



# Fifth Annual GNAC Indoor Track and Field Championships

Monday, Feb. 18, 2008 at Nampa, Idaho  
Jackson's Track at the Idaho Center Sports Complex



\$5 Adults  
\$3 Students  
Under 12 Free

Program Price  
**\$1**



Hosted by  
Northwest Nazarene University

### Meet Schedule

<u>Time</u>	<u>Event</u>	<u>Round</u>
9:00 AM	Women's Shot Put	Finals
9:00 AM	Women's High Jump	Finals
10:00 AM	Women's Pole Vault / Men to Follow	Finals
10:00 AM	Men's Long Jump	Finals
10:30 AM	Women's Long Jump	Finals
10:30 AM	Men's Weight Throw / Women To Follow	Finals
Noon	Men's Triple Jump	Finals
12:30 PM	Women's Triple Jump	Finals
1:45 PM	Men's Shot Put	Finals
1:45 PM	Men's High Jump	Finals

<u>Time</u>	<u>Event</u>	<u>Round</u>
11:00 AM	Women's 60 Meter Hurdles	Semi
11:15 AM	Men's 60 Meter Hurdles	Semi
11:30 AM	Women's 60 Meter Dash	Semi
11:40 AM	Men's 60 Meter Dash	Semi
Noon	Women's Mile Run	Finals
12:20 PM	Men's Mile Run	Finals
12:35 PM	Women's 60 Meter Hurdles	Finals
12:45 PM	Men's 60 Meter Hurdles	Finals
1:00 PM	Women's 400 Meter Run	Finals
1:15 PM	Men's 400 Meter Run	Finals
1:25 PM	Women's 60 Meter Dash	Finals
1:30 PM	Men's 60 Meter Dash	Finals
1:40 PM	Women's 800 Meter Run	Finals
1:50 PM	Men's 800 Meter Run	Finals
2:00 PM	Women's 200 Meter Dash	Finals
2:10 PM	Men's 200 Meter Dash	Finals
2:20 PM	Women's 5000 Meter Run	Finals
2:45 PM	Men's 5000 Meter Run	Finals
3:05 PM	Women's 4x400 Meter Relay	Finals
3:15 PM	Men's 4x400 Meter Relay	Finals
3:25 PM	Women's Distance Medley Relay	Finals
3:40 PM	Men's Distance Medley Relay	Finals
4:00 PM	Team Awards	

# GENERAL MEET INFORMATION

## Admission

General admission tickets will be sold at the Southwest door. Prices will be \$5.00 for adults, \$3.00 for students. Children under 12 will be admitted free.

## Clothing Concessions

GNAC Championship t-shirts, sweatshirts, and other apparel are available at the conference's E-Store ([www.gnacsports.com](http://www.gnacsports.com))

## First Call

First call for track events will be 20 minutes before the event. **Final Call** will be 10 minutes prior to the event. All athletes should be checked in at this time.

## Starting Heights and Increments

Starting heights as determined by Standards Committee are listed on Page 10 of your program.

## Scoring

Scoring in individual events and the relays will be 10, 8, 6, 5, 4, 3, 2, 1.

## Results and Awards

Results will be posted during the meet on-site and will also be available on the GNAC web site ([www.gnacsports.com](http://www.gnacsports.com)). Individual results will be presented during the meet. Team awards will be presented at the end of the meet. Photos will be posted on conference web site.



**RICH SANDERS**  
Meet Director  
Northwest Nazarene AD



**PEE WEE HALSELL**  
Track and Field Chair  
Western Washington



On The Web  
[www.gnacsports.com](http://www.gnacsports.com)

# TEAM PROFILES



## CENTRAL WASHINGTON UNIVERSITY

**Location:** Ellensburg, WA  
**Enrollment:** 9,418  
**President:** Dr. Jerilyn McIntyre  
**Year Founded:** 1891  
**School Colors:** Crimson and Black

**Athletic Director:** Jack Bishop  
**Head Coach:** Kevin Adkisson  
**Assistants:** Chris Baumgartner, Terran Legard, Julian Trevino



### Men

William Basham  
 Colby Brydson  
 Nick Collins  
 Corey Cronkhite  
 Roy Erhart  
 Tyler Fischer  
 Christian Goodwin  
 Jonathan Hamilton  
 Tom Johnson  
 Scott McCoy  
 Joseph Nelson  
 Lionel Orji

**Cl. Hometown**  
 Fr. Tacoma, WA  
 So. Covington, WA  
 Jr. Zillah, WA  
 Jr. Puyallup, WA  
 Fr. Hoquiam, WA  
 So. Cashmere, WA  
 Sr. Chimacum, WA  
 So. North Pole, AK  
 So. Seattle, WA  
 Sr. Hoquiam, WA  
 Fr. Lyle, WA  
 So. Federal Way, WA

Mychal Ostler  
 Michael Pankiewicz  
 Brian Rockenbach  
 Matt Rogstad  
 Matt Valdez  
 Charles Velasquez

### Women

Haley Amos  
 Mary Bakeman  
 Sarah Benson  
 Stephanie Druktenis  
 Chelsea Evans

**Cl. Hometown**  
 So. Stevenson, WA  
 Sr. Mukilteo, WA  
 Sr. Snohomish, WA  
 Jr. Yakima, WA  
 Jr. Toppenish, WA  
 Sr. Yakima, WA  
 Sr. Cowiche, WA  
 So. Whidbey Island, WA  
 Sr. Kent, WA  
 Sr. Bellevue, WA  
 Sr. Yakima, WA

Raquel Gonzalez  
 Britany Hood  
 Rachael Kaercher  
 Alison McWeeny  
 Marcie Mullen  
 Kara Nygard  
 Amanda Rose  
 Becky Scherer  
 Caiti Schmitz  
 Mary Seidler  
 Jordan Stueckle  
 Tisha Wells

So. Ellensburg, WA  
 Jr. Mossyrock, WA  
 Jr. Shelton, WA  
 So. Auburn, WA  
 Jr. Lyman, WA  
 Sr. Wenatchee, WA  
 So. Chehalis, WA  
 Jr. Lake Forest Park  
 Fr. Cowiche, WA  
 So. Goodyear, AZ  
 Fr. Selah, WA  
 Fr. Lakewood, WA

## NORTHWEST NAZARENE UNIVERSITY



**Location:** Nampa, ID  
**Enrollment:** 1,755  
**President:** Dr. Richard A. Hagood  
**Year Founded:** 1913  
**School Colors:** Red, Black and White

**Athletic Director:** Rich Sanders  
**Head Coach:** John Spatz  
**Assistants:** Ben Gall, Scott Kinnaman, Dustin Ainsworth, Jake Perry, Rebekah Bowman, Andy Peters



### Men

Zach Barclay  
 Dallas Beaty  
 Seth Clark  
 Alex Eaton  
 Diego Estrada  
 Jordan Fenters  
 Kyle Gray  
 Josh Grewe  
 Greg Hamm  
 Mark Hanson  
 Josh Heidegger  
 Jess Keys  
 Kevin Lambert  
 Jerad Larson

**Yr. Hometown**  
 Jr. Meridian, ID  
 Jr. Salem, OR  
 So. Grangeville, ID  
 So. Craigmont, ID  
 Fr. Castleford, ID  
 Fr. Klamath Falls, OR  
 Jr. San Diego, CA  
 Jr. Spokane, WA  
 Sr. Hermiston, OR  
 So. Nampa, ID  
 Fr. Jacksonville, OR  
 Fr. Sweet Home, OR  
 Sr. Boise, ID  
 Jr. Meridian, ID

Grant Miller  
 Ben Shea  
 Matt Stark  
 Mitch Ward  
 Eric Zwiefelhofer  
**Women**  
 Jamie Beaty  
 Maycee Bekkedahl  
 Lindsay Brady  
 Christa Brediger  
 Amy Carroll  
 Elisa Decker  
 Hannah Dine-Aubert  
 Karina Elzinga

**Yr. Hometown**  
 So. Vancouver, WA  
 So. Wenatchee, WA  
 Fr. Meridian, ID  
 So. Nampa, ID  
 So. Hermiston, OR  
 Jr. Jefferson, OR  
 Fr. Nampa, ID  
 So. Boise, ID  
 So. Shoreline, WA  
 Sr. Billings, MT  
 Fr. Vancouver, WA  
 Fr. Sweet Home, OR  
 So. Salmon, ID

Kelsey Hettman  
 Chelsey Jones  
 Annie Larlee  
 Alycia Link  
 Courtney Little  
 Lysie Powers  
 Ashley Puga  
 Jaclyn Puga  
 Miriam Reardon  
 Kristi Rice  
 Nichole Schutte  
 Shayna Shute  
 Latoya Tidwell  
 M.J. Usabel  
 Laura VonArx

So. Auburn, WA  
 So. Sunnyside, WA  
 Fr. Maupin, OR  
 Jr. Nampa, ID  
 Jr. Othello, WA  
 So. Spirit Lake, ID  
 Jr. Meridian, ID  
 Fr. Meridian, ID  
 So. Grangeville, ID  
 So. Shelton, WA  
 Jr. Nampa, ID  
 Fr. Vancouver, WA  
 Fr. Tacoma, WA  
 So. Marsing, ID  
 So. Hermiston, OR

# TEAM PROFILES



## MONTANA STATE UNIVERSITY BILLINGS

**Location:** Billings, MT  
**Enrollment:** 4,799  
**President:** Dr. Ronald P. Sexton  
**Year Founded:** 1927  
**School Colors:** Navy and Gold

**Athletic Director:** Dr. Gary Gray  
**Head Coach:** Dave Coppock  
**Assistants:** Sarah Lord, Jimmy Beal, Dan Biehl, Dennis Johnson



### Men

Luke Barrett  
 Ryan Ceynar  
 Nathan Diede  
 Jade Haynie  
 James Hopkins  
 Nick Kesler  
 Deshawn Lewis  
 Kelley Miller

<b>Yr.</b>	<b>Hometown</b>	Richie Pemberton
Fr.	Whitehall, MT	Jarred Rensvold
Fr.	Glendive, MT	Kyle Richards
Fr.	Lambert, MT	Nathan Satran
Fr.	Billings, MT	Noah Vallincourt
So.	Helena, MT	
Fr.	Billings, MT	<b>Women</b>
Fr.	Judith Gap, MT	Amanda Baum
Fr.	Glendive, MT	Kelsee Clark

Sr.	Manhattan, MT	Britney Derhak	So.	Billings, MT
Sr.	Wolf Point, MT	Lexi Halvorson	Fr.	Billings, MT
So.	Whitehall, MT	Sarah Jackson	Fr.	Bozeman, MT
Fr.	Forsyth, MT	Micah Merrill-Johnson	Jr.	Salt Lake City, UT
So.	Roseville, CA	Katie Thiel	Fr.	Powell, WY
		Kacie Vanderloos	Fr.	Hysham, MT
		Malori Woodford	Fr.	Mosby, MT

<b>Cl.</b>	<b>Hometown</b>
Fr.	Winston, MT
Fr.	Geraldine, MT



## SAINT MARTIN'S UNIVERSITY

**Location:** Lacey, WA  
**Enrollment:** 1,200  
**President:** Dr. Douglas M. Astolfi  
**Year Founded:** 1895

**School Colors:** Red and White  
**Athletic Director:** Bob Grisham  
**Head Coach:** Julie Sullivan  
**Assistants:** Richard LaLonde, Andy Prentice, Hal L. Werner



### Women

Josh Gatbunton  
 Bryan Gerry  
 Michael Grosso  
 Nick Harvey  
 Steven Lalonde  
 Jacob Loquvam  
 Tris Obluck  
 Joshua Puckett

<b>Yr.</b>	<b>Hometown</b>	John Riak
So.	Lakewood, WA	Mike Vavricka
Jr.	Lacey, WA	Sam Washington
Fr.	Tacoma, WA	
Fr.	Olympia, WA	<b>Women</b>
Sr.	Centralia, WA	Ninalynn Benitez
Fr.	Lacey, WA	Kaleigh Bishop
Sr.	Mukowanago, WI	Jillian Blake
Fr.	Port Orchard, WA	

Jr.	Lacey, WA	Helen Camden	Fr.	Yakima, WA
Fr.	Yakima, WA	Krinda Carlson	So.	Pateros, WA
Fr.	Tacoma, WA	Chelsi Claussen	Sr.	Shelton, WA
		Jessie Dunnam	S.	Kelso, WA
<b>Yr.</b>	<b>Hometown</b>	Annie Laweryson	Fr.	Puyallup, WA
Fr.	Auburn, WA	Karissa Owen	Fr.	Rainier, WA
Sr.	Stanwood, WA	Jessica Pendon	Jr.	Spanaway, WA
Jr.	Little Rock, WA	Megan Thomas	Fr.	Kennewick, WA

## SEATTLE UNIVERSITY



**Location:** Seattle, WA  
**Enrollment:** 7,062  
**President:** Father Stephen Sundborg, S.J.  
**Year Founded:** 1891  
**School Colors:** Red and Black

**Athletic Director:** William Hogan  
**Head Coach:** Trisha Steidl  
**Assistants:** Eric Schueffner, Uli Steidl, Becca Gillespy, Heather Thomason



### Men

Loyal Allen Jr.  
 Nicholas Alvarado  
 D'Andre Benjamin  
 Christopher Fussell  
 Travis Glover  
 Hans Heitzinger  
 Jude Martinez  
 Graham Miller

<b>Yr.</b>	<b>Hometown</b>	Udoka Odoemene
Sr.	Seattle, WA	Robert Poshusta
So.	San Francisco, CA	Daniel Sullivan
Fr.	Mililani, HI	Michael Van Nuland
Fr.	Las Vegas, NV	
Sr.	Sea-Tac, WA	<b>Women</b>
Fr.	Scottsdale, AZ	Mara Becker
Fr.	Hagatua, Guam	Courtney Cabebe
Fr.	Spokane, WA	Lindsay Currier

So.	Des Moines, WA	Katie Hansen	Jr.	Portland, OR
So.	Bremerton, WA	Rachael Johnson	Fr.	Yakima, WA
So.	Tukwila, WA	Erin Moon	Fr.	Honolulu, HI
Fr.	Newcastle, WA	Rachel Purcell	Fr.	Mission Viego, CA
		Greta Stickney	So.	Poulsbo, WA
<b>Yr.</b>	<b>Hometown</b>	Elizabeth Wolf	Fr.	Albuquerque, NM
So.	Fairbanks, AK	Rachel Yorkston	So.	Bellingham, WA
So.	Kihei, HI			
So.	Beaverton, OR			

# TEAM PROFILES



## SEATTLE PACIFIC UNIVERSITY

**Location:** Seattle, WA  
**Enrollment:** 4,000  
**President:** Dr. Philip Eaton  
**Year Founded:** 1891  
**School Colors:** Maroon and White

**Athletic Director:** Tom Box  
**Head Coach:** Karl Lerum  
**Assistants:** Doris Heritage, Duncan Atwood, Chris Randolph, Erika Daligcon, Lane Seeley, Kate Carlson



<b>Men</b>	<b>Yr</b>	<b>Hometown</b>	<b>Women</b>	<b>Yr</b>	<b>Hometown</b>			
Brian Carper	Fr.	Vancouver, WA	Brittany Aanstad	Fr.	Lake Stevens, WA	Jessica Hinton	So.	Lake Stevens, WA
Brian Cronrath	Sr.	Battle Ground, WA	Lisa Anderberg	So.	Edmonds, WA	Carrie Hauck	Fr.	Longview, WA
Evan Dull	Fr.	Shoreline, WA	Monica Anderson	Sr.	Bremerton, WA	Jane Larson	So.	Fall City, WA
Jeff Dull	Fr.	Shoreline, WA	Kim Beaman	Jr.	Emily, MN	Tracie Lundsten	So.	Banks, OR
Justin Felt	So.	Eugene, OR	Brittany Bekins	Jr.	Everett, WA	Jacque Mattson	Fr.	Odell, OR
Joshua Jorgensen	So.	Gladstone, OR	Kati Davis	Fr.	Olympia, WA	Mellisa Peaslee	Fr.	Fox Island, WA
Jordan Lance	Fr.	Mill Creek, WA	Latasha Essien	So.	Portland, OR	Jennifer Pike	Fr.	Vancouver, WA
Andrew Matschiner	Fr.	Portland, OR	Melissa Flower	Fr.	Vancouver, WA	Jessica Pixler	So.	Sammamish, WA
Chad Meis	So.	Renton, WA	Teona (Perkins) Golding	Sr.	Kennewick, WA	Kaitlin Rohde	Sr.	Bellingham, WA
John Phillips	Fr.	Kenmore, WA	Kate Harline	So.	Orem, UT	Karin Rohde	Sr.	Bellingham, WA
Scott Seamster	Sr.	Seattle, WA				Suzie Strickler	Jr.	Richland, WA



## WESTERN OREGON UNIVERSITY

**Location:** Monmouth, OR  
**Enrollment:** 5,150  
**President:** Dr. John P. Minahan  
**Year Founded:** 1856  
**School Colors:** Crimson Red and White

**Athletic Director:** Jon Carey  
**Head Coach:** Mike Johnson  
**Assistants:** John Knight, Bridget Johnson, Jerret Mantalas, Isaac Frederick, Nikki Becker



<b>Men</b>	<b>Yr.</b>	<b>Hometown</b>		<b>Yr.</b>	<b>Hometown</b>			
Beau Backman	So.	Gig Harbor, WA	Jeramiah Richardson	Fr.	Grants Pass, OR	Kelsey Castrey	Fr.	Vancouver, WA
Travis Banker	So.	Banks, OR	Cole Samuel	Sr.	Portland, OR	Sara Cole	Fr.	Independence, OR
Robert Barrett	Jr.	Eugene, OR	Mike Schmidt	So.	Tacoma, WA	Jackie Dent	So.	Salem, OR
Blake Estep	So.	Grants Pass, OR	Kyle Seick	So.	Monmouth, OR	Lauren Duckett	Jr.	Burns, OR
Clint Hickey	Sr.	Bend, OR	Jason Slowey	Fr.	Medford, OR	Sabrina Freed	Jr.	Burns, OR
Braxton Jackson	So.	Lincoln City, OR	Joshua Threet	So.	Jefferson, OR	Jessica Harper	Jr.	Oregon City, OR
Nik Karr	Jr.	Tigard, OR	Zeb Udell	Jr.	Dallas, OR	Sarah Howell	Jr.	Puyallup, WA
Jeff Long	So.	Vancouver, WA	Zeke Van Patten	Fr.	Corvallis, OR	Kristin Humphrey	So.	Toledo, OR
Andy Luscutoff	Fr.	Canby, OR	Abe Webb	Fr.	Milwaukie, OR	Mandy Keifer	Fr.	Salem, OR
Jamarian Malley	Fr.	Portland, OR	Robert Wegner	So.	Tigard, OR	Lyndsey McKillip	Jr.	Puyallup, WA
Anthony Marin	Jr.	Salem, OR	Dylan Wells	Fr.	Aurora, OR	Tricia Morrison	Fr.	Hillsboro, OR
Lloyd Massey	So.	Salem, OR	Jordan Werner	Fr.	Grants Pass, OR	Crisy Overgard	Fr.	Dayton, OR
Matt McCrary	Fr.	Gladstone, OR	Tommy Woolf	Fr.	Fairbanks, AK	Jacque Postlewait	Jr.	Canby, OR
Dallas Moses	Fr.	Warrenton, OR				Sarajane Rosenberg	Jr.	Pendleton, OR
Ashtin Mott	Fr.	Lake Stevens, WA	<b>Women</b>	<b>Yr.</b>	<b>Hometown</b>	Alyssa Taylor	Fr.	Medford, OR
Chris Reed	Fr.	Klamath Fall, OR	Sarah Barker	Sr.	LaPine, OR	Megan Vorderstrasse	Fr.	Lebanon, OR
Tyler Reinsaur	So.	Hillsboro, OR	Kira Batcheller	Fr.	Hillsboro, OR	Erica Zambon	So.	Carlsbad, CA
			Ashley Berry	Fr.	Medford, OR			

# TEAM PROFILES



## WESTERN WASHINGTON UNIVERSITY

**Location:** Bellingham, WA  
**Enrollment:** 13,100  
**President:** Dr. Karen W. Morse  
**Year Founded:** 1893  
**School Colors:** Navy Blue, Silver, Slate Blue, Black and White

**Athletic Director:** Lynda Goodrich  
**Head Coach:** Kelven "Pee Wee" Halsell  
**Assistants:** Bill Roe, Brandi Petz, Lex Kaligis, Dick Henrie, Jeremy Skulley, Jarrod Roberts, Al Reimer, Erik Bies, Steve Grichel, Kim Bascom, Katrina Schwerdtfeger



### Men

Men	Yr.	Hometown	Yr.	Hometown	Yr.	Hometown		
Nick Abraham	Fr.	Issaquah, WA	Bryant Michaelson	So.	Lynden, WA	Amanda DiEnno	So.	Oshkosh, WI
Sam Bedell	Jr.	Reno, NV	Michael Millson	Fr.	Deming, WA	Heidi Dimmitt	Jr.	Wenatchee, WA
Eric Brill	Fr.	Kent, WA	Kevin Moen	So.	Kent, WA	Jessica Erickson	Fr.	Purdy, WA
Keefe Brockman	Fr.	Richland, WA	Kevin Myhre	Jr.	Edmonds, WA	Ally Ganyo	Fr.	Spokane, WA
Ryan Brown	Fr.	Bellingham, WA	Matt O'Connell	So.	Sammamish, WA	Dianna Hanson	Fr.	Mountlake Terrace
Will Cameron	So.	Poulsbo, WA	Tim Satterwhite	So.	Federal Way, WA	Joana Houplin	Fr.	Olympia, WA
Toby David	Fr.	Cathlamet, WA	Brandon Varkevisser	Jr.	Castle Rock, WA	Michelle Howe	Fr.	Lakewood, WA
Allan Denton	So.	Los Angeles, CA	Ben Wargo	So.	Pullman, WA	Lauren Kaligis	So.	Mukilteo, WA
Darren Edwards	So.	Arlington, WA	Jordan Welling	Fr.	Burlington, WA	Julie Meaker	Fr.	Blaine, WA
Bennett Grimes	So.	Pocatello, ID	Josh Winters	So.	Bothell, WA	Christy Miller	Jr.	Boise, ID
Shane Gruger	Fr.	Shoreline, WA	<b>Women</b>	<b>Yr.</b>	<b>Hometown</b>	Megan O'Connell	Fr.	Sammamish, WA
Alex Harrison	Fr.	Edmonds, WA	Lauren Brieuhof	Fr.	Vancouver, WA	Megan Paulsen	Fr.	Bellevue, WA
Michael Hoffman	Fr.	Bellingham, WA	Sarah Brownell	Fr.	Yelm, WA	Sarah Porter	Fr.	Hockinson, WA
Kyle Lampi	Jr.	Everett, WA	Gail Butler	Jr.	Issaquah, WA	Erica Rance	Sr.	Seattle, WA
Keith Lemay	Sr.	Lynden, WA	Camille Clarke	Jr.	Bellingham, WA	Jill Rogers	Fr.	Puyallup, WA
Bryan Lucke	Sr.	Snohomish, WA	Clara Cook	Jr.	Wenatchee, WA	Maeve Sayres	Fr.	Valleyford, WA
Brian Martinelli	Fr.	Sonoma, CA	Elsa Couvelier	So.	Bellingham, WA	Amanda Thornton	Jr.	Kenmore, WA
Blake Medhaug	So.	Bothell, WA				Cheryl Watson	Fr.	Olympia, WA
						Megan Zukowski	Fr.	Maple Valley, WA



## Great Northwest Athletic Conference

The GNAC, which was officially founded on July 1, 2001, also includes the University of Alaska Anchorage, the University of Alaska Fairbanks, Montana State University Billings, Northwest Nazarene University (Idaho) and Western Oregon University.

MSUB maintained its PacWest membership following the departure of the other GNAC schools before joining the Heartland Conference for two seasons. It joined the GNAC this fall.

The Great Northwest Athletic Conference, which is comprised of 10 NCAA Division II schools, is in its seventh season of athletic competition. Today's meet is the fifth annual indoor track & field championship meet.

Today's meet is the final indoor championship meet for Seattle University, which will leave the conference at the end of the 2007-08 school year to pursue Division I membership.

Four current GNAC members - Central Washington, Saint Martin's, Western Oregon, and Western Washington - joined the PacWest prior to the 1998-99 season.

The 10 schools - eight of which compete in indoor track & field - are located in five different states, including five in the state of Washington: Central Washington, Saint Martin's, Seattle University, Seattle Pacific, and Western Washington.

Prior to the formation of the GNAC, all the GNAC schools were members of the PacWest Conference.

Central Washington, Saint Martin's, and Western Washington were previously members of the Pacific Northwest Athletic Conference, while Western Oregon was a member of the Cascade Conference.

Four of the schools in the conference - Alaska Anchorage, Alaska Fairbanks, Montana State Billings and Seattle Pacific - were charter members of the PacWest, which was created in May, 1992 with the merger of the Great Northwest Conference and the Continental Divide Conference.

Seattle University and Northwest Nazarene, from the Northwest and Cascade Conferences, joined the PacWest prior to the 1999-2000 season.

# 2008 GNAC INDOOR HEAT SHEETS

## Event 1 Women's Shot Put

### Flight 1

1	246 Alyssa Taylor	WOU	10.57m	_____
2	26 Kacie Vanderloos	MSUB	10.92m	_____
3	165 Amy Carroll	NUU	13.00m	_____
4	25 Kelsee Clark	MSUB	9.92m	_____
5	98 Becky Scherer	CWU	10.25m	_____
6	262 Sara Cole	WOU	10.05m	_____
7	125 Lindsay Currier	SU	10.84m	_____
8	266 Sabrina Freed	WOU	11.72m	_____

### Flight 2

1	61 Brittany Bekins	SPU	11.04m	_____
2	138 Shayna Shute	NUU	11.37m	_____
3	83 Jordan Stueckle	CWU	11.45m	_____
4	33 Lexi Halvorson	MSUB	11.96m	_____
5	180 Erica Rance	WWU	10.15m	_____
6	148 H. Dine-Aubert	NUU	10.23m	_____
7	132 Chelsey Jones	NUU	10.42m	_____
8	10 Megan Thomas	SMU	10.71m	_____

## Event 2 Men's Shot Put

### Flight 1

1	96 Matt Valdez	CWU	14.95m	_____
2	2 Sam Washington	SMU	14.05m	_____
3	252 Robert Barrett	WOU	13.58m	_____
4	209 Michael Hoffman	WWU	13.22m	_____
5	133 Jordan Fenters	NUU	13.93m	_____
6	81 Tyler Fischer	CWU	13.96m	_____
7	235 Anthony Marin	WOU	12.85m	_____
8	251 Jason Slowey	WOU	12.79m	_____

### Flight 2

1	219 Bryant Michaelson	WWU	12.91m	_____
2	145 Grant Miller	NUU	14.50m	_____
3	53 Andrew Matschiner	SPU	15.07m	_____
4	22 Kyle Richards	MSUB	12.36m	_____
5	15 Michael Vavricka	SMU	12.27m	_____
6	157 Diego Estrada	NUU	12.53m	_____
7	226 Brandon Varkevisser	WWU	14.16m	_____
8	169 Zach Barclay	NUU	14.51m	_____

## Event 3 Women's Pole Vault

### Flight 1

1	208 Christy Miller	WWU	3.58m	_____
2	168 Karina Elzinga	NUU	3.15m	_____
3	149 MJ Usabel	NUU	3.10m	_____
4	70 Monica Anderson	SPU	3.51m	_____
5	46 Mellisa Peaslee	SPU	3.71m	_____
6	121 Courtney Cabebe	SU	3.21m	_____
7	146 Kristi Rice	NUU	3.30m	_____
8	63 Carrie Hauk	SPU	3.58m	_____
9	205 Camille Clarke	WWU	3.18m	_____
10	60 Tracie Lundsten	SPU	3.38m	_____
11	185 Amanda DiEnno	WWU	3.18m	_____
12	59 Kati Davis	SPU	3.11m	_____
13	88 Haley Amos	CWU	3.05m	_____

## Event 4 Men's Pole Vault

1	43 Joshua Jorgensen	SPU	3.96m	_____
2	175 Michael Millson	WWU	3.91m	_____
3	166 Jerad Larson	NUU	3.90m	_____
4	200 Alex Harrison	WWU	3.61m	_____
5	204 Josh Winters	WWU	4.11m	_____
6	184 Ryan Brown	WWU	4.61m	_____
7	270 Zeb Udell	WOU	4.76m	_____
8	129 Eric Zwiefelhofer	NUU	4.30m	_____
9	73 Scott McCoy	CWU	4.60m	_____
10	156 Ben Shea	NUU	4.15m	_____
11	222 Bryan Lucke	WWU	4.46m	_____
12	178 Darren Edwards	WWU	3.81m	_____

## Event 5 Women's Long Jump

### Flight 1

1	253 Mandi Keifer	WOU	4.51m	_____
2	38 Britney Derhak	MSUB	4.66m	_____
3	261 Jacque Postlewait	WOU	5.22m	_____
4	211 Megan Paulsen	WWU	5.20m	_____
5	105 Amanda Rose	CWU	4.70m	_____
6	99 Raquel Gonzalez	CWU	4.60m	_____
7	276 Sarajane Rosenberg	WOU	NM	_____

### Flight 2

1	271 Megan Vorderstrasse	WOU	4.85m	_____
2	139 Lynsie Powers	NUU	4.83m	_____
3	134 Maycee Bekkedahl	NUU	4.62m	_____
4	35 Amanda Baum	MSUB	3.65m	_____
5	80 Caiti Schmitz	CWU	4.60m	_____
6	179 Gail Butler	WWU	4.94m	_____
7	49 Brittany Aanstad	SPU	5.20m	_____

## Event 6 Men's Long Jump

### Flight 1

1	250 Robert Wegner	WOU	6.21m	_____
2	197 Shane Gruger	WWU	6.48m	_____
3	257 Jamarian Malley	WOU	6.36m	_____
4	86 Lionel Orji	CWU	5.96m	_____
5	128 Chris Fussell	SU	6.14m	_____
6	72 Christian Goodwin	CWU	6.13m	_____
7	270 Zeb Udell	WOU	6.56m	_____
8	117 D'Andre Benjamin	SU	6.34m	_____

### Flight 2

1	191 Allan Denton	WWU	6.46m	_____
2	115 U. Odoemene	SU	6.17m	_____
3	238 Tommy Woolf	WOU	6.14m	_____
4	31 Luke Barrett	MSUB	5.67m	_____
5	66 Justin Felt	SPU	6.77m	_____
6	94 Nick Collins	CWU	6.68m	_____
7	196 Tim Satterwhite	WWU	6.05m	_____

## Event 7 Women's Weight Throw

### Flight 1

1	269 Kristin Humphrey	WOU	12.34m	_____
2	246 Alyssa Taylor	WOU	11.83m	_____
3	148 H.Dine-Aubert	NUU	13.62m	_____
4	266 Sabrina Freed	WOU	16.12m	_____
5	83 Jordan Stueckle	CWU	12.11m	_____
6	13 Jillian Blake	SMU	9.41m	_____
7	177 Lauren Kaligis	WWU	9.19m	_____

### Flight 2

1	98 Becky Scherer	CWU	12.03m	_____
2	180 Erica Rance	WWU	12.85m	_____
3	79 Alison McWeeny	CWU	13.71m	_____
4	165 Amy Carroll	NUU	14.31m	_____
5	33 Lexi Halvorson	MSUB	11.26m	_____
6	160 Courtney Little	NUU	13.39m	_____
7	138 Shayna Shute	NUU	13.33m	_____
8	262 Sara Cole	WOU	15.83m	_____

## Event 8 Men's Weight Throw

### Flight 1

1	96 Matt Valdez	CWU	14.58m	_____
2	252 Robert Barrett	WOU	15.18m	_____
3	2 Sam Washington	SMU	11.68m	_____
4	81 Tyler Fischer	CWU	16.20m	_____
5	53 Andrew Matschiner	SPU	NM	_____
6	209 Michael Hoffman	WWU	12.20m	_____
7	219 Bryant Michaelson	WWU	9.77m	_____
8	157 Diego Estrada	NUU	12.22m	_____
9	169 Zach Barclay	NUU	16.54m	_____

## Flight 2

1	15 Michael Vavricka	SMU	8.89m	_____
2	226 Brandon Varkevisser	WWU	NM	_____
3	173 Alex Eaton	NUU	10.70m	_____
4	251 Jason Slowey	WOU	10.76m	_____
5	133 Jordan Fenters	NUU	12.91m	_____
6	42 Jade Haynie	MSUB	8.72m	_____
7	235 Anthony Marin	WOU	18.76m	_____
8	85 Mychal Ostler	CWU	14.82m	_____
9	145 Grant Miller	NUU	14.67m	_____

## Event 9 Women's High Jump

1	57 Teona Golding	SPU	1.76m	_____
2	55 Jaquie Mattson	SPU	1.55m	_____
3	155 Kelsey Hettman	NUU	1.43m	_____
4	146 Kristi Rice	NUU	1.47m	_____
5	233 Crisy Overgard	WOU	1.40m	_____
6	253 Mandi Keifer	WOU	1.45m	_____
7	49 Brittany Aanstad	SPU	1.64m	_____
8	120 Mara Becker	SU	1.50m	_____
9	176 Jill Rogers	WWU	1.53m	_____
10	267 Ashley Berry	WOU	1.50m	_____
11	217 Clara Cook	WWU	1.60m	_____
12	132 Chelsey Jones	NUU	1.39m	_____
13	61 Brittany Bekins	SPU	1.45m	_____

## Event 10 Men's High Jump

1	210 Keefe Brockman	WWU	1.91m	_____
2	238 Tommy Woolf	WOU	1.81m	_____
3	112 Jude Martinez	SU	1.65m	_____
4	275 Clint Hickey	WOU	1.81m	_____
5	250 Robert Wegner	WOU	1.94m	_____
6	102 Joseph Nelson	CWU	NM	_____
7	178 Darren Edwards	WWU	1.75m	_____
8	215 Brian Martinelli	WWU	1.91m	_____
9	106 Jonathan Hamilton	CWU	1.83m	_____
10	156 Ben Shea	NUU	1.66m	_____
11	174 Jess Keys	NUU	1.89m	_____
12	200 Alex Harrison	WWU	1.75m	_____

## Event 11 Women's Triple Jump

1	276 Sarajane Rosenberg	WOU	NM	_____
2	134 Maycee Bekkedahl	NUU	9.97m	_____
3	105 Amanda Rose	CWU	10.53m	_____
4	271 Megan Vorderstrasse	WOU	10.09m	_____
5	48 Mellisa Flower	SPU	10.54m	_____
6	139 Lynsie Powers	NUU	10.19m	_____
7	159 Laura Vonarx	NUU	10.16m	_____
8	208 Christy Miller	WWU	10.00m	_____
9	49 Brittany Aanstad	SPU	10.45m	_____
10	211 Megan Paulsen	WWU	11.15m	_____

## Event 12 Men's Triple Jump

1	238 Tommy Woolf	WOU	13.53m	_____
2	94 Nick Collins	CWU	12.55m	_____
3	210 Keefe Brockman	WWU	13.12m	_____
4	154 Josh Heidegger	NUU	12.56m	_____
5	24 Deshawn Lewis	MSUB	11.36m	_____
6	162 Greg Hamm	NUU	13.68m	_____
7	90 William Basham	CWU	11.98m	_____
8	243 Tyler Reinsaur	WOU	13.57m	_____
9	66 Justin Felt	SPU	12.57m	_____
10	72 Christian Goodwin	CWU	13.11m	_____
11	29 James Hopkins	MSUB	11.35m	_____
12	196 Tim Satterwhite	WWU	13.55m	_____
13	115 Udoka Odoemene	SU	12.48m	_____

# 2008 GNAC INDOOR HEAT SHEETS

## Event 13 Women's 60 Meter Hurdles

### Heat 1

1	254 Sarah Barker	WOU	9.77
2	217 Clara Cook	WWU	10.08
3	99 Raquel Gonzalez	CWU	9.67
4	189 Michelle Howe	WWU	9.38
5	149 MJ Usabel	NNU	10.27
6	12 Chelsi Claussen	SMU	9.55
7	97 Stephanie Druktenis	CWU	10.72
8	87 Mary Seidler	CWU	12.45

### Heat 2

1	61 Brittany Bekins	SPU	NT
2	193 Dianna Hanson	WWU	10.00
3	214 Jessica Erickson	WWU	9.60
4	261 Jacque Postlewait	WOU	9.38
5	253 Mandi Keifer	WOU	9.64
6	35 Amanda Baum	MSUB	10.49
7	161 Annie Larlee	NNU	10.31
8	67 Jenifer Pike	SPU	9.91

## Event 14 Men's 60 Meter Hurdles

### Heat 1

2	199 Kevin Myhre	WWU	9.06
3	150 Mark Hanson	NNU	8.89
4	274 Andy Luscutoff	WOU	9.03
5	122 Robert Poshusta	SU	9.25
6	224 Kevin Moen	WWU	9.26
7	152 Dallas Beaty	NNU	8.87

### Heat 2

2	213 Ben Wargo	WWU	9.03
3	264 Lloyd Massey	WOU	8.63
4	136 Josh Grewe	NNU	9.31
5	238 Tommy Woolf	WOU	9.08
6	259 Jordan Werner	WOU	9.25
7	117 D'Andre Benjamin	SU	8.97
8	275 Clint Hickey	WOU	9.27

## Event 15 Women's 60 Meter Dash

### Heat 1

1	227 Joana Houplin	WWU	8.05
2	158 Nicki Schutte	NNU	8.20
3	77 Britany Hood	CWU	8.57
4	12 Chelsi Claussen	SMU	8.29
5	80 Caiti Schmitz	CWU	8.57
6	91 Tisha Wells	CWU	8.22
7	181 Megan Zukowski	WWU	8.05
8	151 Lindsay Brady	NNU	8.27

### Heat 2

2	147 Christa Brediger	NNU	8.47
3	116 Elizabeth Wolf	SU	8.24
4	206 Elsa Couvelier	WWU	8.24
5	44 Latasha Essien	SPU	7.81
6	245 Lauren Duckett	WOU	8.11
7	171 Latoya Tidwell	NNU	8.07
8	38 Britney Derhak	MSUB	8.35

## Event 16 Men's 60 Meter Dash

### Heat 1

1	270 Zeb Udell	WOU	7.30
2	29 James Hopkins	MSUB	7.53
3	241 Dylan Wells	WOU	7.19
4	129 Eric Zwiefelhofer	NNU	7.42
5	272 Ashtin Mott	WOU	7.15
6	30 Noah Vallincourt	MSUB	7.52
7	249 Joshua Threet	WOU	7.40
8	40 Nathan Diede	MSUB	7.42

## Heat 2

1	86 Lionel Orji	CWU	NT
2	127 Travis Glover	SU	7.25
3	178 Darren Edwards	WWU	7.43
4	128 Chris Fussell	SU	7.26
5	126 Daniel Sullivan	SU	7.14
6	274 Andy Luscutoff	WOU	7.41
7	197 Shane Gruger	WWU	7.43
8	200 Alex Harrison	WWU	7.40

## Event 17 Women's 1 Mile Run

### Section 1

11	20 Jessie Dunnam	SMU	5:21.26
12	36 Katie Thiel	MSUB	6:07.99
13	118 Greta Stickney	SU	5:33.90
14	23 Sarah Jackson	MSUB	5:33.41
15	228 Erica Zambon	WOU	5:31.07
16	37 M. Merrill-Johnson	MSUB	5:26.10

### Section 2

8	273 Jessica Harper	WOU	5:19.58
9	56 Suzie Strickler	SPU	5:18.54
10	3 Krinda Carlson	SMU	5:15.59
11	4 Annie Laweryson	SMU	5:14.48
12	64 Karin Rohde	SPU	5:11.21
13	58 Lisa Anderberg	SPU	5:10.75
14	135 Ashley Puga	NNU	5:03.56
15	69 Jane Larson	SPU	4:56.42
16	51 Jessica Pixler	SPU	4:42.65

## Event 18 Men's 1 Mile Run

### Section 1

10	8 Nicholas Harvey	SMU	4:44.49
11	39 Jarred Rensvold	MSUB	4:41.10
12	111 Graham Miller	SU	4:37.53
13	41 Richie Pemberton	MSUB	4:36.70
14	230 Kyle Seick	WOU	4:36.02
15	76 Tom Johnson	CWU	4:33.95
16	203 Keith Lemay	WWU	4:33.52

### Section 2

8	164 Kyle Gray	NNU	4:29.09
9	195 Bennett Grimes	WWU	4:25.57
10	109 Nicholas Alvarado	SU	4:24.94
11	45 Brian Cronrath	SPU	4:24.45
12	229 Jeff Long	WOU	4:23.29
13	232 Zeke VanPatten	WOU	4:22.91
14	258 Mike Schmidt	WOU	4:20.05
15	207 Sam Bedell	WWU	4:17.71
16	5 John Riak	SMU	4:12.63

## Event 19 Women's 400 Meter Dash

### Section 1

2	57 Teona Golding	SPU	NT
3	28 Malori Woodford	MSUB	1:04.42
4	110 Erin Moon	SU	1:04.73

### Section 2

2	172 Alycia Link	NNU	1:03.31
3	143 Jamie Beaty	NNU	1:01.71
4	231 Kelsey Castrey	WOU	1:02.48
5	104 Kara Nygard	CWU	1:03.81

### Section 3

1	202 Julie Meaker	WWU	1:01.46
2	114 Rachel Purcell	SU	1:01.10
3	182 Megan O'Connell	WWU	1:00.27
4	7 Jessica Pendon	SMU	1:00.99
5	198 Amanda Thornton	WWU	1:01.31
6	227 Joana Houplin	WWU	1:01.39

## Section 4

1	78 Rachael Kaercher	CWU	1:00.11
2	220 Heidi Dimmitt	WWU	59.91
3	153 Elisa Decker	NNU	58.52
4	52 Jessica Hinton	SPU	59.91
5	103 Chelsea Evans	CWU	59.93
6	201 Sarah Brownell	WWU	59.97

## Event 20 Men's 400 Meter Dash

### Section 1

2	199 Kevin Myhre	WWU	52.62
3	112 Jude Martinez	SU	51.80
4	234 Jeramiah Richardson	WOU	51.85
5	34 Nick Kesler	MSUB	53.06

### Section 2

1	136 Josh Grewe	NNU	51.77
2	126 Daniel Sullivan	SU	51.24
3	194 Matt O'Connell	WWU	51.02
4	213 Ben Wargo	WWU	51.21
5	152 Dallas Beaty	NNU	51.43
6	113 Loyd Allen	SU	51.69

### Section 3

1	100 Charles Velasquez	CWU	51.02
2	264 Lloyd Massey	WOU	50.39
3	82 Matt Rogstad	CWU	49.85
4	131 Mitch Ward	NNU	50.06
5	256 Blake Estep	WOU	50.55
6	101 Colby Brydson	CWU	50.77

## Event 21 Women's 800 Meter Run

### Section 1

9	11 Kaleigh Bishop	SMU	2:40.43
10	19 Karissa Owen	SMU	2:33.53
11	95 Sarah Benson	CWU	2:29.95
12	37 M. Merrill-Johnson	MSUB	2:25.91
13	218 Ally Ganyo	WWU	2:25.91
14	23 Sarah Jackson	MSUB	2:25.75
15	68 Kim Beamon	SPU	2:25.73
16	212 Cheri Watson	WWU	2:24.47

### Section 2

6	143 Jamie Beaty	NNU	2:24.34
7	267 Ashley Berry	WOU	2:23.79
8	255 Kira Batcheller	WOU	2:23.12
9	268 Sarah Howell	WOU	2:20.95
10	4 Annie Laweryson	SMU	2:20.69
11	124 Rachael Johnson	SU	2:20.07
12	58 Lisa Anderberg	SPU	2:19.05
13	135 Ashley Puga	NNU	2:18.98
14	153 Elisa Decker	NNU	2:16.19
15	170 Jaclyn Puga	NNU	2:15.25
16	51 Jessica Pixler	SPU	2:07.57

## Event 22 Men's 800 Meter Run

### Section 1

1A	240 Abe Webb	WOU	2:02.66
2A	237 Travis Banker	WOU	2:01.54
2B	111 Graham Miller	SU	2:01.48
3A	89 Corey Cronkhite	CWU	2:01.63
3B	50 Jordan Lance	SPU	2:01.48
4A	62 Evan Dull	SPU	2:03.96

### Section 2

1A	74 Michael Pankiewicz	CWU	1:59.59
1B	65 Jeff Dull	SPU	2:00.04
2A	203 Keith Lemay	WWU	1:54.84
2B	167 Matt Stark	NNU	1:59.83
2C	187 Nick Abraham	WWU	2:00.57
3A	192 Will Cameron	WWU	1:59.54

# 2008 GNAC INDOOR HEAT SHEETS

3B	190 Kyle Lampi	WWU	1:59.89	_____
3C	9 Josh Gatbunton	SMU	2:00.70	_____
4A	45 Brian Cronrath	SPU	1:59.69	_____
4B	248 Dallas Moses	WOU	2:00.24	_____

## Event 23 Women's 200 Meter Dash

### Section 1

2	91 Tisha Wells	CWU	27.47	_____
3	261 Jacque Postlewait	WOU	27.23	_____
4	52 Jessica Hinton	SPU	27.18	_____
5	151 Lindsay Brady	NNU	27.35	_____
6	116 Elizabeth Wolf	SU	27.69	_____

### Section 2

2	220 Heidi Dimmitt	WWU	27.04	_____
3	12 Chelsi Claussen	SMU	27.00	_____
4	46 Mellisa Peaslee	SPU	27.00	_____
5	78 Rachael Kaercher	CWU	27.03	_____
6	201 Sarah Brownell	WWU	27.07	_____

### Section 3

2	181 Megan Zukowski	WWU	26.67	_____
3	227 Joana Houplin	WWU	26.60	_____
4	44 Latasha Essien	SPU	26.04	_____
5	171 Latoya Tidwell	NNU	26.30	_____
6	158 Nicki Schutte	NNU	26.67	_____

## Event 24 Men's 200 Meter Dash

### Section 1

3	126 Daniel Sullivan	SU	24.94	_____
4	84 Roy Erhart	CWU	23.68	_____
5	30 Noah Vallincourt	MSUB	23.82	_____

### Section 2

2	197 Shane Gruger	WWU	23.67	_____
3	14 Bryan Gerry	SMU	23.60	_____
4	239 Cole Samuel	WOU	23.48	_____
5	131 Mitch Ward	NNU	23.57	_____
6	225 Toby David	WWU	23.60	_____

### Section 3

2	194 Matt O'Connell	WWU	23.40	_____
3	40 Nathan Diede	MSUB	23.34	_____
4	127 Travis Glover	SU	23.23	_____
5	117 D'Andre Benjamin	SU	23.27	_____
6	113 Loyal Allen	SU	23.39	_____

### Section 4

2	101 Colby Brydson	CWU	23.03	_____
3	128 Chris Fussell	SU	22.97	_____
4	82 Matt Rogstad	CWU	22.40	_____
5	272 Ashtin Mott	WOU	22.66	_____
6	241 Dylan Wells	WOU	22.98	_____

## Event 25 Women's 5000 Meter Run

1	137 Miriam Reardon	NNU	19:40.73	_____
2	188 Maeve Sayres	WWU	19:17.42	_____
3	221 Lauren Breihof	WWU	19:16.14	_____
4	16 Helen Camden	SMU	19:12.98	_____
5	263 Jackie Dent	WOU	19:10.60	_____
6	54 Kaitlin Rohde	SPU	19:08.95	_____
7	64 Karin Rohde	SPU	19:06.42	_____
8	123 Rachel Yorkston	SU	18:58.09	_____
9	265 Lyndsey McKillip	WOU	18:48.75	_____
10	236 Tricia Morrison	WOU	18:36.98	_____
11	56 Suzie Strickler	SPU	18:19.48	_____
12	108 Katie Hansen	SU	18:19.29	_____
13	92 Marcie Mullen	CWU	18:09.56	_____
14	71 Kate Harline	SPU	17:54.18	_____
15	216 Sarah Porter	WWU	17:25.84	_____
16	69 Jane Larson	SPU	17:09.02	_____
17	75 Mary Bakeman	CWU	20:42.30	_____

## Event 26 Men's 5000 Meter Run

1	6 Steven Lalonde	SMU	16:07.18	_____
2	107 Hans Heitzinger	SU	16:05.42	_____
3	93 Brian Rockenbach	CWU	16:04.70	_____
4	242 Beau Backman	WOU	16:04.30	_____
5	50 Jordan Lance	SPU	16:02.00	_____
6	41 Richie Pemberton	MSUB	15:51.40	_____
7	247 Nik Karr	WOU	15:37.27	_____
8	186 Eric Brill	WWU	15:36.97	_____
9	223 Blake Medhaug	WWU	15:30.31	_____
10	260 Braxton Jackson	WOU	15:23.24	_____
11	244 Chris Reed	WOU	15:22.34	_____
12	142 Seth Clark	NNU	15:21.92	_____
13	109 Nicholas Alvarado	SU	15:20.03	_____
14	47 Chad Meis	SPU	15:17.65	_____
15	183 Jordan Welling	WWU	15:10.54	_____
16	144 Kevin Lambert	NNU	15:08.37	_____
17	21 Tris Obluck	SMU	16:08.68	_____
18	119 Michael Van Nuland	SU	16:15.81	_____

## Event 27 Women's 4x400 Meter Relay

### Section 1

2	Saint Martin's	NT	_____
1)	3 Krinda Carlson	2)	12 Chelsi Claussen
3)	4 Annie Laweryson	4)	7 Jessica Pendon
3	MSU Billings	4:43.10	_____
1)	23 Sarah Jackson	2)	36 Katie Thiel
3)	37 Micah Merrill-Johnson	4)	28 Malori Woodford

### Section 2

1	Western Oregon	4:11.30	_____
1)	254 Sarah Barker	2)	267 Ashley Berry
3)	261 Jacque Postlewait	4)	268 Sarah Howell
2	Seattle University	4:11.50	_____
1)	121 Courtney Cabebe	2)	124 Rachael Johnson
3)	110 Erin Moon	4)	114 Rachel Purcell
3	Central Washington	4:06.41	_____
1)	103 Chelsea Evans	2)	104 Kara Nygard
3)	80 Caiti Schmitz	4)	78 Rachael Kaercher
4	Northwest Nazarene	4:02.69	_____
1)	135 Ashley Puga	2)	153 Elisa Decker
3)	143 Jamie Beaty	4)	158 Nicki Schutte
5	Western Washington	4:09.81	_____
1)	220 Heidi Dimmitt	2)	198 Amanda Thornton
3)	182 Megan O'Connell	4)	201 Sarah Brownell
6	Seattle Pacific	3:57.88	_____
1)	44 Latasha Essien	2)	52 Jessica Hinton
3)	57 Teona Golding	4)	46 Mellisa Peaslee

## Event 28 Men's 4x400 Meter Relay

### Section 1

2	Saint Martin's	3:44.30	_____
1)	9 Josh Gatbunton	2)	14 Bryan Gerry
3)	17 Michael Grosso	4)	8 Nicholas Harvey
3	MSU-Billings	3:36.60	_____
1)	40 Nathan Diede	2)	29 James Hopkins
3)	34 Nick Kesler	4)	30 Noah Vallincourt

### Section 2

1	Seattle University	3:28.48	_____
1)	113 Loyal Allen	2)	117 D'Andre Benjamin
3)	128 Christopher Fussell	4)	127 Travis Glover
2	Western Oregon	3:27.77	_____
1)	256 Blake Estep	2)	264 Lloyd Massey
3)	272 Ashtin Mott	4)	275 Clint Hickey

3	Western Washington	3:28.37	_____
1)	213 Ben Wargo	2)	194 Matt O'Connell
3)	199 Kevin Myhre	4)	178 Darren Edwards
4	Northwest Nazarene	3:27.22	_____
1)	136 Josh Grewe	2)	162 Greg Hamm
3)	152 Dallas Beaty	4)	131 Mitch Ward
5	Central Washington	3:25.44	_____
1)	101 Colby Brydson	2)	84 Roy Erhart
3)	100 Charles Velasquez	4)	82 Matt Rogstad

## Event 29 Women's Distance Medley

1	Saint Martin's	NT	_____
1)	3 Krinda Carlson	2)	4 Annie Laweryson
3)	20 Jessie Dunnam	4)	7 Jessica Pendon
2	Western Washington	NT	_____
1)	212 Cheri Watson	2)	181 Megan Zukowski
3)	218 Ally Ganyo	4)	216 Sarah Porter
3	Northwest Nazarene	12:19.72	_____
1)	163 Ashley Rendahl	2)	171 Latoya Tidwell
3)	170 Jaclyn Puga	4)	140 Shannon DeBoer
4	Seattle University	NT	_____
1)	108 Katie Hansen	2)	118 Greta Stickney
3)	123 Rachel Yorkston	4)	116 Elizabeth Wolf
5	Western Oregon	12:30.75	_____
1)	267 Ashley Berry	2)	231 Kelsey Castrey
3)	268 Sarah Howell	4)	273 Jessica Harper
6	MSU Billings	NT	_____
1)	23 Sarah Jackson	2)	28 Malori Woodford
3)	36 Katie Thiel	4)	37 M. Merrill-Johnson
7	Seattle Pacific	11:38.24	_____
1)	58 Anderberg Lisa	2)	51 Jessica Pixler
3)	69 Jane Larson	4)	49 Brittany Aanstad
8	Central Washington	NT	_____
1)	95 Sarah Benson	2)	77 Britany Hood
3)	87 Mary Seidler	4)	92 Marcie Mullen

## Event 30 Men's Distance Medley

1	Western Washington	NT	_____
1)	195 Bennett Grimes	2)	192 Will Cameron
3)	190 Kyle Lampi	4)	207 Sam Bedell
2	Central Washington	11:19.17	_____
1)	89 Corey Cronkhite	2)	86 Lionel Orji
3)	74 Michael Pankiewicz	4)	76 Tom Johnson
3	MSU Billings	NT	_____
1)	32 Ryan Ceynar	2)	42 Jade Haynie
3)	27 Kelley Miller	4)	39 Jarred Rensvold
4	Seattle University	NT	_____
1)	107 Hans Heitzinger	2)	119 Michael Van Nuland
3)	111 Graham Miller	4)	117 D'Andre Benjamin
5	Seattle Pacific	10:24.26	_____
1)	45 Brian Cronrath	2)	47 Chad Meis
3)	65 Jeff Dull	4)	66 Justin Felt
6	Western Oregon	10:27.15	_____
1)	258 Mike Schmidt	2)	248 Dallas Moses
3)	237 Travis Banker	4)	229 Jeff Long
7	Saint Martin's	NT	_____
1)	5 John Riak	2)	9 Josh Gatbunton
3)	8 Nicholas Harvey	4)	14 Bryan Gerry
8	Northwest Nazarene	NT	_____
1)	130 Caleb Reynolds	2)	141 Dan Hill
3)	167 Matt Stark	4)	164 Kyle Gray

# NCAA DIVISION II NATIONAL QUALIFYING MARKS

## Men

Event	Automatic	Provisional
60 Meters	6.80	6.88
200 Meters	21.55	21.90
400 Meters	47.75	48.85
800 Meters	1:52.30	1:54.00
Mile Run	4:10.00	4:14.00
5000 Meter Run	14:20.00	14:50.00
60 Meter Hurdles	8.05	8.24
4x400 Relay	3:14.00	3:18.50
Medley Relay	9:53.00	10:12.00
Long Jump	7.30 (23-11 1/4)	7.08 (23-2 3/4)
Triple Jump	15.20 (49-10 1/4)	14.30 (46-11)
High Jump	2.12 (6-11 1/2)	2.05 (6-8 1/2)
Pole Vault	5.03(16-6)	4.71 (15-5 1/2)
35-lb Weight Throw	19.00 (62-4)	17.20 (56-5)
Shot Put	17.40 (57-1)	15.85 (52-0)

## Women

Event	Automatic	Provisional
60 Meters	7.55	7.76
200 Meters	24.55	25.20
400 Meters	55.90	57.50
800 Meters	2:13.30	2:18.00
Mile Run	4:57.50	5:06.00
5000 Meters	17:05.00	17:50.00
60 Meter Hurdles	8.65	8.97
4x400 Relay	3:45.60	3:56.60
Distance Medley Relay	11:50.00	12:23.00
Long Jump	5.80 (19-0 1/4)	5.50 (18-1)
Triple Jump	12.20 (40-0 1/4)	11.50 (37-8 3/4)
High Jump	1.74 (5-8 1/2)	1.67 (5-5 3/4)
Pole Vault	3.80 (12-5 1/2)	3.50 (11-5 3/4)
20-lb Weight Throw	17.45 (57-3)	15.85 (52-0)
Shot Put	14.30 (46-11)	13.25 (43-5 3/4)

**Note:** In indoor track, national qualifying marks for running events of 200 meters or more vary, depending on the size and bank of the track. Marks listed here are for a 200 meter banked track, which is the type of track used for the GNAC championships.

## Starting Heights and Progressions

### Women's Pole Vault

2.76m – 9-0.75  
 2.91m – 9-6.5  
 3.06m – 10-0.5  
 3.21m – 10-6.5  
 3.36m – 11-0.25  
 3.51m – 11-6.25  
 3.61m – 11-10.25  
 3.71m – 12-2  
 3.81m – 12-6  
 3.89m – 12-9.25 (NCAA automatic)

### Men's Pole Vault

3.43m – 11-3  
 3.58m – 11-9  
 3.73m – 12-2.75  
 3.88m – 12-8.75  
 4.03m – 13-2.75  
 4.18m – 13-8.5  
 4.33m – 14-2.5  
 4.48m – 14-8.5  
 4.63m – 15-2.25  
 4.73m – 15-6.25  
 4.83m – 15-10.25  
 4.93m – 16-2  
 5.03m – 16-6  
 5.10m – 16-8.75 (NCAA automatic)

### Women's High Jump

1.46m – 4-9.5  
 1.51m – 4-11.5  
 1.56m – 5-1.5  
 1.61m – 5-3.5  
 1.66m – 5-5.25  
 1.71m – 5-7.25  
 1.75m – 5-9 (NCAA automatic)  
 1.78m – 5-10

### Men's High Jump

1.65m – 5-5  
 1.70m – 5-7  
 1.75m – 5-9  
 1.80m – 5-10.75  
 1.85m – 6-0.75  
 1.90m – 6-2.75  
 1.95m – 6-4.75  
 2.00m – 6-6.75  
 2.05m – 6-8.75  
 2.10m – 6-10.75  
 2.15m – 7-0.75 (NCAA automatic)

## Past Team Champions and Award Winners

### Men

#### Team Champion

2004	Western Oregon	164
2005	Western Washington	141
2006	Western Washington	151
2007	Central Washington	171 ½

#### Athlete of the Year

2006	Andy Prentice, Saint Martin's
2007	Cameron Neel, Central Washington

#### Outstanding Performer (Conference Meet)

2004	Isaac Frederick, Western Oregon
2005	Chris Randolph, Seattle Pacific
2006	Andy Prentice, Saint Martin's
2007	Michael Dean, Western Washington



Michael Dean

### Women

#### Team Champion

2004	Seattle Pacific	160
2005	Seattle Pacific	188
2006	Seattle Pacific	154
2007	Seattle Pacific	192

#### Athlete of the Year

2006	Teona Perkins, Seattle Pacific
2007	Jessica Pixler, Seattle Pacific

#### Outstanding Performer (Conference Meet)

2004	Terran Legard, Central Washington
2005	Danielle Ayers-Stamper, Seattle Pacific
2006	Krissy Tandle, Central Washington
2007	Jessica Pixler, Seattle Pacific



Terran Legard

# GNAC INDOOR TRACK AND FIELD RECORDS

## MEN

### All Meets

60 – 6.78, Mike Hinshaw, Western Oregon (2002)  
200 – 21.77, Mike Hinshaw, Western Oregon (2002)  
400 – 48.59, Isaac Frederick, Western Oregon (2004)  
800 – 1:51.49, Paul Mach, Seattle Pacific (2004)  
Mile – 4:09.71, Nathan Carlson, Saint Martin's (2005)  
3000 – 8:31.76, Steve DeKoker, Western Washington (2004)  
5000 – 14:46.95, **John Riak, Saint Martin's** (2007)  
60 Hurdles – 8.22, Robert Edwards, Central Washington (2007)  
4x400 Relay – 3:19.87, Central Washington (2007)  
Distance Medley – 9:55.00, Western Washington (2007)  
Long Jump – 6.98 – 22-11, Chris Randolph, Seattle Pacific (2006)  
Triple Jump – 14.76 – 48-5 ½, Justin Lawrence, Central Washington (2004)  
High Jump – 2.08 – 6-9 ¾, Cresap Watson, Central Washington (2006)  
Pole Vault – 5.01 – 16-5 ¼, Tyler Thornbrue, Western Washington (2007)  
35-lb. Weight – 18.82 – 61-9, **Anthony Marin, Western Oregon** (2007)  
Shot Put – 17.94 – 58-10 ¼, Cameron Neel, Central Washington (2007)  
Heptathlon – 5508, Chris Randolph, Seattle Pacific (2006)

### Conference Meet

60 – 7.06, Michael Dean, Western Washington (2007 prelims)  
200 – 22.04, Isaac Frederick, Western Oregon (2004)  
400 – 49.76, Isaac Frederick, Western Oregon (2004)  
800 – 1:51.49, Paul Mach, Seattle Pacific (2004)  
Mile – 4:15.27, Ethan Barrons, Western Oregon (2005)  
5000 – 15:01.67, **John Riak, Saint Martin's** (2007)  
60 Hurdles – 8.26, Robert Edwards, Central Washington (2007)  
4x400 Relay – 3:20.98, Central Washington (2007)  
Distance Medley – 10:19.74, Saint Martin's (2005)  
Long Jump – 6.90 – 22-7 ¾, Chris Randolph, Seattle Pacific (2006)  
Triple Jump – 14.76 – 48-5 ¼, Justin Lawrence, Central Washington (2004)  
High Jump – 2.05 – 6-8 ¾, Cameron Bailey, Central Washington (2007)  
Pole Vault – 4.89 – 16-0 ½, Scott Romney, Western Washington (2006)  
35-lb. Weight – 18.19 – 59-8 ¼, **Anthony Marin, Western Oregon** (2007)  
Shot Put – 17.47 – 57-3 ¾, Cameron Neel, Central Washington (2007)

## WOMEN

### All Meets

60 – 7.63, NyEma Sims, Seattle Pacific (2007)  
200 – 25.21, NyEma Sims, Seattle Pacific (2007)  
400 – 55.54, Terran Legard, Central Washington (2005)  
800 – 2:07.57, **Jessica Pixler, Seattle Pacific** (2008)  
Mile – 4:42.42, **Jessica Pixler, Seattle Pacific** (2007)  
3000 – 9:32.08, **Jessica Pixler, Seattle Pacific** (2008)  
5000 – 16:34.72, Karen Dickson, Seattle Pacific (2005)  
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)  
4x400 Relay – 3:57.88, Seattle Pacific (2008)  
Distance Medley – 11:38.24, Seattle Pacific (2008)  
Long Jump – 5.93 – 19-5 ½, Danielle Ayers-Stamper, Seattle Pacific (2005)  
Triple Jump – 11.53 – 37-10 ½, Kim Bascom, Western Washington (2007)  
High Jump – 1.77 – 5-9 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005)  
Pole Vault – 3.76 – 12-4, Ally Studer, Seattle Pacific (2004)  
20-lb. Weight – 17.74 – 58-2 ½, Kristin Hepler, Western Oregon (2004)  
Shot Put – 13.83 – 45-4 ¼, Krissy Tandle, Central Washington (2007)  
Discus – 40.72 – 133-7, Krissy Tandle, Central Washington (2006)  
Pentathlon – 4007, Danielle Ayers-Stamper, Seattle Pacific (2005)

### Conference Meet

60 – 7.73, Latasha Essien, Seattle Pacific (2007)  
200 – 25.25, Terran Legard, Central Washington (2005)  
400 – 56.57, Terran Legard, Central Washington (2005)  
800 – 2:11.52, **Jessica Pixler, Seattle Pacific** (2007)  
Mile – 4:54.53, **Jessica Pixler, Seattle Pacific** (2007)  
5000 – 18:17.35, **Karin Rohde, Seattle Pacific** (2007)  
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)  
4x400 Relay – 3:58.68, Seattle Pacific (2007)  
Distance Medley – 11:58.41, Seattle Pacific (2007)  
Long Jump – 5.73 – 18-9 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005)  
Triple Jump – 11.51 – 37-9 ¼, Kim Bascom, Western Washington (2007)  
High Jump – 1.69 – 5-6 ½, **Teona Perkins, Seattle Pacific (2006)** and Emily Peterson, Northwest Nazarene (2006)  
Pole Vault – 3.61 – 11-10, Allison Hedges, Seattle Pacific (2005)  
20-lb. Weight – 16.39 – 53-9 ¼, Kristen Hepler, Western Oregon (2004)  
Shot Put – 13.63 – 44-8 ¾, Krissy Tandle, Central Washington (2006)



**RECORD HOLDERS** - Seattle Pacific's Jessica Pixler (left) holds the GNAC record in the 800, mile and the 3000 and the conference meet record for the 800 and mile. John Riak (center) of Saint Martin's is the record holder in the men's 5,000 for all events and the conference meet. Teona (Perkins) Golding (right) shares the GNAC conference meet high jump record with Emily Peterson of Northwest Nazarene.

# YEARLY INDIVIDUAL CONFERENCE CHAMPIONS

## Men

### 60

2004	Greg Coleman, WOU	7.08
2005	Eddie Kaeka, WWU	7.16
2006	Dustin Wilson, WWU	7.15
2007	<b>Matt Rogstad, CWU</b>	7.15

### 200

2004	Isaac Frederick, WOU	22.04
2005	Ryan Jewell, SPU	22.46
2006	Mike Khabibulin, WWU	22.80
2007	Michael Dean, WWU	22.42

### 400

2004	Isaac Frederick, WOU	49.76
2005	Chris Randolph, SPU	49.99
2006	Cresap Watson, CWU	49.90
2007	Michael Dean, WWU	49.95

### 800

2004	Paul Mach, SPU	1:51.49
2005	Andy Prentice, SMU	1:53.39
2006	Andy Prentice, SMU	1:54.70
2007	Eddie Strickler, SPU	1:55.23

### Mile

2004	Nathan Carlson, SMU	4:18.54
2005	Ethan Barrons, WOU	4:15.27
2006	Andy Prentice, SMU	4:17.25
2007	Sam Brancheau, WWU	4:16.90

### 5000

2004	Steve DeKoker, WWU	15:24.02
2005	Sam Scotchmer, CWU	15:03.96
2006	Sam Scotchmer, CWU	15:03.96
2007	<b>John Riak, SMU</b>	15:01.67

### 60 Hurdles

2004	Josh Freeman, WWU	8.48
2005	Alex Clark, CWU	8.40
2006	Robert Edwards, CWU	8.36
2007	Robert Edwards, CWU	8.26

### 4x400 Relay

2004	Central Washington	3:23.79
2005	Central Washington	3:25.54
2006	Northwest Nazarene	3:24.60
2007	Central Washington	3:20.98

### Distance Medley

2004	Western Oregon	10:36.72
2005	Saint Martin's	10:19.74
2006	Seattle Pacific	10:28.71
2007	Seattle Pacific	10:24.56

### Long Jump

2004	Chris Randolph, SPU	21-10 (6.65)
2005	Chris Randolph, SPU	22-6 ½ (6.87)
2006	Chris Randolph, SPU	22-7 ¾ (6.90)
2007	<b>Justin Felt, SPU</b>	22-3 ½ (6.79)

### Triple Jump

2004	Justin Lawrence, CWU	48-5 ¼ (14.76)
2005	Blake Herrington, WOU	46-3 ¼ (14.10)
2006	<b>Greg Hamm, NNU</b>	47-7 ¾ (14.52)
2007	<b>Greg Hamm, NNU</b>	46-8 (14.22)

### High Jump

2004	Cresap Watson, CWU	6-6 ¼ (1.99)
2005	Chris Randolph, SPU	6-4 ¼ (1.94)
2006	Jeff Word, WWU	6-6 (1.98)
2007	Cameron Bailey, CWU	6-8 ¾ (2.05)

### Pole Vault

2004	Scott Romney, WWU	14-11 ½ (4.56)
2005	Hunter Verner, WWU	15-10 ½ (4.84)
2006	Scott Romney, WWU	16-0 ½ (4.89)
2007	Tyler Thornbrue, WWU	15-10 (4.83)

### 35-Pound Weight

2004	Brandon Jasmin, WOU	49-3 ½ (15.02)
2005	Carlos Aguilar, WOU	54-1 ¼ (16.50)
2006	Carlos Aguilar, WOU	54-3 ¼ (16.54)
2007	<b>Anthony Marin, WOU</b>	59-8 ¼ (18.19)

### Shot Put

2004	Kevin Johnson, WOU	49-8 ½ (15.15)
2005	Cameron Neel, CWU	55-7 ½ (16.95)
2006	Cameron Neel, CWU	53-3 ¾ (16.25)
2007	Cameron Neel, CWU	57-3 ¾ (17.47)

## Women

### 60

2004	Kinyatta Leonhardt, SPU	7.96
2005	Kinyatta Leonhardt, SPU	7.96
2006	Whitney Knox, WWU	8.02
2007	<b>Latasha Essien, SPU</b>	7.73

### 200

2004	Kinyatta Leonhardt, SPU	25.40
2005	Terran Legard, CWU	25.25
2006	Anna Soule, SPU	26.04
2007	<b>Latasha Essien, SPU</b>	25.50

### 400

2004	Terran Legard, CWU	57.69
2005	Terran Legard, CWU	56.57
2006	Terran Legard, CWU	57.75
2007	Heidi Dimmitt, WWU	59.11

### 800

2004	Jennifer Marsh, SPU	2:14.80
2005	Josie Lavin, SPU	2:16.09
2006	<b>Ashley Puga, NNU</b>	2:16.55
2007	<b>Jessica Pixler, SPU</b>	2:11.52

### Mile

2004	Jamie Witt, SPU	5:09.21
2005	Karen Dickson, SPU	5:08.23
2006	Katie Hummel, CWU	5:08.11
2007	<b>Jessica Pixler, SPU</b>	4:54.53

### 5000

2004	Alana Garcia, SU	19:33.9*
2005	<b>Karin Rohde, SPU</b>	18:41.46
2006	Brandy Anderson, CWU	18:27.98
2007	<b>Karin Rohde, SPU</b>	18:17.35

### 60 Hurdles

2004	Monica Smith, WOU	9.22
2005	Danielle Ayers-Stamper, SPU	8.66
2006	Linda Blake, SPU	9.10
2007	Kelsey Cooley, SPU	9.30

### 4x400 Relay

2004	Central Washington	3:58.72
2005	Central Washington	4:00.32
2006	Central Washington	3:59.48
2007	Seattle Pacific	3:58.68

### Distance Medley

2004	Seattle Pacific	12:47.76
2005	Seattle Pacific	12:35.89
2006	Central Washington	12:24.60
2007	Seattle Pacific	11:58.41

### Long Jump

2004	Katy Kociemba, WOU	17-9 ½ (5.42)
2005	Danielle Ayers-Stamper, SPU	18-9 ¾ (5.73)
2006	<b>Jacqueline Postlewait, WOU</b>	17-8 (5.38)
2007	Kim Bascom, WWU	18-3 ¾ (5.58)

### Triple Jump

2004	Lea Tiger, CWU	36-5 (11.10)
2005	Amanda Merrill, NNU	36-9 (11.20)
2006	Amanda Merrell, NNU	37-0 ¼ (11.28)
2007	Kim Bascom, WWU	37-9 ¼ (11.51)

### High Jump

2004	Sharon Bjella, SPU	5-3 ¼ (1.61)
2005	Danielle Ayers-Stamper, SPU	5-6 (1.68)
2006	<b>Teona Perkins, SPU</b>	5-6 ½ (1.69)
2007	Emily Peterson, NNU	5-5 ¾ (1.67)

### Pole Vault

2004	Danielle Juarez, WWU	11-6 ¼ (3.51)
2005	Allison Hedges, SPU	11-10 (3.61)
2006	Amy Harris, SPU	11-7 ¾ (3.55)
2007	<b>Monica Anderson, SPU</b>	11-0 ¼ (3.36)

### 35-Pound Weight

2004	Kristen Hepler, WOU	53-9 ¼ (16.39)
2005	Heather Yergen, CWU	46-11 ½ (14.31)
2006	Krissy Tandle, CWU	50-0 ¾ (15.26)
2007	<b>Sabrina Freed, WOU</b>	49-4 ¼ (15.04)

### Shot Put

2004	Chevonna Lynch, WOU	40-4 ¾ (12.31)
2005	Krissy Tandle, CWU	40-11 ½ (12.48)
2006	Krissy Tandle, CWU	44-8 ¾ (13.63)
2007	Krissy Tandle, CWU	42-10 ¼ (13.06)

Printed by Thorne Printing, Nampa, ID