

2012 GNAC Women's Outdoor Track and Field Championships (May 14-15 at Monmouth)

Team Scores - Seattle Pacific 188, Alaska Anchorage 183, Western Washington 137 1/2, Western Oregon 77, Northwest Nazarene 74, Simon Fraser 63, Central Washington 57, MSU Billings 33, Saint Martin's 6 1/2.

Saturday's Finals:

100 – 1. Grace Morgan, UAA, 11.91 (meet record; old, 12.09, Morgan, 2012 Prelims); 2. Madison McClung, WOU, 12.05; 3. Kishia Mitchell, SPU, 12.17; 4. BryAnne Wochnick, SPU, 12.32; 5. Tasia Baldwin, SPU, 12.38; 6. Aisha Klippenstein, SFU, 12.48; 7. Sydney Coffey, WWU, 12.51; 8. Dianne Chong, UAA, 12.54. **(All times were wind-aided)**

200 - 1. Grace Morgan, UAA, 24.61 (meet record, old, 24.74, Morgan, 2012 prelims); 2. Madison McClung, WOU, 24.80; 3. Myisha Valentine, SPU, 25.22; 4. Eleanor Siler, WWU, 25.28; 5. Ali Worthen, SPU, 25.37; 6. Kishia Mitchell, SPU, 25.65; 7. Tasia Baldwin, SPU, 25.72; 8. Melissa Grammer, NNU, 25.89.

400 - 1. Eleanor Siler, WWU, 55.73; 2. Myisha Valentine, SPU, 55.76; 3. Jasmine Johnson, SPU, 56.85; 4. Haleigh Lloyd, UAA, 57.16; 5. Emily Quatier, SPU, 57.44; 6. Kelsea Johnson, UAA, 57.88; 7. Seanna Pitassi, CWU, 58.71; 8. Lexi Pola, WOU, 59.55.

800 - 1. McKayla Fricker, SPU, 2:11.79; 2. Sarah Sawatzky, SFU, 2:12.50; 3. Michaela Kane, SFU, 2:13.78; 4. Ivy O'Guinn, UAA, 2:13.94; 5. Janelle Everetts, WOU, 2:14.16; 6. Joscelyn Minton, SMU, 2:14.52; 7. Abbey Vogt, SFU, 2:14.95; 8. Natalie Evans, NNU, 2:16.84; 9. Susan Bick, UAA, 2:17.54.

1500 - 1. Lindsey Butterworth, SFU, 4:28.77; 2. Susan Tanui, UAA, 4:32.83; 3. Ivy O'Guinn, UAA, 4:33.55; 4. Ruth Keino, UAA, 4:37.71; 5. Hallidie Wilt, UAA, 4:39.01; 6. Miriam Kipng'eno, UAA, 4:39.53; 7. Katelyn Steen, WWU, 4:43.24; 8. Natalie Evans, NNU, 4:43.83; 9. Megan Everetts, WOU, 4:48.17; 10. Mikhalia Thornton, WWU, 4:51.57; 11. Katie Thralls, SPU, 4:54.03; 12. Haley O'Connor, WWU, 4:54.80; 13. Brenna Condon, WWU, 4:54.98; 14. Meagan Swenson, NNU, 4:56.71; 15. Rachel Shelley, WOU, 4:59.19; 16. Allison Cutting, SPU, 5:00.72; 17. Nicole Anderson, WOU, 5:07.26.

5000 – 1. Susan Tanui, UAA, 17:31.67; 2. Ruth Keino, UAA, 17:33.05; 3. Miriam Kipng'eno, UAA, 17:38.37; 4. Heidi Laabs-Johnson, SPU, 17:49.17; 5. Natty Plunkett, SPU, 17:53.42; 6. Katelyn Steen, WWU, 18:04.43; 7. Ivy O'Guinn, UAA, 18:08.27; 8. Jaymi Bethea, UAA, 18:11.80; 9. Katie Thralls, SPU, 18:17.84; 10. Kelsey Kraft, CWU, 18:27.61; 11. Shoshana Keegan, UAA, 18:28.50; 12. Mary Rogers, WWU, 18:32.13; 13. Hallidie Wilt, UAA, 18:33.61; 14. Robyn Zeidler, SPU, 18:34.62; 15. Valerie Massie, UAA, 18:35.63; 16. Katie Krehlik, UAA, 18:53.11; 17. Bryn Haebe, UAA, 19:01.88; 18. Christi Schmitz, UAA, 19:05.72.

100 Hurdles – 1. Haleigh Lloyd, UAA, 14.23; 2. Ali Worthen, SPU, 14.29; 3. Michelle Howe, WWU, 14.36; 4. Maliea Luquin, SPU, 14.73; 5. Janna Vander Meulen, WOU, 14.85; 6. Aisha Klippenstein, SFU, 14.86; 7. Andrea Abrams, SFU, 14.87; 8. Chelsea Genther, CWU, 15.45.

400 Hurdles - 1. Michelle Howe, WWU, 1:03.06; 2. Natalie Nobbs, SPU, 1:04.37; 3. Amber Dodd, WWU, 1:04.64; 4. Haleigh Lloyd, UAA, 1:04.74; 5. Alexandra McDonald, WWU, 1:05.90; 6. Janna Vander Meulen, WOU, 1:06.73; 7. Ali Mosher, WOU, 1:08.04; 8. Miranda Lahman, WWU, 1:08.64

4x100 Relay - 1. Seattle Pacific (Wochnick, Worthen, Valentine, Mitchell) 47.22 (meet record, old, 47.23, Seattle Pacific, 2011); 2. Alaska Anchorage (Chong, Johnson, Morgan, Lloyd) 47.67; 3. Western Oregon (McClung, Pola, Campbell, Hellesto) 48.34; 4. Northwest Nazarene (Leonce, Grammer, Reid, Case) 48.80; 5. Western Washington (Siler, Stralsler, Coffey, Ledtke) 48.94; 6. Central Washington (Swanson, Takayoshi, Pitassi, Genther) 49.85; 7. Simon Fraser (Rhode, Klippenstein, Abrams, Crombeen) 50.09; 8. Saint Martin's (Medina, Aashiem, DeCosta, Wolf) 51.38.

4x400 Relay - Seattle Pacific (Valentine, Quatier, Johnson, Fricker) 3:48.79; 2. Alaska Anchorage (Morgan, Bick, Johnson, Lloyd) 3:52.47; 3. Simon Fraser (Vogt, Butterworth, Sawatzky, Kane) 3:53.43; 4. Western Oregon (Hellesto, Everetts, Pola, Skordahl) 3:54.09; 5. Northwest Nazarene (Grammer, Rippy, Evans, Weidmeier) 3:57.16; 6. Western Washington (Siler, Howe, Coffey, Ledtke) 4:00.62; 7. Central Washington (Forgey, Morgan, Genther, Pitassi) 4:05.82; 8. Saint Martin's (Aashiem, Anderson, Copeland, Minton) 4:12.00.

High Jump - 1. Brittany Grandy, WWU, 1.69 – 5-6 ½; 2. Ali Worthen, SPU, 1.69 – 5-6 ½; 3. Katie Pelchar, WOU, 1.69 – 5-6 ½; 4. Tayler Fettig, CWU, 1.64 – 5-4 ½; 5. Brittany Aanstad, SPU, 1.64 – 5-4 ½; 6. Kelsea Johnson, UAA, 1.59 – 5-2 ½; 7. Brooklyn Holton, WWU, and Laura Tesch, SMU, 1.54 – 5-0 ½; 9. Amanda Overdick, WWU; and Katy Gross, SPU, 1.54 – 5-0 ½; 11. Courtney Schroeder, NNU, and Stacey Pitt, MSUB, 1.54 – 5-0 ½; 13. Katie Reichert, WWU, 1.54 – 5-0 ½; 14. Laura Pridgen, NNU; Sabrina Schwindler, CWU, and Jill Bennett, NNU, 1.49 – 4-10 ½; 17. Charlene Harber, WOU, 1.49 – 4-10 ½; Marie Smith, NNU, no height.

Triple Jump – 1. Ashley Potter, WOU, 12.42 – 40-9 (conference record, old, 12.32 - 40-5, Emily Warman, WWU, 2012; meet record, 11.98 - 39-3 ¾, Kim Brady, UAA, 2008); 2. Katharine Lotze, CWU, 12.08 – 39-7 ¾; 3. Jasmyn Jewett, NNU, 11.91 – 39-1; 4. Emily Warman, WWU, 11.91 – 39-1 ½; 5. *Trinna Miranda, SPU, 11.41 – 37-5 ¾; 6. Emily Walters, WWU, 11.37 – 37-3 ¾; 7. Molly Reid, NNU, 11.30 – 37-1; 8. Dianne Chong, UAA, 11.25 – 36-11; 9. Jill Bennett, NNU, 11.02 – 36-2; 10. Rebecca Laible, WOU, 10.90 – 35-9 ¾; 11. *Aisha Klippenstein, SFU, 10.43 – 34-2 ¾. **(*Wind-aided)**

Shot Put – 1. Joy Warrington, NNU, 13.99 – 45-10 ¾; 2. Leeza Henry, MSUB, 13.78 – 45 – 2 ½; 3. Anica Knispel, MSUB, 13.45 – 44-1 ½; 4. Kaylee Baumstark, CWU, 12.62 – 41-5; 5. Carly Dranginis, NNU, 12.59 – 41 – 3 ¾; 6. Vessie Umu, NNU, 12.13; 39 – 9 ¾; 7. Annie Martinez, CWU, 12.02 – 39-5 ¾; 8. Caitlin Curtis, NNU, 11.29 – 37-0 ½; 9. Sydney Jensen, CWU, 11.28 – 37-0 ¾; 10. Allison Cook, WOU, 10.40 – 34-1 ½; 11. Corrie Holm, MSUB, 10.26 – 33-8; 12. Michelle Stuart, SFU, 10.25 – 33-7 ½; 13. Charlene Harber, WOU, 10.14 – 33-3 ¼.

Hammer - 1. Lindsay Wells, WWU, 50.76 – 166-6; 2. Joy Warrington, NNU, 46.55 – 152-9; 3. Anica Knispel, MSUB, 45.46 – 149-2; 4. Kaylee Baumstark, CWU, 45.32 – 148-8; 5. Carly Dranginis, NNU, 44.84-147-1; 6. Alicia Hedrick, NNU, 44.79 - 146-11; 7. Ryley Carr, SFU, 42.84 – 140-7; 8. Alla Dzhidzhievshvili, NNU, 41.96 – 137-8; 9. Caitlin Curtis, NNU, 39.64 – 130-1; 10. Jasmine Warrington, NNU, 39.42 – 129-4; 11. Jamilea Kittelmann, MSUB, 39.00 – 127-11; 12. Sydney Jensen, CWU, 34.92 – 114-7.

Friday's Finals:

Steeplechase - 1. Susan Tanui, UAA, 10:24.44 (meet record, old, 10:50.62, Courtney Olsen, WWU, 2010); 2. Hallidie Wilt, UAA, 10:47.41; 3. Katelyn Steen, WWU, 10:50.32; 4. Robyn Zeidler, SPU, 11:09.78; 5. Haley O'Connor, WWU, 11:17.37; 6. Kelsey Kreft, CWU, 11:23.06; 7. Katie Krehlik, UAA, 11:29.35; 8. Bryn Haebe, UAA, 11:31.84; 9. Meagan Swenson, NNU, 11:40.29; 10. Ashley Rice, CWU, 12:12.25; 11. Nicole Anderson, WOU, 12:17.24; 12. Mary Owen, MSUB, 12:19.53; 13. Keesha Brown, NNU, 12:36.94; 14. Josie Becker, SPU, 12:56.91.

10,000 - 1. Ruth Keino, UAA, 36:37.97; 2. Miriam Kipng'eno, UAA, 36:44.96; 3. Natty Plunkett, SPU, 36:55.54; 4. Heidi Laabs-Johnson, SPU, 37:42.56; 5. Jaymi Bethea, UAA, 38:05.00; 6. Mary Rogers, WWU, 38:47.83; 7. Shoshana Keegan, UAA, 39:12.44; 8. Whitney Mickelsen, MSUB, 39:31.14; 9. Arielle Watson, WWU, 40:08.74; 10. Erin Philbeck, WWU, 40:13.90; 11. Christi Schmitz, UAA, 41:24.43; 12. Haida Ikeda, UAA, 41:32.66; 13. Valerie Massie, UAA, 41:34.09; 14. Mary Owen, MSUB, 42:04.29; 15. KayAnna Cecchi, WOU, 42:50.04; 16. Chelsea Dowdell, CWU, 43:02.89; 17. Ashley Liapitan, SMU, 44:23.17; Kim Doerksen, SFU, did not finish; Hailey Bradshaw, NNU, did not finish.

Pole Vault - 1. Karis Anderson, WWU, 3.83 - 12-6 $\frac{3}{4}$ (meet record, old, 3.76 - 12-4, Ally Studer, SPU, 2003); 2. Kati Davis, CWU, 3.73 - 12-2 $\frac{3}{4}$; 3. Terra Schumacher, SPU, 3.53 - 11-7; 4. Jamie Larsen, CWU, 3.53 - 11-7; 5. Cheyanna Pinley, WWU, 3.23 - 10-7; 6. Stacey Pitt, MSUB, 3.23 - 10-7; 7. Bethany Graham, WWU, 3.08 - 10-1 $\frac{1}{4}$; 8. Amy Jo Puckett, WWU, 2.93 - 9-7 $\frac{1}{4}$. **No Height** - Amy Rovira, WWU, and Samantha Hull, SMU.

Long Jump - 1. Emily Warman, WWU, 5.83 - 19-1 $\frac{1}{2}$ (meet record, old, 5.81 - 19-0 $\frac{3}{4}$, Danielle Ayers-Stamper, SPU, 2005); 2. Kelsea Johnson, UAA, 5.68 - 18-7 $\frac{3}{4}$; 3. Tasia Baldwin, SPU, 5.55 - 18-2 $\frac{1}{2}$; 4. Mercedes Rhode, SFU, 5.53 - 18-1 $\frac{3}{4}$; 5. Ali Worthen, SPU, 5.52 - 18-1 $\frac{1}{2}$; 6. Trinna Miranda, SPU, 5.43 - 17-9 $\frac{3}{4}$; 7. Molly Reid, NNU, 5.41 - 17-9; 8. Brooklyn Holton, WWU, 5.39 - 17-8 $\frac{1}{4}$; 9. *Charlene Harber, WOU, 5.38 - 17-8; 10. Jasmyrn Jewett, NNU, 5.24 - 17-2 $\frac{1}{4}$; 11. Emily Walters, WWU, 5.23 - 17-2; 12. Charlotte Crombeen, SFU, 5.22 - 17-1 $\frac{1}{2}$; 13. Dianne Chong, UAA, 5.19 - 17-0 $\frac{1}{2}$; 14. April Cook-MacKenzie, SFU, 5.09 - 16-8 $\frac{1}{2}$; 15. Katy Gross, SPU, 5.08 - 16-8; 16. *Jill Bennett, NNU, 4.94 - 16-2 $\frac{1}{2}$; 17. *Natalie Nobbs, SPU, 4.91 - 16-1 $\frac{1}{2}$; 18. Jessica Padriano, SFU, 4.76 - 15-7 $\frac{1}{2}$; 19. *Lacy Wilkins, MSUB, 4.74 - 15-6 $\frac{3}{4}$. (***Wind-aided**)

Discus - 1. Jade Richardson, SFU, 42.53 - 139-6; 2. Leeza Henry, MSUB, 42.53 - 139-6; 3. Joy Warrington, NNU, 40.35 - 132-4; 4. Caitlin Curtis, NNU, 39.38 - 129-2; 5. Carly Dranginis, NNU, 39.22 - 128-8; 6. Kaylee Baumstark, CWU, 37.99 - 124-8; 7. Maggie Roe, WWU, 37.71 - 123-9; 8. Anica Knispel, MSUB, 36.21 - 118-9; 9. Corrie Holm, MSUB, 36.18 - 118-8; 10. Nikki Newton, WOU, 33.70 - 110-7.

Javelin - 1. Amanda Schumaker, WOU, 46.97 - 154-1; 2. Brittany Aanstad, SPU, 44.05 - 144-6; 3. Seabre Church, WOU, 41.87 - 137-4; 4. Katy Gross, SPU, 41.53 - 136-3; 5. Michaela Farner, SPU, 40.93 - 134-3; 6. Michelle Stuart, SFU, 40.18 - 131-10; 7. Trishi Williams, WWU, 38.68 - 126-11; 8. Kirstin Stewart, SFU, 38.66 - 126-10; 9. Angela Lindersmith, WWU, 38.53 - 126-5; 10. Carly Andrews, SPU, 37.64 - 123-6; 11. Brittany Tri, SPU, 37.49 - 123-0; 12. Delaware Steingruber, MSUB, 34.77 - 114-1; 13. Katie Reichert, WWU, 32.79 - 107-7; 14. Kayla Dolby, WOU, 32.36 - 106-2; 15. Lakesha Wade, NNU, 32.12 - 105-4; 16. Samantha Hull, SMU, 31.17 - 102-3.

Heptathlon (Apr. 30-May 1 at Ellensburg) - 1. Ali Worthen, SPU, 5199; 2. Kelsea Johnson, UAA, 4940; 3. Katie Reichert, WWU, 4269; 4. Tayler Fettig, CWU, 4217; 5. Charlene Harber, WOU, 4172; 6. Jill Bennett, NNU, 4092; 7. Maliea Luquin, SPU, 4046; 8. Brooklyn Holton, WOU, 3964; 9. Marie Smith, NNU, 3906; 10. Sydney Coffey, WWU, 3897; 11. Laura Pridgen, NNU, 3696; 12. Emily Stralser, WWU, 3623; 13. Hannah Scholter, SMU, 3493; 14. Lacy Wilkins, MSUB, 3412; 15. Kayla Dolby, WOU, 3397; 16. Leah Berry, MSUB, 3391; 17. Katy Gross, SPU, 33.74; 18. Siri Berg, CWU, 3185. (**Note:** Brittany Tri, SPU, withdrew after four events).

Day 1:

100 Hurdles - +Worthen 14.30, +Luquin 14.56, Gross 15.03, +Smith 15.04, Johnson 15.05, +Holton 15.55, +Fettig 15.55, +Coffey 15.61, +Pridgen 16.01, +Stralser 16.14, +Bennett 16.34, +Reichert 16.43, Tri 16.50, +Scholter 16.72, +Harber 17.22, +Berry 17.45, Wilkins 17.58, +Dolby 18.00, +Berg 18.88. (+Wind-aided).

High Jump - Fettig 1.71 - 5-7 $\frac{1}{4}$, Worthen 1.65 - 5-5, Reichert 1.56 - 5-1 $\frac{1}{4}$, Pridgen 1.56 - 5-1 $\frac{1}{4}$, Johnson 1.56 - 5-1 $\frac{1}{4}$, Bennett 1.53 - 5-0 $\frac{1}{4}$, Holton 1.53 - 5-0 $\frac{1}{4}$, Harber 1.53 - 5-0 $\frac{1}{4}$, Coffey 1.50 - 4-11, Berg 1.47 - 4-9 $\frac{3}{4}$, Berry 1.47 - 4-9 $\frac{3}{4}$, Smith 1.47 - 4-9 $\frac{3}{4}$, Tri 1.47 - 4-9 $\frac{3}{4}$, Dolby 1.44 - 4-8 $\frac{3}{4}$, Scholter 1.44 - 4-8 $\frac{3}{4}$, Wilkins 1.44 - 4-8 $\frac{3}{4}$, Stralser 1.41 - 4-7 $\frac{1}{2}$, Luquin 1.38 - 4-6 $\frac{1}{2}$, Gross no height.

Shot Put - Harber 12.60 - 41-4 $\frac{1}{4}$, Worthen 10.73 - 35-2 $\frac{1}{2}$, Gross 10.49 - 34-5, Tri 10.46 - 34-4, Reichert 10.35 - 33-11 $\frac{1}{2}$, Johnson 10.17 - 33-4 $\frac{1}{2}$, Berg 9.63 - 31-7 $\frac{1}{4}$, Bennett 9.36 - 30-8 $\frac{1}{2}$, Fettig 9.29 - 30-5 $\frac{3}{4}$, Dolby 9.14 - 30-0, Berry 9.09 - 29-10, Holton 8.84 - 29-0, Pridgen 8.82 - 28-11 $\frac{1}{4}$, Luquin 8.78 - 28-9 $\frac{3}{4}$, Stralser 8.41 - 27-7 $\frac{1}{4}$, Wilkins 8.31 - 27-3 $\frac{1}{4}$, Coffey 8.01 - 26-3 $\frac{1}{2}$, Smith 7.83 - 25-8 $\frac{1}{4}$, Scholter 7.83 - 25-8 $\frac{1}{4}$.

200 - Worthen 25.47, Coffey 25.96, Johnson 25.99, Luquin 26.48, Smith 26.86, Holton 27.09, Harber 27.42, Fettig 27.48, Stralser 27.68, Gross 27.72, Tri 28.03, Reichert 28.06, Bennett 28.25, Scholter 28.26, Pridgen 28.70, Wilkins 29.16, Berry 29.38, Dolby 29.59, Berg 29.99. (**All performances were wind-aided**).

Day 2:

Long Jump - Johnson 5.65 - 18-6 $\frac{1}{2}$, Worthen 5.53 - 18-1 $\frac{3}{4}$, Harber 5.28 - 17-4, Gross 5.27 - 17-3 $\frac{1}{2}$, Coffey 5.12 - 16-9 $\frac{3}{4}$, Smith 5.11 - 16-9 $\frac{1}{4}$, Holton 5.10 - 16-8 $\frac{3}{4}$, Fettig 4.97 - 16-3 $\frac{3}{4}$, Bennett 4.90 - 16-1, Wilkins 4.81 - 15-9 $\frac{1}{2}$, Luquin 4.78 - 15-8 $\frac{1}{4}$, Stralser 4.72 - 15-6, Pridgen 4.56 - 14-11 $\frac{1}{2}$, Reichert 4.45 - 14-7 $\frac{1}{4}$, Berry 4.44 - 14-7, Dolby 4.41 - 14-5 $\frac{3}{4}$, Scholter 4.08 - 13-4 $\frac{3}{4}$, Berg 4.04 - 13-3 $\frac{1}{4}$.

Javelin - Reichert 45.21 - 148-4, Gross 41.03 - 134-7, Dolby 36.44 - 119-7, Worthen 33.47 - 109-10, Johnson 33.11 - 108-7, Bennett 32.62 - 107-0, Berg 30.96 - 101-7, Wilkins 29.70 - 97-5, Scholter 28.26 - 92-8, Fettig 25.60 - 84-0, Harber 24.87 - 81-7, Luquin 24.45 - 80-2, Pridgen 23.89 - 78-4, Berry 23.58 - 77-4, Stralser 23.32 - 76-6, Holton 22.25 - 73-0, Smith 21.28 - 69-10, Coffey no distance.

800 - Johnson 2:21.97, Worthen 2:22.04, Coffey 2:27.83, Bennett 2:37.05, Luquin 2:39.74, Reichert 2:41.52, Harber 2:42.04, Scholter 2:42.73, Berry 2:47.40, Stralser 2:47.95, Fettig 2:48.45, Smith 2:49.54, Holton 2:50.04, Pridgen 2:50.29, Berg 2:56.90, Wilkins 2:57.97, Dolby 3:00.07. (Gross did not finish).

Friday's Prelims:

100 - 1. Grace Morgan, UAA, 12.09 (meet record, 12.11, Latasha Essien, SPU, 2010 prelims); 2. *Madison McClung, WOU, 12.19; 3. Kishia Mitchell, SPU, 12.20; 4. *Tasia Baldwin, SPU, 12.34; 5. *BryAnne Wochnick, SPU, 12.39; 6. *Aisha Klippenstein, SFU, 12.42; 7. Dianne Chong, UAA, 12.47; 8. *Sydney Coffey, WWU, 12.50; 9. Shanai Campbell, WOU, 12.52; 10. Melissa Grammer, NNU, 12.60; and *Christabel Leonce, NNU, 12.60; 12. Chelsea Genther, CWU, 12.74; 13. Taylor Swanson, CWU, 12.93; 14. *Ashlee Sincaugh, CWU, 13.87. (***Wind-aided**)

200 - 1. Grace Morgan, UAA, 24.74; 2. *Myisha Valentine, SPU, 24.90; 3. Madison McClung, WOU, 24.96; 4. Kishia Mitchell, SPU, 25.03; 5. *Eleanor Siler, WWU, 25.13; 6. Tasia Baldwin, SPU, 25.14; 7. *Melissa Grammer, NNU, 25.62, and *Ali Worthen, SPU, 25.62; 9. Christabel Leonce, NNU, 25.65; 10. BryAnne Wochnick, SPU, 25.66; 11. Lexi Pola, WOU, 25.85; 12. Audrey Hellesto, WOU, 25.88; 13. Sydney Coffey, WWU, 26.02; 14. Shanna Rippy, NNU, 26.15; 15. *Seanna Pitassi, CWU, 26.17; 16. Kelsey Chase, SPU, 26.60; 17. *Justine Simons, MSUB, 26.94. (***Wind-aided**)

400 - 1. Eleanor Siler, WWU, 55.86; 2. Myisha Valentine, SPU, 56.36; 3. Haleigh Lloyd, UAA, 56.78; 4. Jasmine Johnson, SPU, 57.00; 5. Emily Quatier, SPU, 57.28; 6. Seanna Pitassi, CWU, 58.12; 7. Kelsea Johnson, UAA, 58.26; 8. Lexi Pola, WOU, 58.46; 9. Shanna Rippy, NNU, 58.70; 10. Audrey Hellesto, WOU, 59.47; 11. Annie Schinnell, WWU, 1:00.06; 12. Valle Ledtke, WWU, 1:00.52; 13. Meryl Butcher, WOU, 1:00.58; 14. Sasha Halfyard, UAA, 1:00.79.

800 - 1. Sarah Sawatzky, SFU, 2:12.98; 2. Michaela Kane, SFU, 2:12.99; 3. Janelle Everetts, WOU, 2:13.01; 4. Ivy O'Guinn, UAA, 2:13.13; 5. McKayla Fricker, SPU, 2:13.84; 6. Abbey Vogt, SFU, 2:14.01; 7. Joscelyn Minton, SMU, 2:14.16; 8. Natalie Evans, NNU, 2:14.19; 9. Susan Bick, UAA, 2:15.15; 10. Connie Morgan, CWU, 2:15.85; 11. Laura Copenhagen, WOU, 2:18.67; 12. Zoe Skordahl, WOU, 2:18.91; 13. Gabriella Serventi, SPU, 2:24.42.

100 Hurdles - 1. Haleigh Lloyd, UAA, 14.31; 2. Michelle Howe, WWU, 14.38; 3. Ali Worthen, SPU, 14.47; 4. Janna Vander Meulen, WOU, 14.64; 5. Aisha Klippenstein, SFU, 14.71; 6. Maliea Luquin, SPU, 14.84; 7. Andrea Abrams, SFU, 15.01; 8. Chelsea Genther, CWU, 15.03; 9. Marie Smith, NNU, 15.03; 10. Tayler Fettig, CWU, 15.13; 11. Brookly Holton, WWU, 15.25; 12. Alexandra McDonald, WWU, 15.44; 13. Charlotte Crombeen, SFU, 15.91; 14. Emily Stralser, WWU, 16.05; 15. Sydney Coffey, WWU, 16.09; 16. Katy Gross, SPU, 21.87 (**All performances were wind-aided**).

400 Hurdles - 1. Haleigh Lloyd, UAA, 1:02.23; 2. Natalie Nobbs, SPU, 1:04.83; 3. Amber Dodd, WWU, 1:05.12; 4. Michelle Howe, WWU, 1:05.57; 5. Alexandra McDonald, WWU, 1:05.99; 6. Janna Vander Meulen, WOU, 1:06.49; 7. Ali Mosher, WOU, 1:06.86; 8. Miranda Lahman, WWU, 1:07.21; 9. Larissa Stilling, WOU, 1:07.72; 10. Katie Reichert, WWU, 1:11.19.