

2008 Spike Arlt Invitational - 4/19/2008
hosted by Central Washington University
Ellensburg, WA (Tomlinson Stadium)

Results**Women 100 Meter Dash**

Arlt Invite: 12.17 ~ 2000 Sarah Axley
Stadium: 11.6h @ 5/8/1993 Kim Vanderhoek
D-II Auto: 11.65 # 2008
D-II Prov: 12.10 \$ 2008
GNAC Auto: 12.80 % 2008
GNAC Prov: 13.70 ^ 2008

Name	School	Finals
1 Tidwell, Latoya	NW Nazarene	12.79% 10
2 Schutte, Nicki	NW Nazarene	12.89^ 8
3 Wells, Laticia	Central Wash.	13.01^ 6
4 Hood, Britany	Central Wash.	13.14^ 5
5 Berberick, Kim	NW Nazarene	13.41^ 4
6 Brediger, Christa	NW Nazarene	13.43^ 3
7 Thornton, Amanda	Western Wash.	13.74 2
8 Seward, Sharelle	NW Nazarene	14.02 1
9 Bickford, Danielle	NW Nazarene	14.80 -1.5

Women 200 Meter Dash

Arlt Invite: 24.97 ~ 1999 Sarah Axley
Stadium: 24.39 @ 5/9/1987 Hollie Watson
D-II Auto: 23.95 # 2008
D-II Prov: 24.80 \$ 2008
GNAC Auto: 26.10 % 2008
GNAC Prov: 27.50 ^ 2008

Name	School	Finals
1 Tidwell, Latoya	NW Nazarene	25.77 10
2 Schutte, Nicki	NW Nazarene	25.93 8
3 Brady, Lindsay	NW Nazarene	26.58 6
4 Hood, Britany	Central Wash.	26.65 5
5 Kaercher, Rachael	Central Wash.	26.83 4
6 Nygard, Kara	Central Wash.	27.15 3
7 Thornton, Amanda	Western Wash.	27.25 2
8 Brediger, Christa	NW Nazarene	27.40 1
9 Berberick, Kim	NW Nazarene	28.02 3.1
10 Seward, Sharelle	NW Nazarene	28.90 3.1
11 Schuh, Kristen	Western Wash.	29.99 3.1
12 Bickford, Danielle	NW Nazarene	30.84 3.1
--- Mortenson, Angie	Orca TC	X30.09 3.1

Women 400 Meter Dash

Arlt Invite: 56.22 ~ 2004 Kinyatta Leonhardt
Stadium: 56.22 @ 4/17/200 Kinyatta Leonhardt
D-II Auto: 55.00 # 2008
D-II Prov: 56.60 \$ 2008
GNAC Auto: 59.80 % 2008
GNAC Prov: 1:04.00 ^ 2008

Name	School	Finals
1 Brady, Lindsay	NW Nazarene	58.52% 10
2 Evans, Chelsea	Central Wash.	58.76% 8
3 Thornton, Amanda	Western Wash.	1:00.19^ 6
4 Nygard, Kara	Central Wash.	1:01.49^ 5
5 Schuh, Kristen	Western Wash.	1:10.22 4
--- Mortenson, Angie	Orca TC	X1:07.08

Women 800 Meter Run

Arlt Invite: 2:13.86 ~ 2002 Sarah Kraybill
Stadium: 2:09.71 @ 5/9/1987 Brit McRoberts
D-II Auto: 2:10.50 # 2008
D-II Prov: 2:15.00 \$ 2008
GNAC Auto: 2:20.00 % 2008
GNAC Prov: 2:27.00 ^ 2008

Name	School	Finals
1 Puga, Jaclyn	NW Nazarene	2:20.78^ 10
2 Rohde, Karin	Seattle Pacific	2:22.76^ 8
3 Watson, Cheri	Western Wash.	2:24.66^ 6
4 Ganyo, Ally	Western Wash.	2:27.78 5
5 Strickler, Suzie	Seattle Pacific	2:28.75 4
6 Cooke, Stephanie	Central Wash.	2:29.72 3
7 Krepel, Kayti	Seattle Pacific	2:32.29 2
8 D'Amico, Nicole	Western Wash.	2:39.68 1
9 Detschman, Taneal	Everett CC	2:43.70

Women 1500 Meter Run

Arlt Invite: 4:32.45 ~ 2002 Alicen Maier
Stadium: 4:27.64 @ 5/9/1987 Brit McRoberts
D-II Auto: 4:31.00 # 2008
D-II Prov: 4:42.00 \$ 2008
GNAC Auto: 4:50.00 % 2008
GNAC Prov: 5:05.00 ^ 2008

Name	School	Finals
1 Puga, Ashley	NW Nazarene	4:36.09\$ 10
2 Strickler, Suzie	Seattle Pacific	4:54.46^ 8
3 Krepel, Kayti	Seattle Pacific	5:03.97^ 6
4 Rendahl, Ashley	NW Nazarene	5:08.32 5
5 Olsen, Courtney	Western Wash.	5:13.08 4
6 Beaman, Kim	Seattle Pacific	5:14.56 3
7 D'Amico, Nicole	Western Wash.	5:14.58 2
8 Cloutier, Ashley	Everett CC	5:16.65 1
9 Young, Jen	NW Nazarene	5:22.57
10 Morman, Ashley	NW Nazarene	5:38.20
11 Hall, Megan	Everett CC	5:48.35
12 Cotterill, Lacey	Everett CC	6:03.67
13 Reardon, Miriam	NW Nazarene	6:05.41
--- Carlyle, Laura	Orca TC	X4:58.56^

Women 3000 Meter Run

Arlt Invite: 9:53.04 ~ 2003 Ashlee Vincent
Stadium: 9:48.0h @ 5/8/1987 Leah Pells
D-II Auto: 9:40.00 # 2008
D-II Prov: 10:15.00 \$ 2008
GNAC Auto: 10:30.00 % 2008
GNAC Prov: 11:15.00 ^ 2008

Name	School	Finals
1 Puga, Ashley	NW Nazarene	10:14.52\$ 10
2 Mullen, Marcie	Central Wash.	10:31.19^ 8
3 Hart, Katie	Seattle Pacific	11:04.00^ 6
4 Slaughter, Danielle	Western Wash.	11:07.09^ 5
5 Rendahl, Ashley	NW Nazarene	11:09.79^ 4
6 Matthews, Valerie	Western Wash.	11:11.61^ 3

2008 Spike Arlt Invitational - 4/19/2008
hosted by Central Washington University
Ellensburg, WA (Tomlinson Stadium)

Results**(Women 3000 Meter Run)**

Name	School	Finals
7 Cooke, Stephanie	Central Wash.	11:15.40 2
8 Breihof, Lauren	Western Wash.	11:16.65 1
9 Williams, McKinley	Western Wash.	11:22.19
10 Borunda, Alehandra	Central Wash.	11:24.02
11 Clarke, Kirsten	Central Wash.	11:24.72
12 Sayres, Maeve	Western Wash.	11:28.34
13 Bakeman, Mary	Central Wash.	11:32.88
14 Felton, Emily	Seattle Pacific	11:53.12
15 Reardon, Miriam	NW Nazarene	12:02.88
16 Hirschhorn, Jessica	Central Wash.	13:15.80
--- Carlyle, Laura	Orca TC	X11:06.31^

Women 5000 Meter Run

Arlt Invite: 18:00.16 ~ 2004 Karen Dickson
Stadium: 17:00.61 @ 5/7/1982 Patsy Sharples
D-II Auto: 17:11.00 # 2008
D-II Prov: 17:45.00 \$ 2008
GNAC Auto: 18:30.00 % 2008
GNAC Prov: 20:00.00 ^ 2008

Name	School	Finals
1 Green, Amber	Unattached	19:27.58^ 10
2 Detschman, Taneal	Everett CC	20:00.80 8
3 Rohde, Kaitlin	Seattle Pacific	20:17.43 6
4 Hall, Megan	Everett CC	20:31.06 5
5 Cotterill, Lacey	Everett CC	21:46.59 4

Women 10000 Meter Run

Arlt Invite: 40:49.20 ~ 2006 Lindsey Graham
Stadium: 36:52.8h @ 5/6/1982 Patsy Sharples
D-II Auto: 35:50.00 # 2008
D-II Prov: 37:30.00 \$ 2008
GNAC Auto: 40:00.00 % 2008
GNAC Prov: 43:30.00 ^ 2008

Name	School	Finals
1 DeBoer, Shannon	NW Nazarene	40:46.30~ 10
2 Leo, Diann	Evergreen St.	44:44.20 8

Women 100 Meter Hurdles

Arlt Invite: 14.34 ~ 1998 Vanessa Fryer
Stadium: 13.82 @ 5/7/2005 Danielle Ayers-Stamper
D-II Auto: 14.00 # 2008
D-II Prov: 14.60 \$ 2008
GNAC Auto: 15.50 % 2008
GNAC Prov: 17.00 ^ 2008

Name	School	Finals
1 Gonzalez, Raquel	Central Wash.	15.89^ 10
2 Druktenis, Stephanie	Central Wash.	17.58 8
3 Larlee, Annie	NW Nazarene	18.25 6
4 Seidler, Mary	Central Wash.	18.83 5

Women 400 Meter Hurdles

Arlt Invite: 1:01.24 ~ 2002 Jawa Harder
Stadium: 1:00.64 @ 5/8/1993 Michaela Colluney
D-II Auto: 1:00.00 # 2008
D-II Prov: 1:03.00 \$ 2008
GNAC Auto: 1:06.00 % 2008
GNAC Prov: 1:11.20 ^ 2008

Name	School	Finals
1 Larlee, Annie	NW Nazarene	1:10.04^ 10
2 Druktenis, Stephanie	Central Wash.	1:12.63 8

Women 3000 Meter Steeplechase

Arlt Invite: 11:36.0h ~ 2002 Korinda Godwin
Stadium: 11:10.10 @ 5/3/2003 Kelly Fullerton
D-II Auto: 11:00.00 # 2008
D-II Prov: 11:27.00 \$ 2008
GNAC Auto: 11:50.00 % 2008
GNAC Prov: 12:50.00 ^ 2008

Name	School	Finals
1 Rohde, Karin	Seattle Pacific	11:08.50@ 10
2 Benson, Sarah	Central Wash.	11:22.90\$ 8
3 Puga, Jaclyn	NW Nazarene	11:47.00% 6
4 Uhlig, Emily	Evergreen St.	11:50.80^ 5
5 Beaman, Kim	Seattle Pacific	11:59.70^ 4

Women 4x100 Meter Relay

Arlt Invite: 47.48 ~ 1999 Pacific Lutheran
Lay, Osborne, C.Axley, S.Axley
Stadium: 47.48 @ 4/24/199 Pacific Lutheran
Lay, Osborne, C.Axley, S.Axley
D-II Auto: 46.00 # 2008
D-II Prov: 47.60 \$ 2008

Team	Relay	Finals
1 NW Nazarene	A	49.28 10
2 Central Wash.	A	53.57 8

Women 4x400 Meter Relay

Arlt Invite: 3:52.13 ~ 1999 Western Wash.
Anderson, Ellingson, Rose, Tenace
Stadium: 3:49.30 @ 5/9/1987 Simon Fraser
Ewing, Parrish, Wagner, McRoberts
D-II Auto: 3:42.00 # 2008
D-II Prov: 3:52.00 \$ 2008

Team	Relay	Finals
1 NW Nazarene	A	4:03.8h 10
2 Central Wash.	A	4:14.3h 8
3 Unattached	A	4:49.5h 6

2008 Spike Arlt Invitational - 4/19/2008
hosted by Central Washington University
Ellensburg, WA (Tomlinson Stadium)

Results**Women High Jump**

Arlt Invite: 5-05.75 ~ 2000 **Brianna Willis**
Stadium: 5-09 @ **Twice**
D-II Auto: 1.75m # 2008
D-II Prov: 1.68m \$ 2008
GNAC Auto: 1.60m % 2008
GNAC Prov: 1.48m ^ 2008

Name	School	Finals
1 Rogers, Jill	Western Wash.	1.55m^ 10
2 Mattson, Jacquie	Seattle Pacific	1.50m^ 8
3 Hettman, Kelsey	NW Nazarene	1.45m 6

Women Pole Vault

Arlt Invite: 12-01.50 ~ 2004 **Allison Hedges**
Stadium: 12-01.50 @ 4/17/200 **Allison Hedges**
D-II Auto: 3.91m # 2008
D-II Prov: 3.60m \$ 2008
GNAC Auto: 3.35m % 2008
GNAC Prov: 2.75m ^ 2008

Name	School	Finals
1 Miller, Christy	Western Wash.	3.20m^ 10
2 Clarke, Camille	Western Wash.	3.05m^ 7
2 Rice, Kristi	NW Nazarene	3.05m^ 7
4 Elzinga, Karina	NW Nazarene	J3.05m^ 5
5 Dockins, Cara	Western Wash.	2.90m^ 4
6 Stevens, Samantha	Western Wash.	J2.90m^ 3
7 Egger, Ashley	NW Nazarene	2.60m 2
8 McCloy, Sophia	Western Wash.	J2.60m 1
9 Quick, Jennifer	Western Wash.	J2.60m
--- Amos, Haley	Central Wash.	NH
--- DiMarco, Diana	Western Wash.	NH

Women Long Jump

Arlt Invite: 18-10.50 ~ 2002 **Davina Strauss**
Stadium: 19-04 @ 4/17/198 **Kim Huey**
D-II Auto: 5.90m # 2008
D-II Prov: 5.60m \$ 2008
GNAC Auto: 5.20m % 2008
GNAC Prov: 4.72m ^ 2008

Name	School	Finals
1 Miller, Christy	Western Wash.	4.95m^ 10
2 VonArx, Laura	NW Nazarene	4.73m^ 8
3 Powers, Lysie	NW Nazarene	4.69m 6
4 Paulsen, Megan	Western Wash.	4.68m 5
5 Potvin, Samantha	Central Wash.	4.51m 4
6 DiEnno, Amanda	Western Wash.	4.46m 3
7 Bekkedahl, Maycee	NW Nazarene	J4.46m 2
8 Flower, Melissa	Seattle Pacific	4.42m 1
9 Rice, Kristi	NW Nazarene	4.40m 1.1
10 Jones, Chelsey	NW Nazarene	3.94m -0.6

Women Triple Jump

Arlt Invite: 38-08.50 ~ 1994 **Tracy Fox**
Stadium: 38-08.50 @ 4/23/199 **Tracy Fox**
D-II Auto: 12.25m # 2008
D-II Prov: 11.60m \$ 2008
GNAC Auto: 10.90m % 2008
GNAC Prov: 9.50m ^ 2008

Name	School	Finals
1 VonArx, Laura	NW Nazarene	11.11m% 10
2 Paulsen, Megan	Western Wash.	10.55m^ 8
3 Bekkedahl, Maycee	NW Nazarene	J10.14m^ 6
4 Flower, Melissa	Seattle Pacific	J10.12m^ 5
5 Larlee, Annie	NW Nazarene	J9.68m^ 4
6 Potvin, Samantha	Central Wash.	J9.56m^ 3
7 Miller, Christy	Western Wash.	J10.25m^ 2

Women Shot Put

Arlt Invite: 44-11 ~ 2000 **April Haney**
Stadium: 47-01.25 @ 4/18/198 **Jenny Lemke**
D-II Auto: 14.90m # 2008
D-II Prov: 13.30m \$ 2008
GNAC Auto: 11.50m % 2008
GNAC Prov: 10.40m ^ 2008

Name	School	Finals
1 Tandle, Krissy	Unattached	13.54m\$ 10
2 Carroll, Amy	NW Nazarene	11.53m% 8
3 Stueckle, Jordan	Central Wash.	11.43m^ 6
4 Afoa, Shaina	Central Wash.	11.40m^ 5
5 Shute, Shayna	NW Nazarene	11.00m^ 4
6 Scherer, Becky	Central Wash.	10.19m 3
7 Sadler, Chelsea	Western Wash.	10.04m 2
8 Peters, Amanda	NW Nazarene	9.98m 1
9 McWeeny, Alison	Central Wash.	9.80m
10 Rance, Erica	Western Wash.	9.70m
11 McMeel, Katie	Unattached	9.56m
12 Seidler, Mary	Central Wash.	9.01m

Women Discus Throw

Arlt Invite: 151-01 ~ 1998 **Sherie Schroeder**
Stadium: 166-11 @ 4/9/1983 **Julie Hanson**
D-II Auto: 47.60m # 2008
D-II Prov: 43.00m \$ 2008
GNAC Auto: 37.00m % 2008
GNAC Prov: 33.00m ^ 2008

Name	School	Finals
1 Tandle, Krissy	Unattached	39.51m% 10
2 Rance, Erica	Western Wash.	39.40m% 8
3 Carroll, Amy	NW Nazarene	36.79m^ 6
4 Scherer, Becky	Central Wash.	35.71m^ 5
5 Afoa, Shaina	Central Wash.	35.24m^ 4
6 Sadler, Chelsea	Western Wash.	34.65m^ 3
7 Shute, Shayna	NW Nazarene	33.52m^ 2
8 Jones, Chelsey	NW Nazarene	31.95m 1
9 Little, Courtney	NW Nazarene	30.73m
10 McWeeny, Alison	Central Wash.	30.63m

2008 Spike Arlt Invitational - 4/19/2008
hosted by Central Washington University
Ellensburg, WA (Tomlinson Stadium)

Results

Women Hammer Throw

Arlt Invite: 73-11.50 ~ 2003 **Jennifer Dunkin**
Stadium: 77-01.25 @ 5/3/2003 **Jennifer Dunkin**
D-II Auto: 54.00m # 2008
D-II Prov: 49.00m \$ 2008
GNAC Auto: 42.00m % 2008
GNAC Prov: 33.00m ^ 2008

Name	School	Finals
1 Carroll, Amy	NW Nazarene	46.64m% 10
2 Tandle, Krissy	Unattached	45.52m% 8
3 McWeeny, Alison	Central Wash.	42.74m% 6
4 Little, Courtney	NW Nazarene	42.14m% 5
5 Rance, Erica	Western Wash.	41.20m^ 4
6 Shute, Shayna	NW Nazarene	38.93m^ 3
7 Scherer, Becky	Central Wash.	37.28m^ 2
8 Stueckle, Jordan	Central Wash.	36.06m^ 1
9 Kaligis, Lauren	Western Wash.	32.42m

Women Javelin Throw

Arlt Invite: 156-05 ~ 2002 **Molly Monroe**
Stadium: 160-11 @ 4/23/198 **Lorna Martinson**
D-II Auto: 44.55m # 2008
D-II Prov: 41.00m \$ 2008
GNAC Auto: 38.10m % 2008
GNAC Prov: 33.00m ^ 2008

Name	School	Finals
1 McMeel, Katie	Unattached	42.61m\$ 10
2 VonArx, Laura	NW Nazarene	36.47m^ 8
3 Jensen, Melissa	Western Wash.	33.44m^ 6
4 DiEnno, Amanda	Western Wash.	33.26m^ 5
5 Elwell, Sarah	NW Nazarene	32.85m 4
6 Tandle, Krissy	Unattached	32.30m 3
7 Peters, Amanda	NW Nazarene	32.04m 2
8 Gonzalez, Raquel	Central Wash.	28.28m 1
9 Dick, Mandi	NW Nazarene	21.11m
10 Potvin, Samantha	Central Wash.	20.26m

Men 100 Meter Dash

Arlt Invite: 10.53 ~ 1998 **Chris Courtney**
Stadium: 10.53 @ 4/25/199 **Chris Courtney**
D-II Auto: 10.35 # 2008
D-II Prov: 10.65 \$ 2008
GNAC Auto: 11.10 % 2008
GNAC Prov: 11.50 ^ 2008

Name	School	Finals
1 Gruger, Shane	Western Wash.	11.27^ 10
2 Hill, Ezekiel	Central Wash.	11.29^ 8
3 Villanueva, Phillip	Western Wash.	11.42^ 6
4 Demouchet, Christian	Central Wash.	11.52 5
5 Orji, Lionel	Central Wash.	11.61 4
6 Skrivanich, Dominik	Central Wash.	11.62 3
7 Gatlin, Alex	Central Wash.	11.67 2
8 Li, Kevin	Western Wash.	11.85 1
9 Goodwin, Christian	Central Wash.	11.92 NWI
10 Moen, Kevin	Western Wash.	11.94 NWI

11 Sevier, A.J.	NW Nazarene	13.47 NWI
--- Palmerton, Justin	Orca TC	X11.60 NWI
--- Robinson, Robby	Orca TC	X11.67 NWI

Men 200 Meter Dash

Arlt Invite: 21.50 ~ 1997 **Marc Hill**
Stadium: 21.50 @ 4/26/199 **Marc Hill**
D-II Auto: 21.00 # 2008
D-II Prov: 21.48 \$ 2008
GNAC Auto: 22.20 % 2008
GNAC Prov: 23.40 ^ 2008

Name	School	Finals
1 Rogstad, Matt	Central Wash.	22.14% 10
2 O'Connell, Matthew	Western Wash.	22.76^ 8
3 Gruger, Shane	Western Wash.	23.19^ 6
4 Hill, Dan	NW Nazarene	23.24^ 5
5 Demouchet, Christian	Central Wash.	23.44 4
6 Kelley, Mike	Unattached	23.78 3
7 Orji, Lionel	Central Wash.	24.01 2
8 McPeters, Brian	Unattached	24.06 1
9 Dye, Alex	Western Wash.	24.50 2.7
10 Snyder, Maxx	Western Wash.	24.63 2.7
11 Greene, Tim	NW Nazarene	24.69 1.7
12 Coughran, Nicholas	Western Wash.	25.32 2.7
13 Sevier, A.J.	NW Nazarene	27.15 2.7
--- Palmerton, Justin	Orca TC	X24.11 1.7
--- Robinson, Robby	Orca TC	X24.44 1.7

Men 400 Meter Dash

Arlt Invite: 47.9h ~ 1994 **Jay Spears**
Stadium: 47.84 @ 5/12/198 **John Kaay**
D-II Auto: 46.80 # 2008
D-II Prov: 48.00 \$ 2008
GNAC Auto: 50.00 % 2008
GNAC Prov: 51.70 ^ 2008

Name	School	Finals
1 Rogstad, Matt	Central Wash.	48.30% 10
2 O'Connell, Matthew	Western Wash.	49.99% 8
3 Hill, Dan	NW Nazarene	51.04^ 6
4 Kelley, Mike	Unattached	51.33^ 5
5 Christenson, Andrew	Central Wash.	51.53^ 4
6 Ward, Mitch	NW Nazarene	51.57^ 3
7 Johnson, Carl	Western Wash.	51.86 2
8 Brydson, Colby	Central Wash.	52.52 1
9 Snyder, Maxx	Western Wash.	54.45
10 Coughran, Nicholas	Western Wash.	54.75
11 Greene, Tim	NW Nazarene	54.93
--- Norton, Jesse	Orca TC	X54.57

2008 Spike Arlt Invitational - 4/19/2008
hosted by Central Washington University
Ellensburg, WA (Tomlinson Stadium)

Results

Men 800 Meter Run

Arlt Invite: 1:52.14 ~ 2003 **Devin Kemper**
Stadium: 1:49.31 @ 5/7/2005 **Paul Mach**
D-II Auto: 1:50.00 # 2008
D-II Prov: 1:52.60 \$ 2008
GNAC Auto: 1:55.50 % 2008
GNAC Prov: 1:59.90 ^ 2008

Name	School	Finals
1 Gavareski, Mike	Seattle Pacific	1:59.00^ 10
2 Meis, Chad	Seattle Pacific	2:00.10 8
3 Bedell, Sam	Western Wash.	2:00.70 6
4 McGrath, Mac	Central Wash.	2:00.90 5
5 Dull, Jeff	Seattle Pacific	2:02.60 4
6 Neaves, Nigel	Everett CC	2:03.10 3
7 Cronkhite, Corey	Central Wash.	2:03.60 2
8 Stark, Steven	NW Nazarene	2:04.60 1
9 Roberson, Jesse	Western Wash.	2:05.00
10 Reynolds, Caleb	NW Nazarene	2:05.50
11 Paul, Phil	Unattached	2:05.65
12 Nilsen, Tyler	Everett CC	2:05.70
13 Hargrove, Wes	Central Wash.	2:06.00
14 Wahlenmaier, Jacob	Unattached	2:06.30
15 Phillips, John	Seattle Pacific	2:07.50
16 Huff, Steve	NW Nazarene	2:10.54
17 Boyes, Spencer	Everett CC	2:11.39
18 Hetrick, Hank	NW Nazarene	2:11.50
19 Knudson, Jeff	Central Wash.	2:13.70
20 DeSimone, Greg	NW Nazarene	2:14.83
21 Blount, Kevin	Central Wash.	2:16.23
22 Horn, T.J.	Everett CC	2:20.10
23 Kratzer, Josh	Central Wash.	2:21.95
24 Otis, Gabe	NW Nazarene	2:27.28
--- Strickler, Eddie	Club Northwest	X1:59.30^

Men 1500 Meter Run

Arlt Invite: 3:54.5h ~ 2002 **Nathan Carlson**
Stadium: 3:51.64 @ 5/9/1987 **Mike Pace**
D-II Auto: 3:49.00 # 2008
D-II Prov: 3:53.50 \$ 2008
GNAC Auto: 3:59.00 % 2008
GNAC Prov: 4:10.00 ^ 2008

Name	School	Finals
1 Cronrath, Brian	Seattle Pacific	4:01.00^ 10
2 Cameron, Will	Western Wash.	4:02.70^ 8
3 Lampi, Kyle	Western Wash.	4:03.90^ 6
4 Meis, Chad	Seattle Pacific	4:08.50^ 5
5 Neaves, Nigel	Everett CC	4:09.90^ 4
6 Wahlenmaier, Jacob	Unattached	4:10.90 3
7 Hetrick, Hank	NW Nazarene	4:13.41 2
8 Nilsen, Tyler	Everett CC	4:14.10 1
9 Kubitz, Greg	Western Wash.	4:15.00
10 Stark, Steven	NW Nazarene	4:15.40
11 Phillips, John	Seattle Pacific	4:18.05
12 Knudson, Jeff	Central Wash.	4:20.22

13 Perkins, Nate	Western Wash.	4:20.33
14 Lampshire, Cory	Western Wash.	4:20.47
15 Boyes, Spencer	Everett CC	4:21.49
16 DeSimone, Greg	NW Nazarene	4:23.77
17 Wageman, Josh	NW Nazarene	4:29.28
--- Dennis, Chris	Orca TC	X4:19.30

Men 5000 Meter Run

Arlt Invite: 14:22.35 ~ 2002 **Eric Tollefson**
Stadium: 14:22.35 @ 4/20/200 **Eric Tollefson**
D-II Auto: 14:10.00 # 2008
D-II Prov: 14:45.00 \$ 2008
GNAC Auto: 15:10.00 % 2008
GNAC Prov: 16:00.00 ^ 2008

Name	School	Finals
1 Kulvi, Trevor	Central Wash.	16:18.80 10
2 Johnson, Tom	Central Wash.	16:20.90 8
3 Rosser, James	Seattle Pacific	16:33.70 6
4 Durkee, John	Central Wash.	16:38.30 5
5 Lance, Jordan	Seattle Pacific	17:03.10 4
6 Carper, Brian	Seattle Pacific	17:24.50 3
--- Rank, Jonathon	Unattached	DNF
--- Jenkins, Cory	Orca TC	X16:10.20
--- Quimby, Jon	Orca TC	X16:25.80
--- Dennis, Chris	Orca TC	X17:36.00

Men 10000 Meter Run

Arlt Invite: 33:16.10 ~ 2006 **Jake Perry**
Stadium: 30:34.7h @ 4/24/198 **Don Stearns**
D-II Auto: 29:45.00 # 2008
D-II Prov: 31:05.00 \$ 2008
GNAC Auto: 33:30.00 % 2008
GNAC Prov: 35:00.00 ^ 2008

Name	School	Finals
1 Lambert, Kevin	NW Nazarene	32:25.80~ 10
2 Clark, Seth	NW Nazarene	33:25.00% 8
3 Race, Thomas	Western Wash.	35:27.60 6
4 Alhajri, Andrew	Central Wash.	37:32.30 5
5 Johnson, Chris	Evergreen St.	41:32.20 4

Men 110 Meter Hurdles

Arlt Invite: 14.4h ~ 1994 **Nolan Toso**
Stadium: 14.53 @ 5/12/198 **Don Erickson**
D-II Auto: 14.15 # 2008
D-II Prov: 14.65 \$ 2008
GNAC Auto: 15.60 % 2008
GNAC Prov: 16.60 ^ 2008

Name	School	Finals
1 Beaty, Dallas	NW Nazarene	15.85^ 10
2 Wargo, Benjamin	Western Wash.	16.44^ 8
3 Moen, Kevin	Western Wash.	18.02 6
4 Montgomery, Stuart	NW Nazarene	18.92 5

2008 Spike Arlt Invitational - 4/19/2008
 hosted by Central Washington University
 Ellensburg, WA (Tomlinson Stadium)

Results

Men 400 Meter Hurdles

Arlt Invite: 52.5h ~ 1994 Goreal Hudson
 Stadium: 52.5h @ 4/23/199 Goreal Hudson
 D-II Auto: 51.65 # 2008
 D-II Prov: 53.40 \$ 2008
 GNAC Auto: 56.90 % 2008
 GNAC Prov: 1:00.00 ^ 2008

Name	School	Finals
1 Beaty, Dallas	NW Nazarene	55.47% 10
2 Velasquez, Charles	Central Wash.	55.94% 8
3 Wargo, Benjamin	Western Wash.	56.10% 6
4 Villanueva, Phillip	Western Wash.	58.55^ 5
5 Morales, Gabriel	Western Wash.	1:01.56 4

Men 3000 Meter Steeplechase

Arlt Invite: 9:11.9h ~ 1998 Eric Tollefson
 Stadium: 9:08.20 @ 5/7/2005 Ethan Barrons
 D-II Auto: 9:07.00 # 2008
 D-II Prov: 9:26.00 \$ 2008
 GNAC Auto: 9:40.00 % 2008
 GNAC Prov: 10:15.00 ^ 2008

Name	School	Finals
1 Peters, Andy	Unattached	9:30.30% 10
2 Rockenbach, Brian	Central Wash.	10:09.80^ 8
3 Kratzer, Josh	Central Wash.	10:18.40 6
4 Blount, Kevin	Central Wash.	10:30.30 5
5 Lane, Zach	NW Nazarene	10:31.10 4
6 Horn, T.J.	Everett CC	10:41.50 3

Men 4x100 Meter Relay

Arlt Invite: 41.12 ~ 1999 Central Wash.
 Delay, Faulconer, Saur, Courtney
 Stadium: 41.12 @ 4/24/199 Central Wash.
 Delay, Faulconer, Saur, Courtney
 D-II Auto: 40.25 # 2008
 D-II Prov: 41.35 \$ 2008

Team	Relay	Finals
1 Central Wash.	A	42.34 10
2 NW Nazarene	A	43.83 8
3 Central Wash.	B	44.31 6

Men 4x400 Meter Relay

Arlt Invite: 3:16.5h ~ 1994 Western Wash.
 Hill, Blank, Young, Delaney
 Stadium: 3:15.08 @ 5/12/198 Simon Fraser
 Clarke, Tyler, Devlin, Kaay
 D-II Auto: 3:10.00 # 2008
 D-II Prov: 3:14.40 \$ 2008

Team	Relay	Finals
1 Central Wash.	C	3:28.58 10
--- NW Nazarene	A	DQ

Men High Jump

Arlt Invite: 6-10.25 ~ 1998 Sean Steele
 Stadium: 7-00 @ 4/7/1979 Bob Peterson
 D-II Auto: 2.16m # 2008
 D-II Prov: 2.05m \$ 2008
 GNAC Auto: 1.95m % 2008
 GNAC Prov: 1.80m ^ 2008

Name	School	Finals
1 Bailey, Cameron	Unattached	2.00m% 10
2 Hamilton, Jonathan	Central Wash.	1.90m^ 8
3 Nelson, Joseph	Central Wash.	1.85m^ 6

Men Pole Vault

Arlt Invite: 17-01.75 ~ 2004 Shawn Trimble
 Stadium: 17-01 @ 4/17/200 Shawn Trimble
 D-II Auto: 5.02m # 2008
 D-II Prov: 4.80m \$ 2008
 GNAC Auto: 4.40m % 2008
 GNAC Prov: 4.00m ^ 2008

Name	School	Finals
1 McCoy, Scott	Central Wash.	4.45m% 10
2 Winters, Josh	Western Wash.	4.30m^ 8
3 Shea, Ben	NW Nazarene	4.15m^ 6
4 Millson, Michael	Western Wash.	4.00m^ 5
5 Zwiefelhofer, Eric	NW Nazarene	J4.00m^ 3.5
5 Lucke, Bryan	Western Wash.	J4.00m^ 3.5
7 Patee, Caleb	NW Nazarene	3.70m 2
8 Lloyd, William	Western Wash.	3.55m 1

Men Long Jump

Arlt Invite: 23-10.75 ~ 1995 Rob Rising
 Stadium: 24-05.50 @ 3/28/197 Dave Walker
 D-II Auto: 7.50m # 2008
 D-II Prov: 7.15m \$ 2008
 GNAC Auto: 6.70m % 2008
 GNAC Prov: 6.30m ^ 2008

Name	School	Finals
1 Hill, Ezekiel	Central Wash.	6.72m% 10
2 Felt, Justin	Seattle Pacific	6.71m% 8
3 Gruger, Shane	Western Wash.	6.55m^ 6
4 Cho, James	Unattached	6.28m 5
5 Orji, Lionel	Central Wash.	5.93m 4
6 Satterwhite, Timothy	Western Wash.	5.79m 3

Men Triple Jump

Arlt Invite: 48-01.25 ~ 2002 Justin Lawrence
 Stadium: 51-00 @ 4/7/1979 Dave White
 D-II Auto: 15.30m # 2008
 D-II Prov: 14.45m \$ 2008
 GNAC Auto: 13.50m % 2008
 GNAC Prov: 12.50m ^ 2008

Name	School	Finals
1 Hamm, Greg	NW Nazarene	14.23m% 10
2 Bailey, Cameron	Unattached	13.76m% 8
3 Cho, James	Unattached	13.55m% 6

2008 Spike Arlt Invitational - 4/19/2008
hosted by Central Washington University
Ellensburg, WA (Tomlinson Stadium)

Results

(Men Triple Jump)

Name	School	Finals
4 Goodwin, Christian	Central Wash.	12.94m^ 5
5 Satterwhite, Timothy	Western Wash.	112.94m^ 4
6 Felt, Justin	Seattle Pacific	12.76m^ 3
7 McCoy, Scott	Central Wash.	12.03m 2
8 Bricker, Donald	Central Wash.	11.21m 1

Men Shot Put

Arlt Invite: 53-08.50 ~ 1994 **Scott Easley**
Stadium: 57-02 @ **Twice**
D-II Auto: 16.90m # 2008
D-II Prov: 15.90m \$ 2008
GNAC Auto: 13.40m % 2008
GNAC Prov: 12.20m ^ 2008

Name	School	Finals
1 Valdez, Matt	Central Wash.	14.94m% 10
2 Barclay, Zach	NW Nazarene	14.56m% 8
3 Fischer, Tyler	Central Wash.	13.87m% 6
4 Matschiner, Andrew	Seattle Pacific	13.76m% 5
5 Fenters, Jordan	NW Nazarene	13.45m% 4
6 Ramirez, Daniel	Central Wash.	13.38m^ 3
7 Hoffinan, Michael	Western Wash.	12.92m^ 2
8 Estrada, Diego	NW Nazarene	11.37m 1
9 Michaelson, Bryant	Western Wash.	11.34m

Men Discus Throw

Arlt Invite: 180-07 ~ 1998 **Luke Jacobson**
Stadium: 201-01 @ 5/8/1971 **John Bakkenson**
D-II Auto: 52.00m # 2008
D-II Prov: 48.76m \$ 2008
GNAC Auto: 43.00m % 2008
GNAC Prov: 37.00m ^ 2008

Name	School	Finals
1 Fischer, Tyler	Central Wash.	48.45m% 10
2 Hoffinan, Michael	Western Wash.	41.77m^ 8
3 Valdez, Matt	Central Wash.	41.55m^ 6
4 Barclay, Zach	NW Nazarene	40.40m^ 5
5 Elder, Ben	Unattached	40.00m^ 4
6 Ramirez, Daniel	Central Wash.	39.13m^ 3
7 Michaelson, Bryant	Western Wash.	38.88m^ 2
8 Matschiner, Andrew	Seattle Pacific	37.73m^ 1
9 Fenters, Jordan	NW Nazarene	37.46m^
10 Estrada, Diego	NW Nazarene	36.02m
11 Eaton, Alex	NW Nazarene	35.34m
12 Ostler, Mychal	Central Wash.	29.91m
13 Heidegger, Josh	NW Nazarene	28.62m
14 Montgomery, Stuart	NW Nazarene	26.45m

Men Hammer Throw

Arlt Invite: 189-02 ~ 1993 **Aaron Linerud**
Stadium: 211-07 @ 4/22/197 **Dwight Midles**
D-II Auto: 58.50m # 2008
D-II Prov: 53.00m \$ 2008
GNAC Auto: 43.00m % 2008
GNAC Prov: 35.00m ^ 2008

Name	School	Finals
1 Fischer, Tyler	Central Wash.	50.95m% 10
2 Barclay, Zach	NW Nazarene	50.03m% 8
3 Ostler, Mychal	Central Wash.	48.13m% 6
4 Valdez, Matt	Central Wash.	47.75m% 5
5 Hoffman, Michael	Western Wash.	42.24m^ 4
6 Elder, Ben	Unattached	41.72m^ 3
7 Fenters, Jordan	NW Nazarene	38.38m^ 2
8 Eaton, Alex	NW Nazarene	38.10m^ 1
9 Estrada, Diego	NW Nazarene	34.06m

Men Javelin Throw

Arlt Invite: 214-11 ~ 1998 **Davy Logue**
Stadium: 245-04 @ 4/12/196 **Drew Stevick**
D-II Auto: 64.00m # 2008
D-II Prov: 59.44m \$ 2008
GNAC Auto: 57.00m % 2008
GNAC Prov: 48.16m ^ 2008

Name	School	Finals
1 Stiger, Andrew	Central Wash.	58.81m% 10
2 Wells, Ian	Central Wash.	58.79m% 8
3 Acock, Chad	Central Wash.	56.47m^ 6
4 Heidegger, Josh	NW Nazarene	55.54m^ 5
5 Harris, Loren	Unattached	55.15m^ 4
6 Zwiefelhofer, Eric	NW Nazarene	54.33m^ 3
7 Nelson, Joseph	Central Wash.	46.37m 2
8 Valentine, Bob	Western Wash.	45.89m 1
9 Lloyd, William	Western Wash.	41.44m
10 Jones, Josh	NW Nazarene	37.33m

Arlt Invite: 9:11.9h ~ 1998 **Eric Tollefson**
Stadium: 9:08.20 @ 5/7/2005 **Ethan Barrons**
D-II Auto: 9:07.00 # 2008
D-II Prov: 9:26.00 \$ 2008
GNAC Auto: 9:40.00 % 2008
GNAC Prov: 10:15.00 ^ 2008

Women - Team Rankings - 21 Events Scored

1) Northwest Nazarene University	262
2) Central Washington University	144
3) Western Washington University	132
4) Seattle Pacific University	71
5) Everett Community College	18
6) The Evergreen State College	13

Men - Team Rankings - 21 Events Scored

1) Central Washington University	272
2) Western Washington University	143.5
3) Northwest Nazarene University	130.5
4) Seattle Pacific University	67

2008 Spike Arlt Invitational - 4/19/2008
hosted by Central Washington University
Ellensburg, WA (Tomlinson Stadium)
Results

5) Everett Community College	11
6) The Evergreen State College	4