

2022 Spokane Invitational - 12/10/2022**The Podium
Meet Program****Event 1 Women 5000 Meter Run****Saturday 12/10/2022 - 10:00 AM****Podium: 15:21.56 2/11/2022 Kellyn Taylor****NCAA Indoor: 15:12.22 2/28/2015 Emily Sisson**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	641 Zitzer, Kelsie		Unattached	17:00.00
2	509 Clarke, Emily	JR	Nevada	16:40.00
3	636 Kaufman, Mindy		Unattached	17:00.00
4	512 Fievet, Jasper	SO	Nevada	19:10.32
5	639 Rhein, Eireann		Unattached	17:20.00
6	253 Young, Elisabeth	JR	Eastern Oreg	20:03.00
7	527 Penrose, Paige	SO	Nevada	18:00.00
8	248 Nichols, Madelyn	SO	Eastern Oreg	20:20.00
9	247 Morris, Riley	FR	Eastern Oreg	19:40.00

Event 2 Men 5000 Meter Run**Saturday 12/10/2022 - 10:25 AM****Podium: 14:22.46 2/19/2022 Zachary Erikson****NCAA Indoor: 13:08.28 2/11/2012 Lawi Lalang**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	382 Moore, Riley	JR	Gonzaga	14:13.27
2	368 Cerkowniak, Bryce	SO	Gonzaga	14:39.42
3	647 Haroldsen, Coen		Unattached	14:36.00
4	389 Smith, Wil	SO	Gonzaga	13:50.31
5	386 Radosevich, Kyle	JR	Gonzaga	14:18.31
6	535 Murphy, Micah	SO	Northwest U.	14:49.48
7	255 Ash, Justin	SO	Eastern Oreg	14:45.28
8	274 Running, Travis	SR	Eastern Oreg	15:00.72
9	266 Mendoza, Cristian	SO	Eastern Oreg	14:53.02
10	597 LeBlanc, Brennan	SO	Seattle Paci	15:20.00
11	588 Boutin, Colin	SR	Seattle Paci	15:05.23
12	270 Nichols, Hunter	JR	Eastern Oreg	15:05.50
13	281 Wind, Jonny	SO	Eastern Oreg	15:26.24
14	536 DeMartini, Daniel		Oakland Trac	15:37.00
15	276 Telford, Winston	SO	Eastern Oreg	15:14.68
16	256 Brown, Caleb	FR	Eastern Oreg	15:36.00
17	264 Llanos, Chris	SR	Eastern Oreg	16:40.00
18	271 Ogden, Thomas	FR	Eastern Oreg	15:45.00
19	279 Welch, Bennett	SO	Eastern Oreg	15:48.81
20	480 Turpin, Connor	SR	Lewis-Clark	15:38.15
21	788 McEachern, Cullen		Unattached	NT

Event 3 Women 60 Meter Hurdles Qualifying**Top 8 Advance by Time****Saturday 12/10/2022 - 11:15 AM****Podium: 7.82 2/27/2022 Gabbi Cunningham****NCAA Indoor: 7.78 1/11/2013 Brianna Rollins-McNeal**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 5 Prelims

2	447 Elison, Dalli	FR	Lewis-Clark	10.98
3	407 Touchette, Catherine	FR	Hawaii	9.55
4	445 Britt, Ashley	SR	Lewis-Clark	9.37
5	664 Irwin, Miranda	FR	Unat-Spokane CC	9.90
6	401 Moku, Ku'ulei	SR	Hawaii	9.43
7	207 Klein, Abby	FR	Central Wash	9.50
8	537 Bahn, Delaney	SO	Oregon State	9.04

Heat 2 of 5 Prelims

2	456 Pilcher, Keelyn	JR	Lewis-Clark	10.24
3	521 Marske, Sarah	JR	Nevada	8.96
4	757 Avery, Nicole	FR	Western Wash	9.90
5	329 Bins, Kaja	JR	Fresno State	9.48
6	531 Smrt, Hanah	SR	Nevada	9.14
7	236 Bedard, Karli	JR	Eastern Oreg	9.87
8	239 Conley, Sammy	SO	Eastern Oreg	9.95

Heat 3 of 5 Prelims

1	240 Grandle, Lizzy	FR	Eastern Oreg	NT
2	572 Chang, Hannah	FR	Seattle Paci	9.10
3	211 Sewell, Sarah	SO	Central Wash	9.24
4	191 Fowler, Susie	SO	Cal Poly Pom	9.33
5	235 Bayes, Morgan	JR	Eastern Oreg	9.43
6	398 Marx, Anna	SO	Hawaii	9.50
7	194 Lindenthal, Sarah	SO	Cal Poly Pom	9.70

Heat 4 of 5 Prelims

1	745 Deters, Amity	SO	Western Oreg	9.78
2	200 DeGroot, Ellie	FR	Central Wash	9.20
3	747 Hurley, Jenelle	JR	Western Oreg	9.17
4	173 Ales, Isabella	SO	Boise State	8.95
5	715 Kovich, Sarah	SO	Washington S	9.30
6	206 Huber, Carley	FR	Central Wash	9.70
7	563 Luong, Viviann	SO	San Francisc	9.73
8	525 Paez-Rueda, Valeria	FR	Nevada	9.30

Heat 5 of 5 Prelims

1	519 Kadrmas, Kate	JR	Nevada	9.15
2	767 Porter, Isabella	SO	Western Wash	9.70
3	209 McDevitt, Zoe	FR	Central Wash	9.50
4	449 Hathaway, Sara	JR	Lewis-Clark	9.19
5	405 Steinsrud, Summer	SO	Hawaii	9.60
6	576 Fletcher, McKenzie	JR	Seattle Paci	9.30
7	759 Bates, Naomi	SO	Western Wash	9.38
8	397 Mackenzie, Jessica	FR	Hawaii	9.50

2022 Spokane Invitational - 12/10/2022

The Podium
Meet Program

Event 4 Women 60 Meter Dash Qualifying

Top 8 Advance by Time

Saturday 12/10/2022 - 11:30 AM

Podium: 7.07 2/27/2022 Mikiah Brisco

NCAA Indoor: 7.04 3/12/2022 Julian Alfred

Lane	Name	Yr	School	Seed Time
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Heat 1 of 7 Prelims

1	396 Jennings, Nikki	SR	Hawaii	8.15
2	452 Kelly, Madigan	SO	Lewis-Clark	7.99
3	766 Plkinghorn, Hannah	FR	Western Wash	8.15
4	721 Rhoads, Giovanna	JR	Washington S	8.30
5	453 Mack, Emberlynn	FR	Lewis-Clark	9.21
6	459 Winslow, Desiree	SR	Lewis-Clark	8.91
7	719 Pace, Suzy	SR	Washington S	8.30
8	524 Nealey, Rayven	JR	Nevada	7.72

Heat 2 of 7 Prelims

1	722 Rodgers, Anna	SR	Washington S	7.88
2	392 Antolin, Alyssa Mae	JR	Hawaii	7.73
3	714 Hollenbeck, Ashley	SO	Washington S	7.89
4	195 Queniat, Yuna	JR	Cal Poly Pom	7.80
5	189 Ehinlaiye, Kelsey	SO	Cal Poly Pom	7.98
6	541 Howard, Chelsea	JR	Oregon State	8.10
7	341 Sharp, Chloe	SR	Fresno State	7.85
8	718 Nijjar, Jasneet	JR	Washington S	7.99

Heat 3 of 7 Prelims

1	342 Sproles, Brianna	JR	Fresno State	NT
2	546 Rinaldi, Treasure	FR	Oregon State	NT
3	448 Grogan, Anika	JR	Lewis-Clark	7.97
4	295 Kuntz, Samiah	JR	Eastern Wash	7.70
5	213 Williams, Juliette	JR	Central Wash	7.76
6	187 Camello, Angelina	SO	Cal Poly Pom	7.84
7	403 Scruggs, Gianna	SO	Hawaii	7.85
8	712 Fletcher, Mackenzie	SR	Washington S	7.86

Heat 4 of 7 Prelims

2	540 Hatton, Lizzie	FR	Oregon State	NT
3	457 Smith, Cynthia	SR	Lewis-Clark	8.43
4	760 Cheney, Caitlyn	SO	Western Wash	8.03
5	578 Green, Aniya	SO	Seattle Paci	8.25
6	210 Moore, Tehya	FR	Central Wash	8.10
7	539 Buckley, Abby	JR	Oregon State	7.91
8	763 Miller, Anna	FR	Western Wash	NT

Heat 5 of 7 Prelims

1	451 Horsley, Alexa	JR	Lewis-Clark	8.67
2	729 Wollman, Gilana	FR	Washington S	8.00
3	549 Weidinger, Taylor	JR	Oregon State	NT
4	222 Beal, Abby	FR	Unat-Ccc	7.90
5	727 Weiss, Kolby	SO	Washington S	NT
6	401 Moku, Ku'ulei	SR	Hawaii	8.13
7	338 Okoh, Queen	JR	Fresno State	7.72
8	238 Brown, Katie	SO	Eastern Oreg	7.96

Heat 6 of 7 Prelims

1	515 Haas, Johanna	FR	Nevada	7.73
2	226 Walker, Lena	FR	Unat-Ccc	8.00
3	666 Short, Calli	FR	Unat-Spokane CC	NT
4	618 Price, Trinity	SO	Stanford	NT
5	570 Tonoukouin, Maia	FR	San Francisc	8.20
6	419 Martin, Olivia	SO	Idaho	7.72
7	460 Zywna, Sydnie	SO	Lewis-Clark	8.41
8	486 Austin, Nevaeh	FR	Multnomah	NT

Heat 7 of 7 Prelims

1	340 Pipion, Ceonna	JR	Fresno State	7.77
2	331 Buckner, Nakyia	JR	Fresno State	8.17
3	359 Knight, Alexis	SO	Gonzaga	8.49
4	410 Warrington, Amy	JR	Hawaii	8.01
5	723 Sowle, Kaylee	JR	Washington S	8.30
6	204 Hopper, Elise	FR	Central Wash	8.10
7	196 Thomas, Jaelyn	SO	Cal Poly Pom	7.92
8	198 Cabanos, Erica	JR	Central Wash	8.10

Event 5 Men 60 Meter Dash Qualifying

Top 8 Advance by Time

Saturday 12/10/2022 - 11:50 AM

Podium: 6.45 2/27/2022 Christian Coleman

NCAA Indoor: 6.45 3/11/2017 Christian Coleman

Lane	Name	Yr	School	Seed Time
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Heat 1 of 7 Prelims

1	787 Woodard, Tyrone	SO	Western Wash	6.97
2	465 Blaker, Jaxson	SO	Lewis-Clark	7.48
3	655 Sidor, Bryan		Unattached	7.40
4	272 Peters, Bryce	JR	Eastern Oreg	7.14
5	261 Huxoll, Maxon	FR	Eastern Oreg	NT
6	732 Deringer, Blake	JR	Washington S	7.07
7	168 Palmer, Jamaal	SR	Academy of A	7.00
8	280 Wilson, DJ	SO	Eastern Oreg	7.23

Heat 2 of 7 Prelims

1	587 Boun, Brady	FR	Seattle Paci	7.15
2	625 Kroeger, John	SO	Stanford	6.98
3	475 Maughan, Zayne	SO	Lewis-Clark	7.84
4	627 Lippert, Karson	JR	Stanford	NT
5	230 Ramos, Miguel	FR	Unat-Ccc	6.96
6	500 Spencer, Tarrell	FR	Multnomah	NT
7	780 Mickenham, Nolan	SO	Western Wash	7.40
8	741 Sands, Justin	FR	Washington S	7.10

Heat 3 of 7 Prelims

1	491 Dixon, Daniel	SO	Multnomah	7.03
2	742 Tailin, Lucas	SO	Washington S	7.20
3	485 Wuthrich, Braden	FR	Lewis-Clark	7.95
4	778 Le, Brian	SO	Western Wash	7.28
5	674 Cunningham, Isaiah	FR	Unat-Spokane CC	7.50
6	739 Metcalf, Matthew	JR	Washington S	7.40
7	731 Brewer, Bode	SO	Washington S	6.96
8	642 Andrews, Cameron	SO	Unattached	7.00

2022 Spokane Invitational - 12/10/2022

The Podium
Meet Program**Heat 4 of 7 Prelims...(Event 5 Men 60 Meter Dash Qualifying)**

1	643 Cantrell, Evan	JR	Unattached	7.35
2	789 Stewart, Latavious		Unattached	NT
3	444 Rubio, Jose		Idaho Dash T	6.98
4	774 Greenwalt, Ryan	JR	Western Wash	7.04
5	775 Johnson, Ethan	SO	Western Wash	7.30
6	776 Johnson, Jaden	FR	Western Wash	7.35
7	219 Silva, Tre	SO	Central Wash	7.34
8	651 Kuntz, Keenan	SR	Unattached	7.02

Heat 5 of 7 Prelims

2	595 Gordon, Jeff	JR	Seattle Paci	7.11
3	743 Willems, Ethan	SO	Washington S	7.24
4	738 McAlvey, Jared	JR	Washington S	6.97
5	773 Greenlee, Manu	SO	Western Wash	7.40
6	478 Sibert, Tanner	FR	Lewis-Clark	7.70
7	605 Thomas, Nate	FR	Seattle Paci	7.35
8	754 Walker, JJ	JR	Western Oreg	7.55

Heat 6 of 7 Prelims

1	772 Fischer, Derek	FR	Western Wash	7.30
2	600 Njeri, David	SR	Seattle Paci	7.00
3	467 Castillo, Jordan	FR	Lewis-Clark	7.80
4	622 Brown, Garrett	SO	Stanford	7.00
5	785 Vongphet, Anouthai	FR	Western Wash	7.45
6	684 Merrifield, Zach	FR	Unat-Spokane CC	NT
7	228 Meisner, Blake	FR	Unat-Ccc	6.99
8	671 Butts, Joshua	FR	Unat-Spokane CC	7.40

Heat 7 of 7 Prelims

1	474 Krabbenhoft, Justin	SO	Lewis-Clark	7.44
2	220 Webster, Isaiah	FR	Central Wash	7.10
3	479 Tilton, Andrew	FR	Lewis-Clark	7.82
4	161 Berry, Daquan	JR	Academy of A	7.05
5	258 Connally, James	FR	Eastern Oreg	7.15
6	735 Hicks, Daylon	JR	Washington S	7.30
7	214 Albertin, Austin	JR	Central Wash	7.33
8	733 Duskin, Parker	FR	Washington S	7.15

Event 7 Men 60 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 4 Best Times****Saturday 12/10/2022 - 12:30 PM**

Podium:	7.37	2/27/2022	Grant Holloway
NCAA Indoor:	7.35	3/9/2019	Grant Holloway

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	315 Homen, Chris	SR	Eastern Wash	8.55
2	751 Conklin, Justin	JR	Western Oreg	8.49
3	265 Mansfield, Judson	JR	Eastern Oreg	8.82
4	268 Miles, Israel	SO	Eastern Oreg	8.50
5	753 Stevens, Deshaun	JR	Western Oreg	9.39
6	471 Hopper, Ike	JR	Lewis-Clark	8.61
7	733 Duskin, Parker	FR	Washington S	NT

Heat 2 of 4 Prelims

1	317 Linhart-Wubben, Parker	SR	Eastern Wash	9.19
2	679 Galbreath, Cameron	FR	Unat-Spokane CC	8.80
3	754 Walker, JJ	JR	Western Oreg	9.03
4	476 Moore, Caleb	SR	Lewis-Clark	9.34
5	708 Thorner, Oliver	JR	Washington	NT
6	704 Comin Pescador, Bruno	JR	Washington	8.30
7	162 Black, Robin	JR	Academy of A	8.05

Heat 3 of 4 Prelims

1	228 Meisner, Blake	FR	Unat-Ccc	8.50
2	164 Hamm, Shareez	SR	Academy of A	8.42
3	218 Hines, Christopher	SO	Central Wash	9.39
4	470 Gardom, Ian	SO	Lewis-Clark	9.46
5	221 Wise, Aiden	SO	Central Wash	8.58
6	170 Schooler, Crockett	SR	Academy of A	8.15

Heat 4 of 4 Prelims

1	645 Doucette, Benjamin		Unattached	7.90
2	328 Teevens, Cody	JR	Eastern Wash	8.35
3	779 McQueen, Jaelin	FR	Western Wash	11.00
4	740 Parades, John	FR	Washington S	7.90
5	474 Krabbenhoft, Justin	SO	Lewis-Clark	9.28
6	309 Conley, Elijah	SR	Eastern Wash	8.83
7	466 Bothwell, Christian	SR	Lewis-Clark	9.19

Event 14 Women 1 Mile Run**Saturday 12/10/2022 - 1:50 PM**

Podium:	4:46.45	2/19/2022	Veerle Bakker
NCAA Indoor:	4:25.91	2/28/2009	Jenny Barringer

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	155 Hanich, Lina	SO	Academy of A	5:06.12
2	349 Bienfang, Alyssa	SR	Gonzaga	5:05.00
3	697 Foerster, Chloe	FR	Washington	4:40.00
4	360 Lanigan, Anna	FR	Gonzaga	5:07.00
5	241 Herbes, Michelle	SR	Eastern Oreg	5:00.00
6	530 Shipman, Madelyn	FR	Nevada	5:10.00
7	399 McFadden, Carlin	SO	Hawaii	5:18.00
8	351 Brands, Elizabeth	JR	Gonzaga	5:08.00
9	356 Hobbs, Olivia	JR	Gonzaga	5:11.00
10	353 Downing, Jorun	FR	Gonzaga	5:15.00
11	290 Harrison, Anna	SR	Eastern Wash	5:18.00
12	758 Bassett, Elie	FR	Western Wash	5:18.00
13	455 Peightal, Abigail	JR	Lewis-Clark	5:32.26
14	347 Atin, Sophia	JR	Gonzaga	5:38.26
15	364 Smith, Karina	JR	Gonzaga	5:25.00

2022 Spokane Invitational - 12/10/2022

The Podium
Meet Program

Event 15 Men 1 Mile Run

Saturday 12/10/2022 - 2:00 PM

Podium: 3:59.64 2/5/2022 Duncan Hamilton

NCAA Indoor: 3:50.39 2/13/2021 Cooper Teare

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	786 Weber, Drew	JR	Western Wash	4:05.10
2	646 Franks, Mac	SR	Unattached	4:02.28
3	377 Lyne, Jackson	JR	Gonzaga	4:23.47
4	234 Kolor, Michael		Club Northwe	4:10.00
5	601 Owen, Jon	JR	Seattle Paci	4:25.50
6	782 Palmen, Connor	FR	Western Wash	4:27.00
7	381 Martinez, Charles	FR	Gonzaga	4:30.00
8	483 Wessels, Kobe	FR	Lewis-Clark	4:29.00
9	484 Wood, Tristan	SR	Lewis-Clark	4:48.50
10	770 Bloom, Jonah	FR	Western Wash	4:24.00
11	373 Janecko, Sean	FR	Gonzaga	4:26.22
12	477 O'Brien, Tristin	FR	Lewis-Clark	4:44.00
13	656 Wise, Branden	JR	Unattached	4:45.00

Event 16 Women 400 Meter Dash

Saturday 12/10/2022 - 2:10 PM

Podium: 51.88 2/27/2022 Lynna Irby

NCAA Indoor: 50.34 3/10/2018 Kendall Ellis

Lane	Name	Yr	School	Seed Time
Section 1 of 9 Finals				
3	520 Kalma, Annalies	FR	Nevada	55.90
4	617 Peisner, Camille	SO	Stanford	55.50
5	510 Costello, Emily	SR	Nevada	52.95
6	190 Fields, Ayana	SO	Cal Poly Pom	53.44
Section 2 of 9 Finals				
3	699 Terrell, Anna	FR	Washington	56.60
4	698 McCumber-Gandara, Ava	FR	Washington	56.03
5	152 Belles Gallen, Anna	FR	Academy of A	56.00
6	619 Thomas, Samantha	SO	Stanford	56.01
Section 3 of 9 Finals				
3	550 Rowland, Allena	FR	Park Gilbert	57.80
4	346 Armbruster, Ellie	SO	Gonzaga	57.47
5	547 Scatena, Arael	JR	Oregon State	56.84
6	427 Wickramaraachchi, Prabh	SO	Idaho	57.39
Section 4 of 9 Finals				
3	202 Harris, Donna Marie	FR	Central Wash	58.20
4	204 Hopper, Elise	FR	Central Wash	58.20
5	546 Rinaldi, Treasure	FR	Oregon State	58.00
6	154 Collard, Erine	SO	Academy of A	58.12
Section 5 of 9 Finals				
2	562 Knight, Sabryn	SO	San Francisc	59.00
3	410 Warrington, Amy	JR	Hawaii	58.92
4	549 Weidinger, Taylor	JR	Oregon State	58.90
5	573 Crane, Marissa	FR	Seattle Paci	58.77
6	507 Burton, Kylie	SO	Nevada	58.79

Section 6 of 9 Finals

2	187 Camello, Angelina	SO	Cal Poly Pom	59.95
3	196 Thomas, Jaelyn	SO	Cal Poly Pom	59.95
4	205 Houck, Emily	FR	Central Wash	59.80
5	193 Jardstrom, Tianna	FR	Cal Poly Pom	59.00
6	446 Collins, Emily	FR	Lewis-Clark	59.50

Section 7 of 9 Finals

2	405 Steinsrud, Summer	SO	Hawaii	1:01.00
3	576 Fletcher, McKenzie	JR	Seattle Paci	1:00.80
4	445 Britt, Ashley	SR	Lewis-Clark	1:00.74
5	195 Queniat, Yuna	JR	Cal Poly Pom	1:00.00
6	191 Fowler, Susie	SO	Cal Poly Pom	1:00.00

Section 8 of 9 Finals

3	447 Elison, Dalli	FR	Lewis-Clark	1:02.00
4	760 Cheney, Caitlyn	SO	Western Wash	1:01.89
5	395 Hamilton, Halle	FR	Hawaii	1:01.50
6	579 Hicks, Maliyah	FR	Seattle Paci	1:01.50

Section 9 of 9 Finals

3	660 Douglas, Madison	FR	Unat-Spokane CC	NT
4	767 Porter, Isabella	SO	Western Wash	1:05.37
5	357 Joy, Leighton	JR	Gonzaga	1:02.15
6	759 Bates, Naomi	SO	Western Wash	1:02.45

Event 17 Men 400 Meter Dash

Saturday 12/10/2022 - 2:35 PM

Podium: 45.75 2/27/2022 Trevor Bassitt

NCAA Indoor: 44.52 3/10/2018 Michael Norman

Lane	Name	Yr	School	Seed Time
Section 1 of 7 Finals				
3	164 Hamm, Shareez	SR	Academy of A	47.68
4	706 Gaik, Daniel	SO	Washington	47.00
5	160 Agyemang, Duncan	SR	Academy of A	45.80
6	162 Black, Robin	JR	Academy of A	46.50
Section 2 of 7 Finals				
3	703 Birchman, Jonathan	SO	Washington	48.04
4	166 Oboh, Omodiaogbe	FR	Academy of A	48.00
5	167 Page, Markarios	SO	Academy of A	47.91
6	709 Wilkinson, Matthew	SO	Washington	47.94
Section 3 of 7 Finals				
3	702 Baricevic, Sam	SO	Washington	49.03
4	429 Ayers, Alex	SR	Idaho	48.80
5	499 Soto, Roderick	SO	Multnomah	48.40
6	473 Kirk, London	SO	Lewis-Clark	48.73
Section 4 of 7 Finals				
2	590 Carpenter, Evan	SO	Seattle Paci	50.04
3	594 Garcia, David	FR	Seattle Paci	49.95
4	443 Watkins, Jon	FR	Idaho	49.66
5	444 Rubio, Jose		Idaho Dash T	49.48
6	501 Templeton, William	JR	Multnomah	49.50

2022 Spokane Invitational - 12/10/2022

The Podium
Meet Program

Section 5 of 7 Finals...(Event 17 Men 400 Meter Dash)

2	504 Wilson, Devon	FR	Multnomah	50.95
3	672 Byers, Michael		Unat-Spokane CC	50.95
4	503 Watkins, Fredrick	FR	Multnomah	50.50
5	490 Davis, Devonte	JR	Multnomah	50.05
6	778 Le, Brian	SO	Western Wash	50.24

Section 6 of 7 Finals

2	607 Wittrell, Solomon	FR	Seattle Paci	53.30
3	465 Blaker, Jaxson	SO	Lewis-Clark	52.73
4	687 Richmond, Maximus	FR	Unat-Spokane CC	52.00
5	603 Shepherd, Julius	JR	Seattle Paci	51.14
6	783 Pinto, Denzel	SO	Western Wash	51.48

Section 7 of 7 Finals

2	502 Wallace, Leilani	FR	Multnomah	NT
3	691 Teresi, Cameron	FR	Unat-Spokane CC	NT
4	608 Woodard, Gabe	SO	Seattle Paci	54.67
5	689 Salverson, Shaun	FR	Unat-Spokane CC	53.60
6	779 McQueen, Jaelin	FR	Western Wash	53.75

Event 18 Women 300 Meter Dash

Saturday 12/10/2022 - 2:55 PM

Lane	Name	Yr	School	Seed Time
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Section 1 of 6 Finals

2	712 Fletcher, Mackenzie	SR	Washington S	39.50
3	717 Meyer, Rencik	SR	Washington S	39.00
4	728 Willems, Elena	JR	Washington S	39.00
5	718 Nijjar, Jasneet	JR	Washington S	38.50
6	725 Unruh-Thomas, Elise	JR	Washington S	38.90

Section 2 of 6 Finals

2	426 Stoeher, Franziska	SO	Idaho	40.50
3	730 Yang, Renee	FR	Washington S	40.30
4	714 Hollenbeck, Ashley	SO	Washington S	40.00
5	412 Crouch, Camryn	JR	Idaho	39.80
6	729 Wollman, Gilana	FR	Washington S	39.90

Section 3 of 6 Finals

2	516 Harris, Jasmine	FR	Nevada	42.50
3	235 Bayes, Morgan	JR	Eastern Oreg	42.50
4	568 Polk, Assata	JR	San Francisc	42.50
5	715 Kovich, Sarah	SO	Washington S	41.00
6	416 Holzhaure, Lara	FR	Idaho	41.80

Section 4 of 6 Finals

2	199 Chandler, Lauryn	JR	Central Wash	44.00
3	207 Klein, Abby	FR	Central Wash	44.00
4	560 George, Lauren	FR	San Francisc	43.50
5	239 Conley, Sammy	SO	Eastern Oreg	42.80
6	566 O'Brien, Kathleen	FR	San Francisc	43.00

Section 5 of 6 Finals

2	559 Garcia, Isabel	FR	San Francisc	45.00
3	552 Algarin, Madison	SO	San Francisc	45.00
4	563 Luong, Vivian	SO	San Francisc	45.00
5	561 Harris-Bazuaye, Zyah	FR	San Francisc	44.00
6	556 Conley, Janice	FR	San Francisc	44.00

Section 6 of 6 Finals

4	250 Peck, Sydney	FR	Eastern Oreg	NT
5	222 Beal, Abby	FR	Unat-Ccc	46.00
6	225 Schultz, Sierra	FR	Unat-Ccc	46.00

Event 19 Men 300 Meter Dash

Saturday 12/10/2022 - 3:10 PM

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

3	741 Sands, Justin	FR	Washington S	35.30
4	738 McAlvey, Jared	JR	Washington S	34.80
5	743 Willems, Ethan	SO	Washington S	34.45
6	736 Lawyer, Mason	FR	Washington S	34.50

Section 2 of 3 Finals

3	732 Deringer, Blake	JR	Washington S	36.00
4	737 Macon, Yanai	JR	Washington S	36.00
5	433 Davis, Deyondre	SO	Idaho	35.40
6	733 Duskin, Parker	FR	Washington S	35.80

Section 3 of 3 Finals

2	232 Syth, Peter	FR	Unat-Ccc	37.50
3	221 Wise, Aiden	SO	Central Wash	37.50
4	739 Metcalf, Matthew	JR	Washington S	37.00
5	231 Sandner, Kyle	FR	Unat-Ccc	36.30
6	233 Tedlock, Josh	FR	Unat-Ccc	36.50

Event 20 Women 800 Meter Run

Saturday 12/10/2022 - 3:20 PM

Podium: 2:01.72 2/27/2022 Ajee Wilson

NCAA Indoor: 1:58.40 2/25/2021 Athing Mu

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	571 Aniteye, Vanessa	SR	Seattle Paci	2:11.16
2	762 Ledesma, Marian	JR	Western Wash	2:07.31
3	514 Graf, Alison	SO	Nevada	2:11.61
4	180 Stamper, Abby	FR	Boise State	2:16.00
5	538 Brown, Jillian	FR	Oregon State	2:16.14
6	206 Huber, Carley	FR	Central Wash	2:25.00
7	548 Sefried, Paige	JR	Oregon State	2:17.51
8	551 Sharif, Maryan	SR	Park Gilbert	2:32.41
9	209 McDevitt, Zoe	FR	Central Wash	2:25.00
10	424 Russell, Hannah	JR	Idaho	2:16.45
11	350 Biondi, Taylor	SR	Gonzaga	2:25.37
12	361 Larson, Emma	FR	Gonzaga	2:30.00

2022 Spokane Invitational - 12/10/2022

The Podium
Meet Program

Event 21 Men 800 Meter Run

Saturday 12/10/2022 - 3:25 PM

Podium: 1:45.30 2/27/2022 Bryce Hoppel

NCAA Indoor: 1:44.84 3/4/1989 Paul Ereng

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	483 Wessels, Kobe	FR	Lewis-Clark	2:00.00
2	377 Lyne, Jackson	JR	Gonzaga	1:56.68
3	690 Slack, Darian	FR	Unat-Spokane CC	1:56.80
4	369 Charbeneau, Brenden	SO	Gonzaga	2:00.98
5	592 Franco, Kade	SO	Seattle Paci	2:04.00
6	477 O'Brien, Tristin	FR	Lewis-Clark	2:06.00
7	783 Pinto, Denzel	SO	Western Wash	2:04.86

Section 2 of 2 Finals

1	786 Weber, Drew	JR	Western Wash	1:49.48
2	705 Elliott, Cass	SR	Washington	1:48.40
3	216 Correa, Johan	SO	Central Wash	1:50.00
4	586 Archer, Isaiah	SO	Seattle Paci	1:54.42
5	234 Kolor, Michael		Club Northwe	1:55.00
6	384 O'Neil, Tommy	FR	Gonzaga	1:56.60
7	431 Bright, Zac	SO	Idaho	1:50.13

Event 22 Women 600 Meter Run

Saturday 12/10/2022 - 3:35 PM

NCAA Indoor: 1:25.80 1/23/2021 Athing Mu

Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
3	236 Bedard, Karli	JR	Eastern Oreg	1:52.47
4	534 Behnke, Lizzy	SO	Northwest U.	1:45.00
5	398 Marx, Anna	SO	Hawaii	1:42.00
6	237 Bonzani, Kendall	SO	Eastern Oreg	1:43.67

Section 2 of 3 Finals

1	583 Smith, Charisma	SO	Seattle Paci	1:40.00
2	182 Vander Poel, Rebecca	SO	Boise State	1:40.00
3	246 Mitchell, Lauryn	SO	Eastern Oreg	1:39.94
4	334 Heffernan, Janae	FR	Fresno State	1:39.50
5	394 Gordon, Samantha	SO	Hawaii	1:38.00
6	550 Rowland, Allena	FR	Park Gilbert	1:38.45

Section 3 of 3 Finals

1	150 Andrews, Michaela	FR	Academy of A	1:38.00
2	423 Pratt, Savannah	SO	Idaho	1:37.56
3	426 Stoehr, Franziska	SO	Idaho	1:36.00
4	513 Gorzeman, Raegan	JR	Nevada	1:35.20
5	297 Nutting, Haven	JR	Eastern Wash	1:33.00
6	528 Senegal, Halyn	SO	Nevada	1:33.50

Event 23 Men 600 Meter Run

Saturday 12/10/2022 - 3:40 PM

Podium: 1:13.97 2/11/2022 Donovan Brazier

NCAA Indoor: 1:14.79 1/19/2018 Michael Saruni

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
2	277 Thatcher, James	FR	Eastern Oreg	NT
3	214 Albertin, Austin	JR	Central Wash	1:36.00
4	273 Robinson, Ryan	SO	Eastern Oreg	1:30.88
5	434 Henkel, Evan	SO	Idaho	1:22.45
6	172 Wisdom, Taj-Leon	FR	Academy of A	1:25.00

Section 2 of 2 Finals

1	183 Missamore, Trent	SO	Boise State	1:22.00
2	586 Archer, Isaiah	SO	Seattle Paci	1:21.72
3	319 Maxwell, Daniel	JR	Eastern Wash	1:21.00
4	186 Stamper, Caleb	JR	Boise State	1:20.00
5	160 Aggemang, Duncan	SR	Academy of A	1:19.00
6	325 Robert, Lucas	JR	Eastern Wash	1:20.00

Event 26 Women 3000 Meter Run

Saturday 12/10/2022 - 4:45 PM

Podium: 8:41.53 2/27/2022 Elle Purrier St. Pierre

NCAA Indoor: 8:41.60 2/3/2018 Karissa Schweizer

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	354 Edwards, Makenna	SR	Gonzaga	10:09.25
2	637 McLaughlin, Grace	SR	Unattached	9:50.00
3	517 Hijman, Marije	JR	Nevada	10:00.00
4	362 Mestler, Caramia	SR	Gonzaga	9:28.28
5	761 Crocker, Mia	SO	Western Wash	10:00.00
6	765 Parker, Alexis	FR	Western Wash	11:00.00
7	355 Hansen, Brittney	JR	Gonzaga	10:13.91
8	285 Fetzer, Lilly	JR	Eastern Wash	10:23.00
9	411 Wilkes, Keilah	FR	Hawaii	10:15.00
10	159 Rosencrans, Audrey	SR	Academy of A	10:20.12
11	585 Yorges, Nicki	SO	Seattle Paci	10:38.21
12	582 Mulch, Matisa	FR	Seattle Paci	10:25.00
13	158 Redlinger, Lisa	FR	Academy of A	10:26.34
14	506 Boone, Ashley	FR	Nevada	11:00.00
15	575 Ewing, Maya	FR	Seattle Paci	10:55.00
16	358 Knap, Ava	FR	Gonzaga	10:40.00
17	363 Phelps, Emily	SR	Gonzaga	10:13.47
18	764 Parker, Alanna	FR	Western Wash	10:40.00
19	529 Shaw, Liz	SO	Nevada	11:00.00
20	581 Michael, Libby	SO	Seattle Paci	10:15.00
21	577 Flolo, Katelyn	FR	Seattle Paci	10:55.00

2022 Spokane Invitational - 12/10/2022

The Podium
Meet Program**Event 27 Men 3000 Meter Run****Saturday 12/10/2022 - 5:00 PM****Podium: 7:47.50 2/26/2022 Cole Hocker****NCAA Indoor: 7:38.13 2/12/2022 Yared Nuguse**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	597 LeBlanc, Brennan	SO	Seattle Paci	8:58.00
2	388 Rickey, Quentin	SO	Gonzaga	8:53.36
3	601 Owen, Jon	JR	Seattle Paci	9:05.00
4	588 Boutin, Colin	SR	Seattle Paci	8:58.18
5	591 Endresen, Gabe	SO	Seattle Paci	9:31.73
6	602 Reyes, Lucas	FR	Seattle Paci	9:15.00
7	599 McClelland, Rory	JR	Seattle Paci	9:25.00
8	593 Gale, Nathaniel	FR	Seattle Paci	9:16.00
9	469 Fry, Alexander	FR	Lewis-Clark	9:10.00
10	606 Venable, Isaac	FR	Seattle Paci	9:22.00
11	604 Thake, Tom	FR	Seattle Paci	9:09.00
12	461 Alexander, Connor	FR	Lewis-Clark	9:30.00

Section 2 of 2 Finals

1	374 Kissell, Mason	FR	Gonzaga	8:22.70
2	375 Laird, Cooper	SO	Gonzaga	8:20.64
3	365 Alfonso, Jacob	FR	Gonzaga	8:26.50
4	370 DiMartino, Nicola	SO	Gonzaga	8:25.66
5	390 Thorsett, Will	SO	Gonzaga	8:48.79
6	383 Mukai, Carp	SO	Gonzaga	8:33.40
7	366 Alfonso, Luke	FR	Gonzaga	8:38.50
8	376 Lewis, Michael	FR	Gonzaga	8:40.22
9	367 Baughan, Aidan	SO	Gonzaga	8:38.00
10	650 Kennedy, Brian	SO	Unattached	8:40.00
11	372 Guer mali, Yacine	SR	Gonzaga	NT
12	387 Richardson, Caleb	FR	Gonzaga	8:43.19
13	371 Geiger, Sammy	FR	Gonzaga	8:28.00

Event 28 Women 4x400 Meter Relay**Saturday 12/10/2022 - 5:25 PM****Podium: 3:42.11 1/15/2022 Oregon****K Wright, S Hall, E Clayton, I Brown****NCAA Indoor: 3:24.09 2/25/2022 Arkansas****Effiong, Hollis, Maloney, Wilson**

Lane	Team	Relay	Seed Time
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Section 1 of 4 Finals

1	Unat-Spokane CC	A	4:12.00
2	Hawaii	B	4:06.00
3	Central Wash	C	4:05.00
4	Central Wash	B	4:01.00
5	Eastern Wash	C	3:52.65
6	Nevada	C	4:00.00

Section 2 of 4 Finals

1	Boise State	B	4:05.00
2	Eastern Oreg	A	4:02.82
3	San Francisc	B	4:00.00
4	Nevada	B	3:58.00
5	Eastern Wash	A	3:52.65
6	Eastern Wash	B	3:52.65

Section 3 of 4 Finals

1	San Francisc	A	3:55.00
2	Central Wash	A	3:54.10
3	Hawaii	A	3:53.88
4	Lewis-Clark	A	3:53.57
5	Academy of A	A	3:52.00
6	Oregon State	B	3:52.00

Section 4 of 4 Finals

1	Stanford	A	3:42.50
2	Nevada	A	3:43.38
3	Fresno State	A	3:43.78
4	Seattle Paci	A	3:45.91
5	Oregon State	A	3:47.00

Event 29 Men 4x400 Meter Relay**Saturday 12/10/2022 - 5:45 PM****Podium: 3:12.35 2/19/2022 BYU****C Ruiz, C Yardley, S Carlile, J Jensen****NCAA Indoor: 3:00.77 3/10/2018 Southern California****Shinnick, Benjamin, Morgan, Norman**

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

4	Unat-Spokane CC	B	3:30.00
5	Eastern Wash	C	3:18.10
6	Multnomah	B	3:25.12

Section 2 of 3 Finals

2	Eastern Wash	B	3:18.10
3	Academy of A	B	3:10.12
4	Unat-Spokane CC	A	3:28.10
5	Central Wash	A	3:22.25
6	Lewis-Clark	A	3:25.00

Section 3 of 3 Finals

2	Seattle Paci	A	3:22.08
3	Eastern Wash	A	3:18.10
4	Multnomah	A	3:16.22
5	Academy of A	A	3:10.12
6	Washington	A	3:11.93

Event 30 Men High Jump (2 Pits)**Saturday 12/10/2022 - 9:00 AM****Podium: 2.28m 2/27/2022 JuVaughn Harrison****NCAA Indoor: 2.37m 3/11/1989 Hollis Conway**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 2 Finals

1	476 Moore, Caleb	SR	Lewis-Clark	1.76m
2	688 Runge, Craig	FR	Unat-Spokane CC	1.80m
3	265 Mansfield, Judson	JR	Eastern Oreg	1.90m
4	674 Cunningham, Isaiah	FR	Unat-Spokane CC	1.75m
5	690 Slack, Darian	FR	Unat-Spokane CC	1.85m
6	474 Krabbenhof, Justin	SO	Lewis-Clark	1.88m
7	683 Kelly, Brendan	FR	Unat-Spokane CC	1.85m
8	485 Wuthrich, Braden	FR	Lewis-Clark	1.82m
9	259 Gates, Jacob	JR	Eastern Oreg	1.84m
10	470 Gardom, Ian	SO	Lewis-Clark	1.85m

2022 Spokane Invitational - 12/10/2022

The Podium
Meet Program**Flight 2 of 2 Finals...(Event 30 Men High Jump (2 Pits))**

1	441 Ruddell, Joseph	SO	Idaho	2.15m
2	262 Jones, Tyler	SO	Eastern Oreg	2.02m
3	440 Reiber, Joe	FR	Idaho	2.08m
4	773 Greenlee, Manu	SO	Western Wash	1.93m
5	631 Stevens, James	SO	Stanford	2.03m
6	735 Hicks, Daylon	JR	Washington S	2.05m
7	169 Roberts, Elijah	SO	Academy of A	1.98m
8	644 Dailey, Victor	FR	Unattached	2.00m
9	685 Nichols, Jaxson	SO	Unat-Spokane CC	1.96m
10	307 Bishop, Alex	SR	Eastern Wash	2.10m
11	751 Conklin, Justin	JR	Western Oreg	1.96m
12	708 Thorner, Oliver	JR	Washington	NH

Event 31 Women Weight Throw**Saturday 12/10/2022 - 9:00 AM****Podium:** 24.28m 2/27/2022 Janee Kassanavold**NCAA Indoor:** 25.56m 3/10/2007 Brittany Riley

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 3 Finals

1	668 Wersland, Faith	FR	Unat-Spokane CC	11.50m
2	662 Fager, Madison	FR	Unat-Spokane CC	ND
3	422 Phenicie, Lily	FR	Idaho	ND
4	188 Christensen, Shona	FR	Cal Poly Pom	12.00m
5	665 Schoener, Saira	FR	Unat-Spokane CC	11.30m
6	659 Carpenter, Isabella	FR	Unat-Spokane CC	11.75m
7	749 Range, Elise	SO	Western Oreg	12.00m
8	454 Osborne, Grace	FR	Lewis-Clark	10.00m
9	450 Henderson, Cassidy	SO	Lewis-Clark	10.85m
10	716 Lindquist, Laura	FR	Washington S	ND
11	724 Strickland, Gracie	FR	Washington S	ND
12	421 Palzinski, Paige	SO	Idaho	ND
13	661 Emigh, Sam		Unat-Spokane CC	12.00m
14	244 Lusco, Abby	SO	Eastern Oreg	11.42m

Flight 2 of 3 Finals

1	744 Carpenter, Emillia	JR	Western Oreg	13.95m
2	400 Mohr, Hallee	SO	Hawaii	14.39m
3	284 Dibisceglie, Chloe	JR	Eastern Wash	14.29m
4	242 Hill, Trinity	SO	Eastern Oreg	14.32m
5	287 Fonoti, Dyvhon	SO	Eastern Wash	14.53m
6	192 Hurtado, Cynthia	FR	Cal Poly Pom	13.50m
7	337 Lawson, Maria	SO	Fresno State	14.00m
8	305 Young, Bailey	FR	Eastern Wash	14.50m
9	336 Johnson, Morgan	JR	Fresno State	14.00m
10	293 Keyes, Vatoria	JR	Eastern Wash	14.00m
11	301 Stovall, Carissa	JR	Eastern Wash	14.73m
12	300 Schloss, Kahlani	JR	Eastern Wash	12.64m

Flight 3 of 3 Finals

1	298 Paller, Kaitlyn	SR	Eastern Wash	16.17m
2	335 Jackson, Cierra	SO	Fresno State	19.56m
3	768 Potts, Katie	JR	Western Wash	15.50m
4	332 DiPaola, Amelia	JR	Fresno State	18.43m
5	252 Woodward, Kenna	JR	Eastern Oreg	16.85m
6	402 Montanes i Arbo, Montse	JR	Hawaii	17.07m
7	243 Ledbetter, Maggie	SR	Eastern Oreg	15.73m
8	333 Harper, Emma	SO	Fresno State	16.17m
9	769 Westfall, Raine	SO	Western Wash	15.64m
10	197 Turner, Keiana	SO	Cal Poly Pom	16.16m
11	720 Payne, Alex	SO	Washington S	18.03m
12	330 Bryant, Jordyn	JR	Fresno State	16.81m
13	404 Solheim, Victoria	SR	Hawaii	17.08m
14	344 Williams, Trinity	JR	Fresno State	16.45m

Event 32 Women Long Jump**Saturday 12/10/2022 - 9:00 AM****Podium:** 6.55m 2/27/2022 Quanesha Burks**NCAA Indoor:** 6.93m 3/12/2021 Tara Davis

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 4 Finals

1	451 Horsley, Alexa	JR	Lewis-Clark	4.56m
2	552 Algarin, Madison	SO	San Francisc	4.65m
3	611 Jones, Alyssa	FR	Stanford	ND
4	766 Plkinghorn, Hannah	FR	Western Wash	5.08m
5	447 Elison, Dalli	FR	Lewis-Clark	3.65m
6	211 Sewell, Sarah	SO	Central Wash	4.72m
7	212 Smith, Marissa	SO	Central Wash	ND
8	666 Short, Calli	FR	Unat-Spokane CC	4.50m
9	289 Glanzer, Emma	FR	Eastern Wash	5.00m
10	398 Marx, Anna	SO	Hawaii	5.04m
11	579 Hicks, Maliyah	FR	Seattle Paci	5.10m
12	521 Marske, Sarah	JR	Nevada	ND
13	664 Irwin, Miranda	FR	Unat-Spokane CC	4.40m
14	657 Bryson, Emma	FR	Unat-Spokane CC	4.60m
15	558 Dhar, Ojal	FR	San Francisc	4.90m

Flight 2 of 4 Finals

1	519 Kadrmas, Kate	JR	Nevada	5.24m
2	397 Mackenzie, Jessica	FR	Hawaii	5.23m
3	198 Cabanos, Erica	JR	Central Wash	5.26m
4	508 Chetty, Natasha	FR	Nevada	5.30m
5	302 Thomson, Alexa	FR	Eastern Wash	5.25m
6	569 Smith, Dezirae	SO	San Francisc	5.32m
7	210 Moore, Tehya	FR	Central Wash	5.10m
8	694 Duckett, Camille	SO	Washington	5.33m
9	200 DeGroot, Ellie	FR	Central Wash	5.10m
10	557 Contreras, Evelyn	FR	San Francisc	5.28m
11	554 Cecilio, Mattie	FR	San Francisc	5.19m
12	745 Deters, Amity	SO	Western Oreg	5.34m
13	573 Crane, Marissa	FR	Seattle Paci	5.20m
14	523 Minoletti, Isabella	FR	Nevada	5.19m
15	194 Lindenthal, Sarah	SO	Cal Poly Pom	5.13m
16	715 Kovich, Sarah	SO	Washington S	5.17m

2022 Spokane Invitational - 12/10/2022

The Podium
Meet Program

Flight 3 of 4 Finals...(Event 32 Women Long Jump)

1	407 Touchette, Catherine	FR	Hawaii	5.35m
2	181 Stefan, Emily	SO	Boise State	5.62m
3	339 Pace, Rachela	SO	Fresno State	5.66m
4	633 Eilers, Kate		Unattached	5.54m
5	189 Ehinlaiye, Kelsey	SO	Cal Poly Pom	5.57m
6	565 Myer, Gianna	FR	San Francisc	5.40m
7	532 Verwasch, Sica	FR	Nevada	5.69m
8	541 Howard, Chelsea	JR	Oregon State	5.62m
9	572 Chang, Hannah	FR	Seattle Paci	5.40m
10	394 Gordon, Samantha	SO	Hawaii	5.50m
11	343 Weems, Jodeci	SO	Fresno State	5.50m
12	635 Hano, Joy	SR	Unattached	5.34m
13	406 Sydnor, Tierra	JR	Hawaii	5.67m
14	488 Dennison, Jeramea	JR	Multnomah	5.55m
15	296 McAuliff, Hayden	JR	Eastern Wash	5.44m

Flight 4 of 4 Finals

1	157 Ourega, Marie-Jeanne	SO	Academy of A	6.58m
2	717 Meyer, Rencik	SR	Washington S	6.09m
3	695 Eikeng, Ida	JR	Washington	6.01m
4	515 Haas, Johanna	FR	Nevada	5.92m
5	621 Zwaanstra, Teagan	SO	Stanford	5.99m
6	747 Hurley, Jenelle	JR	Western Oreg	5.93m
7	524 Nealey, Rayven	JR	Nevada	5.91m
8	729 Wollman, Gilana	FR	Washington S	5.83m
9	542 Moersdorf, Anneke	JR	Oregon State	6.12m
10	537 Bahn, Delaney	SO	Oregon State	5.85m
11	522 Milani, Maria Paz	SO	Nevada	5.73m
12	425 Spatz, Anna	FR	Idaho	5.80m
13	531 Smrt, Hanah	SR	Nevada	5.79m
14	722 Rodgers, Anna	SR	Washington S	6.13m

Event 33 Women Pole Vault (1)

Saturday 12/10/2022 - 10:00 AM

Podium: 4.80m 2/27/2022 Sandi Morris
NCAA Indoor: 4.75m 1/24/2015 Demi Payne

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	208 Krueger, Keanna	FR	Central Wash	NH
2	459 Winslow, Desiree	SR	Lewis-Clark	2.85m
3	249 Parch, Alex	JR	Eastern Oreg	2.85m
4	533 Watson, Hannah	SO	Nevada	3.36m
5	453 Mack, Emberlynn	FR	Lewis-Clark	2.85m
6	663 Harden, Sierra	FR	Unat-Spokane CC	NH
7	526 Pedersen, Shayla	SO	Nevada	3.35m
8	251 Wagner, Faith	SR	Eastern Oreg	3.25m
9	224 Otto-Fitzsimons, Allison	FR	Unat-Ccc	3.35m
10	657 Bryson, Emma	FR	Unat-Spokane CC	NH
11	580 Hill, Charlie	JR	Seattle Paci	3.68m
12	225 Schultz, Sierra	FR	Unat-Ccc	3.65m
13	457 Smith, Cynthia	SR	Lewis-Clark	3.65m
14	658 Burt, Morgan	FR	Unat-Spokane CC	NH
15	555 Christensen, Amy	SO	San Francisc	3.69m
16	518 Irwin, Samantha	SO	Nevada	3.36m

Event 34 Men Pole Vault (2)

Saturday 12/10/2022 - 10:00 AM

Podium: 5.91m 2/27/2022 Chris Nilsen
NCAA Indoor: 6.00m 2/13/2021 KC Lightfoot

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	320 Meter, Christian	FR	Eastern Wash	4.35m
2	681 Henderson, Lakotah	FR	Unat-Spokane CC	NH
3	596 Holmes, Darius	SO	Seattle Paci	3.90m
4	692 Weishaar, Pilot	FR	Unat-Spokane CC	4.01m
5	781 Montero, Kurt	FR	Western Wash	3.81m
6	265 Mansfield, Judson	JR	Eastern Oreg	4.10m
7	268 Miles, Israel	SO	Eastern Oreg	4.30m
8	466 Bothwell, Christian	SR	Lewis-Clark	4.20m
9	777 Klein, Aidan	FR	Western Wash	3.81m
10	649 Katsuda, Sam	JR	Unattached	4.25m
11	682 Hoskinson, Gavin	FR	Unat-Spokane CC	NH
12	476 Moore, Caleb	SR	Lewis-Clark	4.01m
13	261 Huxoll, Maxon	FR	Eastern Oreg	4.12m
14	678 Erlandsen, Jacob	FR	Unat-Spokane CC	NH
15	675 Deakins, Rome	FR	Unat-Spokane CC	NH
16	263 Lewis, Calvin	FR	Eastern Oreg	4.37m
17	653 Okinaka, Deylan	JR	Unattached	4.28m
18	318 Luce, Corbin	FR	Eastern Wash	4.35m
19	259 Gates, Jacob	JR	Eastern Oreg	NH

Event 35 Men Long Jump

Saturday 12/10/2022 - 10:00 AM

Podium: 8.19m 2/27/2022 Jarriion Lawson
NCAA Indoor: 8.59m 3/1/2002 Miguel Pate

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 3 Finals

1	688 Runge, Craig	FR	Unat-Spokane CC	6.00m
2	494 Russell-King, Xzayivher	FR	Multnomah	ND
3	495 Sanders, Charles	FR	Multnomah	ND
4	309 Conley, Elijah	SR	Eastern Wash	6.14m
5	440 Reiber, Joe	FR	Idaho	6.17m
6	169 Roberts, Elijah	SO	Academy of A	6.10m
7	704 Comin Pescador, Bruno	JR	Washington	7.20m
8	670 Britton, Rajay	FR	Unat-Spokane CC	6.00m
9	479 Tilton, Andrew	FR	Lewis-Clark	5.80m
10	227 Clark, Maddax	FR	Unat-Ccc	5.50m
11	466 Bothwell, Christian	SR	Lewis-Clark	6.21m
12	315 Homen, Chris	SR	Eastern Wash	6.23m
13	317 Linhart-Wubbena, Parker	SR	Eastern Wash	6.09m
14	280 Wilson, DJ	SO	Eastern Oreg	5.95m
15	500 Spencer, Tarrell	FR	Multnomah	ND
16	708 Thorner, Oliver	JR	Washington	6.82m

2022 Spokane Invitational - 12/10/2022**The Podium
Meet Program****Flight 2 of 3 Finals...(Event 35 Men Long Jump)**

1	685 Nichols, Jaxson	SO	Unat-Spokane CC	6.25m
2	437 Jones, Cash	FR	Idaho	6.70m
3	785 Vongphet, Anouthai	FR	Western Wash	6.70m
4	219 Silva, Tre	SO	Central Wash	6.57m
5	328 Teevens, Cody	JR	Eastern Wash	6.50m
6	654 Ross, Demari	SR	Unattached	6.37m
7	680 Hansen, Christian	FR	Unat-Spokane CC	6.25m
8	184 Nichols, Josh	SR	Boise State	6.68m
9	753 Stevens, Deshaun	JR	Western Oreg	6.74m
10	218 Hines, Christopher	SO	Central Wash	6.68m
11	229 O'Connell, Isaiah	FR	Unat-Ccc	6.58m
12	587 Boun, Brady	FR	Seattle Paci	6.60m
13	605 Thomas, Nate	FR	Seattle Paci	6.40m
14	674 Cunningham, Isaiah	FR	Unat-Spokane CC	6.27m
15	683 Kelly, Brendan	FR	Unat-Spokane CC	6.40m
16	596 Holmes, Darius	SO	Seattle Paci	6.20m

Flight 3 of 3 Finals

1	652 Mckinney, Cameron	SR	Unattached	7.03m
2	171 Tshani, Mathieu	SR	Academy of A	7.10m
3	741 Sands, Justin	FR	Washington S	6.94m
4	625 Kroeger, John	SO	Stanford	7.13m
5	493 Johnson, Malik	JR	Multnomah	7.03m
6	438 Nunis, Zach	SR	Idaho	7.66m
7	701 Artis, Prestin	SO	Washington	7.30m
8	739 Metcalf, Matthew	JR	Washington S	6.75m
9	774 Greenwalt, Ryan	JR	Western Wash	6.95m
10	163 Gnacko, Yacouba	SO	Academy of A	7.17m
11	439 Peterson, Landon	SO	Idaho	6.85m
12	326 Say, Bobby	SR	Eastern Wash	7.29m
13	754 Walker, JJ	JR	Western Oreg	6.74m

Event 36 Men Weight Throw**Saturday 12/10/2022 - 12:15 PM**

Podium: 24.84m 2/27/2022 Alex Young
NCAA Indoor: 25.58m 2/28/2015 Michael Lihрман

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	282 Wylam, Joey	SO	Eastern Oreg	12.40m
2	260 Heckman, Gabe	SO	Eastern Oreg	10.84m
3	497 Slusser, Kevin	SR	Multnomah	12.28m
4	436 Jeffries, Weston	SO	Idaho	ND
5	275 Silva, Cody	SO	Eastern Oreg	ND
6	462 Atencio, Jaycob	SR	Lewis-Clark	13.52m
7	217 Franklin, Wyatt	SO	Central Wash	13.43m
8	442 Thomas, Reid	FR	Idaho	ND
9	321 Miller, Daniel	JR	Eastern Wash	13.49m
10	669 Action, Jacob	FR	Unat-Spokane CC	12.75m
11	257 Church, Mark	FR	Eastern Oreg	ND
12	481 Wattles, Jon	FR	Lewis-Clark	12.00m
13	482 Weller, Sam	FR	Lewis-Clark	12.00m
14	686 Orr, Jaxson	FR	Unat-Spokane CC	12.50m
15	676 Dewey, Ryan	FR	Unat-Spokane CC	12.00m
16	464 Beltz-Childs, Tanner	FR	Lewis-Clark	12.00m

Flight 2 of 2 Finals

1	311 Fillis, Bradley	SO	Eastern Wash	17.00m
2	771 Campbell, Miller	SO	Western Wash	16.00m
3	673 Close, Dan	FR	Unat-Spokane CC	13.75m
4	629 McKhann, Max	JR	Stanford	21.91m
5	784 Ramos, Angelo	FR	Western Wash	14.80m
6	323 Niuamoa, JJ	SO	Eastern Wash	13.87m
7	267 Michaels, Brooks	FR	Eastern Oreg	16.02m
8	648 Hottman, Caden		Unattached	15.24m
9	254 Anderson, Colby	SO	Eastern Oreg	14.22m
10	322 Moore, Mason	FR	Eastern Wash	15.50m
11	215 Beaton, Angus	FR	Central Wash	14.00m
12	269 Nett, Tanner	FR	Eastern Oreg	13.67m
13	755 Warren, Mark	SO	Western Oreg	15.13m

Event 37 Women Shot Put**Saturday 12/10/2022 - 1:30 PM**

Podium: 19.79m 2/27/2022 Maggie Ewen
NCAA Indoor: 19.56m 3/10/2017 Raven Saunders

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 3 Finals

1	398 Marx, Anna	SO	Hawaii	10.26m
2	244 Lusco, Abby	SO	Eastern Oreg	9.62m
3	664 Irwin, Miranda	FR	Unat-Spokane CC	ND
4	181 Stefan, Emily	SO	Boise State	10.10m
5	192 Hurtado, Cynthia	FR	Cal Poly Pom	10.44m
6	211 Sewell, Sarah	SO	Central Wash	8.43m
7	422 Phenicie, Lily	FR	Idaho	ND
8	450 Henderson, Cassidy	SO	Lewis-Clark	9.18m
9	724 Strickland, Gracie	FR	Washington S	ND
10	531 Smrt, Hanah	SR	Nevada	9.72m
11	458 Stieglitz, Kea	JR	Lewis-Clark	9.70m
12	657 Bryson, Emma	FR	Unat-Spokane CC	ND
13	454 Osborne, Grace	FR	Lewis-Clark	10.10m
14	757 Avery, Nicole	FR	Western Wash	7.86m
15	519 Kadrmas, Kate	JR	Nevada	10.74m

Flight 2 of 3 Finals

1	421 Palzinski, Paige	SO	Idaho	11.41m
2	659 Carpenter, Isabella	FR	Unat-Spokane CC	11.00m
3	197 Turner, Keiana	SO	Cal Poly Pom	12.64m
4	638 Parks, Mara	FR	Unattached	12.35m
5	402 Montanes i Arbo, Montse	JR	Hawaii	11.32m
6	188 Christensen, Shona	FR	Cal Poly Pom	12.56m
7	252 Woodward, Kenna	JR	Eastern Oreg	12.45m
8	284 Dibisceglie, Chloe	JR	Eastern Wash	12.32m
9	397 Mackenzie, Jessica	FR	Hawaii	12.58m
10	525 Paez-Rueda, Valeria	FR	Nevada	10.78m
11	400 Mohr, Hallee	SO	Hawaii	11.60m
12	393 Forshaw, Rose	FR	Hawaii	12.96m
13	515 Haas, Johanna	FR	Nevada	11.56m
14	668 Wersland, Faith	FR	Unat-Spokane CC	11.00m
15	404 Solheim, Victoria	SR	Hawaii	13.04m
16	287 Fonoti, Dyvhon	SO	Eastern Wash	12.86m

2022 Spokane Invitational - 12/10/2022**The Podium
Meet Program****Flight 3 of 3 Finals...(Event 37 Women Shot Put)**

1	330 Bryant, Jordyn	JR	Fresno State	14.24m
2	610 Fisher, Kaiah	SO	Stanford	13.62m
3	333 Harper, Emma	SO	Fresno State	13.76m
4	409 Vital, Samaria	FR	Hawaii	13.46m
5	408 Turban, Lilian	FR	Hawaii	13.33m
6	301 Stovall, Carissa	JR	Eastern Wash	14.26m
7	335 Jackson, Cierra	SO	Fresno State	15.81m
8	305 Young, Bailey	FR	Eastern Wash	13.50m
9	768 Potts, Katie	JR	Western Wash	13.46m
10	344 Williams, Trinity	JR	Fresno State	13.10m
11	332 DiPaola, Amelia	JR	Fresno State	14.76m
12	243 Ledbetter, Maggie	SR	Eastern Oreg	13.98m
13	298 Paller, Kaitlyn	SR	Eastern Wash	13.68m
14	609 Atuatasi, Brandy	SO	Stanford	13.43m
15	336 Johnson, Morgan	JR	Fresno State	13.23m
16	713 Gyedu, Nana	SO	Washington S	15.34m

Event 38 Women High Jump**Saturday 12/10/2022 - 2:45 PM**

Podium: 1.91m 2/27/2022 Vashti Cunningham
NCAA Indoor: 1.98m 3/11/2016 Akela Jones

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 2 Finals

1	207 Klein, Abby	FR	Central Wash	1.50m
2	633 Eilers, Kate		Unattached	1.62m
3	544 Proudfoot, Grace	FR	Oregon State	1.56m
4	329 Bins, Kaja	JR	Fresno State	1.58m
5	283 Bruno, Grace	FR	Eastern Wash	1.50m
6	521 Marske, Sarah	JR	Nevada	NH
7	236 Bedard, Karli	JR	Eastern Oreg	1.58m
8	181 Stefan, Emily	SO	Boise State	NH
9	757 Avery, Nicole	FR	Western Wash	1.42m
10	200 DeGroot, Ellie	FR	Central Wash	1.50m
11	449 Hathaway, Sara	JR	Lewis-Clark	1.59m
12	525 Paez-Rueda, Valeria	FR	Nevada	1.67m
13	553 Carle-Parra, Sabrina	FR	San Francisc	1.53m
14	245 McCarrell, Taylor	JR	Eastern Oreg	1.52m
15	288 Garza, Kassy	FR	Eastern Wash	1.50m

Flight 2 of 2 Finals

1	745 Deters, Amity	SO	Western Oreg	1.64m
2	406 Sydnor, Tierra	JR	Hawaii	1.66m
3	545 Reilly, Savannah	JR	Oregon State	1.66m
4	564 Moore-Bastide, Macaria	FR	San Francisc	1.70m
5	176 Kremer, Alison	SO	Boise State	1.68m
6	415 Hayes, Julia	JR	Idaho	1.73m
7	394 Gordon, Samantha	SO	Hawaii	1.63m
8	747 Hurley, Jenelle	JR	Western Oreg	1.64m
9	240 Grandle, Lizzy	FR	Eastern Oreg	1.64m
10	408 Turban, Lilian	FR	Hawaii	1.79m
11	721 Rhoads, Giovanna	JR	Washington S	1.65m
12	417 Jozin, Annika	SO	Idaho	1.66m
13	543 Nelson, Emma	SR	Oregon State	1.78m
14	201 Griffin, Kylie	JR	Central Wash	1.64m
15	723 Sowle, Kaylee	JR	Washington S	1.65m
16	508 Chetty, Natasha	FR	Nevada	1.76m
17	719 Pace, Suzy	SR	Washington S	1.73m

Event 39 Women Pole Vault INVITE (1)**Saturday 12/10/2022 - 2:00 PM**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	620 Wong, Laurel	JR	Stanford	4.15m
2	700 Wilson, Avril	FR	Washington	4.05m
3	640 Schultz, Savannah	SR	Unattached	4.16m
4	584 Tassara, Kayla	FR	Seattle Paci	3.83m
5	299 Ruff, Hally	SR	Eastern Wash	3.93m
6	286 Folger-Vent, Rosalie	JR	Eastern Wash	3.76m
7	574 Daugherty, Lizzy	JR	Seattle Paci	3.76m
8	696 Ferguson, Sarah	FR	Washington	4.25m
9	613 Kistler, Lianne	SO	Stanford	3.90m
10	727 Weiss, Kolby	SO	Washington S	3.87m
11	634 Franklin, Sophia		Unattached	4.38m
12	612 Kern, Kelly	FR	Stanford	3.90m
13	511 Dolcini, Camrin	SO	Nevada	4.02m

Event 40 Men Pole Vault INVITE (2)**Saturday 12/10/2022 - 2:00 PM**

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	316 Klobutcher, Zach	JR	Eastern Wash	5.16m
2	475 Maughan, Zayne	SO	Lewis-Clark	4.52m
3	312 Freitag, Brayden	JR	Eastern Wash	5.03m
4	278 Walker, Darrian	SR	Eastern Oreg	5.00m
5	310 Couron, Lucas	FR	Eastern Wash	4.70m
6	232 Syth, Peter	FR	Unat-Ccc	4.50m
7	624 Herrscher, JT	SO	Stanford	5.06m
8	628 Manson, Max	JR	Stanford	5.38m
9	598 Lee, Kainoa	SO	Seattle Paci	4.53m
10	742 Tailin, Lucas	SO	Washington S	4.90m
11	622 Brown, Garrett	SO	Stanford	5.31m
12	314 Grieshaber, John	JR	Eastern Wash	4.58m
13	589 Bowman, Brad	JR	Seattle Paci	4.53m

2022 Spokane Invitational - 12/10/2022

The Podium
Meet Program

Event 41 Women Triple Jump

Saturday 12/10/2022 - 2:00 PM

Podium: 14.28m 2/27/2022 Keturah Orji

NCAA Indoor: 14.57m 3/12/2022 Jasmine Moore

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	460 Zywnia, Sydnie	SO	Lewis-Clark	11.14m	
2	302 Thomson, Alexa	FR	Eastern Wash	11.40m	
3	212 Smith, Marissa	SO	Central Wash	ND	
4	488 Dennison, Jeramea	JR	Multnomah	11.30m	
5	414 Hardyway, Kalani	SO	Idaho	11.55m	
6	420 Munoz, Amanda	FR	Idaho	11.39m	
7	523 Minoletti, Isabella	FR	Nevada	11.47m	
8	210 Moore, Tehya	FR	Central Wash	10.50m	
9	558 Dhar, Ojal	FR	San Francisc	10.10m	
10	413 Grant, Ellie	SO	Idaho	11.06m	
11	615 Oakes, Alaysia	FR	Stanford	ND	
12	557 Contreras, Evelyn	FR	San Francisc	10.73m	
13	451 Horsley, Alexa	JR	Lewis-Clark	10.24m	
14	343 Weems, Jodeci	SO	Fresno State	11.20m	

Flight 2 of 2 Finals

1	339 Pace, Rachela	SO	Fresno State	12.44m	
2	522 Milani, Maria Paz	SO	Nevada	12.30m	
3	198 Cabanos, Erica	JR	Central Wash	11.70m	
4	177 Larson, Maggie	SO	Boise State	12.90m	
5	338 Okoh, Queen	JR	Fresno State	12.08m	
6	569 Smith, Dezirae	SO	San Francisc	11.56m	
7	554 Cecilio, Mattie	FR	San Francisc	12.19m	
8	418 LyDay, Tayler	JR	Idaho	12.39m	
9	157 Ourega, Marie-Jeanne	SO	Academy of A	12.90m	
10	524 Nealey, Rayven	JR	Nevada	12.65m	
11	614 Miller, Elise	SO	Stanford	12.44m	
12	532 Verwasch, Sica	FR	Nevada	12.68m	

Event 42 Men Triple Jump

Saturday 12/10/2022 - 2:00 PM

Podium: 16.88m 2/27/2022 Donald Scott

NCAA Indoor: 17.40m 2/22/1985 Mike Conley

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	219 Silva, Tre	SO	Central Wash	12.65m	
2	680 Hansen, Christian	FR	Unat-Spokane CC	12.00m	
3	605 Thomas, Nate	FR	Seattle Paci	13.10m	
4	227 Clark, Maddax	FR	Unat-Ccc	11.45m	
5	169 Roberts, Elijah	SO	Academy of A	ND	
6	472 Johnson, Trenton	FR	Lewis-Clark	13.10m	
7	495 Sanders, Charles	FR	Multnomah	ND	

Flight 2 of 2 Finals

1	229 O'Connell, Isaiah	FR	Unat-Ccc	14.30m	
2	438 Nunis, Zach	SR	Idaho	15.37m	
3	218 Hines, Christopher	SO	Central Wash	13.51m	
4	493 Johnson, Malik	JR	Multnomah	14.21m	
5	326 Say, Bobby	SR	Eastern Wash	15.56m	
6	632 Yang, Kevin	SO	Stanford	15.39m	
7	171 Tshani, Mathieu	SR	Academy of A	16.19m	
8	184 Nichols, Josh	SR	Boise State	14.32m	
9	600 Njeri, David	SR	Seattle Paci	15.19m	
10	163 Gnacko, Yacouba	SO	Academy of A	15.82m	

Event 43 Men Shot Put

Saturday 12/10/2022 - 3:00 PM

Podium: 22.51m 2/27/2022 Ryan Crouser

NCAA Indoor: 21.85m 2/13/2021 Turner Washington

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	482 Weller, Sam	FR	Lewis-Clark	13.10m	
2	481 Wattles, Jon	FR	Lewis-Clark	13.00m	
3	323 Niua-moa, JJ	SO	Eastern Wash	13.09m	
4	686 Orr, Jaxson	FR	Unat-Spokane CC	12.00m	
5	466 Bothwell, Christian	SR	Lewis-Clark	11.22m	
6	464 Beltz-Childs, Tanner	FR	Lewis-Clark	12.50m	
7	254 Anderson, Colby	SO	Eastern Oreg	11.55m	
8	462 Atencio, Jaycob	SR	Lewis-Clark	10.96m	
9	442 Thomas, Reid	FR	Idaho	ND	
10	673 Close, Dan	FR	Unat-Spokane CC	13.40m	
11	771 Campbell, Miller	SO	Western Wash	13.29m	
12	669 Action, Jacob	FR	Unat-Spokane CC	12.00m	
13	282 Wylam, Joey	SO	Eastern Oreg	12.62m	
14	257 Church, Mark	FR	Eastern Oreg	ND	
15	275 Silva, Cody	SO	Eastern Oreg	12.41m	

Flight 2 of 2 Finals

1	752 Gordien, Dayne	SR	Western Oreg	17.10m	
2	217 Franklin, Wyatt	SO	Central Wash	14.25m	
3	648 Hottman, Caden		Unattached	14.02m	
4	269 Nett, Tanner	FR	Eastern Oreg	15.35m	
5	321 Miller, Daniel	JR	Eastern Wash	14.03m	
6	267 Michaels, Brooks	FR	Eastern Oreg	13.99m	
7	311 Fillis, Bradley	SO	Eastern Wash	16.00m	
8	755 Warren, Mark	SO	Western Oreg	14.33m	
9	734 Grueso Mosquera, Rona	FR	Washington S	18.03m	
10	322 Moore, Mason	FR	Eastern Wash	14.50m	
11	432 Culbertson, Noah	SO	Idaho	16.21m	
12	436 Jeffries, Weston	SO	Idaho	14.02m	
13	626 Liokumovich, Sam	JR	Stanford	18.20m	