

The logo is a red shield-shaped emblem. At the top, it features the 'CASCADe CCC' logo with 'COLLEGIATE CONFERENCE' written below it. The year '2023' is prominently displayed in white. Below the year is a white silhouette of a mountain range. A black banner across the middle contains the words 'TRACK & FIELD' in white. The word 'CHAMPIONSHIPS' is written in large, white, stylized letters at the bottom of the shield.

2023
TRACK & FIELD
CHAMPIONSHIPS

PRESENTED BY
usbank

The background of the entire image is a photograph of a track and field stadium. In the foreground, a red running track with white lane markings curves through a green grassy field. Several hurdles are set up on the track. In the background, there are rolling green hills, a line of trees, and a large, densely forested mountain under a clear blue sky.

**MAY 12-13 2023 | LA GRANDE, ORE.,
HOSTED BY EASTERN OREGON UNIVERSITY**

FRIDAY SCHEDULE

11:30 a.m. - Coaches Meeting – Fieldhouse
2:00 p.m. (W) Hammer - (M) Hammer immediately following (I.F.)
3:00 p.m. (M/W) 5K racewalk (non-counter towards CCC team scores/NAIA qualification only)
4:00 p.m. (M) Long Jump - (W) High Jump - (W) Long Jump
4:30 p.m. (W) Steeplechase
5:00 p.m. (M) Steeplechase - (M) High Jump - (W) Shot (M) Shot (I.F.)
6:00 p.m. (W) 4x100 Relay
6:05 p.m. (M) 4x100 Relay
6:15 p.m. (W) 1,500
6:30 p.m. (M) 1,500
6:45 p.m. (W) 100 Hurdles
7:00 p.m. (M) 110 Hurdles
7:15 p.m. (W) 400
7:25 p.m. (M) 400
7:35 p.m. (W) 10 K
8:20 p.m. (M) 10 K

SATURDAY SCHEDULE

10:30 a.m. - Graduation Ceremony
11:00 a.m. (M) Javelin - (M) Triple Jump - (W) Triple Jump, (W) Discus, (W) Pole Vault
2:00 p.m. (M) Discus - (M) Pole Vault - (W) Javelin
2:00 p.m. (W) 100
2:10 p.m. (M) 100
2:20 p.m. (W) 800
2:30 p.m. (M) 800
2:45 p.m. (W) 400 Hurdles
2:55 p.m. (M) 400 Hurdles
3:05 p.m. (W) 200
3:15 p.m. (M) 200
3:25 p.m. (W) 5,000
3:55 p.m. (M) 5,000
4:15 p.m. (W) 4x400 Relay
4:25 p.m. (M) 4x400 Relay
4:30 p.m. Coaches Meeting
4:45 p.m. Final Awards

SATURDAY GRADUATION

In lieu of the on-campus graduations they'll be missing this weekend, the CCC will hold a special commencement ceremony at 10:30 a.m. Saturday for the following student-athletes:

Olivia BailonBushnell University
Jaron Carter.....Bushnell University
Rebecca KuskieBushnell University
Dakota Underwood.....Bushnell University
Jenae UsselmanBushnell University

Jaycob AtencioLewis-Clark State
Nikolous BertlingLewis-Clark State
Ashley Britt Lewis-Clark State
Desiree Winslow.....Lewis-Clark State
Cynthia Smith.....Lewis-Clark State

WELCOME TO THE 2023 CASCADE COLLEGIATE CONFERENCE TRACK AND FIELD CHAMPIONSHIPS

On behalf of the Cascade Collegiate Conference and our participating schools, welcome to the 2023 Track and Field Championships.

Like the expansive mountain range from which we draw our name (Cascade) – which runs from northern California to southern British Columbia – the CCC has evolved into one of the largest conferences in the NAIA. Formed in 1993, the CCC now boasts 23 member schools, including full and associate members located in Idaho, Oregon, Washington, Montana, Arizona, California and BC Canada.

Our vast geographical footprint and diversity among institutions provides over 3,000 student-athletes in the CCC an incredible experience to compete all around the western United States in: baseball, basketball, cross country, golf, soccer, softball, track and field, volleyball and wrestling. Supported by wonderful athletic administrators and coaches, CCC student-athletes compete with fire and passion on the fields, courts, mats and tracks. It is within this competition that bonds are formed among teammates, as well as opponents, taking part in the shared experience that is intercollegiate athletics!



We wish all of the student-athletes well as they compete for a CCC Tournament Championship!

#ThisIsTheCCC

Sincerely,

Robert Cashell

Rob Cashell
Commissioner
Cascade Collegiate Conference



CCC MEN'S CHAMPIONSHIP MEET RECORDS

Event	Athlete	School	Mark	Year
100 Meters	Cody Milmine	Eastern Oregon	10.53	2021
200 Meters	Nathan Martin	Corban	21.33	2018
400 Meters	Jonz Olander	Southern Oregon	47.70	2013
800 Meters	Hans Roelle	Eastern Oregon	1:49.76	2015
1500 Meters	Eric Avila	Southern Oregon	3:43.58	2013
5000 Meters	D.J. Flores	Eastern Oregon	14:26.79	2011
10000 Meters	Cole Olson	Lewis-Clark State	30:30.23	2022
Steeple	Isaac Updike	Eastern Oregon	9:10.80	2013
110 Hurdles	Lane Maher	College of Idaho	14.40	2022
400 Hurdles	TJ Randle	Northwest	52.45	2017
400 Relay	–	Eastern Oregon	41.23	2022
1,600 Relay	–	Concordia	3:14.51	2012
High Jump	A.J. Acker	Western Oregon	7-0 1/4	1998
	Travis Simpson	Eastern Oregon	7-0 1/4	2015
Pole Vault	Robbie Haynie	Eastern Oregon	5.26m (17-3)	2012
Long Jump	Anthony Johnson	Evergreen	7.56m (24-9 3/4)	2015
Triple Jump	Eric England	Eastern Oregon	15.87m (52-1)	2016
Discus	Willy Irwin	Concordia	58.28m (191-02)	2013
Hammer	Rowan Hamilton	British Columbia	75.88m (248.11)	2022
Javelin	Hamilton Drops	Oregon Tech	69.68m (228-7)	2021
Shot Put	Darien Moore	Concordia	19.31m (63-4 1/4)	2014
Decathlon	Alper Kasapoglu	Western Oregon	7,818	1996



2022 CCC MEN'S CHAMPIONS: Eastern Oregon University

CCC WOMEN'S CHAMPIONSHIP MEET RECORDS

Event	Athlete	School	Mark	Year
100 Meters	Katherine Lucas	British Columbia	11.78	2019/22
200 Meters	Katherine Lucas	British Columbia	24.28	2022
400 Meters	Arianna Daniel	Southern Oregon	55.39	2021
800 Meters	Nicola Symonds	British Columbia	2:09.97	2019
1500 Meters	Hillary Holt Jessa	College of Idaho	4:29.16	2014
5000 Meters	Perkinson	Southern Oregon	16:37.47	2017
10000 Meters	Stephanie Hescoc	Northwest Christian	36:45.20	2011
Steeple	Jenna Melanson	British Columbia	10:20.56	2022
100 Hurdles	Jasmine Hurd	College of Idaho	14.13	2014
400 Hurdles	Amelia Maguin	Southern Oregon	59.63	2014
400 Relay	–	Southern Oregon	46.11	2022
1,600 Relay	–	British Columbia	3:47.37	2022
High Jump	Jennah Carpenter	Lewis-Clark State	1.70m (5-7)	2022
Pole Vault	Jessie Gallaher	Concordia	4.15m (13-7 1/4)	2007
Long Jump	Alyssa Neal	Warner Pacific	5.97m (19-7)	2015
Triple Jump	Brittany Coleman	Warner Pacific	12.02m (39-5)	2021
Discus	Annie Hess	Concordia	1/4) 56.03m	2008
Hammer	Sharayah Kenady	Concordia	(171-6) 57.40m	2012
Javelin	Bailey Dell Kayla	Northwest Christian	(190-3) 49.63m	2018
Shot Put	Xavier	Concordia	(162-10) 15.18m	2011
Heptathlon	Valerie Schmidt	Corban	5,086	2021/22



2022 CCC WOMEN'S CHAMPIONS: University of British Columbia

CCC MEN'S TEAM HISTORY

1995 - Monmouth, OR

1. George Fox.....	127
2. Western Oregon.....	125
3. Eastern Oregon.....	70
4. Southern Oregon.....	68
5. Northwest Nazarene.....	17

1996 - Ashland, OR

1. Western Oregon.....	211
2. Southern Oregon.....	122
3. Eastern Oregon.....	85
4. Oregon Tech.....	33
5. Northwest Nazarene.....	12

1997 - Klamath Falls, OR

1. Western Oregon.....	124.5
2. Oregon Tech.....	80
3. Southern Oregon.....	65
4. Eastern Oregon.....	40.5

1998 - La Grande, OR

1. Western Oregon.....	243
2. Oregon Tech.....	116
3. Southern Oregon.....	106
4. Eastern Oregon.....	71
5. Northwest.....	40
6. Cascade.....	33

1999 - Monmouth, OR

1. Western Oregon.....	267
2. Oregon Tech.....	153
3. Eastern Oregon.....	75
4. Southern Oregon.....	59
5. Northwest.....	30
6. Cascade.....	27

2000 - Ashland, OR

1. Southern Oregon.....	164
2. Oregon Tech.....	140.5
3. Eastern Oregon.....	136.5
4. Northwest Nazarene.....	105
5. Northwest.....	48
6. Cascade.....	16

2001 - Klamath Falls, OR

1. Southern Oregon.....	239
2. Oregon Tech.....	165
3. Eastern Oregon.....	147
4. Northwest.....	56
5. Cascade.....	18

2002 - La Grande, OR

1. Southern Oregon.....	206
2. Oregon Tech.....	178
3. Eastern Oregon.....	131
4. Cascade.....	88
5. Northwest.....	34
6. Alberson.....	1

2003 - Ashland, OR

1. Eastern Oregon.....	251
2. Southern Oregon.....	172
3. Oregon Tech.....	150
4. Cascade.....	46
5. Northwest.....	8

2004 - Klamath Falls, OR

1. Southern Oregon.....	180
2. Eastern Oregon.....	169
3. Oregon Tech.....	168
4. Warner Pacific.....	64

5. Cascade.....	32
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2005 - Gresham, OR

1. Southern Oregon.....	245
2. Eastern Oregon.....	166
3. Oregon Tech.....	118
4. Warner Pacific.....	36
5. Northwest.....	20
6. Alberson.....	14
7. Cascade.....	11
8. Corban.....	2

2006 - Gresham, OR

1. Concordia.....	142
2. Eastern Oregon.....	131
3. Southern Oregon.....	124
4. Oregon Tech.....	112
5. Warner Pacific.....	73
6. Alberson.....	44
7. Northwest.....	19
8. Corban.....	4
9. Cascade.....	3

2007 - La Grande, OR

1. Concordia.....	180
Eastern Oregon.....	180
3. Oregon Tech.....	146.5
4. Southern Oregon.....	124
5. Alberson.....	47
6. Northwest.....	46
7. Warner Pacific.....	37
8. Cascade.....	29 1/2
9. Evergreen.....	7

2008 - Gresham, OR

1. Concordia.....	238.5
2. Eastern Oregon.....	187
3. Oregon Tech.....	118.5
4. Southern Oregon.....	102
5. Warner Pacific.....	63
6. College of Idaho.....	51
7. Northwest.....	28
8. Evergreen State.....	16
9. Corban.....	8
10. Cascade.....	3

2009 - Gresham, OR

1. Concordia.....	260
2. Eastern Oregon.....	170.5
3. Southern Oregon.....	116
4. Warner Pacific.....	93
5. Oregon Tech.....	74.5
6. College of Idaho.....	51
7. Northwest.....	31
8. Corban.....	16
9. Cascade.....	7

2010 - Gresham, OR

1. Concordia.....	274
2. Southern Oregon.....	149
3. Eastern Oregon.....	119.5
4. Oregon Tech.....	86
5. Warner Pacific.....	64.5
6. College of Idaho.....	53
7. Corban.....	30
8. Northwest.....	22
9. Evergreen.....	17

2011 - Gresham, OR

1. Concordia.....	192.5
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2. Southern Oregon.....	192
3. Warner Pacific.....	106.5
4. Eastern Oregon.....	105.5
5. Oregon Tech.....	76
6. College of Idaho.....	75.5
7. Corban.....	34
8. Northwest.....	31
9. Evergreen.....	5

2012 - Klamath Falls, OR

1. Concordia.....	237
2. Southern Oregon.....	181
3. College of Idaho.....	121.5
4. Eastern Oregon.....	108
5. Warner Pacific.....	60.5
6. Corban.....	58
7. Oregon Tech.....	28
8. Northwest.....	17
9. Northwest Christian.....	5

2013 - Gresham, OR

1. Southern Oregon.....	217
2. Eastern Oregon.....	145
3. Concordia.....	131
4. Corban.....	99
5. College of Idaho.....	96
6. Warner Pacific.....	92
7. Oregon Tech.....	37
8. Northwest.....	25
9. Evergreen.....	6

2014 - Nampa, ID

1. Southern Oregon.....	188
2. Concordia.....	183.33
3. Eastern Oregon.....	112
4. College of Idaho.....	97
5. Corban.....	91.33
6. Oregon Tech.....	51
7. Warner Pacific.....	48
8. Evergreen.....	26
9. Northwest Christian.....	9
10. Northwest.....	6.33

2015 - Ashland, OR

1. Eastern Oregon.....	165
2. Concordia.....	160
3. Southern Oregon.....	158
4. Corban.....	139
5. Oregon Tech.....	91
6. College of Idaho.....	63
7. Evergreen.....	14
8. Warner Pacific.....	11
9. Northwest Christian.....	8
10. Northwest.....	7

2016 - Hermiston, OR

1. Southern Oregon.....	189
2. Eastern Oregon.....	187
3. College of Idaho.....	166
4. Corban.....	99
5. Oregon Tech.....	81
6. Northwest Christian.....	41
7. Evergreen.....	20
T-8. Warner Pacific.....	17
T-8. Northwest.....	17

2017 - Ashland, OR

1. Southern Oregon.....	189.5
2. College of Idaho.....	144
3. Eastern Oregon.....	139.5

4. Corban.....	126
5. Oregon Tech.....	100
6. Northwest Christian.....	72
7. Northwest.....	22
8. Warner Pacific.....	12
9. Evergreen.....	10
10. Multnomah.....	3

2018 - Hermiston, OR

1. Eastern Oregon.....	208
2. Southern Oregon.....	171.5
3. Oregon Tech.....	144.5
4. Corban.....	110
5. College of Idaho.....	77
6. Northwest Christian.....	70
7. Northwest.....	18
8. Multnomah.....	9.5
9. Warner Pacific.....	4

2019 - Ashland, OR

1. Southern Oregon.....	180.5
2. College of Idaho.....	153.5
3. British Columbia.....	127
4. Eastern Oregon.....	105
5. Oregon Tech.....	83
6. Corban.....	71
7. Northwest Christian.....	65
8. Northwest.....	11
T9. Multnomah.....	8
T9. Evergreen.....	8
11. Warner Pacific.....	6

2020 - No meet due to covid

2021 - La Grande, OR

T-1 College of Idaho.....	203
T-1 Eastern Oregon.....	203
3. Southern Oregon.....	171
4. Lewis-Clark State.....	89
5. Oregon Tech.....	57
6. Bushnell.....	30
7. Corban.....	24
8. Northwest.....	22
9. Multnomah.....	10
10. Warner Pacific.....	8

2022 - Ashland, OR

1. Eastern Oregon.....	190
2. College of Idaho.....	178
3. British Columbia.....	157
4. Lewis-Clark State.....	99
5. Southern Oregon.....	86
6. Multnomah.....	38
7. Corban.....	26
8. Bushnell.....	17
9. Oregon Tech.....	14
10. Northwest.....	8

Number of Team Titles

Southern Oregon.....	10
Concordia.....	6
Eastern Oregon.....	6
Western Oregon.....	5
College of Idaho.....	1
George Fox.....	1

CCC MEN'S AWARDS HISTORY

CCC Men's Athletes of the Year

1995	John Smith	George Fox	2010	Webster Moreland	Warner Pacifi
1996	Alper Kasapoglu	Western Oregon	2011	Robbie Haynie	Eastern Oregon
1997	Ross Kennedy	Southern Oregon	2012	Robbie Haynie	Eastern Oregon
1998	Dan Nelson	Western Oregon	2013	Austin Basterechea	College of Idaho
1999	Zaven Tootikian	Western Oregon		Willy Irwin	Concordia
2000	Jason Follett	Eastern Oregon	2014	Darian Moore	Concordia
2001	Jeff Bentley	Southern Oregon	2015	Travis Simpson	Eastern Oregon
2002	Richard Bailey	Southern Oregon	2016	Eric England	Eastern Oregon
2003	Damien Johnson	Eastern Oregon	2017	Jason Bracken	Corban
2004	Damien Johnson	Eastern Oregon	2018	Zach Beltz	Southern Oregon
2005	Eric Griffith	Eastern Oregon	2019	Michael Schmidt	Corban
2006	Kalen Abbott	Warner Pacifi	2020	No award given due to covid	
2007	Trevor Palmer	Southern Oregon	2021	Allexander Kosel	Eastern Oregon
2008	Tyler Hopper	College of Idaho	2022	Allexander Kosel	Eastern Oregon
2009	Greg Schultz	Concordia	CCC Men's Coaches of the Year		
2010	Eric Burck	Concordia	1995	Wes Cook	George Fox
2011	Robbie Haynie	Eastern Oregon	1996	John Knight	Western Oregon
2012	Robbie Haynie	Eastern Oregon	1997	John Knight	Western Oregon
2013	Willy Irwin	Concordia	1998	John Knight	Western Oregon
2014	Eric Avila	Southern Oregon	1999	John Knight	Western Oregon
2015	Matthew Clowes	Concordia	2000	Dale Fisher	Southern Oregon
2016	Jared Hixon	Southern Oregon	2001	Michael Jones	Southern Oregon
2017	TJ Randle	Northwest	2002	Michael Jones	Southern Oregon
2018	Seth Gretz	Oregon Tech	2003	Ben Welch	Eastern Oregon
2019	Seth Gretz	Oregon Tech	2004	Michael Jones	Southern Oregon
2020	No award given due to covid		2005	Michael Jones	Southern Oregon
2021	Hunter Drops	Oregon Tech	2006	Ken Coffman	Oregon Tech
2022	Clayton VanDyke	Lewis-Clark State	2007	Ben Welch	Eastern Oregon

CCC Men's Track Athletes of the Year

2007	Trevor Palmer	Southern Oregon	2009	Randy Dalzell	Concordia
2008	Jguwon Hogges	Oregon Tech	2010	Randy Dalzell	Concordia
2009	Cameron Kreuz	Concordia	2011	Randy Dalzell	Concordia
2010	Eric Burck	Concordia	2012	Brent Erickson	Southern Oregon
2011	DJ Flores	Eastern Oregon	2013	Randy Dalzell	Concordia
2012	Jonz Olander	Southern Oregon		Grier Gatlin	Southern Oregon
2013	Jonz Olander	Southern Oregon	2014	Grier Gatlin	Southern Oregon
2014	Eric Avila	Southern Oregon	2015	Ben Welch	Eastern Oregon
2015	Ryan Rosenau	Eastern Oregon	2016	Grier Gatlin	Southern Oregon
2016	Jared Hixon	Southern Oregon	2017	Grier Gatlin	Southern Oregon
2017	TJ Randle	Northwest	2018	Ben Welch	Eastern Oregon
2018	Nathan Martin	Corban	2019	Grier Gatlin	Southern Oregon
2019	Chris Rosero	Southern Oregon	2020	No award given due to covid	
2020	No award given due to covid		2021	Ben Welch	Eastern Oregon
2021	Cody Milmine	Eastern Oregon	2022	Ben Welch	Eastern Oregon
2022	Clayton VanDyke	Lewis-Clark State			

CCC Men's Field Athletes of the Year

2007	Lucas Ohmes	Eastern Oregon
2008	Nik' Kay	Concordia
2009	Nik' Kay	Concordia

CCC WOMEN'S TEAM HISTORY

1995 - Monmouth, OR

1. George Fox.....	156
2. Southern Oregon.....	86
3. Western Oregon.....	67
4. Northwest Nazarene.....	31
5. Eastern Oregon.....	11

1996 - Ashland, OR

1. Western Oregon.....	197
2. Southern Oregon.....	126
3. Eastern Oregon.....	79
4. Northwest Nazarene.....	31
5. Oregon Tech.....	4

1997 - Klamath Falls, OR

1. Western Oregon.....	126
2. Eastern Oregon.....	80
3. Southern Oregon.....	58
4. Oregon Tech.....	36

1998 - La Grande, OR

1. Western Oregon.....	189
2. Eastern Oregon.....	173
3. Southern Oregon.....	135
4. Oregon Tech.....	58
5. Northwest.....	15

1999 - Monmouth, OR

1. Western Oregon.....	189
2. Southern Oregon.....	174.5
3. Eastern Oregon.....	119.5
4. Oregon Tech.....	95
5. Northwest.....	25
6. Cascade.....	10

2000 - Ashland, OR

1. Southern Oregon.....	182
2. Oregon Tech.....	154
3. Eastern Oregon.....	130
4. Northwest Nazarene.....	98
5. Northwest.....	50

2001 - Klamath Falls, OR

1. Southern Oregon.....	245
2. Eastern Oregon.....	162
3. Oregon Tech.....	98
4. Northwest.....	93
5. Cascade.....	12

2002 - La Grande, OR

1. Southern Oregon.....	237
2. Oregon Tech.....	189
3. Northwest.....	114
4. Eastern Oregon.....	56
5. Cascade.....	13

2003 - Ashland, OR

1. Oregon Tech.....	210
2. Northwest.....	193
3. Southern Oregon.....	154.5
4. Eastern Oregon.....	37
5. Cascade.....	36.5

2004 - Klamath Falls, OR

1. Oregon Tech.....	254
2. Southern Oregon.....	172
3. Northwest.....	70
4. Eastern Oregon.....	64
5. Warner Pacifi.....	15
6. Cascade.....	11

2005 - Gresham, OR

1. Oregon Tech.....	278
2. Southern Oregon.....	111
3. Eastern Oregon.....	88
4. Northwest.....	66
5. Warner Pacifi.....	26
6. Albertson.....	16
7. Cascade.....	10
8. Corban.....	2

2006 - Gresham, OR

1. Oregon Tech.....	138
2. Eastern Oregon.....	133.5
3. Concordia.....	130
4. Southern Oregon.....	99
5. Northwest.....	48
6. Warner Pacifi.....	47.5
7. Albertson.....	37
8. Evergreen.....	13

2007 - La Grande, OR

1. Concordia.....	214.5
2. Eastern Oregon.....	174
3. Oregon Tech.....	128.5
4. Southern Oregon.....	92
5. Albertson.....	60
6. Northwest.....	52
7. Warner Pacifi.....	32
8. Corban.....	28
9. Evergreen.....	12
10. Cascade.....	2

2008 - Gresham, OR

1. Concordia.....	229
2. Oregon Tech.....	187
3. Eastern Oregon.....	156.5
4. College of Idaho.....	76
5. Southern Oregon.....	53
6. Corban.....	47.5
7. Northwest.....	21
8. Warner Pacifi.....	20
9. Evergreen State, 18.....	18
10. Cascade.....	1

2009 - Gresham, OR

1. Concordia.....	289.5
2. Eastern Oregon.....	166.5
3. Oregon Tech.....	96
4. College of Idaho.....	95.5
5. Southern Oregon.....	53.5
6. Warner Pacifi.....	45
7. Northwest.....	35
8. Corban.....	29
9. Northwest Christian.....	5
10. Evergreen.....	2

2010 - Gresham, OR

1. Concordia.....	265
2. Eastern Oregon.....	143
3. College of Idaho.....	114
4. Oregon Tech.....	76
5. Southern Oregon.....	73
6. Corban.....	71.5
7. Warner Pacifi.....	24.5
8. Northwest.....	17
9. Northwest Christian.....	16

2011 - Gresham, OR

1. Concordia.....	254.5
2. Eastern Oregon.....	141.5

3. College of Idaho.....	102
4. Southern Oregon.....	76
5. Corban.....	64.5
6. Oregon Tech.....	54.5
7. Warner Pacifi.....	42
8. Northwest Christian.....	31
9. Northwest.....	23
10. Evergreen.....	18

2012 - Klamath Falls, OR

1. Concordia.....	228
2. College of Idaho.....	164.5
3. Eastern Oregon.....	131.5
4. Corban 85.....	
5. Southern Oregon.....	66
6. Warner Pacifi.....	57
7. Northwest Christian.....	43
8. Northwest.....	22
9. Oregon Tech.....	20

2013 - Gresham, OR

1. College of Idaho.....	210.5
2. Eastern Oregon.....	145
3. Concordia.....	131
4. Southern Oregon.....	114
5. Corban.....	107
6. Oregon Tech.....	58
7. Warner Pacifi.....	47
8. Northwest.....	23
9. Northwest Christian.....	15

2014 - Nampa, ID

1. College of Idaho.....	211.5
2. Eastern Oregon.....	165.5
3. Concordia.....	110
4. Southern Oregon.....	109.5
5. Corban.....	59
6. Oregon Tech.....	43
7. Northwest Christian.....	42
7. Warner Pacifi.....	42
9. Northwest.....	36.5

2015 - Ashland, OR

1. College of Idaho.....	180
2. Concordia.....	153
3. Eastern Oregon.....	106
4. Southern Oregon.....	96
5. Oregon Tech.....	80
6. Corban.....	68
7. Northwest Christian.....	51
8. Warner Pacifi.....	41
9. Northwest.....	34

2016 - Hermiston, OR

1. College of Idaho.....	203
2. Eastern Oregon.....	164
3. Corban.....	107.5
4. Northwest Christian.....	106
5. Southern Oregon.....	101
6. Oregon Tech.....	48
7. Northwest.....	40.5
8. Evergreen.....	29
9. Warner Pacifi.....	18

2017 - Ashland, OR

1. College of Idaho.....	218.5
2. Southern Oregon.....	176.5
3. Eastern Oregon.....	122
4. Oregon Tech.....	103
5. Northwest Christian.....	98.5

6. Corban.....	62
7. Northwest.....	27.5
8. Warner Pacifi.....	9
9. Multnomah.....	4

2018 - Hermiston, OR

1. College of Idaho.....	196.5
2. Southern Oregon.....	171.5
3. Corban.....	132.5
4. Eastern Oregon.....	105
5. Oregon Tech.....	94.5
6. Northwest Christian.....	84
7. Warner Pacifi.....	13
7. Northwest.....	13
9. Multnomah.....	8

2019 - Ashland, OR

1. British Columbia.....	180
2. Eastern Oregon.....	165
3. Southern Oregon.....	140
4. College of Idaho.....	120
5. Corban.....	68
6. Oregon Tech.....	61
7. Northwest Christian.....	56
8. Warner Pacifi.....	11
9. Multnomah.....	10
10. Northwest.....	8

2020 - No meet due to covid

2021 - La Grande, OR

1. College of Idaho.....	244
2.....	
3. Southern Oregon.....	125
4. Lewis-Clark State.....	120
5. Corban.....	37
6. Oregon Tech.....	26.5
7. Warner Pacifi.....	25
8. Bushnell.....	20
9. Multnomah.....	11

2022 - Ashland, OR

1. British Columbia.....	222
2. Southern Oregon.....	148
3. College of Idaho.....	122
4. Lewis-Clark State.....	111
5. Eastern Oregon.....	98.5
6. Corban.....	48
7. Bushnell.....	29
8. Oregon Tech.....	20.5
9. Multnomah.....	8
10. Evergreen.....	7
11. Northest.....	3

Number of Team Titles

College of Idaho.....	7
Cocordia.....	6
Southern Oregon.....	4
Western Oregon.....	4
Oregon Tech.....	4
British Columbia.....	2
George Fox.....	1

CCC WOMEN'S AWARDS HISTORY

CCC Women's Athletes of the Year

1995	Jill Carrier	Southern Oregon
1996	Cindy Keene	Southern Oregon
1997	Chris Hermes	Western Oregon
1998	Kristina Binkerd	Southern Oregon
1999	April Haney	Eastern Oregon
2000	Heather Werth	Oregon Tech
2001	Tiwana Merritt	Southern Oregon
2002	Tiwana Merritt	Southern Oregon
2003	Kasey Jones	Oregon Tech
2004	Kasey Jones	Oregon Tech
2005	Kasey Jones	Oregon Tech
2006	Jessie Gallagher	Concordia
2007	Annie Hess	Concordia
2008	Annie Hess	Concordia
2009	Annie Hess	Concordia
2010	Alma Garcilazo	Eastern Oregon
2011	Kayla Xavier	Concordia
2012	Junia Limage	Concordia
2013	Hillary Holt	College of Idaho
2014	Hillary Holt	College of Idaho
2015	Amelia Maguin	Southern Oregon
2016	Tiana Thomas	College of Idaho
2017	Rakayla Tyler	Southern Oregon
2018	Rachel Roelle	Eastern Oregon
2019	Anika Rasubala	Northwest Christian
2020	No award given due to covid	
2021	Arianna Daniel	Southern Oregon
2022	Valerie Schmidt	Corban

CCC Women's Track Athletes of the Year

2007	Marcella Bosch	Eastern Oregon
2008	Marcella Bosch	Eastern Oregon
2009	Stephanie Pesaud	College of Idaho
2010	Catherine Sims	Concordia
2011	Catherine Sims	Concordia
2012	NyEma Sims	Concordia
2013	Hillary Holt	College of Idaho
2014	Kadie Booth	Eastern Oregon
2015	Amelia Maguin	Southern Oregon
2016	Tiana Thomas	College of Idaho
2017	Rakayla Tyler	Southern Oregon
2018	Arianna Daniel	Southern Oregon
2019	Katherine Lucas	British Columbia
2020	No award given due to covid	
2021	Larissa Mauer	College of Idaho
2022	Katherine Lucas	British Columbia

CCC Women's Field Athletes of the Year

2007	Annie Hess	Concordia
2008	Annie Hess	Concordia
2009	Katherine Tripp	Concordia

2010	Emily McCutchen	College of Idaho
2011	Gabriella Dixson	Concordia
2012	Kimmy Moore	Eastern Oregon
2013	Gabriella Dixson	Concordia
2014	Jessica Mattos	Concordia
2015	Tiana Thomas	College of Idaho
	McKenzie Warren	Concordia
2016	Claire Otero	College of Idaho
2017	Claire Otero	College of Idaho
2018	Lindsey Asplund	Corban
	Haley Morse	College of Idaho
2019	Paige Dodd	Eastern Oregon
2020	No award given due to covid	
2021	Olivia Lane	Eastern Oregon
2022	Catlynn Duff	College of Idaho

CCC Women's Coaches of the Year

1995	Monty Cartwright	Southern Oregon
1996	John Knight	Western Oregon
1997	John Knight	Western Oregon
1998	John Knight	Western Oregon
1999	John Knight	Western Oregon
2000	Dale Fisher	Southern Oregon
2001	Grier Gatlin	Southern Oregon
2002	Michael Jones	Southern Oregon
2003	Ken Coffman	Oregon Tech
2004	Ken Coffman	Oregon Tech
2005	Ken Coffman	Oregon Tech
2006	Ken Coffman	Oregon Tech
2007	Randy Dalzell	Concordia
2008	Randy Dalzell	Concordia
2009	Randy Dalzell	Concordia
2010	Randy Dalzell	Concordia
2011	Randy Dalzell	Concordia
2012	Pat McCurry	College of Idaho
2013	Pat McCurry	College of Idaho
2014	Pat McCurry	College of Idaho
2015	Pat McCurry	College of Idaho
2016	Pat McCurry	College of Idaho
2017	Austin Basterechea	College of Idaho
2018	Austin Basterechea	College of Idaho
2019	Laurier Primeau	British Columbia
2020	No award given due to covid	
2021	Austin Basterechea	College of Idaho
2022	Laurier Primeau	British Columbia

2023 NAIA LIST - MEN

% = 'A' MARK
^ = 'B' MARK

CCC MULTI-EVENT CHAMPIONSHIPS

Men's Decathlon

Athlete	School	Total	Points
1.Christian Bothwell....	LCSC.....	6,271^.....	10
2.Eli Stevens	OIT.....	6,139^.....	8
3.Justin Krabbenhoft...	LCSC.....	6,111^.....	6
4.Israel Miles.....	EOU.....	6,027^.....	5
5.Caleb Moore.....	LCSC.....	6,002^.....	4
6.Judson Mansfield....	EOU.....	5,812^.....	3
7.Dean Ciarniello.....	UBC.....	3,297	2

Women's Heptathlon

Athlete	School	Total	Points
1.Rebecca Dutchak.,.	UBC.....	4,845^.....	10
2. Abi Stevens.....	SOU	4,720^.....	8
3.Lizzy Grandle.....	EOU	4,445^.....	6
4. Sammy Conley,....	EOU.....	4,296^.....	5
5.Ally Odell	OIT.....	4,282^.....	4
6.Jenna Hodges	SOU	4,265^.....	3
7.Roby Young.....	C of I	4,209^.....	2
8.Corona Parker.....	ESC.....	4,096^.....	1
9.Karli Bedard	EOU	3,992^.....	--
10. Sarah Pimblett	UBC	3,548	--
11.Graycee Litto	C of I	3,259	--
12. Rachel Pletcher ...	C of I.....	2,490	--

*Points earned go toward team's CCC Championship score.

EVENT	QUALIFIER	SCHOOL	MARK	RANK
100m	Donte Sol	MU.....	110.28%	4
	Freider Fornasari-Banguera...	MU.....	10.33%.....	6
200m	Donte Sol	MU	20.86%	6
	Freider Fornasari-Banguera..	MU.....	21.31%	28
400m	London Kirk	LCSC	47.97%.....	15
	Donte Sol	MU	48.03%.....	20
	Roderick Soto.....	MU	48.19^.....	29
800m	Griffen Parsells	LCSC.....	1:51.93%.....	14
	Paul Fisher.....	UBC	1:52.40^.....	23
	Liam Kramer.....	UBC.....	1:52.60^.....	28
	Devon Meadows.....	UBC	1:52.71^.....	31
	Daniel Butler.....	C of I.....	1:52.92^.....	36
	Hunter Nichols.....	EOU.....	1:52.99^.....	39
1,500m	Spencer Hardy.....	UBC.....	3:48.95%.....	5
	Liam Kramer.....	UBC	3:50.21%.....	10
	Dylan Uhrich.....	UBC	3:50.51%.....	11
	Riley Miller.....	UBC	3:51.19%.....	12
	Daniel Butler.....	C of I.....	3:51.52%.....	13
	Hunter Nichols.....	EOU.....	3:51.79%.....	16
	Aiden Miller.....	UBC.....	3:53.85^.....	31
5,000m	John Perrier.....	UBC	14:02.26%.....	2
	Liam Dwyer.....	UBC.....	14:35.36%.....	14
	Jaiveer Tiwana.....	UBC.....	14:37.93%.....	16
	Sacha Schimmelpenninck van...	UBC	14:40.00%.....	18
	Cristian Mendoza	EOU	14:45.50^.....	30
	Issac Fernandez	SOU.....	14:46.59^.....	33
	Hunter Nichols.....	EOU	14:48.56^.....	36
	Nick McMillen.....	OIT	14:49.35^.....	38
	Jonas Hartline.....	OIT	14:49.54^.....	39
10,000m	Issac Fernandez	SOU.....	30:52.04%.....	13
	Nick McMillen.....	OIT	31:04.39%.....	17
	Jonas Hartline.....	OIT	31:05.98%.....	18
	Hayden Bostrom.....	C of I	31:08.79%.....	23
	Travis Running.....	EOU	31:14.92^.....	26
	Dawson Andrews.....	NU.....	31:23.27^.....	32
5K Race Walk	Tyler Wilson.....	UBC	21:34.25%.....	2
	Nikhil Hirani.....	UBC	24:23.36^.....	7
110m-H	Lane Maher.....	C of I	14.51%.....	18
	Nathaniel Paris.....	UBC	14.62^.....	25
400m-H	Hopper Ike.....	LCSC.....	53.85^.....	17
3K Steeple	Dylan Uhrich.....	UBC.....	8:52.31%.....	1
	Aiden Miller.....	UBC.....	9:13.97%.....	5
	Justin Ash.....	EOU.....	9:19.58%.....	9
	Braden Heath.....	C of I.....	9:21.67%.....	12
	Jaiveer Tiwana.....	UBC.....	9:26.70^.....	21
	Joe Wilkinson.....	OIT.....	9:26.84^.....	22
4x100m	Davis, Dixon, Soto, Fornasari-Bangu...	MU...	40.23%	2
4x800m	Hardy, Fisher, Miller, Kramer.....	UBC...	7:36.47%	6
	Carlson, Gordon, May, Parsells.....	LCSC...	7:45.18^.....	23
High Jump	Tyler Jones.....	EOU.....	2.05m^.....	9
	Victor Dailey.....	MU.....	2.05m^.....	9
Pole Vault	Cody Le Bel.....	SOU.....	4.80m%	9
	Nik Bertling.....	LCSC.....	4.80m%	9
Shot Put	Tanner Nett.....	EOU.....	16.83m%	4
	Luke King.....	SOU.....	16.12m%	10
Discus	Matthew Uliana.....	UBC.....	48.55m^.....	21
	Andrew Mitchell.....	SOU.....	48.55m^.....	24
Hammer	Rowan Hamilton.....	UBC.....	75.77m%	1
	Matthew Uliana.....	UBC.....	63.98m%	3
	Wayne Garcia.....	SOU.....	54.74m^.....	17
Javelin	Andrew Mitchell.....	SOU.....	66.21m%.....	3
	Cameron Kuziak.....	UBC.....	64.04m%.....	6
	Daniel Smart-Reed,.....	UBC.....	62.92m%	7
	Collin Warmouth.....	CRB.....	59.54m%.....	14
	Evan Olson.....	CRB.....	59.17m%.....	16
	Moses McAninch.....	EOU.....	58.81m%.....	17
	Kacey Koehn.....	NU.....	55.74m^.....	28

2023 NAIA LIST - WOMEN

% = 'A' MARK
^ = 'B' MARK

2023 QUALIFYING STANDARDS

MEN	NAIA 'A'	NAIA 'B'	CCC
100	10.50	10.60	11.25
200	21.35	21.45	22.95
400	48.15	48.40	50.75
800	1:52.00	1:53.00	1:57.42
1500	3:53.00	3:55.00	4:01.73
5K	14:40.00	14:50.00	15:15.95
10K	31:10.00	31:25.00	33:20.67
5K Race Walk	24:00.00	25:45.00	--
110-H	14.60	14.80	16.93
400-H	53.70	54.45	1:02.26
Steeple	9:24.00	9:32.00	10:27.86
4x100	41.40	41.75	--
4x400	3:16.00	3:17.70	--
4x800	7:44.00	7:48.00	--
HJ	2.08m	2.05m	1.78m
PV	4.80m	4.70m	3.77m
LJ	7.25m	7.15m	6.24m
TJ	14.55m	14.35m	11.92m
SP	15.85m	15.35m	12.05m
Discus	49.20m	47.60m	38.38m
Hammer	56.00m	54.00m	37.87m
Javelin	57.00m	55.00m	45.81m
Decathlon	--	5,600	--

WOMEN	NAIA 'A'	NAIA 'B'	CCC
100	11.90	12.00	12.91
200	24.70	24.93	26.57
400	56.90	57.36	1:01.06
800	2:14.40	2:16.00	2:21.96
1500	4:36.00	4:40.00	4:52.73
5K	17:30.00	17:40.00	18:38.39
10K	37:30.00	38:13.00	42:38.47
5K Race Walk	27:45.00	28:55.00	--
100-H	14.45	14.75	16.72
400-H	1:03.30	1:04.70	1:12.24
Steeple	11:18.00	11:30.00	12:59.60
4x100	47.85	48.00	--
4x400	3:55.00	3:57.00	--
4x800	9:24.00	9:29.00	--
HJ	1.68m	1.65m	1.45m
PV	3.65m	3.55m	2.48m
LJ	5.75m	5.65m	4.90m
TJ	11.75m	11.50m	9.61m
SP	13.55m	13.00m	10.61m
Discus	44.00m	42.40m	31.63m
Hammer	50.50m	48.50m	35.82m
Javelin	40.50m	39.00m	33.66m
Heptathlon	--	3,900	--

EVENT	QUALIFIER	SCHOOL	MARK	RANK
100m	Hanna Sobkowich	UBC	11.70%	8
200m	Hanna Sobkowich	UBC	24.43%	12
400m	Cayla Smith	UBC	57.21^	32
800m	Rachel Mortimer	UBC	2:08.61%	3
	Holly MacGillivray	UBC	2:10.58%	4
	Abbey Shirts	C of I	2:10.86%	5
	Michelle Herbes	EOU	2:13.89%	12
	Lauryn Mitchell	EOU	2:14.74^	16
	Geraldine Correa	LCSC	2:15.98^	26
1,500m	Holly MacGillivray	UBC	4:17.60%	2
	Rachel Mortimer	UBC	4:20.51%	3
	Abbey Shirts	C of I	4:23.40%	4
	Marley Beckett	UBC	4:31.35%	8
	Kyla Becker	UBC	4:31.95%	9
	Michelle herbes	EOU	4:32.58%	11
	Amelia Prohl	UBC	4:35.45%	15
	Mackenzie Campbell	UBC	4:35.51%	16
	Sage Martin	C of I	4:35.64%	17
	Kiana Gibson	UBC	4:37.76^	20
5,000m	Kiana Gibson	UBC	16:13.70%	1
	Katie Newlove	UBC	16:27.09%	2
	Marley Beckett	UBC	16:28.58%	3
	Kyla Becker	UBC	16:33.40%	4
	Sage Martin	C of I	16:48.00%	6
	Ellyse Tingelstad	C of I	17:00.96%	8
	Jamie Hennessey	UBC	17:15.30%	12
	Zoe Doorenspleet	UBC	17:24.01%	17
	Kahea Figueira	C of I	17:34.48^	25
10,000m	Marley Beckett	UBC	34:22.91%	1
	Kyla Becker	UBC	35:35.96%	2
	Ellyse Tingelstad	C of I	35:41.88%	5
	Haylee Brodahl	SOU	37:16.19%	17
	Alejandra Lopez	SOU	37:24.97%	20
	Molly Connor	C of I	38:06.82^	37
5k Race Walk	Olivia Lundman	UBC	22:53.68%	1
	Joan Lu	UBC	24:53.01%	3
	Cassidy Cardle	UBC	25:28.71%	4
100m-H	Kelly Madigan	LCSC	14.22%	17
400m-H	Ashley Britt	LCSC	1:02.88%	13
	Morgan Bayes	EOU	1:03.33^	14
3K Steeple	Kiana Gibson	UBC	10:11.52%	1
	Sage Martin	UBC	10:23.11%	3
	Jamie Hennessey	UBC	10:35.77%	5
	Larissa Mauer	C of I	10:58.24%	9
	Lauren Forster	SOU	11:17.13%	17
4x100m	Rastad, Urbanowicz, Smith, Sobkowich	UBC	46.91%	17
4x800m	Gebhardt, Herbes, Mitchell, Nichols	EOU	9:13.41%	4
	Newlove, Becker, MacGillivray, Mortimer	UBC	9:15.27%	5
High Jump	Abi Stevens	SOU	1.66m^	8
	Jennah Carpenter	LCSC	1.66m^	8
Pole Vault	Sonya Urbanowicz	UBC	3.80m%	8
Long Jump	Emma Rastad	UBC	5.78m%	19
	Rebecca Dutchkak	UBC	5.67m^	4
Triple Jump	Allison Macdonald	UBC	12.05m%	4
	Princess Browne	MU	11.80m%	28
Shot Put	Maggie Ledbetter	EOU	14.87m%	1
	Michelle Dadson	UBC	13.52m^	17
Discus	Maggie Ledbetter	EOU	42.69m^	29
Hammer	Maggie Ledbetter	EOU	53.65m%	6
	Michelle Dadson	UBC	53.25m%	10
	Kenna Woodward	EOU	51.83m%	13
	Bella Hall	UBC	51.76m%	14
	Lauren Friesen	UBC	51.27m%	17
Javelin	Alex Conley	OIT	46.11m%	2
	Allie Best	EOU	43.43%	6
	Giovanna Janes	UBC	43.25%	7
	Brittan Bratsche	OIT	42.24m%	11
	Aarika Brooks	OIT	41.73m%	13
	Lizzy Grandle	EOU	41.04m%	16
	Kea Stieglitz	LCSC	39.89m^	21
*Heptathlon	Sara Hathaway	LCSC	3986^	27

PAST MEN'S EVENT CHAMPIONS

100 Meters

1995	Ryan Chaney	George Fox	11.04
1996	Keoni McHone	Western Oregon	11.09
1997	Jacob Brown	Western Oregon	10.95
1998	Jeremy Peil	Western Oregon	10.90
1999	Mikel Chapin	Western Oregon	11.00
2000	Eric McKenzie	Southern Oregon	11.09
2001	Eric Bixler	Southern Oregon	11.16
2002	Jason Gillette	Cascade	10.82
2003	Javon Johnson	Cascade	11.07
2004	Javon Johnson	Cascade	11.18
2005	Jasen Hartford	Southern Oregon	10.84
2006	Michael Lay	Concordia	10.88
2007	Jguwon Hogges	Oregon Tech	11.03
2008	Jguwon Hogges	Oregon Tech	11.07
2009	Antwun Baker	Southern Oregon	10.86
2010	Kwame Agyemang	Southern Oregon	10.90
2011	Wendell Sells	Southern Oregon	10.98
2012	Justin Oliveri	Concordia	10.91
2013	Jonz Olander	Southern Oregon	10.92
2014	Cameron Bremner	Southern Oregon	10.78
2015	Gabe Derilo	Southern Oregon	10.82
2016	Jebarri Cumberbatch	Eastern Oregon	11.14
2017	Dwight Shaw	Southern Oregon	10.55
2018	Nathan Martin	Corban	11.03
2019	Chris Rosero	Southern Oregon	10.69
2021	Cody Milmine	Eastern Oregon	10.53
2022	Jaron Carter	Bushnell	10.68

200 Meters

1995	Ryan Chaney	George Fox	21.69
1996	Keoni McHone	Western Oregon	22.64
1997	Jacob Brown	Western Oregon	22.05
1998	Jacob Brown	Western Oregon	21.38
1999	Mikel Chapin	Western Oregon	22.10
2000	Mat Davis	Southern Oregon	21.81
2001	Eric McKenzie	Southern Oregon	22.15
2002	Jason Gillette	Cascade	22.50
2003	Paul Ogawa	Oregon Tech	22.48
2004	Tyler Nitzke	Southern Oregon	22.82
2005	Jasen Hartford	Southern Oregon	22.23
2006	Michael Lay	Concordia	21.96
2007	Jguwon Hogges	Oregon Tech	22.01
2008	Jguwon Hogges	Oregon Tech	21.96
2009	Antwun Baker	Southern Oregon	22.10
2010	Rey Chavolla	Oregon Tech	22.54
2011	Tyson Wood	Warner Pacific	22.18
2012	Jonz Olander	Southern Oregon	22.12
2013	Jonz Olander	Southern Oregon	21.73
2014	Cameron Bremner	Southern Oregon	21.60
2015	Brett Johnson	Corban	21.83
2016	Nathan Martin	Corban	21.80
2017	Matt East	Southern Oregon	21.65
2018	Nathan Martin	Corban	21.33
2019	Chris Rosero	Southern Oregon	21.73
2021	Cody Milmine	Eastern Oregon	21.73
2022	Roderick Soto	Multnomah	21.90

400 Meters

1995	Rio Okamura	Western Oregon	53.73
1996	Matt Goughnour	Western Oregon	50.69
1997	Mike Fisher	Eastern Oregon	49.85
1998	Sean Wilkerson	Northwest	50.00
1999	Mat Davis	Southern Oregon	49.26
2000	Mat Davis	Southern Oregon	48.69

2001	Paul Ogawa	Oregon Tech	49.00
2002	Cailen McNair	Southern Oregon	50.03
2003	Paul Ogawa	Oregon Tech	50.02
2004	Tyler Nitzke	Southern Oregon	49.02
2005	Jason Stevens	Eastern Oregon	49.07
2006	Matthew Lane	Eastern Oregon	48.90
2007	Jguwon Hogges	Oregon Tech	48.85
2008	Jguwon Hogges	Oregon Tech	48.68
2009	Andrew Wise	Eastern Oregon	49.44
2010	David Anderson	Corban	49.16
2011	Tyson Wood	Warner Pacific	48.13
2012	Jonz Olander	Southern Oregon	47.92
2013	Jonz Olander	Southern Oregon	47.70
2014	Jonz Olander	Southern Oregon	48.25
2015	Nathan Swanson	Corban	48.34
2016	Joseph Bolin	College of Idaho	48.81
2017	Matt East	Southern Oregon	49.64
2018	Travis Thomas	Oregon Tech	48.33
2019	Angel Valdez	Oregon Tech	48.81
2021	Angel Valdez	Oregon Tech	48.50
2022	Roderick Soto	Multnomah	48.75

800 Meters

1995	Jon Springstead	Eastern Oregon	1:54.48
1996	Jon Springstead	Eastern Oregon	1:55.73
1997	Justin Nakamura	Oregon Tech	1:56.64
1998	Justin Nakamura	Oregon Tech	1:54.92
1999	Josh Piper	Western Oregon	1:54.28
2000	Billy Leighty	Oregon Tech	1:52.74
2001	Rusty McCrea	Northwest	1:54.90
2002	Rusty McCrea	Northwest	1:56.73
2003	David Terry	Eastern Oregon	1:58.06
2004	Trevor Palmer	Southern Oregon	1:56.63
2005	Trevor Palmer	Southern Oregon	1:53.20
2006	Trevor Palmer	Southern Oregon	1:51.86
2007	Trevor Palmer	Southern Oregon	1:51.99
2008	Adam Goulet	Eastern Oregon	1:54.77
2009	Cameron Kreuz	Southern Oregon	1:51.92
2010	Andrew Perri	Eastern Oregon	1:52.03
2011	Ryan Booth	Eastern Oregon	1:50.83
2012	Matt Battaglia	Southern Oregon	1:55.08
2013	Zach Boyd-Helm	Southern Oregon	1:51.20
2014	Hans Roelle	Eastern Oregon	1:49.76
2015	Hans Roelle	Eastern Oregon	1:51.58
2016	Jonathan Ferguson	Northwest	1:55.01
2017	Thomas Morrell III	Eastern Oregon	1:54.30
2018	Michael Slgowski	Eastern Oregon	1:53.95
2019	Rhys Kramer	British Columbia	1:52.19
2021	Clayton VanDyke	Lewis-Clark State	1:51.83
2022	Clayton VanDyke	Lewis-Clark State	1:51.36

1,500 Meters

1995	Jon Springstead	Eastern Oregon	3:57.64
1996	Jon Springstead	Eastern Oregon	4:02.33
1997	Brett Long	Oregon Tech	4:07.64
1998	Brett Long	Oregon Tech	4:04.33
1999	Brett Long	Oregon Tech	3:59.55
2000	Aaron Matthias	Northwest Nazarene	4:02.06
2001	Perry Custance	Oregon Tech	4:00.61
2002	Sean Peterson	Southern Oregon	4:02.13
2003	Alex McGladrey	Eastern Oregon	3:59.47
2004	Sean Peterson	Southern Oregon	4:01.75
2005	Trevor Palmer	Southern Oregon	3:52.50
2006	Trevor Palmer	Southern Oregon	3:55.52
2007	Trevor Palmer	Southern Oregon	3:57.70

2008	Tyler Hopper	College of Idaho	3:52.19
2009	Cameron Kreuz	Southern Oregon	3:53.50
2010	Cordero Cisneros	Concordia	3:52.95
2011	D.J. Flores	Eastern Oregon	3:49.30
2012	Eric Avila	Southern Oregon	4:01.35
2013	Eric Avila	Southern Oregon	3:43.58
2014	Eric Avila	Southern Oregon	3:46.96
2015	Matthew Clowes	Concordia	3:54.34
2016	Jared Hixon	Southern Oregon	3:53.76
2017	Jack Roberts	Oregon Tech	3:57.39
2018	Thomas Morrell III	Eastern Oregon	3:55.65
2019	Rhys Kramer	British Columbia	3:52.36
2021	Clayton VanDyke	Lewis-Clark State	3:55.62
2022	Clayton VanDyke	Lewis-Clark State	3:45.71

5,000 Meters

1995	Sean Nesbitt	Eastern Oregon	15:18.12
1996	Sean Nesbitt	Eastern Oregon	15:28.31
1997	Sean Nesbitt	Eastern Oregon	16:09.71
1998	Brett Long	Oregon Tech	15:50.82
1999	Pat McCurry	Eastern Oregon	15:18.89
2000	Pat McCurry	Eastern Oregon	15:23.73
2001	Phil Olson	Northwest	15:50.59
2002	Tim Riley	Eastern Oregon	15:36.05
2003	Alex McGladrey	Eastern Oregon	15:14.88
2004	Tim Riley	Eastern Oregon	15:28.89
2005	Eric Griffiths	Eastern Oregon	15:08.43
2006	Kalen Abbott	Warner Pacific	15:16.30
2007	Tim Badley	Concordia	15:27.87
2008	Tim Badley	Concordia	15:04.63
2009	Eric Burck	Concordia	14:58.91
2010	Eric Burck	Concordia	15:06.81
2011	D.J. Flores	Eastern Oregon	14:26.79
2012	Greg Montgomery	College of Idaho	15:25.63
2013	Greg Montgomery	College of Idaho	14:38.44
2014	Eric Avila	Southern Oregon	14:42.11
2015	Dylan Alexander	Southern Oregon	14:49.76
2016	Jared Hixon	Southern Oregon	14:30.42
2017	Garrett Kraal	Northwest	14:54.77
2018	Nic Maszk	Eastern Oregon	14:59.89
2019	Kieran Lumb	British Columbia	14:48.50
2021	Travis Running	Eastern Oregon	15:11.57
2022	Robert Swoboda	Corban	14:39.76

10,000 Meters

2006	Kalen Abbott	Warner Pacific	32:24.79
2007	Jacob Haas	Albertson	33:11.55
2008	Jesse Chlebeck	College of Idaho	31:29.08
2009	David Laney	Southern Oregon	31:18.95
2010	Zach Elliott	Southern Oregon	31:33.95
2011	Greg Montgomery	College of Idaho	31:00.41
2012	Ryan Sorenson	Southern Oregon	31:59.06
2013	Brett Hornig	Southern Oregon	31:30.15
2014	Eric Ghelfi	Southern Oregon	32:17.88
2015	DJ Flores	Eastern Oregon	32:36.61
2016	Dan Williams	College of Idaho	32:19.90
2017	Andrew Sutton	College of Idaho	32:03.04
2018	Mark French	Oregon Tech	31:06.99
2019	Riley Sine	Northwest	32:12.69
2021	Cole Olsen	Lewis-Clark State	30:58.04
2022	Cole Olsen	Lewis-Clark State	30:30.23

110 Hurdles

1995	Aaron Young	George Fox	15.39
1996	Alper Kasapoglu	Western Oregon	14.49
1997	Todd Scrivner	Western Oregon	15.07

PAST MEN'S EVENT CHAMPIONS

1998	Landis Reed	Southern Oregon	14.60
1999	Jim Chroninger	Western Oregon	15.17
2000	Dylan Morss	Northwest	15.69
2001	Dylan Morss	Northwest	15.56
2002	Joe Sheire	Southern Oregon	15.25
2003	Damien Johnson	Eastern Oregon	15.10
2004	Damien Johnson	Eastern Oregon	15.35
2005	Eric Griffit	Eastern Oregon	15.17
2006	Nick Best	Oregon Tech	15.44
2007	Chris Hoppie	Eastern Oregon	15.10
2008	Lucas Ohmes	Eastern Oregon	15.43
2009	Chris Wilson	Concordia	15.12
2010	Chris Wilson	Concordia	15.05
2011	Chris Wilson	Concordia	14.88
2012	Sullivan Stevens	Southern Oregon	14.94
2013	Sullivan Stevens	Southern Oregon	14.78
2014	Austin Basterrechea	College of Idaho	15.45
2015	Seth Gretz	Oregon Tech	14.85
2016	Matthew Kirkendall	Eastern Oregon	14.73
2017	TJ Randell	Northwest	14.74
2018	Matthew Kirkendall	Eastern Oregon	14.50
2019	Kenneth Schultze	British Columbia	14.62
2021	Bryce Goggin	Southern Oregon	14.46
2022	Lane Maher	College of Idaho	14.40

400 Hurdles

1995	Rio Okamura	Western Oregon	53.73
1996	Todd Scrivner	Western Oregon	55.42
1997	Todd Scrivner	Western Oregon	54.84
1998	Todd Scrivner	Western Oregon	53.48
1999	Chris Bird	Oregon Tech	55.98
2000	Casey Clithero	Southern Oregon	56.13
2001	Nick Dunn	Southern Oregon	54.02
2002	Nick Dunn	Southern Oregon	56.37
2003	Damien Johnson	Eastern Oregon	55.91
2004	Damien Johnson	Eastern Oregon	57.13
2005	Kento Kawamura	Southern Oregon	53.87
2006	Jordan Hamblen	Concordia	53.34
2007	Jordan Hamblen	Concordia	54.55
2008	Curtis Parrish	Concordia	53.06
2009	Curtis Parrish	Concordia	54.46
2010	Dennis Olstedt	Southern Oregon	53.79
2011	Dennis Olstedt	Southern Oregon	53.77
2012	Jordan Reeher	Concordia	53.09
2013	Jordan Reeher	Concordia	53.57
2014	Jordan Reeher	Concordia	53.38
2015	Jordan Reeher	Concordia	52.62
2016	Ryan Rosenau	Eastern Oregon	52.82
2017	TJ Randell	Northwest	52.45
2018	Matthew Kirkendall	Eastern Oregon	53.39
2019	Michael Schmidt	Corban	54.73
2021	Lane Maher	College of Idaho	53.72
2022	TJ Davis	Eastern Oregon	53.46

Steeplechase (3K)

1995	Eric Gibson	George Fox	9:22.07
1996	Charlie Wilson	Western Oregon	9:38.25
1997	No Race		-
1998	Joe Stoll	Eastern Oregon	10:11.80
1999	Brett Long	Oregon Tech	9:28.44
2000	Brett Long	Oregon Tech	9:45.71
2001	Rusty McCrea	Northwest	10:02.38
2002	Rusty McCrea	Northwest	9:46.10
2003	Perry Custance	Oregon Tech	9:46.80
2004	Brian Crowl	Eastern Oregon	9:45.22

2005	David Fluckinger	Albertson	9:19.35
2006	David Fluckinger	Albertson	9:22.07
2007	Jeff Olsen	Southern Oregon	9:25.41
2008	Troy Blackburn	Eastern Oregon	9:27.89
2009	Cam Starner	Eastern Oregon	9:17.28
2010	Charles Cummings	Concordia	9:26.80
2011	Josh Seitz	Southern Oregon	9:14.67
2012	James Johnstone	Southern Oregon	9:35.59
2013	Isaac Updike	Eastern Oregon	9:10.80
2014	Lucas Updike	Eastern Oregon	9:22.09
2015	Isaac Updike	Eastern Oregon	9:28.02
2016	TJ Wright	Northwest Christian	9:24.91
2017	Craig Boekennoogen	Corban	9:17.50
2018	Kevin Poteracke	Southern Oregon	9:12.75
2019	Conner Covey	Northwest Christian	9:35.51
2021	Kevin VanDyke	Southern Oregon	9:18.67
2022	Dylan Uhrich	British Columbia	9:16.99

4 x 100 Relay

1995	Western Oregon	42.45
1996	Western Oregon	42.31
1997	Western Oregon	41.54
1998	Western Oregon	41.89
1999	Western Oregon	41.50
2000	Oregon Tech	43.96
2001	Southern Oregon	41.82
2002	Cascade	42.67
2003	Southern Oregon	42.53
2004	Southern Oregon	42.92
2005	Southern Oregon	42.90
2006	Eastern Oregon	43.91
2007	Eastern Oregon	42.59
2008	Eastern Oregon	42.69
2009	Warner Pacifi	42.83
2010	Southern Oregon	42.36
2011	Southern Oregon	41.73
2012	Southern Oregon	41.75
2013	Southern Oregon	41.71
2014	Southern Oregon	41.58
2015	Corban	41.43
2016	Southern Oregon	41.31
2017	Southern Oregon	41.33
2018	Southern Oregon	41.42
2019	Southern Oregon	41.78
2021	Eastern Oregon	41.82
2022	Eastern Oregon	41.23

4 x 400 Relay

1995	George Fox	4:04.07
1996	Western Oregon	3:22.04
1997	Oregon Tech	3:24.93
1998	Western Oregon	3:20.33
1999	Northwest	3:22.12
2000	Southern Oregon	3:19.73
2001	Southern Oregon	3:19.29
2002	Southern Oregon	3:21.93
2003	Southern Oregon	3:24.24
2004	Southern Oregon	3:21.17
2005	Southern Oregon	3:21.59
2006	Concordia	3:21.10
2007	Eastern Oregon	3:22.60
2008	Oregon Tech	3:22.95
2009	Eastern Oregon	3:17.93
2010	Eastern Oregon	3:18.64
2011	Warner Pacifi	3:16.73

2012	Concordia	3:14.51
2013	Concordia	3:16.41
2014	Concordia	3:15.17
2015	Corban	3:15.59
2016	Eastern Oregon	3:20.30
2017	Southern Oregon	3:15.84
2018	Oregon Tech	3:16.16
2019	Corban	3:19.35
2021	Southern Oregon	3:19.35
2022	Southern Oregon	3:20.46

4 x 800 Relay

2001	Eastern Oregon	8:58.68
2002	Eastern Oregon	7:51.81
2003	Eastern Oregon	8:34.61

High Jump

1995	Justin Marion	Northwest Nazarene	6-10 1/4
1996	Justin Marion	Northwest Nazarene	7-0
1997	A.J. Acker	Western Oregon	6-8
1998	A.J. Acker	Western Oregon	7-0 1/4
1999	A.J. Acker	Western Oregon	6-9
2000	James Thomas	Northwest Nazarene	6-7
2001	Derek Howard	Eastern Oregon	6-2
2002	Matt Young	Eastern Oregon	6-4
2003	T.J. Samuelu	Cascade	6-0
2004	Corey Swim	Warner Pacifi	6-5
2005	Brett Pflu rath	Northwest	6-3 1/4
2006	Brett Pflu rath	Northwest	6-8
2007	Daniel Cecchini	Southern Oregon	6-7
2008	Bryant Sentman	Oregon Tech	6-4
2009	Asa Miller	Eastern Oregon	6-5
2010	Webster Moreland	Warner Pacifi	6-7
2011	Branko Djuricic	Concordia	6-5
2012	Robbie Haynie	Eastern Oregon	6-11
2013	Ethan Moore	Concordia	6-10 1/4
2014	Anthony Johnson	Evergreen	6-9
2015	Travis Simpson	Eastern Oregon	7-0 1/4
2016	Rohan Cain	Southern Oregon	6-2 3/4
2017	Jason Bracken	Corban	6-6 1/4
2018	Jacob Bookout	Eastern Oregon	5-5 1/2
2019	Josh Washington	Southern Oregon	6-5
2021	Allex Kosel	Eastern Oregon	6-4
2022	Tyler Jones	Eastern Oregon	6-6 1/4

Pole Vault

1995	John Smith	George Fox	15-7
1996	Darcy Olafson	Western Oregon	15-1
1997	Terry Buzzard	Oregon Tech	15-1
1998	Darcy Olafson	Western Oregon	14-11 3/4
1999	Terry Buzzard	Western Oregon	15-8 1/4
2000	Jason Follett	Eastern Oregon	15-3
2001	Bryan Quinn	Oregon Tech	15-7 1/2
2002	Shawn Trimble	Eastern Oregon	16-0 3/4
2003	Shawn Trimble	Eastern Oregon	15-5
2004	Shawn Trimble	Eastern Oregon	16-3
2005	Robbie Johnston	Southern Oregon	16-0 3/4
2006	Robbie Johnston	Southern Oregon	17-0
2007	Grant Brannaman	Southern Oregon	14-7 1/4
2008	Ryan Musselman	Southern Oregon	15-7
2009	Jordan Trump	Concordia	15-9
2010	Jordan Trump	Concordia	16-0 3/4
2011	Robbie Haynie	Eastern Oregon	17-0 1/4
2012	Robbie Haynie	Eastern Oregon	17-3
2013	Jonnie Clark	Warner Pacifi	15-5

PAST MEN'S EVENT CHAMPIONS

2014	Conner Streed	Warner Pacifi	14-1 1/4
2015	Joseph Bolin	College of Idaho	15-5
2016	Joseph Bolin	College of Idaho	14-7 1/4
2017	Seth Gretz	Oregon Tech	15-5
2018	Justin Turner	Southern Oregon	14-7 1/4
2019	Corey Sledge	Eastern Oregon	16-6 3/4
2021	Adam O'Brien	Southern Oregon	16-0 3/4
2022	Darrian Walker	Eastern Oregon	16-04 3/4

Long Jump

1995	John Smith	George Fox	22-2 1/2
1996	Alper Kasapoglu	Western Oregon	24-6 1/2
1997	Ross Kennedy	Southern Oregon	23-3 3/4
1998	Jamie Jansen	Western Oregon	22-2 1/2
1999	Jim Chroninger	Western Oregon	21-9 1/2
2000	Jason Follett	Eastern Oregon	21-11 1/2
2001	Anthony Sizer	Oregon Tech	21-7
2002	Ryan Rouse	Cascade	21-6 3/4
2003	Jon Hill	Southern Oregon	22-0
2004	Damien Johnson	Eastern Oregon	21-9
2005	Jason Stevens	Eastern Oregon	21-0 1/2
2006	Rick Anderson	Concordia	21-4 1/4
2007	Chris Hoppie	Eastern Oregon	22-5
2008	Kirk Miller	Eastern Oregon	22-4 1/2
2009	Curtis Fisher	Warner Pacifi	22-3
2009	Jameson Futter	Concordia	22-7 3/4
2011	Webster Moreland	Warner Pacifi	23-2 3/4
2012	Ethan Moore	Concordia	23-5 1/2
2013	Austin Basterrechea	College of Idaho	22-11
2014	Anthony Johnson	Evergreen	23-11 3/4
2015	Anthony Johnson	Evergreen	24-9 3/4
2016	Zach Beltz	Southern Oregon	24-1 1/2
2017	Zach Beltz	Southern Oregon	24-2 1/4
2018	Zach Beltz	Southern Oregon	24-0 1/4
2019	Zach Beltz	Southern Oregon	25-10
2021	Allex Kosel	Eastern Oregon	23-3 1/2
2022	Allex Kosel	Eastern Oregon	23-6

Triple Jump

1995	Aaron Young	George Fox	47-0 1/2
1996	Chad Van Kleek	Western Oregon	44-5 1/2
1997	Leonard Brittner	Western Oregon	46-3
1998	Jesse Lee	Northwest	47-5 1/4
1999	Chris Therial	Oregon Tech	44-8 1/4
2000	James Thomas	Northwest Nazarene	44-3
2001	Keith Lawson	Southern Oregon	45-3 1/2
2002	Zac McUine	Cascade	44-3 1/4
2003	Damien Johnson	Eastern Oregon	44-6
2004	Nick Hanson	Southern Oregon	47-1
2005	Nick Hanson	Southern Oregon	45-3 1/2
2006	Joel Matchett	Oregon Tech	45-7
2007	Joel Matchett	Oregon Tech	46-9 1/2
2008	Stephen Marshall	Concordia	46-6 3/4
2009	Joel Matchett	Oregon Tech	46-8
2010	Webster Moreland	Warner Pacifi	46-8
2011	Branko Djuricic	Concordia	46-11
2012	Branko Djuricic	Concordia	47-10 1/2
2013	Sam Hartinger	Southern Oregon	47-1 1/2
2014	Travis Simpson	Eastern Oregon	45-10
2015	Travis Simpson	Eastern Oregon	47-5
2016	Eric England	Eastern Oregon	52-1
2017	Zach Beltz	Southern Oregon	46-5 1/4
2018	Zach Beltz	Southern Oregon	47-10 1/2
2019	Zach Beltz	Southern Oregon	50-7 1/4
2021	Allex Kosel	Eastern Oregon	46-1 1/2
2022	Allex Kosel	Eastern Oregon	48-6 3/4

Shot Put

1995	Barrett Smith	Southern Oregon	51-1 3/4
1996	Jason Tootikian	Western Oregon	52-7 3/4
1997	Jason Tootikian	Western Oregon	54-2 1/2
1998	Paul Steenkol	Southern Oregon	58-11
1999	Zaven Tootikian	Western Oregon	50-10 1/4
2000	Richard Bailey	Southern Oregon	50-2
2001	Jeff Bentley	Southern Oregon	45-1
2002	Richard Bailey	Southern Oregon	52-0 1/2
2003	Nick Bakke	Oregon Tech	47-1 1/2
2004	Travis Wheeler	Southern Oregon	45-0
2005	Scott Myers	Southern Oregon	53-0 1/4
2006	Scott Myers	Southern Oregon	56-4
2007	Leon Carl	Concordia	52-8 3/4
2008	Leon Carl	Concordia	51-11 3/4
2009	Quinten Baxter	Eastern Oregon	52-10 3/4
2010	Eric Whalen	Concordia	52-7 1/2
2011	Max Perry	Southern Oregon	54-11 1/2
2012	Eric Whalen	Concordia	59-11
2013	Willy Irwin	Concordia	62-3 3/4
2014	Darien Moore	Concordia	63-4 1/4
2015	Josh Koch	Concordia	54-7 1/4
2016	Tylor King	Southern Oregon	53-4 1/2
2017	Jeremiah Woods	Eastern Oregon	47-11 3/4
2018	Chase Van Wyck	Eastern Oregon	49-7
2019	Josh Brown	College of Idaho	50-4 1/2
2021	Stephen Campbell	College of Idaho	52-8 1/4
2022	Bryan Terry	College of Idaho	51-9 3/4

Discus

1995	Vince Habeck	Southern Oregon	142-8
1996	Jason Tootikian	Western Oregon	158-11
1997	Jason Tootikian	Western Oregon	152-9
1998	Brian Crawford	Western Oregon	157-0
1999	Zaven Tootikian	Western Oregon	158-4
2000	Nels Hage	Southern Oregon	149-6
2001	Jeff Bentley	Southern Oregon	138-7
2002	Richard Bailey	Southern Oregon	155-2
2003	Dirk Bortz	Eastern Oregon	153-2
2004	Travis Wheeler	Southern Oregon	145-3
2005	Dirk Bortz	Eastern Oregon	168-6
2006	Scott Myers	Southern Oregon	165-8
2007	Mitch Wheelhouse	Eastern Oregon	149-6
2008	Matt Artau	Concordia	176-4
2009	Nik Kay	Concordia	180-7
2010	Erik Kuster	Concordia	167-5
2011	Bo Johnson	Concordia	155-2
2012	Nate Moses	Concordia	180-10
2013	Willy Irwin	Concordia	191-2
2014	Nate Moses	Concordia	184-6
2015	Danny Parks	Southern Oregon	179-0
2016	Dane Walker	Corban	155-2
2017	Josh Brown	College of Idaho	160-5
2018	Josh Brown	College of Idaho	152-5
2019	Josh Brown	College of Idaho	165-9
2021	Bryan Terry	College of Idaho	156-2
2022	Bryan Terry	College of Idaho	156-2

Hammer

1995	Steven Gehley	Western Oregon	182-11
1996	Dan Nelson	Western Oregon	187-1
1997	Dan Nelson	Western Oregon	191-10
1998	Dan Nelson	Western Oregon	202-1
1999	Zaven Tootikian	Western Oregon	177-3
2000	Bob Metcalf	Southern Oregon	175-4

2001	Justin Bennett	Southern Oregon	161-0
2002	Justin Bennett	Southern Oregon	162-3
2003	Kyle Hill	Oregon Tech	167-2
2004	Kyle Hill	Oregon Tech	158-6
2005	Dirk Bortz	Eastern Oregon	187-0
2006	Greg Schultz	Concordia	173-9
2007	Greg Schultz	Concordia	192-9
2008	Greg Schultz	Concordia	191-10
2009	Greg Schultz	Concordia	191-11
2010	Chris Dilley	Eastern Oregon	191-10
2011	Bo Johnson	Concordia	187-11
2012	Bo Johnson	Concordia	195-10
2013	Adam Riddle	Concordia	199-6
2014	Darien Moore	Concordia	211-8
2015	Markus Sanders	Southern Oregon	192-4
2016	Zebuliah Hoffman	Evergreen	212-9
2017	Zebuliah Hoffman	Evergreen	188-0
2018	Max Fahlgren	Eastern Oregon	164-5
2019	Rowan Hamilton	British Columbia	202-5
2021	Bryan Terry	College of Idaho	185-1
2022	Rowan Hamilton	British Columbia	248-11

Javelin

1995	Greg Greis	Western Oregon	206-9
1996	Ross Kennedy	Southern Oregon	193-0
1997	Jim Hagemann	Southern Oregon	208-10
1998	Jim Hagemann	Southern Oregon	200-2
1999	Scott Halley	Northwest Nazarene	216-9
2000	Jeff Bentley	Oregon Tech	197-6 1/2
2001	Jeff Bentley	Southern Oregon	200-7
2002	Jeff Bentley	Southern Oregon	183-11
2003	Jeff Bentley	Southern Oregon	205-3
2004	Corey Swim	Warner Pacifi	186-5
2005	Brian Mahoney	Oregon Tech	190-11
2006	Scott Halley	Concordia	226-10
2007	Tyler Richardson	Concordia	194-8
2008	Paul Roshau	Concordia	212-5
2009	Paul Roshau	Concordia	214-11
2010	Paul Roshau	Concordia	215-9
2011	Bryant Sentman	Oregon Tech	208-4
2012	Jesse Staub	Concordia	212-9
2013	Luke Fischer	Northwest	213-8
2014	Tyler Callahan	Concordia	209-4
2015	Logan Reardon	Eastern Oregon	185-5
2016	Pancho Saldana	Eastern Oregon	200-2
2017	Pancho Saldana	Eastern Oregon	207-7
2018	Hunter Drops	Oregon Tech	209-6
2019	Roan Allen	British Columbia	214-10
2021	Hunter Drops	Oregon Tech	228-7
2022	Cameron Kuziak	British Columbia	202-9

Decathlon

1995	Ross Kennedy	Southern Oregon	6,368
1996	Ross Kennedy	Southern Oregon	6,702
1997	Ross Kennedy	Southern Oregon	7,355
1998	Jim Chroninger	Western Oregon	6,382
1999	Jim Chroninger	Western Oregon	6,299
2000	Jason Follett	Eastern Oregon	6,293
2001	Matt Ehrenstrom	Oregon Tech	6,121
2002	Brian Quinn	Oregon Tech	5,683
2003	Josh Allen	Eastern Oregon	5,580
2004	Damien Johnson	Eastern Oregon	5,914
2005	Eric Griffith	Eastern Oregon	5,882
2006	Nick Best	Oregon Tech	6,058
2007	Roy Adams	Warner Pacifi	5,876

PAST MEN'S EVENT CHAMPIONS

2008....	Bryant Sentman.....	Oregon Tech.....	5,744
2009....	Chris Hoppie	Eastern Oregon	6,324
2010....	Taylor Schmidt	Concordia	6,306
2011....	Patrick Fennimore.....	Concordia	6,287
2012....	<i>Robbie Haynie</i>	<i>Eastern Oregon</i>	<i>7,112</i>
2013....	Austin Basterrechea ...	College of Idaho.....	6,933
2014....	Austin Basterrechea ...	College of Idaho.....	6,601
2015....	Ryan Rosenau.....	Eastern Oregon	6,687
2016....	Seth Gretz.....	Oregon Tech.....	6,541
2017....	Seth Gretz.....	Oregon Tech.....	6,760
2018....	Seth Gretz.....	Oregon Tech.....	6,895
2019....	Michael Schmidt.....	Corban.....	6,763
2021....	TJ Davis.....	Eastern Oregon	6,496
2022....	TJ Davis.....	Eastern Oregon	7,101
2023....	Christian Bothwell	Lewis-Clark State	6,271

**Event records listed in italics*

****No CCC Championships in 2020 due to covid**

PAST WOMEN'S EVENT CHAMPIONS

100 Meters

1995	Kelly Scrutton	George Fox	13.03
1996	Cassidi Hutchinson	Eastern Oregon	12.60
1997	Rhonda Voltin	Western Oregon	12.97
1998	Rachael Morris	Western Oregon	12.64
1999	Rachael Morris	Western Oregon	12.74
2000	Heather Werth	Oregon Tech	12.62
2001	Tiwana Merritt	Southern Oregon	12.90
2002	Tiwana Merritt	Southern Oregon	12.41
2003	Rosanna Estes	Oregon Tech	12.71
2004	Kelsi Haylett	Oregon Tech	12.53
2005	Kelsi Haylett	Oregon Tech	12.53
2006	Emily Dunn	Southern Oregon	12.28
2007	Emily Dunn	Southern Oregon	12.25
2008	Stephanie Persaud	Concordia	12.52
2009	Haley Ricker	Warner Pacific	12.53
2010	Stephanie Persaud	Concordia	12.34
2011	Stephanie Persaud	Concordia	12.12
2012	NyEma Sims	Concordia	11.93
2013	Jasmine Sibert	College of Idaho	12.46
2014	Nichole DeGrange	College of Idaho	12.25
2015	Nichole DeGrange	College of Idaho	12.34
2016	Nichole DeGrange	College of Idaho	12.61
2017	Rakayla Tyler	Southern Oregon	11.87
2018	Arianna Daniel	Southern Oregon	12.17
2019	Katherine Lucas	UBC	11.78
2021	Lindsey Bonney	Southern Oregon	11.90
2022	Katherine Lucas	British Columbia	11.78

200 Meters

1995	Kelly Scrutton	George Fox	26.02
1996	Cassidi Hutchinson	Eastern Oregon	26.40
1997	Rhonda Voltin	Western Oregon	26.54
1998	Tiwana Merritt	Southern Oregon	25.72
1999	Tiwana Merritt	Southern Oregon	25.48
2000	Heather Werth	Oregon Tech	26.16
2001	Tiwana Merritt	Southern Oregon	24.97
2002	Tiwana Merritt	Southern Oregon	25.82
2003	Andrea Eide	Southern Oregon	26.51
2004	Andrea Eide	Southern Oregon	25.70
2005	Emily Dunn	Southern Oregon	25.98
2006	Emily Dunn	Southern Oregon	25.41
2007	Emily Dunn	Southern Oregon	25.52
2008	Stephanie Persaud	Concordia	25.75
2009	Stephanie Persaud	Concordia	25.32
2010	Catherine Sims	Concordia	24.50
2011	Catherine Sims	Concordia	24.82
2012	NyEma Sims	Concordia	24.32
2013	Mikayla Garrard	Southern Oregon	25.38
2014	Kadie Booth	Eastern Oregon	24.59
2015	Nichole DeGrange	College of Idaho	25.08
2016	Nichole DeGrange	College of Idaho	25.50
2017	Rakayla Tyler	Southern Oregon	24.60
2018	Arianna Daniel	Southern Oregon	24.51
2019	Katherine Lucas	UBC	24.52
2021	Jasmine Devers	Southern Oregon	24.18

400 Meters

1995	Kristin Oelrich	George Fox	58.70
1996	Summer Morris	Western Oregon	58.52
1997	Jill Heinz	Eastern Oregon	59.46
1998	Summer Morris	Western Oregon	59.48
1999	Erica Harris	Southern Oregon	58.40
2000	Heather Esposito	Northwest Nazarene	59.86

2001	Tiwana Merritt	Southern Oregon	59.15
2002	Tiwana Merritt	Southern Oregon	59.97
2003	Kristina Protocova	Northwest	59.61
2004	Rachel Hinze	Southern Oregon	59.44
2005	Renee Wageman	Northwest	58.83
2006	Brittany Grizzard	Concordia	56.66
2007	Brittany Grizzard	Concordia	58.15
2008	Mariana Toscano	Concordia	58.47
2009	Stephanie Persaud	Concordia	57.48
2010	Catherine Sims	Concordia	56.30
2011	Catherine Sims	Concordia	55.93
2012	Junia Limage	Concordia	56.14
2013	Hannah Whitehead	Corban	57.01
2014	Kadie Booth	Eastern Oregon	56.53
2015	Amelia Maguin	Southern Oregon	55.60
2016	Tiana Thomas	College of Idaho	56.54
2017	Arianna Daniel	Southern Oregon	58.26
2018	Arianna Daniel	Southern Oregon	55.90
2019	Arianna Daniel	Southern Oregon	56.73
2021	Arianna Daniel	Southern Oregon	55.39
2022	Katherine Lucas	British Columbia	55.94

800 Meters

1995	Nancy Rissmiller	George Fox	2:19.12
1996	Summer Morris	Western Oregon	2:17.81
1997	Shawna Kruger	Western Oregon	2:19.07
1998	Shelly Satran	Western Oregon	2:19.20
1999	Tanya Belliard	Northwest	2:16.52
2000	Mindy McGrath	Oregon Tech	2:19.42
2001	Jill Heinz	Eastern Oregon	2:22.30
2002	Kim Stone	Northwest	2:20.83
2003	Kristina Proticova	Northwest	2:18.18
2004	Kristina Proticova	Northwest	2:16.00
2005	Renee Wageman	Northwest	2:17.57
2006	Kyle Janssen	Eastern Oregon	2:17.09
2007	Marcella Bosch	Eastern Oregon	2:16.85
2008	Marcella Bosch	Eastern Oregon	2:17.99
2009	Linsie Michels	Concordia	2:12.08
2010	Alma Garcilazo	Eastern Oregon	2:13.10
2011	Alma Garcilazo	Eastern Oregon	2:10.23
2012	Junia Limage	Concordia	2:11.95
2013	Hilary Holt	College of Idaho	2:10.99
2014	Hilary Holt	College of Idaho	2:12.25
2015	Amy Pfaff	College of Idaho	2:12.72
2016	Amy Pfaff	College of Idaho	2:14.44
2017	Aspen Abbott	Southern Oregon	2:15.25
2018	Susie Garza	Oregon Tech	2:14.08
2019	Nicola Symonds	UBC	2:09.97
2021	Michelle Herbes	Eastern Oregon	2:15.34
2022	Geraldina Correa	Lewis-Clark State	2:14.00

1,500 Meters

1995	Dawn Hartwig	George Fox	4:53.92
1996	Wendy Johnson	Western Oregon	4:58.76
1997	Tyna Free	Western Oregon	5:04.04
1998	Shawna Kruger	Western Oregon	4:57.57
1999	Allison Garich	Southern Oregon	4:56.38
2000	Korinda Godwin	Northwest	4:52.60
2001	Danielle Spiekermeier	Eastern Oregon	5:06.15
2002	Korinda Godwin	Northwest	4:47.98
2003	Korinda Godwin	Northwest	4:47.97
2004	Kristina Proticova	Northwest	4:56.48
2005	Tiffany Stillwater	Northwest	4:40.61
2006	Marcella Bosch	Eastern Oregon	4:47.50
2007	Marcella Bosch	Eastern Oregon	4:44.29

2008	Marcella Bosch	Eastern Oregon	4:40.84
2009	Marcella Bosch	Eastern Oregon	4:34.73
2010	Alice Taylor	Concordia	4:32.74
2011	Hilary Holt	College of Idaho	4:42.61
2012	Hilary Holt	College of Idaho	4:37.42
2013	Hilary Holt	College of Idaho	4:30.14
2014	Hilary Holt	College of Idaho	4:29.16
2015	Amy Pfaff	College of Idaho	4:35.82
2016	Amy Pfaff	College of Idaho	4:33.22
2017	Jessa Perkinson	Southern Oregon	4:39.14
2018	Jessa Perkinson	Southern Oregon	4:31.69
2019	Nicla Symonds	UBC	4:31.05
2021	Michelle Herbes	Eastern Oregon	4:42.27
2022	Katie Newlove	British Columbia	4:33.11

3,000 Meters

1995	Stephanie Morrow	George Fox	10:52.49
1996	Cindy Keene	Southern Oregon	10:45.88
1997	Jen Funk	Eastern Oregon	11:22.98
1998	Jamie Tuchscherer	Eastern Oregon	10:28.45
1999	Brandy Shoemaker	Oregon Tech	10:54.22
2000	Kim Stone	Northwest	10:40.96
2001	Kim Stone	Northwest	10:43.38
2002	Tiffany Stillwater	Northwest	10:33.99
2003	Danyel Longmire	Northwest	10:15.38

5,000 Meters

1996	Cindy Keene	Southern Oregon	18:59.34
1997	Jen Funk	Eastern Oregon	19:44.07
1998	Jamie Tuchscherer	Eastern Oregon	18:35.42
1999	Rebekah Julian	Southern Oregon	19:08.25
2000	Kim Stone	Northwest	19:32.58
2001	Danyel Longmire	Northwest	19:11.70
2002	Danyel Longmire	Northwest	18:24.45
2003	Tiffany Stillwater	Northwest	18:32.90
2004	Amy Brisco	Oregon Tech	19:01.76
2005	Tiffany Stillwater	Northwest	18:01.55
2006	Shannon Edwards	Albertson	18:03.01
2007	Shannon Edwards	Albertson	18:39.53
2008	Stephanie Helm	College of Idaho	17:53.78
2009	Stephanie Helm	College of Idaho	17:32.34
2010	Alice Taylor	Concordia	17:18.80
2011	Alice Taylor	Concordia	16:51.84
2012	Ally Manley	Northwest Christian	18:12.71
2013	Karlee Coffey	Eastern Oregon	17:02.92
2014	Allison Duvenez	Northwest Christian	18:14.35
2015	Alyssa Harmon	Northwest Christian	17:46.81
2016	Jessa Perkinson	Southern Oregon	17:11.27
2017	Jessa Perkinson	Southern Oregon	16:37.47
2018	Jessa Perkinson	Southern Oregon	17:28.14
2019	Emid Au	UBC	17:48.97
2021	Larissa Mauer	College of Idaho	17:58.28
2022	Sage Martin	College of Idaho	17:48.99

10,000 Meters

2006	Amy Brisco	Oregon Tech	40:16.50
2007	Beth Knudtson	Northwest	39:11.99
2008	Beth Knudtson	Northwest	37:38.49
2009	Tegan Troutner	College of Idaho	37:52.17
2010	Kristine Smith	College of Idaho	38:08.45
2011	Stephanie Hescok	NW Christian	36:45.20
2012	Stephanie Hescok	Northwest Christian	37:44.02
2013	Stephanie Hescok	Northwest Christian	37:01.11
2014	Sora Klopfenstein	College of Idaho	37:34.52
2015	Shea Vallaire	Northwest Christian	37:22.03

PAST WOMEN'S EVENT CHAMPIONS

2016		Rosa Schmidt		Northwest Christian	38:56.08
2017		Shea Vallaire		Northwest Christian	37:12.13
2018		Ashtyn Ellis		College of Idaho	37:48.63
2019		Molly Vitale-Sullivan		College of Idaho	38:05.24
2021		Larissa Mauer		College of Idaho	38:48.87
2022		Ellyse Tingelstad		College of Idaho	38:03.18

100 Hurdles

1995		Liz Stephens		George Fox	14.88
1996		Chris Hermes		Western Oregon	15.31
1997		Chris Hermes		Western Oregon	14.76
1998		Kristina Binkerd		Southern Oregon	15.07
1999		Laura Lincoln		Southern Oregon	15.26
2000		Trina Ogburn		Oregon Tech	15.65
2001		Trina Ogburn		Oregon Tech	15.52
2002		Macy Campbell		Oregon Tech	15.61
2003		Macy Campbell		Oregon Tech	16.25
2004		Kelsi Heylett		Oregon Tech	15.63
2005		Samantha Gilbert		Oregon Tech	15.00
2006		Erin Kinney		Warner Pacifi	15.24
2007		Cortney Bannister		Concordia	15.34
2008		Cortney Bannister		Concordia	14.82
2009		Nikki Smith		Oregon Tech	14.81
2010		Eunice Makinde		Concordia	14.28
2011		Jasmine Sibert		College of Idaho	15.20
2012		Jasmine Sibert		College of Idaho	15.50
2013		Jasmine Sibert		College of Idaho	14.70
2014		Jasmine (Sibert) Hurd		College of Idaho	14.13
2015		Amelia Maguin		Southern Oregon	14.46
2016		Tiana Thomas		College of Idaho	15.08
2017		Kami Hawkins		College of Idaho	15.09
2018		Kiersten Lancaster		College of Idaho	15.41
2019		Kiersten Lancaster		College of Idaho	14.38
2021		Kiersten Lancaster		College of Idaho	14.32
2022		Hassy Fashina-Bombata		British Columbia	14.20

400 Hurdles

1995		Jill Carrier		Southern Oregon	1:01.94
1996		Chris Hermes		Western Oregon	1:04.39
1997		Chris Hermes		Western Oregon	1:02.82
1998		Kristina Binkerd		Southern Oregon	1:04.41
1999		Laura Lincoln		Southern Oregon	1:06.73
2000		Mary Glaze		Northwest Nazarene	1:06.59
2001		Laura Lincoln		Southern Oregon	1:06.48
2002		Megan Heuberger		Southern Oregon	1:05.34
2003		Megan Heuberger		Southern Oregon	1:04.55
2004		Megan Heuberger		Southern Oregon	1:04.15
2005		Krystal Lonien		Oregon Tech	1:04.45
2006		Krystal Lonien		Oregon Tech	1:04.05
2007		Cortney Bannister		Concordia	1:04.16
2008		Kristina Binkerd		Concordia	1:03.21
2009		Nikki Smith		Oregon Tech	1:04.94
2010		Emily McCutchen		College of Idaho	1:03.72
2011		Brittany Sims		Eastern Oregon	1:02.48
2012		Kimmy Moore		Eastern Oregon	1:01.69
2013		Amelia Maguin		Southern Oregon	1:01.35
2014		Amelia Maguin		Southern Oregon	59.63
2015		Amelia Maguin		Southern Oregon	1:00.02
2016		Tiana Thomas		College of Idaho	1:00.02
2017		Katie Emerson		Eastern Oregon	1:03.49
2018		Lindsay Asplund		Corban	1:04.42
2019		Sienna Lalonde		UBC	1:02.74
2021		Ashley Britt		Lewis-Clark State	1:04.50
2022		Ashley Britt		Lewis-Clark State	1:02.36

Steeplechase (3K)

2004		Ashley Polakovic		Northwest	11:58.28
2005		Ashley Teran		Northwest	11:28.00
2006		Megan Czerny		Northwest	11:57.25
2007		Janessa Hoppe		Oregon Tech	12:07.62
2008		Stephanie Windle		Eastern Oregon	11:26.37
2009		Lauren Moran		Concordia	11:14.59
2010		Lauren Moran		Concordia	10:45.06
2011		Lauren Moran		Concordia	11:05.73
2012		Lauren Moran		Concordia	11:14.39
2013		Sora Klopfenstein		College of Idaho	11:01.68
2014		Sora Klopfenstein		College of Idaho	11:10.10
2015		Elissa Stoltz		Oregon Tech	11:32.74
2016		Michelle Fletcher		Northwest Christian	11:01.02
2017		Tamika Russell		College of Idaho	11:16.69
2018		Tamika Russell		College of Idaho	11:11.21
2019		Anika Rasubala		Northwest Christian	10:57.14
2021		Larissa Mauer		College of Idaho	11:07.93
2022		Jenna Melanson		British Columbia	10:20.57

4 x 100 Relay

1995		George Fox		49.32
1996		Western Oregon		49.56
1997		Western Oregon		48.80
1998		Western Oregon		48.51
1999		Western Oregon		48.76
2000		Oregon Tech		52.17
2001		Southern Oregon		49.10
2002		Southern Oregon		49.01
2003		Oregon Tech		49.47
2004		Oregon Tech		48.80
2005		Oregon Tech		49.44
2006		Southern Oregon		48.13
2007		Concordia		48.37
2008		Concordia		48.73
2009		Concordia		48.34
2010		Concordia		47.20
2011		Concordia		47.50
2012		Concordia		47.78
2013		College of Idaho		47.95
2014		College of Idaho		47.29
2015		College of Idaho		47.84
2016		Eastern Oregon		47.62
2017		Southern Oregon		47.07
2018		Southern Oregon		46.70
2019		Southern Oregon		47.36
2021		Southern Oregon		46.56
2022		Southern Oregon		46.11

4 x 400 Relay

1995		George Fox		4:04.07
1996		Western Oregon		3:59.61
1997		Western Oregon		4:05.51
1998		Western Oregon		4:02.47
1999		Southern Oregon		4:06.09
2000		Northwest Nazarene		4:10.06
2001		Southern Oregon		4:06.56
2002		Southern Oregon		4:06.48
2004		Southern Oregon		3:59.94
2005		Southern Oregon		4:02.45
2006		Southern Oregon		4:00.13
2007		Concordia		3:55.19
2008		Concordia		4:01.80
2009		Concordia		3:57.21
2010		Concordia		3:50.67

2011		Concordia		3:50.38
2012		Eastern Oregon		3:54.85
2013		College of Idaho		3:54.09
2014		Eastern Oregon		3:54.10
2015		College of Idaho		3:49.95
2016		College of Idaho		3:52.48
2017		Southern Oregon		3:56.37
2018		Southern Oregon		3:53.06
2019		Eastern Oregon		3:53.95
2021		Lewis-Clark State		3:58.85
2022		British Columbia		3:47.37

4 x 800 Relay

2001		Northwest		9:38.18
2002		Northwest		10:12.80
2003		Northwest		10:11.70

High Jump

1995		Nancy Rissmiller		George Fox	5-6
1996		Suzie Burright		Western Oregon	5-4
1997		Danette Sauer		Oregon Tech	5-0
1998		Melody Manwaring		Southern Oregon	5-4
1999		Amanda Wobig		Western Oregon	5-1
2000		Stacy Lambert		Oregon Tech	5-1
2001		Stacy Lambert		Oregon Tech	5-3
2002		Heather Radke		Oregon Tech	5-2 1/4
2003		Heather Radke		Oregon Tech	5-4
2005		Michelle Klaja		Oregon Tech	5-6
2006		Erika Schmid		Concordia	5-6 1/2
2007		Tanya Baker		Concordia	5-2 1/2
2007		Michelle Klaja		Oregon Tech	5-2 1/2
2008		Erika Schmid		Concordia	5-3 3/4
2009		Erika Schmid		Concordia	5-5
2010		Tracy Filley		Oregon Tech	5-1
2011		Deborah McCloud		Warner Pacifi	5-1
2012		Audrey Youren		College of Idaho	5-5
2013		Sarah Taylor		Corban	5-5
2014		Harley McBride		Eastern Oregon	5-6
2015		Harley McBride		Eastern Oregon	5-6
2016		Harley McBride		Eastern Oregon	5-5
2017		Harley McBride		Eastern Oregon	5-3
2018		Logan Sprauer		Southern Oregon	5-5
2019		Trinity Hansma		UBC	5-6
2021		Morgan Harrison		College of Idaho	5-3 1/4
2022		Jennah Carpenter		Lewis-Clark State	5-7

Pole Vault

1998		Nicole Irons		Southern Oregon	10-4
1999		Nicole Irons		Southern Oregon	9-10
2000		Nicole Irons		Southern Oregon	10-10
2001		Nicole Irons		Southern Oregon	11-4
2002		Elli Seifert		Northwest	11-0 1/4
2003		Elli Seifert		Northwest	10-6
2004		Deveny West		Oregon Tech	9-0
2005		Keshia Causey		Oregon Tech	9-6 1/2
2006		Jessie Gallaher		Concordia	12-0
2007		Jessie Gallaher		Concordia	13-7 1/4
2008		Cayla Weissert		Eastern Oregon	11-1 3/4
2009		Cayla Weissert		Eastern Oregon	11-7
2010		Maddison Stapleton		Eastern Oregon	10-8 1/4
2011		Maddison Stapleton		Eastern Oregon	10-6
2012		Tiffanie Nyssen		Warner Pacifi	10-11 3/4
2013		Stephanie Techler		Southern Oregon	11-5 3/4
2014		Talitha Fagan		Eastern Oregon	12-1 1/2
2015		Talitha Fagan		Eastern Oregon	12-5 1/2

PAST WOMEN'S EVENT CHAMPIONS

2016	 Talitha Fagan.....	Eastern Oregon.....	11-9 3/4
2017	 Allison Cossins.....	College of Idaho.....	10-11 3/4
2018	 Nishi Chase.....	Oregon Tech.....	11-7 3/4
2019	 Joanna Galli.....	Southern Oregon.....	11-11 3/4
2021	 Madison Carson.....	Lewis-Clark State.....	11-7 3/4
2022	 Sage Stoyka Kay.....	British Columbia.....	11-11 3/4

Long Jump

1995	 Sarah Marion.....	Northwest Nazarene.....	17-7 3/4
1996	 Karri Kruse.....	Western Oregon.....	16-0 1/4
1997	 Victoria Robbins.....	Southern Oregon.....	17-6
1998	 Gina Coble.....	Western Oregon.....	16-6 1/2
1999	 Amanda Wobig.....	Western Oregon.....	16-6
2000	 Heather Werth.....	Oregon Tech.....	18-5 1/2
2001	 Kena Page.....	Southern Oregon.....	18-1
2002	 Kena Page.....	Southern Oregon.....	18-3 3/4
2003	 Heather Radke.....	Oregon Tech.....	17-6 1/2
2004	 Kasey Jones.....	Oregon Tech.....	17-9
2005	 Kasey Jones.....	Oregon Tech.....	17-8
2006	 Joyce Oniah.....	Concordia.....	17-8
2007	 Joyce Oniah.....	Concordia.....	17-5 1/4
2008	 Amy Sticka.....	Oregon Tech.....	17-10 3/4
2009	 Joyce Oniah.....	Concordia.....	17-4 3/4
2010	 Emilee Nehring.....	Oregon Tech.....	17-8
2011	 Emilee Nehring.....	Oregon Tech.....	18-5 1/4
2012	 Mikayla Garrard.....	Southern Oregon.....	17-5 1/2
2013	 Katey Choukalos.....	Oregon Tech.....	18-1 3/4
2014	 Lauren McGowne.....	Southern Oregon.....	17-9 3/4
2015	 Alyssa Neal.....	Northwest.....	19-7
2016	 Shaneesa Applegate.....	Northwest Christian.....	18-4 1/2
2017	 Lauren McGown.....	Southern Oregon.....	18-2 1/4
2018	 Ebony Wilson.....	Eastern Oregon.....	18-5
2019	 Allison MacDonald.....	UBC.....	18-4 1/4
2021	 Ebony Wilson.....	Eastern Oregon.....	18-5 3/4
2022	 Emma Rastad.....	Eastern Oregon.....	19-0 3/4

Triple Jump

1995	 Chelsey Anderson.....	Western Oregon.....	35-8 3/4
1996	 Victoria Robbins.....	Southern Oregon.....	33-8 1/4
1997	 Gretchen Wehner.....	Western Oregon.....	36-5
1998	 Gina Coble.....	Western Oregon.....	37-0 1/2
1999	 Amanda Wobig.....	Western Oregon.....	35-1 1/4
2000	 Heather Werth.....	Oregon Tech.....	35-1 1/2
2001	 Robin Hendry.....	Oregon Tech.....	34-10 3/4
2002	 Heather Radke.....	Oregon Tech.....	36-0 1/4
2003	 Heather Radke.....	Oregon Tech.....	35-10
2004	 Kasey Jones.....	Oregon Tech.....	33-10
2005	 Kasey Jones.....	Oregon Tech.....	36-4
2006	 Amy Sticka.....	Oregon Tech.....	37-8
2007	 Lakeesha Cadogan.....	Concordia.....	36-6 1/4
2008	 Amy Sticka.....	Concordia.....	38-4
2009	 Haley Ricker.....	Warner Pacifi.....	34-11 3/4
2010	 Danielle Ferguson.....	Concordia.....	35-6 1/2
2011	 Hailey Bull.....	College of Idaho.....	35-8
2012	 Kristin Sass.....	Concordia.....	35-11.25
2013	 Hailey Bull.....	College of Idaho.....	36-7 3/4
2014	 Alli Ehrhardt.....	Corban.....	36-2 3/4
2015	 Alyssa Neal.....	Northwest.....	38-7 1/4
2016	 Cora Gallop.....	Southern Oregon.....	36-9 3/4
2017	 Jasmine James.....	Oregon Tech.....	35-7 3/4
2018	 Hannah Eddens.....	Northwest Christian.....	35-10 3/4
2019	 Brittany Coleman.....	Warner Pacifi.....	39-3 1/4
2021	 Brittany Coleman.....	Warner Pacifi.....	39-5 1/4
2022	 Allison Macdonald.....	British Columbia.....	37-11 1/4

Shot Put

1995	 Molly Duggan.....	Western Oregon.....	43-2 1/4
1996	 Andrea Woodring.....	Southern Oregon.....	41-2
1997	 Andrea Woodring.....	Southern Oregon.....	41-2 1/2
1998	 April Haney.....	Eastern Oregon.....	42-11 1/2
1999	 April Haney.....	Eastern Oregon.....	45-4 1/4
2000	 April Haney.....	Eastern Oregon.....	42-11
2001	 April Haney.....	Eastern Oregon.....	43-3
2002	 Nicole Robertson.....	Southern Oregon.....	42-1 1/4
2003	 Julie Reese.....	Northwest.....	37-8 3/4
2004	 Audra Smalley.....	Cascade.....	38-11 1/2
2005	 Audra Smalley.....	Cascade.....	39-6
2006	 Ann-Erica Whitemarsh.....	Warner Pacifi.....	43-0 1/4
2007	 Katherine Tripp.....	Concordia.....	43-1 3/4
2008	 Katherine Tripp.....	Concordia.....	43-4 1/2
2009	 Katherine Tripp.....	Concordia.....	46-0 1/2
2010	 Christy Mosier.....	Corban.....	41-8 1/2
2011	 Kayla Xavier.....	Concordia.....	49-9 3/4
2012	 Kayla Xavier.....	Concordia.....	46-10 1/4
2013	 Gabrielle Dixon.....	Concordia.....	45-8 1/2
2014	 Kassi Condit.....	Oregon Tech.....	43-4 1/2
2015	 McKenzie Warren.....	Concordia.....	46-6 1/4
2016	 Hayley Morse.....	College of Idaho.....	42-0 3/4
2017	 Hayley Morse.....	College of Idaho.....	43-10 3/4
2018	 Hayley Morse.....	College of Idaho.....	43-2 3/4
2019	 Emily Shaw.....	Southern Oregon.....	42-0 1/2
2021	 Maggie Ledbetter.....	Eastern Oregon.....	44-10 1/4
2022	 Maggie Ledbetter.....	Eastern Oregon.....	44-09 1/4

Discus

1995	 Molly Duggan.....	Western Oregon.....	148-7
1996	 Vondell Fox.....	Northwest Nazarene.....	129-10
1997	 Jamie Schuette.....	Western Oregon.....	111-9
1998	 April Haney.....	Eastern Oregon.....	130-8
1999	 Nicole Robertson.....	Southern Oregon.....	138-8
2000	 Nicole Robertson.....	Southern Oregon.....	148-1
2001	 Nicole Robertson.....	Southern Oregon.....	140-10
2002	 Nicole Robertson.....	Southern Oregon.....	139-11
2003	 Charity Bryant.....	Cascade.....	113-7
2004	 Chelsey Wheelhouse.....	Eastern Oregon.....	121-7
2005	 Bree Cochran.....	Southern Oregon.....	137-11
2006	 Annie Hess.....	Concordia.....	155-8
2007	 Annie Hess.....	Concordia.....	166-6
2008	 Annie Hess.....	Concordia.....	171-6
2009	 Annie Hess.....	Concordia.....	166-0
2010	 Emily Redmayne-Titley.....	Concordia.....	151-0
2011	 Gabriella Dixon.....	Concordia.....	164-11
2012	 Gabriella Dixon.....	Concordia.....	162-7
2013	 Gabrielle Dixon.....	Concordia.....	159-9
2014	 Jessica Mattos.....	Concordia.....	147-9
2015	 Jessica Mattos.....	Concordia.....	164-0 1/2
2016	 Claire Otero.....	College of Idaho.....	145-10
2017	 Claire Otero.....	College of Idaho.....	147-1
2018	 Claire Otero.....	College of Idaho.....	145-9
2019	 Maggie Ledbetter.....	Eastern Oregon.....	151-8
2021	 Maggie Ledbetter.....	Eastern Oregon.....	147-8
2022	 Molly Guerra.....	Southern Oregon.....	148-3

Hammer

1996	 Angie Kropf.....	Eastern Oregon.....	137-2
1997	 Angie Kropf.....	Eastern Oregon.....	135-3
1998	 Jamie Schuette.....	Western Oregon.....	168-9
1999	 Leah Merrill.....	Eastern Oregon.....	157-7
2000	 Leah Merrill.....	Eastern Oregon.....	167-8
2001	 Leah Merrill.....	Eastern Oregon.....	174-8

2002	 Leah Merrill.....	Eastern Oregon.....	169-0
2003	 Concha Bautista.....	Southern Oregon.....	130-0
2004	 Chelsey Wheelhouse.....	Eastern Oregon.....	149-9
2005	 Chelsey Wheelhouse.....	Eastern Oregon.....	153-3
2006	 Chelsey Wheelhouse.....	Eastern Oregon.....	153-1
2007	 Trisha Harshberger.....	Eastern Oregon.....	145-7
2008	 Annie Hess.....	Concordia.....	152-1
2009	 Sharayah Kenady.....	Concordia.....	158-8
2010	 Gabriella Dixon.....	Concordia.....	169-8
2011	 Gabriella Dixon.....	Concordia.....	176-2
2012	 Sharayah Kenady.....	Concordia.....	190-3
2013	 Sharayah Kenady.....	Concordia.....	186-5
2014	 Jessica Mattos.....	Concordia.....	153-6
2015	 McKenzie Warren.....	Concordia.....	170-3
2016	 Marta Stangel.....	Eastern Oregon.....	147-10
2017	 Claire Otero.....	College of Idaho.....	157-2
2018	 Hayley Morse.....	College of Idaho.....	167-7
2019	 Kiashe Hobby.....	Southern Oregon.....	165-2
2021	 Catylynn Duff.....	College of Idaho.....	178-6
2022	 Catylynn Duff.....	College of Idaho.....	177-1

Javelin

1995	 Leah Johanson.....	George Fox.....	144-11
1996	 Emily Stumpf.....	Western Oregon.....	131-3 1/2
1997	 Emily Pohlschneide.....	Western Oregon.....	134-2
1998	 Janae Helgersen.....	Southern Oregon.....	138-10
1999	 Kellie Kathman.....	Western Oregon.....	135-1
2000	 Leanna Brown.....	Oregon Tech.....	116-10
2001	 Nicole Mapston.....	Southern Oregon.....	119-9
2002	 Kasey Jones.....	Oregon Tech.....	126-0
2003	 Kasey Jones.....	Oregon Tech.....	136-10
2004	 Kasey Jones.....	Oregon Tech.....	132-1
2005	 Stephanie Jensen.....	Oregon Tech.....	135-9
2006	 Lauren Sexton.....	Concordia.....	154-11
2007	 Kelsey Stolz.....	Oregon Tech.....	147-4
2008	 Lauren Sexton.....	Concordia.....	158-0
2009	 Sarah Schelb.....	Oregon Tech.....	147-6
2010	 Sarah Schelb.....	Oregon Tech.....	147-4
2011	 Aria Nojima.....	Oregon Tech.....	157-8
2012	 Aria Nojima.....	Concordia.....	154-3
2013	 Brooke Randall.....	Eastern Oregon.....	145-9
2014	 Emma Buckholz.....	Concordia.....	144-5
2015	 Joelle Swanson.....	Oregon Tech.....	153-3
2016	 Bailey Dell.....	Northwest Christian.....	154-2
2017	 Bailey Dell.....	Northwest Christian.....	156-9
2018	 Bailey Dell.....	Northwest Christian.....	162-10
2019	 Alex Conley.....	Oregon Tech.....	150-5
2021	 Alex Conley.....	Oregon Tech.....	147-11
2022	 Alex Conley.....	Oregon Tech.....	147-11

Heptathlon

1995	 Jill Carrier.....	Southern Oregon.....	4,818
1996	 Chris Hermes.....	Western Oregon.....	4,298
1997	 Chris Hermes.....	Western Oregon.....	4,274
1998	 Tanya Belliard.....	Northwest.....	3,790
1999	 Tanya Belliard.....	Northwest.....	3,715
2000	 Kena Page.....	Southern Oregon.....	3,967
2001	 Laura Lincoln.....	Southern Oregon.....	4,071
2002	 Kasey Jones.....	Oregon Tech.....	4,038
2003	 Kasey Jones.....	Oregon Tech.....	4,001
2004	 Kasey Jones.....	Oregon Tech.....	4,039
2005	 Michelle Klaja.....	Oregon Tech.....	4,371
2006	 Michelle Klaja.....	Oregon Tech.....	4,285
2007	 Katie Campbell.....	Northwest.....	3,404
2008	 Michelle Klaja.....	Oregon Tech.....	4,053

PAST WOMEN'S EVENT CHAMPIONS

2009....	Emily McCutchan.....	College of Idaho.....	4,014
2010	Emily McCutchan.....	College of Idaho.....	4,474
2011	Danielle Ricco	Warner Pacifi	3,776
2012	Kimmy Moore	Eastern Oregon	4,481
2013	Jasmine Sibert	College of Idaho.....	4,473
2014	Jasmine Hurd (Sibert). College of Idaho.....	4,482	
2015	Tiana Thomas	College of Idaho.....	4,517
2016	Tiana Thomas	College of Idaho.....	4,596
2017	Paige Dodd	Eastern Oregon	4,433
2018	Laghan Sprauer	Southern Oregon.....	4,391
2019	Paige Dodd	Eastern Oregon	4,826
2021	Valerie Schmidt	Corban.....	4,772
2022	Valerie Schmidt	Corban.....	5,086
2023	Rebecca Dutchak,	British Columbia.....	4,845

*Event records listed in bold

**No CCC Championships in 2020 due to covid

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