

## 2021 NWC Championships - 5/13/2021 to 5/14/2021

## Pacific University

## Results

## Event 1 Men 3000 Meter Steeplechase

NWC Meet: M 9:01.55 2005		Aaron Hollingshead, Willame	
NWC Records: R 8:50.56 1984		Mike Smith, Whitworth	
Name	Year School	Finals	
Finals			
1 Adkisson, Patrick	George Fox	9:26.43	
39.563 (39.563)	1:51.171 (1:11.608)	3:06.499 (1:15.328)	4:23.177 (1:16.678)
5:39.123 (1:15.946)	6:57.385 (1:18.262)	8:15.023 (1:17.638)	9:26.425 (1:11.402)
2 Maier, Jonny	Pacific Lutheran	9:28.43	
40.505 (40.505)	1:53.383 (1:12.878)	3:09.119 (1:15.736)	4:26.091 (1:16.972)
5:44.039 (1:17.948)	7:01.111 (1:17.072)	8:18.155 (1:17.044)	9:28.429 (1:10.274)
3 Larsen, Rylan	George Fox	9:40.71	
42.155 (42.155)	1:56.225 (1:14.070)	3:13.501 (1:17.276)	4:31.375 (1:17.874)
5:50.307 (1:18.932)	7:10.221 (1:19.914)	8:25.927 (1:15.706)	9:40.703 (1:14.776)
4 Reed, Max	Lewis & Clark	9:51.18	
41.313 (41.313)	1:54.133 (1:12.820)	3:09.981 (1:15.848)	4:27.305 (1:17.324)
5:46.427 (1:19.122)	7:08.027 (1:21.600)	8:31.455 (1:23.428)	9:51.171 (1:19.716)
5 Karamitsos, George	Lewis & Clark	9:51.23	
40.971 (40.971)	1:54.229 (1:13.258)	3:10.303 (1:16.074)	4:27.505 (1:17.202)
5:45.493 (1:17.988)	7:05.295 (1:19.802)	8:25.079 (1:19.784)	9:51.221 (1:26.142)
6 Lusia, Stefans	Pacific Lutheran	9:51.84	
41.963 (41.963)	1:55.945 (1:13.982)	3:12.979 (1:17.034)	4:29.633 (1:16.654)
5:49.927 (1:20.294)	7:11.605 (1:21.678)	8:33.867 (1:22.262)	9:51.833 (1:17.966)
7 Matteson, Alex	Willamette	9:56.50	
40.815 (40.815)	1:53.869 (1:13.054)	3:09.469 (1:15.600)	4:26.667 (1:17.198)
5:46.727 (1:20.060)	7:10.481 (1:23.754)	8:35.997 (1:25.516)	9:56.495 (1:20.498)
8 Maier, Jonah	Pacific Lutheran	10:09.76	
42.271 (42.271)	1:57.553 (1:15.282)	3:16.489 (1:18.936)	4:38.555 (1:22.066)
6:00.665 (1:22.110)	7:25.375 (1:24.710)	8:51.107 (1:25.732)	10:09.757 (1:18.650)
9 Neal, Will	Pacific (Ore.)	10:15.03	
39.539 (39.539)	1:51.407 (1:11.868)	3:06.905 (1:15.498)	4:26.643 (1:19.738)
5:50.005 (1:23.362)	7:18.283 (1:28.278)	8:49.475 (1:31.192)	10:15.029 (1:25.554)
10 Anderson, Gregory	Whitworth	10:20.91	
43.103 (43.103)	2:00.111 (1:17.008)	3:22.107 (1:21.996)	4:46.277 (1:24.170)
6:10.085 (1:23.808)	7:33.843 (1:23.758)	8:58.773 (1:24.930)	10:20.905 (1:22.132)
11 Davies, Ronan	Willamette	10:24.35	
42.325 (42.325)	1:56.951 (1:14.626)	3:15.617 (1:18.666)	4:38.269 (1:22.652)
6:03.603 (1:25.334)	7:30.849 (1:27.246)	9:00.649 (1:29.800)	10:24.341 (1:23.692)
12 Guisinger, Johnathan	George Fox	10:27.28	
41.865 (41.865)	1:55.705 (1:13.840)	3:13.235 (1:17.530)	4:31.905 (1:18.670)
5:54.231 (1:22.326)	7:21.825 (1:27.594)	8:54.943 (1:33.118)	10:27.277 (1:32.334)
13 Klinman, James	Whitman	10:46.41	
42.627 (42.627)	2:00.581 (1:17.954)	3:22.437 (1:21.856)	4:46.599 (1:24.162)
6:11.565 (1:24.966)	7:40.421 (1:28.856)	9:14.663 (1:34.242)	10:46.401 (1:31.738)
14 Morales, Gabriel	Whitworth	10:55.02	
43.131 (43.131)	2:01.931 (1:18.800)	3:28.143 (1:26.212)	4:56.341 (1:28.198)
6:25.049 (1:28.708)	7:56.825 (1:31.776)	9:29.847 (1:33.022)	10:55.017 (1:25.170)
15 Silverman, Caleb	Lewis & Clark	10:58.46	
41.639 (41.639)	1:55.331 (1:13.692)	3:13.961 (1:18.630)	4:38.869 (1:24.908)
6:11.077 (1:32.208)	7:48.005 (1:36.928)	9:24.441 (1:36.436)	10:58.459 (1:34.018)

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****Event 2 Women 3000 Meter Steeplechase**

NWC Meet: M 10:25.87 2018		Marissa Mount, Whitworth	
NWC Records: R 10:16.54 2018		Kayla Leland, Whitworth	
Name	Year	School	Finals
1 Irish, Eliza		Pacific (Ore.)	11:41.53
43.620 (43.620)	2:10.732 (1:27.112)	3:41.132 (1:30.400)	5:14.698 (1:33.566)
6:51.432 (1:36.734)	8:30.322 (1:38.890)	10:09.040 (1:38.718)	11:41.528 (1:32.488)
2 Schaffer, Sam		Puget Sound	11:45.22
43.706 (43.706)	2:11.660 (1:27.954)	3:43.350 (1:31.690)	5:19.070 (1:35.720)
6:56.708 (1:37.638)	8:35.600 (1:38.892)	10:13.092 (1:37.492)	11:45.220 (1:32.128)
3 Hubbs, Madelyn		Pacific (Ore.)	11:51.08
45.470 (45.470)	2:15.618 (1:30.148)	3:48.948 (1:33.330)	5:25.632 (1:36.684)
7:03.106 (1:37.474)	8:40.334 (1:37.228)	10:16.928 (1:36.594)	11:51.074 (1:34.146)
4 Piacsek, Audrey		Willamette	11:58.17
46.110 (46.110)	2:16.134 (1:30.024)	3:49.510 (1:33.376)	5:25.444 (1:35.934)
7:02.592 (1:37.148)	8:43.266 (1:40.674)	10:23.882 (1:40.616)	11:58.170 (1:34.288)
5 Chapin, Maggie		Willamette	12:02.61
46.602 (46.602)	2:15.700 (1:29.098)	3:48.106 (1:32.406)	5:22.982 (1:34.876)
7:01.704 (1:38.722)	8:43.822 (1:42.118)	10:28.214 (1:44.392)	12:02.608 (1:34.394)
6 Buckley, Madelyn		Whitworth	12:08.49
50.300 (50.300)	2:22.304 (1:32.004)	3:57.196 (1:34.892)	5:35.654 (1:38.458)
7:14.304 (1:38.650)	8:52.746 (1:38.442)	10:34.390 (1:41.644)	12:08.484 (1:34.094)
7 Teachout, Jenessa		George Fox	12:10.23
47.020 (47.020)	2:19.180 (1:32.160)	3:50.302 (1:31.122)	5:25.070 (1:34.768)
7:01.416 (1:36.346)	8:41.400 (1:39.984)	10:24.560 (1:43.160)	12:10.230 (1:45.670)
8 Erickson, Makayla		Linfield	12:17.64
46.994 (46.994)	2:18.822 (1:31.828)	3:52.042 (1:33.220)	5:29.694 (1:37.652)
7:11.452 (1:41.758)	8:53.428 (1:41.976)	10:37.748 (1:44.320)	12:17.638 (1:39.890)
9 Park, Joan		Pacific Lutheran	12:29.62
50.746 (50.746)	2:22.810 (1:32.064)	3:57.822 (1:35.012)	5:37.926 (1:40.104)
7:18.670 (1:40.744)	9:03.762 (1:45.092)	10:50.958 (1:47.196)	12:29.618 (1:38.660)
10 Neder, Mary		Whitworth	12:29.63
51.860 (51.860)	2:29.320 (1:37.460)	4:06.354 (1:37.034)	5:44.916 (1:38.562)
7:24.284 (1:39.368)	9:06.006 (1:41.722)	10:50.744 (1:44.738)	12:29.622 (1:38.878)
11 Bruns, Emily		George Fox	12:37.95
47.600 (47.600)	2:22.322 (1:34.722)	3:59.182 (1:36.860)	5:43.558 (1:44.376)
7:26.042 (1:42.484)	9:13.354 (1:47.312)	10:56.616 (1:43.262)	12:37.942 (1:41.326)
12 Shoop, Ellie		Whitworth	12:41.00
49.984 (49.984)	2:21.586 (1:31.602)	3:56.722 (1:35.136)	5:39.746 (1:43.024)
7:23.528 (1:43.782)	9:11.006 (1:47.478)	11:00.114 (1:49.108)	12:41.000 (1:40.886)
13 Pifer, Gillian		Lewis & Clark	12:47.48
50.554 (50.554)	2:26.082 (1:35.528)	4:04.192 (1:38.110)	5:46.848 (1:42.656)
7:35.242 (1:48.394)	9:21.384 (1:46.142)	11:08.148 (1:46.764)	12:47.476 (1:39.328)
14 Pfundt, Erin		Whitworth	12:51.46
50.332 (50.332)	2:23.222 (1:32.890)	3:58.420 (1:35.198)	5:42.098 (1:43.678)
7:30.616 (1:48.518)	9:17.618 (1:47.002)	11:09.326 (1:51.708)	12:51.454 (1:42.128)
15 Callinan, Hanna		Lewis & Clark	13:05.22
49.774 (49.774)	2:24.942 (1:35.168)	4:06.700 (1:41.758)	5:53.402 (1:46.702)
7:44.722 (1:51.320)	9:35.518 (1:50.796)	11:24.624 (1:49.106)	13:05.220 (1:40.596)

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****Event 3 Men 110 Meter Hurdles**

=====					
NWC Meet: M 14.41		1994	Nolan Toso, Pacific Lutheran		
NWC Records: R 14.02		1995	Nolan Toso, Pacific Lutheran		
Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Wood, Keaton	Linfield	14.86Q	0.3	2
	14.857 (14.857)				
2	Blackler, Kolby	Whitworth	15.15Q	+0.0	1
	15.150 (15.150)				
3	Phillips, Tayler	George Fox	15.27q	+0.0	1
	15.268 (15.268)				
4	Hill, Berkley	George Fox	15.53q	0.3	2
	15.527 (15.527)				
5	McGill, Nicholas	Whitworth	15.64q	+0.0	1
	15.636 (15.636)				
6	Dejong, Si	George Fox	15.88q	0.3	2
	15.871 (15.871)				
7	Bromberg, Benji	Lewis & Clark	16.07q	+0.0	1
	16.068 (16.068)				
8	Johnson, Sam	Lewis & Clark	16.18q	+0.0	1
	16.172 (16.172)				
9	Herrera, Travis	Whitworth	16.20q	0.3	2
	16.199 (16.199)				
10	Cassidy, Adam	Whitworth	17.35	0.3	2
	17.347 (17.347)				
11	Dykstra, Nathan	Whitworth	18.26	0.3	2
	18.251 (18.251)				

**Event 4 Women 100 Meter Hurdles**

=====					
NWC Meet: M 14.27		2014	Dallas Edge, Linfield		
NWC Records: R 14.29		1995	Karen Andrade, Pacific Lutheran		
Name	Year	School	Prelims	Wind	H#
=====					
1	Hewson, Amelia	Whitworth	14.90Q	1.5	1
	14.892 (14.892)				
2	VandenHoek, Brecken	George Fox	15.54Q	+0.0	2
	15.538 (15.538)				
3	Gulley, Adrienne	Pacific Lutheran	15.65q	1.5	1
	15.650 (15.650)				
4	Lowery, Alexis	Pacific (Ore.)	15.70q	1.5	1
	15.700 (15.700)				
5	Korb-Doty, Ashley	George Fox	15.79q	1.5	1
	15.788 (15.788)				
6	Dubois, Emily	George Fox	15.88q	+0.0	2
	15.880 (15.880)				
7	Jensen, Elisabeth	George Fox	16.09q	+0.0	2
	16.084 (16.084)				
8	Burke, Kristen	Linfield	16.33q	+0.0	2
	16.328 (16.328)				
9	Scott, Maya	Linfield	16.73q	1.5	1
	16.728 (16.728)				
10	O'Rear, Breeauna	George Fox	16.78	1.5	1
	16.776 (16.776)				

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 4 Women 100 Meter Hurdles**

11 Turner, Lily	Puget Sound	17.55	+0.0	2
17.548 (17.548)				
12 Nguyen, Kristine	Pacific Lutheran	17.68	+0.0	2
17.678 (17.678)				

**Event 6 Men 100 Meter Dash**

NWC Meet: M 10.65 2003		Chris Boock, Linfield		
NWC Records: R 10.54 1980		David Freunds Schuh, Linfield		
Name	Year	School	Prelims	Wind H#
1 Beckmann, Keaton		Willamette	10.87Q	-0.5 2
10.864 (10.864)				
2 Wood, Keaton		Linfield	11.25Q	-0.8 1
11.242 (11.242)				
3 Wisenbaker, Garet		George Fox	11.22q	-0.5 2
11.220 (11.220)				
4 Morris, Chandler		Linfield	11.27q	-0.8 1
11.268 (11.268)				
5 Stokes, Dante		Whitworth	11.38q	-0.8 1
11.374 (11.374)				
6 Jackson, Dylan		Linfield	11.41q	-0.5 2
11.402 (11.402)				
7 Weston, Matthew		Lewis & Clark	11.44q	-0.5 2
11.432 (11.432)				
8 Serrao, Alec		Pacific Lutheran	11.45q	-0.8 1
11.242 (11.242)				
9 Boomer, Kaleb		George Fox	11.46q	-0.5 2
11.460 (11.460)				
10 Rhinelander, Colby		Pacific Lutheran	11.47	-0.8 1
11.470 (11.470)				
11 Wright, Logan		Whitworth	11.51	-0.8 1
11.510 (11.510)				
12 Tahir, Isam		Lewis & Clark	11.65	-0.5 2
11.642 (11.642)				

**Event 7 Women 100 Meter Dash**

NWC Meet: M 11.88 2016		Allanah Whitehall, Puget Sound		
NWC Records: R 11.70 2004		Kristen Shields, Whitworth		
Name	Year	School	Prelims	Wind H#
1 Forsyth, Bailey		Pacific Lutheran	M 11.76Q	0.9 1
11.757 (11.757)				
2 Rohrer, Emily		George Fox	12.11Q	0.5 2
12.105 (12.105)				
3 Taube, Kennedy		George Fox	12.16q	0.5 2
12.153 (12.153)				
4 Greene, Anisha		Lewis & Clark	12.27q	0.9 1
12.265 (12.265)				
5 Hewson, Amelia		Whitworth	12.42q	0.9 1
12.419 (12.419)				
6 Lewis, Jackilyn		Puget Sound	12.43q	0.5 2
12.429 (12.429)				

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 7 Women 100 Meter Dash**

7 Lungo, Jordyn	Whitworth	12.61q	0.5	2
12.607 (12.607)				
8 Connors, Hillary	Linfield	12.68q	0.5	2
12.677 (12.677)				
9 Ball, Alison	Whitworth	12.74q	0.9	1
12.731 (12.731)				
10 Feinglas, McKenzie	Linfield	12.83	0.9	1
12.821 (12.821)				
11 Cox, Lorin	Pacific Lutheran	12.83	0.9	1
12.825 (12.825)				
12 Robinson, Tessa	Lewis & Clark	12.91	0.5	2
12.907 (12.907)				
13 Short, Carli	George Fox	13.10	0.9	1
13.097 (13.097)				

**Event 8 Men 800 Meter Run**

=====				
NWC Meet: M	1:51.55	1974	John Leier, Whitman	
NWC Records: R	1:47.34	2006	Nick Symmonds, Willamette	
Name	Year	School	Prelims	H#
=====				
1 Ammon, Jack		George Fox	1:56.53Q	1
58.259 (58.259)	1:56.525	(58.266)		
2 Rising, Dillon		George Fox	1:57.92Q	2
56.179 (56.179)	1:57.919	(1:01.740)		
3 Wilber, Trevor		George Fox	1:56.54Q	1
58.163 (58.163)	1:56.535	(58.372)		
4 Glick, William		Whitworth	1:59.25Q	2
57.663 (57.663)	1:59.249	(1:01.586)		
5 Stewart, Garrett		Pacific (Ore.)	1:56.98q	1
58.393 (58.393)	1:56.975	(58.582)		
6 Goodwin, Hezekiah		Pacific Lutheran	1:57.55q	1
58.423 (58.423)	1:57.541	(59.118)		
7 Callahan, Adam		Whitworth	1:59.37q	2
1:00.181 (1:00.181)	1:59.363	(59.182)		
8 Giesbrecht, Caleb		George Fox	1:59.89q	1
58.649 (58.649)	1:59.887	(1:01.238)		
9 Robertson, Connor		Lewis & Clark	2:00.41q	1
59.171 (59.171)	2:00.401	(1:01.230)		
10 Kallmeyer, Emmett		Puget Sound	2:00.44	2
59.123 (59.123)	2:00.433	(1:01.310)		
11 Cahill, Calvin		Linfield	2:00.45	2
1:00.009 (1:00.009)	2:00.447	(1:00.438)		
12 Johnson, Bryce		Pacific Lutheran	2:01.01	1
58.895 (58.895)	2:01.005	(1:02.110)		
13 Willey, Garret		Whitworth	2:01.81	1
58.665 (58.665)	2:01.809	(1:03.144)		
14 Diop, Ibrahim		Whitworth	2:02.70	2
59.981 (59.981)	2:02.699	(1:02.718)		
15 Albers, August		Whitworth	2:03.43	2
1:01.041 (1:01.041)	2:03.427	(1:02.386)		
16 Saavedra, Christian		Lewis & Clark	2:04.72	2
1:01.699 (1:01.699)	2:04.713	(1:03.014)		
17 Tucey, Ethan		Pacific Lutheran	2:05.43	2
1:00.483 (1:00.483)	2:05.429	(1:04.946)		

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 8 Men 800 Meter Run**

18 Guisinger, Johnathan	George Fox	2:06.85	1
58.973 (58.973)	2:06.845 (1:07.872)		

**Event 9 Women 800 Meter Run**

=====				
NWC Meet: M	2:11.53	1992	Patty Ley, Pacific Lutheran	
NWC Records: R	2:07.11	1992	Patty Ley, Pacific Lutheran	
Name	Year	School	Prelims	H#
=====				
1 Degollado, Sulin		Pacific Lutheran	2:19.87Q	2
1:07.867 (1:07.867)	2:19.867 (1:12.000)			
2 Van Den Top, Ashlee		George Fox	2:25.31Q	1
1:11.244 (1:11.244)	2:25.310 (1:14.066)			
3 Metzler, Rachael		Puget Sound	2:22.62Q	2
1:08.611 (1:08.611)	2:22.611 (1:14.000)			
4 Neal, Jessica		George Fox	2:25.44Q	1
1:11.516 (1:11.516)	2:25.440 (1:13.924)			
5 Caniglia, Alexis		Whitworth	2:22.96q	2
1:08.899 (1:08.899)	2:22.953 (1:14.054)			
6 Bradley, Elizabeth		Pacific (Ore.)	2:24.37q	2
1:09.113 (1:09.113)	2:24.363 (1:15.250)			
7 Bean, Kylie		George Fox	2:26.63q	1
1:11.712 (1:11.712)	2:26.630 (1:14.918)			
8 Pilgrim, Kristin		Pacific (Ore.)	2:27.30q	1
1:11.924 (1:11.924)	2:27.300 (1:15.376)			
9 Arcia, Laura		Puget Sound	2:28.35q	1
1:11.908 (1:11.908)	2:28.346 (1:16.438)			
10 Grode, Sadie		Whitworth	2:29.00	1
1:12.626 (1:12.626)	2:28.994 (1:16.368)			
11 Torres, Jennifer		Linfield	2:29.10	2
1:11.457 (1:11.457)	2:29.097 (1:17.640)			

**Event 10 Men 400 Meter Hurdles**

=====				
NWC Meet: M	52.30	1997	David Parker, George Fox	
NWC Records: R	51.64	1958	Dave Klocker, Whitman	
Name	Year	School	Prelims	H#
=====				
1 Herrera, Travis		Whitworth	56.46Q	2
56.457 (56.457)				
2 Smith, Collin		George Fox	57.78Q	1
57.779 (57.779)				
3 Williams, Josh		George Fox	57.10q	2
57.099 (57.099)				
4 Krutzikowsky, Ronan		Linfield	57.55q	2
57.541 (57.541)				
5 Betancourt, Xavier		Whitworth	57.91q	1
57.903 (57.903)				
6 Kirkendall, Cody		Whitworth	1:00.77q	1
1:00.769 (1:00.769)				
7 Hanson, Lance		George Fox	1:01.35q	2
1:01.341 (1:01.341)				
8 Freitas, Jesse		George Fox	1:01.45q	2
1:01.441 (1:01.441)				

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 10 Men 400 Meter Hurdles**

9	Tinoco, Brian	Pacific (Ore.)	1:03.06q	1
	1:03.059 (1:03.059)			
10	Velasquez, Mason	Whitworth	1:03.12	1
	1:03.111 (1:03.111)			
11	Dykstra, Nathan	Whitworth	1:03.69	1
	1:03.685 (1:03.685)			
12	Crutcher, Case	Puget Sound	1:03.74	2
	1:03.737 (1:03.737)			
13	Gray, Nathaniel	Whitworth	1:04.00	1
	1:03.991 (1:03.991)			
14	Yee, Baily	Pacific (Ore.)	1:04.18	2
	1:04.179 (1:04.179)			
15	Smyth, Connor	Lewis & Clark	1:04.85	2
	1:04.841 (1:04.841)			
16	Sedy, Jonathan	Linfield	1:05.26	2
	1:05.253 (1:05.253)			
17	Bromberg, Benji	Lewis & Clark	1:06.95	1
	1:06.943 (1:06.943)			

**Event 11 Women 400 Meter Hurdles**

=====				
	NWC Meet: M 59.75	2001	Amber Larson, Linfield	
	NWC Records: R 59.16	2001	Amber Larson, Linfield	
	Name	Year School	Prelims	H#
=====				
1	Gingerich, Bethany	George Fox	1:04.47Q	1
	1:04.463 (1:04.463)			
2	Gulley, Adrienne	Pacific Lutheran	1:07.26Q	2
	1:07.259 (1:07.259)			
3	Rutkowski, Emily	Pacific (Ore.)	1:08.41q	1
	1:08.405 (1:08.405)			
4	Thornton, Katherine	Willamette	1:08.46q	2
	1:08.457 (1:08.457)			
5	Delcid, Marisol	Whitworth	1:08.85q	1
	1:08.847 (1:08.847)			
6	Winslow-Gonzalez, Carmen	Whitworth	1:08.95q	1
	1:08.943 (1:08.943)			
7	Arnsward, Juliet	Linfield	1:11.09q	2
	1:11.087 (1:11.087)			
8	Buhler, Kalina	George Fox	1:12.39q	2
	1:12.383 (1:12.383)			
9	Scott, Maya	Linfield	1:12.82q	1
	1:12.819 (1:12.819)			
10	Dailey, Carly	Pacific Lutheran	1:13.25	2
	1:13.243 (1:13.243)			
11	Leandro, Carly	Lewis & Clark	1:13.30	2
	1:13.291 (1:13.291)			
12	Turner, Lily	Puget Sound	1:14.57	1
	1:14.567 (1:14.567)			
13	Carney, Sarah	Lewis & Clark	1:18.50	2
	1:18.493 (1:18.493)			
14	Davis, Sophie	George Fox	1:19.95	1
	1:19.947 (1:19.947)			

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****Event 12 Men 200 Meter Dash**

NWC Meet: M 21.22 1973		Ray Fabian, Whitworth			
NWC Records: R 20.58 1969		Keith Shriver, Linfield			
Name	Year	School	Prelims	Wind	H#
1 Beckmann, Keaton		Willamette	21.82Q	2.5	2
21.813 (21.813)					
2 Mihelich, Davis		George Fox	22.07Q	1.4	1
22.066 (22.066)					
3 Morris, Chandler		Linfield	22.36q	1.4	1
22.354 (22.354)					
4 Blackler, Kolby		Whitworth	22.39q	1.4	1
22.382 (22.382)					
5 Sanchez, Keola		Pacific Lutheran	22.55q	2.5	2
22.547 (22.547)					
6 Wisenbaker, Garet		George Fox	22.66q	2.5	2
22.651 (22.651)					
7 Anderson, Oliver		Willamette	22.79q	1.4	1
22.786 (22.786)					
8 Tam-Switzer, Cheyn		Pacific Lutheran	22.80q	2.5	2
22.795 (22.795)					
9 Tahir, Isam		Lewis & Clark	23.13q	2.5	2
23.127 (23.127)					
10 Stilnovich, Joe		Pacific Lutheran	23.16	2.5	2
23.151 (23.151)					

**Event 13 Women 200 Meter Dash**

NWC Meet: M 24.52 1999		Christine Axley, Pacific Lutheran			
NWC Records: R 24.52 1999		Christine Axley, Pacific Lutheran			
Name	Year	School	Prelims	Wind	H#
1 Forsyth, Bailey		Pacific Lutheran	24.85Q	0.3	1
24.849 (24.849)					
2 Lewis, Jackilyn		Puget Sound	25.27Q	0.6	2
25.261 (25.261)					
3 Radigan, Sydney		George Fox	25.66q	0.6	2
25.653 (25.653)					
4 Greene, Anisha		Lewis & Clark	25.82q	0.3	1
25.813 (25.813)					
5 Ball, Alison		Whitworth	25.92q	0.3	1
25.919 (25.919)					
6 Riggs, Sami		Willamette	26.34q	0.3	1
26.333 (26.333)					
7 McBride-Steiger, Justice		Linfield	26.62q	0.6	2
26.617 (26.617)					
8 Robinson, Tessa		Lewis & Clark	26.64q	0.3	1
26.635 (26.635)					
9 Feinglas, McKenzie		Linfield	26.90q	0.6	2
26.891 (26.891)					



## 2021 NWC Championships - 5/13/2021 to 5/14/2021

## Pacific University

## Results

## Event 14 Men 10000 Meter Run

=====							
NWC Meet: M 30:28.84		1983	Kris Mueller, Linfield				
NWC Records: R 29:21.90		1972	Tom Hale, Whitworth				
Name	Year	School	Finals				
=====							
Finals							
1	Monaghan, Colin		Puget Sound	31:58.65			
	1:13.170 (1:13.170)	2:27.236 (1:14.066)	3:42.324 (1:15.088)	4:58.250 (1:15.926)			
	6:14.770 (1:16.520)	7:30.988 (1:16.218)	8:47.878 (1:16.890)	10:05.250 (1:17.372)			
	11:23.082 (1:17.832)	12:40.398 (1:17.316)	13:56.882 (1:16.484)	15:13.356 (1:16.474)			
	16:30.624 (1:17.268)	17:48.700 (1:18.076)	19:06.690 (1:17.990)	20:24.212 (1:17.522)			
	21:42.274 (1:18.062)	22:59.564 (1:17.290)	24:17.604 (1:18.040)	25:35.886 (1:18.282)			
	26:54.104 (1:18.218)	28:12.686 (1:18.582)	29:30.164 (1:17.478)	30:46.804 (1:16.640)			
	31:58.650 (1:11.846)						
2	Stracke, Ryan		Pacific Lutheran	32:19.27			
	1:16.890 (1:16.890)	2:35.454 (1:18.564)	3:54.432 (1:18.978)	5:13.030 (1:18.598)			
	6:29.054 (1:16.024)	7:45.946 (1:16.892)	9:03.498 (1:17.552)	10:21.342 (1:17.844)			
	11:41.174 (1:19.832)	13:00.884 (1:19.710)	14:19.776 (1:18.892)	15:37.024 (1:17.248)			
	16:53.740 (1:16.716)	18:11.690 (1:17.950)	19:29.952 (1:18.262)	20:47.778 (1:17.826)			
	22:07.116 (1:19.338)	23:26.478 (1:19.362)	24:45.326 (1:18.848)	26:04.948 (1:19.622)			
	27:24.130 (1:19.182)	28:43.046 (1:18.916)	30:00.020 (1:16.974)	31:11.680 (1:11.660)			
	32:19.262 (1:07.582)						
3	Mott, Joel		Whitworth	32:24.11			
	1:16.648 (1:16.648)	2:35.208 (1:18.560)	3:54.180 (1:18.972)	5:12.792 (1:18.612)			
	6:28.838 (1:16.046)	7:45.704 (1:16.866)	9:03.252 (1:17.548)	10:21.178 (1:17.926)			
	11:40.990 (1:19.812)	13:00.636 (1:19.646)	14:19.498 (1:18.862)	15:36.856 (1:17.358)			
	16:53.460 (1:16.604)	18:11.546 (1:18.086)	19:29.732 (1:18.186)	20:47.516 (1:17.784)			
	22:06.840 (1:19.324)	23:26.246 (1:19.406)	24:45.112 (1:18.866)	26:04.712 (1:19.600)			
	27:23.902 (1:19.190)	28:42.830 (1:18.928)	29:59.934 (1:17.104)	31:13.810 (1:13.876)			
	32:24.106 (1:10.296)						
4	Gappa, Austin		George Fox	32:29.68			
	1:18.974 (1:18.974)	2:35.866 (1:16.892)	3:54.464 (1:18.598)	5:13.074 (1:18.610)			
	6:29.254 (1:16.180)	7:46.190 (1:16.936)	9:03.750 (1:17.560)	10:21.298 (1:17.548)			
	11:41.008 (1:19.710)	13:00.720 (1:19.712)	14:19.622 (1:18.902)	15:36.540 (1:16.918)			
	16:53.040 (1:16.500)	18:10.778 (1:17.738)	19:29.044 (1:18.266)	20:47.204 (1:18.160)			
	22:06.968 (1:19.764)	23:25.676 (1:18.708)	26:04.334 (2:38.658)	27:22.916 (1:18.582)			
	28:42.280 (1:19.364)	30:00.824 (1:18.544)	31:17.904 (1:17.080)	32:29.680 (1:11.776)			
5	Slenning, Nick		Pacific (Ore.)	32:48.48			
	1:17.394 (1:17.394)	2:35.986 (1:18.592)	3:55.008 (1:19.022)	5:13.840 (1:18.832)			
	6:33.020 (1:19.180)	7:52.678 (1:19.658)	9:11.838 (1:19.160)	10:31.036 (1:19.198)			
	11:50.472 (1:19.436)	13:09.566 (1:19.094)	14:28.830 (1:19.264)	15:47.994 (1:19.164)			
	17:06.324 (1:18.330)	18:25.166 (1:18.842)	19:44.686 (1:19.520)	21:03.646 (1:18.960)			
	22:22.596 (1:18.950)	23:41.016 (1:18.420)	24:59.086 (1:18.070)	26:17.008 (1:17.922)			
	27:35.624 (1:18.616)	28:55.354 (1:19.730)	30:15.094 (1:19.740)	30:42.644 (27.550)			
	31:33.556 (50.912)						
6	Stewart, Riley		Pacific (Ore.)	33:14.75			
	1:17.286 (1:17.286)	2:35.682 (1:18.396)	3:54.726 (1:19.044)	5:13.346 (1:18.620)			
	6:29.544 (1:16.198)	7:46.512 (1:16.968)	9:04.098 (1:17.586)	10:21.644 (1:17.546)			
	11:41.436 (1:19.792)	13:01.138 (1:19.702)	14:20.064 (1:18.926)	15:37.332 (1:17.268)			
	16:54.120 (1:16.788)	18:12.064 (1:17.944)	19:32.260 (1:20.196)	20:52.656 (1:20.396)			
	22:14.902 (1:22.246)	23:38.394 (1:23.492)	25:00.076 (1:21.682)	26:26.934 (1:26.858)			
	27:54.054 (1:27.120)	29:20.248 (1:26.194)	32:02.426 (2:42.178)	33:14.746 (1:12.320)			

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 14 Men 10000 Meter Run**

7	Grode, Caleb	Whitworth	33:23.27				
	1:19.780 (1:19.780)	2:39.552 (1:19.772)	3:57.942 (1:18.390)	5:17.284 (1:19.342)			
	6:37.160 (1:19.876)	7:56.492 (1:19.332)	9:17.140 (1:20.648)	10:36.402 (1:19.262)			
	11:57.406 (1:21.004)	13:17.832 (1:20.426)	14:38.074 (1:20.242)	15:59.498 (1:21.424)			
	17:19.688 (1:20.190)	18:40.780 (1:21.092)	20:00.732 (1:19.952)	21:22.536 (1:21.804)			
	22:43.326 (1:20.790)	24:03.358 (1:20.032)	25:23.920 (1:20.562)	26:45.600 (1:21.680)			
	28:06.702 (1:21.102)	29:25.312 (1:18.610)	30:47.252 (1:21.940)	32:07.840 (1:20.588)			
	33:23.268 (1:15.428)						
8	Christianson, Matthew	Whitworth	33:35.46				
	1:19.638 (1:19.638)	2:39.344 (1:19.706)	3:57.666 (1:18.322)	5:16.740 (1:19.074)			
	6:37.034 (1:20.294)	7:56.296 (1:19.262)	9:16.868 (1:20.572)	10:36.162 (1:19.294)			
	11:57.172 (1:21.010)	13:17.618 (1:20.446)	14:38.402 (1:20.784)	15:59.230 (1:20.828)			
	17:19.428 (1:20.198)	18:41.178 (1:21.750)	20:01.256 (1:20.078)	21:23.316 (1:22.060)			
	22:45.902 (1:22.586)	24:09.570 (1:23.668)	25:33.894 (1:24.324)	26:59.226 (1:25.332)			
	28:22.502 (1:23.276)	29:46.040 (1:23.538)	31:06.562 (1:20.522)	32:26.072 (1:19.510)			
	33:35.458 (1:09.386)						
9	Mills, Alex	George Fox	33:55.90				
	1:19.258 (1:19.258)	2:37.238 (1:17.980)	3:56.106 (1:18.868)	5:15.316 (1:19.210)			
	6:33.680 (1:18.364)	7:53.714 (1:20.034)	9:12.144 (1:18.430)	10:31.378 (1:19.234)			
	11:50.834 (1:19.456)	13:09.850 (1:19.016)	14:29.170 (1:19.320)	15:49.520 (1:20.350)			
	17:11.808 (1:22.288)	18:33.080 (1:21.272)	19:56.308 (1:23.228)	21:20.896 (1:24.588)			
	22:45.590 (1:24.694)	24:09.902 (1:24.312)	25:34.150 (1:24.248)	26:59.384 (1:25.234)			
	28:22.188 (1:22.804)	29:46.818 (1:24.630)	31:12.300 (1:25.482)	32:36.516 (1:24.216)			
	33:55.900 (1:19.384)						
10	DeWitt, Cody	Puget Sound	34:01.73				
	1:17.758 (1:17.758)	2:36.266 (1:18.508)	3:55.362 (1:19.096)	5:14.246 (1:18.884)			
	6:33.408 (1:19.162)	7:53.474 (1:20.066)	9:13.328 (1:19.854)	10:34.184 (1:20.856)			
	11:56.960 (1:22.776)	13:18.518 (1:21.558)	14:40.556 (1:22.038)	16:03.816 (1:23.260)			
	25:50.102 (9:46.286)	27:14.146 (1:24.044)	28:40.058 (1:25.912)	30:04.990 (1:24.932)			
	31:28.606 (1:23.616)	32:50.532 (1:21.926)	34:01.730 (1:11.198)				
11	Aprisa, Brandon	Lewis & Clark	34:15.81				
	1:18.312 (1:18.312)	2:38.534 (1:20.222)	4:00.390 (1:21.856)	5:22.954 (1:22.564)			
	6:46.472 (1:23.518)	8:11.636 (1:25.164)	9:34.570 (1:22.934)	10:57.892 (1:23.322)			
	12:21.366 (1:23.474)	13:45.010 (1:23.644)	15:09.234 (1:24.224)	16:32.302 (1:23.068)			
	17:55.926 (1:23.624)	19:19.388 (1:23.462)	20:43.522 (1:24.134)	22:07.936 (1:24.414)			
	23:32.684 (1:24.748)	24:56.884 (1:24.200)	26:21.838 (1:24.954)	27:44.954 (1:23.116)			
	29:06.724 (1:21.770)	30:26.656 (1:19.932)	31:47.088 (1:20.432)	33:05.474 (1:18.386)			
	34:15.806 (1:10.332)						
12	Wallace, Jonathan	Willamette	34:18.10				
	1:20.328 (1:20.328)	2:40.112 (1:19.784)	3:57.030 (1:16.918)	5:15.918 (1:18.888)			
	6:34.590 (1:18.672)	7:54.268 (1:19.678)	9:12.800 (1:18.532)	10:33.648 (1:20.848)			
	11:56.486 (1:22.838)	13:17.860 (1:21.374)	14:38.700 (1:20.840)	15:59.944 (1:21.244)			
	17:23.398 (1:23.454)	18:47.790 (1:24.392)	20:12.950 (1:25.160)	21:38.606 (1:25.656)			
	23:02.642 (1:24.036)	24:27.060 (1:24.418)	25:51.700 (1:24.640)	27:17.232 (1:25.532)			
	28:42.336 (1:25.104)	30:07.310 (1:24.974)	31:34.124 (1:26.814)	33:00.294 (1:26.170)			
	34:18.092 (1:17.798)						
13	Samson, Daniel	Pacific Lutheran	34:50.88				
	1:20.422 (1:20.422)	2:39.852 (1:19.430)	3:59.808 (1:19.956)	5:20.148 (1:20.340)			
	6:41.146 (1:20.998)	8:03.350 (1:22.204)	9:24.840 (1:21.490)	10:45.830 (1:20.990)			
	12:07.220 (1:21.390)	13:29.520 (1:22.300)	14:51.378 (1:21.858)	16:12.914 (1:21.536)			
	17:35.614 (1:22.700)	18:58.144 (1:22.530)	20:20.852 (1:22.708)	21:44.176 (1:23.324)			
	23:07.608 (1:23.432)	24:32.528 (1:24.920)	25:58.090 (1:25.562)	27:24.934 (1:26.844)			
	28:51.952 (1:27.018)	30:25.384 (1:33.432)	32:00.962 (1:35.578)	33:31.730 (1:30.768)			
	34:50.874 (1:19.144)						

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 14 Men 10000 Meter Run**

14 Herrick, Carson	Willamette	34:51.30					
1:20.526 (1:20.526)	2:39.670 (1:19.144)	3:56.722 (1:17.052)	5:15.630 (1:18.908)				
6:33.920 (1:18.290)	7:53.988 (1:20.068)	9:12.490 (1:18.502)	10:33.384 (1:20.894)				
11:57.286 (1:23.902)	13:19.562 (1:22.276)	14:45.062 (1:25.500)	16:11.578 (1:26.516)				
17:37.278 (1:25.700)	19:03.640 (1:26.362)	20:29.756 (1:26.116)	21:55.710 (1:25.954)				
23:22.922 (1:27.212)	24:50.190 (1:27.268)	26:17.210 (1:27.020)	27:45.104 (1:27.894)				
29:11.456 (1:26.352)	30:38.294 (1:26.838)	32:07.506 (1:29.212)	33:35.146 (1:27.640)				
34:51.296 (1:16.150)							
15 Ramirez, Alexis	Lewis & Clark	34:55.04					
1:19.548 (1:19.548)	2:39.806 (1:20.258)	4:00.520 (1:20.714)	5:23.260 (1:22.740)				
6:46.620 (1:23.360)	8:11.802 (1:25.182)	9:34.714 (1:22.912)	10:58.104 (1:23.390)				
12:21.730 (1:23.626)	13:44.662 (1:22.932)	15:08.952 (1:24.290)	16:31.816 (1:22.864)				
17:55.588 (1:23.772)	19:19.034 (1:23.446)	20:43.160 (1:24.126)	22:07.716 (1:24.556)				
23:32.536 (1:24.820)	24:56.568 (1:24.032)	26:21.472 (1:24.904)	27:45.912 (1:24.440)				
29:11.144 (1:25.232)	30:36.306 (1:25.162)	32:00.458 (1:24.152)	33:15.024 (1:14.566)				
34:55.032 (1:40.008)							
16 Grass, Gavin	George Fox	34:58.02					
1:19.930 (1:19.930)	2:37.586 (1:17.656)	3:56.464 (1:18.878)	5:15.660 (1:19.196)				
6:35.318 (1:19.658)	7:55.792 (1:20.474)	9:17.644 (1:21.852)	10:41.786 (1:24.142)				
12:04.604 (1:22.818)	13:29.052 (1:24.448)	14:52.072 (1:23.020)	16:15.054 (1:22.982)				
17:38.430 (1:23.376)	19:03.482 (1:25.052)	20:29.488 (1:26.006)	21:56.138 (1:26.650)				
23:22.630 (1:26.492)	24:49.908 (1:27.278)	26:16.942 (1:27.034)	27:44.784 (1:27.842)				
29:12.522 (1:27.738)	30:40.944 (1:28.422)	32:10.394 (1:29.450)	33:37.120 (1:26.726)				
34:58.020 (1:20.900)							
17 Smith, Aidan	Whitworth	35:14.32					
1:19.106 (1:19.106)	2:39.036 (1:19.930)	3:57.384 (1:18.348)	5:16.158 (1:18.774)				
6:36.754 (1:20.596)	7:59.576 (1:22.822)	9:24.940 (1:25.364)	10:51.304 (1:26.364)				
12:18.884 (1:27.580)	13:45.736 (1:26.852)	15:12.758 (1:27.022)	16:39.858 (1:27.100)				
18:07.090 (1:27.232)	19:30.102 (1:23.012)	20:54.564 (1:24.462)	22:19.792 (1:25.228)				
23:46.116 (1:26.324)	25:11.992 (1:25.876)	26:37.502 (1:25.510)	28:03.790 (1:26.288)				
29:29.052 (1:25.262)	30:56.330 (1:27.278)	32:25.074 (1:28.744)	33:51.890 (1:26.816)				
35:14.320 (1:22.430)							
18 Voenell, Miles	Lewis & Clark	35:36.94					
1:21.124 (1:21.124)	2:41.600 (1:20.476)	4:02.570 (1:20.970)	5:25.028 (1:22.458)				
6:48.624 (1:23.596)	8:12.908 (1:24.284)	9:36.106 (1:23.198)	11:00.280 (1:24.174)				
12:25.562 (1:25.282)	13:51.820 (1:26.258)	15:16.974 (1:25.154)	16:44.258 (1:27.284)				
18:12.272 (1:28.014)	19:38.252 (1:25.980)	21:05.170 (1:26.918)	22:32.614 (1:27.444)				
24:00.522 (1:27.908)	25:28.674 (1:28.152)	26:58.196 (1:29.522)	28:26.480 (1:28.284)				
29:55.138 (1:28.658)	31:22.748 (1:27.610)	32:50.844 (1:28.096)	34:17.320 (1:26.476)				
35:36.936 (1:19.616)							
19 Rotar, Max	Pacific (Ore.)	35:39.22					
1:20.108 (1:20.108)	2:39.940 (1:19.832)	3:59.192 (1:19.252)	5:17.776 (1:18.584)				
6:37.688 (1:19.912)	7:59.242 (1:21.554)	9:21.766 (1:22.524)	10:45.742 (1:23.976)				
12:10.088 (1:24.346)	13:35.832 (1:25.744)	15:00.004 (1:24.172)	16:26.832 (1:26.828)				
17:55.072 (1:28.240)	19:21.650 (1:26.578)	20:51.024 (1:29.374)	22:20.896 (1:29.872)				
23:50.486 (1:29.590)	25:18.518 (1:28.032)	26:47.036 (1:28.518)	28:16.756 (1:29.720)				
29:46.666 (1:29.910)	31:16.946 (1:30.280)	32:46.682 (1:29.736)	34:15.896 (1:29.214)				
35:39.212 (1:23.316)							

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 14 Men 10000 Meter Run**

20	Maack, Erik		Pacific (Ore.)		35:49.36				
	1:18.906	(1:18.906)	2:36.962	(1:18.056)	3:55.812	(1:18.850)	5:15.056	(1:19.244)	
	6:34.664	(1:19.608)	7:55.436	(1:20.772)	9:17.324	(1:21.888)	10:40.902	(1:23.578)	
	12:04.234	(1:23.332)	13:28.726	(1:24.492)	14:53.260	(1:24.534)	16:17.578	(1:24.318)	
	17:43.178	(1:25.600)	19:10.198	(1:27.020)	20:38.090	(1:27.892)	22:07.820	(1:29.730)	
	23:38.828	(1:31.008)	25:09.288	(1:30.460)	26:40.994	(1:31.706)	28:14.698	(1:33.704)	
	29:49.068	(1:34.370)	31:21.636	(1:32.568)	32:55.448	(1:33.812)	34:28.108	(1:32.660)	
	35:49.358	(1:21.250)							
21	Bay, Nate		Lewis & Clark		36:12.02				
	1:21.632	(1:21.632)	2:42.190	(1:20.558)	4:03.230	(1:21.040)	5:26.106	(1:22.876)	
	6:49.336	(1:23.230)	8:13.558	(1:24.222)	9:36.814	(1:23.256)	11:00.810	(1:23.996)	
	12:25.280	(1:24.470)	13:51.584	(1:26.304)	15:16.866	(1:25.282)	16:44.174	(1:27.308)	
	18:12.712	(1:28.538)	19:40.032	(1:27.320)	21:09.644	(1:29.612)	22:41.508	(1:31.864)	
	24:13.202	(1:31.694)	25:43.898	(1:30.696)	27:15.096	(1:31.198)	28:43.972	(1:28.876)	
	30:15.880	(1:31.908)	31:48.224	(1:32.344)	33:21.624	(1:33.400)	34:49.484	(1:27.860)	
	36:12.020	(1:22.536)							
22	Arcos, Erick		Pacific Lutheran		36:49.63				
	1:21.026	(1:21.026)	2:40.600	(1:19.574)	4:00.958	(1:20.358)	5:21.716	(1:20.758)	
	6:43.418	(1:21.702)	8:07.746	(1:24.328)	9:32.680	(1:24.934)	10:57.678	(1:24.998)	
	12:21.050	(1:23.372)	13:44.340	(1:23.290)	16:35.856	(2:51.516)	18:08.050	(1:32.194)	
	19:38.934	(1:30.884)	21:14.504	(1:35.570)	22:47.960	(1:33.456)	24:23.444	(1:35.484)	
	25:58.678	(1:35.234)	27:37.022	(1:38.344)	29:14.824	(1:37.802)	30:45.246	(1:30.422)	
	32:22.592	(1:37.346)	34:03.500	(1:40.908)	35:34.166	(1:30.666)	36:49.622	(1:15.456)	
--	Robak, Trey		Pacific Lutheran		DNF				
	1:19.392	(1:19.392)	2:36.724	(1:17.332)	3:55.626	(1:18.902)	5:14.858	(1:19.232)	
	6:34.414	(1:19.556)	7:55.100	(1:20.686)	9:17.052	(1:21.952)	10:41.464	(1:24.412)	
	12:06.124	(1:24.660)	13:30.266	(1:24.142)	14:55.912	(1:25.646)	16:22.986	(1:27.074)	

**Event 15 Women 10000 Meter Run**

=====									
	NWC Meet:	M	35:54.37	2018		Kayla Leland,	Whitworth		
	NWC Records:	R	35:07.87	1999		Dana Boyle,	Puget Sound		
	Name		Year	School		Finals			
=====									
1	Paquet, Sarah		Pacific Lutheran		37:58.52				
	1:27.738	(1:27.738)	2:56.612	(1:28.874)	4:24.020	(1:27.408)	5:53.232	(1:29.212)	
	7:23.208	(1:29.976)	8:50.572	(1:27.364)	10:21.096	(1:30.524)	11:52.480	(1:31.384)	
	13:21.930	(1:29.450)	14:53.516	(1:31.586)	16:23.996	(1:30.480)	17:53.790	(1:29.794)	
	19:24.398	(1:30.608)	20:56.128	(1:31.730)	22:28.906	(1:32.778)	24:00.784	(1:31.878)	
	25:34.286	(1:33.502)	27:09.174	(1:34.888)	28:44.000	(1:34.826)	30:18.542	(1:34.542)	
	31:53.026	(1:34.484)	33:26.108	(1:33.082)	35:00.210	(1:34.102)	36:33.220	(1:33.010)	
	37:58.512	(1:25.292)							
2	Putman, Kara		Pacific (Ore.)		38:13.02				
	1:28.040	(1:28.040)	2:57.128	(1:29.088)	4:24.618	(1:27.490)	5:53.960	(1:29.342)	
	7:23.860	(1:29.900)	8:52.124	(1:28.264)	10:22.832	(1:30.708)	11:53.924	(1:31.092)	
	13:24.300	(1:30.376)	14:56.112	(1:31.812)	16:28.594	(1:32.482)	17:59.610	(1:31.016)	
	19:31.778	(1:32.168)	21:03.944	(1:32.166)	22:35.754	(1:31.810)	24:10.554	(1:34.800)	
	25:44.548	(1:33.994)	27:20.752	(1:36.204)	28:55.356	(1:34.604)	30:31.508	(1:36.152)	
	32:06.964	(1:35.456)	33:42.154	(1:35.190)	35:18.340	(1:36.186)	36:51.298	(1:32.958)	
	38:13.012	(1:21.714)							



**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 15 Women 10000 Meter Run**

9	Henry, Morgan	Pacific (Ore.)	41:34.27				
	1:40.332 (1:40.332)	3:20.936 (1:40.604)	5:03.006 (1:42.070)	6:45.120 (1:42.114)			
	8:28.070 (1:42.950)	10:08.544 (1:40.474)	11:47.646 (1:39.102)	13:26.148 (1:38.502)			
	15:04.686 (1:38.538)	16:42.682 (1:37.996)	18:22.588 (1:39.906)	20:01.530 (1:38.942)			
	21:39.884 (1:38.354)	23:17.696 (1:37.812)	24:54.518 (1:36.822)	26:34.454 (1:39.936)			
	28:14.268 (1:39.814)	29:53.842 (1:39.574)	31:34.630 (1:40.788)	33:15.386 (1:40.756)			
	34:56.648 (1:41.262)	36:38.130 (1:41.482)	38:18.802 (1:40.672)	40:00.384 (1:41.582)			
	41:34.266 (1:33.882)						
10	Bigio, Sophia	Whitman	41:39.56				
	1:32.556 (1:32.556)	3:07.776 (1:35.220)	4:46.174 (1:38.398)	6:24.406 (1:38.232)			
	8:01.638 (1:37.232)	9:39.270 (1:37.632)	11:17.866 (1:38.596)	12:56.054 (1:38.188)			
	14:35.294 (1:39.240)	16:13.546 (1:38.252)	17:55.150 (1:41.604)	19:34.524 (1:39.374)			
	21:15.284 (1:40.760)	22:55.294 (1:40.010)	24:38.226 (1:42.932)	26:19.052 (1:40.826)			
	28:00.154 (1:41.102)	29:42.184 (1:42.030)	31:24.944 (1:42.760)	33:07.882 (1:42.938)			
	34:50.796 (1:42.914)	36:35.590 (1:44.794)	38:19.756 (1:44.166)	40:04.224 (1:44.468)			
	41:39.560 (1:35.336)						
11	Shutz, Risa	Willamette	42:00.21				
	1:35.966 (1:35.966)	3:14.846 (1:38.880)	4:48.806 (1:33.960)	6:25.592 (1:36.786)			
	8:01.290 (1:35.698)	9:38.974 (1:37.684)	11:18.016 (1:39.042)	12:55.488 (1:37.472)			
	14:34.904 (1:39.416)	16:13.186 (1:38.282)	17:54.776 (1:41.590)	19:36.440 (1:41.664)			
	21:18.080 (1:41.640)	22:59.018 (1:40.938)	24:40.312 (1:41.294)	26:21.176 (1:40.864)			
	28:01.314 (1:40.138)	29:42.598 (1:41.284)	31:26.842 (1:44.244)	33:11.410 (1:44.568)			
	34:56.390 (1:44.980)	36:44.476 (1:48.086)	38:35.462 (1:50.986)	40:23.314 (1:47.852)			
	42:00.206 (1:36.892)						
12	Hamilton, Dana	Willamette	42:01.82				
	1:37.230 (1:37.230)	3:16.800 (1:39.570)	4:54.820 (1:38.020)	6:33.898 (1:39.078)			
	8:10.662 (1:36.764)	9:46.024 (1:35.362)	11:18.848 (1:32.824)	12:56.602 (1:37.754)			
	14:34.100 (1:37.498)	16:11.190 (1:37.090)	17:49.496 (1:38.306)	19:24.800 (1:35.304)			
	21:09.332 (1:44.532)	22:51.202 (1:41.870)	24:33.906 (1:42.704)	26:19.638 (1:45.732)			
	28:01.656 (1:42.018)	29:45.606 (1:43.950)	31:33.296 (1:47.690)	33:21.520 (1:48.224)			
	35:10.078 (1:48.558)	36:57.792 (1:47.714)	38:44.728 (1:46.936)	40:29.668 (1:44.940)			
	42:01.814 (1:32.146)						
13	Moon, Emma	George Fox	42:05.37				
	1:35.412 (1:35.412)	3:14.614 (1:39.202)	4:52.760 (1:38.146)	6:33.636 (1:40.876)			
	8:11.168 (1:37.532)	9:48.626 (1:37.458)	11:26.226 (1:37.600)	13:05.942 (1:39.716)			
	14:45.246 (1:39.304)	16:25.174 (1:39.928)	18:03.736 (1:38.562)	19:42.926 (1:39.190)			
	21:21.690 (1:38.764)	23:00.392 (1:38.702)	24:40.722 (1:40.330)	26:22.808 (1:42.086)			
	28:06.554 (1:43.746)	29:51.700 (1:45.146)	31:36.248 (1:44.548)	33:21.032 (1:44.784)			
	35:08.708 (1:47.676)	36:55.986 (1:47.278)	38:42.192 (1:46.206)	40:27.020 (1:44.828)			
	42:05.362 (1:38.342)						
14	Kalebaugh, Bethany	Pacific (Ore.)	42:52.09				
	1:39.306 (1:39.306)	3:19.598 (1:40.292)	4:59.590 (1:39.992)	6:40.998 (1:41.408)			
	8:22.376 (1:41.378)	10:02.866 (1:40.490)	11:41.918 (1:39.052)	13:21.812 (1:39.894)			
	15:01.598 (1:39.786)	16:41.400 (1:39.802)	18:22.220 (1:40.820)	20:04.932 (1:42.712)			
	21:48.536 (1:43.604)	23:31.580 (1:43.044)	25:17.280 (1:45.700)	27:03.710 (1:46.430)			
	28:50.334 (1:46.624)	30:37.442 (1:47.108)	32:26.468 (1:49.026)	34:13.974 (1:47.506)			
	36:00.294 (1:46.320)	37:45.796 (1:45.502)	39:32.730 (1:46.934)	41:17.922 (1:45.192)			
	42:52.082 (1:34.160)						

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 15 Women 10000 Meter Run**

15	Simmons, Sequoia	Whitworth	42:54.61				
	1:45.630 (1:45.630)	3:32.470 (1:46.840)	5:19.874 (1:47.404)	7:08.082 (1:48.208)			
	8:54.560 (1:46.478)	10:37.188 (1:42.628)	12:18.668 (1:41.480)	14:02.940 (1:44.272)			
	15:47.798 (1:44.858)	17:32.222 (1:44.424)	19:18.432 (1:46.210)	21:05.746 (1:47.314)			
	22:51.186 (1:45.440)	24:29.564 (1:38.378)	26:10.670 (1:41.106)	27:47.798 (1:37.128)			
	29:26.658 (1:38.860)	31:05.608 (1:38.950)	32:47.170 (1:41.562)	34:29.418 (1:42.248)			
	36:13.028 (1:43.610)	37:56.018 (1:42.990)	39:37.870 (1:41.852)	41:19.738 (1:41.868)			
	42:54.604 (1:34.866)						
16	Nygreen, Olivia	George Fox	43:11.04				
	1:39.836 (1:39.836)	3:20.658 (1:40.822)	5:02.668 (1:42.010)	6:44.762 (1:42.094)			
	8:27.736 (1:42.974)	10:12.168 (1:44.432)	11:55.816 (1:43.648)	13:37.072 (1:41.256)			
	15:20.612 (1:43.540)	17:04.350 (1:43.738)	18:47.330 (1:42.980)	20:34.456 (1:47.126)			
	22:17.824 (1:43.368)	24:03.228 (1:45.404)	25:49.720 (1:46.492)	27:36.108 (1:46.388)			
	29:20.272 (1:44.164)	31:06.020 (1:45.748)	32:50.968 (1:44.948)	34:36.748 (1:45.780)			
	36:22.846 (1:46.098)	38:08.754 (1:45.908)	39:54.044 (1:45.290)	41:37.510 (1:43.466)			
	43:11.038 (1:33.528)						
17	Chidsey, Ellie	Whitman	43:15.19				
	1:42.420 (1:42.420)	3:28.958 (1:46.538)	5:13.364 (1:44.406)	6:57.470 (1:44.106)			
	8:42.054 (1:44.584)	10:27.302 (1:45.248)	12:12.424 (1:45.122)	13:56.136 (1:43.712)			
	15:41.274 (1:45.138)	17:24.820 (1:43.546)	19:07.146 (1:42.326)	20:50.552 (1:43.406)			
	22:34.198 (1:43.646)	24:18.184 (1:43.986)	26:01.882 (1:43.698)	27:45.912 (1:44.030)			
	29:29.594 (1:43.682)	31:15.462 (1:45.868)	32:58.214 (1:42.752)	34:40.576 (1:42.362)			
	36:27.578 (1:47.002)	38:14.976 (1:47.398)	40:00.356 (1:45.380)	41:42.656 (1:42.300)			
	43:15.186 (1:32.530)						
18	Pifer, Gillian	Lewis & Clark	43:22.12				
	1:42.798 (1:42.798)	3:31.958 (1:49.160)	5:19.582 (1:47.624)	7:07.772 (1:48.190)			
	8:54.244 (1:46.472)	10:36.826 (1:42.582)	12:18.392 (1:41.566)	14:02.632 (1:44.240)			
	15:47.472 (1:44.840)	17:31.894 (1:44.422)	19:18.106 (1:46.212)	21:05.168 (1:47.062)			
	22:50.834 (1:45.666)	24:35.784 (1:44.950)	26:22.882 (1:47.098)	28:08.220 (1:45.338)			
	29:53.064 (1:44.844)	31:37.774 (1:44.710)	33:17.310 (1:39.536)	35:00.464 (1:43.154)			
	36:45.816 (1:45.352)	38:31.026 (1:45.210)	40:16.088 (1:45.062)	41:55.120 (1:39.032)			
	43:22.114 (1:26.994)						
19	Erickson, Makayla	Linfield	43:46.61				
	1:42.156 (1:42.156)	3:28.664 (1:46.508)	5:13.726 (1:45.062)	6:57.268 (1:43.542)			
	8:41.868 (1:44.600)	10:27.122 (1:45.254)	12:12.262 (1:45.140)	13:55.824 (1:43.562)			
	15:41.398 (1:45.574)	17:24.944 (1:43.546)	19:07.406 (1:42.462)	20:50.736 (1:43.330)			
	22:34.518 (1:43.782)	24:18.438 (1:43.920)	26:02.326 (1:43.888)	27:46.664 (1:44.338)			
	29:32.262 (1:45.598)	31:17.372 (1:45.110)	33:04.008 (1:46.636)	34:51.508 (1:47.500)			
	36:38.404 (1:46.896)	38:26.894 (1:48.490)	40:13.482 (1:46.588)	42:02.192 (1:48.710)			
	43:46.608 (1:44.416)						
20	Ambrose, Ashley	Linfield	44:22.45				
	1:42.188 (1:42.188)	3:28.762 (1:46.574)	5:13.792 (1:45.030)	6:57.242 (1:43.450)			
	8:41.840 (1:44.598)	10:27.090 (1:45.250)	12:12.234 (1:45.144)	13:56.016 (1:43.782)			
	15:41.478 (1:45.462)	17:25.516 (1:44.038)	19:09.686 (1:44.170)	20:55.598 (1:45.912)			
	22:41.234 (1:45.636)	24:27.604 (1:46.370)	26:14.282 (1:46.678)	28:00.860 (1:46.578)			
	29:48.040 (1:47.180)	31:37.048 (1:49.008)	33:26.672 (1:49.624)	35:16.314 (1:49.642)			
	37:07.458 (1:51.144)	38:58.036 (1:50.578)	40:48.358 (1:50.322)	42:37.254 (1:48.896)			
	44:22.448 (1:45.194)						

## 2021 NWC Championships - 5/13/2021 to 5/14/2021

## Pacific University

## Results

## ....Event 15 Women 10000 Meter Run

21	Schwieterman, Katya	Lewis & Clark	45:13.56				
	1:44.944 (1:44.944)	3:32.094 (1:47.150)	5:19.700 (1:47.606)	7:07.936 (1:48.236)			
	8:54.394 (1:46.458)	10:40.758 (1:46.364)	12:29.372 (1:48.614)	14:20.566 (1:51.194)			
	16:10.654 (1:50.088)	17:59.642 (1:48.988)	19:50.426 (1:50.784)	21:41.500 (1:51.074)			
	23:31.742 (1:50.242)	25:20.642 (1:48.900)	27:11.776 (1:51.134)	29:03.856 (1:52.080)			
	30:54.334 (1:50.478)	32:45.876 (1:51.542)	34:35.462 (1:49.586)	36:22.420 (1:46.958)			
	38:09.176 (1:46.756)	39:56.366 (1:47.190)	41:46.128 (1:49.762)	43:34.914 (1:48.786)			
	45:13.558 (1:38.644)						
--	Corwin, Sylvie	Whitman	DNF				
	1:35.214 (1:35.214)	3:14.378 (1:39.164)	4:52.552 (1:38.174)	6:33.468 (1:40.916)			
	8:12.474 (1:39.006)	9:56.302 (1:43.828)	11:40.512 (1:44.210)	13:25.380 (1:44.868)			
	15:13.084 (1:47.704)	17:00.380 (1:47.296)	18:48.770 (1:48.390)	20:36.442 (1:47.672)			

## Event 16 Men 4x100 Meter Relay

=====			
NWC Meet:	M 41.69	2007	, Linfield
NWC Records:	R 41.35	1992	, Linfield
School			Finals
=====			
1	Whitworth 'A'		42.50
	1) Irish-Lodge, Samson	2) Blackler, Kolby	
	3) Wright, Logan	4) Flanagan, Riley	
	42.491 (42.491)		
2	George Fox 'A'		42.63
	1) Boomer, Kaleb	2) Quach, Drew	
	3) Wisenbaker, Garet	4) Mihelich, Davis	
	42.622 (42.622)		
3	Linfield 'A'		42.98
	1) Young, Zach	2) Morris, Chandler	
	3) Krutzikowsky, Ronan	4) Wood, Keaton	
	42.977 (42.977)		
4	Pacific Lutheran 'A'		43.44
	1) Rhineland, Colby	2) Tam-Switzer, Cheyn	
	3) Stilnovich, Joe	4) Serrao, Alec	
	43.432 (43.432)		
5	Puget Sound 'A'		44.40
	1) Washington, Silas	2) Bonicatto, Jack	
	3) Carey, Carson	4) Lewis, Trevino	
	44.395 (44.395)		
6	Pacific (Ore.) 'A'		48.65
	1) Kwon, Devin	2) Awana, Dylan	
	3) Yee, Bailly	4) Manzano, Marc	
	48.641 (48.641)		
--	Lewis & Clark 'A'		DNF
	1) Weston, Matthew	2) Tahir, Isam	
	3) Lopez, Huero	4) Booze, Tyson	

## Event 17 Women 4x100 Meter Relay

=====			
NWC Meet:	M 47.18	1999	, Pacific Lutheran
NWC Records:	R 46.96	1999	, Pacific Lutheran
School			Finals
=====			
1	George Fox 'A'		47.34



**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 17 Women 4x100 Meter Relay**

1) Dubois, Emily	2) Taube, Kennedy	
3) Rohrer, Emily	4) Radigan, Sydney	
47.339 (47.339)		
2 Pacific Lutheran 'A'		48.98
1) Nguyen, Kristine	2) Forsyth, Bailey	
3) Gulley, Adrienne	4) Cox, Lorin	
48.974 (48.974)		
3 Lewis & Clark 'A'		49.60
1) Beighle, Kennie	2) Greene, Anisha	
3) Tash, Emily	4) Robinson, Tessa	
49.596 (49.596)		
4 Linfield 'A'		49.70
1) Connors, Hillary	2) McBride-Steiger, Justice	
3) Klindt, Addison	4) Feinglas, McKenzie	
49.692 (49.692)		
5 Whitworth 'A'		53.21
1) Delcid, Marisol	2) Ball, Alison	
3) Lungo, Jordyn	4) Hewson, Amelia	
53.201 (53.201)		
6 Pacific (Ore.) 'A'		1:02.24
1) Hoiland, Jenna	2) Vazquez, Itzel	
3) Henke, Sophia	4) Lowery, Alexis	
1:02.233 (1:02.233)		

**Event 18 Men 1500 Meter Run**

NWC Meet: M 3:49.34	1977	Tim Williams, Linfield
NWC Records: R 3:45.06	1996	Mike Miller, Linfield
Name	Year School	Finals
1 Reid, Frankie	Lewis & Clark	3:51.92
43.008 (43.008)	1:47.096 (1:04.089)	2:52.033 (1:04.937)
3:51.917 (59.884)		
2 Wilber, Trevor	George Fox	3:52.58
43.361 (43.361)	1:46.906 (1:03.545)	2:51.786 (1:04.880)
3:52.572 (1:00.786)		
3 Gibbs, Josh	George Fox	3:55.98
45.022 (45.022)	1:50.578 (1:05.556)	2:56.469 (1:05.891)
3:55.978 (59.509)		
4 Stracke, Ryan	Pacific Lutheran	3:58.58
45.958 (45.958)	1:50.819 (1:04.861)	2:56.854 (1:06.035)
3:58.577 (1:01.723)		
5 Rising, Dillon	George Fox	3:59.22
44.784 (44.784)	1:49.515 (1:04.732)	2:55.958 (1:06.443)
3:59.212 (1:03.254)		
6 Callahan, Adam	Whitworth	4:03.70
47.705 (47.705)	1:54.695 (1:06.990)	3:01.818 (1:07.123)
4:03.697 (1:01.879)		
7 Stewart, Riley	Pacific (Ore.)	4:04.06
45.596 (45.596)	1:51.484 (1:05.888)	3:01.481 (1:09.998)
4:04.058 (1:02.577)		
8 Macdonald, Scott	Whitman	4:05.37
48.202 (48.202)	1:55.029 (1:06.827)	3:02.275 (1:07.247)
4:05.368 (1:03.093)		
9 Carsh, Christian	Whitworth	4:06.32
47.835 (47.835)	1:53.000 (1:05.165)	2:59.878 (1:06.879)
4:06.320 (1:06.442)		
10 Larsen, Rylan	George Fox	4:09.49
48.429 (48.429)	1:54.893 (1:06.464)	3:02.182 (1:07.289)
4:09.489 (1:07.308)		
11 Creeks, Brendan	Lewis & Clark	4:11.02
47.370 (47.370)	1:55.447 (1:08.077)	3:05.191 (1:09.744)
4:11.016 (1:05.826)		
12 Adkisson, Patrick	George Fox	4:14.21
46.745 (46.745)	1:53.381 (1:06.636)	3:04.924 (1:11.543)
4:14.201 (1:09.278)		
13 Slenning, Nick	Pacific (Ore.)	4:20.08
46.995 (46.995)	1:53.822 (1:06.827)	3:03.654 (1:09.832)
4:20.071 (1:16.417)		

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****Event 19 Women 1500 Meter Run**

NWC Meet: M 4:26.87 1992		Patty Ley, Pacific Lutheran	
NWC Records: R 4:15.61 1992		Patty Ley, Pacific Lutheran	
Name	Year	School	Finals
1 Neal, Jessica		George Fox	4:45.78
56.572 (56.572)	2:15.004 (1:18.432)	3:32.231 (1:17.227)	4:45.780 (1:13.549)
2 Sclair, Brenna		George Fox	4:47.90
56.905 (56.905)	2:15.110 (1:18.205)	3:32.346 (1:17.236)	4:47.894 (1:15.548)
3 Metzler, Rachael		Puget Sound	4:50.68
57.520 (57.520)	2:16.797 (1:19.277)	3:36.359 (1:19.562)	4:50.673 (1:14.314)
4 Degollado, Sulin		Pacific Lutheran	4:52.68
58.642 (58.642)	2:18.372 (1:19.730)	3:37.579 (1:19.208)	4:52.673 (1:15.094)
5 Buckley, Madelyn		Whitworth	4:53.85
1:00.185 (1:00.185)	2:20.472 (1:20.288)	3:40.791 (1:20.319)	4:53.844 (1:13.053)
6 Berry, Annie		Pacific (Ore.)	4:55.42
58.309 (58.309)	2:18.291 (1:19.983)	3:39.823 (1:21.532)	4:55.418 (1:15.595)
7 Irish, Eliza		Pacific (Ore.)	4:56.63
57.972 (57.972)	2:18.942 (1:20.970)	3:41.422 (1:22.480)	4:56.621 (1:15.199)
8 Teachout, Jenessa		George Fox	4:59.65
59.625 (59.625)	2:20.003 (1:20.378)	3:41.227 (1:21.225)	4:59.650 (1:18.423)
9 Hubbs, Madelyn		Pacific (Ore.)	5:04.50
59.989 (59.989)	2:20.643 (1:20.654)	3:43.328 (1:22.685)	5:04.499 (1:21.172)
10 Bradley, Elizabeth		Pacific (Ore.)	5:04.61
59.334 (59.334)	2:19.027 (1:19.694)	3:41.907 (1:22.880)	5:04.602 (1:22.695)
11 Piacsek, Audrey		Willamette	5:07.39
59.373 (59.373)	2:20.155 (1:20.783)	3:43.149 (1:22.994)	5:07.386 (1:24.237)
12 Chaffee, Amber		Linfield	5:12.10
59.595 (59.595)	2:19.180 (1:19.585)	3:41.633 (1:22.453)	5:12.091 (1:30.458)
13 Pfundt, Erin		Whitworth	5:25.38
1:00.447 (1:00.447)	2:24.148 (1:23.701)	3:56.524 (1:32.376)	5:25.374 (1:28.850)

**Event 20 Men 110 Meter Hurdles**

NWC Meet: M 14.41 1994		Nolan Toso, Pacific Lutheran		
NWC Records: R 14.02 1995		Nolan Toso, Pacific Lutheran		
Name	Year	School	Finals	Wind
1 Blackler, Kolby		Whitworth	14.86	2.9
14.853 (14.853)				
2 Hill, Berkley		George Fox	14.99	2.9
14.989 (14.989)				
3 McGill, Nicholas		Whitworth	15.38	2.9
15.378 (15.378)				
4 Dejong, Si		George Fox	15.40	2.9
15.394 (15.394)				
5 Wood, Keaton		Linfield	15.51	2.9
15.503 (15.503)				
6 Phillips, Tayler		George Fox	15.57	2.9
15.567 (15.567)				
7 Herrera, Travis		Whitworth	15.91	2.9
15.908 (15.908)				
8 Bromberg, Benji		Lewis & Clark	16.13	2.9
16.121 (16.121)				
9 Johnson, Sam		Lewis & Clark	16.21	2.9
16.210 (16.210)				

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****Event 21 Women 100 Meter Hurdles**

=====				
NWC Meet: M 14.27		2014	Dallas Edge, Linfield	
NWC Records: R 14.29		1995	Karen Andrade, Pacific Lutheran	
Name	Year	School	Finals	Wind
=====				
1 Hewson, Amelia		Whitworth	15.05	2.6
15.044 (15.044)				
2 VandenHoek, Brecken		George Fox	15.22	2.6
15.218 (15.218)				
3 Korb-Doty, Ashley		George Fox	15.57	2.6
15.566 (15.566)				
4 Gulley, Adrienne		Pacific Lutheran	15.67	2.6
15.666 (15.666)				
5 Jensen, Elisabeth		George Fox	15.91	2.6
15.909 (15.909)				
6 Dubois, Emily		George Fox	16.14	2.6
16.135 (16.135)				
7 Burke, Kristen		Linfield	16.40	2.6
16.391 (16.391)				
8 Scott, Maya		Linfield	16.56	2.6
16.557 (16.557)				

**Event 22 Men 400 Meter Dash**

=====				
NWC Meet: M 47.81		2015	Jake Mihelich, Linfield	
NWC Records: R 45.98		1997	Ryan Chaney, George Fox	
Name	Year	School	Finals	
=====				
1 Mihelich, Davis		George Fox	48.17	
48.168 (48.168)				
2 Booze, Tyson		Lewis & Clark	49.49	
49.490 (49.490)				
3 Sanchez, Keola		Pacific Lutheran	49.80	
49.800 (49.800)				
4 Lull, Josh		George Fox	51.71	
51.709 (51.709)				
5 Figueira, Kainoa		Whitworth	51.94	
51.939 (51.939)				
6 Falk, Jeremy		Willamette	53.63	
53.627 (53.627)				
7 Dykstra, Nathan		Whitworth	54.35	
54.347 (54.347)				
8 Ditter, Cameron		Whitworth	56.72	
56.715 (56.715)				
9 Gray, Nathaniel		Whitworth	57.31	
57.307 (57.307)				

**Event 23 Women 400 Meter Dash**

=====				
NWC Meet: M 55.34		1989	Kari Larson, Lewis & Clark	
NWC Records: R 54.82		1976	Sharon Canda, Willamette	
Name	Year	School	Finals	
=====				
1 Lewis, Jackilyn		Puget Sound	57.32	
57.318 (57.318)				

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 23 Women 400 Meter Dash**

2 James, Katie	George Fox	57.78
57.771 (57.771)		
3 Warren, Elizabeth	George Fox	59.51
59.501 (59.501)		
4 Umfleet, Grace	George Fox	59.59
59.583 (59.583)		
5 McBride-Steiger, Justice	Linfield	1:00.03
1:00.029 (1:00.029)		
6 Riggs, Sami	Willamette	1:00.37
1:00.369 (1:00.369)		
7 Tash, Emily	Lewis & Clark	1:01.67
1:01.666 (1:01.666)		
8 Winslow-Gonzalez, Carmen	Whitworth	1:03.84
1:03.838 (1:03.838)		
9 Echiverri, Kristi	Pacific (Ore.)	1:07.90
1:07.899 (1:07.899)		

**Event 24 Men 100 Meter Dash**

=====				
NWC Meet: M	10.65	2003	Chris Boock, Linfield	
NWC Records: R	10.54	1980	David Freunds Schuh, Linfield	
Name	Year	School	Finals	Wind
=====				
1 Morris, Chandler		Linfield	11.11	2.4
11.101 (11.101)				
2 Wisenbaker, Garet		George Fox	11.16	2.4
11.155 (11.155)				
3 Weston, Matthew		Lewis & Clark	11.17	2.4
11.168 (11.168)				
4 Wood, Keaton		Linfield	11.20	2.4
11.192 (11.192)				
5 Boomer, Kaleb		George Fox	11.24	2.4 11.232
11.232 (11.232)				
6 Stokes, Dante		Whitworth	11.24	2.4 11.237
11.237 (11.237)				
7 Serrao, Alec		Pacific Lutheran	11.25	2.4
11.249 (11.249)				
8 Jackson, Dylan		Linfield	11.29	2.4
11.287 (11.287)				
9 Beckmann, Keaton		Willamette	11.68	2.4
11.680 (11.680)				

**Event 25 Women 100 Meter Dash**

=====				
NWC Meet: M	11.88	2016	Allanah Whitehall, Puget Sound	
NWC Records: R	11.70	2004	Kristen Shields, Whitworth	
Name	Year	School	Finals	Wind
=====				
1 Forsyth, Bailey		Pacific Lutheran	11.73M	1.7
11.725 (11.725)				
2 Taube, Kennedy		George Fox	12.12	1.7
12.115 (12.115)				
3 Rohrer, Emily		George Fox	12.15	1.7
12.145 (12.145)				

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4	Greene, Anisha	Lewis & Clark	12.44	1.7
	12.439 (12.439)			
5	Lungo, Jordyn	Whitworth	12.62	1.7
	12.616 (12.616)			
6	Hewson, Amelia	Whitworth	12.69	1.7
	12.684 (12.684)			
7	Ball, Alison	Whitworth	12.74	1.7
	12.740 (12.740)			
8	Lewis, Jackilyn	Puget Sound	12.79	1.7
	12.783 (12.783)			
9	Connors, Hillary	Linfield	12.81	1.7
	12.807 (12.807)			

**Event 26 Men 800 Meter Run**

=====				
	NWC Meet:	M 1:51.55	1974	John Leier, Whitman
	NWC Records:	R 1:47.34	2006	Nick Symmonds, Willamette
	Name	Year	School	Finals
=====				
1	Ammon, Jack		George Fox	1:55.05
	58.834 (58.834)	1:55.046 (56.212)		
2	Stewart, Garrett		Pacific (Ore.)	1:55.35
	58.682 (58.682)	1:55.349 (56.667)		
3	Glick, William		Whitworth	1:55.43
	58.636 (58.636)	1:55.425 (56.789)		
4	Goodwin, Hezekiah		Pacific Lutheran	1:57.15
	58.863 (58.863)	1:57.143 (58.280)		
5	Rising, Dillon		George Fox	1:57.95
	59.983 (59.983)	1:57.943 (57.960)		
6	Wilber, Trevor		George Fox	1:58.25
	59.797 (59.797)	1:58.243 (58.446)		
7	Callahan, Adam		Whitworth	1:58.34
	1:00.453 (1:00.453)	1:58.333 (57.880)		
8	Robertson, Connor		Lewis & Clark	1:59.66
	1:00.298 (1:00.298)	1:59.660 (59.362)		
9	Giesbrecht, Caleb		George Fox	2:03.69
	1:00.157 (1:00.157)	2:03.689 (1:03.533)		

**Event 27 Women 800 Meter Run**

=====				
	NWC Meet:	M 2:11.53	1992	Patty Ley, Pacific Lutheran
	NWC Records:	R 2:07.11	1992	Patty Ley, Pacific Lutheran
	Name	Year	School	Finals
=====				
1	Degollado, Sulin		Pacific Lutheran	2:18.58
	1:09.395 (1:09.395)	2:18.579 (1:09.184)		
2	Van Den Top, Ashlee		George Fox	2:21.56
	1:10.584 (1:10.584)	2:21.554 (1:10.971)		
3	Caniglia, Alexis		Whitworth	2:22.02
	1:09.412 (1:09.412)	2:22.017 (1:12.606)		
4	Neal, Jessica		George Fox	2:23.84
	1:11.117 (1:11.117)	2:23.839 (1:12.722)		
5	Bean, Kylie		George Fox	2:23.90
	1:11.364 (1:11.364)	2:23.898 (1:12.534)		

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6 Arcia, Laura	Puget Sound	2:25.92
1:11.444 (1:11.444)	2:25.912 (1:14.468)	
7 Metzler, Rachael	Puget Sound	2:26.45
1:11.279 (1:11.279)	2:26.445 (1:15.166)	
8 Pilgrim, Kristin	Pacific (Ore.)	2:31.89
1:11.083 (1:11.083)	2:31.887 (1:20.804)	
9 Bradley, Elizabeth	Pacific (Ore.)	2:35.82
1:11.479 (1:11.479)	2:35.819 (1:24.340)	

**Event 28 Men 400 Meter Hurdles**

NWC Meet: M 52.30	1997	David Parker, George Fox
NWC Records: R 51.64	1958	Dave Klocker, Whitman
Name	Year School	Finals
1 Herrera, Travis	Whitworth	54.54
54.539 (54.539)		
2 Krutzikowsky, Ronan	Linfield	55.97
55.969 (55.969)		
3 Williams, Josh	George Fox	56.95
56.947 (56.947)		
4 Betancourt, Xavier	Whitworth	58.07
58.064 (58.064)		
5 Smith, Collin	George Fox	59.55
59.544 (59.544)		
6 Freitas, Jesse	George Fox	1:01.11
1:01.110 (1:01.110)		
7 Kirkendall, Cody	Whitworth	1:01.28
1:01.271 (1:01.271)		
8 Tinoco, Brian	Pacific (Ore.)	1:01.32
1:01.315 (1:01.315)		
9 Hanson, Lance	George Fox	1:01.96
1:01.957 (1:01.957)		

**Event 29 Women 400 Meter Hurdles**

NWC Meet: M 59.75	2001	Amber Larson, Linfield
NWC Records: R 59.16	2001	Amber Larson, Linfield
Name	Year School	Finals
1 Gingerich, Bethany	George Fox	1:02.94
1:02.939 (1:02.939)		
2 Gulley, Adrienne	Pacific Lutheran	1:06.87
1:06.870 (1:06.870)		
3 Thornton, Katherine	Willamette	1:07.17
1:07.165 (1:07.165)		
4 Buhler, Kalina	George Fox	1:08.39
1:08.388 (1:08.388)		
5 Rutkowski, Emily	Pacific (Ore.)	1:08.50
1:08.493 (1:08.493)		
6 Winslow-Gonzalez, Carmen	Whitworth	1:08.52
1:08.512 (1:08.512)		
7 Delcid, Marisol	Whitworth	1:08.59
1:08.587 (1:08.587)		

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 29 Women 400 Meter Hurdles**

8 Arnswald, Juliet	Linfield	1:11.30
1:11.299 (1:11.299)		
9 Scott, Maya	Linfield	1:17.88
1:17.872 (1:17.872)		

**Event 30 Men 200 Meter Dash**

=====				
NWC Meet: M 21.22	1973	Ray Fabian, Whitworth		
NWC Records: R 20.58	1969	Keith Shriver, Linfield		
Name	Year	School	Finals	Wind
=====				
1 Mihelich, Davis		George Fox	21.64	1.4
21.639 (21.639)				
2 Blackler, Kolby		Whitworth	22.34	1.4
22.334 (22.334)				
3 Morris, Chandler		Linfield	22.53	1.4
22.528 (22.528)				
4 Anderson, Oliver		Willamette	22.61	1.4
22.603 (22.603)				
5 Sanchez, Keola		Pacific Lutheran	22.85	1.4
22.846 (22.846)				
6 Tam-Switzer, Cheyn		Pacific Lutheran	22.89	1.4
22.883 (22.883)				
7 Tahir, Isam		Lewis & Clark	23.33	1.4
23.325 (23.325)				
8 Wisenbaker, Garet		George Fox	1:36.30	1.4
1:36.299 (1:36.299)				

**Event 31 Women 200 Meter Dash**

=====				
NWC Meet: M 24.52	1999	Christine Axley, Pacific Lutheran		
NWC Records: R 24.52	1999	Christine Axley, Pacific Lutheran		
Name	Year	School	Finals	Wind
=====				
1 Forsyth, Bailey		Pacific Lutheran	23.86M	2.0
23.856 (23.856)				
2 Radigan, Sydney		George Fox	24.74	2.0
24.737 (24.737)				
3 Lewis, Jackilyn		Puget Sound	24.91	2.0
24.910 (24.910)				
4 Ball, Alison		Whitworth	25.45	2.0
25.449 (25.449)				
5 Greene, Anisha		Lewis & Clark	25.56	2.0
25.551 (25.551)				
6 Riggs, Sami		Willamette	26.63	2.0
26.627 (26.627)				
7 Feinglas, McKenzie		Linfield	26.81	2.0
26.805 (26.805)				
8 McBride-Steiger, Justice		Linfield	26.84	2.0
26.835 (26.835)				
9 Robinson, Tessa		Lewis & Clark	26.87	2.0
26.866 (26.866)				

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****Event 32 Men 5000 Meter Run**

NWC Meet: M 14:29.94 1983		Kris Mueller, Linfield	
NWC Records: R 14:10.90 1976		Dan Hall, Willamette	
Name	Year	School	Finals
1 Weiss, Peter		George Fox	14:59.56
32.883 (32.883)	1:43.344 (1:10.461)	2:54.934 (1:11.591)	4:06.822 (1:11.888)
5:19.438 (1:12.616)	6:32.373 (1:12.936)	7:46.017 (1:13.644)	8:58.929 (1:12.913)
10:12.314 (1:13.385)	11:26.182 (1:13.868)	12:39.245 (1:13.063)	13:50.420 (1:11.175)
14:59.558 (1:09.138)			
2 Monaghan, Colin		Puget Sound	15:26.14
33.147 (33.147)	1:43.670 (1:10.523)	2:55.232 (1:11.562)	4:07.278 (1:12.046)
5:20.578 (1:13.300)	6:37.023 (1:16.446)	7:55.225 (1:18.202)	9:12.834 (1:17.609)
10:31.673 (1:18.840)	11:50.907 (1:19.234)	13:08.394 (1:17.487)	14:22.885 (1:14.491)
15:26.137 (1:03.252)			
3 Stracke, Ryan		Pacific Lutheran	15:32.19
34.609 (34.609)	1:51.365 (1:16.756)	3:09.985 (1:18.620)	4:26.089 (1:16.104)
5:41.869 (1:15.781)	6:58.329 (1:16.460)	8:14.182 (1:15.854)	9:29.801 (1:15.619)
10:46.164 (1:16.363)	12:02.415 (1:16.251)	13:16.873 (1:14.458)	14:27.561 (1:10.688)
15:32.181 (1:04.620)			
4 Mott, Joel		Whitworth	15:38.91
35.114 (35.114)	1:52.025 (1:16.911)	3:10.168 (1:18.144)	4:26.313 (1:16.145)
5:42.212 (1:15.899)	6:58.249 (1:16.037)	8:14.281 (1:16.032)	9:29.655 (1:15.374)
10:45.937 (1:16.282)	12:02.273 (1:16.337)	13:16.741 (1:14.468)	14:29.007 (1:12.267)
15:38.907 (1:09.900)			
5 Karamitsos, George		Lewis & Clark	15:40.00
36.218 (36.218)	1:52.813 (1:16.595)	3:10.503 (1:17.690)	4:26.593 (1:16.090)
5:42.394 (1:15.802)	6:58.615 (1:16.221)	8:14.547 (1:15.932)	9:29.961 (1:15.414)
10:46.326 (1:16.365)	12:02.764 (1:16.438)	13:16.993 (1:14.230)	14:27.764 (1:10.771)
15:40.000 (1:12.237)			
6 Maier, Jonny		Pacific Lutheran	15:56.74
35.682 (35.682)	1:52.461 (1:16.779)	3:10.383 (1:17.922)	4:26.783 (1:16.401)
5:42.729 (1:15.946)	6:58.753 (1:16.024)	8:16.571 (1:17.818)	9:35.080 (1:18.510)
10:52.617 (1:17.537)	12:11.456 (1:18.840)	13:29.096 (1:17.640)	14:46.452 (1:17.356)
15:56.740 (1:10.288)			
7 Grode, Caleb		Whitworth	16:08.23
39.101 (39.101)	1:56.426 (1:17.325)	3:12.370 (1:15.944)	4:28.106 (1:15.736)
5:43.465 (1:15.359)	6:59.253 (1:15.788)	8:16.284 (1:17.032)	9:33.541 (1:17.257)
10:52.872 (1:19.331)	12:13.226 (1:20.354)	13:34.533 (1:21.308)	14:55.641 (1:21.108)
16:08.222 (1:12.581)			
8 Christianson, Matthew		Whitworth	16:13.33
37.489 (37.489)	1:56.188 (1:18.699)	3:12.301 (1:16.113)	4:29.140 (1:16.839)
5:47.296 (1:18.157)	7:06.205 (1:18.909)	8:24.562 (1:18.357)	9:44.785 (1:20.224)
11:06.156 (1:21.371)	12:27.756 (1:21.600)	13:48.679 (1:20.924)	15:06.148 (1:17.469)
16:13.323 (1:07.175)			
9 Wasserman, Gabe		Whitman	16:15.38
38.496 (38.496)	1:55.676 (1:17.180)	3:11.010 (1:15.334)	4:26.944 (1:15.934)
5:43.218 (1:16.274)	6:59.871 (1:16.654)	8:18.363 (1:18.492)	9:38.560 (1:20.198)
10:59.511 (1:20.951)	12:21.117 (1:21.606)	13:41.793 (1:20.677)	15:02.758 (1:20.965)
16:15.371 (1:12.613)			
10 DeWitt, Cody		Puget Sound	16:16.46
36.105 (36.105)	1:52.974 (1:16.869)	3:10.585 (1:17.612)	4:26.568 (1:15.983)
5:42.832 (1:16.264)	6:58.794 (1:15.962)	8:16.946 (1:18.153)	9:35.828 (1:18.882)
10:55.722 (1:19.894)	12:18.369 (1:22.648)	13:42.066 (1:23.697)	15:02.962 (1:20.896)
16:16.460 (1:13.498)			



**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 32 Men 5000 Meter Run**

11 Matteson, Alex	Willamette	16:21.89			
36.243 (36.243)	1:52.960 (1:16.717)	3:10.625 (1:17.666)	4:25.671 (1:15.046)		
5:41.543 (1:15.872)	6:58.067 (1:16.524)	8:15.739 (1:17.672)	9:37.106 (1:21.367)		
10:58.610 (1:21.505)	12:22.273 (1:23.663)	13:46.209 (1:23.936)	15:10.775 (1:24.566)		
16:21.884 (1:11.109)					
12 Neal, Will	Pacific (Ore.)	16:24.63			
38.661 (38.661)	1:57.474 (1:18.814)	3:15.703 (1:18.229)	4:33.356 (1:17.653)		
5:49.724 (1:16.369)	7:05.971 (1:16.247)	8:24.260 (1:18.290)	9:44.518 (1:20.258)		
11:05.847 (1:21.329)	12:27.464 (1:21.617)	13:48.396 (1:20.933)	15:09.651 (1:21.255)		
16:24.630 (1:14.979)					
13 Stewart, Riley	Pacific (Ore.)	16:31.41			
39.471 (39.471)	1:59.439 (1:19.969)	3:18.041 (1:18.602)	4:36.219 (1:18.178)		
5:56.765 (1:20.546)	7:16.982 (1:20.218)	8:37.904 (1:20.922)	9:57.554 (1:19.650)		
11:18.685 (1:21.131)	12:40.352 (1:21.668)	14:01.726 (1:21.374)	15:22.824 (1:21.098)		
16:31.401 (1:08.577)					
14 Reed, Max	Lewis & Clark	16:34.02			
40.399 (40.399)	1:55.937 (1:15.538)	3:11.272 (1:15.335)	4:27.260 (1:15.988)		
5:43.425 (1:16.165)	6:59.620 (1:16.195)	8:19.346 (1:19.726)	9:39.562 (1:20.216)		
11:01.385 (1:21.823)	12:24.236 (1:22.851)	13:48.484 (1:24.249)	15:12.985 (1:24.501)		
16:34.012 (1:21.027)					
15 Sprague, Spencer	George Fox	16:35.79			
38.830 (38.830)	1:53.730 (1:14.901)	3:10.811 (1:17.081)	4:26.994 (1:16.183)		
5:43.028 (1:16.034)	6:59.005 (1:15.978)	8:16.302 (1:17.297)	9:38.076 (1:21.774)		
11:02.047 (1:23.972)	12:28.233 (1:26.186)	13:55.075 (1:26.843)	15:21.889 (1:26.814)		
16:35.785 (1:13.896)					
16 Gibbs, Josh	George Fox	16:39.90			
35.037 (35.037)	1:51.809 (1:16.772)	3:09.960 (1:18.152)	4:26.129 (1:16.169)		
5:42.091 (1:15.963)	6:58.487 (1:16.396)	8:17.297 (1:18.811)	9:39.945 (1:22.648)		
11:04.291 (1:24.346)	12:29.404 (1:25.114)	13:56.392 (1:26.988)	15:21.438 (1:25.047)		
16:39.892 (1:18.454)					
17 Regimbal, Gabriel	Willamette	16:42.52			
35.999 (35.999)	1:52.618 (1:16.619)	3:10.332 (1:17.715)	4:26.266 (1:15.934)		
5:41.834 (1:15.568)	6:58.089 (1:16.256)	8:11.782 (1:13.693)	9:28.005 (1:16.224)		
10:50.772 (1:22.767)	12:17.363 (1:26.591)	13:47.577 (1:30.215)	15:16.662 (1:29.085)		
16:42.511 (1:25.850)					
18 Slenning, Nick	Pacific (Ore.)	16:47.29			
39.607 (39.607)	1:59.154 (1:19.548)	3:17.697 (1:18.543)	4:35.758 (1:18.061)		
5:56.478 (1:20.721)	7:17.172 (1:20.694)	8:38.132 (1:20.960)	9:58.391 (1:20.259)		
11:20.683 (1:22.292)	12:44.217 (1:23.535)	14:05.977 (1:21.760)	15:28.499 (1:22.522)		
16:47.287 (1:18.788)					
19 Guisinger, Johnathan	George Fox	17:05.33			
38.903 (38.903)	1:56.229 (1:17.326)	3:11.493 (1:15.264)	4:27.914 (1:16.421)		
5:44.287 (1:16.374)	7:02.483 (1:18.196)	8:24.849 (1:22.366)	9:50.295 (1:25.446)		
11:16.758 (1:26.463)	12:44.796 (1:28.038)	14:12.664 (1:27.869)	15:41.368 (1:28.704)		
17:05.324 (1:23.957)					
20 Maack, Erik	Pacific (Ore.)	17:12.93			
39.854 (39.854)	1:58.882 (1:19.029)	3:18.181 (1:19.299)	4:38.177 (1:19.996)		
5:59.829 (1:21.653)	7:23.187 (1:23.358)	8:47.704 (1:24.518)	10:12.948 (1:25.244)		
11:39.144 (1:26.197)	13:04.600 (1:25.456)	14:33.303 (1:28.703)	15:57.898 (1:24.595)		
17:12.928 (1:15.030)					
21 Samson, Daniel	Pacific Lutheran	17:20.38			
40.502 (40.502)	1:59.341 (1:18.840)	3:18.435 (1:19.094)	4:37.851 (1:19.416)		
5:57.036 (1:19.185)	7:17.704 (1:20.669)	8:39.093 (1:21.389)	10:02.935 (1:23.842)		
11:29.043 (1:26.109)	12:55.448 (1:26.405)	14:23.575 (1:28.127)	15:52.917 (1:29.343)		
17:20.377 (1:27.460)					

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 32 Men 5000 Meter Run**

22 Ballou, Ethan	Pacific (Ore.)	17:32.58			
40.103 (40.103)	1:59.808 (1:19.705)	3:18.812 (1:19.005)	4:38.609 (1:19.797)		
6:00.219 (1:21.611)	7:23.902 (1:23.683)	8:49.427 (1:25.525)	10:17.155 (1:27.729)		
11:45.726 (1:28.571)	13:14.905 (1:29.179)	14:45.140 (1:30.235)	16:12.766 (1:27.626)		
17:32.576 (1:19.811)					
23 Hoskins, Mason	Pacific (Ore.)	18:04.06			
39.819 (39.819)	1:59.717 (1:19.899)	3:18.491 (1:18.774)	4:38.510 (1:20.020)		
6:01.029 (1:22.519)	7:25.734 (1:24.705)	8:53.734 (1:28.001)	10:24.650 (1:30.916)		
11:56.923 (1:32.274)	13:29.766 (1:32.843)	15:03.874 (1:34.109)	16:37.179 (1:33.305)		
18:04.057 (1:26.879)					
-- Saleh, Maamoon	Whitman	DNF			
35.930 (35.930)	1:52.656 (1:16.727)	3:10.243 (1:17.587)	4:26.512 (1:16.270)		
5:42.642 (1:16.130)					
-- Grinnan, Tucker	Whitman	DNF			
35.786 (35.786)	1:52.213 (1:16.427)	3:10.131 (1:17.919)	4:25.887 (1:15.756)		
5:41.662 (1:15.775)	6:57.763 (1:16.101)	8:11.329 (1:13.566)	9:23.825 (1:12.497)		
10:40.571 (1:16.746)	12:00.446 (1:19.875)	13:24.910 (1:24.464)	15:22.226 (1:57.316)		

**Event 33 Women 5000 Meter Run**

=====					
NWC Meet: M	16:52.51	1999	Dana Boyle, Puget Sound		
NWC Records: R	16:28.54	2007	Sarah Zerzan, Willamette		
Name	Year	School	Finals		
=====					
1 Moen, Etta		Lewis & Clark	18:36.16		
44.926 (44.926)	2:11.572 (1:26.646)	3:39.919 (1:28.347)	5:09.438 (1:29.519)		
6:38.839 (1:29.401)	8:10.300 (1:31.461)	9:42.027 (1:31.727)	11:14.714 (1:32.688)		
12:47.897 (1:33.183)	14:20.576 (1:32.680)	15:52.201 (1:31.625)	17:20.091 (1:27.890)		
18:36.158 (1:16.068)					
2 Paquet, Sarah		Pacific Lutheran	18:54.31		
44.681 (44.681)	2:11.044 (1:26.363)	3:38.796 (1:27.753)	5:08.641 (1:29.845)		
6:38.054 (1:29.413)	8:09.991 (1:31.937)	9:41.701 (1:31.711)	11:14.430 (1:32.729)		
12:47.206 (1:32.777)	14:20.858 (1:33.652)	15:51.909 (1:31.051)	17:22.192 (1:30.283)		
18:54.308 (1:32.116)					
3 Schaffer, Sam		Puget Sound	19:00.10		
45.155 (45.155)	2:15.103 (1:29.948)	3:45.839 (1:30.736)	5:16.554 (1:30.716)		
6:46.573 (1:30.019)	8:17.987 (1:31.415)	9:51.798 (1:33.811)	11:24.527 (1:32.730)		
12:58.265 (1:33.738)	14:31.837 (1:33.573)	16:04.214 (1:32.377)	17:36.260 (1:32.046)		
19:00.095 (1:23.835)					
4 Greenberg, Ella		Whitman	19:09.67		
45.217 (45.217)	2:15.399 (1:30.182)	3:45.634 (1:30.235)	5:16.978 (1:31.344)		
6:48.519 (1:31.541)	8:22.182 (1:33.664)	9:55.957 (1:33.775)	11:30.925 (1:34.968)		
13:07.016 (1:36.091)	14:44.129 (1:37.114)	16:20.234 (1:36.105)	17:53.291 (1:33.058)		
19:09.666 (1:16.375)					
5 Park, Joan		Pacific Lutheran	19:12.35		
46.733 (46.733)	2:18.510 (1:31.778)	3:50.535 (1:32.025)	5:21.920 (1:31.386)		
6:54.937 (1:33.017)	8:27.617 (1:32.680)	9:59.996 (1:32.379)	11:34.141 (1:34.145)		
13:08.386 (1:34.245)	14:43.880 (1:35.495)	16:17.815 (1:33.935)	17:52.331 (1:34.516)		
19:12.347 (1:20.016)					
6 Michaels, Chloe		Whitman	19:13.24		
45.560 (45.560)	2:16.372 (1:30.813)	3:47.304 (1:30.932)	5:17.403 (1:30.100)		
6:49.848 (1:32.445)	8:22.624 (1:32.776)	9:54.658 (1:32.035)	11:27.936 (1:33.278)		
13:01.338 (1:33.403)	14:37.228 (1:35.890)	16:13.585 (1:36.358)	17:49.192 (1:35.607)		
19:13.238 (1:24.046)					

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 33 Women 5000 Meter Run**

7	Berry, Annie	Pacific (Ore.)	19:17.22				
	45.443 (45.443)	2:16.402 (1:30.959)	3:46.373 (1:29.972)	5:16.597 (1:30.224)			
	6:46.436 (1:29.839)	8:16.585 (1:30.149)	9:51.169 (1:34.584)	11:25.177 (1:34.009)			
	13:02.716 (1:37.539)	14:42.117 (1:39.401)	16:18.401 (1:36.285)	17:55.514 (1:37.113)			
	19:17.217 (1:21.703)						
8	Sclair, Brenna	George Fox	19:23.55				
	45.015 (45.015)	2:13.315 (1:28.301)	3:41.783 (1:28.468)	5:11.136 (1:29.353)			
	6:40.762 (1:29.626)	8:11.646 (1:30.884)	9:43.226 (1:31.581)	11:16.293 (1:33.067)			
	12:51.668 (1:35.375)	14:29.001 (1:37.333)	16:06.292 (1:37.291)	17:46.312 (1:40.020)			
	19:23.546 (1:37.235)						
9	McKibbon, Kendall	George Fox	19:38.48				
	46.226 (46.226)	2:19.322 (1:33.096)	3:51.563 (1:32.241)	5:22.648 (1:31.086)			
	6:55.613 (1:32.965)	8:30.431 (1:34.818)	10:06.125 (1:35.694)	11:42.579 (1:36.454)			
	13:20.212 (1:37.634)	15:00.529 (1:40.317)	16:39.407 (1:38.878)	18:15.165 (1:35.758)			
	19:38.471 (1:23.307)						
10	Metzler, Rachael	Puget Sound	19:47.44				
	45.722 (45.722)	2:18.826 (1:33.104)	3:51.125 (1:32.299)	5:23.977 (1:32.853)			
	6:59.254 (1:35.277)	8:35.927 (1:36.673)	10:12.905 (1:36.978)	11:50.409 (1:37.504)			
	13:27.498 (1:37.089)	15:06.161 (1:38.663)	16:44.033 (1:37.873)	18:20.696 (1:36.663)			
	19:47.439 (1:26.743)						
11	Putman, Kara	Pacific (Ore.)	19:54.08				
	44.604 (44.604)	2:11.214 (1:26.610)	3:40.297 (1:29.083)	5:13.263 (1:32.966)			
	6:46.888 (1:33.625)	8:23.760 (1:36.872)	10:00.489 (1:36.730)	11:38.467 (1:37.978)			
	13:19.335 (1:40.869)	15:03.017 (1:43.682)	16:47.447 (1:44.431)	18:28.839 (1:41.392)			
	19:54.080 (1:25.241)						
12	Griesser, Adalynn	Lewis & Clark	19:55.39				
	46.438 (46.438)	2:17.393 (1:30.956)	3:48.896 (1:31.503)	5:22.956 (1:34.061)			
	6:58.769 (1:35.813)	8:36.156 (1:37.387)	10:12.944 (1:36.788)	11:50.862 (1:37.919)			
	13:29.228 (1:38.366)	15:08.496 (1:39.268)	16:48.119 (1:39.623)	18:26.100 (1:37.981)			
	19:55.389 (1:29.289)						
13	Greenberg, Jade	Whitman	20:01.75				
	45.896 (45.896)	2:16.801 (1:30.905)	3:47.815 (1:31.015)	5:17.446 (1:29.631)			
	6:51.264 (1:33.819)	8:27.698 (1:36.434)	10:04.080 (1:36.382)	11:45.895 (1:41.815)			
	13:28.951 (1:43.056)	15:11.886 (1:42.936)	16:52.338 (1:40.452)	18:34.557 (1:42.219)			
	20:01.746 (1:27.189)						
14	Coons, Alexandra	Lewis & Clark	20:02.49				
	46.372 (46.372)	2:19.282 (1:32.910)	3:51.441 (1:32.160)	5:24.367 (1:32.926)			
	6:59.643 (1:35.276)	8:37.200 (1:37.558)	10:13.818 (1:36.618)	11:52.839 (1:39.021)			
	13:31.998 (1:39.159)	15:11.630 (1:39.632)	16:51.583 (1:39.953)	18:31.234 (1:39.652)			
	20:02.489 (1:31.255)						
15	Bruns, Emily	George Fox	20:15.14				
	46.250 (46.250)	2:18.112 (1:31.863)	3:49.970 (1:31.858)	5:21.241 (1:31.272)			
	6:54.877 (1:33.636)	8:30.026 (1:35.149)	10:06.831 (1:36.805)	11:45.671 (1:38.841)			
	13:26.325 (1:40.654)	15:09.529 (1:43.205)	16:52.199 (1:42.670)	18:35.887 (1:43.688)			
	20:15.131 (1:39.244)						
16	Shoop, Ellie	Whitworth	20:27.60				
	45.987 (45.987)	2:18.545 (1:32.559)	3:50.479 (1:31.934)	5:21.988 (1:31.510)			
	6:55.519 (1:33.531)	8:33.694 (1:38.175)	10:13.128 (1:39.434)	11:54.382 (1:41.254)			
	13:39.730 (1:45.348)	15:22.401 (1:42.672)	17:08.449 (1:46.048)	18:54.826 (1:46.377)			
	20:27.597 (1:32.771)						
--	Moon, Emma	George Fox	DNF				
	46.570 (46.570)	2:19.880 (1:33.311)	3:54.121 (1:34.241)	5:32.915 (1:38.795)			
	7:17.827 (1:44.912)	9:05.860 (1:48.033)					

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****Event 34 Men 4x400 Meter Relay**

NWC Meet: M 3:15.80 1973		, Linfield
NWC Records: R 3:09.49 1976		, Linfield
School		Finals
1 George Fox 'A'		3:22.32
1) Carroll, Joel	2) Batykefer, Rusty	
3) Lull, Josh	4) Ammon, Jack	
3:22.311 (3:22.311)		
2 Whitworth 'A'		3:26.71
1) Figueira, Kainoa	2) Blackler, Kolby	
3) Glick, William	4) Herrera, Travis	
3:26.707 (3:26.707)		
3 Pacific Lutheran 'A'		3:27.79
1) Sanchez, Keola	2) Goodwin, Hezekiah	
3) Alapai, Jai	4) Stilnovich, Joe	
3:27.788 (3:27.788)		
4 Lewis & Clark 'A'		3:29.70
1) Booze, Tyson	2) Reid, Frankie	
3) Weston, Matthew	4) Robertson, Connor	
3:29.691 (3:29.691)		
5 Linfield 'A'		3:34.01
1) Sedy, Jonathan	2) Kern, Evan	
3) Krutzikowsky, Ronan	4) Morris, Chandler	
3:34.003 (3:34.003)		
6 Puget Sound 'A'		3:34.89
1) Lewis, Trevino	2) Dela Cruz, Skyler	
3) Carey, Carson	4) Kallmeyer, Emmett	
3:34.890 (3:34.890)		
7 Pacific (Ore.) 'A'		3:40.99
1) Tinoco, Brian	2) Stewart, Garrett	
3) Neal, Will	4) Yee, Bailly	
3:40.986 (3:40.986)		

**Event 35 Women 4x400 Meter Relay**

NWC Meet: M 3:52.08 2018		, George Fox
NWC Records: R 3:45.53 1995		, Pacific Lutheran
School		Finals
1 George Fox 'A'		4:03.88
1) Warren, Elizabeth	2) Umfleet, Grace	
3) James, Katie	4) Gingerich, Bethany	
4:03.874 (4:03.874)		
2 Linfield 'A'		4:07.49
1) Arnsward, Juliet	2) Pacht, Jerrica	
3) Feinglas, McKenzie	4) McBride-Steiger, Justice	
4:07.481 (4:07.481)		
3 Pacific Lutheran 'A'		4:09.62
1) Gulley, Adrienne	2) Degollado, Sulin	
3) Dailey, Carly	4) Wilson, Lauren	
4:09.618 (4:09.618)		
4 Lewis & Clark 'A'		4:13.38
1) Greene, Anisha	2) Leandro, Carly	
3) Tash, Emily	4) Cerne, Jessica	
4:13.374 (4:13.374)		

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 35 Women 4x400 Meter Relay**

5 Whitworth 'A'	4:16.99
1) Winslow-Gonzalez, Carmen	2) Caniglia, Alexis
3) Delcid, Marisol	4) Buckley, Madelyn
4:16.981 (4:16.981)	
6 Pacific (Ore.) 'A'	4:20.81
1) Bradley, Elizabeth	2) Echiverri, Kristi
3) Irish, Eliza	4) Rutkowski, Emily
4:20.807 (4:20.807)	
7 Puget Sound 'A'	4:22.78
1) Lewis, Jackilyn	2) Arcia, Laura
3) Turner, Lily	4) Cottnair, Hannah
4:22.777 (4:22.777)	

**Event 36 Men Pole Vault**

NWC Meet: M 5.18m 1994	Curt Heywood, Linfield	
NWC Records: R 5.29m 1993	Curtis Heywood, Linfield	
Name	Year School	Finals
1 Solomon, Corey	Pacific Lutheran	4.73m 15-06.25
3.53 3.68 3.83 3.98 4.13 4.28 4.43 4.58 4.73 4.88		
PPP PPP PPP PPP O XO XXO XXO O XXX		
2 Kyle, Logan	Lewis & Clark	J4.73m 15-06.25
3.53 3.68 3.83 3.98 4.13 4.28 4.43 4.58 4.73 4.88		
PPP PPP PPP PPP PPP XO XO O XXO XXX		
3 Herrera, Travis	Whitworth	J4.73m 15-06.25
3.53 3.68 3.83 3.98 4.13 4.28 4.43 4.58 4.73 4.88		
PPP PPP PPP O XO O XO XO XXO XXX		
4 Gibson, Levi	George Fox	4.58m 15-00.25
3.53 3.68 3.83 3.98 4.13 4.28 4.43 4.58 4.73		
PPP PPP PPP PPP PPP O XO O XXX		
5 Smith, Davis	George Fox	J4.58m 15-00.25
3.53 3.68 3.83 3.98 4.13 4.28 4.43 4.58 4.73		
PPP PPP PPP PPP PPP O XXO XO XXX		
6 Russel, Nathaniel	George Fox	4.43m 14-06.25
3.53 3.68 3.83 3.98 4.13 4.28 4.43 4.58		
PPP PPP PPP PPP PPP PPP O XXX		
7 Nikolaisen, Kolby	Pacific (Ore.)	J4.43m 14-06.25
3.53 3.68 3.83 3.98 4.13 4.28 4.43 4.58		
PPP PPP PPP PPP XO O XXO XXX		
8 Kimata, Mauhia	George Fox	4.28m 14-00.50
3.53 3.68 3.83 3.98 4.13 4.28 4.43		
PPP PPP XO O XXO O XXX		
9 Krutzikowsky, Ronan	Linfield	J4.28m 14-00.50
3.53 3.68 3.83 3.98 4.13 4.28 4.43		
PPP PPP PPP O XO XO XXX		
10 McGill, Nicholas	Whitworth	J4.28m 14-00.50
3.53 3.68 3.83 3.98 4.13 4.28 4.43		
O O O O XXO XO XXX		
11 Leahy, Blake	Pacific Lutheran	J3.98m 13-00.75
3.53 3.68 3.83 3.98 4.13		
O O O O XXX		
12 Knott, Anthony	Pacific (Ore.)	J4.28m 14-00.50
3.53 3.68 3.83 3.98 4.13 4.28 4.43		
PPP PPP PPP PPP XXO XXO XXX		

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 36 Men Pole Vault**

12	Bautista, Kolby	Linfield	4.13m	13-06.50
	3.53 3.68 3.83 3.98 4.13 4.28			
	PPP PPP PPP PPP XO XXX			
14	Young, Hitch	George Fox	J4.13m	13-06.50
	3.53 3.68 3.83 3.98 4.13 4.28			
	PPP PPP XO O XXO XXX			
15	Forbes, Drew	Pacific Lutheran	3.83m	12-06.75
	3.53 3.68 3.83 3.98			
	PPP O XO XXX			

**Event 37 Women Long Jump**

NWC Meet: M 5.86m 2006		Kate Ross, Lewis & Clark			
NWC Records: R 5.90m 1996		Saran Patillo, Willamette			
Name	Year	School	Finals	Wind	
1	Dubois, Emily	George Fox	5.33m	0.5	17-06.00
	4.99m(+0.0) 5.33m(0.5) 5.23m(1.5) 5.06m(0.1) 5.03m(+0.0) 5.27m(+0.0)				
2	VandenHoek, Brecken	George Fox	5.19m	0.7	17-00.50
	4.93m(+0.0) 5.07m(+0.0) 4.85m(1.6) 4.89m(+0.0) 4.69m(1.4) 5.19m(0.7)				
3	Vazquez, Itzel	Pacific (Ore.)	5.07m	0.8	16-07.75
	4.69m(3.3) 4.64m(1.3) 4.94m(1.7) 4.25m(+0.0) 5.07m(0.8) 4.86m(+0.0)				
4	Jensen, Elisabeth	George Fox	5.00m	1.0	16-05.00
	4.98m(1.4) FOUL(1.9) 4.95m(0.5) 4.83m(1.7) 5.00m(1.0) FOUL(+0.0)				
5	Thornton, Katherine	Willamette	4.97m	0.2	16-03.75
	4.97m(0.2) 3.43m(0.7) 3.89m(+0.0) 3.71m(0.3) 4.13m(1.1) 4.21m(+0.0)				
6	Cope, Devyn	Whitworth	4.81m	0.8	15-09.50
	4.49m(1.7) 4.55m(0.1) 4.53m(+0.0) 4.43m(0.3) 4.55m(+0.0) 4.81m(0.8)				
7	Haskins, Naloni	Puget Sound	4.77m	2.8	15-07.75
	4.23m(0.1) 4.41m(+0.0) 4.72m(0.5) 4.77m(2.8) 4.71m(0.3) 4.40m(0.5)				
8	Cerne, Jessica	Lewis & Clark	4.65m	1.9	15-03.25
	4.65m(1.9) 4.46m(+0.0) 4.51m(1.0) FOUL(2.4) 4.44m(+0.0) 4.40m(+0.0)				
9	Thomas, Madison	Lewis & Clark	4.64m	2.6	15-02.75
	4.59m(2.5) 4.54m(2.2) 4.64m(2.6) 4.43m(0.1) 4.57m(0.8) 4.45m(+0.0)				
10	Crawford, Siera	Linfield	4.55m	2.8	14-11.25
	4.44m(1.8) 4.35m(0.2) 4.55m(2.8)				

**Event 38 Women Hammer Throw**

NWC Meet: M 52.92m 2014		Dakota Kliamovich, Whitworth			
NWC Records: R 56.18m 2009		Taylor Hacker, Pacific Lutheran			
Name	Year	School	Finals	H#	
1	Harris, Katelyn	Pacific Lutheran	46.79m	153-06	2
	46.62m FOUL FOUL FOUL 46.79m FOUL				
2	Carlson, Abbie Jo	Whitworth	45.57m	149-06	2
	39.86m FOUL 44.15m 43.46m 45.57m FOUL				
3	Manibusan, Tahnisha	George Fox	44.03m	144-05	2
	42.27m 42.34m 43.84m 43.32m 44.03m FOUL				
4	Walker, Kailee	George Fox	43.08m	141-04	2
	FOUL 38.27m 43.08m FOUL 37.91m 41.68m				
5	Santos, Peyton	Pacific Lutheran	41.15m	135-00	2
	39.07m 41.15m 36.93m 37.74m 37.92m 39.63m				
6	Carlson, Tallie	Whitworth	41.06m	134-08	2
	40.48m 40.03m FOUL 39.53m FOUL 41.06m				

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 38 Women Hammer Throw**

7	DeYoung, Emily	Pacific (Ore.)	40.96m	134-04	1
	36.67m 35.94m 40.35m 39.74m 40.69m 40.96m				
8	Waters, Samantha	Willamette	40.54m	133-00	2
	33.38m FOUL 40.54m FOUL 35.12m 40.16m				
9	Jeffery-Artis, Tricion	Pacific (Ore.)	40.43m	132-08	2
	39.46m 36.59m 33.49m 34.90m 40.43m 40.30m				
10	Rawls, Lauryn	Whitworth	39.13m	128-04	1
	38.25m 39.13m 37.93m				
11	Machado, Leanne	Willamette	39.07m	128-02	1
	FOUL 39.07m FOUL				
12	Mickelsen, Avery	Willamette	38.19m	125-03	1
	FOUL 37.78m 38.19m				
13	Copeland, Jamie	Whitworth	37.99m	124-08	1
	35.59m 34.95m 37.99m				
14	Johnson, Kaitlyn	George Fox	37.69m	123-08	1
	37.69m 37.25m FOUL				
15	Corwin, Ellena	George Fox	34.46m	113-01	1
	34.46m FOUL 34.30m				
16	Clark, Samantha	Pacific (Ore.)	33.93m	111-04	1
	33.93m FOUL FOUL				

**Event 39 Men Shot Put**

NWC Meet: M 18.03m 2013		Carter Comito, Whitworth			
NWC Records: R 17.91m 2012		Carter Comito, Whitworth			
Name	Year	School	Finals		H#
1	Hurst, Reed	Whitworth	14.58m	47-10.00	2
	14.25m 14.40m FOUL 14.12m 14.58m 13.91m				
2	Davis, Luke	Whitworth	14.56m	47-09.25	2
	12.65m 14.56m 14.39m 13.27m 13.52m 13.90m				
3	Post, Tyler	Linfield	14.38m	47-02.25	2
	13.18m FOUL 14.03m 14.38m 14.00m FOUL				
4	Reid, Andrew	Pacific (Ore.)	14.09m	46-02.75	2
	11.88m 13.41m 13.26m 13.51m 14.09m 13.82m				
5	Ciari, Peter	Puget Sound	14.06m	46-01.50	1
	12.80m 13.88m 13.88m FOUL 14.06m 13.21m				
6	Real, Masum	Pacific Lutheran	13.72m	45-00.25	1
	13.62m 13.29m 12.72m 13.26m 13.49m 13.72m				
7	Meade, Ben	George Fox	12.91m	42-04.25	1
	12.10m 12.33m FOUL 12.54m FOUL 12.91m				
8	Fairbairn, Larson	Pacific Lutheran	12.86m	42-02.25	1
	FOUL FOUL 12.25m 12.50m 12.86m 12.71m				
8	Mcbride, Scott	George Fox	12.86m	42-02.25	1
	12.26m 12.60m FOUL 12.86m FOUL 12.80m				
10	Moddrell, Casey	Whitworth	11.72m	38-05.50	1
	FOUL 11.63m 11.72m				
--	Marks, Jaron	George Fox	FOUL		2
	FOUL FOUL FOUL				
--	Bridge, Seth	Pacific Lutheran	FOUL		2
	FOUL FOUL FOUL				
--	Tayon, Wyatt	Pacific Lutheran	FOUL		2
	FOUL FOUL FOUL				

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****Event 40 Women Shot Put**

NWC Meet: M 14.59m 1989		Carrie Pietig, Willamette	
NWC Records: R 14.93m 1990		Carrie Pietig, Willamette	
Name	Year	School	Finals
1 Simpson, Keara		Whitworth	12.39m 40-07.75
	12.16m 12.07m 11.60m	11.92m 11.55m 12.39m	
2 Walker, Kailee		George Fox	12.00m 39-04.50
	10.46m 10.91m FOUL	10.92m 12.00m 10.90m	
3 Tiumalu, Renee		Whitworth	11.98m 39-03.75
	11.45m 10.67m 11.63m	11.82m 11.98m 11.67m	
4 DeYoung, Emily		Pacific (Ore.)	11.92m 39-01.25
	11.92m 11.17m 11.82m	FOUL 11.68m FOUL	
5 Corwin, Ellena		George Fox	11.67m 38-03.50
	11.14m 11.31m 11.67m	11.30m 11.32m 10.66m	
6 VandenHoek, Brecken		George Fox	11.11m 36-05.50
	10.94m 10.88m 10.66m	9.94m 10.71m 11.11m	
7 Millan, Eva		Whitworth	10.87m 35-08.00
	10.72m 10.79m 10.82m	10.68m 10.47m 10.87m	
8 Messineo, Tabitha		Pacific Lutheran	10.62m 34-10.25
	10.38m 10.62m FOUL	10.17m FOUL 10.19m	
9 Wilson, Sadie		George Fox	10.52m 34-06.25
	9.29m 10.52m 10.31m	10.42m 10.06m 10.37m	
10 Tidwell, Kylie		Pacific (Ore.)	10.39m 34-01.25
	9.82m 9.93m 10.39m		
11 Santos, Peyton		Pacific Lutheran	10.28m 33-08.75
	9.36m 9.94m 10.28m		
12 Jeffery-Artis, Tricion		Pacific (Ore.)	9.13m 29-11.50
	9.13m 8.69m 8.53m		

**Event 41 Men Long Jump**

NWC Meet: M 7.31m 1973		Randy Fike, Lewis & Clark			
NWC Records: R 7.32m 1994		Dan Colleran, Pacific Lutheran			
Name	Year	School	Finals	Wind	H#
1 Quach, Drew		George Fox	7.09m 0.1 23-03.25	2	
	FOUL 6.94m(+0.0) 6.85m(+0.0)	6.96m(0.3) 6.55m(-1.5)	7.09m(0.1)		
2 Kassebaum, Ethan		George Fox	7.07m 0.3 23-02.50	2	
	FOUL 7.07m(0.3) FOUL	FOUL(0.7) 6.83m(+0.0)	6.99m(0.4)		
3 McGill, Nicholas		Whitworth	6.96m 1.0 22-10.00	2	
	6.76m(+0.0) 6.70m(1.2) FOUL(2.6)	6.58m(+0.0) FOUL(0.3)	6.96m(1.0)		
4 Hill, Berkley		George Fox	6.86m 2.1 22-06.25	1	
	6.57m(0.7) FOUL(1.7) 6.86m(2.1)	PASS PASS	PASS		
4 Seymour, Cameron		George Fox	6.86m 1.1 22-06.25	2	
	6.86m(1.1) 6.69m(0.2) 6.41m(+0.0)	6.45m(-1.2) 6.61m(+0.0)	6.62m(-1.3)		
6 Phillips, Tayler		George Fox	6.56m 1.8 21-06.25	2	
	6.34m(0.8) 6.56m(1.8) 6.47m(0.8)	PASS PASS	PASS		
7 Washington, Silas		Puget Sound	6.54m 0.6 21-05.50	1	
	6.33m(0.5) 6.54m(0.6) 6.39m(1.4)	6.39m(-0.2) 6.35m(1.1)	6.25m(0.9)		
8 Irish-Lodge, Samson		Whitworth	6.42m +0.0 21-00.75	2	
	FOUL(0.9) 6.11m(+0.0) 6.42m(+0.0)	FOUL(0.4) 6.36m(-0.3)	FOUL(+0.0)		
9 Young, Zach		Linfield	6.39m 0.5 20-11.75	1	
	4.93m(0.9) 6.07m(+0.0) 6.39m(0.5)	6.21m(-0.1) 6.27m(+0.0)	6.29m(0.5)		
9 Morris, Chandler		Linfield	6.39m +0.0 20-11.75	1	
	5.97m(2.2) FOUL(+0.0) 6.39m(+0.0)				



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11	Johnson, Sam	Lewis & Clark	6.35m	2.7	20-10.00	1
	6.32m(0.5) 6.25m(0.1) 6.35m(2.7)					
12	Wright, Logan	Whitworth	6.28m	1.3	20-07.25	1
	6.14m(+0.0) 6.17m(1.0) 6.28m(1.3)					
13	Herrera, Travis	Whitworth	6.27m	2.3	20-07.00	2
	6.27m(2.3) 5.83m(0.1) 6.10m(1.7)					
14	Flanagan, Riley	Whitworth	6.26m	0.4	20-06.50	2
	6.26m(0.4) FOUL(+0.0) FOUL(-1.1)					
15	Brunk, Isaac	George Fox	6.14m	1.2	20-01.75	1
	6.14m(1.2) 6.05m(0.2) FOUL(0.2)					

**Event 42 Women High Jump**

NWC Meet: M 1.71m 2005		Michelle Forbes, George Fox	
NWC Records: R 1.77m 1996		Nancy Rissmiller, George Fox	
Name	Year	School	Finals
1 Wilson, Lauren		Pacific Lutheran	1.66m 5-05.25
	1.41 1.46 1.51 1.56 1.61 1.66 1.72		
	PPP PPP PPP O XO O XXX		
2 Stewart, Karlie		George Fox	1.61m 5-03.25
	1.41 1.46 1.51 1.56 1.61 1.66		
	PPP PPP XO O O XXX		
3 Pachl, Jerrica		Linfield	J1.61m 5-03.25
	1.41 1.46 1.51 1.56 1.61 1.66		
	PPP PPP PPP O XO XXX		
4 Kaylor, Monica		Whitworth	1.56m 5-01.25
	1.41 1.46 1.51 1.56 1.61		
	PPP PPP O XXO XXX		
5 Carrol, Marina		George Fox	1.51m 4-11.50
	1.41 1.46 1.51 1.56		
	PPP O O XXX		
6 O'Hare, Maddie		George Fox	J1.51m 4-11.50
	1.41 1.46 1.51 1.56		
	PPP O XXO XXX		
7 Barnhouse, Megan		Pacific Lutheran	J1.51m 4-11.50
	1.41 1.46 1.51 1.56		
	XO XO XXO XXX		
8 O'Rear, Breeauna		George Fox	1.46m 4-09.50
	1.41 1.46 1.51		
	PPP O XXX		
8 Buhler, Kalina		George Fox	1.46m 4-09.50
	1.41 1.46 1.51 1.56		
	O O XPP PXX		
10 Henke, Sophia		Pacific (Ore.)	J1.46m 4-09.50
	1.41 1.46 1.51		
	O XO XXX		
-- Cope, Devyn		Whitworth	NH
	1.41		
	XXX		
-- Mulkey, Krista		George Fox	NH
	1.41		
	XXX		

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 42 Women High Jump**

-- Thomas, Madison Lewis & Clark NH  
 1.41  
 XXX

**Event 43 Men Hammer Throw**

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NWC Meet: M 58.93m 1994 Jason Thiel, Pacific Lutheran
NWC Records: R 59.61m 2012 Keegan Shea, Pacific Lutheran
Name Year School Finals H#
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1 Bridge, Seth Pacific Lutheran 54.83m 179-11 2
  FOUL 52.21m 53.17m 51.78m 54.83m 50.18m
2 Haugland, Stephen Whitworth 53.94m 177-00 2
  FOUL FOUL 50.30m 53.94m FOUL FOUL
3 Meade, Ben George Fox 49.65m 162-11 2
  43.35m 41.57m 45.31m 44.16m 47.59m 49.65m
4 Garcia, Ignacio Whitworth 47.88m 157-01 2
  47.88m 43.96m 45.32m FOUL FOUL 44.96m
5 Alteneder, Collin George Fox 47.43m 155-07 2
  46.95m 46.90m FOUL FOUL 45.81m 47.43m
6 Areta, Malachi Whitworth 46.03m 151-00 2
  FOUL 41.62m 43.57m 46.03m 44.96m 39.04m
7 Fairbairn, Larson Pacific Lutheran 45.93m 150-08 1
  FOUL 43.88m FOUL 42.96m FOUL 45.93m
8 Jackson, Grant Linfield 45.58m 149-06 2
  39.37m 45.58m 44.87m 44.45m FOUL 39.66m
9 Johnson, Ian George Fox 43.74m 143-06 2
  39.42m 43.17m 43.35m 43.74m 42.91m 43.48m
10 Davis, Luke Whitworth 42.23m 138-06 2
  FOUL 42.23m FOUL
11 Wright, David Pacific (Ore.) 41.87m 137-04 1
  FOUL 41.87m FOUL
12 Reid, Andrew Pacific (Ore.) 40.59m 133-02 2
  40.59m FOUL FOUL
13 Hurst, Dillon Whitworth 40.57m 133-01 1
  FOUL 40.57m FOUL
14 Ciari, Peter Puget Sound 38.61m 126-08 1
  38.18m 37.88m 38.61m
15 Kaszycki, Eric Willamette 37.72m 123-09 1
  FOUL FOUL 37.72m
16 Koenig, Nathaniel George Fox 37.52m 123-01 1
  37.52m 36.32m 35.21m
17 Pine, Elijah Pacific (Ore.) 37.44m 122-10 1
  37.44m FOUL FOUL
18 Poplin, Ben Pacific Lutheran 36.21m 118-09 1
  36.21m FOUL FOUL
19 Yesiki, Drexler Whitworth 35.77m 117-04 1
  32.14m FOUL 35.77m
20 Duvall, Jacob Pacific (Ore.) 6.80m 22-04 1
  FOUL 6.80m FOUL
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**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****Event 44 Women Javelin Throw**

NWC Meet: M 48.12m 2015		Kerry Wright, Whitworth		
NWC Records: R 51.25m 1986		Carol Wester, Pacific Lutheran		
Name	Year	School	Finals	H#
1 Nelson, Ava		Pacific Lutheran	41.83m	137-03 2
	37.31m 41.83m 39.50m	37.75m 37.21m 39.71m		
2 Strickland, Chrissy		George Fox	40.69m	133-06 2
	36.59m 38.33m 40.69m	38.58m 40.13m 40.21m		
3 Swartout, Samantha		Puget Sound	39.83m	130-08 2
	39.83m 38.66m FOUL	38.17m ND 39.54m		
4 Millan, Eva		Whitworth	39.77m	130-06 2
	38.03m 39.77m 33.92m	33.27m 34.61m 36.28m		
5 Lown, Jensyn		George Fox	38.15m	125-02 2
	36.55m 33.80m 34.94m	35.25m 38.15m 32.39m		
6 Corwin, Ellena		George Fox	37.90m	124-04 2
	30.10m 35.40m 34.86m	31.88m 33.62m 37.90m		
7 Pytynia-Hillier, Grace		Puget Sound	37.47m	122-11 1
	30.36m 33.39m 34.14m	32.91m 32.26m 37.47m		
8 Rutledge, Aliya		Pacific (Ore.)	35.74m	117-03 1
	33.55m ND 35.74m	30.35m 35.70m 33.14m		
9 Cerne, Jessica		Lewis & Clark	34.65m	113-08 2
	34.48m 31.63m 27.65m	26.17m ND 34.65m		
10 Wilson, Sadie		George Fox	33.71m	110-07 1
	33.71m 29.66m 33.24m			
11 Anderson, Saylor		Whitworth	33.66m	110-05 1
	33.66m 30.69m 33.34m			
12 Mauch, Emily		Whitworth	31.83m	104-05 1
	31.83m 31.20m 31.55m			
13 Messineo, Tabitha		Pacific Lutheran	30.47m	100-00 1
	30.47m ND ND			
-- Johnson, Kylee		Pacific Lutheran	ND	1
	ND ND ND			

**Event 45 Men Discus Throw**

NWC Meet: M 59.51m 2013		Carter Comito, Whitworth		
NWC Records: R 62.00m 2013		Carter Comito, Whitworth		
Name	Year	School	Finals	H#
1 Slifka, Jacob		Linfield	47.70m	156-06 2
	46.84m 45.22m 44.93m	44.78m 44.01m 47.70m		
2 Duvall, Jacob		Pacific (Ore.)	46.68m	153-02 2
	42.43m 43.43m 46.47m	43.18m 46.68m 46.20m		
3 Hurst, Reed		Whitworth	42.71m	140-01 2
	42.58m 39.78m FOUL	42.06m FOUL 42.71m		
4 Bridge, Seth		Pacific Lutheran	42.71m	140-01 2
	42.71m 40.56m FOUL	39.58m 39.02m 42.57m		
5 Fairbairn, Larson		Pacific Lutheran	41.42m	135-11 2
	39.61m 41.42m 41.26m	FOUL 40.09m FOUL		
6 Haugland, Stephen		Whitworth	40.72m	133-07 1
	37.42m 39.38m 39.66m	40.72m 39.38m 36.59m		
7 Tayon, Wyatt		Pacific Lutheran	39.85m	130-09 1
	38.65m FOUL 39.85m	FOUL 38.19m FOUL		
8 Horn, Alex		George Fox	39.40m	129-03 1
	37.93m 39.40m 37.10m	38.73m 35.63m 37.74m		

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****....Event 45 Men Discus Throw**

9	Areta, Malachi	Whitworth	38.56m	126-06	1
	32.87m 38.56m FOUL FOUL FOUL FOUL				
10	Kaszycki, Eric	Willamette	37.64m	123-06	1
	37.64m 37.46m 31.18m				
11	Johnson, Ian	George Fox	36.77m	120-08	2
	FOUL 36.65m 36.77m				
12	Reid, Andrew	Pacific (Ore.)	35.90m	117-09	1
	31.54m 35.45m 35.90m				
13	Real, Masum	Pacific Lutheran	35.67m	117-00	1
	35.67m 35.52m 33.67m				
--	Davis, Luke	Whitworth	FOUL		2
	FOUL FOUL FOUL				

**Event 46 Women Triple Jump**

NWC Meet: M 12.23m 2017		Kayla Brase, Whitworth		
NWC Records: R 12.23m 2017		Kayla Brase, Whitworth		
Name	Year	School	Finals	Wind
1	Hoiland, Jenna	Pacific (Ore.)	11.36m	2.3 37-03.25
	FOUL 10.93m(1.1) 11.29m(0.7) FOUL		11.36m(2.3) 11.22m(+0.0)	
2	Gulley, Adrienne	Pacific Lutheran	11.32m	0.6 37-01.75
	11.06m(+0.0) FOUL 10.59m(+0.0) FOUL		11.32m(0.6) FOUL	
3	Cope, Devyn	Whitworth	10.46m	-1.5 34-04.00
	10.08m(0.7) 10.26m(+0.0) 10.39m(1.4) 10.30m(1.2)		10.18m(-1.4) 10.46m(-1.5)	
4	Kaylor, Monica	Whitworth	10.34m	-0.3 33-11.25
	10.34m(-0.3) 10.30m(+0.0) FOUL 9.01m(+0.0)		9.94m(-0.1) FOUL	
5	Jensen, Elisabeth	George Fox	10.30m	+0.0 33-09.50
	9.98m(+0.0) 10.08m(+0.0) 10.08m(2.7) FOUL		9.87m(-1.4) 10.30m(+0.0)	
6	Vazquez, Itzel	Pacific (Ore.)	10.15m	0.4 33-03.75
	10.15m(0.4) 9.95m(-0.9) 9.73m(1.9) 9.86m(-0.4)		9.96m(+0.0) 10.11m(-0.6)	
7	Henke, Sophia	Pacific (Ore.)	9.89m	1.9 32-05.50
	9.51m(+0.0) 9.84m(0.3) 9.89m(1.9) 9.46m(1.2)		9.30m(1.0) 8.98m(-1.4)	
8	Yee, Kamryn	George Fox	9.61m	1.0 31-06.50
	9.40m(+0.0) 9.29m(+0.0) 9.61m(1.0) 9.52m(0.6)		9.16m(+0.0) 9.23m(-1.0)	
9	O'Rear, Breeauna	George Fox	9.45m	+0.0 31-00.00
	FOUL 9.35m(0.9) FOUL 9.25m(0.9)		9.16m(+0.0) 9.45m(+0.0)	
10	Flynn, Maria	Pacific Lutheran	9.33m	0.2 30-07.50
	9.18m(0.2) 9.33m(0.2) 8.83m(+0.0)			
11	Hopkins, Claire	George Fox	8.93m	+0.0 29-03.75
	8.89m(+0.0) 8.93m(+0.0) 8.65m(1.5)			

**Event 47 Women Pole Vault**

NWC Meet: M 4.21m 2012		Catherine Street, Linfield	
NWC Records: R 4.21m 2012		Catherine Street, Linfield	
Name	Year	School	Finals
1	Angier, Meg	Linfield	3.61m 11-10.00
	2.56 2.71 2.86 3.01 3.16 3.31 3.46 3.61 3.76		PPP PPP PPP PPP O O XO XXX
2	Davidson, Payton	George Fox	3.46m 11-04.25
	2.56 2.71 2.86 3.01 3.16 3.31 3.46 3.61		PPP PPP PPP O XO O O XXX

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3	Nguyen, Kristine	Pacific Lutheran	3.31m	10-10.25
	2.56 2.71 2.86 3.01 3.16 3.31 3.46			
	PPP O XO O PPP XO XXX			
4	Crawford, Siera	Linfield	J3.31m	10-10.25
	2.56 2.71 2.86 3.01 3.16 3.31 3.46			
	PPP PPP PPP PPP XO XXX			
5	Johnson, Anna	George Fox	3.16m	10-04.25
	2.56 2.71 2.86 3.01 3.16 3.31			
	PPP PPP PPP XXO O XXX			
6	Buckmaster, Riley	Pacific Lutheran	3.01m	9-10.50
	2.56 2.71 2.86 3.01 3.16			
	PPP O O XO XXX			
7	Leandro, Carly	Lewis & Clark	2.86m	9-04.50
	2.56 2.71 2.86 3.01			
	PPP O XXO XXX			
7	Vanderville, Shaye	George Fox	2.86m	9-04.50
	2.56 2.71 2.86 3.01			
	PPP O XXO XXX			
7	Keating, Summer	Linfield	2.86m	9-04.50
	2.56 2.71 2.86 3.01			
	O O XXO XXX			
10	Volk, Alanna	Puget Sound	2.71m	8-10.75
	2.56 2.71 2.86			
	O O XXX			
11	Goodell, Allison	Puget Sound	J2.71m	8-10.75
	2.56 2.71 2.86			
	O XO XXX			
--	Wegener, Beth	George Fox	NH	
	2.56			
	XXX			

**Event 48 Men High Jump**

=====						
	NWC Meet: M 2.10m	2008	Cody Stelzer, Whitworth			
	NWC Records: R 2.18m	1996	Scott Radetich, Linfield			
	Name	Year	School	Finals		
=====						
1	Wood, Keaton		Linfield	1.94m	6-04.25	
	1.74 1.79 1.84 1.89 1.94 1.99					
	PPP O XO XO O XXX					
2	McGill, Nicholas		Whitworth	J1.94m	6-04.25	
	1.74 1.79 1.84 1.89 1.94 1.99					
	O XO O O XO XXX					
2	Phillips, Tayler		George Fox	J1.94m	6-04.25	
	1.74 1.79 1.84 1.89 1.94 1.99					
	PPP PPP O XO XO XXX					
4	Carroll, Joel		George Fox	1.89m	6-02.25	
	1.74 1.79 1.84 1.89 1.94					
	O O O O XXX					
5	Russel, Nathaniel		George Fox	1.84m	6-00.50	
	1.74 1.79 1.84 1.89					
	O O O XXX					
5	Gibson, Levi		George Fox	1.84m	6-00.50	
	1.74 1.79 1.84 1.89					
	O O O XXX					

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7	Flanagan, Riley	Whitworth	1.74m	5-08.50
	1.74 1.79			
	XO XXX			
8	Herrera, Travis	Whitworth	J1.74m	5-08.50
	1.74 1.79			
	XXO XXX			
8	Young, Zach	Linfield	J1.74m	5-08.50
	1.74 1.79			
	XXO XXX			
--	Boudreaux, Henry	Linfield	NH	
	1.74			
	XXX			
--	Bonicatto, Jack	Puget Sound	NH	
	1.74			
	XXX			

**Event 49 Women Discus Throw**

NWC Meet: M 45.36m 2000		Mari Ruiz, Whitman	
NWC Records: R 51.00m 1990		Carrie Pietig, Willamette	
Name	Year	School	Finals
1	Simpson, Keara	Whitworth	43.16m 141-07
	39.75m 39.23m FOUL 43.12m 39.15m 43.16m		
2	Rawls, Lauryn	Whitworth	41.24m 135-04
	FOUL 38.04m 39.03m 41.24m 38.70m 39.77m		
3	Walker, Kailee	George Fox	39.70m 130-03
	39.70m 39.69m 35.73m 33.63m 39.27m 35.92m		
4	Copeland, Jamie	Whitworth	39.28m 128-10
	38.46m 37.23m 38.73m 39.28m 37.36m FOUL		
5	Harris, Katelyn	Pacific Lutheran	38.95m 127-09
	38.95m 36.61m 37.17m FOUL FOUL 34.07m		
6	Santos, Peyton	Pacific Lutheran	36.93m 121-02
	35.29m 34.28m 36.93m 34.92m 36.82m 33.03m		
7	Carlson, Abbie Jo	Whitworth	35.65m 116-11
	FOUL FOUL 35.65m FOUL FOUL 34.48m		
8	Capps, Emily	Pacific Lutheran	35.32m 115-10
	35.32m 33.22m 29.62m 33.96m 34.37m 32.71m		
9	Tidwell, Kylie	Pacific (Ore.)	34.02m 111-07
	34.02m 33.52m 30.73m FOUL 33.98m FOUL		
10	Johnson, Kaitlyn	George Fox	33.64m 110-04
	FOUL 33.64m 32.80m		
--	Manibusan, Tahnisha	George Fox	FOUL
	FOUL FOUL FOUL		

**Event 50 Men Triple Jump**

NWC Meet: M 14.97m 1984		Tommy Stewart, Whitworth			
NWC Records: R 15.39m 1984		Tommy Stewart, Whitworth			
Name	Year	School	Finals	Wind	H#
1	Kassebaum, Ethan	George Fox	13.93m +0.0 45-08.50	2	
	FOUL 12.94m(2.0) 12.82m(1.7) 13.85m(4.3) 13.17m(1.6) 13.93m(+0.0)				
2	Irish-Lodge, Samson	Whitworth	13.79m 1.8 45-03.00	2	
	13.16m(0.1) 13.35m(+0.0) FOUL FOUL 13.39m(2.7) 13.79m(1.8)				

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3	McGill, Nicholas	Whitworth	13.68m	-0.2	44-10.75	1
	13.06m(+0.0)	13.68m(-0.2)	FOUL	FOUL	PASS	PASS
4	Brunk, Isaac	George Fox	13.39m	+0.0	43-11.25	1
	12.80m(3.6)	12.75m(0.9)	13.00m(-0.9)	FOUL	12.83m(-0.3)	13.39m(+0.0)
5	Blackler, Kolby	Whitworth	13.32m	+0.0	43-08.50	2
	12.58m(1.8)	12.77m(3.6)	12.94m(0.4)	13.28m(0.1)	13.26m(3.4)	13.32m(+0.0)
6	Sedy, Jonathan	Linfield	13.27m	1.6	43-06.50	2
	12.26m(+0.0)	13.27m(1.6)	13.09m(-1.2)	12.78m(+0.0)	13.04m(-0.6)	13.10m(-1.5)
7	Quach, Drew	George Fox	13.19m	1.7	43-03.25	1
	12.53m(-1.7)	13.19m(1.7)	12.76m(0.2)	12.71m(0.9)	12.41m(-1.4)	12.94m(0.3)
8	Anderson, Oliver	Willamette	13.06m	2.7	42-10.25	2
	13.06m(2.7)	12.43m(0.3)	12.44m(1.9)	12.59m(2.4)	FOUL	PASS
9	Flanagan, Riley	Whitworth	12.92m	0.8	42-04.75	2
	FOUL	12.84m(1.0)	12.92m(0.8)	12.55m(3.5)	12.79m(1.1)	12.88m(0.6)
10	Johnson, Sam	Lewis & Clark	12.85m	1.2	42-02.00	2
	12.55m(+0.0)	12.85m(1.2)	FOUL			
11	Scott, Andrew	Lewis & Clark	12.48m	-2.0	40-11.50	1
	FOUL	12.48m(-2.0)	12.09m(1.7)			
12	VandenHoek, Camden	George Fox	12.44m	+0.0	40-09.75	1
	FOUL	12.20m(+0.0)	12.44m(+0.0)			
13	Claxton, Cooper	Pacific Lutheran	11.91m	2.0	39-01.00	1
	11.91m(2.0)	FOUL	FOUL			
14	Boudreaux, Henry	Linfield	11.66m	+0.0	38-03.25	1
	FOUL	11.66m(+0.0)	FOUL			

**Event 51 Men Javelin Throw**

=====						
NWC Meet:	M	66.00m	2011	Alex Hymel, Whitworth		
NWC Records:	R	68.55m	1998	Davy Logue, Pacific Lutheran		
Name		Year	School	Finals		
=====						
1	McGill, Nicholas		Whitworth	59.69m	195-10	
	53.03m	58.91m	PASS	49.22m	59.69m	58.59m
2	Funk, Dominic		Pacific (Ore.)	59.13m	194-00	
	50.99m	55.63m	55.51m	59.13m	56.16m	56.69m
3	Metcalfe, Matt		Linfield	57.22m	187-09	
	FOUL	52.13m	57.22m	54.90m	52.40m	53.42m
4	Smith, Davis		George Fox	56.94m	186-10	
	51.06m	ND	56.94m	53.56m	54.43m	56.25m
5	Brinkley, Benjamin		Whitworth	53.18m	174-06	
	51.67m	52.13m	52.42m	51.62m	53.18m	51.90m
6	Ellis, Jack		George Fox	52.00m	170-07	
	49.97m	47.34m	49.72m	52.00m	47.15m	51.51m
7	Young, Zach		Linfield	51.92m	170-04	
	ND	51.92m	49.67m	50.77m	FOUL	46.70m
8	Bumanlag, Kristian		Pacific (Ore.)	44.52m	146-01	
	44.16m	ND	44.45m	43.13m	44.52m	FOUL
9	Garcia, Ignacio		Whitworth	41.78m	137-01	
	34.95m	36.11m	41.78m	40.90m	38.61m	39.00m
10	Ditter, Cameron		Whitworth	40.93m	134-03	
	40.93m	40.26m	36.37m			
11	Dykstra, Nathan		Whitworth	40.09m	131-06	
	31.87m	36.34m	40.09m			

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Name	Year	School	Finals	H#
NWC Meet: M 7225 1997 Karl Lerum, Pacific Lutheran				
NWC Records: R 7516 1981 Doug Larson, Whitworth				
1		McGill, Nicholas	Whitworth	6838
2		Beckmann, Keaton	Willamette	6788
3		Herrera, Travis	Whitworth	6293
4		Krutzikowsky, Ronan	Linfield	5942
5		Dykstra, Nathan	Whitworth	5264
6		Cassidy, Adam	Whitworth	4403

**Event 101 Decathlon: #1 Men 100 Meter Dash Decathlon**

Name	Year	School	Finals	Wind	Points
1		Beckmann, Keaton	Willamette	10.85	2.1 894
2		Herrera, Travis	Whitworth	11.32	2.1 791
3		Krutzikowsky, Ronan	Linfield	11.56	2.1 740
4		McGill, Nicholas	Whitworth	11.58	2.1 736
5		Dykstra, Nathan	Whitworth	11.64	2.1 723
6		Cassidy, Adam	Whitworth	11.95	2.1 661
--		Wood, Keaton	Linfield	DNF	2.1

**Event 101 Decathlon: #2 Men Long Jump Decathlon**

Name	Year	School	Finals	Wind	Points
1		Beckmann, Keaton	Willamette	6.86m	2.2 22-06.25 781
		6.80m(1.5) 6.86m(2.2) PASS			
2		McGill, Nicholas	Whitworth	6.66m	1.9 21-10.25 734
		FOUL 6.65m(2.7) 6.66m(1.9)			
3		Herrera, Travis	Whitworth	6.37m	2.5 20-10.75 668
		6.24m(1.9) FOUL 6.37m(2.5)			
4		Krutzikowsky, Ronan	Linfield	6.12m	1.9 20-01.00 613
		5.94m(1.7) 6.03m(1.4) 6.12m(1.9)			
5		Dykstra, Nathan	Whitworth	5.86m	1.6 19-02.75 556
		FOUL 5.86m(1.6) FOUL			
6		Cassidy, Adam	Whitworth	5.81m	2.1 19-00.75 546
		5.66m(2.0) FOUL 5.81m(2.1)			

**Event 101 Decathlon: #3 Men Shot Put Decathlon**

Name	Year	School	Finals	Points
1		Beckmann, Keaton	Willamette	11.76m 38-07.00 592
		11.67m 11.76m 11.01m		
2		McGill, Nicholas	Whitworth	11.61m 38-01.25 583
		FOUL 11.61m FOUL		
3		Krutzikowsky, Ronan	Linfield	11.02m 36-02.00 547
		10.50m 10.66m 11.02m		
4		Cassidy, Adam	Whitworth	10.55m 34-07.50 519
		9.84m 10.07m 10.55m		
5		Dykstra, Nathan	Whitworth	10.06m 33-00.25 489
		9.58m 10.06m 9.82m		



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## ...Event 101 Decathlon: #3 Men Shot Put Decathlon

6	Herrera, Travis	Whitworth	9.85m	32-03.75	477
	9.85m	9.72m	9.45m		

## Event 101 Decathlon: #4 Men High Jump Decathlon

Name	Year	School	Finals	Points													
1 McGill, Nicholas		Whitworth	1.88m 6-02.00	696													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.85	1.88	1.91
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	O	O	XO	O	XXX
2 Beckmann, Keaton		Willamette	1.73m 5-08.00	569													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76	1.79			
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	PPP	XO	PPP	XXX			
3 Herrera, Travis		Whitworth	1.70m 5-07.00	544													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73					
	PPP	PPP	PPP	PPP	O	XO	XO	XXO	O	O	XXO	XXX					
4 Krutzikowsky, Ronan		Linfield	1.64m 5-04.50	496													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67							
	PPP	PPP	PPP	PPP	O	O	PPP	XO	O	XXX							
5 Cassidy, Adam		Whitworth	1.55m 5-01.00	426													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58										
	O	O	O	O	O	O	XXX										
5 Dykstra, Nathan		Whitworth	1.55m 5-01.00	426													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58										
	O	O	O	O	XO	XXO	XXX										

## Event 101 Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year	School	Finals	Points
1 Beckmann, Keaton		Willamette	48.94	864
2 Herrera, Travis		Whitworth	50.44	794
3 McGill, Nicholas		Whitworth	51.78	734
4 Krutzikowsky, Ronan		Linfield	53.04	680
5 Dykstra, Nathan		Whitworth	53.99	640
6 Cassidy, Adam		Whitworth	55.60	575

## Event 101 Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year	School	Finals	Wind H#	Points
1 Beckmann, Keaton		Willamette	15.75	-0.2 1	761
2 McGill, Nicholas		Whitworth	15.85	-0.3 2	750
3 Herrera, Travis		Whitworth	15.88	-0.3 2	746
4 Krutzikowsky, Ronan		Linfield	16.73	-0.2 1	653
5 Cassidy, Adam		Whitworth	17.50	-0.3 2	573
6 Dykstra, Nathan		Whitworth	17.59	-0.2 1	564

## Event 101 Decathlon: #7 Men Discus Throw Decathlon

Name	Year	School	Finals	Points
1 McGill, Nicholas		Whitworth	36.52m 119-10	594
	31.32m	35.80m	36.52m	

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2	Beckmann, Keaton	Willamette	33.65m	110-05	537
	33.65m 32.42m FOUL				
3	Krutzikowsky, Ronan	Linfield	30.84m	101-02	481
	30.84m FOUL FOUL				
4	Herrera, Travis	Whitworth	27.30m	89-07	412
	25.91m 27.30m 16.80m				
5	Cassidy, Adam	Whitworth	27.04m	88-08	407
	25.81m 26.87m 27.04m				
6	Dykstra, Nathan	Whitworth	25.46m	83-06	376
	24.71m 25.46m 23.17m				

**Event 101 Decathlon: #8 Men Pole Vault Decathlon**

Name	Year	School	Finals	Points
1 Herrera, Travis		Whitworth	4.74m 15-06.50	831
	2.74 3.04 3.24 3.34 3.44 3.54 3.64 3.74 3.84 3.94 4.04 4.14 4.24 4.34 4.44 4.54 4.74 4.84			
	PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP PPP O PPP PPP O XO XXX			
2 Krutzikowsky, Ronan		Linfield	4.24m 13-11.00	685
	2.44 2.74 3.04 3.24 3.34 3.44 3.54 3.64 3.74 3.84 3.94 4.04 4.14 4.24 4.34			
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O XO PPP XXO XXX			
2 McGill, Nicholas		Whitworth	4.24m 13-11.00	685
	2.44 2.74 3.04 3.24 3.34 3.44 3.54 3.64 3.74 3.84 3.94 4.04 4.14 4.24 4.34			
	PPP PPP PPP PPP O PPP PPP O PPP PPP O PPP PPP O XXX			
4 Beckmann, Keaton		Willamette	3.74m 12-03.25	546
	2.44 2.74 3.04 3.24 3.34 3.44 3.54 3.64 3.74 3.84			
	PPP PPP O O PPP PPP O XXO O XX			
5 Dykstra, Nathan		Whitworth	3.64m 11-11.25	519
	2.44 2.74 3.04 3.24 3.34 3.44 3.54 3.64 3.74 3.84			
	PPP O O O PPP O PPP XO PPP XXX			
-- Cassidy, Adam		Whitworth	NH	
	2.44			
	XXX			

**Event 101 Decathlon: #9 Men Javelin Throw Decathlon**

Name	Year	School	Finals	Points
1 McGill, Nicholas		Whitworth	58.35m 191-05	713
	58.35m 56.11m 51.69m			
2 Beckmann, Keaton		Willamette	51.75m 169-09	615
	51.75m 40.48m 50.76m			
3 Dykstra, Nathan		Whitworth	42.96m 140-11	485
	40.99m 42.96m 41.21m			
4 Cassidy, Adam		Whitworth	40.83m 133-11	454
	39.65m 40.83m 37.91m			
5 Herrera, Travis		Whitworth	36.45m 119-07	391
	35.91m 35.17m 36.45m			
6 Krutzikowsky, Ronan		Linfield	31.99m 104-11	327
	31.08m 31.99m FOUL			

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****Event 101 Decathlon: #10 Men 1500 Meter Run Decathlon**

Name	Year School	Finals	Points
1 Krutzikowsky, Ronan	Linfield	4:33.83	720
2 Herrera, Travis	Whitworth	4:46.60	639
3 Beckmann, Keaton	Willamette	4:48.23	629
4 McGill, Nicholas	Whitworth	4:50.92	613
5 Dykstra, Nathan	Whitworth	5:13.13	486
6 Cassidy, Adam	Whitworth	6:05.50	242

**Event 102 Women Heptathlon**

Name	Year School	Finals	H#
NWC Meet: M 4728 1999	Kristi Osborne, Pacific Lutheran		
NWC Records: R 4834 2006	Brooke Barker, Pacific (Ore.)		
1 VandenHoek, Brecken	George Fox	4194	
2 Buhler, Kalina	George Fox	3866	
3 Jensen, Elisabeth	George Fox	3806	
4 Cerne, Jessica	Lewis & Clark	3734	
5 Scott, Maya	Linfield	2879	

**Event 102 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

Name	Year School	Finals	Wind	H#	Points
1 VandenHoek, Brecken	George Fox	15.22	1.0	2	813
2 Jensen, Elisabeth	George Fox	15.68	1.0	2	754
3 Buhler, Kalina	George Fox	16.94	1.0	2	603
4 Scott, Maya	Linfield	16.97	1.0	1	600
5 Cerne, Jessica	Lewis & Clark	17.20	1.0	1	574
6 O'Rear, Breeauna	George Fox	17.30	1.0	1	563

**Event 102 Heptathlon: #2 Women High Jump Heptathlon**

Name	Year School	Finals	Points
1 VandenHoek, Brecken	George Fox	1.52m 4-11.75	644
1.07 1.10 1.13 1.16 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58			
PPP PPP PPP PPP PPP PPP PPP O PPP PPP O O PPP XXX			
1 Buhler, Kalina	George Fox	1.52m 4-11.75	644
1.07 1.10 1.13 1.16 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55			
PPP PPP PPP PPP PPP PPP PPP O PPP O XXX			
1 Jensen, Elisabeth	George Fox	1.52m 4-11.75	644
1.07 1.10 1.13 1.16 1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55			
PPP PPP PPP PPP PPP PPP PPP O PPP XO O XO XXX			
4 O'Rear, Breeauna	George Fox	1.46m 4-09.50	577
1.07 1.10 1.13 1.16 1.31 1.34 1.37 1.40 1.43 1.46 1.49			
PPP PPP PPP PPP PPP PPP PPP O PPP XXO XXX			
5 Cerne, Jessica	Lewis & Clark	1.43m 4-08.25	544
1.07 1.10 1.13 1.16 1.31 1.34 1.37 1.40 1.43 1.46			
PPP PPP PPP PPP O O XXO O XXO XXX			
6 Scott, Maya	Linfield	1.13m 3-08.50	248
1.07 1.10 1.13 1.16			
O O O XXX			

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****Event 102 Heptathlon: #3 Women Shot Put Heptathlon**

Name	Year School	Finals	Points
1 VandenHoek, Brecken 10.12m 10.41m 10.41m	George Fox	10.41m 34-02.00	556
2 Cerne, Jessica 8.84m 8.98m 9.27m	Lewis & Clark	9.27m 30-05.00	482
3 Buhler, Kalina 8.84m 9.05m x	George Fox	9.05m 29-08.25	467
4 O'Rear, Breeauna 8.12m 8.95m 8.26m	George Fox	8.95m 29-04.50	461
5 Jensen, Elisabeth FOUL 7.31m 7.36m	George Fox	7.36m 24-01.75	358
6 Scott, Maya 6.19m 6.01m x	Linfield	6.19m 20-03.75	283

**Event 102 Heptathlon: #4 Women 200 Meter Dash Heptathlon**

Name	Year School	Finals	Wind	Points
1 VandenHoek, Brecken	George Fox	27.52	-2.4	669
2 Jensen, Elisabeth	George Fox	28.06	-2.4	626
3 O'Rear, Breeauna	George Fox	28.54	-2.4	589
4 Scott, Maya	Linfield	28.61	-2.4	584
5 Buhler, Kalina	George Fox	28.87	-2.4	564
6 Cerne, Jessica	Lewis & Clark	28.88	-2.4	563

**Event 102 Heptathlon: #5 Women Long Jump Heptathlon**

Name	Year School	Finals	Wind	Points
1 VandenHoek, Brecken 5.12m(2.2) 4.76m(0.2) PASS	George Fox	5.12m 2.2	16-09.75	592
2 Jensen, Elisabeth FOUL FOUL 4.97m(+0.0)	George Fox	4.97m +0.0	16-03.75	551
3 Cerne, Jessica 4.60m(1.2) 4.56m(0.2) 4.68m(+0.0)	Lewis & Clark	4.68m +0.0	15-04.25	474
4 Buhler, Kalina 4.39m(0.3) 4.36m(1.1) 4.53m(0.1)	George Fox	4.53m 0.1	14-10.50	436
5 Scott, Maya 3.88m(1.4) FOUL 3.83m(+0.0)	Linfield	3.88m 1.4	12-08.75	281

**Event 102 Heptathlon: #6 Women Javelin Throw Heptathlon**

Name	Year School	Finals	Points
1 VandenHoek, Brecken 35.01m 31.49m 27.08m	George Fox	35.01m 114-10	572
2 Cerne, Jessica 34.33m 28.35m 31.41m	Lewis & Clark	34.33m 112-07	559
3 Buhler, Kalina 28.07m 31.34m 29.32m	George Fox	31.34m 102-10	502
4 Scott, Maya 22.56m 24.84m FOUL	Linfield	24.84m 81-06	379
5 Jensen, Elisabeth 24.08m 22.10m 18.86m	George Fox	24.08m 79-00	365

**2021 NWC Championships - 5/13/2021 to 5/14/2021****Pacific University****Results****Event 102 Heptathlon: #7 Women 800 Meter Run Heptathlon**

Name	Year School	Finals	Points
1 Buhler, Kalina	George Fox	2:33.44	650
2 Cerne, Jessica	Lewis & Clark	2:43.10	538
3 Jensen, Elisabeth	George Fox	2:45.83	508
4 Scott, Maya	Linfield	2:46.16	504
5 VandenHoek, Brecken	George Fox	3:01.82	348