

2023 Multi Event Championships - 4/10/2023 to 4/11/2023**4/10/2023 to 4/11/2023****Results****Heptathlon: #4 Women 200 Meter Dash Heptathlon**

Name	Year School	Finals	Wind	H#	Points
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Finals

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

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year School	Finals	Points
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1	Heien, Malia	Lewis & Clark	2:17.27	861
2	Huntsman, Jenna	George Fox	2:32.85	658
3	O'Rear, Breeauna	George Fox	2:33.49	650
4	Jensen, Elisabeth	George Fox	2:36.21	617
5	Farrar, Olivia	Lewis & Clark	2:39.49	579
6	Rawls, Breanne	Whitworth	2:41.78	553
7	Tiernan, Courtney	Pacific (Ore.)	2:47.27	492
8	Messineo, Tabitha	Pacific Lutheran	2:49.02	474
9	VandenHoek, Brecken	George Fox	2:53.96	423

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year School	Finals	Wind	H#	Points
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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

Heptathlon: #2 Women High Jump Heptathlon

Name	Year School	Finals	Points
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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				

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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				

Heptathlon: #5 Women Long Jump Heptathlon

Name	Year School	Finals	Wind	Points
1 VandenHoek, Brecken	George Fox	5.21m	5.2 17-01.25	617
5.21m(5.2) PASS	PASS			
2 Heien, Malia	Lewis & Clark	5.10m	4.6 16-08.75	587
5.05m(5.2) 5.10m(4.6) 4.89m(1.6)				
2 Huntsman, Jenna	George Fox	5.10m	3.3 16-08.75	587
5.10m(3.3) 5.09m(2.6) 4.86m(0.4)				
4 O'Rear, Breeauna	George Fox	4.73m	2.6 15-06.25	487
4.73m(2.6) 4.24m(2.0) 4.52m(0.7)				
5 Rawls, Breanne	Whitworth	4.72m	+0.0 15-06.00	485
4.48m(2.3) 4.72m(+0.0) FOUL(2.3)				
6 Jensen, Elisabeth	George Fox	4.68m	4.0 15-04.25	474
FOUL(1.7) 4.68m(4.0) 4.35m(+0.0)				
7 Farrar, Olivia	Lewis & Clark	4.55m	0.8 14-11.25	441
4.48m(4.3) FOUL(3.8) 4.55m(0.8)				
8 Tiernan, Courtney	Pacific (Ore.)	4.31m	3.9 14-01.75	381
4.23m(3.0) 4.24m(2.3) 4.31m(3.9)				
9 Messineo, Tabitha	Pacific Lutheran	4.30m	3.5 14-01.25	379
4.30m(3.5) 4.10m(0.5) 4.28m(1.3)				

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			

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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				

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year School	Finals	Points
1 VandenHoek, Brecken	George Fox	36.25m	118-11 596
30.13m 35.26m 36.25m			
2 Messineo, Tabitha	Pacific Lutheran	32.92m	108-00 532
32.68m 31.12m 32.92m			
3 Rawls, Breanne	Whitworth	29.00m	95-02 458
29.00m 24.77m 27.21m			
4 O'Rear, Breeauna	George Fox	28.99m	95-01 457
28.99m 27.86m 27.76m			
5 Huntsman, Jenna	George Fox	28.98m	95-01 457
28.98m 21.14m 25.54m			
6 Jensen, Elisabeth	George Fox	25.36m	83-02 389
20.16m 25.36m 23.75m			
7 Tiernan, Courtney	Pacific (Ore.)	22.75m	74-08 340
22.75m 21.29m 22.43m			
8 Heien, Malia	Lewis & Clark	22.55m	74-00 336
18.45m 22.55m FOUL			
9 Farrar, Olivia	Lewis & Clark	18.98m	62-03 270
FOUL 18.98m FOUL			

Women Heptathlon

Name	Year School	Finals	H#
1 VandenHoek, Brecken	George Fox	4248	
2 Jensen, Elisabeth	George Fox	4057	
3 Heien, Malia	Lewis & Clark	4051	
4 Huntsman, Jenna	George Fox	3913	
5 Rawls, Breanne	Whitworth	3786	
6 O'Rear, Breeauna	George Fox	3718	
7 Messineo, Tabitha	Pacific Lutheran	3554	
8 Farrar, Olivia	Lewis & Clark	3201	
9 Tiernan, Courtney	Pacific (Ore.)	2501	

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year School	Finals	Wind	H#	Points
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

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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

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

Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year School	Finals	Points
1 Watts, Daniel	Whitworth	4:40.71	676
2 Krutzikowsky, Ronan	Linfield	4:50.31	617
3 Stade, Nicholas	Lewis & Clark	4:50.85	614
4 Ashour, Max	George Fox	4:52.05	606
5 Lemma, Grady	Pacific Lutheran	4:54.29	593
6 Phillips, Tayler	George Fox	4:58.25	570
7 Martin, Jalen	Whitworth	5:07.05	520
8 Dykstra, Nathan	Whitworth	5:08.93	509
9 Smith, Blake	George Fox	5:15.32	475
10 Fritz, Jonathan	Lewis & Clark	5:16.40	469
11 Gibson, Levi	George Fox	5:18.39	458

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year School	Finals	Wind	H#	Points
1 Phillips, Tayler	George Fox	15.27	1.3	1	817
2 Lemma, Grady	Pacific Lutheran	16.03	0.4	2	729
3 Fritz, Jonathan	Lewis & Clark	16.05	1.3	1	727
4 Stade, Nicholas	Lewis & Clark	16.13	1.3	1	718
5 Watts, Daniel	Whitworth	16.24	1.3	1	706
6 Krutzikowsky, Ronan	Linfield	16.49	0.4	2	679
7 Martin, Jalen	Whitworth	16.54	0.4	2	673

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8	Smith, Blake	George Fox	17.03	1.7	3	621
9	Gibson, Levi	George Fox	17.22	1.7	3	602
10	Cach, Eli	Whitworth	17.53	1.7	3	570
11	Dykstra, Nathan	Whitworth	17.63	1.7	3	560
12	Ashour, Max	George Fox	17.66	0.4	2	557

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				
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				

Decathlon: #8 Men Pole Vault Decathlon

Name	Year	School	Finals	Points
1 Krutzikowsky, Ronan	Linfield	4.57m	15-00.00	781
2.97 3.07 3.17 3.27 3.37 3.47 3.57 3.67 3.77 3.87 3.97 4.07 4.17 4.27 4.37 4.47 4.57 4.67				
--- --- --- --- --- --- --- --- --- O --- O O O XXO XXO O XXX				

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1	Gibson, Levi	George Fox	4.57m	15-00.00	781
	2.97 3.07 3.17 3.27 3.37 3.47 3.57 3.67 3.77 3.87 3.97 4.07 4.17 4.27 4.37 4.47 4.57 4.67				
	---	---	XO	XO	O XXX
3	Lemma, Grady	Pacific Lutheran	4.17m	13-08.25	665
	2.77 2.87 2.97 3.07 3.17 3.27 3.37 3.47 3.57 3.67 3.77 3.87 3.97 4.07 4.17 4.27				
	---	---	O	XO	O XXX
4	Stade, Nicholas	Lewis & Clark	3.97m	13-00.25	609
	2.77 2.87 2.97 3.07 3.17 3.27 3.37 3.47 3.57 3.67 3.77 3.87 3.97 4.07				
	---	---	O--	O	O XXX
5	Martin, Jalen	Whitworth	3.77m	12-04.50	554
	2.77 2.87 2.97 3.07 3.17 3.27 3.37 3.47 3.57 3.67 3.77 3.87				
	O--	---	XO	O	O XXX
6	Smith, Blake	George Fox	3.67m	12-00.50	527
	2.77 2.87 2.97 3.07 3.17 3.27 3.37 3.47 3.57 3.67 3.77				
	---	---	O	O	O XXX
6	Dykstra, Nathan	Whitworth	3.67m	12-00.50	527
	2.77 2.87 2.97 3.07 3.17 3.27 3.37 3.47 3.57 3.67 3.77				
	O--	---	XO	O	O XXX
8	Phillips, Tayler	George Fox	3.57m	11-08.50	501
	2.97 3.07 3.17 3.27 3.37 3.47 3.57 3.67 3.77 3.87 3.97 4.07 4.17 4.27 4.37 4.47 4.57 4.67				
	---	XO	---	O	XX--
9	Ashour, Max	George Fox	3.37m	11-00.75	449
	2.77 2.87 2.97 3.07 3.17 3.27 3.37 3.47				
	---	---	O	O	O XXX
10	Watts, Daniel	Whitworth	3.27m	10-08.75	423
	2.77 2.87 2.97 3.07 3.17 3.27 3.37				
	O--	---	O	O	O XXO XXX
11	Cach, Eli	Whitworth	3.17m	10-04.75	398
	2.77 2.87 2.97 3.07 3.17 3.27				
	---	O	---	XXO	O XXX
12	Fritz, Jonathan	Lewis & Clark	2.87m	9-05.00	326
	2.77 2.87 2.97 3.07				
	XXO	O	---	XXX	

Decathlon: #2 Men Long Jump Decathlon

Name	Year	School	Finals	Wind	Points	
1 Smith, Blake		George Fox	6.47m	0.4	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	-0.6	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	0.2	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)				

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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)					
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)					

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		

Decathlon: #7 Men Discus Throw Decathlon

Name	Year School	Finals	Points
1 Phillips, Tayler	George Fox	37.13m 121-10	606
	36.13m 37.13m 31.63m		
2 Ashour, Max	George Fox	35.39m 116-01	572
	29.78m 35.39m 34.83m		
3 Fritz, Jonathan	Lewis & Clark	34.65m 113-08	557
	33.48m 34.65m 33.78m		
4 Krutzikowsky, Ronan	Linfield	32.51m 106-08	514
	FOUL FOUL 32.51m		
5 Martin, Jalen	Whitworth	31.37m 102-11	491
	26.29m 28.04m 31.37m		

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6 Gibson, Levi	George Fox	29.63m	97-02	457
29.63m 26.39m 27.25m				
7 Stade, Nicholas	Lewis & Clark	29.19m	95-09	449
27.65m 29.19m FOUL				
8 Lemma, Grady	Pacific Lutheran	27.51m	90-03	416
26.84m 25.96m 27.51m				
9 Dykstra, Nathan	Whitworth	26.06m	85-06	388
26.06m 25.08m FOUL				
10 Cach, Eli	Whitworth	24.78m	81-03	363
24.69m FOUL 24.78m				
11 Watts, Daniel	Whitworth	23.64m	77-07	341
22.85m 23.64m 21.96m				
12 Smith, Blake	George Fox	22.77m	74-08	324
22.77m FOUL FOUL				

Decathlon: #9 Men Javelin Throw Decathlon

Name	Year School	Finals	Points
1 Phillips, Tayler	George Fox	51.02m	167-05 604
48.70m 44.31m 51.02m			
2 Fritz, Jonathan	Lewis & Clark	47.54m	156-00 552
47.54m 42.48m 45.09m			
3 Gibson, Levi	George Fox	47.20m	154-10 547
47.20m PASS PASS			
4 Lemma, Grady	Pacific Lutheran	45.33m	148-09 520
41.39m 41.92m 45.33m			
5 Martin, Jalen	Whitworth	44.58m	146-03 509
42.26m 44.58m 44.40m			
6 Dykstra, Nathan	Whitworth	43.42m	142-05 492
43.42m 42.41m 41.31m			
7 Ashour, Max	George Fox	40.70m	133-06 452
33.80m 35.31m 40.70m			
8 Watts, Daniel	Whitworth	35.89m	117-09 383
35.89m PASS PASS			
9 Stade, Nicholas	Lewis & Clark	34.80m	114-02 367
34.80m FOUL 30.85m			
10 Krutzikowsky, Ronan	Linfield	34.72m	113-11 366
34.72m FOUL FOUL			
11 Smith, Blake	George Fox	32.24m	105-09 331
29.71m 32.24m 28.10m			

Men Decathlon

Name	Year School	Finals H#
1 Phillips, Tayler	George Fox	6672
2 Lemma, Grady	Pacific Lutheran	6035
3 Krutzikowsky, Ronan	Linfield	5979
4 Martin, Jalen	Whitworth	5838
5 Fritz, Jonathan	Lewis & Clark	5777
6 Stade, Nicholas	Lewis & Clark	5769
7 Gibson, Levi	George Fox	5768
8 Watts, Daniel	Whitworth	5495
9 Ashour, Max	George Fox	5442

2023 Multi Event Championships - 4/10/2023 to 4/11/2023**4/10/2023 to 4/11/2023****Results****....Men Decathlon**

10 Smith, Blake	George Fox	5303
11 Dykstra, Nathan	Whitworth	5186