

2019 Ken Shannon Invitational - 4/6/2019**UW Track****Results****Women 100 Meter Dash**

Name	Year	School	Finals	Wind	H#
Finals					
1	9	Allen, Macie	Concordia (Ore.)	11.84	2.9 1
2	205	Stepper, Julia	Seattle Pacific	11.96	2.9 1
3	52	Meyer, Renick	Seattle Pacific	12.05	2.9 1
4	137	Ribera, Olivia	Washington	12.10	2.9 1
5	129	Kaba, Assa	Washington	12.15	1.1 2
6	42	Bouyer, Jenna	Seattle Pacific	12.39	1.1 2
7	11	Hurley, Karlie	Concordia (Ore.)	12.58	1.1 2
8	16	VanZant, Ronni	Concordia (Ore.)	12.62	1.1 2
9	13	Misi, Maddie	Concordia (Ore.)	12.76	1.1 2
10	170	McLean, Kelsey	Western Washington	12.88	1.1 2
11	44	Farner, Anna	Seattle Pacific	12.99	1.1 2
12	79	Mack-Wilson, Laure	Seattle U.	13.00	1.1 2

Women 200 Meter Dash

Name	Year	School	Finals	Wind	H#
1	101	Eikeng, Ida	Unattached	24.28	2.0 1
2	9	Allen, Macie	Concordia (Ore.)	24.43	2.0 1
3	142	Stavig, Sarah	Washington	24.51	0.2 2
4	41	Bley, Grace	Seattle Pacific	24.57	2.0 1
5	129	Kaba, Assa	Washington	24.72	0.2 2
6	46	Igbonagwam, Peace	Seattle Pacific	25.12	2.0 1
7	11	Hurley, Karlie	Concordia (Ore.)	25.25	0.2 2
8	124	Eke, Chisom	Washington	25.86	0.2 2
9	139	Sande, Ashley	Washington	25.89	0.2 2
10	13	Misi, Maddie	Concordia (Ore.)	26.19	0.2 2
11	44	Farner, Anna	Seattle Pacific	26.65	0.2 2
12	70	Deleissegues, Chlo	Seattle U.	26.88	0.2 2

Women 400 Meter Dash

Name	Year	School	Finals	H#
1	142	Stavig, Sarah	Washington	57.61 1
2	139	Sande, Ashley	Washington	58.36 2
3	55	Troescher, Rebecca	Seattle Pacific	59.77 1
4	72	Grady, Regie	Seattle U.	1:00.00 1
5	124	Eke, Chisom	Washington	1:00.37 1
6	177	Shulman, Mirannda	Western Washington	1:00.47 2
7	70	Deleissegues, Chlo	Seattle U.	1:01.43 2
8	84	Van Liew, Rachel	Seattle U.	1:02.31 2

Women 800 Meter Run

Name	Year	School	Finals	
1	131	Makin, Kelly	Washington	2:07.78
2	140	Schroeder, Erica	Washington	2:15.01
3	54	Thompson, Elizabeth	Seattle Pacific	2:18.28
4	141	Slack, Katherine	Washington	2:18.59
5	138	Ripple, Erin	Washington	2:21.44

2019 Ken Shannon Invitational - 4/6/2019**UW Track****Results****....Women 800 Meter Run**

--	104	Poasa, Adahra	Unattached	DNF
--	127	Goecke, Nicole	Washington	DNF

Women 1500 Meter Run

Name	Year	School	Finals
1	136	Rainsberger, Katie	Washington 4:20.82
2	132	Maxwell, Anna	Washington 4:24.80
3	50	Lilly, Kate	Seattle Pacific 4:28.99
4	133	McCulloch, Shona	Washington 4:30.43
5	53	Mitchell, Kaylee	Seattle Pacific 4:32.72
6	45	Holmberg, Dania	Seattle Pacific 4:34.86
7	100	David-Smith, Camil	Unattached 4:35.01
8	68	Chahrouri, Marie-T	Seattle U. 4:48.71
9	120	Bester, Briegan	Washington 4:54.08

Women 100 Meter Hurdles

Name	Year	School	Finals	Wind
1	101	Eikeng, Ida	Unattached 13.46	4.1
2	4	Vongsaveng, Mariya	Central Washington 13.88	4.1
3	81	Newblom, Michelle	Seattle U. 14.34	4.1
4	14	Stephens, Chase	Concordia (Ore.) 14.60	4.1
5	106	Tongco, Caila	Unattached 14.83	4.1
6	178	Taylor, Jaleesa	Western Washington 15.10	4.1

Women 400 Meter Hurdles

Name	Year	School	Finals
1	143	Stueckle, Karlee	Washington 1:03.11
2	71	Golba, Nicole	Seattle U. 1:07.45
3	201	Messineo, Tabitha	Pacific Lutheran 1:09.14
4	77	Howerton, Alex	Seattle U. 1:12.41

Women High Jump

Name	Year	School	Finals
1	39	Wilson, Lauren	Pacific Lutheran 1.70m 5-07.00
	1.35	1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.73	
	PPP PPP PPP PPP PPP	O O XXO XXX	
2	206	Lehnert, Geneva	Seattle Pacific 1.65m 5-05.00
	1.35	1.40 1.45 1.50 1.55 1.60 1.65 1.70	
	PPP PPP PPP PPP	O O XO XXX	
3	84	Van Liew, Rachel	Seattle U. 1.55m 5-01.00
	1.35	1.40 1.45 1.50 1.55 1.60	
	PPP PPP PPP	O O XXX	
4	119	Aquilini, Gabriela	Washington J1.55m 5-01.00
	1.35	1.40 1.45 1.50 1.55 1.60	
	PPP PPP	XO O O XXX	

2019 Ken Shannon Invitational - 4/6/2019**UW Track
Results****....Women High Jump**

5	79 Mack-Wilson, Laure	Seattle U.	1.50m	4-11.00
	1.35 1.40 1.45 1.50 1.55			
	PPP PPP O XXO XXX			
6	201 Messineo, Tabitha	Pacific Lutheran	1.45m	4-09.00
	1.35 1.40 1.45 1.50			
	PPP O XO XXX			
7	49 Licari, Madison	Seattle Pacific	1.40m	4-07.00
	1.35 1.40 1.45			
	O XO XXX			
7	208 Henry, Bridget	Western Washington	1.40m	4-07.00
	1.35 1.40 1.45			
	PPP XO XXX			
7	69 Cuadrado, Rowan	Seattle U.	1.40m	4-07.00
	1.35 1.40 1.45			
	O O XXX			

Women Pole Vault

=====										
Name	Year School		Finals							
=====										
1	99 Cunliffe, Chloe	Unattached		4.21m	13-09.75					
	3.20 3.40 3.60 3.71 3.81 3.91 4.01 4.11 4.21 4.40									
	PPP PPP PPP PPP PPP PPP XXO PPP XXO XXX									
2	29 Kistler, Lianne	Northwest Pol		4.01m	13-01.75					
	3.20 3.40 3.60 3.71 3.81 3.91 4.01 4.11 4.21									
	PPP PPP PPP PPP XO XO XXO PPP XXX									
3	122 Cohen, Monica	Washington		3.71m	12-02.00					
	3.20 3.40 3.60 3.71 3.81									
	PPP PPP XO XO XXX									
4	43 Cai, Scout	Seattle Pacific		J3.71m	12-02.00					
	3.20 3.40 3.60 3.71 3.81									
	PPO XXO XXO XO XXX									
5	34 Serex, Samantha	NW Pole Vault club		3.60m	11-09.75					
	3.20 3.40 3.60 3.71 3.81									
	PPP PPP O PPP XXX									
6	35 Stermer, Celyn	Nwpv		J3.60m	11-09.75					
	3.20 3.40 3.60 3.71									
	PPP XXO O XXX									
7	107 Watkins, Tessa	Unattached		J3.60m	11-09.75					
	3.20 3.40 3.60 3.71									
	PPP O XO XXX									
8	33 Helms, Ashleigh	NW Pole Vault club		J3.60m	11-09.75					
	3.20 3.40 3.60 3.71									
	PPP O XXO XXX									
8	30 Kline, Elena	Northwest Pol		J3.60m	11-09.75					
	3.20 3.40 3.60 3.71									
	PPP O XXO XXX									
10	32 Hatzenbeler, Annie	Northwest Pol		J3.60m	11-09.75					
	3.20 3.40 3.60 3.71									
	PPP XO XXO XXX									
11	49 Licari, Madison	Seattle Pacific		3.40m	11-01.75					
	3.20 3.40 3.60									
	O O XXX									

2019 Ken Shannon Invitational - 4/6/2019**UW Track
Results****....Women Pole Vault**

11	175 Perry, Lexi	Western Washington	3.40m	11-01.75
	3.20 3.40 3.60			
	PPP O XXX			
13	48 Lambert, Emma	Seattle Pacific	J3.40m	11-01.75
	3.20 3.40 3.60			
	O XO XXX			
13	173 Oliquiano, Jewels	Western Washington	J3.40m	11-01.75
	3.20 3.40 3.60			
	O XO XXX			
15	167 Ellis, Sarah	Western Washington	J3.40m	11-01.75
	3.20 3.40 3.60			
	O XXO XXX			
--	130 Kramers, Kim	Washington	NH	
	3.20 3.40 3.60			
	PPP PPP XXX			
--	3 Irvine, Halle	Central Washington	NH	
	3.20 3.40 3.60 3.71			
	PPP PPP PPP XXX			
--	165 Dodson, Hannah	Western Washington	NH	
	3.20			
	XXX			
--	125 Ely, Allyson	Washington	NH	
	3.20 3.40 3.60			
	PPP PPP XXX			

Women Long Jump

Name	Year	School	Finals	Wind
1	46	Igbonagwam, Peace	Seattle Pacific	5.63m 0.5 18-05.75
				FOUL(-1.1) FOUL(0.7) 5.36m(0.6) 5.31m(-0.2) 5.63m(0.5) 5.58m(2.4)
2	16	VanZant, Ronni	Concordia (Ore.)	5.58m 2.0 18-03.75
				4.90m(+0.0) FOUL(-0.3) 5.25m(0.3) 5.09m(-1.5) 5.48m(+0.0) 5.58m(2.0)
3	10	Bone, Chelsea	Concordia (Ore.)	5.42m 0.7 17-09.50
				FOUL(-2.0) 5.04m(-1.2) FOUL(-0.5) 5.42m(0.7) 5.03m(-1.5) FOUL(1.6)
4	52	Meyer, Renick	Seattle Pacific	5.26m 1.2 17-03.25
				5.22m(-0.3) FOUL(0.3) FOUL(-0.5) 5.21m(-0.1) 5.15m(1.8) 5.26m(1.2)
5	171	Munoz, Malea	Western Washington	4.92m 0.5 16-01.75
				FOUL(-0.9) 4.92m(0.5) 4.87m(-0.7) FOUL(-0.8) 4.84m(-1.4) 4.74m(1.9)
6	75	Heyman, Sophia	Seattle U.	4.43m -0.9 14-06.50
				FOUL(-0.9) FOUL(-0.3) 4.34m(-0.5) 3.90m(-1.1) 4.43m(-0.9) FOUL(2.0)

Women Shot Put

Name	Year	School	Finals
1	135	Nkwonta, Angel	Washington
			15.80m 51-10.00
			FOUL 15.80m FOUL FOUL 15.45m FOUL
2	101	Eikeng, Ida	Unattached
			13.72m 45-00.25
			12.85m 13.35m 12.32m 13.51m 12.69m 13.72m
3	82	Sova, Tallia	Seattle U.
			11.59m 38-00.25
			FOUL 11.14m 11.32m 11.58m 11.59m FOUL
4	166	Eddy, Chanelle	Western Washington
			11.53m 37-10.00
			11.53m FOUL FOUL FOUL FOUL 11.10m

2019 Ken Shannon Invitational - 4/6/2019**UW Track****Results****....Women Shot Put**

5	169 McFadden, Maya	Western Washington	11.26m	36-11.50
	FOUL 11.26m FOUL FOUL FOUL 10.89m			
--	74 Hendrix, Sylvia	Seattle U.	FOUL	
	FOUL FOUL FOUL FOUL FOUL FOUL			
--	12 Linenko, Katrina	Concordia (Ore.)	FOUL	
	FOUL FOUL FOUL			

Women Discus Throw

Name	Year School	Finals
1 134 Mehl, Virginia	Washington	51.86m 170-02
48.74m 48.09m 50.16m FOUL 50.23m 51.86m		
2 102 Kelby, Makayla	Unattached	51.58m 169-03
50.49m 51.58m FOUL FOUL FOUL 49.21m		
3 121 Chibuogwu, Onyie	Washington	46.54m 152-08
45.39m 44.67m 45.85m 46.54m FOUL 44.70m		
4 12 Linenko, Katrina	Concordia (Ore.)	44.21m 145-00
41.78m 44.21m 42.04m 43.45m 42.03m 43.61m		
5 166 Eddy, Chanelle	Western Washington	43.23m 141-10
42.63m 40.54m 43.23m FOUL FOUL FOUL		
6 40 Vernoy, Megan	Saint Martin's	42.69m 140-01
FOUL 42.69m 42.07m 40.65m FOUL 40.89m		
7 82 Sova, Tallia	Seattle U.	34.45m 113-00
34.05m 29.79m FOUL 30.41m 33.45m 34.45m		
8 83 Tresselt, Jami	Seattle U.	33.53m 110-00
31.08m FOUL 33.24m FOUL 33.53m 32.31m		

Women Hammer Throw

Name	Year School	Finals
1 121 Chibuogwu, Onyie	Washington	57.56m 188-10
56.85m 57.56m FOUL 55.04m FOUL FOUL		
2 135 Nkwonta, Angel	Washington	55.59m 182-04
53.46m 53.56m 55.59m FOUL 54.24m 55.55m		
3 38 Reeder, Emily	Pacific Lutheran	52.02m 170-08
46.87m FOUL 49.68m FOUL 52.02m FOUL		
4 83 Tresselt, Jami	Seattle U.	37.23m 122-02
FOUL FOUL 35.57m 37.23m FOUL 36.69m		

Women Javelin Throw

Name	Year School	Finals
1 36 Drake, Bethany	Oiselle	48.15m 158-00
FOUL 46.38m 45.78m 47.23m 48.15m 48.10m		
2 144 Taylor, Katherine	Washington	45.99m 150-11
45.99m 44.93m 41.42m FOUL FOUL FOUL		
3 174 Pellecer, Raquel	Western Washington	43.60m 143-00
FOUL 38.34m 37.75m 34.90m 43.45m 43.60m		
4 126 Engle, Emmanuella	Washington	43.26m 141-11
FOUL 43.26m 42.57m 40.21m 36.32m 39.78m		
5 103 Newman, Daisey	Unattached	42.77m 140-04
40.94m 41.55m FOUL 42.77m FOUL FOUL		

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Results****....Women Javelin Throw**

6	15 Stottlemyre, Eliza	Concordia (Ore.)	42.60m	139-09
	41.25m 42.60m 40.42m	42.33m FOUL 40.99m		
7	179 Vetto, Natalie	Western Washington	42.05m	137-11
	37.33m 36.27m 36.46m	37.17m 40.58m 42.05m		
8	176 Short, Amanda	Western Washington	41.24m	135-04
	37.96m 41.24m 40.61m	40.62m FOUL FOUL		
9	172 Nienaber, Hannah	Western Washington	39.41m	129-03
	36.49m 32.81m 33.30m	39.41m 36.37m FOUL		
10	169 McFadden, Maya	Western Washington	35.49m	116-05
	34.75m 33.42m 35.49m			
11	73 Hegg, Jamie	Seattle U.	34.03m	111-08
	34.03m 29.63m FOUL			
12	82 Sova, Tallia	Seattle U.	31.30m	102-08
	31.30m FOUL FOUL			

Men 100 Meter Dash

Name	Year	School	Finals	Wind	H#
1	198	Winfrey, Khalil	Washington	10.40	3.2 1
2	109	Donigian, Alexande	Unattached	10.46	3.2 1
3	200	Santana, Kemuel	Washington	10.51	3.2 1
4	199	Lucas, Jordan	Washington	10.53	3.2 1
5	108	Collins, Keane	Unattached	10.65	3.2 1
6	204	Jones, Daniel	Western Washington	10.84	3.2 1
7	18	Brown, Adam	Concordia (Ore.)	10.91	1.8 2
8	183	Fernandez, Angelo	Western Washington	11.22	1.8 2
9	25	Powers, Tyler	Concordia (Ore.)	11.39	1.8 2
10	66	Wong, Christian	Seattle Pacific	11.55	1.8 2
11	98	Yamamoto, Brant	Seattle U.	11.56	1.8 2

Men 200 Meter Dash

Name	Year	School	Finals	Wind	H#
1	113	Ollatoke, Praise	Trinity Western	21.20	1.5 1
2	18	Brown, Adam	Concordia (Ore.)	21.48	1.5 1
3	195	Welch, Bryant	Western Washington	21.80	1.5 1
4	204	Jones, Daniel	Western Washington	21.94	1.5 1
5	108	Collins, Keane	Unattached	22.06	1.5 1
6	193	Smith, Myles	Western Washington	22.40	1.5 1
7	25	Powers, Tyler	Concordia (Ore.)	22.54	1.5 1
8	183	Fernandez, Angelo	Western Washington	22.66	2.1 2
9	67	Walker, Barrington	Seattle Speed	22.90	2.1 2
10	202	Stilnovich, Joe	Pacific Lutheran	23.09	2.1 2
11	86	Carrasco, Alexandr	Seattle U.	23.22	2.1 2
12	109	Donigian, Alexande	Unattached	23.37	1.5 1
13	66	Wong, Christian	Seattle Pacific	23.85	2.1 2

Men 400 Meter Dash

Name	Year	School	Finals
1	197	Witters, Ryan	Western Washington
2	87	Claiborne, Kailan	Seattle U.

2019 Ken Shannon Invitational - 4/6/2019**UW Track****Results****....Men 400 Meter Dash**

3	85 Brown, Steve	Seattle U.	52.76
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Men 800 Meter Run

Name	Year	School	Finals
1	2	Prakel, Sam	Adidas 1:50.11
2	156	Morello, Connor	Washington 1:50.80
3	63	Phan, Jesse	Seattle Pacific 1:54.13
4	185	Jasperson, James	Western Washington 1:54.79
5	116	Volcy, David	Unattached 2:03.24

Men 1500 Meter Run

Name	Year	School	Finals	H#	
1	151	Green, Issac	Washington	3:48.19	1
2	28	Villarma, Mason	Gonzaga	3:49.27	1
3	147	Beamer, Nate	Washington	3:49.44	1
4	160	Slenning, Alex	Washington	3:49.72	1
5	93	Hebert, Jacques	Seattle U.	3:51.55	1
6	155	Laccinole, Nichola	Washington	3:52.54	1
7	148	Beyer, Charles	Washington	3:54.50	1
8	95	Monk, Ben	Seattle U.	3:55.15	1
9	162	Thomas, Andrew	Washington	3:55.16	1
10	62	Otero, Colby	Seattle Pacific	4:00.80	2
11	114	Slichko, Lance	Unattached	4:02.33	2
12	184	Hoggarth, Colton	Western Washington	4:03.34	2
13	59	Graff, Elius	Seattle Pacific	4:03.86	2
14	58	Galloway, Shad	Seattle Pacific	4:07.34	2
15	64	Putney, Jared	Seattle Pacific	4:08.12	2
16	89	Delaney, Blake	Seattle U.	4:10.10	2
17	65	Schultz, Brayden	Seattle Pacific	4:10.51	2
18	60	Hansen, Ben	Seattle Pacific	4:14.70	2
19	116	Volcy, David	Unattached	4:24.12	2
20	90	Giday, Epheson	Seattle U.	4:24.85	2

Men 400 Meter Hurdles

Name	Year	School	Finals
1	182	Cummings, Cordell	Western Washington 52.62
2	152	Herrera, Oscar	Washington 54.25
3	94	Milne, Lucas	Seattle U. 58.03
4	186	Lovercamp, Reid	Western Washington 58.47
5	217	Sun, William	Seattle U. 59.98
--	146	Basco, Aiden	Washington DNF

Men High Jump

Name	Year	School	Finals			
1	110	Duckworth, Tim	Unattached 2.00m 6-06.75			
	1.80	1.85	1.90	1.95	2.00	2.05
	PPP	O	O	O	XO	X

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Results****....Men High Jump**

2	7	Taiwo, Jeremy	Unattached	J2.00m	6-06.75	
	1.80	1.85	1.90	1.95	2.00	2.05
	PPP	O	O	XO	XO	X
3	150	Fausset, Bryce	Washington	1.95m	6-04.75	
	1.80	1.85	1.90	1.95	2.00	
	PPP	PPP	O	XXO	XXX	
4	203	Carrizales, Emmy	Concordia (Ore.)	1.85m	6-00.75	
	1.80	1.85	1.90			
	XXO	XXO	XXX			

Men Pole Vault

Name		Year	School	Finals				
1	163	Weiler, Joseph	Washington	4.91m	16-01.25			
	4.01	4.16	4.31	4.46	4.61	4.76	4.91	5.01
	PPP	PPP	PPP	O	XXO	XO	O	XXX
2	209	Care, Samuel	Unattached	4.61m	15-01.50			
	4.01	4.16	4.31	4.46	4.61	4.76		
	PPP	PPP	O	XO	XXO	XXX		
3	56	Barbour, Sean	Seattle Pacific	4.31m	14-01.75			
	4.01	4.16	4.31	4.46				
	O	XO	XXO	XXX				
4	191	Rinefort, Ian	Western Washington	J4.31m	14-01.75			
	4.01	4.16	4.31	4.46				
	XO	XO	XXO	XXX				
5	181	Cummings, Cooper	Western Washington	4.01m	13-01.75			
	4.01	4.16						
	XO	XXX						
--	110	Duckworth, Tim	Unattached	NH				
	4.01							
	XXX							
--	196	Williams, Christia	Western Washington	NH				
	4.01							
	XXX							
--	149	Black, Blaise	Washington	NH				
	4.01	4.16	4.31	4.46	4.61	4.76	4.91	
	PPP	PPP	PPP	PPP	PPP	PPP	XXX	
--	159	Shugart, Zachary	Washington	NH				
	4.01							
	XXX							
--	57	Flintoff, Davis	Seattle Pacific	NH				
	4.01							
	XXX							

Men Long Jump

Name		Year	School	Finals	Wind	
1	158	Richmond, Samuel	Washington	7.05m	3.4	23-01.75
	6.68m(2.3)	7.02m(1.7)	7.00m(3.9)	7.05m(3.4)	FOUL(2.7)	7.00m(3.7)
2	111	fyffe, nick	Unattached	6.89m	2.1	22-07.25
	6.84m(2.2)	FOUL(2.7)	6.87m(3.1)	6.89m(2.1)	6.83m(1.0)	FOUL(2.8)
3	108	Collins, Keane	Unattached	6.55m	2.6	21-06.00
	6.55m(2.6)	PASS	FOUL(2.1)	5.77m(3.5)	6.47m(4.8)	6.26m(1.3)

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Results****....Men Long Jump**

4	189 Mataya, Rudy	Western Washington	6.53m	1.8	21-05.25
	6.51m(3.2) 6.49m(1.6) 6.35m(3.4) FOUL(3.6) 3.53m(2.0) 6.53m(1.8)				
5	150 Fausset, Bryce	Washington	6.43m	1.7	21-01.25
	6.43m(1.7) 6.06m(1.0) FOUL(2.6) FOUL(1.4) 5.70m(3.9) FOUL(2.2)				
6	61 Newby, Silas	Seattle Pacific	6.15m	2.2	20-02.25
	6.08m(2.6) 5.59m(3.0) 6.03m(1.9) FOUL(4.7) FOUL(1.7) 6.15m(2.2)				
7	190 McAllister, Cyrus	Western Washington	6.13m	5.3	20-01.50
	5.86m(2.8) 5.64m(2.8) 6.01m(2.6) 6.13m(5.3) 5.83m(3.7) 5.92m(2.1)				

Men Shot Put

Name	Year School	Finals
1	23 Koch, Josh	Concordia (Ore.)
	16.79m FOUL 16.71m FOUL FOUL FOUL	16.79m 55-01.00
2	157 Padilla, Jose	Washington
	15.33m 15.96m 16.28m FOUL FOUL FOUL	16.28m 53-05.00
3	188 Malquist, Ben	Western Washington
	15.28m 15.04m FOUL FOUL FOUL FOUL	15.28m 50-01.75
4	17 Bridge, Caleb	Concordia (Ore.)
	15.05m FOUL FOUL FOUL FOUL FOUL	15.05m 49-04.50
5	21 Elder, Brett	Concordia (Ore.)
	14.36m 14.03m 14.52m FOUL FOUL 14.53m	14.53m 47-08.00
6	7 Taiwo, Jeremy	Unattached
	12.84m 12.90m FOUL FOUL 12.17m FOUL	12.90m 42-04.00
7	110 Duckworth, Tim	Unattached
	12.32m FOUL 12.71m 12.86m 12.74m FOUL	12.86m 42-02.25
8	187 Lux, Avery	Western Washington
	11.82m 11.32m 11.61m 11.08m 11.36m 11.93m	11.93m 39-01.75

Men Discus Throw

Name	Year School	Finals
1	157 Padilla, Jose	Washington
	51.59m 52.75m FOUL 52.24m FOUL FOUL	52.75m 173-01
2	21 Elder, Brett	Concordia (Ore.)
	49.53m 50.58m 48.81m 48.85m 50.25m 47.73m	50.58m 165-11
3	17 Bridge, Caleb	Concordia (Ore.)
	47.81m 50.16m 49.51m FOUL FOUL FOUL	50.16m 164-07
4	24 Nichols, Sam	Concordia (Ore.)
	45.09m 47.81m 49.33m 48.32m FOUL 49.05m	49.33m 161-10
5	187 Lux, Avery	Western Washington
	FOUL 40.94m 39.33m 37.22m FOUL 41.50m	41.50m 136-02

Men Hammer Throw

Name	Year School	Finals
1	153 Jost, Connor	Washington
	56.04m 57.98m 59.21m FOUL FOUL 55.04m	59.21m 194-03
2	112 Hoffman, Zeb	Unattached
	FOUL FOUL 54.09m FOUL 52.50m 51.95m	54.09m 177-05
3	20 Denniston, Joe	Concordia (Ore.)
	FOUL FOUL 51.09m FOUL FOUL FOUL	51.09m 167-07

2019 Ken Shannon Invitational - 4/6/2019**UW Track****Results****Men Javelin Throw**

Name	Year	School	Finals	
1	19	Christensen, Easto Concordia (Ore.)	65.44m	214-08
		FOUL FOUL 56.83m FOUL 56.51m 65.44m		
2	145	Annanie, Zachary Washington	60.02m	196-11
		56.69m 56.99m 57.56m 54.38m 60.02m 56.74m		
3	26	Rasmussen, Dalton Concordia (Ore.)	59.89m	196-06
		58.37m 58.33m FOUL 56.57m 59.89m FOUL		
4	192	Salley, Mason Western Washington	53.00m	173-11
		51.62m 51.07m 53.00m 50.88m 48.04m 51.96m		
5	5	Lytle, Griffey Central Washington	52.75m	173-01
		FOUL 52.36m 48.71m 52.60m 49.47m 52.75m		
6	6	Rutter, Tyree Central Washington	52.43m	172-00
		51.37m FOUL 52.43m 51.47m 51.86m 50.75m		
7	27	Schweitz, Matt Concordia (Ore.)	46.62m	152-11
		FOUL 46.62m FOUL FOUL FOUL PASS		
8	91	Golden, Sam Seattle U.	43.17m	141-08
		43.17m FOUL 42.47m 39.37m 41.98m 42.66m		

Mixed 1500 Meter Run

Name	Year	School	Finals
1	215	Tate, Boone M Unattached	4:22.48
2	216	Tate, Dax M Unattached	4:25.41
3	213	Hopkins, Julia W Unattached	5:41.33