

**PLU Open - 3/11/2023**  
**Pacific Lutheran Track**  
**Results - day of meet**

**Women 100 Meter Dash**

Name	Year School	Finals
Section 1 Wind: -0.1		
1 Cheney, Caitlyn	Western Washington	12.22
2 Cox, Lorin	Pacific Lutheran	12.89
3 Miller, Anna	Western Washington	12.90
4 Vu, Madison	Saint Martin's	12.99
5 Behnke, Lizzy	Northwest U.	13.14
6 Porter, Isabella	Western Washington	13.20
7 Callanan, Alexa	Green River College	13.42
Section 2 Wind: 0.3		
1 Rose, Olivia	Rose Athletics	12.73
2 Sanders, Kelsey	Green River College	13.80
3 Bradshaw, Victoria	Puget Sound	13.89
4 Campesino, Iris	Evergreen St.	14.12
5 Vicente, Barbara	Olympic College	14.14
6 Karsten, Karlie	Green River College	14.20
7 Youngs, Allie	Pacific Lutheran	14.35
Section 3 Wind: 0.7		
1 Coleman, Gabrielle	Unattached	14.08
2 Requa, Madelyn	Pacific Lutheran	14.20
3 Morris, Kara	Puget Sound	14.59
4 Bonawitz, Keiana	Puget Sound	14.95
5 Berlin, Brooke	Puget Sound	15.06
6 Zumek, Alexia	Green River College	15.35
7 Anderholm, Caitlin	Green River College	15.53
Section 4 Wind: 0.2		
1 Wilson, Kyrstin	Puget Sound	12.65
2 Polkinghorn, Hannah	Unattached	12.69
3 Mansfield, Brooke	Western Washington	13.04
4 VanAssche, Gracie	Northwest U.	13.26
5 Soderstrom, Kayla	Northwest U.	14.06
6 Brandt, Sarah	Pacific Lutheran	14.07

**Women 200 Meter Dash**

Name	Year School	Finals
Section 1 Wind: 1.2		
1 Cheney, Caitlyn	Western Washington	25.14
2 Lewis, Jackilyn	Puget Sound	25.80
3 Miller, Anna	Western Washington	25.87
4 Wilson, Kyrstin	Puget Sound	26.12
5 Behnke, Lizzy	Northwest U.	26.85
6 Vu, Madison	Saint Martin's	27.06
7 Callanan, Alexa	Green River College	28.25
Section 2 Wind: 2.0		
1 Avery, Nicole	Western Washington	27.66
2 Bradshaw, Victoria	Puget Sound	27.74
3 Sanders, Kelsey	Green River College	28.37
4 Orocu, Callie	Olympic College	28.40
5 Karsten, Karlie	Green River College	28.95
6 Cervantez, Olivia	Saint Martin's	28.97
7 Campesino, Iris	Evergreen St.	29.05
8 Moore, Dylan	Puget Sound	29.14

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**...Women 200 Meter Dash**

Section 3 Wind: 0.6

1 Briggs, Annika	Saint Martin's	29.56
2 Bohuta, Anya	Northwest U.	30.42
3 Coleman, Gabrielle	Unattached	30.78
4 Berlin, Brooke	Puget Sound	31.21
5 Bonawitz, Keiana	Puget Sound	31.55
6 Zumek, Alexia	Green River College	32.53
7 Anderholm, Caitlin	Green River College	32.84

Section 4 Wind: 1.5

1 VanAssche, Gracie	Northwest U.	27.27
2 Soderstrom, Kayla	Northwest U.	28.71
3 Requa, Madelyn	Pacific Lutheran	29.40
4 Messineo, Tabitha	Pacific Lutheran	29.65

**Women 400 Meter Dash**

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Name                Year School                Finals
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Section 1

1 Ledesma, Marian	Western Washington	59.64
2 Orocu, Callie	Olympic College	1:03.57
3 Moore, Dylan	Puget Sound	1:06.31
4 Cervantez, Olivia	Saint Martin's	1:07.01
5 Ibrahim, Damaris	Pacific Lutheran	1:08.17
6 Trim, Neo	Olympic College	1:12.64

**Women 800 Meter Run**

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Name                Year School                Finals
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1 Crocker, Mia	Western Washington	2:13.41
2 Wright, Sophie	Western Washington	2:15.37
3 Bassett, Elie	Western Washington	2:18.66
4 Kroontje, Emmy	Western Washington	2:20.68
5 Hartley, Naomi	Saint Martin's	2:25.95
6 Bohuta, Anya	Northwest U.	2:30.09
7 Seeman, Sarah	Unattached	2:36.79
8 Mitchell, Olivia	Green River College	2:43.48

Section 2

1 Paquet, Sarah	Pacific Lutheran	2:29.55
2 Clark, McKenna	Puget Sound	2:38.90
3 Becker, Gabrielle	Olympic College	2:45.84
4 Jones, Lauren	Green River College	2:48.63
5 Wansitler, Alivia	Green River College	2:49.18
6 Polkinghorn, Hannah	Unattached	2:50.74
7 Cooper, Riley	Whitman	3:27.99

**Women 1500 Meter Run**

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Name                Year School                Finals
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Section 1

1 Walchak-Sloan, Cassidy	Saint Martin's	4:48.40
2 Carstens, Alauna	Saint Martin's	4:50.04
3 Miller, Sidra	Western Washington	5:03.23

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**...Women 1500 Meter Run**

4	Ramirez, Kya	Saint Martin's	5:18.13
5	Clark, McKenna	Puget Sound	5:27.09
6	Mitchell, Olivia	Green River College	5:37.24
7	Olvera, Alex	Evergreen St.	5:47.23
8	Jones, Lauren	Green River College	5:52.01
9	Wansitler, Alivia	Green River College	5:53.08
10	Becker, Gabrielle	Olympic College	5:59.71
11	Shepler, Tabea	Evergreen St.	6:03.71
12	Murphy, Ayla	Puget Sound	6:25.54
13	Cooper, Riley	Whitman	6:41.46

**Women 5000 Meter Run**

Name	Year School	Finals
1	Buttleman, Dori	Whitman 18:56.76
2	Courtnage-Dyke, Ella	Puget Sound 19:13.28
3	Hennessy, Lucy	Whitman 19:22.45
4	Mullen, Claire	Puget Sound 19:52.84
5	Fanselow, Cora	Puget Sound 20:46.91

**Women 100 Meter Hurdles**

Name	Year School	Finals
Section 1      Wind: 0.7		
1	Cintron, Gabriela	Saint Martin's 15.31
2	Strickland, Abigail	Evergreen St. 16.10
3	Brutus, Esther	Pacific Lutheran 16.45
4	Avery, Nicole	Western Washington 16.58
5	Dupont, Averie	Olympic College 16.97
6	Barnes, Katelyn	Unat-Olympic 17.21

**Women 400 Meter Hurdles**

Name	Year School	Finals
Section 1		
1	Mansfield, Brooke	Western Washington 1:06.69
2	Strickland, Abigail	Evergreen St. 1:07.93
3	Brutus, Esther	Pacific Lutheran 1:08.21
4	Porter, Isabella	Western Washington 1:09.50
5	Dupont, Averie	Olympic College 1:13.17
Section 2		
1	Vicente, Barbara	Olympic College 1:13.51
2	Olmos, Adalia	Pacific Lutheran 1:14.59

**Women 3000 Meter Steeplechase**

Name	Year School	Finals
Section 1		
1	Davis, Ila	Western Washington 10:36.03
2	Reeck, Ashley	Western Washington 11:27.50
3	Halsell, Laura	Western Washington 11:49.55

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**...Women 3000 Meter Steeplechase**

4 Park, Joan	Pacific Lutheran	12:31.25
5 Deazley, Annika	Pacific Lutheran	12:33.07
6 Beck, Norah	Puget Sound	12:34.03
7 Turner, Lily	Puget Sound	12:34.90
8 Yanasak, Nicole	Unattached	13:07.08

**Women 4x100 Meter Relay**

School	Finals
1 Pacific Lutheran 'A'	52.65
1) Cox, Lorin	2) Requa, Madelyn
3) Youngs, Allie	4) Brutus, Esther
-- Western Washington 'A'	DQ
1) Mansfield, Brooke	2) Miller, Anna
3) Porter, Isabella	4) Cheney, Caitlyn
-- Olympic College 'A'	DQ
1) Vicente, Barbara	2) Orocu, Callie
3) Ixmay, Angelina	4) Dupont, Averie

**Women 4x400 Meter Relay**

School	Finals
1 Western Washington 'A'	4:08.23
1) Wright, Sophie	2) Kroontje, Emmy
3) Crocker, Mia	4) Ledesma, Marian
2 Olympic College 'A'	4:26.09
1) Dupont, Averie	2) Orocu, Callie
3) Vicente, Barbara	4) Ixmay, Angelina
3 Pacific Lutheran 'A'	4:26.20
1) Cox, Lorin	2) Paquet, Sarah
3) Sioda, Alexia	4) Brutus, Esther
4 Green River College 'A'	4:58.38
1) Callanan, Alexa	2) Karsten, Karlie
3) Zumek, Alexia	4) Sanders, Kelsey

**Women High Jump**

Name	Year	School	Finals
Flight 1			
1 Parker, Corona		Evergreen St.	1.58m 5-02.25
1.35 1.40 1.45 1.50 1.55 1.58 1.61			
--- --- O O O XO XXX			
2 Riehl, Emily		Unattached	1.50m 4-11.00
1.35 1.40 1.45 1.50 1.55			
--- O O O XXX			
3 Polkinghorn, Hannah		Unattached	1.45m 4-09.00
1.35 1.40 1.45 1.50			
XO O O XXX			
4 Messineo, Tabitha		Pacific Lutheran	1.40m 4-07.00
1.35 1.40 1.45			
O O XXX			

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**...Women High Jump**

4	Youngs, Allie	Pacific Lutheran	1.40m	4-07.00
	1.35 1.40 1.45			
	--- O XXX			
6	Barnes, Katelyn	Unat-Olympic	1.35m	4-05.00
	1.35 1.40			
	XO XXX			
--	Bracy, Kaylie	Pacific Lutheran	NH	
	1.35			
	XXX			
--	Brandt, Sarah	Pacific Lutheran	NH	
	1.35			
	XXX			

**Women Pole Vault**

Name	Year	School	Finals
1 Nguyen, Kristine		Pacific Lutheran	3.35m 10-11.75
	2.75 2.90 3.05 3.20 3.35 3.50		
	--- --- --- O XO XXX		
2 Tran, Annie		Western Washington	J3.35m 10-11.75
	2.75 2.90 3.05 3.20 3.35 3.50		
	--- O O O XXO XXX		
2 Luksich, Lily		Pacific Lutheran	J3.35m 10-11.75
	2.75 2.90 3.05 3.20 3.35 3.50		
	--- --- --- --- XXO XXX		
4 Coble, Kaylee		Western Washington	3.05m 10-00.00
	2.75 2.90 3.05 3.20		
	--- XO XO XXX		
5 Goodell, Allison		Puget Sound	2.90m 9-06.25
	2.75 2.90 3.05		
	O XO XXX		

**Women Long Jump**

Name	Year	School	Finals	Wind
1 Rose, Olivia		Rose Athletics	5.85m 1.6	19-02.50
	5.70m(1.8) 5.85m(1.6) 5.59m(0.5) 5.54m(2.2) 5.56m(0.7) 5.37m(-0.0)			
2 Duncan, Alyssa		Saint Martin's	5.20m 1.1	17-00.75
	0.17m(NWI) 0.12m(1.7) 0.06m(1.2) 0.13m(1.4) 5.20m(1.1) FOUL(1.0)			
3 Cintron, Gabriela		Saint Martin's	4.67m 0.6	15-04.00
	FOUL(1.5) 4.58m(2.3) 4.53m(0.8) 4.67m(0.6) 4.50m(1.0) 4.44m(0.7)			
4 Parker, Corona		Evergreen St.	4.65m 0.6	15-03.25
	4.57m(1.3) 4.63m(0.6) 4.43m(1.7) 4.52m(1.2) 4.65m(0.6) 4.59m(1.3)			
4 Zilla, Margaret		Saint Martin's	J4.65m 1.5	15-03.25
	FOUL 4.65m(1.5) FOUL 4.50m(0.7) FOUL(1.3) 4.53m(0.6)			
6 Brandt, Sarah		Pacific Lutheran	4.55m 1.0	14-11.25
	4.55m(1.0) 4.27m(1.1) FOUL FOUL 4.52m(1.2) 4.55m(0.7)			

**Women Shot Put**

Name	Year	School	Finals
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**...Women Shot Put**

1	Parks, Mara	Western Washington	12.14m	39-10.00
	11.68m 10.63m 11.34m 11.07m 11.41m 12.14m			
2	Soliai, Georjina	Pacific Lutheran	11.84m	38-10.25
	FOUL 11.62m 11.84m 10.42m FOUL 10.50m			
3	Saribay, Jocelyn	Saint Martin's	11.49m	37-08.50
	11.41m 11.12m 11.49m FOUL 10.82m 11.02m			
4	Ramos, Carole	Pacific Lutheran	11.15m	36-07.00
	11.15m 10.83m FOUL 10.39m 10.53m FOUL			
5	Pedro, Abigail	Olympic College	10.93m	35-10.50
	10.93m FOUL FOUL FOUL FOUL FOUL			
6	Santos, Peyton	Pacific Lutheran	10.91m	35-09.50
	10.13m 10.62m FOUL FOUL 10.91m FOUL			
7	Messineo, Tabitha	Pacific Lutheran	10.57m	34-08.25
	10.29m FOUL 10.57m FOUL FOUL FOUL			
8	Franco, Felicia	Northwest U.	9.01m	29-06.75
	8.29m 8.75m 8.97m 9.01m FOUL 8.70m			
9	Wayss, Carly	Puget Sound	8.80m	28-10.50
	8.14m 6.79m 8.80m FOUL FOUL 7.58m			
10	Duncan, Alyssa	Saint Martin's	8.53m	28-00.00
	8.53m 8.11m 8.28m			
11	Gerber-Perham, Brooke	Olympic College	8.29m	27-02.50
	8.29m FOUL 7.50m			
12	Anderholm, Caitlin	Green River College	6.88m	22-07.00
	6.88m 6.16m 6.48m			

**Women Discus Throw**

Name	Year School	Finals
1 Potts, Katie	Western Washington	42.17m 138-04
	FOUL 41.15m 38.12m 41.57m 42.17m 42.14m	
2 Fuiava, Pono	Olympic College	41.61m 136-06
	FOUL 34.85m FOUL 39.26m 41.61m 41.17m	
3 Santos, Peyton	Pacific Lutheran	37.01m 121-05
	37.01m 36.67m FOUL 34.26m 35.90m 35.65m	
4 Nelson, Ava	Pacific Lutheran	36.80m 120-09
	FOUL 28.58m 36.80m 34.60m 33.24m FOUL	
5 Wirth, Eva	Pacific Lutheran	35.30m 115-10
	35.30m FOUL FOUL FOUL 34.33m 35.17m	
6 Ramos, Carole	Pacific Lutheran	31.46m 103-02
	28.18m 31.46m FOUL 30.28m 29.67m 26.42m	
7 Beard, Kim	Get Strong First	30.90m 101-04
	FOUL 28.37m FOUL 29.61m 30.90m 28.53m	
8 Gerber-Perham, Brooke	Olympic College	30.43m 99-10
	29.31m 30.43m 28.97m 28.94m FOUL 25.71m	
9 Wayss, Carly	Puget Sound	29.36m 96-04
	29.02m 29.36m FOUL FOUL 27.71m 24.10m	
10 Stewart, Colbi	Evergreen St.	27.21m 89-03
	FOUL 27.21m 24.47m	
11 Franco, Felicia	Northwest U.	24.08m 79-00
	FOUL 24.08m 22.62m	
12 Valmonte, Alessandra	Pacific Lutheran	21.35m 70-00
	FOUL FOUL 21.35m	
-- Yamasaki, Shy	Saint Martin's	FOUL
	FOUL FOUL FOUL	

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**Women Hammer Throw**

Name	Year	School				Finals	
1 Valmonte, Alessandra		Pacific Lutheran				41.15m	135-00
			37.36m	41.15m	FOUL	38.51m	38.53m
			38.97m				
2 Pedro, Abigail		Olympic College				39.61m	129-11
			39.61m	35.77m	38.88m	FOUL	FOUL
			FOUL	FOUL	FOUL		
3 Suka, Taylor		Evergreen St.				38.11m	125-00
			35.14m	36.59m	38.11m		
4 Neilsen, Sarah		Saint Martin's				37.96m	124-06
			37.45m	36.66m	37.96m		
5 Flowers, Quinci		Saint Martin's				33.06m	108-05
			33.06m	31.11m	32.85m		
6 Gerber-Perham, Brooke		Olympic College				26.65m	87-05
			24.27m	22.46m	26.65m		
7 Cook, Katy		Pacific Lutheran				19.08m	62-07
			FOUL	FOUL	19.08m		
-- Ramos, Carole		Pacific Lutheran				FOUL	
			FOUL	FOUL	FOUL		

## Flight 2

1 Messineo, Tabitha		Pacific Lutheran				44.37m	145-07
			43.69m	40.66m	FOUL	44.37m	FOUL
			FOUL	FOUL	FOUL		
2 Potts, Katie		Western Washington				43.41m	142-05
			36.43m	41.82m	39.51m	43.41m	42.85m
			43.37m				
3 Santos, Peyton		Pacific Lutheran				40.52m	132-11
			39.10m	40.52m	39.02m	36.72m	36.59m
			37.17m				
4 Saribay, Jocelyn		Saint Martin's				39.74m	130-04
			39.74m	38.22m	FOUL	38.82m	FOUL
			38.21m				
5 Wirth, Eva		Pacific Lutheran				39.52m	129-08
			39.52m	FOUL	38.70m	FOUL	FOUL
			FOUL	FOUL	FOUL		
6 Stewart, Lily		Evergreen St.				38.60m	126-08
			38.60m	35.06m	36.65m	34.69m	34.73m
			FOUL				FOUL
7 Wayss, Carly		Puget Sound				38.55m	126-06
			38.55m	FOUL	FOUL	34.99m	36.53m
			FOUL				FOUL
8 Wadley, Tatiyanna		Unattached				37.92m	124-05
			FOUL	34.93m	37.92m		
9 Parks, Mara		Western Washington				37.05m	121-07
			FOUL	37.05m	FOUL		
10 Fuiava, Pono		Olympic College				36.87m	120-11
			36.87m	FOUL	FOUL		
-- Beard, Kim		Get Strong First				FOUL	
			FOUL	FOUL	FOUL		

**Women Javelin Throw**

Name	Year	School				Finals	
Flight 1							
1 Nelson, Ava		Pacific Lutheran				45.18m	148-03
			43.36m	FOUL	45.18m	FOUL	43.68m
			43.05m				
2 Swartout, Machaela		Unattached				44.41m	145-08
			FOUL	42.63m	42.07m	44.41m	41.11m
			41.45m				
3 Beard, Kim		Get Strong First				31.36m	102-11
			FOUL	29.10m	28.72m	FOUL	31.36m
			FOUL				FOUL
4 Cook, Katy		Pacific Lutheran				30.13m	98-10
			29.27m	27.79m	29.50m	27.59m	FOUL
			30.13m				

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**...Women Javelin Throw**

5	Avery, Nicole	Western Washington	28.88m	94-09
	FOUL 27.85m FOUL 23.52m 28.88m 28.76m			
6	Messineo, Tabitha	Pacific Lutheran	28.73m	94-03
	25.04m 28.73m FOUL FOUL FOUL FOUL			
7	Sanchez, Lexi	Evergreen St.	27.24m	89-04
	27.24m 24.84m 22.27m 20.76m FOUL 22.18m			
8	Barnes, Katelyn	Unat-Olympic	26.75m	87-09
	26.75m 26.57m 26.05m FOUL 24.29m 23.77m			
9	Parker, Corona	Evergreen St.	25.94m	85-01
	FOUL 25.94m FOUL 24.10m 23.10m 22.33m			
10	Ixmay, Angelina	Olympic College	24.08m	79-00
	FOUL FOUL 24.08m			
11	Anderholm, Caitlin	Green River College	20.11m	66-00
	19.71m 20.11m 18.89m			

**Men 100 Meter Dash**

Name	Year School	Finals
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Section 1	Wind: 0.6	
1 Sanchez, Keola	Pacific Lutheran	10.86
2 Fischer, Derek	Western Washington	10.89
3 Meade, Kellen	Pacific Lutheran	10.95
4 Barnes, Donald	Green River College	11.37
5 Yost, Aiden	Pacific Lutheran	11.53
6 Lowe, Garrett	Unattached	11.74
7 Ross, Demari	Unattached	11.88
Section 2	Wind: 0.9	
1 Tarasov, Nazar	Green River College	11.32
2 Howmiller, Jacob	Puget Sound	11.45
3 Swinton, Steele	Pacific Lutheran	11.48
4 Hansen, Nate	Unattached	11.61
5 Murphy, Brogan	Puget Sound	11.65
6 Napier, DeAndre	Unattached	11.66
7 Graham, Dylan	Puget Sound	11.67
8 Serrao, Alec	Pacific Lutheran	12.08
Section 3	Wind: 0.3	
1 Mcinerny, Patrick	Pacific Lutheran	11.45
2 Pearson, Kaden	Evergreen St.	11.61
3 Harris, Ashtin	Unattached	11.67
4 Carter, Kenneth	Saint Martin's	11.69
5 Sheckles, Chris	Puget Sound	11.71
6 Conley, Rowyn	Green River College	12.24
7 Krane, Elliott	Puget Sound	12.43
Section 4	Wind: -0.5	
1 Vongphet, Anouthai	Western Washington	11.42
2 Makaanui, Kamaehuokalani	Pacific Lutheran	11.62
3 Jerenz, Izaiah	Puget Sound	11.90
4 Bonicatto, Jack	Puget Sound	12.08
5 Baltz, Steven	Saint Martin's	12.25
6 Morse, Jack	Green River College	12.47
7 Gutierrez, Ismael	Puget Sound	12.56
Section 5	Wind: 1.0	
1 McCabe, Jaylen	Unat-Olympic	10.92
2 Penalzoza, Lucio	Pacific Lutheran	11.44

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**...Men 100 Meter Dash**

3 Franco, Zachary	Saint Martin's	11.54
4 De Dora, Lucas	Puget Sound	12.93

**Men 200 Meter Dash**

Name	Year School	Finals
Section 1 Wind: 1.1		
1 Johnson, Ethan	Western Washington	22.33
2 Johnson, Noah	Western Washington	22.40
3 Meade, Kellen	Pacific Lutheran	22.47
4 Woodring, Maurice	Unattached	22.66
5 Greenwalt, Ryan	Western Washington	22.77
Section 2 Wind: +0.0		
1 Vongphet, Anouthai	Western Washington	22.70
2 Johnson, Jaden	Western Washington	22.80
3 Lowe, Garrett	Unattached	23.46
4 Alapai, Jai	Pacific Lutheran	23.65
-- Barnes, Donald	Green River College	DNF
Section 3 Wind: 0.6		
1 Tarasov, Nazar	Green River College	22.52
2 Franco, Zachary	Saint Martin's	23.08
3 Penaloza, Lucio	Pacific Lutheran	23.53
4 Pearson, Kaden	Evergreen St.	23.55
5 Graham, Dylan	Puget Sound	24.05
6 McQueen, Jaelin	Western Washington	24.23
7 Krane, Elliott	Puget Sound	24.52
8 Allen, Xaiden	Unattached	24.57
Section 4 Wind: 0.9		
1 Mascavage, Matt	Whitman	22.97
2 Sheckles, Chris	Puget Sound	23.84
3 isaacson, Caiden	Unattached	23.96
4 Baltz, Steven	Saint Martin's	24.03
5 Le, Christian	Saint Martin's	24.08
6 Culpepper, Amarian	Puget Sound	24.47
7 Gutierrez, Ismael	Puget Sound	24.79
8 Conley, Rowyn	Green River College	25.68
Section 5 Wind: 1.6		
1 Menicke, Gabe	Western Washington	23.90
2 Kibler, Trent	Western Washington	23.91
3 Jerenz, Izaiah	Puget Sound	24.50
4 Heidner, Salvin	Olympic College	24.59
5 Boyd, Noah	Saint Martin's	25.28
Section 6 Wind: 1.6		
1 Makanui, Kamaehuokalani	Pacific Lutheran	23.00
2 Edwards, Jaden	Western Washington	23.22
3 Carter, Kenneth	Saint Martin's	24.34
4 Kreimer, Oliver	Puget Sound	24.47

**Men 400 Meter Dash**

Name	Year School	Finals
Section 1		
1 Woodring, Maurice	Unattached	50.32

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**...Men 400 Meter Dash**

2 Pinto, Denzel	Western Washington	50.35
3 Brenek, Lucas	Western Washington	50.76
4 Greenwalt, Ryan	Western Washington	51.02
5 Carey, Carson	Puget Sound	51.56

## Section 2

1 Johnson, Ethan	Western Washington	52.01
2 Seals, Austin	Western Washington	52.41
3 Stauch, Mercer	Puget Sound	52.72
4 Mickenham, Nolan	Western Washington	53.58
5 Vertefeuille, Wyatt	Olympic College	54.32
6 Kreimer, Oliver	Puget Sound	54.67
7 Allen, Xaiden	Unattached	55.10

## Section 3

1 Le, Christian	Saint Martin's	54.27
2 Heidner, Salvin	Olympic College	55.04
3 isaacson, Caiden	Unattached	55.08
4 Hanisch, Jack	Puget Sound	55.18
5 McQueen, Jaelin	Western Washington	56.05

**Men 800 Meter Run**

Name	Year School	Finals
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## Section 1

1 Cortes, Isaac	Saint Martin's	1:56.26
2 Stracke, Ryan	Pacific Lutheran	1:57.31
3 Murphy, Micah	Unattached	1:58.81
4 Kallmeyer, Emmett	Puget Sound	2:00.17
5 Phillips Nichols, Willia	Green River College	2:01.36
6 Riley, Cole	Green River College	2:03.24
7 Perkins, Ryan	Green River College	2:04.68
8 Macdonald, Scott	Whitman	2:09.01

## Section 2

1 Pearson, Dhevin	Unattached	2:01.01
2 Donnelly, Aidan	Pacific Lutheran	2:01.44
3 Drozynski, Chris	Club Northwest	2:01.76
4 Beyer, Collin	Pacific Lutheran	2:03.33
5 Morris, Connor	Thriller Tra	2:06.26
6 Maier, Jonah	Pacific Lutheran	2:06.74
7 Sandoval, Andrew	Pacific Lutheran	2:07.02

## Section 3

1 Sanchez, Noah	Green River College	2:05.63
2 Velazquez, Gabriel	Puget Sound	2:08.40
3 Hicks, Rowan	Green River College	2:09.16
4 Baisden, Scott	Northwest U.	2:16.71

**Men 1500 Meter Run**

Name	Year School	Finals
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## Section 1

1 Murphy, Micah	Unattached	4:01.67
2 Werner, Logan	Unattached	4:01.74
3 Andrews, Dawson	Northwest U.	4:05.08
4 Robak, Trey	Pacific Lutheran	4:05.18

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**...Men 1500 Meter Run**

5 Drozynski, Chris	Club Northwest	4:05.27
6 Macdonald, Scott	Whitman	4:07.42
7 Kallmeyer, Emmett	Puget Sound	4:08.33
8 Kopatich, Jack	Northwest U.	4:09.80
9 Sanchez, Noah	Green River College	4:10.81
10 Slichko, Lance	Saint Martin's	4:15.23
11 Perkins, Ryan	Green River College	4:17.57

## Section 2

1 Velazquez, Gabriel	Puget Sound	4:13.14
2 Arcos, Erick	Pacific Lutheran	4:13.45
3 Grothe, Jonathan	Whitman	4:19.53
4 Ladinig, Owen	Pacific Lutheran	4:20.57
5 Hicks, Rowan	Green River College	4:22.55
6 Ransford, Jarron	Northwest U.	4:22.69
7 Koontz, Brennan	Northwest U.	4:24.49
8 O'Brien, Blaze	Green River College	4:36.19
9 Hegarty, Tiernan	Olympic College	4:49.88
10 Lara, Timothy	Unattached	4:51.23
11 Guinther, Joshua	Olympic College	4:59.60
12 Kelly, Chance	Whitman	5:05.27

**Men 5000 Meter Run**

Name	Year School	Finals
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## Section 1

1 Marty, Nicholas	Whisper Running	15:40.74
2 Quimby, Jonathan	Bellingham D	15:48.03
3 Monaghan, Cian	Puget Sound	15:50.17
4 Hitchcock, Colin	Green River College	15:54.60
5 McVay, Reilly	Whitman	16:01.94
6 Kopatich, Jack	Northwest U.	16:23.04
7 Ransford, Jarron	Northwest U.	16:23.43
8 Hegarty, Tiernan	Olympic College	16:29.24
9 Koontz, Brennan	Northwest U.	16:29.67
10 Andrews, Dawson	Northwest U.	16:33.59
11 O'Brien, Blaze	Green River College	16:46.54
12 Ochoa, Jonathan	Pacific Lutheran	17:45.98
13 Bartolome, Dean	Husky Running Club	17:50.45
14 Lara, Timothy	Unattached	18:07.38
15 Guinther, Joshua	Olympic College	18:34.37

**Men 110 Meter Hurdles**

Name	Year School	Finals
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## Section 1 Wind: 0.7

1 McCabe, Jaylen	Unat-Olympic	14.76
2 Edwards, Jaden	Western Washington	15.98

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**Men 400 Meter Hurdles**

Name	Year School	Finals
Section 1		
1 McCabe, Jaylen	Unat-Olympic	55.53
2 Martelles, Sean	Unattached	55.83
3 Soto Thompson, Nainoa Ka	Samoa	1:00.49
4 Vicente, Christian	Olympic College	1:07.96
5 Suitonu, Matai	Puget Sound	1:15.64

**Men 3000 Meter Steeplechase**

Name	Year School	Finals
1 Stracke, Ryan	Pacific Lutheran	9:33.95
2 Lusic, Stefans	Pacific Lutheran	9:34.97
3 Bursch, Ethan	Western Washington	9:35.85
4 Ritter, Alec	Western Washington	9:41.87
5 Sorensen, Kai	Pacific Lutheran	9:41.87
6 Fairbanks, Aaron	Western Washington	9:54.78
7 Eifert, Ian	Western Washington	9:59.59
8 Zielke, Sam	Pacific Lutheran	10:15.77
9 Dunlap, Colin	Whitman	11:35.18
10 Anspach, Caleb	Unattached	11:54.72

**Men 4x100 Meter Relay**

School	Finals
1 Pacific Lutheran 'A'	43.30
1) Alapai, Jai	2) Sanchez, Keola
3) Yost, Aiden	4) Meade, Kellen
2 Western Washington 'C'	43.46
1) Johnson, Ethan	2) Johnson, Jaden
3) Johnson, Noah	4) Pinto, Denzel
3 Western Washington 'A'	43.73
1) Greenwalt, Ryan	2) Vongphet, Anouthai
3) Kibler, Trent	4) Menicke, Gabe
4 Puget Sound 'A'	44.42
1) Howmiller, Jacob	2) Culpepper, Amarian
3) Murphy, Brogan	4) Graham, Dylan
-- Western Washington 'B'	DQ
1) Edwards, Jaden	2) Fischer, Derek
3) Mickenham, Nolan	4) Seals, Austin

**Men 4x400 Meter Relay**

School	Finals
1 Pacific Lutheran 'A'	3:28.65
1) Penaloza, Lucio	2) Sanchez, Keola
3) Swinton, Steele	4) Meade, Kellen
2 Puget Sound 'A'	3:30.76
1) Carey, Carson	2) Kallmeyer, Emmett
3) Kreimer, Oliver	4) Stauch, Mercer
3 Green River College 'A'	3:44.19

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**Pacific Lutheran Track**  
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**....Men 4x400 Meter Relay**

1) Tarasov, Nazar	2) Perkins, Ryan	
3) Phillips Nichols, William	4) Riley, Cole	
Section 2		
1 Pacific Lutheran 'B'		3:38.41
1) Mcinerny, Patrick	2) Alapai, Jai	
3) Atkinson, Nathan	4) Yost, Aiden	
2 Pacific Lutheran 'C'		3:39.73
1) Donnelly, Aidan	2) Sandoval, Andrew	
3) Sorensen, Kai	4) Stracke, Ryan	
3 Pacific Lutheran 'E'		3:49.34
1) Maier, Jonah	2) Zielke, Sam	
3) Arcos, Erick	4) Lusic, Stefans	
4 Pacific Lutheran 'D'		3:51.15
1) Beyer, Collin	2) Ochoa, Jonathan	
3) Ladinig, Owen	4) Robak, Trey	

**Men High Jump**

Name	Year School	Finals
Flight 1		
1 Greenlee, Manu	Western Washington	1.83m 6-00.00
1.53 1.58 1.63 1.68 1.73 1.78 1.83 1.88		
---	O XXX	
2 Atkinson, Nathan	Pacific Lutheran	1.78m 5-10.00
1.53 1.58 1.63 1.68 1.73 1.78 1.83		
---	O XO XXO XXX	
3 Brader, Ryan	Thriller Tra	1.73m 5-08.00
1.53 1.58 1.63 1.68 1.73 1.78		
---	O O O XO XXX	
4 Vertefeuille, Wyatt	Olympic College	1.68m 5-06.00
1.53 1.58 1.63 1.68 1.73		
---	O XXX	
5 Morse, Jack	Green River College	J1.68m 5-06.00
1.53 1.58 1.63 1.68 1.73		
---	O O XO O XXX	
6 Barnes, Donald	Green River College	1.58m 5-02.25
1.53 1.58 1.63		
---	XO O XXX	
7 Charles, Guyland	Olympic College	J1.58m 5-02.25
1.53 1.58 1.63		
---	XXO O XXX	
-- Kibler, Trent	Western Washington	NH
1.53 1.58 1.63 1.68 1.73 1.78 1.83		
---	XXX	
-- Bonicatto, Jack	Puget Sound	NH
1.53 1.58 1.63 1.68		
---	XXX	

**Men Pole Vault**

Name	Year School	Finals
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**PLU Open - 3/11/2023****Pacific Lutheran Track****Results - day of meet****....Men Pole Vault**

1 Shirley, Andrew	Unattached	4.75m	15-07.00
3.55 3.70 3.85 4.00 4.15 4.30 4.45 4.65 4.75 4.90			
P P P P O P O O O XXX			
2 Montero, Kurt	Western Washington	4.15m	13-07.25
3.55 3.70 3.85 4.00 4.15 4.30			
O O O O XXX			
3 Armbruster, Garrett	Olympic College	J4.00m	13-01.50
3.55 3.70 3.85 4.00 4.15			
P O XO XO XXX			
3 Doidge, Ryan	Saint Martin's	J4.00m	13-01.50
3.55 3.70 3.85 4.00 4.15			
P P P O XXX			
5 Jones, Dylan	Pacific Lutheran	3.85m	12-07.50
3.55 3.70 3.85 4.00			
O O O XXX			
6 Klein, Aidan	Western Washington	3.55m	11-07.75
3.55 3.70			
O XXX			
-- Solomon, Corey	Unattached	NH	
3.55 3.70 3.85 4.00 4.15			
P P P P XXX			
-- Forbes, Drew	Pacific Lutheran	NH	
3.55			
XXX			
-- Leahy, Blake	Pacific Lutheran	NH	
3.55 3.70 3.85			
P P XXX			

**Men Long Jump**

Name	Year School	Finals	Wind
1 Menicke, Gabe	Western Washington	6.50m	1.7 21-04.00
5.96m(3.0) 5.93m(3.1) 5.92m(1.3) 5.78m(1.5) PASS		6.50m(1.7)	
2 Vongphet, Anouthai	Western Washington	6.39m	1.2 20-11.75
5.77m(2.8) 6.21m(0.6) 6.20m(1.1) 6.17m(1.2) PASS		6.39m(1.2)	
3 Culpepper, Amarian	Puget Sound	6.29m	1.9 20-07.75
6.06m(2.1) 6.29m(1.9) FOUL 6.09m(1.8) PASS		FOUL	
4 Ross, Demari	Unattached	6.18m	1.2 20-03.50
6.13m(1.6) 6.10m(0.8) 5.78m(1.4) 6.11m(0.6) 6.18m(1.2) 5.67m(1.4)			
5 Kramer, Seth	Pacific Lutheran	5.95m	1.3 19-06.25
FOUL FOUL 5.95m(1.3) 5.44m(2.3) FOUL		FOUL	
6 Murphy, Brogan	Puget Sound	5.89m	3.2 19-04.00
5.83m(1.6) 5.89m(3.2) 5.47m(1.1) FOUL PASS		PASS	
7 McQueen, Jaelin	Western Washington	5.28m	0.7 17-04.00
FOUL 5.20m(1.8) 5.17m(0.8) 5.28m(0.7) PASS		FOUL	
8 Klein, Aidan	Western Washington	5.08m	1.4 16-08.00
4.82m(2.3) FOUL(0.9) 5.08m(1.4) 5.07m(3.3) 4.36m(2.2) 4.48m(0.3)			
-- Catalan, Alex	Unat-Olympic	FOUL	
FOUL FOUL FOUL FOUL FOUL FOUL			

**Men Triple Jump**

Name	Year School	Finals	Wind
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**PLU Open - 3/11/2023****Pacific Lutheran Track****Results - day of meet****....Men Triple Jump**

1 Harris, Ashtin	Unattached	11.98m	0.8	39-03.75
		11.54m(1.5)	11.80m(2.0)	11.43m(0.7) 11.78m(0.7) 11.98m(0.8) 11.86m(0.5)
2 Kramer, Seth	Pacific Lutheran	11.20m	1.3	36-09.00
		10.88m(1.3)	10.84m(0.7)	10.83m(1.9) FOUL(1.9) 11.20m(1.3) 10.85m(0.2)
3 Atkinson, Nathan	Pacific Lutheran	11.18m	0.8	36-08.25
		11.08m(-0.0)	10.75m(1.8)	11.18m(0.8) 10.84m(2.1) 10.94m(0.5) 10.80m(0.8)

**Men Shot Put**

Name	Year School	Finals
1 Conklin, Dylan	Puget Sound	10.38m 34-00.75
		9.56m 10.38m FOUL
2 Davis, Nathan	Olympic College	9.62m 31-06.75
		9.22m 8.81m 9.62m
3 Minamiji, Aidan	Puget Sound	9.22m 30-03.00
		8.78m 9.22m FOUL
4 Seals, Austin	Western Washington	9.14m 30-00.00
		8.64m 8.02m 9.14m
5 Morningdove, Aidan	Puget Sound	8.90m 29-02.50
		8.90m FOUL 8.30m
6 Krane, Elliott	Puget Sound	8.67m 28-05.50
		7.73m 8.10m 8.67m
7 Griffin, Gannon	Puget Sound	8.46m 27-09.25
		8.19m 8.11m 8.46m
Flight 2		
1 De Dora, Lucas	Puget Sound	10.63m 34-10.50
		10.55m 10.63m 10.59m
2 Smith, Aaron	Puget Sound	10.57m 34-08.25
		10.27m FOUL 10.57m
3 Hasten, William	Puget Sound	10.55m 34-07.50
		10.55m 10.08m 10.50m
4 Williamson, Quinn	Puget Sound	10.43m 34-02.75
		10.43m 9.97m 9.85m
4 Budnek, Zach	Pacific Lutheran	10.43m 34-02.75
		9.81m 9.97m 10.43m
6 Rees, Taylor	Puget Sound	10.37m 34-00.25
		9.99m 9.58m 10.37m
7 Putney-Moore, Bryer	Puget Sound	10.18m 33-04.75
		9.88m 10.18m FOUL
8 Bridges, Mason	Puget Sound	10.09m 33-01.25
		9.87m 10.09m 9.93m
9 Childress, Noah	Pacific Lutheran	9.94m 32-07.50
		FOUL 9.94m FOUL
10 Sonko, George	Pacific Lutheran	9.82m 32-02.75
		9.82m FOUL FOUL
11 Kenny, Ryan	Western Washington	9.18m 30-01.50
		9.18m FOUL PASS
Flight 3		
1 Real, Masum	Pacific Lutheran	16.24m 53-03.50
		16.08m FOUL FOUL 16.24m FOUL FOUL
2 Tayon, Wyatt	Pacific Lutheran	14.05m 46-01.25
		12.82m FOUL FOUL 14.05m 13.01m FOUL
3 Imsland, Austin	George Fox	13.28m 43-07.00
		12.74m FOUL 13.28m FOUL FOUL FOUL

**PLU Open - 3/11/2023**  
**Pacific Lutheran Track**  
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**....Men Shot Put**

4	Fairbairn, Larson	Pacific Lutheran	13.24m	43-05.25
	FOUL 12.34m 12.44m FOUL 13.24m 12.75m			
5	Simicich, Nathan	Western Washington	12.98m	42-07.00
	11.10m 12.05m 12.27m 12.98m 12.48m FOUL			
6	Campbell, Miller	Western Washington	12.43m	40-09.50
	11.66m FOUL 12.42m 12.25m FOUL 12.43m			
7	Boyd, Andrew	Saint Martin's	12.31m	40-04.75
	12.05m FOUL 12.31m 11.81m 11.55m FOUL			
8	Warren, Jacob	Saint Martin's	12.05m	39-06.50
	11.77m 10.95m FOUL 11.60m 12.05m 10.78m			
9	Ta'avili, Thomas	Pacific Lutheran	11.58m	38-00.00
	10.26m 10.74m 11.58m 11.10m FOUL FOUL			
10	Hawley, Gavin	Pacific Lutheran	11.35m	37-03.00
	11.35m FOUL FOUL			
11	Engel, Sebastian	Olympic College	11.02m	36-02.00
	11.02m 10.95m FOUL			

**Men Discus Throw**

Name	Year School	Finals
Flight 1		
1 Sonko, George	Pacific Lutheran	38.77m 127-02
	38.77m 32.33m FOUL 37.51m FOUL 36.84m	
2 Budnek, Zach	Pacific Lutheran	34.32m 112-07
	34.32m 33.39m 31.65m	
3 Warren, Jacob	Saint Martin's	34.24m 112-04
	34.24m 31.10m 33.32m	
4 Conklin, Dylan	Puget Sound	33.75m 110-09
	33.75m FOUL 33.53m	
5 Griffin, Gannon	Puget Sound	31.93m 104-09
	29.35m 29.86m 31.93m	
6 Ta'avili, Thomas	Pacific Lutheran	31.52m 103-05
	27.12m 31.52m 23.70m	
7 Rees, Taylor	Puget Sound	31.46m 103-02
	29.15m FOUL 31.46m	
8 Hawley, Gavin	Pacific Lutheran	30.16m 98-11
	FOUL 30.16m 28.86m	
9 Minamiji, Aidan	Puget Sound	26.85m 88-01
	26.85m 25.24m FOUL	
10 Hasten, William	Puget Sound	25.16m 82-06
	25.16m FOUL FOUL	
11 Putney-Moore, Bryer	Puget Sound	24.96m 81-11
	24.96m 24.39m 22.42m	
Flight 2		
1 Fairbairn, Larson	Pacific Lutheran	47.10m 154-06
	40.99m 46.89m 46.74m 42.73m 45.45m 47.10m	
2 Real, Masum	Pacific Lutheran	46.86m 153-09
	46.71m FOUL FOUL FOUL FOUL 46.86m	
3 Childress, Noah	Pacific Lutheran	39.95m 131-01
	34.67m 39.95m 30.84m 33.10m 32.47m 36.10m	
4 Williams, Antonio	Unattached	39.56m 129-09
	39.56m 37.72m FOUL FOUL 39.04m 32.78m	
5 Tayon, Wyatt	Pacific Lutheran	39.01m 128-00
	39.01m 37.33m FOUL FOUL 38.27m 37.24m	

**PLU Open - 3/11/2023****Pacific Lutheran Track****Results - day of meet****....Men Discus Throw**

6	Simicich, Nathan	Western Washington	35.65m	116-11
	31.94m 35.65m 35.46m 32.41m 34.08m FOUL			
7	Campbell, Miller	Western Washington	35.56m	116-08
	34.38m 31.88m 35.40m 35.56m FOUL 34.74m			
8	Engel, Sebastian	Olympic College	35.31m	115-10
	FOUL 35.31m 29.95m 32.56m 31.51m FOUL			
9	Smith, Aaron	Puget Sound	34.53m	113-03
	FOUL 34.53m 32.68m			
10	Bridges, Mason	Puget Sound	33.66m	110-05
	33.66m 32.60m FOUL			
11	Davis, Nathan	Olympic College	31.62m	103-09
	31.62m 30.51m FOUL			
12	Kenny, Ryan	Western Washington	30.43m	99-10
	27.90m 30.43m FOUL			

**Men Hammer Throw**

Name		Year School	Finals	
Flight 1				
1	Warren, Jacob	Saint Martin's	33.76m	110-09
	33.30m FOUL FOUL FOUL	33.76m FOUL		
2	Hawley, Gavin	Pacific Lutheran	32.91m	108-00
	32.91m 32.42m 30.66m			
3	Childress, Noah	Pacific Lutheran	32.43m	106-05
	28.13m 27.79m 32.43m			
4	Ta'avili, Thomas	Pacific Lutheran	31.96m	104-10
	31.96m FOUL 31.90m			
5	Stilnovich, Rudy	Pacific Lutheran	31.44m	103-02
	FOUL 30.82m 31.44m			
6	Davis, Nathan	Olympic College	30.42m	99-10
	FOUL 29.06m 30.42m			
7	Samuelson, Henry	George Fox	29.73m	97-06
	29.73m FOUL FOUL			
8	Rees, Taylor	Puget Sound	24.49m	80-04
	24.49m 21.51m FOUL			
--	Sonko, George	Pacific Lutheran	FOUL	
	FOUL FOUL FOUL			
Flight 2				
1	Ramos, Angelo	Western Washington	53.64m	176-00
	51.76m FOUL FOUL 50.52m 53.64m FOUL			
2	Campbell, Miller	Western Washington	49.57m	162-07
	49.57m FOUL FOUL 49.41m FOUL FOUL			
3	Meade, Ben	George Fox	49.09m	161-01
	45.87m FOUL FOUL 49.09m FOUL FOUL			
4	Fairbairn, Larson	Pacific Lutheran	48.87m	160-04
	47.88m 48.00m 47.82m 47.99m FOUL 48.87m			
5	Real, Masum	Pacific Lutheran	44.65m	146-06
	41.17m 42.44m 43.38m 44.65m PASS PASS			
6	Tayon, Wyatt	Pacific Lutheran	40.33m	132-04
	FOUL 31.29m 35.19m 38.57m FOUL 40.33m			
7	Engel, Sebastian	Olympic College	38.60m	126-08
	38.02m 38.60m FOUL FOUL FOUL FOUL			
8	Simicich, Nathan	Western Washington	38.50m	126-04
	36.56m 38.50m 37.82m FOUL FOUL FOUL			

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**....Men Hammer Throw**

9 Minamiji, Aidan	Puget Sound	31.40m	103-00
31.23m FOUL 31.40m			

**Men Javelin Throw**

Name	Year	School	Finals
Flight 1			
1 Guidry, Ethan		Saint Martin's	51.59m 169-03
51.59m FOUL 42.29m 47.66m 40.35m FOUL			
2 Koehn, Kacey		Northwest U.	50.73m 166-05
50.73m 46.80m FOUL 49.60m FOUL 48.12m			
3 Olmstead, Carson		Pacific Lutheran	47.66m 156-04
47.25m FOUL 42.29m 47.66m 40.35m FOUL			
4 Chaffin, Darius		Pacific Lutheran	46.81m 153-07
FOUL 39.48m 42.61m 46.81m FOUL 41.59m			
5 De Dora, Lucas		Puget Sound	45.43m 149-00
FOUL 42.97m 45.43m FOUL 45.20m FOUL			
6 Kibler, Trent		Western Washington	39.44m 129-05
34.38m 35.56m 38.40m 39.44m 38.93m FOUL			
7 Slupski, Ryan		Northwest U.	39.24m 128-09
FOUL 39.24m 35.70m 35.59m 32.79m 35.73m			
8 Charles, Guyland		Olympic College	38.81m 127-04
35.17m FOUL 37.49m 38.81m 37.02m 32.77m			
9 Williamson, Quinn		Puget Sound	38.05m 124-10
38.05m 37.86m FOUL 37.10m 37.98m 36.92m			
10 Bonicatto, Jack		Puget Sound	35.00m 114-10
FOUL 35.00m 34.77m			
11 Gutierrez, Ismael		Puget Sound	33.57m 110-02
31.25m 33.26m 33.57m			
12 Morningdove, Aidan		Puget Sound	29.24m 95-11
FOUL 29.24m FOUL			
13 O'Brien, Blaze		Green River College	25.01m 82-01
25.01m 1.90m FOUL			