

Men's Track & Field Championship Meets

2000 PacWest (May 6 at Monmouth)

Team Scores - Western Oregon 191 1/2, Western Washington 157, Central Washington 139, Humboldt State 116 1/2, Seattle Pacific 41. **Outstanding Performer** - Dante Betha, Western Oregon

100 - 1. Mike Hinshaw, WOU, 10.60; 2. Chris Faulconer, CWU, 10.66; 3. Josh DeLay, CWU, 10.78; 4. Lester Barahona, HSU, 11.02; 5. Corey Sutton, WOU, 11.12; 6. Kojo Obeng, CWU, 11.13; 7. Joel Alley, WOU, 11.14; 8. Cory Medina, CWU, 11.19.

200 - 1. Dante Betha, WOU, 21.55; 2. Chris Faulconer, CWU, 21.78; 3. Josh DeLay, CWU, 21.78; 4. Mike Hinshaw, WOU, 22.02; 5. Joel Alley, WOU, 22.43; 6. Lester Barahona, HSU, 22.54; 7. Corey Sutton, WOU, 22.56; 8. Kojo Obeng, CWU, 22.68.

400 - 1. Dante Betha, WOU, 48.00; 2. Eric Lisk, HSU, 49.52; 3. David Richmond, WOU, 49.57; 4. Shawn Bills, CWU, 50.01; 5. Ryan Leavengood, WWU, 50.22; 6. Jason Kurnow, HSU, 50.75; 7. Julian Trevino, CWU, 51.07; 8. Josh McIntyre, WOU, 51.33.

800 - 1. Josh Piper, WOU, 1:53.64; 2. Christian Berkey, SPU, 1:53.68; 3. Nick Gai, HSU, 1:54.64; 4. Justin Nakamura, WOU, 1:56.07; 5. Stuart Chaffee, WOU, 1:56.66; 6. Nathanael Castle, SPU, 1:57.94; 7. Kevin Gary, CWU, 2:00.59; 8. Brett Johnson, CWU, 2:00.85.

1500 - 1. Devin Kemper, WWU, 3:48.46; 2. Tom Gaschk, CWU, 3:51.53; 3. Louie White, HSU, 3:55.63; 4. Nathanael Castle, SPU, 3:57.09; 5. Martin Ranney, WWU, 4:02.07; 6. Damian Rogers, HSU, 4:03.31; 7. Aaron Long, WOU, 4:03.83; 8. Matt Koenigs, WWU, 4:04.37.

Steeplechase - 1. Tim Miller, HSU, 9:20.32; 2. Brian Baughman, HSU, 9:22.48; 3. Jason Walker, HSU, 9:22.88; 4. Chris Miles, HSU, 9:33.69; 5. Fred Schmitt, CWU, 9:37.94; 6. Zach Boteilho, WWU, 9:44.88; 7. Curt Stephan, CWU, 9:50.18; 8. Brian Brancheau, WWU, 10:02.24.

5000 - 1. Tim Miller, HSU, 15:16.60; 2. Matt Vincent, WWU, 16:05.16; 3. Chris Miles, HSU, 16:10.90; 4. Mike Johnson, CWU, 16:21.41; 5. Josh Otto, HSU, 16:21.95; 6. Ryan Seamster, WWU, 16:42.84; 7. Greg Phillips, HSU, 17:14.06.

10,000 - 1. John Moir, CWU, 32:57.73; 2. Adam Hall, HSU, 33:20.62; 3. Seth Miller, CWU, 33:27.48; 4. Shawn Miller, WWU, 33:31.39; 5. Greg Phillips, HSU, 33:32.68; 6. Josh Otto, HSU, 33:46.58; 7. Casey Jackson, WOU, 33:58.64; 8. Brian James, HSU, 34:09.39.

110 High Hurdles - 1. Vince Butorac, CWU, 15.33; 2. Kyle Wallace, WWU, 15.57; 3. Erik Iverson, CWU, 15.78; 4. Ryan Wecker, WOU, 15.89; 5. Jacob Hayes, HSU, 16.84; 6. Steve Roche, CWU, 16.91; 7. Jeff McDonald, WWU, 17.10; 8. Sean Gabe, WOU, 17.44.

400 Hurdles - 1. Nick Little, WWU, 52.81; 2. Trevor Sharp, SPU, 54.81; 3. Jeremy Dow, SPU, 55.25; 4. Eric McGee, HSU, 56.42; 5. Steve Roche, CWU, 58.09; 6. Ryan Wecker, WOU, 59.73; 7. Jeff McDonald, WWU, 1:01.42.

4x100 Relay - 1. Western Oregon (Jeremy Peil, Mike Hinshaw, Corey Sutton, Dante Betha) 41.16; 2. Humboldt State 42.38; 3. Western Washington 42.94; 4. Seattle Pacific 44.94 (CWU disqualified).

4x400 Relay - 1. Western Oregon (Mike Hinshaw, Jacob Brown, David Richmond, Dante Betha) 3:18.04; 2. Western Washington 3:21.81; 3. Seattle Pacific 3:22.29; 4. Humboldt State 3:26.92.

High Jump - 1. Nathan Lindeman, WWU, 6-9; 2. Eric Green, WWU, 6-9; 3. Jim Stever, WOU, 6-5; 4. (tie) Tony Butorac, CWU and Pat Ferguson, WOU, 6-3 1/4; 6. Mike Tully, WWU, 6-3 1/4; 7. Beau Ross, CWU, 6-3 1/4; 8. Jerome Powell, WOU, 6-1 1/4.

Pole Vault - 1. Paul Chapracki, HSU, 16-1 1/4; 2. Scott Alexander, CWU, 15-0; 3. Travis Spencer-Coy, WWU, 15-0; 4. Mike Alexander, CWU, 14-6; 5. (tie) Mike McLaughlin, HSU and Jon Stroschine, WOU, 14-0; 7. Travis Wallace, CWU, 14-0; 8. Steve Robinson, WWU, 14-0.

Long Jump - 1. Jeremy Vogel, WOU, 22-1 3/4; 2. Tony Butorac, CWU, 22-0 3/4; 3. Ryan Wecker, WOU, 22-0 1/4; 4. Brett Butcher, CWU, 21-11; 5. Zach Spaet, CWU, 20-7 3/4; 6. Daniel Straw, WOU, 21-0; 7. Brian Kruse, WOU, 21-0; 8. Erik Iverson, CWU, 20-7 3/4.

Triple Jump - 1. Beau Ross, CWU, 46-7 1/2; 2. Nathan Lindeman, WWU, 46-4; 3. Vince Butorac, CWU, 45-6 1/4; 4. Michael Haney, WWU, 43-0 1/2; 5. Brett Butcher, CWU, 41-10; 6. Tony Butorac, CWU, 41-8; 7. Daniel Straw, WOU, 39-4 1/2.

Shot Put - 1. Erik Knutzen, WWU, 46-3 1/4; 2. Brian Crawford, WOU, 45-5 3/4; 3. Tim Jolin, WWU, 44-0 1/2; 4. Ian McDole, WWU, 43-10; 5. Dave Margraf, HSU, 42-1 1/4; 6. Jim Stever, WOU, 42-0; 7. David Gregory, WOU, 38-4 3/4; 8. Dustin Larson, WOU, 36-10 1/4.

Discus - 1. Jake Nickerson, WOU, 148-1; 2. David Gregory, WOU, 147-0; 3. Tony Kyle, WWU, 143-9; 4. Luke Franzke, WOU, 138-5; 5. Chris Gough, SPU, 129-1; 6. Joe Mason, WOU, 126-7; 7. Eric Knutzen, WWU, 125-9; 8. Ian McDole, WWU, 119-10.

Hammer - 1. Luke Franzke, WOU, 172-10; 2. David Gregory, WOU, 158-9; 3. Tim Jolin, WWU, 141-8; 4. Jake Nickerson, WOU, 136-1; 5. Joe Mason, WOU, 130-5; 6. Dave Margraf, HSU, 126-8.

Javelin - 1. Travis Huntsinger, WWU, 190-8; 2. Tony Kyle, WWU, 184-7; 3. Zach Spaet, CWU, 181-11; 4. Dan Young, WWU, 178-5; 5. Chris Gough, SPU, 173-7; 6. Brett Butcher, CWU, 171-10; 7. Jay Sohlman, WOU, 171-0; 8. Tyler Cox, WOU, 166-2.

Decathlon (Apr. 27-28) - 1. Jeremy Vogel, WOU, 5825; 2. Ryan Wecker, WOU, 5610; 3. Steve Robinson, WWU, 5550; 4. Jim Stever, WOU, 5512; 5. Steve Roche, CWU, 5310; 6. Sean Gabe, WOU, 3963; 7. Dustin Larson, WOU, 606.

Thursday's results: 100 - Wecker 12.02, Vogel 12.06, Stever 12.08, Roche 12.12, Larson 12.23, Robinson 12.52, Gabe 13.58. Long Jump - Wecker 21-5 3/4 - 6.55, Vogel 21-5 1/4 - 6.54, Stever 21-2 1/4 - 6.46, Robinson 19-9 3/4 - 6.04, Roche 19-3 1/2 - 5.88, Gabe 18-7 - 5.67. Shot Put - Stever 42-2 3/4 - 12.87; Robinson 36-11 1/4 - 11.26, Vogel 36-0 1/4 - 10.98, Wecker 34-3 3/4 - 10.46, Gabe 29-0 - 8.84, Roche 28-2 1/2 - 8.60. High Jump - Stever 6-2 - 1.88, Robinson 6-0 3/4 - 1.85, Vogel 5-11 1/2 - 1.82, Wecker 5-9 1/4 - 1.76, Roche 5-9 1/4 - 1.76, Gabe no height. 400 - Roche 53.61, Wecker 54.14, Vogel 54.91, Robinson 55.51, Stever 56.11, Gabe 59.71.

Friday's results: 110 Hurdles - Vogel 16.24, Wecker 16.85, Gabe 18.36, Stever 18.40, Robinson 18.56, Roche 18.87. Discus - Robinson 110-7 - 33.72, Vogel 108-2 - 32.98, Wecker 105-10 - 32.28, Stever 98-0 1/4 - 29.88, Roche 94-0 1/4 - 28.66, Gabe 81-5 3/4 - 24.84. Pole Vault - Robinson 13-1 1/2 - 4.00, Roche 11-9 3/4 - 3.60, Stever 11-5 3/4 - 3.50, Vogel 11-1 3/4 - 3.40, Gabe 10-9 3/4 - 3.30, Wecker 8-10 1/4 - 2.70. Javelin - Wecker 156-7 - 47.74, Roche 142-2 - 43.34, Vogel 142-0 - 43.30, Stever 141-7 - 43.18, Robinson 141-4 - 43.10, Gabe 112-0 - 34.16. 1500 - Gabe 4:54.60, Roche 4:55.23, Wecker 5:06.22, Vogel 5:08.47, Robinson 5:14.47, Stever 5:37.98.

2001 PacWest (May 5 at Monmouth)

Team Scores - Western Oregon 171, Central Washington 150, Humboldt State 118, Western Washington 110, Northwest Nazarene 64, Seattle Pacific 36, Saint Martin's 1. **Outstanding Performer** - Jason Walker, Humboldt State.

100 - 1. Mike Hinshaw, WOU, 10.52; 2. Danny Easter, WOU, 10.85; 3. Josh DeLay, CWU, 11.05; 4. Joe Smith, CWU, 11.26; 5. Kurt Weber, CWU, 11.26; 6. Albert Meza, WOU, 11.34; 7. Justin Sylvestal, WWU, 11.36; 8. Bach Khongsaengdao, HSU, 11.36; 9. Justin Lawrence, CWU, 11.41; 10. Dan Thompson, WWU, 11.50; 11. Ricky Morales, HSU, 11.60; 12. David Olson, NNU, 11.61.

200 - 1. Mike Hinshaw, WOU, 21.52; 2. Josh DeLay, CWU, 22.09; 3. Dante Betha, WOU, 22.10; 4. Sherman Clayton, HSU, 22.23; 5. Albert Meza, WOU, 22.42; 6. Julian Trevino, CWU, 22.45; 7. Bach Khongsaengdao, HSU, 22.61; 8. Joe Smith, CWU, 22.67; 9. Nick Haralson, CWU, 22.69; 10. David Olson, NNU, 22.83; 11. Ryan Leavengood, WWU, 22.92; 12. Dan Thompson, WWU, 23.02; 13. K.J. Loreth, SMC, 23.03; 14. Justin Sylvestal, WWU, 23.50; 15. Mike Lynch, WWU, 24.79.

400 - 1. David Richmond, WOU, 49.03; 2. Sherman Clayton, HSU, 49.07; 3. Ryan Leavengood, WWU, 49.43; 4. Dante Betha, WOU, 49.59; 5. Julian Trevino, CWU, 50.47; 6. Nick Haralson, CWU, 50.49; 7. Aaron Parrish, WOU, 50.84; 8. Reuben Joseph, SMC, 51.29; 9. K.J. Loreth, SMC, 51.35; 10. Erik Bjornstad, WOU, 51.52; 11. Josh McIntyre, WOU, 51.52; 12. Andrew Maratas, WWU, 51.78; 13. Tom Moun, WOU, 52.03; 14. Jimmy Bennum, NNU, 52.26; 15. Curt Moon, CWU, 52.56; 16. Greg Duley, NNU, 53.08.

800 - 1. Nick Gai, HSU, 1:54.13; 2. Kelly Young, WOU, 1:54.88; 3. Stuart Chaffee, WOU, 1:55.31; 4. Neal Fryett, SPU, 1:55.72; 5. Andy Kessinger, WOU, 1:55.96; 6. Chris McIntosh, WOU, 1:56.10; 7. Jason Bush, CWU, 1:57.65; 8. Kelsey Backen, SPU, 1:58.36; 9. Jesse Light, WOU, 1:58.63; 10. Nathan Carlson, SMC, 1:59.19; 11. Kevin Gary, CWU, 2:00.05; 12. Aaron Long, WOU, 2:00.51; 13. Liam O'Sullivan, WWU, 2:00.90.

1500 - 1. Aaron Matthias, NNU, 3:54.24; 2. Nathanael Castle, SPU, 3:56.03; 3. Tom Gaschk, CWU, 3:56.66; 4. Kelsey Backen, SPU, 3:56.67; 5. Nick Gai, HSU, 3:57.85; 6. Louie White, HSU, 3:58.09; 7. Nathan Carlson, SMC, 4:00.59; 8. Martin Ranney, WWU, 4:01.52; 9. Jesse Light, WOU, 4:02.72; 10. Nate Normandin, UAA, 4:05.44; 11. Steve DeKoker, WWU, 4:05.79; 12. Ben Worrell, NNU, 4:10.44; 13. Jessie Plummer, Humboldt, 4:10.55; 14. Chris Roewe, WWU, 4:20.99.

5000 - 1. Jason Walker, HSU, 14:55.27; 2. Aaron Matthias, NNU, 14:56.80; 3. Tom Gaschk, CWU, 15:12.81; 4. Zach Boteilho, WWU, 15:23.46; 5. Nathanael Castle, SPU, 15:27.79; 6. Lehrin Morey, HSU, 15:34.55; 7. David Simmons, CWU, 15:34.61; 8. Nate Normandin, UAA, 15:45.86; 9. Emil Newhouse, WWU, 16:06.70; 10. Patrick Murphy, WWU, 16:09.51; 11. Jeremy Rice, CWU, 16:15.03.

10,000 - 1. Adam Hall, HSU, 33:04.97; 2. Shawn Miller, WWU, 33:08.37; 3. Lewis Topinka, WOU, 33:30.18; 4. Matt Schmitt, CWU, 33:38.87; 5. Brian Janes, HSU, 33:57.40; 6. Ryan Seamster, WWU, 34:00.68; 7. Ian Smith, CWU, 34:34.55.

110 High Hurdles - 1. Erik Iverson, CWU, 15.45; 2. Justin Montano, WOU, 15.70; 3. Matt Kitchen, NNU, 15.92; 4. Chris Bitcon, HSU, 15.92; 5. Chris Peterson, CWU, 16.46; 6. Heykel Aouriri, WOU, 16.47; 7. Jeff McDonald, WWU, 16.81; 8. Matt Schiefer, WWU, 16.97.

400 Hurdles - 1. Paul Mach, SPU, 55.10; 2. Ryan Los, WWU, 56.48; 3. Chris Petersen, CWU, 56.74; 4. Jared Martineau, WWU, 56.80; 5. Justin Montano, WOU, 57.05; 6. Matt Kitchen, NNU, 57.37; 7. Trevor Sharp, SPU, 57.43; 8. Eric McGee, HSU, 57.53; 9. Donnie Herneisen, WOU, 57.77; 10. Chris Bitcon, HSU, 58.67; 11. Jeff McDonald, WWU, 1:00.78; 12. Heykel Aouriri, WOU, 1:01.31; 13. Aaron Capen, NNU, 1:01.85.

Steeplechase - 1. Jason Walker, HSU, 9:23.20; 2. Chris Miles, HSU, 9:38.00; 3. Lehrin Morey, HSU, 9:41.64; 4. Zach Dwello, NNU, 9:50.36; 5. Brett Franz, WOU, 9:54.43; 6. Ben Mangrum, WWU, 10:02.43; 7. Andy Gist, CWU, 10:04.54; 8. Zac Vawter, SMC, 10:10.44.

4x100 Relay - 1. Central Washington (Nick Haralson, Kurt Weber, Joe Smith, Josh DeLay) 42.04; 2. Humboldt State (Khongsaengdao, Morales, Mitchell, Clayton) 42.82; 3. Western Washington (Leavengood, Sylvestal, Thompson, Lynch) 42.87; 4. Northwest Nazarene 43.95; 5. Seattle Pacific 44.26.

4x400 Relay - 1. Western Oregon (Donnie Herneisen, Chris McIntosh, Kelly Young, David Richmond) 3:19.77; 2. Central Washington (DeLay, Trevino, Moon, Haralson) 3:20.61; 3. Humboldt State (Gai, McGee, Clayton, Miller) 3:21.31; 4. Seattle Pacific 3:24.13; 5. Northwest Nazarene 3:28.27; 6. Saint Martin's 3:29.99.

High Jump - 1. Nathan Lindeman, WWU, 6-10 3/4 (2.10); 2. Erik Lanigan, CWU, 6-10 3/4 (2.10); 3. Mike Tully, WWU, 6-4 3/4 (1.95); 4. Ryan Brown, WOU, 6-2 3/4 (1.90); 5. Scott Halley, NNU, 6-2 3/4 (1.90); 6. Beau Ross, CWU, 6-2 3/4 (1.90); 7. Scott Durbin, WWU, 6-2 3/4 (1.90).

Pole Vault – 1. Justin Miller, HSU, 15-7 (4.75); 2. Scott Alexander, CWU, 15-1 (4.60); 3. Anthony Gould, NNU, 15-1 (4.60); 4. Spike Olsen, WOU, 14-1 ¼ (4.30); 5. Jacob Hayes, HSU, 14-1 ¼ (4.30); 6. Alan Pace, CWU, 14-1 ¼ (4.30); 7. Josh Fishbourne, NNU, and Mike McLaughlin, HSU, 13-7 ¼ (4.15); 9. Brandon Littlefield, SPU, 13-7 ¼ (4.15); 10. Josh Sizemore, WOU, 12-7 ½ (3.85).

Long Jump – 1. Ryan Brown, WOU, 23-9 (7.24); 2. Kurt Weber, CWU, 23-3 ¼ (7.09); 3. Brad Satran, WOU, 22-6 ½ (6.87); 4. Joe Smith, CWU, 22-3 ½ (6.79); 5. Erik Iverson, CWU, 21-8 (6.60); 6. Zeph Shepard, SPU, 21-4 (6.50); 7. Ryan Lee, NNU, 21-2 ½ (6.46); 8. Mike Price, HSU, 20-11 ¼ (6.38); 9. Matt Peterson, SPU, 20-10 ¼ (6.37); 10. Daniel Straw, WOU, 20-6 ½ (6.26); 11. Marcus Miller, WWU, 20-4 ¼ (6.20); 12. Chris Petersen, CWU, 20-2 ¼ (6.15); 13. Matt Schiefer, WWU, 20-1 (6.12); 14. Phillip Mitchell, HSU, 19-1 ½ (5.83).

Triple Jump – 1. Beau Ross, CWU, 47-6 ¼ (14.48); 2. Justin Lawrence, CWU, 47-3 ½ (14.41); 3. Nathan Lindeman, WWU, 46-3 ½ (14.11); 4. Brad Satran, WOU, 45-10 ½ (13.98); 5. James Thomas, NNU, 45-8 (13.92); 6. Ryan Lee, NNU, 42-6 ¾ (12.97); 7. Mike Price, HSU, 42-4 ¾ (12.92); 8. Daniel Straw, WOU, 40-9 ½ (12.43).

Shot Put – 1. Steve Bernardy, WWU, 49-5 ½ (15.07); 2. Jeff Aichele, WOU, 47-10 ½ (14.59); 3. Jason Patterson, CWU, 45-1 ½ (13.75); 4. Erik Knutzen, WWU, 44-0 (13.41); 5. Ian McDole, WWU, 43-9 (13.33); 6. Isaiah Haines, WOU, 43-6 ½ (13.27); 7. James Deaver, WWU, 43-1 ½ (13.14); 8. Jacob Galloway, CWU, 42-4 ¼ (12.91); 9. James Thomas, NNU, 40-4 (12.29); 10. Aaron Hayes, CWU, 40-4 (12.29); 11. Jordan Flowers, NNU, 39-9 ¼ (12.12); 12. Dan Henrie, CWU, 39-3 ¼ (11.97); 13. Dave Margraf, HSU, 39-3 ¼ (11.97); 14. David Uberti, CWU, 34-9 (10.59).

Discus – 1. Tony Kyle, WWU, 150-6 (45.88); 2. Steve Bernardy, WWU, 150-5 (45.86); 3. Jeff Aichele, WOU, 146-5 (44.64); 4. James Deaver, WWU, 140-5 (42.80); 5. Kyle Stott, WOU, 134-0 (40.84); 6. Andrew Steiner, SPU, 130-8 (39.84); 7. Jacob Galloway, CWU, 128-0 (39.02); 8. Golden Ables, HSU, 124-7 (37.98); 9. Scott Halley, NNU, 120-6 (36.72); 10. Erik Knutzen, WWU, 119-7 (36.46); 11. Jesse Bauman, CWU, 117-5 (35.78); 12. Josh Callon, SMC, 114-10 (35.00); 13. Ian McDole, WWU, 114-2 (34.80); 14. Greg Gottfried, WOU, 108-1 (32.94).

Hammer – 1. Greg Gottfried, WOU, 163-10 (49.94); 2. Jesse Thompson, CWU, 151-8 (46.24); 3. Kyle Stott, WOU, 141-9 (43.20); 4. Golden Ables, HSU, 130-1 (39.64); 5. David Uberti, CWU, 126-1 (38.44); 6. Erik Knutzen, WWU, 121-5 (37.00); 8. Jordan Flowers, NNU, 115-5 (35.18); 9. Jason Patterson, CWU, 113-1 (34.46); 10. Jonathan Hughes, CWU, 108-5 (33.04); 11. Jon Sprouffeske, SMC, 71-6 (21.80).

Javelin – 1. Scott Halley, NNU, 220-2 (67.12); 2. James Thomas, NNU, 203-10 (62.12); 3. Travis Huntsinger, WWU, 197-6 (60.20); 4. Jay Sohlman, WOU, 195-4 (59.54); 5. Tony Roberts, WOU, 194-4 (59.24); 6. Tony Kyle, WWU, 190-3 (58.00); 7. Tyler Cox, WOU, 177-2 (54.00); 8. Matt Lambrecht, SMC, 172-11 (52.72); 9. Brice Crowninshield, CWU, 170-2 (51.88); 10. Ray Henschel, WOU, 170-2 (51.88); 11. Matt Schiefer, WWU, 164-6 (50.14); 12. Micah Mercer, CWU, 163-0 (49.68); 13. Jacob Galloway, CWU, 154-5 (47.08).

Decathlon (Apr. 27-28) – 1. Justin Miller, HSU, 6427; 2. Chris Petersen, CWU, 5927; 3. Sean Gabe, WOU, 5774; 4. Matt Schiefer, WWU, 5730; 5. Jacob Hayes, HSU, 5379; 6. Donnie Herneisen, WOU, 5264; 7. Josh Freeman, WWU, 4734.

Day 1 Results: 100 – Miller 11.54, Herneisen 11.55, Petersen 11.86, Schiefer 11.88, Hayes 12.10, Freeman 12.30, Gabe 12.68. Long Jump – Petersen 21-5 ¾ - 6.55, Miller 6.53, Gabe 6.35, Hayes 6.07, Schiefer 5.81, Herneisen 5.57, Freeman 5.36. Shot Put – Petersen 11.15, Freeman 10.84, Schiefer 10.69, Miller 10.36, Gabe 9.86, Hayes 9.86, Herneisen 9.51. High Jump – Miller 1.97, Gabe 1.94, Petersen 1.79, Hayes 1.67, Schiefer 1.64, Herneisen 1.61, Freeman 1.52. 400 – Herneisen 50.11, Miller 50.39, Schiefer 52.18, Hayes 53.68, Freeman 54.52, Petersen 54.89, Gabe 56.06.

Day 2 Results: 110 Hurdles – Petersen 17.08, Miller 17.39, Gabe 17.66, Hayes 17.75, Schiefer 17.87, Herneisen 18.25, Freeman 18.29. Discus – Petersen 123-4 – 37.60, Freeman 31.32, Hayes 30.54, Gabe 29.10, Miller 28.68, Schiefer 28.40, Herneisen 25.82. Pole Vault – Miller 14-9 – 4.50, Hayes 4.20, Gabe 3.90, Schiefer 3.70, Petersen 3.30, Herneisen 3.10, Freeman 3.00. Javelin – Schiefer 162-7 – 49.56, Gabe 47.06, Miller 45.12, Petersen 43.56, Herneisen 40.34, Freeman 35.50, Hayes 31.56. 1500 – Schiefer 4:39.76, Gabe 4:42.50, Petersen 4:52.29, Miller 4:53.29, Herneisen 4:57.10, Hayes 5:14.44, Freeman 5:28.01.

2002 GNAC (May 4 at Bellingham)

Team Scores - Western Oregon 206 ½, Western Washington 158 ½, Central Washington 154 ½, Humboldt State 106 ½, Northwest Nazarene 71, Seattle Pacific 60, Saint Martin's 28, Seattle 13, Alaska Anchorage 10. **Outstanding Performer** – Mike Hinshaw, Western Oregon.

100 – 1. Mike Hinshaw, WOU, 10.76; 2. Josh Delay, CWU, 11.00; 3. Justin Miller, HSU, 11.10; 4. Fabien Coutard, CWU, 11.10; 5. Kojo Obeng, CWU, 11.13; 6. Jason Newton, WOU, 11.30; 7. Cory Medina, CWU, 11.33; 8. Brian Hunter, SPU, 11.43. (**Wind:** +1.20).

200 – 1. Mike Hinshaw, WOU, 21.82; 2. Josh Delay, CWU, 21.95; 3. Fabien Coutard, CWU, 22.28; 4. Kojo Obeng, CWU, 22.78; 5. Jason Newton, WOU, 22.98; 6. Cory Medina, CWU, 22.99; 7. Nick Brown, CWU, 23.25; 8. David Olson, NNU, 23.26; 9. K.J. Loreth, SMC, 23.32; 10. Jimmy Bennum, NNU, 23.46; 11. Julian Trevino, CWU, 23.52; 12. David Neilsen, SU, 23.78; 13. Jacob Hayes, HSU, 24.02 (**Wind:** +0.00).

400 – 1. David Neilsen, SU, 49.26; 2. KJ Loreth, SMC, 49.52; 3. Donnie Herneisen, WOU, 50.06; 4. Josh Johnson, HSU, 50.39; 5. David Olson, NNU, 51.19; 6. Josh Freeman, WWU, 51.33; 7. Steve Brockett, WWU, 51.36; 8. Erik Iverson, CWU, 53.26.

800 – 1. Nathanael Castle, SPU, 1:55.00; 2. Neal Fryett, SPU, 1:56.47; 3. Jason Bush, CWU, 1:56.97; 4. Nate Carlson, SMC, 1:57.07; 5. Brandon Ohnemus, WWU, 1:57.40; 6. Kevin Gary, CWU, 1:57.84; 7. Andy Prentice, SMC, 1:58.10; 8. Nick Gai, HSU, 1:59.27.

1500-1. Nathanael Castle, SPU, 3:54.28; 2. Nate Carlson, SMC, 3:55.65; 3. Martin Ranney, WWU, 3:55.82; 4. Juraj Trubiroha, NNU, 3:57.65; 5. Tim LeCount, SPU, 3:57.89; 6. Caleb Tubei, NNU, 3:58.05; 7. Ben Wornell, NNU, 3:59.42; 8. Brandon Whitaker, WWU, 4:03.29; 9. Justin McNeil, WWU, 4:05.03; 10. Nate Normadin, UAA, 4:09.43; 11. Aaron Eckert, WOU, 4:11.33; 12. Chris Carpenter, SMC, 4:12.03; 13. Neil Small, CWU, 4:12.50.

3000 Steeplechase - 1. Jason Walker, HSU, 9:17.6; 2. Neil Small, CWU, 9:30.5; 3. Ethan Barrons, WOU, 9:38.4; 4. Matt DeShazo, HSU, 9:39.0; 5. Matt Barreau, WOU, 9:45.5; 6. Zac Vawter, SMC, 9:47.4; 7. Jason Porter, CWU, 9:48.5; 8. Lehrin Morey, HSU, 9:48.6; 9. Kevin Lybarger, SU, 9:53.1; 10. Dain Engbretsen, SU, 9:57.0; 11. Francis Kimeli, NNU, 10:14.3; 12. Dylan Corbett, WOU, 10:27.9.

5000 – 1. Jason Walker, HSU, 14:57.92; 2. Caleb Tubei, NNU, 15:08.82; 3. Ben Wornell, NNU, 15:14.70; 4. Spencer Walsh, WOU, 15:27.12; 5. Martin Ranney, WWU, 15:33.69; 6. Steve DeKoker, WWU, 15:36.86; 7. Carlos Siqueiros, SU, 15:45.24; 8. Brian Kostock, HSU, 15:51.18; 9. Steve Manos, SU, 15:55.51; 10. Nate Normandin, UAA, 16:11.20; 11. Matt DeShazo, HSU, 16:18.00; 12. Brett Franz, WOU, 16:23.74; 13. Ethan Barrons, WOU, 16:25.68; 14. Lehrin Morey, HSU, 16:52.77.

10,000 - 1. Sean Rivers, UAA, 31:28.37; 2. Brice Roncace, NNU, 32:13.61; 3. Matt Schmitt, CWU, 32:30.90; 4. Andy Reese, WWU, 32:33.93; 5. Shawn Miller, WWU, 32:37.97; 6. Brett Franz, WOU, 32:41.67; 7. Will Smith, WOU, 32:48.01; 8. Kirk Larson, WWU, 32:50.88; 9. Brian Kostock, HSU, 33:18.21; 10. Matt Gage, SMC, 33:55.75; 11. Brian Janes, HSU, 34:34.15; 12. Matt Cook, CWU, 34:36.62; 13. Phil Paul, CWU, 34:52.17.

110 Hurdles- 1. Damien Davis, WOU, 14.92; 2. Nate Anderson, WOU, 15.15; 3. Erik Iverson, CWU, 15.42; 4. Chris Bitcon, HSU, 15.79; 5. Ryan Lee, NNU, 16.02; 6. Josh Freeman, WWU, 16.05; 7. Mark Hamlin, CWU, 21.22. (**Wind: +0.80**).

400 Hurdles - 1. Paul Mach, SPU, 53.77; 2. Nate Anderson, WOU, 55.38; 3. Ryan Los, WWU, 56.03; 4. Micah Kelly, SPU, 57.85; 5. Mike Anderson, WOU, 58.21; 6. Shane Carothers, WWU, 58.45; 7. Michael Hartz, WWU, 58.59; 8. Chris Bitcon, HSU, 59.01; 9. Mark Hamlin, CWU, 59.22.

4x100 Relay - 1. Western Oregon (Wynn, Newton, Herneisen, Hinshaw) 42.14; 2. Central Washington (Obeng, Coutard, Medina, Delay) 42.17; 3. Humboldt State (Johnson, Miller, Morales, Phillips) 43.24; 4. Northwest Nazarene (Fishburne, Lee, Olson, Bennum) 43.50; 5. Seattle Pacific (Kelley, Berry, Mach, Hunter) 44.41; 6. Western Washington (Reese, Schaefer, Hayes, Carlson) 44.67.

4x400 Relay - 1. Western Oregon (Satran, Herneisen, Anderson, Hinshaw) 3:20.20; 2. Seattle Pacific (Mach, Kelley, Castle, Fryett) 3:23.00; 3. Western Washington (Brockett, McNeil, Caruthers, Los) 3:23.37; 4. Central Washington (Trevino, Bush, Coutard, Moon) 3:24.57; 5. Northwest Nazarene (Olson, Hill, Meier, Bennum) 3:26.90; 6. Humboldt State (Johnson, Phillips, Hayes, Miller) 3:27.50; 7. Saint Martin's (Carlson, Loreth, Joseph, Prentice) 3:27.97; 8. Seattle (Nishida, Neilsen, Gabriel, Manos) 3:32.01.

High Jump - 1. Jamil Wynn, WOU, 1.99 - 6-6 ¼; 2. Brendan Reilly, HSU, 1.99 - 6-6 ¼; 3. Mike Tully, WWU, 1.99 - 6-6 ¼; 4. Beau Ross, CWU, 1.99 - 6-6 ¼; 5. Mike Bonadurer, WOU, 1.94 - 6-4 ½; 6. Peter Allan, WWU, 1.94 - 6-4 ¼; 7. Scott Durbin, WWU, 1.84 - 6-0 ½; 8. Brandon Conroy, WOU, 1.79 - 5-10 ½, and Sean Gabe, WOU, 1.79 - 5-10 ½.

Long Jump - 1. Justin Lawrence, CWU, 7.05 - 23-1 ¼ (w++1.70); 2. Joe Smith, CWU, 6.95 - 22-9 ¼ (w++1.30); 3. Brad Satran, WOU, 6.76 - 22-2 ¼ (w++0.30); 4. Justin Miller, HSU, 6.74 - 22-1 ½ (w++1.50); 5. Jamil Wynn, WOU, 6.73 - 22-1 (w++0.40); 6. Erik Iverson, CWU, 6.45 - 21-2 (w++3.60); 7. Nate Anderson, WOU, 6.34 - 20-9 ¼ (w++0.70); 8. Preston Timmons, HSU, 5.86 - 19-2 ¾ (w++0.80); 9. Daniel Straw, WOU, 5.81 - 19-0 ¼ (w++0.20).

Triple Jump - 1. Justin Lawrence, CWU, 14.79 - 48-6 ¼ (w++1.40); 2. Beau Ross, CWU, 14.30 - 46-11 (w++0.20); 3. Jamil Wynn, WOU, 13.93 - 45-8 ½ (w++1.10); 4. Brad Satran, WOU, 13.70 - 44-11 ½ (w++1.20); 5. Daniel Straw, WOU, 12.47 - 40-11 (w++1.10).

Pole Vault -1. Spike Olsen, WOU, 4.50 - 14-9; 2. Scott Romney, WWU, 4.35 - 14-3 ¼; 3. Justin Miller, HSU, 4.35 - 14-3 ¼; 4. Hunter Verner, WWU, 4.35 - 14-3 ¼; 4. Jon Stroschine, WOU, 4.35 - 14-3 ¼; 6. Josh Fishburne, NNU, 4.20 - 13-9 ¼; 7. Jacob Hayes, HSU, 4.20 - 13-9 ¼; 7. BJ Malphrus, CWU, 4.20 - 13-9 ¼; 9. Tommy Matthews, WOU, 4.05 - 13-3 ½; 10. Chase Ruebel, WWU, 4.05 - 13-3 ½.

Shot Put - 1. James Deaver, WWU, 14.95 - 49-0 ¼; 2. Erik Knutzen, WWU, 13.87 - 45-6 ¼; 3. Ian McDole WWU, 13.79 - 45-3; 4. Collin Babcock, WOU, 13.68 - 44-10 ¼; 5. Aaron Hayes, CWU, 13.55 - 44-5 ½; 6. Tom Farris, WWU, 13.21 - 43-4 ¼; 7. Brady Jones, WWU, 12.84 - 42-1 ½; 8. Ryan Thomason, CWU, 12.75 - 41-10; 9. Jason Patterson, CWU, 12.65 - 41-6; 10. Todd Gowing, WWU, 12.62 - 41-5; 11. Jason Day, WWU, 12.50 - 41-0 ¼; 12. Jacob Galloway, CWU, 12.36 - 40-6 ¼; 13. James Thomas Jr., NNU, 12.21 - 40-0 ¼; 14. Ryan Nack, WOU, 11.96 - 39-3; 15. Tim Jolin, WWU, 11.57 - 37-11 ½.

Discus - 1. Tony Kyle, WWU, 47.20 - 154-10; 2. Jacob Galloway, CWU, 46.11 - 151-3; 3. Tom Farris, WWU, 46.09 - 151-2; 4. James Deaver, WWU, 44.41 - 145-8; 5. James Thomas, Jr., NNU, 42.80 - 140-5; 6. Brady Jones, WWU, 42.55 - 139-7; 7. Todd Gowing, WWU, 41.66 - 136-8; 8. Greg Gottfried, WOU, 41.27 - 135-5; 9. Andrew Steiner, SPU, 39.79 - 130-6; 10. Collin Babcock, CWU, 39.08 - 128-2; 11. Golden Ables, HSU, 38.89 - 127-7; 12. Ian McDole, WWU, 36.59 - 120-0; 13. Aaron Hayes, CWU, 32.46 - 106-6; 14. Josh Callon, SMC, 32.09 - 105-3.

Hammer – 1. Dave Margraf, HSU, 52.60 - 172-7; 2. Greg Gottfried, WOU, 48.81 - 160-2; 3. Tim Jolin, WWU, 47.80 - 156-10; 4. Jordan Abbott, WOU, 47.57 - 156-1; 5. Adam Butts, NNU, 41.36 - 135-8; 6. Golden Ables, HSU, 41.35 - 135-8; 7. Ryan Nack, WOU, 40.19 - 131-10; 8. James Deaver, WWU, 39.27 - 128-10; 9. Jonathan Hughes, CWU, 38.72 - 127-0; 10. Erik Knutzen, WWU, 38.40; 11. David Uberti, CWU, 37.10 - 121-9; 12. Tim Johnson, NNU, 35.14 - 115-3; 13. Jason Patterson, CWU, 32.78 - 107-6.

Javelin - 1. James Thomas, Jr., NNU, 59.49 - 195-2; 2. Derek Deskins, WOU, 58.91 - 193-3; 3. Tony Kyle, WWU, 58.23 - 191-0; 4. Tony Roberts, WOU, 58.22 - 191-0; 5. Travis Huntsinger, WWU, 55.07 - 180-8; 6. Ray Henschel, WOU, 54.40 - 178-6; 7. Justin Brewer, WWU, 53.94 - 177-0; 8. Brice Crowninshield, CWU, 52.89 - 173-6; 9. Darren Gillenwater, WOU, 51.21 - 168-0; 10. Ryan Lee, NNU, 49.35 - 161-11; 11. Matt Lambrecht, SMC, 43.09 - 141-4.

Decathlon (Apr. 25-26 at Monmouth) - 1. Justin Miller, HSU, 6366; 2. Jacob Hayes, HSU, 5515; 3. Brandon Conroy, WOU, 5404; 4. Josh Freeman, WWU, 5270; 5. Sean Gabe, WOU, 5251; 6. Curt Moon CWU, 5178; 7. Chris Petersen, CWU, 3987.

Day 1 Results: 100 – Miller 11.20, Peterson 11.70, Freeman 11.75, Hayes 11.88, Moon 11.96, Conroy 12.34, Gabe 12.91. Long Jump – Miller 6.68, Peterson 6.11, Hayes 6.10, Gabe 5.89, Conroy 5.70, Moon 5.62, Freeman 5.57. Shot Put – Peterson 11.22, Conroy 10.80, Hayes 10.15, Miller 10.14, Freeman 9.76, Moon 8.73, Gabe 8.70. High Jump – Gabe 1.97, Miller 1.91, Conroy 1.82, Moon 1.79, Peterson 1.64, Hayes 1.64, Freeman no height. 400 – Miller 50.19, Freeman 51.36, Moon 53.04, Hayes 53.43, Conroy 56.50, Peterson 57.21, Gabe 58.14.

Day 2 Results: 110 Hurdles – Miller 16.41, Conroy 16.86, Freeman 16.98, Hayes 18.70, Gabe 18.87, Moon 20.48, Peterson dnf. Discus – Peterson 36.85 – 120-11, Freeman 36.27 – 119-0, Conroy 31.14 – 102-2, Hayes 30.58 – 100-4, Miller 29.64 – 97-3, Moon 29.21 – 95-10, Gabe 27.56 – 90-5. Pole Vault – Miller 4.85 – 15-11, Gabe 3.95 – 12-11 ½, Hayes 4.65 – 15-3, Freeman 3.65 – 11-11 ¾, Conroy 3.45 – 11-3 ¾, Moon 2.95 – 9-8, Peterson nh. Javelin – Moon 45.83 – 150-4, Peterson 43.80 – 143-8, Conroy 43.11 – 141-5, Freeman 41.65 – 136-8, Gabe 40.18 – 131-10, Hayes 34.50 – 113-2, Miller 30.42 – 99-10. 1500 – Moon 4:41.41, Freeman 4:45.48, Gabe 4:47.66, Conroy 5:11.62, Hayes 5:15.14, Miller 5:15.55, Peterson dnf.

2003 GNAC (May 3 at Ellensburg)

Team Scores – Western Oregon 259 ½, Western Washington 156, Central Washington 147, Humboldt State 81, Northwest Nazarene 64, Seattle Pacific 41 ½, Seattle 37, Saint Martin's 21, Alaska Anchorage 4. **Outstanding Performer** – Isaac Frederick, Western Oregon.

100 – 1. Mike Hinshaw, WOU, 10.51; 2. Kurt Weber, CWU, 10.85; 3. Jacob Petz, WWU, 10.89; 4. Fabien Coutard, CWU, 10.91; 5. Derek Gitts, WOU, and George Bedlion, WWU, 11.02; 7. Chris McClung, WWU, and Justin Lawrence, CWU, 11.04; 9. Mikel Lenox, WWU, 11.10; 10. Dan Thompsen, WWU, and Bach Khongsangdao, HSU, 11.15; 12. Josh Fishburne, NNU, 11.19; 13. Edward Kaeka, WWU, 11.25; 14. Antar Brame, WOU, 11.29; 15. Greg Lewis, WOU, 11.62; 16. Brian Hunter, SPU, 14.09. (**Wind:** Heat 1 - +4.5; Heat 2 - +5.2).

200 – 1. Isaac Frederick, WOU, 21.37; 2. Mike Hinshaw, WOU, 21.61; 3. Fabien Coutard, CWU, 22.10; 4. Sherman Clayton, HSU, 22.27; 5. Jacob Petz, WWU, 22.45; 6. David Neilsen, SU, 22.50; 7. Dustin Wilson, WWU, 22.54; 8. Chris McClung, WWU, 22.58; 9. George Bedlion, WWU, 22.61; 10. Mikel Lenox, WWU, 22.68; 11. Cory Medina, CWU, 22.75; 12. David Olson, NNU, 22.86; 13. Kurt Weber, CWU, 22.89; 14. Edward Kaeka, WWU, 23.15; 15. Brandon Hill, NNU, 23.32; 16. Bach Khongsangdao, HSU, 23.72. (**Wind:** Heat 1 - +3.6; Heat 2 - +2.1).

400 – 1. Isaac Frederick, WOU, 48.24; 2. Sherman Clayton, HSU, 48.64; 3. David Neilsen, SU, 49.47; 4. Josh Johnson, HSU, 49.87; 5. Brian Sweeney, WWU, 50.2; 6. K.J. Loreth, SU, 50.84; 7. Scott Lemmon, WOU, 50.9; 8. Jeff Benson, WOU, 50.9; 9. David Olson, NNU, 52.14.

800 – 1. Stuart Chaffee, WOU, 1:55.04; 2. Andy Prentice, SMC, 1:56.30; 3. Chris Binschus, HSU, 1:57.10; 4. Scott Van Hess, SPU, 1:57.44; 5. Matt Blaine, SU, 1:58.21; 6. Kelsey Backen, CWU, 1:58.42; 7. Nathan Carlson, SMC, 1:58.44; 8. Ryan Meier, NNU, 1:59.35; 9. Lincoln Hagood, NNU, 1:59.95; 10. Canyon Little, WWU, 2:01.41; 11. Jason Bush, CWU, 2:02.32; 12. Ethan Barrons, WOU, 2:02.69; 13. Steve DeKoker, WWU, 2:03.07; 14. Josh Garrett, HSU, 2:04.99.

1500 – 1. Doug Hamilton, HSU, 3:58.78; 2. Nathan Carlson, SMC, 3:59.34; 3. Kurt Hartmeier, WWU, 4:03.39; 4. Tyler Layne, NNU, 4:06.36; 5. Steve DeKoker, WWU, 4:07.28; 6. Chris Carpenter, SMC, 4:07.32; 7. Kile Taylor, HSU, 4:07.34; 8. Jerret Mantalas, WOU, 4:11.09; 9. Jesse Plummer, HSU, 4:14.33.

3000 Steeplechase - 1. Zach Dwello, NNU, 9:29.9; 2. Brian Brancheau, WWU, 9:39.2; 3. Ethan Barrons, WOU, 9:39.8; 4. Brett Franz, WOU, 9:45.1; 5. Jason Porter, CWU, 9:57.2; 6. Nate Normandin, UAA, 10:00.1; 7. Matt DeShazo, HSU, 10:03.8; 8. Dain Engebretsen, SU, 10:29.8; 9. Chris Logan, WOU, 10:49.8; 10. Robert Renninger, SU, 11:23.8; 11. Matt Barreau, WOU, 11:29.9.

5000 – 1. Zach Boteilho, WWU, 15:11.32; 2. Steve Manos, SU, 15:15.79; 3. Kurt Hartmeier, WWU, 15:28.32; 4. Doug Hamilton, HSU, 15:34.87; 5. Emil Newhouse, WWU, 15:42.37; 6. Aaron Eckert, WOU, 15:46.72; 7. Jake Hotchkiss, NNU, 15:48.89; 8. Jorge Medina, HSU, 15:50.86; 9. Eric Strabel, UAA, 15:54.26; 10. Brian Kostock, HSU, 16:02.90; 11. Spencer Walsh, WOU, 16:08.67; 12. Will Smith, WOU, 16:15.15; 13. Richard Frank, SU, 17:01.60.

10,000 - 1. T.J. Garlatz, WWU, 32:29.73; 2 Will Smith, WOU, 32:41.28; 3. Spencer Walsh, WOU, 32:53.16; 4. Brian Kostock, HSU, 33:10.67; 5. Carlos Siqueiros, SU, 33:26.42; 6. Jake Hotchkiss, NNU, 33:52.01; 7. Michael Hughes, SU, 34:02.62; 8. Phil Paul, CWU, 35:27.51; 9. Gabe Andrews, CWU, 35:45.84; 10. Dan Ferguson, CWU, 36:18.38; 11. Matt Cook, CWU, 36:22.36; 12. Vic Carpenter, SMC, 37:46.18.

110 Hurdles - 1. Damien Davis, WOU, 14.78; 2. Nate Anderson, WOU, 14.88; 3. Dustin Wilson, WWU, 15.28; 4. Jeff Luckstead, WWU, 15.31; 5. Chris Mosbacher, NNU, 15.38; 6. Brandon Conroy, WOU, 15.44; 7. Chris Randolph, SPU, 15.61; 8. Chris Petersen, CWU, 16.03; 9. Chris Bitcon, HSU, 16.06; 10. Nick Gillespie, WOU, 16.65. (**Wind:** Heat 1, 2.8; Heat 2, 2.0).

400 Hurdles - 1. Paul Mach, SPU, 52.91; 2. Nate Anderson, WOU, 53.06; 3. Micah Kelcy, SPU, 55.21; 4. Chris Mobacher, NNU, 55.68; 5. Mike Kelley, CWU, 57.22; 6. Luke Ewing, WOU, 57.51; 7. Michael Hartz, WWU, 57.67; 8. Chris Petersen, CWU, 1:01.18; 9. Chris Bitcon, HSU, 1:01.55; 10. Nick Gillespie, WOU, 1:05.32.

4x100 Relay - 1. Western Oregon (Mike Hinshaw, Isaac Frederick, Damien Davis, Derek Gitts) 41.80; 2. Central Washington (Justin Lawrence, Jay Thomas, Fabien Coutard, Kurt Weber) 41.95; 3. Western Washington (George Bedlion, Jacob Petz, Dustin Wilson, Chris McClung) 42.03; 4. Humboldt State (Josh Johnson, Bach Khongsangdao, George Phillips, Sherman Clayton) 43.20; 5. Northwest Nazarene (David Olson, Danny Bowman, Josh Fishburne, Anthony Gould) 43.76.

4x400 Relay - 1. Western Oregon (Isaac Frederick, Stuart Chaffee, Brad Satran, Nate Anderson) 3:18.85; 2. Seattle Pacific (Micah Kelcy, Scott Van Hess, Chris Randolph, Paul Mach) 3:20.52; 3. Seattle (Todd Nishida, David Neilsen, Matt Blaine, K.J. Loreth) 3:20.83; 4. Humboldt State (Josh Johnson, Jesse Plummer, Chris Binschus, Sherman Clayton) 3:22.17; 5. Western Washington (Chris McClung, Luke Preble, Jacob Petz, Brian Sweeney) 3:22.52; 6. Central Washington (Mike Kelley, Kelsey Backen, Cresap Watson, Fabien Coutard) 3:28.31; 7. Northwest Nazarene (David Olson, Ryan Meier, Brandon Hill, Lincoln Hagood) 3:33.57.

High Jump - 1. Jeff Word, WWU, 1.98 – 6-6; 2. Brendan Reilly, HSU, 1.98 – 6-6; 3. Jay Thomas, CWU, 1.98 – 6-6; 4. Peter Allen, WWU, 1.93 – 6-4; 5. Cresap Watson, CWU, 1.88 – 6-2; 6. Cole Parmalee, WOU, 1.88 – 6-2; 7. Julius Defour, WWU, 1.88 – 6-2; 8. Chris Petersen, CWU, and Chris Randolph, SPU, 1.83 – 6-0; 10. Sean Doughty, NNU, 1.83 – 6-0; 11. Brandon Conroy, WOU, 1.78 – 5-10.

Long Jump - 1. Kurt Weber, CWU, 7.02 – 23-0 ½ (w-1.0); 2. Joe Smith, CWU, 7.02 – 23-0 ½ (w-1.3); 3. Justin Lawrence, CWU, 7.01 – 23-0 (w-1.2); 4. Scott Freymond, CWU, 7.00 – 22-11 ¾ (0.4); 5. Brad Satran, WOU, 6.97 – 22-10 ½ (W-2.0); 6. Jay Thomas, CWU, 6.88 – 22-7 (W-1.0); 7. Cole Parmalee, WOU, 6.87 – 22-6 ½ (W-2.0); 8. Paul Danforth, WWU, 6.48 – 21-3 ¾ (w-1.6); 9. Chris Randolph, SPU, 6.46 – 21-2 ½ (1.9); 10. Chris Petersen, CWU, 6.28 – 20-7 ¾ (w-1.1).

Triple Jump - 1. Justin Lawrence, CWU, 15.00 - 49-2 ½ (w-2.3); 2. Scott Freymond, CWU, 13.70 - 44-11 ½ (w-1.8); 3. Chris Mosbacher, NNU, 13.62 - 44-8 ¼ (2.0); 4. Brad Satran, WOU, 13.29 - 43-7 ¼ (1.4); 5. Cresap Watson, CWU, 13.08 - 42-11 (w-1.7); 6. Cole Parmalee, WOU, 12.89 - 42-3 ½ (w-2.0); 7. Chris Petersen, CWU, 12.74 - 41-9 ¼ (w-1.8); 8. Paul Danforth, WWU, 12.58 - 41-3 ¼ (w-3.3); 9. Greg Rohr, WOU, 12.55 - 41-2 ¼ (w-0.9).

Pole Vault - 1. Spike Olsen, WOU, 4.81 - 15-9 ¼; 2. Josh Fishburne, NNU, 4.81 - 15-9 ¼; 3. Hunter Verner, WWU, 4.63 - 15-2 1/4; 4. Adam Cleveland, WWU, 4.63 - 15-2 ¼; 5. Scott Alexander, CWU, 4.63 - 15-2 ¼; 6. Scott Romney, WWU, 4.48 - 14-8 ¼; 7. Anthony Gould, NNU, 4.48 - 14-8 ¼; 8. Josh Cummings, WOU, 4.33 - 14-2 ½; 9. Tyler Thornbrue, WWU, 4.33 - 14-2 ½; 10. Tommy Matthews, WOU, 4.18 - 13-8 1/2; 11. Brandon Conroy, WOU, 4.18 - 13-8 ½; 12. Zack Koehnke, WWU, 4.03 - 13-2 ½; 13. Andrew Behl, WWU, 4.03 - 13-2 ½; 14. Justin Alvarez, HSU, 4.03 - 13-2 ½.

Shot Put - 1. T. J. Aimonetti, HSU, 14.78 - 48-6; 2. Dane Wagner, WOU, 13.87 - 45-6 ¼; 3. Kevin Johnson, WOU, 13.82 - 45-4 ¼; 4. Collin Babcock, WOU, 13.76 - 45-1 ¾; 5. Jason Willard, WWU, 13.28 - 43-7; 6. Brad Hendrickson, WWU, 13.06 - 42-10 ¼; 7. Brandon Jasmin, WOU, 13.02 - 42-8 ¾; 8. Josh Evans, UAA, 12.91 - 42-4 ¼; 9. Jacob Galloway, CWU, 12.90 - 42-4; 10. Ryan Nack, WOU, 12.89 - 42-3 ½; 11. Jason Patterson, CWU, 12.77 - 41-10 ¼; 12. Nyle Chambers, WWU, 12.07 - 39-7 ¼; 13. David Rogiers, WWU, 11.99 - 39-4; 14. Tom Farris, WWU, 11.42 - 37-5 ¾.

Discus - 1. Isaiah Haines, WOU, 51.38 - 168-7; 2. Jacob Galloway, CWU, 46.15 - 151-5; 3. Tom Farris, WWU, 45.21 - 148-4; 4. Nyle Chambers, WWU, 44.78 - 146-11; 5. Brandon Jasmin, WOU, 44.08 - 144-7; 6. Brady Jones, WWU, 43.85 - 143-10; 7. Collin Babcock, WOU, 41.70 - 136-10; 8. Brad Hendrickson, WWU, 41.53 - 136-3; 9. Josh Holloway, WOU, 40.33 - 132-4; 10. Kevin Johnson, WOU, 39.85 - 130-9; 11. Chris Petersen, CWU, 38.49 - 126-3; 12. Jarrod Roberts, WWU, 37.49 - 123-0; 13. Jonathan Hughes, CWU, 36.76 - 120-7.

Hammer - 1. Pro Escobedo, WOU, 59.95 - 196-8; 2. Jordan Abbott, WOU, 45.61 - 149-8; 3. Jonathan Hughes, CWU, 43.90 - 144-0; 4. Josh Holloway, WOU, 40.90 - 134-2; 5. Jarrod Roberts, WWU, 38.74 - 127-1; 6. Ryan Nack, WOU, 38.71 - 127-0; 7. Andrew Reinhardt, WOU, 37.09 - 121-8; 8. Kevin Johnson, WOU, 36.33 - 119-2.

Javelin - 1. Andrew Reinhardt, WOU, 60.11 - 197-2; 2. Tom Martin, WOU, 57.46 - 188-6; 3. Dane Wagner, WOU, 54.74 - 179-7; 4. Brandon Johnson, NNU, 53.72 - 176-3; 5. Justin Brewer, WWU, 53.64 - 176-0; 6. Jacob Galloway, CWU, 50.71 - 166-4; 7. Ryan Lee, NNU, 49.19 - 161-5.

Decathlon (Apr. 24-25 at Monmouth) - 1. Chris Petersen, CWU 6334; 2. Chris Randolph, SPU, 6242; 3. Brandon Conroy, WOU, 6220; 4. Josh Fishburne, NNU, 5818; 5. Justin Alvarez, HSU, 5489; 6. Cresap Watson, CWU, 5331; 7. Jason Radel, SPU, 5212; 8. Curt Moon, CWU, 3171.

Day 1 Results: 100 - Petersen 11.82, Randolph 11.90, Fishburne 11.90, Conroy 11.90, Watson 11.92, Radel 12.49, Alvarez 12.51, Moon 13.13 (**Wind** - 1.0). Long Jump - Petersen 6.47 - 21-2 ¼ (w-0.4), Fishburne 6.23 - 20-5 ¼ (w-minus 0.2), Watson 5.99 - 19-8 (w-minus 0.8), Conroy 5.80 - 19-0 ½ (w-0.0), Randolph 5.68 - 18-7 ¼ (w-0.7), Radel 5.68 - 18-7 ¼ (w-0.3), Alvarez 5.50 - 18-0 ½ (w-0.4), Moon 4.99 - 16-4 ½ (w-0.6). Shot Put - Conroy 11.90 - 39-0 ½, Petersen 10.88 - 35-8 ½, Alvarez 10.32 - 33-10 ¼, Fishburne 10.12 - 33-2 ½, Randolph 10.10 - 33-1 ¼, Moon 9.32 - 30-7, Radel 9.26 - 30-4 ¼, Watson 8.01 - 26-3 ½. High Jump - Watson 1.91 - 6-3 ¼, Conroy 1.88 - 6-2, Petersen 1.82 - 5-11 ½, Randolph 1.79 - 5-10 ½, Alvarez 1.73 - 5-8, Fishburne 1.73 - 5-8, Radel 1.73 - 5-8, Moon 1.61 - 5-3 ¼. 400 - Randolph 51.32, Petersen 51.44, Watson 52.35, Conroy 53.11, Fishburne 54.42, Alvarez 54.72, Radel 55.29.

Day 2 Results: 110 Hurdles - Conroy 15.53, Randolph 16.03, Petersen 16.51, Radel 16.75, Alvarez 17.32, Watson 18.12, Fishburne 18.56. (**Wind:** Heat 1, 2.0; Heat 2, 2.1). Discus - Petersen 37.74 - 123-10, Moon 33.52 - 110-0, Fishburne 30.88 - 101-4, Randolph 30.62 - 100-5, Conroy 30.04 - 98-7, Alvarez 28.04 - 92-0, Radel 25.82 - 84-8, Watson 25.18 - 82-7. Pole Vault - Fishburne 4.40 - 14-5 ¼, Conroy 4.00 - 13-1 ½, Alvarez 4.00 - 13-1 ½, Petersen 3.80 - 12-5 ½, Randolph 3.80 - 12-5 ½, Radel 3.60 - 11-9 ¼, Watson 3.40 - 11-1 ¼. Javelin - Randolph 45.56 - 149-6, Conroy 44.34 - 145-6, Alvarez 44.06 - 144-7, Fishburne 42.98 - 141-0, Petersen 42.76 - 140-3, Moon 35.78 - 117-5, Watson 34.38 - 112-9, Radel 33.36 - 109-5. 1500 - Randolph 4:32.61, Petersen 4:39.29, Radel 4:45.13, Alvarez 4:47.28, Conroy 4:48.06, Watson 4:56.65, Fishburne 5:00.63, Moon 5:08.20.

2004 GNAC (May 8 at Monmouth)

Team Scores - Western Oregon 253 1/2, Western Washington 197 1/2, Central Washington 183, Northwest Nazarene 67, Saint Martin's 43, Seattle Pacific 32, Alaska Anchorage 29, Humboldt State 27, Seattle 26. **Outstanding Performer** - Isaac Frederick, WOU.

100 - 1. Greg Coleman, WOU, 11.18; 2. Fabien Coutard, CWU, 11.24; 3. Jacob Petz, WWU, 11.33; 4. Matt Jirgis, WOU, 11.38; 5. Dustin Wilson, WWU, 11.39; 6. Eddie Kaeka, WWU, 11.40; 7. Derek Gitts, WOU, 11.40; 8. Antar Brame, WOU, 11.41; 9. Sean Bresnahan, WOU, 11.42; 10. Nelacey Porter, WOU, 11.58; 11. Dan Thompsen, WWU, 11.60.

200 - 1. Isaac Frederick, WOU, 22.12; 2. Fabien Coutard, CWU, 22.26; 3. Adam Neff, WWU, 22.65; 4. Sherman Clayton, HSU, 22.72; 5. Cresap Watson, CWU, 22.77; 6. Greg Coleman, WOU, 22.84; 7. Colby Eslinger, WOU, 22.97; 8. Faruk Punjani, SU, 23.34; 9. Dustin Wilson, WWU, 23.35; 10. Jason Roberts, CWU, 23.43; 11. Derek Gitts, WOU, 23.56; 12. David Olson, NNU, 23.73; 13. Mikel Lenox, WWU, 23.87.

400 - 1. Isaac Frederick, WOU, 48.26; 2. Sherman Clayton, HSU, 48.30; 3. Adam Neff, WWU, 49.36; 4. Eddie Strickler, SPU, 49.36; 5. Mike Kelley, CWU, 49.40; 6. Matt Ward, NNU, 49.88; 7. Brian Sweeney, WWU, 50.61; 8. Reuben Joseph, SU, 50.62; 9. John Daubenspeck, HSU, 50.71; 10. Brandon Hill, NNU, 50.86; 11. Eric Reynolds, CWU, 50.87; 12. K.J. Loreth, SU, 51.80; 13. David Olson, NNU, 52.04; 14. Tyler Mohoric, SMC, 52.11; 15. Casey Hartwig, NNU, 53.23.

800 - 1. Sam Brancheau, WWU, 1:56.70; 2. Matthew Blaine, SU, 1:57.17; 3. Ryan Meier, NNU, 1:57.60; 4. Andy Prentice, SMC, 1:57.61; 5. Michael Pankiewicz, CWU, 1:58.65; 6. Jesse McNeil, WWU, 1:59.07; 7. Nick Dols, SU, 1:59.24; 8. Andres Williams, WOU, 1:59.64; 9. Brandon Whitaker, WWU, 1:59.99; 10. Patrick Skelley, WWU, 2:00.23; 11. Andrew Wright, HSU, 2:01.11; 12. Troy Banker, WOU, 2:02.27; 13. Caleb Timmer, SMC, 2:03.63; 14. Jasper Peach, HSU, 2:07.54; 15. Nick Crawford, WOU, 2:07.71; 16. Jerret Mantalas, WOU, 2:08.68.

1500 - 1. Jerret Mantalas, WOU, 3:55.46; 2. Andy Prentice, SMC, 3:56.00; 3. Kurt Hartmaier, WWU, 3:59.79; 4. Michael Pankiewicz, CWU, 4:02.04; 5. Doug Hamilton, HSU, 4:03.18; 6. Nick Crawford, WOU, 4:03.19; 7. Aaron Dickson, UAA, 4:04.01; 8. Jason Porter, CWU, 4:04.12; 9. Chris Carpenter,

SMC, 4:06.64; 10. Ben Wornell, NNU, 4:06.89; 11. Brandon Whitaker, WWU, 4:07.29; 12. Felipe Jasso, WOU, 4:07.60; 13. Jasper Peach, HSU, 4:14.25; 14. Zack Dwello, NNU, 4:15.3; 15. Nick Dols, SU, 4:15.9; 16. Tyler Lane, NNU, 4:16.34.

Steeplechase - 1. Nate Normandin, UAA, 9:16.72 (meet record; old, 9:17.6, Jason Walker, HSU, 2002); 2. Kurt Hartmaier, WWU, 9:17.57; 3. Zack Dwello, NNU, 9:21.62; 4. Matt DeShazo, HSU, 9:26.53; 5. Matt Cook, CWU, 9:44.46; 6. Sam Brancheau, WWU, 9:52.77; 7. Andrew Peters, NNU, 9:56.67; 8. Dain Engebretsen, SU, 10:01.60; 9. Brian Rockenbach, CWU, 10:13.10; 10. Lehrin Morey, HSU, 10:26.86; 11. Seth Woods, SMC, 10:29.21.

5000 - 1. Tim LeCount, SPU, 14:58.98; 2. Aaron Mathias, NNU, 15:11.99; 3. Steve Manos, SU, 15:22.69; 4. Nate Normandin, UAA, 15:29.10; 5. Drew Dickson, UAA, 15:34.52; 6. Jason Porter, CWU, 15:37.41; 7. Sam Scotchmer, CWU, 15:37.84; 8. Brad Brolin, WOU, 15:44.12; 9. Aaron Dickson, UAA, 15:48.72; 10. Bjorn Bostrom, SPU, 15:51.23; 11. Ben Wornell, NNU, 15:57.13; 12. Jake Hotchkiss, NNU, 16:13.59; 13. Tris Obluck, SMC, 16:31.15.

10,000 - 1. Chase Wells, WOU, 32:35.67; 2. Brad Brolin, WOU, 32:37.83; 3. Jake Hotchkiss, NNU, 32:53.55; 4. Tris Obluck, SMC, 32:58.42; 5. Logan Senrud, WWU, 33:17.49; 6. Spencer Walsh, WOU, 33:24.10; 7. Todd List, UAA, 33:26.98; 8. Kevin Lambert, NNU, 33:28.59; 9. Matt Schmitt, CWU, 34:14.89; 10. Tim Keller, NNU, 34:15.69; 11. Andrew Lybarger, SU, 34:17.77; 12. Phil Paul, CWU, 34:37.62; 13. Gabe Andrews, CWU, 34:49.69; 14. Jason Smyser, HSU, and Richard Franck, SU, 35:06.64; 16. Lee O'Connor, SPU, 35:20.94.

110 Hurdles - 1. Sam Hobbs, WOU, 15.18; 2. Michael Morrison, CWU, 15.47; 3. Lee Clarkston, WOU, 15.66; 4. Colin McMahon, WOU, 15.73; 5. Dustin Wilson, WWU, 15.75; 6. Chris Thornton, WOU, 15.94; 7. Josh Freeman, WWU, 16.01; 8. Chris Mosbacher, NNU, 16.03; 9. Chris Randolph, SPU, 16.22; 10. Ryan Lee, NNU, 16.37; 11. Josh Timmer, SMC, 16.55.

400 Hurdles - 1. Sam Hobbs, WOU, 53.95; 2. Michael Morrison, CWU, 54.93; 3. Chris Mosbacher, NNU, 55.68; 4. Ryan Los, WWU, 56.30; 5. Luke Ewing, WOU, 56.93; 6. Micah Kelcy, SPU, 57.01; 7. Chris Thornton, WOU, 57.13; 8. Lee Clarkson, WOU, 57.65; 9. Colin McMahon, WOU, 58.04; 10. Tim Reeves, SPU, 58.54; 11. Michael Hartz, WWU, 1:00.15.

4x100 Relay - 1. Central Washington 41.72 (Justin Lawrence, Cresap Watson, Eric Reynolds, Kurt Weber; meet record; old 41.80, WOU, 2003); 2. Western Oregon (Greg Coleman, Isaac Frederick, Derek Gitts, Sean Bresnahan) 42.15; 3. Western Washington (Dustin Wilson, Eddie Kaeka, George Bedlion, Jacob Petz) 42.98; 4. Northwest Nazarene (David Olson, Anthony Gould, Brandon Hill, Mark DeBord) 43.86; 5. Seattle (Faruk Punjani, Tyler Mohoric, Trevor Dunstan, Caleb Timmer) 44.02; 6. Saint Martin's (Josh Timmer, Tyler Mohoric, Trevor Dunstan, Caleb Timmer) 45.03.

4x400 Relay - 1. Central Washington 3:17.61 (Mike Kelley, Fabien Coutard, Cresap Watson, Michael Morrison; meet record; old 3:18.85, WOU, 2003); 2. Western Oregon (Sam Hobbs, Isaac Frederick, Jerret Mantalas, Brad Satran) 3:20.20; 3. Western Washington (Brian Sweeney, Jacob Petz, Adam Neff, Ryan Los) 3:21.45; 4. Humboldt State (Jon Daubenspeck, Matt DeShazo, Andrew Wright, Sherman Clayton) 3:23.07; 5. Northwest Nazarene (Matt Ward, Brandon Hill, Ryan Meier, Casey Hartwig) 3:23.15; 6. Seattle (K.J. Loreth, Reuben Joseph, Todd Nishida, Matt Blaine) 3:23.57; 7. Seattle Pacific (Micah Kelcy, Tim Reeves, Chris Randolph, Eddie Strickler) 3:26.72; 8. Saint Martin's (Tyler Mohoric, Andy Prentice, Caleb Timmer, Chris Carpenter) 3:30.02.

High Jump - 1. Jeff Word, WWU, 2.00 - 6-6 3/4 (meet record; old 6-6 1/4, held by four others); 2. Julius DeFour, WWU, 2.00 - 6-6 3/4 (meet record); 3. Zak Ernst, WWU, 1.95 - 6-4 3/4; 4. Beau Ross, CWU, and Cresap Watson, CWU, 1.95 - 6-4 3/4; 6. Peter Allan, WWU, and Brandon Bodine, WOU, 1.90 - 6-2 3/4; 8. Scott Lemmon, WOU, 1.90 - 6-2 3/4; 9. Peter Geist, WWU, 1.90 - 6-2 3/4; 10. Sean Doughty, NNU, 1.90 - 6-2 3/4; 11. Brian Langhans, SU, 1.90 - 6-2 3/4; 12. Scott Durbin, WWU, 1.85 - 6-0 3/4.

Pole Vault - 1. Josh Cummings, WOU, 4.75 - 15-7; 2. Anthony Gould, NNU, 4.30 - 14-1 1/4; 3. Charlie Tribe, WWU, 4.30 - 14-1 1/4; 4. Andy Behl, WWU, 4.30 - 14-1 1/4; 5. Tyler Thornbrue, WWU, 4.15 - 13-7 1/4; 6. Brian Gould, NNU, 4.00 - 13-1 1/2; 7. Robbie Lowry, WWU, 4.00 - 13-1 1/2.

Long Jump - 1. Joe Smith, CWU, 7.06 - 23-2 (meet record, old 23-1 3/4, Justin Lawrence, CWU, 2002); 2. Brad Satran, WOU, 7.02 - 23-0 1/2; 3. Kurt Weber, CWU, 6.92 - 22-8 1/2; 4. Cresap Watson, CWU, 6.72 - 22-0 3/4; 5. Justin Lawrence, CWU, 6.69 - 21-11 1/2; 6. Mark Mellein, WWU, 6.42 - 21-0 3/4; 7. Brandon Bodine, WOU, 6.31 - 20-8 1/2; 8. Sam Hobbs, WOU, 6.30 - 20-8; 9. Julius DeFour, WWU, 6.25 - 20-6 1/4; 10. Paul Danforth, WWU, 6.15 - 20-2 1/4; 11. Josh Timmer, SMC, 6.02 - 19-9.

Triple Jump - 1. Justin Lawrence, CWU, 15.21 - 49-11 (conference and meet records; old 49-8 1/2 and 49-2 1/2 by Lawrence in 2004 and 2003); 2. Beau Ross, CWU, 13.92 - 45-8; 3. Chris Mosbacher, NNU, 13.87 - 45-6 1/4; 4. Mark Mellein, WWU, 13.74 - 45-1; 5. Trevor Dunstan, SMC, 13.35 - 43-9 3/4; 6. Caleb Timmer, SMC, 13.12 - 43-0 1/2; 7. Brad Satran, WOU, 13.00 - 42-8; 8. Josh Timmer, SMC, 12.90 - 42-4; 9. Tyrone Hattingh, SPU, 12.48 - 40-11 1/2; 10. Paul Danforth, WWU, 12.47 - 40-11.

Discus - 1. Isaiah Haines, WOU, 50.68 - 166-3; 2. Collin Babcock, WOU, 47.10 - 154-6; 3. Tom Farris, WWU, 45.76 - 150-1; 4. Brandon Jasmin, WOU, 45.10 - 147-11; 5. Josh Freeman, WWU, 43.52 - 142-9; 6. Nyle Chambers, WWU, 43.12 - 141-6; 7. Chris Randolph, SPU, 40.46 - 132-9; 8. Philip Bayley, SPU, 39.70 - 130-3; 9. Josh Holloway, WOU, 38.84 - 127-5; 10. Jarrod Roberts, WWU, 37.92 - 124-5; 11. Tim Proctor, NNU, 37.22 - 122-1; 12. Rob White, WWU, 36.82 - 120-10; 13. Aaron Hayes, CWU, 36.08 - 118-4; 14. Casey Lewin, WOU, 35.98 - 118-0.

Shot - 1. Collin Babcock, WOU, 14.42 - 47-3 3/4; 2. Kevin Johnson, WOU, 14.41 - 47-3 1/2; 3. Josh Evans, UAA, 14.41 - 47-3 1/2; 4. Aaron Hayes, CWU, 14.24 - 46-8 3/4; 5. David Rogiers, WWU, 13.94 - 45-9; 6. Jeff DeBuigne, WWU, 13.64 - 44-9; 7. Zach Fife, CWU, 13.63 - 44-8 3/4; 8. Jason Willard, WWU, 13.44 - 44-1 1/4; 9. Carlos Aguilar, WOU, 13.10 - 42-11 3/4; 10. Casey Lewin, WOU, 12.76 - 41-10 1/2; 11. Matt Jirgis, WOU, 12.51 - 41-0 1/2; 12. Philip Bayley, SPU, 11.84 - 38-10 1/4; 13. Allan Mikolas, WOU, 11.69 - 38-4 1/4; 14. Brandon Jasmin, WOU, 11.55 - 37-10 3/4.

Javelin - 1. Justin Brewer, WWU, 57.12 - 187-5; 2. Andrew Reinhardt, WOU, 54.12 - 177-7; 3. Evan Corbin, WOU, 53.62 - 175-11; 4. Colby Eslinger, WOU, 52.02 - 170-8; 5. Michael Ingman, CWU, 49.38 - 162-0; 6. Chris Randolph, SPU, 47.92 - 157-3; 7. Marshall Schultz, NNU, 46.48 - 152-6; 8. Josh Timmer, SMC, 45.90 - 150-7; 9. Michael Morrison, CWU, 45.68 - 149-10.

Hammer - 1. Carlos Aguilar, WOU, 49.74 - 163-2; 2. David Uberti, CWU, 47.14 - 154-8; 3. Tom Farris, WWU, 44.74 - 146-9; 4. Brandon Jasmin, WOU, 43.52 - 142-9; 5. Josh Holloway, WOU, 42.62 - 139-10; 6. Nyle Chambers, WWU, 41.84 - 137-3; 7. Jarrod Roberts, WWU, 41.26 - 135-4; 8. Aaron Hayes,

CWU, 40.20 - 131-11; 9. Kevin Johnson, WOU, 40.06 - 131-5; 10. Casey Lewin, WOU, 39.20 - 128-7; 11. Jeff DeBuigne, WWU, 35.94 - 117-11; 12. David Rogiers, WWU, 34.16 - 112-1; 13. Marcus Sutton, WOU, 33.30 - 109-3.

Decathlon (Apr. 22-23 at Monmouth) - 1. Michael Morrison, CWU, 6342; 2. Josh Freeman, WWU, 6283; 3. Cresap Watson, CWU, 5833; 4. Josh Timmer, SMC, 5672; 5. Matt Jirgis, WOU, 5063; 6. Dan Larimer, SPU, 4936; 7. Andy Behl, WWU, 4867; 8. Zac Vawter, SMC, 4345.

Day 1 Results: 100 – Jirgis 11.61, Watson 11.62, Morrison 11.71, Freeman 11.75, Timmer 12.04, Larimer 12.21, Behl 12.27, Vawter 13.08. Long Jump – Watson 6.45 – 21-2, Timmer 6.24 – 20-5 ¼, Freeman 5.90 – 19-4 ¼, Morrison 5.82 – 19-1 ¼, Jirgis 5.76 – 18-10 ¼, Larimer 5.69 – 18-8, Behl 5.60 – 18-4 ½, Vawter 5.26 – 17-3 ¼. Shot Put – Jirgis 13.19 – 43-3 ¼, Morrison 11.80 – 38-8 ¾, Freeman 11.67 – 38-3 ½, Timmer 11.08 – 36-4 ¼, Larimer 10.18 – 33-4 ¼, Behl 9.10 – 29-10 ¼, Watson 9.00 – 29-6 ½, Vawter 7.34 – 24-1. High Jump – Watson 1.94 – 6-4 ¼, Timmer 1.79 – 5-10 ½, Larimer 1.79 – 5-10 ½, Morrison 1.76 – 5-9 ¼, Vawter 1.76 – 5-9 ¼, Freeman 1.64 – 5-4 ½, Jirgis 1.61 – 5-3 ¼, Behl 1.58 – 5-2 ¼. 400 – Morrison 49.89, Jirgis 52.98, Watson 50.43, Freeman 51.77, Larimer 53.12, Timmer 55.08, Vawter 55.47, Behl 55.82.

Day 2 Results: 110 Highs – Morrison 15.13, Freeman 16.05, Watson 16.68, Timmer 16.69, Vawter 19.79, Behl 19.89, Larimer 21.71, Jirgis 22.36. Discus – Freeman 41.25 – 135-4, Morrison 36.05 – 118-3, Jirgis 32.82 – 107-8, Timmer 31.00 – 101-8, Watson 25.40 – 83-4, Behl 25.19 – 82-8, Larimer 24.64 – 80-10, Vawter 20.40 – 66-11. Pole Vault – Behl 4.25 – 13-11 1/4, Freeman 4.05 – 13-3 ½, Morrison 3.75 – 12-3 ½, Timmer 3.25 – 10-8, Watson 3.05 – 10-0, Larimer 2.65 – 8-8 1/4, Jirgis 2.55 – 8-4 ¼, Vawter 2.45 – 8-0 ½. Javelin – Timmer 48.27 – 158-4, Freeman 47.39 – 155-6, Morrison 43.91 – 144-1, Jirgis 42.57 – 139-8, Larimer 40.27 – 132-1, Watson 38.35 – 125-10, Behl 37.76 – 123-11, Vawter 28.91 – 94-10. 1500 – Vawter 4:22.12, Larimer 4:35.95, Watson 4:48.30, Morrison 4:51.27, Freeman 4:52.74, Jirgis 5:05.93, Timmer 5:10.33, Behl 5:12.15.

2005 GNAC (May 7 at Ellensburg)

Team Scores – Western Washington 221, Western Oregon 186, Central Washington 184 ½, Seattle Pacific 85 ½, Northwest Nazarene 44, Humboldt State 28, Saint Martin's 27, Seattle University 20, Alaska Anchorage 17. **Outstanding Performer** – Adam Neff, WWU.

100 – 1. Adam Neff, WWU, 11.00; 2. Mike Khabibulin, WWU, 11.04; 3. Michael Madrid, UAA, 11.07; 4. Ryan Jewell, SPU, 11.16; 5. Derek Gitts, WOU, 11.20; 6. Cameron Sloan, CWU, 11.23; 7. Jason Roberts, CWU, 11.24; 8. Matt Jirgis, WOU, 11.25; 9. Eddie Wheeler, NNU, 11.34; 10. Jamal White, HSU, 11.42; 11. Kurt Engelson, SPU, and Faruk Punjani, SU, 11.43; 13. Preston Lewis, NNU, 11.56.

200 – 1. Adam Neff, WWU, 21.91; 2. Mike Khabibulin, WWU, 22.14; 3. Michael Madrid, UAA, 22.26; 4. Dustin Wilson, WWU, 22.33; 5. Ryan Jewell, SPU, 22.34; 6. Faruk Punjani, SU, 22.44; 7. Derek Gitts, WOU, 22.71; 8. Jason Roberts, CWU, and Kurt Engelson, SPU, 22.91; 10. Robert Edwards, CWU, 23.23; 11. Mark DeBord, NNU, 23.61.

400 – 1. Mike Kelley, CWU, 48.82; 2. Chris Randolph, SPU, 49.42; 3. Eric Reynolds, CWU, 49.56; 4. Eddie Strickler, SPU, 49.83; 5. John Daubenspeck, HSU, 50.57; 6. Cole Samuel, WOU, 50.89; 7. Andy Gundel, CWU, 51.00; 8. Casey Hartwig, NNU, 52.00.

800 – 1. Paul Mach, SPU, 1:49.31 (Meet, conference and stadium record; old meet, 1:55.00, Nathanael Castle, SPU, 2002; old conference, 1:51.56, Mach, 2005; old stadium, 1:51.75, Andrew Dawson, SFU, 1987); 2. Mike Pankiewicz, CWU, 1:51.65; 3. Chris Binschus, HSU, 1:52.96; 4. Sam Brancheau, WWU, 1:53.97; 5. Andy Prentice, SMC, 1:54.28; 6. Nathan Carlson, SMC, 1:54.77; 7. Lincoln Hagood, NNU, 1:56.65; 8. Aaron Dickson, UAA, 1:56.80; 9. Troy Banker, WOU, 1:56.81; 10. Mick Boyle, UAA, 1:56.97; 11. Michael Gavereski, SPU, 1:57.56; 12. Andrew Wright, HSU, 1:57.74; 13. Andres Williams, WOU, 1:58.31; 14. Caleb Timmer, SMC, 2:01.08; 15. Jerret Mantalas, WOU, 2:05.99; 16. Nick Crawford, WOU, 2:12.3.

1500 – 1. Nathan Carlson, SMC, 3:53.82 (meet record; old 3:54.28, Nathanael Castle, SPU, 2002); 2. Jerret Mantalas, WOU, 3:58.23; 3. Sam Brancheau, WWU, 3:58.39; 4. Ethan Barrons, WOU, 3:58.69; 5. Nick Crawford, WOU, 3:59.06; 6. Brent Knight, UAA, 4:01.60; 7. Brandon Whitaker, WWU, 4:03.53; 8. Aaron Dickson, UAA, 4:04.10; 9. Filipie Jasso, WOU, 4:05.20; 10. Brian Cronrath, SPU, 4:07.57; 11. Josh Vrendenburg, WOU, 4:14.84.

Steeplechase – 1. Ethan Barrons, WOU, 9:08.2 (meet record; old 9:16.72, Nate Normandin, UAA, 2004); 2. Geoff Anderson, CWU, 9:29.5; 3. Logan Senrud, WWU, 9:43.0; 4. Matt Cook, CWU, 9:47.7; 5. Doug Gibson, SPU, 9:51.5; 6. Seth Woods, SMC, 9:53.8; 7. Brian Rockenbach, CWU, 10:02.4; 8. Larry Blaylock, HSU, 10:08.7; 9. Michael Hughes, SU, 10:14.5; 10. Andrew Chong, HSU, 10:57.2.

5000 – 1. Tim LeCount, SPU, 15:12.81; 2. Ty Schepler, WWU, 15:28.06; 3. Brad Brolin, WOU, 15:35.27; 4. Michael Stewart, WWU, 15:49.98; 5. Brian Kostock, HSU, 15:53.08; 6. Chris Binschus, HSU, 15:57.88; 7. Jake Hotchkiss, NNU, 15:57.91; 8. Chase Wells, WOU, 16:06.30; 9. Drew Dickson, UAA, 16:08.80; 10. Kevin Lambert, NNU, 16:16.01; 11. Larry Blaylock, HSU, 16:17.47; 12. Logan Senrud, WWU, 16:24.65; 13. Brandon Stum, UAA, 16:36.22; 14. Leif Olson, UAA, 16:36.42; 15. Robert Renninger, SU, 16:36.79.

10,000 – 1. Sam Scotchmer, CWU, 31:22.80 (meet record; old 31:28.37, Sean Rivers, UAA, 2002); 2. Spencer Walsh, WOU, 31:57.31; 3. Brad Brolin, WOU, 32:32.14; 4. Brian Kostock, HSU, 32:49.22; 5. Jake Hotchkiss, NNU, 32:51.02; 6. Keever Henry, WWU, 33:06.10; 7. Michael Stewart, WWU, 33:06.10; 8. Kevin Lambert, NNU, 33:17.02; 9. Bul Nyuop, WWU, 33:42.37; 10. James Rosser, SPU, 34:37.25; 11. Phil Paul, CWU, 34:55.81; 12. Andrew Lybarger, SU, 34:57.08; 13. Nathan Heitzinger, SU, 35:14.17; 14. Robbie Wilbur, SMC, 35:56.98; 15. Lucas Franco, SU, 36:33.58; 16. Keith Lemay, WWU, 37:33.30.

110 Hurdles – 1. Robert Edwards, CWU, 14.87; 2. Alex Clark, CWU, 15.04; 3. Sam Hobbs, WOU, 15.34; 4. Dustin Wilson, WWU, 15.43; 5. Jason Childress, SPU, 15.60; 6. Josh Freeman, WWU, 15.67; 7. Lee Clarkson, WOU, 15.85; 8. Taylor Choyle, SU, 16.25; 9. Gunner Argo, CWU, 16.69.

400 Hurdles – 1. Sam Hobbs, WOU, 55.52; 2. Josh Freeman, WWU, 57.30; 3. Garrett Brown, SU, 58.40; 4. Kevin Myhre, WWU, 58.47; 5. Greg Flowers, SPU, 58.76; 6. Dayne Kinder, CWU, 59.95; 7. Lee Clarkson, WOU, 1:01.20; 8. Jesse McNeil, WWU, 1:01.23; 9. Seth Astle, HSU, 1:02.27; 10. Andrew Chong, HSU, 1:03.34.

4x100 – Western Washington (Wilson, Khabibulin, Thompsen, Neff) 42.16; 2. Central Washington (Roberts, Sloan, Edwards, Reynolds) 42.77; 3. Seattle Pacific (Randolph, Jewell, Childress, Engelson) 43.07; 4. Northwest Nazarene (Wheeler, Hamm, DeBord, Lewis) 43.13; 5. Western Oregon (Jirges, Samuel, Herrington, Gitts) 43.19; 6. Humboldt State(White, Astle, Williams, Daubenspeck) 44.83.

4x400 – 1. Central Washington (Reynolds, Pankiewicz, Gundel, Kelley) 3:18.96; 2. Seattle Pacific (Engelson, Randolph, Mach, Strickler) 3:19.52; 3. Western Washington (Freeman, Brancheau, Khabibulin, Neff) 3:21.65; 4. Northwest Nazarene (Wheeler, DeBord, Hagood, Hamm) 3:24.75; 5. Seattle University (Punjani, Quach, Brown, Mangold) 3:25.02; 6. Saint Martin's (Carlson, Mohoric, Prentice, C. Timmer) 3:26.36; 7. Humboldt State (Wright, Astle, Scoggins, Daubenspeck) 3:26.48; 8. Western Oregon (Williams, Hobbs, Samuel, Parker) 3:26.83; 9. Alaska Anchorage (Madrid, Knight, Boyle, A. Dickson) 3:29.66.

High Jump – 1. Kyle McGillen, WWU, 2.03 – 6-8 (meet record; old, 6-6 ¾ by four athletes); 2. Jeff Word, WWU, 1.98 – 6-6; 3. Taylor Choyce, SU, 1.98 – 6-6; 4. Peter Geist, WWU, 1.98 – 6-6; 5. Cresap Watson, CWU, 1.93 – 6-4; 6. Cameron Bailey, CWU, 1.93 – 6-4; 7. Chris Randolph, SPU, Peter Allan, WWU, and Lars Teigen, CWU, 1.88 – 6-2.; 10. Jeremy Parker, WOU, and Bryan Lucke, WWU, 1.83 – 6-0; 12. Dan Davenport, WOU, 1.83 – 6-0; 13. Jason Childress, SPU, 1.78 – 5-10.

Long Jump – 1. Kyle McGillen, WWU, 7.01 – 23-0; 2. Greg Hamm, NNU, 6.60 – 21-8; 3. Blake Herrington, WOU, 6.52 – 21-4 ¾; 4. Chris Randolph, SPU, 6.51 – 21-4 ¼; 5. Jason Buckmier, WOU, 6.43 – 21-1 ¼; 6. Josh Timmer, SMC, 6.39 – 20-11 ¾; 7. Cresap Watson, CWU, 6.32 – 20-9; 8. Jeremy Parker, WOU, 6.21 – 20-4 ½.

Triple Jump – 1. Mark Mellein, WWU, 14.08 – 46-2 ½; 2. Blake Herrington, WOU, 14.00 – 45-11 ¼; 3. Greg Hamm, NNU, 13.92 – 45-8; 4. Kyle McGillen, WWU, 13.73 – 45-0 ½; 5. Jeremy Parker, WOU, 13.55 – 44-5 ½; 6. Cameron Bailey, CWU, 13.48 – 44-2 ¾; 7. Christian Goodwin, CWU, 13.31 – 43-8; 8. Caleb Timmer, SMC, 13.28 – 43-7; 9. Trevor Dunstan, SMC, 13.20 – 43-3 ¾; 10. Jason Buckmier, WOU, 12.90 – 42-4; 11. Josh Timmer, SMC, 12.44 – 40-9 ¾.

Pole Vault – 1. Hunter Verner, WWU, 4.76 – 15-7 ¼; 2. Scott Romney, WWU, 4.76 – 15-7 ¼; 3. Tyler Thornbrue, WWU, 4.61 – 15-1 ½; 4. Preston Lewis, NNU, 4.61 – 15-1 ½; 5. Joseph Twigg, WOU, 4.46 – 14-7 ½; 6. Jason Childress, SPU, 4.31 – 14-1 ¾; 7. Brian Gould, NNU, 4.31 – 14-1 ¾; 8. Andy Behl, WWU, 4.31 – 14-1 ¾; 9. Charlie Tribe, WWU, 4.16 – 13-7 ¾; 10. Brandon Zueger, CWU, and Robbie Lowry, WWU, 4.16 – 13-7 ¾; 12. Dan Davenport, WOU, 4.16 – 13-7 ¾; 13. Bryan Lucke, WWU, 4.16 – 13-7 ¾; 14. Joel Thomas, CWU, 4.01 – 13-1 ¾; 15. Gunner Argo, CWU, 4.01 – 13-1 ¾.

Shot Put – 1. Cameron Neel, CWU, 16.97 – 55-8 ¼ (meet record; old record, 49-0 ¾, James Deaver, WWU, 2002); 2. Jacob Galloway, CWU, 15.97 – 52-4 ¾; 3. Carlos Aguilar, WOU, 15.50 – 50-10 ¼; 4. Justin Kline, WOU, 15.29 – 50-2; 5. Blake Walker, CWU, 14.38 – 47-2 ¼; 6. Gunner Argo, CWU, 13.65 – 44-9 ½; 7. Jason Patterson, CWU, 13.62 – 44-8 ¼; 8. Matt Hermsen, WOU, 13.29 – 43-7 ¼; 9. Jeff Spivey, HSU, 13.05 – 42-9 ¾; 10. Brandon Jasmin, WOU, 12.77 – 41-10 ¾; 11. David Rogiers, WWU, 12.23 – 40-1 ½; 12. Nick Shekeryk, SU, 11.82 – 38-9 ½.

Discus – 1. Jacob Galloway, CWU, 50.73 – 166-5; 2. Blake Walker, CWU, 47.24 – 155-0; 3. Carlos Aguilar, WOU, 45.88 – 150-6; 4. Justin Kline, WOU, 45.14 – 148-1; 5. Gunner Argo, CWU, 44.12 – 144-9; 6. Brandon Jasmin, WOU, 43.06 – 141-3; 7. Josh Freeman, WWU, 42.83 – 140-6; 8. Todd Gowing, WWU, 42.64 – 139-11; 9. Jonathan Hughes, CWU, 40.86 – 134-1; 10. Josh Holloway, WOU, 40.39 – 132-6; 11. Cameron Neel, CWU, 39.98 – 131-2; 12. Rob White, WWU, 39.37 – 129-2; 13. Jarrod Roberts, WWU, 38.48 – 126-3; 14. Matt Hermsen, WOU, 38.06 – 124-10.

Hammer – 1. Carlos Aguilar, WOU, 55.12 – 180-10; 2. Blake Walker, CWU, 51.82 – 170-0; 3. Jonathan Hughes, CWU, 47.02 – 154-3; 4. Josh Holloway, WOU, 44.48 – 145-11; 5. David Uberti, CWU, 43.48 – 142-8; 6. Brandon Jasmin, WOU, 42.67 – 140-0; 7. Justin Kline, WOU, 42.63 – 139-10; 8. Daniel Larkin, NNU, 41.87 – 137-4; 9. Jarrod Roberts, WWU, 41.33 – 135-7; 10. Jason Patterson, CWU, 39.13 – 128-4; 11. David Rogiers, WWU, 38.60 – 126-8.

Javelin – 1. Justin Brewer, WWU, 62.20 – 204-1 (meet record; old, 197-2, Andrew Reinhardt, WOU, 2003); 2. Stuart Powell, WOU, 58.93 – 193-4; 3. Evan Corbin, WOU, 56.59 – 185-8; 4. Matthew Cole, WOU, 56.58 – 185-7; 5. Jake Nosler, WWU, 55.64 – 182-6; 6. Mat Hutchinson, WOU, 53.60 – 175-10; 7. Alan Phillips, NNU, 53.29 – 174-10; 8. Brandon Arenas, CWU, 52.89 – 173-6; 9. Josh Timmer, SMC, 52.77 – 173-1; 10. Dan Davenport, WOU, 52.64 – 172-8; 11. Mike Ingman, CWU, 51.52 – 169-0; 12. Chris Randolph, SPU, 50.36 – 165-3; 13. Marshall Schultz, NNU, 50.13 – 164-6; 14. Mark Dunn, WOU, 48.66 – 159-8; 15. Ian Wells, CWU, 48.23 – 158-3; 16. Arthur Moreau, UAA, 46.62 – 152-11.

Decathlon (Apr. 25-26) - 1. Josh Freeman, WWU, 6574; 2. Jason Childress, SPU, 6550; 3. Gunner Argo, CWU, 6430; 4. Dan Davenport, WOU, 5866; 5. Bryan Lucke, WWU, 5548; 6. Jeremy Parker, WOU, 5491.

Day 1 Results: 100 – Freeman 11.37, Argo 11.57, Childress 11.70, Parker 12.00, Lucke 12.17, Davenport 12.25. Long Jump - Freeman 6.31 - 20-8 1/2, Childress 6.26 - 20-6 1/2, Lucke 5.96 - 19-6 3/4, Argo 5.87 - 19-3 1/4, Davenport 5.86 - 19-2 3/4, Parker 5.68 - 18-7 3/4. Shot Put - Argo 14.04 - 46-0 3/4, Freeman 12.29 - 40-4, Lucke 10.70 - 35-1 1/4, Parker 10.63 - 34-10 1/2, Childress 10.36 - 34-0, Davenport 9.89 - 32-5 1/2. High Jump - Parker 1.94 - 6-4 1/4, Lucke 1.88 - 6-2, Childress 1.88 - 6-2, Argo 1.85 - 6-0 3/4, Davenport 1.82 - 5-11 1/2, Freeman 1.79 - 5-10 1/2. 400 - Freeman 50.62, Childress, 51.64, Parker 52.25, Argo 53.05, Davenport 55.31, Lucke 56.46.

Day 2 Results: 110 Hurdles - Freeman 14.97, Childress 15.56, Argo 16.59, Davenport 16.79, Parker 17.44, Lucke 18.01. Discus - Argo 41.30 - 135-6, Freeman 40.87 - 134-1, Childress 34.61 - 113-6, Lucke 32.89 - 107-11, Davenport 31.90 - 104-8, Parker 28.20 - 92-6. Pole Vault - Childress 4.35 - 14-3 1/4, Argo 4.25 - 13-11 1/4, Davenport 4.25 - 13-11 1/4, Lucke 4.15 - 13-7 1/4, Freeman 3.35 - 10-11 3/4, Parker 2.25 - 7-4 1/2. Javelin - Argo 48.02 - 157-6, Davenport 47.96 - 157-4, Freeman 45.24 - 148-5, Parker 45.03 - 147-9, Childress 44.97 - 147-6, Lucke 37.24 - 122-2.

2006 GNAC (May 6 at Monmouth)

Team Scores - Central Washington 222, Western Washington 188, Western Oregon 107, Alaska Anchorage 68, Northwest Nazarene 60, Humboldt State 56, Seattle Pacific 51, Saint Martin's 41, Seattle 13. **Outstanding Performer** - Cresap Watson, Central Washington.

100 - 1. Mike Khabibulin, WWU, 11.10; 2. Michael Madrid, UAA, 11.12; 3. Jason Roberts, CWU, 11.15; 4. Eric Walsh, UAA, 11.20; 5. Derek Gitts, WOU, 11.23; 6. Matt Rogstad, CWU, 11.24; 7. Adam Neff, WWU, 11.27; 8. Dustin Wilson, WWU, 11.27; 9. Tyler Wilson, WOU, 11.40; 10. Ryan Walsh, UAA, 11.44.

200 - 1. Cresap Watson, CWU, 22.11; 2. Mike Khabibulin, WWU, 22.26; 3. Adam Neff, WWU, 22.43; 4. Jason Roberts, CWU, 22.44; 5. Michael Madrid, UAA, 22.45; 6. Dustin Wilson, WWU, 22.52; 7. Matt Rogstad, CWU, 22.63; 8. Eric Walsh, UAA, 22.94; 9. Derek Gitts, WOU, 22.99; 10. Robert Edwards, CWU, 23.11; 11. Ryan Walsh, UAA, 23.48; 12. Jason Buckmier, WOU, 23.56; David Johnson, WOU, DQ.

400 - 1. Chris Randolph, SPU, 48.27; 2. Mike Kelley, CWU, 48.70; 3. Charles Velasquez, CWU, 49.51; 4. Casey Hartwig, NNU, 49.51; 5. John Lee, WWU, 50.58; 6. Dallas Beaty, WOU, 50.94; 7. Eddie Wheeler, NNU, 51.46.

800 - 1. Eddie Strickler, SPU, 1:52.52; 2. David Kiplagat, UAA, 1:53.73; 3. Caleb Timmer, SMU, 1:55.22; 4. Nicholas Dols, SU, 1:55.68; 5. Sam Brancheau, WWU, 1:55.88; 6. Anthony Tomsich, WWU, 1:55.90; 7. Andrew Wright, HSU, 1:57.54; 8. Josh Vrendenburg, WOU, 1:58.07; 9. Eric Tibbetts, HSU, 1:58.13; 10. Ryan Meier, NNU, 1:58.65; 11. Corey Cronkhite, CWU, 1:59.24; 12. Michael Gavereski, SPU, 2:00.88; 13. Kyle Lampi, WWU, 2:00.97; 14. Matt DeShazo, HSU, 2:04.20; Nick Crawford, WOU, did not finish.

1500 - 1. David Kiplagat, UAA, 3:58.09; 2. Jasper Peach, HSU, 3:58.22; 3. Keith Lemay, WWU, 3:59.92; 4. Eric Tibbetts, HSU, 3:59.92; 5. Anthony Tomsich, WWU, 4:00.52; 6. Brent Knight, UAA, 4:00.86; 7. Sam Brancheau, WWU, 4:01.44; 8. Sam Bedell, WWU, 4:01.76; 9. Michael Gavereski, SPU, 4:02.01; 10. Nick Crawford, WOU, 4:03.60; 11. Jonah Lefkowitz, HSU, 4:06.00; 12. Brian Cronrath, SPU, 4:06.02; 13. Kerry Burns, HSU, 4:10.80; 14. Bryan Dibos, WOU, 4:15.66; 15. Matt DeShazo, HSU, 4:23.46.

Steeplechase - 1. Jasper Peach, HSU, 9:14.05; 2. Matt DeShazo, HSU, 9:20.89; 3. Keever Henry, WWU, 9:22.13; 4. Doug Gibson, SPU, 9:30.29; 5. Geoff Anderson, CWU, 9:31.98; 6. Andy Peters, NNU, 9:37.38; 7. Josh Beck, WWU, 9:49.91; 8. Cale McCulloch, WWU, 9:59.79; 9. Andrew Chong, HSU, 10:02.45; 10. Logan Senrud, WWU, 10:02.47; 11. Kevin Oberholser, CWU, 10:04.73; 12. Brian Rockenbach, CWU, 10:27.93.

5000 - 1. Jasper Peach, HSU, 14:55.75 (meet record, old, 14:57.92, Jason Walker, HSU, 2002); 2. Sam Scotchmer, CWU, 15:04.72; 3. Robert Renninger, SU, 15:09.44; 4. Leif Olson, UAA, 15:13.74; 5. John Riak, SMU, 15:17.32; 6. Bjorn Bostrom, SPU, 15:22.22; 7. Brian Cronrath, SPU, 15:27.36; 8. Anthony Tomsich, WWU, 15:32.83; 9. Brian Kostock, HSU, 15:37.81; 10. Nik Karr, WOU, 15:45.90; 11. Chad Portwood, WWU, 15:48.99; 12. Sam Bedell, WWU, 15:51.14; 13. Eric Tibbetts, HSU, 15:52.79; 14. Keith Lemay, WWU, 16:00.18; Jimmy Elam, HSU, did not finish.

10,000 - 1. John Riak, SMU, 31:42.1; 2. Chad Portwood, WWU, 32:34.4; 3. Logan Senrud, WWU, 32:40.6; 4. Drew Dickson, UAA, 32:48.2; 5. Jake Perry, NNU, 32:51.6; 6. Brian Kostock, HSU, 33:01.3; 7. Jimmy Elam, HSU, 33:17.4; 8. Bobby Carlson, WWU, 33:25.5; 9. Arthur Gamirov, WWU, 33:59.4; 10. Peter Ellis, WWU, 34:06.0; 11. Tim Keller, NNU, 34:12.7; 12. Robbie Wilbur, SMU, 35:24.7; 13. James Roach, CWU, 35:26.0; Jonathan Rank, CWU, did not finish.

110 Hurdles - Robert Edwards, CWU, 14.89; 2. Dustin Wilson, WWU, 15.84; 3. Lee Clarkson, WOU, 15.87; 4. Josh Timmer, SMU, 15.98; 5. Dustin Redding, WWU, 16.03; 6. Chris Randolph, SPU, 16.09; 7. Michael Clark, WOU, 16.17; 8. Brandon Myers, WWU, 20.28.

400 Hurdles - 1. Lee Clarkson, WOU, 55.11; 2. Josh Timmer, SMU, 55.12; 3. Josh Grewe, NNU, 55.72; 4. Charles Velasquez, CWU, 57.41; 5. Dustin Redding, WWU, 57.64; 6. Robert Edwards, CWU, 58.29; 7. Jeremy Jasman, WWU, 58.73; 8. Jesse Alyea, CWU, 59.71; 9. Greg Flowers, SPU, 59.86; 10. Kevin Myhre, WWU, 1:01.42.

4x100 Relay - 1. Central Washington (Roberts, Watson, Edwards, Rogstad) 42.09; 2. Western Oregon (Wilson, Gitts, Johnson, Samuel) 42.78; 3. Western Washington (Wilson, Khabibulin, Lee, Neff) 42.85; 4. Alaska Anchorage (E. Walsh, R. Walsh, Draper, Madrid) 43.86; 5. Northwest Nazarene (Wheeler, Lewis, Blain, Gould) 44.66; 6. Saint Martin's (Gerry, Daltoso, Ayume, C. Timmer) 46.16.

4x400 Relay - 1. Central Washington (Kelley, Roberts, Rogstad, Watson) 3:15.91; 2. Northwest Nazarene (Wheeler, Meier, Hamm, Hartwig) 3:19.13; 3. Western Washington (Lee, Brancheau, Khabibulin, Neff) 3:19.57; 4. Saint Martin's (J. Timmer, Ayume, C. Timmer, Gerry) 3:24.05; 5. Seattle Pacific (Randolph, Gibson, Flowers, Strickler) 3:26.03; 6. Western Oregon (Samuel, Clarkson, Beaty, Vrendenburg) 3:28.69; 7. Alaska Anchorage (Madrid, E. Walsh, R. Walsh, Kiplagat) 3:29.89; 8. Humboldt State (Wright, Lefkowitz, Burns, DeShazo) 3:32.15.

High Jump - 1. Eric Draper, UAA, 2.07 - 6-9 1/2 (meet and conference record, old meet, 6-8, Kyle McGillen, WWU, 2005; old conference, 6-8 3/4, Mike Bonadurer, WOU, 2004; Cresap Watson, CWU, 2005; Eric Draper, UAA, 2006; McGillen, WWU, 2006); 2. Kyle McGillen, WWU, 2.04 - 6-8 1/4; 3. Cresap Watson, CWU, 1.98 - 6-6; 4. Peter Geist, WWU, 1.95 - 6-4 3/4; 5. Jeff Word, WWU, 1.95 - 6-4 3/4; 6. Cameron Bailey, CWU, 1.92 - 6-3 1/2; 7. Adrian Elmo, CWU, 1.89 - 6-2 1/4; 8. Brandon Myers, WWU, 1.86 - 6-1 1/4; 9. Bryan Lucke, WWU, 1.86 - 6-1 1/4; 10. Scott Ellis, CWU, 1.83 - 6-0; 11. Ryan Johnson, CWU, 1.77 - 5-9 3/4; 12. David Abbott, UAA, 1.77 - 5-9 3/4; Chris Randolph, SPU, no height.

Pole Vault - 1. Scott Romney, WWU, 4.60 - 15-1; 2. Preston Lewis, NNU, 4.50 - 14-9; 3. Scott McCoy, CWU, 4.40 - 14-5 1/4; 4. Bryan Lucke, WWU, 4.25 - 13-11 1/4; 5. Andrew Behl, WWU, 4.25 - 13-11 1/4; 6. Brandon Zueger, CWU, 4.10 - 13-5 1/4; Jerad Larson, NNU, no height; Brian Gould, NNU, no height; Hunter Verner, WWU, no height.

Long Jump - 1. Kyle McGillen, WWU, 6.85 - 22-5 3/4; 2. Chris Randolph, SPU, 6.60 - 21-8; 3. Mark Mellein, WWU, 6.59 - 21-7 1/2; 4. Jason Buckmier, WOU, 6.34 - 20-9 3/4; 5. Nick Collins, CWU, 6.33 - 20-9 1/4; 6. Cresap Watson, CWU, 6.26 - 20-6 1/2; 7. Christian Goodwin, CWU, 6.25 - 20-6 1/4; 8. Greg Hamm, NNU, 6.24 - 20-5 3/4; 9. Blake Herrington, WOU, 6.14 - 20-1 3/4; 10. Josh Timmer, SMU, 6.02 - 19-9; 11. Brandon Myers, WWU, 6.01 - 19-8 3/4.

Triple Jump - 1. Greg Hamm, NNU, 14.14 - 46-4 3/4; 2. Mark Mellein, WWU, 14.02 - 46-0; 3. Cameron Bailey, CWU, 13.83 - 45-4 1/2; 4. Kyle McGillen, WWU, 13.81 - 45-3 3/4; 5. Blake Herrington, WOU, 13.79 - 45-3; 6. James Turner, WWU, 13.63 - 44-8 3/4; 7. Brock Jahner, SU, 13.37 - 43-10 1/2; 8. Nick Gaddy, WWU, 12.94 - 42-5 1/2; 9. Paul Danforth, WWU, 12.87 - 42-2 3/4; 10. Christian Goodwin, CWU, 12.78 - 41-11 1/4; Scott Ellis, CWU, no distance.

Shot Put - 1. Cameron Neel, CWU, 16.61 - 54-6; 2. Justin Kline, WOU, 15.16 - 49-9; 3. Matt Valdez, CWU, 14.24 - 46-8 3/4; 4. Tim Santos, HSU, 13.96 - 45-9 3/4; 5. Anthony Marin, WOU, 13.06 - 42-10 1/4; 6. Evan Ruud, CWU, 12.77 - 41-10 3/4; 7. Ryan Rencehausen, UAA, 12.24 - 40-2; 8. Robert Barrett, WOU, 12.04 - 39-6; 9. Nik Skogsberg, WWU, 11.96 - 39-3; Brandon Jasmin, WOU, no distance.

Discus - 1. Cameron Neel, CWU, 49.90 - 163-8; 2. Justin Kline, WOU, 46.26 - 151-9; 3. Chris Randolph, SPU, 46.00 - 150-11; 4. Matt Valdez, CWU, 43.66 - 143-3; 5. Anthony Marin, WOU, 42.48 - 139-4; 6. Evan Ruud, CWU, 40.38 - 132-6; 7. Tim Santos, HSU, 39.98 - 131-2; 8. Brandon Jasmin, WOU, 39.90 - 130-11; 9. Thomas Wilhelm, HSU, 39.78 - 130-6; 10. Ryan Rencehausen, UAA, 37.06 - 121-7; 11. Josh Holloway, WOU, 35.52 - 116-6.

Hammer - 1. Evan Ruud, CWU, 52.32 - 171-8; 2. Anthony Marin, WOU, 51.89 - 170-3; 3. Josh Holloway, WOU, 47.37 - 155-5; 4. Justin Kline, WOU, 46.17 - 151-6; 5. Matt Valdez, CWU, 44.36 - 145-6; 6. Robert Barrett, WOU, 43.30 - 142-1; 7. Brandon Jasmin, WOU, 43.15 - 141-7; 8. Robert Poe, NNU, 37.91 - 124-4; 9. David Rogiers, WWU, 37.25 - 122-2; 10. Ryan Rencehausen, UAA, 36.19 - 118-9.

Javelin - 1. Ian Wells, CWU, 59.94 - 196-8; 2. Alan Phillips, NNU, 58.60 - 192-3; 3. Mat Hutchinson, WOU, 58.40 - 191-7; 4. Michael Ingman, CWU, 55.58 - 182-4; 5. Ryan Wall, WOU, 54.73 - 179-7; 6. Loren Harris, CWU, 54.57 - 179-0; 7. Chad Acock, CWU, 50.84 - 166-9; 8. Mark Dunn, WOU, 48.78 - 160-0; 9. Brandon Johnson, NNU, 47.29 - 155-2; 10. Brock Jahner, SU, 46.64 - 153-0; 11. James Turner, WWU, 44.19 - 145-0.

Decathlon (Apr. 24-25 at Ellensburg) - 1. Cresap Watson, CWU, 6044; 2. James Turner, WWU, 5336; 3. Brandon Zueger, CWU, 5090; 4. Scott McCoy, CWU, 4927; 5. Ryan Johnson, CWU, 4775.

Day 1 Results: 100 - Watson 11.47, Zueger 11.94, McCoy 12.01, Turner 12.36, Johnson 12.94. Long Jump - Watson 6.50 - 21-4, Turner 5.99 - 19-7 3/4, Zueger 5.96 - 19-6 1/2, McCoy 5.92 - 19-5, Johnson 5.36 - 17-7. Shot Put - McCoy 9.79 - 32-1 1/2, Watson 9.59 - 31-5 3/4, Johnson 8.74 - 28-8 1/4, Turner 8.62 - 28-3 1/2, Zueger 6.22 - 20-5. High Jump - Watson 1.97 - 6-5 1/2, Turner 1.79 - 5-10 1/2, Johnson 1.76 - 5-9 1/4, McCoy 1.73 - 5-8, Zueger 1.64 - 5-4 1/2. 400 - Watson 50.37, Zueger 53.28, McCoy 54.06, Turner 56.11, Johnson 56.60.

Day 2 Results: 110 Hurdles - Watson 16.21, Turner 16.90, Zueger 18.35, McCoy 18.72, Johnson 19.23. Discus - McCoy 33.49 - 109-10, Turner 27.00 - 88-7, Johnson 25.46 - 83-6, Watson 24.94 - 81-10, Zueger 21.84 - 71-8. Pole Vault - Zueger 4.40 - 14-5 1/4, Watson 3.30 - 10-10, Turner 3.30 - 10-10, Johnson 3.20 - 10-6, McCoy no height. Javelin - Turner 49.35 - 161-11, Johnson 42.09 - 138-1, McCoy 40.04 - 131-4, Watson 36.59 - 120-0, Zueger 36.35 - 119-3. 1500 - Watson 4:44.19, Johnson 4:46.87, McCoy 4:53.86, Turner 5:03.11, Zueger 5:10.01.

2007 GNAC (May 4-5 at Bellingham)

Team Scores - Central Washington 238, Western Washington 148, Western Oregon 124, Alaska Anchorage 105, Northwest Nazarene 69, Seattle 54, Seattle Pacific 45, Saint Martin's 32. **Outstanding Performer** - Evan Ruud, Central Washington.

100 - 1. Michael Madrid, UAA, 11.12; 2. David Registe, UAA, 11.17; 3. Eric Walsh, UAA, 11.22; 4. Christian Demouchet, CWU, 11.27; 5. Tomi Keah, SU, 11.36; 6. Ryan Walsh, UAA, 11.37; 7. Joshua Threet, WOU, 11.39; 8. Travis Glover, SU, 12.22.

200 - 1. Michael Madrid, UAA, 22.51; 2. David Registe, UAA, 22.57; 3. Christian Demouchet, CWU, 22.59; 4. Matt Rogstad, CWU, 23.04; 5. Eric Walsh, UAA, 23.18; 6. Tomi Keah, SU, 23.21; 7. Michael Dean, WWU, 23.49; 8. Travis Glover, SU, 24.88.

400 - 1. Matt Rogstad, CWU, 48.73; 2. Michael Dean, WWU, 49.30; 3. Colby Brydson, CWU, 49.83; 4. Mitch Ward, NNU, 49.93; 5. James McLaughlin, UAA, 50.23; 6. Charles Velasquez, CWU, 50.43; 7. Blake Estep, WOU, 50.73; 8. Matt O'Connell, WWU, 50.80.

800 - 1. Eddie Strickler, SPU, 1:53.71; 2. Erik Bies, WWU, 1:53.88; 3. Nicholas Dols, SU, 1:55.48; 4. Sam Brancheau, WWU, 1:56.88; 5. Mick Boyle, UAA, 1:58.62; 6. Asiki Ayume, SMU, 1:58.88; 7. Kyle Lampi, WWU, 2:00.74; 8. Keith Lemay, WWU, 2:06.23.

1500 - 1. Anthony Tomsich, WWU, 3:50.25 (Meet Record, old 3:53.82, Nathan Carlson, SMU, 2005); 2. Brian Cronrath, SPU, 3:52.28; 3. Keith Lemay, WWU, 3:54.24; 4. Sam Bedell, WWU, 3:58.99; 5. Scott Palmer, CWU, 4:02.06; 6. Josh Gatbunton, SMU, 4:02.51; 7. Paul Rottich, UAA, 4:02.73; 8. Kyle Lampi, WWU, 4:03.65; 9. Mick Boyle, UAA, 4:05.74; 10. Nick Crawford, WOU, 4:09.37; 11. Corey Cronkrite, CWU, 4:14.42; 12. Geoff Anderson, CWU, 4:16.94; 13. Braxton Jackson, WOU, 4:20.88.

5000 - 1. David Kiplagat, UAA, 14:59.22; 2. Anthony Tomsich, WWU, 15:02.06; 3. John Riak, SMU, 15:05.85; 4. Bennett Grimes, WWU, 15:21.03; 5. Brian Cronrath, SPU, 15:21.81; 6. Aaron Dickson, UAA, 15:26.80; 7. Andy Peters, NNU, 15:28.42; 8. Nik Karr, WOU, 15:30.02; 9. Chad Meis, SPU, 15:33.84; 10. Nicholas Alvarado, SU, 15:36.56; 11. Chad Portwood, WWU, 15:36.98; 12. Paul Rottich, UAA, 15:39.75; Kym Hunt, WOU, did not finish.

110 Hurdles - 1. Robert Edwards, CWU, 15.10; 2. Lloyd Massey, WOU, 15.48; 3. Kevin Moen, WWU, 16.53; 4. Ben Wargo, WWU, 16.68; 5. Blake Herrington, WOU, 16.77; 6. Lee Clarkson, WOU, 16.83; 7. Mark Zayshly, SPU, 17.12; 8. Grant Silver, NNU, 17.88.

400 Hurdles - 1. Lloyd Massey, WOU, 53.77; 2. Daniel Sullivan, SU, 53.89; 3. Ben Wargo, WWU, 55.72; 4. Josh Grewe, NNU, 56.11; 5. Garrett Brown, SU, 56.32; 6. Ben Climer, SPU, 56.51; 7. Clint Hickey, WOU, 57.39; 8. Charles Velasquez, CWU, 57.51.

Steeplechase - 1. Andy Peters, NNU, 9:12.8; 2. Logan Senrud, WWU, 9:20.0; 3. Sam Brancheau, WWU, 9:25.9; 4. Geoff Anderson, CWU, 9:26.3; 5. Kym Hunt, WOU, 9:38.1; 6. Keever Henry, WWU, 9:50.3; 7. Kevin Blount, CWU, 9:54.8; 8. Kevin Oberholster, CWU, 10:01.3; 9. Ryan Phillips, SPU, 10:02.0; 10. Anders Mavis, WWU, 10:07.6; 11. Travis Banker, WOU, 10:11.8; 12. Kyle Seick, WOU, 10:18.4; Josh Beck, WWU, did not finish.

4x100 Relay - 1. Central Washington (Demouchet, Edwards, Brydson, Rogstad) 42:04; 2. Alaska Anchorage (Wash, Grant, Registe, Madrid) 42.21; 3. Seattle (Sullivan, Allen, Keah, Glover) 42.83; 4. Western Oregon (Threet, Udell, Herrington, Estep) 44.08; 5. Northwest Nazarene (Blain, Larson, Wheeler, Ward) 44.46; 6. Western Washington (O'Connell, Johnson, Wargo, Breakey) 44.73; 7. Saint Martin's (Wilburn, Timmer, Daltoso, Flaherty) 46.51.

4x400 Relay - 1. Central Washington (Brydson, Velasquez, Schie, Rogstad) 3:20.48; 2. Western Washington (O'Connell, Brancheau, Bies, Dean) 3:21.16; 3. Seattle University (Allen, Brown, Dols, Sullivan) 3:21.93; 4. Northwest Nazarene (Wheeler, Ward, Grewe, Hamm) 3:22.15; 5. Alaska Anchorage (Madrid, Boyle, Grant, McLaughlin) 3:24.50; 6. Seattle Pacific (Climer, Felt, Strickler, Gavareski) 3:24.99; 7. Western Oregon (Samuel, Estep, Hickey, Massey) 3:26.17; 8. Saint Martin's (Ayume, Daltoso, Gatbunton, Gerry) 3:32.83.

High Jump - 1. Jonathan Hamilton, CWU, 1.98 – 6-6; 2. Eric Draper, UAA, 1.98 – 6-6; 3. Cameron Bailey, CWU, 1.98 – 6-6; 4. Adrian Elmo, CWU, 1.93 – 6-4; 5. Bill Richardson, SMU, 1.93 – 6-4; 6. Peter Geist, WWU, 1.88 – 6-2; 7. Robert Wegner, WOU, 1.88 – 6-2; 8. Zeb Udell, WOU, 1.83 – 6-0; 9. Tyler Flora, CWU, 1.83 – 6-0; 10. Chris Covey, NNU, 1.78 – 5-10.

Triple Jump - 1. Greg Hamm, NNU, 13.83 – 45-4 ½; 2. Cameron Bailey, CWU, 13.71 – 44-11 ¾; 3. Adrian Elmo, CWU, 13.60 – 44-7 ½; 4. Christian Goodwin, CWU, 13.60 – 44-7 ½; 5. Tyler Reinsaur, WOU, 13.27 – 43-6 ½; 6. Blake Herrington, WOU, 12.85 – 42-2; 7. Nick Gaddy, WWU, 12.71 – 41-8 ½; 8. Caleb Timmer, SMU, 12.57 – 41-3.

Pole Vault - 1. Tyler Thornbrue, WWU, 4.82 - 15-9 ¾ (Meet record, old 15-9 1/4, Spike Olsen, WOU, 2003); 2. Scott McCoy, CWU, 4.62 - 15-1 ¾; 3. Zeb Udell, WOU, 4.62 - 15-1 ¾; 4. Bryan Lucke, WWU, 4.32 - 14-2; 5. Eric Zwiefelhofer, WOU, 4.17 - 13-8 ¼; 6. Brock Jahner, SU, 4.17 - 13-8 ¼; 7. Joshua Jorgensen, SPU, 4.17 - 13-8 ¼; 8. Andrew Sneed, NNU, 4.02 - 13-2 ¼; 9. Justin Blackstead, NNU, 3.87 - 12-8 ¼; Jerad Larson, NNU, no height.

Discus - 1. Cameron Neel, CWU, 50.66 - 166-2; 2. Evan Ruud, CWU, 49.38 - 162-0; 3. Matt Valdez, CWU, 46.92 - 153-11; 4. Tyler Fischer, CWU, 45.14 - 148-1; 5. Grant Miller, NNU, 44.14 - 144-10; 6. Ben Elder, WWU, 42.72 - 140-2; 7. Anthony Marin, WOU, 42.38 - 139-0; 8. Bryant Michaelson, WWU, 41.60 - 136-6; 9. Cody Heller, NNU, 41.58 - 136-5; 10. Lucas Pedro, UAA, 40.02 - 131-3; 11. Mychal Ostler, CWU, 39.88 - 130-10; 12. Nik Skogsberg, WWU, 34.58 - 113-5; 13. Zach Barclay, NNU, 34.14 - 112-0; 14. Bryan Lucke, WWU, 33.8 - 111-2; Ryan Rencehausen, UAA, foul.

Javelin - 1. Michael Ingman, CWU, 61.98 - 203-4; 2. Evan Ruud, CWU, 55.78 - 183-0; 3. Ryan Wall, WOU, 55.16 - 181-0; 4. Mat Hutchinson, WOU, 55.08 - 180-8; 5. Chad Acock, CWU, 54.50 - 178-10; 6. Loren Harris, CWU, 54.40 - 178-6; 7. Ian Wells, CWU, 54.26 - 178-0; 8. Eric Zwiefelhofer, WOU, 52.74 - 173-0; 9. Brock Jahner, SU, 50.08 - 164-4.

Friday's Finals:

10,000 - 1. John Riak, SMU, 31:11.98 (Meet record, old, 31:22.80, Sam Scotchmer, CWU, 2005); 2. Sam Scotchmer, CWU, 31:31.39; 3. Nik Karr, WOU, 32:08.03; 4. Kevin Lambert, NNU, 32:12.87; 5. Nathan Heitzinger, SU, 32:40.10; 6. Braxton Jackson, WOU, 32:53.23; 7. Niwar Nasim, SMU, 32:59.98; 8. Auston Ellis, UAA, 33:07.81; 9. Trevor Kulvi, CWU, 33:17.22; 10. Peter Ellis, WWU, 33:23.02; 11. Scott Seamster, SPU, 33:27.11; 12. Eric Ardissono, CWU, 33:31.05; 13. James Rosser, SPU, 33:36.60; 14. Casey Barten, WWU, 33:40.66; 15. Blake Medhaug, WWU, 33:49.12; 16. Drew Dickson, UAA, 34:05.28; 17. Greg Kubitz, WWU, 34:16.86.

Long Jump - 1. David Registe, UAA, 7.09 - 23-3 1/4 (Meet record, old 23-1 3/4, Justin Lawrence, CWU, 2002); 2. Justin Felt, SPU, 6.85 - 22-5 3/4; 3. Zeb Udell, WOU, 6.80 - 22-3 3/4; 4. Allan Denton, WWU, 6.69 - 21-11 1/2; 5. Jason Buckmier, WOU, 6.45 - 21-2; 6. Adrian Elmo, CWU, 6.41 - 21-0 1/2; 7. Christian Goodwin, CWU, 6.31 - 20-8 1/2; 8. Robert Wegner, WOU, 5.35 - 17-6 3/4.

Shot Put - 1. Cameron Neel, CWU, 16.53 - 54-2 3/4; 2. Matt Valdez, CWU, 15.70 - 51-6 1/4; 3. Dincer Kayhan, WWU, 14.21 - 46-7 1/2; 4. Zach Barclay, NNU, 14.20 - 46-7 1/4; 5. Robert Barrett, WOU, 14.01 - 45-11 3/4; 6. Brandon Varkevisser, WWU, 13.85 - 45-5 1/4; 7. Evan Ruud, CWU, 13.79 - 45-3; 8. Ryan Rencehausen, UAA, 13.01 - 42-8 1/4; 9. Anthony Marin, WOU, and Cody Heller, NNU, 12.88 - 42-3 1/4; 11. Grant Miller, NNU, 12.71 - 41-8 1/2; 12. Ben Elder, WWU, 12.70 - 41-8; 13. Bryant Michaelson, WWU, 12.57 - 41-3; 14. Michael Waite, WOU, 12.02 - 39-5 1/4; 15. Tyler Fischer, CWU, 11.78 - 38-7 3/4; Andy Munsey, NNU, foul.

Hammer - 1. Anthony Marin, WOU, 58.60 - 192-3; 2. Evan Ruud, CWU, 58.42 - 191-8; 3. Tyler Fischer, CWU, 56.34 - 184-10; 4. Matt Valdez, CWU, 50.70 - 166-4; 5. Zach Barclay, NNU, 48.96 - 160-7; 6. Robert Barrett, WOU, 45.64 - 149-9; 7. Cody Heller, NNU, 44.72 - 146-9; 8. Scott Karnitz, UAA, 42.92 - 140-10; 9. Grant Miller, NNU, 42.38 - 139-0; 10. Ben Elder, WWU, 41.70 - 136-10; 11. Andy Munsey, NNU, 41.20 - 135-2; 12. Mychal Ostler, CWU, 39.80 - 130-7; 13. Robert Poe, NNU, 39.16 - 128-6; 14. Ryan Rencehausen, UAA, 38.00 - 124-8; 15. Alex Eaton, NNU, 36.78 - 120-8; 16. Michael Waite, WOU, 36.04 - 118-3.

Decathlon (Apr. 23-24 at Monmouth) - 1. Zeb Udell, WOU, 6358; 2. Brock Jahner, SU, 5852; 3. Josh Grewe, NNU, 5635; 4. Justin Felt, SPU, 5568; 5. Scott McCoy, CWU, 5533; 6. Kevin Iverson, WWU, 4819.

Day 1 Results: 100 – Udell 11.50, Felt 11.71, Jahner 11.81, Grewe 11.98, McCoy 12.12, Iverson 12.31. Long Jump – Udell 6.59 – 21-7 ¼, Felt 6.59 – 21-7 ¼, Iverson 6.14 – 20-1 ¾, Jahner 6.11 – 20-0 ½, McCoy 5.92 – 19-5, Grewe 5.81 – 19-0 ¾. Shot Put – Jahner 11.63 – 38-2, Grewe 10.93 – 35-10 ½, Felt 10.24 – 33-7 ¼, Udell 9.54 – 31-3 ¾, McCoy 9.48 – 31-1 ¼, Iverson 8.66 – 28-5. High Jump – Udell 1.93 – 6-4, McCoy 1.76 – 5-9 ¼, Jahner 1.70 – 5-7, Felt 1.67 – 5-5 ¾, Iverson 1.64 – 5-4 ½, Grewe 1.58 – 5-2 ¼. 400 – Grewe 51.51, Felt 51.53, Udell 52.44, Iverson 52.99, McCoy 54.16, Jahner 54.24.

Day 2 Results: 110 Hurdles – Udell 16.45, Jahner 17.07, Grewe 17.13, McCoy 18.56, Felt 19.79, Iverson 20.13. Discus – Udell 33.26 – 109-1, Jahner 32.46 – 106-6, Felt 30.40 – 99-9, Grewe 30.24 – 99-2, McCoy 28.86 – 94-8, Iverson 22.86 – 75-0. Pole Vault – Udell 4.60 – 15-1, McCoy 4.50 – 14-9, Jahner 4.00 – 13-

1 ½, Felt 3.70 – 12-1 ½, Grewe 3.10 – 10-2, Iverson 2.80 – 9-2 ¼. Javelin – Jahner 49.00 – 160-9, Grewe 43.64 – 143-2, Felt 41.92 – 137-6, Udell 37.40 – 122-8, McCoy 35.60 – 116-9, Iverson 33.66 – 110-5. 1500 – Grewe 4:30.49, Iverson 4:36.53, McCoy 4:52.55, Udell 4:57.13, Felt 5:04.78, Jahner 5:15.54.

Friday's Prelims:

100: Heat 1 - Michael Madrid, UAA, 11.10; 2. Tomi Keah, SU, 11.26; 3. Joshua Threet, WOU, 11.37; 4. Ryan Walsh, UAA, 11.42; 5. Zeb Udell, WOU, 11.60; 6. Ryan Jewell, SPU, 11.72. Heat 2 - 1. David Registe, UAA, 11.05; 2. Eric Walsh, UAA, 11.21; 3. Christian Demouchet, CWU, 11.29; 4. Travis Glover, SU, 11.44; 5. Brandon Grant, UAA, 11.51.

200: Heat 1 – 1. Michael Madrid, UAA, 22.32; 2. Matt Rogstad, CWU, 22.47; 3. Michael Dean, WWU, 22.59; 4. Travis Glover, SU, 22.72; 5. Tomi Keah, SU, 22.79; 6. Joshua Threet, WOU, 22.87; 7. Greg Hamm, NNU, 23.09; 8. Ryan Walsh, UAA, 23.12. Heat 2 – 1. David Registe, UAA, 22.28; 2. Christian Demouchet, CWU, 22.47; 3. Eric Walsh, UAA, 22.60; 4. Robert Edwards, CWU, 22.89; 5. Cole Samuel, WOU, 23.00; 6. James McLaughlin, UAA, 23.02; 7. Matt O'Connell, WWU, 23.04; 8. Brandon Grant, UAA, 23.12.

400: Heat 1 - 1. Matt Rogstad, CWU, 49.43; 2. Charles Velasquez, CWU, 49.96; 3. Colby Brydson, CWU, 50.15; 4. Eddie Wheeler, NNU, 50.75; 5. Cole Samuel, WOU, 50.96; 6. Loyal Allen, SU, 51.40; 7. Andy Gundel, CWU, 51.73. Heat 2 - 1. Michael Dean, WWU, 50.31; 2. Mitch Ward, NNU, 50.35; 3. James McLaughlin, UAA, 50.53; 4. Blake Estep, WOU, 50.72; 5. Matt O'Connell, WWU, 50.75; 6. Daryl Schie, CWU, 51.36; 7. Carl Johnson, WWU, 51.88.

800: Heat 1 – 1. Sam Brancheau, WWU, 1:53.89; 2. Eddie Strickler, SPU, 1:55.00; 3. Asiki Ayume, SMU, 1:55.89; 4. Nicholas Dols, SU, 1:56.27; 5. Caleb Timmer, SMU, 1:56.92; 6. Will Cameron, WWU, 1:57.92; 7. Troy Banker, WOU, 2:03.86. Heat 2 – 1. Erik Bies, WWU, 1:55.86; 2. Keith Lemay, WWU, 1:55.96; 3. Kyle Lampi, WWU, 1:56.10; 4. Mick Boyle, UAA, 1:56.18; 5. Michael Gavareski, SPU, 1:56.96; 6. Jeff Long, WOU, 2:05.05.

110 Hurdles: Heat 1 - 1. Robert Edwards, CWU, 14.86; 2. Ben Wargo, WWU, 16.54; 3. Mark Zayshly, SPU, 16.76; 4. Blake Herrington, WOU, 16.98; 5. Josh Grewe, NNU, 17.84. Heat 2 – 1. Lloyd Massey, WOU, 15.30; 2. Kevin Moen, WWU, 16.43; 3. Lee Clarkson, WOU, 16.98; 4. Grant Silver, NNU, 17.13.

400 Hurdles: Heat 1 – 1. Daniel Sullivan, SU, 53.80; 2. Josh Grewe, NNU, 55.51; 3. Charles Velasquez, CWU, 56.12; 4. Garrett Brown, SU, 56.30; 5. Joshua Kirk, CWU, 58.77; 6. Grant Silver, 1:00.10. Heat 2 – 1. Lloyd Massey, WOU, 55.03; 2. Ben Climer, SPU, 55.80; 3. Ben Wargo, WWU, 56.17; 4. Clint Hickey, WOU, 56.97; 5. Mark Hanson, NNU, 57.04; 6. Nick Minch, WOU, 59.89; 7. Mark Zayshly, SPU, 1:00.17.

2008 GNAC (May 2-3 at Ellensburg)

Team Scores - Western Oregon 166 1/2, Alaska Anchorage 157, Central Washington 151 1/2, Western Washington 151, Northwest Nazarene 73, Seattle 38, Seattle Pacific 30, Saint Martin's 30, Montana State Billings 17. **Outstanding Performer** – Michael Madrid, Alaska Anchorage.

100 - 1. Michael Madrid, UAA, 10.84; 2. David Registe, UAA, 10.91; 3. Christopher Fussell, SU, 11.04; 4. Ezekiel Hill, CWU, 11.14; 5. Travis Glover, SU, 11.22; 6. Daniel Sullivan, SU, 11.24; 7. Demetrius Preston, UAA, 11.25; 8. Eric Walsh, UAA, 11.26.

200 - 1. Michael Madrid, UAA, 21.83; 2. David Registe, UAA, 21.94; 3. Ezekiel Hill, CWU, 22.14; 4. James McLaughlin, UAA, 22.38; 5. Travis Glover, SU, 22.43; 6. Brandon Grant, UAA, 22.44; 7. Ashtin Mott, WOU, 22.59; 8. Nick Kesler, MSUB, 22.84.

400 - 1. Ashtin Mott, WOU, 48.11 (meet and GNAC record; old, 48.24, Isaac Frederick, WOU, 2003); 2. James McLaughlin, UAA, 48.15; 3. Brandon Grant, UAA, 49.37; 4. Colby Brydson, CWU, 49.77; 5. Blake Estep, WOU, 50.13; 6. Levi Sutton, UAA, 51.40.

800 - 1. Jeff Long, WOU, 1:55.68; 2. Michael Gavareski, SPU, 1:55.69; 3. David Kiplagat, UAA, 1:56.50; 4. Kyle Lampi, WWU, 1:57.13; 5. Mick Boyle, UAA, 1:57.63; 6. Dallas Moses, WOU, 1:57.85; 7. Aaron Dickson, UAA, 1:58.87; 8. Will Cameron, WWU, 2:03.22.

1500 - 1. Zeke VanPatten, WOU, 3:55.74; 2. Chad Meis, SPU, 3:58.06; 3. Brian Cronrath, SPU, 3:58.28; 4. Mick Boyle, UAA, 4:00.21; 5. Mike Schmidt, WOU, 4:00.25; 6. Keith Lemay, WWU, 4:00.80; 7. David Kiplagat, UAA, 4:01.01; 8. Bennett Grimes, WWU, 4:02.03; 9. Will Cameron, WWU, 4:02.55; 10. Paul Rottich, UAA, 4:03.12; 11. Sam Bedell, WWU, 4:05.60; 12. Aaron Dickson, UAA, 4:05.85; 13. Travis Banker, WOU, 4:15.21; 14. Braxton Jackson, WOU, 4:18.90; 15. Peter Doner, UAA, 4:23.19.

5000 - 1. Jordan Welling, WWU, 15:02.89; 2. David Kiplagat, UAA, 15:07.60; 3. Chris Reed, WOU, 15:11.28; 4. Bennett Grimes, WWU, 15:11.28; 5. Paul Rottich, UAA, 15:29.50; 6. Zeke VanPatten, WOU, 15:30.34; 7. Eric Brill, WWU, 15:31.99; 8. Kevin Lambert, NNU, 15:32.07; 9. Auston Ellis, UAA, 15:34.51; 10. Nicholas Alvarado, SU, 15:35.64; 11. Nik Karr, WOU, 15:36.11; 12. Blake Medhaug, WWU, 15:42.55; 13. Cornelious Sigei, UAA, 15:47.12; 14. Aaron Dickson, UAA, 16:00.75.

Steeplechase - 1. Richie Pemberton, MSUB, 9:12.0; 2. David Kiplagat, UAA, 9:12.0; 3. Peter Doner, UAA, 9:35.0; 4. Keever Henry, WWU, 9:47.0; 5. Brian Rockenbach, CWU, 9:58.0; 6. Kym Hunt, WOU, 9:59.0; 7. Kyle Seick, WOU, 10:11.0; 8. Kevin Blount, CWU, 10:20.0.

110 Hurdles - 1. Andy Luscutoff, WOU, 14.97; 2. Lloyd Massey, WOU, 15.27; 3. Shaun Ward, UAA, 15.39; 4. Kevin Myhre, WWU, 15.61; 5. Dallas Beaty, NNU, 15.87; 6. Jordan Werner, WOU, 16.15; 7. Josh Kirk, CWU, 16.17; 8. Ben Wargo, WWU, 16.24.

400 Hurdles - 1. Kevin Myhre, WWU, 53.75; 2. Shaun Ward, UAA, 54.22; 3. Daniel Sullivan, SU, 54.46; 4. Dallas Beaty, NNU, 54.84; 5. Charles Velasquez, CWU, 55.59; 6. Ben Wargo, WWU, 55.69; 7. Phillip Villanueva, WWU, 56.33; Lloyd Massey, WOU, did not finish.

4x100 Relay - 1. Alaska Anchorage 41.59 (Walsh, Grant, Registe, Madrid; meet record; old, 41.72, Central Washington, 2006); 2. Seattle (Sullivan, Allen, Fussell, Glover) 42.24; 3. Central Washington (Demouchet, Hill, Brydson, Orji) 42.71; 4. Western Oregon (Udell, Samuel, Luscutoff, Mott) 42.73; 5. Western Washington (Villanueva, Myhre, Winters, Gruger) 44.10; 6. Montana State Billings (Kesler, Diede, Hopkins, Vallincourt) 44.11; 7. Northwest Nazarene (Hill, Greene, Zwiefelhofer, Beaty) 44.55.

4x400 Relay - 1. Alaska Anchorage (Madrid, Sutton, Grant, McLaughlin) 3:17.3; 2. Western Washington (Wargo, Abraham, Lemay, Myhre) 3:19.4; 3. Central Washington (Velasquez, McGrath, Christenson, Brydson) 3:19.4; 4. Seattle (Allen, Fussell, Sullivan, Glover) 3:21.2; 5. Western Oregon (Estep, Moses, Luscutoff, Samuel) 3:22.1; 6. Northwest Nazarene (Beaty, Hamm, Stark, Hill) 3:22.9; 7. Seattle Pacific (Dull, Gavareski, Meis, Cronrath) 3:29.4; 8. Montana State Billings (Diede, Miller, Hopkins, Kesler) 3:31.8; 9. Saint Martin's (Gatbunton, Grosso, Flaherty, Gerry) 3:39.4.

High Jump - 1. Keefe Brockman, WWU, 1.98 - 6-6; 2. Jonathan Hamilton, CWU, 1.98 - 6-6; 3. Bill Richardson, SMU, 1.98 - 6-6; 4. Brian Martinelli, WWU, 1.98 - 6-6; 5. Joseph Nelson, CWU, and Robert Wegner, WOU, 1.88 - 6-2; 7. Nick Collins, CWU, 1.88 - 6-2; 8. Zeb Udell, WOU, 1.88 - 6-2; 9. Tommy Woolf, WOU, and Jess Keys, NNU, 1.83 - 6-0; 11. Clint Hickey, WOU, 1.83 - 6-0.

Pole Vault - 1. Zeb Udell, WOU, 4.98 - 16-4 (meet record, old record, 15-9 3/4, Tyler Thornbrue, WWU, 2007); 2. Ryan Brown, WWU, 4.88 - 16-0; 3. Josh Winters, WWU, 4.43 - 14-6 1/4; 4. Scott McCoy, CWU, 4.43 - 14-6 1/4; 5. Benjamin Shea, NNU, 4.28 - 14-0 1/2; 6. Bryan Lucke, WWU, 4.28 - 14-0 1/2; 7. Kevin Iverson, WWU, 4.13 - 13-6 1/2; 8. Nathan Satran, MSUB, 4.13 - 13-6 1/2.

Triple Jump - 1. Greg Hamm, NNU, 14.29 - 46-10 3/4; 2. Tim Satterwhite, WWU, 14.20 - 46-7 1/4; 3. Keefe Brockman, WWU, 13.62 - 44-8 1/4; 4. Christian Goodwin, CWU, 13.50 - 44-3 1/2; 5. Tommy Woolf, WOU, 13.37 - 43-10 1/2; 6. James Turner, WWU, 13.22 - 43-4 1/2; 7. Josh Heidegger, NNU, 13.16 - 43-2 1/4; 8. Tyler Reinsauer, WOU, 12.73 - 41-9 1/4; 9. Justin Felt, SPU, 12.57 - 41-3; 10. DeShawn Lewis, MSUB, 12.53 - 41-1 1/2; 11. Udoka Odoemene, SU, 12.48 - 40-11 1/2; 12. Jess Keys, NNU, 12.12 - 39-9 1/4.

Shot Put - 1. Sam Washington, SMU, 16.62 - 54-6 1/2; 2. Matt Valdez, CWU, 15.20 - 49-10 1/2; 3. Tyler Fischer, CWU, 14.79 - 48-6 1/4; 4. Zach Barclay, NNU, 14.63 - 48-0; 5. Grant Miller, NNU, 14.37 - 47-1 3/4; 6. Jordan Fenters, NNU, 14.30 - 46-11; 7. Andrew Matschiner, SPU, 13.95 - 45-9 1/4; 8. Daniel Ramirez, CWU, 13.84 - 45-5; 9. Robert Barrett, WOU, 13.50 - 44-3 1/2; 10. Michael Hoffman, WWU, 12.80 - 42-0; 11. Michael Vavricka, SMU, 12.37 - 40-7; 12. Nick Collins, CWU, 12.19 - 40-0; 13. Bryant Michaelson, WWU, 12.18 - 39-11 1/2; 14. Kyle Richards, MSUB, 11.86 - 38-11.

Discus - 1. Tyler Fischer, CWU, 51.67 - 169-6 (meet record, old, 168-7, Isaiah Haines, WOU, 2003); 2. Sam Washington, SMU, 47.50 - 155-10; 3. Matt Valdez, CWU, 45.85 - 150-5; 4. Bryant Michaelson, WWU, 45.13 - 148-1; 5. Jason Slowey, WOU, 42.87 - 140-8; 6. Anthony Marin, WOU, 42.84 - 140-7; 7. Michael Hoffman, WWU, 42.59 - 139-9; 8. Mychal Ostler, CWU, 40.78 - 133-9; 9. Daniel Ramirez, CWU, 40.52 - 132-11; 10. Grant Miller, NNU, 39.82 - 130-8; 11. Kyle Richards, MSUB, 39.47 - 129-6; 12. Zach Barclay, NNU, 38.94 - 127-9; 13. Andrew Matschiner, SPU, 33.62 - 110-4; 14. Alex Harrison, WWU, 33.23 - 109-0.

Friday's Finals:

10,000 - 1. Kevin Lambert, NNU, 31:31.32; 2. Braxton Jackson, WOU, 32:25.99; 3. John Riak, SMU, 32:27.60; 4. Blake Medhaug, WWU, 32:29.70; 5. Nik Karr, WOU, 32:31.07; 6. Greg Kubitz, WWU, 32:35.47; 7. Cornelious Sigei, UAA, 32:37.27; 8. Auston Ellis, UAA, 32:47.72; 9. Trevor Kulvi, CWU, 32:51.50; 10. Seth Clark, NNU, 33:16.29; 11. James Rosser, SPU, 34:01.56; 12. Hans Heitzinger, SU, 34:02.86; 13. Justin Karr, WOU, 34:16.32; 14. Kyle Larson, WOU, 34:27.70; 15. John Durkee, CWU, 34:29.52; 16. Scott Seamster, SPU, 35:05.55; 17. Ryan Ceynar, MSUB, 35:18.03; 18. Steven LaLonde, SMU, 36:53.70.

Hammer - 1. Tyler Fischer, CWU, 53.97 - 177-1; 2. Matt Valdez, CWU, 50.26 - 164-11; 3. Mychal Ostler, CWU, 49.29 - 161-8; 4. Zach Barclay, NNU, 48.89 - 160-5; 5. Michael Hoffman, WWU, 48.79 - 160-1; 6. Anthony Marin, WOU, 48.57 - 159-4; 7. Robert Barrett, WOU, 46.95 - 154-0; 8. Scott Karnitz, UAA, 41.76 - 137-0; 9. Jordan Fenters, NNU, 40.79 - 133-10; 10. Diego Estrada, NNU, 39.88 - 130-10; 11. Alex Eaton, NNU, 37.90 - 124-4.

Long Jump - 1. David Registe, UAA, 7.52 - 24-8 1/4 (meet record; old, 7.09 - 23-3 1/4, Registe, 2007); 2. Zeb Udell, WOU, 6.81 - 22-4 1/4; 3. Jamrian Malley, WOU, 6.69 - 21-11 1/2; 4. Shane Gruger, WWU, 6.57 - 21-6 3/4; 5. Justin Felt, SPU, 6.55 - 21-6; 6. Christian Goodwin, CWU, 6.27 - 20-7; 7. Ezekiel Hill, CWU, 6.27 - 20-7; 8. Robert Wegner, WOU, 6.25 - 20-6 1/4; 9. Lionel Orji, CWU, 6.21 - 20-4 1/2; 10. Keefe Brockman, WWU, 6.06 - 19-10 3/4; 11. d'Andre Benjamin, SU, 6.00 - 19-8 1/4; 12. Mark Hanson, NNU, 4.73 - 15-6 1/4.

Javelin - 1. Josh Heidegger, NNU, 60.68 - 199-1; 2. Ian Wells, CWU, 59.17 - 194-1; 3. Andrew Stiger, CWU, 56.80 - 186-4; 4. Chad Acock, CWU, 55.89 - 183-4; 5. Eric Zwiefelhofer, NNU, 54.35 - 178-4; 6. Alex Harrison, WWU, 53.41 - 175-3; 7. Ben Dekock, WWU, 50.90 - 167-0; 8. Jade Haynie, MSUB, 50.74 - 166-6; 9. Tommy Woolf, WOU, 48.93 - 160-6; 10. Bob Valentine, WWU, 46.37 - 152-1; 11. Will Lloyd, WWU, 45.68 - 149-10; 12. Joshua Jorgensen, SPU, 44.78 - 146-11.

Decathlon (Apr. 21-22) - 1. Zeb Udell, WOU, 6181; 2. Clint Hickey, WOU, 5537; 3. Kevin Iverson, WWU, 5532; 4. Nick Collins, CWU, 5400; 5. Josh Kirk, CWU, 5331; 6. Tommy Woolf, WOU, 5241; 7. D'Andre Benjamin, Seattle, 5077; 8. Stuart Montgomery, NNU, 4422; 9. Alex Harrison, WWU, 3077; Darren Edwards, WWU, DNF.

Day 1 Results: 100 – Udell 11.3, Benjamin 11.5, Collins 11.6, Hickey 11.7, Edwards 11.8, Woolf 12.0, Iverson 12.0, Kirk 12.0, Montgomery 12.5, Harrison 15.4. Long Jump – Udell 6.45, Collins 6.29, Benjamin 6.05, Woolf 6.03, Hickey 5.74, Iverson 5.69, Edwards 5.59, Kirk 5.62, Montgomery 5.05, Harrison 3.95. Shot Put – Harrison 12.11 – 39-8 3/4, Collins 11.44 – 37-6 1/2, Kirk 9.91 – 32-6 1/4, Edwards 9.91 – 32-6 1/4, Udell 9.79 – 32-1 1/2, Hickey 9.61 – 31-6 1/2, Woolf 9.59 – 31-5 3/4, Iverson 9.58 – 31-5 1/4, Benjamin 9.14 – 30-0, Montgomery 9.12 – 29-11 1/4. High Jump – Woolf 1.89 – 6-2 1/4, Udell 1.83 – 6-0, Hickey 1.83 – 6-0, Collins 1.74 – 5-8 1/2, Kirk 1.71 – 5-7 1/4, Iverson 1.68 – 5-6, Edwards 1.65 – 5-5, Montgomery 1.62 – 5-3 3/4, Harrison 1.62 – 5-3 3/4, Benjamin 1.59 – 5-2 1/2. 400 – Iverson 53.19, Udell 53.25, Kirk 54.40, Benjamin 54.71, Hickey 54.77, Montgomery 55.13, Collins 55.91, Woolf 56.99, Edwards DNF, Harrison DNF.

Day 2 Results: 110 Hurdles – Udell 16.35, Kirk 16.49, Wolf 16.58, Hickey 16.86, Benjamin 16.94, Collins, 17.56, Iverson 17.61, Montgomery 20.35, Harrison DNF. Discus - Collins 36.68 - 120-4, Udell 33.94 - 111-4, Harrison 32.87 - 107-10, Kirk 30.59 - 100-4, Hickey 30.58 - 100-4, Woolf 29.64 - 97-3, Iverson 29.08 - 95-5, Montgomery 26.07 - 85-6, Benjamin 24.64 - 80-10. Pole Vault - Udell 4.70 - 15-5, Iverson 3.90 - 12-9 1/2, Harrison 3.60 - 11-9 3/4, Hickey 3.50 - 11-5 3/4, Benjamin 3.20 - 10-6, Kirk 3.10 - 10-2, Woolf 2.80 - 9-2 1/4, Collins 2.80 - 9-2 1/4, Montgomery 2.50 - 8-2 1/2. Javelin – Harrison 51.65 – 169-5, Woolf 43.71 – 143-5, Benjamin 42.06 – 138-0, Collins 39.92 – 131-0, Kirk 37.99 – 124-8, Hickey 37.40 – 122-8, Iverson 36.99 – 121-4, Udell 34.34 – 112-8, Montgomery 31.37 –

102-11. 1500 – Iverson 4:36.56, Montgomery 4:37.51, Hickey 4:58.24, Kirk 4:58.25, Udell 5:13:20, Collins 5:31.52, Woolf 5:34.14, Benjamin 5:38.99, Harrison DNF.

Friday's Prelims:

100 - Heat 1, 1. David Registe, UAA, 10.90; 2. Ezekiel Hill, CWU, 10.99; 3. Travis Glover, SU, 11.09; 4. Demetrius Preston, UAA, 11.11; 5. Shane Gruger, WWU, 11.21; 6. Cole Samuel, WOU, 11.56; 7. Nathan Diede, MSUB, 11.69. Heat 2, 1. Michael Madrid, UAA, 10.76; 2. Christopher Fussell, SU, 11.08; 3. Daniel Sullivan, SU, 11.15; 4. Eric Walsh, UAA, 11.17; 5. Phillip Villanueva, WWU, 11.54; 6. Lionel Orji, CWU, 11.57.

200 - Heat 1, David Registe, UAA, 21.92; 2. Ashtin Mott, WOU, 22.17; 3. James McLaughlin, UAA, 22.18; 4. Travis Glover, SU, 22.48; 5. Nick Kesler, MSUB, 22.65; 6. Shane Gruger, WWU, 22.80; 7. Eric Walsh, UAA, 22.98; 8. Matt O'Connell, WWU, 1:40.50. Heat 2, 1. Michael Madrid, UAA, 21.95; 2. Brandon Grant, UAA, 22.43; 3. Ezekiel Hill, CWU, 22.45; 4. Christopher Fussell, SU, 22.73; 5. Andy Luscutoff, WOU, 22.92; 6. Demetrius Preston, UAA, 23.03; 7. Cole Samuel, WOU, 23.53; 8. Matt Rogstad, CWU, 32.69.

400 - Heat 1, 1. Matt Rogstad, CWU, 48.29; 2. Matt O'Connell, WWU, 49.59; 3. Brandon Grant, UAA, 50.12; 4. Blake Estep, WOU, 50.56; 5. Bryan Gerry, SMU, 50.89; 6. Loyal Allen, SU, 51.16; 7. Jeremiah Richardson, WOU, 51.68. Heat 2, 1. James McLaughlin, UAA, 48.47; 2. Ashtin Mott, WOU, 49.33; 3. Colby Brydson, CWU, 50.12; 4. Levi Sutton, UAA, 50.55; 5. Dan Hill, NNU, 50.69; 6. Mitch Ward, NNU, 50.74; 7. Andrew Christenson, CWU, 50.84.

800 - Heat 1, 1. Jeff Long, WOU, 1:57.04; 2. Kyle Lampi, WWU, 1:57.05; 3. Nick Abraham, WWU, 1:57.40; 4. Matt Stark, NNU, 1:57.92; 5. Paul Rottich, UAA, 1:58.09; 6. Mac McGrath, CWU, 1:58.81; 7. Tahoma Khalsa, WWU, 1:59.06; 8. Corey Cronkhite, CWU, 2:00.87. Heat 2, 1. Mick Boyle, UAA, 1:54.47; 2. David Kiplagat, UAA, 1:54.81; 3. Will Cameron, WWU, 1:54.97; 4. Aaron Dickson, UAA, 1:55.22; 5. Michael Gavareski, SPU, 1:55.37; 6. Dallas Moses, WOU, 1:55.56; 7. Mike Schmidt, WOU, 1:57.44; 8. Josh Gatbunton, SMU, 1:58.41.

110 Hurdles - Heat 1, 1. Andy Luscutoff, WOU, 15.26; 2. Kevin Myhre, WWU, 15.46; 3. Dallas Beaty, NNU, 15.80; 4. Ben Wargo, WWU, 15.95; 5. Josh Kirk, CWU, 16.00; 6. d'Andre Benjamin, SU, 16.10; 7. Tommy Woolf, WOU, 16.90. Heat 2, 1. Lloyd Massey, WOU, 15.31; 2. Shaun Ward, UAA, 15.33; 3. Jordan Werner, WOU, 16.02; 4. Zeb Udell, WOU, 16.07; 5. Clint Hickey, WOU, 16.55; 6. Kevin Moen, WWU, 16.88.

400 Hurdles - Heat 1, 1. Lloyd Massey, WOU, 53.97; 2. Shaun Ward, UAA, 54.72; 3. Ben Wargo, WWU, 55.05; 4. Dallas Beaty, NNU, 55.69; 5. Phillip Villanueva, WWU, 56.90; 6. Josh Kirk, CWU, 57.62; 7. Marshall Hanshumaker, WOU, 58.39. Heat 2, 1. Kevin Myhre, WWU, 54.18; 2. Daniel Sullivan, SU, 55.83; 3. Charles Velasquez, CWU, 56.66; 4. Clint Hickey, WOU, 57.45; 5. Mark Hanson, NNU, 57.78; 6. Jordan Werner, WOU, 58.67; 7. Gabriel Morales, WWU, 58.73; James Hopkins, MSUB, disqualified.

2009 GNAC (Apr. 20-21 at Ellensburg*)

Team Scores - Western Washington 13, Western Oregon 11, Northwest Nazarene 11, Central Washington 4.

Decathlon (Apr. 20-21) - 1. Zeb Udell, WOU, 6286; 2. Alex Harrison, WWU, 6060; 3. Josh Grewe, NNU, 6015; 4. Tim Clendaniel, WWU, 5760; 5. Nick Collins, CWU, 4986; 6. Andrew Sneed, NNU, 4983; 7. Stuart Montgomery, NNU, 4484; 8. Austin Roberts, WOU, 3781.

Day 1 Results: 100 – Udell 11.45, Clendaniel 11.58, Grewe 11.90, Harrison 12.00, Roberts 12.11, Collins 12.40, Sneed 12.41, Montgomery 12.98. Long Jump – Udell 6.32 - 20-8 ¾, Collins 6.19 – 20-3 ½, Grewe 6.18 – 20-3 ¼, Clendaniel 6.08 – 19-11 ¼, Harrison 5.81 – 19-0 ¾, Roberts 5.50 – 18-0 ½, Sneed 5.44 – 17-10, Montgomery 5.27 – 17-3 ½. Shot Put – Harrison 12.52 - 41-1, Grewe 11.37 – 37-3 ¾, Collins 11.30 – 37-1, Clendaniel 10.76 – 35-3 ¾, Udell 10.43 – 34-2 ¾, Montgomery 9.22 – 30-3, Roberts 9.07 – 29-9 ¼, Sneed 8.60 – 28-2 ¾. High Jump – Udell 1.88 – 6-2, Clendaniel 1.76 – 5-9 ¼, Collins 1.73 – 5-8, Sneed 1.73 – 5-8, Harrison 1.67 – 5-5 ¾, Grewe 1.61 – 5-3 ¼, Montgomery 1.58 – 5-2 ¼, Roberts 1.52 – 4-11 ¾. 400 – Grewe 51.68, Udell 51.89, Roberts 53.86, Harrison 54.04, Clendaniel 55.71, Sneed 55.94, Montgomery 56.03, Collins 59.78.

Day 2 Results: 110 Hurdles – Udell 16.09, Grewe 16.83, Harrison 16.91, Clendaniel 17.19, Sneed 17.61, Roberts 19.63, Montgomery 20.38, Collins 21.67. Discus – Collins 36.85 - 120-11, Udell 33.92 – 111-3, Harrison 33.44 – 109-8, Grewe 33.26 – 109-1, Clendaniel 32.23 – 105-9, Montgomery 28.33 – 92-11, Sneed 22.15 – 72-8, Roberts 21.40 – 70-2. Pole Vault - Udell 4.55 - 14-11, Harrison 4.25 – 13-11 ¼, Clendaniel 4.25 – 13-11 ¼, Sneed 4.15 – 13-7 ¼, Collins 3.95 – 12-11 ½, Grewe 3.75 – 12-3 ½, Montgomery 2.85 – 9-4 ¼, Roberts NH. Javelin – Harrison 55.92 - 183-5, Clendaniel 42.51 – 139-6, Grewe 42.20 – 138-5, Collins 40.84 – 134-0, Montgomery 36.78 – 120-8, Udell 35.44 – 116-3, Sneed 33.98 – 111-6, Roberts foul. 1500 – Grewe 4:29.91, Montgomery 4:42.82, Harrison 5:04.26, Sneed 5:07.44, Roberts 5:07.86. Udell 5:08.49, Clendaniel 5:20.97, Collins 5:41.88.

*Multi-events held at Ellensburg. Originally remainder of meet was scheduled for Monmouth on May 1-2, but was cancelled due to swine flu scare.

2010 GNAC (May 14-15 at Monmouth)

Note: *Indicates wind-aided (more than 2.0).

Team Scores - Western Washington 221 1/2, Central Washington 182, Western Oregon 166 1/2, Alaska Anchorage 130, Northwest Nazarene 48, Seattle Pacific 37, Saint Martin's 15, Montana State Billings 14. **Outstanding Performer** - Alfred Kangogo, UAA.

100 - 1. Anthony Wright, CWU, 10.43 (meet and conference records, old, 10.51, Mike Hinshaw, WOU, 2003); 2. Kincaid Nichols, CWU, 10.77. 3. Shane Gruger, WWU, 10.83; 4. Alex Tilley, WWU, 10.87; 5. Josh DeVaughn, SMU, 11.11. 6. Anthony Zackery, WWU, 11.12; 7. Alex Bourne, WOU, 11.12. 8. Demetrius Preston, UAA, 11.14.

200 – 1. Anthony Wright, CWU, 21.36 (meet record, old, Isaac Frederick, WOU, 21.37, 2003); 2. Kincaid Nichols, CWU, 21.77; 3. Shane Gruger, WWU, 22.01; 4. Alex Tilley, WWU, 22.04; 5. Austen DeWolf, UAA, 22.19; 6. Scott Morrison, CWU, 22.45; 7. Ashtin Mott, WOU, 22.51; 8. Demetrius Preston, UAA, 22.58.

400 - 1. Ethan Hewitt, UAA, 48.15; 2. Scott Morrison, CWU, 48.69; 3. James McLaughlin, UAA, 48.81; 4. Matt Kaino, WOU, 48.89; 5. Anthony Yakovich, WOU, 48.95; 6. Ashtin Mott, WOU, 49.26; 7. Toby David, WWU, 50.67; 8. Matt O'Connell, WWU, 50.69.

800 - 1. Alfred Kangogo, UAA, 1:54.51; 2. Mike Schmidt, WOU, 1:54.98. 3. Kyle Larson, WOU, 1:55.18; 4. Nathan Seely, SPU, 1:55.93; 5. Joseph Patti, SMU, 1:56.50; 6. Carson O'Brien, WOU, 1:59.36; 7. Nick Abraham, WWU, 2:00.06.

1500 - 1. Alfred Kangogo, UAA, 3:49.03 (meet record, old, Anthony Tomsich, WWU, 3:50.25, 2007); 2. Marko Cheseto, UAA, 3:49.33; 3. Anthony Tomsich, WWU, 3:51.01; 4. Micah Chelimo, UAA, 3:51.91; 5. Bennett Grimes, WWU, 3:53.86; 6. Jeff Long, WOU, 3:55.57; 7. Barak Watson, NNU, 3:58.02; 8. Jacob Wahlenmaier, SPU, 3:59.18; 9. Paul Rottich, UAA, 3:59.74; 10. Andrew Van Ness, SPU, 4:03.11; 11. Dan Sprinkle, WOU, 4:03.17; 12. Nick Abraham, WWU, 4:03.25; 13. Ryan Chapman, WOU, 4:07.14; 14. Kyle Larson, WOU, 4:10.30; 15. Zach Massari, WOU, 4:16.86; 16. Kyle Johnson, WWU, 4:18.57.

5000 - 1. Marko Cheseto, UAA, 14:37.18 (meet record, old, Jasper Peach, HSU, 14:55.75, 2006); 2. Jordan Welling, WWU, 14:43.02; 3. Micah Chelimo, UAA, 14:46.69; 4. Chris Reed, WOU, 14:46.96; 5. Chad Meis, SPU, 14:49.48; 6. Kyle Van Santen, SMU, 14:50.37; 7. Bennett Grimes, WWU, 14:55.41; 8. Alfred Kangogo, UAA, 14:59.66; 9. Barak Watson, NNU, 15:00.42; 10. William Ritekwiang, UAA, 15:15.67; 11. Blake Medhaug, WWU, 15:20.15; 12. Anthony Tomsich, WWU, 15:23.25; 13. Matt McCrary, WOU, 15:24.01; 14. Manuel Santos, CWU, 15:24.63; 15. Chip Jackson, WWU, 15:25.57; 16. Spencer Hunt, SMU, 15:29.77; 17. Paul Rottich, UAA, 15:47.70; 18. Tanner Boyd, WWU, 15:55.93; 19. AJ Baker, SPU, 16:07.16.

4x100 Relay - 1. Central Washington (Mack, Wright, Hogan, Nichols) 41.10 (meet record, old, 41.59, Alaska Anchorage, 2008; conference record, old, 41.48, Western Oregon, 2008; old, Central Washington, 41.0h, 2010); 2. Western Washington (Thomsen, Zackery, Gruger, Tilley) 41.79; 3. Western Oregon (Alexander, Yakovich, Hyde, Bourne) 42.44; 4. Alaska Anchorage (Grant, McLaughlin, DeWolf, Preston) 42.51; 5. Northwest Nazarene (Sepe, Colby, Hill, Hope) 42.85; 6. Montana State Billings (Barrett, Lewis, Diede, Prevost) 44.05.

4x400 Relay -- 1. Alaska Anchorage (Hewitt, Truax, Grant, McLaughlin) 3:16.10; 2. Western Oregon (Mott, Yakovich, O'Brien, Kaino) 3:16.55; 3. Central Washington (Fremd, Wright, Najera, Morrison) 3:18.27; 4. Western Washington (Tilley, Grudzinski, David, O'Connell) 3:18.51; 5. Northwest Nazarene (Hope, Hill, Hanson, Heidegger) 3:20.40; 6. Saint Martin's (Grossaint, Flaherty, Dodge, DeVaughn) 3:28.71; 7. Seattle Pacific (Sleight, Johnson, Seely, Endresen) 3:29.53; 8. MSU Billings (Prevost, Blomback, Lewis, Vanderby) 3:34.03.

110 Hurdles - 1. Anthony Hogan, CWU, 15.36; 2. Andy Loscutoff, WOU, 15.38; 3. Jordan Werner, WOU, 15.72; 4. Andrew Venema, CWU, 16.02; 5. Tim Steiglitz, NNU, 16.19; 6. Michael Najera, CWU, 16.52; 7. Brandon Roddewig, CWU, 17.33.

400 Hurdles - 1. Maurus Hope, NNU, 53.54; 2. Ryan Endresen, SPU, 54.65; 3. Phillip Villanueva, WWU, 54.66; 4. Andy Loscutoff, WOU, 55.09; 5. Mark Hanson, NNU, 55.52; 6. Michael Najera, CWU, 55.94; 7. Gabriel Morales, WWU, 56.29; 8. Levi Grudzinski, WWU, 57.56.

Pole Vault - 1. Ryan Brown, WWU, 5.15 - 16-10 $\frac{3}{4}$ (meet record, old, Zeb Udell, WOU, 4.98 -16-4, 2008); 2. Scott Hunter, CWU, 4.40 - 14-5 $\frac{1}{4}$; 3. Brandon Roddewig, CWU, 4.40 - 14-5 $\frac{1}{4}$; 4. Josh Winters, WWU, 4.30 - 14-1 $\frac{1}{4}$; 5. Austin Roberts, WOU, 4.30 - 14-1 $\frac{1}{4}$; 6. Tim Clendaniel, WWU, 4.30 - 14-1 $\frac{1}{4}$; 7. James Carr, CWU, 4.20 - 13-9 $\frac{1}{4}$; 8. Nic Hoza, WWU, 4.05 -13-3 $\frac{1}{2}$; 9. Thomas Guidon, WWU, 4.05 - 13-3 $\frac{1}{2}$; 10. Kevin Iverson, WWU, 4.05 - 13-3 $\frac{1}{2}$; Alex Harrison, WWU, no height; Brandon Martinez, MSUB, no height; Nate Johnson, SPU, no height; Thomas Steinke, CWU, no height; Jayce Giddens, WOU, no height; Charles Lawson, SMU, no height.

Triple Jump - 1. Matson Hardie, WOU, 14.51 - 47-7 $\frac{1}{4}$; 2. Will Davis, WWU, 14.33 - 47-0 $\frac{1}{4}$; 3. Keefe Brockman, WWU, 14.11 - 46-3 $\frac{1}{2}$; 4. *Rendel Jones, CWU, 14.05 - 46-1 $\frac{1}{4}$; 5. Tim Clendaniel, WWU, 14.00 - 45-11 $\frac{1}{4}$; 6. James Cho, CWU, 13.73 - 45-0 $\frac{1}{2}$; 7. Jake Hyde, WOU, 13.27 - 43-6 $\frac{1}{2}$; 8. *Andrew Freed, UAA, 13.26 - 43-6; Bryan Mack, CWU, foul; Lewis Meyers, CWU, foul.

Javelin - 1. Alex Harrison, WWU, 63.52 - 208-5 (meet record, old, Justin Brewer, WWU, 62.20 - 204-1, 2005); 2. Nick Wilson, MSUB, 62.10 - 203-9; 3. Nathan Rowlett, WOU, 60.76 - 199-4; 4. Will Crook, WOU, 60.10 - 197-2; 5. Jace Derwin, SPU, 57.58 - 188-11; 6. Kody Reavis, WOU, 55.94 - 183-6; 7. Sean Allison, CWU, 55.82 - 183-2; 8. Anthony Player, SMU, 54.62 - 179-2; 9. Nate Wagner, SPU, 53.72 - 176-3; 10. Bob Valentine, WWU, 172-5; 11. Casey Robinson, UAA, 52.30 - 171-7; 12. Kevin Hudson, SMU, 48.28 - 158-5; 13. Tommy Sherrif, CWU, 46.84 - 153-8.

Hammer - 1. Michael Hoffman, WWU, 59.50 - 195-2; 2. Mychal Ostler, CWU, 57.66 - 189-2; 3. Tyler Fischer, CWU, 56.50 -185-4; 4. Matt Schryvers, WOU, 52.72 - 172-11; 5. Jason Slowey, WOU, 48.48 - 159-1; 6. Jordan Fenters, NNU, 47.70 - 156-6; 7. Daniel Ramirez, CWU, 47.26 -155-1; 8. Bryant Michaelson, WWU, 46.56 - 152-9; 9. Ben Elder, WWU, 45.80 - 150-3; 10. Kody Reavis, WOU, 44.46 - 145-10; 11. Elmer Williams, NNU, 42.70 - 140-1; 12. Mike Jensen, CWU, 41.68 - 136-9; 13. Alex Eaton, NNU, 39.90 - 130-11; 14. Ryan Renchehausen, UAA, 39.48 - 129-6; 15. Tommy Sherrif, CWU, 38.80 - 127-3; Tyler Nichols, WWU, foul; Billy Martin, SPU, foul.

Friday's Finals:

Steeplechase - 1. Micah Chelimo, UAA, 9:02.79 (meet record, old 9:08.2, Ethan Barrons, WOU, 2005); 2. Alfred Kangogo, UAA, 9:07.94; 3. Chad Meis, SPU, 9:10.84; 4. Barak Watson, NNU, 9:13.42; 5. Dan Sprinkle, WOU, 9:35.23; 6. Kyle Johnson, WWU, 9:42.57; 7. Luke Hetrick, NNU, 9:47.45; 8. Neil Easter, NNU, 9:50.08; 9. A.J. Baker, SPU, 9:51.89; 10. Brandon Snook, WOU, 9:52.62; 11. Ryan Chapman, WOU, 9:57.93; 12. Scott Power, CWU, 10:05.08; 13. Paul Rottich, UAA, 10:08.40; 14. Taylor Canfield, MSUB, 10:21.56; 15. Ian McLeod, WWU, 10:25.67.

10,000 - 1. Marko Cheseto, UAA, 31:23.03; 2. Jordan Welling, WWU, 31:36.70; 3. Blake Medhaug, WWU, 31:53.98; 4. Manuel Santos, CWU, 31:55.46; 5. William Ritekwiang, UAA, 31:59.97; 6. Greg Kubitz, WWU, 32:14.30; 7. Justin Karr, WOU, 32:22.25; 8. Braxton Jackson, WOU, 32:36.06; 9. Jesse Baggensstos, NNU, 32:50.35; 10. Daniel Lombardi, MSUB, 32:58.79; 11. Graham Armstrong, WWU, 34:04.18; 12. Will Harrison, SPU, 34:15.31; 13. Nicholas Harvey, SMU, 34:24.70.

High Jump - 1. Keefe Brockman, WWU, 2.00 - 6-6 $\frac{3}{4}$; 2. Brennan Boyes, CWU, 1.95 - 6-4 $\frac{3}{4}$; 3. Josh Larson, WWU, 1.95 - 6-4 $\frac{3}{4}$; 4. Jonathan Hamilton, CWU, 1.90 - 6-2 $\frac{3}{4}$; 5. Robert Wegner, WOU, 1.90 - 6-2 $\frac{3}{4}$; 6. Brandon Roddewig, CWU, 1.90 - 6-2 $\frac{3}{4}$; 7. Ryan Brown, WWU, 1.80 - 5-10 $\frac{3}{4}$; 8. Lewis Meyers, CWU, 1.80 - 5-10 $\frac{3}{4}$; Matson Hardie, WOU, no height.

Long Jump – 1. Demetrius Preston, UAA, 7.42 – 24-4 ¼; 2. Manny Melo, CWU, 6.75 – 22-1 ¾; 3. Jake Hyde, WOU, 6.74 – 22-1 ½; 4. Matson Hardie, WOU, 6.61 – 21-8 ½; 5. Shane Gruger, WWU, 6.52 – 21-4 ¾; 6. Tim Clendaniel, WWU, 6.51 – 21-4 ¼; 7. *Justin Felt, SPU, 6.39 – 20-11 ¾; 8. *Robert Wegner, WOU, 6.38 – 20-11 ¼; 9. Anthony Zackery, WWU, 6.30 – 20-8; 10. *Bryan Mack, CWU, 6.24 – 20-5 ¾; 11. Will Davis, WWU, 6.20 – 20-4 ¼; 12. James Cho, CWU, 6.19 – 20-3 ¾; 13. Alex Tilley, WWU, 6.18 – 20-3 ½; 14. Scott Birks, WWU, 6.11 – 20-0 ½; 15. Josh DeVaughn, SMU, 6.02 – 19-9; 16. Luke Barrett, MSUB, 5.74 – 18-10.

Shot – 1. Jason Slowey, WOU, 16.46 – 54-0; 2. Ben Elder, WWU, 16.14 – 52-11 ½; 3. Tyler Fischer, CWU, 15.84 – 51 – 11 ¾; 4. Mike Jensen, CWU, 14.94 – 49-0 ¼; 5. Alex Harrison, WWU, 14.52 – 47-7 ¾; 6. Michael Hoffman, WWU, 14.29 – 46-10 ¾; 7. Daniel Ramirez, CWU, 14.28 – 46-10 ¼; 8. Jordan Fenters, NNU, 14.19 – 46-6 ¾; 9. Paul Gutzman, WOU, 14.05 – 46-1 ¼; 10. Nelson Westlin, WWU, 13.53 – 44-4 ¾; 11. Diego Estrada, NNU, 13.51 – 44-4; 12. Jacob Gilbert, WWU, 13.48 – 44-2 ¾; 13. Tanner Rottrup, MSUB, 13.32 – 43-8 ½; 14. Cameron Gump, 12.60 – 41-4 ¼; 15. Jesse Potes, CWU, 12.48 – 40-11 ½.

Discus – 1. Ben Elder, WWU, 48.20 – 158-2; 2. Jason Slowey, WOU, 47.68 – 156-5; 3. Tyler Fischer, CWU, 47.46 – 155-8; 4. Michael Hoffman, WWU, 47.40 – 155-6; 5. Parker Stewart, WOU, 45.08 – 147-11; 6. Nelson Westlin, WWU, 44.80 – 147-0; 7. Nick Wilson, MSUB, 44.30 – 145-4; 8. Bryant Michaelson, WWU, 43.50 – 142-8; 9. Jesse Potes, CWU, 42.96 – 140-11; 10. Daniel Ramirez, CWU, 42.74 – 140-3; 11. Mychal Ostler, CWU, 41.32 – 135-7; 12. Alex Harrison, WWU, 39.34 – 129-1; 13. Matt Schryvers, WOU, 39.32 – 129-0.

Decathlon (May 3-4 at Nampa) - 1. Alex Harrison, WWU, 6474; 2. Eric Zwiefelhofer, NNU, 6173; 3. Andy Loscutt, WOU, 6159; 4. Nate Johnson, SPU, 6040; 5. Brandon Roddewig, CWU, 5799; 6. Tim Clendaniel, WWU, 5674; 7. Jake Hyde, WOU, 5572; 8. Scott Hunter, CWU, 5436.

Day 1 Results: 100 - Zwiefelhofer 11.48, Clendaniel 11.63, Hyde 11.65, Heidegger 11.67, Caryl 11.73, Loscutt 11.73, Johnson 11.76, Roddewig 11.83, Harrison 11.85, Roberts 11.96, Venema 12.10, Hunter 12.12, Hartwigsen 12.13, Iverson 12.22, Steinke 12.26, Montgomery 12.53. Long Jump - Hyde 6.89 - 22-7 ¼, Clendaniel 6.88 – 22-7, Zwiefelhofer 6.40 – 21-0, Harrison 6.10 – 20-0 ¼, Caryl 6.09 – 19-11 ¾, Loscutt 6.07 – 19-11, Johnson 6.05 – 19-10 ¼, Johnson 6.05 – 19-10 ¼, Roddewig 6.01 – 19-8 ¾, Iverson 6.01 – 19-8 ¾, Venema 5.99 – 19-8, Steinke 5.88 – 19-3 ½, Roberts 5.77 – 18-11 ¼, Hartwigsen 5.74 – 18-10, Hunter 5.71 – 18-9, Montgomery 5.70 – 18-8 ½, Heidegger 5.64 – 18-6. Shot Put - Harrison 14.06 - 46-1 ½, Zwiefelhofer 11.93 – 39-1 ¼, Hartwigsen 11.81 – 38-9, Heidegger 10.93 – 35-10 ½, Hyde 10.85 – 35-7 ¼, Loscutt 10.84 – 35-6 ¾, Clendaniel 10.83 – 35-6 ½, Iverson 10.16 – 33-4, Johnson 10.15 – 33-3 ¾, Montgomery 9.99 – 32-9 ½, Caryl 9.93 – 32-7, Venema 9.68 – 31-9 ¼, Roddewig 9.00 – 29-6 ½, Steinke 8.93 – 29-3 ¾, Roberts 8.32 – 27-3 ¾, Hunter 8.28 – 27-2. High Jump - Roddewig 1.94 - 6-4 ¼, Loscutt 1.82 – 5-11 ½, Zwiefelhofer 1.82 – 5-11 ½, Johnson 1.81 – 5-11 ¼, Clendaniel 1.81 – 5-11 ¼, Venema 1.79 – 5-10 ½, Steinke 1.79 – 5-10 ½, Hunter 1.76 – 5-9 ¼, Iverson 1.76 – 5-9 ¼, Hyde 1.70 – 5-7, Heidegger 1.67 – 5-5 ¾, Hartwigsen 1.67 – 5-5 ¾, Harrison 1.67 – 5-5 ¾, Montgomery 1.64 – 5-4 ½, Roberts 1.64 – 5-4 ½. 400 - Loscutt 50.82, Heidegger 53.23, Hunter 53.45, Johnson 53.52, Venema 53.89, Harrison 54.98, Hyde 55.07, Hartwigsen 55.11, Roberts 55.70, Steinke 55.71, Montgomery 55.86, Zwiefelhofer 55.88, Clendaniel 56.88, Roddewig 56.95, Iverson 59.19.

Day 2 Results: 110 Hurdles - *Loscutt 15.67, Harrison 15.91, Venema 15.95, Clendaniel 16.13, Roddewig 16.70, *Steinke 16.85, Johnson 16.86, *Zwiefelhofer 17.39, *Iverson 17.41, *Hyde 17.66, *Hartwigsen 17.68, Hunter 18.15, Montgomery 18.26, *Roberts 18.81, Heidegger 18.82. Discus - Harrison 39.07 - 128-2, Johnson 35.64 – 116-11, Hyde 32.93 – 108-0, Zwiefelhofer 31.85 – 104-6, Clendaniel 30.72 – 100-9, Iverson 29.86 – 97-11, Hartwigsen 29.78 – 97-8, Loscutt 29.02 – 95-2, Roddewig 28.97 – 95-0, Venema 28.19 – 92-6, Roberts 27.33 – 89-8, Montgomery 24.75 – 81-2, Steinke 24.33 – 79-10, Hunter 24.14 – 79-2, Heidegger 23.22 – 76-2. Pole Vault - Hunter 4.45 - 14-7 ¼, Roddewig 4.45 – 14-7 ¼, Harrison 4.35 – 14-3 ¼, Zwiefelhofer 4.35 – 14-3 ¼, Roberts 4.25 – 13-11 ¼, Iverson 4.05 – 13-3 ½, Johnson 3.95 – 12-11 ½, Clendaniel 3.95 – 12-11 ½, Hartwigsen 3.35 – 10-11 ¼, Loscutt 3.25 – 10-8, Montgomery 3.15 – 10-4, Steinke 3.15 – 10-4, Hyde 3.05 – 10-0, Venema 2.95 – 9-8, Heidegger 2.85 – 9-4 ¼. Javelin - Harrison 60.31 - 197-10, Zwiefelhofer 52.12 – 171-0, Loscutt 48.09 – 157-9, Johnson 46.98 – 154-2, Hartwigsen 46.49 – 152-6, Roddewig 41.97 – 137-8, Hyde 38.53 – 126-5, Montgomery 36.90 – 121-1, Hunter 34.77 – 114-1, Steinke 33.78 – 110-10, Iverson 33.44 – 109-8, Roberts 33.05 – 108-5, Heidegger 29.27 – 96-0, Venema 18.68 – 61-3, Clendaniel 18.63 – 61-1. 1500 - Heidegger 4:36.14, Loscutt 4:36.50, Montgomery 4:39.54, Hunter 4:41.58, Iverson 4:48.10, Steinke 4:50.74, Roberts 4:51.64, Johnson 4:54.87, Venema 5:03.90, Clendaniel 5:06.33, Hyde 5:07.53, Roddewig 5:08.84, Zwiefelhofer 5:08.85, Hartwigsen 5:10.32, Harrison 5:13.38.

Friday's Prelims:

100 - Heat 1 (**Wind** – +2.2) 1. Anthony Wright, CWU, 10.85; 2. Josh DeVaughn, SMU, 10.97; 3. Anthony Zackery, WWU, 10.97; 4. Shane Gruger, WWU, 11.00; 5. Bobby Alexander, WOU, 11.02; 6. Austen DeWolf, UAA, 11.05; 7. Derek Sepe, NNU, 11.18; 8. James Cho, CWU, 11.32. Heat 2 , 1. Alex Tilley, WWU, 10.75; 2. Kincaid Nichols, CWU, 10.77; 3. Demetrius Preston, UAA, 10.87; 4. Alex Bourne, WOU, 10.96; 5. Justin Thomsen, WWU, 11.06; 6. AJ Allen, UAA, 11.13; 7. Bryan Mack, CWU, 11.15; 8. Cameron Colby, NNU, 11.23.

200 - Heat 1, 1. Anthony Wright, CWU, 22.45; 2. Demetrius Preston, UAA, 22.47; 3. Scott Morrison, CWU, 22.52; 4. Ethan Hewitt, UAA, 22.67; 5. James McLaughlin, UAA, 22.72; 6. Nathan Diede, MSUB, 23.13. Heat 2, 1. Austen DeWolf, UAA, 22.05; 2. Ashtin Mott, WOU, 22.41; 3. Anthony Yakovich, WOU, 22.54; 4. Brandon Grant, UAA, 22.72; 5. Josh DeVaughn, SMU, 22.82; 6. Dustin Boyd, WOU, 22.84. Heat 3, 1. Kincaid Nichols, CWU, 21.89; 2. Shane Gruger, WWU, 22.15; 3. Alex Tilley, WWU, 22.22; 4. Matt Kaino, WOU, 22.60; 5. Matt Seel, CWU, 22.71; 6. AJ Allen, UAA, 23.93.

400 - Heat 1, 1. Ethan Hewitt, UAA, 47.79 (meet record, old 48.11, Ashtin Mott, WOU, 2008); 2. Scott Morrison, CWU, 48.94; 3. James McLaughlin, UAA, 49.19; 4. Toby David, WWU, 50.17; 5. Brandon Grant, UAA, 50.50; 6. Dan Hill, NNU, 50.61. Heat 2, 1. Matt Kaino, WOU, 48.71; 2. Ashtin Mott, WOU, 49.07; 3. Anthony Yakovich, WOU, 49.85; 4. Matt O'Connell, WWU, 50.20; 5. Bradley Truax, UAA, 51.01; 6. Kyle Fremd, CWU, 51.23.

800 - Heat 1, 1. Mike Schmidt, WOU, 1:52.93; 2. Jeff Long, WOU, 1:54.02; 3. Carson O'Brien, WOU, 1:54.45; 4. Kyle Larson, WOU, 1:54.52; 5. Joseph Patti, SMU, 1:54.80; 6. Justin Webb, NNU, 1:56.53; 7. Bradley Truax, UAA, 2:00.59; 8. Michael Brown, WOU, 2:03.89. Heat 2, 1. Nathan Seely, SPU, 1:53.94; 2. Alfred Kangogo, 1:54.50; 3. Nick Abraham, WWU, 1:55.06; 4. Tyson Vanderby, MSUB, 1:56.31; 5. Paul Rottich, UAA, 1:56.65; 6. Connor Kasler, WOU, 1:57.14; 7. Nathanael Sleight, SPU, 1:58.15; 8. Thomas Hill, UAA, 1:58.64.

110 Hurdles - Heat 1, 1. Jordan Werner, WOU, 15.09; 2. Andy Loscutt, WOU, 15.29; 3. Alex Harrison, WWU, 15.38; 4. Andrew Venema, CWU, 15.94; 5. Brandon Roddewig, CWU, 16.56. Heat 2 (**Wind** - +2.2), 1. Anthony Hogan, CWU, 15.55; 2. Michael Najera, CWU, 15.93; 3. Tim Steiglit, NNU, 16.35; 4. Thomas Steinke, CWU, 17.98.

400 Hurdles - Heat 1, 1. Maurus Hope, NNU, 53.25; 2. Ryan Endresen, SPU, 54.96; 3. Mark Hanson, NNU, 55.39; 4. Levi Grudzinski, WWU, 56.77; 5. Shane O'Connell, WOU, 57.15. Heat 2, 1. Andy Loscutoff, WOU, 55.07; 2. Phillip Villanueva, WWU, 55.32; 3. Michael Najera, CWU, 55.95; 4. Gabriel Morales, WWU, 56.38; 5. Andrew Venema, CWU, 59.23.

2011 GNAC (May 13-14 at Monmouth)

Team Scores - Western Oregon 203, Western Washington 173 1/2, Central Washington 130, Alaska Anchorage 103, Northwest Nazarene 83 1/2, Seattle Pacific 63, Simon Fraser 48, MSU Billings 8, Saint Martin's 7. **Outstanding Performer** – David Registe, Alaska Anchorage.

Saturday's Finals:

100 (**Wind -1.2**) – 1. David Registe, UAA, 10.76; 2. Alex Tilley, WWU, 11.07; 3. Bobby Alexander, WOU, 11.25; 4. Dennis Nicolas, SFU, 11.28; 5. Donavan McFadden, WOU, 11.32; 6. James Cho, CWU, 11.38; 7. A.J. Allen, UAA, 11.38; 8. Micah Grounds, SPU, 11.39.

200 (**Wind -2.1**) - 1. David Registe, UAA, 21.69; 2. Andrew Curtis, NNU, 21.82; 3. Andrew Boss, SFU, 22.16; 4. Alex Tilley, WWU, 22.45; 5. Josh Moore, WOU, 22.51; 6. Matt Kaino, WOU, 22.53; 7. Tyler Thomas, WOU, 22.55; 8. Scott Morrison, CWU, 22.59.

400 - 1. Matt Kaino, WOU, 48.48; 2. Andrew Boss, SFU, 48.52; 3. Scott Morrison, CWU, 48.61; 4. Tyler Thomas, WOU, 49.82; 5. Colin Alexander, CWU, 49.96; 6. Brett Montrose, SFU, 50.34; 7. Toby David, WWU, 50.66; 8. Kyle Fremd, CWU, 50.75.

800 - 1. Kyle Larson, WOU, 1:56.09; 2. Dylan Hopper, WWU, 1:56.12; 3. Matt Stark, NNU, 1:56.25; 4. Connor Kasler, WOU, 1:56.28; 5. Nathan Seeley, SPU, 1:56.72; 6. Nick Abraham, WWU, 1:56.84; 7. Alfred Kangogo, UAA, 1:57.06; 8. Ryan Hansen, WOU, 1:57.11; 9. Zach Massari, WOU, 1:59.97.

1500 - 1. Ryan Brockerville, SFU, 3:52.79; 2. Alfred Kangogo, UAA, 3:52.97; 3. Chris Reed, WOU, 3:53.93; 4. Kyle Larson, WOU, 3:55.56; 5. Ryan Chapman, WOU, 3:55.91; 6. Matt Stark, NNU, 3:57.31; 7. Evan Bradford, Seattle Pacific, 3:57.81; 8. Spencer Hunt, SMU, 4:00.23; 9. Brett Wakefield, SFU, 4:00.98; 10. Barak Watson, NNU, 4:01.08; 11. Brian Potter, MSUB, 4:01.85; 12. Brandon Snook, WOU, 4:03.91; 13. James Young, SFU, 4:05.22; 14. Justin Webb, NNU, 4:06.22; 15. Jacob Wahlenmaier, SPU, 4:06.88; 16. Thomas Hill, UAA, 4:07.82; 17. Lukas Fenley, WOU, 4:08.71; 18. Zach Massari, WOU, 4:14.14.

5000 - 1. Micah Chelimo, UAA, 14:29.41 (meet record, old 14:37.18, Marko Cheseto, UAA, 2010); 2. Jordan Welling, WWU, 14:35.36; 3. Bennett Grimes, WWU, 14:47.56; 4. Chris Reed, WOU, 14:54.38; 5. Barak Watson, NNU, 14:59.56; 6. Blake Medhaug, WWU, 15:13.75; 7. Yonatan Yilma, UAA, 15:14.81; 8. Michael Shogren, WOU, 15:20.17; 9. Eric Brill, WWU, 15:23.68; 10. Chip Jackson, WWU, 15:26.07; 11. Manuel Santos, CWU, 15:28.17; 12. Jesse Baggenstos, NNU, 15:34.96; 13. Tanner Boyd, WWU, 15:36.12; 14. Dylan Peterson, WWU, 15:39.86; 15. Justin Karr, WOU, 15:43.99.

110 Hurdles (**Wind -1.9**) - 1. Brett Campbell, WOU, 15.49; 2. Cory Okazaki, WWU, 15.50; 3. Andrew Venema, CWU, 15.58; 4. Maurus Hope, NNU, 15.58; 5. Andy Loscutoff, WOU, 15.63; 6. Kody Rhodes, WOU, 15.95; 7. Nate Johnson, SPU, 16.04; 8. Jordan Werner, WOU, 17.63.

400 Hurdles - 1. Shaun Ward, UAA, 52.23 (meet record, 52.91, Paul Mach, SPU, 2003); 2. Ryan Endresen, SPU, 53.78; 3. Maurus Hope, NNU, 54.67; 4. Phillip Villanueva, WWU, 54.76; 5. Andy Loscutoff, WOU, 54.82; 6. Kody Rhodes, WOU, 54.86; 7. Kevin McCurdy, WOU, 55.97; 8. Gabriel Morales, WWU, 56.04.

4x100 Relay - 1. Alaska Anchorage (AJ Allen, Billy Kiefer, Shaun Ward, David Registe) 42.20; 2. Central Washington (Darnell Harrison, Scott Morrison, James Cho, Matt Seel) 42.38; 3. Western Oregon (Bobby Alexander, Brett Campbell, Josh Moore, Matt Kaino) 42.40; 4. Seattle Pacific (Nathanael Sleight, Ryan Endresen, Micah Grounds, Dustin Bratten) 42.78; 5. Western Washington (Mark Pangilinan, Cory Okazaki, Phillip Villanueva, Alex Tilley) 42.83; 6. Northwest Nazarene (Derek Sepe, Cameron Colby, Andrew Curtis, Cody Henderson) 42.99; 7. Simon Fraser (Zach Conard, Andrew Boss, Brett Montrose, Dennis Nicolas) 43.12; 8. MSU Billings (Casey Smartt, Deshawn Lewis, Lewis Polkow, Adam Prevost) 44.24.

4x400 Relay - 1. Alaska Anchorage (Levi Sutton, Alfred Kangogo, David Registe, Shaun Ward) 3:17.93; 2. Western Oregon (Matt Kaino, Josh Moore, Tyler Thomas, Anthony Yakovich) 3:19.19; 3. Northwest Nazarene (Dan Hill, Andrew Curtis, Maurus Hope, Ben Heidegger) 3:19.60; 4. Central Washington (Colin Alexander, Zach Armstrong, Kyle Fremd, Scott Morrison) 3:20.03; 5. Western Washington (Alex Tilley, Gabriel Morales, Dylan Hopper, Toby David) 3:20.07; 6. Montana State Billings (Jake Iverson, Drew Galahan, Logan Mossey, Ryan Blomback) 3:23.46; 7. Simon Fraser (Andrew Boss, Zach Conard, Brett Montrose, Yubai Liu) 3:25.67; 8. Seattle Pacific (Dustin Bratten, Dusty Duncan, Nathan Seeley, Ryan Endresen) 3:30.12.

Pole Vault - 1. Ray Zoellick, SPU, 4.55 - 14-11; 2. Cal Rosenberg, WWU, 4.55 - 14-11; 3. Tyler Will, WWU, 4.25 - 13-11 ¼; 4. Josh Winters, WWU, 4.25 - 13-11 ¼; 5. Brandon Roddewig, CWU, 4.25 - 13-11 ¼; 6. Nate Johnson, SPU, 4.25 - 13-11 ¼; 7. Keenan Komoto, WWU, 4.10 - 13-5 ¼; 8. Michael Millson, WWU, and Eric Zwiefelhofer, NNU, 4.10 - 13-5 ¼; 10. Branden Martinez, MSUB, 4.30 - 13-5 ¼. (**No Height** - Ryan Brown, WWU; Thomas Steinke, CWU; Scott Hunter, CWU; Thomas Guidon, WWU; Tim Lundy, WOU.)

Triple Jump - 1. Tim Clendaniel, WWU, 14.65 – 48-0 ¾; 2. +Sviatoslav Moldanov, SFU, 14.01 - 45-11 ¾, and +Manny Melo, CWU, 14.01 - 45-11 ¾; 4. James Cho, CWU, 13.93 - 45-8 ½; 5. Stephen Larlee, NNU, 13.90 - 45-7 ¼; 6. +Jake Hyde, WOU, 13.75 - 45-1 ½; 7. Kyle Lane, WOU, 13.72 – 45-0 ¼; 8. +Devin Bennett, CWU, 13.66 - 44-9 ¾; 9. Sakae Kamagata, CWU, 13.38 – 43-10 ¾; 10. Mickey Mukai, WWU, 13.01 – 42-8 ¼; 11. Andrew Freed, UAA, 12.86 – 42-2 ¼; Tim Greene, NNU, fouled. (+Wind-aided).

Javelin - 1. Will Crook, WOU, 59.78 - 196-1; 2. Kody Reavis, WOU, 57.94 - 190-1; 3. Billy Martin, SPU, 57.67 - 189-2; 4. Jace Derwin, SPU, 56.08 - 184-0; 5. Eric Zwiefelhofer, NNU, 55.72 - 182-10; 6. Chris Mitchell, WWU, 55.57 - 182-4; 7. Colby Mayberry, WWU, 54.04 - 177-3; 8. Tommy Sheriff, CWU, 52.69 - 172-10; 9. Anthony Player, SMU, 51.93 – 170-4; 10. Jacob Nicola, WOU, 50.48 – 165-7; 11. Ben Coles, SFU, 49.62 – 162-9; 12. Brock Steingrubber, MSUB, 49.15 – 161-3; 13. Brandon Roddewig, CWU, 45.92 – 150-8; 14. Manny Melo, CWU, 45.74 – 150-1.

Hammer - 1. Michael Hoffman, WWU, 54.78 - 179-9; 2. Grant Miller, NNU, 53.86 - 176-8; 3. Jason Slowey, WOU, 51.18 - 167-11; 4. Mike Jensen, CWU, 50.55 - 165-10; 5. Ben Elder, WWU, 48.52 - 159-2; 6. Gabe Holland, UAA, 46.75 - 153-4; 7. Tyler Nichols, WWU, 46.02 - 151-0; 8. Jesse Korb, NNU, 45.30 - 148-7; 9. Tommy Sheriff, CWU, 45.20 – 148-3; 10. Paul Oursland, CWU, 44.76 – 146-10; 11. Diego Estrada, NNU, 42.92 – 140-10; 12. Daniel Ramirez, CWU, 42.80 –

140-5; 13. Billy Martin, SPU, 40.91 – 134-3; 14. Reid White, NNU, 40.53 – 133-0; 15. Elmer Williams, NNU, 38.81 – 127-4; Kody Reavis, WOU, fouled.

Friday's Finals:

Steeplechase – 1. Micah Chelimo, UAA, 9:03.22; 2. Brandon Snook, WOU, 9:12.90; 3. AJ Baker, SPU, 9:12.98; 4. Barak Watson, NNU, 9:13.61; 5. Dan Sprinkle, WOU, 9:14.40; 6. Ryan Chapman, WOU, 9:18.42; 7. Luke Hetrick, NNU, 9:38.44; 8. Joshua Reiter, WWU, 9:41.10; 9. Kyle Johnson, WWU, 9:44.66; 10. Brady Beagley, WOU, 9:46.03; 11. Eric Brill, WWU, 9:46.05; 12. Dylan Peterson, WWU, 9:52.25; 13. Scott Power, CWU, 9:52.48; 14. Taylor Canfield, MSUB, 10:07.29.

10,000 - 1. Jordan Welling, WWU, 30:25.75 (meet record, old, 31:11.98, John Riak, SMU, 2007); 2. Bennett Grimes, WWU, 30:34.41; 3. Kyle Van Santen, SMU, 31:15.84; 4. Manuel Santos, CWU, 31:41.94; 5. Jesse Baggenstos, NNU, 31:42.75; 6. Justin Karr, WOU, 31:42.93; 7. Yonatan Yilma, UAA, 32:34.27; 8. Tanner Boyd, WWU, 32:34.73; 9. Otto Schmidt, WWU, 33:03.35; 10. Will Harrison, SPU, 33:13.64; 11. Marc Fuhrmeister, WWU, 33:15.47; 12. Chip Jackson, WWU, 33:24.01; 13. Lukas Fenley, WOU, 33:25.37; 14. Blake Medhaug, WWU, 33:42.53; 15. Nathan Minor, CWU, 34:37.33.

Shot Put - 1. Jason Slowey, WOU, 16.28 - 53-5; 2. Mike Jensen, CWU, 15.83 - 51-11 ¼; 3. Ben Elder, WWU, 15.66 - 51-4 ½; 4. Grant Miller, NNU, 15.36 - 50-4 ¼; 5. Tanner Rottrup, MSUB, 15.07 - 49-5 ½; 6. Jacob Gilbert, WWU, 14.82 - 48-7 ½; 7. Daniel Ramirez, CWU, 14.72 - 48-3 ½; 8. Nelson Westlin, WWU, 14.63 - 48-0; 9. Michael Hoffman, WWU, 14.18 - 46-6 ¼; 10. Eric Holmstrom, CWU, 13.20 - 43-3 ¾; 11. Andrew Knight, WWU, 13.08 - 42-11; 12. Gabe Holland, UAA, 12.77 - 41-10 ¾; 13. Jesse Korb, NNU, 12.75 - 41-10; 14. Ian Allen, CWU, 12.01 - 39-5; Bryce Jensen, MSUB, fouled.

Discus - 1. Ben Elder, WWU, 50.92 - 167-1; 2. Jason Slowey, WOU, 50.44 - 165-6; 3. Kevin Rima, NNU, 48.83 - 160-2; 4. Michael Hoffman, WWU, 48.57 - 159-4; 5. Gabe Holland, UAA, 47.35 - 155-4; 6. Grant Miller, NNU, 47.14 - 154-8; 7. Nelson Westlin, WWU, 46.59 - 152-10; 8. Greg Cruise, WOU, 46.11 - 151-3; 9. Dylan Boone, SMU, 44.15 - 144-10; 10. Mike Jensen, CWU, 43.62 - 143-1; 11. Daniel Ramirez, CWU, 43.36 - 142-3; 12. Samuel Chue, WWU, 43.22 - 141-9; 13. Eric Holstrom, CWU, 41.26 - 135-4; 14. Jesse Korb, NNU, 41.23 - 135-3; 15. Jacob Gilbert, WWU, 38.74 - 127-1.

High Jump - 1. Brennan Boyes, CWU, 2.01 - 6-7; 2. Lewis Meyers, CWU, 2.01 - 6-7; 3. Brandon Roddewig, CWU, 1.91 - 6-3 ¼; 4. Tommy Sheriff, CWU, and Ethan Meikle, CWU, 1.86 - 6-1 ¼; 6. Elrycc Berkman, WOU, 1.86 - 6-1 ¼; 7. Karsten Schick, WWU, 1.86 - 6-1 ¼; 8. Josh Larson, WWU, and Ryan Brown, WWU, 1.81 - 5-11 ¼. (No Height – Eric Gaines, WOU; Jason Caryl, CWU; Andrew Venema, CWU; Gabe Mendenhall, WOU; Bryan Beaty, NNU).

Long Jump - 1. David Registe, UAA, 7.47 - 24-6 ¼; 2. Kyle Lane, WOU, 6.92 - 22-8 ½; 3. Manny Melo, CWU, 6.80 - 22-3 ¾; 4. Dennis Nicolas, SFU, 6.72 - 22-0 ¾; 5. Jake Hyde, WOU, 6.70 - 21-11 ¾; 6. Mickey Mukai, WWU, 6.61 - 21-8 ¼; 7. Devin Bennett, CWU, 6.58 - 21-7 ¼; 8. Sakae Kamagata, CWU, 6.47 - 21-2 ¾; 9. Jason Caryl, CWU, 6.43 - 21-1 ¼; 10. Sviatoslav Moldanov, SFU, 6.35 - 20-10; 11. Tim Clendaniel, WWU, 6.21 - 20-4 ½; 12. Eric Gaines, WOU, 6.19 - 20-3 ¾; 13. James Cho, CWU, 6.05 - 19-10 ¼; 14. Scott Hunter, CWU, 5.88 - 19-3 ½; 15. Brandon Roddewig, CWU, 5.83 - 19-1 ½; 16. Shae Stein, MSUB, 5.72 - 18-9 ¼.

Decathlon (May 2-3 at Nampa) – 1. Nate Johnson, SPU, 6373; 2. Jason Caryl, CWU, 6234; 3. Brandon Roddewig, CWU, 6225; 4. Andy Loscutt, WOU, 6224; 5. Eric Gaines, WOU, 5892; 6. Tim Clendaniel, WWU, 5805; 7. Scott Hunter, CWU, 5728; 8. Jake Hyde, WOU, 5661; 9. Wyatt Morgan, UAA, 5573; 10. Thomas Steinke, CWU, 5477; 11. Andrew Venema, CWU, 5442; 12. Michael Stralser, WWU, 5241; 13. Tim Greene, NNU, 5066; 14. Brock Steingruber, MSUB, 5007; 15. Stuart Montgomery, NNU, 4985; 16. Derek Hartwigsen, WWU, 4914.

Day 1 Results: 100 – Hyde 11.57, Caryl 11.85, Clendaniel 11.87, Johnson 11.89, Loscutt 11.95, Greene 11.98, Stralser 12.17, Roddewig 12.27, Gaines 12.30, Hartwigsen 12.35, Venema 12.36, Hunter 12.49, Steinke 12.50, Morgan 12.65, Steingruber 12.76, Montgomery 13.01. Long Jump – Hyde 6.87 – 22-6 ½, Caryl 6.66 – 21-10 ¼, Gaines 6.52 – 21-4 ¾, Clendaniel 6.52 – 21-4 ¾, Hunter 6.39 – 20-11 ¾, Roddewig 6.38 – 20-11 ¼, Loscutt 6.20 – 20-4 ¼, Johnson 6.20 – 20-4 ¼, Steinke 6.12 – 20-1, Steingruber 6.10 – 20-0 ¼, Venema 5.90 – 19-4 ¼, Greene 5.88 – 19-3 ½, Montgomery 5.87 – 19-3 ¼, Hartwigsen 5.86 - 19-2 ¾, Stralser 5.77 – 18-11 ¼, Morgan 5.64 – 18-6. Shot Put – Hyde 12.48 – 40-11 ½, Loscutt 12.00 – 39-4 ½, Hartwigsen 11.41 – 37-5 ¼, Greene 11.16 – 36-7 ½, Caryl 10.97 – 36-0, Johnson 10.86 – 35-7 ¾, Montgomery 10.77 – 35-4, Venema 10.68 – 35-0 ½, Roddewig 10.55 – 34-7 ½, Steinke 10.34 – 33-11 ¼, Clendaniel 10.17 – 33-4 ½, Gaines 10.14 – 33-3 ¼, Morgan 9.30 – 30-6 ¼, Stralser 9.26 – 30-4 ¾, Hunter 9.00 – 29-6 ½, Steingruber 8.04 – 26-4 ½. High Jump – Roddewig 1.96 – 6-5, Caryl 1.84 – 6-0 ½, Venema 1.84 – 6-0 ½, Gaines 1.84 – 6-0 ½, Hunter 1.81 – 5-11 ¼, Loscutt 1.78 – 5-10, Johnson 1.78 – 5-10, Hyde 1.72 – 5-7 ¾, Steinke 1.72 – 5-7 ¾, Morgan 1.69 – 5-6 ½, Stralser 1.69 – 5-6 ½, Steingruber 1.69 – 5-6 ½, Clendaniel 1.66 – 5-5 ¼, Montgomery 1.60 – 5-3, Greene 1.57 – 5-1 ¾, Hartwigsen 1.54 – 5-0 ½. 400 – Gaines 51.17, Caryl 51.31, Loscutt 51.35, Hunter 51.46, Morgan 51.87, Hyde 52.15, Johnson 52.35, Greene 52.53, Venema 53.38, Stralser 53.67, Steingruber 53.97, Roddewig 54.40, Steinke 54.63, Clendaniel 54.75, Montgomery 54.94, Hartwigsen 57.29.

Day 2 Results: 110 Hurdles - Loscutt 15.50, Venema 15.51, Johnson 15.75, Roddewig 15.99, Clendaniel 16.35, Morgan 16.38, Steinke 16.41, Stralser 16.44, Caryl 16.64, Hyde 16.69, Gaines 17.03, Hunter 17.41, Greene 18.27, Montgomery 18.35, Steingruber 19.12, Hartwigsen 19.18. Discus - Johnson 36.70 - 120-5, Clendaniel 33.40 - 109-7, Hyde 33.22 - 109-0, Hartwigsen 31.91 - 104-8, Loscutt 31.90 - 104-8, Roddewig 31.44 - 103-2, Caryl 30.91 - 101-5, Gaines 29.50 - 96-9, Venema 29.19 - 95-9, Stralser 28.16 - 92-5, Hunter 28.01 - 91-11, Morgan 26.52 - 87-0, Greene 26.26 - 86-2, Montgomery 26.16 - 85-10, Steinke 24.59 - 80-8, Steingruber 19.81 - 65-0. Pole Vault - Roddewig 4.45 - 14-7 ¼, Hunter 4.45 - 14-7 ¼, Johnson 4.35 - 14-3 ¼, Clendaniel 4.25 - 13-11 ¼, Morgan 4.05 - 13-3 ½, Steinke 4.05 - 13-3 ½, Caryl 3.85 - 12-7 ½, Loscutt 3.85 - 12-7 ½, Stralser 3.65 - 11-11 ¾, Steingruber 3.65 - 11-11 ¾, Hartwigsen 3.45 - 11-3 ¾, Venema 3.35 - 10-11 ¾, Gaines 3.35 - 10-11 ¾, Montgomery 3.25 - 10-8, Hyde 3.05 - 10-0, Greene 2.55 - 8-4 ¼. Javelin - Roddewig 47.93 - 157-3, Steingruber 46.85 - 153-8, Johnson 46.09 - 151-2, Hartwigsen 46.03 - 151-0, Steinke 44.15 - 144-10, Caryl 42.44 - 139-3, Gaines 40.50 - 132-10, Clendaniel 39.97 - 131-2, Loscutt 39.11 - 128-4, Stralser 37.96 - 124-6, Montgomery 36.95 - 121-3, Wyatt 36.12 - 118-6, Greene 36.07 - 118-4, Hunter 35.80 - 117-5, Venema 29.05 - 95-4, Hyde 26.14 - 85-9. 1500 – Morgan 4:33.75, Gaines 4:34.95, Loscutt 4:42.07, Montgomery 4:42.17, Caryl 4:43.02, Greene 4:49.25, Johnson 4:51.79, Steingruber 4:54.86, Hunter 5:01.50, Roddewig 5:07.81, Venema 5:15.39, Clendaniel 5:19.45, Steinke 5:20.47, Hyde 5:24.56, Stralser 5:28.06, Hartwigsen 5:39.06.

Friday's Prelims:

100: Heat 1 (**Wind +1.0**) - 1. David Registe, UAA, 10.78; 2. Dennis Nicolas, SFU, 11.06; 3. Donovan McFadden, WOU, 11.11; 4. Bobby Alexander, WOU, 11.14; 5. James Cho, CWU, 11.22; 6. Micah Grounds, SPU, 11.28; 7. Cody Henderson, NNU, 11.48. Heat 2 (**Wind +0.9**) - 1. Alex Tilley, WWU, 10.98; 2. AJ Allen, UAA, 11.21; 3. Matt Seel, CWU, 11.31; 4. Edd Brown, SMU, 11.32; 5. Dustin Bratten, SPU, 11.43; Dustin Boyd, WOU, false-started.

200: Heat (**Wind -1.1**) - 1. Andrew Boss, SFU, 22.13; 2. Scott Morrison, CWU, 22.14; 3. Alex Tilley, WWU, 22.30; 4. Tyler Thomas, WOU, 22.62; 5. Micah Grounds, SPU, 22.96. Heat 2 (**Wind -0.3**) - 1. David Registe, UAA, 21.93; 2. Andrew Curtis, NNU, 22.03; 3. Matt Kaino, WOU, 22.40; 4. Josh Moore, WOU, 22.59; 5. Donovan McFadden, WOU, 23.03; 6. Kyle Fremd, CWU, 23.10.

400: Heat 1 - 1. Andrew Boss, SFU, 48.96; 2. Colin Alexander, CWU, 49.86; 3. Kyle Fremd, CWU, 50.14; 4. Dusty Duncan, SPU, 50.17; 5. Levi Sutton, UAA, 50.70; 6. Logan Mossey, MSUB, 51.48. Heat 2 - 1. Scott Morrison, CWU, 49.53; 2. Matt Kaino, WOU, 49.70; 3. Toby David, WWU, 50.01; 4. Brett Montrose, SFU, 50.09; 5. Tyler Thomas, WOU, 50.13; 6. Dan Hill, NNU, 51.11; 7. Bradley Truax, UAA, 52.12.

800: Heat 1 - 1. Alfred Kangogo, UAA, 1:52.12; 2. Matt Stark, NNU, 1:53.03; 3. Zach Massari, WOU, 1:53.40; 4. Nick Abraham, WWU, 1:53.49; 5. Billy Kiefer, UAA, 1:54.13; 6. Travis Vugteveen, SFU, 1:54.24; 7. Nathan Power, CWU, 1:54.76; 8. Joseph Patti, SMU, 1:54.91; 9. Thomas Hill, UAA, 1:56.82; 10. Tyson Vanderby, MSUB, 1:56.87. Heat 2 - 1. Ryan Hansen, WOU, 1:53.06; 2. Nathan Seeley, SPU, 1:53.17; 3. Kyle Larson, WOU, 1:53.55; 4. Connor Kasler, WOU, 1:53.59; 5. Dylan Hopper, WWU, 1:53.95; 6. Adam Reid, SFU, 1:54.89; 7. Chase Robinson, MSUB, 1:55.68; 8. Devon DeMoss, SMU, 1:56.02; 9. Braden Timpe, WWU, 1:56.24; 10. Yubai Liu, SFU, 1:58.34.

110 Hurdles: Heat 1 (**Wind +0.7**) - 1. Jordan Werner, WOU, 15.26; 2. Maurus Hope, NNU, 15.43; 3. Cory Okazaki, WWU, 15.46; 4. Nate Johnson, SPU, 15.60; 5. Darnell Harris, CWU, 15.74; 6. Brandon Roddewig, CWU, 15.93; 7. Wyatt Morgan, UAA, 16.18; 8. Kevin McCurdy, WOU, 16.45. Heat 2 (**Wind NWI**) - 1. Brett Campbell, WOU, 15.37; 2. Andrew Venema, CWU, 15.42; 3. Kody Rhodes, WOU, 15.48; 4. Andy Loscutoff, WOU, 15.54; 5. Karsten Schick, WWU, 16.03; 6. Travis Wilson, UAA, 16.04; 7. Reece Easterling, MSUB, 16.34; 8. Andrew Gray, WWU, 16.81.

400 Hurdles: Heat 1 - 1. Maurus Hope, NNU, 53.69; 2. Ryan Endresen, SPU, 54.30; 3. Andy Loscutoff, WOU, 55.39; 4. Kody Rhodes, WOU, 55.71; 5. Travis Wilson, UAA, 57.02; 6. Wyatt Morgan, UAA, 57.25; 7. Karsten Schick, WWU, 58.26. Heat 2 - 1. Shaun Ward, UAA, 53.04; 2. Kevin McCurdy, WOU, 55.31; 3. Phillip Villanueva, WWU, 55.86; 4. Gabriel Morales, WWU, 56.00; 5. Lewis Polkow, MSUB, 56.36; 6. Cory Okazaki, WWU, 57.15; 7. Colin Alexander, CWU, 59.27.

Women's Track & Field Championship Meets

2000 PacWest (May 6 at Monmouth)

Team Scores - Seattle Pacific 239, Western Oregon 149 1/2, Western Washington 90 1/2, Humboldt State 77, Central Washington 63, St. Martin's 16.
Outstanding Performer – Barbara Weaver, Humboldt State.

100 - 1. Lyndsey Stewart, SPU, 12.28; 2. Kiana Womack, WOU, 12.73; 3. Jawea Harder, SPU, 12.82; 4. Emily Porter, WOU, 12.83; 5. Kate Herber, WWU, 13.18.

200 - 1. Laura Widman, SPU, 25.41; 2. Cyrena Bell, SPU, 25.56; 3. Lyndsey Stewart, SPU, 25.64; 4. Kate Herber, WWU, 26.89; 5. Heather Creech, WOU, 27.20.

400 - 1. Sarah Kraybill, SPU, 56.00; 2. Cyrena Bell, SPU, 57.69; 3. Alisa Worley, WOU, 1:00.76; 4. Tess Wolken, WWU, 1:02.60; 5. Kara Cozby, WOU, 1:04.17.

800 - 1. Rachel Ross, SPU, 2:12.56; 2. Alicen Maier, CWU, 2:12.87; 3. Megan Clancy, WWU, 2:14.25; 4. Ellie Fortin, CWU, 2:16.41; 5. Crystal Johnson, HSU, 2:21.34; 6. Meredith Gomes, WWU, 2:22.24; 7. Erinn Nickels, CWU, 2:24.15; 8. Jennifer Houk, SMC, 2:34.60.

1500 - 1. Rachel Ross, SPU, 4:41.72; 2. Christie Goering, SPU, 4:42.48; 3. Linsy Nickels, CWU, 4:56.14; 4. Kristal Hoover, WWU, 5:01.70; 5. Danielle Jacobs, HSU, 5:02.24; 6. Tammy Hunt, HSU, 5:03.12; 7. Teresa Herron, WWU, 5:09.24; 8. Jill Hall, WWU, 5:13.33..

3000 - 1. Sarah Forrey, CWU, 10:20.60; 2. Christie Goering, SPU, 10:20.77; 3. Heather Wallace, SPU, 10:30.46; 4. Ellie Enos, WOU, 10:43.48; 5. Molly Alles, HSU, 10:57.21; 6. Danielle Jacobs, HSU, 11:03.52; 7. Tammy Hunt, HSU, 11:09.89; 8. Tarell Muscutt, WWU, 11:21.55.

5000 - 1. Amy Forrey, CWU, 17:57.43; 2. Abby Bielenberg, CWU, 18:03.34; 3. Nicole Seana, SPU, 18:05.24; 4. Leia Liambastiani, HSU, 19:11.36; 5. Tarell Muscutt, WWU, 19:13.81; 6. Jenni Gordon, WWU, 19:22.90; 7. Nina Laurinoli, WWU, 20:10.63; 8. Becky Dalrymple, SMC, 20:31.85.

10,000 - 1. Leia Giambastiani, HSU, 38:41.35; 2. Jennifer Cochran, HSU, 38:48.91; 3. Susan Reese, WOU, 39:21.77; 4. Jaime Tuchscherer, CWU, 39:53.02; 5. Krissi Mathers, CWU, 40:02.94; 6. Ruth Hawkinson, SPU, 40:04.23; 7. Rebecca Tripp, CWU, 40:10.85; 8. Rachae Probat, SPU, 40:18.76.

100 Hurdles - 1. Jennifer Pyeatt, SPU, 14.45; 2. Laura Widman, SPU, 14.93; 3. Kate Herber, WWU, 15.22; 4. Sarah Hiss, WWU, 15.53; 5. Linda Schill, SPU, 15.62; 6. Chris Jensen, WOU, 15.81; 7. Anjii Hanson, HSU, 16.94; 8. Ellie Fortin, CWU, 17.27.

400 Hurdles - 1. Jennifer Pyeatt, SPU, 1:00.96; 2. Chris Jensen, WOU, 1:01.19; 3. Karen Summers, SPU, 1:02.45; 4. Jawea Harder, SPU, 1:03.53; 5. Jen Lieta, WWU, 1:04.52; 6. Anjii Hanson, HSU, 1:06.56; 7. Tess Wolken, WWU, 1:09.82; 8. Carrie Wales, WOU, 1:10.54.

4x100 Relay - 1. Seattle Pacific (Karen Summers, Jawea Harder, Lindsay Stewart, Cyrena Bell) 47.86; 2. Western Oregon 49.61; 3. Western Washington 50.46; 4. Humboldt State 51.51.

4x400 Relay - 1. Seattle Pacific (Karen Summers, Lindsay Stewart, Cyrena Bell, Sarah Kraybill) 3:49.08, 2. Western Washington 4:03.40.

High Jump - 1. Laura Widman, SPU, 5-5 1/4; 2. Abby Harris, SPU, 5-3 1/4; 3. Amy Cowden, SPU, 5-3 1/4; 4. Katherine Cook, WOU, 4-11 1/2; 5. Charlene Postlewait, WOU, 4-9 1/2.

Pole Vault - 1. Jennifer Ruff, HSU, 11-0 1/4; 2. Tara Haga, WOU, 10-6; 3. Danielle Juarez, WWU, 10-0; 4. Katie Henes, WOU, 10-0; 5. Alena Schlumpf, SPU, 9-6 1/4; 6. Katey Pohlschneider, WOU and Amanda Schola, WWU, 9-6 1/4; 8. Jordan Crossfield, WWU, 9-6 1/4.

Long Jump - 1. Laura Widman, SPU, 18-8 1/2; 2. Morgan Ranta, SPU, 18-8; 3. Natalie Dorow, SPU, 17-11; 4. Shelley Comstock, WOU, 17-5 1/2; 5. Sarah Hiss, WWU, 16-11 1/4; 6. Jennufer Ruff, HSU, 16-8; 7. Charlene Postlewait, WOU, 16-6 1/2; 8. Holly Conrad, WOU, 16-5 1/4.

Triple Jump - 1. Natalie Dorow, SPU, 37-11 1/4; 2. Sarah Hiss, WWU, 37-2 1/4; 3. Shelley Comstock, WOU, 34-7; 4. Morgan Ranta, SPU, 34-2 3/4; 5. Karrina Newsom, SPU, 32-5 1/2.

Shot Put - 1. Barbara Weaver, HSU, 44-10 1/4; 2. Julie Mattson, SMC, 41-3 3/4; 3. Laura Widman, SPU, 40-11 3/4; 4. Holly Conrad, WOU, 40-9 1/2; 5. Dorothy Kerr, WOU, 39-6 1/2; 6. Suzanne Marsh, CWU, 37-5 1/4; 7. Shalese Borden, WOU, 36-6 3/4; 8. Heidi Roland, WWU, 35-10 3/4.

Discus - 1. Barbara Weaver, HSU, 128-6; 2. Megan Wright, WWU, 120-10; 3. Dorothy Kerr, WOU, 116-11; 4. Heidi Roland, WWU, 114-0; 5. Shalese Borden, WOU, 112-1; 6. Kate Jackson, WOU, 100-4; 7. Colleen O'Sullivan, HSU, 97-3; 8. Amanda Evey, WOU, 95-5.

Hammer - 1. Barbara Weaver, HSU, 159-1; 2. Kate Jackson, WOU, 153-8; 3. Candace Ekhooff, WOU, 151-9; 4. Dorothy Kerr, WOU, 138-11; 5. Gretchen Stephens, WOU, 136-6; 6. Jennifer Dunkin, WOU, 132-6; 7. Amanda Evey, WOU, 125-9; 8. Colleen O'Sullivan, HSU, 120-2.

Javelin - 1. Kellie Kathman, WOU, 142-5; 2. Julie Mattson, SMC, 129-3; 3. Holly Conrad, WOU, 128-1; 4. Sarah Lind, CWU, 126-8; 5. Becky Lewis, WWU, 123-9; 6. Kate Droz, HSU, 121-5; 7. Christine Luders, WWU, 117-1; 8. Laura Widman, SPU, 114-5.

Hepathlon (Apr. 27-28) - 1. Sarah Hiss, WWU, 4604; 2. Holly Conrad, WOU, 3964; 3. Ellie Fortin, CWU, 3709; 4. Charlene Postlewait, WOU, 3558; 5. Carrie Wales, WOU, 3353.

Day 1 Results: 100 Hurdles - Hiss 15.68, Wales 17.59, Conrad 17.74, Postlewait 17.67, Fortin 17.77. High Jump - Hiss 5-3 3/4 - 1.62, Conrad 5-0 1/4 - 1.53, Postlewait 4-8 1/2 - 1.44, Wales 4-7 1/2 - 1.41, Fortin 4-1 1/2 - 1.26. Shot Put - Conrad 39-11 1/4 - 12.17, Postlewait 30-10 3/4 - 9.42, Hiss 30-1 1/4 - 9.18, Fortin 30-1 - 9.17, Wales 26-9 1/2 - 8.17. 200 - Hiss 27.35, Fortin 27.80, Postlewait 29.67, Wales 30.08, Conrad 30.65.

Day 2 Restuls: Long Jump - Hiss 18-3 1/4 - 5.57, Conrad 17-2 1/4 - 5.24, Postlewait 17-2 1/4 - 5.24, Fortin 15-2 - 4.62, Wales 14-7 3/4 - 4.47. Javelin - Conrad 131-10 - 40.20, Hiss 104-11 - 32.00, Fortin 104-0 - 31.70, Wales 94-8 3/4 - 28.88, Postlewait 89-10 1/2 - 27.40. 800 - Fortin 2:26.48, Hiss 2:29.64, Wales 2:43.38, Postlewait 2:53.32, Conrad 2:57.75.

2001 PacWest (May 5 at Monmouth)

Team Scores – Seattle Pacific 240, Western Oregon 124, Central Washington 88, Western Washington 84, Northwest Nazarene 77, Humboldt State 56, Saint Martin's 12. **Outstanding Performer** – Stephanie Huffman, Seattle Pacific.

100 - 1. Karen Summers, SPU, 12.36; 2. Emily Porter, WOU, 12.39; 3. Melissa Behrens, WWU, 12.54; 4. Jody Binder, CWU, 12.55; 5. Kiana Womack, WOU, 12.66; 6. Lindsay Stewart, SPU, 12.72; 7. Dania Swosinski, WWU, 12.86; 8. Melissa Proctor, NNU, 13.04; 9. Heather Creech, WOU, 13.23; 10. Kathy Gellatly, WOU, 13.39; 11. Allison DeGracia, CWU, 13.39; 12. Lindsey Hagen, WWU, 13.41; 13. Rachael Schwartz, CWU, 13.64; 14. Brianne Dolan, WWU, 13.89; 15. Tyreasha Stevenson, HSU, 14.02.

200 – 1. Cyrena Bell, SPU, 25.19; 2. Karen Summers, SPU, 25.67; 3. Jody Binder, CWU, 25.68; 4. Emily Porter, WOU, 25.97; 5. Lindsay Stewart, SPU, 26.10; 6. Melissa Proctor, NNU, 26.16; 7. Laura Ellingson, WWU, 26.21; 8. Dania Swosinski, WWU, 26.36; 9. Stephanie Huffman, SPU, 26.81; 10. Heather Creech, WOU, 27.37; 11. Kathy Gellatly, WOU, 27.73; 12. Meredith Lisk, WWU, 27.82; 13. Lindsey Hagen, WWU, 27.83; 14. Jennifer Anderson, CWU, 28.53; 15. Brianne Dolan, WWU, 29.18.

400 – 1. Cyrena Bell, SPU, 57.79; 2. Laura Ellingson, WWU, 58.11; 3. Leah Villegas, CWU, 59.55; 4. Alisa Worley, WOU, 59.82; 5. Bethany Dwello, NNU, 1:01.56; 6. Lupe Perez, WWU, 1:01.72; 7. Jennifer Anderson, CWU, 1:02.30.

800 – 1. Rachel Ross, SPU, 2:13.24; 2. Theresa Lane, WOU, 2:18.13; 3. Alicen Maier, CWU, 2:18.20; 4. Sarah Kraybill, SPU, 2:18.26; 5. Meredith Gomes, WWU, 2:19.81; 6. Ann-Marie Wiggins, NNU, 2:22.21; 7. Kristi Lund, NNU, 2:22.81; 8. Jennifer Houk, SMC, 2:25.29; 9. Tracey Fischer, CWU, 2:32.27.

1500 – 1. Rachel Ross, SPU, 4:35.84; 2. Sarah Forrey, CWU, 4:44.08; 3. Christie Goering, SPU, 4:44.14; 4. Marta Bednarczyk, WWU, 4:52.64; 5. Ann-Marie Wiggins, NNU, 4:55.79; 6. Annie McCabe, SPU, 4:55.86; 7. Dana Cantrell, SPU, 4:56.65; 8. Adrienne Sherred, WWU, 4:58.98; 9. Tammy Hunt, HSU, 5:03.18; 10. Tracey Fischer, CWU, 5:05.29; 11. Amanda Hall, WWU, 5:14.12.

3000 – 1. Sarah Forrey, CWU, 10:21.84; 2. Amy Forrey, CWU, 10:24.13; 3. Abby Bielenberg, CWU, 10:27.96; 4. Dana Cantrell, SPU, 10:45.53; 5. Nina Laurinolli, WWU, 10:48.67; 6. Ruth Hawkinson, SPU, 10:50.56; 7. Tammy Hunt, HSU, 10:50.65; 8. Meyoung Blum, UAA, 10:54.46; 9. Annie McCabe, SPU, 11:00.15; 10. Jennifer Houk, SMC, 11:41.79.

5000 – 1. Amy Forrey, CWU, 17:43.27; 2. Jamie Witt, SPU, 18:31.76; 3. Ruth Hawkinson, SPU, 18:36.33; 4. Becky Mello, HSU, 19:00.43; 5. Tarell Muscott, WWU, 19:09.25; 6. Erica Madison, NNU, 19:09.99; 7. Lisa Pearl, WWU, 19:14.12; 8. Tiffany Picinich, CWU, 19:46.05.

10,000 – 1. Becky Mello, HSU, 39:11.25; 2. Kristy Bjork, SPU, 39:49.30; 3. Lisseth Lorelli-Qualls, NNU, 40:46.00; 4. Hailey Armstrong, SPU, 41:27.80; 5. Jana Harris, NNU, 42:10.50; 6. Kaylee Bulyca, CWU, 42:39.30; 7. Amelia Kinney, WOU, 43:35.50.

100 Hurdles – 1. Kate Herber, WWU, 14.59; 2. Stephanie Huffman, SPU, 15.00; 3. Karen Summers, SPU, 15.00; 4. Jawaea Harder, SPU, 15.55; 5. Annie Peters, WOU, 15.75; 6. Katherine Cook, WOU, 15.75; 7. Sara Cunningham, HSU, 15.87; 8. Natalie Svenvold, WWU, 16.04; 9. Tiffany Prinslow, WOU, 16.14; 10. Lindsay Glaze, NNU, 16.65; 11. Carrie Wales, WOU, 16.81; 12. Kathy Gellatly, WOU, 17.45; 13. Meredith Lisk, HSU, 18.64.

400 Hurdles – 1. Karen Summers, SPU, 1:02.04; 2. Cassie Moorhouse, WOU, 1:02.27; 3. Mary Glaze, NNU, 1:05.32; 4. Jawaea Harder, SPU, 1:05.80; 5. Lindsay Glaze, NNU, 1:05.97; 6. Kate Herber, WWU, 1:07.23; 7. Natalie Svenvold, WWU, 1:07.82; 8. Allison DeGracia, CWU, 1:13.41.

Steeplechase – 1. Emily Thomas, SMC, 11:38.46; 2. Erinn Nickels, CWU, 11:47.83; 3. Nina Laurinolli, WWU, 11:51.96; 4. Linsy Nickels, CWU, 11:52.28; 5. Becky Dalrymple, SMC, 12:32.79; 6. Lynn Gurney, WOU, 12:37.18.

4x100 Relay – 1. Seattle Pacific (Lindsay Stewart, Jawaea Harder, Karen Summers, Cyrena Bell) 47.90; 2. Western Oregon (Porter, Womack, Worley, Comstock) 48.55; 3. Western Washington (Herber, Behrens, Swosinski, Ellingson) 49.15; 4. Northwest Nazarene 51.13; 5. Central Washington 51.31; 6. Humboldt State 52.43.

4x400 Relay – 1. Seattle Pacific (Cyrena Bell, Rachel Ross, Sarah Kraybill, Karen Summers) 3:50.79; 2. Western Oregon (Worley, Lane, Majors, Moorhouse) 3:59.11; 3. Northwest Nazarene (M. Glaze, L. Glaze, Proctor, Lund) 4:01.05; 4. Western Washington 4:04.12; 5. Central Washington 4:08.37.

High Jump – 1. Natalie Svenvold, WWU, 5-5 (1.65); 2. Stephanie Huffman, SPU, 5-3 (1.60); 3. Jenoa Potter, CWU, and Amy Cowden, SPU, 5-3 (1.60); 5. Abby Harris, SPU, 5-1 (1.55); 6. Holly Conrad, WOU, 5-1 (1.55); 7. Erin Hellberg, NNU, 4-11 (1.50); 8. Mary Majors, WOU, 4-11 (1.50); 9. Katherine Cook, WOU, 4-11 (1.50).

Pole Vault – 1. Danielle Juarez, WWU, 12-2 (3.71); 2. Allyson Studer, SPU, 12-2 (3.71); 3. Jennifer Ruff, HSU, 11-2 ¼ (3.41); 4. Katie Henes, WOU, 11-2 ¼ (3.41); 5. Sarah Windham, CWU, 10-8 ¼ (3.26); 6. Alina Lunsford, NNU, and Aubrey Metzger, NNU, 9-8 ½ (2.96); 8. Nina Dodge, WWU, and Lisa Smith, WOU, 9-2 ½ (2.81); 10. Haley Anderson, HSU, 9-2 ½ (2.81); 11. Rachael Schwartz, CWU, 9-2 ½ (2.81); 12. Kira Langnese, WOU, 8-2 ¾ (2.51).

Long Jump – 1. Stephanie Huffman, SPU, 17-9 (5.41); 2. Morgan Ranta, SPU, 17-7 ½ (5.37); 3. Amy Cowden, SPU, 17-3 ½ (5.27); 4. Gail Keeley, WOU, 17-3 ½ (5.27); 5. Shelley Comstock, WOU, 16-6 ½ (5.04); 6. Jennifer Ruff, HSU, 16-4 ½ (4.99); 7. Natalie Dorow, SPU, 16-3 ¾ (4.97); 8. Annie Peters, WOU, 15-8 3/4

(4.79); 9. Sara Cunningham, HSU, 15-6 (4.72); 10. Amber Rose, SPU, 15-2 ¼ (4.63); 11. Cameil Hart, HSU, 14-8 ½ (4.48); 12. Mary Glaze, NNU, 14-6 ½ (4.43); 13. Michelle Graham, SMC, 13-6 ¾ (4.13).

Triple Jump – 1. Natalie Dorow, SPU, 38-2 (11.63); 2. Gail Keeley, WOU, 37-3 ¼ (11.36); 3. Shelley Comstock, WOU, 36-7 1.2 (11.16); 4. Morgan Ranta, SPU, 36-6 ¼ (11.13); 5. Amber Rose, SPU, 36-3 ½ (11.06); 6. Annie Peters, WOU, 35-9 ½ (10.91); 7. Tyreesha Stevenson, HSU, 35-8 (10.87); 8. Amy Cowden, SPU, 34-0 ¼ (10.37); 9. Erin Hellberg, NNU, 32-1 (9.78); 10. Sarah Windham, CWU, 31-2 (9.50); 11. Cameil Hart, HSU, 29-10 ¼ (9.11).

Shot Put – 1. Dionna Anderson, SPU, 41-3 ¼ (12.58); 2. Peni Vaefaga, HSU, 40-11 ¼ (12.49); 3. Maryann McDonald, NNU, 40-2 ¾ (12.26); 4. Holly Conrad, WOU, 39-7 ¼ (12.07); 5. Celeste Hill, WWU, 39-0 ½ (11.90); 6. Dorothy Kerr, WOU, 38-5 (11.71); 7. Shalese Borden, WOU, 38-0 (11.58); 8. Suzanne Marsh, CWU, 36-2 (11.02); 9. Suzanne Marsh, CWU, 36-2 (11.02); 9. Heather Doncaster, NNU, 36-0 ¾ (10.99); 10. Lorna DeFreest, WOU, 35-9 ¼ (10.90); 11. Brianne Barrett, WWU, 35-5 ¾ (10.81); 12. Kessa Volland, WWU, 35-3 (10.74); 13. Renee Rakestraw, HSU, 34-11 ¾ (10.66); 14. Janine Dickey, HSU, 34-10 ¼; 15. Brenna Lee, WWU, 34-0 ¼ (10.37); 16. Heidi Roland, WWU, 30-4 ¾ (9.26).

Discus – 1. Peni Vaefaga, HSU, 132-6 (40.38); 2. Kristi Lund, NNU, 128-5 (39.14); 3. Kristina Romero, NNU, 126-6 (38.56); 4. Maryann McDonald, NNU, 123-7 (37.66); 5. Lauren Kooy, SPU, 122-3 (37.26); 6. Heather Doncaster, NNU, 121-2 (36.94); 7. Celeste Hill, WWU, 120-7 (36.76); 8. Dorothy Kerr, WOU, 113-8 (34.64); 9. Rebekah Ackermann, CWU, 110-1 (33.56); 10. Kessa Volland, WWU, 108-6 (33.08); 11. Heidi Roland, WWU, 106-6 (32.46); 12. Renee Rakestraw, HSU, 106-3 (32.38); 13. Brianne Barrett, WWU, 106-0 (32.32); 14. Janine Dickey, HSU, 105-10 (32.26); 15. Shalese Borden, WOU, 104-2 (31.76); 16. Mariah O'Neil, SMC, 102-7 (31.28).

Hammer – 1. Jennifer Dunkin, WOU, 159-10 (48.72); 2. Kristina Romero, NNU, 156-9 (47.78); 3. Lorna DeFreest, WOU, 139-11 (42.66); 4. Peni Vaefaga, HSU, 139-7 (42.56); 5. Dorothy Kerr, WOU, 139-6 (42.52); 6. Amanda Evey, WOU, 138-8 (42.26); 7. Maryann McDonald, NNU, 137-10 (42.02); 8. Shalese Borden, WOU, 136-7 (41.64); 9. Renee Rakestraw, HSU, 120-6 (36.74); 10. Marianne Scott, WWU, 117-6 (35.82); 11. Janine Dickey, HSU, 115-0 (35.06); 12. Andrea Laub, WWU, 114-7 (34.94); 13. Cecece Hinajosa, HSU, 102-6 (31.24).

Javelin – 1. Stephanie Huffman, SPU, 151-4 (46.12); 2. Kate Droz, HSU, 143-1 (43.62); 3. Holly Conrad, WOU, 141-4 (43.08); 4. Kellie Kathman, WOU, 141-0 (42.98); 5. Brenna Lee, WWU, 131-3 (40.02); 6. Becky Lewis, WWU, 123-2 (37.54); 7. Melanie Simmons, NNU, 120-8 (36.78); 8. Janine Dickey, HSU, 118-9 (36.20); 9. Mariah O'Neil, SMC, 115-4 (35.16); 10. Andrea Marston, WWU, 103-11 (31.68); 11. Suzanne Marsh, CWU, 101-3 (30.86); 12. Lauren Kooy, SPU, 101-2 (30.84).

Hepathlon (Apr. 26-27) – 1. Mary Glaze, NNU, 4134; 2. Holly Conrad, WOU, 4095; 3. Natalie Svenvold, WWU, 3983; 4. Sara Cunningham, HSU, 3951; 5. Carrie Wales, WOU, 3347; 6. Julya Steyh, WWU, 1866.

Day 1 Results: 100 Hurdles - Cunningham 16.37, Svenvold 16.50, Glaze 16.67, Conrad 17.22, Wales 17.31, Steyh 20.07. High Jump – Svenvold 1.62, Conrad 1.62, Cunningham 1.47, Glaze 1.41, Wales 1.38, Steyh no height. Shot Put – Conrad 12.26, Glaze 9.73, Wales 8.83, Svenvold 8.75, Cunningham 8.33, Steyh 6.05. 200 – Svenvold 27.96, Glaze 28.13, Cunningham 28.45, Conrad 29.34, Wales 29.89, Steyh 31.55.

Day 2 Results: Long Jump - Cunningham 4.94 – 16-2 ¼, Glaze 4.91, Conrad 4.87, Svenvold 4.73, Wales 4.54, Steyh 4.03. Javelin – Conrad 38.24 – 125-5, Glaze 32.52, Wales 27.02, Cunningham 26.44, Svenvold 24.70, Steyh 17.46. 800 – Glaze 2:22.89, Cunningham 2:27.52, Svenvold 2:35.59, Wales 2:47.19, Conrad 2:56.48, Steyh 3:00.59.

2002 GNAC (May 4 at Bellingham)

Team Scores- Seattle Pacific 226, Western Oregon 194 ½, Western Washington 127, Central Washington 111, Humboldt State 85, Northwest Nazarene 51 ½, Seattle 22, Saint Martin's 11, Alaska Anchorage 4. **Outstanding Performer** – Stephanie Huffman, Seattle Pacific.

100 – 1. Jody Binder, CWU, 12.0; 2. Melissa Behrens, WWU, 12.1; 3. Davina Strauss, CWU, 12.3; 4. Jawaea Harder, SPU, 12.3; 5. Shelley Comstock, WOU, 12.4; 6. Alison DeGracia, CWU, 12.7; 7. Emily Porter, WOU, 12.8; Bekah Bowman, NNU, 12.8; and Kate Herber, WWU, 12.8; 10. Christina Lashbrook 13.0 (**Wind:** +1.40).

200 – 1. Dania Swosinski, WWU, 25.30; 2. Jody Binder, CWU, 25.30; 3. Carrie Bronson, HSU, 25.86; 4. Melissa Behrens, WWU, 26.07; 5. Leah Wiest, SPU, 26.07; 6. Monica Smith, WOU, 26.07; 7. Toni Adair, WOU, 26.19; 8. Lindsey Stewart, SPU, 26.37; 9. Bekah Bowman, NNU, 26.82; 10. LeAnne Evans, WWU, 26.95; 11. Natalie Svenvold, 27.12; 12. Christina Lashbrook, 27.25; 13. Kate Herber, WWU, 27.39; 14. Kathy Zehrbach, HSU, 27.45; 15. Kathy Gellatly, Wou, 27.65. (**Wind:** -1.10).

400 – 1. Dania Swosinski, WWU, 57.66; 2. Toni Adair, WOU, 58.56; 3. Lindsey Stewart, SPU, 59.26; 4. Alisa Long, WOU, 1:00.32; 5. Carrie Bronson, HSU, 1:00.83; 6. Jessica Opersteny, WWU, 1:00.95; 7. Wendy Lautner, HSU, 1:01.63; 8. Kristi Lund, NNU, 1:01.93; 9. Emily Weyers, SPU, 1:02.28; 10. Holly Bueb, SU, 1:02.68; 11. Lacey Lyon, CWU, 1:04.48; 12. Heather Esposito, NNU, 1:04.50.

800 - 1. Sarah Kraybill, SPU, 2:12.92; 2. Rachel Ross, SPU, 2:13.65; 3. Nikki Hodgson, HSU, 2:19.46; 4. Theresa Lane, WOU, 2:22.06; 5. Meredith Gomes, WWU, 2:22.89; 6. Emily Ferguson, SU, 2:23.33; 7. Crystal Johnson, HSU, 2:23.56; 8. Mindy Noble, WWU, 2:25.23; 9. Candice Owen, SPU, 2:25.30; 10. Josie Lavin, SPU, 2:27.7; 11. Jen Houk, SMC, 2:28.30; 12. Holly Bueb, SU, 2:31.77; 13. Erika Olson, CWU, 2:36.67.

1500 – 1. Alicen Maier, CWU, 4:31.84; 2. Rachel Ross, SPU, 4:32.08; 3. Josie Lavin, SPU, 4:47.36; 4. Kelly Fullerton, SU, 4:47.96; 5. Ann-Marie Wiggins, NNU, 4:54.06; 6. Tina Stimson, WWU, 4:55.27; 7. Danielle Jacobs, HSU, 4:55.40; 8. Lindy Mullen, CWU, 4:55.50; 9. Candice Owens, SPU, 4:58.67; 10. Jen Houk, SMC, 5:20.66.

3000 - 1. Alicen Maier, CWU, 10:06.86; 2. Kari Gosnell, HSU, 10:25.18; 3. Kelly Fullerton, SU, 10:35.85; 4. Dolores Bergmann, HSU, 10:35.85; 5. Ann-Marie Wiggins, NNU, 10:37.92; 6. Ellie Enos, WOU, 10:38.21; 7. Dawnita LiaBraaten, CWU, 10:42.43; 8. Danielle Jacobs, HSU, 10:43.16; 9. Tammy Hunt, HSU, 10:46.60; 10. Tiffany Picinich, CWU, 10:53.97; 11. Stephanie Stine, CWU, 11:00.91; 12. Kylee Wells, WOU, 11:08.99; 13. Ruth Hawkinson, SPU, 11:19.13.

5000 - 1. Katie Gosnell, HSU, 17:35.03; 2. Ashlee Vincent, WWU, 17:53.54; 3. Dolores Bergmann, HSU, 18:03.52; 4. Tiffany Picinich, CWU, 18:17.20; 5. Stacy Edwards, UAA, 18:24.78; 6. Kylee Wells, WOU, 18:28.68; 7. Ruth Hawkinson, SPU, 19:03.05; 8. Ann McCanick, SMC, 19:05.02; 9. Tarell Muscott, WWU, 19:05.92; 10. Kristin Haas, WWU, 19:19.63; 11. Beth Rosapepe, WWU, 19:22.80; 12. Carolyn Morris, WWU, 19:29.91; 13. Tara Matthews, SU, 19:41.65.

10,000 – 1. Ellie Enos, WOU, 37:31.43; 2. Rachael Wiseman, HSU, 38:25.89; 3. Susan Young, NNU, 39:13.57; 4. Sarah Block, WOU, 40:22.34; 5. Amelia Kinney, WOU, 40:33.05; 6. Kelly Smith, HSU, 42:41.77.

100 Hurdles – 1. Kate Herber, WWU, 15.06; 2. Jennifer Pyeatt, SPU, 15.26; 3. Natalie Svenvold, WWU, 15.43; 4. Cassie Moorhouse, WOU, 15.49; 5. Stephanie Huffman, SPU, 15.59; 6. Catherine Cook, WOU, 15.85; 7. Leah Wiest, SPU, 16.29; 8. Laura Widman, SPU, 16.29; 9. LeAnne Evans, WWU, 16.37; 10. Kathy Gellatly, WOU, 16.95. (**Wind**: -0.40).

400 Hurdles – 1. Jawea Harder, SPU, 1:02.43; 2. Cassie Moorhouse, WOU, 1:03.95; 3. Jennifer Pyeatt, SPU, 1:07.00; 4. Laura Burch, WWU, 1:07.64; 5. Laura Winterhalter, HSU, 1:08.47; 6. Jill Salmon, WOU, 1:08.51; 7. Brooke Little, SPU, 1:11.15; 8. Lindsay Glaze, NNU, 1:11.89; 9. Carrie Wales, WOU, 1:12.88; 10. Kara Richard, SPU, 1:15.62.

3000 Steeplechase – 1. Jill Salmon, WOU, 11:24.6; 2. Kara Richard, SPU, 11:34.2; 3. Emily Thomas, SMC, 11:38.5.

4x100 Relay – 1. Central Washington (DeGracia, Strauss, Lashbrook, Binder) 48.78; 2. Western Oregon (Porter, Smith, Long, Comstock) 49.02; 3. Humboldt State (Winterhalter, Zehrbach, Lisk, Bronson) 49.38; 4. Seattle Pacific (Weyers, Ocampo, Harder, Wiest) 49.81; 5. Northwest Nazarene (Metzger, Lund, Esposito, Bowman) 52.62. (Western Washington was disqualified).

4x400 Relay – 1. Seattle Pacific (Harder, McClary, Kraybill, Ross) 3:56.37; 2. Western Oregon (Moorhouse, Long, Smith, Adair) 3:58.04; 3. Western Washington (Burch, Evans, Operstny, Swosinski) 3:59.70; 4. Central Washington (Binder, Strauss, Mullen, Maier) 4:00.84; 5. Humboldt State (Lautner, Lisk, Zehrbach, Bronson) 4:09.65; 6. Northwest Nazarene (Bowman, Glaze, Lund, Esposito) 4:19.52; 7. Seattle (Bueb, Ferguson, Mathews, Fullerton) 4:26.10; 8. Saint Martin's (McCanick, Dalrymple, Thomas, Houk) 4:37.41.

Pole Vault – 1. Danielle Juarez, WWU, 3.50 - 11-5 ¼; 2. Ally Studer, SPU, 3.50 - 11-5 ¾; 3. Theresa Mangahas, SU, 3.20 - 10-6; 4. Aubrey Metzger, NNU, 3.05 - 10-0; 5. Alina Lunsford, NNU, 2.90 - 9-6 ¼; and Amber Rose, SPU, 2.90 - 9-6 ¼; 7. Kira Langnese, WOU, 2.90 - 9-6 ¼; 8. Kelly Perez, WWU, 2.75 - 9-0 ¼; 9. Nina Dodge, WWU, 2.75 - 9-0 ¼; and Rachael Schwartz, CWU, 2.75 - 9-0 ¼.

Long Jump - 1. Stephanie Huffman, SPU, 5.51 - 18-1 (w - +0.40); 2. Davina Strauss, CWU, 5.46 - 17-11 (w - +0.30); 3. Laura Widman, SPU, 5.40 - 17-8 ½ (w - +0.50); 4. Shelley Comstock, WOU, 5.29 - 17-4 ¼ (w - +0.70); 5. Leah Wiest, SPU, 5.07 - 16-7 ½ (w - +0.10); 6. Morgan Ranta, SPU, 4.80 - 15-9 (w - +0.80); 7. Aubrey Metzger, NNU, 3.45 - 11-3 ¼ (w - -0.60).

Triple Jump - 1. Shelley Comstock, WOU, 11.39 - 37-4 ½ (w - +1.30); 2. Stephanie Huffman, SPU, 11.15 - 36-7 (w - +0.80); 3. Lea Tiger, CWU, 10.94 - 35-10 ¼ (w - +0.90); 4. Lacey Rasmussen, NNU, 10.74 - 35-3 (w - +1.10); 5. Julie Graham, CWU, 10.50 - 34-5 ½ (w - -0.20); 6. Danika Desclos, SMC, 10.42 - 34-2 ¼ (w - +1.20); 7. Aubrey Metzger, NNU, 10.01 - 32-10 ¼ (w - +2.70); 8. Amber Rose, SPU, 9.90 - 32-5 ¼ (w - +1.10).

High Jump - 1. Jenoa Potter, CWU, 1.64 - 5-4 ½; 2. Stephanie Huffman, SPU, 1.64 - 5-4 ½; 3. Natalie Svenvold, WWU, 1.64 - 5-4 ½; 4. Monica Smith, WOU, 1.64 - 5-4 ½; 5. Laura Widman, SPU, 1.54 - 5-0 ½; 6. Liz Ryan, CWU, 1.54 - 5-0 ½; 7. Holly Conrad, WOU, 1.49 - 4-10 ½; and Lea Tiger, CWU, 1.49 - 4-10 ½; 9. Lindsay Glaze, NNU, 1.44 - 4-8 ¾; and Mary Majors, WOU, 1.44 - 4-8 ¾.

Discus - 1. Kristi Lund, NNU, 43.15 - 141-7; 2. Jaci Cederberg, WOU, 38.35 - 125-10; 3. Lauren Kooy, SPU, 38.26 - 125-6, 4; Dorothy Kerr, WOU, 37.79 - 124-0; 5. Megan Wright, WWU, 37.43 - 122-10; 6. Shalese Borden, WOU, 37.00 - 121-5; 7. Kristina MacCully, WWU, 33.67 - 110-5; 8. Stacey Hopkins, WWU, 33.27 - 109-2; 9. Christin McDowell, CWU, 33.24 - 109-1; 10. Kessa Volland, WWU, 21.65 - 103-10.

Shot Put - 1. Dionna Anderson, SPU, 13.55 - 44-5 ½; 2. Jennifer Pyeatt, SPU, 12.40 - 40-8 ¼; 3. Laura Widman, SPU, 12.16 - 39-10 ¾; 4. Holly Conrad, WOU, 11.91 - 39-1; 5. Shalese Borden, WOU, 11.53 - 37-10; 6. Dorothy Kerr, WOU, 11.50 - 37-8 ¾; 7. Kathy Zehrbach, HSU, 11.31 - 37-1 ¼; 8. Brianne Barrett, WWU, 11.17 - 36-7 ¾; 9. Leah Wiest, SPU, 11.16 - 36-7 ½; 10. Lauren Kooy, SPU, 10.72 - 35-2; 11. Tammy Carlson, WWU, 10.69 - 35-1; 12. Sarah Arendt, NNU, 10.63 - 34-10 ½; 13. Sarena Johnson, WWU, 10.34 - 33-11 ¼; 14. LeAnne Evans, WWU, 10.15 - 33-3 ¾.

Javelin - 1. Stephanie Huffman, SPU, 45.21 - 148-4; 2. Holly Conrad, WOU, 44.22 - 145-1; 3. Kate Droz, HSU, 41.62 - 136-6; 4. Karie Pruet, CWU, 40.84 - 134-0; 5. Stacey Hopkins, WWU, 40.79 - 133-10; 6. Kira Langnese, WOU, 37.77 - 123-11; 7. Jaci Cederberg, WOU, 37.68 - 123-7; 8. Hailey Ruff, CWU, 37.53 - 123-1; 9. Mariah O'Neal, SMC, 36.56 - 119-11.

Hammer - 1. Jennifer Dunkin, WOU, 45.70 - 149-11; 2. Jaci Cederberg, WOU, 40.74 - 133-8; 3. Marianne Scott, WWU, 39.84 - 130-8; 4. Shalese Borden, WOU, 38.53 - 126-5; 5. Dorothy Kerr, WOU, 38.08 - 124-11; 6. Brianne Barrett, WWU, 35.02 - 114-11; 7. Christin McDowell, CWU, 34.10 - 111-10; 8. Rebeckah Ackermann, CWU, 31.03 - 101-10.

Heptathlon (Apr. 25-26 at Monmouth) - 1. Stephanie Huffman, SPU, 4867; 2. Laura Widman, SPU, 4658; 3. Leah Wiest, SPU, 4649; 4. LeAnne Evans, WWU, 4130; 5. Natalie Svenvold, WWU, 4094; 6. Holly Conrad, WOU, 3969; 7. Kathy Gellatly, WOU, 3504.

Day 1 Results: 100 Hurdles – Huffman 15.04 (w - +1.0), Svenvold 15.62 (w - -0.7), Wiest 16.02 (w - +1.0), Widman 16.05 (w - -0.7), Evans 16.11 (w - +1.0), Gellatly 16.99 (w - -0.7), Conrad 17.10 (w - +1.0). High Jump – Huffman 1.65 – 5-5, Svenvold 1.56 – 5-1 ¼, Widman 1.53 – 5-0 ¼, Conrad 1.50 – 4-11, Wiest 1.47 – 4-9 ¾, Evans 1.44 – 4-8 ¾, Gellatly 1.41 – 4-7 ½. Shot Put – Widman 11.87 – 38-11 ½, Conrad 11.81 – 38-9, Wiest 11.52 – 37-9 ½, Huffman 10.24 – 33-7 ¼, Evans 10.15 – 33-3 ¾, Svenvold 8.73 – 28-7 ¾, Gellatly 7.60 – 24-11 ¼. 200 – Wiest 25.75, Huffman 26.22, Widman 26.54, Svenvold 27.21, Evans 27.30, Gellatly 27.30, Conrad 29.96 (Wind – 0.0).

Day 2 Results: Long Jump – Widman 5.50 (w-+3.7), Huffman 5.47 (w-+2.0), Wiest 5.18 (w-+4.5), Svenvold 4.79 (w-+2.3), Evans 4.63 (w-+2.4), Conrad 4.69 (w-+3.8), Gellatly 4.28 (w-+2.4). Javelin – Conrad 42.64 – 139-11, Huffman 40.26 – 132-1, Widman 32.20 – 105-8, Evans 32.09 – 105-3, Wiest 31.18 – 102-3, Gellatly 29.30 – 96-1, Svenvold 28.32 – 92-11. 800 – Wiest 2:22.23, Widman 2:31.56, Evans 2:31.76, Svenvold 2:41.62, Huffman 2:41.89, Gellatly 2:47.99, Conrad 2:50.35.

2003 GNAC (May 3 at Ellensburg)

Team Scores – Western Oregon 210 ½, Seattle Pacific 207 ½, Western Washington 181, Central Washington 121 ½, Humboldt State 59, Northwest Nazarene 30 ½, Seattle 18, Alaska Anchorage 17, Saint Martin's 6. **Outstanding Performer** – Sarah Kraybill, Seattle Pacific.

100 – 1. Melissa Behrens, WWU, 12.28; 2. Jody Binder, CWU, 12.49; 3. Monica Smith, WOU, 12.63; 4. Jean Kolb, SPU, 12.64; 5. Rachel Tynan, CWU, 12.77; 6. April Elder, SMC, 12.86; 7. Rebekah Bowman, NNU, 12.91; 8. Joy Broussard, HSU, 12.93; 9. Kelsey Gleason, SPU, 12.96; 10. Megan Beith, WOU, 13.11; 11. Samantha Day, NNU, 13.16; 12. Kirsten Holt, WWU, 13.30; 13. Dorothy Andrews, HSU, 13.31. (**Wind:** Heat 1, 3.1; Heat 2, 3.2).

200 – 1. Dania Swosinski, WWU 25.45; 2. Melissa Behrens, WWU, 25.78; 3. Jody Binder, CWU, 25.89; 4. Meredith Lisk, HSU, 25.94; 5. Toni Adair, WOU, 26.09; 6. Ashley Rountree, CWU, 26.21; 7. Jean Kolb, SPU, 26.36; 8. Kristen Wiese, WOU, 26.46; 9. Teresa Schlafer, CWU, 26.61; 10. Rebekah Bowman, NNU, 27.18; 11. Rachel Tynan, CWU, 27.40; 12. Megan Beith, WOU, 27.43; 13. Dorothy Andrews, HSU, 27.82. (**Wind:** Heat 1, 4.0; Heat 2, 3.6).

400 – 1. Dania Swosinski, WWU, 57.88; 2. Sarah Kraybill, SPU, 57.98; 3. Toni Adair, WOU, 58.05; 4. Kristen Wiese, WOU, 1:00.10; 5. Jessica Gimness, CWU, 1:00.15; 6. Jackie McCall, WWU, 1:02.95; 7. Nena Dodge, WWU, 1:03.12.

800 – 1. Sarah Kraybill, SPU, 2:17.25; 2. Lindy Mullen, CWU, 2:17.95; 3. Jessica Operstony, WWU, 2:20.09; 4. Kamie Jo Massey, UAA, 2:22.56; 5. Josie Lavin, SPU, 2:23.86; 6. Mindy Noble, WWU, 2:24.93; 7. Lindsey Krous, UAA, 2:25.89; 8. Jill Salmon, WOU, 2:27.68; 9. Tina Stimson, WWU, 2:28.33; 10. Janelle Stevens, SPU, 2:29.43; 11. LeAnne Evans, WWU, 2:30.43; 12. Emily Ferguson, SU, 2:32.63.

1500 – 1. Sarah Kraybill, SPU, 4:40.37; 2. Ashlee Vincent, WWU, 4:41.19; 3. Erika Olson, CWU, 4:47.26; 4. Josie Lavin, SPU, 4:53.18; 5. Tina Stimson, WWU, 4:58.58; 6. Nicole Campbell, HSU, 5:01.94; 7. Dawnita LiaBraaten, CWU, 5:04.05; 8. Isaura Rodriguez, HSU, 5:06.49; 9. Tammy Hunt, HSU, 5:09.90; 10. Amber Brougner, WOU, 5:13.30; 11. Leah Trutna, WOU, 5:25.08.

3000 Steeplechase - 1. Kelly Fullerton, SU, 11:10.1; 2. Jill Salmon, WOU, 11:12.6; 3. Amber Brougner, WOU, 11:51.1; 4. Stephanie Stine, CWU, 12:13.2; 5. Stephanie Upshaw, WOU, 12:16.1; 6. Hillary Tayet, SPU, 12:30.7; 7. Ann McCanick, SMC, 12:49.1; 8. Nicole Beatty, SMC, 12:52.6.

3000 – 1. Ashlee Vincent, WWU, 10:17.34; 2. Katie Gosnell, HSU, 10:26.95; 3. Jamie Witt, SPU, 10:32.82; 4. Erika Olson, CWU, 10:38.43; 5. Ellie Enos, WOU, 10:46.90; 6. Kelley Cronin, HSU, 10:52.43; 7. Katherine Stephenson, HSU, 11:05.92; 8. Isaura Rodriguez, HSU, 11:13.10; 9. Tammy Hunt, HSU, 11:18.52; 10. Dolores Bergmann, HSU, 11:19.20; 11. Stephanie Stine, CWU, 11:21.67; 12. Stephanie Upshaw, WOU, 11:26.13.

5000 – 1. Katie Gosnell, HSU, 17:56.29; 2. Lisa Pearl, WWU, 18:20.50; 3. Tiffany Picinich, CWU, 18:27.32; 4. Ellie Enos, WOU, 18:43.62; 5. Kelley Cronin, HSU, 19:02.68; 6. Katherine Stephenson, HSU, 19:07.51; 7. Abby Bielenberg, CWU, 19:37.72; 8. Kristin Haas, WWU, 19:46.31; 9. Ruth Harbaugh, SPU, 19:47.21; 10. Kayla Castaneda, WOU, 19:56.83; 11. Beth Rosapepe, WWU, 20:13.53; 12. Mindi Newby, NNU, 20:24.38; 13. Rachel Bailey, CWU, 20:35.18.

10,000 – 1. Stacy Edwards, UAA, 38:48.48; 2. Dolores Bergmann, HSU, 39:23.68; 3. Niki McCorkle, WOU, 40:17.57; 4. Jasmine Zamora, SPU, 41:15.56; 5. Susan Young, NNU, 41:48.66; 6. Becky Knox, SPU, 42:48.05; 7. Rachel Daniels, WOU, 43:11.91; 8. Sarah Block, WOU, 43:43.14; 9. Alyssa Anderson, WOU, 44:18.78.

100 Hurdles - 1. Danielle Ayers-Stamper, SPU, 14.19; 2. Ashley Rountree, CWU, 14.55; 3. Linda Blake, SPU, 14.92; 4. Dani Reid, WWU, 14.94; 5. Monica Smith, WOU, 15.30; 6. Kirsten Holt, WWU, 15.57; 7. Meredith Lisk, HSU, 16.23; 8. Kathy Gellatly, WOU, 16.30; 9. LeAnne Evans, WWU, 16.32; 10. Jennie Rumell, WOU, 16.72. (**Wind:** Heat 1, 2.9; Heat 2, 4.4).

400 Hurdles - 1. Laura Burch, WWU, 1:05.28; 2. Kelsey Gleason, SPU, 1:05.55; 3. Jennie Rummell, WOU, 1:06.25; 4. Angela Ocampo, SPU, 1:06.38; 5. Dani Reid, WWU, 1:07.20; 6. Janna Schaafsma, SPU, 1:08.82; 7. Linda Blake, SPU, 1:10.58; 8. Laura Winterhalter, HSU, 1:14.85.

4x100 Relay - 1. Western Washington (Dani Reid, Dania Swosinski, Laura Burch, Melissa Behrens) 48.04; 2. Central Washington (Ashley Rountree, Rachel Tynan, Teresa Schlafer, Jody Binder) 48.37; 3. Western Oregon (Megan Beith, Monica Smith, Kristen Wiese, Shelley Comstock) 48.67; 4. Seattle Pacific (Danielle Ayers-Stamper, Kelsey Gleason, Jean Kolb, Angela Ocampo) 49.46; 5. Humboldt State (Dorothy Andrews, Joy Broussard, Laura Winterhalter, Meredith Lisk) 50.19; 6. Northwest Nazarene (Samantha Day, Aubrey Metzger, Amy Klein, Rebekah Bowman) 51.81.

4x400 Relay - 1. Western Oregon (Kristen Wiese, Toni Adair, Shelley Comstock, Monica Smith) 3:56.80; 2. Central Washington (Jessica Gimness, Ashley Rountree, Lindy Mullen, Jody Binder) 3:57.28; 3. Seattle Pacific (Kelsey Gleason, Sarah Kraybill, Jean Kolb, Josie Lavin) 3:57.59; 4. Western Washington (LeAnne Evans, Dani Reid, Jessica Operstony, Laura Burch) 4:07.76; 5. Seattle University (Lydia Lauer, Katie Archambault, Emily Ferguson, Kelly Fullerton) 4:22.13; 6. Northwest Nazarene (Rebekah Bowman, Amy Klein, Samantha Day, Mindy Meier) 4:24.59.

High Jump - 1. Dianna Grossglass, SPU, 1.64 – 5-4 ½; 2. Amy Kruckenberg, WWU, 1.64 – 5-4 ½; and Monica Smith, WOU, 1.64 – 5-4 ½; 4. Danielle Ayers-Stamper, SPU, 1.64 – 5-4 ½; 5. Ashlyn Terry, WOU, 1.59 – 5-2 ½; 6. Linda Blake, SPU, 1.59 – 5-2 ½; 7. Liz Ryen, CWU, 1.54 – 5-0 ½, and Bridget Johnson, WOU, 1.54 – 5-0 ½; 9. Jackie McCall, WWU, 1.49 – 4-10 ½.

Long Jump - 1. Danielle Ayers-Stamper, SPU, 5.47 – 17-11 ½ (w-2.0); 2. Bridget Johnson, WOU, 5.15 – 16-10 ¾ (w-0.7); 3. Teresa Schlafer, CWU, 5.10 – 16-8 ¾ (w-1.9); 4. Lea Tiger, CWU, 5.04 – 16-6 ½ (w-0.7); 5. Julie Graham, CWU, 5.04 – 16-6 ½ (w-2.5); 6. Shelley Comstock, WOU, 5.00 – 16-5 (w-1.9); 7. Linda Blake, SPU, 4.84 – 15-10 ½ (w-2.7); 8. Lacey Rasmussen, NNU, 4.62 – 15-2 (w-1.0).

Triple Jump - 1. Lea Tiger, CWU, 11.19 – 36-8 ½ (w-2.2); 2. Shelley Comstock, WOU, 11.18 – 36-8 ¼ (w-2.7); 3. Dianna Grossglass, SPU, 11.03 – 36-2 1.4 (w-2.2); 4. Julie Graham, CWU, 10.72 – 35-2 (w-3.2); 5. Lacey Rasmussen, NNU, 10.68 – 35-0 ½ (w-2.1); 6. Amber Rose, SPU, 10.37 – 34-0 ¼ (w-2.9); 7. Beth Griffin, WWU, 10.12 – 33-2 ½ (w-2.9); 8. Joy Broussard, HSU, 10.06 – 33-0 ¼ (w-2.0); 9. Jessica Wagner, CWU, 9.95 – 32-7 ¾ (w-3.4); 10. Kalyn Yeager, CWU, 9.56 – 31-4 ½ (w-1.7).

Pole Vault - 1. Ally Studer, SPU, 3.76 – 12-4; 2. Amy Harris SPU, 3.46 – 11-4 ¼; 3. Aubrey Metzger, NNU, 3.46 – 11-4 ¼, and Allison Hedges, SPU, 3.46 – 11-4 ¼; 5. Theresa Mangahas, SU, 3.31 – 10-10 ¼; 6. Andrea Kreft, WWU, 3.31 – 10-10 ¼; 7. Kira Langnese, WOU, 3.31 – 10-10 ¼; 8. Alina Lunsford, NNU, 3.31 – 10-10 ¼; 9. Amber Rose, SPU, 3.16 – 10-4 ¼; 10. Morgan Olsen, WOU, 3.01 – 9-10 ½, and Whitney Omlin, CWU, 3.01 – 9-10 ½; 12. Annie Shuler, CWU, 3.01 – 9-10 ½; 13. Katie Reimer, NNU, 3.01 – 9-10 ½; 14. Katie Maurer, CWU, 2.71 – 8-10 ¾.

Shot Put - 1. Dorothy Kerr, WOU, 12.99 – 42-7 ½; 2. Holly Conrad, WOU, 12.90 – 42-4; 3. Jennifer Pyeat, SPU, 12.76 – 41-10 ½; 4. Alicia Vandervelden, WOU, 12.58 – 41-3 ¼; 5. Danielle Ayers-Stamper, SPU, 11.78 – 38-7 ¾; 6. Tammy Carlson, WWU, 11.43 – 37-6; 7. Hope Berkey, WOU, 11.38 – 37-4; 8. Rachelle Hoppe, WWU, 11.29 – 37-0 ½; 9. Stephanie Jones, HSU, 10.35 – 33-11 ½; 10. Shalese Borden, WOU, 10.30 – 33-9 ½; 11. Sarah Arendt, NNU, 10.25 – 33-7 ½; 12. Sarah Button, WWU, 10.16 – 33-4.

Discus - 1. Jessica Telleria, WWU, 43.51 – 142-9; 2. Dorothy Kerr, WOU, 40.69 – 133-6; 3. Ashley VanOeveren, WWU, 38.51 – 126-4; 4. Kristi Wherry, NNU, 38.36 – 125-10; 5. Lauren Kooy, SPU, 37.73 – 123-9; 6. Jaci Cederburg, WOU, 37.72 – 123-9; 7. Christin McDowell, CWU, 36.49 – 119-9; 8. Kim Radke, WWU, 36.21 – 118-9; 9. Stacey Hopkins, WWU, 33.29 – 109-3; 10. Sarah Button, WWU, 33.01 – 108-4; 11. Kristina MacCully, WWU, 32.89 – 107-11; 12. Stephanie Clabaugh, WWU, 32.78 – 107-6; 13. Rachelle Hoppe, WWU, 32.06 – 105-2; 14. Alicia Vandervelden, WOU, 31.41 – 103-1.

Hammer - 1. Jennifer Dunkin, WOU, 53.98 – 177-1; 2. Jaci Cederberg, WOU, 49.68 – 163-0; 3. Shalese Borden, WOU, 47.34 – 155-4; 4. Christin McDowell, CWU, 45.10 – 147-11; 5. Dorothy Kerr, WOU, 43.52 – 142-9; 6. Kim Radke, WWU, 40.66 – 133-5; 7. Liann Carleton, HSU, 37.32 – 122-5; 8. Kristi Wherry, NNU, 37.24 – 122-2; 9. Stephanie Jones, HSU, 35.88 – 117-8; 10. Alicia Vandervelden, WOU, 33.56 – 110-1; 11. Tammy Carlson, WWU, 29.35 – 96-3.

Javelin - 1. Holly Conrad, WOU, 44.99 – 147-7; 2. Stacey Hopkins, WWU, 42.55 – 139-7; 3. Ashlyn Terry, WOU, 39.27 – 128-10; 4. Danielle Ayers-Stamper, SPU, 38.78 – 127-3; 5. Anna Nielsen, WWU, 37.61 – 123-5; 6. LeAnne Evans, WWU, 36.83 – 120-10; 7. Kira Langnese, WOU, 35.68 – 117-1; 8. Michelle Johnson, WWU, 33.73 – 110-8; 9. Courtney Rockwell, SMC, 31.54 – 103-6.

Heptathlon (Apr. 24-25 at Monmouth) - 1. Danielle Ayers-Stamper, SPU, 5024; 2. Linda Blake, SPU, 4163; 3. LeAnne Evans, WWU, 4012; 4. Ashlyn Terry, WOU, 3915; 5. Bridget Johnson, WOU, 3887; 6. Jackie McCall, WWU, 3744; 7. Laura Widman, SPU, 3664; 8. Amy Klein, NNU, 2852; 9. Nena Dodge, WWU, 2703; 10. Amanda vonJentzen, CWU, 2153.

Day 1 Results: 100 Hurdles – Ayers-Stamper 14.69, Blake 16.06, Evans 16.82, Johnson 16.97, McCall 17.68, Terry 17.92, Widman 18.18, Dodge 19.05, vonJentzen 21.13, Klein 22.30 (**Wind:** Heat 1, 1.0, Heat 2, -0.3). High Jump – Terry 1.59 – 5-2 ½, Ayers-Stamper 1.59 – 5-2 ½, Johnson 1.50 – 4-11, Blake 1.50 – 4-11, Widman 1.47 – 4-9 ¾, McCall 1.44 – 4-8 ¾, Evans 1.38 – 4-6 ¼, Klein 1.35 – 4-5. Shot Put – Ayers-Stamper 11.93 – 39-1 ¾, Widman 11.19 – 36-8 ½, Johnson 10.97 – 36-0, Blake 10.30 – 33-9 ½, Evans 10.11 – 33-2, Terry 9.88 – 32-5, Klein 9.14 – 30-0, McCall 8.64 – 28-4 ¼, vonJentzen 7.56 – 24-9 ¾, Dodge 7.43 – 24-4 ½. 200 – Johnson 27.24, Ayers-Stamper 27.28, Blake 27.96, Evans 27.99, McCall 28.30, Dodge 28.89, Klein 29.17, Terry 29.97, Widman 30.90, vonJentzen 31.65. (**Wind:** Heat 1, -1.6; Heat 2, -1.7).

Day 2 Results: Long Jump – Ayers-Stamper 5.39 – 17-8 ¼ (w-0.0), Blake 4.93 - 16-2 ¼ (w-0.0), Johnson 4.86 – 15-11 ½ (w-0.3), McCall 4.53 – 14-10 ½ (w-0.3), Terry 4.47 – 14-8 (w-0.7), Evans 4.45 – 14-7 ¼ (w-1.4), Dodge 4.38 – 14-4 ½ (w-minus 0.2), Widman 4.05 – 13-3 ½ (w-1.6), vonJentzen 3.77 – 12-4 ½ (w-1.4), Klein 3.67 – 12-0 ½ (w-1.3). Javelin – Ayers-Stamper 40.90 – 134-2, Terry 36.88 – 121-0, Evans 35.74 – 117-3, Widman 32.18 – 105-7, Blake 31.60 – 103-8, Klein 30.56 – 100-3, McCall 29.26 – 96-0, vonJentzen 27.66 – 90-9, Johnson 24.26 – 79-7, Dodge 20.44 – 67-1. 800 – Widman 2:26.29, Evans 2:26.81, McCall 2:27.85, Ayers-Stamper 2:27.93, Dodge 2:29.70, Terry 2:32.70, Blake 2:37.20, Klein 2:45.11, vonJentzen 2:46.06, Johnson 2:47.40.

2004 GNAC (May 8 at Monmouth)

Team Scores - Western Oregon 231 1/2, Seattle Pacific 216 1/2, Western Washington 149 1/2, Central Washington 132 1/2, Northwest Nazarene 74 1/2, Seattle 42 1/2, Alaska Anchorage 19, Saint Martin's 18, Humboldt State 8. **Outstanding Performer** - Monica Smith, WOU.

100 - 1. Melissa Behrens, WWU, 12.73; 2. Jean Kolb, SPU, 12.85; 3. Monica Smith, WOU, 12.88; 4. Katy Kociemba, WOU, 13.00; 5. Kara Nygard, CWU, 13.03; 6. Kelsey Gleason, SPU, 13.08; 7. Rebekah Bowman, NNU, 13.16; 8. Lauren Gardner, WWU, 13.25; 9. Michelle Bartleman, UAA, 13.40; 10. Tina Thorne, CWU, 13.41; 11. Shanette Harper, UAA, 13.52; 12. April Elder, SMC, 13.53; 13. Nikki Matheson, SMC, 13.65; 14. Rachel Tynan, CWU, 13.71; 15. Kirsten Holt, WWU, 13.75; 16. Ashley Burns, SU, 14.06.

200 - 1. Terran Legard, CWU, 25.53; 2. Kinyatta Leonardt, SPU, 25.96; 3. Monica Smith, WOU, 26.25; 4. Melissa Behrens, WWU, 26.50; 5. Jean Kolb, SPU, 26.57; 6. Katy Kociemba, WOU, 26.76; 7. Bridget Johnson, WOU, 26.80; 8. Kristin Janney, SPU, 26.81; 9. Lauren Gardner, WWU, 26.92; 10. Teresa Schlafer, CWU, 27.04; 11. Rebekah Bowman, NNU, 27.45; 12. Nikki Matheson, SMC, 27.46; 13. Kirsten Holt, WWU, 27.61; 14. April Elder, SMC, 27.79; 15. Tina Thorne, CWU, 27.90.

400 - 1. Terran Legard, CWU, 55.98 (meet record; old 57.66, Dania Swosinski, WWU, 2002); 2. Kinyatta Leonardt, SPU, 57.33; 3. Julie Durringer, SPU, 59.15; 4. Danielle Pridgen, NNU, 59.58; 5. Kristen Wiese, WOU, 59.85; 6. Jackie McCall, WWU, 1:00.29; 7. Diana Gordon, UAA, 1:00.52; 8. Kara Fischer, WWU, 1:00.69; 9. Katie Hingston, CWU, 1:00.88; 10. Ruth Webster, WWU, 1:01.65; 11. Ashley Marshall, SPU, 1:02.39; 12. Jessica Gimness, CWU, 1:03.97; 13. Nena Dodge, WWU, 1:04.77; 14. Katherine Archambault, SU, 1:04.78.

800 - 1. Jennifer Marsh, SPU, 2:15.50; 2. Victoria Perkins, SPU, 2:16.92; 3. Kari Konrad, WOU, 2:18.11; 4. Kamie Jo Massey, UAA, 2:18.70; 5. Danielle Pridgen, NNU, 2:19.07; 6. Jessica Opersteny, WWU, 2:19.44; 7. Toni Adair, WOU, 2:20.36; 8. Megan Johnson, NNU, 2:21.02; 9. Brandi McCoy, SPU, 2:23.10; 10. Jackie McCall, WWU, 2:32.17.

1500 - 1. Kari Konrad, WOU, 4:40.72; 2. Jennifer Marsh, SPU, 4:43.09; 3. Kamie Jo Massey, UAA, 4:44.46; 4. Tina Stimson, WWU, 4:48.13; 5. Nicole Campbell, HSU, 4:52.65; 6. Megan Johnson, NNU, 4:55.68; 7. Brandy Anderson, CWU, 5:00.50; 8. Abby Groth, SPU, 5:04.31; 9. Michelle Toshack, WWU, 5:07.06; 10. Kristie Rice, SU, 5:07.39; 11. Leah Trutna, WOU, 5:10.48; 12. Emily Ferguson, SU, 5:13.81.

Steeplechase - 1. Kelly Fullerton, SU, 11:05.27 meet record, old 11:10.1 by Fullerton); 2. Stephanie Stine, CWU, 11:41.08; 3. Kristie Rice, SU, 12:01.94; 4. Molly DePasqual, WWU, 12:03.11; 5. Erica Pitman, CWU, 12:05.08; 6. Nicole Beatty, SMC, 12:23.30; 7. Nicole Bandy, CWU, 12:28.92; 8. Lexi Baxter, WWU, 12:44.04; 9. Sadie Solem, HSU, 12:51.40; 10. Phoebe Rohrbachter, SU, 13:23.68.

3000 -1. Brandy Anderson, CWU, 10:39.32; 2. Kendra Steinbrugger, SMC, 10:54.33; 3. Abby Groth, SPU, 10:58.39; 4. Mindy Newby, NNU, 11:05.77; 5. Rachel Suess, SU, 11:09.72; 6. Jamie Witt, SPU, 11:12.85; 7. Erin Deasy, WWU, 11:22.06; Amanda Barelli, SU, did not finish.

5000 - 1. Laura Trevelyan, WWU, 17:48.65; 2. Karen Dickson, SPU, 17:49.55; 3. Kelly Fullerton, SU, 18:29.53; 4. Tina Stimson, WWU, 18:35.01; 5. Rachel Bailey, CWU, 18:46.27; 6. Beth Rosapepe, WWU, 18:55.53; 7. Mindy Newby, NNU, 19:07.85; 8. Stephanie Stine, CWU, 19:08.91; 9. Kendra Steinbrugger, SMC, 19:22.28; 10. Susan Young, NNU, 19:30.33; 11. Rachel Suess, SU, 19:38.30; 12. Erica Pittman, CWU, 20:01.86; 13. Sadie Solem, HSU, 21:34.56.

10,000 - 1. Alana Garcia, SU, 39:48.13; 2. Susan Young, NNU, 40:19.81; 3. Amber Green, CWU, 40:56.08; 4. Becky Knox, SPU, 41:14.82; 5. Erin Wymer, HSU, 42:46.00; 6. Ann McCanick, SMC, 43:14.92; 7. Marissa Harshman, WWU, 44:13.24.

100 Hurdles - 1. Monica Smith, WOU, 14.75; 2. Ashley Rountree, CWU, 14.84; 3. Kristin Janney, SPU, 15.42; 4. Janna Schaafsma, SPU, 15.43; 5. Nini Callan, WOU, 15.60; 6. Ashley Rickels, NNU, 15.67; 7. Kirsten Holt, WWU, 15.86; 8. Dianna Grossglass, SPU, 16.23; 9. Linda Blake, SPU, 16.34; 10. Ashley Burns, SU, 16.59; 11. Shanette Harper, UAA, 17.05; 12. Kestle Riley, CWU, 17.22; 13. Melanie Kelly, WWU, 17.49.

400 Hurdles - 1. Janna Schaafsma, SPU, 1:03.72; 2. Kelsey Gleason, SPU, 1:04.39; 3. Kara Nygard, CWU, 1:04.94; 4. Kestle Riley, CWU, 1:05.37; 5. Laura Burch, WWU, 1:05.75; 6. Natalia Nash, WOU, 1:05.85; 7. Ashley Rickels, NNU, 1:06.28; 8. Jennie Rummell, WOU, 1:07.02; 9. Diana Grossglass, SPU, 1:07.52; 10. Lindsay Dittmer, SU, 1:09.52; 11. Lakita Burr, SMC, 1:09.87.

4x100 Relay - 1. Seattle Pacific 47.87 (Kelsey Gleason, Janna Schaafsma, Jean Kolb, Kinyatta Leonhardt; meet record; old 48.04, WWU, 2003); 2. Western Oregon (Bridget Johnson, Monica Smith, Kristen Wiese, Katy Kociemba) 48.55; 3. Western Washington (Laura Burch, Kara Fischer, Lauren Gardner, Melissa Behrens) 49.64; 4. Central Washington (Ashley Rountree, Rachel Tynan, Teresa Schlafer, Tina Thorne) 49.96; 5. Northwest Nazarene (Rebekah Bowman, Aubrey Harrington, Emily Peterson, Ashley Rickels) 50.58; 6. Saint Martin's (April Elder, Nikki Matheson, Lakita Burr, Patty Wood) 51.92; Seattle (Katherine Archambault, Holly Bueb, Sarah Brundidge, Lydia Lauer) did not finish.

4x400 Relay - 1. Central Washington (Kara Nygard, Katie Hingston, Ashley Rountree, Terran Legard) 3:53.42; 2. Seattle Pacific (Kelsey Gleason, Jean Kolb, Jennifer Marsh, Victoria Perkins) 3:57.83; 3. Western Washington (Ruth Webster, Jessica Operstony, Kara Fischer, Laura Burch) 4:02.12; 4. Northwest Nazarene (Rebekah Bowman, Megan Johnson, Emily Peterson, Danielle Pridgen) 4:02.28; 5. Western Oregon (Kristen Wiese, Kari Konrad, Jennie Rummell, Natalie Nash) 4:07.51; 6. Alaska Anchorage (Diana Gordon, Stephanie Myers, Danielle Pratt, Kamie Jo Massey) 4:15.16; 7. Seattle (Theresa Mangahas, Katherine Archambault, Kelly Fullerton, Emily Ferguson) 4:23.31; 8. Saint Martin's (Nikki Matheson, Ann McCanick, Jackie Glen, Lakita Burr) 4:26.89.

High Jump - 1. Monica Smith, WOU, 1.68 - 5-6 (meet record; old 5-4 1/2 by seven others); 2. Sharon Bjella, SPU, 1.63 - 5-4 1/4; 3. Ashley Rickels, NNU, 1.58 - 5-2 1/4; 4. Dianna Grossglass, SPU, 1.58 - 5-2 1/4; 5. Bridget Johnson, WOU, and Emily Peterson, NNU, 1.53 - 5-0 1/4; 7. Valerie Ferguson, WOU, 1.53 - 5-0 1/4; 8. Lindsey Cox, WWU, and Tiffany Fackrell, CWU, 1.53 - 5-0 1/4; 10. Liz Ryen, CWU, 1.53 - 5-0 1/4; 11. Linda Blake, SPU, 1.48 - 4-10 1/4.

Pole Vault - 1. Danielle Juarez, WWU, 3.73 - 12-2 3/4; 2. Allison Hedges, SPU, 3.70 - 12-1 1/2; 3. Amy Harris, SPU, 3.50 - 11-5 3/4; 4. Theresa Mangahas, SU, and Aubrey Metzger, NNU, 3.35 - 10-11 3/4; 6. Whitney Omlin, CWU, 3.20 - 10-6; 7. Danielle Smith, WOU, 3.20 - 10-6; 8. Amber Rose, SPU, and Alina Lunsford, NNU, 3.05 - 10-0; 10. Aubrey Harrington, NNU, 3.05 - 10-0; 11. Alana Schlumpf, SPU, 3.05 - 10-0; 12. Katie Maurer, CWU, and Kirsten Holt, WWU, 2.90 - 9-6 1/4; 14. Kelly Perez, WWU, 2.90 - 9-6 1/4; 15. Joan Campbell, WOU, 2.75 - 9-0 1/4.

Long Jump - 1. Katy Kociemba, WOU, 5.55 - 18-2 1/2 (meet record, old 18-1 by Stephanie Huffman, SPU, 2002); 2. Bridget Johnson, WOU, 5.31 - 17-5 1/4; 3. Julie Kendall, WOU, 5.30 - 17-4 3/4; 4. Anjuli Spear, CWU, 5.27 - 17-3 1/2; 5. Kim Bascom, WWU, 5.24 - 17-2 1/4; 6. Kristin Janney, SPU, 5.21 - 17-1 1/4; 7. Nini Callan, WOU, 5.14 - 16-10 1/2; 8. Lea Tiger, CWU, 5.02 - 16-5 3/4; 9. Teresa Schlafer, CWU, 4.99 - 16-4 1/2; 10. Diana Gordon, UAA, 4.93 - 16-2 1/4; 11. Michelle Bartleman, UAA, 4.83 - 15-10 1/4; 12. Linda Blake, SPU, 4.82 - 15-9 3/4; 13. Ashley Rickels, NNU, 4.81 - 15-9 1/2; 14. Julie Graham, CWU, 4.73 - 15-6 1/4.

Triple Jump - 1. Katy Kociemba, WOU, 11.26 - 36-11 1/2; 2. Lea Tiger, CWU, 11.25 - 36-11; 3. Kim Bascom, WWU, 10.97 - 36-0; 4. Nini Callan, WOU, 10.68 - 35-0 1/2; 5. Julie Graham, CWU, 10.54 - 34-7; 6. Julie Kendall, WOU, 10.47 - 34-4 1/4; 7. Jessica Wagner, CWU, 10.35 - 33-11 1/2; 8. Ashley Marshall, SPU, 10.32 - 33-10 1/4; 9. Beth Griffin, WWU, 10.25 - 33-7 1/2; 10. Cheryl Austin, SU, 9.33 - 30-7 1/2; 11. Anjuli Spear, CWU, 9.26 - 30-4 3/4.

Discus - 1. Jessica Telleria, WWU, 42.86 - 140-7; 2. Ashley VanOeveren, WWU, 39.38 - 129-2; 3. Jaci Cederberg, WOU, 38.58 - 126-7; 4. Rebekah McAdam, NNU, 38.44 - 126-1; 5. Lauren Kooy, SPU, 38.38 - 125-11; 6. Alicia Vandervelden, WOU, 37.50 - 123-0; 7. Tiffany Fackrell, CWU, 37.30 - 122-4; 8. Jessica Houston, UAA, 37.10 - 121-9; 9. Heather Yergen, CWU, 36.06 - 118-4; 10. Christin McDowell, CWU, 35.98 - 118-0; 11. Kristina MacCully, WWU, 35.14 - 115-3; 12. Kristina Wherry, NNU, 34.34 - 112-8; 13. Rebecca Lindquist, CWU, 33.76 - 110-9; 14. Gabrielle Robinson-Spaulding, SPU, 33.44 - 109-8; 15. Chevonna Lynch, WOU, 32.80 - 107-7.

Shot - 1. Alicia Vandervelden, WOU, 12.56 - 41-2 1/2; 2. Chevonna Lynch, WOU, 12.42 - 40-9; 3. Tammy Carlson, WWU, 12.32 - 40-5; 4. Nini Callan, WOU, 11.88 - 38-11 3/4; 5. Bridget Johnson, WOU, 11.68 - 38-4; 6. Tiffany Fackrell, CWU, 11.67 - 38-3 1/2; 7. Jessica Houston, UAA, 11.30 - 37-1; 8. Jennifer Urrutia, SPU, 10.84 - 35-6 3/4; 9. Sarah Arendt, NNU, 10.83 - 35-6 1/2; 10. Heather Yergen, CWU, 10.62 - 34-10 1/4; 11. Jaci Cederberg, WOU, 10.47 - 34-4 1/4; 12. Rebecca Lindquist, CWU, 10.27 - 33-8 1/2.

Javelin - 1. Sara Johnson, SPU, 43.24 - 141-10; 2. Stacey Hopkins, WWU, 42.68 - 140-0; 3. Nini Callan, WOU, 40.40 - 132-6; 4. Sara Hunt, WOU, 39.06 - 128-2; 5. Michelle Johnson, WWU, 37.76 - 123-11; 6. Molly Hornbuckle, SPU, 37.24 - 122-2; 7. Anna Nielsen, WWU, 36.58 - 120-0; 8. Jaci Cederberg, WOU, 34.50 - 113-2; 9. Rebekah McAdam, NNU, 32.16 - 105-6; 10. Kristina Wherry, NNU, 30.88 - 101-4; 11. Andrea Pennington, SPU, 30.38 - 99-8; 12. Courtney Rockwell, SMC, 27.76 - 91-1.

Hammer - 1. Kristin Hepler, WOU, 53.48 - 175-5; 2. Jaci Cederberg, WOU, 52.28 - 171-6; 3. Christin McDowell, CWU, 46.80 - 153-6; 4. Jessica Telleria, WWU, 44.50 - 146-0; 5. Tammy Carlson, WWU, 42.42 - 139-2; 6. Hannah Bowman, NNU, 41.84 - 137-3; 7. Kristina MacCully, WWU, 41.66 - 136-8; 8. Heather Yergen, CWU, 38.76 - 127-2; 9. Jennifer Urrutia, SPU, 38.54 - 126-5; 10. Kristina Wherry, NNU, 38.26 - 125-6; 11. Rebekah McAdam, NNU, 37.82 - 124-1; 12. Chevonna Lynch, WOU, 37.04 - 121-6; 13. Stacey Hopkins, WWU, 35.36 - 116-0; 14. Gabrielle Robinson-Spaulding, SPU, 34.30 - 112-6.

Heptathlon (Apr. 22-23 at Monmouth) - 1. Linda Blake, SPU, 4593; 2. Bridget Johnson, WOU, 4464; 3. Kristin Janney, SPU, 4446; 4. Monica Smith, WOU, 4442; 5. Ashley Rickels, NNU, 4177; 6. Jackie McCall, WWU, 4096; 7. Nini Callan, WOU, 3928; 8. Anjuli Spear, CWU, 3458; 9. Emily Peterson, NNU, 3421.

Day 1 Results: 100 Hurdles – Smith 14.96, Blake 15.02, Rickels 15.42, Johnson 15.50, Janney 15.61, Callan 16.42, McCall 18.02, Spear 18.58, Peterson 21.17. High Jump – Smith 1.64 – 5-4 ½, Johnson 1.61 – 5-3 ¼, Blake 1.58 – 5-2 ¼, McCall 1.55 – 5-1, Peterson 1.55 – 5-1, Janney 1.52 – 4-11 ¼, Rickels 1.52 – 4-11 ¼, Callan 1.40 – 4-7, Spear 1.40 – 4-7. Shot Put – Callan 11.66 – 38-3 ¼, Johnson 10.84 – 35-6 ¾, Blake 9.95 – 32-7 ¾, Janney 8.96 - 29-4 ¾, Rickels 8.79 - 28-10 ¼, McCall 8.66 – 28-5, Peterson 8.14 - 26-8 ½, Smith 7.83 – 25-8 ¼, Spear 7.44 – 24-5. 200 – Smith 25.91, Janney 26.57, Blake 27.05, McCall 27.06, Johnson 27.11, Rickels 27.41, Callan 28.01, Peterson 28.08, Spear 28.54.

Day 2 Results: Long Jump – Rickels 5.08 – 16-8, Blake 5.06 – 16-7 ¼, Johnson 5.00 – 16-5, Janney 4.92 – 16-1 ¾, Smith 4.86 – 15-11 ½, McCall 4.85 – 15-11, Peterson 4.78 – 15-8 ¼, Spear 4.72 – 15-6, Callan 4.61 – 15-1 ½, Javelin – Janney 36.09 – 118-5, Callan 32.84 – 107-9, McCall 32.28 – 105-11, Blake 31.79 – 104-3, Spear 29.83 – 97-10, Johnson 27.96 – 91-9, Smith 26.81 – 87-11, Peterson 25.45 – 83-6, Rickels 23.15 – 75-11, 800 – McCall 2:25.99, Blake 2:27.76, Janney 2:29.54, Rickels 2:30.37, Smith 2:30.98, Peterson 2:37, 06, Johnson 2:33.07, Spear 2:37.12, Callan 2:46.94.

2005 GNAC (May 7 at Ellensburg)

Team Scores – Western Oregon 217 ½, Seattle Pacific 206 ½, Central Washington 151 ½. Western Washington 91, Northwest Nazarene 65, Seattle 32, Humboldt State 31, Saint Martin's 30, Alaska Anchorage 27. **Outstanding Performer** -- Monica Smith, WOU, and Danielle Ayers-Stamper, SPU.

100 – 1. Bonnie Galloway, WOU, 12.26; 2. Monica Smith, WOU, 12.30; 3. Chelsi Claussen, SMC, 12.40; 4. Keyanna Jenkins WOU, 12.50; 5. Teresa Schlafer, CWU, 12.57; 6. Kinyatta Leonhardt, SPU, 12.60; 7. Anna Soule, SPU, 12.79; 8. Danielle Smith, WOU, and Ashlee Gardner, UAA, 12.81; 10. Lakita Burr, SMC, 12.90; 11. Lindsey Mitchell, CWU, 12.91; 12. Tina Thorne, CWU, 12.93; 13. Julie Kendall, WOU, 12.95; 14. Nicole Schutte, NNU, 12.97; 15. Bekah Bowman, NNU, 13.18; 16. Kim Berberick, NNU, 13.38.

200 – 1. Bonnie Galloway, WOU, 24.9 (meet and conference record; old meet, 25.30, Dania Swosinski, WWU, 2002; conference, 25.19, Leah Wiest, SPU, 2002; Terran Legard, CWU, 2004); 2. Monica Smith, WOU, 25.0; 3. Kinyatta Leonhardt, SPU, 25.5; 4. Katy Kociemba, WOU, 25.6; 5. Teresa Schlafer, CWU, 25.8; 6. Anna Soule, SPU, and Danielle Ayers-Stamper, SPU, 25.9; 8. Kelsey Cooley, SPU, and Lindsey Mitchell, CWU, 26.0; 10. Bridget Johnson, WOU, and Kevanna Jenkins, WOU, 26.3; 12. Tina Thorne, CWU, 26.4; 13. Nicole Schutte, NNU, 26.5; 14. Bekah Bowman, NNU, 27.2.

400 – 1. Kinyatta Leonhardt, SPU, 57.16; 2. Katie Hingston, CWU, 58.53; 3. Katy Kociemba, WOU, 58.53; 4. Bridget Johnson, WOU, 59.37; 5. Chelsea Evans, CWU, 59.84; 6. Jennifer Marsh, SPU, 1:00.13; 7. Diana Gordon, UAA, 1:01.57; 8. Kara Fischer, WWU, 1:02.54; 9. Jen Kolb, SPU, 1:02.74.

800 – 1. Jennifer Marsh, SPU, 2:19.00; 2. Lindy Mullen, CWU, 2:19.19; 3. Josie Lavin, SPU, 2:21.63; 4. Kari Konrad WOU, 2:22.27; 5. Nicole Campbell, HSU, 2:22.41; 6. Sarah Howell, WOU, 2:22.43; 7. Danielle Pratt, UAA, 2:23.18; 8. Sarah Benson, CWU, 2:24.01; 9. Jen Peterson, WOU, 2:24.48. 10. Morgan Ingersoll, NNU, 2:25.55; 11. Kaleigh Bishop, SMC, 2:25.90; 12. Nicole Cullop, CWU, 2:26.61; 13. Charisse Arce, SU, 2:28.17; 14. Hanane Benanava, SPU, 2:28.81; 15. Brandi McCoy, SPU, 2:28.97;

1500 – 1. Kari Konrad, WOU, 4:47.92; 2. Josie Lavin, SPU, 4:49.42; 3. Nicole Campbell, HSU, 4:51.86; 4. Sarah Benson, CWU, 4:52.36; 5. Mandi Johnson, NNU, 4:53.79; 6. Karin Rohde, SPU, 4:55.62; 7. Melanie Nisley, NNU, 4:57.03; 8. Tracy Kuhn, SPU, 4:58.83; 9. Charisse Arce, SU, 5:04.10; 10. Stacie Wells, WOU, 5:13.11; 11. Jessica Rendon, HSU, 5:17.48.

3000 – 1. Brandy Anderson, CWU, 10:17.24; 2. Nicole Campbell, HSU, 10:24.25; 3. Karin Rohde, SPU, 10:40.26; 4. Melanie Nisley, NNU, 10:47.20; 5. Jessica Rendon, HSU, 10:50.11; 6. Stacy Edwards, UAA, 10:55.88; 7. Hanane Benanava, SPU, 11:09.69; 8. Rebecca Mishler, NNU, 11:12.29; 9. Stephanie Myers, UAA, 11:19.17; 10. Lexi Baxter, 11:20.84; 11. Lydia Lauer, SU, 11:23.31; 12. Jessie Dunnam, SMC, 11:37.62; 13. Leah Trutna, WOU, 11:45.29.

Steeplechase – 1. Kelly Fullerton, SU, 11:10.1; 2. Keri Gross, HSU, 11:27.7; 3. Brandi McCoy, SPU, 11:48.4; 4. Sara Thon, WWU, 12:10.7; 5. Ann McCanick, SMC, 12:17.4; 6. Kristin Haas, WWU, 12:22.7; 7. Victoria Perkins, SPU, 12:26.0; 8. Erica Pitman, CWU, 12:26.3; 9. Nicole Beatty, SMC, 12:36.9; 10. Molly DePasqual, WWU, 12:42.6; 11. Heather Moulton, HSU, 12:46.3; 12. Kaley Strachan, UAA, 13:05.2; 13. Alison McCall, HSU, 13:21.1.

5000 – 1. Kelly Fullerton, SU, 18:19.16; 2. Rachel Bailey, CWU, 18:53.62; 3. Brandy Anderson, CWU, 19:00.37; 4. Beth Rosapepe, WWU, 19:17.92; 5. Stephanie Upshaw, WOU, 19:22.39; 6. Mandi Johnson, NNU, 19:31.30; 7. Holly Mishler, NNU, 19:36.10; 8. Rebecca Mishler, NNU, 19:54.29; 9. Ruth Harbaugh, SPU, 20:19.81; 10. Mary Krusen, UAA, 20:59.51.

10,000 – 1. Alana Garcia, SU, 38:56.11; 2. Marcie Mullen, CWU, 39:33.08; 3. Davya Baker, UAA, 39:34.25; 4. Beth Rosapepe, WWU, 40:14.01; 5. Becky Knox, SPU, 40:17.63; 6. Amber Green, CWU, 41:00.64; 7. Janelle Probst, SMC, 41:06.17; 8. Nikki Jensen, SPU, 41:38.64; 9. Kaitlin Rohde, SPU, 42:14.71; 10. Betsy Peterson, HSU, 42:22.42; 11. Kim Parry, WOU, 43:22.84; 12. Rachael Horn, WOU, 43:26.41; 13. Andrea Ring, CWU, 43:51.11; 14. Christy Wynkoop, NNU, 44:45.59; 15. Jennifer Smith, WOU, 45:00.83; 16. Kami Burse, WWU, 45:18.33.

100 Hurdles – 1. Danielle Ayers-Stamper, SPU, 13.82 (meet, conference and stadium records; old meet, 14.19, Ayers-Stamper, 2003; conference, 13.93, Ayers-Stamper, 2005; stadium, 13.91, Michaela Colluney, SFU, 1993); ; 2. Monica Smith, WOU, 14.15; 3. Ashley Rountree, CWU, 14.72; 4. Linda Blake, SPU, 14.75; 5. Kelsey Cooley, SPU, 15.03; 6. Nini Callan, WOU, 15.19; 7. Bridget Johnson, WOU, 15.25; 8. Ashley Rickels, NNU, 15.29; 9. Alex Merrick, WWU, 15.59; 10. Kirsten Holt, WWU, 15.82; 11. LeAnne Evans, WWU, 16.08; 12. Jackie McCall, WWU, 16.36; 13. Sarah Barker, WOU, 17.22.

400 Hurdles – 1. Chelsi Claussen, SMC, 1:04.36; 2. Ashley Rickels, NNU, 1:04.63; 3. Jennie Rummell, WOU, 1:05.23; 4. Lakita Burr, SMC, 1:06.37; 5. LeAnne Evans, WWU, 1:06.96; 6. Kestle Riley, CWU, 1:07.42; 7. Victoria Perkins, SPU, 1:07.50; 8. Sarah Barker, WOU, 1:08.11; 9. Keri Gross, HSU, 1:08.20; 10. Ashley Rountree, CWU, 1:08.44; 11. Natalie Nash, WOU, 1:08.85; 12. Kristen Cornish, WWU, 1:11.36.

4x100 – 1. Western Oregon (Jenkins, Kociemba, Galloway, Smith; Meet record and conference record, old 47.87, Seattle Pacific, 2004) 47.73; 2. Central Washington (Rountree, Hingston, Thorne, Schlafer) 48.29; 3. Seattle Pacific (Ayers-Stamper, Soule, Leonhardt, Cooley) 48.45; 4. Western Washington (Harder, Fischer, Evans, Merrick) 51.42; 5. Northwest Nazarene (Berberick, Kotter, Bowman, Schutte) 51.49.

4x400 – 1. Western Oregon (Johnson, Galloway, Kociemba, Smith) 3:55.88; 2. Central Washington (Mitchell, L. Mullen, Evans, Hingston) 3:58.31; 3. Seattle Pacific (Soule, Lavin, Marsh, Leonhardt) 3:59.45; 4. Northwest Nazarene (Rickels, Bowman, Schutte, Johnson) 4:04.52; 5. Western Washington (McCall, Evans, Fischer, Harder) 4:10.26; 6. Saint Martin's (Burr, McCanick, Claussen, Bishop) 4:11.99; 7. Seattle (Arce, Bueb, Salvesson, Fullerton) 4:20.16; 8. Humboldt State (Gross, Rendon, Moulton, Campbell) 4:24.43; Alaska Anchorage (Gordon, Strachen, Myers, Pratt) disqualified.

High Jump – 1. Danielle Ayers-Stamper, SPU, 1.74 – 5-8 ½ (meet and conference record; old, meet, 5-6, Monica Smith, WOU, 2004; old conference, 5-8, Ayers-Stamper, SPU, 2005); 2. Emily Peterson, NNU, 1.69 – 5-6 ½; 3. Monica Smith, WOU, 1.69 – 5-6 ½; 4. Linda Blake, SPU, 1.64 – 5-4 ½; 5. Bridget Johnson, WOU, 1.64 – 5-4 ½; 6. Sharon Bjella, SPU, 1.59 – 5-2 ½; 7. Liz Ryen, CWU, 1.59 – 5-2 ½; 8. Kelsey Cooley, SPU, 1.59 – 5-2 ½; 9. Lindsey Cox, WWU, 1.54 – 5-0 ½; 10. Kim Bascom, WWU, 1.54 – 5-0 ½; 11. Christine Witcher, WWU, 1.54 – 5-0 ½; 12. Cristen Kishi, WWU, 1.49 – 4-10 ½; 13. Tiffany Quilter, CWU, 1.49 – 4-10 ½; 14. Jackie McCall, WWU, 1.49 – 4-10 ½.

Long Jump – 1. Danielle Ayers-Stamper, SPU, 5.81 – 19-0 ¾ (meet record; old, 18-2 ½, Katy Kociemba, WOU, 2004); 2. Katy Kociemba, WOU, 5.70 – 18-8 ½; 3. Bridget Johnson, WOU, 5.33 – 17-6; 4. Kelsey Cooley, SPU, 5.26 – 17-3 ¼; 5. Anjuli Spear, CWU, 5.23 – 17-2; 6. Linda Blake, SPU, 5.18 – 17-0; 7. Monica Smith, WOU, 5.15 – 16-10 ¾; 8. Kim Bascom, WWU, 5.14 – 16-10 ½; 9. Julie Kendall, WOU, 5.06 – 16-7 ¼; 10. Nini Callan, WOU, 4.99 – 16-4 ½; 11. Teresa Schlafer, CWU, 4.89 – 16-0 ½; 12. Lindsay Leonard, WWU, 4.85 – 15-11; 13. Alex Merrick, WWU, 4.79 – 15-8 ¾; 14. Diana Gordon, UAA, 4.74 – 15-6 ¾; 15. Lea Tiger, CWU, 4.73 – 15-6 ¼.

Triple Jump – 1. Lea Tiger, CWU, 11.45 – 37-6 ¾ (meet record, old 37-4 ½, Shelley Comstock, WOU, 2002); 2. Katy Kociemba, WOU, 11.20 – 36-9; 3. Kim Bascom, WWU, 11.06 – 36-3 ½; 4. Julie Graham, CWU, 10.88 – 35-8 ½; 5. Nini Callan, WOU, 10.85 – 35-7 ¼; 6. Lindsay Leonard, WWU, 10.74 – 35-3; 7. Jessica Wagner, CWU, 10.74 – 35-3; 8. Anjuli Spear, CWU, 10.66 – 34-11 ¾; 9. Kelsey McBride, SPU, 10.57 – 34-8 ¼; 10. Courtney Stein, UAA, 10.32 – 33-10 ¼; 11. Beth Griffin, WWU, 9.89 – 32-5 ½.

Pole Vault – 1. Amy Harris, SPU, 3.71 – 12-2; 2. Andrea Kreft, WWU, 3.56 – 11-8; 3. Alison Hedges, SPU, 3.41 – 11-2 ¼; 4. Ally Studer, SPU, 3.41 – 11-2 ¼; 5. Haley Amos, CWU, 3.41 – 11-2 ¼; 6. Monica Anderson, SPU, 3.26 – 10-8 ¾; 7. Cara Dockins, WWU, 3.26 – 10-8 ¾; 8. Julie Stone, WWU, 3.26 – 10-8 ¾; 9. Danielle Smith, WOU, 3.11 – 10-2 ½; 10. Kirsten Holt, WWU, 3.11 – 10-2 ½; 11. Kelly Perez, WWU, 3.11 – 10-2 ½; 12. Katie Maurer, CWU, 2.96 – 9-8 ½; 13. Jamie Wulfekuhle, WWU, 2.96 – 9-8 ½.

Shot Put – 1. Tammy Carlson, WWU, 12.17 – 39-11 ¼; 2. Nini Callan, WOU, 12.14 – 39-10; 3. Mindy Lindquist, UAA, 12.10 – 39-8 ½; 4. Bridget Johnson, WOU, 12.02 – 39-5 ¼; 5. Tiffany Quilter, CWU, 11.82 – 38-9 ½; 6. Jessica Houston, UAA, 11.76 – 38-7; 7. Krissy Tandle, CWU, 11.65 – 38-2 ¾; 8. Sabrina Freed, WOU, 11.45 – 37-6 ¾; 9. Heather Yergen, CWU, 11.44 – 37-6 ½; 10. Rebekah McAdam, NNU, 11.27 – 36-11 ¾; 11. Danielle Ayers-Stamper, SPU, 11.22 – 36-9 ¾; 12. Rebecca Lindquist, CWU, 10.92 – 35-10; 13. Amy Carroll, NNU, 10.88 – 35-8 ½; 14. Sarah Maddux, NNU, 10.76 – 35-3 ¾; 15. Renee Dixon, UAA, 9.91 – 32-6 ¼.

Discus – 1. Jessica Telleria, WWU, 45.03 – 147-9 (meet record; old 142-9, Telleria, 2003); 2. Jaci Cederberg, WOU, 41.56 – 136-4; 3. Ashley VanOeveren, WWU, 40.89 – 134-2; 4. Jessica Houston, UAA, 40.35 – 132-4; 5. Tiffany Quilter, CWU, 40.08 – 131-6; 6. Rebekah McAdam, NNU, 39.87 – 130-10; 7. Kristina Wherry, NNU, 39.69 – 130-2; 8. Erica Rance, WWU, 38.25 – 125-6; 9. Heather Yergen, CWU, 37.99 – 124-8; 10. Krissy Tandle, CWU, 36.83 – 120-10; 11. Christina McDowell, CWU, 36.63 – 120-2; 12. Amy Carroll, NNU, 34.74 – 114-0; 13. Rebecca Lindquist, CWU, 34.18 – 112-2; 14. Katie Taylor, WWU, 34.12 – 111-11; 15. Renee Dixon, UAA, 32.41 – 106-4; 16. Kristina MacCully, WWU, 31.51 – 103-4.

Hammer – 1. Jaci Cederberg, WOU, 53.25 – 174-8; 2. Christin McDowell, CWU, 50.98 – 167-3; 3. Kristina MacCully, WWU, 49.28 – 161-8; 4. Kristina Wherry, NNU, 45.90 – 150-7; 5. Heather Yergen, CWU, 45.82 – 150-4; 6. Amy Carroll, NNU, 44.79 – 146-11; 7. Sabrina Freed, WOU, 44.77 – 146-10; 8. Krissy Tandle, CWU, 43.93 – 144-1; 9. Rebekah McAdam, NNU, 43.63 – 143-2; 10. Jessica Telleria, WWU, 43.28 – 142-0; 11. Hannan Bowman, NNU, 42.99 – 141-0; 12. Tammy Carlson, WWU, 41.12 – 134-11; 13. Katie Taylor, WWU, 38.60 – 126-8; 14. Tiffany Quilter, CWU, 37.44 – 122-10; 15. Jennifer Urrutia, SPU, 37.39 – 122-8; 16. Kim Radke, WWU, 37.31 – 122-5.

Javelin – 1. Lauren VerMum, SPU, 44.29 – 145-4; 2. Bridget Johnson, WOU, 43.60 – 143-0; 3. Danielle Ayers-Stamper, SPU, 42.25 – 138-7; 4. Katie McMeel, CWU, 41.87 – 137-4; 5. Sara Johnson, SPU, 41.46 – 136-0; 6. Rebekah McAdam, NNU, 40.83 – 133-11; 7. Nini Callan, WOU, 40.35 – 132-4; 8. Molly Hombuckle, SPU, 40.20 – 131-11; 9. Amy Taylor, SPU, 38.93 – 127-9; 10. Erica Rance, WWU, 34.73 – 113-11; 11. Jennie Rummell, WOU, 33.86 – 111-1; 12. Teresa Mathias, SU, 32.61 – 107-0; 13. Kristin Aamoldt, WOU, 31.14 – 102-2.

Heptathlon (Apr. 25-26) - 1. Bridget Johnson, WOU, 4997; 2. Kelsey Cooley, SPU, 4842; 3. Monica Smith, WOU, 4652; 4. Linda Blake, SPU, 4612; 5. LeAnne Evans, WWU, 4404; 6. Bridgette Sexton, SPU, 4325; 7. Amanda Merrell, NNU, 4250; 8. Ashley Rickels, NNU, 4154; 9. Jackie McCall, WWU, 4047.

Day 1 Results: 100 Hurdles - Smith 14.67, Blake 14.82, Cooley 15.28, Rickels 15.50, Evans 15.54, Johnson 15.83, Sexton 15.89, Merrell 15.93, McCall 16.99. High Jump - Smith 1.67 - 5-5 3/4, Cooley 1.64 - 5-4 1/2, Blake 1.61 - 5-3 1/4, Johnson 1.61 - 5-3 1/4, Rickels 1.58 - 5-2 1/4, Merrell 1.55 - 5-1, McCall 1.52 - 4-11 3/4, Evans 1.46 - 4-9 1/2, Sexton 1.37 - 4-6. Shot Put - Johnson 12.03 - 39-5 3/4, Cooley 10.81 - 35-5 3/4, Evans 10.42 - 34-2 1/4, Merrell 10.03 - 32-11, Blake

9.88 - 32-5, Rickels 9.46 - 31-0 1/2, Sexton 9.44 - 30-11 3/4, Smith 8.98 - 29-5 1/2, McCall 8.93 - 29-3 3/4. 200 - Smith 25.40, Cooley 25.87, Sexton 26.07, Johnson 26.22, Rickels 26.64, Evans 26.71, Blake 27.13, McCall 27.53, Merrell 27.88.

Day 2 Results: Long Jump - Johnson 5.32 - 17-5 1/2, Cooley 5.15 - 16-10 3/4, Blake 5.13 - 16-10, Merrell 4.94 - 16-2 1/2, Smith 4.89 - 16-0 1/2, Sexton 4.73 - 15-6 1/4, Rickels 4.71 - 15-5 1/2, Evans 4.71 - 15-5 1/2, McCall 4.69 - 15-4 3/4. Javelin - Johnson 40.87 - 134-1, Merrell 35.02 - 114-11, Evans 32.82 - 107-8, Cooley 32.59 - 106-11, Blake 30.89 - 101-4, Sexton 30.31 - 99-5, McCall 28.60 - 93-10, Smith 25.43 - 83-5, Rickels 22.00 - 72-2. 800 - Sexton 2:17.14, Evans 2:25.53, McCall 2:25.56, Johnson 2:26.18, Cooley 2:26.69, Smith 2:28.21, Blake 2:30.40, Rickels 2:35.84, Merrell 2:40.86.

2006 GNAC (May 6 at Monmouth)

Team Scores - Seattle Pacific 203, Western Oregon 188, Central Washington 150, Northwest Nazarene 92, Western Washington 89, Alaska Anchorage 76, Saint Martin's 28, Humboldt State 21, Seattle 9. **Outstanding Performer** - Mary Pearce, Alaska Anchorage.

100 - 1. Keyanna Jenkins, WOU, 12.44; 2. Chelsi Claussen, SMU, 12.67; 3. Whitney Knox, WWU, 12.75; 4. Anna Soule, SPU, 12.78; 5. Teresa Schlafer, CWU, 12.80; 6. Sarajane Rosenberg, WOU, 12.81; 7. Bonnie Galloway, WOU, 13.02; 8. Gail Butler, WWU, 13.16; 9. Ashley Rountree, CWU, 13.22; 10. Britany Hood, CWU, 13.22; 11. Lakita Burr, SMU, 13.24; 12. Jean Kolb, SPU, 13.30; 13. Nikki Schutte, NNU, 13.33; 14. Kim Berberick, NNU, 13.55.

200 - 1. Mary Pearce, UAA, 25.08 (meet record; old 24.9h, Bonnie Galloway, WOU, 2005); 2. Keyanna Jenkins, WOU, 25.36; 3. Terran Legard, CWU, 25.84; 4. Anna Soule, SPU, 25.85; 5. Teresa Schlafer, CWU, 25.96; 6. Rachel Kaercher, CWU, 26.13; 7. Bonnie Galloway, WOU, 26.27; 8. Whitney Knox, WWU, 26.38; 9. Emily Tweto, UAA, 26.65; 10. Kelsey Cooley, SPU, 26.72; 11. Nikki Schutte, NNU, 26.74; 12. Jacque Postlewait, WOU, 26.87; 13. Amanda Thornton, WWU, 26.89; 14. Linda Blake, SPU, 27.82; 15. Bridget Johnson, WOU, 28.22.

400 - 1. Mary Pearce, UAA, 55.65 (meet record, old, 55.98, Legard, CWU, 2004); 2. Terran Legard, CWU, 56.89; 3. Rachael Kaercher, CWU, 57.21; 4. Emily Peterson, NNU, 58.57; 5. Chelsea Evans, CWU, 58.79; 6. Teona Perkins, SPU, 59.03; 7. Amanda Gius, CWU, 59.34; 8. Brittany Taylor, CWU, 1:00.18; 9. Diana Gordon, UAA, 1:00.78; 10. Amanda Thornton, UAA, 1:00.81; 11. Lynelle Thompson, NNU, 1:01.97; 12. Jessica Allman, UAA, 1:02.48.

800 - 1. Sarah Howell, WOU, 2:17.15; 2. Suzie Strickler, SPU, 2:18.46; 3. Ashley Puga, NNU, 2:18.82; 4. Josie Lavin, SPU, 2:19.69; 5. Brandi McCoy, SPU, 2:19.79; 6. Jennifer Marsh, SPU, 2:20.48; 7. Lindy Mullen, CWU, 2:20.86; 8. Sarah Benson, CWU, 2:21.22; 9. Macey Blaine, NNU, 2:21.37; 10. Mandi Johnson, NNU, 2:21.81; 11. Kim Beamon, SPU, 2:21.91; 12. Megan Johnson, NNU, 2:22.05; 13. Stephanie Upshaw, WOU, 2:22.29; 14. Kaley Strachen, UAA, 2:22.96; 15. Danielle Pratt, UAA, 2:23.04; 16. Jessica Pendon, SMU, 2:24.74.

1500 - 1. Ashley Puga, NNU, 4:37.67; 2. Lindy Mullen, CWU, 4:39.19; 3. Jessica Harper, WOU, 4:41.52; 4. Stephanie Upshaw, WOU, 4:45.37; 5. Mary Moriarty, SPU, 4:47.09; 6. Mandi Johnson, NNU, 4:47.87; 7. Janelle Stevens, SPU, 4:48.17; 8. Megan Wrightman, SPU, 5:05.30; 9. Charise Arce, SU, 5:06.40.

Steeplechase - 1. Karin Rohde, SPU, 11:09.21; 2. Brandi McCoy, SPU, 11:15.00; 3. Sarah Benson, CWU, 11:22.41; 4. Kaley Strachen, UAA, 11:45.50; 5. Emily Uhlig, CWU, 12:09.43; 6. Corina James, SPU, 12:14.73; 7. Heather Moultonn, HSU, 12:19.95; 8. Ali McCall, HSU, 12:25.89; 9. Catherine McDonald, WWU, 12:40.83.

3000 - 1. Mary Moriarty, SPU, 10:22.8; 2. Jessica Rendon, HSU, 10:43.1; 3. Laura Carr, UAA, 10:44.4; 4. Brandy Anderson, CWU, 10:49.1; 5. Megan Wrightman, SPU, 10:53.1; 6. Erin Deasy, WWU, 11:01.8; 7. Lydia Lauer, SU, 11:06.1; 8. Mary Krusen, UAA, 11:14.8; 9. Katrina Schwerdtfeger, WWU, 11:23.0.

5000 - 1. Mandy Kaempf, UAA, 17:24.11 (meet record, old 17:35.03, Katie Gosnell, HSU, 2002); 2. Rachel Bailey, CWU, 17:42.44; 3. Marcie Mullen, CWU, 17:49.15; 4. Karin Rohde, SPU, 18:00.79; 5. Katie Hansen, SU, 18:20.57; 6. Laura Carr, UAA, 18:27.68; 7. Jessie Dunnam, SMU, 18:58.05; 8. Holly Mishler, NNU, 19:02.01; 9. Jessica Rendon, HSU, 19:23.26; 10. Mary Krusen, UAA, 19:36.39; 11. Nikki Jensen, SPU, 19:44.56; 12. Emily Uhlig, CWU, 19:49.03; 13. Kaitlin Rohde, SPU, 20:01.25; 14. Becky Knox, SPU, 20:06.57.

10,000 - 1. Davya Baker, UAA, 39:07.72; 2. Amber Green, CWU, 39:08.92; 3. Nikki Jensen, SPU, 39:12.13; 4. Lindsey Graham, NNU, 40:25.68; 5. Janelle Probst, SMU, 40:36.96; 6. Becky Knox, SPU, 41:05.82; 7. Kaitlin Rohde, SPU, 41:43.26; 8. Heidi Peterson, SPU, 42:01.11; 9. Christy Wynkoop, NNU, 42:20.72; 10. Kami Burse, WWU, 42:39.52; 11. Kim Parry, WOU, 43:13.20; 12. Marissa Harshman, WWU, 43:28.07; 13. Andrea Lovio, HSU, 45:23.44.

100 Hurdles - 1. Bridget Johnson, WOU, 15.03; 2. Linda Blake, SPU, 15.10; 3. Kelsey Cooley, SPU, 15.26; 4. Emily Tweto, UAA, 15.47; 5. Jacque Postlewait, WOU, 15.51; 6. Ashley Rountree, CWU, 15.72; 7. Sarah Barker, WOU, 15.73; 8. Ashley Wornell, NNU, 15.78; 9. Nini Callan, WOU, 15.79; 10. Arielle Genter, WWU, 15.84; 11. Jennie Rummell, WOU, 16.00; 12. Amanda Merrell, NNU, 16.18; 13. Christy Miller, WWU, 16.22; 14. Jackie McCall, WWU, 16.75; 15. Meagan Friess, UAA, 16.85; 16. Rosalyn Leitch, SPU, 17.25.

400 Hurdles - 1. Jennie Rummell, WOU, 1:03.32; 2. Chelsi Claussen, SMU, 1:03.49; 3. Sarah Barker, WOU, 1:03.80; 4. Victoria Perkins, SPU, 1:04.25; 5. Arielle Genter, WWU, 1:05.51; 6. Ashley Wornell, NNU, 1:07.10; 7. Lakita Burr, SMU, 1:07.29; 8. Kara Nygard, CWU, 1:07.85; 9. Meagan Friess, UAA, 1:08.11; 10. Jessica Allman, UAA, 1:08.26; 11. Natalie Nash, WOU, 1:10.48; 12. Danielle Seibert, WWU, 1:10.61; 13. Stephanie Drukenis, CWU, 1:11.04.

4x100 Relay - Central Washington (Rountree, Hood, Gius, Schlafer) 48.37; 2. Alaska Anchorage (Gordon, Friess, Tweto, Pearce) 49.23; 3. Western Oregon (Jenkins, Postlewait, Rosenberg, Galloway) 50.13; 4. Northwest Nazarene (Berberick, Metzger, Peterson, Schutte) 50.24; 5. Seattle Pacific (Kolb, Cooley, Blake, Soule) 50.30; 6. Western Washington (Thornton, Seibert, G. Butler, Knox) 50.31; 7. Saint Martin's (Dunnam, Beatty, Blume, Pendon) 52.41.

4x400 Relay - 1. Central Washington (Kaercher, Gius, Evans, Legard) 3:51.83 (meet record, old, 3:53.42, Central Washington, 2004); 2. Seattle Pacific (Perkins, Lavin, Cooley, Soule) 3:55.66; 3. Western Oregon (Rummell, Howell, Barker, Jenkins) 3:58.88; 4. Northwest Nazarene (Berberick, Blaine, Puga, Peterson) 3:58.97; 5. Alaska Anchorage (Gordon, Allman, Pearce, Pratt) 4:02.07; 6. Western Washington (Seibert, Thornton, Genter, McCall) 4:06.78; 7. Saint Martin's (Beatty, Burr, Pendon, Claussen) 4:10.22.

High Jump - 1. Clara Cook, WWU, 1.70 - 5-7; 2. Emily Peterson, NNU, 1.67 - 5-5 3/4; 3. Teona Perkins, SPU, 1.64 - 5-4 1/2; 4. Kelsey Cooley, SPU, 1.64 - 5-4 1/2; 5. Emily Tweto, UAA, 1.64 - 5-4 1/2; 6. Linda Blake, SPU, 1.61 - 5-3 1/4; 7. Sharon Bjella, SPU, 1.61 - 5-3 1/4; 8. Taryn Plypick, WOU, 1.58 - 5-2 1/4; 9. Jacque Postlewait, WOU, 1.55 - 5-1; 10. Bridget Johnson, WOU, 1.55 - 5-1; 11. Chelsea Huff, HSU, 1.55 - 5-1; 12. Jenny Josephson, WWU, 1.52 - 4-11 3/4; 13. Amy Farquhar, CWU, 1.46 - 4-9 1/2; Lindsey Cox, WWU, no height.

Pole Vault - 1. Amy Harris, SPU, 3.41 - 11-2 1/4; 2. Monica Anderson, SPU, 3.41 - 11-2 1/4; 3. Allison Hedges, SPU, 3.41 - 11-2 1/4; 4. Kristi Metzger, NNU, 3.21 - 10-6 1/4; 5. Kirsten Holt, WWU, 3.21 - 10-6 1/4; 6. Haley Amos, CWU, 3.21 - 10-6 1/4; 7. Cara Dockins, WWU, 3.06 - 10-0 1/2; 8. Julie Stone, WWU, 3.06 - 10-0 1/2; 9. Brianna Fredrickson, CWU, 2.91 - 9-6 1/2; 10. Christy Miller, WWU, 2.91 - 9-6 1/2; 11. Jamie Wulfekuhle, WWU, 2.91 - 9-6 1/2.

Long Jump - 1. Sarajane Rosenberg, WOU, 5.32 - 17-5 1/2; 2. Jacque Postlewait, WOU, 5.28 - 17-4; 3. Bridget Johnson, WOU, 5.21 - 17-1 1/4; 4. Christy Miller, WWU, 5.19 - 17-0 1/2; 5. Kelsey Cooley, SPU, 5.12 - 16-9 3/4; 6. Linda Blake, SPU, 5.10 - 16-8 3/4; 7. Gail Butler, WWU, 5.04 - 16-6 1/2; 8. Ashley Wornell, NNU, 4.93 - 16-2 1/4; 9. Sarah Barker, WOU, 4.91 - 16-1 1/2; 10. Kim Bascom, WWU, 4.78 - 15-8 1/4; 11. Nini Callan, WOU, 4.77 - 15-7 3/4; 12. Lindsay Leonard, WWU, 4.72 - 15-6; 13. Whitney Knox, WWU, 4.66 - 15-3 1/2; 14. Haley Amos, CWU, 4.62 - 15-2; 15. Anjuli Spear, CWU, 4.55 - 14-11 1/4; 16. Lydia Morrison, WWU, 4.40 - 14-5 1/4.

Triple Jump - 1. Kim Bascom, WWU, 11.58 - 38-0 (meet record; old record, 37-6 3/4, Lea Tiger, CWU, 2005); 2. Amanda Merrell, NNU, 11.33 - 37-2 1/4; 3. Christy Miller, WWU, 11.07 - 36-4; 4. Sarajane Rosenberg, WOU, 11.07 - 36-4; 5. Linda Blake, SPU, 10.96 - 35-11 1/2; 6. Lindsay Leonard, WWU, 10.92 - 35-10; 7. Nini Callan, WOU, 10.82 - 35-6; 8. Anjuli Spear, CWU, 10.62 - 34-10 1/4; 9. Kelsey McBride, SPU, 10.19 - 33-5 1/4; 10. Heather Butler, WWU, 10.07 - 33-0 1/2; 11. Courtney Stein, UAA, 9.84 - 32-3 1/2; 12. Shawna Wayman, WWU, 9.81 - 32-2 1/4; 13. Sharelle Wells, WOU, 9.57 - 31-4 3/4; Lydia Morrison, WWU, no distance.

Shot Put - 1. Chevonna Lynch, WOU, 13.12 - 43-0 1/2; 2. Krissy Tandle, CWU, 12.75 - 41-10; 3. Alicia VanderVelden, WOU, 12.41 - 40-8 3/4; 4. Sabrina Freed, WOU, 12.11 - 39-8 3/4; 5. Bridget Johnson, WOU, 12.08 - 39-7 3/4; 6. Rebecca Lindquist, CWU, 11.75 - 38-6 3/4; 7. Amy Carroll, NNU, 11.57 - 37-11 1/2; 8. Nini Callan, WOU, 11.36 - 37-3 1/4; 9. Bree Renzetti, CWU, 10.96 - 35-11 1/2; 10. Nicole Lassetter, WOU, 10.82 - 35-6; 11. ShaTayna Fernandez, SU, 10.47 - 34-4 1/4; 12. Renee Dixon, UAA, 10.30 - 33-9 1/2; 13. Becky Scherer, CWU, 10.23 - 33-6 3/4; 14. Haley Buckbee, WOU, 9.88 - 32-5.

Discus - 1. Jessica Telleria, WWU, 45.52 - 149-4 (meet record, old 147-9, Telleria, 2005); 2. Krissy Tandle, CWU, 41.90 - 137-6; 3. Becky Scherer, CWU, 41.36 - 135-8; 4. Ashley VanOeveren, WWU, 40.76 - 133-9; 5. Nicole Lassetter, WOU, 39.54 - 129-9; 6. Marcie Roth, NNU, 39.40 - 129-3; 7. Erica Rance, WWU, 37.82 - 124-1; 8. Amy Carroll, NNU, 37.56 - 123-3; 9. Kristi Wherry, NNU, 37.18 - 122-0; 10. Renee Dixon, UAA, 35.52 - 116-6; 11. Rebecca Lindquist, CWU, 35.16 - 115-4; 12. Alicia VanderVelden, WOU, 34.24 - 112-4; 13. Jennifer Villalva, WWU, 33.52 - 110-0; 14. Haley Buckbee, WOU, 33.14 - 108-9; 15. Courtney Nicks, HSU, 29.88 - 98-0.

Hammer - 1. Audrey Oswald, HSU, 54.51 - 178-10 (meet record; old, 177-1, Jennifer Dunkin, WOU, 2003); 2. Sabrina Freed, WOU, 46.71 - 153-3; 3. Kristi Wherry, NNU, 44.90 - 147-4; 4. Hannah Bowman, NNU, 42.99 - 141-0; 5. Jessica Telleria, WWU, 42.51 - 139-6; 6. Krissy Tandle, CWU, 41.49 - 136-1; 7. Erica Rance, WWU, 41.28 - 135-5; 8. Amy Carroll, NNU, 39.84 - 130-8; 9. Katie Taylor, WWU, 39.36 - 129-2; 10. Bree Renzetti, CWU, 39.13 - 128-4; 11. Kim Radke, WWU, 37.14 - 121-10; 12. Becky Scherer, CWU, 36.63 - 120-2; 13. Rebekah Hook, WWU, 32.58 - 106-11; 14. Courtney Little, NNU, 30.29 - 99-4; 15. Rebecca Lindquist, CWU, 30.23 - 99-2; 16. Erika Remple, NNU, 27.57 - 90-5.

Javelin - 1. Lauren VerMum, SPU, 44.08 - 144-7; 2. Katie McMeel, CWU, 42.72 - 140-2; 3. Bridget Johnson, WOU, 42.68 - 140-0; 4. Molly Barnes, SPU, 41.50 - 136-2; 5. Chelsea Glavin, WOU, 41.40 - 135-10; 6. ShaTayna Fernandez, SU, 37.42 - 122-9; 7. Nini Callan, WOU, 36.94 - 121-2; 8. Erica Rance, WWU, 35.08 - 115-1; 9. Liz Howe, WWU, 34.04 - 111-8; 10. Val Groshong, WOU, 32.34 - 106-1; 11. Sharelle Wells, WOU, 25.56 - 83-10.

Heptathlon (Apr. 24-25 at Ellensburg) - 1. Bridget Johnson, WOU, 5053; 2. Kelsey Cooley, SPU, 4880; 3. Linda Blake, SPU, 4692; 4. Amanda Merrell, NNU, 4654; 5. Jacque Postlewait, WOU, 4386; 6. Ashley Wornell, NNU, 4348; 7. Nini Callan, WOU, 4191; 8. Jackie McCall, WWU, 4008.

Day 1 Results: 100 Hurdles - Blake 14.72, Johnson 14.74, Cooley 14.97, Callan 15.17, Postlewait 15.20, Merrell 15.35, Wornell 15.42, McCall 16.62. High Jump - Cooley 1.61 - 5-3 1/4, Johnson 1.58 - 5-2 1/4, Wornell 1.58 - 5-2 1/4, Blake 1.58 - 5-2 1/4, Merrell 1.58 - 5-2 1/4, Postlewait 1.52 - 4-11 3/4, McCall 1.43 - 4-8 1/4, Callan 1.37 - 4-6. Shot Put - Johnson 12.88 - 42-3 1/4, Callan 10.94 - 35-10 3/4, Blake 10.57 - 34-8 1/4, Merrell 10.57 - 34-8 1/4, Cooley 10.41 - 34-2, McCall 9.69 - 31-9 1/2, Postlewait 9.46 - 31-0 1/2, Wornell 8.89 - 20-2. 200 - Cooley 26.25, Postlewait 26.28, Johnson 26.32, Wornell 26.89, Merrell 26.92, Blake 26.95, McCall 27.15, Callan 28.05.

Day 2 Results: Long Jump - Cooley 5.56 - 18-3, Johnson 5.42 - 17-9 1/4, Postlewait 5.36 - 17-7, Merrell 5.15 - 16-10 3/4, Callan 5.04 - 16-6 1/4, Wornell 4.97 - 16-3 3/4, Blake 4.96 - 16-3 1/4, McCall 4.71 - 15-5 1/4. Javelin - Johnson 36.80 - 120-9, Merrell 35.74 - 117-3, Callan 35.58 - 116-9, Blake 33.17 - 108-10, Cooley 30.20 - 99-1, Wornell 26.71 - 87-7, McCall 25.81 - 84-8, Postlewait 23.67 - 77-8. 800 - Cooley 2:24.86, McCall 2:26.59, Blake 2:26.84, Wornell 2:28.93, Johnson 2:29.91, Merrell 2:31.63, Postlewait 2:34.08, Callan 2:44.71.

2007 GNAC (May 4-5 at Bellingham)

Team Scores - Seattle Pacific 200, Western Oregon 142 1/2, Central Washington 129 1/2, Western Washington 119 1/2, Northwest Nazarene 119, Alaska Anchorage 100 1/2, Saint Martin's 30, Seattle 14. **Outstanding Performer** – Jessica Pixler, Seattle Pacific.

100 - 1. NyEma Sims, SPU, 12.46; 2. Mary Pearce, UAA, 13.05; 3. Jessica Hinton, SPU, 13.06; 4. Heidi Dimmitt, WWU, 13.21; 5. Nicki Schutte, NNU, 13.56; 6. Britany Hood, CWU, 13.58; 7. Sarajane Rosenberg, WOU, 13.83; 8. Kara Nygard, CWU, 14.33.

200 - 1. NyEma Sims, SPU, 25.12; 2. Mary Pearce, UAA, 25.42; 3. Jessica Hinton, SPU, 25.99; 4. Terran Legard, CWU, 26.27; 5. Brook Bachmeier, NNU, 26.74; 6. Lindsay Brady, NNU, 26.94; 7. Jacque Postlewait, WOU, 27.21; 8. Rachael Kaercher, CWU, 27.51.

400 - 1. Mary Pearce, UAA, 55.45 (Meet Record, old 55.65, Mary Pearce, UAA, 2006); 2. Terran Legard, CWU, 56.91; 3. Rachael Kaercher, CWU, 57.93; 4. Chelsea Evans, CWU, 58.45; 5. Lindsay Brady, NNU, 58.62; 6. Amanda Gius, CWU, 59.47; 7. Anna Walters, SPU, 59.65; 8. Kathryn Mertens, WWU, 59.98.

800 - 1. Jessica Pixler, SPU, 2:10.93 (Meet Record, old 2:12.92, Sarah Kraybill, SPU, 2002); 2. Sarah Howell, WOU, 2:14.53; 3. Jennifer Marsh, SPU, 2:17.15; 4. Lisa Anderberg, SPU, 2:20.24; 5. Ashley Puga, NNU, 2:22.30; 6. Amy Layton, SMU, 2:22.70; 7. Jennifer Grover, SMU, 2:23.27; 8. Kaley Strachan, UAA, 2:25.41; 9. Susannah Scruggs-James, WWU, 2:26.11; 10. Victoria Perkins, SPU, 2:27.14; 11. Jamie Sundvall, NNU, 2:31.55.

1500 - 1. Jessica Pixler, SPU, 4:32.80; 2. Ashley Puga, NNU, 4:40.41; 3. Jane Larson, SPU, 4:43.06; 4. Karin Rohde, SPU, 4:44.48; 5. Krinda Carlson, SMU, 4:44.85; 6. Stephanie Upshaw, WOU, 4:50.95; 7. Kate Harline, SPU, 4:58.41; 8. Kaley Strachan, UAA, 4:59.59; 9. Suzie Strickler, SPU, 5:02.06; 10. Laura Carr, UAA, 5:04.10; 11. Elizabeth Chepkosgei, UAA, 5:04.48; 12. Charisse Arce, SU, 5:05.98; 13. Shirlon Moncrief, WOU, 5:10.09; 14. Jessica Harper, WOU, 5:11.56.

3000 - 1. Jessica Pixler, SPU, 9:53.80 (Meet record, old 10:06.86, Alicen Maier, CWU, 2002); 2. Jane Larson, SPU, 10:05.47; 3. Katie Hummel, CWU, 10:13.79; 4. Laura Carr, UAA, 10:21.70; 5. Elizabeth Chepkosgei, UAA, 10:31.07; 6. Suzie Strickler, SPU, 10:31.07; 7. Kate Harline, SPU, 10:33.11; 8. Kaley Strachan, UAA, 10:44.00; 9. Charisse Arce, SU, 10:48.84; 10. Kysa Cronrath, SPU, 10:53.95; 11. Keely Kaligis, WWU, 10:56.75; 12. Danielle Slaughter, WWU, 11:11.10.

5000 - 1. Laura Carr, UAA, 18:30.56; 2. Alea Rowley, WOU, 18:47.36; 3. Elizabeth Chepkosgei, UAA, 18:54.78; 4. Katie Hart, SPU, 19:17.97; 5. Rachel Yorkston, SU, 19:29.02; 6. Ashley McDougall, WWU, 19:30.08; 7. McKinley Williams, WWU, 19:33.24; 8. Marissa Harshman, WWU, 19:45.57; 9. Kim Parry, WOU, 19:55.79; 10. Emily Mosich, WWU, 19:56.64; 11. Anjuliy Haydu, UAA, 20:05.20; 12. Mary Krusen, UAA, 20:11.09; 13. Rhiannon Cadelinia, SU, 20:15.95; 14. Amy Olson, WWU, 20:22.37; 15. Katrina Schwerdtfeger, WWU, 21:00.86.

100 Hurdles - 1. Jacque Postlewait, WOU, 15.33; 2. Emily Tweto, UAA, 15.43; 3. Lindsay Lunderman, WWU, 15.53; 4. Ashley Wornell, NNU, 16.07; 5. Chelsi Claussen, SMU, 16.28; 6. Raquel Gonzalez, CWU, 16.30; 7. Sarah Barker, WOU, 16.50; 8. Brittany Bekins, SPU, 17.18.

400 Hurdles - 1. Heidi Dimmitt, WWU, 1:02.94; 2. Sarah Barker, WOU, 1:05.12; 3. Chelsi Claussen, SMU, 1:05.27; 4. Natalie Nash, WOU, 1:05.64; 5. Lindsay Lunderman, WWU, 1:06.44; 6. Jessica Allman, UAA, 1:09.04; 7. Kara Nygard, CWU, 1:10.73; 8. Emily Tweto, UAA, 1:15.48.

Steeplechase - 1. Karin Rohde, SPU, 11:01.6 (Meet Record, old 11:09.21, Rohde, SPU, 2006); 2. Jessica Harper, WOU, 11:40.1; 3. Shirlon Moncrief, WOU, 11:43.0; 4. Sarah Benson, CWU, 11:50.4; 5. Kim Beamon, SPU, 11:57.9; 6. Kim Parry, WOU, 12:26.8; 7. Valerie Matthews, WWU, 12:50.8; 8. Allison Graham, WWU, 13:21.2.

4x100 Relay - 1. Seattle Pacific (Bekins, Hinton, Walters, Sims) 48.17. 2. Central Washington (Gius, Legard, Hood, Kaercher) 48.97; 3. Alaska Anchorage (Tweto, Echavarria, Brady, Pearce) 49.39; 4. Western Washington (Couvelier, Lunderman, Dimmitt, Thornton) 49.50; 5. Northwest Nazarene (Berberick, Schutte, Brediger, Brady) 50.30; 6. Western Oregon (Nash, Postlewait, Barker, Rosenberg) 51.47.

4x400 Relay - 1. Central Washington (Kaercher, Gius, Evans, Legard) 3:51.48 (Meet Record, old 3:51.83, Central Washington, 2006); 2. Seattle Pacific (Bekins, Pixler, Perkins, Sims) 3:54.13; 3. Western Washington (Dimmitt, Mertens, Lunderman, Thornton) 4:02.04; 4. Northwest Nazarene (Brady, Schutte, Peterson, Puga) 4:03.06; 5. Western Oregon (Postlewait, Barker, Nash, Howell) 4:07.21; 6. Alaska Anchorage (McGlasson, Strachan, Allman, Pearce) 4:15.06; 7. Saint Martin's (Pendon, Grover, Bishop, Claussen) 4:17.59; 8. Seattle University (Arce, Martinez, Yorkston, Cabebe) 4:38.50.

High Jump - 1. Teona Perkins, SPU, 1.73 – 5-8; 2. Taryn Plypick, WOU, 1.68 – 5-6; 3. Emily Peterson, NNU, 1.63 – 5-4 ¼; 4. Ashley Wornell, NNU, 1.58 – 5-2 ¼; 5. Clara Cook, WWU, 1.58 – 5-2 ¼; 6. Mara Becker, SU, 1.58 – 5-2 ¼; 7. Kelsey Cooley, SPU, 1.58 – 5-2 ¼; 8. Emily Tweto, UAA, and Jacque Postlewait, WOU, 1.53 – 5-0 ¼; 10. Lindsey Cox, WWU, and Mary Printz, NNU, 1.53 – 5-0 ¼; 12. Jenny Josephson, WWU, 1.53 – 5-0 ¼; 13. Anjuli Spear, CWU, 1.48 – 4-10 ¼; 14. Amanda Rose, CWU, 1.48 – 4-10 ¼.

Triple Jump - 1. Kim Bascom, WWU, 11.21 - 36-9 ½; 2. Christy Miller, WWU, 11.00 - 36-1 ¼; 3. Kim Brady, UAA, 10.98 - 36-0 ¼; 4. Sarajane Rosenberg, WOU, 10.94 - 35-10 ¾; 5. Amanda Rose, CWU, 10.90 - 35-9 ¾; 6. Amanda Merrell, NNU, 10.68 - 35-0 ½; 7. Anjuli Spear, CWU, 10.27 - 33-8 ½; 8. Lydia Morrison, WWU, 10.25 - 33-7 ½; 9. Ashley Rau, WOU, 9.33 - 30-7 ½.

Discus - 1. Erica Rance, WWU, 42.80 – 140-5; 2. Amy Carroll, NNU, 42.12 – 138-2; 3. Lindsay Currier, SU, 41.84 – 137-3; 4. Corena Bell, UAA, 40.94 – 134-4; 5. Krissy Tandle, CWU, 40.24 – 132-0; 6. Shaina Afoa, CWU, 39.82 – 130-8; 7. Becky Scherer, CWU, 38.30 – 125-8; 8. Chelsea Sadler, WWU, 35.46 – 116-4; 9.

Marci Breighner, NNU, 33.08 – 108-6; 10. Sabrina Freed, WOU, 32.52 – 106-8; 11. Kristin Humphrey, WOU, 30.74 – 100-10; 12. Jessica Houston, UAA, 27.32 – 89-7.

Javelin - 1. Katie McMeel, CWU, 44.82 – 147-0; 2. Monica Gruszecki, WWU, 44.56 – 146-2; 3. Molly Barnes, SPU, 43.42 – 142-5; 4. Chelsea Glavin, WOU, 41.34 – 135-7; 5. Liz Howe, WWU, 40.32 – 132-3; 6. Amanda Merrell, NNU, 36.38 – 119-4; 7. Kristin Janney, SPU, 35.78 – 117-5; 8. Erica Rance, WWU, 35.74 – 117-3; 9. Angela Harsin, WOU, 34.50 – 113-2; 10. Sarah Elwell, NNU, 34.46 – 113-1; 11. Kaitlin Mead, WOU, 34.16 – 112-1; Alison McWeeny, CWU, 33.04 – 108-5.

Friday's Finals:

10,000 - 1. Alee Rowley, WOU, 38:51.17; 2. Jessie Dunnam, SMU, 39:48.41; 3. Katie Hart, SPU, 39:56.88; 4. Nikki Jenson, SPU, 40:01.79; 5. Amber Green, CWU, 40:24.53; 6. Heidi Peterson, SPU, 41:04.27; 7. Shannon DeBoer, NNU, 41:18.05; 8. Taylor Shipman, SMU, 41:38.30; 9. Marissa Harshman, WWU, 41:57.29.

Long Jump - 1. Kim Brady, UAA, 5.50 - 18-0 ½; 2. Kim Bascom, WWU, 5.32 - 17-5 ½; 3. Jacque Postlewait, WOU, 5.30 - 17-4 ¾; 4. Amanda Merrell, NNU, 5.26 - 17-3 ¾; 5. NyEma Sims, SPU, 5.22 - 17-1 ½; 6. Christy Miller, WWU, 5.18 - 17-0; 7. Sarajane Rosenberg, WOU, 5.15 - 16-10 ¾; 8. Taryn Plypick, WOU, 5.10 - 16-8 ¾; 9. Anjuli Spear, CWU, 5.02 - 16-5 ¾; 10. Gail Butler, WWU, 4.82 - 15-9 ¾; 11. Susan Quick, CWU, 4.76 - 15-7 ½; 12. Raquel Gonzalez, CWU, 4.39 - 14-5.

Pole Vault - 1. Tracie Lundsten, SPU, 3.55 - 11-7 ¾; 2. Monica Anderson, SPU, 3.45 - 11-3 ¾; 3. Christy Miller, WWU, 3.35 - 10-11 ¾; 4. Kristi Rice, NNU, 3.20 - 10-6; 5. Mary Printz, NNU, 3.05 - 10-0; 6. Camille Clarke, WWU, Brianna Fredrickson, CWU; Karina Elzinger, NNU, and M.J. Usabel, NNU, 2.90 - 9-6 ¾; 10. Julie Stone, WWU, 2.90 - 9-6 ¾; 11. Haley Amos, CWU, 2.90 - 9-6 ¾; 12. Jamie Wulfekuhle, WWU, and Sara Ehlers, WWU, 2.75 - 9-0 ¾; 14. Erica Ziegler, WWU, 2.75 - 9-0 ¾; Courtney Cabebe, SU, no height.

Shot Put - 1. Krissy Tandle, CWU, 13.92 - 45-8 (Meet record, old, 44-5 ½, Dionna Anderson, SPU, 2002); 2. Shaina Afoa, CWU, 12.81- 42-0 ½; 3. Chevonna Lynch, WOU, 12.44 - 40-9 ¾; 4. Amy Carroll, NNU, 12.32 - 40-5; 4. Amy Carroll, NNU, 12.32 - 40-5; 5. Jessica Houston, UAA, 12.20 - 40-0 ½; 6. Sabrina Freed, WOU, 11.22 - 36-9 ¾; 7. Chelsea Sadler, WWU, 11.17 - 36-7 ¾; 8. Kristin Humphrey, WOU, 10.89 - 35-8 ¾; 9. Corena Bell, UAA, 10.79 - 35-5; 10. Becky Scherer, CWU, 10.63 - 34-10 ½; 11. Jocelyn Judd, NNU, 10.03 - 32-11; Lindsay Currier, SU, foul.

Hammer – 1. Sabrina Freed, WOU, 50.06 – 164-3; 2. Krissy Tandle, CWU, 46.96 – 154-1; 3. Katie Taylor, WWU, 46.66 – 153-1; 4. Amy Carroll, NNU, 46.48 – 152-6; 5. Hannah Bowman, NNU, 45.52 – 149-4; 6. Becky Scherer, CWU, 43.52 – 142-9; 7. Courtney Little, NNU, 42.58 – 139-8; 8. Alison McWeeny, CWU, 42.12 – 138-2; 9. Erika Rempel, NNU, 41.76 – 137-0; 10. Erica Rance, WWU, 40.98 – 134-5; Jocelyn Judd, NNU, foul.

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

Day 1 Results: 100 Hurdles – Postlewait 15.25, Wornell 15.46, Merrell 16.11, Cooley 16.53, Gonzalez 16.73, Peterson 17.17, Plypick 18.19, Seidler 19.29, Jones 20.44. High Jump – Plypick 1.68 – 5-6, Wornell 1.65 – 5-5, Peterson 1.65 – 5-5, Postlewait 1.59 – 5-2 ½, Cooley 1.59 – 5-2 ½, Merrell 1.56 – 5-1 ¾, Gonzalez 1.44 – 4-8 ¾, Seidler 1.32 – 4-4, Jones 1.23 – 4-0 ½. Shot Put – Merrell 10.94 – 35-10 ¾, Jones 9.85 – 32-3 ¾, Cooley 9.17 – 30-1, Wornell 8.86 – 29-1, Plypick 8.58 – 28-1 ¾, Peterson 8.49 – 27-10 ¼, Postlewait 8.43 – 27-8, Gonzalez 8.25 – 27-1, Seidler 8.00 – 26-3. 200 – Postlewait 26.43, Peterson 27.43, Wornell 27.70, Merrell 27.82, Plypick 28.05, Cooley 28.36, Gonzalez 28.48, Seidler 29.49, Jones 30.50.

Day 2 Results: Long Jump – Postlewait 5.40 – 17-8 ½, Merrell 5.37 – 17-7 ¾, Plypick 5.27 – 17-3 ½, Wornell 5.00 – 16-4 ¾, Peterson 5.00 – 16-4 ¾, Cooley 4.98 – 16-4, Gonzalez 4.32 – 14-2, Seidler 4.26 – 13-11 ¾, Jones 3.92 – 12-10 ¾. Javelin – Merrell 34.24 – 112-4, Cooley 32.92 – 108-0, Plypick 30.22 – 99-2, Jones 28.80 – 94-6, Postlewait 28.20 – 92-6, Wornell 26.40 – 86-7, Seidler 25.38 – 83-3, Gonzalez 24.74 – 81-2, Peterson 24.06 – 78-11. 800 – Wornell 2:28.52, Postlewait 2:29.81, Gonzalez 2:32.14, Merrell 2:34.14, Peterson 2:35.00, Seidler 2:36.75, Jones 2:36.01, Cooley 2:43.38, Plypick 2:45.23.

Friday's Prelims:

100: Heat 1 – 1. Mary Pearce, UAA, 12.55; 2. Nicki Schutte, NNU, 13.05; 3. Sarajane Rosenberg, WOU, 13.12; 4. Brittany Hood, CWU, 13.15; 5. Elsa Couvelier, WWU, 13.34; 6. Christa Brediger, NNU, 13.34. Heat 2 – 1. NyEma Sims, SPU, 12.54; 2. Jessica Hinton, SPU, 12.74; 3. Heidi Dimmitt, WWU, 12.77; 4. Kara Nygard, CWU, 13.27; 5. Kim Berberick, NNU, 13.29; 6. Natalie Nash, WOU, 13.39; 7. Gail Butler, WWU, 13.80.

200: Heat 1 – 1. Jessica Hinton, SPU, 26.03; 2. NyEma Sims, SPU, 26.19; 3. Brook Bachmeier, NNU, 26.45; 4. Jacque Postlewait, WOU, 26.75; 5. Kim Berberick, NNU, 26.99; 6. Brittany Hood, CWU, 27.25; 7. Christa Brediger, NNU, 27.59. Heat 2 – 1. Mary Pearce, UAA, 25.35; 2. Terran Legard, CWU, 26.25; 3. Rachael Kaercher, CWU, 26.59; 4. Lindsay Brady, NNU, 26.87; 5. Nicki Schutte, NNU, 27.10.

400: Heat 1 – 1. Mary Pearce, UAA, 56.21; 2. Rachael Kaercher, CWU, 58.67; 3. Lindsay Brady, NNU, 59.38; 4. Amanda Gius, CWU, 1:00.11; 5. Amanda Thornton, WWU, 1:00.26; 6. Brittany Taylor, CWU, 1:01.54; 7. Jessica Allman, UAA, 1:03.55. Heat 2 – 1. Terran Legard, CWU, 57.39; 2. Chelsea Evans, CWU, 58.33; 3. Anna Walters, SPU, 59.24; 4. Kathryn Mertens, WWU, 1:00.03; 5. Brook Bachmeier, NNU, 1:00.85; 6. Jessica Pendon, SMU, 1:01.13; 7. Emily Peterson, NNU, 1:04.78.

100 Hurdles: Heat 1 – 1. Lindsay Lunderman, WWU, 15.14; 2. Emily Tweto, UAA, 15.22; 3. Sarah Barker, WOU, 15.99; 4. Lauren Zegers, WOU, 16.14; 5. Clara Cook, WWU, 16.39; 6. Amanda Merrell, NNU, 16.61. Heat 2 – 1. Jacque Postlewait, WOU, 14.93; 2. Chelsi Claussen, SMU, 15.51; 3. Ashley Wornell, NNU, 15.63; 4. Raquel Gonzalez, CWU, 15.65; 5. Brittany Bekins, SPU, 15.71; 6. Kelsey Cooley, SPU, 16.48; 7. Amber McGlasson, UAA, 17.02.

400 Hurdles: Heat 1 – 1. Chelsi Claussen, SMU, 1:05.02; 2. Sarah Barker, WOU, 1:05.45; 3. Lindsay Lunderman, WWU, 1:06.99; 4. Kara Nygard, CWU, 1:08.27; 5. Ashley Wornell, NNU, 1:09.41; 6. Danielle Seibert, WWU, 1:09.88; 7. Stephanie Druktenis, CWU, 1:10.63; 8. Amber McGlasson, UAA, 1:10.88. Heat 2 – 1. Heidi Dimmitt, WWU, 1:04.18; 2. Emily Tweto, UAA, 1:04.37; 3. Natalie Nash, WOU, 1:05.48; 4. Jessica Allman, UAA, 1:07.84; 5. Nathalia Echavarria, UAA, 1:11.61; 6. Courtney Cabebe, SU, 1:11.86.

2008 GNAC (May 2-3 at Ellensburg)

Team Scores - Western Oregon 162, Seattle Pacific 158, Western Washington 142, Northwest Nazarene 138, Alaska Anchorage 109, Central Washington 71, Seattle 43, Saint Martin's 17, Montana State Billings 14. **Outstanding Performer** - Ashley Puga, Northwest Nazarene.

100 - 1. Nicki Schutte, NNU, 12.82; 2. Latoya Tidwell, NNU, 12.83; 3. Lauren Duckett, WOU, 12.89; 4. Heidi Dimmitt, WWU, 12.92; 5. Kim Brady, UAA, 13.09; 6. Ardrienna Everett, UAA, 13.16; 7. Joana Houplin, WWU, 13.21; Megan Zukowski, WWU, disqualified.

200 - 1. Latoya Tidwell, NNU, 26.00; 2. Nicki Schutte, NNU, 26.34; 3. Jessica Hinton, SPU, 26.49; 4. Megan Zukowski, WWU, 27.00; 5. Lindsay Brady, NNU, 27.20; 6. Joana Houplin, WWU, 27.29; 7. Brittany Hood, CWU, 27.31; 8. Amanda Thornton, WWU, 27.67.

400 - 1. Lindsay Brady, NNU, 57.47; 2. Chelsea Evans, CWU, 57.85; 3. Megan O'Connell, WWU, 57.95; 4. Jessica Hinton, SPU, 58.47; 5. Amanda Thornton, WWU, 58.94; 6. Rachel Purcell, SU, 59.44; 7. Sarah Brownell, WWU, 59.46; 8. Elisa Decker, NNU, 59.87.

800 - 1. Ashley Puga, NNU, 2:13.10; 2. Rachael Johnson, SU, 2:15.10; 3. Ashley Berry, WOU, 2:15.99; 4. Jane Larson, SPU, 2:16.05; 5. Annan Applebee, WOU, 2:16.87; 6. Cheryl Watson, WWU, 2:18.49; 7. Annie Laweryson, SMU, 2:19.00; 8. Jaclyn Puga, NNU, 2:21.77.

1500 - 1. Jane Larson, SPU, 4:29.66 (meet record, 4:31.84, Alicen Maier, CWU, 2002); 2. Ashley Puga, NNU, 4:35.10; 3. Elizabeth Chepkosgei, UAA, 4:36.42; 4. Lisa Anderberg, SPU, 4:47.42; 5. Jaclyn Puga, NNU, 4:51.00; 6. Laura Carr, UAA, 4:51.27; 7. Hallidie Wilt, UAA, 4:53.20; 8. Tricia Morrison, WOU, 4:57.11; 9. Erica Zambon, WOU, 4:58.51; 10. Krinda Carlson, SMU, 4:59.50; 11. Stephanie Cooke, CWU, 5:00.47; 12. Kayti Krepel, SPU, 5:01.45; 13. Emma Bohman, UAA, 5:13.81; 14. Danielle Slaughter, WWU, 5:16.34.

5000 - 1. Laura Carr, UAA, 17:44.74; 2. Elizabeth Chepkosgei, UAA, 17:45.17; 3. Katie Hansen, SU, 17:49.63; 4. Kate Harline, SPU, 18:29.50; 5. Hallidie Wilt, UAA, 18:39.71; 6. Megan Wrightman, SPU, 18:46.40; 7. Kaitlin Rohde, SPU, 19:12.41; 8. Lauren Briehof, WWU, 19:16.85; 9. Ashley Reh Dahl, NNU, 19:17.18; 10. Kirsten Clarke, CWU, 19:17.41; 11. Natalie Martinez, SU, 19:33.36; 12. Rhiannon Cadelinia, SU, 19:34.15; 13. Davya Flaherty, UAA, 19:47.59; 14. Alex Borunda, CWU, 19:49.38; 15. Emma Bohman, UAA, 20:02.49.

Steeplechase - 1. Jessica Harper, WOU, 10:57.0 (meet record; old, 11:01.6, Karin Rohde, SPU, 2007); 2. Suzie Strickler, SPU, 11:03.0; 3. Lyndsey McKillip, WOU, 11:04.0; 4. Karin Rohde, SPU, 11:11.0; 5. Sarah Benson, CWU, 11:38.0; 6. Kim Beamon, SPU, 11:56.0; 7. Miriam Reardon, NNU, 12:28.0.

100 Hurdles - 1. Jacque Postlewait, WOU, 14.73; 2. Michelle Howe, WWU, 14.76; 3. Sarah Barker, WOU, 15.45; 4. Raquel Gonzalez, CWU, 15.58; 5. Nathalia Echavarria, UAA, 15.70; 6. Jennifer Pike, SPU, 15.71; 7. Chelsi Claussen, SMU, 15.75; 8. Mandy Keifer, WOU, 15.88.

400 Hurdles - 1. Heidi Dimmitt, WWU, 1:01.78; 2. Sarah Barker, WOU, 1:03.18; 3. Jacque Postlewait, WOU, 1:04.27; 4. Zee Zee Ridgway, UAA, 1:04.73; 5. Kelsey Castrey, WOU, 1:05.03; 6. Chelsi Claussen, SMU, 1:05.48; 7. Jennifer Pike, SPU, 1:06.77; Ardrienna Everett, UAA, did not finish.

4x100 Relay - 1. Northwest Nazarene (Berberick, Schutte, Brady, Tidwell) 48.49; 2. Western Oregon (Duckett, Postlewait, Barker, Rosenberg) 50.03; 3. Alaska Anchorage (Everett, Echavarria, Friess, Brady) 50.11; 4. Central Washington (Nygard, Hood, Amos, Wells) 50.56; 5. Seattle Pacific (Hinton, Pike, Anderson, Peaslee) 50.66; 6. Seattle (Wolf, Purcell, Cabebe, Moon) 51.56; 8. Montana State Billings (Baum, Woodford, Derhak, Hansen) 52.26; Western Washington 50.06 (Dimmitt, Brownell, Houplin, Zukowski; disqualified).

4x400 Relay - 1. Northwest Nazarene (meet record; old, 3:51.48, Central Washington, 2007; Schutte, Decker, Brady, Ashley Puga) 3:51.47; 2. Western Washington (Dimmitt, Thornton, O'Connell, Brownell) 3:53.09; 3. Western Oregon (Applebee, Howell, Barker, Berry) 3:56.28; 4. Central Washington (Evans, Nygard, Hood, Kaercher) 3:57.73; 5. Seattle Pacific (Peaslee, Hinton, Anderberg, Larson) 3:58.23; 6. Saint Martin's (Pendon, Layton, Laweryson, Claussen) 4:05.95; 6. Seattle (Cabebe, Purcell, Wolf, Johnson) 4:06.04; 8. Alaska Anchorage (Ridgway, Friess, Echavarria, Brady) 4:07.59; 9. Montana State Billings (Woodford, Derhak, Hansen, Jackson) 4:17.17.

High Jump - 1. Clara Cook, WWU, 1.63 - 5-4 1/4; 2. Brittany Aanstad, SPU, 1.58 - 5-2 1/4, and Mara Becker, SU, 1.58 - 5-2 1/4; 4. Jill Rogers, WWU, 1.58 - 5-2 1/4; 5. Jacque Mattson, SPU, 1.53 - 5-0 1/4; 6. Ashley Berry, WOU, 1.48 - 4-10 1/4; 7. Lindsay Mock, UAA, 1.48 - 4-10 1/4; 8. Raquel Gonzalez, CWU, 1.48 - 4-10 1/4.

Triple Jump - 1. Kim Brady, UAA, 11.98 - 39-3 3/4 (meet and GNAC record, old meet, 11.58 - 38-0, Kim Bascom, WWU, 2006; old GNAC, 11.87 - 38-11 1/2, Brady, 2008); 2. Sarajane Rosenberg, WOU, 11.25 - 36-11; 3. Laura VonArx, NNU, 11.06 - 36-3 1/2; 4. Christy Miller, WWU, 10.89 - 35-8 3/4; 5. Melissa Flower, SPU, 10.71 - 35-1 3/4; 6. Mandy Keifer, WOU, 10.69 - 35-1; 7. Brittany Aanstad, SPU, 10.66 - 34-11 3/4; 8. Megan Paulsen, WWU, 10.65 - 34-11 1/4; 9. Kristin Johnson, WWU, 10.63 - 34-10 1/2; 10. Amanda Rose, CWU, 10.25 - 33-7 1/2; 11. Maycee Bekkedahl, NNU, 10.21 - 33-6; 12. Annie Larlee, NNU, 10.06 - 33-0 1/4; 13. Rachel Hansen, MSUB, 9.88 - 32-5.

Shot Put - 1. Shaina Afoa, CWU, 12.99 - 42-7 1/2; 2. Jessica Houston, UAA, 12.50 - 41-0 1/4; 3. Amy Carroll, NNU, 12.25 - 40-2 1/4; 4. Jordan Stueckle, CWU, 12.09 - 39-8; 5. Kacie Vanderloos, MSUB, 11.55 - 37-10 3/4; 6. Chelsea Sadler, WWU, 11.27 - 36-11 3/4; 7. Alyssa Taylor, WOU, 11.20 - 36-9; 8. Sabrina Freed,

WOU, 11.16 - 36-7 1/2; 9. Kristin Humphrey, WOU, 11.00 - 36-1 1/4; 10. Brittany Bekins, SPU, 10.86 - 35-7 3/4; 11. Lexi Halvorson, MSUB, 10.63 - 34-10 1/2; 12. Shayna Shute, NNU, 10.60 - 34-9 1/2; 13. Hannah Dine-Aubert, NNU, 10.58 - 34-8 1/2; 14. Lindsay Currier, SU, 10.48 - 34-4 3/4. 15. Becky Scherer, CWU, 10.46 - 34-4; 16. Kelsee Clark, MSUB, 10.16 - 33-4.

Discus - 1. Erica Rance, WWU, 42.90 - 140-9; 2. Shaina Afoa, CWU, 40.89 - 134-2; 3. Lexi Halvorson, MSUB, 40.14 - 131-8; 4. Lindsay Currier, SU, 40.01 - 131-3; 5. Becky Scherer, CWU, 37.38 - 122-8; 6. Jessica Houston, UAA, 36.88 - 121-0; 7. Amy Carroll, NNU, 36.52 - 119-10; 8. Chelsea Sadler, WWU, 35.47 - 116-4; 9. Shayna Shute, NNU, 35.37 - 116-0; 10. Sabrina Freed, WOU, 35.03 - 114-11; 11. Alison McWeeny, CWU, 33.67 - 110-5; 12. Kristin Humphrey, WOU, 29.33 - 96-3.

Friday's Finals:

3,000 - 1. Elizabeth Chepkosgei, UAA, 9:59.16; 2. Ashley Puga, NNU, 10:02.12; 3. Katie Hansen, SU, 10:03.09; 4. Suzie Strickler, SPU, 10:07.72; 5. Laura Carr, UAA, 10:08.84; 6. Lyndsey McKillip, WOU, 10:28.88; 7. Marcie Mullen, CWU, 10:34.92; 8. Karin Rohde, SPU, 10:41.61; 9. Tricia Morrison, WOU, 10:48.36; 10. Hallidie Wilt, UAA, 10:52.92; 11. Greta Stickney, SU, 10:58.44; 12. Ashley Rehdahl, NNU, 11:06.06; 13. Danielle Slaughter, WWU, 11:09.89; 14. Valerie Matthews, WWU, 11:13.79; 15. Emma Bohman, UAA, 11:38.95.

10,000 - 1. Sarah Porter, WWU, 36:31.85; 2. Katie Hart, SPU, 39:23.60; 3. Davya Flaherty, UAA, 39:34.23; 4. Jackie Dent, WOU, no time recorded; 5. Jessie Dunnam, SMU, 40:12.92; 6. Helen Camden, SMU, 40:48.42; 7. Shannon DeBoer, NNU, 41:22.77; 8. Mary Bakeman, CWU, 42:16.24; 9. Heidi Peterson, SPU, 43:33.25; 10. Katie Thiel, MSUB, 46:16.31; Tiffany Hunter, SU, scratched.

Long Jump - 1. Kim Brady, UAA, 5.56 - 18-3; 2. Sarajane Rosenberg, WOU, 5.37 - 17-7 1/2; 3. Jacque Postlewait, WOU, 5.33 - 17-6; 4. Mandy Keifer, WOU, 5.15 - 16-10 3/4; 5. Christy Miller, WWU, 5.14 - 16-10 1/2; 6. Brittany Aanstad, SPU, 5.05 - 16-7; 7. Rachel Hansen, MSUB, 4.85 - 15-11; 8. Megan Paulsen, WWU, 4.80 - 15-9; 9. Laura VonArx, NNU, 4.79 - 15-8 3/4; 10. Lynsie Powers, NNU, 4.71 - 15-5 1/2; 11. Gail Butler, WWU, 4.68 - 15-4 1/2; 12. Raquel Gonzalez, CWU, 4.61 - 15-1 1/2; 13. Maycee Bekkedahl, NNU, 4.45 - 14-7 1/2; 14. Clara Cook, WWU, 4.40 - 14-5 1/4.

Javelin - 1. Brittany Aanstad, SPU, 45.07 - 147-10; 2. Jeeni Schantlin, SPU, 44.93 - 147-5; 3. Monika Gruszecki, WWU, 44.55 - 146-2; 4. Lauren Vermulm, SPU, 42.03 - 137-11; 5. Brittany Bekins, SPU, 41.70 - 136-10; 6. Erica Rance, WWU, 37.85 - 124-2; 7. Melissa Hensen, WWU, 37.80 - 124-0; 8. Cate Morris, WOU, 37.05 - 121-7; 9. Jill Blake, SMU, 36.21 - 118-9; 10. Angela Harsin, WOU, 34.96 - 114-8; 11. Mandy Keifer, WOU, 33.50 - 109-11; 12. Amanda Peters, NNU, 31.49 - 103-4; 13. Hali Bellisario, SU, 31.36 - 102-11; 14. Amanda DiEnno, WWU, 28.00 - 91-10; 15. Sarah Elwell, NNU, 27.57 - 90-5.

Pole Vault - 1. Melissa Peaslee, SPU, 3.58 - 11-9; 2. Christy Miller, WWU, 3.33 - 10-11; 3. Tracie Lundsten, SPU, 3.33 - 10-11; 4. Karina Elzinga, NNU, 3.33 - 10-11; 5. Camille Clarke, WWU, 3.33 - 10-11; 6. Courtney Cabebe, SU, 3.18 - 10-5 1/4; 7. Cara Dockins, WWU, 3.03 - 9-11 1/4; 8. M. J. Usabel, NNU, 3.03 - 9-11 1/4; 9. Samantha Stevens, WWU, 2.88 - 9-5 1/4; 10. Amanda DiEnno, WWU, 2.88 - 9-5 1/4; 11. Jamie Wulfekuhle, WWU, Jennifer Quick, WWU, and Diana DiMarco, WWU, 2.73 - 8-11 1/2.

Hammer - 1. Sabrina Freed, WOU, 51.44 - 168-9; 2. Amy Carroll, NNU, 49.24 - 161-6; 3. Sara Cole, WOU, 48.94 - 160-7; 4. Alison McWeeny, CWU, 42.61 - 139-9; 5. Courtney Little, NNU, 42.55 - 139-7; 6. Erica Rance, WWU, 40.87 - 134-1; 7. Becky Scherer, CWU, 40.50 - 132-10; 8. Kristin Humphrey, WOU, 39.15 - 128-5; 9. Shayna Shute, NNU, 39.00 - 127-11; 10. Jill Blake, SMU, 38.47 - 126-2; 11. Hannah Dine-Aubert, NNU, 36.94 - 121-2; 12. Alyssa Taylor, WOU, 36.84 - 120-10; 13. Jordan Stueckle, CWU, 35.08 - 115-1; 14. Katie Snoderly, WOU, 33.58 - 110-2; 15. Lauren Kaligis, WWU, 30.40 - 99-9.

Heptathlon (Apr. 21-22) - 1. Jacque Postlewait, WOU, 4615; 2. Mandy Keifer, WOU, 4223; 3. Brittany Aanstad, SPU, 4083; 4. Jennifer Pike, SPU, 3988; 5. Clara Cook, WWU, 3960; 6. Raquel Gonzalez, CWU, 3899; 7. Michelle Howe, WWU, 3693; 8. Amanda Rose, CWU, 3395; 9. Chelsey Jones, NNU, 3327; 10. Mary Seidler, CWU, 3002; 11. Claire Monahan, Seattle, 1644; Brittany Bekins, Seattle Pacific, DNF.

Day 1: 100 Hurdles – Postlewait 14.82, Howe 14.89, Gonzalez 15.74, Keifer 15.75, Bekins 16.12, Pike 16.18, Rose 16.54, Cook 16.73, Aanstad 17.41, Seidler 18.28, Jones 19.45, Monahan 22.15. High Jump – Cooke 1.64 – 5-4 1/2, Postlewait 1.58 – 5-2 1/4, Aanstad 1.52 – 4-11 3/4, Bekins 1.49 – 4-10 1/2, Gonzalez 1.46 – 4-9 1/2, Rose 1.46 – 4-9 1/2, Pike 1.46 – 4-9 1/2, Keifer 1.43 – 4-8 1/4, Howe 1.40 – 4-7, Jones 1.40 – 4-7, Seidler 1.28 – 4-2 1/4. Shot Put - Keifer 10.15 – 33-3 3/4, Jones 10.11 – 33-2, Aanstad 9.63 – 31-7 1/4, Gonzalez 9.38 – 30-9 1/4, Postlewait 9.35 – 30-8 1/4, Seidler 8.65 – 28-4 1/2, Pike 8.31 – 27-3 1/4, Monahan 8.68 – 28-5 1/4, Cook 8.07 – 26-5 3/4, Rose 7.61 – 24-11 1/4, Howe 7.54 – 24-9. 200 – Postlewait 26.10, Pike 26.82, Howe 26.98, Keifer 27.70, Gonzalez 27.76, Aanstad 28.34, Rose 28.44, Cook 28.63, Seidler 29.44, Jones 29.98, Monahan 30.92.

Day 2: Long Jump - Postlewait 5.32 – 17-5 1/2, Aanstad 5.00 – 16-5, Pike 4.83 – 15-10 1/4, Gonzalez 4.82 – 15-9 3/4, Cook 4.63 – 15-2 1/4, Rose 4.60 – 15-1 1/4, Keifer 4.54 – 14-10 3/4, Howe 4.46 – 14-7 3/4, Seidler 4.16 – 13-7 3/4, Jones 4.02 – 13-2 1/4, Monahan 3.84 – 12-7 1/4. Javelin – Aanstad 41.31 – 135-6, Keifer 36.95 – 121-3, Jones 30.05 – 98-7, Cook 28.07 – 92-1, Postlewait 27.12 – 89-0, Gonzalez 22.83 – 74-11, Seidler 22.68 – 74-5, Pike 21.97 – 72-1, Howe 15.75 – 51-8, Rose 15.63 – 51-3, Monahan foul. 800 – Pike 2:26.83, Keifer 2:30.02, Postlewait 2:30.05, Cook 2:32.44, Jones 2:32.96, Howe 2:36.43, Gonzalez 2:38.99, Rose 2:43.28, Aanstad 2:43.98, Seidler 2:46.03, Monahan 3:00.48.

Friday's Prelims:

100 - Heat 1, 1. Latoya Tidwell, NNU, 12.60; 2. Megan Zukowski, WWU, 12.70; 3. Ardienna Everett, UAA, 12.77; 4. Joana Houplin, WWU, 12.78; 5. Tish Wells, CWU, 12.88; 6. Kim Berberick, NNU, 13.18; 7. Lindsay Mock, UA, 13.38; 8. Elsa Couvelier, WWU, 13.77. Heat 2, 1. Nicki Schutte, NNU, 12.55; 2. Heidi Dimmitt, WWU, 12.70; 3. Lauren Duckett, WOU, 12.74; 4. Kim Brady, UAA, 12.75; 5. Britany Hood, CWU, 13.04; 6. Christa Brediger, NNU, 13.10; 7. Britney Derhak, MSUB, 13.20; 8. Elizabeth Wolf, SU, 13.24.

200 - Heat 1, 1. Latoya Tidwell, NNU, 25.51; 2. Megan Zukowski, WWU, 25.97; 3. Lindsay Brady, NNU, 26.47; 4. Amanda Thornton, WWU, 26.62; 5. Chelsea Evans, CWU, 26.66; 6. Melissa Peaslee, SPU, 26.79; 7. Rachael Kaercher, CWU, 26.87; Elsa Couvelier, WWU, scratched. Heat 2, 1. Nicki Schutte, NNU, 25.95; 2. Jessica Hinton, SPU, 26.13; 3. Joana Houplin, WWU, 26.50; 4. Britany Hood, CWU, 26.55; 5. Christa Brediger, NNU, 26.98; 6. Ian Wells, CWU, 27.17; 7. Britney Derhak, MSUB, 27.42; 8. Lauren Duckett, WOU, 27.70.

400 - Heat 1, 1. Megan O'Connell, WWU, 58.54; 2. Chelsea Evans, CWU, 58.57; 3. Elisa Decker, NNU, 59.11; 4. Rachael Kaercher, CWU, 1:00.02; 5. Jessica Pendon, SMU, 1:01.21. Heat 2, 1. Lindsay Brady, NNU, 57.76; 2. Sarah Brownell, WWU, 58.66; 3. Jessica Hinton, SPU, 58.79; 4. Amanda Thornton, WWU, 59.01; 5. Rachel Purcell, SU, 59.57; 6. Malori Woodford, MSUB, 1:02.33.

800 - Heat 1, 1. Ashley Puga, NNU, 2:16.05; 2. Annan Applebee, WOU, 2:17.33; 3. Cheryl Watson, WWU, 2:18.35; 4. Sarah Jackson, MSUB, 2:18.72; 5. Courtney Olsen, WWU, 2:19.58; 6. Lisa Anderberg, SPU, 2:20.10; 7. Ally Ganyo, WWU, 2:22.76; 8. Jen Hamann, SU, 2:23.05. Heat 2, 1. Rachael Johnson, SU, 2:15.42; 2. Ashley Berry, WOU, 2:15.76; 3. Jaclyn Puga, NNU, 2:15.87; 4. Jane Larson, SPU, 2:15.92; 5. Annie Laweryson, SMU, 2:18.63; 6. Kira Batcheller, WOU, 2:19.98; 7. Amy Layton, SMU, 2:21.26; 8. Kayti Krepel, SPU, 2:22.90.

100 Hurdles - Heat 1, 1. Michelle Howe, WWU, 15.18; 2. Sarah Barker, WOU, 15.73; 3. Chelsi Claussen, SMU, 15.83; 4. ZeeZee Ridgway, UAA, 16.32; 5. Amanda Rose, CWU, 16.96; 6. Meagan Friess, UAA, 17.26; 7. Jessica Erickson, WWU, 30.41. Heat 2, 1. Jacque Postlewait, WOU, 15.07; 2. Raquel Gonzalez, CWU, 15.60; 3. Mandy Keifer, WOU, 15.85; 4. Jennifer Pike, SPU, 16.04; 5. Nathalia Echavarrim UAA, 16.25; 6. Dianna Hanson, WWU, 16.69; 7. Clara Cook, WWU, 16.95.

400 Hurdles - Heat 1, 1. Heidi Dimmitt, WWU, 1:03.37; 2. Jacque Postlewait, WOU, 1:05.12; 3. Jennifer Pike, SPU, 1:05.20; 4. Kelsey Castrey, WOU, 1:06.09; 5. Kara Nygard, CWU, 1:08.04; 6. Annie Larlee, NNU, 1:09.12; 7. Jamie Beaty, NNU, 1:10.63. Heat 2, 1. Sarah Barker, WOU, 1:03.95; 2. Ardienna Everett, UAA, 1:04.73; 3. Zee Zee Ridgway, UAA, 1:05.28; 4. Chelsi Claussen, SMU, 1:05.45; 5. Michelle Howe, WWU, 1:07.12; 6. Nathalia Echavarrim, UAA, 1:07.33; 7. Stephanie Druktenis, CWU, 1:09.95.

2009 GNAC (Apr. 20-21 at Ellensburg*)

Team Scores - Western Washington 15, Western Oregon 15, Central Washington 6, Northwest Nazarene 3.

Heptathlon (Apr. 21-22) - 1. Mandy Keifer, WOU, 4588; 2. Clara Cook, WWU, 4343; 3. Raquel Gonzalez, CWU, 4137; 4. Jacque Helbling, WOU, 4131; 5. Michelle Howe, WWU, 3948; 6. Sabrina Schwindler, WWU, 3947; 7. Jill Bennett, NNU, 3834; 8. Laura VonArx, NNU, 3832; 9. Beth McLam, NNU, 3328; 10. Siri Berg, CWU, 3192; 11. Devon King, WWU, 3044; 12. Mary Seidler, CWU, 2841.

Day 1: 100 Hurdles - Howe 14.77, Keifer 15.29, Helbling 15.36, Cook 15.48, Gonzalez 15.66, Bennett 16.53, Schwindler 16.95, McLam 17.64, VonArx 17.75, Berg 18.14, King 18.45, Seidler 18.94. High Jump -Cooke 1.70 - 5-7, Schwindler 1.58 - 5-2 ¼, Bennett 1.55 - 5-1, Keifer 1.55 - 5-1, Gonzalez 1.55 - 5-1, Helbling 1.52 - 4-11 ¾, Howe 1.52 - 4-11 ¾, Berg 1.46 - 4-9 ½, King 1.46 - 4-9 ½, VonArx 1.46 - 4-9 ½, McLam 1.43 - 4-8 ¼, Seidler 1.34 - 4-4 ¾. Shot Put - Keifer 10.57 - 34-8 ¼, Gonzalez 10.42 - 34-2 ¼, King 9.37 - 30-9, Helbling 9.24 - 30-3 ¾, Seidler 9.17 - 30-1, Von Arx 8.91 - 29-2 ¾, Berg 8.54 - 28-0 ¼, Cook 8.37 - 27-5 ½, McLam 8.07 - 26-5 ¾, Schwindler 7.93 - 26-0 ¼, Bennett 7.37 - 24-2 ¼, Howe 7.11 - 23-4. 200 - Howe 26.51, Helbling 26.94, King 27.02, Schwindler 27.42, Bennett 27.56, Keifer 27.69, Cook 27.90, Gonzalez 27.99, VonArx 28.50, Berg 29.47, McLam 29.76, Seidler 29.79.

Day 2: Long Jump - Helbling 5.13 - 16-9 ¾, Keifer 5.09 - 16-8 ¼, Cook 4.82 - 15-9 ¾, VonArx 4.80 - 15-9, Bennett 4.77 - 15-7 ¾, Gonzalez 4.70 - 15-5, Schwindler 4.62 - 15-1 ¾, King 4.61 - 15-1 ½, Howe 4.51 - 14-9 ½, Seidler 4.45 - 14-7, Berg 4.10 - 13-5 ¼, McLam 4.08 - 13-4 ½. Javelin - VonArx 38.78 - 127-3, Keifer 36.25 - 118-11, Cook 30.46 - 99-11, Gonzalez 29.30 - 96-1, Schwindler 26.83 - 88-0, McLam 25.97 - 85-2, Berg 25.69 - 84-3, Helbling 24.99 - 82-0, King 24.34 - 79-10, Bennett 20.56 - 67-5, Howe 17.17 - 56-4, Seidler foul. 800 - Keifer 2:29.09, Schwindler 2:30.61, Bennett 2:30.79, Howe 2:31.93, Cook 2:33.41, McLam 2:35.28, Seidler 2:36.95, Gonzalez 2:40.07, VonArx 2:42.90, Helbling 2:44.91, Berg 2:50.23, King DNF.

*Multi-events held at Ellensburg. Originally remainder of meet was scheduled for Monmouth on May 1-2, but was cancelled due to swine flu scare.

2010 GNAC (May 14-15 at Monmouth)

Note: *Indicates wind-aided (more than 2.0).

Team Scores - Seattle Pacific 224, Western Washington 190, Northwest Nazarene 128 1/2, Western Oregon 115, Central Washington 69 1/2, Alaska Anchorage 68, Montana State Billings 21, Saint Martin's 2. **Outstanding Performer** - Crystal Sims, Seattle Pacific.

100 - 1. Latasha Essien, SPU, 12.16; 2. Joana Houplin, WWU, 12.36; 3. Crystal Sims, SPU, 12.50; 4. Ardienna Everett, UAA, 12.56; 5. Megan Zukowski, WWU, 12.59; 6. Lacey Meusec, WOU, 12.66; 7. Melissa Grammer, NNU, 12.70; 8. Christabel Leonce, NNU, 12.94.

200 - 1. Latasha Essien, SPU, 25.23; 2. Crystal Sims, SPU, 25.37; 3. McKenzie Redberg, WOU, 25.52; 4. Megan Zukowski, WWU, 25.59; 5. Joana Houplin, WWU, 25.74; 6. Lacey Meusec, WOU, 25.82; 7. Sarah Kathrein, WOU, 25.90; 8. Erika Halle, MSUB, 26.07.

400 - 1. Emily Quatier, SPU, 57.23; 2. Sarah Brownell, WWU, 57.77; 3. Lindsay Brady, NNU, 57.84; 4. Jennifer Pike, SPU, 58.64; 5. Meryl Butcher, WOU, 58.66; 6. Lexi Pola, WOU, 58.98; 7. Megan O'Connell, WWU, 59.30; 8. Crystal McDowell, WOU, 59.86.

800 - 1. Jessica Pixler, SPU, 2:06.38 (meet record, old, Jessica Pixler, 2:10.66, 2010 prelims); 2. Rachael Johnson, WWU, 2:13.27; 3. Janelle Everetts, WOU, 2:13.55; 4. Lisa Anderberg, SPU, 2:13.90; 5. Jane Larson, SPU, 2:15.19; 6. Michelle Phillips, NNU, 2:15.26; 7. Sarah Jackson, MSUB, 2:19.56; 8. Kate Harline, SPU, 2:20.39.

1500 - 1. Jessica Pixler, SPU, 4:24.01 (meet record, old, Jane Larson, SPU, 4:29.66, 2008); 2. Courtney Olsen, WWU, 4:32.95; 3. Jane Larson, SPU, 4:33.41; 4. Ruth Keino, UAA, 4:34.34; 5. Miriam Kipng'eno, UAA, 4:34.37; 6. Laura Carr, UAA, 4:35.48; 7. Kate Harline, SPU, 4:36.76; 8. Kristi Fairbanks, WWU, 4:39.39; 9. Erika Snawder, WOU, 4:39.86; 10. Jaclyn Puga, NNU, 4:43.75; 11. Hallidie Wilt, UAA, 4:46.31; 12. Emma Bohman, UAA, 4:47.49; 13. Whitney Mickelsen, MSUB, 4:47.90; 14. Katie Krehlik, UAA, 4:50.22; 15. Erica Zambon, WOU, 4:51.50; 16. Katie Thiel, MSUB, 4:54.95; 17. Krinda Carlson, SMU, 5:05.36.

5000 - 1. Sarah Porter, WWU, 16:39.39 (meet record, Mandy Kaempf, UAA, 17:24.11, 2006); 2. Laura Carr, UAA, 17:15.82; 3. Lauren Breihof, WWU, 17:29.65; 4. Miriam Kipng'eno, UAA, 17:30.46; 5. Ruth Keino, UAA, 17:31.51; 6. Danielle Slaughter, WWU, 18:25.47; 7. Amanda Wright, WOU, 18:33.03; 8. Mary Rogers, WWU, 18:37.85; 9. Kristi Fairbanks, WWU, 18:37.92; 10. Jordan Powell, NNU, 18:50.63; 11. Katie Krehlik, UAA, 19:07.17; 12. Shoshana Keegan, UAA, 19:34.40; 13. Mary Owen, MSUB, 19:37.24; 14. Kaitlynn Pecha, SMU, 19:47.39; 15. Maria Ujifusa, WWU, 20:10.77; 16. Stephanie Houck, WWU, 20:25.27.

100 Hurdles - 1. Michelle Howe, WWU, 14.68; 2. Crystal Sims, SPU, 14.73; 3. Kaitlyn Reid, WOU, 14.85; 4. Lauren Laichak, UAA, 14.89; 5. Tanya Bjornsson, WWU, 14.98; 6. Janna Vander Meulen, WOU, 15.23; 7. Kira Lewis, SPU, 15.45; 8. Raquel Gonzalez, CWU, 15.74.

400 Hurdles - 1. Ardrienna Everett, UAA, 1:02.45; 2. Kaitlyn Reid, WOU, 1:03.64; 3. Natalie Nobbs, SPU, 1:04.48; 4. Jennifer Pike, SPU, 1:04.64; 5. Michelle Howe, WWU, 1:05.19; 6. Kira Lewis, SPU, 1:06.55; 7. Raquel Gonzalez, CWU, 1:10.31; 8. Amanda Rose, CWU, 1:11.58.

4x100 Relay - 1. Western Oregon (Dittmar, Kathrein, Redberg, Meusec) 47.81; 2. Western Washington (Houplin, Howe, Brownell, Zukowski) 48.07; 3. Seattle Pacific (Miranda, Peterson, Quatier, Sims) 48.34; 4. Northwest Nazarene (Leonce, Tidwell, Brady, Grammar) 48.70; 5. Alaska Anchorage (Everett, Harris, Friess, Laichak) 49.85; 6. MSU Billings (Derhak, Jackson, Simons, Halle) 50.50; 7. Central Washington (Jones, Takayoshi, Hampton, Gonzalez) 51.02.

4x400 Relay - 1. Seattle Pacific (Quatier, Sims, Anderberg, Pixler) 3:53.78; 2. Northwest Nazarene (Brady, Harwood, Puga, Rippey) 3:57.67; 3. Western Washington (Howe, Zukowski, O'Connell, Brownell) 3:58.46; 4. Western Oregon (Everetts, Butcher, Reid, Pola) 4:00.31; 5. Alaska Anchorage (Friess, Wilt, Everett, Bohman) 4:00.61; 6. MSU Billings (Jackson, Mickelsen, Halle, Simons) 4:09.92; 7. Central Washington (Hampton, Rose, Gonzalez, Lotze) 4:12.17; 8. Saint Martin's (Weiks, Owen, Llapitan, Laweryson) 4:16.21.

High Jump - 1. Amanda Overdick, WWU, 1.60 - 5-3; 2. Katy Gross, SPU, 1.60 - 5-3; 3. Jacquie Mattson, SPU, 1.55 - 5-1; 3. Angie Alvord, WWU, 1.55 - 5-1; 5. Brittany Aanstad, SPU, 1.55 - 5-1; 6. Kelsey Neilson, WOU, 1.50 - 4-11; 7. Amanda Rose, CWU, 1.50 - 4-11; 8. Jasmyn Jewitt, NNU, 1.50 - 4-11; 8. Raquel Gonzalez, CWU, 1.50 - 4-11; Jill Bennett, NNU, no height.

Triple Jump - 1. Amanda Alvarez, SPU, 11.92 - 39-1 1/4; 2. Ashley Potter, WOU, 11.87 - 38-11 1/2; 3. 50 Jasmyn Jewitt, NNU, 11.75 - 38-6 3/4; 4. Emily Warman, WWU, 11.71 - 38-5; 5. Laura Vonarx, NNU, 11.65 - 38-2 3/4; 6. Stephanie Jones, CWU, 11.31 - 37-1 1/4; 7. Katharine Lotze, CWU, 11.21 - 36-9 1/2; 8. Athena Alvarez, SPU, 11.17 - 36-7 3/4; 9. Amanda Rose, CWU, 11.11 - 36-5 1/2; 10. Trinna Miranda, SPU, 10.82 - 35-6; 11. Maycee Bekkedahl, NNU, 10.80 - 35-5 1/4; 12. Molly Reid, NNU, 10.73 - 35-2 1/2; 13. Julianna Sackeyfio, SMU, 10.71 - 35-1 3/4; 14. Annie Larlee, NNU, 10.63 - 34-10 1/2; 15. Kaila Weiks, SMU, 10.56 - 34-7 3/4.

Shot Put - 1. Joy Warrington, NNU, 13.42 - 44-0 1/2; 2. Torrie Self, CWU, 12.76 - 41-10 1/2; 3. Raisa Yates, CWU, 12.48 - 40-11 1/2; 4. Kaylee Baumstark, CWU, 12.42 - 40-9; 5. Carly Dranginis, NNU, 12.37 - 40-7; 6. Jordan Stueckle, CWU, 12.24 - 40-2; 7. Brook Berg, MSUB, 11.90 - 39-0 1/2; 8. Brittany Jones, WWU, 11.75 - 38-6 3/4; 9. Elisha Harris, UAA, 11.56 - 37-11 1/4; 10. Shayna Shute, NNU, 11.47 - 37-7 3/4; 11. Alexi Halvorson, MSUB, 11.20 - 36-9; 12. Becky Mulkey, CWU, 11.11 - 36-5 1/2; 13. Kacie Vanderloos, MSUB, 10.92 - 35-10; Hilary Gourneau, MSUB, foul.

Hammer - 1. Torrie Self, CWU, 53.68 - 176-1; 2. Erika McCarthy, NNU, 48.94 - 160-7; 3. Carly Dranginis, NNU, 46.96 - 154-1; 4. Joy Warrington, NNU, 45.88 - 150-6; 5. Stefani Dittmar, WOU, 42.74 - 140-3; 6. Shayna Shute, NNU, 42.10 - 138-1; 7. Alicia Hedrick, NNU, 39.42 - 129-4; 8. Kaylee Baumstark, CWU, 39.36 - 129-2; 9. Alexi Halvorson, MSUB, 38.84 - 127-5; 10. Jordan Stueckle, CWU, 35.78 - 117-5.

Friday's Finals:

Steeplechase - 1. Courtney Olsen, WWU, 10:50.62 (meet record, old 10:57.0, Jessica Harper, WOU, 2008); 2. Jaclyn Puga, NNU, 10:52.07; 3. Danielle Slaughter, WWU, 11:26.54; 4. Jordan Powell, NNU, 11:35.00; 5. Jessica Boyer, WWU, 11:45.05; 6. Megan Everetts, WOU, 11:49.10; 7. Meagan Swenson, NNU, 11:58.22; 8. Emma Bohman, UAA, 12:09.68; 9. Hallidie Wilt, UAA, 12:10.03; 10. Kayla Wilkins, SPU, 12:10.83; 11. Mary Owen, MSUB, 12:10.84; 12. Krysta Carrick, SPU, 12:32.80; 13. Mary Williams, SPU, 12:40.76.

10,000 - 1. Lauren Breihof, WWU, 36:16.89 (meet record, old 36:31.85, Sarah Porter, WWU, 2008); 2. Natty Plunkett, SPU, 36:40.80; 3. Sarah Porter, WWU, 37:33.28; 4. Amanda Wright, WOU, 37:42.87; 5. Sierra Brisky, WWU, 38:22.07; 6. Shoshana Keegan, UAA, 38:50.27; 7. KayAnna Cecchi, WOU, 40:23.67; 8. Helen Camden, SMU, 40:25.61; 9. Ashley Rendahl, NNU, 40:40.78; 10. Alea Rowley, WOU, 40:48.04; 11. Mary Owen, MSUB, 41:09.74.

Long Jump - 1. Ashley Potter, WOU, 5.59 - 18-4 1/4; 2. Emily Warman, WWU, 5.57 - 18-3 1/4; 3. Trinna Miranda, SPU, 5.48 - 17-11 1/4; 4. Amanda Alvarez, SPU, 5.42 - 17-9 1/2; 5. *Jasmyn Jewitt, NNU, 5.36 - 17-7; 6. Crystal Sims, SPU, 5.34 - 17-6 1/4; 7. Natalie Nobbs, SPU, 5.31 - 17-5 1/4; 8. Lacey Meusec, WOU, 5.30 - 17-4 3/4; 9. *Kaila Weiks, SMU, 5.17 - 16-11 1/2; 10. *Katy Gross, SPU, 5.12 - 16-9 3/4; 11. Brittany Aanstad, SPU, 5.10 - 16-8 3/4; 12. Stephanie Jones, CWU, 5.09 - 16-8 1/2; 13. Molly Reid, NNU, 5.03 - 16-6; 14. Callie Reff, WWU, 5.02 - 16-5 3/4; 15. Athena Alvarez, SPU, 5.01 - 16-5 1/4; 16. Kira Lewis, SPU, 4.95 - 16-3; Laura Vonarx, NNU, foul.

Pole Vault - 1. Melissa Peaslee, SPU, 3.60 - 11-9 3/4; 2. Karina Elzinga, NNU, 3.50 - 11-5 3/4; 3. Elsa Couvelier, WWU, 3.40 - 11-1 3/4; 4. Amanda DiEnno, WWU, 3.40 - 11-1 3/4; and Kjersti Gedde, SPU, 3.40 - 11-1 3/4; 6. Jamie Larsen, CWU, 3.30 - 10-10; 7. Karis Anderson, WWU, 3.30 - 10-10; 8. Jennifer Quick, WWU, 3.20 - 10-6; 9. Michaela Caldwell, SPU, 3.20 - 10-6; 10. M.J. Usabel, NNU, 3.20 - 10-6; 11. Diana DiMarco, WWU, 3.20 - 10-6; 12. Amanda Konzal, NNU, 3.05 - 10-0; 13. Ashley Egger, NNU, 2.90 - 9-6 1/4; Hannah Swigart, CWU, no height; Samantha Hull, SMU, no height.

Discus - 1. Alexi Halvorson, MSUB, 41.36 - 135-8; 2. Joy Warrington, NNU, 40.48 - 132-10; 3. Torrie Self, CWU, 40.38 - 132-6; 4. Carly Dranginis, NNU, 38.90 - 127-7; 5. Raisa Yates, CWU, 38.80 - 127-3; 6. Brittany Jones, WWU, 37.50 - 123-0; 7. Elisha Harris, UAA, 37.12 - 121-9; 8. Emily Spieker, WWU, 36.92 - 121-1; 9. Kaylee Baumstark, CWU, 36.06 - 118-4; 10. Alicia Hedrick, NNU, 33.88 - 111-2; 11. Shayna Shute, NNU, 32.02 - 105-1; 12. Erika McCarthy, NNU, 25.92 - 85-0.

Javelin - 1. Carolanne Powers, WOU, 47.16 - 154-9 (meet record, old 45.21 - 148-4, Stephanie Huffman, SPU, 2002); 2. Brittany Aanstad, SPU, 45.68 - 149-10; 3. Amanda Schumaker, WOU, 44.66 - 146-6; 4. Elisha Harris, UAA, 42.94 - 140-10; 5. Laura Vonarx, NNU, 42.54 - 139-7; 6. Monika Gruszecki, WWU, 42.14 - 138-3; 7. Lakiasha Nilles, NNU, 39.88 - 130-10; 8. Caitlyn Morris, WOU, 39.00 - 127-11; 9. Jillian Stray, SMU, 38.44 - 126-1; 10. Brittany Tri, SPU, 36.50 - 119-

9; 11. Kaylee Baumstark, CWU, 36.44 – 119-7; 12. Carly Andrews, SPU, 36.38 – 119-4; 13. Samantha Hull, SMU, 36.06 – 118-4; 14. Mariah McCauley, WOU, 35.28 – 115-9; 15. Sarah Elwell, NNU, 32.40 – 106-3.

Heptathlon (May 3-4 at Nampa) - 1. Crystal Sims, SPU, 4769; 2. Raquel Gonzalez, CWU, 4327; 3. Jennifer Pike, SPU, 4291; 4. Katy Gross, SPU, 4265; 5. Laura Vonarx, NNU, 4176; 6. Jill Bennett, NNU, 4127; 7. Lindsay Brady, NNU, 3902; 8. Brittany Tri, SPU, 3855; 9. Sarah Daigneault, WWU, 3710; 10. Siri Berg, CWU, 3529; 11. Ali Mosher, WOU, 3519; 12. Beth McLam, NNU, 3503; 13. Mary Seidler, CWU, 3007; 14. Hannah Scholter, SMU, 2988; Brittany Aanstad, SPU, did not finish.

Day 1 Results: 100 Hurdles - Sims 14.95, Pike 15.57, Gross 15.62, Gonzalez 15.64, Daigneault 15.87, Bennett 16.08, Mosher 16.17, Vonarx 16.50, Tri 16.60, Aanstad 17.34, Berg 17.55, McLam 17.56, Scholter 17.64, Brady 18.17, Seidler 18.45. High Jump – Aanstad 1.60 – 5-3, Gross 1.54 - 5-0 ½, Vonarx 1.51 – 4-11 ½, Gonzalez 1.51 – 4-11 ½, Bennett 1.51 – 4-11 ½, Tri 1.48 – 4-10 ¼, Sims 1.48 – 4-10 ¼, Berg 1.45 – 4-9, Pike 1.42 – 4-7 ¾, McLam 1.39 – 4-6 ¾, Daigneault 1.36 – 4-5 ½, Mosher 1.36 – 4-5 ½, Seidler 1.33 – 4-4 ¼, Brady 1.30 – 4-3 ¼, Scholter 1.27 – 4-2. Shot Put - Sims 11.22 - 36-9 ¾, Tri 10.03 – 32-11, Gross 9.97 – 32-8 ½, Brady 9.88 – 32-5, Gonzalez 9.68 – 31-9 ¼, Vonarx 9.37 – 30-9, Bennett 9.26 – 30-4 ¾, McLam 9.23 – 30-3 ½, Aanstad 9.12 – 29-11 ¼, Pike 8.86 – 29-1, Berg 8.83 – 28-11 ¾, Seidler 8.55 – 28-0 ¾, Mosher 7.95 – 26-1, Daigneault 7.95 – 26-1, Scholter 6.97 – 22-10 ½. 200 - Sims 25.87, Brady 26.72, Pike 26.96, Vonarx 27.93, Gonzalez 28.08, Mosher 28.15, Bennett 28.20, Gross 28.32, Daigneault 28.73, Aanstad 29.08, Berg 29.18, Tri 29.32, Scholter 29.52, McLam 29.97, Seidler 30.22.

Day 2 Results: Long Jump - Sims 5.36 - 17-7, Gross 5.33 – 17-6, Gonzalez 5.31 – 17-5 ¼, Bennett 5.21 – 17-1 ¼, Vonarx 5.10 – 16-8 ¾, Mosher 4.95 – 16-3, Pike 4.90 – 16-1, Daigneault 4.86 – 15-11 ½, Tri 4.77 – 15-7 ¾, Berg 4.67 – 15-4, Brady 4.64 – 15-2 ¾, Scholter 4.44 – 14-7, Seidler 4.40 – 14-5 ¼, McLam 4.35 – 14-3 ¼. Javelin - Tri 34.43 - 112-11, Vonarx 34.24 – 112-4, Pike 33.42 – 109-8, Gross 32.91 – 108-0, Gonzalez 30.56 – 100-3, Brady 29.55 – 96-11, Sims 29.09 – 95-5, McLam 28.97 – 95-0, Berg 27.55 – 90-5, Scholter 27.07 – 88-10, Bennett 26.56 – 87-2, Daigneault 21.29 – 69-10, Mosher 18.14 – 59-6, Seidler 17.92 – 58-9. 800 - Brady 2:19.30, Sims 2:22.94, Pike 2:25.91, Daigneault 2:29.03, Gonzalez 2:31.88, Bennett 2:32.18, McLam 2:33.08, Vonarx 2:35.77, Seidler 2:40.26, Mosher 2:42.92, Berg 2:43.68, Gross 2:44.66, Tri 2:47.21, Scholter 2:56.32.

Friday's Prelims:

100 - Heat 1, 1. Latasha Essien SPU, 12.11 (meet record, old, Bonnie Galloway, WOU, 12.26, 2005; old, Jody Binder, CWU, 12.0h, 2002); 2. Megan Zukowski, WWU, 12.42; 3. Melissa Grammer, NNU, 12.43; 4. Ardrienna Everett, UAA, 12.50; 5. Sarah Kathrein, WOU, 12.60; 6. Stefani Dittmar, WOU, 12.72; 7. Erika Halle, MSUB, 12.75; 8. Mary Bailey, WOU, 13.00. Heat 2, 1. Crystal Sims, SPU, 12.17; 2. Lacey Meusec, WOU, 12.35; 3. Joana Houplin, WWU, 12.36; 4. Christabel Leonce, NNU, 12.56; 5. Latoya Tidwell, NNU, 12.78; 6. Sarah Takayoshi, CWU, 12.81; 7. Justine Simons, MSUB, 12.87; 8. Britney Derhak, MSUB, 12.98.

200 - Heat 1, 1. Crystal Sims, SPU, 25.13; 2. Megan Zukowski, WWU, 25.46; 3. McKenzie Redberg, WOU, 25.67; 4. Lacey Meusec, WOU, 25.77; 5. Britney Derhak, MSUB, 26.68; 6. Sarah Takayoshi, CWU, 27.14. Heat 2, 1. Joana Houplin, WWU, 25.79; 2. Sarah Kathrein, WOU, 25.79; 3. Erika Halle, MSUB, 25.88; 4. Stefani Dittmar, WOU, and Latoya Tidwell, NNU, 26.13; 6. Lexi Pola, WOU, 26.38. Heat 3, 1. Latasha Essien, SPU, 25.41; 2. Emily Quatier, SPU, 26.07; 3. Christabel Leonce, NNU, 26.14; 4. Carolanne Powers, WOU, 26.29; 5. Justine Simons, MSUB, 26.63.

400 - Heat 1, 1. Emily Quatier, SPU, 57.97; 2. Lindsay Brady, NNU, 58.56; 3. Meryl Butcher, WOU, 58.83; 4. Jennifer Pike, SPU, 59.39; 5. +Crystal McDowell, WOU, 1:00.08; 6. Megan Friess, Megan Friess, UAA, 1:00.78. Heat 2, 1. Sarah Brownell, WWU, 58.08; 2. Lexi Pola, WOU, 58.72; 3. Megan O'Connell, WWU, 59.10; 4. Shanna Rippey, NNU, 1:00.08; 5. Christa Brediger, NNU, 1:03.02. (+Advanced on tie-breaker).

800 - Heat 1, 1. Jessica Pixler, SPU, 2:10.76 (meet record, old 2:10.93, Pixler, 2007); 2. Michelle Phillips, NNU, 2:14.81; 3. Rachael Johnson, WWU, 2:14.96; 4. Janelle Everetts, WOU, 2:16.13; 5. Cheri Watson, WWU, 2:19.07; 6. Katie Krehlik, UAA, 2:19.77; 7. Christine Harwood, NNU, 2:21.59. Heat 2, 1. Kate Harline, SPU, 2:16.47; 2. Jane Larson, SPU, 2:16.58; 3. Lisa Anderberg, SPU, 2:16.62; 4. Sarah Jackson, MSUB, 2:17.96; 5. Zoe Skordahl, WOU, 2:18.20; 6. Annie Laweryson, SMU, 2:20.50; 7. Haida Ikeda, WWU, 2:21.86; 8. Kelsey Brown, SPU, 2:23.89.

100 Hurdles - Heat 1, 1. Kaitlyn Reid, WOU, 14.87; 2. Raquel Gonzalez, CWU, 15.24; 3. Kira Lewis, SPU, 15.43; 4. Janna Vander Meulen, WOU, 15.48; 5. Ali Mosher, 15.61; 6. Katy Gross, SPU, 15.65; 7. Meagan Friess, UAA, 16.15. Heat 2, 1. Crystal Sims, SPU, 14.45; 2. Michelle Howe, WWU, 14.53; 3. Lauren Laichak, UAA, 15.01; 4. Tanya Bjornsson, WWU, 15.02; 5. Jill Bennett, NNU, 15.84; 6. Sarah Daigneault, WWU, 15.98; 7. Katharine Lotze, CWU, 16.08.

400 Hurdles – Heat 1, 1. Kaitlyn Reid, WOU, 1:04.44; 2. Jennifer Pike, SPU, 1:05.53; 3. Kira Lewis, SPU, 1:06.60; 4. Amanda Rose, CWU, 1:09.79; 5. Sarah Daigneault, WWU, 1:10.14. Heat 2, 1. Ardrienna Everett, UAA, 1:02.37; 2. Natalie Nobbs, SPU, 1:05.22; 3. Michelle Howe, WWU, 1:07.25; 4. Raquel Gonzalez, CWU, 1:08.02; 5. Amy Ciaccio, NNU, 1:10.39.

2011 GNAC (May 13-14 at Monmouth)

Team Scores - Seattle Pacific 206 ½, Western Washington 121, Western Oregon 109, Central Washington 97, Northwest Nazarene 88 ½, Alaska Anchorage 86, Simon Fraser 79, MSU Billings 21, Saint Martin's 11.

Saturday's Finals:

100 (**Wind -1.6**) - 1. Kishia Mitchell, SPU, 12.39; 2. Crystal Sims, SPU, 12.52; 3. Madison McClung, WOU, 12.61; 4. Lacey Meusec, WOU, 12.73; 5. Megan Zukowski, WWU, 12.91; 6. Christabel Leonce, NNU, 13.00; 7. Tanya Bjornsson, WWU, 13.27; 8. Chelsea Genter, CWU, 32.25.

200 (**Wind -1.3**) - 1. Kishia Mitchell, SPU, 25.52; 2. Crystal Sims, SPU, 25.58; 3. Lexi Pola, WOU, 25.70; 4. Madison McClung, WOU, 25.93; 5. Eleanor Siler, WWU, 26.15; 6. Lacey Meusec, WOU, 26.29; 7. Christabel Leonce, NNU, 26.41; 8. Myisha Valentine, SPU, 26.65.

400 - 1. Helen Crofts, SFU, 55.25 (meet record, old, 55.45, Mary Pearce, UAA, 2007); 2. Lexi Pola, WOU, 56.53; 3. Brianna Kane, SFU, 56.76; 4. Emily Quatier, SPU, 57.14; 5. Annie Hayward, WOU, 57.75; 6. Valle Ledtke, WWU, 59.01; 7. Eleanor Siler, WWU, 59.28; 8. Myisha Valentine, SPU, 59.35.

800 - 1. Jessica Smith, SFU, 2:09.21; 2. Rachael Johnson, WWU, 2:11.71; 3. Annan Applebee, WOU, 2:12.46; 4. Susan Bick, UAA, 2:13.59; 5. Janelle Everetts, WOU, 2:14.06; 6. Sarah Sawatzky, SFU, 2:14.38; 7. Michaela Kane, SFU, 2:14.72; 8. Brianna Kane, SFU, 2:15.29; 9. Ivy O'Guinn, UAA, 2:15.48.

1500 - 1. Helen Crofts, SFU, 4:25.80; 2. Sarah Porter, WWU, 4:30.32; 3. Lindsey Butterworth, SFU, 4:34.00; 4. Ruth Keino, UAA, 4:34.31; 5. Miriam Kipng'eno, UAA, 4:34.52; 6. Jaclyn Puga, NNU, 4:35.28; 7. Joscelyn Minton, SMU, 4:36.15; 8. Ivy O'Guinn, UAA, 4:37.31; 9. Erika Snawder, WOU, 4:38.53; 10. Emma Bohman, UAA, 4:39.01; 11. Natalie Evans, NNU, 4:42.68; 12. Allison Cutting, SPU, 4:46.80; 13. Katie Thel, MSUB, 4:50.22; 14. Katie Krehlik, UAA, 4:52.38; 15. Meagan Swenson, NNU, 4:53.28; 16. Shena Wald, MSUB, 4:54.29; 17. Erika Copeland, SMU, 4:54.81; 18. Annie Laweryson, SMU, 4:57.11.

5000 - 1. Ruth Keino, UAA, 17:23.81; 2. Miriam Kipng'eno, UAA, 17:29.78; 3. Lauren Breihof, WWU, 17:58.11; 4. Shoshana Keegan, UAA, 18:06.96; 5. Adriana Mendoza, CWU, 18:19.05; 6. Krista Fairbanks, WWU, 18:30.74; 7. Phoebe Hartnett, WWU, 18:32.59; 8. Robin Zeidler, SPU, 18:33.53; 9. Heidi Laabs-Johnson, SPU, 18:34.17; 10. Tricia Morrison, WOU, 18:53.65; 11. Kaitlynn Pecha, SMU, 19:11.35; 12. Sierra Brisky, WWU, 19:16.26; 13. Allison Cutting, SPU, 19:51.44; 14. Amanda Wright, WOU, 19:59.55; Erika Snawder, WOU, did not finish..

100 Hurdles (**Wind** +0.7) - 1. Crystal Sims, SPU, 14.73; 2. Terra Schumacher, SPU, 14.78; 3. Ali Worthen, SPU, 14.95; 4. Haleigh Lloyd, UAA, 15.03; 5. Marie Smith, NNU, 15.16; 6. Tanya Bjornsson, WWU, 15.16; 7. Chelsea Genter, CWU, 15.33; 8. Ardrienna Everett, UAA, 15.39.

400 Hurdles - 1. Kaitlyn Reid, WOU, 1:02.94; 2. Ardrienna Everett, UAA, 1:03.07; 3. Ali Mosher, WOU, 1:03.82; 4. Jennifer Pike, SPU, 1:05.28; 5. Megan O'Connell, WWU, 1:05.58; 6. Haleigh Lloyd, UAA, 1:05.73; 7. Amber Dodd, WWU, 1:06.74; 8. Annie Larlee, NNU, 1:07.17.

4x100 Relay- 1. Seattle Pacific (Kishia Mitchell, Ali Worthen, Emily Quatier, Crystal Sims) 47.23 (meet record, old, 47.73, Western Oregon, 2005); 2. Western Oregon (Madison McClung, Lexi Pola, Kaitlyn Reid, Lacey Meusec) 47.76; 3. Western Washington (Eleanor Siler, Sydney Coffey, Tanya Bjornsson, Megan Zukowski) 48.22; 4. Central Washington (Alexis Ramos, Sarah Takayoshi, Seanna Pitassi, Chelsea Genter) 48.29; 5. Alaska Anchorage (Dianne Chong, Kelsea Johnson, Sasha Halfyard, Haleigh Lloyd) 48.54; 6. Northwest Nazarene (Christabel Leonce, Jasmyn Jewett, Molly Reid, Melissa Grammer) 48.68; 7. Simon Fraser (Andrea Abrahms, Charlotte Crombeen, Brianna Kane, Jessica Smith) 49.71; 8. Montana State Billings (Leah Berry, Kandi Bond, Justine Simons, Erika Halle) 50.32

4x400 Relay - 1. Simon Fraser (Helen Crofts, Jessica Smith, Brianna Kane, Michaela Kane) 3:46.17 (meet record, 3:51.47, Northwest Nazarene, 2008; GNAC record, old 3:49.70, Western Washington, 2009); 2. Seattle Pacific (Kishia Mitchell, Emily Quatier, BryAnne Wochnick, Crystal Sims) 3:50.73; 3. Western Oregon (Janelle Everetts, Annan Applebee, Lexi Pola, Annie Hayward) 3:51.72; 4. Western Washington (Eleanor Siler, Valle Ledtke, Megan O'Connell, Megan Zukowski) 3:53.71; 5. Alaska Anchorage (Sasha Halfyard, Ivy O'Guinn, Susan Bick, Haleigh Lloyd) 3:55.65; 6. Northwest Nazarene (Melissa Grammer, Natalie Evans, Elisa Decker, Shanna Rippy) 3:59.15; 7. Central Washington (Ashlee Sincaugh, Taylor Kartes, Katharine Lotze, Seanna Pitassi) 4:01.84; 8. Montana State Billings (Sarah Jackson, Leah Berry, Justine Simons, Erika Halle) 4:02.55.

High Jump - 1. Ali Worthen, SPU, 1.67 - 5-5 3/4; 2. Katy Gross, SPU, and Katie Pelchar, WOU, 1.62 - 5-3 3/4; 4. Brittany Aanstad, SPU, 1.62 - 5-3 3/4; 5. Rachelle Barnett, SFU, 1.62 - 5-3 3/4; 6. Siri Berg, CWU, and Shelby Napiontek, CWU, 1.52 - 4-11 3/4; 8. Kelsea Johnson, UAA, 1.52 - 4-11 3/4; 9. Brittany Tri, SPU; Taylor Yoro, SMU, and Amanda Overdick, WWU, 1.52 - 4-11 3/4; 12. Tara Ramsey, WWU, and Stacey Pitt, MSUB, 1.52 - 4-11 3/4; 14. Jasmyn Jewett, NNU, and Diepiriye Iworima, SFU, 1.47 - 4-9 3/4. **No Height** - Leah Berry, MSUB; Brooklyn Holton, WWU.

Triple Jump - 1. +Ashley Potter, WOU, 11.82 - 38-9 1/2; 2. Jasmyn Jewett, NNU, 11.78 - 38-7 3/4; 3. +Katharine Lotze, CWU, 11.74 - 38-6 1/4; 4. +Maycee Bekkedahl, NNU, 11.43 - 37-6; 5. +Molly Reid, NNU, 11.23 - 36-10 3/4; 6. Ali Worthen, SPU, 11.15 - 36-7; 7. Trinna Miranda, SPU, 11.13 - 36-6 3/4; 8. Julianna Sackeyfo, SMU, 11.10 - 36-5; 9. Dianne Chong, UAA, 11.09 - 36-4 3/4; 10. +Annie Larlee, NNU, 11.04 - 36-2 3/4; 11. Laura Vonarx, NNU, 11.01 - 36-1 1/2; 12. Athena Nye, SPU, 10.80 - 35-5 3/4; 13. Jill Bennett, NNU, 10.69 - 35-1. (+Wind-aided)

Shot Put - 1. Anica Knispel, MSUB, 14.04 - 46-0 3/4 (meet record, old, 45-8, Krissy Tandle, CWU, 2007); 2. Joy Warrington, NNU, 13.69 - 44-11; 3. Shaina Afoa, CWU, 13.35 - 43-9 3/4; 4. Torrie Self, CWU, 12.77 - 41-10 3/4; 5. Jordan Stueckle, CWU, 12.26 - 40-2 3/4; 6. Kaylee Baumstark, CWU, 12.00 - 39-4 1/2; 7. Shayna Shute, NNU, 12.00 - 39-4 1/2; 8. Brook Berg, MSUB, 11.85 - 38-10 1/2; 9. Annie Martinez, CWU, 11.45 - 37-6 3/4; 10. Alla Dzhidzhivshvili, NNU, 10.76 - 35-3 3/4; 11. Jade Richardson, SFU, 10.75 - 35-3 3/4; 12. Elizabeth Thatcher, SMU, 10.30 - 33-9 1/2; 13. Marie Smith, NNU, 9.69 - 31-9 1/2; Morgan Kujala, MSUB, fouled.

Hammer - 1. Torrie Self, CWU, 53.48 - 175-5; 2. Lindsay Wells, WWU, 50.00 - 164-0; 3. Carly Dranginis, NNU, 48.62 - 159-6; 4. Shayna Shute, NNU, 47.78 - 156-9; 5. Joy Warrington, NNU, 46.77 - 153-5; 6. Jordan Stueckle, CWU, 46.40 - 152-3; 7. Anica Knispel, MSUB, 43.83 - 143-9; 8. Alicia Hedrick, NNU, 42.99 - 141-0; 9. Kaylee Baumstark, CWU, 41.61 - 136-6; 10. Jacque Korn, CWU, 29.72 - 97-6.

Friday's Finals:

Steeplechase - 1. Jaclyn Puga, NNU, 10:59.37; 2. Emma Bohman, UAA, 11:14.17; 3. Adriana Mendoza, CWU, 11:18.42; 4. Phoebe Hartnett, WWU, 11:25.95; 5. Kristi Fairbanks, WWU, 11:36.38; 6. Meagan Swenson, NNU, 11:40.28; 7. Megan Everetts, WOU, 11:44.30; 8. Jessica Boyer, WWU, 11:50.87; 9. Krysta Carrick, SPU, 11:53.11; 10. Kayla Wilkins, SPU, 12:03.28; 11. Josie Becker, SPU, 12:05.29; 12. Danika Lawson, SMU, 12:10.90; 13. Ashley Rice, CWU, 13:10.86.

10,000 - 1. Sarah Porter, WWU, 36:33.87; 2. Natty Plunkett, SPU, 36:42.08; 3. Lauren Breihof, WWU, 37:00.55; 4. Shoshana Keegan, UAA, 37:03.19; 5. Sierra Brisky, WWU, 37:34.64; 6. Katie Krehlik, UAA, 38:31.56; 7. Amanda Wright, WOU, 38:46.05; 8. Phoebe Hartnett, WWU, 38:54.61; 9. KayAnna Cecchi, WOU, 39:37.90; 10. Kendra Hedges, WWU, 39:47.97; 11. Kim Doerksen, SFU, 40:04.55; 12. Ashley Rendahl, NNU, 40:44.59; 13. Amanda Valera, CWU, 42:59.71.

Pole Vault - 1. Kati Davis, CWU, 3.65 - 11-11 3/4; 2. Karis Anderson, WWU, 3.65 - 11-11 3/4; 3. Melissa Peaslee, SPU, and Becca Clark, CWU, 3.50 - 11-5 3/4; 5. Terra Schumacher, SPU, 3.35 - 10-11 3/4; 6. Stacey Pitt, MSUB, 3.35 - 10-11 3/4; 7. Hannah Swigart, CWU, 3.20 - 10-6; 8. Loreah Winlow, WWU, 3.20 - 10-6; 9. Jamie Larsen, CWU, 3.05 - 10-0; 10. Jennifer Johnson, SMU, and Miranda Koeses, MSUB, 2.90 - 9-6 1/4; 12. Diana DiMarco, WWU, 2.90 - 9-6 1/4. **No Height** - Amy Jo Puckett, WWU; Tiffany Thomas, MSUB; Elizabeth Howe, WWU; Ashley Egger, NNU; Samantha Hull, SMU.

Long Jump - 1. Ali Worthen, SPU, 5.61 - 18-5; 2. Katy Gross, SPU, 5.55 - 18-2 1/2; 3. Crystal Sims, SPU, 5.41 - 17-9; 4. Diepiriye Iworima, SFU, 5.40 - 17-8 3/4; 5. Trinna Miranda, SPU, 5.38 - 17-8; 6. Molly Reid, NNU, 5.35 - 17-6 3/4; 7. Dianne Chong, UAA, 5.30 - 17-4 3/4; 8. Tanya Bjornsson, WWU, 5.25 - 17-2 3/4; 9.

+April Cook-Mackenzie, SFU, 5.16 - 16-11 ¼; 10. Jasmyn Jewett, NNU, 5.08 – 16-8; 11. Rachelle Barnett, SFU, 5.06 – 16-7 ¼; 12. Kelsea Johnson, UAA, 5.04 – 16-6 ½; 13. Charlotte Crombeen, SFU, 4.95 – 16-3; 14. Marie Smith, NNU, 4.93 – 16-2 ¼; 15. Brooklyn Holton, WWU, 4.62 – 15-2; 16. Katharine Lotze, CWU, 4.44 – 14-7 (+Indicates wind aided).

Discus - 1. Torrie Self, CWU, 43.78 - 143-8; 2. Elizabeth Thatcher, SMU, 42.83 - 140-6; 3. Shaina Afoa, CWU, 41.67 - 136-8; 4. Joy Warrington, NNU, 40.99 - 134-6; 5. Jade Richardson, SFU, 39.74 - 130-4; 6. Anica Knispel, MSUB, 38.65 - 126-10; 7. Kaylee Baumstark, CWU, 38.15 - 125-2; 8. Shayna Shute, NNU, 37.83 - 124-1; 9. Maggie Roe, WWU, 36.71 – 120-5; 10. Carly Dranginis, NNU, 36.25 – 118-11; 11. Jamilea Kittelmann, MSUB, 35.87 – 117-8; 12. Alla Dzhidzhiesgvil, NNU, 35.72 – 117-2; 13. Marie Smith, NNU, 32.81 – 107-8; 14. Jordan Stueckle, CWU, 31.39 – 103-0; Alexi Halvorson, MSUB, fouled.

Javelin - 1. Monika Gruszecki, WWU, 47.83 - 156-11 (meet record, old, 154-9, Caroline Powers, WOU, 2010); 2. Brittany Aanstad, SPU, 45.55 - 149-5; 3. Amanda Schumaker, WOU, 44.99 - 147-7; 4. Carly Andrews, SPU, 41.66 - 136-8; 5. Michelle Stuart, SFU, 40.36 - 132-5; 6. Justine Mosher, WOU, 40.00 - 131-3; 7. Seabre Church, WOU, 39.94 – 131-0; 8. Katy Gross, SPU, 39.01 – 128-0; 9. Brittany Tri, SPU, 38.86 – 127-6; 10. Samantha Hull, SMU, 37.92 – 124-5; 11. Jennifer Pike, SPU, 36.26 – 118-11; 12. Laura Vonarx, NNU, 32.75 – 107-5.

Heptathlon (May 2-3 at Nampa) –1. Ali Worthen, SPU, 4904; 2. Katy Gross, SPU, 4799; 3. Crystal Sims, SPU, 4718; 4. Jennifer Pike, SPU, 4535; 5. Kelsea Johnson, UAA, 4375; 6. Marie Smith, NNU, 4263; 7. Rachelle Barnett, SFU, 4193; 8. Jill Bennett, NNU, 4001; 9. Dianne Chong, UAA, 3954; 10. Ali Mosher, WOU, 3723; 11. Leah Berry, MSUB, 3699; 12. Brooklyn Holton, WWU, 3641; 13. Siri Berg, CWU, 3433; 14. Jessica Padriano, SFU, 3335; 15. Stacey Pitt, MSUB, 3280; 16. Laura Pridgen, NNU, 3256; 17. Melanie Davis, CWU, 3244.

Day 1: 100 Hurdles – Worthen 14.87, Smith 15.05, Gross 15.14, Sims 15.17, Pike 15.57, Johnson 15.61, Mosher 16.21, Holton 16.62, Bennett 16.63, Chong 16.89, Berry 17.40, Davis 17.55, Pridgen 17.92, Berg 18.19, Barnett 18.19, Padriano 19.18, Pitt 20.76. High Jump – Barnett 1.70 – 5-7, Worthen 1.64 – 5-4 ½, Gross 1.64 – 5-4 ½, Pitt 1.61 – 5-3 ¼, Sims 1.52 – 4-11 ¾, Pike 1.52 – 4-11 ¾, Johnson 1.52 – 4-11 ¾, Chong 1.52 – 4-11 ¾, Berry 1.52 – 4-11 ¾, Holton 1.52 – 4-11 ¾, Smith 1.52 – 4-11 ¾, Bennett 1.49 – 4-10 ½, Berg 1.49 – 4-10 ½, Padriano 1.49 – 4-10 ½, Pridgen 1.49 – 4-10 ½, Mosher 1.40 – 4-7, Davis 1.37 – 4-6. Shot Put – Sims 12.06 – 39-7, Gross 11.43 – 37-6, Johnson 10.23 – 33-6 ¾, Worthen 10.12 – 33-2 ½, Barnett 10.09 – 33-1 ¼, Davis 9.50 – 31-2, Pike 9.48 – 31-1 ¼, Bennett 9.15 – 30-0 ¼, Berg 9.13 – 29-11 ½, Padriano 9.03 – 29-7 ½, Smith 8.74 – 28-8 ¼, Pridgen 8.54 – 28-0 ¼, Holton 8.51 – 27-11, Chong 8.45 – 27-8 ¾, Mosher 8.04 – 26-4 ½, Pitt 7.90 – 25-11, Berry 7.26 – 23-10. 200 – Sims 25.39, Worthen 26.08, Gross 26.52, Johnson 26.60, Smith 26.79, Pike 26.80, Holton 27.00, Chong 27.01, Mosher 27.48, Barnett 27.66, Bennett 27.96, Pitt 28.29, Berry 28.39, Berg 28.50, Pridgen 28.59, Padriano 28.73, Davis 29.18.

Day 2: Long Jump - Worthen 5.69 - 18-8, Chong 5.50 – 18-0 ½, Gross 5.39 – 17-8 ¼, Smith 5.16 – 16-11 ¼, Sims 5.15 – 16-10 ¾, Bennett 5.12 - 16-9 ¾, Barnett 5.11 – 16-9 ¼, Pike 5.00 – 16-5, Johnson 4.95 – 16-3, Padriano 4.79 – 15-8 ¾, Mosher 4.74 – 15-6 ¾, Berry 4.74 – 15-6 ¾, Davis 4.58 – 15-0 ½, Holton 4.57 – 15-0, Pitt 4.42 – 14-6, Berg 4.28 - 14-0 ½, Pridgen 4.20 – 13-9 ½. Javelin - Pike 35.50 - 116-6, Gross 34.23 – 112-4, Worthen 30.82 – 101-1, Johnson 30.67 – 100-7, Bennett 30.15 – 98-11, Chong 29.37 – 96-4, Barnett 28.56 – 93-8, Sims 27.14 – 89-0, Berg 26.87 – 88-2, Berry 26.63 – 87-4, Davis 26.23 – 86-1, Pitt 24.78 – 81-3, Smith 24.25 – 79-7, Pridgen 22.55 – 74-0, Padriano 21.34 – 70-0, Mosher 20.38 – 66-10, Holton 17.04 – 55-11. 800 - Pike 2:24.84, Sims 2:28.21, Worthen 2:30.44, Mosher 2:32.52, Berry 2:33.60, Johnson 2:34.03, Barnett 2:34.50, Smith 2:34.53, Gross 2:38.28, Bennett 2:39.99, Holton 2:43.52, Pitt 2:46.23, Berg 2:46.75, Padriano 2:47.15, Pridgen 2:52.35, Chong 2:56.68, Davis 3:03.23.

Friday's Prelims:

100: Heat 1 (**Wind –0.9**) - 1. Crystal Sims, SPU, 12.36; 2. Lacey Meusec, WOU, 12.48; 3. Madison McClung, WOU, 12.58; 4. Christabel Leonce, NNU, 12.66; 5. Melissa Grammer, NNU, 12.78; 6. Sarah Kathrein, WOU, 13.13. Heat 2 (**Wind +0.4**) - 1. Kishia Mitchell, SPU, 12.24; 2. Chelsea Genter, CWU, 12.62; 3. Tanya Bjornsson, WWU, 12.71; 4. Megan Zukowski, WWU, 12.72; 5. Sydney Coffey, WWU, 12.73; 6. Sarah Takayoshi, CWU, 12.93.

200: Heat 1 (**Wind –1.3**) - 1. Madison McClung, WOU, 25.47; 2. Crystal Sims, SPU, 25.80; 3. Eleanor Siler, WWU, 25.84; 4. Myisha Valentine, SPU, 26.11; 5. Melissa Grammer, NNU, 26.27; 6. Erika Halle, MSUB, 26.44; 7. Justine Simons, MSUB, 26.45; 8. Sydney Coffey, WWU, 26.90. Heat 2 (**Wind –1.0**) - 1. Lexi Pola, WOU, 25.33; 2. Kishia Mitchell, SPU, 25.64; 3. Lacey Meusec, WOU, 25.71; 4. Christabel Leonce, NNU, 26.03; 5. Megan Zukowski, WWU, 26.17; 6. BryAnne Wochnick, SPU, 26.46; 7. Valle Ledtke, WWU, 26.48; 8. Sarah Kathrein, WOU, 34.75.

400: Heat 1 - 1. Helen Crofts, SFU, 55.78; 2. Emily Quatier, SPU, 56.96; 3. Annie Hayward, WOU, 57.56; 4. Myisha Valentine, SPU, 58.29; 5. Valle Ledtke, WWU, 58.38; 6. Seanna Pitassi, CWU, 59.90; 7. Sasha Halfyard, UAA, 1:02.24. Heat 2 - 1. Eleanor Siler, WWU, 56.34; 2. Lexi Pola, WOU, 56.54; 3. Brianna Kane, SFU, 56.83; 4. BryAnne Wochnick, SPU, 59.11; 5. Shanna Rippy, NNU, 59.68; 6. Ashlee Sincaugh, CWU, 1:00.48; 7. Meryl Butcher, WOU, 1:01.25.

800: Heat 1 - 1. Jessica Smith, SFU, 2:10.61; 2. Sarah Sawatzky, SFU, 2:12.80; 3. Annan Applebee, WOU, 2:13.13; 4. Rachael Johnson, WWU, 2:13.20; 5. Michaela Kane, SFU, 2:15.06; 6. Sarah Jackson, MSUB, 2:17.17; 7. Cheri Watson, WWU, 2:17.87; 8. Jenny Leaf, WOU, 2:20.55; 9. Megan Everetts, WOU, 2:21.53. Heat 2 – 1. Susan Bick, UAA, 2:11.30; 2. Brianna Kane, SFU, 2:11.35; 3. Ivy O'Guinn, UAA, 2:11.74; 4. Janelle Everetts, WOU, 2:13.79; 5. Emma Vogt, SFU, 2:16.46; 6. Olivia Brennan, SFU, 2:16.50; 7. Connie Morgan, CWU, 2:17.48; 8. McKayla Fricker, SPU, 2:19.36; 9. Caitlin Dell, SFU, 2:25.08.

100 Hurdles: Heat 1 (**Wind +0.6**) – 1. Tanya Bjornsson, WWU, 14.51; 2. Ardienna Everett, UAA, 14.58; 3. Terra Schumacher, SPU, 14.70; 4. Crystal Sims, SPU, 14.71; 5. Ali Worthen, SPU, 14.81; 6. Marie Smith, NNU, 14.91; 7. Ali Mosher, WOU, 15.40; 8. Alexandra McDonald, WWU, 15.57. Heat 2 (**Wind –0.2**) - 1. Chelsea Genter, CWU, 14.67; 2. Haleigh Lloyd, UAA, 14.71, 3. Janna Vander Meulen, WOU, 14.95; 4. Katy Gross, SPU, 15.07; 5. Kaitlyn Reid, WOU, 15.19; 6. Andrea Abrahms, SFU, 15.50; 7. Jennifer Pike, SPU, 15.56; 8. Kelsea Johnson, UAA, 15.57.

400 Hurdles: Heat 1 - 1. Haleigh Lloyd, UAA, 1:02.92; 2. Jennifer Pike, SPU, 1:04.17; 3. Amber Dodd, WWU, 1:06.35; 4. Annie Larlee, NNU, 1:06.60; 5. Natalie Nobbs, SPU, 1:07.31; 6. Janna Vander Meulen, WOU, 1:09.16; 7. Marie Smith, NNU, 1:10.81. Heat 2 - 1. Ardienna Everett, UAA, 1:02.60; 2. Kaitlyn Reid, WOU, 1:03.74; 3. Ali Mosher, WOU, 1:05.03; 4. Megan O'Connell, WWU, 1:05.80; 5. Alexandra McDonald, WWU, 1:07.15; 6. Miranda Lahman, WWU, 1:07.68; 7. Amy Ciaccio, NNU, 1:10.75; 8. Dani Garner, MSUB, 1:13.79.