



Sixth Annual GNAC Indoor Track and Field Championships

Saturday, Feb. 21, 2009 at Nampa, Idaho
Jackson's Track at the Idaho Center Sports Complex



\$5 Adults
\$3 Students
Under 12 Free

Program Price
\$1



Hosted by
Northwest Nazarene University

Meet Schedule

<u>Time</u>	<u>Event</u>	<u>Round</u>
9:00 AM	Women's Shot Put	Finals
9:00 AM	Women's High Jump	Finals
10:00 AM	Women's Pole Vault / Men to Follow	Finals
10:00 AM	Men's Long Jump	Finals
10:30 AM	Women's Long Jump	Finals
10:30 AM	Men's Weight Throw / Women To Follow	Finals
Noon	Men's Triple Jump	Finals
12:30 PM	Women's Triple Jump	Finals
1:45 PM	Men's Shot Put	Finals
1:45 PM	Men's High Jump	Finals

<u>Time</u>	<u>Event</u>	<u>Round</u>
11:00 AM	Women's 60 Meter Hurdles	Semi
11:15 AM	Men's 60 Meter Hurdles	Semi
11:30 AM	Women's 60 Meter Dash	Semi
11:40 AM	Men's 60 Meter Dash	Semi
Noon	Women's Mile Run	Finals
12:20 PM	Men's Mile Run	Finals
12:35 PM	Women's 60 Meter Hurdles	Finals
12:45 PM	Men's 60 Meter Hurdles	Finals
1:00 PM	Women's 400 Meter Run	Finals
1:15 PM	Men's 400 Meter Run	Finals
1:25 PM	Women's 60 Meter Dash	Finals
1:30 PM	Men's 60 Meter Dash	Finals
1:40 PM	Women's 800 Meter Run	Finals
1:50 PM	Men's 800 Meter Run	Finals
2:00 PM	Women's 200 Meter Dash	Finals
2:10 PM	Men's 200 Meter Dash	Finals
2:20 PM	Women's 5000 Meter Run	Finals
2:45 PM	Men's 5000 Meter Run	Finals
3:05 PM	Women's 4x400 Meter Relay	Finals
3:15 PM	Men's 4x400 Meter Relay	Finals
3:25 PM	Women's Distance Medley Relay	Finals
3:40 PM	Men's Distance Medley Relay	Finals
4:00 PM	Team Awards	

GENERAL MEET INFORMATION

Admission

General admission tickets will be sold at the Southwest door. Prices will be \$5.00 for adults, \$3.00 for students. Children under 12 will be admitted free.

First Call

First call for track events will be 20 minutes before the event. **Final Call** will be 10 minutes prior to the event. All athletes should be checked in at this time.

Starting Heights and Increments

Starting heights as determined by Standards Committee are listed on Page 10 of your program.

Scoring

Scoring in individual events and the relays will be 10, 8, 6, 5, 4, 3, 2, 1.

Results and Awards

Results will be posted during the meet on-site and will also be available on the GNAC web site (www.gnacsports.com). Individual results will be presented during the meet. Team awards will be presented at the end of the meet. Photos will be posted on conference web site.



RICH SANDERS
Meet Director
Northwest Nazarene AD



MIKE JOHNSON
Track and Field Chair
Western Oregon



On The Web
www.gnacsports.com

TEAM PROFILES

CENTRAL WASHINGTON UNIVERSITY



Location: Ellensburg, WA
Enrollment: 9,418
President: Dr. James L. Gaudino
Year Founded: 1891
School Colors: Crimson and Black

Athletic Director: Jack Bishop
Head Coach: Kevin Adkisson
Assistants: Chris Baumgartner, Angie Wing, Terran Legard, Julian Trevino, J.T. Statler



Men

Cameron Bailey
 Radio Battle
 Colby Brydson
 James Carr
 James Cho
 Nick Collins
 Corey Cronkhite
 Tyler Fischer
 Jonathon Hamilton
 Darnell Harris
 Tom Johnson
 Rendel Jones

Cl. Hometown
 Sr. Woodinville, WA
 Fr. Spanaway, WA
 Jr. Covington, WA
 Jr. Vancouver, WA
 Fr. Spanaway, WA
 Sr. Zillah, WA
 Sr. Puyallup, WA
 Jr. Cashmere, WA
 Jr. North Pole, AK
 Fr. Tacoma, WA
 Jr. Seattle, WA
 Fr. Everett, WA

Jeff Knutson
 Trevor Kulvi
 Bryan Mack
 Joey Nelson
 Kincaid Nichols
 Mychal Ostler
 Matt Rogstad
 Kyle Williams

Women

Alex Borunda
 Gwenna Carie
 Cindy Glenn

Fr. Yakima, WA
 Sr. Sumner, WA
 Fr. Arlington, WA
 So. Lyle, WA
 Fr. Sequim, WA
 So. Stevenson, WA
 Sr. Yakima, WA
 Fr. Tacoma, WA

Cl. Hometown

Fr. Yakima, WA
 Fr. Leavenworth, WA
 Jr. Yacolt, WA

Raquel Gonzalez
 Britany Hood
 Adriana Mendoza
 Marcie Mullen
 Danielle Nordlund
 Amanda Rose
 Becky Scherer
 Mary Seidler
 Torrie Self
 Jordan Stueckle
 Krissy Tandle
 Tish Wells

Jr. Ellensburg, WA
 Sr. Mossyrock, WA
 Fr. Zillah, WA
 Sr. Lyman, WA
 Fr. Bow, WA
 Jr. Chehalis, WA
 Sr. Lake Forest Park, WA
 Jr. Goodyear, AZ
 So. Kent, WA
 So. Selah, WA
 Sr. Wenatchee, WA
 So. Lakewood, WA

MONTANA STATE UNIVERSITY BILLINGS



Location: Billings, MT
Enrollment: 4,799
President: Dr. Ronald P. Sexton
Year Founded: 1927
School Colors: Navy and Gold

Athletic Director: Dr. Gary Gray
Head Coach: Dave Coppock
Assistants: Matt Drinkwalter, Dan Biehl, Jimmy Beal



Men

Taylor Canfield
 Nathan Diede
 Jade Haynie
 James Hopkins
 Travis Hutchinson
 Nick Kesler
 Deshawn Lewis
 Daniel Lombardi
 Kelley Miller

Yr. Hometown
 Fr. Manhattan, MT
 So. Lambert, MT
 So. Billings, MT
 Jr. Helena, MT
 Fr. Billings, MT
 So. Billings, MT
 So. Buffalo, MT
 Fr. Deer Lodge, MT
 So. Glendive, MT

Alex Reber
 Kyle Richards
 Noah Vallincourt
 Tyson Vanderby

Women

Kelsee Clark
 Britney Derhak
 Hillary Gourneau
 Erika Halle

Fr. Rapid City, SD
 Jr. Whitehall, MT
 Jr. Roseville, CA
 Fr. Manhattan, MT

Cl. Hometown

So. Geraldine, MT
 Jr. Billings, MT
 Fr. Poplar, MT
 Fr. Manhattan, MT

Lexi Halvorson
 Cassie Holm
 Sarah Jackson
 Mykel Ler
 Whitney Mickelsen
 Justine Simons
 Katie Thiel
 Kacie Vanderloos
 Malori Woodford

So. Billings, MT
 Fr. Billings, MT
 So. Bozeman, MT
 Fr. Sidney, MT
 Fr. Aurora, UT
 Fr. Laurel, MT
 So. Powell, WY
 So. Hysham, MT
 So. Winnett, MT

TEAM PROFILES



NORTHWEST NAZARENE UNIVERSITY

Location: Nampa, ID
Enrollment: 1,755
President: Dr. David Alexander
Year Founded: 1913
School Colors: Red, Black, Grey and White

Athletic Director: Rich Sanders
Head Coach: John Spatz
Assistants: Ben Gall, Scott Kinnaman, Dustin Ainsworth, Jake Perry



Men	Yr.	Hometown								
Zach Barclay	Sr.	Meridian, ID	Grant Miller	Jr.	Vancouver, WA	Karina Elzinga	Jr.	Salmon, ID		
Dallas Beaty	Sr.	Salem, OR	Stuart Montgomery	So.	Marysville, WA	Tiffany Ferch	Jr.	Goldendale, WA		
Neil Easter	Fr.	Nampa, ID	Steven Schafer	Fr.	Star, ID	Chelsey Jones	Jr.	Sunnyside, WA		
Alex Eaton	Jr.	Craigmont, ID	Derek Sepe	Fr.	Everett, WA	Amanda Konzal	Fr.	Spokane, WA		
Diego Estrada	So.	Castleford, ID	Ben Shea	Jr.	Wenatchee, WA	Courtney Little	Sr.	Othello, WA		
Jordan Fenters	So.	Klamath Falls, OR	Andrew Sneed	Jr.	Oregon City, OR	Erika McCarthy	Fr.	Baker City, OR		
Josh Grewe	Sr.	Spokane, WA	Jason Towery	Fr.	Nampa, ID	Beth McLam	Fr.	Fairfield, ID		
Mark Hanson	Jr.	Nampa, ID	Mitch Ward	Jr.	Nampa, ID	Kylie Marshall	Fr.	Fort Collins, CO		
Josh Heidegger	So.	Jacksonville, OR	Eric Zwiefelhofer	Jr.	Hermiston, OR	Heather Pence	Fr.	Shoreline, WA		
Hank Hetrick	Jr.	Caldwell, ID				Ashley Puga	Sr.	Meridian, ID		
Luke Hetrick	Fr.	Caldwell, ID	Women	Yr.	Hometown	Jaclyn Puga	So.	Meridian, ID		
Dan Hill	So.	Castleford, ID	Jamie Beaty	Sr.	Jefferson, OR	Molly Reid	Fr.	Jerome, ID		
Maurus Hope	Fr.	Adrian, OR	Maycee Bekkedahl	So.	Nampa, ID	Ashley Rendahl	So.	Hailey, ID		
Kegan Lassiter	Fr.	Cody, WY	Jill Bennett	Fr.	Grants Pass, OR	Shayna Shute	So.	Vancouver, WA		
Mike Lewis	Fr.	Meridian, ID	Lindsay Brady	Jr.	Boise, ID	Latoya Tidwell	So.	Tacoma, WA		
Dane Manley	Jr.	Puyallup, WA	Christa Brediger	Jr.	Shoreline, WA	M.J. Usabel	Jr.	Marsing, ID		
Josh Merioles	Fr.	Valdez, AK	Elisa Decker	So.	Vancouver, WA	Laura VonArx	Jr.	Hermiston, OR		
			Hannah Dine-Aubert	So.	Rockaway Beach, OR	Joy Warrington	Fr.	Colorado Springs, CO		

SAINT MARTIN'S UNIVERSITY



Location: Lacey, WA
Enrollment: 1,200
President: Dr. Douglas M. Astolfi
Year Founded: 1895
School Colors: Red and White

Athletic Director: Bob Grisham
Head Coach: Julie Sullivan
Assistants: Richard LaLonde, Hal Werner, Frank Swenson



Men	Yr.	Hometown								
Clinton Barr	Fr.	Olympia, WA	John Riak	Sr.	Lacey, WA	Jennifer Johnson	Fr.	Yakima, WA		
Noah Caffrey	Fr.	Allyn, WA	Kyle Van Santen	Fr.	Lake Stevens, WA	Annie Laweryson	So.	Puyallup, WA		
Travis Dodge	Fr.	Graham, WA	Sam Washington	So.	Tacoma, WA	Joscelyn Minton	Fr.	Shelton, WA		
Bryan Gerry	Sr.	Lacey, WA				Kaitlyn Pecha	Fr.	Omak, WA		
Michael Grosso	So.	Tacoma, WA	Women	Yr.	Hometown	Jessica Pendon	Sr.	Spanaway, WA		
Nick Harvey	So.	Olympia, WA	Jillian Blake	Sr.	Tumwater, WA	Brianna Schmid	Fr.	Lacey, WA		
Spencer Hunt	Fr.	Onalaska, WA	Helen Camden	So.	Yakima, WA	Megan Thomas	So.	Kennewick, WA		
Josiah Price	Sr.	Tucson, AZ	Krinda Carlson	Jr.	Pateros, WA					

TEAM PROFILES



WESTERN WASHINGTON UNIVERSITY

Location: Bellingham, WA
Enrollment: 13,100
President: Dr. Bruce Shepard
Year Founded: 1893
School Colors: Navy Blue, Silver, Slate Blue, Black and White
Athletic Director: Lynda Goodrich

Head Coach: Kelven "Pee Wee" Halsell
Assistants: Brandi Petz, Bill Roe, Dick Henrie, Lex Kaligis, Al Reimer, Erik Bies, Chris Ashby, Jarrod Roberts, Kaylee Gardner, Dustin Wilson. **Student Assistant** - Brian Zuleger



Men	Yr.	Hometown						
Augustine Agyei	Jr.	Aurora, CO	Kevin Myhre	Sr.	Edmonds, WA	Camille Clarke	Sr.	Bellingham, WA
Yonas Berhe	Fr.	Seattle, WA	Matt O'Connell	Jr.	Sammamish, WA	Clara Cook	Sr.	Wenatchee, WA
Eric Brill	So.	Kent, WA	Tim Satterwhite	So.	Federal Way, WA	Amanda DiEnno	Jr.	Gig Harbor, WA
Jake Brown	Fr.	Battle Ground, WA	Alex Tilley	Fr.	Edmonds, WA	Heidi Dimmitt	Sr.	Wenatchee, WA
Ryan Brown	So.	Bellingham, WA	James Turner	Sr.	Gig Harbor, WA	Jessica Erickson	So.	Gig Harbor, WA
Tim Clendaniel	Fr.	Bothell, WA	Brandon Varkevisser	Sr.	Castle Rock, WA	Michelle Howe	So.	Arlington, WA
Donovan Cunningham	Fr.	Vancouver, WA	Phil Villanueva	So.	Spanaway, WA	Rachael Johnson	So.	Yakima, WA
Toby David	So.	Cathlamet, WA	Ben Wargo	Jr.	Pullman, WA	Devon King	Fr.	East Wenatchee, WA
Ben Elder	So.	Lake Stevens, WA	Jordan Welling	So.	Burlington, WA	Christy Miller	Sr.	Boise, ID
Andrew Gray	Fr.	Sammamish, WA	Josh Winters	So.	Bothell, WA	Robin Mueller	Fr.	Marysville, WA
Bennett Grimes	Jr.	Pocatello, ID	Alex Wipf	Fr.	Edmonds, WA	Callie Muri	Fr.	Billings, MT
Shane Gruger	So.	Shoreline, WA	Hayden Woodard	Fr.	Woodland, WA	Megan O'Connell	So.	Sammamish, WA
Nic Hoza	Fr.	Olympia, WA				Courtney Olsen	Jr.	Bellingham, WA
Dincer Kayhan	Jr.	Gig Harbor, WA	Women	Yr.	Hometown	Sarah Porter	So.	Hockinson, WA
Will Lloyd	So.	Tumwater, WA	Sydney Austin	Fr.	Marysville, WA	Sabrina Schwindler	Fr.	LaConner, WA
Anders Mavis	Jr.	Boulder, CO	Lauren Breihof	So.	Vancouver, WA	Ellie Siler	Fr.	Spokane, WA
Michael Millson	So.	Deming, WA	Robin Brown	Fr.	lone, WA	Emily Warman	Fr.	Sedro-Woolley, WA
Kevin Moen	Jr.	Kent, WA	Sarah Brownell	So.	Yelm, WA	Cheryl Watson	So.	Olympia, WA
						Megan Zukowski	So.	Maple Valley, WA



Great Northwest Athletic Conference

The Great Northwest Athletic Conference, which is comprised of nine NCAA Division II schools, is in its eighth season of athletic competition. Today's meet is the sixth annual indoor track & field championship meet.

The nine schools - seven of which compete in indoor track & field - are located in five different states, including four in the state of Washington: Central Washington, Saint Martin's, Seattle Pacific, and Western Washington.

The GNAC, which was officially founded on July 1, 2001, also includes the University of Alaska Anchorage, the University of Alaska Fairbanks, Montana State University Billings, Northwest Nazarene University (Idaho) and Western Oregon University.

Prior to the formation of the GNAC, all the GNAC schools were members of the PacWest Conference.

Four of the schools in the conference - Alaska Anchorage, Alaska Fairbanks, Montana State Billings and Seattle Pacific - were charter members of the PacWest, which was created in May, 1992 with the merger of the Great Northwest Conference and the Continental Divide Conference.

MSUB maintained its PacWest membership following the departure of the other GNAC schools before joining the Heartland Conference for two seasons. It joined the GNAC in the fall of 2007.

Four current GNAC members - Central Washington, Saint Martin's, Western Oregon, and Western Washington - joined the PacWest prior to the 1998-99 season.

Central Washington, Saint Martin's, and Western Washington were previously members of the Pacific Northwest Athletic Conference, while Western Oregon was a member of the Cascade Conference.

Seattle University and Northwest Nazarene, from the Northwest and Cascade Conferences, joined the PacWest prior to the 1999-2000 season.

Seattle University left the GNAC last summer to seek Division I membership joining Humboldt State as a former member. The Lumberjacks now compete in the California Collegiate Athletic Conference.

2009 GNAC INDOOR HEAT SHEETS

Event 1 Men 60 Meter Dash

<i>Heat 1</i>			
1	45 Nathan Diede	MSUB	7.42
2	101 Kincaid Nichols	CWU	7.20
3	254 Chris Freeman	WOU	7.13
4	190 Augustine Agyei	WWU	6.96
5	104 Radio Battle	CWU	7.10
6	266 Zeb Udell	WOU	7.19
7	115 Eric Zwiefelhofer	NNU	7.42
8	40 Nick Kesler	MSUB	NT

<i>Heat 2</i>			
1	167 Phillip Villanueva	WWU	7.43
2	163 Derek Sepe	NNU	7.23
3	215 Alex Tilley	WWU	7.16
4	261 Gabe Aguilar	WOU	6.96
5	102 Bryan Mack	CWU	6.96
6	238 Dylan Wells	WOU	7.17
7	87 James Cho	CWU	7.27
8	36 Noah Vallincourt	MSUB	7.52

Event 2 Women 60 Meter Dash

<i>Heat 1</i>			
1	204 Jessica Erickson	WWU	8.42
2	253 Lacey Meusec	WOU	8.22
3	162 Latoya Tidwell	NNU	8.12
4	49 Latasha Essien	SPU	7.93
5	211 Heidi Dimmitt	WWU	8.09
6	75 Lisette Peterson	SPU	8.21
7	44 Britney Derhak	MSUB	8.35
8	28 Erika Halle	MSUB	NT

<i>Heat 2</i>			
1	98 Tish Wells	CWU	8.45
2	128 Christa Brediger	NNU	8.31
3	226 Stefani Dittmar	WOU	8.13
4	59 Jessica Hinton	SPU	7.98
5	241 Lauren Duckett	WOU	8.03
6	172 Megan Zukowski	WWU	8.17
7	153 Molly Reid	NNU	8.32
8	42 Justine Simons	MSUB	NT

Event 3 Men 60 Meter Hurdles

<i>Heat 1</i>			
2	155 Kegan Lassiter	NNU	9.03
3	207 Andrew Gray	WWU	8.78
4	272 Andy Loscutt	WOU	8.51
5	267 Michael Kendrick	WOU	8.78
6	97 Darnell Harris	CWU	8.98
7	121 Josh Grewe	NNU	9.51

<i>Heat 2</i>			
2	223 Robert Manwell	WOU	9.21
3	258 Jordan Werner	WOU	8.93
4	135 Dallas Beaty	NNU	8.76
5	112 Kyle Williams	CWU	8.78
6	202 Ben Wargo	WWU	8.95
7	189 Kevin Myhre	WWU	9.42

Event 4 Women 60 Meter Hurdles

<i>Heat 1</i>			
1	132 MJ Usabel	NNU	10.49
2	206 Clara Cook	WWU	9.75
3	204 Jessica Erickson	WWU	9.54
4	181 Michelle Howe	WWU	9.10
5	248 Janna Vander Meulen	WOU	9.49
6	252 Mandy Keifer	WOU	9.62
7	113 Amanda Rose	CWU	10.28

Heat 2

1	123 Heather Pence	NNU	10.56
2	108 Raquel Gonzalez	CWU	9.76
3	74 Jenifer Pike	SPU	9.61
4	260 Jacque Helbling	WOU	9.41
5	64 Ali Worthen	SPU	9.45
6	270 Ali Mosher	WOU	9.62
7	165 Jill Bennett	NNU	9.93
8	38 Cassie Holm	MSUB	NT

Event 5 Men 1 Mile Run

<i>Section 1</i>			
1	151 Luke Hetrick	NNU	4:37.27
2	192 Alex Wipf	WWU	4:32.53
3	161 Neil Easter	NNU	4:34.57
4	31 Daniel Lombardi	MSUB	NT
5	12 Noah Caffrey	SMU	4:37.91
6	81 Tom Johnson	CWU	4:34.65
7	73 Nathanael Sleight	SPU	4:31.19
8	154 Hank Hetrick	NNU	4:40.41

<i>Section 2</i>			
1	178 Eric Brill	WWU	4:29.39
2	221 Jeff Long	WOU	4:16.90
3	186 Bennett Grimes	WWU	4:21.60
4	13 Spencer Hunt	SMU	4:28.21
5	230 Dan Sprinkle	WOU	4:29.14
6	259 Braxton Jackson	WOU	4:30.50
7	225 Zeke Van Patten	WOU	4:15.84
8	224 Matt McCrary	WOU	4:24.18
9	67 Daniel Friesen	SPU	4:30.74

Event 6 Women 1 Mile Run

1	120 Ashley Puga	NNU	4:57.35
2	27 Whitney Mickelson	MSUB	5:45.00
3	78 Kate Harline	SPU	5:04.62
4	56 Jessica Pixler	SPU	4:37.83
5	271 Jessica Harper	WOU	5:13.06
6	4 Krinda Carlson	SMU	5:20.09
7	205 Sarah Porter	WWU	5:02.04
8	9 Joscelyn Minton	SMU	5:12.82
9	48 Janae Larson	SPU	5:03.83
10	76 Jane Larson	SPU	4:47.39
11	262 Lyndsey McKillip	WOU	5:18.25
12	222 Erica Snawder	WOU	5:20.31
13	228 Tricia Morrison	WOU	5:19.90

Event 7 Men 400 Meter Dash

<i>Section 1</i>			
1	24 Deshawn Lewis	MSUB	NT
2	109 Colby Brydson	CWU	52.29
3	16 Bryan Gerry	SMU	51.81
4	8 Travis Dodge	SMU	52.15
5	35 James Hopkins	MSUB	55.17

<i>Section 2</i>			
1	189 Kevin Myhre	WWU	51.60
2	124 Dan Hill	NNU	51.16
3	116 Mitch Ward	NNU	50.74
4	202 Ben Wargo	WWU	51.05
5	234 Nick Clark	WOU	51.16
6	184 Matt O'Connell	WWU	51.71

<i>Section 3</i>			
1	255 Blake Estep	WOU	50.51
2	272 Andy Loscutt	WOU	50.43
3	147 Maurus Hope	NNU	49.66
4	85 Matt Rogstad	CWU	50.18
5	268 Ashtin Mott	WOU	50.50
6	135 Dallas Beaty	NNU	50.63

Event 8 Women 400 Meter Dash

<i>Section 1</i>			
1	134 Lindsay Brady	NNU	NT
2	80 Gwenna Carie	CWU	1:03.70
3	65 Kayla Wilkins	SPU	1:02.35
4	82 Britany Hood	CWU	1:03.69
5	136 Kylie Marshall	NNU	NT
6	28 Erika Halle	MSUB	NT

<i>Section 2</i>			
1	245 Zoe Skordahl	WOU	1:02.26
2	181 Michelle Howe	WWU	1:01.65
3	265 Meryl Butcher	WOU	1:01.23
4	169 Devon King	WWU	1:01.49
5	79 Anna Walters	SPU	1:01.96
6	10 Jessica Pendon	SMU	1:02.29

<i>Section 3</i>			
1	173 Megan O'Connell	WWU	59.34
2	59 Jessica Hinton	SPU	58.61
3	214 Ellie Siler	WWU	56.77
4	137 Elisa Decker	NNU	58.00
5	126 Jamie Beaty	NNU	59.10
6	191 Sarah Brownell	WWU	1:00.97

Event 9 Men 800 Meter Run

<i>Section 1</i>			
1	164 Josh Merioles	NNU	2:05.96
2	95 Jeff Knudson	CWU	2:04.83
3	201 Jake Brown	WWU	2:03.23
4	229 Travis Banker	WOU	2:02.60
5	144 Jason Towery	NNU	2:02.89
6	140 Mike Lewis	NNU	2:04.46
7	37 Tyson Vanderby	MSUB	2:05.00
8	32 Kelley Miller	MSUB	2:07.00

<i>Section 2</i>			
1	235 Abe Webb	WOU	2:01.90
2	269 Kyle Larson	WOU	2:00.45
3	203 Anders Mavis	WWU	1:58.92
4	225 Zeke Van Patten	WOU	1:56.80
5	221 Jeff Long	WOU	1:57.70
6	94 Corey Cronkhite	CWU	2:00.17
7	231 Carson O'Brien	WOU	2:00.50
8	237 Zach Massari	WOU	2:02.46

Event 10 Women 800 Meter Run

<i>Section 1</i>			
2	41 Katie Thiel	MSUB	2:42.40
3	220 Erica Zambon	WOU	2:23.09
4	23 Sarah Jackson	MSUB	2:22.50
5	5 Annie Laweryson	SMU	2:22.94
6	54 Lisa Anderberg	SPU	2:23.17
7	33 Mykel Ler	MSUB	NT

<i>Section 2</i>			
1	7 Brianna Schmid	SMU	2:19.54
2	195 Rachael Johnson	WWU	2:16.19
3	233 Annan Applebee	WOU	2:12.87
4	56 Jessica Pixler	SPU	2:10.62
5	120 Ashley Puga	NNU	2:12.72
6	160 Jaclyn Puga	NNU	2:14.90
7	264 Ashley Berry	WOU	2:18.22
8	200 Cheri Watson	WWU	2:21.29

2009 GNAC INDOOR HEAT SHEETS

Event 11 Men 200 Meter Dash

Section 1

2	57 Micah Grounds	SPU	23.57	_____
3	149 Dane Manley	NNU	23.43	_____
4	45 Nathan Diede	MSUB	23.34	_____
5	234 Nick Clark	WOU	23.34	_____
6	36 Noah Vallincourt	MSUB	23.55	_____

Section 2

2	238 Dylan Wells	WOU	23.29	_____
3	215 Alex Tilley	WWU	23.15	_____
4	190 Augustine Agyei	WWU	23.07	_____
5	40 Nick Kesler	MSUB	23.11	_____
6	163 Derek Sepe	NNU	23.25	_____

Section 3

2	261 Gabe Aguilar	WOU	23.02	_____
3	85 Matt Rogstad	CWU	22.68	_____
4	147 Maurus Hope	NNU	22.35	_____
5	104 Radio Battle	CWU	22.42	_____
6	101 Kincaid Nichols	CWU	22.82	_____

Event 12 Women 200 Meter Dash

Section 1

2	64 Ali Worthen	SPU	NT	_____
3	128 Christa Brediger	NNU	27.10	_____
4	28 Erika Halle	MSUB	27.23	_____
5	44 Britney Derhak	MSUB	NT	_____

Section 2

2	75 Lisette Peterson	SPU	26.92	_____
3	172 Megan Zukowski	WWU	26.76	_____
4	42 Justine Simons	MSUB	26.81	_____
5	74 Jennifer Pike	SPU	26.97	_____

Section 3

2	80 Gwenna Carie	CWU	26.57	_____
3	253 Lacey Meusec	WOU	26.05	_____
4	211 Heidi Dimmitt	WWU	26.18	_____
5	226 Stefani Dittmar	WOU	26.70	_____

Section 4

2	59 Jessica Hinton	SPU	25.93	_____
3	49 Latasha Essien	SPU	25.87	_____
4	162 Latoya Tidwell	NNU	25.93	_____
5	214 Ellie Siler	WWU	26.01	_____

Event 13 Men 5000 Meter Run

Section 1

1A	240 Chris Reed	WOU	14:51.23	_____
1B	171 Yonas Berhe	WWU	15:18.65	_____
1C	246 Brandon Snook	WOU	15:43.18	_____
1D	63 Daniel Hamilton	SPU	16:00.72	_____
2A	174 Jordan Welling	WWU	14:21.30	_____
2B	17 Kyle Van Santen	SMU	15:03.61	_____
2C	91 Trevor Kulvi	CWU	15:34.91	_____
2D	77 Jordan Lance	SPU	15:56.73	_____
3A	6 John Riak	SMU	14:32.71	_____
3B	178 Eric Brill	WWU	15:15.57	_____
3C	257 Justin Karr	WOU	15:38.09	_____
3D	11 Nicholas Harvey	SMU	15:59.37	_____
4A	3 Josiah Price	SMU	14:54.23	_____
4B	244 Nik Karr	WOU	15:26.56	_____
4C	232 Darrell Terry	WOU	15:50.28	_____
4D	60 Tom McKay	SPU	16:13.74	_____

Event 14 Women 5000 Meter Run

Section 1

1A	213 Lauren Breihof	WWU	17:49.23	_____
1B	236 Amanda Wright	WOU	18:43.97	_____
1C	96 Adriana Mendoza	CWU	19:16.24	_____
1D	27 Whitney Mickelson	MSUB	NT	_____

2A	76 Jane Larson	SPU	16:55.02	_____
2B	50 Mary Williams	SPU	18:27.22	_____
2C	68 Katie Hart	SPU	18:55.67	_____
2D	150 Ashley Rendahl	NNU	19:29.42	_____
3A	48 Janae Larson	SPU	17:16.56	_____
3B	99 Marcie Mullen	CWU	18:31.90	_____
3C	20 Kaitlynn Pecha	SMU	19:11.17	_____
3D	111 Alex Borunda	CWU	20:19.36	_____
4A	51 Natty Plunkett	SPU	18:00.61	_____
4B	53 Kayti Krepel	SPU	18:47.97	_____
4C	18 Helen Camden	SMU	19:22.70	_____

Event 15 Men 4x400 Meter Relay

1	Montana State Billings	3:36.60	_____
1)	45 Nathan Diede	2) 35 James Hopkins	_____
3)	24 Deshawn Lewis	4) 40 Nick Kesler	_____
2	Central Washington	3:24.29	_____
1)	109 Colby Brydson	2) 104 Radio Battle	_____
3)	101 Kincaid Nichols	4) 85 Matt Rogstad	_____
3	Northwest Nazarene	3:19.66	_____
1)	135 Dallas Beaty	2) 116 Mitch Ward	_____
3)	124 Dan Hill	4) 147 Maurus Hope	_____
4	Western Oregon	3:24.07	_____
1)	255 Blake Estep	2) 268 Ashtin Mott	_____
3)	272 Andy Loscutoff	4) 231 Carson O'Brien	_____
5	Western Washington	3:26.15	_____
1)	202 Ben Wargo	2) 184 Matt O'Connell	_____
3)	189 Kevin Myhre	4) 167 Phillip Villanueva	_____
6	Saint Martin's	3:41.66	_____
1)	21 Clinton Barr	2) 12 Noah Caffrey	_____
3)	8 Travis Dodge	4) 16 Bryan Gerry	_____

Event 16 Women 4x400 Meter Relay

Section 1

2	Central Washington	4:16.78	_____
1)	82 Britany Hood	2) 113 Amanda Rose	_____
3)	98 Tish Wells	4) 80 Gwenna Carie	_____
3	Saint Martin's	4:10.15	_____
1)	4 Krinda Carlson	2) 5 Annie Laweryson	_____
3)	9 Joscelyn Minton	4) 10 Jessica Pendon	_____
4	MSU Billings	4:13.73	_____
1)	28 Erika Halle	2) 34 Malori Woodford	_____
3)	23 Sarah Jackson	4) 42 Justine Simons	_____

Section 2

2	Western Oregon	4:03.10	_____
1)	264 Ashley Berry	2) 233 Annan Applebee	_____
3)	253 Lacey Meusec	4) 265 Meryl Butcher	_____
3	Western Washington	3:54.16	_____
1)	211 Heidi Dimmitt	2) 169 Devon King	_____
3)	191 Sarah Brownell	4) 173 Megan O'Connell	_____
4	Northwest Nazarene	3:59.72	_____
1)	126 Jamie Beaty	2) 120 Ashley Puga	_____
3)	160 Jaclyn Puga	4) 137 Elisa Decker	_____
5	Seattle Pacific	4:07.06	_____
1)	49 Latasha Essien	2) 59 Jessica Hinton	_____
3)	64 Ali Worthen	4) 52 Mellisa Peaslee	_____

Event 17 Men Distance Medley

1	Montana State Billings	11:30.00	_____
1)	46 Taylor Canfield	2) 32 Kelley Miller	_____
3)	43 Travis Hutchinson	4) 31 Daniel Lombardi	_____
2	Central Washington	11:19.17	_____
1)	94 Corey Cronkhite	2) 112 Kyle Williams	_____
3)	95 Jeff Knudson	4) 81 Tom Johnson	_____
3	Western Washington	NT	_____
1)	186 Bennett Grimes	2) 217 Toby David	_____
3)	203 Anders Mavis	4) 174 Jordan Welling	_____

4	Saint Martin's	11:20.00	_____
1)	21 Clinton Barr	2) 12 Noah Caffrey	_____
3)	8 Travis Dodge	4) 16 Bryan Gerry	_____
5	Western Oregon	10:27.15	_____
1)	259 Braxton Jackson	2) 269 Kyle Larson	_____
3)	224 Matt McCrary	4) 237 Zach Massari	_____
6	Seattle Pacific	10:24.26	_____
1)	67 Daniel Friesen	2) 73 Nathanael Sleight	_____
3)	55 Andrew Hamilton	4) 71 Justin Felt	_____
7	Northwest Nazarene	11:04.50	_____
1)	157 Josh Wageman	2) 121 Josh Grewe	_____
3)	140 Mike Lewis	4) 161 Neil Easter	_____

Event 18 Women Distance Medley

1	Western Oregon	NT	_____
1)	271 Jessica Harper	2) 220 Erica Zambon	_____
3)	260 Jacque Helbling	4) 262 Lyndsey McKillip	_____
2	Central Washington	12:45.00	_____
1)	96 Adriana Mendoza	2) 92 Mary Seidler	_____
3)	111 Alex Borunda	4) 99 Marcie Mullen	_____
3	Western Washington	1:57.17	_____
1)	212 Courtney Olsen	2) 214 Ellie Siler	_____
3)	195 Rachael Johnson	4) 205 Sarah Porter	_____
4	Seattle Pacific	11:38.24	_____
1)	54 Lisa Anderberg	2) 78 Kate Harline	_____
3)	56 Jessica Pixler	4) 49 Latasha Essien	_____
5	Northwest Nazarene	11:55.73	_____
1)	120 Ashley Puga	2) 137 Elisa Decker	_____
3)	126 Jamie Beaty	4) 160 Jaclyn Puga	_____
6	Montana State Billings	12:30.00	_____
1)	41 Katie Thiel	2) 38 Cassie Holm	_____
3)	33 Mykel Ler	4) 27 Whitney Mickelson	_____
7	Saint Martin's	13:00.00	_____
1)	18 Helen Camden	2) 4 Krinda Carlson	_____
3)	5 Annie Laweryson	4) 9 Joscelyn Minton	_____

Event 19 Men Shot Put

Flight 1

1	47 Jade Haynie	MSUB	39-02.50	_____
2	209 Ben Elder	WWU	44-01.25	_____
3	159 Zach Barclay	NNU	ND	_____
4	256 Matt Schryvers	WOU	39-03.00	_____
5	250 Jason Slowey	WOU	45-05.00	_____
6	90 Mychal Ostler	CWU	37-01.25	_____
7	22 Kyle Richards	MSUB	40-06.75	_____
8	141 Diego Estrada	NNU	41-10.75	_____

Flight 2

1	251 Robert Barrett	WOU	45-05.75	_____
2	210 Don. Cunningham	WWU	45-06.25	_____
3	127 Grant Miller	NNU	47-08.50	_____
4	1 Sam Washington	SMU	50-08.00	_____
5	118 Jordan Fenters	NNU	45-10.75	_____
6	84 Tyler Fischer	CWU	50-03.50	_____
7	218 Br. Varkevissier	WWU	46-01.50	_____
8	176 Dincer Kayhan	WWU	48-04.00	_____

Event 20 Women Shot Put

Flight 1

1	117 Chelsey Jones	NNU	32-07.00	_____
2	26 Hillary Gourneau	MSUB	34-08.50	_____
3	14 Megan Thomas	SMU	30-06.50	_____
4	25 Kelsee Clark	MSUB	32-11.00	_____
5	106 Becky Scherer	CWU	33-04.50	_____
6	29 Kacie Vanderloos	MSUB	34-00.25	_____
7	131 Hannah Dine-Aubert	NNU	34-08.50	_____

2009 GNAC INDOOR HEAT SHEETS

Flight 2

1	122 Shayna Shute	NUU	35-01.25	_____
2	243 Alyssa Taylor	WOU	35-02.00	_____
3	197 Robin Brown	WWU	35-02.00	_____
4	39 Lexi Halvorson	MSUB	39-00.50	_____
5	129 Joy Warrington	NUU	41-11.50	_____
6	93 Torrie Self	CWU	38-06.00	_____
7	89 Jordan Stueckle	CWU	38-11.50	_____
8	83 Krissy Tandle	CWU	47-06.25	_____

Event 21 Men High Jump

1	170 James Turner	WWU	NH	_____
2	152 Stuart Montgomery	NUU	5-01.00	_____
3	121 Josh Grewe	NUU	5-06.50	_____
4	103 Nick Collins	CWU	5-08.75	_____
5	110 Joseph Nelson	CWU	5-10.75	_____
6	138 Josh Heidegger	NUU	5-11.25	_____
7	62 Nathan Wagner	SPU	6-00.75	_____
8	263 Matt Lariza	WOU	6-02.75	_____
9	266 Zeb Udell	WOU	6-04.00	_____
10	247 Robert Wegner	WOU	6-04.00	_____
11	114 Jonathan Hamilton	CWU	6-04.75	_____
12	88 Cameron Bailey	CWU	6-07.50	_____

Event 22 Women High Jump

1	260 Jacque Helbling	WOU	NH	_____
2	108 Raquel Gonzalez	CWU	4-06.25	_____
3	146 Beth McLam	NUU	4-06.75	_____
4	117 Chelsey Jones	NUU	4-06.75	_____
5	245 Zoe Skordahl	WOU	4-09.00	_____
6	252 Mandy Keifer	WOU	4-09.00	_____
7	142 Tiffany Ferch	NUU	4-09.75	_____
8	100 Danielle Nordlund	CWU	4-11.00	_____
9	165 Jill Bennett	NUU	4-11.50	_____
10	219 Kelsey Neilson	WOU	5-01.00	_____
11	61 Jaquie Mattson	SPU	5-01.00	_____
12	185 Sabrina Schwindler	WWU	5-02.25	_____
13	206 Clara Cook	WWU	5-04.25	_____
14	64 Ali Worthen	SPU	5-08.00	_____

Event 23 Men Long Jump

Flight 1

1	187 Tim Satterwhite	WWU	19-08.00	_____
2	143 Andrew Sneed	NUU	19-10.75	_____
3	121 Josh Grewe	NUU	20-00.50	_____
4	188 Shane Gruger	WWU	20-00.50	_____
5	103 Nick Collins	CWU	20-01.75	_____
6	86 Rendel Jones	CWU	20-03.00	_____
7	101 Kincaid Nichols	CWU	20-03.00	_____
8	242 Isaiah Smith	WOU	20-04.25	_____

Flight 2

1	87 James Cho	CWU	20-05.00	_____
2	133 Mark Hanson	NUU	20-06.50	_____
3	180 Tim Clendaniel	WWU	20-10.75	_____
4	102 Bryan Mack	CWU	21-00.75	_____
5	247 Robert Wegner	WOU	21-04.00	_____
6	254 Chris Freeman	WOU	21-11.00	_____
7	71 Justin Felt	SPU	21-11.50	_____
8	266 Zeb Udell	WOU	22-11.00	_____

Event 24 Women Long Jump

Flight 1

1	28 Erika Halle	MSUB	ND	_____
2	92 Mary Seidler	CWU	14-03.00	_____
3	113 Amanda Rose	CWU	15-00.00	_____
4	206 Clara Cook	WWU	15-00.75	_____
5	119 Maycee Bekkedah	INNU	15-01.25	_____
6	44 Britney Derhak	MSUB	15-03.50	_____
7	252 Mandy Keifer	WOU	15-09.00	_____
8	100 Danielle Nordlund	CWU	16-01.75	_____

Flight 2

1	165 Jill Bennett	NUU	16-07.75	_____
2	179 Callie Muri	WWU	16-08.75	_____
3	145 Laura Vonarx	NUU	16-08.75	_____
4	260 Jacque Helbling	WOU	16-10.00	_____
5	153 Molly Reid	NUU	17-03.25	_____
6	69 Natalie Nobbs	SPU	17-04.00	_____
7	64 Ali Worthen	SPU	18-01.50	_____
8	208 Emily Warman	WWU	18-07.75	_____

Event 25 Men Weight Throw

Flight 1

1	210 Don. Cunningham	WWU	36-01.50	_____
2	47 Jade Haynie	MSUB	36-07.50	_____
3	166 Alex Eaton	NUU	39-05.25	_____
4	141 Diego Estrada	NUU	42-03.50	_____
5	118 Jordan Fenters	NUU	46-08.25	_____
6	209 Ben Elder	WWU	48-05.50	_____
7	250 Jason Slowey	WOU	48-06.00	_____

Flight 2

1	1 Sam Washington	SMU	48-06.25	_____
2	256 Matt Schryvers	WOU	49-01.75	_____
3	90 Mychal Ostler	CWU	49-11.75	_____
4	251 Robert Barrett	WOU	50-11.50	_____
5	227 Anthony Marin	WOU	54-08.75	_____
6	127 Grant Miller	NUU	54-09.25	_____
7	159 Zach Barclay	NUU	56-10.25	_____
8	84 Tyler Fischer	CWU	58-03.25	_____

Event 26 Women Weight Throw

1	197 Robin Brown	WWU	26-08.50	_____
2	15 Jillian Blake	SMU	33-06.75	_____
3	249 Katie Snoderly	WOU	36-04.00	_____
4	131 Hannah Dine-Aubert	NUU	37-10.00	_____
5	243 Alyssa Taylor	WOU	41-00.25	_____
6	106 Becky Scherer	CWU	41-01.00	_____
7	122 Shayna Shute	NUU	41-07.75	_____
8	125 Erika McCarthy	NUU	41-10.00	_____
9	129 Joy Warrington	NUU	42-01.25	_____
10	89 Jordan Stueckle	CWU	42-08.25	_____
11	148 Courtney Little	NUU	45-06.25	_____
12	93 Torrie Self	CWU	47-00.75	_____
13	83 Krissy Tandle	CWU	49-05.50	_____

Event 27 Men Triple Jump

Flight 1

1	72 Karl Schmidt	SPU	38-02.00	_____
2	24 Deshawn Lewis	MSUB	40-11.00	_____
3	170 James Turner	WWU	41-09.25	_____
4	71 Justin Felt	SPU	42-02.00	_____
5	62 Nathan Wagner	SPU	40-01.25	_____
6	242 Isaiah Smith	WOU	41-03.75	_____
7	30 Alex Reber	MSUB	40-09.75	_____
8	263 Matt Lariza	WOU	41-04.25	_____

Flight 2

1	187 Tim Satterwhite	WWU	44-08.25	_____
2	239 Tyler Reinsaur	WOU	43-11.75	_____
3	87 James Cho	CWU	45-10.75	_____
4	180 Tim Clendaniel	WWU	44-00.75	_____
5	138 Josh Heidegger	NUU	42-06.75	_____
6	102 Bryan Mack	CWU	45-00.50	_____
7	86 Rendel Jones	CWU	46-11.00	_____
8	88 Cameron Bailey	CWU	44-10.75	_____

Event 28 Women Triple Jump

1	179 Callie Muri	WWU	33-11.25	_____
2	198 Christy Miller	WWU	36-08.50	_____
3	119 Maycee Bekkedah	INNU	33-00.25	_____
4	69 Natalie Nobbs	SPU	33-08.50	_____
5	145 Laura Vonarx	NUU	37-05.25	_____
6	245 Zoe Skordahl	WOU	33-04.50	_____
7	208 Emily Warman	WWU	38-03.50	_____
8	64 Ali Worthen	SPU	36-00.00	_____
9	219 Kelsey Neilson	WOU	32-11.00	_____
10	113 Amanda Rose	CWU	34-00.75	_____
11	252 Mandy Keifer	WOU	34-05.50	_____
12	153 Molly Reid	NUU	34-08.50	_____

Event 29 Men Pole Vault

1	193 Will Lloyd	WWU	4.10m	_____
2	183 Nick Hoza	WWU	4.15m	_____
3	180 Tim Clendaniel	WWU	4.60m	_____
4	194 Josh Winters	WWU	4.45m	_____
5	139 Ben Shea	NUU	4.25m	_____
6	143 Andrew Sneed	NUU	4.05m	_____
7	105 James Carr	CWU	4.00m	_____
8	199 Hayden Woodard	WWU	4.46m	_____
9	168 Michael Millson	WWU	4.26m	_____
10	266 Zeb Udell	WOU	4.61m	_____
11	175 Ryan Brown	WWU	4.90m	_____
12	130 Steven Schafer	NUU	3.90m	_____

Event 30 Women Pole Vault

1	107 Cindy Glenn	CWU	2.45m	_____
2	196 Camille Clarke	WWU	3.16m	_____
3	198 Christy Miller	WWU	3.80m	_____
4	52 Mellisa Peaslee	SPU	3.81m	_____
5	132 MJ Usabel	NUU	3.15m	_____
6	182 Sydney Austin	WWU	3.20m	_____
7	177 Amanda DiEnno	WWU	3.35m	_____
8	70 Carrie Hauk	SPU	3.53m	_____
9	66 Michaela Caldwell	SPU	3.16m	_____
10	2 Jennifer Johnson	SMU	2.45m	_____
11	158 Amanda Konzal	NUU	2.75m	_____
12	216 Robin Mueller	WWU	3.36m	_____
13	58 Kjersti Gedde	SPU	3.06m	_____
14	156 Karina Elzinga	NUU	3.20m	_____

NCAA DIVISION II NATIONAL QUALIFYING MARKS

Men

Event	Automatic	Provisional
60 Meters	6.78	6.88
200 Meters	21.55	21.80
400 Meters	47.75	48.85
800 Meters	1:52.30	1:54.00
Mile Run	4:09.20	4:13.70
5000 Meter Run	14:20.00	14:50.00
60 Meter Hurdles	8.04	8.25
4x400 Relay	3:14.00	3:18.50
Medley Relay	9:52.60	10:07.60
Long Jump	7.30 (23-11 1/4)	7.08 (23-2 3/4)
Triple Jump	15.20 (49-10 1/4)	14.40 (47-2 3/4)
High Jump	2.11(6-11)	2.05 (6-8 1/2)
Pole Vault	5.03(16-6)	4.75 (15-7)
35-lb Weight Throw	19.00 (62-4)	17.45 (57-3)
Shot Put	17.40 (57-1)	15.85 (52-0)

Women

Event	Automatic	Provisional
60 Meters	7.55	7.77
200 Meters	24.60	25.20
400 Meters	55.70	57.50
800 Meters	2:12.80	2:17.00
Mile Run	4:56.50	5:05.00
5000 Meters	17:06.20	17:51.20
60 Meter Hurdles	8.65	9.00
4x400 Relay	3:46.80	3:56.60
Distance Medley Relay	11:50.00	12:23.00
Long Jump	5.80 (19-0 1/4)	5.50 (18-1)
Triple Jump	11.95 (39-2 1/2)	11.40 (37-4 3/4)
High Jump	1.74 (5-8 1/2)	1.67 (5-5 3/4)
Pole Vault	3.85 (12-7 1/2)	3.55 (11-7 3/4)
20-lb Weight Throw	18.00 (59-0 1/2)	16.00 (52-6)
Shot Put	14.30 (46-11)	13.20 (43-3 1/2)

Note: In indoor track, national qualifying marks for running events of 200 meters or more vary, depending on the size and bank of the track. Marks listed here are for a 200 meter banked track, which is the type of track used for the GNAC championships.

Starting Heights and Progressions

Women's Pole Vault

2.76m – 9-0.75
 2.91m – 9-6.5
 3.06m – 10-0.5
 3.21m – 10-6.5
 3.36m – 11-0.5
 3.46m – 11-4.25
 3.56m – 11-8
 3.66m – 12-0
 3.76m – 12-4
 3.86m – 12-8

Men's Pole Vault

4.05m – 13-3.25
 4.20m – 13-9.25
 4.35m – 14-3.25
 4.50m – 14-9
 4.65m – 15-3
 4.75m – 15-7
 4.85m – 15-10.75
 4.95m – 16-2.75

Men's High Jump

1.76m – 5-9.25
 1.81m – 5-11.25
 1.86m – 6-1.25
 1.91m – 6-3
 1.96m – 6-5
 2.01m – 6-7
 2.06m – 6-9
 2.11m – 6-11

Women's High Jump

1.46m – 4-9.5
 1.51m – 4-11.5
 1.56m – 5-1.5
 1.61m – 5-3.5
 1.66m – 5-5.25
 1.71m – 5-7.25
 1.74m – 5-9 (NCAA automatic)

Past Team Champions and Award Winners

Men

Team Champion

2004	Western Oregon	164
2005	Western Washington	141
2006	Western Washington	151
2007	Central Washington	171 ½
2008	Western Oregon	178

Outstanding Performer (Conference Meet)

2004	Isaac Frederick, Western Oregon
2005	Chris Randolph, Seattle Pacific
2006	Andy Prentice, Saint Martin's
2007	Michael Dean, Western Washington
2008	Zeb Udell, Western Oregon



Zeb Udell

Women

Team Champion

2004	Seattle Pacific	160
2005	Seattle Pacific	188
2006	Seattle Pacific	154
2007	Seattle Pacific	192
2008	Seattle Pacific	183

Outstanding Performer (Conference Meet)

2004	Terran Legard, Central Washington
2005	Danielle Ayers-Stamper, Seattle Pacific
2006	Krissy Tandle, Central Washington
2007	Jessica Pixler, Seattle Pacific
2008	Jessica Pixler, Seattle Pacific



Jessica Pixler

GNAC INDOOR TRACK AND FIELD RECORDS

MEN

All Meets

60 – 6.78, Mike Hinshaw, Western Oregon (2002)
200 – 21.77, Mike Hinshaw, Western Oregon (2002)
400 – 48.59, Isaac Frederick, Western Oregon (2004)
800 – 1:51.49, Paul Mach, Seattle Pacific (2004)
Mile – 4:09.71, Nathan Carlson, Saint Martin's (2005)
3000 – 8:19.80, **Jordan Welling, Western Washington (2009)**
5000 – 14:21.30, **Jordan Welling, Western Washington (2009)**
60 Hurdles – 8.22, Robert Edwards, Central Washington (2007)
4x400 Relay – 3:19.66, **Northwest Nazarene (2009)**
Distance Medley – 9:55.00, Western Washington (2007)
Long Jump – 7.01 - 23-0, **Zeb Udell, Western Oregon (2008)**
Triple Jump – 14.76 - 48-5 ¼, Justin Lawrence, Central Washington (2004)
High Jump – 2.08 – 6-9 ¾, Cresap Watson, Central Washington (2006)
Pole Vault – 5.01 – 16-5 ¼, Tyler Thornbrue, Western Washington (2007)
35-lb. Weight – 18.82 – 61-9, Anthony Marin, Western Oregon (2007)
Shot Put – 17.94 – 58-10 ¼, Cameron Neel, Central Washington (2007)
Heptathlon – 5508, Chris Randolph, Seattle Pacific (2006)

Conference Meet

60 – 7.02, **Ashtin Mott, Western Oregon (2008)**
200 – 22.04, Isaac Frederick, Western Oregon (2004)
400 – 49.58, **Matt Rogstad, Central Washington (2008)**
800 – 1:51.49, Paul Mach, Seattle Pacific (2004)
Mile – 4:15.27, Ethan Barrons, Western Oregon (2005)
5000 – 15:01.67, **John Riak, Saint Martin's (2007)**
60 Hurdles – 8.26, Robert Edwards, Central Washington (2007)
4x400 Relay – 3:20.98, Central Washington (2007)
Distance Medley – 10:19.74, Saint Martin's (2005)
Long Jump – 7.01 - 23-0, **Zeb Udell, Western Oregon (2008)**
Triple Jump – 14.76 – 48-5 ¼, Justin Lawrence, Central Washington (2004)
High Jump – 2.05 – 6-8 ¾, **Cameron Bailey, Central Washington (2007)**
Pole Vault – 4.89 – 16-0 ½, Scott Romney, Western Washington (2006)
35-lb. Weight – 18.19 – 59-8 ¼, **Anthony Marin, Western Oregon (2007)**
Shot Put – 17.47 – 57-3 ¼, Cameron Neel, Central Washington (2007)

WOMEN

All Meets

60 – 7.63, NyEma Sims, Seattle Pacific (2007)
200 – 25.21, NyEma Sims, Seattle Pacific (2007)
400 – 55.54, Terran Legard, Central Washington (2005)
800 – 2:07.57, **Jessica Pixler, Seattle Pacific (2008)**
Mile – 4:37.33, **Jessica Pixler, Seattle Pacific (2008)**
3000 – 9:23.24, **Jessica Pixler, Seattle Pacific (2009)**
5000 – 16:12.65, **Jessica Pixler, Seattle Pacific (2009)**
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay – 3:54.16, **Western Washington (2009)**
Distance Medley – 11:38.24, Seattle Pacific (2008)
Long Jump – 5.93 – 19-5 ½, Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump – 11.67 - 38-3 1/2, **Emily Warman, Western Washington (2009)**
High Jump – 1.77 – 5—9 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault – 3.89 - 12-9, **Melissa Peaslee, Seattle Pacific (2008)**
20-lb. Weight – 17.74 – 58-2 ½, Kristin Hepler, Western Oregon (2004)
Shot Put – 14.48 - 47-6 1/4, **Krissy Tandle, Central Washington (2009)**
Discus – 40.72 – 133-7, Krissy Tandle, Central Washington (2006)
Pentathlon – 4007, Danielle Ayers-Stamper, Seattle Pacific (2005)

Conference Meet

60 – 7.73, **Latasha Essien, Seattle Pacific (2007)**
200 – 25.25, Terran Legard, Central Washington (2005)
400 – 56.57, Terran Legard, Central Washington (2005)
800 – 2:10.18, **Jessica Pixler, Seattle Pacific (2008)**
Mile – 4:50.38, **Jessica Pixler, Seattle Pacific (2008)**
5000 – 17:39.95, **Jane Larson, Seattle Pacific (2008)**
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay – 3:57.36, Seattle Pacific (2008)
Distance Medley – 11:58.41, Seattle Pacific (2007)
Long Jump – 5.73 – 18-9 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump – 11.51 – 37-9 ¼, Kim Bascom, Western Washington (2007)
High Jump – 1.69 – 5-6 ½, Teona Perkins, Seattle Pacific (2006) and Emily Peterson, Northwest Nazarene (2006)
Pole Vault – 3.89 - 12-9, **Melissa Peaslee, Seattle Pacific (2008)**
20-lb. Weight – 16.39 – 53-9 ¼, Kristen Hepler, Western Oregon (2004)
Shot Put – 13.63 – 44-8 ¾, **Krissy Tandle, Central Washington (2006)**



RECORD HOLDERS - Jordan Welling of Western Washington (left) set GNAC records this winter in the men's 3,000 and 5,000. Melissa Peaslee of Seattle Pacific (middle) is the record holder in the women's pole vault. Krissy Tandle of Central Washington (right), who will try to become the first athlete in meet history to win the same event four times, is the GNAC record holder in the shot put.

YEARLY INDIVIDUAL CONFERENCE CHAMPIONS

Men

60

2004	Greg Coleman, WOU	7.08
2005	Eddie Kaeka, WWU	7.16
2006	Dustin Wilson, WWU	7.15
2007	Matt Rogstad, CWU	7.15
2008	Ashtin Mott, WOU	7.02

200

2004	Isaac Frederick, WOU	22.04
2005	Ryan Jewell, SPU	22.46
2006	Mike Khabibulin, WWU	22.80
2007	Michael Dean, WWU	22.42
2008	Ashtin Mott, WOU	22.16

400

2004	Isaac Frederick, WOU	49.76
2005	Chris Randolph, SPU	49.99
2006	Cresap Watson, CWU	49.90
2007	Michael Dean, WWU	49.95
2008	Matt Rogstad, CWU	49.58

800

2004	Paul Mach, SPU	1:51.49
2005	Andy Prentice, SMU	1:53.39
2006	Andy Prentice, SMU	1:54.70
2007	Eddie Strickler, SPU	1:55.23
2008	Keith Lemay, WWU	1:57.86

Mile

2004	Nathan Carlson, SMU	4:18.54
2005	Ethan Barrons, WOU	4:15.27
2006	Andy Prentice, SMU	4:17.25
2007	Sam Brancheau, WWU	4:16.90
2008	John Riak, SMU	4:21.50

5000

2004	Steve DeKoker, WWU	15:24.02
2005	Sam Scotchmer, CWU	15:03.96
2006	Sam Scotchmer, CWU	15:03.96
2007	John Riak, SMU	15:01.67
2008	Jordan Welling, WWU	15:15.60

60 Hurdles

2004	Josh Freeman, WWU	8.48
2005	Alex Clark, CWU	8.40
2006	Robert Edwards, CWU	8.36
2007	Robert Edwards, CWU	8.26
2008	Lloyd Massey, WOU	8.66

4x400 Relay

2004	Central Washington	3:23.79
2005	Central Washington	3:25.54
2006	Northwest Nazarene	3:24.60
2007	Central Washington	3:20.98
2008	Northwest Nazarene	3:23.22

Distance Medley

2004	Western Oregon	10:36.72
2005	Saint Martin's	10:19.74
2006	Seattle Pacific	10:28.71
2007	Seattle Pacific	10:24.56
2008	Western Washington	10:38.21

Long Jump

2004	Chris Randolph, SPU	21-10 (6.65)
2005	Chris Randolph, SPU	22-6 ½ (6.87)
2006	Chris Randolph, SPU	22-7 ¾ (6.90)
2007	Justin Felt, SPU	22-3 ½ (6.79)
2008	Zeb Udell, WOU	23-0 (7.01)

Triple Jump

2004	Justin Lawrence, CWU	48-5 ¼ (14.76)
2005	Blake Herrington, WOU	46-3 ¼ (14.10)
2006	Greg Hamm, NNU	47-7 ¼ (14.52)
2007	Greg Hamm, NNU	46-8 (14.22)
2008	Greg Hamm, NNU	47-5 1/4 (14.46)

High Jump

2004	Cresap Watson, CWU	6-6 ¼ (1.99)
2005	Chris Randolph, SPU	6-4 ¼ (1.94)
2006	Jeff Word, WWU	6-6 (1.98)
2007	Cameron Bailey, CWU	6-8 ¾ (2.05)
2008	Keefe Brockman, WWU	6-4 3/4 (1.95)

Pole Vault

2004	Scott Romney, WWU	14-11 ½ (4.56)
2005	Hunter Verner, WWU	15-10 ½ (4.84)
2006	Scott Romney, WWU	16-0 ½ (4.89)
2007	Tyler Thornbrue, WWU	15-10 (4.83)
2008	Ryan Brown, WWU	15-10 (4.83)

35-Pound Weight

2004	Brandon Jasmin, WOU	49-3 ½ (15.02)
2005	Carlos Aguilar, WOU	54-1 ¾ (16.50)
2006	Carlos Aguilar, WOU	54-3 ¼ (16.54)
2007	Anthony Marin, WOU	59-8 ¼ (18.19)
2008	Anthony Marin, WOU	58-2 (17.73)

Shot Put

2004	Kevin Johnson, WOU	49-8 ½ (15.15)
2005	Cameron Neel, CWU	55-7 ½ (16.95)
2006	Cameron Neel, CWU	53-3 ¾ (16.25)
2007	Cameron Neel, CWU	57-3 ¾ (17.47)
2008	Zach Barclay, NNU	48-9 ½ (14.87)

Women

60

2004	Kinyatta Leonhardt, SPU	7.96
2005	Kinyatta Leonhardt, SPU	7.96
2006	Whitney Knox, WWU	8.02
2007	Latasha Essien, SPU	7.73
2008	Latasha Essien, SPU	7.90

200

2004	Kinyatta Leonhardt, SPU	25.40
2005	Terran Legard, CWU	25.25
2006	Anna Soule, SPU	26.04
2007	Latasha Essien, SPU	25.50
2008	Jessica Hinton, SPU	25.92

400

2004	Terran Legard, CWU	57.69
2005	Terran Legard, CWU	56.57
2006	Terran Legard, CWU	57.75
2007	Heidi Dimmitt, WWU	59.11
2008	Elisa Decker, NNU	58.21

800

2004	Jennifer Marsh, SPU	2:14.80
2005	Josie Lavin, SPU	2:16.09
2006	Ashley Puga, NNU	2:16.55
2007	Jessica Pixler, SPU	2:11.52
2008	Jessica Pixler, SPU	2:10.18

Mile

2004	Jamie Witt, SPU	5:09.21
2005	Karen Dickson, SPU	5:08.23
2006	Katie Hummel, CWU	5:08.11
2007	Jessica Pixler, SPU	4:54.53
2008	Jessica Pixler, SPU	4:50.38

5000

2004	Alana Garcia, SU	19:33.9*
2005	Karin Rohde, SPU	18:41.46
2006	Brandy Anderson, CWU	18:27.98
2007	Karin Rohde, SPU	18:17.35
2008	Jane Larson, SPU	17:39.95

60 Hurdles

2004	Monica Smith, WOU	9.22
2005	Danielle Ayers-Stamper, SPU	8.66
2006	Linda Blake, SPU	9.10
2007	Kelsey Cooley, SPU	9.30
2008	Michelle Howe, WWU	9.30

4x400 Relay

2004	Central Washington	3:58.72
2005	Central Washington	4:00.32
2006	Central Washington	3:59.48
2007	Seattle Pacific	3:58.68
2008	Seattle Pacific	3:57.36

Distance Medley

2004	Seattle Pacific	12:47.76
2005	Seattle Pacific	12:35.89
2006	Central Washington	12:24.60
2007	Seattle Pacific	11:58.41
2008	Seattle Pacific	12:04.81

Long Jump

2004	Katy Kociemba, WOU	17-9 ½ (5.42)
2005	Danielle Ayers-Stamper, SPU	18-9 ¼ (5.73)
2006	Jacqueline Postlewait, WOU	17-8 (5.38)
2007	Kim Bascom, WWU	18-3 ¾ (5.58)
2008	Jacque Postlewait, WOU	18-0 ½ (5.50)

Triple Jump

2004	Lea Tiger, CWU	36-5 (11.10)
2005	Amanda Merrill, NNU	36-9 (11.20)
2006	Amanda Merrell, NNU	37-0 ¼ (11.28)
2007	Kim Bascom, WWU	37-9 ¼ (11.51)
2008	Megan Paulsen, WWU	37-0 ¼ (11.28)

High Jump

2004	Sharon Bjella, SPU	5-3 ¼ (1.61)
2005	Danielle Ayers-Stamper, SPU	5-6 (1.68)
2006	Teona Perkins, SPU	5-6 ½ (1.69)
2007	Emily Peterson, NNU	5-5 ¾ (1.67)
2008	Teona Golding, SPU	5-5 ¼ (1.66)

Pole Vault

2004	Danielle Juarez, WWU	11-6 ¼ (3.51)
2005	Allison Hedges, SPU	11-10 (3.61)
2006	Amy Harris, SPU	11-7 ¾ (3.55)
2007	Monica Anderson, SPU	11-0 ¼ (3.36)
2008	Melissa Peaslee, SPU	12-9 (3.89)

35-Pound Weight

2004	Kristen Hepler, WOU	53-9 ¼ (16.39)
2005	Heather Yergen, CWU	46-11 ½ (14.31)
2006	Krissy Tandle, CWU	50-0 ¾ (15.26)
2007	Sabrina Freed, WOU	49-4 ¼ (15.04)
2008	Sabrina Freed, WOU	51-4 ¼ (15.65)

Shot Put

2004	Chevonna Lynch, WOU	40-4 ¾ (12.31)
2005	Krissy Tandle, CWU	40-11 ½ (12.48)
2006	Krissy Tandle, CWU	44-8 ¾ (13.63)
2007	Krissy Tandle, CWU	42-10 ¼ (13.06)
2008	Amy Carroll, NNU	42-9 (13.03)