

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results****Women 100 Meter Dash**

Name	School	Finals	H#
			H#
			H#
Finals			
1 Rhodes, Anaiah	Mt. Hood CC	12.85	3
2 Ricker, Haley	Warner Pacific	13.20	3
3 Edmiston, Makaysia	Dare To Dream	13.21	3
3 Sims, Crystal	Mt. Hood CC	13.21	2
5 Miller, Chelsea	Northwest U.	13.31	2
6 Ferrara, Olivia	Dare To Dream	13.51	3
7 Pitts, Stephany	Mt. Hood CC	13.56	2
8 Sterling, Katie	Lane CC	13.61	2
9 Annas, Katie	Warner Pacific	13.78	2
10 davis, bianca	Corban	13.85	3
11 Bolden, diamond	Unattached	13.96	2
12 Heckerth, Courtney	Clackamas CC	14.35	1
13 Shafer, Lauren	Clackamas CC	14.67	1
14 Tune, Kim	Mt. Hood CC	14.85	1
15 Johnson, Kelsea	SW Oregon CC	14.88	2
16 Phillips, Linda	Portland Masters TC	15.24	1
17 Bird, Stacy	Mt. Hood CC	15.34	1

Women 200 Meter Dash

Name	School	Finals	H#
Finals			
1 Rhodes, Anaiah	Mt. Hood CC	26.79	4
2 Sims, Catherine	Mt. Hood CC	26.84	4
3 Reid, Kaitlyn	Clackamas CC	27.13	3
4 Batson, Diana	Lane CC	27.14	3
5 Ricker, Haley	Warner Pacific	27.51	4
6 Pitts, Stephany	Mt. Hood CC	27.75	4
7 Edmiston, Makaysia	Dare To Dream	27.78	4
8 Miller, Chelsea	Northwest U.	27.99	3
9 Holton, Brooklyn	Clark College	28.09	3
10 Hayward, Annie	Lane CC	28.19	3
11 Salyer, Angelyn	Lane CC	28.26	2
12 Renfro, Amy	Corban	28.30	1
13 davis, bianca	Corban	28.64	2
14 Nogle, Bailey	Clackamas CC	28.90	3
15 Farah, Lindsey	Evergreen St.	28.91	3
16 Menzies, Jeanine	Lane CC	29.18	2
16 Hicks, Ericka	Warner Pacific	29.18	1
18 Sentgeorge, Katrina	Central Oregon CC	29.30	1
19 Gopher, Raevyn	Clackamas CC	29.84	2
20 Smith, Sarah	SW Oregon CC	29.94	1
21 Nelson, Kendra	SW Oregon CC	29.97	1
22 Aellert, Briana	Clackamas CC	30.83	2
23 Krempley, Katrina	Lane CC	30.99	2
24 Westlake, Samantha	Warner Pacific	31.68	2
25 Ciccarelli, Maria	SW Oregon CC	31.69	1

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results****Women 400 Meter Dash**

Name	School	Finals	H#
Finals			
1 Hayward, Annie	Lane CC	1:00.03	3
2 Sims, Catherine	Mt. Hood CC	1:00.85	3
3 Batson, Diana	Lane CC	1:02.70	3
4 Salyer, Angelyn	Lane CC	1:03.01	2
5 Farah, Lindsey	Evergreen St.	1:03.83	2
6 Menzies, Jeanine	Lane CC	1:04.74	1
7 DeLapp, Paige	Northwest U.	1:04.90	2
8 Hehn, Halley	Central Oregon CC	1:05.63	2
9 Berg, Marissa	Central Oregon CC	1:05.69	3
10 laughlin, erin	Corban	1:06.48	2
11 Gopher, Raevyn	Clackamas CC	1:07.32	2
12 Nelson, Kendra	SW Oregon CC	1:07.83	1
13 Smith, Kayla	Unattached	1:08.51	3
14 Westlake, Samantha	Warner Pacific	1:09.26	1
15 Coleman, Evelyn	Evergreen St.	1:23.30	1

Women 800 Meter Run

Name	School	Finals	H#
Finals			
1 Moller, Carli	Corban	2:23.35	
2 Hicks, Ericka	Warner Pacific	2:30.14	
3 Payment, Whitney	Mt. Hood CC	2:30.53	
4 Welling, Courtney	Corban	2:31.81	
5 Casillas, Ana	Unattached	2:36.93	
6 Brager, Amanda	Everett CC	2:36.95	
7 Cooley, Stephanie	Warner Pacific	2:41.51	
8 Gustafson, Hannah	Mt. Hood CC	2:43.22	
9 Damon, Emily	SW Oregon CC	2:43.47	
10 Sails, Marlene	Unattached	2:44.06	
11 Reid, Kaitlyn	Clackamas CC	2:44.34	
12 McGill, Krissy	Everett CC	2:46.58	
13 Aellert, Briana	Clackamas CC	2:47.16	
14 Spring, Crystal	Unat-Clackamas CC	2:47.22	
15 Avellaneda, Yesenia	Unattached	2:52.88	
16 Estrella, Krystal	Warner Pacific	3:02.09	
17 Adams, Alexa	SW Oregon CC	3:03.69	

Women 1500 Meter Run

Name	School	Finals	H#
Finals			
1 Moller, Carli	Corban	4:49.82	
2 Casillas, Ana	Unattached	5:06.12	
3 Wagner, Lindsey	Northwest U.	5:08.32	
4 Renfro, Amy	Corban	5:14.55	
5 Brager, Amanda	Everett CC	5:22.19	
6 jennifer, hague	Corban	5:23.16	
7 Minor, Jolene	Everett CC	5:31.90	

Finals ... (Women 1500 Meter Run)

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results**

Name	School	Finals	H#
8 Damon, Emily	SW Oregon CC	5:35.68	
9 Avellaneda, Yesenia	Unattached	5:44.19	
10 Adams, Alexa	SW Oregon CC	6:14.34	
Women 5000 Meter Run			
Name	School	Finals	H#
Finals			
1 Ballard, Leah	Warner Pacific	19:18.35	
2 Hall, Megan	Everett CC	19:29.50	
3 Frasier, Francesca	SW Oregon CC	19:37.50	
4 griggs, karissa	Corban	19:41.26	
5 Braniff, Ashley	Clackamas CC	20:01.85	
6 Payment, Whitney	Mt. Hood CC	20:03.60	
7 ghavami, al	Corban	20:18.80	
8 Winkle, Kayla	Warner Pacific	20:54.10	
9 Costigan, Jessica	Everett CC	21:00.64	
10 Cotterill, Lacey	Everett CC	21:05.03	
11 Minor, Jolene	Everett CC	21:23.24	
12 Eloff, Brandie	Clark College	21:35.86	
13 Baker, Emily	Evergreen St.	22:05.84	
Women 100 Meter Hurdles			
Name	School	Finals	H#
Finals			
1 Scott, Jasmine	SW Oregon CC	15.93	3
2 Sterling, Katie	Lane CC	16.01	3
3 Ferrara, Olivia	Dare To Dream	16.18	3
4 Schumacher, Terra	Mt. Hood CC	16.56	3
5 Avalos, Andrea	Unattached	17.31	2
6 Annas, Katie	Warner Pacific	17.61	2
7 Smith, Jocelyn	Corban	18.45	1
8 Ciccarelli, Maria	SW Oregon CC	18.94	2
9 Ricco, Danielle	Warner Pacific	18.96	1
10 Williams, Brittanie	Unattached	19.05	1
11 Holton, Brooklyn	Clark College	19.31	2
12 Smith, Sarah	SW Oregon CC	19.85	1
Women 400 Meter Hurdles			
Name	School	Finals	H#
Finals			
1 Sims, Crystal	Mt. Hood CC	1:08.09	
2 Annas, Katie	Warner Pacific	1:08.84	
3 Williams, Brittanie	Unattached	1:14.45	
4 Avalos, Andrea	Unattached	1:17.69	
5 Kermode, Danielle	Clark College	1:18.22	
6 Phillips, Linda	Portland Masters TC	1:35.17	

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results****Women 3000 Meter Steeplechase**

Name	School	Finals	H#
Finals			
1 Frasier, Francesca	SW Oregon CC	12:10.73	
2 Gustafson, Hannah	Mt. Hood CC	13:17.95	

Women 4x100 Meter Relay

Team	Relay	Finals	H#
Finals			
1 Clark College	A	52.99	
1) Kermodé, Danielle	2) Lamping, Leanne	3) Holton, Brooklyn	4) Kent, Kandra
2 SW Oregon CC	A	53.24	
1) Scott, Jasmine	2) Johnson, Kelsea	3) Iveans, Kyla	
3 Clackamas CC	A	53.27	
1) Heckerth, Courtney	2) Nogle, Bailey	3) Aellert, Briana	4) Reid, Kaitlyn
4 Corban	A	53.60	
1) Smith, Jocelyn	2) Welling, Courtney	3) davis, bianca	4) laughlin, erin

Women 4x400 Meter Relay

Team	Relay	Finals	H#
Finals			
1 Lane CC	A	4:10.70	
1) Batson, Diana	2) Salyer, Angelyn	3) Menzies, Jeanine	4) Hayward, Annie
2 Corban	A	4:16.25	
1) Moller, Carli	2) davis, bianca	3) Smith, Jocelyn	4) Welling, Courtney
3 Northwest U.	A	4:21.77	
1) Prause, Shayna	2) Wagner, Lindsey	3) Campbell, Katie	4) DeLapp, Paige
4 Clackamas CC	A	4:32.37	
1) Nogle, Bailey	2) Reid, Kaitlyn	3) Gopher, Raevyn	4) Aellert, Briana
5 Corban	B	4:42.64	
1) Renfro, Amy	2) griggs, karissa	3) ghavami, al	4) laughlin, erin
6 Everett CC	A	4:47.97	
1) Brager, Amanda	2) McGill, Krissy	3) Minor, Jolene	4) Costigan, Jessica
7 SW Oregon CC	A	4:56.37	
1) Frasier, Francesca	2) Damon, Emily	3) Nelson, Kendra	4) Adams, Alexa

Women High Jump

Name	School	Finals	H#
Finals			
1 Hehn, Halley	Central Oregon CC	1.47m	4-09.75
2 Pitts, Stephany	Mt. Hood CC	J1.47m	4-09.75
3 Holton, Brooklyn	Clark College	J1.47m	4-09.75
3 Johnson, Kelsea	SW Oregon CC	J1.47m	4-09.75
5 Nogle, Bailey	Clackamas CC	1.42m	4-07.75
6 Chong, Dianne	SW Oregon CC	1.32m	4-04.00
7 Ciccarelli, Maria	SW Oregon CC	1.27m	4-02.00
8 Phillips, Linda	Portland Masters TC	J1.27m	4-02.00
--- Nelson, Kendra	SW Oregon CC	NH	

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results****Women Pole Vault**

Name	School	Finals		H#
Finals				
1 Vaughn, Mary	Unat-Lane CC	11-00.00	3.35m	
2 Schumacher, Terra	Mt. Hood CC	J11-00.00	3.35m	
3 Shafer, Aimee	Clackamas CC	9-06.00	2.89m	
4 Wessa, Lindsey	Northwest U.	9-04.00	2.84m	
5 Smith, Sarah	SW Oregon CC	8-05.00	2.56m	

Women Long Jump

Name	School	Finals		H#
Finals				
1 Johnson, Kelsea	SW Oregon CC	5.00m	16-05.00	
2 Lamping, Leanne	Clark College	4.96m	16-03.25	
3 Tune, Kim	Mt. Hood CC	4.95m	16-03.00	
4 Kent, Kandra	Clark College	4.91m	16-01.50	
5 Bolden, diamond	Unattached	4.78m	15-08.25	
6 Chong, Dianne	SW Oregon CC	4.49m	14-08.75	
7 Bird, Stacy	Mt. Hood CC	4.46m	14-07.75	
8 Heckeroth, Courtney	Clackamas CC	4.44m	14-07.00	
9 Iveans, Kyla	SW Oregon CC	4.40m	14-05.25	
10 Phillips, Linda	Portland Masters TC	3.87m	12-08.50	
--- Hehn, Halley	Central Oregon CC	ND		

Women Triple Jump

Name	School	Finals		H#
Finals				
1 Ricker, Haley	Warner Pacific	10.27m	33-08.50	
1 Lamping, Leanne	Clark College	10.27m	33-08.50	
3 Chong, Dianne	SW Oregon CC	10.17m	33-04.50	
4 Conley, Carina	Unattached	9.98m	32-09.00	
5 Tune, Kim	Mt. Hood CC	9.86m	32-04.25	
6 Bolden, diamond	Unattached	9.75m	32-00.00	
7 Johnson, Kelsea	SW Oregon CC	9.64m	31-07.50	
8 Iveans, Kyla	SW Oregon CC	9.40m	30-10.25	
9 Bird, Stacy	Mt. Hood CC	9.03m	29-07.50	
10 Ciccarelli, Maria	SW Oregon CC	8.77m	28-09.25	

Women Shot Put

Name	School	Finals		H#
Finals				
1 Miller, Rocks	Lane CC	11.78m	38-07.75	
2 Strot, Kelsey	Mt. Hood CC	11.70m	38-04.75	
3 McLaughlin, Melanie	SW Oregon CC	10.85m	35-07.25	
4 Kneip, Jessica	Northwest U.	10.79m	35-05.00	
5 Morgan, Caitlin	Warner Pacific	9.95m	32-07.75	
6 Robertson, Jessie	Lane CC	9.64m	31-07.50	
7 Nowak, Kallie	Lane CC	9.38m	30-09.25	
8 Santiago, Fatina	Cascade College	9.30m	30-06.25	
9 Phillips, Shawwna	Warner Pacific	8.90m	29-02.50	
10 Campbell, Katie	Northwest U.	8.88m	29-01.75	

Finals ... (Women Shot Put)

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results**

Name	School	Finals	H#
11 Prause, Shayna	Northwest U.	8.85m	29-00.50
12 Beardsley, Tamara	SW Oregon CC	8.58m	28-01.75
13 Heckerroth, Courtney	Clackamas CC	8.54m	28-00.25
14 Hess, Sierra	Unat-Clackamas CC	8.53m	28-00.00

Women Discus Throw

Name	School	Finals	H#
Finals			
1 Miller, Rocksi	Lane CC	36.11m	118-06
2 Hess, Sierra	Unat-Clackamas CC	34.24m	112-04
3 Beardsley, Tamara	SW Oregon CC	33.95m	111-05
4 Strot, Kelsey	Mt. Hood CC	33.66m	110-05
5 McLaughlin, Melanie	SW Oregon CC	32.74m	107-05
6 Kneip, Jessica	Northwest U.	31.28m	102-07
7 Kneip, Cadie	Northwest U.	30.98m	101-08
8 Santiago, Fatina	Cascade College	28.95m	95-00
9 Nowak, Kallie	Lane CC	26.22m	86-00
10 Robertson, Jessie	Lane CC	23.81m	78-01
11 Johnson, Corby	Warner Pacific	22.59m	74-01

Women Hammer Throw

Name	School	Finals	H#
Finals			
1 Uskoski, Vanessa	Unattached	39.40m	129-03
2 Beardsley, Tamara	SW Oregon CC	37.06m	121-07
3 Miller, Rocksi	Lane CC	36.58m	120-00
4 Hamilton, Lauren	Clark College	35.89m	117-09
5 Kennedy, Lacey	Unattached	34.32m	112-07
6 Kneip, Jessica	Northwest U.	33.43m	109-08
7 Robertson, Jessie	Lane CC	33.20m	108-11
8 Nowak, Kallie	Lane CC	32.78m	107-06
9 Powell, Tauni	Unat-Lane CC	31.46m	103-02
10 Kneip, Cadie	Northwest U.	30.21m	99-01
11 Strot, Kelsey	Mt. Hood CC	29.57m	97-00

Women Javelin Throw

Name	School	Finals	H#
Finals			
1 Powell, Tauni	Unat-Lane CC	131-05	40.05m
2 Peoples, Jill	Warner Pacific	128-06	39.16m
3 Campbell, Katie	Northwest U.	118-10	36.22m
4 Kennedy, Lacey	Unattached	117-05	35.78m
5 Prause, Shayna	Northwest U.	116-11	35.63m
6 Phillips, Shawwna	Warner Pacific	115-09	35.28m
7 Newby, Rachel	Warner Pacific	107-01	32.63m
8 Yokbay, Kayla	SW Oregon CC	105-05	32.13m
9 Hess, Sierra	Unat-Clackamas CC	94-11	28.93m
10 Krempley, Katrina	Lane CC	90-05	27.55m
11 Spring, Crystal	Unat-Clackamas CC	88-10	27.07m

Finals ... (Women Javelin Throw)

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results**

Name	School	Finals	H#
12 Iveans, Kyla	SW Oregon CC	80-04	24.48m
12 Johnson, Corby	Warner Pacific	80-04	24.48m

Men 100 Meter Dash

Name	School	Finals	H#
Finals			
1 Washington, Nate	Clark College	11.12	5
2 lang, tylan	Unattached	11.25	5
3 Keel, Derrick	Clark College	11.29	5
4 Gobel, Joseph	Unat-Clackamas CC	11.37	5
5 Schnell, Garrett	Clackamas CC	11.42	5
6 Hillebrand, Will	Clark College	11.45	1
7 Tolento, Eric	Clackamas CC	11.59	4
8 Fisher, Curtis	Warner Pacific	11.67	3
9 Washington, Nathaniel	Unattached	11.72	5
10 Christianson, Austin	Lane CC	11.75	4
11 Jackson, Aaron	Clark College	11.79	4
12 Feemster, Trace	SW Oregon CC	11.85	4
13 Julian, Matt	Unat-Lane CC	11.92	4
14 Hamilton, Cameron	Warner Pacific	11.98	4
15 Berhe, Davion	SW Oregon CC	12.20	1
16 Shoemaker, Jason	Evergreen St.	12.39	2
17 Remesnik, Dustin	Unattached	12.40	2
17 Patterson, Randy	Cascade College	12.40	3
19 Davis, Demarkus	Unattached	12.67	3
20 Christensen, Josh	Corban	12.68	1
21 Combs-Bachmann, Alex	Evergreen St.	12.97	2
22 Freshour, Tyson	Mt. Hood CC	13.04	5
23 Alexander, Gerhard	Central Oregon CC	13.78	1
24 Phillips, Mark	Portland Masters TC	13.87	2
25 Smerke, Chris	Cascade College	16.17	3

Men 200 Meter Dash

Name	School	Finals	H#
Finals			
1 Keller, Wesley	Clackamas CC	22.65	5
2 Hillebrand, Will	Clark College	23.08	5
3 lang, tylan	Unattached	23.15	5
4 Washington, Nate	Clark College	23.22	5
5 Garner, Demarcus	Clackamas CC	23.25	4
6 Faber, Brandon	Unattached	23.30	4
7 Ragsdale, Larry	Lane CC	23.63	5
8 Hope, Nate	Mt. Hood CC	23.87	4
9 Ragland, Chris	SW Oregon CC	23.88	1
10 Jackson, Aaron	Clark College	23.98	4
11 Romey, Matt	Unattached	24.03	4
12 Lair, Josh	Clackamas CC	24.36	2
13 Petty, Steven	Cascade College	24.59	1
14 Nordstrom, Tyrel	Clackamas CC	24.81	2

Finals ... (Men 200 Meter Dash)

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results**

Name	School	Finals	H#
15 Peters, Greg	Northwest U.	24.92	1
16 Espino, Kevin	Mt. Hood CC	25.00	2
17 Williams, Trevor	Clackamas CC	25.36	2
18 Waltman, Jason	Northwest U.	25.50	4
19 Schnell, Garrett	Clackamas CC	25.70	3
20 Combs-Bachmann, Alex	Evergreen St.	25.77	1
21 Wall, Brett	Mt. Hood CC	25.98	2
22 Hamilton, Cameron	Warner Pacific	26.13	5
23 Merrell, Tad	Unat-Lane CC	26.14	1
24 Julian, Matt	Unat-Lane CC	26.24	3
25 Tolento, Eric	Clackamas CC	26.25	3
26 Lindstrom, Travis	Unattached	26.29	3
27 Bellefeuille, Jed	Clackamas CC	26.97	3
28 Stevens, James	Unattached	29.07	1

Men 400 Meter Dash

Name	School	Finals	H#
Finals			
1 Harper, Bryan	Lane CC	50.47	4
2 Hope, Nate	Mt. Hood CC	51.07	2
3 Romey, Matt	Unattached	51.59	3
4 Smith, Nick	Unattached	52.02	4
5 Ryberg, Brent	Lane CC	52.26	4
6 Lindstrom, Travis	Unattached	52.70	2
7 Ragland, Chris	SW Oregon CC	52.77	4
8 lang, tylan	Unattached	52.87	4
9 Lara, Ryan	Evergreen St.	52.91	4
10 St. Peter, Beau	Corban	53.27	4
11 Reed, Jimmy	Northwest U.	53.86	3
12 Espino, Kevin	Mt. Hood CC	54.17	2
13 Smith, Jesse	Unat-Lane CC	54.25	2
14 Urias, Emanuel	SW Oregon CC	54.98	3
15 Akers, Tyrell	SW Oregon CC	55.11	3
16 Mendoza, Adam	Cascade College	55.27	2
17 Baskett, Bobby	Warner Pacific	55.41	4
18 Frischman, Beau	Mt. Hood CC	55.73	3
19 Sibold, Shane	Cascade College	55.95	3
20 Merrell, Tad	Unat-Lane CC	55.98	1
21 Wall, Brett	Mt. Hood CC	56.73	3
22 Copey, William	Unattached	57.01	1
23 Pirkel, Drew	Clark College	57.08	1
24 Bellingham, Bret	Unat-Lane CC	57.15	1
25 Anderson, Jason	SW Oregon CC	58.27	3

Men 800 Meter Run

Name	School	Finals	H#
Finals			
1 Smith, Matt	Clark College	1:58.51	
2 Lockard, Curt	Warner Pacific	1:59.56	

Finals ... (Men 800 Meter Run)

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results**

Name	School	Finals	H#
3 Ishenin, Slavic	Mt. Hood CC	2:03.20	
4 Burris, Sam	Central Oregon CC	2:03.68	
5 Schloemer, Jeffery	Corban	2:05.85	
6 Trowbridge, Seth	Everett CC	2:06.92	
7 Rockwell, Liam	Evergreen St.	2:06.94	
8 Rowland, Zack	Central Oregon CC	2:09.11	
9 Lopez, Robert	Warner Pacific	2:09.84	
10 Spencer, Brandon	Warner Pacific	2:10.61	
11 Urias, Emanuel	SW Oregon CC	2:11.95	
12 Gongora, Gilmer	Mt. Hood CC	2:13.34	
13 Coriano, Kevin	Corban	2:14.52	
14 Gomez, Humberto	Unattached	2:16.19	
15 Bellefeuille, Jed	Clackamas CC	2:18.33	
16 Stevens, James	Unattached	2:32.84	

Men 1500 Meter Run

Name	School	Finals	H#
Finals			
1 Chakisso, Tahir	Unattached	4:05.24	
2 Bridges, Seth	Northwest U.	4:09.41	
3 Goins, Caleb	Corban	4:10.06	
4 Sanders, Steven	SW Oregon CC	4:13.18	
5 Ishenin, Slavic	Mt. Hood CC	4:14.09	
6 Rakestraw, Brian	Unattached	4:17.73	
7 Graves, Jonathan	Warner Pacific	4:18.77	
8 Rockwell, Liam	Evergreen St.	4:22.52	
9 Burris, Sam	Central Oregon CC	4:24.94	
10 Loewen, Josh	Unattached	4:27.56	
11 Schloemer, Jeffery	Corban	4:30.33	
12 Rowland, Zack	Central Oregon CC	4:33.88	
13 Pace, Nicholas	Evergreen St.	4:40.67	
14 Luce, Tyler	Evergreen St.	4:43.44	

Men 5000 Meter Run

Name	School	Finals	H#
Finals			
1 Chakisso, Tahir	Unattached	15:15.06	
2 Rakestraw, Brian	Unattached	15:30.66	
3 Schmidt, Andrew	Cascade College	15:41.10	
4 Moncur, Matt	Clark College	15:47.68	
5 Sanders, Steven	SW Oregon CC	15:58.07	
6 Nilsen, Tyler	Unattached	15:58.08	
7 Shakalia, Karim	Warner Pacific	15:59.52	
8 Lagerstrom, Eric	Warner Pacific	16:01.27	
9 Snell, Ben	Corban	16:05.68	
10 Goins, Caleb	Corban	16:09.02	
11 Garcia, Julio	Warner Pacific	16:09.60	
12 Mammo, Ephrem	Warner Pacific	16:11.10	
13 Ellis, Bobby	Mt. Hood CC	17:00.85	

Finals ... (Men 5000 Meter Run)

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results**

Name	School	Finals	H#
14 Mellenberger, Daniel	Everett CC	17:41.07	
--- Hardrath, Jason	Corban	NT	
--- Luce, Tyler	Evergreen St.	NT	
--- Pace, Nicholas	Evergreen St.	NT	
--- De La Cruz, Juan	Unattached	NT	
--- Melles, Ben	Unattached	NT	
--- Moorman, Anthony	Clark College	NT	
--- Davis, Marcus	Warner Pacific	NT	
--- Jensen, Andrew	Clark College	NT	
--- Pengra, Travis	Warner Pacific	NT	
--- Reyes, Eduardo	Panama	NT	
--- Cook, Kevin	Corban	NT	
--- McConnell, Jason	Unattached	NT	

Men 110 Meter Hurdles

Name	School	Finals	H#
Finals			
1 Olstedt, Dennis	Lane CC	15.65	
2 Walker, Dominick	Clackamas CC	15.77	
3 Arnold, Richard	Unat-Lane CC	16.39	
4 Waltman, Jason	Northwest U.	16.82	
5 Smith, Justin	SW Oregon CC	16.94	

Men 400 Meter Hurdles

Name	School	Finals	H#
Finals			
1 Lewis, Sean	Dare To Dream	56.07	
2 Olstedt, Dennis	Lane CC	56.64	
3 McMaster, Brian	Unattached	57.01	
4 sallos, sol	Bowerman A.C.	57.61	
5 Arnold, Richard	Unat-Lane CC	58.03	
6 Berhe, Davion	SW Oregon CC	59.43	
7 Anderson, David	Corban	1:01.48	
8 Smith, Justin	SW Oregon CC	1:03.85	

Men 3000 Meter Steeplechase

Name	School	Finals	H#
Finals			
1 Hart, Tyler	Northwest U.	10:06.44	
2 De La Cruz, Juan	Unattached	10:23.77	
3 Raleigh, Brent	Warner Pacific	10:28.94	
4 Melles, Ben	Unattached	10:37.08	
5 Lewis, Grant	Clackamas CC	10:47.71	
6 Romey, Matt	Unattached	10:50.71	
7 Gongora, Gilmer	Mt. Hood CC	10:52.22	
8 Cook, Kevin	Corban	11:16.01	
9 Hardrath, Jason	Corban	11:28.33	

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results****Men 4x100 Meter Relay**

Team	Relay	Finals	H#
Finals			
1 Clark College	A	42.69	
1) Keel, Derrick	2) Jackson, Aaron	3) Hillebrand, Will	4) Washington, Nate
2 Clackamas CC	A	43.14	
1) Tolento, Eric	2) Keller, Wesley	3) Garner, Demarcus	4) Moore, Ethan
3 Warner Pacific	A	44.65	
1) Moore, Cody	2) Fisher, Curtis	3) Hamilton, Cameron	4) VanAsch, Brett
--- SW Oregon CC	A	DQ	
1) Akers, Tyrell	2) Feemster, Trace	3) Anderson, Jason	4) Berhe, Davion

Men 4x400 Meter Relay

Team	Relay	Finals	H#
Finals			
1 Lane CC	A	3:26.56	2
1) Olstedt, Dennis	2) Ryberg, Brent	3) Ragsdale, Larry	4) Harper, Bryan
2 Clark College	A	3:30.45	2
1) Smith, Matt	2) Pirkl, Drew	3) Hillebrand, Will	4) Washington, Nate
3 Clackamas CC	A	3:31.53	2
1) Garner, Demarcus	2) Lair, Josh	3) Schnell, Garrett	4) Walker, Dominick
4 Unattached	A	3:34.16	1
5 Corban	A	3:38.84	2
1) Anderson, David	2) St. Peter, Beau	3) Shields, Cory	4) Schloemer, Jeffery
6 Warner Pacific	A	3:39.04	2
1) VanAsch, Brett	2) Garcia, Julio	3) Miller, Shawn	4) Lockard, Curt
7 Lane CC	B	3:41.33	1
8 Warner Pacific	B	3:52.76	1
1) Kowalko, Caleb	2) Spencer, Brandon	3) Raleigh, Brent	4) Lopez, Robert
9 Central Oregon CC	A	3:53.61	1
1) Burris, Sam	2) Rowland, Zack	3) Benton, Andrew	4) Laubacher, Patrick

Men High Jump

Name	School	Finals	H#
Finals			
1 Butler, Billy	Unat-Clackamas CC	1.98m	6-06.00
2 Meyer, Chris	Clackamas CC	1.93m	6-04.00
3 Cramer, Robert	Clark College	J1.93m	6-04.00
4 Molina, Ernest	Unattached	1.88m	6-02.00
4 Laubacher, Patrick	Central Oregon CC	1.88m	6-02.00
6 Walker, Dominick	Clackamas CC	1.83m	6-00.00
7 Evans, Cory	Unat-Lane CC	1.78m	5-10.00
8 Smith, Justin	SW Oregon CC	1.73m	5-08.00
9 Baskett, Bobby	Warner Pacific	1.68m	5-06.00
--- Howelton, Brian	Mt. Hood CC	NH	
--- Feemster, Trace	SW Oregon CC	NH	
--- Ojala, Markus	Clackamas CC	NH	

Men Pole Vault

Name	School	Finals	H#
Finals			
1 Fegles, Robby	Unat-Lane CC	16-02.00	4.92m

Finals ... (Men Pole Vault)

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results**

Name	School	Finals	H#
2 Brink, Adam	Unat-Lane CC	16-01.00	4.90m
3 Hippler, Jack	Unat-Lane CC	15-03.00	4.64m
4 Pruitt, Garrett	Unat-Lane CC	14-06.00	4.41m
4 Vaughn, KC	Mt. Hood CC	14-06.00	4.41m
6 Nordstrom, Tyrel	Clackamas CC	14-00.00	4.26m
7 Ericksen, Alex	Unat-Lane CC	13-10.00	4.21m
8 Rudelistch, Jessie	Unat-Central Oregon CC	13-08.00	4.16m
9 Sorenson, Tom	Cocc (Central Oregon Cc)	13-06.00	4.11m
10 Kowalko, Caleb	Warner Pacific	13-00.00	3.96m
10 Streed, Connor	Warner Pacific	13-00.00	3.96m
12 Yaden, Jon	Warner Pacific	12-06.00	3.81m
13 Moore, Cody	Warner Pacific	12-00.00	3.65m
--- VanAsch, Brett	Warner Pacific	NH	
--- Lair, Josh	Clackamas CC	NH	
--- Helland, Sam	Unat-Lane CC	NH	
--- Elliott, Scott	Lane CC	NH	

Men Long Jump

Name	School	Finals	H#
Finals			
1 Hansen, James	Unattached	6.54m	21-05.50
2 Ragland, Chris	SW Oregon CC	6.25m	20-06.25
3 Jackson, Freddy	Unattached	6.17m	20-03.00
3 Moore, Ethan	Clackamas CC	6.17m	20-03.00
5 Melum, Trevor	Clackamas CC	6.06m	19-10.75
6 Feemster, Trace	SW Oregon CC	6.02m	19-09.00
7 Davis, Kendrick	Unat-Lane CC	5.96m	19-06.75
7 Laubacher, Patrick	Central Oregon CC	5.96m	19-06.75
9 Howelton, Brian	Mt. Hood CC	5.79m	19-00.00
10 Hamilton, Cameron	Warner Pacific	5.71m	18-09.00
11 Estes, Mike	Central Oregon CC	5.58m	18-03.75
12 Gannon, Justin	SW Oregon CC	5.44m	17-10.25
13 Frischman, Beau	Mt. Hood CC	5.37m	17-07.50
14 Smith, Justin	SW Oregon CC	5.35m	17-06.75
15 Johnson, Paul	Unattached	5.28m	17-04.00
16 Remesnik, Dustin	Unattached	4.99m	16-04.50
17 Sibold, Shane	Cascade College	4.70m	15-05.00
18 Freshour, Tyson	Mt. Hood CC	4.48m	14-08.50

Men Triple Jump

Name	School	Finals	H#
Finals			
1 Cramer, Robert	Clark College	13.22m	43-04.50
2 Fisher, Curtis	Warner Pacific	12.93m	42-05.25
3 Moore, Ethan	Clackamas CC	12.84m	42-01.50
4 Evans, Cory	Unat-Lane CC	12.28m	40-03.50
5 Gannon, Justin	SW Oregon CC	12.25m	40-02.25
6 Davis, Demarkus	Unattached	12.24m	40-02.00
6 Davis, Kendrick	Unat-Lane CC	12.24m	40-02.00

Finals ... (Men Triple Jump)

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results**

Name	School	Finals	H#
8 Howelton, Brian	Mt. Hood CC	11.79m	38-08.25
9 Jackson, Freddy	Unattached	11.59m	38-00.25

Men Shot Put

Name	School	Finals	H#
Finals			
1 Velasquez, Jr	Mt. Hood CC	13.79m	45-03.00
2 Lybarger, Evan	Unat-Lane CC	13.78m	45-02.50
3 Lantz, Anthony	Unat-Clackamas CC	12.89m	42-03.50
4 Bellitt, Chris	Lane CC	12.83m	42-01.25
5 Mentzer, Jason	Corban	12.52m	41-01.00
6 Crews, Arthur	Unattached	12.39m	40-07.75
7 Thies, Zach	SW Oregon CC	11.25m	36-11.00
8 Gobel, Joseph	Unat-Clackamas CC	11.08m	36-04.25
8 Reese, Will	Mt. Hood CC	11.08m	36-04.25
10 Chau, Bryan	Clark College	10.66m	34-11.75
11 Havens, Darrell	Cascade College	10.26m	33-08.00
12 Weber, Adrian	Mt. Hood CC	10.10m	33-01.75
13 Kowalko, Caleb	Warner Pacific	9.78m	32-01.00
14 Pike, Luke	Clackamas CC	9.68m	31-09.25
15 Paletti, John	Mt. Hood CC	9.64m	31-07.50
16 Roach, Bob	Unattached	9.62m	31-06.75
17 Carnahan, Ben	SW Oregon CC	9.34m	30-07.75
18 McNutt, Brett	Mt. Hood CC	9.12m	29-11.25
19 Rauschert, Cory	Unat-Lane CC	8.22m	26-11.75

Men Discus Throw

Name	School	Finals	H#
Finals			
1 Bellitt, Chris	Lane CC	44.82m	147-00
2 Lantz, Anthony	Unat-Clackamas CC	42.38m	139-00
3 Lindgren, Tyler	Lane CC	39.98m	131-02
4 Velasquez, Jr	Mt. Hood CC	36.56m	119-11
5 Mentzer, Jason	Corban	36.35m	119-03
6 Pike, Luke	Clackamas CC	35.11m	115-02
7 Weber, Adrian	Mt. Hood CC	35.10m	115-02
8 Crews, Arthur	Unattached	34.95m	114-08
9 Perry, Max	Unat-Lane CC	34.50m	113-02
10 Gobel, Joseph	Unat-Clackamas CC	32.67m	107-02
11 McNutt, Brett	Mt. Hood CC	31.16m	102-03
12 Carnahan, Ben	SW Oregon CC	30.97m	101-07
13 Chau, Bryan	Clark College	30.52m	100-01
14 Paletti, John	Mt. Hood CC	26.43m	86-08
15 Hein, Doug	Northwest U.	24.16m	79-03
--- Rauschert, Cory	Unat-Lane CC	ND	
--- Thies, Zach	SW Oregon CC	ND	
--- Waltman, Jason	Northwest U.	ND	

Mt. Hood CC Saints Open - 3/14/2009**Saints Open****MHCC****Results****Men Hammer Throw**

Name	School	Finals	H#
Finals			
1 Lindgren, Tyler	Lane CC	52.57m	172-06
2 Perry, Max	Unat-Lane CC	48.09m	157-09
3 Crews, Arthur	Unattached	46.93m	154-00
4 Pike, Luke	Clackamas CC	45.91m	150-07
5 Lantz, Anthony	Unat-Clackamas CC	42.95m	140-11
6 Mentzer, Jason	Corban	39.91m	130-11
7 Keller, Braden	Clackamas CC	36.38m	119-04
7 Rauschert, Cory	Unat-Lane CC	36.38m	119-04
9 Velasquez, Jr	Mt. Hood CC	31.42m	103-01
10 Petty, Tyler	Northwest U.	26.45m	86-09
11 Chau, Bryan	Clark College	23.34m	76-07
12 Roach, Bob	Unattached	20.11m	66-00
13 Hein, Doug	Northwest U.	18.07m	59-03

Men Javelin Throw

Name	School	Finals	H#
Finals			
1 Gobel, Joseph	Unat-Clackamas CC	167-08	51.10m
2 Miller, Cory	Churchill High School	165-07	50.46m
3 Robinson, Kyle	Unattached	165-02	50.34m
4 Andrews, Ben	Clackamas CC	152-00	46.32m
5 Schnell, Garrett	Clackamas CC	149-07	45.59m
6 Fugere, Kyle	Clark College	149-05	45.54m
7 VanAsch, Brett	Warner Pacific	148-00	45.11m
8 Martin, Jordan	Clark College	145-06	44.34m
9 Hughes, Alex	Clark College	142-07	43.45m
9 Phillips, Mark	Portland Masters TC	142-07	43.45m
11 Smith, Justin	SW Oregon CC	141-01	43.00m
12 Gannon, Justin	SW Oregon CC	139-04	42.46m
12 Parks, Danny	Churchill High School	139-04	42.46m
14 Vaughn, KC	Mt. Hood CC	136-08	41.65m
15 Weber, Adrian	Mt. Hood CC	135-07	41.32m
16 Petty, Tyler	Northwest U.	121-10	37.13m
17 kimsey, jon	Unattached	117-02	35.71m
18 Hein, Doug	Northwest U.	96-08	29.46m
19 Kee, Tatsuya	Clark College	66-08	20.32m