

2011 GNAC Women's Outdoor Track and Field Championships (May 13-14 at Monmouth)

Team Scores - Seattle Pacific 206 ½, Western Washington 121, Western Oregon 109, Central Washington 97, Northwest Nazarene 88 ½, Alaska Anchorage 86, Simon Fraser 79, MSU Billings 21, Saint Martin's 11.

Saturday's Finals:

100 (**Wind -1.6**) - 1. Kishia Mitchell, SPU, 12.39; 2. Crystal Sims, SPU, 12.52; 3. Madison McClung, WOU, 12.61; 4. Lacey Meusec, WOU, 12.73; 5. Megan Zukowski, WWU, 12.91; 6. Christabel Leonce, NNU, 13.00; 7. Tanya Bjornsson, WWU, 13.27; 8. Chelsea Genter, CWU, 32.25.

200 (**Wind -1.3**) - 1. Kishia Mitchell, SPU, 25.52; 2. Crystal Sims, SPU, 25.58; 3. Lexi Pola, WOU, 25.70; 4. Madison McClung, WOU, 25.93; 5. Eleanor Siler, WWU, 26.15; 6. Lacey Meusec, WOU, 26.29; 7. Christabel Leonce, NNU, 26.41; 8. Myisha Valentine, SPU, 26.65.

400 - 1. Helen Crofts, SFU, 55.25 (meet record, old, 55.45, Mary Pearce, UAA, 2007); 2. Lexi Pola, WOU, 56.53; 3. Brianna Kane, SFU, 56.76; 4. Emily Quatier, SPU, 57.14; 5. Annie Hayward, WOU, 57.75; 6. Valle Ledtke, WWU, 59.01; 7. Eleanor Siler, WWU, 59.28; 8. Myshia Valentine, SPU, 59.35.

800 - 1. Jessica Smith, SFU, 2:09.21; 2. Rachael Johnson, WWU, 2:11.71; 3. Annan Applebee, WOU, 2:12.46; 4. Susan Bick, UAA, 2:13.59; 5. Janelle Everetts, WOU, 2:14.06; 6. Sarah Sawatzky, SFU, 2:14.38; 7. Michaela Kane, SFU, 2:14.72; 8. Brianna Kane, SFU, 2:15.29; 9. Ivy O'Guinn, UAA, 2:15.48.

1500 - 1. Helen Crofts, SFU, 4:25.80; 2. Sarah Porter, WWU, 4:30.32; 3. Lindsey Butterworth, SFU, 4:34.00; 4. Ruth Keino, UAA, 4:34.31; 5. Miriam Kipng'eno, UAA, 4:34.52; 6. Jaclyn Puga, NNU, 4:35.28; 7. Joscelyn Minton, SMU, 4:36.15; 8. Ivy O'Guinn, UAA, 4:37.31; 9. Erika Snawder, WOU, 4:38.53; 10. Emma Bohman, UAA, 4:39.01; 11. Natalie Evans, NNU, 4:42.68; 12. Allison Cutting, SPU, 4:46.80; 13. Katie Thel, MSUB, 4:50.22; 14. Katie Krehlik, UAA, 4:52.38; 15. Meagan Swenson, NNU, 4:53.28; 16. Shena Wald, MSUB, 4:54.29; 17. Erika Copeland, SMU, 4:54.81; 18. Annie Laweryson, SMU, 4:57.11.

5000 - 1. Ruth Keino, UAA, 17:23.81; 2. Miriam Kipng'eno, UAA, 17:29.78; 3. Lauren Breihof, WWU, 17:58.11; 4. Shoshana Keegan, UAA, 18:06.96; 5. Adriana Mendoza, CWU, 18:19.05; 6. Krista Fairbanks, WWU, 18:30.74; 7. Phoebe Hartnett, WWU, 18:32.59; 8. Robin Zeidler, SPU, 18:33.53; 9. Heidi Laabs-Johnson, SPU, 18:34.17; 10. Tricia Morrison, WOU, 18:53.65; 11. Kaitlynn Pecha, SMU, 19:11.35; 12. Sierra Brisky, WWU, 19:16.26; 13. Allison Cutting, SPU, 19:51.44; 14. Amanda Wright, WOU, 19:59.55; Erika Snawder, WOU, did not finish..

100 Hurdles (**Wind +0.7**) - 1. Crystal Sims, SPU, 14.73; 2. Terra Schumacher, SPU, 14.78; 3. Ali Worthen, SPU, 14.95; 4. Haleigh Lloyd, UAA, 15.03; 5. Marie Smith, NNU, 15.16; 6. Tanya Bjornsson, WWU, 15.16; 7. Chelsea Genter, CWU, 15.33; 8. Ardrienna Everett, UAA, 15.39.

400 Hurdles - 1. Kaitlyn Reid, WOU, 1:02.94; 2. Ardrienna Everett, UAA, 1:03.07; 3. Ali Mosher, WOU, 1:03.82; 4. Jennifer Pike, SPU, 1:05.28; 5. Megan O'Connell, WWU, 1:05.58; 6. Haleigh Lloyd, UAA, 1:05.73; 7. Amber Dodd, WWU, 1:06.74; 8. Annie Larlee, NNU, 1:07.17.

4x100 Relay- 1. Seattle Pacific (Kishia Mitchell, Ali Worthen, Emily Quatier, Crystal Sims) 47.23 (meet record, old, 47.73, Western Oregon, 2005); 2. Western Oregon (Madison McClung, Lexi Pola, Kaitlyn Reid, Lacey Meusec) 47.76; 3. Western Washington (Eleanor Siler, Sydney Coffey, Tanya Bjornsson, Megan Zukowski) 48.22; 4. Central Washington (Alexis Ramos, Sarah Takayoshi, Seanna Pitassi, Chelsea Genter) 48.29; 5. Alaska Anchorage (Dianne Chong, Kelsea Johnson, Sasha Halfyard, Haleigh Lloyd) 48.54; 6. Northwest Nazarene (Christabel Leonce, Jasmyn Jewett, Molly Reid, Melissa Grammer) 48.68; 7. Simon Fraser (Andrea Abrahms, Charlotte Crombeen, Brianna Kane, Jessica Smith) 49.71; 8. Montana State Billings (Leah Berry, Kandi Bond, Justine Simons, Erika Halle) 50.32

4x400 Relay - 1. Simon Fraser (Helen Crofts, Jessica Smith, Brianna Kane, Michaela Kane) 3:46.17 (meet record, 3:51.47, Northwest Nazarene, 2008; GNAC record, old 3:49.70, Western Washington, 2009); 2. Seattle Pacific (Kishia Mitchell, Emily Quatier, BryAnne Wochnick, Crystal Sims) 3:50.73; 3. Western Oregon (Janelle Everetts, Annan Applebee, Lexi Pola, Annie Hayward) 3:51.72; 4. Western Washington (Eleanor Siler, Valle Ledtke, Megan O'Connell, Megan Zukowski) 3:53.71; 5. Alaska Anchorage (Sasha Halfyard, Ivy O'Guinn, Susan Bick, Haleigh Lloyd) 3:55.65; 6. Northwest Nazarene (Melissa Grammer, Natalie Evans, Elisa Decker, Shanna Rippy) 3:59.15; 7. Central Washington (Ashlee Sincraugh, Taylor Kartes, Katharine Lotze, Seanna Pitassi) 4:01.84; 8. Montana State Billings (Sarah Jackson, Leah Berry, Justine Simons, Erika Halle) 4:02.55.

High Jump - 1. Ali Worthen, SPU, 1.67 - 5-5 ¾; 2. Katy Gross, SPU, and Katie Pelchar, WOU, 1.62 - 5-3 ¾; 4. Brittany Aanstad, SPU, 1.62 - 5-3 ¾; 5. Rachelle Barnett, SFU, 1.62 - 5-3 ¾; 6. Siri Berg, CWU, and Shelby Napiontek, CWU, 1.52 - 4-11 ¾; 8. Kelsea Johnson, UAA, 1.52 - 4-11 ¾; 9. Brittany Tri, SPU; Taylor Yoro, SMU, and Amanda Overdick, WWU, 1.52 - 4-11 ¾; 12. Tara Ramsey, WWU, and Stacey Pitt, MSUB, 1.52 - 4-11 ¾; 14. Jasmyn Jewett, NNU, and Diepiriye Iworima, SFU, 1.47 - 4-9 ¾. **No Height** - Leah Berry, MSUB; Brooklyn Holton, WWU.

Triple Jump - 1. +Ashley Potter, WOU, 11.82 - 38-9 ½; 2. Jasmyn Jewett, NNU, 11.78 - 38-7 ¾; 3. +Katharine Lotze, CWU, 11.74 - 38-6 ¼; 4. +Maycee Bekkedahl, NNU, 11.43 - 37-6; 5. +Molly Reid, NNU, 11.23 - 36-10 ¼; 6. Ali Worthen, SPU, 11.15 - 36-7; 7. Trinna Miranda, SPU, 11.13 - 36-6 ¼; 8. Julianna Sackeyfio, SMU, 11.10 - 36-5; 9. Dianne Chong, UAA, 11.09 - 36-4 ¾; 10. +Annie Larlee, NNU, 11.04 - 36-2 ¾; 11. Laura Vonarx, NNU, 11.01 - 36-1 ½; 12. Athena Nye, SPU, 10.80 - 35-5 ½; 13. Jill Bennett, NNU, 10.69 - 35-1. (+Wind-aided)

Shot Put - 1. Anica Knispel, MSUB, 14.04 - 46-0 ¾ (meet record, old, 45-8, Krissy Tandle, CWU, 2007); 2. Joy Warrington, NNU, 13.69 - 44-11; 3. Shaina Afoa, CWU, 13.35 - 43-9 ¾; 4. Torrie Self, CWU, 12.77 - 41-10 ¾; 5. Jordan Stueckle, CWU, 12.26 - 40-2 ¾; 6. Kaylee Baumstark, CWU, 12.00 - 39-4 ½; 7. Shayna Shute, NNU, 12.00 - 39-4 ½; 8. Brook Berg, MSUB, 11.85 - 38-10 ½; 9. Annie Martinez, CWU, 11.45 - 37-6 ¾; 10. Alla Dzhidzhieshvil, NNU, 10.76 - 35-3 ¾; 11. Jade Richardson, SFU, 10.75 - 35-3 ¾; 12. Elizabeth Thatcher, SMU, 10.30 - 33-9 ½; 13. Marie Smith, NNU, 9.69 - 31-9 ½; Morgan Kujala, MSUB, fouled.

Hammer - 1. Torrie Self, CWU, 53.48 - 175-5; 2. Lindsay Wells, WWU, 50.00 - 164-0; 3. Carly Dranginis, NNU, 48.62 - 159-6; 4. Shayna Shute, NNU, 47.78 - 156-9; 5. Joy Warrington, NNU, 46.77 - 153-5; 6. Jordan Stueckle, CWU, 46.40 - 152-3; 7. Anica Knispel, MSUB, 43.83 - 143-9; 8. Alicia Hedrick, NNU, 42.99 - 141-0; 9. Kaylee Baumstark, CWU, 41.61 - 136-6; 10. Jacque Korn, CWU, 29.72 - 97-6.

Friday's Finals:

Steeplechase – 1. Jaclyn Puga, NNU, 10:59.37; 2. Emma Bohman, UAA, 11:14.17; 3. Adriana Mendoza, CWU, 11:18.42; 4. Phoebe Hartnett, WWU, 11:25.95; 5. Kristi Fairbanks, WWU, 11:36.38; 6. Meagan Swenson, NNU, 11:40.28; 7. Megan Everetts, WOU, 11:44.30; 8. Jessica Boyer, WWU, 11:50.87; 9. Krysta Carrick, SPU, 11:53.11; 10. Kayla Wilkins, SPU, 12:03.28; 11. Josie Becker, SPU, 12:05.29; 12. Danika Lawson, SMU, 12:10.90; 13. Ashley Rice, CWU, 13:10.86.

10,000 - 1. Sarah Porter, WWU, 36:33.87; 2. Natty Plunkett, SPU, 36:42.08; 3. Lauren Breihof, WWU, 37:00.55; 4. Shoshana Keegan, UAA, 37:03.19; 5. Sierra Brisky, WWU, 37:34.64; 6. Katie Krehlik, UAA, 38:31.56; 7. Amanda Wright, WOU, 38:46.05; 8. Phoebe Hartnett, WWU, 38:54.61; 9. KayAnna Cecchi, WOU, 39:37.90; 10. Kendra Hedges, WWU, 39:47.97; 11. Kim Doerksen, SFU, 40:04.55; 12. Ashley Rendahl, NNU, 40:44.59; 13. Amanda Valera, CWU, 42:59.71.

Pole Vault - 1. Kati Davis, CWU, 3.65 - 11-11 ¾ ; 2. Karis Anderson, WWU, 3.65 - 11-11 ¾ ; 3. Melissa Peaslee, SPU, and Becca Clark, CWU, 3.50 - 11-5 ¾ ; 5. Terra Schumacher, SPU, 3.35 - 10-11 ¾ ; 6. Stacey Pitt, MSUB, 3.35 - 10-11 ¾ ; 7. Hannah Swigart, CWU, 3.20 - 10-6; 8. Loreah Winlow, WWU, 3.20 - 10-6; 9. Jamie Larsen, CWU, 3.05 - 10-0; 10. Jennifer Johnson, SMU, and Miranda Koenes, MSUB, 2.90 - 9-6 ¼ ; 12. Diana DiMarco, WWU, 2.90 - 9-6 ¼ . **No Height** - Amy Jo Puckett, WWU; Tiffany Thomas, MSUB; Elizabeth Howe, WWU; Ashley Egger, NNU; Samantha Hull, SMU.

Long Jump - 1. Ali Worthen, SPU, 5.61 - 18-5; 2. Katy Gross, SPU, 5.55 - 18-2 ½ ; 3. Crystal Sims, SPU, 5.41 - 17-9; 4. Diepiriye Iworima, SFU, 5.40 - 17-8 ¾ ; 5. Trinna Miranda, SPU, 5.38 - 17-8; 6. Molly Reid, NNU, 5.35 - 17-6 ¾ ; 7. Dianne Chong, UAA, 5.30 - 17-4 ¾ ; 8. Tanya Bjornsson, WWU, 5.25 - 17-2 ¾ ; 9. +April Cook-Mackenzie, SFU, 5.16 - 16-11 ¼ ; 10. Jasmyn Jewett, NNU, 5.08 - 16-8; 11. Rachelle Barnett, SFU, 5.06 - 16-7 ¼ ; 12. Kelsea Johnson, UAA, 5.04 - 16-6 ½ ; 13. Charlotte Crombeen, SFU, 4.95 - 16-3; 14. Marie Smith, NNU, 4.93 - 16-2 ¼ ; 15. Brooklyn Holton, WWU, 4.62 - 15-2; 16. Katharine Lotze, CWU, 4.44 - 14-7 (+Indicates wind aided).

Discus - 1. Torrie Self, CWU, 43.78 - 143-8; 2. Elizabeth Thatcher, SMU, 42.83 - 140-6; 3. Shaina Afoa, CWU, 41.67 - 136-8; 4. Joy Warrington, NNU, 40.99 - 134-6; 5. Jade Richardson, SFU, 39.74 - 130-4; 6. Anica Knispel, MSUB, 38.65 - 126-10; 7. Kaylee Baumstark, CWU, 38.15 - 125-2; 8. Shayna Shute, NNU, 37.83 - 124-1; 9. Maggie Roe, WWU, 36.71 - 120-5; 10. Carly Dranginis, NNU, 36.25 - 118-11; 11. Jamilea Kittelmann, MSUB, 35.87 - 117-8; 12. Alla Dzhidzhiyegvil, NNU, 35.72 - 117-2; 13. Marie Smith, NNU, 32.81 - 107-8; 14. Jordan Stueckle, CWU, 31.39 - 103-0; Alexi Halvorson, MSUB, fouled.

Javelin - 1. Monika Gruszecki, WWU, 47.83 - 156-11 (meet record, old, 154-9, Caroline Powers, WOU, 2010); 2. Brittany Aanstad, SPU, 45.55 - 149-5; 3. Amanda Schumaker, WOU, 44.99 - 147-7; 4. Carly Andrews, SPU, 41.66 - 136-8; 5. Michelle Stuart, SFU, 40.36 - 132-5; 6. Justine Mosher, WOU, 40.00 - 131-3; 7. Seabre Church, WOU, 39.94 - 131-0 ; 8. Katy Gross, SPU, 39.01 - 128-0; 9. Brittany Tri, SPU, 38.86 - 127-6; 10. Samantha Hull, SMU, 37.92 - 124-5; 11. Jennifer Pike, SPU, 36.26 - 118-11; 12. Laura Vonarx, NNU, 32.75 - 107-5.

Heptathlon (May 2-3 at Nampa) –1. Ali Worthen, SPU, 4904; 2. Katy Gross, SPU, 4799; 3. Crystal Sims, SPU, 4718; 4. Jennifer Pike, SPU, 4535; 5. Kelsea Johnson, UAA, 4375; 6. Marie Smith, NNU, 4263; 7. Rachelle Barnett, SFU, 4193; 8. Jill Bennett, NNU, 4001; 9. Dianne Chong, UAA, 3954; 10. Ali Mosher, WOU, 3723; 11. Leah Berry, MSUB, 3699; 12. Brooklyn Holton, WWU, 3641; 13. Siri Berg, CWU, 3433; 14. Jessica Padriano, SFU, 3335; 15. Stacey Pitt, MSUB, 3280; 16. Laura Pridgen, NNU, 3256; 17. Melanie Davis, CWU, 3244.

Day 1: 100 Hurdles – Worthen 14.87, Smith 15.05, Gross 15.14, Sims 15.17, Pike 15.57, Johnson 15.61, Mosher 16.21, Holton 16.62, Bennett 16.63, Chong 16.89, Berry 17.40, Davis 17.55, Pridgen 17.92, Berg 18.19, Barnett 18.19, Padriano 19.18, Pitt 20.76. High Jump – Barnett 1.70 – 5-7, Worthen 1.64 – 5-4 ½, Gross 1.64 – 5-4 ½, Pitt 1.61 – 5-3 ¾, Sims 1.52 – 4-11 ¾, Pike 1.52 – 4-11 ¾, Johnson 1.52 – 4-11 ¾, Chong 1.52 – 4-11 ¾, Berry 1.52 – 4-11 ¾, Holton 1.52 – 4-11 ¾, Smith 1.52 – 4-11 ¾, Bennett 1.49 – 4-10 ½, Berg 1.49 – 4-10 ½, Padriano 1.49 – 4-10 ½, Pridgen 1.49 – 4-10 ½, Mosher 1.40 – 4-7, Davis 1.37 – 4-6. Shot Put – Sims 12.06 – 39-7, Gross 11.43 – 37-6, Johnson 10.23 – 33-6 ¾, Worthen 10.12 – 33-2 ¼, Barnett 10.09 – 33-1 ¼, Davis 9.50 – 31-2, Pike 9.48 – 31-1 ¼, Bennett 9.15 – 30-0 ¼, Berg 9.13 – 29-11 ½, Padriano 9.03 – 29-7 ½, Smith 8.74 – 28-8 ¼, Pridgen 8.54 – 28-0 ¼, Holton 8.51 – 27-11, Chong 8.45 – 27-8 ¾, Mosher 8.04 – 26-4 ½, Pitt 7.90 – 25-11, Berry 7.26 – 23-10. 200 – Sims 25.39, Worthen 26.08, Gross 26.52, Johnson 26.60, Smith 26.79, Pike 26.80, Holton 27.00, Chong 27.01, Mosher 27.48, Barnett 27.66, Bennett 27.96, Pitt 28.29, Berry 28.39, Berg 28.50, Pridgen 28.59, Padriano 28.73, Davis 29.18.

Day 2: Long Jump - Worthen 5.69 - 18-8, Chong 5.50 - 18-0 ½, Gross 5.39 - 17-8 ¼, Smith 5.16 - 16-11 ¼, Sims 5.15 - 16-10 ¾, Bennett 5.12 - 16-9 ¾, Barnett 5.11 - 16-9 ¼, Pike 5.00 - 16-5, Johnson 4.95 - 16-3, Padriano 4.79 - 15-8 ¾, Mosher 4.74 - 15-6 ¾, Berry 4.74 - 15-6 ¾, Davis 4.58 - 15-0 ½, Holton 4.57 - 15-0, Pitt 4.42 - 14-6, Berg 4.28 - 14-0 ½, Pridgen 4.20 - 13-9 ½. Javelin - Pike 35.50 - 116-6, Gross 34.23 - 112-4, Worthen 30.82 - 101-1, Johnson 30.67 - 100-7, Bennett 30.15 - 98-11, Chong 29.37 - 96-4, Barnett 28.56 - 93-8, Sims 27.14 - 89-0, Berg 26.87 - 88-2, Berry 26.63 - 87-4, Davis 26.23 - 86-1, Pitt 24.78 - 81-3, Smith 24.25 - 79-7, Pridgen 22.55 - 74-0, Padriano 21.34 - 70-0, Mosher 20.38 - 66-10, Holton 17.04 - 55-11. 800 - Pike 2:24.84, Sims 2:28.21, Worthen 2:30.44, Mosher 2:32.52, Berry 2:33.60, Johnson 2:34.03, Barnett 2:34.50, Smith 2:34.53, Gross 2:38.28, Bennett 2:39.99, Holton 2:43.52, Pitt 2:46.23, Berg 2:46.75, Padriano 2:47.15, Pridgen 2:52.35, Chong 2:56.68, Davis 3:03.23.

Friday's Prelims:

100: Heat 1 (**Wind -0.9**) - 1. Crystal Sims, SPU, 12.36; 2. Lacey Meusec, WOU, 12.48; 3. Madison McClung, WOU, 12.58; 4. Christabel Leonce, NNU, 12.66; 5. Melissa Grammer, NNU, 12.78; 6. Sarah Kathrein, WOU, 13.13. Heat 2 (**Wind +0.4**) - 1. Kishia Mitchell, SPU, 12.24; 2. Chelsea Genter, CWU, 12.62; 3. Tanya Bjornsson, WWU, 12.71; 4. Megan Zukowski, WWU, 12.72; 5. Sydney Coffey, WWU, 12.73; 6. Sarah Takayoshi, CWU, 12.93.

200: Heat 1 (**Wind -1.3**) - 1. Madison McClung, WOU, 25.47; 2. Crystal Sims, SPU, 25.80; 3. Eleanor Siler, WWU, 25.84; 4. Myisha Valentine, SPU, 26.11; 5. Melissa Grammer, NNU, 26.27; 6. Erika Halle, MSUB, 26.44; 7. Justine Simons, MSUB, 26.45; 8. Sydney Coffey, WWU, 26.90. Heat 2 (**Wind -1.0**) - 1. Lexi Pola, WOU, 25.33; 2. Kishia Mitchell, SPU, 25.64; 3. Lacey Meusec, WOU, 25.71; 4. Christabel Leonce, NNU, 26.03; 5. Megan Zukowski, WWU, 26.17; 6. BryAnne Wochnick, SPU, 26.46; 7. Valle Ledtke, WWU, 26.48; 8. Sarah Kathrein, WOU, 34.75.

400: Heat 1 - 1. Helen Crofts, SFU, 55.78; 2. Emily Quatier, SPU, 56.96; 3. Annie Hayward, WOU, 57.56; 4. Myisha Valentine, SPU, 58.29; 5. Valle Ledtke, WWU, 58.38; 6. Seanna Pitassi, CWU, 59.90; 7. Sasha Halfyard, UAA, 1:02.24. Heat 2 - 1. Eleanor Siler, WWU, 56.34; 2. Lexi Pola, WOU, 56.54; 3. Brianna Kane, SFU, 56.83; 4. BryAnne Wochnick, SPU, 59.11; 5. Shanna Rippey, NNU, 59.68; 6. Ashlee Sincaugh, CWU, 1:00.48; 7. Meryl Butcher, WOU, 1:01.25.

800: Heat 1 - 1. Jessica Smith, SFU, 2:10.61; 2. Sarah Sawatzky, SFU, 2:12.80; 3. Annan Applebee, WOU, 2:13.13; 4. Rachael Johnson, WWU, 2:13.20; 5. Michaela Kane, SFU, 2:15.06; 6. Sarah Jackson, MSUB, 2:17.17; 7. Cheri Watson, WWU, 2:17.87; 8. Jenny Leaf, WOU, 2:20.55; 9. Megan Everetts, WOU, 2:21.53. Heat 2 - 1. Susan Bick, UAA, 2:11.30; 2. Brianna Kane, SFU, 2:11.35; 3. Ivy O'Guinn, UAA, 2:11.74; 4. Janelle Everetts, WOU, 2:13.79; 5. Emma Vogt, SFU, 2:16.46; 6. Olivia Brennan, SFU, 2:16.50; 7. Connie Morgan, CWU, 2:17.48; 8. McKayla Fricker, SPU, 2:19.36; 9. Caitlin Dell, SFU, 2:25.08.

100 Hurdles: Heat 1 (**Wind +0.6**) - 1. Tanya Bjornsson, WWU, 14.51; 2. Ardienna Everett, UAA, 14.58; 3. Terra Schumacher, SPU, 14.70; 4. Crystal Sims, SPU, 14.71; 5. Ali Worthen, SPU, 14.81; 6. Marie Smith, NNU, 14.91; 7. Ali Mosher, WOU, 15.40; 8. Alexandra McDonald, WWU, 15.57. Heat 2 (**Wind -0.2**) - 1. Chelsea Genter, CWU, 14.67; 2. Haleigh Lloyd, UAA, 14.71, 3. Janna Vander Meulen, WOU, 14.95; 4. Katy Gross, SPU, 15.07; 5. Kaitlyn Reid, WOU, 15.19; 6. Andrea Abrahms, SFU, 15.50; 7. Jennifer Pike, SPU, 15.56; 8. Kelsea Johnson, UAA, 15.57.

400 Hurdles: Heat 1 - 1. Haleigh Lloyd, UAA, 1:02.92; 2. Jennifer Pike, SPU, 1:04.17; 3. Amber Dodd, WWU, 1:06.35; 4. Annie Larlee, NNU, 1:06.60; 5. Natalie Nobbs, SPU, 1:07.31; 6. Janna Vander Meulen, WOU, 1:09.16; 7. Marie Smith, NNU, 1:10.81. Heat 2 - 1. Ardienna Everett, UAA, 1:02.60; 2. Kaitlyn Reid, WOU, 1:03.74; 3. Ali Mosher, WOU, 1:05.03; 4. Megan O'Connell, WWU, 1:05.80; 5. Alexandra McDonald, WWU, 1:07.15; 6. Miranda Lahman, WWU, 1:07.68; 7. Amy Ciaccio, NNU, 1:10.75; 8. Dani Garner, MSUB, 1:13.79.