

Northwest Athletic Association of Community Colleges

Clark College, PLS-033, 1933 Fort Vancouver Way, Vancouver, WA 98663

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2012 NWAACC Men's Track & Field All-Americans

100m Dash

- 1 Branden Helms, FR, Lane
- 2 Brent Arceneaux, FR, Spokane
- 3 Douglas Sudberry, FR, Mt. Hood

200m Dash

- 1 Brent Arceneaux, FR, Spokane
- 2 Branden Helms, FR, Lane
- 3 Shelby Grubb, FR, Clackamas

400m Dash

- 1 Josh Bland, SO, Spokane
- 2 Ben Allen, FR, Spokane
- 3 Cody Gilje, SO, Green River

800m Run

- 1 Badane Sultessa, FR, Clackamas
- 2 Elias Gedyon, FR, Lane
- 3 Jeff Cottrell, FR, Spokane

1500m Run

- 1 Elias Gedyon, FR, Lane
- 2 Badane Sultessa, FR, Clackamas
- 3 Sam Van de Velde, FR, Lane

5000m Run

- 1 Elias Gedyon, FR, Lane
- 2 Jon Smith, FR, Spokane
- 3 Jacob Berkner, SO, Lane

10,000m Run

- 1 Jon Smith, FR, Spokane
- 2 Jon Bennett, FR, Spokane
- 3 Jacob Berkner, SO, Lane

100m Hurdles

- 1 Logan Packard, FR, Spokane
- 2 Nari Sternen, FR, Everett
- 3 Dylan Seitz, FR, Spokane

400m Hurdles

- 1 Robert Hanke, SO, Mt. Hood
- 2 Dylan Seitz, FR, Spokane
- 3 Kevin Accinelli, FR, Lane

3000m Steeplechase

- 1 Jorge Gil-Juarez, FR, Clackamas
- 2 Justin Yoke, FR, Spokane
- 3 Tim Colliton, FR, Spokane

High Jump

- 1 Brandon Nash, FR, Lane
- 2 Jacob Troupe, FR, Mt. Hood
- 3 Mitch Kamstra, SO, Spokane

Pole Vault

- 1 Erik Jorgensen, FR, Lane
- 2 Bogdan Goncharuk, FR, Clark
- 3 Conner White, FR, Lane

Long Jump

- 1 Joseph Hart, FR, Lane
- 2 Brent Arceneaux, FR, Spokane
- 3 Gage Donovan, FR, Everett

Triple Jump

- 1 Josh Melu, SO, Green River
- 2 Drae Heldreth, FR, Treasure Valley
- 3 Joseph Hart, FR, Lane

Shot Put

- 1 James Lehr, SO, Spokane
- 2 Robert Henderson, SO, Spokane
- 3 Schuyler Short, SO, Lane

Discus Throw

- 1 James Lehr, FR, Spokane
- 2 Robert Henderson, SO, Spokane
- 3 Danny Parks, FR, Lane

Hammer Throw

- 1 Robert Henderson, SO, Spokane
- 2 Kevin Stanley, FR, Spokane
- 3 Shaun Lemafa, SO, Clackamas

Javelin Throw

- 1 Lukas Scherer, SO, Spokane
- 2 Malaki Seanoa, SO, Everett
- 3 Kenny Bates, SO, Everett

Decathlon

- 1 David Formolo, SO, Lane
- 2 Thomas Cranor, FR, Lane
- 3 Mitch Kamstra, SO, Spokane

4x100m Relay

- 1 Lane: Jemiel Lowery, FR; Joseph Hart, FR; Joe Henricks, FR; Branden Helms, FR
- 2 Spokane: Ben Allen, FR; Brent Arceneaux, FR; Josh Bland, SO; Jeff Cottrell, FR
- 3 Clackamas: Shelby Grubb, FR; Ryan Adams, FR; AJ Dickson, FR; Joey Allen, FR

4X400m Relay

- 1 Spokane: Ben Allen, FR; Josh Bland, SO; Jeff Cottrell, FR; Elias Medrano, SO
- 2 Lane: Ian Mcnaughton, FR; Joe Henricks, FR; Trevonn Robinson, FR; Stetson Smith, FR
- 3 Clackamas: Brandon Thompson, FR; Brandon Sherier, SO; Austin Collins, FR; Kyle Vuksich, SO