

## 2007 NWAACC Championships - 5/24/2007 to 5/25/2007

## 2007 NWAACC

## Mt. Hood Community College

## Results

## Women 100 Meter Dash

Name	School	Prelims	
<b>Preliminaries</b>			
1 Glunt, Amber	Mt Hood	12.57	Q
2 Sims, Catherine	Mt Hood	12.67	Q
3 Bishop, Heather	Lane CC	12.77	q
4 Dittmar, Stefani	Clackamas CC	12.78	q
5 Mallory, Ren	Spokane CC	13.03	q
6 Phillips, Elizabeth	Spokane CC	13.08	q
7 Richards, Shayla	SW Oregon CC	13.11	q
8 Hill, Stephanie	Spokane CC	13.18	q
9 McDonald, Carolyn	Clark College	13.27	
10 Gallagher, Katie	Lane CC	13.30	
11 Simpson, Sareena	Treasure Valley	13.31	
12 Axtell, April	Spokane CC	13.41	
13 Craig, Chelsea	Lane CC	13.80	

## Women 100 Meter Dash

Name	School	Finals	
<b>Finals</b>			
1 Sims, Catherine	Mt Hood	12.47	
2 Glunt, Amber	Mt Hood	12.54	
3 Bishop, Heather	Lane CC	12.64	
4 Dittmar, Stefani	Clackamas CC	12.75	
5 Richards, Shayla	SW Oregon CC	12.77	
6 Hill, Stephanie	Spokane CC	13.01	
7 Mallory, Ren	Spokane CC	13.04	
8 Phillips, Elizabeth	Spokane CC	13.07	

## Women 200 Meter Dash

Name	School	Prelims	
<b>Preliminaries</b>			
1 Glunt, Amber	Mt Hood	25.18	Q
2 Sims, Catherine	Mt Hood	25.64	Q
3 Hemphill, Rachel	Clackamas CC	25.77	q
4 Abersfeller, Natalie	Spokane CC	25.81	q
5 Dittmar, Stefani	Clackamas CC	26.11	q
6 Burg, Jamie	Clackamas CC	26.36	q
7 Bendio, Kim	Spokane CC	26.45	q
8 Hill, Stephanie	Spokane CC	26.62	q
9 Bishop, Heather	Lane CC	26.83	
10 Wilgus, Kori	Lane CC	26.91	
11 Simpson, Sareena	Treasure Valley	27.05	
12 Phillips, Elizabeth	Spokane CC	27.40	
13 McDonald, Carolyn	Clark College	27.52	
14 Richards, Shayla	SW Oregon CC	27.77	
15 Neumann, Lydia	Treasure Valley	27.84	
16 Craig, Chelsea	Lane CC	28.58	

## Women 200 Meter Dash

Name	School	Finals	
<b>Finals</b>			
1 Sims, Catherine	Mt Hood	25.47	
2 Glunt, Amber	Mt Hood	25.67	
3 Hemphill, Rachel	Clackamas CC	25.91	
4 Abersfeller, Natalie	Spokane CC	25.97	
5 Burg, Jamie	Clackamas CC	26.53	
6 Dittmar, Stefani	Clackamas CC	26.70	
7 Hill, Stephanie	Spokane CC	26.71	
8 Bendio, Kim	Spokane CC	27.40	

## Women 400 Meter Run

Name	School	Prelims	
<b>Preliminaries</b>			
1 Glunt, Amber	Mt Hood	56.55	Q
2 Hemphill, Rachel	Clackamas CC	59.09	Q
3 Burg, Jamie	Clackamas CC	59.77	q
4 Wilgus, Kori	Lane CC	1:00.29	q
5 Hayward, Annie	Mt Hood	1:00.55	q
6 Bendio, Kim	Spokane CC	1:00.75	q
7 Neumann, Lydia	Treasure Valley	1:01.26	q
8 Gordillo, Luz	Treasure Valley	1:02.11	q
9 Dawson, Steffani	Clark College	1:02.22	
10 Patterson, Katie	Treasure Valley	1:04.86	
11 Melgoza, Tracey	SW Oregon CC	1:06.38	
--- Rear, Angela	Lane CC	NT	

## Women 400 Meter Run

Name	School	Finals	
<b>Finals</b>			
1 Glunt, Amber	Mt Hood	57.18	
2 Hemphill, Rachel	Clackamas CC	57.52	
3 Hayward, Annie	Mt Hood	58.89	
4 Burg, Jamie	Clackamas CC	58.98	
5 Wilgus, Kori	Lane CC	1:00.14	
6 Bendio, Kim	Spokane CC	1:00.74	
7 Gordillo, Luz	Treasure Valley	1:00.91	
8 Neumann, Lydia	Treasure Valley	1:02.88	

## Women 800 Meter Run

Name	School	Prelims	
<b>Preliminaries</b>			
1 Page, Sheryl	Mt Hood	2:20.71	Q
2 Starodubtseva, Toma	Lane CC	2:25.62	Q
3 Kemp, Lindsey	Clark College	2:22.84	Q
4 Eckstein, Christine	Spokane CC	2:25.65	Q
5 Frederick, Jill	Spokane CC	2:25.86	q
6 Hutchison, Danielle	Clark College	2:26.39	q
7 Fielder, Charlonda	Clark College	2:26.41	q
8 Durrance, Amy	Spokane CC	2:27.49	q
9 Frazier, Emily	Spokane CC	2:31.68	
10 Partman, Leah	SW Oregon CC	2:36.87	

## Women 800 Meter Run

Name	School	Finals	
<b>Finals</b>			
1 Page, Sheryl	Mt Hood	2:20.68	
2 Starodubtseva, Toma	Lane CC	2:21.58	
3 Frederick, Jill	Spokane CC	2:23.36	
4 Eckstein, Christine	Spokane CC	2:24.69	
5 Kemp, Lindsey	Clark College	2:26.03	
6 Durrance, Amy	Spokane CC	2:28.06	
7 Fielder, Charlonda	Clark College	2:32.83	
8 Hutchison, Danielle	Clark College	2:39.67	

## Women 1500 Meter Run

Name	School	Finals	
<b>Finals</b>			
1 Page, Sheryl	Mt Hood	4:49.35	
2 Eckstein, Christine	Spokane CC	4:51.15	

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3	Scheese, Andria	Clackamas CC	4:52.15
4	McKillip, Lyndsey	Clackamas CC	4:58.36
5	Starodubtseva, Toma	Lane CC	4:59.86
6	Frazier, Emily	Spokane CC	5:02.00
7	Durrance, Amy	Spokane CC	5:04.04
8	McNally, Audra	Clark College	5:06.71
9	Fielder, Charlonda	Clark College	5:16.34
10	Signer, Caroline	Spokane CC	5:21.40
11	Cooley, Stephanie	Clark College	5:34.62
12	Walruff, Savannah	Clackamas CC	5:42.78

3	Gallagher, Katie	Lane CC	16.27
4	Rear, Angela	Lane CC	16.60
5	Fewkes, Shere	Treasure Valley	16.97
6	Bates, Danica	Lane CC	17.44
7	Ousterhout, Deidre	SW Oregon CC	17.61
---	Baker, Leslie	Spokane CC	DNF

## Women 5000 Meter Run

Name	School	Finals
1	Ward, Pam	Treasure Valley 18:39.57
2	Rutter, Taebrooke	Spokane CC 18:53.89
3	Agee, Larsen	Spokane CC 18:55.39
4	Rutter, Chelsea	Spokane CC 19:13.84
5	McNally, Audra	Clark College 19:15.41
6	Scheese, Andria	Clackamas CC 19:15.94
7	McKillip, Lyndsey	Clackamas CC 19:25.52
8	Compogno, Katie	Spokane CC 19:29.09
9	Page, Sheryl	Mt Hood 20:04.29
10	Hutchison, Danielle	Clark College 20:12.74
11	Gledhill, Nikki	Lane CC 20:13.80
12	Root, Laura	Clark College 20:42.50
13	Fine, Shalene	Lane CC 20:52.61
14	Cooley, Stephanie	Clark College 21:21.20

## Women 10000 Meter Run

Name	School	Finals
1	Ward, Pam	Treasure Valley 40:05.78
2	McNally, Audra	Clark College 40:15.93
3	Rutter, Taebrooke	Spokane CC 40:41.43
4	Compogno, Katie	Spokane CC 40:51.04
5	Gledhill, Nikki	Lane CC 41:58.97
6	Cooley, Stephanie	Clark College 42:52.63
7	Kathriner, Amber	Treasure Valley 45:36.82
8	Walruff, Savannah	Clackamas CC 45:37.99
9	VanKomen, Kelsie	Treasure Valley 47:30.09

## Women 100 Meter Hurdles

Name	School	Prelims
<b>Preliminaries</b>		
1	Sims, Catherine	Mt Hood 15.62 Q
2	Bradford, Crystal	Lane CC 15.80 Q
3	Gallagher, Katie	Lane CC 16.47 q
4	Rear, Angela	Lane CC 16.55 q
5	Bates, Danica	Lane CC 16.93 q
6	Fewkes, Shere	Treasure Valley 16.94 q
7	Baker, Leslie	Spokane CC 17.03 q
8	Ousterhout, Deidre	SW Oregon CC 17.32 q
9	Axtell, April	Spokane CC 17.63
10	Bolton, Jennifer	Spokane CC 18.32
11	Goff, Tina	Clark College 18.47
12	Jones, LeAsia	Lane CC 19.75

## Women 100 Meter Hurdles

Name	School	Finals
<b>Finals</b>		
1	Bradford, Crystal	Lane CC 15.54
2	Sims, Catherine	Mt Hood 15.58

## Women 400 Meter Hurdles

Name	School	Prelims
<b>Preliminaries</b>		
1	Glunt, Amber	Mt Hood 1:07.60 Q
2	Baker, Leslie	Spokane CC 1:07.62 Q
3	Gallagher, Katie	Lane CC 1:09.10 q
4	Hayward, Annie	Mt Hood 1:09.31 q
5	Body, Allison	Clackamas CC 1:09.58 q
6	Sedlacek, Molly	Lane CC 1:10.31 q
7	Ousterhout, Deidre	SW Oregon CC 1:10.81 q
8	Bates, Danica	Lane CC 1:11.57 q
9	Bradford, Crystal	Lane CC 1:13.13
10	Fewkes, Shere	Treasure Valley 1:13.47
11	Dawson, Steffani	Clark College 1:14.38
12	Goff, Tina	Clark College 1:16.51

## Women 400 Meter Hurdles

Name	School	Finals
<b>Finals</b>		
1	Glunt, Amber	Mt Hood 1:04.21
2	Gallagher, Katie	Lane CC 1:06.94
3	Hayward, Annie	Mt Hood 1:08.21
4	Body, Allison	Clackamas CC 1:08.62
5	Ousterhout, Deidre	SW Oregon CC 1:10.05
6	Sedlacek, Molly	Lane CC 1:10.98
7	Bates, Danica	Lane CC 1:11.31

## Women 3000 Meter Steeplechase

Name	School	Finals
1	Agee, Larsen	Spokane CC 11:22.83
2	McKillip, Lyndsey	Clackamas CC 11:33.03
3	Rutter, Chelsea	Spokane CC 12:05.26
4	Frazier, Emily	Spokane CC 12:34.93
5	Signer, Caroline	Spokane CC 12:41.23
6	Root, Laura	Clark College 12:50.38
7	Beedle, Brittany	Mt Hood 13:17.50
8	Fielder, Charlonda	Clark College 13:57.98
9	Kemp, Lindsey	Clark College 14:22.52

## Women 4x100 Meter Relay

Team	Relay	Finals
1	Clackamas CC	A 48.98
2	Spokane CC	A 49.28
3	Mt Hood CC	A 49.68
4	Lane CC	A 49.91
5	SW Oregon CC	A 51.45
6	Treasure Valley CC	A 56.96
---	Clark College	A DQ

## Women 4x400 Meter Relay

Team	Relay	Finals
1	Mt Hood CC	A 3:58.29
2	Clackamas CC	A 3:58.99
3	Treasure Valley CC	A 4:06.04

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4	Spokane CC	A	4:08.98
5	Lane CC	A	4:13.28
6	Clark College	A	4:21.05
7	SW Oregon CC	A	4:27.82

## Women High Jump

Name	School	Finals
1 Orr, Kasey	SW Oregon CC	1.59m
2 Pelchar, Krysta	Mt Hood	1.54m
3 Durand, Meaghan	Clackamas CC	J1.54m
4 Hering, McKenna	Lane CC	J1.54m
5 Glunt, Amber	Mt Hood	1.44m
6 Hayward, Annie	Mt Hood	J1.44m
6 Jones, LeAsia	Lane CC	J1.44m
8 Beedle, Brittany	Mt Hood	1.39m
8 Sims, Catherine	Mt Hood	1.39m

## Women Pole Vault

Name	School	Finals
1 Stratton, Erika	Lane CC	3.64m
2 Pelchar, Krysta	Mt Hood	3.54m
3 Bolton, Jennifer	Spokane CC	J3.54m
4 Bollier, Tricia	Clackamas CC	3.44m
5 Hering, McKenna	Lane CC	3.34m
6 Axtell, April	Spokane CC	3.19m
6 de Bit, Sara	Lane CC	3.19m
6 Gordillo, Luz	Treasure Valley	3.19m
9 Boatsman, JoLena	Lane CC	J3.19m
10 Glenn, Cindy	Clark College	3.04m
11 Craig, Chelsea	Lane CC	2.74m
12 Doucette, Catie	Clark College	2.59m

## Women Long Jump

Name	School	Prelims
<b>Preliminaries</b>		
1 Abersfeller, Natalie	Spokane CC	5.25m q
2 Johnson, Cherise	SW Oregon CC	5.12m q
3 McDonald, Carolyn	Clark College	5.11m q
4 Bates, Danica	Lane CC	4.99m q
5 Mallory, Ren	Spokane CC	4.96m q
6 Glunt, Amber	Mt Hood	4.94m q
7 Graham, Ashley	Clackamas CC	4.79m q
7 Sims, Catherine	Mt Hood	4.79m q
9 Craig, Chelsea	Lane CC	4.65m
10 Bolton, Jennifer	Spokane CC	4.57m
11 Bradford, Crystal	Lane CC	4.48m
12 Sedlacek, Molly	Lane CC	4.44m

## Women Long Jump

Name	School	Finals
<b>Finals</b>		
1 Abersfeller, Natalie	Spokane CC	5.50m
2 Johnson, Cherise	SW Oregon CC	5.12m
3 McDonald, Carolyn	Clark College	5.11m
4 Mallory, Ren	Spokane CC	5.02m
5 Bates, Danica	Lane CC	4.99m
6 Glunt, Amber	Mt Hood	4.94m
7 Graham, Ashley	Clackamas CC	4.93m

8 Sims, Catherine	Mt Hood	4.79m
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## Women Triple Jump

Name	School	Prelims
<b>Preliminaries</b>		
1 Abersfeller, Natalie	Spokane CC	10.65m q
2 Sedlacek, Molly	Lane CC	10.27m q
3 Mallory, Ren	Spokane CC	10.19m q
4 Gill, Susanna	Mt Hood	9.82m q
5 Orr, Kasey	SW Oregon CC	9.71m q
6 Graham, Ashley	Clackamas CC	9.54m q
7 Bolton, Jennifer	Spokane CC	9.52m q
8 Pelchar, Krysta	Mt Hood	9.36m q

## Women Triple Jump

Name	School	Finals
<b>Finals</b>		
1 Abersfeller, Natalie	Spokane CC	10.90m
2 Sedlacek, Molly	Lane CC	10.40m
3 Mallory, Ren	Spokane CC	10.19m
4 Graham, Ashley	Clackamas CC	10.00m
5 Orr, Kasey	SW Oregon CC	9.88m
6 Gill, Susanna	Mt Hood	9.82m
7 Bolton, Jennifer	Spokane CC	9.72m
8 Pelchar, Krysta	Mt Hood	9.36m

## Women Shot Put

Name	School	Prelims
<b>Preliminaries</b>		
1 Zappe, Cortney	Spokane CC	12.80m q
2 Davis, Adrienne	Mt Hood	12.50m q
3 Moody, Charlene	Lane CC	12.32m q
4 Hutchinson, Corissa	Spokane CC	11.70m q
5 Morales, Tanisha	Clark College	11.32m q
6 de Bit, Sara	Lane CC	11.16m q
7 Jones, LeAsia	Lane CC	10.55m q
8 Carter, Kenzie	Spokane CC	10.33m q
9 Davis, Amber	Spokane CC	9.02m
10 Tyack, Kelli	Clark College	8.34m

## Women Shot Put

Name	School	Finals
<b>Finals</b>		
1 Zappe, Cortney	Spokane CC	13.37m
2 Davis, Adrienne	Mt Hood	12.50m
3 Moody, Charlene	Lane CC	12.32m
4 Hutchinson, Corissa	Spokane CC	11.70m
5 Morales, Tanisha	Clark College	11.32m
6 de Bit, Sara	Lane CC	11.16m
7 Carter, Kenzie	Spokane CC	10.58m
8 Jones, LeAsia	Lane CC	10.55m

## Women Discus Throw

Name	School	Prelims
<b>Preliminaries</b>		
1 Hutchinson, Corissa	Spokane CC	42.70m q
2 Zappe, Cortney	Spokane CC	38.36m q

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3	Morales, Tanisha	Clark College	37.07m	q
4	Moody, Charlene	Lane CC	36.94m	q
5	Davis, Amber	Spokane CC	36.17m	q
6	Carter, Kenzie	Spokane CC	35.94m	q
7	Tyack, Kelli	Clark College	28.88m	q
8	Davis, Adrienne	Mt Hood	27.93m	q
9	Nelson, Michelle	Clark College	27.46m	
10	Harris, Whitney	Lane CC	23.71m	
---	Barker, Latisha	SW Oregon CC	ND	

## Women Discus Throw

Name			
	School	Finals	
<b>Finals</b>			
1	Hutchinson, Corissa	Spokane CC	42.70m
2	Zappe, Cortney	Spokane CC	38.36m
3	Morales, Tanisha	Clark College	37.04m
4	Moody, Charlene	Lane CC	36.94m
5	Davis, Amber	Spokane CC	36.69m
6	Carter, Kenzie	Spokane CC	35.94m
7	Davis, Adrienne	Mt Hood	30.14m
8	Tyack, Kelli	Clark College	29.83m

## Women Hammer Throw

Name			
	School	Prelims	
<b>Preliminaries</b>			
1	Federici, Amanda	Mt Hood	44.31m q
2	Zappe, Cortney	Spokane CC	39.33m q
3	Neuman, Missy	Spokane CC	38.57m q
4	Blake, Jill	Clark College	37.79m q
5	Moody, Charlene	Lane CC	37.15m q
6	Carter, Kenzie	Spokane CC	36.92m q
7	Hutchinson, Corissa	Spokane CC	35.57m q
8	de Bit, Sara	Lane CC	34.67m q
9	Tyack, Kelli	Clark College	31.62m
10	Morales, Tanisha	Clark College	30.56m
11	Harris, Whitney	Lane CC	29.30m
12	Nelson, Michelle	Clark College	29.27m

## Women Hammer Throw

Name			
	School	Finals	
<b>Finals</b>			
1	Federici, Amanda	Mt Hood	44.31m
2	Zappe, Cortney	Spokane CC	39.33m
3	Neuman, Missy	Spokane CC	38.57m
4	Blake, Jill	Clark College	37.79m
5	Moody, Charlene	Lane CC	37.15m
6	Carter, Kenzie	Spokane CC	36.92m
7	Hutchinson, Corissa	Spokane CC	35.57m
8	de Bit, Sara	Lane CC	34.67m

## Women Javelin Throw

Name			
	School	Prelims	
<b>Preliminaries</b>			
1	Schantin, Jeeni	Clackamas CC	50.24m q
2	Harris, Whitney	Lane CC	46.72m q
3	Baker, Leslie	Spokane CC	39.90m q
4	Bolton, Jennifer	Spokane CC	38.46m q

5	de Bit, Sara	Lane CC	37.34m	q
6	Sedlacek, Molly	Lane CC	36.36m	q
7	Blake, Jill	Clark College	36.02m	q
8	Bates, Danica	Lane CC	31.80m	q
9	Fisk, Jessica	Treasure Valley	29.64m	
10	Ousterhout, Deidre	SW Oregon CC	27.66m	
11	Barker, Latisha	SW Oregon CC	25.50m	

## Women Javelin Throw

Name			
	School	Finals	
<b>Finals</b>			
1	Schantin, Jeeni	Clackamas CC	50.24m
2	Harris, Whitney	Lane CC	46.72m
3	Baker, Leslie	Spokane CC	39.90m
4	Bolton, Jennifer	Spokane CC	38.46m
5	de Bit, Sara	Lane CC	37.34m
6	Sedlacek, Molly	Lane CC	36.36m
7	Blake, Jill	Clark College	36.02m
8	Bates, Danica	Lane CC	31.80m

## Women Heptathlon

Name			
	School	Finals	
1	Bolton, Jennifer	Spokane CC	40.40m
2	Baker, Leslie	Spokane CC	39.80m
3	Abersfeller, Natalie	Spokane CC	38.65m
4	Bates, Danica	Lane CC	38.29m
5	Glunt, Amber	Mt Hood	37.91m
6	Sims, Catherine	Mt Hood	35.88m
7	Hayward, Annie	Mt Hood	35.84m
8	Sedlacek, Molly	Lane CC	35.45m

## Men 100 Meter Dash

Name			
	School	Prelims	
<b>Preliminaries</b>			
1	Adebayo, Deji	Spokane CC	10.63 Q
2	Jackson, Kenjamine	Clackamas CC	10.68 Q
3	Garry, Tasheen	Spokane CC	10.79 q
4	Keller, Wesley	Clackamas CC	10.85 q
5	Bonhum, Kellen	SW Oregon CC	11.06 q
6	Gobel, Joe	Clackamas CC	11.12 q
7	Johnson, Bryce	Mt Hood	11.20 q
8	Crago, Brian	Mt Hood	11.29 q
9	Cram, Collin	Lane CC	11.39
10	Ntekpere, Ime	Clackamas CC	11.45
11	White, Shay	Treasure Valley	11.46
12	Pienovi, Levi	Mt Hood	11.56
13	Parrish, Curtis	Spokane CC	11.99
14	Karr, Ryan	SW Oregon CC	13.25

## Men 100 Meter Dash

Name			
	School	Finals	
<b>Finals</b>			
1	Jackson, Kenjamine	Clackamas CC	10.68
2	Adebayo, Deji	Spokane CC	10.72
3	Keller, Wesley	Clackamas CC	10.86
4	Garry, Tasheen	Spokane CC	10.88
5	Gobel, Joe	Clackamas CC	11.12
6	Bonhum, Kellen	SW Oregon CC	11.32
7	Johnson, Bryce	Mt Hood	11.33
8	Crago, Brian	Mt Hood	11.52

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## Men 200 Meter Dash

Name	School	Prelims	
<b>Preliminaries</b>			
1 Jackson, Kenjamine	Clackamas CC	21.90	Q
2 Adebayo, Deji	Spokane CC	21.97	Q
3 Keller, Wesley	Clackamas CC	22.16	q
4 Brown, Jon	Clark College	22.26	q
5 Gobel, Joe	Clackamas CC	22.27	q
6 Tweedy, Mat	Clackamas CC	22.31	q
7 Thompson, Travis	Lane CC	22.44	q
8 Johnson, Bryce	Mt Hood	22.51	q
9 Thompson, Kelly	Lane CC	22.53	
10 Tyson, Dan	Spokane CC	22.80	
11 Crago, Brian	Mt Hood	23.10	
12 Carr, James	Clark College	23.34	
13 Bonhum, Kellen	SW Oregon CC	23.43	
14 Gehl, Josh	Clackamas CC	23.51	
15 Pienovi, Levi	Mt Hood	23.53	

## Men 200 Meter Dash

Name	School	Finals	
<b>Finals</b>			
1 Adebayo, Deji	Spokane CC	21.58	
2 Jackson, Kenjamine	Clackamas CC	21.69	
3 Keller, Wesley	Clackamas CC	22.06	
4 Brown, Jon	Clark College	22.32	
5 Tweedy, Mat	Clackamas CC	22.39	
6 Gobel, Joe	Clackamas CC	22.48	
7 Johnson, Bryce	Mt Hood	22.68	
8 Thompson, Travis	Lane CC	22.86	

## Men 400 Meter Run

Name	School	Prelims	
1 Thompson, Kelly	Lane CC	49.38	Q
2 Thompson, Travis	Lane CC	49.46	Q
3 Tweedy, Mat	Clackamas CC	50.12	q
4 Brown, Jon	Clark College	50.58	q
5 Comstock, Kevin	SW Oregon CC	50.80	q
6 Myers, Matt	Treasure Valley	50.94	q
7 Lee, Anthony	SW Oregon CC	51.08	q
8 Burdett, Thomas	Clackamas CC	51.59	q
9 Gehl, Josh	Clackamas CC	52.16	
10 Fries, Andrew	Mt Hood	52.17	
11 May, Brandt	Highline CC	52.28	
12 Miller, Jason	Mt Hood	52.47	
13 Gaona, Richard	Treasure Valley	52.58	

## Men 400 Meter Run

Name	School	Finals	
<b>Finals</b>			
1 Thompson, Travis	Lane CC	48.37	
2 Tweedy, Mat	Clackamas CC	48.70	
3 Thompson, Kelly	Lane CC	49.17	
4 Brown, Jon	Clark College	49.61	
5 Comstock, Kevin	SW Oregon CC	50.41	
6 Myers, Matt	Treasure Valley	50.63	
7 Burdett, Thomas	Clackamas CC	51.07	
8 Lee, Anthony	SW Oregon CC	51.83	

## Men 800 Meter Run

Name	School	Prelims	
<b>Preliminaries</b>			
1 Harmon, Blake	Spokane CC	1:56.95	Q
2 Cisneros, Cordero	Spokane CC	1:57.58	Q
3 Roberts, Jake	Spokane CC	1:57.17	Q
4 Randall, John	Lane CC	1:57.82	Q
5 Kazuta, Kerry	Douglas College	1:57.74	q
6 Ziemer, Jarrett	Mt Hood	1:57.98	q
7 May, Brandt	Highline CC	1:58.75	q
8 Kochis, Craig	Lane CC	1:58.82	q
9 Davis, Kenny	Clark College	1:59.65	
10 Powers, Tyler	SW Oregon CC	2:00.62	
11 McChesney, Jesse	Clark College	2:01.28	
12 Hurlburt, John	Highline CC	2:02.08	
13 Eidsmoe, Tyler	Highline CC	2:02.52	
14 Erickson, Ryan	Lane CC	2:04.52	
15 Pfenning, Kyle	Clackamas CC	2:05.98	

## Men 800 Meter Run

Name	School	Finals	
<b>Finals</b>			
1 Harmon, Blake	Spokane CC	1:53.99	
2 Cisneros, Cordero	Spokane CC	1:54.99	
3 Roberts, Jake	Spokane CC	1:55.10	
4 Ziemer, Jarrett	Mt Hood	1:55.56	
5 Kazuta, Kerry	Douglas College	1:56.63	
6 Randall, John	Lane CC	1:56.97	
7 May, Brandt	Highline CC	1:57.23	
8 Kochis, Craig	Lane CC	2:01.43	

## Men 1500 Meter Run

Name	School	Finals	
1 McNamara, Jordan	Lane CC	3:53.85	
2 Roberts, Jake	Spokane CC	3:58.46	
3 Coleman, Dylan	Lane CC	3:59.59	
4 Ziemer, Jarrett	Mt Hood	4:00.29	
5 Cisneros, Cordero	Spokane CC	4:02.14	
6 Vipham, Michael	Treasure Valley	4:02.46	
7 Cummings, Charles	Spokane CC	4:03.76	
8 Jennings, Trevor	Highline CC	4:04.67	
9 Graves, Johnathan	Clark College	4:05.60	
10 Ulmer, Kameron	SW Oregon CC	4:09.70	
11 Fischer, Richard	Mt Hood	4:13.18	
12 Kochis, Craig	Lane CC	4:22.69	

## Men 5000 Meter Run

Name	School	Finals	
1 McNamara, Jordan	Lane CC	15:00.09	
2 Moeller, Mark	Spokane CC	15:17.44	
3 Burck, Eric	Spokane CC	15:39.73	
4 Moore, Dustin	Lane CC	15:43.47	
5 Carman, Evan	Lane CC	15:46.15	
6 Vipham, Michael	Treasure Valley	15:47.84	
7 Jennings, Trevor	Highline CC	15:49.68	
8 Cummings, Charles	Spokane CC	16:12.33	
--- Boyles, Alex	Mt Hood	NT	
--- Graves, Johnathan	Clark College	NT	
--- Fischer, Richard	Mt Hood	NT	

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---	Baker, Chris	Clackamas CC	NT
---	Carmichael, Weston	Treasure Valley	NT

13	Burdett, Thomas	Clackamas CC	59.58
14	Nelson, Andy	Spokane CC	1:00.22
15	Dimmick, Javin	Lane CC	1:01.80
16	Stowers, Dan	Lane CC	1:07.59

**Men 10000 Meter Run**

Name	School	Finals
1 McNamara, Jordan	Lane CC	31:42.99
2 Moeller, Mark	Spokane CC	32:17.46
3 Burck, Eric	Spokane CC	34:03.07
4 Carmichael, Weston	Treasure Valley	34:08.47
5 Boyles, Alex	Mt Hood	35:12.34
6 Alvarez, Daniel	Clackamas CC	36:11.63
7 Murdock, Rob	Treasure Valley	37:20.26
8 Walker, Klamath	Treasure Valley	37:29.57
9 Anderson, William	Highline CC	38:02.10

**Men 110 Meter Hurdles**

Name	School	Prelims
<b>Preliminaries</b>		
1 Wilkinson, Sheldon	Mt Hood	15.29 Q
2 Cram, Collin	Lane CC	15.33 Q
3 Herman, Clayton	Clackamas CC	15.50 q
4 Poosri, Tyreil	Spokane CC	15.77 q
5 Parrish, Curtis	Spokane CC	15.86 q
6 Nelson, Andy	Spokane CC	16.93 q
7 Keller, Tony	Lane CC	17.03 q
8 Dimmick, Javin	Lane CC	17.28 q
9 Cloud, Dustin	Treasure Valley	17.33
10 Daugherty, Derik	SW Oregon CC	17.42
11 Gardner, Dallas	Treasure Valley	17.60
12 Kessinger, Michael	Mt Hood	17.86
13 Johnson, Andrew	Clark College	19.07
---	Stowers, Dan	DNF
---	Moorhead, Joel	DNF

**Men 110 Meter Hurdles**

Name	School	Finals
<b>Finals</b>		
1 Wilkinson, Sheldon	Mt Hood	14.66
2 Cram, Collin	Lane CC	15.42
3 Herman, Clayton	Clackamas CC	15.50
4 Poosri, Tyreil	Spokane CC	15.59
5 Parrish, Curtis	Spokane CC	16.29
6 Keller, Tony	Lane CC	16.63
7 Nelson, Andy	Spokane CC	16.93
8 Dimmick, Javin	Lane CC	17.33

**Men 400 Meter Hurdles**

Name	School	Prelims
<b>Preliminaries</b>		
1 Wilkinson, Sheldon	Mt Hood	55.90 Q
2 Comstock, Kevin	SW Oregon CC	56.25 Q
3 Wester, Stan	Clackamas CC	56.18 q
4 Fries, Andrew	Mt Hood	56.98 q
5 Moorhead, Joel	Lane CC	57.23 q
6 Parrish, Curtis	Spokane CC	57.26 q
7 Poosri, Tyreil	Spokane CC	57.32 q
8 Miller, Jason	Mt Hood	57.51 q
9 Herman, Clayton	Clackamas CC	58.56
10 O'Connell, Matthew	Mt Hood	58.89
11 Garry, Tasheen	Spokane CC	59.17
12 Cloud, Dustin	Treasure Valley	59.25

**Men 400 Meter Hurdles**

Name	School	Finals
<b>Finals</b>		
1 Wilkinson, Sheldon	Mt Hood	53.27
2 Parrish, Curtis	Spokane CC	54.80
3 Wester, Stan	Clackamas CC	54.91
4 Comstock, Kevin	SW Oregon CC	54.96
5 Fries, Andrew	Mt Hood	56.56
6 Miller, Jason	Mt Hood	57.30
7 Moorhead, Joel	Lane CC	57.37
8 Poosri, Tyreil	Spokane CC	59.03

**Men 3000 Meter Steeplechase**

Name	School	Finals
1 Moore, Dustin	Lane CC	9:34.99
2 Coleman, Dylan	Lane CC	9:39.09
3 Cummings, Charles	Spokane CC	9:39.67
4 Snook, Brandon	Clackamas CC	10:03.56
5 Baker, Chris	Clackamas CC	10:09.59
6 De La Cruz, Juan	Mt Hood	10:13.56
7 Bonney, Spencer	Clackamas CC	10:17.51
8 Carman, Evan	Lane CC	10:18.54
9 McDonald-Robbins, Noah	Highline CC	11:00.14

**Men 4x100 Meter Relay**

Team	Relay	Finals
1 Clackamas CC	A	41.47
2 Spokane CC	A	42.24
3 Lane CC	A	43.04
4 Mt Hood CC	A	43.71
5 Treasure Valley CC	A	44.31
6 SW Oregon CC	A	44.75
7 Clark College	A	46.02

**Men 4x400 Meter Relay**

Team	Relay	Finals
1 Clackamas CC	A	3:17.29
2 Lane CC	A	3:20.37
3 Spokane CC	A	3:22.73
4 Mt Hood CC	A	3:24.77
5 Treasure Valley CC	A	3:25.50
6 Clark College	A	3:27.91
7 SW Oregon CC	A	3:35.98

**Men High Jump**

Name	School	Finals	
1 Grazda, Alex	Mt Hood	1.95m	
2 Talbot, Kevin	Treasure Valley	1.90m	
2 Gobel, Joe	Clackamas CC	1.90m	
4 Lariza, Matt	Mt Hood	J1.90m	
5 Keller, Tony	Lane CC	1.85m	
6 Keys, Kenny	Mt Hood	J1.85m	
7 Larson, Josh	Mt Hood	1.80m	
---	Dimmick, Javin	NH	
---	Williams, Kurt	Spokane CC	NH

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**Men Pole Vault**

Name	School	Finals
1 Evans, Darryl	Lane CC	4.90m
2 Cordell, Seth	SW Oregon CC	4.80m
3 Cram, Collin	Lane CC	4.70m
4 Lundy, Tim	Clark College	J4.70m
5 Helland, Sam	Lane CC	4.50m
6 Grant, Kraig	Spokane CC	4.35m
7 Giddens, Jayce	Lane CC	J4.35m
8 Volpi, Joe	Lane CC	4.20m
9 Roberts, Austin	Mt Hood	4.05m
--- Schooley, Casey	Spokane CC	NH
--- Carillo, Beau	Spokane CC	NH
--- Carr, James	Clark College	NH

**Men Long Jump**

Name	School	Prelims
<b>Preliminaries</b>		
1 Cram, Collin	Lane CC	6.81m q
2 Brown, Jon	Clark College	6.77m q
3 Adebayo, Deji	Spokane CC	6.74m q
4 Dutra, A.J.	Lane CC	6.70m q
5 Crago, Brian	Mt Hood	6.41m q
6 Larson, Josh	Mt Hood	6.36m q
7 Lariza, Matt	Mt Hood	6.13m q
8 Williams, Kurt	Spokane CC	6.09m q
9 Dimmick, Javin	Lane CC	6.08m
10 Joyner, Jonathan	Clark College	5.97m
11 McCune, Josh	Clark College	5.95m
12 Garrison, Travis	Clark College	5.93m
13 Dotson, Matt	Clackamas CC	5.84m

**Men Long Jump**

Name	School	Finals
<b>Finals</b>		
1 Adebayo, Deji	Spokane CC	7.37m
2 Cram, Collin	Lane CC	6.99m
3 Dutra, A.J.	Lane CC	6.86m
4 Brown, Jon	Clark College	6.77m
5 Larson, Josh	Mt Hood	6.52m
6 Williams, Kurt	Spokane CC	6.45m
7 Crago, Brian	Mt Hood	6.41m
8 Lariza, Matt	Mt Hood	6.13m

**Men Triple Jump**

Name	School	Prelims
<b>Preliminaries</b>		
1 McCune, Josh	Clark College	13.98m q
2 Lariza, Matt	Mt Hood	13.68m q
3 Schley, Alex	Lane CC	13.55m q
4 Larson, Josh	Mt Hood	13.53m q
5 Adebayo, Deji	Spokane CC	13.52m q
6 Joyner, Jonathan	Clark College	13.14m q
7 Williams, Kurt	Spokane CC	13.01m q
8 Kessinger, Michael	Mt Hood	12.51m q
9 Keys, Kenny	Mt Hood	12.35m
10 Cram, Collin	Lane CC	12.24m
11 Dotson, Matt	Clackamas CC	11.66m
--- Winburn, Cliff	Clackamas CC	ND

**Men Triple Jump**

Name	School	Finals
<b>Finals</b>		
1 McCune, Josh	Clark College	13.98m
2 Lariza, Matt	Mt Hood	13.74m
3 Adebayo, Deji	Spokane CC	13.71m
4 Schley, Alex	Lane CC	13.55m
5 Larson, Josh	Mt Hood	13.53m
6 Joyner, Jonathan	Clark College	13.22m
7 Williams, Kurt	Spokane CC	13.01m
8 Kessinger, Michael	Mt Hood	12.51m

**Men Shot Put**

Name	School	Prelims
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**Preliminaries**

1 Valentine, Jacoben	Mt Hood	15.11m q
2 Howard, Dave	Spokane CC	15.09m q
3 Baxter, Quinten	Clackamas CC	14.20m q
4 Lawton, Nate	Spokane CC	14.17m q
5 Wills, Billy	Lane CC	14.00m q
6 Mentzer, Jason	Lane CC	13.77m q
7 Fischer, Garrett	SW Oregon CC	13.51m q
8 Lemieux, Kevin	Spokane CC	13.31m q
9 Dilley, Chris	Clackamas CC	12.83m
10 McCabe, Bob	Clark College	12.65m
11 Schryvers, Matthew	Lane CC	12.50m
12 Billstine, Jimmy	SW Oregon CC	11.79m
13 Zuber, Eric	SW Oregon CC	11.73m
14 Aguirre, Jesse	Treasure Valley	9.36m

**Men Shot Put**

Name	School	Finals
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<b>Finals</b>		
1 Howard, Dave	Spokane CC	15.27m
2 Valentine, Jacoben	Mt Hood	15.11m
3 Baxter, Quinten	Clackamas CC	14.20m
4 Lawton, Nate	Spokane CC	14.17m
5 Wills, Billy	Lane CC	14.00m
6 Lemieux, Kevin	Spokane CC	13.97m
7 Mentzer, Jason	Lane CC	13.87m
8 Fischer, Garrett	SW Oregon CC	13.82m

**Men Discus Throw**

Name	School	Prelims
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<b>Preliminaries</b>		
1 Lemieux, Kevin	Spokane CC	45.28m q
2 Dilley, Chris	Clackamas CC	44.72m q
3 Baxter, Quinten	Clackamas CC	42.87m q
4 Fischer, Garrett	SW Oregon CC	40.85m q
5 Howard, Dave	Spokane CC	39.45m q
6 Valentine, Jacoben	Mt Hood	38.76m q
7 Wills, Billy	Lane CC	38.48m q
8 Stoner, Jesse	Spokane CC	37.97m q
9 Lawton, Nate	Spokane CC	37.93m
10 Zuber, Eric	SW Oregon CC	37.34m
11 Gonzales, Aaron	Mt Hood	37.01m
12 Mentzer, Jason	Lane CC	35.59m
13 Frederick, Steven	Spokane CC	34.49m

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**Men Discus Throw**

Name	School	Finals
<b>Finals</b>		
1 Lemieux, Kevin	Spokane CC	45.28m
2 Dilley, Chris	Clackamas CC	44.72m
3 Howard, Dave	Spokane CC	42.88m
4 Baxter, Quinten	Clackamas CC	42.87m
5 Fischer, Garrett	SW Oregon CC	40.85m
6 Valentine, Jacoben	Mt Hood	38.76m
7 Wills, Billy	Lane CC	38.48m
8 Stoner, Jesse	Spokane CC	37.97m

**Men Hammer Throw**

Name	School	Prelims
<b>Preliminaries</b>		
1 Dilley, Chris	Clackamas CC	52.18m q
2 Lawton, Nate	Spokane CC	51.65m q
3 Baxter, Quinten	Clackamas CC	51.31m q
4 Lemieux, Kevin	Spokane CC	44.38m q
5 Howard, Dave	Spokane CC	43.77m q
6 Mentzer, Jason	Lane CC	42.96m q
7 Hostetler, Cyrus	Lane CC	38.71m q
8 Schryvers, Matthew	Lane CC	38.51m q
9 Rodriguez, Gabe	Spokane CC	35.19m
10 McCabe, Bob	Clark College	32.83m
--- Stoner, Jesse	Spokane CC	ND

**Men Hammer Throw**

Name	School	Finals
<b>Finals</b>		
1 Dilley, Chris	Clackamas CC	52.18m
2 Lawton, Nate	Spokane CC	51.65m
3 Baxter, Quinten	Clackamas CC	51.31m
4 Lemieux, Kevin	Spokane CC	44.38m
5 Howard, Dave	Spokane CC	43.77m
6 Mentzer, Jason	Lane CC	42.96m
7 Hostetler, Cyrus	Lane CC	38.71m
8 Schryvers, Matthew	Lane CC	38.51m

**Men Javelin Throw**

Name	School	Prelims
<b>Preliminaries</b>		
1 Simmons, Mike	Clackamas CC	65.06m q
2 Hostetler, Cyrus	Lane CC	63.56m q
3 Johnson, Bryce	Mt Hood	58.66m q
4 McCormick, Pat	Spokane CC	58.33m q
5 Togstad, Adam	Spokane CC	56.99m q
6 Rodriguez, Gabe	Spokane CC	56.26m q
7 Cram, Collin	Lane CC	54.05m q
8 Kollenburn, Caleb	Mt Hood	53.72m q
9 Stoner, Jesse	Spokane CC	52.27m
10 Howard, Dave	Spokane CC	52.21m
11 Garrison, Travis	Clark College	51.26m
12 Billstine, Jimmy	SW Oregon CC	50.79m
13 Ferebee, Michael	Clackamas CC	48.45m
14 Grazda, Alex	Mt Hood	48.33m

**Men Javelin Throw**

Name	School	Finals
<b>Finals</b>		

1 Simmons, Mike	Clackamas CC	68.28m
2 Hostetler, Cyrus	Lane CC	63.56m
3 Togstad, Adam	Spokane CC	61.18m
4 Johnson, Bryce	Mt Hood	61.16m
5 Rodriguez, Gabe	Spokane CC	59.92m
6 McCormick, Pat	Spokane CC	58.41m
7 Cram, Collin	Lane CC	54.05m
8 Kollenburn, Caleb	Mt Hood	53.72m

**Men Decathlon**

Name	School	Finals
1 Cram, Collin	Lane CC	6553
2 Dimmick, Javin	Lane CC	5561
3 Larson, Josh	Mt Hood	5470
4 Parrish, Curtis	Spokane CC	5416
5 Grant, Kraig	Spokane CC	4938
6 Comstock, Kevin	SW Oregon CC	4812
7 Billstine, Jimmy	SW Oregon CC	4382
8 Keller, Tony	Lane CC	3777

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**Results**

Team Scores:

Men:	Spokane	228
	Lane	202
	Clakamas	149
	Mt. Hood	122
	Clark	38
	SWOCC	36
	Treasure Valley	2
	Highline	5
	Douglas	4

Women:	Spokane	250
	Mt. Hood	174.50
	Lane	149.50
	Clackamas	107
	Clark	54
	Treasure Valley	40
	SWOCC	38

Men's Outstanding Track Athlete = Jordon McNamara, Lane  
Women's Amber Glunt,  
MHCC

Men's Outstanding Field Athlete = Colin Cram, Lane  
Women's Natalie Abersfeller,  
Spokane

Men's Coach of the Year = Grady O'Conner, Lane  
Women's Matt Hart, MHCC

Men's High Point Deji Adebayo, Spokane = 34 points  
Women's High Point Amber Glunt, Mt Hood = 47 points