

**2009 Mt. Hood Multi Meet - 4/13/2009 to 4/14/2009****Mt. Hood Multi  
Mt. Hood Community College  
Results****Event 1 Women Heptathlon**

Name	School	Finals	Points
<b>Finals</b>			
1 Sims, Crystal	Mt. Hood Community College	3755	10
2 Sims, Catherine	Mt. Hood Community College	3619	8
3 Holton, Brooklyn	Clark College	3298	6
4 Pitts, Stephany	Mt. Hood Community College	3185	5
5 Fujishen, Courtney	Oregon Institute of Technology	2236	4

**Event 1 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

Name	School	Finals	Points
<b>Finals</b>			
1 Sims, Catherine	Mt. Hood Community College	16.34	673
2 Sims, Crystal	Mt. Hood Community College	16.54	649
3 Holton, Brooklyn	Clark College	17.79	510
4 Pitts, Stephany	Mt. Hood Community College	18.57	431
5 Fujishen, Courtney	Oregon Institute of Technology	19.46	349

**Event 1 Heptathlon: #2 Women High Jump Heptathlon**

Name	School	Finals	Points
<b>Finals</b>			
1 Holton, Brooklyn	Clark College	1.49m	610
2 Pitts, Stephany	Mt. Hood Community College	1.46m	577
3 Sims, Catherine	Mt. Hood Community College	1.43m	544
3 Sims, Crystal	Mt. Hood Community College	1.43m	544
5 Fujishen, Courtney	Oregon Institute of Technology	1.22m	331

**Event 1 Heptathlon: #3 Women Shot Put Heptathlon**

Name	School	Finals	Points
<b>Finals</b>			
1 Sims, Crystal	Mt. Hood Community College	9.46m	494
2 Holton, Brooklyn	Clark College	8.29m	418
3 Sims, Catherine	Mt. Hood Community College	8.23m	414
4 Fujishen, Courtney	Oregon Institute of Technology	7.69m	379
5 Pitts, Stephany	Mt. Hood Community College	7.40m	361

**Event 1 Heptathlon: #4 Women 200 Meter Dash Heptathlon**

Name	School	Finals	Points
<b>Finals</b>			
1 Sims, Catherine	Mt. Hood Community College	26.09	789
2 Sims, Crystal	Mt. Hood Community College	26.54	751

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3	Pitts, Stephany	Mt. Hood Community College	27.72	653
4	Holton, Brooklyn	Clark College	28.61	584
5	Fujishen, Courtney	Oregon Institute of Technology	29.96	485

**Event 1 Heptathlon: #5 Women Long Jump Heptathlon**

Name	School	Finals	Points
<b>Finals</b>			
1	Holton, Brooklyn	Clark College	4.61m 456
2	Pitts, Stephany	Mt. Hood Community College	4.37m 396
3	Sims, Crystal	Mt. Hood Community College	4.27m 371

**Finals ... (Event 1 Heptathlon: #5 Women Long Jump Heptathlon)**

Name	School	Finals	Points
4	Sims, Catherine	Mt. Hood Community College	3.91m 287
5	Fujishen, Courtney	Oregon Institute of Technology	3.73m 248

**Event 1 Heptathlon: #6 Women Javelin Throw Heptathlon**

Name	School	Finals	Points
<b>Finals</b>			
1	Sims, Crystal	Mt. Hood Community College	20.75m 303
2	Holton, Brooklyn	Clark College	19.74m 284
3	Fujishen, Courtney	Oregon Institute of Technology	19.23m 275
4	Sims, Catherine	Mt. Hood Community College	18.72m 265
5	Pitts, Stephany	Mt. Hood Community College	15.14m 199

**Event 1 Heptathlon: #7 Women 800 Meter Run Heptathlon**

Name	School	Finals	Points
<b>Finals</b>			
1	Sims, Catherine	Mt. Hood Community College	2:33.73 647
2	Sims, Crystal	Mt. Hood Community College	2:34.03 643
3	Pitts, Stephany	Mt. Hood Community College	2:40.44 568
4	Holton, Brooklyn	Clark College	2:52.67 436
5	Fujishen, Courtney	Oregon Institute of Technology	3:24.83 169

**Event 2 Men Decathlon**

Name	School	Finals	Points
<b>Finals</b>			
1	Sentman, Bryant	Oregon Institute of Technology	6338 10
2	Kowalko, Caleb	Warner Pacific University	5170 8
3	Howleton, Brian	Mt. Hood Community College	4692 6
4	Johnson, Micah	Unattached	4018 5

**Event 2 Decathlon: #1 Men 100 Meter Dash Decathlon**

Name	School	Finals	Points
<b>Finals</b>			

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1	Sentman, Bryant	Oregon Institute of Technology	11.97	657
2	Kowalko, Caleb	Warner Pacific University	12.17	618
3	Howleton, Brian	Mt. Hood Community College	12.28	597
4	Johnson, Micah	Unattached	12.83	497

**Event 2 Decathlon: #2 Men Long Jump Decathlon**

Name	School	Finals	Points
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**Finals**

1	Sentman, Bryant	Oregon Institute of Technology	6.22m	635
2	Howleton, Brian	Mt. Hood Community College	5.98m	582
3	Johnson, Micah	Unattached	5.52m	485
4	Kowalko, Caleb	Warner Pacific University	5.23m	427

**Event 2 Decathlon: #3 Men Shot Put Decathlon**

Name	School	Finals	Points
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**Finals**

1	Sentman, Bryant	Oregon Institute of Technology	11.99m	606
2	Kowalko, Caleb	Warner Pacific University	9.54m	458

**Finals ... (Event 2 Decathlon: #3 Men Shot Put Decathlon)**

Name	School	Finals	Points
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3	Howleton, Brian	Mt. Hood Community College	8.93m	422
4	Johnson, Micah	Unattached	7.49m	336

**Event 2 Decathlon: #4 Men High Jump Decathlon**

Name	School	Finals	Points
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**Finals**

1	Sentman, Bryant	Oregon Institute of Technology	1.95m	758
2	Kowalko, Caleb	Warner Pacific University	1.80m	627
3	Howleton, Brian	Mt. Hood Community College	1.71m	552
---	Johnson, Micah	Unattached	NH	

**Event 2 Decathlon: #5 Men 400 Meter Dash Decathlon**

Name	School	Finals	Points
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**Finals**

1	Howleton, Brian	Mt. Hood Community College	53.75	650
2	Sentman, Bryant	Oregon Institute of Technology	54.62	614
3	Johnson, Micah	Unattached	56.28	548
4	Kowalko, Caleb	Warner Pacific University	56.46	541

**Event 2 Decathlon: #6 Men 110 Meter Hurdles Decathlon**

Name	School	Finals	Points
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**Finals**

1	Howleton, Brian	Mt. Hood Community College	16.42	686
2	Sentman, Bryant	Oregon Institute of Technology	16.83	642

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3	Kowalko, Caleb	Warner Pacific University	17.94	530
4	Johnson, Micah	Unattached	20.01	348

**Event 2 Decathlon: #7 Men Discus Throw Decathlon**

	Name	School	Finals	Points
<b>Finals</b>				
1	Sentman, Bryant	Oregon Institute of Technology	36.88m	601
2	Kowalko, Caleb	Warner Pacific University	29.18m	448
3	Johnson, Micah	Unattached	21.59m	302
4	Howleton, Brian	Mt. Hood Community College	19.32m	259

**Event 2 Decathlon: #8 Men Pole Vault Decathlon**

	Name	School	Finals	Points
<b>Finals</b>				
1	Kowalko, Caleb	Warner Pacific University	4.00m	617
1	Sentman, Bryant	Oregon Institute of Technology	4.00m	617
3	Johnson, Micah	Unattached	3.70m	535
4	Howleton, Brian	Mt. Hood Community College	2.20m	179

**Event 2 Decathlon: #9 Men Javelin Throw Decathlon**

	Name	School	Finals	Points
<b>Finals</b>				
1	Sentman, Bryant	Oregon Institute of Technology	55.69m	673
2	Kowalko, Caleb	Warner Pacific University	38.50m	420
3	Johnson, Micah	Unattached	36.65m	394
4	Howleton, Brian	Mt. Hood Community College	23.32m	206

**Event 2 Decathlon: #10 Men 1500 Meter Run Decathlon**

	Name	School	Finals	Points
<b>Finals</b>				
1	Johnson, Micah	Unattached	4:57.74	573
2	Howleton, Brian	Mt. Hood Community College	5:00.16	559
3	Sentman, Bryant	Oregon Institute of Technology	5:04.39	535
4	Kowalko, Caleb	Warner Pacific University	5:13.51	484

**Women - Team Rankings - 1 Events Scored**

1) Mt. Hood Community College	23	2) Clark College	6
3) Oregon Institute of Technology	4		

**Men - Team Rankings - 1 Events Scored**

1) Oregon Institute of Technology	10	2) Warner Pacific University	8
3) Mt. Hood Community College	6		