1960 Hudson’s Bay HS
Vancouver, WA – May 21
CLARK 68
EVERETT 36
COLUMBIA BASIN 21 1/2
YAKIMA VALLEY 20
SKAGIT VALLEY 8
LOWER COLUMBIA 5 1/3
WENATCHEE VALLEY 4 1/3
CENTRALIA 2
100-Mike Gaechter (Ci) :09.7
220-Warren Sherlock (CB) :21.8
440-George Bean (E) :50.9
880-Dick Winter (Ci) :2.01.0
Mi-Phil Pugh (E) 4:34.0
2MI-Phil Pugh (E) 10:03.9
1200-Mike Gaechter (Ci) :15.2
220LH-Cliff Williams (E) :25.2
BJ-Mike Gaechter (Ci) 23 5/8"
MEN’S TRACK & FIELD HISTORY

1968 Univ. of Washington
Seattle, WA – May 24-25

SHORELINE 125
YAKIMA VALLEY 56
HIGHLINE 54
EVERETT 52
TACOMA 49
WENATCHEE VLY. 44
OLYMPIC 30
SPokane 25
CLARK 24
GREEN RIVER 17
LOWER COLUMBIA 16
COLUMBIA BASIN 13
GRAYS HARBOR 10
SKAGIT VALLEY 5
BELLEVUE 3
CENTRALIA 3
100-Lionel Thomas (WW): 09.8
220-Bill Overly (YV): 21.9
440-Gary Maiers (O): 48.9
880-Vern Taylor (Sh): 1:55.3
110M-Tom Burwstk (Sp): 4.10.5
2MI-Joe Baich (H): 9:15.1
120HH-Tommy Lee Perry (E): 14.7
3300H-Pat Deneen (Sh): 38.4
LJ-Tommy Lee Perry (E) 22.6
TJ-Doug Meyers (Sp)
46.1/2’
H-Kern Rogers (YW) 64’
DIS-Pat Green (Sh)
149’10 1/2’
SP-Roy Eaton (Sh)
53’1/2’
JAV-Greg Brovold (GR) 204’
DIS-Paul Lou (LC) 134’
440RLY-Showline (Rick Braxton, Jerry Kurfurst, Skip Manning, Mal McDonald): 42.7
MI-RLY-Showline (Jerry Kurfurst, Ted Thygesen, Vern Taylor, Mal McDonald): 3:24.5

1969 Univ. of Washington
Seattle, WA – May 23-24

HIGHLINE 108
SPokane 99
SHORELINE 77
TACOMA 49
CLARK 45
SEATTLE CENTRAL 34
YAKIMA VALLEY 34
EVERETT 28
BELLEVUE 18
WALLA WALLA 14
GRAYS HARBOR 9
SKAGIT VALLEY 4
OLYMPIC CENTRALIA 4
LOWER COLUMBIA 1
100-Eric Dahl (Sp): 09.9
220-Eric Dahl (Sp): 22.1
440-Don Pedrick (B): 49.5
880-Don Willis (Sp): 1:57.9
MI-Jack Pyle (H): 4:16.4
2MI-Wayne Resteau (Sp): 3:45.9
120HH-Steven Wittler (H): 15.5
3300H-Steven Wittler (H): 39.4
LJ-Willa Venable (H)
234’1/2’
TJ-Perseal King (SC) 464’
H-Kern Rogers (YW) 67’
DIS-Gary Anaka (H)

1970 Spokane Falls CC
Spokane, WA – May 22-23

SPOKANE 133
EVERETT 85
GREEN RIVER 54
CLARK 46
HIGHLINE 44
SEATTLE CENTRAL 44
WALLA WALLA 28
SHORELINE 23
BELLEVUE 20
SKAGIT VALLEY 19
OLYMPIC 17
TACOMA 11
LOWE COLUMBIA 7
WENATCHEE VLY. 6
YAKIMA VALLEY 5
COLUMBIA BASIN 3
GRAYS HARBOR 2
Kurfurst, Skip Manning, Mal McDonald)
53’5 1/2”
TJ-
2MI-
220-
SKAGIT VALLEY 19

1971 Spokane Falls CC
Spokane, WA – May 19-20

BELLEVUE 89
SPOKANE FALLS 83
MOUNT HOOD 63
COLUMBIA BASIN 60
SPOKANE 40
YAKIMA VALLEY 33
CLARK 32
HIGHLINE 32
EVERETT 27
WENATCHEE VLY. 16
TACOMA 12
SEATTLE CENTRAL 10
SKAGIT VALLEY 9
OLYMPIC 8
GRAYS HARBOR 5
SHORELINE 3
WALLA WALLA 1
100-Tony Allmond (CB): 09.9
220-Tony Allmond (CB): 23.8
440-Doug McKenzie (Sp): 48.8
880-Jeff Richards (B): 1:54.3
MI-Dave McCarty (SF): 4.14.7
2MI-Dave McCarty (SF): 17.0
120HH-Nathan Tyler (YV): 14.8
440HH-Gary Shumski (CB): 52.6
LJ-Clint Saunders (SC)
23’7’
TJ-Al Davis (B): 46’5”
H-Jai Davis (B) 6’9”
DIS-Scott Crawford (Sp) 157’1”
SP-Mark Croll (SF) 53’2”
JAV-Glen Derwin (B): 226’2”
PV-Don Rinta (T) 15’5”
440RLY-Clark (Steve Dalber, Martin Rogers, Mike Burdick, Mike VanTongeren): 41.68
MIRLY-Columbia Basin (Rich Closs, Terry Baile, Don Montierth, Gary Shumski)
3:18.5

1973 Mount Hood CC
Gresham, OR – May 18-19

SPokane 168
SPokane FALLS 106
BELLEVUE 71
EVERETT 60
MOUNT HOOD 53
YAKIMA VALLEY 30
HIGHLINE 26
SHORELINE 23
GREEN RIVER 8
OLYMPIC 6
LOWER COLUMBIA 4
CLARK 1
100-Al Davis (B): 09.9
220-Aston Matthews (Sp): 21.7
440-Doug McKenzie (Sp): 48.3
880-Glen Kern (Sp): 1:50.9
MI-Lucas Olof (SF) 4:14.0
2MI-Lucas Olof (SF): 9:02.2
3MI-Lucas Olof (SF): 14:00.9
120HH-Larry Lian (E): 14.8
440HH-Larry Lian (E): 53.3
LJ-Jeff Brown (YV): 23’9’/4”
TJ-Darley Winchester (MH) 49’3”/4"'
H-Jai Davis (B): 6’8”
DIS-Scott Thompson (B): 15’19”
SP-Sean Read (SF) 49”
JAV-Tom Tennis (B): 243’4”
PV-Ron Anderson (MH) 18”
440RLY-Spokane (Keith Morgan, Ron Viebrock, Aston Mathews, Clinton Hall)
41’8
MI-RLY-Spokane (Keith Morgan, Jim Williamson, Athan Mathews, Doug McKenzie): 3:15.9

1974 Spokane CC
Spokane, WA – May 17-18

SPokane 200
SPokane FALLS 88
EVERETT 51
BELLEVUE 46
MOUNT HOOD 34
SHORELINE 34
WENATCHEE VLY. 16
YAKIMA VALLEY 9
OLYMPIC 6
TACOMA 6
CLARK 4
GREEN RIVER 4

100-Chris Braithwaite (Sp): 09.2
220-Chris Braithwaite (Sp): 21.3
440-Reed Brown (Sp): 48.7
880-Chris Greyhall (H): 1:54.1
MI-Tim Murray (H): 4.08.2
2MI-
3MI-Curt Beckman (Sp): 13:49.4
120HH-Syd Lofton (Sp)
440HH-Syd Lofton (Sp): 55.3
LJ-Doug McDonald (E)
225’
TJ-Rayford Guise (SF)
48’2’
H-Joe Brags (B): 6’3”/4”
DIS-Ray Hansen (Sp): 158”
SP-Howard Banks (Sp)
51’9”
JAV-Steve Tripp (Sp) 211”
PV-De Villenman (Sp) 15’9”
440RLY-Spokane (Keith Morgan, Ken Wennen, Gary Carew, Chris Braithwaite)
:41.7
MI-RLY-Spokane (Keith Morgan, John Klaus, Jim Williamson, Reggie Brown)
3:16.1
1975 Mount Hood CC
Gresham, OR – May 16-17

SPokane 195
HIGHLINE 77
EVERETT 69
YAKIMA VALLEY 61
MOUNT HOOD 48
SHORELINE 39
WENATCHEE VLY. 16
TACOMA 10
OLYMPIC 8
GREEN RIVER 3
SEATTLE CENTRAL 2
100-Adam Fall (Sp): 09.7
220-Adam Fall (Sp): 21.5
440-Dave McCufve (Sp): 47.8
880-Dave Keisel (Sp): 1.52.9
MI-Tim Murray (H): 4.10.3
2MI-Jim Hennessy (Sp): 09.7
3MI-Smy-Gierlak (Sp): 14:12.5
120HH-Neil Knutson (E): 14.5
440HH-Dave McCuffie (Sp): 52.9
LJ-Ge-Rarris (Sp): 23’7”
TJ-Dennis Cook (E): 49’9”
H-Jerome Thompson (B): 6’10”
DIS-Dave Adams (YV): 148’7”
SP-Paul Perry (H): 46’9”
JAV-Ralph Peterson (E) 212’10”
PV-John Winters (Sh) 14’6”
440RLY-Spokane (Bill Raynor, Rod Peterson, Pat Clifton, Adam Fall): 42.0
MI-RLY-Spokane (Paul Bennett, Dave Sullivan, Mike Andrews, Dave McCufie)
3:16.0
1986 Spokane CC
Spokane, WA – May 16-17
SPokane 216
LANE 129
BELLEVUE 53
MOUNT HOOD 48 1/2
HIGHLINE 48
CLACKAMAS 44
LINN-BENTON 31
GREEN RIVER 24
SW OREGON 17
BLUE MOUNTAIN 9
EDUCATORS 8
CHEMEEKA 7
YAKIMA VALLEY 7
TACOMA 4
UMPQUA 3

1987 Mount Hood CC
Gresham, OR – May 29-30
SPokane 151
LANE 137
GREEN RIVER 83
BELLEVUE 62
Linn-Benton 47
Mount Hood 46
BATTLE GROUND 40
CHEMEEKA 38
BLUE MOUNTAIN 37
UMPQUA 22
SW OREGON 14
1991 Spokane CC
Spokane, WA – May 23-24
CLACKAMAS 129
MOUNT HOOD 92
HIGHLINE 89
SPokane 65 1/2
LINN-BENTON 59
BELLEVUE 53
CHEMEEKA 46
CLARK 43
LANE 27 1/2
BLUE MOUNTAIN 21
GRAYS HARBOR 19
SW OREGON 17
GREEN RIVER 1
1600MRLY-Spokane (David Hurd, Ron Pasquale, Gabe Crane, Todd Bearney, Al Horning, Hogan Wrixon) :41.34
1986 Mount Hood CC
Gresham, OR – May 27-28
SPokane 180
HIGHLINE 156
CLACKAMAS 109
LANE 74
BELLEVUE 52
UMPQUA 31
Linn-Benton 27 1/2
GREEN RIVER 15
MOUNT HOOD 10
CHEMEEKA 10 1/2
100M-Dan O'Brien (S): 10.59
200M-Joe Johnson (S): 22.01
400M-Joe Brown (S): 46.76
800M-Tim Varga (S): 1:52.82
1500M-Jose Barbosa (L): 4:18.82
5000M-Rich Tyrie (S): 15:14.33
10000M-Rich Tyrie (S): 31:45.1
3000MST-Mike Lynes (H): 9:19.49
110MH-Gerald Ellis (MH): 14:15
400MH-Gerald Ellis (MH): 52.44
400M-Andy Young (L) : 48.19
3000MST-Lane (David Hurd, Tim Cumer, Ran Pasquale, Gabe Crane, Todd Bearney, Al Horning, Hogan Wrixon) :41.34
1985 Spokane CC
Spokane, WA – May 17-18
SPokane 161
LANE 115
MOUNT HOOD 85
BELLEVUE 83
GREEN RIVER 59
HIGHLINE 37
LINN-BENTON 37
SW OREGON 26
YAKIMA VALLEY 23
CLACKAMAS 20
BLUE MOUNTAIN 10
CHEMEEKA 3
UMPQUA 2
EDMONDS 1
100M-James Bennet (B): .08
200M-James Bennet (B): .21
400M-Roy Sessions (L): .47.33
800M-Steve Brown (S): 1:53.99
1500M-Andy Kore (S): 3:51.14
5000M-Steve Brison (L): 15:04.57
10000M-Steve Brison (L): 31:45.48
4000MST-Mike Lynes (H): 9:14.05
110MH-Gerald Ellis (MH): 14:10
4000MH-Gerald Ellis (MH): 5:59.99
1990 Mount Hood CC
Gresham, OR – May 26-27
HIGHLINE 160
SPokane 143
CLACKAMAS 80
LANE 60
MOUNT HOOD 50
BELLEVUE 49
UMPQUA 24
CLARK 21
LINN-BENTON 18
CHEMEEKA 14
BLUE RIVER 10
BLUE MOUNTAIN 8
SW OREGON 6
100M-Andy Young (L): 10.00
200M-Steve Brown (S): 21.70
400M-Todd Gibson (Ca): 48.90
800M-Chuck Bartlett (S): 1:52.40
1500M-Chuck Bartlett (S): 4:39.51
5000M-Bret Goller (H): 15:06.27
10000M-Bret Goller (H): 31:42.52
3000MST-Bret Goller (H): 9:18.30
110MH-Doug Obelka (MH): 15.30
400MH-John Maple (S): .53.70
110MHH-Andy Young (L): 13.89
3000MST-Brett Goller (H): 9:05.11
110MH-Dan O'Brien (S): 14:25
400MH-Gabe Crane (Ca): .53.67
LJ-Dan O'Brien (S): 24.14
TJ-Joe Johnson (S): 48.17
PV-Doug Peters (Ch): 15.00
HAM-Mark Cumer (S): 6'9"
DIS-Nicolas Anastassiades (L): 156.77
SP-Dan O'Brien (S): 47.63
JAV-Mike Worthylake (MH): 189.10
PV-Garth Willard (H): 156"
HAM-Nicolas Anastassiades (L): 182.10
1600MRLY-Spokane (Troy Blane, Steve Miller, Nate Golden, Gabe Crane): 3:15.78
1991 Spokane CC
Spokane, WA – May 23-24
CLACKAMAS 129
MOUNT HOOD 92
HIGHLINE 89
SPokane 65 1/2
LINN-BENTON 59
BELLEVUE 53
CHEMEEKA 46
CLARK 43
LANE 27 1/2
BLUE MOUNTAIN 21
GRAYS HARBOR 19
SW OREGON 17
GREEN RIVER 1
1600MRLY-Spokane (David Hurd, Ron Pasquale, Gabe Crane, Todd Bearney, Al Horning, Hogan Wrixon) :41.34
1990 Mount Hood CC
Gresham, OR – May 24-25
CLACKAMAS 177
SPokane 118
MOUNT HOOD 101
BELLEVUE 67
LANE 63
LINN-BENTON 33
CLARK 31
CHEMEEKA 28
HIGHLINE 28
UMPQUA 19
MOUNT HOOD 3
BELLEVUE 66
HIGHLINE 38
MOUNT HOOD 37
BLUE MOUNTAIN 19
LINN-BENTON 19
SW OREGON 12
UMPQUA 4
GRAYS HARBOR 1
GREEN RIVER 1
100M-Charles Simmons (Cr): 10.88
200M-Charles Simmons (Cr): 21.81
400M-Charles Simmons (Cr): 44.98
800M-Charles Simmons (Cr): 1:54.74
1500M-Charles Simmons (Cr): 4:50.02
5000M-Charles Simmons (Cr): 15.10
100M-Charles Simmons (Cr): 31:16.30
3000MST-Greg Kuntz (S): 2:22.57
110MH-Darwin Arnold (Ca): 14.80
110MH-Darwin Arnold (Ca): 53.56
110MH-Darwin Arnold (Ca): 23."0"2
110MH-Darwin Arnold (Ca): 48'2"
3000MST-Brett Goller (H): 154.34
PV-Mike Heib (Cr): 219.6"
PV-Dave Christopher (L): 156"
HAM-Wes Bemdt (Cr): 174.74
400MRLY-Clackamas (Malcolm Parker, Gabe Crane, Todd Gibson, Nave Larson): :41.19
MEN'S TRACK & FIELD HISTORY

1993 Spokane Falls CC
Spokane, WA – May 25-26

CLACKAMAS 9
SPOKANE 106
UMPOQUA 60
MOUNT HOOD 5
CLARK 51 1/2
BLUE MOUNTAIN 40
CHEMIEKTA 13

100M-JaMar Moore (U) :10.98
200M-JaMar Moore (U) :21.58
400M-JaMar Moore (U) :48.49
800M-JaMar Moore (C) :1:53.90
1500M-JaMar Moore (C) :3:59.06
5000M-JaMar Moore (C) :15:39.05
11000M-JaMar Moore (C) :31:59.06
3000MST-JaMar Moore (C) :8:00.00
1500M-JaMar Moore (C) :3:21.29
Rohrer, Shawn Moss, Randy Townsend)
1600MRLY-JaMar Moore (C) :4:21.44

1994 Lewis & Clark Coll.
Portland, OR – May 26-27

CLARK 163
CLACKAMAS 159
LANE 108
SPOKANE 59
BELLEVUE 41
MOUNT HOOD 30
CHEMIEKTA 27
HIGHLINE 26
LINN-BENTON 15
SW OREGON 12
BLUE MOUNTAIN 7
UMPOQUA 2
LOWER COLUMBIA 1

100M-Randy Townsend (S) :10.75
200M-Randy Townsend (S) :21.58
400M-Randy Townsend (S) :48.89
800M-JaMar Moore (C) :1:53.90
1500M-JaMar Moore (C) :3:59.06
5000M-JaMar Moore (C) :15:39.05
11000M-JaMar Moore (C) :31:59.06
3000MST-JaMar Moore (C) :8:00.00
1500M-JaMar Moore (C) :3:21.29
Rohrer, Shawn Moss, Randy Townsend)
1600MRLY-JaMar Moore (C) :4:21.44

1995 Spokane Falls CC
Spokane, WA – May 25-26

CLACKAMAS 18 1/2
SPOKANE 106
UMPOQUA 60
MOUNT HOOD 5
CLARK 51 1/2
BELLEVUE 30
BLUE MOUNTAIN 13
CHEMIEKTA 11

100M-JaMar Moore (U) :10.98
200M-JaMar Moore (U) :21.58
400M-JaMar Moore (U) :48.49
800M-JaMar Moore (C) :1:53.90
1500M-JaMar Moore (C) :3:59.06
5000M-JaMar Moore (C) :15:39.05
11000M-JaMar Moore (C) :31:59.06
3000MST-JaMar Moore (C) :8:00.00
1500M-JaMar Moore (C) :3:21.29
Rohrer, Shawn Moss, Randy Townsend)
1600MRLY-JaMar Moore (C) :4:21.44

1996 Men's Track & Field History

1997 Spokane Falls CC
Eugene, OR – May 27-28

CLACKAMAS 12
LOWER COLUMBIA 12
GRAYS HARBOR 12
100M-Ricardo Lopez (M) :10.90
200M-Dante Betha (Cs) :22.17
400M-Shehby Buchanan (H) :48.54
800M-Said Mushe (H) :1:55.51
1500M-Travis Armstrong (M) :3:59.06
5000M-Billy Harper (L) :15:07.77
10000M-Billy Harper (L) :30:59.72
11000M-Dusty Lane (S) :14.75
4000M-Dusty Lane (S) :11.59
3000MST-Billy Harper (L) :9:16.95
LJ-Aaron Lamb (L) :22.8
JJ-Aaron Lamb (L) :6'6 1/2"

1998 Spokane Falls CC
Spokane, WA – May 21-22

CLACKAMAS 11
SPOKANE 145
LJ-Aaron Lamb (L) :6'6 1/2"

1999 Spokane Falls CC
Spokane, WA – May 21-22

CLACKAMAS 11
SPOKANE 145
LJ-Aaron Lamb (L) :6'6 1/2"

2000 Spokane Falls CC
Oregon City, OR – May 25-26

CLACKAMAS 139
CHEMIEKTA 55
LINN-BENTON 3
LOWER COLUMBIA 1

2001 Spokane Falls CC
Spokane, WA – May 24-25

CLACKAMAS 159
CHEMIEKTA 46
LINN-BENTON 7

2002 Spokane Falls CC
Spokane, WA – May 24-25

CLACKAMAS 159
CHEMIEKTA 46
LINN-BENTON 7

2003 Spokane Falls CC
Spokane, WA – May 24-25

CLACKAMAS 159
CHEMIEKTA 46
LINN-BENTON 7

2004 Spokane Falls CC
Spokane, WA – May 24-25

CLACKAMAS 159
CHEMIEKTA 46
LINN-BENTON 7

2005 Spokane Falls CC
Spokane, WA – May 24-25

CLACKAMAS 159
CHEMIEKTA 46
LINN-BENTON 7

2006 Spokane Falls CC
Spokane, WA – May 24-25

CLACKAMAS 159
CHEMIEKTA 46
LINN-BENTON 7
2012 - Spokane Falls CC
Spokane, WA – May 21-22

SPokane
263.50
LANE
234.50
CLACKAMAS
127
EVERETT
53
MT. HOOD
44
GREEN RIVER
36
CLARK
19
TREASURE VALLEY
16
OLYMPIC
14
SW OREGON
7
SKAGIT VALLEY
1

100M- Branden Helms (L) .11:17
200M- Brent Arceneaux (S) .22.06
400M- Josh Bland (S) .48.28
800M- Badane Suttles (CLK) 1:54.12
1500M- Elias Gedyon (L) 3:58.07
3000MSTP- Jorge Oil-Juezar (CLK) 9:44.09
5000M- Elias Gedyon (L) 15:23.46
10000M- Jon Smith (S) 33:05.00
110M H- Logan Packard (S) 14.98
400M H- Robert Hanke (M) 53.68
LJ- Joseph Hart (L) 23:03.50
TJ- Josh Melu (GR) 47:09.25
HJ- Brandan Nash (L) 6:08.00
PV- Erik Jorgensen (L) 15:02.75
SP- James Lars (S) 52:03.75
DIS- James Lars (S) 166:01
JAV- Lukas Scherer (S) 208:02
HAM- Robert Henderson (S) 183:01
DEC- David Formolo (L) 6177
4X100M- Lane, (Lowery, Hart, Hennricks, Helms) 41.61
4X400M- Spokane (Aileen, Bland, Cottrell, Medrano) 3:15.12

2013 - Spokane Falls CC
Spokane, WA – May 20-21
LANE 227.5
SPokane 222
CLACKAMAS 171.5
MT. HOOD 41
EVERETT 40
CLARK 32
TREASURE VALLEY 26
OLYMPIC 22
SW OREGON 19
GREEN RIVER 13

100M- Jemiel Lowery (L) .10.94
200M- Wes Bailey (S) .21.59
400M- Wes Bailey (S) .48.35
800M- Austin Collins (C) 2:01.74
1500M- Austin Collins (CLK) 4:03.22
3000MSTP- Brad Prettyman (CLK) 9:41.71
5000M- Rudy Spencer (S) 17:12.20
10000M- Daniel Issa (S) 33:08.22
110M H- Sean McGeet (L) .14.92
400M H- Dylan Seitz (S) .54.11
LJ- Wes Bailey (S) 23:10.25
TJ- Deontre Curry (CLK) 48:05.80
HJ- Brandon Nash (L) 6:09.75
PV- Zach Olivera (L) 15:07.00

2014 - Spokane Falls CC
Spokane, WA – May 19-20
LANE 183
SPokane 165
CLACKAMAS 162
EVERETT 86

CLARK 76
TREASURE VALLEY 42
MT. HOOD 36
GREEN RIVER 31
OLYMPIC 29
SW OREGON 3
SKAGIT VALLEY 1
100M- Donovan Drew, (S) 10.95
200M- Devonte Woods, (GR) 21.99
400M- Zach Rial, (Clk) 48.36
800M- Paris Speidel, (TV) 50:08.00
1500M- Anteneh Woticha, (Crk) 4:03.00
3000MSTP- Colin Kubik, (S) 9:54.30
5000M- Anteneh Woticha, (Crk) 15:44.34
10000M- Jon Bennett, (S) 33:19.76
110HUR- Aric Walden, (S) 14.30
400HUR- Eric Zechenelly, (Crk) 54.00
HJ- Dakari Hightower, (L) 7:03.25
TJ- Eric England, (TV) 21:53.00
PV- Scott Miller, (E) 50:10.25
SP- Josh Bland, (S) 1:52.64
DIS- Durrance Bates, (S) 1:56.00
HAM- Shawn Buck, (S) 157:11
4X100M- Clackamas (Justin Corenjo, Zach Rial, Dillon Hoecker, Thomas Sutherland) 41.43
4X400M- Clackamas (Thomas Sutherland, Cody Britt, John Koch, Zach Rial) 3:17.41
DEC- Dylan Hammond, (L) 6788 points

2015 - Spokane Falls CC
Spokane, WA – May 18-19
LANE 229
SPokane 184.33
CLACKAMAS 132.83
TREASURE VALLEY 65
OLYMPIC 53
EVERETT 52.5
MT. HOOD 33
SW OREGON 28.33

100M- Ben Kelly (L) 10.78
200M- Jesse Goodier, (L) 21.61
400M- Michael Capri, (L) 48.68
800M- Paris Speidel, (S) 1:52.64
1500M- Colin Kubik, (S) 4:02.56
3000MSTP- Jason Baker, (CLK) 4:33.68
5000M- Jason Baker, (CLK) 15:33.81
10000M- Daniel Schofield, (S) 2:55.10
110HUR- Brayon Brooks, (S) 14.86
400HUR- Andrew Stich, (S) 53.97
4X100M- Lane (Brian Clark, Jesse Goodier, Cesar Rodriguez, Ben Kelly) 41.39
4X400M- Lane (Jesse Goodier, Josh Ramberg, Rohan Cain, Michael Capri) 3:17.70

2016 - Mt. Hood CC
Gresham, OR – May 23-24

SPokane 202
CLACKAMAS 90
SW OREGON 86
TREASURE VALLEY 34
OLYMPIC 28
GREEN RIVER 19
EVERETT 17

100M- Rashad Swank-Jones (L) .10.68
200M- Rashad Swank-Jones (L) 21.43
400M- Cornelious Berry (L) 48.01
800M- Roba Suttles (CLK) .50.71
1500M- Roba Suttles (CLK) 4:00.10
3000MSTP- Corbin Carton (S) 9:27.35
5000M- Ben Harter (L) 15:01.65
10000M- Elmer Sheley (L) 32:40.74
110HUR- Joshua Turner (M) 14.00
400HUR- Michael Capri (L) 53.29
HJ- Dakari Hightower (L) 7.6
TJ- Joshua Turner (M) 47:01.75
SP- Cole Sunkel (SH) 47:09
DJ- Dakari Hightower (L) 7.6
PV- Kevin Stanley (S) 23:04.00

Decathlon
Grant Shurtliff (L) 6587
WWW.NWACSPORTS.ORG

2017 NWAC TRACK & FIELD CHAMPIONSHIPS - 27

2017 Men's Track & Field History

2016 Men Continued

10000M- Delicino, Jeremy (O) 32:57.42
110M H- Walker, Dominick (CLK) 15.11
400M H- Ratliff, James (CLK) 52.53
LJ- Peterson, Cody (S) 23.02.00
TJ- Curtice, Kyle (S) 47.04.25
HJ- Lane, Tyler (CLK) 8.08.00
PV- Parker, Jordan (L) 18.08.25
SP- Lehr, James (S) 48:11.00
DIS- Henderson, Robert (S) 147:08
JAV- Nolan, Wesley (S) 215:03
HAM- Carey, Austin (CLR) 173:11
DEC- Wordell, Spencer (S) 6403
4X100M- Spokane, (Medrano, Peterson, Nikes, Wordell), 41.75
4X400M- Clackamas, (Ratliff, Olsen, Vukisch, Rial), 3:15.63

OLYMPIC 22
TREASURE VALLEY 26
CLARK 32
CLACKAMAS 30
Gresham, OR – May 23-24
2016 Mt. Hood CC

WWW.NWACSPORTS.ORG
1979 Memorial Stadium
Bremerton, WA – May 18-19

200M-Tammi Mason (WV) 12.40
200M-Lois Jenson (S) 12.18
800M-Lois Jenson (S) 5:55.92
800M-Gayle Falconer (S) 2:10.33
1500M-Cheryl Higbinbotham (S) 4:41.15
3000M-Vicki Foltz (E) 10:33.96
15000M-Jeanie Higbinbotham (S) 20:38.27

1980 Northwest Classic
Seattle, WA – May 15-16

Rochel) 3:51.8
1600MRLY-Lane, Mary Bradford, Teri Driscoll, Tammi Mason) 4:38.85
1500M-Jeanie Higbinbotham (S) 4:41.15
3000M-Nina Putzar (LB) 10:09.80
5000M-Nina Putzar (LB) 17:50.90
10000M-Geri Volk (B) 38:45.93
400MRLL-Shelli McMurray (S) 1:47.78
400MRLL-Shelli McMurray (S) 1:47.78
LJ-Jill Brattain (S) 17' 9 1/2"
HJ-Shelly Schrader (GR) 5' 7"
DIS-Cora Aguilar (S) 158.22
SP-Rachel Sudul (MH) 44.00"
400MRLY-Bellevue (Anita Sartin, Krista Ankney, Lisa Warner, Margie Milligan) 4:13
1600MRLY-Lisa Warner, Johnson, Krista Ankney, Jill Yool) 3:56.96
1985 Spokane CC
Spokane, WA – May 17-18

LJ-Leann Avery (S) 18' 5/4"
HJ-Gayle Huff (S) 5' 6"
DIS-Carol Under (S) 4' 11 1/2"
S-Clackamas 34

1987 Mount Hood CC
Gresham, OR – May 29-30

300M-Vicki Foltz (E) 1:05.21
1600MRLY-Lois Jensen (S) 5:55.92

1991 Univ of Washington
Seattle, WA – May 15-16

BELLEVUE 121
BELLEW (S) 13
EVERETT T
YAKIMA VALLEY 28
OLYMPIA 26
GREEN RIVER 23
HIGHLINE 7
SKAGIT VALLEY 4

1993 Spokane CC
Spokane, WA – May 21-22

BELLEVUE 167
BELLEW 107
LJ-Leann Avery (S) 18' 9/4"
HJ-Gayle Huff (S) 5' 6"
DIS-Carol Under (S) 4' 11 1/2"
S-Clackamas 34

1998 Spokane CC
Spokane, WA – May 16-17

BELLEVUE 144
BELLEW 107
LJ-Leann Avery (S) 18' 9/4"
HJ-Gayle Huff (S) 5' 6"
DIS-Carol Under (S) 4' 11 1/2"
S-Clackamas 34

2001 LSU Classic
Baton Rouge, LA – May 11-12

BELLEVUE 167
BELLEW 107
LJ-Leann Avery (S) 18' 9/4"
HJ-Gayle Huff (S) 5' 6"
DIS-Carol Under (S) 4' 11 1/2"
S-Clackamas 34

2003 LSU Classic
Baton Rouge, LA – May 10-11

BELLEVUE 167
BELLEW 107
LJ-Leann Avery (S) 18' 9/4"
HJ-Gayle Huff (S) 5' 6"
DIS-Carol Under (S) 4' 11 1/2"
S-Clackamas 34

2005 LSU Classic
Baton Rouge, LA – May 9-10

BELLEVUE 167
BELLEW 107
LJ-Leann Avery (S) 18' 9/4"
HJ-Gayle Huff (S) 5' 6"
DIS-Carol Under (S) 4' 11 1/2"
S-Clackamas 34

2007 LSU Classic
Baton Rouge, LA – May 11-12

BELLEVUE 167
BELLEW 107
LJ-Leann Avery (S) 18' 9/4"
HJ-Gayle Huff (S) 5' 6"
DIS-Carol Under (S) 4' 11 1/2"
S-Clackamas 34

2009 LSU Classic
Baton Rouge, LA – May 10-11

BELLEVUE 167
BELLEW 107
LJ-Leann Avery (S) 18' 9/4"
HJ-Gayle Huff (S) 5' 6"
DIS-Carol Under (S) 4' 11 1/2"
S-Clackamas 34

2011 LSU Classic
Baton Rouge, LA – May 9-10

BELLEVUE 167
BELLEW 107
LJ-Leann Avery (S) 18' 9/4"
HJ-Gayle Huff (S) 5' 6"
DIS-Carol Under (S) 4' 11 1/2"
S-Clackamas 34

2013 LSU Classic
Baton Rouge, LA – May 11-12

BELLEVUE 167
BELLEW 107
LJ-Leann Avery (S) 18' 9/4"
HJ-Gayle Huff (S) 5' 6"
DIS-Carol Under (S) 4' 11 1/2"
S-Clackamas 34

2015 LSU Classic
Baton Rouge, LA – May 10-11

BELLEVUE 167
BELLEW 107
LJ-Leann Avery (S) 18' 9/4"
HJ-Gayle Huff (S) 5' 6"
DIS-Carol Under (S) 4' 11 1/2"
S-Clackamas 34

2017 LSU Classic
Baton Rouge, LA – May 9-10

BELLEVUE 167
BELLEW 107
LJ-Leann Avery (S) 18' 9/4"
HJ-Gayle Huff (S) 5' 6"
DIS-Carol Under (S) 4' 11 1/2"
S-Clackamas 34
WOMEN’S TRACK & FIELD HISTORY

SP-Angie Pleasant (S) 40.6
JAV-Darlene Mclurie (C) 14.9
400MRLY-Spokane (Traci Richards, Jeana Donner, Angie Pleasant, Toni Williams) :47.59
1600MRLY-Mt. Hood (Sonda Strong, Karen Stone, Karen Case, Laurie Williams) 3:58.92

1989 Mount Hood CC
Gresham, OR – May 26-27
BELLEVUE 184
SPOKANE 103
MOUNT HOOD 81
CLARK 69
LANE 67
CLACKAMAS 46
UMPQUA 21

CHIMEKAA 8
100-Ann Marie Kesling (Cr): 12.40
200-Ann Marie Kesling (Cr): 25.40
400-Renee Chamberlin (Cr): 58.70
800-Gina Ayco (B): 2:17.80
1500-Kari McKay (S): 4:39.00
3000-Kari McKay (S): 10:36.30
5000-Kari McKay (S): 17:52.40
10000-Angie Wright (Cs): 40:25.32
1600MHH-Kennedy Lewis (B): 15.40
400MHH-Maramee Senger (B): 1:04.80
100MHH-Lee Deibie Sandgren (Cr): 11.14
TJ-Kristy Frady (U): 37’1/2
HJ-Lisa Wallenb (B): 5’2

1994 Lewis & Clark Coll.
Portland, OR – May 26-27
LANE 120
CLACKAMAS 108
CLARK 104
LANE 120
BELLEVUE 89

SP-Amanda Bessner (Cr) 42’3/4
JAV-Brenda Bessner (Cr) 166’11"
400MRLY-Spokane (Traci Richards, Kim Reid, Moni Martin, Jeana Donner): 49.39
1600MRLY-Bellevue (Gina Ayco, Lisa Wallenb, Kennedy Lewis, Maramee Senger): 4:11.60

1990 Mount Hood CC
Gresham, OR – May 24-25
BELLEVUE 171
SPOKANE 97
LANE 68
CLARK 66
MOUNT HOOD 56
CHIMEKAA 32
CLACKAMAS 28
UMPQUA 21
LINN-BENTON 20
BLUE MOUNTAIN 14
100M-Kelli Stonekale (L): 12.46
200M-Kelli Stonekale (L): 24.87
400M-Chelle Maling (L): 59.10
800M-Becky Templeton (B): 2:03.00
1500M-Becky Templeton (B): 4:57.90
3000M-Becky Templeton (B): 10:49.00
5000M-Laura Ennis (B): 18:51.50
10000M-Laura Ennis (B): 39:58.90
1600M-Elleidra Kees (L): 5:09.62
400MRLY-Spokane (Traci Richards, Kim Reid, Moni Martin, Jeana Donner): 49.39
1600MRLY-Bellevue (Gina Ayco, Lisa Wallenb, Kennedy Lewis, Maramee Senger): 4:11.60

1993 Spokane Falls CC
Spokane, WA – May 27-28
BELLEVUE 118
MT HOOD 107
CLACKAMAS 109
LANE 66
SPOKANE 64
CHIMEKAA 60
CLARK 59
LINN-BENTON 27
UMPQUA 11

100M-Kat Cranford (B): 12.71
200M-Kelli Stonekale (L): 24.71
400M-Kristen Crabbe (M): 59.37
800M-Jeannine Davis (L): 2:24.00
1500M-Jeannine Davis (L): 4:45.11
3000M-Brenda Funk (B): 10:51.31

1999 Mount Hood CC
Gresham, OR – May 23-24
LANE 217
MOUNT HOOD 126
BELLEVUE 73
CLACKAMAS 71
CHIMEKAA 23
SPOKANE 14
SW OREGON 12

1995 Spokane Falls CC
Spokane, WA – May 25-26
LANE 120
CLACKAMAS 108
CLARK 104
LANE 120
BELLEVUE 89

SP-Amanda Bessner (Cr) 42’3/4
JAV-Brenda Bessner (Cr) 166’11"
400MRLY-Spokane (Traci Richards, Kim Reid, Moni Martin, Jeana Donner): 49.39
1600MRLY-Bellevue (Gina Ayco, Lisa Wallenb, Kennedy Lewis, Maramee Senger): 4:11.60

1997 Clackamas CC
Oregon City, OR – May 22-23
LANE 120
BELLEVUE 24
CHIMEKAA 46
BELLEVUE 24
LINN-BENTON 18
SW OREGON 1/2

100M-Cleste Stuth (S): 12.46
200M-Sarah Wasylinka (L): 25.17
400M-Sarah Wasylinka (L): 55.81
800M-Stephanie Davidson (B): 2:19.78
1500M-Stephanie Davidson (B): 4:42.9
3000M-Erika Collin (S): 10:07.31
5000M-USA (Reese) (Ch): 17:43.60
10000M-USA (Rafael) (Cr): 39:17.32
1600MHH-Katie Rowlett (L): 14.56
400MRLY-Brooke Wilson (Cr): 1:00.85

1998 Spokane Falls CC
Spokane, WA – May 27-28
LANE 171
MOUNT HOOD 133
CLARK 75
CLACKAMAS 49
BELLEVUE 44
LOWER COUMBIA 30
SPOKANE 32
CHIMEKAA 20
LINN-BENTON 13
SW OREGON 12

100M-Taryn Teisher (L): 11.87
200M-Taryn Teisher (L): 23.37
400M-Brooke Wilson (Cr): 52.37
800M-Brooke Wilson (Cr): 1:59.57
1500M-Brooke Wilson (Cr): 4:55.17
3000M-Brooke Wilson (Cr): 10:42.37

2017 NWAC TRACK & FIELD CHAMPIONSHIPS - 29
WWW.NWACSPORTS.ORG
2000 Clackamas CC
Oregon City, OR – May 25-26
CLACKAMAS 156
LANE 110
CLARK 96
SPOKANE 93
MT HOOD 85
CHEMEKETA 69
LINN-BENTON 68
HIGHLINE 16
SW OREGON 6
100M-Rachel Austin (Cls) :12.67
200M-Rachel Austin (Cls) :25.74
400M-Daisy Pressley (Cls) :57.06
800M-Lindsay Roberson (Clr) 2:14.45
1500M-Crystal Glenn (Cis) 4:58.68
3000M-Crystal Glenn (Cis) 10:29.97
5000M-Dawnita LiaBraaten (Cls) 20:19.28
10000M-Tiffany Edwards (Ch) 41:02.80
20000M-Natalie Rombach (L) 51:42.10
4000M-Heather Leach (L) 11:15.25
5000M-Heather Leach (L) 31:03.77
LJ-Amber Miller (S) 17' 2 1/2"
TJ-Ragan Zachrisson (Mh) 37 1/2"

2003 Clackamas CC
Oregon City, OR – May 22-23
SPOKANE 156
MT HOOD 139
CHEHEKA 128
SPOKANE 94
HIGHLINE 56
CHEHEKA 52
TREASURE VALLEY 48

100M-Yamasee Kebeke (Clr) 10.21
3000M-Yamasee Kebeke (Clr) 9:03.58
12:31.99
200M-Kristina Ely (S) 25.56
400M-Lindsay Roberson (S) 54.82
1200M-Sitges Marshall (L) 3:56.72
2400M-Ilona Janssen (L) 8:24.12
3000M-Kayla Long (H) 10:11.25
10000M-Sitges Marshall (L) 30:38.19
4000M-Ilona Janssen (L) 10:11.25
200M-Rachel Austin (Cls) 24.80
400M-Daisy Pressley (Cls) 54.12
800M-Heather Carpenter (L) 2:16.55
1500M-Amy Schofield (Cls) 4:48.63
3000M-Molly Plum (Clr) 10:36.00
5000M-Yamasee Kebeke (Clr) 21:12.33
10000M-Yamasee Kebeke (Clr) 40:20.38
10000M-Hilal Wess (Cis) 36:19.12
400M-Michelle Neal (Tv) 1:02.41
3000M-Barbara Selman (Sh) 10:11.12
1200M-Sitges Marshall (L) 3:56.72
2400M-Ilona Janssen (L) 8:24.12
3000M-Kayla Long (H) 10:11.25
10000M-Sitges Marshall (L) 30:38.19
4000M-Ilona Janssen (L) 10:11.25
200M-Rachel Austin (Cls) 24.80
400M-Daisy Pressley (Cls) 54.12
800M-Heather Carpenter (L) 2:16.55
1500M-Amy Schofield (Cls) 4:48.63
3000M-Molly Plum (Clr) 10:36.00
5000M-Yamasee Kebeke (Clr) 21:12.33
10000M-Yamasee Kebeke (Clr) 40:20.38
10000M-Kate Gilbert (L) 40:33.84
10000M-Molly Burt (L) 4:04.53
LJ-Lakeeshia Cadogan (Cis) 18' 3"
TJ-Lakeeshia Cadogan (Cis) 37' 4 1/2"
JAV-Brittany Driver (Cis) 14' 1/2"
PV-Emily Shaver (Cls) 11' 1/2"
HM-Kate Burton (Cis) 179' 6"
400MRLY-Highline (Zori Garasimichuk, Kenny McHugh, Carolyn Normon, Monika White)
1600MRLY-Highline (Zori Garasimichuk, Monika White, Kenny McHugh, Carolyn Normon) 4:00.96

2006 Spokane CC
Spokane, WA – May 27-23
SPOKANE 266
LANE 206
CLACKAMAS 88
CLARK 87
SW OREGON 58
HIGHLINE 40
TREASURE VALLEY 31
MT HOOD 13
100M-Shannon Long (S) 12:48
200M-Shannon Long (S) 23:06
400M-Kristina Ely (L) 57.36
300M-Sheree Barbour (H) 2:19.69
1500M-Sheree Barbour (H) 4:58.85
3000M+L- Lyndsey McConell (Cl) 12:31.99
100M- Breanna Mercer (Cis) 19.50
100M- Matt Cogmpson (Cis) 23.67
100M- Amber Austin (M) 10.43
100MLHR- Amber Nash (S) 10.51.65
LJ- Lakeeshia Cadogan (Cis) 18' 4 1/2"
TJ- Natalie Abbersfielder (S) 37' 5"
JAV- Amber Austin (S) 4' 11"
DIS- Natalie Rombach (L) 124' 5"
SP- Charlene Moody (L) 40' 3 1/2"
JAV- Whitney Harris (L) 150' 0"
PV- Atton Reynolds (S) 119' 3/4"
HM- Amy Danielson (S) 146' 2"
400MRLY- Spokane (Maria Johnson, Shannon Long, Kim Bendio, Natalie Abbersfielder) 46.62
1600MRLY- Lane (Megan Steube, Nattisia Reynolds, Heather Frigaard, Kristina Ely) 5.39.54

2007 Mt Hood CC
Gresham, WA – May 24-25
SPOKANE 250
Mt HOOD 174.5
LANE 149.50
CLACKAMAS 107
CLARK 54
TREASURE VALLEY 40
SW OREGON 38
100M- Christine Sims (M) 12.47
200M- Christine Sims (M) 25.64
400M- Amber Glunt (M) 57.18
800M- Sheryl Page (M) 2.59.97
1500M- Sheryl Page (M) 4.49.35
3000SP/L- Larsen Agee (S) 11.22.83
5000SP/L- Leteune Milam 13:57.57
10000M-Pam Ward (T) 40.05.78
10000M- Crystal Bradford (L) 15.54
400MLHR- Amber Glunt (M) 1:40.22
100M- Natalie Abbersfielder (S) 10.12"
TJ- Natalie Abbersfielder (S) 35' 9 1/4"
JAV- Kasey Orr (SW) 5' 2 1/2"
DIS- Corissa Hutchinson (S) 140' 0"
SP- Cody Zappe (S) 42' 10 1/2"
JAV- Jenni Schantin (Cis) 164' 10"
PV- Erika Stratton (L) 11' 11 1/4"
HM- Amanda Federici (M) 154' 5"
1600MRLY- Clackamas (Rachel Hemphill, Jamie Berg, Meagan Durand, Stefani Ditmar) 48.98
1600MRLY- Mt Hood (Amber Glunt,
### Men's NWAC Track & Field Champions

<table>
<thead>
<tr>
<th>YEAR</th>
<th>CHAMPION</th>
<th>COACH</th>
<th>RUNNER-UP</th>
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<tr>
<td>1972</td>
<td>Bellevue</td>
<td>Bud Calbreath</td>
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<td>1973</td>
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### Women's NWAC Track & Field Champions

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### OCAA Men's Track Champions

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