



Ninth Annual GNAC Indoor Track and Field Championships

Feb. 17-18, 2012 at Nampa, Idaho



\$5 Adults
\$3 Students
Under 12 Free

Program Price
\$2



Hosted by
Northwest Nazarene University



Ali Worthen will seek to become the top point producer in meet history. See story on Page 8 (Photo by Andrew Towell, Seattle Pacific University)



GNAC HISTORY

The Great Northwest Athletic Conference, which is comprised of 10 schools located in five U.S. states and one Canadian province, has established itself as one of the top NCAA Division II conferences during its brief 10-year history.

The conference, which was officially founded on July 1, 2001, includes four schools in the state of Washington - Central Washington University, Saint Martin's University, Seattle Pacific University and Western Washington University.

The GNAC also includes the University of Alaska Anchorage, the University of Alaska Fairbanks, Montana State University Billings, Northwest Nazarene University (Idaho), Western Oregon University and Simon Fraser University (British Columbia).

Humboldt State University (Calif.) and Seattle University were charter members of the conference but left following the 2005-06 and 2007-08 seasons, respectively.

MSU Billings joined the GNAC on July 1, 2007. Simon Fraser, which began play in the GNAC a year ago, is the first Canadian institution to be granted NCAA and GNAC membership.

The GNAC sponsors championships in eight men's and eight women's sports, including football, volleyball, men's and women's soccer, men's and women's cross country, men's and women's basketball, baseball, men's and women's golf, softball, men's and women's indoor track-and-field and men's and women's outdoor track-and-field. Humboldt State and Dixie State are currently affiliate members of the GNAC for football.

GNAC teams have earned 58 national Top 10 finishes including 25 in cross country, indoor track and field or outdoor track and field.

That includes 11 in women's cross country, six in men's cross country, six in women's indoor and two in women's outdoor.

Seattle Pacific has accounted for five of the Top 10 in indoor, finishing sixth in 2009, seventh in 2007 and 2010, eighth in 2005 and ninth in 2008. Western Washington finished ninth in 2009.

In outdoor, Seattle Pacific finished seventh in 2007. Last spring Western Washington placed sixth.

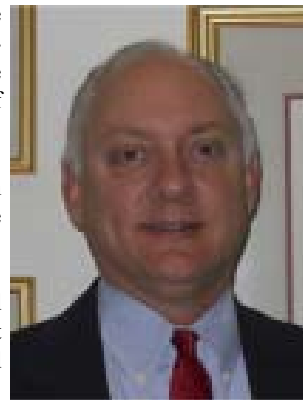


Dave Haglund Conference Commissioner (1st year)

Dave Haglund, who had been the commissioner of the Pacific Northwest-based Cascade Collegiate Conference since 2007, took over as the commissioner of the GNAC on Jan. 9, 2012.

Haglund is currently in his 31st year in intercollegiate athletics (mostly at the NCAA Division I level).

"It is a tremendous honor to be selected as the commissioner of the Great Northwest Athletic Conference," said Haglund at the time of his appointment.



"The GNAC is widely considered one of the premier conferences in NCAA Division II, and I am humbled for the opportunity to assume a leadership role with such an outstanding association.

"I fully embrace the core values championed by Division II, and look forward to partnering with our campus leaders, student-athletes and GNAC staff in building on the outstanding accomplishments achieved under the guidance of outgoing commissioner Richard Hannan."

During his tenure with the Cascade Collegiate Conference, Haglund was responsible for all aspects of conference operations, including media relations, marketing, sponsorships, officiating, scheduling, rules and regulations, finances and enforcement.

Haglund spearheaded efforts to successfully land six NAIA national championships for the conference, including four in men's and women's cross country, and two in men's golf. His leadership resulted in more than \$350,000 in sponsorships and gift-in-kind contributions for national championships hosted by the conference office.

Haglund also raised the profile of the CCC through marketing, media relations and sponsorship efforts, including the use of social media platforms and the development of a weekly podcast highlighting accomplishments by CCC student-athletes, coaches and administrators.

Prior to taking over as the commissioner of the CCC, Haglund spent 10 years on the senior-management team at the University of Maryland. He led Maryland's media relations department when the Terps won the NCAA Division I men's basketball championship and played in a BCS bowl game, and he supervised 12 sports and four support units. He also oversaw ACC and NCAA championship events hosted by the university.

Prior to joining the University of Maryland, Haglund spent 17 seasons in the sports information department at Fresno State University, including the last three as the director.

Haglund is a native of Portland and graduated from Oregon State University. He and his wife, Cindy, have two children, Samantha (18) and Matthew (15).

Seattle Pacific Looks For No. 9; Men's Race Appears Wide Open

With Ali Worthen leading the way, Seattle Pacific looks to be a solid favorite to win its ninth consecutive Great Northwest Athletic Conference women's indoor track-and-field team title.

But the men's race could be the closest ever with four teams - four-time defending champion Western Oregon, Central Washington, Western Washington and Northwest Nazarene - with the ability to walk away with the championship trophy Saturday afternoon.

Worthen, who won long jump and high jump titles in both 2009 and 2011, has scored 72 career points in three previous meets and is just four way from the GNAC record of 76 held by long-distance legend Jessica Pixler.

She is one of three previous champions back for the Falcon women. Katy Gross won the pentathlon title last year and is the top seed in the event, while Brittany Aanstad was the 2010 high jump champion.

In all the Falcons have the top-seeded athlete in four individual events including Gross, Worthen (60 hurdles), Kishia Mitchell (60) and Heidi Laabs-Johnson (5000).

Worthen, Gross and Central Washington's Katharine Lotze in the triple jump are the only defending champions in the women's division, but there are several other past champions in the field in addition to SPU's Aanstad.

Joy Warrington of Northwest Nazarene swept the shot put and weight throw two years ago and is the top seed in each event.

Western Oregon's Ashley Potter, the 2010 champion, returns to challenge Lotze in the triple jump and currently ranks fifth nationally in the event with a No. 2 GNAC all-time mark of 39-7.

Emily Warman of Western Washington won the 2010 long jump title and is the No. 1 seed. She will also compete in the triple jump, an event in which she was the indoor national champion in 2009.

Eleanor Siler of Western Washington is the top seed in the 400 and also

will compete in the 200, two events in which she swept in 2010. She's going for her third 400 title also winning it in 2009.

On the men's side, "mock" scoring indicates only 21 points may separate the top four teams.

Western Oregon will be seeking its sixth title in the nine-year history of the meet and has two former long jump champions in the field - Kyle Lane who won the event last season and Matson Hardie who was the 2010 champion when he was voted the Most Outstanding Performer.

If the Wolves are to win they'll need to rely on their depth as Hardie in the triple jump and Ryan Hansen in the 800 are WOU's lone top seeds.

Central Washington has three past champions, but just one - Brandon Roddewig in the high jump - from last season. And he's not competing in that event this year.

Brennan Boyes was the 2010 high jump champion and is the top seed, while Bryan Mack was the 2009 60 champion and comes in as the No. 1 seed.

Alex Tilley of Western Washington is the only other defending champion as he returns as the No. 4 seed in the 60.

Northwest Nazarene has one former champion - Maurus Hope who won the 400 in 2009. Hope is the top seed in both the 200 and 400.



The Crusaders also have two other No. 1 seeds - Rimar Christie in the 60 hurdles and Barak Watson in the 5,000.

Seattle Pacific returns two defending champions though it likely doesn't have the depth to challenge the top four.

Nate Seely (**pictured**) will be seeking his third consecutive 800 meter title - he's the No. 2 seed in back of Hansen. Nate Johnson is the defending heptathlon champion.

GNAC Returns To Idaho Sports Center For Ninth Year In a Row

The Great Northwest Athletic Conference Indoor Track and Field Championships returns to Nampa, home of the Idaho Sports Center, for the ninth year in a row.

This multi-purpose facility has established a name in the track and field community since 2002, when the President of Jackson's Food Stores made a charitable contribution to Boise State University making it possible for Boise to purchase the track.

The constructed track is 200 meters long and includes an eight lane straight track in the middle and six lanes banked on the oval. The track surface consists of Mondo, the world's leading performance multi-density synthetic rubber surface, a requirement by the NCAA and the United States Track & Field (USATF) for sanctioned championship events.

With all the accommodations made viable by the Idaho Sports Center, this track is the only world class championship facility in the Pacific Northwest.

In 2005, the USATF hosted the National Indoor Masters Championships attracting more than 800 male and female athletes over the age of 40. The facility is also set to host the 2012 NCAA National Indoor Track and Field Championships which will be the largest event held in the facility.

The Idaho Sports Center also plays host to a variety of Equestrian events. For six months out of the year the track is converted and used as a Horse Park.

MEET DAY

Friday-Saturday, Feb. 17-18, 2012



Meet Schedule

Friday

10:15 a.m. 60 Dash (Men's Heptathlon)
10:45 a.m. 60 Hurdles (Women's Pentathlon)
10:55 a.m. Long Jump (Men's Heptathlon)
11:25 a.m. High Jump (Women's Pentathlon)
12:15 p.m. Shot Put (Men's Heptathlon)
1:15 p.m. Shot Put (Women's Pentathlon)
1:30 p.m. High Jump (Men's Heptathlon)
2:15 p.m. Long Jump (Women's Pentathlon)
3:30 p.m. 800 Meters (Women's Pentathlon)
4:15 p.m. Women's Weight Throw
4:15 p.m. Women's Long Jump
4:15 p.m. Men's High Jump
5:00 p.m. Women's Pole Vault
5:00 p.m. Men's Long Jump
6:00 p.m. Men Shot Put
6:30 p.m. Women's 60 Hurdles Prelims
6:40 p.m. Men's 60 Hurdles Prelims
6:55 p.m. Women's 60 Prelims
7:05 p.m. Men's 60 Prelims
7:15 p.m. Women's Distance Medley Relay
7:30 p.m. Men's Distance Medley Relay

Saturday

8:00 a.m. 60 Hurdles (Men's Heptathlon)
8:40 a.m. Pole Vault (Men's Heptathlon)
10:00 a.m. Men's Weight Throw
10:00 a.m. Women's Triple Jump
10:30 a.m. Women's High Jump
11:00 a.m. **OPENING CEREMONY**
11:00 a.m. Men's Pole Vault
11:15 a.m. Women's Shot Put
11:15 a.m. Men's Triple Jump
11:20 a.m. 1000 Meters (Men's Heptathlon)
11:25 a.m. Women's Mile
11:35 a.m. Men's Mile
11:45 a.m. Women's 60 Hurdles
11:55 a.m. Men's 60 Hurdles
12:05 p.m. Women's 400
12:15 p.m. Men's 400
12:25 p.m. Women's 60
12:30 p.m. Men's 60
12:40 p.m. Women's 800
12:50p.m. Men's 800
1:00 p.m. Women's 200
1:10 p.m. Men's 200
1:25 p.m. Women's 5,000
1:45 p.m. Men's 5,000
2:10 p.m. Women's 4x400 Relay
2:20 p.m. Men's 4x400 Relay
2:50 p.m. **AWARDS CEREMONY**



RICH SANDERS
Meet Director
Northwest Nazarene AD



MIKE JOHNSON
Track and Field Chair
Western Oregon

Starting Heights and Progressions

Women's Pole Vault

2.90m - 9-6 1/4
3.05m - 10-0
3.20m - 10-6
3.30m - 10-10
3.40m - 11-6 1/2
3.50m - 12-0 1/2
3.60m - 11-9 3/4
3.70m - 12-1 1/2

Women's High Jump

1.51m - 4-11 1/2
1.56m - 5-1 1/4
1.61m - 5-3 1/4
1.66m - 5-5 1/4
1.71m - 5-7 1/4
1.76m - 5-9 1/4

Men's Pole Vault

3.85m - 12-7 1/2
4.00m - 13-1 1/2
4.15m - 13-7 1/4
4.30m - 14-1 1/4
4.45m - 14-7 1/4
4.55m - 14-11
4.65m - 15-3
4.75m - 15-7
4.85m - 15-11

Men's High Jump

1.78m - 5-10
1.83m - 6-0
1.88m - 6-2
1.93m - 6-4
1.98m - 6-6
2.03m - 6-8
2.08m - 6-9 3/4

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.

Scoring

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

Meet Rosters



WILDCATS Central Washington

Men	Yr.	Hometown
15 Quinton Agosta	Jr.	Bainbridge Island, WA
16 Colin Alexander	Sr.	Fall City, WA
17 Zach Armstrong	Jr.	Breckenridge, CO
18 Brennan Boyes	Jr.	Puyallup, WA
19 Jason Caryl	Sr.	Omak, WA
20 Kyle Fremd	Jr.	Kirkland, WA
21 Darnell Harris	Sr.	Tacoma, WA
22 Eric Holmstrom	So.	Mount Vernon, WA
23 Scott Hunter	Jr.	Hilo, HI
24 Mike Jensen	Jr.	Tenino, WA
25 Erik Lee	So.	Shoreline, WA
26 Bryan Mack	Sr.	Arlington, WA
27 Manny Melo	Jr.	Battle Ground, WA
28 Lewis Meyers	Jr.	Carson, WA
29 Nathan Minor	So.	Mount Vernon, WA
30 Scott Morrison	Jr.	Hoquiam, WA
31 Brandon Roddewig	Jr.	Fall City, WA
32 Tommy Sheriff	Sr.	Bellevue, WA
33 Jon Swanson	Jr.	Veradale, WA
34 Andrew Venema	Jr.	Bickleton, WA

Women	Yr.	Hometown
1 Kaylee Baumstark	Jr.	Port Angeles, WA
2 Siri Berg	Sr.	Burien, WA
3 Kati Davis	Sr.	Olympia, WA
4 Tayler Fettig	Jr.	Olympia, WA
5 Chelsea Genther	So.	Bow, WA
6 Taylor Kartes	So.	Federal Way, WA
7 Kelsey Kreft	Jr.	Lake Stevens, WA
8 Jamie Larsen	Jr.	Kent, WA
9 Katharine Lotze	Jr.	Benton City, WA
10 Connie Morgan	So.	Hoquiam, WA
11 Shelby Napiontek	Jr.	Port Angeles, WA
12 Seanna Pitassi	So.	Camas, WA
13 Taylor Swanson	Fr.	Seattle, WA
14 Hannah Swigart	Jr.	Goldendale, WA



YELLOWJACKETS Montana State Billings

Men	Cl.	Hometown
51 Rory Bauer	Fr.	Roberts, MT
52 Taylor Canfield	Sr.	Manhattan, MT
53 Taylor Firestone	Fr.	Plains, MT
54 Drew Galahan	So.	Harlowton, MT
55 Nickolas Kozub	Fr.	Lewistown, Mt.
56 Daniel Lombardi	Sr.	Deer Lodge, MT
57 Logan Mossey	Jr.	Lewistown, MT

58 Lewis Polkow	So.	Billings, MT
59 Brian Potter	Sr.	Manhattan, MT
60 Adam Prevost	Jr.	Billings, MT
61 Chase Robinson	So.	Colstrip, MT
62 Tanner Rottrup	Jr.	Billings, MT
63 Shae Stein	So.	Nashua, MT
64 Brock Steingruber	So.	Three Forks, MT
65 Jake Swan	Jr.	Billings, MT
66 Tyson Vanderby	Sr.	Manhattan, MT
67 Reiley Winebrenner	Fr.	Hot Springs, MT

Women	Cl.	Hometown
35 Leah Berry	So.	Lewistown, MT
36 Elizabeth Brown	Fr.	Colstrip, MT
37 Keri Clump	So.	Wasilla, AK
38 Emili Crowder	Jr.	Saco, MT
39 Leeza Henry	Jr.	Scottsbluff, NE
40 Renae Hepfner	So.	Belt, MT
41 Corrie Holm	Fr.	Billings, Mt.
42 Jamilea Kittelmann	Jr.	Billings, MT
43 Anica Knispel	So.	Billings, MT
44 Morgan Kujala	So.	Sand Coulee, MT
45 Whitney Mickelsen	Jr.	Sevier, UT
46 Stacey Pitt	So.	Kalispell, MT
47 Justine Simons	Sr.	Laurel, MT
48 Delaware Steingruber	So.	Townsend, MT
49 Tiffany Thomas	Jr.	Huntley, MT
50 Lacy Wilkins	Fr.	Otter, MT



CRUSADERS Northwest Nazarene

Men	Yr.	Hometown
89 Jesse Baggenstos	Jr.	Renton, WA
90 Rimar Christie	So.	St. Michael, Barbados
91 Greg Cruise	Jr.	Salem, OR
92 Andrew Curtis	So.	Tigard, OR
93 Andrew Galbraith	Fr.	Whitefish, MT
95 Tim Greene	Sr.	Portland, OR
96 Ben Heidegger	Sr.	Medford, OR
97 Luke Hetrick	Sr.	Caldwell, ID
98 Jacob Hollander	Fr.	Lynden, WA
99 Maurus Hope	Sr.	Adrian, OR
100 Greyson Kilgore	So.	Kuna, ID
101 Jesse Korb	So.	Deer Park, WA
102 Stephen Larlee	So.	Maupin, OR
103 Benard Ngeno	Sr.	Kericho, Kenya
104 Taylor Shields	Fr.	Nampa, ID
105 Mark Wade	Sr.	Boise, ID
106 Barak Watson	Jr.	Nampa, ID
107 Justin Webb	Jr.	Weiser ID
108 Reid White	So.	Deer Park, WA
109 Elmer Williams	Jr.	Deer Park, WA

Women	Yr.	Hometown
68 Jill Bennett	Sr.	Grants Pass, OR
70 Keesha Brown	Fr.	Middleton, ID
71 Caitlin Curtis	Fr.	Portland, OR
72 Carly Dranginis	Jr.	Nampa, ID
73 Natalie Evans	So.	New Plymouth, ID
74 Melissa Grammer	Jr.	Valdez, AK

75 Christine Harwood	Jr.	Pendleton, OR
76 Alicia Hedrick	Jr.	Bonnars Ferry, ID
77 Jasmyn Jewett	Jr.	Mt. Home, ID
78 Christabel Leonce	Jr.	Castries St. Lucia
79 Laura Pridgen	Jr.	Nampa, ID
80 Molly Reid	Sr.	Jerome, ID
81 Shanna Pippy	Jr.	Boise, ID
82 Courtney Schroeder	Fr.	Caldwell ID
83 Marie Smith	So.	Boise, ID
84 Meagan Swenson	Sr.	Salem, OR
85 Vessie Umu	So.	Colorado Springs, CO
86 Jasmine Warrington	So.	Colorado Springs, CO
87 Joy Warrington	Sr.	Colorado Springs, CO
88 Morgan Weidmeier	So.	Meridian, ID



SAINTS Saint Martin's

Men	Yr.	Hometown
169 Edd Brown	Jr.	McKenna, WA
170 Michael Davis	Fr.	Seattle, WA
171 Devon DeMoss	So.	Gig Harbor, WA
172 Jay Fauley	Fr.	Orting, WA
173 Travis Grady	So.	Lynnwood, WA
174 Matt Hankins	Fr.	Olympia, WA
175 Michael Holland	So.	Olalla, WA
176 Spencer Hunt	Sr.	Onalaska, WA
177 Joey Keeton	Fr.	Yakima, WA
178 Frank Krause	Fr.	Onalaska, WA
179 Noah Lentz	Fr.	Sumner, WA
180 Brian McElroy	Fr.	Tacoma, WA
182 Joseph Patti	Jr.	Renton, WA
183 Ty Sissel	Fr.	Everett, WA
184 Kyle Van Santen	Sr.	Lake Stevens, WA
185 Sam Washington	Jr.	Tacoma, WA

Women	Yr.	Hometown
160 Samantha Hull	Jr.	Belfair, WA
161 Addie Medina	So.	Orange, CA
162 Joscelyn Minton	Jr.	Shelton, WA
163 Kaitlynn Pecha	Sr.	Omak, WA
164 Hannah Scholter	Jr.	Auburn, WA
165 Laura Tesch	Jr.	Renton, WA
166 Teilissa Tua	Jr.	Kahului, HI
167 Alicia Wolf	Fr.	Bellingham, WA
168 Taylor Yoro	So.	Orting, WA



FALCONS Seattle Pacific

Men	Yr.	Hometown
128 AJ Baker	Jr.	Au Gres, MI
129 Gavin Brand	Jr.	Suwanee, GA
130 Ryan Endressen	Jr.	Portland, OR
131 David Ferguson	Fr.	Inverness, IL
132 Will Harrison	Jr.	Tucson, AZ
133 Alex Horton	Fr.	Kent, WA
134 Nate Johnson	Jr.	Boise, ID

135 Seth Pierson	Jr.	Cashmere, WA
136 Nate Seely	Jr.	Lynden, WA
137 Tavish Taylor	Fr.	Port Angeles, WA
138 Jordan Wolfe	Jr.	Bend, OR
139 Ray Zoellick	Fr.	Bothell, WA



Women	Yr	Hometown
110 Brittany Aanstad	Sr.	Lake Stevens, WA
111 Tasia Baldwin	Fr.	Tacoma, WA
112 Josie Becker	Sr.	Grapeview, WA
113 Alli Cutting	So.	Sequim, WA
114 McKayla Fricker	Fr.	Canby, OR
115 Katy Gross	Jr.	Everett, WA
116 Jasmine Johnson	Fr.	Federal Way, WA
117 Heidi Laabs-Johnson	Sr.	Salt Lake City, UT
118 Maliea Luquin	Fr.	Portland, OR
119 Trinna Miranda	Jr.	Tigard, OR
120 Kishia Mitchell	So.	Puyallup, WA
121 Natty Plunkett	Sr.	Bellevue, WA
122 Emily Quatier	Jr.	Portland, OR
123 Terra Schumacher	Sr.	Sublimity, OR
124 Myisha Valentine	Sr.	Mountlake Terrace, WA
125 BryAnne Wochnick	So.	Portland, OR
126 Ali Worthen	Sr.	Coos Bay, OR
127 Robyn Zeidler	So.	Plymouth, MN



CLAN Simon Fraser

Men	Yr.	Hometown
151 Ryan Brockerville	Sr.	Marystown, NFD
152 Stuart Ellenwood	Fr.	Langley, BC
153 Keir Forster	Sr.	San Ramon, CA
154 Anton Humeniuk	Fr.	Vancouver, BC
155 Jacob Karamanian	Fr.	Maple Ridge, BC
156 Yubai Liu	Sr.	Vancouver, BC
157 Luca Molinari	Fr.	Burbany, BC
158 Dennis Nicolas	Sr.	Richmond, BC
159 Adam Reid	Jr.	Bowen Island, BC

Women	Yr.	Hometown
140 Andrea Abrams	Sr.	Saskatoon, BC
141 Kirsten Allen	So.	London, Ont.
142 Lindsey Butterworth	So.	North Vancouver, BC
143 Charlotte Crombeen	So.	London, Ont.
144 Kim Doerksen	Jr.	Gibsons, BC
145 Michaela Kane	Jr.	Roberts Creek, BC
146 Aisha Klippenstein	Fr.	Abbotsford, BC
147 Leah Regan	Fr.	Maple Ridge, BC
149 Sarah Sawatzky	Jr.	Chilliwack, BC
150 Abbey Vogt	So.	Burnaby, BC

WOLVES Western Oregon

Men	Yr.	Hometown
208 Bobby Alexander	Jr.	Seattle, WA
209 Elrycc Berkman	So.	Seaside, OR
210 Landon Burningham	Fr.	Sandy, UT
211 Brett Campbell	So.	Bend, OR
212 Ryan Chapman	Jr.	Yakima, WA
213 Lukas Fenley	So.	Leaburg, OR
214 Zach Franklin	So.	Salem, OR
215 Eric Gaines	So.	Sandy, OR
216 Keanu Haina	Fr.	Honolulu, HI
217 Kendale Hamlett	Fr.	Tacoma, WA
218 Ryan Hansen	So.	Dallas, OR
219 Matson Hardie	So.	Bend, OR
220 Jake Hyde	Jr.	Estacada, OR
221 Matt Kaino	Jr.	Ilwaco, WA
222 Connor Kasler	Jr.	Grants Pass, OR
223 Kyle Lane	So.	Portland, OR
224 Drew Larson	Jr.	Lake Stevens, WA
225 Kyle Larson	Sr.	Lake Stevens, WA
226 Tim Lundy	Sr.	Dayton, OR
227 Kevin McCurdy	So.	Salem, OR
228 Josh Moore	Jr.	Tacoma, WA
229 Chris Olsen	Fr.	Milwaukie, OR
230 Ty Phillips	Fr.	Monmouth, OR
231 Kody Reavis	Sr.	Florence, OR
232 Kody Rhodes	So.	Wilsonville, OR
233 Dan Sprinkle	Sr.	Hillsboro, OR
234 Tyler Thomas	Jr.	Philomath, OR
235 Anthony Yakovich	Jr.	Eugene, OR

Women	Yr.	Hometown
186 Nicole Anderson	Fr.	Packwood, WA
187 Meryl Butcher	Sr.	Clackamas, OR
188 Shanai Campbell	So.	Yakima, WA
189 KayAnna Cecchi	Sr.	Gresham, OR
190 Allison Cook	Fr.	Coquille, OR
191 Laura Copenhagen	Fr.	Canby, OR
192 Kayla Dolby	Fr.	Stayton, OR
193 Janelle Everetts	Sr.	Salem, OR
194 Megan Everetts	Sr.	Salem, OR
195 Charlene Harber	Fr.	Astoria, OR
196 Audrey Hellesto	Fr.	Philomath, OR
197 Rebecca Laible	Fr.	Salem, OR
198 Madison McClung	So.	Cottage Grove, OR
199 Ali Mosher	Sr.	Gresham, OR
200 Katie Pelchar	So.	Sandy, OR
201 Emily Pieren	Jr.	Nestucca, OR
202 Lexi Pola	Jr.	Dallas, OR
203 Ashley Potter	Sr.	Springfield, OR
204 Rachel Shelley	Fr.	Portland, OR
207 Janna Vander Meulen	Sr.	Puyallup, WA

VIKINGS Western Washington

Men	Yr.	Hometown
260 Nick Abraham	Sr.	Sammamish, WA
261 Tanner Boyd	Jr.	Camas, WA
262 Brian Glassey	Jr.	Crestline, CA
263 Brian Gray	Sr.	Sammamish, WA
264 Shane Gruger	Sr.	Shoreline, WA
265 Thomas Guidon	Jr.	Bothell, WA
266 Slater Hirst	Fr.	Shoreline, WA
267 Michael Hoffman	Sr.	Bellingham, WA
268 Justin Hurtubise	Jr.	Spokane, WA
269 Chip Jackson	Jr.	Seattle, WA
270 Brett Mattson	Fr.	Blaine, WA
271 Logan Myers	Fr.	Olympia, WA
272 Tyler Nichols	Sr.	Shoreline, WA
273 Jason Nokes	Jr.	Spokane, WA
274 Mark Pangilinan	So.	Marysville, WA
275 Corey Pfeiff	Fr.	Everett, WA
276 Jon Poolman	Fr.	Langley, WA
277 Dak Riek	Jr.	Everett, WA
278 Cal Rosenberg	Jr.	Portland, OR
279 Tucker Rudy	Fr.	Rockford, WA
280 Karsten Schick	So.	Kodiak, AK
281 Nathan Schmidt	Fr.	Lynnwood, WA
282 Michael Stralser	So.	Cheney, WA
283 Alex Tilley	Sr.	Edmonds, WA
284 Braden Timpe	So.	Enumclaw, WA
285 Brett Watson	Fr.	Ferndale, WA
286 Nelson Westlin	Jr.	Bellingham, WA
287 Tyler Will	So.	Spokane, WA

Women	Yr.	Hometown
236 Karis Anderson	Jr.	Seattle, WA
237 Sydney Coffey	So.	Boulder, CO
238 Amber Dodd	So.	Sammamish, WA
239 Brittany Grandy	Fr.	Sedro-Woolley, WA
240 Brooklyn Holton	Jr.	Arlington, WA
241 Miranda Lahman	So.	Boulder, CO
242 Valle Ledtke	Jr.	Skamokawa, WA
243 Alex McDonald	Jr.	Marysville, WA
244 Maddie McGee	So.	Spokane, WA
245 Amanda Overdick	Jr.	Lynnwood, WA
246 Erin Philbeck	So.	Seattle, WA
247 Cheyanna Pinley	Fr.	Bellingham, WA
248 Amy Puckett	So.	Laramie, WY
249 Callie Reff	Jr.	Burlington, WA
250 Katie Reichert	Fr.	Kelso, WA
251 Mary Rogers	Jr.	Spokane, WA
252 Amy Rovira	Fr.	Richland, WA
253 Eleanor Siler	Sr.	Spokane, WA
254 Katelyn Steen	Fr.	Sammamish, WA
255 Mikhaila Thornton	Fr.	Bend, OR
256 Emily Walters	So.	Olympia, WA
257 Emily Warman	Sr.	Sedro-Woolley, WA
258 Lindsay Wells	So.	Seattle, WA
259 Loreah Winlow	Jr.	Nine Mile Falls, WA

Central Washington

Team Information

Location: Ellensburg, WA
Enrollment: 9,610
President: Dr. James L. Gaudino
Year Founded: 1891
School Colors: Crimson and Black
Athletic Director: Jack Bishop
Head Coach: Kevin Adkisson, Willamette '91
Assistants: Charles Chandler, Tony Monroe, JT Statler, David Paul, Chase Rost
2011 Conference Finish: Men – 3rd, 104.83.
Women – 5th, 80 ½.
2011 National Finish: Women – 40th, 3



2012 National Qualifiers (Men – 2, Women – 2)

Kati Davis	Pole Vault	12 th , 12-0 ½
Katharine Lotz	Triple Jump	16 th , 38-4 ¼
Bryan Mack	60	25 th , 6.89
Brennan Boyes	High Jump	27 th , 6-8 ¼

2011 Returning All-Conference Performers

Men (6/6)	Event	Finish
Brandon Roddewig	High Jump	1 st , 6-4 ¾
Bryan Mack	60	2 nd , 7.07
Scott Morrison	400	2 nd , 49.46
Scott Hunter	Pole Vault	2 nd , 15-3 ½
Brennan Boyes	High Jump	3 rd , 6-2 ¾
Andrew Venema	Heptathlon	3 rd , 4047

Women (2/2)	Event	Finish
Katharine Lotze	Triple Jump	1 st , 38-5
Kati Davis	Pole Vault	2 nd , 11-6 ½

Previous Team Finishes

	Men	Women
2004	3 rd , 107	3 rd , 124
2005	3 rd , 114	2 nd , 137 ½
2006	2 nd , 134	2 nd , 134
2007	1 st , 171 ½	5 th , 82
2008	4 th , 75	5 th , 46 ½
2009	3 rd , 128	5 th , 61 2/3
2010	3 rd , 134	5 th , 51
2011	3 rd , 104 5/6	5 th , 80 ½

Past Individual Champions

Men (17/27)	Event	Year (Mark)
Tyler Fischer	Weight Throw	2009 (58-6)
	Weight Throw	2010 (58-3)
	Shot Put	2009 (52-3 ¼)
Cameron Neel	Shot Put	2005 (55-7 ½)
	Shot Put	2006 (53-3 ¾)
	Shot Put	2007 (57-3 ¾)
Cameron Bailey	High Jump	2007 (6-8 ¾)
	High Jump	2009 (6-7)
Robert Edwards	60 Hurdles	2006 (8.36)
	60 Hurdles	2007 (8.26)
Rendel Jones	Triple Jump	2009 (46-8 ¾)
	Triple Jump	2010 (47-7 ¼)
Matt Rogstad	60	2007 (7.15)
	400	2008 (49.58)
Sam Scotchmer	5000	2005 (15:03.96)
	5000	2006 (15:03.96)

Cresap Watson	400	2006 (49.90)
	High Jump	2004 (6-6 ¼)
Radio Battle	200	2009 (21.97)
Brennan Boyes	High Jump	2010 (6-4 ¾)
Alex Clark	60 Hurdles	2005 (8.40)
Anthony Hogan	60 Hurdles	2011 (8.42)
Justin Lawrence	Triple Jump	2004 (48-5 ¼)
Bryan Mack	60	2009 (6.95)
Kincaid Nichols	200	2010 (22.22)
Brandon Roddewig	High Jump	2011 (6-4 ¾)
Anthony Wright	60	2010 (6.89)

Women (9/18)	Event	Year (Mark)
Krissy Tandle	Weight Throw	2006 (50-0 ¾)
	Weight Throw	2009 (52-4 ¾)
	Shot Put	2005 (40-11 ½)
	Shot Put	2006 (44-8 ¾)
	Shot Put	2007 (42-10 ¼)
	Shot Put	2009 (48-9 ½)
Terran Legard	200	2005 (25.25)
	400	2004 (57.69)
	400	2005 (56.57)
	400	2006 (57.75)
Torrie Self	Weight Throw	2011 (53-7 ½)
	Shot Put	2011 (45-10)
Brandy Anderson	5000	2006 (18:27.98)
Becca Clark	Pole Vault	2011 (12-0 ½)
Katie Hummel	Mile	2006 (5:08.11)
Katharine Lotze	Triple Jump	2011 (38-5)
Lea Tiger	Long Jump	2004 (36-5)
Heather Yergen	Weight Throw	2004 (53-9 ¼)

Montana State Billings

Team Information

Location: Billings, MT
Enrollment: 5,335
President: Dr. Rolf Groseth
Year Founded: 1927
School Colors: Navy and Gold
Athletic Director: Dr. Gary Gray
Head Coach: Dave Coppock, Montana '79 (23rd year)
Assistants: Casey Claussen, Nick Collins, Trent Hooper, Chip Wylie
2011 Conference Finish: Men – 7th, 12 **Women** – 7th, 30 ½



2012 National Qualifiers (Men – 0, Women – 2)

Stacey Pitt	Pole Vault	19 th , 11-7 ¾
Leeza Henry	Shot Put	24 th , 44-6 ¾

2011 Returning All-Conference Performers

Men (0/0)	Event	Finish
None		

Women (1/1)	Event	Finish
Anica Knispel	Weight Throw	3 rd , 50-1 ¼

Previous Team Finishes	Men	Women
2008	8 th , 9	8 th , 12
2009	7 th , 8	6 th , 14
2010	6 th , 16	6 th , 18
2011	7 th , 12	7 th , 30 ½

Northwest Nazarene

Team Information

Location: Nampa, ID
Enrollment: 2,000
President: Dr. David Alexander
Year Founded: 1913
School Colors: Red, Black, Grey and White
Athletic Director: Rich Sanders
Head Coach: John Spatz, Eastern Washington '88 (10th year)
Assistants: Scott Kinnaman, Dustin Ainsworth, Jake Perry
2011 Conference Finish: Men – 4th, 104 1/3.
Women – 3rd, 97.



2012 National Qualifiers (Men – 4, Women – 1)

Joy Warrington	Shot Put	16 th , 45-8
Maurus Hope	400	22 nd , 48.53
Barak Watson	5000	26 th , 14:32.59
Barak Watson	Mile	35 th , 4:13.98
Rimar Christie	60	50 th , 6.95

2011 Returning All-Conference Performers

Men (5/6)	Event	Finish
Matt Stark	800	2 nd , 1:54.73
Barak Watson	Mile	2 nd , 4:15.77
Barak Watson	5000	2 nd , 15:18.46
Stephen Larlee	Triple Jump	2 nd , 46-5 ¼
Maurus Hope	60 Hurdles	3 rd , 8.63
Andrew Curtis	400	3 rd , 49.91

Women (3/3)	Event	Finish
Melissa Grammer	200	3 rd , 25.77
Jasmyn Jewett	Triple Jump	3 rd , 36-11 ¾
Joy Warrington	Shot Put	3 rd , 42-0 ¾

Previous Team Finishes

	Men	Women
2004	4 th , 71	4 th , 66
2005	5 th , 54	4 th , 65
2006	5 th , 59	4 th , 77
2007	4 th , 77	2 nd , 104
2008	3 rd , 99 ½	3 rd , 101 ½
2009	4 th , 84	3 rd , 104 1/3
2010	4 th , 53 ½	3 rd , 90
2011	4 th , 104 1/3	3 rd , 97

Past Individual Champions

Men (4/6)	Event	Year (Mark)
Greg Hamm	Triple Jump	2006 (47-7 ¾)
	Triple Jump	2007 (46-8)
	Triple Jump	2008 (47-5 ¼)
Zach Barclay	Shot Put	2008 (48-9 ½)
Dallas Beaty	60 Hurdles	2009 (8.51)
Maurus Hope	400	2009 (49.75)

Women (7/11)	Event	Year (Mark)
Ashley Puga	800	2006 (2:16.55)
	800	2009 (4:47.37)
	Mile	2009 (4:47.37)
Amanda Merrell	Triple Jump	2005 (36-9)
	Triple Jump	2006 (37-0 ¼)
Joy Warrington	Shot Put	2010 (49-10 ½)
	Weight Throw	2010 (49-10 ½)

Amy Carroll	Shot Put	2008 (42-9)
Elisa Decker	400	2008 (58.21)
Emily Peterson	High Jump	2007 (5-5 ¾)
Laura Vonarx	Triple Jump	2009 (37-2 ¼)

Saint Martin's

Team Information

Location: Lacey, WA
Enrollment: 1,250
President: Dr. Roy Heynderickx
Year Founded: 1895
School Colors: Red and White
Athletic Director: Bob Grisham
Head Coach: Julie Sullivan,
 Seattle Pacific '01 (6th year)
Assistants: Gunner Argo, Marc
 Fish, Zeb Hoffman, Josh McCune, Dan Parine
2011 Conference Finish: Men – 8th, 11 Women –
 8th, 10



2012 National Qualifiers (Men – 2, Women – 0)

Sam Washington	Weight Throw	17 th , 58-2
Kyle Van Santen	5000	33rd, 14:36.55

2011 Returning All-Conference Performers

Men/Women (0/0)	Event	Finish
None		

Previous Team Finishes

	Men	Women
2004	6 th , 37	7 th , 6
2005	6 th , 40	6 th , 20
2006	6 th , 41	6 th , 27
2007	7 th , 16 ½	6 th , 14
2008	7 th , 20	7 th , 14
2009	5 th , 40	7 th , 8
2010	7 th , 8	7 th , 4
2011	8 th , 11	8 th , 10

Past Individual Champions

Men (3/7)	Event	Year (Mark)
Andy Prentice	800	2005 (1:53.39)
	800	2006 (1:54.70)
	Mile	2006 (4:17.25)
John Riak	Mile	2008 (4:21.50)
	5000	2007 (15:01.67)
	5000	2009 (15:09.89)
Nathan Carlson	Mile	2004 (4:18.54)

SEATTLE PACIFIC

Team Information

Location: Seattle, WA
Enrollment: 4,120
President: Dr. Philip Eaton
Year Founded: 1891
School Colors: Maroon and
 White
Athletic Director: Erin O'Connell
Head Coach: Karl Lerum, Pacific
 Lutheran '98 (7th year)
Assistants: Duncan Atwood, Erika Daligcon, Carly
 Dockendorf, Doris Heritage
2011 Conference Finish: Men – 6th, 41. Women
 – 1st, 126 ½



2012 National Qualifiers (Men – 2, Women – 3)

Ali Worthen	Pentathlon	7 th , 3729
Nathan Seely	800	14 th , 1:52.36
Ali Worthen	High Jump	22 nd , 5-6
Nate Johnson	Heptathlon	26 th , 4679
Ali Worthen	60 Hurdles	30 th , 8.85

2011 Returning All-Conference Performers

Men (2/2)	Event	Finish
Nathan Seely	800	1 st , 1:54.35
Nate Johnson	Heptathlon	1 st , 4576

Women (6/8)	Event	Finish
Ali Worthen	Long Jump	1 st , 18-2 ½
Ali Worthen	High Jump	1 st , 5-5 ¼
Katy Gross	Pentathlon	1 st , 3297
Natty Plunkett	5000	2 nd , 18:01.54
Terra Schumacher	Pole Vault	3 rd , 11-6 ½
Ali Worthen	60 Hurdles	3 rd , 9.16
Kishia Mitchell	400	3 rd , 57.68
Alli Cutting	Mile	3 rd , 5:11.49

Previous Team Finishes

	Men	Women
2004	5 th , 56	1 st , 160
2005	4 th , 87	1 st , 188
2006	4 th , 63	1 st , 154
2007	5 th , 47	1 st , 192
2008	6 th , 39	1 st , 183
2009	6 th , 11	1 st , 181
2010	5 th , 39	1 st , 179 ½
2011	6 th , 41	1 st , 126 ½

Past Individual Champions

Men (7/12)	Event	Year (Mark)
Chris Randolph	400	2005 (49.99)
	Long Jump	2004 (21-10)
	Long Jump	2005 (22-6 ½)
	Long Jump	2006 (22-7 ¾)
	High Jump	2005 (6-4 ¼)
	800	2010 (1:54.86)
	800	2011 (1:54.35)
	Long Jump	2007 (22-3 ½)
	200	2005 (22.46)
Nate Johnson	Heptathlon	2011 (4576)
Paul Mach	800	2004 (1:51.49)
Eddie Strickler	800	2007 (1:55.23)

Women (24/44)	Event	Year (Mark)
Jessica Pixler	800	2007 (2:11.52)
	800	2008 (2:10.18)
	800	2010 (2:08.28)
	Mile	2007 (4:54.53)
	Mile	2008 (4:50.38)
	Mile	2010 (4:40.39)
	60	2007 (7.73)
	60	2008 (7.90)
	60	2009 (7.77)
	60	2010 (7.67)
	200	2007 (25.50)
	Long Jump	2009 (18-6 ½)
	High Jump	2009 (5-8 ½)
	Long Jump	2011 (18-2 ½)
	High Jump	2011 (5-5 ¼)
Danielle Ayers-Stamper	60 Hurdles	2005 (8.66)
	Long Jump	2005 (18-9 ¾)
	High Jump	2005 (5-6)
Kinyata Leonhardt	60	2004 (7.96)
	60	2005 (7.96)
	200	2004 (25.40)

Jessica Hinton	200	2008 (25.92)
	200	2009 (25.35)
Jane Larson	5000	2008 (17:39.95)
	5000	2009 (17:27.34)
Melissa Peaslee	Pole Vault	2008 (12-9)
	Pole Vault	2010 (12-0)
Karin Rohde	5000	2005 (18:41.46)
	5000	2007 (18:17.35)
Brittany Aanstad	High Jump	2010 (5-5 ¼)
Monica Anderson	Pole Vault	2007 (11-0 ¼)
Sharon Bjella	High Jump	2004 (5-3 ¼)
Linda Blake	60 Hurdles	2006 (9.10)
Kelsey Cooley	60 Hurdles	2007 (9.30)
Karen Dickson	Mile	2005 (5:08.23)
Teona Golding	High Jump	2008 (5-5 ¼)
Katy Gross	Pentathlon	2011 (3297)
Amy Harris	Pole Vault	2006 (11-7 ¾)
Allison Hedges	Pole Vault	2005 (11-10)
Josie Lavin	800	2005 (2:16.09)
Jennifer Marsh	800	2004 (2:14.80)
Teona Perkins	High Jump	2006 (5-6 ½)
Anna Soule	200	2006 (26.04)
Jamie Witt	Mile	2004 (5:09.21)

Simon Fraser

Team Information

Location: Burnaby, BC
Enrollment: 27,000
President: Andrew Petter
Year Founded: 1965
School Colors: Red, White and
 Blue
Athletic Director: Milton Richards
Head Coach: Brit Townsend,
 Simon Fraser
Assistants: Tom Dickson, Jerrold Jones, Jennifer
 Padriano, Byron Collyer
Managers – Traci Boss, Adam Reid
2011 Conference Finish: Men – 5th, 67. Women –
 2nd, 120.
2011 NAIA National Finish: Men – 51st, 1. Women
 – 2nd, 58
2012 National Qualifiers (Men – 1, Women – 5)
 Ryan Brockerville Mile 4:13.00
 Lindsey Butterworth 800 2:11.13
 Sarah Sawatzky 800 2:11.60
 Michaela Kane 800 2:12.43
 Women's Relay DMR 12:09.21
 Aisha Klippenstein Triple Jump 39-0 ½



Note: SFU ineligible to compete at nationals or to be ranked.
 Listed are SFU athletes that have met the NCAA PNQ.

2011 Returning All-Conference Performers

Men (1/1)	Event	Finish
Dennis Nicolas	Long Jump	3 rd , 22-11 ¼

Women (0/0)	Event	Finish
None		

Previous Team Finishes

	Men	Women
2011	5 th , 67	2 nd , 120

Past Individual Champions

Men (1/2)	Event	Year (Mark)
Andrew Boss	200	2011 (21.84)
	400	2011 (49.18)

Women (4/5)	Event	Year (Mark)
Jane Channell	60	2011 (7.81)
	200	2011 (25.57)
Helen Crofts	400	2011 (55.90)
Brianna Kane	800	2011 (2:14.58)
Jessica Smith	Mile	2011 (5:04.83)

Western Oregon

Team Information

Location: Monmouth, OR

Enrollment: 6,200

President: Mark Weiss

Year Founded: 1856

School Colors: Red and White

Athletic Director: Daniel Hare

Head Coach: Mike Johnson

Assistants: Isaac Frederick, Chris Reed, Lacey

Meusec, Matt Schryvers, Adam Kriz

2011 Conference Finish: Men – 1st, 147 5/6.

Women – 4th, 85.

2011 National Finish: Men – 38th, 3.

2012 National Qualifiers (Men – 1, Women – 2)

Ashley Potter	Triple Jump	5 th , 39-7
Ryan Hansen	800	13 th , 1:52.32
Janelle Everetts	800	15 th , 2:13.80

2011 Returning All-Conference Performers

Men (4/4)	Event	Finish
Kyle Lane	Long Jump	1 st , 23-4 ½
Jake Hyde	Long Jump	2 nd , 23-0 ½
Dustin Boyd	200	3 rd , 22.34
Kyle Larsen	Mile	3 rd , 4:15.93

Women (4/5)	Event	Finish
Madison McClung	60	2 nd , 7.88
Madison McClung	200	2 nd , 25.66
Ashley Potter	Triple Jump	2 nd 38-3 ¼
Katie Pelchar	High Jump	2 nd , 5-5 ¼
Amanda Wright	5000	3 rd , 18:12.80

Previous Team Finishes

	Men	Women
2004	1 st , 164	2 nd , 136 1/2
2005	2 nd , 135	3 rd , 118
2006	3 rd , 103	3 rd , 110
2007	3 rd , 80	3 rd , 93
2008	1 st , 178	4 th , 92
2009	1 st , 169	4 th , 77 ½
2010	1 st , 171	4 th , 80
2011	1 st , 147 5/6	4 th , 85

Past Individual Champions

Men (18/25)	Event	Year (Mark)
Carlos Aguilar	Weight Throw	2005 (54-1 ¾)
	Weight Throw	2006 (54-3 ¼)
Isaac Frederick	200	2004 (22.04)
	400	2004 (49.76)

Anthony Marin	Weight Throw	2007 (59-8 ¼)
	Weight Throw	2008 (58-2)
Ashtin Mott	60	2008 (7.02)
	200	2008 (22.16)
Jason Slowey	Shot Put	2010 (51-3 ¾)
	Shot Put	2011 (52-8)
Zeb Udell	Long Jump	2008 (23-0)
	Long Jump	2009 (23-0 ¾)
Zeke Van Patten	800	2009 (1:53.43)
	Mile	2009 (4:17.02)
Ethan Barrons	Mile	2005 (4:15.27)
Greg Coleman	60	2004 (7.08)
	Long Jump	2010 (23-8)
Blake Herrington	Triple Jump	2005 (46-3 ¼)
Brandon Jasmin	Weight Throw	2004 (49-3 ½)
Kevin Johnson	Shot Put	2004 (49-8 ½)
Matt Kaino	400	2010 (49.17)
Kyle Lane	Long Jump	2011 (23-4 ½)
Andy Loscutoff	60 Hurdles	2010 (8.34)
Lloyd Massey	60 Hurdles	2008 (8.66)
Chris Reed	Mile	2011 (4:12.22)
Matt Schryvers	Weight Throw	2011 (56-7 ¼)

Women (7/9)	Event	Year (Mark)
Sabrina Freed	Weight Throw	2007 (49-4 ¼),
	Weight Throw	2008 (51-4 ¼)
Jacqueline Postlewait	Long Jump	2006 (17-8)
	Long Jump	2008 (18-0 ½)
Kristen Hepler	Weight Throw	2004 (53-9 ¼)
Katy Kociemba	Long Jump	2004 (17-9 ½)
Chevonna Lynch	Shot Put	2004 (40-4 ¾)
Ashley Potter	Triple Jump	2010 (38-10 ½)
Monica Smith	60 Hurdles	2004 (9.22)

Western Washington

Team Information

Location: Bellingham, WA

Enrollment: 14,959

President: Dr. Bruce Shepard

Year Founded: 1893

School Colors: Navy Blue, White, Silver, Slate Blue and Black

Athletic Director: Lynda Goodrich

Head Coach: PeeWee Halsell, Wayland Baptist '81 (25th year)

Assistants: Brandi Petz, Bill Roe, Dick Henrie, Keever Henry, Lex Kaligis, Christina Ashby, Jarrod Roberts, Ben Stensland

2011 Conference Finish: Men – 2nd, 135. **Women** – 6th, 72 ½.

2011 National Finish: Men – 21st, 12. **Women** – 31st, 6.

2012 National Qualifiers (Men – 0, Women – 5)

Brittany Grandy	High Jump	8 th , 5-8
Karis Anderson	Pole Vault	12 th , 12-0 ½
Emily Warman	Triple Jump	21 st , 38-2 ¾
Emily Warman	Long Jump	23 rd , 18-5 ¾
Eleanor Siler	400	29 th , 57.40

2011 Returning All-Conference Performers

Men (5/6)	Event	Finish
Alex Tilley	60	1 st , 7.05
Tim Clendaniel	Triple Jump	1 st , 46-11
Cal Rosenberg	Pole Vault	2 nd , 15-3 ½
Michael Hoffman	Weight Throw	2 nd , 55-7

Alex Tilley	200	2 nd , 22.30
Mark Pangilinan	60	3 rd , 7.08

Women (2/3)	Event	Finish
Tanya Bjornsson	60 Hurdles	1 st , 8.98
Tanya Bjornsson	Long Jump	2 nd , 18-2 ½
Eleanor Siler	400	2 nd , 56.69

Previous Team Finishes

	Men	Women
2004	2 nd , 126	5 th , 54 1/2
2005	1 st , 141	5 th , 39 ½
2006	1 st , 151	5 th , 66
2007	2 nd , 166	4 th , 87
2008	2 nd , 113 ½	2 nd , 109
2009	2 nd , 135	2 nd , 137 ½
2010	2 nd , 161 ½	2 nd , 159 ½
2011	2 nd , 135	6 th , 72 ½

Past Individual Champions

Men (18/25)	Event	Year (Mark)
Ryan Brown	Pole Vault	2008 (15-10)
	Pole Vault	2009 (16-6)
	Pole Vault	2010 (16-1 ¼)
	Pole Vault	2011 (15-9 ¼)
Jordan Welling	5000	2008 (15:15.60)
	5000	2010 (14:51.53)
	5000	2011 (15:15.07)
Michael Dean	200	2007 (22.42)
	400	2007 (49.95)
Scott Romney	Pole Vault	2004 (14-11 ½)
	Pole Vault	2006 (16-0 ½)
	Mile	2007 (4:16.90)
Sam Brancheau	High Jump	2008 (6-4 ¾)
Keefe Brockman	Triple Jump	2011 (46-11)
Tim Clendaniel	5000	2004 (15:24.02)
Steve DeKoker	60 Hurdles	2004 (8.48)
Josh Freeman	60	2005 (7.16)
Eddie Kaeka	200	2006 (22.80)
Mike Khabibulin	800	2008 (1:57.86)
Keith Lemay	Pole Vault	2007 (15-10)
Tyler Thornbrue	60	2011 (7.05)
Alex Tilley	Mile	2010 (4:14.08)
Anthony Tomsich	Pole Vault	2005 (15-10 ½)
Hunter Verner	High Jump	2006 (6-6)
Jeff Word	60	2006 (7.15)
Dustin Wilson		

Women (11/17)	Event	Year (Mark)
Michelle Howe	60 Hurdles	2008 (9.30)
	60 Hurdles	2009 (9.07)
	60 Hurdles	2010 (9.02)
Eleanor Siler	200	2010 (25.03)
	400	2009 (56.23),
	400	2010 (56.93)
Kim Bascom	Long Jump	2007 (18-3 ¾)
	Triple Jump	2007 (37-9 ¼)
Sarah Porter	5000	2010 (16:47.07)
	5000	2011 (17:17.92)
Tanya Bjornsson	60 Hurdles	2011 (8.98)
Heidi Dimmitt	400	2007 (59.11)
Danielle Juarez	Pole Vault	2004 (11-6 ¼)
Whitney Knox	60	2006 (8.02)
Christy Miller	Pole Vault	2009 (12-4)
Megan Paulsen	Triple Jump	2008 (37-0 ¼)
Emily Warman	Long Jump	2010 (18-3 ¾)

Catching Up With SPU's Ali Worthen Is Tough To Do

BY MARK MOSCHETTI



For track and field competitors, catching up with Ali Worthen is tough.

For track and field followers, it's even tougher – mostly because it's hard to know where to catch up with the Seattle Pacific star.

Is she at the high jump pit? The long jump runway? The starting line? Or somewhere around that curve waiting for the relay handoff?

Even Worthen can't be in more than one place at a time. But she can be in different places at different times, as she will be this weekend during the Great Northwest Athletic Conference indoor championships at Jackson's Track in Nampa, Idaho.

She'll be in full competitive mode, too, not treating the indoor season as just a tune-up for outdoor.

"I really enjoy indoor," Worthen said. "The atmosphere is different. I'm used to running in a lot of rain and horrible weather, but that's not an issue indoors."

As the Falcon women go for their ninth straight team championship – no other school has won the GNAC women's indoor crown – Worthen will be trying to do her part in the high jump, long jump, triple jump, 60-meter hurdles, and 200 meters.

She'll also be looking to displace a pair of very prominent names from atop the GNAC indoor record book – both of them Seattle Pacific alums.

With four titles and 72 points through her first three conference indoor meets, Worthen is just four points shy of passing legendary distance runner Jessica Pixler.

She needs 14 points to beat out Chris Randolph as the GNAC's most prolific indoor scorer ever, male or female. And, 28 points would put Worthen at the milestone of 100.

"It has been my goal every year of indoor to score over 40 points," said Worthen, a senior from Coos Bay, Ore., who had 38 as a freshman (setting a conference record), eight during an injury-marred sophomore year, and 26 last season.

"One of my biggest strengths isn't necessarily to be amazing at one event," she said. "I'm OK at a lot of events. Getting points is more of my forte."

THOUGHT SHE MIGHT BE DONE

For a while, getting points wasn't Worthen's concern. Getting healthy was.

Battling a hamstring-type injury that couldn't be pinpointed and didn't seem to be improving, Worthen was painfully close to calling it quits in the summer of 2010.

"Toward the end of my sophomore year after I had three cortisone shots in my back, I was in pain all the time," she said, "and it was finally suggested that maybe my body was just done. The (time) was coming up where I had to decide to be done with track or just deal with the pain if I could."

Worthen tried one final cortisone shot in her hamstring – and along with that, "stopped doing everything." No running, no jumping on the trampoline, not even any dirt biking or motorcycle riding with her dad on the logging trails around Coos Bay.

"I just laid on the couch. It was the most miserable thing I had to do," Worthen said. "I did a ton of physical therapy."

"I knew it was the last go."

This time was different. Before long, Worthen could do routine every-day activities without hurting. Then the nagging pain went away.

Just like that, someone who finally had come to grips with the fact that track and field might be in her past found that she still had a future in it.

"My body is healthier than it has ever been," Worthen said. "I've been an athlete for so long that I'm getting to a point where my body is never going to feel 125 percent again."

Then she said with a grin, "There's always something that's going to need to be iced."

SPU head coach Karl Lerum was every bit as delighted as Worthen when things took a turn for the better.

"I felt like she was doing everything that everyone was asking her to do," Lerum said. "She went about trying to rehabilitate it in so many different ways, and for whatever reason, she has come out on the other side."

JUMPING BACK INTO IT

Worthen has been going strong ever since. She is the defending GNAC indoor high jump and long jump champion, having also won those crowns in 2009 and earning Freshman of the Meet.

With those four indoor titles, Worthen also is within range of Pixler and former Central Washington thrower Krissy Tandle, who won a record six apiece. Former Seattle Pacific sprint star Latasha Essien finished with five.

"I love my jumping events," Worthen said. "I love the technical events, because my mind works in a technical and methodical way."

But her favorite event isn't a jump.

"That has been the 4-by-400 (relay)," Worthen said. "It's just an adrenaline rush, just getting out and sprinting without thinking about the technical things. It's an honor to be on a relay. When you're chosen, it means you're a good athlete."

No one ever has questioned whether Worthen is a good athlete. Besides track and field, she also did volleyball and basketball at Marshfield High in Coos Bay.

She loved volleyball, but decided that track offered her a wider window of opportunity. In 2011, Worthen barged through that window, with the two indoor titles, plus four outdoors: the high jump, long jump, heptathlon, and 4x100 relay.

All-Time Indoor Point Scorers

Women's

Jessica Pixler, SPU (2007-10)	76
Ali Worthen SPU (2009-11)	72
Krissy Tandle, CWU (2005-07, 09)	66
Jac. Postlewait Helbling, WOU (2006-09)	65 ½
Terran Legard, CWU (2004-06)	60
Jessica Hinton, SPU (2007-09)	59
Jane Larson, SPU (2007-10)	58
Latasha Essien, SPU (2007-10)	58
Ashley Puga, NNU (2006-09)	56
Heidi Dimmitt, WWU (2006-09)	50
Christy Miller, WWU (2006-09)	49
Torrie Self, CWU (2009-11)	49
Bridget Johnson, WOU (2004-06)	48
Nini Callan, WOU (2004-06)	47
Eleanor Siler, WWU (2009-11)	47
Teona Perkins Golding, SPU (2006-08)	44
Katy Kociemba, WOU (2004-05)	44
Joy Warrington, NNU (2009-11)	42
Brittany Aanstad, SPU (2008,10-11)	41 ½
Karin Rohde, SPU (2005-08)	41

Men's

Chris Randolph, SPU (2004-06)	85
Greg Hamm, NNU (2005-08)	63
Matt Rogstad, CWU (2006-08)	61
Cameron Bailey, CWU (2005-07)	51
Tyler Fischer, CWU (2007-10)	50
Ryan Brown, WWU (2008-11)	65 ½
Adam Neff, WWU (2004-07)	46
Cameron Neel, CWU (2005-07)	45
Dustin Wilson, WWU (2004-07)	45
Zeb Udell, WOU (2008-09)	43
Maurus Hope, NNU (2009-11)	42
Anthony Marin, WOU (2006-08)	41
Alex Tilley, WWU (2009-11)	40
Cresap Watson, CWU (2004-06)	39
Andy Prentice, SMU (2004-06)	38
Zach Barclay, NNU (2007-09)	38
John Riak, SMU (2006-09)	38
Bryan Mack, CWU (2009-11)	38
Jordan Welling, WWU (2008-11)	38

"She just keeps her shoes on – even if they're not the right shoes," Lerum said with a laugh of Worthen's bouncing from event to event on any given day.

Indoors or outdoors, it's all-out, all the time for Worthen.

"It's hard for me to look at any meet, regardless of what time of year it is, and just look at it as a practice," Worthen said.

"My expectations for any meet are always going to be the same. And with indoor, you only have three or four meets to get it right."

Lerum never worries about Worthen getting it right.

"She has been doing this for so long, she never goes up or down (emotionally). She's real level-headed," he said.

Real tough to catch up with, too.

NCAA Division II National Qualifying

Men

Event	Automatic	Provisional
60 Meters	6.75	6.95
200 Meters	21.36	21.90
400 Meters	47.38	48.85
800 Meters	1:50.90	1:53.70
Mile Run	4:05.60	4:14.00
5000 Meter Run	14:05.60	14:45.00
60 Meter Hurdles	7.96	8.25
4x400 Relay	3:11.70	3:18.50
Medley Relay	9:50.20	10:07.60
Long Jump	7.54 (24-9)	7.10 (23-3 ½)
Triple Jump	15.49 (50-10)	14.30 (46-11)
High Jump	2.14 (7-0 1/4)	2.04 (6-8 1/4)
Pole Vault	5.09(16-8 1/4)	4.75 (15-7)
35-lb Weight Throw	20.14 (66-1)	17.50(57-5)
Shot Put	18.18(59-7 3/4)	15.90 (52-2)
Heptathlon	5192	4600

Women

Event	Automatic	Provisional
60 Meters	7.44	7.75
200 Meters	24.16	25.20
400 Meters	55.12	57.50
800 Meters	2:10.53	2:16.00
Mile Run	4:51.30	5:02.00
5000 Meters	16:35.00	17:33.00
60 Meter Hurdles	8.43	8.95
4x400 Relay	3:44.70	3:55.80
Distance Medley Relay	11:38.40	12:17.00
Long Jump	5.91 (19-4 3/4)	5.55 (18-2 1/2)
Triple Jump	12.17 (39-11 1/4)	11.50 (37-8 3/4)
High Jump	1.76 (5-9 1/4)	1.67 (5-5 3/4)
Pole Vault	3.98 (13-0 3/4)	3.50 (11-5 3/4)
20-lb Weight Throw	18.63 (61-1 1/2)	16.10 (52-10)
Shot Put	14.97 (49-1 1/2)	13.40 (43-11 3/4)
Pentathlon	3813	3300

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.



2012 GNAC INDOOR PERFORMANCE QUALIFYING LIST

Event 1 Women Indoor Pentathlon

1	115 Gross, Katy	JR	Seattle Paci	3258	_____
2	68 Bennett, Jill	SR	Northwest Na	3115	_____
3	83 Smith, Marie	SO	Northwest Na	3030	_____
4	164 Scholter, Hannah	JR	St. Martin's	NP	_____
5	240 Holton, Brooklyn	JR	Western Wash	NP	_____
6	195 Harber, Charlene	JR	Western Oreg	NP	_____
7	35 Berry, Leah	SO	Msu-Billings	NP	_____
8	2 Berg, Siri	JR	Central Wash	NP	_____
9	118 Luquin, Maliea	FR	Seattle Paci	NP	_____

Event 2 Men Heptathlon

1	324 Johnson, Nate	SO	Seattle Paci	4679	_____
2	268 Hunter, Scott	JR	Central Wash	4455	_____
3	264 Caryl, Jason	SO	Central Wash	4384	_____
4	261 Alexander, Colin	SO	Central Wash	3955	_____
5	308 Kilgore, Greyson	SO	Northwest Na	3821	_____
6	303 Greene, Tim	SR	Northwest Na	3671	_____
7	313 Wade, Mark	SR	Northwest Na	2859	_____
8	368 Hyde, Jake	JR	Western Oreg	NP	_____
9	345 Holland, Michael	SO	St. Martin's	NP	_____
10	406 Stralser, Michael	SO	Western Wash	NP	_____
11	293 Steingruber, Brock	SO	Msu-Billings	NP	_____
12	276 Roddewig, Brandon	JR	Central Wash	NP	_____

Event 3 Women Shot Put

1	87 Warrington, Joy	SR	Northwest Na	13.92m	_____
2	39 Henry, Leeza	JR	Msu-Billings	13.58m	_____
3	43 Knispel, Anica	SO	Msu-Billings	13.25m	_____
4	195 Harber, Charlene	JR	Western Oreg	12.11m	_____
5	1 Baumstark, Kaylee	JR	Central Wash	12.10m	_____
6	44 Kujala, Morgan	SO	Msu-Billings	11.71m	_____
7	71 Curtis, Caitlin	FR	Northwest Na	11.37m	_____
8	85 Umu, Vessie	FR	Northwest Na	11.33m	_____
9	72 Dranginis, Carly	JR	Northwest Na	11.20m	_____
10	41 Holm, Corrie	FR	Msu-Billings	11.17m	_____
11	190 Cook, Allison	FR	Western Oreg	11.11m	_____
12	42 Kittelmann, Jamilea	JR	Msu-Billings	10.72m	_____

Event 4 Women High Jump

1	239 Grandy, Brittany	FR	Western Wash	1.73m	_____
2	126 Worthen, Ali	JR	Seattle Paci	1.68m	_____
3	200 Pelchar, Katie	SO	Western Oreg	1.65m	_____
4	4 Fettig, Tayler	FR	Central Wash	1.65m	_____
5	46 Pitt, Stacey	SO	Msu-Billings	1.62m	_____
6	110 Aanstad, Brittany	SR	Seattle Paci	1.61m	_____
7	245 Overdick, Amanda	JR	Western Wash	1.61m	_____
8	165 Tesch, Laura	JR	St. Martin's	1.58m	_____
9	48 Steingruber, Delaware	FR	Msu-Billings	1.58m	_____
10	115 Gross, Katy	JR	Seattle Paci	1.58m	_____
11	77 Jewett, Jasmyn	JR	Northwest Na	1.57m	_____
12	68 Bennett, Jill	SR	Northwest Na	1.56m	_____
13	168 Yoro, Taylor	SO	St. Martin's	1.55m	_____
14	82 Schroeder, Courtney	FR	Northwest Na	1.55m	_____
15	79 Pridgen, Laura	JR	Northwest Na	1.52m	_____
16	83 Smith, Marie	SO	Northwest Na	1.52m	_____

Event 5 Women Pole Vault

1	3 Davis, Kati	SR	Central Wash	3.67m	_____
2	236 Anderson, Karis	JR	Western Wash	3.67m	_____
3	46 Pitt, Stacey	SO	Msu-Billings	3.55m	_____
4	123 Schumacher, Terra	SR	Seattle Paci	3.37m	_____
5	8 Larsen, Jamie	JR	Central Wash	3.25m	_____
6	247 Pinley, Cheyanna	FR	Western Wash	3.25m	_____
7	259 Winlow, Loreah	JR	Western Wash	3.21m	_____
8	160 Hull, Samantha	JR	St. Martin's	3.15m	_____
9	248 Puckett, Amy Jo	SO	Western Wash	3.10m	_____
10	14 Swigart, Hannah	JR	Central Wash	3.06m	_____
11	49 Thomas, Tiffany	SR	Msu-Billings	3.05m	_____
12	252 Rovira, Amy	FR	Western Wash	2.95m	_____
13	110 Aanstad, Brittany	SR	Seattle Paci	NH	_____

Event 6 Men Pole Vault

1	402 Rosenberg, Cal	JR	Western Wash	4.70m	_____
2	374 Lundy, Tim	SR	Western Oreg	4.70m	_____
3	268 Hunter, Scott	JR	Central Wash	4.65m	_____
4	329 Zoellick, Ray	JR	Seattle Paci	4.55m	_____
5	411 Will, Tyler	SO	Western Wash	4.45m	_____
6	347 Keeton, Joseph	FR	St. Martin's	4.40m	_____
7	394 Mattson, Brett	FR	Western Wash	4.15m	_____
8	312 Shields, Taylor	FR	Northwest Na	4.10m	_____
9	392 Hurtubise, Justin	SO	Western Wash	4.00m	_____
10	344 Hankins, Matt	FR	St. Martin's	4.00m	_____
11	389 Guidon, Thomas	JR	Western Wash	4.00m	_____
12	349 Lentz, Jonoah	FR	St. Martin's	3.80m	_____

Event 7 Men Long Jump

1	272 Melo, Manny	JR	Central Wash	6.95m	_____
2	367 Hardie, Matson	SO	Western Oreg	6.83m	_____
3	282 Firestone, Taylor	FR	Msu-Billings	6.80m	_____
4	368 Hyde, Jake	JR	Western Oreg	6.73m	_____
5	271 Mack, Bryan	SR	Central Wash	6.69m	_____
6	371 Lane, Kyle	SO	Western Oreg	6.67m	_____
7	337 Nicolas, Dennis	SR	Simon Fraser	6.67m	_____
8	307 Hope, Maurus	SR	Northwest Na	6.62m	_____
9	292 Stein, Shae	SO	Msu-Billings	6.57m	_____
10	388 Gruger, Shane	SR	Western Wash	6.55m	_____
11	363 Gaines, Eric	SO	Western Oreg	6.36m	_____

Event 8 Women Long Jump

1	257 Warman, Emily	SR	Western Wash	5.63m	_____
2	126 Worthen, Ali	JR	Seattle Paci	5.51m	_____
3	80 Reid, Molly	SR	Northwest Na	5.39m	_____
4	203 Potter, Ashley	SR	Western Oreg	5.39m	_____
5	115 Gross, Katy	JR	Seattle Paci	5.37m	_____
6	256 Walters, Emily	SO	Western Wash	5.30m	_____
7	119 Miranda, Trinna	JR	Seattle Paci	5.28m	_____
8	83 Smith, Marie	SO	Northwest Na	5.22m	_____
9	143 Crombeen, Charlotte	SO	Simon Fraser	5.21m	_____
10	111 Baldwin, Tasia	FR	Seattle Paci	5.20m	_____
11	77 Jewett, Jasmyn	JR	Northwest Na	5.17m	_____
12	48 Steingruber, Delaware	FR	Msu-Billings	5.12m	_____
13	146 Klippenstein, Aisha	FR	Simon Fraser	5.11m	_____
14	249 Reff, Callie	JR	Western Wash	5.10m	_____
15	68 Bennett, Jill	SR	Northwest Na	5.07m	_____
16	195 Harber, Charlene	JR	Western Oreg	5.02m	_____
17	50 Wilkins, Lacy	FR	Msu-Billings	4.90m	_____

Event 9 Men Weight Throw

1	355 Washington, Sam	JR	St. Martin's	17.73m	_____
2	391 Hoffman, Michael	SR	Western Wash	15.96m	_____
3	269 Jensen, Mike	JR	Central Wash	15.94m	_____
4	309 Korb, Jesse	SO	Northwest Na	15.43m	_____
5	260 Agosta, Quinton	SO	Central Wash	14.66m	_____
6	267 Holmstrom, Eric	FR	Central Wash	14.64m	_____
7	299 Cruise, Greg	JR	Northwest Na	14.57m	_____
8	343 Grady, Travis	SO	St. Martin's	14.07m	_____
9	317 Williams, Elmer	JR	Northwest Na	13.82m	_____
10	336 Molinari, Luca	FR	Simon Fraser	13.70m	_____
11	277 Sheriff, Tommy	JR	Central Wash	13.65m	_____
12	396 Nichols, Tyler	SR	Western Wash	13.64m	_____
13	316 White, Reid	SO	Northwest Na	13.29m	_____
14	379 Reavis, Kody	SR	Western Oreg	12.30m	_____

Event 10 Women Weight Throw

1	87 Warrington, Joy	SR	Northwest Na	15.71m	_____
2	43 Knispel, Anica	SO	Msu-Billings	15.11m	_____
3	72 Dranginis, Carly	JR	Northwest Na	14.99m	_____
4	76 Hedrick, Alicia	JR	Northwest Na	14.35m	_____
5	39 Henry, Leeza	JR	Msu-Billings	13.85m	_____
6	1 Baumstark, Kaylee	JR	Central Wash	13.63m	_____
7	258 Wells, Lindsay	SO	Western Wash	13.46m	_____
8	71 Curtis, Caitlin	FR	Northwest Na	13.10m	_____

9	42 Kittelmann, Jamilea	JR	Msu-Billings	12.99m	_____
10	86 Warrington, Jasmine	FR	Northwest Na	12.90m	_____
11	85 Umu, Vessie	FR	Northwest Na	12.52m	_____
12	166 Tua, Teilissa	JR	St. Martin's	12.30m	_____

Event 11 Men Triple Jump

1	367 Hardie, Matson	SO	Western Ore	14.29m	_____
2	271 Mack, Bryan	SR	Central Wash	14.19m	_____
3	310 Larlee, Stephen	SO	Northwest Na	14.15m	_____
4	272 Melo, Manny	JR	Central Wash	13.67m	_____
5	282 Firestone, Taylor	FR	Msu-Billings	13.59m	_____
6	368 Hyde, Jake	JR	Western Ore	13.29m	_____
7	362 Franklin, Zach	SO	Western Ore	13.14m	_____
8	350 McElroy, Brian	FR	St. Martin's	13.01m	_____
9	270 Lee, Erik	FR	Central Wash	12.99m	_____
10	371 Lane, Kyle	SO	Western Ore	12.92m	_____
11	364 Haina, Keanu	FR	Western Ore	12.74m	_____
12	342 Fauley, Jameson	FR	St. Martin's	12.70m	_____
13	301 Galbraith, Andrew	FR	Northwest Na	12.55m	_____
14	303 Greene, Tim	SR	Northwest Na	12.52m	_____
15	292 Stein, Shae	SO	Msu-Billings	12.09m	_____

Event 12 Women Triple Jump

1	203 Potter, Ashley	SR	Western Ore	12.06m	_____
2	146 Klippenstein, Aisha	FR	Simon Fraser	11.90m	_____
3	9 Lotze, Katharine	JR	Central Wash	11.69m	_____
4	257 Warman, Emily	SR	Western Wash	11.65m	_____
5	77 Jewett, Jasmyn	JR	Northwest Na	11.42m	_____
6	68 Bennett, Jill	SR	Northwest Na	11.06m	_____
7	143 Crombeen, Charlotte	SO	Simon Fraser	11.02m	_____
8	256 Walters, Emily	SO	Western Wash	10.93m	_____
9	80 Reid, Molly	SR	Northwest Na	10.83m	_____
10	119 Miranda, Trinna	JR	Seattle Paci	10.80m	_____
11	197 Laible, Rebecca	FR	Western Ore	10.14m	_____
12	249 Reff, Callie	JR	Western Wash	ND	_____
13	126 Worthen, Ali	JR	Seattle Paci	ND	_____

Event 13 Men Shot Put

1	291 Rottrup, Tanner	JR	Msu-Billings	15.87m	_____
2	355 Washington, Sam	JR	St. Martin's	14.79m	_____
3	299 Cruise, Greg	JR	Northwest Na	14.67m	_____
4	294 Swan, Jake	SO	Msu-Billings	14.47m	_____
5	267 Holmstrom, Eric	FR	Central Wash	14.44m	_____
6	410 Westlin, Nelson	JR	Western Wash	14.24m	_____
7	269 Jensen, Mike	JR	Central Wash	14.14m	_____
8	260 Agosta, Quinton	SO	Central Wash	13.94m	_____
9	316 White, Reid	SO	Northwest Na	13.84m	_____
10	309 Korb, Jesse	SO	Northwest Na	13.58m	_____
11	391 Hoffman, Michael	SR	Western Wash	13.16m	_____

Event 14 Men High Jump

1	263 Boyes, Brennan	JR	Central Wash	2.04m	_____
2	409 Watson, Brett	FR	Western Wash	2.02m	_____
3	273 Meyers, Lewis	FR	Central Wash	2.00m	_____
4	404 Schick, Karsten	SO	Western Wash	1.97m	_____
5	395 Myers, Logan	FR	Western Wash	1.95m	_____
6	284 Kozub, Nick	FR	Msu-Billings	1.93m	_____
7	390 Hirst, Slater	FR	Western Wash	1.90m	_____
8	301 Galbraith, Andrew	FR	Northwest Na	1.89m	_____
9	277 Sheriff, Tommy	JR	Central Wash	1.87m	_____
10	357 Berkman, Elrycc	SO	Western Ore	1.85m	_____
11	264 Caryl, Jason	SO	Central Wash	1.83m	_____
12	334 Karamanian, Jacob	FR	Simon Fraser	1.82m	_____
13	279 Venema, Andrew	SO	Central Wash	1.80m	_____
14	261 Alexander, Colin	SO	Central Wash	1.79m	_____
15	270 Lee, Erik	FR	Central Wash	1.78m	_____

Event 15 Women 60 Meter Hurdles Prelims

1	126 Worthen, Ali	JR	Seattle Paci	8.85	_____
2	83 Smith, Marie	SO	Northwest Na	9.05	_____
3	207 Vander Meulen, Janna	SR	Western Ore	9.19	_____
4	203 Potter, Ashley	SR	Western Ore	9.31	_____
5	115 Gross, Katy	JR	Seattle Paci	9.35	_____

6	140 Abrams, Andrea	JR	Simon Fraser	9.38	_____
7	146 Klippenstein, Aisha	FR	Simon Fraser	9.39	_____
8	199 Mosher, Ali	SR	Western Ore	9.43	_____
9	123 Schumacher, Terra	SR	Seattle Paci	9.54	_____
10	118 Luquin, Maliea	FR	Seattle Paci	9.55	_____
11	243 McDonald, Alexandra	SO	Western Wash	9.57	_____
12	5 Genter, Chelsea	SO	Central Wash	9.59	_____
13	82 Schroeder, Courtney	FR	Northwest Na	9.60	_____
14	68 Bennett, Jill	SR	Northwest Na	9.65	_____
15	238 Dodd, Amber	SO	Western Wash	9.75	_____
16	240 Holton, Brooklyn	JR	Western Wash	9.75	_____

Event 16 Men 60 Meter Hurdles Prelims

1	298 Christie, Rimar	SO	Northwest Na	8.44	_____
2	307 Hope, Maurus	SR	Northwest Na	8.53	_____
3	359 Campbell, Brett	SO	Western Ore	8.55	_____
4	380 Rhodes, Kody	SO	Western Ore	8.68	_____
5	266 Harris, Darnell	JR	Central Wash	8.73	_____
6	395 Myers, Logan	FR	Western Wash	8.78	_____
7	279 Venema, Andrew	SO	Central Wash	8.81	_____
8	353 Sissel, Ty	FR	St. Martin's	8.88	_____
9	404 Schick, Karsten	SO	Western Wash	8.91	_____
10	276 Roddewig, Brandon	JR	Central Wash	8.96	_____
11	284 Kozub, Nick	FR	Msu-Billings	8.97	_____
12	296 Winebrenner, Reiley	FR	Msu-Billings	8.97	_____
13	375 McCurdy, Kevin	SO	Western Ore	8.98	_____
14	399 Pfeiff, Corey	FR	Western Wash	9.01	_____
15	387 Gray, Andrew	SR	Western Wash	9.02	_____
16	301 Galbraith, Andrew	FR	Northwest Na	9.06	_____

Event 17 Women 60 Meter Dash Prelims

1	120 Mitchell, Kishia	SO	Seattle Paci	7.91	_____
2	78 Leonce, Christabel	SR	Northwest Na	8.00	_____
3	198 McClung, Madison	SO	Western Ore	8.00	_____
4	111 Baldwin, Tasia	FR	Seattle Paci	8.05	_____
5	74 Grammer, Melissa	JR	Northwest Na	8.14	_____
6	237 Coffey, Sydney	SO	Western Wash	8.16	_____
7	188 Campbell, Shanai	SO	Western Ore	8.23	_____
8	13 Swanson, Taylor	FR	Central Wash	8.25	_____
9	5 Genter, Chelsea	SO	Central Wash	8.25	_____
10	201 Pieren, Emily	JR	Western Ore	8.29	_____
11	167 Wolf, Alicia	FR	St. Martin's	8.37	_____
12	161 Medina, Adaligza	SO	St. Martin's	8.41	_____

Event 18 Men 60 Meter Dash Prelims

1	271 Mack, Bryan	SR	Central Wash	6.89	_____
2	298 Christie, Rimar	SO	Northwest Na	6.95	_____
3	398 Pangilinan, Mark	SO	Western Wash	7.04	_____
4	407 Tilley, Alex	SR	Western Wash	7.06	_____
5	339 Brown, Edd	JR	St. Martin's	7.08	_____
6	388 Gruger, Shane	SR	Western Wash	7.11	_____
7	356 Alexander, Bobby	JR	Western Ore	7.12	_____
8	292 Stein, Shae	SO	Msu-Billings	7.16	_____
9	337 Nicolas, Dennis	SR	Simon Fraser	7.17	_____
10	378 Phillips, Ty	FR	Western Ore	7.23	_____
11	340 Davis, Michael	FR	St. Martin's	7.27	_____
12	270 Lee, Erik	FR	Central Wash	7.32	_____
13	321 Ferguson, David	FR	Seattle Paci	7.34	_____

Event 19 Women 1 Mile Run

1	142 Butterworth, Lindsey	SO	Simon Fraser	5:09.15	_____
2	254 Steen, Katelyn	FR	Western Wash	5:09.82	_____
3	117 Laabs-Johnson, Heidi	JR	Seattle Paci	5:09.91	_____
4	45 Mickelsen, Whitney	SR	Msu-Billings	5:14.02	_____
5	186 Anderson, Nicole	FR	Western Ore	5:16.28	_____
6	147 Regan, Leah	FR	Simon Fraser	5:17.01	_____
7	255 Thornton, Mikhaila	FR	Western Wash	5:20.41	_____
8	73 Evans, Natalie	SO	Northwest Na	5:21.47	_____
9	141 Allen, Kirsten	SO	Simon Fraser	5:23.39	_____
10	112 Becker, Josie	SO	Seattle Paci	5:25.50	_____
11	84 Swenson, Meagan	JR	Northwest Na	5:31.43	_____
12	6 Kartes, Taylor	SO	Central Wash	NT	_____

Event 20 Men 1 Mile Run

1	330 Brockerville, Ryan	SR	Simon Fraser	4:13.00	_____
2	314 Watson, Barak	JR	Northwest Na	4:13.98	_____
3	393 Jackson, Chip	JR	Western Wash	4:14.12	_____
4	360 Chapman, Ryan	JR	Western Oreg	4:16.56	_____
5	361 Fenley, Lukas	SR	Western Oreg	4:16.90	_____
6	325 Pierson, Seth	JR	Seattle Paci	4:17.62	_____
7	332 Forster, Keir	SR	Simon Fraser	4:18.33	_____
8	381 Sprinkle, Dan	SR	Western Oreg	4:18.37	_____
9	352 Patti, Joseph	JR	St. Martin's	4:18.59	_____
10	295 Vanderby, Tyson	JR	Msu-Billings	4:19.61	_____
11	408 Timpe, Braden	SO	Western Wash	4:19.81	_____
12	372 Larson, Drew	SO	Western Oreg	4:20.39	_____
13	290 Robinson, Chase	SO	Msu-Billings	4:23.52	_____
14	288 Potter, Brian	SR	Msu-Billings	4:24.92	_____
15	318 Baker, AJ	JR	Seattle Paci	4:25.49	_____
16	278 Swanson, Jon	SO	Central Wash	4:32.63	_____

Event 21 Women 400 Meter Dash

1	253 Siler, Eleanor	SR	Western Wash	57.40	_____
2	122 Quatier, Emily	JR	Seattle Paci	58.67	_____
3	237 Coffey, Sydney	SO	Western Wash	58.89	_____
4	124 Valentine, Myisha	SR	Seattle Paci	58.93	_____
5	116 Johnson, Jasmine	FR	Seattle Paci	59.21	_____
6	196 Hellesto, Audrey	FR	Western Oreg	59.23	_____
7	202 Pola, Lexi	JR	Western Oreg	59.34	_____
8	242 Ledtke, Valle	JR	Western Wash	59.54	_____
9	12 Pitassi, Seanna	SO	Central Wash	1:00.47	_____
10	81 Rippy, Shanna	JR	Northwest Na	1:00.75	_____

Event 22 Men 400 Meter Dash

1	307 Hope, Maurus	SR	Northwest Na	48.53	_____
2	400 Poolman, Jonathon	FR	Western Wash	49.76	_____
3	331 Ellenwood, Stuart	FR	Simon Fraser	49.85	_____
4	383 Yakovich, Anthony	JR	Western Oreg	49.85	_____
5	275 Morrison, Scott	JR	Central Wash	50.02	_____
6	397 Nokes, Jason	JR	Western Wash	50.16	_____
7	358 Burningham, Landon	SR	Western Oreg	50.55	_____
8	405 Schmidt, Nathaniel	FR	Western Wash	50.56	_____
9	382 Thomas, Tyler	SO	Western Oreg	50.72	_____
10	265 Fremd, Kyle	JR	Central Wash	51.11	_____
11	57 Mossey, Logan	JR	Msu-Billings	51.39	_____
12	380 Rhodes, Kody	SO	Western Oreg	NT	_____

Event 23 Women 800 Meter Run 6-back 3-frt

1	142 Butterworth, Lindsey	SO	Simon Fraser	2:11.13	_____
2	149 Sawatzky, Sarah	JR	Simon Fraser	2:11.60	_____
3	145 Kane, Michaela	JR	Simon Fraser	2:12.43	_____
4	193 Everetts, Janelle	JR	Western Oreg	2:13.80	_____
5	116 Johnson, Jasmine	FR	Seattle Paci	2:16.42	_____
6	114 Fricker, McKayla	SO	Seattle Paci	2:16.44	_____
7	162 Minton, Joscelyn	JR	St. Martin's	2:17.97	_____
8	73 Evans, Natalie	SO	Northwest Na	2:18.34	_____
9	150 Vogt, Abbey	SO	Simon Fraser	2:20.00	_____
10	194 Everetts, Megan	JR	Western Oreg	2:21.27	_____
11	10 Morgan, Connie	SO	Central Wash	2:22.70	_____
12	254 Steen, Katelyn	FR	Western Wash	NT	_____

Event 24 Men 800 Meter Run 6-bck 3-frt

1	366 Hansen, Ryan	SO	Western Oreg	1:52.32	_____
2	326 Seeley, Nathan	JR	Seattle Paci	1:52.36	_____
3	325 Pierson, Seth	JR	Seattle Paci	1:53.83	_____
4	377 Olsen, Chris	SO	Western Oreg	1:53.99	_____
5	338 Reid, Adam	SR	Simon Fraser	1:54.88	_____
6	335 Liu, Yubai	SR	Simon Fraser	1:55.85	_____
7	384 Abraham, Nick	SR	Western Wash	1:56.23	_____
8	323 Horton, Alex	FR	Seattle Paci	1:56.87	_____
9	373 Larson, Kyle	SR	Western Oreg	1:57.03	_____

10	306 Hollander, Jacob	FR	Northwest Na	1:57.04	_____
11	360 Chapman, Ryan	JR	Western Oreg	1:57.50	_____
12	352 Patti, Joseph	JR	St. Martin's	1:57.84	_____
13	295 Vanderby, Tyson	JR	Msu-Billings	1:58.09	_____
14	290 Robinson, Chase	SO	Msu-Billings	1:58.21	_____
15	283 Galahan, Drew	SO	Msu-Billings	1:58.37	_____
16	315 Webb, Justin	JR	Northwest Na	1:58.51	_____
17	262 Armstrong, Zach	JR	Central Wash	1:59.34	_____
19	341 DeMoss, Devon	SO	St. Martin's	2:00.22	_____

Event 25 Women 200 Meter Dash

1	198 McClung, Madison	SO	Western Oreg	25.81	_____
2	120 Mitchell, Kishia	SO	Seattle Paci	25.94	_____
3	126 Worthen, Ali	JR	Seattle Paci	25.95	_____
4	124 Valentine, Myisha	SR	Seattle Paci	26.00	_____
5	111 Baldwin, Tasia	FR	Seattle Paci	26.02	_____
6	237 Coffey, Sydney	SO	Western Wash	26.15	_____
7	74 Grammer, Melissa	JR	Northwest Na	26.17	_____
8	253 Siler, Eleanor	SR	Western Wash	26.41	_____
9	196 Hellesto, Audrey	FR	Western Oreg	26.53	_____
10	125 Wochnick, BryAnne	SO	Seattle Paci	26.57	_____
11	78 Leonce, Christabel	SR	Northwest Na	26.60	_____
12	122 Quatier, Emily	JR	Seattle Paci	26.60	_____
13	202 Pola, Lexi	JR	Western Oreg	26.70	_____
14	12 Pitassi, Seanna	SO	Central Wash	26.74	_____

Event 26 Men 200 Meter Dash

1	307 Hope, Maurus	SR	Northwest Na	22.06	_____
2	365 Hamlett, Kendale	SO	Western Oreg	22.44	_____
3	388 Gruger, Shane	SR	Western Wash	22.70	_____
4	275 Morrison, Scott	JR	Central Wash	22.78	_____
5	376 Moore, Josh	JR	Western Oreg	22.90	_____
6	397 Nokes, Jason	JR	Western Wash	22.91	_____
7	271 Mack, Bryan	SR	Central Wash	22.94	_____
8	378 Phillips, Ty	FR	Western Oreg	23.00	_____
9	382 Thomas, Tyler	SO	Western Oreg	23.02	_____
10	383 Yakovich, Anthony	JR	Western Oreg	23.02	_____
11	407 Tilley, Alex	SR	Western Wash	23.06	_____
12	321 Ferguson, David	FR	Seattle Paci	23.10	_____
13	400 Poolman, Jonathon	FR	Western Wash	23.13	_____
14	403 Rudy, Tucker	FR	Western Wash	23.16	_____
15	369 Kaino, Matt	JR	Western Oreg	23.17	_____
16	339 Brown, Edd	JR	St. Martin's	23.18	_____
17	340 Davis, Michael	FR	St. Martin's	23.33	_____
19	300 Curtis, Andrew	SO	Northwest Na	NT	_____
20	331 Ellenwood, Stuart	FR	Simon Fraser	NT	_____

Event 27 Women 5000 Meter Run

1	117 Laabs-Johnson, Heidi	JR	Seattle Paci	17:33.84	_____
2	121 Plunkett, Natty	SR	Seattle Paci	17:35.25	_____
3	144 Doerksen, Kim	JR	Simon Fraser	19:09.52	_____
4	186 Anderson, Nicole	FR	Western Oreg	NT	_____
5	204 Shelley, Rachel	FR	Western Oreg	NT	_____
6	189 Cecchi, KayAnna	SR	Western Oreg	NT	_____
7	244 McGee, Madeline	SO	Western Wash	NT	_____
8	251 Rogers, Mary	JR	Western Wash	NT	_____
9	246 Philbeck, Erin	SO	Western Wash	NT	_____
10	45 Mickelsen, Whitney	SR	Msu-Billings	NT	_____
11	127 Zeidler, Robin	SO	Seattle Paci	NT	_____
12	113 Cutting, Allison	SO	Seattle Paci	NT	_____
13	163 Pecha, Kaitlynn	SR	St. Martin's	NT	_____
14	7 Kreft, Kelsey	JR	Central Wash	NT	_____

Event 28 Men 5000 Meter Run

1	314 Watson, Barak	JR	Northwest Na	14:32.59	_____
2	354 Van Santen, Kyle	JR	St. Martin's	14:36.55	_____
3	385 Boyd, Tanner	JR	Western Wash	14:53.70	_____
4	381 Sprinkle, Dan	SR	Western Oreg	15:00.57	_____
5	328 Wolfe, Jordan	JR	Seattle Paci	15:12.66	_____

6	297 Baggenstos, Jesse	JR	Northwest Na	15:29.23	_____
7	393 Jackson, Chip	JR	Western Wash	NT	_____
8	370 Kasler, Connor	JR	Western Oreg	NT	_____
9	346 Hunt, Spencer	SR	St. Martin's	NT	_____
10	386 Glassey, Brian	SO	Western Wash	NT	_____
11	401 Riek, Dak	SO	Western Wash	NT	_____
12	361 Fenley, Lukas	SR	Western Oreg	NT	_____
13	281 Canfield, Taylor	JR	Msu-Billings	NT	_____
16	274 Minor, Nathan	FR	Central Wash	NT	_____
17	288 Potter, Brian	SR	Msu-Billings	NT	_____
18	327 Taylor, Tavish	FR	Seattle Paci	NT	_____
19	333 Humeniuk, Anton	FR	Simon Fraser	NT	_____
20	322 Harrison, Will	SO	Seattle Paci	NT	_____
21	319 Brand, Gavin	JR	Seattle Paci	NT	_____

Event 29 Women 4x400 Meter Relay

1	Western Wash	A	3:57.90	_____
1)	253 Siler, Eleanor SR	2)	243 McDonald, Alexandra S	
3)	237 Coffey, Sydney SO	4)	242 Ledtke, Valle JR	
2	Seattle Paci	A	4:01.50	_____
1)	122 Quatier, Emily JR	2)	120 Mitchell, Kishia SO	
3)	124 Valentine, Myisha SR	4)	126 Worthen, Ali JR	
3	Northwest Na	A	4:03.59	_____
1)	74 Grammer, Melissa JR	2)	81 Rippy, Shanna JR	
3)	75 Harwood, Christine JR	4)	73 Evans, Natalie SO	
4	Western Oreg	A	4:04.77	_____
1)	196 Hellesto, Audrey FR	2)	193 Everetts, Janelle JR	
3)	202 Pola, Lexi JR	4)	187 Butcher, Meryl SR	
5	Central Wash	A	4:16.23	_____
1)	10 Morgan, Connie SO	2)	6 Kartes, Taylor SO	
3)	9 Lotze, Katharine JR	4)	12 Pitassi, Seanna SO	
6	Msu-Billings	A	4:25.74	_____
1)	35 Berry, Leah SO	2)	38 Crowder, Emili JR	
3)	40 Hefpner, Renae FR	4)	47 Simons, Justine SR	
7	Simon Fraser	A	NT	_____
1)	142 Butterworth, Lindsey S	2)	145 Kane, Michaela JR	
3)	149 Sawatzky, Sarah JR	4)	150 Vogt, Abbey SO	

Event 30 Men 4x400 Meter Relay

1	Western Wash	A	3:21.91	_____
1)	407 Tilley, Alex SR	2)	405 Schmidt, Nathaniel FR	
3)	397 Nokes, Jason JR	4)	400 Poolman, Jonathon FR	
2	Western Oreg	A	3:22.95	_____
1)	358 Burningham, Landon S	2)	363 Gaines, Eric SO	
3)	366 Hansen, Ryan SO	4)	369 Kaino, Matt JR	
3	Central Wash	A	3:23.69	_____
1)	261 Alexander, Colin SO	2)	262 Armstrong, Zach JR	
3)	265 Fremd, Kyle JR	4)	275 Morrison, Scott JR	
4	Msu-Billings	A	3:26.90	_____
1)	280 Bauer, Rory FR	2)	296 Winebrenner, Reiley FR	
3)	286 Mossey, Logan JR	4)	283 Galahan, Drew SO	
5	Northwest Na	A	3:30.40	_____
1)	304 Heidegger, Ben SR	2)	300 Curtis, Andrew SO	
3)	306 Hollander, Jacob FR	4)	307 Hope, Maurus SR	
6	Simon Fraser	A	3:31.82	_____
1)	331 Ellenwood, Stuart FR	2)	335 Liu, Yubai SR	
3)	338 Reid, Adam SR	4)	334 Karamanian, Jacob FR	
7	St. Martin's	A	3:32.25	_____
1)	353 Sissel, Ty FR	2)	341 DeMoss, Devon SO	
3)	345 Holland, Michael SO	4)	348 Krause, Frank FR	
8	Seattle Paci	A	NT	_____
1)	321 Ferguson, David FR	2)	320 Endresen, Ryan SO	
3)	326 Seeley, Nathan JR	4)	325 Pierson, Seth JR	

Event 31 Women Distance Medley

1	Simon Fraser	A	12:09.21	_____
1)	142 Butterworth, Lindsey S	2)	145 Kane, Michaela JR	
3)	149 Sawatzky, Sarah JR	4)	150 Vogt, Abbey SO	
2	Western Wash	A	12:23.22	_____
1)	255 Thornton, Mikhaila FR	2)	253 Siler, Eleanor SR	
3)	241 Lahman, Miranda SO	4)	254 Steen, Katelyn FR	
3	Seattle Paci	A	NT	_____
1)	121 Plunkett, Natty SR	2)	113 Cutting, Allison SO	
3)	114 Fricker, McKayla SO	4)	125 Wochnick, BryAnne SO	
4	Western Oreg	A	NT	_____
1)	186 Anderson, Nicole FR	2)	187 Butcher, Meryl SR	
3)	191 Copenhagen, Laura FR	4)	194 Everetts, Megan JR	
5	Msu-Billings	A	NT	_____
1)	37 Clump, Keri SO	2)	47 Simons, Justine SR	
3)	36 Brown, Elizabeth FR	4)	40 Hefpner, Renae FR	
6	Central Wash	A	NT	_____
1)	6 Kartes, Taylor SO	2)	12 Pitassi, Seanna SO	
3)	10 Morgan, Connie SO	4)	7 Kreft, Kelsey JR	
7	Northwest Na	A	NT	_____
1)	70 Brown, Keesha FR	2)	75 Harwood, Christine JR	
3)	88 Weidmeier, Morgan SO	4)	84 Swenson, Meagan JR	

Event 32 Men Distance Medley

1	Simon Fraser	A	10:09.72	_____
1)	330 Brockerville, Ryan SR	2)	331 Ellenwood, Stuart FR	
3)	332 Forster, Keir SR	4)	335 Liu, Yubai SR	
2	Western Oreg	A	10:10.79	_____
1)	372 Larson, Drew SO	2)	380 Rhodes, Kody SO	
3)	370 Kasler, Connor JR	4)	381 Sprinkle, Dan SR	
3	Northwest Na	A	10:20.90	_____
1)	305 Hetrick, Luke SR	2)	311 Ngeno, Benard JR	
3)	304 Heidegger, Ben SR	4)	297 Baggenstos, Jesse JR	
4	Western Wash	A	NT	_____
1)	384 Abraham, Nick SR	2)	400 Poolman, Jonathon FR	
3)	408 Timpe, Braden SO	4)	393 Jackson, Chip JR	
5	St. Martin's	A	NT	_____
1)	341 DeMoss, Devon SO	2)	346 Hunt, Spencer SR	
3)	348 Krause, Frank FR	4)	352 Patti, Joseph JR	
6	Msu-Billings	A	NT	_____
1)	295 Vanderby, Tyson JR	2)	287 Polkow, Lewis SO	
3)	290 Robinson, Chase SO	4)	288 Potter, Brian SR	
7	Central Wash	A	NT	_____
1)	278 Swanson, Jon SO	2)	265 Fremd, Kyle JR	
3)	262 Armstrong, Zach JR	4)	274 Minor, Nathan FR	
8	Seattle Paci	A	NT	_____
1)	328 Wolfe, Jordan JR	2)	318 Baker, AJ JR	
3)	323 Horton, Alex FR	4)	320 Endresen, Ryan SO	

GNAC Indoor Track and Field Meet History - Men's Year-By-Year Champions (2004-11)

Team Champions

2004	Western Oregon	164
2005	Western Washington	141
2006	Western Washington	151
2007	Central Washington	171 ½
2008	Western Oregon	178
2009	Western Oregon	169
2010	Western Oregon	171
2011	Western Oregon	147 5/6

Athlete of the Year

2006	Andy Prentice, Saint Martin's
2007	Cameron Neel, Central Washington
2008	Zeb Udell, Western Oregon
2009	Zeke Van Patten, Western Oregon
2010	Ryan Brown, Western Washington
2011	Ryan Brown, Western Washington

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
2009	Zeke Van Patten, Western Oregon
	Tyler Fischer, Central Washington
2010	Matson Hardie, Western Oregon
2011	Andrew Boss, Simon Fraser

Coach-of-the-Year

2004	Mike Johnson, Western Oregon
2005	PeeWee Halsell, Western Washington
2006	PeeWee Halsell, Western Washington
2007	Kevin Adkisson, Central Washington
2008	Mike Johnson, Western Oregon
2009	Mike Johnson, Western Oregon
2010	Mike Johnson, Western Oregon
2011	Mike Johnson, Western Oregon

Newcomer-of-the-Year

2004	Mark Mellein, Western Washington
2005	Cameron Neel, Central Washington
2006	Robert Edwards, Central Washington
2007	Adrian Elmo, Central Washington
2008	Zeb Udell, Western Oregon
2009	Josiah Price, Saint Martin's
	Augustine Agyei, Western Washington
2010	Anthony Zackery, Western Washington
2011	None selected

Freshman-of-the-Year

2004	Trish O'Bluck, Saint Martin's
	Adam Neff, Western Washington
2005	Blake Herrington, Western Oregon
2006	Matt Rogstad, Central Washington
	John Riak, Saint Martin's
2007	Michael Dean, Western Washington
2008	Astin Mott, Western Oregon
2009	Maurus Hope, Northwest Nazarene
2010	Matson Hardie, Western Oregon
2011	Kyle Lane, Western Oregon
	Andrew Curtis, Northwest Nazarene

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
2009	Bryan Mack, CWU	6.95
2010	Anthony Wright, CWU	6.89
2011	Alex Tilley, WWU	7.05

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
2009	Radio Battle, CWU	21.97
2010	Kincaid Nichols, CWU	22.22
2011	Andrew Boss, SFU	21.84

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
2009	Maurus Hope, NNU	49.75
2010	Matt Kaino, WOU	49.17
2011	Andrew Boss, SFU	49.18

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
2009	Zeke Van Patten, WOU	1:53.43
2010	Nathan Seely, SPU	1:54.86
2011	Nathan Seely, SPU	1:54.35

1 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
2009	Zeke Van Patten, WOU	4:17.02
2010	Anthony Tomsich, WWU	4:14.08
2011	Chris Reed, WOU	4:12.22

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
2009	John Riak, SMU	15:09.89
2010	Jordan Welling, WWU	14:51.53
2011	Jordan Welling, WWU	15:15.07

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
2009	Dallas Beaty, NNU	8.51
2010	Andy Loscutt, WOU	8.34
2011	Anthony Hogan, CWU	8.42

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
2009	Northwest Nazarene	3:20.61
2010	Western Oregon	3:19.36
2011	Northwest Nazarene	3:20.23

Distance Medley

2004	Western Oregon	10:36.72
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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
2009	Western Washington	10:26.42
2010	Western Washington	10:18.80
2011	Simon Fraser	10:05.58

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)
2009	Zeb Udell, WOU	23-0 ¾ (7.03)
2010	Matson Hardie, WOU	23-8 (7.21)
2011	Kyle Lane, WOU	23-4 1/2 (7.12)

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 ¾ (14.52)
2007	Greg Hamm, NNU	46-8 (14.22)
2008	Greg Hamm, NNU	47-5 ¼ (14.46)
2009	Rendel Jones, CWU	46-8 ¾ (14.24)
2010	Rendel Jones, CWU	47-7 ¼ (14.51)
2011	Tim Clendaniel, WWU	46-11 (14.30)

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 ¾ (1.95)
2009	Cameron Bailey, CWU	6-7 (2.01)
2010	Brennan Boyes, CWU	6-4 ¾ (1.95)
2011	Brandon Roddewig, CWU	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)
2009	Ryan Brown, WWU	16-6 (5.03)
2010	Ryan Brown, WWU	16-1 ¼ (4.91)
2011	Ryan Brown, WWU	15-9 ¼ (4.81)

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)
2009	Tyler Fischer, CWU	58-6 (17.83)
2010	Tyler Fischer, CWU	58-3 (17.75)
2011	Matt Schryvers, WOU	56-7 ¼ (17.25)

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)
2009	Tyler Fischer, CWU	52-3 ¼ (15.93)
2010	Jason Slowey, WOU	51-3 ¾ (15.64)
2011	Jason Slowey, WOU	52-8 (16.05)

Heptathlon

2011	Nate Johnson, SPU	4576
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GNAC Indoor Track and Field Meet History - Women's Year-By-Year Champions (2004-11)

Team Champion		2006 Anna Soule, SPU	26.04	2006 Central Washington	12:24.60
2004 Seattle Pacific	160	2007 Latasha Essien, SPU	25.50	2007 Seattle Pacific	11:58.41
2005 Seattle Pacific	188	2008 Jessica Hinton, SPU	25.92	2008 Seattle Pacific	12:04.81
2006 Seattle Pacific	154	2009 Jessica Hinton, SPU	25.35	2009 Seattle Pacific	12:01.79
2007 Seattle Pacific	192	2010 Eleanor Siler, WWU	25.03	2010 Seattle Pacific	11:36.32
2008 Seattle Pacific	183	2011 Jane Channell, SFU	25.57	2011 Simon Fraser	11:46.64
2009 Seattle Pacific	181				
2010 Seattle Pacific	179 ½	400		Long Jump	
2011 Seattle Pacific	126 ½	2004 Terran Legard, CWU	57.69	2004 Katy Kociemba, WOU	17-9 ½ (5.42)
		2005 Terran Legard, CWU	56.57	2005 Danielle Ayers-Stamper, SPU	18-9 ¾ (5.73)
Athlete of the Year		2006 Terran Legard, CWU	57.75	2006 Jacqueline Postlewait, WOU	17-8 (5.38)
2006 Teona Perkins, Seattle Pacific		2007 Heidi Dimmitt, WWU	59.11	2007 Kim Bascom, WWU	18-3 ¾ (5.58)
2007 Jessica Pixler, Seattle Pacific		2008 Elisa Decker, NNU	58.21	2008 Jacque Postlewait, WOU	18-0 ½ (5.50)
2008 Jessica Pixler, Seattle Pacific		2009 Eleanor Siler, WWU	56.23	2009 Ali Worthen, SPU	18-6 ½ (5.65)
2009 Jessica Pixler, Seattle Pacific		2010 Eleanor Siler, WWU	56.93	2010 Emily Warman, WWU	18-3 ¾ (5.58)
2010 Jessica Pixler, Seattle Pacific		2011 Helen Crofts, SFU	55.90	2011 Ali Worthen, SPU	18-2 ½ (5.55)
2011 Sarah Porter, Western Washington Helen Crofts, Simon Fraser					
		800		Triple Jump	
Outstanding Performer (Conference Meet)		2004 Jennifer Marsh, SPU	2:14.80	2004 Lea Tiger, CWU	36-5 (11.10)
2004 Terran Legard, Central Washington		2005 Josie Lavin, SPU	2:16.09	2005 Amanda Merrill, NNU	36-9 (11.20)
2005 Danielle Ayers-Stamper, Seattle Pacific		2006 Ashley Puga, NNU	2:16.55	2006 Amanda Merrell, NNU	37-0 ¼ (11.28)
2006 Krissy Tandle, Central Washington		2007 Jessica Pixler, SPU	2:11.52	2007 Kim Bascom, WWU	37-9 (11.51)
2007 Jessica Pixler, Seattle Pacific		2008 Jessica Pixler, SPU	2:10.18	2008 Megan Paulsen, WWU	37-0 ¼ (11.28)
2008 Jessica Pixler, Seattle Pacific		2009 Ashley Puga, NNU	4:47.37	2009 Laura Vonarx, NNU	37-2 ¼ (11.33)
2009 Ashley Puga, Northwest Nazarene		2010 Jessica Pixler, SPU	2:08.28	2010 Ashley Potter, WOU	38-10 ½ (11.85)
2010 Jessica Pixler, Seattle Pacific		2011 Brianna Kane, SFU	2:14.58	2011 Katharine Lotze, CWU	38-5 (11.71)
2011 Torrie Self, Central Washington					
		Mile		High Jump	
Coach-of-the-Year		2004 Jamie Witt, SPU	5:09.21	2004 Sharon Bjella, SPU	5-3 ¼ (1.61)
2004 Jack Hoyt, Seattle Pacific		2005 Karen Dickson, SPU	5:08.23	2005 Danielle Ayers-Stamper, SPU	5-6 (1.68)
2005 Jack Hoyt, Seattle Pacific		2006 Katie Hummel, CWU	5:08.11	2006 Teona Perkins, SPU	5-6 ½ (1.69)
2006 Kevin Adkisson, Central Washington		2007 Jessica Pixler, SPU	4:54.53	2007 Emily Peterson, NNU	5-5 ¾ (1.67)
2007 Karl Lerum, Seattle Pacific		2008 Jessica Pixler, SPU	4:50.38	2008 Teona Golding, SPU	5-5 ¼ (1.66)
2008 Karl Lerum, Seattle Pacific		2009 Ashley Puga, NNU	4:47.37	2009 Ali Worthen, SPU	5-8 ½ (1.74)
2009 Karl Lerum, Seattle Pacific		2010 Jessica Pixler, SPU	4:40.39	2010 Brittany Aanstad, SPU	5-5 ¼ (1.66)
2010 Karl Lerum, Seattle Pacific		2011 Jessica Smith, SFU	5:04.83	2011 Ali Worthen, SPU	5-5 1/4 (1.66)
2011 Karl Lerum, Seattle Pacific					
		5000		Pole Vault	
Newcomer-of-the-Year		2004 Alana Garcia, SU	19:33.9*	2004 Danielle Juarez, WWU	11-6 ¼ (3.51)
2004 Terran Legard, Central Washington		2005 Karin Rohde, SPU	18:41.46	2005 Allison Hedges, SPU	11-10 (3.61)
2005 Chelsi Claussen, Saint Martin's		2006 Brandy Anderson, CWU	18:27.98	2006 Amy Harris, SPU	11-7 ¾ (3.55)
2006 Teona Perkins, Seattle Pacific		2007 Karin Rohde, SPU	18:17.35	2007 Monica Anderson, SPU	11-0 ¼ (3.36)
2007 None selected		2008 Jane Larson, SPU	17:39.95	2008 Melissa Peaslee, SPU	12-9 (3.89)
2008 None selected		2009 Jane Larson, SPU	17:27.34	2009 Christy Miller, WWU	12-4 (3.76)
2009 Janae Larson, Seattle Pacific		2010 Sarah Porter, WWU	16:47.07	2010 Melissa Peaslee, SPU	12-0 (3.66)
2010 Ashley Potter, Western Oregon		2011 Sarah Porter, WWU	17:17.92	2011 Becca Clark, CWU	12-0 1/2 (3.67)
2011 Kaitlin Davis, Central Washington		*5,200 meters (lap-counting error)			
		60 Hurdles		35-Pound Weight	
Freshman-of-the-Year		2004 Monica Smith, WOU	9.22	2004 Kristen Hepler, WOU	53-9 ¼ (16.39)
2004 Kinyatta Leonhardt, Seattle Pacific		2005 Danielle Ayers-Stamper, SPU	8.66	2005 Heather Yergen, CWU	46-11 ½ (14.31)
2005 Karin Rohde, Seattle Pacific		2006 Linda Blake, SPU	9.10	2006 Krissy Tandle, CWU	50-0 ¾ (15.26)
2006 Ashley Puga, Northwest Nazarene		2007 Kelsey Cooley, SPU	9.30	2007 Sabrina Freed, WOU	49-4 ¼ (15.04)
2007 Jessica Pixler, Seattle Pacific		2008 Michelle Howe, WWU	9.30	2008 Sabrina Freed, WOU	51-4 ¼ (15.65)
2008 Jaclyn Puga, Northwest Nazarene		2009 Michelle Howe, WWU	9.07	2009 Krissy Tandle, CWU	52-4 ¾ (15.97)
2009 Ali Worthen, Seattle Pacific		2010 Michelle Howe, WWU	9.02	2010 Joy Warrington, NNU	49-10 ½ (15.20)
2010 Sarah Kathrein, Western Oregon		2011 Tanya Bjornsson, WWU	8.98	2011 Torrie Self, CWU	53-7 ½ (16.34)
2011 Becca Clark, Central Washington					
		4x400 Relay		Shot Put	
60		2004 Central Washington	3:58.72	2004 Chevonna Lynch, WOU	40-4 ¾ (12.31)
2004 Kinyatta Leonhardt, SPU	7.96	2005 Central Washington	4:00.32	2005 Krissy Tandle, CWU	40-11 ½ (12.48)
2005 Kinyatta Leonhardt, SPU	7.96	2006 Central Washington	3:59.48	2006 Krissy Tandle, CWU	44-8 ¾ (13.63)
2006 Whitney Knox, WWU	8.02	2007 Seattle Pacific	3:58.68	2007 Krissy Tandle, CWU	42-10 ¼ (13.06)
2007 Latasha Essien, SPU	7.73	2008 Seattle Pacific	3:57.36	2008 Amy Carroll, NNU	42-9 (13.03)
2008 Latasha Essien, SPU	7.90	2009 Northwest Nazarene	3:55.58	2009 Krissy Tandle, CWU	48-9 ½ (14.87)
2009 Latasha Essien, SPU	7.77	2010 Western Washington	3:55.21	2010 Joy Warrington, NNU	49-10 ½ (15.20)
2010 Latasha Essien, SPU	7.67	2011 Simon Fraser	3:51.72	2011 Torrie Self, CWU	45-10 (13.97)
2011 Jane Channell, SFU	7.81				
		Distance Medley		Pentathlon	
200		2004 Seattle Pacific	12:47.76	2011 Katie Gross, SPU	3297
2004 Kinyatta Leonhardt, SPU	25.40	2005 Seattle Pacific	12:35.89		
2005 Terran Legard, CWU	25.25				

GNAC Indoor Track and Field Meet History - From The Record Book (2004-11)

MEN

All Meets

60 – 6.78, Mike Hinshaw, Western Oregon (2002)
200 – 21.77, Mike Hinshaw, Western Oregon (2002)
400 – 48.37, Andrew Boss, Simon Fraser (2011)
800 – 1:51.49, Paul Mach, Seattle Pacific (2004)
Mile – 4:07.46, Anthony Tomsich, Western Washington (2010)
3000 – 8:16.85, Anthony Tomsich, Western Washington (2010)
5000 – +14:12.10, Jordan Welling, Western Washington (2011)
60 Hurdles – 8.22, Robert Edwards, Central Washington (2007)
4x400 Relay – +3:15.83, Western Oregon (Ashtin Mott, Anthony Yakovich, Josh Moore, Matt Kaino, 2010)
Distance Medley – 9:55.00, Western Washington (2007)
Long Jump – 7.21 – 23-8, Matson Hardie, Western Oregon (2010)
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 – 5.31 – 17-5, Ryan Brown, Western Washington (2011)
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)

+Converted for track size at UW (1.00 seconds added to 5000; .40 added in 4x400)

Conference Meet

60 – 6.89, Anthony Wright, Central Washington (2010)
200 – 21.84, Andrew Boss, Simon Fraser (2011)
400 – 49.17, Matt Kaino, Western Oregon (2010)
800 – 1:51.49, Paul Mach, Seattle Pacific (2004)
Mile – 4:12.22, Chris Reed, Western Oregon (2011)
5000 – 14:51.53, Jordan Welling, Western Washington (2010)
60 Hurdles – 8.26, Robert Edwards, Central Washington (2007)
4x400 Relay – 3:19.36, Western Oregon (Matt Kaino, Ashtin Mott, Josh Moore, Anthony Tomsich, 2010)
Distance Medley – 10:05.58, Simon Fraser (Adam Reid, Brett Montrose, Ryan Brockerville, Travis Vugteveen, 2011)
Long Jump – 7.21 – 23-8, Matson Hardie, Western Oregon (2010)
Triple Jump – 14.76 – 48-5 ¼, Justin Lawrence, Central Wash. (2004)
High Jump – 2.05 – 6-8 ¾, Cameron Bailey, Central Wash. (2007)
Pole Vault – 4.91 – 16-1 ¼, Ryan Brown, Western Wash. (2010)
35-lb. Weight – 18.19 – 59-8 ¼, Anthony Marin, Western Oregon (2007)
Shot Put – 17.47 – 57-3 ¾, Cameron Neel, Central Wash. (2007)
Heptathlon - 4,576, Nate Johnson, Seattle Pacific (2011)

Conference Meet Miscellaneous

Most points, single meet – 35, Chris Randolph, Seattle Pacific (2005)
Most points, career – 85, Chris Randolph, Seattle Pacific (2004-06)
Most wins, individual events, single meet – 3, Chris Randolph, Seattle Pacific (2005)
Most wins (including relays), single meet – 3, Chris Randolph, Seattle Pacific (2005)
Most wins, individual events, career – 5, Chris Randolph, Seattle Pacific (2004-06)
Most wins, relays, career – 3, Mike Kelley, Central Washington (2004-05, 07); Bennett Grimes, Western Washington (2008-10)
Most wins (including relays), career – 6, Chris Randolph, Seattle Pacific (2004-06)
Most all-conference awards, individual events, single meet – 3, Greg Hamm, Northwest Nazarene (2007); Chris Randolph, Seattle Pacific (2005, 2006); Matson Hardie, Western Oregon (2010)
Most all-conference awards (including relays), single meet – 4, Chris Randolph, Seattle Pacific (2006)
Most all-conference awards, individual events, career – 8, Chris Randolph, Seattle Pacific (2004-06)
Most all-conference awards (including relays), career – 9, Chris Randolph, Seattle Pacific (2004-06); Greg Hamm, Northwest Nazarene (2005-08)

WOMEN

All Meets

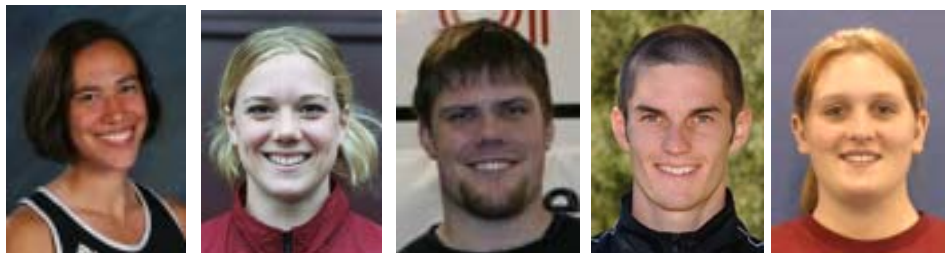
60 – 7.63, NyEma Sims, Seattle Pacific (2007)
200 – 25.03, Eleanor Siler, Western Washington (2010)
400 – 55.54, Terran Legard, Central Washington (2005)
800 – 2:04.94, Helen Crofts, Simon Fraser (2011)
Mile – 4:32.88, Jessica Pixler, Seattle Pacific (2010)
3000 – 9:23.24, Jessica Pixler, Seattle Pacific (2009)
5000 – 16:12.65, Jessica Pixler, Seattle Pacific (2009)
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay – 3:48.76, Western Washington (2010)
Distance Medley – 11:29.88, Seattle Pacific (2010)
Long Jump – 5.93 – 19-5 ½, Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump – 11.96 – 39-11 ½, Emily Warman, Western Wash. (2010)
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 – 14.87 – 48-9 ½, 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 – 7.67, Latasha Essien, Seattle Pacific (2010)
200 – 25.03, Eleanor Siler, Western Washington (2010)
400 – 55.90, Helen Crofts, Simon Fraser (2011)
800 – 2:08.28, Jessica Pixler, Seattle Pacific (2010)
Mile – 4:40.39, Jessica Pixler, Seattle Pacific (2010)
5000 – 16:47.07, Sarah Porter, Western Washington (2010)
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay – 3:51.72, Simon Fraser (Emma Vogt, Brianna Kane, Jessica Smith, Helen Crofts)
Distance Medley – 11:36.32, Seattle Pacific (Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler, 2010)
Long Jump – 5.73 – 18-9 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump – 11.85 – 38-10 ½, Ashley Potter, Western Oregon (2010)
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)
Pentathlon - 3,297 Katy Gross, Seattle Pacific (2011)

Conference Meet Miscellaneous

Most points, single meet – 38, Ali Worthen, Seattle Pacific (2009)
Most points, career – 76, Jessica Pixler, Seattle Pacific (2007-10)
Most wins, individual events, single meet – 3, Danielle Ayers-Stamper, Seattle Pacific (2005)
Most wins (including relays), single meet – 3, Terran Legard, Central Washington (2005); Jessica Pixler, Seattle Pacific (2007-08, 10), Latasha Essien, Seattle (2007); Danielle Ayers-Stamper, Seattle Pacific (2005); Eleanor Siler, Western Washington (2010); Helen Crofts, Simon Fraser (2011); Jessica Smith, Simon Fraser (2011); Brianna Kane, Simon Fraser (2011)
Most wins, individual events, career – 6, Krissy Tandle, Central Washington (2005-07, 09); Jessica Pixler, Seattle Pacific (2007-08, 10)
Most wins, relays, career – 4, Jessica Pixler, Seattle Pacific (2007-10)
Most wins (including relays), career – 10, Jessica Pixler, Seattle Pacific (2007-10)
Most all-conference awards, individual events, single meet – 4, Ali Worthen, Seattle Pacific (2009)
Most all-conference awards (including relays), single meet – 4, Terran Legard, Central Washington (2004); Jessica Hinton, Seattle Pacific (2007); Ali Worthen, Seattle Pacific (2009)
Most all-conference awards, individual events, career – 8, Jessica Pixler, Seattle Pacific (2007-10); Ali Worthen, Seattle Pacific (2009-11)
Most all-conference awards (including relays), career – 12, Jessica Pixler, Seattle Pacific (2007-10)



Among past GNAC Indoor All-Americans have been (from left), Ashley Puga, Danielle Ayers-Stamper, Cameron Neel, Andy Prentice and Krissy Tandle.

GNAC INDOOR ALL-AMERICANS

Men	Year	Event	Place
Ryan Brown, WWU	2010	Pole Vault	1 st , 16-11
Ryan Brown, WWU	2011	Pole Vault	1 st , 17-2 3/4
Western Washington	2007	Dist. Medley	2 nd , 9:55.00
Andy Prentice, SMU	2006	800	3 rd , 1:52.66
Cameron Neel, CWU	2006	Shot Put	3 rd , 56-1
Tyler Thornbrue, WWU	2006	Pole Vault	4 th , 15-6 ¼
Zeke Van Patten, WOU	2009	800	5 th , 1:53.71
Cameron Neel, CWU	2007	Shot Put	5 th , 55-7 ½
Western Oregon	2011	Dist. Medley	6 th , 10:06.48
Jordan Welling, WWU	2011	5000	7 th , 14:58.85
Mike Hinshaw, WOU	2002	60	8 th , 6.85
Andy Prentice, SMU	2005	800	8 th , 1:53.09
Eddie Strickler, SPU	2007	800	8 th , 1:52.52

DMR RELAY MEMBERS: 2007 – WWU (Sam Brancheau, Adam Neff, Erik Bies, Anthony Tomsich). **2011** - WOU (Kyle Larson, Matt Kano, Connor Kasler, Chris Reed).

MOST ALL-AMERICANS: 2 – Cameron Neel, CWU; Andy Prentice, SMU; Ryan Brown, WWU.

Women	Year	Event	Place
Ashley Puga, NNU	2009	800	1 st , 2:07.63
Jessica Pixler, SPU	2007	Mile	1 st , 4:42.42
Jessica Pixler, SPU	2008	Mile	1 st , 4:47.79
Jessica Pixler, SPU	2009	Mile	1 st , 4:43.69
Jessica Pixler, SPU	2010	Mile	1 st , 4:46.42
Jessica Pixler, SPU	2009	5000	1 st , 16:22.64
Seattle Pacific	2010	Distance Med.	1 st , 11:29.88
Dan. Ayers-Stamper, SPU	2005	High Jump	1 st , 5-8
Emily Warman, WWU	2009	Triple Jump	1 st , 39-3
Krissy Tandle, CWU	2009	Shot Put	1 st , 48-9 ½
Jane Larson, SPU	2008	Mile	2 nd , 4:51.74
Jane Larson, SPU	2009	Mile	2 nd , 4:48.87
Karen Dickson, SPU	2005	5000	2 nd , 16:34.72
Kristin Hepler, WOU	2004	Weight Throw	2 nd , 58-2 ½
Jessica Pixler, SPU	2008	800	3 rd , 2:12.60
Alicen Maier, CWU	2003	Mile	3 rd , 4:49.85
Jane Larson, SPU	2010	Mile	3 rd , 4:50.74
Seattle Pacific	2008	Dist. Medley	3 rd , 11:45.88
Sarah Porter, WWU	2011	5000	3 rd , 16:44.04
Terran Legard, CWU	2005	400	4 th , 55.54
Sarah Kraybill, SPU	2003	800	4 th , 2:09.53
Sarah Porter, WWU	2010	5000	4 th , 17:26.05
Western Washington	2010	4x400 Relay	4 th , 3:48.67
Danielle Ayers-Stamper, SPU	2005	Long Jump	4 th , 19-5 ½



Teona Perkins, SPU	2007	High Jump	4 th , 5-8
Ali Worthen, SPU	2009	High Jump	4 th , 5-7 ¼
Ally Studer, SPU	2003	Pole Vault	4 th , 11-11 ¾
Christy Miller, WWU	2009	Pole Vault	4 th , 12-5 ½
Karin Rohde, SPU	2007	Mile	5 th , 4:54.38
Teona Golding, SPU	2008	High Jump	5 th , 5-7
Danielle Juarez, WWU	2004	Pole Vault	5 th , 12-0
Sarah Porter, WWU	2009	5000	6 th , 17:00.14
Teona Perkins, SPU	2006	High Jump	6 th , 5-7 ¾
Becca Clark, CWU	2011	Pole Vault	6 th , 11-7
Rachael Johnson, WWU	2009	800	7 th , 2:11.82
Jane Larson, SPU	2009	5000	7 th , 17:04.01
Seattle Pacific	2005	Dist. Medley	7 th , 11:47.46
Western Washington	2010	Dist. Medley	7 th , 12:02.32
Ashley Puga, NNU	2008	Mile	8 th , 4:58.09
Seattle Pacific	2007	Dist. Medley	8 th , 12:04.77
Northwest Nazarene	2009	Dist. Medley	8 th , 11:59.29
Emily Peterson, NNU	2006	High Jump	8 th , 5-5 ¼
Dionna Anderson, SPU	2002	Shot Put	8 th , 44-5 ¼

DMR RELAY MEMBERS: 2005 – SPU (Karin Rohde, Kinyatta Leonhardt, Josie Lavin, Karen Dickson). **2007** – SPU (Karin Rohde, Jessica Hinton, Jennifer Marsh, Jessica Pixler). **2008** – SPU (Jane Larson, Melissa Peaslee, Lisa Anderberg, Karin Rohde). **2009** – NNU (Jaclyn Puga, Jamie Beaty, Elisa Decker, Ashley Puga). **2010** – SPU (Jane Larson, Jennifer Pike, Lisa Anderberg, Jessica Pixler); WWU (Courtney Olsen, Megan O'Connell, Rachael Johnson, Sarah Porter).

4x400 RELAY MEMBERS: 2010 – WWU (Eleanor Siler, Michelle Howe, Megan O'Connell, Sarah Brownell).

MOST ALL-AMERICANS: 8 – Jessica Pixler, SPU. **6** – Jane Larson, SPU. **4** – Karin Rohde, SPU. **3** – Teona Perkins Golding, SPU; Ashley Puga, NNU; Sarah Porter, WWU.

Great Northwest Athletic Conference

