

2007 GNAC INDOOR TRACK AND FIELD TOP 10s

Final

Note: National standards in running events are listed in parenthesis. Standards listed are for an "over 200 meter track" (i.e. UW Dempsey track). For the 200 meters, 400 meters, 800 meters, mile, 5000 meters, 4x400 relay and mile relay the national standards vary depending on size of track and if banked or flat. Northwest tracks include: UW – Over 200 meter; WSU – 200 meter flat; Idaho – Over 200 meter; EWU – 200 meter flat. Nampa – 200 meter banked. Portland – Over 200 meter. *Indicates provisional national qualifiers. +Indicates automatic national qualifiers.

WOMEN

60 (7.48, 7.76)

Nyema Sims, SPU	*7.63
Latasha Essien, SPU	*7.73
Heidi Dimmitt, WWU	8.00
Jessica Hinton, SPU	8.02
Lindsay Lunderman, WWU	8.24
Chelsi Claussen, SMU	8.25
Anna Walters, SPU	8.25
Sarajane Rosenberg, WOU	8.34
Nichole Schutte, NNU	8.36
Lindsey Brady, NNU	8.37

200 (24.30, 25.10)

Nyema Sims, SPU	25.21
Latasha Essien, SPU	25.50
Jessica Hinton, SPU	26.11
Heidi Dimmitt, WWU	26.42
Jacque Postlewait, WOU	26.47
Amanda Gius, CWU	26.65
Anna Walters, SPU	26.84
Amanda Thornton, WWU	27.11
Kim Berberick, NNU	27.13
Rachael Kaercher, CWU	27.14
Christa Brediger, NNU	27.14

300

Ashley Blazina, SU	52.97
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400 (55.20, 57.40)

Heidi Dimmitt, WWU	59.11
Anna Walters, SPU	59.17
Ashley Puga, NNU	59.19
Chelsea Evans, CWU	59.38
Jessica Hinton, SPU	59.44
Rachael Kaercher, CWU	59.52
Amanda Gius, CWU	1:00.25
Kathryn Mertens, WWU	1:00.67
Emily Peterson, NNU	1:01.13
Natalie Nash, WOU	1:01.72

600

Lynde Clarke, CWU	1:46.42
Jennifer Newland, CWU	1:49.47
Stephanie Druktenis, CWU	1:52.62

800 (2:11.40, 2:16.90)

Jessica Pixler, SPU	*2:11.52
Ashley Puga, NNU	*2:13.58
Jennifer Marsh, SPU	*2:15.31
Sarah Howell, WOU	2:18.94

Lisa Anderberg, SPU	2:19.22
Krinda Carlson, SMU	2:20.09
Sarah Benson, CWU	2:21.22
Victoria Perkins, SPU	2:21.32
Suzie Strickler, SPU	2:21.60
Kelsey Cooley, SPU	2:27.06

Mile (4:51.60, 5:04.60)

Jessica Pixler, SPU	+4:42.42
Karin Rohde, SPU	*4:54.38
Ashley Puga, NNU	*4:56.48
Jane Larson, SPU	*4:59.81
Katie Hummel, CWU	5:02.73
Kate Harline, SPU	5:19.93
Stephanie Upshaw, WOU	5:20.56
Charisse Arce, SU	5:22.35
Suzie Strickler, SPU	5:23.80
Jessica Harper, WOU	5:26.65

3,000

Ashley Puga, NNU	10:09.00
Karin Rohde, SPU	10:09.68
Katie Hummel, CWU	10:15.95
Ahlee Rowley, WOU	10:39.60
Kaitlin Rohde, SPU	10:40.07
Shirlon Moncrief, WOU	10:51.27
Amy Layton, SMU	11:01.61
Kim Beaman, SPU	11:02.13
Katie Hart, SPU	11:08.54
McKinley Williams, WWU	11:11.87

5000 (16:54.30, 17:49.30)

Katie Hummel, CWU	17:13.50
Karin Rohde, SPU	18:17.35
Alee Rowley, WOU	18:34.72
Kaitlin Rohde, SPU	19:02.24
Katie Hart, SPU	19:26.19
Amy Layton, SMU	19:30.14
Shirlon Moncrief, WOU	19:31.51
McKinley Williams, WWU	19:43.39
Amber Green, CWU	19:51.88
Marissa Harshman, WWU	20:00.94

60-Hurdles (8.65, 8.99)

Kelsey Cooley, SPU	9.26
Lindsay Lunderman, WWU	9.29
Ashley Wornell, NNU	9.31
Jacque Postlewait, WOU	9.38
Brittany Bekins, SPU	9.46
Amanda Merrell, NNU	9.56
Raquel Gonzales, CWU	9.70
Sarah Barker, WOU	9.78

Laura Zegers, WOU 9.97
Kara Beard, CWU 10.28

4x400 Relay (3:45.20, 3:55.20)

Seattle Pacific 3:58.68
Central Washington 4:00.37
Northwest Nazarene 4:03.14
Western Washington 4:07.06
Western Oregon 4:16.08
Saint Martin's 4:19.67
Seattle 4:31.10

Distance Medley (11:49.10, 12:19.10)

Seattle Pacific +11:45.92
Central Washington 12:40.40
Western Oregon 12:41.26
Saint Martin's 13:33.48
Western Washington 13:36.17
Northwest Nazarene 13:40.29
Seattle 13:40.58

Long Jump (6.00, 5.50)

Kim Bascom, WWU *5.58 – 18-3 ¼
Jacque Postlewait, WOU 5.45 – 17-10 ¾
Nyema Sims, SPU 5.40 – 17-8 ¼
Amanda Merrell, NNU 5.34 – 17-6 ¼
Sarajane Rosenberg, WOU 5.34 – 17-6 ¼
Christy Miller, WWU 5.30 – 17-4 ¾
Kelsey Cooley, SPU 5.23 – 17-2
Ashley Wornell, NNU 5.09 – 16-8 ½
Gail Butler, WWU 5.08 – 16-8
Anjuli Spear, CWU 5.01 – 16-5 ¼

Triple Jump (12.25, 11.50)

Kim Bascom, WWU *11.53 – 37-10 ½
Amanda Merrell, NNU 11.19 – 36-8 ½
Amanda Rose, CWU 11.00 – 36-1 ¼
Sarajane Rosenberg, WOU 10.92 – 35-10
Christy Miller, WWU 10.82 – 35-6
Anjuli Spear, CWU 10.70 – 35-1 ¼
Lydia Morrison, WWU 10.42 – 34-2 ¼
Taryn Plypick, WOU 10.24 – 33-7 ¼
Ashley Rau, WOU 9.86 – 32-4 ¼

High Jump (1.75, 1.65)

Teona Perkins, SPU +1.75 – 5-8 ¾
Taryn Plypick, WOU *1.70 – 5-6 ¾
Emily Peterson, NNU *1.67 – 5-5 ¾
Ashley Wornell, NNU *1.66 – 5-5 ¼
Clara Cook, WWU *1.66 – 5-5 ¼
Nyema Sims, SPU 1.63 – 5-4 ¼
Jacque Postlewait, WOU 1.61 – 5-3 ¼
Mary Printz, NNU 1.58 – 5-2 ¼
Amanda Merrell, NNU 1.56 – 5-1 ¼
Mara Becker, SU 1.55 – 5-1

Pole Vault (3.89, 3.50)

*Monica Anderson, SPU 3.61 – 11-10
*Christy Miller, WWU 3.51 – 11-6 ¼
Tracie Lundsten, SPU 3.36 – 11-0 ¼
Haley Amos, CWU 3.25 – 10-8
Kristi Rice, NNU 3.21 – 10-6 ¼

Camille Clarke, WWU 3.06 – 10-0 ½
Mary Printz, NNU 3.06 – 10-0 ½
Brianna Fredricksen, CWU 3.04 – 9-11 ½
M.J. Usabel, NNU 2.91 – 9-6 ½
Julie Stone, WWU 2.91 – 9-6 ½

Discus (Not a national event)

No performances

20-lb Weight (18.29, 15.85)

Krissy Tandle, CWU *15.95 – 52-4
Sabrina Freed, WOU 15.04 – 49-4 ¼
Hannah Bowman, NNU 14.45 – 47-5
Becky Scherer, CWU 13.85 – 45-5 ¼
Jocelyn Judd, NNU 13.52 – 44-4 ¼
Amy Carroll, NNU 13.43 – 44-0 ¾
Katie Taylor, WWU 12.65 – 41-6
Erika Remple, NNU 12.62 – 41-5
Ali McWeeny, CWU 12.41 – 40-8 ¾
Courtney Little, NNU 12.29 – 40-4

Shot Put (14.95, 13.25)

Krissy Tandle, CWU *13.83 – 45-4 ½
Chevonna Lynch, WOU 12.54 – 41-1 ¾
Brittany Bekins, SPU 12.23 – 40-1 ½
Jocelyn Judd, NNU 12.13 – 39-9 ¾
Amy Carroll, NNU 12.02 – 39-5 ¼
Chelsea Sadler, WWU 11.78 – 38-7 ¾
Sabrina Freed, WOU 11.60 – 38-0 ¾
Becky Scherer, CWU 11.19 – 36-8 ½
Chelsey Jones, NNU 11.00 – 36-1 ¼
Amanda Merrell, NNU 10.36 – 34-0

Pentathlon

Jacque Postlewait, WOU 3342
Kelsey Cooley, SPU 3303
Ashley Wornell, NNU 3139
Amanda Merrell, NNU 3096
Chelsey Jones, NNU 1907
Laura VonArx, NNU 1438

MEN

60 (6.70, 6.88)

Michael Dean, WWU 7.06
Matt Rogstad, CWU 7.15
Christian Demouchet, CWU 7.23
Matt Jirges, WOU 7.24
Daniel Sullivan, SU 7.25
Adam Neff, WWU 7.26
Dustin Wilson, WWU 7.26
Ryan Jewell, SPU 7.33
Eddy Kaeka, WWU 7.34
Aaron Edwards, SMU 7.36

200 (21.25; 21.80)

Michael Dean, WWU 22.34
Matt Rogstad, CWU 22.48
Christian Demouchet, CWU 22.74
Greg Hamm, NNU 22.77
Adam Neff, WWU 22.91
Matt O'Connell, WWU 22.98

Colby Brydson, CWU	23.12	Kym Hunt, WOU	9:05.28
Robert Edwards, CWU	23.14	Jonathon Rank, CWU	9:05.63
Eddie Wheeler, NNU	23.21		
Justin Felt, SPU	23.38		
300 (Not a national event)		5,000 (14:14.00; 14:52.00)	
Bryan Gerry, SMU	37.94	*John Riak, SMU	14:46.95
		*Anthony Tomsich, WWU	14:50.02
400 (47.60, 48.90)		Chad Portwood, WWU	15:00.27
Adam Neff, WWU	49.80	John Riak, SMU	15:01.67
Michael Dean, WWU	49.95	Sam Scotchmer, CWU	15:08.92
Colby Brydson, CWU	50.05	Logan Senrud, WWU	15:28.87
Mitch Ward, NNU	50.34	Keith Lemay, WWU	15:29.58
Daryl Schie, CWU	50.71	Nik Karr, WOU	15:31.61
Charles Velasquez, CWU	50.88	Andy Peters, NNU	15:36.39
Lloyd Massey, WOU	50.89	Keever Henry, WWU	15:50.35
Daniel Sullivan, SU	50.92		
Blake Estep, WOU	51.21	60-Hurdles (7.93, 8.24)	
Eddie Wheeler, NNU	51.21	Robert Edwards, CWU	*8.22
		Dustin Wilson, WWU	8.49
600 (Not a national event)		Christian Demouchet, CWU	8.73
Jeremiah Richardson, WOU	1:24.39	Lloyd Massey, WOU	8.73
Loyal Allen, SU	1:27.60	Lee Clarkson, WOU	8.76
Garrett Brown, SU	1:28.30	Mark Zayshlyy, SPU	8.96
		Ben Climer, SPU	8.98
800 (1:50.70, 1:53.90)		Grant Silver, NNU	9.17
*Eddie Strickler, SPU	1:52.26	Josh Grewe, NNU	9.24
*Brian Cronrath, SPU	1:53.81	Troy Tosdale, WOU	9.25
*Nicholas Dols, SU	1:53.85		
Sam Brancheau, WWU	1:55.24	4x400 Relay (3:11.60, 3:18.10)	
Caleb Timmer, SMU	1:55.56	Central Washington	3:19.87
Erik Bies, WWU	1:56.38	Western Washington	3:22.76
Josh Vrendenburg, WOU	1:56.70	Northwest Nazarene	3:22.77
Troy Banker, WOU	1:57.07	Seattle	3:25.31
Scott Palmer, CWU	1:57.12	Saint Martin's	3:28.03
John Riak, SMU	1:58.51	Western Oregon	3:30.55
		Seattle Pacific	3:35.69
1000 (Not a national event)		Distance Medley (9:51.10, 10:14.10)	
Josh Grewe, NNU	2:43.24	*Western Washington	9:55.00
		Seattle Pacific	10:19.11
Mile (4:07.10, 4:13.60)		Western Oregon	10:41.46
Anthony Tomsich, WWU	4:13.41	Central Washington	10:49.77
Sam Brancheau, WWU	4:16.90	Saint Martin's	11:11.15
Brian Cronrath, SPU	4:18.84	Northwest Nazarene	11:13.58
Keith Lemay, WWU	4:19.79	Seattle	11:15.95
John Riak, SMU	4:19.81		
Andy Peters, NNU	4:20.96	Long Jump (7.62, 7.05)	
Chad Meis, SPU	4:22.18	Justin Felt, SPU	6.92 – 22-8 ¼
Daniel Phillips, WWU	4:22.65	Nick Collins, CWU	6.70 – 21-11 ¾
Bennett Grimes, WWU	4:23.72	Greg Hamm, NNU	6.64 – 21-9 ½
Kym Hunt, WOU	4:24.07	Jason Buckmier, WOU	6.52 – 21-4 ¾
		Aaron Edwards, SMU	6.46 – 21-2 ¼
3,000		Blake Herrington, WOU	6.41 – 21-0 ¼
John Riak, SMU	8:41.79	Matt Crumedy, SU	6.34 – 20-9 ½
Nik Karr, WOU	8:48.49	Cameron Bailey, CWU	6.23 – 20-5 ¼
Keever Henry, WWU	8:51.30	Brock Jahner, SU	6.21 – 20-4 ½
Andy Peters, NNU	8:52.03	Brandon Zueger, CWU	6.18 – 20-3 ½
Chad Meis, SPU	8:52.17		
Logan Senrud, WWU	8:55.79	Triple Jump (15.70, 14.25)	
Blake Medhaug, WWU	8:56.16	Greg Hamm, NNU	14.22 – 46-8
Sam Scotchmer, CWU	8:59.47	Cameron Bailey, CWU	13.88 – 45-6 ½
		Tyler Reinsaur, WOU	13.66 – 44-9 ¾
		Adrian Elmo, CWU	13.65 – 44-9 ½

Blake Herrington, WOU	13.53 – 44-4 ¾
Brock Jahner, SU	13.06 – 42-10
Nick Collins, CWU	12.73 – 41-9 ¼
Nick Gaddy, WWU	12.64 – 41-5 ¾
Eric Zwiefelhofer, WOU	12.39 – 40-7 ¾
Moko DeAguiar, WWU	12.19 – 40-0

High Jump (2.16, 2.04)

Cameron Bailey, CWU	*2.05 – 6-8 ¾
Peter Geist, WWU	2.00 – 6-6 ¾
Adrian Elmo, CWU	1.95 – 6-4 ¾
Robert Wegner, WOU	1.90 – 6-2 ¾
Clint Hickey, WOU	1.86 – 6-1 ¼
Bryan Lucke, WWU	1.86 – 6-1 ¼
Aaron Edwards, SMU	1.83 – 6-0
Chris Covey, NNU	1.81 – 5-11 ¼
Tom Blain, NNU	1.76 – 5-9 ¼
Troy Tosdale, WOU	1.75 – 5-8 ¾

Pole Vault (5.10, 4.71)

*Tyler Thornbrue, WWU	*5.01 – 16-5 ¼
*Bryan Lucke, WWU	4.83 – 15-10
Hunter Verner, WWU	4.63 – 15-2 ½
Scott McCoy, CWU	4.37 – 14-4
Jerad Larson, NNU	4.33 – 14-2 ½
Brandon Zueger, CWU	4.18 – 13-8 ½
Andrew Sneed, NNU	4.05 – 13-3 ½
Brock Jahner, SU	3.96 – 13-0
Joshua Jorgensen, SPU	3.73 – 12-2 ¾
Darren Edwards, WWU	3.73 – 12-2 ¾

35-lb Weight (19.50, 16.80)

Anthony Marin, WOU	*18.82 – 61-9
Evan Ruud, CWU	*18.30 – 60-0 ½
Matt Valdez, CWU	16.13 – 52-11
Tyler Fischer, CWU	15.86 – 52-0 ½
Cameron Neel, CWU	15.76 – 51-8 ½
Zach Barclay, NNU	15.33 – 50-3 ½
Robert Barrett, WOU	14.61 – 47-11
Cody Heller, NNU	14.13 – 46-4 ¼
Grant Miller, NNU	13.28 – 43-7
Andy Munsey, NNU	13.11 – 43-0 ¼

Discus (Not a national event)

No performances

Shot Put (17.68, 15.85)

+Cameron Neel, CWU	*17.94 – 58-10 ¼
Matt Valdez, CWU	15.19 – 49-10
Evan Ruud, CWU	14.53 – 47-8
Dincer Kayhan, WWU	14.47 – 47-5 ¾
Zach Barclay, NNU	14.35 – 47-1
Grant Miller, NNU	14.29 – 46-10 ¾
Tyler Fischer, CWU	13.63 – 44-8 ¾
Anthony Marin, WOU	13.50 – 44-3 ½
Cody Heller, NNU	13.42 – 44-0 ½
Ben Elder, WWU	13.06 – 42-10 ¼

Heptathlon

Josh Grewe, NNU	4030
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