

TRACK AND FIELD ATHLETES-OF-THE-WEEK

2002	Male	Female		
Feb. 25-M.3	Justin Miller, HSU	Ellie Enos, WOU	May 24-30	Isaiah Haines, WOU Chris Randolph, SPU
Mar. 4-10	Jason Walker, HSU Sean Rivers, UAA	Stephanie Huffman, SPU		Danielle Ayers-Stamper, SPU Kelly Fullerton, SU
Mar. 11-17	Justin Lawrence, CWU		2005	Male
Mar. 18-24	Nathan Carlson, SMU	Delores Bergmann, HSU Rachel Ross, SPU	Jan. 10-16	Greg Hamm, NNU
Mar. 25-31	James Thomas, NNU Jason Walker, HSU	Rachel Ross, SPU Jennifer Dunkin, WOU	Jan. 17-23	Cresap Watson, CWU
Apr. 1-7	Derek Deskins, WOU Nathanael Castle, SPU	Alicen Maier, CWU Katie Droz, HSU	Jan. 24-30	Chris Randolph, SPU
Apr. 8-14	Justin Miller, HSU	Delores Bergmann, HSU Rachel Ross, SPU	Jan. 31-F.6	Nathan Carlson, SMU
Apr. 15-21	Jamil Wynn, WOU Dave Margraf, HSU	Dionna Anderson, SPU Alicen Maier, CWU	Feb. 7-13	Sam Scotchmer, CWU Carlos Aguilar, WOU
Apr. 22-28	Zach Dwello, NNU Paul Mach, SPU	Dania Swosinski, WWU	Feb. 21-27	Hunter Verner, WWU Tyler Thornbrue, WWU
Apr. 29-M.5	Mike Hinshaw, WOU		Feb. 28-M.6	Chris Randolph, SPU
May 6-12	Mike Hinshaw, WOU Nathanael Castle, SPU	Shelly Comstock, WOU Alicen Maier, CWU	Mar. 7-13	Andy Prentice, SMU
		Stephanie Huffman, SPU Laura Widman, SPU	Mar. 14-20	Paul Mach, SPU Sam Hobbs, WOU
			Mar. 21-27	Cameron Neel, CWU
			Mar. 28-A.3	Sam Scotchmer, CWU Hunter Verner, WWU
2003	Male	Female	Apr. 4-10	Faruk Punjani, SU Preston Lewis, NNU
Feb. 24-M.2	Pro Escobedo, WOU	Danielle Ayers-Stamper, SPU Monica Smith, WOU	Apr. 11-17	Paul Mach, SPU
Mar. 3-9	T.J. Aimonetti, HSU	Kati Gosnell, HSU Jennifer Dunkin, WOU	Apr. 18-24	Andy Prentice, SMU Ethan Barrons, WOU
Mar. 10-16	Damien Davis, WOU	Dania Swosinski, WWU Alicen Maier, CWU	Apr. 25-M. 1	Josh Freeman, WOU
Mar. 17-23	Paul Mach, SPU	Saray Kraybill, SPU Ashlee Vincent, WWU	May 9-15	Paul Mach, SPU
Mar. 24-30	Doug Hamilton, HSU Zach Boteilho, WWU	Ally Studer, SPU Danielle Ayers-Stamper, SPU	May 23-29	Chris Randolph, SPU
Mar. 31-A.6	Nate Anderson, WOU	Stacy Edwards, UAA Kelly Fullerton, SU		
Apr. 7-13	Isaac Frederick, WOU	Jill Salmon, WOU Ally Studer, SPU	2006	Male
Apr. 14-20	Brett Franz, WOU	Dianna Grossglass, SPU Danielle Ayers-Stamper, SPU	Jan. 9-15	Andy Prentice, SMU
Apr. 21-27	Spike Olsen, WOU		Jan. 16-22	None selected
May 5-11	Zach Dwello, NNU Andy Prentice, SMU	Laura Widman, SPU	Jan. 23-29	Chris Randolph, SPU
May 19-25	Pro Escobedo, WOU	Danielle Ayers-Stamper, SPU	Jan. 30-F.5	Cameron Neel, CWU
			Feb. 6-12	Cresap Watson, CWU
			Feb. 20-26	Tyler Thornbrue, WWU
			Feb. 27-M.5	Eddie Strickler, SPU
			Mar. 6-12	Andy Prentice, SMU Cameron Neel, CWU
			Mar. 13-19	Chris Randolph, SPU
			Mar. 20-26	Jimmy Elam, HSU
			Mar. 27-A.2	Jason Buckmier, WOU
2004	Male	Female	Apr. 3-9	Jasper Peach, HSU Eric Draper, UAA
Jan. 12-18	Paul Mach, SPU	Alana Garcia, SU Danielle Juarez, WWU	Apr. 10-16	Chris Randolph, SPU
Jan. 19-25	Nathan Carlson, SMU	Terran Legard, CWU Kristin Hepler, WOU	Apr. 17-23	David Kiplagat, UAA
Jan. 26-F. 1	Chris Randolph, SPU	Dionna Grossglass, SPU Ally Studer, SPU	Apr. 24-30	Scott Romney, WWU
Feb. 9-15	Isaac Frederick, WOU	Sara Johnson, SPU Kristin Hepler, WOU		
Feb. 23-29	None selected		May 8-14	Eddie Strickler, SPU
Mar. 1-7	Nate Normandin, UAA		May 22-28	Chris Randolph, SPU
Mar. 8-14	Edward Strickler, SPU Kurt Hartmaier, WWU	Kari Konrad, WOU Jennifer Marsh, SPU		
Mar. 15-21	Andy Prentice, SMU	Monica Smith, WOU	2007	Male
Mar. 22-28	Zach Dwello, NNU		Jan. 8-14	Evan Ruud, CWU
Mar. 29-A. 4	Justin Lawrence, CWU Norm Normandin, UAA	Janna Schaafsma, SPU	Jan. 15-21	Cameron Neel, CWU
Apr. 5-11	Isaiah Haines, WOU Adam Neff, WWU	Kinyatta Leonhardt, SPU Nicole Campbell, HSU	Jan. 22-28	Anthony Tomsich, WWU
Apr. 12-18	Michael Morrison, VWY	Terran Legard, CWU Jessica Telleria, WWU	Jan. 29-F.4	Robert Edwards, CWU
Apr. 19-25	Sam Hobbs, WOU	Katy Kociemba, WOU Danielle Ayers-Stamper, SPU	Feb. 5-11	John Riak, SMU Michael Dean, WWU
Apr. 26-M.2	Michael Morrison, CWU			
May 10-16	Chris Randolph, SPU			
				Female
				Karen Dickson, SPU Emily Peterson, NNU Danielle Ayers-Stamper, SPU Terran Legard, CWU Danielle Ayers-Stamper, SPU
				SPU Distance Medley Relay (Lavin, Leonhardt, Sexton, Dickson) Molly Hornbuckle, SPU Danielle Ayers-Stamper, SPU Nicole Campbell, HSU
				Karen Dickson, SPU Danielle Ayers-Stamper, SPU Jessica Houston, UAA
				Chelsi Claussen, SMU
				Danielle Ayers-Stamper, SPU Kelly Fullerton, SU
				Bridget Johnson, WOU Bridgette Sexton, SPU Monica Smith, WOU Danielle Ayers-Stamper, SPU Monica Smith, WOU
				Teona Perkins, SPU Katie Hummel, CWU Amy Harris, SPU Ashley Puga, NNU Amy Harris, SPU Teona Perkins, SPU Jessica Telleria, WWU Teona Perkins, SPU
				Mary Pearce, UAA Audrey Oswald, HSU Karin Rohde, SPU Jessica Telleria, WWU Bridget Johnson, WOU Mary Pearce, UAA
				Keyanna Jenkins, WOU Mandy Kaempf, UAA Ashley Puga, NNU Sarah Howell, WOU Amy Harris, SPU
				Karin Rohde, SPU Katie McMeel, CWU
				Female
				Jessica Pixler, SPU Ashley Puga, NNU Krissy Tandle, CWU Jacque Postlewait, WOU Taryn Plypick, WOU Teona Perkins, SPU Katie Hummel, CWU

Feb. 19-25 Tyler Thornbrue, WWU
 Anthony Marin, WOU
 Feb. 26-M.4 Brian Cronrath, SPU
 Mar. 5-11 WWU Medley Relay*
 Mar. 12-18 Lloyd Massey, WOU
 Keith Lemay, WWU
 Mar. 19-25 Brian Cronrath, SPU
 Mar. 26-A.1 Ian Wells, CWU
 David Kiplagat, UAA
 Apr. 2-8 Zeb Udell, WOU
 Apr. 9-15 Michael Ingman, CWU
 Apr. 16-22 David Registe, UAA
 Dan Sullivan, SU
 Apr. 23-29 Lloyd Massey, WOU
 Apr. 30-M. 6 Evan Ruud, CWU
 David Registe, UAA
 May 7-13 Eddie Strickler, SPU
 May 21-27 Anthony Tomsich, WWU
 Jessica Pixler, SPU
 Kim Bascom, WWU
 Mary Pearce, UAA
 Brittany Bekins, SPU
 Jessica Pixler, SPU
 Jessica Pixler, SPU
 Mary Pearce, UAA
 NyEma Sims, SPU
 Laura Carr, UAA
 Monica Anderson, SPU
 NyEma Sims, SPU
 Molly Barnes, SPU
 Jessica Hinton, SPU
 Ashley Puga, NNU
 Jessica Pixler, SPU
 Terran Legard, CWU
 Monika Gruszecki, WWU
 Teona Perkins, SPU
 Jessica Pixler, SPU

*Sam Brancheau, Adam Neff, Erik Bies, Anthony Tomsich

2008 Male
 Nov. 26-D. 2 Zeb Udell, WOU
 Jan. 14-20 Justin Felt, SPU
 Jan. 21-27 Mitch Ward, NNU
 Jan. 28-F.3 John Riak, SMU
 Feb. 4-10 Anthony Marin, WOU
 Feb. 25-M.2 Zeb Udell, WOU
 Mar. 3-9 David Registe, UAA
 Mar. 10-16 Michael Madrid, UAA
 Mar. 17-23 Lloyd Massey, WOU
 Mar. 24-30 Sam Washington, SMU
 Mar. 31-A. 6 Jordan Welling, WWU
 Apr. 7-13 Greg Hamm, NNU
 Apr. 14-20 David Kiplagat, UAA
 Apr. 21-27 Keith Lemay, WWU
 Tyler Fischer, CWU
 May 5-11 Kevin Myhre, WWU
 May 19-25 David Registe, UAA
Female
 Sarah Porter, WWU
 Jessica Pixler, SPU
 Jaclyn Puga, NNU
 Amy Carroll, NNU
 Melissa Peaslee, SPU
 Teona Golding, SPU
 Christy Miller, WWU
 Kim Brady, UAA
 Jeeni Schantin, SPU
 Jessica Harper, WOU
 Jessica Pixler, SPU
 Brittany Aanstad, SPU
 Lexi Halvorson, MSUB
 Laura Carr, UAA
 Jane Larson, SPU
 Suzie Strickler, SPU
 Ashley Puga, NNU
 Kim Brady, UAA
 Lyndsey McKillip, WOU
 Karin Rohde, SPU
 Ashley Puga, NNU
 Heidi Dimmitt, WWU

2009 Male
 Dec. 1-7 John Riak, SMU
 Jan. 12-18 Ryan Brown, WWU
 Jan. 19-25 Tyler Fischer, CWU
 Maurus Hope, NNU
 Jan. 26-F. 1 Jordan Welling, WWU
 Feb. 2-8 Bryan Mack, CWU
 Feb. 9-15 Jordan Welling, WWU
 Feb. 16-22 Zeb Udell, WOU
 Feb. 23-M. 1 Zeke Van Patten, WOU
 Justin Felt, SPU
 Mar. 2-8 David Registe, UAA
 Mar. 9-15 Marko Cheseto, UAA
Female
 Emily Warman, WWU
 Ali Worthen, SPU
 Krissy Tandle, CWU
 Ashley Puga, NNU
 Jessica Pixler, SPU
 Ashley Puga, NNU
 Ellie Siler, WWU
 Jessica Pixler, SPU
 Ali Worthen, SPU
 Ashley Puga, NNU
 Annan Applebee, WOU
 Sarah Porter, WWU
 Jenni Schantin, SPU
 Jessica Pixler, SPU

Mar. 16-22 Zeb Udell, WOU
 Mar. 23-29 David Kiplagat, UAA
 Mar. 30-A. 5 Mick Boyle, UAA
 Josh Heidigger, NNU
 Apr. 6-12 Will Davis, WWU
 Apr. 13-19 David Registe, UAA
 Apr. 20-26 Zeb Udell, WOU
 Apr. 27-M. 2 Demetrius Preston, UAA
 Ashley Puga, NNU
 Emily Warman, WWU
 Krissy Tandle, CWU
 Kate Harline, SPU
 Jessica Pixler, SPU
 Ashley Puga, NNU
 Sarah Porter, WWU
 Jessica Pixler, SPU
 Ashley Puga, NNU
 Christy Miller, WWU
 WWU 4x400 Relay*

*Heidi Dimmitt, Sarah Brownell, Megan O'Connell, Ellie Siler

2010 Male
 Nov. 30-D. 6 Maurus Hope, NNU
 Dec. 7-13 Brandon Pearce, MSUB
 Jan. 11-17 Chad Meis, SPU
 Jan. 18-24 None selected
 Jan. 25-31 Ryan Brown, WWU
 Tyler Fischer, CWU
 Feb. 1-7 Anthony Wright, CWU
 Feb. 8-14 Anthony Tomsich, WWU
 Feb. 22-28 Matson Hardie, WOU
 Mar. 1-7 Ethan Hewitt, UAA
 Mar. 8-14 Demetrius Preston, UAA
 Mar. 15-21 Anthony Wright, CWU
 Mar. 22-28 Micah Chelimo, UAA
 Mar. 29-A. 4 Marko Cheseto, UAA
 Apr. 5-11 Ben Elder, WWU
 Nick Wilson, MSUB
 Apr. 12-18 Micah Chelimo, UAA
 Jason Slowey, WOU
 Apr. 19-25 Michael Hoffman, WWU
 Apr. 26-M2 Maurus Hope, NNU
 May 3-9 Ryan Brown, WWU
 May 10-16 Anthony Wright, CWU
Female
 Laura VonArx, NNU
 None selected
 *SPU Medley Relay
 Erika Halle, MSUB
 Jessica Pixler, SPU
 Katharine Lotze, CWU
 Terra Schumacher, SPU
 Emily Warman, SPU
 Michelle Howe, WWU
 Torrie Self, CWU
 Amanda Alvarez, SPU
 Miriam Kipng'eno, UAA
 Jane Larson, SPU
 Jessica Pixler, SPU
 Courtney Olsen, WWU
 Carolanne Powers, WOU
 Jessica Pixler, SPU
 Torrie Self, CWU
 Sarah Porter, WWU
 Crystal Sims, SPU
 Latasha Essien, SPU

*Jane Larson, Crystal Siims, Lisa Anderberg, Jessica Pixler

2011 Male
 Jan. 10-16 Matt Kaino, WOU
 Jan. 17-23 Stephen Larlee, NNU
 Jan. 24-30 Ryan Brown, WWU
 Jan. 31-F. 6 Bryan Mack, CWU
 Feb. 7-13 Andrew Boss, SFU
 Feb. 21-27 Kyle Larson, WOU
 Feb. 28-M. 6 David Registe, UAA
 Mar. 7-13 Michael Hoffman, WWU
 Mar. 14-20 Matt Kaino, WOU
 Mar. 21-27 Jordan Welling, WWU
 Mar. 28-A. 3 David Registe, UAA
 Apr. 4-10 Ryan Brockerville, SFU
 Chris Reed, WOU
 Apr. 11-17 Ethan Hewitt, UAA
 Apr. 18-24 Michael Hoffman, WWU
 Apr. 25-M. 1 Will Crook, WOU
 May 2-8 Alfred Kangogo, UAA
Female
 Helen Crofts, SFU
 Joy Warrington, NNU
 Helen Crofts, SFU
 Katharine Lotze, CWU
 Sarah Porter, WWU
 Melissa Peaslee, SPU
 Helen Crofts, SFU
 Haleigh Lloyd, UAA
 Ivy O'Guinn, UAA
 Ashley Potter, WOU
 Miriam Kipng'eno, UAA
 Torrie Self, CWU
 Ali Worthen, SPU
 Rachelle Barnett, SFU
 Sarah Porter, WWU
 Ruth Keino, UAA
 *Seattle Pacific 4x100 & 4x400
 Brittany Aanstad, SPU
 Melissa Peaslee, SPU

*Kishia Mitchell, BryAnne Wochnick, Emily Quatier, Crystal Sims

Most Career Male POW Winners (4 or more): 10 – Chris Randolph, SPU. 8 - David Registe, UAA. 6 – Paul Mach, SPU; Andy Prentice, SMU; Zeb Udell, WOU. 4 - Cameron Neel, CWU; David Kiplagat, UAA; Ryan Brown, WWU.

Most Career Female POW Winners (4 or more): 17 – Jessica Pixler, SPU. 12 – Danielle Ayers-Stamper, SPU; Ashley Puga, NNU. 6 - Teona Perkins Golding, SPU; Sarah Porter, WWU. 4 – Monica Smith, WOU; Alicen Maier, CWU; Mary Pearce, UAA.

2002

Week of Feb. 24-Mar. 3: Male - Justin Miller, Humboldt State (Sr., Manteca, CA) won the decathlon title at the Chico State Multi-Events with a score of 6,721 points. Miller had the best mark among the 20 competitors in six of the 10 events. **Female** - Ellie Enos, Western Oregon (Jr., Brookings, OR - Brookings-Harbor) won the 10,000 meters in a time of 38:15.8 at the Linfield Icebreaker. The mark was just 16 seconds off the NCAA Division II provisional national qualifying standard.

Week of Mar. 4-10: Male - Jason Walker, Humboldt State (Sr., Wyoming) and Sean Rivers, Alaska Anchorage (Jr., Sandy, OR). . Walker finished second to former Humboldt State All-American Tim Miller in the steeplechase at the Sacramento State Bruce Drummond Invitational. He was clocked in a NCAA Division II national provisional qualifying time of 9:04.52. The mark was six seconds better than his previous best and was also the second-best time in the four-year history of the track conference. . Rivers won the 10,000 meter title at the Pacific Lutheran Salzman Open in a conference record time of 31:12.03. He broke the old conference mark by 28 seconds, which coincidentally was held by Walker. **Female** - Stephanie Huffman, Seattle Pacific (Sr., Brush Prairie, WA) won the javelin (138-8), placed second in the long jump (18-0 ½) and finished fourth in the high jump (5-3 ¾) at the Salzman. All three were GNAC automatic qualifying marks and her mark in the javelin bettered the NCAA Division II provisional national qualifying mark by more than five feet.

Week of Mar. 11-17: Male - Justin Lawrence, Central Washington (So., Toppenish, WA - Zillah HS) placed second in both the long jump (22-5 ¼) and triple jump (47-9 ¼) at the Husky Classic in Seattle. His long jump mark was an automatic GNAC qualifying mark and his triple jump was just one-half inch off his previous conference best mark. **Female** - Dolores Bergmann, Humboldt State (Sr., Chico, CA - Lassen CC) and Rachel Ross, Seattle Pacific (Sr., Kennewick, WA) . . Ross raced to her 25th career middle-distance title in the 800 meters at the Long Beach State Classic in an NCAA Division II provisional qualifying time 2:13.02. She also placed third in the 1500 in 4:38.10. The win in the 800 was her fourth straight regular-season 800 victory dating back to last season. Her third-place finish in the 1500 snapped a string of six straight regular-season wins in that event. . Bergmann won the women's 3000 meters at the Humboldt Open in a NCAA national provisional time 10:12.7. It was also the eighth fastest time in the four-year history of the track conference.

Week of Mar. 18-24: Male - Nathan Carlson, Saint Martin's (So., Pateros) won the 800 meters title in the Western Intercollegiate in a conference-season best time of 1:56.09. **Female** - Rachel Ross, Seattle Pacific (Sr., Kennewick, WA) and Jennifer Dunkin, Western Oregon (Jr., Dallas, OR). . Ross, competing mostly against Division I athletes, swept the 800 and 1500 meter titles in the San Diego State Aztec Invitational. She won the 800 in a time of 2:12.63, cutting

almost half a second off her previous provisional national qualifying time. She posted a time of 4:41.29 in winning the 1500. . Dunkin set school and conference records in winning the hammer title in the Western Oregon Intercollegiate. Her throw of 169-5 bettered the old conference record of 165-4 set by Barbara Weaver of Humboldt State in 2000.

Week of Mar. 25-31: Male - James Thomas Jr., Northwest Nazarene (Jr., Houston, TX) and Jason Walker, Humboldt State (Sr., Rock Springs, Wyo.). . Thomas won the javelin with a NAIA national automatic qualifying and GNAC season-best mark of 207-8 to highlight his team's performances in the Point Loma Nazarene Invitational. . Walker ran the fastest time (8:58.62) among NCAA Division II runners this spring and bettered the NCAA automatic qualifying standard in the steeplechase. He also became only the second runner in the four-year history of the track conference to break the nine minute mark in the event. **Female** - Alicen Maier, Central Washington (Jr., Selah, WA) and Katie Droz, Humboldt State (Sr., Trinidad). . Maier cut two seconds off her personal best and ran a 4:33.19 in the 1500 meters to place 20th in the 28th annual Stanford Invitational track-and-field meet at Palo Alto. Her time, which is nearly eight seconds better than the national standard, is the best in the metric mile in the GNAC this spring and ranks third in the four-year history of the track conference. She also ran a season-best 2:14.08 in the 800, just missing the national standard by .08 seconds. . Droz broke her own school record in the javelin at the Cal-Nevada Championships to finish third with a throw of 148-11. She is the conference leader this spring in the event, which has already produced four provisional national qualifiers.

Week of Apr. 1-7: Male - Derek Deskins, Western Oregon (Fr., Mapleton, OR) and Nathanael Castle, Seattle Pacific (Sr., Gooding, ID). . Deskins won the javelin at the Willamette Invitational with a throw of 202-2 becoming only the fourth athlete in the history of the track conference to break the 200 foot barrier. Castle won the 1500 meters in the Western Washington Vernacchia Classic in a conference-leading and national qualifying mark of 3:53.78. **Female** - Dolores Bergmann, Humboldt State (Sr., Chico, CA) and Rachel Ross, Seattle Pacific (Sr., Kennewick, WA). . Bergmann won the 10,000 meters event at the Willamette Invitational in a national-qualifying and conference record time of 36:53.6, bettering the national standard by more than a minute. She is the conference leader this spring in the 3,000, 5,000 and 10,000 and has established provisional national-qualifying marks in all three events. . Ross won the 800 and 1500 and was voted the Outstanding Female Performer at the Western Washington Vernacchia Team Classic at Bellingham. She won the 800 in a time of 2:12.85 and cut 3 ½ seconds off her previous national-qualifying time in winning the 1500 in a time of 4:33.31. She is the conference leader in the 800 this spring and ranks second on the conference charts in both the 400 and 1500.

Week of Apr. 8-14: Male - Justin Miller, Humboldt State (Sr., Manteca, CA) added four inches to his own school and conference record in finishing second in the pole vault with a leap of 16-8 ¾ at the Brutus Hamilton Invitational, hosted by

the University of California - Berkeley. **Female** - Dionna Anderson, Seattle Pacific (Sr., Lynnwood, WA) and Alicen Maier, Central Washington (Jr., Selah). . .Anderson heaved the shot the third-longest distance in school history in winning the event at Eastern Washington's 31st annual Pelleur Invitational track-and-field meet at Cheney Friday. No Falcon thrower had broken 46 feet since 1978. She also broke the conference mark of 44-10 1/4 set by Barbara Weaver of Humboldt State two years ago. Then on Saturday, she repeated her win in the Northwest Relays finishing first with a put of 41-6 1/2. . .Maier was named the Outstanding Female Performer in the Northwest Relays as she finished first in a GNAC season-best and provisional national-qualifying time of 10:00.7 in the 3,000 meters also led CWU to two relay wins. She has now posted provisional national qualifying marks in the 800, 1500 and 3000 and is the conference leader in the latter two events.

Week of Apr. 15-21: Male: Jamil Wynn, Western Oregon (Fr., Myrtle Point, OR) and Dave Margraf, Humboldt State (Sr., Las Vegas, NV - Desert CC). . . Wynn and Margraf posted provisional NCAA Division II national qualifying marks in the Woody Wilson Track and Field Classic at Davis, Calif. Wynn jumped a GNAC season-best 24-5 3/4 to win the long jump. His mark was 9 3/4 inches better than the provisional national standard. Margraf added 10 feet to his own GNAC season-best mark in the hammer finishing seventh in the event with a throw of 179-7. **Female:** Dania Swosinski, Western Washington (So., Tacoma, WA - Wilson) was the lone athlete to win two individual events in the Spike Arlt Invitational at Ellensburg Saturday as she swept the 200 and 400. Her winning times of 25.25 and 57.50 are the best this spring in the conference. She also led the Vikings' 4x100 relay team to a victory in a team season-best mark of 48.86. WWU outscored Central Washington 155-150 to win the women's team title.

Week of Apr. 22-28: Male: Zach Dwello, Northwest Nazarene (So., McCall, ID) and Paul Mach, Seattle Pacific (So., Seattle, WA - King's). . .Dwello eclipsed the NAIA national automatic qualifying standard in the steeplechase at the Oregon Invitational, placing fourth in a school-record time of 9:23.55. He broke the old record of 9:31.74 that was set in 1985 by John Oord. Mach won the 400-meter hurdles at Eugene in a GNAC season-best mark of 53.72. **Female:** Shelley Comstock, Western Oregon (Jr., Salem, OR - South Salem) and Alicen Maier, Central Washington (Jr., Selah). . .Comstock won three events - the 100 meters (12.71), long jump (17-6) and triple jump (in a GNAC season-best mark of 38-1 1/4) as the Wolves dominated the WOU Open, winning a total of 22 events. . . Maier ran one of the fastest 1500 meter times in the nation among NCAA Division II athletes this spring in placing third in the twilight portion of the University of Oregon Invitational at Eugene. She was clocked in a time of 4:28.23, cutting more than four seconds off her previous best mark this spring. Her school record time will rank second when the national lists are updated this week, assuming no other Division II runner ran faster this past weekend.

Week of Apr. 29-May 5: Male: Mike Hinshaw, Western Oregon (Jr., Scappoose, OR) won the 100 meters and 200 meters in times of 10.76 and 21.82 in the Great Northwest

Athletic Conference championship meet at Bellingham. His time in the 100 meters equaled his own conference season-best mark. He also anchored WOU's winning 4x100 and 4x400 relay teams. In the 4x100, Hinshaw overtook CWU's Josh Delay on the backstretch as the Wolves nipped the Wildcats in a photo finish. In the 4x400, Hinshaw led the way as WOU ran a conference season-best mark of 3:20.20.

Female: Stephanie Huffman, Seattle Pacific (Sr., Brush Prairie - Prairie) won the javelin (148-4) and long jump (18-1), placed second in the high jump (5-4 1/2) and triple jump (36-7) and finished fifth in the 100 hurdles (15.59) in Saturday's Great Northwest Athletic Conference championship meet at Bellingham. Including the 10 points she earned Apr. 25-26 in winning the heptathlon, Huffman accounted for 50 of SPU's 226 points as the Falcons finished 31 1/2 points ahead of runner-up Western Oregon.

Week of May 6-12: Male: Mike Hinshaw, Western Oregon (Jr., Scappoose, OR) and Nathanael Castle, Seattle Pacific (Sr., Gooding, ID). . .After winning the 100 meters in a time of 10.83 Saturday afternoon in the Ken Foreman Invitational at Husky Stadium, Hinshaw made a quick trip to Eugene and finished second in the 200 meters at the Oregon Twilight meet. He was clocked in a NCAA Division II provisional national-qualifying time of 21.30, bettering the national standard by .25 seconds and cutting .20 seconds off his previous career-best time. . .Castle cut 2.8 seconds off his NCAA Division II provisional national qualifying mark in the 1500 meters finishing fifth at the Foreman meet in a career-best time of 3:50.44. **Female:** Laura Widman, Seattle Pacific (Jr., Colfax, WA) won the heptathlon at the Ken Foreman Invitational and posted a provisional national qualifying mark in the long jump in the process. Her winning score of 5,004 points is the fifth best mark nationally among NCAA Division II athletes (assuming no one else bettered that score this past week). She bettered the national standard of 18-10 with a GNAC season-best mark of 19-0 3/4 in the long jump.

2003

Week of Feb. 24-Mar. 2: Female - Danielle Ayers-Stamper, Seattle Pacific (Fr., Lacrosse, WA - Lacrosse-Washtucna) and Monica Smith, Western Oregon (So., Dallas, OR). . .Ayers-Stamper won three events as Seattle Pacific dominated its first outdoor meet, claiming 15 of 19 events at a triangular meet with Puget Sound and Lewis & Clark College. She posted two automatic qualifying marks for this spring's GNAC championship meet (130-8 in javelin and 15.44 in 100 hurdles) and one provisional qualifying mark (16-10 in long jump). Smith won the high jump at the Linfield Icebreaker with a national provisional qualifying mark of 5-6, which equaled her career best mark. She also posted a GNAC automatic qualifying mark in winning the 100 meter hurdles in a time of 15.38. **Male** - Pro Escobedo, Western Oregon (Jr., Nyssa, OR) won the hammer at the Linfield Icebreaker, bettering the NCAA Division II provisional national qualifying mark of 172-0 by more than five feet with a throw of 177-4.

Week of Mar. 3-9: Female - Kati Gosnell, Humboldt State (Sr., Lyons, CO) and Jennifer Dunkin, Western Oregon (Sr.,

Dallas, OR). . Gosnell ran a provisional national qualifying time of 17:16.22 in finishing second in the 5,000 meters at the Bruce Drummond Invitational at Sacramento. Gosnell also finished sixth in the 800 meters in a time of 2:22.58. Dunkin won the women's hammer throw in a three-way meet at Willamette with a provisional national-qualifying throw of 169-4. She bettered the national standard by more than 14 feet and fell just three feet short of her own GNAC record of 172-9. **Male** - T.J. Aimonetti, Humboldt State (So., San Jose, CA) finished sixth in the men's hammer with a provisional national qualifying throw of 177-2 in the Bruce Drummond Invitational at Sacramento. Aimonetti also placed seventh in the men's shot put, improving on his previous GNAC automatic mark with a put of 49-10 ½.

Week of Mar. 10-16: Female - Dania Swosinski, Western Washington (Jr., Tacoma - Wilson) posted GNAC automatic qualifying marks in finishing second in both the 200 (25.94) and 400 (59.43) and also ran on the Vikings' winning 4x100 (48.92) and 4x400(4:05.40) relay teams in leading the Vikings to their first-ever team title in the Salzman Invitational. **Male** - Damien Davis, Western Oregon (Sr., Lincoln City, OR) set a GNAC record by running the 110 meter hurdles in a time of 14.54 to better the national provisional standard of 14.70 in winning the event in a meet with Clackamas CC. Davis' time was .36 seconds faster than the previous record of 14.90 and also is the best time (also by .36 seconds) among Pacific Northwest NCAA Division II athletes in the past five springs (since 1999).

Week of Mar. 17-23: Female - Alicen Maier, Central Washington (Sr., Selah, WA) and Sarah Kraybill, Seattle Pacific (Sr., Seattle, WA - Ballard). . . Maier won the 3,000 meters and bettered the NCAA Division II provisional national qualifying mark in the Ken Shannon Invitational track-and-field meet at Husky Stadium. Maier, who was one of six GNAC athletes to win events in the meet, was clocked in a time of 10:05.33. . . Kraybill placed second in the 1500 meters (4:40.22) and third in the 400 meters (57.81) in the Stan Wright Invitational at Sacramento. Both marks are the best times this spring in the GNAC and her 1500 time is a provisional national qualifying mark. **Male** - Paul Mach, Seattle Pacific (Jr., Seattle, WA - King's) ran the fastest 400 hurdles time so far this spring in the GNAC, finishing third in the University of Oregon Preview in a time of 53.94.

Week of Mar. 24-30: Female - Ashlee Vincent, Western Washington (So., Bellingham - Squalicum) and Ally Studer, Seattle Pacific (Jr., Redmond, WA). . . Vincent cut 40 seconds off her previous NCAA Division II provisional national qualifying mark as she was clocked in a time of 17:02.00 at the Stanford Invitational. That clipped 15 seconds off the previous fastest time posted by a NCAA Division II Northwest small-college runner in the past five years. The previous best mark was set by Amy Forrey of Central Washington, who ran a 17:17.41 5,000 meter two years ago. . . Studer twice bettered the provisional national standard in the pole vault, first clearing 11-6 ¼ at Stanford, then adding 7 ¼ inches with a vault of 12-1 ½ at Sacramento State. **Male** - Doug Hamilton, Humboldt State (Jr., Modesto, CA) and Zach Boteilho, Western Washington (Sr., Camas, WA). . . Hamilton and Boteilho both posted provisional national qualifying

marks at Stanford. Hamilton qualified in the 1500 with a time of 3:52.83. Boteilho bettered the 10,000 meter standard as he was clocked in 31:03.55, the second fastest time by a Northwest Division II athlete since 1999.

Week of Mar. 31-Apr. 6: Female - Danielle Ayers-Stamper, Seattle Pacific (Fr., Lacrosse, WA) and Stacy Edwards, Alaska Anchorage (So., Girdwood, AK). . . Ayers-Stamper scored 43 points in leading the Falcons to their fourth straight team title in the Ralph Vernacchia Team meet at Bellingham. She won the 100 hurdles (15.02) and long jump (17-7 1/2) and tied teammate Linda Blake for first in the high jump (5-3). She also finished second in the shot put (37-6 3/4) and third in the javelin (121-10). Edwards finished second and posted a provisional national qualifying time of 36:54.7 in the women's 10,000 meters in the Willamette Invitational track-and-field meet at Salem. Her mark was a GNAC season-best time. **Male** - Nate Anderson, Western Oregon (Sr., Gresham, OR - Barlow) swept the hurdle events, winning the 110 highs in a time of 15.53 and the 400 hurdles in a time of 54.91, at the Willamette Invitational. Anderson ranks second on the GNAC best marks chart this spring in both events with bests of 15.11 and 54.22.

Week of Apr. 7-13: Female - Kelly Fullerton, Seattle (Jr., Roseburg, OR) and Jill Salmon, Western Oregon (Sr., Central Point, OR). . . Fullerton and Salmon posted almost identical provisional national qualifying marks in the steeplechase at their respective meets. At the UPS Shotwell, Fullerton won the steeple, in a time of 11:24.80, cutting four seconds off her previous provisional national qualifying mark. Salmon established a stadium record in posting a provisional national qualifying time of 11:24.25 in winning her event in a double dual with Portland and Portland State. **Male** - Isaac Frederick, Western Oregon (Jr., Portland, OR - Clackamas CC) won the 200 and 400 meters in GNAC season-best times of 21.75 and 48.37 to lead the Wolves to dual meet wins over Portland State and Portland. His 400 time is the third fastest in WOU history, while his 200 mark puts him sixth on the school's all-time list. His 200 and 400 times are also the fourth and second fastest times among Northwest NCAA Division II athletes in the past five seasons (since 1999).

Week of Apr. 14-20: Female - Ally Studer, Seattle Pacific (Jr., Redmond, WA) and Dianna Grossglass, Seattle Pacific (Fr., LaConner). . . Studer won the pole vault at the Spike Arlt Invitational with a school, GNAC, stadium and meet record clearance of 12-2 ¾. Grossglass was the lone two-event winner in the meet from a GNAC school, finishing first in the high jump (5-6 1/2) and triple jump (36-6 ¾). Her high jump mark was a GNAC season-best and provisional national qualifying mark, while her triple jump distance earned her an automatic berth in the GNAC championship meet. **Male** - Brett Franz, Western Oregon (Sr., Colorado Springs, CO) won the steeplechase in a GNAC season-best time of 9:27.1 to lead the Wolves to the team title in the ninth annual Spike Arlt Invitational track-and-field meet at Ellensburg.

Week of Apr. 21-27: Female - Danielle Ayers-Stamper, Seattle Pacific (Fr., Lacrosse, WA) won the GNAC heptathlon title with a conference meet record total of 5,024 points to easily outdistance teammate Linda Blake, who had

4,163 points. Among Ayers-Stamper marks in the two-day meet was a GNAC season-best time of 14.69 in the 100 hurdles. She also improved on previous GNAC automatic qualifying throws in the shot put (39-1 3/4) and javelin (134-2) in winning five of the seven events. **Male** - Spike Olsen, Western Oregon (Sr., Lake Oswego, OR) won the pole vault title with a GNAC season-best vault of 15-7 at the Western Oregon Invitational. Olsen's mark is the fifth best vault among NCAA Division II Pacific Northwest athletes over the past five seasons (1999-03).

Week of May 5-11: Male - Zach Dwello, Northwest Nazarene (Jr., McCall, ID) and Andy Prentice, Saint Martin's (So., Spokane, WA) - Both Dwello and Prentice posted GNAC season-best marks and bettered the provisional national qualifying mark in their respective events at the Ken Foreman Invitational. Dwello cut 14 1/2 seconds off his previous best in finishing third (first among collegiate runners) in the steeplechase in a time of 9:13.53. Prentice finished fourth in the 800 (behind one Club Northwest runner and two from UW) in a time of 1:52.52. **Female** - Laura Widman, Seattle Pacific (Sr., Colfax, WA) posted the No. 9 qualifying score in NCAA Division II in winning the Foreman Invitational heptathlon with a score of 4,771. A two-time All-America in the heptathlon, Widman had been unable to train the past two weeks while wearing a walking boot to help heal a stress fracture in her foot. Among her marks were season-bests in the 100 hurdles (15.7), long jump (17-7) and javelin (122-0) as she bettered her previous season best mark by more than 1,000 points.

Week of May 19-25: Male - Pro Escobedo, Western Oregon (Jr., Nyssa, OR) won the hammer with a GNAC record throw of 206-4 in the NCAA Division II national track-and-field meet at Edwardsville, Ill. **Female** - Danielle Ayers-Stamper, Seattle Pacific (Fr., Lacrosse, WA) finished second in the heptathlon to account for the highest finish by a GNAC female in the NCAA national meet. Ayers-Stamper, who was the only freshman in the heptathlon competition, finished with a point total of 5,120.

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Week of Jan. 12-18: Male - Paul Mach, Seattle Pacific (Sr., Seattle, WA - King's) won the men's 800 meters in a provisional national qualifying time of 1:52.67 in the UW Indoor Open, bettering the national standard by 1.63 seconds. He was just 1.37 seconds off the automatic standard. **Female** - Alana Garcia, Seattle (Fr., Modesto, CA) and Danielle Juarez, Western Washington (Sr., Olympia, WA - North Thurston). . Garcia won the women's 3,000 meter Sunday in the UW Indoor Open as she was clocked in a time of 10:41.75 in her collegiate debut. Juarez finished 11th in Saturday's UW Indoor Preview in the pole vault. She posted a provisional national-qualifying mark of 11-9 3/4.

Week of Jan. 19-25: Male - Nathan Carlson, Saint Martin's (Jr., Pateros) was the lone GNAC winner in the Washington State Open as he finished first in the mile in a time of 4:19.24. **Female** - Terran Legard, Central Washington (So., Burbank,

WA - Columbia), a transfer from Boise State, finished third in the 200 meters (26.65) and 400 meters (59.12) and established three early-season GNAC best marks in the Washington State Open. In addition to her conference season-best marks in the 200 and 400, she also ran a 8.17 in the 60 meters for the fastest FAT time in that event.

Week of Jan. 26-Feb. 1: Male - Chris Randolph, Seattle Pacific (So., Lone Tree, CO - Denver Christian) had the highest finish for a GNAC athlete in the Division I dominated UW Invitational Saturday, placing second in the high jump with a leap of 6-6 3/4. On Sunday in the UW Open, Randolph won the long jump with a GNAC season-best mark of 22-5 and finished third in the 800 in a time of 1:57.51. **Female** - Kristin Hepler, Western Oregon (Sr., Edmonds, WA - Woodway) finished fifth at the UW Invitational in the 20-pound weight throw with a school-record and provisional national qualify mark of 54-3 3/4. She then won the weight throw in Sunday's meet with a toss of 53-3 1/4.

Week of Feb. 2-8: Male - Isaac Frederick, Western Oregon (Sr., Portland, OR - David Douglas & Clackamas CC) established GNAC season-best marks in both the 200 meters (22.09) and the 400 meters (48.59) in the UW Open #3. Frederick finished first in the 200 and placed fourth in a provisional national-qualifying time in the 400. **Female** - Dianna Grossglass, Seattle Pacific (So., LaConner, WA) equaled the GNAC season-best mark in placing third in the high jump with a leap of 5-5 in the UW Open.

Week of Feb. 23-29: Female - Ally Studer, Seattle Pacific (Sr., Redmond, WA) won her section of the pole vault at the Mountain Pacific Sports Federation Championships at UW, clearing a school record 12-4. It improved her record by 2 1/2 inches and is the sixth best mark among Division II vaulters this season, based on last week's listings.

Week of Mar. 1-7: Male - Nate Normandin, Alaska Anchorage (Sr., Anchorage, AK - Dimond) won the steeplechase at the Linfield Icebreaker in a time of 9:24.33, bettering the provisional national qualifying standard by two-thirds of a second. **Female** - Sara Johnson, Seattle Pacific (Jr., Kennewick, WA) won the javelin at the UPS Triangular with a personal best of 147-7, 13 feet, 7 inches better than the provisional national standard and just 7 1/2 feet off the automatic standard.

Week of Mar. 8-14: Male - Edward Strickler, Seattle Pacific (Fr., Richland, WA) and Kurt Hartmaier, Western Washington (Sr., Woodinville, WA - Redmond). . Strickler and Hartmaier won the 800 meter and 1500 meter in GNAC season-best marks of 1:54.5 and 3:59.7, respectively, in the Salzman Invitational at Tacoma. **Female** - Kristin Hepler, Western Oregon (Sr., Edmonds, WA - Woodway) captured second place in the weight throw to earn All-American honors in the NCAA Division II Indoor Nationals at Boston, Mass. Hepler's throw of 58-2 1/2 smashed her own school record of 55-4 3/4 set earlier this season.

Week of Mar. 15-21: Male - Andy Prentice, Saint Martin's (Jr., Spokane, WA - Lakeside) had a GNAC-best time of 1:53.32 (just .32 seconds off the provisional national

qualifying standard) in finishing fifth in the men's 800 at the University of Oregon Preview in Eugene. **Female** – Kari Konrad, Western Oregon (Jr., Tigard, OR – Clackamas) finished sixth in the 1500 meters at Eugene in a provisional national qualifying time of 4:39.07. Her time is the fifth best in the three-year history of the GNAC and the 10th best among Northwest NCAA Division II athletes since 1999.

Week of Mar. 22-28: Male - Zach Dwello, Northwest Nazarene (Sr., McCall, ID – McCall-Donnelly) ran a GNAC season-best and provisional national qualifying time of 9:23.89 in the steeplechase in finishing 35th overall in the Stanford Invitational. **Female** – Jennifer Marsh, Seattle Pacific (Fr., Kirkland, WA - Juanita) won the 800 meters at the Hornet Invitational in Sacramento in a provisional national qualifying time of 2:13.41 and also finished sixth in her section at the Stanford Invitational in a time of 2:13.92.

Week of Mar. 29-Apr. 4: Male - Justin Lawrence, Central Washington (Sr., Toppenish, WA – Zillah HS) and Norm Normandin, Alaska Anchorage (Sr., Anchorage, AK – Dimond). .Lawrence broke his own GNAC triple jump record with a leap of 49-7 to win the event in the Ralph Vernacchia Invitational meet at Bellingham. His mark is also the best mark by a Northwest NCAA Division II athlete since 1999. .Normandin, who ran the fourth fastest steeplechase among Northwest NCAA Division II athletes since 1999 two weeks ago at Stanford (9:11.78) posted the best 10,000 time in the conference this spring at Willamette (31:56.56). In addition to leading the conference in the steeple and 10k, he also has the second fastest time in the 5,000 this spring. **Female** – Monica Smith, Western Oregon (Jr., Dallas, OR) won the high jump title at the Willamette Invitational with a GNAC season-best and provisional national qualifying mark of 5-7. That mark also ties the GNAC and modern Northwest NCAA Division II mark (since 1999), which she already shared with three other athletes.

Week of Apr. 5-11: Male - Isaiah Haines, Western Oregon (Sr., Albany, OR – South Albany) and Adam Neff, Western Washington (Fr., White Salmon, WA). .Haines won the men's discus at the George Fox Distance Carnival with a provisional national qualifying and GNAC season-best mark of 161-8. Neff, meanwhile, led the Vikings to the team title in the UPS Shotwell Invitational, winning the 400 meters in a GNAC season-best time of 49.42 and also running a sub 50 third leg on WWU's 4x400 relay team that posted a winning time of 3:22.41, cutting .03 seconds off its previous GNAC season-best mark. **Female** – Janna Schaafsma, Seattle Pacific (So., Soldotna, AK) won the 100 hurdles at the Shotwell in a time of 15.30 and also finished second in the 400 hurdles in a GNAC season-best time of 1:04.26 to lead the Falcons to the women's team title.

Week of Apr. 12-18: Male - Michael Morrison, Central Washington (Sr., Lacey, WA – North Thurston) won both the 110 highs (14.92) and 400 hurdles (54.05) at the CWU Spike Arlt Invitational. His 110 high time is the second best mark in the conference this spring. **Female** – Kinyatta Leonhardt, Seattle Pacific (Fr., Petaluma, CA) and Nicole Campbell, Humboldt State (Jr., Topanga, CA – Palisades Charter)..... Leonhardt sparked Seattle Pacific's women to its fifth straight

scored meet victory by winning the long jump (16-5) and 400 meters (56.22) and running a leg of a first-place 4x100 relay at the Spike Arlt Invitational. She bolted to a provisional national qualifying time in the 400, crossing the finish line some 20 meters in front of the next sprinter and also anchored SPU's 4x100 relay, which ran a GNAC season-best time of 48.2, and was on the 4x400 relay squad that finished second (3:54.93) to CWU. .Campbell posted a provisional national qualifying times in the 3,000, at the Woody Wilson Invitational track-and-field meet at UC Davis. She bettered the national standard by 6 1/2 seconds in finishing fifth in the 3,000 in a time of 10:11.44.

Week of Apr. 19-25: Male - Sam Hobbs, Western Oregon (So., Cornelius, OR – Westview) finished first in the 110 meter hurdles in a time of 14.83 and placed second in the 400 hurdles in a time of 54.54 in the morning session of the University of Oregon Invitational. Hobbs' time in the 110 hurdles equaled his own GNAC season-best mark. **Female** – Terran Legard, Central Washington (So., Burbank, WA – Columbia) set school and conference records in the 400 meters and tied the conference record in the 200 meters in the University of Oregon Invitational at Eugene. Legard finished second in the evening session in the women's 400 meters in a time of 55.12, to break her own conference record and the CWU school record of 54.9 (converts to 55.14) set by CWU Hall-of-Famer Pam Riggs in 1977. She also tied the GNAC record in finishing fifth in the 200, equaling the mark of 25.19 set by Seattle Pacific's Leah Wiest two years ago.

Week of Apr. 26-May 2: Male - Michael Morrison, Central Washington (Sr., Lacey, WA – North Thurston), who won the GNAC decathlon title two weeks ago, ran a GNAC season-best and national provisional qualifying time of 53.02 in the 400 meter hurdles in the Duane Hartman Invitational track-and-field meet. Morrison finished second in both the 400 hurdles and 110 high hurdles (15.04) in the meet held at Spokane Falls Community College. His 400 time is the third best recorded since 1999 among Northwest NCAA Division II athletes. **Female** – Jessica Telleria, Western Washington (So., Boise, ID – Capital) and Katy Kociemba, Western Oregon (Jr., Oregon City, OR). .Telleria won two events, bettering her own school record in the Viking Twilight meet Friday at Bellingham. She won the women's discus in a NCAA Division II provisional national qualify mark of 142-10 (adding 5 1/2 feet to her own GNAC season-best mark) and broke the school record in the women's hammer for the second time in two weeks with a throw of 151-0, adding more than 12 feet to her previous best. Kociemba won the triple jump at the WOU Double Dual with a GNAC season-best mark of 37-5 ¼ and she also improved her own conference leading mark by 7 1/2 inches in placing second in the long jump with a leap of 18-0 1/4.

Week of May 10-16: Male – Chris Randolph, Seattle Pacific (So. Lone Tree, CO) won the decathlon in the Ken Foreman Invitational at the Southwest Athletic Complex in Seattle with a GNAC record score of 6,881 points. Randolph's mark is the fourth best nationally this spring and the fifth best in SPU history. Randolph had five personal bests, including a GNAC decathlon record toss of 179-0 in the javelin. **Female** – Danielle Ayers-Stamper, Seattle Pacific (So. Lacrosse, WA),

competing for the first time this spring, won the heptathlon with a provisional national qualifying and GNAC season-best score of 4,855. Three of her marks - long jump (2nd, 17-7 1/2), 100 hurdles (3rd, 14.99) and high jump (4th, 5-3 3/4) - were among the top season marks this spring in the conference in those events as she finished second in back of Julie Elliott of Portland. Her mark ranks her fourth nationally this spring.

Week of May 24-30: Male – Isaiah Haines, Western Oregon (Sr., Albany, OR – South Albany) and Chris Randolph, Seattle Pacific (So., Lone Tree, CO). . Haines and Randolph established GNAC records in earning second and third places finishes in the NCAA Division II national meet at Walnut, Calif. Haines finished second in the discus with a GNAC record throw of 173-11, while Randolph placed third in the decathlon with a conference-record total of 7,030 points. Randolph, who matched the highest national finish by a Falcon male athlete in 11 years, also set GNAC decathlon records for the javelin (165-3) and high jump (6-7) in raising his career-best score by 149 points. **Female** – Kelly Fullerton, Seattle (Sr., Roseburg, OR) and Danielle Ayers-Stamper, Seattle Pacific (So., Lacrosse, WA). . Fullerton and Ayers-Stamper placed fourth in the steeplechase and heptathlon, respectively, at the national meet. Fullerton chopped 18 seconds off her previous season-best mark and shaved six seconds off her own GNAC record with a time of 10:45.35 in the steeple. Ayers-Stamper, who set a GNAC heptathlon record in the 100 hurdles (14.56) improved her qualifying score by 100 points, finishing with 4,955 points.

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Week of Jan. 10-16: Male - Greg Hamm, Northwest Nazarene (Fr., Hermiston, OR) won the men's triple jump and finished second in the long jump to highlight Northwest Nazarene's performances in the Domino's Pizza Open indoor track-and-field meet at Nampa. Hamm's triple jump mark of 46-8 3/4 is the second best in GNAC history and his long jump of 21-9 1/2 ranks third. Both were GNAC season opening weekend best marks. **Female** – Karen Dickson, Seattle Pacific (So., El Dorado Hills, CA) won the 5,000 meters in the Husky Preview in a school and GNAC record time of 17:20.73, bettering the NCAA Division II provisional qualifying standard by 40 seconds.

Week of Jan. 17-23: Male – Cresap Watson, Central Washington (So., Woodinville) won the men's 200 and finished second in the high jump with a GNAC season-best leap of 6-6 3/4 in the Washington State Open. His 200 time of 22.78 was three-hundredths of a second off his GNAC season-best mark of 22.75. **Female** – Emily Peterson, Northwest Nazarene (So., Roseburg, OR – Umpqua Valley Christian) equaled her career indoor best, finishing fourth in the high jump at Boise with a leap of 5-3. That mark ranks second so far this winter in the conference.

Week of Jan. 24-30: Male - Chris Randolph, Seattle Pacific (Jr., Lone Tree, Co.) took second in the Athletes.com heptathlon at Boise with a score of 5,141. Among his marks were a 14-3 1/4 pole vault, 2:44.61 in the 1000 and 8.79 in the

hurdles. **Female** – Danielle Ayers-Stamper, Seattle Pacific (Jr., La Crosse, WA) won the pentathlon with a score of 4,007 points posting three NCAA provisional qualifying marks at the Athletes.com Invitational at Nampa. Ayers-Stamper cleared a Division II best 5-8 in the high jump, long jumped 19-1 1/2 and ran the 60 hurdles in 8.85. Her score was 4,007.

Week of Jan. 31-Feb. 6: Male – Nathan Carlson, Saint Martin's (Sr., Pateros, WA) finished second in the mile at the New Balance Invitational in New York City. Carlson was clocked in a time of 4:11.42, just off his provisional national qualifying time of 4:10.49 he set the previous week at Seattle. Carlson's time is 10 seconds faster than any other GNAC runner this winter. He also has the GNAC's best time in the 800 (1:54.10). **Female** – Terran Legard, Central Washington (Jr., Burbank, WA - Columbia) won the women's 400 meters in a time of 56.75 and also finished third in the 200 in a time of 25.69 at the Idaho McDonald's Invitational. Her 400 time was just .01 seconds off her previous GNAC season-best mark and her 200 time was .36 seconds better than her previous GNAC-leading mark.

Week of Feb. 7-13: Male – Sam Scotchmer, Central Washington (So., Snohomish, WA) and Carlos Aguilar, Western Oregon (So., Eugene, OR – North Eugene). . . Scotchmer set a GNAC record in the 5,000 meters at Saturday's Husky Classic. He was clocked in a time of 15:00.40, breaking the old record of 15:05.63 set last season by Steve DeKoker of Western Washington. Aguilar finished fourth in the weight throw at the UW Open #3 on Sunday with a toss of 53-9 1/4 inches, breaking the old mark of WOU's Pro Escobedo. Escobedo threw the 35-pound implement 52-10 in 2003. **Female** – Danielle Ayers-Stamper, Seattle Pacific (Jr., Lacrosse, WA) set GNAC records in two events at the Husky Classic on Saturday, placing 10th in the women's 60 meter hurdles in a time of 8.84, and finishing fourth in the high jump with a NCAA Division II automatic national-qualifying jump of 5-9 3/4.

Week of Feb. 21-27: Male – Hunter Verner, Western Washington (Jr., Brentwood, TN) and Tyler Thornbrue, Western Washington (Jr., Shelton, WA). . . Thornbrue and Verner finished first and second and each vaulted 16-1 to break the Western Washington and Great Northwest Athletic Conference record in the pole vault at the SPU Last-Chance indoor track-and-field meet at the Dempsey Center on the University of Washington campus. **Female** – Josie Lavin (Jr., Bremerton), Kinyatta Leonhardt (So., Petaluma, CA), Bridgette Sexton (Fr., LaCenter, WA) and Karen Dickson (So., El Dorado Hills, CA) – The Seattle Pacific team of Lavin (1200 meters), Leonhardt (400), Sexton (800) and Dickson (1600) earned a probable berth in the NCAA national meet by winning the distance medley relay at UW in a GNAC record time of 11:55.21 at UW. Based on last week's rankings that time would rank third nationally.

Week of Feb. 28-Mar. 6: Male – Chris Randolph, Seattle Pacific (Jr., Lone Tree, CO) won three events at the University of Puget Sound Three-Way meet, hitting personal bests in the 110 meters (15.24) and discus (134-9) and also winning the javelin (169-3) and finishing second in the high jump (6-2 3/4). **Female** – Molly Hornbuckle, Seattle Pacific

(So., Burien, WA) recorded a provisional national qualifying mark of 140-3 in winning the javelin and leading the Falcons to the team title at UPS. Her mark was eight feet better than her previous PR.

Week of Mar.7-13: Male – Andy Prentice, Saint Martin's (Sr., Spokane, WA – Lakeside) won All-American honors by placing eighth in the 800 meters at the NCAA Indoor national track-and-field meet in Boston. Prentice was clocked in a time of 1:53.09, after running 1:52.99 in the prelims. **Female** – Danielle Ayers-Stamper, Seattle Pacific (Jr., Lacrosse, WA) won the NCAA national indoor high jump title (5-8), placed fourth in the long jump with a GNAC record leap of 19-5 ½ and also qualified for the finals of the 60 hurdles (placing ninth in a time of 8.88) leading the Falcons to an eighth-place finish, its best finish since 1993.

Week of Mar. 14-20: Male – Paul Mach, Seattle Pacific (Sr., Seattle, WA – King's) and Sam Hobbs, Western Oregon (So., Cornelius, OR). . Mach made his 2005 season debut with conference best times in winning the 800 (1:55.67) and placing seventh in the 1500 (3:56.62) at the Husky Preview. Hobbs finished second in 110 high hurdles in the Oregon Preview with a career-best time of 14.69, chopping .04 seconds off his previous best. His time ranks second on the GNAC all-time Top 10 list. **Female** – Nicole Campbell, Humboldt State (Sr., Topanga, CA) won the women's 3,000 meters in a provisional national qualifying time of 10:08.90 at the Jim Hunt Six-Lane Classic.

Week of Mar. 21-27: Male – Cameron Neel, Central Washington (So., Woodinville, WA) broke the GNAC record in the shot put and also established a GNAC season-best mark in the discus in the Stanford Invitational. Neel finished fifth in the shot with a put of 56-6 ½, adding five feet to the previous record. He also added 14 feet to his previous GNAC automatic mark in the discus with a throw of 156-9. **Female** – Karen Dickson, Seattle Pacific (So., El Dorado Hills, CA) and Danielle Ayes-Stamper, Seattle Pacific (Jr., Lacrosse, WA). . Dickson smashed her own GNAC record by 86 seconds and posted a NCAA automatic qualifying time of 34:40.54 in the 10,000 meters at the Stanford Invitational, finishing second in her heat and 28th overall. Ayers-Stamper broke the GNAC 100 meter hurdles mark finishing eighth at Stanford in a time of 13.93. She also posted a provisional national qualifying mark in the long jump of 19 feet, 6 1/2 inches and high-jumped 5-5 3/4. Her hurdle time ranks third and her long jump mark ranks fourth in SPU school history.

Week of Mar. 28-Apr. 3: Male – Sam Scotchmer, Central Washington (So., Snohomish, WA) and Hunter Verner, Western Washington (Jr., Brentwood, TN – Montgomery Bell). . Scotchmer recorded his second provisional national qualifying mark of the spring finishing fifth in the 10,000 meters at the Willamette Invitational. His time of 31:02.14 is 18 seconds better than the national standard. He also has run a PNQ of 14:42.81 in the 5,000 and is the GNAC leader in both events. . Verner broke a 22-year-old Western Washington school record in the pole vault with a provisional national qualifying vault of 15-9 to win the event in the Ralph Vernacchia Team Invitational at Bellingham. **Female** – Jessica Houston, Alaska Anchorage (So., Anchorage, AK –

Dimond) won the discus title at the Willamette Invitational with a provisional national qualifying and GNAC record throw of 165-9. Houston's throw was just three inches off the automatic standard and was 31 feet farther than her previous career best of 134-2.

Week of Apr. 4-10: Male – Faruk Punjani, Seattle University (Jr., Kirkland, WA – Lake Washington) and Preston Lewis, Northwest Nazarene (Fr., Meridian, ID – Eagle). . Punjani won the 200 meter and 400 meter titles at the WOU Team Invitational track-and-field meet at Monmouth recording times of 22.93 and 50.6. On the season, he ranks third in the GNAC in both events. Lewis won the pole vault with a leap of 15-6 ¼ at the NNU Invitational, moving into sixth place on the GNAC all-time Top 10 list. **Female** – Chelsi Claussen, Saint Martin's (Fr., Shelton) accounted for three wins at the UPS Shotwell Invitational, finishing first in the 100 hurdles (15.40) and in the 400 hurdles in a GNAC season-best time of 1:06.79 and running a 58 second third leg as the Saints also won the 4x400 relay.

Week of Apr. 11-17: Male – Paul Mach, Seattle Pacific (Sr., Seattle, WA – King's) won his section of the 800 meters and placed 18th overall in a GNAC season-best time of 1:52.83 at the Mount Sac Relays. His mark is the second fastest in GNAC history and just .31 seconds off the conference record of 1:52.52 set by Andy Prentice of Saint Martin's two years ago. **Female** – Danielle Ayers-Stamper, Seattle Pacific (Jr., Lacrosse, WA) won the Division I dominated Mount Sac heptathlon with a GNAC-record and national-leading scorer of 5,491 points. She also set GNAC heptathlon records in the 100 hurdles (14.11), high jump (5-7 ¼) and 800 (2:21.01) in eclipsing the old conference point record by 102 points and the NCAA automatic qualifying standard by 241 points.

Week of Apr. 18-24: Male – Andy Prentice, Saint Martin's (Sr., Spokane, WA - Lakeside) and Ethan Barrons, Western Oregon (Jr., Salem, OR - Blanchet). . Prentice had an outstanding double at Eugene, finishing ninth in the evening session in the 800 meters in a time of 1:53.46, .05 seconds off his previous best, after placing sixth in the afternoon session in the 1500 in a provisional national qualifying time of 3:53.23. . Barrons improved on his provisional national qualifying time for the second week in a row in the steeplechase, winning the event in the afternoon session at Eugene in a time of 9:10.94. He cut four seconds off his previous best mark and also posted the second fastest time in GNAC history. **Female** – Kelly Fullerton, Seattle (Sr., Roseburg) placed fifth in the 3,000 in the evening session of the Oregon Invitational in a time of 10:36.95, cutting nine seconds off her own GNAC record in the event she set last season and 19 1/2 seconds off her previous 2005 provisional national qualifying mark.

Week of Apr. 25-May 1: Male – Josh Freeman, Western Washington (Sr., Bainbridge Island, WA) began the week by winning the GNAC multi-event title Monday and Tuesday at Ellensburg with a meet record score of 6,574 points. He also set a meet record for the 110 hurdles, clocking a time of 14.97. He finished off the week, winning both the 110 hurdles (15.60) and 400 hurdles (57.40) at the WWU Twilight. **Female** – Bridget Johnson, Western Oregon (Jr., Portland,

OR – David Douglas) won the GNAC heptathlon title with a score of 4,997 points. Among her marks was a meet record throw of 39-5 ¾ in the shot and a provisional national qualifying mark of 134-1 in the javelin.

Week of May 9-15: Male - Paul Mach, Seattle Pacific (Sr., Seattle, WA – King's) finished second in the 800 meters in the Ken Foreman Invitational in a time of 1:50.99, a mark which ranks second in GNAC history, topped only by his 1:49.31 record time in last week's GNAC championship meet. Mach, who was ranked second nationally in the 800 prior to this past weekend, has finished first or second in eight of nine 800-meter races this spring. **Female** - Bridgette Sexton, Seattle Pacific (Fr., LaCenter, WA) and Monica Smith, Western Oregon (Sr., Dallas, OR). . .Sexton ran the top GNAC 800 of the season (2:12.52) during the Foreman heptathlon, a time which is among the Top 16 in the nation. It was also the best-time ever for a GNAC athlete in a heptathlon and the fourth best mark in conference history in any meet. . .Smith followed up on her 51-point performance at the conference meet, winning both the 100 hurdles (14.38) and high jump (5-7 ¾) and anchoring WOU's 4x100 winning relay team that posted a GNAC-record time of 47.58 at the Foreman Invitational. She added ¾ of an inch to her previous provisional national qualifying mark in the high jump.

Week of May 23-29: Male – Chris Randolph, Seattle Pacific (Jr., Lone Tree, CO) won the decathlon at the NCAA Division II national championships at Abilene, Tex., with a GNAC-record point total of 7,309. Randolph, who overcame a 622-point deficit in the final three events to claim the first national title by a SPU male athlete in 13 years, set GNAC decathlon records in the 400 meters (49.82) and javelin (172-10) and also had personal bests in the long jump (22-4 ¼), 100 (11.30), pole vault (14-3 1/4) and 1500 (4:29.78). **Female** – Danielle Ayers-Stamper, Seattle Pacific (Jr., Lacrosse, WA) and Monica Smith, Western Oregon (Sr., Dallas, OR). . .Both Ayers-Stamper and Smith earned All-American honors in two events at the NCAA championships. Ayers-Stamper finished second in the heptathlon with a GNAC-record score of 5,606 points, and also earned a seventh in the 100 hurdles (14.39). Her heptathlon point total automatically qualifies her for the USATF championships in June at Carson, Calif. She set GNAC records in the 100 hurdles (13.70) and high jump (5-8 ¾) and also set a GNAC heptathlon record in the long jump (18-10 ½) during the two-day competition. She also had a personal best in the 200 (25.72). . .Smith placed fourth in the 100 hurdles in a time of 14.34 and also finished sixth in the high jump with a leap of 5-8 ½, just a quarter inch off the GNAC record set by Ayers-Stamper during the heptathlon.

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Week of Jan. 9-15: Male – Andy Prentice, Saint Martin's (Sr., Spokane, WA – Lakeside) recorded a pair of outstanding times to open the 2006 indoor season. On Saturday in the UW Preview meet, he finished eighth in the men's mile in a provisional national qualifying time of 4:10.85, the second fastest time in GNAC history. On Sunday, Prentice placed second in the 800 meters in a time of 1:54.60, just 7/10s of a second off the provisional national qualifying mark. **Female** – Teona Perkins, Seattle Pacific (Jr., Kennewick, WA) ran a

provisional national qualifying mark of 2:16.38 in finishing seventh in the UW Preview.

Week of Jan. 16-22: Female – Katie Hummel, Central Washington (So., Yakima, WA – Eisenhower), a transfer from Texas A&M, set a Great Northwest Athletic Conference record in winning the women's 3,000 meters at the WSU Open Indoor Track & Field meet at Pullman. She was clocked in a time of 10:16.86, breaking the old GNAC record of 10:17.84 set by CWU's Sarah Forrey in 2002.

Week of Jan. 23-29: Male – Chris Randolph, Seattle Pacific (Sr., Lone Tree, CO) broke the school and facility record in winning the men's heptathlon at the Washington Indoor Invitational Friday and Saturday. Randolph scored 5,508 points and broke his own SPU school records in the long jump (22-11), 60 hurdles (8.39) and pole vault (14-11) in the process. His heptathlon mark is the sixth-highest mark by an American this season and qualifies him for the U.S. Championships. His long jump mark was also a provisional national qualifying mark for the NCAA National Indoor meet. **Female** – Amy Harris, Seattle Pacific (Sr., Philomath, OR) finished second in the pole vault in the University of Washington Open #2 with a NCAA Division II provisional national qualifying mark of 11-5 3/4.

Week of Jan. 30-Feb. 5: Male – Cameron Neel, Central Washington (Jr., Woodinville, WA) broke his own GNAC record in the men's shot put adding a foot to his provisional national-qualifying mark in finishing second at the McDonald's Invitational Saturday at Moscow. Neel had a best-mark of 55-10 1/4, adding 2 3/4 inches to the GNAC record he set last season. He also finished fourth in the discus (159-3) and sixth in the weight throw (51-7). **Female** – Ashley Puga, Northwest Nazarene (Fr., Boise, ID – Nampa Christian) finished fourth in the women's 800 meters, missing the provisional national qualifying standard by just .31 seconds in the United Heritage Indoor Track and Field meet. She was clocked in a school-record time of 2:17.81, the second best mark this winter in the GNAC and sixth best overall in GNAC history. She also anchored the NNU 4x400 relay team that finished sixth in a school-record and GNAC season-best time of 4:05.61.

Week of Feb. 6-12: Male – Cresap Watson, Central Washington (Sr., Woodinville, WA) won the high jump at the UW Open #3 Sunday with a GNAC record leap of 6-9 ¾, bettering the old conference record by 2 ½ inches. He also ran a GNAC season-best time of 49.70 in the 400 meters at the Husky Invitational Saturday and posted a time of 22.97 in the 200 meters, .03 seconds off his GNAC-leading time. **Female** – Amy Harris, Seattle Pacific (Sr., Philomath, OR) finished second in the pole vault in the University of Washington Open #3 with a vault of 12-1 ¼, adding 7 ½ inches to her provisional national qualifying and GNAC-leading best mark. It was also the second best vault in GNAC history.

Week of Feb. 20-26: Male – Tyler Thornbrue, Western Washington (Sr., Shelton) broke the GNAC and Western Washington school record in the pole vault clearing 16-1 ¾ to win the event at the Northwest Last Chance track-and-field meet at UW's Dempsey track Saturday. The vault was a 6 ¾

inch improvement on his previous provisional national qualifying mark for the NCAA Indoors. **Female** – Teona Perkins, Seattle Pacific (Jr., Kennewick) jumped 5-8 to match the nation's top qualifying mark in the high jump and also ran the 800 in 2:11.13 in the Northwest Last Chance track-and-field meet. Both marks were GNAC season-best performances.

Week of Feb. 27-Mar. 5: Male – Eddie Strickler, Seattle Pacific (Jr., Richland, WA) won the 400 meters (50.37) and 800 meter titles (2:02.70) in a double dual with the University of Puget Sound and Lewis & Clark at Tacoma. **Female** – Jessica Telleria, Western Washington (Sr., Boise, ID – Capital) set a school record in winning the women's discus with a national provisional qualifying mark of 154-2 in the WWU Winter Open Track-and-Field meet Saturday at Viking Field. She broke the school standard of 151-10 that she tied last year. She also won the hammer with a mark of 144-0.

Week of Mar. 6-12: Male – Andy Prentice, Saint Martin's (Sr., Spokane, WA – Lakeside) and Cameron Neel, Central Washington (Jr., Woodinville, WA). . . Prentice finished third in the 800 meters in a time of 1:52.66, missing a national title by .51 seconds, in the NCAA Indoor Track-and-Field Championships at Boston. He was also selected as the NCAA Division II West Region Indoor Male Athlete-of-the-Year. . . Neel finished third at Boston in the shot put, falling one inch short of his own GNAC record with a put of 56-1. **Female** – Teona Perkins, Seattle Pacific (Jr., Kennewick, WA) placed sixth in the NCAA indoor high jump (5-7 3/4), tying for the same height as the second place finisher. She also finished 14th in the 800 meters in a time of 2:16.36.

Week of Mar. 13-19: Male - Chris Randolph, Seattle Pacific (Sr., Lone Tree, CO – Denver Christian) won the 400 meters (48.72), 110 high hurdles (15.06) and discus (155-1) in the UW Outdoor Preview at Husky Stadium. All three performances rank in the Top 10 in GNAC history and the Top 5 in SPU school history. His 400 meter time ranks third in GNAC history and second on the SPU all-time chart. His hurdle time ranks eighth and his discus mark ranks seventh on the GNAC charts. Both are fourth on the SPU all-time lists. All three marks are also the best so far this spring in the conference. **Female** – Mary Pearce, Alaska Anchorage (Jr., Anchorage, AK – Dimond) and Audrey Oswald, Humboldt State (So., Gresham, OR). . . Pearce, a transfer from Baylor, won the 200 meters in a GNAC-record time of 25.07 and the 400 in a NCAA provisional national qualifying time of 55.97 at the UW Preview. Her 400 time is the second best in GNAC history. . . Oswald, a transfer from Portland State, added 7 1/4 feet to her provisional national qualifying mark in the women's hammer finishing sixth in the Baldy Castillo Invitational at Tempe, Ariz. She had a best throw of 171-3, which is the fourth longest throw in GNAC history. It also broke HSU's school record of 165-4 set by Barbara Weaver in 1999.

Week of Mar. 20-26: Male – Jimmy Elam, Humboldt State (Fr., Manteca, CA) of Humboldt State won the 10,000 meters in the Jim Hunt Six-Lane Classic at Arcata in a GNAC season-best time of 32:37.69 to qualify for the USA Junior National Track and Field Championships June 21-25 in

Indianapolis, Ind. **Female** – Karin Rohde, Seattle Pacific (So., Bellingham, WA – Mt. Baker) won the women's 5,000 in a GNAC season-best time of 18:10.05 at the Spring Break Open in Edmonds.

Week of Mar. 27-Apr. 2: Male – Jason Buckmier, Western Oregon (Jr., Beaverton, OR – Westview) recorded the seventh best long jump in GNAC history, finishing third in the Western Oregon First-Chance Invitational with a conference season-best leap of 22-8 1/2. Buckmier's mark also ranks 10th among Northwest Division II athletes since 1999. **Female** – Jessica Telleria, Western Washington (Sr., Boise, ID – Capital) and Bridget Johnson (Sr., Portland, OR – David Douglas). . . Telleria won the discus (156-2) and hammer (147-11) leading Western Washington to the women's team title in the 25th annual Ralph Vernacchia Team Classic at Bellingham. She added two feet to her own school-record and provisional national qualifying mark in the discus, a mark that ranks second in GNAC history. . . Johnson established NCAA Division II provisional national qualifying marks in the heptathlon and javelin in the Linfield Multi-Events. Her two-day total of 4,890 was short of her school record 5,073 points, set last year at the national championships. But it bettered the national standard of 4,475. She also set a personal best in the javelin with a heave of 147-0, the second longest in WOU history and the sixth longest in GNAC history.

Week of Apr. 3-9: Male – Jasper Peach, Humboldt State (So., Auburn, CA – Placer) and Eric Draper, Alaska Anchorage (Jr., Memphis, Tenn.). . . Peach won the 1500 meters Saturday in a GNAC season-best time of 3:58.34 and the steeplechase on Friday in a conference leading and provisional national qualifying time of 9:24.20 in the Johnny Mathis Invitational, hosted by San Francisco State University. . . The 29-year-old Draper, who set a Tennessee state record in high school with a jump of 7-2, equaled the GNAC high jump record clearing 6-8 3/4 to finish first at the Willamette Invitational. **Female** – Mary Pearce, Alaska Anchorage (Jr., Anchorage, AK – Dimond), a transfer from Baylor, won the women's 200 and 400 meters with two of the fastest times in GNAC history at Willamette. Pearce, who earlier this season set a GNAC record in the 200 with a time of 25.07, won the sprint race in a time of 25.12. In the 400 she was clocked in 55.34, improving her own GNAC season-best mark and provisional national qualifying time by .63 seconds. That time ranks second all-time in conference history.

Week of Apr. 10-16: Male – Chris Randolph, Seattle Pacific (Sr., Lone Tree, CO - Denver Christian) broke the 36-year-old Falcon decathlon record taking third place with a GNAC record score of 7,612 points at the Mount SAC Relays. He broke the old school record of 7,520, set by Steve Gough in 1970 and his own conference record of 7,309 set last season. Randolph had six PRs altogether, and his pole vault (14-11) and 110 hurdles time (14.82) each rate No. 2 on school lists. Three of his marks - 400 meters, 110 hurdles and javelin – were GNAC records for a multi-event and nine of his 10 performances bettered the GNAC qualifying standard for the conference meet. His hurdles time is the best in the conference this spring in any meet. **Female** – Keyanna Jenkins, Western Oregon (Sr., Vancouver, WA – Mountain View) ran the second fastest 100 meter time in conference

history (12.22), falling .02 short of the GNAC record in winning the event at the Chico State Twilight.

Week of Apr. 17-23: Male – David Kiplagat, Alaska Anchorage (Fr., Kapsavet, Kenya) finished second in the 5000 meters (14:27.29) and third in the 1500 meters (3:57.31), establishing GNAC season-best times in both events, at the UC San Diego Triton Invitational. He cut 11 1/2 seconds off his previous GNAC leading and PNQ time in the 5000 in breaking the conference record of 14:35.10 set by Jason Walker of Humboldt State in 2002. **Female** – Mandy Kaempf, Alaska Anchorage (Sr., Steinbach-Hallenberg, Germany) and Ashley Puga, Northwest Nazarene (Fr., Boise, ID – Nampa Christian) . . Kaempf finished third in the women's 5,000 meters in a GNAC season-best and provisional national qualifying time of 17:35.08 at the Triton Invitational. That time is the fourth best in conference history. Puga set a meet record in winning the women's 3,000 meters at the seventh annual WSU Cougar Invitational in Pullman. Her time of 10:26.00 broke the meet record of 10:32.34 held by WSU's Natalie Smith and also broke the NNU school record held by Ann Marie Wiggins.

Week of Apr. 24-30: Male – Scott Romney, Western Washington (Sr., Gig Harbor, WA) bettered the provisional national qualifying standard and set a school record in the men's pole vault at the WWU Twilight Invitational with a vault of 15-11. The vault is the second best in GNAC history trailing only a 16-8 3/4 mark by Justin Miller of Humboldt State in 2002. **Female** – Sarah Howell, Western Oregon (So., Puyallup, WA) and Amy Harris, Seattle Pacific (Sr., Philomath, OR – Crescent Valley) . . Howell won the 800 meters in a provisional national qualifying and GNAC season-best time of 2:14.46 at the WOU Twilight Friday at Monmouth. Harris raised her GNAC season-best and provisional national qualifying mark in the pole vault two inches to 11-11 3/4 with her second victory in three meets at the Western Washington Twilight.

Week of May 8-14: Male - Eddie Strickler, Seattle Pacific (Jr., Richland, WA) used a big kick down the home stretch to overtake four runners and win the 800 in a time of 1:53.80 at the Ken Foreman Invitational track-and-field meet. **Female** - Karin Rohde, Seattle Pacific (So., Bellingham, WA - Mount Baker) won her third straight race at the Foreman Invitational in an SPU and meet record time of 10:58.7 as she lowered her provisional national qualifying time by seven seconds.

Week of May 22-28: Male – Chris Randolph, Seattle Pacific (Sr., Lone Tree, CO – Denver Christian) won the NCAA decathlon for the second consecutive year, posting the third-highest total (7,872) by an American this year and adding 260 points to his school and GNAC record set last month. It was the No. 4 winning score in meet history and best since 1988. Randolph won four events and was runner-up or third in five others. Six of his marks were personal records, including three (high jump 6-8 3/4, pole vault 15-5, long jump 23-11 3/4) which rate among the school's all-time top five. He also now holds the GNAC record in six of the 10 decathlon events. Prior to the meet he was also named the NCAA West Region and NCAA National Field Athlete-of-the-Year. **Female** – Katie McMeel, Central Washington (So., Olympia) finished

second in the javelin at the NCAA national meet with a GNAC record throw of 160-4, adding nearly 13 feet to her previous best mark. She posted the same English measurement as the winner, but was edged by .02 centimeters for the national title.

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Week of Jan. 8-14: Male – Evan Ruud, Central Washington (Jr., Kennewick – Kamiakin) set school and GNAC records in the 35-pound weight at the University of Washington Preview finishing sixth with a provisional national qualifying throw of 58-4 3/4. He broke the old mark of 56-6 1/2 set by CWU's Blake Walker two years ago. **Female** - Jessica Pixler, Seattle Pacific (Fr., Sammamish, WA - Eastlake) broke Seattle Pacific and GNAC mile records placing fourth in a NCAA national automatic qualifying time of 4:47.80 in the University of Washington Indoor Preview. She also ran a 4:56 mile in the distance medley relay to lead the foursome which also included Teona Perkins, Anna Walters and Jane Larson to a provisional qualifying time of 11:56.66.

Week of Jan. 15-21: Male – Cameron Neel, Central Washington (Sr., Woodinville, WA) broke his own school and GNAC record in finishing second in the shot put with a throw of 57-5 1/2 at the Washington State Indoor Open in Pullman. His put bettered the previous record of 56-2 and was just .17 meters off the NCAA Division II automatic national qualifying mark. **Female** – Ashley Puga, Northwest Nazarene (So., Meridian, OR – Nampa Christian) posted a pair of provisional national qualifying times at the Hampton Invitational in Nampa finishing second in the mile in a PNQ of 4:59.85 and fifth in the 800 meters in a PNQ of 2:15.90. Her mile time ranks fourth in GNAC history and her 800 time is fifth on the all-time Top 10 list and is the best time so far this winter in the conference.

Week of Jan. 22-28: Male – Anthony Tomsich, Western Washington (So., Fairbanks, AK – West Valley) set a school and GNAC record and met the NCAA Division II national provisional qualifying standard in the men's 5,000 meters Friday placing 11th at the University of Washington Indoor. Tomsich was clocked in 14:50.02, more than 15 seconds better than the old school mark of 15:05.63 established by Steve DeKoker in 2004 and more than six seconds better than the previous conference record of 14:56.60 set by Saint Martin's John Riak last season. **Female** – Krissy Tandle, Central Washington (Jr., Wenatchee, WA) and Jacque Postlewait, Western Oregon (So., Canby, OR) . . Tandle finished seventh in the shot put, at UW breaking the GNAC record of 45-3 1/4 set by Dionna Anderson of Seattle Pacific five years ago with a provisional national qualifying mark of 45-4 1/2. She also improved her GNAC leading mark in the weight throw with a throw of 49-1 1/2, placing 15th overall. .Postlewait posted a school-record score of 3,342 in the pentathlon, which is the fourth best in conference history. Her long jump of 17-10 3/4 was just .05 meters off the provisional national qualifying standard and was the best jump this winter in the GNAC and fourth all-time. She finished 10 th overall.

Week of Jan. 29-Feb. 4: Male – Robert Edwards, Central Washington (Jr., Vancouver, WA – Mt. View) clipped .14

seconds off his own GNAC record and bettered the provisional national qualifying standard by .02 seconds in finishing second in the 60 meter hurdles at the McDonald's Collegiate Indoor. His time of 8.22 was also .24 seconds better than his previous conference-leading time this winter. **Women** – Taryn Plypick, Western Oregon (Sr., Sumner, WA – Highline CC) high jumped a provisional national qualifying mark of 5-6 in winning her event at the University of Portland Indoor.

Week of Feb. 5-11: Male – John Riak, Saint Martin's (So., Lacey, WA – North Thurston) and Michael Dean, Western Washington (Fr., Tacoma, WA – Stadium) . . Riak ran the 5,000 meters in a GNAC record and provisional national qualifying time of 14:46.95 at Saturday's Husky Classic eclipsing the GNAC record of 14:50.02 set earlier this winter by Anthony Tomsich of Western Washington. . Dean set school records in winning the 200 (22.34) and finishing fourth in the 60 meters (7.06) and also placed fifth in the 400 (50.18) in the UW Open Sunday. His 60 and 200 meters times are the best performances in the GNAC this winter and both rank third on the GNAC all-time performance chart. **Female** – Teona Perkins, Seattle Pacific (Sr., Kennewick, WA – SFCC) and Katie Hummel, Central Washington (Jr., Yakima, WA – Ike) . Perkins met the automatic NCAA Division II qualifying standard in winning the high jump with a personal best of 5-8 $\frac{3}{4}$ in Sunday's UW Open. She added three-quarters of an inch to her career best mark, which was already ranked second in GNAC history. Hummel became only the second woman in GNAC history to eclipse the 18 minute barrier in the 5,000 meters as she finished eighth in her heat in a time of 17:29.24. That is 20 seconds better than the provisional national qualifying standard.

Week of Feb. 19-25: Male – Tyler Thornbrue, Western Washington (Sr., Shelton, WA) and Anthony Marin, Western Oregon (So., Salem, OR – McKay) . . After winning indoor conference titles Monday, Thornbrue and Marin set GNAC records in the pole vault and weight throw, respectively, in the GNAC Last Chance. Thornbrue won the conference pole vault title with a vault of 15-10, then cleared 16-5 $\frac{1}{4}$ Saturday to break his own record by 3 $\frac{1}{2}$ inches. Marin finished first in the weight throw with a toss of 59-8 $\frac{1}{4}$ at the GNACs in Nampa, then established a new conference record of 61-9 at the Last Chance meet. **Female** – Jessica Pixler, Seattle Pacific (Fr., Sammamish, WA - Eastlake) and Kim Bascom, Western Washington (Sr., Camano Island, WA – Stanwood) . . Pixler was a part of four victories, including three at the GNAC championships and two of the top times in the nation. At the GNACs, she set meet records in the 800 (2:11.52) and mile (4:54.53) and ran on the winning distance medley relay team. Her 800 time ranks No. 3 on the SPU indoor all-time list and No. 4 in nation. At the Last Chance, she helped the DMR team set school and conference records in a nation-leading time of 11:45.92. . Bascom twice set a conference record in the triple jump. She won the event at the GNAC championships with a leap of 37-9 $\frac{1}{4}$, then reset the record Saturday with a jump of 37-10 $\frac{1}{2}$. She also won the long jump in both meets with marks of 18-3 $\frac{3}{4}$ and 17-6 $\frac{1}{4}$, respectively.

Week of Feb. 26-Mar. 4: Male – Brian Cronrath, Seattle Pacific (Jr., Battle Ground, WA) won the 1500 meters in a

meet-record time of 3:57.12 at the University of Puget Sound triangular. His time was just half a second off breaking into the GNAC's All-Time Top 10 in that event. **Female** – Mary Pearce, Alaska Anchorage (Sr., Anchorage, AK – Dimond) and Brittany Bekins, Seattle Pacific (So., Everett, WA – Cascade) . . Pearce swept the 200 (25.37) and 400 meters (56.53) and also anchored the Seawolves winning 4x100 relay team (50.62) in the Linfield Icebreaker. Her 400 time bettered the NCAA Division II provisional national qualifying time by .07 seconds. . Bekins won the 800 (2:20.75), high jump (5-1) and javelin (150-4) in the Puget Sound triangular. Her 150-4 javelin throw was a meet record and bettered the NCAA provisional national qualifying mark by 17 feet. It also ranks fourth all-time in GNAC history.

Week of Mar. 5-11: Male – Western Washington Medley Relay (Sam Brancheau, Adam Neff, Erik Bies, Anthony Tomsich) finished second in the NCAA Indoor nationals matching the highest finish ever for the Vikings in a NCAA national track-and-field event. The foursome of Brancheau (1200 meters, Sr., Edmonds, WA - Woodway), Neff (400, Sr., White Salmon, WA), Bies (800, Sr. Sioux Falls, SD) and Tomsich (1600, So., Fairbanks, AK – West Valley) finished the event in 9:55.00, shaving 3.13 seconds off the school and conference record set just two weeks ago. **Female** – Jessica Pixler, Seattle Pacific (Fr., Sammamish, WA – Eastlake) won the mile at the NCAA National Indoors by nearly five seconds in smashing her own SPU and GNAC records in a time of 4:42.42. She also earned All-American honors in the distance medley relay anchoring SPU's foursome that finished eighth.

Week of Mar. 12-18: Male – Lloyd Massey, Western Oregon (Fr., Salem, OR – Sprague) and Keith Lemay, Western Washington (Jr., Blaine, WA – Lynden Christian) . . After winning the 110 meter hurdles at the Linfield Invitational on Friday (15.87), Massey ran the fifth fastest 400 meter hurdles time (54.14) in GNAC history and the fastest in three years in placing second at the Oregon Preview at Eugene. . Lemay won the 800 meters (1:54.15) and finished sixth in the 1500 (3:55.03) at the University of Washington Preview, recording the fastest times so far this spring in the GNAC in both events. His 800 time was the eighth quickest in WWU school history. **Female** – Jessica Pixler, Seattle Pacific (Fr., Sammamish, WA – Eastlake) and Mary Pearce, Alaska Anchorage (Sr., Anchorage, AK – Dimond) . . Pixler smashed the Great Northwest Athletic Conference record and established a NCAA automatic qualifying time in winning the 3,000 meters Friday at the University of Washington Preview at Husky Stadium. Pixler was clocked in a time of 9:37.41, 15 1/2 seconds better than the previous GNAC record. It was also the fastest 3000 time by a SPU athlete in 15 years. . Pearce recorded the fastest times this spring in the GNAC in the 100, 200 and 400 and also anchored the fastest 4x100 relay time. She won the 400 at the UW Outdoor Preview Friday in a time of 54.84, cutting 1.69 seconds off her previous provisional national qualifying and GNAC season-best time. In the PLU Invitational on Saturday, she won the 100 and 200 in GNAC season-best times of 12.58 and 25.31 and also led the Seawolves to a victory in the 4x100 in a conference-best time of 49.85. Her 400 mark at UW was .64 seconds off her own GNAC record she set last season, but

was better than what anyone else has ever run in conference history.

Week of Mar. 19-25: Male – Brian Cronrath, Seattle Pacific (Jr., Battle Ground, WA) placed fourth in the 1500, running a PR of 3:56.07. His time ranks No. 6 all-time for SPU and No. 2 in the GNAC this season. **Female** – NyEma Sims, Seattle Pacific (Fr., Portland, OR - Jefferson) set a pair of GNAC records and posted two NCAA provisional national qualifying times at the USC Invitational in Los Angeles. She placed eighth in the 100 meters with a mark 12.00 seconds, chopping .13 seconds off the previous conference record. The time also ranks No. 3 all-time for the Falcons. She also finished 12th in the 200 in a time of 24.71, eclipsing the previous record of 25.07 and moving into fourth place on the all-time SPU Top 10 chart.

Week of Mar. 26-Apr. 1: Male – Ian Wells, Central Washington (Jr., Woodinville, WA – Bothell) and David Kiplagat, Alaska Anchorage (So., Kapsavet, Kenya). . Wells had the best overall placing (combining the sections) of any GNAC athlete at Stanford, finishing third in the javelin with a conference season-best and provisional national qualifying throw of 195-6. . Kiplagat was clocked in a time of 14:31.73 in the 5,000 at Stanford, 18 seconds quicker than the national provisional standard. His time was just four seconds off his own conference record he set last season **Female** – Laura Carr, Alaska Anchorage (So., South Bend, Ind.) ran the fastest 5,000 in the GNAC this spring at the Stanford Invitational, eclipsing the NCAA provisional national qualifying standard by more than 15 seconds with a time of 17:26.66. Her time is the fifth fastest in the six-year history of the conference.

Week of Apr. 2-8: Male – Zeb Udell, Western Oregon (So., Dallas, OR – Central), competing in his first meet for WOU after transferring from George Fox, set a Great Northwest Athletic Conference decathlon record in the pole vault, clearing 16-0 $\frac{3}{4}$ in finishing second with a GNAC season-best 6,162 points. His vault was the best by a GNAC athlete in any meet this spring and the second best outdoor vault in GNAC history. The George Fox transfer also posted the conference's fourth best long jump (21-10), fifth best 110 high hurdles time (16.37) and the sixth best high jump (6-3 $\frac{1}{4}$) so far this spring. **Female** - Monica Anderson, Seattle Pacific (Jr., Bremerton, WA) won the pole vault with a meet record and NCAA Division II provisional national qualifying vault of 12-1 $\frac{1}{2}$ at the 26 th annual WWU Ralph Vernacchia Invitational. She is just the fifth vaulter in GNAC history to clear 12 feet.

Week of Apr. 9-15: Male – Michael Ingman, Central Washington (Sr., Olympia, WA – Capital) won the javelin with a provisional national qualifying throw of 202-5 at the CWU Spike Arlt Invitational becoming just the fourth javelin thrower in GNAC history to surpass the 200 foot barrier. Ingman's mark ranks third on the all-time list. He was one of 16 winners for the Wildcats in the meet as CWU swept the team titles. **Female** - NyEma Sims, Seattle Pacific (Fr., Portland, OR – Jefferson) broke the Falcon school record in the 200 meters and achieved the No. 2 all-time mark in the 100 at the Mount SAC Relays. Both marks bettered her GNAC records set earlier this season. Sims erased a 20-year-old school mark in the 200, winning her heat in 23.99

seconds. That was good for eighth overall in the university division. It broke the standard of 24.31, set by Anita Sartin in 1987. She was fourth (second in her heat) in the 100 in a time of 11.90 seconds, a time which ranks second in SPU history to Shavonne Colebrooke's 11.79 in 1996.

Week of Apr. 16-22: Male – David Registe, Alaska Anchorage (Fr., Palmer, AK) and Dan Sullivan, Seattle (Fr., Tukwila, WA). . . Registe had the best long jump by a GNAC athlete in five years finishing second with a leap of 24-4 $\frac{1}{4}$ in the UC San Diego Invitational. Registe, who added 7 $\frac{1}{4}$ inches to his previous provisional national qualifying mark, is only the second athlete in conference history to surpass the 24-foot barrier. He also ran the fifth fastest 100 (11.06) and second fastest 200 (22.14) this spring in the GNAC placing 10th and 14th, respectively . Sullivan led the Redhawks to a sixth-place finish in the 4x400 relay at Eugene in a school record time of 3:19.41. He also finished 11 th in the 400 hurdles in a time of 54.99. Earlier this season, he ran the sixth fastest 400 hurdles (school-record 54.3) and sixth fastest electronically recorded 400 hurdles (54.57) in conference history. He has set four school records in his freshman season adding the 400 hurdle and 4x400 relay marks to the records he set in the 60 (7.25) and 4x400 (3:25.21) during the indoor season. **Female** - Molly Barnes, Seattle Pacific (Sr., Buriem, WA – Highline) finished second in the javelin at the Cougar Invitational, adding six feet to her provisional national qualify mark with a throw of 147-3.

Week of Apr. 23-29: Male – Lloyd Massey, Western Oregon (Fr., Salem, OR – Sprague) ran the fastest 400 meter hurdle time in GNAC history in winning the event Friday at the WOU Twilight. He was clocked in a time of 52.90, shaving .01 seconds off the old GNAC record of 52.91 by Paul Mach of Seattle Pacific in 2003. Massey also dropped his previous GNAC season-best time in the event by nearly a second (.98) in posting a provisional national qualifying time **Female** - Jessica Hinton, Seattle Pacific (Fr., Lake Stevens, WA) and Ashley Puga, Northwest Nazarene (So., Meridian, ID – Nampa Christian). . Hinton won four events at the WWU Twilight, finishing first in the 100 (12.68) and 200 (26.20) and also running the second leg on her team's winning 4x100 (48.12) and 4x400 (3:53.98) relay teams that each ran the fastest times so far this spring in the GNAC. . . Puga ran the fifth fastest 1500 meter time in GNAC history Friday in finishing second in the Boise State Twilight. Puga chopped 1.28 seconds off her previous provisional national qualifying time. She was clocked in a school-record time of 4:36.44. Puga also won the 800 in a time of 2:17.44.

Week of Apr. 30-May 6: Male – Evan Ruud, Central Washington (So., Kennewick, WA) and David Registe, Alaska Anchorage (Fr., Palmer, AK). . Ruud and Registe tied for high point honors in the conference meet with 26 each. Ruud finished second in the discus (162-0), javelin (183-0) and hammer (191-8) and seventh in the shot (45-3) establishing personal-bests in all four events. He added 12 $\frac{1}{3}$ feet to his previous best in posting a provisional national-qualifying mark in the discus. In the javelin, he came into the meet seeded sixth but bettered his previous best by nine feet. In the hammer, he added 15 inches to his previous provisional national qualifying mark and in the shot he added $\frac{3}{4}$ inch to

his PR. Registe set a meet record in winning the long jump with a leap of 23-3 ¼. He also finished second in both the 100 (11.17) and 200 (22.57). He also ran the third leg on UAA's second-place 4x100 relay team. **Female** – Jessica Pixler, Seattle Pacific (Fr., Sammamish, WA) swept the 800, 1500 and 3000 meters in times of 2:10.93, 4:32.80 and 9:53.80 to lead the Falcons to their third team title in six years. Her times in the 800 and 3000 were meet records.

Week of May 7-13: Male – Eddie Strickler, Seattle Pacific (Sr., Richland, WA) clinched an NCAA berth in the 800 improving his qualifying time by nine-tenths of a second to 1:50.83 in finishing second at the Foreman Invitational. The mark ranks second in GNAC history and fourth on SPU's all-time list. **Female** - Terran Legard, Central Washington (Jr., Burbank, WA – Columbia) finished second in the women's 400 in a provisional national qualifying time of 56.41 and also anchored CWU's 4x400 relay team which set a GNAC record with a winning time of 3:50.17, breaking the old conference mark of 3:51.03 set by Seattle Pacific in 2004.

Week of May 20-27: Male – Anthony Tomsich, Western Washington (So., Fairbanks, AK – West Valley) earned All-American honors finishing fourth in the 1500 meters at the NCAA Division II national meet in a GNAC-record time of 3:48.72, breaking the previous record of 3:50.18 by 1.53 seconds. **Female** - Monika Gruszecki, Western Washington (Fr., Edmonds, WA – Meadowdale), Teona Perkins, Seattle Pacific (Sr., Kennewick, WA) and Jessica Pixler, Seattle Pacific (Fr., Sammamish, WA – Eastlake) all won national titles. Gruszecki, who came into the meet seeded fifth, including fourth among GNAC competitors, won the javelin with a throw of 145-8. Perkins cleared a GNAC-record 5-10 to win the high jump title and Pixler won the 1500 in a time of 4:22.23 and finished second in the 800 in a time of 2:07.90 after setting a GNAC record in the prelims with a time of 2:07.44.

2008

Week of Nov. 26-Dec. 2: Male – Zeb Udell, Western Oregon (Jr., Dallas, OR) posted a provisional national qualifying mark in the pole vault (15-7) and also posted the best long jump (21-6 ¼) by a GNAC athlete in the UW Winter Preview. His pole vault was the seventh best indoor performance in GNAC history and his long jump tied for the ninth best mark in GNAC indoor history. **Female** – Sarah Porter, Western Washington (Fr., Hockinson, WA) ran a school-record time of 17:34.37 in winning the 5,000 meters at UW in her collegiate track-and-field debut. Her time is the third best in GNAC Indoor history and bettered the NCAA provisional national qualify standard by 15 seconds.

Week of Jan. 14-20: Male – Justin Felt, Seattle Pacific (So., Eugene, OR – Churchill) finished sixth in the long jump with a leap of 22-2 ½ at the UW Indoor Preview at Seattle. Felt, who had a career-best of 22-8 ¼ last year, is one of just four athletes in GNAC history to clear 22 feet indoors in the long jump. **Female** – Jessica Pixler, Seattle Pacific (So., Sammamish – Eastlake) posted an NCAA Division II automatic qualifying times in the mile at UW. She finished second in a time of 4:42.65, .23 seconds off her own

conference record time. She also finished second in the 3,000, in a GNAC record time of 9:32.08, eclipsing the old record by 37 seconds.

Week of Jan. 21-27: Male – Mitch Ward, Northwest Nazarene (So., Nampa, ID - Skyview) finished fifth in the 400 meters in a GNAC season-best time of 50.06, improving on his own school record. Ward's time also ranks seventh all-time in the GNAC. **Female** – Jaclyn Puga, Northwest Nazarene (Fr., Meridian, ID – Nampa Christian) placed third in the 800 meters at the Boise State Blue & Orange Classic in a NCAA Division II provisional national qualifying time of 2:17.55. Her time is the quickest so far this winter in the GNAC. She also ran a leg on NNU's 4x400 meter team that placed fifth in a school-record time of 4:02.69.

Week of Jan. 28-Feb. 3: Male – John Riak, Saint Martin's (Jr., Lacey, WA – North Thurston) ran the third fastest mile in GNAC indoor history at UW. He was clocked in a provisional national qualifying time of 4:12.53. **Female** – Amy Carroll, Northwest Nazarene (Sr., Billings, MT) and Melissa Peaslee, Seattle Pacific (Fr., Fox Island, WA – Gig Harbor) . . .Carroll finished third in the shot put (42-8) and seventh in the weight throw (45-11 ¼) in the United Heritage Invitational at Nampa. Her shot put mark is the best in the GNAC this winter and ranks third all-time in the conference. It also is a NNU school record breaking the old mark by almost three feet. Peaslee added five inches to her provisional national qualifying mark in the women's pole vault, clearing 12-2 at the University of Washington Indoor. Her mark is the second best in GNAC history.

Week of Feb. 4-10: Male – Anthony Marin, Western Oregon (Jr., Salem, OR) won the men's weight throw with a toss of 61-6 ¾ Friday in the Chiles Center Indoor at the University of Portland. Marin's toss added 5 1/2 feet to his previous GNAC 2008 leading mark and was just 2 1/4 inches short of his own GNAC record of 61-9 set last year. It was also a provisional national qualifying mark. **Female** – Teona Golding, Seattle Pacific (Sr., Kennewick, WA) posted an automatic qualifying mark in the high jump Thursday night in the Moonlight Qualifier at the Dempsey Indoor. Golding jumped a career-best 5-9 1/4, missing the GNAC all-time record by just one-quarter of an inch.

Week of Feb. 25-Mar. 2: Male – Zeb Udell, Western Oregon (Jr., Dallas, OR - Central) added 7 ½ inches to his provisional national qualifying mark and recorded the second best indoor pole vault mark in GNAC history with a winning vault of 16-2 ¾ in the SPU Last Chance Invitational at UW Saturday. **Female** – Christy Miller, Western Washington (Jr., Boise, ID – Bishop Kelly) added 7 ¼ inches to her PNQ in winning the women's pole vault at UW with a vault of 12-4 ¼. Miller's mark is also the second best in GNAC history only topped by Melissa Peaslee of Seattle Pacific who won the GNAC championships two weeks ago at Nampa with a vault of 12-9.

Week of Mar. 3-9: Male – David Registe, Alaska Anchorage (So., Palmer, AK – Colony) won the long jump at the UNLV Collegiate Classic with an automatic national qualifying mark of 24-10 ½. That is the second longest jump in GNAC history. Registe also finished third in both the 100 meters (11.06) and

in the 200 meters (22.71). **Female** – Kim Brady, Alaska Anchorage (So., Odessa, TX) and Jeeni Schantin, Seattle Pacific (Jr., West Linn, OR). . .Brady won the women's triple jump with a provisional national qualifying leap of 38-3 ¼ and finished third in the long jump with the second longest leap in GNAC history (18-1). Meanwhile, Schantin established an automatic national qualifying mark of 148-5 in winning the javelin in the Joe Peyton Invitational at Tacoma.

Week of Mar. 10-16: Male – Michael Madrid, Alaska Anchorage (Sr., Anchorage, AK – East) tied school records in the 100 (10.89) and 200 (22.14) and also ran the anchor as the Seawolves ran the fastest 4x100 time (42.01) in the GNAC in five years at the Northridge Relays. His time in the 100 equals the fourth fastest in GNAC history and his 200 time ranks ninth on the GNAC Top 10 chart. **Female** – Jessica Harper, Western Oregon (Jr., Oregon City, OR - Clackamas) and Jessica Pixler, Seattle Pacific (So., Sammamish, WA – Eastlake). . .Harper ran an automatic national qualifying time in finishing second in the steeplechase in a three-way meet involving the Wolves, Southern Oregon and Willamette at Salem. Her time of 10:51.52 is the second best in GNAC history and eclipsed her previous provisional national qualifying time by 30 seconds. . .Pixler successfully defended her national mile title and finished third in the 800 to account for 18 of Seattle Pacific's 33 points as the Falcons finished ninth in the NCAA Division II national indoor meet at Mankato, Minn. Pixler, who has now won four national titles (two in the indoor mile, one in the outdoor 1500 and one in cross country), was clocked in 4:47.79 in the mile and 2:12.60 in the 800.

Week of Mar. 17-23: Male – Lloyd Massey, Western Oregon (So., Salem, OR - Sprague) finished third in the 400 hurdles (54.47) and fourth in the 110 hurdles (15.34) in the Oregon Preview Saturday at Eugene. He cut .79 seconds off his previous GNAC season-leading mark in the longer event. Massey is also the GNAC leader this spring in the shorter event with a best of 15.27. **Female** – Brittany Aanstad, Seattle Pacific (Fr., Lake Stevens, WA) finished third in the javelin with a NCAA automatic qualifying mark of 147-9 at the Baldy Castillo Invitational at Tempe, Ariz. Her mark ranks second in the GNAC this spring and 10th in conference history. Earlier in the week, she placed third in the heptathlon in the Big Green In the Desert Multi-Evens at Scottsdale, Ariz., with a score of 4,422, falling 18 short of the provisional national standard. Among her marks was a GNAC season-best high jump of 5-4 ¼ and a 17-0 long jump, which ranks third in the GNAC this spring.

Week of Mar. 24-30: Male – Sam Washington, Saint Martin's (Fr., Tacoma, WA – Lincoln) added 1 1/2 inches to his previous GNAC-best in the shot, finishing second with a toss of 48-6 ¼, in the University of Washington Preview at Husky Stadium. **Female** – Lexi Halvorson, Montana State Billings (Fr., Billings, MT – West) placed second in the discus with a GNAC season-best toss of 140-3 in the South Dakota School of Mines Bauer Invitational at Rapid City. Halvorson's mark was just 10 inches short of the provisional national qualifying standard.

Week of Mar. 31-Apr. 6: Male – Jordan Welling, Western Washington (Fr., Burlington, WA – Burlington-Edison) ran the third fastest 5,000 meter time in GNAC history at Stanford, placing sixth in his heat in a time of 14:34.08. **Female** – Laura Carr, Alaska Anchorage (Jr., South Bend, Ind.) and Jane Larson, Seattle Pacific (So., Fall City, WA – Cedar Park Christian). . .Both Carr and Larson established automatic qualifying times for the NCAA national meet at Stanford. Carr set a GNAC record in the 5,000, bettering the automatic national standard by almost 15 seconds with a time of 16:56.48, and eclipsing the old conference record of 16:59.08 set by Ashley Vincent of Western Washington in 2003. She is just the third GNAC athlete to run below 17 minutes. . .Larson finished 1.34 seconds below the automatic standard in the 1,500 with a time of 4:28.66. Her time was the third fastest in GNAC history.

Week of Apr. 7-13: Male – Greg Hamm, Northwest Nazarene (Sr., Hermiston, OR) posted the longest triple jump in the GNAC in four years in the Eastern Oregon Invitational at La Grande. Hamm added 13 inches to his previous career best, set two years ago, in winning the event with a provisional national qualifying leap of 47-5 3/4. It was also the third longest triple jump in GNAC history and the longest since 2004. **Female** – Suzie Strickler, Seattle Pacific (Jr., Richland, WA) cut 18 seconds off her previous provisional national qualifying time in establishing an automatic mark in the women's steeplechase at the 27th annual Ralph Vernacchia Invitational Track and Field Team meet. Strickler was clocked in the steeplechase in a meet-record time of 10:50.24, the second fastest in GNAC history.

Week of Apr. 14-20: Male – David Kiplagat, Alaska Anchorage (Jr., Kapsabet, Kenya – Kaptuma Boys) ran the fastest steeplechase in the GNAC in six years and also posted a provisional national qualifying time in the 5,000 meters in meets at Long Beach and Walnut, Calif., respectively. On Saturday he won the steeplechase at the Long Beach State Invitational in a time of 9:07.20, cutting 10 seconds off his previous provisional national qualifying time and missing the automatic standard by two-tenths of a second. His mark ranks second all-time in the GNAC trailing only a 8:58.62 by Jason Walker of Humboldt State in 2002. He also ran a provisional national qualifying time of 14:34.42 in the 5,000 meters Thursday in the Mount Sac Relays. That time is .33 seconds off the best time this spring in the conference. Kiplagat set the GNAC record of 14:24.92 in the 5,000 last spring. **Female** – Ashley Puga, Northwest Nazarene (Jr., Meridian, ID – Nampa Christian) and Kim Brady, Alaska Anchorage (So., Odessa, TX). . . Puga recorded a pair of national provisional qualifying times in leading Northwest Nazarene to the women's team title in the Spike Arlt Invitational track-and-field meet Saturday at Ellensburg. She won the 1500 meters in a PNQ of 4:36.09 and also won the 3000 in a PNQ of 10:14.52. . . .Brady set a GNAC record in the triple jump and posted a provisional national qualifying mark in the long jump in the Azusa Pacific Invitational. She added 8 1/4 inches to her previous PNQ in the triple jump with a leap of 38-11 ½, eclipsing the previous GNAC record of 38-10 1/4 set by Shelley Comstock of Western Oregon in 2002. Brady added five inches to her previous GNAC season-best mark in the

long jump with a leap of 18-6. That mark ranks seventh in GNAC history.

Week of Apr. 21-27: Male – Keith Lemay, Western Washington (Sr., Lynden, WA – Lynden Christian) and Tyler Fischer, Central Washington (So., Cashmere, WA). Lemay achieved his second national provisional qualifying time of the season in winning the men's 800 in a GNAC season-best time 1:52.29 in the WWU Twilight. He now has provisional and GNAC season-best times in both the 800 and 1,500 (3:52.35). Fischer posted provisional national qualifying marks in two events in the WSU Cougar Invitational Saturday, placing fifth in the discus (160-4) and eighth in the hammer (175-5). **Female** – Lyndsey McKillip, Western Oregon (Jr., Puyallup, WA – Clackamas CC) won the women's steeplechase in the Concordia/Mt. Hood Invitational Saturday in a time of 11:01.88. She shaved 16 seconds off her previous provisional national qualifying time in the event, missing the automatic standard by 1.88 seconds. Her time ranks fifth in GNAC history, though only third this spring in the conference.

Week of May 5-11: Male – Kevin Myhre, Western Washington (Jr., Edmonds, WA – Meadowdale) won the 400 hurdles in a time of 54.36 at the Ken Shannon/Ken Foreman Invitational at Husky Stadium. A week earlier, Myhre won the same event at the GNAC championships in a time of 53.75, the sixth fastest in GNAC history. In the past four years, only one other GNAC athlete has posted a time better than either of those two marks. **Female** – Karin Rohde, Seattle Pacific (Sr., Bellingham, WA – Mount Baker) established an automatic national qualifying time in the women's steeplechase at the Ken Shannon/Ken Foreman Invitational. Rohde finished third in the steeple in a time of 10:54.73, cutting 14 seconds off her previous PNQ in bettering the automatic standard.

Week of May 19-25: Male – David Registe, Alaska Anchorage (So., Palmer, AK – Colony) won the national title in the long jump with a leap of 24-8 ½ last Thursday at the NCAA Division II Championships at Walnut, Calif. Registe is just the third male athlete in GNAC history to win a national title joining Pro Escobedo of Western Oregon (hammer in 2003) and Chris Randolph of Seattle Pacific (decathlon in 2005 and 2006) as the only ones to accomplish that feat. **Female** – Ashley Puga, Northwest Nazarene (Jr., Meridian, ID) and Heidi Dimmitt, Western Washington (Jr., Wenatchee, WA). Puga was the top point scorer by a GNAC athlete in the NCAA Division II national meet. She finished third in both the 800 meters and 1500 meters to earn 12 points. Her 800 preliminary time of 2:10.22 ranks fourth in GNAC history and her 1500 meter final time of 4:30.07 also ranks fourth all-time in the GNAC. Dimmitt set a GNAC record in the women's 400 hurdles in finishing fourth in a time of 1:00.52. She was one seven GNAC athletes to establish conference season-best marks in the meet.

2009

Week of Dec. 1-7: Male – John Riak, Saint Martin's (Sr., Lacey, WA) placed third in the men's 5,000 meters at the University of Washington Preview Indoor meet in a GNAC

record and provisional national qualifying time of 14:32.71. Riak shattered the old GNAC record of 14:42.93 set last year by Jordan Welling of Western Washington by 10.2 seconds. **Female** – Emily Warman, Western Washington (Fr., Sedro Woolley, WA) had two of the top performances in GNAC indoor history as she made her collegiate debut Saturday at UW. She won the long jump with a school-record tying and provisional national qualifying leap of 18-3 ¾. She also finished second in the triple jump with a mark of 36-11 ¾. Her long jump mark is the second best in GNAC history and her triple jump performance ranks fifth in conference indoor history.

Week of Jan. 12-18: Male – Ryan Brown, Western Washington (So., Bellingham/Squalicum) posted a provisional national qualifying mark of 15-7 ¼ in the pole vault at the University of Washington Indoor Preview. It was the lone PNQ by a GNAC male athlete in the meet. **Female** – Ali Worthen, Seattle Pacific (Fr., Coos Bay, OR) won the high jump at the UW Indoor Preview with a provisional national qualifying mark of 5-8. She added two inches to her previous PNQ in recording the third best jump in GNAC indoor history. She also finished seventh in the long jump (17-8) and 13 th in the 60 hurdles (9.56) with marks that rank second and third, respectively, so far this winter in the conference.

Week of Jan. 19-25: Male – Tyler Fischer, Central Washington (Jr., Cashmere, WA) and Maurus Hope, Northwest Nazarene (Fr., Adrian, OR). Fischer established a provisional national qualifying mark of 57-3 ½ placing sixth in the weight throw at the WSU Open and moving into third place on the GNAC all-time list in the event. He also placed seventh in the shot put at WSU with a mark of 45-10 ¼. Hope set a NNU record in the men's 400 meters in the Blue and Orange Invitational at Nampa. Hope was clocked in 49.66, a time that ranks third in GNAC history. He also ran on NNU's men's 4x400 relay team that posted a school record time of 3:21.69, the best so far this winter in the GNAC. **Female** – Krissy Tandle, Central Washington (Sr., Wenatchee, WA) set a GNAC record and also established an automatic qualifying mark for the NCAA Division II national meet in the women's shot put at WSU. Tandle added 19 ¾ inches to her previous GNAC and provisional national qualifying mark with a second-place throw of 47-6 ¼. She also finished fifth in the weight throw with a toss of 47-6 1/2, adding 4 ¼ inches to her previous GNAC season-best mark.

Week of Jan. 26-Feb. 1: Male – Jordan Welling, Western Washington (So., Burlington, WA – Burlington-Edison) set a school and GNAC record in the men's 3,000 meters, cutting nearly 12 seconds off the previous marks with a time of 8:19.80. That converts to a GNAC season-best mark of 14:23.67 in the 5,000. **Female** – Ashley Puga, Northwest Nazarene (Sr., Meridian, ID – Nampa Christian) and Jessica Pixler, Seattle Pacific (Jr., Sammamish, WA - Eastlake). Puga finished second in the women's 800 meters in the United Heritage Invitational at Nampa in a NCAA Division II automatic qualifying time of 2:12.72. Her time bettered the automatic standard by .08 seconds and is the third best time in GNAC history. She also led NNU to a win in the distance medley relay, running the 1600-meter leg. NNU posted a

provisional national qualifying time of 11:55.73, which pending results from other regions of the country last weekend, is the top time in the nation this winter. The time also ranks second in GNAC history and is also a school and venue record. . .Pixler finished second at UW in the 5,000 meters in a time of 16:12.65, cutting 22 seconds off the GNAC record and bettering the national automatic mark by nearly a minute.

Week of Feb. 2-8: Male – Bryan Mack, Central Washington (Fr., Arlington, WA) won the 60 meters in the Runner's Soul Invitational at Moscow Saturday in a time of 6.99. On Friday, he ran the second fastest 60 in GNAC history posting a 6.96 time in the prelims in the Idaho Invitational. He also placed fifth in the triple jump in Friday's meet with a leap of 45-0 1/2. **Female** – Ashley Puga, Northwest Nazarene (Sr., Meridian, ID – Nampa Christian) won the mile in the United Heritage Invitational at Nampa in a provisional national qualifying time of 4:59.62. She also finished fifth in the 800 in a time of 2:14.66. Earlier this season, Puga posted an automatic qualifying time in the 800 of 2:12.72.

Week of Feb. 9-15: Male – Jordan Welling, Western Washington (So., Burlington, WA – Burlington-Edison) smashed the GNAC record in the 5,000 meters Saturday at the Husky Classic. Welling was clocked in a provisional national qualifying time of 14:21.30, bettering the old record by 11.41 seconds and the WWU school record by 21.63 seconds. **Female** – Ellie Siler, Western Washington (Fr., Spokane, WA – Lewis & Clark) and Jessica Pixler, Seattle Pacific (Jr., Sammamish, WA – Eastlake). . .Siler ran the second fastest time in GNAC history in the 400 meters, placing seventh in the Husky Classic with a provisional national qualifying time of 56.77. She also helped WWU's 4x400 relay team establish a new GNAC record at UW with a provisional national qualifying time of 3:54.16. . .Pixler established two NCAA automatic qualifying marks, placing fourth in the mile in Saturday's Husky Classic in a time of 4:37.83 and first in the 800 in Sunday's UW Open in a time of 2:10.62

Week of Feb. 16-22: Male – Zeb Udell, Western Oregon (Sr., Dallas, OR) scored 19 points in leading the Wolves to their third team title in six years in the GNAC Indoor Championships. Udell won the long jump with a GNAC and meet-record leap of 23-0 3/4. He also finished second in the pole vault (15-3) and eighth in the 60 (7.28), **Female** – Ali Worthen, Seattle Pacific (Fr., Coos Bay, OR) and Ashley Puga (Sr., Meridian, ID). . .Worthen set a GNAC record for most points in a single indoor championship scoring 38 to lead the Falcons to their sixth consecutive conference championship. Worthen broke the old record of 33 set by Danielle Ayers-Stamper of SPU in 2005. Worthen won the high jump (meet-record 5-8 1/2) and long jump (18-6 1/2), finished second in the 60 hurdles (9.09), third in the triple jump (36-4) and fifth in the 200 (25.68). She also ran on SPU's third-place 4x400 team (4:00.42). Puga had perhaps the most "memorable performance" in GNAC meet history, winning the mile and 800 in meet record times of 4:47.37 and 2:09.86 and also running the second leg on NNU's winning 4x400 relay team that set a meet record with a time of 3:55.58. In the mile, she overcame a 40-yard deficit on the final lap and in the 800 she made up a 15-yard deficit in the

last lap. She also came from behind to give NNU a lead at the midway point of the relay.

Week of Feb. 23-Mar. 1: Male – Zeke Van Patten, Western Oregon (So., Corvallis, OR) and Justin Felt, Seattle Pacific (Jr., Eugene, OR – Churchill). . .Van Patten ran the second fastest 800 meter time in GNAC indoor history, winning the event in an NCAA Division II national automatic qualifying time of 1:51.73 Saturday at the SPU Last-Chance Open at UW's Dempsey Indoor. Van Patten cut 1.7 seconds off his previous provisional national qualifying time. Felt set a GNAC indoor record and established a PNQ winning the long jump with a leap of 23-2 3/4 at UW. **Female** – Annan Applebee, Western Oregon (So., Gladstone, OR) and Sarah Porter, Western Washington (So., Hockinson, WA). . .Applebee and Porter both posted automatic national qualify times in the SPU Last Chance. Applebee qualified in the 800 with a winning time of 2:11.86, chopping 1.01 seconds off her previous PNQ. Porter cut 26 seconds off her PNQ in the 5,000 with a automatic time of 16:56.07. She is the fourth female in GNAC history to run under 17 minutes indoor in the 5,000.

Week of Mar. 2-8: Male – David Registe, Alaska Anchorage (Jr., Palmer, AK – Colony) won the long jump in the Las Vegas Classic with an automatic national qualifying leap of 24-9 3/4. Registe's leap was just 3/4 of an inch off his career best and was 1 1/4 inches better than his winning leap at last year's NCAA Division II national meet. **Female** – Jeeni Schantin, Seattle Pacific (Sr., Tigard, OR) won the javelin with a meet record throw of 160-1 in a double dual with Western Washington and Puget Sound. Schantin's toss was just three inches off the GNAC record and was 14 1/2 feet farther than her fourth-place mark at last year's national meet. "One-sixty will win most national meets," SPU coach Karl Lerum said. "That's a huge throw. No one throws that far this early."

Week of Mar. 9-15: Male – Marko Cheseto, Alaska Anchorage (So., Kapenguria, Kenya) established one automatic and one provisional national qualifying mark in meets Friday and Saturday in southern California. He won the 5,000 meters Friday night in the Occidental Distance Carnival in an automatic time of 14:07.48, bettering the GNAC record by more than 17 seconds. On Saturday, he finished second in the CSU Northridge Invitational in a PNQ of 3:51.52. That time is the fifth fastest in GNAC history. **Female** – Jessica Pixler, Seattle Pacific (Jr., Sammamish, WA), Ashley Puga, Northwest Nazarene (Sr., Meridian, ID), Emily Warman, Western Washington (Fr., Sedro-Woolley, WA) and Krissy Tandle, Central Washington (Sr., Wenatchee, WA) all won national titles in the NCAA Division II Indoor meet in Houston, Tex. . .Pixler won her third straight mile title and also finished first in the 5,000 meters in times of 4:43.69 and 16:22.64, respectively. Puga won the 800 meters in a time of 2:07.63, just .06 seconds off the GNAC record. Tandle matched her own GNAC record in winning the shot with a put of 48-9 1/2 and Warman added a foot to her own GNAC record in winning the triple jump with a leap of 39-3.

Week of Mar. 16-22: Male – Zeb Udell, Western Oregon (Sr., Dallas, OR – Central) won the pole vault with a school-record and NCAA Division II provisional national qualifying mark of 16-6 in the Oregon Preview. Udell added two inches

to his previous school record. His vault, which was just $\frac{3}{4}$ inch short of the NCAA automatic standard, is the second-best in GNAC history, trailing only a 16-8 $\frac{3}{4}$ by Justin Miller of Humboldt State in 2002. **Female** – Kate Harline, Seattle Pacific (Jr., Orem, UT) won the women's 1,500 meters at the Hornet Invitational in Sacramento with a PNQ and GNAC-season best of 4:37.88. Harline's time ranks 10 th in GNAC history.

Week of Mar. 23-29: Male – David Kiplagat, Alaska Anchorage (Sr., Kapsabet, Kenya) ran the second best steeplechase in GNAC history in posting a NCAA automatic qualifying time of 9:01.67 in the Stanford Invitational. Kiplagat, who finished 14 th , cut 20 seconds off his previous provisional national qualifying time in recording the fastest steeple time since Jason Walker of Humboldt State ran a 8:58.62 to place 11 th in the 2002 Stanford Invitational. **Female** – Jessica Pixler, Seattle Pacific (Jr., Sammamish, WA) edged USA Olympian Jennifer Rhines by 0.32 seconds in winning the 1,500 meters in a time of 4:18.64 at the Stanford Invitational. Pixler chopped 1.17 seconds off her own GNAC record in the event and bettered the NCAA automatic qualifying standard by 12 $\frac{1}{2}$ seconds. Rhines was a member of the USA team in each of the last three Olympics, completing in the 10,000 in 2000, the marathon in 2004 and the 5,000 in last summer's Olympic Games.

Week of Mar. 30-Apr. 5: Male – Mick Boyle, Alaska Anchorage (Sr., Kenai, AK – Kenai Central) and Josh Heidegger, Northwest Nazarene (So., Jacksonville, OR – Cascade Christian). . Boyle and Heidegger each posted the second best performances in GNAC history in the 1500 meters and javelin, respectively. Boyle won the 1500 at Willamette in a time of 3:49.77 cutting three seconds off his previous provisional national qualifying time. He also finished second in the 800 in a provisional national qualifying time of 1:51.73. That mark ranks second in the GNAC this spring to teammate James Pettigrew's 1:50.76 and sixth all-time in the conference. . Heidegger unleashed a throw of 207-9 in winning the javelin at the All-Idaho Collegiate Cup at Boise. His throw was the longest in the conference since NNU's James Thomas had a 212-3 in 2002. Heidegger is the sixth athlete in GNAC history to throw 200 feet in the event. **Female** – Ashley Puga, Northwest Nazarene (Sr., Meridian, ID – Nampa Christian) and Sarah Porter, Western Washington (So., Hockinson, WA). . Puga won the 400 (56.20) and the 1500 (4:36.05) at the All-Idaho Collegiate Cup at Boise. Her 400 time was a GNAC season-best and provisional national qualifying time and ranks third in GNAC history. Her 1500 time ranks second this spring in the conference and was also a PNQ. Puga now ranks in the Top 4 in GNAC history in three different events – the 400 (3rd), the 800 (2nd with GNAC season-best 2:07.55) and the 1500 (4th with a 2008 time of 4:30.07). . Porter won the 5,000 meters at the UPS Shotwell with a NCAA automatic and GNAC season-best time of 17:01.94. That time ranks fourth all-time in GNAC history.

Week of Apr. 6-12: Male – Will Davis, Western Washington (Fr., Spokane, WA – Central Valley), competing in his first collegiate meet, won the triple jump with a GNAC season-best leap of 46-3 $\frac{1}{4}$ in the WWU Ralph Vernacchia Team

Classic at Bellingham. Davis is just the eighth athlete in GNAC history to post a 46-foot leap in the triple jump. **Female** – Jessica Pixler, Seattle Pacific (Jr., Sammamish, WA – Eastlake) set a GNAC record in winning the 1500 meters in the invitational portion of the Rafer Johnson/Jackie Joyner-Kersey track-and-field meet at UCLA. Pixler cut 1.04 seconds off her previous record and her automatic national qualifying time covering the metric mile in a time of 4:17.68. Pixler also finished third in the 800 meters in an automatic time of 2:08.78. The Athlete-of-the-Week award is her fifth this year in track-and-field (she also won three in cross country) and her 13th career track-and-field award, breaking the GNAC record of 12 set by SPU's Danielle Ayers-Stamper between 2003 and 2005. Ayers-Stamper won a single-season record six in 2005.

Week of Apr. 13-19: Male – David Registe, Alaska Anchorage (Jr., Palmer, AK – Colony) broke his own school record by more than a foot and set a GNAC record in winning the long jump in the Long Beach Invitational with a leap of 25-10 $\frac{3}{4}$. Registe, who is the defending NCAA Division II national champion, broke the GNAC record of 25-2 $\frac{3}{4}$ set by Jamil Wynn of Western Oregon in 2002. He added 13 inches to his NCAA Division II automatic qualifying mark and is just the second athlete in GNAC history to long jump 25 feet. Registe also ran a GNAC season-best 21.91 in the 200 Friday in the Bryan Clay Invitational Friday night at Azusa. **Female** – Ashley Puga, Northwest Nazarene (Sr., Meridian, ID – Nampa Christian). set school and GNAC records in winning the 800 meters at the 51st Annual Mt. Sac Relays at Walnut, Calif. Puga cut 2.32 seconds off her previous NCAA Division II automatic qualifying mark and also broke Jessica Pixler's GNAC record by more than two seconds as she was clocked in a time of 2:05.23. Her time is the eighth fastest by an American this season. Only four Division I athletes have run faster this spring. Puga's mark also meets the U.S.A Track & Field provisional standard of 2:05.50, which provisionally qualifies her for the U.S. Track & Field Championships to be held in Eugene, Oregon at the end of June.

Week of Apr. 20-26: Male – Zeb Udell, Western Oregon (Sr., Dallas, OR) won his third consecutive GNAC decathlon title scoring 6,286 points in the championship meet at Ellensburg. Udell is the fifth male athlete in GNAC history to win the same event in the conference meet three different times. **Female** – Christy Miller, Western Washington (Sr., Boise, ID – Bishop Kelly) won the pole vault with a GNAC record-tying vault of 12-4 at the WWU Twilight. She set a school record and tied the GNAC-record set by Ally Studer of Seattle Pacific in 2003. Her vault was 2 $\frac{1}{2}$ inches higher than her previous provisional national qualifying mark.

Week of Apr. 27-May 2: Male – Demetrius Preston, Alaska Anchorage (So., Anchorage, AK – Service) won the long jump in the Pacific Twilight with a provisional national qualifying leap of 24-4 $\frac{1}{2}$. He joins teammate David Registe as one of only three athletes in GNAC history to clear 24 feet in the long jump. Preston, who set a meet and stadium record in the long jump, also finished fourth in the 100 meters in a time of 10.95, equaling the third fastest 100 time in the conference this spring. **Female** – The Western Washington 4x400 relay team of Heidi Dimmitt (Sr., Wenatchee, WA),

Sarah Brownell (So., Yelm, WA), Megan O'Connell (So., Sammamish, WA - Skyline) and Ellie Siler (Fr., Spokane, WA - Lewis & Clark) set a GNAC, meet and stadium record in winning the event at the Pacific Twilight in a time of 3:49.70, bettering the old GNAC record of 3:50.17 set by Central Washington in 2007. Two of the relay members also set meet and stadium records in winning individual events. Siler won the 400 in a time of 56.57 and Dimmitt won the 400 hurdles in a time of 1:01.88.

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Week of Nov. 30-Dec. 6: Male - Maurus Hope, Northwest Nazarene (So., Adrian, OR) posted times of 7.20 in the 60 meters and 22.13 in the 200 in the Jackson's Open. His 60 time was .32 seconds off the provision national qualifying mark and is 200 time was .33 seconds slower than the national PNQ. He won the latter event. **Female** - Laura VonArx, Northwest Nazarene (Jr., Hermiston, OR) posted a provisional NCAA Division II national qualifying mark in the triple jump as the Crusaders opened the 2009-10 indoor track season Saturday competing in the Jackson's Open at Nampa. VonArx placed third with a personal best leap of 37-9. That mark is the third longest indoor triple jump in GNAC history. She also finished second in the pentathlon with 2,726 points.

Week of Dec. 7-13: Male - Brandon Pearce, Montana State Billings (Fr., Billings, MT) earned a GNAC automatic qualifying mark for the 60 meters and a provisional mark for the 200 as the Yellowjackets finished fourth in the Chadron State Shootout. Pearce's time of 6.65 in the 55 (converted to 7.14) betters the 60 automatic standard of 7.16. His 200 time of 23.23, is .09 seconds better than the provisional standard. Pearce's marks were among 10 provisional marks for MSUB in the meet. **Female** - None selected.

Week of Jan. 11-17: Male - Chad Meis, Seattle Pacific (Sr., Renton - Seattle Christian) posted a provisional national qualifying time in the mile at the UW Indoor Preview Saturday in the Dempsey Indoor. Meis was time in a school-record time of 4:11.39, moving into third place on the GNAC's all-time Top 10 Indoor List. **Female** - The Seattle Pacific Medley Relay team of Jane Larson (Sr., Fall City, WA - Cedar Park Christian), Crystal Sims (Jr., Portland, OR - Jefferson), Lisa Anderberg (Sr., Edmonds, WA - Kamiak) and Jessica Pixler (Sr., Sammamish, WA - Eastlake) chopped 6.01 seconds off the GNAC and SPU school record in winning the distance medley relay in an automatic national qualifying time of 11:32.23. That time would have placed second at last year's national meet.

Week of Jan. 18-24: Male - None selected. **Female** - Erika Halle, Montana State Billings (So., Manhattan, MT - Manhattan Christian) finished second in the 200 in an open indoor track and field meet at Montana State Friday posting a GNAC season-best time of 26.22. On the season, Halle ranks fifth in the conference in the long jump with a best of 16-7 and eighth in the 60 hurdles with a best of 9.96 (converted from a 55 hurdles time of 9.37).

Week of Jan. 25-31: Male - Ryan Brown, Western Washington (Jr., Bellingham, WA - Squalicum) and Tyler Fischer, Central Washington (Sr., Cashmere, WA). . Brown set school and conference records and posted an automatic national qualifying mark in the pole vault in the UW Invitational Indoor track and field meet. Brown obliterated the old conference record winning the event with a mark of 17-1 ½. That was nearly seven inches better the NCAA Division II national automatic qualifying standard, and broke his own WWU and GNAC record of 16-6 set last year. He is the first GNAC athlete to clear 17 feet either indoor or outdoor. The outdoor record is 16-8 ¾ by Justin Miller of Humboldt State (2002). Brown's mark currently ranks No. 1 nationally. . Fischer finished sixth in the men's weight throw with a provisional national qualifying toss of 58-4 ½. That mark ranks third in GNAC history. **Female** - Jessica Pixler, Seattle Pacific (Sr., Sammamish, WA - Eastlake) shattered her own Seattle Pacific and GNAC mark in the mile by more than four seconds cruising around the Dempsey Indoor oval in 4 minutes, 33.46 seconds on the way to an 11-second victory. Pixler's time beat the 4:37.83 she ran last Feb. 14 in the Husky Classic. After battling an illness for the past two weeks, Pixler wasn't even sure she was going to run until she got up on Saturday morning. Not only did she run and set the school and GNAC records, the three-time defending D-2 indoor mile champion beat the NCAA Division II automatic qualifying standard of 4:54.00 by more than 20 seconds.

Week of Feb. 1-7: Male - Anthony Wright, Central Washington (Fr., Lakewood, WA - Lakes) won the 60 meters Saturday in the Runner's Soul Invitational at Moscow in a time of 6.96 after finishing second Friday in the Vandal Indoor in a time of 6.90, the second quickest in GNAC indoor history. **Female** - Katharine Lotze, Central Washington (Fr., Benton City - Kiona-Benton) and Terra Schumacher, Seattle Pacific (Jr., Sublimity, OR - Regis & MHCC). . Lotze posted a provisional national qualifying mark in the women's triple jump at the Vandal Indoor in Moscow. Lotze had the sixth-best mark in GNAC history in posting a PNQ of 37-4 1/2. She finished third in the meet. Schumacher won the pole vault at the Portland Pilot Indoor with a provisional national qualifying vault of 11-6. That is the best mark in the conference this winter.

Week of Feb. 8-14: Male - Anthony Tomsich, Western Washington (Sr., Fairbanks, AK - West Valley) set school and GNAC records in the mile at the University of Washington Indoor Husky Classic Saturday at the Dempsey Indoor. Tomsich placed eighth in a time of 4:07.06, breaking the old GNAC record of 4:09.71 set by Nathan Carlson of Saint Martin's in 2005. He bettered the old WWU school record by six seconds. **Female** - Emily Warman, Western Washington (So., Sedro-Woolley, WA) established provisional national qualifying marks in both the long jump and triple jump in two separate meets at the University of Washington. On Saturday, she placed 13 th in the triple jump in the Husky Classic with a leap of 38-7. Warman is the defending NCAA Division II national champion, winning the event in 2009 with a GNAC-record mark of 39-3. On Sunday, she won the long jump at the UW Open with a provisional national qualifying mark of 18-9 ¾. Both her long jump and triple jump marks are the best in the conference this winter.

Her LJ mark was just one-quarter inch short of her career-best, which ranks second in GNAC history.

Week of Feb. 22-28: Male – Matson Hardie, Western Oregon (Fr., Bend, OR) won both the triple jump and long jump in the Seattle Pacific Last-Chance Invitational with leaps of 47-11 $\frac{3}{4}$ and 22-6, respectively. He added 7 $\frac{1}{2}$ inches to his previous provisional national qualifying mark in the triple jump recording the second longest leap in GNAC history. **Female** – Michelle Howe, Western Washington (Jr., Lakewood, WA) and Torrie Self, Central Washington (Jr., Kent, WA). .Howe shaved .11 seconds off her provisional national qualifying time in winning the 60 hurdles in a time of 8.89 at the Seattle Pacific Last-Chance Invitational. Her time ranks second in GNAC history. She also ran on WWU's 4x400 relay team that was clocked in a GNAC-record time of 3:50.80, chopping 1.3 seconds off its previous provisional national qualifying time. .Self won both the shot put (41-9 $\frac{1}{4}$) and weight throw (54-4) in the meet. Her weight throw met the provisional national standard and is the second longest in GNAC history.

Week of Mar. 1-7: Male - Ethan Hewitt, Alaska Anchorage (Fr., Eagle River, AK - Chugiak) set a GNAC record in winning the men's 400 meters in a time of 47.97 in the UNLV Track and Field Classic in Las Vegas Saturday. In his collegiate debut, Hewitt broke the old GNAC record of 48.11 set by Western Oregon's Ashtin Mott two years ago. **Female** - Amanda Alvarez, Seattle Pacific (Fr., Vancouver, WA - Columbia River) won the triple jump at the University of Puget Sound Invitational with a national provisional mark of 39-0 $\frac{1}{4}$. Alvarez's triple jump mark ranks second in GNAC history trailing only Alaska Anchorage's Kim Brady who went 39-3 $\frac{3}{4}$ in 2008.

Week of Mar. 8-14: Male - Demetrius Preston, UAA (Jr., Anchorage, AK - Service) won the long jump at the Northridge Invitational with a career-best leap of 24-6 $\frac{1}{4}$. Only two athletes have a better long jump in conference history. He also finished seventh in the 200 meters at Northridge with a GNAC season-best time of 22.17. **Female** - Miriam Kipng'eno, UAA (So., Eldoret, Kenya) won the 5,000 meters at the Occidental Distance Carnival in Los Angeles, becoming the fifth runner in GNAC history to run faster than 17 minutes. Her time of 16:59.24, which bettered the provisional national standard by more than 33 seconds, ranks fourth in conference history.

Week of Mar. 15-21: Men - Anthony Wright, Central Washington (Fr., Lakewood, WA - Lakes) grabbed the conference early-season lead in winning the 100 meters at the Oregon Preview in a time of 10.75. His time also moved him into a tie for fourth on the all-time conference 100-meter chart. He also led CWU to a GNAC season-best time of 42.15 and a second-place finish in the 4x100 relay. Wright's win in the 100 was one of just three for GNAC athletes at Eugene. **Female** - Jane Larson, Seattle Pacific (Sr., Fall City, WA - Cedar Park Christian) finished third in the women's 800 at the Oregon Preview in a provisional national qualifying time of 2:11.75. Her time, which ranks eighth in GNAC history, was only 1.75 seconds off the Division II national automatic qualifying standard. Larson is already a two-time All-

American this year, finishing third in the mile and running on SPU's national championship distance medley relay team at the NCAA Division II Indoor national meet.

Week of Mar. 22-28: Men – Micah Chelimo, Alaska Anchorage (Fr., Kapkoi, Kenya – Tambach) ran the first sub nine-minute steeplechase in the GNAC in eight years in the Stanford Invitational. Chelimo was clocked in an automatic national qualifying time of 8:58.79, just .17 seconds off the conference record of 8:58.62 set by Jason Walker of Humboldt State during the conference's inaugural season in 2002. **Female** – Jessica Pixler, Seattle Pacific (Sr., Sammamish, WA – Eastlake) ran the fastest 5,000 by an American this year in winning the event at the Stanford Invitational Friday. Pixler was timed in 15:44.07, which ranks fifth in the world in 2010 trailing only a 15:27.75 by Mary Teresa Cullen of Ireland and three Australians. She was competing in her first-ever outdoor 5,000 during her career at SPU though she did win the NCAA Division II Indoor national title at that distance last year. Pixler smashed both the previous SPU and GNAC records bettering the Falcon school record by 32.05 seconds and the previous conference record by more than a minute (1:06.80).

Week of Mar. 29-Apr. 4: Male – Marko Cheseto, Alaska Anchorage (Jr., Kapenguria, Kenya) won the men's 10,000 meters in a NCAA Division II provisional national qualifying mark of 29:41.86 at the Willamette Invitational track and field meet. Cheseto, who set the GNAC record of 29:08.28 last season, missed the automatic standard by just 1.86 seconds. **Female** – Courtney Olsen, Western Washington (Sr., Bellingham, WA - Squalicum) broke her own school record in winning the women's 3000-meter steeplechase in a provisional national qualifying time of 11:01.33 at the 25th annual University of Puget Sound J.D. Shotwell Track & Field Invitational at Baker Stadium. Olsen cut nearly 27 seconds off her own school record in the steeple, bettering the national standard by 18 $\frac{1}{2}$ seconds. She ranks second in the conference this spring and her mark ranks seventh all-time in the GNAC.

Week of Apr. 5-11: Male – Ben Elder, Western Washington (Jr., Lake Stevens, WA) and Nick Wilson, Montana State Billings (Fr., Laurel, MT). .Elder won both the discus (161-2) and shot put (52-1 $\frac{1}{4}$) with GNAC season-best marks in the 29 th annual Ralph Vernacchia Invitational Track and Field meet Friday at Bellingham's Civic Stadium. He broke one of the Vikings' oldest school standards in the discus eclipsing the mark of 161-2 set by Martin Rudy in 1980. Both his discus and shot put distances rank fourth in GNAC history. His discus mark bettered the NCAA Division II national standard by 8 feet, three inches. He missed the shot NCAA PNQ by three-quarters off an inch. .Wilson posted a NCAA Division II automatic national qualifying mark in the javelin Saturday at the Montana State Open at Bozeman. Wilson added nearly 12 feet to his previous provisional national qualifying mark with a throw of 208 feet, nine inches. That is the third longest in GNAC history. He is just the seventh GNAC athlete to better 200 feet in the event. **Female** – Carolanne Powers, Western Oregon (Fr., Keizer, OR – McNary) won the javelin in the John Knight Twilight meet at Monmouth with a NCAA automatic qualifying mark of 154-0. She added 15 feet, 9

inches to her previous provisional national qualifying mark in posting the fourth best throw in conference history.

Week of April 12-18: Male – Micah Chelimo, Alaska Anchorage (Fr., Kapkoi, Kenya) and Jason Slowey, Western Oregon (So., Medford, OR – North Medford). . . Chelimo shattered the GNAC record in the men's steeplechase Thursday at the Mount Sac Relays. Chelimo, who already had a NCAA automatic time, cut nearly 10 seconds off his AQ and the GNAC record of 8:58.62 set by Jason Walker of Humboldt State in 2002 in finishing second in the Olympic Development division with a time of 8:49.31. Slowey earned two provisional national qualifying marks at the Beach Invitational Saturday at Long Beach. He placed sixth in the discus with a throw of 162-2 and was seventh in the shot with a GNAC season-best put of 52-3 ¾. That mark ranks fourth in GNAC history. **Female** – Jessica Pixler, Seattle Pacific (Sr., Sammamish, WA – Eastlake) broke two long-time school records. On Friday, she broke a 22-year-old record in finishing second in the 1500 meters at the Mt. Sac Relays. Her time of 4:11.06 was the fourth best in the world this year. Then on Saturday, she eclipsed a 33-year-old school mark in the 800 at the Beach Invitational in Long Beach with a time of 2:04.89. Both marks are automatic national qualifying times.

Week of Apr. 19-25: Male – Michael Hoffman, Western Washington (So., Bellingham, WA – Schome) improved on two provisional national qualifying marks in winning both the hammer (194-9) and discus (163-8) in the Western Washington Twilight Invitational. His hammer throw was a 9 ½ foot improvement and was a school record. It was also the second longest hammer toss in GNAC history. He added three inches to both his PNQ and his No. 6 GNAC all-time ranking in the discus. **Female** – Torrie Self, Central Washington (Jr., Kent, WA – Kent-Meridian) automatically qualified for the NCAA national meet in the hammer with a throw of 179-4. That mark was an 8 ½ foot improvement on her previous PNQ and is the third longest in conference history.

Week of Apr. 26-May 2: Male – Maurus Hope, Northwest Nazarene (So., Adrian, OR) finished second in the 400 hurdles in a GNAC season-best time of 53.20 at the Idaho/Utah Border Clash in Boise. Hope chopped 1.17 seconds off his previous GNAC leading mark and bettered the provisional national standard by .80 seconds. His time is the seventh best in conference history. **Female** – Sarah Porter, Western Washington (Jr., Hockinson, WA) qualified for the USA Track & Field Championships by placing 15th in the 10,000 meters with a GNAC record time of 33:36.83 at the Payton Jordan Cardinal Invitational. Porter's time was nearly nine seconds better than the "A" qualifying standard for the USA meet June 23-27 at Des Moines, Iowa. The clocking also bettered her personal best by almost 54 seconds and was 32 seconds faster than the GNAC record of 34:08.64 set by Karen Dickson of Seattle Pacific in 2005.

Week of May 3-9: Male – Ryan Brown, Western Washington (Jr., Bellingham, WA – Squalicum) broke his own school and GNAC record tying for first place in the pole vault by clearing 17-7 at the UW Ken Shannon Track and Field Invitational. Brown now ranks 14th among all collegians this spring, first among Division II athletes. Brown

surpassed his previous best effort of 16-10 ¾ by 8 ¼ inches. His best effort this spring is 2 ½ feet better than the second-best mark in the conference. Brown won the NCAA II national indoor championship in March after becoming the first GNAC athlete to clear 17 feet in either indoor or outdoor competition with a season-best of 17-1 ½ at the UW Indoor meet Jan. 30. **Female** – Crystal Sims, Seattle Pacific (Jr., Portland, OR – Jefferson) won the heptathlon title at the GNAC Multi-Events championships adding 263 points to her previous provisional national qualifying score. Her point total of 4,769 points is the eighth highest in conference history. She dominated the event, finishing first among the 15 competitors in four of the seven events including the 200, 100 hurdles, long jump and shot put.

Week of May 10-16: Men – Anthony Wright, Central Washington (Fr., Lakewood, WA) had the best performance by a sprinter in GNAC history and arguably one of the best overall performances by any GNAC athlete in championship meet history. He accounted for two conference records, three meet records and three provisional national qualifying times in events in which GNAC athletes have seldom met the standard. Wright won the 100 in a time of 10.43, breaking the conference and meet record of 10.51 set by Mike Hinshaw in 2003. He then added a win in the 200 in a meet-record time of 21.36, moving into second-place on the GNAC all-time list. He also led CWU to a meet and conference record in the 4x100 relay in a time of 41.10. He then capped off his day running a 49 second leg in leading CWU to a third-place finish in the 4x400 relay. Wright is just the second athlete in GNAC history to post a PNQ in the 100 and the third to accomplish that feat in the 200 in the nine-year history of the conference. CWU is also the first GNAC team to ever meet the standard in the 4x100 relay. **Women** – Latasha Essien, Seattle Pacific (Sr., Portland, OR), competing in her first GNAC outdoor championship meet, swept the 100 and 200 meters in times of 12.16 and 25.23 to account for 20 of the Falcons' 224 points as SPU won its fourth team title and third in the last four meets. After setting a meet record in the prelims on Friday in the 100 with a time of 12.11, she won that event in 12.16 and also finished first in the 200 in a time of 25.23. Her 100 time ranks second in GNAC history and her 200 time ranks sixth. Essien won four indoor 60-meter titles in her career, but was competing in the outdoor for the first time. Injuries kept her out of the 2007 and 2008 meets and the 2009 meet was cancelled.

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Week of Jan. 10-16: Men – Matt Kaino, Western Oregon (So., Ilwaco, WA) placed second in the 400 meters in a time of 49.26 and third in the 200 meters in a time of 22.63 at the UW Preview. His 400 time ranks fourth in GNAC history. He also ran the lead leg as the Wolves placed third in the 4x400 relay in a time of 3:19.76. Only Western Oregon in 2010 and Northwest Nazarene have run faster 4x400 times in GNAC indoor track history. **Women** – Helen Crofts, Simon Fraser (Jr., West Vancouver, BC) had two NAIA automatic national qualifying marks at UW. She was the first finisher among five SFU NAIA automatic qualifiers placing fourth in the 600 meters in a time of 1:29.84. She also led the Clan to an automatic qualifying time in the 4x400 relay. SFU was

clocked in a time of 3:52.25. The only GNAC team to ever run a quicker time in that event was Western Washington last season.

Week of Jan. 17-23: Men – Stephen Larlee, Northwest Nazarene (Fr., Maupin, OR – South Wasco County) placed second in the men's triple jump at the Bronco Invitational in Nampa with a GNAC season-best leap of 46-4 3/4 to move into seventh place on the GNAC All-time Top 10 list. He's the leader in the GNAC so far this winter. He ranks seventh in the conference in the long jump with a best of 20-9 1/4. **Women** – Joy Warrington, Northwest Nazarene (Jr., Colorado Springs, CO) finished second in the shot put (43-3) and ninth in the weight throw (48-0) at the Bronco Invitational. Her shot mark leads the GNAC this winter by nearly two feet and her weight toss ranks third. She trails teammate Shayna Shute on the GNAC chart by 17 inches in the latter event.

Week of Jan. 24-30: Men – Ryan Brown, Western Washington (Sr., Bellingham, WA – Squalicum) finished second in the pole vault in the UW Indoor with an automatic national qualifying mark of 17-1, just one-half inch off his own GNAC record. **Women** – Helen Crofts, Simon Fraser (Jr., West Vancouver, BC) broke Jessica Pixler's GNAC record in placing fourth in the 800 meters at the University of Washington Indoor. Crofts finished in a time of 2:06.65 (adjusted for GNAC record purposes to 2:06.75 for track size). She also ran the sixth fastest mile in GNAC history of 4:54.77 (adjusted to 4:55.17).

Week of Jan. 31-Feb. 6: Men – Bryan Mack, Central Washington (Jr., Arlington, WA) finished fifth in the triple jump with a provisional national qualifying mark of 47-4 1/4 at the Bronco Invitational in Nampa. His leap ranks fifth all-time in the GNAC and was a six-inch improvement over his previous best. It was also a GNAC season-best. Mack also long jumped 20-8. **Women** – Katharine Lotze, Central Washington (So., Benton City, WA – Kiona-Benton) won the women's triple jump with a PNQ of 37-10 3/4 at Nampa. That mark is the best this season in the GNAC and ranks fourth all-time. It was a five-inch improvement on her previous best.

Week of Feb. 7-13: Men – Andrew Boss, Simon Fraser (Sr. Port Coquitlam, BC) finished sixth in both the 200 and 400 in times of 21.95 and 48.27 at the Husky Classic in Seattle. His 400 time set a new GNAC record (converted to 48.37 for track size) and his 200 time (converted to 22.05) ranks fourth all-time in GNAC history and is the best mark this winter in the conference. **Women** – Sarah Porter, Western Washington (Sr., Hockinson, WA) ran the second fastest 5,000 meter time in conference history placing 10 th in a national automatic qualifying time of 16:11.98. With the adjustment for track size, that converts to a time of 16:12.68, just .03 seconds off of Jessica Pixler's conference record of 16:12.65.

Week of Feb. 21-27: Men – Kyle Larson, Western Oregon (Sr. Lake Stevens, WA) earned his first career provisional national qualifying mark posting the fourth fastest time in GNAC history in the men's mile at the SPU Last-Chance. Larson covered the mile in a time of 4:10.17. WOU's Chris Reed, who has a season-best mark of 4:09.39, finished first in a time of 4:10.12. **Women** - Melissa Peaslee, Seattle Pacific

(Sr., Fox Island, WA) posted the best mark in the GNAC this season in winning the pole vault at the Seattle Pacific Last-Chance meet at the Dempsey Indoor. Peaslee vaulted 12-2 3/4 inches, well over the national provisional standard of 11-5 3/4 and 4 3/4 inches higher than her previous season best of 11-10. She has a career best of 12-9 set in 2008. Saturday's vault will likely earn her an invitation to the NCAA Division II national indoor next week at Albuquerque, N.M.

Week of Feb. 28-Mar. 6: Men – David Registe, Alaska Anchorage (Sr., Palmer, AK), who redshirted last season soared 25 feet, 10 3/4 inches to win the long jump at Las Vegas by nearly three feet over his closest competition. Registe bettered the NCAA Division II automatic national qualifying standard by 13 3/4 inches. **Women** – Helen Crofts, Simon Fraser (Jr., West Vancouver, BC) and Haleigh Lloyd, Alaska Anchorage (Fr., Ladysmith, BC). . Crofts won three national titles and set a GNAC record leading the Clan to a second-place finish in the NAIA Indoor National Track & Field Championships at Geneva, Ohio. Crofts broke her own GNAC record (by .19 seconds) in winning the 800 in a time of 2:04.94. She also anchored SFU's national champion 4x800 (8:57.35) and distance medley relay teams (11:44.83). The DMR team ran the third fastest time in conference history. . Lloyd set two school records and contributed to two others as she made her collegiate debut at the UNLV Invitational in Las Vegas. She set individual school marks in the 100 hurdles (14.62) and 400 hurdles (1:01.01) and also ran on UAA's 4x100 (48.75) and 4x400 (3:58.22) teams that also established school records. Her 400 hurdle time was the second quickest in GNAC history and was also a provisional national qualifying mark. Her 100 time ranks seventh all-time in the conference.

Week of Mar. 7-13: Men – Michael Hoffman, Western Washington (Jr., Bellingham, WA - Sehome) won the discus (151-0) and hammer (181-4) in the Pacific Lutheran Invitational. Hoffman's hammer mark was just nine inches shy of the NCAA Division II provisional national qualifying standard. **Women** – Ivy O'Guinn, Alaska Anchorage (Fr., Soldotna, AK – Skyview) earned provisional national outdoor qualifying marks in both the 800 meters (2:12.30) and 1500 meters (4:33.56) in meets at Northridge and Occidental. Her 1500 time in the Occidental Distance Carnival Friday ranks eighth in GNAC history while both her 800 time Saturday at the Northridge Relays and her 1500 mark are school records. She was one of four winners for UAA at Northridge.

Week of Mar. 14-20: Men – Matt Kaino, Western Oregon (So., Ilwaco, WA) won the 400 meters in the Oregon Preview with a GNAC season-best time of 48.44. He was the only GNAC male athlete to win an event in the meet. Kaino's time was just .14 seconds off his career best. **Women** – Ashley Potter, Western Oregon (Jr., Springfield, OR – Thurston) won the triple jump at the Oregon Preview with a provisional national qualifying leap of 39-1 3/4. That mark is the best in the GNAC this spring and is just seven inches shy of her own GNAAC record of 39-8 3/4 .

Week of Mar. 21-27: Men – Jordan Welling, Western Washington (Sr., Burlington, WA – Burlington-Edison) ran the second fastest men's 5,000 meters in GNAC history

Friday at the Stanford Invitational setting a Western Washington school record with a provisional national qualifying time of 14:10.43. Welling placed seventh in his heat and eighth overall in the prestigious meet. **Women** - Miriam Kipng'eno, Alaska Anchorage (Jr., Eldoret, Kenya) finished 12 th in her heat of the 5,000 at Stanford with a school-record and an automatic national qualifying time of 16:36.66. Kipng'eno's mark ranks third all-time in GNAC history. UAA's Ruth Keino also had an AQ of 16:38.24, which ranks fourth all-time in GNAC history.

Week of Mar. 28-Apr. 3: Men - David Registe, Alaska Anchorage (Sr., Palmer, AK - Colony) won the men's 100 (10.68) and 200 (21.91) and also led the Seawolves to a win in the 4x100 relay (41.91) at the Willamette Invitational in Salem, Ore. Registe's 100 time was the third fastest in conference history. He ran the anchor leg on the relay team that posted the ninth quickest team in conference history. **Women** - Torrie Self, Central Washington (Sr., Kent, WA - Kent-Meridian) and Ali Worthen, Seattle Pacific (Jr., Coos Bay, OR - Marshfield) both won two events in the UPS Shotwell Invitational. Self swept the shot put and hammer climbing up the GNAC all-time charts in both events. She added 7 3/4 inches to her career best in the shot to move from 10th to fifth with a throw of 43-3 1/4. In the hammer she had a heave of 182-4, which was a three-foot improvement on her previous best and moved her into second place on the GNAC all-time list. She fell just two inches short of the NCAA Division II automatic standard in the hammer, surpassing the provisional hammer standard by nearly 20 feet. . . Worthen scored 31 points to lead SPU to the team title at UPS. She won the high jump (5-4 1/2) and long jump (17-11 1/2). She also finished second in the 100 hurdles (15.03) and sixth in the 200 (26.18).

Week of Apr. 4-10: Men - Ryan Brockerville, Simon Fraser (Sr., Marystown, NL) and Chris Reed, Western Oregon (Sr., Klamath Falls, OR). . Brockerville won the steeplechase in a meet record time of 9:08.61 at the Ralph Vernacchia Team Track and Field Classic Friday at Bellingham. That was the only meet record broken in the meet. Brockerville cut more than three seconds off the previous standard that had stood for 17 years. His time ranks sixth on the GNAC Top 10 all-time list. . . Reed won the men's 1500 meters at the John Knight Twilight at Monmouth Friday in a provisional national qualifying time of 3:50.47, moving into seventh place on the GNAC all-time Top 10 list in that event. He ranks second in the conference this spring. **Women** - Rachele Barnett, Simon Fraser (Sr., New Westminster, BC) earned a pair of victories Thursday and Friday at Bellingham. She scored 4,034 points in winning the heptathlon at the WWU Multi-Events. She also won the high jump in the Ralph Vernacchia Team Track and Field Classic with a leap of 5-7. That mark ranks fifth in GNAC history.

Week of Apr. 11-17: Men - Ethan Hewitt, Alaska Anchorage (So., Eagle River, AK - Chugiak) finished seventh in the 400 meters at the Mt. Sac Relays in a GNAC record time of 47.51, breaking his own record he set in his freshman season by .11 seconds and bettering the provisional national standard by .49 seconds. He also placed fifth in that event at the Beach Invitational in Long Beach, Calif. (47.79) and then

ran the lead leg as the Seawolves ran the second fastest 4x400 relay time in GNAC history, earning a provisional national qualifying time of 3:14.74 and finishing third at Long Beach. **Women** - Sarah Porter, Western Washington (Sr., Hockinson, WA) and Ruth Keino, Alaska Anchorage (So., Kapcheno, Kenya) posted automatic national qualifying times at Mt. Sac in the 5,000 and 10,000 meters, respectively. Porter finished fourth with the second quickest time (15:57.02) in GNAC history, while Keino placed seventh with the No. 3 time (34:57.14) in conference history.

Week of Apr. 18-24: Men - Michael Hoffman, Western Washington (Jr., Bellingham, WA - Sehome) set a school record and had a NCAA Division II automatic national qualifying mark of 206-3 in winning the hammer at the Western Washington Twilight meet at Bellingham. Hoffman fell one inch short of the GNAC record of 206-4 set by Pro Escobedo of Western Oregon in 2003. **Women** - Seattle Pacific's foursome of Kishia Mitchell (Fr., Puyallup, WA - Rogers), BryAnne Wochnick (Fr., Portland, OR - Central Catholic), Emily Quatier (So., Portland, OR - Westside Christian) and Crystal Sims (Sr., Portland, OR - Jefferson & Mt. Hood CC) finished third in both the women's 4x100 and 4x400 relays at the Oregon Relays with GNAC season-best times of 47.57 and 3:50.64. The 4x100 time ranks second in GNAC history and the 4x400 time ranks third all-time in the conference. A week earlier Mitchell ran wind-aided times of 12.10 in the 100 meters and 25.21 in the 200 at the Spike Arlt Invitational in Ellensburg. Those marks rank second and sixth, respectively, in GNAC history.

Week of Apr. 25-May 1: Men - Will Crook, Western Oregon (So. Jewell, OR) finished second at the Pacific Twilight in the javelin adding nearly six feet to his previous provisional national qualifying mark with a throw of 205-0. That mark ranks fifth all-time in the GNAC and 12 th this spring among NCAA Division II athletes. **Women** - Brittany Aanstad, Seattle Pacific (Jr., Lake Stevens, WA) won the women's javelin with a national automatic qualifying throw of 151-0 in the Saint Martin's Invitational at Lacey. Aanstad added 28 inches to her previous provisional qualifying mark. Her mark ranks No. 1 in the nation among Division II athletes this spring and seventh all-time in the conference.

Week of May 2-8: Men - Alfred Kangogo, Alaska Anchorage (Jr., Eldoret, Kenya) shaved more than 2 1/2 seconds off the GNAC record in winning the 1500 meters in the Oxy Invitational Saturday at Eagle Rock, Calif. Kangogo was clocked in a time of 3:44.67 establishing himself as a bonafide national title threat in the event. His time currently ranks third in Division II. Anthony Tomsich of Western Washington held the previous record of 3:47.21. UAA's Micah Chelimo finished sixth in a provisional national qualifying time of 3:47.66, also nearly bettering the old record. **Women** - Melissa Peaslee, Seattle Pacific (Sr., Fox Island, WA) broke her own GNAC pole vaulting record clearing 12-6 3/4 to account for one of five victories by GNAC athletes Saturday in the Ken Shannon/Ken Foreman Invite at Husky Stadium. Peaslee added 1 1/4 inches to her own conference record she set last season in moving into seventh place on the current national pole vaulting performance list.