

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****Women 60 Meter Dash**

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 Meet Record: * 7.33 2006 Virginia Powell, USC

Name	Year School	Prelims	H#

Preliminaries			
1 Keel, Dominique	Washington St.	7.62q	1
2 Darden, Danielle	Washington St.	7.64q	1
3 Stavig, Sarah	Washington St.	7.74q	1
4 Ekelem, Christiana	Washington St.	7.82q	1
5 DeHart, Holly	Washington St.	7.95q	1
6 Pikes, Andrea	Idaho	7.96q	1
7 Garcia, Madison	Central Washington	8.04q	1
8 Palesch, Meghan	Idaho	8.22q	1
9 Martin, Diamond	Central Washington	8.24	2
10 Carter, Nicole	Idaho	8.32	2
11 Jentz, Kathryn	Whitworth	8.36	4
12 Eruwa, Faith	Idaho	8.36	4
13 Hawley, Katia	Central Washington	8.38	2
14 Bays, Logan	Puget Sound	8.39	2
15 Joseph, Anna	Puget Sound	8.49	3
16 Otholt, Hayley	Spokane CC	8.50	2
17 Inderbitzin, Julia	Central Washington	8.53	2
18 Williams, Kelsie	Central Washington	8.54	3
19 Wright, Stephanie	Spokane CC	8.55	3
20 Vasina, Viktoriya	Central Washington	8.60	3
21 Wahl, Lani	Whitworth	8.83	4
22 Heichel, Julia	Central Washington	8.84	3
23 Whistocken, Angelique	Central Washington	8.86	3
24 Prasil, Emily	Puget Sound	8.89	4
25 Rhoads, Alyssa	Spokane CC	9.01	3
26 Simpson, Elvanie	Spokane CC	9.09	4
27 Lewis, Sunny	Puget Sound	9.28	4
-- Goetz, Victoria	Idaho	DQ	2

Women 60 Meter Dash

=====
 Meet Record: * 7.33 2006 Virginia Powell, USC

Name	Year School	Finals	H#

Finals			
1 Keel, Dominique	Washington St.	7.59	
2 Darden, Danielle	Washington St.	7.62	
3 Stavig, Sarah	Washington St.	7.71	
4 Ekelem, Christiana	Washington St.	7.75	
5 Pikes, Andrea	Idaho	7.88	
6 Garcia, Madison	Central Washington	8.02	
7 Palesch, Meghan	Idaho	8.15	

Women 200 Meter Dash

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 Meet Record: * 24.34 2006 Carol Rodriguez, USC

Name	Year School	Finals	H#

1 Palesch, Meghan	Idaho	26.18	6
2 Pikes, Andrea	Idaho	26.27	7

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Pullman, Washington
Results****....Women 200 Meter Dash**

3	Garcia, Madison	Central Washington	26.28	7
4	Harmon, Ashley	Central Washington	26.39	7
5	Banfro, Tianna	Central Washington	26.41	7
6	Murata, Tamaki	Central Washington	26.72	7
7	Callan, Maggie	Whitworth	27.07	6
8	Clark, Isabel	Spokane CC	27.27	6
9	Carter, Nicole	Idaho	27.38	5
10	Vasquez, Brianna	Gonzaga	27.50	3
11	Hawley, Katia	Central Washington	27.51	3
12	Martin, Diamond	Central Washington	27.58	6
13	Jentz, Kathryn	Whitworth	27.62	5
14	Strope, Harley	Spokane CC	27.76	3
15	Inderbitzin, Julia	Central Washington	27.79	4
16	Balazs, Emma	Idaho	28.08	5
17	Deck, Allison	Central Washington	28.24	4
18	Brase, Kayla	Whitworth	28.27	5
19	Joseph, Anna	Puget Sound	28.33	2
20	Cummings, Mara	Puget Sound	28.48	2
21	Hood, Anna	Central Washington	28.54	4
22	Kasel, Kristen	Central Washington	28.62	2
23	Whistocken, Angelique	Central Washington	29.05	5
24	Johnson, Shannon	Spokane CC	29.12	2
25	Williams, Kelsie	Central Washington	29.25	3
26	Dillon, Megan	Gonzaga	29.33	3
27	Vasina, Viktoriya	Central Washington	29.35	6
28	Cockle, Holly	Spokane CC	29.46	2
29	Russell, Megan	Spokane CC	29.53	1
30	Simpson, Elvanie	Spokane CC	30.98	1
31	Adams, Lexie	Lewis-Clark	31.19	1
32	Prasil, Emily	Puget Sound	31.21	1

Women 400 Meter Dash

=====				
Meet Record: * 55.78 2008 Carol Rodriquez, USC				
Name	Year	School	Finals	H#
=====				
1	Gaffney, Regyn	Washington St.	58.97	3
2	Harmon, Ashley	Central Washington	59.62	3
3	Victor, Grace	Washington St.	59.73	3
4	Quinn, ShaRaya	Washington St.	1:00.70	2
5	Strope, Harley	Spokane CC	1:01.51	2
6	Callan, Maggie	Whitworth	1:01.52	3
7	Sapp, Jenny	Lewis-Clark	1:02.27	1
8	Vasquez, Brianna	Gonzaga	1:03.01	2
9	Banfro, Tianna	Central Washington	1:03.02	2
10	Collins, Katie	Spokane CC	1:03.64	2
11	Cummings, Mara	Puget Sound	1:03.67	1
12	Del Medico, Justine	Spokane CC	1:03.84	1
13	Kasel, Kristen	Central Washington	1:05.26	2
14	Deck, Allison	Central Washington	1:05.74	3
15	Cockle, Holly	Spokane CC	1:05.89	1
16	Whistocken, Angelique	Central Washington	1:06.77	1

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****Women 600 Meter Run**

Name	Year	School	Finals	H#
1 Harradine, Meg		Trinity Western	1:38.56	2
2 Shuttleworth, Rachel		Trinity Western	1:40.55	2
3 Piercy, Jordyn		Trinity Western	1:44.95	2
4 Pauls, Sophie		Trinity Western	1:47.27	2
5 Foster, Molly		Gonzaga	1:47.60	1
6 Maryschuk, Katie		Trinity Western	1:50.68	1
7 Liebel, Brenna		Central Washington	1:50.96	1

Women 800 Meter Run

Name	Year	School	Finals	H#
Meet Record: * 2:10.05 2014 Liga Velvere, Vandal Track				
1 Yee, Regan		Trinity Western	2:12.87	2
2 Leland, Kayla		Whitworth	2:15.27	2
3 McKay, Katie		Whitworth	2:15.41	2
4 Fraher, Claren		Gonzaga	2:18.48	1
5 Henderson, Amanda		Washington St.	2:19.36	2
6 Jensen, Ariel		Lewis-Clark	2:20.34	2
7 Ackerley, Natalie		Washington St.	2:20.42	2
8 Palmer, Marquita		Idaho	2:21.05	2
9 Bradley, Adreonia		Washington St.	2:21.95	2
10 Phipps, Jenna		Idaho	2:23.47	1
11 Anderson, Emily		Gonzaga	2:24.06	2
12 Inderbitzin, Jayna		Central Washington	2:24.36	2
13 Albrecht, Jenny		Gonzaga	2:29.24	1
14 Arlt, Betsy		Washington St.	2:29.30	2
15 Wise, Alison		Puget Sound	2:30.60	1
16 McKinney, Kaitlyn		Central Washington	2:33.24	1
17 Henderson, Pam		Washington St.	2:36.77	1

Women 1 Mile Run

Name	Year	School	Finals	H#
Meet Record: * 4:44.31 2014 Hannah Kiser, Idaho				
1 Martens, Mirelle		Trinity Western	4:52.33	2
2 Brooking, Lisa		Trinity Western	4:59.35	2
3 Kerst, Amy		Unattached	5:04.03	2
4 Bush, Sophie		Lewis-Clark	5:10.40	2
5 Culver, Katy		Gonzaga	5:11.08	2
6 Shindruk, Alexa		Central Washington	5:15.11	2
7 Williams, Joanna		Trinity Western	5:16.48	2
8 Horn, Katelyn		Lewis-Clark	5:21.79	2
9 Skay, McCall		Idaho	5:21.95	1
10 Story, Kara		Idaho	5:23.46	2
11 Chucka, Megan		Gonzaga	5:26.13	1
12 Liebel, Brenna		Central Washington	5:26.44	1
13 Smart, Mikaela		Trinity Western	5:31.26	1
14 Ni, Taili		Puget Sound	5:33.13	2
15 Kiefer, Amanda		Gonzaga	5:33.94	1
16 McKinney, Kaitlyn		Central Washington	5:35.19	1

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Results****....Women 1 Mile Run**

17 Arnzen, Jessica	Whitworth	5:35.27	2
18 Slavoski, Elena	Gonzaga	5:37.57	1
19 Smith, Molly	Whitworth	5:39.37	1
20 Stroosma, Molly	Gonzaga	5:52.88	1
21 Wildon, Terra	Puget Sound	6:00.21	1
22 Eshelman, Hannah	Puget Sound	6:01.78	1
-- Yee, Regan	Trinity Western	DNF	2

Women 3000 Meter Run

=====			
Meet Record: *	9:51.25	2009	Allix Lee-Painter, Idaho
Name	Year	School	Finals
=====			
1 Wood, Allison		Whitworth	10:45.04
2 Garcia, Alexys		Washington St.	10:53.94
3 Rexus, Stephanie		Central Washington	10:55.81
4 Ni, Taili		Puget Sound	11:00.44
5 Henderson, Amanda		Washington St.	11:01.24
6 Peterson, Jessica		Lewis-Clark	11:19.69
7 Schoenike, Kristen		Whitworth	11:20.51
8 Strong, Katie		Lewis-Clark	11:23.09
9 Ripple, Monica		Gonzaga	11:40.09
10 Bergstrom, Natalie		Central Washington	11:47.94
-- Gomez, Elena		Central Washington	DNF

Women 60 Meter Hurdles

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Meet Record: *	8.06	2006	Virginia Powell, USC		
Name	Year	School	Prelims	H#	
=====					
Preliminaries					
1 Whyte, Angela		Unattached	8.25q	1	
2 Ross, Hazel		Trinity Western	8.90q	1	
3 Vongsaveng, Mariyah		Central Washington	8.96q	1	
4 Quinn, ShaRaya		Washington St.	9.09q	1	
5 Anderson, Jordan		Washington St.	9.20q	1	
6 Li, Emma		Trinity Western	9.35q	1	
7 Banfro, Tianna		Central Washington	9.39q	1	
8 Deck, Allison		Central Washington	9.40q	2	
9 Dobbins, Christina		Whitworth	9.52	1	
10 Sapp, Jenny		Lewis-Clark	9.57	2	
11 Pajimola, Tiara		Whitworth	9.65	2	
12 Warren, Kawena		Northwest Nazarene	9.72	2	
13 Murata, Tamaki		Central Washington	9.76	2	
14 Anderson, Ali		Central Washington	10.00	3	
15 Collins, Katie		Spokane CC	10.03	2	
16 Clark, Isabel		Spokane CC	10.20	2	
17 Pauls, Sophie		Trinity Western	10.21	3	
18 McConnell, Alexandra		Whitworth	10.24	3	
19 Brase, Kayla		Whitworth	10.31	2	
20 Conklin, Katie		Northwest Nazarene	10.34	3	
21 Ward, Rachel		Spokane CC	11.04	3	

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Pullman, Washington
Results****Women 60 Meter Hurdles**

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Meet Record: * 8.06 2006 Virginia Powell, USC

Name Year School Finals

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Finals

1	Whyte, Angela	Unattached	8.18
2	Ross, Hazel	Trinity Western	8.75
3	Vongsaveng, Mariyah	Central Washington	8.86
4	Quinn, ShaRaya	Washington St.	8.99
5	Anderson, Jordan	Washington St.	9.02
6	Banfro, Tianna	Central Washington	9.21
7	Deck, Allison	Central Washington	9.49

Women 4x400 Meter Relay

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Meet Record: * 3:46.07 2013 WSU

Watley, Winfrey, Keel, Fermin

School Finals H#

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1	Washington St. 'A'	3:51.49	2
	1) Keel, Dominique		
	2) Gaffney, Regyn		
	3) Ekelem, Christiana		
	4) Darden, Danielle		
2	Washington St. 'B'	x3:58.00	2
	1) Victor, Grace		
	2) Cho, Stephanie		
	3) Stavig, Sarah		
	4) DeHart, Holly		
3	Trinity Western 'A'	4:02.94	2
	1) Pauls, Sophie		
	2) Harradine, Meg		
	3) Piercy, Jordyn		
	4) Shuttleworth, Rachel		
4	Central Washington 'A'	4:06.19	2
	1) Garcia, Madison		
	2) Inderbitzin, Jayna		
	3) Hawley, Katia		
	4) Inderbitzin, Julia		
5	Whitworth 'A'	4:06.44	2
	1) Jentz, Kathryn		
	2) McKay, Katie		
	3) Leland, Kayla		
	4) Callan, Maggie		
6	Spokane CC 'A'	4:11.20	1
	1) Clark, Isabel		
	2) Collins, Katie		
	3) Strobe, Harley		
	4) Del Medico, Justine		
7	Gonzaga 'A'	4:17.96	1
	1) Foster, Molly		
	2) Fraher, Claren		
	3) Anderson, Emily		
	4) Vasquez, Brianna		
8	Puget Sound 'A'	4:26.50	1
	1) Cummings, Mara		
	2) Joseph, Anna		
	3) Wise, Alison		
	4) Wildon, Terra		
9	Spokane CC 'B'	x4:28.60	1
	1) Ward, Rachel		
	2) Cockle, Holly		
	3) Otholt, Hayley		
	4) Wright, Stephanie		
10	Gonzaga 'B'	x4:36.80	1
	1) Saunders, Lauren		
	2) Culver, Katy		
	3) Dillon, Megan		
	4) Wagner, Kate		

Women 4x800 Meter Relay

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School Finals

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1	Trinity Western 'A'	9:11.56
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Results****....Women 4x800 Meter Relay**

1) Williams, Joanna	2) Harradine, Meg
3) Martens, Mirelle	4) Yee, Regan
-- Trinity Western 'B'	DNF
1) Brooking, Lisa	2) Ross, Hazel
3) Smart, Mikaela	4) Maryschuk, Katie

Women High Jump

Meet Record: * 1.75m 2010 Holly Parent, WSU												
Name	Year	School	Finals									
1 Nuttall, Emma		Trinity Western	1.75m*	5-08.75	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80
					PPP	PPP	PPP	PPP	O	O	O	XXX
2 Davis, Kiana		Washington St.	J1.75m*	5-08.75	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80
					PPP	PPP	PPP	O	O	O	XXO	XXX
3 Ketcham, Audrey		Washington St.	1.65m	5-05.00	1.45	1.50	1.55	1.60	1.65	1.70		
					PPP	PPP	O	O	O	XXX		
4 Holmes, Lateah		Washington St.	J1.65m	5-05.00	1.45	1.50	1.55	1.60	1.65	1.70		
					PPP	PPP	O	XO	XO	XXX		
5 Ross, Hazel		Trinity Western	1.60m	5-03.00	1.45	1.50	1.55	1.60	1.65			
					PPP	PPP	PPP	O	XXX			
6 Dobbins, Christina		Whitworth	J1.60m	5-03.00	1.45	1.50	1.55	1.60	1.65			
					XO	XO	XXO	XO	XXX			
7 Spencer, Rashae		Spokane CC	1.55m	5-01.00	1.45	1.50	1.55	1.60				
					O	O	XO	XXX				
8 Pakootas, Olivia		Spokane CC	J1.55m	5-01.00	1.45	1.50	1.55	1.60				
					O	O	XXO	XXX				
9 Miller, Rachel		Northwest Nazarene	J1.55m	5-01.00	1.45	1.50	1.55	1.60				
					PPP	XO	XXO	XXX				
10 Maryschuk, Katie		Trinity Western	1.50m	4-11.00	1.45	1.50	1.55					
					O	O	XXX					
11 Warren, Kawena		Northwest Nazarene	J1.50m	4-11.00	1.45	1.50	1.55					
					PPP	XO	XXX					
12 Bower, Payton		Central Washington	J1.50m	4-11.00	1.45	1.50	1.55					
					XXO	XO	XXX					
13 Bentley, Moriah		Central Washington	1.45m	4-09.00	1.45	1.50						
					O	XXX						
13 Lytle, Olivia		Whitworth	1.45m	4-09.00	1.45	1.50						
					O	XXX						

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Results****....Women High Jump**

13	Conklin, Katie	Northwest Nazarene	1.45m	4-09.00
	1.45 1.50 1.55			
	O XXP X			
16	Kelsey, Kaidan	Lewis-Clark	J1.45m	4-09.00
	1.45 1.50			
	XXO XXX			
16	Lindsey, Whitney	Lewis-Clark	J1.45m	4-09.00
	1.45 1.50			
	XXO XXX			
--	Brase, Kayla	Whitworth	NH	
	1.45			
	XXX			
--	Pauls, Sophie	Trinity Western	NH	
	1.45 1.50			
	PPP XXX			
--	Johnson, Mikaila	Central Washington	NH	
	1.45			
	XXX			
--	Brown, Maddie	Spokane CC	NH	
	1.45			
	XXX			
--	Williams, Brooke	Central Washington	NH	
	1.45			
	XXX			
--	McConnell, Alexandra	Whitworth	NH	
	1.45			
	XXX			
--	Johnson, Shannon	Spokane CC	NH	
	1.45			
	XXX			

Women Pole Vault

=====									
Meet Record: * 4.20m 2005 Ebbie Metzinger, Unattached									
Name	Year	School	Finals						
=====									
1	Felix, Kristine	Unattached	4.00m	13-01.50					
	3.10 3.25 3.40 3.55 3.70 3.85 4.00 4.21								
	PPP PPP PPP PPP PPP PPP O XXX								
2	Wright, Stephanie	Spokane CC	3.55m	11-07.75					
	3.10 3.25 3.40 3.55 3.70								
	O O O O XXX								
3	Evans, Madison	Trinity Western	J3.55m	11-07.75					
	3.10 3.25 3.40 3.55 3.70								
	PPP PPP XO O XXX								
4	Li, Emma	Trinity Western	J3.55m	11-07.75					
	3.10 3.25 3.40 3.55 3.70								
	PPP O XXO XO XXX								
5	Scharmman, Molly	Unattached	3.40m	11-01.75					
	3.10 3.25 3.40 3.55								
	O O O XXX								
6	Frost, Katelyn	Washington St.	J3.40m	11-01.75					
	3.10 3.25 3.40 3.55								
	PPP XXO XO XXX								

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Results****....Women Pole Vault**

7	Watkins, Cecilia	Idaho	J3.40m	11-01.75
	3.10 3.25 3.40 3.55			
	XO XXO XO XXX			
8	Emmert, McKenna	Central Washington	3.25m	10-08.00
	3.10 3.25 3.40			
	PPP O XXX			
9	Carnahan, Danielle	Washington St.	J3.25m	10-08.00
	3.10 3.25 3.40			
	XO XO XXX			
10	Webb, Abby	Unattached	3.10m	10-02.00
	3.10 3.25			
	O XXX			
11	Otholt, Hayley	Spokane CC	J3.10m	10-02.00
	3.10 3.25			
	XO XXX			
--	Smith, Julia	Idaho	NH	
	3.10			
	XXX			
--	Webber, Kirsten	Trinity Western	NH	
	3.10 3.25 3.40 3.55			
	PPP PPP PPP XXX			
--	Kasel, Kristen	Central Washington	NH	
	3.10			
	XXX			
--	Wucherer, Kelly	Whitworth	NH	
	3.10			
	XXX			
--	Adams, Lexie	Lewis-Clark	NH	
	3.10			
	XXX			
--	Lewis, Sunny	Puget Sound	NH	
	3.10			
	XXX			

Women Long Jump

Meet Record: * 5.94m 2006 Michelle Sanford, USC							
Name	Year	School	Finals				
1 Whyte, Angela		Unattached	5.74m	18-10.00			
	FOUL	5.42m 5.74m	FOUL	FOUL	FOUL		
2 Ross, Hazel		Trinity Western	5.50m	18-00.50			
	5.32m	FOUL 5.27m	FOUL	FOUL	5.50m		
3 Alsop, Greer		Washington St.	5.45m	17-10.75			
	5.45m	5.15m FOUL	FOUL	5.40m	FOUL		
4 Hogan, McKenna		Washington St.	5.43m	17-09.75			
	5.35m	FOUL 5.43m	5.40m	5.27m	5.20m		
5 Warren, Kayla		Washington St.	5.42m	17-09.50			
	5.21m	4.86m 5.42m	5.04m	FOUL	5.11m		
6 Eruwa, Faith		Idaho	5.07m	16-07.75			
	4.81m	FOUL 5.02m	5.03m	FOUL	5.07m		
7 Williams, Brooke		Central Washington	5.00m	16-05.00			
	5.00m	4.98m 4.74m	4.79m	4.87m	4.97m		

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8	Pauls, Sophie	Trinity Western	4.77m	15-07.75
	FOUL 4.77m 4.67m 4.68m 4.68m FOUL			
9	Bentley, Moriah	Central Washington	4.74m	15-06.75
	FOUL 4.74m 4.70m			
9	Curlanis, Lauren	Idaho	4.74m	15-06.75
	4.73m 4.74m 4.53m			
11	Rhoads, Alyssa	Spokane CC	4.68m	15-04.25
	4.63m 4.17m 4.68m			
12	Heichel, Julia	Central Washington	4.66m	15-03.50
	4.32m 4.66m 4.50m			
13	Richardson, Reed	Idaho	4.63m	15-02.25
	FOUL FOUL 4.63m			
13	Bentley, Marinah	Central Washington	4.63m	15-02.25
	4.60m 4.51m 4.63m			
15	Maryschuk, Katie	Trinity Western	4.60m	15-01.25
	4.42m 4.57m 4.60m			
16	Warren, Kawena	Northwest Nazarene	4.43m	14-06.50
	FOUL FOUL 4.43m			
17	Russell, Megan	Spokane CC	4.31m	14-01.75
	4.31m FOUL FOUL			

Women Triple Jump

Meet Record: * 12.49m 2006 Michelle Sanford, USC					
Name	Year	School	Finals		

1	Warren, Kayla	Washington St.	11.96m	39-03.00	
	11.61m FOUL 11.94m FOUL 11.85m 11.96m				
2	Davis, Kiana	Washington St.	11.86m	38-11.00	
	11.86m PASS PASS PASS PASS PASS				
3	Marzano, Allyssa	Central Washington	10.92m	35-10.00	
	10.92m FOUL FOUL 10.69m 10.63m 10.86m				
4	Rhoads, Alyssa	Spokane CC	10.86m	35-07.75	
	FOUL 10.80m 10.45m 10.67m 10.86m 10.62m				
5	Williams, Brooke	Central Washington	10.48m	34-04.75	
	FOUL 9.94m 10.28m 10.14m 10.48m 10.45m				
6	Wahl, Lani	Whitworth	10.24m	33-07.25	
	FOUL 10.24m 9.61m 9.81m 9.56m FOUL				
7	Bentley, Marinah	Central Washington	10.17m	33-04.50	
	FOUL 10.16m 10.17m FOUL FOUL 9.90m				
8	Conklin, Katie	Northwest Nazarene	10.16m	33-04.00	
	FOUL 10.16m FOUL FOUL FOUL FOUL				
9	Evans, Madison	Trinity Western	10.14m	33-03.25	
	FOUL FOUL 10.14m				
10	Curlanis, Lauren	Idaho	10.12m	33-02.50	
	FOUL 10.12m 9.92m				
10	Heichel, Julia	Central Washington	10.12m	33-02.50	
	10.03m 10.12m FOUL				
12	Vasina, Viktoriya	Central Washington	10.10m	33-01.75	
	FOUL FOUL 10.10m				
13	Spoolstra, Michaela	Northwest Nazarene	10.04m	32-11.25	
	10.04m FOUL FOUL				
14	Prasil, Emily	Puget Sound	9.90m	32-05.75	
	9.45m 9.65m 9.90m				

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Women Triple Jump**

15	Richardson, Reed	Idaho	9.81m	32-02.25
	FOUL 9.81m FOUL			
--	Snyder, Hannah	Central Washington	FOUL	
	FOUL FOUL FOUL			
--	Lytle, Olivia	Whitworth	FOUL	
	FOUL FOUL FOUL			

Women Shot Put

=====				
Meet Record: * 16.13m 2006 Karen Freeberg, USC				
Name	Year	School	Finals	
=====				
1	Chaney, Erica	Unattached	14.14m	46-04.75
	FOUL 13.10m 14.02m 14.14m	FOUL FOUL		
2	Youngers, Amanda	Central Washington	13.05m	42-09.75
	12.68m FOUL 12.51m 12.93m	FOUL 13.05m		
3	Bates, Kolcie	Idaho	12.48m	40-11.50
	11.77m 12.48m 12.12m 12.11m 12.24m	FOUL		
4	Levi, Toa	Spokane CC	12.44m	40-09.75
	12.36m 11.96m 12.18m FOUL 12.44m 12.20m			
5	Whyte, Angela	Unattached	12.34m	40-06.00
	12.34m 11.95m 12.11m 11.44m	FOUL FOUL		
6	Krouse, Kaitlin	Unattached	12.19m	40-00.00
	11.31m 12.19m 11.01m 11.60m 10.14m 11.27m			
7	Moore, Dorothy	Central Washington	11.92m	39-01.25
	11.92m 11.71m 11.56m 11.65m FOUL 11.50m			
8	Harvey, Jada	Washington St.	11.85m	38-10.50
	11.44m 11.36m 11.85m 10.29m 11.28m	FOUL		
9	Brown, Chrisshnay	Unattached	11.82m	38-09.50
	11.82m FOUL 11.36m			
10	Taylor, Kelsie	Washington St.	11.76m	38-07.00
	11.73m 11.76m FOUL			
11	Openiano, Danielle	Whitworth	11.69m	38-04.25
	FOUL 11.69m FOUL			
12	Eddy, Chanelle	Whitworth	11.66m	38-03.25
	10.07m 11.66m 11.14m			
13	Kana, Olivia	Lewis-Clark	11.49m	37-08.50
	FOUL FOUL 11.49m			
14	Ross, Nyirenda	Spokane CC	11.45m	37-06.75
	10.85m 10.81m 11.45m			
15	Reno, Alyssum	Central Washington	11.39m	37-04.50
	11.30m 11.39m 10.96m			
16	Landis, Justean	Unattached	11.15m	36-07.00
	10.87m FOUL 11.15m			
17	Kilgour, Yvonne	Spokane CC	10.90m	35-09.25
	10.39m 10.90m 10.81m			
18	McConnell, Alexandra	Whitworth	10.56m	34-07.75
	10.31m 10.39m 10.56m			
19	Shaffer, Jamila	Spokane CC	9.55m	31-04.00
	9.43m 9.55m 9.37m			
20	Pauls, Sophie	Trinity Western	9.31m	30-06.50
	9.28m 7.95m 9.31m			
21	Anderson, Ali	Central Washington	8.76m	28-09.00
	8.57m 8.47m 8.76m			

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Women Shot Put**

22 Maryschuk, Katie	Trinity Western	8.25m	27-01.00
8.25m PASS PASS			
23 Inouye, Sam	Puget Sound	7.58m	24-10.50
6.81m 7.58m 7.37m			

Women Weight Throw

=====				
Meet Record: * 18.28m 2014 Kaytlyn Coleman, Lewis-Clark St.				
Name	Year	School	Finals	
=====				
1 Wardsworth, Katie		Washington St.	15.66m	51-04.50
FOUL FOUL 15.06m 15.29m 15.66m 15.49m				
2 Youngers, Amanda		Central Washington	15.02m	49-03.50
13.79m 14.20m FOUL 14.67m 15.00m 15.02m				
3 Lester, Samantha		Unattached	14.66m	48-01.25
FOUL 13.68m 12.73m 14.25m 14.66m 14.26m				
4 Kana, Olivia		Lewis-Clark	14.15m	46-05.25
14.15m FOUL FOUL 13.26m 12.85m 12.80m				
5 Landis, Justean		Unattached	13.81m	45-03.75
12.77m 13.38m FOUL 12.74m 13.81m 13.79m				
6 Bates, Kolcie		Idaho	13.65m	44-09.50
12.47m 13.65m FOUL 13.24m FOUL FOUL				
7 Moore, Dorothy		Central Washington	13.41m	44-00.00
13.28m 13.41m FOUL 13.41m FOUL FOUL				
8 Martin, Aoife		Unattached	13.37m	43-10.50
12.78m 13.37m FOUL 13.28m FOUL FOUL				
9 Cooper, Lauren		Idaho	13.29m	43-07.25
FOUL 13.29m 12.92m				
10 Gardella, Anglea		Unattached	13.00m	42-08.00
13.00m FOUL FOUL				
11 Reno, Alyssum		Central Washington	11.62m	38-01.50
FOUL 11.62m 11.60m				

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

=====				
Name	Year	School	Finals	Points
=====				
1 Brooks-Johnson, Alissa		Washington St.	2:19.80	826
2 Anderson, Ali		Central Washington	2:20.80	813
3 Harper, Liz		Washington St.	2:22.38	791
4 Bass, Kaleala		Idaho	2:29.49	699
5 Schauble, Lindsey		Washington St.	2:29.91	694
6 Hirschi, Alyssa		Utah State	2:32.61	661
7 Reed, Emily		Utah State	2:32.83	658
8 Brown, Miranda		Lewis-Clark	2:37.46	602

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

=====					
Name	Year	School	Finals	H#	Points
=====					
1 Harper, Liz		Washington St.	8.62	1	991
2 Brooks-Johnson, Alissa		Washington St.	8.81	1	950
3 Schauble, Lindsey		Washington St.	9.30	2	848
4 Hirschi, Alyssa		Utah State	9.45	1	818

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon**

5	Brown, Miranda	Lewis-Clark	9.56	2	796
6	Reed, Emily	Utah State	9.88	2	735
7	Anderson, Ali	Central Washington	9.91	2	729
8	Bass, Kaleala	Idaho	10.17	1	681

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Year	School	Finals	Points
1 Brooks-Johnson, Alissa		Washington St.	1.76m 5-09.25	928
	1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79			
	PPP PPP PPP PPP O O O O O O XXO XO XXX			
2 Harper, Liz		Washington St.	1.73m 5-08.00	891
	1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76			
	PPP PPP PPP PPP PPP O O O O PPP O O XXX			
3 Brown, Miranda		Lewis-Clark	1.55m 5-01.00	678
	1.40 1.43 1.46 1.49 1.52 1.55 1.58			
	O O O O XXO O XXX			
3 Hirschi, Alyssa		Utah State	1.55m 5-01.00	678
	1.40 1.43 1.46 1.49 1.52 1.55 1.58			
	PPP O O O XO XO XXX			
3 Reed, Emily		Utah State	1.55m 5-01.00	678
	1.40 1.43 1.46 1.49 1.52 1.55 1.58			
	PPP XO XXO XO XO O XXX			
6 Schauble, Lindsey		Washington St.	1.49m 4-10.50	610
	1.40 1.43 1.46 1.49 1.52			
	O XXO XO XO XXX			
7 Bass, Kaleala		Idaho	1.43m 4-08.25	544
	1.40 1.43 1.46			
	O XO XXX			
7 Anderson, Ali		Central Washington	1.43m 4-08.25	544
	1.40 1.43 1.46			
	XXO XXO XXX			

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Year	School	Finals	Points
1 Harper, Liz		Washington St.	5.64m 18-06.00	741
	5.09m 5.64m FOUL			
2 Brooks-Johnson, Alissa		Washington St.	5.60m 18-04.50	729
	5.60m 5.59m 5.55m			
3 Schauble, Lindsey		Washington St.	5.26m 17-03.25	631
	5.11m 5.13m 5.26m			
4 Anderson, Ali		Central Washington	5.10m 16-08.75	587
	FOUL 5.10m FOUL			
5 Brown, Miranda		Lewis-Clark	5.09m 16-08.50	584
	4.80m 5.01m 5.09m			
6 Hirschi, Alyssa		Utah State	5.03m 16-06.00	567
	FOUL 4.77m 5.03m			
7 Bass, Kaleala		Idaho	4.99m 16-04.50	557
	4.88m 4.99m 4.91m			
8 Reed, Emily		Utah State	4.84m 15-10.50	516
	4.69m 4.82m 4.84m			

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

Name	Year School	Finals	Points
1 Brooks-Johnson, Alissa 11.69m 12.10m 11.63m	Washington St.	12.10m 39-08.50	668
2 Hirschi, Alyssa 10.20m 10.71m 9.73m	Utah State	10.71m 35-01.75	576
3 Schauble, Lindsey 10.15m FOUL 9.62m	Washington St.	10.15m 33-03.75	539
4 Harper, Liz 9.61m 9.64m 8.86m	Washington St.	9.64m 31-07.50	506
5 Brown, Miranda 8.67m 9.32m 9.21m	Lewis-Clark	9.32m 30-07.00	485
6 Bass, Kaleala 8.87m 8.97m 8.32m	Idaho	8.97m 29-05.25	462
7 Anderson, Ali 8.45m 8.65m 7.89m	Central Washington	8.65m 28-04.50	441
8 Reed, Emily 8.30m 8.33m 8.09m	Utah State	8.33m 27-04.00	421

Women Indoor Pentathlon

Meet Record: * 4260 2007 Diana Pickler, WSU

Name	Year School	Finals
1 Brooks-Johnson, Alissa	Washington St.	4101
2 Harper, Liz	Washington St.	3920
3 Schauble, Lindsey	Washington St.	3322
4 Hirschi, Alyssa	Utah State	3300
5 Brown, Miranda	Lewis-Clark	3145
6 Anderson, Ali	Central Washington	3114
7 Reed, Emily	Utah State	3008
8 Bass, Kaleala	Idaho	2943

Men 60 Meter Dash

Meet Record: * 6.69 2006 James McSwain, WSU

Name	Year School	Prelims	H#
Preliminaries			
1 Linde, James	Trinity Western	7.01q	1
2 George, Nathan	Trinity Western	7.02q	1
3 Ayesu-Attah, Ben	Idaho	7.04q	2
4 Littles, Ray	Washington St.	7.05q	2
5 Smith, Zach	Washington St.	7.06q	1
6 Villines, Jesse	Idaho	7.08q	1
7 Chambers, Terrance	Washington St.	7.09q	2
8 Wicks, Isaac	Spokane CC	7.16q	2
9 Jetter, Brandon	Washington St.	7.17	3
10 Gardner, Ethan	Unattached	7.20	6
11 McIntosh, Max	Central Washington	7.23	3
12 McCaw, Rikki	Idaho	7.25	3
13 Landis, Kodiak	Central Washington	7.26	2
14 Steuk, Garret	Central Washington	7.27	3
15 Sherwood, Cody	Spokane CC	7.27	3

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Men 60 Meter Dash**

16	Alsin, Trent	Whitworth	7.28	2
17	Ransom, Malcolm	Spokane CC	7.32	3
18	Tabbachi, Bastian	Spokane CC	7.35	4
19	Bradley, Shaun	Unattached	7.39	1
20	Gillispie, Kaizer	Idaho	7.40	4
21	Middleton, Ian	Idaho	7.42	3
22	Tobin, Scott	Spokane CC	7.50	4
23	Vigesaa, Kody	Spokane CC	7.51	4
24	Martinez, Noel	Spokane CC	7.52	5
25	Braithwaite, Cameron	Puget Sound	7.53	4
26	Stuffle, Zion	Idaho	7.55	6
27	De Guzman, Paolo	Unattached	7.56	5
28	Stich, Andrew	Spokane CC	7.58	4
29	Best, Ryan	Spokane CC	7.62	5
30	Larson, Dane	Whitworth	7.64	6
31	Hansen, Nate	Unattached	7.71	4
32	Branham, Steven	Puget Sound	7.72	5
33	Bueno, Chris	Puget Sound	7.75	6
34	Cruz, Tyler	Unattached	7.76	5
35	Martinez, Marco	Unattached	8.14	5

Men 60 Meter Dash

=====
 Meet Record: * 6.69 2006 James McSwain, WSU

Name	Year	School	Finals
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=====

Finals

1	Linde, James	Trinity Western	6.90
2	Ayesu-Attah, Ben	Idaho	6.99
3	Smith, Zach	Washington St.	7.00
4	George, Nathan	Trinity Western	7.00
5	Villines, Jesse	Idaho	7.02
6	Littles, Ray	Washington St.	7.03
7	Wicks, Isaac	Spokane CC	7.15

Men 200 Meter Dash

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 Meet Record: * 21.59 2005 Darren Woods, California

Name	Year	School	Finals	H#
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1	Gillispie, Kaizer	Idaho	22.58	5
2	Ransom, Malcolm	Spokane CC	23.17	3
3	McIntosh, Max	Central Washington	23.18	3
4	Arndt, Darren	Central Washington	23.23	5
5	Robinson-McClure, Jalen	Whitworth	23.31	1
6	McCaw, Rikki	Idaho	23.41	5
7	Steuk, Garret	Central Washington	23.48	5
8	Wicks, Isaac	Spokane CC	23.52	4
9	Vigesaa, Kody	Spokane CC	23.58	4
10	Sherwood, Cody	Spokane CC	23.61	4
11	Tabbachi, Bastian	Spokane CC	23.80	3
12	Tobin, Scott	Spokane CC	23.98	3
13	Braithwaite, Cameron	Puget Sound	24.01	2
14	Bradley, Shaun	Unattached	24.36	4

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Men 200 Meter Dash**

15	Dildine, Ian	Unattached	24.44	4
16	Cobb, Graham	Puget Sound	24.50	2
17	Scott, Trevaughn	Central Washington	24.82	3
18	Hansen, Nate	Unattached	25.11	2
19	Branham, Steven	Puget Sound	25.31	1
20	MacAusland, Ross	Puget Sound	25.52	2
21	Robles, Zal	Puget Sound	25.76	1
22	Graham, Thilo	Spokane CC	25.89	1
23	Martinez, Marco	Unattached	26.55	1

Men 400 Meter Dash

Meet Record: * 48.28 2013		Ben Ayesu-Attah, Idaho			
Name	Year	School	Finals	H#	
1	Wallin, Josh	Spokane CC	51.19	3	
2	Arndt, Darren	Central Washington	51.36	4	
3	Clark, Trevon	Spokane CC	51.70	4	
4	DeMaris, Will	Washington St.	51.79	4	
5	Sealby, Jacob	Unattached	52.00	4	
6	Jetter, Brandon	Washington St.	52.11	3	
7	Robinson-McClure, Jalen	Whitworth	52.13	2	
8	Gardner, Ethan	Unattached	52.21	2	
9	Woolley, John-Robert	Whitworth	52.24	3	
10	Nienhuis, Jake	Washington St.	52.43	3	
11	Boyd, David	Trinity Western	52.48	2	
12	Hill, Tyler	Washington St.	52.57	3	
13	Gunther, Ryan	Central Washington	53.57	2	
14	Sealby, Lucas	Unattached	53.63	4	
15	Tobin, Scott	Spokane CC	54.79	2	
16	Getchell, Kendall	Spokane CC	55.02	1	
17	MacAusland, Ross	Puget Sound	55.91	1	
18	Cobb, Graham	Puget Sound	56.32	1	
19	McGill, Lucas	Whitworth	56.39	1	
20	Robles, Zal	Puget Sound	57.03	1	
21	Graham, Thilo	Spokane CC	57.34	1	

Men 600 Meter Run

Name	Year	School	Finals	
1	George, Nathan	Trinity Western	1:22.76	
2	Kits, Aiden	Trinity Western	1:23.39	
3	Styner, Jesse	Lewis-Clark	1:25.40	
--	Bonner, Kurtis	Lewis-Clark	DNF	

Men 800 Meter Run

Meet Record: * 1:52.82 2005		Alex McClary, California			
Name	Year	School	Finals	H#	
1	DeJong, Tyler	Trinity Western	1:57.03	3	
2	Finney, Jake	Washington St.	1:58.11	3	
3	Lam, James	Trinity Western	1:58.21	3	

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Men 800 Meter Run**

4	Scott, Trevaughn	Central Washington	1:59.06	3
5	Barrett, Nehemiah	Lewis-Clark	2:00.40	3
6	Black, Christopher	Idaho	2:00.62	2
7	de Jong, Caleb	Trinity Western	2:01.25	3
8	Little, Kyler	Washington St.	2:01.95	3
9	Kitchens, Austin	Spokane CC	2:01.99	2
10	Simpson, Alex	Washington St.	2:02.54	1
11	Gin, Jordan	Trinity Western	2:03.15	2
12	Davis, Joey	Lewis-Clark	2:03.45	2
13	Kopplin, Tim	Spokane CC	2:03.73	1
14	McNiell, Grant	Whitworth	2:04.57	2
15	Mohammed, Abdulrazik	Whitworth	2:06.67	1
16	Leaf, Ronald	Unattached	2:08.08	1
17	Cranshaw, Dominic	Unattached	2:08.73	2
18	Gosselin, Nicholas	Whitworth	2:09.61	1
19	Paulson, Kyle	Unattached	2:15.10	1
20	Monaghan, Liam	Puget Sound	2:16.59	1

Men 1 Mile Run

 Meet Record: * 4:08.97 2013 Todd Wakefield, WSU

Name	Year	School	Finals	H#
1	Johnston, Blair	Trinity Western	4:18.07	3
2	Marshall, Adam	Trinity Western	4:18.28	3
3	DeSchiffart, Joel	Trinity Western	4:18.92	3
4	de Jong, Caleb	Trinity Western	4:19.23	3
5	Clifford, Deon	Trinity Western	4:21.60	3
6	Colyn, Nick	Trinity Western	4:22.00	3
7	Schultz, Drew	Idaho	4:22.58	2
8	Wadhvani, Isaac	Unattached	4:24.49	3
9	Vargas, Santos	Idaho	4:24.70	3
10	Smith, Tomislav	Lewis-Clark	4:27.36	1
11	Lam, James	Trinity Western	4:27.54	3
12	Simpson, Alex	Washington St.	4:28.36	2
13	Ovnicek, Skylar	Idaho	4:29.61	2
14	Delcourt, Tim	Idaho	4:29.88	2
15	Stout, Ben	Gonzaga	4:31.51	2
16	Matyas, Zachary	Unattached	4:31.70	3
17	Markin, James	Puget Sound	4:37.32	1
18	Gin, Jordan	Trinity Western	4:37.60	2
19	Wintz, Levi	Idaho	4:37.65	2
20	Bingham, Grant	Whitworth	4:37.85	1
21	Leaf, Ronald	Unattached	4:38.87	2
22	DeJong, Tyler	Trinity Western	4:39.59	3
23	Bigelow, Justin	Puget Sound	4:40.50	2
24	O'Leary, Ciaran	Gonzaga	4:42.13	1
25	Morris, Henry	Gonzaga	4:45.58	1
26	Handel, Jonny	Lewis-Clark	4:46.91	1
27	Monaghan, Liam	Puget Sound	4:48.17	1
28	McKay, Brady	Lewis-Clark	4:52.68	1
29	Worthington, Riley	Whitman	4:52.72	2
30	Paulson, Kyle	Unattached	4:53.51	2
31	Veasy, Logan	Whitworth	4:55.75	1

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Men 1 Mile Run**

32 Wimpenny, Jacob	Lewis-Clark	4:58.60	1
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Men 3000 Meter Run

=====			
Meet Record: * 8:18.11	2012	Andrew Gonzales, WSU	
Name	Year School	Finals	H#
=====			
1 Atkin, Sam	Lewis-Clark	8:24.00	2
2 Thompson, William	Gonzaga	8:52.66	2
3 Oser, Austin	Unattached	8:53.39	2
4 Stucker, Dwain	Idaho	8:54.51	2
5 Wilson, Garrett	Unattached	8:55.63	2
6 Crevelt, Dylan	Lewis-Clark	9:04.98	1
7 Thomas, Andy	Gonzaga	9:05.31	2
8 Markin, James	Puget Sound	9:12.44	2
9 Deal, Seth	Lewis-Clark	9:14.09	1
10 Whitehead, Mick	Whitworth	9:15.06	2
11 Boston, Josh	Unattached	9:17.90	1
12 Eastwood, Coby	Gonzaga	9:19.20	1
13 Truax, Sammy	Gonzaga	9:20.25	2
14 Skiles, Chad	Lewis-Clark	9:20.50	1
15 Waheed, Alex	Whitman	9:22.01	1
16 Javier, Kaleb	Central Washington	9:23.02	2
17 Bigelow, Justin	Puget Sound	9:23.93	2
18 Giordano, Dominic	Spokane CC	9:30.00	2
19 Bania, Ian	Whitman	9:30.10	1
20 Thimesch, Charlie	Whitman	9:30.20	1
21 Jenkins, Cowan	TYB	9:30.85	1
22 Baker, Dontae	Lewis-Clark	9:31.47	1
23 Larkin, Teddy	Whitman	9:31.81	1
24 McHan, Mike	Lewis-Clark	9:39.92	2
25 Handel, Jonny	Lewis-Clark	9:42.63	1
26 Christianson, Andrew	Unattached	9:43.44	2
27 Langtry, Andrew	Puget Sound	9:48.24	1
28 Johnson, Dylan	Lewis-Clark	9:54.79	1
29 Hogue, Royce	Unattached	10:11.02	1

Men 60 Meter Hurdles

=====			
Meet Record: * 7.88	2009	Robert Williams, WSU	
Name	Year School	Prelims	H#
=====			
Preliminaries			
1 Kamara, Abu	Washington St.	8.20q	1
2 Allen, CJ	Washington St.	8.25q	1
3 Villines, Jesse	Idaho	8.29q	1
4 Grant, Christopherson	Washington St.	8.34q	1
5 Stuffle, Zion	Idaho	8.42q	2
6 Boozer, Joel	Lewis-Clark	8.43q	1
7 Zmuda, Daniel	Unattached	8.59q	1
8 McIntosh, Max	Central Washington	8.63q	2
9 Woolley, John-Robert	Whitworth	8.75	2
10 Stich, Andrew	Spokane CC	8.88	2
11 Gunther, Ryan	Central Washington	8.90	2

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Men 60 Meter Hurdles**

12	Evarts, Matt	Lewis-Clark	9.00	2
13	Scott, Trevaughn	Central Washington	9.13	2
14	Middleton, Ian	Idaho	9.16	3
15	Parsons, Kolton	Lewis-Clark	9.21	3
16	Getchell, Kendall	Spokane CC	9.32	2
17	McGill, Lucas	Whitworth	9.35	3
18	Bonner, Kurtis	Lewis-Clark	9.53	3
19	Thieme, Falk	Lewis-Clark	10.30	3
20	Larson, Dane	Whitworth	12.22	3

Men 60 Meter Hurdles

Meet Record: * 7.88 2009 Robert Williams, WSU

Name	Year	School	Finals
=====			
Finals			
1		Washington St.	8.14
2		Washington St.	8.27
3		Washington St.	8.28
4		Idaho	8.28
5		Lewis-Clark	8.41
6		Idaho	8.44
7		Central Washington	8.63
--		Unattached	DNF

Men 4x200 Meter Relay

School	Finals
=====	
1 Trinity Western 'A'	1:29.33
1) Ayin, Nicholas	2) George, Nathan
3) Linde, James	4) Sinclair, Jamie
-- Trinity Western 'B'	DNF
1) DeGroot, Andrew	2) Boyd, David
3) Humprey, Stephen	4) Kelso, Dylan

Men 4x400 Meter Relay

Meet Record: * 3:16.34 2009 Utah State
Z. Hevner, B. Waller, J. Allred, N. Karren

School	Finals	H#
=====		
1 Trinity Western 'A'	3:21.36	2
1) Sinclair, Jamie	2) DeGroot, Andrew	
3) Kits, Aiden	4) George, Nathan	
2 Washington St. 'A'	3:23.70	2
1) Littles, Ray	2) Chambers, Terrance	
3) DeMaris, Will	4) Charles, Jamaun	
3 Central Washington 'A'	3:27.63	2
1) Scott, Trevaughn	2) Steuk, Garret	
3) McIntosh, Max	4) Arndt, Darren	
4 Spokane CC 'A'	3:28.14	1
1) Wallin, Josh	2) Kitchens, Austin	
3) Hoerner, Frankie	4) Clark, Trevon	

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Men 4x400 Meter Relay**

5	Trinity Western 'C'	x3:28.99	1
	1) Marshall, Adam	2) Lam, James	
	3) DeJong, Tyler	4) Gin, Jordan	
6	Washington St. 'B'	x3:30.74	2
	1) Nienhuis, Jake	2) Hill, Tyler	
	3) Finney, Jake	4) Jetter, Brandon	
7	Whitworth 'A'	3:35.11	2
	1) Gosselin, Nicholas	2) Woolley, John-Robert	
	3) Robinson-McClure, Jalen	4) Larson, Dane	
8	Trinity Western 'B'	x3:35.23	2
	1) Humprey, Stephen	2) Boyd, David	
	3) Johnston, Blair	4) de Jong, Caleb	
9	Spokane CC 'B'	x3:37.46	1
	1) Vigesaa, Kody	2) Stich, Andrew	
	3) Getchell, Kendall	4) Ransom, Malcolm	
10	Trinity Western 'D'	x3:40.06	1
	1) Clifford, Deon	2) Colyn, Nick	
	3) Hernandez, Cale	4) Dunford, Nathan	
11	Puget Sound 'A'	3:54.97	1
	1) MacAusland, Ross	2) Cobb, Graham	
	3) Monaghan, Liam	4) Robles, Zal	

Men 4x800 Meter Relay

School	Finals
1 Trinity Western 'A'	7:49.63
1) DeJong, Tyler	2) Lam, James
3) Marshall, Adam	4) Clifford, Deon
2 Trinity Western 'B'	x7:56.34
1) de Jong, Caleb	2) Colyn, Nick
3) DeSchiffart, Joel	4) Gin, Jordan
3 Lewis-Clark 'A'	8:02.17
1) Barrett, Nehemiah	2) Davis, Joey
3) Styner, Jesse	4) Smith, Tomislav
-- Unattached 'A'	DNF
1) Matyas, Zachary	2)
-- Trinity Western 'C'	DNF
1) Johnston, Blair	2) Ayin, Nicholas
3) Boyd, David	4) DeGroot, Andrew

Men High Jump

Name	Year	School	Finals
Meet Record: * 2.24m	2010	Trent Arrivey, WSU	
1 Pierson, Thane		Washington St.	2.10m 6-10.75
1.75 1.80 1.85 1.90 1.95 2.00 2.05 2.10 2.17			
PPP PPP PPP PPP PPP O XO XXO XXX			
2 Fredrickson, Peyton		Washington St.	2.00m 6-06.75
1.75 1.80 1.85 1.90 1.95 2.00 2.05			
PPP PPP PPP O O XXO XXX			

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Men High Jump**

3	Panchol, Emmanuel	Unattached	1.95m	6-04.75
	1.75 1.80 1.85 1.90 1.95 2.00			
	PPP PPP PPP PPP O XXX			
4	Hoberg, Cole	Northwest Nazarene	J1.95m	6-04.75
	1.75 1.80 1.85 1.90 1.95 2.00			
	PPP PPP PPP XO O XXX			
5	Smith, Cole	Washington St.	J1.95m	6-04.75
	1.75 1.80 1.85 1.90 1.95 2.00			
	PPP PPP PPP PPP XO XXX			
6	Rexus, Brendan	Washington St.	J1.95m	6-04.75
	1.75 1.80 1.85 1.90 1.95 2.00			
	PPP PPP O O XXO XXX			
7	Jevtic, Dusan	Idaho	J1.95m	6-04.75
	1.75 1.80 1.85 1.90 1.95 2.00			
	PPP PPP PPP XO XXO XXX			
8	McGill, Lucas	Whitworth	1.90m	6-02.75
	1.75 1.80 1.85 1.90 1.95			
	PPP O O O XXX			
9	Humphrey, Stephen	Trinity Western	J1.90m	6-02.75
	1.75 1.80 1.85 1.90 1.95			
	O XXO XO O XXX			
10	Anderson, Grayson	Washington St.	J1.90m	6-02.75
	1.75 1.80 1.85 1.90 1.95			
	PPP PPP XO XO XXX			
11	Blakeley, Tyler	Spokane CC	J1.90m	6-02.75
	1.75 1.80 1.85 1.90 1.95			
	PPP PPP PPP XXO XXX			
12	Halligan, Keelan	Washington St.	1.80m	5-10.75
	1.75 1.80 1.85			
	PPP O XXX			
13	Getchell, Kendall	Spokane CC	J1.80m	5-10.75
	1.75 1.80 1.85			
	O XXO XXX			
14	Lovitt, Dekker	Spokane CC	1.75m	5-08.75
	1.75 1.80			
	XXO XXX			
--	Tobin, Scott	Spokane CC	NH	
	1.75			
	XXX			
--	Sykes, Max	Spokane CC	NH	
	1.75 1.80 1.85			
	PPP PPP XXX			
--	Gunther, Ryan	Central Washington	NH	
	1.75			
	XXX			
--	Santos, Joel	Trinity Western	NH	
	1.75			
	XXX			
--	Bueno, Chris	Puget Sound	NH	
	1.75			
	XXX			
--	Branham, Steven	Puget Sound	NH	
	1.75			
	XXX			

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****Men Pole Vault**

Meet Record: * 5.35m 2012 Michael Woepse, UCLA										
Name	Year	School								Finals
1 Sullivan, Matt		Idaho								5.00m 16-04.75
	4.00	4.15	4.30	4.45	4.60	4.75	4.90	5.00	5.20	
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	XXX	
2 Kleven, Everett		Whitworth								4.75m 15-07.00
	4.00	4.15	4.30	4.45	4.60	4.75	4.90			
	PPP	PPP	PPP	O	XO	XXO	XXX			
3 Lewis, Anden		Washington St.								4.60m 15-01.00
	4.00	4.15	4.30	4.45	4.60	4.75				
	PPP	PPP	O	O	O	XXX				
4 Mjelde, Tucker		Unattached								J4.60m 15-01.00
	4.00	4.15	4.30	4.45	4.60	4.75				
	PPP	PPP	O	XXO	XXO	XXX				
5 McClanahan, Zach		Northwest Nazarene								J4.60m 15-01.00
	4.00	4.15	4.30	4.45	4.60	4.75				
	PPP	PPP	XO	XXO	XXO	XXX				
6 Tom, Kainoa		Unattached								4.45m 14-07.25
	4.00	4.15	4.30	4.45	4.60					
	PPP	O	XO	O	XXX					
7 Dunford, Nathan		Trinity Western								J4.45m 14-07.25
	4.00	4.15	4.30	4.45	4.60					
	PPP	PPP	XO	XO	XXX					
8 Gwin, Phillip		Northwest Nazarene								4.30m 14-01.25
	4.00	4.15	4.30	4.45						
	PPP	O	XO	XXX						
9 Irvine, Zane		Central Washington								4.15m 13-07.25
	4.00	4.15	4.30							
	PPP	O	XXX							
10 Landis, Kodiak		Central Washington								J4.15m 13-07.25
	4.00	4.15	4.30							
	PPP	XO	XXX							
11 Smith, Louis		Unattached								4.00m 13-01.50
	4.00	4.15								
	XXO	XXX								
-- Weiss, Chris		Trinity Western								NH
	4.00									
	XXX									
-- Dickinson, Matt		Unattached								NH
	4.00									
	XXX									
-- Walker, Berlie		Unattached								NH
	4.00									
	XXX									
-- Shiroma, Cheyne		Whitworth								NH
	4.00									
	XXX									
-- Webster, Jared		Northwest Nazarene								NH
	4.00	4.15	4.30							
	PPP	PPP	XXX							

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****Men Long Jump**

Meet Record: * 7.53m 2012		Stephan Scott-Ellis, WSU	
Name	Year School	Finals	
1 Linde, James	Trinity Western	6.96m	22-10.00
6.86m 6.91m 6.73m FOUL	6.96m 6.40m		
2 Fredrickson, Peyton	Washington St.	6.62m	21-08.75
6.32m 6.51m 6.26m 6.62m	6.29m 6.57m		
3 Dildine, Ian	Unattached	6.46m	21-02.50
6.29m FOUL 6.46m 5.86m	6.18m FOUL		
4 Littles, Ray	Washington St.	6.42m	21-00.75
6.42m FOUL 6.38m 6.38m	FOUL 6.28m		
4 Bowden, Parker	Spokane CC	6.42m	21-00.75
FOUL 6.33m 6.42m FOUL	6.06m PASS		
6 Thompson, Drew	Idaho	6.37m	20-10.75
6.37m 6.18m FOUL 6.23m	6.18m PASS		
7 Lovitt, Dekker	Spokane CC	6.30m	20-08.00
6.22m 6.00m FOUL 6.29m	6.30m FOUL		
8 Anderson, Grayson	Washington St.	6.23m	20-05.25
5.99m 6.12m 6.22m 6.12m	6.00m 6.23m		
9 Colbert, Josh	Washington St.	6.17m	20-03.00
6.16m 6.17m 6.06m			
10 Whittaker, Zach	Central Washington	6.16m	20-02.50
6.16m FOUL FOUL			
11 Magee, Jonathan	Unattached	6.13m	20-01.50
FOUL FOUL 6.13m			
12 Osborne, Jonathan	Unattached	6.10m	20-00.25
6.10m 5.92m 5.94m			
13 Stich, Andrew	Spokane CC	6.05m	19-10.25
5.98m 6.05m FOUL			
14 Santos, Joel	Trinity Western	5.85m	19-02.50
5.79m 5.85m FOUL			
14 Best, Ryan	Spokane CC	5.85m	19-02.50
5.85m PASS 5.73m			
16 Thieme, Falk	Lewis-Clark	5.77m	18-11.25
FOUL 5.74m 5.77m			
17 Parsons, Kolton	Lewis-Clark	5.72m	18-09.25
5.72m FOUL FOUL			
18 Bonner, Kurtis	Lewis-Clark	5.62m	18-05.25
5.60m 5.62m 5.49m			
19 Kelso, Dylan	Trinity Western	5.58m	18-03.75
5.58m FOUL FOUL			

Men Triple Jump

Meet Record: * 15.98m 2012		Stephan Scott-Ellis, WSU	
Name	Year School	Finals	
1 Panchol, Emmanuel	Unattached	14.49m	47-06.50
FOUL FOUL 13.99m FOUL	14.49m 13.82m		
2 Flores, Robbie	Unattached	14.41m	47-03.50
13.20m 13.45m 13.59m 13.76m	14.41m FOUL		
3 Magee, Jonathan	Unattached	13.55m	44-05.50
13.45m 13.47m 13.47m 13.39m	13.39m 13.55m		

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Men Triple Jump**

4	Bowden, Parker	Spokane CC	13.40m	43-11.75
	FOUL FOUL 13.40m FOUL FOUL 12.87m			
5	Halligan, Keelan	Washington St.	13.22m	43-04.50
	12.61m FOUL 12.82m 12.96m 13.01m 13.22m			
6	Best, Ryan	Spokane CC	13.04m	42-09.50
	12.81m 13.04m 12.83m 12.89m FOUL FOUL			
7	Osborne, Jonathan	Unattached	12.84m	42-01.50
	FOUL FOUL 12.84m 12.74m 12.82m 12.82m			
8	Braithwaite, Cameron	Puget Sound	12.68m	41-07.25
	12.60m 12.14m 12.58m 12.38m 12.68m 12.67m			
9	Dildine, Ian	Unattached	12.58m	41-03.25
	FOUL FOUL 12.58m			
10	Weiss, Chris	Trinity Western	12.41m	40-08.75
	12.14m 12.41m 12.27m			
--	Whittaker, Zach	Central Washington	FOUL	
	FOUL FOUL FOUL			
--	Colbert, Josh	Washington St.	FOUL	
	FOUL FOUL FOUL			

Men Shot Put

=====				
Meet Record: * 19.68m 2007 Russ Winger, Idaho				
Name	Year	School	Finals	
=====				
1	Wardell, Matt	Washington St.	16.15m	53-00.00
	15.78m 16.15m 15.68m 16.15m FOUL FOUL			
2	Mahama, Adam	Washington St.	15.72m	51-07.00
	14.30m 14.49m 14.55m 15.14m 15.72m FOUL			
3	Callaghan, Jake	Washington St.	15.64m	51-03.75
	14.80m 15.64m FOUL FOUL FOUL FOUL			
4	Medina, Juan	Idaho	15.30m	50-02.50
	15.30m FOUL FOUL 14.74m 14.44m 14.07m			
5	Tafoya, Armando	Central Washington	15.19m	49-10.00
	FOUL 14.50m 15.19m 14.87m FOUL FOUL			
6	Jackson, Tyler	Washington St.	14.99m	49-02.25
	14.40m 14.67m 14.99m FOUL FOUL FOUL			
7	Mayfield, Scott	Whitworth	14.83m	48-08.00
	14.09m 14.11m FOUL FOUL 14.77m 14.83m			
8	Mitchell, Quinn	Idaho	14.59m	47-10.50
	13.74m 13.63m 14.59m 13.42m 14.01m 13.69m			
9	Crown, Kollin	Unattached	14.01m	45-11.75
	14.01m 13.35m 13.33m			
10	Shumate, James	Central Washington	13.33m	43-09.00
	13.32m 13.33m FOUL			
11	Buck, Shawn	Unattached	12.86m	42-02.25
	12.86m 12.45m FOUL			
12	Hall, Ed	Idaho	12.81m	42-00.50
	11.96m 12.32m 12.81m			
13	Carlson, Kolton	Whitworth	12.56m	41-02.50
	12.45m 12.56m 12.41m			
13	Dyfort, Alex	Spokane CC	12.56m	41-02.50
	12.55m 11.41m 12.56m			
15	Swanson, James	Spokane CC	12.43m	40-09.50
	10.78m 12.43m FOUL			

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Men Shot Put**

16 Haas, Derek	Idaho	12.31m	40-04.75
12.24m 11.86m 12.31m			
17 Seher, Peter	Spokane CC	11.98m	39-03.75
FOUL 11.98m 11.91m			
18 Anderson, Grayson	Washington St.	11.81m	38-09.00
11.63m 11.81m 10.60m			
19 Hough, Kerrigan	Spokane CC	11.61m	38-01.25
10.61m 11.61m 11.02m			
20 Middleton, Ian	Idaho	11.51m	37-09.25
11.51m 10.90m 10.76m			
21 Littles, Ray	Washington St.	10.77m	35-04.00
10.53m 10.62m 10.77m			
22 Thompson, Tyler	Puget Sound	10.24m	33-07.25
FOUL 10.24m FOUL			
23 Allen, Andrew	Spokane CC	10.20m	33-05.75
FOUL FOUL 10.20m			
24 Landis, Kodiak	Central Washington	9.55m	31-04.00
9.32m 9.55m 9.31m			
25 Dunford, Nathan	Trinity Western	9.31m	30-06.50
FOUL 9.31m 8.98m			
-- Burt, Corey	Whitworth	FOUL	
FOUL FOUL FOUL			

Men Weight Throw

=====				
Meet Record: * 21.26m 2007 Matthew Wauters, Idaho				
Name	Year	School	Finals	
=====				
1 Pickett, Travis		Washington St.	17.60m	57-09.00
FOUL 16.40m 17.40m	FOUL	17.60m	FOUL	
2 Mayfield, Scott		Whitworth	16.84m	55-03.00
FOUL 14.21m 15.55m	16.25m	16.55m	16.84m	
3 Mahama, Adam		Washington St.	16.48m	54-01.00
15.85m 16.15m	FOUL	15.60m	FOUL	16.48m
4 Tafoya, Armando		Central Washington	15.73m	51-07.25
15.23m 15.73m	FOUL	15.70m	FOUL	FOUL
5 Meyring, Wyatt		Washington St.	15.71m	51-06.50
FOUL 15.03m 15.29m	15.71m	FOUL	14.62m	
6 Clarke, Frank		Lewis-Clark	15.32m	50-03.25
15.11m 15.32m	FOUL	15.16m	FOUL	FOUL
7 Crites, Derek		Washington St.	14.89m	48-10.25
13.94m 14.72m 14.89m	14.71m	FOUL	FOUL	
8 Brown, Amani		Washington St.	14.58m	47-10.00
12.97m FOUL 14.58m	FOUL	FOUL	FOUL	
9 Buck, Shawn		Unattached	14.52m	47-07.75
14.52m 13.74m	FOUL			
10 Homer, Zac		Idaho	14.37m	47-01.75
14.37m FOUL FOUL				
11 Bauman, Matthew Pete		Idaho	13.91m	45-07.75
FOUL 13.91m FOUL				
12 Shumate, James		Central Washington	13.57m	44-06.25
13.03m FOUL 13.57m				
13 Allen, Andrew		Spokane CC	13.12m	43-00.50
13.12m FOUL 13.01m				

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Men Weight Throw**

14 Leitis, Lukas Unattached 11.46m 37-07.25
11.16m FOUL 11.46m

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Year School	Finals	Points
1 Dodig, Dino	Washington St.	7.15	830
2 Wing, Samuel	Utah State	7.24	799
3 Strobell, Bradford	Utah State	7.29	782
4 Lewis, Payton	Northwest Nazarene	7.29	782
5 Hernandez, Cale	Trinity Western	7.44	732
6 Spatz, Micah	Northwest Nazarene	7.54	700
7 Lanning, Owen	Lewis-Clark	7.68	656
8 Peterson, Justin	Central Washington	7.74	637

Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Strobell, Bradford	Utah State	2:50.93	756
2 Wing, Samuel	Utah State	2:51.27	752
3 Hernandez, Cale	Trinity Western	2:51.91	746
4 Lanning, Owen	Lewis-Clark	2:54.43	720
5 Spatz, Micah	Northwest Nazarene	3:00.67	658
6 Lewis, Payton	Northwest Nazarene	3:09.86	571

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Year School	Finals	H#	Points
1 Wing, Samuel	Utah State	8.68	1	818
2 Strobell, Bradford	Utah State	8.71	2	811
3 Lewis, Payton	Northwest Nazarene	8.72	2	809
4 Hernandez, Cale	Trinity Western	8.86	2	777
5 Spatz, Micah	Northwest Nazarene	8.89	1	770
6 Peterson, Justin	Central Washington	9.35	1	671
7 Lanning, Owen	Lewis-Clark	9.50	2	639

Heptathlon: #4 Men High Jump Heptathlon

Name	Year School	Finals	Points
1 Dodig, Dino	Washington St.	1.95m	6-04.75 758
		1.68 1.71 1.74 1.77 1.80 1.83 1.86 1.89 1.92 1.95 1.98	
		PPP PPP PPP PPP PPP PPP O PPP XO O XXX	
2 Peterson, Justin	Central Washington	1.86m	6-01.25 679
		1.68 1.71 1.74 1.77 1.80 1.83 1.86 1.89	
		PPP PPP PPP PPP PPP PPP O XPP	
3 Strobell, Bradford	Utah State	1.83m	6-00.00 653
		1.68 1.71 1.74 1.77 1.80 1.83 1.86	
		PPP PPP O O O XXO XXX	

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Heptathlon: #4 Men High Jump Heptathlon**

3	Wing, Samuel	Utah State	1.83m	6-00.00	653
	1.68 1.71 1.74 1.77 1.80 1.83 1.86				
	PPP PPP O XO XO O XXX				
5	Hernandez, Cale	Trinity Western	1.74m	5-08.50	577
	1.68 1.71 1.74 1.77				
	PPP O XO XXX				
6	Lewis, Payton	Northwest Nazarene	1.71m	5-07.25	552
	1.68 1.71 1.74				
	PPP O XXX				
7	Lanning, Owen	Lewis-Clark	1.68m	5-06.00	528
	1.68 1.71 1.74				
	O PPP XXX				
--	Spatz, Micah	Northwest Nazarene	NH		
	1.68 1.71				
	PPP XXX				

Heptathlon: #6 Men Pole Vault Heptathlon

Name	Year School	Finals	Points
1 Lewis, Payton	Northwest Nazarene	4.90m 16-00.75	880
	3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30 4.40 4.50 4.60 4.70 4.80 4.90 5.00		
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP XXO O XXX		
2 Strobell, Bradford	Utah State	4.20m 13-09.25	673
	2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30		
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O O XXO XXX		
3 Hernandez, Cale	Trinity Western	4.00m 13-01.50	617
	2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10		
	PPP PPP PPP PPP PPP PPP PPP PPP XO PPP XO PPP XXO XXX		
4 Spatz, Micah	Northwest Nazarene	3.90m 12-09.50	590
	2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10		
	PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP XXO PPP XXX		
5 Peterson, Justin	Central Washington	3.70m 12-01.50	535
	2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80		
	PPP PPP PPP PPP O PPP PPP O XO XO XXX		
6 Wing, Samuel	Utah State	3.10m 10-02.00	381
	2.80 2.90 3.00 3.10 3.20		
	O O XXO XO XXX		
--	Lanning, Owen	Lewis-Clark	NH
	2.80		
	XXX		

Heptathlon: #2 Men Long Jump Heptathlon

Name	Year School	Finals	Points
1 Dodig, Dino	Washington St.	6.83m 22-05.00	774
	6.77m FOUL 6.83m		
2 Lewis, Payton	Northwest Nazarene	6.48m 21-03.25	693
	FOUL 6.48m FOUL		
3 Strobell, Bradford	Utah State	6.46m 21-02.50	688
	6.34m 6.37m 6.46m		
4 Hernandez, Cale	Trinity Western	6.28m 20-07.25	648
	6.05m 6.28m FOUL		

Cougar Indoor Invitational - 2/5/2016 to 2/6/2016**Cougar Indoor
Pullman, Washington
Results****....Heptathlon: #2 Men Long Jump Heptathlon**

5	Peterson, Justin	Central Washington	6.08m	19-11.50	604
	5.75m 6.08m 5.93m				
6	Spatz, Micah	Northwest Nazarene	5.96m	19-06.75	578
	5.76m 5.96m 5.88m				
7	Wing, Samuel	Utah State	5.95m	19-06.25	576
	5.86m 5.77m 5.95m				
8	Lanning, Owen	Lewis-Clark	5.89m	19-04.00	563
	5.58m 5.59m 5.89m				

Heptathlon: #3 Men Shot Put Heptathlon

Name	Year School	Finals	Points
1 Lewis, Payton	Northwest Nazarene	12.06m 39-07.00	610
		12.06m FOUL FOUL	
2 Dodig, Dino	Washington St.	11.98m 39-03.75	605
		11.64m 11.91m 11.98m	
3 Hernandez, Cale	Trinity Western	11.89m 39-00.25	600
		11.59m 11.06m 11.89m	
4 Spatz, Micah	Northwest Nazarene	11.79m 38-08.25	594
		11.25m 11.79m FOUL	
5 Peterson, Justin	Central Washington	11.35m 37-03.00	567
		11.35m 11.35m 10.25m	
6 Strobell, Bradford	Utah State	9.65m 31-08.00	465
		8.18m 9.27m 9.65m	
7 Lanning, Owen	Lewis-Clark	9.09m 29-10.00	431
		9.09m 8.92m 8.65m	
8 Wing, Samuel	Utah State	8.10m 26-07.00	372
		FOUL 7.35m 8.10m	

Men Heptathlon

Meet Record: * 5788 2004 Phil McMullen, Nike

Name	Year School	Finals
1 Lewis, Payton	Northwest Nazarene	4897
2 Strobell, Bradford	Utah State	4828
3 Hernandez, Cale	Trinity Western	4697
4 Wing, Samuel	Utah State	4351
5 Spatz, Micah	Northwest Nazarene	3890
6 Lanning, Owen	Lewis-Clark	3537