

2009 GNAC Women's Indoor Track & Field Championships

Feb. 21 at Nampa

Team Scores - Seattle Pacific 181, Western Washington 137 1/2, Northwest Nazarene 104 1/3, Western Oregon 77 1/2, Central Washington 61 2/3, MSU Billings 14, Saint Martin's 8. **Outstanding Performer** - Ashley Puga, Northwest Nazarene.

60 - 1. Latasha Essien, SPU, 7.77; 2. Jessica Hinton, SPU, 7.96; 3. Lauren Duckett, WOU, 8.01; 4. Lacey Meusec, WOU, 8.02; 5. Heidi Dimmitt, WWU, 8.02; 6. Megan Zukowski, WWU, 8.05; 7. Latoya Tidwell, NNU, 8.09; 8. Stefani Dittmar, WOU, 8.18. **Prelims: Heat 1** - 1. Latasha Essien, SPU, 7.81; 2. Lacey Meusec, WOU, 8.05; 3. Latoya Tidwell, NNU, 8.08; 4. Heidi Dimmitt, WWU, 8.09; 5. Lisette Peterson, SPU, 8.23; 6. Britney Derhak, MSUB, 8.31; 7. Jessica Erickson, WWU, 8.36; 8. Erika Halle, MSUB, 8.37. **Heat 2** - 1. Jessica Hinton, SPU, 7.99; 2. Lauren Duckett, WOU, 8.07; 3. Megan Zukowski, WWU, 8.18; 4. Stefani Dittmar, WOU, 8.19; 5. Justine Simons, MSUB, 8.20; 6. Molly Reid, NNU, 8.21; 7. Tish Wells, CWU, 8.24; 8. Christa Brediger, NNU, 8.31.

200 - 1. Jessica Hinton, SPU, 25.35; 2. Latasha Essien, SPU, 25.54; 3. Ellie Siler, WWU, 25.55; 4. Heidi Dimmitt, WWU, 25.63; 5. Ali Worthen, SPU, 25.68; 6. Latoya Tidwell, NNU, 25.75; 7. Megan Zukowski, WWU, 26.44; 8. Stefani Dittmar, WOU, 26.68; 9. Erika Halle, MSUB, 26.69; 10. Jennifer Pike, SPU, 26.77; 11. Justine Simons, MSUB, 26.81; 12. Christa Brediger, NNU, 26.97; 13. Britney Derhak, MSUB, 27.02; 14. Lisette Peterson, SPU, 27.03; Gwenna Carie, CWU, FS; Lacey Meusec, WOU, DQ.

400 - 1. Ellie Siler, WWU, 56.23 (MR, old 56.57, Terran Legard, CWU, 2005); 2. Jessica Hinton, SPU, 57.16; 3. Elisa Decker, NNU, 57.85; 4. Megan O'Connell, WWU, 58.12; 5. Gwenna Carie, CWU, 58.47; 6. Jamie Beaty, NNU, 58.58; 7. Devon King, WWU, 59.89; 8. Sarah Brownell, WWU, 1:00.17; 9. Lindsay Brady, NNU, 1:00.67; 10. Zoe Skordahl, WOU, 1:00.93; 11. Meryl Butcher, WOU, 1:01.08; 12. Anna Walters, SPU, 1:01.16; 13. Jessica Pendon, SMU, 1:01.18; 14. Erika Halle, MSUB, 1:01.34; 15. Michelle Howe, WWU, 1:01.75; 16. Kylie Marshall, NNU, 1:01.86; 17. Kayla Wilkins, SPU, 1:02.05; 18. Britany Hood, CWU, 1:05.58.

800 - 1. Ashley Puga, NNU, 2:09.86 (MR, old 2:10.18, Jessica Pixler, SPU, 2008); 2. Jessica Pixler, SPU, 2:11.23; 3. Rachael Johnson, WWU, 2:13.13; 4. Jaclyn Puga, NNU, 2:13.94; 5. Annan Applebee, WOU, 2:14.10; 6. Sarah Jackson, MSUB, 2:17.31; 7. Cheri Watson, WWU, 2:17.64; 8. Lisa Anderberg, SPU, 2:19.18; 9. Erica Zambon, WOU, 2:20.04; 10. Brianna Schmid, SMU, 2:22.95; 11. Annie Laweryson, SMU, 2:24.59; 12. Katie Thiel, MSUB, 2:32.83; 13. Mykel Ler, MSUB, 2:39.80.

Mile - 1. Ashley Puga, NNU, 4:47.37 (MR, old 4:50.38, Jessica Pixler, SPU, 2008); 2. Jessica Pixler, SPU, 4:47.54; 3. Jane Larson, SPU, 4:53.31; 4. Sarah Porter, WWU, 4:56.37; 5. Kate Harline, SPU, 5:03.22; 6. Janae Larson, SPU, 5:07.45; 7. Jessica Harper, WOU, 5:13.33; 8. Tricia Morrison, WOU, 5:17.71; 9. Joscelyn Minton, SMU, 5:19.36; 10. Lyndsey McKillip, WOU, 5:22.08; 11. Krinda Carlson, SMU, 5:29.80; 12. Erica Snawder, WOU, 5:33.13; 13. Whitney Mickelson, MSUB, 5:40.62.

5000 - 1. Jane Larson, SPU, 17:27.34 (MR, old 17:39.95, Jane Larson, SPU, 2008); 2. Janae Larson, SPU, 17:29.77; 3. Natty Plunkett, SPU, 17:50.50; 4. Lauren Breihof, WWU, 17:55.85; 5. Marcie Mullen, CWU, 18:38.50; 6. Mary Williams, SPU, 18:43.25; 7. Amanda Wright, WOU, 19:16.02; 8. Kayti Krepel, SPU, 19:28.77; 9. Katie Hart, SPU, 19:37.38; 10. Ashley Rendahl, NNU, 19:40.09; 11. Adriana Mendoza, 19:53.73; 12. Kaitlynn Pecha, SMU, 19:57.62; 13. Alex Borunda, CWU, 20:05.67; 14. Helen Camden, SMU, 20:11.44; 15. Whitney Mickelson, MSUB, 20:43.74.

60 Hurdles - 1. Michelle Howe, WWU, 9.07; 2. Ali Worthen, SPU, 9.09; 3. Jacque Helbling, WOU, 9.21; 4. Janna Vander Meulen, WOU, 9.40; 5. Mandy Keifer, WOU, 9.54; 6. Jennifer Pike, SPU, 9.69; 7. Raquel Gonzalez, CWU, 9.81; 8. Ali Mosher, WOU, 10.21. **Prelims: Heat 1** - 1. Michelle Howe, WWU, 9.26; 2. Janna Vander Meulen, WOU, 9.39; 3. Mandy Keifer, WOU, 9.43; 4. Clara Cook, WWU, 9.78; 5. Amanda Rose, CWU, 10.14; 6. MJ Usabel, NNU, 10.38; 7. Jessica Erickson, WWU, 10.48. **Heat 2** - 1. Ali Worthen, SPU, 9.12; 2. Jacque Helbling, WOU, 9.20; 3. Jennifer Pike, SPU, 9.39; 4. Raquel Gonzalez, CWU, 9.55; 5. Ali Mosher, WOU, 9.64; 6. Cassie Holm, MSUB, 9.87; 7. Jill Bennett, NNU, 10.28.

Distance Medley Relay - 1. Seattle Pacific (Anderberg, Harline, Pixler, Essien) 12:01.79; 2. Western Washington (Olsen, Siler, Johnson, Porter) 12:15.12; 3. Western Oregon (Morrison, Zambon, McKillip, Harper) no time; 4. Northwest Nazarene (A. Puga, Decker, Beaty, J. Puga) 12:47.02; 5. Saint Martin's (Camden, Carlson, Laweryson, Minton) 13:33.97; 6. Central Washington (Mendoza, Seidler, Borunda, Mullen) 13:37.38; 7. Montana State Billings (Thiel, Holm, Ler, Mickelson) 13:45.19.

4x400 Relay - 1. Northwest Nazarene (Beaty, A. Puga, J. Puga, Decker) 3:55.58 (MR, old 3:57.36, SPU, 2008); 2. Western Washington (Dimmitt, King, Brownell, O'Connell) 3:55.67; 3. Seattle Pacific (Essien, Hinton, Worthen, Peaslee) 4:00.42; 4. Western Oregon (Berry, Applebee, Meusec, Butcher) 4:02.96; 5. Saint Martin's (Carlson, Laweryson, Minton, Pendon) 4:12.28; 6. Central Washington (Hood, Rose, Wells, Carrie) 4:15.77; 7. Montana State Billings (Halle, Woodford, Jackson, Simons) 4:17.77.

High Jump - 1. Ali Worthen, SPU, 1.74 - 5-8 1/2 (MR, old 1.69 - 5-6 1/2, Teona Perkins, SPU, 2006 and Emily Peterson, NNU, 2006); 2. Sabrina Schwindler, WWU, 1.56 - 5-1 1/4; 3. Jacque Helbling, WOU, and Clara Cook, WWU, 1.56 - 5-1 1/4; 5. Kelsey Neilson, WOU, 1.56 - 5-1 1/4; 6. Mandy Keifer, WOU, 1.51 - 4-11 1/2; 7. Jacquie Mattson, SPU, 1.51 - 4-11 1/2; 8. Raquel Gonzalez, CWU; Danielle Nordlund, CWU, and Jill Bennett, NNU, 1.46 - 4-9 1/2; 11. Zoe Skordahl, WOU, and Beth McLam, NNU, 1.46 - 4-9 1/2; Chelsey Jones, NNU, NH; Tiffany Ferch, NNU, NH.

Pole Vault -1. Christy Miller, WWU, 3.76 - 12-4; 2. Melissa Peaslee, SPU, 3.66 - 12-0; 3. Carrie Hauck, SPU, 3.46 - 11-4 1/4; 4. Kjersti Gedde, SPU, 3.46 - 11-4 1/4; 5. Karina Elzinga, NNU, 3.21 - 10-6 1/4; 6. Camille Clarke, WWU, 3.21 - 10-6 1/4; 7. Robin Mueller, WWU, 3.06 - 10-0 1/2; 8. Amanda DiEnno, WWU, 3.06 - 10-0 1/2; 9. Cindy Glenn, CWU; MJ Usabel, NNU, and Amanda Konzal, NNU, 2.91 - 9-6 1/2; 12. Sydney Austin, WWU, 2.76 - 9-0 1/2; Jennifer Johnson, SMU, NH.

Long Jump -1. Ali Worthen, SPU, 5.65 - 18-6 1/2; 2. Emily Warman, WWU, 5.65 - 18-6 1/2; 3. Molly Reid, NNU, 5.19 - 17-0 1/2; 4. Jacque Helbling, WOU, 5.18 - 17-0; 5. Callie Muri, WWU, 5.06 - 16-7 1/4; 6. Mandy Keifer, WOU, 5.06 - 16-7 1/4; 7. Laura VonArx, NNU, 5.06 - 16-7 1/4; 8. Natalie Nobbs, SPU, 4.98 - 16-4 1/4; 9. Danielle Nordlund, CWU, 4.96 - 16-3 1/4; 10. Clara Cook, WWU, 4.91 - 16-1 1/2; 11. Erika Halle, MSUB, 4.90 - 16-1;

12. Maycee Bekkedahl, NNU, 4.87 – 15-11 $\frac{3}{4}$; 13. Britney Derhak, MSUB, 4.85 – 15-11; 14. Amanda Rose, CWU, 4.79 – 15-8 $\frac{3}{4}$; 15. Jill Bennett, NNU, 4.72 – 15-6; 16. Mary Seidler, CWU, 4.70 – 15-5.

Triple Jump - 1. Laura Vonarx, NNU, 11.33 – 37-2 $\frac{1}{4}$; 2. Emily Warman, WWU, 11.24 – 36-10 $\frac{1}{2}$; 3. Ali Worthen, SPU, 11.07 – 36-4; 4. Mandy Keifer, WOU, 10.81 - 35-5 $\frac{3}{4}$; 5. Christy Miller, WWU, 10.73 – 35-2 $\frac{1}{2}$; 6. Amanda Rose, CWU, 10.67 – 35-0 $\frac{1}{4}$; 7. Callie Muri, WWU, 10.53 – 34-6 $\frac{3}{4}$; 8. Molly Reid, NNU, 10.46 – 34-4; 9. Maycee Bekkedahl, NNU, 10.27 – 33-8 $\frac{1}{2}$; 10. Zoe Skordahl, WOU, 10.21 – 33-6; 11. Kelsey Neilson, WOU, 10.02 – 32-10 $\frac{1}{2}$; 12. Natalie Nobbs, SPU, 9.84 – 32-3 $\frac{1}{2}$.

Shot Put -1. Krissy Tandle, CWU, 14.87 - 48-9 $\frac{1}{2}$ (MR & CR, old meet, Tandle, 44-8 $\frac{3}{4}$, 2006; old conference, Tandle, 47-6 $\frac{1}{4}$, 2009); 2. Joy Warrington, NNU, 13.14 - 43-1 $\frac{1}{2}$; 3. Jordan Stueckle, CWU, 12.08 - 39-7 $\frac{3}{4}$; 4. Torrie Self, CWU, 11.68 - 38-4; 5. Hillary Gourneau, MSUB, 11.65 - 38-2 $\frac{3}{4}$; 6. Shayna Shute, NNU, 10.85 - 35-7 $\frac{1}{4}$; 7. Kacie Vanderloos, MSUB, 10.72 - 35-2; 8. Alyssa Taylor, WOU, 10.53 - 34-6 $\frac{3}{4}$; 9. Hannah Dine-Aubert, NNU, 10.40 – 34-1 $\frac{1}{2}$; 10. Becky Scherer, CWU, 10.18 – 33-4 $\frac{3}{4}$; 11. Chelsey Jones, NNU, 10.13 – 33-3; 12. Lexi Halvorson, MSUB, 10.06 – 33-0 $\frac{1}{4}$; 13. Robin Brown, WWU, 9.81 – 32-2 $\frac{1}{4}$; 13. Megan Thomas, SMU, 8.99 – 29-6; 15. Kelsee Clark, MSUB, 8.78 – 28-9 $\frac{3}{4}$.

Weight Throw - 1. Krissy Tandle, CWU, 15.97 – 52-4 $\frac{3}{4}$; 2. Torrie Self, CWU, 14.91 – 48-11; 3. Courtney Little, NNU, 14.91 – 48-11; 4. Erika McCarthy, NNU, 13.44 – 44-1 $\frac{1}{4}$; 5. Joy Warrington, NNU, 13.17 – 43-2 $\frac{1}{2}$; 6. Jordan Stueckle, CWU, 13.09 – 42-11 $\frac{1}{2}$; 7. Alyssa Taylor, WOU, 12.63 – 41-5 $\frac{1}{4}$; 8. Becky Scherer, CWU, 12.39 – 40-7 $\frac{3}{4}$; 9. Shayna Shute, NNU, 12.25 – 40-2 $\frac{1}{4}$; 10. Katie Snoderly, WOU, 11.91 – 39-1; 11. Hannah Dine-Aubert, NNU, 11.03 – 36-2 $\frac{1}{4}$; 12. Jillian Blake, SMU, 10.39 – 34-1 $\frac{1}{4}$; 13. Robin Brown, WWU, 9.25 – 30-4 $\frac{1}{4}$.

2009 GNAC Men's Indoor Track & Field Championships

Feb. 21 at Nampa

Team Scores - Western Oregon 169, Western Washington 135, Central Washington 128, Northwest Nazarene 84, Saint Martin's 40, Seattle Pacific 11, MSU Billings 8. **Outstanding Performers** - Zeke Van Patten, Western Oregon, and Tyler Fischer, Central Washington.

60 - 1. Bryan Mack, CWU, 6.95 (meet record, old, Aguilar, 6.99, 2009 prelims); 2. Augustine Agyei, WWU, 6.99; 3. Alex Tilley, WWU, 7.06; 4. Gabe Aguilar, WOU, 7.07; 5. Radio Battle, CWU, 7.15; 6. Dylan Wells, WOU, 7.16; 7. Kincaid Nichols, CWU, 7.21; 8. Zeb Udell, WOU, 7.29. **Prelims: Heat 1** - 1. Augustine Agyei, WWU, 7.02; 2. Kincaid Nichols, CWU, 7.10; 3. Radio Battle, CWU, 7.13; 4. Zeb Udell, WOU, 7.16; 5. Chris Freeman, WOU, 7.24; 6. Nick Kesler, MSUB, 7.32; 7. Eric Zwiefelhofer, NNU, 7.37; 8. Nathan Diede, MSUB, 7.61. **Heat 2** - 1. Gabe Aguilar, WOU, 6.99 (MR, old, 7.02, Ashtin Mott, WOU, 2008); 2. Bryan Mack, CWU, 7.05; 3. Alex Tilley, WWU, 7.16; 4. Dylan Wells, WOU, 7.19; 5. Derek Sepe, NNU, 7.29; 6. Phillip Villanueva, WWU, 7.38; 7. James Cho, CWU, 7.48; 8. Noah Vallincourt, MSUB, 7.49.

200 - 1. Radio Battle, CWU, 21.97 (MR, old, 22.04, Isaac Frederick, WOU, 2004); 2. Maurus Hope, NNU, 22.21; 3. Augustine Agyei, WWU, 22.60; 4. Matt Rogstad, CWU, 22.61; 5. Alex Tilley, WWU, 22.62; 6. Nick Clark, WOU, 22.76; 7. Gabe Aguilar, WOU, 22.79; 8. Kincaid Nichols, CWU, 22.80; 9. Derek Sepe, NNU, 22.93; 10. Nick Kesler, MSUB, 22.98; 11. Dylan Wells, WOU, 23.16; 12. Nathan Diede, MSUB, 23.22; 13. Micah Grounds, SPU, 23.35; 14. Dane Manley, NNU, 23.45; 15. Noah Vallincourt, MSUB, 23.64.

400 - 1. Maurus Hope, NNU, 49.75; 2. Mitch Ward, NNU, 49.99; 3. Blake Estep, WOU, 50.08; 4. Ashtin Mott, WOU, 50.12; 5. Nick Clark, WOU, 50.26; 6. Ben Wargo, WWU, 50.37; 7. Matt Rogstad, CWU, 50.49; 8. Dan Hill, NNU, 50.62; 9. Dallas Beaty, NNU, 51.07; 10. Kevin Myhre, WWU, 51.12; 11. Bryan Gerry, SMU, 51.25; 12. Travis Dodge, SMU, 51.46; 13. Andy Loscutt, WOU, 52.66; 14. James Hopkins, MSUB, 53.43; Deshawn Lewis, MSUB, dnf; Colby Brydson, CWU, DQ.

800 - 1. Zeke Van Patten, WOU, 1:53.43; 2. Carson O'Brien, WOU, 1:56.24; 3. Kyle Larson, WOU, 1:59.21; 4. Mike Schmid, WOU, 1:59.88; 5. Zach Massari, WOU, 2:00.60; 6. Corey Cronkhite, CWU, 2:01.67; 7. Mike Lewis, NNU, 2:02.39; 8. Abe Webb, WOU, 2:02.82; 9. Jeff Knudson, CWU, 2:02.90; 10. Tyson Vanderby, MSUB, 2:03.08; 11. Anders Mavis, WWU, 2:03.19; 12. Jake Brown, WWU, 2:03.76; 13. Jason Towery, NNU, 2:05.22; 14. Jeff Long, WOU, 2:06.13; 15. Kelley Miller, MSUB, 2:07.72; 16. Travis Banker, WOU, 2:09.17; 17. Josh Merioles, NNU, 2:12.17.

Mile - 1. Zeke Van Patten, WOU, 4:17.02; 2. Bennett Grimes, WWU, 4:18.10; 3. Jeff Long, WOU, 4:19.09; 4. Matt McCrary, WOU, 4:25.22; 5. Eric Brill, WWU, 4:26.88; 6. Braxton Jackson, WOU, 4:27.42; 7. Dan Sprinkle, WOU, 4:30.77; 8. Daniel Friesen, SPU, 4:30.82; 9. Nathanael Sleight, SPU, 4:31.73; 10. Daniel Lombardi, MSUB, 4:33.04; 11. Luke Hetrick, NNU, 4:34.77; 12. Noah Caffrey, SMU, 4:34.81; 13. Spencer Hunt, SMU, 4:34.91; 14. Alex Wipf, WWU, 4:35.35; 15. Tom Johnson, CWU, 4:37.93; 16. Neil Easter, NNU, 4:43.24; 17. Hank Hetrick, NNU, 4:49.68.

5000 - 1. John Riak, SMU, 15:09.89; 2. Jordan Welling, WWU, 15:15.43; 3. Josiah Price, SMU, 15:23.90; 4. Kyle Van Santen, SMU, 15:30.28; 5. Chris Reed, WOU, 15:36.78; 6. Nik Karr, WOU, 15:37.23; 7. Eric Brill, WWU, 15:40.82; 8. Brandon Snook, WOU, 15:56.59; 9. Trevor Kulvi, CWU, 15:58.46; 10. Darrell Terry, WOU, 16:14.54; 11. Justin Karr, WOU, 16:21.50; 12. Jordan Lance, SPU, 16:22.39; 13. Nicholas Harvey, SMU, 16:24.87; 14. Daniel Hamilton, SPU, 16:31.45; 15. Tom McKay, SPU, 16:36.08.

60 Hurdles - 1. Dallas Beaty, NNU, 8.51; 2. Kyle Williams, CWU, 8.64; 3. Andrew Gray, WWU, 8.71; 4. Andy Loscutt, WOU, 8.75; 5. Jordan Werner, WOU, 8.80; 6. Kevin Myhre, WWU, 8.88; 7. Robert Manwell, WOU, 8.91; 8. Ben Wargo, WWU, 14.82. **Prelims: Heat 1** - 1. Andrew Gray, WWU, 8.71; 2. Andy Loscutt, WOU, 8.76; 3. Kegan Lassiter, NNU, 8.99; 4. Darnell Harris, CWU, 9.05; 5. Michael Kendrick, WOU, 9.52; 6. Josh Grewe, NNU, 9.63. **Heat 2** - 1. Dallas Beaty, NNU, 8.49; 2. Ben Wargo, WWU, 8.75; 3. Robert Manwell, WOU, 8.85; 4. Jordan Werner, WOU, 8.89; 5. Kyle Williams, CWU, 8.91; 6. Kevin Myhre, WWU, 8.92.

Distance Medley Relay - 1. Western Washington (Bennett Grimes, Toby David, Anders Mavis, Jordan Welling) 10:26.42; 2. Western Oregon (Jackson, Larson, McCrary, Massari) 10:40.21; 3. Northwest Nazarene (Wageman, Grewe, Lewis, Easter) 10:55.11; 4. Central Washington (Cronkhite, Williams, Knutson, Johnson) 11:06.54; 5. Montana State Billings (Canfield, Miller, Hutchinson, Lombardi) 11:23.42; 6. Saint Martin's (Barr, Caffrey, Dodge, Gerry) 11:38.64.

4x400 Relay - 1. Northwest Nazarene 3:20.61 (Dallas Beaty, Mitch Ward, Dan Hill, Maurus Hope; MR, old, 3:20.98, Central Washington, 2007); 2. Western Oregon (Estep, Mott, Loscutt, O'Brien) 3:22.44; 3. Western Washington (Wargo, O'Connell, Myhre, Villanueva) 3:22.73; 4. Central Washington (Brydson, Battle, Nichols, Rogstad) 3:25.50; 5. Montana State Billings (Diede, Hopkins, Lewis, Kesler) 3:40.19; Saint Martin's (Barr, Caffrey, Dodge, Gerry) DNF.

High Jump - 1. Cameron Bailey, CWU, 2.01 - 6-7; 2. Robert Wegner, WOU, and Jonathan Hamilton, CWU, 1.96 - 6-5; 4. Matt Lariza, WOU, 1.91 - 6-3 ¼; 5. Josh Heidegger, NNU, 1.86 - 6-1 ¼; 6. James Turner, WWU, 1.81 - 5-11 ¼; 7. Nathan Wagner, SPU, 1.76 - 5-9 ¼; Nick Collins, CWU, NH; Zeb Udell, WOU, NH; Stuart Montgomery, NNU, NH; Josh Grewe, NNU, NH.

Pole Vault -1. Ryan Brown, WWU, 5.03 - 16-6 (MR & CR, old meet, 16-0 1/2, Scott Romney, WWU, 2006; old conference, 16-5 ¼, Tyler Thornbrue, WWU, 2007); 2. Zeb Udell, WOU, 4.65 - 15-3; 3. Josh Winters, WWU, 4.50 - 14-9; 4. Steven Schafer, NNU, 4.50 - 14-9; 5. Hayden Woodard, WWU, 4.50 - 14-9; 6. Will Lloyd, WWU, 4.35 - 14-3 ¼; 7. Nick Hoza, WWU, 4.20 - 13-9 ¼; 8. Ben Shea, NNU, 4.20 - 13-9 ¼; 9. Michael Millson, WWU, and Andrew Sneed, NNU, 4.05 - 13-3 ½; James Carr, CWU, NH; Tim Clendaniel, WWU, NH.

Long Jump -1. Zeb Udell, WOU, 7.03 - 23-0 ¾ (MR & CR, old records, 7.01 - 23-0 by Udell, 2008); 2. Justin Felt, SPU, 6.88 - 22-7; 3. Tim Clendaniel, WWU, 6.70 - 21-11 ¾; 4. Shane Gruger, WWU, 6.65 - 21-10; 5. Nick Collins, CWU, 6.61 - 21-8 ¾; 6. Bryan Mack, CWU, 6.53 - 21-5 ¾; 7. Rendel Jones, CWU, 6.52 - 21-4 ¾; 8. Chris Freeman, WOU, 6.48 - 21-3 ¾; 9. Mark Hanson, NNU, 6.47 - 21-2 ¾; 10. James Cho, CWU, 6.32 - 20-9; 11. Robert Wegner, WOU, 6.31 - 20-8 ½; 12. Isaiah Smith, WOU, 6.21 - 20-4 ½; 13. Josh Grewe, NNU, 6.16 - 20-2 ½; 14. Kincaid Nichols, CWU, 5.97 - 19-7; 15. Tim Satterwhite, WWU, 5.72 - 18-9 ¼; 16. Andrew Sneed, NNU, 5.69 - 18-8.

Triple Jump - 1. Rendel Jones, CWU, 14.24 – 46-8 ¾; 2. Tyler Reismaur, WOU, 14.09 – 46-2 ¾; 3. James Cho, CWU, 13.99 – 45-10 ¾; 4. Tim Satterwhite, WWU, 13.90 – 45-7 ¼; 5. Cameron Bailey, CWU, 13.86 – 45-5 ¾; 6. Bryan Mack, CWU, 13.69 – 44-11; 7. James Turner, WWU, 13.56 – 44-6; 8. Josh Heidegger, NNU, 13.43 – 44-0 ¾; 9. Tim Clendaniel, WWU, 13.16 – 43-2 ¼; 10. Isaiah Smith, WOU, 13.13 – 43-1; 11. Matt Lariza, WOU, 12.87 – 42-2 ¾; 12. Justin Felt, SPU, 12.26 – 40-2 ¾; 13. Nathan Wagner, SPU, 12.08 – 39-7 ¾; 14. Karl Schmidt, SPU, 11.99 – 39-4; 15. Deshawn Lewis, MSUB, 11.97 – 39-3 ¼.

Shot Put - 1. Tyler Fischer, CWU, 15.93 – 52-3 ¼; 2. Sam Washington, SMU, 15.66 – 51-4 ½; 3. Dincer Kayhan, WWU, 15.42 – 50-7 ¼; 4. Zach Barclay, NNU, 15.32 – 50-3 ¼; 5. Grant Miller, NNU, 15.30 – 50-2 ½; 6. Ben Elder, WWU, 14.40 – 47-3; 7. Donovan Cunningham, WWU, 13.93 – 45-8 ½; 8. Brandon Varkevisser, WWU, 13.68 – 44-10 ¾; 9. Jordan Fenters, NNU, 13.59 – 44-7; 10. Robert Barrett, WOU, 13.34 – 43-9 ¼; 11. Jason Slowey, WOU, 13.27 – 43-6 ½; 12. Diego Estrada, NNU, 12.68 – 41-7 ¼; 13. Jade Haynie, MSUB, 11.57 – 37-11 ½; 14. Mychal Ostler, CWU, 11.04 – 36-2 ¾; 15. Matt Schryvers, WOU, 10.45 – 34-3 ½.

Weight Throw - 1. Tyler Fischer, CWU, 17.83 – 58-6; 2. Sam Washington, SMU, 17.25 – 56-7 ¼; 3. Zach Barclay, NNU, 16.75 – 54-11 ½; 4. Anthony Marin, WOU, 15.77 – 51-9; 5. Mychal Ostler, CWU, 15.52 – 50-11; 6. Jordan Fenters, NNU, 14.93 – 48-11 ¾; 7. Ben Elder, WWU, 14.90 – 48-10 ¾; 8. Robert Barrett, WOU, 14.50 – 47-7; 9. Matt Schryvers, WOU, 14.27 – 46-10; 10. Jason Slowey, WOU, 13.66 – 44-9 ¾; 11. Diego Estrada, NNU, 12.60 – 41-4 ¼; 12. Jade Haynie, MSUB, 12.09 – 39-8; 13. Alex Eaton, NNU, 11.26 – 36-11 ½; Grant Miller, NNU, foul; Donovan Cunningham, WWU, foul.