

## 2004 GNAC TRACK-AND-FIELD OUTDOOR TOP PERFORMANCES

### Final

#### MEN

##### 100 (11.10, 11.50; 10.30, 10.70)

Greg Coleman, WOU	10.91
Adam Neff, WWU	10.91
Fabien Coutard, CWU	11.00
Sean Bresnahan, WOU	11.03
Jacob Petz, WWU (11.14)	10.8
Chris McClung, WWU	10.8
Kurt Weber, CWU	11.09
Dustin Wilson, WWU	10.9
Derek Gitts, WOU	11.24
Eddie Kaeka, WWU (11.36)	11.0

##### 200 (22.20, 23.40; 20.65, 21.55)

Isaac Frederick, WOU	21.72
Fabien Coutard, CWU	22.07
Adam Neff, WWU	22.09
Cresap Watson, CWU	22.10
Greg Coleman, WOU	22.46
Sherman Clayton, HSU	22.72
Faruk Punjani, SU	22.87
Colby Eslinger, WOU	22.91
Chris McClung, WWU	22.95
Jason Roberts, CWU	22.95

##### 400 (50.00, 51.70; 46.50, 48.00)

Isaac Frederick, WOU	48.26
Sherman Clayton, HSU	48.30
Adam Neff, WWU	49.36
Eddie Strickler, SPU	49.36
Mike Kelley, CWU	49.40
Matt Ward, NNU	49.88
Michael Morrison, CWU	49.89
K.J. Loreth, SU	50.11
David Olson, NNU	50.34
Chris Randolph, SPU	50.36

##### 800 (1:55.50, 1:59.90; 1:49.40, 1:53.00)

Andy Prentice, SMC	1:52.93
Matt Blaine, SU	1:53.40
Jerret Mantalas, WOU	1:54.37
Eddie Strickler, SPU	1:54.56
Mike Pankiewicz, CWU	1:55.05
Troy Banker, WOU	1:55.36
Nick Dols, SU	1:55.55
Andres Williams, WOU	1:56.58
Nick Crawford, WOU	1:56.67
Sam Brancheau, WWU	1:56.70

##### 1500 (3:59.00, 4:10.00; 3:47.00, 3:54.00)

Andy Prentice, SMC	3:54.89
Doug Hamilton, HSU	3:55.20
Jerret Mantalas, WOU	3:55.46
Mike Pankiewicz, CWU	3:58.60
Nate Normandin, UAA	3:59.52
Ben Wornell, NNU	3:59.4
Kurt Hartmaier, WWU	3:59.79
Zack Dwello, NNU	3:59.93

Jasper Peach, HSU	4:00.07
Sam Brancheau, WWU	4:00.40

##### Mile (Not a post-season event)

Steve Manos, SU	4:28.85
Michael Hughes, SU	4:34.84
Nick Dols, SU	4:34.95
Richard Franck, SU	4:41.78
Andrew Lybarger, SU	5:01.01

##### 3000 (Not a post-season event)

Kurt Hartmaier, WWU	8:38.88
Tim LeCount, SPU	8:41.38
Doug Hamilton, HSU	8:45.9
Jasper Peach, HSU	8:46.6
Matt DeShazo, HSU	8:52.1
Chase Wells, WOU	8:54.48
Steve Manos, SU	8:54.60
Brad Brolin, WOU	8:59.89
Bjorn Bostrom, SPU	9:02.17
Tris Obluck, SMC	9:04.03

##### 5000 (15:10.00,16:00.00;14:00.00, 14:50.00)

Kurt Hartmaier, WWU	14:47.25
Tim LeCount, SPU	14:58.98
Nate Normandin, UAA	15:01.7
Aaron Mathias, NNU	15:11.99
Steve Manos, SU	15:12.7
Ben Wornell, NNU	15:19.69
Brad Brolin, WOU	15:27.38
Aaron Dickson, UAA	15:30.24
Drew Dickson, UAA	15:31.51
Jason Porter, CWU	15:31.91

##### 10,000 (33:30.00,35:00.00;29:20.00,31:20.00)

Nate Normandin, UAA	31:56.56
Chase Wells, WOU	32:03.59
Brad Brolin, WOU	32:06.51
Matt Schmitt, CWU	32:16.86
Todd List, UAA	32:17.23
Steve Manos, SU	32:30.36
Jake Hotchkiss, NNU	32:52.62
Tris Obluck, SMC	32:58.42
Jason porter, CWU	33:12.26
Logan Senrud, WWU	33:17.49

##### 110 Hurdles (15.60, 16.60; 13.90, 14.75)

Sam Hobbs, WOU	14.83
Michael Morrison, CWU	14.92
Josh Freeman, WWU	15.19
Chris Thornton, WOU	15.23
Dustin Wilson, WWU	15.30
Chris Mosbacher, NNU	15.30
Lee Clarkson, WOU	15.33
Colin McMahon, WOU	15.35
Chris Randolph, SPU	15.58
Josh Timmer, SMC	16.05

**400 Hurdles (56.90, 60.00; 51.70, 53.55)**

Michael Morrison, CWU	53.02
Sam Hobbs, WOU	53.66
Micah Kelcy, SPU	55.16
Matt Blaine, SU	55.44
Chris Mosbacher, NNU	55.68
Ryan Los, WWU	56.02
Mike Kelley, CWU	56.1
Lee Clarkson, WOU	56.35
Luke Ewing, WOU	56.79
Chris Thornton, WOU	57.08

**Steeplechase (9:40.00,10:15.00;9:00.00, 9:25:00)**

Nate Normandin, UAA	9:11.78
Kurt Hartmaier, WWU	9:17.57
Zack Dwello, NNU	9:21.62
Matt DeShazo, HSU	9:24.73
Jason Porter, CWU	9:43.96
Matt Cook, CWU	9:44.46
Lehrin Morey, HSU	9:45.15
Sam Brancheau, WWU	9:52.77
Andrew Peters, NNU	9:56.67
Dain Engbretsen, SU	9:57.41

**4x100 Relay (None; 40.00, 41.25)**

Central Washington	41.72
Western Oregon	42.15
Western Washington	42.43
Seattle	43.3
Northwest Nazarene	43.77
Seattle Pacific	44.97
Saint Martin's	45.03

**4x400 Relay (None; 3:09.00, 3:14.00)**

Central Washington	3:17.61
Western Washington	3:20.11
Western Oregon	3:20.20
Seattle	3:23.04
Humboldt State	3:23.07
Northwest Nazarene	3:23.15
Seattle Pacific	3:26.72
Saint Martin's	3:28.19
Alaska Anchorage	3:38.22

**High Jump (6-4 ¾, 5-10 ¾ ; 7-1, 6-9 ¾)**

Chris Randolph, SPU	2.01 (6-7)
Jeff Word, WWU	2.00 (6-6 ¾)
Julius DeFour, WWU	2.00 (6-6 ¾)
Brian Langhans, SU	1.98 (6-6)
Beau Ross, CWU	1.98 (6-6)
Peter Geist, WWU	1.98 (6-6)
Cresap Watson, CWU	1.98 (6-6)
Zak Ernst, WWU	1.95 (6-4 ¾)
Scott Durbin, WWU	1.93 (6-4)
Peter Allan, WWU	1.93 (6-4)

**Pole Vault (14-5 ¼, 13-1 ½; 17-0, 15-9)**

Josh Cummings, WOU	4.75 (15-7)
Anthony Gould, NNU	4.59 (15-0 ¾)
Tyler Thornbrue, WWU	4.50 (14-9)
Charlie Tribe, WWU	4.42 (14-6)
Andy Behl, WWU	4.30 (14-1 ¼)

Josh Freeman, WWU	4.27 (14-0)
Robbie Lowry, WWU	4.20 (13-9 ¼)
Chris Randolph, SPU	4.20 (13-9 ¼)
Tommy Mathews, WOU	4.14 (13-7)
Brian Gould, NNU	4.00 (13-1 ½)

**Long Jump (21-11 ¾, 20-8; 25-4, 23-8)**

Joe Smith, CWU	7.15 (23-5 ½)
Brad Satran, WOU	7.02 (23-0 ½)
Kurt Weber, CWU	6.92 (22-8 ½)
Cresap Watson, CWU	6.72 (22-0 ¾)
Justin Lawrence, CWU	6.69 (21-11 ½)
Sam Hobbs, WOU	6.68 (21-11)
Chris Randolph, SPU	6.61 (21-8 ¼)
Julius DeFour, WWU	6.55 (21-6)
Mark Mellein, WWU	6.55 (21-6)
Brandon Bodine, WOU	6.48 (21-3 ¼)

**Triple Jump (44-3 ½, 41-0 ¼; 51-0, 48-0)**

Justin Lawrence, CWU	15.21 (49-11)
Beau Ross, CWU	14.09 (46-2 ¾)
Chris Mosbacher, NNU	45-10 ½
Mark Mellein, WWU	13.85 (45-5 ¼)
Caleb Timmer, SMC	13.46 (44-2)
Trevor Dunston, SMC	13.38 (43-10 ¾)
Josh Timmer, SMC	13.19 (43-3 ¼)
Cresap Watson, CWU	13.14 (43-1 ½)
Brad Satran, WOU	13.13 (43-1)
Jason Buckmier, WOU	13.09 (42-11 ½)

**Shot Put (43-11 ¾, 40-0 ½; 60-0 ¼, 52-6)**

Kevin Johnson, WOU	15.02 (49-3 ½)
Collin Babcock, WOU	15.02 (49-3 ½)
Josh Evans, UAA	14.41 (47-3 ½)
Aaron Hayes, CWU	14.30 (46-11)
Zach Fife, CWU	14.26 (46-9 ½)
Carlos Aguilar, WOU	14.23 (46-8 ¼)
David Rogiers, WWU	13.94 (45-9)
Brandon Jasmin, WOU	13.78 (45-2 ½)
Matt Jirgis, WOU	13.73 (45-0 ½)
Jeff DeBuigne, WWU	13.64 (44-9)

**Discus (141-1, 121-5; 180-0, 161-0)**

Isaiah Haines, WOU	53.02 (173-11)
Tom Farris, WWU	47.90 (157-2)
Collin Babcock, WOU	47.10 (154-6)
Nyle Chambers, WWU	46.31 (151-11)
Brandon Jasmin, WOU	45.10 (147-11)
Josh Freeman, WWU	43.52 (142-9)
Rob White, WWU	42.19 (138-5)
Philip Bayley SPU	41.71 (136-10)
Josh Holloway, WOU	40.86 (134-1)
Chris Randolph, SPU	40.85 (134-0)

**Hammer (141-1, 114-10; 200-0, 172-0)**

Carlos Aguilar, WOU	49.74 (163-2)
David Uberti, CWU	47.14 (154-8)
Josh Holloway, WOU	44.95 (147-6)
Brandon Jasmin, WOU	44.93 (147-5)
Tom Farris, WWU	44.74 (146-9)
Aaron Hayes, CWU	42.41 (139-2)
Nyle Chambers, WWU	41.84 (137-3)

Jarrold Roberts, WWU	41.61 (136-6)	Kristen Wiese, WOU	59.85
Kevin Johnson, WOU	40.06 (131-5)	Jackie McCall, WWU	1:00.29
Casey Lewin, WOU	39.61 (129-11)	Ashley Marshall, SPU	1:00.1

**Javelin (187-0, 158-0; 218-0, 193-0)**

Justin Brewer, WWU	59.40 (194-10)
Drew Reinhardt, WOU	55.04 (180-7)
Colby Eslinger, WOU	55.00 (180-5)
Chris Randolph, SPU	54.55 (179-0)
Evan Corbin, WOU	53.95 (177-0)
Nathan Grinder, CWU	52.21 (171-3)
Michael Ingman, CWU	52.19 (171-3)
Marshall Schultz, NNU	51.49 (168-11)
Dane Wagner, WOU	51.30 (168-4)
Michael Morrison, CWU	49.32 (161-10)

**Decathlon (5000, 4500; 7000, 6400)**

Chris Randolph, SPU	7030
Michael Morrison, CWU	6342
Josh Freeman, WWU	6326
Dan Larimer, SPU	5867
Cresap Watson, CWU	5833
Josh Timmer, SMC	5672
Matt Jirgis, WOU	5063
Andy Behl, WWU	4867
Philip Bayley, SPU	4652
Zac Vawter, SMC	4345

**WOMEN**

**100 (12.80, 13.70; 11.50, 12.15)**

Melissa Behrens, WWU	12.47
Jean Kolb, SPU	12.66
Katy Kociemba, WOU	12.67
Terran Legard, CWU	12.70
Rebekah Bowman, NNU	12.81
Kara Nygard, CWU	12.85
Monica Smith, WOU	12.88
Lauren Gardner, WWU	12.89
Kinyatta Leonardt, SPU	12.7
Kelsey Gleason, SPU	12.95

**200 (26.10, 27.50; 23.80, 24.90)**

Terran Legard, CWU	25.19
Kinyatta Leonhardt, SPU	25.34
Monica Smith, WOU	25.62
Katy Kociemba, WOU	25.87
Kristen Janney, SPU	26.05
Kara Nygard, CWU	26.07
Melissa Behrens, WWU	26.13
Jean Kolb, SPU	26.24
Bridget Johnson, WOU	26.24
Nikki Matheson, SMC	26.51

**400 (59.80, 64.00; 54.00, 56.90)**

Terran Legard, CWU	54.86
Kinyatta Leonhardt, SPU	56.22
Jennifer Marsh, SPU	58.34
Julienne Durringer, SPU	59.15
Toni Adair, WOU	59.24
Danielle Pridgen, NNU	59.58
Katie Hingston, CWU	59.79

**800 (2:20.00, 2:27.00; 2:08.00, 2:14.50)**

Jennifer Marsh, SPU	2:12.41
Kari Konrad, WOU	2:15.72
Victoria Perkins, SPU	2:16.92
Jessica Opersterny, WWU	2:17.57
Brandi McCoy, SPU	2:18.08
Toni Adair, WOU	2:18.70
Kamie Jo Massey, UAA	2:18.70
Danielle Pridgen, NNU	2:19.07
Terran Legard, CWU	2:19.49
Megan Johnson, NNU	2:21.02

**1500 (4:50.00, 5:05.00; 4:27.00, 4:41.00)**

Kari Konrad, WOU	4:37.14
Jennifer Marsh, SPU	4:41.22
Nicole Campbell, HSU	4:43.78
Kamie Jo Massey, UAA	4:44.46
Tina Stimson, WWU	4:48.13
Megan Johnson, NNU	4:48.86
Kelly Fullerton, SU	4:50.47
Abby Groth, SPU	4:51.4
Brandy Anderson, CWU	4:55.79
Kristin Haas, WWU	4:57.5

**Mile (Not a post-season event)**

Tina Stimson, WWU	5:18.89
Rachel Suess, SU	5:33.20
Michelle Toshack, WWU	5:35.97
Alana Garcia, SU	5:36.24
Emily Ferguson, SU	5:40.01

**3000 (10:30.00, 11:15.00; 9:40.00, 10:18.00)**

Nicole Campbell, HSU	10:11.44
Kelly Fullerton, SU	10:30.05
Abby Groth, SPU	10:30.2
Tina Stimson, WWU	10:30.44
Brandy Anderson, CWU	10:38.52
Laura Trevellyan, WWU	10:42.75
Rachel Bailey, CWU	10:47.51
Beth Rosapepe, WWU	10:48.7
Kendra Steinbrugger, SMC	10:50.10
Stephanie Stine, CWU	10:50.72

**5000 (18:30.00, 20:00.00; 16:40.00, 17:50.00)**

Laura Trevellyan, WWU	17:48.65
Karen Dickson, SPU	17:49.55
Kelly Fullerton, SU	18:25.58
Beth Rosapepe, WWU	18:26.8
Tina Stimson, WWU	18:27.69
Nicole Campbell, HSU	18:42.37
Mandi Johnson, NNU	18:43.50
Rachel Bailey, CWU	18:46.27
Brandy Anderson, CWU	18:47.24
Stacy Edwards, UAA	18:53.45

**10,000 (40:00.00, 43:30.00; 35:00.00, 38:00.00)**

Karen Dickson, SPU	36:09.66
Laura Trevellyan, WWU	36:53.7
Stacy Edwards, UAA	37:07.15
Rachel Suess, SU	38:34.0
Alana Garcia, SU	38:40.0
Beth Rosapepe, WWU	38:39.62
Susan Young, NNU	39:36.76
Nikki Jensen, SPU	40:04.13
Amber Green, CWU	40:32.7
Kendra Steinbrugger, SMC	40:34.0

**100 Hurdles (15.50, 17.00; 13.80, 14.65)**

Ashley Rountree, CWU	14.56
Danielle Ayers-Stamper, SPU	14.56
Monica Smith, WOU	14.67
Linda Blake, SPU	15.02
Janna Schaafsma, SPU	15.12
Kirsten Holt, WWU	15.19
Dianna Grossglass, SPU	15.20
Kristen Janney, SPU	15.28
Nini Callan, WOU	15.30
Ashley Rickels, NNU	15.42

**400 Hurdles (66.00, 71.20; 59.00, 63.70)**

Janna Schaafsma, SPU	1:03.38
Kelsey Gleason, SPU	1:04.39
Victoria Perkins, SPU	1:04.58
Kara Nygard, CWU	1:04.67
Laura Burch, WWU	1:04.68
Kestle Riley, CWU	1:05.37
Natalie Nash, WOU	1:05.85
Ashley Rickels, NNU	1:06.28
Jennie Rummell, WOU	1:06.47
Dianna Grossglass, SPU	1:07.38

**Steeplechase (11:50.00,12:50.00; 10:20.00, 11:30.00)**

Kelly Fullerton, SU	10:45.35
Stephanie Stine, CWU	11:41.08
Stacy Edwards, UAA	11:55.2
Molly DePasqual, WWU	12:01.13
Kristie Rice, SU	12:01.94
Erica Pitman, CWU	12:05.08
Lexie Baxter, WWU	12:11.76
Nicole Beatty, SMC	12:21.70
Nicole Bandy, CWU	12:28.92
Ann McCanick, SMC	12:36.97

**4x100 Relay (None; 45.50, 47.90)**

Seattle Pacific	47.87
Central Washington	48.43
Western Oregon	48.55
Western Washington	49.64
Northwest Nazarene	50.58
Saint Martin's	51.92
Seattle	54.29

**4x400 Relay (None; 3:42.00, 3:52.00)**

Seattle Pacific	3:51.03
Central Washington	3:53.42
Northwest Nazarene	3:59.42
Western Washington	4:02.12

Western Oregon	4:04.86
Alaska Anchorage	4:15.16
Seattle	4:23.31
Saint Martin's	4:26.89

**High Jump (5-3, 4-10 ¼ ; 5-10 ½, 5-6)**

Monica Smith, WOU	1.70 (5-7)
Danielle Ayers-Stamper, SPU	1.68 (5-6)
Sharon Bjella, SPU	1.63 (5-4 ¼)
Dianna Grossglass, SPU	5-4
Liz Ryen, CWU	1.61 (5-3 ¼)
Tiffany Fackrell, CWU	1.61 (5-3 ¼)
Bridget Johnson, WOU	1.61 (5-3 ¼)
Emily Peterson, NNU	1.61 (5-3 ¼)
Linda Blake, SPU	1.58 (5-2 ¼)
Lindsey Cox, WWU	1.58 (5-2 ¼)
Ashley Rickels, NNU	1.58 (5-2 ¼)

**Pole Vault (10-11 ¾, 9-0 ¼; 13-1 ½, 11-5 ¾)**

Danielle Juarez, WWU	3.73 (12-2 ¾)
Allison Hedges, SPU	3.73 (12-2 ¾)
Aubrey Metzger, NNU	3.55 (11-7 ¾)
Amy Harris, SPU	3.50 (11-5 ¾)
Theresa Mangahas, SU	3.35 (10-11 ¾)
Amber Rose, SPU	3.20 (10-6)
Aubrey Harrington, NNU	3.20 (10-6)
Whitney Omlin, CWU	3.20 (10-6)
Danielle Smith, WOU	3.20 (10-6)
Kelly Perez, WWU	3.05 (10-0)
Alina Lunsford, NNU	3.05 (10-0)
Alana Schlumpf, SPU	3.05 (10-0)

**Long Jump (17-0 ¾, 15-5 ¾ ; 20-6 ¼, 18-8)**

Katy Kociemba, WOU	5.55 (18-2 ½)
Danielle Ayers-Stamper, SPU	5.39 (17-8 ¼)
Bridget Johnson, WOU	5.36 (17-7)
Julie Kendall, WOU	5.30 (17-4 ¾)
Anjuli Spear, CWU	5.27 (17-3 ½)
Danae Clark, SPU	5.26 (17-3 ¼)
Kim Bascom, WWU	5.24 (17-2 ¼)
Kristin Janney, SPU	5.21 (17-1 ¼)
Nini Callan, WOU	5.14 (16-10 ½)
Ashley Rickels, NNU	5.08 (16-8)

**Triple Jump (35-9, 31-2; 41-0 ¼, 38-0 3/4)**

Katy Kociemba, WOU	11.41 (37-5 ¼)
Lea Tiger, CWU	11.35 (37-3)
Kim Bascom, WWU	10.97 (36-0)
Nini Callan, WOU	10.68 (35-0 ½)
Beth Griffin, WWU	10.64 (34-11)
Danae Clark, SPU	10.61 (34-9 ¾)
Jessica Wagner, CWU	10.57 (34-8 ¼)
Julie Graham, CWU	10.56 (34-7 ¾)
Julie Kendall, WOU	10.47 (34-4 ¼)
Ashley Marshall, SPU	10.32 (33-10 ¼)

**Shot Put (37-8 ¾, 34-1 ½; 50-0, 43-6)**

Chevonna Lynch, WOU	12.60 (41-4 ¼)
Alicia Vandervelden, WOU	12.56 (41-2 ½)
Tammy Carlson, WWU	12.32 (40-5)
Nini Callan, WOU	11.88 (38-11 ¾)
Bridget Johnson, WOU	11.68 (38-4)

Tiffany Fackrell, CWU	11.67 (38-3 ½)
Jessica Houston, UAA	11.54 (37-10 ½)
Sarah Arendt, NNU	11.44 (37-6 ½)
Heather Yergen, CWU	11.33 (37-2 ¼)
Rebekah McAdam, NNU	11.18 (36-8 ¼)

**Discus (121-5, 108-3; 166-0, 141-1)**

Jessica Telleria, WWU	43.53 (142-10)
Jessica Houston, UAA	40.90 (134-2)
Rebekah McAdam, NNU	39.49 (129-7)
Ashley vanOeveren, WWU	39.38 (129-2)
Lauren Kooy, SPU	39.21 (128-8)
Jaci Cederberg, WOU	38.84 (127-5)
Alicia Vandervelden, WOU	38.02 (124-9)
Tiffany Fackrell, CWU	37.94 (124-6)
Christin McDowell, CWU	37.20 (122-0)
Heather Yergen, CWU	36.91 (121-1)

**Hammer (137-9, 108-3; 185-0, 155-0)**

Kristin Hepler, WOU	55.22 (181-2)
Jaci Cederberg, WOU	53.81 (176-6)
Christin McDowell, CWU	49.70 (163-1)
Jessica Telleria, WWU	46.03 (151-0)
Kristina Wherry, NNU	43.56 (142-11)
Tammy Carlson, WWU	42.42 (139-2)
Hannah Bowman, NNU	41.84 (137-3)
Kristina MacCully, WWU	41.66 (136-8)
Stacey Hopkins, WWU	40.72 (133-7)
Kim Radke, WWU	40.60 (133-2)

**Javelin (125-0, 108-3; 155-0, 134-0)**

Sara Johnson, SPU	45.41 (149-0)
Stacey Hopkins, WWU	44.30 (145-4)
Nini Callan, WOU	43.85 (143-10)
Sara Hunt, WOU	40.28 (132-2)
Andrea Pennington, SPU	40.17 (131-5)
Anna Nielsen, WWU	39.89 (130-10)
Molly Hornbuckle, SPU	38.94 (127-9)
Rebekah McAdam, NNU	38.76 (127-1)
Bridget Johnson, WOU	38.37 (125-11)
Michelle Johnson, WWU	38.19 (125-3)

**Heptathlon (3500, 3000; 5250, 4400)**

Danielle Ayers-Stamper, SPU	4955
Bridget Johnson, WOU	4670
Linda Blake, SPU	4593
Kristin Janney, SPU	4494
Monica Smith, WOU	4442
Ashley Rickels, NNU	4177
Nini Callan, WOU	4176
Jackie McCall, WWU	4096
Emily Peterson, NNU	3810
Anjuli Spear, CWU	3458