

## 2009 GNAC TRACK-AND-FIELD TOP 10 PERFORMANCES

Final (\*Adjusted for altitude)

### MEN

		Paul Rottich, UAA	3:56.26
		Kyle Larson, WOU	3:56.81
<b>100 (11.10, 11.50; 10.45, 10.65)</b>		<b>3000 (Not a post-season event)</b>	
Gabe Aguilar, WOU	10.75	Braxton Jackson, WOU	8:53.32
Augustine Agyei, WWU	10.86	Sam Bedell, WWU	9:10.31
Alex Tilley, WWU	10.92	Jordan Lance, SPU	9:23.08
Kincaid Nichols, CWU	10.95	Travis Banker, WOU	9:23.70
Demetrius Preston, UAA	10.95	Kyle Seick, WOU	9:28.20
Dylan Wells, WOU	10.97	Nik Karr, WOU	9:31.30
Bryan Mack, CWU	10.97	Neil Easter, NNU	9:31.74
David Registe, UAA	11.00	Nathan Zahn, WWU	9:37.40
Shane Gruger, WWU	11.11	Andrew Hamilton, SPU	9:37.50
Brandon Grant, UAA	11.12	Derek Lopez, WOU	9:57.80
<b>200 (22.20, 23.40; 21.08, 21.48)</b>		<b>5000 (15:00.00,15:50.00;14:10.00, 14:45.00)</b>	
David Registe, UAA	21.91	Marko Cheseto, UAA	14:02.45
Brandon Grant, UAA	22.14	Jordan Welling, WWU	14:16.90
Maurus Hope, NNU	22.22	David Kiplagat, UAA	14:44.02
Kincaid Nichols, CWU	22.33	Kyle Van Santen, SMU	14:44.71
Ashtin Mott, WOU	22.36	John Riak, SMU	14:45.71
James McLaughlin, UAA	22.42	Chris Reed, WOU	14:45.89
Alex Tilley, WWU	22.48	Josiah Price, SMU	15:00.71
Demetrius Preston, UAA	22.57	Alfred Kangogo, UAA	15:10.02
Shane Gruger, WWU	22.62	Anthony Tomsich, WWU	15:11.67
Dallas Beaty, NNU	22.68	Eric Brill, WWU	15:14.88
		Yonas Berhe, WWU	15:21.76
<b>400 (50.00, 51.70; 46.80, 48.00)</b>		<b>10,000 (33:00.00,34:30.00;29:45.00,31:00.00)</b>	
James McLaughlin, UAA	48.81	Marko Cheseto, UAA	29:08.28
Ashtin Mott, WOU	48.84	Jordan Welling, WWU	30:02.33
Maurus Hope, NNU	49.03	John Riak, SMU	30:44.74
Blake Estep, WOU	49.32	Josiah Price, SMU	30:51.36
Matt Rogstad, CWU	49.46	Kyle Van Santen, SMU	31:06.75
Dan Hill, NNU (49.87)	*49.98	Chris Reed, WOU	31:15.37
Brandon Grant, UAA	50.05	Braxton Jackson, WOU	31:19.76
Mitch Ward, NNU	50.21	Nik Karr, WOU	31:28.00
Levi Sutton, UAA	50.45	Yonas Berhe, WWU	31:52.65
Nick Clark, WOU	50.46	Justin Karr, WOU	32:22.71
<b>800 (1:55.00, 1:59.00; 1:50.00, 1:53:00)</b>		<b>110 Hurdles (15.60, 16.60; 14.15, 14.65)</b>	
James Pettigrew, UAA	1:50.76	Dallas Beaty, NNU	14.92
Mick Boyle, UAA	1:51.73	Shaun Ward, UAA	15.02
Cory Pena, UAA	1:51.78	Kegan Lassiter, NNU	15.41
Alfred Kangogo, UAA	1:53.01	Michael Kendrick, WOU	15.50
Anthony Tomsich, WWU	1:53.78	Ben Wargo, WWU	15.50
Carson O'Brien, WOU	1:54.23	Andrew Gray, WWU	15.79
Kyle Larson, WOU	1:54.40	Kyle Williams, CWU	15.84
Jeff Long, WOU	1:54.48	Kevin Myhre, WWU	15.95
Michael Brown, WOU	1:54.82	Andy Loscutoff, WOU	16.02
Marko Cheseto, UAA	1:55.06	Jordan Werner, WOU	16.03
<b>1500 (3:59.00, 4:08.00; 3:47.00, 3:53.50)</b>		<b>400 Hurdles (56.90, 59.80; 51.65, 53.45)</b>	
Anthony Tomsich, WWU	3:47.21	Dallas Beaty, NNU	52.05
Mick Boyle, UAA	3:49.77	Shaun Ward, UAA	52.45
Alfred Kangogo, UAA	3:50.04	Andy Loscutoff, WOU	54.30
Jeff Long, WOU	3:51.33	Kevin Myhre, WWU	54.70
Marko Cheseto, UAA	3:51.52	Ben Wargo, WWU	55.07
Cory Pena, UAA	3:51.87	Phillip Villanueva, WWU	55.23
Chad Meis, SPU	3:52.84		
David Kiplagat, UAA	3:53.41		

Mark Hanson, NNU	55.26
Kyle Williams, CWU	57.51
Josh Grewe, NNU	57.59
James Hopkins, MSUB (58.32)	*58.43

**3000 Steeplechase (9:40.00,10:15.00; 9:09.00, 9:26:00)**

David Kiplagat, UAA	9:01.67
Chad Meis, SPU	9:20.38
Eric Brill, WWU	9:24.61
Brandon Snook, WOU	9:30.85
Daniel Friesen, SPU	9:31.48
Paul Rottich, UAA	9:40.78
Kyle Johnson, WWU	9:41.81
Dan Sprinkle, WOU	9:51.56
Darrell Terry, WOU	9:56.83
Mike Schmidt, WOU	9:57.72

**4x100 Relay (Mark Required; 40.25, 41.35)**

Alaska Anchorage	41.80
Western Washington	42.17
Central Washington	42.43
Western Oregon	43.02
Northwest Nazarene	43.34
Seattle Pacific	44.18
Montana State Billings (44.77)	*44.89

**4x400 Relay (Mark Required; 3:11:00, 3:15:00)**

Alaska Anchorage	3:15.27
Northwest Nazarene	3:16.84
Western Washington	3:21.00
Western Oregon	3:23.79
Central Washington	3:27.54
Seattle Pacific	3:34.31
Montana State Billings	3:37.08
Saint Martin's	3:39.95

**High Jump (6-4 ¾, 5-10 ¾ ; 6-11 ½ , 6-8 ¾ )**

Cameron Bailey, CWU	2.06 (6-9)
Bill Richardson, SMU	1.95 (6-4 ¾)
Robert Wegner, WOU	1.93 (6-4)
Jonathan Hamilton, CWU	1.93 (6-4)
Matt Lariza, WOU	1.90 (6-2 ¾)
Zeb Udell, WOU	1.88 (6-2)
Ryan Brown, WWU	1.85 (6-0 ¾)
Josh Larson, WWU	1.83 (6-0)
Zach Massari, WOU	1.83 (6-0)
Nathan Wagner, SPU	1.82 (5-11 ½)

**Pole Vault (14-5 ¼, 13-5 ¼ ; 16-6 ¾. 15-9)**

Zeb Udell, WOU	5.05 (16-6 ¾)
Ryan Brown, WWU	4.90 (16-0 ¾)
Josh Winters, WWU	4.60 (15-1)
Ben Shea, NNU	4.49 (14-9)
Nic Hoza, WWU	4.45 (14-7 ¼)
Tim Clendaniel, WWU	4.45 (14-7 ¼)
Hayden Woodard, WWU	4.45 (14-7 ¼)
Luke Schafer, NNU	4.43 (14-6 ¼)
Will Lloyd, WWU	4.30 (14-1 ¼)
Alex Harrison, WWU	4.25 (13-11 ¼)

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

David Registe, UAA	7.91 (25-11 ½)
Demetrius Preston, UAA	7.43 (24-4 ½)
Justin Felt, SPU	6.98 (22-11)
Zeb Udell, WOU	6.97 (22-10 ½)
Shane Gruger, WWU	6.90 (22-7 ¾)
Kyle Williams, CWU	6.74 (22-1 ½)
Bryan Mack, CWU	6.65 (21-10)
Chris Freeman, WOU	6.49 (21-3 ½)
Tyler Reisnaur, WOU	6.48 (21-3 ¼)
Tim Clendaniel, WWU	6.47 (21-2 ½)

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

Tyler Reisnaur, WOU	14.88 (48-10)
Will Davis, WWU	14.10 (46-3 ¼)
Tim Satterwhite, WWU	13.96 (45-9 ¾)
Bryan Mack, CWU	13.90 (45-7 ¼)
Cameron Bailey, CWU	13.72 (45-0 ¼)
James Cho, CWU	13.69 (44-11)
Matt Lariza, WOU	13.43 (44-0 ¾)
Isaiah Smith, WOU	13.31 (43-8)
Justin Felt, SPU	12.51 (41-0 ½)
Chris Freeman, WOU	12.44 (40-9 ¾)

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

Sam Washington, SMU	15.54 (51-0)
Grant Miller, NNU	15.54 (51-0)
Tyler Fischer, CWU	15.33 (50-3 ½)
Jason Slowey, WOU	15.27 (50-0 ¾)
Dincer Kayhan, WWU	15.18 (49-9 ¾)
Zach Barclay, NNU	14.83 (48-8)
Robert Barrett, WOU	14.45 (47-5)
Ben Elder, WWU	14.39 (47-2 ½)
Brandon Varkevissier, WWU	14.10 (46-3 ½)
Daniel Ramirez, CWU	13.99 (45-10 ¾)

**Discus (141-1, 121-5; 173-10, 160-1)**

Jason Slowey, WOU	50.69 (166-4)
Tyler Fischer, CWU	50.22 (164-9)
Donavan Cunningham, WWU	48.10 (157-10)
Ben Elder, WWU	47.64 (156-3)
Sam Washington, SMU	47.32 (155-3)
Grant Miller, NNU	47.19 (154-10)
Anthony Marin, WOU	45.64 (149-9)
Jade Haynie, MSUB	44.05 (144-6)
Bryant Michaelson, WWU	43.81 (143-9)
Daniel Ramirez, CWU	41.44 (135-11)

**Hammer (141-1, 114-10; 193-6, 177-2)**

Tyler Fischer, CWU	56.60 (185-8)
Anthony Marin, WOU	55.76 (182-11)
Mychal Ostler, CWU	54.46 (178-8)
Zach Barclay, NNU	53.24 (174-8)
Sam Washington, SMU	52.75 (173-1)
Grant Miller, NNU	52.21 (171-3)
Matt Schryvers, WOU	47.45 (155-8)
Jason Slowey, WOU	47.03 (154-3)
Daniel Ramirez, CWU	46.87 (153-9)
Ben Elder, WWU	46.67 (153-1)

**Javelin (187-0, 158-0; 208-4, 193-6)**

Josh Heidegger, NNU	68.02 (223-2)
Bryce Johnson, WOU	58.24 (191-0)
Alex Harrison, WWU	55.92 (183-5)
Ben Dekock, WWU	54.86 (180-0)
Kenton Lucke, CWU	54.45 (178-8)
Steven Wilhelmy, WWU	53.38 (175-1)
Kody Reavis, WOU	52.76 (173-1)
Miles Kenney, WWU	51.39 (168-7)
Jacob Kinderman, SMU	50.67 (166-3)
Will Lloyd, WWU	48.61 (159-6)

**Decathlon (5000, 4500; 6900, 6400)**

Zeb Udell, WOU	6286
Alex Harrison, WWU	6085
Josh Grewe, NNU	6015
Tim Clendaniel, WWU	5924
Nick Collins, CWU	5208
Andrew Sneed, NNU	4983
Stuart Montgomery, NNU	4484
Austin Roberts, WOU	3781

**WOMEN****100 (12.75, 13.30; 11.65, 12.12)**

Lacey Meusec, WOU	12.31
Megan Zukowski, WWU	12.32
Jessica Hinton, SPU	12.35
Lauren Duckett, WOU	12.38
Ardrienna Everett, UAA	12.39
Latasha Essien, SPU	12.49
Latoya Tidwell, NNU	12.53
Lisette Peterson, SPU	12.69
Stefani Dittmar, WOU	12.75
Justine Simons, MSUB	12.76
Joana Houplin, WWU	12.76

**200 (26.10, 27.20; 24.08, 24.80)**

Lacey Meusec, WOU	25.24
Latoya Tidwell, NNU	25.32
Jessica Hinton, SPU	25.37
Ellie Siler, WWU	25.38
Latasha Essien, SPU	25.54
Justine Simons, MSUB	25.88
Gwenna Carie, CWU	25.88
Megan Zukowski, WWU	26.18
Ali Worthen, SPU	26.26
Erika Halle, MSUB (26.33)	*26.40

**400 (59.80, 63.50; 55.00, 56.80)**

Ellie Siler, WWU	54.59
Ashley Puga, NNU	56.20
Jessica Hinton, SPU	56.61
Gwenna Carie, CWU	57.54
Megan O'Connell, WWU	58.54
Sarah Brownell, WWU	59.32
Lindsay Brady, NNU	59.36
Alex Butler, SPU	59.40
Elisa Decker, NNU	59.97
Kylie Marshall, NNU (1:00.20)	*1:00.31

**800 (2:18.00, 2:25.00; 2:10.40, 2:15.00)**

Ashley Puga, NNU	2:05.23
Jessica Pixler, SPU	2:08.78
Annan Applebee, WOU	2:11.40
Rachael Johnson, WWU	2:12.30
Stephanie Trenholm, UAA	2:13.89
Elisa Decker, NNU	2:14.03
Jane Larson, SPU	2:14.09
Lisa Anderberg, SPU	2:14.57
Mychaela Bailey, UAA	2:16.46
Erica Zambon, WOU	2:16.88

**1500 (4:48.00, 5:02.00; 4:31.00, 4:38.00)**

Jessica Pixler, SPU	4:16.75
Ashley Puga, NNU (4:28.83)	4:23.17
Jane Larson, SPU	4:28.12
Elizabeth Chepkosgei, UAA	4:35.39
Sarah Porter, WWU	4:36.24
Annan Applebee, WOU	4:37.44
Kate Harline, SPU	4:37.88
Janae Larson, SPU	4:40.26
Hallidie Wilt, UAA	4:41.68
Rachael Johnson, WWU	4:42.65

**3000 (Not a national event)**

Natty Plinkett, SPU	10:37.22
Mary Williams, SPU	10:47.26
Kayti Krepel, SPU	10:53.37
Phoebe Hartnett, WWU	11:06.35
Ashley Rendahl, NNU	11:31.00
Caroline Kratz, WWU	11:49.63
Shannon DeBoer, NNU	12:24.75

**5000 (18:30.00, 19:40.00; 17:05.00, 17:35.00)**

Sarah Porter, WWU	16:50.87
Jane Larson, SPU	17:06.01
Elizabeth Chepkosgei, UAA	17:11.14
Natty Plunkett, SPU	17:30.90
Lauren Breihof, WWU	17:32.38
Marcie Mullen, CWU	17:33.49
Hallidie Wilt, UAA	17:48.10
Mirian Kipngeno, UAA	18:12.33
Shoshana Keegan, UAA	18:21.03
Kate Harline, SPU	18:27.03

**10,000 (39:40.00, 43:00.00; 35:50.00, 37:20.00)**

Sarah Porter, WWU	34:58.37
Janae Larson, SPU	35:25.72
Lauren Breihof, WWU	36:04.47
Amanda Wright, WOU	39:07.76
Lisa Minnehan, MSUB (41:00.08)	*39:51.38
Katie Hart, SPU	39:52.08
Helen Camden, SMU	41:42.56
Alee Rowley, WOU	42:00.55
Ashley Rendahl, NNU	42:16.20
Mary Bakeman, CWU	42:31.45

**100 Hurdles (15.50, 16.80; 14.00, 14.60)**

Michelle Howe, WWU	14.52
Mandy Keifer, WOU	14.94
Jacque Helbling, WOU	14.99
Lauren Laichak, UAA	15.06
Janna VanderMeulen, WOU	15.06
Ali Worthen, SPU	15.12
Nathalia Echavarría, UAA	15.18
Meagan Friess, UAA	15.24
Ali Mosher, WOU	15.47
Clara Cook, WWU	15.48

**400 Hurdles (66.00, 69.90; 1:00.75, 1:03.00)**

Heidi Dimmitt, WWU	1:00.31
Jamie Beaty, NNU	1:02.28
Ardrienna Everett, UAA	1:02.57
Jennifer Pike, SPU	1:02.76
Zee Zee Young, UAA	1:04.66
Mandy Keifer, WOU	1:04.90
Ali Mosher, WOU	1:06.40
Natalie Nobbs, SPU	1:06.80
Jacque Helbling, WOU	1:06.87
Michelle Howe, WWU	1:06.94

**3000 Steeplechase (11:40.00, 12:40.00; 10:55.00, 11:20.00)**

Courtney Olsen, WWU	11:27.01
Kayti Krepel, SPU	11:27.1
Mary Williams, SPU	11:36.87
Emma Bohman, UAA	11:37.47
Phoebe Hartnett, WWU	11:43.14
Tricia Morrison, WOU	11:43.77
Adriana Mendoza, CWU	11:59.32
Erica Snawder, WOU	12:15.07
Annie Laweryson, SMU	12:17.07

**4x100 Relay (Mark Required; 46.00, 47.40)**

Western Washington	47.88
Western Oregon	48.27
Alaska Anchorage	48.96
Northwest Nazarene	49.33
Seattle Pacific	49.35
Montana State Billings (50.10)	*50.22
Central Washington	50.41

**4x400 Relay (Mark Required; 3:45.00, 3:51.00)**

Western Washington	3:49.70
Northwest Nazarene	3:53.02
Seattle Pacific	3:58.22
Western Oregon	3:59.15
Alaska Anchorage	4:05.02
Central Washington	4:16.25
Saint Martin's	4:16.27
MSU Billings (4:17.21)	4:17.65

**High Jump (5-3, 4-10 ¼ ; 5-8 ¾, 5-6)**

Clara Cook, WWU	1.71 (5-7 ¼ )
Ali Worthen, SPU	1.66 (5-5 ¼ )
Kelsey Burns, SPU	1.60 (5-3)
Sabrina Schwindler, WWU	1.60 (5-3)
Kelsey Neilson, WOU	1.57 (5-1 ¾ )
Jacquie Mattson, SPU	1.57 (5-1 ¾ )
Mandy Keifer, WOU	1.55 (5-1)

Raquel Gonzalez, CWU	1.55 (5-1)
Jill Bennett, NNU	1.55 (5-1)
Devon King, WWU	1.52 (4-11 ¾ )
Siri Berg, CWU	1.52 (4-11 ¾ )
Jacque Helbling, WOU	1.52 (4-11 ¾ )
Michelle Howe, WWU	1.52 (4-11 ¾ )

**Pole Vault (10-11 ¾, 9-0 ¼ ; 12-11 1/2, 11-11 ½)**

Christy Miller, WWU	3.76 (12-4)
Melissa Peaslee, SPU	3.70 (12-1 ½ )
Carrie (Hauck) Allan, SPU	3.61 (11-10)
Michaela Caldwell, SPU	3.41 (11-2 ¼ )
Karina Elzinger, NNU	3.40 (11-1 ¾ )
Kjersti Gedde, SPU	3.31 (10-10 ¼ )
Amanda DiEnno, WWU	3.35 (10-11 ¾ )
Sydney Austin, WWU	3.30 (10-10)
Elsa Couvelier, WWU	3.26 (10-8 ¼ )
Robin Mueller, WWU	3.25 (10-8)
Camille Clarke, WWU	3.25 (10-8)
Cindy Glenn, CWU	3.25 (10-8)

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

Kelsey Burns, SPU	5.71 (18-9)
Emily Warman, WWU	5.60 (18-4 ½ )
Jacque Helbling, WOU	5.49 (18-0 ¼ )
Molly Reid, NNU	5.31 (17-5 ¼ )
Ali Worthen, SPU	5.30 (17-4 ½ )
Erika Halle, MSUB	5.19 (17-0 ½ )
Mandy Keifer, WOU	5.17 (16-11 ½ )
Laura VonArx, NNU	5.09 (16-8 ½ )
Natalie Nobbs, SPU	5.09 (16-8 ½ )
Callie Muri, WWU	5.08 (16-8)

**Triple Jump (35-9, 32-0; 39-10 ¼, 37-10 ¾)**

Laura VonArx, NNU	11.87 (38-11 ½ )
Emily Warman, WWU	11.80 (38-8 ¾ )
Mandy Keifer, WOU	11.18 (36-8 ¼ )
Molly Reid, NNU	11.13 (36-6 ¼ )
Maycee Bekkedahl, NNU	10.97 (36-0)
Kelsey Burns, SPU	10.93 (35-10 ½ )
Amanda Rose, CWU	10.88 (35-8 ½ )
Callie Muri, WWU	10.57 (34-8 ¼ )
Zoe Skordahl, WOU	10.45 (34-3 ½ )
Christy Miller, WWU	10.29 (33-9 ¼ )

**Shot Put (37-8 ¾, 34-1 ½ ; 48-2 ¾, 43-5 ½)**

Krissy Tandle, CWU	14.94 (49-1)
Shaina Afoa, CWU	12.96 (42-6 ¼ )
Joy Warrington, NNU	12.92 (42-4 ¾ )
Torie Self, CWU	12.18 (39-11 ½ )
Hannah Dine-Aubert, NNU	11.94 (39-2 ¼ )
Jordan Stueckle, CWU	11.85 (38-10 ½ )
Alyssa Taylor, WOU	11.40 (37-5)
Shayna Shute, NNU	11.34 (37-2 ½ )
Kacie Vanderloos, MSUB	11.23 (36-10 ½ )
Hillary Gourneau, MSUB	11.12 (36-5 ¾ )

**Discus (121-5, 108-3; 156-6, 141-1)**

Lexi Halvorson, MSUB	43.51 (142-9)
Torie Self, CWU	43.49 (142-8)
Krissy Tandle, CWU	41.47 (136-1)
Shaina Afoa, CWU	39.69 (130-2)

Joy Warrington, NNU	37.97 (124-7)
Alyssa Taylor, WOU	35.81 (117-5)
Hillary Gourneau, MSUB	35.67 (117-0)
Courtney Little, NNU	34.56 (113-5)
Shayna Shute, NNU	34.22 (112-3)
Chelsey Jones, NNU	32.40 (106-3)

**Hammer (137-9, 108-3; 179-1, 162-4)**

Erika McCarthy, NNU	48.08 (157-9)
Torie Self, CWU	47.25 (155-0)
Courtney Little, NNU	46.97 (154-1)
Jordan Stueckle, CWU	45.68 (149-10)
Krissy Tandle, CWU	45.67 (149-10)
Joy Warrington, NNU	42.84 (140-7)
Jillian Blake, SMU	42.38 (139-0)
Shayna Shute, NNU	42.34 (138-11)
Hannah Dine-Aubert, NNU	42.08 (138-1)
Megan Thomas, SMU	41.12 (134-11)

**Javelin (125-0, 108-3; 147-7, 134-6)**

Jeeni Schantin, SPU	48.80 (160-1)
Lauren VerMulm, SPU	45.31 (148-8)
Lakiesha Nilles, NNU	41.92 (137-6)
Elisha Harris, UAA	40.17 (131-9)
Katie McMeel, CWU	39.38 (129-2)
Laura VonArx, NNU	38.78 (127-3)
Jillian Lorenzen, WOU	38.51 (126-4)
Stephanie Lane, WOU	38.05 (124-10)
Caitlyn Morris, WOU	37.82 (124-1)
Mandy Keifer, WOU	36.25 (118-11)

**Heptathlon (3500, 3000; 4800, 4440)**

Mandy Keifer, WOU	4588
Clara Cook, WWU	4343
Raquel Gonzalez, CWU	4137
Jacque Helbling, WOU	4131
Michelle Howe, WWU	3948
Sabrina Schwindler, WWU	3947
Jill Bennett, NNU	3834
Laura VonArx, NNU	3832
Devon King, WWU	3341
Beth McLam, NNU	3328