

2007 GNAC TRACK-AND-FIELD TOP 10 PERFORMANCES

Final

MEN

	Kym Hunt, WOU	4:00.41
	David Kiplagat, UAA	4:00.77
100 (11.10, 11.50; 10.34, 10.65)		
Michael Dean, WWU	10.86	
Eric Walsh, UAA	10.96	
Michael Madrid, UAA	10.96	
Tomi Keah, SU	11.02	
David Registe, UAA	11.05	
Christian Demouchet, CWU	11.13	
Josh Threet, WOU	11.17	
Ryan Walsh, UAA	11.19	
Dan Sullivan, SU	11.23	
Matt Rogstad, CWU	11.25	
	3000 (Not a post-season event)	
	John Riak, SMU	8:34.13
	Mike Schmidt, WOU	8:43.90
	Nik Karr, WOU	8:46.10
	Bennett Grimes, WWU	8:49.27
	Kym Hunt, WOU	8:50.50
	Chad Meis, SPU	8:52.97
	Keever Henry, WWU	8:58.05
	Nicholas Alvarado, SU	8:58.7
	Sam Bedell, WWU	9:00.69
	Michael Gavareski, SPU	9:02.81
200 (22.20, 23.40; 20.85, 21.45)		
Michael Dean, WWU	21.98	
David Registe, UAA	22.14	
Christian Demouchet, CWU	22.18	
Matt Rogstad, CWU	22.22	
Michael Madrid, UAA	22.29	
Eric Walsh, UAA	22.57	
Robert Edwards, CWU	22.69	
Travis Glover, SU	22.72	
Tomi Keah, SU	22.76	
Colby Brydson, CWU	22.77	
	5000 (15:10.00,16:00.00;14:00.00, 14:50.00)	
	*David Kiplagat, UAA	14:24.92
	*Anthony Tomsich, WWU	14:31.86
	John Riak, SMU	14:55.25
	Aaron Dickson, UAA	14:56.54
	Sam Scotchmer, CWU	14:58.28
	Chad Portwood, WWU	14:58.97
	Paul Rottich, UAA	15:04.63
	Brian Cronrath, SPU	15:09.68
	Bennett Grimes, WWU	15:17.14
	Nik Karr, WOU	15:18.6
400 (50.00, 51.70; 46.50, 48.00)		
Michael Dean, WWU	48.52	
Matt Rogstad, CWU	48.73	
Colby Brydson, CWU	49.35	
Adam Neff, WWU	49.50	
Mitch Ward, NNU	49.93	
Eddie Strickler, SPU	49.94	
Charles Velasquez, CWU	49.96	
Blake Estep, WOU	50.20	
James McLaughlin, UAA	50.23	
Eddie Wheeler, NNU	50.35	
	10,000 (33:30.00,35:00.00;29:30.00,31:10.00)	
	*John Riak, SMU	30:56.34
	*Chad Portwood, WWU	31:08.52
	Sam Scotchmer, CWU	31:31.39
	Nik Karr, WOU	32:08.03
	Kevin Lambert, NNU	32:12.87
	Logan Senrud, WWU	32:33.13
	Nathan Heitzinger, SU	32:40.10
	Braxton Jackson, WOU	32:53.23
	Niwar Nasim, SMU	32:59.98
	Auston Ellis, UAA	33:07.81
800 (1:55.50, 1:59.90; 1:49.80, 1:53.00)		
*Eddie Strickler, SPU	1:50.59	
*Erik Bies, WWU	1:52.26	
*Sam Brancheau, WWU	1:52.48	
Nicholas Dols, SU	1:53.58	
Brian Cronrath, SPU	1:54.12	
Keith Lemay, WWU	1:54.15	
David Kiplagat, UAA	1:54.49	
Anthony Tomsich, WWU	1:54.77	
Mick Boyle, UAA	1:55.30	
Paul Rottich, UAA	1:55.45	
	110 Hurdles (15.60, 16.60; 13.90, 14.70)	
	Robert Edwards, CWU	14.82
	Lloyd Massey, WOU	15.30
	Lee Clarkson, WOU	15.66
	Josh Grewe, NNU	16.05
	Christian Demouchet, CWU	16.06
	Ben Wargo, WWU	16.06
	Garrett Brown, SU	16.32
	Zeb Udell, WOU	16.37
	Kevin Moen, WWU	16.43
	Grant Silver, NNU	16.47
1500 (3:59.00, 4:10.00; 3:47.00, 3:54.00)		
*Anthony Tomsich, WWU	3:48.72	
*Brian Cronrath, SPU	3:52.28	
*Keith Lemay, WWU	3:53.89	
Sam Brancheau, WWU	3:56.00	
Nick Crawford, WOU	3:56.12	
Andy Peters, NNU	3:57.63	
Mick Boyle, UAA	3:58.30	
Sam Bedell, WWU	3:58.99	
	400 Hurdles (56.90, 60.00; 51.40, 53.00)	
	*Lloyd Massey, WOU	52.90
	Dan Sullivan, SU	53.80
	Josh Grewe, NNU	55.30
	Ben Climer, SPU	55.44
	Ben Wargo, WWU	55.49
	Charles Velasquez, CWU	55.52
	Garrett Brown, SU	56.30

Clint Hickey, WOU	56.52
Mark Hanson, NNU	56.76
Josh Kirk, CWU	56.99

2000 Steeplechase (Not a post-season event)

Ryan Phillips, SPU	6:27.50
Zach Lane, NNU	6:48.90

3000 Steeplechase (9:40.00, 10:15.00; 9:00.00, 9:26:00)

*Sam Brancheau, WWU	9:12.29
*Andy Peters, NNU	9:12.8
*Keever Henry, WWU	9:17.10
*Logan Senrud, WWU	9:20.0
Geoff Anderson, CWU	9:26.3
Kym Hunt, WOU	9:37.07
John Riak, SMU	9:54.3
Kevin Blount, CWU	9:54.8
Kevin Oberholster, CWU	10:01.3
Ryan Phillips, SPU	10:02.0

4x100 Relay (None; 40.25, 41.30)

Central Washington	42.04
Alaska Anchorage	42.21
Seattle	42.83
Western Oregon	44.08
Northwest Nazarene	44.18
Western Washington	44.73
Saint Martin's	46.51

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

Western Washington	3:18.96
Seattle	3:19.41
Central Washington	3:20.12
Northwest Nazarene	3:22.15
Western Oregon	3:22.72
Alaska Anchorage	3:24.50
Seattle Pacific	3:24.99
Saint Martin's	3:28.64

4x800 (Not a post-season event)

Central Washington	8:48.07
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Distance Medley (Not a post-season event)

Seattle	11:13.51
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High Jump (6-4 ¾, 5-10 ¾; 7-1, 6-9 ½)

Cameron Bailey, CWU	2.01 – 6-7
Eric Draper, UAA	2.00 – 6-6 ¾
Peter Geist, WWU	1.98 – 6-6
Bill Richardson, SMU	1.98 – 6-6
Jonathon Hamilton, CWU	1.98- 6-6
Robert Wegner, WOU	1.93 – 6-4
Zeb Udell, WOU	1.93 – 6-4
Adrian Elmo, CWU	1.93 – 6-4
Chris Covey, NNU	1.85 – 6-0 ¾
Bryan Lucke, WWU	1.85 – 6-0 ¾

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

*Zeb Udell, WOU	4.95 – 16-2 ¾
*Tyler Thornbrue, WWU	4.82 – 15-9 ¾
Scott McCoy, CWU	4.62 – 15-1 ¾
Bryan Lucke, WWU	4.60 – 15-1

Jerad Larson, NNU	4.25 – 13-11 ¼
Joshua Jorgensen, SPU	4.17 – 13-8 ¼
Brock Jahner, SU	4.17 – 13-8 ¼
Eric Zwiefelhofer, WOU	4.17 – 13-8 ¼
Andrew Sneed, NNU	4.02 – 13-2 1/5
Chris Sabato, WOU	4.00 – 13-1 ½

Long Jump (21-11 ¾, 20-8; 25-0, 23-5 ½)

*David Registe, UAA	7.42 – 24-4 ¼
Justin Felt, SPU	6.93 – 22-8 ¾
Zeb Udell, WOU	6.80 – 22-3 ¾
Robert Wegner, WOU	6.75 – 22 – 1 ¾
Allan Denton, WWU	6.69 – 21-11 ½
Nick Collins, CWU	6.54 – 21-5 ½
Jason Buckmier, WOU	6.53 – 21-5 ¼
Adrian Elmo, CWU	6.51 – 21-4 ¼
Aaron Edwards, SMU	6.43 – 21-1 ¼
Christian Goodwin, CWU	6.33 – 20-9 ¼

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

Greg Hamm, NNU	13.92 – 45-8
Cameron Bailey, CWU	13.71 – 44-11 ¾
Caleb Timmer, SMU	13.71 – 44-11 ¾
Adrian Elmo, CWU	13.60 – 44-7 ½
Christian Goodwin, CWU	13.60 – 44-7 ½
Tyler Reinsaur, WOU	13.51 – 44-4
Blake Herrington, WOU	13.12 – 43-0 ½
Aaron Edwards, SMU	12.94 – 42-5 ½
Garrett Brown, SU	12.94 – 42-5 ½
Nick Gaddy, WWU	12.71 – 41-8 ½

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

*Cameron Neel, CWU	16.83 – 55-2 ¾
Matt Valdez, CWU	15.70 – 51-6 ¼
Grant Miller, NNU	14.50 – 47-7
Robert Barrett, WOU	14.48 - 47-6 ¼
Dincer Kayhan, WWU	14.21 – 46-7 ½
Zach Barclay, NNU	14.20 – 46-7 ¼
Anthony Marin, WOU	14.04 – 46-0 ¾
Brandon Varkevissier, WWU	13.95 – 45-9 ¼
Evan Ruud, CWU	13.79 – 45-3
Cody Heller, NNU	13.56 – 44-6

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

*Cameron Neel, CWU	51.34 – 168-5
*Evan Ruud, CWU	49.38 – 162-0
Tyler Fischer, CWU	46.93 – 154-0
Matt Valdez, CWU	46.92 – 153-11
Grant Miller, NNU	44.63 – 146-5
Anthony Marin, WOU	44.57 – 146-3
Ben Elder, WWU	44.50 – 146-0
Cody Heller, NNU	42.79 – 140-5
Bryant Michaelson, WWU	42.25 – 138-7
Mychal Ostler, CWU	40.59 – 133-2

Hammer (141-1, 114-10; 195-0, 173-0)

*Anthony Marin, WOU	58.60 – 192-3
*Evan Ruud, CWU	58.42 – 191-8
*Tyler Fischer, CWU	56.34 – 184-10
Matt Valdez, CWU	50.70 – 166-4
Zach Barclay, NNU	50.12 – 164-5
Robert Barrett, WOU	46.97 – 154-1

Cody Heller, NNU	46.77 – 153-5
Grant Miller, NNU	46.77 – 153-5
Scott Karnitz, UAA	43.60 – 143-0
Ryan Rencehausen, UAA	43.35 – 142-3

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

*Michael Ingman, CWU	62.05 – 203-7
*Ian Wells, CWU	61.66 – 202-3
Chad Acock, CWU	58.00 – 190-3
Evan Ruud, CWU	55.78 – 183-0
Ryan Wall, WOU	55.16 – 181-0
Mat Hutchinson, WOU	55.08 – 180-8
Loren Harris, CWU	54.47 – 178-8
Eric Zwiefelhofer, WOU	54.40 – 178-6
Mark Dunn, WOU	50.32 – 165-0
Brock Jahner, SU	50.08 – 164-4

Decathlon (5000, 4500; 6920, 6350)

*Zeb Udell, WOU	6358
Brock Jahner, SU	5852
Justin Felt, SPU	5775
Josh Grewe, NNU	5635
Scott McCoy, CWU	5533
Nick Collins, CWU	5107
Kevin Iverson, WWU	4961
Bryan Lucke, WWU	4667
Kevin Moen, WWU	4392

WOMEN

100 (12.80, 13.70; 11.50, 12.10)

*NyEma Sims, SPU	11.90
Latasha Essien, SPU	12.32
Mary Pearce, UAA	12.37
Jessica Hinton, SPU	12.54
Heidi Dimmitt, WWU	12.63
Nikki Schutte, NNU	12.86
Lindsay Brady, NNU	12.87
Anna Walters, SPU	12.92
Terran Legard, CWU	12.92
Britany Hood, CWU	12.98

200 (26.10, 27.50; 23.80, 24.80)

*NyEma Sims, SPU	23.99
Mary Pearce, UAA	24.82
Latasha Essien, SPU	25.58
Jessica Hinton, SPU	25.59
Brook Bachmeier, NNU	25.73
Terran Legard, CWU	25.81
Rachael Kaercher, CWU	26.33
Jacque Postlewait, WOU	26.43
Anna Walters, SPU	26.49
Kim Berberick, NNU	26.51

400 (59.80, 64.00; 54.00, 56.60)

*Mary Pearce, UAA	53.56
*Terran Legard, CWU	56.41
Chelsea Evans, CWU	57.90
Rachael Kaercher, CWU	57.93
NyEma Sims, SPU	57.98
Lindsay Brady, NNU	58.62
Brittany Bekins, SPU	59.15

Anna Walters, SPU	59.24
Amanda Gius, CWU	59.47
Kathryn Mertens, WWU	59.98

800 (2:20.00, 2:27.00; 2:09.00, 2:14.00)

*Jessica Pixler, SPU	2:07.44
*Sarah Howell, WOU	2:10.61
Teona Perkins, SPU	2:14.15
Jennifer Marsh, SPU	2:15.20
Jane Larson, SPU	2:16.53
Ashley Puga, NNU	2:17.44
Lisa Anderberg, SPU	2:17.58
Krinda Carlson, SMU	2:19.55
Brittany Bekins, SPU	2:20.69
Kaley Strachan, UAA	2:21.24

1500 (4:50.00, 5:05.00; 4:27.00, 4:42.00)

+Jessica Pixler, SPU	4:19.81
*Ashley Puga, NNU	4:32.22
*Jane Larson, SPU	4:36.94
*Stephanie Upshaw, WOU	4:40.44
Katie Hummel, CWU	4:42.02
Karin Rohde, SPU	4:44.48
Krinda Carlson, SMU	4:44.85
Jessica Harper, WOU	4:47.08
Sarah Howell, WOU	4:48.63
Jennifer Marsh, SPU	4:50.24

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

+Jessica Pixler, SPU	9:37.41
*Katie Hummel, CWU	9:56.24
*Jane Larson, SPU	10:02.01
*Laura Carr, UAA	10:09.48
*Karin Rohde, SPU	10:09.64
Suzie Strickler, SPU	10:18.13
Elizabeth Chepkosgei, UAA	10:24.46
Kate Harline, SPU	10:29.19
Ashley Puga, NNU	10:36.10
Jessie Dunnam, SMU	10:42.14

5000 (18:30.00, 20:00.00; 16:40.00, 17:42.00)

*Laura Carr, UAA	17:26.66
Katie Hummel, CWU	17:53.21
Elizabeth Chepkosgei, UAA	18:22.49
Alee Rowley, WOU	18:24.0
Jessie Dunnam, SMU	18:32.83
Katie Hart, SPU	18:45.28
Ashley McDougall, WWU	18:59.92
Nikki Jenson, SPU	19:17.28
McKinley Williams, WWU	19:17.8
Rhiannon Cadelinia, SU	19:25.3

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

Alee Rowley, WOU	38:51.17
Jessie Dunnam, SMU	39:16.56
Katie Hart, SPU	39:56.88
Nikki Jensen, SPU	40:01.79
Amber Green, CWU	40:24.53
Heidi Peterson, SPU	41:04.27
Davya Flaharty, UAA	41:15.89
Shannon DeBoer, NNU	41:18.05
Taylor Shipman, SMU	41:38.30

Marissa Harshman, WWU 41:57.29

100 Hurdles (15.50, 17.00; 13.80, 14.65)

Jacque Postlewait, WOU 14.88
Lindsay Lunderman, WWU 15.07
Emily Tweto, UAA 15.22
Brittany Bekins, SPU 15.37
Ashley Wornell, NNU 15.44
Lauren Zegers, WOU 15.46
Sarah Barker, WOU 15.50
Chelsi Claussen, SMU 15.51
Raquel Gonzalez, CWU 15.65
Amanda Merrell, NNU 15.90

400 Hurdles (66.00, 71.20; 59.00, 63.30)

*Heidi Dimmitt, WWU 1:02.01
Lindsay Lunderman, WWU 1:04.20
Emily Tweto, UAA 1:04.37
Sarah Barker, WOU 1:04.50
Chelsi Claussen, SMU 1:05.02
Natalie Nash, WOU 1:05.45
Jessica Allman, UAA 1:07.84
Ashley Wornell, NNU 1:07.92
Kara Nygard, CWU 1:08.27
Nathalia Echavarria, UAA 1:09.31

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

*Karin Rohde, SPU 11:01.6
*Jessica Harper, WOU 11:10.71
*Sarah Benson, CWU 11:11.44
Shirlon Moncrief, WOU 11:36.96
Kaley Strachan, UAA 11:53.89
Kim Beaman, SPU 11:55.56
Kim Parry, WOU 12:26.8
Valerie Matthews, WWU 12:50.8
Allison Graham, WWU 13:10.6
Catherine McDonald, WWU 13:29.6

2000 Steeplechase (Not a post-season event)

Karin Rohde, SPU 7:17.12
Kim Beaman, SPU 7:51.60
Valerie Matthews, WWU 8:14.59
Catherine McDonald, WWU 8:47.38

4x100 Relay (None; 45.50, 47.50)

Seattle Pacific 48.12
Central Washington 48.97
Alaska Anchorage 49.39
Western Washington 49.49
Northwest Nazarene 49.83
Western Oregon 50.79
Saint Martin's 53.94

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

*Central Washington 3:50.17
Seattle Pacific 3:53.89
Western Oregon 4:00.99
Western Washington 4:02.04
Northwest Nazarene 4:02.14
Alaska Anchorage 4:10.60
Saint Martin's 4:14.74
Seattle 4:31.49

4x800 (Not a post-season event)

Central Washington 10:43.35

Distance Medley (Not a post-season event)

Seattle 13:46.57

High Jump (5-3, 4-10 ¼ ; 5-10 ½, 5-6)

*Teona Perkins, SPU 1.78 – 5-10
*Taryn Plypick, WOU 1.70 – 5-7
*Clara Cook, WWU 1.68 – 5-6
*Ashley Wornell, NNU 1.68 – 5-6
Jacque Postlewait, WOU 1.67 – 5-5¾
Emily Peterson, NNU 1.65 – 5-5
Emily Tweto, UAA 1.64 – 5-4 ½
Kelsey Cooley, SPU 1.59 – 5-2 ½
Amanda Merrell, NNU 1.58 – 5-2 ¼
Mara Becker, SU 1.58 – 5-2 ¼

Pole Vault (10-11 ¾, 9-0 ¼; 12-9 ½, 11-7 ¾)

*Monica Anderson, SPU 3.70 – 12-1 ½
*Tracie Lundsten, SPU 3.55 – 11-7 ¾
Christy Miller, WWU 3.50 – 11-5 ¾
Kristi Rice, NNU 3.20 – 10-6
Camille Clarke, WWU 3.20 – 10-6
Haley Amos, CWU 3.20 – 10-6
M. J. Usabel, NNU 3.05 – 10-0
Mary Printz, NNU 3.05 – 10-0
Courtney Cabebe, SU 2.97 – 9-9
Julie Stone, WWU 2.95 – 9-8
Jamie Wulfekuhle, WWU 2.95 – 9-8

Long Jump (17-0 ¾, 15-5 ¾ ; 20-2 ¾ , 18-8)

Kim Brady, UAA 5.50 – 18-0 ½
Amanda Merrell, NNU 5.44 - 17-10
Jacque Postlewait, WOU 5.40 – 17-8 ½
Kim Bascom, WWU 5.32 – 17-5 ½
Taryn Plypick, WOU 5.27 – 17-3 ½
NyEma Sims, SPU 5.22 – 17-1 ½
Sarajane Rosenberg, WOU 5.20 – 17-0 ¾
Christy Miller, WWU 5.18 – 17-0
Brittany Bekins, SPU 5.18 – 17-0
Gail Butler, WWU 5.10 – 16-8 ¾

Triple Jump (35-9, 31-2; 41-0 ¼, 38-6 ½)

Kim Bascom, WWU 11.55 – 37-10 ¾
Sarajane Rosenberg, WOU 11.30 – 37-1
Amanda Merrell, NNU 11.00 – 36-1 ¼
Christy Miller, WWU 11.00 – 36-1 ¼
Kim Brady, UAA 10.98 – 36-0 ¼
Amanda Rose, CWU 10.95 – 35-11 ¼
Lydia Morrison, WWU 10.37 – 34-0 ¼
Anjuli Spear, CWU 10.36 – 34-0
Taryn Plypick, WOU 10.26 – 33-8
Ashley Rau, WOU 9.82 – 32-2 ¾

Shot Put (37-8 ¾, 34-1 ½; 50-0, 43-6)

*Krissy Tandle, CWU 14.06 – 46-1 ½
*Jessica Houston, UAA 14.00 – 45-11 ¼
Shaina Afoa, CWU 12.81 – 42-0 ½
Amy Carroll, NNU 12.78 – 41-11 ¼
Chevonna Lynch, WOU 12.71 – 41-8 ¼
Brittany Bekins, SPU 12.38 – 40-7 ½

Becky Scherer, CWU	11.81 – 38-9
Sabrina Freed, WOU	11.71 – 38-5
ShaTanya Fernandez, SU	11.64 – 38-2 ¼
Chelsea Sadler, WWU	11.31 – 37-1 ¼

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

Erica Rance, WWU	42.80 – 140-5
Amy Carroll, NNU	42.12 – 138-2
Krissy Tandle, CWU	41.95 – 137-7
Lindsay Currier, SU	41.87 – 137-4
Becky Scherer, CWU	41.28 – 135-5
Corena Bell, UAA	40.94 – 134-4
Jessica Houston, UAA	40.73 – 133-7
Shaina Afoa, CWU	39.82 – 130-8
Sabrina Freed, WOU	36.48 – 119-8
Marci Breighner, NNU	36.09 – 118-5

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

*Sabrina Freed, WOU	51.91 – 170-4
Amy Carroll, NNU	46.99 – 154-2
Krissy Tandle, CWU	46.96 – 154-1
Hannah Bowman, NNU	46.15 – 151-5
Katie Taylor, WWU	46.66 – 153-1
Becky Scherer, CWU	43.52 – 142-9
Courtney Little, NNU	42.58 – 139-8
Ali McWeeny, CWU	42.49 – 139-5
Erika Rempel, NNU	42.46 – 139-4
Jocelyn Judd, NNU	41.71 – 136-10

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

*Brittany Bekins, SPU	45.83 – 150-4
*Molly Barnes, SPU	44.88 – 147-3
*Katie McMeel, CWU	44.82 – 147-0
*Monika Gruszecki, WWU	44.76 – 146-10
*Chelsea Glavin, WOU	41.34 – 135-7
Liz Howe, WWU	40.32 – 132-3
Erica Rance, WWU	37.90 – 124-4
Kristin Janney, SPU	37.48 – 122-11
Angela Harsin, WOU	37.09 – 121-8
Amanda Merrell, NNU	36.66 – 120-3

Heptathlon (3500, 3000; 5050, 4400)

*Brittany Bekins, SPU	4944
*Amanda Merrell, NNU	4640
*Jacque Postlewait, WOU	4561
Ashley Wornell, NNU	4367
Kelsey Cooley, SPU	4074
Emily Peterson, NNU	4035
Taryn Plypick, WOU	3992
Raquel Gonzalez, CWU	3619
Christy Miller, WWU	3194
Mary Seidler, CWU	3109