

2008 GNAC TRACK-AND-FIELD TOP PERFORMANCES

Final

Final National Top 20 Rankings (prior to national meet) listed in parenthesis

MEN

100 (11.10, 11.50; 10.35, 10.65)

David Registe, UAA	10.69
Michael Madrid, UAA	10.71
Eric Walsh, UAA	10.94
Ezekiel Hill, CWU	10.99
Ashtin Mott, WOU	11.03
Christopher Fussell, SU	11.04
Travis Glover, SU	11.06
Demetrius Preston, UAA	11.11
Daniel Sullivan, SU	11.15
Shane Gruger, WWU	11.21

200 (22.20, 23.40; 21.00, 21.48)

David Registe, UAA	21.71
Michael Madrid, UAA	21.80
Matt Rogstad, CWU	22.14
Ezekiel Hill, CWU	22.14
Ashtin Mott, WOU	22.17
James McLaughlin, UAA	22.18
Eric Walsh, UAA	22.29
Brandon Grant, UAA	22.30
Christopher Fussell, SU	22.34
Travis Glover, SU	22.43

400 (50.00, 51.70; 46.80, 48.00)

Ashtin Mott, WOU	48.11
James McLaughlin, UAA	48.15
Matt Rogstad, CWU	48.29
Travis Glover, SU	49.15
Brandon Grant, UAA	49.37
Matt O'Connell, WWU	49.59
Colby Brydson, CWU	49.77
Blake Estep, WOU	49.90
Levi Sutton, UAA	50.41
Dan Hill, NNU	50.44

800 (1:55.50, 1:59.90; 1:50.00, 1:52.60)

Keith Lemay, WWU	1:51.33
Jeff Long, WOU	1:54.03
Mick Boyle, UAA	1:54.14
Brian Cronrath, SPU	1:54.56
David Kiplagat, UAA	1:54.81
Mike Schmidt, WOU	1:54.86
Will Cameron, WWU	1:54.97
Aaron Dickson, UAA	1:55.22
Michael Gavareski, SPU	1:55.37
Dallas Moses, WOU	1:55.56

1500 (3:59.00, 4:10.00; 3:49.00, 3:53.50)

Keith Lemay, WWU	3:52.35
Zeke VanPatten, WOU	3:55.05
Mick Boyle, UAA	3:56.29
David Kiplagat, UAA	3:56.56
Chad Meis, SPU	3:58.06

Brian Cronrath, SPU	3:58.28
Paul Rottich, UAA	4:00.21
Mike Schmidt, WOU	4:00.25
Jeff Long, WOU	4:00.31
Peter Doner, UAA	4:00.86

3000 (Not a post-season event)

Zeke VanPatten, WOU	8:41.90
Chris Reed, WOU	8:49.94
John Riak, SMU	8:53.44
Braxton Jackson, WOU	8:53.63
Chad Meis, SPU	8:58.95
Travis Banker, WOU	9:04.39
Kyle Seick, WOU	9:04.73
Auston Ellis, UAA	9:07.77
Cornelius Sigei, UAA	9:08.66
Beau Backman, WOU	9:15.75

5000 (15:10.00,16:00.00;14:10.00, 14:45.00)

Jordan Welling, WWU	14:34.09
David Kiplagat, UAA	14:34.42
Bennett Grimes, WWU	14:42.57
John Riak, SMU	14:52.63
Zeke VanPatten, WOU	14:57.63
Aaron Dickson, UAA	14:58.51
Paul Rottich, UAA	15:05.94
Chris Reed, WOU	15:08.55
Blake Medhaug, WWU	15:08.58
Kevin Lambert, NNU	15:16.68

10,000 (33:30.00,35:00.00;29:45.00,31:05.00)

(19) Jordan Welling, WWU	30:35.82
Bennett Grimes, WWU	30:46.15
John Riak, SMU	31:12.77
Kevin Lambert, NNU	31:31.32
Braxton Jackson, WOU	31:54.32
Cornelius Sigei, UAA	31:55.15
Blake Medhaug, WWU	32:15.90
Nik Karr, WOU	32:16.32
Chris Reed, WOU	32:22.05
Trevor Kulvi, CWU	32:32.42

110 Hurdles (15.60, 16.60; 14.15, 14.65)

Andy Loscutt, WOU	15.17
Lloyd Massey, WOU	15.27
Shaun Ward, UAA	15.32
Kevin Myhre, WWU	15.46
D'Andre Benjamin, SU	15.72
Dallas Beaty, NNU	15.80
Jordan Werner, WOU	15.93
Zeb Udell, WOU	15.95
Ben Wargo, WWU	15.95
Josh Kirk, CWU	16.00

400 Hurdles (56.90, 60.00; 51.65, 53.40)

Kevin Myhre, WWU	53.75
Lloyd Massey, WOU	53.81
Shaun Ward, UAA	54.22
Daniel Sullivan, SU	54.46

Dallas Beaty, NNU	54.84
Ben Wargo, WWU	55.05
Charles Velasquez, CWU	55.59
Clint Hickey, WOU	55.73
Andy Luscutoff, WOU	56.27
Phillip Villanueva, WWU	56.33

2000 Steeplechase (Not an national event)

Brian Rockenbach, CWU	6:26.49
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3000 Steeplechase (9:40.00,10:15.00; 9:07.00, 9:26:00)

(5) David Kiplagat, UAA	9:07.20
(13) Richie Pemberton, MSUB	9:12.0
Peter Doner, UAA	9:29.23
Keever Henry, WWU	9:36.81
Kym Hunt, WOU	9:41.70
Kyle Seick, WOU	9:56.42
Brian Rockenbach, CWU	9:58.0
Kevin Blount, CWU	10:13.07
Josh Kratzer, CWU	10:18.4
Trevor Kulvi, CWU	10:19.45

4x100 Relay (Mark Required; 40.25, 41.35)

Alaska Anchorage	41.55
Seattle	42.21
Central Washington	42.34
Western Oregon	42.73
Western Washington	43.17
Northwest Nazarene	43.83
Montana State Billings	43.86

4x400 Relay (Mark Required; 3:10:00, 3:14.40)

Alaska Anchorage	3:17.3
Central Washington	3:19.4
Western Washington	3:19.4
Seattle	3:21.2
Western Oregon	3:22.1
Northwest Nazarene	3:22.9
Seattle Pacific	3:29.4
Saint Martin's	3:31.95
Montana State Billings	3:31.8

High Jump (6-4 ¾, 5-10 ¾; 7-1, 6-8 ¾)

Jonathan Hamilton, CWU	1.98 (6-6)
Bill Richardson, SMU	1.98 (6-6)
Keefe Brockman, WWU	1.98 (6-6)
Brian Martinelli, WWU	1.98 (6-6)
Robert Wegner, WOU	1.95 (6-4 ¾)
Tommy Woolf, WOU	1.89 (6-2 ¼)
Joseph Nelson, CWU	1.88 (6-2)
Nick Collins, CWU	1.88 (6-2)
Zeb Udell, WOU	1.88 (6-2)
Jess Keys, NNU	1.87 (6-2)

Pole Vault (14-5 ¼, 13-1 ½; 16-5 ½, 15-9)

(15) Zeb Udell, WOU	4.98 (16-4)
Ryan Brown, WWU	4.88 (16-0)
Scott McCoy, CWU	4.65 (15-3)
Josh Winters, WWU	4.55 (14-11)
Bryan Lucke, WWU	4.50 (14-9)
Ben Shea, NNU	4.35 (14-3 ¼)
Michael Millson, WWU	4.20 (13-9 ¼)

Kevin Iverson, WWU	4.13 (13-6 ½)
Nathan Satran, MSUB	4.13 (13-6 ½)
Darren Edwards, WWU	4.05 (13-3 ½)

Long Jump (21-11 ¾, 20-8; 24-7 ¼, 23-5 ½)

(3) David Registe, UAA	7.58 (24-10 ½)
Ezekiel Hill, CWU	6.98 (22-11)
Zeb Udell, WOU	6.86 (22-6 ¼)
Justin Felt, SPU	6.79 (22-3 ½)
J'Marian Mally, WOU	6.69 (21-11 ½)
Mark Hanson, NNU	6.62 (21-8 ¾)
Shane Gruger, WWU	6.57 (21-6 ¾)
D'Andre Benjamin, SU	6.51 (21-4 ¼)
Christian Goodwin, CWU	6.38 (20-11 ¼)
Robert Wegner, WOU	6.33 (20-9 ¼)
Keefe Brockman, WWU	6.33 (20-9 ¼)

Triple Jump (44-3 ½, 41-0 ¼; 50-2 ½, 47-5)

Greg Hamm, NNU	14.47 (47-5 ¾)
Tim Satterwhite, WWU	14.20 (46-7 ¼)
Tyler Reinsaur, WOU	13.97 (45-10)
Keefe Brockman, WWU	13.62 (44-8 ¼)
Christian Goodwin, CWU	13.50 (44-3 ½)
James Turner, WWU	13.45 (44-1 ½)
Tommy Woolf, WOU	13.37 (43-10 ½)
Josh Heidegger, NNU	13.16 (43-2 ¼)
Justin Felt, SPU	12.89 (42-3 ½)
Udoka Odoemene, SU	12.55 (41-2 ¼)

Shot Put (43-11 ¾, 40-0 ½; 55-5 ½, 52-2)

(13) Sam Washington, SMU	16.71 (54-10)
Matt Valdez, CWU	15.36 (50-4 ¾)
Zach Barclay, NNU	14.79 (48-6 ¼)
Tyler Fischer, CWU	14.79 (48-6 ¼)
Robert Barrett, WOU	14.39 (47-2 ½)
Grant Miller, NNU	14.37 (47-1 ¾)
Jordan Fenters, NNU	14.30 (46-11)
Andrew Matschiner, SPU	14.03 (46-0 ½)
Daniel Ramirez, CWU	13.84 (45-5)
Michael Hoffman, WWU	13.60 (44-7 ½)

Discus (141-1, 121-5; 170-7, 160-0)

(14) Tyler Fischer, CWU	52.98 (173-10)
Sam Washington, SMU	47.50 (155-10)
Anthony Marin, WOU	47.26 (155-1)
Grant Miller, NNU	46.18 (151-6)
Matt Valdez, CWU	45.85 (150-5)
Bryant Michaelson, WWU	45.13 (148-1)
Michael Hoffman, WWU	45.01 (147-8)
Jason Slowey, WOU	42.87 (140-8)
Josh Heidigger, NNU	40.95 (134-4)
Mychal Ostler, CWU	40.78 (133-9)

Hammer (141-1, 114-10; 191-11, 173-11)

Anthony Marin, WOU	54.18 (177-9)
Tyler Fischer, CWU	54.07 (177-5)
Mychal Ostler, CWU	51.48 (168-11)
Grant Miller, NNU	50.55 (165-10)
Matt Valdez, CWU	50.26 (164-11)
Zach Barclay, NNU	50.03 (164-2)
Michael Hoffman, WWU	49.33 (161-10)
Robert Barrett, WOU	47.86 (157-0)

Scott Karnitz, UAA	43.50 (142-8)	Rachael Kaercher, CWU	59.86
Jordan Fenters, NNU	40.79 (133-10)	Chelsi Claussen, SMU	59.88

Javelin (187-0, 158-0; 210-0, 195-0)

(20) Josh Heidegger, NNU	60.68 (199-1)
Andrew Stiger, CWU	60.21 (197-6)
Ian Wells, CWU	59.17 (194-1)
Eric Zwiefelhofer, NNU	58.68 (192-6)
Ben Dekock, WWU	56.82 (186-5)
Chad Acock, CWU	56.47 (185-3)
Alex Harrison, WWU	53.41 (175-3)
Kenny York, WWU	53.07 (174-1)
Jade Haynie, MSUB	170-6
Joshua Jorgensen, SPU	51.20 (168-0)

800 (2:20.00, 2:27.00; 2:10.50, 2:15.00)

Ashley Puga, NNU	2:10.22
(20) Lisa Anderberg, SPU	2:12.52
Jane Larson, SPU	2:13.72
Ashley Berry, WOU	2:14.01
Jaclyn Puga, NNU	2:14.03
Rachael Johnson, SU	2:15.12
Annan Applebee, WOU	2:15.30
Sarah Howell, WOU	2:15.96
Brittany Bekins, SPU	2:17.69
Cheryl Watson, WWU	2:18.26

Decathlon (5000, 4500; 6920, 6300)

Zeb Udell, WOU	6181
Clint Hickey, WOU	5810
Josh Grewe, NNU	5796
Darren Edwards, WWU	5694
Alex Harrison, WWU	5620
Kevin Iverson, WWU	5532
Nick Collins, CWU	5400
Josh Kirk, CWU	5331
Tommy Woolf, WOU	5241
Andre Benjamin, SU	5077

1500 (4:50.00, 5:05.00; 4:31.00, 4:42.00)

(2) Jane Larson, SPU	4:26.91
(15) Ashley Puga, NNU	4:30.07
Elizabeth Chepkosgei, UAA	4:36.42
Laura Carr, UAA	4:43.93
Jessica Harper, WOU	4:43.94
Jaclyn Puga, NNU	4:45.58
Sarah Porter, WWU	4:45.91
Katie Hansen, SU	4:46.02
Lisa Anderberg, SPU	4:47.42
Tricia Morrison, WOU	4:48.57

WOMEN

100 (12.80, 13.70; 11.65, 12.10)

Megan Zukowski, WWU	12.53
Nicki Schutte, NNU	12.55
Lauren Duckett, WOU	12.58
Latoya Tidwell, NNU	12.60
Ardrienna Everett, UAA	12.67
Kim Brady, UAA	12.69
Heidi Dimmitt, WWU	12.70
Jessica Hinton, SPU	12.71
Joana Houplin, WWU	12.78
Tish Wells, CWU	12.88

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

(2) Jane Larson, SPU	9:41.20
(9) Elizabeth Chepkosgei, UAA	9:59.16
(15) Ashley Puga, NNU	10:02.02
(16) Katie Hansen, SU	10:03.09
Suzie Strickler, SPU	10:07.72
Laura Carr, UAA	10:08.84
Marcie Mullen, CWU	10:12.81
Karin Rohde, SPU	10:15.47
Lyndsey McKillip, WOU	10:20.76
Tricia Morrison, WOU	10:25.66

200 (26.10, 27.50; 23.95, 24.80)

Latoya Tidwell, NNU	25.51
Nicki Schutte, NNU	25.93
Jessica Hinton, SPU	25.95
Megan Zukowski, WWU	25.97
Jacque Postlewait, WOU	26.10
Lindsey Brady, NNU	26.47
Chelsi Claussen, SMU	26.49
Joana Houplin, WWU	26.50
Britany Hood, CWU	26.55
Tish Wells, CWU	26.58

5000 (18:30.00, 20:00.00; 17:11.00, 17:45.00)

(6) Laura Carr, UAA	16:56.48
(12) Elizabeth Chepkosgei, UAA	17:10.17
Sarah Porter, WWU	17:37.48
Marcie Mullen, CWU	17:46.43
Katie Hansen, SU	17:49.63
Kate Harline, SPU	18:06.10
Hallidie Wilt, UAA	18:10.73
Megan Wrightman, SPU	18:21.61
Tricia Morrison, WOU	18:31.42
Emma Bohman, UAA	18:52.32

400 (59.80, 64.00; 55.00, 56.60)

Lindsay Brady, NNU	57.47
Chelsea Evans, CWU	57.85
Megan O'Connell, WWU	57.95
Jessica Hinton, SPU	58.47
Sarah Brownell, WWU	58.55
Lisa Decker, NNU	58.92
Amanda Thornton, WWU	58.94
Rachel Purcell, SU	59.44

10,000 (40:00.00, 43:30.00; 35:50.00, 37:30.00)

(6) Laura Carr, UAA	35:41.98
(16) Sarah Porter, WWU	36:11.17
Marcie Mullen, CWU	36:41.83
Katie Hart, SPU	39:23.60
Jessie Dunnam, SMU	39:26.21
Jackie Dent, WOU	39:36.19
Davya Flaherty, UAA	39:34.23
Shannon DeBoer, NNU	39:51.98
Helen Camden, SMU	39:55.89
Heidi Peterson, SPU	42:03.00

100 Hurdles (15.50, 17.00; 14.00, 14.60)

Jacque Postlewait, WOU	14.63
Michelle Howe, WWU	14.70
Sarah Barker, WOU	15.19
Mandy Keifer, WOU	15.53
Jennifer Pike, SPU	15.57
Raquel Gonzalez, CWU	15.58
Jessica Erickson, WWU	15.60
Chelsi Clausen, SMU	15.65
Nathalia Echavarría, UAA	15.67
Meagan Friess, UAA	15.75

400 Hurdles (66.00, 71.20; 1:00.00, 1:03.00)

(16) Heidi Dimmitt, WWU	1:00.52
Sarah Barker, WOU	1:03.18
Ardrienna Everett, UAA	1:04.24
Jacque Postlewait, WOU	1:04.27
ZeeZee Ridgway, UAA	1:04.73
Kelsey Castrey, WOU	1:05.03
Jennifer Pike, SPU	1:05.20
Chelsi Claussen, SMU	1:05.45
Michelle Howe, WWU	1:07.12
Jamie Beaty, NNU	1:07.33

2000 Steeplechase (Not a national event)

Suzie Strickler, SPU	7:14.96
Karin Rohde, SPU	7:23.92
Kim Beamon, SPU	7:49.89
Kyla Rohde, SPU	8:14.42

3000 Steeplechase (11:50.00, 12:50.00; 11:00.00, 11:27.00)

(6) Jessica Harper, WOU	10:44.22
(5) Suzie Strickler, SPU	10:45.54
(9) Karin Rohde, SPU	10:54.73
(14) Lyndsey McKillip, WOU	10:58.38
Sarah Benson, CWU	11:14.82
Jaclyn Puga, NNU	11:47.00
Kim Beamon, SPU	11:48.19
Miriam Reardon, NNU	12:28.0
Kyla Rohde, SPU	13:35.55
Jennifer Young, NNU	14:11.22

4x100 Relay (Mark Required; 46.00, 47.60)

Northwest Nazarene	48.49
Western Washington	48.60
Western Oregon	49.50
Alaska Anchorage	50.10
Central Washington	50.56
Seattle Pacific	50.66
Seattle	51.21
Montana State Billings	51.95

4x400 Relay (Mark Required; 3:42.00, 3:52.00)

Northwest Nazarene	3:51.47
Western Washington	3:53.09
Western Oregon	3:56.28
Central Washington	3:57.73
Seattle Pacific	3:58.23
Saint Martin's	4:05.95
Seattle	4:06.04
Alaska Anchorage	4:07.59
Montana State Billings	4:17.17

High Jump (5-3, 4-10 ¼; 5-8 ¾, 5-6)

Clara Cook, WWU	1.64 (5-4 ½)
Brittany Aanstad, SPU	1.63 (5-4 ¼)
Jill Rogers, WWU	1.60 (5-3)
Jacque Postlewait, WOU	1.58 (5-2 ¼)
Mara Becker, SU	1.58 (5-2 ¼)
Jacque Mattson, SPU	1.55 (5-1)
Brittany Bekins, SPU	1.53 (5-0 ¼)
Ashley Berry, WOU	1.52 (4-11 ¾)
Raquel Gonzalez, CWU	1.52 (4-11 ¾)
Lindsay Mock, UAA	1.48 (4-10 ¼)

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

(15) Melissa Peaslee, SPU	3.75 (12-3 ½)
(15) Christy Miller, WWU	3.75 (12-3 ½)
(20) Carrie Hauck, SPU	3.70 (12-1 ½)
Monica Anderson, SPU	3.60 (11-9 ¾)
Haley Amos, CWU	3.45 (11-3 ¾)
Tracie Lundsten, SPU	3.40 (11-1 ¾)
Karina Elzinger, NNU	3.33 (10-11)
Camille Clarke, WWU	3.33 (10-11)
Cara Dockins, WWU	3.30 (10-10)
Courtney Cabebe, SU	3.30 (10-10)

Long Jump (17-0 ¾, 15-5 ¾; 19-4 ¼, 18-4 ½)

Kim Brady, UAA	5.64 (18-6)
Jacque Postlewait, WOU	5.43 (17-9 ¾)
Sarajane Rosenberg, WOU	5.37 (17-7 ½)
Kasey Hostetler, WWU	5.32 (17-5 ½)
Gail Butler, WWU	5.22 (17-1 ½)
Brittany Aanstad, SPU	5.18 (17-0)
Mandy Keifer, WOU	5.15 (16-10 ¾)
Christy Miller, WWU	5.14 (16-10 ½)
Brittany Bekins, SPU	5.02 (16-5 ¾)
Laura VonArx, NNU	5.00 (16-5)

Triple Jump (35-9, 31-2; 40-2 ¼, 38-0 ¾)

(13) Kim Brady, UAA	11.98 (39-3 ¾)
Laura VonArx, NNU	11.38 (37-4)
Sarajane Rosenberg, WOU	11.31 (37-1 ¼)
Megan Paulsen, WWU	10.89 (35-8 ¾)
Christy Miller, WWU	10.89 (35-8 ¾)
Melissa Flower, SPU	10.71 (35-1 ¾)
Mandy Keifer, WOU	10.69 (35-1)
Brittany Aanstad, SPU	10.66 (34-11 ¾)
Kristin Johnson, WWU	10.63 (34-10 ½)
Maycee Bekkedahl, NNU	10.53 (34-6 ¾)

Shot Put (37-8 ¾, 34-1 ½; 48-10 ¾, 43-7 ¾)

Shaina Afoa, CWU	12.99 (42-7 ½)
Jessica Houston, UAA	12.97 (42-6 ¾)
Amy Carroll, NNU	12.25 (40-2 ¾)
Jordan Stueckle, CWU	12.11 (39-8 ¾)
Lexi Halvorson, MSUB	11.86 (38-11)
Kacie Vanderloos, MSUB	38-2 ½
Sabrina Freed, WOU	11.55 (37-10 ¾)
Chelsea Sadler, WWU	11.27 (36-11 ¾)
Alyssa Taylor, WOU	11.20 (36-9)
Shayna Shute, NNU	11.00 (36-1 ¼)
Kristin Humphrey, WOU	11.00 (36-1 ¼)

Discus (121-5, 108-3; 156-2, 141-1)

Erica Rance, WWU	42.90 (140-9)
Lexi Halvorson, MSUB	140-3
Shaina Afoa, CWU	40.89 (134-2)
Lindsay Currier, SU	40.01 (131-3)
Sabrina Freed, WOU	39.30 (128-11)
Amy Carroll, NNU	39.05 (128-1)
Becky Scherer, CWU	38.45 (126-2)
Jessica Houston, UAA	36.88 (121-0)
Alyssa Taylor, WOU	36.65 (120-3)
Chelsea Sadler, WWU	35.47 (116-4)

Hammer (137-9, 108-3; 177-2, 160-9)

(16) Sabrina Freed, WOU	51.65 (169-5)
(19) Amy Carroll, NNU	51.10 (167-8)
Sara Cole, WOU	50.40 (165-4)
Courtney Little, NNU	44.65 (146-6)
Alison McWeeny, CWU	43.62 (143-1)
Shayna Shute, NNU	42.89 (140-8)
Jill Blake, SMU	41.44 (135-11)
Erica Rance, WWU	41.20 (135-2)
Becky Scherer, CWU	40.50 (132-10)
Hannah Dine-Aubert, NNU	39.81 (130-7)

Javelin (125-0, 108-3; 146-2, 134-6)

(7) Monika Gruszecki, WWU	46.42 (152-3)
(3) Jeeni Schantin, SPU	46.15 (151-5)
(5) Lauren VerMulm, SPU	45.82 (150-4)
(6) Brittany Aanstad, SPU	45.20 (148-3)
Brittany Bekins, SPU	41.70 (136-10)
Mandy Keifer, WOU	39.44 (129-5)
Sara Cole, WOU	38.82 (127-4)
Angela Harsin, WOU	38.20 (125-4)
Erica Rance, WWU	37.85 (124-2)
Melissa Hansen, WWU	37.80 (124-0)

Heptathlon (3500, 3000; 4880, 4440)

(12) Britany Bekins, SPU	4681
(14) Jacque Postlewait, WOU	4615
Brittany Aanstad, SPU	4422
Mandy Keifer, WOU	4223
Jennifer Pike, SPU	3988
Clara Cook, WWU	3960
Raquel Gonzalez, CWU	3899
Michelle Howe, WWU	3693
Amanda Rose, CWU	3395
Chelsey Jones, NNU	3327