

COUGAR INDOOR TRACK & FIELD MEET
February 3 & 4, 2017 - WSU Indoor Track Facility
REVISED SCHEDULE OF EVENTS

FRIDAY, FEB. 3:

12:30 p.m. 60m H (Pentathlon - W)
12:45 p.m. 35 # Weight (M)
1:10 p.m. High Jump (Pentathlon - W)
1:30 p.m. 60m (Heptathlon - M)
2:00 p.m. 4x200m Relay (M)
2:05 p.m. 4x200m Relay (W)
2:10 p.m. Long Jump (Heptathlon - M)
4x800m Relay (M)
2:25 p.m. 4x800m Relay (W)
2:30 p.m. Shot Put (Pentathlon - W)
3:30 p.m. Shot Put (Heptathlon - M)
3:40 p.m. Long Jump (Pentathlon - W)
4:30 p.m. High Jump (Heptathlon - M)
20 # Weight (W)
Long Jump (W)
4:50 p.m. 800m (Pentathlon - W)
5:00 p.m. Pole Vault (W)
6:00 p.m. Long Jump (M)

SATURDAY, FEB 4:

10:00 a.m. 60m H (Heptathlon - M)
10:05 a.m. 60m Hurdles Qualifying(M)
10:20 a.m. 60m Hurdles Qualifying (W)
10:35 a.m. 60m Qualifying (M)
10:45 a.m. Pole Vault (Heptathlon - M)
10:55 a.m. 60m Qualifying (W)
11:00 a.m. High Jump (M)
Shot Put (M)
11:15 a.m. 5000m (M)
11:35 a.m. 5000m (W)
12:00 p.m. Triple Jump (M)
60m Hurdles (M) Prelim
12:10 p.m. 60m Hurdles (W) Prelim
12:20 p.m. 60m (M) Prelim
12:30 p.m. 60m (W) Prelim
12:50 p.m. 1000m (Heptathlon - M)
1:00 p.m. Pole Vault (M)
Mile (M)
1:20 p.m. Mile (W)
1:30 p.m. High Jump (W)
Shot Put (W)
1:35 p.m. 60m Hurdles (M) Final
1:40 p.m. 60m Hurdles (W) Final
1:50 p.m. 400m (M)
2:00 p.m. Triple Jump (W)
2:05 p.m. 400m (W)
2:20 p.m. 60m (M) Final
2:25 p.m. 60m (W) Final
2:35 p.m. 600m (M)
2:45 p.m. 600m (W)
2:55 p.m. 800m (M)
3:05 p.m. 800m (W)
3:20 p.m. 200m (M)
3:30 p.m. 200m (W)
3:40 p.m. 3000m (M)
3:55 p.m. 3000m (W)
4:15 p.m. 1600m Relay (M)
4:30 p.m. 1600m Relay (W)

Cougar Indoor Meet Information:

1. 60m hurdles Men - Winners from the 4 Qualifying heats and next 4 fastest times advance from Qualifying to 2 Prelims (where top 8 times already entered).
Prelim Heat winners and next 6 fastest times advance to Final.
2. 60m hurdles Women - Winners from 5 Qualifying heat plus next 3 fastest times advance from Qualifying to 2 Prelims (where top 8 already entered)
Prelim Heat winners and next 6 fastest times advance to Final.
3. 60m dash Men – Winners from each of 8 Qualifying heats plus next 8 fastest times advance from Qualifying to 4 Prelims (where top 16 already entered).
Prelim Heat winners and next 4 fastest times advance to Final.
4. 60m dash Women – Winners from each of 7 Qualifying heats plus next 9 fastest times advance to from Qualifying to 4 Prelims (where top 16 already entered).
Prelim Heat winners and next 4 fastest times advance to Final.

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Event 1 Indoor Pentathlon: #1 Women 60 Meter Hurdles (8)****Friday 2/3/2017 - 12:30 PM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	563 Martinez, Sarah	Whitworth	NT
2	68 Ortega, HarLee	Central Wash	NT
3	515 Schauble, Lindsey	Washington S	NT
4	36 Anderson, Ali	Central Wash	NT
5	488 Harper, Liz	Washington S	NT
6	134 Wright, Annie	George Fox	NT
7	173 Sapp, Jenny	Lewis-Clark	NT
8	381 Pauls, Sophie	Trinity West	NT

Event 1 Indoor Pentathlon: #2 Women High Jump (8)**Friday 2/3/2017 - 1:10 PM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	36 Anderson, Ali	Central Wash	NH
2	68 Ortega, HarLee	Central Wash	NH
3	381 Pauls, Sophie	Trinity West	NH
4	563 Martinez, Sarah	Whitworth	NH
5	488 Harper, Liz	Washington S	NH
6	515 Schauble, Lindsey	Washington S	NH
7	173 Sapp, Jenny	Lewis-Clark	NH
8	134 Wright, Annie	George Fox	NH

Event 1 Indoor Pentathlon: #3 Women Shot Put (8)**Friday 2/3/2017 - 2:30 PM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	173 Sapp, Jenny	Lewis-Clark	ND
2	36 Anderson, Ali	Central Wash	ND
3	488 Harper, Liz	Washington S	ND
4	134 Wright, Annie	George Fox	ND
5	563 Martinez, Sarah	Whitworth	ND
6	381 Pauls, Sophie	Trinity West	ND
7	515 Schauble, Lindsey	Washington S	ND
8	68 Ortega, HarLee	Central Wash	ND

Event 1 Indoor Pentathlon: #4 Women Long Jump (8)**Friday 2/3/2017 - 3:40 PM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	173 Sapp, Jenny	Lewis-Clark	ND
2	515 Schauble, Lindsey	Washington S	ND
3	134 Wright, Annie	George Fox	ND
4	381 Pauls, Sophie	Trinity West	ND
5	68 Ortega, HarLee	Central Wash	ND
6	563 Martinez, Sarah	Whitworth	ND
7	36 Anderson, Ali	Central Wash	ND
8	488 Harper, Liz	Washington S	ND

Event 1 Indoor Pentathlon: #5 Women 800 Meter Run (8)**Friday 2/3/2017 - 4:50 PM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	488 Harper, Liz	Washington S	NT
2	68 Ortega, HarLee	Central Wash	NT
3	134 Wright, Annie	George Fox	NT
4	563 Martinez, Sarah	Whitworth	NT
5	381 Pauls, Sophie	Trinity West	NT
6	36 Anderson, Ali	Central Wash	NT
7	515 Schauble, Lindsey	Washington S	NT
8	173 Sapp, Jenny	Lewis-Clark	NT

Event 2 Heptathlon: #1 Men 60 Meter Dash (8)**Friday 2/3/2017 - 1:30 PM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	499 Littles, Ray	Washington S	NT
2	474 Dodig, Dino	Washington S	NT
3	160 Lanning, Owen	Lewis-Clark	NT
4	47 Forster, Michael	Central Wash	NT
5	146 Bonner, Kurtis	Lewis-Clark	NT
6	565 McGill, Lucas	Whitworth	NT
7	307 Blakeley, Tyler	Spokane CC	NT
8	493 Johnson, Nick	Washington S	NT

Event 2 Heptathlon: #2 Men Long Jump (8)**Friday 2/3/2017 - 2:10 PM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	474 Dodig, Dino	Washington S	ND
2	565 McGill, Lucas	Whitworth	ND
3	146 Bonner, Kurtis	Lewis-Clark	ND
4	307 Blakeley, Tyler	Spokane CC	ND
5	493 Johnson, Nick	Washington S	ND
6	160 Lanning, Owen	Lewis-Clark	ND
7	47 Forster, Michael	Central Wash	ND
8	499 Littles, Ray	Washington S	ND

Event 2 Heptathlon: #3 Men Shot Put (8)**Friday 2/3/2017 - 3:30 PM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	499 Littles, Ray	Washington S	ND
2	160 Lanning, Owen	Lewis-Clark	ND
3	474 Dodig, Dino	Washington S	ND
4	565 McGill, Lucas	Whitworth	ND
5	307 Blakeley, Tyler	Spokane CC	ND
6	47 Forster, Michael	Central Wash	ND
7	493 Johnson, Nick	Washington S	ND
8	146 Bonner, Kurtis	Lewis-Clark	ND

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Event 2 Heptathlon: #4 Men High Jump (8)****Friday 2/3/2017 - 4:30 PM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	565 McGill, Lucas	Whitworth	NH
2	307 Blakeley, Tyler	Spokane CC	NH
3	474 Dodig, Dino	Washington S	NH
4	493 Johnson, Nick	Washington S	NH
5	146 Bonner, Kurtis	Lewis-Clark	NH
6	499 Littles, Ray	Washington S	NH
7	47 Forster, Michael	Central Wash	NH
8	160 Lanning, Owen	Lewis-Clark	NH

Event 2 Heptathlon: #5 Men 60 Meter Hurdles (8)**Saturday 2/4/2017 - 10:00 AM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	499 Littles, Ray	Washington S	NT
2	47 Forster, Michael	Central Wash	NT
3	160 Lanning, Owen	Lewis-Clark	NT
4	493 Johnson, Nick	Washington S	NT
5	146 Bonner, Kurtis	Lewis-Clark	NT
6	474 Dodig, Dino	Washington S	NT
7	307 Blakeley, Tyler	Spokane CC	NT
8	565 McGill, Lucas	Whitworth	NT

Event 2 Heptathlon: #6 Men Pole Vault (8)**Saturday 2/4/2017 - 10:45 AM**

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	499 Littles, Ray	Washington S	NH
2	47 Forster, Michael	Central Wash	NH
3	307 Blakeley, Tyler	Spokane CC	NH
4	146 Bonner, Kurtis	Lewis-Clark	NH
5	160 Lanning, Owen	Lewis-Clark	NH
6	474 Dodig, Dino	Washington S	NH
7	493 Johnson, Nick	Washington S	NH
8	565 McGill, Lucas	Whitworth	NH

Event 2 Heptathlon: #7 Men 1000 Meter Run (8)**Saturday 2/4/2017 - 12:50 PM**

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	146 Bonner, Kurtis	Lewis-Clark	NT
2	47 Forster, Michael	Central Wash	NT
3	474 Dodig, Dino	Washington S	NT
4	307 Blakeley, Tyler	Spokane CC	NT
5	499 Littles, Ray	Washington S	NT
6	565 McGill, Lucas	Whitworth	NT
7	493 Johnson, Nick	Washington S	NT
8	160 Lanning, Owen	Lewis-Clark	NT

Event 3 Men Weight Throw (23)**Friday 2/3/2017 - 12:45 PM****Meet Record: 21.26m 2007****Matthew Wauters**

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	398 Beerbaum, Galen	U. Calgary	13.31m
2	559 Hubbard, Jacob	Whitworth	14.29m
3	409 Grenon, Josh	U. Calgary	ND
4	313 Dyfort, Alex	Spokane CC	12.30m
5	99 Horn, Alex	George Fox	11.00m
6	115 Morrell, Aidan	George Fox	13.00m
7	127 Shull, Adam	George Fox	13.50m
8	304 Allen, Andrew	Spokane CC	13.12m
9	343 Skogen, Tyler	Spokane CC	13.15m
10	395 Banks, Liam	U. Calgary	14.13m
11	88 Dalzell, Caleb	George Fox	13.50m

Flight 2 of 2 Finals

1	462 Brown, Amani	Washington S	15.90m
2	577 Unland, Kirk	Wyoming	18.80m
3	575 Frketich, Hap	Wyoming	17.60m
4	76 Tafoya, Armando	Central Wash	17.92m
5	475 Eager, Brock	Washington S	19.97m
6	538 Lee, Bryan	Western Wash	17.22m
7	503 Meyring, Wyatt	Washington S	16.62m
8	500 Mahama, Adam	Washington S	18.24m
9	510 Pickett, Travis	Washington S	18.33m
10	469 Crites, Derek	Washington S	14.89m
11	551 Carlson, Kolton	Whitworth	14.62m
12	75 Tafoya, Alberto	Central Wash	14.50m

Event 4 Men 4x200 Meter Relay (3)**Friday 2/3/2017 - 2:00 PM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Trinity West	A	1:26.81
	1) 353 Ayin, Nicholas	2) 362 George, Nathan	
	3) 375 Linde, James	4) 367 Innes, Calum	
2	Trinity West	B	1:26.81
	1) 356 Brown, Denzel	2) 383 Postma, Aaron	
	3) 378 Matties, Landon	4) 388 Weiss, Chris	
4	U. Calgary	A	1:29.82
	1) 397 Bechir, Montasir	2) 402 Brown, Jared	
	3) 407 Frank, Cole	4) 408 Gall, Alex	

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Event 5 Women 4x200 Meter Relay (2)****Friday 2/3/2017 - 2:05 PM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Trinity West	A	1:41.28
	1) 351 Adeleye, Mowalola	2) 368 Jerome, Rachel	
	3) 374 Li, Emma	4) 361 Evans, Madison	
4	U. Calgary	A	1:41.91
	1) 412 Hernandez, Isabella	2) 417 Kolodinsky, Jamie	
	3) 419 Kretzer, Megan	4) 401 Brown, Chyna	

Event 6 Men 4x800 Meter Relay (5)**Friday 2/3/2017 - 2:10 PM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Trinity West	B	7:46.11
	1) 363 Gin, Jordan	2) 370 Kits, Aidan	
	3) 379 Neufeld, Levi	4) 357 Colyn, Nick	
2	U. Calgary	A	7:50.00
	1) 428 Quinn, Colton	2) 410 Grieco, Ryan	
	3) 430 Yarmuch, Evan	4) 415 Justinen, Roman	
3	Trinity West	A	7:46.11
	1) 371 Lam, James	2) 376 Marshall, Adam	
	3) 359 de Jong, Tyler	4) 389 White, Declan	
4	Lewis-Clark	A	7:47.12
	1) 143 Barrett, Nehemiah	2) 150 Corneloup, Guillaume	
	3) 151 Davis, Joey	4) 180 Styner, Jesse	
5	U. Calgary	B	8:00.00
	1) 416 Kiyonaga, Tyler	2) 411 Guidinger, Jonathan	
	3) 426 Ord, Greg	4) 418 Kondro, Doug	

Event 7 Women 4x800 Meter Relay (5)**Friday 2/3/2017 - 2:25 PM**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Trinity West	B	8:52.76
	1) 380 Noort, Claire	2) 382 Piercy, Jordyn	
	3) 392 Williams, Joanna	4) 377 Martens, Mirelle	
2	Trinity West	A	8:52.76
	1) 364 Harradine, Meg	2) 386 Shuttleworth, Rachel	
	3) 387 Smart, Mikaela	4) 385 Shannon, Jennifer	
3	U. Calgary	A	9:00.00
	1) 396 Baraskewich, Jessica	2) 394 Banister, Sydney	
	3) 405 Dixon, Emma	4) 393 Anderson, Kate	
4	Lewis-Clark	A	9:19.24
	1) 164 Maslen, Kendall	2) 167 McWilliams, Patryce	
	3) 178 Skiles, Katelynn	4) 185 Wingert, Alanni	
5	U. Calgary	B	9:05.00
	1) 422 Manor, Meghan	2) 403 Browne, Madeleine	
	3) 406 Forman, Sarah	4) 404 Cook-Clarke, Emma	

Event 8 Women Weight Throw (19)**Friday 2/3/2017 - 4:30 PM****Meet Record: 18.28m 2014****Kaytlyn Coleman**

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	203 Wright, Kailey	Linfield	12.03m
2	552 Carlson, Sierra	Whitworth	11.83m
3	495 Krouse, Kaitlin	Washington S	12.25m
4	161 Lay, JeaDa	Lewis-Clark	11.84m
5	43 Dodge, Brittany	Central Wash	11.31m
6	458 Bell, Stacia	Washington S	13.29m
7	73 Sitton, Mikaela	Central Wash	12.46m
8	65 Mumford, Angela	Central Wash	13.31m
9	427 Poscente, Sophia	U. Calgary	13.30m
10	573 Vick, Haley	Whitworth	11.75m

Flight 2 of 2 Finals

1	502 Martin, Aoife	Washington S	14.42m
2	51 Homer, Aiyana	Central Wash	16.24m
3	448 Tukuafu, Lovely	Unattached	13.34m
4	526 Wardsworth, Katie	Washington S	17.15m
5	155 Hernandez, Clarissa	Lewis-Clark	14.76m
6	556 Ford, LaDrea	Whitworth	13.77m
7	576 Malm-Annan, Emelda	Wyoming	19.59m
8	305 Allred, Elisha	Spokane CC	15.00m
9	539 Mortensen, Megan	Western Wash	14.79m

Event 9 Women Long Jump (28)**Friday 2/3/2017 - 4:30 PM****Meet Record: 5.94m 2006****Michelle Sanford**

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	135 DeMattos, Chrislyn	Lewis & Clar	ND
2	140 Marshal, Ty	Lewis & Clar	4.51m
3	382 Piercy, Jordyn	Trinity West	5.02m
4	201 Sten, Jocelyn	Linfield	4.53m
5	108 Larsen, Lis	George Fox	5.19m
6	77 Vongsaveng, Mariyah	Central Wash	5.15m
7	341 Russell, Megan	Spokane CC	4.72m
8	138 Locey, Rachelle	Lewis & Clar	4.95m
9	264 Powdrell, Nia	Portland Sta	ND
10	176 Sink, Helene	Lewis-Clark	4.69m
11	78 Walts, Rose	Central Wash	ND
12	421 Ly, Ashley	U. Calgary	4.95m
13	139 Marler, Kara	Lewis & Clar	4.74m
14	174 Saxton, Rebecca	Lewis-Clark	4.66m

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Flight 2 of 2 Finals...(Event 9 Women Long Jump (28))**

1	413 Horton, Skylar	U. Calgary	5.32m
2	374 Li, Emma	Trinity West	5.40m
3	81 Williams, Brooke	Central Wash	5.20m
4	28 Porch, Hannah	Carroll	5.60m
5	506 Newman, Lauren	Washington S	5.48m
6	7 Drew, Lacey	Carroll	5.23m
7	489 Hogan, McKenna	Washington S	5.66m
8	57 Joy, Juliana	Central Wash	5.27m
9	200 Shirley, Maddie	Linfield	5.21m
10	456 Alsop, Greer	Washington S	5.73m
11	417 Kolodinsky, Jamie	U. Calgary	5.60m
12	96 Greene, Asia	George Fox	6.08m
13	368 Jerome, Rachel	Trinity West	5.54m
14	63 Meadows, Shaddia	Central Wash	5.10m

Event 10 Women Pole Vault (26)**Friday 2/3/2017 - 5:00 PM****Meet Record: 4.20m 2005****Ebbie Metzinger**

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	372 Lapointe, Makaila	Trinity West	2.75m
2	477 Felix, Kristine	Washington S	4.26m
3	6 Cundith, Terah	Carroll	3.65m
4	350 Wright, Stephanie	Spokane CC	3.72m
5	514 Scharmann, Molly	Washington S	3.60m
6	465 Carnahan, Danielle	Washington S	3.53m
7	124 Robertson, Sierra	George Fox	3.72m
8	480 Frost, Katelyn	Washington S	3.70m
9	189 Galli, Joanna	Linfield	3.42m
10	54 Irvine, Halle	Central Wash	3.20m
11	543 Roberts, Rachael	Western Wash	3.23m
12	337 Perry, Alexis	Spokane CC	3.30m
13	470 Crockem, Marguerite	Washington S	NH
14	541 Paradee, Anna	Western Wash	3.68m
15	423 Maylan, Ashley	U. Calgary	3.10m
16	352 Alkema, Chloe	Trinity West	3.08m
17	92 French, Lexi	George Fox	3.15m
18	194 McDaniel, Olivia	Linfield	3.45m
19	46 Emmert, McKenna	Central Wash	3.83m
20	400 Bewski, Nicole	U. Calgary	3.61m
21	131 Weatherford, Kylie	George Fox	3.57m
22	529 Andersen, Amanda	Western Wash	3.50m
23	34 Vischer, Madi	Carroll	3.20m
24	360 Dunford, Kirsten	Trinity West	3.53m
25	540 Oliquiano, Jewels	Western Wash	3.27m
26	361 Evans, Madison	Trinity West	3.70m

Event 11 Men Long Jump (30)**Friday 2/3/2017 - 6:00 PM****Meet Record: 7.53m 2012****Stephan Scott-Ellis**

Pos	Name	School	Seed Mark
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Flight 1 of 2 Finals

1	329 Miller, Josh	Spokane CC	5.85m
2	383 Postma, Aaron	Trinity West	6.46m
3	106 LaMadrid, Noah	George Fox	6.36m
4	40 Bullo, Nick	Central Wash	6.20m
5	157 Hites, Tristan	Lewis-Clark	5.82m
6	147 Boozer, Joel	Lewis-Clark	ND
7	321 Jones, Randy	Spokane CC	6.35m
8	314 Field, Alan	Spokane CC	5.88m
9	433 Anderson-De Avila, K	Unattached	5.75m
10	80 Whittaker, Zach	Central Wash	6.22m
11	441 Guerrette, Mason	Unattached	6.50m
12	356 Brown, Denzel	Trinity West	6.17m
13	126 Seymour, Cameron	George Fox	6.40m
14	420 Lethebe, Gregory	U. Calgary	6.46m
15	438 Dildine, Ian	Unattached	5.95m

Flight 2 of 2 Finals

1	516 Schulz, Josh	Washington S	6.90m
2	375 Linde, James	Trinity West	7.01m
3	69 Plummer, Luke	Central Wash	7.06m
4	467 Colbert, Josh	Washington S	6.83m
5	308 Bowden, Parker	Spokane CC	6.81m
6	74 Steuk, Garret	Central Wash	6.71m
7	461 Brixey, Sam	Washington S	6.88m
8	325 Larson, Bradley	Spokane CC	6.62m
9	345 Swillie, Isaac	Spokane CC	6.66m
10	114 Morikawa, Michael	George Fox	6.82m
11	181 Thieme, Falk	Lewis-Clark	6.82m
12	384 Sept, Nolan	Trinity West	6.52m
13	326 Lovitt, Dekker	Spokane CC	6.96m
14	93 Geiger, Devin	George Fox	6.63m
15	424 Nkwonta, Sody	U. Calgary	6.81m

Event 12 Men 60 Meter Hurdles QUALIFYING: (28)**Saturday 2/4/2017 - 10:05 AM**

Lane	Name	School	Seed Time
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Section 1 of 4 Finals

2	278 Wilder, Antoine	Portland Sta	8.91
3	532 Cummings, Cordell	Western Wash	8.85
4	147 Boozer, Joel	Lewis-Clark	8.41
5	2 Anderson, Bryan	Carroll	8.52
6	104 Koch, John	George Fox	9.12
7	171 Rider, Clint	Lewis-Clark	11.33
8	558 Hope, Jackson	Whitworth	9.67

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Section 2 of 4 Finals...(Event 12 Men 60 Meter Hurdles QUALIFYING)**

2	301 Wells, Matt	Puget Sound	8.44
3	268 Robinson, Donte	Portland Sta	8.87
4	441 Guerrette, Mason	Unattached	9.75
5	71 Scott, Trevaughn	Central Wash	8.69
6	198 Patterson, Max	Linfield	9.05
7	40 Bullo, Nick	Central Wash	9.13
8	561 Larson, Dane	Whitworth	12.22

Section 3 of 4 Finals

2	181 Thieme, Falk	Lewis-Clark	9.81
3	91 Fillmore, Henry	George Fox	8.90
4	100 Hughes, Thomas	George Fox	9.10
5	287 Cobb, Graham	Puget Sound	NT
6	256 Golaube, Kamal	Portland Sta	8.50
7	19 Kailey, Keven	Carroll	8.72
8	530 Bosscher, Aaron	Western Wash	9.17

Section 4 of 4 Finals

2	97 Guild, David	George Fox	9.10
3	325 Larson, Bradley	Spokane CC	NT
4	355 Boyd, David	Trinity West	8.50
5	339 Roddewig, Sam	Spokane CC	9.95
6	202 Vicknair, Taylor	Linfield	8.90
7	121 Proctor, Jon	George Fox	8.80
8	158 Jammerman, Tristan	Lewis-Clark	9.41

Event 13 Women 60 Meter Hurdles QUALIFYING (36)**Saturday 2/4/2017 - 10:20 AM**

Lane Name	School	Seed Time
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Section 1 of 5 Finals

1	322 Kalda, Natalie	Spokane CC	9.87
2	33 Sturgess, Rhiannon	Carroll	9.31
3	549 Brase, Kayla	Whitworth	10.19
4	63 Meadows, Shaddia	Central Wash	NT
5	176 Sink, Helene	Lewis-Clark	10.06
6	38 Banfro, Tianna	Central Wash	9.15
7	173 Sapp, Jenny	Lewis-Clark	9.55
8	400 Bewski, Nicole	U. Calgary	NT

Section 2 of 5 Finals

2	564 McConnell, Alexandra	Whitworth	10.24
3	39 Bland, Emily	Central Wash	9.45
4	306 Arlt, Jordyn	Spokane CC	9.68
5	310 Cartee, Anna	Spokane CC	9.90
6	200 Shirley, Maddie	Linfield	10.65
7	229 Lee, Kelsey	Pacific (Ore)	10.10
8	423 Maylan, Ashley	U. Calgary	9.19

Section 3 of 5 Finals

2	223 Hammond, Shannon	Pacific (Ore)	9.94
3	317 Hatchett, Mertece	Spokane CC	9.47
4	186 Cameron, Baylie	Linfield	10.12
5	544 Svastisalee, Deja	Western Wash	10.34
6	78 Walts, Rose	Central Wash	9.70
7	534 Hunt, Mckenna	Western Wash	9.20
8	192 Knight, Josie	Linfield	11.05

Section 4 of 5 Finals

2	331 Nelson, Maggie	Spokane CC	12.70
3	226 Hoiland, Jenna	Pacific (Ore)	9.98
4	32 Schulz, Allie	Carroll	10.14
5	267 Richey, Ta'Mara	Portland Sta	9.54
6	443 Kohr, Allie	Unattached	9.22
7	36 Anderson, Ali	Central Wash	9.70
8	56 Jeffs, Jenna	Central Wash	10.50

Section 5 of 5 Finals

2	107 Landry, Mckenna	George Fox	NT
3	130 Swilley, Alissa	George Fox	10.50
4	84 Buhler, Dakota	George Fox	9.55
5	311 Clark, Isabel	Spokane CC	10.04
6	382 Piercy, Jordyn	Trinity West	9.22
7	134 Wright, Annie	George Fox	9.75
8	550 Callan, Maggie	Whitworth	10.16

Event 14 Men 60 Meter Dash QUALIFYING (64)**Saturday 2/4/2017 - 10:35 AM**

Lane Name	School	Seed Time
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Section 1 of 8 Finals

1	101 Hyatt, Collin	George Fox	7.15
2	329 Miller, Josh	Spokane CC	7.60
3	314 Field, Alan	Spokane CC	7.46
4	348 Vigasaa, Kody	Spokane CC	7.51
5	106 LaMadrid, Noah	George Fox	7.39
6	234 Price, Garret	Pacific (Ore)	7.23
7	281 Wood, Christian	Portland Sta	7.33
8	207 Kochis, Michael	Multnomah	7.76

Section 2 of 8 Finals

1	145 Blankenship, Quaid	Lewis-Clark	7.27
2	287 Cobb, Graham	Puget Sound	7.47
3	82 Davis, Aaron	Christ Life	7.33
4	561 Larson, Dane	Whitworth	7.64
5	414 Ilius, Ralph	U. Calgary	7.39
6	282 Barnes, Sean	Puget Sound	7.51
7	254 Gable, Mitchell	Portland Sta	7.15
8	285 Branham, Chris	Puget Sound	7.80

Section 3 of 8 Finals

1	535 Jones, Daniel	Western Wash	7.39
2	169 Pell, Clayton	Lewis-Clark	7.47
3	2 Anderson, Bryan	Carroll	7.34
4	536 Knox, Stedman	Western Wash	7.15
5	71 Scott, Trevaughn	Central Wash	7.27
6	181 Thieme, Falk	Lewis-Clark	7.67
7	315 Fields, Nehemiah	Spokane CC	7.84
8	271 Simpson, Justin	Portland Sta	7.53

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Section 4 of 8 Finals...(Event 14 Men 60 Meter Dash QUALI**

1	95 Gray, Chris	George Fox	7.40
2	301 Wells, Matt	Puget Sound	7.27
3	26 Osborne, Josiah	Carroll	7.34
4	74 Steuk, Garret	Central Wash	7.16
5	230 Muller, Bailey	Pacific (Ore	7.69
6	206 Gardner, Travis	Multnomah	7.90
7	507 Niehenke, Collin	Washington S	7.49
8	321 Jones, Randy	Spokane CC	7.53

Section 5 of 8 Finals

1	157 Hites, Tristan	Lewis-Clark	7.49
2	93 Geiger, Devin	George Fox	7.35
3	132 Wilson, Jonathan	George Fox	7.40
4	407 Frank, Cole	U. Calgary	7.28
5	286 Branham, Steven	Puget Sound	7.71
6	325 Larson, Bradley	Spokane CC	7.53
7	224 Harbison, Colton	Pacific (Ore	7.99
8	440 Garner, Tre	Unattached	7.17

Section 6 of 8 Finals

1	572 Sturtevant, Jacob	Whitworth	7.36
2	40 Bullo, Nick	Central Wash	7.30
3	342 Sanchez, Carlos	Spokane CC	7.54
4	263 Park, Se Min	Portland Sta	7.17
5	187 Davisson, Hayden	Linfield	7.71
6	91 Fillmore, Henry	George Fox	NT
7	347 Tolentino, John	Spokane CC	7.42
8	Guerrette, Mason	Lewis-Clark	NT

Section 7 of 8 Finals

1	204 Camacho, Isaiah	Multnomah	7.43
2	128 Soo, David	George Fox	7.30
3	114 Morikawa, Michael	George Fox	7.19
4	275 Tropio, Tanner	Portland Sta	7.38
5	312 Dezelle, Drew	Spokane CC	7.56
6	339 Roddewig, Sam	Spokane CC	7.76
7	273 Toku, Kodzo	Portland Sta	NT
8	240 Stanley, Dalton	Pacific (Ore	7.50

Section 8 of 8 Finals

1	326 Lovitt, Dekker	Spokane CC	7.43
2	345 Swillie, Isaac	Spokane CC	7.19
3	438 Dildine, Ian	Unattached	7.33
4	129 Steeves, Micah	George Fox	7.60
5	332 Noble, Wil	Spokane CC	7.76
6	558 Hope, Jackson	Whitworth	NT
7	202 Vicknair, Taylor	Linfield	7.51
8	183 Weeks, Sam	Lewis-Clark	7.39

Event 15 Women 60 Meter Dash QUALIFYING (51)**Saturday 2/4/2017 - 10:55 AM**

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Seed Time</u>
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Section 1 of 7 Finals

1	567 Medallada, Kameha	Whitworth	8.28
2	96 Greene, Asia	George Fox	8.01
3	391 Wiens, Jamie	Trinity West	NT
4	149 Brouwers, Mattie	Lewis-Clark	8.20
5	194 McDaniel, Olivia	Linfield	8.60
6	141 Seagren, Rachel	Lewis & Clar	NT
7	566 McPherson, Natalie	Whitworth	9.06
8	554 Cool, Sarah	Whitworth	8.39

Section 2 of 7 Finals

1	337 Perry, Alexis	Spokane CC	8.40
2	44 Doss, Aujanique	Central Wash	8.20
3	11 Endy, Brooke	Carroll	8.03
4	138 Locey, Rachelle	Lewis & Clar	9.13
5	192 Knight, Josie	Linfield	8.63
6	53 Inderbitzin, Julia	Central Wash	8.31
7	136 Godbout, Nicole	Lewis & Clar	NT
8	322 Kalda, Natalie	Spokane CC	NT

Section 3 of 7 Finals

2	550 Callan, Maggie	Whitworth	8.33
3	186 Cameron, Baylie	Linfield	NT
4	108 Larsen, Lis	George Fox	8.07
5	574 Wolter, Paige	Whitworth	8.23
6	297 Pham, Kat	Puget Sound	10.24
7	555 Currin, Taylor	Whitworth	8.42
8	174 Saxton, Rebecca	Lewis-Clark	8.67

Section 4 of 7 Finals

2	124 Robertson, Sierra	George Fox	NT
3	165 Mayer, Cierra	Lewis-Clark	8.33
4	201 Sten, Jocelyn	Linfield	8.74
5	259 Jackson, Maya	Portland Sta	NT
6	528 Allen, Macie	Western Wash	8.08
7	292 Joseph, Anna	Puget Sound	8.47
8	401 Brown, Chyna	U. Calgary	8.24

Section 5 of 7 Finals

2	298 Prasil, Emily	Puget Sound	8.86
3	238 Smith, Marissa	Pacific (Ore	8.37
4	123 Ristau, Julia	George Fox	NT
5	531 Bradley, Hannah	Western Wash	8.10
6	131 Weatherford, Kylie	George Fox	NT
7	317 Hatchett, Mertece	Spokane CC	8.24
8	21 Minudri, Isabella	Carroll	8.49

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Section 6 of 7 Finals...(Event 15 Women 60 Meter Dash Qualifying)**

2	279 Williams, Brandi	Portland Sta	8.25
3	57 Joy, Juliana	Central Wash	8.37
4	92 French, Lexi	George Fox	NT
5	134 Wright, Annie	George Fox	8.15
6	350 Wright, Stephanie	Spokane CC	8.53
7	116 Norell, Kyla	George Fox	NT
8	330 Nagata, Kiana	Spokane CC	8.91

Section 7 of 7 Finals

1	351 Adeleye, Mowalola	Trinity West	8.20
2	560 Jentz, Kathryn	Whitworth	8.25
3	306 Arlt, Jordyn	Spokane CC	NT
4	320 Jones, Nikki	Spokane CC	8.55
5	300 Stills, Megan	Puget Sound	8.99
6	283 Bays, Logan	Puget Sound	8.39
7	571 Shaffer, Mary Claire	Whitworth	NT

Event 16 Men High Jump (18)**Saturday 2/4/2017 - 11:00 AM****Meet Record: 2.24m 2010****Trent Arrivey**

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	433 Anderson-De Avila, K	Unattached	1.75m
2	242 Twigg-Smith, George	Pacific (Ore)	1.93m
3	286 Branham, Steven	Puget Sound	1.85m
4	40 Bullo, Nick	Central Wash	NH
5	171 Rider, Clint	Lewis-Clark	1.87m
6	321 Jones, Randy	Spokane CC	1.67m
7	476 English, Max	Washington S	2.00m
8	121 Proctor, Jon	George Fox	1.85m
9	181 Thieme, Falk	Lewis-Clark	1.75m
10	520 Smith, Cole	Washington S	2.05m
11	147 Boozer, Joel	Lewis-Clark	1.83m
12	487 Halligan, Keelan	Washington S	2.00m
13	429 Unruh, Colin	U. Calgary	2.05m
14	133 Wolfe, Jacoby	George Fox	2.03m
15	479 Fredrickson, Peyton	Washington S	2.06m
16	87 Canchola, Alex	George Fox	1.90m
17	366 Humprey, Stephen	Trinity West	1.91m
18	93 Geiger, Devin	George Fox	1.96m

Event 17 Men Shot Put (26)**Saturday 2/4/2017 - 11:00 AM****Meet Record: 19.68m 2007****Russ Winger**

Pos	Name	School	Seed Mark
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Flight 1 of 2 Finals

1	59 Landis, Kodiak	Central Wash	11.77m
2	40 Bullo, Nick	Central Wash	ND
3	241 Taylor, Izaiya	Pacific (Ore)	11.20m
4	235 Schwartz, Austin	Pacific (Ore)	11.32m
5	304 Allen, Andrew	Spokane CC	11.85m
6	233 Patterson, Chase	Pacific (Ore)	11.89m
7	287 Cobb, Graham	Puget Sound	ND
8	301 Wells, Matt	Puget Sound	ND
9	213 Duvall, Jacob	Pacific (Ore)	11.61m
10	47 Forster, Michael	Central Wash	11.41m
11	227 Huffman, Josh	Pacific (Ore)	12.00m
12	343 Skogen, Tyler	Spokane CC	10.75m
13	398 Beerbaum, Galen	U. Calgary	12.07m

Flight 2 of 2 Finals

1	395 Banks, Liam	U. Calgary	12.67m
2	436 Cain, Aidan	Unattached	12.19m
3	313 Dyfort, Alex	Spokane CC	14.19m
4	492 Jackson, Tyler	Washington S	15.02m
5	409 Grenon, Josh	U. Calgary	12.68m
6	191 Jesko, Anthony	Linfield	12.94m
7	193 Lieder, Jeff	Linfield	15.13m
8	88 Dalzell, Caleb	George Fox	13.92m
9	99 Horn, Alex	George Fox	12.44m
10	464 Callaghan, Jake	Washington S	16.52m
11	76 Tafoya, Armando	Central Wash	16.15m
12	75 Tafoya, Alberto	Central Wash	14.00m
13	10 Emter, Chris	Carroll	16.57m

Event 18 Men 5000 Meter Run (11)**Saturday 2/4/2017 - 11:15 AM**

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	152 Deal, Seth	Lewis-Clark	15:28.70
2	52 Humphries, Tyler	Central Wash	15:28.73
3	112 Meyer, Josh	George Fox	15:30.00
4	447 Taylor, Nik	Unattached	15:30.00
5	30 Ryerson, Layne	Carroll	15:35.00
6	85 Burton, Chris	George Fox	15:45.00
7	177 Skiles, Chad	Lewis-Clark	16:16.06
8	231 Naegeli, Logan	Pacific (Ore)	16:19.49
9	215 Eisenbeis, Kyle	Pacific (Ore)	16:20.59
10	154 Handel, Jonny	Lewis-Clark	16:23.60
11	547 Waheed, Alex	Whitman	16:45.00

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Event 19 Women 5000 Meter Run (7)****Saturday 2/4/2017 - 11:35 AM**

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	72 Shindruk, Alexa	Central Wash	17:31.27
2	239 Spencer, Stephenie	Pacific (Ore	18:01.79
3	102 Jokumsen, Maci	George Fox	18:30.00
4	29 Reid, Janie	Carroll	18:40.23
5	113 Moore, Kayla	George Fox	18:50.00
6	94 Gibbs, Rachel	George Fox	19:10.00
7	435 Bullard, Paige	Unattached	19:22.00

Event 20 Men Triple Jump (25)**Saturday 2/4/2017 - 12:00 PM****Meet Record: 15.98m 2012****Stephan Scott-Ellis**

Pos	Name	School	Seed Mark
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Flight 1 of 2 Finals

1	242 Twigg-Smith, George	Pacific (Ore	12.89m
2	312 Dezelle, Drew	Spokane CC	12.43m
3	438 Dildine, Ian	Unattached	12.98m
4	324 Lange, Layton	Spokane CC	12.69m
5	346 Taylor, Kaleb	Spokane CC	12.95m
6	569 Otterholt, Ryan	Whitworth	13.04m
7	561 Larson, Dane	Whitworth	12.94m
8	384 Sept, Nolan	Trinity West	13.06m
9	218 Felix, Gaige	Pacific (Ore	12.79m
10	281 Wood, Christian	Portland Sta	ND
11	219 Furst, Alec	Pacific (Ore	12.00m
12	271 Simpson, Justin	Portland Sta	ND

Flight 2 of 2 Finals

1	420 Lethebe, Gregory	U. Calgary	14.19m
2	478 Flores, Robby	Washington S	14.67m
3	383 Postma, Aaron	Trinity West	13.79m
4	325 Larson, Bradley	Spokane CC	13.15m
5	132 Wilson, Jonathan	George Fox	13.30m
6	80 Whittaker, Zach	Central Wash	14.09m
7	467 Colbert, Josh	Washington S	14.53m
8	356 Brown, Denzel	Trinity West	14.15m
9	69 Plummer, Luke	Central Wash	15.06m
10	326 Lovitt, Dekker	Spokane CC	13.15m
11	273 Toku, Kodzo	Portland Sta	14.51m
12	424 Nkwonta, Sody	U. Calgary	14.45m
13	542 Ringold, Jacob	Western Wash	13.65m

Event 21 Men 60 Meter Hurdles (8)**8 Advance: Top 1 Each Heat plus Next 6 Best Times****Saturday 2/4/2017 - 12:00 PM****Meet Record: 7.88 2009****Robert Williams**

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

3	501 Markham, Ian	Washington S	8.17
4	485 Grant, Christapherson	Washington S	8.20
5	308 Bowden, Parker	Spokane CC	8.32
6	454 Allen, CJ	Washington S	8.04

Heat 2 of 2 Prelims

3	494 Kamara, Abu	Washington S	7.95
4	408 Gall, Alex	U. Calgary	8.32
5	461 Brixey, Sam	Washington S	7.93
6	367 Innes, Calum	Trinity West	8.02

Event 22 Women 60 Meter Hurdles (8)**8 Advance: Top 1 Each Heat plus Next 6 Best Times****Saturday 2/4/2017 - 12:10 PM****Meet Record: 8.06 2006****Virginia Powell**

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

3	419 Kretzer, Megan	U. Calgary	8.95
4	188 Edge, Dallas	Linfield	8.82
5	77 Vongsaveng, Mariyah	Central Wash	8.72
6	246 Anderson, Akayla	Portland Sta	8.40

Heat 2 of 2 Prelims

3	351 Adeleye, Mowalola	Trinity West	9.11
4	79 Weems, Erykah	Central Wash	8.98
5	511 Quinn, ShaRaya	Washington S	8.86
6	105 Kraske, Rachael	George Fox	8.92

Event 23 Men 60 Meter Dash (16)**8 Advance: Top 1 Each Heat plus Next 4 Best Times****Saturday 2/4/2017 - 12:20 PM****Meet Record: 6.69 2006****James McSwain**

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

3	482 Gardner, Ethan	Washington S	6.97
5	109 Lott, Vernon	George Fox	7.10
6	521 Smith, Zach	Washington S	6.93
7	545 Taylor, Alex	Western Wash	6.98

Heat 2 of 4 Prelims

3	269 Schmidt, Spenser	Portland Sta	7.00
5	375 Linde, James	Trinity West	6.90
6	126 Seymour, Cameron	George Fox	7.10
7	59 Landis, Kodiak	Central Wash	7.11

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Heat 3 of 4 Prelims...(Event 23 Men 60 Meter Dash (16))**

2	466 Charles, Ja'Maun	Washington S	6.76
3	318 Herford, Zech	Spokane CC	7.05
5	353 Ayin, Nicholas	Trinity West	7.02
6	362 George, Nathan	Trinity West	6.95
7	195 Mihelich, Jake	Linfield	7.05

Heat 4 of 4 Prelims

2	67 Ooley, Kyler	Central Wash	6.94
4	486 Green, Jonnie	Washington S	6.97
5	460 Brinkley, Jamal	Washington S	7.14

Event 24 Women 60 Meter Dash (16)**8 Advance: Top 1 Each Heat plus Next 4 Best Times****Saturday 2/4/2017 - 12:30 PM****Meet Record: 7.33 2006****Virginia Powell**

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

2	28 Porch, Hannah	Carroll	7.82
3	48 Garcia, Madison	Central Wash	7.81
5	471 Darden, Danielle	Washington S	7.55
6	368 Jerome, Rachel	Trinity West	8.01
7	264 Powdrell, Nia	Portland Sta	7.80

Heat 2 of 4 Prelims

3	270 Settle, Genna	Portland Sta	7.50
5	188 Edge, Dallas	Linfield	7.99
6	518 Silliman, Tierney	Washington S	7.86
7	481 Gaffney, Regyn	Washington S	7.45

Heat 3 of 4 Prelims

3	446 Saunders, Taira	Unattached	8.00
4	267 Richey, Ta'Mara	Portland Sta	7.81
6	506 Newman, Lauren	Washington S	7.89
7	276 Vinjamuri, Rachel	Portland Sta	7.85

Heat 4 of 4 Prelims

3	452 Whitehall, Allanah	Unattached	7.75
4	524 Tucker, Jordyn	Washington S	7.62
5	79 Weems, Erykah	Central Wash	8.01

Event 25 Men Pole Vault (25)**Saturday 2/4/2017 - 1:00 PM****Meet Record: 5.27m 2010****Lucas Pope**

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	369 Johnston, Glen	Trinity West	3.90m
2	280 Winkle, Keegan	Portland Sta	NH
3	504 Mjelde, Tucker	Washington S	4.80m
4	171 Rider, Clint	Lewis-Clark	4.00m
5	346 Taylor, Kaleb	Spokane CC	4.50m
6	187 Davisson, Hayden	Linfield	4.27m
7	95 Gray, Chris	George Fox	4.32m
8	4 Brady, Keaton	Carroll	4.60m
9	17 Hilborn, Gunnar	Carroll	4.55m
10	129 Steeves, Micah	George Fox	4.10m
11	329 Miller, Josh	Spokane CC	4.25m
12	373 Léveillé, Maxime	Trinity West	4.20m
13	268 Robinson, Donte	Portland Sta	3.55m
14	497 Lewis, Anden	Washington S	4.90m
15	537 Kordas, Gordon	Western Wash	4.81m
16	533 Hino, Jacob	Western Wash	4.85m
17	388 Weiss, Chris	Trinity West	3.90m
18	546 Thomas, Adam	Western Wash	4.51m
19	523 Tom, Kainoa	Washington S	4.60m
20	349 Volk, Ray	Spokane CC	4.10m
21	355 Boyd, David	Trinity West	4.40m
22	104 Koch, John	George Fox	4.20m
23	513 Saleh, Yousef	Washington S	4.50m
24	339 Roddewig, Sam	Spokane CC	4.30m
25	484 Gingerich, Troy	Washington S	4.65m

Event 26 Men 1 Mile Run (49)**Saturday 2/4/2017 - 1:00 PM****Meet Record: 4:08.97 2013****Todd Wakefield**

Lane	Name	School	Seed Time
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Section 1 of 4 Finals

1	296 Monaghan, Liam	Puget Sound	4:47.29
2	293 Kimler, Tommy	Puget Sound	4:49.20
3	553 Karsh, Christian	Whitworth	4:49.61
4	153 Gilbert, David	Lewis-Clark	4:53.00
5	453 Wimpenny, Jacob	Unattached	4:54.26
6	245 Wischnewski, Nico	Pacific (Ore)	4:57.09
7	205 Council, Keegan	Multnomah	4:59.10
8	208 Kochis, Robert	Multnomah	5:02.70
9	251 Cotton, Ethan	Portland Sta	NT
10	260 Jemison, Liam	Portland Sta	NT
11	277 Wikler, Justin	Portland Sta	NT
12	247 Bader, Gabe	Portland Sta	NT
13	258 Hvidsten, Austen	Portland Sta	NT

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Section 2 of 4 Finals...(Event 26 Men 1 Mile Run (49))**

1	150 Corneloup, Guillaume	Lewis-Clark	4:30.00
2	255 Gaskell, Cameron	Portland Sta	4:31.90
3	411 Guidinger, Jonathan	U. Calgary	4:32.33
4	338 Rehm, Domenic	Spokane CC	4:32.69
5	439 Fournier, Eli	Unattached	4:33.00
6	291 Fournier, Isaac	Puget Sound	4:33.19
7	363 Gin, Jordan	Trinity West	4:37.60
8	328 Medellin, Will	Spokane CC	4:37.70
9	23 Mullener, Joe	Carroll	4:39.38
10	295 Monaghan, Jack	Puget Sound	4:40.00
11	340 Rothlisberger, Aaron	Spokane CC	4:42.00
12	237 Slenning, Nick	Pacific (Ore)	4:43.72

Section 3 of 4 Finals

1	357 Colyn, Nick	Trinity West	4:22.00
2	248 Biedebach, Michael	Portland Sta	4:22.89
3	473 Dean, Cameron	Washington S	4:23.52
4	119 Patterson, Ethan	George Fox	4:25.00
5	447 Taylor, Nik	Unattached	4:25.00
6	272 Stafford, Andrew	Portland Sta	4:25.00
7	55 Javier, Kaleb	Central Wash	4:25.29
8	60 Leaf, Ron	Central Wash	4:26.00
9	257 Hornecker, Alec	Portland Sta	4:26.68
10	209 Larabee, Daniel	Multnomah	4:27.70
11	416 Kiyonaga, Tyler	U. Calgary	4:28.58
12	253 Emeterio, Jacob	Portland Sta	4:29.00

Section 4 of 4 Finals

1	522 Tadesse, Nathan	Washington S	4:08.69
2	389 White, Declan	Trinity West	4:08.77
3	379 Neufeld, Levi	Trinity West	4:11.30
4	525 Wadhwani, Nathan	Washington S	4:11.98
5	415 Justinen, Roman	U. Calgary	4:15.98
6	468 Cooper, Andrew	Washington S	4:17.32
7	266 Richardson, Ben	Portland Sta	4:18.72
8	430 Yarmuch, Evan	U. Calgary	4:19.08
9	358 de Jong, Caleb	Trinity West	4:19.23
10	118 Parr, Christian	George Fox	4:20.00
11	172 Ryan, Nolan	Lewis-Clark	4:21.36
12	250 Cisneros, Alejandro	Portland Sta	4:21.92

Event 27 Women 1 Mile Run (37)**Saturday 2/4/2017 - 1:20 PM****Meet Record: 4:44.31 2014****Hannah Kiser**

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Seed Time</u>
Section 1 of 3 Finals			
1	385 Shannon, Jennifer	Trinity West	5:38.13
2	66 Nelson, Miranda	Central Wash	5:40.00
3	45 DuPras, Samantha	Central Wash	5:40.00
4	302 Wildon, Terra	Puget Sound	5:40.00
5	62 McKinney, Kaitlyn	Central Wash	5:40.00
6	232 O'Neal, Sophia	Pacific (Ore)	5:49.18
7	290 Eshelman, Hannah	Puget Sound	5:54.10
8	50 Gundersen, Kelsey	Central Wash	6:00.00
9	221 Greene, Dani	Pacific (Ore)	6:27.48
10	217 Farley, Airl	Pacific (Ore)	6:36.00
11	261 Martin, Kennedy	Portland Sta	NT
12	265 Reynolds, Jocelyn	Portland Sta	NT
13	249 Chaplin, Alana	Portland Sta	NT

Section 2 of 3 Finals

1	422 Manor, Meghan	U. Calgary	5:17.00
2	406 Forman, Sarah	U. Calgary	5:18.00
3	24 Mundel, Samantha	Carroll	5:18.87
4	72 Shindruk, Alexa	Central Wash	5:22.00
5	70 Rexus, Stephanie	Central Wash	5:25.00
6	49 Gomez, Elena	Central Wash	5:25.00
7	178 Skiles, Katelynn	Lewis-Clark	5:25.27
8	252 De Luca, Nevina	Portland Sta	5:25.38
9	42 Clem, Delaney	Central Wash	5:26.00
10	61 Liebel, Brenna	Central Wash	5:26.44
11	387 Smart, Mikaela	Trinity West	5:29.02
12	390 Wiens, Cheryl	Trinity West	5:35.00

Section 3 of 3 Finals

1	377 Martens, Mirelle	Trinity West	4:52.33
2	12 Esposito, Leah	Carroll	4:55.29
3	404 Cook-Clarke, Emma	U. Calgary	4:55.77
4	483 Gaudin, Marie	Washington S	5:00.80
5	274 Trapp, Cheryn	Portland Sta	5:03.33
6	562 Leland, Kayla	Whitworth	5:06.07
7	262 Medved, Sarah	Portland Sta	5:10.00
8	393 Anderson, Kate	U. Calgary	5:10.00
9	512 Redfield, Alexis	Washington S	5:13.06
10	394 Banister, Sydney	U. Calgary	5:14.00
11	505 Myers, Tracy	Washington S	5:14.32
12	392 Williams, Joanna	Trinity West	5:16.48

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Event 28 Women High Jump (20)****Saturday 2/4/2017 - 1:30 PM****Meet Record: 1.75m 2010 Holly Parent**

Pos	Name	School	Seed	Mark
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Flight 1 of 1 Finals

1	31 Schmidt, Crystal	Carroll	1.65m
2	399 Berscht, Rachel	U. Calgary	1.60m
3	425 Ochosky, Brianna	U. Calgary	1.60m
4	417 Kolodinsky, Jamie	U. Calgary	1.70m
5	176 Sink, Helene	Lewis-Clark	1.36m
6	63 Meadows, Shaddia	Central Wash	1.51m
7	174 Saxton, Rebecca	Lewis-Clark	1.51m
8	472 Davis, Kiana	Washington S	1.79m
9	490 Holmes, Lateah	Washington S	1.74m
10	336 Pakootas, Olivia	Spokane CC	1.55m
11	322 Kalda, Natalie	Spokane CC	1.48m
12	89 Davies, Sarah	George Fox	1.55m
13	317 Hatchett, Mertece	Spokane CC	1.50m
14	391 Wiens, Jamie	Trinity West	1.50m
15	223 Hammond, Shannon	Pacific (Ore	1.61m
16	310 Cartee, Anna	Spokane CC	1.50m
17	351 Adeleye, Mowalola	Trinity West	1.59m
18	130 Swilley, Alissa	George Fox	1.45m
19	319 Johnson, Shannon	Spokane CC	1.48m
20	125 Schroeder, Victoria	George Fox	1.56m

Event 29 Women Shot Put (32)**Saturday 2/4/2017 - 1:30 PM****Meet Record: 16.13m 2006 Karen Freeberg**

Pos	Name	School	Seed	Mark
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Flight 1 of 3 Finals

1	63 Meadows, Shaddia	Central Wash	7.38m
2	161 Lay, JeaDa	Lewis-Clark	9.38m
3	432 Marchment, Mckenna	UNAT-Portlan	ND
4	431 Liber, Ashley	UNAT-Portlan	ND
5	176 Sink, Helene	Lewis-Clark	9.04m
6	427 Poscente, Sophia	U. Calgary	10.00m
7	182 Valladarez, Savannah	Lewis-Clark	8.77m
8	78 Walts, Rose	Central Wash	ND
9	196 Mize, MaKenzie	Linfield	10.05m
10	203 Wright, Kailey	Linfield	9.81m

Flight 2 of 3 Finals

1	305 Allred, Elisha	Spokane CC	11.00m
2	155 Hernandez, Clarissa	Lewis-Clark	11.55m
3	448 Tukuafu, Lovely	Unattached	10.79m
4	36 Anderson, Ali	Central Wash	10.10m
5	192 Knight, Josie	Linfield	11.27m
6	200 Shirley, Maddie	Linfield	11.55m
7	211 Church, Dianna	Pacific (Ore	11.72m
8	212 Du, Karen	Pacific (Ore	11.58m
9	73 Sitton, Mikaela	Central Wash	10.70m
10	43 Dodge, Brittany	Central Wash	10.90m
11	58 La Rue, Samantha	Central Wash	11.06m

Flight 3 of 3 Finals

1	51 Homer, Aiyana	Central Wash	12.65m
2	463 Brown, Chrisshnay	Washington S	12.49m
3	568 Openiano, Danielle	Whitworth	13.07m
4	159 Kana, Olivia	Lewis-Clark	12.69m
5	134 Wright, Annie	George Fox	11.91m
6	539 Mortensen, Megan	Western Wash	12.95m
7	20 Krueger, Tessa	Carroll	12.05m
8	65 Mumford, Angela	Central Wash	12.20m
9	556 Ford, LaDrea	Whitworth	11.76m
10	31 Schmidt, Crystal	Carroll	12.84m
11	564 McConnell, Alexandr	Whitworth	12.15m

Event 30 Men 400 Meter Dash (28)**Saturday 2/4/2017 - 1:50 PM****Meet Record: 48.28 2013 Ben Ayesu-Attah**

Lane	Name	School	Seed	Time
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Section 1 of 5 Finals

3	324 Lange, Layton	Spokane CC	NT
4	332 Noble, Wil	Spokane CC	56.00
5	335 Ovnicek, Conley	Spokane CC	58.46
6	299 Steffen, Avery	Puget Sound	58.48

Section 2 of 5 Finals

1	323 Kopplin, Tim	Spokane CC	55.00
2	437 Campbell, Brendan	Unattached	53.40
3	378 Matties, Landon	Trinity West	53.00
4	216 Engle, Langston	Pacific (Ore	52.14
5	418 Kondro, Doug	U. Calgary	52.56
6	144 Bencomo, Ariel	Lewis-Clark	52.76

Section 3 of 5 Finals

1	27 Pendergast, Daniel	Carroll	51.98
2	190 Irby, Jonathan	Linfield	51.89
3	354 Barker, Coleton	Trinity West	51.80
4	334 Olney, Riley	Spokane CC	51.20
5	100 Hughes, Thomas	George Fox	51.27
6	59 Landis, Kodiak	Central Wash	51.30

Section 4 of 5 Finals

1	370 Kits, Aidan	Trinity West	51.19
2	508 Nienhuis, Jake	Washington S	51.15
3	137 Johnson, Bryce	Lewis & Clar	51.00
4	37 Arndt, Darren	Central Wash	50.00
5	397 Bechir, Montasir	U. Calgary	50.92
6	455 Allen, Corey	Washington S	51.00

Section 5 of 5 Finals

1	570 Robinson-McClure, Ja	Whitworth	49.48
2	348 Vigasaa, Kody	Spokane CC	49.33
3	110 May, Kenny	George Fox	48.82
4	434 Ayesu-Attah, Benjami	Unattached	46.20
5	362 George, Nathan	Trinity West	46.54
6	195 Mihelich, Jake	Linfield	46.61

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Event 31 Women Triple Jump (22)****Saturday 2/4/2017 - 2:00 PM****Meet Record: 12.49m 2006****Michelle Sanford**

Pos	Name	School	Seed	Mark
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Flight 1 of 2 Finals

1	138 Locey, Rachelle	Lewis & Clar	10.49m
2	226 Hoiland, Jenna	Pacific (Ore	10.55m
3	135 DeMattos, Chrislyn	Lewis & Clar	9.61m
4	421 Ly, Ashley	U. Calgary	10.40m
5	140 Marshal, Ty	Lewis & Clar	10.19m
6	107 Landry, Mckenna	George Fox	10.40m
7	139 Marler, Kara	Lewis & Clar	10.53m
8	288 Culliney, Alli	Puget Sound	ND
9	236 Servoss, Bailey	Pacific (Ore	10.30m
10	298 Prasil, Emily	Puget Sound	10.26m
11	89 Davies, Sarah	George Fox	10.68m

Flight 2 of 2 Finals

1	223 Hammond, Shannon	Pacific (Ore	11.15m
2	22 Moore, Annika	Carroll	11.60m
3	351 Adeleye, Mowalola	Trinity West	11.40m
4	549 Brase, Kayla	Whitworth	11.68m
5	456 Alsop, Greer	Washington S	12.67m
6	413 Horton, Skylar	U. Calgary	11.23m
7	472 Davis, Kiana	Washington S	12.66m
8	267 Richey, Ta'Mara	Portland Sta	12.10m
9	84 Buhler, Dakota	George Fox	11.83m
10	116 Norell, Kyla	George Fox	11.10m
11	81 Williams, Brooke	Central Wash	10.99m

Event 32 Women 400 Meter Dash (33)**Saturday 2/4/2017 - 2:05 PM****Meet Record: 55.78 2008****Carol Rodriguez**

Lane	Name	School	Seed	Time
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Section 1 of 6 Finals

4	310 Cartee, Anna	Spokane CC	1:06.21
5	386 Shuttleworth, Rachel	Trinity West	NT
6	142 Slaidina, Anna	Lewis & Clar	NT

Section 2 of 6 Finals

1	341 Russell, Megan	Spokane CC	1:06.00
2	186 Cameron, Baylie	Linfield	1:04.67
3	57 Joy, Juliana	Central Wash	1:04.33
4	289 Cummings, Mara	Puget Sound	1:03.00
5	382 Piercy, Jordyn	Trinity West	1:03.11
6	77 Vongsaveng, Mariyah	Central Wash	1:03.86

Section 3 of 6 Finals

1	309 Brown, Kelly	Spokane CC	1:02.86
2	199 Petersen, Taylor	Linfield	1:02.77
3	311 Clark, Isabel	Spokane CC	1:02.43
4	38 Banfro, Tianna	Central Wash	1:01.34
5	86 Calavan, Macadia	George Fox	1:01.50
6	1 Aguirre, Jessica	Carroll	1:01.71

Section 4 of 6 Finals

1	122 Rasubala, Kiana	George Fox	1:01.10
2	39 Bland, Emily	Central Wash	1:01.00
3	403 Browne, Madeleine	U. Calgary	1:00.86
4	284 Bradlina, Emery	Puget Sound	59.31
5	544 Svastisalee, Deja	Western Wash	59.41
6	53 Inderbitzin, Julia	Central Wash	59.88

Section 5 of 6 Finals

1	459 Bradley, Adreonia	Washington S	59.17
2	364 Harradine, Meg	Trinity West	58.90
3	214 Eberhardt, Megan	Pacific (Ore	58.88
4	396 Baraskewich, Jessica	U. Calgary	58.20
5	344 Strobe, Harley	Spokane CC	58.50
6	405 Dixon, Emma	U. Calgary	58.60

Section 6 of 6 Finals

1	149 Brouwers, Mattie	Lewis-Clark	57.90
2	35 White, Monica	Carroll	57.01
3	9 Ehmann, Keely	Carroll	56.97
4	3 Barth, Kara	Carroll	55.27
5	25 Olson, Brianna	Carroll	56.57
6	103 King, Sarah	George Fox	56.92

Event 33 Men 600 Meter Run (16)**Saturday 2/4/2017 - 2:35 PM**

Lane	Name	School	Seed	Time
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Section 1 of 2 Finals

1	225 Higinbotham, Sean	Pacific (Ore	1:27.06
2	55 Javier, Kaleb	Central Wash	1:29.00
3	333 Oates, Chris	Spokane CC	1:30.00
4	209 Larabee, Daniel	Multnomah	1:34.50
5	205 Council, Keegan	Multnomah	1:43.50
6	208 Kochis, Robert	Multnomah	1:44.64
7	340 Rothlisberger, Aaron	Spokane CC	NT
8	323 Kopplin, Tim	Spokane CC	NT

Section 2 of 2 Finals

1	359 de Jong, Tyler	Trinity West	1:20.50
2	370 Kits, Aidan	Trinity West	1:22.50
3	354 Barker, Coleton	Trinity West	1:24.00
4	378 Matties, Landon	Trinity West	1:24.00
5	8 Dunley, Jack	Carroll	1:24.27
6	180 Styner, Jesse	Lewis-Clark	1:25.40
7	60 Leaf, Ron	Central Wash	1:25.50
8	316 Handfield, Derian	Spokane CC	1:27.00

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Event 34 Women 600 Meter Run (7)****Saturday 2/4/2017 - 2:45 PM**

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	386 Shuttleworth, Rachel	Trinity West	1:36.08
2	364 Harradine, Meg	Trinity West	1:36.23
3	380 Noort, Claire	Trinity West	1:42.00
4	15 Hammermeister, Abby	Carroll	1:42.12
5	56 Jeffs, Jenna	Central Wash	1:45.00
6	61 Liebel, Brenna	Central Wash	1:47.00
7	162 Litton, McKinley	Lewis-Clark	NT

Event 35 Men 800 Meter Run (30)**Saturday 2/4/2017 - 2:55 PM****Meet Record: 1:52.82 2005****Alex McClary**

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

1	363 Gin, Jordan	Trinity West	2:03.15
2	23 Mullener, Joe	Carroll	2:03.42
3	168 Ondo, Louie	Lewis-Clark	2:04.88
4	148 Briant, Laithan	Lewis-Clark	2:07.16
5	153 Gilbert, David	Lewis-Clark	2:08.63
6	243 Ungermann, Nicholas	Pacific (Ore)	2:13.82
7	171 Rider, Clint	Lewis-Clark	NT
8	370 Kits, Aidan	Trinity West	NT
9	359 de Jong, Tyler	Trinity West	NT
10	181 Thieme, Falk	Lewis-Clark	NT

Section 2 of 3 Finals

1	379 Neufeld, Levi	Trinity West	1:57.65
2	16 Hecker, Darren	Carroll	1:58.05
3	151 Davis, Joey	Lewis-Clark	1:58.62
4	357 Colyn, Nick	Trinity West	1:59.00
5	172 Ryan, Nolan	Lewis-Clark	1:59.99
6	447 Taylor, Nik	Unattached	2:00.00
7	150 Corneloup, Guillaume	Lewis-Clark	2:01.00
8	358 de Jong, Caleb	Trinity West	2:01.25
9	291 Fournier, Isaac	Puget Sound	2:02.00
10	295 Monaghan, Jack	Puget Sound	2:03.00

Section 3 of 3 Finals

1	120 Polk, Chris	George Fox	1:52.92
2	371 Lam, James	Trinity West	1:53.16
3	557 Harper, Daniel	Whitworth	1:54.47
4	143 Barrett, Nehemiah	Lewis-Clark	1:54.79
5	83 Ashford, Romare	George Fox	1:55.00
6	376 Marshall, Adam	Trinity West	1:55.47
7	428 Quinn, Colton	U. Calgary	1:55.56
8	71 Scott, Trevaughn	Central Wash	1:56.20
9	519 Simpson, Alex	Washington S	1:56.30
10	18 Hyatt, Chance	Carroll	1:57.16

Event 36 Women 800 Meter Run (27)**Saturday 2/4/2017 - 3:05 PM****Meet Record: 2:10.05 2014****Liga Velvere**

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

1	14 Gardner, Amelia	Carroll	2:32.03
2	527 Wynne, Brea	Washington S	2:34.42
3	68 Ortega, HarLee	Central Wash	2:36.14
4	167 McWilliams, Patryce	Lewis-Clark	2:36.17
5	380 Noort, Claire	Trinity West	2:38.00
6	222 Hall, Cece	Pacific (Ore)	2:44.05
7	220 Gillespie, Elaina	Pacific (Ore)	2:44.89
8	176 Sink, Helene	Lewis-Clark	2:53.37
9	385 Shannon, Jennifer	Trinity West	3:28.00

Section 2 of 3 Finals

1	111 McKibbin, Samantha	George Fox	2:24.00
2	79 Weems, Erykah	Central Wash	2:25.00
3	303 Wise, Alison	Puget Sound	2:25.00
4	377 Martens, Mirelle	Trinity West	2:26.00
5	178 Skiles, Katelynn	Lewis-Clark	2:26.70
6	387 Smart, Mikaela	Trinity West	2:27.00
7	302 Wildon, Terra	Puget Sound	2:27.81
8	185 Wingert, Alanni	Lewis-Clark	2:29.87
9	164 Maslen, Kendall	Lewis-Clark	2:30.75

Section 3 of 3 Finals

1	517 Schulz, Marlow	Washington S	2:09.91
2	562 Leland, Kayla	Whitworth	2:10.99
3	12 Esposito, Leah	Carroll	2:13.29
4	284 Bradlina, Emery	Puget Sound	2:15.15
5	405 Dixon, Emma	U. Calgary	2:17.46
6	505 Myers, Tracy	Washington S	2:19.23
7	13 Fifield, Macala	Carroll	2:19.92
8	117 Parks, Megan	George Fox	2:22.00
9	228 Knoll, Jessica	Pacific (Ore)	2:22.12

Event 37 Men 200 Meter Dash (43)**Saturday 2/4/2017 - 3:20 PM****Meet Record: 21.59 2005****Darren Woods**

Lane	Name	School	Seed Time
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Section 1 of 8 Finals

4	315 Fields, Nehemiah	Spokane CC	26.81
5	299 Steffen, Avery	Puget Sound	NT
6	561 Larson, Dane	Whitworth	NT

Section 2 of 8 Finals

3	335 Ovnicek, Conley	Spokane CC	26.77
4	158 Jammerman, Tristan	Lewis-Clark	25.50
5	206 Gardner, Travis	Multnomah	25.83
6	198 Patterson, Max	Linfield	26.06

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Section 3 of 8 Finals...(Event 37 Men 200 Meter Dash (43))**

1	558 Hope, Jackson	Whitworth	25.00
2	347 Tolentino, John	Spokane CC	24.93
3	202 Vicknair, Taylor	Linfield	24.88
4	314 Field, Alan	Spokane CC	24.57
5	82 Davis, Aaron	Christ Life	24.73
6	282 Barnes, Sean	Puget Sound	24.73

Section 4 of 8 Finals

1	342 Sanchez, Carlos	Spokane CC	24.55
2	207 Kochis, Michael	Multnomah	24.43
3	334 Olney, Riley	Spokane CC	24.35
4	414 Ilius, Ralph	U. Calgary	23.76
5	441 Guerrette, Mason	Unattached	23.99
6	345 Swillie, Isaac	Spokane CC	24.18

Section 5 of 8 Finals

1	183 Weeks, Sam	Lewis-Clark	23.59
2	285 Branham, Chris	Puget Sound	23.51
3	204 Camacho, Isaiah	Multnomah	23.47
4	169 Pell, Clayton	Lewis-Clark	23.29
5	318 Herford, Zech	Spokane CC	23.35
6	407 Frank, Cole	U. Calgary	23.37

Section 6 of 8 Finals

1	157 Hites, Tristan	Lewis-Clark	23.27
2	397 Bechir, Montasir	U. Calgary	23.24
3	128 Soo, David	George Fox	23.00
4	37 Arndt, Darren	Central Wash	22.95
5	145 Blankenship, Quaid	Lewis-Clark	22.98
6	40 Bullo, Nick	Central Wash	23.00

Section 7 of 8 Finals

1	402 Brown, Jared	U. Calgary	22.94
2	366 Humphrey, Stephen	Trinity West	22.90
3	451 Welch, Orion	Unattached	22.86
4	74 Steuk, Garret	Central Wash	22.55
5	26 Osborne, Josiah	Carroll	22.79
6	572 Sturtevant, Jacob	Whitworth	22.84

Section 8 of 8 Finals

1	67 Ooley, Kyler	Central Wash	22.54
2	101 Hyatt, Collin	George Fox	22.50
3	570 Robinson-McClure, Ja	Whitworth	22.44
4	109 Lott, Vernon	George Fox	21.78
5	353 Ayin, Nicholas	Trinity West	22.22
6	535 Jones, Daniel	Western Wash	22.36

Event 38 Women 200 Meter Dash (43)**Saturday 2/4/2017 - 3:30 PM****Meet Record: 24.34 2006****Carol Rodriguez****Lane Name School Seed Time****Section 1 of 8 Finals**

4	142 Slaidina, Anna	Lewis & Clar	NT
5	365 Hodson, Anneka	Trinity West	NT
6	309 Brown, Kelly	Spokane CC	NT

Section 2 of 8 Finals

3	141 Seagren, Rachel	Lewis & Clar	NT
4	300 Stills, Megan	Puget Sound	30.67
5	449 Vong, Sharonna May	Unattached	31.08
6	297 Pham, Kat	Puget Sound	34.89

Section 3 of 8 Finals

1	571 Shaffer, Mary Claire	Whitworth	30.38
2	330 Nagata, Kiana	Spokane CC	30.08
3	78 Walts, Rose	Central Wash	29.26
4	162 Litton, McKinley	Lewis-Clark	28.73
5	331 Nelson, Maggie	Spokane CC	28.85
6	320 Jones, Nikki	Spokane CC	29.15

Section 4 of 8 Finals

1	21 Minudri, Isabella	Carroll	28.59
2	199 Petersen, Taylor	Linfield	28.25
3	566 McPherson, Natalie	Whitworth	27.79
4	567 Medallada, Kameha	Whitworth	27.62
5	555 Currin, Taylor	Whitworth	27.62
6	319 Johnson, Shannon	Spokane CC	27.66

Section 5 of 8 Finals

1	554 Cool, Sarah	Whitworth	27.55
2	165 Mayer, Cierra	Lewis-Clark	27.40
3	446 Saunders, Taira	Unattached	27.30
4	238 Smith, Marissa	Pacific (Ore)	26.85
5	289 Cummings, Mara	Puget Sound	27.06
6	401 Brown, Chyna	U. Calgary	27.15

Section 6 of 8 Finals

1	123 Ristau, Julia	George Fox	26.85
2	44 Doss, Aujanique	Central Wash	26.79
3	283 Bays, Logan	Puget Sound	26.75
4	292 Joseph, Anna	Puget Sound	26.62
5	574 Wolter, Paige	Whitworth	26.66
6	131 Weatherford, Kylie	George Fox	26.66

Section 7 of 8 Finals

1	188 Edge, Dallas	Linfield	26.23
2	560 Jentz, Kathryn	Whitworth	26.22
3	550 Callan, Maggie	Whitworth	26.14
4	105 Kraske, Rachael	George Fox	25.45
5	149 Brouwers, Mattie	Lewis-Clark	25.70
6	11 Endy, Brooke	Carroll	26.06

Section 8 of 8 Finals

1	103 King, Sarah	George Fox	25.42
2	412 Hernandez, Isabella	U. Calgary	25.01
3	368 Jerome, Rachel	Trinity West	25.00
4	28 Porch, Hannah	Carroll	24.86
5	419 Kretzer, Megan	U. Calgary	24.90
6	136 Godbout, Nicole	Lewis & Clar	24.92

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Event 39 Men 3000 Meter Run (19)****Saturday 2/4/2017 - 3:40 PM****Meet Record: 8:18.11 2012****Andrew Gonzales**

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	442 Johnson, Connor	Unattached	8:25.00
2	410 Grieco, Ryan	U. Calgary	8:36.76
3	98 Henkel, Brendon	George Fox	8:50.00
4	447 Taylor, Nik	Unattached	9:00.00
5	338 Rehm, Domenic	Spokane CC	9:05.00
6	90 Elmore, Spencer	George Fox	9:05.00
7	163 Lundgren, Karl	Lewis-Clark	9:08.35
8	548 Bingham, Grant	Whitworth	9:08.93
9	445 Mullins, William	Unattached	9:20.00
10	294 Langtry, Andrew	Puget Sound	9:23.27
11	166 McHan, Mike	Lewis-Clark	9:28.87
12	210 Bass, Kaleb	Pacific (Ore)	9:30.45
13	237 Slenning, Nick	Pacific (Ore)	9:31.92
14	175 Simon, Myles	Lewis-Clark	9:33.41
15	296 Monaghan, Liam	Puget Sound	9:37.24
16	5 Cooney, John	Carroll	9:37.36
17	453 Wimpenny, Jacob	Unattached	9:47.26
18	293 Kimler, Tommy	Puget Sound	NT
19	426 Ord, Greg	U. Calgary	NT

Event 40 Women 3000 Meter Run (20)**Saturday 2/4/2017 - 3:55 PM****Meet Record: 9:51.25 2009****Allix Lee-Painter**

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	496 Lash, Morgan	Washington S	10:13.08
2	509 Perez-Bossut, Elizabeth	Washington S	10:19.17
3	72 Shindruk, Alexa	Central Wash	10:19.96
4	457 Aquino, Brittany	Washington S	10:20.35
5	70 Rexus, Stephanie	Central Wash	10:23.87
6	49 Gomez, Elena	Central Wash	10:26.06
7	491 Hruska, Melissa	Washington S	10:30.86
8	42 Clem, Delaney	Central Wash	10:55.00
9	197 Neal, Kaelia	Linfield	11:04.75
10	244 Wallace, Serena	Pacific (Ore)	11:07.90
11	41 Carlson, Brenna	Central Wash	11:11.00
12	170 Peterson, Jessica	Lewis-Clark	11:14.44
13	327 Marquardt, Kaylee	Spokane CC	11:15.00
14	156 Herring, Natalie	Lewis-Clark	11:37.65
15	179 Starr, Melissa	Lewis-Clark	11:51.81
16	450 Wanke, Kristen	Unattached	12:00.00
17	498 Lindberg, Mallori	Washington S	12:11.10
18	444 Lindquist, Signe	Unattached	12:45.00
19	184 Weishaar, Jamey	Lewis-Clark	12:46.05
20	290 Eshelman, Hannah	Puget Sound	NT

Event 41 Men 4x400 Meter Relay (13)**Saturday 2/4/2017 - 4:15 PM****Meet Record: 3:16.34 2009****Utah State****Z. Hevner, B. Waller, J. Allred, N. Karren**

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

4	Puget Sound	A	3:35.00
1) 287 Cobb, Graham	2) 301 Wells, Matt		
3) 295 Monaghan, Jack	4) 291 Fournier, Isaac		
5	Spokane CC	B	3:35.00
1) 307 Blakeley, Tyler	2) 308 Bowden, Parker		
3) 323 Kopplin, Tim	4) 340 Rothlisberger, Aaron		
6	Multnomah	A	3:39.17
1) 204 Camacho, Isaiah	2) 206 Gardner, Travis		
3) 207 Kochis, Michael	4) 209 Larabee, Daniel		

Section 2 of 3 Finals

2	Pacific (Ore)	A	3:31.26
1) 225 Higinbotham, Sean	2) 216 Engle, Langston		
3) 230 Muller, Bailey	4) 240 Stanley, Dalton		
3	Central Wash	B	3:30.00
1) 55 Javier, Kaleb	2) 52 Humphries, Tyler		
3) 67 Ooley, Kyler	4) 74 Steuk, Garret		
4	U. Calgary	A	3:25.00
1) 397 Bechir, Montasir	2) 428 Quinn, Colton		
3) 402 Brown, Jared	4) 418 Kondro, Doug		
5	Lewis-Clark	A	3:25.23
1) 168 Ondo, Louie	2) 180 Styner, Jesse		
3) 144 Bencomo, Ariel	4) 143 Barrett, Nehemiah		
6	Linfield	A	3:30.00
1) 190 Irby, Jonathan	2) 202 Vicknair, Taylor		
3) 195 Mihelich, Jake	4) 198 Patterson, Max		

Section 3 of 3 Finals

2	Spokane CC	A	3:25.00
1) 348 Vigasaa, Kody	2) 334 Olney, Riley		
3) 316 Handfield, Derian	4) 333 Oates, Chris		
3	Carroll	A	3:23.12
1) 27 Pendergast, Daniel	2) 8 Dunley, Jack		
3) 2 Anderson, Bryan	4) 16 Hecker, Darren		
4	Whitworth	A	3:16.36
1) 572 Sturtevant, Jacob	2) 570 Robinson-McClure, Jale		
3) 557 Harper, Daniel	4) 558 Hope, Jackson		
5	George Fox	A	3:17.15
1) 110 May, Kenny	2) 104 Koch, John		
3) 100 Hughes, Thomas	4) 120 Polk, Chris		
6	Central Wash	A	3:18.77
1) 37 Arndt, Darren	2) 40 Bullo, Nick		
3) 60 Leaf, Ron	4) 71 Scott, Trevaughn		

Cougar Indoor Invitational - 2/3/2017 to 2/4/2017**Cougar Indoor
Pullman, Washington
Meet Program****Event 42 Women 4x400 Meter Relay (15)****Saturday 2/4/2017 - 4:45 PM****Meet Record: 3:46.07 2013 WSU****Watley, Winfrey, Keel, Fermin**

Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
2	Central Wash	D	4:36.00
	1) 45 DuPras, Samantha	2) 50 Gundersen, Kelsey	
	3) 66 Nelson, Miranda	4) 62 McKinney, Kaitlyn	
3	Whitworth	B	4:30.00
	1) 554 Cool, Sarah	2) 555 Currin, Taylor	
	3) 564 McConnell, Alexandra	4) 574 Wolter, Paige	
4	Pacific (Ore)	A	4:14.27
	1) 214 Eberhardt, Megan	2) 228 Knoll, Jessica	
	3) 238 Smith, Marissa	4) 229 Lee, Kelsey	
5	Central Wash	C	4:15.00
	1) 64 Medows, Shaddia	2) 61 Liebel, Brenna	
	3) 78 Walts, Rose	4) 57 Joy, Juliana	
6	Puget Sound	A	4:25.00
	1) 289 Cummings, Mara	2) 303 Wise, Alison	
	3) 302 Wildon, Terra	4) 284 Bradlina, Emery	
Section 2 of 3 Finals			
2	Spokane CC	A	4:14.00
	1) 306 Arlt, Jordyn	2) 319 Johnson, Shannon	
	3) 309 Brown, Kelly	4) 344 Strobe, Harley	
3	Linfield	A	4:10.00
	1) 186 Cameron, Baylie	2) 200 Shirley, Maddie	
	3) 199 Petersen, Taylor	4) 194 McDaniel, Olivia	
4	Central Wash	A	3:59.32
	1) 36 Anderson, Ali	2) 38 Banfro, Tianna	
	3) 53 Inderbitzin, Julia	4) 79 Weems, Erykah	
5	Lewis-Clark	A	4:01.52
	1) 165 Mayer, Cierra	2) 178 Skiles, Katelynn	
	3) 174 Saxton, Rebecca	4) 185 Wingert, Alanni	
6	Central Wash	B	4:07.00
	1) 39 Bland, Emily	2) 77 Vongsaveng, Mariyah	
	3) 48 Garcia, Madison	4) 44 Doss, Aujanique	
Section 3 of 3 Finals			
2	Carroll	B	3:58.89
	1) 33 Sturgess, Rhiannon	2) 11 Endy, Brooke	
	3) 28 Porch, Hannah	4) 1 Aguirre, Jessica	
3	George Fox	A	3:56.99
	1) 103 King, Sarah	2) 134 Wright, Annie	
	3) 86 Calavan, Macadia	4) 105 Kraske, Rachael	
4	Carroll	A	3:44.89
	1) 3 Barth, Kara	2) 25 Olson, Brianna	
	3) 35 White, Monica	4) 9 Ehmann, Keely	
5	U. Calgary	A	3:55.00
	1) 412 Hernandez, Isabella	2) 419 Kretzer, Megan	
	3) 396 Baraskewich, Jessica	4) 405 Dixon, Emma	
6	Whitworth	A	3:56.70
	1) 562 Leland, Kayla	2) 560 Jentz, Kathryn	
	3) 550 Callan, Maggie	4) 549 Brase, Kayla	