

Licensed to Pacific N.W. Track & Field Officials - Contractor License  
 HY-TEK's Meet Manager 3/17/2019 12:47 PM  
 2019 Doris Heritage Distance Festival - 3/16/2019  
 West Seattle Stadium  
 Results

Event 1 Men 1500 Meter Run

Name	Year School	Finals	H#
Finals			
1 Green, Issac	Washington	3:55.58	1
2 Hebert, Jacques	Seattle U.	3:55.96	1
3 Pixler, Nathan	Seattle U.	3:56.13	1
4 Beyer, Charles	Washington	3:56.76	1
5 Thomas, Andrew	Washington	3:57.21	1
6 Monk, Ben	Seattle U.	3:59.70	1
7 Otero, Colby	Seattle Paci	3:59.82	1
8 Kesting, Peter	Club Northwe	4:03.50	1
9 Slichko, Lance	Unattached	4:03.55	1
10 Olson, Jadon	Western Wash	4:04.34	1
11 King, Jamin	Club Northwe	4:05.26	1
12 Castillo, Juan	Unattached	4:06.20	1
13 Phillips, Corban	Unattached	4:06.35	2
14 Gill, Rajesh	Central Wash	4:07.29	2
15 Graff, Elius	Seattle Paci	4:07.52	1
16 Goodwin, Hezekiah	Pacific Luth	4:08.04	2
17 Christian, John	Club Northwe	4:08.64	2
18 Putney, Jared	Seattle Paci	4:10.35	2
19 Delaney, Blake	Seattle U.	4:11.12	2
20 Galloway, Shad	Seattle Paci	4:12.11	2
21 Schultz, Brayden	Seattle Paci	4:13.15	2
22 Hansen, Ben	Seattle Paci	4:13.67	2
23 Crocker, Stephen	Seattle U.	4:13.87	2
24 Kennedy, Kyle	Seattle U.	4:15.64	2
25 Wynn, Riley	Pacific Luth	4:15.95	2
26 Boutin, Colin	Seattle Paci	4:16.61	3
27 Hernandez, Antonio	Unattached	4:18.42	3
28 Perkins, Joseph	Seattle Paci	4:18.45	3
29 Boyd, Taryk	Central Wash	4:18.48	3
30 Wood, Tyler	Pacific Luth	4:18.63	3
31 Mullin Jr., Kevin	Western Wash	4:18.81	2
32 Carlton, Corbin	Central Wash	4:19.77	1
33 Derline, Isaac	Western Wash	4:20.27	1
34 Davis, Gary	Unattached	4:21.07	3
35 giday, epheson	Unattached	4:21.49	2
36 Barnhart, Donovan	Central Wash	4:23.11	3
37 Gutierrez, Ryan	Pacific Luth	4:32.04	3
38 Young, Paul	Club Northwe	4:34.51	3
39 Eggerud-Bozorth, Evan	Unattached	4:39.91	3
40 Phinazee, Joe	Saint Martin	4:43.78	3
41 Stowers, Braden	Saint Martin	4:52.19	3
-- Boudouris, Eli	Seattle U.	DNF	1

Event 2 Women 1500 Meter Run

Name	Year School	Finals	H#
1 Lilly, Kate	Seattle Paci	4:35.56	1
2 Mitchell, Kaylee	Seattle Paci	4:37.73	1
3 Holmberg, Dania	Seattle Paci	4:39.13	1
4 Waskom, Hannah	Washington	4:43.43	1
5 Lehman, Rebecca	Western Wash	4:44.23	1
6 Marshall, Kiera	Washington	4:45.19	1
7 Washenberger, Kelsey	Seattle Paci	4:47.27	1
8 Honea, Anastasia	Seattle U.	4:51.64	1
9 Shreffler, Waverly	Western Wash	4:51.70	1
10 Mattson, Molly	Central Wash	4:53.22	1
11 McNerney, Sedona	Seattle Paci	4:53.48	1
12 McAmis, Rachel	Club Northwe	4:54.24	1
13 Higgins, Shannan	Seattle U.	4:55.29	1
14 Thompson, Elizabeth	Seattle Paci	4:55.70	1
15 Bester, Briegan	Washington	4:56.83	1
16 O'Hara, Emily	Seattle U.	4:58.77	2
17 Walter, Katherine	Seattle Paci	4:59.48	1
18 Delorey, Megan	Seattle U.	5:03.71	2
19 Clem, Delaney	Central Wash	5:04.00	2
20 Foulk, Thea	Seattle U.	5:04.25	2
21 McGraw, Amber	Seattle Paci	5:05.00	2
22 Sioda, Alexia	Pacific Luth	5:09.19	2
23 Smith, Natalie	Club Northwe	5:09.89	2
24 Diaz, McKenzie	Seattle Paci	5:10.09	2
25 London, Ellee	Everett CC	5:14.68	2
26 Smith, Abby	Unattached	5:17.19	2
27 Long, Emily	Seattle Paci	5:22.03	2
28 Gallo, Sararose	Pacific Luth	5:27.69	2
29 Seeman, Sarah	Pacific Luth	5:39.61	2

30 Cendejas, Maylynn                      Everett CC                      5:44.89    2

Event 3 Men 4x100 Meter Relay

School	Finals
1 Washington 'A'	40.56
2 Seattle U. 'A'	42.92

Event 4 Women 4x100 Meter Relay

School	Finals
1 Seattle Pacific 'A'	47.52
2 Seattle U. 'A'	49.66
3 Pacific Lutheran 'A'	50.38

Event 5 Men 3000 Meter Steeplechase

Name	Year School	Finals
1 Slenning, Alex	Unattached	9:16.88
2 Mandzyuk, Tim	Everett CC	10:10.11
3 Sundt, Zack	Central Wash	10:12.80
4 De LaMelena, Miguel	Saint Martin	10:16.46
5 Wani, Rudu	Saint Martin	10:28.57
6 Roberts, Noah	Saint Martin	10:48.58
7 Ha, Michael	Unattached	11:05.48
8 Turk, Wilson	Western Wash	11:28.96
-- Equall, Chase	Washington	DNF

Event 6 Women 3000 Meter Steeplechase

Name	Year School	Finals
1 Dreicer, Talia	Western Wash	11:32.96
2 Shinnick, Peyton	Western Wash	11:46.96
3 Dalgleish, Sadie	Saint Martin	13:16.48

Event 7 Men 110 Meter Hurdles

Name	Year School	Finals	Wind H#
-- McMillian-Thomas, Brando	Saint Martin	NT	-1.5 2
-- Okezie, Koby	Western Wash	NT	-0.6 1
-- Carpenter, Shayne	Seattle Paci	NT	-0.6 1
-- Burton, Mitchell	Western Wash	NT	-1.5 2
-- Cummings, Cordell	Western Wash	NT	-0.6 1
-- Cummings, Cooper	Western Wash	NT	-1.5 2
-- McGraw, Chris	Pacific Luth	NT	-0.6 1
-- Maier, Braydon	Central Wash	NT	-0.6 1
-- McGeachy, Alex	Central Wash	NT	-0.6 1
-- Gunther, Ryan	Central Wash	NT	-0.6 1
-- Forster, Michael	Central Wash	NT	-0.6 1

Event 8 Women 100 Meter Hurdles

Name	Year School	Finals	Wind H#
1 Meyer, Renick	Seattle Paci	14.74	-0.8 1
2 Trinidad, Sidney	Central Wash	14.98	-0.8 1
3 Newblom, Michelle	Seattle U.	15.59	-0.8 1
4 Kendrick, Ariya	Saint Martin	15.68	-0.8 1
5 May, Kellie	Seattle Paci	15.81	-0.8 1
6 Taylor, Jaleesa	Western Wash	15.97	-0.2 2
7 Cai, Scout	Seattle Paci	16.02	-0.8 1
8 Ortega, HarLee	Central Wash	16.09	-0.8 1
9 Kibbee, Leanne	Western Wash	16.10	-0.2 2
10 Hill, Tia	Central Wash	16.51	-0.2 2
11 Bland, Emily	Central Wash	16.64	-0.2 2
12 Ditter, Kaitlyn	Central Wash	16.71	-1.1 3
13 Davis, Sarah	Pacific Luth	17.06	-0.2 2
14 Messineo, Tabitha	Pacific Luth	17.12	-1.1 3
15 Hamilton, Rachelle	Central Wash	17.57	-1.1 3
16 Dewing, Taylor	Everett CC	17.68	-0.2 2
17 Meadows, Shaddia	Central Wash	18.96	-1.1 3

Event 9 Men 400 Meter Dash

Name	Year School	Finals	H#
1 Palmer, Jason	Washington	48.96	1
2 Calderon, Daniel	Central Wash	49.75	1
3 Rinefort, Ian	Western Wash	50.14	2
4 Russell, Michael	Saint Martin	50.17	1
5 Young, Christian	Washington	50.87	2
6 Jones, Daniel	Western Wash	51.33	2

7	Chhim, Sonny	Western Wash	51.66	1
8	Lovercamp, Reid	Western Wash	52.40	1
9	Franks, Macauley	Western Wash	52.62	2
10	De Guzman, Jarod	Unattached	53.29	1
11	Zisette, Andrew	Evergreen St	53.88	2
12	Tanicala, Josh	Saint Martin	54.86	2

Event 10 Women 400 Meter Dash

Name	Year	School	Finals	H#
1	Smith, Savannah	Western Wash	56.96	1
2	Stavig, Sarah	Washington	57.51	1
3	Tjernagel, Raquel	Washington	58.44	1
4	Bley, Grace	Seattle Paci	59.07	1
5	Eke, Chisom	Washington	59.32	1
6	Omar, Shakila	Western Wash	1:00.17	2
7	Deleissegues, Chloe	Seattle U.	1:00.91	2
8	Bouyer, Jenna	Seattle Paci	1:01.20	1
9	Stepper, Julia	Seattle Paci	1:01.34	2
10	Juarez, Noelia	Central Wash	1:02.16	1
11	Kahsai, Mamona	Everett CC	1:04.82	2
12	Boyle, Amy	Northwest U.	1:09.29	2

Event 11 Men 100 Meter Dash

Name	Year	School	Finals	Wind	H#
1	Santana, Kemuel	Washington	10.87	-1.2	1
2	Payne, Isaiah	Seattle U.	11.04	-1.2	1
3	Moffett, Brandon	Unattached	11.05	-1.2	1
4	Collins, Keane	Unattached	11.08	-1.2	1
5	Liu, Kevin	Washington	11.21	-1.2	1
6	Horwath, Harry	Central Wash	11.24	-1.0	2
7	Sterkel, Ethan	Western Wash	11.30	-1.1	3
8	Armstrong, Logan	Saint Martin	11.48	-1.0	2
9	Dances, Seren	Western Wash	11.50	-1.0	2
10	Steuk, Garret	Central Wash	11.51	-1.0	2
11	Perez, Bleu Michael	Guam	11.56	-1.0	2
12	Duncan, Kyle	Everett CC	11.74	-1.0	2
13	Nixon, Wes	Pacific Luth	11.80	-1.0	2
14	Newby, Silas	Seattle Paci	11.82	-1.1	3
15	Mataya, Rudy	Western Wash	11.83	-1.0	2
16	Andaya, Nate	Central Wash	11.87	-1.1	3
17	Wong, Christian	Seattle Paci	11.97	-1.1	3
18	McMillian-Thomas, Brando	Saint Martin	12.21	-1.1	3
19	Ronquillo, Adrian	Pacific Luth	12.34	-1.1	3
20	Creekmur, Tyson	Pacific Luth	12.34	-1.1	3
--	Winfrey, Khalil	Washington	FS	-1.2	1

Event 12 Women 100 Meter Dash

Name	Year	School	Finals	Wind	H#
1	Wilson, Aaliyah	Washington	12.04	0.7	3
2	Kaba, Assa	Washington	12.39	0.7	3
3	Forsyth, Bailey	Pacific Luth	12.68	-0.8	1
4	Nickelson, Artresa	Saint Martin	12.72	-0.5	2
5	Moore, Michaela	Seattle U.	12.73	-0.8	1
6	Doss, Aujanique	Central Wash	12.74	-0.8	1
7	Farner, Anna	Seattle Paci	12.89	-0.5	2
8	Ochoa, Yareli	Central Wash	12.96	-0.5	2
9	Hill, Tia	Central Wash	13.11	-0.8	1
10	Robydek, Morgan	Central Wash	13.19	-0.5	2
11	Lyamba, Lainnie	Western Wash	13.20	0.7	3
12	Carter, Troi	Central Wash	13.21	-0.8	1
13	Conger, Andraya	Pacific Luth	13.30	-0.5	2
14	Shulman, Mirannda	Western Wash	13.32	-0.8	1
15	Mack-Wilson, Laurel	Seattle U.	13.37	-0.5	2
16	Olson, Devon	Western Wash	13.42	-0.5	2
17	Baldwin-Case, Allie	Central Wash	13.50	0.7	3
18	Harder, Mallory	Western Wash	13.92	0.7	3

Event 13 Men 800 Meter Run

Name	Year	School	Finals	H#
1	Keene, Stewart	Seattle U.	1:56.17	1
2	Phan, Jesse	Seattle Paci	1:56.77	1
3	Franks, Macauley	Western Wash	1:57.71	1
4	Funston, Isaiah	Everett CC	2:00.57	2
5	Pendley-Griffin, Ansel	Seattle U.	2:00.77	1
6	Rainboth, Aaron	Central Wash	2:01.54	1
7	Llamas, Alec	Seattle Paci	2:02.20	2
8	Castillo, Juan	Unattached	2:03.04	2
9	Olson, Jadon	Western Wash	2:03.32	4
10	Gill, Rajesh	Central Wash	2:03.37	3

11	Davis, Garrett	Club Northwe	2:03.39	3
12	Hasty, Devin	Seattle U.	2:04.17	1
13	Carlton, Corbin	Central Wash	2:04.57	2
14	Solvberg, Spencer	Central Wash	2:05.03	2
15	Sundt, Zack	Central Wash	2:05.03	4
16	Johnson, Bryce	Pacific Luth	2:05.05	2
17	Wendling, Justin	Central Wash	2:06.32	4
18	Bruce, Gino	Northwest U.	2:09.26	3
19	Esparza, Brian	Unattached	2:10.99	3
20	Donovan, Geoff	Central Wash	2:11.02	3
21	Keast, Arthur	Pacific Luth	2:11.55	4
22	Trujillo, Blake	Central Wash	2:11.91	1
23	Tanicala, Josh	Saint Martin	2:17.93	3
24	Stowers, Braden	Saint Martin	2:19.54	4

Event 14 Women 800 Meter Run

Name	Year School	Finals	H#
1	Kaufman, Krystal	Seattle Paci	2:15.03 1
2	Rubio, Siobhan	Seattle U.	2:15.13 1
3	Tyrrell, Lily	Central Wash	2:16.56 1
4	Schroeder, Erica	Washington	2:17.26 1
5	Postma, Ellie	Seattle U.	2:18.43 1
6	Rivera Valles, Maria	Western Wash	2:24.77 1
7	Summers, Ellie	Northwest U.	2:26.42 2
8	Horn, Emma	Northwest U.	2:28.44 1
9	Hart, Sandra	Everett CC	2:31.56 2
10	Park, Joan	Pacific Luth	2:32.55 2
11	Poasa, Adahra	Unattached	2:33.96 2
12	Dailey, Carly	Pacific Luth	2:40.34 2
13	Dhaenens, Quinn	Northwest U.	2:48.62 2
14	Praino, Leila	Northwest U.	2:53.28 2

Event 15 Men 400 Meter Hurdles

Name	Year School	Finals	H#
1	Herrera, Oscar	Washington	53.89 1
2	Okezie, Koby	Western Wash	55.45 1
3	Brown, Steve	Seattle U.	56.90 1
4	Basco, Aiden	Washington	57.16 2
5	Milne, Lucas	Seattle U.	57.82 1
6	Sun, William	Seattle U.	58.04 1
7	Gunther, Ryan	Central Wash	58.76 1
8	Andaya, Nate	Central Wash	59.39 2
9	Gardiner, Keigan	Pacific Luth	1:00.06 1
10	Golden, Sam	Seattle U.	1:01.04 2
11	Anguay, Zach	Saint Martin	1:01.82 1
12	Carpenter, Shayne	Seattle Paci	1:02.92 2
13	Walter, Andrew	Saint Martin	1:03.77 2

Event 16 Women 400 Meter Hurdles

Name	Year School	Finals	H#
1	Mills, Darhian	Washington	59.46 1
2	Lester, Carly	Washington	59.96 1
3	Stueckle, Karlee	Washington	1:00.88 1
4	Hill, Morganne	Washington	1:00.98 1
5	Trinidad, Sidney	Central Wash	1:01.00 1
6	Collins, Katie	Central Wash	1:05.69 1
7	Ortega, HarLee	Central Wash	1:05.91 1
8	Golba, Nicole	Seattle U.	1:07.36 2
9	Bland, Emily	Central Wash	1:09.02 1
10	Hamilton, Rachele	Central Wash	1:11.11 2
11	Howerton, Alex	Seattle U.	1:12.24 2
12	Davis, Sarah	Pacific Luth	1:17.10 2
13	Dalgleish, Sadie	Saint Martin	1:27.74 2

Event 17 Men 200 Meter Dash

Name	Year School	Finals	Wind	H#
1	Santana, Kemuel	Washington	21.65 -1.3	1
2	Winfrey, Khalil	Washington	21.93 -1.3	1
3	Palmer, Jason	Washington	22.01 -1.3	1
4	Lucas, Jordan	Washington	22.09 -1.4	2
5	Payne, Isaiah	Seattle U.	22.21 -1.4	2
6	Collins, Keane	Unattached	22.42 -1.3	1
7	Welch, Bryant	Western Wash	22.42 -1.3	1
8	Liu, Kevin	Washington	22.44 -1.3	1
9	Moffett, Brandon	Unattached	22.52 -1.4	2
10	Russell, Michael	Saint Martin	22.56 -1.4	2
11	Horwath, Harry	Central Wash	22.63 -1.4	2
12	Jones, Daniel	Western Wash	22.72 -1.4	2
13	Smith, Myles	Western Wash	22.90 -1.4	2

14	Armstrong, Logan	Saint Martin	23.12	-0.6	3
15	Rinefort, Ian	Western Wash	23.17	-0.4	5
16	Daniels, Mark	Western Wash	23.18	-0.6	3
17	Calderon, Daniel	Central Wash	23.25	-0.6	3
18	Perez, Bleu Michael	Guam	23.27	-0.6	3
19	Oglesby, Jon	Western Wash	23.38	-0.6	3
20	Gonzalez, Zach	Seattle U.	23.58	-0.6	3
21	Duncan, Kyle	Everett CC	23.66	-1.4	2
22	Claiborne, Kailan	Seattle U.	23.66	-1.6	4
23	Steuk, Garret	Central Wash	23.72	-0.6	3
24	Burton, Mitchell	Western Wash	23.79	-1.6	4
25	Yamamoto, Brant	Seattle U.	23.96	-1.6	4
26	Carrasco, Alessandro	Seattle U.	24.11	-0.6	3
27	Wong, Christian	Seattle Paci	24.36	-1.6	4
28	Nixon, Wes	Pacific Luth	24.45	-1.6	4
29	Mcgraw, Chris	Pacific Luth	24.77	-0.4	5
30	Broxton Jr., Willie	Western Wash	24.80	-1.6	4
31	Ronquillo, Adrian	Pacific Luth	24.93	-0.4	5
32	Creekmur, Tyson	Pacific Luth	25.47	-0.4	5

Event 18 Women 200 Meter Dash

Name	Year	School	Finals	Wind	H#
1	Kaba, Assa	Washington	25.22	-1.3	1
2	Keyes, Imani	Pacific Luth	25.61	-1.3	1
3	Meyer, Renick	Seattle Paci	26.13	-1.3	1
4	Moore, Michaela	Seattle U.	26.28	-0.3	2
5	Grady, Regie	Seattle U.	26.42	-0.7	4
6	Doss, Aujanique	Central Wash	26.45	-1.3	1
7	Farner, Anna	Seattle Paci	26.55	-0.3	2
8	Cai, Scout	Seattle Paci	26.74	-1.3	1
9	Foos, Isabella	Western Wash	27.02	-1.3	1
10	Jones-Toutant, Elinor	Washington	27.46	-1.0	3
11	Juarez, Noelia	Central Wash	27.61	-0.3	2
12	May, Kellie	Seattle Paci	27.98	-1.0	3
13	Messineo, Tabitha	Pacific Luth	28.08	-1.0	3
14	Taylor, Jaleesa	Western Wash	28.38	-0.3	2
15	Harder, Mallory	Western Wash	28.42	-1.0	3
16	Carter, Troi	Central Wash	28.72	-0.3	2
17	Dawkins, Aliyah	Western Wash	29.05	-0.7	4
18	Ditter, Kaitlyn	Central Wash	29.74	-0.7	4

Event 19 Men 5000 Meter Run

Name	Year	School	Finals	H#
1	Snyder, Andy	Washington	14:44.41	1
2	Van Valkenburg, Grant	Unattached	14:53.49	1
3	Rapacz, Kyle	Pacific Luth	15:02.07	1
4	Davidson-Turner, Cal	Seattle U.	15:12.22	1
5	Hansen, Kevin	Club Northwe	15:16.36	1
6	Nussbaum, Chris	Pacific Luth	15:19.78	1
7	Frohock, Bo	Pacific Luth	15:20.07	1
8	Mounier, Nick	Western Wash	15:22.36	1
9	Lehr, John	Western Wash	15:23.06	1
10	Maier, Jonny	Pacific Luth	15:44.95	1
11	Andrews, Dawson	Northwest U.	15:58.78	1
12	Phillips, Corban	Unattached	16:06.52	1
13	Oslin, Andrew	Saint Martin	16:08.98	1
14	Robak, Trey	Pacific Luth	16:09.09	2
15	Rees-Jones, Mitch	Club Northwe	16:11.76	1
16	Short, Chris	Club Northwe	16:16.28	2
17	Ritter, Alec	Western Wash	16:27.91	1
18	Farrell, John	Saint Martin	16:38.56	2
19	Said, Galmo	Everett CC	16:56.75	2
20	Bruce, Gino	Northwest U.	16:59.17	2
21	Schilter, Levi	Saint Martin	17:06.04	2
22	Arcos, Erick	Pacific Luth	17:07.35	2
23	McGinty, Nathan	Everett CC	17:08.73	2
24	Bates, Connor	Pacific Luth	17:12.46	2
25	Samson, Daniel	Pacific Luth	17:36.58	2
26	Hole, Cade	Pacific Luth	17:42.89	2
27	Brajkovich Jr, Robert	Club Northwe	18:09.08	2
28	Ward, Austin	Unattached	18:47.15	2
--	Equall, Chase	Washington	DNF	1
--	Rivera, Mateo	Central Wash	DNF	2
--	Creagan, Matthew	Western Wash	DNF	2

Event 20 Women 5000 Meter Run

Name	Year	School	Finals
1	Carter, Sarah	Washington	17:30.30
2	Galvez, Sophia	Western Wash	17:55.28
3	Swartz-Ireland, Tovah	Western Wash	18:08.65
4	Stein, Elle	Seattle U.	18:13.40

5	Kastama, Rachel	Seattle U.	18:16.88
6	Melville, Tracy	Western Wash	18:43.07
7	Gelmini, Courtney	Seattle U.	18:58.13
8	Krivanek, Alicia	Pacific Luth	19:00.42
9	Weber, Sammy	Pacific Luth	19:42.87
10	Kimminau, Kiersten	Central Wash	19:51.72
11	Cearley, Tayler	Pacific Luth	20:05.39
12	Summers, Ellie	Northwest U.	20:13.10
13	Lindstrom, sophia	Unattached	20:41.64
14	Dhaenens, Quinn	Northwest U.	21:26.93
15	Horn, Emma	Northwest U.	21:42.11
16	Lewis, Emily	Central Wash	22:30.99
17	Praino, Leila	Northwest U.	22:40.24
18	Hettick, Erika	Central Wash	23:11.43

Event 21 Men 4x400 Meter Relay

School	Finals	H#
1 Western Washington 'A'	3:17.62	1
2 Central Washington 'A'	3:26.50	1
3 Pacific Lutheran 'A'	3:34.55	1
4 Seattle Pacific 'B'	3:37.52	2
5 Saint Martin's 'A'	3:41.04	1
6 Seattle Pacific 'A'	3:42.21	2
7 Seattle Pacific 'C'	3:47.40	2
8 Saint Martin's 'B'	3:49.74	2
9 Everett CC 'A'	3:51.66	1

Event 22 Women 4x400 Meter Relay

School	Finals	H#
1 Central Washington 'A'	3:57.62	1
2 Pacific Lutheran 'A'	4:05.88	1
3 Seattle Pacific 'A'	4:06.68	2
4 Seattle Pacific 'C'	4:07.06	2
5 Western Washington 'A'	4:09.61	1
6 Seattle Pacific 'B'	4:17.75	2
7 Central Washington 'B'	4:29.24	2
8 Central Washington 'C'	4:31.70	2
9 Everett CC 'A'	4:33.78	1
10 Pacific Lutheran 'B'	4:36.40	2

Event 25 Women Javelin Throw

Name	Year School	Finals	H#
1 Shimkus, Paige	Western Wash	44.56m	146-02 2
2 Miller, Anna	Northwest U.	42.94m	140-10 2
3 Taylor, Katherine	Washington	41.71m	136-10 2
4 Vetto, Natalie	Western Wash	41.15m	135-00 2
5 Nienaber, Hannah	Western Wash	39.87m	130-10 2
6 Whittern, Nicole	Seattle U.	38.88m	127-07 2
7 Fridman, Lauren	Simon Fraser	37.62m	123-05 2
8 Cai, Scout	Seattle Paci	37.58m	123-03 1
9 Spiller, Jona	Saint Martin	36.96m	121-03 2
10 Howsden, Sarah	Saint Martin	34.05m	111-08 2
11 Ortega, HarLee	Central Wash	32.54m	106-09 1
12 Sova, Tallia	Seattle U.	32.33m	106-01 1
13 Morley, Emily	Simon Fraser	31.20m	102-04 2
14 McFadden, Maya	Western Wash	30.34m	99-06 2
15 Pott, Tiffany	Saint Martin	28.98m	95-01 1
16 Hegg, Jamie	Seattle U.	28.74m	94-03 1
17 Burgmeier, Sage	Evergreen St	28.00m	91-10 1
18 Trinidad, Sidney	Central Wash	27.72m	90-11 1
19 Caviness, Sarah	Northwest U.	27.43m	90-00 1
20 Collins, Katie	Central Wash	26.34m	86-05 1
21 Meadows, Shaddia	Central Wash	25.74m	84-05 1
22 May, Kellie	Seattle Paci	25.14m	82-06 1
23 Dawkins, Aliyah	Western Wash	24.31m	79-09 1

Event 26 Men Javelin Throw

Name	Year School	Finals	H#
1 McNatt, Cooper	Western Wash	59.70m	195-10
2 Hatton, Timothy	Simon Fraser	57.76m	189-06
3 Salley, Mason	Western Wash	52.48m	172-02
4 Cortes, Bryan	Simon Fraser	51.54m	169-01
5 Rutter, Tyree	Central Wash	51.21m	168-00
6 Duckworth, Tim	Unattached	46.92m	153-11
7 Mcgaughey, Geoffrey	Everett CC	46.67m	153-01
8 Maier, Braydon	Central Wash	45.66m	149-10
9 Cummings, Cooper	Western Wash	42.72m	140-02
10 Golden, Sam	Seattle U.	41.47m	136-01
11 Andaya, Nate	Central Wash	39.65m	130-01

## Event 27 Women Shot Put

Name	Year	School	Finals	
1 Dodge, Brittany		Central Wash	11.32m	37-01.75
2 Sova, Tallia		Seattle U.	11.30m	37-01.00
3 McFadden, Maya		Western Wash	10.95m	35-11.25
4 Eddy, Chanelle		Western Wash	10.71m	35-01.75
5 Hendrix, Sylvia		Seattle U.	10.52m	34-06.25
6 Jones, Mariah		Central Wash	10.04m	32-11.25
7 Pressley, Briana		Evergreen St	9.77m	32-00.75
8 Messineo, Tabitha		Pacific Luth	9.40m	30-10.25
9 Westfall, Raine		Unattached	8.18m	26-10.00
10 Dawkins, Aliyah		Western Wash	7.23m	23-08.75
-- Fisk, Avery		Central Wash	FOUL	

## Event 28 Men Shot Put

Name	Year	School	Finals	
1 Malquist, Ben		Western Wash	14.89m	48-10.25
2 Fisher, Damien		Unattached	14.86m	48-09.00
3 Trewet, Parker		Pacific Luth	12.62m	41-05.00
4 Lux, Avery		Western Wash	12.60m	41-04.25
5 Donovan, Jake		Everett CC	11.55m	37-10.75
-- Tafoya, Alberto		Central Wash	FOUL	

## Event 29 Women Long Jump

Name	Year	School	Finals	Wind	H#
1 Irvine, Halle		Central Wash	5.27m	-0.3	17-03.50 2
2 Williams, Brooke		Central Wash	5.17m	-0.4	16-11.50 2
2 Romain, Keshara		Saint Martin	5.17m	-1.0	16-11.50 2
4 Soliman, Renee		Seattle U.	5.14m	0.3	16-10.50 2
5 Hathaway, Kelsey		Pacific Luth	5.06m	1.4	16-07.25 2
6 Ochoa, Yareli		Central Wash	4.97m	-0.8	16-03.75 2
7 Trinidad, Sidney		Central Wash	4.90m	-0.3	16-01.00 2
8 Kibbee, Leanne		Western Wash	4.82m	-1.4	15-09.75 2
9 Munoz, Malea		Western Wash	4.81m	-1.2	15-09.50 1
10 Taylor, Jillyan		Central Wash	4.77m	-2.1	15-07.75 2
11 Olson, Devon		Western Wash	4.75m	-1.2	15-07.00 2
12 Pott, Tiffany		Saint Martin	4.74m	-0.9	15-06.75 1
13 Meadows, Shaddia		Central Wash	4.71m	-0.1	15-05.50 1
14 Jones-Toutant, Elinor		Washington	4.67m	-1.5	15-04.00 2
15 Walts, Rose		Central Wash	4.63m	-1.1	15-02.25 2
16 Burk, Emily		Pacific Luth	4.50m	-1.1	14-09.25 1
17 Sanford, Jamie		Western Wash	4.47m	-0.3	14-08.00 1
18 Baldwin-Case, Allie		Central Wash	4.46m	-1.7	14-07.75 1
19 Carter, Sydney		Central Wash	4.39m	-0.1	14-05.00 1
20 Collins, Katie		Central Wash	4.25m	-1.1	13-11.50 1
21 Messineo, Tabitha		Pacific Luth	4.15m	-0.6	13-07.50 1
22 Heyman, Sophia		Seattle U.	4.04m	-0.7	13-03.25 1
23 Sanchez, Lexi		Evergreen St	3.76m	-0.9	12-04.00 1

## Event 30 Men Long Jump

Name	Year	School	Finals	Wind	H#
1 Sterkel, Ethan		Western Wash	6.94m	+0.0	22-09.25 2
2 Dances, Seren		Western Wash	6.81m	-1.1	22-04.25 2
3 Cronk, Tyler		Saint Martin	6.80m	-0.4	22-03.75 2
4 Schulz, Josh		Saint Martin	6.75m	+0.0	22-01.75 2
5 Mataya, Rudy		Western Wash	6.42m	-0.4	21-00.75 2
6 Ringold, Jacob		Western Wash	6.28m	-0.8	20-07.25 2
7 Eck, Kameron		Central Wash	6.12m	-0.9	20-01.00 2
8 Forster, Michael		Central Wash	6.11m	-1.0	20-00.50 2
9 Cummings, Cooper		Western Wash	6.00m	-0.6	19-08.25 1
10 Andaya, Nate		Central Wash	5.63m	-0.1	18-05.75 1
11 Gunther, Ryan		Central Wash	5.43m	+0.0	17-09.75 1
12 Nixon, Wes		Pacific Luth	5.27m	-0.1	17-03.50 1
-- Sinclair, Will		Saint Martin	FOUL		1
-- McCullough, Cooper		Saint Martin	FOUL		1
-- Smith, Aidan		Seattle U.	FOUL		1

## Event 31 Women High Jump

Name	Year	School	Finals	
1 Taylor, Maddie		Western Wash	1.74m	5-08.50
2 Faretta, Heather		Western Wash	1.65m	5-05.00
3 Wilson, Lauren		Pacific Luth	J1.65m	5-05.00
4 Pott, Tiffany		Saint Martin	1.60m	5-03.00
5 Lehnert, Geneva		Seattle Paci	1.55m	5-01.00
6 Ochoa, Yareli		Central Wash	J1.55m	5-01.00
7 Ditter, Kaitlyn		Central Wash	J1.55m	5-01.00

7	Retter, Sarah	Western Wash	J1.55m	5-01.00
9	Mack-Wilson, Laurel	Seattle U.	1.50m	4-11.00
9	Hamilton, Rachelle	Central Wash	1.50m	4-11.00
11	Van Liew, Rachel	Seattle U.	1.45m	4-09.00
11	Carter, Sydney	Central Wash	1.45m	4-09.00
11	Swiderski, Jaclyn	Western Wash	1.45m	4-09.00
11	Kibbee, Leanne	Western Wash	1.45m	4-09.00
15	May, Kellie	Seattle Paci	1.40m	4-07.00
16	Sorgen, Claire	Pacific Luth	1.35m	4-05.00
16	Meyer, Renick	Seattle Paci	1.35m	4-05.00
16	Cuadrado, Rowan	Seattle U.	1.35m	4-05.00
19	Burk, Emily	Pacific Luth	1.30m	4-03.25
--	Henry, Bridget	Western Wash	NH	

Event 32 Men High Jump

Name	Year School	Finals
1	Cronk, Tyler	Saint Martin 2.15m 7-00.50
2	Wickliff, Tupre	Western Wash 2.01m 6-07.00
3	Makrakis, Nick	Western Wash 1.96m 6-05.00
4	Sterkel, Ethan	Western Wash 1.91m 6-03.25
5	Koski, Kason	Pacific Luth 1.71m 5-07.25
--	Stevenson, Randy	Unattached NH
--	Manju, Iyan	Western Wash NH

Event 33 Women Pole Vault

Name	Year School	Finals
1	Cohen, Monica	Washington 3.50m 11-05.75
2	Stevens, Brittany	Central Wash J3.50m 11-05.75
2	Oliquiano, Jewels	Western Wash J3.50m 11-05.75
4	Lambert, Emma	Seattle Paci J3.50m 11-05.75
5	Wyatt, Kayla	Central Wash 3.35m 10-11.75
5	Perry, Lexi	Western Wash 3.35m 10-11.75
7	Licari, Madison	Seattle Paci J3.35m 10-11.75
8	Ellis, Sarah	Western Wash 3.20m 10-06.00
9	Dodson, Hannah	Western Wash J3.20m 10-06.00
10	Walston, Skylar	Western Wash 3.05m 10-00.00
10	Paradis, Sophie	Western Wash 3.05m 10-00.00
12	Otto von Askervold, Kend	Central Wash J3.05m 10-00.00
13	Roberts, Rachael	Western Wash J3.05m 10-00.00
14	Cabrera, Brianna	Saint Martin 2.90m 9-06.25
15	Eiswald, Erin	Central Wash J2.90m 9-06.25
16	Graham, Cierra	Western Wash J2.90m 9-06.25
17	Buckmaster, Riley	Pacific Luth 2.75m 9-00.25
18	Robinson, Natalie	Pacific Luth 2.60m 8-06.25
19	Ozawa, Kayla	Pacific Luth J2.60m 8-06.25
--	Irvine, Halle	Central Wash NH
--	Ely, Allyson	Washington NH

Event 34 Men Pole Vault

Name	Year School	Finals
1	Boyle, Craig	Saint Martin 4.70m 15-05.00
2	Weiler, Joseph	Washington J4.70m 15-05.00
3	Konrad, J. T.	Western Wash J4.70m 15-05.00
4	Campbell, Tysen	Central Wash 4.40m 14-05.25
5	Cadena, Bryan	Central Wash 4.25m 13-11.25
6	Thompson, Jacob	Central Wash 4.10m 13-05.25
7	Flintoff, Davis	Seattle Paci J4.10m 13-05.25
8	Cummings, Cooper	Western Wash 3.95m 12-11.50
9	Forbes, Drew	Pacific Luth J3.95m 12-11.50
10	Williams, Christian	Western Wash J3.95m 12-11.50
11	Barbour, Sean	Seattle Paci J3.95m 12-11.50
12	Solomon, Corey	Pacific Luth 3.80m 12-05.50
13	Forster, Michael	Central Wash 3.65m 11-11.75
14	Aageson, Gunnar	Pacific Luth 3.50m 11-05.75
--	Rickard, Chris	Saint Martin NH

Event 37 Men Hammer Throw

Name	Year School	Finals
1	Jost, Connor	Washington 53.81m 176-06
2	Lux, Avery	Western Wash 50.02m 164-01
3	Cain, Aidan	Central Wash 47.50m 155-10
4	Tafoya, Alberto	Central Wash 47.10m 154-06
5	Harris, Andrew	Central Wash 43.10m 141-05
6	Beaton, Angus	Central Wash 39.67m 130-02
7	Mathews, George	Unattached 39.51m 129-07
8	Maier, Riley	Central Wash 36.85m 120-11

Event 38 Women Hammer Throw



Name	Year	School	Finals	H#
1 Taylor, Holly		Simon Fraser	45.42m	149-00 2
2 Koonce, Tara		Get Strong F	42.38m	139-00 2
3 Westfall, Raine		Unattached	40.69m	133-06 1
4 La Rue, Samantha		Central Wash	40.47m	132-09 2
5 Smallbeck, Meagan		Central Wash	40.26m	132-01 2
6 Dodge, Brittany		Central Wash	38.41m	126-00 2
7 Jones, Mariah		Central Wash	35.92m	117-10 2
8 Roberson, Zoe		Washington	35.56m	116-08 1
9 Tresselt, Jami		Seattle U.	34.09m	111-10 1
10 Garrison, Alexis		Evergreen St	28.91m	94-10 1
11 Breckenridge, Megan		Unattached	28.67m	94-01 1
12 Sova, Tallia		Seattle U.	25.86m	84-10 1
13 Vigil, Ana		Evergreen St	15.16m	49-09 1
-- Eddy, Chanelle		Western Wash	FOUL	2
-- Hendrix, Sylvia		Seattle U.	FOUL	1

Event 39 Men Triple Jump

Name	Year	School	Finals	Wind
1 Ringold, Jacob		Western Wash	13.56m	0.2 44-06.00
2 Dances, Seren		Western Wash	13.37m	-0.3 43-10.50
3 Claiborne, Kailan		Seattle U.	12.88m	0.4 42-03.25
4 Eck, Kameron		Central Wash	12.05m	-1.4 39-06.50
5 Sinclair, Will		Saint Martin	11.53m	-1.5 37-10.00
6 Nixon, Wes		Pacific Luth	11.16m	-0.2 36-07.50
-- McCullough, Cooper		Saint Martin	FOUL	

Event 40 Women Triple Jump

Name	Year	School	Finals	Wind
1 Williams, Brooke		Central Wash	11.76m	-0.6 38-07.00
2 Romain, Keshara		Saint Martin	11.41m	-1.4 37-05.25
3 Walts, Rose		Central Wash	11.03m	-0.1 36-02.25
4 Hathaway, Kelsey		Pacific Luth	10.69m	-1.1 35-01.00
5 Golba, Nicole		Seattle U.	10.59m	0.4 34-09.00
6 Taylor, Jillyan		Central Wash	10.50m	1.1 34-05.50
7 Perry, Lexi		Western Wash	10.36m	-1.5 34-00.00
8 Sanford, Jamie		Western Wash	10.25m	+0.0 33-07.50
9 Burk, Emily		Pacific Luth	10.20m	-0.6 33-05.75
10 Carter, Sydney		Central Wash	9.28m	+0.0 30-05.50
11 Sorgen, Claire		Pacific Luth	8.73m	-1.0 28-07.75
-- Takei, Kaela		Seattle U.	ND	NWI
-- Heyman, Sophia		Seattle U.	FOUL	