

2003 GNAC INDOOR TRACK AND FIELD

Final (Automatic and provisional qualifying marks in parenthesis. *Provisional qualifiers)

WOMEN

60 (7.48, 7.76)

Megan Beith, CWU	7.87
Jody Binder, CWU	8.10
Rachel Tynan, CWU	8.30
Jean Kolb, SPU	8.34
Kelsey Gleason, SPU	8.35

200 (Not a national event)

Jody Binder, CWU	26.78
Kelsey Gleason, SPU	26.81
Dianna Grossglass, SPU	26.83
Jean Kolb, SPU	27.17
Bekah Bowman, NNU	27.35

400 (55.60, 57.70)

Laura Widman, SPU	1:00.35
Linda Blake, SPU	1:01.34
Jessica Gimness, CWU	1:01.87
Jennie Rummell, WOU	1:03.00
Bekah Bowman, NNU	1:03.43

800 (2:11.10, 2:17.10)

**Sarah Kraybill, SPU	2:09.53
Josie Lavin, SPU	2:17.53
Lindy Mullen, CWU	2:19.61
Jill Salmon, WOU	2:22.80
Laura Widman, SPU	2:26.00

Mile (4:54.10, 5:05.60)

*Alicen Maier, CWU	4:49.85
Jill Salmon, WOU	5:14.68
Lindy Mullen, CWU	5:19.84
Stephanie Stine, CWU	5:24.97
Erika Olson, CWU	5:25.46

3,000 (Not a national event)

Ellie Enos, WOU	10:24.73
Jamie Witt, SPU	10:30.98
Alicen Maier, CWU	10:44.76
Tiffany Picinich, CWU	10:50.07
Stephanie Costanzo, WOU	11:00.21

5000 (16:56.80, 18:06.80)

Alicen Maier, CWU	18:16.7
Ellie Enos, WOU	19:06.59
Stephanie Stine, CWU	19:38.0
Erika Olsen, CWU	20:14.9

55-Hurdles

Jennie Rummell, HSU	9.61
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60-Hurdles (8.57, 8.96)

Danielle Ayers-Stamper, SPU	9.02
Jennifer Pyeatt, SPU	9.10
Linda Blake, SPU	9.29
Monica Smith, WOU	9.34
Ashley Rountree, CWU	9.52

4x400 Relay (3:46.80, 3:56.80)

Seattle Pacific	4:01.90
Central Washington	4:12.88
Western Oregon	4:15.65
Northwest Nazarene	4:49.62

Long Jump (6.15, 5.60)

Danielle Ayers-Stamper, SPU	5.32 (17-5 ½)
Linda Blake, SPU	5.23 (17-2)
Shelley Comstock, WOU	5.20 (17-0 ¾)
Bridget Johnson, WOU	4.77 (15-7 ¾)
Holly Conrad, WOU	4.64 (15-2 ¾)

Triple Jump (12.40, 11.50)

Shelley Comstock, WOU	11.39 (37-4 ¼)
Lea Tiger, CWU	10.59 (34-9)
Lacey Rasmussen, NNU	10.40 (34-1 ½)
Michelle Swanick, WOU	10.17 (33-4 ½)
Julie Graham, CWU	10.01 (32-10 ¼)

High Jump (1.76, 1.66)

Danielle Ayers-Stamper, SPU	1.69 (5-6 ½)
Monica Smith, WOU	1.68 (5-6)
Dianna Grossglass, SPU	1.60 (5-3)
Linda Blake, SPU	1.56 (5-1 ¼)
Ashlyn Terry, WOU	1.55 (5-1)

Pole Vault (3.97, 3.36)

*Ally Studer, SPU	3.70 (12-1 ½)
*Allison Hedges, SPU	3.50 (11-5 ¾)
*Stephanie Booth, WOU	3.45 (11-3 ¾)
Amy Harris, SPU	3.30 (10-10)
Aubrey Metzger, NNU	3.25 (10-8)

20-lb Weight (18.29, 15.24)

*Jennifer Dunkin, WOU	16.44 (53-11 ¼)
Kristin Hepler, WOU	15.75 (51-8 ¼)
Shalese Borden, WOU	13.39 (43-11 ¼)
Jaci Cederberg, WOU	13.33 (43-9)
Kristina Wherry, NNU	12.97 (42-6 ½)

Shot Put (14.95, 13.11)

Dorothy Kerr, WOU	12.85 (42-1)
Alicia Vandervelden, WOU	12.59 (41-3 ¾)
Shalese Borden, WOU	12.51 (41-0)
Jennifer Pyeatt, SPU	12.37 (40-7)
Laura Widman, SPU	12.15 (39-10 ½)

Pentathlon

Linda Blake, SPU	3239
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MEN

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Mike Hinshaw, WOU	6.55
Antar Brame, WOU	6.78

60 (6.73, 6.88)

Mike Hinshaw, WOU	7.02
Justin Lawrence, CWU	7.05
Fabien Coutard, CWU	7.11
Antar Brame, WOU	7.22
Brian Hunter, SPU	7.33

200 (Not a national event)

Isaac Frederick, WOU	22.28
Matt Kragness, WOU	22.73
Mike Hinshaw, WOU	22.77
Fabian Coutard, CWU	22.98
Micah Kelly, SPU	23.40

400 (48.00, 49.50)

+Isaac Frederick, WOU	49.48
Jason Newton, WOU	50.53
Micah Kelly, SPU	51.07
Scott Van Hess, SPU	52.35
David Olson, NNU	52.95

(+Not a qualifying mark. Provisional mark for "over 200 meter" track is 49.00).

600 (Not a national event)

Jason Bush, CWU	1:26.82
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800 (1:51.30, 1:54.30)

*Nathanael Castle, SPU	1:53.37
Paul Mach, SPU	1:54.34
Andy Prentice, SMC	1:54.49
Jarret Mantalas, WOU	1:54.91
Nathan Carlson, SMC	1:55.65
Stuart Chaffee, WOU	1:57.36

1000 (Not a national event)

Jason Bush, CWU	2:40.00
Chris Randolph, SPU	2:48.17

Mile (4:08.30, 4:14.80)

*Nathanael Castle, SPU	4:12.27
+Nathan Carlson, SMC	4:14.48
Tim LeCount, SPU	4:21.96
Ethan Barrons, WOU	4:25.13
Aaron Eckert, WOU	4:26.47

(+Not a qualifying mark. Provisional mark for "over 200 meter" track is 4:13.60).

3,000 (Not a national event)

Aaron Eckert, WOU	8:48.75
Spencer Walsh, WOU	8:49.37
Will Smith, WOU	9:09.19
Ethan Barrons, WOU	9:11.25
Ben Warrell, NNU	9:17.77

5,000 (14:17.20, 14:57.20)

Spencer Walsh, WOU	15:27.83
Matt Barreau, WOU	15:50.74
Will Smith, WOU	16:00.68
Brice Roncace, NNU	16:23.98
Andy Peters, NNU	17:29.42

55-Hurdles

Damien Davis, WOU	7.81
Nate Anderson, WOU	8.16
Brandon Conroy, WOU	8.37

60-Hurdles (7.93, 8.19)

Damien Davis, WOU	8.37
Nate Anderson, WOU	8.49
Chris Randolph, SPU	8.93
Brandon Conroy, WOU	8.99
Ryan Lee, NNU	9.13

4x400 Relay (3:14.60, 3:19.60)

Western Oregon	3:21.09
Seattle Pacific	3:21.25
Northwest Nazarene	3:45.49

Distance Medley (Not a national event)

Seattle Pacific	10:46.88
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Long Jump (7.62, 7.15)

Cole Parmelee, WOU	6.78 (22-3)
Brad Satran, WOU	6.54 (21-5 ½)
Justin Lawrence, CWU	6.51 (21-4 ¼)
Ryan Lee, NNU	6.21 (20-4 ½)
Chris Randolph, SPU	6.15 (20-2)

Triple Jump (15.70, 14.33)

Justin Lawrence, CWU	14.50 (47-7)
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High Jump (2.16, 2.04)

Chris Randolph, SPU	1.95 (6-4 ¾)
Cole Parmelee, WOU	1.95 (6-4 ¾)
Mike Bonadurer, WOU	1.95 (6-4 ¾)
Sean Doughty, NNU	1.90 (6-2 ¾)
Damien Davis, WOU	1.85 (6-0 ¾)

Pole Vault (5.10, 4.70)

*Spike Olsen, WOU	4.75 (15-7)
Scott Alexander, CWU	4.60 (15-1)
Josh Cummings, WOU	4.55 (14-11)
Josh Fishburne, NNU	4.27 (14-0)
Anthony Gould, NNU	3.97 (13-0 ¼)

35-lb Weight (18.90, 16.46)

Pro Escobedo, WOU	16.14 (52-10)
Isaiah Haines, WOU	13.16 (43-2 ¼)

Shot Put (17.68, 15.85)

Kevin Johnson, WOU	14.26 (46-9 ½)
Brandon Conroy, WOU	10.88 (35-8 ½)
Chris Randolph, SPU	9.40 (30-10 ¼)
Josh Fishburne, NNU	8.69 (28-6 ¼)

Pentathlon

Chris Randolph, SPU	3145
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Note: National standards in running events listed are for 200 meter flat track. Standards vary depending on size of track and if banked or flat. Northwest tracks include: UW – Over 200 meter flat; WSU – 200 meter flat; Idaho – Over 200 meter flat; EWU – 200 meter flat.