

January 23 2010 • 01:48 AM • www.tfrrs.org

## GNAC Indoor Performance List

ICON KEY: NCAA DII Auto NCAA DII Prov GNAC Auto GNAC Prov

## 60m (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 6.75	NCAA DII Prov 6.88	GNAC Auto 7.16	GNAC Prov 7.39
				TIME	MEET	MEET DATE	DATE SUBMITTED
1	Wright, Anthony	FR-1	Central Washington	6.95	UW Indoor Preview	01/16/10	01/17/10
2	Aguilar, Gabe	SO-2	Western Oregon	6.99	UW Indoor Preview	01/16/10	01/17/10
3	Mack, Bryan	SO-2	Central Washington	7.01	UW Indoor Preview	01/16/10	01/17/10
4	Tilley, Alex	SO-2	Western Washington	7.04	UW Indoor Preview	01/16/10	01/17/10
5	Alexander, Bobby	FR-1	Western Oregon	7.12	UW Indoor Preview	01/16/10	01/17/10
6	Boyd, Dustin	FR-1	Western Oregon	7.14	UW Indoor Preview	01/16/10	01/17/10
7	Pearce, Brandon	FR-1	Montana State-Billings	7.15(55) @	CSC Alumni Open	12/12/09	12/14/09
8	DeVaughn, Josh	FR-1	St. Martin's	7.19	UW Indoor Preview	01/16/10	01/17/10
9	Hope, Maurus	SO-2	Northwest Nazarene	7.20	Boise State Jackson's Open	12/04/09	12/07/09
10	Colby, Cameron	FR-1	Northwest Nazarene	7.23	Boise State Jackson's Open	12/04/09	12/07/09
11	Thomsen, Justin	FR-1	Western Washington	7.25	UW Indoor Preview	01/16/10	01/17/10
12	Prevost, Adam	FR-1	Montana State-Billings	7.32(55) @	CSC Alumni Open	12/12/09	12/14/09
12	Cho, James	SO-2	Central Washington	7.32	UW Indoor Preview	01/16/10	01/17/10
14	Hill, Dan	JR-3	Northwest Nazarene	7.35	Boise State Jackson's Open	12/04/09	12/07/09
15	Sepe, Derek	SO-2	Northwest Nazarene	7.38	Boise State Jackson's Open	12/04/09	12/07/09
16	Gruger, Shane	JR-3	Western Washington	7.39	UW Indoor Preview	01/16/10	01/17/10
17	Freeman, Chris	SO-2	Western Oregon	7.40	UW Indoor Preview	01/16/10	01/17/10
17	Ruether, Chris	FR-1	Western Washington	7.40	UW Indoor Preview	01/16/10	01/17/10
19	Kirkpatrick, Connor	FR-1	Northwest Nazarene	7.45	Boise State Jackson's Open	12/04/09	12/07/09
20	Heidegger, Ben	SO-2	Northwest Nazarene	7.48	Boise State Jackson's Open	12/04/09	12/07/09
21	Zwiefelhofer, Eric	SR-4	Northwest Nazarene	7.49	Boise State Jackson's Open	12/04/09	12/07/09
22	Vallincourt, Noah	JR-3	Montana State-Billings	7.50 @	BHSU Winter Open	12/03/09	12/06/09
23	Weist, Cam	SO-2	Montana State-Billings	7.62(55) @	CSC Alumni Open	12/12/09	12/14/09
24	Johnson, Corey	SO-2	Northwest Nazarene	7.70	Boise State Jackson's Open	12/04/09	12/07/09
25	Greene, Tim	JR-3	Northwest Nazarene	7.72	Boise State Jackson's Open	12/04/09	12/07/09
26	Barrett, Luke	SR-4	Montana State-Billings	7.76 @	BHSU Winter Open	12/03/09	12/06/09
27	Humble, Brandon	FR-1	Northwest Nazarene	7.87	Boise State Jackson's Open	12/04/09	12/07/09
28	Montgomery, Stuart	JR-3	Northwest Nazarene	8.09	Boise State Jackson's Open	12/04/09	12/07/09
29	Williams, Dorian	FR-1	Montana State-Billings	8.60 @	BHSU Winter Open	12/03/09	12/06/09

## 60m (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 7.45	NCAA DII Prov 7.75	GNAC Auto 8.09	GNAC Prov 8.33
				TIME	MEET	MEET DATE	DATE SUBMITTED
1	Houplin, Joana	SO-2	Western Washington	8.05	UW Indoor Preview	01/16/10	01/17/10
2	Zukowski, Megan	JR-3	Western Washington	8.11	UW Indoor Preview	01/16/10	01/17/10
3	Dittmar, Stefani	SR-4	Western Oregon	8.13	UW Indoor Preview	01/16/10	01/17/10
4	Simons, Justine	SO-2	Montana State-Billings	8.17(55) @	CSC Alumni Open	12/12/09	12/14/09
5	Bailey, Mary	FR-1	Western Oregon	8.18	UW Indoor Preview	01/16/10	01/17/10
5	Meusec, Lacey	JR-3	Western Oregon	8.18	UW Indoor Preview	01/16/10	01/17/10
7	Grammer, Melissa	FR-1	Northwest Nazarene	8.22	Boise State Jackson's Open	12/04/09	12/07/09
8	Quatier, Emily	FR-1	Seattle Pacific	8.27	UW Indoor Preview	01/16/10	01/17/10
9	Tidwell, Latoya	JR-3	Northwest Nazarene	8.30	Boise State Jackson's Open	12/04/09	12/07/09
10	Powers, Carolanne	FR-1	Western Oregon	8.32	UW Indoor Preview	01/16/10	01/17/10
11	Derhak, Britney	SR-4	Montana State-Billings	8.37(55) @	CSC Alumni Open	12/12/09	12/14/09
12	Takayoshi, Sarah	FR-1	Central Washington	8.42	UW Indoor Preview	01/16/10	01/17/10

13	Reid, Molly	SO-2	Northwest Nazarene	8.45	Boise State Jackson's Open	12/04/09	12/07/09
14	Pieren, Emily	FR-1	Western Oregon	8.46	UW Indoor Preview	01/16/10	01/17/10
15	Jewitt, Jasmyn	FR-1	Northwest Nazarene	8.50	Boise State Jackson's Open	12/04/09	12/07/09
16	Weiks, Kaila	FR-1	St. Martin's	8.53	UW Indoor Preview	01/16/10	01/17/10
17	Seward, Sharelle	JR-3	Northwest Nazarene	8.77	Boise State Jackson's Open	12/04/09	12/07/09
18	Bickford, Danielle	JR-3	Northwest Nazarene	8.86	Boise State Jackson's Open	12/04/09	12/07/09

## 200m (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 21.40	NCAA DII Prov 21.80	GNAC Auto 22.76	GNAC Prov 23.32
				TIME	MEET	MEET DATE	DATE SUBMITTED
 1	Hope, Maurus	SO-2	Northwest Nazarene	22.13	Boise State Jackson's Open	12/04/09	12/07/09
 2	Pearce, Brandon	FR-1	Montana State-Billings	22.73 #	CSC Alumni Open	12/12/09	12/14/09
 3	Moore, Josh	FR-1	Western Oregon	22.75 #	UW Indoor Preview	01/16/10	01/17/10
 4	Mott, Ashtin	JR-3	Western Oregon	22.91 #	UW Indoor Preview	01/16/10	01/17/10
 5	Yakovich, Anthony	FR-1	Western Oregon	22.96 #	UW Indoor Preview	01/16/10	01/17/10
 6	Gruger, Shane	JR-3	Western Washington	23.06 #	UW Indoor Preview	01/16/10	01/17/10
 6	Tilley, Alex	SO-2	Western Washington	23.06 #	UW Indoor Preview	01/16/10	01/17/10
 8	DeVaughn, Josh	FR-1	St. Martin's	23.09 #	UW Indoor Preview	01/16/10	01/17/10
 9	Hill, Dan	JR-3	Northwest Nazarene	23.10	Boise State Jackson's Open	12/04/09	12/07/09
 10	Wright, Anthony	FR-1	Central Washington	23.30 #	UW Indoor Preview	01/16/10	01/17/10
11	Sepe, Derek	SO-2	Northwest Nazarene	23.43	Boise State Jackson's Open	12/04/09	12/07/09
12	Hogan, Anthony	FR-1	Central Washington	23.53 #	UW Indoor Preview	01/16/10	01/17/10
13	Mack, Bryan	SO-2	Central Washington	23.58 #	UW Indoor Preview	01/16/10	01/17/10
14	Colby, Cameron	FR-1	Northwest Nazarene	23.63	Boise State Jackson's Open	12/04/09	12/07/09
15	Darling, Logan	FR-1	Western Washington	23.75 #	UW Indoor Preview	01/16/10	01/17/10
16	David, Toby	JR-3	Western Washington	23.80 #	UW Indoor Preview	01/16/10	01/17/10
17	Thomsen, Justin	FR-1	Western Washington	23.84 #	UW Indoor Preview	01/16/10	01/17/10
17	Kirkpatrick, Connor	FR-1	Northwest Nazarene	23.84	Boise State Jackson's Open	12/04/09	12/07/09
19	Gray, Andrew	SO-2	Western Washington	24.11 #	UW Indoor Preview	01/16/10	01/17/10
20	Prevost, Adam	FR-1	Montana State-Billings	24.12 #	CSC Alumni Open	12/12/09	12/14/09
21	Ruether, Chris	FR-1	Western Washington	24.17 #	UW Indoor Preview	01/16/10	01/17/10
22	Grounds, Micah	JR-3	Seattle Pacific	24.21 #	UW Indoor Preview	01/16/10	01/17/10
22	Zwiefelhofer, Eric	SR-4	Northwest Nazarene	24.21	Boise State Jackson's Open	12/04/09	12/07/09
24	O'Connell, Shane	SO-2	Western Oregon	24.25 #	UW Indoor Preview	01/16/10	01/17/10
25	Harris, Darnell	SO-2	Central Washington	24.30 #	UW Indoor Preview	01/16/10	01/17/10
26	Barrett, Luke	SR-4	Montana State-Billings	24.45 #	CSC Alumni Open	12/12/09	12/14/09
27	Johnson, Corey	SO-2	Northwest Nazarene	24.56	Boise State Jackson's Open	12/04/09	12/07/09
28	Humble, Brandon	FR-1	Northwest Nazarene	24.58	Boise State Jackson's Open	12/04/09	12/07/09
29	Derwin, Jace	SR-4	Seattle Pacific	24.65 #	UW Indoor Preview	01/16/10	01/17/10
30	Weist, Cam	SO-2	Montana State-Billings	24.75 #	CSC Alumni Open	12/12/09	12/14/09
31	Williams, Dorian	FR-1	Montana State-Billings	25.85 #	BHSU Winter Open	12/03/09	12/06/09

## 200m (Women)





RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 24.35	NCAA DII Prov 25.20	GNAC Auto 25.75	GNAC Prov 26.97
				TIME	MEET	MEET DATE	DATE SUBMITTED
 1	Kathrein, Sarah	FR-1	Western Oregon	26.45 #	UW Indoor Preview	01/16/10	01/17/10
 2	Halle, Erika	SO-2	Montana State-Billings	26.47 #	CSC Alumni Open	12/12/09	12/14/09
 3	Simons, Justine	SO-2	Montana State-Billings	26.66 #	CSC Alumni Open	12/12/09	12/14/09
 4	Houplin, Joana	SO-2	Western Washington	26.70 #	UW Indoor Preview	01/16/10	01/17/10
 5	Tidwell, Latoya	JR-3	Northwest Nazarene	26.77	Boise State Jackson's Open	12/04/09	12/07/09
 6	Zukowski, Megan	JR-3	Western Washington	26.90 #	UW Indoor Preview	01/16/10	01/17/10
 7	Sims, Chrystal	JR-3	Seattle Pacific	26.92 #	UW Indoor Preview	01/16/10	01/17/10
 8	Meusec, Lacey	JR-3	Western Oregon	26.93 #	UW Indoor Preview	01/16/10	01/17/10
 9	Howe, Michelle	JR-3	Western Washington	26.94 #	UW Indoor Preview	01/16/10	01/17/10
 10	Dittmar, Stefani	SR-4	Western Oregon	26.97 #	UW Indoor Preview	01/16/10	01/17/10
11	Reid, Kaitlyn	JR-3	Western Oregon	27.17 #	UW Indoor Preview	01/16/10	01/17/10
12	Powers, Carolanne	FR-1	Western Oregon	27.32 #	UW Indoor Preview	01/16/10	01/17/10
13	Quatier, Emily	FR-1	Seattle Pacific	27.35 #	UW Indoor Preview	01/16/10	01/17/10
14	Redberg, McKenzie	FR-1	Western Oregon	27.39 #	UW Indoor Preview	01/16/10	01/17/10
15	Derhak, Britney	SR-4	Montana State-Billings	27.47 #	CSC Alumni Open	12/12/09	12/14/09
16	McDowell, Crystal	FR-1	Western Oregon	27.56 #	UW Indoor Preview	01/16/10	01/17/10
17	Ciaccio, Amy	JR-3	Northwest Nazarene	27.79	Boise State Jackson's Open	12/04/09	12/07/09

18	Pieren, Emily	FR-1	Western Oregon	27.85 #	UW Indoor Preview	01/16/10	01/17/10
19	Rippy, Shanna	FR-1	Northwest Nazarene	28.13	Boise State Jackson's Open	12/04/09	12/07/09
20	Grammer, Melissa	FR-1	Northwest Nazarene	28.19	Boise State Jackson's Open	12/04/09	12/07/09
21	Adams, Elissa	FR-1	Montana State-Billings	28.25 #	CSC Alumni Open	12/12/09	12/14/09
22	Nobbs, Natalie	SO-2	Seattle Pacific	28.26 #	UW Indoor Preview	01/16/10	01/17/10
23	Weiks, Kaila	FR-1	St. Martin's	28.45 #	UW Indoor Preview	01/16/10	01/17/10
24	Pridgen, Laura	FR-1	Northwest Nazarene	28.73	Boise State Jackson's Open	12/04/09	12/07/09
25	Seward, Sharelle	JR-3	Northwest Nazarene	28.81	Boise State Jackson's Open	12/04/09	12/07/09
26	Cheng, Kiana	FR-1	Western Washington	29.47 #	UW Indoor Preview	01/16/10	01/17/10
27	Bickford, Danielle	JR-3	Northwest Nazarene	30.02	Boise State Jackson's Open	12/04/09	12/07/09

## 400m (Men)

		NCAA DII Auto 47.60		NCAA DII Prov 48.85		GNAC Auto 50.37		GNAC Prov 51.74	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
 	1	Mott, Ashtin	JR-3	Western Oregon	49.73 #	UW Indoor Preview	01/16/10	01/17/10	
	2	Kaino, Matt	FR-1	Western Oregon	50.59 #	UW Indoor Preview	01/16/10	01/17/10	
	3	Yakovich, Anthony	FR-1	Western Oregon	50.62 #	UW Indoor Preview	01/16/10	01/17/10	
	4	Moore, Josh	FR-1	Western Oregon	50.76 #	UW Indoor Preview	01/16/10	01/17/10	
	5	Loscutoff, Andy	JR-3	Western Oregon	50.92 #	UW Indoor Preview	01/16/10	01/17/10	
6	O'Connell, Matt	JR-3	Western Washington	51.07 #	UW Indoor Preview	01/16/10	01/17/10		
7	David, Toby	JR-3	Western Washington	51.94 #	UW Indoor Preview	01/16/10	01/17/10		
8	O'Connell, Shane	SO-2	Western Oregon	52.01 #	UW Indoor Preview	01/16/10	01/17/10		
9	Grounds, Micah	JR-3	Seattle Pacific	52.75 #	UW Indoor Preview	01/16/10	01/17/10		
10	Diede, Nathan	JR-3	Montana State-Billings	52.84 #	CSC Alumni Open	12/12/09	12/14/09		
11	Christor, Reggie	SO-2	Western Washington	53.39 #	UW Indoor Preview	01/16/10	01/17/10		
12	Derwin, Jace	SR-4	Seattle Pacific	53.98 #	UW Indoor Preview	01/16/10	01/17/10		
13	Ngeno, Benard	SO-2	Northwest Nazarene	55.32	Boise State Jackson's Open	12/04/09	12/07/09		
14	Steiglitz, Tim	FR-1	Northwest Nazarene	55.93	Boise State Jackson's Open	12/04/09	12/07/09		
15	Hildebrand, Michael	SO-2	Montana State-Billings	56.61 #	CSC Alumni Open	12/12/09	12/14/09		
16	Weist, Cam	SO-2	Montana State-Billings	1:01.85 #	BHSU Winter Open	12/03/09	12/06/09		

## 400m (Women)

		NCAA DII Auto 55.70		NCAA DII Prov 57.60		GNAC Auto 58.58		GNAC Prov 1:01.80	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
	1	Siler, Ellie	SO-2	Western Washington	58.98 #	UW Indoor Preview	01/16/10	01/17/10	
	2	Brownell, Sarah	JR-3	Western Washington	59.97 #	UW Indoor Preview	01/16/10	01/17/10	
	3	Pike, Jenifer	JR-3	Seattle Pacific	1:00.30 #	UW Indoor Preview	01/16/10	01/17/10	
	4	Decker, Elisa	JR-3	Northwest Nazarene	1:00.37	Boise State Jackson's Open	12/04/09	12/07/09	
5	McDowell, Crystal	FR-1	Western Oregon	1:02.23 #	UW Indoor Preview	01/16/10	01/17/10		
6	Nobbs, Natalie	SO-2	Seattle Pacific	1:03.40 #	UW Indoor Preview	01/16/10	01/17/10		
7	Rippy, Shanna	FR-1	Northwest Nazarene	1:05.25	Boise State Jackson's Open	12/04/09	12/07/09		
8	Layne, Chelsea	FR-1	Northwest Nazarene	1:06.68	Boise State Jackson's Open	12/04/09	12/07/09		
9	McGurran, Sarah	FR-1	Montana State-Billings	1:07.14 HT #	CSC Alumni Open	12/12/09	12/14/09		


## 800m (Men)

		NCAA DII Auto 1:52.00		NCAA DII Prov 1:54.00		GNAC Auto 1:57.86		GNAC Prov 2:01.86	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
	1	Seeley, Nathan	FR-1	Seattle Pacific	1:56.70 #	UW Indoor Preview	01/16/10	01/17/10	
	2	Kasler, Connor	FR-1	Western Oregon	1:58.55 #	UW Indoor Preview	01/16/10	01/17/10	
	3	Maunu, Toby	FR-1	Western Oregon	1:58.78 #	UW Indoor Preview	01/16/10	01/17/10	
	4	Larson, Kyle	JR-3	Western Oregon	1:59.69 #	UW Indoor Preview	01/16/10	01/17/10	
	5	Brown, Michael	SO-2	Western Oregon	1:59.71 #	UW Indoor Preview	01/16/10	01/17/10	
	6	Chapman, Ryan	FR-1	Western Oregon	1:59.79 #	UW Indoor Preview	01/16/10	01/17/10	
	7	Long, Jeff	SR-4	Western Oregon	2:00.59 #	UW Indoor Preview	01/16/10	01/17/10	
8	Vanderby, Tyson	SO-2	Montana State-Billings	2:01.68 # @	CSC Alumni Open	12/12/09	12/14/09		
9	Schmidt, Mike	SR-4	Western Oregon	2:06.14 #	UW Indoor Preview	01/16/10	01/17/10		
10	Shuler, Tucker	SO-2	Montana State-Billings	2:08.95 # @	BHSU Winter Open	12/03/09	12/06/09		
11	Buttelman, Travis	FR-1	Montana State-Billings	2:10.77 # @	CSC Alumni Open	12/12/09	12/14/09		
12	Canfield, Taylor	SO-2	Montana State-Billings	2:11.77 # @	CSC Alumni Open	12/12/09	12/14/09		
13	Blomback, Ryan	FR-1	Montana State-Billings	2:13.77 # @	CSC Alumni Open	12/12/09	12/14/09		




## 800m (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 2:11.70	NCAA DII Prov 2:16.20	GNAC Auto 2:17.31	GNAC Prov 2:23.80
				TIME	MEET	MEET DATE	DATE SUBMITTED
 1	Applebee, Annan	JR-3	Western Oregon	2:12.08 #	UW Indoor Preview	01/16/10	01/17/10
 2	O'Connell, Megan	JR-3	Western Washington	2:21.06 #	UW Indoor Preview	01/16/10	01/17/10
 3	Laweryson, Annie	JR-3	St. Martin's	2:21.43 #	UW Indoor Preview	01/16/10	01/17/10
 4	Everetts, Janelle	SO-2	Western Oregon	2:23.11 #	UW Indoor Preview	01/16/10	01/17/10
 5	Skordahl, Zoe	SO-2	Western Oregon	2:23.61 #	UW Indoor Preview	01/16/10	01/17/10
6	Zambon, Erica	SR-4	Western Oregon	2:24.84 #	UW Indoor Preview	01/16/10	01/17/10
7	Butcher, Meryl	SO-2	Western Oregon	2:26.00 #	UW Indoor Preview	01/16/10	01/17/10
8	Nelson, Erica	FR-1	Western Oregon	2:32.42 #	UW Indoor Preview	01/16/10	01/17/10
9	Bennett, Jill	SO-2	Northwest Nazarene	2:35.06	Boise State Jackson's Open	12/04/09	12/07/09
10	Mickelson, Whitney	SO-2	Montana State-Billings	2:40.06 # @	BHSU Winter Open	12/03/09	12/06/09
11	Owen, Mary	FR-1	Montana State-Billings	2:40.44 # @	CSC Alumni Open	12/12/09	12/14/09
12	Thiel, Katie	JR-3	Montana State-Billings	2:41.22 # @	CSC Alumni Open	12/12/09	12/14/09
13	Vonarx, Laura	SR-4	Northwest Nazarene	2:42.60	Boise State Jackson's Open	12/04/09	12/07/09
14	Halle, Erika	SO-2	Montana State-Billings	2:43.84 # @	Montana State Multis	01/12/10	01/12/10
15	McLam, Beth	JR-3	Northwest Nazarene	2:48.94	Boise State Jackson's Open	12/04/09	12/07/09

## 1 Mile (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 4:09.00	NCAA DII Prov 4:13.70	GNAC Auto 4:22.91	GNAC Prov 4:30.84
				TIME	MEET	MEET DATE	DATE SUBMITTED
 1	Meis, Chad	SR-4	Seattle Pacific	4:11.79 #	UW Indoor Preview	01/16/10	01/17/10
 2	Welling, Jordan	JR-3	Western Washington	4:16.40 #	UW Indoor Preview	01/16/10	01/17/10
 3	Kasler, Connor	FR-1	Western Oregon	4:18.66 #	UW Indoor Preview	01/16/10	01/17/10
 4	Van Santen, Kyle	SO-2	St. Martin's	4:20.17 #	UW Indoor Preview	01/16/10	01/17/10
 5	Long, Jeff	SR-4	Western Oregon	4:21.06 #	UW Indoor Preview	01/16/10	01/17/10
 6	Medhaug, Blake	JR-3	Western Washington	4:22.40 #	UW Indoor Preview	01/16/10	01/17/10
 7	Wahlenmaier, Jacob	JR-3	Seattle Pacific	4:22.87 #	UW Indoor Preview	01/16/10	01/17/10
 8	Sprinkle, Dan	SO-2	Western Oregon	4:23.01 #	UW Indoor Preview	01/16/10	01/17/10
 9	Patti, Joseph	FR-1	St. Martin's	4:23.80 #	UW Indoor Preview	01/16/10	01/17/10
 10	Hunt, Spencer	SO-2	St. Martin's	4:26.64 #	UW Indoor Preview	01/16/10	01/17/10
 11	Abraham, Nick	SO-2	Western Washington	4:28.43 #	UW Indoor Preview	01/16/10	01/17/10
 12	Johnson, Kyle	SO-2	Western Washington	4:28.46 #	UW Indoor Preview	01/16/10	01/17/10
 13	Larson, Kyle	JR-3	Western Oregon	4:28.73 #	UW Indoor Preview	01/16/10	01/17/10
 14	Baker, AJ	FR-1	Seattle Pacific	4:29.16 #	UW Indoor Preview	01/16/10	01/17/10
 15	Jackson, Chip	FR-1	Western Washington	4:30.96 #	UW Indoor Preview	01/16/10	01/17/10
 16	Boyd, Tanner	FR-1	Western Washington	4:32.30 #	UW Indoor Preview	01/16/10	01/17/10
 17	Vanderby, Tyson	SO-2	Montana State-Billings	4:38.22 # @	BHSU Winter Open	12/03/09	12/06/09
 18	Armstrong, Graham	FR-1	Western Washington	4:38.69 #	UW Indoor Preview	01/16/10	01/17/10
 19	McLeod, Ian	FR-1	Western Washington	4:43.20 #	UW Indoor Preview	01/16/10	01/17/10
 20	Canfield, Taylor	SO-2	Montana State-Billings	4:46.11 # @	CSC Alumni Open	12/12/09	12/14/09
 21	Blomback, Ryan	FR-1	Montana State-Billings	4:51.23 # @	BHSU Winter Open	12/03/09	12/06/09
 22	Buttelman, Travis	FR-1	Montana State-Billings	4:56.55 # @	CSC Alumni Open	12/12/09	12/14/09

## 1 Mile (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 4:54.40	NCAA DII Prov 5:04.38	GNAC Auto 5:07.44	GNAC Prov 5:25.73
				TIME	MEET	MEET DATE	DATE SUBMITTED
 1	Morrison, Tricia	JR-3	Western Oregon	5:21.20 #	UW Indoor Preview	01/16/10	01/17/10
 2	Boyer, Jessica	SO-2	Western Washington	5:21.59 #	UW Indoor Preview	01/16/10	01/17/10
 3	Mickelson, Whitney	SO-2	Montana State-Billings	5:22.99 # @	BHSU Winter Open	12/03/09	12/06/09
4	Carlson, Krinda	SR-4	St. Martin's	5:26.91 #	UW Indoor Preview	01/16/10	01/17/10
5	Ujifusa, Maria	FR-1	Western Washington	5:29.20 #	UW Indoor Preview	01/16/10	01/17/10
6	Thiel, Katie	JR-3	Montana State-Billings	5:35.63 # @	BHSU Winter Open	12/03/09	12/06/09
7	Owen, Mary	FR-1	Montana State-Billings	5:44.55 # @	CSC Alumni Open	12/12/09	12/14/09

## 3,000m (Men)

RANK	ATHLETE	YEAR	TEAM	GNAC Auto 8:59.88	GNAC Prov 9:15.73	MEET DATE	DATE SUBMITTED
				TIME	MEET		
1	McCrary, Matt	SO-2	Western Oregon	8:46.64	UW Indoor Preview	01/16/10	01/17/10
2	Gray, Kyle	SR-4	Northwest Nazarene	8:58.09	Boise State Jackson's Open	12/04/09	12/07/09
3	Snook, Brandon	SR-4	Western Oregon	8:59.16	UW Indoor Preview	01/16/10	01/17/10
4	Holt, Luke	FR-1	Western Oregon	9:01.01	UW Indoor Preview	01/16/10	01/17/10
5	Karr, Justin	JR-3	Western Oregon	9:08.34	UW Indoor Preview	01/16/10	01/17/10
6	Rankin, Matt	FR-1	Northwest Nazarene	9:26.65	Boise State Jackson's Open	12/04/09	12/07/09
7	Baggenstos, Jesse	FR-1	Northwest Nazarene	9:28.22	Boise State Jackson's Open	12/04/09	12/07/09
8	Canfield, Taylor	SO-2	Montana State-Billings	9:38.69	BHSU Winter Open	12/03/09	12/06/09
9	Lovell, Joe	FR-1	Northwest Nazarene	9:48.06	Boise State Jackson's Open	12/04/09	12/07/09
10	Bolt, Mark	JR-3	Montana State-Billings	9:48.42	BHSU Winter Open	12/03/09	12/06/09
11	Buttelman, Travis	FR-1	Montana State-Billings	9:57.85	BHSU Winter Open	12/03/09	12/06/09
12	Crystal, Alex	SO-2	Northwest Nazarene	10:06.29	Boise State Jackson's Open	12/04/09	12/07/09

3,000m (Women)

RANK	ATHLETE	YEAR	TEAM	GNAC Auto 10:45.30	GNAC Prov 11:19.30	MEET DATE	DATE SUBMITTED
				TIME	MEET		
1	Porter, Sarah	JR-3	Western Washington	9:44.31	UW Indoor Preview	01/16/10	01/17/10
2	Breihof, Lauren	JR-3	Western Washington	10:12.28	UW Indoor Preview	01/16/10	01/17/10
3	Olsen, Courtney	SR-4	Western Washington	10:20.07	UW Indoor Preview	01/16/10	01/17/10
4	Johnson, Rachael	JR-3	Western Washington	10:32.14	UW Indoor Preview	01/16/10	01/17/10
5	Powell, Jordan	FR-1	Northwest Nazarene	10:38.56	Boise State Jackson's Open	12/04/09	12/07/09
6	Slaughter, Danielle	JR-3	Western Washington	10:40.05	UW Indoor Preview	01/16/10	01/17/10
7	Moore, Kirsten	FR-1	Western Washington	10:41.53	UW Indoor Preview	01/16/10	01/17/10
8	Cecchi, KayAnna	SO-2	Western Oregon	11:03.04	UW Indoor Preview	01/16/10	01/17/10
9	Brisky, Sierra	SO-2	Western Washington	11:06.16	UW Indoor Preview	01/16/10	01/17/10
10	Everetts, Megan	SO-2	Western Oregon	11:14.23	UW Indoor Preview	01/16/10	01/17/10
11	Snawder, Erica	JR-3	Western Oregon	11:15.21	UW Indoor Preview	01/16/10	01/17/10
12	Pecha, Kaitlynn	SO-2	St. Martin's	11:28.17	UW Indoor Preview	01/16/10	01/17/10
13	Rendahl, Ashley	JR-3	Northwest Nazarene	11:28.85	Boise State Jackson's Open	12/04/09	12/07/09
14	Camden, Helen	JR-3	St. Martin's	11:41.28	UW Indoor Preview	01/16/10	01/17/10
15	Llapitan, Ashley	FR-1	St. Martin's	11:47.74	UW Indoor Preview	01/16/10	01/17/10
16	Owen, Mary	FR-1	Montana State-Billings	11:49.60	BHSU Winter Open	12/03/09	12/06/09

60m H (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 8.04	NCAA DII Prov 8.25	GNAC Auto 8.89	GNAC Prov 9.26
				TIME	MEET	MEET DATE	DATE SUBMITTED
1	Loscuttoff, Andy	JR-3	Western Oregon	8.47	UW Indoor Preview	01/16/10	01/17/10
2	Hogan, Anthony	FR-1	Central Washington	8.58	UW Indoor Preview	01/16/10	01/17/10
3	Gray, Andrew	SO-2	Western Washington	8.90	UW Indoor Preview	01/16/10	01/17/10
4	Johnson, Nate	FR-1	Seattle Pacific	8.99	UW Indoor Preview	01/16/10	01/17/10
5	Harris, Darnell	SO-2	Central Washington	9.00	UW Indoor Preview	01/16/10	01/17/10
6	Solberg, Dylan	FR-1	Montana State-Billings	9.04(55) @	CSC Alumni Open	12/12/09	12/14/09
7	Endresen, Ryan	FR-1	Seattle Pacific	9.09	UW Indoor Preview	01/16/10	01/17/10
8	Steiglitz, Tim	FR-1	Northwest Nazarene	9.24	Boise State Jackson's Open	12/04/09	12/07/09
9	Heidegger, Ben	SO-2	Northwest Nazarene	10.76	Boise State Jackson's Open	12/04/09	12/07/09
10	Montgomery, Stuart	JR-3	Northwest Nazarene	10.89	Boise State Jackson's Open	12/04/09	12/07/09
11	Greene, Tim	JR-3	Northwest Nazarene	11.61	Boise State Jackson's Open	12/04/09	12/07/09

60m H (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 8.60	NCAA DII Prov 9.00	GNAC Auto 9.36	GNAC Prov 9.87
				TIME	MEET	MEET DATE	DATE SUBMITTED
1	Howe, Michelle	JR-3	Western Washington	9.05	UW Indoor Preview	01/16/10	01/17/10
2	Schumacher, Terra	JR-3	Seattle Pacific	9.43	UW Indoor Preview	01/16/10	01/17/10
3	Vander Meulen, Janna	SO-2	Western Oregon	9.55	UW Indoor Preview	01/16/10	01/17/10
4	Reid, Kaitlyn	JR-3	Western Oregon	9.59	UW Indoor Preview	01/16/10	01/17/10

	5	Pike, Jenifer	JR-3	Seattle Pacific	9.60	UW Indoor Preview	01/16/10	01/17/10
	6	Mosher, Ali	SO-2	Western Oregon	9.73	UW Indoor Preview	01/16/10	01/17/10
	7	Bjornsson, Tanya	FR-1	Western Washington	9.89	UW Indoor Preview	01/16/10	01/17/10
	8	Halle, Erika	SO-2	Montana State-Billings	9.96(55) @	Montana State Multis	01/12/10	01/12/10
	9	Pridgen, Laura	FR-1	Northwest Nazarene	9.98	Boise State Jackson's Open	12/04/09	12/07/09
	10	Bennett, Jill	SO-2	Northwest Nazarene	9.99	Boise State Jackson's Open	12/04/09	12/07/09
	11	Gonzalez, Raquel	SR-4	Central Washington	10.07	UW Indoor Preview	01/16/10	01/17/10
	12	Vonarx, Laura	SR-4	Northwest Nazarene	10.24	Boise State Jackson's Open	12/04/09	12/07/09
	13	Rowland, Shelby	FR-1	Western Washington	10.37	UW Indoor Preview	01/16/10	01/17/10
	14	Scholter, Hannah	FR-1	St. Martin's	10.73	UW Indoor Preview	01/16/10	01/17/10
	15	Adams, Elissa	FR-1	Montana State-Billings	10.82(55) @	CSC Alumni Open	12/12/09	12/14/09
	16	McLam, Beth	JR-3	Northwest Nazarene	10.89	Boise State Jackson's Open	12/04/09	12/07/09
	17	Crowder, Emili	FR-1	Montana State-Billings	11.16(55) @	CSC Alumni Open	12/12/09	12/14/09
	18	McDonald, Alexandra	FR-1	Western Washington	11.52	UW Indoor Preview	01/16/10	01/17/10

4 x 400m Relay (Men)

RANK	TEAM	TIME	NCAA DII Auto 3:13.40		MEET DATE	DATE SUBMITTED
			MEET	NCAA DII Prov 3:18.50		
1	Western Oregon	3:22.56 #	UW Indoor Preview		01/16/10	01/17/10
2	Northwest Nazarene	3:23.59	Boise State Jackson's Open		12/04/09	12/07/09
3	Western Washington	3:25.00 #	UW Indoor Preview		01/16/10	01/17/10
4	St. Martin's	3:38.34 #	UW Indoor Preview		01/16/10	01/17/10
5	Central Washington	3:44.80 #	UW Indoor Preview		01/16/10	01/17/10
6	Montana State-Billings	3:49.91 #	BHSU Winter Open		12/03/09	12/06/09

4 x 400m Relay (Women)

RANK	TEAM	TIME	NCAA DII Auto 3:45.80		MEET DATE	DATE SUBMITTED
			MEET	NCAA DII Prov 3:55.80		
1	Western Washington	3:57.26 #	UW Indoor Preview		01/16/10	01/17/10
2	Seattle Pacific	4:09.76 #	UW Indoor Preview		01/16/10	01/17/10
3	Western Oregon	4:10.53 #	UW Indoor Preview		01/16/10	01/17/10
4	Northwest Nazarene	4:10.54	Boise State Jackson's Open		12/04/09	12/07/09
5	Montana State-Billings	4:18.63 #	BHSU Winter Open		12/03/09	12/06/09
6	Central Washington	4:20.63 #	UW Indoor Preview		01/16/10	01/17/10

4,000m Distance Medley (Men)

RANK	TEAM	TIME	NCAA DII Auto 9:52.60		MEET DATE	DATE SUBMITTED
			MEET	NCAA DII Prov 10:07.60		
1	St. Martin's	11:16.53 #	UW Indoor Preview		01/16/10	01/17/10

4,000m Distance Medley (Women)

RANK	TEAM	TIME	NCAA DII Auto 11:48.80		MEET DATE	DATE SUBMITTED
			MEET	NCAA DII Prov 12:18.30		
	1	Seattle Pacific	11:33.13 #	UW Indoor Preview	01/16/10	01/17/10

High Jump (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 2.11m		MEET	MEET DATE	DATE SUBMITTED		
				ENGLISH	METRIC					
		1	Boyes, Brennan	FR-1	Central Washington	6' 5"	1.96m	UW Indoor Preview	01/16/10	01/17/10
		1	Brockman, Keefe	SO-2	Western Washington	6' 5"	1.96m	UW Indoor Preview	01/16/10	01/17/10
		3	Hardie, Matson	FR-1	Western Oregon	6' 3.25"	1.91m	UW Indoor Preview	01/16/10	01/17/10
		3	Roddewig, Brandon	FR-1	Central Washington	6' 3.25"	1.91m	UW Indoor Preview	01/16/10	01/17/10
		3	Wegner, Robert	SR-4	Western Oregon	6' 3.25"	1.91m	UW Indoor Preview	01/16/10	01/17/10
		6	Larson, Josh	SO-2	Western Washington	5' 11.25"	1.81m	UW Indoor Preview	01/16/10	01/17/10
		7	Ewing, Rusty	FR-1	Montana State-Billings	5' 10.5"	1.79m	CSC Alumni Open	12/12/09	12/14/09
		8	Wagner, Nate	SR-4	Seattle Pacific	5' 7.25"	1.71m	UW Indoor Preview	01/16/10	01/17/10
		9	Montgomery, Stuart	JR-3	Northwest Nazarene	5' 1.75"	1.57m	Boise State Jackson's Open	12/04/09	12/07/09
		10	Heidegger, Ben	SO-2	Northwest Nazarene	5' 0.5"	1.54m	Boise State Jackson's Open	12/04/09	12/07/09

11 Greene, Tim JR-3 Northwest Nazarene 4' 11.5" 1.51m Boise State Jackson's Open 12/04/09 12/07/09

High Jump (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 1.74m		NCAA DII Prov 1.67m		GNAC Auto 1.61m		GNAC Prov 1.46m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
	1	Aanstad, Brittany	JR-3	Seattle Pacific	5' 4.25"	1.63m	UW Indoor Preview	01/16/10	01/17/10		
	2	Overdick, Amanda	FR-1	Western Washington	5' 2.25"	1.58m	UW Indoor Preview	01/16/10	01/17/10		
	3	Jewitt, Jasmyn	FR-1	Northwest Nazarene	5' 1.75"	1.57m	Boise State Jackson's Open	12/04/09	12/07/09		
	4	Ambrose, Karah	FR-1	Western Oregon	5' 0.25"	1.53m	UW Indoor Preview	01/16/10	01/17/10		
	4	Gross, Katy	FR-1	Seattle Pacific	5' 0.25"	1.53m	UW Indoor Preview	01/16/10	01/17/10		
	4	Lotze, Katharine	FR-1	Central Washington	5' 0.25"	1.53m	UW Indoor Preview	01/16/10	01/17/10		
	4	Mattson, Jacquie	JR-3	Seattle Pacific	5' 0.25"	1.53m	UW Indoor Preview	01/16/10	01/17/10		
	8	Neumiller, Kayla	FR-1	Montana State-Billings	4' 11.75"	1.52m	BHSU Winter Open	12/03/09	12/06/09		
	9	Bennett, Jill	SO-2	Northwest Nazarene	4' 9"	1.45m	Boise State Jackson's Open	12/04/09	12/07/09		
	10	Alvord, Angie	SR-4	Western Washington	4' 8.25"	1.43m	UW Indoor Preview	01/16/10	01/17/10		
	10	Gonzalez, Raquel	SR-4	Central Washington	4' 8.25"	1.43m	UW Indoor Preview	01/16/10	01/17/10		
	12	Halle, Erika	SO-2	Montana State-Billings	4' 7.75"	1.42m	Montana State Multis	01/12/10	01/12/10		
	13	Vonarx, Laura	SR-4	Northwest Nazarene	4' 6.75"	1.39m	Boise State Jackson's Open	12/04/09	12/07/09		
	14	Berg, Siri	SO-2	Central Washington	4' 6.25"	1.38m	UW Indoor Preview	01/16/10	01/17/10		
	15	McLam, Beth	JR-3	Northwest Nazarene	4' 5.5"	1.36m	Boise State Jackson's Open	12/04/09	12/07/09		

Pole Vault (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 5.05m		NCAA DII Prov 4.80m		GNAC Auto 4.51m		GNAC Prov 4.05m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
	1	Brown, Ryan	JR-3	Western Washington	16' 1.25"	4.91m	UW Indoor Preview	01/16/10	01/17/10		
	2	Clendaniel, Tim	SO-2	Western Washington	14' 1.75"	4.31m	UW Indoor Preview	01/16/10	01/17/10		
	3	Hoza, Nick	SO-2	Western Washington	13' 7.75"	4.16m	UW Indoor Preview	01/16/10	01/17/10		
	3	Iverson, Kevin	SR-4	Western Washington	13' 7.75"	4.16m	UW Indoor Preview	01/16/10	01/17/10		
	3	Roddewig, Brandon	FR-1	Central Washington	13' 7.75"	4.16m	UW Indoor Preview	01/16/10	01/17/10		
	6	Martinez, Branden	SO-2	Montana State-Billings	13' 5"	4.08m	BHSU Winter Open	12/03/09	12/06/09		
	7	Carr, James	SO-2	Central Washington	13' 1.75"	4.01m	UW Indoor Preview	01/16/10	01/17/10		
	7	Harrison, Alex	JR-3	Western Washington	13' 1.75"	4.01m	UW Indoor Preview	01/16/10	01/17/10		
	9	Bennett, Bruno	FR-1	Northwest Nazarene	13' 1.5"	4.00m	Boise State Jackson's Open	12/04/09	12/07/09		
	10	Guidon, Thomas	FR-1	Western Washington	12' 8"	3.86m	UW Indoor Preview	01/16/10	01/17/10		
	10	Millson, Michael	JR-3	Western Washington	12' 8"	3.86m	UW Indoor Preview	01/16/10	01/17/10		
	12	Heidegger, Ben	SO-2	Northwest Nazarene	9' 10"	3.00m	Boise State Jackson's Open	12/04/09	12/07/09		
	12	Montgomery, Stuart	JR-3	Northwest Nazarene	9' 10"	3.00m	Boise State Jackson's Open	12/04/09	12/07/09		
	14	Greene, Tim	JR-3	Northwest Nazarene	8' 0"	2.44m	Boise State Jackson's Open	12/04/09	12/07/09		

Pole Vault (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 3.85m		NCAA DII Prov 3.50m		GNAC Auto 3.21m		GNAC Prov 2.91m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
	1	DiEnno, Amanda	SR-4	Western Washington	11' 1"	3.38m	UW Indoor Preview	01/16/10	01/17/10		
	1	Mueller, Robin	SO-2	Western Washington	11' 1"	3.38m	UW Indoor Preview	01/16/10	01/17/10		
	1	Peaslee, Melissa	JR-3	Seattle Pacific	11' 1"	3.38m	UW Indoor Preview	01/16/10	01/17/10		
	1	Schumacher, Terra	JR-3	Seattle Pacific	11' 1"	3.38m	UW Indoor Preview	01/16/10	01/17/10		
	5	Elzinga, Karina	SR-4	Northwest Nazarene	10' 11.75"	3.35m	Boise State Jackson's Open	12/04/09	12/07/09		
	6	Quick, Jennifer	JR-3	Western Washington	10' 7"	3.23m	UW Indoor Preview	01/16/10	01/17/10		
	7	Usabel, MJ	SR-4	Northwest Nazarene	10' 6"	3.20m	Boise State Jackson's Open	12/04/09	12/07/09		
	8	DiMarco, Diana	JR-3	Western Washington	10' 1.25"	3.08m	UW Indoor Preview	01/16/10	01/17/10		
	9	Egger, Ashley	JR-3	Northwest Nazarene	9' 6.25"	2.90m	Boise State Jackson's Open	12/04/09	12/07/09		
	10	Anderson, Karis	FR-1	Western Washington	9' 1.5"	2.78m	UW Indoor Preview	01/16/10	01/17/10		
	10	Couvelier, Elsa	SR-4	Western Washington	9' 1.5"	2.78m	UW Indoor Preview	01/16/10	01/17/10		
	10	Hull, Samantha	FR-1	St. Martin's	9' 1.5"	2.78m	UW Indoor Preview	01/16/10	01/17/10		
	10	Larsen, Jamie	FR-1	Central Washington	9' 1.5"	2.78m	UW Indoor Preview	01/16/10	01/17/10		
	14	Crowder, Emili	FR-1	Montana State-Billings	9' 0.25"	2.75m	CSC Alumni Open	12/12/09	12/14/09		
	14	Konzal, Amanda	SO-2	Northwest Nazarene	9' 0.25"	2.75m	Boise State Jackson's Open	12/04/09	12/07/09		

Long Jump (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 7.30m		NCAA DII Prov 7.08m		GNAC Auto 6.58m	GNAC Prov 6.28m
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	
1	Felt, Justin	SR-4	Seattle Pacific	22' 3.75"	6.80m	UW Indoor Preview	01/16/10	01/17/10	
2	Hardie, Matson	FR-1	Western Oregon	22' 3.5"	6.79m	UW Indoor Preview	01/16/10	01/17/10	
3	Mack, Bryan	SO-2	Central Washington	21' 6.75"	6.57m	UW Indoor Preview	01/16/10	01/17/10	
4	Hyde, Jake	FR-1	Western Oregon	21' 4.25"	6.51m	UW Indoor Preview	01/16/10	01/17/10	
5	Clendaniel, Tim	SO-2	Western Washington	20' 11.25"	6.38m	UW Indoor Preview	01/16/10	01/17/10	
6	Cho, James	SO-2	Central Washington	20' 9"	6.32m	UW Indoor Preview	01/16/10	01/17/10	
7	Ewing, Rusty	FR-1	Montana State-Billings	20' 8.5"	6.31m	BHSU Winter Open	12/03/09	12/06/09	
7	Gruger, Shane	JR-3	Western Washington	20' 8.5"	6.31m	UW Indoor Preview	01/16/10	01/17/10	
9	Wegner, Robert	SR-4	Western Oregon	20' 7"	6.27m	UW Indoor Preview	01/16/10	01/17/10	
10	Hanson, Mark	SR-4	Northwest Nazarene	20' 4.25"	6.20m	Boise State Jackson's Open	12/04/09	12/07/09	
11	Roddedwig, Brandon	FR-1	Central Washington	20' 0.25"	6.10m	UW Indoor Preview	01/16/10	01/17/10	
12	McDaniel, Casey	FR-1	Western Washington	19' 4"	5.89m	UW Indoor Preview	01/16/10	01/17/10	
13	Greene, Tim	JR-3	Northwest Nazarene	19' 2.5"	5.85m	Boise State Jackson's Open	12/04/09	12/07/09	
14	Williams, Dorian	FR-1	Montana State-Billings	18' 10"	5.74m	BHSU Winter Open	12/03/09	12/06/09	
15	Barrett, Luke	SR-4	Montana State-Billings	18' 8.5"	5.70m	BHSU Winter Open	12/03/09	12/06/09	
16	Carr, James	SO-2	Central Washington	17' 10.25"	5.44m	UW Indoor Preview	01/16/10	01/17/10	
17	Montgomery, Stuart	JR-3	Northwest Nazarene	17' 8.75"	5.40m	Boise State Jackson's Open	12/04/09	12/07/09	
18	Freeman, Chris	SO-2	Western Oregon	17' 1.5"	5.22m	UW Indoor Preview	01/16/10	01/17/10	
19	Heidegger, Ben	SO-2	Northwest Nazarene	16' 10.75"	5.15m	Boise State Jackson's Open	12/04/09	12/07/09	

Long Jump (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 5.90m		NCAA DII Prov 5.55m		GNAC Auto 5.20m	GNAC Prov 4.95m
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	
1	Warman, Emily	SO-2	Western Washington	18' 1.75"	5.53m	UW Indoor Preview	01/16/10	01/17/10	
2	Miranda, Trinna	FR-1	Seattle Pacific	16' 10"	5.13m	UW Indoor Preview	01/16/10	01/17/10	
3	Potter, Ashley	SO-2	Western Oregon	16' 9.75"	5.12m	UW Indoor Preview	01/16/10	01/17/10	
4	Aanstad, Brittany	JR-3	Seattle Pacific	16' 9.25"	5.11m	UW Indoor Preview	01/16/10	01/17/10	
5	Halle, Erika	SO-2	Montana State-Billings	16' 7"	5.05m	CSC Alumni Open	12/12/09	12/14/09	
5	Jenkins, Kelly	FR-1	Seattle Pacific	16' 7"	5.05m	UW Indoor Preview	01/16/10	01/17/10	
7	Jewitt, Jasmyn	FR-1	Northwest Nazarene	16' 5.25"	5.01m	Boise State Jackson's Open	12/04/09	12/07/09	
8	Nobbs, Natalie	SO-2	Seattle Pacific	16' 4.5"	4.99m	UW Indoor Preview	01/16/10	01/17/10	
8	Vonarx, Laura	SR-4	Northwest Nazarene	16' 4.5"	4.99m	Boise State Jackson's Open	12/04/09	12/07/09	
10	Bennett, Jill	SO-2	Northwest Nazarene	16' 3.25"	4.96m	Boise State Jackson's Open	12/04/09	12/07/09	
11	Gross, Katy	FR-1	Seattle Pacific	16' 1.75"	4.92m	UW Indoor Preview	01/16/10	01/17/10	
12	Bailey, Mary	FR-1	Western Oregon	15' 8.75"	4.79m	UW Indoor Preview	01/16/10	01/17/10	
13	Bekkedahl, Maycee	JR-3	Northwest Nazarene	15' 4"	4.67m	Boise State Jackson's Open	12/04/09	12/07/09	
14	Reff, Callie	FR-1	Western Washington	15' 3.25"	4.65m	UW Indoor Preview	01/16/10	01/17/10	
15	Larlee, Annie	JR-3	Northwest Nazarene	14' 10.75"	4.54m	Boise State Jackson's Open	12/04/09	12/07/09	
16	Neumiller, Kayla	FR-1	Montana State-Billings	14' 3"	4.34m	BHSU Winter Open	12/03/09	12/06/09	
17	McLam, Beth	JR-3	Northwest Nazarene	13' 9.5"	4.20m	Boise State Jackson's Open	12/04/09	12/07/09	

Triple Jump (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 15.20m		NCAA DII Prov 14.40m		GNAC Auto 13.69m	GNAC Prov 12.57m
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	
1	Hardie, Matson	FR-1	Western Oregon	46' 5.25"	14.15m	UW Indoor Preview	01/16/10	01/17/10	
2	Cho, James	SO-2	Central Washington	46' 1.5"	14.06m	UW Indoor Preview	01/16/10	01/17/10	
3	Brockman, Keefe	SO-2	Western Washington	46' 0.75"	14.04m	UW Indoor Preview	01/16/10	01/17/10	
4	Davis, Will	FR-1	Western Washington	45' 7.25"	13.90m	UW Indoor Preview	01/16/10	01/17/10	
5	Mack, Bryan	SO-2	Central Washington	43' 5.75"	13.25m	UW Indoor Preview	01/16/10	01/17/10	
6	Ewing, Rusty	FR-1	Montana State-Billings	42' 0.5"	12.81m	CSC Alumni Open	12/12/09	12/14/09	

Triple Jump (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 11.90m		NCAA DII Prov 11.35m		GNAC Auto 10.67m	GNAC Prov 9.93m
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	
1	Vonarx, Laura	SR-4	Northwest Nazarene	37' 9.25"	11.51m	Boise State Jackson's Open	12/04/09	12/07/09	

	2	Alvarez, Amanda	FR-1	Seattle Pacific	37' 6"	11.43m	UW Indoor Preview	01/16/10	01/17/10
	3	Potter, Ashley	SO-2	Western Oregon	36' 10.25"	11.23m	UW Indoor Preview	01/16/10	01/17/10
	4	Alvarez, Athena	FR-1	Seattle Pacific	36' 1.25"	11.00m	UW Indoor Preview	01/16/10	01/17/10
	5	Warman, Emily	SO-2	Western Washington	35' 11.25"	10.95m	UW Indoor Preview	01/16/10	01/17/10
	6	Jenkins, Kelly	FR-1	Seattle Pacific	35' 6.75"	10.84m	UW Indoor Preview	01/16/10	01/17/10
	7	Jewitt, Jasmyn	FR-1	Northwest Nazarene	35' 6.5"	10.83m	Boise State Jackson's Open	12/04/09	12/07/09
	8	Rose, Amanda	SR-4	Central Washington	35' 1.25"	10.70m	UW Indoor Preview	01/16/10	01/17/10
	9	Gross, Katy	FR-1	Seattle Pacific	34' 11"	10.64m	UW Indoor Preview	01/16/10	01/17/10
	10	Lewis, Kira	FR-1	Seattle Pacific	34' 5"	10.49m	UW Indoor Preview	01/16/10	01/17/10
	10	Lotze, Katharine	FR-1	Central Washington	34' 5"	10.49m	UW Indoor Preview	01/16/10	01/17/10
	10	Reid, Molly	SO-2	Northwest Nazarene	34' 5"	10.49m	Boise State Jackson's Open	12/04/09	12/07/09
	13	Bekkedahl, Maycee	JR-3	Northwest Nazarene	33' 9.5"	10.30m	Boise State Jackson's Open	12/04/09	12/07/09
	14	Adams, Elissa	FR-1	Montana State-Billings	33' 3.75"	10.15m	BHSU Winter Open	12/03/09	12/06/09
	15	Larlee, Annie	JR-3	Northwest Nazarene	33' 1.25"	10.09m	Boise State Jackson's Open	12/04/09	12/07/09

Shot Put (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 17.40m		NCAA DII Prov 15.85m		GNAC Auto 14.40m		GNAC Prov 12.78m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
	1	Westlin, Nelson	FR-1	Western Washington	46' 6.75"	14.19m	UW Indoor Preview	01/16/10	01/17/10		
	2	Fischer, Tyler	SR-4	Central Washington	46' 6.25"	14.18m	WSU Open	01/15/10	01/16/10		
	3	Harrison, Alex	JR-3	Western Washington	44' 11.5"	13.70m	UW Indoor Preview	01/16/10	01/17/10		
	4	Fenters, Jordan	JR-3	Northwest Nazarene	44' 6"	13.56m	Boise State Jackson's Open	12/04/09	12/07/09		
	5	Rottrup, Tanner	FR-1	Montana State-Billings	44' 0.5"	13.42m	BHSU Winter Open	12/03/09	12/06/09		
	6	Wilson, Nick	FR-1	Montana State-Billings	42' 5.25"	12.93m	BHSU Winter Open	12/03/09	12/06/09		
	7	Elder, Ben	JR-3	Western Washington	40' 2.75"	12.26m	UW Indoor Preview	01/16/10	01/17/10		
	8	Estrada, Diego	JR-3	Northwest Nazarene	40' 0.75"	12.21m	Boise State Jackson's Open	12/04/09	12/07/09		
	9	Kauffman, Darian	FR-1	Western Oregon	39' 1"	11.91m	UW Indoor Preview	01/16/10	01/17/10		
	10	Schryvers, Matt	SO-2	Western Oregon	38' 4.25"	11.69m	UW Indoor Preview	01/16/10	01/17/10		
	11	Jensen, Bryce	SO-2	Montana State-Billings	38' 1.5"	11.62m	CSC Alumni Open	12/12/09	12/14/09		
	12	Ostler, Mychal	JR-3	Central Washington	37' 3.75"	11.37m	UW Indoor Preview	01/16/10	01/17/10		
	13	Martin, Billy	FR-1	Seattle Pacific	34' 7.5"	10.55m	UW Indoor Preview	01/16/10	01/17/10		
	14	Williams, Elmer	FR-1	Northwest Nazarene	34' 0"	10.36m	Boise State Jackson's Open	12/04/09	12/07/09		
	15	Player, Anthony	FR-1	St. Martin's	33' 4.5"	10.17m	UW Indoor Preview	01/16/10	01/17/10		
	16	Greene, Tim	JR-3	Northwest Nazarene	32' 2"	9.80m	Boise State Jackson's Open	12/04/09	12/07/09		
	17	Heidegger, Ben	SO-2	Northwest Nazarene	30' 0.25"	9.15m	Boise State Jackson's Open	12/04/09	12/07/09		
	18	Montgomery, Stuart	JR-3	Northwest Nazarene	28' 5.5"	8.67m	Boise State Jackson's Open	12/04/09	12/07/09		

Shot Put (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 14.30m		NCAA DII Prov 13.20m		GNAC Auto 11.75m		GNAC Prov 11.02m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
	1	Warrington, Joy	SO-2	Northwest Nazarene	41' 7.25"	12.68m	Boise State Jackson's Open	12/04/09	12/07/09		
	2	Berg, Brook	FR-1	Montana State-Billings	38' 11.75"	11.88m	CSC Alumni Open	12/12/09	12/14/09		
	3	Clark, Kelsee	JR-3	Montana State-Billings	38' 7.75"	11.78m	BHSU Winter Open	12/03/09	12/06/09		
	4	Dranginis, Carly	FR-1	Northwest Nazarene	38' 3.25"	11.66m	Boise State Jackson's Open	12/04/09	12/07/09		
	5	Yates, Raisa	FR-1	Central Washington	38' 1.5"	11.62m	UW Indoor Preview	01/16/10	01/17/10		
	6	Baumstark, Kaylee	FR-1	Central Washington	35' 5.25"	10.80m	UW Indoor Preview	01/16/10	01/17/10		
	7	Shute, Shayna	JR-3	Northwest Nazarene	35' 1"	10.69m	Boise State Jackson's Open	12/04/09	12/07/09		
	8	Self, Torrie	JR-3	Central Washington	35' 0.25"	10.67m	UW Indoor Preview	01/16/10	01/17/10		
	9	Jones, Brittany	FR-1	Western Washington	34' 10.5"	10.63m	UW Indoor Preview	01/16/10	01/17/10		
	10	Gourneau, Hilary	SO-2	Montana State-Billings	34' 9.5"	10.60m	BHSU Winter Open	12/03/09	12/06/09		
	11	Gonzalez, Raquel	SR-4	Central Washington	34' 7.75"	10.56m	UW Indoor Preview	01/16/10	01/17/10		
	12	Vanderloos, Kacie	JR-3	Montana State-Billings	34' 0.75"	10.38m	BHSU Winter Open	12/03/09	12/06/09		
	13	Hedrick, Alicia	FR-1	Northwest Nazarene	33' 8.75"	10.28m	Boise State Jackson's Open	12/04/09	12/07/09		
	14	Stueckle, Jordan	JR-3	Central Washington	31' 6.75"	9.62m	UW Indoor Preview	01/16/10	01/17/10		
	15	Jones, Chelsey	SR-4	Northwest Nazarene	31' 4"	9.55m	Boise State Jackson's Open	12/04/09	12/07/09		
	16	Vonarx, Laura	SR-4	Northwest Nazarene	31' 2.5"	9.51m	Boise State Jackson's Open	12/04/09	12/07/09		
	17	Bennett, Jill	SO-2	Northwest Nazarene	29' 8.75"	9.06m	Boise State Jackson's Open	12/04/09	12/07/09		
	18	Seidler, Mary	SR-4	Central Washington	28' 9.25"	8.77m	UW Indoor Preview	01/16/10	01/17/10		
	19	Neumiller, Kayla	FR-1	Montana State-Billings	28' 3"	8.61m	BHSU Winter Open	12/03/09	12/06/09		
	20	Irion, Cady	FR-1	Montana State-Billings	27' 10.25"	8.49m	BHSU Winter Open	12/03/09	12/06/09		

21	McLam, Beth	JR-3	Northwest Nazarene	26' 9.75"	8.17m	Boise State Jackson's Open	12/04/09	12/07/09
22	Halle, Erika	SO-2	Montana State-Billings	24' 11.25"	7.60m	BHSU Winter Open	12/03/09	12/06/09
23	Berg, Siri	SO-2	Central Washington	23' 6.75"	7.18m	UW Indoor Preview	01/16/10	01/17/10

## Weight Throw (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 19.30m		NCAA DII Prov 17.50m		GNAC Auto 14.93m		GNAC Prov 12.93m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
1	Fischer, Tyler	SR-4	Central Washington	54' 10.75"	16.73m	WSU Open	01/15/10	01/16/10			
2	Slowey, Jason	JR-3	Western Oregon	52' 8.25"	16.06m	UW Indoor Preview	01/16/10	01/17/10			
3	Ostler, Mychal	JR-3	Central Washington	51' 6.5"	15.71m	UW Indoor Preview	01/16/10	01/17/10			
4	Elder, Ben	JR-3	Western Washington	47' 1"	14.35m	UW Indoor Preview	01/16/10	01/17/10			
5	Schryvers, Matt	SO-2	Western Oregon	45' 3"	13.79m	UW Indoor Preview	01/16/10	01/17/10			
6	Fenters, Jordan	JR-3	Northwest Nazarene	44' 9.5"	13.65m	Boise State Jackson's Open	12/04/09	12/07/09			
7	Michaelson, Bryant	SR-4	Western Washington	42' 4"	12.90m	UW Indoor Preview	01/16/10	01/17/10			
8	Estrada, Diego	JR-3	Northwest Nazarene	41' 5.25"	12.63m	Boise State Jackson's Open	12/04/09	12/07/09			
9	Eaton, Alex	SR-4	Northwest Nazarene	37' 5"	11.40m	Boise State Jackson's Open	12/04/09	12/07/09			
10	Nichols, Tyler	SO-2	Western Washington	35' 11.25"	10.95m	UW Indoor Preview	01/16/10	01/17/10			
11	Martin, Billy	FR-1	Seattle Pacific	34' 9.5"	10.60m	UW Indoor Preview	01/16/10	01/17/10			
12	Player, Anthony	FR-1	St. Martin's	28' 8.5"	8.75m	UW Indoor Preview	01/16/10	01/17/10			
13	Morley, Josh	FR-1	Montana State-Billings	27' 10.75"	8.50m	BHSU Winter Open	12/03/09	12/06/09			
14	Hudson, Kevin	SO-2	St. Martin's	27' 2.5"	8.29m	UW Indoor Preview	01/16/10	01/17/10			

## Weight Throw (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 18.00m		NCAA DII Prov 16.10m		GNAC Auto 13.09m		GNAC Prov 12.29m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
1	Self, Torrie	JR-3	Central Washington	49' 0.75"	14.95m	UW Indoor Preview	01/16/10	01/17/10			
2	Stueckle, Jordan	JR-3	Central Washington	46' 7.25"	14.20m	UW Indoor Preview	01/16/10	01/17/10			
3	Warrington, Joy	SO-2	Northwest Nazarene	44' 6"	13.56m	Boise State Jackson's Open	12/04/09	12/07/09			
4	McCarthy, Erika	SR-4	Northwest Nazarene	42' 10.75"	13.07m	Boise State Jackson's Open	12/04/09	12/07/09			
5	Baumstark, Kaylee	FR-1	Central Washington	39' 5.25"	12.02m	UW Indoor Preview	01/16/10	01/17/10			
6	Shute, Shayna	JR-3	Northwest Nazarene	38' 0.75"	11.60m	Boise State Jackson's Open	12/04/09	12/07/09			
7	Yates, Raisa	FR-1	Central Washington	28' 11.75"	8.83m	UW Indoor Preview	01/16/10	01/17/10			
8	Gourneau, Hilary	SO-2	Montana State-Billings	27' 7.5"	8.42m	BHSU Winter Open	12/03/09	12/06/09			
9	Vanderloos, Kacie	JR-3	Montana State-Billings	20' 0.25"	6.10m	BHSU Winter Open	12/03/09	12/06/09			

## Heptathlon (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 5200		NCAA DII Prov 4550		GNAC Auto 1		GNAC Prov 1	
				POINTS	MEET	MEET DATE	DATE SUBMITTED				
1	Heidegger, Ben	SO-2	Northwest Nazarene	3399.00	Boise State Jackson's Open	12/04/09	12/07/09				
2	Montgomery, Stuart	JR-3	Northwest Nazarene	3260.00	Boise State Jackson's Open	12/04/09	12/07/09				
3	Greene, Tim	JR-3	Northwest Nazarene	3218.00	Boise State Jackson's Open	12/04/09	12/07/09				

## Indoor Pentathlon (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 3800		NCAA DII Prov 3300		GNAC Auto 1		GNAC Prov 1	
				POINTS	MEET	MEET DATE	DATE SUBMITTED				
1	Bennett, Jill	SO-2	Northwest Nazarene	2927.00	Boise State Jackson's Open	12/04/09	12/07/09				
2	Vonax, Laura	SR-4	Northwest Nazarene	2767.00	Boise State Jackson's Open	12/04/09	12/07/09				
3	Halle, Erika	SO-2	Montana State-Billings	2639.00	Montana State Multis	01/12/10	01/12/10				
4	McLam, Beth	JR-3	Northwest Nazarene	2265.00	Boise State Jackson's Open	12/04/09	12/07/09				