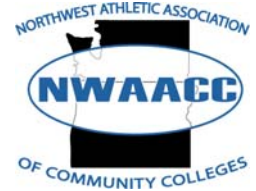


Northwest Athletic Association of Community Colleges



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2008 Track & Field All-Americans

Male 100m Dash

Washington, Nate Clark FR; Fjelstad, Logan Clackamas FR; Holley, Jack Spokane FR

Male 200m Dash

Rickett, Ernest, SW Oregon FR; Barrett, Ryan, Clark FR; Fjelstad, Logan, Clackamas FR

Male 400m Dash

Barrett, Ryan Clark FR; Tweedy, Mat Clackamas SO; Rickett, Ernest SW Oregon FR

Male 800m Run

Smith, Nick Clark FR; Neaves, Nigel Everett CC FR; Brown, Jessy Mt. Hood SO

Male 1500m Run

McAllister, Jeremy Lane FR; Churchill, Joe Lane FR; Kazuta, Kerry Douglas SO

Male 3000m StplCh

Rapp, Tyler Spokane SO; Elias, Mitchell Everett CC FR; McCaffrey, Dennis Lane FR

Male 5000m Run

Moeller, Mark Spokane SO; Morgan, David Lane SO; Kazuta, Kerry Douglas SO

Male 10000m Run

Moeller, Mark Spokane SO; Morgan, David Lane SO; Alvarez, Daniel Clackamas SO

Male 110m Hurdles

Walden, Adam Spokane FR; Cloud, Dustin Treasure Valley SO; Armstrong, Tim Spokane FR

Male 400m Hurdles

Walden, Adam Spokane FR; McMaster, Brian Clark FR; Wester, Stan Clackamas SO

Male 4x100m Relay Relay

Clark: Richard Lane (FR), Nate Washington (FR), Brian McMaster (FR), Ryan Barrett (FR);
Lane: Bruce Burbank (FR), Dennis Olstedt (FR), Israel Shebley (FR), Andrew Hastings (FR);
SW Oregon: Tyrell Akers (FR), Ernest Rickett (FR), Chris Ragland (FR) Sammie Young (FR)

Male 4x400m Relay Relay

Clark: Richard Lane (FR), Nate Washington (FR), Brian McMaster (FR), Ryan Barrett (FR);

Clackamas: Joe Gobel (FR), Jared Correll (FR), Logan Fjelstad (FR), Mat Tweedy (SO);
Spokane: Chris Rose (FR), Matt Fitzgerald (FR), Tim Armstrong (FR), Adam Walden (FR)

Male Long Jump

Edwards, Deonta Spokane FR; Lundy, Tim Clark SO, Lindquist, Seth Lane FR

Male Triple Jump

Lindquist, Seth Lane FR; Williams, Kurt Spokane SO; Burbank, Bruce Lane FR

Male High Jump

Edwards, Deonta Spokane FR; Widman, Kris Spokane FR; Ojala, Kai Clackamas FR

Male Pole Vault

Brink, Adam Lane FR; Fegles, Robby Lane FR; Lundy, Tim Clark SO

Male Shot Put

Howard, Dave Spokane SO; Valentine, Jacobsen Mt. Hood SO; Wills, Billy Lane SO

Male Discus

Whitley, Ron Spokane SO; Howard, Dave Spokane SO; Smith, Kahel Spokane FR

Male Javelin

Hostetler, Cyrus Lane SO; Togstad, Adam Spokane SO; Rodriguez, Gabe Spokane

Male Hammer

Smith, Jonathan Spokane SO; Lindgren, Tyler Lane FR; Whitley, Ron Spokane SO

Male Decathlon

Burbank, Bruce Lane FR; Gobel, Joe Clackamas SO; Armstrong, Tim Spokane FR

Female 100m Dash

James, Chanel Spokane FR; Hill, Stephanie Spokane SO; Cribbs, Morgan Clackamas FR

Female 200m Dash

Cribbs, Morgan Clackamas FR; James, Chanel Spokane FR; Hill, Stephanie Spokane SO

Female 400m Dash

Glunt, Amber Mt. Hood SO; Hemphill, Rachel Clackamas SO; Wongwai, Jamie Clark FR

Female 800m Run

Breck, Sheryl Mt. Hood SO; Twombly, Leah Lane FR; Scheese, Andria Clackamas FR

Female 1500m Run

Breck, Sheryl Mt. Hood SO; Eckstein, Christine Spokane SO; Twombly, Leah Lane FR

Female 3000m StplCh

Owens, Karen Spokane FR; Frasier, Francesca SW Oregon FR; Krempley, Tara Lane FR

Female 5000m Run

Larson, Janae Clark FR; Eckstein, Christine Spokane SO; Durrance, Amy Spokane SO

Female 10000m Run

Larson, Janae Clark FR; Hall, Megan Everett FR; Owens, Katie Spokane FR

Female 100m Hurdles

Martin, Jewel Lane FR; Schumacher, Terra Mt. Hood FR; Bradford, Crystal Lane SO

Female 400m Hurdles

Glunt, Amber Mt. Hood SO; Nelson, Amy Lane FR; Reid, Kaitlyn Clackamas FR

Female 4x100m Relay

Spokane: Nicole Nida (FR), Taylor Cook (FR), Stephanie Hill (SO), Chanel James (FR);
Clackamas: Rachel Hemphill (SO), Morgan Cribbs (FR), Kaitlyn Reid (FR), Stefani Dittmar
(SO); Lane: Danica Bates (SO), Jewel Martin (FR), Crystal Bradford (SO) Heather Bishop (SO)

Female 4x400m Relay

Spokane: Angela Shearer (FR), Stephanie Hill (SO), Nicole Nida (FR) Taylor Cook (FR); Mt.
Hood: Stephany Pitts (FR), Sheryl Breck (SO), Crystal Sims (SO), Amber Glunt (SO); Clark:
Brooklyn Holton (FR), Allison Kellmer (FR), Jamie Wongwai (FR), Steffani Dawson (SO)

Female Long Jump

James, Chanel Spokane FR; Cook, Taylor Spokane FR; Urbany, Rebecca Mt. Hood FR

Female Triple Jump

James, Chanel Spokane FR; Urbany, Rebecca Mt. Hood FR; Holton, Brooklyn Clark FR

Female High Jump

Orr, Kasey SW Oregon SO; Moss, Kristle Spokane FR; Jablonski, Elizabeth Treasure Valley FR

Female Pole Vault

Boatsman, JoLena Lane SO; Schumacher, Terra Mt. Hood FR; Gordillo, Luz Treasure Valley
SO

Female Shot Put

Hutchinson, Corissa Spokane SO; Davis, Adrienne Mt. Hood SO; Hutchinson, Ashley Spokane
FR

Female Discus

Hutchinson, Corissa Spokane SO; Garcia, Rachel Spokane SO; Hess, Sierra Clackamas FR

Female Javelin

Braun, Lynnea Spokane FR; Ramos, Chelsey Mt. Hood FR; Kennedy, Lacy Mt. Hood FR

Female Hammer

Garcia, Rachel Spokane SO; Hutchinson, Ashley Spokane FR; Federici, Amanda Mt. Hood SO

Female Heptathlon

Bates, Danica Lane SO; Glunt, Amber Mt. Hood SO; Cook, Taylor Spokane FR