

26th Annual Club Northwest Spring Break Open Meet
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Event 1	Men's High Jump		2.14m (7-0 1/4) by Greg Jones (Unattached WA) 1992			
place	name	year	team	mark		
1	Myers, Logan		Western Washington	2.00m	6-06.75	
2	Rhodes, William		Evergreen St.	1.90m	6-02.75	
3	Blair, Alan	95	Unattached	1.80m	5-10.75	
4	Matson, Eric		Trinity Lutheran	1.75m	5-08.75	
Event 2	Women's High Jump		1.75m (5-9) by Ronalda Dunn GHC '91/Tyler Fettig CWU '13			
place	name	year	team	mark		
1	Osadchey, Miranda		Western Washington	1.60m	5-03.00	
2	McInnis, Louisa		Seattle Pacific	1.55m	5-01.00	
3	Ward, Naphtali		Seattle Pacific	1.55m	5-01.00	
3	Dondrea, Charnie		Northwest U.	1.55m	5-01.00	
5	Johnson, Mikaila		Central Washington	1.40m	4-07.00	
6	Hall, Kaisa		Northwest U.	1.40m	4-07.00	
Event 3	Jeremy Scully Men's Pole Vault		5.30m (17-4) by Ron Johnson (Club Northwest) 1994			
place	name	year	team	mark		
1	Irvine, Zane		Central Washington	4.58m	15-00.25	
2	Aamot, Connor		Western Washington	4.20m	13-09.25	
3	Campbell, Tysen		Western Washington	4.05m	13-03.50	
4	Kordas, Gordon		Western Washington	4.05m	13-03.50	
5	Humphreys, Sam		Simon Fraser	3.90m	12-09.50	
6	D'Andre, Daniels		Unattached	3.75m	12-03.50	
7	Stralser, Michael		Western Washington	3.60m	11-09.75	
Event 4	Jeremy Scully Women's Pole Vault		3.90m (12-9 1/2) by Logan Miller (Washington) 2011			
place	name	year	team	mark		
1	Paradee, Anna		Western Washington	3.68m	12-00.75	
2	Louie, Michelle		Seattle Pacific	3.38m	11-01.00	
3	Kahns, Michaela		Seattle Pacific	3.23m	10-07.00	
4	Knope, Elizabeth		Western Washington	2.78m	9-01.50	
5	Bekirova, Altn	96	Valley Royals	2.63m	8-07.50	
Event 5	Men's Long Jump		7.63m (25-0 1/2) by Bill Ayears (Club Ballard) 1993			
place	name	year	team	mark		wind
1	Chhim, Somit		Western Washington	6.51m	21-04.25	-2.2
2	Mataya, Rudy		Western Washington	6.40m	21-00.00	-2.5
3	Namba, Chris	94	Unattached	6.33m	20-09.25	-5.4
4	D'Andre, Daniels		Unattached	5.81m	19-00.75	-3.0
Event 6	Women's Long Jump		5.47m (17-11 1/4) by S Johnson CWU '94/T Baldwin SPU '13			
place	name	year	team	mark		wind
1	Alvarez, Amanda		Unattached	5.63m	18-05.75	+2.5
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2	Brannan, Kyra		Seattle Pacific	5.37m	17-07.50	+0.1
3	Baldwin, Tasia		Seattle Pacific	5.27m	17-03.50	+0.6
4	McMullin, Jasmine		Western Washington	5.13m	16-10.00	+0.6
5	Hommes, Maddi		Seattle Pacific	4.64m	15-02.75	0.0
6	Snyder, Hannah		Central Washington	4.47m	14-08.00	0.0
Event 7	Men's Triple Jump		16.03m (52-7 1/4) by Joseph Taiwo (Club Ballard) 1994			
place	name	year	team	mark		wind
1	Namba, Chris	94	Unattached	12.55m	41-02.25	0.0
2	Paulk, Clifford		Seattle Pacific	12.33m	40-05.50	+0.5

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Event 8		Women's Triple Jump		11.60m (38-1) by Jane Wallace (WWU) 1997		
place	name	year	team	mark		wind
1	Alvarez, Amanda		Unattached	12.16m	39-10.75	+3.6
2	McMullin, Jasmine		Western Washington	11.56m	37-11.25	+1.6
3	Burr, Savannah		Washington	11.33m	37-02.25	+2.9
4	Snyder, Hannah		Central Washington	10.81m	35-05.75	+1.8
5	Vasina, Viktoriya		Central Washington	10.52m	34-06.25	+1.4
6	Dondrea, Charnie		Northwest U.	9.68m	31-09.25	+2.2

Event 9		Men's Shot Put		16.53m (54-2 3/4) by Frank Catelli (WWU) 2014		
place	name	year	team	mark		
1	Tafoya, Armando		Central Washington	14.58m	47-10.00	
2	Shumate, James		Central Washington	14.21m	46-07.50	
2	Fisher, Damien	91	Unattached	14.21m	46-07.50	
4	Pfeiffer, Nick		Washington	11.85m	38-10.50	
5	Stralser, Michael		Western Washington	11.20m	36-09.00	
6	Scalera, Joel		Northwest U.	9.18m	30-01.50	

Event 10		Women's Shot Put		13.85m (45-5 1/4) by Kim Vanderhoek (Valley Royals) 1998		
place	name	year	team	mark		
1	Markham, Sammi		Seattle Pacific	12.09m	39-08.00	
2	Lindseth, Alexa		Northwest U.	11.54m	37-10.50	
3	Mortensen, Megan		Western Washington	11.53m	37-10.00	
4	Willing, Tasha	98	Valley Royals	11.18m	36-08.25	
5	Grothen, Chantal		Northwest U.	10.10m	33-01.75	
6	Hommes, Maddi		Seattle Pacific	10.05m	32-11.75	
7	Perez, Michelle		Northwest U.	8.64m	28-04.25	
8	Buttice, Madison		Seattle Pacific	8.55m	28-00.75	

Event 11		Men's Discus Throw		56.26m (184-7) by Lex Strom (Oregon International) 1992		
place	name	year	team	mark		
1	Macdonald, Ryan		Western Washington	49.47m	162-04	
2	Tafoya, Armando		Central Washington	45.72m	150-00	
3	Shumate, James		Central Washington	43.20m	141-09	
4	Fisher, Damien	91	Unattached	42.44m	139-03	
5	Pfeiffer, Nick		Washington	37.71m	123-09	
6	Oursland, Austin	95	Unattached	32.77m	107-06	
7	Jensen, Cole		Washington	31.55m	103-06	

Event 12		Women's Discus Throw		45.62m (149-8) by Mary Parker (Unattached) 2013		
place	name	year	team	mark		
1	Mortensen, Megan		Western Washington	43.86m	143-11	
2	Lindseth, Alexa		Northwest U.	39.75m	130-05	
3	Homer, Aiyana		Central Washington	35.82m	117-06	
4	Markham, Sammi		Seattle Pacific	35.60m	116-09	
5	Willing, Tasha	98	Valley Royals	33.42m	109-08	
6	Pearson, Melissa	96	Unattached	28.71m	94-02	
7	Buttice, Madison		Seattle Pacific	27.92m	91-07	
8	Grothen, Chantal		Northwest U.	22.09m	72-06	

Event 13		Men's Hammer Throw		58.75m (192-9) by Zeb Hoffman (Unattached WA) 2014		
place	name	year	team	mark		
1	Hoffman, Zeb	79	Unattached	57.20m	187-08	
2	Behncke, Peter		Simon Fraser	50.40m	165-04	

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3	Beard, Chris	66	Unattached	45.29m	148-07
4	Beard, Timothy	97	Unattached	44.84m	147-01
5	Burbee, Alec		Unattached	33.70m	110-07

Event 14 Women's Hammer Throw 52.15m (171-1) by Lindsay Wells (WWU) 2014

place	name	year	team	mark	
1	Willing, Tasha	98	Valley Royals	44.67m	146-07
2	Carr, Ryley		Simon Fraser	43.77m	143-07
3	Mortensen, Megan		Western Washington	34.26m	112-05
4	Homer, Aiyana		Central Washington	32.62m	107-00
5	Knope, Elizabeth		Western Washington	31.41m	103-01
6	Kasel, Kristen		Central Washington	29.04m	95-03
7	Pearson, Melissa	96	Unattached	27.61m	90-07

Event 15 Men's Javelin Throw 66.34m (217-8) by Craig Stelling (Club Northwest) 1990

place	name	year	team	mark	
1	Moon, Bryan		Central Washington	57.37m	188-03
2	Haskin, John		Western Washington	57.06m	187-02
3	Oursland, Austin	95	Unattached	50.81m	166-08
4	Chavez, Michael		Central Washington	48.79m	160-01
5	Karamanian, Jacob		Simon Fraser	47.11m	154-07
6	Leslie, Jered		Northwest U.	41.49m	136-01
7	Russell, Dakota		Evergreen St.	38.46m	126-02
8	Jensen, Cole		Washington	36.07m	118-04

Event 16 Women's Javelin Throw 50.24m (164-10) by Tiffany Perkins (Unattached BC) 2011

place	name	year	team	mark	
1	Byer, Selina		Simon Fraser	42.22m	138-06
2	Greve, Rachel		Central Washington	37.33m	122-06
3	Farner, Michaela		Seattle Pacific	37.12m	121-09
4	Lombard-Chappell, Sayana		Central Washington	36.35m	119-03
5	Hommes, Maddi		Seattle Pacific	35.32m	115-10
6	Lebesis, Victoria		Central Washington	32.01m	105-00
7	Grothen, Chantal		Northwest U.	31.48m	103-03
8	Corona, Emily		Seattle Pacific	28.96m	95-00
9	Hall, Kaisa		Northwest U.	27.08m	88-10
10	Smith, C.J.		Washington	25.92m	85-00
11	Budinich, Ericka		Washington	24.39m	80-00

Event 17 Men's 10,000-meter Run 30:19.10 by Uli Steidl (Seattle RC) 2013

place	name	year	team	mark
1	Griffith, Isaac		Western Washington	31:01.37
2	Derline, Isaac		Western Washington	31:49.98
3	Richards, Nathan		Western Washington	32:10.88
4	Comer, Brian		Seattle Pacific	32:37.08
5	Castillo, Juan		Western Washington	33:00.16
6	Freshwaters, Cameron		Western Washington	34:08.03
7	Sheeran, Joe	57	Club Northwest	34:52.68
8	Fort, David	78	Club Northwest	35:52.30
9	Engel, Harry	95	Unattached	36:11.53

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Event 18	Women's 10,000-meter Run			36:45.11 by Andrea Boitano (UPS) 1997
place	name	year	team	mark
1	Marikis, Sofia		Western Washington	38:56.70
2	Laiblin, Alexandra		Western Washington	38:58.98
3	Flannery, MARRISA		Northwest U.	42:01.21
Event 19	Bev LaVeck Men's 3000-meter Race Walk			12:14.6h by Herman Nelson (Club Northwest) 1994
place	name	year	team	mark
1	DiBernardo, Steve	52	Club Northwest	16:00.48
2	Novak, Bob	49	Club Northwest	18:03.48
3	Rehoer, Mike		Club Northwest	18:15.58
4	Kale, Bart		Unattached	19:27.49
Event 20	Bev LaVeck Women's 3000-meter Race Walk			14:17.3h by Megan Harvey (UBC) 2004
place	name	year	team	mark
1	Tuberg, Ann		Club Northwest	17:44.47
2	Thurman, Diana	47	Club Northwest	20:31.37
Event 21	Men's 3000-meter Run			8:09.4h by Sean Messiter (Club Northwest) 1991
place	name	year	team	mark
1	VanDooren, Tyler		Club Northwest	8:54.99
2	Cole, Kyle		Northwest U.	9:01.17
3	Darlington, Dylan	94	Unattached	9:22.34
4	Spencer, Nicholas	94	Unattached	9:23.51
5	Thompson, Ryan		Central Washington	9:27.31
6	Taylor, Trevor	92	Unattached	9:32.58
7	Thomas, Matt		Club Northwest	9:44.67
8	Konzelman, Daniel		Northwest U.	9:51.41
9	O'Hearn, John	61	Club Northwest	10:02.84
10	Berta, John	70	Club Northwest	10:09.18
Event 22	Women's 5000-meter Run			16:11.6 by Kim Dryden (Nike Portland) 1989
place	name	year	team	mark
1	Carter Schafer, Kristen	87	Brooks	16:58.34
2	McDevitt, Janet	73	Club Northwest	17:49.57
3	Stelling, Lillianna		Western Washington	19:02.43
4	Lopez, Yadira		Trinity Lutheran	19:35.40
5	Ffitch, Taylor	90	Unattached	19:52.8h
6	Ginley-Hidinger, Nicole	92	Club Northwest	20:14.49
7	Flannery, MARRISA		Northwest U.	20:55.13
8	Vuong, Phung		Trinity Lutheran	22:57.00
Event 23	Men's 3000-meter Steeplechase			9:21.65 by John Ricardi (CNW) 2012
place	name	year	team	mark
1	Braddock, Adam	72	Unattached	10:09.39
2	McLeod, David	95	Unattached	10:34.21
3	Ferguson, Jonathan		Northwest U.	11:35.52
Event 24	Women's 3000-meter Steeplechase			10:54.78 by Katelyn Steen (WWU) 2014
place	name	year	team	mark
1	Austin, Caroline	91	Unattached	10:42.18
2	Sears, Emily		Northwest U.	12:01.52
3	Bergstrom, Natalie		Central Washington	12:08.73

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Event 25	Men's 4x100-meter Relay			41.9h by Club Ballard 1995
place	team (members)			mark
1	Seattle Pacific (David Ferguson, Peyton Harris, Mario Lopez, RJ Straker)			43.24
2	Evergreen St. (William Rhodes, Steven Pressley, Wes Jones, Anthony Johnson)			45.26
3	Trinity Lutheran (Anthony Manago, Josiah Steele, Isaiah Marshall, Michael Mahler)			46.79
Event 26	Women's 4x100-meter Relay			48.42 by SPU (Wochnick Brannan Mitchell Baldwin) 2014
1	Seattle Pacific (Becca Houk, Jahzelle Ambus, Kyra Brannan, Tasia Baldwin)			48.83
2	Trinity Lutheran (Ashleigh Fraser, Tasia Clark, Terrika Weaver, Jenna Jeffs)			56.34
Event 27	Dan Ghormley Men's 1500-meter Run			3:49.7h by Carleton "Buck" Jones (Club Northwest) 1996
place	name	year	team	mark
1	Moussa, Mahmoud	96	Unattached	4:01.86
2	Avischious, Adam		Seattle Pacific	4:03.52
3	Wiley, Turner		Seattle Pacific	4:08.60
4	Welch, Nick	88	Club Northwest	4:10.83
5	Halladay, Ben		Seattle Pacific	4:12.39
6	Yoke, Justin		Trinity Lutheran	4:12.92
7	Christian, John	91	Unattached	4:13.13
8	Irvine, Justin		Western Washington	4:16.73
9	Eidsmoe, Tyler	88	Unattached	4:18.24
10	Sterling, Clark		Seattle Pacific	4:18.58
11	Flynn, Kian	90	Club Northwest	4:18.66
12	Guisinger, Brian		Northwest U.	4:19.12
13	Thornton, Derek	82	Klicks	4:23.17
14	Mannino, Paul	73	Seattle Running Club	4:28.00
15	Griffis, Logan		Northwest U.	4:29.20
16	Konzelman, Daniel		Northwest U.	4:38.71
17	Koss, Nick	94	Unattached	4:40.50
Event 28	Dan Ghormley Women's 1500-meter Run			4:33.8h by Heather Lucas (PLU) 1991
place	name	year	team	mark
1	Cheever, Jamie	87	Club Northwest	4:33.64
	NEW MEET RECORD			
2	Ricardi, Jane	88	Club Northwest	4:38.94
3	Patti, Anna		Seattle Pacific	4:41.65
4	Rawlins, Jessica		Seattle Pacific	4:45.16
5	Bosserman, Josephine		Washington	4:45.43
6	Macdonald, Sarah		Seattle Pacific	4:49.66
7	Hutchison, Maddie		Western Washington	4:50.53
8	Phan, Chynna		Seattle Pacific	4:55.94
9	Kettel, Hailey		Seattle Pacific	5:00.60
10	Sowers, Ali		Seattle Pacific	5:02.75
11	Estabrook, Sarah		Northwest U.	5:03.88
12	Thornton, Mikhaila		Western Washington	5:05.69
13	Governor, Meagan		Northwest U.	5:05.79
14	Bonilla, Esmeralda	95	Unattached	5:06.77
15	Adams, Makenna		Trinity Lutheran	5:33.92
16	Truong, Laura		Trinity Lutheran	5:43.07

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Event 29	Men's 110-meter Hurdles		14.2h nwi by Abdul Rahman (Unattached) 1999			
place	name	year	team	mark	wind	
1	Milbrandt, Travis		Western Washington	14.76	-2.3	
2	McGee, Montez	91	Unattached	15.36	-2.3	
3	Simpson, Eric		Washington	15.44	-2.3	
4	Myers, Logan		Western Washington	15.76	-2.3	
5	Harris, Peyton		Seattle Pacific	16.54	-2.3	
6	Randle, Therron		Trinity Lutheran	17.89	-2.3	
Event 30	Women's 100-meter Hurdles		14.1h nwi by Patrice Davis (UW) 1999			
place	name	year	team	mark	wind	
1	Hong, Cheryl		Seattle Pacific	16.63	+2.5	
2	Hommies, Maddi		Seattle Pacific	17.40	+2.5	
3	Jeffs, Jenna		Trinity Lutheran	18.41	+2.5	
4	Hall, Kaisa		Northwest U.	19.19	+2.5	
5	Budinich, Ericka		Washington	20.65	+2.5	
Event 31	Men's 400-meter Dash		47.62 by Melvin Jenkins (Highline CC) 2004			
place	name	year	team	mark	heat	
1	Lopez, Mario		Seattle Pacific	49.61	2	
2	McArthur, Ryan		Western Washington	50.05	2	
3	Ramsey, Justin		Seattle Pacific	51.98	2	
4	Davis III, Gary	91	Unattached	52.60	2	
5	Garrison, Andrew	95	Unattached	53.23	1	
6	Matson, Eric		Trinity Lutheran	57.11	1	
7	Thornton, Derek	82	Klicks	57.51	1	
8	Marrow, Duane		Unattached	57.79	2	
9	Mahler, Michael		Trinity Lutheran	59.92	1	
10	Baker, Alexander		Trinity Lutheran	1:02.23	1	
Event 32	Women's 400-meter Dash		56.35 by Michelle Fero (UW) 2012			
place	name	year	team	mark		
1	Ford, Alexis		Washington	57.26		
2	Johnson, Jasmine		Seattle Pacific	57.70		
3	Derby, Hannah		Unattached	58.38		
4	McDaniel, Ericka		Northwest U.	1:00.78		
5	Svastisalee, Deja		Western Washington	1:01.26		
6	Mathison, Jessie		Seattle Pacific	1:02.62		
Event 33	Men's 100-meter Dash		10.2h nwi by Kelly Coleman (Club Ballard) 1996			
place	name	year	team	mark	heat	wind
1	Tilley, Alex	89	Unattached	11.12	1	+1.7
2	Gruger, Shane	89	Unattached	11.23	1	+1.7
3	Drew, Donovan	94	Unattached	11.39	3	-2.7
4	Binker, Alex		Western Washington	11.45	3	-2.7
5	Ferguson, David		Seattle Pacific	11.50	3	-2.7
6	Johnson, Anthony		Evergreen St.	11.54	2	-2.2
7	Paulk, Clifford		Seattle Pacific	11.58	1	+1.7
8	Tabacchi, Bastian	95	Unattached	11.66	3	-2.7
9	Chhim, Somit		Western Washington	11.91	3	-2.7
10	Mataya, Rudy		Western Washington	11.94	3	-2.7
11	Steele, Josiah		Trinity Lutheran	11.98	2	-2.2
12	Manago, Anthony		Trinity Lutheran	11.99	2	-2.2
13	Pressley, Steven		Evergreen St.	12.02	2	-2.2

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14	Eubanks, Nigel	96	Unattached	12.16	2	-2.2
15	DeHart, Jaric		Western Washington	12.23	3	-2.7
16	Rhodes, William		Evergreen St.	12.26	2	-2.2
17	Marshall, Isaiah		Trinity Lutheran	12.83	1	+1.7
18	Martinez, Marco	95	Unattached	13.28	2	-2.2
19	Little, James		Unattached	13.65	1	+1.7

Event 34		Women's 100-meter Dash		11.8h by Christian White (EWU) 1995		
place	name	year	team	mark	heat	wind
1	Ambus, Jahzelle		Seattle Pacific	12.72	3	NWI
2	Baldwin, Tasia		Seattle Pacific	12.73	3	NWI
3	Ivancic, Veronica		Western Washington	12.76	3	NWI
4	Person, Danica		Washington	12.88	1	-1.8
5	Brannan, Kyra		Seattle Pacific	12.99	3	NWI
6	Ivancic, Rachel		Western Washington	13.01	3	NWI
7	Chase, Kelsey		Seattle Pacific	13.07	3	NWI
8	Garcia, Madison		Central Washington	13.18	3	NWI
9	Conlin, Ryan		Seattle Pacific	13.4h	2	-2.8
10	Fraser, Ashleigh		Trinity Lutheran	13.5h	2	-2.8
11	Vasina, Viktoriya		Central Washington	13.6h	2	-2.8
12	Clark, Tasia		Trinity Lutheran	13.8h	2	-2.8
13	Dennis, Cresma	96	Unattached	14.11	1	-1.8
14	Milligan Jackson, Marjor	65	Unattached	14.43	1	-1.8
15	McMullin, Jasmine		Western Washington	14.75	4	-4.8
16	Lahman, Miranda	90	Club Northwest	14.94	4	-4.8
17	Mortensen, Megan		Western Washington	15.02	4	-4.8
18	Bushong-Gearardo, Cheyan	96	Unattached	15.99	1	-1.8

Event 35		Men's 800-meter Dash		1:51.8h by Carleton "Buck" Jones (Club Northwest) 1993		
place	name	year	team	mark		
1	Schreiber, Drew	96	Unattached	1:53.72		
2	McCranie, Cody		Western Washington	1:54.91		
3	Brown, Dylan		Western Washington	1:55.56		
4	Jones, Wes		Evergreen St.	1:55.76		
5	Fletcher, Mason		Washington	1:55.98		
6	King, Jamin	89	Unattached	1:59.24		
7	Moreton, Chris		Seattle Pacific	1:59.61		
8	Jones, Les		Unattached	2:00.20		
9	Hayes, Conner	94	Unattached	2:03.33		
10	Yoke, Justin		Trinity Lutheran	2:04.88		
11	Sterling, Clark		Seattle Pacific	2:05.52		
12	Siegel, Ben	94	Club Northwest	2:05.75		
13	Zering, Josiah		Seattle Pacific	2:06.70		
14	Halladay, Ben		Seattle Pacific	2:07.13		
15	Guisinger, Brian		Northwest U.	2:07.69		
16	Sprague, Kieran		Central Washington	2:09.34		
17	Lindsey, Ka'eo		Seattle Pacific	2:10.72		
18	Griffis, Logan		Northwest U.	2:10.91		
19	Mannino, Paul	73	Seattle Running Club	2:14.82		
20	Hauck, Michael		Trinity Lutheran	2:16.54		
21	Castillo, David		Trinity Lutheran	2:20.13		
22	Silva, Jonathan	65	Seattle Running Club	2:28.83		

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Event 36		Women's 800-meter Dash		2:14.0h by SKangas (CNW) 1989 / HLucas (PLU) 1991		
place	name	year	team	mark		
1	Decker, Lynelle		Seattle Pacific	2:11.64		
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2	Troupe, Shawna		Western Washington	2:16.47		
3	O'Connor, Haley		Western Washington	2:18.03		
4	Brown, Cassidy		Northwest U.	2:20.34		
5	Farthing, Amber		Club Northwest	2:20.88		
6	Charleston, Mary		Seattle Pacific	2:21.27		
7	Calvert, Hannah		Seattle Pacific	2:23.63		
8	Lahman, Miranda		Club Northwest	2:26.27		
9	Governor, Meagan		Northwest U.	2:29.85		
10	Bonilla, Esmeralda	95	Unattached	2:30.49		
11	Kirpach, Sofiya		Trinity Lutheran	2:41.07		
12	Adams, Makenna		Trinity Lutheran	2:47.71		
Event 37		Men's 400-meter Hurdles		53.1h by Gabe Crane (EWU) 1991		
place	name	year	team	mark		
1	Randle, Therron		Trinity Lutheran	55.48		
2	Tipton, Kaid		Washington	55.49		
3	Harris, Peyton		Seattle Pacific	58.86		
4	McGee, Montez	91	Unattached	1:03.34		
Event 38		Women's 400-meter Hurdles		62.4h by Joyce Schweim (Unattached) 1991		
place	name	year	team	mark		
1	Smith, C.J.		Washington	1:02.71		
2	Tims, Jalen		Seattle Pacific	1:06.83		
3	Hong, Cheryl		Seattle Pacific	1:08.86		
4	Harris, Nicole		Washington	1:10.01		
5	Woodworth, McKenna	95	Unattached	1:13.28		
6	Jeffs, Jenna		Trinity Lutheran	1:19.88		
Event 39		Men's 200-meter Dash		21.3h nwi by Scott Anabel (Unattached) 1999		
place	name	year	team	mark	heat	wind
1	Binkerd, Alex		Western Washington	22.57	4	NWI
2	Ferguson, David		Seattle Pacific	22.61	4	NWI
3	Jensen, Cole		Washington	22.65	2	-1.8
4	Kozel, Andrew		Washington	22.78	4	NWI
5	Tilley, Alex	89	Unattached	22.95	3	-4.4
6	Tabacchi, Bastian	95	Unattached	22.97	2	-1.8
7	McGee, Montez	91	Unattached	23.33	2	-1.8
7	Pfeiffer, Nick		Washington	23.33	2	-1.8
9	Milbrandt, Travis		Western Washington	23.50	4	NWI
10	Ramsey, Justin		Seattle Pacific	23.83	4	NWI
11	Steele, Josiah		Trinity Lutheran	23.88	2	-1.8
12	Manago, Anthony		Trinity Lutheran	24.16	2	-1.8
13	Davis III, Gary	91	Unattached	24.58	3	-4.4
14	DeHart, Jaric		Western Washington	24.62	3	-4.4
15	Garrison, Andrew	95	Unattached	24.71	1	-3.1
16	Pressley, Steven		Evergreen St.	24.88	4	NWI
17	Eubanks, Nigel	96	Unattached	25.28	3	-4.4
18	Marshall, Isaiah		Trinity Lutheran	26.03	2	-1.8
19	Martinez, Marco	95	Unattached	27.09	3	-4.4

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20	Baker, Alexander		Trinity Lutheran	27.88	1	-3.1
21	Hauck, Michael		Trinity Lutheran	28.35	3	-4.4

Event 40 Women's 200-meter Dash 25.29 by Grace Dunnigan (SFU) 2004

place	name	year	team	mark	heat	wind
1	Wade, Neco		Washington	25.76	3	-3.3
2	Houk, Becca		Seattle Pacific	25.96	3	-3.3
3	Johnson, Jasmine		Seattle Pacific	26.09	1	-1.3
4	Ivancic, Rachel		Western Washington	26.65	2	-2.4
5	Ivancic, Veronica		Western Washington	26.73	3	-3.3
6	Garcia, Madison		Central Washington	26.80	3	-3.3
7	Budinich, Ericka		Washington	27.04	2	-2.4
8	Chase, Kelsey		Seattle Pacific	27.30	3	-3.3
9	Conlin, Ryan		Seattle Pacific	27.45	2	-2.4
10	Vasina, Viktoriya		Central Washington	27.58	2	-2.4
11	Fraser, Ashleigh		Trinity Lutheran	28.03	1	-1.3
12	Dennis, Cresma	96	Unattached	28.30	1	-1.3
13	Kirpach, Sofiya		Trinity Lutheran	30.03	1	-1.3
14	Clark, Tasia		Trinity Lutheran	30.68	2	-2.4

Event 41 Men's 5000-meter Run 14:17.1h by Eric Tollefson (Unattached) 1999

place	name	year	team	mark
1	Bridges, Seth	90	Club Northwest	14:42.67
2	Romey, Max		Western Washington	15:28.92
3	Reedy, Tabor		Western Washington	15:29.80
4	Hayes, Dylan		Western Washington	15:33.50
5	Dittell, Sandy	93	Unattached	15:38.39
6	Mounier, Nick		Western Washington	15:39.27
7	Fisher, Chris		Club Northwest	15:39.72
8	Vial, John	87	Club Northwest	16:04.14
9	Byram, Lloyd		Trinity Lutheran	16:09.09
10	Burke, Mark	87	Unattached	16:18.04
11	Welch, Nick	88	Club Northwest	16:20.30
12	Riordan, Ruben		Club Northwest	16:25.68
13	Waters, Charlie	85	Club Northwest	16:50.50
14	Hansen, Daniel		Trinity Lutheran	16:56.71
15	Simmons, David	77	Unattached	17:27.37
16	Haffey, Sean		Club Northwest	17:33.22
17	Smilde, Ed		Club Northwest	18:30.50

Event 42 Women's 3000-meter Run 9:40.2h by Regina Joyce (Asics) 1990

place	name	year	team	mark
1	Cheever, Jamie	87	Club Northwest	9:46.08
2	Ricardi, Jane	88	Club Northwest	9:57.01
3	Guenther, Taylor		Western Washington	10:19.13
4	Grant, Brittany		Western Washington	10:50.86
5	Estabrook, Sarah		Northwest U.	11:17.40
6	Zeitler, Kiley		Seattle Pacific	11:29.65
7	Lystad, Shandon		Northwest U.	12:08.63

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Event 43		Men's 4x400-meter Relay	3:20.2h by Simon Fraser University 1994
place	team (members)		mark
1	Seattle Pacific (David Ferguson, Mario Lopez, RJ Straker, Chris Moreton)		3:24.01
2	Western Washington (Dylan Brown, Cody McCranie, Justin Irvine, Max Romey)		3:36.78
3	Trinity Lutheran (Eric Matson, Therron Randle, Justin Yoke, Daniel Hansen)		3:44.94
4	Trinity Lutheran "B" (Michael Mahler, David Castillo, Michael Hauck, Lloyd Byram)		4:01.90
3:50 p.m.		Women's 4x400-meter Relay	3:53.84 by Seattle Pacific University 2013
place	team (members)		mark
1	Washington (Alexis Ford, Nicole Harris, Danica Person, Nocy Wade)		3:56.28
2	Seattle Pacific "B" (Becca Houk, Lynelle Decker, Kyra Brannan, Anna Patti)		3:57.95
3	Seattle Pacific "C" (Kelsey Chase, Tasia Baldwin, Jalen Tims, Jasmine Johnson)		3:59.94
4	Seattle Pacific "A" (Cheryl Hong, Jahzelle Ambus, Jessica Rawlins, Ryan Conlin)		4:05.33
5	Western Washington (Haley O'Connor, Shawna Troupe, Maddy Hutchison, Taylor Graham)		4:14.03
6	Northwest U. (Shandon Lystad, Cassidy Brown, Meagan Governor, Kelsey Anderson)		4:17.56
7	Trinity Lutheran (Yadira Lopez, Laura Truong, Sofiya Kirpach, Jenna Jeffs)		4:43.49