

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****Event 1 Men 10000 Meter Run**

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NWC Meet:	30:10.14	2022	Colin Monaghan, Puget Sound			
Name	Year	School	Seed	Finals	Points	
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Finals						
1 #	349	Stracke, Ryan	SR Pacific Lutheran	30:59.14	30:40.61	10
2 #	255	Aldrich, Max	SO Lewis & Clark	32:44.67	30:46.21	8
3 #	333	Ladinig, Owen	SO Pacific Lutheran	31:17.53	31:09.30	6
4 #	234	Petersen, Adam	SO George Fox	30:43.58	31:09.44	5
5 #	231	Mills, Alex	SO George Fox	31:10.87	31:22.02	4
6 #	239	Ross, Andrew	SO George Fox	32:56.11	32:14.86	3
7 #	404	Peters, Alex	SO Whitworth	32:43.79	32:20.24	2
8 #	263	Ford, Peter	SO Lewis & Clark	33:11.94	32:20.30	1
9 #	373	McVay, Reilly	SO Whitman	32:57.75	32:21.35	
10 #	276	Voenell, Miles	SO Lewis & Clark	34:12.23	32:29.08	
11 #	287	Oathout, Alex	SO Linfield	32:34.64	32:53.76	
12 #	352	Zielke, Sam	SO Pacific Lutheran	32:42.07	32:54.75	
13 #	362	Monaghan, Cian	FR Puget Sound	33:25.91	33:04.45	
14 #	389	Dugenet, Marc	SO Whitworth	33:45.14	33:30.00	
15 #	391	Eakin, Tyler	FR Whitworth	34:11.17	33:36.49	
16 #	223	Lachenmeier, Gabr	JR George Fox	32:56.13	33:36.61	
17 #	257	Bay, Nate	SO Lewis & Clark	33:10.45	33:39.64	
18 #	271	Plumb, Theron	FR Lewis & Clark	34:00.12	33:42.03	
19 #	345	Samson, Daniel	SR Pacific Lutheran	33:44.11	34:14.13	
20 #	274	Souza, Dylan	SO Lewis & Clark	34:30.08	34:20.26	
21 #	370	Grothe, Jonathan	SO Whitman	34:13.18	34:27.14	
22 #	260	Castellanos, Rigo	FR Lewis & Clark	34:22.00	34:31.24	
23 #	366	Stewart, Max	JR Puget Sound	33:32.17	34:46.59	
24 #	376	Steinberg, Danny	FR Whitman	34:30.54	37:47.49	
-- #	267	Maack, Erik	SO Lewis & Clark	34:15.08	DNF	
-- #	375	Pryor, Ellis	SO Whitman	34:16.02	DNF	

Event 2 Women 10000 Meter Run

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NWC Meet:	35:54.37	2018	Kayla Leland, Whitworth			
Name	Year	School	Seed	Finals	Points	
=====						
1 #	1	Aalpoel, Kayla	FR George Fox	36:35.93	36:39.98	10
2 #	53	Buese, Riley	SO Lewis & Clark	36:22.98	36:47.98	8
3 #	118	Paquet, Sarah	SR Pacific Lutheran	37:04.01	37:52.85	6
4 #	36	Pullen, Sarah	SO George Fox	39:06.37	38:20.94	5
5 #	71	Erickson, Makayla	JR Linfield	40:30.42	39:28.16	4
6 #	27	McKibbon, Kendall	SO George Fox	39:58.21	39:32.31	3
7 #	143	Hennessy, Lucy	SO Whitman	41:11.39	39:33.25	2
8 #	111	Iverson, Anna	JR Pacific Lutheran	42:25.68	39:55.18	1
9 #	141	Buttleman, Dori	SO Whitman	39:40.25	40:19.89	
10 #	97	Krull, Alena	FR Pacific (Ore.)	42:27.28	40:45.87	
11 #	155	Jacobson, Haley	SR Whitworth	41:58.64	40:48.84	
12 #	23	Lyda, Kara	SO George Fox	41:08.56	41:00.60	
13 #	22	Lau, Annalise	SO George Fox	41:34.15	41:04.50	
14 #	131	Courtnage-Dyke, E	FR Puget Sound	40:58.07	41:38.84	
15 #	33	Olvera-Kovacic, A	SO George Fox	42:18.24	41:53.18	
16 #	63	Lutz, Emogene	FR Lewis & Clark	40:21.24	42:00.09	
17 #	35	Pitman, Savanna	FR George Fox	41:58.49	42:06.50	
18 #	7	Cadd, Raeleigh	SO George Fox	43:13.48	43:10.64	
19 #	136	Mullen, Claire	SO Puget Sound	41:39.49	43:28.67	

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****....Event 2 Women 10000 Meter Run**

20 #	132 Fanselow, Cora	SR Puget Sound	43:25.13	43:47.90
21 #	41 Streeter, Ryin	SO George Fox	43:16.70	44:12.91
22 #	60 Kerschner, Ali	FR Lewis & Clark	43:02.71	44:39.45
-- #	112 Lindley, Victoria	SO Pacific Lutheran	42:41.19	DNF

Event 3 Men 110 Meter Hurdles

NWC Meet: 14.41 1994 Nolan Toso, Pacific Lutheran

Name Year School Seed Prelims Wind H#

Preliminaries

1 #	235 Phillips, Tayler	SR George Fox	15.27	15.38Q	-1.9	2
2 #	380 Bane, Zaanan	SO Whitworth	15.66	15.95Q	-1.9	1
3 #	264 Fritz, Jonathan	FR Lewis & Clark	15.97	15.71q	-1.9	2
4 #	335 Lemma, Grady	SO Pacific Lutheran	16.03	15.79q	-1.9	2
5 #	275 Stade, Nicholas	FR Lewis & Clark	16.13	16.25q	-1.9	1
6 #	278 Cloy, Jevon	FR Linfield	15.92	16.29q	-1.9	1
7 #	416 Cherry, Jonas	FR Willamette	16.30	16.37q	-1.9	2
8 #	402 Martin, Jalen	SO Whitworth	16.54	16.51q	-1.9	1
9 #	410 Watts, Daniel	FR Whitworth	16.24	16.61	-1.9	1
10 #	284 Krutzikowsky, Ron	SR Linfield	16.49	16.66	-1.9	1
11 #	430 Williams, Mason	FR Willamette	16.74	16.78	-1.9	2
12 #	203 Ashour, Max	SO George Fox	17.08	17.77	-1.9	2
13 #	383 Cassidy, Adam	SR Whitworth	16.38	22.12	-1.9	2

Event 4 Women 100 Meter Hurdles

NWC Meet: 14.27 2014 Dallas Edge, Linfield

Name Year School Seed Prelims Wind H#

1 #	154 Hewson, Amelia	SR Whitworth	14.39	14.64Q	-2.0	3
2 #	46 VandenHoek, Breck	JR George Fox	15.13	15.24Q	-1.1	1
3 #	183 Thornton, Katheri	SO Willamette	15.29	15.57Q	-1.0	2
4 #	93 Hammond, Allyson	FR Pacific (Ore.)	15.42	15.62q	-1.0	2
5 #	18 Jensen, Elisabeth	JR George Fox	15.53	15.69q	-1.1	1
6 #	3 Bahati, Ayahna	SO George Fox	15.56	16.09q	-2.0	3
7 #	162 Rawls, Breanne	SO Whitworth	16.63	16.34q	-1.0	2
8 #	107 Brutus, Esther	JR Pacific Lutheran	16.29	16.43q	-1.0	2
9 #	179 Sincere, Lecia	FR Willamette	16.28	16.46	-1.1	1
10 #	77 Roberts, Jordan	FR Linfield	15.93	16.61	-2.0	3
11 #	98 Lowery, Alexis	SR Pacific (Ore.)	16.82	16.77	-1.1	1
12 #	182 Thomas, Clara	FR Willamette	17.45	17.03	-1.0	2
13 #	177 Miller, Sage	FR Willamette	17.35	17.39	-1.1	1
14 #	79 Rodriguez, Yahair	FR Linfield	16.89	17.48	-2.0	3
15 #	57 Farrar, Olivia	SO Lewis & Clark	17.55	17.51	-1.1	1
16 #	72 Farrior, Olivia	FR Linfield	17.43	17.61	-1.0	2
17 #	83 Van De Grift, Nar	JR Linfield	17.55	17.63	-2.0	3
18 #	34 O'Rear, Breeauna	JR George Fox	17.21	18.17	-2.0	3
19 #	103 Tiernan, Courtney	FR Pacific (Ore.)	18.09	18.27	-2.0	3

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****Event 5 Men 400 Meter Dash**

NWC Meet:		47.81	2015	Jake Mihelich, Linfield		
Name	Year	School	Seed	Prelims	H#	
1 #	266	Lahusky, Jordan	FR Lewis & Clark	49.20	49.12Q	1
2 #	286	Morris, Chandler	SR Linfield	50.05	49.64Q	2
3 #	306	Heinze, Alexander	FR Pacific (Ore.)	51.53	50.82q	1
4 #	246	Sohus, Josiah	SO George Fox	50.71	51.01q	2
5 #	298	Booker, Zion	SO Pacific (Ore.)	51.85	51.02q	1
6 #	401	Lantagne, Cameron	SO Whitworth	51.38	51.10q	1
7 #	280	Fisette, Evan	FR Linfield	51.22	51.34q	1
8 #	365	Stauch, Mercer	FR Puget Sound	51.78	51.66q	2
9 #	314	Shields, Kamron	FR Pacific (Ore.)	51.95	51.76	1
10 #	313	Rolfs, Cooper	SO Pacific (Ore.)	51.24	52.09	2
11 #	387	Doughty, Andrew	FR Whitworth	51.36	52.18	2
12 #	354	Carey, Carson	SR Puget Sound	51.56	52.32	2
13 #	372	Mascavage, Matt	SO Whitman	52.60	52.53	2
14 #	224	Lull, Josh	JR George Fox	51.03	52.82	1
15 #	258	Biaggi, Paul	SO Lewis & Clark	53.10	54.05	2
16 #	385	Diop, Ibrahim	SR Whitworth	53.57	54.94	1

Event 6 Women 400 Meter Dash

NWC Meet:		55.34	1989	Kari Larson, Lewis & Clark		
Name	Year	School	Seed	Prelims	H#	
1 #	178	Riggs, Sami	JR Willamette	58.22	58.29Q	1
2 #	134	Lewis, Jackilyn	JR Puget Sound	59.36	58.72Q	2
3 #	5	Bean, Kylie	JR George Fox	59.49	59.42q	1
4 #	65	O'Hara, Macy	JR Lewis & Clark	59.86	59.45q	1
5 #	91	Gatica Gomez, Ang	SO Pacific (Ore.)	59.04	1:00.18q	2
6 #	148	Byle, Margaret	SO Whitworth	1:01.06	1:01.35q	2
7 #	174	Lee, Kenzie	FR Willamette	1:01.32	1:01.99q	2
8 #	8	Carrington, Trini	SO George Fox	1:03.18	1:03.51q	1
9 #	31	Oliva, Cami	FR George Fox	1:03.43	1:04.69	1
10 #	165	Sulzbacher, Sophi	FR Whitworth	1:03.94	1:05.07	2
11 #	135	Moore, Dylan	FR Puget Sound	1:05.76	1:06.42	2

Event 7 Men 100 Meter Dash

NWC Meet:		10.65	2003	Chris Boock, Linfield			
NWC Meet:		10.65	2003	Ben Salisbury, George Fox			
NWC Meet:		10.65	1996	Ryan Chaney			
Name	Year	School	Seed	Prelims	Wind	H#	
1 #	396	Hines, Solo	SO Whitworth	10.72	10.94Q	-1.0	1
2 #	346	Sanchez, Keola	JR Pacific Lutheran	10.86	11.12Q	-0.7	2
3 #	301	Dahl, Lucas	FR Pacific (Ore.)	11.12	10.95q	-1.0	1
4 #	340	Meade, Kellen	SO Pacific Lutheran	10.95	11.13q	-0.7	2
5 #	232	Morris, Byron	SR George Fox	11.23	11.15q	-0.7	2
6 #	309	Moreland, Romel	SO Pacific (Ore.)	11.18	11.22q	-1.0	1
7 #	204	Baker, Davis	FR George Fox	11.16	11.25q	-0.7	2
8 #	297	Bantolina, Brody	FR Pacific (Ore.)	11.30	11.34q	-1.0	1
9 #	358	Howmiller, Jacob	FR Puget Sound	11.21	11.49	-1.0	1
10 #	405	Pratt, Dylan	FR Whitworth	11.27	11.49	-1.0	1
11 #	281	Jackson, Dylan	SO Linfield	11.03	11.51	-1.0	1

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****....Event 7 Men 100 Meter Dash**

12 #	317	Vargas, Tyler	SR Pacific (Ore.)	11.31	11.56	-0.7	2
13 #	253	Wisembaker, Garet	SR George Fox	11.30	11.58	-0.7	2
14 #	233	Ojukwu, John	SR George Fox	11.23	11.61	-0.7	2
15 #	339	Mcinerney, Patrick	FR Pacific Lutheran	11.43	11.62	-1.0	1
16 #	289	Olson, Daniel	SO Linfield	11.14	12.10	-0.7	2

Event 8 Women 100 Meter Dash

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NWC Meet:		11.73	2021	Bailey Forsyth, Pacific Lutheran			
Name	Year	School	Seed	Prelims	Wind	H#	
=====							
1 #	73	Feinglas, McKenzi	JR Linfield	12.24	12.39Q	-1.4	2
2 #	154	Hewson, Amelia	SR Whitworth	12.47	12.68Q	-2.4	1
3 #	157	Lungo, Jordyn	JR Whitworth	12.57	12.67q	-1.4	2
4 #	145	Ball, Alison	JR Whitworth	12.47	12.69q	-1.4	2
5 #	93	Hammond, Allyson	FR Pacific (Ore.)	12.75	12.76q	-2.4	1
6 #	140	Wilson, Kyrstin	FR Puget Sound	12.44	12.79q	-2.4	1
7 #	80	Silis, Rachelle	FR Linfield	12.87	12.98q	-1.4	2
8 #	170	Coleman, Mashani	FR Willamette	13.06	13.05q	-1.4	2
9 #	109	Cox, Lorin	JR Pacific Lutheran	12.85	13.10	-2.4	1
10 #	69	Connors, Hillary	SO Linfield	13.22	13.68	-2.4	1

Event 9 Men 800 Meter Run

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NWC Meet:		1:51.55	1974	John Leier, Whitman			
Name	Year	School	Seed	Prelims	H#		
=====							
1 #	316	Tierney, Henry	FR Pacific (Ore.)	1:52.42	1:54.75Q	1	
2 #	382	Callahan, Adam	SR Whitworth	1:55.99	1:56.04Q	3	
3 #	270	Nelson, Noah	FR Lewis & Clark	1:54.46	1:57.27Q	2	
4 #	238	Rising, Dillon	SR George Fox	1:56.95	1:55.61Q	1	
5 #	359	Kallmeyer, Emmett	SR Puget Sound	1:59.79	1:56.35Q	3	
6 #	277	Cahill, Calvin	SO Linfield	1:56.55	1:57.35Q	2	
7 #	315	Stewart, Garrett	SR Pacific (Ore.)	1:58.84	1:55.85q	1	
8 #	392	Figueira, Kainoa	JR Whitworth	1:54.74	1:56.91q	3	
9 #	201	Adkisson, Patrick	SO George Fox	1:57.70	1:57.41	3	
10 #	279	Dooley, Conner	SO Linfield	1:58.87	1:57.58	1	
11 #	251	Williams, Alden	FR George Fox	1:56.89	1:58.56	1	
12 #	225	May, Sam	FR George Fox	1:57.50	1:58.69	2	
13 #	254	Wotcha, Warisso	FR George Fox	1:59.99	2:00.98	2	
13 #	229	Middlekauff, Gran	FR George Fox	1:58.70	2:00.98	2	
15 #	328	Donnelly, Aidan	SO Pacific Lutheran	2:00.32	2:01.04	1	
16 #	337	Maier, Jonah	SR Pacific Lutheran	1:58.34	2:01.98	3	
17 #	290	Rogers, Juston	SO Linfield	2:00.35	2:02.86	1	
18 #	371	Macdonald, Scott	SR Whitman	1:58.91	2:03.21	2	
19 #	381	Buckley, Matt	JR Whitworth	1:59.96	2:06.57	3	

Event 10 Women 800 Meter Run

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NWC Meet:		2:11.53	1992	Patty Ley, Pacific Lutheran			
Name	Year	School	Seed	Prelims	H#		
=====							
1 #	37	Rising, Ellie	SO George Fox	2:11.07	2:18.41Q	2	
2 #	15	Gonzales, Annalis	SO George Fox	2:17.71	2:18.44Q	1	
3 #	59	Heien, Malia	FR Lewis & Clark	2:17.27	2:18.90Q	1	

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****...Event 10 Women 800 Meter Run**

4 #	44	Tranby, Hannah	FR	George Fox	2:18.31	2:20.87Q	2
5 #	147	Buckley, Madelyn	JR	Whitworth	2:19.52	2:19.45q	1
6 #	48	Warren, Elizabeth	SR	George Fox	2:19.02	2:20.90q	2
7 #	38	Rodriguez, Karina	FR	George Fox	2:22.11	2:22.09q	1
8 #	20	Jones, Isabelle	FR	George Fox	2:22.37	2:22.72q	2
9 #	146	Brady, Lulu	SO	Whitworth	2:22.80	2:24.36	2
10 #	123	Sioda, Alexia	SR	Pacific Lutheran	2:24.50	2:24.93	1
11 #	50	Wilber, Allie	SO	George Fox	2:25.27	2:26.10	2
12 #	142	Davies, Payton	FR	Whitman	2:26.59	2:27.51	1
13 #	81	Sturley, Mary	FR	Linfield	2:26.34	2:29.50	2
14 #	168	Bikle, Anna	FR	Willamette	2:27.78	2:30.45	1
15 #	101	Taylor, Natalie	FR	Pacific (Ore.)	2:24.61	2:32.50	1
16 #	130	Clark, McKenna	SR	Puget Sound	2:36.29	2:37.45	2

Event 11 Men 400 Meter Hurdles

NWC Meet:		52.30	1997	David Parker, George Fox				
Name	Year	School	Seed	Prelims	H#			
1 #	275	Stade, Nicholas	FR	Lewis & Clark	55.68	57.21Q	1	
2 #	410	Watts, Daniel	FR	Whitworth	56.40	57.40Q	2	
3 #	284	Krutzikowsky, Ron	SR	Linfield	56.34	58.79Q	3	
4 #	214	Hatch, Connor	FR	George Fox	59.02	57.84q	1	
5 #	335	Lemma, Grady	SO	Pacific Lutheran	1:00.05	58.28q	2	
6 #	252	Williams, Josh	SR	George Fox	59.15	58.67q	1	
7 #	428	Kidder, Simon	SO	Willamette	57.97	58.69q	2	
8 #	430	Williams, Mason	FR	Willamette	1:01.30	59.03q	1	
9 #	390	Dykstra, Nathan	SR	Whitworth	59.98	59.48	2	
10 #	227	McMillan, Tom	SO	George Fox	58.23	1:00.14	3	
11 #	213	Hanson, Lance	JR	George Fox	1:00.29	1:00.55	3	
12 #	421	Gonzales, Kayden	FR	Willamette	1:02.31	1:01.18	2	
13 #	416	Cherry, Jonas	FR	Willamette	1:01.16	1:02.04	1	
14 #	321	Yee, Bailly	SR	Pacific (Ore.)	1:01.58	1:02.43	3	
15 #	268	Madhavan, Daniel	SO	Lewis & Clark	1:03.04	1:03.18	3	
16 #	380	Bane, Zaanana	SO	Whitworth	59.88	1:07.85	3	

Event 12 Women 400 Meter Hurdles

NWC Meet:		59.75	2001	Amber Larson, Linfield				
Name	Year	School	Seed	Prelims	H#			
1 #	100	Rutkowski, Emily	SR	Pacific (Ore.)	1:05.56	1:06.36Q	2	
2 #	107	Brutus, Esther	JR	Pacific Lutheran	1:08.19	1:06.80Q	3	
3 #	170	Coleman, Mashani	FR	Willamette	1:11.32	1:08.48Q	1	
4 #	183	Thornton, Katheri	SO	Willamette	1:06.75	1:08.68q	1	
5 #	17	Huntsman, Jenna	FR	George Fox	1:08.30	1:08.86q	3	
6 #	167	Winslow-Gonzalez,	SR	Whitworth	1:10.13	1:08.99q	2	
7 #	182	Thomas, Clara	FR	Willamette	1:08.98	1:09.72q	1	
8 #	72	Farrior, Olivia	FR	Linfield	1:10.55	1:09.79q	1	
9 #	12	Davenport, Sarah	SO	George Fox	1:10.24	1:11.30	2	
10 #	177	Miller, Sage	FR	Willamette	1:10.84	1:11.99	3	
11 #	169	Briggs, Katie	FR	Willamette	1:11.90	1:12.02	2	
12 #	117	Olmos, Adalia	FR	Pacific Lutheran	1:10.71	1:12.11	3	
13 #	114	Messineo, Tabitha	SR	Pacific Lutheran	1:14.46	1:12.89	1	
14 #	74	Flatt, Klaira	FR	Linfield	1:12.24	1:13.42	2	

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****...Event 12 Women 400 Meter Hurdles**

15 #	79	Rodriguez, Yahair	FR	Linfield	1:12.89	1:13.75	3
16 #	26	McDaniel, Sarah	SO	George Fox	1:14.34	1:15.99	3
17 #	150	Clinton, Brooke	JR	Whitworth	1:15.68	1:17.38	2
18 #	84	Altuhovs, Dina	JR	Pacific (Ore.)	1:12.73	1:18.04	1

Event 13 Men 200 Meter Dash

=====							
NWC Meet:		21.22	1973	Ray Fabian, Whitworth			
Name	Year	School	Seed	Prelims	Wind	H#	
=====							
1 #	396	Hines, Solo	SO	Whitworth	21.70	22.06Q	-0.8 3
2 #	301	Dahl, Lucas	FR	Pacific (Ore.)	21.99	22.21Q	-1.7 1
3 #	340	Meade, Kellen	SO	Pacific Lutheran	22.47	22.48Q	-0.7 2
4 #	232	Morris, Byron	SR	George Fox	22.92	22.44q	-1.7 1
5 #	266	Lahusky, Jordan	FR	Lewis & Clark	21.82	22.54q	-0.7 2
6 #	280	Fisette, Evan	FR	Linfield	22.78	22.79q	-0.7 2
7 #	358	Howmiller, Jacob	FR	Puget Sound	22.78	22.86q	-0.8 3
8 #	298	Booker, Zion	SO	Pacific (Ore.)	22.71	22.88q	-0.8 3
9 #	286	Morris, Chandler	SR	Linfield	22.79	23.08	-1.7 1
10 #	309	Moreland, Romel	SO	Pacific (Ore.)	22.93	23.28	-0.7 2
11 #	245	Smith, Caleb	FR	George Fox	23.51	23.32	-0.8 3
12 #	338	Makanui, Kamaehuo	FR	Pacific Lutheran	23.00	23.36	-0.8 3
13 #	313	Rolfs, Cooper	SO	Pacific (Ore.)	23.12	23.38	-0.7 2
14 #	297	Bantolina, Brody	FR	Pacific (Ore.)	23.19	23.43	-0.7 2
15 #	405	Pratt, Dylan	FR	Whitworth	23.17	23.45	-1.7 1
16 #	363	Murphy, Brogan	FR	Puget Sound	23.16	23.47	-1.7 1
17 #	372	Mascavage, Matt	SO	Whitman	22.97	23.66	-0.8 3
18 #	281	Jackson, Dylan	SO	Linfield	22.27	27.33	-1.7 1

Event 15 Men 3000 Meter Steeplechase

=====							
NWC Meet:		9:01.55	2005	Aaron Hollingshead, Willamette			
Name	Year	School	Seed	Finals	Points		
=====							
Finals							
1 #	212	Grass, Gavin	SO	George Fox	9:24.45	9:12.60	10
2 #	209	Gappa, Austin	SO	George Fox	9:34.90	9:16.32	8
3 #	398	Ireton, Jack	FR	Whitworth	10:02.91	9:34.19	6
4 #	348	Sorensen, Kai	FR	Pacific Lutheran	9:41.87	9:35.55	5
5 #	423	Hennum, Will	SO	Willamette	9:43.11	9:37.80	4
6 #	208	Ferguson, Grant	SO	George Fox	9:44.13	9:42.82	3
7 #	388	Dugenet, James	SO	Whitworth	9:56.25	9:43.44	2
8 #	336	Lusis, Stefans	SR	Pacific Lutheran	9:34.97	9:47.03	1
9 #	403	Nealon, Joel	FR	Whitworth	9:58.66	9:51.26	
10 #	257	Bay, Nate	SO	Lewis & Clark	10:00.25	9:56.50	
11 #	261	Creeks, Brendan	SO	Lewis & Clark	10:01.58	9:59.71	
12 #	308	Masuko, Carlos	SO	Pacific (Ore.)	10:26.65	10:02.44	
13 #	412	Wirth, Tommy	FR	Whitworth	10:29.26	10:10.37	
14 #	379	Anderson, Gregory	JR	Whitworth	10:32.02	10:11.40	
15 #	283	Kiltow, Bradley	SO	Linfield	10:06.30	10:13.20	
16 #	207	Chalpoutis, Max	FR	George Fox	10:23.56	10:16.74	
17 #	272	Reem, Mike	SO	Lewis & Clark	10:31.40	10:28.85	
18 #	320	Yamamoto, Reese	JR	Pacific (Ore.)	10:34.81	10:47.84	
19 #	418	Curtis, Ian	JR	Willamette	10:39.94	10:49.29	
20 #	269	Naylor, Joseph	FR	Lewis & Clark	10:42.72	10:52.58	

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****....Event 15 Men 3000 Meter Steeplechase**

21 #	369 Dunlap, Colin	FR Whitman	11:02.87	10:57.54
22 #	307 Manzano, Marc	JR Pacific (Ore.)	10:51.67	10:58.14
23 #	305 Grafton, Joey	SR Pacific (Ore.)	10:49.07	11:17.39

Event 16 Women 3000 Meter Steeplechase

=====					
NWC Meet:		10:25.87	2018	Marissa Mount, Whitworth	
Name	Year	School	Seed	Finals	Points
=====					
1 #	29 Neal, Jessica	JR George Fox	11:15.73	11:06.78	10
2 #	172 Heino, Zoe	FR Willamette	11:24.88	11:11.84	8
3 #	94 Hubbs, Madelyn	SR Pacific (Ore.)	11:44.67	11:29.94	6
4 #	119 Park, Joan	SR Pacific Lutheran	12:31.25	11:40.07	5
5 #	68 Schwieterman, Kat	SO Lewis & Clark	11:48.00	11:46.19	4
6 #	43 Teachout, Jenessa	JR George Fox	12:05.69	11:58.36	3
7 #	89 Brethower, Cris	SO Pacific (Ore.)	12:06.36	12:15.37	2
8 #	110 Deazley, Annika	SO Pacific Lutheran	12:33.07	12:25.07	1
9 #	138 Turner, Lily	SR Puget Sound	12:27.74	12:26.38	
10 #	128 Beck, Norah	FR Puget Sound	12:34.03	12:30.87	
11 #	173 Kosmicki, Grace	FR Willamette	12:22.59	13:30.88	

Event 17 Men Hammer Throw

=====							
NWC Meet:		58.93m	1994	Jason Thiel, Pacific Lutheran			
NWC Meet:		59.84m					
Name	Year	School	Seed	Finals	H#	Points	
=====							
1 #	228 Meade, Ben	JR George Fox	51.83m	55.41m	181-09	2	10
2 #	394 Garcia, Ignacio	SR Whitworth	51.82m	52.77m	173-01	2	8
3 #	329 Fairbairn, Larson	JR Pacific Lutheran	51.54m	49.62m	162-09	2	6
4 #	343 Real, Masum	JR Pacific Lutheran	46.50m	49.55m	162-07	2	5
5 #	311 Reid, Andrew	JR Pacific (Ore.)	48.65m	48.44m	158-11	2	4
6 #	222 Koenig, Nathaniel	JR George Fox	47.38m	47.46m	155-08	2	3
7 #	411 Wheeler, Cody	FR Whitworth	41.77m	44.32m	145-05	1	2
8 #	427 Kaszycki, Eric	JR Willamette	39.81m	42.77m	140-04	1	1
9 #	285 Metcalf, Matt	SR Linfield	43.39m	41.00m	134-06	2	
10 #	288 Olsen, Nick	SO Linfield	41.08m	40.99m	134-06	1	
11 #	226 McBride, Scott	JR George Fox	41.59m	40.90m	134-02	1	
12 #	282 Jackson, Grant	SR Linfield	42.78m	40.15m	131-09	2	
13 #	293 Slifka, Jacob	SO Linfield	43.12m	39.58m	129-10	2	
14 #	384 Davis, Luke	SR Whitworth	48.83m	39.46m	129-05	2	
15 #	256 Baum, Andrew	SO Lewis & Clark	41.48m	39.28m	128-10	1	
16 #	241 Samuelson, Henry	JR George Fox	39.13m	37.73m	123-09	1	
17 #	304 Gonzalez, Daniel	JR Pacific (Ore.)	40.82m	37.43m	122-10	1	
18 #	361 Minamiji, Aidan	JR Puget Sound	37.60m	33.39m	109-06	1	
19 #	400 Kaufman, Nicholas	SR Whitworth	39.69m	31.42m	103-01	1	
-- #	351 Tayon, Wyatt	JR Pacific Lutheran	40.33m	FOUL		1	

Event 18 Women Hammer Throw

=====							
NWC Meet:		52.92m	2014	Dakota Kliamovich, Whitworth			
Name	Year	School	Seed	Finals	H#	Points	
=====							
1 #	149 Carlson, Abbie Jo	SR Whitworth	48.88m	48.82m	160-02	2	10
2 #	24 Manibusan, Tahnis	SR George Fox	48.00m	47.18m	154-09	2	8

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3 #	114	Messineo, Tabitha	SR	Pacific Lutheran	46.65m	44.02m	144-05	2	6
4 #	171	Grant, Tenley	SO	Willamette	44.66m	43.99m	144-04	2	5
5 #	126	Wirth, Eva	SO	Pacific Lutheran	40.46m	41.51m	136-02	2	4
6 #	122	Santos, Peyton	JR	Pacific Lutheran	40.52m	40.77m	133-09	2	3
7 #	90	Clark, Samantha	SR	Pacific (Ore.)	38.78m	39.06m	128-02	1	2
8 #	176	Mickelsen, Avery	SR	Willamette	39.59m	38.37m	125-11	1	1
9 #	125	Valmonte, Alessan	FR	Pacific Lutheran	43.84m	J38.37m	125-11	2	
10 #	19	Johnson, Kaitlyn	SR	George Fox	43.90m	37.90m	124-04	2	
11 #	175	Machado, Leanne	JR	Willamette	40.04m	36.11m	118-06	1	
12 #	139	Wayss, Carly	FR	Puget Sound	38.83m	35.67m	117-00	1	
13 #	161	Pratt, Elise	FR	Whitworth	37.67m	35.50m	116-06	1	
14 #	85	Ashbaugh, Savanna	SO	Pacific (Ore.)	39.01m	33.05m	108-05	1	
15 #	99	Restrepo, Nicole	FR	Pacific (Ore.)	37.80m	25.66m	84-02	1	

Event 19 Men Pole Vault

NWC Meet:		5.18m	1994	Curt Heywood, Linfield				
Name	Year	School	Seed	Finals	Points			
1 #	426	Jones, Elijah	FR	Willamette	4.45m	4.37m	14-04.00	10
2 #	310	Moren, Jarod	SO	Pacific (Ore.)	4.30m	4.22m	13-10.00	8
3 #	220	Kimata, Mauhia	JR	George Fox	4.45m	J4.22m	13-10.00	6
4 #	335	Lemma, Grady	SO	Pacific Lutheran	4.17m	J4.22m	13-10.00	5
5 #	284	Krutzikowsky, Ron	SR	Linfield	4.57m	J4.22m	13-10.00	4
6 #	243	Sikkema, Zeke	FR	George Fox	4.45m	4.07m	13-04.25	3
7 #	331	Jones, Dylan	FR	Pacific Lutheran	4.20m	3.77m	12-04.50	1.50
7 #	275	Stade, Nicholas	FR	Lewis & Clark	3.97m	3.77m	12-04.50	1.50
9 #	390	Dykstra, Nathan	SR	Whitworth	3.72m	3.62m	11-10.50	
-- #	318	Volk, Elijah	SO	Pacific (Ore.)	3.31m	NH		
-- #	334	Leahy, Blake	JR	Pacific Lutheran	4.15m	NH		
-- #	210	Gibson, Levi	JR	George Fox	4.75m	NH		

Event 20 Women Pole Vault

NWC Meet:		4.21m	2012	Catherine Street, Linfield				
Name	Year	School	Seed	Finals	Points			
1 #	45	Tully, Grace	SO	George Fox	3.65m	3.53m	11-07.00	10
2 #	52	Young, Alison	JR	George Fox	3.80m	J3.53m	11-07.00	8
3 #	116	Nguyen, Kristine	JR	Pacific Lutheran	3.45m	3.38m	11-01.00	6
4 #	113	Luksich, Lily	SO	Pacific Lutheran	3.60m	J3.38m	11-01.00	5
5 #	21	Larson, Shelby	SO	George Fox	3.40m	3.23m	10-07.00	4
6 #	16	Hawkins, Angela	FR	George Fox	2.95m	2.93m	9-07.25	3
7 #	51	Wilson, Anna	FR	George Fox	3.00m	2.78m	9-01.50	2
8 #	96	Kraemer, Makayla	SR	Pacific (Ore.)	2.70m	J2.78m	9-01.50	1
9 #	25	McDaniel, Amey	SO	George Fox	2.95m	2.63m	8-07.50	
-- #	133	Goodell, Allison	JR	Puget Sound	3.11m	NH		
-- #	70	Crawford, Siera	SO	Linfield	3.35m	NH		
-- #	87	Blackwell, Emma	FR	Pacific (Ore.)	2.40m	NH		
-- #	6	Bruggeman, Valeri	SO	George Fox	3.25m	NH		
-- #	13	Davidson, Payton	SR	George Fox	3.45m	NH		

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****Event 21 Women Long Jump**

NWC Meet:		5.86m 2006		Kate Ross, Lewis & Clark								
Name	Year	School	Seed	Finals	Wind	H#	Points					
1 #	93	Hammond, Allyson	FR Pacific (Ore.)	5.41m	5.49m	0.3	18-00.25	2	10			
2 #	2	Azar, Victoria	SO George Fox	5.22m	5.32m	2.0	17-05.50	2	8			
3 #	180	Smith, Annabelle	FR Willamette	5.26m	5.27m	+0.0	17-03.50	2	6			
4 #	46	VandenHoek, Breck	JR George Fox	5.19m	5.19m	+0.0	17-00.50	2	5			
5 #	47	Waddell, Whitney	SO George Fox	4.85m	5.16m	2.0	16-11.25	1	4			
6 #	151	Cope, Devyn	JR Whitworth	5.11m	5.01m	0.8	16-05.25	2	3			
7 #	59	Heien, Malia	FR Lewis & Clark	4.89m	5.00m	0.6	16-05.00	1	2			
8 #	17	Huntsman, Jenna	FR George Fox	5.10m	4.97m	+0.0	16-03.75	2	1			
9 #	18	Jensen, Elisabeth	JR George Fox	4.97m	4.94m	0.5	16-02.50	2				
10 #	11	Crawford, Emily	FR George Fox	4.73m	4.76m	+0.0	15-07.50	1				
11 #	105	Vazquez, Itzel	SR Pacific (Ore.)	4.83m	4.68m	1.3	15-04.25	1				
11 #	162	Rawls, Breanne	SO Whitworth	4.72m	4.68m	+0.0	15-04.25	1				
13 #	64	Nagaji, Cameryn	SO Lewis & Clark	4.66m	4.67m	0.6	15-04.00	1				
14 #	106	Brandt, Sarah	SO Pacific Lutheran	4.73m	4.40m	+0.0	14-05.25	1				

Event 22 Men Discus Throw

NWC Meet:		59.51m 2013		Carter Comito, Whitworth							
Name	Year	School	Seed	Finals	Wind	H#	Points				
1 #	293	Slifka, Jacob	SO Linfield	50.38m	48.52m	159-02	2	10			
2 #	384	Davis, Luke	SR Whitworth	45.23m	48.48m	159-01	2	8			
3 #	329	Fairbairn, Larson	JR Pacific Lutheran	47.14m	45.78m	150-02	2	6			
4 #	397	Hurst, Reed	SR Whitworth	44.12m	44.31m	145-04	2	5			
5 #	351	Tayon, Wyatt	JR Pacific Lutheran	42.53m	43.86m	143-11	2	4			
6 #	409	Vu, Eddie	FR Whitworth	45.83m	42.43m	139-02	2	3			
7 #	347	Sonko, George	FR Pacific Lutheran	41.39m	42.12m	138-02	1	2			
8 #	211	Gonzales, Hunter	FR George Fox	39.58m	41.35m	135-08	1	1			
9 #	256	Baum, Andrew	SO Lewis & Clark	37.94m	39.04m	128-01	1				
10 #	217	Imsland, Austin	FR George Fox	41.59m	37.97m	124-07	1				
11 #	414	Yesiki, Drexler	SR Whitworth	37.92m	36.74m	120-06	1				
12 #	327	Childress, Noah	FR Pacific Lutheran	39.95m	35.45m	116-04	1				
-- #	343	Real, Masum	JR Pacific Lutheran	48.97m	FOUL		2				

Event 23 Men Long Jump

NWC Meet:		7.31m 1973		Randy Fike, Lewis & Clark								
Name	Year	School	Seed	Finals	Wind	H#	Points					
1 #	242	Seymour, Cameron	JR George Fox	6.96m	7.33m	1.4	24-00.75	2	10			
2 #	219	Kassebaum, Ethan	JR George Fox	7.42m	7.26m	0.3	23-10.00	2	8			
3 #	237	Quach, Drew	JR George Fox	7.45m	7.14m	0.7	23-05.25	2	6			
4 #	230	Migani, Dieumerici	FR George Fox	7.09m	7.13m	2.4	23-04.75	2	5			
5 #	301	Dahl, Lucas	FR Pacific (Ore.)	6.70m	6.76m	0.8	22-02.25	2	4			
6 #	244	Smith, Blake	FR George Fox	6.62m	6.63m	0.2	21-09.00	2	3			
7 #	393	Flanagan, Riley	SO Whitworth	6.72m	6.63m	+0.0	21-09.00	2	2			
8 #	332	Kramer, Seth	FR Pacific Lutheran	6.60m	6.54m	+0.0	21-05.50	1	1			
9 #	429	Mcarthur, Kaleb	FR Willamette	6.52m	6.45m	+0.0	21-02.00	1				
10 #	413	Wright, Logan	JR Whitworth	6.41m	6.41m	0.1	21-00.50	1				
11 #	317	Vargas, Tyler	SR Pacific (Ore.)	6.50m	6.35m	1.3	20-10.00	1				
12 #	302	Fordham, Jayden	JR Pacific (Ore.)	6.51m	6.28m	0.2	20-07.25	1				
13 #	410	Watts, Daniel	FR Whitworth	6.41m	6.25m	+0.0	20-06.25	1				

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Results

....Event 23 Men Long Jump

14 # 300 Chaffin, Josiah FR Pacific (Ore.) 6.39m 6.16m 0.4 20-02.50 1

Event 24 Women High Jump

NWC Meet:		1.71m	2005	Michelle Forbes, George Fox				
Name	Year	School	Seed	Finals			Points	
1 #	181	Stepp, Whitley	FR Willamette	1.63m	1.68m	5-06.00	10	
2 #	78	Roberts, Logan	FR Linfield	1.63m	1.61m	5-03.25	8	
3 #	162	Rawls, Breanne	SO Whitworth	1.56m	J1.61m	5-03.25	6	
4 #	46	VandenHoek, Breck	JR George Fox	1.55m	1.56m	5-01.25	5	
5 #	18	Jensen, Elisabeth	JR George Fox	1.52m	J1.56m	5-01.25	4	
6 #	156	Kaylor, Monica	SR Whitworth	1.54m	J1.56m	5-01.25	3	
7 #	30	O'Hare, Maddie	SR George Fox	1.53m	1.51m	4-11.50	2	
8 #	70	Crawford, Siera	SO Linfield	1.49m	J1.51m	4-11.50	1	
9 #	9	Carrol, Marina	JR George Fox	1.55m	J1.51m	4-11.50		
10 #	184	Wade, Nora	FR Willamette	1.51m	1.46m	4-09.50		
11 #	127	Youngs, Allie	SO Pacific Lutheran	1.43m	1.41m	4-07.50		
12 #	59	Heien, Malia	FR Lewis & Clark	1.49m	J1.41m	4-07.50		
13 #	28	Mulkey, Krista	SR George Fox	1.48m	J1.41m	4-07.50		
-- #	137	Reverman, Jordyn	JR Puget Sound	1.53m	NH			

Event 25 Women Discus Throw

NWC Meet:		45.63m	2000	Mari Ruiz, Whitman				
Name	Year	School	Seed	Finals	H#	Points		
1 #	163	Rawls, Lauryn	JR Whitworth	44.17m	45.54m	149-05	2 10	
2 #	160	Okemgbo, Amblesse	FR Whitworth	40.53m	41.34m	135-07	2 8	
3 #	149	Carlson, Abbie Jo	SR Whitworth	38.75m	39.69m	130-02	2 6	
4 #	122	Santos, Peyton	JR Pacific Lutheran	38.45m	39.59m	129-11	2 5	
5 #	166	Tiumalu, Renee	JR Whitworth	37.78m	38.28m	125-07	2 4	
6 #	126	Wirth, Eva	SO Pacific Lutheran	36.51m	37.91m	124-04	2 3	
7 #	19	Johnson, Kaitlyn	SR George Fox	35.89m	37.40m	122-08	2 2	
8 #	120	Ramos, Carole	JR Pacific Lutheran	35.31m	36.73m	120-06	1 1	
9 #	58	Harmon, Piper	FR Lewis & Clark	34.41m	35.81m	117-06	1	
10 #	24	Manibusan, Tahnis	SR George Fox	35.75m	35.59m	116-09	2	
11 #	92	Gerard, Autumn	JR Pacific (Ore.)	35.08m	35.28m	115-09	1	
12 #	49	Wengener, Addie	SO George Fox	35.07m	35.24m	115-07	1	
13 #	102	Tidwell, Kylie	JR Pacific (Ore.)	34.32m	34.47m	113-01	1	
14 #	176	Mickelsen, Avery	SR Willamette	33.46m	32.75m	107-05	1	
15 #	139	Wayss, Carly	FR Puget Sound	31.13m	31.73m	104-01	1	
16 #	104	Tuiolemotu, Makay	FR Pacific (Ore.)	33.91m	31.16m	102-03	1	

Event 26 Men 4x100 Meter Relay

NWC Meet:		41.69	2007	Linfield, Linfield			
School		Seed	Finals	Points			
1	George Fox 'A'	42.14	41.51	10			
	1) #242 Seymour, Cameron JR						
	3) #253 Wisenbaker, Garet SR						
2	Pacific (Ore.) 'A'	42.27	41.78	8			
	1) #309 Moreland, Romel SO						
	3) #298 Booker, Zion SO						
	2) #232 Morris, Byron SR						
	4) #230 Migani, Dieumerci FR						
	2) #317 Vargas, Tyler SR						
	4) #301 Dahl, Lucas FR						

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3 Pacific Lutheran 'A'	43.07	42.44	6
1) #342 Penaloza, Lucio FR	2) #346 Sanchez, Keola JR		
3) #350 Swinton, Steele FR	4) #340 Meade, Kellen SO		
4 Lewis & Clark 'A'	43.24	42.46	5
1) #264 Fritz, Jonathan FR	2) #266 Lahusky, Jordan FR		
3) #265 Guest, Devon JR	4) #270 Nelson, Noah FR		
5 Linfield 'A'	42.74	42.52	4
1) #278 Cloy, Jevon FR	2) #280 Fisette, Evan FR		
3) #284 Krutzikowsky, Ronan SR	4) #286 Morris, Chandler SR		
6 Whitworth 'A'	42.40	42.62	3
1) #399 Irish-Lodge, Samson SR	2) #405 Pratt, Dylan FR		
3) #413 Wright, Logan JR	4) #396 Hines, Solo SO		
7 Puget Sound 'A'	44.42	43.41	2
1) #358 Howmiller, Jacob FR	2) #356 Graham, Dylan FR		
3) #364 Sheckles, Chris FR	4) #363 Murphy, Brogan FR		
8 Willamette 'A'	44.77	44.51	1
1) #416 Cherry, Jonas FR	2) #429 Mcarthur, Kaleb FR		
3) #422 Gurler-Hatch, Hakan FR	4) #424 Hickey, Jack FR		

Event 27 Women 4x100 Meter Relay

=====						
NWC Meet:	47.18	1999	Pacific Lutheran, Pacific Lutheran			
School			Seed	Finals	Points	
=====						
1 Whitworth 'A'	47.87	48.05	10			
1) #157 Lungo, Jordyn JR	2) #154 Hewson, Amelia SR					
3) #148 Byle, Margaret SO	4) #145 Ball, Alison JR					
2 Linfield 'A'	49.38	48.52	8			
1) #69 Connors, Hillary SO	2) #80 Silis, Rachelle FR					
3) #76 Klindt, Addison SO	4) #73 Feinglas, McKenzie JR					
3 Willamette 'A'	50.47	49.83	6			
1) #178 Riggs, Sami JR	2) #170 Coleman, Mashani FR					
3) #180 Smith, Annabelle FR	4) #181 Stepp, Whitley FR					
4 George Fox 'A'	50.08	50.10	5			
1) #17 Huntsman, Jenna FR	2) #3 Bahati, Ayahna SO					
3) #40 Short, Carli SR	4) #32 Olson, Sophia FR					
5 Pacific (Ore.) 'A'	51.34	51.26	4			
1) #84 Altuhovs, Dina JR	2) #105 Vazquez, Itzel SR					
3) #98 Lowery, Alexis SR	4) #93 Hammond, Allyson FR					
6 Pacific Lutheran 'A'	52.20	51.56	3			
1) #107 Brutus, Esther JR	2) #127 Youngs, Allie SO					
3) #121 Requa, Madelyn FR	4) #109 Cox, Lorin JR					
7 Lewis & Clark 'A'	55.62	55.52	2			
1) #54 Carney, Sarah SR	2) #57 Farrar, Olivia SO					
3) #55 Chin, Elsie FR	4) #67 Reside, Miriam FR					

Event 28 Men 1500 Meter Run

=====						
NWC Meet:	3:49.34	1977	Tim Williams, Linfield			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 # 360 Kerr, Ben	SO	Puget Sound	3:55.05	3:51.54	2	10
2 # 316 Tierney, Henry	FR	Pacific (Ore.)	3:56.76	3:52.04	2	8
3 # 382 Callahan, Adam	SR	Whitworth	3:55.42	3:52.44	2	6
4 # 234 Petersen, Adam	SO	George Fox	3:55.06	3:55.29	2	5

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5 #	319	Wada, Will	SR Pacific (Ore.)	4:05.23	3:57.78	1	4
6 #	209	Gappa, Austin	SO George Fox	3:57.66	3:58.10	2	3
7 #	277	Cahill, Calvin	SO Linfield	4:03.53	3:58.36	2	2
8 #	349	Stracke, Ryan	SR Pacific Lutheran	3:53.71	3:58.46	2	1
9 #	250	Wilber, Trevor	JR George Fox	3:55.83	3:58.78	2	
10 #	398	Ireton, Jack	FR Whitworth	4:07.59	4:01.04	1	
11 #	262	Dennis, Will	SO Lewis & Clark	4:05.57	4:01.66	1	
12 #	322	Arcos, Erick	SR Pacific Lutheran	4:09.00	4:03.99	1	
13 #	423	Hennum, Will	SO Willamette	4:05.85	4:04.38	1	
14 #	348	Sorensen, Kai	FR Pacific Lutheran	4:04.76	4:04.96	1	
15 #	212	Grass, Gavin	SO George Fox	4:01.73	4:05.76	2	
16 #	344	Robak, Trey	SR Pacific Lutheran	4:04.62	4:06.90	2	
17 #	202	Arthur, Aidan	SO George Fox	4:04.73	4:08.01	1	
18 #	371	Macdonald, Scott	SR Whitman	4:07.42	4:09.17	1	
19 #	239	Ross, Andrew	SO George Fox	3:59.82	4:11.14	2	
20 #	273	Reid, Frankie	FR Lewis & Clark	4:16.26	4:21.29	1	
21 #	299	Brewer, Aaron	FR Pacific (Ore.)	4:15.81	4:25.46	1	
-- #	261	Creeks, Brendan	SO Lewis & Clark	4:07.78	DNF	1	

Event 29 Women 1500 Meter Run

=====							
NWC Meet:		4:26.87	1992	Patty Ley, Pacific Lutheran			
Name	Year	School	Seed	Finals	Points		
=====							
1 #	39	Sclair, Brenna	JR George Fox	4:39.00	4:34.36	10	
2 #	86	Berry, Annie	SR Pacific (Ore.)	4:42.46	4:37.20	8	
3 #	147	Buckley, Madelyn	JR Whitworth	4:47.06	4:37.99	6	
4 #	44	Tranby, Hannah	FR George Fox	4:45.72	4:46.02	5	
5 #	82	Torres-Bermudez,	SO Linfield	4:53.32	4:49.83	4	
6 #	88	Bradley, Elizabet	SR Pacific (Ore.)	4:49.85	4:50.42	3	
7 #	172	Heino, Zoe	FR Willamette	4:53.43	4:51.43	2	
8 #	29	Neal, Jessica	JR George Fox	4:54.47	4:53.04	1	
9 #	43	Teachout, Jenessa	JR George Fox	4:57.19	4:54.88		
10 #	50	Wilber, Allie	SO George Fox	4:56.26	4:56.46		
11 #	123	Sioda, Alexia	SR Pacific Lutheran	5:01.34	4:56.56		
12 #	95	Klein, Abby	SR Pacific (Ore.)	5:00.81	5:01.64		
13 #	62	Lucey, Clare	FR Lewis & Clark	4:59.11	5:02.63		
14 #	168	Bikle, Anna	FR Willamette	4:59.54	5:16.26		

Event 30 Men 110 Meter Hurdles

=====								
NWC Meet:		14.41	1994	Nolan Toso, Pacific Lutheran				
Name	Year	School	Prelims	Finals	Wind	Points		
=====								
1 #	235	Phillips, Tayler	SR George Fox	15.38	15.11	1.3	10	
2 #	335	Lemma, Grady	SO Pacific Lutheran	15.79	15.39	1.3	8	
3 #	264	Fritz, Jonathan	FR Lewis & Clark	15.71	15.50	1.3	6	
4 #	278	Cloy, Jevon	FR Linfield	16.29	15.55	1.3	5	
5 #	380	Bane, Zaanan	SO Whitworth	15.95	16.10	1.3	4	16.092
6 #	275	Stade, Nicholas	FR Lewis & Clark	16.25	16.10	1.3	3	16.093
7 #	416	Cherry, Jonas	FR Willamette	16.37	16.35	1.3	2	
8 #	402	Martin, Jalen	SO Whitworth	16.51	18.39	1.3	1	

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Event 31 Women 100 Meter Hurdles

NWC Meet: 14.27 2014 Dallas Edge, Linfield							
Name	Year	School	Prelims	Finals	Wind	Points	
1 # 154 Hewson, Amelia	SR	Whitworth	14.64	14.43	0.7	10	
2 # 46 VandenHoek, Breck	JR	George Fox	15.24	14.88	0.7	8	
3 # 3 Bahati, Ayahna	SO	George Fox	16.09	15.15	0.7	6	
4 # 183 Thornton, Katheri	SO	Willamette	15.57	15.27	0.7	5	
5 # 93 Hammond, Allyson	FR	Pacific (Ore.)	15.62	15.43	0.7	4	
6 # 18 Jensen, Elisabeth	JR	George Fox	15.69	15.69	0.7	3	
7 # 162 Rawls, Breanne	SO	Whitworth	16.34	15.98	0.7	2	
8 # 107 Brutus, Esther	JR	Pacific Lutheran	16.43	16.25	0.7	1	

Event 32 Men 400 Meter Dash

NWC Meet: 47.81 2015 Jake Mihelich, Linfield						
Name	Year	School	Prelims	Finals	Points	
1 # 266 Lahusky, Jordan	FR	Lewis & Clark	49.12	48.66	10	
2 # 286 Morris, Chandler	SR	Linfield	49.64	49.39	8	
3 # 280 Fiset, Evan	FR	Linfield	51.34	50.84	6	
4 # 306 Heinze, Alexander	FR	Pacific (Ore.)	50.82	50.90	5	
5 # 401 Lantagne, Cameron	SO	Whitworth	51.10	51.37	4	
6 # 246 Sohus, Josiah	SO	George Fox	51.01	51.47	3	
7 # 298 Booker, Zion	SO	Pacific (Ore.)	51.02	52.09	2	
8 # 365 Stauch, Mercer	FR	Puget Sound	51.66	52.39	1	

Event 33 Women 400 Meter Dash

NWC Meet: 55.34 1989 Kari Larson, Lewis & Clark						
Name	Year	School	Prelims	Finals	Points	
1 # 134 Lewis, Jackilyn	JR	Puget Sound	58.72	57.40	10	
2 # 178 Riggs, Sami	JR	Willamette	58.29	57.82	8	
3 # 65 O'Hara, Macy	JR	Lewis & Clark	59.45	58.48	6	
4 # 91 Gatica Gomez, Ang	SO	Pacific (Ore.)	1:00.18	58.61	5	
5 # 5 Bean, Kylie	JR	George Fox	59.42	59.76	4	
6 # 148 Byle, Margaret	SO	Whitworth	1:01.35	1:00.67	3	
7 # 174 Lee, Kenzie	FR	Willamette	1:01.99	1:01.92	2	
8 # 8 Carrington, Trini	SO	George Fox	1:03.51	1:04.36	1	

Event 34 Men 100 Meter Dash

NWC Meet: 10.65 2003 Chris Boock, Linfield							
NWC Meet: 10.65 2003 Ben Salisbury, George Fox							
NWC Meet: 10.65 1996 Ryan Chaney							
Name	Year	School	Prelims	Finals	Wind	Points	
1 # 396 Hines, Solo	SO	Whitworth	10.94	10.62	0.7	10	
2 # 301 Dahl, Lucas	FR	Pacific (Ore.)	10.95	10.77	0.7	8	
3 # 346 Sanchez, Keola	JR	Pacific Lutheran	11.12	10.84	0.7	6	
4 # 232 Morris, Byron	SR	George Fox	11.15	10.88	0.7	5	10.875
5 # 204 Baker, Davis	FR	George Fox	11.25	10.88	0.7	4	10.877
6 # 340 Meade, Kellen	SO	Pacific Lutheran	11.13	10.89	0.7	3	
7 # 309 Moreland, Romel	SO	Pacific (Ore.)	11.22	11.16	0.7	2	
8 # 297 Bantolina, Brody	FR	Pacific (Ore.)	11.34	11.27	0.7	1	

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NWC Meet: 11.73 2021 Bailey Forsyth, Pacific Lutheran							
Name	Year	School	Prelims	Finals	Wind	Points	
1 # 73 Feinglas, McKenzi	JR	Linfield	12.39	12.28	-1.1	10	
2 # 145 Ball, Alison	JR	Whitworth	12.69	12.50	-1.1	8	
3 # 140 Wilson, Kyrstin	FR	Puget Sound	12.79	12.55	-1.1	5.50	12.544
3 # 157 Lungo, Jordyn	JR	Whitworth	12.67	12.55	-1.1	5.50	12.544
5 # 154 Hewson, Amelia	SR	Whitworth	12.68	12.62	-1.1	4	
6 # 93 Hammond, Allyson	FR	Pacific (Ore.)	12.76	12.77	-1.1	3	
7 # 170 Coleman, Mashani	FR	Willamette	13.05	12.88	-1.1	2	
8 # 80 Silis, Rachelle	FR	Linfield	12.98	12.92	-1.1	1	

Event 36 Men 800 Meter Run

NWC Meet: 1:51.55 1974 John Leier, Whitman						
Name	Year	School	Prelims	Finals	Points	
1 # 316 Tierney, Henry	FR	Pacific (Ore.)	1:54.75	1:55.32	10	
2 # 270 Nelson, Noah	FR	Lewis & Clark	1:57.27	1:56.13	8	1:56.128
3 # 382 Callahan, Adam	SR	Whitworth	1:56.04	1:56.13	6	1:56.130
4 # 238 Rising, Dillon	SR	George Fox	1:55.61	1:56.63	5	
5 # 315 Stewart, Garrett	SR	Pacific (Ore.)	1:55.85	1:56.88	4	
6 # 392 Figueira, Kainoa	JR	Whitworth	1:56.91	1:57.11	3	
7 # 359 Kallmeyer, Emmett	SR	Puget Sound	1:56.35	1:57.21	2	
8 # 277 Cahill, Calvin	SO	Linfield	1:57.35	1:58.55	1	

Event 37 Women 800 Meter Run

NWC Meet: 2:11.53 1992 Patty Ley, Pacific Lutheran					
Name	Year	School	Prelims	Finals	Points
1 # 37 Rising, Ellie	SO	George Fox	2:18.41	2:10.86	10
2 # 59 Heien, Malia	FR	Lewis & Clark	2:18.90	2:16.65	8
3 # 15 Gonzales, Annalis	SO	George Fox	2:18.44	2:18.09	6
4 # 147 Buckley, Madelyn	JR	Whitworth	2:19.45	2:18.77	5
5 # 48 Warren, Elizabeth	SR	George Fox	2:20.90	2:19.43	4
6 # 38 Rodriguez, Karina	FR	George Fox	2:22.09	2:22.07	3
7 # 44 Tranby, Hannah	FR	George Fox	2:20.87	2:23.31	2
8 # 20 Jones, Isabelle	FR	George Fox	2:22.72	2:24.14	1

Event 38 Men 400 Meter Hurdles

NWC Meet: 52.30 1997 David Parker, George Fox					
Name	Year	School	Prelims	Finals	Points
1 # 275 Stade, Nicholas	FR	Lewis & Clark	57.21	54.84	10
2 # 284 Krutzikowsky, Ron	SR	Linfield	58.79	55.10	8
3 # 335 Lemma, Grady	SO	Pacific Lutheran	58.28	55.52	6
4 # 410 Watts, Daniel	FR	Whitworth	57.40	55.86	5
5 # 214 Hatch, Connor	FR	George Fox	57.84	56.90	4
6 # 428 Kidder, Simon	SO	Willamette	58.69	57.97	3
7 # 430 Williams, Mason	FR	Willamette	59.03	58.00	2
8 # 252 Williams, Josh	SR	George Fox	58.67	58.42	1

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NWC Meet: 59.75 2001 Amber Larson, Linfield						
Name	Year	School	Prelims	Finals	Points	
1 # 100 Rutkowski, Emily	SR	Pacific (Ore.)	1:06.36	1:05.00	10	
2 # 170 Coleman, Mashani	FR	Willamette	1:08.48	1:05.57	8	
3 # 107 Brutus, Esther	JR	Pacific Lutheran	1:06.80	1:06.16	6	
4 # 183 Thornton, Katheri	SO	Willamette	1:08.68	1:07.01	5	
5 # 17 Huntsman, Jenna	FR	George Fox	1:08.86	1:08.38	4	
6 # 167 Winslow-Gonzalez,	SR	Whitworth	1:08.99	1:08.50	3	
7 # 182 Thomas, Clara	FR	Willamette	1:09.72	1:08.92	2	
8 # 72 Farrior, Olivia	FR	Linfield	1:09.79	1:13.16	1	

Event 40 Men 200 Meter Dash

NWC Meet: 21.22 1973 Ray Fabian, Whitworth						
Name	Year	School	Prelims	Finals	Wind	Points
1 # 396 Hines, Solo	SO	Whitworth	22.06	21.60	-1.7	10
2 # 301 Dahl, Lucas	FR	Pacific (Ore.)	22.21	21.90	-1.7	8
3 # 266 Lahusky, Jordan	FR	Lewis & Clark	22.54	22.22	-1.7	6
4 # 340 Meade, Kellen	SO	Pacific Lutheran	22.48	22.47	-1.7	5
5 # 280 Fisette, Evan	FR	Linfield	22.79	22.82	-1.7	4
6 # 298 Booker, Zion	SO	Pacific (Ore.)	22.88	22.84	-1.7	3
7 # 358 Howmiller, Jacob	FR	Puget Sound	22.86	23.34	-1.7	2

Event 41 Women 200 Meter Dash

NWC Meet: 24.77 2021 Bailey Forsyth, Pacific Lutheran						
Name	Year	School	Seed	Finals	Wind	Points
1 # 73 Feinglas, McKenzi	JR	Linfield	25.11	25.00	-1.0	10
2 # 134 Lewis, Jackilyn	JR	Puget Sound	25.49	25.38	-1.0	8
3 # 145 Ball, Alison	JR	Whitworth	25.16	25.42	-1.0	6
4 # 140 Wilson, Kyrstin	FR	Puget Sound	25.97	25.90	-1.0	5
5 # 65 O'Hara, Macy	JR	Lewis & Clark	25.96	26.26	-1.0	4
6 # 154 Hewson, Amelia	SR	Whitworth	26.14	26.74	-1.0	3
7 # 80 Silis, Rachelle	FR	Linfield	26.38	26.96	-1.0	2
8 # 91 Gatica Gomez, Ang	SO	Pacific (Ore.)	26.18	27.08	-1.0	1

Event 41 Men Decathlon

NWC Meet: 7225 1997 Karl Lerum						
Name	Year	School	Seed	Finals	H#	Points
1 # 235 Phillips, Tayler	SR	George Fox		6672		10
2 # 335 Lemma, Grady	SO	Pacific Lutheran		6035		8
3 # 284 Krutzikowsky, Ron	SR	Linfield		5979		6
4 # 402 Martin, Jalen	SO	Whitworth		5838		5
5 # 264 Fritz, Jonathan	FR	Lewis & Clark		5777		4
6 # 275 Stade, Nicholas	FR	Lewis & Clark		5769		3
7 # 210 Gibson, Levi	JR	George Fox		5768		2
8 # 410 Watts, Daniel	FR	Whitworth		5495		1
9 # 203 Ashour, Max	SO	George Fox		5442		
10 # 244 Smith, Blake	FR	George Fox		5303		
11 # 390 Dykstra, Nathan	SR	Whitworth		5186		

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NWC Meet: 4959 2018 Annie Wright, George Fox						
Name	Year	School	Seed	Finals	H#	Points
1 # 46	VandenHoek, Breck	JR George Fox		4248		10
2 # 18	Jensen, Elisabeth	JR George Fox		4057		8
3 # 59	Heien, Malia	FR Lewis & Clark		4051		6
4 # 17	Huntsman, Jenna	FR George Fox		3913		5
5 # 162	Rawls, Breanne	SO Whitworth		3786		4
6 # 34	O'Rear, Breeauna	JR George Fox		3718		3
7 # 114	Messineo, Tabitha	SR Pacific Lutheran		3554		2
8 # 57	Farrar, Olivia	SO Lewis & Clark		3201		1
9 # 103	Tiernan, Courtney	FR Pacific (Ore.)		2501		

Event 42 Men 5000 Meter Run

NWC Meet: 14:29.94 1983 Kris Mueller, Linfield						
Name	Year	School	Seed	Finals		Points
1 # 255	Aldrich, Max	SO Lewis & Clark	14:24.15	14:33.68		10
2 # 249	Weiss, Peter	JR George Fox	14:52.15	14:41.55		8
3 # 215	Hildenbrand, Cade	FR George Fox	14:54.55	15:03.68		6
4 # 349	Stracke, Ryan	SR Pacific Lutheran	14:44.28	15:10.00		5
5 # 333	Ladinig, Owen	SO Pacific Lutheran	14:58.16	15:10.59		4
6 # 287	Oathout, Alex	SO Linfield	15:19.38	15:11.59		3
7 # 209	Gappa, Austin	SO George Fox	15:33.14	15:11.62		2
8 # 360	Kerr, Ben	SO Puget Sound	14:51.67	15:25.64		1
9 # 263	Ford, Peter	SO Lewis & Clark	15:30.83	15:26.50		
10 # 388	Dugenet, James	SO Whitworth	15:24.36	15:29.25		
11 # 240	Ruiz, Kellen	FR George Fox	15:26.69	15:32.22		
12 # 362	Monaghan, Cian	FR Puget Sound	15:50.17	15:35.21		
13 # 404	Peters, Alex	SO Whitworth	15:30.66	15:37.90		
14 # 223	Lachenmeier, Gabr	JR George Fox	15:44.39	15:40.10		
15 # 373	McVay, Reilly	SO Whitman	15:39.65	15:40.97		
16 # 378	Akiyama, Isaac	FR Whitworth	15:39.75	15:42.48		
17 # 417	Chew, Jay	FR Willamette	15:31.78	15:42.61		
18 # 336	Lusis, Stefans	SR Pacific Lutheran	15:29.88	15:45.14		
19 # 420	Evans, Josh	SO Willamette	15:49.57	15:47.58		
20 # 403	Nealon, Joel	FR Whitworth	15:34.34	15:48.05		
21 # 377	Wasserman, Gabe	JR Whitman	15:34.89	15:52.38		
22 # 202	Arthur, Aidan	SO George Fox	15:37.88	15:56.59		
23 # 324	Beyer, Collin	SO Pacific Lutheran	15:47.05	15:57.94		
24 # 257	Bay, Nate	SO Lewis & Clark	15:47.55	16:02.49		
25 # 319	Wada, Will	SR Pacific (Ore.)	15:35.37	16:05.69		
26 # 375	Pryor, Ellis	SO Whitman	15:55.61	16:12.46		
27 # 345	Samson, Daniel	SR Pacific Lutheran	15:44.47	16:16.11		
28 # 389	Dugenet, Marc	SO Whitworth	15:49.56	16:18.58		
-- # 234	Petersen, Adam	SO George Fox	14:48.87	DNF		
-- # 344	Robak, Trey	SR Pacific Lutheran	15:29.45	DNF		
-- # 391	Eakin, Tyler	FR Whitworth	15:50.58	DNF		
-- # 276	Voenell, Miles	SO Lewis & Clark	15:38.66	DNF		
-- # 262	Dennis, Will	SO Lewis & Clark	15:47.38	DNF		

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=====						
NWC Meet:	16:52.51	1999	Dana Boyle, Puget Sound			
Name	Year	School	Seed	Finals	Points	
=====						
1 #	53	Buese, Riley	SO Lewis & Clark	18:09.84	17:28.82	10
2 #	39	Sclair, Brenna	JR George Fox	17:12.73	18:05.28	8
3 #	1	Aalpoel, Kayla	FR George Fox	18:03.10	18:10.99	6
4 #	118	Paquet, Sarah	SR Pacific Lutheran	18:02.86	18:24.25	5
5 #	86	Berry, Annie	SR Pacific (Ore.)	17:56.67	18:38.76	4
6 #	119	Park, Joan	SR Pacific Lutheran	19:20.85	18:39.62	3
7 #	4	Bailey, Jessie	SO George Fox	19:05.66	18:40.37	2
8 #	71	Erickson, Makayla	JR Linfield	18:45.49	18:42.12	1
9 #	94	Hubbs, Madelyn	SR Pacific (Ore.)	18:55.00	18:58.52	
10 #	141	Buttleman, Dori	SO Whitman	18:56.76	19:06.18	
11 #	111	Iverson, Anna	JR Pacific Lutheran	19:16.80	19:09.28	
12 #	82	Torres-Bermudez,	SO Linfield	18:30.50	19:20.39	
13 #	89	Brethower, Cris	SO Pacific (Ore.)	19:16.85	19:37.36	
14 #	155	Jacobson, Haley	SR Whitworth	19:03.89	19:41.69	
15 #	131	Courtnage-Dyke, E	FR Puget Sound	19:13.28	19:50.68	
16 #	143	Hennessy, Lucy	SO Whitman	18:52.29	20:02.33	
17 #	68	Schwieterman, Kat	SO Lewis & Clark	18:39.54	20:20.53	

Event 44 Men 4x400 Meter Relay

=====						
NWC Meet:	3:15.80	1973	Linfield, Linfield			
School			Seed	Finals	Points	
=====						
1	Pacific Lutheran 'A'		3:28.65	3:21.91	10	
	1) #335 Lemma, Grady SO	2) #346 Sanchez, Keola JR				
	3) #350 Swinton, Steele FR	4) #340 Meade, Kellen SO				
2	George Fox 'A'		3:29.89	3:21.93	8	
	1) #246 Sohus, Josiah SO	2) #238 Rising, Dillon SR				
	3) #201 Adkisson, Patrick SO	4) #235 Phillips, Tayler SR				
3	Linfield 'A'		3:33.63	3:22.32	6	
	1) #280 Fisette, Evan FR	2) #277 Cahill, Calvin SO				
	3) #284 Krutzikowsky, Ronan SR	4) #286 Morris, Chandler SR				
4	Pacific (Ore.) 'A'		3:25.43	3:22.36	5	
	1) #301 Dahl, Lucas FR	2) #313 Rolfs, Cooper SO				
	3) #314 Shields, Kamron FR	4) #316 Tierney, Henry FR				
5	Whitworth 'A'		3:25.52	3:23.21	4	
	1) #387 Doughty, Andrew FR	2) #401 Lantagne, Cameron SO				
	3) #382 Callahan, Adam SR	4) #392 Figueira, Kainoa JR				
6	Puget Sound 'A'		3:30.76	3:26.25	3	
	1) #354 Carey, Carson SR	2) #359 Kallmeyer, Emmett SR				
	3) #358 Howmiller, Jacob FR	4) #365 Stauch, Mercer FR				
7	Willamette 'A'		3:40.00	3:33.48	2	
	1) #428 Kidder, Simon SO	2) #425 Huante, Andres JR				
	3) #419 Domst, Bjorn FR	4) #415 Anderson, Oliver JR				
--	Lewis & Clark 'A'		3:22.23	DNF		
	1) #275 Stade, Nicholas FR	2) #265 Guest, Devon JR				
	3) #270 Nelson, Noah FR	4) #266 Lahusky, Jordan FR				

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NWC Meet:		3:52.08	2018	George Fox, George Fox				
School				Seed	Finals	Points		
1	George Fox 'A'			4:07.85	3:57.31	10		
	1) #48 Warren, Elizabeth SR			2) #5 Bean, Kylie JR				
	3) #15 Gonzales, Annalise SO			4) #37 Rising, Ellie SO				
2	Linfield 'A'			4:07.40	4:02.25	8		
	1) #75 Hayes, Jordan FR			2) #81 Sturley, Mary FR				
	3) #80 Silis, Rachelle FR			4) #73 Feinglas, McKenzie JR				
3	Willamette 'A'			4:19.35	4:04.14	6		
	1) #178 Riggs, Sami JR			2) #183 Thornton, Katherine SO				
	3) #174 Lee, Kenzie FR			4) #170 Coleman, Mashani FR				
4	Puget Sound 'A'			4:18.64	4:04.88	5		
	1) #134 Lewis, Jackilyn JR			2) #135 Moore, Dylan FR				
	3) #129 Bradshaw, Victoria SO			4) #140 Wilson, Kyrstin FR				
5	Lewis & Clark 'A'			4:15.94	4:06.43	4		
	1) #65 O'Hara, Macy JR			2) #59 Heien, Malia FR				
	3) #55 Chin, Elsie FR			4) #57 Farrar, Olivia SO				
6	Whitworth 'A'			4:14.40	4:08.71	3		
	1) #167 Winslow-Gonzalez, Carmen S			2) #148 Byle, Margaret SO				
	3) #146 Brady, Lulu SO			4) #147 Buckley, Madelyn JR				
7	Pacific (Ore.) 'A'			4:17.10	4:09.66	2		
	1) #84 Altuhovs, Dina JR			2) #100 Rutkowski, Emily SR				
	3) #88 Bradley, Elizabeth SR			4) #91 Gatica Gomez, Angelica SO				
8	Pacific Lutheran 'A'			4:26.20	4:17.90	1		
	1) #107 Brutus, Esther JR			2) #109 Cox, Lorin JR				
	3) #123 Sioda, Alexia SR			4) #117 Olmos, Adalia FR				

Event 46 Women Javelin Throw

NWC Meet:		48.12m	2015	Kerry Wright, Whitworth				
Name	Year	School		Seed	Finals	Points		
1 #	42	Strickland, Chris	SR	George Fox	46.04m	46.29m	151-10	10
2 #	115	Nelson, Ava	SR	Pacific Lutheran	46.27m	42.66m	139-11	8
3 #	159	Millan, Eva	SR	Whitworth	37.87m	42.00m	137-09	6
4 #	10	Corwin, Ellena	JR	George Fox	38.83m	40.88m	134-01	5
5 #	46	VandenHoek, Breck	JR	George Fox	36.85m	39.99m	131-02	4
6 #	158	Mauch, Emily	JR	Whitworth	35.30m	37.38m	122-08	3
7 #	153	Hanson, Ashlyn	SO	Whitworth	35.96m	37.08m	121-08	2
8 #	114	Messineo, Tabitha	SR	Pacific Lutheran	35.25m	35.71m	117-02	1
9 #	108	Cook, Katy	FR	Pacific Lutheran	34.80m	35.49m	116-05	
10 #	61	Loporto, Autumn	FR	Lewis & Clark	31.85m	31.12m	102-01	
11 #	58	Harmon, Piper	FR	Lewis & Clark	36.55m	30.12m	98-10	

Event 47 Men Shot Put

NWC Meet:		18.03m	2013	Carter Comito, Whitworth				
Name	Year	School		Seed	Finals	H#	Points	
1 #	343	Real, Masum	JR	Pacific Lutheran	16.41m	15.87m	52-01.00	2 10
2 #	311	Reid, Andrew	JR	Pacific (Ore.)	14.59m	14.58m	47-10.00	2 8
3 #	351	Tayon, Wyatt	JR	Pacific Lutheran	14.39m	14.48m	47-06.25	2 6
4 #	384	Davis, Luke	SR	Whitworth	14.33m	14.30m	46-11.00	2 5
5 #	397	Hurst, Reed	SR	Whitworth	14.57m	14.26m	46-09.50	2 4

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****....Event 47 Men Shot Put**

6 #	217 Imsland, Austin	FR George Fox	13.28m	14.10m	46-03.25	1	3
7 #	226 McBride, Scott	JR George Fox	13.82m	14.08m	46-02.50	1	2
8 #	288 Olsen, Nick	SO Linfield	14.53m	13.97m	45-10.00	2	1
9 #	329 Fairbairn, Larson	JR Pacific Lutheran	13.30m	13.70m	44-11.50	1	
10 #	256 Baum, Andrew	SO Lewis & Clark	12.96m	13.21m	43-04.25	1	
11 #	395 Herrick, Kenai	FR Whitworth	13.93m	12.48m	40-11.50	2	
12 #	330 Hawley, Gavin	SO Pacific Lutheran	12.57m	12.09m	39-08.00	1	
13 #	325 Budnek, Zach	SO Pacific Lutheran	11.45m	10.39m	34-01.25	1	

Event 48 Women Triple Jump

NWC Meet: 12.23m 2017 Kayla Brase, Whitworth

Name	Year School	Seed	Finals	Wind	H#	Points
1 #	64 Nagaji, Cameryn	SO Lewis & Clark	10.94m	11.29m -0.5	37-00.50	2 10
2 #	151 Cope, Devyn	JR Whitworth	10.60m	10.89m +0.0	35-08.75	2 8
3 #	181 Stepp, Whitley	FR Willamette	10.08m	10.69m +0.0	35-01.00	1 6
4 #	162 Rawls, Breanne	SO Whitworth	9.94m	10.59m -0.2	34-09.00	1 5
5 #	14 Dean, Bella	JR George Fox	10.54m	10.55m +0.0	34-07.50	2 4
6 #	18 Jensen, Elisabeth	JR George Fox	10.39m	10.49m +0.0	34-05.00	2 3
7 #	140 Wilson, Kyrstin	FR Puget Sound	10.76m	10.45m +0.0	34-03.50	2 2
8 #	2 Azar, Victoria	SO George Fox	10.24m	10.42m -1.1	34-02.25	2 1
9 #	179 Sincere, Lecia	FR Willamette	10.42m	10.35m +0.0	33-11.50	2
10 #	83 Van De Grift, Nar	JR Linfield	10.30m	10.18m +0.0	33-04.75	2
11 #	57 Farrar, Olivia	SO Lewis & Clark	10.67m	10.11m -0.2	33-02.00	2
12 #	105 Vazquez, Itzel	SR Pacific (Ore.)	9.82m	10.00m -1.1	32-09.75	1
13 #	103 Tiernan, Courtney	FR Pacific (Ore.)	10.18m	9.98m -0.3	32-09.00	1
14 #	47 Waddell, Whitney	SO George Fox	9.87m	9.74m +0.0	31-11.50	1
15 #	156 Kaylor, Monica	SR Whitworth	9.78m	9.53m +0.0	31-03.25	1
16 #	184 Wade, Nora	FR Willamette	9.78m	9.40m +0.0	30-10.25	1
-- #	77 Roberts, Jordan	FR Linfield	9.89m	FOUL		1

Event 49 Men High Jump

NWC Meet: 2.10m 2008 Cody Stelzer, Whitworth

Name	Year School	Seed	Finals	Points
1 #	221 King, James	FR George Fox	2.09m 2.03m	6-08.00 10
2 #	402 Martin, Jalen	SO Whitworth	1.89m 1.95m	6-04.75 8
3 #	235 Phillips, Tayler	SR George Fox	1.95m J1.95m	6-04.75 6
4 #	294 Troeh, Andrew	FR Linfield	1.89m 1.90m	6-02.75 5
5 #	312 Reyburn, Andrew	FR Pacific (Ore.)	1.85m 1.85m	6-00.75 4
6 #	410 Watts, Daniel	FR Whitworth	1.86m J1.85m	6-00.75 3
7 #	203 Ashour, Max	SO George Fox	1.77m 1.80m	5-10.75 2
8 #	353 Bonicatto, Jack	SR Puget Sound	1.74m 1.75m	5-08.75 0.50
8 #	302 Fordham, Jayden	JR Pacific (Ore.)	1.74m 1.75m	5-08.75 0.50
10 #	210 Gibson, Levi	JR George Fox	1.74m J1.75m	5-08.75
11 #	335 Lemma, Grady	SO Pacific Lutheran	1.77m J1.75m	5-08.75
11 #	291 Russell, Wyatt	FR Linfield	1.74m J1.75m	5-08.75
13 #	216 Hurst, Nicolas	FR George Fox	1.79m J1.75m	5-08.75
-- #	206 Brunk, Tiger	FR George Fox	1.90m NH	

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****Event 50 Women Shot Put**

NWC Meet: 14.59m 1989 Carrie Pietig, Willamette										
Name	Year	School	Seed	Finals	H#	Points				
1 # 166 Tiumalu, Renee	JR	Whitworth	13.46m	12.92m	42-04.75	2	10			
2 # 10 Corwin, Ellena	JR	George Fox	11.90m	12.21m	40-00.75	2	8			
3 # 124 Soliai, Georjina	SO	Pacific Lutheran	12.42m	12.00m	39-04.50	2	6			
4 # 120 Ramos, Carole	JR	Pacific Lutheran	11.94m	11.88m	38-11.75	2	5			
5 # 160 Okemgbo, Amblesse	FR	Whitworth	11.12m	11.87m	38-11.50	1	4			
6 # 164 Spencer, Logan	SO	Whitworth	11.96m	11.80m	38-08.75	2	3			
7 # 115 Nelson, Ava	SR	Pacific Lutheran	10.95m	11.51m	37-09.25	1	2			
8 # 163 Rawls, Lauryn	JR	Whitworth	10.68m	10.89m	35-08.75	1	1			
9 # 171 Grant, Tenley	SO	Willamette	10.59m	10.70m	35-01.25	1				
10 # 58 Harmon, Piper	FR	Lewis & Clark	11.45m	10.69m	35-01.00	2				
11 # 114 Messineo, Tabitha	SR	Pacific Lutheran	11.49m	10.68m	35-00.50	2				
12 # 122 Santos, Peyton	JR	Pacific Lutheran	10.91m	10.58m	34-08.50	1				
13 # 85 Ashbaugh, Savanna	SO	Pacific (Ore.)	10.70m	10.49m	34-05.00	1				
14 # 66 Pile, Nia	FR	Lewis & Clark	10.87m	10.24m	33-07.25	1				

Event 51 Men Triple Jump

NWC Meet: 14.97m 1984 Tommy Stewart, Whitworoth										
Name	Year	School	Seed	Finals	Wind	H#	Points			
1 # 230 Migani, Dieumerici	FR	George Fox	14.79m	14.79m	+0.0	48-06.25	2	10		
2 # 219 Kassebaum, Ethan	JR	George Fox	14.20m	14.21m	+0.0	46-07.50	2	8		
3 # 415 Anderson, Oliver	JR	Willamette	13.98m	13.77m	1.5	45-02.25	2	6		
4 # 380 Bane, Zaanana	SO	Whitworth	13.29m	13.73m	+0.0	45-00.50	2	5		
5 # 399 Irish-Lodge, Sams	SR	Whitworth	13.33m	13.52m	+0.0	44-04.25	2	4		
6 # 402 Martin, Jalen	SO	Whitworth	12.95m	13.29m	+0.0	43-07.25	2	3		
7 # 259 Bodi, Sean	SR	Lewis & Clark	12.89m	13.21m	+0.0	43-04.25	1	2		
8 # 237 Quach, Drew	JR	George Fox	13.21m	13.06m	0.1	42-10.25	2	1		
9 # 393 Flanagan, Riley	SO	Whitworth	12.33m	12.89m	-1.9	42-03.50	1			
10 # 294 Troeh, Andrew	FR	Linfield	12.70m	12.67m	-0.6	41-07.00	1			
11 # 248 VandenHoek, Camde	JR	George Fox	12.86m	12.52m	1.2	41-01.00	1			
12 # 429 Mearthur, Kaleb	FR	Willamette	12.91m	12.49m	0.9	40-11.75	2			
13 # 205 Brunk, Isaac	JR	George Fox	12.92m	12.44m	0.1	40-09.75	2			
14 # 302 Fordham, Jayden	JR	Pacific (Ore.)	12.32m	12.32m	1.0	40-05.00	1			
15 # 422 Gurler-Hatch, Hak	FR	Willamette	12.17m	11.69m	+0.0	38-04.25	1			
16 # 300 Chaffin, Josiah	FR	Pacific (Ore.)	12.21m	11.47m	-1.1	37-07.75	1			
17 # 317 Vargas, Tyler	SR	Pacific (Ore.)	12.21m	11.46m	-1.5	37-07.25	1			
-- # 406 Ramos, Reese	JR	Whitworth	12.16m	FOUL			1			

Event 52 Men Javelin Throw

NWC Meet: 71.48m 2018 Seth Nonnenmacher, George Fox										
Name	Year	School	Seed	Finals	H#	Points				
1 # 411 Wheeler, Cody	FR	Whitworth	62.58m	65.90m	216-02	2	10			
2 # 303 Funk, Dominic	SR	Pacific (Ore.)	63.57m	62.75m	205-10	2	8			
3 # 296 Young, Zach	SO	Linfield	59.75m	58.78m	192-10	2	6			
4 # 218 Johnson, Gabe	SO	George Fox	54.36m	58.56m	192-01	2	5			
5 # 285 Metcalf, Matt	SR	Linfield	57.26m	57.52m	188-08	2	4			
6 # 326 Chaffin, Darius	SO	Pacific Lutheran	55.87m	56.65m	185-10	2	3			
7 # 355 De Dora, Lucas	FR	Puget Sound	47.44m	55.60m	182-05	1	2			
8 # 386 Ditter, Cameron	SR	Whitworth	47.24m	52.79m	173-02	1	1			

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****....Event 52 Men Javelin Throw**

9 #	236	Potter, Elijah	SO	George Fox	50.35m	50.35m	165-02	1
10 #	400	Kaufman, Nicholas	SR	Whitworth	48.55m	49.65m	162-11	1
11 #	210	Gibson, Levi	JR	George Fox	50.39m	49.08m	161-00	2
12 #	341	Olmstead, Carson	FR	Pacific Lutheran	52.08m	48.90m	160-05	2
13 #	295	Uehara, Kaison	SO	Linfield	47.48m	47.74m	156-07	1
14 #	235	Phillips, Tayler	SR	George Fox	51.02m	46.62m	152-11	2
15 #	264	Fritz, Jonathan	FR	Lewis & Clark	49.02m	44.12m	144-09	1
16 #	368	Williamson, Quinn	SR	Puget Sound	43.30m	43.30m	142-01	1
17 #	357	Gutierrez, Ismael	SR	Puget Sound	37.22m	40.19m	131-10	1

Event 53 Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year	School	Finals	Wind	H#	Points		
1 #	235	Phillips, Tayler	SR	George Fox	11.18	NWI	1	821
2 #	264	Fritz, Jonathan	FR	Lewis & Clark	11.27	NWI	1	801
3 #	335	Lemma, Grady	SO	Pacific Lutheran	11.33	NWI	1	789
4 #	284	Krutzikowsky, Ron	SR	Linfield	11.42	NWI	1	769
5 #	275	Stade, Nicholas	FR	Lewis & Clark	11.47	NWI	1	759
6 #	244	Smith, Blake	FR	George Fox	11.48	NWI	1	757
7 #	390	Dykstra, Nathan	SR	Whitworth	11.69	NWI	1	713
8 #	203	Ashour, Max	SO	George Fox	11.85	NWI	1	681
9 #	402	Martin, Jalen	SO	Whitworth	11.87	NWI	2	677
10 #	210	Gibson, Levi	JR	George Fox	11.95	NWI	2	661
11 #	410	Watts, Daniel	FR	Whitworth	12.04	NWI	2	643
12 #	296	Young, Zach	SO	Linfield	12.17	NWI	2	618
13 #	1000	Cach, Eli	FR	Whitworth	12.60	NWI	2	538

Event 54 Decathlon: #2 Men Long Jump Decathlon

Name	Year	School	Finals	Wind	Points			
1 #	244	Smith, Blake	FR	George Fox	6.47m	NWI	21-02.75	691
2 #	235	Phillips, Tayler	SR	George Fox	6.36m	NWI	20-10.50	666
3 #	402	Martin, Jalen	SO	Whitworth	6.23m	NWI	20-05.25	637
4 #	264	Fritz, Jonathan	FR	Lewis & Clark	6.09m	NWI	19-11.75	606
5 #	210	Gibson, Levi	JR	George Fox	5.98m	NWI	19-07.50	582
6 #	275	Stade, Nicholas	FR	Lewis & Clark	5.93m	NWI	19-05.50	571
7 #	410	Watts, Daniel	FR	Whitworth	5.91m	NWI	19-04.75	567
8 #	284	Krutzikowsky, Ron	SR	Linfield	5.89m	NWI	19-04.00	563
9 #	335	Lemma, Grady	SO	Pacific Lutheran	5.77m	NWI	18-11.25	537
10 #	390	Dykstra, Nathan	SR	Whitworth	5.63m	NWI	18-05.75	508
11 #	296	Young, Zach	SO	Linfield	5.57m	NWI	18-03.25	496
11 #	203	Ashour, Max	SO	George Fox	5.57m	NWI	18-03.25	496
13 #	1000	Cach, Eli	FR	Whitworth	5.55m	NWI	18-02.50	492

Event 55 Decathlon: #3 Men Shot Put Decathlon

Name	Year	School	Finals	Points			
1 #	402	Martin, Jalen	SO	Whitworth	11.61m	38-01.25	583
2 #	235	Phillips, Tayler	SR	George Fox	11.54m	37-10.50	579
3 #	264	Fritz, Jonathan	FR	Lewis & Clark	10.94m	35-10.75	542
4 #	284	Krutzikowsky, Ron	SR	Linfield	9.89m	32-05.50	479
5 #	335	Lemma, Grady	SO	Pacific Lutheran	9.67m	31-08.75	466

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****....Event 55 Decathlon: #3 Men Shot Put Decathlon**

6 #	390 Dykstra, Nathan	SR Whitworth	9.51m	31-02.50	456
7 #	1000 Cach, Eli	FR Whitworth	9.24m	30-03.75	440
8 #	210 Gibson, Levi	JR George Fox	9.12m	29-11.25	433
9 #	244 Smith, Blake	FR George Fox	8.86m	29-01.00	417
9 #	410 Watts, Daniel	FR Whitworth	8.86m	29-01.00	417
11 #	203 Ashour, Max	SO George Fox	8.80m	28-10.50	414
12 #	275 Stade, Nicholas	FR Lewis & Clark	8.06m	26-05.50	370

Event 56 Decathlon: #4 Men High Jump Decathlon

Name	Year	School	Finals		Points
1 #	235 Phillips, Tayler	SR George Fox	1.95m	6-04.75	758
2 #	402 Martin, Jalen	SO Whitworth	1.89m	6-02.25	705
3 #	410 Watts, Daniel	FR Whitworth	1.86m	6-01.25	679
4 #	335 Lemma, Grady	SO Pacific Lutheran	1.77m	5-09.75	602
5 #	210 Gibson, Levi	JR George Fox	1.74m	5-08.50	577
5 #	203 Ashour, Max	SO George Fox	1.74m	5-08.50	577
7 #	264 Fritz, Jonathan	FR Lewis & Clark	1.71m	5-07.25	552
7 #	275 Stade, Nicholas	FR Lewis & Clark	1.71m	5-07.25	552
9 #	1000 Cach, Eli	FR Whitworth	1.68m	5-06.00	528
10 #	284 Krutzikowsky, Ron	SR Linfield	1.65m	5-05.00	504
11 #	244 Smith, Blake	FR George Fox	1.62m	5-03.75	480
12 #	390 Dykstra, Nathan	SR Whitworth	1.53m	5-00.25	411

Event 57 Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year	School	Finals	H#	Points
1 #	275 Stade, Nicholas	FR Lewis & Clark	51.20	1	760
2 #	235 Phillips, Tayler	SR George Fox	51.42	1	750
3 #	335 Lemma, Grady	SO Pacific Lutheran	52.15	1	718
4 #	284 Krutzikowsky, Ron	SR Linfield	52.41	1	707
5 #	244 Smith, Blake	FR George Fox	53.03	2	680
6 #	210 Gibson, Levi	JR George Fox	53.27	1	670
7 #	410 Watts, Daniel	FR Whitworth	53.52	1	660
8 #	264 Fritz, Jonathan	FR Lewis & Clark	53.86	1	645
9 #	203 Ashour, Max	SO George Fox	54.05	2	638
10 #	390 Dykstra, Nathan	SR Whitworth	54.44	2	622
11 #	1000 Cach, Eli	FR Whitworth	56.84	2	527
12 #	402 Martin, Jalen	SO Whitworth	57.87	1	489

Event 58 Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year	School	Finals	Wind	H#	Points
1 #	235 Phillips, Tayler	SR George Fox	15.27	NWI	1	817
2 #	335 Lemma, Grady	SO Pacific Lutheran	16.03	NWI	1	729
3 #	264 Fritz, Jonathan	FR Lewis & Clark	16.05	NWI	1	727
4 #	275 Stade, Nicholas	FR Lewis & Clark	16.13	NWI	1	718
5 #	410 Watts, Daniel	FR Whitworth	16.24	NWI	1	706
6 #	284 Krutzikowsky, Ron	SR Linfield	16.49	NWI	1	679
7 #	402 Martin, Jalen	SO Whitworth	16.54	NWI	1	673
8 #	244 Smith, Blake	FR George Fox	17.03	NWI	2	621
9 #	210 Gibson, Levi	JR George Fox	17.22	NWI	1	602

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****....Event 58 Decathlon: #6 Men 110 Meter Hurdles Decathlon**

10 #	1000	Cach, Eli	FR	Whitworth	17.53	NWI	2	570
11 #	390	Dykstra, Nathan	SR	Whitworth	17.63	NWI	2	560
12 #	203	Ashour, Max	SO	George Fox	17.66	NWI	2	557

Event 59 Decathlon: #7 Men Discus Throw Decathlon

Name	Year	School	Finals	Points
1 # 235 Phillips, Tayler	SR	George Fox	37.13m	121-10 606
2 # 203 Ashour, Max	SO	George Fox	35.39m	116-01 572
3 # 264 Fritz, Jonathan	FR	Lewis & Clark	34.65m	113-08 557
4 # 284 Krutzikowsky, Ron	SR	Linfield	32.51m	106-08 514
5 # 402 Martin, Jalen	SO	Whitworth	31.37m	102-11 491
6 # 210 Gibson, Levi	JR	George Fox	29.63m	97-02 457
7 # 275 Stade, Nicholas	FR	Lewis & Clark	29.19m	95-09 449
8 # 335 Lemma, Grady	SO	Pacific Lutheran	27.51m	90-03 416
9 # 390 Dykstra, Nathan	SR	Whitworth	26.06m	85-06 388
10 # 1000 Cach, Eli	FR	Whitworth	24.78m	81-03 363
11 # 410 Watts, Daniel	FR	Whitworth	23.64m	77-07 341
12 # 244 Smith, Blake	FR	George Fox	22.77m	74-08 324

Event 60 Decathlon: #8 Men Pole Vault Decathlon

Name	Year	School	Finals	Points
1 # 284 Krutzikowsky, Ron	SR	Linfield	4.57m	15-00.00 781
1 # 210 Gibson, Levi	JR	George Fox	4.57m	15-00.00 781
3 # 335 Lemma, Grady	SO	Pacific Lutheran	4.17m	13-08.25 665
4 # 275 Stade, Nicholas	FR	Lewis & Clark	3.97m	13-00.25 609
5 # 402 Martin, Jalen	SO	Whitworth	3.77m	12-04.50 554
6 # 244 Smith, Blake	FR	George Fox	3.67m	12-00.50 527
6 # 390 Dykstra, Nathan	SR	Whitworth	3.67m	12-00.50 527
8 # 235 Phillips, Tayler	SR	George Fox	3.57m	11-08.50 501
9 # 203 Ashour, Max	SO	George Fox	3.37m	11-00.75 449
10 # 410 Watts, Daniel	FR	Whitworth	3.27m	10-08.75 423
11 # 1000 Cach, Eli	FR	Whitworth	3.17m	10-04.75 398
12 # 264 Fritz, Jonathan	FR	Lewis & Clark	2.87m	9-05.00 326

Event 61 Decathlon: #9 Men Javelin Throw Decathlon

Name	Year	School	Finals	Points
1 # 235 Phillips, Tayler	SR	George Fox	51.02m	167-05 604
2 # 264 Fritz, Jonathan	FR	Lewis & Clark	47.54m	156-00 552
3 # 210 Gibson, Levi	JR	George Fox	47.20m	154-10 547
4 # 335 Lemma, Grady	SO	Pacific Lutheran	45.33m	148-09 520
5 # 402 Martin, Jalen	SO	Whitworth	44.58m	146-03 509
6 # 390 Dykstra, Nathan	SR	Whitworth	43.42m	142-05 492
7 # 203 Ashour, Max	SO	George Fox	40.70m	133-06 452
8 # 410 Watts, Daniel	FR	Whitworth	35.89m	117-09 383
9 # 275 Stade, Nicholas	FR	Lewis & Clark	34.80m	114-02 367
10 # 284 Krutzikowsky, Ron	SR	Linfield	34.72m	113-11 366
11 # 244 Smith, Blake	FR	George Fox	32.24m	105-09 331

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****Event 62 Decathlon: #10 Men 1500 Meter Run Decathlon**

Name	Year	School	Finals	Points
1 # 410 Watts, Daniel	FR	Whitworth	4:40.71	676
2 # 284 Krutzikowsky, Ron	SR	Linfield	4:50.31	617
3 # 275 Stade, Nicholas	FR	Lewis & Clark	4:50.85	614
4 # 203 Ashour, Max	SO	George Fox	4:52.05	606
5 # 335 Lemma, Grady	SO	Pacific Lutheran	4:54.29	593
6 # 235 Phillips, Tayler	SR	George Fox	4:58.25	570
7 # 402 Martin, Jalen	SO	Whitworth	5:07.05	520
8 # 390 Dykstra, Nathan	SR	Whitworth	5:08.93	509
9 # 244 Smith, Blake	FR	George Fox	5:15.32	475
10 # 264 Fritz, Jonathan	FR	Lewis & Clark	5:16.40	469
11 # 210 Gibson, Levi	JR	George Fox	5:18.39	458

Event 63 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year	School	Finals	Wind	Points
1 # 46 VandenHoek, Breck	JR	George Fox	15.46	NWI	782
2 # 18 Jensen, Elisabeth	JR	George Fox	15.58	NWI	767
3 # 17 Huntsman, Jenna	FR	George Fox	15.76	NWI	744
4 # 162 Rawls, Breanne	SO	Whitworth	16.63	NWI	639
5 # 59 Heien, Malia	FR	Lewis & Clark	17.18	NWI	576
6 # 34 O'Rear, Breeauna	JR	George Fox	17.21	NWI	573
7 # 57 Farrar, Olivia	SO	Lewis & Clark	17.55	NWI	536
8 # 114 Messineo, Tabitha	SR	Pacific Lutheran	17.74	NWI	516
9 # 103 Tiernan, Courtney	FR	Pacific (Ore.)	18.13	NWI	475

Event 64 Heptathlon: #2 Women High Jump Heptathlon

Name	Year	School	Finals	Points
1 # 18 Jensen, Elisabeth	JR	George Fox	1.52m	4-11.75 644
2 # 162 Rawls, Breanne	SO	Whitworth	1.49m	4-10.50 610
2 # 46 VandenHoek, Breck	JR	George Fox	1.49m	4-10.50 610
4 # 34 O'Rear, Breeauna	JR	George Fox	1.43m	4-08.25 544
4 # 59 Heien, Malia	FR	Lewis & Clark	1.43m	4-08.25 544
6 # 114 Messineo, Tabitha	SR	Pacific Lutheran	1.40m	4-07.00 512
6 # 57 Farrar, Olivia	SO	Lewis & Clark	1.40m	4-07.00 512
8 # 17 Huntsman, Jenna	FR	George Fox	1.31m	4-03.50 419
-- # 103 Tiernan, Courtney	FR	Pacific (Ore.)	NH	

Event 65 Heptathlon: #3 Women Shot Put Heptathlon

Name	Year	School	Finals	Points
1 # 114 Messineo, Tabitha	SR	Pacific Lutheran	11.07m	36-04.00 600
2 # 46 VandenHoek, Breck	JR	George Fox	10.12m	33-02.50 537
3 # 18 Jensen, Elisabeth	JR	George Fox	9.50m	31-02.00 497
4 # 162 Rawls, Breanne	SO	Whitworth	9.28m	30-05.50 482
4 # 59 Heien, Malia	FR	Lewis & Clark	9.28m	30-05.50 482
6 # 34 O'Rear, Breeauna	JR	George Fox	8.74m	28-08.25 447
7 # 17 Huntsman, Jenna	FR	George Fox	7.81m	25-07.50 387
8 # 103 Tiernan, Courtney	FR	Pacific (Ore.)	7.20m	23-07.50 348
9 # 57 Farrar, Olivia	SO	Lewis & Clark	6.91m	22-08.00 329

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****Event 66 Heptathlon: #4 Women 200 Meter Dash Heptathlon**

Name	Year	School	Finals	Wind	Points
1 # 46 VandenHoek, Breck	JR	George Fox	27.35	NWI	683
2 # 18 Jensen, Elisabeth	JR	George Fox	27.52	NWI	669
3 # 59 Heien, Malia	FR	Lewis & Clark	27.57	NWI	665
4 # 17 Huntsman, Jenna	FR	George Fox	27.62	NWI	661
5 # 34 O'Rear, Breeauna	JR	George Fox	28.92	NWI	560
6 # 162 Rawls, Breanne	SO	Whitworth	28.94	NWI	559
7 # 114 Messineo, Tabitha	SR	Pacific Lutheran	29.18	NWI	541
8 # 57 Farrar, Olivia	SO	Lewis & Clark	29.27	NWI	534
9 # 103 Tiernan, Courtney	FR	Pacific (Ore.)	30.24	NWI	465

Event 67 Heptathlon: #5 Women Long Jump Heptathlon

Name	Year	School	Finals	Wind	Points
1 # 46 VandenHoek, Breck	JR	George Fox	5.21m	NWI	17-01.25 617
2 # 59 Heien, Malia	FR	Lewis & Clark	5.10m	NWI	16-08.75 587
2 # 17 Huntsman, Jenna	FR	George Fox	5.10m	NWI	16-08.75 587
4 # 34 O'Rear, Breeauna	JR	George Fox	4.73m	NWI	15-06.25 487
5 # 162 Rawls, Breanne	SO	Whitworth	4.72m	NWI	15-06.00 485
6 # 18 Jensen, Elisabeth	JR	George Fox	4.68m	NWI	15-04.25 474
7 # 57 Farrar, Olivia	SO	Lewis & Clark	4.55m	NWI	14-11.25 441
8 # 103 Tiernan, Courtney	FR	Pacific (Ore.)	4.31m	NWI	14-01.75 381
9 # 114 Messineo, Tabitha	SR	Pacific Lutheran	4.30m	NWI	14-01.25 379

Event 68 Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year	School	Finals	Points
1 # 46 VandenHoek, Breck	JR	George Fox	36.25m	118-11 596
2 # 114 Messineo, Tabitha	SR	Pacific Lutheran	32.92m	108-00 532
3 # 162 Rawls, Breanne	SO	Whitworth	29.00m	95-02 458
4 # 34 O'Rear, Breeauna	JR	George Fox	28.99m	95-01 457
5 # 17 Huntsman, Jenna	FR	George Fox	28.98m	95-01 457
6 # 18 Jensen, Elisabeth	JR	George Fox	25.36m	83-02 389
7 # 103 Tiernan, Courtney	FR	Pacific (Ore.)	22.75m	74-08 340
8 # 59 Heien, Malia	FR	Lewis & Clark	22.55m	74-00 336
9 # 57 Farrar, Olivia	SO	Lewis & Clark	18.98m	62-03 270

Event 69 Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year	School	Finals	Points
1 # 59 Heien, Malia	FR	Lewis & Clark	2:17.27	861
2 # 17 Huntsman, Jenna	FR	George Fox	2:32.85	658
3 # 34 O'Rear, Breeauna	JR	George Fox	2:33.49	650
4 # 18 Jensen, Elisabeth	JR	George Fox	2:36.21	617
5 # 57 Farrar, Olivia	SO	Lewis & Clark	2:39.49	579
6 # 162 Rawls, Breanne	SO	Whitworth	2:41.78	553
7 # 103 Tiernan, Courtney	FR	Pacific (Ore.)	2:47.27	492
8 # 114 Messineo, Tabitha	SR	Pacific Lutheran	2:49.02	474
9 # 46 VandenHoek, Breck	JR	George Fox	2:53.96	423

2023 NWC Championships - 4/21/2023 to 4/22/2023**Charles Bowles Track****Results****....Event 69 Heptathlon: #7 Women 800 Meter Run Heptathlon**=====

Women - Team Rankings - 21 Events Scored

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1) George Fox	257	2) Whitworth	164.50
3) Pacific Lutheran	89	4) Willamette	82
5) Pacific (Ore.)	65	5) Lewis & Clark	65
7) Linfield	58	8) Puget Sound	35.50
9) Whitman	2		

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Men - Team Rankings - 21 Events Scored

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1) George Fox	221	2) Whitworth	143
3) Pacific Lutheran	133.50	4) Pacific (Ore.)	104.50
5) Linfield	83	6) Lewis & Clark	77.50
7) Willamette	31	8) Puget Sound	23.50