

38th Annual

Ralph Vernacchia Track & Field Meet

Saturday, April 27, 2019 ▶ Civic Stadium ▶ Bellingham, WA



**TRACK &
FIELD**

WWU RALPH VERNACCHIA TRACK & FIELD INVITATIONAL

SATURDAY, APRIL 27, 2019 • CIVIC STADIUM • BELLINGHAM, WA

*A revised schedule will be released after the entry deadline. If divided into sections, **Section 1** is for the shorter / lower / slower heat or flight and **Section 2** is to be considered invitational. Athletes must run in the section into which they are drawn — no exceptions!*

FIELD EVENTS

All field events are on an "area available" basis regardless of the scheduled time, meaning the second or later event in an event area may go ahead of schedule. If necessary, the Women's Pole Vault will use the second pit to start at or near the scheduled time.

- 9:00 Women's Hammer Throw**
Record: 56.99m (186-11) by Chanell Botsis, Kajaks, 2016
- 10:00 Dick Henrie Men's Pole Vault**
Record: 5.25m (17-2 3/4) Ryan Brown, WWU, 2011
- 10:00 Men's Long Jump**
Record: 7.19m (23-7) by Kevin Yates, WWU, 2016
- 11:00 Women's High Jump**
Record: 1.80m (5-11) by Michelle Laviolette & Kim Vanderhoek, SFU, 1992, and Ruky Abdulai, SFU, '05 & '06
- 11:00 SpeerTaps Men's Javelin Throw**
Record: 68.70m (225-5) by Curtis Moss, UBC, 2009
- 11:15 Men's Hammer Throw**
Record: 66.38m (217-10) by Harold Willers, SFU, 1985
- 11:45 Women's Shot Put**
Record: 15.59m (51-1 3/4) Meg Jones, UW, 1987
- 12:15 Women's Long Jump**
Record: 6.04m (19-9 3/4) by Ruky Abdulai, SFU, 2007
- 12:30 Men's Triple Jump**
Record: 15.11m (49-7) by Justin Lawrence, CWU, 2004
- 1:00 SpeerTaps Women's Invitational Javelin Throw**
Record: 54.69m (179-5) by Krista Woodward, unat, 2016
- 1:10 Dick Henrie Women's Pole Vault**
Record: 3.85m (12-7 1/2) by Karis Anderson, WWU, 2012
- 1:10 Women's Discus Throw**
Record: 50.29m (164-11) by Quinn Erickson, Comox, 2016
- 1:30 Men's High Jump**
Record: 2.18m (7-2 1/2) by Mike Mason, Valley Royals, 2012
- 1:30 Men's Shot Put**
Record: 16.88m (55-4 3/4) by Frank Catelli, WWU, 2014
- 2:15 Women's Triple Jump**
Record: 12.17m (39-11 1/4) by Karin Grelsson, SPU, 1992
- 3:00 Women's Open Javelin Throw**
- 3:30 Men's Discus Throw**
Record: 55.55m (182-3) by Nik Kay, Concordia, 2009

TRACK EVENTS

- 9:55 Women's 10,000-meter Run**
Record: 35:49.5h by Kristina Proticova, NWC, 2004
- 10:45 Men's 10,000-meter Run**
Record: 30:52.7h by Chad Portwood, una., 2011
- 11:30 Men's 5000-meter Run — Section 1**
- 12:00 Women's 3000-meter Steeplechase**
Record: 10:50.24 by Suzie Strickler, SPU, 2007
- 12:20 Men's 3000-meter Steeplechase**
Record: 8:51.86 by Donn Cabral, Nike, 2013
- 12:40 Women's 4x100-meter Relay**
Record: 47.20 by Seattle Pacific (Baldwin, Brannan, Mitchell, Wochnick), 2014

- 12:45 Men's 4x100-meter Relay**
Record: 41.40 Western Washington (Pangilinan, Gruger, Tilley, Steffen), 2012
- 12:55 Women's Invitational 1500-meter Run**
Record: 4:23.17 by Jessica Pixler, SPU, 2007
- 1:00 Men's Invitational 1500-meter Run**
Record: 3:50.6h Gary Gustafson, CNW, 1984
- 1:10 Women's 100-meter Hurdles**
Record: 14.08 by Vanessa Fryer, SFU, 1997
- 1:25 Men's 110-meter Hurdles**
Record: 14.25 by Travis Milbrandt, WWU, 2016
- 1:40 Women's Open 1500-meter Run**
- 1:45 Men's Open 1500-meter Run**
- 2:05 Women's 400-meter Dash**
Record: 55.2h Rhonda Bell, Bellevue CC, 1981
- 2:15 Men's 400-meter Dash**
Record: 46.9h by Nathan George, Coquitlam, 2016
- 2:25 Women's 100-meter Dash**
Record: 11.8h Lisa Whitehead, Coquitlam, 2006
- 2:40 Men's 100-meter Dash**
Record: 10.3h Marty Krulee, Unattached, 1983
- 3:00 Women's 800-meter Dash**
Record: 2:07.90 by Rebecca Johnstone, SFU, 2006
- 3:15 Men's 800-meter Dash**
Record: 1:50.88 Nectaly Barbosa, Unattached, 2007
- 3:35 Women's 400-meter Hurdles**
Record: 59.9h by Michaela Collumey, SFU, 1992
- 3:45 Men's 400-meter Hurdles**
Record: 53.06 by Bernari Sternen, CWU, 2016
- 4:00 Women's 200-meter Dash**
Record: 24.38 by Ruky Abdulai, SFU, 2007
- 4:15 Men's 200-meter Dash**
Record: 20.9h Marty Krulee, Unattached, 1983
- 4:40 Pfueller Family Women's 5000-meter Run — Section 2**
Gale Pfueller (1965) was an NAIA national place winner, and Genevie Pfueller (1986) a multiple NAIA All-American and academic All-American. Genevie was inducted into the WWU Athletic Hall of Fame in 1999.
Record: 16:35.53 Katelyn Steen, WWU, 2015
- 5:05 Brent Golden Memorial Men's 5000m Run — Section 2**
This race honors the late Western distance runner, a four-year letter winner for the Vikings from 1977 to 1980.
Record: 14:22.0h Ross Chilton, SFU, 1984
- 5:30 Women's 4x400-meter Relay**
Record: 3:49.58 Seattle Pacific (Valentine, Quatier, Johnson, Fricker), 2012
- 5:35 Alex Binkerd Memorial Men's 4x400-meter Relay**
This race honors the late Western sprinter, a promising sophomore-to-be who we lost in 2014.
Record: 3:14.15 by Western Washington (Poolman, Schmidt, Nokes, Smith), 2013

FIELD EVENTS

9:00 Event 13 • Women's Hammer Throw

Procedure: 3 preliminary throws. Top 9 to finals for 3 additional throws.

Meet record: 60.05m by Camryn Rogers, Kajaks, 2017

WWU record: 55.58m by Lindsay Wells, 2014
60.45m NCAA DII Automatic standard
51.82m NCAA DII Provisional standard
49.38m GNAC Automatic standard

Flight 1 of 2

Pos	Name	Year	School	Seed	Mark
1	Fisher, Emma		Team Salty	ND	
2	Rodriguez, Alexandra		Team Salty	ND	
3	Knope, Lizzy		Team Salty	ND	
4	Sicotte, Katherine	FR	Olympic Coll	ND	
5	Romine-Black, Geo	FR	Olympic Coll	28.45m	
6	Fisk, Avery	FR	CWU	28.61m	
7	Breckenridge, Meg	SO	TESC	28.72m	
8	Garrison, Alexis	FR	TESC	28.91m	
9	Sidibe, Saran	FR	CWU	30.11m	
10	Otton, Ariel	FR	Green River	30.85m	
11	Beard, Kim		GetStrongFirst	31.64m	
12	Campbell, Lily	FR	Olympic Coll	36.13m	
13	Nelson, Bethanie	SO	TESC	36.41m	

Flight 2 of 2

Pos	Name	Year	School	Seed	Mark
1	Wenger, Adiel	FR	Northwest U	38.84m	
2	Jones, Mariah	SO	CWU	38.94m	
3	Dodge, Brittany	JR	CWU	38.95m	
4	Eddy, Chanelle	JR	WWU	39.15m	
5	Harris, Khaliya	SO	Olympic Coll	39.99m	
6	Kelby, MaKayla	FR	Unattached	40.00m	
7	Westfall, Raine		Unattached	40.65m	
8	Sadaka, Arielle	SO	UBC	46.09m	
9	Smallbeck, Meagan	FR	CWU	46.65m	
10	La Rue, Samantha	JR	CWU	48.09m	
11	Paller, Kaitlyn	SO	Olympic Coll	48.82m	
12	Taylor, Holly	SO	Simon Fraser	49.44m	
13	Larson, Liz	SR	Saint Martin's	57.37m	

10:00 Event 4 • Dick Henrie Men's Pole Vault

Progression: 3.90 - 4.05 - 4.20 - 4.35 - 4.50 - 4.65 - 4.75 - 4.85 +10cm

Procedure: Rotating flight ("five-alive")

Meet record: 5.25m by Ryan Brown, WWU, 2011

WWU record: 5.40m by Ryan Brown, 2010
5.20m NCAA DII Automatic standard
4.80m NCAA DII Provisional standard
4.51m GNAC Automatic standard

Pos	Name	Year	School	Seed	Mark
1	Dumas, Gerard		Athl Victoria	1.50m	
2	Eby, Jonathan		Athl Victoria	3.75m	
3	Snashall, Kael		Athl Victoria	3.90m	
4	Johnston, Glen		Trinity Western	4.15m	
5	Williams, Christian	FR	WWU	4.18m	
6	Schroeder, Losha	FR	Unattached	4.20m	
7	Barbour, Sean	FR	Seattle Pacific	4.21m	

8	Flintoff, Davis	SO	Seattle Pacific	4.28m	
9	Clements, Isaac		Athl Victoria	4.30m	
10	Thompson, Jacob	FR	CWU	4.30m	
11	Foster, Ethan		BC Flyers	4.40m	
12	Campbell, Tysen	SO	CWU	4.40m	
13	Cadena, Bryan	JR	CWU	4.50m	
14	Rickard, Chris	SR	Saint Martin's	4.51m	
15	Augenstein, Zach	JR	Trinity Western	4.57m	
16	Boyle, Craig	SR	Saint Martin's	4.70m	
17	Konrad, J. T.	SR	WWU	5.00m	
18	Boyd, David	SR	Trinity Western	5.02m	

10:00 Event 6 • Men's Long Jump

Procedure: 3 preliminary throws. Top 9 to finals for 3 additional throws.

Meet record: 7.19m by Kevin Yates, WWU, 2016

WWU record: 7.36m by Brett Watson, 2015
7.68m NCAA DII Automatic standard
7.25m NCAA DII Provisional standard
6.89m GNAC Automatic standard

Flight 1 of 2

Pos	Name	Year	School	Seed	Mark
1	Stevenson, Ben	FR	Evergreen St.	ND	
2	McCullough, Cooper	FR	Saint Martin's	5.46m	
3	Kettlewell, Ryan		Athl Victoria	5.50m	
4	Gunther, Ryan	SR	CWU	5.96m	
5	Anderson, Tyler	FR	Green River	6.10m	
6	Manju, Iyan	FR	WWU	6.15m	
7	Carter, Markell	FR	Everett CC	6.32m	

Flight 2 of 2

Pos	Name	Year	School	Seed	Mark
1	McAllister, Cyrus	SO	WWU	6.40m	
2	Eck, Kameron	FR	CWU	6.44m	
3	Sawyer, Andre	FR	Green River	6.49m	
4	Newby, Silas	FR	Seattle Pacific	6.49m	
5	Tran, David	JR	WWU	6.59m	
6	Ringold, Jacob	SR	WWU	6.61m	
7	Archer, Zion	FR	Olympic Coll	6.62m	
8	Steffen, Joshua	SO	Olympic Coll	6.67m	
9	Kuzyk, Zackary	SO	Simon Fraser	6.77m	
10	Hollis, Darian	FR	Green River	6.83m	
11	Fyffe, Nicholas		York U T & F C	6.89m	
12	Mataya, Rudy	SR	WWU	6.98m	

11:00 Event 1 • Women's High Jump

Height progression: 1.43 - 1.48 - 1.53 - 1.58 - 1.63 - 1.68 - 1.71 +3cm

Procedure: Rotating flight ("five-alive")

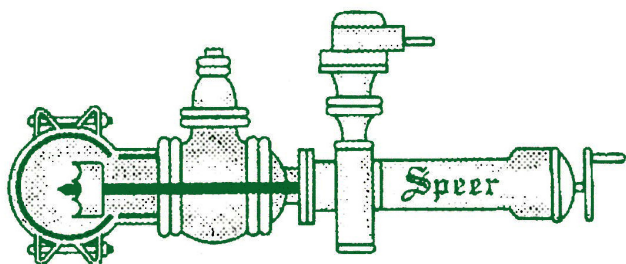
Meet record: 1.80m by Lavolette, Vanderhoek & Abdulai, SFU, 1992

WWU record: 1.73m by Kristy Dees, 1984
1.77m NCAA DII Automatic standard
1.67m NCAA DII Provisional standard
1.62m GNAC Automatic standard

Pos	Name	Year	School	Seed	Mark
1	Dutchak, Rebecca		Athl Victoria	NH	
2	Swiderski, Jaclyn	FR	WWU	1.47m	
3	Kuykendall, Tate	SO	Northwest U	1.48m	
4	Gribbon, Sophia		Coq Cheetahs	1.48m	

Women's High Jump, con't...

5	Seemann, Carly		Coq Cheetahs	1.52m
6	Carter, Sydney	FR	CWU	1.52m
7	Kedves, Sarah		Athl Victoria	1.55m
8	Ditter, Kaitlyn	FR	CWU	1.55m
9	Retter, Sarah	FR	WWU	1.57m
10	Apo, Cassidy	SR	Saint Martin's	1.57m
11	Hamilton, Rachelle	FR	CWU	1.59m
12	Betz, Heather	JR	UBC	1.60m
13	Ochoa, Yareli	FR	CWU	1.60m
14	Tunti, Jaziel		Coq Cheetahs	1.60m
15	Henry, Bridget	SR	WWU	1.62m
16	Faretta, Heather	SO	WWU	1.65m
17	Ogilvie, Colleen		Thunderbirds	1.67m
18	Campbell, Olivia	SR	UBC	1.71m
19	Lehnert, Geneva	SR	Seattle Pacific	1.72m
20	Taylor, Maddie	SR	WWU	1.74m
21	Kimoto, Emma		Kajaks	1.76m



11:00 Event 16 • Speer Taps Men's Javelin Throw

Sponsor: Speer Taps, Inc.

Procedure: 3 preliminary throws. Top 9 to finals for 3 additional throws.

Meet record: 68.70m by Curtis Moss, UBC, 2009

WWU record: 70.23m by Slater Hirst, 2015

68.34m NCAA DII Automatic standard

59.10m GNAC Automatic standard

58.68m NCAA DII Provisional standard

Pos	Name	Year	School	Seed Mark
1	Garland, Braden	SO	Northwest U	37.96m
2	Hansen, Brodie	FR	Green River	42.19m
3	Cunningham, Carter	JR	Northwest U	46.78m
4	Tryon, Jaydon	FR	Everett CC	51.15m
5	Mcgaughey, Geoffrey	SO	Everett CC	52.62m
6	Cortes, Bryan	FR	Simon Fraser	54.93m
7	Lytle, Griffey	SR	CWU	57.57m
8	Rutter, Tyree	SR	CWU	59.24m
9	Hatton, Timothy	FR	Simon Fraser	59.34m
10	McNatt, Cooper	SO	WWU	59.70m
11	David, Costel	JR	WWU	59.72m
12	Salley, Mason	SO	WWU	60.30m
13	Claeys, Spencer	JR	WWU	63.05m
14	Barry, Alex	SR	WWU	68.38m

11:15Event 14 • Men's Hammer Throw

Procedure: 3 preliminary throws. Top 9 to finals for 3 additional throws.

Meet record: 66.38m by Harold Willers, SFU, 1985

WWU record: 62.87m by Michael Hoffman, 2011

65.03m NCAA DII Automatic standard

55.08m NCAA DII Provisional standard

54.43m GNAC Automatic standard

Pos	Name	Year	School	Seed Mark
1	Cunningham, Carter	JR	Northwest U	39.49m
2	Clary, Ethan	FR	Saint Martin's	40.70m
3	Beard, Chris	SR	Get Strong First	45.72m
4	Beaton, Angus	SO	CWU	48.32m
5	Tafoya, Alberto	JR	CWU	48.86m
6	Harris, Cade	SO	Saint Martin's	49.32m
7	Kirk-Woodbury, Joe	FR	Olympic Coll	49.42m
8	Harris, Andrew	JR	CWU	49.88m
9	Cain, Aidan	JR	CWU	51.04m
10	Tonder, Ethan	SO	CWU	51.35m
11	Lux, Avery	SO	WWU	54.90m
12	Yep, Sebastian	JR	UBC	56.90m
13	Gondara, Vikramjit	JR	Valley Royals	58.16m
14	Hamilton, Rowan	FR	UBC	60.98m

11:45 Event 9 • Women's Shot Put

Procedure: 3 preliminary throws. Top 9 to finals for 3 additional throws.

Meet record: 15.59m by Meg Jones, UWashingon, 1987

WWU record: 13.56m by Sherie Schroeder, 1988

15.74m NCAA DII Automatic standard

13.76m NCAA DII Provisional standard

12.82m GNAC Automatic standard

Pos	Name	Year	School	Seed Mark
1	Westfall, Raine		Unattached	ND
2	Otton, Ariel	FR	Green River	9.71m
3	Pott, Tiffany	JR	Saint Martin's	9.74m
4	Pressley, Briana	FR	TESC	9.80m
5	Romine-Black, Georgia	FR	Olympic Coll	10.97m
6	Harris, Khaliya	SO	Olympic Coll	11.81m
7	Sidibe, Saran	FR	CWU	11.84m
8	McFadden, Maya	SO	WWU	11.87m
9	Fisk, Avery	FR	CWU	11.90m
10	Dodge, Brittany	JR	CWU	12.13m
11	Paller, Kaitlyn	SO	Olympic Coll	12.65m
12	Eddy, Channele	JR	WWU	12.78m
13	Taylor, Holly	SO	Simon Fraser	13.25m
14	La Rue, Samantha	JR	CWU	13.67m

12:15 Event 5 • Women's Long Jump

Procedure: 3 preliminary throws. Top 9 to finals for 3 additional throws.

Meet record: 6.04m by Ruky Abdulai, SFU, 2007

WWU record: 5.91m by Tonya Bjornsson, 2014

6.29m NCAA DII Automatic standard

5.80m NCAA DII Provisional standard

5.38m GNAC Automatic standard

Flight 1 of 2

Pos	Name	Year	School	Seed Mark
1	Sanchez, Lexi	FR	TESC	3.76m
2	Alcayaga, Brooke	FR	Olympic Coll	3.87m
3	Kuykendall, Tate	SO	Northwest U	4.05m
4	Lockwood, Madesyn	FR	TESC	4.11m
5	Kahananui, Shaunya	FR	Olympic Coll	4.14m
6	Gibbon, Sophia		Coq. Cheetahs	4.35m
7	Ball, Courtney	SO	Everett CC	4.40m
8	Campbell, Emily	SR	Northwest U	4.46m
9	Carter, Sydney	FR	CWU	4.75m
10	Sanford, Jamie	FR	WWU	4.79m
11	Lyamba, Lainnie	FR	WWU	4.82m
12	Wilson, Tegan	JR	UBC	4.91m
13	Urban, Jessica	FR	UBC	4.99m
14	Huser, Emily		Vancouver T-birds	5.01m
15	Baldwin-Case, Allie	FR	CWU	5.02m

Flight 2 of 2

Pos	Name	Year	School	Seed Mark
1	Kibbee, Leanne	FR	WWU	5.08m
2	Dewing, Taylor	SO	Everett CC	5.16m
3	Dickinson, Makayla		Athl Victoria	5.17m
4	Ochoa, Yareli	FR	CWU	5.20m
5	Olson, Devon	SO	WWU	5.20m
6	Taylor, Jillyan	FR	CWU	5.22m
7	Munoz, Malea	SR	WWU	5.30m
8	Tunti, Laysha		Coq. Cheetahs	5.30m
9	Dutchak, Rebecca		Athl Victoria	5.39m
10	Yee, Michelle	SR	UBC	5.45m
11	Walts, Rose	JR	CWU	5.48m
12	Irvine, Halle	JR	CWU	5.49m
13	Macdonald, Allison	FR	UBC	5.58m
14	May, Kellie	SO	Seattle Pacific	5.60m
15	Igonagwam, Peace	FR	Seattle Pacific	5.98m

12:30 Event 8 • Men's Triple Jump

Procedure: 3 preliminary throws. Top 9 to finals for 3 additional throws.

Meet record: 15.11m by Justin Lawrence, CWU, 2004

WWU record: 15.17m by Jerry Hopper, 1988

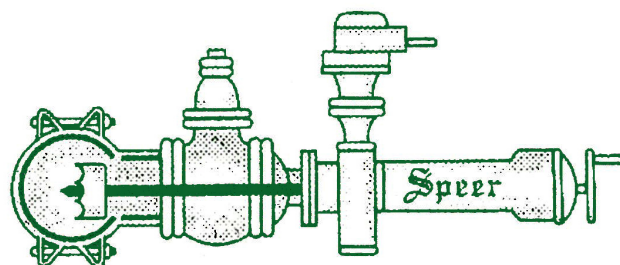
15.69m NCAA DII Automatic standard

14.66m NCAA DII Provisional standard

13.93m GNAC Automatic standard

Pos	Name	Year	School	Seed Mark
1	Stone, Jeremiah	FR	Everett CC	ND
2	Carter, Markell	FR	Everett CC	ND
3	Sibley, Sean	FR	Everett CC	ND
4	Hollis, Darian	FR	Green River	ND

5	Williams, Christian	FR	WWU	ND
6	McCullough, Cooper	FR	Saint Martin's	11.72m
7	Eck, Kameron	FR	CWU	12.05m
8	Kettlewell, Ryan		Athl Victoria	12.06m
9	Sawyer, Andre	FR	Green River	12.83m
10	Newby, Silas	FR	Seattle Pacific	13.24m
11	Duckworth, Jeremiah	FR	WWU	13.58m
12	Steffen, Joshua	SO	Olympic Coll	13.83m
13	Archer, Zion	FR	Olympic Coll	13.98m
14	Makrakis, Nick	JR	WWU	14.13m
15	Ringold, Jacob	SR	WWU	14.24m
16	Fyffe, Nicholas		York U T&FC	14.84m

**1:00 Event 15 • Speer Taps Invitational Women's Javelin Throw**

Sponsor: Speer Taps, Inc.

Procedure: 3 preliminary throws. Top 9 to finals for 3 additional throws.

Meet record: 54.69m by Krista Woodward, Unattached, 2016

WWU record: 54.97m by Katie Reichert, 2016

49.44m NCAA DII Automatic standard

44.71m GNAC Automatic standard

41.59m NCAA DII Provisional standard

Flight 1 of 1

Pos	Name	Year	School	Seed Mark
1	Fridman, Lauren	SR	Simon Fraser	40.46m
2	Nienaber, Hannah	SO	WWU	43.40m
3	Short, Amanda	JR	WWU	44.84m
4	Newman, Daisey	SR	Unattached	45.09m
5	Miller, Anna	SR	Northwest U	45.11m
6	Spiller, Jona	SR	Saint Martin's	46.03m
7	Vetto, Natalie	SO	WWU	46.38m
8	Shimkus, Paige	FR	WWU	47.01m
9	Pellecer, Raquel	JR	WWU	48.01m
10	Drake, Bethany		Oiselle	54.71m
11	Reichert, Katie		Prime Sports	55.47m

The Ralph Vernacchia Track & Field Meet is named in honor of the former mentor of the men's track & field and cross country programs at Western. Ralph's career included one cross country and seven track & field district titles, as well as countless NAIA All-Americans and NAIA Scholar-Athletes. Ralph is retired from Western, where he was a professor in the PE Department, and from USA Track & Field, where he was the Sports Psychological subcommittee chair. He served as sport psychologist for the 2000 USA Track & Field Olympic team in Sydney.

1:10 Event 3 • Dick Henrie Women's Pole Vault**Height progression:**

2.85-3.00-3.15-3.30-3.45-3.60-3.70-3.80
+10cm

Procedure: Rotating flight ("five-alive")

Meet record: 3.86m by Anna Paradeem, WWU,
& Cheyenna Pinley, UNA, 2017

WWU record: 4.01m by Anna Paradee, 2017

4.08m NCAA DII Automatic standard

3.65m NCAA DII Provisional standard

3.23m GNAC Automatic standard

Pos	Name	Year	School	Seed Mark
1	McCallum, Olivia	SO	Unattached	2.30m
2	Kedves, Sarah		Athl Victoria	2.65m
3	Northey, Emily	SO	NW Pole Vault	3.09m
4	Cabrera, Brianna	FR	Saint Martin's	3.10m
5	Eiswald, Erin	FR	CWU	3.15m
6	von Askervold, Kend	FR	CWU	3.15m
7	Walston, Skylar	FR	WWU	3.35m
8	van Ryswyk, Olivia	JR	Ocean Athletics	3.35m
9	Graham, Cierra	FR	WWU	3.35m
10	Andersen, Amanda	JR	WWU	3.37m
11	Blankenship, Tawni	FR	CWU	3.45m
12	Wyatt, Kayla	SO	CWU	3.45m
13	Licari, Madison	FR	Seattle Pacific	3.45m
14	Paradis, Sophie	FR	WWU	3.45m
15	Ellis, Sarah	FR	WWU	3.49m
16	Stevens, Brittany	JR	CWU	3.50m
17	Dodson, Hannah	SO	WWU	3.52m
18	Lambert, Emma	SR	Seattle Pacific	3.52m
19	Oliquiano, Jewels	JR	WWU	3.56m
20	Roberts, Rachael		Team Salty	3.57m
21	Perry, Lexi	JR	WWU	3.64m
22	Pinley, Cheyanna		Team Salty	3.86m
23	Paradee, Anna	SR	Team Salty	3.87m
24	Irvine, Halle	JR	CWU	3.93m

1:10 Event 11 • Women's Discus Throw

Procedure: 3 preliminary throws. Top 9 to finals
for 3 additional throws.

Meet record: 50.29m by Quinn Erickson,
Comox, 2016

WWU record: 47.61m by Jessica Telleria, 2006

52.79m NCAA DII Automatic standard

45.11m NCAA DII Provisional standard

41.00m GNAC Automatic standard

Flight 1 of 2

Pos	Name	Year	School	Seed Mark
1	Beard, Kim		GetStrongFirst	21.99m
2	Fisch, Kaela	FR	TESC	27.07m
3	Smallbeck, Meagan	FR	CWU	28.83m
4	Wenger, Adiel	FR	Northwest U	31.69m
5	Otton, Ariel	FR	Green River	31.90m
6	Jones, Mariah	SO	CWU	32.72m
7	Wright, Grace	FR	Everett CC	32.99m
8	Breckenridge, Megan	SO	TESC	33.17m

Flight 2 of 2

Pos	Name	Year	School	Seed Mark
1	Campbell, Lily	FR	Olympic Coll	34.92m

2	Harris, Khaliya	SO	Olympic Coll	34.95m
3	Sidibe, Saran	FR	CWU	37.51m
4	Fisk, Avery	FR	CWU	37.69m
5	Taylor, Holly	SO	Simon Fraser	38.76m
6	Bhandal, Gurleen	JR	UBC	39.74m
7	La Rue, Samantha	JR	CWU	40.79m
8	Paller, Kaitlyn	SO	Olympic Coll	41.84m
9	Eddy, Chanelle	JR	WWU	44.04m
10	Vernoy, Megan	SR	Saint Martin's	44.37m
11	Kelby, MaKayla	FR	Unattached	50.00m

1:30 Event 2 • Men's High Jump

Progression: 1.70 - 1.75 - 1.80 - 1.85 - 1.90 -
1.95 - 2.00 - 2.05 - 2.10 +3cm

Meet record: 2.20m by Mike Mason, Valley
Royals, 2012

WWU record: 2.14m by Nathan Lindeman, 2001

2.15m NCAA DII Automatic standard

2.04m NCAA DII Provisional standard

1.96m GNAC Automatic standard

Pos	Name	Year	School	Seed Mark
1	Anderson, Jack	FR	Northwest U	NH
2	Stevenson, Randy	JR	Unattached	1.75m
3	Manju, Iyan	FR	WWU	1.86m
4	Quaye, Caleb	FR	UBC	1.89m
5	Sterkel, Ethan	FR	WWU	1.93m
6	Kuzyk, Zackary	SO	Simon Fraser	1.95m
7	Merksick, Devin	FR	Olympic Coll	1.96m
8	Davies, Garrett	SO	WWU	2.00m
9	Makrakis, Nick	JR	WWU	2.01m
10	Wickliff, Tupre	SR	WWU	2.06m

1:30 Event 10 • Men's Shot Put

Procedure: 3 preliminary throws. Top 9 to finals
for 3 additional throws.

Meet record: 16.88m by Frank Catelli, WWU,
2014

WWU record: 18.55m by Frank Catelli, 2014

18.36m NCAA DII Automatic standard

16.16m NCAA DII Provisional standard

15.47m GNAC Automatic standard

Flight 1 of 2

Pos	Name	Year	School	Seed Mark
1	Mcgaughey, Geoffrey	SO	Everett CC	ND
2	Hess, Ethan	FR	Everett CC	9.47m
3	Miller, Scottie	FR	Everett CC	10.61m
4	Kiphart, Hunter	FR	Saint Martin's	11.15m
5	Lynch, Casey	SO	Olympic Coll	11.46m
6	Donovan, Jake	FR	Everett CC	11.55m

Flight 2 of 2

Pos	Name	Year	School	Seed Mark
1	Napeahi, Martin	FR	CWU	12.80m
2	Beaton, Angus	SO	CWU	12.91m
3	Hudson, Desmond	FR	TESC	13.16m
4	Kirk-Woodbury, Joe	FR	Olympic Coll	13.36m
5	Lux, Avery	SO	WWU	13.59m
6	Au-Haupt, Micah	FR	Saint Martin's	13.67m
7	Maier, Riley	SO	CWU	13.69m
8	Tafoya, Alberto	JR	CWU	15.54m

Men's Shot Put, cont...

9	Malquist, Ben	SO	WWU	15.56m
10	Cain, Aidan	JR	CWU	15.90m
11	Tonder, Ethan	SO	CWU	16.12m

2:15 Event 7 • Women's Triple Jump

Procedure: 3 preliminary throws. Top 9 to finals for 3 additional throws.

Meet record: 12.17m by Karin Grelsson, SPU, 1992

WWU record: 12.37m by Emily Warman, 2012
12.77m NCAA DII Automatic standard
11.85m NCAA DII Provisional standard
11.56m GNAC Automatic standard

Pos	Name	Year	School	Seed Mark
1	Carter, Sydney	FR	CWU	9.96m
2	Lyamba, Lainnie	FR	WWU	10.06m
3	Taylor, Jillyan	FR	CWU	10.50m
4	Sanford, Jamie	FR	WWU	10.64m
5	Perry, Lexi	JR	WWU	10.64m
6	Olson, Devon	SO	WWU	10.83m
7	Macdonald, Allison	FR	UBC	11.04m
8	Dutchak, Rebecca		Athl Victoria	11.05m
9	Yee, Michelle	SR	UBC	11.06m
10	Huser, Emily		Vanc T-birds	11.46m
11	Walts, Rose	JR	CWU	11.46m
12	Igbonagwam, Peace	FR	Seattle Pacific	11.51m
13	May, Kellie	SO	Seattle Pacific	11.64m
14	Campbell, Olivia	SR	UBC	11.65m
15	Romain, Keshara	FR	Saint Martin's	12.01m

3:00 Event 17 • Open Women's Javelin Throw

Procedure: 4 throws, no finals.

Meet record: 54.69m by Krista Woodward, Unattached, 2016

WWU record: 54.97m by Katie Reichert, 2016
49.44m NCAA DII Automatic standard
44.71m GNAC Automatic standard
41.59m NCAA DII Provisional standard

Pos	Name	Year	School	Seed Mark
1	Rosario-Mendez, Ruby	FR	Everett CC	ND
2	Campbell, Emily	SR	Northwest U	27.12m
3	Caviness, Sarah	SR	Northwest U	27.43m
4	Wenger, Adiel	FR	Northwest U	31.14m
5	Burgmeier, Sage	FR	TESC	32.24m
6	Campbell, Lily	FR	Olympic Coll	35.39m
7	Cloud, Alexandra	FR	Olympic Coll	35.48m
8	Howsdon, Sarah	SR	Saint Martin's	36.24m
9	Sicotte, Katherine	FR	Olympic Coll	36.24m
10	Kjaer, Hailey	SO	UBC	37.25m
11	McFadden, Maya	SO	WWU	37.60m

3:30 Event 12 • Men's Discus Throw

Procedure: 3 preliminary throws. Top 9 to finals for 3 additional throws.

Meet record: 55.55m by Nik Kay, Concordia, '09
WWU record: 54.07m by Ryan Macdonald, 2015
56.11m NCAA DII Automatic standard
49.78m NCAA DII Provisional standard
48.57m GNAC Automatic standard

Flight 1 of 2

Pos	Name	Year	School	Seed Mark
1	Miller, Scottie	FR	Everett CC	ND
2	Hansen, Brodie	FR	Green River	27.11m
3	Remer, Michael	FR	Saint Martin's	30.33m
4	Donovan, Jake	FR	Everett CC	31.20m
5	Hess, Ethan	FR	Everett CC	31.65m
6	Lynch, Casey	SO	Olympic Coll	33.27m
7	Kiphart, Hunter	FR	Saint Martin's	36.69m
8	Warne, Landon	SO	Northwest U	38.03m

Flight 2 of 2

Pos	Name	Year	School	Seed Mark
1	Kirk-Woodbury, Joe	FR	Olympic Coll	39.69m
2	Au-Haupt, Micah	FR	Saint Martin's	40.02m
3	Maier, Riley	SO	CWU	41.74m
4	Hudson, Desmond	FR	TESC	42.16m
5	Cunningham, Carter	JR	Northwest U	42.72m
6	Napeahi, Martin	FR	CWU	43.05m
7	Dahl, Erik	FR	UBC	43.13m
8	Harris, Andrew	JR	CWU	43.76m
9	Malquist, Ben	SO	WWU	44.94m
10	Lux, Avery	SO	WWU	45.44m
11	Russell, Nicholas	SR	Unattached	47.93m
12	Cain, Aidan	JR	CWU	48.01m

TRACK EVENTS

9:55 Event 19 • Women's 10000-meter Run

Meet record: 35:49.5 by Kristina Proticova, NWC, '04

WWU record: 33:17.39 by Sarah Porter, 2011

34:13.34 NCAA DII Automatic standard
36:35.97 NCAA DII Provisional standard
37:08.97 GNAC Automatic standard

Lane	Name	Year	School	Seed Time
1	Kimminau, Kiersten	SO	CWU	41:22.67
2	Lewis, Emily	SO	CWU	42:24.17
3	Shindruk, Alexa	SR	CWU	34:25.41
4	Rivelis, Maddy	JR	UBC	NT

10:45 Event 20 • Men's 10,000-meter Run

Meet record: 30:52.7 by Chad Portwood, WWU Alumni, 2011

WWU record: 29:45.92 by Jordan Welling, 2010
29:13.60 NCAA DII Automatic standard
30:42.74 NCAA DII Provisional standard
31:28.02 GNAC Automatic standard

Lane	Name	Year	School	Seed Time
1	Hamel, Parker	SO	Unattached	34:30.00
2	Ritter, Alec	FR	WWU	NT
3	Cornyn, Maartin	FR	Olympic Coll	36:00.00
4	Young, Paul	SR	Club NW	34:00.66
5	Lee, Hanson	SR	CWU	33:06.77
6	McGinty, Nathan	FR	Everett CC	NT

11:30 Event 22 • Open Men's 5000-meter Run**Meet record:** 14:22.0 by Ross Chilton, SFU, '84**WWU record:** 14:10.43 by Jordan Welling, 2011

13:54.33 NCAA DII Automatic standard

14:32.80 NCAA DII Provisional standard

14:56.91 GNAC Automatic standard

Lane	Name	Year	School	Seed Time
1	Conrardy, Matt	JR	CWU	15:46.92
2	Schilter, Levi	SR	Saint Martin's	15:58.60
3	Robinson, Tony		Team Salty	NT
4	Roberts, Graeme	FR	Simon Fraser	NT
5	Young, Paul	SR	Club NW	16:54.00
6	Rivera, Mateo	FR	CWU	16:28.92
7	Gill, Rajesh	FR	CWU	15:45.96
8	Perkins, Joseph	SO	Seattle Pacific	15:50.16
9	Phillips, Corban	SO	Unattached	15:43.59
10	Barnhart, Donovan	FR	CWU	15:46.54
11	Mandzyuk, Tim	FR	Everett CC	16:00.00
12	Kite, Matt		Team Salty	NT
13	Vlasaty, Aidan	FR	Green River	16:47.82
14	Oslin, Andrew	FR	Saint Martin's	15:51.14
15	Rosenwald, Bryce		Unattached	15:46.30
16	Lara, Timothy	FR	Olympic Coll	17:29.64
17	Gates, Michael		Team Salty	NT

12:00 Event 23 • Women's 3000-meter Steeplechase**Meet record:** 10:22.4 by Regan Yee, Langley

Mustangs, 2015

WWU record: 10:13.01 by Katelyn Steen, 2015

10:12.97 NCAA DII Automatic standard

11:01.67 NCAA DII Provisional standard

11:11.32 GNAC Automatic standard

Lane	Name	Year	School	Seed Time
1	Dreicer, Talia	SO	WWU	10:58.11
2	Washenberger, Kelsey	FR	Seattle Pacific	11:48.82
3	Kilmartin, Sandra	SR	Vanc T-birds	11:00.00
4	Willett, Olivia	SO	Simon Fraser	10:49.17
5	Shinnick, Peyton	JR	WWU	11:11.32
6	Dalgleish, Sadie	SR	Saint Martin's	12:08.78
7	Mitchell, Kaylee	FR	Seattle Pacific	10:37.53
8	Howley, Julia	SR	Simon Fraser	10:03.19
9	McIntosh, Taylor	SR	UBC	11:36.91
10	Gohr, Caitlin	FR	CWU	11:55.56
11	Ribeiro, Chelsea	SR	Simon Fraser	10:38.40
12	Austin, Annika	FR	UBC	11:23.89
13	Hennessey, Jamie	SO	UBC	11:29.14

12:20 Event 24 • Men's 3000-meter Steeplechase**Meet record:** 8:51.86 by Donn Cabral, Nike,

2013

WWU record: 8:59.67 by Matthew Lutz, 2016

8:52.85 NCAA DII Automatic standard

9:13.88 GNAC Automatic standard

9:15.02 NCAA DII Provisional standard

Lane	Name	Year	School	Seed Time
1	Turk, Wilson	FR	WWU	10:55.29
2	Weston, Jake	JR	UBC	9:31.51
3	Ahl, Aaron	SO	Simon Fraser	9:06.30
4	Otero, Colby	FR	Seattle Pacific	9:32.36

5	Ha, Michael	JR	Unattached	11:05.00
6	Sundt, Zack	FR	CWU	10:12.80
7	Charlton, Braeden		Vanc T-birds	9:04.89
8	De LaMelena, Miguel	SO	Saint Martin's	10:04.00
9	Putney, Jared	FR	Seattle Pacific	9:39.88
10	Wani, Rudu	FR	Saint Martin's	10:28.57
11	Bourgios, Nicolas	SO	Olympic Coll	10:32.96
12	Cirlincione, Dario	JR	WWU	9:51.38
13	Boyd, Taryk	SR	CWU	10:04.80
14	McMichael, Porter	SO	WWU	9:33.82
15	Cornyn, Maartin	FR	Olympic Coll	11:03.57
16	Schultz, Brayden	FR	Seattle Pacific	10:14.19
17	Bruce, Gino	SR	Northwest U	10:06.92
18	Roberts, Noah	FR	Saint Martin's	10:35.92

12:40 Event 25 • Women's 4x100-meter Relay**Meet record:** 46.75 by SFU (Kabia, Desch, Pederson, Lucas), 2017**WWU record:** 46.90 by Houplin, Howe, Brownell, Zukowski, 2010

45.52 NCAA DII Automatic standard

46.86 NCAA DII Provisional standard

Rank	Team	Seed Time
1	Simon Fraser	47.80
	1) Lindsay 2) West 3) Bluschke 4) Quaynor	
2	Central Washington	48.13
	1) Carter 2) Doss 3) Hansen 4) Ochoa	
3	Western Washington	48.82
	1) McLean 2) Olson 3) Smith 4) Bradley	
4	Olympic Coll	48.90
	1) Kahananui 2) Mckenney 3) Cloud 4) Houston	
5	Green River	49.51
	1) Schroeder 2) Suit 3) Staroverova 4) Howery	
6	Saint Martin's	49.66
	1) Kendrick 2) Romain 3) Tandeci 4) Nickelson	
7	Northwest U	58.56
	1) Campbell 2) Boyle 3) Kuykendall 4) Caviness	

12:45 Event 26 • Men's 4x100-meter Relay**Meet record:** 41.40 by WWU (Pangilinan, Gruger, Tilley, Steffen), 2012**WWU record:** 41.35 by Lewis, Dilling, Susee, Lynch, 1997

40.20 NCAA DII Automatic standard

41.09 NCAA DII Provisional standard

Rank	Team	Seed Time
1	Simon Fraser	42.08
	1) Adhemar 2) St. Romain 3) Suzuki 4) Mah	
2	Olympic Coll	42.21
	1) Telemaque 2) Merksick 3) Archer 4) Steffen	
3	Green River	42.72
	1) Ramirez 2) Borrero 3) Hollis 4) Fagan	
4	Central Washington	42.98
	1) Steuk 2) Horwath 3) Calderon 4) Widmar	
5	Western Washington	43.10
	1) Broxton Jr 2) Johnson 3) Chhim 4) Welch	
6	Team Salty	43.70
	1) Gruger 2) Mack 3) Tilley 4) Castillo	

12:55 Event 27 • Invitational Women's 1500-m Run
Meet record: 4:23.17 by Jessica Pixler, SPU, '07
WWU record: 4:29.71 by Haley O'Connor, 2015
 4:22.06 NCAA DII Automatic standard
 4:33.24 NCAA DII Provisional standard
 4:33.30 GNAC Automatic standard

Lane	Name	Year	School	Seed Time
1	MacArthur, Sarah	JR	UBC	4:37.62
2	Huston, Madelyn	SO	UBC	4:39.72
3	Smart, Mikaela		Langley Mstg	4:35.50
4	Au, Enid	SR	UBC	4:36.27
5	Smith, Jessica	SR	Unattached	4:16.88
6	Konrad, Shawnee	SO	WWU	4:41.78
7	Joffe, Gabrielle	FR	UBC	4:39.22
8	Roxby, Megan	FR	Simon Fraser	4:39.34
9	Lilly, Kate	JR	Seattle Pacific	4:30.09
10	Thompson, Elizabeth	SO	Seattle Pacific	4:41.53
11	Koger, Aundrea	JR	WWU	4:40.16
12	Lyesina, Alisa		Prairie Inn	4:36.60
13	Konrad, Sophie		Hershey	4:35.00
14	Holmberg, Dania	SO	Seattle Pacific	4:31.45
15	Nock, Paige	SR	Simon Fraser	4:32.44
16	Tinkham, Mikayla	JR	UBC	4:29.45
17	Symonds, Nicola	SR	UBC	4:25.04
18	O'Connor, Haley		Club NW	4:39.00

1:00 Event 28 • Invitational Men's 1500-meter Run
Meet record: 3:50.6h by Gary Gustafson, CNW, 1984
WWU record: 3:46.44 by Devin Kemper, 2000
 3:44.28 NCAA DII Automatic standard
 3:50.52 NCAA DII Provisional standard
 3:54.86 GNAC Automatic standard

Lane	Name	Year	School	Seed Time
1	Boden, Jack		Prairie Inn	3:59.59
2	Lam, James	3	Langley Mstg	3:50.00
3	Sobczak, Chris	FR	Simon Fraser	4:00.00
4	Jasperson, James	SR	WWU	3:53.72
5	Doherty, Rowan	JR	Simon Fraser	3:50.90
6	Cossette, Liam	JR	WWU	3:53.20
7	Loewen, Ron		Langley Mstg	4:00.00
8	Colyn, Nick		Langley Mstg	3:46.60
9	Marshall, Adam	3	Langley Mstg	3:49.50
10	Vargas, Carlos	JR	Simon Fraser	3:52.14
11	Miller, Sean	JR	Simon Fraser	3:56.14
12	Bates, Cameron	SR	Hershey Harr	3:57.66
13	Kramer, Rhys	JR	UBC	3:54.93
14	Gallagher, Thomas	SO	Simon Fraser	3:57.36
15	Ahl, Aaron	SO	Simon Fraser	3:54.06
16	Dinsdale, Cole	JR	UBC	3:58.47
17	Detourbe, Pierre-Louis	JR	Simon Fraser	3:50.00

1:10 Event 29 • Women's 100-meter Hurdles
Meet record: 14.08 by Vanessa Fryer, SFU, 1997
WWU record: 13.7h by Wendy Taylor, 1973
 13.51 NCAA DII Automatic standard
 14.22 NCAA DII Provisional standard
 14.83 GNAC Automatic standard

Rank	Name	Year	School	Seed Time
1	Vongsaveng, Mariyah	SR	CWU	13.64
2	Weems, Erykah	JR	CWU	14.20
3	Kendrick, Ariya	JR	Saint Martin's	14.77
4	Bland, Emily	SR	CWU	14.91
5	Seemann, Carly		Coq Cheetahs	15.08
6	Dewing, Taylor	SO	Everett CC	15.59
7	Taylor, Jaleesa	FR	WWU	15.71
8	Tunti, Jaziel		Coq Cheetahs	15.73
9	Betz, Heather	JR	UBC	15.76
10	Kibbee, Leanne	FR	WWU	16.01
11	Ditter, Kaitlyn	FR	CWU	16.05
12	House, Molly	SO	WWU	16.13
13	Hill, Tia	FR	CWU	16.23
14	Bradley, Hannah	JR	WWU	16.49
15	Mckenney, Honor	FR	Olympic Coll	16.59
16	Houston, Madeline	FR	Olympic Coll	16.83
17	Hamilton, Rachelle	FR	CWU	17.51

1:25 Event 30 • Men's 110-meter Hurdles
Meet record: 14.25 by Travis Milbrandt, WWU, 2016
WWU record: 14.19 by Travis Milbrandt, 2016
 13.89 NCAA DII Automatic standard
 14.53 NCAA DII Provisional standard
 15.24 GNAC Automatic standard

Rank	Name	Year	School	Seed Time
1	Pavel, Bogdan	SR	UBC	14.45
2	Cummings, Cordell	JR	WWU	14.52
3	Okezie, Koby	FR	WWU	15.02
4	Gunther, Ryan	SR	CWU	15.26
5	Scott, Trevaughn	SR	CWU	15.63
6	Bullo, Nick	SO	CWU	15.87
7	Carpenter, Shayne	JR	Seattle Pacific	15.87
8	McMillian-Thomas, BFR		Saint Martin's	16.34
9	Vallatini, Gunner	SO	CWU	17.06

1:40 Event 31 • Open Women's 1500-meter Run
 4:22.06 NCAA DII Automatic standard
 4:33.24 NCAA DII Provisional standard
 4:33.30 GNAC Automatic standard

Lane	Name	Year	School	Seed Time
1	Shreffler, Waverly	JR	WWU	4:51.70
2	Hettick, Erika	JR	CWU	6:09.08
3	Barr, Jane	SO	WWU	4:45.26
4	Bannister, Eliza	FR	Saint Martin's	5:26.37
5	Bayley, Aubrie	FR	Green River	5:44.46
6	Lehman, Rebecca	FR	WWU	4:44.23
7	Tyrrell, Lily	SO	CWU	4:44.45
8	Willet, Olivia	SO	Simon Fraser	NT
9	Ribeiro, Chelsea	SR	Simon Fraser	4:47.61
10	Cendejas, Maylynn	FR	Everett CC	5:44.89
11	London, Ellee	FR	Everett CC	5:12.57

Open Women's 1500-meters, cont...

12	Noort, Claire	SO	Simon Fraser	4:46.00
13	Prairo, Leila	JR	Northwest U	5:49.84
14	Sevsek, Julie		Langley Mstg	4:55.00
15	Sevsek, Christina		Langley Mstg	4:45.00
16	Neal, Emmajean		Hershey Harr	4:50.18
17	Chan, Delaney		Prairie Inn	4:52.64
18	Robinson, Alyssa	FR	Saint Martin's	5:25.99

1:45 Event 32 • Open Men's 1500-meter Run

3:44.28 NCAA DII Automatic standard
3:50.52 NCAA DII Provisional standard
3:54.86 GNAC Automatic standard

Section 1 of 2 Timed Finals

Lane	Name	Year	School	Seed Time
1	Esparza, Brian	FR	Unattached	4:35.85
2	Sundt, Zack	FR	CWU	4:16.00
3	Davies, Jackson		Hershey Harr	4:35.34
4	Hernandez, Antonio	JR	Unattached	4:18.00
5	Stowers, Braden	FR	Saint Martin's	4:47.95
6	McDonald, Sayer	FR	Green River	NT
7	Dannatt, Jack		Hershey Harr	4:15.57
8	Munson, Zack	8	Unattached	4:19.00
9	Mullin Jr., Kevin	SO	WWU	4:12.22
10	Messiter, Sean		Club NW	4:35.05
11	Said, Galmo	SO	Everett CC	4:18.56
12	Young, Paul	SR	Club NW	4:34.00
13	Bendorf, Xavier	FR	Green River	5:30.72
14	Farrell, John	FR	Saint Martin's	4:13.53
15	Sneddon, Jay		Ottawa Lions	4:16.64
16	Shields, Kobe	FR	Green River	4:38.38

Section 2 of 2 Timed Finals

Lane	Name	Year	School	Seed Time
1	Miller, Aiden	FR	UBC	4:04.31
2	Crowell, Ben	SR	WWU	4:06.08
3	Dwyer, Liam	SR	Prairie Inn	4:06.46
4	Torres, Richard	SR	Simon Fraser	4:02.91
5	Barber, Michael	SR	Prairie Inn	4:07.99
6	Riley, Will	JR	UBC	4:03.66
7	Langard, Cooper		Prairie Inn	4:04.66
8	Farlinger, Alexander		Hershey Harr	4:00.40
9	Heffernan, Andrew		Unattached	4:10.46
10	Amos, Jack		Prairie Inn	4:07.00
11	Des Brisay, Thomas		Ottawa Lions	4:10.38
12	Hayes, Dylan	SR	WWU	4:06.67
13	Miller, Riley	FR	UBC	4:00.71
14	Hoggarth, Colton	JR	WWU	4:07.43
15	Paetzel, Benjamin	FR	Unattached	4:05.00

2:05 Event 33 • Women's 400-meter Dash

Meet record: 55.2h by Rhonda Bell, BCC, 1981
WWU record: 54.59 by Ellie Siler, 2009
53.46 NCAA DII Automatic standard
55.96 NCAA DII Provisional standard
57.73 GNAC Automatic standard

Rank	Name	Year	School	Seed Time
1	Bluschke, Renate	SO	Simon Fraser	55.99
2	Shandro, Angelina	JR	Victoria Speed	55.99
3	Smith, Savannah	SR	WWU	56.49

4	Mussatto, Alana	SR	Simon Fraser	56.52
5	West, Bryce	SR	Simon Fraser	57.90
6	Troescher, Rebecca	FR	Seattle Pacific	58.18
7	Shields-Brown, Mair	SO	Simon Fraser	59.42
8	Foos, Isabella	SO	WWU	1:00.28
9	Bloomquist, Kayla	FR	CWU	1:00.35
10	Shulman, Mirannda	SO	WWU	1:01.24
11	Fung, Logan	JR	Thunderbirds	1:02.57
12	Harder, Mallory	FR	WWU	1:02.64
13	Staroverova, Anasts	FR	Green River	1:02.99
14	Hollis, Ayanna	FR	Unattached	1:04.27
15	Howery, Bryanna	FR	Green River	1:06.98
16	Suit, Hailey	FR	Green River	NT

2:15 Event 34 • Men's 400-meter Dash

Meet record: 46.9h by Nathan George, Coquitlam, 2016

WWU record: 47.25 by Marc Hill, 1994
46.23 NCAA DII Automatic standard
47.77 NCAA DII Provisional standard
48.62 GNAC Automatic standard

Rank	Name	Year	School	Seed Time
1	George, Nathan		Coq Cheetahs	47.14
2	Aono, Micheal	SO	UBC	48.76
3	Loewen, Samuel	SO	UBC	48.94
4	Daniels, Mark	FR	WWU	49.65
5	Loewen, Nathan	SO	UBC	49.76
6	Oglesby, Jon	SO	WWU	50.28
7	Adhemar, Joshua	SR	Simon Fraser	50.31
8	Chhim, Sonny	SO	WWU	50.38
9	Carnegie, Tanner	JR	UBC	50.46
10	Bauernschmitt, Nick	FR	Simon Fraser	50.50
11	Witters, Ryan	FR	WWU	50.63
12	Jones, Daniel	SR	WWU	50.93
13	Bullo, Nick	SO	CWU	51.66
14	Johnson, David	SO	Victoria Speed	52.25
15	Correa, Oleg		Vancouver OC	52.82
16	Bellefontaine, Matt		Coq Cheetahs	55.74
17	Pierce, Conner	FR	UBC	NT

2:25 Event 35 • Women's 100-meter Dash

Meet record: 11.8h by Lisa Whitehead, Coquitlam, 2006

WWU record: 11.93 by Hollie Watson, 1987
11.50 NCAA DII Automatic standard
11.93 NCAA DII Provisional standard
12.47 GNAC Automatic standard

Rank	Name	Year	School	Seed Time
1	Quaynor, Meyer	SO	Simon Fraser	12.15
2	Bley, Grace	JR	Seattle Pacific	12.16
3	Wilson, Tegan	JR	UBC	12.25
4	Doss, Aujanique	JR	CWU	12.25
5	Bouyer, Jenna	FR	Seattle Pacific	12.36
6	Cummings, Jaeland	FR	Unattached	12.49
7	Lindsay, Emily	SO	Simon Fraser	12.49
8	McLean, Kelsey	JR	WWU	12.51
9	Vongsaveng, Mariyah	SR	CWU	12.53
10	Nickelson, Artresa	JR	Saint Martin's	12.57
11	Carter, Troi	SO	CWU	12.63

Women's 100-meter Dash, cont...

12	Schroeder, Nikole	SO	Green River	12.71
13	Hansen, Makenna	FR	CWU	12.86
14	Robydek, Morgan	SO	CWU	12.88
15	Farner, Anna	FR	Seattle Pacific	12.89
16	Mckenney, Honor	FR	Olympic Coll	12.94
17	Hill, Tia	FR	CWU	12.94
18	Ochoa, Yareli	FR	CWU	12.96
19	Urban, Jessica	FR	UBC	13.00
20	Tandecki, Taylor	SO	Saint Martin's	13.01
21	Tunti, Laysha		Coq Cheetahs	13.03
22	Fenton, Olivia		Athl Victoria	13.13
23	Baldwin-Case, Allie	FR	CWU	13.23
24	Neria, Jasmyne	SO	CWU	13.33
25	Taylor, Jaleesa	FR	WWU	13.34
26	Gibbon, Sophia		Coq Cheetahs	13.39
27	Frazier, Alycia	SO	Saint Martin's	13.65
28	Ball, Courtney	SO	Everett CC	13.78
29	Samra, Gurneet	FR	Green River	13.86
30	Lasko, Morgan	FR	Northwest U	13.96
31	Vowles, Rebecca		Athl Victoria	14.11
32	Angelucci, Abigail	JR	TESC	14.63
33	Kahananui, Shaunya	FR	Olympic Coll	14.80
34	Kahsai, Mamona	FR	Everett CC	NT

2:40 Event 36 • Men's 100-meter Dash

Meet record: 10.3h by Marty Krulee, Unat, 1983

WWU record: 10.22 by Alex Donigian, 2015

10.26 NCAA DII Automatic standard

10.58 NCAA DII Provisional standard

10.88 GNAC Automatic standard

Rank	Name	Year	School	Seed Time
1	Anunagba, Karlington	FR	WWU	10.33
2	Ayin, Nicholas		Coq Cheetahs	10.69
3	Mah, Nathan	JR	Simon Fraser	10.75
4	Widmar, Bobby	SO	CWU	10.81
5	Sandhu, Amarveer		Universal Athl	10.81
6	Olatoke, Praise	FR	Trinity Western	10.83
7	Horwath, Harry	SO	CWU	10.84
8	Blackman, Jr, Kenny		Universal Athl	10.85
9	Steuk, Garret	SR	CWU	11.00
10	Duncan, Kyle	SO	Everett CC	11.03
11	Jones, Daniel	SR	WWU	11.09
12	Armstrong, Logan	JR	Saint Martin's	11.09
13	Schultze, Kenneth	SR	UBC	11.11
14	Johnson, Noah	FR	WWU	11.17
15	Barlow, Langston	FR	Everett CC	11.21
16	Fernandez, Angelo	SO	WWU	11.25
17	Zaman, Saif	FR	UBC	11.26
18	Mack, Bryan		Team Salty	11.30
19	Tilley, Alex		Team Salty	11.30
20	Suzuki, Kaito	FR	Simon Fraser	11.33
21	Borrero, Xavier	FR	Green River	11.33
22	Gatensby, Liam	FR	UBC	11.35
23	Broxton Jr., Willie	SO	WWU	11.38
24	Telemaque, Dominic	FR	Olympic Coll	11.39
25	Tran, David	JR	WWU	11.40
26	Steffen, Joshua	SO	Olympic Coll	11.43
27	Gruger, Shane		Team Salty	11.50
28	Gunther, Ryan	SR	CWU	11.56

29	Wong, Christian	JR	Seattle Pacific	11.71
30	Fagan, Joseph	FR	Green River	11.78
31	Singh, Jogeshwar	FR	Green River	11.89
32	Hascall, Ryan	FR	Everett CC	11.98
33	Correa, Oleg		Vancouver OC	12.02
34	McMillian-Thomas, BFR		Saint Martin's	12.21
35	Stevenson, Randy	JR	Unattached	12.29
36	Anderson, Tyler	FR	Green River	NT
37	Anderson, Jack	FR	Northwest U	NT
38	Calderon, Daniel	JR	CWU	NT
39	Hollis, Darian	FR	Green River	NT
40	Chism, Dylan	SO	Saint Martin's	NT

3:00 Event 37 • Women's 800-meter Run

Meet record: 2:07.90 by Rebecca Johnstone, SFU, 2006

WWU record: 2:11.45 by Rachael Johnson, '11

2:07.15 NCAA DII Automatic standard

2:12.18 NCAA DII Provisional standard

2:13.14 GNAC Automatic standard

Rank	Name	Year	School	Seed Time
1	Smith, Jessica	SR	Unattached	2:04.65
2	Mussatto, Alana	SR	Simon Fraser	2:08.79
3	Nock, Paige	SR	Simon Fraser	2:09.17
4	Symonds, Nicola	SR	UBC	2:09.37
5	Lyesina, Alisa		Prairie Inn	2:10.26
6	Tinkham, Mikayla	JR	UBC	2:10.38
7	Kaufman, Krystal	FR	Seattle Pacific	2:12.80
8	Bassett, Miryam	SR	Simon Fraser	2:13.14
9	Shields-Brown, Mairin	SO	Simon Fraser	2:13.53
10	Chilton, Emily	SO	Simon Fraser	2:14.44
11	Roxby, Megan	FR	Simon Fraser	2:16.14
12	O'Connor, Haley		Club NW	2:17.00
13	Konrad, Sophie		Hershey Harr	2:17.06
14	Klassen, Adrianna	SO	Simon Fraser	2:17.13
15	Shreffler, Waverly	JR	WWU	2:17.52
16	Neal, Emmajean		Hershey Harr	2:17.68
17	Konrad, Shawnee	SO	WWU	2:17.95
18	Champion, Izzy	JR	Victoria Speed	2:19.00
19	Barr, Jane	SO	WWU	2:19.01
20	Summers, Ellie	FR	Northwest U	2:20.93
21	Horn, Emma	JR	Northwest U	2:22.43
22	Smigelski, Natasha		Coq. Cheetahs	2:22.52
23	Kalisch, Milena		Ocean Athl	2:23.37
24	Taylor, Annika	FR	WWU	2:24.57
25	Rivera Valles, Maria	FR	WWU	2:24.77
26	Chan, Delaney		Prairie Inn	2:24.82
27	Gohr, Caitlin	FR	CWU	2:25.29
28	Ranahan, Alicia		Hershey Harr	2:26.83
29	Juarez, Noelia	FR	CWU	2:27.00
30	Gerardi, Grace	FR	Northwest U	2:28.39
31	Hart, Sandra	FR	Everett CC	2:31.10
32	Bayley, Aubrie	FR	Green River	2:41.57
33	Dhaenens, Quinn	SO	Northwest U	2:42.08
34	Cendejas, Maylynn	FR	Everett CC	2:53.05
35	Praino, Leila	JR	Northwest U	2:53.28
36	Medina, Cecilia	FR	Green River	3:03.35
37	Hettick, Erika	JR	CWU	NT
38	Robinson, Alyssa	FR	Saint Martin's	NT

3:15 Event 38 • Men's 800-meter Run**Meet record:** 1:50.88 by Nectaly Barbosa, Unat, 2007**WWU record:** 1:49.84 by Devin Kemper, 2000

1:48.78 NCAA DII Automatic standard

1:52.03 NCAA DII Provisional standard

1:54.03 GNAC Automatic standard

Rank	Name	Year	School	Seed Time
1	Paul-Morris, Adam		Victoria Speed	1:50.00
2	Sager, Kyler	SR	WWU	1:51.94
3	Bauernschmitt, Nick	FR	Simon Fraser	1:53.15
4	Phan, Jesse	SR	Seattle Pacific	1:53.71
5	Vargas, Carlos	JR	Simon Fraser	1:53.79
6	Jasperson, James	SR	WWU	1:54.71
7	Torres, Richard	SR	Simon Fraser	1:54.90
8	Geary, Tanner	JR	UBC	1:55.37
9	Bates, Cameron	SR	Hershey Harr	1:55.55
10	Franks, Macauley	SO	WWU	1:55.70
11	Crowell, Ben	SR	WWU	1:55.75
12	Detourbe, Pierre-Louis	JR	Simon Fraser	1:55.83
13	Gomez, Enrique	JR	WWU	1:55.95
14	Cossette, Liam	SR	WWU	1:56.03
15	Miller, Sean	JR	Simon Fraser	1:56.34
16	Biro, Stefan	JR	UBC	1:56.54
17	Gallagher, Thomas	SO	Simon Fraser	1:56.55
18	Porter, Doc	JR	CWU	1:57.68
19	Rainboth, Aaron	JR	CWU	1:57.79
20	Buckingham, Paul	FR	Simon Fraser	1:57.86
21	Barber, Michael	SR	Prairie Inn	1:57.98
22	Mekonnen, Ephrem	FR	New West Spar	1:58.00
23	Paetzel, Benjamin	FR	Unattached	1:58.00
24	Funston, Isaiah	FR	Everett CC	1:58.08
25	Charlton, Braeden		Vanc T-birds	1:58.22
26	Panther, Greg	FR	Everett CC	1:59.22
27	Farlinger, Alexander		Hershey Harr	1:59.44
28	Harris, Luke	SO	UBC	1:59.94
29	Llamas, Alec	FR	Seattle Pacific	2:00.38
30	Farrell, John	FR	Saint Martin's	2:00.98
31	Langard, Cooper		Prairie Inn	2:01.08
32	Amos, Jack		Prairie Inn	2:01.50
33	Paulsen, Sean	SR	Simon Fraser	2:01.59
34	Chapman, Tomas	FR	Unattached	2:02.00
35	Singh, Harsimran	FR	CWU	2:02.46
36	Hansen, Ben	SO	Seattle Pacific	2:02.61
37	Boden, Jack		Prairie Inn	2:02.74
38	Dwyer, Liam	SR	Prairie Inn	2:03.00
39	Moore, Brendan	FR	Unattached	2:03.00
40	Tanicala, Josh	FR	Saint Martin's	2:04.64
41	Solvberg, Spencer	FR	CWU	2:05.03
42	Bourgios, Nicolas	SO	Olympic Coll	2:05.15
43	Wani, Rudu	FR	Saint Martin's	2:05.79
44	McDonald, Sayer	FR	Green River	2:05.88
45	Boyd, Taryk	SR	CWU	2:06.00
46	Roberts, Noah	FR	Saint Martin's	2:06.04
47	Miller, Elias	FR	Olympic Coll	2:06.31
48	Dannatt, Jack		Hershey Harr	2:06.32
49	Shields, Kobe	FR	Green River	2:08.39
50	Hernandez, Antonio	JR	Unattached	2:09.00
51	Said, Galmo	SO	Everett CC	2:09.34

52	Esparza, Brian	FR	Unattached	2:10.99
53	Donovan, Geoff	JR	CWU	2:11.02
54	Robertson, Lucas		Hershey Harr	2:12.00
55	Lara, Timothy	FR	Olympic Coll	2:14.45
56	Cornyn, Maartin	FR	Olympic Coll	2:14.69
57	Stowers, Braden	FR	Saint Martin's	2:19.54
58	Bendorf, Xavier	FR	Green River	2:36.83
59	Vlasaty, Aidan	FR	Green River	NT

3:35 Event 39 • Women's 400-meter Hurdles**Meet record:** 59.9h by Michaela Colluney, SFU, 1992**WWU record:** 1:00.31 by Heidi Dimmitt, 2009

59.05 NCAA DII Automatic standard

1:01.92 NCAA DII Provisional standard

1:03.43 GNAC Automatic standard

Rank	Name	Year	School	Seed Time
1	Weems, Erykah	JR	CWU	1:00.10
2	Bland, Emily	SR	CWU	1:00.58
3	Madden, Hayley	JR	UBC	1:03.96
4	Angell, Kaitlin	SO	UBC	1:04.48
5	House, Molly	SO	WWU	1:04.95
6	Smith, Cayla	SR	Ocean Athl	1:05.35
7	Hill, Tia	FR	CWU	1:08.29
8	Mckenney, Honor	FR	Olympic Coll	1:09.50
9	Hamilton, Rachelle	FR	CWU	1:11.11
10	Houston, Madeline	FR	Olympic Coll	1:14.48
11	Campbell, Emily	SR	Northwest U	NT
12	Howery, Bryanna	FR	Green River	NT

3:45 Event 40 • Men's 400-meter Hurdles**Meet record:** 53.06 by Bernari Sternsen, CWU, 2016**WWU record:** 51.9h by Mike Vorce, 1973

51.34 NCAA DII Automatic standard

53.42 NCAA DII Provisional standard

54.84 GNAC Automatic standard

Rank	Name	Year	School	Seed Time
1	Scott, Trevaughn	SR	CWU	53.72
2	St. Romain, Nate	FR	Simon Fraser	53.79
3	Lovercamp, Reid	SR	WWU	54.07
4	Adhemar, Joshua	SR	Simon Fraser	54.12
5	Schultze, Kenneth	SR	UBC	54.60
6	Okezie, Koby	FR	WWU	55.45
7	Fisher, Paul	FR	UBC	55.71
8	Conrad, Ben	SR	Simon Fraser	57.34
9	Wendling, Justin	SR	CWU	58.15
10	Vallatini, Gunner	SO	CWU	58.34
11	Cirlincione, Dario	JR	WWU	59.00
12	Anguay, Zach	JR	Saint Martin's	59.59
13	Walter, Andrew	SR	Saint Martin's	1:00.20
14	Carpenter, Shayne	JR	Seattle Pacific	1:01.62
15	Ramirez, Jose	FR	Green River	NT

4:00 Event 41 • Women's 200-meter Dash**Meet record:** 24.38 by Ruky Abdulai, SFU, 2007**WWU record:** 24.32 by Hollie Watson, 1987

23.59 NCAA DII Automatic standard

24.33 NCAA DII Provisional standard

25.39 GNAC Automatic standard

Rank	Name	Year	School	Seed Time
1	Bley, Grace	JR	Seattle Pacific	24.48
2	Bouyer, Jenna	FR	Seattle Pacific	24.79
3	Igbonagwam, Peace	FR	Seattle Pacific	25.00
4	Quaynor, Meyer	SO	Simon Fraser	25.12
5	Shandro, Angelina	JR	Victoria Speed	25.20
6	West, Bryce	SR	Simon Fraser	25.22
7	Doss, Aujanique	JR	CWU	25.25
8	Vongsaveng, Mariyah	SR	CWU	25.30
9	Lindsay, Emily	SO	Simon Fraser	25.30
10	Bluschke, Renate	SO	Simon Fraser	25.43
11	Cummings, Jaeland	FR	Unattached	25.75
12	Foos, Isabella	SO	WWU	25.86
13	Neria, Jasmyne	SO	CWU	26.03
14	Nickelson, Artresa	JR	Saint Martin's	26.04
15	Schroeder, Nikole	SO	Green River	26.05
16	Fung, Logan	JR	Thunderbirds	26.07
17	Tandecki, Taylor	SO	Saint Martin's	26.23
18	Farner, Anna	FR	Seattle Pacific	26.51
19	Dickinson, Makayla		Athl Victoria	26.60
20	Hansen, Makenna	FR	CWU	26.79
21	Carter, Troi	SO	CWU	26.81
22	Shulman, Mirannda	SO	WWU	26.99
23	Staroverova, Anastasia	FR	Green River	27.02
24	Robydek, Morgan	SO	CWU	27.05
25	Urban, Jessica	FR	UBC	27.26
26	Fenton, Olivia		Athl Victoria	27.33
27	Dutchak, Rebecca		Athl Victoria	27.76
28	Frazier, Alycia	SO	Saint Martin's	28.15
29	Hollis, Ayanna	FR	Unattached	28.32
30	Kahsai, Mamona	FR	Everett CC	28.43
31	Samra, Gurneet	FR	Green River	28.55
32	Betz, Heather	JR	UBC	28.67
33	Vowles, Rebecca		Athl Victoria	NT

4:15 Event 42 • Men's 200-meter Dash**Meet record:** 20.9h by Marty Krulee, Unat, 1983**WWU record:** 20.93 by Alex Donigian, 2016

20.75 NCAA DII Automatic standard

21.36 NCAA DII Provisional standard

22.06 GNAC Automatic standard

Rank	Name	Year	School	Seed Time
1	George, Nathan		Coq Cheetahs	21.19
2	Welch, Bryant	SO	WWU	21.80
3	Mah, Nathan	JR	Simon Fraser	21.82
4	Widmar, Bobby	SO	CWU	21.95
5	Horwath, Harry	SO	CWU	21.96
6	Olatoke, Praise	FR	Trinity Western	22.15
7	Anunagba, Karlington	FR	WWU	22.22
8	Ayin, Nicholas		Coq Cheetahs	22.28
9	Jones, Daniel	SR	WWU	22.31
10	Smith, Myles	SO	WWU	22.34
11	Aono, Micheal	SO	UBC	22.34

12	Duncan, Kyle	SO	Everett CC	22.48
13	Blackman, Jr, Kenny		Universal Athl	22.59
14	Calderon, Daniel	JR	CWU	22.72
15	Barlow, Langston	FR	Everett CC	22.79
16	Armstrong, Logan	JR	Saint Martin's	22.79
17	Witters, Ryan	FR	WWU	22.94
18	Borrero, Xavier	FR	Green River	22.95
19	Tilley, Alex		Team Salty	23.00
20	Gruger, Shane		Team Salty	23.00
21	Zaman, Saif	FR	UBC	23.01
22	Gunther, Ryan	SR	CWU	23.07
23	Johnson, Noah	FR	WWU	23.27
24	Bullo, Nick	SO	CWU	23.32
25	Telemaque, Dominic	FR	Olympic Coll	23.37
26	Broxton Jr., Willie	SO	WWU	23.48
27	Wong, Christian	JR	Seattle Pacific	23.50
28	Van Garderen, Jon	FR	Trinity Western	23.59
29	Bellefontaine, Matt		Coq. Cheetahs	23.67
30	Johnson, David	SO	Victoria Speed	23.79
31	Carnegie, Tanner	JR	UBC	23.81
32	Ramirez, Jose	FR	Green River	23.82
33	Fagan, Joseph	FR	Green River	23.89
34	Foster, Ethan		BC Flyers	23.93
35	Zisette, Andrew	FR	TESC	24.29
36	Sawyer, Andre	FR	Green River	24.43
37	Hascall, Ryan	FR	Everett CC	24.44
38	Singh, Jogeshwar	FR	Green River	25.25
39	Stevenson, Randy	JR	Unattached	25.27
40	Chism, Dylan	SO	Saint Martin's	26.24
41	Weis, Lucas	FR	TESC	NT
42	Loewen, Samuel	SO	UBC	NT
43	Archer, Zion	FR	Olympic Coll	NT
44	Gatensby, Liam	FR	UBC	NT
45	Anderson, Jack	FR	Northwest U	NT
46	Loewen, Nathan	SO	UBC	NT

4:40 Event 43•Pfueller Family Women's 5000m Run**Meet record:** 16:35.5 by Katelyn Steen, WWU, 2015**WWU record:** 15:57.02 by Sarah Porter, 2011

16:10.21 NCAA DII Automatic standard

16:50.38 GNAC Automatic standard

17:10.86 NCAA DII Provisional standard

Lane	Name	Year	School	Seed Time
1	MacArthur, Sarah	JR	UBC	17:16.15
2	London, Ellee	FR	Everett CC	19:35.00
3	Dreicer, Talia	SO	WWU	18:46.00
4	Melville, Tracy	JR	WWU	17:23.72
5	Kimminau, Kiersten	SO	CWU	19:45.79
6	Clem, Delaney	JR	CWU	17:52.07
7	Charlton, Calli	JR	Simon Fraser	18:55.42
8	Goedde, Sam	FR	CWU	19:08.38
9	Morris, Amy	JR	Simon Fraser	18:20.77
10	Schwartz, Haleigh	FR	Northwest U	20:40.76
11	McNerney, Sedona	JR	Seattle Pacific	18:19.35
12	Walter, Katherine	JR	Seattle Pacific	17:38.85
13	Dhaenens, Quinn	SO	Northwest U	19:42.59
14	Lehman, Rebecca	FR	WWU	17:59.94
15	Au, Enid	SR	UBC	16:54.83

16	Washenberger, Kelsy	FR	Seattle Pacific	17:50.65
17	Mattson, Molly	FR	CWU	18:01.17
18	Galvez, Sophia	JR	WWU	17:25.49
19	Evans, Kate	FR	CWU	19:01.99
20	Diaz, McKenzie	FR	Seattle Pacific	19:35.11
21	Willett, Olivia	SO	Simon Fraser	18:06.90
22	Swartz-Ireland, Tovh	SO	WWU	18:05.58
23	Brunt, Madelyn	SR	UBC	17:02.60
24	Smith, Natalie		Club NW	18:43.00
25	Child, Madison	FR	CWU	18:19.81

5:05 Event 44 • Brent Golden Memorial Invitational Men's 5000-meter Run

Meet record: 14:22.0 by Ross Chilton, SFU, '84

WWU record: 14:10.43 by Jordan Welling, 2011

13:54.33 NCAA DII Automatic standard

14:32.80 NCAA DII Provisional standard

14:56.91 GNAC Automatic standard

Lane	Name	Year	School	Seed Time
1	Derline, Isaac	SR	WWU	15:02.22
2	Christian, John		Club NW	15:10.84
3	Mounier, Nick	SR	WWU	15:08.84
4	McMichael, Porter	SO	WWU	15:38.59
5	Hayes, Dylan	SR	WWU	15:06.46
6	Lehr, John	FR	WWU	15:16.94
7	Allen, Trevor	SO	CWU	15:03.31
8	Galloway, Shad	SO	Seattle Pacific	15:20.04
9	McIlroy, Jackson	SO	WWU	15:42.40
10	Carlton, Corbin	SR	CWU	15:11.04
11	Sine, Riley	JR	Northwest U	14:52.04
12	Hamel, Eric	JR	WWU	14:56.19
13	Sobczak, Chris	FR	Simon Fraser	15:33.38
14	Creagan, Matthew	JR	WWU	15:40.14
15	Morlan, Turlan	FR	CWU	15:07.00
16	Dozzi, Tyler	SO	UBC	14:13.34
17	Boutin, Colin	SO	Seattle Pacific	15:28.07
18	King, Jamin	SR	Club NW	15:07.09
19	Graff, Elius	SO	Seattle Pacific	15:12.91
20	Wilson, Bentley	SO	WWU	15:27.35
21	Hoggarth, Colton	JR	WWU	15:29.14
22	Wiley, Jesse	SO	WWU	15:16.73
23	Olson, Jadon	JR	WWU	14:57.59
24	Milic, Michael	JR	UBC	14:56.91
25	Kiolbasa, Edward	JR	WWU	14:56.46

5:30 Event 45 • Women's 4x400-meter Relay

Meet record: 3:47.00 by SFU (Mussatto, Townsend, Dodd, Desch), 2017

WWU record: 3:47.37 by Anderson, Bomars, Green, Jones, 1997

3:40.10 NCAA DII Automatic standard

3:48.20 NCAA DII Provisional standard

Rank	Team	Seed Time
1	Simon Fraser	3:45.30
	1) West 2) Dodd 3) Mussatto 4) Bluschke	
2	CWU	3:48.30
	1) Juarez 2) Tyrrell 3) Bloomquist 4) Neria	
3	Seattle Pacific	3:53.65
	1) Igonagwam 2) Bouyer 3) Bley 4) Troescher	

4	WWU	4:07.87
	1) Foos 2) Shulman 3) House 4) Konrad	
5	Green River	4:23.22
	1) Staroverova 2) Suit 3) Howery 4) Schroeder	
6	Northwest U.	4:25.31
	1) Gerardi 2) Summers 3) Campbell 4) Boyle	

5:35 Event 46 • Alex Binkerd Memorial Men's 4x400-meter Relay

Meet record: 3:14.15 by WWU (Poolman, Schmidt, Nokes, Smith), 2013

WWU record: 3:14.15 by Poolman, Schmidt, Nokes, Smith, 2013

3:09.18 NCAA DII Automatic standard

3:13.91 NCAA DII Provisional standard

Rank	Team	Seed Time
1	WWU	3:17.62
	1) Cummings 2) Lovercamp 3) Welch 4) Smith	
2	Simon Fraser	3:18.86
	1) Adhemar 2) Baurnschmt 3) Torres 4) StRomain	
3	CWU	3:19.03
	1) Porter 2) Horwath 3) Scott 4) Calderon	
4	Green River	3:21.85
	1) Borrero 2) McDonald 3) Fagan 4) Ramirez	
5	UBC	3:23.00
	1) Aono 2) Loewen 3) Loewen 4) Carnegie	
6	CWU B	3:24.48
	1) Vallatini 2) Solvberg 3) Donovan 4) Singh	
7	Everett CC	3:28.08
	1) Duncan 2) Funston 3) Mcgaughey 4) Panther	
8	Saint Martin's	3:41.04
	1) Tanicala 2) De LaMelena 3) Roberts 4) Farrell	

Did you miss the move to Sudden Valley last fall for the WWU Classic Cross Country Invitational?

The new spectator-friendly layout was applauded by fans and participants. Join us on

Saturday, October 12

for the next edition of one of the Northwest's finest college and open meets! There's even a fun run and a kid's dash prior to our two classic races! See you there!