

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****Women 60 Meter Dash**

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Dempsey: ! 7.07 2/25/2023		Samirah Moody, USC	
Meet: M 7.31 2014		Geronne Black, Unattached	
Name	Year	School	Prelims
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Heat 1	Preliminaries		
1	8146 Taylor, Rachel	Unattached	7.76
2	8759 Dotson, Jazmine	Western Oregon	7.79
3	7673 Wilson, Kyrstin	Puget Sound	7.80
4	8821 Manley, Quinn	Western Washington	7.88
5	7424 Mesa-Espinosa, Ang	Hawai'i	7.96
Heat 2	Preliminaries		
1	7610 Gutierrez, Kiana	Pacific Lutheran	8.28
2	7609 Clemons, D'Yhana	Pacific Lutheran	8.31
3	7612 Marshall, Kira	Pacific Lutheran	8.33
4	7521 Curtis, LaQuinta	Olympic (Wash.)	8.37
Heat 3	Preliminaries		
1	7150 Moseby, Trinity	Cal Poly Pomona	8.03
2	8827 Polkinghorn, Hanna	Western Washington	8.06
3	7426 Sela, Celeste	Hawai'i	8.09
4	7187 Fields, Layla	Central Washington	8.14
Heat 4	Preliminaries		
1	7635 Harvey, Malia	Portland	7.87
2	7432 Wyllie, Tara	Hawai'i	7.88
3	7541 Brandes, Callie	Oregon State	7.93
4	7188 Fleenor, Keira	Central Washington	8.01
Heat 5	Preliminaries		
1	7615 Waters, Soukhanya	Pacific Lutheran	8.04
2	8812 Dickson, Riley	Western Washington	8.09
3	7643 Sendelbach, Olivia	Portland	8.14
4	7346 Hannible, Kyndall	Fresno State	8.24
5	7634 Fagan, Abby	Portland	8.30
Heat 6	Preliminaries		
1	7630 Cain, Aria	Portland	7.64q
2	7145 James, Jessica	Cal Poly Pomona	7.90
3	8156 Williams, Arriell	Unattached	7.92
4	8803 Bennett, Bec	Western Washington	8.05
5	8646 McHenry, Sophia	Washington	8.19
Heat 7	Preliminaries		
1	7347 Heffernan, Janae	Fresno State	8.10
2	7473 Ngo, Lilian	Kitsap Flier	8.15
3	7472 Biehl, Brylie	Kitsap Flier	8.15
4	7540 Biggerstaff, Audre	Oregon State	8.18
5	8119 Okemgbo, Nyenuchi	Unattached	8.39
Heat 8	Preliminaries		
1	7856 Kennedy-Hailu, Ser	Simon Fraser	8.22
2	8150 Tibbo, Zoe	Unattached	8.32
3	7613 McGurk, Lexie	Pacific Lutheran	8.33
4	7640 Nero, Aaliyah	Portland	8.41
Heat 9	Preliminaries		
1	7109 Easter, Madison	Cal Poly	7.57q
2	7103 Armstrong, Desie	Cal Poly	7.61q
3	7351 Mejia Garcia, Itzi	Fresno State	7.74q
4	7487 Hawkins, Dyvonna	Left Coast T	7.76
5	8144 Sobkovich, Hanna	Unattached	7.77
Heat 10	Preliminaries		

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1	7420 Larkan, Robyn	Hawai'i	7.55q
2	7120 Simos, Ava	Cal Poly	7.59q
3	7114 Hoagland, Tayhlore	Cal Poly	7.66q
4	8117 Noji, Kela	Unattached	7.69q
5	7986 Jones, Amor	UC Santa Barbara	7.96

Women 60 Meter Dash

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Dempsey: !	7.07	2/25/2023	Samirah Moody, USC
Meet: M	7.31	2014	Geronne Black, Unattached
Name		Year School	Finals
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Section 1 Finals

1	7103 Armstrong, Desie	Cal Poly	7.49
2	7120 Simos, Ava	Cal Poly	7.53
3	7114 Hoagland, Tayhlore	Cal Poly	7.61
4	7351 Mejia Garcia, Itzi	Fresno State	7.69

Section 2 Finals

1	7109 Easter, Madison	Cal Poly	7.52
2	7420 Larkan, Robyn	Hawai'i	7.57
3	8117 Noji, Kela	Unattached	7.70
--	7630 Cain, Aria	Portland	FS

Women 200 Meter Dash

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Dempsey: !	23.09	2/24/2017	Kendall Ellis, USC
Meet: M	23.57	2017	Ashley Henderson, San Diego S
Name		Year School	Finals
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Section 1

1	8819 Kleine, Casie	Western Washington	25.87
2	7110 Estes, Kalia	Cal Poly	26.15
3	7837 Sarrys, Jada	Seattle Pacific	26.16
4	7642 Richardson, Lola	Portland	27.04

Section 2

1	7420 Larkan, Robyn	Hawai'i	25.02
2	7836 Rowland, Evangelin	Seattle Pacific	26.34
3	7431 Wilmot, Rachael	Hawai'i	26.40
4	7488 Wicker, Elorie	Left Coast T	26.64

Section 3

1	7832 Mosby, Brooke	Seattle Pacific	25.31
2	7188 Fleenor, Keira	Central Washington	25.67
3	7424 Mesa-Espinosa, Ang	Hawai'i	26.17
4	7547 Craven, Peyton	Oregon State	26.66
5	7472 Biehl, Brylie	Kitsap Flier	27.46

Section 4

1	8117 Noji, Kela	Unattached	25.43
2	8821 Manley, Quinn	Western Washington	25.73
3	8757 Brasfield, Taylor	Western Oregon	26.42
4	7560 Lorenz, Ruby	Oregon State	27.41
5	7609 Clemons, D'Yhana	Pacific Lutheran	28.17

Section 5

1	7417 Kneeshaw, Izzy	Hawai'i	24.52
2	8827 Polkinghorn, Hanna	Western Washington	25.56
3	8812 Dickson, Riley	Western Washington	27.04

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4	7079 Green, Aniya	Bushnell (Ore.)	27.10
5	7613 McGurk, Lexie	Pacific Lutheran	27.18

Section 6

1	7673 Wilson, Kyrstin	Puget Sound	25.47
2	7413 Fairclough, Amelie	Hawai'i	25.68
3	8811 Darroch, Jayda	Western Washington	25.91
4	7540 Biggerstaff, Audre	Oregon State	26.96

Section 7

1	7120 Simos, Ava	Cal Poly	24.59
2	7414 Fischer, Nora	Hawai'i	25.07
3	8808 Cook, Kennedy	Western Washington	25.15
4	7187 Fields, Layla	Central Washington	26.46

Section 8

1	7717 Cigar-Dingle, Jayl	Sacramento State	25.01
2	7630 Cain, Aria	Portland	25.20
3	7351 Mejia Garcia, Itzi	Fresno State	25.21
4	8762 Houg, Tori	Western Oregon	26.87
5	7905 Albergottie, Ahlia	Stanislaus State	27.24

Section 9

1	7109 Easter, Madison	Cal Poly	24.18
2	7541 Brandes, Callie	Oregon State	25.40
3	8146 Taylor, Rachel	Unattached	25.65
4	7556 Kubacki, Kate	Oregon State	25.72

Section 10

1	7550 Hatcher, Megan	Oregon State	24.90
2	7724 Hunter, Jaylin	Sacramento State	25.44
3	8144 Sobkowich, Hanna	Unattached	25.45
4	8646 McHenry, Sophia	Washington	26.80

Women 400 Meter Dash

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Dempsey: ! 51.60 2/29/2020 Bailey Lear, USC
 Meet: M 52.24 2018 Raevyn Rogers, Nike

Name	Year	School	Finals
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Section 1

1	7414 Fischer, Nora	Hawai'i	55.40
2	7550 Hatcher, Megan	Oregon State	55.50
3	7421 Martensson, Lisa	Hawai'i	57.55
4	8650 Newton, Rhonda	Washington	58.52
5	7149 Metsarinta, Lotta	Cal Poly Pomona	1:03.13

Section 2

1	7106 DeMange, Elle	Cal Poly	55.76
2	7192 Harris, Donna Mari	Central Washington	57.03
3	7996 Tjoe, Alison	UC Santa Barbara	57.81
4	7635 Harvey, Malia	Portland	57.93
5	7560 Lorenz, Ruby	Oregon State	1:00.79

Section 3

1	7417 Kneeshaw, Izzy	Hawai'i	55.03
2	7413 Fairclough, Amelie	Hawai'i	56.73
3	8653 Pittman, Sena	Washington	58.18
4	7837 Sarrys, Jada	Seattle Pacific	58.41

Section 4

1	8048 Conte, Madeleine	Unattached	56.94
2	7724 Hunter, Jaylin	Sacramento State	57.24

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3	7665 Beiswanger, Elizab	Puget Sound	57.84
4	7717 Cigar-Dingle, Jayl	Sacramento State	58.09
5	7142 Garcia, Jordan	Cal Poly Pomona	58.73

Section 5

1	7116 Jackson, Jordan	Cal Poly	55.61
2	7145 James, Jessica	Cal Poly Pomona	56.75
3	7411 Crane, Marissa	Hawai'i	56.81
4	7979 Bartone, Briana	UC Santa Barbara	57.06

Section 6

1	7194 Hopper, Elise	Central Washington	55.35
2	8656 Symon, Chloe	Washington	55.71
3	7911 Real, Mila	Stanislaus State	55.88
4	7832 Mosby, Brooke	Seattle Pacific	59.19
5	7431 Wilmot, Rachael	Hawai'i	1:04.13

Section 7

1	7994 Shepard, Mia	UC Santa Barbara	53.24
2	7949 Williams, Tia	Tcu	53.45
3	7102 Adelman, Avery	Cal Poly	57.05
4	7987 Josephson, Anna	UC Santa Barbara	57.80
5	7079 Green, Aniya	Bushnell (Ore.)	1:05.02

Women 800 Meter Run

Dempsey: ! 1:58.27 2/24/2024 Nia Akins, Brooks Beasts

Meet: M 2:00.95 2024 Carley Thomas, Washington

Name Year School Finals

Section 1

1	7787 Jones, Sara	San Diego St.	2:12.88
2	7200 Kilcup, Meggie	Central Washington	2:15.59
3	8767 Nguyen, Kaydence	Western Oregon	2:16.72
4	7868 Jorgensen, Taylor	Southern Utah	2:19.35
5	7726 Mariscal, Jasayla	Sacramento State	2:21.09
6	8805 Carter, Riley	Western Washington	2:23.37
7	7906 Diaz, Roseli	Stanislaus State	2:25.84
8	7189 Gephart, Sylvie	Central Washington	2:26.96

Section 2

1	7913 Soto, Izzy	Stanislaus State	2:14.48
2	8727 Loveridge, Elayna	Weber State	2:15.16
3	7407 Becker, Lucy	Hawai'i	2:16.77
4	7790 Niednagel, Rebekah	San Diego St.	2:17.17
5	7186 Esquivel, Araceli	Central Washington	2:18.46
6	7912 Silva, Megan	Stanislaus State	2:19.74
7	7196 Hulstedt, Dawn	Central Washington	2:19.91
8	8764 Hutton, Holly	Western Oregon	2:19.92
9	7014 Lindner, Lilli	Alaska Anchorage	2:20.23
10	7207 Pidduck, Hannah	Central Washington	2:22.96

Section 3

1	7638 Kaines, Lindsey	Portland	2:12.13
2	7785 Fauria, Isabella	San Diego St.	2:14.09
3	7353 Pacheco, Hannah	Fresno State	2:15.08
4	7571 Yahn, Kate	Oregon State	2:15.57
5	7567 Quintana, Ellie	Oregon State	2:15.72
6	7759 Halpern, Kekaihula	Saint Martin's	2:16.24
7	7789 Mager, Anna	San Diego St.	2:16.45

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8	7562 Marr, Avery	Oregon State	2:18.73
9	7140 Delgado, Yasmeen	Cal Poly Pomona	2:20.32
Section 4			
1	7566 O'Beirne, Jenna	Oregon State	2:12.75
2	7786 Janik, Karina	San Diego St.	2:13.60
3	8570 Ruth, Cloe	Utah	2:13.78
4	7788 Lomeli, Elliana	San Diego St.	2:15.16
5	8702 Siebert, Lindsay	Washington State	2:15.44
6	7416 Greentree, Harriet	Hawai'i	2:16.15
7	8718 Aberg, Sandra	Weber State	2:16.44
8	7419 Langschwager, Emil	Hawai'i	2:20.45
Section 5			
1	8820 Kroontje, Emmy	Western Washington	2:10.09
2	8728 Wilkinson, Charlot	Weber State	2:10.37
3	7552 Hodgson, Maella	Oregon State	2:12.62
4	7050 Poulsen, Brynnli	Boise State	2:12.62
5	7044 Hamm, Emmeline	Boise State	2:13.52
6	8692 Herman, Lily	Washington State	2:14.09
7	8722 Bugnet, Brecklyn	Weber State	2:15.97
8	7908 Hernandez, Crystal	Stanislaus State	2:16.33
9	7793 Wood, Samantha	San Diego St.	2:17.19
Section 6			
1	7089 Dawson, Carolina	Cal	2:10.38
2	8691 Evenson, Daphne	Washington State	2:12.22
3	7791 Oberg, Ginger	San Diego St.	2:12.83
4	7720 Escorcia, Lilliana	Sacramento State	2:13.55
5	7546 Couch, Julia	Oregon State	2:13.61
6	7017 Smith, Ryann	Alaska Anchorage	2:15.15
7	7974 N'Diaye, Isatu	UC Riverside	2:15.81
Section 7			
1	7555 Kasprick, Cadence	Oregon State	2:12.29
2	8720 Bailey, Hannah	Weber State	2:12.69
3	7401 Schoolmeester, Sop	Guts & Stuff	2:12.78
4	7155 Holloway, Fiona	Cal St. Fullerton	2:12.90
5	7993 Ross, Isabel	UC Santa Barbara	2:13.10
6	7914 Wild, Annie	Stanislaus State	2:14.03
7	7794 Zinkin, Tatum	San Diego St.	2:16.15
8	8766 Merritt, Amelia	Western Oregon	2:16.98
Section 8			
1	7542 Broadbent, Ruby	Oregon State	2:09.65
2	7428 Touchette, Catheri	Hawai'i	2:10.71
3	8578 Roos, Sally	Utah State	2:11.54
4	8000 Cichon, Kaho	Ucla	2:11.86
5	7410 Brook, Ruby	Hawai'i	2:11.98
6	7947 Jones, Kayla	Tcu	2:12.60
7	7143 Hatcher, Arissa	Cal Poly Pomona	2:13.03
8	7043 Chiara, Gabriella	Boise State	2:13.80
Section 9			
1	7999 Arciaga, Kaitlyn	Ucla	2:07.35
2	8560 Hulsey, Madison	Utah	2:09.32
3	8003 Jeanneret, Georgia	Ucla	2:10.57
4	7011 Chisar, Jess	Alaska Anchorage	2:10.88
5	7046 Krauss, Noelani	Boise State	2:10.96
6	7415 Gorton, Izzy	Hawai'i	2:11.01
7	7641 Perotin, Rose	Portland	2:12.23

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8	7713 Abbott, Dominique	Sacramento State	2:18.03
Section 10			
1	7051 Robertson, Kaiya	Boise State	2:05.15
2	8568 Rinn, Brianna	Utah	2:05.15
3	7948 Scott, Georgia	Tcu	2:06.25
4	8564 Martin, Kyla	Utah	2:06.71
5	7539 Baechler, Maya	Oregon State	2:07.00
6	7543 Brown, Jillian	Oregon State	2:08.29
7	8572 Wilcox, Millie	Utah	2:09.25

Women 1 Mile Run INVITE

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	Dempsey: ! 4:23.68	2/1/2020	Shelby Houlihan, Bowerman T
	Meet: M 4:27.96	2024	Gabija Galvydyte, Nike Bowe
Name	Year	School	Finals
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Section 1

1	7539 Baechler, Maya	Oregon State	4:36.68
2	7948 Scott, Georgia	Tcu	4:37.22
3	7542 Broadbent, Ruby	Oregon State	4:37.78
4	7551 Herron, Ainsley	Oregon State	4:38.28
5	8572 Wilcox, Millie	Utah	4:39.26
6	8564 Martin, Kyla	Utah	4:39.81
7	7946 Gonzales, Chachi	Tcu	4:40.59
8	8661 Welin, Josephine	Washington	4:41.39
9	7914 Wild, Annie	Stanislaus State	4:41.94
10	8078 Hawkins, Julia	Unattached	4:45.92
11	7543 Brown, Jillian	Oregon State	5:03.83

Section 2

1	8697 Longisa, Rosemary	Washington State	4:24.59M
2	8643 Foerster, Chloe	Washington	4:25.79M
3	7051 Robertson, Kaiya	Boise State	4:28.93
4	8070 Fulton, Eleanor	Unattached	4:29.35
5	8571 Vringer, Erin	Utah	4:32.14
6	8638 Cochran, Mia	Washington	4:32.66
7	8936 Mitchell, Kaylee	Nike Swoosh TC	4:33.51
8	8568 Rinn, Brianna	Utah	4:33.64
9	8655 Swartz, Jenica	Washington	4:33.91
10	8640 David-Smith, Julia	Washington	4:35.13
11	7621 Yerby, Claire	Peninsula Di	4:38.91
--	8113 Menegatti, Maleigh	Unattached	DNF

Women 1 Mile Run SEEDED

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	Dempsey: ! 4:23.68	2/1/2020	Shelby Houlihan, Bowerman T
	Meet: M 4:27.96	2024	Gabija Galvydyte, Nike Bowe
Name	Year	School	Finals
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Section 1

1	8147 Teer, Lyla	Unattached	5:12.66
2	8612 Robertson, Hailie	Victoria (B.C.)	5:14.60
3	7070 Zener, Dahlia	Bryant Bandits	5:15.58
4	8025 Beres, Eileen	Unattached	5:16.99
5	8760 Gardner, Charlotte	Western Oregon	5:17.43
6	7030 Shutske, Evelyn	Bainbridge	5:19.37

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7	7201 Manly, Katie	Central Washington	5:20.14
8	7729 Moyer, Meg	Sacramento State	5:20.47
9	7912 Silva, Megan	Stanislaus State	5:21.42
10	8804 Carter, Kendall	Western Washington	5:21.57
11	7483 Cool, Sophia	Lawn&Order	5:22.95
12	8083 Holt, Jaya	Unattached	5:23.35
13	8130 Riley, Tabitha	Unattached	5:23.50
14	8111 McGarty, Lenorah	Unattached	5:23.87
15	7210 Titchenal, Lexi	Central Washington	5:24.66
16	8120 Palmer, Audra	Unattached	5:25.28
17	7016 Puit, Gracie	Alaska Anchorage	5:25.72
18	7190 Gill, Heidi	Central Washington	5:27.06
19	7197 Huntsinger, Paige	Central Washington	5:27.64
20	8041 Checketts, Mia	Unattached	5:33.72
21	8051 Dahl, Emery	Unattached	5:34.04
22	8094 Koslowsky, Violet	Unattached	5:50.90
23	8067 Fitzpatrick, Vaya	Unattached	5:53.85
--	7798 Gonzalez, Isabella	Santa Clara	DNF

Section 2

1	7011 Chisar, Jess	Alaska Anchorage	5:08.87
2	7835 Prussian, Anna	Seattle Pacific	5:09.54
3	7830 Flolo, Katelyn	Seattle Pacific	5:11.89
4	7184 Conover, Payton	Central Washington	5:12.56
5	7831 Gossett, Alexa	Seattle Pacific	5:14.32
6	8603 McDonald, Catelin	Victoria (B.C.)	5:14.61
7	8074 Haber, Ella	Unattached	5:15.82
8	8153 Weisz, Sophia	Unattached	5:19.71
9	7279 Haas, Lillian	Enumclaw	5:20.11
9	7196 Hulstedt, Dawn	Central Washington	5:20.11
11	7600 Crawford, Alix	Pacific	5:20.83
12	7800 Kaur, Ramneek	Santa Clara	5:21.41
13	8076 Halsell, Laura	Unattached	5:24.39
14	8102 Lidstrand, Kylie	Unattached	5:24.91
15	7938 Baker, Ellie	Sunset	5:28.06
16	7809 Wyatt, Alyssa	Santa Clara	5:28.58
17	7466 Stchur, Anna	Ignite	5:28.78
18	7923 Williams, Anna	Stumptown Tr	5:35.87
19	8096 Lanese, Caitlin	Unattached	5:38.29

Section 3

1	8040 Carlsson, Lejla	Unattached	5:01.23
2	8722 Bugnet, Brecklyn	Weber State	5:01.91
3	7146 Jimenez, Galilea	Cal Poly Pomona	5:09.39
4	8740 Brondstetter, Sava	West Seattle	5:10.10
5	7400 Schoolmeester, Mol	Guts & Stuff	5:10.47
6	8068 Fraser, Lucy	Unattached	5:10.74
7	7862 Zemper-Prill, Madi	Unattached	5:14.48
8	7922 Welsh, Elizabeth	Stumptown Tr	5:16.23
9	8764 Hutton, Holly	Western Oregon	5:16.48
10	8611 Robertson, Emily	Victoria (B.C.)	5:17.22
11	8056 Davis, Sally	Unattached	5:17.26
12	7807 Volner, Kaylee	Santa Clara	5:17.42
13	8027 Berry, Brooke	Unattached	5:17.97
14	8154 Wentworth, Maya	Unattached	5:18.06
15	7322 Fajardo, Alison	Franklin (Or)	5:18.94
16	8032 Brondstetter, Sier	Unattached	5:19.41

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17	7918	Augustine, Anya	Stumptown Tr	5:22.52
18	7795	Aragon, Mariah	Santa Clara	5:26.09
19	7497	Cummins, Hope	Mercer Islan	5:27.52
20	7536	Timm, Anna	Orchestra	5:34.62

Section 4

1	7969	Lopez, Marjourie	UC Irvine	5:09.24
2	7626	Allen, Danica	Portland	5:11.33
3	8767	Nguyen, Kaydence	Western Oregon	5:11.99
4	7562	Marr, Avery	Oregon State	5:12.50
5	7796	Brakenhielm, Sigri	Santa Clara	5:12.99
6	7233	Koplowitz, Carolin	Club Northwest	5:13.16
7	8613	Smith, Erica	Victoria (B.C.)	5:13.40
8	7803	Menendez, Mia	Santa Clara	5:14.00
9	8832	Villagomez Edvalso	Western Washington	5:14.61
10	7014	Lindner, Lilli	Alaska Anchorage	5:14.74
11	8824	Parker, Alexis	Western Washington	5:15.61
12	8116	Neil, Kylee	Unattached	5:16.49
13	8140	Sheldon, Taylor	Unattached	5:17.15
14	7868	Jorgensen, Taylor	Southern Utah	5:17.16
15	7364	Dickson, Wren	Galbraith Tr	5:24.86
16	8075	Hale, Cedar	Unattached	5:36.77

Section 5

1	8761	Grey, Nettle	Western Oregon	5:03.62
2	8830	Stevenson, Josephi	Western Washington	5:04.28
3	8768	Potratz, Kyla	Western Oregon	5:06.15
4	8598	Cockburn, Samara	Victoria (B.C.)	5:06.33
5	7984	Hollander, Daniell	UC Santa Barbara	5:07.66
6	7352	Mendibles, Leah	Fresno State	5:07.89
7	7151	Palacios, Miranda	Cal Poly Pomona	5:09.98
8	8692	Herman, Lily	Washington State	5:10.00
9	7359	Ward, Kylie	Fresno State	5:10.05
10	7567	Quintana, Ellie	Oregon State	5:10.18
11	8814	Friedrich, Olivia	Western Washington	5:11.86
12	8079	Heath, Audrey	Unattached	5:12.86
13	8595	Abbott, Hailey	Victoria (B.C.)	5:13.21
14	7232	French, Katie	Club Northwest	5:14.05
15	8046	Collier, Abigail	Unattached	5:15.97
16	7833	Mulch, Matise	Seattle Pacific	5:17.93
17	7720	Escorcia, Lilliana	Sacramento State	5:21.62
18	7166	Beeler, Elin	Cascade Striders	5:22.10
19	7971	Penney, Daisy	UC Irvine	5:23.92

Section 6

1	8728	Wilkinson, Charlot	Weber State	4:55.65
2	7973	Soares, Anna	UC Irvine	5:02.28
3	8609	Peet-Williams, Chr	Victoria (B.C.)	5:03.50
4	8696	Lehner, Jaylyn	Washington State	5:07.48
5	7909	Holguin, Stevie	Stanislaus State	5:07.77
6	8702	Siebert, Lindsay	Washington State	5:08.73
7	8152	Vanwart, Gwen	Unattached	5:09.64
8	7967	Keeton, Arden	UC Irvine	5:11.39
9	8605	Molony, Julia	Victoria (B.C.)	5:13.37
10	7810	Yearian, Aliyah	Santa Clara	5:15.67
11	7689	Lendrum Fort, Lill	Rain City Flyers	5:17.63
12	7628	Bangarter, Selena	Portland	5:18.81

Section 7

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Women 1 Mile Run SEEDED**

1	8100 Ledesma, Marian	Unattached	5:00.36
2	7802 Lim, Sydney	Santa Clara	5:00.94
3	8599 Cumming, Mackenzie	Victoria (B.C.)	5:07.83
4	7568 Smith, Payton	Oregon State	5:08.37
5	7637 Kabenina, Kate	Portland	5:09.36
6	7968 Lee, Liana	UC Irvine	5:10.61
7	8063 Epp, Maggie	Unattached	5:13.04
8	8900 Hanley, Quinn	Youth Track	5:14.13
9	8597 Ballard, Ella	Victoria (B.C.)	5:14.70
10	7963 Baxter, Grace	UC Irvine	5:16.00
11	7801 Kime, Kiera	Santa Clara	5:21.00
--	7794 Zinkin, Tatum	San Diego St.	DNF

Section 8

1	8604 McLeod, Stella	Victoria (B.C.)	4:56.00
2	7069 Ludeman, Kjusten	Bryant Bandits	4:56.05
3	7787 Jones, Sara	San Diego St.	5:01.76
4	7052 Whalen, Alison	Boise State	5:02.30
5	8645 Lopizzo, Gioana	Washington	5:02.36
6	8698 Madariaga, Kyla	Washington State	5:02.46
7	8155 White, Charlotte	Unattached	5:03.94
8	8045 Clines, Sloane	Unattached	5:04.13
9	7799 Guralnick, Sarah	Santa Clara	5:04.39
10	7353 Pacheco, Hannah	Fresno State	5:04.68
11	7759 Halpern, Kekaihua	Saint Martin's	5:06.64
12	7564 Morkert, Reese	Oregon State	5:07.43
13	7047 LaPorte, Lily	Boise State	5:08.57
14	8004 Lott, Quinci	Ucla	5:09.35
15	8149 Thompson, Sara	Unattached	5:09.63
16	8813 Edens, Ella	Western Washington	5:11.29
17	8807 Colbert, Sabrina	Western Washington	5:12.38

Section 9

1	8700 Nichols, Maya	Washington State	4:56.47
2	8610 Reimer, Colette	Victoria (B.C.)	4:57.01
3	7861 Johnson Hess, Evan	Unattached	5:06.14
4	7904 Wilems, Aubrey	Sport of the Gods	5:07.06
5	7508 Silwal, Aditi	North Texas	5:07.64
6	7407 Becker, Lucy	Hawai'i	5:07.83
7	8058 Desler, Lil	Unattached	5:08.07
8	8594 Abbott, Chantal	Victoria (B.C.)	5:08.17
9	8928 Morical, Miley	Cinder Track Club	5:08.86
10	7707 Dunlap, Mari	Rogue Valley	5:09.31
11	7639 Lochtefeld, Izzy	Portland	5:12.11
12	7716 Busienei, Ashley	Sacramento State	5:15.31
--	7546 Couch, Julia	Oregon State	DNF

Section 10

1	8558 Bruce, Allie	Utah	4:55.16
2	7866 Hacker, Aspen	Southern Utah	4:56.51
3	8703 Sletner, Taylor	Washington State	4:57.13
4	7788 Lomeli, Elliana	San Diego St.	4:58.29
5	7113 Hack, Mackenzie	Cal Poly	4:58.62
6	7719 Dudley, Sophia	Sacramento State	4:59.06
7	8596 Arcadi, Monika	Victoria (B.C.)	4:59.15
8	7139 Arias, Alondra	Cal Poly Pomona	5:03.38
9	7730 Quigley, Keira	Sacramento State	5:11.05
10	7804 Schlieman, Olivia	Santa Clara	5:13.99

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Women 1 Mile Run SEEDED**

11	8136 Sarikaya, Sena	Unattached	5:14.27
--	7791 Oberg, Ginger	San Diego St.	DNF
Section 11			
1	8581 Trimble, Ava	Utah State	4:53.35
2	8132 Rowlinson, Daniell	Unattached	4:53.38
3	8727 Loveridge, Elayna	Weber State	4:54.37
4	7913 Soto, Izzy	Stanislaus State	4:57.76
5	7017 Smith, Ryann	Alaska Anchorage	5:00.17
6	7965 Contreras, Nicole	UC Irvine	5:02.11
7	8718 Aberg, Sandra	Weber State	5:02.35
8	7975 Nygren, Morgan	UC Riverside	5:03.18
9	8684 Alvarado, Isabela	Washington State	5:03.89
10	7964 Castillo, Makena	UC Irvine	5:04.05
11	7295 Carstens, Alauna	Evergreen St	5:04.59
12	7571 Yahn, Kate	Oregon State	5:05.23
13	8607 Ohrling, Sofie	Victoria (B.C.)	5:05.99
14	7602 Schmutz, Emma	Pacific	5:09.98
15	8092 Koch, Ella	Unattached	5:21.11
--	7376 Foote, Emily	George Fox	DNF
Section 12			
1	8820 Kroontje, Emmy	Western Washington	4:52.52
2	7049 Novak-Klotz, Nanet	Boise State	4:54.30
3	7363 Dickson, Sloan	Galbraith Tr	4:56.63
4	7042 Blaine, Haley	Boise State	4:57.04
5	8077 Hartke, Alize	Unattached	4:57.32
6	8641 DeVeau, Abby	Washington	4:58.22
7	7638 Kaines, Lindsey	Portland	4:58.23
8	7993 Ross, Isabel	UC Santa Barbara	4:58.77
9	7035 Stensland, Haley	Bellingham D	5:02.03
10	7155 Holloway, Fiona	Cal St. Fullerton	5:02.96
11	7174 Swenson, Lydia	Cedarcrest	5:04.79
12	7723 Harmon, Anna	Sacramento State	5:05.02
13	7869 Killpack, Nixie	Southern Utah	5:05.99
14	7790 Niednagel, Rebekah	San Diego St.	5:10.30
15	7566 O'Beirne, Jenna	Oregon State	5:10.89
16	7731 Sanders, Kate	Sacramento State	5:16.57
Section 13			
1	7091 McCorkle, Georgia	Cal	4:54.94
2	8688 Cossey, Aleeya	Washington State	4:55.50
3	8695 Kibor, Brenda	Washington State	4:55.80
4	8602 Lane, Ella	Victoria (B.C.)	4:56.65
5	7570 Ulrich, Delaney	Oregon State	4:59.68
6	7415 Gorton, Izzy	Hawai'i	5:00.66
7	7908 Hernandez, Crystal	Stanislaus State	5:00.82
8	7601 Lione, Angelina	Pacific	5:00.98
9	8637 Carlson, Annika	Washington	5:01.02
10	7992 Oversmith, Addie	UC Santa Barbara	5:01.08
11	8826 Philbin, Jill	Western Washington	5:02.20
12	7156 Oliva, Makena	Cal St. Fullerton	5:02.83
13	7974 N'Diaye, Isatu	UC Riverside	5:06.25
14	7785 Fauria, Isabella	San Diego St.	5:06.65
Section 14			
1	7972 Schmidt, Kaia	UC Irvine	4:51.70
2	8034 Browne, Bella	Unattached	4:54.68
3	8691 Evenson, Daphne	Washington State	4:55.42

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Women 1 Mile Run SEEDED**

4	7040 Ackermann, Hanna	Boise State	4:56.19
5	8689 Cossey, Hailey	Washington State	4:56.27
6	8005 Marheineke, Evange	Ucla	4:56.30
7	7632 Crum, Megan	Portland	4:56.68
8	8580 Swain, Natalie	Utah State	4:56.94
9	8066 Fitzpatrick, Ciel	Unattached	5:00.37
10	7793 Wood, Samantha	San Diego St.	5:00.99
11	7350 Martin, Nayla	Fresno State	5:02.03
12	7044 Hamm, Emmeline	Boise State	5:02.43
13	7555 Kasprick, Cadence	Oregon State	5:03.07
14	7408 Bekins, Sophie	Hawai'i	5:05.28
Section 15			
1	7090 Johnson, Adeline	Cal	4:46.52
2	7561 Lundgren, Noemi	Oregon State	4:49.22
3	8562 Kourilova, Sona	Utah	4:49.49
4	8720 Bailey, Hannah	Weber State	4:51.24
5	8601 Frielink, Elissa	Victoria (B.C.)	4:54.37
6	8029 Boos, Annie	Unattached	4:54.70
7	8576 Moon, Caroline	Utah State	4:55.05
8	8018 Armstrong, Cassidy	Unattached	4:55.29
9	8002 Hawkins, Ailish	Ucla	4:58.31
10	7552 Hodgson, Maella	Oregon State	5:00.43
11	7401 Schoolmeester, Sop	Guts & Stuff	5:10.67
12	8093 Kosa, Sydney	Unattached	5:17.84
Section 16			
1	8567 Peters, Lindsey	Utah	4:41.92
2	7966 Hadley, Emma	UC Irvine	4:42.71
3	7041 Balthnke, Bianca	Boise State	4:49.35
4	8000 Cichon, Kaho	Ucla	4:49.81
5	8037 Buitelaar, Adriann	Unattached	4:50.83
6	7157 Smith, Isabella	Cal St. Fullerton	4:51.55
7	8654 Stiles, Maeve	Washington	4:51.96
8	8929 Culbreath, London	North Texas	4:52.15
9	7422 Martin, Mikaella	Hawai'i	4:52.74
10	7988 Lieberman, Jordin	UC Santa Barbara	4:53.08
11	7865 Evans, Isabella	Southern Utah	4:54.16
12	7050 Poulsen, Brynnli	Boise State	4:59.32
Section 17			
1	7105 Cornejo, Tatiana	Cal Poly	4:38.53
2	8687 Cheptoo, Zenah	Washington State	4:38.61
3	8656 Symon, Chloe	Washington	4:40.65
4	8565 Nowakowska, Katarz	Utah	4:40.81
5	8115 Neigum, Kaila	Unattached	4:41.03
6	8133 Roxby, Megan	Unattached	4:42.39
7	8145 Stewart, Riley	Unattached	4:44.96
8	8652 Olson, Isabel	Washington	4:45.73
9	8685 Bissell, Nicole	Washington State	4:45.93
10	8600 Eybergen, Madelyn	Victoria (B.C.)	4:46.26
11	8557 Ayers, Lauren	Utah	4:49.95
12	8608 Owens, Erin	Victoria (B.C.)	4:53.05
13	8054 Davenport, Brynn	Unattached	4:57.62

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****Women 1 Mile Run OPEN**

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Dempsey: ! 4:23.68		2/1/2020	Shelby Houlihan, Bowerman T
Meet: M 4:27.96		2024	Gabija Galvydyte, Nike Bowe
Name	Year	School	Finals
=====			
Section 1			
1	8014	Abel, Olivia	Unattached 5:51.97
2	7762	Merritt, Kadence	Saint Martin's 5:53.36
3	7066	Hodgson, Brynn	Bryant Bandits 5:57.01
4	8028	Bierman, Anya	Unattached 6:02.52
5	7267	Weishaar, Sadie	Eastern Oreg 6:05.81
6	8137	Schmutz, Lacie	Unattached 6:11.12
7	8902	Harrison, Ellie	Youth Track 6:23.28
8	7465	Starsy, London	Ignite 6:27.17
9	8101	Lesirge, Margaret	Unattached 6:27.49
10	7884	Martin, Kaylynn	Spokane Merc 6:28.75
11	7254	Porter, Selah	Eagles Elite 6:29.86
12	7168	Dreher, Violette	Cascade Striders 6:31.70
13	7325	Kennedy-Wong, Clai	Franklin (Or) 6:33.02
14	7882	Freese, Penelope	Spokane Merc 6:33.25
15	8091	Kenny, Quinn	Unattached 6:41.08
16	7299	Trefts, Izabelle	Evergreen St 6:42.50
17	7435	Aitken, Lucy	Husky Run Club 6:51.96
18	8085	Huntington, Willow	Unattached 6:58.80
19	8123	Ponce-Gutierrez, S	Unattached 7:04.02
20	8038	Burnett, Katie	Unattached 7:09.19
21	7766	Wong, Starlen	Saint Martin's 7:12.45
22	8942	Chen, Jennifer	Unattached 7:21.06
23	7885	Naake, Ophelia	Spokane Merc 7:57.70
24	7068	Koenigs, Elise	Bryant Bandits 8:03.48
Section 2			
1	7255	Scotchler, Emily	Eagles Elite 5:49.50
2	8139	Setter, Tegan	Unattached 5:50.77
3	7282	McKinley, Heidi	Everett (Wash.) CC 6:07.66
4	7367	TeVelde, Lydia	Galbraith Tr 6:09.67
5	7757	Aguilar-Grant, Eli	Saint Martin's 6:10.33
6	7169	Erwin, Alessandra	Cascade Striders 6:10.59
7	8039	Carlson, Riley	Unattached 6:10.60
8	7257	Woods, Mia	Eagles Elite 6:11.68
9	7572	Averbeck, Emma	Osu Running Club 6:12.94
10	7758	Ames, Taylor	Saint Martin's 6:12.97
11	8044	Chun, Sophia	Unattached 6:13.80
12	8745	Rodero, Lily	West Seattle 6:17.37
13	7366	Terry, Violet	Galbraith Tr 6:17.42
14	8897	Buxman, Ashley	Youth Track 6:18.65
15	7360	Connell, Luca	Galbraith Tr 6:19.34
16	8103	Long, Chloe	Unattached 6:20.51
17	7281	Koon, Amelia	Everett (Wash.) CC 6:21.37
18	8121	Petersen, Mckinna	Unattached 6:24.58
19	7296	Dupont, Mercedies	Evergreen St 6:31.57
20	7437	Litui, Iris	Husky Run Club 6:35.44
21	8109	McCarty, Evie	Unattached 6:54.42
Section 3			
1	8114	Miller, Jill	Unattached 5:43.02
2	7266	Weishaar, Brynn	Eastern Oreg 5:49.78
3	8913	Warner, Ava	Youth Track 5:49.83

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Women 1 Mile Run OPEN**

4	7573 Budinger, Kimberly	Osu Running Club	5:49.97
5	7280 Kilgore, Taya	Everett (Wash.) CC	5:57.93
6	7440 Sanchez, Veronica	Husky Run Club	5:59.57
7	8082 Hobson, Logan	Unattached	6:01.89
8	8901 Harris, Sylvia	Youth Track	6:04.25
9	7701 Peterson, Lauren	Rogue Valley Heat	6:04.89
10	8895 Brooks, Avery	Youth Track	6:06.89
11	7954 Clouse, Audrey	Team Blackou	6:07.15
12	8135 Sarikaya, Ela	Unattached	6:07.72
13	7438 Parfet, Jessa	Husky Run Club	6:08.15
14	8160 Wylen, Ella	Unattached	6:09.79
15	8907 Lontai, Elizabeth	Youth Track	6:12.62
16	8013 Abel, Addison	Unattached	6:13.07
17	7460 Hanley, Grace	Ignite	6:19.17
18	8896 Buell, Ainsley	Youth Track	6:33.26
19	7463 Sanders, Jenna	Ignite	7:14.55

Section 4

1	7577 West, Evonna	Osu Running Club	5:31.26
2	7880 Cordova, Brooklyn	Spokane Merc	5:41.21
3	8128 Reyes-Cornejo, Jay	Unattached	5:45.50
4	8107 Martell, Thea	Unattached	5:47.33
5	8106 Mangrum, Lia	Unattached	5:51.85
6	8015 Adhikaram, Neha	Unattached	5:52.18
7	8894 Brooks, Annabelle	Youth Track	5:54.76
8	7691 Woolley, Hope	Rain City Flyers	5:56.96
9	7002 Bianchi, Gabrielle	Adelphia Track Club	5:58.09
10	7575 Mennella, Nina	Osu Running Club	6:00.00
11	8746 Ross, Cailin	West Seattle	6:00.75
12	8911 Smith, Shelby	Youth Track	6:01.20
13	8050 Czyzewski, Natalie	Unattached	6:01.52
14	7005 Kim, Madelyn	Adelphia Track Club	6:02.00
15	8099 Leal, Amy	Unattached	6:04.01
16	8060 Dyer, Megan	Unattached	6:04.60
17	8017 Ahrenholz, Tess	Unattached	6:05.21
18	7955 Clouse, Lillian	Team Blackou	6:06.43
19	8036 Buergey, Gracie	Unattached	6:06.76
20	7439 Patrin, Sophia	Husky Run Club	6:11.52
21	8065 Fechtner, Hailey	Unattached	6:15.63
22	7436 Chen, Rachel	Husky Run Club	6:30.32

Section 5

1	7574 Heussner, Brooke	Osu Running Club	5:35.84
2	8134 Ruzyla, Abby	Unattached	5:37.27
3	7485 Muhm, Ella	Lawn&Order	5:38.38
4	7670 Metcalf-Lindenburg	Puget Sound	5:39.54
5	7879 Cordova, Bailey	Spokane Merc	5:45.35
6	7667 Gardner, Sarah	Puget Sound	5:45.79
7	8912 Tongco, Julia	Youth Track	5:46.22
8	8903 Hires, Paisley	Youth Track	5:46.23
9	8910 Moore, Nora	Youth Track	5:47.07
10	7513 Guthrie, Marissa	Northwest (Wash.)	5:47.44
11	8071 Gayman, Megan	Unattached	5:47.86
12	8095 Kurji, Alizeh	Unattached	5:47.90
13	8026 Bergman, Elsa	Unattached	5:48.35
14	8049 Cooney, Molly	Unattached	5:49.55
15	7403 Wilson, Meaza	Guts & Stuff	5:49.67

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Women 1 Mile Run OPEN**

16	7763 Mitchell, Olivia	Saint Martin's	5:54.49
17	7878 Collins, Olivia	Spokane Merc	5:57.43
18	8162 Zeitouni, Becky	Unattached	6:02.55
19	7270 Gaschk, Taylor	Edmonds-Woodway	6:12.36
20	7298 Schwenneker, Mara	Evergreen St	6:14.86
21	8108 May, Michelle	Unattached	6:34.18

Section 6

1	7631 Callo, Madi	Portland	5:25.97
2	7256 Theel, Paige	Eagles Elite	5:27.10
3	7924 Zeidhlack, Kate	Stumptown Tr	5:28.47
4	8043 Cheng, Dora	Unattached	5:29.90
5	7007 Rosauer, Emilia	Adelphia Track Club	5:30.63
6	7666 Courtnage-Dyke, El	Puget Sound	5:33.22
7	8743 O'Donnell, Mylah	West Seattle	5:34.28
8	8087 Jacobsen, Adara	Unattached	5:36.67
9	7293 Biesack, Sylvie	Evergreen St	5:37.89
10	8905 Jansen, Elise	Youth Track	5:39.95
11	7877 Claycomb, Maggie	Spokane Merc	5:42.61
12	7253 Elmy, Clair	Eagles Elite	5:45.63
13	7876 Bancroft, Sawyer	Spokane Merc	5:47.44
14	7940 Lee, Michelle	Sunset	5:48.59
15	8062 Emard, Skyla	Unattached	5:50.91
16	7326 Otto, Rosemary	Franklin (Or)	5:52.24
17	8125 Ranjan, Maya	Unattached	5:55.33
18	7921 Rothschild, Mia	Stumptown Tr	5:57.04
19	7462 Renick, Sadie	Ignite	5:58.46
20	8042 Chen, Sophia	Unattached	6:01.10
21	8064 Esparza, Alessandr	Unattached	6:06.11
22	7269 Budell, Phoebe	Edmonds-Woodway	6:10.66

Section 7

1	7839 Templeton, Lucia	Seattle Pacific	5:22.59
2	7919 Bostic, Madeline	Stumptown Tr	5:28.34
3	7362 Dickson, Layne	Galbraith Tr	5:30.12
4	8061 Eggert, Johnny	Unattached	5:31.42
5	8105 Lucas, Audrey	Unattached	5:32.82
6	8021 Baker, Ellie	Unattached	5:36.07
7	7283 Pentz, Teagan	Everett (Wash.) CC	5:39.86
8	7474 Paton, Stella	Kitsap Flier	5:40.32
9	8131 Rogers, Amelia	Unattached	5:41.44
10	8898 Cutting, Emma	Youth Track	5:42.29
11	7284 Rock, Lily	Everett (Wash.) CC	5:42.56
12	8088 Jaeschke, Lucy	Unattached	5:44.15
13	7327 Rivard, Tessa	Franklin (Or)	5:45.87
14	7268 Weishaar, Taylor	Eastern Oreg	5:45.99
15	8893 Anderson, Evelyn	Youth Track	5:46.87
16	8906 Loebner, Shannon	Youth Track	5:48.18
17	7489 DeKoker, Greta	Lincoln	5:48.59
18	8098 Lascheck, Ascher	Unattached	5:53.82
19	8016 Ahrenholz, Anna	Unattached	5:56.26
20	8118 Ok, Rose	Unattached	5:59.12
21	7272 Tysland, Ravenna	Edmonds-Woodway	6:00.50

Section 8

1	7512 Elliott, Rachel	Northwest (Wash.)	5:25.89
2	8151 Tielmann, Jayda	Unattached	5:26.11
3	7838 Segall, Anika	Seattle Pacific	5:30.81

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Women 1 Mile Run OPEN**

4	7186 Esquivel, Araceli	Central Washington	5:32.25
5	8159 Wurster, Emma	Unattached	5:34.69
6	8747 Satwicz, Evelyn	West Seattle	5:34.72
7	7808 Winkler, Grace	Santa Clara	5:35.13
8	7013 Kiprotich, Gloria	Alaska Anchorage	5:35.22
9	7297 Palek, Maddy	Evergreen St	5:35.57
10	8122 Phillips, Emma	Unattached	5:36.43
11	7797 Cormier, Rachelle	Santa Clara	5:36.77
12	8084 Hudders, Corinne	Unattached	5:37.54
13	7231 Cundy, Rachel	Club Northwest	5:39.69
14	8019 Arnsdorf, Ava	Unattached	5:39.70
15	7271 Karl, Aliah	Edmonds-Woodway	5:40.84
16	7886 Nance, Adah	Spokane Merc	5:41.68
17	7365 Kok, Caitlyn	Galbraith Tr	5:42.87
18	8157 Williams, Dafna	Unattached	5:43.34
19	7881 Freese, Lorelai	Spokane Merc	5:44.06
20	7189 Gephart, Sylvie	Central Washington	5:44.57
21	8742 Knapp, Kallan	West Seattle	5:49.33
22	7292 Bianchi, Soleil	Evergreen St	5:55.75

Section 9

1	7486 Severs, Natalie	Lawn&Order	5:15.83
2	7671 Moore, Emily	Puget Sound	5:17.11
3	8024 Bass, Augustine	Unattached	5:23.31
4	8069 Fulton, Brynn	Unattached	5:23.61
5	8129 Riley, Abigail (Ab	Unattached	5:25.61
6	8057 Decker, Olivia	Unattached	5:26.40
7	7324 Haendler, Elizabet	Franklin (Or)	5:28.46
8	8052 Daligcon, Jordan	Unattached	5:29.42
9	7199 Johnson, Julie	Central Washington	5:29.50
10	8148 Thome, Brienne	Unattached	5:34.50
11	8904 Holland, Paige	Youth Track	5:35.76
12	8741 Caprara, Gemma	West Seattle	5:37.84
13	7323 Fraser, Liv	Franklin (Or)	5:38.38
14	8143 Smits, Ella	Unattached	5:40.15
15	7765 Schweppe, Samantha	Saint Martin's	5:44.24
16	8769 Pruss, Isabelle	Western Oregon	5:47.38
17	8047 Collins-Winn, Evel	Unattached	5:51.68
18	7669 Lim, Alana	Puget Sound	5:57.68
19	7668 Gildersleeve-Stile	Puget Sound	6:00.64

Section 10

1	7003 Corr, Elise	Adelphia Track Club	5:14.88
2	7006 Powell, Macy	Adelphia Track Club	5:15.62
3	8081 Hemke, Kristen	Unattached	5:16.21
4	7001 Beliard, Emiline	Adelphia Track Club	5:17.66
5	8758 Culligan, Aubrey	Western Oregon	5:18.04
6	7207 Pidduck, Hannah	Central Washington	5:18.60
7	7402 Shellman, Lydia	Guts & Stuff	5:21.05
8	7495 Baker, Kendall	Mercer Islan	5:21.12
9	7906 Diaz, Roseli	Stanislaus State	5:21.89
10	7959 Rodway, Ava	Trinity West	5:22.98
11	7939 Brady, Liv	Sunset	5:23.83
12	8030 Boyle, Avery	Unattached	5:24.03
13	7672 Palm, Samantha	Puget Sound	5:25.51
14	7004 Isenhath, Claire	Adelphia Track Club	5:30.92
15	8908 Mangan, Hannah	Youth Track	5:32.34

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Women 1 Mile Run OPEN**

16	7317 Quantz, Izabella	Federal Way Track	5:35.61
17	7937 Baik, Hannah	Sunset	5:35.83
18	8097 Larson, Leia	Unattached	5:38.33
19	7760 Halpern, Kekaimali	Saint Martin's	5:40.09
20	8110 McDowell, Greta	Unattached	5:43.60
21	7764 Romo, Camila	Saint Martin's	5:52.21

Women 3000 Meter Run INVITE

=====			
	Dempsey: ! 8:34.45	1/27/2018	Sifan Hassan, Nike Oregon P
	Meet: M 8:34.45	2018	Sifan Hassan, Nike Oregon P
Name	Year	School	Finals
=====			

Section 1

1	8571 Vringer, Erin	Utah	8:48.26
2	8161 Yee, Regan	Unattached	8:51.20
3	8657 Thomas, Chloe	Washington	8:51.27
4	8687 Cheptoo, Zenah	Washington State	8:53.90
5	8640 David-Smith, Julia	Washington	9:01.29
6	8600 Eybergen, Madelyn	Victoria (B.C.)	9:01.64
7	7561 Lundgren, Noemi	Oregon State	9:14.47
8	8142 Smiljanec, Katarin	Unattached	9:17.42
9	8145 Stewart, Riley	Unattached	9:18.62
10	7551 Herron, Ainsley	Oregon State	9:23.00
11	8035 Browne, Chloe	Unattached	9:29.76
12	8614 Thompson, Marisha	Victoria (B.C.)	9:29.91
--	8113 Menegatti, Maleigh	Unattached	DNF

Women 3000 Meter Run

=====			
	Dempsey: ! 8:34.45	1/27/2018	Sifan Hassan, Nike Oregon P
	Meet: M 8:34.45	2018	Sifan Hassan, Nike Oregon P
Name	Year	School	Finals
=====			

1	7458 Reeck, Ashley	Idaho State	9:46.13
2	8609 Peet-Williams, Chr	Victoria (B.C.)	9:46.38
3	7866 Hacker, Aspen	Southern Utah	9:52.57
4	8768 Potratz, Kyla	Western Oregon	9:55.16
5	8645 Lopizzo, Gioana	Washington	9:56.13
6	7564 Morkert, Reese	Oregon State	9:56.35
7	7869 Killpack, Nixie	Southern Utah	9:56.88
8	8813 Edens, Ella	Western Washington	9:58.64
9	8595 Abbott, Hailey	Victoria (B.C.)	10:01.33
10	7602 Schmutz, Emma	Pacific	10:01.42
11	7184 Conover, Payton	Central Washington	10:01.95
12	7147 Kingston, Jade	Cal Poly Pomona	10:02.71
13	7156 Oliva, Makena	Cal St. Fullerton	10:21.05
14	8004 Lott, Quinci	Ucla	10:24.45
--	8647 McInnis, Brianna	Washington	DNF

Section 2

1	7865 Evans, Isabella	Southern Utah	9:40.22
2	8610 Reimer, Colette	Victoria (B.C.)	9:42.85
3	8703 Sletner, Taylor	Washington State	9:52.10
4	7295 Carstens, Alauna	Evergreen St	9:52.49
5	8579 Smith, Brie	Utah State	9:52.84

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Women 3000 Meter Run**

6	7354 Pedol, Chiara	Fresno State	9:52.88
7	7508 Silwal, Aditi	North Texas	9:55.41
8	8637 Carlson, Annika	Washington	9:56.31
9	8930 Milam, Aubrey	North Texas	10:05.04
10	7639 Lochtefeld, Izzy	Portland	10:26.84
Section 3			
1	8559 Fale, Josie	Utah	9:17.37
2	8695 Kibor, Brenda	Washington State	9:26.49
3	8602 Lane, Ella	Victoria (B.C.)	9:28.93
4	8686 Biwott, Mercy	Washington State	9:34.88
5	7632 Crum, Megan	Portland	9:35.41
6	8698 Madariaga, Kyla	Washington State	9:35.54
7	8689 Cossey, Hailey	Washington State	9:36.27
8	7091 McCorkle, Georgia	Cal	9:36.61
9	7042 Blaine, Haley	Boise State	9:38.25
10	7157 Smith, Isabella	Cal St. Fullerton	9:39.88
11	8575 Lowe, Malia	Utah State	9:42.90
12	8563 Le Gallo, Claire	Utah	10:00.43
13	7570 Ulrich, Delaney	Oregon State	10:03.73
Section 4			
1	7112 Gaffney, Kelli	Cal Poly	9:20.05
2	8561 Junginger, Emily	Utah	9:23.86
3	8580 Swain, Natalie	Utah State	9:26.97
4	8641 DeVeau, Abby	Washington	9:27.16
5	7045 Koma, Amit	Boise State	9:30.07
6	7040 Ackermann, Hanna	Boise State	9:33.70
7	7557 Latinicsics, Molly	Oregon State	9:35.70
8	8573 Ellis, Sarah	Utah State	9:41.04
9	8054 Davenport, Brynn	Unattached	9:41.25
10	7049 Novak-Klotz, Nanet	Boise State	9:42.74
11	8005 Marheineke, Evange	Ucla	9:47.36
12	7422 Martin, Mikaela	Hawai'i	9:50.90
13	7568 Smith, Payton	Oregon State	10:13.29
Section 5			
1	8565 Nowakowska, Katarz	Utah	9:10.40
2	7090 Johnson, Adeline	Cal	9:14.35
3	7041 Bähnke, Bianca	Boise State	9:17.99
4	8661 Welin, Josephine	Washington	9:18.62
5	8566 Peters, Annastasia	Utah	9:19.92
6	8037 Buitelaar, Adriann	Unattached	9:20.13
7	8929 Culbreath, London	North Texas	9:22.60
8	8569 Rogers, Mackenzie	Utah	9:23.07
9	8608 Owens, Erin	Victoria (B.C.)	9:23.21
10	7558 Laurent, Kate	Oregon State	9:23.32
11	8567 Peters, Lindsey	Utah	9:24.00
12	8574 Jensen, Shelby	Utah State	9:24.96
13	8654 Stiles, Maeve	Washington	9:25.21
14	8652 Olson, Isabel	Washington	9:31.47
15	8002 Hawkins, Ailish	Ucla	9:32.97
16	7148 Martinez, Vivian	Cal Poly Pomona	9:58.90

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****Women 5000 Meter Run INVITE**

=====			
Dempsey: ! 14:55.35		2/23/2024	Susan Ejore, Under Armour
Meet: M 15:09.31		2016	Kim Conley, New Balance
Name	Year	School	Finals
=====			
Section 1			
1	8726	Hagelin, Saga	Weber State 16:12.26
2	8724	Day, Hailey	Weber State 16:39.25
3	7601	Lione, Angelina	Pacific 16:41.68
4	8001	Foody, Olivia	Ucla 16:42.19
5	8723	Cazier, Audrey	Weber State 16:51.57
6	8719	Anderson, Melanie	Weber State 16:54.52
7	8721	Ballard, Hadlie	Weber State 17:01.10
8	7909	Holguin, Stevie	Stanislaus State 17:03.40
9	7829	Ewing, Maya	Seattle Pacific 17:08.93
10	7725	Lipary, Marina	Sacramento State 17:39.15
11	8725	Felix, Lydia	Weber State 17:57.93
--	8033	Brown, Emily	Unattached DNF

Women 5000 Meter Run

=====			
Dempsey: ! 14:55.35		2/23/2024	Susan Ejore, Under Armour
Meet: M 15:09.31		2016	Kim Conley, New Balance
Name	Year	School	Finals
=====			
1	7628	Bangerter, Selena	Portland 17:14.07
2	7358	Walker, Rhiannon	Fresno State 17:15.29
3	8807	Colbert, Sabrina	Western Washington 17:23.31
4	7626	Allen, Danica	Portland 17:28.97
5	8824	Parker, Alexis	Western Washington 17:34.32
6	7637	Kabenina, Kate	Portland 17:37.22
7	7600	Crawford, Alix	Pacific 17:45.46
8	8693	Hoyt, Lauren	Washington State 17:47.08
9	8755	Beckstead, Adele	Western Oregon 17:53.01
10	7425	O'Donnell, Zola	Hawai'i 18:12.88
11	8771	Sigler, Maslin	Western Oregon 18:17.22
12	7015	McCarty, Makendra	Alaska Anchorage 18:17.48

Women 60 Meter Hurdles

=====			
Dempsey: ! 7.93		3/4/2006	Virginia Powell, USC
Meet: M 8.06		2018	Bridgette Owens, Unattached
Name	Year	School	Prelims
=====			
Heat 1 Preliminaries			
1	7409	Boyd, Sofia	Hawai'i 9.03 9.021
2	7556	Kubacki, Kate	Oregon State 9.11
3	7733	Weber, Merle	Sacramento State 9.19
4	7149	Metsarinta, Lotta	Cal Poly Pomona 9.22
5	7198	Johnson, Ayla	Central Washington 9.30
Heat 2 Preliminaries			
1	7547	Craven, Peyton	Oregon State 9.11
2	8651	Nordlund, Sara	Washington 9.19
3	8812	Dickson, Riley	Western Washington 9.37
4	8817	Huskic, Khloe	Western Washington 9.60
5	8642	Edwards, Adrienne	Washington 9.81

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Women 60 Meter Hurdles****Heat 3 Preliminaries**

1	7990 Mackenzie, Jessica	UC Santa Barbara	8.86q
2	7905 Albercottie, Ahlia	Stanislaus State	9.63
3	8833 Walker, Karma	Western Washington	10.17

Heat 4 Preliminaries

1	7911 Real, Mila	Stanislaus State	9.26
2	7608 Caprye, Abigail	Pacific Lutheran	9.29
3	7995 Tito, Allison	UC Santa Barbara	9.32
4	8801 Avery, Nicole	Western Washington	9.53
5	7182 Baker, Elia	Central Washington	9.91

Heat 5 Preliminaries

1	7978 Barmettler, Johann	UC Santa Barbara	9.16
2	8818 Klaas, Marisa	Western Washington	10.45
3	7611 Herring, Addisen	Pacific Lutheran	19.19

Heat 6 Preliminaries

1	7420 Larkan, Robyn	Hawai'i	8.40q
2	7153 Smith, Neshara	Cal Poly Pomona	8.64q
3	8048 Conte, Madeleine	Unattached	8.65q
4	7828 Chang, Hannah	Seattle Pacific	8.66q
5	7607 Moersdorf, Anneke	Pacific Athletics	8.70q

Heat 7 Preliminaries

1	7432 Wyllie, Tara	Hawai'i	8.84q
2	7348 Hutton, Madison	Fresno State	9.02q
3	8119 Okemgbo, Nyenuchi	Unattached	9.03 9.027
4	7356 Spaulding, Ella	Fresno State	9.04

Heat 8 Preliminaries

1	7428 Touchette, Catheri	Hawai'i	9.07
2	7110 Estes, Kalia	Cal Poly	9.16
3	7996 Tjoe, Alison	UC Santa Barbara	9.27
4	7206 Connell, Bella	Central Washington	9.33

Women 60 Meter Hurdles

Dempsey: !	7.93	3/4/2006	Virginia Powell, USC
Meet: M	8.06	2018	Bridgette Owens, Unattached
Name		Year School	Finals

Section 1 Finals

1	8048 Conte, Madeleine	Unattached	8.59
2	7828 Chang, Hannah	Seattle Pacific	8.70
3	7432 Wyllie, Tara	Hawai'i	8.74
4	7348 Hutton, Madison	Fresno State	8.88

Section 2 Finals

1	7420 Larkan, Robyn	Hawai'i	8.38
2	7607 Moersdorf, Anneke	Pacific Athletics	8.67
3	7990 Mackenzie, Jessica	UC Santa Barbara	8.81
--	7153 Smith, Neshara	Cal Poly Pomona	DNF

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****Women 4x400 Meter Relay**

=====			
Dempsey:	!	3:29.78	2/25/2023 USC, USC
Meet:	M	3:38.68	2011 Oregon, Oregon
School			Dencer, Purvis, Roesler, Okodogbe
			Finals
=====			

Section 1

1	Hawai'i 'A'	3:43.53
1)	7413 Fairclough, Amelie	2) 7414 Fischer, Nora
3)	7411 Crane, Marissa	4) 7417 Kneeshaw, Izzy
2	Cal Poly 'A'	3:44.78
1)	7106 DeMange, Elle	2) 7110 Estes, Kalia
3)	7116 Jackson, Jordan	4) 7102 Adelman, Avery
3	Cal Poly Pomona 'A'	3:52.32
1)	7142 Garcia, Jordan	2) 7140 Delgado, Yasmeen
3)	7150 Moseby, Trinity	4) 7145 James, Jessica
4	Seattle Pacific 'A'	4:00.19
1)	7832 Mosby, Brooke	2) 7837 Sarrys, Jada
3)	7826 Bailey, Sarah	4) 7836 Rowland, Evangeline

Section 2

1	Western Washington 'A'	3:44.63
1)	8819 Kleine, Casie	2) 8811 Darroch, Jayda
3)	8808 Cook, Kennedy	4) 8803 Bennett, Bec
2	UC Santa Barbara 'A'	3:47.52
1)	7979 Bartone, Briana	2) 7991 McGowan, Natalia
3)	7987 Josephson, Anna	4) 7994 Shepard, Mia
--	Ucla 'A'	DNF
1)	8003 Jeanneret, Georgia	2) 7999 Arciaga, Kaitlyn
3)	8000 Cichon, Kaho	4) 8004 Lott, Quinci

Women High Jump

=====			
Dempsey:	!	1.93m	2/25/2012 Brigetta Barrett, Arizona
Meet:	M	1.86m	2005 Sharon Day, Cal Poly
Name		Year School	Finals
=====			

Flight 1

1	7565 Norman, Dede	Oregon State	1.80m	5-10.75
	1.55 1.60 1.65 1.70 1.75 1.80 1.83			
	---	---	---	---
		0 0 XO XXX		
2	7357 Tarczy, Elizabeth	Fresno State	1.75m	5-08.75
	1.55 1.60 1.65 1.70 1.75 1.80			
	---	---	XO 0 0 XXX	
3	7118 Proudfoot, Grace	Cal Poly	1.75m	5-08.75
	1.55 1.60 1.65 1.70 1.75 1.80			
	---	---	XO 0 XO XXX	
4	7104 Castelli, Melanie	Cal Poly	1.70m	5-07.00
	1.55 1.60 1.65 1.70 1.75			
	---	0 0 XXO XXX		
4	7421 Martensson, Lisa	Hawai'i	1.70m	5-07.00
	1.55 1.60 1.65 1.70 1.75			
	---	---	0 XXO XXX	
6	7995 Tito, Allison	UC Santa Barbara	1.65m	5-05.00
	1.55 1.60 1.65 1.70			
	---	0 0 XXX		

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026

Dempsey Indoor, Seattle WA

Results

Women Pole Vault B Section

=====										
Dempsey: ! 4.67m 1/29/2021			Olivia Gruver, Unattached							
Meet: M 4.66m 2025			Hana Moll, Amanda Moll, Washington, Was							
Name			Year		School		Finals			
=====										
1	7559	Lee, Claire			Oregon State				3.65m	11-11.75
	2.75	2.90	3.05	3.20	3.35	3.50	3.65	3.80		
	---	---	---	---	---	0	0	XXX		
2	8072	Gessel, Avery			Unattached				J3.65m	11-11.75
	2.75	2.90	3.05	3.20	3.35	3.50	3.65	3.80		
	---	---	---	---	X0	0	0	XXX		
3	8822	Mohlman, Sydney			Western Washington				J3.65m	11-11.75
	2.75	2.90	3.05	3.20	3.35	3.50	3.65	3.80		
	---	---	---	---	---	0	XX0	XXX		
4	7548	Fowler, Mia			Oregon State				3.50m	11-05.75
	2.75	2.90	3.05	3.20	3.35	3.50	3.65			
	---	---	---	---	---	0	XXX			
5	7430	Wade, Betsy			Hawai'i				J3.50m	11-05.75
	2.75	2.90	3.05	3.20	3.35	3.50	3.65			
	---	---	X0	X0	0	X0	XXX			
5	7614	Neir, Kiana			Pacific Lutheran				J3.50m	11-05.75
	2.75	2.90	3.05	3.20	3.35	3.50	3.65			
	---	X0	0	X0	0	X0	XXX			
7	7062	Rueppell, Lucia			British Columbia				3.35m	10-11.75
	2.75	2.90	3.05	3.20	3.35	3.50				
	---	---	0	0	0	XXX				
7	8815	Grubestic, JoJo			Western Washington				3.35m	10-11.75
	2.75	2.90	3.05	3.20	3.35	3.50				
	---	---	0	0	0	XXX				
7	8800	Armstrong, Effie			Western Washington				3.35m	10-11.75
	2.75	2.90	3.05	3.20	3.35	3.50				
	---	---	---	---	0	XXX				
10	7154	Williams, Kendra			Cal Poly Pomona				J3.35m	10-11.75
	2.75	2.90	3.05	3.20	3.35	3.50				
	---	---	---	---	X0	XXX				
11	7144	Horton, Bailie			Cal Poly Pomona				3.20m	10-06.00
	2.75	2.90	3.05	3.20	3.35					
	---	---	0	0	XXX					
11	7608	Caprye, Abigail			Pacific Lutheran				3.20m	10-06.00
	2.75	2.90	3.05	3.20	3.35					
	---	0	0	0	XXX					
13	8829	Scott, Kaylee			Western Washington				J3.20m	10-06.00
	2.75	2.90	3.05	3.20	3.35					
	---	---	XX0	0	XXX					
14	7141	Gaitan, Shannon			Cal Poly Pomona				J3.20m	10-06.00
	2.75	2.90	3.05	3.20	3.35					
	---	---	XX0	X0	XXX					
15	8816	Hoffman, Tana			Western Washington				2.90m	9-06.25
	2.75	2.90	3.05							
	---	0	XXX							
--	7983	Harden, Sydni			UC Santa Barbara				NH	
	2.75	2.90	3.05	3.20	3.35	3.50				
	---	---	---	---	---	XXX				
--	7569	Strand, Carley			Oregon State				NH	
	2.75	2.90	3.05	3.20						
	---	---	---	XXX						

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****Women Long Jump**

Dempsey: ! 6.55m 2/19/2013 Grace Upshaw, Brittney Reese, Nike									
Meet: M 6.36m 2008 Arantxa King, Stanford									
Name	Year	School	Finals						
1 7356 Spaulding, Ella		Fresno State	5.71m	18-09.00					
5.71m 5.63m 5.42m	FOUL	FOUL	FOUL						
2 8801 Avery, Nicole		Western Washington	5.43m	17-09.75					
5.04m 5.17m 5.43m	5.38m	4.99m 4.98m							
2 7547 Craven, Peyton		Oregon State	5.43m	17-09.75					
5.43m 5.05m 5.26m	PASS	PASS	PASS						
4 7732 Vonnahme, Mara		Sacramento State	5.41m	17-09.00					
FOUL 5.41m	FOUL								
5 8059 Dorf, Saskia		Unattached	5.39m	17-08.25					
5.23m 4.99m 5.39m									
6 8642 Edwards, Adrienne		Washington	5.33m	17-06.00					
FOUL 5.26m 5.33m									
7 7348 Hutton, Madison		Fresno State	5.30m	17-04.75					
FOUL 5.26m 5.30m									
8 8827 Polkinghorn, Hanna		Western Washington	5.23m	17-02.00					
5.17m 5.23m 5.14m									
8 7428 Touchette, Catheri		Hawai'i	5.23m	17-02.00					
5.23m 5.10m 5.17m									
10 8809 Cook, Kora		Western Washington	5.09m	16-08.50					
4.94m 5.09m	FOUL								
11 7409 Boyd, Sofia		Hawai'i	5.03m	16-06.00					
4.90m 4.68m 5.03m									
12 8150 Tibbo, Zoe		Unattached	4.88m	16-00.25					
4.82m 4.88m 4.76m									
13 7080 Kelso-Reynolds, Cy		Bushnell (Ore.)	4.83m	15-10.25					
FOUL FOUL 4.83m									
-- 8086 Ivery, La Kadron		Unattached	FOUL						
FOUL FOUL FOUL									
Flight 2									
1 8660 Washburn, Ava		Washington	6.11m	20-00.50					
6.11m 5.76m 6.02m	5.80m	FOUL	PASS						
2 7607 Moersdorf, Anneke		Pacific Athletics	5.62m	18-05.25					
5.62m 5.53m	PASS	PASS	FOUL						
3 7981 Combe, Carolina		UC Santa Barbara	5.57m	18-03.25					
5.43m 5.55m 5.39m	FOUL	5.57m	FOUL						
4 7103 Armstrong, Desie		Cal Poly	5.53m	18-01.75					
FOUL 5.18m 5.45m	5.51m	5.53m	FOUL						
5 7426 Sela, Celeste		Hawai'i	5.48m	17-11.75					
5.48m 5.05m 5.20m	4.92m	5.35m	PASS						
6 7117 Nwagwu, Melody		Cal Poly	5.45m	17-10.75					
5.17m 5.45m 5.23m	5.33m	5.16m 5.38m							
7 7989 Lyons, Natalie		UC Santa Barbara	5.40m	17-08.75					
5.33m 4.92m 5.40m									
8 7995 Tito, Allison		UC Santa Barbara	5.34m	17-06.25					
5.25m 5.34m 5.16m									
9 7114 Hoagland, Tayhlore		Cal Poly	5.33m	17-06.00					
5.26m 5.33m	FOUL								
10 7347 Heffernan, Janae		Fresno State	5.30m	17-04.75					
FOUL 5.24m 5.30m									
11 7346 Hannible, Kyndall		Fresno State	5.24m	17-02.25					
FOUL 5.24m	FOUL								

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Women Long Jump**

11	7990 Mackenzie, Jessica	UC Santa Barbara	5.24m	17-02.25
	4.99m 4.90m 5.24m			
13	7907 Dismukes, Reyna	Stanislaus State	5.16m	16-11.25
	FOUL 5.16m 4.97m			
14	7715 Barry, Jessi	Sacramento State	5.15m	16-10.75
	4.86m 5.15m 5.14m			

Women Triple Jump B section

=====									
Dempsey: ! 13.91m		2/27/2016		Andrea Geubelle, Unattached					
Meet: M 13.71m		2008		Erica McLain, Stanford					
Name		Year		School				Finals	
=====									
Flight 1									
1	8059 Dorf, Saskia			Unattached				12.01m	39-05.00
	12.01m	FOUL	11.17m	11.40m	11.67m	11.96m			
2	8817 Huskic, Khloe			Western Washington				11.75m	38-06.75
	11.75m	11.49m	11.14m	PASS	PASS	PASS			
3	7355 Sims, Lynee			Fresno State				11.33m	37-02.25
	11.11m	FOUL	11.17m	10.89m	11.26m	11.33m			
4	7907 Dismukes, Reyna			Stanislaus State				11.04m	36-02.75
	FOUL	10.84m	11.04m	10.60m	10.82m	10.93m			
5	8150 Tibbo, Zoe			Unattached				11.03m	36-02.25
	FOUL	11.03m	10.56m	10.72m	10.96m	10.64m			
6	7827 Cates, Tia			Seattle Pacific				10.96m	35-11.50
	FOUL	FOUL	10.60m	10.56m	10.88m	10.96m			
7	8810 Danner-Bunn, Ayla			Western Washington				10.79m	35-05.00
	FOUL	FOUL	10.42m	10.52m	10.77m	10.79m			
--	7524 Sweet, Talelia			Olympic (Wash.)				FOUL	
	FOUL	FOUL	FOUL						

Women Triple Jump INVITE

=====									
Dempsey: ! 13.91m		2/27/2016		Andrea Geubelle, Unattached					
Meet: M 13.71m		2008		Erica McLain, Stanford					
Name		Year		School		Finals			
=====									
1	7985 Johnson, Kennedy			UC Santa Barbara		12.44m		40-09.75	
	11.54m FOUL 12.05m	11.41m		12.15m 12.44m					
2	7117 Nwagwu, Melody			Cal Poly		12.37m		40-07.00	
	11.64m 11.94m FOUL	11.92m		12.15m 12.37m					
3	7432 Wyllie, Tara			Hawai'i		12.32m		40-05.00	
	12.18m FOUL 12.19m	12.32m FOUL		12.17m					
4	8660 Washburn, Ava			Washington		12.19m		40-00.00	
	11.89m FOUL 12.13m	11.77m		12.14m 12.19m					
5	8635 Bir, Rachel			Washington		11.96m		39-03.00	
	FOUL 11.72m 10.57m	10.72m		11.72m 11.96m					
6	8644 Kelly, Addison			Washington		11.64m		38-02.25	
	10.98m 11.64m FOUL	11.42m		11.45m 11.46m					
7	8642 Edwards, Adrienne			Washington		10.31m		33-10.00	
	FOUL FOUL 10.29m	10.31m FOUL FOUL							

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026

Dempsey Indoor, Seattle WA

Results

Women Shot Put

Dempsey: ! 18.98m 2/24/2018 Maggie Ewen, Arizona St						
Meet: M 18.51m 2014 Tia Brooks, Nike						
Name	Year	School	Finals			
1 8802 Bailey, Lydia		Western Washington	13.31m	43-08.00		
12.00m 13.31m FOUL 11.85m 11.90m 12.22m						
2 8756 Boyd, Izzy		Western Oregon	12.78m	41-11.25		
FOUL 12.78m 11.05m FOUL 12.29m FOUL						
3 7119 Rigby, Isabella		Cal Poly	12.77m	41-10.75		
FOUL 12.42m 12.77m FOUL FOUL FOUL						
4 7208 Taula, Felicity		Central Washington	11.38m	37-04.00		
10.60m 10.05m 11.38m						
5 7522 Fellows, Nashayla		Olympic (Wash.)	11.33m	37-02.25		
11.33m 10.00m 10.35m						
6 7714 Bailey, Jordan		Sacramento State	11.21m	36-09.50		
FOUL 11.21m FOUL						
7 8833 Walker, Karma		Western Washington	11.04m	36-02.75		
11.04m 10.66m FOUL						
8 8831 Teague, Azadeh		Western Washington	10.94m	35-10.75		
10.94m 9.80m 10.28m						
9 7180 Ayodeji, Blessing		Central Washington	10.92m	35-10.00		
10.06m 10.92m 9.50m						
10 7209 Taula, Fidelity		Central Washington	10.81m	35-05.75		
9.52m 10.81m FOUL						
11 7181 Ayodeji, Joy		Central Washington	10.77m	35-04.00		
10.77m FOUL FOUL						
12 8770 Rydberg, Guinevere		Western Oregon	10.75m	35-03.25		
10.75m FOUL FOUL						
13 7428 Touchette, Catheri		Hawai'i	9.36m	30-08.50		
9.36m 9.28m 9.19m						
14 8659 Walters, Erin		Washington	9.31m	30-06.50		
8.92m 9.31m 9.16m						
Flight 2						
1 8806 Chapin, Kathryn		Western Washington	14.37m	47-01.75		
13.61m 14.37m FOUL FOUL FOUL FOUL						
2 7115 Hofland, Taylor		Cal Poly	14.20m	46-07.25		
14.20m 13.77m 14.10m 13.84m 13.95m FOUL						
2 7910 Nino, Alexis		Stanislaus State	14.20m	46-07.25		
12.78m 12.42m 14.20m 13.61m 13.41m 13.77m						
4 7727 Mellion, Galadriel		Sacramento State	14.15m	46-05.25		
14.15m FOUL FOUL 13.36m FOUL 13.57m						
5 7429 Vital, Samaria		Hawai'i	13.30m	43-07.75		
12.71m 12.72m FOUL FOUL 13.30m 13.01m						
6 7722 Gordon, Hope		Sacramento State	13.00m	42-08.00		
12.75m 12.58m 12.84m 12.88m 13.00m FOUL						
7 8825 Parks, Mara		Western Washington	12.66m	41-06.50		
12.66m 12.64m 11.16m						
8 7107 Demby, Golda		Cal Poly	12.45m	40-10.25		
12.11m FOUL 12.45m						
9 7427 Sopoaga, Valo		Hawai'i	12.24m	40-02.00		
12.24m FOUL FOUL						
10 7191 Gordon, Maliyah		Central Washington	12.18m	39-11.50		
FOUL FOUL 12.18m						
11 8799 Andrews, Rylee		Western Washington	12.04m	39-06.00		
FOUL 12.04m 11.74m						

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Women Shot Put**

--	8828 Polkinghorn, Jessi	Western Washington	FOUL
	FOUL FOUL FOUL		
--	7544 Chamizo, Olivia	Oregon State	FOUL
	FOUL FOUL FOUL		

Women Weight Throw

Dempsey: ! 22.82m 2/24/2023 Camryn Rogers, California

Meet: M 21.68m 2009 Loree Smith, NYAC

Name	Year	School	Finals
Flight 1			
1 7349 Lawson, Maria		Fresno State	17.30m 56-09.25
	16.88m 16.21m 16.40m	17.30m 16.55m 17.29m	
2 8806 Chapin, Kathryn		Western Washington	17.28m 56-08.50
	16.47m 17.28m 16.40m	FOUL 17.15m 17.03m	
3 7910 Nino, Alexis		Stanislaus State	17.03m 55-10.50
	16.59m 16.07m FOUL	15.51m 15.84m 17.03m	
4 7191 Gordon, Maliyah		Central Washington	16.88m 55-04.75
	15.48m 16.23m 16.88m	15.23m 16.34m FOUL	
5 7429 Vital, Samaria		Hawai'i	16.76m 55-00.00
	15.50m 15.82m FOUL	15.99m 15.23m 16.76m	
6 8770 Rydberg, Guinevere		Western Oregon	16.57m 54-04.50
	16.57m 16.11m FOUL	15.25m FOUL FOUL	
7 8020 Bahnmler, Kaelyn		Unattached	16.09m 52-09.50
	15.22m 15.87m 15.34m	15.92m FOUL 16.09m	
8 7549 Gelston, Katelynn		Oregon State	16.07m 52-08.75
	14.88m 14.89m 15.68m	15.53m 16.07m FOUL	
9 7544 Chamizo, Olivia		Oregon State	16.00m 52-06.00
	15.96m 16.00m FOUL	FOUL 15.79m FOUL	
10 7427 Sopoaga, Valo		Hawai'i	15.60m 51-02.25
	15.35m 15.60m 15.01m		
11 8825 Parks, Mara		Western Washington	15.16m 49-09.00
	FOUL 14.50m 15.16m		
12 7423 McNeil-Vivanco, Ma		Hawai'i	14.28m 46-10.25
	14.28m 13.50m 13.69m		
13 8639 Colson, Yvonne		Washington	13.66m 44-09.75
	13.43m FOUL 13.66m		

Men 60 Meter Dash

Dempsey: ! 6.50 2/14/2015 Ryan Bailey, Nike

Meet: M 6.53 2015 Joe Morris, Unlimited Speed A

Name	Year	School	Prelims
Heat 1 Preliminaries			
1 8839 Brenek, Lucas		Western Washington	7.03q 7.026
2 7743 King, Isaiah		Sacramento State	7.04q
3 8797 Vega, Jordan		Western Oregon	7.05
4 7857 Brhelle, Jackson		Simon Fraser	7.22
Heat 2 Preliminaries			
1 8859 Moffitt, Jackson		Western Washington	7.03q 7.025
2 8883 Trichel, Cameron		Western Washington	7.04
3 8507 Suzuki, Kaito		Unattached	7.06
4 8852 Johnson, Jaden		Western Washington	7.06

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 60 Meter Dash**

5	8787 McDowell, Grant	Western Oregon	7.24	
Heat 3	Preliminaries			
1	7526 Clark, Octavian	Olympic (Wash.)	7.12	
2	8789 Odom, Xander	Western Oregon	7.29	
3	7619 Kramer, Seth	Pacific Lutheran	7.44	
4	7306 Lindsay, Jarvae	Evergreen St	7.51	
Heat 4	Preliminaries			
1	8540 Wells Jr., Emmanue	Unattached	6.74q	
2	7840 Aboudou, Tawaf	Seattle Pacific	6.83q	
3	7749 Miles, Gianni	Sacramento State	6.88q	
4	8443 Penson-Mccoy, Jesa	Unattached	6.93q	
Heat 5	Preliminaries			
1	7846 Joshua, Robert	Seattle Pacific	7.02q	
2	8880 Sutton, Javonte	Western Washington	7.03q	7.029
3	8796 Thompson, Demari	Western Oregon	7.06	
4	7316 Wright, Deandre	Evergreen St	7.13	
5	8199 Bidlow, Cody	Unattached	7.14	
Heat 6	Preliminaries			
1	7620 Willingham, Tyger	Pacific Lutheran	7.18	
2	7747 McFarland, Myles	Sacramento State	7.25	
3	8220 Caleb, Mabins	Unattached	7.26	
4	7083 Green, Jahlin	Bushnell (Ore.)	7.32	
5	7677 Howmiller, Jacob	Puget Sound	7.51	
Heat 7	Preliminaries			
1	8843 Dominique, Eliyah	Western Washington	6.99q	
2	7679 Joyce, Jack	Puget Sound	7.08	
3	8842 DiMarzio, Jake	Western Washington	7.11	
4	7482 Woods, Aidan	Kitsap Flier	7.13	
5	7845 Hunter, Tarelle	Seattle Pacific	7.20	

Men 60 Meter Dash

=====				
Dempsey: !	6.50	2/14/2015	Ryan Bailey, Nike	
Meet: M	6.53	2015	Joe Morris, Unlimited Speed A	
Name		Year	School	Finals
=====				

Section 1 Finals

1	8443 Penson-Mccoy, Jesa	Unattached	6.87
2	7846 Joshua, Robert	Seattle Pacific	6.94
3	8839 Brenek, Lucas	Western Washington	7.02

Section 2 Finals

1	8540 Wells Jr., Emmanue	Unattached	6.62
2	7840 Aboudou, Tawaf	Seattle Pacific	6.80
3	8843 Dominique, Eliyah	Western Washington	6.98
4	8859 Moffitt, Jackson	Western Washington	7.02

Men 200 Meter Dash

=====				
Dempsey: !	20.65	2/25/2022	Kasaun James, USC	
Meet: M	21.09	2025	MacGregor TeSelle, Cal Poly	
Name		Year	School	Finals
=====				

Section 1

1	7754 Orekoya, Ife	Sacramento State	22.24
2	8852 Johnson, Jaden	Western Washington	22.39

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 200 Meter Dash**

3	8883 Trichel, Cameron	Western Washington	22.57
4	8842 DiMarzio, Jake	Western Washington	22.77
Section 2			
1	8880 Sutton, Javonte	Western Washington	22.24
2	7738 Cox, Malachi	Sacramento State	22.50
3	7845 Hunter, Tarelle	Seattle Pacific	23.68
4	7712 Miller, Zamontae	Royal T Trac	24.35
Section 3			
1	7475 Askew-Poirier, JoM	Kitsap Flier	22.25
2	7846 Joshua, Robert	Seattle Pacific	22.27
3	7087 Thornton, Blake	Bushnell (Ore.)	23.08
4	7526 Clark, Octavian	Olympic (Wash.)	23.39
5	7531 Ring, Noah	Olympic (Wash.)	23.85
Section 4			
1	7739 Edwards, Tim	Sacramento State	21.95
2	8443 Penson-Mccoy, Jesa	Unattached	22.13
3	7679 Joyce, Jack	Puget Sound	22.42
4	7083 Green, Jahlin	Bushnell (Ore.)	23.72
5	7529 Johnson, Ronald	Olympic (Wash.)	24.70
Section 5			
1	7951 Kendrick, Ronnie	Tcu	21.80
2	7482 Woods, Aidan	Kitsap Flier	22.22
3	7227 Volle, Carsen	Central Washington	23.18
4	7316 Wright, Deandre	Evergreen St	24.13

Men 400 Meter Dash

=====			
Dempsey: ! 45.94		2/24/2018	Rai Benjamin, USC
Meet: M 46.43		2007	Alex Harcourt, Washington
Name	Year	School	Finals
=====			
Section 1			
1	8176 Andrews, Finn	Unattached	48.10
2	8668 Frazier, Jonathan	Washington	48.24
3	7738 Cox, Malachi	Sacramento State	49.11
4	7213 Boast, Josh	Central Washington	49.18
Section 2			
1	7739 Edwards, Tim	Sacramento State	47.97
2	7680 Keith, Avery	Puget Sound	48.72
3	8779 del Prado, Josiah	Western Oregon	51.26
Section 3			
1	8839 Brenek, Lucas	Western Washington	48.12
2	7130 Franco, Alexander	Cal Poly	48.78
3	7754 Orekoya, Ife	Sacramento State	49.07
4	8879 Smith, Jordan	Western Washington	51.17
Section 4			
1	7122 Atilano, Vincent	Cal Poly	48.04
2	7160 Emerson, Isaiah	Cal St. Fullerton	48.36
3	8865 Pinto, Denzel	Western Washington	50.49
4	7533 Smith, Aiden	Olympic (Wash.)	52.33
--	8729 Anderson, Colby	Weber State	DQ Steps on line
Section 5			
1	7951 Kendrick, Ronnie	Tcu	46.58
2	8681 Rhodes, Alexander	Washington	46.90
3	8845 Foust, Sam	Western Washington	49.26

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 400 Meter Dash**

4	7087 Thornton, Blake	Bushnell (Ore.)	51.67
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Men 800 Meter Run

=====			
Dempsey: !	1:46.34	2/23/2024	Kieran Lumb, On Running
Meet: M	1:46.47	2025	Cole Lindhorst, Washington
Name	Year	School	Finals
=====			

Section 1

1	7687 Sunray, Tdohasan	Puget Sound	1:56.56
2	8786 Lee, Josiah	Western Oregon	1:57.77
3	7780 Scott, Tyler	Saint Martin's	1:57.79
4	7769 Cooper, Matt	Saint Martin's	1:58.55
5	8798 Yara, Shane	Western Oregon	1:58.69
6	8773 Black, Elliott	Western Oregon	1:59.46
7	8299 Greer, Matthew	Unattached	2:04.95

Section 2

1	8716 Verges, Ricard	Washington State	1:55.21
2	7652 Morrow, Gabriel	Portland	1:56.09
3	8881 Terry, Heath	Western Washington	1:56.64
4	8522 Umbers, Aleksy	Unattached	1:57.46
5	7782 White, Matthias	Saint Martin's	1:59.11
--	7385 Montanes, Isaac	George Fox	DNF
--	8706 Bartlett, Chase	Washington State	DNF

Section 3

1	7875 Saunders, Tyler	Southern Utah	1:52.36
2	8468 Roelle, Hans-peter	Unattached	1:53.53
3	8872 Riley, Cole	Western Washington	1:53.99
4	7736 Borg, Logan	Sacramento State	1:54.32
5	7025 Ruiz, Anthony	Alaska Anchorage	1:54.68
6	7755 Rasner, Thomas	Sacramento State	1:55.02
--	8712 Ortega-gammill, Ky	Washington State	DNF

Section 4

1	7656 Regez, Sam	Portland	1:54.47
2	7872 Crane, Richard	Southern Utah	1:54.59
3	7251 Lee, Braydon	Corban (Ore.)	1:54.81
4	8795 Theisen, Landon	Western Oregon	1:55.06
5	8791 Pomrankey, Easton	Western Oregon	1:55.64
6	7056 Jones, Shawn	Boise State	1:56.62
7	7132 Malko-Allen, Mateo	Cal Poly	1:57.05
8	7748 Mikusevich, Noah	Sacramento State	1:57.85

Section 5

1	7098 Kirk Jr., Lamarr	Cal	1:51.18
2	8871 Reseigh, Nathan	Western Washington	1:51.52
3	7059 Teeples, Ezra	Boise State	1:53.53
4	8862 Palmen, Connor	Western Washington	1:53.73
5	8715 Verges, Ferran	Washington State	1:54.74
6	8837 Bloom, Jonah	Western Washington	1:58.64

Section 6

1	7097 Hein, Jackson	Cal	1:50.56
2	7870 Allen, Kadan	Southern Utah	1:50.65
3	8012 Sagiraju, Arrin	Ucla	1:51.33
4	7054 Fitzgerald, Angus	Boise State	1:52.74
5	8411 Miracle, Maxwell	Unattached	1:52.82
6	7218 Hutton, Max	Central Washington	1:55.53

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--	8710 Emerson, Aiden	Washington State	DNF
--	8248 Demund, Osaze	Unattached	DNF
Section 7			
1	7511 Lehr, Chase	North Texas	1:47.35
2	8262 Dylla, Collin	Unattached	1:47.81
3	8533 Walter, Chase	Unattached	1:48.78
4	7137 Westwood, Lewis	Cal Poly	1:49.62
5	7950 Carney, Isaac	Tcu	1:50.60
--	8793 Rodriguez, Isaiah	Western Oregon	DNF
--	7124 Brennan Jr, Wil	Cal Poly	DNF

Men 1 Mile Run INVITE

=====			
Dempsey: ! 3:49.81 1/17/2026 Cam Myers, Nike			
Meet: M 3:50.74 2025 Nathan Green, Washington			
Name	Year	School	Finals
=====			

Section 1

1	8399 McMahon-Staggs, Ro	Unattached	3:55.84
2	7622 Macquiddy, Garrett	Peninsula Di	3:57.53
3	7099 Pretre, Justin	Cal	3:58.11
4	7655 Price, Jonas	Portland	3:58.46
5	8301 Grosvenor, Grant	Unattached	3:58.58
6	8331 Iverson, Acer	Unattached	3:59.01
7	8306 Hammond, Rhys	Unattached	3:59.28
8	7134 Pickren, Spencer	Cal Poly	3:59.33
9	8255 Diehr, Julius	Unattached	3:59.33
10	7917 Daschbach, Leo	Strawberry Canyon	4:01.21
11	8677 Neil, Nathan	Washington	4:02.39
--	7137 Westwood, Lewis	Cal Poly	DNF
--	8533 Walter, Chase	Unattached	DNF

Section 2

1	7009 Prakes, Samuel	Adidas	3:51.86
2	8460 Ratcliffe, Thomas	Nike Swoosh TC	3:52.27
3	8679 Reina Jr, Reuben	Washington	3:52.37
4	8347 Kidder, Brannon	Unattached	3:54.40
5	8663 Bilyard, Tyler	Washington	3:54.43
6	8666 Diamond, Thomas	Washington	3:55.50
7	7125 Caudillo, Chris	Cal Poly	3:56.05
8	7010 Waskom, Joe	Adidas	3:57.11
9	8672 Jenkins, Evan	Washington	3:57.21
10	8667 Distel, Jamar	Washington	3:57.26
11	7535 Ellis, Sam	On Running	3:58.07
12	8678 Powell, Owen	Washington	3:58.62
13	8683 Tostenson, Josiah	Washington	3:59.41
--	7008 Green, Nathan	Adidas	DNF

Men 1 Mile Run SEEDED

=====			
Dempsey: ! 3:49.81 1/17/2026 Cam Myers, Nike			
Meet: M 3:50.74 2025 Nathan Green, Washington			
Name	Year	School	Finals
=====			

Section 1

1	7373 TeVelde, Judah	Galbraith Tr	4:23.06
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2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run SEEDED**

2	8321 Hitchcock, Colin	Unattached	4:28.26
3	8437 Olson, Sebastian	Unattached	4:28.75
4	8196 Berreth, Judson	Unattached	4:29.29
5	7863 Sabzalian, Khalil	Unattached	4:31.99
6	8258 Doroski, Kellan	Unattached	4:34.50
7	8457 Powell, Jake	Unattached	4:34.81
8	8414 Muilenburg, Andrew	Unattached	4:35.47
9	7375 Valentine, Colton	Galbraith Tr	4:36.08
10	8205 Blunt, Benjamin	Unattached	4:36.82
11	7261 Oliver, Brooks	Eagles Elite	4:38.21
12	8381 Martin, Brayden	Unattached	4:38.56
13	8280 Fuller, Jackson	Unattached	4:38.97
14	7855 Hoffman, Benjamin	Sequoia Way	4:41.14
15	8455 Pour, Zain	Unattached	4:44.66
16	8279 Frederick, William	Unattached	4:45.63
17	8269 Farrell, Korbin	Unattached	4:46.10
18	7457 Valerio, Luke	Husky Run Club	4:49.23

Section 2

1	8424 Nitzschke, Wyatt	Unattached	4:21.20
2	8390 McClain, David	Unattached	4:25.22
3	8237 Connell, Sammy	Unattached	4:26.50
4	8548 Wofford, Joseph	Unattached	4:27.76
5	7501 O'Shea, Liam	Moses Lake A	4:28.55
6	8267 Esparza, Brian	Unattached	4:28.89
7	7021 O'Neal, Henry	Alaska Anchorage	4:29.28
8	8356 Lamb, Conner	Unattached	4:30.54
9	8417 Nations, Ryan	Unattached	4:30.74
10	8201 Billings, Eli	Unattached	4:32.31
11	8214 Brooks, Quinten	Unattached	4:32.59
12	7236 Comer, Brian	Club Northwest	4:32.64
13	7782 White, Matthias	Saint Martin's	4:33.37
14	8469 Romero, Jacob	Unattached	4:34.86
15	7386 Reyes, Arauny	George Fox	4:35.18
16	8449 Phillips, John	Unattached	4:37.09
17	7674 Brown, Noah	Puget Sound	4:39.75
18	7928 Keating, Patrick	Stumptown Tr	4:41.27

Section 3

1	8265 Engelhardt, Ben	Unattached	4:31.52
2	7514 Bustamante, Andres	Northwest (Wash.)	4:33.11
3	7028 Vera, Edgar	Alaska Anchorage	4:35.19
4	7769 Cooper, Matt	Saint Martin's	4:36.91
5	7518 Ransford, Jarron	Northwest (Wash.)	4:37.58
6	8393 McDowell, Caleb	Unattached	4:37.82
7	8535 Ward, Connor	Unattached	4:39.76
8	8174 Anderson, Brody	Unattached	4:40.34
9	7929 Lavier, Jaciah	Stumptown Tr	4:40.52
10	8448 Phillips, Corban	Unattached	4:40.53
11	8336 James, Ian	Unattached	4:40.94
12	7664 Morrison, Maxwell	Powell Blvd	4:46.28
13	8266 Entwisle, Caleb	Unattached	4:46.82
14	8225 Chambers, Hudson	Unattached	4:47.55
15	8552 Yearian, Joshua	Unattached	4:47.67
16	8224 Caywood, Derek	Unattached	4:53.85

Section 4

1	8626 Screen, Jack	Victoria (B.C.)	4:22.80
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2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run SEEDED**

2	8304 Halton, Ellis	Unattached	4:28.05
3	7844 Gale, Nathaniel	Seattle Pacific	4:28.95
4	8182 Baldus, Chris	Unattached	4:30.04
5	7851 Venable, Alex	Seattle Pacific	4:30.08
6	8798 Yara, Shane	Western Oregon	4:33.04
7	7258 Brown, Gavin	Eagles Elite	4:33.80
8	7036 Coupaud, Benjamin	Bellingham D	4:35.34
9	8436 Olson, Laken	Unattached	4:35.70
10	7584 Phillips, Campbell	Osu Running Club	4:37.67
11	8499 Steffen, Tristan	Unattached	4:38.81
12	8202 Birrueta, Alejandr	Unattached	4:43.68
13	8451 Piper, Jonathan	Unattached	4:45.17
14	8222 Carleski, Ben	Unattached	4:49.11
15	8515 Thornock, Kayden	Unattached	4:55.72
16	7037 Gould, Indigo	Bellingham D	5:06.44

Section 5

1	8628 Suchoski, Rowen	Victoria (B.C.)	4:21.43
2	8784 Hernandez, Benjami	Western Oregon	4:21.43
3	7847 Korth, Nathan	Seattle Pacific	4:22.62
4	8343 Jung, Rowan	Unattached	4:23.00
5	7930 Lukasiewicz, Brady	Stumptown Tr	4:23.53
6	8233 Cobb Jr, Michael	Unattached	4:23.88
7	8875 Salazar, Matthew	Western Washington	4:24.19
8	7889 Freese, Caughnery	Spokane Merc	4:24.59
9	7333 Gallagher, Max	Franklin (Or)	4:29.93
10	8323 Houser, Tristan	Unattached	4:29.94
11	7300 Baeder, Max	Evergreen St	4:32.21
12	7768 Coon, Ethan	Saint Martin's	4:33.57
13	7175 Graham, Pierce	Cedarcrest	4:35.82
14	8299 Greer, Matthew	Unattached	4:36.06
15	7329 Buskirk, Jasper	Franklin (Or)	4:41.27
16	7301 Blackburn, Jaydon	Evergreen St	4:48.23

Section 6

1	7848 Penn, Darien	Seattle Pacific	4:25.83
2	8863 Parnow, TJ	Western Washington	4:27.51
3	7024 Roy, Samuel	Alaska Anchorage	4:29.33
4	8497 Stafford, Carson	Unattached	4:30.22
5	8361 Laursen, Nathaniel	Unattached	4:30.43
6	7384 Madden, Westin	George Fox	4:31.27
7	7748 Mikusevich, Noah	Sacramento State	4:31.72
8	7687 Sunray, Tdohasan	Puget Sound	4:33.77
9	8339 Joanou, Chase	Unattached	4:34.09
10	7031 Borrows, Mylo	Bainbridge	4:34.84
11	8386 Mattison, Kamren	Unattached	4:46.62
12	8466 Ripoli, Jacob	Unattached	4:52.20

Section 7

1	8413 Moore, Ethan	Unattached	4:22.14
2	7260 Capusan, Josiah	Eagles Elite	4:23.90
3	7651 McIntosh, Elliot	Portland	4:23.94
4	8412 Mohn, Isaac	Unattached	4:23.99
5	7335 Mardon, Izaak	Franklin (Or)	4:26.84
6	8409 Miller, Miles-Jose	Unattached	4:27.62
7	8303 Haines, Jack	Unattached	4:28.97
8	8430 Odom, Trevor	Unattached	4:32.29
9	8208 Bott, Calvin	Unattached	4:33.16

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run SEEDED**

10	8309 Harper, Colin	Unattached	4:36.25
Section 8			
1	7516 Jaquith, Josiah	Northwest (Wash.)	4:23.73
2	7852 Venable, Isaac	Seattle Pacific	4:24.86
3	7265 Zimmerman, Oliver	Eagles Elite	4:25.44
4	8632 Yuzdepski, Mathias	Victoria (B.C.)	4:25.96
5	8189 Barron Pintor, Aar	Unattached	4:26.42
6	7217 Hurd, Luke	Central Washington	4:26.77
7	7449 Miller, Brandon	Husky Run Club	4:27.97
8	7945 Olson, Ronan	Sunset	4:28.06
9	8187 Barnhart, Nicholas	Unattached	4:28.44
10	7585 Rockwell, Liam	Osu Running Club	4:28.70
11	8371 Liebowitz, David	Unattached	4:29.75
12	8514 Thompson, Luke	Unattached	4:31.17
13	8627 Sommerfreund, Seth	Victoria (B.C.)	4:32.20
14	8465 Riggsby, Caleb	Unattached	4:37.34
15	8183 Ball, Maverick	Unattached	4:47.38
Section 9			
1	8866 Poulsen, Barrett	Western Washington	4:18.45
2	7446 Grothe, Jonathan	Husky Run Club	4:20.02
3	7405 Diani, Amin	Guts & Stuff	4:21.46
4	8876 Schutt, Jacob	Western Washington	4:22.09
5	8260 Durocher, Caden	Unattached	4:23.55
6	7873 Hernandez, Joshua	Southern Utah	4:24.12
7	7962 Reid, Malcolm	Trinity West	4:25.33
8	8855 Leandro, Chance	Western Washington	4:25.75
9	8254 Dicks, Cooper	Unattached	4:26.52
10	7592 Zlateff, Jake	Osu Running Club	4:26.74
11	8623 Lester, Elliot	Victoria (B.C.)	4:27.13
12	8525 Van Vliet, Coen	Unattached	4:28.66
13	8167 Aizawa, Kai	Unattached	4:28.74
14	8885 Vahid, Sabastien	Western Washington	4:29.48
15	7780 Scott, Tyler	Saint Martin's	4:45.82
Section 10			
1	8531 Voss, Zach	Unattached	4:21.07
2	8619 Galloway, Nolan	Victoria (B.C.)	4:21.83
3	7471 Getachew, Nahom	King's	4:21.86
4	7034 Llorens, Ignacio	Bainbridge	4:21.96
5	7032 Dodge, Ryan	Bainbridge	4:24.02
6	8324 Howard, Nash	Unattached	4:24.14
7	8296 Grant, Elijah	Unattached	4:26.03
8	7371 Luce, Nickolas	Galbraith Tr	4:28.01
9	7378 Bourne, Benjamin	George Fox	4:28.15
10	7755 Rasner, Thomas	Sacramento State	4:29.70
11	8881 Terry, Heath	Western Washington	4:31.99
12	8211 Brar, Yashveer	Unattached	4:32.29
Section 11			
1	8471 Rush, Andrew	Unattached	4:19.07
2	7926 Donnelly, Liam	Stumptown Tr	4:20.68
3	7604 Lanham, Samuel	Pacific	4:20.90
4	7662 Breger, Grant	Powell Blvd	4:23.09
5	7242 Li, Ben	Club Northwest	4:24.44
6	8297 Graves, Elijah	Unattached	4:27.01
7	7663 Jensen, Kai	Powell Blvd	4:28.66
8	8264 Eide, Lars	Unattached	4:29.17

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run SEEDED**

9	7442 Anderson, Brayden	Husky Run Club	4:30.32
10	8470 Rosca, Cristian	Unattached	4:31.65
11	7019 Buchanan, Tobias	Alaska Anchorage	4:32.49
12	8458 Radabaugh, Adam	Unattached	4:38.88

Section 12

1	7813 Charkut, Evan	Santa Clara	4:17.18
2	8200 Billett, Max	Unattached	4:17.56
3	8873 Rodriguez, Diego	Western Washington	4:18.16
4	8616 Browne, Tyler	Victoria (B.C.)	4:19.36
5	8441 Pass, Berkley	Unattached	4:21.24
6	8517 Tobin, Elijah	Unattached	4:21.33
7	7510 Hendry, Hunter	North Texas	4:21.60
8	8625 Naresh, Dylan	Victoria (B.C.)	4:22.21
9	8541 Wendring, Aidan	Unattached	4:22.48
10	7944 Harris, Noah	Sunset	4:22.66
11	8872 Riley, Cole	Western Washington	4:23.51
12	7579 Grabowski, Calvin	Osu Running Club	4:28.56
13	8349 Kipchirchir, Kelvi	Unattached	4:31.44

Section 13

1	7379 Dewar, Andrew	George Fox	4:16.13
2	8338 Jero, Clayton	Unattached	4:16.17
3	8542 Whiteley Bermeo, O	Unattached	4:17.08
4	8716 Verges, Ricard	Washington State	4:18.24
5	7469 Hartshorn, Findlay	Ignite	4:18.28
6	8444 Pepin, Asher	Unattached	4:18.98
7	8618 Erickson, Mitchell	Victoria (B.C.)	4:18.99
8	8882 Tobon Sanchez, Edu	Western Washington	4:19.17
9	7644 Alderson, Bodie	Portland	4:19.87
10	7385 Montanes, Isaac	George Fox	4:22.39
11	7824 Estrella, James	Santa Clara	4:22.40
12	7916 Shorr, Greer	Stark Street	4:24.18
13	8709 Cook, Leo	Washington State	4:25.91
14	7222 Naught, Charlie	Central Washington	4:26.17

Section 14

1	7932 Welsh, Jackson	Stumptown Tr	4:12.55
2	8504 Strohman, Ryder	Unattached	4:15.08
3	8341 Johnston, Isaiah	Unattached	4:15.12
4	7605 Sanders, Kohl	Pacific	4:15.95
5	7816 Ho, Andrew	Santa Clara	4:16.94
6	8197 Beyer, Arthur	Unattached	4:17.80
7	8383 Mason, Lance	Unattached	4:18.61
8	7029 Zukowski, Stephen	Alaska Anchorage	4:19.18
9	8704 Aden, Micaiah	Washington State	4:21.57
10	8790 Parker, Logan	Western Oregon	4:24.88
11	8314 Healey, Joshua	Unattached	4:27.14
12	7956 Baker, Jackson	Timberline AC	4:33.96

Section 15

1	7843 Erickson, Avery	Seattle Pacific	4:17.09
2	8316 Herb, Henry	Unattached	4:17.72
3	7871 Cohen, Amit	Southern Utah	4:18.21
4	7859 Logie, Micah	Simon Fraser	4:18.31
5	8622 Kuchar, Jaxon	Victoria (B.C.)	4:18.67
6	7025 Ruiz, Anthony	Alaska Anchorage	4:20.71
7	8204 Blankenship, Bjorn	Unattached	4:20.82
8	7661 Williams, Cohen	Portland	4:24.09

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run SEEDED**

9	8363 Lawrence, Matthew	Unattached	4:24.88
10	8419 Neil, Taylor	Unattached	4:27.64
11	7578 Atkinson, Calvin	Osu Running Club	4:27.97
12	8621 Klassen, Mitchell	Victoria (B.C.)	4:28.18
13	8869 Rapp, Liam	Western Washington	4:35.07
--	7870 Allen, Kadan	Southern Utah	DNF

Section 16

1	7875 Saunders, Tyler	Southern Utah	4:11.60
2	8357 Lanese, Quenton	Unattached	4:13.95
3	8374 Lingwall, Sam	Unattached	4:14.16
4	7654 Potts, Boston	Portland	4:14.32
5	7248 Teitelbaum, Walter	Club Northwest	4:15.25
6	8172 Alonso, Diego	Unattached	4:15.43
7	8732 Horne, William	Weber State	4:16.46
8	8289 Gomez, Jason	Unattached	4:16.50
9	8181 Balazs, Patrik	Bowerman Track	4:16.76
10	8330 Hvall, Reece	Unattached	4:18.96
11	7704 White, Ryder	Rogue Valley Heat	4:20.06
12	8290 Goode, Nathan	Unattached	4:20.08
13	7387 Ruiz, Kellen	George Fox	4:24.57

Section 17

1	7606 Weber, Jack	Pacific	4:13.64
2	8874 Rumberger, Nate	Western Washington	4:13.96
3	7509 Bartek, Connor	North Texas	4:14.21
4	8714 Swedin, Eric	Washington State	4:15.50
5	8488 Shillito, Kingston	Unattached	4:16.01
6	7821 Rickey, Connor	Santa Clara	4:17.16
7	8871 Reeseigh, Nathan	Western Washington	4:17.75
8	8705 Ahmed, Muhammed	Washington State	4:17.78
9	8629 Van Hezewijk, Gabe	Victoria (B.C.)	4:17.93
10	8708 Bruce, Evan	Washington State	4:18.49
11	7744 Love, Cooper	Sacramento State	4:20.31
12	8853 King, Logan	Western Washington	4:20.54
13	7218 Hutton, Max	Central Washington	4:21.35

Section 18

1	8487 Shibata, Yosuke	Unattached	4:09.06
2	8734 Marek, Logan	Weber State	4:10.22
3	8270 Faught, Garrett	Unattached	4:10.77
4	8282 Gantzios, Ronan	Unattached	4:12.73
5	7244 Rees-Jones, Mitche	Club Northwest	4:14.04
6	7688 Ritter, Jake	Railroad Athletics	4:14.36
7	8717 Wilcott, Grayson	Washington State	4:16.05
8	7818 McManus, Jacob	Santa Clara	4:16.63
9	7221 McInelly, Kellen	Central Washington	4:18.06
10	7239 Gray, Jack	Club Northwest	4:18.62
11	8543 Wilde, Liam	Unattached	4:22.04
12	7825 Vaca, Daniel	Santa Clara	4:24.64
13	7380 Doddington, Caleb	George Fox	4:32.26
--	7819 Ortega-Gammill, Er	Santa Clara	DNF

Section 19

1	7820 Papavasiliou, Liam	Santa Clara	4:09.19
2	8240 Corvin, Cruize	Unattached	4:10.84
3	7020 Hulbert, Charlie	Alaska Anchorage	4:11.15
4	7623 Reynier, Emmett	Peninsula Di	4:11.43
5	7491 James, Peter	Lincoln	4:12.10

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run SEEDED**

6	8253 Dicke, Joseph	Unattached	4:12.86
7	7100 Rodriguez, Gabriel	Cal	4:12.95
8	7374 TeVelde, Reuben	Galbraith Tr	4:12.98
9	7230 Morical, Mason	Cinder Track Club	4:13.59
10	7505 Hutton, Sawyer	Nevada Track Club	4:17.18
11	8382 Martinez Cruz, Moi	Unattached	4:17.49
12	7648 Helmer, Carson	Portland	4:21.51
13	8862 Palmen, Connor	Western Washington	4:26.50
14	8624 McAllister, Ian	Victoria (B.C.)	4:31.08
15	8516 Timm, Lucas	Unattached	4:37.10
--	8587 Holdsworth, Jayden	Utah State	DNF

Section 20

1	8173 Anderson, Brady	Unattached	4:06.59
2	8887 Williams, Eli	Western Washington	4:07.70
3	8479 Schneider, William	Unattached	4:08.22
4	7660 Stein, Nathan	Portland	4:08.92
5	8844 Fernandez, George	Western Washington	4:09.02
6	8848 Henry, Will	Western Washington	4:10.45
7	8272 Fidaar, Amin	Unattached	4:13.95
8	7624 Berkley, Jordan	Performance	4:14.03
9	8715 Verges, Ferran	Washington State	4:14.27
10	8536 Warner, Jayden	Unattached	4:14.31
11	7059 Teeples, Ezra	Boise State	4:15.70
12	7649 Hupke, Jacob	Portland	4:19.30
13	7096 Gibson, Zac	Cal	4:26.40
--	8582 Armstrong, Josh	Utah State	DNF

Section 21

1	8713 Stevens, Kutoven	Washington State	4:04.15
2	7822 Tolbert, Jack	Santa Clara	4:05.62
3	7162 McCoy, JT	Cal St. Fullerton	4:07.71
4	7817 Maldonado, Oliver	Santa Clara	4:08.73
5	7958 Stracke, Ryan	Timberline AC	4:09.87
6	7746 Martin, Ryan	Sacramento State	4:11.09
7	7812 Camacho-Bucks, Ant	Santa Clara	4:12.22
8	8711 Meli, Josphat	Washington State	4:12.29
9	7933 Williams, Kellen	Stumptown Tr	4:12.30
10	8411 Miracle, Maxwell	Unattached	4:12.41
11	7977 Kaan, Tyler	UC Riverside	4:13.00
--	8242 Crabtree, James	Unattached	DNF

Section 22

1	7976 Abdelmagid, Ashraf	UC Riverside	4:03.24
2	7094 FitzGerald, Rowan	Cal	4:03.68
3	7960 Kiplagat, Justin	Trinity West	4:03.97
4	8631 Waller, David	Victoria (B.C.)	4:04.27
5	7061 McCormick, Keegan	Bowerman Track	4:04.50
6	8503 Strohman, Noah	Unattached	4:05.36
7	7159 Chairez, Noah	Cal St. Fullerton	4:05.62
8	8634 Simmonds, Riley	Vrtc Distance	4:07.27
9	7952 Kowa, Mohamed	Tcu	4:07.76
10	7657 Rovnak, Aaron	Portland	4:08.81
11	7872 Crane, Richard	Southern Utah	4:09.00
12	8791 Pomrankey, Easton	Western Oregon	4:12.77
13	7158 Avila, Nathaniel	Cal St. Fullerton	4:16.55
14	7957 Griffin, Connor	Timberline AC	4:17.49
--	8670 Gorze, Tyrone	Washington	DNF

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run SEEDED****Section 23**

1	8730 Corbridge, Joe	Weber State	4:03.42
2	7961 Mulugeta, Yemane	Trinity West	4:04.75
3	8733 Luoma, Will	Weber State	4:07.62
4	8739 Warnick, TJ	Weber State	4:10.23
5	8615 Boden, Jack	Victoria (B.C.)	4:12.08
6	7054 Fitzgerald, Angus	Boise State	4:12.45
7	7055 Graham, Christian	Boise State	4:13.09
8	8707 Brownell, Kade	Washington State	4:14.08
--	7132 Malko-Allen, Mateo	Cal Poly	DNF

Section 24

1	8405 Metcalf, Elliot	Unattached	4:01.52
2	7093 Carney, Caden	Cal	4:06.36
3	8591 Peterson, Ethan	Utah State	4:06.88
4	8676 Mong, Parker	Washington	4:07.00
5	7650 Kabasenche, Eliaso	Portland	4:08.48
6	8468 Roelle, Hans-peter	Unattached	4:08.84
7	8586 Hogan, Drew	Utah State	4:11.96
8	8281 Gailson, Hanokheli	Unattached	4:12.76
9	7953 Oliver, Drew	Tcu	4:17.51
--	7126 Clark, Taj	Cal Poly	DNF

Section 25

1	8011 Falkowski, Jack	Ucla	4:01.52
2	8262 Dylla, Collin	Unattached	4:01.56
3	7060 Thompson, Alex	Boise State	4:02.04
4	8012 Sagiraju, Arrin	Ucla	4:02.25
5	7131 Grossman, Micah	Cal Poly	4:02.57
6	8664 Briggs, Isaac	Washington	4:02.87
7	7127 Cook, Miles	Cal Poly	4:03.76
8	8009 Capelle, Everett	Ucla	4:04.24
9	8175 Anderson, Bryce	Unattached	4:04.84
10	8528 VanDyke, Clayton	Unattached	4:05.46
11	7645 Gannon, Trey	Portland	4:07.49
--	7128 Felix, Ibzan	Cal Poly	DNF
--	7135 Smith, Carson	Cal Poly	DNF

Men 1 Mile Run OPEN

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Dempsey: ! 3:49.81 1/17/2026 Cam Myers, Nike

Meet: M 3:50.74 2025 Nathan Green, Washington

Name Year School Finals

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Section 1

1	8521 Tveit-Borgenstrom,	Unattached	4:49.55
2	7164 Mendoza, Nico	Caldwell	5:18.21
3	8292 Gooding, Neilan	Unattached	5:43.88
4	8550 Woods, Chris	Unattached	5:47.56
5	8215 Brown, Isaac	Unattached	6:01.44
6	7702 Petersen, Cooper	Rogue Valley Heat	6:09.40
7	8940 Tamashi, Kokoro	Unattached	6:17.62
8	7173 Ying, Dalton	Cascade Striders	6:19.41
9	7246 Shiach, Ian	Club Northwest	6:30.82
10	7901 Reese Jr., Andrew	Spokane Merc	6:41.84
11	8408 Miller, Michael	Unattached	6:44.33
12	7696 Jiang, Lionel	Rain City Flyers	6:51.84

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run OPEN**

13	7073 Cairus, Aksel	Bryant Bandits	6:55.96
14	7899 Ramey, Bill	Spokane Merc	6:56.28
15	7245 Sharpe, Leslie	Club Northwest	7:00.04
16	7890 Freese, Nicholas	Spokane Merc	7:04.36
17	7692 Graham, Brayden	Rain City Flyers	7:07.54
18	7076 Kruger, Nolan	Bryant Bandits	7:09.39
19	8555 Zeitouni, Daniel	Unattached	7:11.56
20	7705 White, Urijah	Rogue Valley Heat	7:30.66
21	7234 Beyerlein, Douglas	Club Northwest	7:34.61
22	7903 Tomeo, Keolani	Spokane Merc	8:57.64

Section 2

1	8462 Record-Wood, Brody	Unattached	5:29.09
2	8919 Machan, Emmett	Youth Track	5:33.11
3	8229 Chiu, Tin Lon	Unattached	5:42.86
4	8938 Kwiatkowski, Chris	Unattached	5:43.56
5	8916 Duncan, Colby	Youth Track	5:44.95
6	7693 Hale, Oliver	Rain City Flyers	5:45.15
7	8426 Norman, Daniel	Unattached	5:48.96
8	8315 Herb, Daniel	Unattached	5:50.37
9	8360 Latvala, Henri	Unattached	5:50.90
10	8396 McKain, Kieran	Unattached	5:51.98
11	8506 Sun, Miles	Unattached	5:52.77
12	7887 Bancroft, Asher	Spokane Merc	5:53.02
13	7894 Hunter, Tyler	Spokane Merc	5:58.66
14	7892 Hunter, Eli	Spokane Merc	5:59.54
15	8354 Lai, Myles	Unattached	6:03.25
16	7896 Martin, Teagen	Spokane Merc	6:05.83
17	8473 Saloranta, Leo	Unattached	6:09.41
18	8310 Hartshorn, Keegan	Unattached	6:11.35
19	7694 Hoopes, Desmond	Rain City Flyers	6:15.10
20	8923 Rakers, Lincoln	Youth Track	6:15.47
21	7900 Ramey, Henry	Spokane Merc	6:23.59

Section 3

1	7447 Hammond, Easton	Husky Run Club	5:12.96
2	7177 Perry, Maxx	Cedarcrest	5:12.97
3	7171 Deniel, Enzo	Cascade Striders	5:16.61
4	7071 Borg, Carson	Bryant Bandits	5:24.05
5	8450 Piantanida, Tyler	Unattached	5:25.43
6	7695 Hoopes, Lee	Rain City Flyers	5:29.26
7	8921 Parker, Charles	Youth Track	5:29.34
8	7898 Naake, Huxley	Spokane Merc	5:29.56
9	8943 Naseri, Mehdi	Unattached	5:30.49
10	8190 Batbaatar, Temuule	Unattached	5:33.74
11	8410 Milloy, Patrick	Unattached	5:34.84
12	8918 Harrison, Connor	Youth Track	5:36.72
13	7895 Martin, Landon	Spokane Merc	5:41.32
14	8519 Torres, Rene	Unattached	5:42.68
15	8344 Kaemingk, Hudson	Unattached	5:44.41
16	7897 Naake, Colin	Spokane Merc	5:46.83
17	8434 O'Loughlin-Britt,	Unattached	5:48.27
18	7434 Thompson, Bryson	Hawks Racers	5:48.76
19	8328 Huff, Marty	Unattached	5:50.43
20	8395 McJannet, Milo	Unattached	5:52.67
21	7273 Bowen, Andrew	Edmonds-Woodway	5:53.36
22	8924 Rakers, London	Youth Track	5:53.78

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run OPEN****Section 4**

1	8250 Dennis, Erick	Unattached	5:04.69
2	7476 Decina, Dominic	Kitsap Flier	5:09.11
3	8359 Lascheck, Waylond	Unattached	5:16.64
4	7481 Wakefield, Joshua	Kitsap Flier	5:16.84
5	7503 Ward-Guthrie, Gill	Moses Lake A	5:17.93
6	7595 Bruni, Jack	Pacer Project	5:17.95
7	7276 Einfeld, Ethan	Edmonds-Woodway	5:19.65
8	7394 Jernstrom, Ben	Green Lake Harriers	5:20.43
9	8523 Urakawa, Milan	Unattached	5:25.41
10	8492 Siew, Camden	Unattached	5:27.69
11	7170 Beeler, Nils	Cascade Striders	5:28.49
12	8406 Miller, Chase	Unattached	5:28.63
13	7370 Hernandez, Quinnti	Galbraith Tr	5:30.80
14	7172 Koss, Ryan	Cascade Striders	5:31.61
15	8549 Wong, Kaden	Unattached	5:31.71
16	8192 Becker, Chase	Unattached	5:34.78
17	8213 Brooks, Graham A.T	Unattached	5:35.21
18	8914 Buell, Austin	Youth Track	5:37.59
19	8748 Corr, Henry	West Seattle	5:43.09

Section 5

1	8184 Balogh, Baxter	Unattached	4:58.24
2	7453 Smith, Silas	Husky Run Club	4:59.58
3	8538 Welch, Gabriel	Unattached	4:59.96
4	8749 Kim, Rhys	West Seattle	5:03.98
5	7259 Bustamante, Christ	Eagles Elite	5:04.87
6	8750 Leonard, Patrick	West Seattle	5:05.06
7	8318 Hershey, Daxon	Unattached	5:06.67
8	7072 Borg, Parker	Bryant Bandits	5:07.93
9	8226 Chan, Emlyn	Unattached	5:08.60
10	8485 Shakya, Pranav	Unattached	5:08.85
11	8421 Neufeld, Sammy	Unattached	5:13.45
12	8307 Hanson, Nolan	Unattached	5:13.71
13	8166 Acker, Willem	Unattached	5:15.13
14	8431 Ogden, Zachariah	Unattached	5:22.17
15	8223 Casey, Cian	Unattached	5:31.40
16	8335 James, Daniel	Unattached	5:34.28
17	8554 Yorges, Christophe	Unattached	5:34.76
18	8476 Scheu, Jaden	Unattached	5:34.80
19	8332 Jackson, Kellen	Unattached	5:44.49

Section 6

1	8403 Menendez, Liam	Unattached	4:56.34
2	8551 Yavin, Keyan	Unattached	5:02.35
3	8384 Mathew, Andre	Unattached	5:03.04
4	8917 Duncan, Logan	Youth Track	5:03.44
5	8319 Hiatt, Nathan	Unattached	5:03.65
6	8891 Langdon, Finley	Whisper Running	5:05.32
7	8358 Larsson, Dylan	Unattached	5:06.50
8	8394 McDowell, Elijah	Unattached	5:06.82
9	8401 Melanson, Alden	Unattached	5:07.67
10	8180 Ayushjav, Telmen	Unattached	5:08.57
11	7697 Linkem, Alex	Rain City Flyers	5:09.21
12	7480 Spainhour, Kezek	Kitsap Flier	5:11.58
13	8513 Thomas, Zoli	Unattached	5:12.08
14	7393 Groesbeck, HaNeul	Green Lake Harriers	5:12.79

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run OPEN**

15	8915 Buell, Wyatt	Youth Track	5:13.61
16	7309 Nolasco, Bacilio	Evergreen St	5:16.11
17	8510 Tanoto, Reid	Unattached	5:17.01
18	8889 Ballard-miller, Lu	Whisper Running	5:18.58
19	8329 Hulsey, Nathaniel	Unattached	5:18.81

Section 7

1	7684 Palmieri, David	Puget Sound	4:55.53
2	7263 Robinson, Ian	Eagles Elite	4:56.05
3	8291 Goode, Treyton	Unattached	4:58.40
4	7893 Hunter, Kobe	Spokane Merc	4:58.85
5	8454 Poulson-Owens, Lan	Unattached	4:59.60
6	8294 Gore, Rohan	Unattached	4:59.79
7	7455 Tobing, Caleb	Husky Run Club	5:02.23
8	8232 Cloutier, Leo	Unattached	5:04.38
9	8252 Dial, Ethan	Unattached	5:07.20
10	8165 Acker, Mason	Unattached	5:07.77
11	8391 McClement, Connor	Unattached	5:08.39
12	7264 Robinson, Will	Eagles Elite	5:08.55
13	8286 Girardeau, Benjami	Unattached	5:10.07
14	8508 Tait, Cache	Unattached	5:11.03
15	7925 Bostic, Jaxson	Stumptown Tr	5:11.65
16	7586 Rodriguez, Oscar	Osu Running Club	5:12.49
17	8218 Bruya, Corbin	Unattached	5:13.07
18	7451 Potts, Aiden	Husky Run Club	5:16.24
19	8230 Chu, Parker	Unattached	5:16.45
20	7078 Williams, Caden	Bryant Bandits	5:20.21
21	8481 Schultz, Travis	Unattached	5:21.51

Section 8

1	8502 Strasser, William	Unattached	4:43.37
2	7444 Fisher, Chris	Husky Run Club	4:49.20
3	8378 Lukasik, Luke	Unattached	4:53.17
4	7478 Osborne, Adrian	Kitsap Flier	4:53.35
5	8231 Clancy, Silas	Unattached	4:53.84
6	7927 Kaempff, Sam	Stumptown Tr	4:53.98
7	8221 Cardona, Malachi	Unattached	4:54.94
8	8407 Miller, Joseph	Unattached	4:55.12
9	7502 Roseburg, Liam	Moses Lake A	4:55.69
10	7074 Cairus, Jadon	Bryant Bandits	4:55.89
11	7310 Norris, Charles	Evergreen St	4:56.31
12	8944 Bush, Reid	Unattached	5:11.51
13	7443 Bates, Aaron	Husky Run Club	5:15.86
14	7372 Ortiz, Alexander	Galbraith Tr	5:16.58
15	8372 Lim, Jayden	Unattached	5:21.48
16	8438 Owen, Jaxson	Unattached	5:22.50
17	8275 Flores, Mateo	Unattached	5:27.23
18	7305 Johnson, Stan	Evergreen St	5:31.97
19	7538 Timm, Taylor	Orchestra	5:47.86
20	7537 Timm, Jacob	Orchestra	5:48.46

Section 9

1	8453 Poskin, Jeff	Unattached	4:44.27
2	7477 Ory, John Henry	Kitsap Flier	4:46.26
3	7519 Tomasini, Aaron	Northwest (Wash.)	4:49.12
4	7499 Jolley, Maxwell	Moses Lake A	4:53.25
5	7931 Wacek, Jacob	Stumptown Tr	4:53.72
6	7583 Olsen, Mason	Osu Running Club	4:54.49

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run OPEN**

7	7179 Steere, Allston	Cedarcrest	4:55.23
8	8257 Dodge, Colton	Unattached	4:57.54
9	7456 Ton, Aaron	Husky Run Club	4:57.85
10	8193 Becker, Samuel	Unattached	4:58.71
11	8164 Abellon, Austin	Unattached	4:59.19
12	8491 Sibley, Kelvin	Unattached	4:59.76
13	8285 Gilinsky, Benjamin	Unattached	5:08.75
14	8751 Morgan, Grant	West Seattle	5:11.81
15	8238 Connolly, Justin	Unattached	5:12.34
16	7163 Jensen, Zachery	Caldwell	5:12.54
17	8302 Haffey, Sean	Unattached	5:15.25
18	8416 Mulholland, Owen	Unattached	5:29.94
--	8366 Lee, Yea-Jun	Unattached	DNF

Section 10

1	8185 Barnett, Kenzo	Unattached	4:44.91
2	7593 Booth, Dorian	Pacer Project	4:44.96
3	7238 Dill, Patrick	Club Northwest	4:45.55
4	7262 Redondo, Roel	Eagles Elite	4:47.59
5	8380 Mangrum, Ben	Unattached	4:49.50
6	8210 Bounyavong-Santos,	Unattached	4:51.16
7	7237 Contreras, Luke	Club Northwest	4:51.64
8	8440 Park, Nason	Unattached	4:53.07
9	8177 Armstrong, Owen	Unattached	4:55.75
10	8168 Alarid, Nick	Unattached	4:56.81
11	7864 Papa, Devon	South Kitsap	4:57.98
12	7318 Flaherty, Sullivan	Federal Way Track	4:59.03
13	7338 Reyes, Adrian	Franklin (Or)	4:59.54
14	7247 Soltau, Colin	Club Northwest	5:00.14
15	8529 VanHaltren, Aiden	Unattached	5:00.47
16	8475 Schatz, Jordan	Unattached	5:00.56
17	8188 Barrera, Bryan	Unattached	5:00.82
18	8520 Torres Morales, Da	Unattached	5:04.83
19	8432 Okondo, Kennedy	Unattached	5:05.88
20	8544 Wilson, Bayne	Unattached	5:08.26
21	8353 Kolsrud, Gabriel	Unattached	5:08.27
22	8489 Shipp, Wilson	Unattached	5:08.59

Section 11

1	7942 Dahlgren, James	Sunset	4:44.91
2	7287 Pratt, Isaac	Everett (Wash.) CC	4:48.32
3	7941 Anderson, Logan	Sunset	4:48.36
4	8249 Denczuk, Vinicio (	Unattached	4:49.08
5	7308 Niskanen, Will	Evergreen St	4:49.79
6	8422 Neville, Mike	Unattached	4:51.78
7	8509 Tait, Paul	Unattached	4:52.36
8	8753 Weiss, Robinson	West Seattle	4:53.75
9	8340 Johnson, Owen	Unattached	4:54.10
10	8334 Jackson, Will	Unattached	4:54.13
11	8246 Dawson, Joshua	Unattached	4:56.05
12	7336 O'Neal, Ames	Franklin (Or)	4:56.47
13	8461 Rebar, Kai	Unattached	4:59.18
14	8493 Sivakumar, Karthik	Unattached	5:00.05
15	8244 Cruz-Huerta, Hecto	Unattached	5:00.35
16	8890 Erickson, Samuel	Whisper Running	5:00.39
17	7275 Burns, Oscar	Edmonds-Woodway	5:00.49
18	7312 Sanchez, Daniel	Evergreen St	5:04.59

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run OPEN**

19	8259 Duff-Estrada, Hest	Unattached	5:14.09
20	8293 Gordon, Finn	Unattached	5:17.02
Section 12			
1	7290 Taylor, Luke	Everett (Wash.) CC	4:39.95
2	7313 Sanchez, Nathaniel	Evergreen St	4:40.23
3	7176 Nachreiner, Ian	Cedarcrest	4:40.43
4	7598 Heizer, Wyeth	Pacer Project	4:41.74
5	7398 Whittaker, Griffin	Green Lake Harriers	4:42.95
6	8235 Cohen, Oz	Unattached	4:43.10
7	8537 Weigand, Evan	Unattached	4:45.12
8	7448 Hawkins, Ellis	Husky Run Club	4:46.02
9	7591 Wenger, Eli	Osu Running Club	4:46.51
10	8278 Fraser, Lincoln	Unattached	4:46.71
11	8933 Walker, Andrew	Unattached	4:47.31
12	7332 Elkinton, Kellan	Franklin (Or)	4:48.98
13	8276 Ford, Braeden	Unattached	4:49.63
14	7580 Kimball, Erik	Osu Running Club	4:49.86
15	7397 Parks-Magathan, El	Green Lake Harriers	4:50.68
16	7334 Kleinberg, Nathan	Franklin (Or)	4:54.35
17	8463 Reeves, Robbie	Unattached	4:55.18
18	7288 Pyeatt, William	Everett (Wash.) CC	4:56.72
19	7515 Caldwell, Caleb	Northwest (Wash.)	4:58.91
20	8355 Lainchbury, Kai	Unattached	5:17.41
Section 13			
1	8527 Vanagundi, Yashas	Unattached	4:39.05
2	8553 Yirgaw, Cizar	Unattached	4:41.71
3	8387 Mausolf, Cole	Unattached	4:42.06
4	8474 Sargent, Brenner	Unattached	4:42.51
5	8483 Seguin, Brit	Unattached	4:42.72
6	7774 Lindley, Garrich	Saint Martin's	4:42.89
7	8245 Dabare, Diego	Unattached	4:44.56
8	7277 Fountain, Sam	Edmonds-Woodway	4:45.00
9	8447 Pewitt, Keenan	Unattached	4:45.46
10	8217 Brownlee, Nicholas	Unattached	4:48.33
11	7178 Sherman, Ronen	Cedarcrest	4:48.85
12	8364 Lederle, Charles	Unattached	4:49.62
13	8350 Knackstedt, Scott	Unattached	4:50.64
14	7498 Christensen, Lane	Moses Lake A	4:51.64
15	7698 Toro, Sergi	Rainier Beach Track	4:51.69
16	8546 Winderl, Nolan	Unattached	4:51.73
17	8486 Shi, Logan	Unattached	4:53.99
18	8195 Bergman, Kai	Unattached	4:55.59
19	8925 Warner, Grayson	Youth Track	4:56.11
20	7936 Lawson, Malachi	Sun City	5:01.90
21	8892 Cain, Ethin	Xtreme Speed	5:03.63
22	8530 Vergara, Kevin	Unattached	5:04.92
Section 14			
1	7582 Morgan, Asher	Osu Running Club	4:38.92
2	8505 Summers, Grant	Unattached	4:39.62
3	8239 Corrigan, Carter	Unattached	4:40.26
4	8283 Gao, Mutian	Husky Run Club	4:43.58
5	8322 House, Edrien	Unattached	4:44.44
6	8400 McRoberts, Forrest	Unattached	4:45.95
7	8472 Rybczyk, Jack	Unattached	4:46.44
8	8385 Mathews, Joshua	Unattached	4:46.71

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run OPEN**

9	8236 Collins, Hunter	Unattached	4:48.61
10	7342 Steury, Ukiah Moon	Franklin (Or)	4:49.19
11	7399 Yu, RJ	Green Lake Harriers	4:51.37
12	8388 Maxson Jr., Raeme	Unattached	4:52.26
13	8435 Olsen, Blake	Unattached	4:52.33
14	8284 Garay, Hernan	Unattached	4:53.02
15	8500 Steiger, William	Unattached	4:53.10
16	8234 Coffman, Victor	Unattached	4:54.99
17	7339 Rosenberger, Ori	Franklin (Or)	4:58.30
18	7340 Smyth, Benjamin	Franklin (Or)	5:00.07
19	8198 Bhatia, Bennett	Unattached	5:14.94
20	7709 Loftus, Kaden	Rogue Valley	5:23.05

Section 15

1	8496 Stadler, Asher	Unattached	4:34.36
2	7369 Durben, River	Galbraith Tr	4:34.69
3	7392 Davis, Zach	Green Lake Harriers	4:36.16
4	8945 Powell, Jacob	Unattached	4:41.63
5	8398 McLachlan, Arlo	Unattached	4:42.25
6	8274 Florence, Austen	Unattached	4:42.70
7	7286 Mendoza, Hector	Everett (Wash.) CC	4:43.23
8	8452 Plette, Luke	Unattached	4:44.06
9	8439 Palmquist, Evan	Unattached	4:45.27
10	8263 Egge, Hudson	Unattached	4:45.52
11	8418 Nece, Balian	Unattached	4:45.59
12	8445 Petersen, Kale	Unattached	4:46.04
13	8369 Leslie-marseille,	Unattached	4:46.29
14	8271 Fears, Jackson	Unattached	4:47.93
15	7330 Culbert-Nusser, Ja	Franklin (Or)	4:48.30
16	8556 Zollner, Luke	Unattached	4:49.80
17	8459 Rae, Abel	Unattached	4:56.79
18	8348 Kim, Jonah	Unattached	4:57.53
19	7590 Warberg, Mason	Osu Running Club	4:58.26
20	8376 Lowe, Travis	Unattached	5:07.22

Section 16

1	7165 Navarro, Alan	Caldwell	4:30.36
2	7077 Roehl, Brenden	Bryant Bandits	4:33.60
3	7470 Hartshorn, Tate	Ignite	4:34.00
4	7520 Ushikubo, Kai	Northwest (Wash.)	4:34.51
5	7891 Garberg, Aaron	Spokane Merc	4:35.48
6	8511 Teeples, Elijah	Unattached	4:36.73
7	8534 Wang, Felix	Unattached	4:37.38
8	8478 Schmutz, Tye	Unattached	4:39.08
9	7479 Randall, Reid	Kitsap Flier	4:39.41
10	7328 Bolton, Francis	Franklin (Or)	4:39.73
11	8539 Wells, Robert	Unattached	4:39.94
12	8365 Lee, Emmett	Unattached	4:40.65
13	8526 Van Wyhe, Lucas	Unattached	4:43.96
14	8404 Messiheddine, Rami	Unattached	4:48.53
15	8268 Esparza, Enrique	Unattached	4:50.50
16	8501 Stone, Hayden	Unattached	4:52.44
17	7686 Stauch, Mercer	Puget Sound	4:52.96

Section 17

1	8247 Delyagin, Maxim	Unattached	4:33.43
2	7341 Snyder, Felix	Franklin (Or)	4:33.88
3	8494 Sosa, Jeyder Espin	Unattached	4:34.04

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run OPEN**

4	8308 Harding, Wyatt	Unattached	4:34.51
5	8320 Hill, Cade	Unattached	4:34.75
6	7860 Harmon Hardy, Finn	Skyline	4:35.57
7	7368 DeBoard, Levi	Galbraith Tr	4:36.07
8	8206 Bollom, Cooper	Unattached	4:36.15
9	8300 Grigg, Coolidge	Unattached	4:36.27
10	7321 Vanrijn, Jacob	Franklin	4:36.63
11	8219 Butler, Nolan	Unattached	4:37.05
12	8389 McChesney, Matthew	Unattached	4:41.37
13	7337 Peterson, Lucas	Franklin (Or)	4:41.57
14	8752 O'Keefe, Zachariah	West Seattle	4:42.39
15	8352 Kolimi, Mayank	Unattached	4:44.10
16	7452 Rodriguez, Yeray	Husky Run Club	4:47.78
17	7433 Hood, Tanner	Hawks Racers	4:48.62
18	7343 Wells, Arlo	Franklin (Or)	4:50.59
19	8484 Shafghat, Arsham	Unattached	4:50.85
20	8377 Lowe, Tyler	Unattached	5:05.63

Section 18

1	7291 Udo, Kenenisa	Everett (Wash.) CC	4:27.03
2	8251 DeWillie, Kevin	Unattached	4:29.13
3	7853 Wieland, Sam	Seattle Pacific	4:30.09
4	7943 Graham, Matthew	Sunset	4:34.03
5	7390 Campbell, Huston	Green Lake Harriers	4:34.55
6	8423 Nguyen, Joshua	Unattached	4:34.59
7	8922 Peterson, Kyle	Youth Track	4:34.96
8	8312 Hayashi, Chris	Unattached	4:35.28
9	7594 Bruni, Cole	Pacer Project	4:35.40
10	8464 Richards, Sam	Unattached	4:35.86
11	7311 Rye, Jackson	Evergreen St	4:36.75
12	7302 Calderon, Osvaldo	Evergreen St	4:38.81
13	8186 Barnett, Rei	Unattached	4:46.75
14	8170 Allen, Corbin	Unattached	4:50.97
15	8477 Schmidt, Arlo	Unattached	5:12.39
16	7681 Kreimer, Oliver	Puget Sound	5:21.25

Section 19

1	7517 Nichols, Levi	Northwest (Wash.)	4:35.42
2	7395 Knox, William	Green Lake Harriers	4:35.59
3	7315 Williams, Evan	Evergreen St	4:36.26
4	8333 Jackson, King	Unattached	4:36.97
5	7391 Chester, Leo	Green Lake Harriers	4:38.51
6	8313 He, Daniel	Unattached	4:39.29
7	8327 Huff, Ethan	Unattached	4:40.89
8	8370 Levinsohn, Eli	Unattached	4:42.52
9	7504 Eames, Lincoln	Ms_franklin Cluster	4:44.52
10	7243 Maclean, Craig	Club Northwest	4:45.10
11	7597 Frost, James	Pacer Project	4:45.37
12	8243 Creal, Marco	Unattached	4:46.42
13	8179 Atrosh, Heath	Unattached	4:46.63
14	8427 Nyhan, Leo	Unattached	4:46.90
15	8277 Fox, Maddox	Unattached	4:47.83
16	8495 Specht, Hunter	Sport of the Gods	4:47.94
17	8446 Peterson, Kenneth	Unattached	4:49.61
18	7303 Esquivel, Luis	Evergreen St	4:49.70
19	7703 Peterson, John	Rogue Valley Heat	4:52.62

Section 20

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 1 Mile Run OPEN**

1	7588 Strawn, Mason	Osu Running Club	4:35.17
2	7596 Carlson, Ash	Pacer Project	4:36.37
3	8367 Leh, Levi	Unattached	4:36.73
4	8373 Lim, Kamerin	Unattached	4:37.25
5	8325 Hu, Philip	Unattached	4:38.92
6	7599 Rodrigano, Matthew	Pacer Project	4:39.20
7	7492 Dear, Rami	Los Lobos	4:39.62
8	8415 Mukkollu, Akshaj	Unattached	4:40.28
9	7331 Cummings, Ben	Franklin (Or)	4:40.39
10	8547 Winters, Thane	Unattached	4:44.23
11	7587 Steves, Owen	Osu Running Club	4:46.41
12	8498 Stansbury, Nathan	Unattached	4:47.38
13	8261 Dyck, Jonah	Unattached	4:50.46
14	7493 Hodovan, Allen	Los Lobos	4:58.89
15	7494 Spink, Kolby	Los Lobos	5:21.97

Men 3000 Meter Run INVITE

Dempsey: ! 7:36.69 2/9/2024 Ky Robinson, Stanford

Meet: M 7:44.20 2014 Lawi Lalang, Arizona

Name	Year	School	Finals
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Section 1

1	8512 Tewalt, Muluken	Unattached	7:49.73
2	8351 Knight, Justyn Mar	Unattached	7:50.67
3	8305 Hamilton, Duncan	Unattached	7:50.77
4	7099 Pretre, Justin	Cal	7:51.57
5	7655 Price, Jonas	Portland	7:52.86
6	8738 Visser, Peter	Weber State	7:54.65
7	8228 Cherry, Chris	Unattached	7:56.86
8	7058 Kiprop, Patrick	Boise State	7:57.62
9	8582 Armstrong, Josh	Utah State	8:01.43
10	7658 Ruiz, Estanis	Portland	8:04.50
11	8713 Stevens, Kutoven	Washington State	8:10.35
12	7650 Kabasenché, Eliaso	Portland	8:14.79
13	7093 Carney, Caden	Cal	8:30.28
--	8670 Gorze, Tyrone	Washington	DNF

Men 3000 Meter Run

Dempsey: ! 7:36.69 2/9/2024 Ky Robinson, Stanford

Meet: M 7:44.20 2014 Lawi Lalang, Arizona

Name	Year	School	Finals
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1	8624 McAllister, Ian	Victoria (B.C.)	8:30.42
2	7644 Alderson, Bodie	Portland	8:33.68
3	7873 Hernandez, Joshua	Southern Utah	8:36.14
4	7651 McIntosh, Elliot	Portland	8:40.68
5	8784 Hernandez, Benjami	Western Oregon	8:40.92
6	8632 Yuzdepski, Mathias	Victoria (B.C.)	8:41.40
7	7028 Vera, Edgar	Alaska Anchorage	8:43.63
8	7022 Porter, Anthony	Alaska Anchorage	8:45.99
9	7024 Roy, Samuel	Alaska Anchorage	8:47.12
10	7510 Hendry, Hunter	North Texas	8:49.61
11	7023 Rongitsch, Matt	Alaska Anchorage	8:51.66

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 3000 Meter Run**

12	7021 O'Neal, Henry	Alaska Anchorage	8:51.71
Section 2			
1	7654 Potts, Boston	Portland	8:18.15
2	7020 Hulbert, Charlie	Alaska Anchorage	8:18.93
3	8622 Kuchar, Jaxon	Victoria (B.C.)	8:19.59
4	7874 Nelson, Ezra	Southern Utah	8:21.20
5	7819 Ortega-Gammill, Er	Santa Clara	8:22.13
6	7606 Weber, Jack	Pacific	8:26.88
7	7252 Moha, Zander	Corban (Ore.)	8:26.90
8	8616 Browne, Tyler	Victoria (B.C.)	8:28.35
9	8629 Van Hezewijk, Gabe	Victoria (B.C.)	8:29.48
10	8886 Werner, Logan	Western Washington	8:34.55
11	7217 Hurd, Luke	Central Washington	8:35.35
12	7604 Lanham, Samuel	Pacific	8:36.55
13	8008 Cantu, Aaron	Ucla	8:39.06
14	8708 Bruce, Evan	Washington State	8:45.02
15	7226 van Straaten, Ares	Central Washington	8:47.67
Section 3			
1	7660 Stein, Nathan	Portland	8:14.79
2	8009 Capelle, Everett	Ucla	8:16.39
3	8732 Horne, William	Weber State	8:17.02
4	8838 Brakstad, Sten	Western Washington	8:19.53
5	7871 Cohen, Amit	Southern Utah	8:19.87
6	7746 Martin, Ryan	Sacramento State	8:19.89
7	7648 Helmer, Carson	Portland	8:20.68
8	8010 Coughlan, Henry	Ucla	8:22.04
9	7100 Rodriguez, Gabriel	Cal	8:25.03
10	7811 Beaven, Paul	Santa Clara	8:25.91
11	7096 Gibson, Zac	Cal	8:26.69
12	7158 Avila, Nathaniel	Cal St. Fullerton	8:26.84
13	7624 Berkley, Jordan	Performance	8:31.34
14	7649 Hupke, Jacob	Portland	8:39.35
Section 4			
1	8587 Holdsworth, Jayden	Utah State	7:58.18
2	8584 Garnica, Logan	Utah State	7:59.79
3	8362 Lautenslager, Jeff	Unattached	8:00.00
4	7061 McCormick, Keegan	Bowerman Track	8:01.66
5	8011 Falkowski, Jack	Ucla	8:03.02
6	7976 Abdelmagid, Ashraf	UC Riverside	8:05.99
7	7055 Graham, Christian	Boise State	8:06.64
8	8711 Meli, Josphat	Washington State	8:13.50
9	8270 Faught, Garrett	Unattached	8:17.20
10	8736 Rogers, Owen	Weber State	8:18.11
11	7094 FitzGerald, Rowan	Cal	8:23.11
12	7159 Chairez, Noah	Cal St. Fullerton	8:35.65
13	7128 Felix, Ibzan	Cal Poly	8:39.15

Men 5000 Meter Run

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Dempsey: ! 13:17.16		2/14/2025	Evans Kurui, Washington St
Meet: M 13:28.00		2021	Conner Mantz, BYU
Name	Year	School	Finals
=====			
Section 1			
1	7057 Kilby, Alex	Boise State	14:26.93

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men 5000 Meter Run**

2	7509 Bartek, Connor	North Texas	14:27.54
3	7101 Sesteaga, John	Cal	14:29.57
4	7053 Baggett, Braylon	Boise State	14:36.08
5	8775 Bothwell, Ethan	Western Oregon	14:36.34
6	8714 Swedin, Eric	Washington State	14:37.92
7	7038 Kuhlbeck, Gavin	Black Hills State	14:38.29
8	8778 Campbell, Zander	Western Oregon	14:38.45
9	8794 Seman, Remedan	Western Oregon	14:38.72
10	7018 Browning, Benjamin	Alaska Anchorage	14:43.67
11	8442 Peel, Logan	Unattached	14:44.02
12	7603 Davenport, Jett	Pacific	14:44.03
13	8882 Tobon Sanchez, Edu	Western Washington	14:47.09
14	7653 Penuel, Collin	Portland	14:51.03
15	8709 Cook, Leo	Washington State	14:51.14
16	8216 Brown, spencer	Unattached	14:51.91
17	7039 Wiley, Landrum	Black Hills State	14:52.48
18	7605 Sanders, Kohl	Pacific	14:54.37
19	8861 O'Day, Cale	Western Washington	14:55.46
20	7027 Tveit, Ries	Alaska Anchorage	15:02.17
21	8704 Aden, Micaiah	Washington State	15:03.78
22	7381 Hildenbrand, Caden	George Fox	15:06.24
23	8888 Zeljak, Spencer	Western Washington	15:06.69
24	8782 Fuentes, Samuel	Western Oregon	15:12.58
25	8856 McQuillen, Leaf	Western Washington	15:17.73
--	8717 Wilcott, Grayson	Washington State	DNF

Men 5000 Meter Run INVITE

=====			
Dempsey: ! 13:17.16 2/14/2025 Evans Kurui, Washington St			
Meet: M 13:28.00 2021 Conner Mantz, BYU			
=====			
Name		Year School	Finals
=====			
1	8583 Floyd, LJ	Utah State	13:47.78
2	8590 McKee, Joshua	Utah State	14:06.50
3	8735 Peterson, Jacob	Weber State	14:07.13
4	8592 Simmons, John	Utah State	14:08.36
5	8737 Spencer, Tyler	Weber State	14:09.38
6	8593 Woodhouse, Garrett	Utah State	14:09.41
7	8287 Glaza, Gavin	Unattached	14:10.27
8	8585 Hill, Bryce	Utah State	14:12.76
9	8705 Ahmed, Muhammed	Washington State	14:16.68
10	8588 Maiorano, Michael	Utah State	14:18.37
11	8836 Billings, Jonah	Western Washington	14:19.87
12	8480 Schoenherr, Malach	Unattached	14:28.32
13	7823 Trampe, Daniel	Santa Clara	14:29.83
14	8589 McKee, Joseph	Utah State	14:50.53
15	8731 Day, Carson	Weber State	14:52.65
16	8792 Resnik, Matthew	Western Oregon	15:06.02
--	8670 Gorze, Tyrone	Washington	DNF

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****Men 60 Meter Hurdles**

Dempsey: ! 7.55 2/23/2024 Johnny Brackins Jr., USC			
Meet: M 7.61 2014 Ashton Eaton, Nike			
Name	Year	School	Prelims
Heat 1 Preliminaries			
1 7215 Calhoon, Ian		Central Washington	8.24q
2 8288 Gloden, Jordan		Unattached	8.44q
3 7741 Gross, Brock		Sacramento State	8.51q
4 7779 Rutledge, Hugh		Saint Martin's	8.55
5 7161 Gater, Solomon		Cal St. Fullerton	9.24
Heat 2 Preliminaries			
1 8668 Frazier, Jonathan		Washington	8.19q
2 7747 McFarland, Myles		Sacramento State	8.21q
3 7841 Bell, Andrew		Seattle Pacific	8.41q
4 8849 Herron, Corbin		Western Washington	8.42q
Heat 3 Preliminaries			
1 7770 Crumley, Reid		Saint Martin's	9.01
2 7753 Oliver, Cole		Sacramento State	9.18
3 7529 Johnson, Ronald		Olympic (Wash.)	9.27
4 8665 Cates, Tomeko		Washington	11.09
Heat 4 Preliminaries			
1 7849 Preau, Amare		Seattle Pacific	8.51q
2 8176 Andrews, Finn		Unattached	8.56
3 7740 Gross, Blake		Sacramento State	8.79
4 8858 Miller, Kaden		Western Washington	8.94
5 7227 Volle, Carsen		Central Washington	9.29

Men 60 Meter Hurdles

Dempsey: ! 7.55 2/23/2024 Johnny Brackins Jr., USC			
Meet: M 7.61 2014 Ashton Eaton, Nike			
Name	Year	School	Finals
Section 1 Finals			
1 7841 Bell, Andrew		Seattle Pacific	8.34
2 7849 Preau, Amare		Seattle Pacific	8.43
3 8288 Gloden, Jordan		Unattached	8.47
-- 7215 Calhoon, Ian		Central Washington	FS
Section 2 Finals			
1 7747 McFarland, Myles		Sacramento State	8.15
2 8849 Herron, Corbin		Western Washington	8.16
3 8668 Frazier, Jonathan		Washington	8.24
4 7741 Gross, Brock		Sacramento State	8.45

Men 4x400 Meter Relay

Dempsey: ! 3:04.95 2/24/2024 USC, USC			
Blockburger, Allen, Andrews, Jones			
Meet: M 3:07.77 2007 Baylor, Baylor			
Anderson, Inglehart-Summers, Mutai, Betters			
School			Finals
Section 1			
1 Western Oregon 'A'			3:18.18
1) 8781 Frazier, Owen		2) 8785 Le, Teo	

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026

Dempsey Indoor, Seattle WA

Results

....Men 4x400 Meter Relay

3) 8776 Burgett, Jack	4) 8788 Murphy, Brennen
2 Bushnell (Ore.) 'A'	3:34.56
1) 7084 Jackson, Taylor	2) 7081 Cosby, Waylon
3) 7087 Thornton, Blake	4) 7085 Kishen, Ty

Men High Jump

=====									
Dempsey: ! 2.31m		2/13/2010		Jesse Williams, Nike					
Meet: M 2.29m		2018		Django Lovett, Unattached					
Name		Year		School		Finals			
=====									
Flight 1									
1	7742	Kaltreider, Eli			Sacramento State			2.11m	6-11.00
	1.81	1.86	1.91	1.96	2.01	2.06	2.11	2.14	
	---	---	---	0	XX0	0	0	XXX	
2	8673	Lieberg, Leland			Washington			J2.11m	6-11.00
	1.81	1.86	1.91	1.96	2.01	2.06	2.11	2.14	
	---	---	0	X0	0	0	XX0	XXX	
3	7750	Mitchell, Quentin			Sacramento State			2.06m	6-09.00
	1.81	1.86	1.91	1.96	2.01	2.06	2.11		
	---	---	0	XX0	X0	0	XXX		
4	7745	Marshall, Kyree			Sacramento State			1.96m	6-05.00
	1.81	1.86	1.91	1.96	2.01				
	0	0	0	X0	XXX				
5	7753	Oliver, Cole			Sacramento State			1.91m	6-03.25
	1.81	1.86	1.91	1.96					
	---	---	X0	XXX					
6	7086	Schexnayder Jr., J			Bushnell (Ore.)			J1.91m	6-03.25
	1.81	1.86	1.91	1.96					
	---	---	XX0	XXX					
6	7211	Baker, Cal'von			Central Washington			J1.91m	6-03.25
	1.81	1.86	1.91	1.96					
	---	---	XX0	XXX					
8	8870	Redford, Cody			Western Washington			J1.91m	6-03.25
	1.81	1.86	1.91	1.96					
	XX0	XX0	XX0	XXX					
9	8864	Paul, Aaron			Western Washington			1.86m	6-01.25
	1.81	1.86	1.91						
	0	0	XXX						
9	7752	Nunn, Preston			Sacramento State			1.86m	6-01.25
	1.81	1.86	1.91						
	0	0	XXX						
11	7212	Bender, Matthew			Central Washington			J1.86m	6-01.25
	1.81	1.86	1.91						
	0	X0	XXX						
11	8835	Beizak, Illia			Western Washington			J1.86m	6-01.25
	1.81	1.86	1.91						
	0	X0	XXX						
13	7527	Culler, Aaron			Olympic (Wash.)			J1.86m	6-01.25
	1.81	1.86	1.91						
	0	XX0	XXX						
13	7084	Jackson, Taylor			Bushnell (Ore.)			J1.86m	6-01.25
	1.81	1.86	1.91						
	---	XX0	XXX						

Results

14	7781	Takeshita, Zack	Saint Martin's	J3.60m	11-09.75
	3.60	3.75			
	XX0	XXX			
--	8854	Klein, Aidan	Western Washington	NH	
	3.60	3.75	3.90	4.05	4.20
	---	---	---	---	XXX

=====													
Dempsey: ! 5.82m 1/17/2026 James Rhoads, Washington													
Meet: M 5.81m 2004 Toby Stevenson, Unattached													
Name		Year			School			Finals					
=====													
1	8680	Rhoads, Jimmy			Washington			5.80m					19-00.25
	4.50	4.65	4.80	4.95	5.10	5.25	5.40	5.50	5.60	5.70	5.80	5.90	
	---	---	---	---	---	---	0	0	0	X0	XX0	XXX	
2	8518	Toney, Scott			Unattached			5.60m					18-04.50
	4.50	4.65	4.80	4.95	5.10	5.25	5.40	5.50	5.60	5.70			
	---	---	---	---	---	X0	0	0	X0	XXX			
3	8428	Oates, Tray			Unattached			5.40m					17-08.50
	4.50	4.65	4.80	4.95	5.10	5.25	5.40	5.50					
	---	---	---	---	---	0	X0	XXX					
4	8212	Bresko, Mathis			Unattached			J5.40m					17-08.50
	4.50	4.65	4.80	4.95	5.10	5.25	5.40	5.50					
	---	---	---	---	X0	0	X0	XXX					
5	8545	Wilson, Colby			Unattached			J5.40m					17-08.50
	4.50	4.65	4.80	4.95	5.10	5.25	5.40	5.50					
	---	---	---	---	X0	0	XX0	XXX					
6	8669	Gault-Crabb, Eli			Washington			5.10m					16-08.75
	4.50	4.65	4.80	4.95	5.10	5.25	5.40						
	---	---	---	---	0	---	XXX						
7	7771	Doidge, Ryan			Saint Martin's			4.95m					16-02.75
	4.50	4.65	4.80	4.95	5.10								
	0	X0	0	0	XXX								
8	7129	Feyrer, Ben			Cal Poly			J4.95m					16-02.75
	4.50	4.65	4.80	4.95	5.10								
	---	---	---	X0	XXX								
9	8490	Shirley, Andrew			Unattached			4.80m					15-09.00
	4.50	4.65	4.80	4.95	5.10								
	---	---	0	---	XXX								
10	7065	White, Bryce			British Columbia			4.65m					15-03.00
	4.50	4.65	4.80										
	0	X0	XXX										
11	8171	Allen, Jonathan			Unattached			J4.65m					15-03.00
	4.50	4.65	4.80										
	XX0	XX0	XXX										

=====									
		Dempsey: ! 8.12m		2/29/2008		Norris Frederick, Washington			
		Meet: M 7.97m		2008		Reindell Cole, Cal St. Northridge			
Name				Year		School		Finals	
=====									
1	7740 Gross, Blake					Sacramento State		6.72m	22-00.75
	FOUL	6.72m	6.51m	PASS	PASS	PASS			

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men Long Jump**

2	7741 Gross, Brock	Sacramento State	6.68m	21-11.00
	6.68m 6.55m 6.50m PASS PASS PASS			
3	8220 Caleb, Mabins	Unattached	6.66m	21-10.25
	6.66m 6.40m FOUL			
4	7619 Kramer, Seth	Pacific Lutheran	6.48m	21-03.25
	6.48m 6.13m FOUL			
5	8858 Miller, Kaden	Western Washington	6.35m	20-10.00
	6.35m 6.08m 6.16m			
6	7530 Mccrimmon, Jaxson	Olympic (Wash.)	6.31m	20-08.50
	6.23m 6.19m 6.31m			
7	7772 Hinton, LaMarcus	Saint Martin's	6.11m	20-00.50
	6.11m FOUL 5.96m			
8	7526 Clark, Octavian	Olympic (Wash.)	5.96m	19-06.75
	FOUL 5.96m 5.25m			
9	7306 Lindsay, Jarvae	Evergreen St	5.89m	19-04.00
	FOUL 5.89m FOUL			
10	7528 Dunn Smith, Bobby	Olympic (Wash.)	4.85m	15-11.00
	FOUL 4.85m FOUL			
--	8870 Redford, Cody	Western Washington	FOUL	
	FOUL FOUL FOUL			
--	7527 Culler, Aaron	Olympic (Wash.)	FOUL	
	FOUL FOUL FOUL			
--	7085 Kishen, Ty	Bushnell (Ore.)	FOUL	
	FOUL FOUL FOUL			

Flight 2

1	8665 Cates, Tomeko	Washington	7.46m	24-05.75
	7.22m 7.46m PASS PASS PASS PASS			
2	8227 Che, Eric	Unattached	7.40m	24-03.50
	FOUL 6.96m 7.22m 7.04m 7.40m 7.11m			
3	8178 Artis, Prestin	Unattached	7.32m	24-00.25
	7.32m 5.67m 7.17m FOUL FOUL FOUL			
4	7088 Wellman, Kaleo	Bushnell (Ore.)	7.31m	23-11.75
	7.18m 7.09m 7.26m PASS 6.94m 7.31m			
5	7840 Aboudou, Tawaf	Seattle Pacific	7.09m	23-03.25
	FOUL 6.81m 7.09m PASS PASS PASS			
6	8425 Njeri, David	Unattached	7.00m	22-11.75
	6.84m 6.74m FOUL 7.00m FOUL 6.66m			
7	8337 Jenkins, Nick	Unattached	6.99m	22-11.25
	6.99m 6.69m FOUL FOUL 6.87m FOUL			
8	8857 Menicke, Gabe	Western Washington	6.54m	21-05.50
	6.50m 6.54m 6.26m			
9	7737 Cherry, Michael	Sacramento State	6.51m	21-04.25
	FOUL FOUL 6.51m			

Men Triple Jump B section

Dempsey: ! 16.62m 2/1/2003 Julien Kapek, USC

Meet: M 16.62m 2003 Julien Kapek, USC

Name	Year	School	Finals	
=====				
Flight 1				
1	8220 Caleb, Mabins	Unattached	14.14m	46-04.75
	14.12m FOUL 13.62m 13.87m 14.05m 14.14m			
2	7211 Baker, Cal'von	Central Washington	13.95m	45-09.25
	13.95m FOUL 13.49m FOUL 13.93m FOUL			

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men Triple Jump B section**

3	8857 Menicke, Gabe	Western Washington	13.83m	45-04.50
	13.83m 13.77m 13.69m	PASS PASS PASS		
4	8273 Fiso, Matthew	Unattached	13.73m	45-00.50
	12.56m 13.64m 13.44m	13.42m 12.41m 13.73m		
5	7212 Bender, Matthew	Central Washington	13.53m	44-04.75
	13.00m 13.53m 12.98m	13.38m 13.19m FOUL		
6	7772 Hinton, LaMarcus	Saint Martin's	13.50m	44-03.50
	12.91m 13.49m 13.50m	FOUL 13.46m FOUL		
7	7213 Boast, Josh	Central Washington	13.29m	43-07.25
	12.77m 13.29m 13.21m	13.19m 13.25m 13.24m		
8	7783 Zongo, Hakim	Saint Martin's	12.94m	42-05.50
	FOUL 12.94m FOUL	12.67m 12.81m FOUL		
9	7530 Mccrimmon, Jaxson	Olympic (Wash.)	12.21m	40-00.75
	FOUL FOUL 12.21m	FOUL PASS PASS		

Men Triple Jump INVITE

Dempsey: ! 16.62m 2/1/2003 Julien Kapek, USC

Meet: M 16.62m 2003 Julien Kapek, USC

Name	Year	School	Finals	
1	8682 Smith, Trevontay	Washington	15.36m	50-04.75
	FOUL 14.95m FOUL	15.18m 15.36m		
2	8337 Jenkins, Nick	Unattached	14.83m	48-08.00
	14.32m FOUL FOUL FOUL	14.47m 14.83m		
3	8671 Hutchinson, Roman	Washington	14.81m	48-07.25
	FOUL 14.53m 14.81m	14.49m 13.10m FOUL		
4	8675 Luebbert, Tim	Washington	14.63m	48-00.00
	14.39m 14.32m 14.63m	14.28m FOUL FOUL		
5	7840 Aboudou, Tawaf	Seattle Pacific	14.56m	47-09.25
	FOUL 13.78m 14.24m	14.36m 12.91m 14.56m		
6	7086 Schexnayder Jr., J	Bushnell (Ore.)	14.19m	46-06.75
	13.99m 13.97m 14.11m	FOUL 14.19m FOUL		
7	8163 Abarabar, Maurice	Unattached	14.08m	46-02.50
	13.07m 13.59m 14.08m	14.03m 13.95m FOUL		
8	7085 Kishen, Ty	Bushnell (Ore.)	13.85m	45-05.25
	FOUL 13.51m 13.73m	FOUL FOUL 13.85m		

Men Shot Put

Dempsey: ! 21.47m 3/1/2008 Ryan Whiting, Arizona St

Meet: M 21.45m 2018 Jordan Geist, Arizona

Name	Year	School	Finals	
1	8867 Pytte, Alex	Western Washington	15.00m	49-02.50
	15.00m FOUL FOUL FOUL	13.26m 14.41m		
2	8783 Gerrard, Ray	Western Oregon	14.91m	48-11.00
	14.40m 13.45m 14.91m	13.72m FOUL FOUL		
3	8777 Campbell, Nywaun	Western Oregon	14.53m	47-08.00
	13.59m 14.53m 14.10m			
4	7216 Holland, Brady	Central Washington	14.27m	46-10.00
	14.04m 14.27m FOUL			
5	7676 Goeglein, Thomas	Puget Sound	14.19m	46-06.75
	12.77m 14.16m 14.19m			

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men Shot Put**

6	8850 Hill, Jonathan	Western Washington	13.90m	45-07.25
	13.90m 13.03m FOUL			
7	7224 Reed, Caleb	Central Washington	13.40m	43-11.75
	13.40m FOUL 13.06m			
8	7532 Skipper, Cole	Olympic (Wash.)	13.26m	43-06.00
	10.93m 13.26m 12.43m			
9	8780 Detzler, Mason	Western Oregon	12.52m	41-01.00
	11.70m 12.52m FOUL			
10	7775 Mandlin, Zachary	Saint Martin's	12.47m	40-11.00
	12.47m 12.42m 12.46m			
--	7534 Steffany-Alosuesue	Olympic (Wash.)	FOUL	
	FOUL FOUL FOUL			
--	8878 Simicich, Nathan	Western Washington	FOUL	
	FOUL FOUL FOUL			

Flight 2

1	7133 Pastorian, Aiden	Cal Poly	16.93m	55-06.50
	16.03m 16.93m 16.83m FOUL FOUL FOUL			
2	8884 Turner, Noah	Western Washington	16.30m	53-05.75
	15.39m FOUL 16.30m FOUL 15.89m FOUL			
3	8847 Haller, Noah	Western Washington	15.95m	52-04.00
	15.22m FOUL 15.95m 15.65m FOUL FOUL			
4	8851 Inman, Connor	Western Washington	15.81m	51-10.50
	FOUL 14.68m FOUL FOUL 15.81m FOUL			
5	7123 Beerbower, Albert	Cal Poly	15.45m	50-08.25
	15.28m 14.86m 15.45m 15.23m FOUL FOUL			
6	7220 Kriete, Wes	Central Washington	15.34m	50-04.00
	14.50m 14.91m FOUL 15.34m 14.87m 14.34m			
7	8772 Behrman, Jacob	Western Oregon	15.18m	49-09.75
	FOUL 15.18m FOUL 15.03m FOUL FOUL			
8	7525 Aupa'ua, Sypress	Olympic (Wash.)	13.52m	44-04.25
	13.52m FOUL FOUL			
9	7735 Akutey, Emmanuel	Sacramento State	13.35m	43-09.75
	11.85m FOUL 13.35m			

Men Weight Throw

Dempsey: ! 23.73m 2/23/2024 Jayden White, Washington

Meet: M 23.05m 2010 Michael Mai, U.S. Army

Name	Year	School	Finals
------	------	--------	--------

Flight 1

1	8868 Ramos, Angelo	Western Washington	17.84m	58-06.50
	16.57m 16.96m 17.84m 17.78m 16.60m FOUL			
2	8846 Gutierrez, Calvin	Western Washington	17.48m	57-04.25
	14.67m 17.19m 17.48m 16.78m 17.07m 17.36m			
3	8834 Bahm, Tristan	Western Washington	16.44m	53-11.25
	FOUL 16.39m FOUL 16.44m 16.07m 15.16m			
4	8780 Detzler, Mason	Western Oregon	16.27m	53-04.50
	14.43m FOUL FOUL 15.26m 16.27m 15.48m			
5	7220 Kriete, Wes	Central Washington	16.25m	53-03.75
	FOUL 15.74m FOUL 16.25m 15.82m 15.05m			
6	8884 Turner, Noah	Western Washington	15.66m	51-04.50
	14.38m 15.05m 15.20m FOUL FOUL 15.66m			
7	7778 Pedro, Gage	Saint Martin's	14.79m	48-06.25
	14.28m FOUL 13.30m 14.16m 14.79m 14.26m			

2026 UW Invite and Mile City - 1/30/2026 to 1/31/2026**Dempsey Indoor, Seattle WA****Results****....Men Weight Throw**

8	8847 Haller, Noah	Western Washington	14.58m	47-10.00
	14.58m 14.48m FOUL	14.56m 14.48m FOUL		
9	7216 Holland, Brady	Central Washington	13.87m	45-06.25
	FOUL 12.76m 13.87m	12.84m 12.85m 12.53m		
10	8878 Simicich, Nathan	Western Washington	12.66m	41-06.50
	FOUL 12.66m FOUL			
--	7735 Akutey, Emmanuel	Sacramento State	FOUL	
	FOUL FOUL FOUL			