

2009 PLU Spring Open - 2/28/2009
 Parkland, Wash.
 Results

Women 100 Meter Dash

Name	Year School	Finals	Wind	H#	Points
1 Haley Ricker	Warner Pacific	13.04	NWI	1	
2 Lauren Hoskie	1911 TC	13.13	NWI	1	
3 Anaiah Rhodes	Mt. Hood CC	13.21	NWI	3	
4 Amy LeBrun	Pacific Lutheran	13.25	NWI	1	
5 Kaitlyn Reid	Clackamas CC	13.31	NWI	1	
6 Lakia Arceneaux	Pacific Lutheran	13.44	NWI	1	
7 Chelsea Putnam	Pacific Lutheran	13.67	NWI	1	
8 Jana Gedde	Unattached	13.95	NWI	2	
9 Bailey Nogle	Clackamas CC	14.11	NWI	1	
10 Miko Starks	1911 TC	14.13	NWI	3	
11 Sarah Norman	Unattached	14.55	NWI	2	
12 Briana Aellert	Clackamas CC	14.62	NWI	2	
13 Gail Kuhnly	Christ Life Trac	16.40	NWI	3	

Women 200 Meter Dash

Name	Year School	Finals	Wind	H#	Points
1 Anaiah Rhodes	Mt. Hood CC	26.72	NWI	3	
2 Amy LeBrun	Pacific Lutheran	27.42	-0.8	1	
3 Haley Ricker	Warner Pacific	27.54	-0.8	1	
4 Kenya Shakoor	1911 TC	27.83	-0.8	1	
5 Lakia Arceneaux	Pacific Lutheran	28.32	-0.8	1	
6 Chloe Yeldon	Warner Pacific	28.64	NWI	2	
6 Callie Gunderson	Pacific Lutheran	28.64	NWI	2	
8 Miko Starks	1911 TC	28.72	NWI	2	
9 Chelsea Putnam	Pacific Lutheran	29.03	-0.8	1	
10 Katie Campbell	Northwest U.	29.23	NWI	2	
11 Kim Tune	Mt. Hood CC	30.17	NWI	3	
12 Samantha Westlake	Warner Pacific	31.60	NWI	2	
13 Stacy Bird	Mt. Hood CC	31.69	NWI	3	

Women 400 Meter Dash

Name	Year School	Finals	H#	Points
1 Midori Starks	1911 TC	1:01.02	1	
2 Catherine Sims	Mt. Hood CC	1:02.07	2	
3 Crystal Sims	Mt. Hood CC	1:02.21	2	
4 Callie Gunderson	Pacific Lutheran	1:03.18	1	
5 Stephanie Cooley	Warner Pacific	1:06.90	1	
6 Samantha Westlake	Warner Pacific	1:08.68	1	
7 Lacey Wear	Pacific Lutheran	1:12.76	1	
8 Gail Kuhnly	Christ Life Trac	1:14.99	2	
9 Krystal Estrella	Warner Pacific	1:20.51	2	

Women 800 Meter Run

Name	Year School	Finals	Points
1 Paige DeLapp	Northwest U.	2:25.78	
2 Ericka Hicks	Warner Pacific	2:32.97	
3 Janelle Meisenheimer	Pacific Lutheran	2:35.99	
4 Erica Johnson	Pacific Lutheran	2:40.51	
5 Amanda Baker	Mt. Hood CC	2:41.03	

Women 1500 Meter Run

Name	Year School	Finals	Points
1 Ericka Hicks	Warner Pacific	5:21.20	
2 Amanda Baker	Mt. Hood CC	5:24.18	
3 Corrine Gogert	Pacific Lutheran	5:27.26	
4 Rachael Harris	Northwest U.	5:30.47	
5 Ashley Braniff	Clackamas CC	5:34.31	
6 Kayla Winkle	Warner Pacific	5:38.36	
7 Hannah Gustafson	Mt. Hood CC	5:39.55	
8 Esther Hilbert	Unat-Mt. Hood CC	6:20.66	

Women 5000 Meter Run

Name	Year School	Finals	Points
1 Lexie Miller	Pacific Lutheran	19:04.23	
2 Janet Howard	Unattached	19:34.84	

Women 10000 Meter Run

Name	Year School	Finals	Points
1 Candace Attwood	Pacific Lutheran	43:54.90	
2 Rebekah Blakney	Pacific Lutheran	45:52.40	

Women 100 Meter Hurdles

Name	Year School	Finals	Wind	Points
1 Faven Araya	Pacific Lutheran	16.35	-0.8	
2 Katie Annas	Warner Pacific	17.46	-0.8	
3 Danielle Ricco	Warner Pacific	17.65	-0.8	
4 Chloe Yeldon	Warner Pacific	17.71	-0.8	
5 Tori Olsen	Pacific Lutheran	18.94	-0.8	

Women 400 Meter Hurdles

Name	Year School	Finals	Points
1 Faven Araya	Pacific Lutheran	1:05.13	
2 Kaitlyn Reid	Clackamas CC	1:05.45	
3 Katie Annas	Warner Pacific	1:07.94	
4 Crystal Sims	Mt. Hood CC	1:09.82	
5 Lexie Miller	Pacific Lutheran	1:11.92	
6 Danielle Ricco	Warner Pacific	1:13.27	
7 Briana Aellert	Clackamas CC	1:15.40	
8 Catherine Sims	Mt. Hood CC	1:15.93	

Women 4x100 Meter Relay

School	Finals	Points
1 Mt. Hood CC 'A'	49.56	
1) Anaiiah Rhodes	2) Catherine Sims	
3) Crystal Sims	4) Stephany Pitts	
2 Pacific Lutheran 'A'	49.81	
1) Chelsea Putnam	2) Lakeria Arceneaux	
3) Faven Araya	4) Amy LeBrun	
3 Warner Pacific 'A'	51.53	
1) Katie Annas	2) Riley Murray	
3) Chloe Yeldon	4) Danielle Ricco	
4 Clackamas CC 'A'	53.27	
1) Courtney Heckerorth	2) Bailey Nogle	
3) Alaura Little	4) Kaitlyn Reid	
5 Pacific Lutheran 'B'	55.09	

- 1) Callie Gunderson
- 3) Tori Olsen

- 2) Brady Tsukamaki
- 4) Melissa DeWalt

Women 4x400 Meter Relay

School	Finals	Points
1 Mt. Hood CC 'A'	4:15.65	
1) Stephany Pitts	2) Crystal Sims	
3) Kim Tune	4) Catherine Sims	
2 Pacific Lutheran 'A'	4:22.62	
1) Faven Araya	2) Erica Johnson	
3) Callie Gunderson	4) Janelle Meisenheimer	
3 Northwest U. 'A'	4:26.32	
1) Shayna Prause	2) Chelsea Miller	
3) Rachael Harris	4) Paige DeLapp	
4 Warner Pacific 'A'	4:32.62	
1) Katie Annas	2) Stephanie Cooley	
3) Riley Murray	4) Danielle Ricco	

Women High Jump

Name	Year School	Finals	Points
1 Stephanie Burk	Unattached	1.55m	5-01.00
2 Bailey Nogle	Clackamas CC	1.50m	4-11.00
3 Melissa DeWalt	Pacific Lutheran	1.45m	4-09.00
3 Tiffany Brown	Pacific Lutheran	1.45m	4-09.00
5 Kelsey Smith	Pacific Lutheran	1.40m	4-07.00
6 Tori Olsen	Pacific Lutheran	1.35m	4-05.00

Women Pole Vault

Name	Year School	Finals	Points
1 Lindsey Wessa	Northwest U.	2.90m	9-06.25
2 Sarah Norman	Unattached	2.75m	9-00.25
2 Jana Gedde	Unattached	2.75m	9-00.25
-- Alaura Little	Clackamas CC	NH	

Women Long Jump

Name	Year School	Finals	Wind	Points
1 Chelsea Putnam	Pacific Lutheran	5.02m	NWI	16-05.75
2 Lokia Arceneaux	Pacific Lutheran	4.91m	NWI	16-01.50
3 Stephany Pitts	Mt. Hood CC	4.72m	NWI	15-06.00
4 Kim Tune	Mt. Hood CC	4.62m	NWI	15-02.00
5 Melissa DeWalt	Pacific Lutheran	4.60m	NWI	15-01.25
6 Courtney Heckerorth	Clackamas CC	4.38m	NWI	14-04.50
7 Stacy Bird	Mt. Hood CC	4.31m	NWI	14-01.75
8 Brady Tsukamaki	Pacific Lutheran	4.22m	NWI	13-10.25
9 Shayna Prause	Northwest U.	4.08m	NWI	13-04.75
-- Shelley Pahlow	Pacific Lutheran	ND	NWI	

Women Triple Jump

Name	Year School	Finals	Wind	Points
1 Stephanie Burk	Unattached	10.33m	NWI	33-10.75
2 Chloe Yeldon	Warner Pacific	10.00m	NWI	32-09.75
3 Lokia Arceneaux	Pacific Lutheran	9.85m	NWI	32-03.75
4 Haley Ricker	Warner Pacific	9.80m	NWI	32-02.00
5 Melissa DeWalt	Pacific Lutheran	9.66m	NWI	31-08.50
6 Chelsea Putnam	Pacific Lutheran	9.59m	NWI	31-05.75
7 Rachael Harris	Northwest U.	9.39m	NWI	30-09.75
8 Kim Tune	Mt. Hood CC	9.33m	NWI	30-07.50

9	Brady Tsukamaki	Pacific Lutheran	9.30m	NWI	30-06.25
10	Stacy Bird	Mt. Hood CC	9.20m	NWI	30-02.25

Women Shot Put

Name	Year	School	Finals		Points
1 Taylor Hacker		Pacific Lutheran	11.29m	37-00.50	
2 Alisha Larion		Northwest U.	10.25m	33-07.50	
3 Jessica Kneip		Unattached	10.00m	32-09.75	
4 Katie Campbell		Northwest U.	9.29m	30-05.75	
5 Shawna Phillips		Warner Pacific	8.87m	29-01.25	
6 Jasmine Wallace		Pacific Lutheran	8.75m	28-08.50	
7 Corby Johnson		Warner Pacific	8.18m	26-10.00	

Women Discus Throw

Name	Year	School	Finals		Points
1 Sierra Hess		Unat-Clackamas C	37.49m	123-00	
2 Jessica Kneip		Unattached	33.44m	109-08	
3 Cadie Kneip		Northwest U.	31.87m	104-07	
4 Corby Johnson		Warner Pacific	25.30m	83-00	
5 Jasmine Wallace		Pacific Lutheran	23.28m	76-04	

Women Hammer Throw

Name	Year	School	Finals		Points
1 Taylor Hacker		Pacific Lutheran	50.94m	167-01	
2 Kelly Fenton		Pacific Lutheran	34.20m	112-02	
3 Jessica Kneip		Unattached	31.75m	104-02	
4 Lacy Kennedy		Unat-Mt. Hood CC	31.09m	102-00	
5 Cadie Kneip		Northwest U.	30.85m	101-02	
6 Stephanie Schildt		Unattached	29.73m	97-06	
7 Jasmine Wallace		Pacific Lutheran	29.51m	96-10	
8 Lacia Arceneaux		Pacific Lutheran	28.71m	94-02	
9 Sierra Hess		Unat-Clackamas C	18.56m	60-11	

Women Javelin Throw

Name	Year	School	Finals		Points
1 Jill Peoples		Warner Pacific	38.50m	126-04	
2 Shayna Prause		Northwest U.	36.93m	121-02	
3 Katie Campbell		Northwest U.	34.29m	112-06	
4 Lacy Kennedy		Unat-Mt. Hood CC	34.14m	112-00	
5 Alaura Little		Clackamas CC	33.18m	108-10	
6 Shawna Phillips		Warner Pacific	31.68m	103-11	
7 Kelly Fenton		Pacific Lutheran	31.33m	102-09	
8 Lacey Cone		Pacific Lutheran	31.24m	102-06	
9 Hannah Gustafson		Mt. Hood CC	28.53m	93-07	
10 Corby Johnson		Warner Pacific	28.21m	92-07	
11 Courtney Heckerth		Clackamas CC	23.44m	76-11	
12 Alisha Larion		Northwest U.	21.99m	72-02	

Men 100 Meter Dash

Name	Year School	Finals	Wind H#	Points
1 Michael Okoro	Unattached	11.23	-0.7 1	
2 Phillip Bennett	Unattached	11.34	-0.7 1	
3 Micah Strong	Mt. Hood CC	11.39	NWI 4	
4 Joseph Gobel	Unat-Clackamas C	11.43	-0.7 1	
5 Nate Jackson	Pacific Lutheran	11.52	-0.7 1	
6 Anthony Wright	1911 TC	11.56	-0.7 1	
7 Tevin Ponders	Unattached	11.59	-1.5 3	
8 Eric Tolento	Clackamas CC	11.61	-0.7 2	
9 Jimmy Reed	Northwest U.	11.65	-0.7 2	
10 Dominick Walker	Clackamas CC	11.68	-0.7 2	
11 Garrett Cartner	Unat-Mt. Hood CC	11.70	NWI 4	
12 Robby Nollan	Unat-Clackamas C	11.74	-0.7 1	
13 Curtis Fisher	Warner Pacific	11.75	-0.7 1	
14 Ethan Moore	Clackamas CC	11.83	-0.7 2	
15 Kenneth Hamlett	1911 TC	11.84	-0.7 2	
16 Sean Walker	Unattached	12.01	-0.7 2	
17 Cameron Tunstall	Unattached	12.04	-0.7 2	
18 Cameron Hamilton	Warner Pacific	12.05	-0.7 2	
19 Neil Colombini	Pacific Lutheran	12.09	-1.5 3	
20 Kendale Hamlett	1911 TC	12.10	-1.5 3	
21 Nick Caraballo	Pacific Lutheran	12.21	-1.5 3	
22 Jed Bellefeuille	Clackamas CC	12.25	-1.5 3	
23 Connor Streed	Warner Pacific	12.43	-1.5 3	
24 Jason Shoemaker	Evergreen St.	12.48	-1.5 3	
25 Jeremy Wallace	Mt. Hood CC	12.85	NWI 4	
26 Scott Copeland	Barron Park Stri	13.02	NWI 4	
27 Tyson Freshour	Mt. Hood CC	13.13	NWI 4	
28 Art Turock	Unattached	14.45	NWI 4	

Men 200 Meter Dash

Name	Year School	Finals	Wind H#	Points
1 Michael Okoro	Unattached	22.95	NWI 1	
2 Joseph Gobel	Unat-Clackamas C	23.08	NWI 1	
3 Kenneth Hamlett	1911 TC	23.27	1.5 2	
4 Dominick Walker	Clackamas CC	23.34	1.5 2	
5 Isaac Moog	Pacific Lutheran	23.44	NWI 1	
5 Garrett Schnell	Clackamas CC	23.44	1.5 2	
7 Micah Strong	Mt. Hood CC	23.49	NWI 4	
8 Jimmy Reed	Northwest U.	23.50	1.5 2	
9 Anthony Wright	1911 TC	23.55	1.5 2	
10 Garrett Cartner	Unat-Mt. Hood CC	23.63	-0.9 5	
11 Robby Nollan	Unat-Clackamas C	23.76	NWI 1	
12 Travis Lindstrom	Unat-Mt. Hood CC	23.95	-0.9 5	
13 Ryan Nupen	Pacific Lutheran	24.28	-0.4 3	
14 Nate Jackson	Pacific Lutheran	24.31	NWI 1	
14 Cameron Tunstall	Unattached	24.31	-0.4 3	
16 Jordan Ramos	Pacific Lutheran	24.37	-0.4 3	
17 Neil Colombini	Pacific Lutheran	24.51	-0.4 3	
18 Nick Toves	Pacific Lutheran	24.67	NWI 4	
19 Cameron Hamilton	Warner Pacific	24.86	NWI 1	
20 Markus Stevens	Mt. Hood CC	24.90	NWI 4	
21 Alex Peterson	Pacific Lutheran	25.02	-0.4 3	
22 Jason Aiken	Unattached	25.25	-0.4 3	
23 Nick Caraballo	Pacific Lutheran	25.30	NWI 4	
24 Beau Frischman	Mt. Hood CC	25.51	-0.9 5	
25 Caleb Kowalko	Warner Pacific	25.53	1.5 2	
26 Scott Copeland	Barron Park Stri	26.96	NWI 4	
27 Tyson Freshour	Mt. Hood CC	28.21	NWI 4	

Men 400 Meter Dash

Name	Year	School	Finals	H#	Points
1 Demarcus Garner		Clackamas CC	50.71	1	
2 Isaac Moog		Pacific Lutheran	51.03	1	
3 Wesley Keller		Clackamas CC	51.26	1	
4 Kendale Hamlett		1911 TC	52.35	2	
5 Garrett Schnell		Clackamas CC	52.63	1	
6 Curt Lockard		Warner Pacific	52.82	1	
7 Nick Toves		Pacific Lutheran	53.12	2	
8 Ryan Lara		Evergreen St.	53.27	1	
9 Ryan Nupen		Pacific Lutheran	53.46	2	
10 Travis Lindstrom		Unat-Mt. Hood CC	53.58	3	
11 Markus Stevens		Mt. Hood CC	53.65	3	
12 Jason Aiken		Unattached	54.96	2	
13 Brandon Spencer		Warner Pacific	55.33	2	
14 Jordan Ramos		Pacific Lutheran	55.64	2	
15 Julio Garcia		Warner Pacific	55.71	2	
16 Kevin Espino		Mt. Hood CC	56.57	4	
17 Keith Johnson		Christ Life Trac	56.77	3	
18 Brent Raleigh		Warner Pacific	57.39	2	
19 Brett Wall		Mt. Hood CC	58.13	3	
20 Dennis Fink		Warner Pacific	1:02.04	4	

Men 800 Meter Run

Name	Year	School	Finals	Points
1 Matt Romey		Unat-Mt. Hood CC	2:00.95	
2 Colin Saylor		Club Northwest/S	2:02.57	
3 Sean Andrascik		Pacific Lutheran	2:02.96	
4 Nathan Hope		Mt. Hood CC	2:04.78	
5 Slavic Ishenin		Mt. Hood CC	2:04.90	
6 Orion Bras		Pacific Lutheran	2:06.57	
7 Liam Rockwell		Evergreen St.	2:06.71	
8 Karim Shakalia		Warner Pacific	2:09.98	
9 Travis Pengra		Warner Pacific	2:16.54	

Men 1500 Meter Run

Name	Year	School	Finals	Points
1 Seth Bridges		Northwest U.	4:12.21	
2 John Phillips		Pacific Lutheran	4:12.78	
3 Slavic Ishenin		Mt. Hood CC	4:14.99	
4 Julio Garcia		Warner Pacific	4:16.31	
5 Karim Shakalia		Warner Pacific	4:19.57	
6 Tyler Hart		Northwest U.	4:20.91	
7 Brent Raleigh		Warner Pacific	4:21.38	
8 Bobby Ellis		Mt. Hood CC	4:29.99	
9 Gilmer Gongora		Unattached	4:38.96	
10 Marcus Davis		Warner Pacific	4:41.67	
11 Dennis Fink		Warner Pacific	4:42.75	
12 Keith Johnson		Christ Life Trac	4:44.37	

Men 5000 Meter Run

Name	Year	School	Finals	Points
1 Corey Duquette		Unattached	14:37.64	
2 Tahir Chakisso		Goats	15:11.93	
3 Ephrem Mammo		Warner Pacific	16:29.72	
4 Ben Melles		Unat-Mt. Hood CC	16:32.71	

5	Jared Correll	Clackamas CC	16:46.63
6	Austin Martin	Pacific Lutheran	16:59.54
7	Juan De La Cruz	Unattached	17:21.96
8	Bobby Ellis	Mt. Hood CC	17:35.30
9	Marcus Davis	Warner Pacific	17:47.28
10	Gilmer Gongora	Unattached	17:53.04
--	Karim Shakalia	Warner Pacific	DNF

Men 110 Meter Hurdles

Name	Year	School	Finals	Wind	Points
1	Brett	VanAsch	Warner Pacific	16.1h	-0.1
2	Nolan	Adams	Pacific Lutheran	17.9h	-0.1
3	George	Culver	Pacific Lutheran	19.1h	-0.1
4	Brian	Pedey	Pacific Lutheran	20.0h	-0.1
5	Colin	Alexander	Pacific Lutheran	20.2h	-0.1
--	Caleb	Kowalko	Warner Pacific	NT	-0.1

Men 400 Meter Hurdles

Name	Year	School	Finals	Points
1	Sean	Walker	Unattached	57.83
2	Luke	Weinbrecht	Pacific Lutheran	1:01.66
3	Daniel	Hibbard	Pacific Lutheran	1:03.15
4	Jed	Bellefeuille	Clackamas CC	1:06.86

Men 4x100 Meter Relay

School	Finals	Points
1	Clackamas CC 'A'	43.71
	1) Eric Tolento 2) Wesley Keller	
	3) Demarcus Garner 4) Ethan Moore	
2	Pacific Lutheran 'A'	44.30
	1) Neil Colombini 2) Nick Caraballo	
	3) Nate Jackson 4) Isaac Moog	
3	Mt. Hood CC 'A'	44.76
	1) Micah Strong 2) Nathan Hope	
	3) Kevin Espino 4) Markus Stevens	
4	Pacific Lutheran 'B'	46.23
	1) Alex Peterson 2) George Culver	
	3) Jordan Ramos 4) Daniel Hibbard	

Men 4x400 Meter Relay

School	Finals	H#	Points
1	Clackamas CC 'A'	3:33.63	1
	1) Josh Lair 2) Demarcus Garner		
	3) Eric Tolento 4) Wesley Keller		
2	Pacific Lutheran 'A'	3:36.19	1
	1) Isaac Moog 2) Nick Toves		
	3) Jordan Ramos 4) Ryan Nupen		
3	Warner Pacific 'A'	3:37.12	1
	1) Brett VanAsch 2) Julio Garcia		
	3) Shawn Miller 4) Curt Lockard		
4	Unattached 'A'	3:38.04	2
5	Pacific Lutheran 'B'	3:39.31	1
	1) Daniel Hibbard 2) Sean Andrascik		
	3) John Phillips 4) Orion Bras		
6	Mt. Hood CC 'A'	3:43.27	1
	1) Nathan Hope 2) Markus Stevens		
	3) Kevin Espino 4) Slavic Ishenin		
7	Pacific Lutheran 'C'	3:53.34	2

- 1) Neil Colombini
- 3) Alex Peterson

- 2) Nick Caraballo
- 4) Nate Jackson

Men High Jump

Name	Year	School	Finals		Points
1 Joseph Gobel		Unat-Clackamas C	1.95m	6-04.75	
2 Dominick Walker		Clackamas CC	1.85m	6-00.75	
3 Markus Ojala		Clackamas CC	1.80m	5-10.75	
3 Tyler Faust		Pacific Lutheran	1.80m	5-10.75	
3 Chris Meyer		Clackamas CC	1.80m	5-10.75	
6 Trevor Melum		Clackamas CC	1.75m	5-08.75	
7 Calvin Garrett		Mt. Hood CC	1.70m	5-07.00	
8 Colin Alexander		Pacific Lutheran	1.65m	5-05.00	
8 Caleb Kowalko		Warner Pacific	1.65m	5-05.00	
10 Nolan Adams		Pacific Lutheran	1.60m	5-03.00	
11 George Culver		Pacific Lutheran	1.55m	5-01.00	
-- Cameron Tunstall		Unattached	NH		
-- Brian Pedey		Pacific Lutheran	NH		

Men Pole Vault

Name	Year	School	Finals		Points
1 Connor Streed		Warner Pacific	4.10m	13-05.25	
2 Tyrel Nordstrom		Clackamas CC	3.95m	12-11.50	
2 Chester Holt		Pacific Lutheran	3.95m	12-11.50	
4 Josh Lair		Clackamas CC	3.50m	11-05.75	
4 Cody Moore		Warner Pacific	3.50m	11-05.75	
6 Colin Alexander		Pacific Lutheran	3.35m	10-11.75	
-- Brian Pedey		Pacific Lutheran	NH		
-- Marc Fish		Unattached	NH		
-- Gunnar Christensen		Unattached	NH		
-- Caleb Kowalko		Warner Pacific	NH		
-- Jon Yaden		Warner Pacific	NH		

Men Long Jump

Name	Year	School	Finals	Wind	Points
1 Spencer Marr		Unattached	6.60m	NWI	21-08.00
2 Isaac Moog		Pacific Lutheran	6.47m	NWI	21-02.75
3 Curtis Fisher		Warner Pacific	6.46m	NWI	21-02.50
4 Ethan Moore		Clackamas CC	6.33m	NWI	20-09.25
5 Trevor Melum		Clackamas CC	6.17m	NWI	20-03.00
6 Cameron Hamilton		Warner Pacific	5.89m	NWI	19-04.00
7 Andrew Baertlein		Clackamas CC	5.75m	NWI	18-10.50
8 Beau Frischman		Mt. Hood CC	5.58m	NWI	18-03.75
9 Jeremy Wallace		Mt. Hood CC	5.34m	NWI	17-06.25
10 Tyson Freshour		Mt. Hood CC	4.71m	NWI	15-05.50

Men Triple Jump

Name	Year	School	Finals	Wind	Points
1 Curtis Fisher		Warner Pacific	12.81m	NWI	42-00.50
2 Spencer Marr		Unattached	11.88m	NWI	38-11.75

Men Shot Put

Name	Year	School	Finals	Points
1 Andrey Levkiv		Unattached	15.27m	50-01.25
2 Anthony Lantz		Unat-Clackamas C	14.05m	46-01.25
3 JR Velasquez		Mt. Hood CC	13.54m	44-05.25

4	Armin Basic	Unattached	12.83m	42-01.25
5	Jeff Nielsen	Pacific Lutheran	12.34m	40-06.00
6	Conor McNeill	Pacific Lutheran	12.25m	40-02.25
7	Cody Clark	Pacific Lutheran	11.14m	36-06.75
8	William Reece	Mt. Hood CC	11.12m	36-05.75
9	Luke Pike	Clackamas CC	10.65m	34-11.25
10	Adrian Weber	Mt. Hood CC	10.61m	34-09.75
11	Brett McNutt	Mt. Hood CC	10.01m	32-10.25
12	John Paletti	Mt. Hood CC	9.95m	32-07.75
13	Cody Moore	Warner Pacific	9.47m	31-01.00
14	Bob Roach	Unat-Northwest U	9.14m	30-00.00
15	Nolan Adams	Pacific Lutheran	9.06m	29-08.75
16	Colin Alexander	Pacific Lutheran	8.49m	27-10.25
17	Brian Pedey	Pacific Lutheran	7.01m	23-00.00

Men Discus Throw

Name	Year School	Finals	Points
1	Mycal Ford	Pacific Lutheran	42.73m 140-02
2	Armin Basic	Unattached	42.12m 138-02
3	Andrey Levkiv	Unattached	41.88m 137-05
4	Nigel Anselmi	Pacific Lutheran	40.10m 131-07
5	Anthony Lantz	Unat-Clackamas C	37.30m 122-04
6	JR Velasquez	Mt. Hood CC	35.57m 116-08
7	Luke Pike	Clackamas CC	34.84m 114-04
8	Adrian Weber	Mt. Hood CC	32.83m 107-08
9	Joel Ramos	Pacific Lutheran	32.52m 106-08
10	Cody Moore	Warner Pacific	31.13m 102-01
11	Nolan Adams	Pacific Lutheran	30.46m 99-11
12	Brett McNutt	Mt. Hood CC	30.41m 99-09
13	Luke Fischer	Northwest U.	29.30m 96-01
14	Braden Keller	Clackamas CC	28.21m 92-07
15	Colin Alexander	Pacific Lutheran	26.47m 86-10
16	Brian Pedey	Pacific Lutheran	22.80m 74-10

Men Hammer Throw

Name	Year School	Finals	Points
1	Conor McNeill	Pacific Lutheran	48.80m 160-01
2	Luke Pike	Clackamas CC	48.66m 159-08
3	Jeff Nielsen	Pacific Lutheran	40.13m 131-08
4	Brian Price	Pacific Lutheran	39.88m 130-10
5	Nigel Anselmi	Pacific Lutheran	38.26m 125-06
6	Mycal Ford	Pacific Lutheran	38.12m 125-01
7	Anthony Lantz	Unat-Clackamas C	37.79m 124-00
8	Bjorn Berkedal	Pacific Lutheran	36.03m 118-02
9	Braden Keller	Clackamas CC	31.46m 103-02
10	JR Velasquez	Mt. Hood CC	29.82m 97-10
11	Tyler Petty	Northwest U.	26.62m 87-04
12	Samuel Hacker	Unattached	25.68m 84-03
13	Luke Fischer	Northwest U.	24.45m 80-02
14	Bob Roach	Unat-Northwest U	24.18m 79-04
15	Doug Hein	Northwest U.	21.46m 70-05
16	John Paletti	Mt. Hood CC	20.38m 66-10

Men Javelin Throw

Name	Year School	Finals	Points
1	Kyle Robinson	Unat-Mt. Hood CC	52.75m 173-01
2	Brett VanAsch	Warner Pacific	52.68m 172-10
3	Braden Keller	Clackamas CC	50.95m 167-02
4	Luke Fischer	Northwest U.	46.87m 153-09

5	KC Vaughn	Mt. Hood CC	46.45m	152-05
6	Adrian Weber	Mt. Hood CC	46.24m	151-08
7	Brian Price	Pacific Lutheran	46.10m	151-03
8	Ben Andrews	Clackamas CC	45.68m	149-10
9	Alex Nguyen	Unattached	42.93m	140-10
10	Caleb Kowalko	Warner Pacific	39.09m	128-03
11	Nolan Adams	Pacific Lutheran	38.34m	125-09
12	Bjorn Berkedal	Pacific Lutheran	35.19m	115-05
13	Tyler Petty	Northwest U.	33.96m	111-05
14	Doug Hein	Northwest U.	30.99m	101-08