

2021 5th Annual Doris Heritage Distance Festival - 3/20/2021

West Seattle Stadium

Results - day of meet

Women 100 Meter Dash

Name	School	Finals
Finals		
1 Bouyer, Jenna	Seattle Paci	12.28 0.2
2 Bley, Grace	Seattle Paci	12.28 0.2
3 Igbonagwam, Peace	Seattle Paci	12.32 0.2
4 Jocelyn, Tricht	Seattle U.	12.42 0.2
5 Stepper, Julia	Seattle Paci	12.44 0.2
6 Hansen, Makenna	Central Wash	12.74 -0.1
7 Hollis, E'Lexis	Central Wash	12.86 0.8
8 Lewis, Jackilyn	Puget Sound	12.99 -0.8
9 Green, Kiarra	Central Wash	13.16 0.8
10 Robydek, Morgan	Central Wash	13.19 -0.1
11 Green, Aniya	Seattle Paci	13.21 -0.1
12 Straub, Mattason	Everett CC	13.22 0.8
13 Kauffman, Abby	Seattle Paci	13.22 -0.1
14 Cox, Lorin	Pacific Luth	13.31 -0.1
15 Souza, Carmen	Western Wash	13.44 -0.1
16 Anctil, Kiara	Multnomah	13.54 0.8
17 Vu, Madison	Saint Martin	13.55 -0.8
18 Dillingham, Mia	Green River	13.98 -0.8
19 Limoli, Ella	Puget Sound	14.32 -0.8

Women 200 Meter Dash

Name	School	Finals
Finals		
1 Ribera, Olivia	Washington	24.79 +0.0
2 Bley, Grace	Seattle Paci	24.95 +0.0
3 Bouyer, Jenna	Seattle Paci	25.52 +0.0
4 Gersch, Victoria	Washington	25.62 -1.4
5 Grady, Regie	Seattle U.	26.05 0.7
6 Jocelyn, Tricht	Seattle U.	26.08 +0.0
7 Stepper, Julia	Seattle Paci	26.26 +0.0
8 Heath, Jelani	Washington	26.28 +0.0
9 Heggen, Lauren	Washington	26.46 -0.1
10 Hansen, Makenna	Central Wash	26.48 0.7
11 DeChenne, McCall	Central Wash	26.64 0.7
12 Brundige, Emma	Western Wash	26.71 -1.0
13 Ochoa, Yareli	Central Wash	26.94 -0.1
14 Holsey, Hailey	Central Wash	27.16 -0.5
15 Deleissegues, Chloe	Seattle U.	27.22 -0.1
16 Neria, Jasmyne	Central Wash	27.31 0.7
17 Ronquilio, Kaila	Seattle U.	27.43 -0.5
18 Backman, Kaitlyn	Alaska Ancho	27.51 -0.1
19 Dawkins, Aliyah	Western Wash	27.55 -0.5
20 Smith, Charisma	Seattle Paci	27.57 -0.5
21 Green, Kiarra	Central Wash	27.63 -1.0
22 Hollis, E'Lexis	Central Wash	27.91 -1.4
23 Souza, Carmen	Western Wash	27.97 -0.5
24 Fetterly, Livii	Everett CC	28.10 -0.1
25 Johansen, Victoria	Alaska Ancho	28.12 -0.1
26 Anctil, Kiara	Multnomah	28.41 -1.0
27 Hamilton, Rachelle	Central Wash	28.55 -0.5
28 Vu, Madison	Saint Martin	28.65 -1.4
29 Cooley, Jenna	Pacific Luth	28.66 -1.0

30 Krill, Rachel	Central Wash	28.70 -0.1
31 Kortuem, Mallory	Western Wash	28.75 -1.0
32 Sparks, Tess	Central Wash	28.77 -0.5
33 Haskins, Naloni	Puget Sound	29.19 -0.5
34 Limoli, Ella	Puget Sound	29.83 -1.0
35 Kibbee, Leanne	Western Wash	29.99 -1.0
36 Dillingham, Mia	Green River	30.14 -1.4
37 Snowber-Woakes, Jesse	Puget Sound	30.65 -1.4
--- Green, Aniya	Seattle Paci	DNF 0.7

Women 400 Meter Dash

Name	School	Finals
Finals		
1 Hurley, Karlie	Western Wash	57.62
2 McCabe, Maya	Seattle U.	58.25
3 Neria, Jasmyne	Central Wash	1:00.15
4 Smith, Charisma	Seattle Paci	1:02.81
5 Johansen, Victoria	Alaska Ancho	1:03.09
6 Sparks, Tess	Central Wash	1:04.25
7 Backman, Kaitlyn	Alaska Ancho	1:04.64
8 Yates, Kierrla	Saint Martin	1:04.70
9 Najjar, Shiloh	Multnomah	1:09.16
10 Anderson, Persia	Multnomah	1:10.75

Women 800 Meter Run

Name	School	Finals
Finals		
1 Rising, Ellie	Seattle Paci	2:16.18
2 Thompson, Elizabeth	Seattle Paci	2:17.16
3 Walchak-Sloan, Cassidy	Saint Martin	2:20.96
4 Postma, Ellie	Seattle U.	2:21.43
5 Atlas, Tylantiss	Alaska Ancho	2:22.57
6 Michael, Libby	Seattle Paci	2:24.05
7 Chahroui, Marie-Therese	Seattle U.	2:25.69
8 Harris, Emily	Seattle U.	2:26.23
9 Metzler, Rachael	Puget Sound	2:29.13
10 Arcia, Laura	Puget Sound	2:29.17
11 Gohr, Caitlin	Central Wash	2:30.93
12 Cuadrado, Rowan	Seattle U.	2:31.43
13 Anderson, Persia	Multnomah	2:40.92
14 Clark, McKenna	Puget Sound	2:41.01
15 Poasa, Adahra	Seattle U.	2:41.94
16 Schaffer, Sam	Puget Sound	2:45.98
17 Imbrock, Claire	Multnomah	3:29.47
--- Nyamasyo, Alfin	Alaska Ancho	DNF

Women 1500 Meter Run

Name	School	Finals
Finals		
1 Thompson, Elizabeth	Seattle Paci	4:45.20
2 Rising, Ellie	Seattle Paci	4:46.07
3 Harris, Emily	Seattle U.	4:47.65
4 Chahroui, Marie-Therese	Seattle U.	4:48.06
5 Dreicer, Talia	Western Wash	4:50.65
6 Najjar, Shiloh	Multnomah	4:53.41
7 Michael, Libby	Seattle Paci	4:58.39

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Results - day of meet

Finals ... (Women 1500 Meter Run)

Name	School	Finals
8 Metzler, Rachael	Puget Sound	5:00.02
9 Taylor, Sienna	Western Wash	5:01.20
10 Gerardi, Grace	Northwest U.	5:04.55
11 Summers, Ellie	Northwest U.	5:08.57
12 Gohr, Caitlin	Central Wash	5:09.40
13 Guarino, Gabriella	Puget Sound	5:10.11
14 Esvelt, Annika	Seattle Paci	5:10.93
15 Cuadrado, Rowan	Seattle U.	5:15.64
16 Schaffer, Sam	Puget Sound	5:17.65
17 Nyamasyo, Alfin	Alaska Ancho	5:22.00
18 Park, Joan	Pacific Luth	5:22.52
19 Poasa, Adahra	Seattle U.	5:33.80
20 Cramer, Lucy	Puget Sound	6:24.37
21 Imbrock, Claire	Multnomah	7:03.84

Women 5000 Meter Run

Name	School	Finals
Finals		
1 Holmberg, Dania	Seattle Paci	17:04.76
2 Paquet, Sarah	Pacific Luth	18:08.39
3 Brandenfels, Belle	Seattle Paci	18:22.96
4 Mattson, Molly	Central Wash	18:29.78
5 Washenberger, Kelsey	Seattle Paci	18:53.96
6 Palko, Eugenia	Western Wash	18:55.62
7 Goedde, Sam	Northwest U.	18:58.66
8 Strate, Katelynn	Central Wash	18:59.77
9 Sabra, Sara	Saint Martin	19:08.13
10 Child, Madison	Central Wash	19:24.92
11 Mastin, Zoie	Central Wash	19:27.30
12 Swedin, Anna	Northwest U.	19:36.56
13 Summers, Ellie	Northwest U.	19:41.47
14 Lester, Kay	Central Wash	19:50.19
15 Schnorr, Ellie	Puget Sound	19:56.09
16 Iverson, Anna	Pacific Luth	19:58.63
17 Himelbloom, Arielle	Alaska Ancho	20:05.81
18 Spaic, Sofija	Alaska Ancho	20:16.30
19 Cochran, Tailer	Central Wash	21:00.85
20 Austin, Josie	Pacific Luth	22:00.60
21 Gerardi, Grace	Northwest U.	22:00.76

Women 400 Meter Hurdles

Name	School	Finals
Finals		
1 Mills, Darhian	Washington	1:00.60
2 DeChenne, McCall	Central Wash	1:03.45
3 Cano, Elena	Alaska Ancho	1:03.60
4 Bartolaba, Haley	Alaska Ancho	1:07.47
5 Krill, Rachel	Central Wash	1:08.32
6 Gulley, Adrienne	Pacific Luth	1:08.39
7 Turner, Lily	Puget Sound	1:17.16
8 Ann Cabico, Judy	Saint Martin	1:18.15
9 Volk, Alanna	Puget Sound	1:21.66

Women 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Seattle U.	A	48.42
2 Pacific Lutheran	A	49.41
3 Central Washington	A	49.81
4 Seattle Pacific	A	50.83
5 Puget Sound	A	52.40

Women High Jump

Name	School	Finals
Finals		
1 Rusnak, Hannah	Washington	1.70m
2 Lopes, Lyndsey	Washington	1.65m
3 Eikeng, Ida	Washington	J1.65m
4 Young, Morgan	Seattle U.	1.60m
5 Vest, Ashley	Saint Martin	J1.60m
6 Neal, Jessica	Western Wash	J1.60m
7 Hamilton, Rachelle	Central Wash	1.55m
7 Cano, Elena	Alaska Ancho	1.55m
9 Mortensen, Eden	Saint Martin	1.50m
10 Barnett, Tyianna	Seattle U.	1.45m
10 Barnhouse, Megan	Pacific Luth	1.45m
12 Messineo, Tabitha	Pacific Luth	J1.45m
12 Briggs, Annika	Saint Martin	J1.45m
14 Kibbee, Leanne	Western Wash	1.40m
--- Sadler, Shannon	Seattle U.	NH

Women Pole Vault

Name	School	Finals
Finals		
1 Cai, Scout	Seattle Paci	J3.60m
2 Dodson, Hannah	Western Wash	J3.30m
3 Daugherty, Lizzy	Seattle Paci	J3.30m
4 Stevens, Brittany	Central Wash	J3.30m
4 Cabrera, Brianna	Saint Martin	J3.30m
4 Fassiotto, Madison	Western Wash	J3.30m
7 Tran, Annie	Western Wash	3.15m
7 Perry, Lexi	Western Wash	3.15m
9 Buckmaster, Riley	Pacific Luth	J3.00m
10 Coleman, Allison	Central Wash	J3.00m
11 Northey, Emily	Seattle Paci	J3.00m
12 Mallory, Alexis	Central Wash	2.85m
12 Coble, Kaylee	Western Wash	2.85m
14 Yates, Kierra	Saint Martin	J2.85m
--- Paradis, Sophie	Western Wash	NH
--- Smith, Alyssa	Saint Martin	NH
--- Moore, Audrey	Central Wash	NH
--- Nguyen, Kristine	Pacific Luth	NH

Women Long Jump

Name	School	Finals
Finals		
1 Heggen, Lauren	Washington	5.58m 0.9
2 Heath, Jelani	Washington	5.50m 0.3

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Finals ... (Women Long Jump)

Name	School	Finals
3 Hurley, Karlie	Western Wash	5.32m 0.5
4 Taylor, Jillyan	Central Wash	5.30m 1.8
5 Dawkins, Aliyah	Western Wash	5.25m 1.4
6 May, Kellie	Seattle Paci	5.20m 0.7
7 Sanford, Jamie	Western Wash	5.19m -0.3
8 Olson, Devon	Western Wash	5.00m -0.9
9 Kauffman, Abby	Seattle Paci	4.99m 2.1
10 Rogers, Bryana	Seattle U.	4.96m 0.3
11 Cabanos, Erica	Central Wash	4.94m 0.5
12 Young, Morgan	Seattle U.	4.92m -0.8
12 Cano, Elena	Alaska Ancho	4.92m 1.1
14 Hopper, Skye	Western Wash	4.91m -0.3
15 Holsey, Hailey	Central Wash	4.83m 1.3
16 Kibbee, Leanne	Western Wash	4.82m 0.3
17 McFadden, Brooklyn	Multnomah	4.81m 0.6
18 Anctil, Kiara	Multnomah	4.80m 1.2
19 Bogle, Taylor	Central Wash	4.76m 0.1
20 DeChenne, McCall	Central Wash	4.74m -0.6
21 Rundle, Monet	Everett CC	4.71m -0.6
22 Ochoa, Yareli	Central Wash	4.62m 0.1
23 Zilla, Margaret	Saint Martin	4.59m 0.8
24 Cooley, Jenna	Pacific Luth	4.54m -0.4
25 Deleissegues, Chloe	Seattle U.	4.53m 0.8
26 Haskins, Naloni	Puget Sound	4.52m -0.2
27 Dillingham, Mia	Green River	4.44m 1.5
28 Hagar, Ashley	Seattle U.	4.35m -0.5
29 Carter, Sydney	Central Wash	4.32m 1.1
30 Flynn, Maria	Pacific Luth	4.16m 1.5
31 Barnhouse, Megan	Pacific Luth	4.12m 1.3

Women Shot Put

Name	School	Finals
Finals		
1 Eikeng, Ida	Washington	13.32m
2 Fisk, Avery	Central Wash	12.92m
3 Rusnak, Hannah	Washington	12.18m
4 Potts, Katie	Western Wash	11.82m
5 Dodge, Brittany	Central Wash	11.76m
6 Crook, Mattison	Western Wash	11.68m
7 Sidibe, Saran	Central Wash	11.42m
8 Saribay, Jocelyn	Saint Martin	11.38m
9 Kaufman, Jasmine	Western Wash	10.77m
10 Elenbaas, Payton	Central Wash	10.27m
11 Lopes, Lyndsey	Washington	10.25m
12 Rose, Tatiana	Green River	9.92m
13 Santos, Peyton	Pacific Luth	9.51m
13 Messineo, Tabitha	Pacific Luth	9.51m
15 Jeppsen, Madison	Green River	9.37m
16 Otton, Ariel	Green River	9.00m
17 Holsey, Hailey	Central Wash	8.96m
18 DeChenne, McCall	Central Wash	8.77m
19 Martinez, Faye	Green River	7.99m
20 Deleissegues, Chloe	Seattle U.	7.57m

Women Hammer Throw

Name	School	Finals
Finals		
1 Smallbeck, Meagan	Central Wash	48.90m
2 Mehl, Virginia	Washington	46.22m
3 Asomaning, Beatrice	Washington	44.58m
4 Westfall, Raine	Western Wash	41.54m
5 Harris, Katelyn	Pacific Luth	40.20m
6 Santos, Peyton	Pacific Luth	39.52m
7 Tresselt, Jami	Seattle U.	38.58m
8 Crook, Mattison	Western Wash	38.39m
9 Pesina, Mercedes	Central Wash	36.54m
10 Dodge, Brittany	Central Wash	35.57m
11 Potts, Katie	Western Wash	33.62m
12 Sidibe, Saran	Central Wash	27.47m
13 Otton, Ariel	Green River	24.58m
14 Jeppsen, Madison	Green River	22.65m
15 Robinson, Dasani	Green River	15.27m

Women Javelin Throw

Name	School	Finals
Finals		
1 Eikeng, Ida	Washington	50.17m
2 Nienaber, Hannah	Western Wash	44.61m
3 Simora, Tanya	Washington	44.46m
4 Nelson, Ava	Pacific Luth	44.12m
5 Horn, Kathleen	Washington	43.53m
6 Short, Amanda	Western Wash	41.80m
7 Holmer, Natalie	Washington	40.30m
8 Whittern, Nicole	Seattle U.	38.51m
9 Vetto, Natalie	Western Wash	37.27m
10 Lopes, Lyndsey	Washington	35.69m
11 Robinson, Dasani	Green River	31.97m
12 Johnson, Kylee	Pacific Luth	29.62m
13 Capps, Emily	Pacific Luth	27.36m
14 Heggen, Lauren	Washington	25.45m
15 DeChenne, McCall	Central Wash	23.14m
16 Deleissegues, Chloe	Seattle U.	20.79m
17 Holsey, Hailey	Central Wash	20.67m
18 Friesen, Josie	Northwest U.	19.94m

Men 100 Meter Dash

Name	School	Finals
Finals		
1 Payne, Isaiah	Seattle U.	10.91 -0.6
2 Russell, Michael	Saint Martin	11.03 0.1
3 Davis, Zachary	Central Wash	11.09 0.1
4 Gordon, Jeff	Seattle Paci	11.10 -0.6
5 Greenwalt, Ryan	Western Wash	11.11 -0.6
6 Welch, Bryant	Western Wash	11.26 -0.6
7 Horwath, Harry	Central Wash	11.28 -0.6
8 Okezie, Koby	Western Wash	11.37 -0.6
9 Topinka, Tom	Seattle U.	11.41 -0.7
10 Johnson, Noah	Western Wash	11.50 -0.7
11 Armstrong, Landon	Saint Martin	11.53 0.1

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Finals ... (Men 100 Meter Dash)

Name	School	Finals
12 Gabelein, Michael	Seattle Paci	11.71 -0.7
13 Serrao, Alec	Pacific Luth	11.73 -0.6
14 Lewis, Trevino	Puget Sound	11.93 -0.7
15 Suelzle, Daniel	Multnomah	12.02 0.7
16 Alapai, Jai	Pacific Luth	12.03 -0.7
17 Washington, Silas	Puget Sound	12.04 -0.7
18 Bonicatto, Jack	Puget Sound	12.13 0.7
19 Shodahl, Kasey	Multnomah	12.18 -0.7
20 McReynolds, Donovan	Multnomah	12.22 0.1
21 Gutierrez, Ismael	Puget Sound	12.76 0.7
22 Morgan, Michael	Multnomah	12.76 0.1
23 Shaughnessy, Jevin	Multnomah	13.36 0.7

Men 200 Meter Dash

Name	School	Finals
1 Mafilas, Evan	Washington	21.85 -0.7
2 Russell, Michael	Saint Martin	22.31 -0.7
3 Campbell, Enrique	Alaska Ancho	22.36 -0.7
4 Greenwalt, Ryan	Western Wash	22.49 -0.9
5 Sidor, Bryan	Central Wash	22.50 0.6
6 Gordon, Jeff	Seattle Paci	22.51 -0.7
7 Davis, Zachary	Central Wash	22.83 0.6
8 Porter, Doc	Central Wash	22.88 -0.9
9 Kennedy, Parker	Washington	23.24 0.6
10 Topinka, Tom	Seattle U.	23.29 -0.4
11 Sanchez, Keola	Pacific Luth	23.39 -0.7
12 Belanger, Jacob	Alaska Ancho	23.56 -0.4
13 Thoma, Ryan	Central Wash	23.60 -0.9
14 Cress, Demetrius	Northwest U.	23.67 -0.9
15 Carpenter, Evan	Seattle Paci	23.95 -0.9
16 Stilnovich, Joe	Pacific Luth	24.05 -0.9
17 Vallatini, Gunner	Central Wash	24.08 -0.4
18 Shodahl, Kasey	Multnomah	24.33 -0.4
19 Suelzle, Daniel	Multnomah	24.75 0.6
20 Serrao, Alec	Pacific Luth	24.75 -0.4
21 McReynolds, Donovan	Multnomah	25.36 0.6
22 Easley, Logan	Central Wash	25.73 0.6
23 Gutierrez, Ismael	Puget Sound	26.03 -0.4
24 Morgan, Michael	Multnomah	26.49 0.6

Men 400 Meter Dash

Name	School	Finals
1 Campbell, Enrique	Alaska Ancho	49.75
2 Porter, Doc	Central Wash	49.82
3 Kennedy, Parker	Washington	49.95
4 Sanchez, Keola	Pacific Luth	50.42
5 Sidor, Bryan	Central Wash	50.70
6 Wagner, Joshua	Alaska Ancho	51.92
7 Daniels, Mark	Western Wash	51.95
8 Witters, Ryan	Western Wash	51.96
9 Claiborne, Kailan	Seattle U.	52.00
10 Chhim, Sonny	Western Wash	52.27

11 Lowman, Caden	Multnomah	53.20
12 Carpenter, Evan	Seattle Paci	53.27
13 Cress, Demetrius	Northwest U.	54.07
14 Stilnovich, Joe	Pacific Luth	54.08
15 Law, Sebbie	Seattle U.	54.22
16 Albert, Donovan	Saint Martin	54.41
17 Barker, Austin	Multnomah	54.78
18 Tanicala, Josh	Saint Martin	55.39
19 Miller, Noa	Multnomah	55.97
20 Belanger, Jacob	Alaska Ancho	56.04

Men 800 Meter Run

Name	School	Finals
1 Pendley-Griffin, Ansel	Seattle U.	1:57.13
2 Franklin, Alex	Seattle U.	1:57.50
3 Crowell, Jack	Seattle U.	1:57.57
4 Schultz, Brayden	Seattle Paci	1:57.65
5 Jensen, Alex	Seattle U.	1:59.35
6 Knowles, Brock	Western Wash	2:00.19
7 Mason, Lance	Seattle U.	2:00.43
8 Lowman, Caden	Multnomah	2:00.55
9 Farrell, Jack	Saint Martin	2:00.68
10 Slichko, Lance	Seattle U.	2:00.83
11 Tabary, Guillaume	Saint Martin	2:01.86
12 Owen, Jon	Seattle Paci	2:02.43
13 Franco, Zachary	Saint Martin	2:03.06
14 Miller, Noa	Multnomah	2:03.27
15 Solvberg, Spencer	Central Wash	2:03.81
16 Maier, Jonah	Pacific Luth	2:03.85
17 Hasty, Devin	Seattle U.	2:04.10
18 Bursch, Ethan	Western Wash	2:04.18
19 O'Connor, Ryan	Seattle U.	2:04.24
20 Barker, Austin	Multnomah	2:06.58
21 Barnert, Jacob	Central Wash	2:08.53
22 Grant, Jay	Seattle U.	2:10.06
23 Dela Cruz, Skyler	Puget Sound	2:14.61

Men 1500 Meter Run

Name	School	Finals
1 Pendley-Griffin, Ansel	Seattle U.	3:59.20
2 Sims, Lawson	Alaska Ancho	4:00.68
3 Slichko, Lance	Seattle U.	4:01.97
4 Farrell, Jack	Saint Martin	4:02.29
5 Schultz, Brayden	Seattle Paci	4:02.55
6 Korta, Kaleb	Western Wash	4:03.82
7 Mason, Lance	Seattle U.	4:06.09
8 Owen, Jon	Seattle Paci	4:12.70
9 Grant, Jay	Seattle U.	4:14.12
10 Sarysz, Nick	Saint Martin	4:14.87
11 Cortes, Isaac	Saint Martin	4:18.72
12 Tucey, Ethan	Pacific Luth	4:20.09
13 Solvberg, Spencer	Central Wash	4:20.84
14 Rice, Marcus	Saint Martin	4:33.41

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Men 5000 Meter Run

Name	School	Finals
Finals		
1 Warren, Calahan	Western Wash	14:16.17
2 Hamel, Eric	Western Wash	14:43.56
3 Nash, Cole	Alaska Ancho	14:45.66
4 Monaghan, Colin	Puget Sound	14:50.57
5 McDermott, Kevin	Western Wash	14:50.70
6 Moos, Jacob	Alaska Ancho	14:55.48
7 Sine, Riley	Northwest U.	14:56.74
8 Stracke, Ryan	Pacific Luth	14:57.55
9 Franks, Macauley	Western Wash	15:03.15
10 Weese, Austin	Seattle Paci	15:08.61
11 Boutin, Colin	Seattle Paci	15:14.45
12 Sands, Sean	Western Wash	15:15.73
13 Oslin, Andrew	Saint Martin	15:19.29
14 Graff, Elius	Seattle Paci	15:20.62
15 Kennedy, Kyle	Seattle U.	15:25.34
16 Murphy, Micah	Northwest U.	15:25.62
17 Andrews, Dawson	Northwest U.	15:27.29
18 Nielsen, Cameron	Northwest U.	15:29.32
19 Maier, Jonny	Pacific Luth	15:32.14
20 DeWitt, Cody	Puget Sound	15:32.23
21 Savely, Ty	Central Wash	15:34.32
22 Phillips, Corban	Northwest U.	15:40.18
23 Crocker, Stephen	Seattle U.	15:43.28
24 Clough, Shawn	Central Wash	15:46.86
25 Gill, Rajesh	Central Wash	15:51.72
26 Robak, Trey	Pacific Luth	15:52.19
27 Duke, Solomon	Western Wash	15:52.81
28 Ritter, Alec	Western Wash	16:04.03
29 Rivera, Mateo	Central Wash	16:08.45
30 Barnhart, Donovan	Central Wash	16:13.61
31 Samson, Daniel	Pacific Luth	16:23.03
32 Lopic, Ethan	Central Wash	16:26.45
33 Diamond, Espen	Central Wash	16:47.37
34 Lambert, Craig	Northwest U.	16:56.59
35 Arcos, Erick	Pacific Luth	16:57.02
36 Garza, Izak	Multnomah	16:58.44
37 Sundt, Zack	Central Wash	17:07.42
38 Hough, Garrett	Central Wash	17:16.58
39 Engdahl, Ian	Central Wash	18:19.16
40 Basaldua, Josiah	Multnomah	19:11.34
--- Sims, Lawson	Alaska Ancho	DNF
--- Korta, Kaleb	Western Wash	DNF

Men 400 Meter Hurdles

Name	School	Finals
Finals		
1 Body, Julian	Washington	53.60
2 Birchman, Jonathan	Washington	53.78
3 Vallatini, Gunner	Central Wash	56.31
4 Sramek, David	Alaska Ancho	57.29
5 Okezie, Koby	Western Wash	57.31
6 Wagner, Joshua	Alaska Ancho	57.50

7 Sun, William	Seattle U.	57.83
8 Bushnell, Daryl	Alaska Ancho	57.84
9 Easley, Logan	Central Wash	58.63
10 Engebretsen, Kale	Western Wash	58.92
11 Edwards, Jaden	Western Wash	59.28
12 Flick, Hunter	Western Wash	1:00.56
13 Hurd, Collin	Alaska Ancho	1:02.25

Men High Jump

Name	School	Finals
Finals		
1 Kibler, Trent	Western Wash	1.95m
2 Mercado, Damian	Western Wash	1.85m
2 Kelley, Xavier	Seattle U.	1.85m
--- Cummings, Cooper	Western Wash	NH
--- Easley, Logan	Central Wash	NH

Men Pole Vault

Name	School	Finals
Finals		
1 Bowman, Brad	Seattle Paci	3.65m
--- Halme, Tyrel	Western Wash	NH
--- Holy, Cooper	Western Wash	NH
--- Holmes, Darius	Seattle Paci	NH
--- Leahy, Blake	Pacific Luth	NH

Men Long Jump

Name	School	Finals
Finals		
1 Sramek, David	Alaska Ancho	6.48m -1.4
2 Mercado, Damian	Western Wash	6.26m -0.7
3 Kelley, Xavier	Seattle U.	5.97m -0.9
4 McAllister, Cyrus	Western Wash	5.90m -1.7
4 Taylor, Jaylen	Washington	5.90m -0.7
6 Claxton, Cooper	Pacific Luth	5.83m -0.6
7 Olsen, Owen	Pacific Luth	5.00m -0.5
8 Shaughnessy, Jevin	Multnomah	4.90m 0.2
--- Holmes, Darius	Seattle Paci	DNF NWI

Men Shot Put

Name	School	Finals
Finals		
1 Malquist, Ben	Western Wash	15.29m
2 Tonder, Ethan	Central Wash	15.09m
3 Cain, Aidan	Central Wash	14.88m
4 Brooks, Carl	Puget Sound	13.91m
5 Au-Haupt, Micah	Saint Martin	13.70m
5 Tayon, Wyatt	Pacific Luth	13.70m
7 Young, Omar	Central Wash	12.61m
8 Fairbairn, Larson	Pacific Luth	12.56m
9 Wells, Andrew	Multnomah	11.85m
10 Thorner, Oliver	Washington	11.40m
11 Thoma, Ryan	Central Wash	11.23m
12 Beaton, Angus	Central Wash	11.20m
13 Jones, Omar	Green River	10.63m
14 Harris, Isaiah	Multnomah	10.61m

2021 5th Annual Doris Heritage Distance Festival - 3/20/2021**West Seattle Stadium****Results - day of meet****Finals ... (Men Shot Put)**

	Name	School	Finals
15	Slusser, Kevin	Multnomah	10.55m
16	Poplin, Ben	Pacific Luth	10.52m
---	Bridge, Seth	Pacific Luth	FOUL

Men Hammer Throw

	Name	School	Finals
Finals			
1	White, Jayden	Washington	60.40m
2	Jost, Connor	Washington	53.57m
3	Cain, Aidan	Central Wash	53.43m
4	Van Peurse, Sam	Washington	53.08m
5	Harris, Andrew	Central Wash	52.15m
6	Tonder, Ethan	Central Wash	51.72m
7	Beaton, Angus	Central Wash	49.94m
8	Bridge, Seth	Pacific Luth	47.09m
9	Wells, Andrew	Multnomah	46.87m
10	Fairbairn, Larson	Pacific Luth	39.11m
11	Young, Omar	Central Wash	37.21m
12	Poplin, Ben	Pacific Luth	32.07m
---	Tayon, Wyatt	Pacific Luth	FOUL

Men Javelin Throw

	Name	School	Finals
Finals			
1	Sugg, Dalton	Washington	61.79m
2	Tryon, Jaydon	Western Wash	52.12m
3	Thoma, Ryan	Central Wash	50.79m
4	Koehn, Kacey	Northwest U.	49.07m
5	Witters, Sean	Western Wash	48.28m
6	Petshow, Alex	Multnomah	41.03m
7	Stilnovich, Rudy	Pacific Luth	35.79m
8	Fillion, Caleb	Northwest U.	32.38m