



6TH ANNUAL GNAC TRACK-AND-FIELD CHAMPIONSHIPS

*May 4-5, 2007- Civic Stadium
Bellingham, Washington*



2007 CHAMPIONSHIP MEET SCHEDULE

Friday

Field Events

4 p.m.	Men's Long Jump
4 p.m.	Women's Shot Put
4 p.m.	Men's Hammer
6 p.m.	Women's Pole Vault
6 p.m.	Women's Long Jump
6 p.m.	Men's Shot Put
6 p.m.	Women's Hammer

Track Events

4 p.m.	Men's 110 Hurdles Semis
4:10 p.m.	Women's 100 Hurdles Semis
4:25 p.m.	Men's 400 Semis
4:35 p.m.	Women's 400 Semis
4:50 p.m.	Men's 100 Semis
5 p.m.	Women's 100 Semis
5:15 p.m.	Men's 800 Semis
5:25 p.m.	Women's 800 Semis
5:40 p.m.	Men's 400 Hurdles Semis
5:55 p.m.	Women's 400 Hurdles Semis
6:10 p.m.	Men's 200 Semis
6:20 p.m.	Women's 200 Semis
6:35 p.m.	Men's 10,000
7:15 p.m.	Women's 10,000

Saturday

Field Events

11 a.m.	Men's High Jump
11 a.m.	Women's Discus

11:15 p.m.	Men's Javelin
11:30 a.m.	Women's Triple Jump
Noon	Men's Pole Vault
1 p.m.	Women's High Jump
1 p.m.	Men's Discus
1:15 p.m.	Women's Javelin
1:30 p.m.	Men's Triple Jump

Track Events

11:10 a.m.	Women's 3000
11:30 a.m.	Men's Steeplechase
11:50 a.m.	Women's Steeplechase
12:10 p.m.	Men's 4x100 Relay
12:20 p.m.	Women's 4x100 Relay
12:30 p.m.	Men's 1500
12:40 p.m.	Women's 1500
12:50 p.m.	Men's 110 Hurdles
1 p.m.	Women's 100 Hurdles
1:10 p.m.	Men's 400
1:20 p.m.	Women's 400
1:30 p.m.	Men's 100
1:40 p.m.	Women's 100
1:50 p.m.	Men's 800
2 p.m.	Women's 800
2:10 p.m.	Men's 400 Hurdles
2:20 p.m.	Women's 400 Hurdles
2:30 p.m.	Men's 200
2:40 p.m.	Women's 200
2:50 p.m.	Men's 5,000
3:10 p.m.	Women's 5,000
3:35 p.m.	Men's 4x400 Relay
3:45 p.m.	Women's 4x400 Relay
4 p.m.	Awards

FIELD EVENT & TRACK CALLS

Athletes are responsible for reporting to their venue at the appropriate time based on the published meet schedule. **First Call** will be the report time for that event, although athletes may check in earlier. Athletes will have one minute after **Second Call** to report to check-in at the event area (field events) or clerk's circle. **Final Call** is for the benefit of coaches and spectators; athletes who have not reported by final call will be scratched.

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ON THE COVER: NyEma Sims of Seattle Pacific (left) has set GNAC records this spring in the 100 (11.90) and 200 meters (23.99). Sam Brancheau of Western Washington (middle), who won the men's 800 title in 2004, leads a pack of runners in a meet earlier this season. Mary Pearce of Alaska Anchorage (right) is the defending champion in the women's 200 and 400.

2007 GNAC TRACK AND FIELD ROSTERS

ALASKA ANCHORAGE SEAWOLVES



Assistant Coaches

Rafael Echavarria
Vivian Echavarria
Jim Aronow

Men	Cl.	Events	Hometown
Mick Boyle	Jr.	800, 1500	Kenai, AK
Aaron Dickson	Jr.	5K	Palmer, AK
Drew Dickson	Sr.	10K	Palmer, AK
Eric Draper	Sr.	HJ	Memphis, TN
Auston Ellis	So.	10K	Valdez, AK
Brandon Grant	Fr.	100, 200	Anchorage, AK
Scott Karnitz	Jr.	HT	DeSoto, KS
David Kiplagat	So.	5K	Kapsabet, Kenya
James McLaughlin	So.	200, 400	Cedar, MN
Michael Madrid	Jr.	100, 200	Anchorage, AK
Lucas Predo	So.	DT	Los Angeles, CA
David Registe	Fr.	100, 200, LJ	Palmer, AK
Ryan Rencehausen	So.	DT, HT, SP	Tucson, AZ
Paul Rottich	Fr.	1500, 5K	Kapsabet, Kenya
Eric Walsh	So.	100, 200	Fairbanks, AK
Ryan Walsh	So.	100, 200	Fairbanks, AK

Women	Cl.	Events	Hometown
Jessica Allman	So.	400, 400H	Anchorage, AK
Corena Bell	Fr.	SP, DT	Anchorage, AK
Kim Brady	Fr.	LJ, TJ	Odessa, TX
Laura Carr	So.	1500, 5K	South Bend, IN
Elizabeth Chepkosgei	Fr.	1500, 3K, 5K	Kapsabet, Kenya
Nathalia Echavarria	Jr.	400H	Anchorage, AK
Davya Flaharty	Sr.	10K	Fairbanks, AK
Anjuli Haydu	Jr.	5K	Craig, AK
Jessica Houston	Jr.	SP, DT	Anchorage, AK
Mary Krusen	Sr.	5K	Kenai, AK
Amber McGlasson	Fr.	100H, 400H	Kenai, AK
Mary Pearce	Sr.	100, 200, 400	Anchorage, AK
Kaley Strachan	Jr.	800, 1500, 3K	Port Alberni, BC
Emily Tweto	Sr.	100H, 400H, HJ	Anchorage, AK



Michael Friess
(Linfield '85)

CENTRAL WASHINGTON WILDCATS



Assistant Coaches

T. J. Crater
Chris Baumgartner
Jason Roberts

Men	Cl.	Events	Hometown
Chad Acock	So.	JT	Walla Walla, WA
Geoff Anderson	Sr.	1500, SC	Gresham, OR
Eric Ardissono	Fr.	10K	Shoreline, WA
Cameron Bailey	Jr.	HJ, TJ	Woodinville, WA
Kevin Blount	Jr.	SC	Yakima, WA
Colby Brydson	Fr.	400	Covington, WA
Corey Cronkrite	So.	1500	Puyallup, WA
Christian Demouchet	Fr.	100, 200	Bremerton, WA
Robert Edwards	Jr.	200, 110H	Vancouver, WA
Adrian Elmo	So.	HJ, LJ, TJ	Kennewick, WA
Tyler Fischer	Fr.	SP, DT, HT	Cashmere, WA
Tyler Flora	Fr.	HJ	Seattle, WA
Christian Goodwin	Jr.	LJ, TJ	Chimacum, WA
Andy Gundel	Jr.	400	Bellingham, WA
Jonathon Hamilton	Fr.	HJ	North Pole, AK
Loren Harris	So.	JT	Renton, WA
Michael Ingman	Sr.	JT	Olympia, WA
Josh Kirk	Jr.	400H	Kennewick, WA
Trevor Kulvi	Jr.	10K	Sumner, WA
Scott McCoy	Jr.	PV	Hoquiam, WA
Cameron Neel	Sr.	SP, DT	Woodinville, WA
Kevin Oberholser	So.	SC	Redmond, WA
Mychal Ostler	Fr.	DT, HT	Stevenson, WA
Scott Palmer	Fr.	1500	Puyallup, WA
Matt Rogstad	So.	200, 400	Yakima, WA
Evan Ruud	So.	SP, DT, HT, JT	Kennewick, WA
Daryl Schie	So.	400	Burlington, WA
Sam Scotchmer	Sr.	10K	Snohomish, WA
Matt Valdez	So.	SP, DT, HT	Toppenish, WA
Charles Velasquez	Sr.	400, 400H	Yakima, WA
Ian Wells	Jr.	JT	Woodinville, WA

Women	Cl.	Events	Hometown
Shaina Afoa	Fr.	SP, DT	Anchorage, AK
Haley Amos	Jr.	PV	Cowiche, WA
Sarah Benson	Jr.	SC	Kent, WA
Stephanie Druktenis	Jr.	400H	Bellevue, WA
Chelsea Evans	Jr.	400	Yakima, WA
Brianna Fredricksen	Jr.	PV	La Grande, OR
Amanda Gius	So.	400	Lake Tapps, WA
Raquel Gonzalez	Fr.	100H, LJ	Ellensburg, WA
Amber Green	Sr.	10K	Selah, WA
Britany Hood	Jr.	100, 200	Mossyrock, WA
Katie Hummel	Jr.	3K	Yakima, WA
Rachael Kaercher	So.	200, 400	Shelton, WA
Terran Legard	Jr.	200, 400	Burbank, WA
Katie McMeel	So.	JT	Olympia, WA
Alison McWeeny	Fr.	HT, JT	Auburn, WA
Kara Nygard	So.	100, 400H	Wenatchee, WA
Susan Quick	So.	LJ	Lynnwood, WA
Amanda Rose	Fr.	HJ, TJ	Chehalis, WA
Becky Scherer	So.	SP, DT, HT	Lake Forest Park, WA
Anjuli Spear	Sr.	HJ, LJ, TJ	Roslyn, WA
Krissy Tandle	Jr.	SP, DT, HT	Wenatchee, WA
Brittany Taylor	So.	400	Centralia, WA



Kevin Adkisson
(Willamette '91)

2007 GNAC TRACK AND FIELD ROSTERS

NORTHWEST NAZARENE CRUSADERS



Assistant Coaches

Ben Gall
 Danny Bowman
 Scott Kinnaman
 Dustin Ainsworth
 Rebekah Bowman
 Amanda Trempert
 Jake Perry

Men	Yr.	Events	Hometown	Women	Yr.	Events	Hometown
Zach Barclay	Fr.	SP, DT, HT	Meridian, ID	Brook Bachmeier	Fr.	200, 400	Hauser, ID
Justin Blackstead	Fr.	PV	Nampa, ID	Kim Berberick	Jr.	100, 200	Post Falls, ID
Chris Covey	Fr.	HJ	Marsing, ID	Hannah Bowman	Sr.	HT	Weiser, ID
Alex Eaton	Fr.	HT	Craigmont, ID	Lindsay Brady	Fr.	200, 400	Boise, ID
Josh Grewe	So.	110H, 400H	Spokane, WA	Christa Brediger	Fr.	100, 200	Shoreline, WA
Greg Hamm	Jr.	200, TJ	Hermiston, OR	Marci Breighner	So.	DT	Ridgefield, WA
Mark Hanson	Fr.	400H	Nampa, ID	Amy Carroll	Jr.	SP, DT, HT	Billings, MT
Cody Heller	Fr.	SP, DT, HT	Marsing, ID	Shannon DeBoer	So.	10K	Othello, WA
Kevin Lambert	Sr.	10K	Boise, ID	Sarah Elwell	So.	JT	Woodburn, OR
Jerad Larson	So.	PV	Meridian, ID	Karina Elzinga	Fr.	PV	Salmon, ID
Grant Miller	Fr.	SP, DT, HT	Vancouver, WA	Jocelyn Judd	So.	SP, HT	Randle, WA
Andy Munsey	Fr.	SP, HT	Prineville, OR	Courtney Little	So.	HT	Othello, WA
Andy Peters	Sr.	5K, SC	Homer, AK	Amanda Merrell	Jr.	100H, LJ, TJ, SP, JT	Spokane, WA
Robert Poe	So.	HT	Nampa, ID	Emily Peterson	Sr.	400, HJ	Roseburg, OR
Grant Silver	Jr.	110H, 400H	Spokane, WA	Mary Printz	Fr.	HJ, PV	Boise, ID
Andrew Sneed	Fr.	PV	Gladstone, OR	Ashley Puga	So.	800, 1500	Meridian, ID
Mitch Ward	Fr.	400	Nampa, ID	Erika Rempel	So.	HT	Avondale, AZ
Eddie Wheeler	Sr.	400	Grandview, WA	Kristi Rice	So.	PV	Union, WA
				Nikki Schutte	Jr.	100, 200	Nampa, ID
				Jamie Sundvall	Fr.	800	Jefferson, OR
				M.J. Usabel	Fr.	PV	Marsing, ID
				Ashley Wornell	Sr.	100H, 400H, HJ	Middleton, ID



John Spatz
 (Eastern Wash. '88)

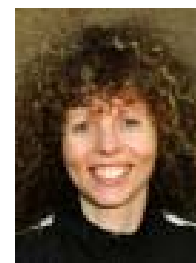
SAINT MARTIN'S SAINTS



Assistant Coaches

Hal L. Werner
 Andrew Prentice
 Brandon Stum

Men	Yr.	Events	Hometown	Women	Yr.	Events	Hometown
Asiki Ayume	Sr.	800	Federal Way, WA	Kaleigh Bishop	Jr.	Relay	Stanwood, WA
Brian Daltoso	So.	Relay	Walla Walla, WA	Katelynn Blume	Sr.	Relays	Lacey, WA
Connor Flaherty	Fr.	Relay	Salem, OR	Krinda Carlson	Fr.	1500	Pateros, WA
Josh Gatbunton	Fr.	1500	Lakewood, WA	Chelsi Claussen	Jr.	100H, 400H	Shelton, WA
Bryan Gerry	So.	400	Lacey, WA	Jessie Dunnam	Jr.	10K	Kelso, WA
Niwar Nasim	Fr.	10K	Tacoma, WA	Jennifer Grover	Jr.	800	Tumwater, WA
John Riak	So.	5K, 10K	Lacey, WA	Amy Layton	Jr.	800	Toledo, WA
Bill Richardson	Jr.	HJ	Shelton, WA	Jessica Pendon	So.	400	Spanaway, WA
Robbie Wilbur	Sr.	Relay	Spanaway, WA	Taylor Shipman	Fr.	10K	Bellingham, WA
Caleb Timmer	Jr.	800, TJ	Tacoma, WA				



Julie Sullivan
 (Seattle Pacific '01)

SEATTLE UNIVERSITY REDHAWKS



Assistant Coaches

Eric Schueffner
 Uli Steidl
 Jessica Scalzo
 Becca Gillespy

Men	Yr.	Events	Hometown	Women	Yr.	Events	Hometown
Loyal Allen Jr.	Jr.	400	Seattle, WA	Charisse Arce	Jr.	1500, 3K	Seattle, WA
Nicholas Alvarado	Fr.	5K	San Francisco, CA	Mara Becker	Fr.	HJ	Fairbanks, AK
Garrett Brown	Sr.	400H	Edmonds, WA	Courtney Cabebe	Fr.	400H, PV	Kihei, HI
Nicholas Dols	Jr.	800	Portland, OR	Rhiannon Cadelinia	So.	5K	San Francisco, CA
Travis Glover	Jr.	100, 200	SeaTac, WA	Lindsay Currier	Fr.	SP, DT	Beaverton, OR
Nathan Heitzinger	Jr.	10K	Scottsdale, AZ	Natalie Martinez	So.	Relay	San Francisco, CA
Brock Jahner	So.	PV, JT	Kalispell, MT	Rachel Yorkston	Fr.	5K	Bellingham, WA
Tomi Keah	Sr.	100, 200	Austin, TX				
Dan Sullivan	Fr.	400H	Tukwila, WA				



Trisha Steidl
 (UW '99)

2007 GNAC TRACK AND FIELD ROSTERS

SEATTLE PACIFIC FALCONS



Assistant Coaches

Doris Heritage
Chris Randolph
Duncan Atwood
Erika Daligcon
Cyrena Denniston
Lane Seeley

Women	Yr.	Events	Hometown
Lisa Anderberg	Fr.	800	Edmonds, WA
Monica Anderson	Jr.	PV	Bremerton, WA
Molly Barnes	Sr.	JT	Burien, WA
Kim Beaman	So.	SC	Emily, MN
Brittany Bekins	So.	100H	Everett, WA
Kelsey Cooley	Sr.	100H, HJ	Missoula, MT
Kysa Cronrath	Fr.	3K	Odessa, WA
Latasha Essien	Fr.	100, 200	Portland, OR
Kate Harline	Fr.	1500, 3K	Orem, UT
Katie Hart	So.	5K, 10K	Pasadena, CA
Jessica Hinton	Fr.	100, 200	Lake Stevens, WA
Kristin Janney	Sr.	JT	White Salmon, WA
Jane Larson	Fr.	10K	Fall City, WA
Tracie Lundsten	Fr.	1500, 3K	Banks, OR
Jennifer Marsh	Sr.	800	Kirkland, WA
Teona Perkins	Sr.	HJ	Kennewick, WA
Victoria Perkins	Sr.	800	Kent, WA
Heidi Peterson	So.	10K	Edmonds, WA
Jessica Pixler	Fr.	800, 1500, 3K	Sammamish, WA
Karin Rohde	Jr.	1500, SC	Bellingham, WA
NyEma Sims	Fr.	Portland, OR	100, 200, LJ
Suzie Strickler	So.	Richland, WA	1500, 3K
Anna Walters	Fr.	Spokane, WA	400

Men	Yr.	Events	Hometown
Ben Climer	Fr.	400H	Woodburn, OR
Brian Cronrath	Jr.	1500, 5000	Battle Ground, WA
Justin Felt	Fr.	LJ	Eugene, OR
Michael Gavareski	Sr.	800	Bellingham, WA
Ryan Jewell	So.	100	Olympia, WA
Joshua Jorgensen	Fr.	PV	Gladstone, OR
Chad Meis	Fr.	5K	Renton, WA
Ryan Phillips	Sr.	SC	West Linn, OR
James Rosser	Sr.	10K	Seattle, WA
Scott Seamster	Jr.	10K	Seattle, WA
Eddie Strickler	Sr.	800	Richland, WA
Mark Zayshlyy	So.	100H, 400H	Auburn, WA



Karl Lerum
(Pacific Lutheran '98)

WESTERN OREGON WOLVES



Assistant Coaches

John Knight
Randy Kruse
Bridget Johnson
Jerret Mantalas
Damien Davis
Isaac Frederick

Men	Yr.	Events	Hometown
Travis Banker	Fr.	SC	Beaverton, OR
Troy Banker	Jr.	800	Beaverton, OR
Robert Barrett	So.	SP, HT	Eugene, OR
Jason Buckmier	Jr.	LJ	Beaverton, OR
Lee Clarkson	Sr.	110H	Salem, OR
Nick Crawford	Sr.	1500	Beaverton, OR
Blake Estep	Fr.	400	Grants Pass, OR
Blake Herrington	So.	110H, TJ	Portland, OR
Clint Hickey	Jr.	400H	Bend, OR
Kym Hunt	Fr.	5K, SC	Scio, OR
Mat Hutchinson	So.	JT	Newport, OR
Braxton Jackson	Fr.	1500, 10K	Lincoln City, OR
Nik Karr	So.	5K, 10K	Tigard, OR
Jeff Long	Fr.	800	Vancouver, WA
Anthony Marin	So.	SP, DT, HT	Salem, OR
Lloyd Massey	Fr.	110H, 400H	Salem, OR
Nick Minch	Fr.	400H	Portland, OR
Tyler Reinsaur	Fr.	TJ	Hillsboro, OR
Cole Samuel	Jr.	200, 400	Portland, OR
Mike Schmidt	Fr.	5K	Tacoma, WA
Josh Threet	Fr.	100, 200	Jefferson, OR
Zeb Udell	So.	Dallas, OR	100, HJ, PV, LJ
Ryan Wall	Sr.	Gresham, OR	JT
Robert Wegner	Fr.	Tigard, OR	HJ, LJ
Eric Zwiefelhofer	Fr.	Hermiston, OR	PV, JT

Women	Yr.	Events	Hometown
Sarah Barker	Jr.	100H, 400H	LaPine, OR
Sabrina Freed	So.	SP, DT, HT	Burns, OR
Chelsea Glavin	Jr.	JT	Vancouver, WA
Jessica Harper	So.	1500, SC	Oregon City, OR
Angela Harsin	Fr.	JT	Condon, OR
Sarah Howell	Jr.	800	Puyallup, WA
Kristin Humphrey	Fr.	SP, DT	Toledo, OR
Chevonna Lynch	So.	SP	Douglas, OR
Kaitlin Mead	Fr.	JT	Dufur, OR
Shirlon Moncrief	Fr.	1500, SC	Vancouver, WA
Natalie Nash	Sr.	100, 400H	Hillsboro, OR
Kim Parry	So.	5K, SC	Portland, OR
Taryn Plypick	Sr.	HJ, LJ	Sumner, WA
Jacque Postlewait	So.	200, 100H, HJ, LJ	Canby, OR
Ashley Rau	Fr.	TJ	Newport, OR
Sarajane Rosenberg	So.	100, LJ, TJ	Pendleton, OR
Alee Rowley	Fr.	5K, 10K	Kenai, AK
Stephanie Upshaw	Sr.	1500	Union, OR



Mike Johnson
(Eastern Washington '72)

2006 GNAC TRACK AND FIELD ROSTERS

WESTERN WASHINGTON VIKINGS



Assistant Coaches

Bill Roe
Brandi Petz
Jim Brewer
Lex Kaligis
Dick Henrie
Jeremy Skulley
T.J. Garlatz

Men	Yr.	Events	Hometown	Women	Yr.	Events	Hometown
Casey Barten	Sr.	10K	Snohomish, WA	Kim Bascom	Sr.	LJ, TJ	Camano Island, WA
Josh Beck	Sr.	SC	Kelso, WA	Kaitlyn Brown	Fr.	100, LJ	LaConner, WA
Sam Bedell	So.	1500	Reno, NV	Gail Butler	So.	100, LJ	Issaquah, WA
Erik Bies	Sr.	800	Sioux Falls, SD	Camille Clarke	So.	PV	Bellingham, WA
Sam Brancheau	Sr.	800, SC	Edmonds, WA	Clara Cook	So.	100H, HJ	Wenatchee, WA
Will Cameron	Fr.	800	Poulsbo, WA	Elsa Couvelier	Fr.	100	Bellingham, WA
Michael Dean	Fr.	200, 400	Tacoma, WA	Lindsey Cox	Sr.	HJ	Milton, WA
Allan Denton	Fr.	LJ	Los Angeles, CA	Heidi Dimmitt	So.	100, 400H	Wenatchee, WA
Ben Elder	Fr.	SP, DT, HT	Lake Stevens, WA	Sara Ehlers	Fr.	PV	Corvallis, OR
Peter Ellis	Sr.	10K	Eatonville, WA	Allison Graham	Fr.	SC	Mill Creek, WA
Nick Gaddy	So.	TJ	Cheney, WA	Monika Gruszecki	Fr.	JT	Edmonds, WA
Peter Geist	Sr.	HJ	Portland, OR	Marissa Harshman	Jr.	5K, 10K	Vancouver, WA
Bennett Grimes	Fr.	5K	Pocatello, ID	Liz Howe	So.	JT	Bothell, WA
Carl Johnson	So.	400	Renton, WA	Jenny Josephson	So.	HJ	Eagle, ID
Dincer Kayhan	Fr.	SP	Gig Harbor, WA	Keely Kaligis	Sr.	3K	Mukilteo, WA
Greg Kubitz	Fr.	10K	Kelso, WA	Lindsay Lunderman	Fr.	100H, 400H	Tacoma, WA
Kyle Lampi	So.	800, 1500	Everett, WA	Valerie Matthews	Fr.	SC	Issaquah, WA
Keith Lemay	Jr.	800, 1500	Blaine, WA	Ashley McDougall	Fr.	5K	Sammamish, WA
Bryan Lucke	Jr.	PV, DT	Snohomish, WA	Kathryn Mertens	Fr.	400	Olympia, WA
Anders Mavis	So.	SC	Boulder, CO	Christy Miller	So.	PV, LJ, TJ	Boise, ID
Blake Medhaug	Fr.	5K, 10K	Bothell, WA	Lydia Morrison	So.	TJ	Clarkston, WA
Bryant Michaelson	Fr.	SP, DT	Bellingham, WA	Emily Mosich	Fr.	5K	Tacoma, WA
Kevin Moen	Fr.	100H	Kent, WA	Amy Olson	Jr.	5K	Stanwood, WA
Matt O'Connell	Fr.	200, 400	Sammamish, WA	Erica Rance	Jr.	DT, HT, JT	Seattle, WA
Chad Portwood	Sr.	5K	Cheney, WA	Chelsea Sadler	So.	SP, DT	Olympia, WA
Logan Senrud	Sr.	SC	Bigfork, MT	Katrina Schwerdtfeger	Sr.	5K	Mountlake Terrace, WA
Nik Skogsberg	So.	DT	Yelm, WA	Susanna Scruggs-James	Fr.	800	Seattle, WA
Tyler Thornbrue	Sr.	PV	Shelton, WA	Danielle Seibert	So.	400H	Kirkland, WA
Anthony Tomsich	So.	1500, 5K	Fairbanks, AK	Danielle Slaughter	Fr.	3K	Spokane, WA
Brandon Varkevissier	Jr.	SP	Castle Rock, WA	Aly Spear	Fr.	400H	Spokane, WA
Ben Wargo	Fr.	100h, 400H	Pullman, WA	Julie Stone	Jr.	PV	Bellingham, WA
				Katie Taylor	Sr.	HT	Bellevue, WA
				Amanda Thornton	Jr.	400	Kenmore, WA
				McKinley Williams	Fr.	5K	Federal Way, WA
				Jamie Wulfekuhle	Jr.	PV	Olympia, WA
				Erica Ziegler	Fr.	PV	Spokane, WA



Pee Wee Halsell
(Wayland Baptist '81)

2007 GNAC MULTI-EVENT RESULTS



Udell

Decathlon (Apr. 23-24 at Monmouth) - 1. Zeb Udell, WOU, 6350; 2. Brock Jahner, SU, 5852; 3. Josh Grewe, NNU, 5635; 4. Justin Felt, SPU, 5568; 5. Scott McCoy, CWU, 5533; 6. Kevin Iverson, WWU, 4819.

Day 1 Top Marks: 100 – Udell 11.50. Long Jump - Udell and Felt 6.59 - 21-7 1/4. Shot Put - Jahner 11.63 - 38-2. High Jump - Udell 1.93 - 6-4. 400 - Grewe 51.51.

Day 2 Top Marks: 110 Hurdles - Udell 16.45. Discus - Udell 33.26 - 109-1. Pole Vault - Udell 4.60 - 15-1. Javelin - Jahner 49.00 - 160-9. 1500 - Grewe 4:30.49.



Postlewait

Heptathlon (Apr. 23-24 at Monmouth) - 1. Jacquie Postlewait, WOU, 4529; 2. Amanda Merrell, NNU, 4488; 3. Ashley Wornell, NNU, 4367; 4. Kelsey Cooley, SPU, 4074; 5. Emily Peterson, NNU, 4035; 6. Taryn Plypick, WOU, 3992; 7. Raquel Gonzalez, CWU, 3619; 8. Mary Seidler, CWU, 3079; 9. Chelsey Jones, NNU, 2938.

Day 1 Top Marks: 100 Hurdles - Postlewait 15.25. High Jump - Taryn Plypick, WOU, *1.68 - 5-6 Shot Put - Merrell 10.94 - 35-10 3/4. 200 - Postlewait 26.43.

Day 2 Top Marks: Long Jump - Postlewait 5.40 - 17-8 1/2. Javelin - Merrell 34.24 - 112-4. 800 - Wornell 2:28.52.

*meet record

HEAT & FLIGHT SHEETS

Event 1 Women 10000 Meter Run

1	40	Hart, Katie	SPU	40:56.02	_____
2	295	Rowley, Alee	WOU	39:00.90	_____
3	27	Jenson, Nikki	SPU	40:31.06	_____
4	19	Dunnam, Jessie	SMU	39:16.56	_____
5	207	Harshman, Marissa	WWU	42:01.63	_____
6	74	Green, Amber	CWU	41:01.18	_____
7	33	Peterson, Heidi	SPU	42:50.13	_____
8	161	DeBoer, Shannon	NNU	41:54.38	_____
9	6	Shipman, Taylor	SMU	43:05.17	_____
10	305	Flaharty, Davya	UAA	41:15.89	_____

Event 2 Men 10000 Meter Run

1	205	Ellis, Peter	WWU	33:14.04	_____
2	260	Karr, Nik	WOU	32:25.96	_____
3	89	Ardissono, Eric	CWU	33:29.19	_____
4	16	Nasim, Niwar	SMU	33:20.41	_____
5	69	Scotchmer, Sam	CWU	31:52.52	_____
6	78	Kulvi, Trevor	CWU	33:37.76	_____
7	45	Rosser, James	SPU	33:29.61	_____
8	131	Ellis, Auston	UAA	33:35.83	_____
9	113	Dickson, Drew	UAA	33:12.23	_____
10	3	Riak, John	SMU	30:55.34	_____
11	249	Kubitz, Greg	WWU	33:11.86	_____
12	152	Heitzinger, Nathan	SU	34:06.60	_____
13	284	Jackson, Braxton	WOU	33:25.70	_____
14	251	Medhaug, Blake	WWU	33:23.55	_____
15	51	Seamster, Scott	SPU	33:46.21	_____
16	162	Lambert, Kevin	NNU	33:15.00	_____
17	214	Barten, Casey	WWU	33:19.53	_____

Event 3 Women 3000 Meter Run

1	102	Hummel, Katie	CWU	10:40.64	_____
2	53	Harline, Kate	SPU	10:34.75	_____
3	129	Chepkosgei, Elizabeth	UAA	10:24.46	_____
4	228	Slaughter, Danielle	WWU	10:54.32	_____
5	117	Carr, Laura	UAA	10:09.48	_____
6	149	Arce, Charisse	SU	10:49.51	_____
7	34	Strickler, Suzie	SPU	10:18.13	_____
8	41	Cronrath, Kysa	SPU	10:58.17	_____
9	137	Strachan, Kaley	UAA	11:09.26	_____
10	49	Larson, Jane	SPU	10:07.00	_____
11	208	Kaligis, Keely	WWU	10:54.15	_____
12	31	Pixler, Jessica	SPU	9:37.41	_____

Event 4 Women 3000 Meter Steeplechase

1	44	Rohde, Karin	SPU	11:03.73	_____
2	299	Harper, Jessica	WOU	11:28.91	_____
3	287	Parry, Kim	WOU	12:53.70	_____
4	90	Benson, Sarah	CWU	11:11.44	_____
5	238	Matthews, Valerie	WWU	13:03.20	_____
6	267	Moncrief, Shirlon	WOU	11:47.44	_____
7	48	Beamon, Kim	SPU	12:03.90	_____
8	233	Graham, Allison	WWU	13:10.60	_____

Event 5 Men 3000 Meter Steeplechase

1	256	Seick, Kyle	WOU	10:06.94	_____
2	277	Hunt, Kym	WOU	9:37.07	_____

3	105	Blount, Kevin	CWU	10:09.43	_____
4	247	Beck, Josh	WWU	10:09.27	_____
5	84	Oberholser, Kevin	CWU	10:10.00	_____
6	261	Banker, Travis	WOU	10:11.40	_____
7	29	Phillips, Ryan	SPU	10:05.40	_____
8	232	Mavis, Anders	WWU	10:09.90	_____
9	200	Senrud, Logan	WWU	9:23.94	_____
10	226	Brancheau, Sam	WWU	9:12.29	_____
11	173	Peters, Andy	NNU	9:25.00	_____
12	79	Anderson, Geoff	CWU	9:28.97	_____
13	191	Henry, Keever	WWU	9:17.10	_____

Event 6 Women 4x100 Meter Relay

2	Western Oregon	50.79	_____
1)	258 Nash, Natalie	2) 285 Postlewait, Jacque	3) 281 Barker, Sarah
4)	262 Rosenberg, Sarajane		
3	Saint Martin's	53.94	_____
1)	9 Bishop, Kaleigh	2) 2 Carlson, Krinda	3) 10 Claussen, Chelsi
4)	13 Grover, Jennifer		
4	Northwest Nazarene	49.83	_____
1)	165 Brediger, Christa	2) 176 Schutte, Nicki	3) 155 Berberick, Kim
4)	169 Brady, Lindsay		
5	Western Washington	49.49	_____
1)	224 Couvelier, Elsa	2) 222 Lunderman, Lindsay	3) 246 Dimmitt, Heidi
4)	215 Thornton, Amanda		
6	Alaska Anchorage	49.83	_____
1)	138 Tweto, Emily	2) 138 Tweto, Emily	3) 112 McGlasson, Amber
4)	112 McGlasson, Amber		
7	Seattle Pacific	48.12	_____
1)	21 Essien, Latasha	2) 32 Hinton, Jessica	3) 55 Walters, Anna
4)	Sims, NyEma		
8	Central Washington	49.44	_____
1)	83 Gius, Amanda	2) 101 Legard, Terran	3) 62 Hood, Britany
4)	Kaercher, Rachael		

Event 7 Men 4x100 Meter Relay

2	Seattle	43.62	_____
1)	142 Allen, Loyal	2) 154 Glover, Travis	3) 151 Keah, Tomi
4)	Sullivan, Daniel		4) 150
3	Western Washington	46.69	_____
1)	212 O'Connell, Matt	2) 216 Johnson, Carl	3) 231 Wargo, Ben
4)	Breakey, Ryan		4) 237
4	Northwest Nazarene	44.18	_____
1)	182 Blain, Tom	2) 181 Larson, Jerad	3) 185 Wheeler, Eddie
4)	156 Ward, Mitch		
5	Saint Martin's	47.45	_____
1)	11 Daltoso, Brian	2) 15 Wilbur, Robbie	3) 5 Ayume, Asiki
4)	Flaherty, Connor		4) 12
6	Western Oregon	44.74	_____
1)	271 Threet, Joshua	2) 293 Udell, Zeb	3) 270 Herrington, Blake
4)	282 Estep, Blake		
7	Central Washington	42.09	_____
1)	61 Demouchet, Christian	2) 77 Edwards, Robert	3) 100 Brydson, Colby
4)	67 Rogstad, Matt		
8	Alaska Anchorage	42.61	_____
1)	122 Walsh, Eric	2) 126 Grant, Brandon	3) 119 Registe, David
4)	121 Madrid, Michael		

HEAT & FLIGHT SHEETS

Event 8 Women 1500 Meter Run

1	53	Harline, Kate	SPU	4:57.70	_____
2	137	Strachan, Kaley	UAA	4:53.31	_____
3	34	Strickler, Suzie	SPU	4:50.66	_____
4	49	Larson, Jane	SPU	4:36.94	_____
5	117	Carr, Laura	UAA	5:03.07	_____
6	129	Chepkosgei, Elizabeth	UAA	4:58.82	_____
7	299	Harper, Jessica	WOU	4:47.08	_____
8	149	Arce, Charisse	SU	5:04.25	_____
9	2	Carlson, Krinda	SMU	4:47.23	_____
10	31	Pixler, Jessica	SPU	4:19.81	_____
11	157	Puga, Ashley	NNU	4:36.44	_____
12	44	Rohde, Karin	SPU	4:45.20	_____
13	269	Upshaw, Stephanie	WOU	4:43.12	_____
14	267	Moncrief, Shirlon	WOU	4:58.93	_____

Event 9 Men 1500 Meter Run

1	284	Jackson, Braxton	WOU	4:07.44	_____
2	219	Tomsich, Anthony	WWU	3:53.25	_____
3	203	Lampi, Kyle	WWU	4:06.07	_____
4	225	Bedell, Sam	WWU	4:02.99	_____
5	81	Cronkhite, Corey	CWU	4:04.07	_____
6	7	Gatbunton, Josh	SMU	4:02.37	_____
7	79	Anderson, Geoff	CWU	4:08.58	_____
8	221	Lemay, Keith	WWU	3:53.89	_____
9	128	Rottich, Paul	UAA	4:02.64	_____
10	123	Boyle, Mick	UAA	3:58.30	_____
11	264	Crawford, Nick	WOU	3:56.43	_____
12	86	Palmer, Scott	CWU	4:00.83	_____
13	22	Cronrath, Brian	SPU	3:52.93	_____

Event 10 Women 100 Meter Hurdles

Heat 1 of 2 Prelims

2	138	Tweto, Emily	UAA	15.28	_____
3	298	Zegers, Lauren	WOU	15.46	_____
4	171	Merrell, Amanda	NNU	16.11	_____
5	239	Cook, Clara	WWU	15.97	_____
6	281	Barker, Sarah	WOU	15.50	_____
7	222	Lunderman, Lindsay	WWU	15.07	_____

Heat 2 of 2 Prelims

2	96	Gonzalez, Raquel	CWU	15.66	_____
3	10	Claussen, Chelsi	SMU	15.82	_____
4	285	Postlewait, Jacque	WOU	14.88	_____
5	112	McGlasson, Amber	UAA	16.72	_____
6	47	Cooley, Kelsey	SPU	16.53	_____
7	42	Bekins, Brittany	SPU	15.37	_____
8	160	Wornell, Ashley	NNU	15.44	_____

Event 11 Men 110 Meter Hurdles

Heat 1 of 2 Prelims

2	270	Herrington, Blake	WOU	16.56	_____
3	25	Zayshly, Mark	SPU	16.55	_____
4	159	Grewe, Josh	NNU	16.05	_____
5	77	Edwards, Robert	CWU	14.87	_____
6	231	Wargo, Ben	WWU	16.06	_____

Heat 2 of 2 Prelims

3	288	Massey, Lloyd	WOU	15.30	_____
4	252	Moen, Kevin	WWU	16.43	_____
5	263	Clarkson, Lee	WOU	15.66	_____
6	175	Silver, Grant	NNU	16.47	_____

Event 12 Women 400 Meter Dash

Heat 1 of 2 Prelims

2	99	Taylor, Brittany	CWU	1:02.44	_____
3	215	Thornton, Amanda	WWU	1:00.59	_____
4	83	Gius, Amanda	CWU	1:00.51	_____
5	114	Allman, Jessica	UAA	1:03.28	_____
6	118	Pearce, Mary	UAA	54.78	_____
7	63	Kaercher, Rachael	CWU	58.21	_____
8	169	Brady, Lindsay	NNU	59.24	_____

Heat 2 of 2 Prelims

2	103	Evans, Chelsea	CWU	57.90	_____
3	234	Mertens, Kathryn	WWU	1:00.74	_____
4	174	Bachmeier, Brook	NNU	59.71	_____
5	4	Pendon, Jessica	SMU	1:01.14	_____
6	101	Legard, Terran	CWU	57.66	_____
7	55	Walters, Anna	SPU	59.94	_____
8	170	Peterson, Emily	NNU	1:02.05	_____

Event 13 Men 400 Meter Dash

Heat 1 of 2 Prelims

1	185	Wheeler, Eddie	NNU	50.35	_____
2	142	Allen, Loyal	SU	51.05	_____
3	100	Brydson, Colby	CWU	49.35	_____
4	265	Samuel, Cole	WOU	51.06	_____
5	97	Velasquez, Charles	CWU	50.30	_____
6	67	Rogstad, Matt	CWU	49.15	_____
7	73	Gundel, Andy	CWU	51.48	_____
8	14	Gerry, Bryan	SMU	51.57	_____

Heat 2 of 2 Prelims

2	156	Ward, Mitch	NNU	49.99	_____
3	111	McLaughlin, James	UAA	50.35	_____
4	75	Schie, Daryl	CWU	51.11	_____
5	212	O'Connell, Matt	WWU	50.79	_____
6	282	Estep, Blake	WOU	50.20	_____
7	216	Johnson, Carl	WWU	51.07	_____
8	187	Dean, Michael	WWU	48.52	_____

Event 14 Women 100 Meter Dash

Heat 1 of 2 Prelims

1	224	Couvelier, Elsa	WWU	13.42	_____
2	21	Essien, Latasha	SPU	12.32	_____
3	118	Pearce, Mary	UAA	12.37	_____
4	62	Hood, Britany	CWU	12.98	_____
5	176	Schutte, Nicki	NNU	12.86	_____
6	165	Brediger, Christa	NNU	13.30	_____
7	262	Rosenberg, Sarajane	WOU	13.21	_____

Heat 2 of 2 Prelims

1	28	Sims, NyEma	SPU	11.90	_____
2	194	Butler, Gail	WWU	13.34	_____
3	155	Berberick, Kim	NNU	13.19	_____
4	32	Hinton, Jessica	SPU	12.54	_____
5	106	Nygaard, Kara	CWU	13.15	_____
6	258	Nash, Natalie	WOU	13.30	_____
7	246	Dimmitt, Heidi	WWU	12.63	_____

Event 15 Men 100 Meter Dash

Heat 1 of 2 Prelims

2	109	Walsh, Ryan	UAA	11.19	_____
3	293	Udell, Zeb	WOU	11.46	_____
4	121	Madrid, Michael	UAA	10.96	_____

HEAT & FLIGHT SHEETS

5	271	Threet, Joshua	WOU	11.17	_____
6	151	Keah, Tomi	SU	11.02	_____
7	30	Jewell, Ryan	SPU	11.46	_____

Heat 2 of 2 Prelims

2	119	Registe, David	UAA	11.06	_____
3	126	Grant, Brandon	UAA	11.34	_____
4	122	Walsh, Eric	UAA	10.96	_____
5	61	Demouchet, Christian	CWU	11.13	_____
6	154	Glover, Travis	SU	11.28	_____

Event 16 Women 800 Meter Run

Section 1 of 1 Timed Finals

1	37	Marsh, Jennifer	SPU	2:15.35	_____
2	137	Strachan, Kaley	UAA	2:21.24	_____
3	291	Howell, Sarah	WOU	2:13.70	_____
4	236	Scruggs-James, Susannah	WWU	2:24.37	_____
5	50	Perkins, Victoria	SPU	2:22.21	_____
6	36	Lisa, Anderberg	SPU	2:17.58	_____
7	157	Puga, Ashley	NNU	2:17.44	_____
8	13	Grover, Jennifer	SMU	2:23.07	_____
9	31	Pixler, Jessica	SPU	2:10.64	_____
10	18	Layton, Amy	SMU	2:25.29	_____
11	304	Sundvall, Jamie	NNU	2:23.57	_____

Event 17 Men 800 Meter Run

Heat 1 of 2 Prelims

1	5	Ayume, Asiki	SMU	1:57.61	_____
2	276	Banker, Troy	WOU	1:56.19	_____
3	153	Dols, Nicholas	SU	1:54.76	_____
4	226	Brancheau, Sam	WWU	1:54.49	_____
5	38	Strickler, Eddie	SPU	1:51.76	_____
6	1	Timmer, Caleb	SMU	1:56.29	_____
7	210	Cameron, Will	WWU	1:56.88	_____

Heat 2 of 2 Prelims

1	203	Lampi, Kyle	WWU	1:55.98	_____
2	266	Long, Jeff	WOU	1:56.70	_____
3	26	Gavareski, Michael	SPU	1:56.84	_____
4	123	Boyle, Mick	UAA	1:55.30	_____
5	221	Lemay, Keith	WWU	1:54.15	_____
6	189	Bies, Erik	WWU	1:52.26	_____

Event 18 Women 400 Meter Hurdles

Heat 1 of 2 Prelims

1	10	Claussen, Chelsi	SMU	1:07.73	_____
2	160	Wornell, Ashley	NNU	1:07.92	_____
3	222	Lunderman, Lindsay	WWU	1:04.20	_____
4	112	McGlasson, Amber	UAA	1:09.39	_____
5	91	Druktenis, Stephanie	CWU	1:10.78	_____
6	106	Nygaard, Kara	CWU	1:10.59	_____
7	201	Seibert, Danielle	WWU	1:09.55	_____
8	281	Barker, Sarah	WOU	1:04.50	_____

Heat 2 of 2 Prelims

2	229	Spear, Alysha	WWU	1:09.67	_____
3	258	Nash, Natalie	WOU	1:05.45	_____
4	133	Echavarria, Nathalia	UAA	1:09.31	_____
5	146	Cabebe, Courtney	SU	1:10.44	_____
6	246	Dimmitt, Heidi	WWU	1:04.14	_____
7	114	Allman, Jessica	UAA	1:08.03	_____
8	138	Tweto, Emily	UAA	1:05.79	_____

Event 19 Men 400 Meter Hurdles

Heat 1 of 2 Prelims

2	150	Sullivan, Daniel	SU	54.54	_____
3	144	Brown, Garrett	SU	56.39	_____
4	97	Velasquez, Charles	CWU	55.52	_____
5	104	Kirk, Joshua	CWU	56.99	_____
6	175	Silver, Grant	NNU	58.38	_____
7	159	Grewe, Josh	NNU	55.30	_____

Heat 2 of 2 Prelims

2	25	Zayshly, Mark	SPU	59.76	_____
3	288	Massey, Lloyd	WOU	52.90	_____
4	54	Climer, Ben	SPU	55.44	_____
5	255	minch, nick	WOU	58.50	_____
6	231	Wargo, Ben	WWU	55.49	_____
7	300	Hickey, Clint	WOU	56.52	_____
8	167	Hanson, Mark	NNU	56.76	_____

Event 20 Women 200 Meter Dash

Heat 1 of 2 Prelims

2	28	Sims, NyEma	SPU	23.99	_____
3	174	Bachmeier, Brook	NNU	25.73	_____
4	285	Postlewait, Jacque	WOU	26.43	_____
5	165	Brediger, Christa	NNU	27.32	_____
6	155	Berberick, Kim	NNU	26.51	_____
7	32	Hinton, Jessica	SPU	25.61	_____
8	62	Hood, Britany	CWU	27.06	_____

Heat 2 of 2 Prelims

2	101	Legard, Terran	CWU	25.81	_____
3	176	Schutte, Nicki	NNU	26.52	_____
4	63	Kaercher, Rachael	CWU	26.33	_____
5	21	Essien, Latasha	SPU	25.58	_____
6	169	Brady, Lindsay	NNU	26.57	_____
7	118	Pearce, Mary	UAA	24.82	_____

Event 21 Men 200 Meter Dash

Heat 1 of 2 Prelims

1	151	Keah, Tomi	SU	22.76	_____
2	187	Dean, Michael	WWU	21.98	_____
3	121	Madrid, Michael	UAA	22.29	_____
4	109	Walsh, Ryan	UAA	22.92	_____
5	154	Glover, Travis	SU	23.14	_____
6	179	Hamm, Greg	NNU	22.98	_____
7	271	Threet, Joshua	WOU	22.81	_____
8	67	Rogstad, Matt	CWU	22.22	_____

Heat 2 of 2 Prelims

1	61	Demouchet, Christian	CWU	22.18	_____
2	111	McLaughlin, James	UAA	22.88	_____
3	126	Grant, Brandon	UAA	22.86	_____
4	265	Samuel, Cole	WOU	23.13	_____
5	122	Walsh, Eric	UAA	22.57	_____
6	212	O'Connell, Matt	WWU	23.06	_____
7	119	Registe, David	UAA	22.14	_____
8	77	Edwards, Robert	CWU	22.69	_____

Event 22 Women 5000 Meter Run

1	220	Schwerdtfeger, Katrina	WWU	19:43.00	_____
2	40	Hart, Katie	SPU	18:45.28	_____
3	143	Cadelinia, Rhiannon	SU	19:25.54	_____
4	240	McDougall, Ashley	WWU	19:13.70	_____

HEAT & FLIGHT SHEETS

5	147	Yorkston, Rachel	SU	19:40.44	_____
6	129	Chepkosgei, Elizabeth	UAA	18:22.49	_____
7	110	Haydu, Anjuli	UAA	19:33.29	_____
8	207	Harshman, Marissa	WWU	19:28.36	_____
9	192	Mosich, Emily	WWU	19:54.61	_____
10	295	Rowley, Alee	WOU	18:24.00	_____
11	115	Krusen, Mary	UAA	19:41.11	_____
12	197	Olson, Amy	WWU	19:47.24	_____
13	287	Parry, Kim	WOU	19:47.08	_____
14	243	Williams, McKinley	WWU	19:17.80	_____
15	117	Carr, Laura	UAA	17:26.66	_____

Event 23 Men 5000 Meter Run

1	283	Schmidt, Mike	WOU	15:29.02	_____
2	219	Tomsich, Anthony	WWU	14:31.86	_____
3	188	Portwood, Chad	WWU	14:58.97	_____
4	116	Dickson, Aaron	UAA	14:56.54	_____
5	128	Rottich, Paul	UAA	15:04.63	_____
6	139	Alvarado, Nicholas	SU	15:40.11	_____
7	260	Karr, Nik	WOU	15:18.60	_____
8	173	Peters, Andy	NNU	15:30.44	_____
9	213	Grimes, Bennett	WWU	15:17.14	_____
10	277	Hunt, Kym	WOU	15:28.51	_____
11	3	Riak, John	SMU	14:57.81	_____
12	136	Kiplagat, David	UAA	14:24.92	_____
13	251	Medhaug, Blake	WWU	15:31.25	_____
14	22	Cronrath, Brian	SPU	15:09.00	_____
15	191	Henry, Keever	WWU	15:26.25	_____
16	23	Chad, Meis	SPU	15:29.58	_____

Event 24 Women 4x400 Meter Relay

1	Western Oregon	4:00.99	_____
1)	258 Nash, Natalie	2) 291 Howell, Sarah	3) 281 Barker, Sarah 4)
	285 Postlewait, Jacque		
2	Seattle Pacific	3:53.89	_____
1)	43 Perkins, Teona	2) 21 Essien, Latasha	3) 55 Walters, Anna 4) 32
	Hinton, Jessica		
3	Northwest Nazarene	4:02.14	_____
1)	169 Brady, Lindsay	2) 170 Peterson, Emily	3) 174 Bachmeier, Brook 4)
	157 Puga, Ashley		
4	Alaska Anchorage	4:10.60	_____
1)	114 Allman, Jessica	2) 137 Strachan, Kaley	3) 112 McGlasson, Amber 4)
	118 Pearce, Mary		
5	Saint Martin's	4:14.74	_____
1)	9 Bishop, Kaleigh	2) 2 Carlson, Krinda	3) 10 Claussen, Chelsi 4)
	19 Dunnam, Jessie		
6	Western Washington	4:04.47	_____
1)	246 Dimmitt, Heidi	2) 234 Mertens, Kathryn	3) 222 Lunderman,
	Lindsay	4) 215 Thornton, Amanda	
7	Seattle	4:31.49	_____
1)	149 Arce, Charisse	2) 146 Cabebe, Courtney	3) 143 Cadelinia,
	Rhiannon	4) 140 Martinez, Natalie	
8	Central Washington	3:54.16	_____
1)	103 Evans, Chelsea	2) 83 Gius, Amanda	3) 63 Kaercher, Rachael 4)
	101 Legard, Terran		

Event 25 Men 4x400 Meter Relay

1	Seattle	3:19.41	_____
1)	142 Allen, Loyal	2) 144 Brown, Garrett	3) 153 Dols, Nicholas 4)
	150 Sullivan, Daniel		
2	Western Oregon	3:22.72	_____
1)	265 Samuel, Cole	2) 282 Estep, Blake	3) 300 Hickey, Clint 4) 288
	Massey, Lloyd		
3	Alaska Anchorage	3:29.84	_____
1)	121 Madrid, Michael	2) 123 Boyle, Mick	3) 126 Grant, Brandon 4)
	111 McLaughlin, James		
4	Central Washington	3:20.12	_____
1)	100 Brydson, Colby	2) 97 Velasquez, Charles	3) 75 Schie, Daryl
	4) 67 Rogstad, Matt		
5	Seattle Pacific	3:25.35	_____
1)	54 Climer, Ben	2) 46 Felt, Justin	3) 38 Strickler, Eddie 4)
	26 Gavareski, Michael		
6	Northwest Nazarene	3:25.00	_____
1)	185 Wheeler, Eddie	2) 156 Ward, Mitch	3) 159 Grewe, Josh 4) 179
	Hamm, Greg		
7	Western Washington	3:18.96	_____
1)	212 O'Connell, Matt	2) 226 Brancheau, Sam	3) 189 Bies, Erik
	4) 187 Dean, Michael		
8	Saint Martin's	3:28.64	_____
1)	5 Ayume, Asiki	2) 11 Daltoso, Brian	3) 7 Gatbunton, Josh 4)
	14 Gerry, Bryan		

Event 26 Men Hammer Throw

Flight 1 of 2 Finals

1	120	Karnitz, Scott	UAA	43.60m	_____
2	183	Barclay, Zach	NNU	50.11m	_____
3	177	Heller, Cody	NNU	46.76m	_____
4	259	Marin, Anthony	WOU	56.96m	_____
5	296	Waite, Michael	WOU	36.85m	_____
6	92	Valdez, Matt	CWU	49.67m	_____
7	245	Elder, Ben	WWU	39.36m	_____
8	66	Fischer, Tyler	CWU	51.48m	_____

Flight 2 of 2 Finals

1	163	Miller, Grant	NNU	46.76m	_____
2	186	Eaton, Alex	NNU	38.68m	_____
3	135	Rencehausen, Ryan	UAA	43.35m	_____
4	76	Ostler, Mychal	CWU	42.63m	_____
5	95	Ruud, Evan	CWU	58.04m	_____
6	280	Barrett, Robert	WOU	46.97m	_____
7	172	Poe, Robert	NNU	36.83m	_____
8	158	Munsey, Andy	NNU	39.62m	_____

Event 27 Women Hammer Throw

Flight 1 of 2 Finals

1	313	Judd, Jocelyn	NNU	41.71m	_____
2	65	Tandle, Krissy	CWU	44.48m	_____
3	308	Bowman, Hannah	NNU	46.15m	_____
4	195	Rance, Erica	WWU	41.47m	_____
5	309	Rempel, Erika	NNU	42.26m	_____
6	307	Carroll, Amy	NNU	46.99m	_____

Flight 2 of 2 Finals

1	310	Little, Courtney	NNU	39.75m	_____
2	94	Scherer, Becky	CWU	41.37m	_____
3	64	McWeeny, Alison	CWU	42.49m	_____
4	290	Freed, Sabrina	WOU	51.91m	_____
5	235	Taylor, Katie	WWU	43.43m	_____

HEAT & FLIGHT SHEETS

Event 28 Men Javelin Throw

1	279	Zwiefelhofer, Eric	WOU	48.54m	_____
2	68	Wells, Ian	CWU	61.66m	_____
3	286	Hutchinson, Mat	WOU	52.99m	_____
4	278	Wall, Ryan	WOU	53.22m	_____
5	141	Jahner, Brock	SU	49.00m	_____
6	85	Acock, Chad	CWU	58.00m	_____
7	71	Ingman, Michael	CWU	62.05m	_____
8	95	Ruud, Evan	CWU	53.06m	_____
9	98	Harris, Loren	CWU	54.47m	_____

Event 29 Women Javelin Throw

Flight 1 of 2 Finals

1	218	Gruszecki, Monica	WWU	44.76m	_____
2	82	McMeel, Katie	CWU	44.49m	_____
3	64	McWeeny, Alison	CWU	33.66m	_____
4	171	Merrell, Amanda	NNU	34.24m	_____
5	24	Barnes, Molly	SPU	44.88m	_____
6	289	Mead, Kaitlin	WOU	33.88m	_____

Flight 2 of 2 Finals

1	257	Harsin, Angela	WOU	37.09m	_____
2	195	Rance, Erica	WWU	37.98m	_____
3	311	Elwell, Sarah	NNU	34.87m	_____
4	35	Janney, Kristin	SPU	37.13m	_____
5	294	Glavin, Chelsea	WOU	39.60m	_____
6	241	Howe, Liz	WWU	37.49m	_____

Event 30 Men Long Jump

1	46	Felt, Justin	SPU	6.93m	_____
2	56	Goodwin, Christian	CWU	6.33m	_____
3	293	Udell, Zeb	WOU	6.71m	_____
4	273	Wegner, Robert	WOU	6.75m	_____
5	209	Denton, Allan	WWU	6.65m	_____
6	274	Buckmier, Jason	WOU	6.53m	_____
7	119	Registe, David	UAA	7.42m	_____
8	60	Elmo, Adrian	CWU	6.51m	_____

Event 31 Women Long Jump

Flight 1 of 2 Finals

1	87	Quick, Susan	CWU	4.73m	_____
2	28	Sims, NyEma	SPU	5.14m	_____
3	59	Spear, Anjuli	CWU	5.07m	_____
4	211	Bascom, Kim	WWU	5.30m	_____
5	171	Merrell, Amanda	NNU	5.37m	_____
6	96	Gonzalez, Raquel	CWU	4.71m	_____

Flight 2 of 2 Finals

1	272	Plypick, Taryn	WOU	5.27m	_____
2	134	Brady, Kim	UAA	5.37m	_____
3	262	Rosenberg, Sarajane	WOU	5.20m	_____
4	227	Miller, Christy	WWU	5.14m	_____
5	194	Butler, Gail	WWU	5.10m	_____
6	285	Postlewait, Jacque	WOU	5.40m	_____

Event 32 Men Pole Vault

1	180	Sneed, Andrew	NNU	4.00m	_____
2	20	Jorgensen, Joshua	SPU	4.11m	_____
3	293	Udell, Zeb	WOU	4.90m	_____
4	217	Thornbrue, Tyler	WWU	4.75m	_____
5	58	McCoy, Scott	CWU	4.50m	_____
6	181	Larson, Jerad	NNU	4.25m	_____

7	168	Blackstead, Justin	NNU	3.90m	_____
8	279	Zwiefelhofer, Eric	WOU	4.00m	_____
9	141	Jahner, Brock	SU	4.06m	_____
10	250	Lucke, Bryan	WWU	4.60m	_____

Event 33 Women Pole Vault

1	164	Rice, Kristi	NNU	3.20m	_____
2	39	Lundsten, Tracie	SPU	3.55m	_____
3	146	Cabebe, Courtney	SU	2.97m	_____
4	199	Ehlers, Sara	WWU	2.80m	_____
5	223	Clarke, Camille	WWU	3.20m	_____
6	70	Fredrickson, Brianna	CWU	2.85m	_____
7	166	Usabel, MJ	NNU	3.05m	_____
8	184	Printz, Mary	NNU	3.05m	_____
9	248	Stone, Julie	WWU	2.95m	_____
10	80	Amos, Haley	CWU	3.20m	_____
11	193	Ziegler, Erica	WWU	2.80m	_____
12	227	Miller, Christy	WWU	3.50m	_____
13	254	Wulfekuhle, Jamie	WWU	2.95m	_____
14	52	Anderson, Monica	SPU	3.70m	_____
15	306	Elzinger, Karina	NNU	2.90m	_____

Event 34 Women High Jump

1	107	Rose, Amanda	CWU	1.52m	_____
2	138	Tweto, Emily	UAA	1.64m	_____
3	239	Cook, Clara	WWU	1.68m	_____
4	160	Wornell, Ashley	NNU	1.68m	_____
5	170	Peterson, Emily	NNU	1.65m	_____
6	285	Postlewait, Jacque	WOU	1.67m	_____
7	272	Plypick, Taryn	WOU	1.70m	_____
8	184	Printz, Mary	NNU	1.55m	_____
9	145	Becker, Mara	SU	1.52m	_____
10	43	Perkins, Teona	SPU	1.75m	_____
11	47	Cooley, Kelsey	SPU	1.59m	_____
12	196	Cox, Lindsey	WWU	1.55m	_____
13	202	Josephson, Jenny	WWU	1.52m	_____
14	59	Spear, Anjuli	CWU	1.50m	_____

Event 35 Men High Jump

1	72	Bailey, Cameron	CWU	2.01m	_____
2	244	Geist, Peter	WWU	1.98m	_____
3	293	Udell, Zeb	WOU	1.93m	_____
4	8	Richardson, Bill	SMU	1.98m	_____
5	178	Covey, Chris	NNU	1.85m	_____
6	108	Hamilton, Jonathan	CWU	1.90m	_____
7	93	Flora, Tyler	CWU	1.80m	_____
8	60	Elmo, Adrian	CWU	1.85m	_____
9	132	Draper, Eric	UAA	2.00m	_____
10	273	Wegner, Robert	WOU	1.93m	_____

Event 36 Men Shot Put

Flight 1 of 2 Finals

1	95	Ruud, Evan	CWU	13.77m	_____
2	198	Kayhan, Dincer	WWU	13.79m	_____
3	280	Barrett, Robert	WOU	14.24m	_____
4	66	Fischer, Tyler	CWU	12.45m	_____
5	245	Elder, Ben	WWU	13.41m	_____
6	88	Neel, Cameron	CWU	16.83m	_____
7	183	Barclay, Zach	NNU	13.93m	_____
8	259	Marin, Anthony	WOU	14.04m	_____

HEAT & FLIGHT SHEETS

Flight 2 of 2 Finals

1	177	Heller, Cody	NNU	13.56m	_____
2	163	Miller, Grant	NNU	13.56m	_____
3	135	Rencehausen, Ryan	UAA	13.43m	_____
4	253	Varkevisser, Brandon	WWU	13.95m	_____
5	158	Munsey, Andy	NNU	12.71m	_____
6	296	Waite, Michael	WOU	12.21m	_____
7	242	Michaelson, Bryant	WWU	12.70m	_____
8	92	Valdez, Matt	CWU	15.22m	_____

Event 37 Men Triple Jump

1	60	Elmo, Adrian	CWU	13.55m	_____
2	56	Goodwin, Christian	CWU	13.04m	_____
3	179	Hamm, Greg	NNU	13.92m	_____
4	268	Reisnaur, Tyler	WOU	13.51m	_____
5	1	Timmer, Caleb	SMU	12.82m	_____
6	72	Bailey, Cameron	CWU	13.57m	_____
7	190	Gaddy, Nick	WWU	12.50m	_____
8	270	Herrington, Blake	WOU	13.12m	_____

Event 38 Women Triple Jump

1	59	Spear, Anjuli	CWU	10.35m	_____
2	171	Merrell, Amanda	NNU	11.00m	_____
3	134	Brady, Kim	UAA	10.85m	_____
4	206	Morrison, Lydia	WWU	10.37m	_____
5	211	Bascom, Kim	WWU	11.55m	_____
6	275	Rau, Ashley	WOU	9.82m	_____
7	107	Rose, Amanda	CWU	10.95m	_____
8	262	Rosenberg, Sarajane	WOU	11.30m	_____
9	227	Miller, Christy	WWU	10.83m	_____

Event 39 Men Discus Throw

Flight 1 of 2 Finals

1	245	Elder, Ben	WWU	43.81m	_____
2	230	Skogsberg, Nik	WWU	37.45m	_____
3	135	Rencehausen, Ryan	UAA	39.25m	_____
4	76	Ostler, Mychal	CWU	40.59m	_____
5	183	Barclay, Zach	NNU	37.61m	_____
6	66	Fischer, Tyler	CWU	46.93m	_____
7	163	Miller, Grant	NNU	44.32m	_____

Flight 2 of 2 Finals

1	259	Marin, Anthony	WOU	44.57m	_____
2	95	Ruud, Evan	CWU	45.62m	_____
3	92	Valdez, Matt	CWU	43.19m	_____
4	124	Pedro, Lucas	UAA	40.47m	_____
5	242	Michaelson, Bryant	WWU	40.90m	_____
6	88	Neel, Cameron	CWU	51.34m	_____
7	177	Heller, Cody	NNU	42.79m	_____
8	250	Lucke, Bryan	WWU	38.15m	_____

Event 40 Women Discus Throw

Flight 1 of 2 Finals

1	94	Scherer, Becky	CWU	41.28m	_____
2	148	Currier, Lindsay	SU	41.87m	_____
3	290	Freed, Sabrina	WOU	36.47m	_____
4	65	Tandle, Krissy	CWU	41.95m	_____
5	307	Carroll, Amy	NNU	38.93m	_____
6	57	Afoa, Shaina	CWU	36.67m	_____

Flight 2 of 2 Finals

1	292	Humphrey, Kristin	WOU	34.35m	_____
2	130	Bell, Corena	UAA	36.23m	_____
3	204	Sadler, Chelsea	WWU	35.48m	_____
4	312	Breighner, Marci	NNU	36.09m	_____
5	195	Rance, Erica	WWU	40.17m	_____
6	127	Houston, Jessica	UAA	40.73m	_____

Event 41 Women Shot Put 9 to Finals

Flight 1 of 2 Finals

1	297	Lynch, Chevonna	WOU	12.71m	_____
2	290	Freed, Sabrina	WOU	11.70m	_____
3	148	Currier, Lindsay	SU	11.20m	_____
4	307	Carroll, Amy	NNU	12.78m	_____
5	94	Scherer, Becky	CWU	11.81m	_____
6	313	Judd, Jocelyn	NNU	11.01m	_____
7	130	Bell, Corena	UAA	11.01m	_____

Flight 2 of 2 Finals

1	127	Houston, Jessica	UAA	14.00m	_____
2	204	Sadler, Chelsea	WWU	11.31m	_____
3	171	Merrell, Amanda	NNU	10.96m	_____
4	292	Humphrey, Kristin	WOU	10.90m	_____
5	65	Tandle, Krissy	CWU	13.73m	_____
6	57	Afoa, Shaina	CWU	12.14m	_____



SPU's Jessica Pixler has the best time this season in the GNAC in the 800, 1500 and 3000.

2007 GNAC BEST PERFORMANCES

WOMEN

100 Meters	11.90	NyEma Sims, Seattle Pacific
200 Meters	23.99	NyEma Sims, Seattle Pacific
400 Meters	54.78	Mary Pierce, Alaska Anchorage
800 Meters	2:10.64	Jessica Pixler, Seattle Pacific
1500 Meters	4:19.81	Jessica Pixler, Seattle Pacific
3000 Meters	9:37.41	Jessica Pixler, Seattle Pacific
5000 Meters	17:26.66	Laura Carr, Alaska Anchorage
10,000 Meters	39:00.9	Alee Rowley, Western Oregon
3000 Meter Steeplechase	11:03.73	Karin Rohde, Seattle Pacific
100 Meter Hurdles	14.88	Jacque Postlewait, Western Oregon
400 Meter Hurdles	1:04.14	Heidi Dimmitt, Western Washington
4x100 Meter Relay	48.12	Seattle Pacific
4x400 Meter Relay	3:53.89	Seattle Pacific



SIMS

High Jump	1.75 (5-9)	Teona Perkins, Seattle Pacific
Pole Vault	3.70 (12-1 1/2)	Monica Anderson, Seattle Pacific
Long Jump	5.40(17-8 1/2)	Jacque Postlewait, Western Oregon
Triple Jump	11.55(37-10 3/4)	Kim Bascom, Western Washington
Discus	41.95 (137-7)	Krissy Tandle, Central Washington
Hammer	51.91 (170-4)	Sabrina Freed, Western Oregon
Javelin	45.83 (150-4)	Brittany Bekins, Seattle Pacific
Shot Put	14.00 (45-11 1/4)	Jessica Houston, Alaska Anchorage
Heptathlon	4,944	Brittany Bekins, Seattle Pacific



PERKINS

MEN

100 Meters	10.86	Michael Dean, Western Washington
200 Meters	21.98	Michael Dean, Western Washington
400 Meters	48.52	Michael Dean, Western Washington
800 Meters	1:51.73	Eddie Strickler, Seattle Pacific
1500 Meters	3:52.93	Brian Cronrath, Seattle Pacific
3000 Meters*	8:34.13	John Riak, Saint Martin's
5000 Meters	14:24.92	David Kiplagat, Alaska Anchorage
10,000 Meters	30:56.34	John Riak, Saint Martin's
3000 Meter Steeplechase	9:12.29	Sam Brancheau, Western Washington
110 Meter Hurdles	14.87	Robert Edwards, Central Washington
400 Meter Hurdles	52.90	Lloyd Massey, Western Oregon
4x100 Meter Relay	42.09	Central Washington
4x400 Meter Relay	3:18:96	Western Washington



DEAN

High Jump	2.01 (6-7)	Cameron Bailey, Central Washington
Pole Vault	4.90 (16-0 3/4)	Zeb Udell, Western Oregon
Long Jump	7.42 (24-4 1/4)	David Registe, Alaska Anchorage
Triple Jump	13.92 (45-8)	Greg Hamm, Northwest Nazarene
Discus	51.34 (168-5)	Cameron Neel, Central Washington
Hammer	58.04 (190-5)	Evan Ruud, Central Washington
Javelin	62.05 (203-7)	Michael Ingman, Central Washington
Shot Put	16.83 (55-2 3/4)	Cameron Neel, Central Washington
Decathlon	6,358	Zeb Udell, Western Oregon



NEEL

* - Not a post-season event.

GNAC RECORD BOOK - ALL MEETS

WOMEN

100 Meters	11.90	Nyema Sims, Seattle Pacific (2007)
200 Meters	23.99	Nyema Sims, Seattle Pacific (2007)
400 Meters	54.20	Mary Pearce, Alaska Anchorage (2006)
800 Meters	2:08.41	Sarah Kraybill, Seattle Pacific (2003)
1500 Meters	4:19.81	Jessica Pixler, Seattle Pacific (2007)
3000 Meters	9:37.41	Jessica Pixler, Seattle Pacific (2007)
5000 Meters	16:59.08	Ashlee Vincent, Western Washington (2003)
10,000 Meters	34:08.64	Karen Dickson, Seattle Pacific (2005)
3000 Meter Steeplechase	10:36.95	Kelly Fullerton, Seattle (2004)
100 Meter Hurdles	13.70	Danielle Ayers-Stamper, Seattle Pacific (2005)
400 Meter Hurdles	1:01.24	Jawea Harder, Seattle Pacific (2002)
4x100 Meter Relay	47.58	Western Oregon (2005)
4x400 Meter Relay	3:51.03	Seattle Pacific (2004)
High Jump	1.75(5-9)	Teona Perkins, Seattle Pacific (2007)
Pole Vault	3.76 (12-4)	Ally Studer, Seattle Pacific (2003)
Long Jump	5.99 (19-8)	Stephanie Huffman, Seattle Pacific (2002)
Triple Jump	11.84 (38-10 ¼)	Shelley Comstock, Western Oregon (2002)
Discus	50.52 (165-9)	Jessica Houston, Alaska Anchorage (2005)
Hammer	56.27 (184-7)	Jennifer Dunkin, Western Oregon (2003)
Javelin	48.86 (160-4)	Katie McMeel, Central Washington (2006)
Shot Put	14.44 (47-4 ½)	Dionna Anderson, Seattle Pacific (2002)
Heptathlon	5,606	Danielle Ayers-Stamper, Seattle Pacific (2005)

MEN

100 Meters	10.51	Mike Hinshaw, Western Oregon (2003)
200 Meters	21.11	Mike Hinshaw, Western Oregon (2002)
400 Meters	48.24	Isaac Frederick, Western Oregon(2003)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1500 Meters	3:50.18	Nathan Carlson, Saint Martin's (2005)
5000 Meters	14:24.92	David Kipligat, Alaska Anchorage (2007)
10,000 Meters	30:21.65	Sean Rivers, Alaska Anchorage (2002)
3000 Meter Steeplechase	8:58.62	Jason Walker, Humboldt State (2002)
110 Meter Hurdles	14.54	Damien Davis, Western Oregon (2003)
400 Meter Hurdles	52.90	Lloyd Massey, Western Oregon (2007)
4x100 Meter Relay	41.48	Western Oregon (2003)
4x400 Meter Relay	3:14.67	Western Oregon (2003)
High Jump	2.07 (6-9 1/2)	Eric Draper, Alaska Anchorage (2006)
Pole Vault	5.10 (16-8 ¾)	Justin Miller, Humboldt State (2002)
Long Jump	7.69 (25-2 ¾)	Jamil Wynn, Western Oregon (2002)
Triple Jump	15.21 (49-11)	Justin Lawrence, Central Washington (2005)
Discus	53.47 (175-5)	Cameron Neel, Central Washington (2006)
Hammer	62.89 (206-4)	Pro Escobedo, Western Oregon (2003)
Javelin	64.69 (212-3)	James Thomas, Northwest Nazarene (2002)
Shot Put	17.63 (57-10 1/4)	Cameron Neel, CWU (2006)
Decathlon	7.872	Chris Randolph, Seattle Pacific (2006)

GNAC RECORD BOOK - CONFERENCE MEET

WOMEN

100 Meters	12.26	Bonnie Galloway, Western Oregon (2005); Hand-Held - 12.0, Jody Binder, Central Washington (2002)
200 Meters	25.08	Mary Pearce, Alaska Anchorage (2006)
400 Meters	55.65	Mary Pearce, Alaska Anchorage (2006)
800 Meters	2:12.921	Sarah Kraybill, Seattle Pacific (2002)
1500 Meters	4:31.84	Alicen Maier, Central Washington (2002)
3000 Meters	10:06.86	Alicen Maier, Central Washington (2002)
5000 Meters	17:24.11	Mandy Kaempf, Alaska Anchorage (2006)
10,000 Meters	37:31.43	Ellie Enos, Western Oregon (2002)
3000 Meter Steeplechase	11:09.21	Karin Rohde, Seattle Pacific (2006)
100 Meter Hurdles	13.82	Danielle Ayers-Stamper, Seattle Pacific (2005)
400 Meter Hurdles	1:02.43	Jawea Harder, Seattle Pacific (2002)
4x100 Meter Relay	47.73	Western Oregon (2005)
4x400 Meter Relay	3:51.83	Central Washington (2006)
High Jump	1.74(5-8 1/2)	Danelle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.76 (12-4)	Ally Studer, Seattle Pacific (2003)
Long Jump	5.81 (19-0 3/4)	Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump	11.58 (38-0)	Kim Bascon, Western Washington (2006)
Discus	45.52 (149-4)	Jessica Telleria, Western Washington (2006)
Hammer	54.51 (178-10)	Audrey Oswald, Humboldt State (2006)
Javelin	45.21 (148-4)	Stephanie Huffman, Seattle Pacific (2002)
Shot Put	13.55 (44-5 1/2)	Dionna Anderson, Seattle Pacific (2002)
Heptathlon	5,053	Bridget Johnson, Western Oregon (2006)

MEN

100 Meters	10.51	Mike Hinshaw, Western Oregon (2003)
200 Meters	21.37	Isaac Frederick, Western Oregon (2003)
400 Meters	48.24	Isaac Frederick, Western Oregon(2003)
800 Meters	1:49.31	Paul Mach, Seattle Pacific (2005)
1500 Meters	3:53.82	Nathan Carlson, Saint Martin's (2005)
5000 Meters	14:55.75	Jasper Peach, Humboldt State (2006)
10,000 Meters	31:22.80	Sam Scotchmer, Central Washington (2005)
3000 Meter Steeplechase	9:08.2	Ethan Barrons, Western Oregon (2005)
110 Meter Hurdles	14.78	Damien Davis, Western Oregon (2003)
400 Meter Hurdles	52.91	Paul Mach, Seattle Pacific (2003)
4x100 Meter Relay	41.72	Central Washington (2006)
4x400 Meter Relay	3:15.91	Central Washington (2006)
High Jump	2.07 (6-9 1/2)	Eric Draper, Alaska Anchorage (2006)
Pole Vault	4.81 (15-9 1/4)	Spike Olsen, Western Oregon (2003)
Long Jump	7.05 (23-1 3/4)	Justin Lawrence, Central Washington (2002)
Triple Jump	15.00 (49-2 1/2)	Justin Lawrence, Central Washington (2003)
Discus	51.38 (168-7)	Isaiah Haines, Western Oregon (2003)
Hammer	59.95 (196-8)	Pro Escobedo, Western Oregon (2003)
Javelin	62.20 (204-1)	Justin Brewer,, Western Washington (2005)
Shot Put	16.97 (55-8 1/4)	Cameron Neel, CWU (2005)
Decathlon	6,574	Josh Freeman, Western Washington (2005)

GNAC CHAMPIONSHIP HISTORY

Men

Team Champion

2002	Western Oregon	206 ½
2003	Western Oregon	259 ½
2004	Western Oregon	253 ½
2005	Western Washington	221
2006	Central Washington	222

Athlete of the Year

2002	Jason Walker, Humboldt State
2003	Pro Escobedo, Western Oregon
2004	Chris Randolph, Seattle Pacific Justin Lawrence, Central Washington
2005	Chris Randolph, Seattle Pacific
2006	Chris Randolph, Seattle Pacific

Newcomer-of-the-Year

2002	Jamil Wynn, Western Oregon
2003	Isaac Frederick, Western Oregon
2004	Josh Timmer, Saint Martin's
2005	Cameron Neel, Central Washington
2006	Eric Draper, Alaska Anchorage

Freshman-of-the-Year

2002	Jamil Wynn, Western Oregon
2003	Chris Randolph, Seattle Pacific
2004	Sam Hobbs, Western Oregon
2005	Kyle McGillen, Western Washington
2006	David Kiplagat, Alaska Anchorage

Outstanding Performer (Conference Meet)

2002	Mike Hinshaw, Western Oregon
2003	Isaac Frederick, Western Oregon
2004	Isaac Frederick, Western Oregon
2005	Adam Neff, Western Washington
2006	Cresap Watson, Central Washington

Coach-of-the-Year

2002	John Knight, Western Oregon
2003	John Knight, Western Oregon
2004	Mike Johnson, Western Oregon
2005	PeeWee Halsell, Western Washington
2006	Kevin Adkisson, Central Washington

Women

Team Champion

2002	Seattle Pacific	226
2003	Western Oregon	210 ½
2004	Western Oregon	231 ½
2005	Western Oregon	217 ½
2006	Seattle Pacific	203

Athlete of the Year

2002	Stephanie Huffman, Seattle Pacific
2003	Danielle Ayers-Stamper, Seattle Pacific
2004	Kelly Fullerton, Seattle
2005	Danielle Ayers-Stamper, Seattle Pacific
2006	Katie McMeel, Central Washington

Newcomer-of-the-Year

2002	Leah Wiist, Seattle Pacific
2003	None selected
2004	Kelly Legard, Central Washington
2005	Bonnie Galloway, Western Oregon
2006	Mary Pearce, Alaska Anchorage

Freshman-of-the-Year

2002	Ashlee Vincent, Western Washington
2003	Danielle Ayers-Stamper, Seattle Pacific
2004	Jennifer Marsh, Seattle Pacific
2005	Kelsey Cooley, Seattle Pacific
2006	Clara Cook, Western Washington Ashley Puga, Northwest Nazarene

Outstanding Performer (Conference Meet)

2002	Stephanie Huffman, Seattle Pacific
2003	Sarah Kraybill, Seattle Pacific
2004	Monica Smith, Western Oregon
2005	Monica Smith, Western Oregon Danielle Ayers-Stamper, Seattle Pacific
2006	Mary Pearce, Alaska Anchorage

Coach-of-the-Year

2002	Jack Hoyt, Seattle Pacific
2003	John Knight, Western Oregon
2004	Mike Johnson, Western Oregon
2005	Mike Johnson, Western Oregon
2006	Karl Lerum, Seattle Pacific