

2008 GNAC INDOOR TRACK AND FIELD

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

55

Britney Derhak, MSUB	7.81
Amanda Baum, MSUB	8.31

60 (7.55, 7.76)

Latasha Essien, SPU	7.81
Megan Zukowski, WWU	8.00
Joana Houplin, WWU	8.05
Lauren Duckett, WOU	8.05
LaToya Tidwell, NNU	8.07
Nichole Schutte, NNU	8.16
Jessica Hinton, SPU	8.22
Tisha Wells, CWU	8.22
Elizabeth Wolf, SU	8.24
Elsa Couvelier, WWU	8.24

200 (24.45, 25.10)

Jessica Hinton, SPU	25.92
Latasha Essien, SPU	26.04
Latoya Tidwell, NNU	26.18
Nichole Schutte, NNU	26.50
Joana Houplin, WWU	26.60
Megan Zukowski, WWU	26.67
Melissa Peaslee, SPU	26.76
Sarah Brownell, WWU	26.84
Heidi Dimmitt, WWU	26.92
Rachael Kaercher, CWU	26.95
Chelsi Claussen, SMU	27.00

300

Annie Larlee, NNU	46.02
Clare Monahan, SU	49.62
Kamala Squires, SU	50.07

400 (55.80, 57.40)

Elisa Decker, NNU	58.21
Teona Golding, SPU	58.22
Latasha Essien, SPU	58.48
Heidi Dimmitt, WWU	59.50
Jessica Hinton, SPU	59.82
Chelsea Evans, CWU	59.93
Sarah Brownell, WWU	59.97
Rachael Kaercher, CWU	1:00.11
Megan O'Connell, WWU	1:00.27
Jamie Beaty, NNU	1:00.43

500

Jamie Beaty, NNU	1:21.57
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800 (2:13.20, 2:17.90)

+Jessica Pixler, SPU	2:07.57
*Jaclyn Puga, NNU	2:13.78
*Jane Larson, SPU	2:14.42
*Ashley Puga, NNU	2:16.04
*Elisa Decker, NNU	2:16.19
*Lisa Anderberg, SPU	2:17.59
*Teona Golding, SPU	2:17.65
Ashley Berry, WOU	2:18.37
Sarah Howell, WOU	2:19.59
Rachael Johnson, SU	2:19.84

1000

Jaclyn Puga, NNU	3:02.25
Elisa Decker, NNU	3:09.35

Mile (4:57.10, 5:05.60)

+Jessica Pixler, SPU	4:37.33
+Jane Larson, SPU	4:51.74
*Ashley Puga, NNU	4:58.09
*Sarah Porter, WWU	5:04.91
Karin Rohde, SPU	5:07.36
Suzie Strickler, NNU	5:09.89
Jessica Harper, WOU	5:10.18
Lisa Anderberg, SPU	5:10.75
Krinda Carlson, SMU	5:12.35
Annie Laweryson, SMU	5:13.20

1,500

Micah Merrill-Johnson, MSUB	5:09.5
Sarah Jackson, MSUB	5:21.0
Katie Thiel, MSUB	5:34.0

3,000

Jessica Pixler, SPU	9:32.08
Jane Larson, SPU	9:50.17
Kate Harline, SPU	10:15.88
Marcie Mullen, CWU	10:24.64
Suzie Strickler, SPU	10:30.18
Katie Hansen, SU	10:30.30
Sarah Benson, CWU	10:44.32
Rachel Yorkston, SU	10:55.69
Karin Rohde, SPU	10:57.02
Kaitlin Rohde, SPU	10:58.45

5000 (17:04.30, 17:49.30)

*Sarah Porter, WWU	17:25.84
*Jane Larson, SPU	17:39.95
Katie Hansen, SU	18:20.76
Marcie Mullen, CWU	18:31.43
Suzie Strickler, SPU	18:36.44
Tricia Morrison, WOU	18:36.98
Kate Harline, SPU	18:37.15

Lyndsey McKillip, WOU	18:48.75
Rachel Yorkston, SU	18:58.09
Jessie Dunnam, SMU	19:02.15

55-Hurdles

Amanda Baum, MSUB	*9.5
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60-Hurdles (8.65, 8.97)

Michelle Howe, WWU	9.23
Jacque Postlewait, WOU	9.33
Chelsi Claussen, SMU	9.49
Jennifer Pike, SPU	9.51
Jessica Erickson, WWU	9.59
Mandi Keifer, WOU	9.64
Raquel Gonzalez, CWU	9.67
Brittany Aanstad, SPU	9.70
Sarah Barker, WOU	9.77
Amanda Merrell, NNU	9.90

4x400 Relay (3:45.20, 3:56.20)

Seattle Pacific	3:57.36
Northwest Nazarene	4:00.11
Western Washington	4:02.78
Central Washington	4:05.64
Seattle	4:09.45
Western Oregon	4:10.72
MSU-Billings	4:19.14
Saint Martin's	4:23.70

Distance Medley (11:49.10, 12:22.10)

*Seattle Pacific	11:38.24
*Northwest Nazarene	12:19.72
Western Oregon	12:30.75
Western Washington	12:47.47
Central Washington	13:06.95
Seattle	13:58.13

Long Jump (5.80, 5.50)

*Jacque Postlewait, WOU	5.50 (18-0 ½)
Brittany Aanstad, SPU	5.33 (17-6)
Sarajane Rosenberg, WOU	5.26 (17-3 ¼)
Megan Paulsen, WWU	5.20 (17-0 ¾)
Mandi Keifer, WOU	4.95 (16-3)
Gail Butler, WWU	4.94 (16-2 ½)
Maycee Bekkedahl, NNU	4.92 (16-1 ¾)
Lynsie Powers, NNU	4.90 (16-1)
Caiti Schmitz, CWU	4.87 (15-11 ¾)
Megan Vorderstrasse, WOU	4.85 (15-11)

Triple Jump (12.20, 11.50)

Megan Paulsen, WWU	11.28 (37-0 ¼)
Christy Miller, WWU	11.09 (36-4 ¾)
Melissa Flower, SPU	10.84 (35-6 ¾)
Sarajane Rosenberg, WOU	10.79 (35-5)
Amanda Merrell, NNU	10.65 (34-11 ¼)
Amanda Rose, CWU	10.55 (34-7 ½)
Brittany Aanstad, SPU	10.45 (34-3 ½)
Laura VonArx, NNU	10.26 (33-8)
Lynsie Powers, NNU	10.19 (33-5)
Megan Vorderstrasse, WOU	10.09 (33-1 ¼)

High Jump (1.74, 1.67)

+Teona Golding, SPU	1.76 (5-9 ¼)
Brittany Aanstad, SPU	1.64 (5-4 ½)
Clara Cook, WWU	1.61 (5-3 ¼)
Jill Rogers, WWU	1.56 (5-1 ¼)
Mara Becker, SU	1.56 (5-4 ¼)
Jacque Mattson, SPU	1.55 (5-1)
Amanda Merrell, NNU	1.52 (4-11 ¾)
Kristi Rice, NNU	1.51 (4-11 ½)
Brittany Bekins, SPU	1.51 (4-11 ½)
Ashley Berry, WOU	1.50 (4-11)

Pole Vault (3.80, 3.50)

+Mellisa Peaslee, SPU	3.89 (12-9)
*Christy Miller, WWU	3.77 (12-4 ¼)
*Carrie Hauck, SPU	3.58 (11-9)
*Tracie Lundsten, SPU	3.56 (11-8)
*Monica Anderson, SPU	3.56 (11-8)
Kristi Rice, NNU	3.30 (10-9 ¾)
Courtney Cabebe, SU	3.26 (10-8 ¼)
Camille Clarke, WWU	3.21 (10-6 ¼)
Amanda DiEnno, WWU	3.18 (10-5 ¼)
Karina Elzinger, NNU	3.15 (10-4)

20-lb Weight (17.45, 15.85)

*Sabrina Freed, WOU	16.12 (52-10 ¾)
Sara Cole, WOU	15.83 (51-11 ¼)
Amy Carroll, NNU	14.53 (47-8)
Alison McWeeny, CWU	13.71 (44-11 ¾)
Hannah Dine-Aubert, NNU	13.62 (44-8 ¼)
Courtney Little, NNU	13.39 (43-11)
Shayna Shute, NNU	13.33 (43-8 ¾)
Jordan Stueckle, CWU	12.96 (42-6 ¼)
Erica Rance, WWU	12.85 (42-2)
Becky Scherer, CWU	12.77 (41-10 ¾)

Shot Put (14.30, 13.25)

Amy Carroll, NNU	13.03 (42-9)
Lexi Halvorson, MSUB	11.96 (39-3)
Kacie Vanderloos, MSUB	11.75 (38-6 ¾)
Sabrina Freed, WOU	11.72 (38-5 ¼)
Jordan Stueckle, CWU	11.63 (38-2)
Brittany Bekins, SPU	11.51 (37-9 ¼)
Shayna Shute, NNU	11.37 (37-3 ½)
Hannah Dine-Aubert, NNU	11.21 (36-9 ½)
Brittany Aanstad, SPU	11.16 (36-7 ¼)
Alyssa Taylor, WOU	11.04 (36-2 ¾)

Discus

Becky Scherer, CWU	35.46 (116-4)
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Pentathlon

Brittany Aanstad, SPU	3154
Chelsey Jones, NNU	2360

MEN**55**

Nathan Diede, MSUB	6.94
James Hopkins, MSUB	7.04
Noah Vallincourt, MSUB	7.07
Luke Barrett, MSUB	*6.9
Jade Haynie, MSUB	7.18
*Best FAT of 7.54 (8.06)	

60 (6.80, 6.88)

Ashtin Mott, WOU	7.02
Christopher Fussell, SU	7.13
Daniel Sullivan, SU	7.14
Dylan Wells, WOU	7.17
Zeb Udell, WOU	7.19
Jude Martinez, SU	7.19
Travis Glover, SU	7.22
Loyal Allen, SU	7.28
Andy Luscutoff, WOU	7.29
Joshua Threat, WOU	7.31

200 (21.45; 21.80)

Matt Rogstad, CWU	22.40
Ashtin Mott, WOU	22.66
Dylan Wells, WOU	22.66
Travis Glover, SU	22.79
Daniel Sullivan, SU	22.96
Christopher Fussell, SU	22.97
D'Andre Benjamin, SU	23.02
Colby Brydson, CWU	23.03
Nathan Diede, MSUB	23.25
Loyal Allen, SU	23.32
Cole Samuel, WOU	23.32

300 (Not a national event)

Dallas Beaty, NNU	36.21
Lloyd Massey, WOU	36.82
Cole Samuel, WOU	37.00
Dan Hill, NNU	37.33
Mark Hanson, NNU	37.76
Dane Manley, NNU	38.57
Udoka Odoemene, SU	38.79
Jordan Werner, WOU	39.27
Marc Massey, SU	40.10

400 (47.65, 48.75)

Matt Rogstad, CWU	49.58
Blake Estep, WOU	49.84
Mitch Ward, NNU	49.96
Travis Glover, SU	50.30
Lloyd Massey, WOU	50.39
Colby Brydson, CWU	50.77
Matt O'Connell, WWU	51.02
Charles Velasquez, CWU	51.02
Ben Wargo, WWU	51.13
Daniel Sullivan, SU	51.24

500 (Not a national event)

Mitch Ward, NNU	1:05.02
Josh Wageman, NNU	1:11.01
Steve Huff, NNU	1:13.38

800 (1:52.20, 1:53.90)

Keith Lemay, WWU	1:54.84
Will Cameron, WWU	1:59.54
Michael Pankiewicz, CWU	1:59.59
Brian Cronrath, SPU	1:59.69
Kyle Lampi, WWU	1:58.17
Matt Stark, NNU	1:59.34
Dallas Moses, WOU	1:59.93
Jeff Dull, SPU	2:00.04
Tahoma Khalsa, WWU	2:00.12
Jeff Long, WOU	2:00.39

1000 (Not a national event)

Matt Stark, NNU	2:38.09
Josh Grewe, NNU	2:46.36
Caleb Reynolds, NNU	2:56.72

Mile (4:09.60, 4:13.60)

*John Riak, SMU	4:12.53
Brian Cronrath, SPU	4:14.61
Sam Bedell, WWU	4:17.71
Chad Meis, SPU	4:19.28
Mike Schmidt, WOU	4:20.05
Bennett Grimes, WWU	4:22.47
Zeke VanPatten, WOU	4:22.91
Jeff Long, WOU	4:23.29
Nicholas Alvarado, SU	4:24.94
Kyle Gray, NNU	4:26.39

1,500

Jarred Rensvold, MSUB	4:12.1
Kelley Miller, MSUB	4:35.6

3,000

Kevin Lambert, NNU	8:48.39
Sam Bedell, WWU	8:51.75
Nicholas Alvarado, SU	8:53.05
Chad Meis, SPU	8:53.32
Seth Clark, NNU	8:56.33
Blake Medhaug, WWU	8:59.12
Eric Brill, WWU	9:03.05
Kyle Gray, NNU	9:08.66
Richie Pemberton, MSUB	9:11.58
Anders Mavis, WWU	9:14.78

5,000 (14:19.00; 14:49.00)

Jordan Welling, WWU	14:42.93
Bennett Grimes, WWU	14:55.97
Chad Meis, SPU	15:17.65
Chris Reed, WOU	15:22.34
Zeke VanPatten, WOU	15:22.38
Braxton Jackson, WOU	15:23.24
Blake Medhaug, WWU	15:23.68
Brian Cronrath, SPU	15:25.57
Kevin Lambert, NNU	15:21.85
Nik Karr, WOU	15:25.20

60-Hurdles (8.05, 8.24)

Lloyd Massey, WOU	8.63
D'Andre Benjamin, SU	8.73
Dallas Beaty, NNU	8.78
Andy Luscutoff, WOU	8.83

Mark Hanson, NNU	8.89
Kevin Myhre, WWU	8.89
Clint Hickey, WOU	8.92
Zeb Udell, WOU	8.96
Tommy Woolf, WOU	8.97
Ben Wargo, WWU	9.03

4x400 Relay (3:13.60, 3:18.10)

Northwest Nazarene	3:23.22
Central Washington	3:23.64
Western Oregon	3:25.95
Western Washington	3:28.37
Seattle	3:28.48
MSU-Billings	3:36.60
Saint Martin's	3:44.30

Distance Medley (9:52.10, 10:11.10)

Seattle Pacific	10:24.26
Western Oregon	10:27.15
Western Washington	10:38.21
Northwest Nazarene	10:59.11
Central Washington	11:00.84
Montana State Billings	11:15.01
Saint Martin's	11:18.14
Seattle	11:21.36

Long Jump (7.38, 7.08)

Zeb Udell, WOU	7.01 (23-0)
Justin Felt, SPU	6.77 (22-2 ½)
Allan Denton, WWU	6.76 (22-2 ¼)
Jamarian Malley, WOU	6.75 (22-1 ¾)
Nick Collins, CWU	6.68 (21-11)
D'Andre Benjamin, SU	6.58 (21-7 ¼)
Tommy Woolf, WOU	6.54 (21-5 ½)
Robert Wegner, WOU	6.49 (21-3 ½)
Shane Gruger, WWU	6.48 (21-3 ¼)
Lionel Orji, CWU	6.30 (20-8)
Udoka Odoemene, SU	6.23 (20-5 ¼)

Triple Jump (15.20, 14.30)

*Greg Hamm, NNU	14.46 (47-5 ¼)
Tommy Woolf, WOU	13.84 (45-5)
Keefe Brockman, WWU	13.82 (45-4 ¼)
Tyler Reisnauer, WOU	13.82 (45-4 ¼)
Tim Satterwhite, WWU	13.80 (45-3 ½)
Christian Goodwin, CWU	13.11 (43-0 ¼)
Justin Felt, SPU	12.88 (42-3 ¼)
William Bashom, CWU	12.79 (41-11 ½)
Josh Heidegger, NNU	12.56 (41-2 ½)
Nick Collins, CWU	12.55 (41-2 ¼)

High Jump (2.12, 2.05)

Keefe Brockman, WWU	1.95 (6-4 ¾)
Robert Wegner, WOU	1.94 (6-4 ¼)
Brian Martinelli, WWU	1.91 (6-3)
Jess Keys, NNU	1.90 (6-2 ¾)
Jonathan Hamilton, CWU	1.90 (6-2 ¾)
Tommy Woolf, WOU	1.90 (6-2 ¾)
Clint Hickey, WOU	1.85 (6-0 ¾)
Scott McCoy, CWU	1.75 (5-8 ¾)
Darren Edwards, WWU	1.75 (5-8 ¾)
Alex Harrison, WWU	1.75 (5-8 ¾)

Pole Vault (5.03, 4.71)

*Zeb Udell, WOU	4.95 (16-2 ¾)
*Ryan Brown, WWU	4.85 (15-11)
Scott McCoy, CWU	4.60 (15-1)
Bryan Lucke, WWU	4.46 (14-7 ½)
Eric Zwiefelhofer, NNU	4.30 (14-1 ¼)
Josh Winters, WWU	4.30 (14-1 ¼)
Ben Shea, NNU	4.18 (13-8 ½)
Jerad Larson, NNU	4.03 (13-2 ½)
Joshua Jorgensen, SPU	3.96 (12-11 ¾)
Chris Grist, CWU	3.91 (12-10)
Michael Millson, WWU	3.91 (12-10)

35-lb Weight (19.00, 17.20)

*Anthony Marin, WOU	18.76 (61-6 ¾)
Tyler Fischer, CWU	16.71 (54-9 ¾)
Zach Barclay, NNU	16.54 (54-3)
Grant Miller, NNU	15.46 (50-8 ¾)
Mychal Osler, CWU	15.35 (50-4 ½)
Robert Barrett, WOU	15.18 (49-9 ¾)
Matt Valdez, CWU	14.58 (47-10)
Sam Washington, SMU	13.45 (44-1 ½)
Jordan Fenters, NNU	12.91 (42-4 ¼)
Diego Estrada, NNU	12.22 (40-1)

Discus (Not a national event)

Tyler Fischer, CWU	45.41 (149-0)
Matt Valdez, CWU	33.37 (109-6)

Shot Put (17.40, 15.85)

Andrew Matschiner, SPU	15.07 (49-5 ½)
Matt Valdez, CWU	14.95 (49-0 ¾)
Zach Barclay, NNU	14.87 (48-9 ½)
Sam Washington, SMU	14.75 (48-4 ¾)
Tyler Fischer, CWU	14.54 (47-8 ¼)
Grant Miller, NNU	14.50 (47-6 ¾)
Robert Barrett, WOU	14.30 (46-11)
Brandon Varkevisser, WWU	14.16 (46-5 ½)
Jordan Fenters, NNU	13.93 (45-8 ¼)
Jason Slowey, WOU	13.63 (44-8 ¾)

Heptathlon

Josh Grewe, NNU	4139
Stuart Montgomery, NNU	1641