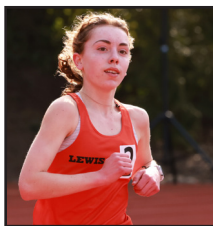
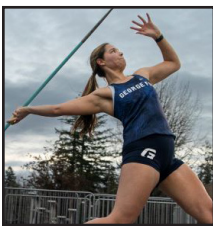
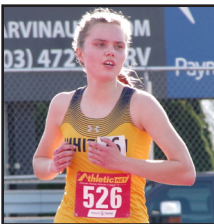


2023 TRACK & FIELD



APRIL 21-22, 2023

Charles Bowles Track • Willamette University • Salem, Oregon



NORTHWEST CONFERENCE

History and Development of the NWC

In the last 25 years, the Northwest Conference has established itself as one of the most competitive NCAA Division III conferences in the U.S. Comprised of nine private colleges and universities in Washington and Oregon, the NWC is competitive on a national level in a wide array of sports and recognized for its emphasis on academic excellence.

The NWC was formed in 1926, making it one of the oldest athletics conferences in the western United States. For 60 years, the Northwest Conference sponsored sports exclusively for men. In 1984, the Northwest Conference joined with the Women's Conference of Independent Colleges to become the Northwest Conference of Independent Colleges. The name was shortened to its current moniker in 1996 when it joined the NCAA.

The charter members included Willamette University, Whitman College, Pacific University, the College of Puget Sound (now the University of Puget Sound), Linfield College and the College of Idaho. Albany College joined in 1931, left in 1938 and rejoined in 1949 using its present name of Lewis & Clark College. Pacific Lutheran University was added in 1965 and Whitworth College in 1970. In 1978, the College of Idaho dropped out of the conference.

Whitworth also left in 1984, but then returned in 1988. In 1996, George Fox joined when the conference moved to the NCAA. Seattle University was also a member for one year before it switched to NCAA Division II. From 2006-2010, Menlo College was part of the conference as an associate member in football.



Cameryn Nagaji, Lewis & Clark

The move to NCAA Division III in 1996 was embraced as one that would foster equity, plus sportsmanship and genuine concern for the student-athletes in all areas of participation. Athletics competition at the NCAA Division III level is based on the development of all student-athletes through a "comprehensive educational experience" (NCAA Division III Identity Initiative).

The NWC's current membership includes Lewis & Clark College, Linfield University, George Fox University, Pacific University and Willamette University from Oregon; and Pacific Lutheran University, the University of Puget Sound, Whitman College and Whitworth University from Washington.

The Northwest Conference has won nine NCAA Division III National Championships: Pacific Lutheran football in 1999, Linfield football and George Fox baseball in 2004, Linfield softball in 2007, George Fox women's basketball in 2009, Linfield softball in 2011, Pacific Lutheran softball in 2012, Linfield baseball in 2013 and George Fox women's track & field in 2018.

Each year, the NWC recognizes the school that excels across all fields of competition by awarding the McIlroy-Lewis All-Sports Trophy, based upon a points system. The trophy is named in honor of Jane McIlroy from Linfield (1950-82) and John Lewis of Willamette (1947-72).



Cody Wheeler, Whitworth



NORTHWEST CONFERENCE

Member Colleges and Universities



Location..... Newberg, Ore.
 Founded..... 1891
 Enrollment 2,289
 Colors True Blue and Old Gold
 Nickname..... Bruins
 President Dr. Robin Baker
 Director of Athletics..... Adam Puckett
 Website athletics.georgefox.edu
 Facebook George Fox University Athletics
 Twitter @gfathletics



Location..... Walla Walla, Wash.
 Founded..... 1859
 Enrollment 1,559
 Colors Blue and Gold
 Nickname..... Blues
 President Dr. Sarah Bolton
 Director of Athletics..... Kim Chandler
 Website athletics.whitman.edu
 Facebook Whitman College Athletics
 Twitter @WhitmanSports



Location..... Portland, Ore.
 Founded..... 1867
 Enrollment 2,205
 Colors Orange, Black, and White
 Nickname..... Pioneers
 President Dr. Robin Holmes-Sullivan
 Director of Athletics..... Mark Pietrok
 Website lcpioneers.com
 Facebook lcpioneers
 Twitter @lcpioneers



Location..... Spokane, Wash.
 Founded..... 1890
 Enrollment 2,220
 Colors Crimson and Black
 Nickname..... Pirates
 President Dr. Scott McQuilkin
 Director of Athletics..... Tim Demant
 Website whitworthpirates.com
 Facebook WhitworthPirates
 Twitter @GoBucs



Location..... McMinnville, Ore.
 Founded..... 1849
 Enrollment 1,755
 Colors Purple and Cardinal
 Nickname..... Wildcats
 President Dr. Miles K. Davis
 Director of Athletics..... Garry Killgore
 Website golinfieldwildcats.com
 Facebook linfieldsports
 Twitter @linfieldsports



Location..... Salem, Ore.
 Founded..... 1842
 Enrollment 1,585
 Colors Cardinal and Gold
 Nickname..... Bearcats
 President Dr. Stephen E. Thorsett
 Director of Athletics..... Rob Passage
 Website wubearcats.com
 Facebook wubearcats
 Twitter @wubearcats



Location..... Forest Grove, Ore.
 Founded..... 1849
 Enrollment 1,500
 Colors Red, Black, and White
 Nickname..... Boxers
 President Dr. Jennifer Coyle
 Director of Athletics..... Keith Buckley
 Website goboxers.com
 Facebook PacificUBoxers
 Twitter @goboxers



Location..... Tacoma, Wash.
 Founded..... 1890
 Enrollment 2,400
 Colors Black and Gold
 Nickname..... Lutes
 President Allan Belton
 Director of Athletics..... Mike Snyder
 Website GoLutes.com
 Facebook golutes
 Twitter @GoLutes

Commissioner Kimberly Wenger
 Assistant Commissioner..... Abby Jarvis
 Founded..... 1926
 Number of College/Universities 9
 Website nwcsports.com
 Facebook NorthwestConference
 Twitter @NorthwestConf



Location..... Tacoma, Wash.
 Founded..... 1888
 Enrollment
 Colors Maroon and White
 Nickname..... Loggers
 President Dr. Isiaah Crawford
 Director of Athletics..... Amy Hackett
 Website loggerathletics.com
 Facebook pugetsoundloggers
 Twitter @PSloggers



Zoe Heino, Willamette



McCULLOCH STADIUM

Charles Bowles Track Records



RYAN BAILEY – 200M, 110H



DYROL BURLESON – 1,500M



MARLA RUNYAN – 10,000M



CARTER COMITO – DISCUS

MEN'S TRACK RECORDS

EVENT	MARK	RECORD HOLDER	YEAR
100m	10.55	Josh Cain	2008
200m	21.20	Ryan Bailey	2008
400m	46.35	Antoine Drakeford	2012
800m	1:48.04	Mark Fricker, Oregon State	1982
1,500m	3:40.24	Dyrol Burleson	1966
3,000m Steeple	8:49.15	Max King, Team XO	2006
5,000m	13:52.05	Jared Ward, Brigham Young	2012
10,000m	29:18.74	Reid Buchanan, Portland	2016
110m Hurdles	14.13	Ryan Bailey	2008
400m Hurdles	52.28	Dan Sanders	2015
400m Relay	41.37	Western Oregon	2001
1,600m Relay	3:17.09	Concordia (Ore.)	2012
Shot Put	19.10m (62' 8")	Willy Irwin, Concordia (Ore.)	2013
Discus	57.07m (187' 3")	Carter Comito, Whitworth	2012
Javelin	73.14m (239' 11")	Ryan Brandel, Team Reddaway	2013
Hammer	69.79m (228' 11")	John McArdle, Oregon Int'l	1985
High Jump	2.20m (7' 2.5")	Justin Frick, Shore Athletic Club	2012
Pole Vault	5.02m (16' 6")	Curt Heywood, Linfield	1994
Long Jump	7.62m (25' 0")	Go Go Peters, Oregon Int'l	2002
Triple Jump	15.62m (51' 3")	Go Go Peters, Oregon Int'l	2002
Decathlon	7,199 pts	David Crume, Willamette	1984

WOMEN'S TRACK RECORDS

EVENT	MARK	RECORD HOLDER	YEAR
100m	11.67	Geronne Black, Portland State	2012
200m	24.09	Genna Settle, Portland State	2017
400m	54.73	Vanessa D'Arpino, Oregon State	2017
800m	2:08.95	Emily McMahon	2009
1,500m	4:20.40	Tara Erdmann, Loyola Marymont	2011
3,000m Steeple	9:56.17	Shelby Mills, Gonzaga	2016
5,000m	15:53.48	Alexi Pappas, Oregon TC	2014
10,000m	32:39.46	Marla Runyan, Nike	2004
100m Hurdles	14.05	Cassandra Sidner, Portland State	2013
400m Hurdles	59.57	Amber Larsen, Linfield	2001
400m Relay	46.58	Portland State	2013
1,600m Relay	3:49.01	Western Oregon	2017
Shot Put	17.26m (56' 7.5")	McKenzie Warren, Concordia (Ore.)	2017
Discus	54.68m (179' 5")	Mary Etter, Team XO	2004
Javelin	49.52m (162' 6")	Dailey Bell, Northwest Christian	2017
Hammer	63.09m (207' 0")	Cari Soong, Team XO	2005
High Jump	1.77m (5' 10")	Carina Westover	1983
Pole Vault	4.34m (14' 3.25")	Nikki McEwen, Team XO	2006
Long Jump	5.89m (19' 4.25")	Saran Patillo, Willamette	1996
Triple Jump	12.39m (40' 7.75")	Katherine Maus, Portland	2015
Heptathlon	4,919 pts	Linda Hightower, Oregon TC	1983



NORTHWEST CONFERENCE

NATIONALLY RANKED ATHLETES

MEN'S EVENT

	ATHLETE	RANK	MARK
5,000m	Max Aldrich, Lewis & Clark	26th	14:24.15
10,000m	Peter Weiss, George Fox	27th	30:19.11
Pole Vault	Levi Gibson, George Fox	17th tie	4.75m (15' 7")
Long Jump	Drew Quach, George Fox	5th	7.45m (24' 5.5")
	Ethan Kassebaum, George Fox	6th	7.42m (24' 4.25")
	Dieumerci Migani, George Fox	23rd tie	7.09m (23' 3.25")
Shot Put	Masum Real, Pacific Lutheran	5th	16.64m (54' 7.25")
Discus	Masum Real, Pacific Lutheran	16th	48.97m (160' 8")
	Larson Fairbairn, Pacific Lutheran	28th	47.14m (154' 8")
Javelin	Dominic Funk, Pacific	6th	63.57m (208' 7")
	Zach Young, Linfield	11th	59.75m (196' 0")
	Darius Chaffin, Pacific Lutheran	30th	55.87m (183' 4")
Decathlon	Taylor Phillips, George Fox	3rd	6,672 pts
	Grady Lemma, Pacific Lutheran	15th	6,035 pts
	Ronan Krutzikowsky, Linfield	17th	5,979 pts
	Jonathan Fritz, Lewis & Clark	24th	5,777 pts
	Nicholas Stade, Lewis & Clark	25th	5,769 pts
	Levi Gibson, George Fox	26th	5,768 pts

WOMEN'S EVENT

	ATHLETE	RANK	MARK
200m	McKenzie Feinglas, Linfield	29th tie	25.11
800m	Ellie Rising, George Fox	4th	2:11.07
5,000m	Brenna Sclair, George Fox	26th	17:12.73
High Jump	Whitley Stepp, Willamette	21st tie	1.63m (5' 4.25")
	Logan Roberts, Linfield	21st tie	1.63m (5' 4.25")
Pole Vault	Alison Young, George Fox	8th tie	3.80m (12' 5.5")
	Grace Tully, George Fox	19th tie	3.65m (11', 11.75")
	Lily Luksich, Pacific Lutheran	22nd tie	3.60m (11' 9.75")
Shot Put	Renee Tiumalu, Whitworth	19th	13.46m (44' 2")
Discus	Lauryn Rawls, Whitworth	11th	44.17m (144' 11")
Hammer	Abbie Jo Carlson, Whitworth	29th	48.88m (160' 4")
Javelin	Ava Nelson, Pacific Lutheran	1st	46.27m (151' 10")
	Chrissy Strickland, George Fox	2nd	46.04m (151' 0")
	Ellena Corwin, George Fox	28th	38.83m (127' 5")
Heptathlon	Brecken VanenHoek, George Fox	7th	4,624 pts
	Elisabeth Jensen, George Fox	21st	4,102 pts
	Malia Heien, Lewis & Clark	25th	4,051 pts
	Jenna Huntsman, George Fox	30th	3,920 pts



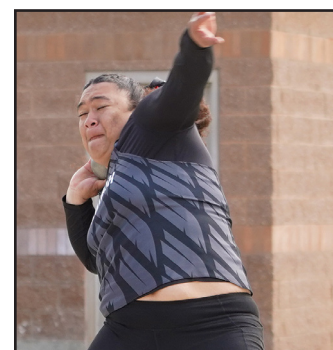
Drew Quach, George Fox



Alison Young, George Fox



Zach Young, Linfield



Renee Tiumalu, Whitworth



MEN'S TRACK & FIELD

Northwest Conference Championships Preview

The reigning five-time NWC Champion George Fox men look to a roster with significant depth as they pursue their sixth consecutive NWC crown. The Bruins won the title with 241 points, finishing 88 points ahead of Pacific Lutheran at 153. Whitworth was third with 139 points.

The Bruins hold top performers across the board. Peter Weiss has the top 10,000m run time (30:19.11), ahead of teammates Adam Petersen and Alex Mills. Gavin Grass and Austin Gappa hold the times in the 3,000m steeplechase. In the field events, James King leads the high jump (6'10.25"), in front of teammates Tayler Phillips and Tiger Brunk. Levi Gibson ranks first among pole vault competitors with his vault of 15'7". Drew Quach leads the men in the long jump, jumping 24' 5.25". Teammates Ethan Kassebaum, Dieumerci Migani, and Cameron Seymour also rank in the top five. Migani ranks first in the triple jump with a leap of 48' 6.25". Ben Meade leads the roster in the hammer throw at 170' 0.5". Tayler Phillips was the men's decathlon winner at the NWC Multi-Event Championships on April 11-12.

Lewis & Clark looks to several top performers to improve from last year's eighth place finish. Jordan Lahusky holds the top NWC time in the 400m (49.20) and the second fastest time of the season in both the 100m (10.97) and 200m (21.82). Max Aldrich leads the field in the 5,000m with a time of 14:24.15 and Nicholas Stade sits atop the men's lineup in the 400m hurdles (55.68). The Pios also have posted the top 4x400 relay time of the season (3:22.23). L&C enters Friday in second place after Jonathan Fritz's fifth place and Stade's sixth place performances at the NWC Multi-Event Championships.

Linfield comes to the meet having already secured some points as Ronan Krutzikowsky placed third in the decathlon at the multi event championship. Dylan Jackson leads the Wildcats in the sprint events, ranking third in the NWC in the 100m (11.03) and fourth in the 200m (22.27). Chandler Morris sits in third in the 400m (50.05). Jacob Slifka earned the top seed in the discus heading into the championship with a throw of 165' 3.5".

Pacific (Ore.) will look to top-seeded Henry Tierney and Dominic Funk to help guide their points this season. Tierney holds the NWC top spot in the 800m run (1:52.42) while Funk leads the javelin, having

thrown 208' 6.75 this season. Lucas Dahl is expected to score well in both the 100 and 200 meter dash. Andrew Reid's throw of 47' 10.5 places him second in the NWC in the shot put.

Pacific Lutheran has multiple dominating presences in the standings that are expected to earn high points. Lutes' Ryan Stracke holds the top time of the season in the 1,500 with a time of 3:53.71. Stracke and teammate Kai Sorensen each hold a spot in the top five of the 3k steeplechase. Masum Real handily leads the men in shot put with a throw of 54' 7. Real also ranks second in the discus, just ahead of teammate Larson Fairbairn. The Lutes come to the meet with valuable points, as Grady Lemma finished second in the men's decathlon at the NWC Multi-Event Championship.

Ben Kerr of Puget Sound aims to lead the Loggers on the track, holding the second fastest NWC time of the season in the 1,500 (3:55.05) and the third fastest in the 5,000 (14:51.67). Other top performers for the Loggers include Jacob Howmiller, Carson Carey, and Mercer Stauch.

The Whitman Blues enter the championship meet with a distance track program. They will be led by Matt Mascavage, Scott Macdonald, Gabe Wasserman, and Reilly McVay.

Whitworth enters the NWC Championships with a speed and power. Solo Hines highlights the Pirates' sprint program with top NWC times in the 100m (10.72) and 200m (21.70) dash. Zaanan Bane leads the men's lineup in the 110m hurdles (15.66) while teammate Daniel Watts ranks second in the 400m hurdles (56.40). The throws are highlighted by Reed Hurst in the shot put, Eddie Vu in the discus, Cody Wheeler in the javelin, and Ignacio Garcia and Luke Davis in the hammer throw. Whitworth's Jalen Martin finished fourth in the decathlon.

Willamette looks to Simon Kidder, William Henum, Elijah Jones, and Oliver Anderson at the meet, each holding times in the top five of the Northwest Conference. Kidder holds the fourth spot in the 400m hurdles with a time of 57.95, Henum earned the fifth seed in the 3,000m steeplechase, Jones ranks third in the pole vault (14' 7.25"), and Anderson sits third in the triple jump (45' 10.5").



MEN'S TRACK & FIELD

Northwest Conference History

RECENT TEAM CHAMPIONSHIPS

2022 – APRIL 22-23		2021 – MAY 13-14	
Hosted by Puget Sound Tacoma, Washington		Hosted by Pacific Forest Grove, Oregon	
George Fox	241	George Fox	251.5
Pacific Lutheran	153	Whitworth	219.5
Whitworth	139	Pacific Lutheran	101.5
Linfield	116	Linfield	87.5
Pacific	59	Lewis & Clark	54
Puget Sound	39	Pacific	47
Willamette	36	Puget Sound	31
Lewis & Clark	20	Willamette	19
Whitman	0	Whitman	1

TEAM CHAMPIONSHIP HISTORY

2022 George Fox	1990 Pacific Lutheran	1958 Whitman
2021 George Fox	1989 Pacific Lutheran	1957 Whitman
2020 No Season	1988 Pacific Lutheran	1956 Lewis & Clark
2019 George Fox	1987 Willamette	1955 Whitman
2018 George Fox	1986 Willamette	1954 Lewis & Clark
2017 George Fox	1985 Willamette	1953 Willamette
2016 Whitworth	1984 Willamette	1952 Willamette
2015 Whitworth	1983 Willamette	1951 Willamette
2014 Whitworth	1982 Willamette	1950 Lewis & Clark
2013 Whitworth	1981 Willamette	1949 Lewis & Clark
2012 Whitworth	1980 Linfield	1948 British Columbia
2011 Whitworth	1979 Willamette	1947 British Columbia
2010 Whitworth	1978 Willamette	1946 Whitman
2009 Willamette	1977 Lewis & Clark	1943 Whitman
2008 Whitworth	1976 Linfield	1942 Whitman
2007 Linfield	1975 Linfield	1941 Rained out
2006 Willamette	1974 Linfield	1940 Whitman
2005 Willamette	1973 Linfield	1939 Whitman
2004 Willamette	1972 Whitworth	1938 Whitman
2003 Willamette	1971 Pacific Lutheran	1937 Whitman
2002 Willamette	1970 Willamette	1936 Linfield
2001 Whitworth	1969 Lewis & Clark	1935 Whitman
2000 Pacific	1968 Lewis & Clark	1934 Whitman
1999 Pacific	1967 Lewis & Clark	1933 Puget Sound
1998 Pacific	1966 Willamette	1932 Whitman
1997 Pacific	1965 Lewis & Clark	1931 Whitman
1996 Linfield	1964 Lewis & Clark	1930 Whitman
1995 Linfield	1963 Lewis & Clark	1929 Whitman
1994 Pacific Lutheran	1962 Lewis & Clark	1928 Whitman
1993 Pacific Lutheran	1961 Willamette	1927 Whitman
1992 Linfield	1960 Lewis & Clark	1926 College of Idaho
1991 Pacific Lutheran	1959 Lewis & Clark	



Chandler Morris, Linfield

CONFERENCE RECORDS

EVENT	MARK	RECORD HOLDER	YEAR
100m	10.54	David Freunds Schuh, Linfield	1980
200m	20.58	Keith Shriver, Linfield	1969
400m	45.98	Ryan Chaney, George Fox	1997
800m	1:47.34	Nick Symmonds, Willamette	2006
1,500m	3:45.06	Mike Miller, Linfield	1996
3,000m Steeple	8:50.56	Mike Smith, Whitworth	1984
5,000m	14:10.90	Dan Hall, Willamette	1976
10,000m	29:21.90	Tom Hale, Whitworth	1972
110m Hurdles	14.02	Nolan Toso, Pacific Lutheran	1995
400m Hurdles	51.64	Dave Klocker, Whitman	1958
400m Relay	41.35	Linfield	1992
1,600m Relay	3:09.49	Linfield	1976
High Jump	2.18m (7' 2")	Scott Radetich, Linfield	1996
Pole Vault	5.29m (17' 4.25")	Curtis Heywood, Linfield	1993
Long Jump	7.37m (24' 2.5")	Cameron Seymour, George Fox	2019
Triple Jump	15.39m (50' 6")	Tommy Stewart, Whitworth	1984
Shot Put	17.91m (58' 9.25")	Carter Comito, Whitworth	2012
Discus	62.00m (203' 5")	Carter Comito, Whitworth	2013
Javelin (Post '86)	73.73m (241' 11")	Seth Nonnenmacher, George Fox	2018
Hammer	59.84m (196' 4")	Keegan Shea Pacific Lutheran	2014
Decathlon	7,516	Doug Larson, Whitworth	1981

CHAMPIONSHIP MEET RECORDS

Event	Mark	Record Holder	Year
100m	10.65	Chris Boock, Linfield Ben Salisbury, George Fox Ryan Chaney, George Fox	2003 2003 1996
200m	21.22	Ray Fabian, Whitworth	1973
400m	47.81	Jack Mihelich, Linfield	2015
800m	1:51.55	John Leier, Whitman	1974
1,500m	3:49.34	Tim Williams, Linfield	1977
3,000m Steeple	9:01.55	Aaron Hollingshead, Willamette	2005
5,000m	14:29.94	Kris Mueller, Linfield	1983
10,000m	30:10.14	Colin Monaghan, Puget Sound	2022
110m Hurdles	14.41	Nolan Toso, Pacific Lutheran	1994
400m Hurdles	52.30	David Parker, George Fox	1997
400m Relay	41.69	Linfield	2007
1,600m Relay	3:15.80	Linfield	1973
High Jump	2.10m (6' 10.75")	Cody Stelzer, Whitworth	2008
Pole Vault	5.18m (17' 0")	Curt Heywood, Linfield	1994
Long Jump	7.31m (23' 11.75")	Randy Fike, Lewis & Clark	1973
Triple Jump	14.97m (49-1.5)	Tommy Stewart, Whitworth	1984
Shot Put	18.03m (59' 2")	Carter Comito, Whitworth	2013
Discus	59.51 (195' 3.25")	Carter Comito, Whitworth	2013
Javelin	71.48m (234' 6")	Seth Nonnenmacher (George Fox)	2018
Hammer	58.93 (193' 4.25")	Jason Thiel, Pacific Lutheran	1994
Decathlon	7,225 pts	Karl Lerum, Pacific Lutheran	1997



WOMEN'S TRACK & FIELD

Northwest Conference Championships Preview

Five-time defending NWC Champion George Fox looks to make it six-in-a-row as the favorite at the 2023 NWC Championships. The GFU women won the 2022 title with 283.5 points. Pacific Lutheran was second at 149 and Whitworth was third at 136.

The Bruins have many strong performers and NWC leaders. George Fox currently ranks eighth in the Women's National Rating Index, as released by the USTFCCA. Ellie Rising leads the NWC in the 800m run with a time of 2:11.07 while teammate Annalise Gonzalez ranks third (2:17.71). The Bruins could be dominant in the 1500m run with Brenna Sclair in the top spot (4:39.00), and Hannah Tranby (4:45.72) and Kayla Aalpoel (4:46.38) in the top five. Sclair has the top time in the 5000m run (17:12.73). Also, Aalpoel and Sarah Pullen claim the second and third spots in the 10,000m run, respectively, with times of 36:35.93 and 39:06.37. The Bruins are expecting big points from the field events with Ellena Corwin in the third spot in both the shot put (39' 0.5") and javelin (127' 4.75"). Crissy Strickland leads the NWC in the javelin (151' 0.5"). Alison Young and Gracy Tully claim the top two spots in the pole vault. Tahnisha Manibusan is second in the hammer (157' 5.75"). Brecken VandenHoek won the NWC heptathlon title, while Elisabeth Jensen, Breeauna O'Rear, and Jenna Huntsman also placed, as GFU scored 26 points.

Riley Buese of Lewis & Clark holds top 10 times in the NWC in three events. She is first in the 10,000m (36:22.98), seventh in the 1500m (4:48.19), and fifth in the 5000m (18:09.84). Piper Harmon aims to score points in the throws, ranking seventh in the shot put (37' 6.75") and fifth in the javelin (119' 11"). Cameryn Nagaji is second and Olivia Farrar ranks third in the triple jump. Malia Heien finished third in the NWC heptathlon while Olivia Farrar placed eighth.

Linfield looks to McKenzie Feinglas to score points for the Wildcats in the sprint events. Feinglas holds top NWC times in the 100m dash (12.24) and 200m dash (25.11). Linfield also holds the top seeds in the 4x100 and 4x400 relays. Logan Roberts ranks second in the NWC in the high jump with a jump of 5' 4.25".

Pacific (Ore.) holds numerous top three times throughout the track events. Angelica Gatica Gomez ranks second in the 400m dash (59.04) while Annie Berry holds the second in the 800m (2:16.24), 1,500m (4:42.46), and 5,000m (17:56.67). Allyson Hammond

is in the #3 spot in the 100m hurdles (15.42) while Emily Rutkowski leads the 400m hurdles (1:05.56). Hammond ranks first in the long jump (17' 9").

Pacific Lutheran looks to improve from its second place finish last year. Sarah Paquet ranks third in the 5,000m (18:02.85). Esther Brutus leads the Lutes in the hurdles, ranking ninth in the 100m (16.29) and third in the 400m (1:08.19). PLU looks to score big in the field events. Carole Ramos, Georjina Soliai, Tabitha Messineo, and Ava Nelson are in the top 10 in the shot put. Peyton Santos and Ava Wirth lead the Lutes in the discus. Nelson also ranks second in the NWC in the javelin. Messineo is third in the hammer throw (148' 2.25"). Kristin Nguyen and Lily Luksich are expected to make an impact in the pole vault.

Puget Sound will be relying on top sprinters to score points for the Loggers. Kyrstin Wilson currently holds the #2 spot in the NWC in the 100m dash (12.46) and the #4 spot in the triple jump (34' 11.75"). Jackilyn Lewis claims the #3 spot in the 200m dash (25.49).

Whitman is at the championships with a distance roster. Dori Buttleman ranks fourth in the 10,000m run (39:40.25) and Lucy Hennessy ranks tenth in the same event (41:11.39).

Whitworth aims to improve on placing third last year and will rely on experience. Amelia Hewson, Alison Ball and Jordyn Lungo all have posted 100m dash times in the NWC top five this year. Ball ranks second in the 200m dash (25.16). Hewson holds the top NWC time in the 100m hurdles (14.39). Madelyn Buckley has top ten times in the 800m (2:19.52), 1,500m (4:47.06), and 5,000m (18:28.90). The Pirates have strong athletes in the throwing events. Renne Tiimalu and Logan Spencer have the top two throws in the shot put. Lauryn Rawls, Amblessed Okemgbo, and Abbie Jo Carlson hold the top three spots in the discus. Carlson ranks first in the hammer throw with a toss of 160' 4.5". Breanne Rawls is third in the high jump at 5' 1.5". Rawls finished fifth in the heptathlon.

Willamette's Sami Riggs holds the top seed in the 400m (58.22) and is fifth at 200m (25.97). Katherine Thornton is second in the 100m hurdles (15.29) and 400m hurdles (1:06.75). Zoe Heino is second in the steeplechase (11:24.88) and Annabelle Smith is sixth at 100m (12.68). Whitley Stepp's high jump (5' 4.25") and Erica Snyder's triple jump (36' 1.5") are seeded at the top. Smith is second in the long jump (17' 3").



WOMEN'S TRACK & FIELD

Northwest Conference History

RECENT TEAM CHAMPIONSHIPS

2022 – APRIL 22-23		2021 – MAY 13-14	
Hosted by Puget Sound Tacoma, Washington		Hosted by Pacific Forest Grove, Oregon	
George Fox	283.5	George Fox	264
Pacific Lutheran	149	Pacific Lutheran	146
Whitworth	136	Whitworth	133
Pacific	79	Pacific	71
Lewis & Clark	57	Puget Sound	58
Linfield	57	Linfield	51
Puget Sound	31.5	Lewis & Clark	50
Willamette	19	Willamette	26
Whitman	6	Whitman	10

TEAM CHAMPIONSHIP HISTORY

2022 George Fox	2003 Willamette	1984 Pacific Lutheran
2021 George Fox	2002 Willamette	1983 Pacific Lutheran
2020 No Season	2001 Whitworth	1982 Pacific Lutheran
2019 George Fox	2000 George Fox	1981 Pacific Lutheran
2018 George Fox	1999 Pacific Lutheran	1980 George Fox
2017 George Fox	1998 Pacific Lutheran	1979 George Fox
2016 Whitworth	1997 Pacific Lutheran	1978 Willamette
2015 Whitworth	1996 Linfield	1977 Linfield
2014 George Fox	1995 Pacific Lutheran	1976 Willamette
2013 George Fox	1994 Pacific Lutheran	1975 Willamette
2012 George Fox	1993 Pacific Lutheran	1974 Willamette
2011 George Fox	1992 Pacific Lutheran	1973 Pacific
2010 Willamette	1991 Pacific Lutheran	1972 Pacific
2009 Willamette	1990 Pacific Lutheran	1971 Lewis & Clark
2008 Willamette	1989 Pacific Lutheran	1970 None
2007 Willamette	1988 Pacific Lutheran	1969 Pacific
2006 Willamette	1987 Pacific Lutheran	1968 Pacific
2005 Willamette	1986 Pacific Lutheran	1967 Pacific
2004 Willamette	1985 Pacific Lutheran	



Ella Courtnage-Dyke, Puget Sound

CONFERENCE RECORDS

EVENT	MARK	RECORD HOLDER	YEAR
100m	11.60w	Bailey Forsyth, Pacific Lutheran	2021
200m	23.74	Bailey Forsyth, Pacific Lutheran	2021
400m	54.82	Sharon Canda, Willamette	1976
800m	2:07.11	Patty Ley, Pacific Lutheran	1992
1,500m	4:15.61	Patty Ley, Pacific Lutheran	1992
3,000m Steeple	10:16.54	Kayla Leland, Whitworth	2018
5,000m	16:28.54	Sarah Zerzan, Willamette	2007
10,000m	35:07.85	Dana Boyle, Puget Sound	1999
100m Hurdles	14.29	Karen Andrade, Pacific Lutheran	1995
400m Hurdles	59.16	Amber Larson, Linfield	2001
400m Relay	46.96	Pacific Lutheran	1999
1,600m Relay	3:45.53	Pacific Lutheran	1995
High Jump	1.77m (5' 9.75")	Nancy Rissmiller, George Fox	1996
Pole Vault	4.21m (13' 9.75")	Catherine Street, Linfield	2012
Long Jump	5.90m (19' 4.5")	Saran Patillo, Willamette	1996
Triple Jump	12.23m (40' 1.5")	Kayla Brase, Whitworth	2017
Shot Put	14.93m (48' 11.75")	Carrie Pietig, Willamette	1990
Discus	51.01m (167' 4")	Carrie Pietig, Willamette	1990
Javelin (Post '99)	48.12m (157' 10")	Kerry Wright, Whitworth	2015
Hammer	56.20m (184' 4")	Taylor Hacker, Pacific Lutheran	2009
Heptathlon	5,307 pts	Annie Wright, George Fox	2019

CHAMPIONSHIP MEET RECORDS

EVENT	MARK	RECORD HOLDER	YEAR
100m	11.73	Bailey Forsyth, Pacific Lutheran	2021
200m	22.74	Bailey Forsyth, Pacific Lutheran	2021
400m	55.34	Kari Larson, Lewis & Clark	1989
800m	2:11.53	Patty Ley, Pacific Lutheran	1992
1,500m	4:26.87	Patty Ley, Pacific Lutheran	1992
3,000m Steeple	10:25.87	Marissa Mount, Whitworth	2018
5,000m	16:52.51	Dana Boyle, Puget Sound	1999
10,000m	35:54.37	Kayla Leland, Whitworth	2018
100m hurdles	14.27	Dallas Edge, Linfield	2014
400m Hurdles	59.75	Amber Larson, Linfield	2001
400m Relay	47.18	Pacific Lutheran	1999
1,600m Relay	3:52.08	George Fox	2018
High Jump	1.71m (5' 7.25")	Michelle Forbes, George Fox	2005
Pole Vault	4.21m (13' 9.75")	Catherine Street, Linfield	2012
Long Jump	5.86m (19' 2.75")	Kate Ross, Lewis & Clark	2006
Triple Jump	12.23m (40' 1.5")	Kayla Brase, Whitworth	2017
Shot Put	14.59m (47' 10.5")	Carrie Pietig, Willamette	1989
Discus	45.36m (148' 10")	Mari Ruiz, Whitman	2000
Javelin	48.12m (157' 10")	Kerry Wright, Whitworth	2015
Hammer	52.92m (173' 7")	Dakota Kliamovich, Whitworth	2014
Heptathlon	4,959 pts	Annie Wright, George Fox	2018



GEORGE FOX UNIVERSITY

Head Coach: John Smith



MEN'S TEAM • BRUINS

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Patrick Adkisson	Distance	Jr.	Ellensburg, Wash. / Ellensburg
Aidan Arthur	Distance	So.	Corvallis, Ore. / Corvallis
Max Ashour	Decathlon	So.	Sherwood, Ore. / Sherwood
Davis Baker	Sprints	Jr.	Vancouver, Wash. / Home Schooled
Isaac Beach	Throws	Sr.	Eureka, Calif. / Eureka /
Taylor Bramel	Distance	Fr.	Santa Ana, Calif. / Foothill
Jay Brunk	Jumps	Sr.	Neah Bay, Wash. / Neah Bay
Tiger Brunk	Jumps	Fr.	Mount Vernon, Wash. / Mount Vernon Christian
Maximus Chalpoutis	Distance	Fr.	Lake Oswego, Ore. / Lakeridge
Ansen Converse	Distance	Fr.	Bandon, Ore. / Bandon
Grant Ferguson	Distance	So.	Milwaukie, Ore. / Rex Putnam
Jackson Flatner	N/A	Fr.	Portland, Ore. / Roosevelt
Austin Gappa	Distance	Jr.	Snoqualmie, Wash. / Mount Si
Levi Gibson	Pole Vault	Sr.	Fort Shaw, Mont. / Fairfield
Kyle Goecks	Sprints	So.	Tigard, Ore. / Lakeridge
Hunter Gonzales	Throws	So.	Grants Pass, Ore. / Grants Pass
Gavin Grass	Distance	Jr.	Dallas, Ore. / Dallas
Lance Hanson	Hurdles	Sr.	Sweet Home, Ore. / Sweet Home
Connor Hatch	Hurdles	Fr.	Payson, Ariz. / Payson
Caden Hildenbrand	Distance	Fr.	Portland, Ore. / Jesuit
Nicolas Hurst	N//A	Fr.	Dayton, Ore. / C.S. Lewis Academy
Austin Imsland	Throws	Fr.	Tumwater, Wash. / Black Hills
Gabe Johnson	N/A	So.	Salem, Ore. / South Salem / Arizona Christian University
Travis Johnson	Sprints	Jr.	Medford, Ore. / St. Mary's
Ethan Kassebaum	Jumps/Sprints	Sr.	Oregon City, Ore. / Oregon City
Mauhia Kimata	Pole Vault	Jr.	Honolulu, Hawaii / Punahou
James King	High Jump	So.	Bend, Ore. / Mountain View HS / Central Oregon CC
Nathaniel Koenig	Throws	Sr.	Damascus, Ore. / Barlow
Gabriel Lachenmeier	Distance	Sr.	Tillamook, Ore. / Tillamook
Alvin Lai	Sprints	Jr.	Tigard, Ore. / Westside Christian
Josh Lull	400m/800m	Jr.	Scappoose, Ore. / Scappoose
Samuel May	Distance	So.	Sisters, Ore. / Sisters
Scott McBride	Throws	Jr.	Bickleton, Wash. / Bickleton
Thomas McMillan	Throws	So.	Portland, Ore. / Sunset
Ben Meade	Throws	Sr.	Coeur d'Alene, Idaho / Coeur d'Alene
Grant Middlekauff	Distance	Fr.	Bakersfield, Calif. / Liberty
Dieumerci Migani	Jumps	Fr.	Portland Ore. / Roosevelt
Alex Mills	Distance	Jr.	Lakewood, Wash. / Lakes
Daniel Morales	Throws	Jr.	Yuba City, Calif. / River Valley
Byron Morris	Sprints	5th	Newberg, Ore. / Newberg
Cole Nicholas	Sprints/Javelin	So.	Grants Pass, Ore. / Grants Pass
John Ojukwu	Sprints	Sr.	Austin, Texas / Nashoba (Mass.) / University of Texas-Austin
Adam Petersen	Distance	So.	Olympia, Wash. / Capital
Taylor Phillips	Decathlon	5th	Grants Pass, Ore. / Grants Pass
Elijah Potter	Jumps	So.	Carlton, Ore. / Yamhill-Carlton
Andrew Quach	Jumps	Sr.	Pasadena, Calif. / Maranatha
Dillon Rising	Distance	Gr.	Goldendale, Wash. / Goldendale
Brent Roetcisoender	Distance	Fr.	Palmdale, Calif. / Desert Christian
Andrew Ross	Distance	So.	Snoqualmie, Wash. / Mount Si
Kellen Ruiz	Distance	Fr.	Vacaville, Calif. / Vacaville
Henry Samuelson	Throws	Sr.	Astoria, Ore. / Astoria
Ryan Scholtes	Distance	So.	Vacaville, Calif. / Vacaville
Cameron Seymour	Jumps/Sprints	Sr.	Lake Oswego, Ore. / Lake Oswego
Ezekiel Sikkema	Pole Vault	Fr.	Newberg, Ore. / Newberg
Blake Smith	N/A	Fr.	Newberg, Ore. / Newberg
Davis Smith	Decathlon	Sr.	Newberg, Ore. / Newberg
Josiah Sohus	Distance	So.	Henderson, Nev. / Lake Mead Christian Academy
Spencer Sprague	Distance	Sr.	Snoqualmie, Wash. / Mount Si
Camden VandenHoek	Hurdles/Jumps	Sr.	Haviland, Kan. / Haviland
Peter Weiss	Distance	Gr.	Laguna Niguel, Calif. / Crean Lutheran
Trevor Wilber	Distance	Sr.	Bend, Ore. / Bend
Alden Williams	Distance	Fr.	Goldendale, Wash. / Goldendale
Joshua Williams	Hurdles	Sr.	Beaverton, Ore. / St. Stephen's Academy
Garet Wisenbaker	Sprints	Sr.	Portland, Ore. / Portland Christian
Warisso Wotcha	N/A	Fr.	Portland, Ore. / De La Salle North Catholic



GEORGE FOX UNIVERSITY

Head Coach: John Smith



WOMEN'S TEAM • BRUINS

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Kayla Aalpoel	Distance	Fr.	Bellingham, Wash. / Meridian
Victoria Azar	Sprints/Jumps	So.	Oregon City, Ore. / La Salle Prep
Ayahna Bahati	Sprints/Hurdles	So.	Culver City, Calif. / Culver City
Jessie Bailey	Distance	So.	Naperville, Ill. / Neuqua Valley
Kylie Bean	400m/800m	Sr.	Kaneohe, Hawaii / Castle
Valerie Bruggeman	Pole Vault	So.	Hood River, Ore. / Horizon Christian
Raeleigh Cadd	Distance	Jr.	Medford, Ore. / Home Schooled
Trinity Carrington	Sprints	So.	Beaverton, Ore. / Mountainside
Mia Carroll	Distance	So.	Port Orchard, Wash. / South Kitsap
Marina Carroll	High Jump	Jr.	Homer, Alaska / Homer
Chloe Cook	Distance	Fr.	Littleton, Colo. / Chatfield High School
Shaylee Cooper	Distance	Jr.	Oregon City, Ore. / Oregon City
Ellie Corwin	Throws	Jr.	Powell Butte, Ore. / Redmond
Emily Crawford	N/A	Fr.	Dufur, Ore. / Dufur
Sarah Davenport	Hurdles	Jr.	Mountain View, Calif. / Mountain View
Payton Davidson	Pole Vault	Fr.	Coos Bay, Ore. / Coos Bay
Isabella Dean	Jumps	Jr.	Trout Lake, Wash. / Trout Lake
Lily Giesbrecht	Throws	Fr.	Silverdale, Wash. / Central Kitsap
Annalise Gonzales	Distance	So.	Rocklin, Calif. / Rocklin
Angela Hawkins	Hurdles/Jumps	Fr.	Grants Pass Ore. / North Valley
Claire Hopkins	Jumps	Sr.	Moses Lake, Wash. / Moses Lake
Jennifer Huntsman	N/A	Fr.	Walla Walla, Wash. / Walla Walla
Elisabeth Jensen	Heptathlon	Jr.	Colorado Springs, Colo. / Colorado Springs Christian
Kaitlyn Johnson	Throws	Jr.	Nikiski, Alaska / Nikiski
Isabelle Jones	Distance	Fr.	Fairwood, Wash. / Kentridge Senior
Shelby Larson	Pole Vault	So.	Sisters, Ore. / Sisters
Annalise Lau	Distance	Sr.	Newberg, Ore. / Westside Christian / Azusa Pacific Univ.
Kanoelani Lindo	Distance	So.	Waipahu, Hawaii / Kamehameha Schools
Kara Lyda	Distance	So.	Tualatin, Ore. / Home Schooled
Tahnisha Manibusan	Throws	Sr.	Scio, Ore. / South Albany
Amey McDaniel	Pole Vault	So.	Philomath, Ore. / Philomath
Sarah McDaniel	Distance	So.	Philomath, Ore. / Philomath
Kendall McKibbin	Distance	Jr.	Newberg, Ore. / Newberg
Annika Merten	N/A	Fr.	Hillsboro, Ore. / Faith Bible / Grand Canyon University
Keiakaleikolani Morris	Sprints	Fr.	North Bend, Ore. / North Bend
Krista Mulkey	Sprints	Sr.	Salem, Ore. / Salem Academy
Emily Nash	Distance	So.	Medford, Ore. / South Medford
Jenna Neal	Distance	So.	Brownsville, Ore. / Central Linn
Jessica Neal	Distance	Sr.	Brownsville, Ore. / Central Linn
Madeleine O'Hare	High Jump	5th	Monroe, Ore. / Monroe
Camila Oliva	Sprints	Fr.	Aumsville, Ore. / Cascade
Sophia Olson	Sprints	Fr.	Gig Harbor, Wash. / Gig Harbor
Ariel Olvera-Kovacic	Distance	So.	Ramona, Calif. / Ramona
Breeauna O'Rear	Heptathlon	Jr.	North Pole, Alaska / Raven Homeschool
Savanna Pitman	Distance	So.	Powell Butte, Ore. / Ridgeview
Sarah Pullen	Distance	So.	Tillamook, Ore. / Tillamook
Ellie Rising	Distance	Jr.	Goldendale, Wash. / Goldendale / Seattle Pacific
Karina Rodriguez	Distance	Fr.	Gilroy, Calif. / Gilroy
Kahleia Rose	Distance	Jr.	Canby, Ore. / Canby
Breanna Schmitt	N/A	Fr.	Newberg, Ore. / Newberg
Kaley Schneider	Distance	So.	Lakeview, Ore. / Lakeview
Brenna Sclair	Distance	Sr.	Lakewood, Wash. / Charles Wright Academy
Carli Short	Sprints	Sr.	Yakima, Wash. / West Valley
Emily Smith	Distance	So.	Beaverton, Ore. / Aloha
Ryin Streeter	Distance	So.	Shingle Springs, Calif. / Ponderosa
Christine Strickland	Javelin	5th	Eugene, Ore. / Churchill
Jenessa Teachout	Distance	Jr.	Gresham, Ore. / Barlow
Hannah Tranby	Distance	Fr.	Bend, Ore. / Mountain View
Grace Tully	Pole Vault	So.	Portland, Ore. / Westside Christian
Brecken VandenHoek	Heptathlon	Sr.	Haviland, Kan. / Haviland
Courtney VanGiesen	Distance	So.	Oak Harbor, Wash. / Oak Harbor
Whitney Waddell	Jumps	So.	Gresham, Ore. / Barlow
Kailee Walker	Throws	Jr.	Oregon City, Ore. / Oregon City
Elizabeth Warren	Sprints	Sr.	Newberg, Ore. / C.S. Lewis Academy
Abigail Weber	Distance	So.	Central Point, Ore. / Crater
Addie Wegener	Throws	So.	Cascade, Idaho / Home Schooled
Allie Wilber	Distance	So.	Bend, Ore. / Bend
Adrianna Wilson	Sprints/Pole Vault	Fr.	Turner, Ore. / Cascade
Alison Young	Sprints/Pole Vault	So.	Huntington Beach, Calif. / Huntington B. / Orange Coast Coll.



LEWIS & CLARK COLLEGE

Interim Head Coach: Matthew Barreau



MEN'S TEAM • PIONEERS

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Max Aldrich	Distance	So.	Seattle, Wash. / Ingraham
Brandon Apresa	Distance	Jr.	Claremont, Calif. / Claremont
Andrew Baum	Throws	Fr.	Davis, Calif. / Davis Sr.
Nate Bay	Distance	Jr.	Wenatchee, Wash. / Wenatchee
Lindell Betts	Sprints	Fr.	Portland, Ore. / Roosevelt
Paul Biaggi	Sprints	So.	Irvington, N.Y. /
Sean Bodi	Jumps/Sprints	Sr.	Lyons, Ore. / Stayton
Rigo Castellanos	Distance	Fr.	Los Angeles, Calif. / James Monroe
Daniel Corbo	Sprints	Fr.	Phoenix, Ariz. / Chaparral
Brendan Creeks	Distance	Jr.	Burlingame, Calif. / Burlingame
Will Dennis	Distance	So.	Palo Alto, Calif. / Menlo-Atherton
Andrew Fletcher	Throws	Fr.	Riverbank, Calif. / Riverbank
Peter Ford	Distance	So.	Eugene, Ore. / Sheldon
Jonathan Fritz	Multi-Event	Fr.	Newport, Ore. / Newport
Devon Guest	Sprints	Jr.	Phoenix, Ariz. / Mountain Pointe
Elliott Harrison	Sprints	Jr.	Folsom, Calif. / Vista Del Lago
Connor Harrod	Distance	So.	Fair Oaks, Calif. / Bella Vista
Desmon Holton	Sprints	So.	Queen Creek, Ariz. / Casteel
Jordan Lahusky	Sprints	Fr.	Phoenix, Ariz. / Thunderbird
Will Laskey	Sprints	Fr.	Portland, Ore. / McDaniel
Erik Maack	Distance	So.	Portland, Ore. / Pacific University
Daniel Madhavan	Sprints	So.	San Francisco, Calif. / French American International
Joseph Naylor	Distance	Fr.	Las Vegas, Nev. / The Meadows School
Noah Nelson	Distance/Sprints	Fr.	Hillsboro, Ore. / Ida B. Wells
Theron Plumb	Distance	Fr.	Lancaster, Pa. / J.P. McCaskey
Mike Reem	Distance	So.	Palmer, Alaska / Palmer
Frankie Reid	Distance	Jr.	Palos Verdes Estates, Calif. / Palos Verdes
Liam Rickey	Distance	Jr.	Yakima, Wash. / West Valley Yakima
Aidan Ridderhof	Distance	So.	Fredericksburg, Va. / James Monroe
Andrew Scott	Triple Jump	Sr.	Menlo Park, Calif. / Menlo Atherton
Connor Smyth	Hurdles	Jr.	Glendale, Calif. / Burbank
Dylan Souza	Distance	Jr.	San Francisco, Calif. / Sacred Heart Cathedral
Nick Stade	Multi-Event	Fr.	Lafayette, Colo. / Niwot
Miles Voennell	Distance	Jr.	Santa Cruz, Calif. / Pacific Collegiate
Elijah Woody	Throws	Sr.	Newberg, Ore. / Newberg

WOMEN'S TEAM • PIONEERS

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Bethany Ballesteros	Jumps	So.	Mililani, Hawaii / Mililani
Madeleine Boyle	Distance	Fr.	Menlo Park, Calif. / Menlo-Atherton
Michèe Brika	Throws	Fr.	Upper Marlboro, Md. / Largo Senior
Riley Buese	Distance	So.	Denver, Colo. / Northfield
Hanna Callinan	Distance	Jr.	Minnnetonka, Minn. / Minnetonka
Sarah Carney	Hurdles/Sprints	Sr.	Davis, Calif. / Davis Senior
Macy Carroll	Distance	Jr.	Kailua, Hawaii / Kailua
Elsie Chin	Sprints	Fr.	Portland, Ore. / Cleveland
Anli Davis	Jumps	Fr.	Portland, Ore. / Cleveland
Tara Elsa	Distance	Fr.	Santa Rosa, Calif. / Santa Rosa
Natalie Elstone	Distance	Jr.	Eugene, Ore. / Churchill
Olivia Farrar	Multi-Event	So.	Santa Fe, N.M. / St. Michael's
Malia Heien	Multis/Distance	Fr.	Denver, Colo. / Northfield
Marion Jones	Distance	So.	Missoula, Mont. / Hellgate
Ali Kerschner	Distance	Fr.	Erie, Colo. / Peak to Peak Charter School
Autumn Lopotro	Throws	Fr.	Portland, Ore. / Westview
Clare Lucey	Distance	Fr.	San Mateo, Calif. / Hillsdale
Emogene Lutz	Distance	Fr.	Salem, Ore. / Blanchet Catholic School
Maggie Martin	Distance	So.	St. Paul, Minn. / Port Angeles
Piper McCoy Harmon	Throws	Fr.	Portland, Ore. / Cleveland
Cameryn Nagaji	Jumps	So.	Honolulu, Hawaii / Iolani School
Macy O'Hara	Sprints	Jr.	Portland, Ore. / Oregon Episcopal
Gillian Pifer	Distance	Sr.	Marshfield, Mass. / Marshfield
Nia Pile	Throws	Fr.	Atlanta, Ga. / The Governor's Academy (Mass.)
Miriam Reside	Distance	Fr.	Nashville, Tenn. / Hume-Fogg Academic
Katya Schwieterman	Distance	Jr.	Paonia, Colo. / Paonia Junior-Senior
Kenzie Stewart	Distance	So.	Forestville, Calif. / Sonoma Academy
Alma Williams	Jumps	Fr.	Madison, Wis. / Madison East



LINFIELD UNIVERSITY

Head Coach: Travis Olson



MEN'S TEAM • WILDCATS

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Danny Anderson	Javelin	Jr./Jr.	Tacoma, Wash. / Bellarmine Prep
Cooper Browning	Sprints/Jumps	Jr./Jr.	Redmond, Ore. / Redmond
Calvin Cahill	Distances	Jr./Jr.	Corvallis, Ore. / Corvallis
John Christian	Distances	Sr./Sr.	Edmonds, Wash. / Edmonds-Woodway
Jevon Cloy	Hurdles	Fr./Fr.	Kent, Wash. / Kentridge
Conner Dooley	Distances	So./So.	Anderson, Calif. / Foothill
Peter Fengler-Johnson	Pole Vault	Fr./Fr.	Portland, Ore. / La Salle College Prep
Evan Fisette	Sprints	Jr./So.	Lancaster, Calif. / Quartz Hill
Jack Franzen	Javelin	So./So.	Portland, Ore. / Lincoln
Dylan Jackson	Sprints	Jr./Jr.	Silverdale, Wash. / Klahowya Secondary
Grant Jackson	Throws	Sr./Sr.	Santa Cruz, Calif. / Santa Cruz
Evan Kern	Distances	Sr./Sr.	Portland, Ore. / Franklin
Bradley Kiltow	Distances	So./So.	Damascus, Ore. / La Salle Catholic Prep
Jacob Klemme	Hurdles	Sr./Sr.	Boise, Idaho / Capital
Ronan Krutzikowsky	Pole Vault/Hurdles	Sr./Sr.	Newport, Ore. / Newport
James Litton	Sprints	Jr./Jr.	Portland, Ore. / Lincoln
Hayden Magill	Sprints/LJ/Javelin	Jr./Jr.	Meridian, Idaho / Centennial
Matt Metcalf	Throws	Gr./Sr.	Bend, Ore. / Sheldon
Chandler Morris	Sprints/Jumps	Sr./Sr.	Yamhill, Ore. / Yamhill-Carlton
Alex Oathout	Distances	So./So.	Silverdale, Wash. / Klahowa Secondary
Nick Olsen	Throws	So./So.	Rhododendron, Ore. / Sandy
Daniel Olson	Sprints	Jr./Jr.	Medford, Ore. / North Medford
Brendan Perez	Distances	Jr./Jr.	Lacey, Wash. / Pope John Paul II
Des Phillips	Sprints	Jr./Jr.	Carson, Wash. / Stevenson
Juston Rogers	Middle Distances	So./So.	Joseph, Ore. / Joseph
Wyatt Russell	Jumps	Fr./Fr.	Belgrade, Mont. / Belgrade
Billy Sheppard	Sprints	Fr./Fr.	McMinnville, Ore. / McMinnville
Jacob Slifka	Discus	Jr./Jr.	Banks, Ore. / Banks
Kai Szostak	Distances	So./So.	Honolulu, Hawaii / University Lab
Andrew Troeh	Jumps	Fr./Fr.	Aberdeen, Wash. / Aberdeen
Kaison Uehara	Javelin	So./So.	Portland, Ore. / Sunset
Andrew Vera	Mid-Distances	Fr./Fr.	Lancaster, Calif. / Quartz Hill
Griffin Young	Sprints	Jr./Jr.	Vancouver, Wash. / Seton Catholic Prep
Zach Young	Decathlon	Jr./Fr.	Monroe, Ore. / Monroe

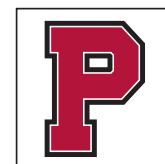
WOMEN'S TEAM • WILDCATS

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Amber Chaffee	Distances	Sr./Sr.	Tacoma, Wash. / Stadium
Hillary Connors	Sprints	Jr./Jr.	Murrieta, Calif. / Paso Robles
Siera Crawford	Pole Vault/Hep	Jr./Jr.	Bend, Ore. / Bend
Makayla Erickson	Distances	Sr./Sr.	Centralia, Wash. / Centralia
Olivia Farrior	Hurdles	Fr./Fr.	Amity, Ore. / Amity
Kenzie Feinglas	Sprints	Sr./Sr.	Sammamish, Wash. / Eastlake
Klaira Flatt	Hurdles/Throws	Fr./Fr.	Siletz, Ore. / Toledo
Anna Frazier	Distances	Sr./Sr.	Juneau, Alaska / Thunder Mountain
Abby Grebicz	Distances	Jr./Jr.	Boring, Ore. / Colorado State U.
Jordan Hayes	Sprints	Fr./Fr.	Anchorage, Alaska / Robert Service
Emma Inge	Sprints	Sr./Sr.	Seattle, Wash. / Ballard
Samantha Kasitz	Distances	Sr./Sr.	Eugene, Ore. / Oak Hill
Addie Klindt	Sprints, Relays	Sr./Sr.	Hood River, Ore. / Hood River Valley
Justice McBride-Steiger	Sprints	Jr./Jr.	Silverton, Ore. / Silverton
Megan Pallas	Throws	Sr./Sr.	Chehalis, Wash. / W.F. West
Kathryn Pearson	Sprints	Fr./Fr.	San Ramon, Calif. / Dougherty Valley
Jordan Roberts	Hurdles/Jumps	Fr./Fr.	Twin Falls, Idaho / Twin Falls
Logan Roberts	Jumps	Fr./Fr.	Twin Falls, Idaho / Twin Falls
Yahaira Rodriguez	Hurdles	So./So.	Woodburn, Ore. / Woodburn
Rachelle Sills	Sprints	Fr./Fr.	Salem, Ore. / McMinnville
Jillian Sipila	Sprints	Fr./Fr.	Black Diamond, Wash. / Tahoma
Mary Sturley	Mid-Distances	Fr./Fr.	Grants Pass, Ore. /
Jennifer Torres-Bermudez	Mid Distance	Jr./Jr.	Canby, Ore. / Canby
Nara Van De Grift	Hurdles/Jumps	Sr./Sr.	Astoria, Ore. / Astoria
Daniella Wongsomadi	Sprints	Sr./Fr.	Hillsboro, Ore. / Liberty



PACIFIC UNIVERSITY

Head Coach: Ryan Hunter-Simms



MEN'S TEAM • BOXERS

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Duncan Anderson	Middle Distance	Jr.	Kohala, Hawaii / Kohala
Brody Bantolona	N/A	Fr.	Ewa Beach, Hawaii / Iolani School
Zion Booker	Sprints	So.	Fairfield, Calif. / St. Patrick-St. Vincent
Aaron Brewer	Distance	Fr.	Atwater, Calif. / Atwater
Russell Carmichael	N/A	So.	Kirkland, Wash. / Eastside Prep
Josiah Chaffin	N/A	Fr.	Honolulu, Hawaii / Farrington
Lucas Dahl	N/A	Fr.	Napavine, Wash. / Napavine
Kadyn Eves	Distance	So.	Molalla, Ore. / Molall
Dominic Funk	Throws	Sr.	Forest Grove, Ore. / Forest Grove
Daniel Gonzalez	Throws	Sr.	San Gabriel, Calif. / La Salle
Joey Grafton	Distance	Sr.	Bella Vista, Calif. / Bella Vista
Alex Heinze	Sprints	Fr.	Kapolei, Hawaii / Kapolei
Feleti Martinez-Afemui	Throws	Fr.	Cornelius, Ore. / Faith Bible
Carlos Masuko	Distance	So.	Volcano, Hawaii / Kamehameha Schools
Ryan Miller	Jumps/Sprints	Fr.	Hillsboro, Ore. / Liberty High School
Kylan Miyazu	Distance	So.	Hilo, Hawaii / Kamehameha Schools / Western Oregon Univ.
Romel Moreland	Sprints	So.	Tigard, Ore. / Southridge
Jarod Moren	Sprints/Jumps	So.	Watsonville, Calif. / John H. Pitman
Ray Pruitt	N/A	So.	Gastonia, N.C. / Ashbrook
Andrew Reid	Throws	Sr.	Portland, Ore. / Jesuit
Drew Reyburn	Jumps	Fr.	Pendleton, Oregon / Pendleton
Cooper Rolfs	N/A	So.	Shoreline, Wash. / Kings
Spencer Sandberg	Distance	Fr.	Spokane, Wash. / Mead
Kamron Shields	N/A	Fr.	Walla Walla, Wash. / Walla Walla
Garrett Stewart	Middle Distance	Sr.	Forest Grove, Ore. / Forest Grove
Henry Tierney	Distance	Fr.	Beaverton, Oregon / Valley Catholic
Dylan Todd	Distance	Fr.	Westport, Wash. / Ocosta
Tyler Vargas	Sprints	Jr.	Newman, Calif. / Orestimba
Elijah Volk	N/A	So.	Vancouver, Wash. / Seton Catholic
Will Wada	Middle Distance	Sr.	Portland, Ore. / Catlin Gabel
Reese Yamamoto	Distance	Jr.	Mililani, Hawaii / Mililani
Baily Yee	Sprints	Jr.	Honolulu, Hawaii / Saint Louis

WOMEN'S TEAM • BOXERS

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Dina Altuhovs	Distance	Jr.	Lebanon, Ore. / Lenanon
Savannah Ashbaugh	Throws	So.	Turlock, Calif. / Turlock
Annie Berry	Distance	Jr.	Albany, Ore. / West Albany
Emma Blackwell	Sprints/Jumps	Fr.	Hillsboro, Ore. / Hillsboro
Elizabeth Bradley	Distance	Sr.	Forest Hill, Calif. / Foresthill
Cris Brethower	Distance	So.	Yamhill, Ore. / Yamhill-Carlton
Katrina Brisbois	Distance	So.	Tualatin, Ore. / Wilsonville
Molly Brocius	N/A	Fr.	Juneau, Alaska / Thunder Mountain
Samantha Clark	Throws	Sr.	Lancaster, Calif. / Quartz Hill
Kyleigh Corpuz	N/A	Sr.	Hilo, Hawaii / Christian Liberty Academy
Angelica Gatica Gomez	N/A	So.	N/A
Autumn Gerard	Throws	Jr.	La Pine, Ore. / La Pine
Ally Hammond	Sprints/Jumps	Fr.	Forest Grove, Ore. / Forest Grove
Jenna Hickman	N/A	Fr.	Waipahu, Hawaii / Pearl City
Maddy Hubbs	Distance	Sr.	Eugene, Ore. / Sheldon
Bailey Kalar	Distance	Fr.	Salem, Ore. / Sprague
Abigail Klein	Distance	So.	Torrance, Calif. / University of California, Santa Cruz
Makayla Kraemer	N/A	Jr.	Sebastopol, Calif. / Analy
Annette Leschensky	Distance	Jr.	Decorah, Iowa / Decorah
Alexis Lowery	Sprints	Sr.	Aiea, Hawaii / Punahou
Kerrigan Miranda	N/A	So.	Tuscon, Ariz. / N/A
Sydney Patton	N/A	So.	Walla Walla, Wash. / Walla Walla
Abbie Reddick	Sprints	Fr.	Happy Valley, Ore. / La Salle Catholic College Prep
Nicole Restrepo	Throws	Fr.	Hillsboro, Ore. / Century
Emily Rutkowski	Sprints	Sr.	Mesa, Ariz. / Apache Junction
Kelly Soriano	Sprints/Jumps	Jr.	Rohnert Park, Calif. / University of California, Santa Cruz
Sadie Sproul	Throws	Jr.	N/A
Natalie Taylor	Distance	Fr.	Portland, Ore. / Colorado State University
Kylie Tidwell	Throws	Jr.	N/A
Courtney Tiernan	Distance	Fr.	Springfield, Ore. / Thurston
Makayla Tuiolemotu	N/A	Fr.	Tillamook, Ore. / Tillamook
Itzel Vazquez	Jumps	Sr.	Tillamook, Ore. / Tillamook
Chloe Wessel	Throws	Fr.	Sisters, Ore. / Sisters



PACIFIC LUTHERAN UNIVERSITY

Head Coach: **Trey Henderson**



MEN'S TEAM • LUTES

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Jai Alapai	Sprints	Sr.	Kapaa, Hawaii / Kapaa
Erick Arcos	Distance	Sr.	Graham, Wash. / Graham-Kapowsin
Nathan Atkinson	Sprints/Jumps	So.	Lacey, Wash. / Timberline
Collin Beyer	N/A	Fr.	N/A
Brennon Blevins	Sprints/Throws	Jr.	Mukilteo, Wash. / King's
Zachary Budnek	Throws	So.	Brinnon, Wash. / Quilcene
Jesse Canda	N/A	Jr.	Kealakekua, Hawaii / Konawaena
Darius Chaffin	Hurdles/Jumps	So.	Kalihi, Hawaii / W.R. Farrington
Noah Childress	Throws	Fr.	Henderson, Nev. / Liberty
Aidan Donnelly	Distance	So.	Langley, Wash. / South Whidbey
Larson Fairbairn	Throws	Sr.	Ferndale, Wash. / Ferndale
Drew Forbes	Pole Vault	Sr.	Aurora, Colo. / Cherokee Trail
Gavin Hawley	Throws	So.	Midvale, Utah / Hillcrest
Dylan Jones	Pole Vault	Fr.	Olympia, Wash. / Capital
Seth Kramer	N/A	Fr.	Wylie, Texas / Wylie
Owen Ladinig	Distance	So.	Palos Verdes, Calif. / Palos Verdes
Blake Leahy	Pole Vault	Jr.	Buckley, Wash. / White River
Grady Lemma	Hurdles/Sprints	So.	Walla Walla, Wash. / Walla Walla
Stefans Lusic	Distance	Sr.	Kingston, Wash. / Kingston
Jonah Maier	Middle Distance	Sr.	Seattle, Wash. / Ballard
Kamaehuokalani Makanui	Sprints	Fr.	Captain Cook, Hawaii / Konawaena
Kellen Meade	Sprints	So.	Tacoma, Wash. / Woodrow Wilson
Jonathan Ochoa	Distance	Fr.	Parkland, Wash. / Washington
Carson Olmstead	N/A	Fr.	Toledo, Wash. / Toledo
Lucio Penalzoza	N/A	Fr.	N/A
Masum Real	Throws	Jr.	Tacoma, Wash. / Franklin Pierce
Trey Robak	Distance	Sr.	Santee, Calif. / Grossmont
Danny Samson	Distance	Sr.	Olympia, Wash. / Capital
Keola Sanchez	Sprints	Jr.	Waipahu, Hawaii / Kapalama
Andrew Sandoval	Distance	So.	Toppenish, Wash. / Toppenish
Alec Serrao	Sprints	Sr.	Mililani, Hawaii / Kamehameha Kapalama
Lebron Smith	Sprints	So.	Tacoma, Wash. / Lincoln
George Sonko	N/A	Fr.	Spokane Valley, Wash. / Central Valley
Kai Sorensen	Distance	Fr.	Sacramento, Calif. / McClatchy
Sammy Spann	Throws	Fr.	Seattle, Wash. / Ingraham
Rudy Stilnovich	Throws	Jr.	Sumner, Wash. / Bellarmine Prep
Ryan Stracke	Middle Distance	Sr.	Puyallup, Wash. / Rogers
Steele Swinton	N/A	Fr.	Edmonds, Wash. / Edmonds-Woodway
Thomas Ta'avili	Throws	So.	Pago Pago, American Samoa / Samoana
Wyatt Tayon	Throws	Sr.	Stanwood, Wash. / Stanwood
Hal Warren	Distance	Jr.	Tacoma, Wash. / Tacoma School of The Arts
Davyn Waters	Sprints	So.	Ballard, Wash. / Ballard
Logan Werner	Middle Distance	So.	Fife, Wash. / Fife
Aiden Yost	Sprints	So.	Pasadena, Md. / Chesapeake
Samuel Zielke	Distance	So.	Puyallup, Wash. / Puyallup

WOMEN'S TEAM • LUTES

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Virginia Arthur	Multi-Event	Fr.	Bellingham, Wash. / Shame
Ava Brandt	N/A	Fr.	Olympia, Wash. / Olympia
Sarah Brandt	Jumps	So.	Olympia, Wash. / Olympia
Esther Brutus	Sprints/Hurdles	Jr.	Federal Way, Wash. / Federal Way
Lorin Cox	Sprints	Jr.	Ocean Shores, Wash. / North Beach
Annika Deazley	Middle Distance	So.	Portland, Ore. / Ida B. Wells
Sulin Degollado	Middle Distance	Sr.	Puyallup, Wash. / Rogers
Damaris Ibrahim	N/A	Fr.	N/A
Anna Iverson	Distance	Jr.	Juneau, Ala. / Juneau-Douglas
Victoria Lindley	Distance	So.	Lakewood, Wash. / Lakes
Lily Luksich	Pole Vault	So.	Mill Creek, Wash. / Henry Jackson
Tabitha Messineo	Hurdles/Throws, Multi-Event	Sr.	Puyallup, Wash. / Puyallup
Ava Nelson	Throws	Sr.	Mossyrock, Wash. / Mossyrock
Kristine Nguyen	Hurdles/Pole Vault	Sr.	Tacoma, Wash. / Mount Tahoma
Adalia Olmos	N/A	Fr.	N/A
Sarah Paquet	Distance	Sr.	Olympia, Wash. / Olympia Regional Learning Academy
Joan Park	Middle Distance	Sr.	Mountlake Terrace, Wash. / Mountlake Terrace
Carole Ramos	Throws	Sr.	Tigard, Ore. / Tigard
Sydney Reisner	Sprints	Fr.	Burlington, Wash. / Burlington-Edison
Madelyn Requa	N/A	Fr.	N/A
Peyton Santos	Throws	Sr.	Kennewick, Wash. / Southridge
Alexia Sioda	Middle Distance	Sr.	Tacoma, Wash. / Curtis
Georjina Soliai	Throws	So.	Lakewood, Wash. / Clover Park
Sandra Valmonte	Throws	Fr.	Everett, Wash. / Kamiak
Eva Wirth	Throws	So.	Olympia, Wash. / Olympia
Allie Youngs	Jumps/Sprints	So.	Tempe, Ariz. / Tempe Preparatory



UNIVERSITY OF PUGET SOUND

Head Coach: Lisa Kushiyama



MEN'S TEAM • LOGGERS

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Jesus Aguilar	Distance	Fr./Fr.	Daly City, Calif. / Archbishop Riardon
Jack Bonicatto	Sprints/Jumps	Sr./So.	Seattle, Wash. / Roosevelt
Mason Bridges	Throws	Jr./So.	Snohomish, Wash. / Glacier Park
Carson Carey	Sprints	Sr./Jr.	Manhattan Beach, Calif. / Mira Costa
Jason Cerda	Middle Distance	So./So.	Chatsworth, Calif. / Cleveland
Dylan Conklin	Throws	Fr./Fr.	Roy, Wash. / Yelm
Amarian Culpepper	Sprints/Jumps	So./So.	Tacoma, Wash. / Lincoln
Lucas De Dora	Throws	Fr./Fr.	Dixon, Calif. / Dixon
Dylan Graham	Sprints	Fr./Fr.	Westminster, Colo. / Standley Lake
Gannon Griffin	Throws	Jr./Fr.	Costa Mesa, Calif. / Estancia
Ismael Gutierrez	Sprints	Sr./So.	Oakland, Calif. / Lighthouse Charter
Jack Hanisch	Sprints	Jr./So.	Tacoma, Wash. / Wilson
William Hasten	Throws	So./So.	Tracy, Calif. / Tracy
Henry Hernandez	Sprints/Throws	Sr./So.	Yakima, Wash. / Davis
Jacob Howmiller	Sprints	Fr./Fr.	Los Altos, Calif. / Los Altos
Ethan Jensen	Jumps	Fr./Fr.	Belle Fourche, S.D. / Belle Fourche
Izaiah Jerenz	Sprints	Sr./Fr.	Lacey, Wash. / Timberline
Emmett Kallmeyer	Middle Distance	Sr./So.	Pacific Palisades, Calif. / Palisades Charter
Ben Kerr	Middle Distance	So./So.	Portland, Ore. / Grant
Oliver Kreimer	Sprints	Fr./Fr.	Greensboro, N.C. / Greensboro Day School
Dan Marlow	Sprints	Sr./So.	Boise Idaho / Bishop Kelly
Ryan McAfee	Sprints	So./So.	San Carlos, Calif. / Sequoia
Aidan Minamiji	Throws	Jr./So.	Davis, Calif. / Davis Senior
Cian Monaghan	Distance	Fr./Fr.	Puyallup, Wash. / Puyallup
Aidan Morningdove	Throws	So./So.	Santa Fe, N.M. / Fresno
Brogan Murphy	Sprints/Jumps	Fr./Fr.	Woburn, Mass. / Portsmouth Abby
Bryer Putney-Moore	Throws	So./Fr.	Junction City, Ore. / Junction City
Taylor Rees	Throws	So./So.	Niwot, Colo. / Silver Creek
Chris Sheckles	Sprints/Jumps	Jr./Fr.	Seattle, Wash. / Cleveland
Aaron Smith	Throws	So./Fr.	Federal Way, Wash. / Fife
Mercer Stauch	Sprints	Fr./Fr.	Niwot, Colo. / Niwot
Max Stewart	Middle Distance	So./So.	Seattle, Wash. / Ballard
Matai Suitonu	Sprints/Hurdles	So./Fr.	Honolulu, Hawaii / Radford
Grantland Unterseher	Pole Vault	Jr./Fr.	Pasadena, Calif. / Sequoyah School
Jack Valdez	Sprints	Jr./So.	Moorpark, Calif. / Crespi
Gabriel Velazquez	Middle Distance	Fr./Fr.	Wenatchee, Wash. / Wenatchee
Yongjia Wang	Sprints	Fr./Fr.	Beijing, China / Camford Royal School
Quinn Williamson	Throws	Sr./So.	Seattle, Wash. / Roosevelt

WOMEN'S TEAM • LOGGERS

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Norah Beck	Distance	Fr./Fr.	Oregon, City, Ore. / Oregon
Brooke Berlin	Sprints	Fr./Fr.	Albuquerque, N.M. / Albuquerque Academy
Keiana Bonawitz	Sprints	Sr./Fr.	Vancouver, Wash. / Mountain View
Victoria Bradshaw	Sprints	So./So.	Milton, Wash. / Fife
Kennedy Brown	Sprints	Jr./So.	Portland, Ore. / Tigard
McKenna Clark	Middle Distance	Sr./So.	Gig Harbor, Wash. / Peninsula
Ella Courtnage-Dyke	Distance	Fr./Fr.	Portland, Ore. / Grant
Lucy Cramer	Middle Distance	Sr./So.	Bend, Ore. / Boulder
Cora Fanselow	Middle Distance	Sr./So.	Cincinnati, Ohio / Madeira
Allison Goodell	Pole Vault	Jr./So.	Northfield, Minn. / Northfield
Sara Guillen	Sprints	So./Fr.	Bozeman, Mont. / Bozeman
Jackilyn Lewis	Sprints	Jr./So.	Tacoma, Wash. / Mt. Tahoma
Dylan Moore	Sprints	Fr./Fr.	Santa Rosa, Calif. / Maria Carrillo
Kara Morris	Sprints/Hurdles	Fr./Fr.	Renton, Wash. / Hazen
Claire Mullen	Middle Distance	So./So.	Laguna Nigel, Calif. / St. Margaret's
Ayla Murphy	Distance	Fr./Fr.	West Linn, Ore. / West Linn
Gabriella Nelson	Distance	Sr./Fr.	Denver, Colo. / Northfield
Maddy Packwood	Throws	So./Fr.	Murrieta, Calif. / Temecula Valley
Grace Pytynia-Hillier	Javelin	Sr./So.	Portland, Ore. / Cleveland
Jordyn Reverman	Jumps	Jr./So.	Portland, Ore. / Beaverton
Lily Turner	Middle Distance/Steeple	Sr./So.	Atlanta, Ga. / Atlanta International
Carly Wayss	Throws	Fr./Fr.	Seattle, Wash. / West Seattle
Kyrstin Wilson	Sprints/Jumps	Fr./Fr.	Lafayette, Calif. / Campolindo



WHITMAN COLLEGE

Head Coach: Scott Shields



MEN'S TEAM • BLUES

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Colin Dunlap	Distance	Fy.	Seattle, Wash. / Ballard
Paul Florence	Distance	Fy.	Salt Lake City, Utah / Judge Memorial
Jonathan Grothe	Distance	So.	Seattle, Wash. / Diamond Ranch
Holden Hillis	Distance	Sr.	Redmond, Wash. / Redmond
Caden Hoyt	Distance	So.	Battleground, Wash. / Prairie
Chance Kelly	Distance	So.	Snohomish, Wash. / North Creek
Finnian Leahey	Distance	So.	Carbondale, Colo. / Colorado Rocky Mountain School
Scott Macdonald	Distance	Sr.	Menlo Park, Calif. / Menlo Park
Matt Mascavage	Distance	So.	Issaquah, Wash. / Issaquah
Reilly McVay	Distance	So.	Clinton, Wash. / South Whidbey
Troy Petternell	Distance	So.	Olympia, Wash. / Capital
Ellis Pryor	Distance	So.	Ashland, Ore. / Ashland
Henry Roller	Distance	So.	Seattle, Wash. / Roosevelt
Danny Steinberg	Distance	Fy.	Santa Ana, Calif. / Foothills
Jake Wang	Distance	So.	University Place, Wash. / University Place
Gabe Wasserman	Distance	Jr.	Madison, Wis. / Madison East

WOMEN'S TEAM • BLUES

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Piper Brown	Distance	Sr.	Bellingham, Wash. / Bellingham
Sonia Burns	Distance	Fy.	Encinitas, Calif. / San Dieguito
Dori Buttleman	Distance	So.	Seattle, Wash. / Ballard
Riley Cooper	Distance	Fy.	Broomfield, Colo. / Broomfield
Samantha Crumbaugh	Distance	Sr.	Bothell, Wash. / Bothell
Payton Davies	Distance	Fy.	Portland, Ore. / Cleveland
Ella Greenberg	Distance	Sr.	Whitefish, Mont. / Whitefish
Jade Greenberg	Distance	Sr.	Whitefish, Mont. / Whitefish
Lucy Hennessy	Distance	So.	Hood River, Ore. / Hood River Valley
Ally Kim	Distance	So.	Richland, Wash. / Henry Jackson
Aiyana Perry	Distance	Fy.	Portland, Ore. / Colorado Boulder
Christian Roch	Distance	Fy.	Louisville, Colo. / Monarch
Maleda Sims	Distance	So.	Seattle, Wash. / The Northwest School



WHITWORTH UNIVERSITY

Head Coach: Toby Schwarz



MEN'S TEAM • PIRATES

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Isaac Akiyama	Distance	Fr./Fr.	Olympia, Wash. / North Thurston
August Albers	Middle Distance	Sr./Jr.	Ridgefield, Wash. / Cedar Tree Classical
Gregory Anderson	Distance	Jr./Jr.	Hermiston, Ore. / Hermiston
Kevin Au	Middle Distance	Fr./Fr.	Mililani, Hawaii / Hanalani
Zaanan Bane	Jumps, hurdles	So./So.	Pendleton, Ore. / Pendleton
Matt Buckley	Middle Distance	Sr./So.	Nine Mile Falls, Wash. / Lakeside
Eli Cach	Fr./Fr.	Decathlon	Lewiston, Idaho Hanford (Wash.)
Adam Callahan	Sr./Jr.	Middle Distance	Sammamish, Wash. / Skyline
Adam Cassidy	Sr./Jr.	Hurdles/Jumps	Sedro-Woolley, Wash. / Sedro-Woolley
Stephen Crupper	Jr./Jr.	Sprints	Hayden, Idaho / Coeur d'Alene Charter
Luke Davis	Gr./Sr.	Throws	Spokane Valley, Wash. / University
Ibrahim Diop	Gr./Sr.	Middle Distance	New York, N.Y. / La Salle Academy
Cameron Ditter	Sr./Jr.	Decathlon	Yakima, Wash. / Selah
Andrew Doughty	Fr./Fr.	Decathlon	Kirkland, Wash. / Juanita
James Dugenet	So./So.	Distance	Spokane, Wash. / Mead
Marc Dugenet	So./So.	Distance	Spokane, Wash. / Mead
Nathan Dykstra	Sr./Jr.	Decathlon	Chandler, Ariz. / Valley Christian

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WHITWORTH UNIVERSITY

Head Coach: Toby Schwarz



MEN'S TEAM • PIRATES (CONTINUED)

Tyler Eakin	Fr./Fr.	Distance	Danville, Calif. / Monte Vista
Kainoa Figueira	Jr./Jr.	Middle Distance	Spokane, Wash. / Mt. Spokane
Riley Flanagan	Jr./Fr.	Sprints / jumps	Baker City, Ore. / Baker
Ignacio Garcia	Sr./Jr.	Throws	Everett, Wash. / Mariner
Nathaniel Gray	Jr./Jr.	Hurdles	Niamey, Niger / Sahel Academy
Kenai Herrick	Fr./Fr.	Throws	Eagle, Idaho / Eagle/Meridian Tech Charter
Solo Hines	Sr./So.	Sprints	Kent, Wash. / Kentridge
Cadin Hogue	Fr./Fr.	Throws	Yakima, Wash. / Davis
Reed Hurst	Gr./Sr.	Throws	Bend, Ore. / Mountain View
Jack Ireton	Fr./Fr.	Distance	Edmonds, Wash.
Samson Irish-Lodge	Sr/Jr.	Sprints/Jumps	Everett, Wash. / Archbishop Murphy
Sawyer Jordan	Fr./Fr.	Throws	Aptos, Calif. / Aptos
Nicholas Kaufman	Sr./So.	Throws	Coeur d'Alene, Idaho / Idaho Virtual Acad.
Cameron Lantagne	So./So.	Middle Distance	Vancouver, Wash. / Henrietta Lacks
Renat Mamikonyan Jr.	Fr./Fr.	Decathlon	Tukwilla, Wash. / Kentwood
JJ Martin	So./So.	Decathlon	Spokane, Wash. / North Central
Will Moore	Fr./Fr.	Middle Distance	Colorado Springs, Colo. / The Classical Acad.
Joel Nealon	Fr./Fr.	Distance	Puyallup, Wash. / Emerald Ridge
Alex Peters	So./So.	Mid-distance	Post Falls, Idaho / Post Falls
Dylan Pratt	Fr./Fr.	Sprints	Geneva, Illinois / Geneva Community
Reese Ramos	Sr./Jr.	Jumps/Javelin	Grandview, Wash. / Grandview
Keoni Rogan	Fr./Fr.	Sprints / jumps	Spokane, Wash. / Freeman
Justin Roth	Fr./Fr.	Throws	Pleasanton, Calif. / Foothill
Zachary Stancik	Sr./So.	Distance	Mukilteo, Wash. / Kamiak
Dante Stokes	Jr./Fr.	Sprints	Fremont, Calif. / Washington
Isaac Vaughn	Fr./Fr.	Hurdles	Kent, Wash. / Bellarmine Prep
Dane Voldman	Fr./Fr.	Mid-distance	Yakima, Wash. / West Valley
Eddie Vu	Fr./Fr.	Throws	Walla Walla, Wash. / Walla Walla
Daniel Watts	Fr./Fr.	Decathlon	Spokane, Wash. / Freeman
Joseph Webster	Fr./Fr.	Sprints	Katy, Texas / Cinco Ranch
Cody Wheeler	Fr./Fr.	Throws	Hockinson, Wash. / Hockinson
Caliph Wideman	Sr./So.	Sprints	Waipahu, Hawaii / Morton (Wash.)
Tommy Wirth	Fr./Fr.	Mid-distance	Puyallup, Wash. / Emerald Ridge
Levi Wood	So./So.	Sprints	Richland, Wash. / Richland
Logan Wright	Jr./Jr.	Sprints/Jumps	Burlington, Wash. / Burlington-Edison
Drexler Yesiki	Sr./Jr.	Throws	College Place, Wash. / College Place

WOMEN'S TEAM • PIRATES

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Alison Ball	Sprints	Jr./Jr.	Cashmere, Wash. / Cashmere
Lulu Brady	So./So.	Mid-Distance	Black Diamond, Wash. / Tahoma
Madelyn Buckley	Jr./Jr.	Distance	Nine Mile Falls, Wash. / Lakeside
Margaret Byle	So./So.	Sprints	Elkton, Ore. / Elkton
AbbieJo Carlson	Gr./Sr.	Throws	Enumclaw, Wash. / Enumclaw
Brooke Clinton	So./So.	Hurdles/Throws	Tualatin, Ore. / Lakeridge
Devyn Cope	Sr./Jr.	Sprints/Jumps	Murrieta, Calif. / Linfield Christian
Carmen Gonzales-Aller Winslow	Sr./Jr.	Hurdles/Mid Dist.	Spokane, Wash. / Gonzaga Prep
Sadie Grode	Jr./Jr.	Middle Distance	Mill Creek, Wash. / Ocean Research Acad.
Ashlyn Hanson	So./So.	Throws	Port Orchard, Wash. / Crosspoint
Amelia Hewson	Sr./Jr.	Hurdles	Seattle, Wash. / The Northwest School
Haley Jacobson	Sr./Jr.	Distance	Des Moines, Wash. / Federal Way
Monica Kaylor	Sr./Jr.	Throws	Kennewick, Wash. / Kennewick
Sabrina Lessenden	Fr./Fr.	Distance	Long Beach, Wash. / Ilwaco
Jordyn Lungo	Jr./Jr.	Sprints	Colbert, Wash. / Mt. Spokane
Emily Mauch	Sr./Jr.	Throws	Sammamish, Wash. / Eastlake
Eva Millan	Sr./Jr.	Heptathlon	Clarkston, Wash. / Clarkston
Payton Moore	So./So.	Mid-distance	Richland, Wash. / Richland
Amblessed Okemgbo	Fr./Fr.	Throws/Jumps	Spokane, Wash. / Medical Lake
Ari Portner	So./So.	Throws	Post Falls, Idaho / Post Falls
Elise Pratt	Sr./Jr.	Throws	Enumclaw, Wash. / Enumclaw
Hannah Rainford	So./So.	Mid-distance	Whitefish, Mont. / Glacier
Bree Rawls	So./So.	Heptathlon	Garfield, Wash. / Oakesdale
Lauryn Rawls	Jr./Jr.	Throws	Garfield, Wash. / Oakesdale
Sequoia Simmons	Jr./Jr.	Distance	Port Orchard, Wash. / South Kitsap
Logan Spencer	So./So.	Throws	Kula, Hawaii / Kamehameha-Maui
Sophia Sulzbacher	Fr./Fr.	Sprints	Kalispell, Mont. / Stillwater Christian
Renee Tiumalu	Sr./Jr.	Throws	Federal Way, Wash. / Todd Beamer



WILLAMETTE UNIVERSITY

Head Coach: Matt McGuirk



MEN'S TEAM • BEARCATS

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Judah Aliifua	Hurdles/Throws	Fy.	Salem, Ore. / West Salem
Oliver Anderson	Jumps/Sprints	Sr.	Salem, Ore. / Home Schooled
Antonio Barrientos	Middle Distance	Jr.	Dallas, Ore. / Dallas
Parker Callander	Throws	Fy.	Renton, Wash. / Kentridge
Jonas Cherry	Hurdles	Fy.	Browns Valley, Calif. / Marysville
Jay Chew	Distance	Fy.	Elk Grove, Calif. / Laguna Creek
Ian Curtis	Distance	Sr.	Eugene, Ore. / South Eugene
Bjorn Domst	Sprints	Fy.	Silverton, Ore. / Silverton Union
Joshua Evans	Distance	So.	Lafayette, Calif. / Acalanes
Kayden Gonzales	Hurdles/Throws	Fy.	Ridgefield, Wash. / Hudson Bay
Milo Greenberg	Middle Distance	Jr.	Seattle, Wash. / The Northwest School
Hakan Gurler-Hatch	Jumps	Fy.	Santa Fe, N.M. / Santa Fe Prep
William Hennum	Distance	Jr.	Henderson, Nev. / Liberty
Jack Hickey	Sprints	Fy.	San Mateo, Calif. / Aragon
Andres Huante	Sprints	Sr.	Bloomington, Calif. / Grand Terrace
Elijah Jones	Jumps	Fy.	Salem, Ore. / Central
Eric Kaszycki	Throws	Sr.	Santee, Calif. / Santana
Simon Kidder	Hurdles	Jr.	Bend, Ore. / Summit
Kaleb Mcarthur	Jumps	Fy.	Independence, Ore. / Central
Roscoe McDonald	Distance	Sr.	Seattle, Wash. / Ballard
Gilbert Sanchez Torres	Distance	Fy.	Citrus Heights, Calif. / Bella Vista
Aiden Schneider	Throws	Fy.	Milwaukie, Ore. / Rex Putnam
Petey Swan	Jumps	So.	Crescent City, Calif. / Del Norte
David Teso	Multi-Event	Fy.	Benson, Ariz. / Benson
Jordan Treber	Distance	So.	Mount Vernon, Ohio / Mount Vernon
Mason Williams	Hurdles	Fy.	Happy Valley, Ore. / Clackamas HS

WOMEN'S TEAM • BEARCATS

PLAYER	EVENT(S)	YR./EL.	HOMETOWN / HIGH SCHOOL / PREVIOUS SCHOOL
Kaiona Apio	Throws	Jr.	Edmonds, Wash. / Edmonds-Woodway
Anna Bikle	Distance	Fy.	Woodside, Calif. / Half Moon Bay
Katie Briggs	Hurdles	Fy.	Las Vegas, Nev. / Faith Lutheran
Mashani Coleman Toliver	Hurdles	Fy.	Bellevue, Wash. / Sammamish
Melissa Duncan	Distance	Jr.	Santa Clarita, Calif. / Canyon
Leila Fischer	Distance	Jr.	Wenatchee, Wash. / Wenatchee
Addie Gage	Sprints	Fy.	Renton, Wash. / Liberty
Jackie Gilroy	Distance	Sr.	Mercer Island, Wash. / Mercer Island
Tenley Grant	Throws	So.	Longview, Wash. / Kelso
Zoe Heino	Distance	Fy.	Portland, Ore. / Mountainside
Abigail House	Throws	Jr.	Oakland, Ore. / Oakland
Grace Kosmicki	Distance	Fy.	Pocatello, Idaho / Highland
Kenzie Lee	Sprints	Fy.	Kaneohe, Hawaii / Mid-Pacific Institute
Leilani Luu	Distance	Fy.	Colo. Springs, Colo. / Pine Creek
Leanne Machado	Throws	Sr.	Pendleton, Ore. / Pendleton
Avery Mickelsen	Throws	Grad.	Ephrata, Wash. / Ephrata
Sage Miller	Hurdles	Fy.	Valley Springs, Calif. / Calveras
Sami Riggs	Sprints	Sr.	La Verne, Calif. / Bonita
Aven Roberts	Distance	Fy.	Missoula, Mont. / Hellgate
Lecia Sincere	Jumps/Hurdles	So.	Bremerton, Wash. / Central Kitsap
Annabelle Smith	Jumps/Sprints	Fy.	Blissfield, Mich. / Blissfield
Erica Snyder	Hurdles/Jumps	Fy.	Longview, Wash. / Mark Morris
Whitley Stepp	Jumps	Fy.	Silverton, Ore. / Regis
Clara Thomas	Hurdles	Fy.	Kennewick, Wash. / Kamiakin
Katherine Thornton	Hurdles	Jr.	Reno, Nev. / Reno
Nora Wade	Jumps	Fy.	San Diego, Calif. / Point Loma
Katie Wingo	Middle Distance	Fy.	White Rock, N.M. / Los Alamos



2023 TRACK & FIELD

April 21-22 • Charles Bowles Track • Salem, Oregon

NORTHWEST CONFERENCE CHAMPIONSHIPS SCHEDULE

FRIDAY

April 21, 2023

- 10:00 a.m. 10,000m Run (M)
Hammer (M)
Pole Vault (M)
- 10:50 a.m. 10,000m Run (W)
- 12:00 p.m. Hammer (W)
Pole Vault (W)
- 1:00 p.m. 110m Hurdles Trials (M)
- 1:15 p.m. 110m Hurdles Trials (W)
- 1:30 p.m. 400m Dash Trials (M)
- 1:40 p.m. 400m Dash Trials (W)
- 1:50 p.m. 100m Dash Trials (M)
- 2:00 p.m. 100m Dash Trials (W)
Long Jump (W)
Discus (M), or 45 minutes after women's hammer finish
- 2:10 p.m. 800m Run Trials (M)
- 2:25 p.m. 800m Run Trials (W)
- 2:40 p.m. 400m Hurdles Trials (M)
- 2:55 p.m. 400m Hurdles Trials (W)
- 3:10 p.m. 200m Dash Trials (M)
- 3:20 p.m. 200m Dash Trials (W)
- 3:30 p.m. 3,000m Steeplechase Final (M)
- 3:50 p.m. 3,000m Steeplechase Final (W)
- 4:30 p.m. Long Jump (M)
High Jump (W)
Discus (W)

SATURDAY

April 22, 2023

- 10:30 a.m. Javelin (W)
Shot Put (M)
Triple Jump (W)
High Jump (M)
- 11:45 a.m. National Anthem
- 12:00 p.m. 400m Relay Final (M)
- 12:05 p.m. 400m Relay Final (W)
- 12:10 p.m. 1,500m Run Final (M)
- 12:20 p.m. 1,500m Run Final (W)
- 12:35 p.m. 110m Hurdles Final (M)
- 12:40 p.m. 100m Hurdles Final (W)
- 12:50 p.m. 400m Dash Final (M)
- 12:55 p.m. 400m Dash Final (W)
- 1:00 p.m. 100m Dash Final (M)
Shot Put (W)
Triple Jump (M)
Javelin (M)
- 1:05 p.m. 100m Dash Final (M)
- 1:10 p.m. 800m Run Final (M)
- 1:20 p.m. 800m Run Final (W)
- 1:30 p.m. 400m Hurdles Final (M)
- 1:40 p.m. 400m Hurdles Final (W)
- 1:50 p.m. 200m Dash Final (M)
- 1:55 p.m. 200m Dash Final (W)
- 2:05 p.m. 5,000m Run Final (M)
- 2:35 p.m. 5,000m Run Final (W)
- 2:55 p.m. 1,600m Relay Final (M)
- 3:00 p.m. 1,600m Relay Final (W)
- 3:30 p.m. Awards Ceremony



Kayla Aalpoel, George Fox