

2009 Southern Region Championships - 5/9/2009**Cottage Grove, OR****Results - S. Regions****Women 100 Meter Dash**

	Name	School	Seed	Finals	Points
1	Sims, Catherine	Mt Hood	12.46	12.91	10
2	Sims, Crystal	Mt Hood	12.71	12.95	8
3	Reid, kaitlyn	Clackamas	12.72	13.10	6
4	Schumacher, Terra	Mt Hood	13.00	13.20	5
5	Roldolf, Jessica	Lane		13.21	4
6	Wilson, Kim	Lane	12.59	13.32	3
7	Sterling, Katie	Lane	13.51	13.87	2
8	Heckerroth, Courtney	Clackamas	13.94	14.24	1

Women 200 Meter Dash

	Name	School	Seed	Finals	Points
1	Sims, Catherine	Mt Hood	25.42	25.42	10
2	Sims, Crystal	Mt Hood	26.02	25.98	8
3	Monterola, Keisa	Clackamas		26.63	6
4	Batson, Diana	Lane	26.46	26.63	5
5	Wilson, Kim	Lane	26.19	27.63	4
6	Menzies, Jeanine	Lane	28.45	28.25	3
7	Krempley, Katrina	Lane	29.86	30.45	2

Women 400 Meter Run

	Name	School	Seed	Finals	Points
1	Sims, Catherine	Mt Hood	59.25	57.45	10
2	Sims, Crystal	Mt Hood	58.20	57.64	8
3	Batson, Diana	Lane	1:00.15	58.48	6
4	Hayward, Annie	Lane	59.02	1:01.07	5
5	Menzies, Jeanine	Lane	1:03.72	1:03.85	4
6	Pitts, Stephany	Mt Hood	1:03.74	1:05.63	3
7	Gopher, Raevyn	Clackamas	1:06.21	1:07.08	2

Women 800 Meter Run

	Name	School	Seed	Finals	Points
1	Bradbury, Mikayla	Lane	2:29.17	2:25.78	10
2	Twombly, Leah	Lane	2:22.90	2:26.12	8
3	Salyer, Angelyn	Lane	2:24.16	2:30.05	6
4	Hagy, Anne	Lane	2:30.39	2:30.91	5
5	Baker, Amanda	Mt Hood	2:28.46	2:32.65	4
6	Damon, Emily	Southwestern Oregon	2:35.81	2:33.58	3
7	Payment, Whitney	Mt Hood	2:30.53	2:36.78	2
8	Olson, Katie	Clackamas	2:40.93	2:39.55	1
9	Gopher, Raevyn	Clackamas	2:43.04	2:46.20	
10	Hilbert, Esther	Mt Hood	2:43.55	2:47.18	
11	Gustafson, Hannah	Mt Hood	2:42.65	2:52.84	
12	Adams, Alexa	Southwestern Oregon	2:59.13	2:55.59	

Women 1500 Meter Run

	Name	School	Seed	Finals	Points
1	Henderson, Brittany	Clark College	4:48.80	4:48.06	10
2	Twombly, Leah	Lane	4:50.74	4:51.36	8
3	Bradbury, Mikayla	Lane	4:48.96	4:51.77	6
4	Gruber, Andrea	Lane	4:58.68	4:53.45	5

2009 Southern Region Championships - 5/9/2009**Cottage Grove, OR****Results - S. Regions****(Women 1500 Meter Run)**

Name	School	Seed	Finals	Points
5 Krempley, Tara	Lane	5:11.18	5:04.93	4
6 Braniff, Ashley	Clackamas	5:11.23	5:10.96	3
7 Hagy, Anne	Lane	5:15.49	5:12.71	2
8 Baker, Amanda	Mt Hood	5:24.18	5:23.60	1
9 Eloff, Brandi	Clark College	5:28.80	5:25.05	
10 Payment, Whitney	Mt Hood	5:14.08	5:37.85	
11 Adams, Alexa	Southwestern Oregon	5:17.64	6:04.00	

Women 5000 Meter Run

Name	School	Seed	Finals	Points
1 Twombly, Leah	Lane	18:24.27	19:37.41	10
2 Krempley, Tara	Lane	19:41.00	19:52.48	8
3 Barnhart, Katherine	Lane	19:14.15	20:03.18	6
4 Frasier, Francesca	Southwestern Oregon	19:37.50	20:04.55	5
5 Payment, Whitney	Mt Hood	19:29.01	20:50.26	4
6 Hale, Megan	Lane	20:40.74	21:04.82	3
7 Damon, Emily	Southwestern Oregon	20:50.11	21:08.19	2
8 Gustafson, Hannah	Mt Hood		21:48.21	1

Women 100 Meter Hurdles

Name	School	Seed	Finals	H#	Points
1 Schumacher, Terra	Mt Hood	15.00	15.20	1	10
2 Sims, Catherine	Mt Hood	15.43	15.28	1	8
3 Sims, Crystal	Mt Hood	15.48	15.84	1	6
4 Reid, kaitlyn	Clackamas	15.02	15.97	1	5
5 Holton, Brooklyn	Clark College	16.42	16.05	1	4
6 Sterling, Katie	Lane	15.54	16.66	1	3
7 Avalos, Andrea	Clark College	17.02	16.94	1	2
8 Williams, Brittanie	Clark College	17.17	17.24	1	1
9 Nelson, Amy	Lane	17.87	18.08	2	
10 Ciccarelli, Maria	Southwestern Oregon	18.38	18.99	2	

Women 400 Meter Hurdles

Name	School	Seed	Finals	H#	Points
1 Reid, kaitlyn	Clackamas	1:04.94	1:05.83	1	10
2 Schumacher, Terra	Mt Hood	1:09.33	1:08.44	1	8
3 Williams, Brittanie	Clark College	1:09.02	1:08.88	1	6
4 Pitts, Stephany	Mt Hood	1:11.66	1:10.46	1	5
5 Nelson, Kendra	Southwestern Oregon	1:13.74	1:10.95	1	4
6 Nelson, Amy	Lane	1:12.75	1:11.06	1	3
7 Kermodé, Danielle	Clark College	1:12.70	1:11.28	1	2
8 Avalos, Andrea	Clark College	1:17.93	1:13.43	2	1
9 Finch, Aubri	Southwestern Oregon	1:30.34	1:40.18	2	

Women 3000 Meter Steeplechase

Name	School	Seed	Finals	Points
1 Frasier, Francesca	Southwestern Oregon	11:59.55	12:07.40	10
2 Payment, Whitney	Mt Hood	12:21.10	12:24.87	8
3 Lee, Sierra	Lane	12:56.89	12:52.02	6
4 Gustafson, Hannah	Mt Hood	13:17.95	12:57.40	5
5 Osten, Karly	Clackamas	13:03.63	13:06.54	4

2009 Southern Region Championships - 5/9/2009**Cottage Grove, OR****Results - S. Regions****Women 4x100 Meter Relay**

Team	Relay	Seed	Finals	Points
1 Mt Hood	A	48.13	48.37	10
1) Pitts, Stephany	2) Sims, Catherine	3) Schumacher, Terra	4) Sims, Crystal	
2 Lane	A	49.73	49.22	8
1) Sterling, Katie	2) Roldolf, Jessica	3) Wilson, Kim		
3 Clark College	A	51.01	50.26	6
1) Avalos, Andrea	2) Holton, Brooklyn	3) Lamping, Leanne	4) Kent, Kandra	
4 Southwestern Oregon	A	52.50	53.02	5
1) Chong, Dianne	2) Nelson, Kendra	3) Johnson, Kelsea	4) Smith, Sarah	
--- Clackamas	A	50.72	DNF	
1) Heckerroth, Courtney	2) Monterola, Keisa	3) St. Paul, Bryanna	4) Reid, kaitlyn	

Women 4x400 Meter Relay

Team	Relay	Seed	Finals	Points
1 Mt Hood	A	4:04.24	4:02.83	10
1) Pitts, Stephany	2) Sims, Crystal	3) Schumacher, Terra	4) Sims, Catherine	
2 Lane	A	4:04.91	4:04.77	8
1) Menzies, Jeanine	2) Salyer, Angelyn	3) Wilson, Kim	4) Hayward, Annie	
3 Clark College	A	4:21.56	4:13.42	6
1) Kermode, Danielle	2) Holton, Brooklyn	3) Williams, Brittanie	4) Henderson, Brittany	
4 Clackamas	A	4:21.66	4:20.19	5
1) Reid, kaitlyn	2) Nogle, Bailey	3) Monterola, Keisa	4) Olson, Katie	

Women High Jump

Name	School	Finals	Points
1 Johnson, Kelsea	Southwestern Oregon	1.52m 4-11.75	10
2 Holton, Brooklyn	Clark College	1.52m 4-11.75	8
3 Nogle, Bailey	Clackamas	1.52m 4-11.75	6
4 Sims, Crystal	Mt Hood	1.47m 4-09.75	5
5 Pitts, Stephany	Mt Hood	1.47m 4-09.75	4
6 Chong, Dianne	Southwestern Oregon	1.42m 4-07.75	3
7 Sims, Catherine	Mt Hood	1.42m 4-07.75	2
8 Ciccarelli, Maria	Southwestern Oregon	1.37m 4-06.00	1
9 Filipetti, Erica	Clackamas	1.32m 4-04.00	

Women Pole Vault

Name	School	Finals	Points
1 Monterola, Keisa	Clackamas	3.87m 12-08.25	10
2 Vaughn, Mary	Lane	3.47m 11-04.50	8
3 Shafer, Aimee	Clackamas	3.47m 11-04.50	6
4 Williams, Amber	Lane	3.22m 10-06.75	5
5 Smith, Sarah	Southwestern Oregon	2.62m 8-07.00	4
6 Shafer, Lauren	Clackamas	2.47m 8-01.25	3
--- Schumacher, Terra	Mt Hood	NH	

Women Long Jump

Name	School	Finals	Points
1 Monterola, Keisa	Clackamas	5.59m 18-04.25	10
2 Lamping, Leanne	Clark College	5.41m 17-09.00	8
3 Holton, Brooklyn	Clark College	5.27m 17-03.50	6
4 Sims, Catherine	Mt Hood	5.23m 17-02.00	5
5 Johnson, Kelsea	Southwestern Oregon	5.08m 16-08.00	4

2009 Southern Region Championships - 5/9/2009**Cottage Grove, OR****Results - S. Regions****(Women Long Jump)**

	Name	School	Finals		Points
6	Kent, Kandra	Clark College	4.96m	16-03.25	3
7	Wilson, Kim	Lane	4.95m	16-03.00	2
8	St. Paul, Bryanna	Clackamas	4.93m	16-02.25	1
9	Iveans, Kyla	Southwestern Oregon	4.89m	16-00.50	
10	Sims, Crystal	Mt Hood	4.85m	15-11.00	
11	Tune, Kim	Mt Hood	4.82m	15-09.75	
12	Chong, Dianne	Southwestern Oregon	4.60m	15-01.25	
13	Heckerth, Courtney	Clackamas	4.59m	15-00.75	
14	Bird, Stacy	Mt Hood	4.54m	14-10.75	
14	Pitts, Stephany	Mt Hood	4.54m	14-10.75	

Women Triple Jump

	Name	School	Finals		Points
1	Wilson, Kim	Lane	11.23m	36-10.25	10
2	Chong, Dianne	Southwestern Oregon	10.88m	35-08.50	8
3	Holton, Brooklyn	Clark College	10.85m	35-07.25	6
4	Lamping, Leanne	Clark College	10.75m	35-03.25	5
5	St. Paul, Bryanna	Clackamas	10.47m	34-04.25	4
6	Tune, Kim	Mt Hood	10.38m	34-00.75	3
7	Johnson, Kelsea	Southwestern Oregon	10.24m	33-07.25	2
8	Filipetti, Erica	Clackamas	10.20m	33-05.75	1
9	Iveans, Kyla	Southwestern Oregon	10.16m	33-04.00	
10	Bird, Stacy	Mt Hood	9.96m	32-08.25	
11	Ciccarelli, Maria	Southwestern Oregon	9.68m	31-09.25	

Women Shot Put

	Name	School	Finals		Points
1	Strot, Kelsey	Mt Hood	12.86m	42-02.25	10
2	Miller, Rocks	Lane	12.52m	41-01.00	8
3	McLaughlin, Melanie	Southwestern Oregon	12.34m	40-06.00	6
4	Ramos, Chelsy	Mt Hood	11.95m	39-02.50	5
5	Bryant, Hailey	Clark College	11.52m	37-09.50	4
6	Wentz, Breezy	Clark College	11.18m	36-08.25	3
7	Cuthbertson, Justine	Southwestern Oregon	10.47m	34-04.25	2
8	Powell, Tauni	Lane	10.43m	34-02.75	1
9	Hess, Sierra	Clackamas	9.93m	32-07.00	
10	Nowak, Kallie	Lane	9.85m	32-03.75	
11	Heckerth, Courtney	Clackamas	9.57m	31-04.75	
11	Robertson, Jessie	Lane	9.57m	31-04.75	
13	Goodman, Michelle	Southwestern Oregon	9.22m	30-03.00	
14	Beardsley, Tamara	Southwestern Oregon	8.88m	29-01.75	
15	Filipetti, Erica	Clackamas	8.13m	26-08.25	

Women Discus Throw

	Name	School	Finals		Points
1	Hess, Sierra	Clackamas	38.37m	125-11	10
2	Wentz, Breezy	Clark College	38.04m	124-10	8
3	McLaughlin, Melanie	Southwestern Oregon	37.57m	123-03	6
4	Miller, Rocks	Lane	35.24m	115-07	5
5	Beardsley, Tamara	Southwestern Oregon	32.85m	107-09	4

2009 Southern Region Championships - 5/9/2009**Cottage Grove, OR****Results - S. Regions****(Women Discus Throw)**

Name	School	Finals		Points
6 Strot, Kelsey	Mt Hood	32.36m	106-02	3
7 Cuthbertson, Justine	Southwestern Oregon	32.18m	105-07	2
8 Ramos, Chelsy	Mt Hood	30.89m	101-04	1
9 Goodman, Michelle	Southwestern Oregon	28.44m	93-04	
10 Nowak, Kallie	Lane	27.43m	90-00	
11 Robertson, Jessie	Lane	24.03m	78-10	

Women Hammer Throw

Name	School	Finals		Points
1 Miller, Rocksi	Lane	41.78m	137-01	10
2 Beardsley, Tamara	Southwestern Oregon	39.29m	128-11	8
3 Wentz, Breezy	Clark College	39.05m	128-01	6
4 Kennedy, Lacy	Mt Hood	38.57m	126-06	5
5 Robertson, Jessie	Lane	37.96m	124-06	4
6 Powell, Tauni	Lane	35.70m	117-01	3
7 Nowak, Kallie	Lane	33.97m	111-05	2
8 Bryant, Hailey	Clark College	33.69m	110-06	1

Women Javelin Throw

Name	School	Finals		Points
1 Miller, Rocksi	Lane	40.51m	132-11	10
2 Kennedy, Lacy	Mt Hood	39.67m	130-02	8
3 Bryant, Hailey	Clark College	35.75m	117-03	6
4 Ramos, Chelsy	Mt Hood	34.74m	114-00	5
5 Yokbay, Kayla	Southwestern Oregon	34.60m	113-06	4
6 Hess, Sierra	Clackamas	31.98m	104-11	3
7 Krempley, Katrina	Lane	31.83m	104-05	2
8 Iveans, Kyla	Southwestern Oregon	30.70m	100-09	1
9 Nogle, Bailey	Clackamas	30.37m	99-08	
10 Finch, Aubri	Southwestern Oregon	29.21m	95-10	
11 Spring, Crystal	Clackamas	27.62m	90-07	
--- Powell, Tauni	Lane	FOUL		

Women Other

Name	School	Finals		Points
1 Sims, Crystal	Mt Hood	43.05m	141-03.25	10
2 Sims, Catherine	Mt Hood	40.33m	132-04.00	8
3 Holton, Brooklyn	Clark College	37.89m	124-04.00	6
4 Chong, Dianne	Southwestern Oregon	33.76m	110-09.50	5
5 Nogle, Bailey	Clackamas	33.64m	110-04.75	4
6 Heckeroth, Courtney	Clackamas	32.39m	106-03.50	2.50
6 Pitts, Stephany	Mt Hood	32.39m	106-03.50	2.50
8 Salyer, Angelyn	Lane	31.25m	102-06.50	1

Men 100 Meter Dash

Name	School	Seed	Finals	H#	Points
1 Washington, Nate	Clark College	10.81	10.65	1	10
2 Stubbs, Chris	Lane	10.86	10.81	1	8
3 Keller, Wesley	Clackamas	10.96	11.02	1	6
4 Faber, Brandon	Mt Hood	11.12	11.05	1	5
5 Norman, Taylor	Lane	11.22	11.17	1	4

2009 Southern Region Championships - 5/9/2009**Cottage Grove, OR****Results - S. Regions****(Men 100 Meter Dash)**

Name	School	Seed	Finals	H#	Points
6 Keel, Derek	Clark College	11.16	11.18	1	3
7 Christianson, Austin	Lane	11.20	11.31	1	2
8 Tolento, Eric	Clackamas	11.22	11.42	2	1
9 Jackson, Aaron	Clark College	11.79	11.53	2	
10 Julian, Matt	Lane	11.65	11.75	2	
11 Akers, Tyrell	Southwestern Oregon		12.52	2	

Men 200 Meter Dash

Name	School	Seed	Finals	H#	Points
1 Stubbs, Chris	Lane	21.52	22.05	1	10
2 Barrett, Ryan	Clark College	23.26	22.83	2	8
3 Harper, Bryan	Lane	22.51	22.86	1	6
4 Faber, Brandon	Mt Hood	22.47	22.99	1	5
5 Norman, Taylor	Lane	22.87	23.30	2	4
6 Keel, Derek	Clark College	23.25	23.41	2	3
7 Nollan, Robby	Clackamas	22.88	23.58	2	2
8 Jackson, Aaron	Clark College	23.28	23.66	2	1
9 Tolento, Eric	Clackamas	22.83	23.94	1	
10 Julian, Matt	Lane	23.48	23.98	3	
11 Lindstrom, Travis	Mt Hood	23.43	24.11	2	
12 Lair, Josh	Clackamas	23.71	24.38	3	
13 Urias, Emmanuel	Southwestern Oregon	24.71	24.74	3	
14 Rowland, Luke	Southwestern Oregon	24.64	24.93	3	
15 Pirkl, Drew	Clark College	24.62	25.32	3	
--- Washington, Nate	Clark College	21.97	DNF	1	

Men 400 Meter Run

Name	School	Seed	Finals	H#	Points
1 Harper, Bryan	Lane	48.95	48.13	1	10
2 Hope, Nathan	Mt Hood	49.74	49.41	1	8
3 Rosenberg, JJ	Lane	50.59	49.84	1	6
4 Barrett, Ryan	Clark College	50.66	49.97	1	5
5 Nollan, Robby	Clackamas	51.16	51.08	1	4
6 Lindstrom, Travis	Mt Hood	51.17	52.02	2	3
7 Smith, Jesse	Lane	52.74	52.34	2	2
8 Stevens, Markus	Mt Hood	50.42	53.09	1	1
9 Akers, Tyrell	Southwestern Oregon	52.88	53.24	2	
10 Rowland, Luke	Southwestern Oregon		54.46	2	
11 Pirkl, Drew	Clark College	54.86	54.62	2	
12 Wall, Brett	Mt Hood	53.85	54.65	2	

Men 800 Meter Run

Name	School	Seed	Finals	Points
1 Smith, Nick	Clark College	1:53.48	1:55.08	10
2 Romey, Matt	Mt Hood	1:56.25	1:55.22	8
3 Smith, Matt	Clark College	1:53.53	1:56.58	6
4 Ryberg, Brent	Lane	1:55.22	1:58.03	5
5 Sanders, Steven	Southwestern Oregon	1:59.23	1:59.43	4
6 Stevens, Travis	Lane		2:00.19	3
7 Loewen, Josh	Clark College	2:05.11	2:01.75	2

2009 Southern Region Championships - 5/9/2009**Cottage Grove, OR****Results - S. Regions****(Men 800 Meter Run)**

	Name	School	Seed	Finals	Points
8	Ishenin, Slavic	Mt Hood	2:01.12	2:03.52	1
9	Urias, Emmanuel	Southwestern Oregon	2:06.08	2:05.88	
10	Wayrynen, Willy	Southwestern Oregon	2:10.13	2:08.59	
11	Fund, Zach	Clackamas		2:15.55	

Men 1500 Meter Run

	Name	School	Seed	Finals	Points
1	Smith, Matt	Clark College	4:00.51	4:06.78	10
2	Head, Spencer	Lane	3:59.39	4:07.44	8
3	Sanders, Steven	Southwestern Oregon	4:02.40	4:10.48	6
4	Ishenin, Slavic	Mt Hood	4:09.15	4:11.87	5
5	Smith, Nick	Clark College	4:14.45	4:22.30	4
6	Wayrynen, Willy	Southwestern Oregon	4:29.69	4:30.48	3

Men 5000 Meter Run

	Name	School	Seed	Finals	Points
1	Weldon, Shane	Clark College	15:14.10	15:45.68	10
2	Moncur, Matt	Clark College	15:47.68	15:59.82	8
3	Fenley, Lukas	Lane	15:25.20	16:10.05	6
4	Jones, Alex	Lane	16:10.72	16:26.69	5
5	Stevens, Travis	Lane	15:30.48	16:40.43	4
6	Correll, Luke	Clackamas	16:48.73	17:06.74	3
7	Gongora, Gilmer	Mt Hood	16:54.33	17:56.87	2
8	Ellis, Bobby	Mt Hood	17:00.85	18:22.48	1

Men 110 Meter Hurdles

	Name	School	Seed	Finals	Points
1	Burbank, Bruce	Lane	15.48	15.34	10
2	Olstedt, Dennis	Lane	15.37	15.65	8
3	Arnold, Richard	Lane	15.95	15.73	6
4	Howelton, Brian	Mt Hood	15.40	15.73	5
5	Godfrey, Kevin	Lane	16.07	16.25	4
6	Bellefeuille, Jed	Clackamas	16.66	16.63	3
7	Smith, Justin	Southwestern Oregon	16.13	16.86	2
8	Williams, Trevor	Clackamas	17.90	18.22	1

Men 400 Meter Hurdles

	Name	School	Seed	Finals	H#	Points
1	Olstedt, Dennis	Lane	55.43	54.79	1	10
2	Howelton, Brian	Mt Hood	57.50	56.04	1	8
3	Arnold, Richard	Lane	58.09	57.07	1	6
4	Bellefeuille, Jed	Clackamas	58.38	57.59	1	5
5	Godfrey, Kevin	Lane		59.29	2	4
6	Hope, Nathan	Mt Hood	1:01.69	59.57	2	3
7	Williams, Trevor	Clackamas	1:02.69	1:04.17	2	2
8	Turner, Sean	Lane	1:00.44	1:05.29	1	1

Men 3000 Meter Steeplechase

	Name	School	Seed	Finals	Points
1	Correll, Jared	Clackamas	10:20.08	10:21.70	10
2	Jordan, Brandon	Lane	10:54.31	10:30.50	8

2009 Southern Region Championships - 5/9/2009**Cottage Grove, OR****Results - S. Regions****(Men 3000 Meter Steeplechase)**

Name	School	Seed	Finals	Points
3 Gongora, Gilmer	Mt Hood	10:16.92	10:31.00	6
4 Lewis, Grant	Clackamas	10:43.66	10:41.80	5
5 Ellis, Bobby	Mt Hood	11:03.53	10:52.90	4

Men 4x100 Meter Relay

Team	Relay	Seed	Finals	Points
1 Clark College 1) Barrett, Ryan	A 2) Jackson, Aaron	42.27	42.07 4) Washington, Nate	10
2 Lane 1) Stubbs, Chris	A 2) Christianson, Austin	42.30	42.22 4) Norman, Taylor	8
3 Clackamas 1) Tolento, Eric	A 2) Keller, Wesley	42.69	42.81 4) Garner, Demarcus	6
4 Mt Hood 1) Faber, Brandon	A 2) Strong, Micah	42.61	43.51 4) Howelton, Brian	5
5 Southwestern Oregon 1) Ragland, Chris	A 2) Berhe, Dayvion	44.39	45.55 4) Akers, Tyrell	4

Men 4x400 Meter Relay

Team	Relay	Seed	Finals	Points
1 Lane 1) Olstedt, Dennis	A 2) Stubbs, Chris	3:18.82	3:24.54 4) Rosenberg, JJ	10
2 Mt Hood 1) Faber, Brandon	A 2) Lindstrom, Travis	3:21.43	3:25.56 4) Romey, Matt	8
3 Clark College 1) Barrett, Ryan	A 2) Smith, Matt	3:24.40	3:25.63 4) Washington, Nate	6
4 Southwestern Oregon 1) Wayrynen, Willy	A 2) Berhe, Dayvion	3:34.44	3:35.64 4) Akers, Tyrell	5
5 Clackamas 1) Keller, Wesley	A 2) Nollan, Robby	3:20.63	3:36.89 4) Garner, Demarcus	4

Men High Jump

Name	School	Finals	Points
1 Leman, Tyler	Southwestern Oregon	1.97m 6-05.50	10
2 Lindquist, Seth	Lane	1.97m 6-05.50	8
3 Stevens, Markus	Mt Hood	1.82m 5-11.50	6
4 Ojala, Markus	Clackamas	1.77m 5-09.75	5
5 Baertlein, Andrew	Clackamas	1.77m 5-09.75	4
6 Frischman, Beau	Mt Hood	1.77m 5-09.75	3
7 Smith, Justin	Southwestern Oregon	1.67m 5-05.75	2
8 Feemster, Trace	Southwestern Oregon	1.62m 5-03.75	1
--- Moore, Ethan	Clackamas	NH	

Men Pole Vault

Name	School	Finals	Points
1 Elliott, Scott	Lane	4.56m 14-11.50	10
2 Burbank, Bruce	Lane	4.46m 14-07.50	8
3 Lair, Josh	Clackamas	4.01m 13-01.75	6
--- Godfrey, Kevin	Lane	NH	
--- Pruitt, Garrett	Lane	NH	

2009 Southern Region Championships - 5/9/2009**Cottage Grove, OR****Results - S. Regions****Men Long Jump**

	Name	School	Finals		Points
1	Davis, Trent	Lane	6.82m	22-04.50	10
2	Lindquist, Seth	Lane	6.77m	22-02.50	8
3	Burbank, Bruce	Lane	6.67m	21-10.75	6
4	Faber, Brandon	Mt Hood	6.53m	21-05.25	5
5	Howelton, Brian	Mt Hood	6.41m	21-00.50	4
6	Rosenberg, JJ	Lane	6.11m	20-00.50	3
7	Smith, Justin	Southwestern Oregon	6.10m	20-00.25	2
8	Gannon, Justin	Southwestern Oregon	6.02m	19-09.00	1
9	Moore, Ethan	Clackamas	5.96m	19-06.75	
10	Baertlein, Andrew	Clackamas	5.90m	19-04.25	
11	Melum, Trevor	Clackamas	5.83m	19-01.50	
12	Frischman, Beau	Mt Hood	5.58m	18-03.75	
13	Feemster, Trace	Southwestern Oregon	5.56m	18-03.00	

Men Triple Jump

	Name	School	Finals		Points
1	Lindquist, Seth	Lane	14.22m	46-08.00	10
2	Davis, Trent	Lane	13.85m	45-05.25	8
3	Howelton, Brian	Mt Hood	13.26m	43-06.00	6
4	Gannon, Justin	Southwestern Oregon	13.07m	42-10.75	5
5	Davis, Kendrick	Lane	12.53m	41-01.50	4
6	Leman, Tyler	Southwestern Oregon	12.46m	40-10.50	3
7	Melum, Trevor	Clackamas	11.79m	38-08.25	2
---	Burbank, Bruce	Lane	FOUL		
---	Baertlein, Andrew	Clackamas	FOUL		

Men Shot Put

	Name	School	Finals		Points
1	Velasquez, JR	Mt Hood	14.98m	49-01.75	10
2	Perry, Max	Lane	14.70m	48-02.75	8
3	Bellitt, Chris	Lane	13.75m	45-01.50	6
4	Carnahan, Ben	Southwestern Oregon	12.39m	40-07.75	5
5	Thies, Zach	Southwestern Oregon	11.98m	39-03.75	4
6	Reese, Howard	Southwestern Oregon	11.63m	38-02.00	3
7	Reece, William	Mt Hood	11.43m	37-06.00	2
8	Chau, Brian	Clark College	11.43m	37-06.00	1
9	Pike, Luke	Clackamas	11.36m	37-03.25	
10	Weber, Adrian	Mt Hood	11.35m	37-03.00	
11	Rauschert, Cory	Lane	9.96m	32-08.25	
12	McNutt, Brett	Mt Hood	9.67m	31-08.75	
---	Bates, Aaron	Clackamas	FOUL		

Men Discus Throw

	Name	School	Finals		Points
1	Bellitt, Chris	Lane	43.55m	142-10	10
2	Lindgren, Ty	Lane	41.08m	134-09	8
3	Perry, Max	Lane	39.82m	130-08	6
4	Velasquez, JR	Mt Hood	38.73m	127-01	5
5	Pike, Luke	Clackamas	37.29m	122-04	4
6	Bates, Aaron	Clackamas	37.24m	122-02	3

2009 Southern Region Championships - 5/9/2009**Cottage Grove, OR****Results - S. Regions****(Men Discus Throw)**

	Name	School	Finals		Points
7	Weber, Adrian	Mt Hood	37.07m	121-07	2
8	Thies, Zach	Southwestern Oregon	35.91m	117-10	1
9	McNutt, Brett	Mt Hood	33.95m	111-05	
10	Chau, Brian	Clark College	32.75m	107-05	
11	Carnahan, Ben	Southwestern Oregon	32.62m	107-00	
12	Keller, Braden	Clackamas	30.45m	99-11	
13	Reese, Howard	Southwestern Oregon	24.73m	81-02	

Men Hammer Throw

	Name	School	Finals		Points
1	Lindgren, Ty	Lane	55.11m	180-10	10
2	Perry, Max	Lane	49.05m	160-11	8
3	Pike, Luke	Clackamas	48.79m	160-01	6
4	Bates, Aaron	Clackamas	42.68m	140-00	5
5	Keller, Braden	Clackamas	40.67m	133-05	4
6	Rauschert, Cory	Lane	37.76m	123-11	3
7	Velasquez, JR	Mt Hood	36.23m	118-10	2
8	Kee, Tatsuya	Clark College	26.47m	86-10	1

Men Javelin Throw

	Name	School	Finals		Points
1	Guffy, Paul	Southwestern Oregon	55.25m	181-03	10
2	Keller, Braden	Clackamas	54.82m	179-10	8
3	Gannon, Justin	Southwestern Oregon	52.45m	172-01	6
4	Hughes, Alex	Clark College	51.88m	170-02	5
5	Robinson, Kyle	Mt Hood	51.29m	168-03	4
6	Weber, Adrian	Mt Hood	50.62m	166-01	3
7	Rosenberg, JJ	Lane	49.10m	161-01	2
8	Fugere, Kyle	Clark College	47.28m	155-01	1
9	Turner, Sean	Lane	44.00m	144-04	
10	Vaughn, KC	Mt Hood	43.50m	142-08	
11	Carnahan, Ben	Southwestern Oregon	38.56m	126-06	
12	Perry, Max	Lane	36.49m	119-09	

Men Other

	Name	School	Finals		Points
1	Walker, Dominick	Clackamas	64.44m	211-05.25	10
2	Godfrey, Kevin	Lane	62.62m	205-05.50	8
3	Burbank, Bruce	Lane	62.51m	205-01.25	6
4	Rosenberg, JJ	Lane	57.80m	189-07.75	5
5	Turner, Sean	Lane	48.28m	158-05.00	4
6	Smith, Justin	Southwestern Oregon	45.05m	147-10.00	3

Women - Team Rankings - 20 Events Scored

1) Mt Hood	220.5	2) Lane	218
3) Clark College	108	4) Clackamas	103.5
5) Southwestern Oregon	99		

2009 Southern Region Championships - 5/9/2009

Cottage Grove, OR

Results - S. Regions

Men - Team Rankings - 20 Events Scored

1) Lane	317	2) Mt Hood	130
3) Clackamas	109	4) Clark College	104
5) Southwestern Oregon	80		