

2023 Multi Event Championships - 4/10/2023 to 4/11/2023**4/10/2023 to 4/11/2023****Results - day one****Event 1 Decathlon: #1 Men 100 Meter Dash Decathlon**

Name	Year School	Finals	Wind	H#	Points
Finals					
1 Phillips, Tayler	George Fox	11.18	0.4	1	821
2 Fritz, Jonathan	Lewis & Clark	11.27	0.4	1	801
3 Lemma, Grady	Pacific Lutheran	11.33	0.9	2	789
4 Krutzikowsky, Ronan	Linfield	11.42	0.9	2	769
5 Stade, Nicholas	Lewis & Clark	11.47	0.4	1	759
6 Smith, Blake	George Fox	11.48	0.4	1	757
7 Dykstra, Nathan	Whitworth	11.69	0.9	2	713
8 Ashour, Max	George Fox	11.85	0.4	1	681
9 Martin, Jalen	Whitworth	11.87	0.9	2	677
10 Gibson, Levi	George Fox	11.95	0.4	1	661
11 Watts, Daniel	Whitworth	12.04	0.4	1	643
12 Young, Zach	Linfield	12.17	0.9	2	618
13 Cach, Eli	Whitworth	12.60	0.9	2	538

Event 2 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year School	Finals	Wind	H#	Points
1 VandenHoek, Brecken	George Fox	15.46	1.4	1	782
2 Jensen, Elisabeth	George Fox	15.58	1.4	1	767
3 Huntsman, Jenna	George Fox	15.76	1.4	1	744
4 Rawls, Breanne	Whitworth	16.63	0.9	2	639
5 Heien, Malia	Lewis & Clark	17.18	0.9	2	576
6 O'Rear, Breeauna	George Fox	17.21	0.9	2	573
7 Farrar, Olivia	Lewis & Clark	17.55	0.8	3	536
8 Messineo, Tabitha	Pacific Lutheran	17.74	0.8	3	516
9 Tiernan, Courtney	Pacific (Ore.)	18.13	0.8	3	475

Event 1 Decathlon: #2 Men Long Jump Decathlon

Name	Year	School	Finals	Wind	Points	
1 Smith, Blake		George Fox	6.47m	1.4	21-02.75	691
6.47m(0.4)	6.13m(0.5)	PASS				
2 Phillips, Tayler		George Fox	6.36m	1.1	20-10.50	666
6.36m(1.1)	6.18m(-0.9)	PASS				
3 Martin, Jalen		Whitworth	6.23m	NWI	20-05.25	637
6.14m(0.6)	6.23m(-0.6)	6.10m(1.9)				
4 Fritz, Jonathan		Lewis & Clark	6.09m	0.9	19-11.75	606
5.70m(1.1)	6.03m(+0.0)	6.09m(0.9)				
5 Gibson, Levi		George Fox	5.98m	1.1	19-07.50	582
5.98m(1.1)	5.75m(1.2)	5.57m(0.7)				
6 Stade, Nicholas		Lewis & Clark	5.93m	1.3	19-05.50	571
5.91m(0.5)	5.84m(0.5)	5.93m(0.2)				
7 Watts, Daniel		Whitworth	5.91m	1.8	19-04.75	567
5.81m(0.3)	5.91m(1.8)	5.70m(+0.0)				
8 Krutzikowsky, Ronan		Linfield	5.89m	0.7	19-04.00	563
5.89m(0.7)	FOUL	5.68m(0.7)				
9 Lemma, Grady		Pacific Lutheran	5.77m	0.4	18-11.25	537
5.77m(0.4)	5.31m(0.6)	FOUL				
10 Dykstra, Nathan		Whitworth	5.63m	1.4	18-05.75	508
5.20m(-0.0)	5.51m(0.2)	5.63m(1.4)				

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11 Ashour, Max	George Fox	5.57m	-1.1	18-03.25	496
5.54m(1.3) 5.36m(-0.0) 5.57m(-1.1)					
11 Young, Zach	Linfield	5.57m	-0.5	18-03.25	496
FOUL FOUL 5.57m(-0.5)					
13 Cach, Eli	Whitworth	5.55m	0.7	18-02.50	492
5.48m(2.1) 5.55m(0.7) 5.48m(0.6)					

Event 1 Decathlon: #3 Men Shot Put Decathlon

Name	Year School	Finals	Points
1 Martin, Jalen	Whitworth	11.61m 38-01.25	583
11.61m 10.10m 11.36m			
2 Phillips, Tayler	George Fox	11.54m 37-10.50	579
11.54m 10.87m 11.22m			
3 Fritz, Jonathan	Lewis & Clark	10.94m 35-10.75	542
10.84m 10.94m 9.30m			
4 Krutzikowsky, Ronan	Linfield	9.89m 32-05.50	479
9.29m 9.62m 9.89m			
5 Lemma, Grady	Pacific Lutheran	9.67m 31-08.75	466
FOUL 9.36m 9.67m			
6 Dykstra, Nathan	Whitworth	9.51m 31-02.50	456
9.10m 9.28m 9.51m			
7 Cach, Eli	Whitworth	9.24m 30-03.75	440
9.24m 8.81m 8.61m			
8 Gibson, Levi	George Fox	9.12m 29-11.25	433
9.07m 9.12m 8.83m			
9 Smith, Blake	George Fox	8.86m 29-01.00	417
FOUL 8.86m 8.81m			
9 Watts, Daniel	Whitworth	8.86m 29-01.00	417
8.31m 8.17m 8.86m			
11 Ashour, Max	George Fox	8.80m 28-10.50	414
8.64m 8.80m 8.40m			
12 Stade, Nicholas	Lewis & Clark	8.06m 26-05.50	370
7.73m 8.06m 7.87m			

Event 1 Decathlon: #4 Men High Jump Decathlon

Name	Year School	Finals	Points
1 Phillips, Tayler	George Fox	1.95m 6-04.75	758
1.80 1.83 1.86 1.89 1.92 1.95 1.98 2.01			
O PPP PPP O XXO XO XPP XX			
2 Martin, Jalen	Whitworth	1.89m 6-02.25	705
1.65 1.68 1.71 1.74 1.77 1.80 1.83 1.86 1.89			
O PPP PPP O XXO O XO XO XO			
3 Watts, Daniel	Whitworth	1.86m 6-01.25	679
1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83 1.86 1.89			
O PPP O PPP O XO O XXO O XXX			
4 Lemma, Grady	Pacific Lutheran	1.77m 5-09.75	602
1.65 1.68 1.71 1.74 1.77 1.80			
O O O O XO XXX			
5 Gibson, Levi	George Fox	1.74m 5-08.50	577
1.62 1.65 1.68 1.71 1.74 1.77			
O PPP O PPP O XXX			

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5	Ashour, Max	George Fox	1.74m	5-08.50	577
	1.68 1.71 1.74 1.77				
	O O XXO XXX				
7	Fritz, Jonathan	Lewis & Clark	1.71m	5-07.25	552
	1.65 1.68 1.71 1.74 1.77				
	XO XO O PPP XXX				
7	Stade, Nicholas	Lewis & Clark	1.71m	5-07.25	552
	1.71 1.74				
	O XXX				
9	Cach, Eli	Whitworth	1.68m	5-06.00	528
	1.53 1.56 1.59 1.62 1.65 1.68 1.71				
	O PPP PPP XO XO O XXX				
10	Krutzikowsky, Ronan	Linfield	1.65m	5-05.00	504
	1.50 1.53 1.56 1.59 1.62 1.65 1.68				
	O PPP O O XO XO XXX				
11	Smith, Blake	George Fox	1.62m	5-03.75	480
	1.62 1.65				
	XO XXX				
12	Dykstra, Nathan	Whitworth	1.53m	5-00.25	411
	1.41 1.44 1.47 1.50 1.53 1.56				
	O PPP O PPP O XXX				

Event 2 Heptathlon: #2 Women High Jump Heptathlon

Name	Year	School	Finals	Points	
1 Jensen, Elisabeth		George Fox	1.52m	4-11.75	644
1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55					
--- --- --- XO O O XXO O XXX					
2 VandenHoek, Brecken		George Fox	1.49m	4-10.50	610
1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52					
--- --- --- O O XO O XXX					
2 Rawls, Breanne		Whitworth	1.49m	4-10.50	610
1.31 1.34 1.37 1.40 1.43 1.46 1.49 1.52					
--- --- XO PPP O O O XXX					
4 Heien, Malia		Lewis & Clark	1.43m	4-08.25	544
1.31 1.34 1.37 1.40 1.43 1.46					
--- O O O O XXX					
4 O'Rear, Breeauna		George Fox	1.43m	4-08.25	544
1.31 1.34 1.37 1.40 1.43 1.46					
--- --- XO XO O XXX					
6 Messineo, Tabitha		Pacific Lutheran	1.40m	4-07.00	512
1.31 1.34 1.37 1.40 1.43					
--- --- XO XXO XXX					
6 Farrar, Olivia		Lewis & Clark	1.40m	4-07.00	512
1.31 1.34 1.37 1.40 1.43					
O XO XXO XXO XXX					
8 Huntsman, Jenna		George Fox	1.31m	4-03.50	419
1.31 1.34					
XO XXX					
-- Tiernan, Courtney		Pacific (Ore.)	NH		
1.31 1.34					
--- XXX					

2023 Multi Event Championships - 4/10/2023 to 4/11/2023**4/10/2023 to 4/11/2023****Results - day one****Event 2 Heptathlon: #3 Women Shot Put Heptathlon**

Name	Year	School	Finals	Points
1 Messineo, Tabitha		Pacific Lutheran	11.07m 36-04.00	600
11.07m 10.49m 10.78m				
2 VandenHoek, Brecken		George Fox	10.12m 33-02.50	537
10.12m 10.00m 9.83m				
3 Jensen, Elisabeth		George Fox	9.50m 31-02.00	497
9.50m 8.96m 8.49m				
4 Rawls, Breanne		Whitworth	9.28m 30-05.50	482
8.32m 7.92m 9.28m				
4 Heien, Malia		Lewis & Clark	9.28m 30-05.50	482
9.19m 9.28m 7.76m				
6 O'Rear, Breeauna		George Fox	8.74m 28-08.25	447
7.92m 8.68m 8.74m				
7 Huntsman, Jenna		George Fox	7.81m 25-07.50	387
7.79m 7.52m 7.81m				
8 Tiernan, Courtney		Pacific (Ore.)	7.20m 23-07.50	348
6.35m 6.86m 7.20m				
9 Farrar, Olivia		Lewis & Clark	6.91m 22-08.00	329
6.15m 6.30m 6.91m				

Event 2 Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year	School	Finals	Wind	H#	Points
1 VandenHoek, Brecken		George Fox	27.35	-0.1	1	683
2 Jensen, Elisabeth		George Fox	27.52	-0.1	1	669
3 Heien, Malia		Lewis & Clark	27.57	-0.1	1	665
4 Huntsman, Jenna		George Fox	27.62	-0.1	1	661
5 O'Rear, Breeauna		George Fox	28.92	-0.1	1	560
6 Rawls, Breanne		Whitworth	28.94	-0.5	2	559
7 Messineo, Tabitha		Pacific Lutheran	29.18	-0.5	2	541
8 Farrar, Olivia		Lewis & Clark	29.27	-0.5	2	534
9 Tiernan, Courtney		Pacific (Ore.)	30.24	-0.5	2	465

Event 1 Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year	School	Finals	H#	Points
1 Stade, Nicholas		Lewis & Clark	51.20	1	760
2 Phillips, Tayler		George Fox	51.42	1	750
3 Lemma, Grady		Pacific Lutheran	52.15	2	718
4 Krutzikowsky, Ronan		Linfield	52.41	2	707
5 Smith, Blake		George Fox	53.03	1	680
6 Gibson, Levi		George Fox	53.27	1	670
7 Watts, Daniel		Whitworth	53.52	1	660
8 Fritz, Jonathan		Lewis & Clark	53.86	1	645
9 Ashour, Max		George Fox	54.05	1	638
10 Dykstra, Nathan		Whitworth	54.44	2	622
11 Cach, Eli		Whitworth	56.84	2	527
12 Martin, Jalen		Whitworth	57.87	2	489