

SPIKE ARLT INV. TRACK & FIELD MEET

April 19, 2008

FINAL TIME SCHEDULE

(We will move ahead by 5-10 minutes if possible)

TRACK EVENTS

11:00 a.m.	M/W mixed 10K
11:50	Women's 3000m Steeplechase
12:05 p.m.	Men's 3000m Steeplechase
12:20	Women's 5000m Run
12:50 p.m.	Women's 4 x 100m Relay
1:00	Men's 4 x 100m Relay
1:10	Women's 1500m Run
1:20	Men's 1500m Run
1:35	Men's 110m Hurdles
1:45	Women's 100m Hurdles
1:55	Women's 400m Dash
2:00	Men's 400m Dash
2:15	Women's 100m Dash
2:25	Men's 100m Dash
2:40	Women's 800m Run
2:45	Men's 800m Run
3:00	Women's 400m Hurdles
3:10	Men's 400m Hurdles
3:20	Women's 200m Dash
3:35	Men's 200m Dash
3:50	Women's 3000m Run
4:10	Men's 5000m Run
4:30	Women's 4 x 400m Relay
4:40	Men's 4 x 400m Relay

FIELD EVENTS

10:00 a.m.	Men's Hammer (Women to follow)
10:30	Women's Javelin (Men to follow)
11:00	Men's Pole Vault (Women to follow)
11:00	Women's Long Jump - west pit (Triple Jump to follow)
11:00	Men's Long Jump - east pit (Triple Jump to follow)
1:00 p.m.	Men's Shot Put (Women to follow)
	Women's High Jump (follows Jav.) (Men to follow)
	Women's Discus (follows Hammer) (Men to follow)

2008 Spike Arlt Invitational - 4/19/2008
 hosted by Central Washington University
 Ellensburg, WA (Tomlinson Stadium)
 Meet Program

Event 1 Women 100 Meter Dash

Saturday 4/19/2008 - 2:15 PM

Arlt Invite: 12.17 2000 Sarah Axley
Stadium: 11.6h 5/8/1993 Kim Vanderhoek
D-II Auto: 11.65 2008
D-II Prov: 12.10 2008
GNAC Auto: 12.80 2008
GNAC Prov: 13.70 2008

Lane Name	School	Seed Time
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Section 1 of 2 Finals

1	Couvelier, Elsa	Western Wash.	13.24	_____
2	Thornton, Amanda	Western Wash.	13.02	_____
3	Wells, Laticia	Central Wash.	12.85	_____
4	Schutte, Nicki	NW Nazarene	12.80	_____
5	Tidwell, Latoya	NW Nazarene	12.80	_____
6	Hood, Britany	Central Wash.	12.98	_____
7	Erickson, Jessica	Western Wash.	13.23	_____
8	Berberick, Kim	NW Nazarene	13.40	_____

Section 2 of 2 Finals

3	Seward, Sharelle	NW Nazarene	13.60	_____
4	Nygaard, Kara	Central Wash.	13.45	_____
5	Brediger, Christa	NW Nazarene	13.50	_____
6	Bickford, Danielle	NW Nazarene	14.20	_____

Event 2 Women 200 Meter Dash

Saturday 4/19/2008 - 3:20 PM

Arlt Invite: 24.97 1999 Sarah Axley
Stadium: 24.39 5/9/1987 Hollie Watson
D-II Auto: 23.95 2008
D-II Prov: 24.80 2008
GNAC Auto: 26.10 2008
GNAC Prov: 27.50 2008

Lane Name	School	Seed Time
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Section 1 of 3 Finals

1	Hood, Britany	Central Wash.	26.85	_____
2	Evans, Chelsea	Central Wash.	26.70	_____
3	Wells, Laticia	Central Wash.	26.45	_____
4	Tidwell, Latoya	NW Nazarene	25.70	_____
5	Hinton, Jessica	Seattle Pacific	25.90	_____
6	Kaercher, Rachael	Central Wash.	26.50	_____
7	Schutte, Nicki	NW Nazarene	26.79	_____
8	Brady, Lindsay	NW Nazarene	26.93	_____

Section 2 of 3 Finals

1	Bickford, Danielle	NW Nazarene	28.70	_____
2	Erickson, Jessica	Western Wash.	28.19	_____
3	Berberick, Kim	NW Nazarene	27.80	_____
4	Thornton, Amanda	Western Wash.	27.02	_____
5	Nygaard, Kara	Central Wash.	27.24	_____
6	Brediger, Christa	NW Nazarene	28.00	_____
7	Seward, Sharelle	NW Nazarene	28.20	_____
8	Schuh, Kristen	Western Wash.	29.74	_____

Section 3 of 3 Finals

4	Mortenson, Angie	Orca TC	X30.50	_____
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Event 3 Women 400 Meter Dash

Saturday 4/19/2008 - 1:55 PM

Arlt Invite: 56.22 2004 Kinyatta Leonhardt
Stadium: 56.22 4/17/2004 Kinyatta Leonhardt
D-II Auto: 55.00 2008
D-II Prov: 56.60 2008
GNAC Auto: 59.80 2008
GNAC Prov: 1:04.00 2008

Lane Name	School	Seed Time
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Section 1 of 1 Finals

1	Mortenson, Angie	Orca TC	X1:09.78	_____
2	Nygaard, Kara	Central Wash.	1:00.70	_____
3	Brady, Lindsay	NW Nazarene	1:00.00	_____
4	Evans, Chelsea	Central Wash.	58.00	_____
5	Hinton, Jessica	Seattle Pacific	58.61	_____
6	Thornton, Amanda	Western Wash.	1:00.29	_____
7	Schuh, Kristen	Western Wash.	1:08.98	_____

Event 4 Women 800 Meter Run

Saturday 4/19/2008 - 2:40 PM

Arlt Invite: 2:13.86 2002 Sarah Kraybill
Stadium: 2:09.71 5/9/1987 Brit McRoberts
D-II Auto: 2:10.50 2008
D-II Prov: 2:15.00 2008
GNAC Auto: 2:20.00 2008
GNAC Prov: 2:27.00 2008

Lane Name	School	Seed Time
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Section 1 of 1 Finals

1A	Watson, Cheri	Western Wash.	2:17.10	_____
1B	Ganyo, Ally	Western Wash.	2:23.59	_____
1C	Detschman, Taneal	Everett CC	2:30.15	_____
2A	Anderberg, Lisa	Seattle Pacific	2:14.00	_____
2B	Strickler, Suzie	Seattle Pacific	2:20.00	_____
2C	Cooke, Stephanie	Central Wash.	2:24.00	_____
2D	Fraser, Erin	Western Wash.	2:35.00	_____
3A	Puga, Jaclyn	NW Nazarene	2:16.00	_____
3B	Krepel, Kayti	Seattle Pacific	2:23.00	_____
3C	Cloutier, Ashley	Everett CC	2:27.60	_____
4A	Rohde, Karin	Seattle Pacific	2:20.00	_____
4B	Benson, Sarah	Central Wash.	2:24.00	_____
4C	D'Amico, Nicole	Western Wash.	2:33.27	_____

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Event 5 Women 1500 Meter Run

Saturday 4/19/2008 - 1:10 PM

Arlt Invite: 4:32.45 2002 Alicen Maier
Stadium: 4:27.64 5/9/1987 Brit McRoberts
D-II Auto: 4:31.00 2008
D-II Prov: 4:42.00 2008
GNAC Auto: 4:50.00 2008
GNAC Prov: 5:05.00 2008

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	Cotterill, Lacey	Everett CC	5:55.10
2	D'Amico, Nicole	Western Wash.	5:15.81
3	Krepel, Kayti	Seattle Pacific	5:04.00
4	Cloutier, Ashley	Everett CC	5:20.96
5	Morman, Ashley	NW Nazarene	5:52.00
6	Rohde, Karin	Seattle Pacific	4:35.00
7	Puga, Ashley	NW Nazarene	4:45.00
8	Beaman, Kim	Seattle Pacific	5:00.00
9	Strickler, Suzie	Seattle Pacific	4:40.00
10	Hall, Megan	Everett CC	5:22.80
11	Carlyle, Laura	Orca TC	X5:00.60
12	Reardon, Miriam	NW Nazarene	5:12.00
13	Rendahl, Ashley	NW Nazarene	5:13.00
14	Olsen, Courtney	Western Wash.	5:10.76
15	Young, Jen	NW Nazarene	5:33.00

Event 6 Women 3000 Meter Run

Saturday 4/19/2008 - 3:50 PM

Arlt Invite: 9:53.04 2003 Ashlee Vincent
Stadium: 9:48.0h 5/8/1987 Leah Pells
D-II Auto: 9:40.00 2008
D-II Prov: 10:15.00 2008
GNAC Auto: 10:30.00 2008
GNAC Prov: 11:15.00 2008

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	Larson, Jane	Seattle Pacific	9:49.00
2	Puga, Ashley	NW Nazarene	10:09.00
3	Mullen, Marcie	Central Wash.	10:11.00
4	Harline, Kate	Seattle Pacific	10:27.00
5	Benson, Sarah	Central Wash.	10:45.00
6	Breihof, Lauren	Western Wash.	10:55.00
7	Slaughter, Danielle	Western Wash.	10:56.50
8	Sayres, Maeve	Western Wash.	10:59.50
9	Matthews, Valerie	Western Wash.	11:01.90
10	Williams, McKinley	Western Wash.	11:02.50
11	Carlyle, Laura	Orca TC	X11:04.30
12	Borunda, Alehandra	Central Wash.	11:11.00
13	Rendahl, Ashley	NW Nazarene	11:11.00
14	Bakeman, Mary	Central Wash.	11:12.00
15	Clarke, Kirsten	Central Wash.	11:12.00
16	Cooke, Stephanie	Central Wash.	11:14.00
17	Strickler, Suzie	Seattle Pacific	11:14.00
18	Reardon, Miriam	NW Nazarene	11:14.00
19	Felton, Emily	Seattle Pacific	11:23.00
20	Hart, Katie	Seattle Pacific	11:24.00
21	Hirschhorn, Jessica	Central Wash.	12:45.00
22	Fraser, Erin	Western Wash.	NT

Event 7 Women 5000 Meter Run

Saturday 4/19/2008 - 12:20 PM

Arlt Invite: 18:00.16 2004 Karen Dickson
Stadium: 17:00.61 5/7/1982 Patsy Sharples
D-II Auto: 17:11.00 2008
D-II Prov: 17:45.00 2008
GNAC Auto: 18:30.00 2008
GNAC Prov: 20:00.00 2008

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	Green, Amber	Unattached	19:11.00
2	Mullen, Marcie	Central Wash.	17:45.00
3	Rohde, Kaitlin	Seattle Pacific	18:55.00
4	Hall, Megan	Everett CC	19:44.40
5	Cotterill, Lacey	Everett CC	21:36.80
6	Detschman, Taneal	Everett CC	20:23.40

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Event 8 Women 3000 Meter Steeplechase

Saturday 4/19/2008 - 11:50 AM

Arlt Invite: 11:36.0h 2002 **Korinda Godwin**
Stadium: 11:10.10 5/3/2003 **Kelly Fullerton**
D-II Auto: 11:00.00 2008
D-II Prov: 11:27.00 2008
GNAC Auto: 11:50.00 2008
GNAC Prov: 12:50.00 2008

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	Benson, Sarah	Central Wash.	11:15.00
2	Rohde, Karin	Seattle Pacific	11:17.00
3	Beaman, Kim	Seattle Pacific	12:07.00
4	Uhlig, Emily	Evergreen St.	12:13.00
5	Puga, Jaclyn	NW Nazarene	NT

Event 9 Women 100 Meter Hurdles

Saturday 4/19/2008 - 1:45 PM

Arlt Invite: 14.34 1998 **Vanessa Fryer**
Stadium: 13.82 5/7/2005 **Danielle Ayers-Stamper**
D-II Auto: 14.00 2008
D-II Prov: 14.60 2008
GNAC Auto: 15.50 2008
GNAC Prov: 17.00 2008

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
2	Seidler, Mary	Central Wash.	18.50
3	Druktenis, Stephanie	Central Wash.	17.40
4	Gonzalez, Raquel	Central Wash.	15.45
5	Erickson, Jessica	Western Wash.	16.31
6	Larlee, Annie	NW Nazarene	17.50

Event 10 Women 400 Meter Hurdles

Saturday 4/19/2008 - 3:00 PM

Arlt Invite: 1:01.24 2002 **Jawea Harder**
Stadium: 1:00.64 5/8/1993 **Michaela Colluney**
D-II Auto: 1:00.00 2008
D-II Prov: 1:03.00 2008
GNAC Auto: 1:06.00 2008
GNAC Prov: 1:11.20 2008

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
3	Druktenis, Stephanie	Central Wash.	1:10.75
4	Larlee, Annie	NW Nazarene	1:08.20
5	Nygaard, Kara	Central Wash.	1:08.50

Event 11 Women 4x100 Meter Relay

Saturday 4/19/2008 - 12:50 PM

Arlt Invite: 47.48 1999 **Pacific Lutheran**
Lay, Osborne, C.Axley, S.Axley
Stadium: 47.48 4/24/1999 **Pacific Lutheran**
Lay, Osborne, C.Axley, S.Axley
D-II Auto: 46.00 2008
D-II Prov: 47.60 2008

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
4	NW Nazarene	A	49.00
5	Central Wash.	A	50.24

Event 12 Women 4x400 Meter Relay

Saturday 4/19/2008 - 4:30 PM

Arlt Invite: 3:52.13 1999 **Western Wash.**
Anderson, Ellingson, Rose, Tenace
Stadium: 3:49.30 5/9/1987 **Simon Fraser**
Ewing, Parrish, Wagner, McRoberts
D-II Auto: 3:42.00 2008
D-II Prov: 3:52.00 2008

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
2	Central Wash.	B	4:18.00
3	NW Nazarene	A	4:06.00
4	Central Wash.	A	4:02.00
5	Seattle Pacific	A	4:05.00
6	Western Wash.	A	4:06.30
7	Western Wash.	B	NT

Event 13 Women Javelin Throw

Saturday 4/19/2008 - 10:30 AM

Arlt Invite: 156-05 2002 **Molly Monroe**
Stadium: 160-11 4/23/1983 **Lorna Martinson**
D-II Auto: 44.55m 2008
D-II Prov: 41.00m 2008
GNAC Auto: 38.10m 2008
GNAC Prov: 33.00m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	DiEnno, Amanda	Western Wash.	ND
2	Potvin, Samantha	Central Wash.	21.33m
3	Dick, Mandi	NW Nazarene	27.43m
4	VonArx, Laura	NW Nazarene	30.48m
5	Gonzalez, Raquel	Central Wash.	30.48m
6	McWeeny, Alison	Central Wash.	33.52m
7	Elwell, Sarah	NW Nazarene	33.52m
8	Peters, Amanda	NW Nazarene	33.52m
9	Jensen, Melissa	Western Wash.	33.52m
10	Tandle, Krissy	Unattached	35.05m
11	McMeel, Katie	Unattached	44.19m

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Event 14 Women Hammer Throw**Saturday 4/19/2008 - 11:30 AM**

Arlt Invite: 73-11.50 2003 Jennifer Dunkin
Stadium: 77-01.25 5/3/2003 Jennifer Dunkin
D-II Auto: 54.00m 2008
D-II Prov: 49.00m 2008
GNAC Auto: 42.00m 2008
GNAC Prov: 33.00m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Kaligis, Lauren	Western Wash.	33.52m _____
2	Stueckle, Jordan	Central Wash.	33.83m _____
3	Dine-Aubert, Hannah	NW Nazarene	39.62m _____
4	Rance, Erica	Western Wash.	41.04m _____
5	Scherer, Becky	Central Wash.	42.67m _____
6	Little, Courtney	NW Nazarene	42.67m _____
7	Shute, Shayna	NW Nazarene	42.67m _____
8	McWeeny, Alison	Central Wash.	45.11m _____
9	Carroll, Amy	NW Nazarene	45.72m _____
10	Tandle, Krissy	Unattached	45.72m _____

Event 15 Women Shot Put**Saturday 4/19/2008 - 2:30 PM**

Arlt Invite: 44-11 2000 April Haney
Stadium: 47-01.25 4/18/1981 Jenny Lemke
D-II Auto: 14.90m 2008
D-II Prov: 13.30m 2008
GNAC Auto: 11.50m 2008
GNAC Prov: 10.40m 2008

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	Seidler, Mary	Central Wash.	9.44m _____
2	Rance, Erica	Western Wash.	9.75m _____
3	McMeel, Katie	Unattached	9.75m _____
4	McWeeny, Alison	Central Wash.	10.05m _____
5	Jones, Chelsey	NW Nazarene	10.36m _____
6	Peters, Amanda	NW Nazarene	10.36m _____
7	Dine-Aubert, Hannah	NW Nazarene	10.36m _____
Flight 2 of 2 Finals			
1	Shute, Shayna	NW Nazarene	10.66m _____
2	Sadler, Chelsea	Western Wash.	10.66m _____
3	Scherer, Becky	Central Wash.	11.27m _____
4	Stueckle, Jordan	Central Wash.	11.88m _____
5	Carroll, Amy	NW Nazarene	12.19m _____
6	Afoa, Shaina	Central Wash.	12.19m _____
7	Tandle, Krissy	Unattached	14.63m _____

Event 16 Women Discus Throw**Saturday 4/19/2008 - 1:00 PM**

Arlt Invite: 151-01 1998 Sherie Schroeder
Stadium: 166-11 4/9/1983 Julie Hanson
D-II Auto: 47.60m 2008
D-II Prov: 43.00m 2008
GNAC Auto: 37.00m 2008
GNAC Prov: 33.00m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Jones, Chelsey	NW Nazarene	30.48m _____
2	Little, Courtney	NW Nazarene	30.48m _____
3	McWeeny, Alison	Central Wash.	33.52m _____
4	Sadler, Chelsea	Western Wash.	33.83m _____
5	Dine-Aubert, Hannah	NW Nazarene	35.05m _____
6	Shute, Shayna	NW Nazarene	36.57m _____
7	Rance, Erica	Western Wash.	38.70m _____
8	Carroll, Amy	NW Nazarene	39.62m _____
9	Tandle, Krissy	Unattached	39.62m _____
10	Afoa, Shaina	Central Wash.	39.62m _____
11	Scherer, Becky	Central Wash.	41.14m _____

Event 17 Women Long Jump**Saturday 4/19/2008 - 11:00 AM**

Arlt Invite: 18-10.50 2002 Davina Strauss
Stadium: 19-04 4/17/1987 Kim Huey
D-II Auto: 5.90m 2008
D-II Prov: 5.60m 2008
GNAC Auto: 5.20m 2008
GNAC Prov: 4.72m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Jones, Chelsey	NW Nazarene	4.25m _____
2	Johnson, Kristin	Western Wash.	4.41m _____
3	Potvin, Samantha	Central Wash.	4.57m _____
4	DiEnno, Amanda	Western Wash.	4.57m _____
5	Rice, Kristi	NW Nazarene	4.60m _____
6	Flower, Melissa	Seattle Pacific	4.60m _____
7	Miller, Christy	Western Wash.	4.67m _____
8	Paulsen, Megan	Western Wash.	4.87m _____
9	Powers, Lysie	NW Nazarene	4.90m _____
10	Bekkedahl, Maycee	NW Nazarene	4.92m _____
11	VonArx, Laura	NW Nazarene	5.00m _____
12	Hostetler, Kasey	Western Wash.	5.18m _____

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Event 18 Women Triple Jump

Saturday 4/19/2008 - 12:30 PM

Arlt Invite: 38-08.50 1994 Tracy Fox
Stadium: 38-08.50 4/23/1994 Tracy Fox
D-II Auto: 12.25m 2008
D-II Prov: 11.60m 2008
GNAC Auto: 10.90m 2008
GNAC Prov: 9.50m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Bekkedahl, Maycee	NW Nazarene	9.75m _____
2	Potvin, Samantha	Central Wash.	9.90m _____
3	Larlee, Annie	NW Nazarene	10.10m _____
4	Johnson, Kristin	Western Wash.	10.23m _____
5	Flower, Melissa	Seattle Pacific	10.50m _____
6	VonArx, Laura	NW Nazarene	10.66m _____
7	Miller, Christy	Western Wash.	10.66m _____
8	Rose, Amanda	Central Wash.	10.97m _____
9	Paulsen, Megan	Western Wash.	10.97m _____

Event 19 Women Pole Vault

Saturday 4/19/2008 - 12:30 PM

Arlt Invite: 12-01.50 2004 Allison Hedges
Stadium: 12-01.50 4/17/2004 Allison Hedges
D-II Auto: 3.91m 2008
D-II Prov: 3.60m 2008
GNAC Auto: 3.35m 2008
GNAC Prov: 2.75m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Egger, Ashley	NW Nazarene	2.60m _____
2	McCloy, Sophia	Western Wash.	2.89m _____
3	Dockins, Cara	Western Wash.	3.04m _____
4	Quick, Jennifer	Western Wash.	3.04m _____
5	DiMarco, Diana	Western Wash.	3.04m _____
6	Stevens, Samantha	Western Wash.	3.04m _____
7	Elzinga, Karina	NW Nazarene	3.05m _____
8	DiEnno, Amanda	Western Wash.	3.14m _____
9	Clarke, Camille	Western Wash.	3.14m _____
10	Wulfekuhle, Jamie	Western Wash.	3.14m _____
11	Amos, Haley	Central Wash.	3.20m _____
12	Rice, Kristi	NW Nazarene	3.20m _____
13	Miller, Christy	Western Wash.	3.66m _____

Event 20 Women High Jump

Saturday 4/19/2008 - 1:00 PM

Arlt Invite: 5-05.75 2000 Brianna Willis
Stadium: 5-09 Twice
D-II Auto: 1.75m 2008
D-II Prov: 1.68m 2008
GNAC Auto: 1.60m 2008
GNAC Prov: 1.48m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Hettman, Kelsey	NW Nazarene	1.50m _____
2	Mattson, Jacquie	Seattle Pacific	1.53m _____
3	Rogers, Jill	Western Wash.	1.60m _____

Event 21 Men 100 Meter Dash

Saturday 4/19/2008 - 2:25 PM

Arlt Invite: 10.53 1998 Chris Courtney
Stadium: 10.53 4/25/1998 Chris Courtney
D-II Auto: 10.35 2008
D-II Prov: 10.65 2008
GNAC Auto: 11.10 2008
GNAC Prov: 11.50 2008

Lane	Name	School	Seed Time
Section 1 of 3 Finals			
1	Gatlin, Alex	Central Wash.	11.55 _____
2	Demouchet, Christian	Central Wash.	11.30 _____
3	Hill, Ezekiel	Central Wash.	11.15 _____
4	Glover, Travis	Seattle	11.03 _____
5	Fussell, Chris	Seattle	11.13 _____
6	Sullivan, Daniel	Seattle	11.20 _____
7	Gruger, Shane	Western Wash.	11.45 _____
8	Orji, Lionel	Central Wash.	11.60 _____
Section 2 of 3 Finals			
1	Goodwin, Christian	Central Wash.	11.95 _____
2	Robinson, Robby	Orca TC	X11.90 _____
3	Villanueva, Phillip	Western Wash.	11.68 _____
4	Skrivanich, Dominik	Central Wash.	11.60 _____
5	Palmerton, Justin	Orca TC	X11.66 _____
6	Moen, Kevin	Western Wash.	11.89 _____
7	Li, Kevin	Western Wash.	11.95 _____
8	Bricker, Donald	Central Wash.	11.95 _____
Section 3 of 3 Finals			
4	Sevier, A.J.	NW Nazarene	13.00 _____

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Event 22 Men 200 Meter Dash

Saturday 4/19/2008 - 3:35 PM

Arlt Invite: 21.50 1997 Marc Hill
Stadium: 21.50 4/26/1997 Marc Hill
D-II Auto: 21.00 2008
D-II Prov: 21.48 2008
GNAC Auto: 22.20 2008
GNAC Prov: 23.40 2008

Lane	Name	School	Seed	Time
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Section 1 of 4 Finals

1	Demouchet, Christian	Central Wash.	23.40	_____
2	Brydson, Colby	Central Wash.	23.25	_____
3	Sullivan, Daniel	Seattle	22.64	_____
4	Rogstad, Matt	Central Wash.	22.00	_____
5	Hill, Ezekiel	Central Wash.	22.60	_____
6	O'Connell, Matthew	Western Wash.	23.11	_____
7	Gruger, Shane	Western Wash.	23.28	_____
8	Hill, Dan	NW Nazarene	23.40	_____

Section 2 of 4 Finals

1	Kelley, Mike	Unattached	23.95	_____
2	Greene, Tim	NW Nazarene	23.60	_____
3	Orji, Lionel	Central Wash.	23.50	_____
4	Gatlin, Alex	Central Wash.	23.45	_____
5	Palmerton, Justin	Orca TC	X23.45	_____
6	McPeters, Brian	Unattached	23.60	_____
7	Skrivanich, Dominik	Central Wash.	23.64	_____
8	Robinson, Robby	Orca TC	X23.95	_____

Section 3 of 4 Finals

1	Morales, Gabriel	Western Wash.	24.48	_____
2	Dye, Alex	Western Wash.	24.30	_____
3	Bricker, Donald	Central Wash.	24.23	_____
4	Roberts, Jason	Unattached	24.00	_____
5	Villanueva, Phillip	Western Wash.	24.12	_____
6	Li, Kevin	Western Wash.	24.29	_____
7	Snyder, Maxx	Western Wash.	24.47	_____
8	Dexter, Tyler	Central Wash.	24.90	_____

Section 4 of 4 Finals

4	Coughran, Nicholas	Western Wash.	25.29	_____
5	Sevier, A.J.	NW Nazarene	27.00	_____

Event 23 Men 400 Meter Dash

Saturday 4/19/2008 - 2:00 PM

Arlt Invite: 47.9h 1994 Jay Spears
Stadium: 47.84 5/12/1984 John Kaay
D-II Auto: 46.80 2008
D-II Prov: 48.00 2008
GNAC Auto: 50.00 2008
GNAC Prov: 51.70 2008

Lane	Name	School	Seed	Time
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Section 1 of 3 Finals

1	Hill, Dan	NW Nazarene	51.30	_____
2	Fussell, Chris	Seattle	50.25	_____
3	Brydson, Colby	Central Wash.	50.00	_____
4	Rogstad, Matt	Central Wash.	48.75	_____
5	Glover, Travis	Seattle	49.70	_____
6	O'Connell, Matthew	Western Wash.	50.06	_____
7	Dennis, Chris	Orca TC	X51.07	_____
8	Ward, Mitch	NW Nazarene	51.50	_____

Section 2 of 3 Finals

2	Greene, Tim	NW Nazarene	53.00	_____
3	David, Toby	Western Wash.	52.38	_____
4	Christenson, Andrew	Central Wash.	51.56	_____
5	Johnson, Carl	Western Wash.	51.94	_____
6	Kelley, Mike	Unattached	52.80	_____
7	Snyder, Maxx	Western Wash.	54.01	_____

Section 3 of 3 Finals

3	Dexter, Tyler	Central Wash.	54.90	_____
4	Norton, Jesse	Orca TC	X54.56	_____
5	Coughran, Nicholas	Western Wash.	55.19	_____

Event 24 Men 800 Meter Run

Saturday 4/19/2008 - 2:45 PM

Arlt Invite: 1:52.14 2003 Devin Kemper
Stadium: 1:49.31 5/7/2005 Paul Mach
D-II Auto: 1:50.00 2008
D-II Prov: 1:52.60 2008
GNAC Auto: 1:55.50 2008
GNAC Prov: 1:59.90 2008

Lane	Name	School	Seed	Time
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Section 1 of 3 Finals

1A	Neaves, Nigel	Everett CC	1:56.30	_____
1B	Gavareski, Mike	Seattle Pacific	1:58.00	_____
1C	Bedell, Sam	Western Wash.	1:58.95	_____
2A	Strickler, Eddie	Club Northwest	X1:53.49	_____
2B	Cronrath, Brian	Seattle Pacific	1:58.00	_____
2C	Meis, Chad	Seattle Pacific	1:58.00	_____
3A	Cronkhite, Corey	Central Wash.	1:56.30	_____
3B	Dull, Jeff	Seattle Pacific	1:58.00	_____
3C	Pankiewicz, Michael	Central Wash.	1:58.10	_____
4A	Stark, Steven	NW Nazarene	1:57.00	_____
4B	McGrath, Mac	Central Wash.	1:58.00	_____

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Section 2 of 3 Finals...(Event 24 Men 800 Meter Run)

1A	Knudson, Jeff	Central Wash.	2:01.20	_____
1B	Phillips, John	Seattle Pacific	2:03.00	_____
2A	Wahlenmaier, Jacob	Unattached	2:00.39	_____
2B	Roberson, Jesse	Western Wash.	2:02.50	_____
2C	Miskemens, David	Unattached	2:05.00	_____
3A	Hargrove, Wes	Central Wash.	2:01.00	_____
3B	Dull, Evan	Seattle Pacific	2:03.00	_____
3C	Reynolds, Caleb	NW Nazarene	2:05.00	_____
4A	Hetrick, Hank	NW Nazarene	2:02.00	_____
4B	Nilsen, Tyler	Everett CC	2:03.10	_____

Section 3 of 3 Finals

1A	Wageman, Josh	NW Nazarene	2:06.00	_____
1B	Rockenbach, Brian	Central Wash.	2:08.00	_____
1C	Otis, Gabe	NW Nazarene	2:25.00	_____
2A	Paul, Phil	Unattached	2:06.00	_____
2B	Boyes, Spencer	Everett CC	2:06.80	_____
2C	Blount, Kevin	Central Wash.	2:08.00	_____
3A	Huff, Steve	NW Nazarene	2:06.00	_____
3B	Coughran, Nicholas	Western Wash.	2:07.89	_____
3C	DeSimone, Greg	NW Nazarene	2:10.00	_____
4A	Horn, T.J.	Everett CC	2:06.42	_____
4B	Kratzer, Josh	Central Wash.	2:08.00	_____

Event 25 Men 1500 Meter Run

Saturday 4/19/2008 - 1:20 PM

Arlt Invite: 3:54.5h 2002 **Nathan Carlson**
Stadium: 3:51.64 5/9/1987 **Mike Pace**
D-II Auto: 3:49.00 2008
D-II Prov: 3:53.50 2008
GNAC Auto: 3:59.00 2008
GNAC Prov: 4:10.00 2008

<u>Lane Name</u>	<u>School</u>	<u>Seed Time</u>	
Section 1 of 2 Finals			
1	Stark, Steven	NW Nazarene	4:03.00 _____
2	Abraham, Nick	Western Wash.	4:03.50 _____
3	Wahlenmaier, Jacob	Unattached	4:09.00 _____
4	Cronrath, Brian	Seattle Pacific	NT _____
5	Cameron, Will	Western Wash.	4:03.00 _____
6	Khalif, Hassan	Unattached	3:54.00 _____
7	Nilsen, Tyler	Everett CC	4:09.72 _____
8	Dennis, Chris	Orca TC	X4:08.23 _____
9	Lampi, Kyle	Western Wash.	4:01.10 _____
10	Meis, Chad	Seattle Pacific	3:59.00 _____
11	Neaves, Nigel	Everett CC	4:08.24 _____

Section 2 of 2 Finals

1	Santos, Matt	Western Wash.	4:19.52	_____
2	Boyes, Spencer	Everett CC	4:22.60	_____
3	Kubitz, Greg	Western Wash.	4:13.50	_____
4	Phillips, John	Seattle Pacific	4:17.00	_____
5	Miskemens, David	Unattached	4:22.00	_____
6	Perkins, Nate	Western Wash.	4:22.00	_____
7	DeSimone, Greg	NW Nazarene	4:28.00	_____
8	Hetrick, Hank	NW Nazarene	4:12.00	_____
9	Knudson, Jeff	Central Wash.	4:17.00	_____
10	Wageman, Josh	NW Nazarene	NT	_____
11	Lampshire, Cory	Western Wash.	4:18.50	_____

Event 27 Men 5000 Meter Run

Saturday 4/19/2008 - 4:10 PM

Arlt Invite: 14:22.35 2002 **Eric Tollefson**
Stadium: 14:22.35 4/20/2002 **Eric Tollefson**
D-II Auto: 14:10.00 2008
D-II Prov: 14:45.00 2008
GNAC Auto: 15:10.00 2008
GNAC Prov: 16:00.00 2008

<u>Lane Name</u>	<u>School</u>	<u>Seed Time</u>	
Section 1 of 1 Finals			
1	Lance, Jordan	Seattle Pacific	16:56.00 _____
2	Rosser, James	Seattle Pacific	16:06.00 _____
3	Rank, Jonathon	Unattached	17:00.00 _____
4	Durkee, John	Central Wash.	16:25.00 _____
5	Seamster, Scott	Seattle Pacific	16:21.00 _____
6	Quimby, Jon	Orca TC	X15:56.67 _____
7	Johnson, Tom	Central Wash.	15:50.00 _____
8	Jenkins, Cory	Orca TC	X15:48.80 _____
9	Carper, Brian	Seattle Pacific	16:45.00 _____
10	Dennis, Chris	Orca TC	X16:30.50 _____
11	Kulvi, Trevor	Central Wash.	15:37.00 _____

Event 28 Men 3000 Meter Steeplechase

Saturday 4/19/2008 - 12:05 PM

Arlt Invite: 9:11.9h 1998 **Eric Tollefson**
Stadium: 9:08.20 5/7/2005 **Ethan Barrons**
D-II Auto: 9:07.00 2008
D-II Prov: 9:26.00 2008
GNAC Auto: 9:40.00 2008
GNAC Prov: 10:15.00 2008

<u>Lane Name</u>	<u>School</u>	<u>Seed Time</u>	
Section 1 of 1 Finals			
1	Peters, Andy	Unattached	9:25.00 _____
2	Rockenbach, Brian	Central Wash.	9:50.00 _____
3	Blount, Kevin	Central Wash.	10:10.00 _____
4	Kratzer, Josh	Central Wash.	10:25.00 _____
5	Mavis, Anders	Western Wash.	10:32.90 _____
6	Lane, Zach	NW Nazarene	10:43.00 _____
7	Horn, T.J.	Everett CC	10:49.67 _____

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Event 29 Men 110 Meter Hurdles

Saturday 4/19/2008 - 1:35 PM

Arlt Invite: 14.4h 1994 Nolan Toso
Stadium: 14.53 5/12/1984 Don Erickson
D-II Auto: 14.15 2008
D-II Prov: 14.65 2008
GNAC Auto: 15.60 2008
GNAC Prov: 16.60 2008

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
2	Morales, Gabriel	Western Wash.	17.33
3	Moen, Kevin	Western Wash.	16.39
4	Beaty, Dallas	NW Nazarene	15.80
5	Wargo, Benjamin	Western Wash.	16.18
6	Martinelli, Brian	Western Wash.	17.21
7	Montgomery, Stuart	NW Nazarene	19.80

Event 30 Men 400 Meter Hurdles

Saturday 4/19/2008 - 3:10 PM

Arlt Invite: 52.5h 1994 Goreal Hudson
Stadium: 52.5h 4/23/1994 Goreal Hudson
D-II Auto: 51.65 2008
D-II Prov: 53.40 2008
GNAC Auto: 56.90 2008
GNAC Prov: 1:00.00 2008

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
2	Morales, Gabriel	Western Wash.	1:00.82
3	Wargo, Benjamin	Western Wash.	56.38
4	Velasquez, Charles	Central Wash.	55.90
5	Beaty, Dallas	NW Nazarene	56.16
6	Villanueva, Phillip	Western Wash.	58.02

Event 31 Men 4x100 Meter Relay

Saturday 4/19/2008 - 1:00 PM

Arlt Invite: 41.12 1999 Central Wash.
Delay, Faulconer, Saur, Courtney
Stadium: 41.12 4/24/1999 Central Wash.
Delay, Faulconer, Saur, Courtney
D-II Auto: 40.25 2008
D-II Prov: 41.35 2008

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
4	Central Wash.	A	42.50
5	NW Nazarene	A	44.80
6	Central Wash.	B	44.80

Event 32 Men 4x400 Meter Relay

Saturday 4/19/2008 - 4:40 PM

Arlt Invite: 3:16.5h 1994 Western Wash.
Hill, Blank, Young, Delaney
Stadium: 3:15.08 5/12/1984 Simon Fraser
Clarke, Tyler, Devlin, Kaay
D-II Auto: 3:10.00 2008
D-II Prov: 3:14.40 2008

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Seattle Pacific	A	3:35.00
2	Central Wash.	C	3:33.00
3	NW Nazarene	A	3:27.00
4	Central Wash.	A	3:21.00
5	Western Wash.	A	3:23.98
6	Central Wash.	B	3:29.00
7	Orca TC	A	X3:33.45
8	Western Wash.	B	3:34.00
9	Western Wash.	C	NT

Event 33 Men Javelin Throw

Saturday 4/19/2008 - 12:00 PM

Arlt Invite: 214-11 1998 Davy Logue
Stadium: 245-04 4/12/1969 Drew Stevick
D-II Auto: 64.00m 2008
D-II Prov: 59.44m 2008
GNAC Auto: 57.00m 2008
GNAC Prov: 48.16m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Bartlow, John	NW Nazarene	36.57m
2	Jones, Josh	NW Nazarene	42.67m
3	Lloyd, William	Western Wash.	46.48m
4	Nelson, Joseph	Central Wash.	48.15m
5	Valentine, Bob	Western Wash.	49.37m
6	Harris, Loren	Unattached	53.34m
7	York, Kenny	Western Wash.	53.34m
8	Heidegger, Josh	NW Nazarene	54.86m
9	Acock, Chad	Central Wash.	56.69m
10	Zwiefelhofer, Eric	NW Nazarene	57.91m
11	Wells, Ian	Central Wash.	59.13m
12	Stiger, Andrew	Central Wash.	60.35m

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Event 34 Men Hammer Throw

Saturday 4/19/2008 - 10:00 AM

Arlt Invite: 189-02 1993 **Aaron Linerud**
Stadium: 211-07 4/22/1978 **Dwight Midles**
D-II Auto: 58.50m 2008
D-II Prov: 53.00m 2008
GNAC Auto: 43.00m 2008
GNAC Prov: 35.00m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Estrada, Diego	NW Nazarene	35.05m _____
2	Eaton, Alex	NW Nazarene	36.57m _____
3	Fenters, Jordan	NW Nazarene	39.62m _____
4	Elder, Ben	Unattached	41.10m _____
5	Hoffman, Michael	Western Wash.	44.50m _____
6	Miller, Grant	NW Nazarene	48.76m _____
7	Barclay, Zach	NW Nazarene	48.76m _____
8	Valdez, Matt	Central Wash.	50.29m _____
9	Fischer, Tyler	Central Wash.	50.90m _____
10	Ostler, Mychal	Central Wash.	51.51m _____

Event 35 Men Shot Put

Saturday 4/19/2008 - 1:00 PM

Arlt Invite: 53-08.50 1994 **Scott Easley**
Stadium: 57-02 **Twice**
D-II Auto: 16.90m 2008
D-II Prov: 15.90m 2008
GNAC Auto: 13.40m 2008
GNAC Prov: 12.20m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Estrada, Diego	NW Nazarene	12.19m _____
2	Ramirez, Daniel	Central Wash.	12.49m _____
3	Michaelson, Bryant	Western Wash.	13.10m _____
4	Hoffman, Michael	Western Wash.	13.61m _____
5	Fenters, Jordan	NW Nazarene	13.71m _____
6	Fischer, Tyler	Central Wash.	14.02m _____
7	Miller, Grant	NW Nazarene	14.02m _____
8	Barclay, Zach	NW Nazarene	14.32m _____
9	Matschiner, Andrew	Seattle Pacific	14.93m _____
10	Valdez, Matt	Central Wash.	15.54m _____

Event 36 Men Discus Throw

Saturday 4/19/2008 - 2:30 PM

Arlt Invite: 180-07 1998 **Luke Jacobson**
Stadium: 201-01 5/8/1971 **John Bakkenson**
D-II Auto: 52.00m 2008
D-II Prov: 48.76m 2008
GNAC Auto: 43.00m 2008
GNAC Prov: 37.00m 2008

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	Montgomery, Stuart	NW Nazarene	30.48m _____
2	Estrada, Diego	NW Nazarene	35.05m _____
3	Heidegger, Josh	NW Nazarene	35.05m _____
4	Eaton, Alex	NW Nazarene	36.57m _____
5	Ramirez, Daniel	Central Wash.	38.10m _____
6	Barclay, Zach	NW Nazarene	39.62m _____
7	Matschiner, Andrew	Seattle Pacific	39.62m _____
8	Fenters, Jordan	NW Nazarene	39.62m _____
Flight 2 of 2 Finals			
1	Ostler, Mychal	Central Wash.	39.62m _____
2	Miller, Grant	NW Nazarene	42.67m _____
3	Michaelson, Bryant	Western Wash.	44.50m _____
4	Hoffman, Michael	Western Wash.	45.01m _____
5	Elder, Ben	Unattached	45.40m _____
6	Valdez, Matt	Central Wash.	45.72m _____
7	Fischer, Tyler	Central Wash.	48.76m _____

Event 37 Men Long Jump

Saturday 4/19/2008 - 11:00 AM

Arlt Invite: 23-10.75 1995 **Rob Rising**
Stadium: 24-05.50 3/28/1970 **Dave Walker**
D-II Auto: 7.50m 2008
D-II Prov: 7.15m 2008
GNAC Auto: 6.70m 2008
GNAC Prov: 6.30m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Cho, James	Unattached	6.09m _____
2	Satterwhite, Timothy	Western Wash.	6.09m _____
3	Orji, Lionel	Central Wash.	6.29m _____
4	Gruger, Shane	Western Wash.	6.55m _____
5	Felt, Justin	Seattle Pacific	7.00m _____
6	Hill, Ezekiel	Central Wash.	7.01m _____

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Event 38 Men Triple Jump

Saturday 4/19/2008 - 12:30 PM

Arlt Invite: 48-01.25 2002 Justin Lawrence
Stadium: 51-00 4/7/1979 Dave White
D-II Auto: 15.30m 2008
D-II Prov: 14.45m 2008
GNAC Auto: 13.50m 2008
GNAC Prov: 12.50m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Bricker, Donald	Central Wash.	12.19m _____
2	McCoy, Scott	Central Wash.	12.19m _____
3	Keys, Jess	NW Nazarene	12.49m _____
4	Felt, Justin	Seattle Pacific	12.80m _____
5	Goodwin, Christian	Central Wash.	13.10m _____
6	Turner, James	Western Wash.	13.41m _____
7	Bailey, Cameron	Unattached	13.66m _____
8	Satterwhite, Timothy	Western Wash.	13.71m _____
9	Cho, James	Unattached	13.71m _____
10	Hamm, Greg	NW Nazarene	13.71m _____
11	Lawrence, Justin	Club Northwest	X15.00m _____

Event 39 Men Pole Vault

Saturday 4/19/2008 - 11:00 AM

Arlt Invite: 17-01.75 2004 Shawn Trimble
Stadium: 17-01 4/17/2004 Shawn Trimble
D-II Auto: 5.02m 2008
D-II Prov: 4.80m 2008
GNAC Auto: 4.40m 2008
GNAC Prov: 4.00m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Patee, Caleb	NW Nazarene	3.60m _____
2	Lloyd, William	Western Wash.	3.65m _____
3	Millson, Michael	Western Wash.	4.06m _____
4	Shea, Ben	NW Nazarene	4.30m _____
5	Zwiefelhofer, Eric	NW Nazarene	4.35m _____
6	Lucke, Bryan	Western Wash.	4.36m _____
7	Winters, Josh	Western Wash.	4.57m _____
8	McCoy, Scott	Central Wash.	4.64m _____

Event 40 Men High Jump

Saturday 4/19/2008 - 2:30 PM

Arlt Invite: 6-10.25 1998 Sean Steele
Stadium: 7-00 4/7/1979 Bob Peterson
D-II Auto: 2.16m 2008
D-II Prov: 2.05m 2008
GNAC Auto: 1.95m 2008
GNAC Prov: 1.80m 2008

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Nelson, Joseph	Central Wash.	1.82m _____
2	Keys, Jess	NW Nazarene	1.89m _____
3	Martinelli, Brian	Western Wash.	1.90m _____
4	Hamilton, Jonathan	Central Wash.	1.98m _____
5	Bailey, Cameron	Unattached	2.03m _____

Event 41 Men 10000 Meter Run

Saturday 4/19/2008 - 11:00 AM

Arlt Invite: 33:16.10 2006 Jake Perry
Stadium: 30:34.7h 4/24/1982 Don Stearns
D-II Auto: 29:45.00 2008
D-II Prov: 31:05.00 2008
GNAC Auto: 33:30.00 2008
GNAC Prov: 35:00.00 2008

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	Race, Thomas	Western Wash.	NT _____
2	Clark, Seth	NW Nazarene	NT _____
3	Alhajri, Andrew	Central Wash.	35:00.00 _____
4	Quimby, Jon	Orca TC	X33:12.80 _____
5	Jenkins, Cory	Orca TC	X33:15.88 _____
6	Johnson, Chris	Evergreen St.	39:30.00 _____
7	Lambert, Kevin	NW Nazarene	NT _____

Event 42 Men 4x800 Meter Relay

Saturday 4/19/2008 - 4:50 PM

Arlt Invite: 8:44.50 2006 Pacific Lutheran University
Stadium: 8:44.50 4/15/2006 Pacific Lutheran University

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Orca TC	A	X8:20.00 _____

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Event 43 Women 10000 Meter Run

Saturday 4/19/2008 - 11:00 AM

Arlt Invite: 40:49.20 2006 Lindsey Graham

Stadium: 36:52.8h 5/6/1982 Patsy Sharples

D-II Auto: 35:50.00 2008

D-II Prov: 37:30.00 2008

GNAC Auto: 40:00.00 2008

GNAC Prov: 43:30.00 2008

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Seed Time</u>	
Section 1 of 1 Finals				
4	Leo, Diann	Evergreen St.	45:40.00	_____
5	DeBoer, Shannon	NW Nazarene	NT	_____