

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****Women 60 Meter Dash**

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Meet Record: *	7.33	2006	Virginia Powell, USC
Name	Year	School	Prelims H#

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Preliminaries

1 #	219	Gaffney, Regyn	Washington St.	7.61Q	3
2 #	239	Taylor, Charisma	Washington St.	7.67Q	2
3 #	176	Quaynor, Meyer	Simon Fraser	7.84Q	1
4 #	269	Medallada, Kameha	Whitworth	7.90q	3
5 #	134	Igbonagwam, Peace	Seattle Pacific	7.97q	2
6 #	229	Newman, Lauren	Washington St.	7.98q	1
7 #	158	Moore, Michaela	Seattle U.	8.02q	3
7 #	12	Doss, Aujanique	Central Washington	8.02q	2
9 #	216	Fletcher, Mackenz	Washington St.	8.03	1
10 #	224	Iverson, Ronna	Washington St.	8.05	1
11 #	35	Robydek, Morgan	Central Washington	8.07	1
12 #	172	Lindsay, Emily	Simon Fraser	8.08	2
13 #	133	Farner, Anna	Seattle Pacific	8.09	2
14 #	57	Carson, Madison	Lewis-Clark	8.14	3
15 #	20	Hill, Tia	Central Washington	8.26	1
16 #	6	Carter, Troi	Central Washington	8.27	2
17 #	163	Soliman, Renee	Seattle U.	8.30	2
18 #	190	Mael, Jillian	UNAT-Spokane CC	8.31	1
19 #	253	Legras, Natalie	Western Oregon	8.38	3
20 #	78	McDaniel, Olivia	Unattached	8.39	2
20 #	257	Sears, Hailey	Western Oregon	8.39	3
22 #	1	Baldwin-Case, All	Central Washington	8.42	3
22 #	191	Sawyer, Carlie	UNAT-Spokane CC	8.42	1

Women 60 Meter Dash QUALIFYING

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Name	Year	School	Finals	H#
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Finals

1 #	269	Medallada, Kameha	Whitworth	7.94	6
2 #	12	Doss, Aujanique	Central Washington	7.95	4
3 #	216	Fletcher, Mackenz	Washington St.	7.98	5
4 #	224	Iverson, Ronna	Washington St.	8.02	1
5 #	172	Lindsay, Emily	Simon Fraser	8.07	1
6 #	158	Moore, Michaela	Seattle U.	8.10	5
7 #	57	Carson, Madison	Lewis-Clark	8.11	1
8 #	133	Farner, Anna	Seattle Pacific	8.14	4
9 #	35	Robydek, Morgan	Central Washington	8.15	6
10 #	20	Hill, Tia	Central Washington	8.18	2
11 #	6	Carter, Troi	Central Washington	8.29	2
12 #	1	Baldwin-Case, All	Central Washington	8.35	3
13 #	163	Soliman, Renee	Seattle U.	8.37	2
13 #	257	Sears, Hailey	Western Oregon	8.37	6
15 #	190	Mael, Jillian	UNAT-Spokane CC	8.40	1
16 #	191	Sawyer, Carlie	UNAT-Spokane CC	8.41	5
17 #	253	Legras, Natalie	Western Oregon	8.44	5
17 #	78	McDaniel, Olivia	Unattached	8.44	3
19 #	108	Smith, Marissa	Pacific (Ore.)	8.55	3
20 #	77	Keliiheleua, Ani	Linfield	8.60	1
20 #	251	Jackson, Logan	Western Oregon	8.60	4
22 #	182	Borders, Christy	Southwest Sp	8.61	2

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Women 60 Meter Dash QUALIFYING**

22 #	124 Morton, Lura	Puget Sound	8.61	6
24 #	275 Ward, Mackenzie	Whitworth	8.63	4
25 #	196 Welk, Bayley	UNAT-Spokane CC	8.65	4
26 #	61 Madden, Michaela	Lewis-Clark	8.66	1
27 #	281 Cox-Raman, Sonja	Willamette	8.68	3
28 #	107 Smith, Alexa	Pacific (Ore.)	8.77	5
29 #	278 Cabrera, Jenette	Willamette	8.80	6
30 #	120 Haskins, Naloni	Puget Sound	8.87	6
31 #	276 Blackburn, Emma`	Willamette	8.95	5
32 #	94 Deniz, Estefania	Pacific (Ore.)	9.01	2
33 #	85 Anderson, Persia	Multnomah	9.02	3
34 #	121 Hunt, Kelby	Puget Sound	9.07	1
35 #	84 Amundsen, Sydney	Multnomah	9.16	3
36 #	129 Volk, Alanna	Puget Sound	9.32	2
37 #	90 Roberts, Jessie	Multnomah	9.94	6

Women 60 Meter Dash

=====				
Meet Record: * 7.33 2006 Virginia Powell, USC				
Name	Year	School	Finals	
=====				
1 #	219 Gaffney, Regyn	Washington St.	7.55	
2 #	239 Taylor, Charisma	Washington St.	7.65	
3 #	176 Quaynor, Meyer	Simon Fraser	7.82	
4 #	134 Igbonagwam, Peace	Seattle Pacific	7.88	
5 #	229 Newman, Lauren	Washington St.	7.89	
6 #	269 Medallada, Kameha	Whitworth	7.96	
7 #	158 Moore, Michaela	Seattle U.	8.02	
7 #	12 Doss, Aujanique	Central Washington	8.02	

Preliminaries

9 #	216 Fletcher, Mackenz	Washington St.	
10 #	224 Iverson, Ronna	Washington St.	
11 #	35 Robydek, Morgan	Central Washington	
12 #	172 Lindsay, Emily	Simon Fraser	
13 #	133 Farner, Anna	Seattle Pacific	
14 #	57 Carson, Madison	Lewis-Clark	
15 #	20 Hill, Tia	Central Washington	
16 #	6 Carter, Troi	Central Washington	
17 #	163 Soliman, Renee	Seattle U.	
18 #	190 Mael, Jillian	UNAT-Spokane CC	
19 #	253 Legras, Natalie	Western Oregon	
20 #	78 McDaniel, Olivia	Unattached	
20 #	257 Sears, Hailey	Western Oregon	
22 #	1 Baldwin-Case, All	Central Washington	
22 #	191 Sawyer, Carlie	UNAT-Spokane CC	

Women 200 Meter Dash

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Meet Record: * 24.34 2006 Carol Rodriguez, USC				
Name	Year	School	Finals	H#
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Finals				
1 #	156 Lunning, Caylah	Seattle U.	26.22	1
2 #	12 Doss, Aujanique	Central Washington	26.54	1
3 #	269 Medallada, Kameha	Whitworth	26.68	1

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Women 200 Meter Dash**

4 #	176 Quaynor, Meyer	Simon Fraser	26.69	1
5 #	172 Lindsay, Emily	Simon Fraser	26.72	2
6 #	237 Schreiber, Kristi	Washington St.	26.75	1
7 #	133 Farner, Anna	Seattle Pacific	27.24	2
8 #	257 Sears, Hailey	Western Oregon	27.30	2
9 #	261 Wilson, Taryn	Western Oregon	27.37	4
10 #	218 Frost, Katelyn	Washington St.	27.46	3
11 #	195 Warwick, Parker	UNAT-Spokane CC	27.56	4
12 #	20 Hill, Tia	Central Washington	27.82	2
13 #	31 Neria, Jasmyne	Central Washington	28.14	2
14 #	158 Moore, Michaela	Seattle U.	28.15	4
15 #	2 Bland, Emily	Central Washington	28.22	3
16 #	35 Robydek, Morgan	Central Washington	28.32	4
17 #	6 Carter, Troi	Central Washington	28.44	3
18 #	251 Jackson, Logan	Western Oregon	28.45	8
19 #	220 Gaudin, Marie	Washington St.	28.49	3
20 #	18 Hamilton, Rachell	Central Washington	28.50	5
21 #	64 Robinson, Natalie	Lewis-Clark	28.63	8
22 #	1 Baldwin-Case, All	Central Washington	28.83	5
23 #	190 Mael, Jillian	UNAT-Spokane CC	28.84	6
24 #	275 Ward, Mackenzie	Whitworth	29.02	6
25 #	273 Schweiger, Anna B	Whitworth	29.12	5
26 #	120 Haskins, Naloni	Puget Sound	29.50	6
27 #	124 Morton, Lura	Puget Sound	29.55	7
28 #	281 Cox-Raman, Sonja	Willamette	29.73	5
29 #	128 Stills, Megan	Puget Sound	29.90	6
30 #	276 Blackburn, Emma`	Willamette	30.09	7
31 #	278 Cabrera, Jenette	Willamette	30.66	8
32 #	188 Dawson, Lexi	UNAT-Spokane CC	30.72	7
33 #	121 Hunt, Kelby	Puget Sound	30.90	7
34 #	10 Ditter, Kaitlyn	Central Washington	31.23	6
35 #	129 Volk, Alanna	Puget Sound	32.21	7
36 #	189 Kaylor, Monica	UNAT-Spokane CC	32.30	5
37 #	89 Lomprey, Serenity	Multnomah	33.00	8

Women 400 Meter Dash

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Meet Record: * 55.78 2008 Carol Rodriquez, USC				
Name Year School Finals H#				
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1 #	41 Trinidad, Sidney	Central Washington	58.86	8
2 #	62 McClurkin, Brooke	Lewis-Clark	1:00.58	6
3 #	23 Juarez, Noelia	Central Washington	1:00.70	6
4 #	59 Kalmbach, Rebekka	Lewis-Clark	1:01.32	4
5 #	2 Bland, Emily	Central Washington	1:01.42	8
6 #	153 Grady, Regie	Seattle U.	1:01.56	7
7 #	68 Snyder, Abby	Lewis-Clark	1:01.63	1
8 #	31 Neria, Jasmyne	Central Washington	1:01.76	8
9 #	60 Litton, McKinley	Lewis-Clark	1:01.85	4
10 #	56 Bryan, Jazzmin	Lewis-Clark	1:02.58	7
11 #	258 Soladey, Sarra	Western Oregon	1:03.07	2
12 #	262 Yonkman, Michaela	Western Oregon	1:03.17	4
13 #	116 Bradlina, Emery	Puget Sound	1:03.34	6
13 #	242 Willems, Elena	Washington St.	1:03.34	7
15 #	150 Deleissegues, Chl	Seattle U.	1:03.66	5

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Women 400 Meter Dash**

16 #	96 Eberhardt, Megan	Pacific (Ore.)	1:03.83	7
17 #	64 Robinson, Natalie	Lewis-Clark	1:04.32	3
18 #	73 Cameron, Baylie	Linfield	1:04.35	5
19 #	255 Niskanen, Nicole	Western Oregon	1:04.64	5
20 #	282 Crookham-Guy, Gra	Willamette	1:05.40	1
21 #	85 Anderson, Persia	Multnomah	1:07.05	3
22 #	292 Solano, Isabel	Willamette	1:09.05	4
23 #	188 Dawson, Lexi	UNAT-Spokane CC	1:09.17	3
24 #	117 Cottnair, Hannah	Puget Sound	1:09.62	1
25 #	128 Stills, Megan	Puget Sound	1:09.73	3
26 #	119 Emerick, Iris	Puget Sound	1:10.39	2
27 #	84 Amundsen, Sydney	Multnomah	1:11.52	3

Women 800 Meter Run

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Meet Record: * 2:10.05 2014 Liga Velveve, Vandal Track				
Name	Year	School	Finals	H#
=====				
1 #	175 Nock, Paige	Simon Fraser	2:20.06	3
2 #	162 Rubio, Siobhan	Seattle U.	2:20.25	3
3 #	179 Shields-Brown, Ma	Simon Fraser	2:20.28	3
4 #	161 Postma, Ellie	Seattle U.	2:20.30	3
5 #	54 Borrego, Dallas	Lewis-Clark	2:20.48	2
6 #	171 Klassen, Adrianna	Simon Fraser	2:21.19	2
7 #	135 Kaufman, Krystal	Seattle Pacific	2:23.67	3
8 #	116 Bradlina, Emery	Puget Sound	2:24.03	3
9 #	55 Brown, Rylee	Lewis-Clark	2:24.34	2
10 #	169 Chilton, Emily	Simon Fraser	2:24.46	3
11 #	285 Duxbury, Isabel	Willamette	2:24.87	2
12 #	4 Bloomquist, Kayla	Central Washington	2:26.06	2
13 #	160 O'Hara, Emily	Seattle U.	2:28.56	2
14 #	259 Solomon, Shayla	Western Oregon	2:28.90	3
15 #	123 Metzler, Rachael	Puget Sound	2:31.15	2
16 #	245 Bayly, Rachel	Western Oregon	2:32.65	2
17 #	243 Wynne, Brea	Washington St.	2:32.86	1
18 #	149 Cooney, Lisa	Seattle U.	2:32.89	2
19 #	263 Zimmerdahl, Kendr	Western Oregon	2:33.16	1
20 #	288 Piacsek, Audrey	Willamette	2:34.30	1
21 #	270 Neder, Mary	Whitworth	2:39.18	1
22 #	194 Stark, Courtney	UNAT-Spokane CC	2:39.46	1
23 #	122 Klein, Tatiana	Puget Sound	2:42.00	1
24 #	93 Cunningham, Amand	Pacific (Ore.)	2:46.69	1
25 #	97 Echiverri, Kristi	Pacific (Ore.)	2:47.16	1
26 #	36 Sabisch, Drew	Central Washington	3:01.67	1

Women 1 Mile Run

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Meet Record: * 4:44.31 2014 Hannah Kiser, Idaho				
Name	Year	School	Finals	H#
=====				
1 #	139 Lilly, Kate	Seattle Pacific	5:09.89	3
2 #	148 Washenberger, Kel	Seattle Pacific	5:11.43	3
3 #	175 Nock, Paige	Simon Fraser	5:12.42	3
4 #	66 Saxton, Rebecca	Lewis-Clark	5:13.80	2
5 #	204 Rich, Whitney	Unattached	5:13.87	3

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Women 1 Mile Run**

6 #	145 Mitchell, Kaylee	Seattle Pacific	5:14.14	3
7 #	178 Roxby, Megan	Simon Fraser	5:15.83	3
8 #	238 Stinger, Desi	Washington St.	5:18.85	3
9 #	197 Whiteley, Jolene	UNAT-Spokane CC	5:21.83	3
10 #	220 Gaudin, Marie	Washington St.	5:23.50	3
11 #	42 Tyrrell, Lily	Central Washington	5:25.23	3
12 #	142 McGraw, Amber	Seattle Pacific	5:26.89	3
13 #	92 Berdahl, Hannah	Pacific (Ore.)	5:30.75	1
14 #	7 Child, Madison	Central Washington	5:31.23	2
15 #	123 Metzler, Rachael	Puget Sound	5:31.47	2
16 #	279 Carr, Hazel	Willamette	5:34.39	1
17 #	17 Gohr, Caitlin	Central Washington	5:36.96	2
18 #	274 Shoop, Ellie	Whitworth	5:37.33	1
19 #	58 Johnson, Callie	Lewis-Clark	5:44.41	2
20 #	26 Lester, Kay	Central Washington	5:46.71	2
21 #	102 Irish, Eliza	Pacific (Ore.)	5:47.02	2
22 #	105 Putman, Kara	Pacific (Ore.)	5:47.35	2
23 #	70 Ambrose, Ashley	Linfield	5:55.72	1
24 #	126 Schaffer, Sam	Puget Sound	5:56.87	2
25 #	127 Schnorr, Ellie	Puget Sound	6:01.38	1
26 #	104 Pilgrim, Kristin	Pacific (Ore.)	6:05.59	2
27 #	210 MacKenzie, Lindsa	Warner Pacif	6:07.66	2
28 #	271 Pfundt, Erin	Whitworth	6:09.91	1
29 #	125 Mulligan, Darby	Puget Sound	6:14.70	1
30 #	100 Henry, Morgan	Pacific (Ore.)	6:27.21	1
31 #	112 Cook, Makayla	Providence (	6:31.43	2
32 #	115 Weingart, Kita	Providence (	6:47.68	2
33 #	88 Loe, Bethany	Multnomah	7:03.94	1

Women 3000 Meter Run

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Meet Record: * 9:51.25 2009 Allix Lee-Painter, Idaho				
Name	Year	School	Finals	H#
=====				
1 #	139 Lilly, Kate	Seattle Pacific	10:21.93	2
2 #	148 Washenberger, Kel	Seattle Pacific	10:23.04	2
3 #	51 Vitale-Sullivan,	College of Idaho	10:28.06	2
4 #	180 Willett, Olivia	Simon Fraser	10:29.48	2
5 #	204 Rich, Whitney	Unattached	10:33.95	2
6 #	177 Ribeiro, Chelsea	Simon Fraser	10:36.44	2
7 #	223 Hruska, Melissa	Washington St.	10:38.04	2
8 #	47 Mauer, Larissa	College of Idaho	10:42.10	2
9 #	109 Spencer, Stepheni	Pacific (Ore.)	10:43.85	2
10 #	49 Russell, Tamika	College of Idaho	10:46.77	2
11 #	143 McNerney, Sedona	Seattle Pacific	10:48.37	2
12 #	168 Charlton, Calli	Simon Fraser	10:49.58	2
13 #	29 Mattson, Molly	Central Washington	10:50.25	2
14 #	174 Morris, Amy	Simon Fraser	10:53.55	2
15 #	165 Stein, Elle	Seattle U.	10:55.20	1
16 #	42 Tyrrell, Lily	Central Washington	10:56.17	2
17 #	142 McGraw, Amber	Seattle Pacific	11:02.79	2
18 #	254 McKinney, Cassie	Western Oregon	11:06.55	1
19 #	14 Evans, Kate	Central Washington	11:06.96	1
20 #	247 Cantu, Kaylin	Western Oregon	11:09.07	2
21 #	151 Foulk, Thea	Seattle U.	11:19.85	1

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Women 3000 Meter Run**

22 #	8	Clem, Delaney	Central Washington	11:22.99	1
23 #	207	Wanke, Kristen	Unattached	11:25.87	1
24 #	280	Chapin, Maggie	Willamette	11:27.74	1
25 #	289	Shade, Kyla	Willamette	11:27.76	1
26 #	203	Michaels, Chloe	Unattached	11:28.39	1
27 #	140	Long, Emily	Seattle Pacific	11:29.22	1
28 #	7	Child, Madison	Central Washington	11:29.43	1
29 #	24	Kimminau, Kierste	Central Washington	11:41.18	1
30 #	132	Diaz, McKenzie	Seattle Pacific	11:49.08	1
31 #	98	Farley, Airel	Pacific (Ore.)	11:56.31	1
32 #	206	Thomas, Maisie	Unattached	12:07.07	1
33 #	287	Murphy-Brown, Mol	Willamette	12:11.12	1
34 #	15	Fahey, Ashley	Central Washington	12:17.23	1
35 #	27	Lewis, Emily	Central Washington	12:32.00	1
36 #	19	Hettick, Erika	Central Washington	13:02.17	1

Women 5000 Meter Run

Name	Year	School	Finals
1 #	225	King-Shaw, Samant	Washington St. 18:17.02
2 #	51	Vitale-Sullivan,	College of Idaho 18:20.06
3 #	233	Richards, Pia	Washington St. 18:36.33
4 #	110	Wallace, Serena	Pacific (Ore.) 18:46.84
5 #	50	Schut, Kaitlyn	College of Idaho 18:47.76
6 #	143	McNerney, Sedona	Seattle Pacific 18:51.51
7 #	48	Moyer, Erin	College of Idaho 19:17.12
8 #	132	Diaz, McKenzie	Seattle Pacific 19:55.62
9 #	286	Evans, Emily	Willamette 20:10.45
10 #	290	Shutz, Risa	Willamette 20:53.15

Women 60 Meter Hurdles

Meet Record: * 8.06 2006 Virginia Powell, USC

Name	Year	School	Prelims	H#
Preliminaries				
1 #	239	Taylor, Charisma	Washington St. 8.51Q	1
2 #	216	Fletcher, Mackenz	Washington St. 8.99Q	3
3 #	41	Trinidad, Sidney	Central Washington 9.35Q	2
4 #	235	Schauble, Lindsey	Washington St. 9.36Q	4
5 #	159	Newblom, Michelle	Seattle U. 9.28q	1
6 #	700	Sapp, Jenny	Lewis-Clark 9.45q	4
7 #	256	Popchock, Anna	Western Oregon 9.60q	1
8 #	2	Bland, Emily	Central Washington 9.61q	3
9 #	33	Ortega, HarLee	Central Washington J9.61	2
10 #	152	Golba, Nicole	Seattle U. 9.69	4
11 #	195	Warwick, Parker	UNAT-Spokane CC 9.70	4
12 #	10	Ditter, Kaitlyn	Central Washington 9.71	1
12 #	262	Yonkman, Michaela	Western Oregon 9.71	3
14 #	182	Borders, Christy	Southwest Sp 9.76	3
15 #	20	Hill, Tia	Central Washington 9.83	2
16 #	253	Legras, Natalie	Western Oregon 9.92	3
16 #	77	Keliiheleua, Ani	Linfield 9.92	1
18 #	82	Shirley, Maddie	Linfield 10.01	2

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Women 60 Meter Hurdles**

19 #	258 Soladey, Sarra	Western Oregon	10.08	3
20 #	68 Snyder, Abby	Lewis-Clark	10.20	2
21 #	73 Cameron, Baylie	Linfield	10.25	3
22 #	60 Litton, McKinley	Lewis-Clark	10.41	1
23 #	273 Schweiger, Anna B	Whitworth	10.81	4
24 #	18 Hamilton, Rachell	Central Washington	10.86	2
25 #	89 Lomprey, Serenity	Multnomah	11.50	2
26 #	87 Kam, Maile	Multnomah	11.85	1

Women 60 Meter Hurdles

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Meet Record: * 8.06 2006 Virginia Powell, USC

Name Year School Finals

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Finals

1 #	239 Taylor, Charisma	Washington St.	8.48
2 #	216 Fletcher, Mackenz	Washington St.	8.93
3 #	159 Newblom, Michelle	Seattle U.	9.22
4 #	235 Schauble, Lindsey	Washington St.	9.26
5 #	700 Sapp, Jenny	Lewis-Clark	9.36
6 #	256 Popchock, Anna	Western Oregon	9.56
7 #	41 Trinidad, Sidney	Central Washington	9.84
8 #	2 Bland, Emily	Central Washington	11.68

Preliminaries

9 #	33 Ortega, HarLee	Central Washington	J
10 #	152 Golba, Nicole	Seattle U.	
11 #	195 Warwick, Parker	UNAT-Spokane CC	
12 #	10 Ditter, Kaitlyn	Central Washington	
12 #	262 Yonkman, Michaela	Western Oregon	
14 #	182 Borders, Christy	Southwest Sp	
15 #	20 Hill, Tia	Central Washington	
16 #	253 Legras, Natalie	Western Oregon	
16 #	77 Keliheleua, Ani	Linfield	
18 #	82 Shirley, Maddie	Linfield	
19 #	258 Soladey, Sarra	Western Oregon	
20 #	68 Snyder, Abby	Lewis-Clark	
21 #	73 Cameron, Baylie	Linfield	
22 #	60 Litton, McKinley	Lewis-Clark	
23 #	273 Schweiger, Anna B	Whitworth	
24 #	18 Hamilton, Rachell	Central Washington	
25 #	89 Lomprey, Serenity	Multnomah	
26 #	87 Kam, Maile	Multnomah	

Women 4x400 Meter Relay

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Meet Record: * 3:46.07 2013 WSU

Watley, Winfrey, Keel, Fermin

School Finals

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Finals

1	Seattle U. 'A'	4:10.04
1)	#152 Golba, Nicole	2) #156 Lunning, Caylah
3)	#162 Rubio, Siobhan	4) #150 Deleissegues, Chloe
2	Spokane CC 'A'	4:22.41
1)	#185 Sawyer, Carlie	2) #187 Warwick, Parker

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Women 4x400 Meter Relay**

3) #183 Dawson, Lexi	4) #184 Mael, Jillian
3 Pacific (Ore.) 'A'	4:24.55
1) #96 Eberhardt, Megan	2) #108 Smith, Marissa
3) #104 Pilgrim, Kristin	4) #92 Berdahl, Hannah

Women 4x800 Meter Relay

School	Finals
1 Lewis-Clark 'A'	9:45.62
1) #58 Johnson, Callie	2) #54 Borrego, Dallas
3) #55 Brown, Rylee	4) #66 Saxton, Rebecca

Women High Jump

Meet Record: * 1.75m 2010		Holly Parent, WSU	
Name	Year	School	Finals
1 # 230 Pace, Suzy		Washington St.	1.74m 5-08.50
2 # 235 Schauble, Lindsey		Washington St.	1.65m 5-05.00
3 # 137 Lehnert, Geneva		Seattle Pacific	1.60m 5-03.00
4 # 222 Hagfors, Madison		Washington St.	J1.60m 5-03.00
5 # 231 Peffers, Madison		Washington St.	J1.60m 5-03.00
6 # 32 Ochoa, Yareli		Central Washington	J1.60m 5-03.00
7 # 268 Lytle, Olivia		Whitworth	1.55m 5-01.00
8 # 10 Ditter, Kaitlyn		Central Washington	J1.55m 5-01.00
9 # 189 Kaylor, Monica		UNAT-Spokane CC	1.50m 4-11.00
10 # 170 Fortune, Erin		Simon Fraser	J1.50m 4-11.00
10 # 118 Denham, Sydney		Puget Sound	J1.50m 4-11.00
10 # 18 Hamilton, Rachell		Central Washington	J1.50m 4-11.00
10 # 277 Broughton, Britta		Willamette	J1.50m 4-11.00
14 # 83 Wall, Tiffany		Linfield	J1.50m 4-11.00
15 # 157 Mack-Wilson, Laur		Seattle U.	J1.50m 4-11.00
16 # 82 Shirley, Maddie		Linfield	1.45m 4-09.00
16 # 5 Carter, Sydney		Central Washington	1.45m 4-09.00
18 # 167 Van Liew, Rachel		Seattle U.	J1.45m 4-09.00

Women Pole Vault

Meet Record: * 4.20m 2005		Ebbie Metzinger, Unattached	
Name	Year	School	Finals
1 # 199 Brown, Kristen		Unattached	4.30m* 14-01.25
2 # 234 Scharmann, Molly		Washington St.	4.00m 13-01.50
3 # 78 McDaniel, Olivia		Unattached	3.90m 12-09.50
4 # 214 Coombs, Emily		Washington St.	J3.90m 12-09.50
5 # 218 Frost, Katelyn		Washington St.	3.80m 12-05.50
6 # 21 Irvine, Halle		Central Washington	3.70m 12-01.50
7 # 57 Carson, Madison		Lewis-Clark	3.45m 11-03.75
8 # 211 Beavers, Tayla		Washington St.	J3.45m 11-03.75
9 # 138 Licari, Madison		Seattle Pacific	J3.45m 11-03.75
10 # 71 Angier, Meg		Linfield	3.30m 10-10.00
11 # 75 Galli, Joanna		Linfield	J3.30m 10-10.00
12 # 13 Eiswald, Erin		Central Washington	3.15m 10-04.00
13 # 723 Webb, Katie		Unattached	J3.15m 10-04.00

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Women Pole Vault**

13 #	136 Lambert, Emma	Seattle Pacific	J3.15m	10-04.00
15 #	3 Blankenship, Tawn	Central Washington	J3.15m	10-04.00
16 #	39 Stevens, Brittany	Central Washington	3.00m	9-10.00
-- #	34 Otto von Askervol	Central Washington	NH	
-- #	46 Wyatt, Kayla	Central Washington	NH	
-- #	76 Kahaloa-Young, Aa	Linfield	NH	
-- #	90 Roberts, Jessie	Multnomah	NH	

Women Long Jump

Meet Record: * 5.94m 2006 Michelle Sanford, USC

Name	Year	School	Finals	
1 #	45 Williams, Brooke	Central Washington	5.53m	18-01.75
2 #	229 Newman, Lauren	Washington St.	5.47m	17-11.50
3 #	134 Igbonagwam, Peace	Seattle Pacific	5.46m	17-11.00
4 #	21 Irvine, Halle	Central Washington	5.43m	17-09.75
5 #	156 Lunning, Caylah	Seattle U.	5.32m	17-05.50
6 #	40 Taylor, Jillyan	Central Washington	5.22m	17-01.50
7 #	196 Welk, Bayley	UNAT-Spokane CC	5.11m	16-09.25
8 #	246 Berry, Lauren	Western Oregon	5.08m	16-08.00
9 #	191 Sawyer, Charlie	UNAT-Spokane CC	5.07m	16-07.75
10 #	78 McDaniel, Olivia	Unattached	5.03m	16-06.00
11 #	44 Walts, Rose	Central Washington	4.94m	16-02.50
12 #	182 Borders, Christy	Southwest Sp	4.92m	16-01.75
13 #	32 Ochoa, Yareli	Central Washington	4.87m	15-11.75
14 #	163 Soliman, Renee	Seattle U.	4.84m	15-10.50
15 #	192 Skalskily, Whitne	UNAT-Spokane CC	4.75m	15-07.00
16 #	18 Hamilton, Rachell	Central Washington	4.72m	15-06.00
17 #	61 Madden, Michaela	Lewis-Clark	4.69m	15-04.75
18 #	154 Heyman, Sophia	Seattle U.	4.63m	15-02.25
18 #	120 Haskins, Naloni	Puget Sound	4.63m	15-02.25
20 #	1 Baldwin-Case, All	Central Washington	4.62m	15-02.00
21 #	170 Fortune, Erin	Simon Fraser	4.59m	15-00.75
22 #	10 Ditter, Kaitlyn	Central Washington	4.51m	14-09.75
23 #	71 Angier, Meg	Linfield	4.41m	14-05.75
24 #	268 Lytle, Olivia	Whitworth	4.34m	14-03.00
25 #	5 Carter, Sydney	Central Washington	4.32m	14-02.25
26 #	75 Galli, Joanna	Linfield	4.19m	13-09.00
27 #	87 Kam, Maile	Multnomah	3.91m	12-10.00
-- #	248 Drader, Meghan	Western Oregon	FOUL	

Women Triple Jump

Meet Record: * 12.92m 2018 Kiana Davis, Unattached

Name	Year	School	Finals	
1 #	134 Igbonagwam, Peace	Seattle Pacific	11.16m	36-07.50
2 #	101 Hoiland, Jenna	Pacific (Ore.)	11.12m	36-05.75
3 #	196 Welk, Bayley	UNAT-Spokane CC	11.05m	36-03.00
4 #	256 Popchock, Anna	Western Oregon	10.96m	35-11.50
5 #	208 Warren, Kayla	Unattached	10.76m	35-03.75
6 #	192 Skalskily, Whitne	UNAT-Spokane CC	10.72m	35-02.00
7 #	152 Golba, Nicole	Seattle U.	10.63m	34-10.50
8 #	191 Sawyer, Charlie	UNAT-Spokane CC	10.47m	34-04.25

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Women Triple Jump**

9 #	154 Heyman, Sophia	Seattle U.	10.36m	34-00.00
10 #	5 Carter, Sydney	Central Washington	9.96m	32-08.25
-- #	45 Williams, Brooke	Central Washington	FOUL	
-- #	44 Walts, Rose	Central Washington	FOUL	
-- #	40 Taylor, Jillyan	Central Washington	FOUL	
-- #	189 Kaylor, Monica	UNAT-Spokane CC	FOUL	
-- #	248 Drader, Meghan	Western Oregon	FOUL	

Women Shot Put

Meet Record: * 16.13m 2006 Karen Freeberg, USC

Name	Year	School	Finals	
1 #	213 Brown, Chrisshnay	Washington St.	14.55m	47-09.00
2 #	241 Tukuafu, Lovely	Washington St.	12.29m	40-04.00
3 #	16 Fisk, Avery	Central Washington	11.90m	39-00.50
4 #	227 Krouse, Kaitlin	Washington St.	11.84m	38-10.25
5 #	249 Gianotti, Moana	Western Oregon	11.66m	38-03.25
6 #	95 Du, Karen	Pacific (Ore.)	11.65m	38-02.75
7 #	164 Sova, Tallia	Seattle U.	11.48m	37-08.00
8 #	11 Dodge, Brittany	Central Washington	11.37m	37-03.75
9 #	217 Forse, Lita	Washington St.	11.26m	36-11.50
10 #	86 Fajer, Sarah	Multnomah	11.13m	36-06.25
11 #	33 Ortega, HarLee	Central Washington	10.99m	36-00.75
12 #	252 Korff, Halie	Western Oregon	10.96m	35-11.50
13 #	114 Sanchez, Jillian	Providence (	10.93m	35-10.50
14 #	79 Miles, Sara	Linfield	10.91m	35-09.50
15 #	266 Carlson, Tallie	Whitworth	10.62m	34-10.25
16 #	250 Gronbach, Mariah	Western Oregon	10.47m	34-04.25
17 #	198 Aaenson, Hannah	Unattached	10.44m	34-03.00
18 #	99 France, Brooke	Pacific (Ore.)	10.25m	33-07.50
19 #	265 Carlson, Abbie Jo	Whitworth	10.15m	33-03.75
20 #	272 Rambo, Kayla	Whitworth	9.85m	32-03.75
21 #	38 Smallbeck, Meagan	Central Washington	9.72m	31-10.75
22 #	131 Cai, Scout	Seattle Pacific	9.63m	31-07.25
23 #	111 Beer, Kaylee	Providence (	9.32m	30-07.00
24 #	113 Nash, Kristen	Providence (	9.29m	30-05.75
25 #	209 Guerrero, Vanessa	Warner Pacif	9.24m	30-03.75
26 #	9 Collins, Katie	Central Washington	8.39m	27-06.50
27 #	182 Borders, Christy	Southwest Sp	8.05m	26-05.00
28 #	91 Snyder, Hannah	Multnomah	7.90m	25-11.00
29 #	87 Kam, Maile	Multnomah	7.77m	25-06.00
30 #	41 Trinidad, Sidney	Central Washington	6.90m	22-07.75

Women Weight Throw

Meet Record: * 18.28m 2014 Kaytlyn Coleman, Lewis-Clark St.

Name	Year	School	Finals	
1 #	228 Martin, Aoife	Washington St.	17.18m	56-04.50
2 #	250 Gronbach, Mariah	Western Oregon	15.91m	52-02.50
3 #	212 Bell, Stacia	Washington St.	15.77m	51-09.00
4 #	25 La Rue, Samantha	Central Washington	15.72m	51-07.00
5 #	114 Sanchez, Jillian	Providence (	14.74m	48-04.50
6 #	241 Tukuafu, Lovely	Washington St.	14.67m	48-01.75

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Women Weight Throw**

7 #	38	Smallbeck, Meagan	Central Washington	14.07m	46-02.00
8 #	284	Duenas, Hope	Willamette	14.04m	46-00.75
9 #	249	Gianotti, Moana	Western Oregon	13.79m	45-03.00
10 #	226	Kraemer, Amy	Washington St.	13.71m	44-11.75
11 #	252	Korff, Halie	Western Oregon	13.26m	43-06.00
12 #	227	Krouse, Kaitlin	Washington St.	13.20m	43-03.75
13 #	11	Dodge, Brittany	Central Washington	13.12m	43-00.50
14 #	22	Jones, Mariah	Central Washington	12.81m	42-00.50
15 #	111	Beer, Kaylee	Providence (	12.76m	41-10.50
16 #	113	Nash, Kristen	Providence (	11.52m	37-09.50
17 #	209	Guerrero, Vanessa	Warner Pacif	11.44m	37-06.50
18 #	166	Tresselt, Jami	Seattle U.	11.09m	36-04.75
19 #	28	Lombard-Chappell,	Central Washington	10.90m	35-09.25
20 #	69	Warren, Delaney	Lewis-Clark	10.70m	35-01.25
21 #	86	Fajer, Sarah	Multnomah	10.59m	34-09.00
22 #	283	DeZurney, Jeidah	Willamette	10.40m	34-01.50
23 #	164	Sova, Tallia	Seattle U.	10.16m	33-04.00
24 #	37	Salavea, Nini	Central Washington	9.93m	32-07.00
25 #	91	Snyder, Hannah	Multnomah	8.26m	27-01.25
-- #	99	France, Brooke	Pacific (Ore.)	FOUL	

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name			Year School	Finals	Points
1 #	700	Sapp, Jenny	Lewis-Clark	2:23.66	774
2 #	41	Trinidad, Sidney	Central Washington	2:24.83	759
3 #	131	Cai, Scout	Seattle Pacific	2:26.55	737
4 #	33	Ortega, HarLee	Central Washington	2:27.17	729
5 #	235	Schauble, Lindsey	Washington St.	2:28.07	717
6 #	267	Clark, Isabel	Whitworth	2:29.33	701
7 #	9	Collins, Katie	Central Washington	2:29.36	701
8 #	144	Meyer, Renick	Seattle Pacific	2:33.33	652
9 #	82	Shirley, Maddie	Linfield	2:36.78	610
10 #	141	May, Kellie	Seattle Pacific	2:37.65	600
11 #	101	Hoiland, Jenna	Pacific (Ore.)	2:57.03	393
12 #	260	Wilson, Darian	Western Oregon	2:57.29	391
-- #	52	Swilley, Alissa	George Fox	DNF	

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name			Year	School	Finals	H#	Points
1 #	144	Meyer, Renick		Seattle Pacific	8.77	2	959
2 #	41	Trinidad, Sidney		Central Washington	9.16	2	877
3 #	33	Ortega, HarLee		Central Washington	9.19	2	871
4 #	267	Clark, Isabel		Whitworth	9.28	2	852
5 #	235	Schauble, Lindsey		Washington St.	9.36	2	836
6 #	700	Sapp, Jenny		Lewis-Clark	9.41	2	826
7 #	131	Cai, Scout		Seattle Pacific	9.47	2	814
8 #	52	Swilley, Alissa		George Fox	9.58	1	792
9 #	141	May, Kellie		Seattle Pacific	9.61	2	787
10 #	260	Wilson, Darian		Western Oregon	9.66	1	777
11 #	82	Shirley, Maddie		Linfield	9.73	1	763
12 #	9	Collins, Katie		Central Washington	9.91	1	729

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon**

13 #	101 Hoiland, Jenna	Pacific (Ore.)	10.11	1	692
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Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name			Year	School	Finals		Points	
1	#	33	Ortega, HarLee		Central Washington	1.62m	5-03.75	759
1	#	235	Schauble, Lindsey		Washington St.	1.62m	5-03.75	759
1	#	131	Cai, Scout		Seattle Pacific	1.62m	5-03.75	759
4	#	9	Collins, Katie		Central Washington	1.50m	4-11.00	621
4	#	82	Shirley, Maddie		Linfield	1.50m	4-11.00	621
6	#	700	Sapp, Jenny		Lewis-Clark	1.44m	4-08.75	555
7	#	260	Wilson, Darian		Western Oregon	1.41m	4-07.50	523
7	#	141	May, Kellie		Seattle Pacific	1.41m	4-07.50	523
7	#	144	Meyer, Renick		Seattle Pacific	1.41m	4-07.50	523
7	#	267	Clark, Isabel		Whitworth	1.41m	4-07.50	523
7	#	41	Trinidad, Sidney		Central Washington	1.41m	4-07.50	523
12	#	52	Swilley, Alissa		George Fox	1.38m	4-06.25	491
13	#	101	Hoiland, Jenna		Pacific (Ore.)	1.32m	4-04.00	429

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name		Year School	Finals		Points
1 #	33 Ortega, HarLee	Central Washington	5.48m	17-11.75	694
2 #	141 May, Kellie	Seattle Pacific	5.47m	17-11.50	691
3 #	235 Schauble, Lindsey	Washington St.	5.44m	17-10.25	683
4 #	144 Meyer, Renick	Seattle Pacific	5.42m	17-09.50	677
5 #	131 Cai, Scout	Seattle Pacific	5.35m	17-06.75	657
6 #	82 Shirley, Maddie	Linfield	5.28m	17-04.00	637
7 #	52 Swilley, Alissa	George Fox	5.13m	16-10.00	595
8 #	101 Hoiland, Jenna	Pacific (Ore.)	5.07m	16-07.75	578
9 #	260 Wilson, Darian	Western Oregon	5.06m	16-07.25	576
10 #	41 Trinidad, Sidney	Central Washington	4.96m	16-03.25	548
11 #	267 Clark, Isabel	Whitworth	4.95m	16-03.00	546
12 #	700 Sapp, Jenny	Lewis-Clark	4.85m	15-11.00	519
13 #	9 Collins, Katie	Central Washington	4.32m	14-02.25	384

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name		Year	School	Finals		Points
1 #	267	Clark, Isabel	Whitworth	11.66m	38-03.25	639
2 #	235	Schauble, Lindsey	Washington St.	11.45m	37-06.75	625
3 #	33	Ortega, HarLee	Central Washington	11.05m	36-03.00	598
4 #	82	Shirley, Maddie	Linfield	10.62m	34-10.25	570
5 #	131	Cai, Scout	Seattle Pacific	10.61m	34-09.75	569
6 #	52	Swilley, Alissa	George Fox	10.49m	34-05.00	562
7 #	141	May, Kellie	Seattle Pacific	10.38m	34-00.75	554
8 #	101	Hoiland, Jenna	Pacific (Ore.)	10.31m	33-10.00	550
9 #	260	Wilson, Darian	Western Oregon	9.65m	31-08.00	507
10 #	144	Meyer, Renick	Seattle Pacific	9.45m	31-00.00	494
11 #	700	Sapp, Jenny	Lewis-Clark	8.79m	28-10.25	451
12 #	9	Collins, Katie	Central Washington	8.48m	27-10.00	430
13 #	41	Trinidad, Sidney	Central Washington	6.77m	22-02.50	320

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****Women Indoor Pentathlon**

Meet Record: * 4260 2007 Diana Pickler, WSU			
Name	Year	School	Finals
1 # 33 Ortega, HarLee		Central Washington	3651
2 # 235 Schauble, Lindsey		Washington St.	3620
3 # 131 Cai, Scout		Seattle Pacific	3536
4 # 144 Meyer, Renick		Seattle Pacific	3305
5 # 267 Clark, Isabel		Whitworth	3261
6 # 82 Shirley, Maddie		Linfield	3201
7 # 141 May, Kellie		Seattle Pacific	3155
8 # 700 Sapp, Jenny		Lewis-Clark	3125
9 # 41 Trinidad, Sidney		Central Washington	3027
10 # 9 Collins, Katie		Central Washington	2865
11 # 260 Wilson, Darian		Western Oregon	2774
12 # 101 Hoiland, Jenna		Pacific (Ore.)	2642
13 # 52 Swilley, Alissa		George Fox	2440

Men 60 Meter Dash

Name	Year	School	Prelims	H#
Preliminaries				
1 # 507 Wells, Emmanuel		Washington St.	6.70Q	2
2 # 498 Johnson, Charles		Washington St.	6.96Q	3
3 # 490 Gardner, Ethan		Washington St.	7.00Q	1
4 # 487 Fisher, Rodrick		Washington St.	7.04q	2
5 # 480 Bains, Brandon		Washington St.	7.06q	1
6 # 531 Warner, Cody		Western Oregon	7.10q	3
7 # 712 Jordon, Jake		UNAT-Spokane CC	7.15q	3
8 # 334 Weeks, Sam		Lewis-Clark	7.16q	3
9 # 437 Curry, JJ		Spokane CC	7.17	2
9 # 557 Streeter, Rhett		Whitworth	7.17	2
9 # 416 Payne, Isaiah		Seattle U.	7.17	1
12 # 478 Allen, Corey		Washington St.	7.19	3
13 # 520 Fortier, Devon		Western Oregon	7.24	1
13 # 383 Sutherland, Ryan		Puget Sound	7.24	3
15 # 366 Strober, Cole		Pacific (Ore.)	7.25	1
16 # 535 Fernandez, Angelo		Western Washington	7.32	1
17 # 444 Mason, Matt		UNAT-Spokane CC	7.34	2
18 # 529 Tagad, Travis		Western Oregon	7.36	2
19 # 555 Robinson-McClure,		Whitworth	7.37	2
20 # 328 Pennow, Louis		Lewis-Clark	7.38	1
20 # 301 Scott, Trevaughn		Central Washington	7.38	3
22 # 326 Novich, Dillon		Lewis-Clark	7.39	1
23 # 474 Handy, Rico		Warner Pacif	7.43	3

Men 60 Meter Dash

Name	Year	School	Finals
Finals			
1 # 507 Wells, Emmanuel		Washington St.	6.65
2 # 498 Johnson, Charles		Washington St.	6.89
3 # 490 Gardner, Ethan		Washington St.	6.97
4 # 487 Fisher, Rodrick		Washington St.	7.05

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Men 60 Meter Dash**

5 #	531 Warner, Cody	Western Oregon	7.07
6 #	480 Bains, Brandon	Washington St.	7.16
7 #	334 Weeks, Sam	Lewis-Clark	7.18
8 #	712 Jordon, Jake	UNAT-Spokane CC	7.22

Preliminaries

9 #	437 Curry, JJ	Spokane CC
9 #	557 Streeter, Rhett	Whitworth
9 #	416 Payne, Isaiah	Seattle U.
12 #	478 Allen, Corey	Washington St.
13 #	520 Fortier, Devon	Western Oregon
13 #	383 Sutherland, Ryan	Puget Sound
15 #	366 Strober, Cole	Pacific (Ore.)
16 #	535 Fernandez, Angelo	Western Washington
17 #	444 Mason, Matt	UNAT-Spokane CC
18 #	529 Tagad, Travis	Western Oregon
19 #	555 Robinson-McClure,	Whitworth
20 #	328 Pennow, Louis	Lewis-Clark
20 #	301 Scott, Trevaughn	Central Washington
22 #	326 Novich, Dillon	Lewis-Clark
23 #	474 Handy, Rico	Warner Pacif

Men 60 Meter Dash QUALIFYING

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Meet Record: * 6.69 2006 James McSwain, WSU

Name	Year	School	Finals	H#
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Finals

1 #	487 Fisher, Rodrick	Washington St.	7.01	3
2 #	416 Payne, Isaiah	Seattle U.	7.14	1
3 #	437 Curry, JJ	Spokane CC	7.18	5
3 #	334 Weeks, Sam	Lewis-Clark	7.18	6
5 #	557 Streeter, Rhett	Whitworth	7.19	2
5 #	712 Jordon, Jake	UNAT-Spokane CC	7.19	2
7 #	535 Fernandez, Angelo	Western Washington	7.26	5
8 #	366 Strober, Cole	Pacific (Ore.)	7.27	1
9 #	383 Sutherland, Ryan	Puget Sound	7.29	2
10 #	444 Mason, Matt	UNAT-Spokane CC	7.30	1
11 #	529 Tagad, Travis	Western Oregon	7.32	3
12 #	301 Scott, Trevaughn	Central Washington	7.33	6
12 #	326 Novich, Dillon	Lewis-Clark	7.33	4
14 #	328 Pennow, Louis	Lewis-Clark	7.37	2
15 #	474 Handy, Rico	Warner Pacif	7.39	4
15 #	555 Robinson-McClure,	Whitworth	7.39	6
17 #	388 Carpenter, Shayne	Seattle Pacific	7.40	3
17 #	563 Ewell, Orion	Willamette	7.40	6
17 #	476 Swillie, Isaac	Warner Pacif	7.40	1
20 #	420 Yamamoto, Brant	Seattle U.	7.41	3
21 #	379 McKeague, Ethan	Puget Sound	7.42	4
22 #	552 Meyer, Caleb	Whitworth	7.43	4
22 #	461 Mattox, Caleb	Unattached	7.43	4
24 #	403 Wong, Christian	Seattle Pacific	7.45	4
25 #	564 Giannini, Connor	Willamette	7.46	3
26 #	346 Sitton, Tyler	Linfield	7.47	2
26 #	319 Hanes, Troy	Lewis-Clark	7.47	1
28 #	368 Withrow, Zach	Pacific (Ore.)	7.49	6

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Men 60 Meter Dash QUALIFYING**

29 #	502 Nienhuis, Jake	Washington St.	7.50	5
30 #	345 Short, Mesepa	Linfield	7.56	6
31 #	548 Herrera, Travis	Whitworth	7.61	5
32 #	568 Ramon, Albert	Willamette	7.66	6
33 #	473 Cootey, Jackson	Warner Pacif	7.68	3
34 #	351 Kochis, Michael	Multnomah	7.69	6
35 #	349 Barker, Austin	Multnomah	7.71	2
36 #	361 Kwon, Devin	Pacific (Ore.)	7.81	5
37 #	543 Conley, Nathan	Whitworth	7.82	2

Men 200 Meter Dash

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Meet Record: * 21.59 2005 Darren Woods, California

Name	Year	School	Finals	H#
=====				
1 #	437 Curry, JJ	Spokane CC	22.97	1
2 #	560 Beckmann, Keaton	Willamette	23.25	1
3 #	564 Giannini, Connor	Willamette	23.43	1
4 #	334 Weeks, Sam	Lewis-Clark	23.54	1
5 #	300 Porter, Doc	Central Washington	23.57	2
6 #	512 Campos-Davis, Gab	Western Oregon	23.70	2
7 #	295 Calderon, Daniel	Central Washington	23.81	2
8 #	383 Sutherland, Ryan	Puget Sound	23.89	5
9 #	318 Ellison, Gerald C	Lewis-Clark	23.96	4
10 #	405 Carrasco, Alexand	Seattle U.	24.04	3
11 #	535 Fernandez, Angelo	Western Washington	24.20	3
12 #	322 Kirk, Jalen	Lewis-Clark	24.25	6
13 #	552 Meyer, Caleb	Whitworth	24.37	4
14 #	379 McKeague, Ethan	Puget Sound	24.38	7
15 #	557 Streeter, Rhett	Whitworth	24.41	3
16 #	346 Sitton, Tyler	Linfield	24.47	4
17 #	471 Wendling, Justin	Unattached	24.52	2
18 #	444 Mason, Matt	UNAT-Spokane CC	24.57	3
19 #	326 Novich, Dillon	Lewis-Clark	24.61	5
20 #	298 Gunther, Ryan	Central Washington	24.62	2
21 #	563 Ewell, Orion	Willamette	24.74	4
22 #	419 Sun, William	Seattle U.	24.83	4
23 #	567 Peck, Brian	Willamette	24.85	6
24 #	470 Vallatini, Gunner	Unattached	24.97	5
25 #	420 Yamamoto, Brant	Seattle U.	24.99	5
26 #	316 Cervantes, Jacob	Lewis-Clark	25.03	6
27 #	439 Davis, TJ	UNAT-Spokane CC	25.08	6
28 #	403 Wong, Christian	Seattle Pacific	25.12	3
29 #	438 Davis, Jabriel	UNAT-Spokane CC	26.12	7
29 #	568 Ramon, Albert	Willamette	26.12	7
31 #	555 Robinson-McClure,	Whitworth	26.59	1

Men 400 Meter Dash

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Meet Record: * 48.28 2013 Ben Ayesu-Attah, Idaho

Name	Year	School	Finals	H#
=====				
1 #	432 Albertin, Austin	UNAT-Spokane CC	50.45	7
2 #	295 Calderon, Daniel	Central Washington	50.64	7
3 #	301 Scott, Trevaughn	Central Washington	51.32	7

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Men 400 Meter Dash**

4 #	300	Porter, Doc	Central Washington	51.34	7
5 #	329	Preston, Cameron	Lewis-Clark	52.39	5
6 #	321	Hites, Tristan	Lewis-Clark	52.67	5
7 #	542	Betancourt, Xavie	Whitworth	52.86	7
8 #	381	Monaghan, Jack	Puget Sound	53.51	4
9 #	461	Mattox, Caleb	Unattached	53.57	5
10 #	377	Fournier, Isaac	Puget Sound	53.59	4
11 #	425	Lenton, Jorrin	Simon Fraser	53.65	4
12 #	421	Conrad, Ben	Simon Fraser	53.86	5
13 #	414	Milne, Lucas	Seattle U.	53.94	6
14 #	471	Wendling, Justin	Unattached	54.12	4
15 #	318	Ellison, Gerald C	Lewis-Clark	54.30	1
16 #	404	Brown, Steve	Seattle U.	54.34	5
17 #	569	Rogers, RoShaan	Willamette	54.50	2
18 #	322	Kirk, Jalen	Lewis-Clark	54.69	2
19 #	349	Barker, Austin	Multnomah	54.72	3
20 #	410	Gonzalez, Zach	Seattle U.	54.75	4
21 #	419	Sun, William	Seattle U.	54.93	3
22 #	316	Cervantes, Jacob	Lewis-Clark	54.98	3
23 #	473	Cootey, Jackson	Warner Pacif	55.21	1
24 #	470	Vallatini, Gunner	Unattached	55.56	6
25 #	462	McDonald, Sayer	Unattached	55.66	2
26 #	406	Claiborne, Kailan	Seattle U.	56.04	6
27 #	351	Kochis, Michael	Multnomah	56.25	3
-- #	511	Burgett, Issac	Western Oregon	DQ	3

Men 800 Meter Run

=====					
Meet Record: *		1:52.82	2005	Alex McClary, California	
Name	Year	School	Finals	H#	
=====					
1 #	412	Keene, Stewart	Seattle U.	1:58.79	3
2 #	409	Franklin, Alex	Seattle U.	1:58.84	3
3 #	530	Walsh, Simon	Western Oregon	1:59.54	3
4 #	377	Fournier, Isaac	Puget Sound	2:00.67	4
5 #	335	Woodbury, Sakti	Lewis-Clark	2:00.74	2
6 #	411	Hasty, Devin	Seattle U.	2:00.78	2
7 #	513	Carmona, Max	Western Oregon	2:00.81	4
8 #	524	Kanelis, Zach	Western Oregon	2:00.88	4
9 #	527	Reed, Trey	Western Oregon	2:01.20	3
10 #	536	Franks, Macauley	Western Washington	2:01.38	4
11 #	399	Phan, Jesse	Seattle Pacific	2:01.43	4
12 #	381	Monaghan, Jack	Puget Sound	2:01.49	3
13 #	348	Zdroy-Oja, Nick	Linfield	2:01.69	3
14 #	526	Mosman, Hunter	Western Oregon	2:01.75	3
15 #	463	O'Neil, Preston	Unattached	2:02.78	4
16 #	565	Ihling, Matt	Willamette	2:03.31	1
17 #	313	Thomas, Derek	College of Idaho	2:03.47	2
18 #	360	Joss, Oliver	Pacific (Ore.)	2:04.50	1
19 #	426	Paulsen, Sean	Simon Fraser	2:04.82	2
20 #	544	Diop, Ibrahim	Whitworth	2:05.92	1
21 #	364	Stewart, Garrett	Pacific (Ore.)	2:06.04	3
22 #	375	DeWitt, Cody	Puget Sound	2:06.06	1
23 #	519	Fey, Stephen	Western Oregon	2:06.19	3
23 #	477	Wisely, Cameron	Warner Pacif	2:06.19	2

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Men 800 Meter Run**

25 #	395 Llamas, Alec	Seattle Pacific	2:06.51	2
26 #	400 Pullen, Aiden	Seattle Pacific	2:10.94	2
27 #	559 Willey, Garret	Whitworth	2:11.90	1
28 #	338 Martinez-Santos,	Linfield	2:12.69	1
29 #	525 Kruse, Mitch	Western Oregon	2:13.11	3
30 #	554 Redfield, Ian	Whitworth	2:13.38	1
31 #	462 McDonald, Sayer	Unattached	2:13.54	2
32 #	384 Tetreault, Matt	Puget Sound	2:17.78	1

Men 1 Mile Run

=====

Meet Record: * 4:08.97 2013 Todd Wakefield, WSU

Name	Year	School	Finals	H#
=====				
1 #	541 Sager, Kyler	Western Washington	4:22.63	3
2 #	566 Montague, Michael	Willamette	4:23.76	1
3 #	539 Jaspersen, James	Western Washington	4:24.91	3
4 #	532 Cossette, Liam	Western Washington	4:24.95	3
5 #	415 Monk, Ben	Seattle U.	4:26.00	3
6 #	484 Dean, Cameron	Washington St.	4:26.69	3
7 #	309 Frey, Josh	College of Idaho	4:27.05	2
8 #	312 Odegard, Bryce	College of Idaho	4:28.52	3
9 #	392 Graff, Elius	Seattle Pacific	4:28.78	3
10 #	442 Green, Ethan	UNAT-Spokane CC	4:30.05	2
11 #	504 Pendleton, Nate	Washington St.	4:30.74	3
12 #	536 Franks, Macauley	Western Washington	4:32.57	2
13 #	397 Otero, Colby	Seattle Pacific	4:33.00	3
14 #	456 Fournier, Eli	Unattached	4:33.15	2
15 #	538 Hoggarth, Colton	Western Washington	4:33.35	3
16 #	380 Monaghan, Colin	Puget Sound	4:33.78	2
17 #	393 Hansen, Ben	Seattle Pacific	4:35.26	2
18 #	320 Haney, Cooper	Lewis-Clark	4:36.84	1
19 #	402 Schultz, Brayden	Seattle Pacific	4:37.60	2
20 #	314 Tracy, Collin	College of Idaho	4:38.66	2
21 #	407 Crocker, Stephen	Seattle U.	4:38.73	3
22 #	375 DeWitt, Cody	Puget Sound	4:38.97	1
23 #	391 Garcia, Royce	Seattle Pacific	4:42.17	2
24 #	534 Crowell, Ben	Western Washington	4:42.78	1
25 #	382 Monaghan, Liam	Puget Sound	4:43.76	1
26 #	464 Saleh, Maamoon	Unattached	4:45.27	1
27 #	451 Bachtold, Jadon	Unattached	4:48.77	2
28 #	400 Pullen, Aiden	Seattle Pacific	4:50.01	2
29 #	423 Foster, Liam	Simon Fraser	4:51.03	3
30 #	352 Larabee, Daniel	Multnomah	4:53.16	2
31 #	440 Dewey, Nick	UNAT-Spokane CC	4:54.04	1
32 #	350 Comer, Brian	Multnomah	4:56.10	1
33 #	553 Morales, Gabriel	Whitworth	5:00.34	1
34 #	546 Grode, Caleb	Whitworth	5:04.72	1
35 #	376 Dobkin, Finn	Puget Sound	5:07.58	1
-- #	501 Nicholson, Jacob	Washington St.	DNF	3

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****Men 3000 Meter Run**

=====

Meet Record: * 8:18.11 2012 Andrew Gonzales, WSU

Name	Year	School	Finals	H#
=====				
1 # 311 Martin, Alex		College of Idaho	8:43.70	2
2 # 537 Hayes, Dylan		Western Washington	8:50.80	2
3 # 397 Otero, Colby		Seattle Pacific	8:53.99	2
4 # 296 Carlton, Corbin		Central Washington	8:55.21	2
5 # 408 Davidson-Turner,		Seattle U.	8:57.44	2
6 # 380 Monaghan, Colin		Puget Sound	8:58.26	2
7 # 562 Carlson, Keith		Willamette	9:01.56	2
8 # 427 Sobczak, Chris		Simon Fraser	9:01.88	2
9 # 540 Kiolbasa, Edward		Western Washington	9:02.16	2
10 # 456 Fournier, Eli		Unattached	9:04.84	1
11 # 521 Heckard, Sawyer		Western Oregon	9:07.60	1
12 # 413 Kennedy, Kyle		Seattle U.	9:07.61	2
13 # 390 Galloway, Shad		Seattle Pacific	9:07.88	2
14 # 460 Jones, Peyton		Unattached	9:11.18	2
15 # 307 Celestino, Jerry		College of Idaho	9:19.66	2
16 # 401 Putney, Jared		Seattle Pacific	9:21.07	2
17 # 387 Boutin, Colin		Seattle Pacific	9:21.96	1
18 # 392 Graff, Elius		Seattle Pacific	9:23.83	2
19 # 393 Hansen, Ben		Seattle Pacific	9:28.88	2
20 # 533 Creagan, Matthew		Western Washington	9:31.16	1
21 # 435 Bennett, Casey		UNAT-Spokane CC	9:32.25	1
22 # 391 Garcia, Royce		Seattle Pacific	9:32.53	2
23 # 331 Smith, Colton		Lewis-Clark	9:34.18	1
24 # 332 Spencer, Peter		Lewis-Clark	9:34.90	1
25 # 372 McGee, Conor		Providence (	9:35.79	1
26 # 402 Schultz, Brayden		Seattle Pacific	9:38.50	2
27 # 464 Saleh, Maamoon		Unattached	9:40.02	1
28 # 556 Smith, Aidan		Whitworth	9:40.13	1
29 # 398 Perkins, Joseph		Seattle Pacific	9:42.61	1
30 # 382 Monaghan, Liam		Puget Sound	9:52.69	1
31 # 357 Hoskins, Mason		Pacific (Ore.)	10:04.63	1

Men 5000 Meter Run

Name	Year	School	Finals
=====			
1 # 327 Olsen, Cole		Lewis-Clark	15:11.85
2 # 390 Galloway, Shad		Seattle Pacific	15:53.79
3 # 387 Boutin, Colin		Seattle Pacific	15:56.66
4 # 460 Jones, Peyton		Unattached	15:56.85
5 # 308 Cervantes, Marcos		College of Idaho	15:56.96
6 # 401 Putney, Jared		Seattle Pacific	16:00.40
7 # 306 Campbell, Cole		College of Idaho	16:03.58
8 # 365 Stewart, Riley		Pacific (Ore.)	16:13.15
9 # 398 Perkins, Joseph		Seattle Pacific	16:25.39
10 # 363 Slenning, Nick		Pacific (Ore.)	16:34.94
11 # 350 Comer, Brian		Multnomah	16:37.23
12 # 372 McGee, Conor		Providence (	16:47.32
13 # 352 Larabee, Daniel		Multnomah	17:04.66
14 # 561 Bulger, Kellen		Willamette	17:22.01

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****Men 60 Meter Hurdles**

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=====
Meet Record: * 7.88 2009 Robert Williams, WSU
Name Year School Prelims H#
=====
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Preliminaries

```
1 # 459 Johnson, Nick Unattached 8.10Q 2
2 # 492 Grant, Christaphe Washington St. 8.12Q 3
3 # 298 Gunther, Ryan Central Washington 8.77Q 1
4 # 479 Andres, Seth Washington St. 8.73q 3
5 # 301 Scott, Trevaughn Central Washington 8.80q 2
6 # 439 Davis, TJ UNAT-Spokane CC 8.85q 1
7 # 388 Carpenter, Shayne Seattle Pacific 8.92q 3
8 # 495 Howard, Matthew Washington St. 9.14q 2
9 # 337 Krutzikowsky, Ron Linfield 9.15 1
10 # 567 Peck, Brian Willamette 9.23 3
11 # 470 Vallatini, Gunner Unattached 9.57 1
12 # 525 Kruse, Mitch Western Oregon 10.54 2
-- # 494 Heitman, Joseph Washington St. DNF 2
-- # 560 Beckmann, Keaton Willamette DQ 3
```

Men 60 Meter Hurdles

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=====
Meet Record: * 7.88 2009 Robert Williams, WSU
Name Year School Finals
=====
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Finals

```
1 # 492 Grant, Christaphe Washington St. 8.02
2 # 459 Johnson, Nick Unattached 8.04
3 # 479 Andres, Seth Washington St. 8.57
4 # 298 Gunther, Ryan Central Washington 8.63
5 # 439 Davis, TJ UNAT-Spokane CC 8.71
6 # 388 Carpenter, Shayne Seattle Pacific 8.98
7 # 495 Howard, Matthew Washington St. 9.03
8 # 301 Scott, Trevaughn Central Washington 9.11
```

Preliminaries

```
9 # 337 Krutzikowsky, Ron Linfield
10 # 567 Peck, Brian Willamette
11 # 470 Vallatini, Gunner Unattached
12 # 525 Kruse, Mitch Western Oregon
-- # 494 Heitman, Joseph Washington St.
-- # 560 Beckmann, Keaton Willamette
```

Men 4x400 Meter Relay

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=====
School Finals
=====
```

Finals

```
1 Central Washington 'A' 3:26.13
  1) #295 Calderon, Daniel
  2) #298 Gunther, Ryan
  3) #301 Scott, Trevaughn
  4) #300 Porter, Doc
2 Seattle U. 'A' 3:31.31
  1) #414 Milne, Lucas
  2) #416 Payne, Isaiah
  3) #412 Keene, Stewart
  4) #405 Carrasco, Alexandro
3 Spokane CC 'A' 3:32.54
  1) #437 Curry, JJ
  2) #431 Mason, Matt
  3) #428 Albertin, Austin
  4) #429 Davis, TJ
```

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****Men 4x800 Meter Relay**

School		Finals
=====		
1	College of Idaho 'A'	8:03.47
	1) #314 Tracy, Collin	2) #313 Thomas, Derek
	3) #309 Frey, Josh	4) #312 Odegard, Bryce

Men High Jump

=====					
Meet Record: * 2.24m 2010			Trent Arrivey, WSU		
Name		Year	School	Finals	
=====					
1 #	489	Fredrickson, Peyt	Washington St.	2.14m	7-00.25
2 #	455	Ford, Jakobe	Unattached	2.08m	6-09.75
3 #	497	Jacobson, Mitch	Washington St.	2.05m	6-08.75
4 #	493	Halligan, Keelan	Washington St.	2.00m	6-06.75
5 #	486	English, Max	Washington St.	J2.00m	6-06.75
6 #	424	Kuzyk, Zackary	Simon Fraser	1.95m	6-04.75
7 #	438	Davis, Jabriel	UNAT-Spokane CC	1.85m	6-00.75
8 #	449	Taylor, Jonathon	UNAT-Spokane CC	J1.85m	6-00.75
-- #	468	Stevenson, Randy	Unattached	NH	
-- #	298	Gunther, Ryan	Central Washington	NH	

Men Pole Vault

=====				
Meet Record: * 5.27m		2010	Lucas Pope, Idaho	
Name		Year	School	Finals
=====				
1 #	491	Gingerich, Troy	Washington St.	5.00m 16-04.75
2 #	500	Moldau, Sander	Washington St.	J5.00m 16-04.75
3 #	485	Englar, Jacob	Washington St.	4.75m 15-07.00
4 #	446	Neumann, Cade	UNAT-Spokane CC	4.60m 15-01.00
4 #	483	Bushman, Trevor	Washington St.	4.60m 15-01.00
6 #	434	Bennett, Bryce	UNAT-Spokane CC	J4.60m 15-01.00
7 #	453	Campbell, Tysen	Unattached	4.30m 14-01.25
8 #	452	Cadena, Bryan	Unattached	J4.30m 14-01.25
9 #	319	Hanes, Troy	Lewis-Clark	4.15m 13-07.25
10 #	386	Barbour, Sean	Seattle Pacific	J4.15m 13-07.25
11 #	337	Krutzikowsky, Ron	Linfield	4.00m 13-01.50
12 #	329	Preston, Cameron	Lewis-Clark	J4.00m 13-01.50
13 #	469	Thompson, Jacob	Unattached	J4.00m 13-01.50
14 #	457	Hillemann, Wyatt	Unattached	3.85m 12-07.50
-- #	324	Maltba, Corbin	Lewis-Clark	NH

Men Long Jump

=====					
Name		Year	School	Finals	
=====					
1 #	560	Beckmann, Keaton	Willamette	6.89m	22-07.25
2 #	396	Newby, Silas	Seattle Pacific	6.37m	20-10.75
3 #	448	Slack, Ryan	UNAT-Spokane CC	6.35m	20-10.00
4 #	454	Eck, Kameron	Unattached	6.33m	20-09.25
5 #	346	Sitton, Tyler	Linfield	6.31m	20-08.50
6 #	424	Kuzyk, Zackary	Simon Fraser	6.26m	20-06.50
7 #	525	Kruse, Mitch	Western Oregon	6.22m	20-05.00
7 #	488	Flores, Robby	Washington St.	6.22m	20-05.00

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****...Men Long Jump**

9 #	353 Bass, Naom	Pacific (Ore.)	6.15m	20-02.25
10 #	475 Jackson, Andre	Warner Pacif	6.05m	19-10.25
11 #	567 Peck, Brian	Willamette	6.04m	19-09.75
12 #	359 Jones, Keegan	Pacific (Ore.)	5.95m	19-06.25
13 #	558 Wagar, Ryan	Whitworth	5.88m	19-03.50
14 #	439 Davis, TJ	UNAT-Spokane CC	5.80m	19-00.50
15 #	362 Park, Namaka	Pacific (Ore.)	5.77m	18-11.25
16 #	552 Meyer, Caleb	Whitworth	5.68m	18-07.75
17 #	337 Krutzikowsky, Ron	Linfield	5.66m	18-07.00
18 #	548 Herrera, Travis	Whitworth	5.63m	18-05.75
19 #	474 Handy, Rico	Warner Pacif	5.61m	18-05.00
20 #	379 McKeague, Ethan	Puget Sound	5.60m	18-04.50
21 #	422 Cortes, Bryan	Simon Fraser	5.46m	17-11.00
-- #	418 Smith, Aidan	Seattle U.	FOUL	
-- #	303 Whittaker, Zach	Central Washington	FOUL	
-- #	543 Conley, Nathan	Whitworth	FOUL	

Men Triple Jump

Meet Record: * 15.98m 2012			Stephan Scott-Ellis, WSU	
Name		Year School	Finals	
=====				
1 #	488 Flores, Robby	Washington St.	14.44m	47-04.50
2 #	303 Whittaker, Zach	Central Washington	14.26m	46-09.50
3 #	396 Newby, Silas	Seattle Pacific	12.64m	41-05.75
4 #	406 Claiborne, Kailan	Seattle U.	12.39m	40-07.75
5 #	359 Jones, Keegan	Pacific (Ore.)	12.34m	40-06.00
-- #	201 Evenson, Brevin	Unattached	FOUL	
-- #	448 Slack, Ryan	UNAT-Spokane CC	FOUL	

Men Shot Put

Meet Record: * 19.68m		2007	Russ Winger, Idaho		
	Name	Year	School		Finals
=====					
1 #	294 Cain, Aidan		Central Washington	15.57m	51-01.00
2 #	358 Huffman, Josh		Pacific (Ore.)	14.92m	48-11.50
3 #	516 Collins, Karsten		Western Oregon	14.37m	47-01.75
3 #	503 Norvell, Drew		Washington St.	14.37m	47-01.75
5 #	302 Tonder, Ethan		Central Washington	14.24m	46-08.75
6 #	517 Collins, Owen		Western Oregon	14.07m	46-02.00
7 #	570 Swan, Saige		Willamette	13.84m	45-05.00
8 #	340 Mitchell, Cody		Linfield	13.56m	44-06.00
9 #	467 Silverthorn, Mark		Unattached	13.44m	44-01.25
10 #	515 Cole, Sam		Western Oregon	13.19m	43-03.25
11 #	370 Boos, Zebadiah		Providence (	13.03m	42-09.00
12 #	356 Duvall, Jacob		Pacific (Ore.)	12.93m	42-05.25
13 #	496 Hurst, Silas		Washington St.	12.84m	42-01.50
14 #	528 Steffey, Chris		Western Oregon	12.75m	41-10.00
15 #	433 Anderton, Brandon		UNAT-Spokane CC	12.57m	41-03.00
16 #	550 Hurst, Reed		Whitworth	12.54m	41-01.75
17 #	514 Child, Mont		Western Oregon	12.53m	41-01.50
18 #	441 Granchukoff, Andr		UNAT-Spokane CC	12.42m	40-09.00
19 #	367 Taylor, Izaiya		Pacific (Ore.)	12.36m	40-06.75
20 #	342 Post, Tyler		Linfield	12.29m	40-04.00

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Men Shot Put**

21 #	436 Cairns, Kolten	UNAT-Spokane CC	11.50m	37-08.75
22 #	445 Munyon, Marty	UNAT-Spokane CC	11.48m	37-08.00
23 #	472 Brauchler, Jake	Warner Pacif	11.01m	36-01.50
24 #	548 Herrera, Travis	Whitworth	8.07m	26-05.75
25 #	708 Heidari, Daniel	Puget Sound	6.35m	20-10.00

Men Weight Throw

Meet Record: * 21.26m 2007 Matthew Wauters, Idaho

Name	Year	School	Finals	
1 #	482 Brown, Amani	Unattached	18.83m	61-09.50
2 #	294 Cain, Aidan	Central Washington	17.77m	58-03.75
3 #	496 Hurst, Silas	Washington St.	16.37m	53-08.50
4 #	549 Hubbard, Jacob	Whitworth	16.27m	53-04.50
5 #	302 Tonder, Ethan	Central Washington	15.27m	50-01.25
6 #	516 Collins, Karsten	Western Oregon	15.12m	49-07.25
7 #	514 Child, Mont	Western Oregon	15.10m	49-06.50
8 #	356 Duvall, Jacob	Pacific (Ore.)	15.06m	49-05.00
9 #	370 Boos, Zebadiah	Providence (	14.82m	48-07.50
10 #	517 Collins, Owen	Western Oregon	14.35m	47-01.00
11 #	570 Swan, Saige	Willamette	14.15m	46-05.25
12 #	515 Cole, Sam	Western Oregon	13.89m	45-07.00
13 #	355 Draper, Jason	Pacific (Ore.)	13.77m	45-02.25
14 #	433 Anderton, Brandon	UNAT-Spokane CC	13.61m	44-08.00
15 #	374 Ciari, Peter	Puget Sound	12.46m	40-10.50
16 #	472 Brauchler, Jake	Warner Pacif	11.99m	39-04.00
17 #	315 Atencio, Jaycob	Lewis-Clark	11.80m	38-08.75
18 #	467 Silverthorn, Mark	Unattached	11.66m	38-03.25
19 #	369 Wright, David	Pacific (Ore.)	11.06m	36-03.50
20 #	436 Cairns, Kolten	UNAT-Spokane CC	9.92m	32-06.50
21 #	336 Jackson, Grant	Linfield	8.72m	28-07.50
22 #	708 Heidari, Daniel	Puget Sound	7.53m	24-08.50
-- #	339 Metcalf, Matt	Linfield	FOUL	
-- #	445 Munyon, Marty	UNAT-Spokane CC	FOUL	

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Year	School	Finals	H#	Points
1 #	299 Landis, Kodiak	Central Washington	7.00	2	882
2 #	499 Littles, Ray	Washington St.	7.02	2	875
3 #	447 Simonson, Luke	UNAT-Spokane CC	7.32	2	772
3 #	297 Forster, Michael	Central Washington	7.32	2	772
5 #	347 Wood, Keaton	Linfield	7.34	2	765
6 #	551 McGill, Nicholas	Whitworth	7.40	2	745
7 #	305 Caldwell, Kendrik	College of Idaho	7.45	2	729
8 #	333 Thieme, Falk	Lewis-Clark	7.50	1	713
9 #	323 Lanning, Owen	Lewis-Clark	7.64	1	668
10 #	325 Morse, Alixander	Lewis-Clark	7.70	1	650
11 #	310 Griswold, Nate	College of Idaho	7.86	1	601
12 #	304 Brown, Caleb	College of Idaho	7.97	1	568

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****Heptathlon: #7 Men 1000 Meter Run Heptathlon**

Name	Year	School	Finals	Points
1 # 323 Lanning, Owen		Lewis-Clark	2:45.88	809
2 # 299 Landis, Kodiak		Central Washington	2:46.00	808
3 # 297 Forster, Michael		Central Washington	2:46.48	803
4 # 325 Morse, Alixander		Lewis-Clark	2:48.27	784
5 # 310 Griswold, Nate		College of Idaho	2:49.14	775
6 # 551 McGill, Nicholas		Whitworth	2:53.02	734
7 # 305 Caldwell, Kendrik		College of Idaho	2:54.49	719
8 # 499 Littles, Ray		Washington St.	2:57.06	693
9 # 447 Simonson, Luke		UNAT-Spokane CC	2:57.89	685
10 # 304 Brown, Caleb		College of Idaho	3:01.47	650

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Year	School	Finals	H#	Points
1 # 325 Morse, Alixander		Lewis-Clark	8.64	2	827
2 # 297 Forster, Michael		Central Washington	8.75	2	802
3 # 299 Landis, Kodiak		Central Washington	8.78	2	795
4 # 347 Wood, Keaton		Linfield	8.87	2	775
5 # 310 Griswold, Nate		College of Idaho	8.96	1	755
6 # 551 McGill, Nicholas		Whitworth	9.04	2	737
7 # 323 Lanning, Owen		Lewis-Clark	9.07	2	730
8 # 499 Littles, Ray		Washington St.	9.23	1	696
9 # 305 Caldwell, Kendrik		College of Idaho	9.38	2	664
10 # 447 Simonson, Luke		UNAT-Spokane CC	9.69	1	601
11 # 304 Brown, Caleb		College of Idaho	10.04	1	533

Heptathlon: #4 Men High Jump Heptathlon

Name	Year	School	Finals	Points
1 # 304 Brown, Caleb		College of Idaho	1.95m	6-04.75 758
2 # 551 McGill, Nicholas		Whitworth	1.92m	6-03.50 731
3 # 447 Simonson, Luke		UNAT-Spokane CC	1.83m	6-00.00 653
3 # 310 Griswold, Nate		College of Idaho	1.83m	6-00.00 653
5 # 499 Littles, Ray		Washington St.	1.80m	5-10.75 627
5 # 347 Wood, Keaton		Linfield	1.80m	5-10.75 627
7 # 325 Morse, Alixander		Lewis-Clark	1.77m	5-09.75 602
8 # 299 Landis, Kodiak		Central Washington	1.74m	5-08.50 577
8 # 297 Forster, Michael		Central Washington	1.74m	5-08.50 577
8 # 323 Lanning, Owen		Lewis-Clark	1.74m	5-08.50 577
11 # 305 Caldwell, Kendrik		College of Idaho	1.71m	5-07.25 552

Heptathlon: #6 Men Pole Vault Heptathlon

Name	Year	School	Finals	Points
1 # 299 Landis, Kodiak		Central Washington	4.40m	14-05.25 731
2 # 551 McGill, Nicholas		Whitworth	3.90m	12-09.50 590
3 # 297 Forster, Michael		Central Washington	3.80m	12-05.50 562
3 # 323 Lanning, Owen		Lewis-Clark	3.80m	12-05.50 562
5 # 447 Simonson, Luke		UNAT-Spokane CC	3.50m	11-05.75 482
6 # 310 Griswold, Nate		College of Idaho	3.40m	11-01.75 457

Cougar Indoor Invitational - 2/1/2019 to 2/2/2019**Pullman, Washington****Results****....Heptathlon: #6 Men Pole Vault Heptathlon**

7 #	347 Wood, Keaton	Linfield	3.20m	10-06.00	406
8 #	325 Morse, Alixander	Lewis-Clark	3.10m	10-02.00	381
8 #	305 Caldwell, Kendrik	College of Idaho	3.10m	10-02.00	381
10 #	304 Brown, Caleb	College of Idaho	3.00m	9-10.00	357
-- #	499 Littles, Ray	Washington St.	NH		

Heptathlon: #2 Men Long Jump Heptathlon

Name	Year	School	Finals	Points
1 #	447	Simonson, Luke	UNAT-Spokane CC	6.86m 22-06.25 781
2 #	299	Landis, Kodiak	Central Washington	6.84m 22-05.25 776
3 #	297	Forster, Michael	Central Washington	6.49m 21-03.50 695
4 #	499	Littles, Ray	Washington St.	6.45m 21-02.00 686
5 #	305	Caldwell, Kendrik	College of Idaho	6.38m 20-11.25 670
6 #	347	Wood, Keaton	Linfield	6.31m 20-08.50 655
7 #	323	Lanning, Owen	Lewis-Clark	6.30m 20-08.00 652
8 #	551	McGill, Nicholas	Whitworth	6.25m 20-06.25 641
9 #	325	Morse, Alixander	Lewis-Clark	6.02m 19-09.00 591
10 #	310	Griswold, Nate	College of Idaho	5.91m 19-04.75 567
11 #	304	Brown, Caleb	College of Idaho	5.43m 17-09.75 467
-- #	333	Thieme, Falk	Lewis-Clark	FOUL

Heptathlon: #3 Men Shot Put Heptathlon

Name	Year	School	Finals	Points
1 #	551	McGill, Nicholas	Whitworth	12.73m 41-09.25 651
2 #	499	Littles, Ray	Washington St.	12.34m 40-06.00 627
3 #	299	Landis, Kodiak	Central Washington	12.31m 40-04.75 625
4 #	297	Forster, Michael	Central Washington	11.91m 39-01.00 601
5 #	304	Brown, Caleb	College of Idaho	10.68m 35-00.50 527
6 #	347	Wood, Keaton	Linfield	10.09m 33-01.25 491
7 #	447	Simonson, Luke	UNAT-Spokane CC	9.71m 31-10.25 468
8 #	323	Lanning, Owen	Lewis-Clark	9.39m 30-09.75 449
9 #	310	Griswold, Nate	College of Idaho	8.84m 29-00.00 416
10 #	325	Morse, Alixander	Lewis-Clark	8.62m 28-03.50 403
11 #	305	Caldwell, Kendrik	College of Idaho	8.19m 26-10.50 378

Men Heptathlon

Meet Record: * 5788 2004 Phil McMullen, Nike

Name	Year	School	Finals
1 #	299	Landis, Kodiak	Central Washington 5194
2 #	551	McGill, Nicholas	Whitworth 4829
3 #	297	Forster, Michael	Central Washington 4812
4 #	323	Lanning, Owen	Lewis-Clark 4447
5 #	447	Simonson, Luke	UNAT-Spokane CC 4442
6 #	325	Morse, Alixander	Lewis-Clark 4238
7 #	310	Griswold, Nate	College of Idaho 4224
8 #	499	Littles, Ray	Washington St. 4204
9 #	305	Caldwell, Kendrik	College of Idaho 4093
10 #	304	Brown, Caleb	College of Idaho 3860