

Clack track places No.3 in Spokane



FILE PHOTOS

The men's and women's track teams both fared well during NWAACCs May 22-23. Both squads took home third respectively, while many athletes also busted out individually. Perennial favorite Spokane Falls CC took home first on both sides, while Lane CC also finished second on the men's and women's sides. This is the last meet this year for the Cougars, and they were able to put together a big day at NWAACCs while competing under-teamed.

Above: Rhys Perkins hurls the shot put as Elahi Bradley-Muhammad calls the distance. The sophomore has consistently performed well for Clackamas throughout the year. Last week, he was able to put together a No. 2 finish overall at NWAACCs. **Right:** Long distance runner, Russ Lynch, races against time and other NWAACC runners as he participates in a meet earlier in the Cougar's season. The freshman hails from Marysville, Washington.



Cougar NWAACC track results:

Track and field results according to Spokane Falls CC website:

Men:

Javelin- No. 1 (Mike Simmons) 215-01

Shot put- No. 2- (Rhys Perkins) 48-08.75

Discus throw- No. 5 (Quinten Baxter) 128-06

Hammer throw- No. 5 (Quinten Baxter) 160-04

Triple jump- No. 2 (Kreig Holland) 46-00.75

Long jump- No. 2 (Kreig Holland) 23-01.75, No. 4 (Sean Nacoste) 22-03.50

4x100m relay- No. 3 42.61

4x400m relay- No. 3 3:19.98

400m dash- No. 8 (Matt LaPlante)

800m run- No. 5 Trevor Snook 1:57.08

Women:

3000 m. steeplechase- No. 1 (Lyndsey Mckillip) 12:31.99

4x400 relay- No. 2 4:13.19

5000m. run- No. 2 (Kendra Stone) 20:22.59, No. 4 (Katie Clapp) 21:07.30

10,000 m. run- No. 3 (Katie Clapp) 43:59.00

Javelin throw- No. 2 (Jeeni Santin) 146-06

Pole vault- No. 3 (LaTrisha Bollier) 10-10.00

Long Jump- No. 3 (Emma Ward) 16-09.75

High Jump- No. 3 (Meaghan Durand) 4-11.00

200m dash- No. 7 (Hannah Nash) 27.69

800m run- No. 3 (Luda Lukashova) 2:27.39

100 m hurdles- No. 3 (Emma Ward) 16.29

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