

FINAL 2006 GNAC TRACK-AND-FIELD TOP 10 PERFORMANCES

MEN

100 (11.10, 11.50; 10.34, 10.65)

Michael Madrid, UAA	11.03
Mike Khabibulin, WWU	11.10
Matt Rogstad, CWU	11.12
Jason Roberts, CWU	11.15
Chris Randolph, SPU	11.19
Adam Neff, WWU	11.20
Eric Walsh, UAA	11.20
Derek Gitts, WOU	11.23
Tyler Wilson WOU	11.25
Dustin Wilson, WWU	11.27

200 (22.20, 23.40; 20.85, 21.45)

Matt Rogstad, CWU	22.07
Cresap Watson, CWU	22.11
Mike Khabibulin, WWU	22.26
Adam Neff, WWU	22.43
Jason Roberts, CWU	22.44
Michael Madrid, UAA	22.45
Dustin Wilson, WWU	22.52
David Johnson, WOU	22.80
Damon Britton, WOU	22.82
Mike Kelley, CWU	22.84

400 (50.00, 51.70; 46.50, 48.00)

Chris Randolph, SPU	48.27
Mike Kelley, CWU	48.70
Adam Neff, WWU	48.92
Charles Velasquez, CWU	49.51
Casey Hartwig, NNU	49.51
Daryl Schie, CWU	49.81
Eddie Wheeler, NNU	49.99
Eddie Strickler, SPU	50.28
Cresap Watson, CWU	50.37
Johnathan Lee, WWU	50.58

800 (1:55.50, 1:59.90; 1:49.80, 1:53.00)

Eddie Strickler, SPU	1:52.52
David Kiplagat, UAA	1:53.73
Nick Crawford, WOU	1:54.05
Sam Brancheau, WWU	1:54.86
Caleb Timmer, SMU	1:55.22
Nicholas Dols, SU	1:55.68
Anthony Tomsich, WWU	1:55.90
Kyle Lampi, WWU	1:55.91
John Riak, SMU	1:56.69
Josh Vrendenburg, WOU	1:56.89

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

Nick Crawford, WOU	3:56.53
David Kiplagat, UAA	3:57.10
Sam Brancheau, WWU	3:57.83
Anthony Tomsich, WWU	3:57.83
Jasper Peach, HSU	3:58.22
Eric Tibbetts, HSU	3:58.73
Keith Lemay, WWU	3:59.43
Brian Cronrath, SPU	4:00.18

Brent Knight, UAA	4:00.86
Matt DeShazo, HSU	4:01.50

Mile (Not a post-season event)

Tony Tomsich, WWU	4:29.7
Cale McCulloch, WWU	4:35.42
Sam Bedell, WWU	4:36.49
Kyle Lampi, WWU	4:42.39
Cody Serda, WWU	4:49.10
Steve Lehman, CWU	4:57.91

3000 (Not a post-season event)

Nick Crawford, WOU	8:30.25
Jasper Peach, HSU	8:33.90
Sam Scotchmer, CWU	8:34.80
John Riak, SMU	8:41.74
Bjorn Bostrom, SPU	8:47.45
Leif Olson, UAA	8:48.27
Nik Karr, WOU	8:51.00
Brent Knight, UAA	8:51.90
Brian Kostock, HSU	8:53.58

Steeplechase (9:40.00,10:15.00;9:00.00, 9:26:00)

Jasper Peach, HSU	9:11.16
Doug Gibson, SPU	9:19.0
Matt DeShazo, HSU	9:20.89
Keever Henry, WWU	9:22.13
Sam Brancheau, WWU	9:26.4
Geoff Anderson, CWU	9:31.98
Andy Peters, NNU	9:37.38
Josh Beck, WWU	9:49.91
Brian Rockenbach, CWU	9:50.73
Cale McCulloch, WWU	9:59.79

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

David Kiplagat, UAA	14:27.29
Sam Scotchmer, CWU	14:47.53
John Riak, SMU	14:52.95
Robert Renninger, SU	14:54.95
Jasper Peach, HSU	14:55.75
Nick Crawford, WOU	14:58.34
Leif Olson, UAA	15:05.99
Bjorn Bostrom, SPU	15:15.95
Keith Lemay, WWU	15:21.19
Brian Cronrath, SPU	15:21.41

10,000 (33:30.00,35:00.00;29:30.00,31:10.00)

John Riak, SMU	31:42.1
Sam Scotchmer, CWU	31:50.01
Jonathan Rank, CWU	32:04.2
Leif Olson, UAA	32:15.25
Chad Portwood, WWU	32:34.4
Jimmy Elam, HSU	32:37.69
Logan Senrud, WWU	32:40.6
Brian Kostock, HSU	32:44.63
Drew Dickson, UAA	32:48.2
Jake Perry, NNU	32:51.6

110 Hurdles (15.60, 16.60; 13.90, 14.70)

Chris Randolph, SPU	14.82
Robert Edwards, CWU	14.89
Lee Clarkson, WOU	15.25
Dustin Wilson, WWU	15.38
Dustin Redding, WWU	15.54
Michael Clark, WOU (Best FAT 16.17)	15.7
Josh Timmer, SMU	15.98
Cresap Watson, CWU	16.21
Brandon Myers, WWU	16.34
James Turner, WWU	16.90

400 Hurdles (56.90, 60.00; 51.70, 53.30)

Lee Clarkson, WOU	55.11
Josh Timmer, SMU	55.12
Josh Grewe, NNU	55.72
Kevin Myhre, WWU	55.74
Charles Velasquez, CWU	57.21
Dustin Redding, WWU	57.25
Robert Edwards, CWU	58.29
Jeremy Jasmin, WWU	58.73
Jesse Alyea, CWU	59.28
Greg Flowers, SPU	59.86

4x100 Relay (None; 40.25, 41.30)

Central Washington	42.06
Western Washington	42.22
Western Oregon	42.40
Alaska Anchorage	43.86
Northwest Nazarene	43.96
Saint Martin's	46.16
Humboldt State	48.77

4x400 Relay (None; 3:09.40, 3:14.40)

Central Washington	3:15.33
Northwest Nazarene	3:19.13
Western Washington	3:19.57
Saint Martin's	3:24.05
Seattle Pacific	3:26.03
Western Oregon	3:26.46
Alaska Anchorage	3:29.89
Humboldt State	3:32.15

Distance Medley (not a post-season event)

Western Oregon	11:26.21
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High Jump (6-4 ¾, 5-10 ¾; 7-1, 6-10 ¼)

Eric Draper, UAA	2.07 (6-9 ½)
Kyle McGillen, WWU	2.05 (6-8 ¾)
Chris Randolph, SPU	2.04 (6-8 ¼)
Cameron Bailey, CWU	2.00 (6-6 ¾)
Jeff Word, WWU	2.00 (6-6 ¾)
Cresap Watson, CWU	1.98 (6-6)
Peter Geist, WWU	1.95 (6-4 ¾)
Brandon Myers, WWU	1.93 (6-4)
Jeremy Parker, WOU	1.90 (6-2 ¾)
Adrian Elmo, CWU	1.89 (6-2 ¼)

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

Scott Romney, WWU	4.85 (15-11)
Chris Randolph, SPU	4.70 (15-5)
Andy Behl, WWU	4.60 (15-1)

Bryan Lucke, WWU	4.55 (14-11)
Preston Lewis, NNU	4.50 (14-9)
Scott McCoy, CWU	4.45 (14-7 ¼)
Hunter Verner, WWU	4.45 (14-7 ¼)
Brian Gould, NNU	4.40 (14-5 ¾)
Brandon Zueger, CWU	4.40 (14-5 ¼)
Travis Norwick, WWU	4.10 (13-5 ¾)

Long Jump (21-11 ¾, 20-8; 25-0, 23-3 ½)

Chris Randolph, SPU	7.31 (23-11 ¾)
Jason Buckmier, WOU	6.92 (22-8 ½)
Kyle McGillen, WWU	6.85 (22-5 ¾)
Mark Mellein, WWU	6.68 (21-11)
Cresap Watson, CWU	6.50 (21-4)
Greg Hamm, NNU	6.48 (21-3 ¼)
Blake Herrington, WOU	6.48 (21-3 ¼)
Brandon Myers, WWU	6.44 (21-1 ½)
Nick Collins, CWU	6.43 (21-1 ¼)
Josh Timmer, SMU	6.42 (21-0 ¾)

Triple Jump (44-3 ½, 41-0 ¼; 51-0, 47-5)

Greg Hamm, NNU	14.14 (46-4 ¾)
Mark Mellein, WWU	14.02 (46-0)
Blake Herrington, WOU	13.96 (45-9 ¾)
Kyle McGillen, WWU	13.83 (45-4 ½)
Cameron Bailey, CWU	13.83 (45-4 ½)
James Turner, WWU	13.63 (44-8 ¾)
Brock Jahner, SU	13.37 (43-10 ½)
Paul Danforth, WWU	13.36 (43-10)
Nick Gaddy, WWU	12.94 (42-5 ½)
Josh Timmer, SMU	12.83 (42-1 ¼)

Shot Put (43-11 ¾, 40-0 ½; 59-10 ½, 52-2)

Cameron Neel, CWU	17.33 (56-10 ¾)
Matt Valdez, CWU	15.36 (50-4 ¾)
Justin Kline, WOU	15.16 (49-9)
Tim Santos, HSU	14.57 (47-9 ¾)
Robert Barrett, WOU	45-6
Anthony Marin, WOU	13.75 (45-1 ½)
Nick Sherkeryk, SU	13.26 (43-6)
Evan Ruud, CWU	13.19 (43-3 ¼)
Ryan Rencehausen, UAA	12.89 (42-3 ½)
Chris Randolph, SPU	12.88 (42-3 ¼)

Discus (141-1, 121-5; 175-0, 160-0)

Cameron Neel, CWU	53.47 (175-5)
Chris Randolph, SPU	49.31 (161-9)
Justin Kline, WOU	157-5
Matt Valdez, CWU	46.54 (152-8)
Anthony Marin, WOU	45.52 (149-4)
Thomas Wilhelm, HSU	143-5
Brandon Jasmin, WOU	42.99 (141-0)
Evan Ruud, CWU	41.20 (135-2)
Tim Santos, HSU	135-1
Josh Holloway, WOU	40.42 (132-7)

Hammer (141-1, 114-10; 195-0, 171-7)

Anthony Marin, WOU	55.23 (181-2)
Evan Ruud, CWU	52.59 (172-6)
Josh Holloway, WOU	47.37 (155-5)
Justin Kline, WOU	47.12 (154-7)
Robert Barrett, WOU	44.90 (147-4)

Matt Valdez, CWU	44.36 (145-6)
Brandon Jasmin, WOU	43.15 (141-7)
Cameron Neel, CWU	42.54 (139-7)
David Rogiers, WWU	40.10 (131-7)
Robert Poe, NNU	37.91 (124-4)

Javelin (187-0, 158-0; 218-0, 195-0)

Ian Wells, CWU	59.94 (196-8)
Ryan Wall, WOU	58.82 (193-0)
Alan Phillips, NNU	58.60 (192-3)
Mat Hutchinson, WOU	58.40 (191-7)
Chris Randolph, SPU	55.66 (191-1)
Michael Ingman, CWU	57.77 (189-6)
Loren Harris, CWU	55.26 (181-3)
Chad Acock, CWU	54.69 (179-5)
Mark Dunn, WOU	52.64 (172-8)
Brandon Johnson, NNU	50.49 (165-8)

Decathlon (5000, 4500; 6920, 6350)

Chris Randolph, SPU	7872
Cresap Watson, CWU	6044
James Turner, WWU	5336
Scott McCoy, CWU	5265
Brandon Zueger, CWU	5090
Matt Rogstad, CWU	4971
Ryan Johnson, CWU	4775

WOMEN

100 (12.80, 13.70; 11.50, 12.10)

Keyanna Jenkins, WOU	12.13
Chelsi Claussen, SMU (Best FAT 12.67)	12.2
Anna Soule, SPU	12.69
Whitney Knox, WWU (Best FAT 12.75)	12.5
Sarajane Rosenberg, WOU	12.77
Heidi Dimmitt, WWU	12.78
Teresa Schlafer, CWU	12.79
Gail Butler, WWU (Best FAT 13.13)	12.7
Ashley Rountree, CWU	13.00
Bonnie Galloway, WOU	13.02

200 (26.10, 27.50; 23.80, 24.80)

Mary Pearce, UAA	25.07
Keyanna Jenkins, WOU	25.29
Terran Legard, CWU	25.84
Anna Soule, SPU	25.85
Teresa Schlafer, CWU	25.96
Rachael Kaercher, CWU	26.13
Kelsey Cooley, SPU	26.20
Jacque Postlewait, WOU	26.26
Bonnie Galloway, WOU	26.27
Bridget Johnson, WOU	26.32

400 (59.80, 64.00; 54.00, 56.60)

Mary Pearce, UAA	54.20
Terran Legard, CWU	56.73
Rachael Kaercher, CWU	57.12
Anna Soule, SPU	58.05
Chelsi Claussen, SMU	58.0
Chelsea Evans, CWU	58.42
Emily Peterson, NNU	58.57
Teona Perkins, SPU	59.03

Amanda Gius, CWU	59.34
Sarah Howell, WOU	59.78

800 (2:20.00, 2:27.00; 2:08.00, 2:15.00)

Sarah Howell, WOU	2:13.06
Ashley Puga, NNU	2:15.36
Lindy Mullen, CWU	2:16.4
Victoria Perkins, SPU	2:16.81
Suzie Strickler, SPU	2:17.73
Brandi McCoy, SPU	2:18.97
Sarah Benson, CWU	2:19.06
Mandi Johnson, NNU	2:19.21
Stephanie Upshaw, WOU	2:19.33
Josie Lavin, SPU	2:19.69

1500 (4:50.00, 5:05.00; 4:27.00, 4:44.00)

Ashley Puga, NNU	4:37.67
Lindy Mullen, CWU	4:39.19
Jessica Harper, WOU	4:41.52
Sarah Howell, WOU	4:42.08
Mary Moriarty, SPU	4:43.74
Karin Rohde, SPU	4:44.86
Stephanie Upshaw, WOU	4:45.37
Mandi Johnson, NNU	4:47.87
Janelle Stevens, SPU	4:48.17
Brandi McCoy, SPU	4:49.85

Mile (Not a post-season event)

Erin Deasy, WWU	5:42.15
Katrina Schwerdtfeger, WWU	5:45.79
Keely Kaligis, WWU	5:53.77
Marissa Harshman, WWU	6:04.14
Catherine McDonald, WWU	6:04.88

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

Mary Moriarty, SPU	10:06.03
Rachel Bailey, CWU	10:22.1
Ashley Puga, NNU	10:26.00
Brandy Anderson, CWU	10:28.06
Marcie Mullen, CWU	10:29.54
Katie Hummel, CWU	10:36.1
Laura Carr, UAA	10:40.59
Jessica Rendon, HSU	10:43.1
Lindy Mullen, CWU	10:44.85
Katie Hansen, SU	10:45.03

Steeplechase (11:50.00,12:50.00; 10:20.00, 11:27.00)

Karin Rohde, SPU	10:58.7
Brandi McCoy, SPU	11:13.1
Sarah Benson, CWU	11:18.3
Kaley Strachan, UAA	11:45.50
Keri Gross, HSU	11:55.50
Emily Uhlig, CWU	12:07.4
Corina James, SPU	12:14.73
Heather Moulton, HSU	12:19.95
Alison McCall, HSU	12:22.45
Catherine McDonald, WWU	12:40.83

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

Mandy Kaempf, UAA	17:24.11
Rachel Bailey, CWU	17:38.80
Marcie Mullen, CWU	17:49.15

Karin Rohde, SPU	18:00.79
Brandy Anderson, CWU	18:20.45
Katie Hansen, SU	18:20.57
Laura Carr, UAA	18:27.68
Janelle Probst, SMU	18:54.16
Jessie Dunnam, SMU	18:58.05
Amber Green, CWU	18:58.88

10,000 (40:00.00, 43:30.00; 35:00.00, 37:55.00)

Marcie Mullen, CWU	37:25.11
Mandy Kaempf, UAA	37:42.20
Davya Baker, UAA	39:07.72
Amber Green, CWU	39:08.92
Janelle Probst, SMU	39:11.0
Nikki Jensen, SPU	39:12.13
Lindsey Graham, NNU	40:25.68
Becky Knox, SPU	40:42.84
Kim Parry, WOU	40:56.0
Holly Mishler, NNU	41:00.6

100 Hurdles (15.50, 17.00; 13.80, 14.65)

Kelsey Cooley, SPU	14.53
Linda Blake, SPU	14.72
Bridget Johnson, WOU	14.74
Nini Callan, WOU	15.17
Jacque Postlewait, WOU	15.20
Emily Tweto, UAA	15.24
Ashley Wornell, NNU	15.35
Amanda Merrell, NNU	15.35
Ashley Rountree, CWU	15.39
Arielle Genther, WWU	15.59

400 Hurdles (66.00, 71.20; 59.00, 63.30)

Jennie Rummell, WOU	1:03.32
Chelsi Claussen, SMU	1:03.49
Sarah Barker, WOU	1:03.80
Victoria Perkins, SPU	1:04.14
Arielle Genther, WWU	1:04.95
Heidi Dimmitt, WWU	1:05.44
Lakita Burr, SMU	1:05.53
Natalie Nash, WOU	1:05.73
Kara Nygard, CWU	1:06.13
Bridget Johnson, WOU	1:07.04

Distance Medley (Not a post-season event)

Western Oregon	12:56.58
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4x100 Relay (None; 45.50, 47.50)

Central Washington	48.37
Western Oregon	48.56
Alaska Anchorage	49.23
Western Washington	50.10
Northwest Nazarene	50.24
Seattle Pacific	50.30
Saint Martin's	52.41
Humboldt State	55.70

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

Central Washington	3:51.83
Seattle Pacific	3:55.66
Western Oregon	3:58.58
Northwest Nazarene	3:58.97

Alaska Anchorage	4:02.07
Western Washington	4:06.12
Saint Martin's	4:10.22
Humboldt State	4:57.53

High Jump (5-3, 4-10 ¼ ; 5-10 ½, 5-6 1/2)

Teona Perkins, SPU	1.72 (5-7 ¾)
Clara Cook, WWU	1.70 (5-7)
Emily Peterson, NNU	1.67 (5-5 ¾)
Linda Blake, SPU	1.65 (5-5)
Jacque Postlewait, WOU	1.64 (5-4 ½)
Kelsey Cooley, SPU	1.64 (5-4 ½)
Emily Tweto, UAA	1.64 (5-4 ½)
Bridget Johnson, WOU	1.62 (5-3 ¾)
Sharon Bjella, SPU	1.61 (5-3 ¼)
Taryn Plypick, WOU	1.60 (5-3)
Ashley Wornell, NNU	1.60 (5-3)

Pole Vault (10-11 ¾, 9-0 ¼; 13-1 ½, 11-7 ¾)

Amy Harris, SPU	3.65 (11-11 ¾)
Monica Anderson, SPU	3.56 (11-8)
Allison Hedges, SPU	3.50 (11-5 ¾)
Kirsten Holt, WWU	3.35 (10-11 ¾)
Haley Amos, CWU	3.28 (10-9)
Kristi Metzger, NNU	3.21 (10-6 ¼)
Cara Dockins, WWU	3.20 (10-6)
Julie Stone, WWU	3.06 (10-0 ½)
Jamie Wulfekuhle, WWU	3.05 (10-0)
Danielle Smith, WOU	3.05 (10-0)
Christy Miller, WWU	3.05 (10-0)

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

Bridget Johnson, WOU	5.65 (18-6 ½)
Amanda Merrell, NNU	5.59 (18-4 ¼)
Kelsey Cooley, SPU	5.56 (18-3)
Jacque Postlewait, WOU	5.36 (17-7)
Sarajane Rosenberg, WOU	5.32 (17-5 ½)
Christy Miller, WWU	5.31 (17-5 ¼)
Ashley Wornell, NNU	5.29 (17-4 ¼)
Gail Butler, WWU	5.23 (17-2)
Linda Blake, SPU	5.20 (17-0 ¾)
Kim Bascom, WWU	5.11 (16-9 ¼)
Nini Callan, WOU	5.10 (16-8 ¾)

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

Kim Bascom, WWU	11.58 (38-0)
Sarjane Rosenberg, WOU	11.42 (37-5 ¾)
Amanda Merrell, NNU	11.33 (37-2 ¼)
Christy Miller, WWU	11.07 (36-4)
Lydia Morrison, WWU	11.01 (36-1 ½)
Linda Blake, SPU	10.96 (35-11 ½)
Lindsay Leonard, WWU	10.92 (35-10)
Nini Callan, WOU	10.82 (35-6)
Anjuli Spear, CWU	10.62 (34-10 ¼)
Kelsey McBride, SPU	10.52 (34-6 ¼)

Shot Put (37-8 ¾, 34-1 ½; 50-0, 43-6)

Chevonna Lynch, WOU	13.12 (43-0 ½)
Krissy Tandle, CWU	13.07 (42-10 ¾)
Bridget Johnson, WOU	13.00 (42-8)
Alicia Vandervelden, WOU	12.42 (40-9)
Sabrina Freed, WOU	12.11 (39-8 ¾)

Jessica Houston, UAA	12.06 (39-7)
Rebecca Lindquist, CWU	11.95 (39-2 ½)
Amy Carroll, NNU	11.86 (38-11)
Nini Callan, WOU	11.77 (38-7 ½)
Bree Renzetti, CWU	11.60 (38-0 ¾)

Discus (121-5, 108-3; 166-0, 144-4)

Jessica Telleria, WWU	47.61 (156-2)
Becky Scherer, CWU	42.56(139-7)
Ashley VanOeveren, WWU	42.09 (138-1)
Krissy Tandle, CWU	41.90 (137-6)
Alicia Vandervelden, WOU	40.75 (133-8)
Nicole Lasetter, WOU	40.39 (132-6)
Marcie Roth, NNU	39.40 (129-3)
Amy Carroll, NNU	39.28 (128-10)
Renee Dixon, UAA	38.69 (126-11)
Alicia Edwards, CWU	38.65 (126-10)

Hammer (137-9, 108-3; 185-0, 158-9)

Audrey Oswald, HSU	54.51 (178-10)
Sabrina Freed, WOU	47.95 (157-4)
Kristi Wherry, NNU	45.74 (150-1)
Jessica Telleria, WWU	45.08 (147-11)
Amy Carroll, NNU	43.25 (141-11)
Hannah Bowman, NNU	42.99 (141-0)
Krissy Tandle, CWU	42.12 (138-2)
Katie Taylor, WWU	41.64 (136-7)
Erica Rance, WWU	41.28 (135-5)
Bree Renzetti, CWU	39.13 (128-4)

Javelin (125-0, 108-3; 155-0, 133-0)

Katie McMeel, CWU	48.86 (160-4)
Lauren VerMulm, SPU	46.70 (153-2)
Bridget Johnson, WOU	44.80 (147-0)
Nini Callan, WOU	41.97 (137-8)
Molly Barnes, SPU	41.50 (136-2)
Chelsea Glavin, WOU	41.40 (135-10)
Val Groshing, WOU	38.01 (124-8)
ShaTayna Fernandez, SU	37.42 (122-9)
Erica Rance, WWU	36.96 (121-3)
Liz Howe, WWU	36.28 (119-0)

Heptathlon (3500, 3000; 5250, 4475)

Bridget Johnson, WOU	5080
Kelsey Cooley, SPU	4930
Linda Blake, SPU	4746
Amanda Merrell, NNU	4653
Jacque Postlewait, WOU	4386
Ashley Wornell, NNU	4348
Nini Callan, WOU	4290
Jackie McCall, WWU	4008
Kara Nygard, CWU	3167