luke 14.992 (14.992)	Northwest Nazarene	15.31	15.00	1.8
7	#416 Burchfield, Gabe 15.259 (15.259)	Western Oregon	15.21	15.26	1.8
8	#451 Walker, JJ 15.442 (15.442)	Western Oregon	15.61	15.45	1.8

Event 32 Women 400 Meter Dash

	Name	School	Prelims	Finals
Finals				
1	#313 Bosma, Claire 55.760 (55.760)	Simon Fraser	56.22	55.76
2	#460 Cook, Kennedy 55.978 (55.978)	Western Washington	55.99	55.98
3	#315 Cannan, Emma 56.489 (56.489)	Simon Fraser	56.37	56.49
4	#282 Crane, Marissa 57.417 (57.417)	Seattle Pacific	57.85	57.42
5	#169 DeJong, Laine 57.857 (57.857)	Northwest Nazarene	57.92	57.86
6	#280 Brown, Johanna 58.012 (58.012)	Seattle Pacific	57.31	58.02
7	#253 Vu, Madison 58.138 (58.138)	Saint Martin's	57.32	58.14
8	#386 Hart, Jessy 59.407 (59.407)	Western Oregon	58.10	59.41

Event 33 Men 400 Meter Dash

	Name	School	Prelims	Finals
Finals				
1	#438 Murphy, Brennen 48.085 (48.085)	Western Oregon	49.13	48.09
2	#506 Brenek, Lucas 48.261 (48.261)	Western Washington	48.05	48.27
3	#24 Angarita, Kevin 48.937 (48.937)	Alaska Anchorage	48.31	48.94
4	#532 Le, Brian 49.406 (49.406)	Western Washington	49.10	49.41
5	#425 Hendrix, Amari 49.649 (49.649)	Western Oregon	49.51	49.65
6	#205 Breuer, Dylan 50.669 (50.669)	Northwest Nazarene	49.85	50.67

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Central Washington University

Results

Finals ... (Event 33 Men 400 Meter Dash)

Name	School	Prelims	Finals
7 #267 Franco, Zachary 50.793 (50.793)	Saint Martin's	50.12	50.80
8 #548 Pinto, Denzel 52.000 (52.000)	Western Washington	50.40	52.00

Event 34 Women 100 Meter Dash

Name	School	Prelims	Finals	Wind
Finals				
1 #325 Leclair, Marie-Eloise 11.189 (11.189)	Simon Fraser	11.51	11.19	3.1
2 #63 Hollis, E'Lexis 11.343 (11.343)	Central Washington	11.55	11.35	3.1
3 #458 Cheney, Caitlyn 11.622 (11.622)	Western Washington	11.91	11.63	3.1
4 #86 Williams, Juliette 11.767 (11.767)	Central Washington	12.07	11.77	3.1
5 #319 Cummings, Jaeland 11.939 (11.939)	Simon Fraser	12.02	11.94	3.1
6 #59 Gonzales, Zoe 12.122 (12.122)	Central Washington	12.16	12.13	3.1
7 #471 Heiman, Annabelle 12.190 (12.190)	Western Washington	12.29	12.19	3.1
8 #487 Polkinghorn, Hannah 12.221 (12.221)	Western Washington	12.29	12.23	3.1

Event 35 Men 100 Meter Dash

Name	School	Prelims	Finals	Wind
Finals				
1 #26 Caleb, Joshua 10.277 (10.277)	Alaska Anchorage	10.41	10.28	4.0
2 #357 Hall, Jacob 10.342 (10.342)	Simon Fraser	10.59	10.35	4.0
3 #539 Mickenham, Nolan 10.349 (10.349)	Western Washington	10.49	10.35	4.0
4 #95 Green, Josh 10.409 (10.409)	Central Washington	10.74	10.41	4.0
5 #365 Penson-Mccoy, Jesaiah 10.441 (10.441)	Simon Fraser	10.72	10.45	4.0
6 #364 O'Donnell, Liam 10.501 (10.501)	Simon Fraser	10.70	10.51	4.0
7 #524 Johnson, Ethan 10.535 (10.535)	Western Washington	10.69	10.54	4.0
8 #204 Braseth, Hunter 10.810 (10.810)	Northwest Nazarene	10.77	10.81	4.0

Event 36 Women 800 Meter Run

Name	School	Prelims	Finals
Finals			
1 #475 Ledesma, Marian 1:09.336 (1:09.336) 2:12.821 (1:03.485)	Western Washington	2:11.48	2:12.83
2 #336 Roxby, Megan 1:09.508 (1:09.508) 2:14.596 (1:05.088)	Simon Fraser	2:12.71	2:14.60
3 #497 Wright, Sophie 1:09.197 (1:09.197) 2:15.242 (1:06.045)	Western Washington	2:12.13	2:15.25

2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024**Central Washington University****Results****Finals ... (Event 36 Women 800 Meter Run)**

	Name	School	Prelims	Finals
4	#251 Saucedo, Alisha 1:09.176 (1:09.176)	Saint Martin's 2:15.506 (1:06.330)	2:13.36	2:15.51
5	#395 Merritt, Amelia 1:09.430 (1:09.430)	Western Oregon 2:16.926 (1:07.496)	2:14.56	2:16.93
6	#462 Crocker, Mia 1:10.017 (1:10.017)	Western Washington 2:21.465 (1:11.448)	2:13.26	2:21.47
7	#473 Kroontje, Emmy 1:09.476 (1:09.476)	Western Washington 2:24.278 (1:14.802)	2:13.76	2:24.28
8	#4 Chisar, Jess 1:09.812 (1:09.812)	Alaska Anchorage 2:28.185 (1:18.373)	2:15.71	2:28.19

Event 37 Men 800 Meter Run

	Name	School	Prelims	Finals
Finals				
1	#91 Correa, Johan 56.598 (56.598)	Central Washington 1:50.817 (54.219)	1:51.43	1:50.82
2	#567 Weber, Drew 56.785 (56.785)	Western Washington 1:52.086 (55.301)	1:51.09	1:52.09
3	#442 Rodriguez, Isaiah 57.017 (57.017)	Western Oregon 1:52.328 (55.311)	1:51.74	1:52.33
4	#99 Hutton, Max 57.334 (57.334)	Central Washington 1:53.041 (55.707)	1:51.35	1:53.05
5	#369 Thomson, Andrew 57.595 (57.595)	Simon Fraser 1:54.162 (56.567)	1:51.52	1:54.17
6	#426 Hosking, Elwood 58.450 (58.450)	Western Oregon 1:55.305 (56.855)	1:51.26	1:55.31
7	#414 Bohannon, Grant 56.364 (56.364)	Western Oregon 1:55.526 (59.162)	1:52.20	1:55.53
8	#366 Plummer, Colton 57.848 (57.848)	Simon Fraser 1:55.742 (57.894)	1:51.59	1:55.75

Event 38 Women 400 Meter Hurdles

	Name	School	Prelims	Finals
Finals				
1	#389 Lambing, Madeline 1:02.020 (1:02.020)	Western Oregon	1:03.37	1:02.02
2	#57 DeGroot, Ellie 1:02.920 (1:02.920)	Central Washington	1:04.12	1:02.92
3	#71 McDevitt, Zoe 1:03.886 (1:03.886)	Central Washington	1:03.85	1:03.89
4	#7 Heite, Liv 1:04.169 (1:04.169)	Alaska Anchorage	1:02.96	1:04.17
5	#68 Huber, Carley 1:06.134 (1:06.134)	Central Washington	1:04.11	1:06.14
6	#464 Davis, Ila 1:06.548 (1:06.548)	Western Washington	1:04.33	1:06.55
7	#456 Bates, Naomi 1:07.035 (1:07.035)	Western Washington	1:04.79	1:07.04
8	#6 De Arvizu Sarrias, Blanca 1:07.138 (1:07.138)	Alaska Anchorage	1:04.15	1:07.14

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	Name	School	Prelims	Finals
Finals				
1	#88 Boast, Josh 54.128 (54.128)	Central Washington	54.13	54.13
2	#510 Edwards, Jaden 54.565 (54.565)	Western Washington	55.36	54.57
3	#114 Wise, Aiden 55.028 (55.028)	Central Washington	56.31	55.03
4	#220 Johansson, Luke 55.584 (55.584)	Northwest Nazarene	55.82	55.59
5	#113 Williams, Reilly 57.676 (57.676)	Central Washington	57.11	57.68
6	#520 Hong, Ethan 57.698 (57.698)	Western Washington	56.90	57.70
7	#350 Carr, Tyson 57.711 (57.711)	Simon Fraser	56.93	57.72

Event 40 Women 200 Meter Dash

	Name	School	Prelims	Finals	Wind
Finals					
1	#325 Leclair, Marie-Eloise	Simon Fraser	23.21	23.68	1.5
2	#63 Hollis, E'Lexis	Central Washington	24.14	24.18	1.5
3	#86 Williams, Juliette	Central Washington	24.92	24.52	1.5
4	#458 Cheney, Caitlyn	Western Washington	24.62	24.78	1.5
5	#315 Cannan, Emma	Simon Fraser	25.04	25.00	1.5
6	#471 Heiman, Annabelle	Western Washington	25.31	25.49	1.5
7	#319 Cummings, Jaeland	Simon Fraser	25.21	25.54	1.5
8	#253 Vu, Madison	Saint Martin's	25.34	25.64	1.5

Event 41 Men 200 Meter Dash

	Name	School	Prelims	Finals	Wind
Finals					
1	#95 Green, Josh 20.867 (20.867)	Central Washington	21.13	20.87	2.3
2	#365 Penson-McCoy, Jesaiah 21.213 (21.213)	Simon Fraser	21.22	21.22	2.3
3	#204 Braseth, Hunter 21.473 (21.473)	Northwest Nazarene	21.47	21.48	2.3
4	#422 Driesner, Alex 21.697 (21.697)	Western Oregon	21.80	21.70	2.3
5	#24 Angarita, Kevin 21.777 (21.777)	Alaska Anchorage	21.86	21.78	2.3
6	#517 Greenwalt, Ryan 21.809 (21.809)	Western Washington	21.84	21.81	2.3
7	#364 O'Donnell, Liam 21.892 (21.892)	Simon Fraser	21.84	21.90	2.3

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Results

Event 42 Women 5000 Meter Run

	Name	School	Seed	Finals
Finals				
1	#284 Esvelt, Annika	Seattle Pacific	16:18.94	17:06.73
	38.387 (38.387)	1:56.349 (1:17.962)	3:15.234 (1:18.885)	4:35.345 (1:20.111)
	5:55.763 (1:20.418)	7:17.925 (1:22.162)	8:41.315 (1:23.390)	10:07.184 (1:25.869)
	11:33.106 (1:25.922)	12:58.826 (1:25.720)	14:24.622 (1:25.796)	15:48.313 (1:23.691)
	17:06.722 (1:18.409)			
2	#14 Otto, Alexandra	Alaska Anchorage	17:24.60	18:00.13
	40.635 (40.635)	2:05.949 (1:25.314)	3:30.657 (1:24.708)	4:55.699 (1:25.042)
	6:22.335 (1:26.636)	7:49.414 (1:27.079)	9:18.465 (1:29.051)	10:48.830 (1:30.365)
	12:17.973 (1:29.143)	13:47.024 (1:29.051)	15:16.679 (1:29.655)	16:41.522 (1:24.843)
	18:00.130 (1:18.608)			
3	#491 Reeck, Ashley	Western Washington	17:02.41	18:04.91
	40.464 (40.464)	2:05.668 (1:25.204)	3:30.360 (1:24.692)	4:55.350 (1:24.990)
	6:21.794 (1:26.444)	7:49.043 (1:27.249)	9:17.544 (1:28.501)	10:46.375 (1:28.831)
	12:16.920 (1:30.545)	13:46.732 (1:29.812)	15:17.377 (1:30.645)	16:45.243 (1:27.866)
	18:04.906 (1:19.663)			
4	#464 Davis, Ila	Western Washington	17:12.12	18:17.06
	41.154 (41.154)	2:06.741 (1:25.587)	3:31.162 (1:24.421)	4:56.320 (1:25.158)
	6:23.626 (1:27.306)	7:51.101 (1:27.475)	9:21.426 (1:30.325)	10:51.749 (1:30.323)
	12:20.801 (1:29.052)	13:51.847 (1:31.046)	15:22.211 (1:30.364)	16:49.948 (1:27.737)
	18:17.055 (1:27.107)			
5	#18 Strausbaugh, Jordan	Alaska Anchorage	17:46.15	18:19.86
	42.555 (42.555)	2:09.818 (1:27.263)	3:38.174 (1:28.356)	5:07.097 (1:28.923)
	6:35.700 (1:28.603)	8:03.789 (1:28.089)	9:31.897 (1:28.108)	11:01.533 (1:29.636)
	12:32.584 (1:31.051)	14:04.019 (1:31.435)	15:33.389 (1:29.370)	17:00.366 (1:26.977)
	18:19.855 (1:19.489)			
6	#387 Heldt, Caitlin	Western Oregon	17:34.61	18:21.13
	42.381 (42.381)	2:07.606 (1:25.225)	3:31.480 (1:23.874)	4:57.116 (1:25.636)
	6:24.978 (1:27.862)	7:54.167 (1:29.189)	9:24.218 (1:30.051)	10:54.621 (1:30.403)
	12:26.029 (1:31.408)	13:57.677 (1:31.648)	15:29.805 (1:32.128)	17:00.737 (1:30.932)
	18:21.126 (1:20.389)			
7	#478 McLain, Danielle	Western Washington	17:44.17	18:22.35
	43.585 (43.585)	2:11.176 (1:27.591)	3:38.633 (1:27.457)	5:07.929 (1:29.296)
	6:37.852 (1:29.923)	8:08.420 (1:30.568)	9:38.372 (1:29.952)	11:06.184 (1:27.812)
	12:34.375 (1:28.191)	14:04.341 (1:29.966)	15:33.302 (1:28.961)	17:00.282 (1:26.980)
	18:22.345 (1:22.063)			
8	#493 Smith, Emma	Western Washington	17:34.83	18:36.33
	42.058 (42.058)	2:09.732 (1:27.674)	3:38.023 (1:28.291)	5:06.910 (1:28.887)
	6:35.412 (1:28.502)	8:03.510 (1:28.098)	9:31.730 (1:28.220)	11:01.345 (1:29.615)
	12:32.411 (1:31.066)	14:03.785 (1:31.374)	15:37.657 (1:33.872)	17:10.563 (1:32.906)
	18:36.321 (1:25.758)			
9	#285 Ewing, Maya	Seattle Pacific	17:39.65	18:38.45
	42.443 (42.443)	2:10.307 (1:27.864)	3:38.742 (1:28.435)	5:07.375 (1:28.633)
	6:36.797 (1:29.422)	8:08.104 (1:31.307)	9:40.115 (1:32.011)	11:11.998 (1:31.883)
	12:44.582 (1:32.584)	14:19.348 (1:34.766)	15:52.854 (1:33.506)	17:22.386 (1:29.532)
	18:38.446 (1:16.060)			
10	#482 Nystrom, Meaera	Western Washington	17:25.19	18:40.00
	42.183 (42.183)	2:09.064 (1:26.881)	3:37.775 (1:28.711)	5:07.384 (1:29.609)
	6:35.372 (1:27.988)	8:03.672 (1:28.300)	9:32.235 (1:28.563)	11:04.178 (1:31.943)
	12:34.570 (1:30.392)	14:06.626 (1:32.056)	15:39.274 (1:32.648)	17:11.627 (1:32.353)
	18:39.999 (1:28.372)			

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11	#470 Halsell, Laura	Western Washington	17:51.04	18:40.37
	43.056 (43.056)	2:10.893 (1:27.837) 3:38.524 (1:27.631) 5:07.634 (1:29.110)		
	6:35.655 (1:28.021)	8:03.948 (1:28.293) 9:31.780 (1:27.832) 11:03.811 (1:32.031)		
	12:33.761 (1:29.950)	14:06.922 (1:33.161) 15:42.659 (1:35.737) 17:16.068 (1:33.409)		
	18:40.362 (1:24.294)			

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Finals ... (Event 42 Women 5000 Meter Run)

	Name	School	Seed	Finals
12	#465 Edens, Ella	Western Washington	17:35.11	18:41.15
	43.103 (43.103)	2:10.956 (1:27.853)	3:38.332 (1:27.376)	5:07.621 (1:29.289)
	6:37.343 (1:29.722)	8:07.734 (1:30.391)	9:38.438 (1:30.704)	11:09.302 (1:30.864)
	12:41.233 (1:31.931)	14:12.736 (1:31.503)	15:44.644 (1:31.908)	17:15.351 (1:30.707)
	18:41.149 (1:25.798)			
13	#292 Mulch, Matisse	Seattle Pacific	18:04.16	18:43.33
	42.799 (42.799)	2:10.616 (1:27.817)	3:38.952 (1:28.336)	5:07.805 (1:28.853)
	6:35.936 (1:28.131)	8:04.125 (1:28.189)	9:32.568 (1:28.443)	11:06.231 (1:33.663)
	12:40.082 (1:33.851)	14:12.423 (1:32.341)	15:44.225 (1:31.802)	17:15.699 (1:31.474)
	18:43.323 (1:27.624)			
14	#171 Erler, Morgan	Northwest Nazarene	17:27.52	18:55.13
	43.688 (43.688)	2:11.487 (1:27.799)	3:39.349 (1:27.862)	5:08.157 (1:28.808)
	6:36.970 (1:28.813)	8:04.445 (1:27.475)	9:35.787 (1:31.342)	11:08.085 (1:32.298)
	12:39.784 (1:31.699)	14:14.645 (1:34.861)	15:51.570 (1:36.925)	17:27.451 (1:35.881)
	18:55.128 (1:27.677)			
15	#490 Ramsey, Kayla	Western Washington	17:47.57	18:57.50
	42.835 (42.835)	2:10.771 (1:27.936)	3:38.776 (1:28.005)	5:08.016 (1:29.240)
	6:38.117 (1:30.101)	8:09.175 (1:31.058)	9:42.027 (1:32.852)	11:15.662 (1:33.635)
	12:50.827 (1:35.165)	14:26.515 (1:35.688)	16:00.583 (1:34.068)	17:33.474 (1:32.891)
	18:57.491 (1:24.017)			
16	#21 Williamson, Avery	Alaska Anchorage	17:53.33	19:03.08
	43.316 (43.316)	2:10.083 (1:26.767)	3:38.087 (1:28.004)	5:07.147 (1:29.060)
	6:36.431 (1:29.284)	8:09.199 (1:32.768)	9:43.230 (1:34.031)	11:18.876 (1:35.646)
	12:55.736 (1:36.860)	14:31.948 (1:36.212)	16:05.719 (1:33.771)	17:38.553 (1:32.834)
	19:03.078 (1:24.525)			
17	#254 Walchak-Sloan, Cassidy	Saint Martin's	16:40.76	19:03.41
	41.498 (41.498)	2:09.538 (1:28.040)	3:38.485 (1:28.947)	5:06.780 (1:28.295)
	6:37.310 (1:30.530)	8:10.476 (1:33.166)	9:46.244 (1:35.768)	11:22.300 (1:36.056)
	12:54.901 (1:32.601)	14:31.237 (1:36.336)	16:05.606 (1:34.369)	17:39.496 (1:33.890)
	19:03.402 (1:23.906)			
18	#483 Parker, Alanna	Western Washington	17:49.60	19:32.63
	43.065 (43.065)	2:11.381 (1:28.316)	3:39.062 (1:27.681)	5:08.320 (1:29.258)
	6:39.431 (1:31.111)	8:16.750 (1:37.319)	9:52.208 (1:35.458)	11:28.015 (1:35.807)
	13:05.072 (1:37.057)	14:42.462 (1:37.390)	16:20.912 (1:38.450)	17:58.326 (1:37.414)
	19:32.623 (1:34.297)			
---	#494 Stevenson, Josephine	Western Washington	17:46.28	DNF
	43.292 (43.292)	2:11.238 (1:27.946)	3:39.206 (1:27.968)	5:08.388 (1:29.182)
	6:38.518 (1:30.130)	8:15.159 (1:36.641)	9:53.105 (1:37.946)	11:36.943 (1:43.838)
	13:21.367 (1:44.424)	15:04.298 (1:42.931)		

Event 43 Men 5000 Meter Run

	Name	School	Seed	Finals
Finals				
1	#42 Nash, Cole	Alaska Anchorage	13:55.71	14:38.37
	34.690 (34.690)	1:47.943 (1:13.253)	2:58.062 (1:10.119)	4:06.297 (1:08.235)
	5:16.139 (1:09.842)	6:27.161 (1:11.022)	7:39.203 (1:12.042)	8:52.431 (1:13.228)
	10:03.929 (1:11.498)	11:14.092 (1:10.163)	12:23.659 (1:09.567)	13:32.872 (1:09.213)
	14:38.367 (1:05.495)			
2	#509 Clough, Ryan	Western Washington	14:19.62	14:43.97
	35.497 (35.497)	1:48.409 (1:12.912)	2:59.088 (1:10.679)	4:07.276 (1:08.188)
	5:17.355 (1:10.079)	6:27.581 (1:10.226)	7:39.392 (1:11.811)	8:52.610 (1:13.218)
	10:04.352 (1:11.742)	11:15.587 (1:11.235)	12:26.609 (1:11.022)	13:37.365 (1:10.756)
	14:43.968 (1:06.603)			

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3	#515 Gillingham, Jeret	Western Washington	14:27.07	14:48.63
	35.295 (35.295)	1:48.849 (1:13.554)	3:00.275 (1:11.426)	4:09.606 (1:09.331)
	5:21.633 (1:12.027)	6:33.588 (1:11.955)	7:46.407 (1:12.819)	9:00.521 (1:14.114)
	10:14.117 (1:13.596)	11:27.093 (1:12.976)	12:38.434 (1:11.341)	13:49.257 (1:10.823)
	14:48.630 (59.373)			

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Finals ... (Event 43 Men 5000 Meter Run)

Name	School	Seed	Finals
4 #91 Correa, Johan	Central Washington	14:51.14	14:57.59
34.240 (34.240)	1:47.838 (1:13.598)	2:58.500 (1:10.662)	4:06.534 (1:08.034)
5:16.346 (1:09.812)	6:27.372 (1:11.026)	7:38.934 (1:11.562)	8:52.400 (1:13.466)
10:04.124 (1:11.724)	11:15.350 (1:11.226)	12:28.934 (1:13.584)	13:44.375 (1:15.441)
14:57.585 (1:13.210)			
5 #527 Karamitsos, George	Western Washington	14:28.05	15:02.89
35.331 (35.331)	1:48.945 (1:13.614)	2:59.340 (1:10.395)	4:07.499 (1:08.159)
5:19.225 (1:11.726)	6:32.554 (1:13.329)	7:46.733 (1:14.179)	9:00.822 (1:14.089)
10:14.427 (1:13.605)	11:27.860 (1:13.433)	12:41.574 (1:13.714)	13:54.158 (1:12.584)
15:02.882 (1:08.724)			
6 #504 Brakstad, Sten	Western Washington	14:43.05	15:15.69
35.739 (35.739)	1:49.201 (1:13.462)	3:00.369 (1:11.168)	4:10.177 (1:09.808)
5:21.873 (1:11.696)	6:34.323 (1:12.450)	7:48.056 (1:13.733)	9:03.179 (1:15.123)
10:17.124 (1:13.945)	11:33.983 (1:16.859)	12:51.802 (1:17.819)	14:06.667 (1:14.865)
15:15.690 (1:09.023)			
7 #221 Kemble, Brody	Northwest Nazarene	14:22.58	15:19.21
35.170 (35.170)	1:48.671 (1:13.501)	2:59.641 (1:10.970)	4:07.390 (1:07.749)
5:17.128 (1:09.738)	6:29.045 (1:11.917)	7:43.979 (1:14.934)	8:59.610 (1:15.631)
10:15.621 (1:16.011)	11:34.576 (1:18.955)	12:52.809 (1:18.233)	14:09.781 (1:16.972)
15:19.202 (1:09.421)			
8 #544 Oslin, Andrew	Western Washington	14:27.84	15:20.99
36.878 (36.878)	1:48.636 (1:11.758)	2:59.787 (1:11.151)	4:09.117 (1:09.330)
5:21.343 (1:12.226)	6:33.303 (1:11.960)	7:47.857 (1:14.554)	9:03.264 (1:15.407)
10:20.363 (1:17.099)	11:40.225 (1:19.862)	12:58.117 (1:17.892)	14:15.154 (1:17.037)
15:20.989 (1:05.835)			
9 #34 Kohler, Zachary	Alaska Anchorage	14:42.85	15:21.75
36.058 (36.058)	1:49.844 (1:13.786)	3:01.214 (1:11.370)	4:09.894 (1:08.680)
5:20.991 (1:11.097)	6:33.898 (1:12.907)	7:50.732 (1:16.834)	9:06.941 (1:16.209)
10:24.603 (1:17.662)	11:43.165 (1:18.562)	12:58.592 (1:15.427)	14:15.538 (1:16.946)
15:21.741 (1:06.203)			
10 #349 Brinkman, Sebastian	Simon Fraser	14:41.17	15:22.99
34.945 (34.945)	1:48.129 (1:13.184)	2:58.788 (1:10.659)	4:06.800 (1:08.012)
5:16.850 (1:10.050)	6:28.756 (1:11.906)	7:43.706 (1:14.950)	8:59.908 (1:16.202)
10:16.559 (1:16.651)	11:33.838 (1:17.279)	12:52.121 (1:18.283)	14:11.409 (1:19.288)
15:22.988 (1:11.579)			
11 #523 Javurek, Jalen	Western Washington	14:42.86	15:27.30
35.595 (35.595)	1:49.420 (1:13.825)	3:01.022 (1:11.602)	4:10.465 (1:09.443)
5:22.838 (1:12.373)	6:37.404 (1:14.566)	7:53.034 (1:15.630)	9:08.026 (1:14.992)
10:25.879 (1:17.853)	11:44.865 (1:18.986)	13:02.372 (1:17.507)	14:18.734 (1:16.362)
15:27.292 (1:08.558)			
12 #50 Zapherson, Michael	Alaska Anchorage	14:27.70	15:29.15
35.863 (35.863)	1:49.461 (1:13.598)	3:00.786 (1:11.325)	4:10.814 (1:10.028)
5:24.483 (1:13.669)	6:38.438 (1:13.955)	7:54.492 (1:16.054)	9:10.355 (1:15.863)
10:27.943 (1:17.588)	11:46.654 (1:18.711)	13:04.079 (1:17.425)	14:19.657 (1:15.578)
15:29.142 (1:09.485)			
13 #346 Arndt, Scott	Simon Fraser	14:48.81	15:36.92
36.124 (36.124)	1:49.891 (1:13.767)	3:01.636 (1:11.745)	4:13.243 (1:11.607)
5:27.148 (1:13.905)	6:43.235 (1:16.087)	8:01.299 (1:18.064)	9:18.908 (1:17.609)
10:37.003 (1:18.095)	11:55.430 (1:18.427)	13:12.204 (1:16.774)	14:28.135 (1:15.931)
15:36.920 (1:08.785)			
14 #155 Rush, Andrew	Msu-Billings	14:48.41	15:43.98
35.977 (35.977)	1:49.696 (1:13.719)	3:01.305 (1:11.609)	4:09.981 (1:08.676)
5:23.728 (1:13.747)	6:38.301 (1:14.573)	7:55.027 (1:16.726)	9:12.883 (1:17.856)
10:31.913 (1:19.030)	11:53.034 (1:21.121)	13:12.945 (1:19.911)	14:32.543 (1:19.598)
15:43.977 (1:11.434)			

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Finals ... (Event 43 Men 5000 Meter Run)

Name	School	Seed	Finals
15 #512 Fernandez, George	Western Washington	15:07.53	15:47.22
36.377 (36.377)	1:50.118 (1:13.741)	3:01.876 (1:11.758)	4:12.812 (1:10.936)
5:26.107 (1:13.295)	6:41.798 (1:15.691)	8:00.774 (1:18.976)	9:18.735 (1:17.961)
10:37.549 (1:18.814)	11:57.149 (1:19.600)	13:17.407 (1:20.258)	14:36.740 (1:19.333)
15:47.214 (1:10.474)			
16 #445 Smith, Bailey	Western Oregon	14:31.54	15:48.06
36.611 (36.611)	1:49.242 (1:12.631)	3:00.381 (1:11.139)	4:12.588 (1:12.207)
5:25.818 (1:13.230)	6:41.601 (1:15.783)	8:00.568 (1:18.967)	9:18.494 (1:17.926)
10:37.268 (1:18.774)	11:55.707 (1:18.439)	13:12.691 (1:16.984)	14:32.038 (1:19.347)
15:48.052 (1:16.014)			
17 #235 Stockett, Ian	Northwest Nazarene	14:41.23	15:54.49
35.537 (35.537)	1:48.386 (1:12.849)	2:59.382 (1:10.996)	4:07.999 (1:08.617)
5:19.771 (1:11.772)	6:34.679 (1:14.908)	7:54.149 (1:19.470)	9:13.605 (1:19.456)
10:35.359 (1:21.754)	11:57.943 (1:22.584)	13:24.003 (1:26.060)	14:43.647 (1:19.644)
15:54.481 (1:10.834)			
18 #28 Elliott, Ty	Alaska Anchorage	15:05.52	16:00.26
36.415 (36.415)	1:50.412 (1:13.997)	3:02.150 (1:11.738)	4:13.809 (1:11.659)
5:28.195 (1:14.386)	6:44.806 (1:16.611)	8:03.879 (1:19.073)	9:21.782 (1:17.903)
10:42.096 (1:20.314)	12:03.798 (1:21.702)	13:26.645 (1:22.847)	14:46.668 (1:20.023)
16:00.260 (1:13.592)			
--- #535 McDermott, Kevin	Western Washington	13:57.89	DNF
36.684 (36.684)	1:49.077 (1:12.393)	2:59.991 (1:10.914)	
--- #362 Mekonnen, Ephrem	Simon Fraser	14:33.27	DNF
35.097 (35.097)	1:48.176 (1:13.079)	2:58.878 (1:10.702)	4:07.037 (1:08.159)
5:18.653 (1:11.616)	6:34.131 (1:15.478)	7:55.748 (1:21.617)	9:19.026 (1:23.278)
10:44.185 (1:25.159)			

Event 44 Women 4x400 Meter Relay

Team	Relay	Seed	Finals
1 Simon Fraser	A	3:55.62	3:47.10
1) #341 Vanderput, Elizabeth	2) #313 Bosma, Claire	3) #315 Cannan, Emma	4) #325 Leclair, Marie-Eloise
1:55.313 (1:55.313)	2:52.278 (56.965)	3:47.096 (54.818)	
2 Western Washington	A	3:48.67	3:50.18
1) #471 Heiman, Annabelle	2) #458 Cheney, Caitlyn	3) #475 Ledesma, Marian	4) #460 Cook, Kennedy
1:55.229 (1:55.229)	2:53.351 (58.122)	3:50.173 (56.822)	
3 Central Washington	A	3:52.32	3:53.46
1) #86 Williams, Juliette	2) #68 Huber, Carley	3) #71 McDevitt, Zoc	4) #61 Harris, Donna Marie
1:57.652 (1:57.652)	2:55.684 (58.032)	3:53.459 (57.775)	
4 Seattle Pacific	A	4:03.35	3:53.84
1) #287 Green, Aniya	2) #280 Brown, Johanna	3) #295 Smith, Charisma	4) #282 Crane, Marissa
1:57.427 (1:57.427)	2:56.806 (59.379)	3:53.838 (57.032)	
5 Northwest Nazarene	A	3:58.98	3:57.13
1) #169 DeJong, Laine	2) #177 Graham, Hailey	3) #180 Harms, Gabbie	4) #175 Gomez, Alejandra
1:58.716 (1:58.716)	2:58.605 (59.889)		
6 Western Oregon	A	4:01.86	3:58.82
1) #372 Altamirano, Bethanie	2) #391 Lavato, Josie	3) #386 Hart, Jessy	4) #389 Lambing, Madeline
2:00.102 (2:00.102)	2:59.590 (59.488)	3:58.819 (59.229)	
7 Alaska Anchorage	A	3:59.55	4:05.65
1) #1 Backman, Kaitlyn	2) #7 Heite, Liv	3) #15 Simmons, Lacie	4) #18 Strausbaugh, Jordan
2:00.372 (2:00.372)	3:02.769 (1:02.397)	4:05.647 (1:02.878)	
8 Msu-Billings	A	4:09.38	4:07.42
1) #128 Klein, Bella	2) #134 Richardson, Mya	3) #118 Clark-Sexson, Annelise	4) #136 Severson, Madeline
2:03.637 (2:03.637)	3:07.292 (1:03.655)	4:07.415 (1:00.123)	

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Event 45 Men 4x400 Meter Relay

Team	Relay	Seed	Finals
Finals			
1 Western Washington	A	3:18.53	3:17.35
1) #506 Brenek, Lucas	2) #517 Greenwalt, Ryan	3) #532 Le, Brian	4) #567 Weber, Drew
1:38.551 (1:38.551)	2:27.020 (48.469)	3:17.348 (50.328)	
2 Western Oregon	A	3:19.88	3:19.33
1) #432 Le, Teo	2) #442 Rodriguez, Isaiah	3) #425 Hendrix, Amari	4) #438 Murphy, Brennen
1:41.387 (1:41.387)	2:31.123 (49.736)	3:19.324 (48.201)	
3 Alaska Anchorage	A	3:25.33	3:19.77
1) #36 Larsen, Anders	2) #32 Hunter, Timothy	3) #33 Jana, Riday	4) #24 Angarita, Kevin
1:41.515 (1:41.515)	2:32.029 (50.514)	3:19.770 (47.741)	
4 Central Washington	A	3:19.69	3:22.10
1) #112 Webster, Isaiah	2) #106 Perez, Chase	3) #99 Hutton, Max	4) #95 Green, Josh
1:40.987 (1:40.987)	2:32.227 (51.240)	3:22.092 (49.865)	
5 Northwest Nazarene	A	3:22.90	3:22.42
1) #204 Braseth, Hunter	2) #222 Kindler, Christian	3) #211 Felten, Jared	4) #205 Breuer, Dylan
1:41.789 (1:41.789)	2:32.808 (51.019)	3:22.411 (49.603)	
6 Msu-Billings	A	3:29.48	3:22.58
1) #144 Dezember, Mason	2) #148 Herbert, JayCee	3) #157 Scott, Kaleb	4) #147 Fenley, Ryan
1:40.717 (1:40.717)	2:31.922 (51.205)	3:22.573 (50.651)	
7 Simon Fraser	A	3:24.07	3:25.68
1) #365 Penson-McCoy, Jesaiah	2) #356 Good, Aiden	3) #369 Thomson, Andrew	4) #366 Plummer, Colton
1:45.522 (1:45.522)	2:36.886 (51.364)	3:25.680 (48.794)	
8 Saint Martin's	A	3:24.42	3:25.88
1) #267 Franco, Zachary	2) #276 Pagente, Kainalu	3) #263 Cooper, Matt	4) #274 Olmstead, Connor
1:41.291 (1:41.291)	2:34.435 (53.144)	3:25.877 (51.442)	

Event 46 Men Triple Jump

Name	School	Seed	Finals	Wind	H#
Finals					
1 #537 Menicke, Gabe	Western Washington	14.47m	14.97m	-0.7	2
2 #112 Webster, Isaiah	Central Washington	14.59m	14.74m	-1.0	2
3 #309 Njeri, David	Seattle Pacific	14.78m	14.18m	-1.7	2
4 #449 Stevens, Deshaun	Western Oregon	13.82m	14.06m	-1.6	2
5 #88 Boast, Josh	Central Washington	13.75m	13.53m	-1.6	2
6 #453 White, Tyler	Western Oregon	13.34m	13.49m	-0.3	2
7 #431 Koonantha, Ping	Western Oregon	13.72m	13.36m	-2.2	2
8 #96 Hines, Christopher	Central Washington	12.10m	13.31m	-1.6	1
9 #531 Laulainen, Mikko	Western Washington	13.21m	13.30m	-1.3	2
10 #45 Robertson, Felix	Alaska Anchorage	12.33m	12.70m	-1.1	1
11 #147 Fenley, Ryan	Msu-Billings	12.45m	12.57m	-1.3	1
12 #417 Clark, Maddax	Western Oregon	11.90m	12.37m	-0.4	1
13 #143 Coronel, Trenton	Msu-Billings	11.58m	11.38m	+0.0	1
--- #273 Nguyen, Hewson	Saint Martin's	12.55m	FOUL		1
--- #450 Thompson, Jake	Western Oregon	11.90m	FOUL		1

Event 47 Men Shot Put

Name	School	Seed	Finals	H#
Finals				
1 #103 Kriete, Wes	Central Washington	15.96m	16.04m	2
2 #152 Perkins, Isaac	Msu-Billings	14.12m	14.78m	2
3 #94 Franklin, Wyatt	Central Washington	14.30m	14.63m	2
4 #561 Simicich, Nathan	Western Washington	13.87m	14.25m	2

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Finals ... (Event 47 Men Shot Put)

Name	School	Seed	Finals	H#
5 #550 Ramos, Angelo	Western Washington	14.99m	14.18m	2
6 #452 Warren, Mark	Western Oregon	13.69m	13.85m	2
7 #564 Turner, Noah	Western Washington	15.37m	13.82m	2
8 #508 Campbell, Miller	Western Washington	13.54m	13.76m	2
9 #413 Behrman, Jacob	Western Oregon	14.81m	13.68m	2
10 #201 Alberts, Carter	Northwest Nazarene	13.38m	13.06m	1
11 #566 Wall, Liam	Western Washington	13.35m	13.01m	1
12 #141 Bentley, Cole	Msu-Billings	12.34m	12.81m	1
13 #451 Walker, JJ	Western Oregon	12.53m	12.61m	1
14 #156 Sandefur, Cort	Msu-Billings	12.65m	12.12m	1
15 #223 Knight, Derek	Northwest Nazarene	13.37m	11.93m	1
16 #236 Swaney, Braden	Northwest Nazarene	12.36m	11.83m	1

Event 48 Women Triple Jump

Name	School	Seed	Finals	Wind	H#
Finals					
1 #77 Ntekpere, Emy	Central Washington	12.16m	12.32m	4.1	2
2 #398 Nwokoma, Ujunwa	Western Oregon	11.45m	12.28m	3.6	2
3 #343 Windbiel, Olivia	Simon Fraser	11.08m	11.86m	1.6	2
4 #179 Green, Vai	Northwest Nazarene	11.31m	11.78m	4.0	2
5 #396 Ngaida, Kalulusno	Western Oregon	11.96m	11.73m	4.8	2
6 #332 Primrose, Kennedy	Simon Fraser	10.92m	11.30m	2.8	2
7 #496 Walker, Karma	Western Washington	10.74m	11.03m	4.0	2
8 #135 Sanchez, Alyssa	Msu-Billings	10.52m	10.94m	NWI	1
9 #75 Moore, Tehya	Central Washington	10.97m	10.85m	1.9	2
10 #463 Danner-Bunn, Ayla	Western Washington	10.09m	10.46m	2.0	1
11 #407 Wendring, Sadie	Western Oregon	10.11m	10.20m	3.6	1
12 #374 Blue, Hailey	Western Oregon	10.13m	10.06m	2.1	1
13 #119 Cofield, Jasmine	Msu-Billings	10.26m	10.03m	2.8	1
14 #492 Schulberg, Cassandra	Western Washington	8.79m	9.15m	2.5	1
--- #378 Clemens, Macy	Western Oregon	11.32m	FOUL		2

Event 49 Women Discus Throw

Name	School	Seed	Finals	H#
Finals				
1 #489 Potts, Katie	Western Washington	46.47m	44.80m	2
2 #53 Board, Brenna	Central Washington	40.11m	41.19m	2
3 #401 Ramirez-Carmona, Marliyn	Western Oregon	37.45m	41.11m	2
4 #373 Andres, Krystal	Western Oregon	39.93m	39.24m	2
5 #188 Kwok, Emma	Northwest Nazarene	38.08m	38.16m	2
6 #133 McColly, Mattea	Msu-Billings	37.43m	36.37m	1
7 #64 Holmes, Isabella	Central Washington	37.42m	36.33m	1
8 #78 Prazer, Ellie	Central Washington	34.93m	35.39m	1
9 #170 Eldridge, Jordan	Northwest Nazarene	39.90m	34.86m	2
10 #130 Linday, Brianna	Msu-Billings	34.27m	34.10m	1
11 #243 Dillon, Taylor	Saint Martin's	34.51m	33.40m	1
12 #126 Jolma, Brynn	Msu-Billings	35.35m	33.36m	1
13 #468 Galvan, Adriannah	Western Washington	38.87m	33.03m	2
14 #250 Saribay, Jocelyn	Saint Martin's	37.43m	26.73m	1
--- #58 Elenbaas, Payton	Central Washington	43.70m	FOUL	2

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Finals ... (Event 49 Women Discus Throw)

Name	School	Seed	Finals	H#
--- #183 Herbert, Destany	Northwest Nazarene	41.11m	FOUL	2

Event 50 Men Pole Vault

Name	School	Seed	Finals
Finals			
1 #102 Klein, Drew	Central Washington	4.76m	4.83m
2 #451 Walker, JJ	Western Oregon	4.30m	J4.83m
3 #305 Hreck, Mason	Seattle Pacific	4.27m	4.73m
4 #266 Doidge, Ryan	Saint Martin's	4.61m	4.58m
5 #101 Katsuda, Sam	Central Washington	4.17m	4.43m
6 #224 Koenig, William	Northwest Nazarene	4.40m	J4.43m
7 #540 Montero, Kurt	Western Washington	3.81m	4.28m
8 #310 Saxon, Mikel	Seattle Pacific	3.70m	4.13m
9 #416 Burchfield, Gabe	Western Oregon	4.03m	3.98m
--- #107 Pieper, Charles	Central Washington	3.91m	NH
--- #238 Wilkins, Shalkar	Northwest Nazarene	4.25m	NH
--- #530 Klein, Aidan	Western Washington	3.99m	NH
--- #448 Staniunas, Phillip	Western Oregon	4.02m	NH
--- #307 Lee, Kainoa	Seattle Pacific	4.41m	NH
--- #260 Boyd, Andrew	Saint Martin's	3.73m	NH

Event 51 Men Hammer Throw

Name	School	Seed	Finals	H#
Finals				
1 #452 Warren, Mark	Western Oregon	59.10m	57.16m	2
2 #550 Ramos, Angelo	Western Washington	55.59m	56.02m	2
3 #508 Campbell, Miller	Western Washington	55.91m	54.62m	2
4 #152 Perkins, Isaac	Msu-Billings	50.42m	51.15m	2
5 #223 Knight, Derek	Northwest Nazarene	53.77m	50.84m	2
6 #104 Martin, Logan	Central Washington	54.56m	49.27m	2
7 #561 Simicich, Nathan	Western Washington	44.86m	48.22m	2
8 #236 Swaney, Braden	Northwest Nazarene	44.36m	44.17m	2
9 #201 Alberts, Carter	Northwest Nazarene	43.70m	43.25m	1
10 #435 Meade, Danny	Western Oregon	43.83m	41.16m	1
11 #94 Franklin, Wyatt	Central Washington		41.05m	1
12 #156 Sandefur, Cort	Msu-Billings	41.99m	39.61m	1
13 #421 Dickson, Anthony	Western Oregon	35.58m	38.30m	1
14 #141 Bentley, Cole	Msu-Billings	44.92m	37.50m	2
15 #226 Lamb, Lars	Northwest Nazarene	37.27m	37.22m	1
16 #145 Dunham, Bryce	Msu-Billings	37.39m	35.26m	1

Event 52 Women High Jump

Name	School	Seed	Finals
Finals			
1 #380 Deters, Amity	Western Oregon	1.66m	1.67m
2 #121 Cooper, Hannah	Msu-Billings	1.68m	J1.67m
3 #187 Koch, Miya	Northwest Nazarene	1.67m	1.62m
4 #396 Ngaida, Kalulusno	Western Oregon	1.62m	J1.62m
5 #77 Ntekpere, Emy	Central Washington	1.72m	J1.62m
6 #461 Cook, Kora	Western Washington	1.62m	1.57m

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	Name	School	Seed	Finals
7	#123 Gordon, Julia	Msu-Billings	1.59m	J1.57m
8	#10 Mader, Mikayla	Alaska Anchorage	1.61m	J1.57m
9	#378 Clemens, Macy	Western Oregon	1.59m	J1.57m
10	#343 Windbiel, Olivia	Simon Fraser	1.58m	J1.57m
11	#290 Kessler, Paige	Seattle Pacific	1.58m	1.52m
12	#136 Severson, Madeline	Msu-Billings	1.54m	1.47m
13	#454 Avery, Nicole	Western Washington	1.48m	J1.47m
---	#320 Hanger, Kaitlyn	Simon Fraser	1.47m	NH
---	#496 Walker, Karma	Western Washington	1.57m	NH