

**GNAC Indoor Track & Field Championships**  
**2/20/2015 - 2/21/2015**  
**Boise State-Jackson's Track - Nampa, ID**

**Men's 60 Meters Prelim**

PL	Athlete	Team	Prelim	Heat(HPL)
1	Donigian, Alex	WWU	6.80Q	2(1)
2	McKinney, Kent	CWU	6.82Q	1(1)
3	Christie, Rimar	NNU	6.92q	2(2)
4	Thomas, Cody	Alaska Anchorage	6.97q	2(3)
5	Warner, Cody	WOU	6.99q	1(2)
6	Binkerd, Alex	WWU	7.04q	1(3)
7	Gray, Darrion	Alaska Anchorage	7.06q	1(4)
8	Revis, Paul	WOU	7.13q	1(5)
9	Steuk, Garret	CWU	7.16	2(4)
10	Oswalt, Jacob	NNU	7.26	1(6)
10	DiGiovanna, Tyler	MSU-Billings	7.26	2(5)
10	Ferguson, David	SPU	7.26	2(5)
13	Apelu, Kama	WOU	7.32	2(7)
14	Basuel, Gavin	St. Martins	7.40	1(7)
15	Yoro, Christian	St. Martins	7.52	2(8)
	Kelly, Devin	CWU	DNS	1

**Men's 60 Meters Prelim Heat 1 of 2**

PL	Athlete	Team	Prelim
1	McKinney, Kent	CWU	6.82Q
2	Warner, Cody	WOU	6.99q
3	Binkerd, Alex	WWU	7.04q
4	Gray, Darrion	Alaska Anchorage	7.06q
5	Revis, Paul	WOU	7.13q
6	Oswalt, Jacob	NNU	7.26
7	Basuel, Gavin	St. Martins	7.40
	Kelly, Devin	CWU	DNS

**Men's 60 Meters Prelim Heat 2 of 2**

PL	Athlete	Team	Prelim
1	Donigian, Alex	WWU	6.80Q
2	Christie, Rimar	NNU	6.92q
3	Thomas, Cody	Alaska Anchorage	6.97q
4	Steuk, Garret	CWU	7.16
5	DiGiovanna, Tyler	MSU-Billings	7.26
5	Ferguson, David	SPU	7.26
7	Apelu, Kama	WOU	7.32
8	Yoro, Christian	St. Martins	7.52

**Men's 200 Meters Prelim**

PL	Athlete	Team	Prelim	Heat(HPL)
1	Donigian, Alex	WWU	21.76Q	1(1)
2	Warner, Cody	WOU	21.96Q	2(1)
3	Webster, Joel	Simon Fraser	22.17Q	3(1)
4	Thomas, Cody	Alaska Anchorage	22.20	1(2)
5	Binkerd, Alex	WWU	22.32Q	5(1)
6	Gray, Darrion	Alaska Anchorage	22.33Q	4(1)
7	Christie, Rimar	NNU	22.40	1(3)
8	Bauer, Elliott	Alaska Anchorage	22.47Q	6(1)
9	Ferguson, David	SPU	22.50	2(2)
10	Commandeur, Adam	Alaska Anchorage	22.53	3(2)
11	Oswalt, Jacob	NNU	22.54	5(2)
12	Steuk, Garret	CWU	22.66	3(3)
13	Smith, Mikel	St. Martins	22.84	4(2)
14	McKinney, Kent	CWU	22.93	5(3)
14	Schmidt, Nathaniel	WWU	22.93	6(2)
16	Lopez, Mario	SPU	22.94	2(3)
17	Dhillon, Hameet	Simon Fraser	23.00	4(3)
18	Stanek, Cameron	MSU-Billings	23.04	1(4)
19	DiGiovanna, Tyler	MSU-Billings	23.08	6(3)
20	Mason, Zach	NNU	23.09	3(4)
21	House, Cody	St. Martins	23.53	2(4)

**Men's 200 Meters Prelim Heat 1 of 6**

PL	Athlete	Team	Prelim
1	Donigian, Alex	WWU	21.76Q
2	Thomas, Cody	Alaska Anchorage	22.20
3	Christie, Rimar	NNU	22.40
4	Stanek, Cameron	MSU-Billings	23.04

**Men's 200 Meters Prelim Heat 2 of 6**

PL	Athlete	Team	Prelim
1	Warner, Cody	WOU	21.96Q
2	Ferguson, David	SPU	22.50
3	Lopez, Mario	SPU	22.94
4	House, Cody	St. Martins	23.53

**Men's 200 Meters Prelim Heat 3 of 6**

PL	Athlete	Team	Prelim
1	Webster, Joel	Simon Fraser	22.17Q
2	Commandeur, Adam	Alaska Anchorage	22.53
3	Steuk, Garret	CWU	22.66
4	Mason, Zach	NNU	23.09

**Men's 200 Meters Prelim Heat 4 of 6**

PL	Athlete	Team	Prelim
1	Gray, Darrion	Alaska Anchorage	22.33Q
2	Smith, Mikel	St. Martins	22.84
3	Dhillon, Hameet	Simon Fraser	23.00

**Men's 200 Meters Prelim Heat 5 of 6**

PL	Athlete	Team	Prelim
1	Binkerd, Alex	WWU	22.32Q
2	Oswalt, Jacob	NNU	22.54
3	McKinney, Kent	CWU	22.93

**Men's 200 Meters Prelim Heat 6 of 6**

PL	Athlete	Team	Prelim
1	Bauer, Elliott	Alaska Anchorage	22.47Q
2	Schmidt, Nathaniel	WWU	22.93
3	DiGiovanna, Tyler	MSU-Billings	23.08

**Men's 400 Meters Prelim**

PL	Athlete	Team	Prelim	Heat(HPL)
1	Webster, Joel	Simon Fraser	48.60q	1(1)
2	Commandeur, Adam	Alaska Anchorage	48.98q	2(1)
3	Kelloway, Daniel	Simon Fraser	49.58q	3(1)
4	Bauer, Elliott	Alaska Anchorage	49.59q	5(1)
5	MCArthur, Ryan	WWU	49.84q	6(1)
6	Ellenwood, Stuart	Simon Fraser	49.93q	6(2)
7	Holmberg, AJ	WOU	50.22	1(2)
8	Lopez, Mario	SPU	50.26	4(1)
9	Lindsay, Liam	Alaska Anchorage	50.36	4(2)
10	Whitaker, Aaron	WOU	50.40	3(2)
11	Arndt, Darren	CWU	50.61	2(2)
12	Cole, Josh	WOU	50.89	3(3)
13	Moreton, Chris	SPU	51.07	5(2)
14	Polkow, Landon	MSU-Billings	51.31	3(4)
15	Dhillon, Hameet	Simon Fraser	51.32	2(3)
16	Straker, RJ	SPU	51.53	2(4)
17	House, Cody	St. Martins	51.79	4(3)
18	Ramsey, Justin	SPU	51.88	5(3)
19	Harris, David	NNU	52.30	1(3)
20	Schmidt, Nathaniel	WWU	52.53	6(3)
21	Sissel, Ty	St. Martins	55.14	5(4)
	Brenner, Austin	St. Martins	DNF	1
	Jobson, Zane	Simon Fraser	DNF	4

**Men's 400 Meters Prelim Heat 1 of 6**

PL	Athlete	Team	Prelim
1	Webster, Joel	Simon Fraser	48.60q
2	Holmberg, AJ	WOU	50.22
3	Harris, David	NNU	52.30
	Brenner, Austin	St. Martins	DNF

**Men's 400 Meters Prelim Heat 2 of 6**

PL	Athlete	Team	Prelim
1	Commandeur, Adam	Alaska Anchorage	48.98q
2	Arndt, Darren	CWU	50.61
3	Dhillon, Hameet	Simon Fraser	51.32
4	Straker, RJ	SPU	51.53

**Men's 400 Meters Prelim Heat 3 of 6**

PL	Athlete	Team	Prelim
1	Kelloway, Daniel	Simon Fraser	49.58q
2	Whitaker, Aaron	WOU	50.40
3	Cole, Josh	WOU	50.89
4	Polkow, Landon	MSU-Billings	51.31

**Men's 400 Meters Prelim Heat 4 of 6**

PL	Athlete	Team	Prelim
1	Lopez, Mario	SPU	50.26
2	Lindsay, Liam	Alaska Anchorage	50.36
3	House, Cody	St. Martins	51.79
	Jobson, Zane	Simon Fraser	DNF

**Men's 400 Meters Prelim Heat 5 of 6**

PL	Athlete	Team	Prelim
1	Bauer, Elliott	Alaska Anchorage	49.59q
2	Moreton, Chris	SPU	51.07
3	Ramsey, Justin	SPU	51.88
4	Sissel, Ty	St. Martins	55.14

**Men's 400 Meters Prelim Heat 6 of 6**

PL	Athlete	Team	Prelim
1	MCArthur, Ryan	WWU	49.84q
2	Ellenwood, Stuart	Simon Fraser	49.93q
3	Schmidt, Nathaniel	WWU	52.53

**Men's 800 Meters Prelim**

PL	Athlete	Team	Prelim	Heat(HPL)
1	Kipchumba, Nathan	Alaska Anchorage	1:51.70Q	2(1)
2	Sultessa, Badane	WOU	1:51.91Q	2(2)
3	Hanna, Josh	WOU	1:51.96q	2(3)
4	Commandeur, Scott	Alaska Anchorage	1:52.92q	2(4)
5	Proceviat, Cameron	Simon Fraser	1:53.06Q	3(1)
6	McCranie, Cody	WWU	1:53.65q	2(5)
7	Krause, Frank	St. Martins	1:53.70Q	3(2)
8	Naffziger, Sam	WOU	1:54.36Q	1(1)
9	Miller, Jesse	Alaska Anchorage	1:54.60Q	1(2)
10	Day, Joe	Alaska Anchorage	1:54.61	1(3)
11	Wojtech, John	CWU	1:55.44	2(6)
12	Freinhofer, Dylan	Simon Fraser	1:55.86	3(3)
13	Brown, Dylan	WWU	1:55.94	1(4)
14	Trummer, Max	Simon Fraser	1:55.95	1(5)
15	Dempsey, Josh	WOU	1:56.56	3(4)
16	Marson, Parker	WOU	1:57.44	1(6)
17	Hughey, Mitchell	St. Martins	1:58.21	3(5)
18	Wiedmer, Colin	St. Martins	1:58.64	2(7)
19	Tadesse, Ephraim	Simon Fraser	1:59.87	3(6)
20	Anheluk, Riley	WOU	2:00.47	1(7)
21	Schafer, Brandon	NNU	2:01.20	3(7)
22	Stash, Chris	WOU	2:03.98	2(8)

**Men's 800 Meters Prelim Heat 1 of 3**

PL	Athlete	Team	Prelim
1	Naffziger, Sam	WOU	1:54.36Q
2	Miller, Jesse	Alaska Anchorage	1:54.60Q
3	Day, Joe	Alaska Anchorage	1:54.61
4	Brown, Dylan	WWU	1:55.94
5	Trummer, Max	Simon Fraser	1:55.95
6	Marson, Parker	WOU	1:57.44
7	Anheluk, Riley	WOU	2:00.47

**Men's 800 Meters Prelim Heat 2 of 3**

PL	Athlete	Team	Prelim
1	Kipchumba, Nathan	Alaska Anchorage	1:51.70Q
2	Sultessa, Badane	WOU	1:51.91Q
3	Hanna, Josh	WOU	1:51.96q
4	Commandeur, Scott	Alaska Anchorage	1:52.92q
5	McCranie, Cody	WWU	1:53.65q
6	Wojtech, John	CWU	1:55.44
7	Wiedmer, Colin	St. Martins	1:58.64
8	Stash, Chris	WOU	2:03.98

**Men's 800 Meters Prelim Heat 3 of 3**

PL	Athlete	Team	Prelim
1	Proceviat, Cameron	Simon Fraser	1:53.06Q
2	Krause, Frank	St. Martins	1:53.70Q
3	Freinhofer, Dylan	Simon Fraser	1:55.86
4	Dempsey, Josh	WOU	1:56.56
5	Hughey, Mitchell	St. Martins	1:58.21
6	Tadesse, Ephraim	Simon Fraser	1:59.87
7	Schafer, Brandon	NNU	2:01.20



**Men's 5000 Meters**

PL	Athlete	Team	Final	Pts
1	Cheseto, Henry	Alaska Anchorage	14:39.24	10
2	Notz, Dominik	Alaska Anchorage	14:39.37	8
3	Jorgensen, Oliver	Simon Fraser	14:53.33	6
4	Anthony, Dylan	Alaska Anchorage	15:01.77	5
5	Griffith, Isaac	WWU	15:02.82	4
6	Reedy, Tabor	WWU	15:07.27	3
7	Samoei, Victor	Alaska Anchorage	15:07.29	2
8	Kangogo, Edwin	Alaska Anchorage	15:17.28	1
9	Fleenor, Kaleb	NNU	15:17.74	
10	Wiley, Turner	SPU	15:19.60	
11	Wise, Andrew	WWU	15:24.95	
12	Holloway, Zach	WOU	15:27.54	
13	Love, Garrett	MSU-Billings	15:39.69	
14	Rooke, Kevin	Alaska Anchorage	15:50.01	
15	Cunningham, Chase	NNU	15:57.59	
16	Comer, Brian	SPU	16:18.99	
	Charlton, Braeden	Simon Fraser	DNS	



**Men's 60m Hurdle Prelim**

PL	Athlete	Team	Prelim	Heat(HPL)
1	Milbrandt, Travis	WWU	8.15Q	2(1)
2	Christie, Rimar	NNU	8.22Q	1(1)
3	Myers, Logan	WWU	8.25Q	3(1)
4	Dobson, Kaleb	WOU	8.38q	2(2)
5	Durden, David	St. Martins	8.40q	1(2)
6	Galbraith, Andrew	NNU	8.44q	1(3)
7	Lewis, Payton	NNU	8.47q	2(3)
7	McLaughlin, Kyle	NNU	8.47q	3(2)
9	Spatz, Micah	NNU	8.56	1(4)
10	Thomas, Cody	Alaska Anchorage	8.58	3(3)
11	Turner, Travis	Alaska Anchorage	8.62	1(5)
12	Grothmann, Rihei	WOU	8.76	1(6)
13	Sissel, Ty	St. Martins	8.85	2(4)
14	Lindquist, Austin	MSU-Billings	9.10	2(5)
15	West, Conner	Alaska Anchorage	9.13	3(4)
16	Camarillo, Dustin	WOU	9.19	3(5)

**Men's 60m Hurdle Prelim Heat 1 of 3**

PL	Athlete	Team	Prelim
1	Christie, Rimar	NNU	8.22Q
2	Durden, David	St. Martins	8.40q
3	Galbraith, Andrew	NNU	8.44q
4	Spatz, Micah	NNU	8.56
5	Turner, Travis	Alaska Anchorage	8.62
6	Grothmann, Rihei	WOU	8.76

**Men's 60m Hurdle Prelim Heat 2 of 3**

PL	Athlete	Team	Prelim
1	Milbrandt, Travis	WWU	8.15Q
2	Dobson, Kaleb	WOU	8.38q
3	Lewis, Payton	NNU	8.47q
4	Sissel, Ty	St. Martins	8.85
5	Lindquist, Austin	MSU-Billings	9.10

**Men's 60m Hurdle Prelim Heat 3 of 3**

PL	Athlete	Team	Prelim
1	Myers, Logan	WWU	8.25Q
2	McLaughlin, Kyle	NNU	8.47q
3	Thomas, Cody	Alaska Anchorage	8.58
4	West, Conner	Alaska Anchorage	9.13
5	Camarillo, Dustin	WOU	9.19

**Men's 4000m DMR**

PL	Team		Final	Pts
1	Simon Fraser	A	10:14.41	10
2	Alaska Anchorage	A	10:20.57	8
3	MSU-Billings	A	10:24.32	6
4	WWU	A	10:24.44	5
5	CWU	A	10:28.33	4
6	WOU	A	10:34.11	3
7	SPU	A	10:38.75	2
8	NNU	A	10:47.81	1

**Men's Pole Vault**

PL	Athlete	Team	Final	Pts	Jumping Record										
1	Lewis, Payton	NNU	5.16m	10	4.06	4.21	4.36	4.51	4.66	4.76	4.86	4.96	5.06	5.16	
					P	P	P	P	P	XO	O	P	P	XO	
2	DeHan, Matt	St. Martins	4.76m	8	4.06	4.21	4.36	4.51	4.66	4.76	4.86				
					P	P	XO	O	XO	O	XXX				
3	McClanahan, Zach	NNU	4.66m	6	4.06	4.21	4.36	4.51	4.66	4.76					
					P	O	O	XXO	O	XXX					
4	Webster, Jared	NNU	4.66m	5	4.06	4.21	4.36	4.51	4.66	4.76					
					P	XO	O	O	XXO	XXX					
5	Kordas, Gordon	WWU	4.51m	3.5	4.06	4.21	4.36	4.51	4.66						
					P	P	O	O	XXX						
5	Konrad, J. T.	WWU	4.51m	3.5	4.06	4.21	4.36	4.51	4.66						
					O	O	O	O	XXX						
7	Irvine, Zane	CWU	4.51m	2	4.06	4.21	4.36	4.51	4.66						
					O	O	XO	XO	XXX						
8	Keeton, Joseph	St. Martins	4.36m	1	4.06	4.21	4.36	4.51							
					P	XO	O	XXX							
9	Andrada, Andrew	St. Martins	4.21m		4.06	4.21	4.36								
					O	O	XXX								
10	Hankins, Matt	St. Martins	4.21m		4.06	4.21	4.36								
					O	XXO	XXX								
11	Schubert, Preston	MSU-Billings	4.06m		4.06	4.21									
					O	XXX									
12	Humphreys, Sam	Simon Fraser	4.06m		4.06	4.21									
					XO	XXX									
	Hino, Jacob	WWU	NH		4.06	4.21									
					P	XXX									

## Men's Long Jump

PL	Athlete	Team	Final	Pts	Flight(FPL)
1	Tsygankov, Vladislav	Simon Fraser	7.18m	10	2(1)
2	van Tuinen, Nathaniel	WWU	7.17m	8	2(2)
3	Watson, Brett	WWU	7.04m	6	2(3)
4	Lewis, Payton	NNU	7.01m	5	2(4)
5	Thomas, Cody	Alaska Anchorage	6.96m	4	2(5)
6	Yates, Kevin	WWU	6.95m	3	2(7)
7	Plummer, Luke	CWU	6.95m	2	2(6)
8	He, Jerry	Simon Fraser	6.76m	1	2(8)
9	Yoro, Jaysen	St. Martins	6.67m		2(9)
10	Chhim, Somit	WWU	6.60m		1(1)
11	Gladden, Tevin	Alaska Anchorage	6.59m		1(2)
12	Mataya, Rudy	WWU	6.51m		2(10)
13	Revis, Paul	WOU	6.49m		1(3)
14	Moore, Nathan	NNU	6.33m		1(4)
15	Steuk, Garret	CWU	6.26m		1(5)
16	Wu, Alex	Simon Fraser	6.24m		2(11)
17	Paulk, Clifford	SPU	6.15m		1(6)
18	Smith, Mikel	St. Martins	6.05m		2(12)
19	Lindquist, Austin	MSU-Billings	6.04m		1(7)
20	Yoro, Christian	St. Martins	6.03m		1(8)
21	Munoz, Ricky	NNU	5.82m		1(9)
22	Basuel, Gavin	St. Martins	5.70m		1(10)
	Dobson, Kaleb	WOU	NM		1

## Men's Long Jump Flight 1 of 2

PL	Athlete	Team	Final	Pts	Attempts		
1	Chhim, Somit	WWU	6.60m		FOUL	6.60	FOUL
2	Gladden, Tevin	Alaska Anchorage	6.59m		6.51	6.29	6.59
3	Revis, Paul	WOU	6.49m		6.41	6.25	6.49
4	Moore, Nathan	NNU	6.33m		6.33	6.15	6.23
5	Steuk, Garret	CWU	6.26m		FOUL	FOUL	6.26
6	Paulk, Clifford	SPU	6.15m		6.08	FOUL	6.15
7	Lindquist, Austin	MSU-Billings	6.04m		FOUL	FOUL	6.04
8	Yoro, Christian	St. Martins	6.03m		5.95	6.03	FOUL
9	Munoz, Ricky	NNU	5.82m		5.82	5.73	FOUL
10	Basuel, Gavin	St. Martins	5.70m		5.70	5.39	5.35
	Dobson, Kaleb	WOU	NM		FOUL	FOUL	FOUL

## Men's Long Jump Flight 2 of 2

PL	Athlete	Team	Final	Pts	Attempts					
1	Tsygankov, Vladislav	Simon Fraser	7.18m	10	7.01	6.90	7.18	7.00	7.16	7.05
2	van Tuinen, Nathaniel	WWU	7.17m	8	7.02	FOUL	6.92	6.97	7.11	7.17
3	Watson, Brett	WWU	7.04m	6	6.86	7.03	7.04	FOUL	7.01	FOUL
4	Lewis, Payton	NNU	7.01m	5	FOUL	7.01	PASS	6.32	6.44	FOUL
5	Thomas, Cody	Alaska Anchorage	6.96m	4	6.59	6.96	6.83	PASS	PASS	PASS
6	Plummer, Luke	CWU	6.95m	2	FOUL	6.95	FOUL	FOUL	FOUL	FOUL
7	Yates, Kevin	WWU	6.95m	3	6.61	6.54	6.53	6.95	FOUL	6.86
8	He, Jerry	Simon Fraser	6.76m	1	6.76	6.60	6.66	FOUL	6.64	FOUL
9	Yoro, Jaysen	St. Martins	6.67m		6.67	FOUL	5.98	6.36	6.20	PASS
10	Mataya, Rudy	WWU	6.51m		6.51	6.44	6.37			
11	Wu, Alex	Simon Fraser	6.24m		5.69	5.33	6.24			
12	Smith, Mikel	St. Martins	6.05m		FOUL	6.05	FOUL			

**Men's Shot Put**

PL	Athlete	Team	Final	Pts	Flight(FPL)
1	Stanley, Kevin	CWU	15.80m	10	2(1)
2	Pless, Brandon	WWU	15.30m	8	2(2)
3	Macdonald, Ryan	WWU	15.20m	6	1(1)
4	Moore, Jeremy	WOU	15.12m	5	2(3)
5	George, Grant	Alaska Anchorage	14.81m	4	2(4)
6	Tafoya, Armando	CWU	14.76m	3	2(5)
7	Vanderpoel, Kauanoë	St. Martins	14.24m	2	1(2)
8	Shumate, James	CWU	14.04m	1	2(6)
9	Wilkens, Mitch	St. Martins	13.94m		2(7)
10	VanBeuren, John	NNU	13.46m		2(8)
11	Klippel, Kenny	WOU	13.41m		1(3)
12	Dommek, Tim	Alaska Anchorage	13.34m		2(9)
13	Clark, Lucas	WOU	13.07m		1(4)
14	Burghagen, Franz	Alaska Anchorage	13.05m		1(5)
15	Lee, Bryan	WWU	12.35m		1(6)
16	Lewis, Payton	NNU	12.16m		1(7)
17	Flanagan, Nels	MSU-Billings	11.70m		1(8)

**Men's Shot Put Flight 1 of 2**

PL	Athlete	Team	Final	Pts	Attempts					
1	Macdonald, Ryan	WWU	15.20m	6	14.84	FOUL	14.31	14.70	15.20	FOUL
2	Vanderpoel, Kauanoë	St. Martins	14.24m	2	12.30	FOUL	14.24	FOUL	14.05	FOUL
3	Klippel, Kenny	WOU	13.41m		13.11	13.41	13.12			
4	Clark, Lucas	WOU	13.07m		12.21	13.07	12.00			
5	Burghagen, Franz	Alaska Anchorage	13.05m		12.81	13.05	12.00			
6	Lee, Bryan	WWU	12.35m		12.26	12.29	12.35			
7	Lewis, Payton	NNU	12.16m		FOUL	12.16	11.56			
8	Flanagan, Nels	MSU-Billings	11.70m		11.43	11.70	FOUL			

**Men's Shot Put Flight 2 of 2**

PL	Athlete	Team	Final	Pts	Attempts					
1	Stanley, Kevin	CWU	15.80m	10	15.80	15.28	15.46	15.10	15.02	15.48
2	Pless, Brandon	WWU	15.30m	8	15.22	14.76	15.30	FOUL	15.18	FOUL
3	Moore, Jeremy	WOU	15.12m	5	13.96	13.25	15.12	14.04	14.30	14.27
4	George, Grant	Alaska Anchorage	14.81m	4	13.84	14.62	14.81	14.59	FOUL	14.45
5	Tafoya, Armando	CWU	14.76m	3	FOUL	14.76	14.62	FOUL	FOUL	FOUL
6	Shumate, James	CWU	14.04m	1	14.04	13.77	13.71	13.66	13.57	13.40
7	Wilkens, Mitch	St. Martins	13.94m		13.55	13.73	13.67	13.09	13.80	13.94
8	VanBeuren, John	NNU	13.46m		13.10	13.32	13.46			
9	Dommek, Tim	Alaska Anchorage	13.34m		12.70	13.34	13.25			

## Men's Indoor Heptathlon

PL	Athlete	Pts	60m	LJ	SP	HJ	60m H	PV	1000m
1	Thomas, Cody Alaska Anchorage Team Points: 10	2919	7.11 (844)	6.65m 21' 10" (732)	11.50m 37' 8.75" (576)	1.96m 6' 5" (767)			
2	Yoro, Jaysen St. Martins Team Points: 8	2813	7.07 (858)	6.13m 20' 1.50" (615)	11.00m 36' 1.25" (546)	1.99m 6' 6.25" (794)			
3	Peterson, Justin CWU Team Points: 6	2626	7.54 (700)	6.12m 20' 1" (613)	11.00m 36' 1.25" (546)	1.96m 6' 5" (767)			
4	Galbraith, Andrew NNU Team Points: 5	2605	7.43 (736)	5.76m 18' 10.75" (535)	11.35m 37' 3" (567)	1.96m 6' 5" (767)			
5	Durden, David St. Martins Team Points: 4	2546	7.26 (792)	6.19m 20' 3.75" (628)	10.50m 34' 5.50" (516)	1.78m 5' 10" (610)			
6	Spatz, Micah NNU Team Points: 3	2391	7.46 (726)	5.96m 19' 6.75" (578)	10.68m 35' 0.50" (527)	1.72m 5' 7.75" (560)			
7	West, Conner Alaska Anchorage Team Points: 2	2354	7.40 (745)	5.87m 19' 3.25" (559)	8.80m 28' 10.50" (414)	1.81m 5' 11.25" (636)			
8	Stralser, Michael WWU Team Points: 1	2351	7.49 (716)	5.49m 18' 0.25" (479)	11.41m 37' 5.25" (571)	1.75m 5' 8.75" (585)			
9	Turner, Travis Alaska Anchorage	2336	7.40 (745)	5.46m 17' 11" (473)	10.79m 35' 5" (533)	1.75m 5' 8.75" (585)			
10	Stanek, Cameron MSU-Billings	2281	7.39 (749)	5.59m 18' 4.25" (500)	10.18m 33' 4.75" (496)	1.69m 5' 6.50" (536)			
11	Schubert, Preston MSU-Billings	2070	7.90 (589)	5.65m 18' 6.50" (512)	7.88m 25' 10.25" (359)	1.78m 5' 10" (610)			

**Men's Indoor Heptathlon #1 60 Meters**

PL	Athlete	Team	Final	Pts	Section(SPL)
1	Yoro, Jaysen	St. Martins	7.07	858	2(1)
2	Thomas, Cody	Alaska Anchorage	7.11	844	1(1)
3	Durden, David	St. Martins	7.26	792	2(2)
4	Stanek, Cameron	MSU-Billings	7.39	749	2(3)
5	West, Conner	Alaska Anchorage	7.40	745	1(2)
5	Turner, Travis	Alaska Anchorage	7.40	745	2(4)
7	Galbraith, Andrew	NNU	7.43	736	1(3)
8	Spatz, Micah	NNU	7.46	726	2(5)
9	Stralser, Michael	WWU	7.49	716	1(4)
10	Peterson, Justin	CWU	7.54	700	1(5)
11	Schubert, Preston	MSU-Billings	7.90	589	1(6)

**Men's Indoor Heptathlon #1 60 Meters Heat 1 of 2**

PL	Athlete	Team	Final	Pts
1	Thomas, Cody	Alaska Anchorage	7.11	844
2	West, Conner	Alaska Anchorage	7.40	745
3	Galbraith, Andrew	NNU	7.43	736
4	Stralser, Michael	WWU	7.49	716
5	Peterson, Justin	CWU	7.54	700
6	Schubert, Preston	MSU-Billings	7.90	589

**Men's Indoor Heptathlon #1 60 Meters Heat 2 of 2**

PL	Athlete	Team	Final	Pts
1	Yoro, Jaysen	St. Martins	7.07	858
2	Durden, David	St. Martins	7.26	792
3	Stanek, Cameron	MSU-Billings	7.39	749
4	Turner, Travis	Alaska Anchorage	7.40	745
5	Spatz, Micah	NNU	7.46	726

**Men's Indoor Heptathlon Totals after 1 Events:**

PL	Athlete	Team	Pts
1	Yoro, Jaysen	St. Martins	858
2	Thomas, Cody	Alaska Anchorage	844
3	Durden, David	St. Martins	792
4	Stanek, Cameron	MSU-Billings	749
5	West, Conner	Alaska Anchorage	745
5	Turner, Travis	Alaska Anchorage	745
7	Galbraith, Andrew	NNU	736
8	Spatz, Micah	NNU	726
9	Stralser, Michael	WWU	716
10	Peterson, Justin	CWU	700
11	Schubert, Preston	MSU-Billings	589

**Men's Indoor Heptathlon #2 Long Jump**

PL	Athlete	Team	Final	Pts	Attempts		
1	Thomas, Cody	Alaska Anchorage	6.65m	732	6.02	6.65	PASS
2	Durden, David	St. Martins	6.19m	628	5.94	6.04	6.19
3	Yoro, Jaysen	St. Martins	6.13m	615	FOUL	FOUL	6.13
4	Peterson, Justin	CWU	6.12m	613	6.07	FOUL	6.12
5	Spatz, Micah	NNU	5.96m	578	FOUL	5.96	5.94
6	West, Conner	Alaska Anchorage	5.87m	559	FOUL	5.87	FOUL
7	Galbraith, Andrew	NNU	5.76m	535	FOUL	5.76	5.49
8	Schubert, Preston	MSU-Billings	5.65m	512	5.59	5.65	5.51
9	Stanek, Cameron	MSU-Billings	5.59m	500	5.59	5.45	5.57
10	Stralser, Michael	WWU	5.49m	479	5.49	5.38	5.43
11	Turner, Travis	Alaska Anchorage	5.46m	473	FOUL	5.03	5.46

**Men's Indoor Heptathlon Totals after 2 Events:**

PL	Athlete	Team	Pts
1	Thomas, Cody	Alaska Anchorage	1576
2	Yoro, Jaysen	St. Martins	1473
3	Durden, David	St. Martins	1420
4	Peterson, Justin	CWU	1313
5	West, Conner	Alaska Anchorage	1304
5	Spatz, Micah	NNU	1304
7	Galbraith, Andrew	NNU	1271
8	Stanek, Cameron	MSU-Billings	1249
9	Turner, Travis	Alaska Anchorage	1218
10	Stralser, Michael	WWU	1195
11	Schubert, Preston	MSU-Billings	1101



**Men's Indoor Heptathlon #3 Shot Put**

PL	Athlete	Team	Final	Pts	Attempts		
1	Thomas, Cody	Alaska Anchorage	11.50m	576	11.50	PASS	11.27
2	Stralser, Michael	WWU	11.41m	571	11.38	10.19	11.41
3	Galbraith, Andrew	NNU	11.35m	567	FOUL	10.95	11.35
4	Yoro, Jaysen	St. Martins	11.00m	546	11.00	9.40	8.87
4	Peterson, Justin	CWU	11.00m	546	10.68	11.00	10.67
6	Turner, Travis	Alaska Anchorage	10.79m	533	10.68	10.21	10.79
7	Spatz, Micah	NNU	10.68m	527	10.41	10.68	10.38
8	Durden, David	St. Martins	10.50m	516	10.33	10.27	10.50
9	Stanek, Cameron	MSU-Billings	10.18m	496	9.69	9.71	10.18
10	West, Conner	Alaska Anchorage	8.80m	414	FOUL	8.80	8.03
11	Schubert, Preston	MSU-Billings	7.88m	359	7.39	7.88	6.85

**Men's Indoor Heptathlon Totals after 3 Events:**

PL	Athlete	Team	Pts
1	Thomas, Cody	Alaska Anchorage	2152
2	Yoro, Jaysen	St. Martins	2019
3	Durden, David	St. Martins	1936
4	Peterson, Justin	CWU	1859
5	Galbraith, Andrew	NNU	1838
6	Spatz, Micah	NNU	1831
7	Stralser, Michael	WWU	1766
8	Turner, Travis	Alaska Anchorage	1751
9	Stanek, Cameron	MSU-Billings	1745
10	West, Conner	Alaska Anchorage	1718
11	Schubert, Preston	MSU-Billings	1460

**Men's Indoor Heptathlon #4 High Jump**

PL	Athlete	Team	Final	Pts	Jumping Record														
1	Yoro, Jaysen	St. Martins	1.99m	794	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	2.02
					PP	PP	PP	PP	PP	PP	PP	PP	PP	PP	O	O	O	XO	XX
					P	P	P	P	P	P	P	P	P	P				X	X
2	Thomas, Cody	Alaska Anchorage	1.96m	767	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	
					PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	O	PPP	O	XO	O		
2	Galbraith, Andrew	NNU	1.96m	767	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	
					PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	O	XO	O	XXX		
2	Peterson, Justin	CWU	1.96m	767	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	
					PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	XX	O	O	O	XXX	
														O					
5	West, Conner	Alaska Anchorage	1.81m	636	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	
					PPP	PPP	PPP	PPP	PPP	O	O	XO	XXX						
6	Durden, David	St. Martins	1.78m	610	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	
					PPP	PPP	O	PPP	O	O	O	XXX							
6	Schubert, Preston	MSU-Billings	1.78m	610	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	
					PPP	PPP	PPP	PPP	PPP	XXO	XXO	XXX							
8	Stralser, Michael	WWU	1.75m	585	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	
					XO	XO	O	O	XXO	XXO	XXX								
8	Turner, Travis	Alaska Anchorage	1.75m	585	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	
					PPP	PPP	PPP	PPP	PPP	XO	XXX								
10	Spatz, Micah	NNU	1.72m	560	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	
					PPP	PPP	PPP	O	O	XXX									
11	Stanek, Cameron	MSU-Billings	1.69m	536	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93	1.96	1.99	
					O	O	XXO	XO	XXX										

**Men's Indoor Heptathlon Totals after 4 Events:**

PL	Athlete	Team	Pts
1	Thomas, Cody	Alaska Anchorage	2919
2	Yoro, Jaysen	St. Martins	2813
3	Peterson, Justin	CWU	2626
4	Galbraith, Andrew	NNU	2605
5	Durden, David	St. Martins	2546
6	Spatz, Micah	NNU	2391
7	West, Conner	Alaska Anchorage	2354
8	Stralser, Michael	WWU	2351
9	Turner, Travis	Alaska Anchorage	2336
10	Stanek, Cameron	MSU-Billings	2281
11	Schubert, Preston	MSU-Billings	2070

**Women's 60 Meters Prelim**

PL	Athlete	Team	Prelim	Heat(HPL)
1	Ashcroft, Jamie	Alaska Anchorage	7.60Q	2(1)
2	Houk, Becca	SPU	7.80Q	1(1)
3	Smith, Rosie	Alaska Anchorage	7.93Q	3(1)
4	Brannan, Kyra	SPU	7.94q	2(2)
4	Ivancic, Veronica	WWU	7.94q	3(2)
6	Deskins, Taylor	NNU	7.95q	2(3)
6	Petersen, Lisa	St. Martins	7.95q	3(3)
8	Gray, Brianna	MSU-Billings	7.97q	1(2)
9	Silva, Alison	NNU	7.98	2(4)
10	Ivancic, Rachel	WWU	7.99	1(3)
11	Kianipour, Natasha	Simon Fraser	7.99	1(3)
12	Baldwin, Tasia	SPU	8.03	3(4)
13	Chase, Kelsey	SPU	8.06	1(5)
14	Hudson, Renee	St. Martins	8.12	2(5)
15	Patrick, Laura	WOU	8.14	1(6)
16	Nigro, Kelly	NNU	8.23	3(5)
17	Rodes, Aimee	NNU	8.29	3(6)
18	Sever, Brittany	NNU	8.44	2(6)

**Women's 60 Meters Prelim Heat 1 of 3**

PL	Athlete	Team	Prelim
1	Houk, Becca	SPU	7.80Q
2	Gray, Brianna	MSU-Billings	7.97q
3	Ivancic, Rachel	WWU	7.99
3	Kianipour, Natasha	Simon Fraser	7.99
5	Chase, Kelsey	SPU	8.06
6	Patrick, Laura	WOU	8.14

**Women's 60 Meters Prelim Heat 2 of 3**

PL	Athlete	Team	Prelim
1	Ashcroft, Jamie	Alaska Anchorage	7.60Q
2	Brannan, Kyra	SPU	7.94q
3	Deskins, Taylor	NNU	7.95q
4	Silva, Alison	NNU	7.98
5	Hudson, Renee	St. Martins	8.12
6	Sever, Brittany	NNU	8.44

**Women's 60 Meters Prelim Heat 3 of 3**

PL	Athlete	Team	Prelim
1	Smith, Rosie	Alaska Anchorage	7.93Q
2	Ivancic, Veronica	WWU	7.94q
3	Petersen, Lisa	St. Martins	7.95q
4	Baldwin, Tasia	SPU	8.03
5	Nigro, Kelly	NNU	8.23
6	Rodes, Aimee	NNU	8.29

**Women's 200 Meters Prelim**

PL	Athlete	Team	Prelim	Heat(HPL)
1	Ashcroft, Jamie	Alaska Anchorage	24.43q	4(1)
2	Ambus, Jahzelle	SPU	25.16q	5(1)
3	Houk, Becca	SPU	25.19q	6(1)
4	Baldwin, Tasia	SPU	25.53q	4(2)
5	Brannan, Kyra	SPU	25.68q	2(1)
6	Knott, Chelsey	NNU	25.78q	1(1)
7	Lisek, Monique	Simon Fraser	25.81	1(2)
7	Gray, Brianna	MSU-Billings	25.81	6(2)
9	Harmon, Ashley	CWU	25.84	3(1)
10	Kianipour, Natasha	Simon Fraser	25.85	4(3)
11	Banfro, Tianna	CWU	25.88	5(2)
12	Smith, Rosie	Alaska Anchorage	25.98	2(2)
13	Lloyd, Haleigh	Alaska Anchorage	26.22	4(4)
14	Nigro, Kelly	NNU	26.28	1(3)
15	Deskins, Taylor	NNU	26.32	5(3)
16	Chase, Kelsey	SPU	26.42	1(4)
17	Patrick, Laura	WOU	26.51	3(2)
18	Rodes, Aimee	NNU	26.57	3(3)
19	Ivancic, Veronica	WWU	26.60	3(4)
20	West, Bryce	Simon Fraser	26.81	2(3)
21	Ryker, Liz	CWU	27.06	5(4)
22	Blalock, Alexia	Alaska Anchorage	27.72	6(3)
	Cross, Mary Kathleen	Alaska Anchorage	DNS	2

**Women's 200 Meters Prelim Heat 1 of 6**

PL	Athlete	Team	Prelim
1	Knott, Chelsey	NNU	25.78q
2	Lisek, Monique	Simon Fraser	25.81
3	Nigro, Kelly	NNU	26.28
4	Chase, Kelsey	SPU	26.42

**Women's 200 Meters Prelim Heat 2 of 6**

PL	Athlete	Team	Prelim
1	Brannan, Kyra	SPU	25.68q
2	Smith, Rosie	Alaska Anchorage	25.98
3	West, Bryce	Simon Fraser	26.81
	Cross, Mary Kathleen	Alaska Anchorage	DNS

**Women's 200 Meters Prelim Heat 3 of 6**

PL	Athlete	Team	Prelim
1	Harmon, Ashley	CWU	25.84
2	Patrick, Laura	WOU	26.51
3	Rodes, Aimee	NNU	26.57
4	Ivancic, Veronica	WWU	26.60

**Women's 200 Meters Prelim Heat 4 of 6**

PL	Athlete	Team	Prelim
1	Ashcroft, Jamie	Alaska Anchorage	24.43q
2	Baldwin, Tasia	SPU	25.53q
3	Kianipour, Natasha	Simon Fraser	25.85
4	Lloyd, Haleigh	Alaska Anchorage	26.22

**Women's 200 Meters Prelim Heat 5 of 6**

PL	Athlete	Team	Prelim
1	Ambus, Jahzelle	SPU	25.16q
2	Banfro, Tianna	CWU	25.88
3	Deskings, Taylor	NNU	26.32
4	Ryker, Liz	CWU	27.06

**Women's 200 Meters Prelim Heat 6 of 6**

PL	Athlete	Team	Prelim
1	Houk, Becca	SPU	25.19q
2	Gray, Brianna	MSU-Billings	25.81
3	Blalock, Alexia	Alaska Anchorage	27.72

**Women's 400 Meters Prelim**

PL	Athlete	Team	Prelim	Heat(HPL)
1	Ambus, Jahzelle	SPU	57.05q	1(1)
2	Desch, Chantel	Simon Fraser	57.21q	4(1)
3	Lloyd, Haleigh	Alaska Anchorage	57.25q	2(1)
4	Lisek, Monique	Simon Fraser	57.32q	3(1)
5	Johnson, Jasmine	SPU	57.63q	5(1)
6	Tims, Jalen	SPU	58.18q	5(2)
7	Inderbitzin, Jayna	CWU	58.65	3(2)
8	Anderson, Ali	CWU	58.77	4(2)
9	Hellesto, Audrey	WOU	58.80	1(2)
10	Van De Grift, Suzie	WOU	58.98	4(3)
11	West, Bryce	Simon Fraser	59.21	1(3)
12	Rodes, Aimee	NNU	59.65	5(3)
13	Rose, Megan	WOU	1:00.39	3(3)
14	Reynolds, Gracia	WWU	1:00.43	2(2)
15	Nigro, Kelly	NNU	1:00.61	2(3)
16	Rech, Carly	NNU	1:01.71	2(4)
17	VanVoast, Ashlynn	MSU-Billings	1:01.76	3(4)
18	Madden, Sara	WOU	1:03.25	5(4)
19	Carandang, Alexis	St. Martins	1:03.44	4(4)
20	Knudson, Laura	WOU	1:03.90	1(4)

**Women's 400 Meters Prelim Heat 1 of 5**

PL	Athlete	Team	Prelim
1	Ambus, Jahzelle	SPU	57.05q
2	Hellesto, Audrey	WOU	58.80
3	West, Bryce	Simon Fraser	59.21
4	Knudson, Laura	WOU	1:03.90

**Women's 400 Meters Prelim Heat 2 of 5**

PL	Athlete	Team	Prelim
1	Lloyd, Haleigh	Alaska Anchorage	57.25q
2	Reynolds, Gracia	WWU	1:00.43
3	Nigro, Kelly	NNU	1:00.61
4	Rech, Carly	NNU	1:01.71

**Women's 400 Meters Prelim Heat 3 of 5**

PL	Athlete	Team	Prelim
1	Lisek, Monique	Simon Fraser	57.32q
2	Inderbitzin, Jayna	CWU	58.65
3	Rose, Megan	WOU	1:00.39
4	VanVoast, Ashlynn	MSU-Billings	1:01.76

**Women's 400 Meters Prelim Heat 4 of 5**

PL	Athlete	Team	Prelim
1	Desch, Chantel	Simon Fraser	57.21q
2	Anderson, Ali	CWU	58.77
3	Van De Grift, Suzie	WOU	58.98
4	Carandang, Alexis	St. Martins	1:03.44

**Women's 400 Meters Prelim Heat 5 of 5**

PL	Athlete	Team	Prelim
1	Johnson, Jasmine	SPU	57.63q
2	Tims, Jalen	SPU	58.18q
3	Rodes, Aimee	NNU	59.65
4	Madden, Sara	WOU	1:03.25

**Women's 800 Meters Prelim**

PL	Athlete	Team	Prelim	Heat(HPL)
1	Butterworth, Lindsey	Simon Fraser	2:13.83Q	1(1)
2	Decker, Lynelle	SPU	2:14.28Q	2(1)
3	Nock, Paige	Simon Fraser	2:14.76Q	2(2)
4	Pahkala, Jessica	Alaska Anchorage	2:15.34Q	1(2)
5	Troupe, Shawna	WWU	2:15.99q	2(3)
6	Perez, Tamara	Alaska Anchorage	2:16.68q	2(4)
7	Mussatto, Alana	Simon Fraser	2:16.73q	1(3)
8	Lennea, Kayla	Simon Fraser	2:17.47q	2(5)
9	Dodd, Sophie	Simon Fraser	2:17.48q	2(6)
10	Mackenzie, Kansas	Simon Fraser	2:18.19	1(4)
11	Beeson, Bailey	WOU	2:19.03	1(5)
12	Phan, Chynna	SPU	2:19.71	1(6)
13	Howley, Julia	Simon Fraser	2:20.40	1(7)
14	Sowers, Ali	SPU	2:21.93	1(8)
15	Teigen, Megan	St. Martins	2:23.22	2(7)
16	Dobie, Reta	Simon Fraser	2:27.47	2(8)
17	McCloskey, Claire	St. Martins	2:35.18	1(9)

**Women's 800 Meters Prelim Heat 1 of 2**

PL	Athlete	Team	Prelim
1	Butterworth, Lindsey	Simon Fraser	2:13.83Q
2	Pahkala, Jessica	Alaska Anchorage	2:15.34Q
3	Mussatto, Alana	Simon Fraser	2:16.73q
4	Mackenzie, Kansas	Simon Fraser	2:18.19
5	Beeson, Bailey	WOU	2:19.03
6	Phan, Chynna	SPU	2:19.71
7	Howley, Julia	Simon Fraser	2:20.40
8	Sowers, Ali	SPU	2:21.93
9	McCloskey, Claire	St. Martins	2:35.18

**Women's 800 Meters Prelim Heat 2 of 2**

PL	Athlete	Team	Prelim
1	Decker, Lynelle	SPU	2:14.28Q
2	Nock, Paige	Simon Fraser	2:14.76Q
3	Troupe, Shawna	WWU	2:15.99q
4	Perez, Tamara	Alaska Anchorage	2:16.68q
5	Lennea, Kayla	Simon Fraser	2:17.47q
6	Dodd, Sophie	Simon Fraser	2:17.48q
7	Teigen, Megan	St. Martins	2:23.22
8	Dobie, Reta	Simon Fraser	2:27.47



**Women's 5000 Meters**

PL	Athlete	Team	Final	Pts
1	Patti, Anna	SPU	17:14.01	10
2	Johnston, Amy	Alaska Anchorage	17:21.81	8
3	Fleming, Susanna	NNU	18:11.29	6
4	Rogers, Megan	CWU	18:13.62	5
5	Haebe, Bryn	Alaska Anchorage	18:27.90	4
6	Guenther, Taylor	WWU	18:34.01	3
7	Macdonald, Sarah	SPU	18:46.44	2
8	Gordon, Hailey	NNU	18:49.37	1
9	Manzer, Anysja	NNU	18:49.71	
10	Marikis, Sofia	WWU	19:05.60	
11	Bock, Melanie	MSU-Billings	19:50.24	
12	Bomar, Bailey	MSU-Billings	20:03.65	
13	De Leon, Debora	WOU	20:11.69	

**Women's 60m Hurdle Prelim**

PL	Athlete	Team	Prelim	Heat(HPL)
1	Knott, Chelsey	NNU	8.78q	1(1)
2	Smith, Rosie	Alaska Anchorage	8.87q	3(1)
3	Pappel, Rochelle	WOU	8.97q	2(1)
4	Scott, Alexandra	Alaska Anchorage	9.01q	3(2)
5	Lloyd, Haleigh	Alaska Anchorage	9.02q	2(2)
6	Luquin, Maliea	SPU	9.04q	2(3)
7	Petersen, Lisa	St. Martins	9.09q	2(4)
8	Blalock, Alexia	Alaska Anchorage	9.22q	1(2)
9	Hong, Cheryl	SPU	9.32	1(3)
10	Deck, Allison	CWU	9.38	3(3)
11	Anders, Karolin	Alaska Anchorage	9.42	1(4)
12	Brewer, Courtney	NNU	9.45	1(5)
13	Banfro, Tianna	CWU	9.49	3(4)
14	Reid, Hope	MSU-Billings	9.53	3(5)
15	Lazecki, Natasha	Simon Fraser	9.60	2(5)
16	Crawford, Jade	SPU	10.01	2(6)
17	Halle, Kaytlin	MSU-Billings	10.43	3(6)

**Women's 60m Hurdle Prelim Heat 1 of 3**

PL	Athlete	Team	Prelim
1	Knott, Chelsey	NNU	8.78q
2	Blalock, Alexia	Alaska Anchorage	9.22q
3	Hong, Cheryl	SPU	9.32
4	Anders, Karolin	Alaska Anchorage	9.42
5	Brewer, Courtney	NNU	9.45

**Women's 60m Hurdle Prelim Heat 2 of 3**

PL	Athlete	Team	Prelim
1	Pappel, Rochelle	WOU	8.97q
2	Lloyd, Haleigh	Alaska Anchorage	9.02q
3	Luquin, Maliea	SPU	9.04q
4	Petersen, Lisa	St. Martins	9.09q
5	Lazecki, Natasha	Simon Fraser	9.60
6	Crawford, Jade	SPU	10.01

**Women's 60m Hurdle Prelim Heat 3 of 3**

PL	Athlete	Team	Prelim
1	Smith, Rosie	Alaska Anchorage	8.87q
2	Scott, Alexandra	Alaska Anchorage	9.01q
3	Deck, Allison	CWU	9.38
4	Banfro, Tianna	CWU	9.49
5	Reid, Hope	MSU-Billings	9.53
6	Halle, Kaytlin	MSU-Billings	10.43

**Women's 4000m DMR**

PL	Team		Final	Pts
1	Simon Fraser	A	11:59.08	10
2	Alaska Anchorage	A	12:05.63	8
3	WOU	A	12:10.88	6
4	CWU	A	12:21.77	5
5	SPU	A	12:23.73	4
6	MSU-Billings	A	12:32.63	3
7	WWU	A	12:43.45	2
8	NNU	A	13:20.64	1

**Women's High Jump**

PL	Athlete	Team	Final	Pts	Jumping Record					
1	Ward, Naphtali	SPU	1.69m	10	1.49	1.54	1.59	1.64	1.69	1.72
					P	O	O	XXO	XO	XXX
2	Fettig, Tayler	CWU	1.64m	8	1.49	1.54	1.59	1.64	1.69	
					P	O	O	O	XXX	
3	McInnis, Louisa	SPU	1.64m	5	1.49	1.54	1.59	1.64	1.69	
					P	O	O	XO	XXX	
3	Anders, Karolin	Alaska Anchorage	1.64m	5	1.49	1.54	1.59	1.64	1.69	
					P	O	O	XO	XXX	
3	Wright, Katelyn	WWU	1.64m	5	1.49	1.54	1.59	1.64	1.69	
					P	P	O	XO	XXX	
6	Brewer, Courtney	NNU	1.59m	3	1.49	1.54	1.59	1.64		
					P	XO	XO	XXX		
7	Osadchey, Miranda	WWU	1.59m	2	1.49	1.54	1.59	1.64		
					P	O	XXO	XXX		
8	Miller, Rachel	NNU	1.59m	1	1.49	1.54	1.59	1.64		
					O	XO	XXO	XXX		
9	Smith, Rosie	Alaska Anchorage	1.49m		1.49	1.54				
					O	XXX				
9	Crawford, Jade	SPU	1.49m		1.49	1.54				
					O	XXX				

**Women's Long Jump**

PL	Athlete	Team	Final	Pts	Flight(FPL)
1	Anders, Karolin	Alaska Anchorage	5.65m	10	2(1)
2	Brannan, Kyra	SPU	5.63m	8	2(2)
3	Baldwin, Tasia	SPU	5.51m	6	2(3)
4	Fettig, Tayler	CWU	5.37m	5	2(4)
5	Anderson, Ali	CWU	5.31m	4	2(5)
6	Lazecki, Natasha	Simon Fraser	5.30m	3	2(6)
7	Smith, Rosie	Alaska Anchorage	5.18m	2	2(7)
8	Luquin, Maliea	SPU	5.15m	1	2(8)
9	MCMullin, Jasmine	WWU	5.15m		1(1)
10	Ortega, HarLee	CWU	5.09m		2(9)
11	Brown, Ella	Simon Fraser	5.04m		1(2)
12	Crawford, Jade	SPU	5.02m		1(3)
13	Blalock, Alexia	Alaska Anchorage	4.95m		1(4)
14	Joy, Juliana	CWU	4.82m		1(5)
15	Hombres, Maddi	SPU	4.78m		1(6)
16	Snyder, Hannah	CWU	4.76m		1(7)
17	Vasina, Viktoriya	CWU	4.64m		1(8)
18	Shaul, Carli	NNU	4.48m		1(9)

**Women's Long Jump Flight 1 of 2**

PL	Athlete	Team	Final	Pts	Attempts					
1	MCMullin, Jasmine	WWU	5.15m		5.15	FOUL	FOUL	FOUL	5.07	FOUL
2	Brown, Ella	Simon Fraser	5.04m		4.78	5.04	5.02			
3	Crawford, Jade	SPU	5.02m		5.02	4.99	FOUL			
4	Blalock, Alexia	Alaska Anchorage	4.95m		4.87	4.95	4.94			
5	Joy, Juliana	CWU	4.82m		4.82	4.70	4.57			
6	Hombres, Maddi	SPU	4.78m		4.46	4.75	4.78			
7	Snyder, Hannah	CWU	4.76m		4.75	4.76	FOUL			
8	Vasina, Viktoriya	CWU	4.64m		4.57	4.64	FOUL			
9	Shaul, Carli	NNU	4.48m		4.48	4.27	4.43			

**Women's Long Jump Flight 2 of 2**

PL	Athlete	Team	Final	Pts	Attempts					
1	Anders, Karolin	Alaska Anchorage	5.65m	10	FOUL	5.44	5.65	FOUL	5.39	PASS
2	Brannan, Kyra	SPU	5.63m	8	FOUL	5.63	5.51	5.42	5.38	5.46
3	Baldwin, Tasia	SPU	5.51m	6	5.25	5.34	5.15	5.51	5.18	5.15
4	Fettig, Tayler	CWU	5.37m	5	4.98	5.37	PASS	FOUL	FOUL	5.31
5	Anderson, Ali	CWU	5.31m	4	FOUL	FOUL	5.31	FOUL	FOUL	FOUL
6	Lazecki, Natasha	Simon Fraser	5.30m	3	5.01	5.28	5.25	4.99	5.08	5.30
7	Smith, Rosie	Alaska Anchorage	5.18m	2	5.04	5.18	FOUL	FOUL	FOUL	4.70
8	Luquin, Maliea	SPU	5.15m	1	5.01	5.15	4.92	4.89	4.87	PASS
9	Ortega, HarLee	CWU	5.09m		5.03	5.09	FOUL			

**Women's Weight Throw**

PL	Athlete	Team	Final	Pts	Flight(FPL)
1	Duhamel, Becki	CWU	17.63m	10	2(1)
2	Curtis, Caitlin	NNU	17.00m	8	2(2)
3	VanValey, Taylor	NNU	15.72m	6	2(3)
4	Rodgers, Angel	St. Martins	14.71m	5	2(4)
5	Lawrence, Quiana	St. Martins	14.22m	4	1(1)
6	Moore, Dorothy	CWU	14.17m	3	2(5)
7	Wetherell, Emily	WOU	14.05m	2	1(2)
8	Sarver, Lexi	NNU	13.77m	1	2(6)
9	Youngers, Amanda	CWU	13.72m		1(3)
10	Novikoff, Kahili	St. Martins	13.56m		2(7)
11	Cook, Allison	WOU	13.48m		1(4)
12	Collier, Emmi	WOU	13.29m		2(8)
13	Lester, Sam	CWU	12.91m		1(5)
14	Neale, Kirby	St. Martins	12.65m		2(9)
15	Carr, Ryley	Simon Fraser	12.45m		1(6)
16	Johnson, Kassandra	NNU	11.95m		1(7)
17	Wade, Cassandra	NNU	11.43m		1(8)
18	Nicklason, Leah	WOU	11.38m		1(9)
19	Thomas, Hannah	NNU	10.97m		1(10)

**Women's Weight Throw Flight 1 of 2**

PL	Athlete	Team	Final	Pts	Attempts					
1	Lawrence, Quiana	St. Martins	14.22m	4	13.79	FOUL	12.94	13.48	13.03	14.22
2	Wetherell, Emily	WOU	14.05m	2	13.46	13.31	14.05	FOUL	12.86	13.39
3	Youngers, Amanda	CWU	13.72m		13.64	12.93	13.72	11.87	FOUL	FOUL
4	Cook, Allison	WOU	13.48m		13.33	13.48	FOUL			
5	Lester, Sam	CWU	12.91m		FOUL	12.91	12.58			
6	Carr, Ryley	Simon Fraser	12.45m		11.69	FOUL	12.45			
7	Johnson, Kassandra	NNU	11.95m		11.95	FOUL	FOUL			
8	Wade, Cassandra	NNU	11.43m		10.17	10.72	11.43			
9	Nicklason, Leah	WOU	11.38m		10.43	11.38	11.09			
10	Thomas, Hannah	NNU	10.97m		10.97	10.90	10.76			

**Women's Weight Throw Flight 2 of 2**

PL	Athlete	Team	Final	Pts	Attempts					
1	Duhamel, Becki	CWU	17.63m	10	17.30	FOUL	17.28	FOUL	17.22	17.63
2	Curtis, Caitlin	NNU	17.00m	8	FOUL	16.42	16.56	16.43	FOUL	17.00
3	VanValey, Taylor	NNU	15.72m	6	15.72	15.36	15.55	FOUL	FOUL	FOUL
4	Rodgers, Angel	St. Martins	14.71m	5	14.11	14.37	FOUL	14.71	14.64	FOUL
5	Moore, Dorothy	CWU	14.17m	3	13.50	14.17	FOUL	FOUL	13.97	14.06
6	Sarver, Lexi	NNU	13.77m	1	13.52	13.72	FOUL	13.77	FOUL	13.59
7	Novikoff, Kahili	St. Martins	13.56m		FOUL	13.56	FOUL			
8	Collier, Emmi	WOU	13.29m		13.29	12.83	13.01			
9	Neale, Kirby	St. Martins	12.65m		12.65	FOUL	FOUL			

## Women's Indoor Pentathlon

PL	Athlete	Pts	60m H	HJ	SP	LJ	800m
1	Anders, Karolin Alaska Anchorage Team Points: 10	3761	9.40 (828)	1.69m 5' 6.50" (842)	11.86m 38' 11" (652)	5.62m 18' 5.25" (735)	2:29.12 (704)
2	Smith, Rosie Alaska Anchorage Team Points: 8	3453	8.82 (948)	1.57m 5' 1.75" (701)	9.22m 30' 3" (479)	5.27m 17' 3.50" (634)	2:30.16 (691)
3	Luquin, Maliea SPU Team Points: 6	3372	8.93 (925)	1.54m 5' 0.50" (666)	9.02m 29' 7.25" (465)	5.23m 17' 2" (623)	2:30.01 (693)
4	Fettig, Tayler CWU Team Points: 5	3350	9.18 (873)	1.69m 5' 6.50" (842)	10.09m 33' 1.25" (535)	4.95m 16' 3" (546)	2:41.63 (554)
5	Hommes, Maddi SPU Team Points: 4	3209	9.89 (733)	1.57m 5' 1.75" (701)	9.87m 32' 4.75" (521)	4.91m 16' 1.50" (535)	2:27.95 (719)
6	Dyk, Janessa NNU Team Points: 3	3030	9.84 (742)	1.48m 4' 10.25" (599)	8.90m 29' 2.50" (458)	4.76m 15' 7.50" (495)	2:26.62 (736)
7	Ortega, HarLee CWU Team Points: 2	2932	9.73 (763)	1.48m 4' 10.25" (599)	8.34m 27' 4.50" (421)	5.02m 16' 5.75" (565)	2:38.99 (584)
8	Hong, Cheryl SPU Team Points: 1	2903	9.51 (806)	1.42m 4' 7.75" (534)	7.11m 23' 4" (342)	4.82m 15' 9.75" (511)	2:28.61 (710)
9	Seymour, Laura NNU	2875	10.17 (681)	1.45m 4' 9" (566)	9.62m 31' 6.75" (505)	4.49m 14' 8.75" (426)	2:29.71 (697)
10	Warren, Kawena NNU	2868	9.37 (834)	1.57m 5' 1.75" (701)	9.99m 32' 9.50" (529)	4.44m 14' 7" (413)	2:57.24 (391)
11	Moore, Sam WOU	2761	10.15 (684)	1.51m 4' 11.50" (632)	10.80m 35' 5.25" (582)	4.20m 13' 9.50" (355)	2:45.81 (508)

**Women's Indoor Pentathlon #1 60m Hurdle**

PL	Athlete	Team	Final	Pts	Section(SPL)
1	Smith, Rosie	Alaska Anchorage	8.82	948	1(1)
2	Luquin, Maliea	SPU	8.93	925	2(1)
3	Fettig, Tayler	CWU	9.18	873	3(1)
4	Warren, Kawena	NNU	9.37	834	2(2)
5	Anders, Karolin	Alaska Anchorage	9.40	828	1(2)
6	Hong, Cheryl	SPU	9.51	806	1(3)
7	Ortega, HarLee	CWU	9.73	763	3(2)
8	Dyk, Janessa	NNU	9.84	742	3(3)
9	Hommel, Maddi	SPU	9.89	733	2(3)
10	Moore, Sam	WOU	10.15	684	2(4)
11	Seymour, Laura	NNU	10.17	681	1(4)

**Women's Indoor Pentathlon #1 60m Hurdle Heat 1 of 3**

PL	Athlete	Team	Final	Pts
1	Smith, Rosie	Alaska Anchorage	8.82	948
2	Anders, Karolin	Alaska Anchorage	9.40	828
3	Hong, Cheryl	SPU	9.51	806
4	Seymour, Laura	NNU	10.17	681

**Women's Indoor Pentathlon #1 60m Hurdle Heat 2 of 3**

PL	Athlete	Team	Final	Pts
1	Luquin, Maliea	SPU	8.93	925
2	Warren, Kawena	NNU	9.37	834
3	Hommel, Maddi	SPU	9.89	733
4	Moore, Sam	WOU	10.15	684

**Women's Indoor Pentathlon #1 60m Hurdle Heat 3 of 3**

PL	Athlete	Team	Final	Pts
1	Fettig, Tayler	CWU	9.18	873
2	Ortega, HarLee	CWU	9.73	763
3	Dyk, Janessa	NNU	9.84	742

**Women's Indoor Pentathlon Totals after 1 Events:**

PL	Athlete	Team	Pts
1	Smith, Rosie	Alaska Anchorage	948
2	Luquin, Maliea	SPU	925
3	Fettig, Tayler	CWU	873
4	Warren, Kawena	NNU	834
5	Anders, Karolin	Alaska Anchorage	828
6	Hong, Cheryl	SPU	806
7	Ortega, HarLee	CWU	763
8	Dyk, Janessa	NNU	742
9	Hommel, Maddi	SPU	733
10	Moore, Sam	WOU	684
11	Seymour, Laura	NNU	681





**Women's Indoor Pentathlon #3 Shot Put**

PL	Athlete	Team	Final	Pts	Attempts		
1	Anders, Karolin	Alaska Anchorage	11.86m	652	11.86	PASS	11.00
2	Moore, Sam	WOU	10.80m	582	10.65	10.26	10.80
3	Fettig, Tayler	CWU	10.09m	535	9.94	9.84	10.09
4	Warren, Kawena	NNU	9.99m	529	9.14	9.99	9.15
5	Hommel, Maddi	SPU	9.87m	521	9.66	9.87	9.09
6	Seymour, Laura	NNU	9.62m	505	9.01	9.62	9.11
7	Smith, Rosie	Alaska Anchorage	9.22m	479	9.22	8.50	8.93
8	Luquin, Maliea	SPU	9.02m	465	8.56	9.02	8.76
9	Dyk, Janessa	NNU	8.90m	458	8.90	8.61	8.60
10	Ortega, HarLee	CWU	8.34m	421	8.34	8.17	7.69
11	Hong, Cheryl	SPU	7.11m	342	6.14	6.61	7.11

**Women's Indoor Pentathlon Totals after 3 Events:**

PL	Athlete	Team	Pts
1	Anders, Karolin	Alaska Anchorage	2322
2	Fettig, Tayler	CWU	2250
3	Smith, Rosie	Alaska Anchorage	2128
4	Warren, Kawena	NNU	2064
5	Luquin, Maliea	SPU	2056
6	Hommel, Maddi	SPU	1955
7	Moore, Sam	WOU	1898
8	Dyk, Janessa	NNU	1799
9	Ortega, HarLee	CWU	1783
10	Seymour, Laura	NNU	1752
11	Hong, Cheryl	SPU	1682

**Women's Indoor Pentathlon #4 Long Jump**

PL	Athlete	Team	Final	Pts	Attempts		
1	Anders, Karolin	Alaska Anchorage	5.62m	735	FOUL	5.62	PASS
2	Smith, Rosie	Alaska Anchorage	5.27m	634	5.09	5.21	5.27
3	Luquin, Maliea	SPU	5.23m	623	5.09	5.10	5.23
4	Ortega, HarLee	CWU	5.02m	565	5.02	4.86	5.02
5	Fettig, Tayler	CWU	4.95m	546	FOUL	FOUL	4.95
6	Hommel, Maddi	SPU	4.91m	535	4.66	4.91	4.69
7	Hong, Cheryl	SPU	4.82m	511	4.68	4.82	4.57
8	Dyk, Janessa	NNU	4.76m	495	4.54	FOUL	4.76
9	Seymour, Laura	NNU	4.49m	426	4.49	4.23	3.92
10	Warren, Kawena	NNU	4.44m	413	4.44	FOUL	FOUL
11	Moore, Sam	WOU	4.20m	355	FOUL	4.20	FOUL

**Women's Indoor Pentathlon Totals after 4 Events:**

PL	Athlete	Team	Pts
1	Anders, Karolin	Alaska Anchorage	3057
2	Fettig, Tayler	CWU	2796
3	Smith, Rosie	Alaska Anchorage	2762
4	Luquin, Maliea	SPU	2679
5	Hommel, Maddi	SPU	2490
6	Warren, Kawena	NNU	2477
7	Ortega, HarLee	CWU	2348
8	Dyk, Janessa	NNU	2294
9	Moore, Sam	WOU	2253
10	Hong, Cheryl	SPU	2193
11	Seymour, Laura	NNU	2178

**Women's Indoor Pentathlon #5 800 Meters**

PL	Athlete	Team	Final	Pts
1	Dyk, Janessa	NNU	2:26.62	736
2	Hommel, Maddi	SPU	2:27.95	719
3	Hong, Cheryl	SPU	2:28.61	710
4	Anders, Karolin	Alaska Anchorage	2:29.12	704
5	Seymour, Laura	NNU	2:29.71	697
6	Luquin, Maliea	SPU	2:30.01	693
7	Smith, Rosie	Alaska Anchorage	2:30.16	691
8	Ortega, HarLee	CWU	2:38.99	584
9	Fettig, Tayler	CWU	2:41.63	554
10	Moore, Sam	WOU	2:45.81	508
11	Warren, Kawena	NNU	2:57.24	391

**Women's Indoor Pentathlon Totals after 5 Events:**

PL	Athlete	Team	Pts
1	Anders, Karolin	Alaska Anchorage	3761
2	Smith, Rosie	Alaska Anchorage	3453
3	Luquin, Maliea	SPU	3372
4	Fettig, Tayler	CWU	3350
5	Hommel, Maddi	SPU	3209
6	Dyk, Janessa	NNU	3030
7	Ortega, HarLee	CWU	2932
8	Hong, Cheryl	SPU	2903
9	Seymour, Laura	NNU	2875
10	Warren, Kawena	NNU	2868
11	Moore, Sam	WOU	2761