

2010-11 Recruits

Alaska Anchorage

Seawolves Sign Three Athletes (4/22/10)

Yonatan Yilma will compete for Alaska Anchorage's men's cross country team and Sasha Halfyard and Haleigh Lloidy have been added to the women's track and field team for the 2010-11 season.

Yilma, from Edmonds, Wash., will add depth to the men's team after a highly competitive high school career. Born in Ethiopia, Yilma boasts career-best times of 4:18.96 in the 1600 meters and 9:16.35 in the 3200 meters.

While attending Edmonds-Woodway High School, Yilma finished sixth in the 5,000 meters at the 4A State Cross Country Championships and eighth in the 3200 meters at the 4A State Track & Field Championships in 2007. Yilma will join the Green & Gold after competing for Everett Community College during the past two seasons.

Halfyard, from Nanaimo, B.C., will help fill a void in the Seawolves' sprinting events. A 2009 graduate of Wellington Secondary School, Halfyard owns PRs of 12.50 in the 100 meters and 26.36 in the 200 meters. Halfyard also holds a career-best time of 1:01.36 in the 400 meters.

Lloyd, a native of Ladysmith, B.C., will focus primarily on the hurdling events with the Seawolves. A 2010 graduate of Ladysmith Secondary School, she has registered personal-best times of 1:01.11 in the 400-meter hurdles and 14.78 in the 100-meter hurdles - both times would be UAA records.

Seawolves Sign Two for Cross Country, Track (3/1/10)

Two Alaska athletes - Ivy O'Guinn and Susan Bick - have signed national letters of intent to compete in cross country and track and field at the University of Alaska Anchorage.

O'Guinn, a versatile runner from Skyview High School, will compete in the middle distance events for UAA. During the 2009 cross country season, O'Guinn placed second overall at the state championships with an impressive time of 19:00.1.

At the conclusion of the track & field season, she was the Alaska 4A state champion in the 800 as a junior in 2009, while earning runner-up honors in the 3200, and placing third in the 1600.

In addition to her exploits at the state meets, O'Guinn was the Alaska Region III champion in 800, 1600, and

3200 in track & field in 2009, while winning the Region III individual championship in cross country.

"We are very impressed with her performances in cross country and in track. She came highly recommended by her high school coach and former Seawolf star Aaron Dickson," said UAA coach Michael Friess. "We are very excited about the opportunity to work with her."

Bick, a senior at Bartlett High School, competes in cross country running and track and field for the Golden Bears. This past fall, Bick completed the cross country season with a third-place finish at the 2009 Alaska 4A State Championships. She finished the 5K race with a personal best time of 19:08 - second out of all senior runners.

During the 2009 track & field season, Bick raced to an eighth-place finish in the 800m at the Alaska 4A State Championships. Bick was also the first leg of the sixth-place 4x400m relay team at the state meet, helping BHS women's team to a fourth-place team finish.

"Susan is a talented athlete," said Friess, "What is exciting about her is that she has not been training very long, and I believe that with the proper environment, she can be very successful."

Bick will look to continue her success this spring while competing for Bartlett in the middle and long distance races. She is currently coached by Eric Lowman at BHS.

Montana State Billings

Four More Sign with Yellowjackets (7/28/10)

Four more in-state student-athletes have signed letters of intent to compete with Montana State Billings in cross country and track and field.

Renae Hepfner, Shena (Buxbaum) Wald, Dan Osborne and Shawn Skelton have all chosen to run for the Yellowjackets during the upcoming season.

"We're very fortunate to continue to sign a lot of the top local and state talent," MSUB coach Dave Coppock said. "It's been rewarding to continue building both programs and improving our depth with the addition of so many Montana athletes."

"We've made it a priority to focus on recruiting in-state athletes as much as possible. With the addition of these four athletes, coupled with the earlier signings, we are continuing to improve our competitiveness in the conference as well as stepping up to the national level."

A native of Belt, Mont., Hepfner competed in four sports at Belt High School, including cross country,

track, basketball and volleyball. She helped lead her team to four straight state cross country titles from 2006 through 2009. Her teams won numerous district and divisional titles as well.

Success also came on the court for Hepfner as she guided her team to three appearances at the state tournament with a runner-up finish in 2009.

Wald prepped at Billings West High School, lettering four times in cross country, track and swimming. She earned all-state honors in cross country in 1999, 2000 and 2001. She also earned all-state honors all four years in track and field and was an Army All-Around Athlete in all three sports in 2003.

Wald is entering MSUB as a graduate student after attending the University of Montana and Montana State University. She is pursuing a Master Degree in Math Education.

Osborne is a native of Helena, MT, where he lettered three years in track and field and four times in cross country at Helena High School. In 2008 he earned all-state honors in cross country with a fifth place finish at the state meet. In 2009 he earned All-America status with a seventh place finish at the Junior Olympic National Cross Country meet held in Reno, NV. He helped his team to a third place finish at the 2008 state cross country championships.

Skelton comes to MSUB after prepping at Bozeman Senior High School where he lettered for two years in track and field. He earned all-conference honors as a junior in the 110 and 300 meter hurdles and was all-state as a senior in the hurdles and 4x400 meter relay.

Skelton was also a member of the Bozeman Track Club which participated in the Junior Olympic program. He was a state champion in 2010 in the 110 and 400 meter hurdle events and then won the Region II Junior Olympic championships in the same events.

With the addition of the four new signings, the Yellowjackets have now signed 11 student-athletes to run for the upcoming seasons.

Yellowjackets Add More Depth To Track Roster (7/19/10)

Three more local athletes have signed national letters of intent to compete in track and field for Montana State Billings. The additions of Anica Knispel, Seth Marshall and Lewis Polkow continue to add depth to the growing program at MSUB.

Knispel joins the program after prepping at Billings' Skyview High School where she lettered three years in track and field. Excelling in the shot put and discus, Knispel was a two-time all-state and all-conference selection.

In 2008 she earned her first all-conference honor in the shot put and then in the 2009 season earned all-state honors in the event. During her senior season she accomplished all-conference honors in the discus and all-state honors in the shot put. She was also team captain for the throwers in 2009 and 2010.

Off the track Knispel participated in Big Brothers and Big Sisters, national honor society, girls' state, band and education talent search.

Polkow also enters MSUB after attending Skyview HS where he lettered three times in track and field. He earned numerous all-conference and all-state honors in the 300 meter hurdles and relay events. During his senior year he was all-state in the hurdles after placing second and again after winning 4x100 and 4x400 meter relays.

Polkow helped his team to a second place finish in the divisional and state meets in 2009. In 2010 his team again took second at the divisional meet, but won the AA state title in Great Falls.

A native of Laurel, MT, Marshall was a four-sport athlete at Laurel High, lettering in track, football, wrestling and soccer. During his junior season he won four state titles in the 100, 200, 400 meter sprint and the 4x400 meter relay. His time of 48.57 in the 400 set a new school record for the event.

Yellowjackets Add Robinson To Roster For 2010-11 (6/29/10)

Chase Robinson from Colstrip, Mont, will compete in cross country and track and field beginning this fall for Montana State University Billings.

"Chase is one of the most experienced high school runners we've ever recruited," MSUB coach Dave Coppock said. "He's competitive at a wide range of distances from the 800 meters to the five and six mile cross country distances. He'll make an immediate impact on our distance program and has a great college running future ahead of him."

Robinson was a three-sport athlete in high school. He lettered all four years in track, twice in cross country and earned a letter as part of the baseball team.

As part of the track team, Robinson helped lead his team to three straight district championships from 2007 through 2009. His team took the divisional championship as well during the 2008 season.

During his high school career Robinson was named as the team MVP in both cross country and track during the 2009 and 2010 seasons, respectively. He also earned the school's most outstanding distance runner award in 2010.

Montana Product To Compete for Yellowjackets (6/22/10)

Townsend, Mont., native, Delaware Hansen has signed a letter-of-intent to compete in track-and-field at Montana State University Billings.

"We're very excited to have Delaware Hansen join our track and field program," MSUB coach Dave Coppock said. "She's one of the top high jumpers in the state and has put up marks that will be immediately competitive in the GNAC, as well as closing in on some national qualifying standards. She's also competitive in the long jump and triple jump, so she will be able to fill in a lot of events where we really needed some help."

Hansen prepped at Broadwater High School where she was a National Honor Society member and was on the honor roll all four years academically. She lettered in track for four years and in volleyball for two years. Hansen earned Academic All-State honors in volleyball in 2008.

Athletically, she was an all-state and all-conference selection from 2007-2010 in the high jump, long jump and triple jumps. Hansen was the Class "B" State Champion in the high jump as a senior, as well as finishing fifth in the long jump and triple jumps.

She finished first in the high jump in all of the regular season meets as a senior, and tallied season-bests in the 100 meters (13.37), shot put (31-11 ½), high jump (5-4), long jump (16-10 ½) and 33-6½ in the triple jump.

She helped lead her volleyball team to the state championship in 2008 and second place finishes for her team in track and field at districts in 2009 and 2010, including a third place finish at divisionals this past season.

Yellowjackets Ink Three Forks Product Brock Steingruber (6/18/10)

Three Forks, Mont., native Brock Steingruber will compete in track and field at Montana State Billings this coming season.

"We're very excited to have Brock join us," MSUB coach David Coppock said. "He is a multi-talented athlete who will help us in several events, primarily the jumps. We also see some great potential for him as a decathlete."

Steingruber prepped at Three Forks High School where he lettered in three sports including football and basketball for three years and track for all four years. He earned all-state honors in track and was second in the pole vault and fifth in the long jump his junior and senior years.

Academically, he was a three-time Academic All-State selection and was on honor band as a sophomore and junior.

As a senior, he had a season-best 40'6 ½" in the triple jump, as well as 6-0 in the high jump. Steingruber had best marks of 13-0 in the pole vault and 179-6 in the javelin, as well as a 20-8 1/2 in the long jump. On the track, he ran the 800 meters in 2:03.

Yellowjackets Add Clump To Track, Cross Country Team (5/19/10)

Alaskan Keri Clump will run for Montana State Billings' cross country and track and field teams during the 2010-11 school year.

"Keri is a versatile athlete who can run a wide range of events," said MSUB coach David Coppock. "She can run anything from the 400 meters in track to the 5,000 meters in cross country. She'll be a great asset to our team and I'm looking forward to working with her."

Clump, a native of Wasilla, Alaska, was a four-year letterwinner in track and a two-year letterwinner in cross country at Wasilla High School.

During her senior year, Clump set a personal best in the 5,000 meters for cross country with a time of 20:47. She helped guide her team to a third place finish in the regional meet in 2009.

During the 2010 outdoor track season she has ran top times of 1:04.42 in the 400 meter and 2:30.22 in the 800 meters.

Clump's time in the 400 meter run this season is her personal best in the event, and set a personal best in the 800 meter run during her sophomore year with a time of 2:25.10. Last season Clump helped her 4x400 and 4x800 meter relay teams to third-place finishes at the state track meet.

An avid member of the National Honor Society and World Quest Participation, Clump plans to major in Education at MSUB, eventually continuing on to be a guidance counselor.

Helena Standout Signs With Yellowjackets (3/16/10)

Helena High School standout Melanie Bock has signed a letter of intent to compete in track and cross country at Montana State Billings.

"Melanie has a great high school running background and should easily make the adjustment to the college level," said MSUB coach Dave Coppock. "She'll definitely add to the depth of our women's track and cross country teams next season."

Bock has ran cross country for the Bengals the past three seasons, running as team captain during her senior campaign. She had numerous Top 10 finishes during her senior season and helped the Bengals to multiple meet victories.

In addition to her cross country career, Bock also participated in basketball, tennis and track at Helena High. She was part of the National Honor Society with a 3.60 GPA and was a three-year member of the choir and philharmonic choir.

he plans to pursue a degree in chemistry or biology for pre-veterinarian medicine while attending MSUB.

Northwest Nazarene

Two Sign For Cross Country and Track and Field (8/2/10)

Two Idaho products - Natalie Evans and Marie Smith - have each signed National Letters-of-Intent to attend Northwest Nazarene and compete for the Crusaders in cross country and track and field.

Evans, who graduated from New Plymouth High School this spring, won the Idaho 2A Cross Country State Championship as a senior, capping an impressive senior campaign as she won seven races and finished in the top three in all 11 races she entered.

On the track she captured the Idaho 2A 800-meter state championship in both her junior and senior (2:18.87) seasons and also won the 1600-meter (5:19.40) state title this spring.

"We are very excited about Natalie joining our cross country and track and field teams," NNU assistant coach Ben Gall said. "She is an athlete we have been working with since the beginning of her senior year and to finally have her commitment to compete for us is very exciting.

"The coaches believe adding Natalie to our team this fall greatly strengthens our chance of improving on our sixth-place finish at the regional championships and possibly advancing to the national championships," Gall said. "During the track season Natalie will add more depth and strength to our women's middle distance group at both the conference and national levels."

Smith joins the Crusaders after graduating from Boise's Capital High School this spring where she finished in the top three at the Idaho 5A State Championships in all three of her events. A second-place finish highlighted her 4x400-meter relay team's efforts (49.65), while she finished second in the 300 meter hurdles (45.70) and third in the 100 hurdles (14.77).

"Marie made great improvements from her junior year in lowering her hurdle times," NNU head coach John Spatz. "She lowered her 100-hurdle time by over a second, and dropped her 300-hurdle time by over two seconds. I look for Marie to compete in the hurdles, relays and the heptathlon for us."

"Marie is a great combination of student and athlete. Her high academic marks, along with her overall athletic ability are just what we look for," Spatz added. "I fully expect to see Marie challenge the current school records in the hurdles, both indoors and outdoors. The GNAC has added the indoor pentathlon to the conference championships and I expect Marie to be right in the hunt for all-conference honors in this event as well as the hurdles."

Crusaders Add Two-Sport Athlete from Alaska (7/22/10)

Kevin Rima, a product of Hutchinson High School in Fairbanks, Alaska, has signed a letter of commitment to attend Northwest Nazarene and compete in basketball and track and field for the Crusaders.

The 6-6, 220 pound Rima averaged 21 points, 13 rebounds and three blocks per game last winter for Hutchinson. In the spring, he won his second straight Alaska 3A State Championship in the shot put.

"Kevin is an extremely gifted athlete and puts that to good use on the basketball court by being a relentless rebounder and active shot- blocker," NNU associate head coach Brandon Rinta said. "He also has the ability to spread the floor on the offensive end by being able to step out and shoot it."

Rima enjoyed a decorated high school athletic career, earning both first-team Alaska 3A state basketball honors and All-Aurora Conference accolades as a junior and senior. His Hutchinson High School team captured the Alaska 3A state basketball championship in 2009 and he was named the Hutchinson High team MVP in 2010.

On the track, Rima won three Alaska 3A state championships (two in the shot and one in the discus) and six Alaska Region VI titles in the shot put (2009-10), discus (2009-10), long jump (2009) and triple jump (2010). He also finished as the runner-up at the state championships in the 2009 and 2010 lonj jump, 2010 triple jump and 2010 discus.

"Kevin will join an excellent group of throwers coming in as freshmen t and he has the championship experience at the state level that we look for," NNU head track & field coach John Spatz said. "He also has the work ethic and coachability that should see him make some great improvements in just his first year of college track and field."

NUU Track and Field Adds Three More (6/1/10)

Jesse Korb, Reid White and Alla Dzhidzhieshvili have each signed a National Letter-of-Intent to attend Northwest Nazarene and compete in track-and-field.

Both Korb and White will join the Crusaders from Deer Park High School in Deer Park, Wash., where the duo placed first and second in the discus at the Washington 2A Northeast District 7 Championships.

"This spring Jesse won a district championship in the discus throwing 144-8 and made solid improvement this season," NNU coach John Spatz. " Reid also finished second in the shot put at districts with a fine throw of 51-1."

Korb and White will join former Deer Park High teammate Elmer Williams on the Crusader throws squad this fall. All three athletes were coached in high school by NNU alum Cameron Gilbert.

Dzhidzhieshvili (Jr., Ontario, OR) will become a two-sport athlete at NNU, also having signed with the Crusader women's basketball program earlier this year out of Treasure Valley Community College. Alla had an outstanding basketball career at TVCC where she was selected as an NWAACC East Region All-Conference Selection.

On the track at Ontario High School in 2008, Alla won Oregon 4A District 7 titles in the Shot Put (37-0), discus (10'-7), and long jump (15-9). She went on to finish fifth at the Oregon 4A State Championships in the shot put and eighth in both the discus and long jump.

Six sign with Crusader Track & Field Program (5/28/10)

Six athletes have signed letters of commitment to attend Northwest Nazarene and compete for the Crusader track and field team.

The signees included Alex Leatherman, Cody Henderson, Andrew Curtis, Stephen Larlee, Danielle Forest and Greyson Kilgore.

Leatherman is from Castle Park, Colorado where he attended Castle View High School.

"Alex is an all round athlete having participated in numerous sports during his high school career," NNU coach John Spatz said.

His primary event is the pole vault and at the state championships in 2010 he finished eighth with a height of 13-6. In 2009 he finished sixth at the state meet and his best mark in 2010 is 14-0.

In addition to his accomplishments on the track, Alex earned all-conference honors on the football field and

was awarded the Saber Cat Award as the top wrestler in 2009-2010 at Castle View High.

Henderson is from Green River, Wyoming. During the 2010 indoor season his team captured the state title in the 4 x 400 relay, his sprint medley relay team finished sixth at the Idaho Simplot Games as Cody served as a team captain.

During his outdoor season this spring, Henderson finished fourth in the 100 meters, fifth in the 200 meters, ran a leg on the third place 4 x 400 relay and a leg on the fourth place 4 x 100 relay teams at the Wyoming State High School Championships. Cody holds the GRHS school records on the indoor track at both the 55 meter (6.76) and 60 meter (7.47) distances.

Curtis, a six-time state champion, joins the Crusader program from Tigard, Oregon where he will graduate from Westside Christian High School. "Andrew is one of the all-time bests to come out of Oregon's Class 3A this year," Spatz said.

Curtis won state titles in the 110 hurdles, 300 hurdles, 200 meters and the 4x100 relay. He also led his school to state titles in the 4x100 in 2008 and 2009.

Larlee, from Maupin, Oregon and South Wasco County High School, comes to NNU as the 2010 Oregon 1A State Athlete-of-the-Meet. "Stephen has had an unbelievable senior campaign," Spatz adds. "At his district meet Stephen won the 400 meters in 51.58, the 300 hurdles in 41.07, the long jump at 21-3 and the triple jump in 45-2 1/4 in leading his team to their district team title."

Larlee won the state triple jump title in 2009 and at the Oregon State 1A High School Championships this spring he swept the triple jump and the long jump titles, finished second in the 300 hurdles and third in the 400 meters. His 34 points in the state championships earned him the Athlete-of-the-Meet honors, while his 2010 triple jump best of 46-10 3/4 ranks him second in all of Oregon's high school divisions.

Forest will graduate from Kuna High School in Kuna, Idaho and will join the NNU track family after she turned her attention to track full time during the 2010 season. "A standout in both soccer and track, Danielle shows promise as a college athlete," Spatz said. "Danielle finished fifth at the Idaho 4A District III Championships in the 400 meters (1:03.25) and also ran legs on the 4x200 relay that was third and the 4x400 relay that was also third."

Kilgore also joins the Crusaders from Kuna High School, having been a team leader on the Kuna High team for the past four years.

2009-10 RECRUITS

Montana State Billings

Two-Sport Standout Signs With Yellowjackets (7/6/09)

Kayla Neumiller, a native of Colstrip, Mont., has signed a national letter of intent with Montana State Billings and will compete in both volleyball and track & field for the Yellowjackets.

Neumiller, 5-8, outside hitter, lettered all four years in high school in volleyball and was an all-state selection as a junior and senior. She was a first team all-conference selection for three years and earned state all-tournament honors as a senior. She was tabbed Most Valuable Player in both volleyball and track her senior year.

Neumiller recorded 330 kills, 48 blocks, 83 aces and 406 digs during her senior year and amassed 1,026 kills, 211 aces and 161 blocks in her high school career. She helped lead her team to the division championships in 2007 and a third place finish at state and a runner-up finish at divisionals and a fourth-place finish at state her senior year.

In track, she finished second at state her senior year in the 800 meters and finished third in the high jump. She tallied personal bests in the 800 (2:14.96), 400 (60.55) and high jump (5-1).

"Kayla will make a huge impact on our track and field program and I'm really excited about working with her," MSUB coach Dave Coppock said. "She's a versatile athlete and has competitive marks in the 400 and 800 meters as well as the long jump and high jump.

"Her 800 meters, at 2:14, is outstanding and is under the NCAA Division II National provisional qualifying mark. With her versatility in the field events, the heptathlon would be an area we'll certainly take a look as she progresses here."

Not only did she excel on the field, but also in the classroom as she was a valedictorian with a 4.0 GPA. She was Student Council President, a member of National Honor Society, a Wendy's Heisman Award state finalist and school winner, as well as being named academic all-state all four years in both volleyball and track.

Northwest Nazarene

Crusaders Add Six Athletes To Track and Field Roster (8/3/09)

Six athletes have signed letters of commitment to attend Northwest Nazarene and compete for the Crusader track & field teams.

Signing with the Crusaders are Chelsea Barr (Nampa, ID), Jessica Case (Troy, ID), Carly Dranginis (Nampa, ID), Brandon Humble (Middleton, ID), Elmer Williams (Deer Park, WA) and Bruno Bennett (Harrison, ID).

Barr, who graduated from Nampa Christian High School this spring, joins the Crusader track squad as one of the most decorated high school athletes in Idaho high school history. She won four straight Idaho 2A state championships in the pole vault setting a new state record in 2A competition each year.

During the 2009 state championships, Barr ran and jumped to three individual state titles, posting victories in the 100 (12.75), 200 (25.70), and the pole vault at 11-9, playing a key role as her Nampa Christian team captured its fifth straight team title in 2009.

"Chelsea will play a big role in moving the vault program to the top of the conference in the GNAC, and onto the national stage," Spatz said. "Her attitude and work ethic are second to none. She is a huge team player and her addition could help the Lady Crusaders in their bid towards a GNAC conference team title."

Case joins the Crusaders from Troy High School in Troy, Idaho. She joins the NNU sprint squad after a very successful sprint career in the Idaho 1A state championships.

At the 2009 Idaho 1A state championships, she just missed defending her 100 meter title that she won as a junior, finishing second in a time of 13.01. Her 4x100m relay team was also the defending state champions from 2008 and repeated the accomplishment in 2009 winning a second title.

Case also led her 4x200m relay to the state title, and ran a leg on the sprint medley team that finished fourth capping off an outstanding state meet for the Troy senior.

"Jessica will be a big addition to the Crusader sprint squad in the open events and the 4x100m relay where the Lady Crusaders are the reigning GNAC champions," Spatz added. "Jessica has a great passion for the relays and will look to have an impact at the conference level right away. We are very excited to have an athlete of Jessica's ability."

Dranginis, a graduate of Skyview High School in Nampa, will be a two-sport athlete as she will split her

time with the Crusader volleyball program. "Carly is exactly the type of thrower that we look for in our throws program," Spatz said. "Carly has made significant progress during her high school career and looks to make some great throws at the college level."

At the Idaho 4A state championships in 2008 she finished fifth in the shot put and fourth in the discus. In 2009 she was the state 4A runner-up in the shot put with a throw of 39-5 and also finished fifth in the discus.

Humble, from Middleton High School in Middleton, Idaho, will become a member of the NNU sprint and relays squad. Running mainly on the Middleton High relay teams during his senior year, Brandon will look to develop his open events from the 100 meters to 400 meters, as well as, the relays at NNU.

"Brandon is a great competitor and will be a strong addition to our sprint squad," Spatz added. "I am very pleased that he has chosen to be a part of our program next year."

Williams, from Deer Park, Wash., will join the Crusader throwers after a successful senior year at Deer Park High under NNU track & field alumnus Cameron Gilbert. During the 2009 season Elmer served as a team captain and earned the Deer Park High Most Inspirational award.

"Elmer's coaches describe him as hard working, and one of the most unselfish athletes they have coached," Spatz reflected. "Elmer will make a great addition to an already strong Crusader throws program."

Bennett, from Kootenai High School in Harrison, Idaho, will join the NNU pole vault squad after a very successful jumping career at Kootenai High. Bruno is a two-time Idaho 1A, District I pole vault champion, having won titles in both 2008 and 2009. He continued his solid performances with a runner-up finish at the 2008 1A state championships (12-0) and a third-place finish (12-6) at the 2009 state finals.

"Bruno is a consistent 13-foot jumper who looks to make some big jumps at the college level," Spatz commented. "We are very excited to have Bruno join the vault program here at NNU. I really expect him to have some great opportunities at this level to develop into a top-level collegiate vaulter."

Four Athletes Select NNU For College Careers (4/2/09)

Matt Rankin, Jesse Baggenstos, Rebecca Holding and Connor Kirkpatrick have all chosen to attend Northwest Nazarene and compete for the Crusader track & field program next year.

Rankin, a senior from Ontario High School (Ore.), has signed to run for both the cross country and track programs.

In cross country Matt finished seventh at the Oregon 4A state championships this past fall in a time of 16:27. He won the Greater Oregon League (GOL) district meet in 16:40, with the district victory marking his third straight district title in cross country.

In his junior season on the track, Matt finished 10th at the state meet in the 1500-meters in a time of 4:10.77 and 10th in the 3000-meters with a time of 9:14.18. He won both events at the GOL district meet, the 3,000-meters for the third-straight year and the 1500-meters for the second-straight year.

"We are very excited about Matt deciding to join our team here at NNU next fall," Spatz commented. "He is a very hard working athlete and will help to provide depth to our cross country and track teams over his career."

Baggenstos joins the Crusaders from Renton, Wash. "Jesse has only ran for the past two cross country seasons, but has already posted some good times," Spatz added. "He has a bright future ahead of him and we are very excited that he will be a part of our team next year."

Not only a great athlete, Jesse brings many other qualities to NNU. He is the first National Merit Scholarship award winner NNU cross country and track has signed and carries a 4.00 GPA, looking to major in Engineering at NNU.

"Jesse has great leadership skills and will fit right in with the team dynamics," Spatz commented. "He brings with him tremendous work ethic and determination which is evident in his school work and running."

Holding from Damascus Christian High School (Ore.) is a welcome addition to the hurdle corps and combined events groups at NNU.

"Rebecca will have a very positive impact on the program and should be able to compete at the GNAC conference level right away," Spatz adds. "Rebecca missed all of 2008 due to injury, but has come back strong for her senior year posting a 300-meter Hurdles time of 47.64."

As a sophomore at the Oregon 1A state championships, Rebecca placed second in the 100-Hurdles, fifth in the 300-Hurdles, ran a leg on the 4 x 100 relay that finished third, and a leg on the 4 x 400 relay team that finished fourth.

Having also competed in a number of heptathlon's, beginning with the Junior Olympics and continuing on through the USATF Regional and National Championships, she has a best mark of just under 4,000 points in the combined events.

"We are very excited that Rebecca has chosen to become a part of the team here at NNU," Spatz noted. "Rebecca is exactly the type of student-athlete that we are looking for. Her desire to compete and to continually improve should take her to the top during her time here."

Kirkpatrick, from Cascade Christian High School in Oregon, will join a very solid group of returners and new recruits on the NNU sprint squad.

"Connor is a hard working and dedicated student-athlete that is sure to see success at the next level," Spatz adds. "His great attitude and commitment to being the best should see him play an important role in both the relays and his individual events. "

Connor had a very successful junior year at both his district championship and the Oregon 3A state championship meets. He was runner-up at the district meet in both the 100 and 200-meters and at the state meet he advanced to the finals in the 100 and 200, where he finished seventh and sixth, respectively.

He also ran legs on the second-place 4 x 100 relay and the second-place 4 x 400 relay. His 2008 top marks were 11.40 (100m), 23.30 (200m) and 52.33 (400m).

"Connor has set some high goals for 2009 which should find him at the top the state in each of his events," Spatz continued.

Crusaders Sign Two For Cross Country, Track (2/14/09)

Barak Watson and Jordan Powell have each signed a National Letters of Intent and will compete in cross country and track and field for Northwest Nazarene. Both are seniors at Nampa's Columbia High School.

Watson was named the 2008 Idaho Gatorade Cross Country Athlete of the Year and won seven of the nine high school cross country races he competed in this past fall.

"Signing Barak is very exciting for our program and I think says a lot for the direction we have been going and the types of athletes we are attracting," NNU assistant coach Ben Gall said. "He is going to make an immediate impact for our team at the GNAC, regional, and I believe, national level."

"Barak is the type of young man that every coach dreams of having," added Columbia head coach Lincoln Hagood. "He works tremendously hard to be

the best athlete and best person that he can be. Basically he has the type of character that you wish every young person would emulate."

Powell has finished in the Top 10 at the Idaho 4A state cross country championships for three straight seasons and was the state runner-up on the track in the 3200 meters as a junior.

"Jordan is going to fit in really well with our existing team," Gall added. "I think she will make an immediate impact on our team at both the conference level both in cross country and track."

Barak Watson (Freshman, Nampa, Idaho): High School: Won seven cross country races as a senior, including the Idaho 4A District III (15:49) and Idaho 4A state titles...Posted the fastest time of the day in any division at the Idaho state cross country championships with 15:39...Posted 15:26 at the Nike regional championships on the same course two weeks later, placing second...Qualified for the Nike national championships in Portland, Ore., finishing 27th nationally (15:48)...Won the state championships in the 3200-meters and was the runner-up in the 1600-meters as a junior...Holds the Idaho District III 4A state record in the 3200-meters. Personal: Has only competed one year on the track (junior year) and one season in cross country (as a senior)...Was awarded the Bronze and Silver Congressional Awards and is on schedule to receive the Gold Congressional Award in March of 2009...An active member of the Columbia Bible Church...Has over six years of experience playing the violin.

Jordan Powell (Freshman, Nampa, Idaho): High School: Jordan finished fourth at Idaho 4A cross country state championships as a sophomore (19:45), ninth as a junior (19:41) and eighth (19:23) as a senior...On the track she finished eighth (5:31) in the 1600-meters as a junior and third in the 3200-meters (11:45)...As a sophomore she finished fifth (5:23) in the 1600-meters and second in the 3200-meters (11:43.55), just .3 seconds off of a state title...As a freshman she was ninth (5:41) in the 1600-meters and seventh (12:09.70) in the 3200-meters.

Ramirez To Play Basketball, Compete in Track for NNU (11/26/08)

Maria Ramirez has signed a National Letter-of-Intent to attend Northwest Nazarene and compete in basketball and track and field for the Crusaders.

Ramirez, a 5-9 senior from La Pine, Ore., is a two-time first-team all-Sky Em League basketball selection and averaged 8.8 points, 6.8 rebounds, 6.2 assists and 3.1 steals per game as a junior.

"At 5-9, Maria brings a little different look for us at the point guard position," NNU coach Kelli Lindley said. "With her height, athleticism, and good

understanding of the game, she has potential to immediately make an impact at the point.

"She sees the floor extremely well and is the type of player who will make her teammates better. We look forward to having her be a part of Crusader basketball."

Also a standout on the track, Ramirez will compete for the Crusader track & field team in the middle distance events.

An Oregon 4A all-state track & field selection in both 2007 and 2008, she finished third in the 1500 meters (4:52.39) and fourth in the 800 meters (2:20.15) at the 2008 Oregon 4A state championships.

Maria has been an all-Sky Em track & field first-team member all three years of high school and finished fourth in the 1500 meters (4:52.12) and fifth in the 800 meters (2:18.91) as a sophomore at the state meet.

Western Washington

Two State Champions Sign With Vikings (6/23/09)

Three recent high school graduates including two state champion track and field athletes have signed national letters of intent with Western Washington University.

The recruits include distance runner Charles "Chip" Jackson from Shorewood High School, sprinter Chris Ruether from Cashmere High School and thrower Nelson Westlin from Sehome High School .

Jackson moved from soccer to running as a junior at Shorewood and placed 15th at the Washington Class 4A state cross country meet as a senior. In track, he finished 12th at state in the 3,200 meters, and has personal bests of 9:20.11 in the 3,200 and 4:23.62 in the 1,600.

Ruether ran the third leg on Cashmere's championship 4x400 relay at this year's Class 1A state meet. He placed second at state in the 200 and fourth in the 100. His personal best times are 11.12 in the 100 and 22.60 in the 200. Ruether's grandfather, Steve Richardson, was an All-America football player at Western in 1966.

Westlin was the 2009 Class 2A state champion in the discus with a state record throw, and placed second in the shot put. He has personal bests of 175-11 in the discus and 58-8 in the shot put.

2008-09 Recruits

Alaska Anchorage

Anchorage Duo Signs To Run for Seawolves (7/17/08)

Two top local running prospects have signed to compete for the University of Alaska Anchorage. Signing National Letters of Intent are Mychaela Bailey, who will compete in both cross country and track for the Seawolves, and Lauren Laichak, who will focus solely on track.

"It's great to see our best Alaskans wanting to come and run for us," said UAA coach Michael Friess, whose cross country roster boasts 14 in-state products.

Bailey, who competed in cross country and track for Service High School, was a standout on the track for the Cougars. She took the 2008 Cook Inlet Conference 1,600-meter title with a time of 5:25.36 seconds, following that with a third-place showing at the ASAA State Championships with a season-best time of 5:16.6.

Bailey also ran the 800 meters, placing third in the CIC with a season-best time of 2:24.7 seconds and seventh at the state meet in 2:26.6.

"Mychaela's region title in the 1,600 certainly shows us she has potential to be successful at the college level," Friess said.

Laichak, a four-year letter winner in track at Dimond High School, helped lead a young Lynx girls squad to both the 2008 CIC and state track & field titles with a sweep of the two hurdle events and by running legs on two title-winning relay teams at each meet.

Laichak posted season-best times of 15.58 seconds in the 100-meter hurdles and 46.76 in 300-meter hurdles to best the field at the state meet, while also running strong legs on Dimond's state-best 4x100 and 4x200 relay teams.

Seawolves Sign Alaska Standouts, Australian (6/17/08)

Two of the state's top prep runners and a standout transfer from Australia will compete for the University of Alaska Anchorage in 2008-09.

Signing NLIs were Anchorage's Jaime Bronga and Will Estes, while James Pettigrew from Melbourne has signed a scholarship agreement to transfer to UAA. The three newcomers will compete in both cross country and track & field for the Seawolves.

Bronga, who competed at East Anchorage High School, produced a pair of Top 10 results at the recent

2008 Alaska State High School Track & Field Championships, placing fifth in the 3200 meters and seventh in the 1600 meters. The 2008 Cook Inlet Conference runner-up in the 3200 behind future UAA teammate Shoshana Keegan, Bronga ran to a seventh-place result at the 2007 state cross country championships.

A three-time all-state selection in Nordic skiing, Bronga will also compete on the Seawolves' ski team. At the 2008 state championship meet Bronga swept the 5K freestyle and 7.5K classical events earning the girls Skimeister award. As a junior she was the state runner-up in the 5K classic and fifth in the 7.5K freestyle. Bronga helped lead the Thunderbirds to third-place team results at state the last two seasons.

Estes, who attended West Anchorage High School, captured the 2008 Cook Inlet Conference title in the 3200 by running to a winning time of 10:02.39. Third in the 1600 at this past season's regional track meet, Estes went on to place ninth in the 1600 at the state championships. On the cross country trails last fall Estes finished seventh at the state championship meet.

Pettigrew comes to UAA after a stint at RMIT University in Melbourne, where he just completed his Bachelor's of Science degree in construction management. An accomplished runner in the 800 meters and 1500 meters, his personal-best time of 1:50.38 in the 800 would have won the GNAC title last season and placed him fifth at NCAAs.

In 2007 he placed fourth in the 800 at Australia's premier distance event - the Zatopek Classic. Pettigrew, who'll be pursuing his Master's degree at UAA, has one year of eligibility with the Seawolves.

Seawolves Add Two Talented Runners To Recruit Class (2/20/08)

Anchorage's Shoshana Keegan and Canadian Thomas Hill have signed National Letters of Intent to attend Alaska Anchorage and compete for the Seawolves. Both athletes will compete in both cross country and track at UAA.

One of the top female runners in the state of Alaska, Keegan led West Anchorage High School to its first-ever state title in cross country in 2007, placing a team-best fourth overall. A two-time state runner-up in cross country (2006 and 2005), she also finished fourth at the state meet as a freshman.

Keegan is a three-time participant at the Footlocker West Cross Country Regionals, placing 59th at the prestigious meet in 2005, 87th in 2006 and 65th last year.

Presently a student at Steller High School, Keegan produced a pair of Top 10 results at the Alaska track

and field championships last season, finishing 7th in the 1600 meter run and 10th in the 3200.

The second men's runner to commit to the Seawolves during the current signing period, Hill is projected to compete in the 800 through 5,000 meters in track as well as cross country.

The Thunder Bay, Ontario, product placed 3rd in the 800 at the 2006 Canadian Legion National Track Championships and 34th at the 2007 Ontario High School Cross Country Championships, clocking a time of 22:19 on the 7K course.

A two-time qualifier for the Ontario Track and Field Championships, the St. Ignatius High runner's personal-best time of 1:57.42 in the 800 would already rank him fifth on UAA's all-time performance list, while his time of 4:04.14 in the 1500 would already set him eighth all-time.

Alaskan, Canadian Sign With Seawolves (2/13/08)

Jacob Parisien (Palmer) and Stephanie Trenholm (Campbell River, B.C.) have signed National Letters of Intent to compete Alaska Anchorage beginning in the Fall of 2008.

Parisien placed third at the 2007 Alaska 4A State Cross Country Championships helping lead Palmer's boys to a fourth-place team finish. One of the top senior runners in Alaska and the West Coast, Parisien was the top Alaskan finisher at the 2007 Footlocker West Cross Country Championships, placing 26th .

In 2005 he placed runner-up at the state cross country championships and won the Footlocker West sophomore race.

Trenholm (Timberline Secondary School) placed fifth in the 800-meter run for Team British Columbia at the 2007 Western Canada Summer Games. In 2005 she finished second at the Royal Canadian Legion National Track & Field Championships in the 1500. She was also the British Columbia champion in the 800 and runner-up in the 1500 for her age group in 2005.

The Canadian, who is projected to compete in everything from the 400 meters up through cross country, has recorded personal-best times of 2:15.42 in the 800 and 4:40.03 in the 1500. Her time in the 1500 is nearly two seconds better than the current NCAA Division II provisional national championships qualifying standard.

Montana State Billings

MSUB Adds Sprinter From Laurel (6/6/08)

Justine Simons, from Laurel, Mont., has signed a national letter of intent to compete in track and field at Montana State University Billings.

"Justine is one of the best sprinters in the state, in all classes, and we're very fortunate to have her join our track and field program," MSUB coach Dave Coppock said. "She'll have an immediate impact on our team and will certainly be a conference championship contender next season.

"She has a good range from the 100 to 400 meters and will really help us in a lot of areas. She's a top-notch student as well, and I'm really looking forward to working with her."

Simons, a native of Laurel, ran track and played volleyball at Laurel High School where she lettered four years in track and volleyball. Simons was named Most Outstanding Sprinter for four years and was a state A finisher since 2006. She finished second in the 100 and 200 meters and had a third place finish in the 400 in this spring's Class A state meet.

Yellowjackets Add Runner To Recruiting Class (4/23/08)

Michael Hildebrand has signed a national letter of intent to compete in cross country and track and field at Montana State University Billings.

"Michael is a talented 400/800 meter runner and a very good student as well," MSUB coach Dave Coppock said. "He has a good range and can give us some much needed help in the middle distances and the long relay. He'll also be competing on the cross country team in the fall which should really help him build a good base for the track season."

Hildebrand, a native of Powell, Wyo., ran track and played basketball and football at Powell High School where he lettered three years in basketball and football and four years in track. He was an all-state and all-conference selection in track in 2006 and 2007 as well as earning all-conference, all-state and Most Valuable Player in basketball in 2007 and 2008.

During his senior year, Hildebrand ran the 800 meters in 1:59 and the 400 meters in 51.66 and helped lead the 4X800 meter relay team and the 4X400 team to state titles. He also placed second in state in the 800m and third in the 400m. In addition, his team was state champions in track in both 2006 and 2007.

Northwest Nazarene

Crusaders Sign 16 to National Letters (7/25/08)

Sixteen student-athletes have signed National Letters-of-Intent to attend Northwest Nazarene and compete for the Crusaders in either track and field and/or cross country.

Five Treasure Valley products lead the group of recruits, beginning with Luke Hetrick of Greenleaf Academy and three Nampa Christian High School products in Jason Towery, Danielle Beesley and Megan Oberst. Rounding out the group of local distance runners is Neil Easter of Nampa's Columbia High School. Adding a sixth distance recruit is Alex Crystal of Kimberly High School (Idaho).

The Crusaders are also adding six athletes in the sprint, jumps and hurdles areas of competition in Taeshaun Brown of Thomas Dale High School in Virginia, Edward Bartlow from Pomeroy High School (Wash.), Kegan Lassiter of Cody High School (Wyo.), Anna Knapp of Arco High School (Idaho), Heather Pence of Shorecrest High School in Shoreline, Wash., and Molly Reid of Jerome High School (Idaho).

A quartet of field event competitors join the Crusaders in Kristine Larson of West Salem High School (Ore.), Lakiesha Nilles of King's West High School (Poulsbo, Wash.), Joy Warrington of Widefield High School in Colorado Springs, Colo. Erika Rempel will transfer back to NNU from the University of Arizona.

Seattle Pacific

Falcons Add Coos Bay Athlete To Recruiting Class

Alison Worthen, a standout track & field athlete from Coos Bay, Ore., has signed a National Letter of Intent to compete for Seattle Pacific University next year.

Worthen is a two time state high jump champion and also won last year's 300m hurdles. v "She's one of the most dominant high school athletes in Oregon right now," said SPU Head Coach Karl Lerum, who was recently named the West Region Indoor Track & Field Coach of the year by the United States Track & Field and Cross Country Coaches Association. "She will be an exciting addition to next year's squad."

Worthen joins one of the most storied running programs in the country in Seattle Pacific. The Falcons produced 22 National Champions and 158 All-Americans in their 57-year history.

Western Washington

Eight Prep Standouts Sign With Vikings (6/26/08)

Eight high school seniors have signed national letters of intent to compete for Western Washington University, including two state champions - sprinter Eleanor Siler from Lewis & Clark High School in Spokane and jumper Emily Warman from Sedro-Woolley High School.

Siler was a two-time Class 4A state champion in the Girls 400 meters with a best time of 55.62. She also placed second at state in the 200 (25.01). Warman, who will also play soccer at WWU, was the Class 3A state champion in the girls long jump with a mark of 18-2 1/4 and was fourth in the triple jump with a mark of 37-5 (personal best 38-8).

Other signees include decathlete Tim Clendaniel from Bothell High School, sprinter Chantel Green from Ferndale High School, hurdler Andrew Gray from Skyline High School in Sammamish, distance runner Phoebe Hartnett from Patrick Henry High School in San Diego, Calif., distance runner Kirsten Moore from Carlsbad (Calif.) High School and sprinter/jumper Callie Muri from Billings West High School in Billings, Mont.

Muri placed fourth at state in the girls triple jump, fifth in the long jump and sixth in the 100. The Midland Roundtable Athlete of the Year, she also ran legs on the state champion 4x100 and 4x400 relays.

Gray finished third at the Class 3A state championships in the boys 110 hurdles with a 14.80 clocking and Green was fourth at the Class 2A state meet in the girls 200, setting a school record with a time of 25.36. Clendaniel placed second at the 2008 Washington State Decathlon Championships.

2007-08 RECRUITS

Alaska Fairbanks

Nanooks Ink Dunahoe (5/14/07)

Michael Dunahoe of Anchorage has signed a National Letter of Intent to compete in cross country for the University of Alaska Fairbanks.

“ I anticipate that Michael will make an immediate impact on our team,” UAF coach Scott Jerome said. “He will likely be on of our top five men and will set the standard for this squad.”

A senior at Robert Service High School , Dunahoe has excelled as one of the top Region IV prep runners in the state. A two-year captain, he was the fastest runner in both his junior and senior seasons and two-time Most Valuable Player for the Cougars cross country team.

He achieved his career best time in cross country at the 2006 Region IV State Championships, finishing the 5K race in a time of 16:55. Dunahoe recorded back-to-back top-10 finishes at the State Championships in Soldotna in 2005 and 2006, finishing eighth and seventh, respectively.

Dunahoe also participated in track and field competing in the 800 and 1600. He ran his personal record in the 1600 with a time of 4:55 at the 2005 Bartlett Invite. A year later at the same meet, Dunahoe clocked a 2:01 in the 800 for his career record.

In addition to being an outstanding runner for Service, Dunahoe also participated on three other varsity sports for the Cougars throughout his four-year career. He was a three-year defenseman for the Service hockey team, a three-year midfielder for the soccer team, and also raced for one year with the cross county skiing team during his junior year.

His love for sports extends beyond the high school venues, having been active in club hockey, soccer and swimming. He played six seasons of competitive hockey in the Eagle River Glacier Hockey Association, being named the most improved player three seasons running (2004-07) and the most valuable player during the 2005-06 season.

“We are basically creating a new program,” said Jerome. “Though the team has been running for years, we have largely relied on the skiers to fill the roster. By signing Michael the university has committed itself to a new way of doing things. Cross country is becoming a more legitimate program.”

Dunahoe plans to study civil engineering at UAF. He is the first men's cross country running recruit to sign for the Nanooks and the 2007-08 season.

“This is the first year in recent memory, perhaps ever, that we have had any scholarship money for men's cross country,” said Jerome. “Michael is the first runner we have signed for men's cross country. This is a huge step forward for our team and our future recruiting efforts.”

Nanooks Get Runner From Washington (5/11/07)

Nikkol Sipes of Hunters, Washington has signed a National Letter of Intent to run for the women's cross country team at Alaska Fairbanks.

“She has the right attitude and positive outlook that we are looking for,” said UAF coach Scott Jerome. “Running in Alaska is a lot tougher than running in other places. I know that Nikkol has what it takes to be successful in Fairbanks as a runner and as a student. ”

A senior at Colville High School, Sipes has participated on the Indians' cross country program for two years and the track program for four years. Last fall she was named Colville 's most improved runner, the most inspirational and the cross country team's most valuable runner.

Her best prep career marks in cross country include her personal best finish at the 2006 Great Northern League Districts in the 5K race with a time of 19:27.

Sipes also enjoyed a strong prep career in track, running the 1600m and 3200m events. Jerome was impressed with her performances in both sports at Colville .

“ I looked at her times from cross and from track and realized that she was someone who could make an immediate impact on our team,” he said.

Last spring at the 2006 Washington 2A State Championships Meet, she ran the 1600 meters in 5:15 and the 3200 in 11:17. She was lauded as the Indian's Most Improved Player in two seasons.

“We have only had one runner on our team in the past three years who could beat an 11:17 in the 3200m on the track,” Jerome said, “and that was GNAC individual champion and NCAA All-American Pavla Havlova (2005). Nikkol is still very young, but I know that she could also be a top GNAC runner in a few years.”

In addition to participating in track, Sipes has proven herself a well-rounded multi-sport athlete at CHS. She was a setter for the volleyball team for two years and a point guard on the basketball squad for three years.

“Nikkol is a much better-rounded athlete than most cross country runners,” said Jerome. “Her experiences in other sports give her an edge over runners who have not played other sports. Balance, agility, and core strength are often overlooked by runners. Athletes who have developed these qualities, however, will be better runners for it.” “Nikkol is one of those runners.”

Nanooks Add Recruit From Spokane (4/20/07)

Rachel Fridye (pronounced Friday) of Spokane, Wash., has signed a National Letter of Intent to run for Alaska Fairbanks' women's cross country team this fall.

“ Rachel is the type of person that any coach hopes to sign,” said Jerome. “She has a great attitude and the athletic tools necessary to be successful. She has the total package.”

A senior at University High School in Spokane, Fridye participated on the Titans' varsity cross country and track teams all four years. Last fall she was recognized with the Captain's and Coach's Awards for the cross country team. As a junior in the fall of 2005, Fridye was named the cross country team's Most Improved runner.

Her best prep career marks in cross country include a third-place finish for ages 16-19 in a 5K race with a time of 19:10 and a 7.43 mile race in 53:52.

While the Nanooks don't sponsor a track team, Jerome noted that Fridye was okay with just dedicating her athleticism strictly to cross country running.

“ Rachel enjoys distance running and cross country and indicated that she would not miss track if she were to attend Alaska ,” he said.

While Fridye is foregoing her career in track, she had gained valuable experience from it recently. She ran her personal best two-mile time at the 2007 Pasco Invitational in 11:53.86. It was a 27-second improvement from her previous personal record of 12:21.08, which she had achieved two days earlier at a league meet.

“Rachel's times in both cross country and track indicate that she will be a solid runner for Alaska in both the GNAC and NCAA Western region,” said Jerome.

Fridye signing is a positive addition for the Nanooks, who he says are setting their sights on the women's GNAC Championship in 2010. He feels she will help set the standard for recruits who follow in the coming years and will help to push the current Nanooks next season.

“ Rachel has the attitude, work ethic, and tools to be a very good runner for the Alaska Nanooks,” he said.

“She could very well be our number two or three runner in the fall. College running is much different than high school. It will take some time for her to adjust, but I expect by the conference championship in October that she will be running number two for us behind Aurelia (Korthauer).”

A sophomore this season, Korthauer (Bonndorf , Germany) was the Nanooks' highest finisher on the women's side at the GNAC Championships, taking 14 th in the 6k race with a time of 22:52.

“Rachel will undoubtedly be a leader on our team in the coming years,” Jerome said. “She will set the tone and the standard for all recruits that follow. Her team, the one that she helps to build, may very well become the strongest in Alaska (cross country) history.”

Montana State-Billings

Montana Class A State Champion Signs With Yellowjackets (6/1/07)

Dianna Stanley of Miles City, Mont., has signed a national letter of intent to run Montana State University Billings. Stanley was the Montana Class A state cross-country champion this year.

Coppock has now signed two of the four state champions from this year. Class C champ Morgan Streeter of Ryegate will also run for MSUB next year.

“I'm really excited to get the chance to work with Dianna,” said Coppock. “She's the State A cross-country champion, a 4.0 student, and is self-motivated and likes to run. She's got about all the ingredients to be a successful college runner.

“With her times she'll be competitive in the Great Northwest Athletic Conference, which is very strong in the long distances. I think with someone like her on our team, it will set a higher standard for the whole group; we need to step up this year now that we've joined the GNAC. She has some other running aspirations beyond college, such as running a marathon, which I'll be able to help her with as well.”

Stanley won the state cross country championship with a three-mile time of 18:24. Her time was the fifth-fastest among all runners across the state's four classifications at the state meet. Stanley also competed in basketball and track at Custer County High School , earning all-conference and all-state honors in both. She was the Custer County HS Valedictorian at last week's commencement.

Miller To Compete for Yellowjackets (5/22/07)

Kelley Miller of Glendive, Mont., has signed a national letter of intent to compete in track and field and cross country for Montana State University

Billings. Miller is a senior at Dawson County High School in Glendive.

“Kelley is a very versatile runner and has some of the top performances in the Eastern A at distances from 100 meters to the mile,” said MSUB coach Dave Coppock.

“He has qualified for State this coming weekend in the 400, 800, 4x100 relay and 4x400 relay. He seems to be progressing well as a distance runner and with his speed, he'll really help us out in both track and cross country. He's part of a real strong group of freshmen we're getting here from eastern Montana .”

Miller placed third in the 800 at last week's Eastern A Divisional. He also placed sixth in the 400 and was a member of the Devils' second place 4x100 relay and fourth place 4x400 relay teams. His fastest 400 time this season has been 50.50, which would place him within 0.15 second of this season's tenth-fastest time in the Great Northwest Athletic Conference.

Berg To Compete For Yellowjackets (5/21/07)

Chase Berg of Miles City has signed a national letter of intent to run for Montana State University - Billings. Berg is currently a senior at Custer County High School .

“I'm really excited to have a guy like Chase Berg join our program,” said MSUB coach Dave Coppock. “He's a great 400 meter runner, but he has a pretty wide range on the track from the 100 to the 800 meters. I see a lot of potential there, and we'll be able to develop that through running on the cross country team in the fall which will really build his strength and endurance. I want to see him go under 50 seconds in the 400 by next spring.”

Berg lettered three times in track and football at Custer County High School . The Cowboys won a divisional title in football in 2005 and a divisional championship in track in 2006. They were fourth at last week's Eastern A track meet.

Earlier this season Berg ran 52.4 in the 400, 23.7 in the 200, and 11.4 in the 100. At last week's divisional he placed sixth in the 100 and fifth in the 400. He was also a member of the Cowboys' 4x100 and 4x400 relay teams that captured divisional titles.

“He and his teammates have been doing great this spring, and their 4x400 meter relay has one of the fastest times in the state this year in all classes,” said Coppock. “Chase truly loves the sport and is highly competitive, and I think he will be a real positive force on our team next year. He'll be part of a strong core group of 400 meter runners I've been putting together who should be very competitive in the Great Northwest Athletic Conference next year.”

Yellowjackets Add Ryegate Prep Standout (5/3/07)

Morgan Streeter has signed a national letter-of-intent with Montana State-Billings.. Streeter is currently a senior at Ryegate High School .

“When she visited our campus late last fall, we took her on a five-mile run on a miserable, windy, cold, drizzly night,” said NSUB coach Dave Coppock. “And, being a Montana ranch girl, she just ran right through it unfazed. She has that kind of mental toughness that great distance runners possess.”

Streeter has lettered in basketball, track, cross country, and volleyball for the Blue Demons. She was a team MVP and all-conference selection in basketball and earned academic all-state recognition in both basketball and track.

Last fall Streeter won the Class “C” state cross-country championship, finishing the 5K course in 20:24. She outpaced the second place runner by 30 seconds. Streeter led the Blue Demons to a second place team finish at the state cross-country championships in 2005 and a fifth place finish in 2006.

“Anytime I can get a state cross country champion here, I feel very fortunate,” said Coppock. “I think Morgan is really untested and is far from reaching her potential. Coming from a small high school, she was spread pretty thin while competing in a lot of sports.

“If we get a chance to focus on her running, I believe she'll rapidly excel at the collegiate level. She's a top-notch student and a very hard worker, qualities which translate well to college athletics.”

Northwest Nazarene

Montana State Champion To Compete For NNU (11/25/06)

Discus thrower Sabina Sullivan has signed a National Letter of Intent and will attend NNU and compete for the Crusader track and field team beginning in the 2007-08 season.

Sullivan, of Red Lodge, Montana, attends Red Lodge High School and won the Montana Class B state championship in the discus as a junior with a toss of 109-5. She placed third (117-9) as a junior and seventh as a freshman.

Sabina has competed at the USATF Junior National level for the past three summers in all four throwing events and the heptathlon.

“Sabina brings a wealth of track and field experience to the team. Her experience at the state level and beyond to USATF Junior Olympic level competition

has prepared her very well for competing at the NCAA II level," NNU coach John Spatz commented.

"I am excited that Sabina has chosen NNU to continue her track and field career. She will be a welcome addition to a very solid group of throwers and heptathlete's. With her work ethic and positive attitude I expect her to throw farther than ever and make a big impact on our team, as well as in the GNAC."

In addition to her exploits inside the track, Sabina placed third at the Denver Broncos Team Championships of the 2004 Punt, Pass and Kick national competition held at Invesco Field in Denver.

"We are fortunate to be able to attract an athlete of Sabina's ability," Spatz added. "She is one of the top throwers coming out of the State of Montana in 2007."

Beaverton Sprinter To Join NNU Next Season (11/16/06)

Falissa Smith has signed a National Letter of Intent to attend Northwest Nazarene and will compete in track-and-field for the Crusaders next spring. She will also play basketball for NNU.

Smith, a senior at Southridge High School in Beaverton, Ore., is a 5-7 combo guard on a Southridge High School team that has been ranked in the USA Today Top 25 listing the last two seasons and has captured the last two Oregon 4A state championships.

"We are thrilled to have signed someone with Falissa's experience, athleticism, and character," NNU coach Kelli Lindley said. "Falissa comes from an outstanding high school basketball program where she has learned what it means to work hard and compete daily. She has impressed us with her desire to continue to get better and because of her speed and athleticism, her potential is unlimited."

Smith competes in the sprints in track. "The track and field program at NNU is very glad to know that Falissa Smith will be a part of the team here next year," Crusader coach John Spatz said. "We are especially excited about Falissa's ability to have an immediate impact in our sprint program.

"Falissa is an outstanding student-athlete that should be very successful at the GNAC level as well as at the NCAA II national level," Spatz continued.

"We couldn't be happier to have Falissa joining our program," Lindley added. "Not only is she a talented basketball player, but she has the type of character and personality that will only make this team better on and off the court."

Seattle Pacific

Oregon High Jump Champion To Attend SPU (5/19/07)

Jacque Mattson, Oregon's high jump champion, has signed a national letter of intent with the Seattle Pacific University's track and field team for next season.

A senior at Hood River Valley, Mattson matched her career best by clearing 5 feet, 5 inches to win the state 6A crown Thursday night in Eugene. She had also won her district meet. Mattson had finished fourth in the state as a junior.

SPU Signs Athletes From Lake Stevens, Oregon

Brittany Aanstad of Lake Stevens and Jeeni Schantin of Oregon's Clackamas Community College have signed national letters of intent to compete for Seattle Pacific University next season in track and field.

Aanstad won the state 4A javelin title as a junior, when her best throw was 146-1. She currently ranks third in the state at 139-9. Aanstad is also tied for fifth in the high jump at 5-5, and qualified for state a year ago.

Schantin, who will be a junior at SPU, threw the spear 150-5 as a freshman at Clackamas, located in Oregon City. A graduate of West Linn High School, she was third in the Oregon 4A championships in 2005.

Falcons Sign Pole Vault, Twins from King's (5/2/07)

Melissa Peaslee of Gig Harbor High School and twins Evan and Jeff Dull of King's High School in Shoreline have signed national letters of intent to compete for Seattle Pacific University in track and field.

Peaslee is the No. 2-ranked pole-vaulter in the state with a best clearance of 11 feet, 7 inches. She won last week's Lake Washington High School Invitational at 11-6.

Jeff Dull ranks among the state 1A top four leaders from 800 to 3200 meters. He finished third in the state cross country championships.

Evan Dull is listed fifth in both the 800 and 1600, and was eighth at state last fall when King's was the state runner-up.

Falcons Add Pole Vaulter, Hurdler (4/19/07)

Carrie Houck of Mark Morris High School and Jennifer Pike of Vancouver's Skyview have signed national letters of intent to compete for Seattle Pacific University next season in track and field.

Hauck has the top pole vault mark in the Greater St. Helens League this spring at 9 feet, 6 inches. The Longview resident finished tied for fifth in the state 3A championships as a junior, clearing 11-0.

Pike qualified for the state 4A 100 and 300 hurdles as a junior. She took eighth in the intermediate hurdles at the Pasco Invitational earlier this month.

Falcons Add Matschiner To Throwing Crew (4/18/07)

Andrew Matschiner, a top shot and discus thrower from Portland's Jesuit High School, has signed national letter of intent to compete in track and field for Seattle Pacific University next season.

Matschiner won the Metro League and took fifth place in the Oregon 4A shot put as a junior. Last week he was fourth in the shot and seventh in the discus at the Pasco Invitational meet. His best marks this season are 54-3 in the shot and 149-5 in the discus.

Western Oregon

Six Distance Runners Sign With Wolves (6/1/07)

Six distance runners have signed National Letters of Intent with Western Oregon University including Chris Reed (Klamath Union HS), Justin Karr (Tigard), Zeke VanPatten (Corvallis), Ernie Cruz, Jr. (Sunnyside, Ariz.), Tricia Morrison (Hillsboro) and Annan Applebee (Gladstone).

"Last year, I felt like we had signed one of our strongest classes, and it appears that we have another very strong group," WOU coach Mike Johnson said. "I feel like we have some of the best kids in the state of Oregon, and in the next few weeks we will add to this list."

Reed finished third last fall at the 5A state cross country meet for Klamath Union High School, and he also placed third on the track in the 3,000 meters at the state meet in Eugene (8:49.11). He scored points for the Pelicans with an eight-place crossing in the 1,500 meters at Hayward Field (4:05.51).

Karr was injured for most of 2007, but notched a time of 9:02.33 in the 3,000 meters as a junior in 2006 at Tigard High School. His brother Nik Karr is currently a standout distance runner for the Wolves.

Van Patten was a standout swimmer at Corvallis High School, who has transitioned to distance running. With just one season of experience under his belt, Van Patten won the Mid-Willamette Conference cross country title last fall, and then captured the league 3,000 meter championship on the track. He had a best this year of 8:59.52 in the 3,000 and ran 4:12 in the 1,500 meters. He finished ninth at state (5A) in the 3,000.

Cruz makes his way to Western Oregon via Sunnyside, Arizona. Cruz had a best of 4:26 in the mile this year and has also clocked 9:46 in the two-mile.

Morrison of Hillsboro High School finished sixth at the 5A state meet in the 1,500 meters, and had a best this year in that event of 4:55.49. She also clocked 10:36.93 in the 3,000 and was a standout basketball player for the Spartans.

Applebee placed third in the 4A state meet in the 800 meters a few weeks ago in Eugene. She had a best this season in that event of 2:15.48. She was also an all-star basketball player for the Gladiators, earning first-team All-Capital Conference honors and second-team all-state (4A) honors. Gladstone reached the state title game, before falling to Stayton.

Western Washington

Vikings Sign Nine to Track National Letters (6/1/07)

Nine high school seniors have signed national letters of intent to compete in cross country and/or track and field for Western Washington University.

Leading that group are two state champions - Keefe Brockman from Hanford High School in West Richland and Megan Paulsen, who is from Issaquah and attends Bellevue Christian High School.

Brockman took the Class 3A state title in the boys high jump, clearing 6-8, and placed sixth in the triple jump where he had posted the state's second-best mark of 46-7.

Paulsen successfully defended her state title in the girls triple jump at the Class 1A state meet and placed third in the long jump.

Also coming to Western are Megan O'Connell from Skyline High School in Sammamish, Sarah Porter from Hockinson High School in Brush Prairie, Megan Zukowski from Tahoma High School in Maple Valley, Corey Sullivan from Interlake High School in Bellevue, Cheri Watson from Olympia High School, Lauren Breihof from Mountain View High School in Vancouver, and Joanna Houplin from Olympia High School.

O'Connell placed third in the girls 400 meters (57.24) at the Class 3A state meet and helped the 4x400 relay finish third.

Porter finished sixth in the Class 2A state girls 3,200 and 10th in the 1,600. She also was sixth at the state cross country championships.

Zukowski placed eighth in the Class 4A state girls 4x100 relay and seventh in the 4x200. She also reached the prelims of the 200.

Sullivan was seventh in the Class 3A state prelims of the boys 110 hurdles. Watson was seventh in the Class 4A state girls 4x400 relay and fifth in the 800 prelims, and Houplin is a sprinter who was hampered by injuries this season.

Breihof competed in the 2006 Class 4A state cross country meet, placing 24th.

2006-07 RECRUITS

Alaska Fairbanks

Kenyan Signs With Nanooks (11/23/05)

Emily Cheptoo (Chep-toe) has signed a national letter of intent to compete in cross country for Alaska Fairbanks. A native of Eldoret, Kenya, Cheptoo attended Loreto High School Matunda in Uasin Gishu and will enroll at UAF as a freshman in the fall and have four years of eligibility.

Northwest Nazarene

Local Grads Highlight NNU Recruiting Class (8/8/06)

Local graduates Mitch Ward, MJ Usabel, Lindsay Brady, and Mary Printz are among Northwest Nazarene's 2006-07 track-and-field recruiting class.

Ward, a graduate of Skyview High School in Nampa, was a member of the Idaho 4A state champion 4x400 relay team this spring and will look to compete in the 400 meters, 800 meters, and relay teams at NNU.

Usabel, a pole vaulter and hurdler from Marsing High School, won the Idaho 2A state pole vault championship in 2005 and placed second this past spring. She also placed 8th at the Idaho 2A state championships in the 100 meter hurdles.

Brady, a graduate of Bishop Kelly High School who will compete in both track & field and basketball for the Crusaders, won the Idaho 4A state championship in the 400-meters this spring. She also placed second in the 200 meters and fourth in the 100 meters following Idaho 4A District III championships in both the 200 and 400 meter races.

Printz, a product of Mountain View High School, finished third at the Idaho 5A state championships in both the pole vault and high jump and is planning on competing in both events at NNU.

Four transfer student-athletes will join the Crusaders, including Zach Barclay (Boise, ID/Centennial HS) from Treasure Valley Community College, Grant Silver (So./Spokane, WA/Mead HS) from Spokane Community College, Brook Bachmeier (Jr./Coeur d'Alene, ID/Lakeland HS) from Spokane Community College, and Cody Heller (So./Marsing, ID/Marsing HS) from Oregon State University.

Barclay and Heller will both compete in the throwing events. Heller, who attended Marsing High School,

won the 2005 Idaho 2A state shot put championship and finished second in the discus competition.

Silver, from Mead High School in Spokane, will compete in the hurdle events, while Bachmeier is a sprinter who captured the 2004 Idaho state 400 meter championship and finished second in the 200 meters while competing for Lakeland High School.

Joining the four local freshman in the rookie class will be Christa Brediger (Tacoma, WA/Shorewood HS), Amanda Dick (Tacoma, WA/Stadium HS), Karina Elzinga (Salmon, ID/Salmon HS), Alex Eaton (Craigmont, ID/Highland HS), Kelsey Hettman (Auburn, WA/Auburn Riverside HS), Chelsey Jones (Grandview, WA/Grandview HS), Grant Miller (Vancouver, WA/Vancouver Christian HS), Andy Munsey (Prineville, OR/Crook County HS), Lysie Powers (Spirit Lake, ID/Timberlake HS), and Andrew Sneed (Gladstone, OR/Gladstone HS).

Brediger captured four Wesco Conference championships as a member of the 4x100 relay team while competing at Shorewood High School.

Elzinga finished third in the pole vault at the 2006 Idaho 2A state championships, while Eaton took fifth at the 2006 Idaho 1A state meet in the discus.

Hettman will compete in the high jump, while Dick will throw the javelin.

Jones will compete in the heptathlon and the throwing events at NNU, she finished 16th in 2005 and ninth in 2006 at the Washington state high school championships in the discus.

Miller will compete in the throwing events as a Crusader, having won the 2006 Washington state high school shot put title and grabbing second place in the state discus final.

Munsey will compete in the throwing events, while Sneed will pole vault for the Crusaders.

Powers, who has placed in the top five at the Idaho 3A state championships the last four years in a row, won the 2003 triple jump crown and finished fourth in both 2005 and 2006, and fifth in 2004. Powers will compete in both the long and triple jumps at NNU.

Saint Martin's

Saints Sign Two for Cross Country, Track (5/23/06)

Helen Camden from Yakima and Krinda Carlson from Pateros have signed National Letters of Intent to participate in cross country and track and field at Saint Martin's University.

Camden, a senior out of Eisenhower High School, was a four-year varsity letter winner in track. She participated in the 4 x 400 meter relay, 800 meters, 1600 meter and 3200m among other events. In her junior season, she placed eighth at the State Championships in both the 1600m and the 4 x 400m relay.

In cross country, she was a first team all-league and all-state Senior team selection. She also helped lead the team to league, district and regional championships en route to a fifth place finish in the team standing at the state championships.

"Helen is just at the tip of her talent," SMU coach Brad Hooper said. "She has a lot of talent and will shock many people next season."

Carlson, a senior from Pateros High School and the younger sister of former Saint Martin's All American track athlete Nate Carlson, has garnered numerous accomplishments with her senior season still underway. She was Region XIII Junior Olympic Champion in the 800 meters and placed 11th in the USATF National Championships her sophomore year. Her junior year, she was district and regional champion in the 800 meters and went on to finish fourth at the state championships.

A cross country athlete for three years as well, Carlson competed at the state championships and placed in the Top 25. She received first team all-league honors and was the recipient of the Sportsmanship Award.

"Krinda is an awesome talent," Hooper added. "She has a huge upside and can look forward to an outstanding collegiate career at SMU."

Seattle University

Redhawks Sign Four To Letters Of Intent (6/6/06)

Fourteen recruits had agreed to compete in track-and-field for Seattle University during the 2006-07 season.

First-year coach Trisha Steidl signed eight recruits to National Letters of Intent including Rachel Yorkston (Bellingham, Wash.), Greta Stickney (North Kitsap, Wash.), Lindsay Currier (Beaverton, Ore.), Travis Glover (SeaTac, Wash.), Ryan Oda (Honolulu, Hawaii), Nicholas Alvarado (San Francisco, Calif.), Nicholas Kirschner (Seattle, Wash.), and Kyle Anderson (Seattle, Wash.)

Also accepting invitations to join the Redhawks next year will be Alissa Borda (Mercer Island, Wash.) and Anna Nguyen (Edmonds, Wash.).

"This is easily the most talented group of athletes this program has ever brought in," said Assistant Coach Matt Franck. "We sent hundreds of letters to athletes in Alaska, California, Idaho, Oregon and

Washington. All the work paid off, as we brought in some stellar individuals."

Other walk-ons include Tony Capeloto (Seattle, Wash.), Chris Henry (Seattle, Wash.), Andy Wilburn (Boise, Idaho) and female standout Sammy McCoy (Minturn, Colo.).

Seattle Pacific

SPU Signs Oregon's Top Sprinter (5/22/05)

Nyema Sims, the top sprinter in Oregon, has signed a national letter of intent to run for Seattle Pacific University's track and field team.

Sims, a senior at Portland's Jefferson High School, is unbeaten in the 100-meter dash and has won seven of eight races between 200 and 400. She owns the state's best times in 100 (12.04) and 200 (24.66).

Sims is the No. 1 seed in both sprints at the Oregon 4A state championships in Eugene, and she is also entered in the high jump where she has a best clearance of 5 feet, 2 inches.

As a junior Sims was runner-up in the state 100 and fourth in the 200. She was third at both distances as a sophomore.

Nine Time State Champ Signs With SPU (4/25/06)

Jane Larson, Cedar Park Christian's reigning state 1A champion in track and cross country, has signed a national letter of intent to run for Seattle Pacific University.

Larson is among four recruits to commit to SPU this week, joining sprinters Anna Walters (Spokane, Wa./North Central) and Latasha Essien (Portland, Or./Reynolds) and middle-distance runner Kysa Cronrath (Odessa, Wa.).

Earlier, Eastlake's Jessica Pixler had committed to the Falcons.

Larson won her second straight state cross country crown last fall and owns a total of seven WIAA titles on the track, including the 1600 and 3200 in 2005. She finished third at both distances in the prestigious Pasco Invitational earlier this month.

Walters was the 4A runner-up in the 400 meters and eighth in the 200 as a junior after winning regional championships in both races.

Essien took third and fifth in the Oregon 4A 100 and 200, respectively, last season. Cronrath ran seventh in the Washington B 3200 a year ago.

Pixler was the runner-up in the state 4A cross country championships last fall. As a junior, she finished third

in the state 1600 and sixth in the 3200. At Pasco this season, Pixler won the 800 and was second in the 1600.

Eastlake Runner Commits To Falcons (11/17/05)

Jessica Pixler, a standout distance runner for Eastlake High School, has signed a national letter of intent to compete in track and field for Seattle Pacific University.

Pixler was the runner-up in the state 4A cross country championships earlier this month. As a junior, she finished third in the state 1600-meter race and sixth in the 3200. Pixler, a resident of Sammamish, is also a starting defender for the state ODP soccer team and plays for the FC Marauders of Maple Valley.

2005-06 RECRUITS

Alaska Anchorage

Seawolves Sign Kenyan runner John Kagwanja (12/20/04)

Kenya's John Kagwanja has signed a National Letter of Intent to compete in cross country for Alaska Anchorage.

The 23-year-old from Thika, Kenya, has run personal-best times of 31:04 in the 10,000 meters and 14:47 in the 5,000 meters at altitude.

"We are very much looking forward to having John on our team next season," said UAA coach Michael Friess. "He's an extremely talented and fast runner who will make an immediate impact."

Kagwanja will be the second Kenyan to sign with the Seawolf cross country program in the last two years, joining countryman David Kiplagat, who redshirted the 2004 season.

Alaska Fairbanks

Nanooks Add Transfer from Wichita State (4/19/05)

Pavla Havlova of Jince in the Czech Republic will join the Alaska Fairbanks cross country running team this fall. Havlova will join the Nanooks as a senior in terms of eligibility, and will have one year to compete.

Havlova participated in cross country and track and field at Wichita State University during the 2001-02 season. She was the number four runner on the cross country team, which finished second at the Missouri Valley Conference championships.

In track, her best times were 2:15.71 at 800 meters and 4:31.87 at 1500. She is currently studying floriculture (crop production) at the Czech Agricultural University in Prague. At Wichita State, Havlova earned a 3.45 grade point average, which earned her a place on the Dean's Honor Roll.

"Pavla is the runner we need to jump start our women's cross country team," said UAF Head Coach Scott Jerome. "She has Division I experience and several years of solid training which will enable her to lead our team to a new standard of excellence in running. Pavla possesses both an excellent attitude and work ethic. I am very pleased that she decided to pursue her education and her cross country running at UAF in the fall."

Humboldt State

Mack High's Prince Leads List of Talented Recruits (7/12/05)

One of the top runners in the North Coast Section, former McKinleyville High standout Nate Prince, leads a list of four talented recruits who will join the Humboldt State men's track and cross country programs this year.

Prince, runner-up in the 800 meters with a time of 1 minute, 55.47 seconds at the North Coast Section meet this past spring, brings a broad range of distance ability to the Jacks' program, HSU head coach Sandy Moran said. He also has cross country talent, finishing 19th in the Division 4 championships before qualifying for the state meet in track.

"Nate is a very exciting runner to watch on the track," Moran said. "He has a bright future as a middle distance runner, and will develop into a tough cross country runner, too."

Also coming on board for 2005-06 and beyond are Moorpark High School's Kerry Burns, Sierra High's Jimmy Elam, and Eric Tibbets out of Citrus Community College.

Burns placed 17th in the D2 Southern Section cross country championships and posted personal best track times of 4:28.00 in the mile and 9:40.00 in the two-mile. Elam was the Division 2 Sac Joaquin Section cross country individual champion and placed 36th at the state track championships with a time of 16:16.00 in the 5K.

"Kerry Burns is talented, and will probably develop into a steeplechase/5K runner for us," Moran said. "Jimmy Elam is a true cross country runner who I see making an immediate impact on our program this fall."

Tibbets, the first JC transfer to sign with Moran's program for this fall, is coming off a breakthrough

season in which he placed 16th at the California Community College Cross Country Championships. In the spring he finished ninth at the SoCal finals with a time of 4:05.17 in the 1,500 meters.

"This group of athletes is really going to bolster both our track and cross country squads," Moran said. "They add a lot of depth in our middle and long distances."

Northwest Nazarene

Crusaders Sign Washington Class B State Hurdle Champion (7/14/05)

Josh Grewe has signed a letter-of-intent to attend Northwest Nazarene University and compete for the Crusaders.

Grewe, a 2005 graduate of Northwest Christian School in Colbert, Wash., is the reigning Washington State "B" champion in the 300 hurdles. His winning time of 40.09 edged his fellow competitors by just .01 during the state finals.

"As a coach I feel very blessed that Josh and his family have chosen NNU to pursue his academic and athletic goals," commented NNU coach John Spatz. "Josh is a diamond in the rough and I look forward to working closely with him to see that he reaches as high as possible."

All of Josh's success comes after ACL reconstruction surgery earlier this year that threatened to end his senior year in athletics. However, Josh rebounded to compete in soccer, basketball, and track during his senior campaign.

Crusaders Sign Six-Time Idaho Prep Champion (5/5/05)

Ashley Puga has signed a national letter-of-intent to attend NNU and compete for the Crusader cross country and track and field teams next year.

Puga, a senior at Nampa Christian High School, is a standout prep athlete that currently holds six Idaho State 2A Championships. Puga won the state cross country title in 2002, and also won the 1600 meter and 3200 meter championships during her sophomore and junior track seasons. She added an 800 meter title in 2002.

"We are excited to have Ashley join our program. She is one of the most talented and decorated athletes to come out of Idaho in recent years," commented NNU assistant coach Ben Gall. "Her enthusiasm for the sport and life is something that will add greatly to our team."

Ashley also holds the Western Idaho Conference record in the 1600 meters and the Idaho District III

records in the 1600 meter and 3200 meter distances. She set the 1600 meter mark at the Outback Invitational in 2002.

"She is one that cannot be replaced," commented NCHS head track coach Eric Lacy on Thursday. "Ashley is a first-rate person in every way and we will miss her. I look for her to do great things at NNU."

In addition to her athletic exploits and scholarship, Puga has been awarded the NNU President's Scholarship. She is one of only 10 incoming freshman to receive that honor.

"Anytime you can have a presidential scholar on your team, it is a huge deal," Gall continued. "Ashley is someone we have been excited about for the last three years and now she is coming to NNU. She will be a great addition to both our team and the rest of NNU as well."

Seattle Pacific

Ballard Runner Signs Letter With Falcons (6/8/05)

Mary Moriarty, a standout distance runner for Seattle's Ballard High School, has signed a national letter of intent to compete in both cross country and track and field for Seattle Pacific University.

Moriarty was the KingCo 4A runner-up in the 3200 meters this spring and ranked among the top seven in that event statewide going into the state championship meet. Her best time was 10 minutes, 59.72 seconds. She was also fourth in the KingCo 1600. Last fall she qualified for the state cross country meet.

Next season Moriarty will join a Seattle Pacific University cross country team which has won its conference seven times in the last 12 years and finished second in 2004. The track team is coming off a 13th-place finish in NCAA Division II.

Western Oregon

Heptathlete to Compete for Western Oregon (8/25/05)

Sharelle Wells, a five-time Washington State "B" Champion in the 100 hurdles, 300 hurdles, triple jump and 4 x 400 relay, will attend Western Oregon University beginning this fall and compete as a heptathlete for the Wolves.

Wells previously competed at Riverside Christian earning Yakima Valley Athlete-of-the-Year honors. While at Riverside she led the Crusaders to state titles in volleyball and track-and-field (twice).

She earned all-state honors in volleyball (twice) and basketball. She is the third highest scorer in state "B" track history with 93.5 points.

2004-05 RECRUITS

Northwest Nazarene

Top Vaulters to Compete for Crusaders (7/22/04)

Preston Lewis has signed a National Letter-of-Intent to attend Northwest Nazarene and compete in track and field for the Crusaders this fall.

"Preston won the 2004 Idaho State Championship for Eagle High School in the pole vault at 15 feet this spring and was the best vaulter in the state of Idaho in 2004," stated Coach NNU coach John Spatz.

"Preston narrowed his choices to Washington State in Pullman and NNU. WSU, a Pac-10 school, has an outstanding track and field program. For Preston to choose to come to NNU reflects on our entire institution very positively."

Lewis will most likely major in International Business at NNU, as he has recently launched an international t-shirt designing and printing business on the internet. He was the Eagle High School valedictorian with a perfect 4.00 grade point average.

"I look for Preston to have an immediate impact in the Great Northwest Athletic Conference as one of its top vaulters," Spatz added. "Preston will also challenge the qualifying marks for both the NCAA Division II indoor and outdoor championships. It's really a thrill to have one of the top student-athlete's in the northwest as part of the program here at NNU."

"The biggest thing for me is that Preston wants to compete at the collegiate level, and I will get the opportunity to be involved with him at that level," stated Mauri Lewis, Preston's father and high school coach, who is also the pole vault coach at Northwest Nazarene. "I think he is primed to break the NNU school record and qualify for the NCAA's, and I would expect him to clear 16' at some point during his freshman year."

Hamm signs at NNU (4/28/04)

Greg Hamm has signed a National Letter-of-Intent to attend Northwest Nazarene University this fall and compete in track and field for the Crusaders.

Hamm, currently a senior at Hermiston High School in Hermiston, Oregon, placed second in the triple jump at the Oregon 4A State Championships as a junior, jumping 46-6. following his Intermountain Conference Championship. He has already jumped 46-8 this

season in his quest for an Oregon state title and has a personal best of 47-1 1/2.

"I am thrilled that Greg Hamm has chosen to become a part of the track and field team here at NNU. He is truly an outstanding student-athlete in every way," stated NNU head coach John Spatz. "Greg's record in both the classroom, and on the athletic field is exactly what we look for in our students here at NNU."

In addition to Hamm's state placing in the triple jump, he competed throughout the year in the long jump, with his best mark being 21-3 3/4.

Track and Field is a sport that is close to the Hamm family, as Greg's grandfather Ed Hamm is a member of the Georgia Tech Athletic Hall of Fame and was the United States and World Record holder in the long jump following his gold-medal winning performance in the 1928 Amsterdam Olympic games.

Amanda Merrell Signs With Crusaders (11/26/03)

Amanda Merrell, a senior at Mead High School in Spokane, Washington, has signed a National Letter of Intent to attend Northwest Nazarene and compete in track-and-field.

"I am excited that Amanda Merrell will be joining our track and field team in 2004," NNU coach John Spatz said. "Amanda is an outstanding student athlete who has combined an excellent background both in the classroom and on the athletic field. She will compete in the horizontal jumps, as well as the heptathlon."

Amanda competed for Mead High School head coach Dori Robertson, finishing in seventh place at the 2003 Washington 4A State Championships in the triple jump. She currently holds the triple jump school record at Mead (37-0) and also set Mead High School triple jump records as a freshman, sophomore, and junior.

"Not only is Amanda an outstanding athlete, but she is also a leader that the team looks to and respects, and she is an awesome person. She cares about her teammates and everyone around her," according to Robertson. "Although she will be sorely missed at Mead High School after this track season, I am excited for her to go to the next level, where I know she will be successful."

Seattle Pacific

Mount Vernon Javelin Throw Signs With Falcons (4/30/04)

Lauren VerMulm, one of the top javelin throwers in the state from Mount Vernon, has signed a national letter of intent to compete in track & field for Seattle Pacific University.

VerMulm, in only her second season of throwing, has a best mark of 130 feet, 4 inches this spring. Last year she qualified for the state 4A championships with a throw of 124-4.

Bellingham Area Runner Commits to Seattle Pacific (4/20/04)

Karin Rohde, a standout distance runner from Deming's Mount Baker High School, has signed national letter of intent to compete in cross country and track at Seattle Pacific University.

Rohde, a resident of Bellingham, took third place in last fall's Washington 2A cross country championships after winning her district crown. Her best state finish was runner-up as a sophomore, when the Mountaineers claimed the 2A title. Rohde was fourth as a junior and fifth as a freshman.

On the track, Rohde has regularly finished among the top five in the state. She scored in three events at the 2003 state track championships, taking fourth place in the 1600 meters and fifth in both the 800 and 3200. Rohde also made the finals of the 1600 (fifth) and 3200 (fourth) as a sophomore and in the 1600 (third) as a freshman.

2003-04 RECRUITS

Northwest Nazarene

Oregon State Champion To Attend NNU (6/5/03)

Emily Peterson, from Roseburg, Ore., has signed a letter-of-intent to attend Northwest Nazarene and compete in track-and-field for the Crusaders.

Peterson won three state titles at Umpqua Valley Christian this past spring, including the high jump (5-6), 300 meter hurdles (48.86) and 400 meters (59.54). All three marks were school records. She also holds the school record in the 100 hurdles (18.12).

Peterson also competed last summer in Spain and France as part of the World Sports Exchange United States team. She was voted the Female Athlete-of-the-Year this past spring in Oregon's 1A division.

Northwest Nazarene Signs Johnson twins (5/5/03)

Megan and Mandi Johnson, twin sisters from Eagle, ID, recently signed national letters of intent to attend Northwest Nazarene University in the fall of 2003 to compete in both soccer and track and field.

Both Megan and Mandi graduated from Centennial High School in 2001, where they made significant contributions to not only the soccer team, but also the track, cross country, and basketball programs.

As a high school athlete, Megan was honored multiple times as she was selected to the All Star and All Metro C.H.S. Teams. As a junior she picked up Centennial High School soccer team's Offensive MVP award.

Mandi, in keeping with the family tradition, was also selected to the All Star and All Metro C.H.S. Teams for several years in a row. In addition, as a senior she was honored as the Centennial High School Athlete of the Year.

Both sisters have been playing competitive soccer together since 1993 as members of the Boise Capitals Select Team. During their time with the Capitals, Megan and Mandi won three Les Bois Championships and in 2001 were members of the State Champion Capitals team.

For the past two years, Megan and Mandi have been attending North Idaho College in Coeur d'Alene, where they have been active members of both the soccer, cross country and track and field teams.

As freshmen the twins were members of the NWAACC Championship Team, sporting a team record of 21-2-3. Both recorded impressive stats during their time at NIC, making significant contributions both as goal scorers and assist leaders. Following her freshman season, Megan was honored as the North Idaho College Female Athlete of the Year.

Not to be outdone, this past season Mandi was awarded Most Valuable Defensive Player for NIC. Both Megan and Mandi also received All Star honors this past season as well, a fine testimony to their commitment to excellence in athletics.

"Coach Lewis Watkins played a key role in bringing Megan and Mandy to my attention," stated NNU head track and field coach John Spatz. "Megan and Mandy both bring a wealth of collegiate running experience to the program next year. Look for the twins to contribute in distances from 800-5,000 meters. I am excited to have Megan and Mandy Johnson join our team next year. We now have one of the best recruiting classes for women's track in the history of NNU. These two will play a key role in rewriting the record list here at NNU."

"It is rare to come across a pair of sisters who have seen so much success together in the realm of athletics. It is even more rare that an institution is fortunate enough to have not only one, but both sisters compete as a part of their athletics programs," stated NNU Head Soccer Coach Jamie Lindvall.

"Megan and Mandi are a tremendous addition to both the soccer and track programs at Northwest Nazarene University. Their commitment to excellence in the realm of athletics will be a big boost to NNU Athletics."

Rickels, Harrington Sign With Cruaders (5/1/03)

Ashley Rickels of Middleton, ID, and Aubrey Harrington of Eagle Point, OR, have both signed NCAA letters of intent to compete in track-and-field at Northwest Nazarene University.

Rickels, who anticipates majoring in Secondary Education, competes for the Middleton High School track-and-field team in the high jump, intermediate and high hurdles, and anchors the Viking 4 x 400 relay team.

“To have Ashley come to NNU is a significant step for the program here at NNU. As one of the top multi-event athletes in the state of Idaho, I am very excited about having the opportunity to work with Ashley,” stated NNU head track-and-field coach John Spatz. “As a possible heptathlete, Ashley has the ability to be able to step right into the event and have an immediate impact.”

Harrington, who will be a pre-med major, will also play volleyball for the Crusaders. Harrington’s recruitment was a team effort by coach Spatz and NNU head volleyball coach Deb Bradburn.

“I am very excited that Aubrey has chosen NNU to continue her track and field pursuits. As one of the top pole vaulters in the state of Oregon she has already demonstrated her ability to take it to a higher level. For all that NNU stands for, it will be a great fit,” Spatz said.

“Aubrey will bring a wealth of experience and a vibrant personality with her to NNU, we are more than excited to have her become part of the NNU volleyball program,” stated coach Bradburn.

Harrington attends Eagle Point High School in Oregon, competing in the pole vault and hurdle events.

Western Washington

Vikings Sign State Champion Sprinter (7/9/03)

State champion sprinter Adam Neff, a recent graduate of White Salmon High School, has signed a national letter of intent to compete in track and field at Western Washington University.

Neff placed first in the 400 meters at the 2002 Class 2A state championship meet with a time of 49.42. He also placed third in the 100 (11.51) and fourth in the 200 (22.95). The 400-meter time was a personal best, and his top clockings in the 100 and 200 are 11.04 and 22.58, respectively.

“He’s going to be a fine addition,” said WWU head coach PeeWee Halsell. “His time in the 400 would

have been our best this past season. He should be able to do a number of events, including both relays.”

As a junior, Neff placed fourth at state in the 400, second in the 4x400 relay and ninth in the 100. He was sixth in the 400 as a sophomore and got to state as a freshman, but did not place.

The 5-foot-10, 145-pound Neff also lettered three years in basketball, being a second-team Trico League all-star as a junior and senior, and playing on a squad that won the league title as a sophomore.

Neff was an academic all-league pick in both track and basketball.

2002-03 RECRUITS

Northwest Nazarene

Mosbacher Sign With Crusaders (5/31/02)

Chris Mosbacher, a two-sport standout from Sentinel High School in Missoula, Mont., has signed a letter-of-intent to play basketball and participate in track-and-field at Northwest Nazarene University.

Mosbacher (6-5, 180) won the Montana triple jump state title with a personal best 45-8 and placed third in the 110 hurdles in 15.03.

In basketball, Mosbacher averaged 12 points and nine rebounds in leading Sentinel to a third-place finish and was honored as the school’s outstanding athlete. He earned second team all-conference honors and played in the senior Montana All-Star game.

Seattle Pacific

Alaska Hurdler Signs With SPU (11/27/01)

Janna Schaafsma, a three-time Alaska state hurdles champion from Soldotna High School, has signed a national letter of intent to compete in track & field for Seattle Pacific University.

Schaafsma won both the 100- and 300-meter hurdles in near-record times last May. She also won the 100 hurdles as a sophomore and ran on three relays which placed among the top six in the state during her career. Now a senior, Schaafsma is the class valedictorian with a grade point average of 4.00 and a national merit semifinalist.

Hurdler, Sprinter Sign With Falcons (11/27/01)

Hurdler Linda Blake of Richland (Wa.) and sprinter Jean Kolb of Eugene (Or.) have signed national letters of intent to compete in track & field for Seattle Pacific

University after completing their respective high school careers.

Blake finished seventh in the 100-meter hurdles at the state 4A championships last spring and also qualified for the 300 hurdles. She is projected to be a candidate for the heptathlon at Seattle Pacific, said Coach Jack Hoyt. Blake attends classes at Liberty Christian High School, where she is senior class valedictorian. She competes in athletics for Richland High School.

Kolb qualified for the Oregon state 4A meet in both the 100 and 200 and plans on running the 400 next spring. She is also an excellent prospect in soccer.