

GNAC INDOOR TRACK & FIELD CHAMPIONSHIPS

Nampa, ID
 Ford Idaho Center Jacksons Track
 2/15/2019 - 2/16/2019



OFFICIAL MEET REPORT
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PERFORMANCE LIST

Women's 60 Meters

	Name	Yr	Team	Time
1	ALLEN, Macie	SO	Concordia (Ore.)	7.68
2	BOUYER, Jenna	FR	Seattle Pacific	7.77
3	IGBONAGWAM, Peace	FR	Seattle Pacific	7.78
4	QUAYNOR, Meyer	SO	Simon Fraser	7.79
5	BRADLEY, Hannah	JR	Western Washington	7.87
6	STEPPER, Julia	SO	Seattle Pacific	7.90
7	DOSS, Aujanique	JR	Central Washington	7.93
8	LINDSAY, Emily	FR	Simon Fraser	7.94
9	NICKELSON, Artresa	JR	Saint Martin's	8.06
10	VONGSAVENG, Mariya	SR	Central Washington	8.09
11	FARNER, Anna	FR	Seattle Pacific	8.09
12	MCLEAN, Kelsey	JR	Western Washington	8.10
13	YUEN, Camryn	SO	Simon Fraser	8.23
14	VILLERS, Tommi	FR	Concordia (Ore.)	8.26
15	KENDRICK, Ariya	JR	Saint Martin's	8.37
16	SEARS, Hailey	SR	Western Oregon	8.37
17	LEGRAS, Natalie	SO	Western Oregon	8.38
18	TANDECKI, Taylor	SO	Saint Martin's	8.57
19	LEAVITT, Beth	JR	Concordia (Ore.)	8.58
20	MEYER, Renick	SO	Seattle Pacific	NT

Men's 60 Meters

	Name	Yr	Team	Time
1	WARNER, Cody	SR	Western Oregon	6.99
2	LANDIS, Kodiak	SR	Central Washington	7.00
3	SCHRAM, Mason	JR	MSU-Billings	7.03
4	MAH, Nathan	JR	Simon Fraser	7.04
5	FORTIER, Devon	SR	Western Oregon	7.12
6	ARMSTRONG, Logan	JR	Saint Martin's	7.14
7	PATELIS, Kyle	FR	MSU-Billings	7.14
8	WILLEY, Cameron	FR	Northwest Nazarene	7.15
9	BLODGETT, Codi	SR	Western Oregon	7.23
10	TRAN, David	SO	Western Washington	7.24
11	WONG, Christian	JR	Seattle Pacific	7.37
12	POWERS, Tyler	SR	Concordia (Ore.)	7.40
13	CARPENTER, Shayne	JR	Seattle Pacific	7.40
14	CAMPBELL, Enrique	FR	Alaska Anchorage	NT
15	OKEZIE, Koby	FR	Western Washington	NT
16	JONES, Daniel	SR	Western Washington	NT

Women's 200 Meters

	Name	Yr	Team	Time
1	BOUYER, Jenna	FR	Seattle Pacific	25.28
2	BLEY, Grace	JR	Seattle Pacific	25.40
3	WEEMS, Erykah	JR	Central Washington	25.48
4	STEPPER, Julia	SO	Seattle Pacific	25.54

Women's 200 Meters (cont'd)

	Name	Yr	Team	Time
5	SMITH, Savannah	SR	Western Washington	25.58
6	ALLEN, Macie	SO	Concordia (Ore.)	25.65
7	BRADLEY, Hannah	JR	Western Washington	25.68
8	MEYER, Renick	SO	Seattle Pacific	25.72
9	VONGSAVENG, Mariya	SR	Central Washington	25.87
10	DOSS, Aujanique	JR	Central Washington	25.89
11	IGBONAGWAM, Peace	FR	Seattle Pacific	25.95
12	LINDSAY, Emily	FR	Simon Fraser	26.00
13	QUAYNOR, Meyer	SO	Simon Fraser	26.12
14	WEST, Bryce	SR	Simon Fraser	26.20
15	VANZANT, Ronni	FR	Concordia (Ore.)	26.20
16	HURLEY, Karlie	JR	Concordia (Ore.)	26.20
17	NICKELSON, Artresa	JR	Saint Martin's	26.69
18	KENDRICK, Ariya	JR	Saint Martin's	26.81
19	FARNER, Anna	FR	Seattle Pacific	26.83
20	SEARS, Hailey	SR	Western Oregon	26.89
21	WILSON, Taryn	FR	Western Oregon	26.96
22	MISI, Maddie	JR	Concordia (Ore.)	26.98
23	BROOKS, Ashley	JR	Concordia (Ore.)	27.31
24	TANDECKI, Taylor	SO	Saint Martin's	27.53
25	PORTER, Breann	FR	Northwest Nazarene	27.57
26	JACKSON, Logan	FR	Western Oregon	28.02
27	VILLERS, Tommi	FR	Concordia (Ore.)	28.06
28	LEAVITT, Beth	JR	Concordia (Ore.)	28.68
29	HAMRE, Grace	SO	Saint Martin's	NT

Men's 200 Meters

	Name	Yr	Team	Time
1	MAH, Nathan	JR	Simon Fraser	22.05
2	BROWN, Adam	JR	Concordia (Ore.)	22.13
3	BLAKE, Logan	JR	Northwest Nazarene	22.21
4	RUSSELL, Michael	FR	Saint Martin's	22.38
5	HAND, Jackson	SR	Saint Martin's	22.40
6	MAGEE, Zachary	SO	Northwest Nazarene	22.66
7	WELCH, Bryant	SO	Western Washington	22.72
8	SCHRAM, Mason	JR	MSU-Billings	22.83
9	ARMSTRONG, Logan	JR	Saint Martin's	22.87
10	JONES, Daniel	SR	Western Washington	22.89
11	PATELIS, Kyle	FR	MSU-Billings	22.92
12	POWERS, Tyler	SR	Concordia (Ore.)	23.03
13	WILLEY, Cameron	FR	Northwest Nazarene	23.05
14	SCOTT, Trevaughn	SR	Central Washington	23.05
15	CAMPOS-DAVIS, Gabri	FR	Western Oregon	23.07
16	BRUNETT, Nathaniel	FR	Alaska Anchorage	23.28
17	BLODGETT, Codi	SR	Western Oregon	23.43
18	TAGAD, Travis	FR	Western Oregon	23.77

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Men's 200 Meters (cont'd)

	Name	Yr	Team	Time
19	ANGUAY, Zach	JR	Saint Martin's	23.93
20	WONG, Christian	JR	Seattle Pacific	24.68
21	MCMILLIAN-THOMAS,	FR	Saint Martin's	24.88
22	BUSHNELL, Daryl	FR	Alaska Anchorage	25.04
23	CAMPBELL, Enrique	FR	Alaska Anchorage	25.27
24	BALL, Nick	FR	Concordia (Ore.)	25.47
25	OKEZIE, Koby	FR	Western Washington	NT
26	SMITH, Myles	SO	Western Washington	NT
27	LENTON, Jorrin	FR	Simon Fraser	NT
28	CONRAD, Ben	SR	Simon Fraser	NT
29	FORTIER, Devon	SR	Western Oregon	NT

Women's 400 Meters

	Name	Yr	Team	Time
1	BLUSCHKE, Renate	SO	Simon Fraser	56.67
2	WEEMS, Erykah	JR	Central Washington	56.82
3	SMITH, Savannah	SR	Western Washington	58.01
4	TRINIDAD, Sidney	SO	Central Washington	58.09
5	WEST, Bryce	SR	Simon Fraser	58.29
6	ATLAS, Tylantiss	FR	Alaska Anchorage	58.42
7	BURKE, Grayson	JR	Western Oregon	58.94
8	TROESCHER, Rebecc	FR	Seattle Pacific	58.96
9	BLEY, Grace	JR	Seattle Pacific	59.06
10	LINDSAY, Nicole	JR	Simon Fraser	59.35
11	ALTAMIRANO, Bethani	FR	Western Oregon	59.92
12	HURLEY, Karlie	JR	Concordia (Ore.)	1:00.56
13	MISI, Maddie	JR	Concordia (Ore.)	1:00.59
14	BLAND, Emily	SR	Central Washington	1:00.62
15	ALSTON, D'Rhema	SR	Alaska Anchorage	1:01.42
16	OMAR, Shakila	SO	Western Washington	1:01.45
17	SOLADEY, Sarra	FR	Western Oregon	1:02.25
18	NISKANEN, Nicole	SO	Western Oregon	1:03.80
19	CONLEY, MaKenna	SR	Northwest Nazarene	1:03.88
20	ANITEYE, Vanessa	JR	Alaska Anchorage	NT
21	DODD, Sophie	SR	Simon Fraser	NT

Men's 400 Meters

	Name	Yr	Team	Time
1	BROWN, Adam	JR	Concordia (Ore.)	49.20
2	BLAKE, Logan	JR	Northwest Nazarene	49.32
3	ST. ROMAIN, Nate	FR	Simon Fraser	49.67
4	CALDERON, Daniel	SO	Central Washington	49.67
5	MAGEE, Zachary	SO	Northwest Nazarene	49.72
6	SMITH, Myles	SO	Western Washington	49.88
7	WELCH, Bryant	SO	Western Washington	49.92
8	DANIELS, Mark	FR	Western Washington	50.06

Men's 400 Meters (cont'd)

	Name	Yr	Team	Time
9	ARCE-TORRES, Gabe	FR	Western Oregon	50.07
10	ADHEMAR, Joshua	JR	Simon Fraser	50.31
11	SCOTT, Trevaughn	SR	Central Washington	50.36
12	PORTER, Doc	FR	Central Washington	50.54
13	BRUNETT, Nathaniel	FR	Alaska Anchorage	50.99
14	REMINGTON, Daniel	SR	Alaska Anchorage	51.05
15	CUMMINGS, Cordell	JR	Western Washington	51.12
16	JACKMAN, Joshua	SO	Alaska Anchorage	51.45
17	LENTON, Jorrin	FR	Simon Fraser	52.81
18	CONRAD, Ben	SR	Simon Fraser	53.02
19	BIERLY, Robert	JR	Concordia (Ore.)	53.93
20	BUSHNELL, Daryl	FR	Alaska Anchorage	55.51
21	EMILE, Lashaun	FR	Western Oregon	NT

Women's 800 Meters

	Name	Yr	Team	Time
1	TOWNSEND, Addy	JR	Simon Fraser	2:08.70
2	WOODS, Olivia	SR	Western Oregon	2:09.35
3	DODD, Sophie	SR	Simon Fraser	2:11.02
4	NOCK, Paige	SR	Simon Fraser	2:18.47
5	SHIELDS-BROWN, Mai	SO	Simon Fraser	2:18.68
6	KLASSEN, Adrianna	SO	Simon Fraser	2:19.58
7	KAUFMAN, Krystal	FR	Seattle Pacific	2:20.60
8	CHILTON, Emily	SO	Simon Fraser	2:21.10
9	NISLY, Heidi	SO	Northwest Nazarene	2:23.11
10	LINDSAY, Nicole	JR	Simon Fraser	2:24.04
11	DURBIN, Sierra	FR	MSU-Billings	2:27.89
12	KONRAD, Shawnee	SO	Western Washington	NT
13	ROXBY, Megan	FR	Simon Fraser	NT
14	STOPPEL, Kailee	FR	MSU-Billings	NT

Men's 800 Meters

	Name	Yr	Team	Time
1	KNOTT, Curt	JR	Western Oregon	1:54.88
2	BAUERNSCHMITT, Nic	FR	Simon Fraser	1:55.68
3	OROZCO, Eduardo	SR	Alaska Anchorage	1:56.03
4	PHAN, Jesse	SR	Seattle Pacific	1:56.22
5	TORRES, Richard	SR	Simon Fraser	1:56.27
6	CRANSTON, Neal	SO	Western Oregon	1:56.28
7	SAGER, Kyler	SR	Western Washington	1:56.66
8	CARMONA, Max	JR	Western Oregon	1:56.84
9	WALSH, Simon	FR	Western Oregon	1:57.86
10	KANELIS, Zach	JR	Western Oregon	1:59.18
11	REED, Trey	SO	Western Oregon	1:59.50
12	MCLAUGHLIN, Kyle	JR	MSU-Billings	2:00.77
13	ABDALLA, Ryan	FR	Northwest Nazarene	2:02.50

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Men's 800 Meters (cont'd)

	Name	Yr	Team	Time
14	PAULSEN, Sean	SR	Simon Fraser	2:03.06
15	FEY, Stephen	JR	Western Oregon	2:04.41
16	AHL, Aaron	SO	Simon Fraser	NT
17	VARGAS, Carlos	SR	Simon Fraser	NT
18	ALNAZER, Adam	JR	Western Oregon	NT

Women's 1 Mile Run

	Name	Yr	Team	Time
1	TOWNSEND, Addy	JR	Simon Fraser	4:44.81
2	LILLY, Kate	JR	Seattle Pacific	5:00.62
3	WASHENBERGER, Kel	FR	Seattle Pacific	5:08.38
4	NOCK, Paige	SR	Simon Fraser	5:09.36
5	MITCHELL, Kaylee	FR	Seattle Pacific	5:10.25
6	KNAPP, Grace	JR	Western Oregon	5:11.05
7	ROXBY, Megan	FR	Simon Fraser	5:12.74
8	TYRRELL, Lily	SO	Central Washington	5:17.91
9	HAMILTON, Annalisa	SO	Northwest Nazarene	5:20.67
10	MCGRAW, Amber	FR	Seattle Pacific	5:21.87
11	KURGAT, Caroline	SR	Alaska Anchorage	NT
12	CVANCARA, Ruth	SO	Alaska Anchorage	NT
13	MCCORMICK, Danielle	SR	Alaska Anchorage	NT
14	LEHMAN, Rebecca	FR	Western Washington	NT
15	RICHARDSON, Dalen	SR	Concordia (Ore.)	NT
16	ZIMMERDAHL, Kendra	JR	Western Oregon	NT

Men's 1 Mile Run

	Name	Yr	Team	Time
1	AHL, Aaron	SO	Simon Fraser	4:06.92
2	JOHNSON, Drew	FR	Alaska Anchorage	4:17.64
3	GALLAGHER, Thomas	SO	Simon Fraser	4:18.74
4	HOVLAND, Mark	SR	MSU-Billings	4:18.78
5	CROSSWHITE, Justin	JR	Western Oregon	4:20.10
6	JASPERSON, James	JR	Western Washington	4:21.58
7	COSSETTE, Liam	JR	Western Washington	4:21.62
8	OTERO, Colby	FR	Seattle Pacific	4:23.80
9	GRAFF, Elius	SO	Seattle Pacific	4:25.40
10	KEMBOI, Godfrey	JR	Northwest Nazarene	4:26.96
11	IBRAHIM, Faisal	FR	Alaska Anchorage	4:27.08
12	SHEA, Tyler	FR	Northwest Nazarene	4:27.25
13	WILSON, Jordan	SR	Simon Fraser	4:28.40
14	HANSEN, Ben	SO	Seattle Pacific	4:31.80
15	GIORDANO, Dominic	JR	Concordia (Ore.)	4:33.92
16	SCHULTZ, Brayden	FR	Seattle Pacific	4:34.11
17	LEWIS, Judd	SR	Concordia (Ore.)	4:36.33
18	GARCIA, Royce	SO	Seattle Pacific	4:38.62
19	KIRUI, Wesley	SO	Alaska Anchorage	NT

Men's 1 Mile Run (cont'd)

	Name	Yr	Team	Time
20	KEMBOI, Felix	SO	Alaska Anchorage	NT
21	ROTAR, Max	FR	Concordia (Ore.)	NT
22	JONES, Tyler	SR	Western Oregon	NT
23	HUTTON, Hunter	FR	Western Oregon	NT
24	FEY, Stephen	JR	Western Oregon	NT
25	MOSMAN, Hunter	SO	Western Oregon	NT

Women's 3000 Meters

	Name	Yr	Team	Time
1	KURGAT, Caroline	SR	Alaska Anchorage	9:07.05
2	SHINDRUK, Alexa	SR	Central Washington	9:42.19
3	JEPTOO, Nancy	FR	Alaska Anchorage	9:59.30
4	LILLY, Kate	JR	Seattle Pacific	10:02.40
5	MITCHELL, Kaylee	FR	Seattle Pacific	10:07.45
6	WILLETT, Olivia	SO	Simon Fraser	10:13.13
7	WASHENBERGER, Kel	FR	Seattle Pacific	10:17.75
8	DANNER, Bethany	JR	Northwest Nazarene	10:30.73
9	RIBEIRO, Chelsea	SR	Simon Fraser	10:31.03
10	GALVEZ, Sophia	JR	Western Washington	10:32.76
11	MCNERNEY, Sedona	JR	Seattle Pacific	10:42.86
12	CHARLTON, Calli	JR	Simon Fraser	10:43.22
13	MATTSON, Molly	FR	Central Washington	10:44.73
14	MORRIS, Amy	JR	Simon Fraser	10:48.00
15	AIKEN, Nikki	JR	MSU-Billings	10:48.01
16	TYRRELL, Lily	SO	Central Washington	10:50.60
17	GANNON, Grace	FR	Alaska Anchorage	10:57.24
18	CANTU, Kaylin	FR	Western Oregon	11:03.39
19	MANZER, Sierra	FR	Northwest Nazarene	11:13.09
20	HOBSON, Gabby	JR	Concordia (Ore.)	11:16.19
21	BURROUGHS, Riley	SR	Alaska Anchorage	11:21.49
22	HAMMONS, Emily	SR	Northwest Nazarene	11:27.81
23	CRONIN, Theresa	FR	Alaska Anchorage	NT
24	COSCIA, Kimberly	SR	Alaska Anchorage	NT
25	HIMELBLOOM, Arielle	FR	Alaska Anchorage	NT

Men's 3000 Meters

	Name	Yr	Team	Time
1	DOHERTY, Rowan	JR	Simon Fraser	8:12.35
2	DETOURBE, Pierre-Lo	SO	Simon Fraser	8:14.88
3	JONES, Tyler	SR	Western Oregon	8:17.20
4	KEMBOI, Felix	SO	Alaska Anchorage	8:20.94
5	VARGAS, Carlos	SR	Simon Fraser	8:22.33
6	KIRUI, Wesley	SO	Alaska Anchorage	8:29.22
7	KANGOGO, Edwin	SR	Alaska Anchorage	8:38.04
8	JASPERSON, James	JR	Western Washington	8:38.60
9	HAYES, Dylan	SR	Western Washington	8:44.70

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Men's 3000 Meters (cont'd)

Name	Yr	Team	Time
10 OTERO, Colby	FR	Seattle Pacific	8:47.85
11 CARLTON, Corbin	JR	Central Washington	8:49.06
12 SOBCZAK, Chris	SO	Simon Fraser	8:55.65
13 HAMILTON, Nick	SR	Northwest Nazarene	9:00.06
14 GALLOWAY, Shad	SO	Seattle Pacific	9:01.58
15 MOATS, Josh	SR	Concordia (Ore.)	9:05.88
16 ACKERMAN, Ase	FR	MSU-Billings	9:08.40
17 PUTNEY, Jared	FR	Seattle Pacific	9:14.62
18 BOUTIN, Colin	SO	Seattle Pacific	9:15.50
19 GRAFF, Elius	SO	Seattle Pacific	9:17.35
20 CONLEY, Treyson	FR	Northwest Nazarene	9:19.83
21 HANSEN, Ben	SO	Seattle Pacific	9:22.34
22 GARCIA, Royce	SO	Seattle Pacific	9:25.95
23 LEWIS, Levi	JR	Northwest Nazarene	9:26.11
24 SCHULTZ, Brayden	FR	Seattle Pacific	9:31.85
25 SANCHEZ, Jorge	JR	Alaska Anchorage	NT
26 KOECH, Nickson	SO	Alaska Anchorage	NT
27 ALLEN, Trevor	FR	Central Washington	NT

Women's 5000 Meters

Name	Yr	Team	Time
1 GALVEZ, Sophia	JR	Western Washington	17:37.16
2 WILLETT, Olivia	SO	Simon Fraser	18:06.90
3 MCNERNEY, Sedona	JR	Seattle Pacific	18:42.91
4 JEPTOO, Nancy	FR	Alaska Anchorage	NT
5 GANNON, Grace	FR	Alaska Anchorage	NT
6 BURROUGHS, Riley	SR	Alaska Anchorage	NT
7 CHARLTON, Calli	JR	Simon Fraser	NT
8 MORRIS, Amy	JR	Simon Fraser	NT
9 AIKEN, Nikki	JR	MSU-Billings	NT
10 MATTSON, Molly	FR	Central Washington	NT
11 WALTER, Katherine	SO	Seattle Pacific	NT
12 MCKINNEY, Cassie	JR	Western Oregon	NT

Men's 5000 Meters

Name	Yr	Team	Time
1 KIRUI, Wesley	SO	Alaska Anchorage	14:18.62
2 KANGOGO, Edwin	SR	Alaska Anchorage	14:39.15
3 GALLOWAY, Shad	SO	Seattle Pacific	15:43.68
4 BOUTIN, Colin	SO	Seattle Pacific	15:46.52
5 PUTNEY, Jared	FR	Seattle Pacific	15:50.22
6 PERKINS, Joseph	SO	Seattle Pacific	16:14.95
7 KEMBOI, Felix	SO	Alaska Anchorage	NT
8 SANCHEZ, Jorge	JR	Alaska Anchorage	NT
9 KOECH, Nickson	SO	Alaska Anchorage	NT
10 HAMILTON, Nick	SR	Northwest Nazarene	NT

Men's 5000 Meters (cont'd)

Name	Yr	Team	Time
11 HAYES, Dylan	SR	Western Washington	NT
12 SOBCZAK, Chris	SO	Simon Fraser	NT
13 MOATS, Josh	SR	Concordia (Ore.)	NT
14 HECKARD, Sawyer	SO	Western Oregon	NT

Women's 60m Hurdles

Name	Yr	Team	Time
1 VONGSAVENG, Mariya	SR	Central Washington	8.66
2 MEYER, Renick	SO	Seattle Pacific	8.77
3 TUBBS, Lexi	JR	Northwest Nazarene	8.79
4 STEPHENS, Chase	JR	Concordia (Ore.)	8.89
5 WEEMS, Erykah	JR	Central Washington	8.93
6 TRINIDAD, Sidney	SO	Central Washington	9.16
7 ORTEGA, HarLee	SR	Central Washington	9.16
8 KENDRICK, Ariya	JR	Saint Martin's	9.17
9 CANO, Elena	JR	Alaska Anchorage	9.22
10 MIRAN, Ally	SO	Northwest Nazarene	9.26
11 KIBBEE, Leanne	FR	Western Washington	9.50
12 DITTER, Kaitlyn	FR	Central Washington	9.50
13 POPCHOCK, Anna	FR	Western Oregon	9.56
14 BLAND, Emily	SR	Central Washington	9.59
15 DEPEW, Anna	FR	Northwest Nazarene	9.61
16 WILSON, Darian	SO	Western Oregon	9.66
17 CONKLIN, Katie	SR	Northwest Nazarene	9.69
18 YONKMAN, Michaela	FR	Western Oregon	9.71
19 KIRBY, Kate	FR	Alaska Anchorage	9.83
20 LEGRAS, Natalie	SO	Western Oregon	9.92
21 BROOKS, Ashley	JR	Concordia (Ore.)	10.11
22 HAMILTON, Rachelle	FR	Central Washington	10.25

Men's 60m Hurdles

Name	Yr	Team	Time
1 CASTRO, Elijah	SO	Northwest Nazarene	8.37
2 OKEZIE, Koby	FR	Western Washington	8.43
3 MAIER, Braydon	SO	Central Washington	8.53
4 GALGAN, Skyler	FR	Northwest Nazarene	8.54
5 CUMMINGS, Cordell	JR	Western Washington	8.55
6 GUNTHER, Ryan	SR	Central Washington	8.63
7 BROWN, Giovanni	SR	Concordia (Ore.)	8.72
8 FORSTER, Michael	SR	Central Washington	8.72
9 SCOTT, Trevaughn	SR	Central Washington	8.80
10 MCMILLIAN-THOMAS,	FR	Saint Martin's	8.89
11 CARPENTER, Shayne	JR	Seattle Pacific	8.92
12 GAMZA, Andrey	JR	Concordia (Ore.)	9.00
13 CHISM, Ryan	SR	Northwest Nazarene	9.02
14 DANCES, Seren	FR	Western Washington	9.05

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Women's 4 x 400m Relay

Team	Time
1 Simon Fraser (A)	3:48.38
2 Seattle Pacific (A)	3:54.83
3 Western Oregon (A)	3:55.37
4 Alaska Anchorage (A)	3:59.78
5 Central Washington (A)	4:00.57
6 Concordia (Ore.) (A)	4:04.00
7 Western Washington (A)	4:10.09
8 Saint Martin's (A)	4:56.71
9 Northwest Nazarene (A)	NT

Men's 4 x 400m Relay

Team	Time
1 Central Washington (A)	3:19.78
2 Simon Fraser (A)	3:22.62
3 Western Washington (A)	3:23.01
4 Northwest Nazarene (A)	3:23.81
5 Western Oregon (A)	3:24.56
6 Alaska Anchorage (A)	3:24.85
7 Saint Martin's (A)	3:30.02
8 Concordia (Ore.) (A)	NT

Women's 4000m DMR

Team	Time
1 Simon Fraser (A)	11:35.62
2 Alaska Anchorage (A)	11:53.47
3 Western Washington (A)	12:26.04
4 Northwest Nazarene (A)	NT
5 Concordia (Ore.) (A)	NT
6 Central Washington (A)	NT
7 Seattle Pacific (A)	NT
8 Western Oregon (A)	NT

Men's 4000m DMR

Team	Time
1 Western Oregon (A)	9:54.85
2 Simon Fraser (A)	9:58.86
3 Western Washington (A)	10:05.81
4 Alaska Anchorage (A)	10:10.09
5 Central Washington (A)	10:22.63
6 Northwest Nazarene (A)	NT
7 Concordia (Ore.) (A)	NT
8 Seattle Pacific (A)	NT

Women's High Jump

Name	Yr	Team	Mark
1 TAYLOR, Maddie	JR	Western Washington	1.73m
2 ORTEGA, HarLee	SR	Central Washington	1.65m
3 STEPHENS, Chase	JR	Concordia (Ore.)	1.64m
4 FARETTA, Heather	SO	Western Washington	1.63m
5 CONKLIN, Katie	SR	Northwest Nazarene	1.62m
6 DAWKINS, Aliyah	FR	Western Washington	1.62m
7 MEADOWS, Shaddia	JR	Central Washington	1.62m
8 CAI, Scout	JR	Seattle Pacific	1.62m
9 OCHOA, Yareli	FR	Central Washington	1.60m
10 LEHNERT, Geneva	SR	Seattle Pacific	1.60m
11 TUBBS, Lexi	JR	Northwest Nazarene	1.55m
12 DITTER, Kaitlyn	FR	Central Washington	1.55m
13 HAMILTON, Rachelle	FR	Central Washington	1.55m
14 VEST, Ashley	SO	Saint Martin's	1.54m
15 VONBRETHORST, Ma	FR	Northwest Nazarene	1.51m
16 RETTER, Sarah	FR	Western Washington	1.50m
17 FORTUNE, Erin	SO	Simon Fraser	1.50m
18 COLLINS, Katie	SR	Central Washington	1.50m
19 POTT, Tiffany	JR	Saint Martin's	NM
20 APO, Cassidy	SR	Saint Martin's	NM

Men's High Jump

Name	Yr	Team	Mark
1 CRONK, Tyler	FR	Saint Martin's	2.16m
2 GIRARD, Isaiah	JR	MSU-Billings	2.06m
3 WICKLIFF, Tupre	SR	Western Washington	2.01m
4 DAVIES, Garrett	SO	Western Washington	2.00m
5 BRAKE, Chris	JR	Alaska Anchorage	1.96m
6 KUZYK, Zackary	SO	Simon Fraser	1.95m
7 TRANCH, Micah	SR	Northwest Nazarene	1.94m
8 DANCES, Seren	FR	Western Washington	1.93m
9 CARRIZALES, Emmy	JR	Concordia (Ore.)	1.91m
10 MAKRAKIS, Nick	JR	Western Washington	1.90m
11 STERKEL, Ethan	FR	Western Washington	1.90m
12 NICHOLSON, Brandon	SO	Alaska Anchorage	1.75m
13 GUNTHER, Ryan	SR	Central Washington	NM

Women's Pole Vault

Name	Yr	Team	Mark
1 IRVINE, Halle	JR	Central Washington	3.93m
2 PARADEE, Anna	SR	Western Washington	3.75m
3 ROBERTS, Rachael	SR	Western Washington	3.45m
4 LICARI, Madison	FR	Seattle Pacific	3.45m
5 PERRY, Lexi	JR	Western Washington	3.38m
6 PARADIS, Sophie	FR	Western Washington	3.30m
7 GRAHAM, Cierra	FR	Western Washington	3.30m

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Women's Pole Vault (cont'd)

	Name	Yr	Team	Mark
8	ANDERSEN, Amanda	JR	Western Washington	3.30m
9	OLQUIANO, Jewels	JR	Western Washington	3.30m
10	GWIN, Courtney	JR	Northwest Nazarene	3.25m
11	BLANKENSHIP, Tawni	FR	Central Washington	3.19m
12	DODSON, Hannah	SO	Western Washington	3.15m
13	ELLIS, Sarah	FR	Western Washington	3.15m
14	EISWALD, Erin	FR	Central Washington	3.15m
15	WYATT, Kayla	SO	Central Washington	3.15m
16	LAMBERT, Emma	SR	Seattle Pacific	3.15m
17	CABRERA, Brianna	FR	Saint Martin's	3.04m
18	CAI, Scout	JR	Seattle Pacific	NM

Men's Pole Vault

	Name	Yr	Team	Mark
1	KONRAD, J. T.	SR	Western Washington	4.90m
2	MAIER, Braydon	SO	Central Washington	4.75m
3	HOPKINS, Spencer	SO	Northwest Nazarene	4.65m
4	SRAMEK, David	JR	Alaska Anchorage	4.45m
5	LANDIS, Kodiak	SR	Central Washington	4.40m
6	RICKARD, Chris	SR	Saint Martin's	4.35m
7	BOYLE, Craig	SR	Saint Martin's	4.30m
8	RINEFORT, Ian	FR	Western Washington	4.25m
9	BARBOUR, Sean	FR	Seattle Pacific	4.15m
10	WILLIAMS, Christian	FR	Western Washington	4.00m
11	CUMMINGS, Cooper	FR	Western Washington	3.85m
12	FLINTOFF, Davis	SO	Seattle Pacific	3.85m
13	HATLAN, Dustin	SO	Northwest Nazarene	NM

Women's Long Jump

	Name	Yr	Team	Mark
1	MEYER, Renick	SO	Seattle Pacific	5.76m
2	ORTEGA, HarLee	SR	Central Washington	5.72m
3	WILLIAMS, Brooke	SR	Central Washington	5.71m
4	JOHNSON, Chrisalyn	JR	Alaska Anchorage	5.48m
5	MAY, Kellie	SO	Seattle Pacific	5.47m
6	IGBONAGWAM, Peace	FR	Seattle Pacific	5.46m
7	WALTS, Rose	JR	Central Washington	5.44m
8	IRVINE, Halle	JR	Central Washington	5.43m
9	STEPHENS, Chase	JR	Concordia (Ore.)	5.34m
10	BONE, Chelsea	SR	Concordia (Ore.)	5.33m
11	ROMAIN, Keshara	FR	Saint Martin's	5.27m
12	DEPEW, Anna	FR	Northwest Nazarene	5.26m
13	VANZANT, Ronni	FR	Concordia (Ore.)	5.16m
14	OCHOA, Yareli	FR	Central Washington	5.14m
15	TRINIDAD, Sidney	SO	Central Washington	5.11m
16	BERRY, Lauren	FR	Western Oregon	5.08m

Women's Long Jump (cont'd)

	Name	Yr	Team	Mark
17	KIBBEE, Leanne	FR	Western Washington	5.06m
18	WILSON, Darian	SO	Western Oregon	5.06m
19	OLSON, Devon	SO	Western Washington	4.97m
20	DAWKINS, Aliyah	FR	Western Washington	4.87m
21	HAMILTON, Rachelle	FR	Central Washington	4.72m
22	MARTIN, Kailey	FR	Saint Martin's	4.71m
23	FORTUNE, Erin	SO	Simon Fraser	4.69m
24	SANFORD, Jamie	FR	Western Washington	NM

Men's Long Jump

	Name	Yr	Team	Mark
1	CASTRO, Elijah	SO	Northwest Nazarene	7.08m
2	DANCES, Seren	FR	Western Washington	7.00m
3	GIRARD, Isaiah	JR	MSU-Billings	6.99m
4	SCHULZ, Josh	JR	Saint Martin's	6.98m
5	LANDIS, Kodiak	SR	Central Washington	6.84m
6	STERKEL, Ethan	FR	Western Washington	6.73m
7	KREUTZ, Blaine	SO	Northwest Nazarene	6.65m
8	SRAMEK, David	JR	Alaska Anchorage	6.62m
9	TRAN, David	SO	Western Washington	6.59m
10	NICHOLSON, Brandon	SO	Alaska Anchorage	6.43m
11	MAKRAKIS, Nick	JR	Western Washington	6.41m
12	CHHIM, Somit	SR	Western Washington	6.37m
13	NEWBY, Silas	FR	Seattle Pacific	6.37m
14	LINDQUIST, Marcus	JR	MSU-Billings	6.28m
15	KUZYK, Zackary	SO	Simon Fraser	6.26m
16	KEMMER, Braeden	FR	Saint Martin's	6.07m
17	CARRIZALES, Emmy	JR	Concordia (Ore.)	6.07m
18	RINGOLD, Jacob	SR	Western Washington	6.03m
19	BALL, Nick	FR	Concordia (Ore.)	5.67m
20	BRAKE, Chris	JR	Alaska Anchorage	NM

Women's Triple Jump

	Name	Yr	Team	Mark
1	ROMAIN, Keshara	FR	Saint Martin's	12.01m
2	WILLIAMS, Brooke	SR	Central Washington	11.74m
3	MAHOWALD, Jackie	JR	Northwest Nazarene	11.71m
4	ORTEGA, HarLee	SR	Central Washington	11.71m
5	STEPHENS, Chase	JR	Concordia (Ore.)	11.33m
6	IGBONAGWAM, Peace	FR	Seattle Pacific	11.16m
7	MAY, Kellie	SO	Seattle Pacific	11.06m
8	POPCHOCK, Anna	FR	Western Oregon	11.02m
9	CONKLIN, Katie	SR	Northwest Nazarene	10.85m
10	OLSON, Devon	SO	Western Washington	10.83m
11	WALTS, Rose	JR	Central Washington	10.82m
12	SANFORD, Jamie	FR	Western Washington	10.64m

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	Name	Yr	Team	Mark
13	HECKATHORN, Katie	SO	Northwest Nazarene	10.40m
14	HUTTON-KING, Dakota	FR	Northwest Nazarene	10.22m
15	JOHNSON, Chrisalyn	JR	Alaska Anchorage	NM
16	VONBRETHORST, Ma	FR	Northwest Nazarene	NM
17	KIBBEE, Leanne	FR	Western Washington	NM
18	WILSON, Darian	SO	Western Oregon	NM

Men's Triple Jump

	Name	Yr	Team	Mark
1	WHITTAKER, Zach	SR	Central Washington	14.62m
2	BRAKE, Chris	JR	Alaska Anchorage	14.24m
3	NICHOLSON, Brandon	SO	Alaska Anchorage	14.01m
4	RINGOLD, Jacob	SR	Western Washington	13.56m
5	CHHIM, Somit	SR	Western Washington	13.55m
6	LINDQUIST, Marcus	JR	MSU-Billings	13.44m
7	NEWBY, Silas	FR	Seattle Pacific	13.24m
8	DUCKWORTH, Jeremia	FR	Western Washington	13.17m
9	MAKRAKIS, Nick	JR	Western Washington	13.11m
10	KEMMER, Braeden	FR	Saint Martin's	12.84m
11	CARRIZALES, Emmy	JR	Concordia (Ore.)	12.51m
12	DANCES, Seren	FR	Western Washington	NM
13	GAMZA, Andrey	JR	Concordia (Ore.)	NM

Women's Shot Put

	Name	Yr	Team	Mark
1	LA RUE, Samantha	JR	Central Washington	13.67m
2	TENSLEY, Joselynn	JR	Concordia (Ore.)	12.62m
3	FISK, Avery	FR	Central Washington	11.90m
4	MCFADDEN, Maya	SO	Western Washington	11.87m
5	EDDY, Chanelle	JR	Western Washington	11.87m
6	ORTEGA, HarLee	SR	Central Washington	11.72m
7	SPRAGUE, Kori	JR	Concordia (Ore.)	11.69m
8	STEINBEISSER, Hailey	JR	MSU-Billings	11.67m
9	GIANOTTI, Moana	SO	Western Oregon	11.66m
10	DODGE, Brittany	JR	Central Washington	11.37m
11	STRINGARI, Taylor	JR	MSU-Billings	11.31m
12	KORFF, Halie	JR	Western Oregon	10.96m
13	MOELLER, Katerina	FR	Northwest Nazarene	10.88m
14	NESSAN, Hannah	JR	MSU-Billings	10.84m
15	WILLENBROCK, Kenda	SO	Northwest Nazarene	10.49m
16	GRONBACH, Mariah	JR	Western Oregon	10.47m

Men's Shot Put

	Name	Yr	Team	Mark
1	KNIGHT, Jake	SR	Northwest Nazarene	17.28m
2	KOCH, Josh	SR	Concordia (Ore.)	16.38m

Men's Shot Put (cont'd)

	Name	Yr	Team	Mark
3	CROSS, Forrest	JR	MSU-Billings	15.78m
4	NICHOLS, Sam	SR	Concordia (Ore.)	15.64m
5	CAIN, Aidan	SO	Central Washington	15.57m
6	TONDER, Ethan	FR	Central Washington	15.50m
7	BRIDGE, Seth	SO	Concordia (Ore.)	15.41m
8	MALQUIST, Ben	SO	Western Washington	15.11m
9	BRIDGE, Caleb	JR	Concordia (Ore.)	15.03m
10	ELDER, Brett	JR	Concordia (Ore.)	15.02m
11	JENSEN, Connor	SO	Concordia (Ore.)	14.44m
12	COLLINS, Karsten	FR	Western Oregon	14.37m
13	ANDERSON, Canyon	SO	Northwest Nazarene	14.21m
14	CHILD, Mont	SO	Western Oregon	14.15m
15	COLLINS, Owen	FR	Western Oregon	14.07m
16	ROBBINS, Cody	FR	Northwest Nazarene	13.55m
17	AU-HAUPUA, Micah	FR	Saint Martin's	13.23m
18	BURR, Colton	FR	Northwest Nazarene	13.19m
19	COLE, Sam	SO	Western Oregon	13.19m
20	YATES, Coby	FR	Northwest Nazarene	12.59m

Women's Weight Throw

	Name	Yr	Team	Mark
1	SPRAGUE, Kori	JR	Concordia (Ore.)	17.02m
2	LA RUE, Samantha	JR	Central Washington	16.28m
3	GRONBACH, Mariah	JR	Western Oregon	15.91m
4	LARSON, Liz	SR	Saint Martin's	14.86m
5	TENSLEY, Joselynn	JR	Concordia (Ore.)	14.86m
6	SMALLBECK, Meagan	FR	Central Washington	14.07m
7	NESSAN, Hannah	JR	MSU-Billings	14.01m
8	GIANOTTI, Moana	SO	Western Oregon	13.79m
9	STEINBEISSER, Hailey	JR	MSU-Billings	13.71m
10	HAGADORN, Miranda	SR	Northwest Nazarene	13.56m
11	KORFF, Halie	JR	Western Oregon	13.26m
12	JONES, Mariah	SO	Central Washington	13.22m
13	DODGE, Brittany	JR	Central Washington	13.12m
14	WILLENBROCK, Kenda	SO	Northwest Nazarene	13.03m
15	EDDY, Chanelle	JR	Western Washington	12.39m
16	NOBBS, Nicole	SR	Northwest Nazarene	12.11m
17	STRINGARI, Taylor	JR	MSU-Billings	12.11m
18	MOELLER, Katerina	FR	Northwest Nazarene	12.06m

Men's Weight Throw

	Name	Yr	Team	Mark
1	CAIN, Aidan	SO	Central Washington	17.77m
2	ANDERSON, Canyon	SO	Northwest Nazarene	16.93m
3	DENNISTON, Joe	JR	Concordia (Ore.)	16.68m
4	KOCH, Josh	SR	Concordia (Ore.)	16.42m

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	Name	Yr	Team	Mark
5	EILAND, Brayden	SR	Northwest Nazarene	16.32m
6	VANDERPOEL, Kauan	SR	Saint Martin's	16.09m
7	TONDER, Ethan	FR	Central Washington	16.04m
8	LUX, Avery	SO	Western Washington	16.01m
9	CROSS, Forrest	JR	MSU-Billings	15.28m
10	COLLINS, Karsten	FR	Western Oregon	15.12m
11	CHILD, Mont	SO	Western Oregon	15.10m
12	BRIDGE, Caleb	JR	Concordia (Ore.)	14.99m
13	COLLINS, Owen	FR	Western Oregon	14.35m
14	JENSEN, Connor	SO	Concordia (Ore.)	14.20m
15	YATES, Coby	FR	Northwest Nazarene	14.19m
16	ROBBINS, Cody	FR	Northwest Nazarene	14.05m
17	COLE, Sam	SO	Western Oregon	13.89m
18	BRIDGE, Seth	SO	Concordia (Ore.)	13.43m
19	MALQUIST, Ben	SO	Western Washington	NM
20	NICHOLS, Sam	SR	Concordia (Ore.)	NM

Men's Indoor Heptathlon

	Name	Yr	Team	Points
1	LANDIS, Kodiak	SR	Central Washington	5218
2	MAIER, Braydon	SO	Central Washington	5156
3	BROWN, Giovanni	SR	Concordia (Ore.)	4985
4	TIDWELL, Dakota	SO	Northwest Nazarene	4923
5	FORSTER, Michael	SR	Central Washington	4836
6	RINEFORT, Ian	FR	Western Washington	4829
7	SCHULZ, Josh	JR	Saint Martin's	4338
8	CUMMINGS, Cooper	FR	Western Washington	4127
9	SRAMEK, David	JR	Alaska Anchorage	3786
10	KRUSE, Mitch	SO	Western Oregon	NP

Women's Indoor Pentathlon

	Name	Yr	Team	Points
1	ORTEGA, HarLee	SR	Central Washington	3729
2	CAI, Scout	JR	Seattle Pacific	3557
3	BONE, Chelsea	SR	Concordia (Ore.)	3514
4	TRINIDAD, Sidney	SO	Central Washington	3197
5	MAY, Kellie	SO	Seattle Pacific	3176
6	CANO, Elena	JR	Alaska Anchorage	3115
7	VANZANT, Ronni	FR	Concordia (Ore.)	2988
8	COLLINS, Katie	SR	Central Washington	2965
9	DAWKINS, Aliyah	FR	Western Washington	2724
10	MARTIN, Kailey	FR	Saint Martin's	1777
11	KIRBY, Kate	FR	Alaska Anchorage	NP
12	JESCHKE, Yvonne	SR	Alaska Anchorage	NP
13	POTT, Tiffany	JR	Saint Martin's	NP