

2010 GNAC Men's Outdoor Track and Field Championships (May 14-15 at Monmouth)

Note: *Indicates wind-aided (more than 2.0).

Team Scores - Western Washington 221 1/2, Central Washington 182, Western Oregon 166 1/2, Alaska Anchorage 130, Northwest Nazarene 48, Seattle Pacific 37, Saint Martin's 15, Montana State Billings 14. **Outstanding Performer** - Alfred Kangogo, UAA.

100 - 1. Anthony Wright, CWU, 10.43 (meet and conference records, old, 10.51, Mike Hinshaw, WOU, 2003); 2. Kincaid Nichols, CWU, 10.77. 3. Shane Gruger, WWU, 10.83; 4. Alex Tilley, WWU, 10.87; 5. Josh DeVaughn, SMU, 11.11. 6. Anthony Zackery, WWU, 11.12; 7. Alex Bourne, WOU, 11.12. 8. Demetrius Preston, UAA, 11.14.

200 - 1. Anthony Wright, CWU, 21.36 (meet record, old, Isaac Frederick, WOU, 21.37, 2003); 2. Kincaid Nichols, CWU, 21.77; 3. Shane Gruger, WWU, 22.01; 4. Alex Tilley, WWU, 22.04; 5. Austen DeWolf, UAA, 22.19; 6. Scott Morrison, CWU, 22.45; 7. Ashtin Mott, WOU, 22.51; 8. Demetrius Preston, UAA, 22.58.

400 - 1. Ethan Hewitt, UAA, 48.15; 2. Scott Morrison, CWU, 48.69; 3. James McLaughlin, UAA, 48.81; 4. Matt Kaino, WOU, 48.89; 5. Anthony Yakovich, WOU, 48.95; 6. Ashtin Mott, WOU, 49.26; 7. Toby David, WWU, 50.67; 8. Matt O'Connell, WWU, 50.69.

800 - 1. Alfred Kangogo, UAA, 1:54.51; 2. Mike Schmidt, WOU, 1:54.98. 3. Kyle Larson, WOU, 1:55.18; 4. Nathan Seely, SPU, 1:55.93; 5. Joseph Patti, SMU, 1:56.50; 6. Carson O'Brien, WOU, 1:59.36; 7. Nick Abraham, WWU, 2:00.06.

1500 - 1. Alfred Kangogo, UAA, 3:49.03 (meet record, old, Anthony Tomsich, WWU, 3:50.25, 2007); 2. Marko Cheseto, UAA, 3:49.33; 3. Anthony Tomsich, WWU, 3:51.01; 4. Micah Chelimo, UAA, 3:51.91; 5. Bennett Grimes, WWU, 3:53.86; 6. Jeff Long, WOU, 3:55.57; 7. Barak Watson, NNU, 3:58.02; 8. Jacob Wahlenmaier, SPU, 3:59.18; 9. Paul Rottich, UAA, 3:59.74; 10. Andrew Van Ness, SPU, 4:03.11; 11. Dan Sprinkle, WOU, 4:03.17; 12. Nick Abraham, WWU, 4:03.25; 13. Ryan Chapman, WOU, 4:07.14; 14. Kyle Larson, WOU, 4:10.30; 15. Zach Massari, WOU, 4:16.86; 16. Kyle Johnson, WWU, 4:18.57.

5000 - 1. Marko Cheseto, UAA, 14:37.18 (meet record, old, Jasper Peach, HSU, 14:55.75, 2006); 2. Jordan Welling, WWU, 14:43.02; 3. Micah Chelimo, UAA, 14:46.69; 4. Chris Reed, WOU, 14:46.96; 5. Chad Meis, SPU, 14:49.48; 6. Kyle Van Santen, SMU, 14:50.37; 7. Bennett Grimes, WWU, 14:55.41; 8. Alfred Kangogo, UAA, 14:59.66; 9. Barak Watson, NNU, 15:00.42; 10. William Ritekwiang, UAA, 15:15.67; 11. Blake Medhaug, WWU, 15:20.15; 12. Anthony Tomsich, WWU, 15:23.25; 13. Matt McCrary, WOU, 15:24.01; 14. Manuel Santos, CWU, 15:24.63; 15. Chip Jackson, WWU, 15:25.57; 16. Spencer Hunt, SMU, 15:29.77; 17. Paul Rottich, UAA, 15:47.70; 18. Tanner Boyd, WWU, 15:55.93; 19. AJ Baker, SPU, 16:07.16.

4x100 Relay - 1. Central Washington (Mack, Wright, Hogan, Nichols) 41.10 (meet record, old, 41.59, Alaska Anchorage, 2008; conference record, old, 41.48, Western Oregon, 2008; old, Central Washington, 41.0h, 2010); 2. Western Washington (Thomsen, Zackery, Gruger, Tilley) 41.79; 3. Western Oregon (Alexander, Yakovich, Hyde, Bourne) 42.44; 4. Alaska Anchorage (Grant, McLaughlin, DeWolf, Preston) 42.51; 5. Northwest Nazarene (Sepe, Colby, Hill, Hope) 42.85; 6. Montana State Billings (Barrett, Lewis, Diede, Prevost) 44.05.

4x400 Relay -- 1. Alaska Anchorage (Hewitt, Truax, Grant, McLaughlin) 3:16.10; 2. Western Oregon (Mott, Yakovich, O'Brien, Kaino) 3:16.55; 3. Central Washington (Fremd, Wright, Najera, Morrison) 3:18.27; 4. Western Washington (Tilley, Grudzinski, David, O'Connell) 3:18.51; 5. Northwest Nazarene (Hope, Hill, Hanson, Heidegger) 3:20.40; 6. Saint Martin's (Grossaint, Flaherty, Dodge, DeVaughn) 3:28.71; 7. Seattle Pacific (Sleight, Johnson, Seely, Endresen) 3:29.53; 8. MSU Billings (Prevost, Blomback, Lewis, Vanderby) 3:34.03.

110 Hurdles - 1. Anthony Hogan, CWU, 15.36; 2. Andy Loscutoff, WOU, 15.38; 3. Jordan Werner, WOU, 15.72; 4. Andrew Venema, CWU, 16.02; 5. Tim Steiglitz, NNU, 16.19; 6. Michael Najera, CWU, 16.52; 7. Brandon Roddewig, CWU, 17.33.

400 Hurdles - 1. Maurus Hope, NNU, 53.54; 2. Ryan Endresen, SPU, 54.65; 3. Phillip Villanueva, WWU, 54.66; 4. Andy Loscutoff, WOU, 55.09; 5. Mark Hanson, NNU, 55.52; 6. Michael Najera, CWU, 55.94; 7. Gabriel Morales, WWU, 56.29; 8. Levi Grudzinski, WWU, 57.56.

Pole Vault - 1. Ryan Brown, WWU, 5.15 - 16-10 $\frac{3}{4}$ (meet record, old, Zeb Udell, WOU, 4.98 -16-4, 2008); 2. Scott Hunter, CWU, 4.40 - 14-5 $\frac{1}{4}$; 3. Brandon Roddewig, CWU, 4.40 - 14-5 $\frac{1}{4}$; 4. Josh Winters, WWU, 4.30 - 14-1 $\frac{1}{4}$; 5. Austin Roberts, WOU, 4.30 - 14-1 $\frac{1}{4}$; 6. Tim Clendaniel, WWU, 4.30 - 14-1 $\frac{1}{4}$; 7. James Carr, CWU, 4.20 - 13-9 $\frac{1}{4}$; 8. Nic Hoza, WWU, 4.05 - 13-3 $\frac{1}{2}$; 9. Thomas Guidon, WWU, 4.05 - 13-3 $\frac{1}{2}$; 10. Kevin Iverson, WWU, 4.05 - 13-3 $\frac{1}{2}$; Alex Harrison, WWU, no height; Brandon Martinez, MSUB, no height; Nate Johnson, SPU, no height; Thomas Steinke, CWU, no height; Jayce Giddens, WOU, no height; Charles Lawson, SMU, no height.

Triple Jump - 1. Matson Hardie, WOU, 14.51 - 47-7 $\frac{1}{4}$; 2. Will Davis, WWU, 14.33 - 47-0 $\frac{1}{4}$; 3. Keefe Brockman, WWU, 14.11 - 46-3 $\frac{1}{2}$; 4. *Rendel Jones, CWU, 14.05 - 46-1 $\frac{1}{4}$; 5. Tim Clendaniel, WWU, 14.00 - 45-11 $\frac{1}{4}$; 6. James Cho, CWU, 13.73 - 45-0 $\frac{1}{2}$; 7. Jake Hyde, WOU, 13.27 - 43-6 $\frac{1}{2}$; 8. *Andrew Freed, UAA, 13.26 - 43-6; Bryan Mack, CWU, foul; Lewis Meyers, CWU, foul.

Javelin - 1. Alex Harrison, WWU, 63.52 - 208-5 (meet record, old, Justin Brewer, WWU, 62.20 - 204-1, 2005); 2. Nick Wilson, MSUB, 62.10 - 203-9; 3. Nathan Rowlett, WOU, 60.76 - 199-4; 4. Will Crook, WOU, 60.10 - 197-2; 5. Jace Derwin, SPU, 57.58 - 188-11; 6. Kody Reavis, WOU, 55.94 - 183-6; 7. Sean Allison, CWU, 55.82 - 183-2; 8. Anthony Player, SMU, 54.62 - 179-2; 9. Nate Wagner, SPU, 53.72 - 176-3; 10. Bob Valentine, WWU, 172-5; 11. Casey Robinson, UAA, 52.30 - 171-7; 12. Kevin Hudson, SMU, 48.28 - 158-5; 13. Tommy Sherif, CWU, 46.84 - 153-8.

Hammer - 1. Michael Hoffman, WWU, 59.50 - 195-2; 2. Mychal Ostler, CWU, 57.66 - 189-2; 3. Tyler Fischer, CWU, 56.50 - 185-4; 4. Matt Schryvers, WOU, 52.72 - 172-11; 5. Jason Slowey, WOU, 48.48 - 159-1; 6. Jordan Fenters, NNU, 47.70 - 156-6; 7. Daniel Ramirez, CWU, 47.26 - 155-1; 8. Bryant Michaelson, WWU, 46.56 - 152-9; 9. Ben Elder, WWU, 45.80 - 150-3; 10. Kody Reavis, WOU, 44.46 - 145-10; 11. Elmer Williams, NNU, 42.70 - 140-1; 12. Mike Jensen, CWU, 41.68 - 136-9; 13. Alex Eaton, NNU, 39.90 - 130-11; 14. Ryan Rencehausen, UAA, 39.48 - 129-6; 15. Tommy Sherif, CWU, 38.80 - 127-3; Tyler Nichols, WWU, foul; Billy Martin, SPU, foul.

Friday's Finals:

Steeplechase - 1. Micah Chelimo, UAA, 9:02.79 (meet record, old 9:08.2, Ethan Barrons, WOU, 2005); 2. Alfred Kangogo, UAA, 9:07.94; 3. Chad Meis, SPU, 9:10.84; 4. Barak Watson, NNU, 9:13.42; 5. Dan Sprinkle, WOU, 9:35.23; 6. Kyle Johnson, WWU, 9:42.57; 7. Luke Hetrick, NNU, 9:47.45; 8. Neil Easter, NNU, 9:50.08; 9. A.J. Baker, SPU, 9:51.89; 10. Brandon Snook, WOU, 9:52.62; 11. Ryan Chapman, WOU, 9:57.93; 12. Scott Power, CWU, 10:05.08; 13. Paul Rottich, UAA, 10:08.40; 14. Taylor Canfield, MSUB, 10:21.56; 15. Ian McLeod, WWU, 10:25.67.

10,000 - 1. Marko Cheseto, UAA, 31:23.03; 2. Jordan Welling, WWU, 31:36.70; 3. Blake Medhaug, WWU, 31:53.98; 4. Manuel Santos, CWU, 31:55.46; 5. William Ritekwiang, UAA, 31:59.97; 6. Greg Kubitz, WWU, 32:14.30; 7. Justin Karr, WOU, 32:22.25; 8. Braxton Jackson, WOU, 32:36.06; 9. Jesse Baggenstos, NNU, 32:50.35; 10. Daniel Lombardi, MSUB, 32:58.79; 11. Graham Armstrong, WWU, 34:04.18; 12. Will Harrison, SPU, 34:15.31; 13. Nicholas Harvey, SMU, 34:24.70.

High Jump - 1. Keefe Brockman, WWU, 2.00 - 6-6 ¾; 2. Brennan Boyes, CWU, 1.95 - 6-4 ¾; 3. Josh Larson, WWU, 1.95 - 6-4 ¾; 4. Jonathan Hamilton, CWU, 1.90 - 6-2 ¾; 5. Robert Wegner, WOU, 1.90 - 6-2 ¾; 6. Brandon Roddewig, CWU, 1.90 - 6-2 ¾; 7. Ryan Brown, WWU, 1.80 - 5-10 ¾; 8. Lewis Meyers, CWU, 1.80 - 5-10 ¾; Matson Hardie, WOU, no height.

Long Jump - 1. Demetrius Preston, UAA, 7.42 - 24-4 ¼; 2. Manny Melo, CWU, 6.75 - 22-1 ¾; 3. Jake Hyde, WOU, 6.74 - 22-1 ½; 4. Matson Hardie, WOU, 6.61 - 21-8 ¼; 5. Shane Gruger, WWU, 6.52 - 21-4 ¾; 6. Tim Clendaniel, WWU, 6.51 - 21-4 ¼; 7. *Justin Felt, SPU, 6.39 - 20-11 ¾; 8. *Robert Wegner, WOU, 6.38 - 20-11 ¼; 9. Anthony Zackery, WWU, 6.30 - 20-8; 10. *Bryan Mack, CWU, 6.24 - 20-5 ¾; 11. Will Davis, WWU, 6.20 - 20-4 ¼; 12. James Cho, CWU, 6.19 - 20-3 ¾; 13. Alex Tilley, WWU, 6.18 - 20-3 ½; 14. Scott Birks, WWU, 6.11 - 20-0 ½; 15. Josh DeVaughn, SMU, 6.02 - 19-9; 16. Luke Barrett, MSUB, 5.74 - 18-10.

Shot - 1. Jason Slowey, WOU, 16.46 - 54-0; 2. Ben Elder, WWU, 16.14 - 52-11 ½; 3. Tyler Fischer, CWU, 15.84 - 51 - 11 ¾; 4. Mike Jensen, CWU, 14.94 - 49-0 ¼; 5. Alex Harrison, WWU, 14.52 - 47-7 ¾; 6. Michael Hoffman, WWU, 14.29 - 46-10 ¾; 7. Daniel Ramirez, CWU, 14.28 - 46-10 ¼; 8. Jordan Fenters, NNU, 14.19 - 46-6 ¾; 9. Paul Gutzman, WOU, 14.05 - 46-1 ¼; 10. Nelson Westlin, WWU, 13.53 - 44-4 ¾; 11. Diego Estrada, NNU, 13.51 - 44-4; 12. Jacob Gilbert, WWU, 13.48 - 44-2 ¾; 13. Tanner Rottrup, MSUB, 13.32 - 43-8 ½; 14. Cameron Gump, 12.60 - 41-4 ¼; 15. Jesse Potes, CWU, 12.48 - 40-11 ¾.

Discus - 1. Ben Elder, WWU, 48.20 - 158-2; 2. Jason Slowey, WOU, 47.68 - 156-5; 3. Tyler Fischer, CWU, 47.46 - 155-8; 4. Michael Hoffman, WWU, 47.40 - 155-6; 5. Parker Stewart, WOU, 45.08 - 147-11; 6. Nelson Westlin, WWU, 44.80 - 147-0; 7. Nick Wilson, MSUB, 44.30 - 145-4; 8. Bryant Michaelson, WWU, 43.50 - 142-8; 9. Jesse Potes, CWU, 42.96 - 140-11; 10. Daniel Ramirez, CWU, 42.74 - 140-3; 11. Mychal Ostler, CWU, 41.32 - 135-7; 12. Alex Harrison, WWU, 39.34 - 129-1; 13. Matt Schryvers, WOU, 39.32 - 129-0.

Decathlon (May 3-4 at Nampa) - 1. Alex Harrison, WWU, 6474; 2. Eric Zwiefelhofer, NNU, 6173; 3. Andy Loscutoff, WOU, 6159; 4. Nate Johnson, SPU, 6040; 5. Brandon Roddewig, CWU, 5799; 6. Tim Clendaniel, WWU, 5674; 7. Jake Hyde, WOU, 5572; 8. Scott Hunter, CWU, 5436.

Day 1 Results: 100 - Zwiefelhofer 11.48, Clendaniel 11.63, Hyde 11.65, Heidegger 11.67, Caryl 11.73, Loscutoff 11.73, Johnson 11.76, Roddewig 11.83, Harrison 11.85, Roberts 11.96, Venema 12.10, Hunter 12.12, Hartwigsen 12.13, Iverson 12.22, Steinke 12.26, Montgomery 12.53. Long Jump - Hyde 6.89 - 22-7 ¼, Clendaniel 6.88 - 22-7, Zwiefelhofer 6.40 - 21-0, Harrison 6.10 - 20-0 ¼, Caryl 6.09 - 19-11 ¾, Loscutoff 6.07 - 19-11, Johnson 6.05 - 19-10 ¼, Johnson 6.05 - 19-10 ¼, Roddewig 6.01 - 19-8 ¾, Iverson 6.01 - 19-8 ¾, Venema 5.99 - 19-8, Steinke 5.88 - 19-3 ½, Roberts 5.77 - 18-11 ¼, Hartwigsen 5.74 - 18-10, Hunter 5.71 - 18-9, Montgomery 5.70 - 18-8 ½, Heidegger 5.64 - 18-6. Shot Put - Harrison 14.06 - 46-1 ½, Zwiefelhofer 11.93 - 39-1 ¾, Hartwigsen 11.81 - 38-9, Heidegger 10.93 - 35-10 ½, Hyde 10.85 - 35-7 ¼, Loscutoff 10.84 - 35-6 ¾, Clendaniel 10.83 - 35-6 ½, Iverson 10.16 - 33-4, Johnson 10.15 - 33-3 ¾, Montgomery 9.99 - 32-9 ½, Caryl 9.93 - 32-7, Venema 9.68 - 31-9 ¼, Roddewig 9.00 - 29-6 ½, Steinke 8.93 - 29-3 ¾, Roberts 8.32 - 27-3 ¾, Hunter 8.28 - 27-2. High Jump - Roddewig 1.94 - 6-4 ¼, Loscutoff 1.82 - 5-11 ½, Zwiefelhofer 1.82 - 5-11 ½, Johnson 1.81 - 5-11 ¼, Clendaniel 1.81 - 5-11 ¼, Venema 1.79 - 5-10 ½, Steinke 1.79 - 5-10 ½, Hunter 1.76 - 5-9 ¼, Iverson 1.76 - 5-9 ¼, Hyde 1.70 - 5-7, Heidegger 1.67 - 5-5 ¾, Hartwigsen 1.67 - 5-5 ¾, Harrison 1.67 - 5-5 ¾, Montgomery 1.64 - 5-4 ½, Roberts 1.64 - 5-4 ½. 400 - Loscutoff 50.82, Heidegger 53.23, Hunter 53.45, Johnson 53.52, Venema 53.89, Harrison 54.98, Hyde 55.07, Hartwigsen 55.11, Roberts 55.70, Steinke 55.71, Montgomery 55.86, Zwiefelhofer 55.88, Clendaniel 56.88, Roddewig 56.95, Iverson 59.19.

Day 2 Results: 110 Hurdles - *Loscutoff 15.67, Harrison 15.91, Venema 15.95, Clendaniel 16.13, Roddewig 16.70, *Steinke 16.85, Johnson 16.86, *Zwiefelhofer 17.39, *Iverson 17.41, *Hyde 17.66, *Hartwigsen 17.68, Hunter 18.15, Montgomery 18.26, *Roberts 18.81, Heidegger 18.82. Discus - Harrison 39.07 - 128-2, Johnson 35.64 - 116-11, Hyde 32.93 - 108-0, Zwiefelhofer 31.85 - 104-6, Clendaniel 30.72 - 100-9, Iverson 29.86 - 97-11, Hartwigsen 29.78 - 97-8, Loscutoff 29.02 - 95-2, Roddewig 28.97 - 95-0, Venema 28.19 - 92-6, Roberts 27.33 - 89-8, Montgomery 24.75 - 81-2, Steinke 24.33 - 79-10, Hunter 24.14 - 79-2, Heidegger 23.22 - 76-2. Pole Vault - Hunter 4.45 - 14-7 ¼, Roddewig 4.45 - 14-7 ¼, Harrison 4.35 - 14-3 ¼, Zwiefelhofer 4.35 - 14-3 ¼, Roberts 4.25 - 13-11 ¼, Iverson 4.05 - 13-3 ½, Johnson 3.95 - 12-11 ½, Clendaniel 3.95 - 12-11 ½, Hartwigsen 3.35 - 10-11 ¾, Loscutoff 3.25 - 10-8, Montgomery 3.15 - 10-4, Steinke 3.15 - 10-4, Hyde 3.05 - 10-0, Venema 2.95 - 9-8, Heidegger 2.85 - 9-4 ½. Javelin - Harrison 60.31 - 197-10, Zwiefelhofer 52.12 - 171-0, Loscutoff 48.09 - 157-9, Johnson 46.98 - 154-2, Hartwigsen 46.49 - 152-6, Roddewig 41.97 - 137-8, Hyde 38.53 - 126-5, Montgomery 36.90 - 121-1, Hunter 34.77 - 114-1, Steinke 33.78 - 110-10, Iverson 33.44 - 109-8, Roberts 33.05 - 108-5, Heidegger 29.27 - 96-0, Venema 18.68 - 61-3, Clendaniel 18.63 - 61-1. 1500 - Heidegger 4:36.14, Loscutoff 4:36.50, Montgomery 4:39.54, Hunter 4:41.58, Iverson 4:48.10, Steinke 4:50.74, Roberts 4:51.64, Johnson 4:54.87, Venema 5:03.90, Clendaniel 5:06.33, Hyde 5:07.53, Roddewig 5:08.84, Zwiefelhofer 5:08.85, Hartwigsen 5:10.32, Harrison 5:13.38.

Friday's Prelims:

100 - Heat 1 (Wind - +2.2) 1. Anthony Wright, CWU, 10.85; 2. Josh DeVaughn, SMU, 10.97; 3. Anthony Zackery, WWU, 10.97; 4. Shane Gruger, WWU, 11.00; 5. Bobby Alexander, WOU, 11.02; 6. Austen DeWolf, UAA, 11.05; 7. Derek Sepe, NNU, 11.18; 8. James Cho, CWU, 11.32. Heat 2, 1. Alex Tilley, WWU, 10.75; 2. Kincaid Nichols, CWU, 10.77; 3. Demetrius Preston, UAA, 10.87; 4. Alex Bourne, WOU, 10.96; 5. Justin Thomsen, WWU, 11.06; 6. AJ Allen, UAA, 11.13; 7. Bryan Mack, CWU, 11.15; 8. Cameron Colby, NNU, 11.23.

200 - Heat 1, 1. Anthony Wright, CWU, 22.45; 2. Demetrius Preston, UAA, 22.47; 3. Scott Morrison, CWU, 22.52; 4. Ethan Hewitt, UAA, 22.67; 5. James McLaughlin, UAA, 22.72; 6. Nathan Diede, MSUB, 23.13. Heat 2, 1. Austen DeWolf, UAA, 22.05; 2. Ashtin Mott, WOU, 22.41; 3. Anthony Yakovich, WOU, 22.54; 4. Brandon Grant, UAA, 22.72; 5. Josh DeVaughn, SMU, 22.82; 6. Dustin Boyd, WOU, 22.84. Heat 3, 1. Kincaid Nichols, CWU, 21.89; 2. Shane Gruger, WWU, 22.15; 3. Alex Tilley, WWU, 22.22; 4. Matt Kaino, WOU, 22.60; 5. Matt Seel, CWU, 22.71; 6. AJ Allen, UAA, 23.93.

400 - Heat 1, 1. Ethan Hewitt, UAA, 47.79 (meet record, old 48.11, Ashtin Mott, WOU, 2008); 2. Scott Morrison, CWU, 48.94; 3. James McLaughlin, UAA, 49.19; 4. Toby David, WWU, 50.17; 5. Brandon Grant, UAA, 50.50; 6. Dan Hill, NNU, 50.61. Heat 2, 1. Matt Kaino, WOU, 48.71; 2. Ashtin Mott, WOU, 49.07; 3. Anthony Yakovich, WOU, 49.85; 4. Matt O'Connell, WWU, 50.20; 5. Bradley Truax, UAA, 51.01; 6. Kyle Fremd, CWU, 51.23.

800 - Heat 1, 1. Mike Schmidt, WOU, 1:52.93; 2. Jeff Long, WOU, 1:54.02; 3. Carson O'Brien, WOU, 1:54.45; 4. Kyle Larson, WOU, 1:54.52; 5. Joseph Patti, SMU, 1:54.80; 6. Justin Webb, NNU, 1:56.53; 7. Bradley Truax, UAA, 2:00.59; 8. Michael Brown, WOU, 2:03.89. Heat 2, 1. Nathan Seely, SPU, 1:53.94; 2. Alfred Kangogo, 1:54.50; 3. Nick Abraham, WWU, 1:55.06; 4. Tyson Vanderby, MSUB, 1:56.31; 5. Paul Rottich, UAA, 1:56.65; 6. Connor Kasler, WOU, 1:57.14; 7. Nathanael Sleight, SPU, 1:58.15; 8. Thomas Hill, UAA, 1:58.64.

110 Hurdles - Heat 1, 1. Jordan Werner, WOU, 15.09; 2. Andy Loscutt, WOU, 15.29; 3. Alex Harrison, WWU, 15.38; 4. Andrew Venema, CWU, 15.94; 5. Brandon Roddewig, CWU, 16.56. Heat 2 (**Wind** - +2.2), 1. Anthony Hogan, CWU, 15.55; 2. Michael Najera, CWU, 15.93; 3. Tim Steiglitz, NNU, 16.35; 4. Thomas Steinke, CWU, 17.98.

400 Hurdles - Heat 1, 1. Maurus Hope, NNU, 53.25; 2. Ryan Endresen, SPU, 54.96; 3. Mark Hanson, NNU, 55.39; 4. Levi Grudzinski, WWU, 56.77; 5. Shane O'Connell, WOU, 57.15. Heat 2, 1. Andy Loscutt, WOU, 55.07; 2. Phillip Villanueva, WWU, 55.32; 3. Michael Najera, CWU, 55.95; 4. Gabriel Morales, WWU, 56.38; 5. Andrew Venema, CWU, 59.23.