

# 2010 GNAC Track-and-Field Rosters

## SEAWOLVES Alaska Anchorage

Men	Events	Cl.	Hometown
Michael Adams	Distance	Fr.	Anchorage (Service)
A.J. Allen	Sprints	Fr.	Fairbanks (Lathrop)
Micah Chelimo	Distance	Fr.	Kapkoi, Kenya (Tambach)
Marko Cheseto	Distance	Jr.	Kapenguria, Kenya (Chewoyet)
Austen DeWolf	Jumps/Sprints	So.	Anchorage (South)
Andrew Freed	Jumps	Fr.	Anchorage (Service)
Brandon Grant	Sprints	Sr.	Anchorage, AK (Dimond)
Ethan Hewitt	Sprints	Fr.	Eagle River (Chugiak)
Thomas Hill	Distance	So.	Thunder Bay, Ontario (St. Ignatius)
Alfred Kangogo	Distance	So.	Eldoret, Kenya (Kitale Boys)
Taylor Karnikis	Throws	So.	Soldotna (Soldotna)
James McLaughlin	Sprints	Sr.	East Bethel, MN (St. Francis)
Demetrius Preston	Sprints	Jr.	Anchorage, WA (Service)
John Reed	Hurdles	Fr.	Katy, TX (St. Thomas)
David Registe	Jumps, Sprints	Sr.	Palmer, AK (Colony)
Ryan Rencehausen	Throws	Sr.	Tucson, AZ (Canyon Deloro)
William Ritekwiang	Distance	Fr.	Kapenguria, Kenya
Casey Robinson	Throws	Sr.	Manila, UT
Paul Rottich	Distance	Sr.	Kapsabet, Kenya (Meteitei Boys)
Levi Sutton	Middle Distance	Jr.	Kenai, AK (Kenai Central)
Brad Truax	Middle Distance	Fr.	Palmer, AK (Colony)
Shaun Ward	Hurdles	Jr.	Eagle River, AK (Chugiak)
Women	Events	Cl.	Hometown
Emma Bohman	Distance	Jr.	Palmer (Palmer)
Linzee Burcham	Jump/Sprints	Fr.	Kodiak (Kodiak)
Laura Carr	Distance	Sr.	South Bend, IN (Penn)
Mary Chepkoech	Distance	Fr.	Kapsabet, Kenya (Chebisis Girls)
Ardrienna Everett	Sprints	Jr.	Palmer (Colony)
Meagan Friess	Hurdles	Sr.	Anchorage, AK (Dimond)
Elisha Harris	Throws	Sr.	West Jordan (West Jordan)
Shoshana Keegan	Distance	So.	Anchorage (Steller)
Ruth Keino	Distance	So.	Kapcheno, Kenya (Aldai Girls)
Kristen King	Middle Distance	Fr.	Eagle River, AK (Eagle River)
Miriam Kipn'geno	Middle Distance	So.	Eldoret, Kenya (Girls Secondary School)
Katie Krehlik	Distance	Fr.	Juneau (Juneau Douglas)
Lauren Laichak	Hurdles	So.	Anchorage (Dimond)
Leah McWilliams	Sprints	Fr.	Pecos, TX (Pecos)
Natalie Pfeifer	Middle Distance	Jr.	Ketchikan, AK (Ketchikan)
Ariel Roelle	Middle Distance	So.	Anchorage (Stellar Secondary)
Alex West	Middle Distance	Jr.	Soldotna (Soldotna)
Hallidie Wilt	Middle Distance	Jr.	Unalaska (Unalaska)
ZeeZee Young	Hurdles	Sr.	Anchorage (Dimond)

**Head Coach** - Michael Friess. **Assistants** – T.J. Garlatz, Rafael Echavarria, David Kiplagat, Ryan McWilliams

## WILDCATS Central Washington

Men	Events	Cl.	Hometown
Zach Armstrong	Distance	Fr.	Breckenridge, CO (Summit)
Brennan Boyes	Jumps	Fr.	Puyallup, WA (Puyallup)
Drew Burghardt	Sprints	Fr.	Gig Harbor, WA (Gig Harbor)
James Carr	Decathlon, PV	Sr.	Vancouver, WA (Mountain View/Clark)
Jason Caryl	Decathlon	Fr.	Omak, WA (Omak)
James Cho	Jumps	Jr.	Spanaway, WA (Spanaway Lake)
Tyler Fischer	Throws	Sr.	Cashmere, WA (Cashmere)
Kyle Fremd	Sprints	Fr.	Kirkland, WA (Bellevue Christian)
Jonathon Hamilton	Jumps	Sr.	North Pole, AK (North Pole)
Jake Hastings	Distance	Fr.	Colville, WA (Colville)
Anthony Hogan	Hurdles	Fr.	Federal Way, WA (Todd Beamer)
Scott Hunter	Pole Vault	Fr.	Hilo, HI (Hilo)
Mike Jensen	Throws	So.	Tenino, WA (Tenino)
Tom Johnson	Middle Distance	Jr.	Seattle, WA (O'Dea)
Rendel Jones	Hurdles	So.	Everett, WA (Everett)
Ryan Lara	Middle Distance	Jr.	Tacoma, WA (Franklin Pierce/Evergreen State)
Neil Larson	Throws	So.	Lakebay, WA (Peninsula)
Bryan Mack	Jumps	So.	Arlington, WA (Arlington)
Manny Melo	Jumps	Fr.	Battle Ground, WA (Battle Ground)
Lewis Meyers	Jumps	Fr.	Carson, WA (Stevenson)
Scott Morrison	Sprints	Fr.	Hoquiam, WA (Hoquiam)
Michael Najera	Hurdles	Fr.	Walla Walla, WA (Walla Walla)
Joseph Nelson	Jav, HJ	Jr.	Lyle, WA
Kincaid Nichols	Sprints	So.	Sequim, WA (Sequim)
Mychal Ostler	Throws	Sr.	Stevenson, WA (Stevenson)
Jesse Potes	Throws	So.	Bellingham, WA (Sequim/Moorpark College)
Scott Power	Distance	Jr.	Burlington, WA (Burlington-Edison)
Gante Price	Hurdles	Fr.	Lakewood, WA (Lakes)
Daniel Ramirez	Throws	Jr.	Toppenish, WA (Toppenish)
Paul Reed	Sprints	Fr.	Puyallup, WA (Franklin Pierce)
Brandon Roddewig	Decathlon/P.V.	Fr.	Fall City, WA (Mount Si)
Tyler Roland	Distance	Fr.	Camas, WA (Camas)
Manuel Santos	Distance	So.	Yakima, WA (A.C. Davis/Clark College)
Matt Seel	Sprints	Fr.	Fairwood, WA (Kentridge)
Tommy Sheriff	Throws	So.	Bellevue, WA (Bellevue/Santa Barbara City College)
Thomas Steinke	Decathlon	Fr.	Leavenworth, WA (Cascade)
Jon Swanson	Distance	Fr.	Spokane Valley, WA (Central Valley)
Andrew Venema	Hurdles/Dec.	Fr.	Bickleton, WA (Bickleton)
Anthony Wright	Sprints	Fr.	Lakewood, WA (Lakes)
Women	Events	Cl.	Hometown
Shaina Afoa	Throws	Sr.	Anchorage, AK (Dimond)
Mary Bakeman	Distance	Sr.	Whidbey Island, WA (South Whidbey)
Berlyn Bales	Distance	So.	Issaquah, WA (Liberty)
Kaylee Baumstark	Throws	Jr.	Port Angeles, WA (Port Angeles/Peninsula College)
Siri Berg	Jumps, Hurdles	So.	Burien, WA (Highline)
Alex Borunda	Distance	Jr.	Yakima, WA (West Valley)
Gwenna Carie	Sprints	So.	Leavenworth, WA (Cascade/Gonzaga)
Danielle Carriveau	Throws	Fr.	
Stephanie Cooke	Middle Distance	Sr.	Ellensburg, WA (Ellensburg)
Raquel Gonzalez	Hurdles, Jumps	Sr.	Ellensburg, WA (Kittitas)
Jackie Goode	Pole Vault	Fr.	Tacoma, WA (Clover Park)
Elizabeth Hampton	Hurdles	Fr.	Snohomish, WA (Monroe)
Stephanie Jones	Hurdles/Jumps	Fr.	Enumclaw, WA (Enumclaw)
Kelsey Kreft	Distance	So.	Lake Stevens, WA (Lake Stevens)
Kelsey Kuzis	Distance	So.	Camas, WA (Camas)
Jamie Larson	Pole Vault	Fr.	Kent, WA (Kentwood)
Belen Lopez	Pole Vault	Fr.	Selah, WA (Selah)
Katharine Lotze	Heptathlon	Fr.	Benton City, WA (Kiona-Benton)
Adriana Mendoza	Distance	So.	Zillah, WA (YVC)
Becky Mulkey	Throws	Fr.	Lacey, WA (North Thurston)

Shelby Napiontek	Sprints, HJ	Fr.	
Kaitlyn Parrott	Sprints	Fr.	Redmond, WA (Redmond)
Ashley Rice	Distance	Fr.	Tieton, WA (Highland)
Amanda Rose	Jumps	Sr.	Chehalis, WA (West)
Mary Seidler	Heptathlon	Sr.	Goodyear, AZ (Millennium)
Torrie Self	Throws	Jr.	Kent, WA (Kent-Meridian/Olivet Nazarene)
Sarah Spees		So.	Puyallup, WA (Puyallup)
Jordan Stueckle	Throws	Jr.	Selah, WA (Selah)
Robyn Swanson	Distance	Jr.	Spokane, WA (Central Valley/CC of Spokane)
Hannah Swigart	Pole Vault	Fr.	Goldendale, WA (Goldendale)
Sarah Takayoshi	Sprints	Fr.	Vancouver, WA (Union)
Amanda Valera	Distance	So.	Moxee, WA (Zillah)
Shannon Vreeland	Distance	Sr.	Port Orchard, WA (South Kitsap)
Raisa Yates	Throws	Fr.	Moxee, WA (East Valley)

**Head Coach** - Kevin Adkisson. **Assistants** – Charles Chandler, J.T. Statler, Nick Collins, Krissy Tandle.

## YELLOWJACKETS Montana State Billings

<b>Men</b>	<b>Events</b>	<b>Cl.</b>	<b>Hometown</b>
Luke Barrett	Sprints	Jr.	Whitehall, MT (Whitehall)
Ryan Blomback	Distance	Fr.	Belgrade, MT (Belgrade)
Mark Bolt	Distance	So.	Billings, MT (Billings Skyview)
Travis Buttelman	Distance	Fr.	Three Forks, MT (Three Forks)
Taylor Canfield	Distance	So.	Manhattan, MT (Manhattan)
Nathan Diede	Sprints	Jr.	Lambert, MT (Richie-Lamber)
Rusty Ewing	Jumps	Fr.	Ashland, MT (Billings Central)
Jade Haynie	Throws	So.	Billings, MT (Skyview)
Michael Hildebrand	Distance	Fr.	Powell, WY (Powell)
Bryce Jensen	Throws	So.	Billings, MT (Billings West)
Deshawn Lewis	Jumps	Jr.	Buffalo, MT (Judith Gap)
Daniel Lombardi	Distance	So.	Deer Lodge, MT (Powell County)
Branden Martinez	Vault	So.	Worland, WY (Worland)
Kelley Miller	Distance	Jr.	Glendive, MT (Dawson County)
Josh Morley	Throws	Jr.	Belfry, MT (Belfry)
Logan Mossey	Middle Distance	Jr.	Lewiston, MT (Fergus)
Brandon Pearce	Sprints	Fr.	Billings, MT (Billings Skyview)
Adam Prevost	Sprints	Fr.	Billings, MT (Billings West)
Tanner Rottrup	Throws	Fr.	Billings, MT (Billings Senior)
Tucker Shuler	Distance	So.	Powell, WY (Powell)
Dylan Solberg	Hurdles	Fr.	Richland, MT (Scobey)
Tyson Vanderby	Distance	So.	Manhattan, MT (Manhattan)
Cam Wiest	Sprints	So.	Billings, MT (Montana State - Bozeman)
Dorian Williams	Hurdles	Fr.	Hermiston, OR (Hermiston)
Nick Wilson	Throws	Fr.	Laurel, MT (Laurel)
<b>Women</b>	<b>Events</b>	<b>Cl.</b>	<b>Hometown</b>
Elissa Adams	Sprints	Fr.	Bozeman, MT (Bozeman)
Tracy Barrett	Throws	RS	Billings, MT (Billings Senior)
Brook Berg	Throws	Fr.	Malta, MT (Malta)
Kelsee Clark	Throws	Jr.	Geraldine, MT (Geraldine)
Emili Crowder	Vault/Hurdles	Fr.	Saco, MT (Saco/Hinsdale)
Britney Derhak	Sprints	Sr.	Billings, MT (Skyview)
Hilary Gourneau	Throws	So.	Poplar, MT (Poplar)
Erika Halle	Sprints	So.	Manhattan, MT (Manhattan Christina)
Alexi Halvorson	Throws	Jr.	Billings, MT (Billings West)
Rachel Hansen	Jumps	Sr.	Lolo, MT (Missoula Big Sky)
Cady Irion	Throws	Fr.	Miles City, MT (Custer County)
Sarah Jackson	Distance	RS.	Bozeman, MT (Manhattan Christian)
Mykel Ler	Middle Distance	Jr.	Sidney, MT (Sidney)
Sarah McGurran	Sprint/Hurdles	Fr.	Cascade, MT (Cascade North)
Whitney Mickelsen	Distance	So.	Aurora, UT (North Sevier)
Kayla Neumiller	Jumps/Mid-Distance	Fr.	Colstrip, MT (Colstrip)

Mary Owen	Distance	Fr.	Hammond, MT (Broadus)
Justine Simons	Sprints	So.	Laurel, MT (Laurel)
Katie Thiel	Distance	Jr.	Powell, WY (Powell)
Tiffany Thomas	Distance, PV	Fr.	Huntley, MT (Huntley Project)
Alanya Three Irons	Throws	So.	Hardin, MT (Hardin)
Kacie Vanderloos	Throws	Jr.	Hysham, MT (Hysham)

**Head Coach** – Dave Coppock. **Assistants** – Matt Drinkwalter , Dan Biehl

## CRUSADERS Northwest Nazarene

<b>Men</b>	<b>Events</b>	<b>Yr.</b>	<b>Hometown (School)</b>
Jesse Baggenstos	Distance	Fr.	Renton, WA (Kentrige)
Bruno Bennett	Jumps	Fr.	Harrison, ID (Kootneal)
Devin Bryant	Jumps	Fr.	Twin Falls, ID (Twin Falls)
Seth Clark	Distance	Jr.	Grangeville, ID (Grangeville)
Cameron Colby	Sprints	Fr.	Tualatin, OR (Westside Christian)
Alex Crystal	Distance	Fr.	Kimberley, ID (Kimberley)
Alex Cunningham	Distance	Fr.	Mt. Home, ID (Kaiserslautem)
Neil Easter	Distance	So.	Nampa, ID (Columbia)
Alex Eaton	Throws	Sr.	Craigmont, ID (Highland)
Diego Estrada	Throws	Jr.	Castleford, ID (Castleford)
Jordan Fenters	Throws	Jr.	Klamath Falls, OR (Henely)
Tim Greene	Sprints	So.	Portland, OR (Madison)
Mark Hanson	Hurdles	Sr.	Nampa, ID (Skyview)
Ben Heidegger	Sprints	So.	Jacksonville, OR (Cascade Christian/Linfield)
Hank Hetrick	Distance	Sr.	Caldwell, ID (Greenleaf Friends)
Luke Hetrick	Distance	So.	Caldwell, ID (Greenleaf Friends)
Dan Hill	Sprints	Jr.	Castleford, ID (Castleford)
Maurus Hope	Sprints	So.	Adrian, OR (Adrian)
Brandon Humble	Sprints	Fr.	Middleton, ID (Middleton)
Josh Jones	Throws	Sr.	Spokane, WA (Mead)
Marc Lannon	Hurdles	Jr.	Boise, ID (Treasure Valley CC)
Joe Lovell	Distance	Fr.	Boise, ID (Bishop Kelly)
Zach Lovell	Throws	So.	Sammamish, WA (Skyline)
Josh Merioles	Distance	So.	Valdez, AK (Valdez)
Grant Miller	Throws	Sr.	Vancouver, WA (Vancouver Christian)
Stuart Montgomery	Multi	Jr.	Marysville, WA (Grace)
Benard Ngeno	Distance	Fr.	Litein, Kenya (Letien Boys School)
Matt Rankin	Distance	Fr.	Ontario, OR (Ontario)
Caleb Reynolds	Distance	Jr.	Yakima, WA (Riverside Christian)
Derek Sepe	Sprints	So.	Everett, WA (Cascade)
Matt Stark	Distance	So.	Meridian, ID (Mountain View)
Tim Steiglitz	Hurdles	Fr.	Medford, OR (Cascade Christian)
Mark Wade	LJ, Throws	So.	
Barak Watson	Distance	Fr.	Nampa, ID (Columbia)
Justin Webb	Distance	Fr.	Wesier, ID (Weiser)
Elmer Williams	Throws	Fr.	Deer Park, WA (Deer Park)
Eric Zwiefelhofer	Sprints/Jumps	Sr.	Hermiston, OR (Hermiston)
<b>Women</b>	<b>Events</b>	<b>Yr.</b>	<b>Hometown (School)</b>
Danielle Beesley	Distance	So.	Caldwell, ID (Nampa Christian)
Maycee Bekkedahl	Sprints/Jumps	Jr.	Nampa, ID (Skyview)
Jill Bennett	Hurdles/Jumps	So.	Grants Pass, OR (Cascade Christian)
Danielle Bickford	Sprints	Jr.	Battle Ground, WA (Columbia Adventist)
Lindsay Brady	Sprints	Sr.	Boise, ID (Bishop Kelly)
Christa Brediger	Sprints	Sr.	Shoreline, WA (Shorewood)
Jessica Case	Sprints	Fr.	Troy, ID (Troy)
Amy Ciaccio	Hurdles	Jr.	Boise, ID (Pt. Loma Nazarene)
Elisa Decker	Distance	So.	Vancouver, WA (Mountain View)
Carly Dranginis	Throws	Fr.	Nampa, ID (Skyview)
Ashley Egger	Jumps	Jr.	Portland, OR (Abekah Academy)
Sarah Elwell	Throws	Sr.	Woodburn, OR (Woodburn)

Karina Elzinga	Jumps	Sr.	Salmon, ID (Salmon)
Charleen Everett	Throws	So.	North Bend, OR (North Bend)
Melissa Grammer	Sprints	Fr.	Valdez, AK (Valdez)
Christine Harwood	Distance	Fr.	Pendleton, OR (Pendleton)
Alicia Hedrick	Throws	Fr.	Bonnors Ferry, ID (Bonnors Ferry)
Samantha Hill	Distance	Fr.	Woodinville, WA (Bothell)
Rebecca Holding	Hurdles/Combined	Fr.	Damascus, OR (Damascus Christian)
Stephanie Hugus	Hurdles	Fr.	Pavillion, WY (Riverton)
Jasmyn Jewett	Jumps/Sprints	Fr.	Mt. Home, ID (Home)
Chelsey Jones	Jumps/Multi	Sr.	Sunnyside, WA (Sunnyside Christian)
Amanda Konzal	Jumps	So.	Spokane, WA (Mt. Spokane)
Annie Larlee	Hurdles	So.	Maupin, OR (South Wasco County)
Chelsea Layne	Distance	Fr.	Jerome, ID (Jerome)
Christabel Leonce	Sprints	So.	Castries St. Lucia West Indies/Arthur Lewis
Sarah Mattly	Throws	Fr.	Loveland, CO (Loveland)
Erika McCarthy	Throws	Sr.	Baker City, OR (Baker)
Beth McLam	Hurdles	Sr.	Fairfield, ID (Camas County/Corban)
Ashley Morman	Distance	Sr.	Bonnors Ferry, ID (Bonnes Ferry)
Lakiesha Nilles	Throws	So.	Poulsbo, WA (King's West)
Bailey Osborn	Throws	So.	Shoreline, WA (Shorecrest)
Michelle Phillips	Distance	Sr.	Meridian, ID (Mid America)
Jordan Powell	Distance	Fr.	Nampa, ID (Columbia)
Laura Pridgen	Hurdles/Jumps	Fr.	Nampa, ID (Nampa Christian)
Jaclyn Puga	Distance	Jr.	Meridian, ID (Nampa Christian)
Maria Ramirez	Distance	Fr.	La Pine, OR (La Pine)
Molly Reid	Sprints/Jumps	So.	Jerome, ID (Jerome)
Ashley Rendahl	Distance	Jr.	Hailey, ID (Wood River)
Shanna Rippy	Sprints	Fr.	Boise, ID (Timberline)
Ali Rotta	Jumps/Sprints	Fr.	Eagle, ID (Meridian Tech)
Sharelle Seward	Sprints	So.	Kimberly, ID (Kimberly)
Shayna Shute	Throws	Jr.	Vancouver, WA (Vancouver Christian)
Meagan Swenson	Distance	So.	Salem, OR (Salem Academy)
Latoya Tidwell	Sprints	Jr.	Tacoma, WA (Franklin Pierce)
M.J. Usabel	Jumps/Hurdles	Sr.	Marsing, ID (Marsing)
Laura Vonarx	Jumps	Sr.	Hermiston, OR (Hermiston)
Joy Warrington	Throws	So.	Colorado Springs, CO (Widefield)

**Head Coach** - John Spatz. **Assistants** - Ben Gall, Scott Kinnaman, Dustin Ainsworth, Jake Perry, Tim Beck, Ashley Puga

## SAINTS Saint Martin's

Men	Events	Yr.	Hometown
Scott Bauer	Distance	Fr.	Palmdale, CA (Paraclete)
Edd Brown	Sprints, Long Jump	Fr.	
Noah Caffrey	Middle Distance	So.	Allyn, WA (Klahowya)
Josh DeVaughn	Sprints	So.	(Central Kitsap)
Travis Dodge	Sprints	So.	Graham, WA (Kapowskin)
Connor Flaherty	Sprints	Sr.	Salem, OR (Blanchet)
Cameron Grossaint	Distance	Fr.	Mollcreek, WA (Henry M. Jackson)
Nicholas Harvey	Middle Distance	Jr.	Olympia, WA (River Ridge)
Kevin Hudson	Throws	So.	Aberdeen, WA (Aberdeen)
Spencer Hunt	Middle Distance	So.	Onalaska, WA (Onalaska)
Kyle Karnofski	Sprints, Long Jump	Fr.	Castle Rock, WA
Dane Kosel	Throws	Fr.	
Austin Kummer	Jumps	Fr.	
Charles Lawson	Pole Vault		
Joseph Patti	Distance	Fr.	Renton, WA (Charles A. Lindbergh)
Anthony Player	Throws	Fr.	Tumwater, WA (Tumwater)
Jacob Suazo	Middle Distance	So.	Lakewood, WA (Lakes)
Kyle Van Santen	Distance	So.	Lake Stevens, WA (Lake Stevens)

<b>Women</b>	<b>Events</b>	<b>Yr.</b>	<b>Hometown (School)</b>
Angela Anderson	Pole Vault	So.	Bremerton, WA (Home Schooled)
Helen Camden	Distance	Jr.	Yakima, WA (LaSalle)
Krinda Carlson	Middle Distance	Sr.	Pateros, WA (Pateros)
Cymbree DeCosta	High Jump	Fr.	Kula, HI (Kamehameha)
Samantha Hull	Pole Vault/Jav.	Fr.	North Mason
Jennifer Johnson	Pole Vault	So.	Yakima, WA (Eisenhower)
Annie Laweryson	Middle Distance	Jr.	Puyallup, WA (Rogers)
Ashley Llapitan	Distance	Fr.	Buckley, WA (White River)
Joscelyn Minton	Middle Distance	So.	Shelton, WA (Northwest Christian)
Karissa Owen	Middle Distance	Jr..	Rainier, WA (Rainier)
Kaitlynn Pecha	Distance	So.	Omak, WA (Omak)
Juliana Sackeyfio	Long Jump, Triple Jump	Fr.	Seattle, WA (Ingraham)
Hannah Scholter	Hurdles	Fr.	Auburn, WA (Auburn)
Jillian Stray	Javelin	Fr.	Centralia, WA (Centralia)
Teilissa Tua	Throws	Fr.	Kahului, HI (Kamehameha)
Kaila Weiks	Sprints	Fr.	Tumwater, WA (Tumwater)

**Head Coach** – Julie Sullivan. **Assistants** – Gunner Argo, Marc Fish, Hal Werner, Patrick Talmadge, Larry Weber

## FALCONS Seattle Pacific

<b>Men</b>	<b>Events</b>	<b>Yr</b>	<b>Hometown (High School)</b>
AJ Baker	Distance	Fr.	AuGres, MI (AuGres-Sims)
Gavin Brand	Distance	Fr.	Suwanee, GA (Peach Tree Ridge)
Jace Derwin	Throws	Jr.	Snoqualmie, WA (Mount Si)
Ryan Endresen	Hurdles/Sprints	Fr.	Portland, OR (Columbia Christian)
Justin Felt	Jumps	Sr.	Eugene, OR (Churchill)
Daniel Friesen	Distance	So.	Lake Oswego, OR (Westside Christian)
Micah Grounds	Sprints	Sr.	San Diego, CA (Shorecrest – Seattle)
Andrew Hamilton	Distance	So.	Ballard, WA (Ballard)
Daniel Hamilton	Distance	So.	Missoula, MT (Sentinel)
Will Harrison	Distance	Fr.	Tucson, AZ (Catalina Foothills)
Nate Johnson	Mult/Hurdles	Fr.	Boise, ID (Timberline)
Jordan Lance	Distance	Jr.	Mill Creek, WA (Jackson)
Billy Martin	Throws	Fr.	Edmonds, WA (King's)
Chad Meis	Distance	Sr.	Renton, WA (Seattle Christian)
Caleb Parker	Distance	Fr.	Richland, WA (Richland)
Hilario Ramirez	Sprints	Jr.	Bellevue, WA (Bellevue)
Nathan Seely	Distance	Fr.	Lynden, WA (Lynden)
Nathanael Sleight	Distance	So.	Bellevue, WA (Bellevue Christian)
Andrew Van Ness	Distance	Fr.	Bellevue, WA (Bellevue Christian)
Nate Wagner	Jumps	Sr.	Olympia, WA (Northwest Christian)
Jacob Wahlenmaier	Distance	Jr.	Everett, WA (Cascade)
Jordan Wolfe	Distance	Fr.	Bend, OR (Mountain View)

  

<b>Women</b>	<b>Events</b>	<b>Yr</b>	<b>Hometown (High School)</b>
Brittany Aanstad	Heptathlon	Jr.	Lake Stevens, WA (Lake Stevens)
Amanda Alvarez	Jumps/Hurdles	Fr.	Vancouver, WA (Columbia River)
Athena Alvarez	Sprints/800/Jumps	Fr.	Vancouver, WA (Columbia River)
Lisa Anderberg	Middle Distance	Sr.	Edmonds, WA (Kamiak)
Carly Andrews	Javelin	So.	Issaquah, WA (Issaquah)
Kassandra Boulton	Distance	Fr.	Hillsboro, OR (Glencoe)
Kelsey Brown	Distance	Fr.	Colorado Springs, CO (Classical Academy)
Michaela Caldwell	Pole Vault	So.	Marysville, WA (Marysville-Pilchuck)
Krysta Carrick	Distance	Fr.	Tokyo, Japan (Christian Academy)
Karie Chamberlian	Sprints	So.	Cincinnati, OH (Anderson)
Jocelyn Charette	Jumps	Fr.	Lakewood, WA (Curtis)
Latasha Essien	Sprints	Sr.	Portland, OR (Reynolds)
Kjersti Gedde	Pole Vault	Jr.	Olympia, WA (Olympia)
Katy Gross	Hurdles/Jumps	Fr.	Everett, WA (Cascade)
Margaret Hanscomm	Distance	So.	Lake Oswego, OR (Westside Christian)

Kate Harline	Distance	Sr.	Orem, UT (Orem)
Kelly Jenkins	Jumps	Fr.	Hillsboro, OR (Liberty)
Jane Larson	Distance	Sr.	Fall City, WA (Cedar Park Christian)
Kira Lewis	Hurdles/Jumps	Fr.	Yakima, WA (West Valley)
Jacquie Mattson	Jumps	Jr..	Odell, OR (Hood River Valley)
Trinna Miranda	Jumps	Fr.	Tigard, OR (Southridge)
Laura Moser	Distance	Fr.	Sequim, WA (Sequim)
Natalie Nobbs	Hurdles/Jumps	So.	Yakima, WA (Riverside Christian)
Melissa Peaslee	Pole Vault	Jr.	Fox Island, WA (Gig Harbor)
Lisette Peterson	Sprints	So.	Eugene, OR (Sheldon)
Jennifer Pike	Hurdles/Sprints	Jr.	Vancouver, WA (Skyview)
Jessica Pixler	Distance	Sr.	Sammamish, WA (Eastlake)
Natty Plunkett	Distance	So.	Bellevue, WA (Newport)
Emily Quatier	Sprints	Fr.	Portland, OR (Westside Christian)
Terra Schumacher	Heptathlon	Jr.	Sublimity, OR (Regis/Mount Hood CC)
Crystal Sims	Heptathlon/Sprints	Jr.	Portland, OR (Jefferson/Mount Hood CC)
Brittany Tri	Heptathlon	So.	Lake Stevens, WA (Lake Stevens)
Kayla Wilkins	Hurdles/Sprints	So.	Vancouver, WA (Evergreen)
Mary Williams	Distance	So.	Lake Jackson, TX (Brazoswood)
Ali Worthen	Hurdles/Jumps	So.	Coos Bay, OR (Marshfield)

**Head Coach** – Karl Lerum **Assistants** – Duncan Atwood, Erika Daligcon, Carly Dockendorf, Bryan Gough , Doris Heritage

## WOLVES Western Oregon

<b>Men</b>	<b>Events</b>	<b>Yr.</b>	<b>Hometown (School)</b>
Gabe Aguilar	Sprints	Jr.	Hillsboro, OR (Glencoe)
Bobby Alexander	Sprints	Fr.	Seattle, WA (O' Dea)
Alex Bourne	Sprints	Jr.	Lebanon, OR (Lebanon)
Dustin Boyd	Sprints	Fr.	Keizer, OR
Michael Brown	Middle Distance	So.	Beaverton, OR (Southridge)
Ryan Chapman	Distance	Fr.	Yakima, WA (Eisenhower)
James Croft	Distance	Fr.	Central Point, OR (Crater)
Will Crook	Javelin	Fr.	Jewell, OR (Jewell)
Dominic Ferraris	Distance	Fr.	Tigard, OR (Tigard)
Chris Freeman	Jumps	So.	Newcastle, OR (Liberty)
Jayce Giddens	Pole Vault	Fr.	Junction City, OR (Sunset)
Paul Gutzman	Throws	Fr.	
Matson Hardie	Jumps	Fr.	Bend, OR (Summit)
Kyle Hart	Throws	Jr.	Ontario, OR (Ontario)
Jake Hyde	Jumps	Fr.	Estacade, OR (Estacada)
Braxton Jackson	Distance	Sr.	Lincoln City, OR (Taft)
Bryce Johnson	Sprints	Sr.	Barlow, OR (Barlow/Mt. Hood)
Matt Kaino	Sprints	Fr.	Iwaco, WA (Iwaco)
Justin Karr	Distance	Jr.	Tigard, OR (Tigard)
Connor Kasler	Distance	Fr.	Grants Pass, OR (Hidden Valley)
Darion Kauffman	Throws	Fr.	Salem, OR (McNary)
Kyle Larson	Distance	Jr.	Lake Stevens, WA (Lake Stevens)
Jeff Long	Distance	Sr.	Vancouver, WA (Skyview)
Derek Lopez	Distance	So.	Hillsboro, OR (Hillsboro)
Andy Loscuttoff	Sprints	Jr.	Canby, OR (Canby)
Tim Lundy	Jumps	Jr.	Dayton, OR (Dayton)
Zach Massari	Distance	So.	Stayton, OR (Scio)
Toby Maunu	Distance	Fr.	Sandy, OR (Sandy)
Matt McCrary	Distance	So.	Gladstone, OR (Gladstone)
Ashtin Mott	Sprints	Jr.	Lake Stevens, WA (Lake Stevens)
Tim Mowery	Sprints	Fr.	Gresham, OR (Grasham)
Jacob Nicola	Throws	So.	Portland, OR (La Salle)
Carson O'Brien	Distance	Sr.	Salem, OR (South Salem)
Shane O'Connell	Sprints	So.	Eugene, OR (Churchill)
Kody Reavis	Throws	So.	Florence, OR (Siuslaw)
Chris Reed	Distance	Jr.	Klamath Falls, OR (Klamath Union)
Austin Roberts	Jumps	Sr.	Hillsboro, OR (Century)

Nathan Rowlett	Throws	Fr.	Portland, OR (Portland Christian
Mike Schmidt	Distance	Jr.	Tacoma, WA (Bellarmine Prep)
Matt Schryvers	Throws	Jr.	Springfield, OR (Thurston)
Jason Slowey	Throws	So.	Medford, OR (North Medford)
Devon Smith	Sprints	Fr.	Marysville, WA
Brandon Snook	Distance	Jr.	Oregon City, OR (Oregon City)
Dan Sprinkle	Distance	Fr.	Portland, OR (Century)
Parker Stewart	Throws	Fr.	Dallas, OR (Dallas)
Abe Webb	Distance	So.	Milwaukie, OR (LaSalle)
Robert Wegner	Jumps	Jr.	Tigard, OR (Tigard)
Jordan Werner	Hurdles	So.	Grants Pass, OR (Grants Pass)
Anthony Yakovich	Sprints	Fr.	Eugene, OR (Sheldon)

<b>Women</b>	<b>Events</b>	<b>Yr.</b>	<b>Hometown (School)</b>
Karah Ambrose	Sprints/Jumps	Fr.	Vancouver, WA (Clolumbia River)
Annan Applebee	Middle Distance	Jr.	Gladstone, OR (Gladstone)
Mary Bailey	Sprints	Fr.	Grants Pass, OR (Hidden Valley)
Meryl Butcher	Distance	So.	Clackamas, OR (Clackamas)
KayAnna Cecchi	Distance	So.	Gresham, OR (Gresham)
Stefani Dittmar	Sprints	Sr.	Canby, OR (Canby)
Amy Elder	Throws	Fr.	Nestucca, OR (Nestucca)
Janelle Everetts	Distance	So.	Salem, OR (McKay)
Megan Everetts	Distance	So.	Salem, OR (McKay)
Annie Hayward	Sprints	Jr.	Newport, OR (Newport)
Sarah Kathrein	Sprints	Fr.	Boring, OR (Sandy)
Mandy Keifer	Jumps	Jr.	Salem, OR (North Salem)
Mariah Macauley	Javelin	Fr.	Eugene, OR (Churchill)
Crystal McDowell	Sprints	Fr.	Roseburg, OR (Roseburg)
Lacey Meusec	Sprints	Jr.	Gresham, OR (Gresham)
Caitlyn Morris	Throws	Jr.	Portland, OR (Grant)
Tricia Morrison	Distance	Jr.	Hillsboro, OR (Hillsboro)
Ali Mosher	Hurdles	So.	Gresham, OR (Gresham)
Kelsey Neilson	Jumps	So.	Sisters, OR (Sisters)
Emily Pieren	Sprints	Fr.	Nestucca, OR (Nestucca)
Lexi Pola	Sprints	Fr.	Dallas, OR (Dallas)
Ashley Potter	Jumps/Sprints	So.	Springfield, OR (Thurston)
Carolanne Powers	Sprints/Throws	Fr.	Keizer, OR (McNary)
McKenzie Redberg	Sprints	Fr.	Corvallis, OR (Corvallis)
Kaitlyn Reid	Hurdles	Jr.	West Linn, OR (West Linn)
Alee Rowley	Distance	Sr.	Kenai, AK (Kenai Central)
Amanda Schumaker	Throws	Fr.	Gladstone, OR (Gladstone)
Zoe Skordahl	Distance	So.	Oakridge, OR (Oakridge)
Erica Snawder	Distance	Jr.	Salem, OR (South Salem)
Janna Vander Meulen	Hurdles	So.	Puyallup, WA (Rogers)
Amanda Wright	Distance	So.	Olympia, WA (Capitol)
Erica Zambon	Distance	Sr.	Carlsbad, CA (Carlsbad/Sonoma State)

**Head Coach** – Mike Johnson. **Assistants** – Jerret Mantalas, Isaac Frederick, Jessica Harper

## VIKINGS Western Washington

Men	Events	Yr.	Hometown (School)
Nick Abraham	Middle Distance	So.	Sammamish, WA (Skyline)
Jeremy Anderson	Middle Distance	So.	Chimacum, WA (Chimasum/U. of Great Falls)
Graham Armstrong	Distance	Fr.	Sammamish, WA (Skyline)
Yonas Berhe	Distance	So.	Seattle, WA (Roosevelt)
Scott Birks	Sprints/Jumps	Fr.	Kennewick, WA (Southridge/Columbia Basin CC)
Tanner Boyd	Distance	Fr.	Camas, WA (Camas)
Eric Brill	Distance	Jr.	Kent, WA (Kentwood)
Keefe Brockman*	Jumps	So.	West Richland, WA (Hanford)
Ryan Brown*	Pole Vault	Jr.	Bellingham, WA (Squalicum)
Will Cameron	Distance	Jr.	Poulsbo, WA (North Kitsap)
Bobby Carlson	Distance	Sr.	Snohomish, WA (Snohomish)
Ismael Chavez	Pole Vault	So.	Aberdeen, WA (Hoquiam)
Timothy Chi	Distance	So.	Renton, WA (Hazen/Bellevue CC)
Reggie Christor	Sprints/Jumps	So.	Spanaway, WA (Graham/Kapowsin)
Tim Clendaniel	PV/Multi	So.	Bothell, WA (Bothell)
Andrew Conniff	Distance	Fr.	Corvallis, OR (Santiam Christian)
Logan Darling	Sprints	So.	Bellingham, WA (Bellingham/Oregon)
Toby David	Sprints	Jr.	Cathlamet, WA (Wahkiakum)
Will Davis	Jumps	So.	Spokane, WA (Central Valley)
Ben DeKock*	Throws	Jr.	Seabeck, WA (Klahowya)
Alex Dye	Sprints	Sr.	Bellevue, WA (Issaquah)
Ben Elder*	Throws	Jr.	Lake Stevens, WA (Lake Stevens)
Stephen Foster	Throws	So.	Kent, WA (Kent-Meridian)
Marc Fuhmeister	Distance	Fr.	Bellingham, WA (Squalicum)
Brad Garrett	Distance	Fr.	Port Angeles, WA (Port Angeles)
Jacob Gilbert	Throws	Fr.	Bellingham, WA (Sehome)
Jordan Ginn	Distance	Fr.	Spokane, WA (North Central)
Dylan Gordon	Hurdles	Fr.	Maple Valley, WA (Tahoma)
Andrew Gray	Hurdles/Sprints	So.	Sammamish, WA (Skyline)
Bennett Grimes*	Distance	Jr.	Pocatello, ID (Century)
Levi Grudzinski	Hurdles/Sprints	Fr.	Bellingham, WA (Sehome)
Shane Gruger*	Jump/Sprints	Jr.	Shoreline, WA (Shorewood)
Thomas Guidon	Pole Vault	Fr.	Bothell, WA (Bothell)
Taylor Hanson	Distance	Fr.	Port Angeles, WA (Port Angeles)
Alex Harrison	Multi	Jr.	Edmonds, WA (Edmonds-Woodway)
Derek Hartwigsen	Multis	Fr.	Kent, WA (Kentwood)
Michael Hoffman*	Throws	So.	Bellingham, WA (Sehome)
Nic Hoza	Pole Vault	So.	Olympia, WA (Olympia)
Kevin Iverson	Multi-Event	Sr.	Mill Creek, WA (Jackson)
Chip Jackson	Distance	Fr.	Seattle, WA (Shorewood)
Kyle Johnson	Middle Distance	So.	Nine Mile Falls, WA (Lakeside)
Dincer Kayhan**	Throws	Jr.	Gig Harbor, WA (Gig Harbor)
Tatsuya Kee	Throws	Jr.	Vancouver, WA (Mountain View/Clark CC)
Andrew Knight	Throws	Fr.	Puyallup, WA (Fife)
Greg Kubitz**	Distance	Sr.	Kelso, WA (Kelso)
Seth Larsen	Sprints	Jr.	Lacey, WA (North Thurston)
Josh Larson	Multi-Event	Jr.	Bellingham, WA (Bellingham/Whatcom CC)
Danny Lindstrom	Distance	Fr.	Anacortes, WA (Anacortes)
Will Lloyd	Pole Vault	Jr.	Tumwater, WA (Tumwater)
Anders Mavis	Middle Distance	Sr.	Boulder, CO (Boulder)
Colby Mayberry	Throws	Jr.	Prescott, WA (Prescott/Walla Walla CC)
Casey McDaniel	Jumps	Fr.	Bothell, WA (Bothell)
Ian McLeod	Distance	Fr.	Mill Creek, WA (Jackson)
Blake Medhaug*	Distance	Sr.	Bothell, WA (Bothell)
Bryant Michaelson**	Throws	Sr.	Lynden, WA (Meridian)
Nate Miller	Pole Vault	Fr.	Bellingham, WA (Squalicum)
Michael Millson*	Jumps	So.	Deming, WA (Mount Baker)
Gabriel Morales	Sprints	Jr.	Renton, WA (O'Dea)
Tyler Nichols	Throws	So.	Shoreline, WA (Shorewood)
Matt O'Connell	Sprints	Sr.	Sammamish, WA (Skyline)
Nate Perkins	Middle Distance	Jr.	Bellevue, WA (Bellevue Christian)



Kirsten Moore	Distance	Fr.	Carlsbad, CA (Carlsbad)
Robin Mueller	Pole Vault	So.	Marysville, WA (Marysville-Pilchuck)
Megan O'Connell*	Sprints	Jr.	Sammamish, WA (Skyline)
Courtney Olsen*	Middle Distance	Sr.	Bellingham, WA (Squalicum/Concordia)
Amanda Overdick	Jumps	Fr.	Lynnwood, WA (Lynnwood)
Sarah Porter*	Distance	Jr.	Hockinson, WA (Hockinson)
Jennifer Quick	Pole Vault	Jr.	Lynnwood, WA (Edmonds-Woodway)
Callie Reff	Jumps	Fr.	Burlington, WA (Burlington-Edison)
Sara Richards	Throws	Fr.	South Bend, WA (South Bend)
Mary Rogers	Distance	Fr.	Spokane, WA (Shadle Park)
Sabrina Romano	Throws	Fr.	Concord, NH (Concord)
Shelby Rowland	Hurdles	Fr.	Bonney Lake, WA (Bonney Lake)
Maeve Sayres*	Distance	Jr.	Valleyford, WA (Freeman)
Eleanor Siler	Sprints	So.	Spokane, WA (Lewis & Clark)
Danielle Slaughter*	Middle Distance	Jr.	Spokane, WA (Shadle Park)
Emily Spieker	Throws	Fr.	Marlton, NJ (Cherokee)
Lauren Thompson	Distance	So.	Sammamish, WA (Eastlake)
Amanda Thornton	Sprints	Sr.	Inglemoor, WA (Shoreline)
Shanyese Trujillo	Throws	So.	Lacey, WA (North Thurston)
Maria Ujifusa	Distance	Fr.	Snohomish, WA (Snohomish/Everett CC_
Emily Wallen	Distance	Fr.	Olympia, WA (Capital)
Emily Warman	Jumps	So.	Sedro-Woolley, WA (Sedro-Woolley)
Cheri Watson*	Middle Distance	Jr.	Olympia, WA (Olympia)
Kendra Welling	Distance	Fr.	Burlington, WA (Burlington-Edison/Oregon)
McKinley Williams*	Distance	Jr..	Federal Way, WA (Todd Beamer)
Megan Zukowski*	Sprints	Jr.	Maple Valley, WA (Tahoma)

**Head Coach** - Pee Wee Halsell.

**Assistants** - Brandi Petz, Bill Roe, Dick Henrie, Lex Kaligis, Al Reimer, Erik Bies, Clara Cook, Chris Ashby, Jarrod Roberts, Kaylee Gardner.