

## 2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024

Central Washington University  
Performance List**Event 1 Women 3000 Meter Steeplechase**

Friday 5/10/2024 - 3:00 PM

| Name                   | School       | Seed Time |
|------------------------|--------------|-----------|
| 1 Davis, Ila           | Western Wash | 10:11.97  |
| 2 Reeck, Ashley        | Western Wash | 10:34.38  |
| 3 Halsell, Laura       | Western Wash | 11:05.48  |
| 4 Collins-Winn, Evelyn | Western Wash | 11:13.34  |
| 5 Flack, Olivia        | Western Oreg | 11:16.96  |
| 6 Ewing, Maya          | Seattle Paci | 11:23.39  |
| 7 Williamson, Avery    | Alaska Ancho | 11:25.56  |
| 8 Chapman, Katie       | Western Oreg | 11:35.33  |
| 9 Bassett, Elie        | Western Wash | 11:39.36  |
| 10 Eagleton, Cecily    | Msu-Billings | 11:46.06  |
| 11 Spaic, Sofija       | Alaska Ancho | 11:51.89  |
| 12 Mikkelsen, Hannah   | Central Wash | 12:01.55  |
| 13 Larson, Lindie      | Western Oreg | 12:15.26  |
| 14 Flolo, Katelyn      | Seattle Paci | 12:24.70  |
| 15 Smith, Allison      | Central Wash | 12:25.25  |
| 16 Stewart, Keelin     | Northwest Na | 12:32.84  |

**Event 2 Men 3000 Meter Steeplechase**

Friday 5/10/2024 - 3:15 PM

| Name                     | School       | Seed Time |
|--------------------------|--------------|-----------|
| 1 Gillingham, Jeret      | Western Wash | 8:52.33   |
| 2 Smith, Bailey          | Western Oreg | 9:13.53   |
| 3 Alderfer, Jared        | Western Wash | 9:17.96   |
| 4 Tveit, Ries            | Alaska Ancho | 9:24.18   |
| 5 Eifert, Ian            | Western Wash | 9:26.00   |
| 6 Javurek, Jalen         | Western Wash | 9:30.27   |
| 7 LeBlanc, Brennan       | Seattle Paci | 9:38.30   |
| 8 Werner, Logan          | Western Wash | 9:39.74   |
| 9 Salazar, Matthew       | Western Wash | 9:39.94   |
| 10 May, Wyatt            | Msu-Billings | 9:46.41   |
| 11 Hansen, Truman        | Alaska Ancho | 9:47.17   |
| 12 Bursch, Ethan         | Western Wash | 9:47.63   |
| 13 Rodriguez, Diego      | Western Wash | 9:48.46   |
| 14 Dale, Eli             | Saint Martin | 9:51.82   |
| 15 Jacob-Kurilo, Maxwell | Western Wash | 10:03.12  |
| 16 Demmert, Silas        | Seattle Paci | 10:04.65  |

**Event 3 Women 100 Meter Hurdles Prelims**

Friday 5/10/2024 - 3:35 PM

| Name                        | School       | Seed Time |
|-----------------------------|--------------|-----------|
| 1 Chandler, Lauryn          | Central Wash | 13.95     |
| 2 DeGroot, Ellie            | Central Wash | 14.08     |
| 3 Heite, Liv                | Alaska Ancho | 14.27     |
| 4 Chang, Hannah             | Seattle Paci | 14.30     |
| 5 De Arvizu Sarrias, Blanca | Alaska Ancho | 14.51     |
| 6 Thompson, Maliyah         | Western Oreg | 14.55     |
| 7 Van Der Meer, Mette       | Alaska Ancho | 14.73     |
| 8 Nhye, Candace             | Central Wash | 14.94     |
| 9 Simmons, Lacie            | Alaska Ancho | 14.97     |
| 10 Clemens, Macy            | Western Oreg | 15.04     |
| 11 Mader, Mikayla           | Alaska Ancho | 15.10     |
| 12 Cintron, Gabriela        | Saint Martin | 15.27     |

|                     |              |       |
|---------------------|--------------|-------|
| 13 Ntekpere, Emy    | Central Wash | 15.42 |
| 14 Porter, Isabella | Western Wash | 15.73 |
| 15 Bates, Naomi     | Western Wash | 15.87 |

**Event 4 Men 110 Meter Hurdles Prelims**

Friday 5/10/2024 - 3:50 PM

| Name                | School       | Seed Time |
|---------------------|--------------|-----------|
| 1 Wise, Aiden       | Central Wash | 14.54     |
| 2 Klein, Drew       | Central Wash | 14.91     |
| 3 Edwards, Jaden    | Western Wash | 15.08     |
| 4 Burchfield, Gabe  | Western Oreg | 15.19     |
| 5 Boyd, Andrew      | Saint Martin | 15.23     |
| 6 Boast, Josh       | Central Wash | 15.26     |
| 7 Conklin, Justin   | Western Oreg | 15.28     |
| 8 Johansson, Luke   | Northwest Na | 15.39     |
| 9 Walker, JJ        | Western Oreg | 15.66     |
| 10 Carlson, Benji   | Msu-Billings | 15.94     |
| 11 Larsen, Anders   | Alaska Ancho | 16.06     |
| 12 Robertson, Felix | Alaska Ancho | 16.37     |
| 13 Fenley, Ryan     | Msu-Billings | 17.24     |

**Event 5 Women 400 Meter Dash Prelims**

Friday 5/10/2024 - 4:05 PM

| Name                    | School       | Seed Time |
|-------------------------|--------------|-----------|
| 1 Bosma, Claire         | Simon Fraser | 56.57     |
| 2 Cannan, Emma          | Simon Fraser | 56.58     |
| 3 Cook, Kennedy         | Western Wash | 56.77     |
| 4 Crane, Marissa        | Seattle Paci | 56.95     |
| 5 Vu, Madison           | Saint Martin | 57.30     |
| 6 Brown, Johanna        | Seattle Paci | 57.31     |
| 7 DeJong, Laine         | Northwest Na | 57.60     |
| 8 Green, Aniya          | Seattle Paci | 58.17     |
| 9 Vidad, Joei           | Alaska Ancho | 58.30     |
| 10 Hart, Jessy          | Western Oreg | 58.51     |
| 11 Altamirano, Bethanie | Western Oreg | 58.54     |
| 12 Farnsworth, Kalli    | Northwest Na | 58.61     |
| 13 Harris, Donna Marie  | Central Wash | 58.63     |
| 14 Cvancara, Sophia     | Alaska Ancho | 1:00.11   |
| 15 Smith, Charisma      | Seattle Paci | 1:00.55   |
| 16 Backman, Kaitlyn     | Alaska Ancho | 1:01.28   |
| 17 Miller, Anna         | Western Wash | 1:02.37   |

**Event 6 Men 400 Meter Dash Prelims**

Friday 5/10/2024 - 4:15 PM

| Name                 | School       | Seed Time |
|----------------------|--------------|-----------|
| 1 Angarita, Kevin    | Alaska Ancho | 47.81     |
| 2 Brenek, Lucas      | Western Wash | 48.13     |
| 3 Murphy, Brennan    | Western Oreg | 48.24     |
| 4 Le, Brian          | Western Wash | 48.63     |
| 5 Hendrix, Amari     | Western Oreg | 48.80     |
| 6 Breuer, Dylan      | Northwest Na | 49.85     |
| 7 Franco, Zachary    | Saint Martin | 50.09     |
| 8 Kindler, Christian | Northwest Na | 50.35     |
| 9 Pinto, Denzel      | Western Wash | 50.93     |
| 10 Le, Teo           | Western Oreg | 51.09     |
| 11 Carpenter, Evan   | Seattle Paci | 51.28     |

## 2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024

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Performance List**Event 6 ... (Men 400 Meter Dash Prelims)**

| Name                | School       | Seed Time |
|---------------------|--------------|-----------|
| 12 Hunter, Timothy  | Alaska Ancho | 52.02     |
| 13 Grant, Morgan    | Alaska Ancho | 52.46     |
| 14 Mandujano, Jesse | Alaska Ancho | 52.78     |
| 15 Wiese, Benjamin  | Alaska Ancho | 54.01     |

**Event 7 Women 100 Meter Dash Prelims**

Friday 5/10/2024 - 4:30 PM

| Name                    | School       | Seed Time |
|-------------------------|--------------|-----------|
| 1 Hollis, E'Lexis       | Central Wash | 11.45     |
| 2 Leclair, Marie-Eloise | Simon Fraser | 11.50     |
| 3 Cheney, Caitlyn       | Western Wash | 11.91     |
| 4 Gonzales, Zoe         | Central Wash | 12.18     |
| 5 Heiman, Annabelle     | Western Wash | 12.19     |
| 6 Cummings, Jaeland     | Simon Fraser | 12.22     |
| 7 Williams, Juliette    | Central Wash | 12.30     |
| 8 Thompson, Maliyah     | Western Oreg | 12.32     |
| 9 Polkinghorn, Hannah   | Western Wash | 12.43     |
| 10 Lavato, Josie        | Western Oreg | 12.58     |
| 11 Binford, Portia      | Alaska Ancho | 12.69     |
| 12 Harms, Gabbie        | Northwest Na | 12.71     |
| 13 Hamill, Katelyn      | Msu-Billings | 12.77     |
| 14 Sanchez, Alyssa      | Msu-Billings | 12.99     |
| 15 Liessfeld, Vivien    | Alaska Ancho | NT        |

**Event 8 Men 100 Meter Dash Prelims**

Friday 5/10/2024 - 4:40 PM

| Name                    | School       | Seed Time |
|-------------------------|--------------|-----------|
| 1 Caleb, Joshua         | Alaska Ancho | 10.34     |
| 2 Hall, Jacob           | Simon Fraser | 10.60     |
| 3 Mickenham, Nolan      | Western Wash | 10.60     |
| 4 Green, Josh           | Central Wash | 10.63     |
| 5 O'Donnell, Liam       | Simon Fraser | 10.63     |
| 6 Herbert, JayCee       | Msu-Billings | 10.69     |
| 7 Johnson, Ethan        | Western Wash | 10.77     |
| 8 Penson-Mccoy, Jesaiah | Simon Fraser | 10.81     |
| 9 Fischer, Derek        | Western Wash | 10.82     |
| 10 Driesner, Alex       | Western Oreg | 10.84     |
| 11 Johnson, Thomas      | Western Oreg | 10.86     |
| 12 Mercier, Marc        | Alaska Ancho | 10.88     |
| 13 Jana, Riday          | Alaska Ancho | 10.94     |
| 14 Braseth, Hunter      | Northwest Na | 10.95     |
| 15 Ralston, Ben         | Msu-Billings | 10.97     |
| 16 Morris, Brian        | Alaska Ancho | 11.18     |

**Event 9 Women 800 Meter Run Prelims**

Friday 5/10/2024 - 4:55 PM

| Name                   | School       | Seed Time |
|------------------------|--------------|-----------|
| 1 Roxby, Megan         | Simon Fraser | 2:08.48   |
| 2 Ledesma, Marian      | Western Wash | 2:08.94   |
| 3 Wright, Sophie       | Western Wash | 2:11.56   |
| 4 Kroontje, Emmy       | Western Wash | 2:13.10   |
| 5 Vanderput, Elizabeth | Simon Fraser | 2:13.24   |
| 6 Saucedo, Alisha      | Saint Martin | 2:14.17   |
| 7 Tasdemir, Selin      | Simon Fraser | 2:15.75   |

|                        |              |         |
|------------------------|--------------|---------|
| 8 Merritt, Amelia      | Western Oreg | 2:16.57 |
| 9 Crocker, Mia         | Western Wash | 2:16.88 |
| 10 Watkins, Rachael    | Simon Fraser | 2:16.99 |
| 11 Smith, Riley        | Western Oreg | 2:17.08 |
| 12 Nguyen, Kaydence    | Western Oreg | 2:17.53 |
| 13 Chisar, Jess        | Alaska Ancho | 2:17.59 |
| 14 Thompson, Madison   | Central Wash | 2:17.93 |
| 15 Millar, Stephanie   | Simon Fraser | 2:19.48 |
| 16 Prangley, Charlotte | Simon Fraser | 2:22.19 |

**Event 10 Men 800 Meter Run Prelims**

Friday 5/10/2024 - 5:05 PM

| Name                        | School       | Seed Time |
|-----------------------------|--------------|-----------|
| 1 Rodriguez, Isaiah         | Western Oreg | 1:49.66   |
| 2 Correa, Johan             | Central Wash | 1:49.71   |
| 3 Weber, Drew               | Western Wash | 1:49.88   |
| 4 Hutton, Max               | Central Wash | 1:51.40   |
| 5 Plummer, Colton           | Simon Fraser | 1:51.57   |
| 6 Thomson, Andrew           | Simon Fraser | 1:51.57   |
| 7 Hosking, Elwood           | Western Oreg | 1:51.65   |
| 8 Palmen, Connor            | Western Wash | 1:52.37   |
| 9 Sanchez, Keeton           | Western Oreg | 1:52.44   |
| 10 Pomrankey, Easton        | Western Oreg | 1:52.47   |
| 11 Bohannon, Grant          | Western Oreg | 1:52.56   |
| 12 Pagente, Kainalu         | Saint Martin | 1:52.58   |
| 13 Ellis, Quincy            | Northwest Na | 1:54.18   |
| 14 House, kaelan            | Simon Fraser | 1:54.79   |
| 15 Perez, Chase             | Central Wash | 1:55.13   |
| 16 Pratapas, Jack           | Central Wash | 1:55.19   |
| 17 Higgins, Francis (Timmy) | Saint Martin | 1:57.02   |

**Event 11 Women 400 Meter Hurdles Prelims**

Friday 5/10/2024 - 5:20 PM

| Name                        | School       | Seed Time |
|-----------------------------|--------------|-----------|
| 1 DeGroot, Ellie            | Central Wash | 1:00.89   |
| 2 Lambing, Madeline         | Western Oreg | 1:03.10   |
| 3 Heite, Liv                | Alaska Ancho | 1:03.22   |
| 4 McDevitt, Zoe             | Central Wash | 1:03.69   |
| 5 De Arvizu Sarrias, Blanca | Alaska Ancho | 1:03.74   |
| 6 Davis, Ila                | Western Wash | 1:03.99   |
| 7 Bates, Naomi              | Western Wash | 1:04.29   |
| 8 Huber, Carley             | Central Wash | 1:04.31   |
| 9 Gomez, Alejandra          | Northwest Na | 1:04.82   |
| 10 Levy, Ellie              | Northwest Na | 1:06.43   |
| 11 Simmons, Lacie           | Alaska Ancho | 1:06.79   |
| 12 Graham, Hailey           | Northwest Na | 1:06.93   |
| 13 Carstensen, Rilee        | Western Oreg | 1:07.74   |
| 14 Clark-Sexson, Annelise   | Msu-Billings | 1:08.23   |
| 15 Nhye, Candace            | Central Wash | 1:09.22   |

**Event 12 Men 400 Meter Hurdles Prelims**

Friday 5/10/2024 - 5:40 PM

| Name          | School       | Seed Time |
|---------------|--------------|-----------|
| 1 Boast, Josh | Central Wash | 53.71     |
| 2 Klein, Drew | Central Wash | 54.70     |
| 3 Wise, Aiden | Central Wash | 54.82     |

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Performance List**Event 12 ... (Men 400 Meter Hurdles Prelims)**

|    | Name             | School       | Seed Time |
|----|------------------|--------------|-----------|
| 4  | Johansson, Luke  | Northwest Na | 54.94     |
| 5  | Edwards, Jaden   | Western Wash | 55.51     |
| 6  | Williams, Reilly | Central Wash | 55.86     |
| 7  | Carr, Tyson      | Simon Fraser | 56.80     |
| 8  | Ness, Caleb      | Western Oreg | 57.74     |
| 9  | King, Elijah     | Western Oreg | 58.28     |
| 10 | Hong, Ethan      | Western Wash | 59.12     |
| 11 | Scott, Kaleb     | Msu-Billings | 59.44     |
| 12 | Boyd, Noah       | Saint Martin | 59.78     |

**Event 13 Women 200 Meter Dash Prelims****Friday 5/10/2024 - 5:50 PM**

|    | Name                  | School       | Seed Time |
|----|-----------------------|--------------|-----------|
| 1  | Leclair, Marie-Eloise | Simon Fraser | 24.10     |
| 2  | Hollis, E'Lexis       | Central Wash | 24.16     |
| 3  | Williams, Juliette    | Central Wash | 24.61     |
| 4  | Cannan, Emma          | Simon Fraser | 24.84     |
| 5  | Cheney, Caitlyn       | Western Wash | 24.88     |
| 6  | Farnsworth, Kalli     | Northwest Na | 25.29     |
| 7  | Heiman, Annabelle     | Western Wash | 25.36     |
| 8  | Gonzales, Zoe         | Central Wash | 25.40     |
| 9  | Vu, Madison           | Saint Martin | 25.41     |
| 10 | Cook, Kennedy         | Western Wash | 25.42     |
| 11 | Polkinghorn, Hannah   | Western Wash | 25.53     |
| 12 | Green, Aniya          | Seattle Paci | 25.54     |
| 13 | Chatwin, Kerlinda     | Simon Fraser | 25.72     |
| 14 | Miller, Anna          | Western Wash | 25.79     |
| 15 | Cummings, Jaeland     | Simon Fraser | 25.80     |
| 16 | Harms, Gabbie         | Northwest Na | 25.80     |
| 17 | Richardson, Mya       | Msu-Billings | 26.13     |

**Event 14 Men 200 Meter Dash Prelims****Friday 5/10/2024 - 6:00 PM**

|    | Name                  | School       | Seed Time |
|----|-----------------------|--------------|-----------|
| 1  | Caleb, Joshua         | Alaska Ancho | 21.23     |
| 2  | Green, Josh           | Central Wash | 21.38     |
| 3  | Braseth, Hunter       | Northwest Na | 21.62     |
| 4  | Penson-Mccoy, Jesaiah | Simon Fraser | 21.85     |
| 5  | Hall, Jacob           | Simon Fraser | 21.85     |
| 6  | Greenwalt, Ryan       | Western Wash | 21.90     |
| 7  | Angarita, Kevin       | Alaska Ancho | 21.97     |
| 8  | Fischer, Derek        | Western Wash | 22.03     |
| 9  | Jana, Riday           | Alaska Ancho | 22.09     |
| 10 | Driesner, Alex        | Western Oreg | 22.09     |
| 11 | O'Donnell, Liam       | Simon Fraser | 22.31     |
| 12 | Morris, Brian         | Alaska Ancho | 22.34     |
| 13 | Mitchell, Joshua      | Western Oreg | 22.47     |
| 14 | Herbert, JayCee       | Msu-Billings | 22.49     |
| 15 | Dezember, Mason       | Msu-Billings | 22.74     |
| 16 | Le, Teo               | Western Oreg | 23.27     |

**Event 15 Women 10000 Meter Run****Friday 5/10/2024 - 6:15 PM**

|    | Name             | School       | Seed Time |
|----|------------------|--------------|-----------|
| 1  | Heldt, Caitlin   | Western Oreg | 35:54.51  |
| 2  | Nystrom, Meaera  | Western Wash | 36:18.94  |
| 3  | Erler, Morgan    | Northwest Na | 36:53.62  |
| 4  | Edens, Ella      | Western Wash | 37:03.92  |
| 5  | Smith, Emma      | Western Wash | 37:13.42  |
| 6  | Sabra, Sara      | Saint Martin | 37:17.43  |
| 7  | McLain, Danielle | Western Wash | 37:24.14  |
| 8  | Parker, Alanna   | Western Wash | 37:29.45  |
| 9  | Parker, Alexis   | Western Wash | 37:37.85  |
| 10 | Ramirez, Kya     | Saint Martin | 37:42.34  |
| 11 | Mulch, Matise    | Seattle Paci | 38:38.25  |
| 12 | Clifton, Ali     | Western Oreg | 39:17.49  |
| 13 | Berendsen, Carey | Msu-Billings | 39:47.10  |
| 14 | Tolman, Aspen    | Msu-Billings | 41:31.90  |
| 15 | Potratz, Kyla    | Western Oreg | NT        |

**Event 16 Men 10000 Meter Run****Friday 5/10/2024 - 7:00 PM**

|    | Name                      | School       | Seed Time |
|----|---------------------------|--------------|-----------|
| 1  | Clough, Ryan              | Western Wash | 29:35.91  |
| 2  | Oslin, Andrew             | Western Wash | 29:57.88  |
| 3  | Kemble, Brody             | Northwest Na | 30:15.60  |
| 4  | Billings, Jonah           | Western Wash | 31:12.27  |
| 5  | O'Day, Cale               | Western Wash | 31:38.29  |
| 6  | Rutledge, Leo             | Western Wash | 31:51.21  |
| 7  | Payne, George             | Alaska Ancho | 31:59.11  |
| 8  | Ingram, Asher             | Northwest Na | 32:03.41  |
| 9  | Tobon, Eduardo            | Western Wash | 32:08.29  |
| 10 | Souza-Ponce, Eric Anthony | Western Wash | 32:10.39  |
| 11 | Zeljak, Spencer           | Western Wash | 32:13.33  |
| 12 | Davis-Frankfort, Cedar    | Western Oreg | 32:21.79  |
| 13 | Lennon, Dylan             | Western Wash | 32:23.43  |
| 14 | Venable, Isaac            | Seattle Paci | 32:27.17  |
| 15 | Parker, Logan             | Western Oreg | 32:37.14  |
| 16 | Mckenney, Dustyn          | Western Oreg | 32:51.23  |
| 17 | Edgerton, Bryant          | Msu-Billings | 32:55.64  |
| 18 | Gale, Nathaniel           | Seattle Paci | 32:55.68  |
| 19 | Endresen, Gabe            | Seattle Paci | 33:12.32  |

**Event 17 Women Long Jump****Friday 5/10/2024 - 10:30 AM**

|    | Name                | School       | Seed Mark |
|----|---------------------|--------------|-----------|
| 1  | Nwokoma, Ujunwa     | Western Oreg | 5.91m     |
| 2  | Liessfeld, Vivien   | Alaska Ancho | 5.64m     |
| 3  | Ntekpere, Emy       | Central Wash | 5.61m     |
| 4  | Polkinghorn, Hannah | Western Wash | 5.51m     |
| 5  | Mock, Sophie        | Seattle Paci | 5.40m     |
| 6  | Clemens, Macy       | Western Oreg | 5.36m     |
| 7  | Cook, Kora          | Western Wash | 5.31m     |
| 8  | Deters, Amity       | Western Oreg | 5.30m     |
| 9  | Nhye, Candace       | Central Wash | 5.27m     |
| 10 | Green, Vai          | Northwest Na | 5.21m     |

## 2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024

Central Washington University  
Performance List**Event 17 ... (Women Long Jump)**

| Name                 | School       | Seed Mark |
|----------------------|--------------|-----------|
| 11 Avery, Nicole     | Western Wash | 5.14m     |
| 12 Danner-Bunn, Ayla | Western Wash | 5.12m     |
| 13 Moore, Tehya      | Central Wash | 5.00m     |
| 14 Huber, Carley     | Central Wash | 4.98m     |
| 15 Kessler, Paige    | Seattle Paci | 4.84m     |
| 16 Sanchez, Alyssa   | Msu-Billings | 4.76m     |

**Event 18 Men Javelin Throw****Friday 5/10/2024 - 11:00 AM**

| Name                 | School       | Seed Mark |
|----------------------|--------------|-----------|
| 1 Waldbauer, Laurenz | Northwest Na | 70.71m    |
| 2 Chong, Jarrett     | Simon Fraser | 66.12m    |
| 3 Braunstein, Jakob  | Western Wash | 61.88m    |
| 4 Guidry, Ethan      | Saint Martin | 61.01m    |
| 5 Nelson, Andrew     | Western Wash | 60.69m    |
| 6 Boyd, Andrew       | Saint Martin | 57.85m    |
| 7 Wise, Branden      | Central Wash | 57.40m    |
| 8 Witters, Sean      | Western Wash | 57.33m    |
| 9 Malkoske, Riley    | Simon Fraser | 54.56m    |
| 10 Berger, Max       | Western Wash | 53.73m    |
| 11 Armstrong, Landon | Saint Martin | 52.17m    |
| 12 Walker, JJ        | Western Oreg | 49.77m    |
| 13 Dunham, Bryce     | Msu-Billings | 48.55m    |
| 14 Alberts, Carter   | Northwest Na | 45.65m    |
| 15 Dickson, Anthony  | Western Oreg | 45.34m    |

**Event 19 Women Shot Put****Friday 5/10/2024 - 11:30 AM**

| Name                       | School       | Seed Mark |
|----------------------------|--------------|-----------|
| 1 Herbert, Destany         | Northwest Na | 14.34m    |
| 2 Potts, Katie             | Western Wash | 13.88m    |
| 3 Parks, Mara              | Western Wash | 13.22m    |
| 4 Ramirez-Carmona, Marliyn | Western Oreg | 13.15m    |
| 5 Grandbois, Maddy         | Western Wash | 12.47m    |
| 6 Board, Brenna            | Central Wash | 12.26m    |
| 7 Cooper, Hannah           | Msu-Billings | 12.16m    |
| 8 Green, Jaida             | Msu-Billings | 11.69m    |
| 9 Kwok, Emma               | Northwest Na | 11.31m    |
| 10 Prazer, Ellie           | Central Wash | 11.29m    |
| 11 Eldridge, Jordan        | Northwest Na | 10.68m    |
| 12 Mendoza, Jazmin         | Central Wash | 10.66m    |
| 13 Jones, Grace            | Msu-Billings | 10.53m    |
| 14 Helmen, Maya            | Western Oreg | 10.47m    |
| 15 Ward, Taja              | Saint Martin | 10.42m    |
| 16 Dillon, Taylor          | Saint Martin | 10.30m    |

**Event 20 Men Long Jump****Friday 5/10/2024 - 1:00 PM**

| Name              | School       | Seed Mark |
|-------------------|--------------|-----------|
| 1 Webster, Isaiah | Central Wash | 7.35m     |
| 2 Mercier, Marc   | Alaska Ancho | 7.12m     |
| 3 Greenwalt, Ryan | Western Wash | 6.97m     |
| 4 Klein, Drew     | Central Wash | 6.96m     |
| 5 Monro, Nicholas | Simon Fraser | 6.79m     |

|                       |              |       |
|-----------------------|--------------|-------|
| 6 Schulz, Andrew      | Saint Martin | 6.75m |
| 7 Furtado, Blake      | Simon Fraser | 6.75m |
| 8 Koonantha, Ping     | Western Oreg | 6.74m |
| 9 White, Tyler        | Western Oreg | 6.73m |
| 10 Stevens, Deshaun   | Western Oreg | 6.72m |
| 11 Gibbs, Mitchell    | Simon Fraser | 6.69m |
| 12 Burchfield, Gabe   | Western Oreg | 6.68m |
| 13 Harrison, Marley   | Western Oreg | 6.66m |
| 14 Menicke, Gabe      | Western Wash | 6.64m |
| 15 Nguyen, Hewson     | Saint Martin | 6.59m |
| 16 Vongphet, Anouthai | Western Wash | 6.55m |
| 17 Walker, JJ         | Western Oreg | 6.51m |
| 18 Kenny, Ryan        | Western Wash | 6.33m |
| 19 Fenley, Ryan       | Msu-Billings | 6.33m |
| 20 Hines, Christopher | Central Wash | 6.17m |

**Event 21 Men Discus Throw****Friday 5/10/2024 - 1:45 PM**

| Name                | School       | Seed Mark |
|---------------------|--------------|-----------|
| 1 Franklin, Wyatt   | Central Wash | 49.27m    |
| 2 Wall, Liam        | Western Wash | 48.47m    |
| 3 Kriete, Wes       | Central Wash | 45.18m    |
| 4 Knight, Derek     | Northwest Na | 43.53m    |
| 5 Turner, Noah      | Western Wash | 43.30m    |
| 6 Young, Omar       | Central Wash | 42.49m    |
| 7 Bushnell, Eric    | Alaska Ancho | 42.07m    |
| 8 Martin, Logan     | Central Wash | 41.26m    |
| 9 Sandefur, Cort    | Msu-Billings | 41.15m    |
| 10 Perkins, Isaac   | Msu-Billings | 39.97m    |
| 11 Bentley, Cole    | Msu-Billings | 39.69m    |
| 12 Campbell, Miller | Western Wash | 39.20m    |
| 13 Ramos, Angelo    | Western Wash | 39.01m    |
| 14 Meade, Danny     | Western Oreg | 38.94m    |
| 15 Alberts, Carter  | Northwest Na | 38.74m    |
| 16 Simicich, Nathan | Western Wash | 38.09m    |

**Event 22 Women Javelin Throw****Friday 5/10/2024 - 2:00 PM**

| Name                 | School       | Seed Mark |
|----------------------|--------------|-----------|
| 1 Wright, Kaylee     | Western Oreg | 44.01m    |
| 2 Powers, Emily      | Northwest Na | 43.03m    |
| 3 Gebers, Maddie     | Northwest Na | 42.25m    |
| 4 Paugh, Madison     | Simon Fraser | 38.44m    |
| 5 Carpenter, Emillia | Western Oreg | 37.32m    |
| 6 McGough, Lauryn    | Central Wash | 36.97m    |
| 7 Cooper, Hannah     | Msu-Billings | 36.90m    |
| 8 Sanders, Abigail   | Western Oreg | 36.58m    |
| 9 Linday, Brianna    | Msu-Billings | 35.41m    |
| 10 Cookman, Jordan   | Msu-Billings | 34.23m    |
| 11 Liessfeld, Vivien | Alaska Ancho | 33.94m    |
| 12 Newell, Sierra    | Northwest Na | 33.27m    |
| 13 Littrell, Darci   | Msu-Billings | 32.14m    |
| 14 King, Tess        | Western Wash | 32.10m    |
| 15 Avery, Nicole     | Western Wash | 30.72m    |
| 16 Moore, Tehya      | Central Wash | 29.59m    |

## 2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024

Central Washington University  
Performance List**Event 23 Women Pole Vault**

Friday 5/10/2024 - 3:45 PM

|    | Name             | School       | Seed Mark |
|----|------------------|--------------|-----------|
| 1  | McGough, Lauryn  | Central Wash | 4.01m     |
| 2  | Daugherty, Lizzy | Seattle Paci | 3.82m     |
| 3  | Thomason, Emily  | Seattle Paci | 3.72m     |
| 4  | Tran, Annie      | Western Wash | 3.67m     |
| 5  | Mohlman, Sydney  | Western Wash | 3.61m     |
| 6  | Bryant, Cariann  | Central Wash | 3.40m     |
| 7  | Skaggs, Claire   | Saint Martin | 3.21m     |
| 8  | Thornhill, Kyra  | Central Wash | 3.18m     |
| 9  | Lemeza, Alecia   | Western Oreg | 3.05m     |
| 10 | Haarer, Isabella | Central Wash | 2.90m     |
| 11 | Ross, Alena      | Central Wash | 2.88m     |
| 12 | Newell, Sierra   | Northwest Na | 2.85m     |
| 13 | Rannow, Kim      | Central Wash | 2.58m     |

**Event 24 Women Hammer Throw**

Friday 5/10/2024 - 4:30 PM

|    | Name               | School       | Seed Mark |
|----|--------------------|--------------|-----------|
| 1  | Liniewski, Zuzanna | Simon Fraser | 54.27m    |
| 2  | Eldridge, Jordan   | Northwest Na | 49.54m    |
| 3  | Jones, Grace       | Msu-Billings | 48.90m    |
| 4  | Herbert, Destany   | Northwest Na | 48.78m    |
| 5  | Elenbaas, Payton   | Central Wash | 48.37m    |
| 6  | Board, Brenna      | Central Wash | 48.21m    |
| 7  | Hanger, Kaitlyn    | Simon Fraser | 47.54m    |
| 8  | Carpenter, Emillia | Western Oreg | 47.51m    |
| 9  | Saribay, Jocelyn   | Saint Martin | 47.28m    |
| 10 | Green, Jaida       | Msu-Billings | 46.81m    |
| 11 | Jolma, Brynn       | Msu-Billings | 46.80m    |
| 12 | Parks, Mara        | Western Wash | 46.79m    |
| 13 | Lyness, Liliana    | Western Oreg | 46.60m    |
| 14 | Mendoza, Jazmin    | Central Wash | 44.44m    |
| 15 | Cookman, Jordan    | Msu-Billings | 43.45m    |
| 16 | Cooper, Hannah     | Msu-Billings | 43.36m    |
| 17 | Helmen, Maya       | Western Oreg | 41.79m    |
| 18 | McColly, Mattea    | Msu-Billings | 38.56m    |

**Event 25 Men High Jump**

Friday 5/10/2024 - 4:45 PM

|    | Name              | School       | Seed Mark |
|----|-------------------|--------------|-----------|
| 1  | Groce, Jonah      | Northwest Na | 2.03m     |
| 2  | Greenlee, Manu    | Western Wash | 1.96m     |
| 3  | Conklin, Justin   | Western Oreg | 1.95m     |
| 4  | Burchfield, Gabe  | Western Oreg | 1.91m     |
| 5  | Okere, Favor      | Msu-Billings | 1.88m     |
| 6  | Olmstead, Connor  | Saint Martin | 1.87m     |
| 7  | Kenny, Ryan       | Western Wash | 1.85m     |
| 8  | Fenley, Ryan      | Msu-Billings | 1.81m     |
| 9  | Larsen, Anders    | Alaska Ancho | 1.81m     |
| 10 | McDiarmid, Caysen | Simon Fraser | 1.80m     |
| 11 | Clark, Maddax     | Western Oreg | 1.76m     |
| 12 | Webster, Isaiah   | Central Wash | 1.75m     |
| 13 | Coronel, Trenton  | Msu-Billings | 1.73m     |

**Event 26 Women 4x100 Meter Relay**

Saturday 5/11/2024 - 2:45 PM

|   | Team                   | Relay                    | Seed Time |
|---|------------------------|--------------------------|-----------|
| 1 | Central Wash           | A                        | 46.23     |
|   | 1) DeGroot, Ellie      | 2) Hollis, E'Lexis       |           |
|   | 3) Harris, Donna Marie | 4) Williams, Juliette    |           |
| 2 | Simon Fraser           | A                        | 46.77     |
|   | 1) Chatwin, Kerlinda   | 2) Leclair, Marie-Eloise |           |
|   | 3) Cannan, Emma        | 4) Cummings, Jaeland     |           |
| 3 | Western Wash           | A                        | 46.99     |
|   | 1) Heiman, Annabelle   | 2) Cheney, Caitlyn       |           |
|   | 3) Polkinghorn, Hannah | 4) Miller, Anna          |           |
| 4 | Alaska Ancho           | A                        | 48.35     |
|   | 1) Mader, Mikayla      | 2) Liessfeld, Vivien     |           |
|   | 3) Heite, Liv          | 4) Binford, Portia       |           |
| 5 | Northwest Na           | A                        | 48.50     |
|   | 1) Gomez, Alejandra    | 2) Farnsworth, Kalli     |           |
|   | 3) Baniaga, Katie      | 4) Harms, Gabbie         |           |
| 6 | Western Oreg           | A                        | 48.75     |
|   | 1) Lavato, Josie       | 2) Altamirano, Bethanie  |           |
|   | 3) Hart, Jessy         | 4) Lambing, Madeline     |           |
| 7 | Msu-Billings           | A                        | 49.74     |
|   | 1) Klein, Bella        | 2) Richardson, Mya       |           |
|   | 3) Sanchez, Alyssa     | 4) Hamill, Katelyn       |           |
| 8 | Seattle Paci           | A                        | 50.32     |
|   | 1) Green, Aniya        | 2) Smith, Charisma       |           |
|   | 3) Mock, Sophie        | 4) Crane, Marissa        |           |

**Event 27 Men 4x100 Meter Relay**

Saturday 5/11/2024 - 2:50 PM

|   | Team               | Relay                    | Seed Time |
|---|--------------------|--------------------------|-----------|
| 1 | Central Wash       | A                        | 41.01     |
|   | 1) Webster, Isaiah | 2) Walker, Trevion       |           |
|   | 3) Green, Josh     | 4) Boast, Josh           |           |
| 2 | Western Wash       | A                        | 41.11     |
|   | 1) Greenwalt, Ryan | 2) Johnson, Ethan        |           |
|   | 3) Le, Brian       | 4) Mickenham, Nolan      |           |
| 3 | Simon Fraser       | A                        | 41.37     |
|   | 1) Gibbs, Mitchell | 2) Hall, Jacob           |           |
|   | 3) O'Donnell, Liam | 4) Penson-Mccoy, Jesaiah |           |
| 4 | Alaska Ancho       | A                        | 41.42     |
|   | 1) Mercier, Marc   | 2) Caleb, Joshua         |           |
|   | 3) Angarita, Kevin | 4) Jana, Riday           |           |
| 5 | Western Oreg       | A                        | 41.67     |
|   | 1) Johnson, Thomas | 2) Driesner, Alex        |           |
|   | 3) Hendrix, Amari  | 4) Murphy, Brennan       |           |
| 6 | Northwest Na       | A                        | 42.16     |
|   | 1) Ewing, Fikadu   | 2) Braseth, Hunter       |           |
|   | 3) Collins, Logan  | 4) Hunt, Sylvanus        |           |
| 7 | Msu-Billings       | A                        | 42.22     |
|   | 1) Sweat, Dawson   | 2) Herbert, JayCee       |           |
|   | 3) Dezember, Mason | 4) Ralston, Ben          |           |

## 2024 GNAC Conference Championships - 5/10/2024 to 5/11/2024

Central Washington University  
Performance List**Event 28 Women 1500 Meter Run****Saturday 5/11/2024 - 3:00 PM**

| Name                     | School       | Seed Time |
|--------------------------|--------------|-----------|
| 1 Roxby, Megan           | Simon Fraser | 4:20.02   |
| 2 Walchak-Sloan, Cassidy | Saint Martin | 4:28.48   |
| 3 Davis, Ila             | Western Wash | 4:31.47   |
| 4 Wright, Sophie         | Western Wash | 4:32.17   |
| 5 Esvelt, Annika         | Seattle Paci | 4:34.73   |
| 6 Watkins, Rachael       | Simon Fraser | 4:35.54   |
| 7 Bassett, Elie          | Western Wash | 4:37.67   |
| 8 Smith, Riley           | Western Oreg | 4:38.93   |
| 9 Tasdemir, Selin        | Simon Fraser | 4:40.05   |
| 10 Chalk, Grace          | Simon Fraser | 4:40.43   |
| 11 Crocker, Mia          | Western Wash | 4:40.53   |
| 12 Collins-Winn, Evelyn  | Western Wash | 4:40.92   |
| 13 Stoochnoff, Madison   | Simon Fraser | 4:41.34   |
| 14 Philbin, Jill         | Western Wash | 4:44.66   |
| 15 Yanasak, Nicole       | Central Wash | 4:47.76   |
| 16 Klein, Olivia         | Northwest Na | 4:50.67   |

**Event 29 Men 1500 Meter Run****Saturday 5/11/2024 - 3:05 PM**

| Name                         | School       | Seed Time |
|------------------------------|--------------|-----------|
| 1 McDermott, Kevin           | Western Wash | 3:46.54   |
| 2 Sanchez, Keeton            | Western Oreg | 3:47.55   |
| 3 Good, Aiden                | Simon Fraser | 3:52.23   |
| 4 Hosking, Elwood            | Western Oreg | 3:52.35   |
| 5 Castro, Jose               | Simon Fraser | 3:52.55   |
| 6 Pomrankey, Easton          | Western Oreg | 3:52.72   |
| 7 Lingwall, Samuel           | Western Wash | 3:53.17   |
| 8 Eifert, Ian                | Western Wash | 3:53.78   |
| 9 Zapherson, Michael         | Alaska Ancho | 3:54.62   |
| 10 Rutledge, Leo             | Western Wash | 3:54.66   |
| 11 Alderfer, Jared           | Western Wash | 3:55.14   |
| 12 Wadhvani, Jacob           | Simon Fraser | 3:55.27   |
| 13 Stedman, Carter           | Northwest Na | 3:55.40   |
| 14 Kohler, Zachary           | Alaska Ancho | 3:55.51   |
| 15 Souza-Ponce, Eric Anthony | Western Wash | 3:56.23   |
| 16 Elliott, Ty               | Alaska Ancho | 3:58.35   |
| 17 Hough, Garrett            | Central Wash | 3:59.14   |

**Event 42 Women 5000 Meter Run****Saturday 5/11/2024 - 4:50 PM**

| Name                     | School       | Seed Time |
|--------------------------|--------------|-----------|
| 1 Esvelt, Annika         | Seattle Paci | 16:18.94  |
| 2 Walchak-Sloan, Cassidy | Saint Martin | 16:40.76  |
| 3 Reeck, Ashley          | Western Wash | 17:02.41  |
| 4 Davis, Ila             | Western Wash | 17:12.12  |
| 5 Otto, Alexandra        | Alaska Ancho | 17:24.60  |
| 6 Nystrom, Meaera        | Western Wash | 17:25.19  |
| 7 Erler, Morgan          | Northwest Na | 17:27.52  |
| 8 Heldt, Caitlin         | Western Oreg | 17:34.61  |
| 9 Smith, Emma            | Western Wash | 17:34.83  |
| 10 Edens, Ella           | Western Wash | 17:35.11  |
| 11 Ewing, Maya           | Seattle Paci | 17:39.65  |

|                         |              |          |
|-------------------------|--------------|----------|
| 12 McLain, Danielle     | Western Wash | 17:44.17 |
| 13 Strausbaugh, Jordan  | Alaska Ancho | 17:46.15 |
| 14 Stevenson, Josephine | Western Wash | 17:46.28 |
| 15 Ramsey, Kayla        | Western Wash | 17:47.57 |
| 16 Halsell, Laura       | Western Wash | 17:51.04 |
| 17 Parker, Alexis       | Western Wash | 17:51.17 |
| 18 Williamson, Avery    | Alaska Ancho | 17:53.33 |
| 19 Mulch, Matise        | Seattle Paci | 18:04.16 |

**Event 43 Men 5000 Meter Run****Saturday 5/11/2024 - 5:15 PM**

| Name                   | School       | Seed Time |
|------------------------|--------------|-----------|
| 1 Nash, Cole           | Alaska Ancho | 13:55.71  |
| 2 McDermott, Kevin     | Western Wash | 13:57.89  |
| 3 Clough, Ryan         | Western Wash | 14:19.62  |
| 4 Kemble, Brody        | Northwest Na | 14:22.58  |
| 5 Gillingham, Jeret    | Western Wash | 14:27.07  |
| 6 Zapherson, Michael   | Alaska Ancho | 14:27.70  |
| 7 Oslin, Andrew        | Western Wash | 14:27.84  |
| 8 Karamitsos, George   | Western Wash | 14:28.05  |
| 9 Smith, Bailey        | Western Oreg | 14:31.54  |
| 10 Mekonnen, Ephrem    | Simon Fraser | 14:33.27  |
| 11 Brinkman, Sebastian | Simon Fraser | 14:41.17  |
| 12 Stockett, Ian       | Northwest Na | 14:41.23  |
| 13 Kohler, Zachary     | Alaska Ancho | 14:42.85  |
| 14 Javurek, Jalen      | Western Wash | 14:42.86  |
| 15 Brakstad, Sten      | Western Wash | 14:43.05  |
| 16 Rush, Andrew        | Msu-Billings | 14:48.41  |
| 17 Arndt, Scott        | Simon Fraser | 14:48.81  |
| 18 Correa, Johan       | Central Wash | 14:51.14  |
| 19 Elliott, Ty         | Alaska Ancho | 15:05.52  |
| 20 Fernandez, George   | Western Wash | 15:07.53  |

**Event 44 Women 4x400 Meter Relay****Saturday 5/11/2024 - 5:40 PM**

| Team                    | Relay                        | Seed Time |
|-------------------------|------------------------------|-----------|
| 1 Western Wash          | A                            | 3:48.67   |
| 1) Heiman, Annabelle    | 2) Cheney, Caitlyn           |           |
| 3) Ledesma, Marian      | 4) Cook, Kennedy             |           |
| 2 Central Wash          | A                            | 3:52.32   |
| 1) Hollis, E'Lexis      | 2) Williams, Juliette        |           |
| 3) Harris, Donna Marie  | 4) Ntekpere, Emy             |           |
| 3 Simon Fraser          | A                            | 3:55.62   |
| 1) Vanderput, Elizabeth | 2) Bosma, Claire             |           |
| 3) Cannan, Emma         | 4) Leclair, Marie-Eloise     |           |
| 4 Northwest Na          | A                            | 3:58.98   |
| 1) DeJong, Laine        | 2) Farnsworth, Kalli         |           |
| 3) Harms, Gabbie        | 4) Gomez, Alejandra          |           |
| 5 Alaska Ancho          | A                            | 3:59.55   |
| 1) Cvancara, Sophia     | 2) Vidad, Joei               |           |
| 3) Chisar, Jess         | 4) De Arvizu Sarrias, Blanca |           |
| 6 Western Oreg          | A                            | 4:01.86   |
| 1) Altamirano, Bethanie | 2) Merritt, Amelia           |           |
| 3) Lambing, Madeline    | 4) Hart, Jessy               |           |

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## Event 44 ... (Women 4x400 Meter Relay)

| Team                      | Relay                 | Seed Time |
|---------------------------|-----------------------|-----------|
| 7 Seattle Paci            | A                     | 4:03.35   |
| 1) Green, Aniya           | 2) Brown, Johanna     |           |
| 3) Smith, Charisma        | 4) Crane, Marissa     |           |
| 8 Msu-Billings            | A                     | 4:09.38   |
| 1) Klein, Bella           | 2) Richardson, Mya    |           |
| 3) Clark-Sexson, Annelise | 4) Severson, Madeline |           |

## Event 45 Men 4x400 Meter Relay

| Saturday 5/11/2024 - 5:45 PM |                       |           |
|------------------------------|-----------------------|-----------|
| Team                         | Relay                 | Seed Time |
| 1 Western Wash               | A                     | 3:18.33   |
| 1) Greenwalt, Ryan           | 2) Le, Brian          |           |
| 3) Brenek, Lucas             | 4) Weber, Drew        |           |
| 2 Central Wash               | A                     | 3:19.69   |
| 1) Boast, Josh               | 2) Webster, Isaiah    |           |
| 3) Green, Josh               | 4) Hutton, Max        |           |
| 3 Western Oreg               | A                     | 3:19.88   |
| 1) Murphy, Brennen           | 2) Rodriguez, Isaiah  |           |
| 3) Le, Teo                   | 4) Hendrix, Amari     |           |
| 4 Northwest Na               | A                     | 3:22.90   |
| 1) Braseth, Hunter           | 2) Kindler, Christian |           |
| 3) Johansson, Luke           | 4) Breuer, Dylan      |           |
| 5 Simon Fraser               | A                     | 3:24.07   |
| 1) Penson-McCoy, Jesaiah     | 2) Good, Aiden        |           |
| 3) Thomson, Andrew           | 4) Plummer, Colton    |           |
| 6 Saint Martin               | A                     | 3:24.42   |
| 1) Franco, Zachary           | 2) Olmstead, Connor   |           |
| 3) Cooper, Matt              | 4) Pagente, Kainalu   |           |
| 7 Alaska Ancho               | A                     | 3:25.33   |
| 1) Caleb, Joshua             | 2) Larsen, Anders     |           |
| 3) Jana, Riday               | 4) Angarita, Kevin    |           |
| 8 Msu-Billings               | A                     | 3:29.48   |
| 1) Herbert, JayCee           | 2) Dezember, Mason    |           |
| 3) Fenley, Ryan              | 4) Scott, Kaleb       |           |

## Event 46 Men Triple Jump

| Saturday 5/11/2024 - 10:15 AM |              |           |
|-------------------------------|--------------|-----------|
| Name                          | School       | Seed Mark |
| 1 Njeri, David                | Seattle Paci | 14.78m    |
| 2 Webster, Isaiah             | Central Wash | 14.59m    |
| 3 Menicke, Gabe               | Western Wash | 14.47m    |
| 4 Harrison, Marley            | Western Oreg | 14.22m    |
| 5 Stevens, Deshaun            | Western Oreg | 13.82m    |
| 6 Boast, Josh                 | Central Wash | 13.75m    |
| 7 Koonantha, Ping             | Western Oreg | 13.72m    |
| 8 White, Tyler                | Western Oreg | 13.34m    |
| 9 Laulainen, Mikko            | Western Wash | 13.21m    |
| 10 Nguyen, Hewson             | Saint Martin | 12.55m    |
| 11 Fenley, Ryan               | Msu-Billings | 12.45m    |
| 12 Robertson, Felix           | Alaska Ancho | 12.33m    |
| 13 Hines, Christopher         | Central Wash | 12.10m    |
| 14 Clark, Maddax              | Western Oreg | 11.90m    |
| 15 Thompson, Jake             | Western Oreg | 11.90m    |
| 16 Coronel, Trenton           | Msu-Billings | 11.58m    |

## Event 47 Men Shot Put

| Saturday 5/11/2024 - 10:45 AM |              |           |  |
|-------------------------------|--------------|-----------|--|
| Name                          | School       | Seed Mark |  |
| 1 Kriete, Wes                 | Central Wash | 15.96m    |  |
| 2 Turner, Noah                | Western Wash | 15.37m    |  |
| 3 Ramos, Angelo               | Western Wash | 14.99m    |  |
| 4 Behrman, Jacob              | Western Oreg | 14.81m    |  |
| 5 Franklin, Wyatt             | Central Wash | 14.30m    |  |
| 6 Perkins, Isaac              | Msu-Billings | 14.12m    |  |
| 7 Simicich, Nathan            | Western Wash | 13.87m    |  |
| 8 Warren, Mark                | Western Oreg | 13.69m    |  |
| 9 Campbell, Miller            | Western Wash | 13.54m    |  |
| 10 Alberts, Carter            | Northwest Na | 13.38m    |  |
| 11 Knight, Derek              | Northwest Na | 13.37m    |  |
| 12 Wall, Liam                 | Western Wash | 13.35m    |  |
| 13 Sandefur, Cort             | Msu-Billings | 12.65m    |  |
| 14 Walker, JJ                 | Western Oreg | 12.53m    |  |
| 15 Swaney, Braden             | Northwest Na | 12.36m    |  |
| 16 Bentley, Cole              | Msu-Billings | 12.34m    |  |

## Event 48 Women Triple Jump

| Saturday 5/11/2024 - 12:45 PM |              |           |  |
|-------------------------------|--------------|-----------|--|
| Name                          | School       | Seed Mark |  |
| 1 Ntekpere, Emy               | Central Wash | 12.16m    |  |
| 2 Ngaida, Kalulusno           | Western Oreg | 11.96m    |  |
| 3 Nwokoma, Ujunwa             | Western Oreg | 11.45m    |  |
| 4 Clemens, Macy               | Western Oreg | 11.32m    |  |
| 5 Green, Vai                  | Northwest Na | 11.31m    |  |
| 6 Windbiel, Olivia            | Simon Fraser | 11.08m    |  |
| 7 Moore, Tehya                | Central Wash | 10.97m    |  |
| 8 Primrose, Kennedy           | Simon Fraser | 10.92m    |  |
| 9 Walker, Karma               | Western Wash | 10.74m    |  |
| 10 Sanchez, Alyssa            | Msu-Billings | 10.52m    |  |
| 11 Cofield, Jasmine           | Msu-Billings | 10.26m    |  |
| 12 Blue, Hailey               | Western Oreg | 10.13m    |  |
| 13 Wendring, Sadie            | Western Oreg | 10.11m    |  |
| 14 Danner-Bunn, Ayla          | Western Wash | 10.09m    |  |
| 15 Schulberg, Cassandra       | Western Wash | 8.79m     |  |
| 16 Lemeza, Alecia             | Western Oreg | ND        |  |

## Event 49 Women Discus Throw

| Saturday 5/11/2024 - 1:15 PM |              |           |  |
|------------------------------|--------------|-----------|--|
| Name                         | School       | Seed Mark |  |
| 1 Potts, Katie               | Western Wash | 46.47m    |  |
| 2 Elenbaas, Payton           | Central Wash | 43.70m    |  |
| 3 Herbert, Destany           | Northwest Na | 41.11m    |  |
| 4 Board, Brenna              | Central Wash | 40.11m    |  |
| 5 Andres, Krystal            | Western Oreg | 39.93m    |  |
| 6 Eldridge, Jordan           | Northwest Na | 39.90m    |  |
| 7 Galvan, Adriannah          | Western Wash | 38.87m    |  |
| 8 Kwok, Emma                 | Northwest Na | 38.08m    |  |
| 9 Ramirez-Carmona, Marliyn   | Western Oreg | 37.45m    |  |
| 10 Saribay, Jocelyn          | Saint Martin | 37.43m    |  |
| 11 McColly, Mattea           | Msu-Billings | 37.43m    |  |
| 12 Holmes, Isabella          | Central Wash | 37.42m    |  |

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Performance List**Event 49 ... (Women Discus Throw)**

| Name               | School       | Seed Mark |
|--------------------|--------------|-----------|
| 13 Jolma, Brynn    | Msu-Billings | 35.35m    |
| 14 Prazer, Ellie   | Central Wash | 34.93m    |
| 15 Dillon, Taylor  | Saint Martin | 34.51m    |
| 16 Linday, Brianna | Msu-Billings | 34.27m    |

|                       |              |       |
|-----------------------|--------------|-------|
| 7 Mader, Mikayla      | Alaska Ancho | 1.61m |
| 8 Clemens, Macy       | Western Oreg | 1.59m |
| 9 Gordon, Julia       | Msu-Billings | 1.59m |
| 10 Windbiel, Olivia   | Simon Fraser | 1.58m |
| 11 Kessler, Paige     | Seattle Paci | 1.58m |
| 12 Walker, Karma      | Western Wash | 1.57m |
| 13 Severson, Madeline | Msu-Billings | 1.54m |
| 14 Avery, Nicole      | Western Wash | 1.48m |
| 15 Hanger, Kaitlyn    | Simon Fraser | 1.47m |

**Event 50 Men Pole Vault**

Saturday 5/11/2024 - 3:10 PM

| Name                  | School       | Seed Mark |
|-----------------------|--------------|-----------|
| 1 Klein, Drew         | Central Wash | 4.76m     |
| 2 Doidge, Ryan        | Saint Martin | 4.61m     |
| 3 Lee, Kainoa         | Seattle Paci | 4.41m     |
| 4 Koenig, William     | Northwest Na | 4.40m     |
| 5 Walker, JJ          | Western Oreg | 4.30m     |
| 6 Hrcek, Mason        | Seattle Paci | 4.27m     |
| 7 Wilkins, Shalkar    | Northwest Na | 4.25m     |
| 8 Katsuda, Sam        | Central Wash | 4.17m     |
| 9 Burchfield, Gabe    | Western Oreg | 4.03m     |
| 10 Staniunas, Phillip | Western Oreg | 4.02m     |
| 11 Klein, Aidan       | Western Wash | 3.99m     |
| 12 Pieper, Charles    | Central Wash | 3.91m     |
| 13 Montero, Kurt      | Western Wash | 3.81m     |
| 14 Boyd, Andrew       | Saint Martin | 3.73m     |
| 15 Saxon, Mikel       | Seattle Paci | 3.70m     |

**Event 51 Men Hammer Throw**

Saturday 5/11/2024 - 3:40 PM

| Name                | School       | Seed Mark |
|---------------------|--------------|-----------|
| 1 Warren, Mark      | Western Oreg | 59.10m    |
| 2 Campbell, Miller  | Western Wash | 55.91m    |
| 3 Ramos, Angelo     | Western Wash | 55.59m    |
| 4 Martin, Logan     | Central Wash | 54.56m    |
| 5 Knight, Derek     | Northwest Na | 53.77m    |
| 6 Perkins, Isaac    | Msu-Billings | 50.42m    |
| 7 Young, Omar       | Central Wash | 45.73m    |
| 8 Bentley, Cole     | Msu-Billings | 44.92m    |
| 9 Simicich, Nathan  | Western Wash | 44.86m    |
| 10 Swaney, Braden   | Northwest Na | 44.36m    |
| 11 Meade, Danny     | Western Oreg | 43.83m    |
| 12 Alberts, Carter  | Northwest Na | 43.70m    |
| 13 Sandefur, Cort   | Msu-Billings | 41.99m    |
| 14 Dunham, Bryce    | Msu-Billings | 37.39m    |
| 15 Lamb, Lars       | Northwest Na | 37.27m    |
| 16 Dickson, Anthony | Western Oreg | 35.58m    |
| 17 Franklin, Wyatt  | Central Wash | ND        |

**Event 52 Women High Jump**

Saturday 5/11/2024 - 3:45 PM

| Name                | School       | Seed Mark |
|---------------------|--------------|-----------|
| 1 Ntekpere, Emy     | Central Wash | 1.72m     |
| 2 Cooper, Hannah    | Msu-Billings | 1.68m     |
| 3 Koch, Miya        | Northwest Na | 1.67m     |
| 4 Deters, Amity     | Western Oreg | 1.66m     |
| 5 Ngaida, Kalulusno | Western Oreg | 1.62m     |
| 6 Cook, Kora        | Western Wash | 1.62m     |