

2023 Doris Heritage Track Festival - 3/18/2023**Renton Memorial Stadium****Results - day of meet****Women 100 Meter Dash**

Name	Year School	Finals
Section 1 Wind: 1.4		
1 Hollis, E'Lexis	Central Washington	11.95
2 Green, Aniya	Seattle Pacific	12.61
3 Cox, Lorin	Pacific Lutheran	12.85
4 Behnke, Lizzy	Northwest U.	12.97
5 Chandler, Lauryn	Central Washington	13.08
6 Cabanos, Erica	Central Washington	13.13
7 VanAssche, Gracie	Northwest U.	13.26
8 Hicks, Maliyah	Seattle Pacific	13.68
Section 2 Wind: -0.2		
1 Callanan, Alexa	Green River College	13.37
2 Soderstrom, Kayla	Northwest U.	13.92
3 Sanders, Kelsey	Green River College	13.96
4 Youngs, Allie	Pacific Lutheran	14.01
5 Requa, Madelyn	Pacific Lutheran	14.12
6 Campesino, Iris	Evergreen St.	14.15
7 Karsten, Karlie	Green River College	14.21
Section 3 Wind: 0.9		
1 Avery, Nicole	Western Washington	12.89
2 Bates, Naomi	Western Washington	13.06
3 Moore, Tehya	Central Washington	13.93
4 Anderholm, Caitlin	Green River College	15.30
5 Lemos, Angie	Green River College	15.41

Women 200 Meter Dash

Name	Year School	Finals
Section 1 Wind: -0.2		
1 Williams, Juliette	Central Washington	25.07
2 Green, Aniya	Seattle Pacific	25.36
3 Harris, Donna Marie	Central Washington	26.03
4 Hopper, Elise	Central Washington	26.25
5 DeGroot, Ellie	Central Washington	26.44
6 Behnke, Lizzy	Northwest U.	26.53
7 Hollis, E'Lexis	Central Washington	26.54
-- VanAssche, Gracie	Northwest U.	FS
Section 2 Wind: -0.4		
1 Avery, Nicole	Western Washington	26.82
2 Callanan, Alexa	Green River College	27.37
3 Brutus, Esther	Pacific Lutheran	27.58
4 Soderstrom, Kayla	Northwest U.	27.76
5 Orocu, Callie	Olympic College	27.80
6 Hicks, Maliyah	Seattle Pacific	27.82
7 Cox, Lorin	Pacific Lutheran	27.90
8 Sanders, Kelsey	Green River College	28.71

Section 3 Wind: 1.5

1	Vicente, Barbara	Olympic College	28.70
2	Karsten, Karlie	Green River College	28.94
3	Campesino, Iris	Evergreen St.	29.02
4	Messineo, Tabitha	Pacific Lutheran	29.33
5	Requa, Madelyn	Pacific Lutheran	29.40
7	Zumek, Alexia	Green River College	31.93
8	Anderholm, Caitlin	Green River College	33.41
Section 4 Wind: +0.0			
1	Bates, Naomi	Western Washington	26.94
2	McDevitt, Zoe	Central Washington	27.62
3	Dupont, Averie	Olympic College	28.16
4	Ibrahim, Damaris	Pacific Lutheran	29.00
5	Trim, Neo	Olympic College	30.01
6	Lemos, Angie	Green River College	31.88

Women 400 meter dash

Name	Year School	Finals
Section 1		
1	Crane, Marissa	Seattle Pacific 58.57
2	Hopper, Elise	Central Washington 59.19
3	Harris, Donna Marie	Central Washington 59.64
4	Williams, Juliette	Central Washington 1:00.67
5	McDevitt, Zoe	Central Washington 1:00.76
6	Orocu, Callie	Olympic College 1:02.19
7	Smith, Charisma	Seattle Pacific 1:02.49
8	Brutus, Esther	Pacific Lutheran 1:03.30
Section 2		
1	Strickland, Abigail	Evergreen St. 1:04.69
2	Vicente, Barbara	Olympic College 1:05.98
3	Trim, Neo	Olympic College 1:08.61
4	Zumek, Alexia	Green River College 1:14.42

Women 800 meter run

Name	Year School	Finals
Section 1		
1	Kroontje, Emmy	Western Washington 2:18.76
2	Thompson, Madison	Central Washington 2:19.24
3	Brown, Johanna	Seattle Pacific 2:20.76
4	Bassett, Elie	Western Washington 2:22.83
5	Mulch, Matise	Seattle Pacific 2:26.61
6	Flolo, Katelyn	Seattle Pacific 2:28.39
7	Bohuta, Anya	Northwest U. 2:28.55
Section 2		
1	Ewing, Maya	Seattle Pacific 2:29.50
2	Olmos, Adalia	Pacific Lutheran 2:37.25
3	Mitchell, Olivia	Green River College 2:40.58
4	Becker, Gabrielle	Olympic College 2:44.55
5	Wansitler, Alivia	Green River College 2:45.93
6	Jones, Lauren	Green River College 2:47.73

Women 1 Mile run

Name	Year School	Finals
Section 1		
1 Michael, Libby	Seattle Pacific	5:08.73
2 Bassett, Elie	Western Washington	5:11.02
3 Mulch, Matise	Seattle Pacific	5:17.82
4 Ewing, Maya	Seattle Pacific	5:20.38
5 Flolo, Katelyn	Seattle Pacific	5:23.69
6 Collins-Winn, Evelyn	Western Washington	5:25.94
7 Sioda, Alexia	Pacific Lutheran	5:31.72
8 Deazley, Annika	Pacific Lutheran	5:50.98
9 Yorges, Nicki	Seattle Pacific	5:51.90
10 Mitchell, Olivia	Green River College	5:56.46
11 Lopez, Monserrat	Edmonds College	6:00.06
12 Becker, Gabrielle	Olympic College	6:01.36
13 Wyatt, Olivia	Central Washington	6:06.62
14 Wansitler, Alivia	Green River College	6:13.36
15 Olvera, Alex	Evergreen St.	6:14.03
16 Jones, Lauren	Green River College	6:24.04

Women 5000 Meter Run

Name	Year School	Finals
1 Hartman, Kaylea	Northwest U.	18:05.11
2 Shannon, Meaera	Western Washington	18:08.16
3 Sabra, Sara	Saint Martin's	18:15.30
4 Smith, Emma	Western Washington	18:48.02
5 Paquet, Sarah	Pacific Lutheran	19:11.07
6 Le Gore, Beatrice	Central Washington	19:56.67
-- Wyatt, Olivia	Central Washington	DNF

Women 100 Meter Hurdles

Name	Year School	Finals
Section 1 Wind: 0.8		
1 Chandler, Lauryn	Central Washington	14.44
2 Chang, Hannah	Seattle Pacific	14.80
3 DeChenne, McCall	Central Washington	15.14
4 DeGroot, Ellie	Central Washington	15.40
5 Sewell, Sarah	Central Washington	15.59
6 Parker, Corona	Evergreen St.	15.66
7 Bates, Naomi	Western Washington	16.09
8 Strickland, Abigail	Evergreen St.	16.44
Section 2 Wind: 0.7		
1 Dupont, Averie	Olympic College	16.73
2 Avery, Nicole	Western Washington	16.96
3 Messineo, Tabitha	Pacific Lutheran	17.81

Women 4x100 Meter Relay

School	Finals
Section 1	
1 Central Washington 'A'	48.09
1) Williams, Juliette	2) DeChenne, McCall
3) Chandler, Lauryn	4) Hollis, E'Lexis
2 Northwest U. 'A'	52.00
1) Behnke, Lizzy	2) Bohuta, Anya
3) Soderstrom, Kayla	4) VanAssche, Gracie
3 Pacific Lutheran 'A'	52.20
1) Brutus, Esther	2) Youngs, Allie
3) Requa, Madelyn	4) Cox, Lorin

Women 4x400 Meter Relay

School	Finals
1 Central Washington 'A'	4:02.57
1) Williams, Juliette	2) DeGroot, Ellie
3) Sewell, Sarah	4) Hopper, Elise
2 Seattle Pacific 'B'	4:11.08
1) Crane, Marissa	2) Mulch, Matise
3) Hicks, Maliyah	4) Michael, Libby
3 Seattle Pacific 'A'	4:12.92
1) Green, Aniya	2) Ewing, Maya
3) Smith, Charisma	4) Chang, Hannah
4 Olympic College 'A'	4:23.18
1) Becker, Gabrielle	2) Orocu, Callie
3) Vicente, Barbara	4) Dupont, Averie
5 Green River College 'A'	4:41.69
1) Sanders, Kelsey	2) Karsten, Karlie
3) Mitchell, Olivia	4) Jones, Lauren

Women High Jump

Name	Year School	Finals
Flight 1		
1 Parker, Corona	Evergreen St.	1.54m 5-00.50
1.33 1.38 1.43 1.48 1.54 1.60		
P P P O XXO XXX		
2 Youngs, Allie	Pacific Lutheran	1.38m 4-06.25
1.33 1.38 1.43		
P XO XXX		
2 DeChenne, McCall	Central Washington	1.38m 4-06.25
1.33 1.38 1.43		
O XO XXX		
4 Sewell, Sarah	Central Washington	1.33m 4-04.25
1.33 1.38		
XO XXX		

Women Pole Vault

Name	Year	School	Finals	
1 Daugherty, Lizzy		Seattle Pacific	3.68m	12-00.75
	3.08	3.23	3.38	3.53 3.68 3.78
	P	P	O	O XXO XXX
2 Luksich, Lily		Pacific Lutheran	3.53m	11-07.00
	3.08	3.23	3.38	3.53 3.68
	P	P	O	O XXX
3 Nguyen, Kristine		Pacific Lutheran	3.23m	10-07.00
	3.08	3.23	3.38	
	P	XO	XXX	
4 Hill, Charlie		Seattle Pacific	3.08m	10-01.25
	3.08	3.23	3.38	
	•	PPP	XXX	

Women Long Jump

Name	Year	School	Finals	Wind
1 Cabanos, Erica		Central Washington	5.15m	-1.1 16-10.75
	4.80m(-1.4)	4.82m(-1.6)	4.99m(-2.0)	5.15m(-1.1) 5.02m(-1.4) 5.12m(-0.9)
2 DeChenne, McCall		Central Washington	5.06m	-1.4 16-07.25
	FOUL(-3.2)	FOUL(-2.1)	5.06m(-1.4)	4.82m(-1.3) 4.87m(-1.3) 5.02m(-1.3)
3 Hicks, Maliyah		Seattle Pacific	4.98m	-2.0 16-04.25
	4.41m(-1.4)	4.65m(-7.3)	4.82m(-1.6)	4.73m(-1.4) 4.80m(-1.8) 4.98m(-2.0)
4 Chang, Hannah		Seattle Pacific	4.79m	-1.5 15-08.75
	4.57m(-1.3)	4.79m(-1.5)	4.52m(-1.3)	FOUL FOUL FOUL
5 Moore, Tehya		Central Washington	4.69m	-2.0 15-04.75
	4.69m(-2.0)	4.67m(-1.8)	4.60m(-2.0)	4.55m(-1.8) 4.52m(-1.9) FOUL(-0.9)
6 DeGroot, Ellie		Central Washington	4.48m	-2.5 14-08.50
	4.48m(-2.5)	4.21m(-2.4)	4.26m(-1.3)	PASS PASS PASS
7 Sewell, Sarah		Central Washington	4.40m	-2.3 14-05.25
	4.14m(-1.6)	4.22m(-1.4)	4.40m(-2.3)	PASS PASS PASS
8 Orocu, Callie		Olympic College	3.80m	-2.0 12-05.75
	FOUL(-1.3)	FOUL(-2.5)	3.76m(-2.6)	3.80m(-2.0) FOUL(-3.0) FOUL(-1.2)

Women Shot Put

Name	Year	School	Finals	
1 Cook, Katy		Pacific Lutheran	9.44m	30-11.75
	8.33m	9.14m	8.47m	9.03m 9.20m 9.44m
2 Avery, Nicole		Western Washington	9.20m	30-02.25
	9.20m	9.11m	8.95m	8.89m FOUL 8.66m
3 Green, Jenisha		Northwest U.	9.06m	29-08.75
	8.65m	8.49m	9.06m	
4 Franco, Felicia		Northwest U.	8.81m	28-11.00
	8.75m	8.33m	8.81m	
5 Mendoza, Jazmin		Central Washington	8.42m	27-07.50
	7.48m	8.15m	8.42m	
6 Holmes, Isabella		Central Washington	8.09m	26-06.50
	FOUL	8.09m	FOUL	
7 Anderholm, Caitlin		Green River College	6.51m	21-04.25
	6.51m	6.28m	5.99m	
8 Esvelt, Annika		Seattle Pacific	4.94m	16-02.50

4.94m 4.25m 4.04m

Flight 2

1 Fuiava, Pono	Olympic College	12.80m	42-00.00
12.24m 11.72m 12.80m FOUL 12.09m FOUL			
2 Ramos, Carole	Pacific Lutheran	11.94m	39-02.25
11.37m 11.94m 10.99m 11.19m 11.32m 11.70m			
3 Pedro, Abigail	Olympic College	11.35m	37-03.00
11.29m 11.35m FOUL 10.81m 11.03m 11.21m			
4 Messineo, Tabitha	Pacific Lutheran	11.06m	36-03.50
10.60m 10.80m 11.06m 10.86m 10.79m 11.01m			
5 Board, Brenna	Central Washington	10.51m	34-05.75
8.63m 10.51m 9.53m FOUL 10.32m 10.03m			
6 Santos, Peyton	Pacific Lutheran	10.37m	34-00.25
10.31m 10.37m FOUL FOUL FOUL 10.02m			
7 Gerber-Perham, Brooke	Olympic College	9.63m	31-07.25
FOUL 9.63m 9.39m 9.47m 9.22m 8.49m			
8 Elenbaas, Payton	Central Washington	7.97m	26-01.75
7.97m 7.04m 6.81m			

Women Discus Throw

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Name	Year School	Finals
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Flight 1

1 Fuiava, Pono	Olympic College	40.70m 133-06
38.48m FOUL FOUL 40.70m FOUL FOUL		
2 Board, Brenna	Central Washington	39.33m 129-00
37.87m 34.28m FOUL 37.67m 34.26m 39.33m		
3 Santos, Peyton	Pacific Lutheran	38.10m 125-00
37.23m 38.10m FOUL FOUL 37.13m 36.31m		
4 Sackrider, Jalyn	Evergreen St.	36.48m 119-08
36.48m 32.24m 34.94m 33.76m 34.90m 34.53m		
5 Elenbaas, Payton	Central Washington	35.90m 117-09
FOUL 33.16m 33.44m FOUL 32.10m 35.90m		
6 Holmes, Isabella	Central Washington	35.14m 115-03
28.25m 35.14m FOUL 32.37m 33.73m FOUL		
7 Stewart, Lily	Evergreen St.	34.56m 113-05
29.12m 34.56m 29.14m 34.50m 31.53m FOUL		
8 Pedro, Abigail	Olympic College	30.27m 99-04
30.18m 28.65m 28.65m 27.67m 30.27m 28.49m		
9 Stewart, Colbi	Evergreen St.	29.64m 97-03
25.06m 22.29m 29.00m 29.64m 27.80m 27.29m		
10 Gerber-Perham, Brooke	Olympic College	28.84m 94-07
28.61m FOUL 28.84m		
11 Mendoza, Jazmin	Central Washington	28.23m 92-07
25.20m 28.23m 26.79m		
12 Ramos, Carole	Pacific Lutheran	26.19m 85-11
FOUL FOUL 26.19m		
13 Franco, Felicia	Northwest U.	25.62m 84-01
FOUL FOUL 25.62m		
14 Green, Jenisha	Northwest U.	20.47m 67-02
FOUL 20.47m FOUL		

Women Javelin Throw

Name	Year	School	Finals	
1 Messineo, Tabitha		Pacific Lutheran	35.19m	115-05
	FOUL	FOUL	35.19m	FOUL
2 Cook, Katy		Pacific Lutheran	34.80m	114-02
	34.16m	32.79m	FOUL	28.89m
			34.80m	32.77m
3 DeChenne, McCall		Central Washington	28.83m	94-07
	26.14m	28.83m	28.57m	27.17m
			25.86m	28.01m
4 Chang, Hannah		Seattle Pacific	28.74m	94-03
	28.74m	PASS	PASS	FOUL
			FOUL	FOUL
5 DeGroot, Ellie		Central Washington	27.50m	90-03
	24.92m	24.29m	24.64m	26.84m
			27.50m	23.91m
6 Sewell, Sarah		Central Washington	26.12m	85-08
	FOUL	24.10m	26.12m	21.82m
			25.15m	FOUL
7 Holmes, Isabella		Central Washington	25.37m	83-03
	25.37m	PASS	PASS	19.40m
			PASS	PASS
8 Sanchez, Lexi		Evergreen St.	25.27m	82-11
	24.08m	22.96m	21.28m	24.49m
			23.26m	25.27m
9 Anderholm, Caitlin		Green River College	22.79m	74-09
	18.34m	20.80m	19.18m	20.98m
			FOUL	22.79m

Men 100 Meter Dash

Name	Year	School	Finals
Section 1 Wind: -0.3			
1 Meade, Kellen		Pacific Lutheran	11.04
2 Njeri, David		Seattle Pacific	11.13
3 Gordon, Jeff		Seattle Pacific	11.19
4 Archer, Isaiah		Seattle Pacific	11.31
5 Jamison, Wayne		Olympic College	11.38
6 Barnes, Donald		Green River College	11.44
7 Vongphet, Anouthai		Western Washington	11.45
8 Thomas, Nate		Seattle Pacific	11.69
Section 2 Wind: 0.4			
1 Penalzoza, Lucio		Pacific Lutheran	11.39
2 Mcinerny, Patrick		Pacific Lutheran	11.43
3 Swinton, Steele		Pacific Lutheran	11.46
4 Pearson, Kaden		Evergreen St.	11.58
5 Silva, Tre		Central Washington	11.59
6 Boun, Brady		Seattle Pacific	11.87
Section 3 Wind: 0.5			
1 Makaanui, Kamaehuokalani		Pacific Lutheran	11.65
2 Alapai, Jai		Pacific Lutheran	11.81
3 Wittrell, Solomon		Seattle Pacific	11.82
4 Heidner, Salvin		Olympic College	11.94
5 Katsuda, Sam		Central Washington	12.00
6 Morse, Jack		Green River College	12.05
7 Easley, Logan		Central Washington	12.38
8 Conley, Rowyn		Green River College	12.46
Section 4 Wind: 1.2			
1 Johnson, Jaden		Western Washington	11.21
2 Dearfield, Anthony		Central Washington	11.34

Men 200 Meter Dash

Name	Year	School	Finals
Section 1 Wind: 0.2			
1 Johnson, Jaden		Western Washington	22.46
2 Vongphet, Anouthai		Western Washington	22.48
3 Archer, Isaiah		Seattle Pacific	22.58
4 Gordon, Jeff		Seattle Pacific	22.62
5 Webster, Isaiah		Central Washington	22.76
6 Albertin, Austin		Central Washington	23.03
Section 2 Wind: -0.3			
1 Thomas, Cantrell		Central Washington	23.09
2 Pearson, Kaden		Evergreen St.	23.15
3 Ramsay, Camron		Central Washington	23.18
4 Penaloza, Lucio		Pacific Lutheran	23.26
5 Seals, Austin		Western Washington	23.58
6 Wise, Aiden		Central Washington	23.83
7 Williams, Reilly		Central Washington	23.84
Section 3 Wind: +0.0			
1 Wittrell, Solomon		Seattle Pacific	24.12
2 McQueen, Jaelin		Western Washington	24.59
3 Charles, Guyland		Olympic College	24.83
4 Conley, Rowyn		Green River College	25.46
Section 4 Wind: -1.1			
1 Swinton, Steele		Pacific Lutheran	23.26
2 Mcinerny, Patrick		Pacific Lutheran	23.68
3 Baisden, Scott		Northwest U.	25.46

Men 400 Meter Dash

Name	Year	School	Finals
Section 1			
1 Albertin, Austin		Central Washington	50.17
2 Ramsay, Camron		Central Washington	50.38
3 Tarasov, Nazar		Green River College	51.14
4 Shepherd, Julius		Seattle Pacific	51.29
5 Thomas, Cantrell		Central Washington	52.37
6 Williams, Reilly		Central Washington	52.47
7 Riley, Cole		Green River College	52.81
8 Holmes, Darius		Seattle Pacific	52.87
Section 2			
1 Woodard, Gabe		Seattle Pacific	55.18
2 Wise, Branden		Central Washington	55.62
3 McQueen, Jaelin		Western Washington	55.73
4 Vicente, Christian		Olympic College	57.64
5 Baisden, Scott		Northwest U.	58.00

Men 800 Meter Run

Name	Year School	Finals
Section 1		
1 Pratas, Jack	Central Washington	1:57.45
2 Owen, Jon	Seattle Pacific	2:00.17
3 Phillips Nichols, Willia	Green River College	2:00.23
4 Maier, Jonah	Pacific Lutheran	2:04.60
5 Bursch, Ethan	Western Washington	2:06.10
-- Sundt, Zack	Central Washington	DNF
Section 2		
1 Perkins, Ryan	Green River College	2:00.88
2 Sanchez, Noah	Green River College	2:02.83
3 LeBlanc, Brennan	Seattle Pacific	2:03.63
4 Boutin, Colin	Seattle Pacific	2:05.51
5 Franco, Kade	Seattle Pacific	2:05.79
6 Ransford, Jarron	Northwest U.	2:06.23
7 Sandoval, Andrew	Pacific Lutheran	2:07.79
8 Shepard, Nick	Green River College	2:13.98
9 Williams, Alex	Edmonds College	2:14.81
Section 3		
1 Hicks, Rowan	Green River College	2:06.31
2 Sheirbon, Ben	Seattle Pacific	2:06.87
3 Venable, Isaac	Seattle Pacific	2:09.50
4 Hitchcock, Colin	Green River College	2:10.38
5 Reyes, Lucas	Seattle Pacific	2:11.16
6 Gale, Nathaniel	Seattle Pacific	2:12.13
7 Endresen, Gabe	Seattle Pacific	2:12.62
8 O'Brien, Blaze	Green River College	2:14.13

Men 1 Mile Run

Name	Year School	Finals
Section 1		
1 Correa, Johan	Central Washington	4:21.33
2 Bursch, Ethan	Western Washington	4:24.04
3 Owen, Jon	Seattle Pacific	4:24.75
4 Korta, Kaleb	Western Washington	4:26.28
5 Ritter, Alec	Western Washington	4:26.38
6 Lennon, Dylan	Western Washington	4:27.01
7 Lambert, Craig	Northwest U.	4:27.34
8 Perkins, Ryan	Green River College	4:27.62
9 Sanchez, Noah	Green River College	4:28.91
10 Sands, Sean	Western Washington	4:31.67
11 Kopatich, Jack	Northwest U.	4:31.90
12 Sundt, Zack	Central Washington	4:32.46
13 Sheirbon, Ben	Seattle Pacific	4:35.45
14 LeBlanc, Brennan	Seattle Pacific	4:38.99
15 Hitchcock, Colin	Green River College	4:42.76
16 Norman, Anders	Western Washington	4:48.04
Section 2		
1 Boutin, Colin	Seattle Pacific	4:32.58
2 Hicks, Rowan	Green River College	4:38.01

3	Franco, Kade	Seattle Pacific	4:38.83
4	Donnelly, Aidan	Pacific Lutheran	4:38.86
5	Clough, Shawn	Central Washington	4:39.80
6	Gale, Nathaniel	Seattle Pacific	4:41.40
7	Venable, Isaac	Seattle Pacific	4:41.53
8	Endresen, Gabe	Seattle Pacific	4:42.05
9	McClelland, Rory	Seattle Pacific	4:42.50
10	Shepard, Nick	Green River College	4:44.56
11	O'Brien, Blaze	Green River College	4:45.14
12	Reyes, Lucas	Seattle Pacific	4:45.77
13	Hegarty, Tiernan	Olympic College	4:53.62
14	Ochoa, Jonathan	Pacific Lutheran	5:02.96
15	Guinther, Joshua	Olympic College	5:18.92
16	Scheurell, River	Evergreen St.	5:28.29

Men 5000 Meter Run

Name	Year School	Finals
Section 1		
1	Stracke, Ryan	Pacific Lutheran 14:44.28
2	Ladinig, Owen	Pacific Lutheran 14:58.16
3	Andrews, Dawson	Northwest U. 15:26.64
4	Savely, Ty	Central Washington 15:29.58
5	Christensen, Steiner	Central Washington 15:45.00
6	Beyer, Collin	Pacific Lutheran 15:47.05
7	Sorensen, Kai	Pacific Lutheran 15:48.03
8	Robak, Trey	Pacific Lutheran 15:57.42
9	Fairbanks, Aaron	Western Washington 16:00.60
10	Arcos, Erick	Pacific Lutheran 16:04.41
11	Samson, Daniel	Pacific Lutheran 16:06.32
12	Koontz, Brennan	Northwest U. 16:14.70
13	Hegarty, Tiernan	Olympic College 16:20.62
14	Coon, Ethan	Central Washington 16:42.60
15	Occola, Oliver	Edmonds College 16:43.75
16	Ritter, Alec	Western Washington 16:53.36
17	Elliott, Brady	Northwest U. 18:16.54
18	Blair, Trevor	Northwest U. 18:26.41
19	Guinther, Joshua	Olympic College 18:40.86
--	Clough, Shawn	Central Washington DNF
--	Kipchirchir, Kelvin	Central Washington DNF
--	Lambert, Craig	Northwest U. DNF
--	Ransford, Jarron	Northwest U. DNF

Men 110 Meter Hurdles

Name	Year School	Finals
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Section 1      Wind: 0.5
1 Wise, Aiden          Central Washington      14.77
2 Easley, Logan        Central Washington      15.67
3 Klein, Drew          Central Washington      15.74
4 Katsuda, Sam         Central Washington      15.81
5 Hines, Christopher   Central Washington      16.69
6 Seals, Austin        Western Washington      16.71

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Men 4x100 Meter Relay

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School                      Finals
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Section 1
1 Central Washington 'A'          43.03
  1) Klein, Drew                  2) Albertin, Austin
  3) Thomas, Cantrell             4) Webster, Isaiah
2 Central Washington 'B'          43.35
  1) Wise, Aiden                  2) Ramsay, Camron
  3) Silva, Tre                   4) Dearfield, Anthony
3 Seattle Pacific 'A'             43.38
  1) Njeri, David                 2) Gordon, Jeff
  3) Shepherd, Julius             4) Archer, Isaiah
4 Pacific Lutheran 'A'            43.68
  1) Serrao, Alec                 2) Alapai, Jai
  3) Swinton, Steele              4) Meade, Kellen
5 Pacific Lutheran 'B'            44.79
  1) Ciglar, Cody                 2) Makanui, Kamaehuokalani
  3) Mcinerny, Patrick            4) Penaloza, Lucio

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Men 4x400 Meter Relay

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School                      Finals
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1 Central Washington 'A'          3:21.01
  1) Albertin, Austin             2) Thomas, Cantrell
  3) Ramsay, Camron               4) Correa, Johan
2 Green River College 'A'         3:38.22
  1) Riley, Cole                  2) Perkins, Ryan
  3) Sanchez, Noah                4) Tarasov, Nazar
3 Central Washington 'B'         3:38.55
  1) Katsuda, Sam                 2) Pratapas, Jack
  3) Okinaka, Deylan             4) Easley, Logan
4 Seattle Pacific 'D'             3:41.42
  1) Owen, Jon                    2) Sheirbon, Ben
  3) Holmes, Darius              4) Boutin, Colin
5 Seattle Pacific 'A'             3:45.34
  1) Reyes, Lucas                 2) Archer, Isaiah
  3) Gale, Nathaniel             4) Franco, Kade
6 Seattle Pacific 'B'             3:46.44
  1) Woodard, Gabe                2) Thomas, Nate
  3) Venable, Isaac              4) LeBlanc, Brennan

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Men High Jump

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Name          Year School      Finals

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Flight 1

1	Morse, Jack	Green River College	J1.92m	6-03.50						
	1.67	1.72	1.77	1.82	1.87	1.92	1.97			
	O	O	O	O	O	O	XXX			
1	Webster, Isaiah	Central Washington	J1.92m	6-03.50						
	1.67	1.72	1.77	1.82	1.87	1.92	1.97			
	P	O	XO	P	XXO	XXO	XXX			

Men Pole Vault

Name	Year	School	Finals	Wind							
1 Maier, Braydon		Central Washington	4.71m	15-05.50							
	3.36	3.51	3.66	3.81	3.96	4.11	4.26	4.41	4.56	4.71	4.88
	P	P	P	P	P	P	P	O	XO	XXO	XXX
2 Klein, Drew		Central Washington	4.56m	14-11.50							
	3.36	3.51	3.66	3.81	3.96	4.11	4.26	4.41	4.56	4.71	
	P	P	P	P	XO	O	O	XO	O	XXX	
3 Bowman, Brad		Seattle Pacific	4.26m	13-11.75							
	3.36	3.51	3.66	3.81	3.96	4.11	4.26	4.41			
	P	P	P	P	O	O	O	XXX			
4 Okinaka, Deylan		Central Washington	4.11m	13-05.75							
	3.36	3.51	3.66	3.81	3.96	4.11	4.26				
	P	P	P	O	O	XXO	XXX				
5 Leahy, Blake		Pacific Lutheran	J3.81m	12-06.00							
	3.36	3.51	3.66	3.81	3.96						
	P	P	XXO	O	XXX						
5 Montero, Kurt		Western Washington	J3.81m	12-06.00							
	3.36	3.51	3.66	3.81	3.96						
	P	P	XO	XXO	XXX						
5 Holmes, Darius		Seattle Pacific	J3.81m	12-06.00							
	3.36	3.51	3.66	3.81	3.96						
	O	P	O	XO	XXX						
8 Klein, Aidan		Western Washington	3.66m	12-00.00							
	3.36	3.51	3.66	3.81							
	P	XO	O	XXX							
9 Jones, Dylan		Pacific Lutheran	3.51m	11-06.25							
	3.36	3.51	3.66								
	O	XXO	XXX								
-- Lee, Kainoa		Seattle Pacific	NH								
	3.36	3.51	3.66	3.81	3.96	4.11					
	P	P	P	P	P	XXX					
-- Katsuda, Sam		Central Washington	NH								
	3.36	3.51	3.66	3.81	3.96	4.11					
	P	P	P	P	P	XXX					
-- Forbes, Drew		Pacific Lutheran	NH								
	3.36										
	XXX										

Men Long Jump

Name	Year	School	Finals	Wind
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1	Webster, Isaiah	Central Washington	6.83m	-1.6	22-05.00
	6.26m(-2.1)	FOUL(-1.6)	6.45m(-2.1)	6.28m(-1.8)	FOUL(-1.7)
2	Jamison, Wayne	Olympic College	6.65m	-2.9	21-10.00
	6.55m(-2.6)	6.32m(-2.7)	PASS	6.58m(-1.6)	6.65m(-2.9)
3	Hines, Christopher	Central Washington	6.43m	-1.1	21-01.25
	FOUL(-2.0)	6.43m(-1.1)	6.10m(-1.8)	FOUL(-1.1)	6.37m(-1.6)
4	Silva, Tre	Central Washington	6.22m	-2.1	20-05.00
	FOUL(-1.8)	6.05m(-2.0)	6.22m(-2.1)	FOUL(-1.4)	FOUL(-3.0)
5	Vongphet, Anouthai	Western Washington	6.09m	-0.9	19-11.75
	5.02m(-2.3)	5.40m(-0.6)	5.75m(-1.3)	6.01m(-1.2)	6.09m(-0.9)
6	Thomas, Nate	Seattle Pacific	5.92m	-0.9	19-05.25
	5.88m(-1.8)	FOUL(-0.2)	5.92m(-0.9)	FOUL(-1.4)	FOUL(-2.0)
7	Easley, Logan	Central Washington	5.57m	-1.7	18-03.25
	5.57m(-1.7)	4.20m(-2.2)	4.80m(-1.7)	FOUL	4.11m(-1.9)
7	Hauser, Colin	Evergreen St.	5.57m	-1.6	18-03.25
	5.25m(-1.2)	5.39m(-2.4)	5.39m(-1.3)	5.09m(-1.4)	FOUL(-2.6)

Men Shot Put

Name	Year School	Finals
1	Real, Masum	Pacific Lutheran
	16.33m	FOUL
	FOUL	16.41m
	16.34m	16.40m
2	Tayon, Wyatt	Pacific Lutheran
	13.21m	14.12m
	FOUL	14.34m
	13.51m	13.43m
3	Franklin, Wyatt	Central Washington
	13.14m	13.58m
	13.87m	FOUL
	13.35m	13.55m
4	Fairbairn, Larson	Pacific Lutheran
	13.12m	12.92m
	13.08m	FOUL
	FOUL	13.30m
5	Beaton, Angus	Central Washington
	FOUL	12.38m
	12.73m	12.59m
	12.33m	12.98m
6	Simicich, Nathan	Western Washington
	FOUL	12.55m
	12.84m	FOUL
	12.92m	FOUL
7	Engel, Sebastian	Olympic College
	12.70m	FOUL
	FOUL	FOUL
	12.30m	FOUL
8	Hawley, Gavin	Pacific Lutheran
	10.88m	11.92m
	12.35m	11.91m
	12.30m	12.57m
9	Martin, Logan	Central Washington
	10.93m	11.02m
	10.00m	11.52m
	FOUL	10.24m
10	Maier, Braydon	Central Washington
	10.79m	FOUL
	FOUL	
11	Sonko, George	Pacific Lutheran
	FOUL	FOUL
	10.44m	
12	Davis, Nathan	Olympic College
	9.84m	9.44m
	9.82m	

Men Discus Throw

Name	Year School	Finals
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1	Sonko, George	Pacific Lutheran	40.15m	131-09
	40.15m 33.98m 35.75m FOUL 36.50m 37.91m			
2	Maier, Braydon	Central Washington	37.71m	123-09
	36.50m FOUL 31.03m 35.41m 37.71m 36.23m			
3	Hawley, Gavin	Pacific Lutheran	32.89m	107-11
	27.93m 32.89m FOUL			
4	Davis, Nathan	Olympic College	31.62m	103-09
	31.30m 31.62m 30.82m			
5	Lemma, Grady	Pacific Lutheran	31.59m	103-08
	26.51m 31.26m 31.59m			
6	Seals, Austin	Western Washington	22.22m	72-11
	21.04m 22.22m 19.84m			
Flight 2				
1	Real, Masum	Pacific Lutheran	48.97m	160-08
	47.54m FOUL 48.97m FOUL FOUL 42.25m			
2	Fairbairn, Larson	Pacific Lutheran	47.14m	154-08
	FOUL 45.91m 45.24m 47.14m 45.96m 44.40m			
3	Franklin, Wyatt	Central Washington	44.15m	144-10
	41.95m FOUL FOUL 42.79m FOUL 44.15m			
4	Tayon, Wyatt	Pacific Lutheran	41.03m	134-07
	41.03m 37.66m 35.68m 40.96m FOUL 40.30m			
5	Martin, Logan	Central Washington	38.96m	127-10
	32.17m 37.83m 38.96m 38.83m FOUL 37.65m			
6	Simicich, Nathan	Western Washington	36.36m	119-03
	33.66m 34.59m 36.36m 35.25m 36.33m 36.10m			
7	Klein, Drew	Central Washington	33.02m	108-04
	33.02m 27.03m FOUL 26.90m 31.48m FOUL			
8	Engel, Sebastian	Olympic College	32.18m	105-07
	32.18m 31.66m 30.91m			

Men Javelin Throw

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Name	Year	School	Finals	
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Flight 1				
1	Wise, Branden	Central Washington	54.99m	180-05
	54.63m FOUL 54.99m FOUL 50.66m 50.83m			
2	Koehn, Kacey	Northwest U.	51.26m	168-02
	43.25m 51.26m 48.38m 48.95m FOUL 48.37m			
3	Chaffin, Darius	Pacific Lutheran	51.06m	167-06
	45.85m FOUL 37.86m 45.99m 51.06m 44.83m			
4	Olmstead, Carson	Pacific Lutheran	48.69m	159-09
	46.09m 46.36m 45.06m FOUL 36.02m 48.69m			
5	Maier, Braydon	Central Washington	46.85m	153-08
	45.89m 46.85m 45.84m PASS PASS PASS			
6	Lemma, Grady	Pacific Lutheran	46.05m	151-01
	43.93m FOUL 40.10m 41.16m 46.05m 36.99m			
7	Charles, Guyland	Olympic College	44.58m	146-03
	39.74m 39.04m 37.92m 42.46m 35.44m 44.58m			
8	Katsuda, Sam	Central Washington	43.79m	143-08
	43.23m 43.79m 41.36m PASS PASS PASS			
9	Yonko, Gabe	Northwest U.	42.16m	138-04
	41.44m 42.16m 38.99m FOUL 41.95m FOUL			
10	Easley, Logan	Central Washington	38.31m	125-08
	33.02m 38.31m 35.62m			
11	Klein, Drew	Central Washington	37.22m	122-01

FOUL FOUL 37.22m
 12 Slupski, Ryan Northwest U. 34.63m 113-07
 31.81m 34.63m FOUL

Mixed 1 Mile Run open & club

Name	Year School	Finals
Section 1		
1 Kolor, Michael	M Unattached	4:18.04
2 Sine, Riley	M Lostboys Track Club	4:35.91
3 Hough, Garrett	M Unattached	4:36.49
4 Pearson, Dhevin	M Unattached	4:45.67
5 Yorges, Chris	M Unattached	5:30.54
-- Phillips, John	M Unattached	DQ