

**NWAC Multi - 4/29/2019 to 4/30/2019**  
**Spokane Falls CC Track & Field Complex**  
**Results - Heptathlon**

**Women Heptathlon**

	Points	100H	HJ	SP	200 Day1	LJ	JT	800
1 Foster, Essence Clackamas CC Team Points: 10	3987	15.97 w: 3.9 (718)	1.51m 4-11.5 (632)	7.61m 24-11.75 (374)	26.72 w: -1.0 (735) 2459	4.84m w: -1.4 (516)	23.26m 76-04 (350)	2:32.46  (662)
2 Smith, Alvanique Spokane CC Team Points: 8	3683	18.25 w: 3.9 (463)	1.45m 4-09 (566)	9.10m 29-10.25 (471)	26.80 w: -1.0 (729) 2229	5.00m w: -0.7 (559)	20.44m 67-01 (297)	2:37.81  (598)
3 Sharp, Jillian Clackamas CC Team Points: 6	3479	17.30 w: 2.0 (563)	1.45m 4-09 (566)	8.31m 27-03.25 (419)	29.53 w: -1.0 (515) 2063	4.55m w: -1.4 (441)	30.53m 100-02 (487)	2:47.65  (488)
4 Johnson, Kiara Clackamas CC Team Points: 5	3478	18.04 w: 3.9 (484)	1.36m 4-05.5 (470)	9.55m 31-04 (500)	28.04 w: -1.0 (628) 2082	4.67m w: +0.0 (472)	26.46m 86-10 (410)	2:45.26  (514)
5 Farnworth, Trew Lane CC Team Points: 4	3247	17.51 w: 2.0 (540)	1.51m 4-11.5 (632)	7.74m 25-04.75 (383)	30.11 w: -1.0 (474) 2029	4.31m w: 2.5 (381)	23.87m 78-04 (361)	2:48.84  (476)
6 Dewey, Katie Spokane CC Team Points: 3	2162	20.04 w: 2.0 (299)	1.21m 3-11.5 (321)	7.93m 26-00.25 (395)	31.31 w: -1.0 (394) 1409	3.80m w: 0.1 (263)	19.35m 63-06 (277)	3:18.45  (213)