

## NWAACC Track &amp; Field Championships - 5/24/2010 to 5/25/2010

## Spokane Falls Community College

## Meet Program - Running Events and Field events

## Event 15 Men High Jump

Tuesday 5/25/2010 - 10:00 AM

Qualifying Mark = 6-2 / 1.88M

Starting Height = 5-10 / 1.78m (10cm below qualifying)

|               |         |      |                           |
|---------------|---------|------|---------------------------|
| Junior Coll.: | 7-08    | 1985 | Dennis Lewis, Long Beach  |
| NWAACC:       | 7-01    | 1987 | Tom Thompson, Mt. Hood    |
| Meet:         | 7-00.50 | 1985 | Dwain Fagerberg, Mt. Hood |
| Stadium:      | 7-02.75 | 1991 | Eric Taylor-Perry, USA    |
| 2010 Best:    | 6-08.75 | 2010 | Tyler Lane, Clark         |

| Pos           | Comp#         | Name             | Year School      | Seed Mark |
|---------------|---------------|------------------|------------------|-----------|
| <b>Flight</b> | <b>1 of 1</b> | <b>Finals</b>    |                  |           |
| 1             | 128           | Johnson, Clay    | FR Mt. Hood CC   | 6-02.00   |
| 2             | 206           | Wise, Chris      | FR SW Oregon CC  | 5-07.00   |
| 3             | 22            | Melum, Trevor    | SO Clackamas CC  | 5-08.00   |
| 4             | 205           | Smith, Justin    | SO SW Oregon CC  | 5-09.75   |
| 5             | 199           | Feemster, Trace  | SO SW Oregon CC  | 5-10.00   |
| 6             | 23            | Moore, Ethan     | SO Clackamas CC  | 6-02.75   |
| 7             | 41            | Hansen, Justin   | FR Clark College | 6-00.75   |
| 8             | 166           | Cobbs, Evander   | FR Spokane CC    | 5-10.75   |
| 9             | 109           | Keller, Tony     | SO Lane CC       | 6-02.00   |
| 10            | 40            | Hadenfeld, Kyle  | FR Clark College | 5-08.75   |
| 11            | 185           | Wordell, Spencer | FR Spokane CC    | 6-04.00   |
| 12            | 131           | Stevens, Markus  | SO Mt. Hood CC   | 6-00.75   |
| 13            | 105           | Godfrey, Kevin   | SO Lane CC       | 6-02.75   |
| 14            | 43            | Lane, Tyler      | FR Clark College | 6-08.75   |

## Event 34 Women Triple Jump

Tuesday 5/25/2010 - 10:00 AM

Qualifying Mark = 33-06.25 / 10.22M

|               |          |      |                           |
|---------------|----------|------|---------------------------|
| Junior Coll.: | 46-03.50 | 2002 | Yuliana Perez, Pima       |
| NWAACC:       | 39-07.75 | 2010 | Chanel James, Spokane     |
| Meet:         | 39-04    | 1986 | Nicole Stancato, Bellevue |
| Stadium:      | 41-03.75 | 1992 | Sharon Li, WSU            |
| 2010 Best:    | 39-07.75 | 2010 | Chanel James, Spokane     |

| Pos           | Comp#         | Name              | Year School      | Seed Mark |
|---------------|---------------|-------------------|------------------|-----------|
| <b>Flight</b> | <b>1 of 2</b> | <b>Finals</b>     |                  |           |
| 1             | 95            | Retherford, Jacee | FR Lane CC       | 34-06.75  |
| 2             | 5             | Filipetti, Erica  | SO Clackamas CC  | 36-00.00  |
| 3             | 192           | Leaf, Nicole      | FR SW Oregon CC  | 31-07.50  |
| 4             | 189           | Ciccarelli, Maria | SO SW Oregon CC  | 32-09.00  |
| 5             | 97            | Scott, MaKenzie   | FR Lane CC       | 34-05.00  |
| 6             | 11            | Roberts, Jennifer | FR Clackamas CC  | 35-01.00  |
| 7             | 13            | St. Paul, Bryanna | SO Clackamas CC  | 35-00.25  |
| <b>Flight</b> | <b>2 of 2</b> | <b>Finals</b>     |                  |           |
| 1             | 146           | James, Chanel     | SO Spokane CC    | 39-07.75  |
| 2             | 77            | Berryman, Sam     | FR Lane CC       | 38-00.25  |
| 3             | 99            | Wilson, Kim       | SO Lane CC       | 38-05.50  |
| 4             | 33            | Lamping, Leanne   | FR Clark College | 37-02.50  |
| 5             | 81            | Davis, Katie      | FR Lane CC       | 36-04.25  |
| 6             | 143           | Harris, Vanessa   | SO Spokane CC    | 36-11.50  |
| 7             | 188           | Chong, Dianne     | SO SW Oregon CC  | 37-08.50  |

## NWAACC Track &amp; Field Championships - 5/24/2010 to 5/25/2010

## Spokane Falls Community College

## Meet Program - Running Events and Field events

## Event 38 Women Discus Throw

Tuesday 5/25/2010 - 10:00 AM

Qualifying Mark = 118-00.25 / 35.97

Junior Coll.: 183-02 2002  
 NWAACC: 162-00 1984  
 Meet: 158-02 1984  
 Stadium: 180-08 1993  
 2010 Best: 135-07.50 2010

Iona Rutges, Central Arizona  
 Cora Aguilar, Spokane  
 Cora Aguilar, Spokane  
 Suzy Powell, Sacramento TC  
 Christina Grizzle-Hardie, Lane

| Pos           | Comp#         | Name                      | Year | School       | Seed Mark |
|---------------|---------------|---------------------------|------|--------------|-----------|
| <b>Flight</b> | <b>1 of 2</b> | <b>Finals</b>             |      |              |           |
| 1             | 197           | Yokbay, Kayla             | SO   | SW Oregon CC | 80-03     |
| 2             | 6             | Gallagher, Addie          | FR   | Clackamas CC | 99-01.75  |
| 3             | 196           | Valentine, Briana         | FR   | SW Oregon CC | 90-08     |
| 4             | 14            | Thompson, Samantha        | FR   | Clackamas CC | 102-11.25 |
| 5             | 186           | Baily, Jyl                | FR   | SW Oregon CC | 71-00.25  |
| 6             | 92            | Nowak, Kallie             | SO   | Lane CC      | 101-04.75 |
| 7             | 160           | Willmann, Sondra          | FR   | Spokane CC   | 101-10    |
| <b>Flight</b> | <b>2 of 2</b> | <b>Finals</b>             |      |              |           |
| 1             | 142           | George, Anna              | SO   | Spokane CC   | 117-00.25 |
| 2             | 83            | Grizzel-Hardie, Christina | SO   | Lane CC      | 135-07.50 |
| 3             | 124           | Strot, Kelsey             | SO   | Mt. Hood CC  | 120-00.75 |
| 4             | 156           | Rodriguez, Adrianna       | FR   | Spokane CC   | 120-11.50 |
| 5             | 78            | Bly, Erikka               | FR   | Lane CC      | 115-00.25 |
| 6             | 157           | Sosnowski, Jessica        | FR   | Spokane CC   | 130-03.75 |
| 7             | 88            | Jennifer, Guzman          | FR   | Lane CC      | 107-03.25 |

## Event 17 Men Shot Put

Tuesday 5/25/2010 - 10:00 AM

Qualifying Mark = 44-07 / 13.59M

Junior Coll.: 70-00.50 1974  
 NWAACC: 62-01 1971  
 Meet: 61-03.25 1971  
 Stadium: 68-07 2000  
 2010 Best: 54-08.25 2010

Ron Semkiw, Mesa  
 Spike Walker, Spokane  
 Spike Walker, Spokane  
 Dennis Black, UNA  
 Jr. Velasquez, Mt. Hood

| Pos           | Comp#         | Name           | Year | School             | Seed Mark |
|---------------|---------------|----------------|------|--------------------|-----------|
| <b>Flight</b> | <b>1 of 2</b> | <b>Finals</b>  |      |                    |           |
| 1             | 134           | Weber, Adrian  | SO   | Mt. Hood CC        | 40-11.75  |
| 2             | 20            | Lemafa, Shaun  | FR   | Clackamas CC       | 41-01.50  |
| 3             | 15            | Chisman, John  | FR   | Clackamas CC       | 40-10.25  |
| 4             | 129           | McNutt, Brett  | SO   | Mt. Hood CC        | 36-08.50  |
| 5             | 102           | Callagan, Marc | FR   | Lane CC            | 39-07.25  |
| 6             | 38            | Chau, Bryan    | FR   | Clark College      | 39-09.25  |
| <b>Flight</b> | <b>2 of 2</b> | <b>Finals</b>  |      |                    |           |
| 1             | 162           | Brim, Marlowe  | FR   | Spokane CC         | 47-07.75  |
| 2             | 171           | Jones, Griffon | SO   | Spokane CC         | 47-05.00  |
| 3             | 215           | Case, Levi     | SO   | Treasure Valley CC | 43-04.25  |
| 4             | 117           | Walk, Miles    | FR   | Lane CC            | 46-06.75  |
| 5             | 133           | Velasquez, Jr. | SO   | Mt. Hood CC        | 54-08.25  |
| 6             | 19            | Lantz, Anthony | SO   | Clackamas CC       | 50-08.75  |
| 7             | 165           | Clowe, Tyree   | FR   | Spokane CC         | 42-00.00  |

## NWAACC Track &amp; Field Championships - 5/24/2010 to 5/25/2010

## Spokane Falls Community College

## Meet Program - Running Events and Field events

## Event 31 Women 4x100 Meter Relay

Tuesday 5/25/2010 - 11:00 AM

Qualifying Mark = 53.48

Junior Coll.: 43.83 1991  
 NWAACC: 46.78 1983  
 Meet: 46.78 1983  
 Stadium: 45.84 1991  
 2010 Best: 47.18 2010

Barton County  
 D. Rose, J. Campbell, B. McDonald, C. Phillips  
 Bellevue  
 Bellevue  
 USA Pan Am Jr.  
 CC of Spokane, Spokane  
 M. Valentine, N. Nida, C. Lawhead, C. James

| Lane           | Comp#         | Team                 | Relay                       | Seed Time                  |                           |
|----------------|---------------|----------------------|-----------------------------|----------------------------|---------------------------|
| <b>Section</b> | <b>1 of 1</b> | <b>Timed Finals</b>  |                             |                            |                           |
| 2              |               | Clark College        | A                           | 52.76                      |                           |
|                | 1) 31         | Forgey, Dakota FR    | 2) 29 Bryant, Hailey FR     | 3) 32 Kent, Kandra FR      | 4) 33 Lamping, Leanne FR  |
| 3              |               | Lane CC              | A                           | 49.47                      |                           |
|                | 1) 90         | Martin, Elizabeth FR | 2) 76 Batson, Diana SO      | 3) 79 Carlton, Tara FR     | 4) 99 Wilson, Kim SO      |
| 4              |               | Spokane CC           | A                           | 47.18                      |                           |
|                | 1) 159        | Valentine, Myisha SO | 2) 150 Nida, Nicole SO      | 3) 147 Lawhead, Chelsea SO | 4) 146 James, Chanel SO   |
| 5              |               | Clackamas CC         | A                           | 49.44                      |                           |
|                | 1) 7          | Mahaffie, Livia FR   | 2) 11 Roberts, Jennifer FR  | 3) 3 Buchholz, Emma FR     | 4) 6 Gallagher, Addie FR  |
| 6              |               | SW Oregon CC         | A                           | 50.38                      |                           |
|                | 1) 188        | Chong, Dianne SO     | 2) 195 Standley, Chelsea FR | 3) 191 Johnson, Kelsea SO  | 4) 193 Millager, Kelly FR |
| 7              |               | Treasure Valley CC   | A                           | 53.29                      |                           |
|                | 1) 207        | Booth, Katie FR      | 2) 208 Charlton, Auna FR    | 3) 212 Winters, Chloe FR   | 4) 209 Good, Emma SO      |

## Event 11 Men 4x100 Meter Relay

Tuesday 5/25/2010 - 11:05 AM

Qualifying Mark = 44.93

Junior Coll.: 38.86 1987  
 NWAACC: 40.94 1983  
 Meet: 41.04 1980  
 Stadium: 39.91 1991  
 2010 Best: 41.69 2010

Odessa  
 J. Drummond, J. Law, R. Eleby, P. Drake  
 Lane  
 R. Howard, M. Grant, M. Dannis, M. Ewing  
 Spokane  
 D. Sullivan, K. Frandsen, V. Wallace, G. Rodgers  
 USA Pan Am Jr.  
 CC of Spokane, Spokane  
 C. Peterson, A. Victor, S. Wordell, M. Vetter

| Lane           | Comp#         | Team                | Relay                     | Seed Time                  |                           |
|----------------|---------------|---------------------|---------------------------|----------------------------|---------------------------|
| <b>Section</b> | <b>1 of 1</b> | <b>Timed Finals</b> |                           |                            |                           |
| 1              |               | SW Oregon CC        | A                         | 44.12                      |                           |
|                | 1) 202        | Moore, Perry FR     | 2) 199 Feemster, Trace SO | 3) 205 Smith, Justin SO    | 4) 200 James, Kevin FR    |
| 2              |               | Clark College       | A                         | 43.10                      |                           |
|                | 1) 44         | Meade, Paul FR      | 2) 43 Lane, Tyler FR      | 3) 39 Garcia, Ricky FR     | 4) 49 Smith, Josh FR      |
| 3              |               | Clackamas CC        | A                         | 42.72                      |                           |
|                | 1) 28         | Vazquez, Carlos FR  | 2) 27 Tolento, Eric SO    | 3) 17 Garner, Demarcus SO  | 4) 23 Moore, Ethan SO     |
| 4              |               | Spokane CC          | A                         | 41.69                      |                           |
|                | 1) 175        | Peterson, Cody FR   | 2) 183 Victor, Austin SO  | 3) 185 Wordell, Spencer FR | 4) 182 Vetter, Michael SO |
| 5              |               | Mt. Hood CC         | A                         | 42.36                      |                           |
|                | 1) 132        | Strong, Micah SO    | 2) 130 Mulick, Nick FR    | 3) 135 Young, Zach FR      | 4) 136 Zeller, Chris FR   |
| 6              |               | Lane CC             | A                         | 42.81                      |                           |
|                | 1) 107        | Hanks, Michael FR   | 2) 115 Rosenberg, J.J. SO | 3) 118 Wilson, Kenny FR    | 4) 108 Jarvis, Dusty FR   |
| 7              |               | Treasure Valley CC  | A                         | 44.10                      |                           |
|                | 1) 216        | Goodwin, Robert FR  | 2) 218 Kilgore, Ian FR    | 3) 217 Jones, Kelvin FR    | 4) 214 Branch, Ross FR    |

## NWAACC Track &amp; Field Championships - 5/24/2010 to 5/25/2010

## Spokane Falls Community College

## Meet Program - Running Events and Field events

## Event 25 Women 1500 Meter Run

Tuesday 5/25/2010 - 11:10 AM

Qualifying Mark = 5:18.64

|               |         |      |                                 |
|---------------|---------|------|---------------------------------|
| Junior Coll.: | 4:17.82 | 1986 | Sylvia Mosqueda, East LA        |
| NWAACC:       | 4:34.77 | 1980 | Joanne Lahti, Spokane           |
| Meet:         | 4:34.77 | 1980 | Joanne Lahti, Spokane           |
| Stadium:      | 4:21.77 | 1993 | Becki Wells, Univ. of Alabama   |
| 2010 Best:    | 4:36.01 | 2010 | Shannon Porter, Treasure Valley |

| Lane           | Comp#         | Name                | Year | School             | Seed Time |
|----------------|---------------|---------------------|------|--------------------|-----------|
| <b>Section</b> | <b>1 of 1</b> | <b>Timed Finals</b> |      |                    |           |
| 1              | 187           | Brown, Shontae      | FR   | SW Oregon CC       | 5:40.00   |
| 2              | 140           | Dart, Megan         | FR   | Spokane CC         | 4:55.66   |
| 3              | 56            | Schooley, Shawna    | FR   | Everett CC         | 4:43.25   |
| 4              | 93            | Oleksa, Alayna      | SO   | Lane CC            | 5:03.80   |
| 5              | 121           | Faggard, Amanda     | SO   | Mt. Hood CC        | 4:59.50   |
| 6              | 210           | Porter, Shannon     | FR   | Treasure Valley CC | 4:36.01   |
| 7              | 148           | McDaniel, Rachel    | FR   | Spokane CC         | 4:51.41   |
| 8              | 119           | Davis, Holli        | FR   | Mt. Hood CC        | 5:50.19   |
| 9              | 120           | Echauri, Katy       | FR   | Mt. Hood CC        | 5:28.17   |
| 10             | 84            | Gruber, Andrea      | SO   | Lane CC            | 4:56.23   |
| 11             | 51            | Grams, Danielle     | FR   | Everett CC         | 5:31.39   |
| 12             | 123           | Smith, Amanda       | FR   | Mt. Hood CC        | 5:15.84   |

## Event 5 Men 1500 Meter Run

Tuesday 5/25/2010 - 11:20 AM

Qualifying Mark = 4:07.00

|               |         |      |                                    |
|---------------|---------|------|------------------------------------|
| Junior Coll.: | 3:39.33 | 1999 | Eliud Njubi, Dodge City            |
| NWAACC:       | 3:41.13 | 2007 | Jordan McNamara, Lane              |
| Meet:         | 3:48.76 | 1979 | Ray Prentice, Highline             |
| Stadium:      | 3:50.25 | 1993 | Eric O'Brian, Univ. North Carolina |
| 2010 Best:    | 3:56.40 | 2010 | Seth Pierson, Everett              |

| Lane           | Comp#         | Name                | Year | School             | Seed Time |
|----------------|---------------|---------------------|------|--------------------|-----------|
| <b>Section</b> | <b>1 of 1</b> | <b>Timed Finals</b> |      |                    |           |
| 1              | 181           | VanDeBrake, Cody    | FR   | Spokane CC         | 4:05.97   |
| 2              | 219           | Miller, Ray         | FR   | Treasure Valley CC | 4:09.62   |
| 3              | 169           | Jacob, David        | FR   | Spokane CC         | 4:00.62   |
| 4              | 62            | Contreras, Emmanuel | FR   | Everett CC         | 3:57.62   |
| 5              | 125           | Gongora, Gilmer     | SO   | Mt. Hood CC        | 4:30.65   |
| 6              | 70            | Rasor, Kyle         | FR   | Everett CC         | 4:19.82   |
| 7              | 65            | Larson, Drew        | FR   | Everett CC         | 3:59.91   |
| 8              | 184           | Wilson, Nick        | FR   | Spokane CC         | 4:05.57   |
| 9              | 179           | Shirley, Tyler      | SO   | Spokane CC         | 4:03.44   |
| 10             | 69            | Pierson, Seth       | FR   | Everett CC         | 3:56.40   |
| 11             | 198           | Aguirre, Uriel      | FR   | SW Oregon CC       | 4:24.23   |
| 12             | 167           | Goodrick, Trevin    | SO   | Spokane CC         | 4:06.98   |

## NWAACC Track &amp; Field Championships - 5/24/2010 to 5/25/2010

## Spokane Falls Community College

## Meet Program - Running Events and Field events

## Event 14 Men Triple Jump

Tuesday 5/25/2010 - 11:30 AM

Qualifying Mark = 42-10.25 / 13.06M

Junior Coll.: 58-09.50 1995

NWAACC: 51-06.25 2006

Meet: 50-07.50 1982

Stadium: 51-06.25 2006

2010 Best: 45-04.50 2010

James Beckford, Blinn

Rashad Toussaint, Spokane

Alvin Harris, Spokane

Rashad Toussaint, CC Spokane

Justin Hansen, Clark

| Pos           | Comp#         | Name              | Year | School        | Seed Mark |
|---------------|---------------|-------------------|------|---------------|-----------|
| <b>Flight</b> | <b>1 of 1</b> | <b>Finals</b>     |      |               |           |
| 1             | 22            | Melum, Trevor     | SO   | Clackamas CC  | 39-03.25  |
| 2             | 172           | Marchand, Will    | FR   | Spokane CC    | 44-09.75  |
| 3             | 41            | Hansen, Justin    | FR   | Clark College | 45-04.50  |
| 4             | 200           | James, Kevin      | FR   | SW Oregon CC  | 43-02.25  |
| 5             | 128           | Johnson, Clay     | FR   | Mt. Hood CC   | 42-10.75  |
| 6             | 166           | Cobbs, Evander    | FR   | Spokane CC    | 44-11.50  |
| 7             | 204           | Shamberger, David | FR   | SW Oregon CC  | 42-11.00  |
| 8             | 40            | Hadenfeld, Kyle   | FR   | Clark College | 41-05.75  |
| 9             | 23            | Moore, Ethan      | SO   | Clackamas CC  | 44-00.00  |
| 10            | 111           | Norris, Terry     | FR   | Lane CC       | 44-03.50  |
| 11            | 113           | Parra, Clark      | FR   | Lane CC       | 40-09.75  |

## Event 19 Men Javelin Throw

Tuesday 5/25/2010 - 11:30 AM

Qualifying Mark = 182-7.5 / 55.66M

Junior Coll.: 248-05 1988

NWAACC: 241-07 2008

Meet: 241-07 2008

Stadium: 246-04 2009

2010 Best: 204-11 2010

Tom Pukstys, Dupage

Cyrus Hostetler, Lane

Cyrus Hostetler, Lane

Doug Leffler, Unattached

Lukas Scherer, Spokane

| Pos           | Comp#         | Name               | Year | School             | Seed Mark |
|---------------|---------------|--------------------|------|--------------------|-----------|
| <b>Flight</b> | <b>1 of 2</b> | <b>Finals</b>      |      |                    |           |
| 1             | 215           | Case, Levi         | SO   | Treasure Valley CC | 169-04.50 |
| 2             | 134           | Weber, Adrian      | SO   | Mt. Hood CC        | 172-06.25 |
| 3             | 173           | Nell, Carter       | SO   | Spokane CC         | 173-03.75 |
| 4             | 103           | Ericksen, Alex     | FR   | Lane CC            | 164-09.75 |
| 5             | 37            | Brandenburg, Kurt  | FR   | Clark College      | 165-06.50 |
| 6             | 115           | Rosenberg, J.J.    | SO   | Lane CC            | 161-11.25 |
| <b>Flight</b> | <b>2 of 2</b> | <b>Finals</b>      |      |                    |           |
| 1             | 168           | Hutchinson, Cody   | FR   | Spokane CC         | 197-11    |
| 2             | 177           | Scherer, Lukas     | FR   | Spokane CC         | 204-11    |
| 3             | 46            | Nagunst, Kevin     | FR   | Clark College      | 175-01.75 |
| 4             | 16            | Echternkamp, Kenny | FR   | Clackamas CC       | 192-05    |
| 5             | 28            | Vazquez, Carlos    | FR   | Clackamas CC       | 184-03    |
| 6             | 180           | Taylor, Joseph     | FR   | Spokane CC         | 181-03.75 |

## NWAACC Track &amp; Field Championships - 5/24/2010 to 5/25/2010

## Spokane Falls Community College

## Meet Program - Running Events and Field events

## Event 23 Women 400 Meter Dash

Tuesday 5/25/2010 - 11:55 AM

Qualifying Mark = 1:01.85

|               |       |      |  |
|---------------|-------|------|--|
| Junior Coll.: | 50.92 | 1987 | Sandie Richards, San Jacinto               |
| NWAACC:       | 53.69 | 1981 | Rhonda Bell, Bellevue                      |
| Meet:         | 53.69 | 1981 | Rhonda Bell, Bellevue                      |
| Stadium:      | 52.30 | 1993 | Monique Hennagan, Spring Valley HS, Calif. |
| 2010 Best:    | 57.70 | 2010 | Nicole Nida, Spokane                       |

| Lane           | Comp#         | Name                | Year | School             | Seed Time |
|----------------|---------------|---------------------|------|--------------------|-----------|
| <b>Section</b> | <b>1 of 1</b> | <b>Timed Finals</b> |      |                    |           |
| 1              | 59            | Thompson, Katelyn   | FR   | Everett CC         | 61.74     |
| 2              | 76            | Batson, Diana       | SO   | Lane CC            | 59.17     |
| 3              | 209           | Good, Emma          | SO   | Treasure Valley CC | 58.44     |
| 4              | 150           | Nida, Nicole        | SO   | Spokane CC         | 57.70     |
| 5              | 147           | Lawhead, Chelsea    | SO   | Spokane CC         | 58.29     |
| 6              | 159           | Valentine, Myisha   | SO   | Spokane CC         | 58.89     |
| 7              | 151           | Ortiz, Yesenia      | FR   | Spokane CC         | 59.36     |
| 8              | 82            | Ferris, Shawndra    | FR   | Lane CC            | 62.47     |

## Event 40 Women Hammer Throw

Tuesday 5/25/2010 - 12:00 PM

Qualifying Mark = 120-08.75 / 36.80M

|               |           |           |                                       |
|---------------|-----------|-----------|---------------------------------------|
| Junior Coll.: | 194-11    | 2002      | Barbara Sugar, Central Arizona        |
| NWAACC:       | 195-03    | 2005      | Kate Burton, Clark                    |
| Meet:         | 179-04    | 2005      | Kate Burton, Clark                    |
| Stadium:      | 199-02    | 4/10/2010 | Nicole Luckenbach, Eastern Washington |
| 2010 Best:    | 151-05.50 | 2010      | Anna George, Spokane                  |

| Pos           | Comp#         | Name                      | Year | School        | Seed Mark |
|---------------|---------------|---------------------------|------|---------------|-----------|
| <b>Flight</b> | <b>1 of 1</b> | <b>Finals</b>             |      |               |           |
| 1             | 83            | Grizzel-Hardie, Christina | SO   | Lane CC       | 135-09    |
| 2             | 92            | Nowak, Kallie             | SO   | Lane CC       | 122-11.75 |
| 3             | 142           | George, Anna              | SO   | Spokane CC    | 151-05.50 |
| 4             | 160           | Willmann, Sondra          | FR   | Spokane CC    | 97-00.75  |
| 5             | 29            | Bryant, Hailey            | FR   | Clark College | 134-10.75 |
| 6             | 141           | Edwards, Andrea           | SO   | Spokane CC    | 150-09.75 |
| 7             | 88            | Jennifer, Guzman          | FR   | Lane CC       | 124-04    |
| 8             | 5             | Filipetti, Erica          | SO   | Clackamas CC  | 123-08.25 |
| 9             | 78            | Bly, Erikka               | FR   | Lane CC       | 111-02.25 |
| 10            | 154           | Randall, Brook            | FR   | Spokane CC    | 104-09.75 |
| 11            | 14            | Thompson, Samantha        | FR   | Clackamas CC  | 119-06.50 |

**NWAACC Track & Field Championships - 5/24/2010 to 5/25/2010****Spokane Falls Community College****Meet Program - Running Events and Field events****Event 27 Women 5000 Meter Run****Tuesday 5/25/2010 - 1:10 PM****Qualifying Mark = 20:05.40****Junior Coll.: 15:52.50 1986****NWAACC: 16:57.60 1980****Meet: 17:31.30 1979****Stadium: 16:18.54 1996****2010 Best: 17:23.29 2010****Sylvia Mosqueda, East LA****Joanne Lahti, Spokane****Joanne Lahti, Spokane****Kim Jones, Spokane, WA****Shannon Porter, Treasure Valley**

| <b>Lane</b>      | <b>Comp#</b> | <b>Name</b>         | <b>Year</b> | <b>School</b>      | <b>Seed Time</b> |
|------------------|--------------|---------------------|-------------|--------------------|------------------|
| <b>Section 1</b> | <b>of 1</b>  | <b>Timed Finals</b> |             |                    |                  |
| 1                | 80           | Claver, MaCayla     | FR          | Lane CC            | 18:57.40         |
| 2                | 52           | Loomans, Kelsey     | FR          | Everett CC         | 18:29.71         |
| 3                | 10           | Peters, Melanie     | FR          | Clackamas CC       | 19:57.76         |
| 4                | 158          | Sweeney, Melissa    | SO          | Spokane CC         | 19:13.34         |
| 5                | 85           | Haack, Shey         | FR          | Lane CC            | 20:02.80         |
| 6                | 140          | Dart, Megan         | FR          | Spokane CC         | 19:18.81         |
| 7                | 56           | Schooley, Shawna    | FR          | Everett CC         | 17:55.90         |
| 8                | 54           | McGill, Krissy      | FR          | Everett CC         | 19:18.96         |
| 9                | 53           | Massie, Valerie     | FR          | Everett CC         | 18:11.57         |
| 10               | 2            | Braniff, Ashley     | SO          | Clackamas CC       | 19:53.39         |
| 11               | 58           | Talkington, Kelly   | FR          | Everett CC         | 18:12.77         |
| 12               | 210          | Porter, Shannon     | FR          | Treasure Valley CC | 17:23.29         |
| 13               | 93           | Oleksa, Alayna      | SO          | Lane CC            | 19:47.32         |
| 14               | 30           | Eloff, Brandi       | SO          | Clark College      | 19:26.94         |
| 15               | 138          | Bailey, Armarose    | SO          | Spokane CC         | 18:53.02         |
| 16               | 86           | Hagy, Anne          | SO          | Lane CC            | 19:30.26         |
| 17               | 152          | Owens, Katie        | SO          | Spokane CC         | 18:57.15         |
| 18               | 89           | Krantz, Rita        | FR          | Lane CC            | 19:49.23         |
| 19               | 84           | Gruber, Andrea      | SO          | Lane CC            | 19:37.38         |



## NWAACC Track &amp; Field Championships - 5/24/2010 to 5/25/2010

## Spokane Falls Community College

## Meet Program - Running Events and Field events

## Event 12 Men 4x400 Meter Relay

Tuesday 5/25/2010 - 2:05 PM

Qualifying Mark = 3:27.70

Junior Coll.: 3:01.89 1992

NWAACC: 3:11.49 1986

Meet: 3:11.49 1986

Stadium: 3:04.22 1991

2010 Best: 3:20.89 2010

Blinn

W. Whyte, D. Hill, K. Busby, E. Thomas

Lane

D. Hunnicutt, L. Creech, P. Lanning, J. Barbosa

Lane

D. Hunnicutt, L. Creech, P. Lanning, J. Barbosa

USA Pan Am Jr.

CC of Spokane, Spokane

J. Nokes, T. Shalk, J. Ramos, S. Wordell

| Lane      | Comp#  | Team               | Relay                     | Seed Time                  |                              |
|-----------|--------|--------------------|---------------------------|----------------------------|------------------------------|
| Section 1 | 1 of 1 | Timed Finals       |                           |                            |                              |
| 1         |        | Everett CC         | A                         | 3:30.91                    |                              |
|           | 1) 71  | Rexach, Michael FR | 2) 65 Larson, Drew FR     | 3) 69 Pierson, Seth FR     | 4) 62 Contreras, Emmanuel FR |
| 2         |        | Treasure Valley CC | A                         | 3:24.70                    |                              |
|           | 1) 221 | Thomas, Terriel SO | 2) 218 Kilgore, Ian FR    | 3) 213 Begay, Atcitty SO   | 4) 223 Ward, Kurt SO         |
| 3         |        | Mt. Hood CC        | A                         | 3:21.97                    |                              |
|           | 1) 135 | Young, Zach FR     | 2) 136 Zeller, Chris FR   | 3) 126 Hope, Nathan SO     | 4) 130 Mulick, Nick FR       |
| 4         |        | Spokane CC         | A                         | 3:20.89                    |                              |
|           | 1) 174 | Nokes, Jason FR    | 2) 178 Shalk, Tanner FR   | 3) 176 Ramos, Jimmy FR     | 4) 185 Wordell, Spencer FR   |
| 5         |        | Clackamas CC       | A                         | 3:21.59                    |                              |
|           | 1) 28  | Vazquez, Carlos FR | 2) 17 Garner, Demarcus SO | 3) 26 Ratliff, James FR    | 4) 25 Olsen, Chris FR        |
| 6         |        | Clark College      | A                         | 3:24.57                    |                              |
|           | 1) 45  | Miramontes, Ben FR | 2) 39 Garcia, Ricky FR    | 3) 43 Lane, Tyler FR       | 4) 42 Jackson, Marc FR       |
| 7         |        | Lane CC            | A                         | 3:25.42                    |                              |
|           | 1) 107 | Hanks, Michael FR  | 2) 105 Godfrey, Kevin SO  | 3) 108 Jarvis, Dusty FR    | 4) 115 Rosenberg, J.J. SO    |
| 8         |        | SW Oregon CC       | A                         | 3:56.38                    |                              |
|           | 1) 198 | Aguirre, Uriel FR  | 2) 199 Feemster, Trace SO | 4) 201 Lawrence, Daniel FR |                              |