

## ***2007 GNAC Men's Outdoor Track and Field Championships (May 4-5 at Bellingham)***

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### Friday's Finals:

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

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

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

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

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

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

**Day 2 Results:** 110 Hurdles - Udell 16.45, Jahner 17.07, Grewe 17.13, McCoy 18.56, Felt 19.79, Iverson 20.13. Discus - Udell 33.26 - 109-1, Jahner 32.46 - 106-6, Felt 30.40 - 99-9, Grewe 30.24 - 99-2, McCoy 28.86 - 94-8, Iverson 22.86 - 75-0. Pole Vault - Udell 4.60 - 15-1, McCoy 4.50 - 14-9, Jahner 4.00 - 13-1 1/2, Felt 3.70 - 12-1 1/2, Grewe 3.10 - 10-2, Iverson 2.80 - 9-2 1/4. Javelin - Jahner 49.00 - 160-9, Grewe 43.64 - 143-2, Felt 41.92 - 137-6, Udell 37.40 - 122-8, McCoy 35.60 - 116-9, Iverson 33.66 - 110-5. 1500 - Grewe 4:30.49, Iverson 4:36.53, McCoy 4:52.55, Udell 4:57.13, Felt 5:04.78, Jahner 5:15.54.

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

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

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

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

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

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

## ***2007 GNAC Women's Outdoor Track and Field Championships (May 4-5 at Bellingham)***

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### Friday's Finals:

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

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

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

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

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

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

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

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

#### Friday's Prelims:

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

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

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

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

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