

January 23 2010 • 01:48 AM • www.tfrrs.org

GNAC Indoor Performance List

ICON KEY: NCAA DII Auto NCAA DII Prov GNAC Auto GNAC Prov

60m (Men)







RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 6.75	NCAA DII Prov 6.88	GNAC Auto 7.16	GNAC Prov 7.39
				TIME	MEET	MEET DATE	DATE SUBMITTED
1	Wright, Anthony	FR-1	Central Washington	6.95	UW Indoor Preview	01/16/10	01/17/10
2	Aguilar, Gabe	SO-2	Western Oregon	6.99	UW Indoor Preview	01/16/10	01/17/10
3	Mack, Bryan	SO-2	Central Washington	7.01	UW Indoor Preview	01/16/10	01/17/10
4	Tilley, Alex	SO-2	Western Washington	7.04	UW Indoor Preview	01/16/10	01/17/10
5	Alexander, Bobby	FR-1	Western Oregon	7.12	UW Indoor Preview	01/16/10	01/17/10
6	Boyd, Dustin	FR-1	Western Oregon	7.14	UW Indoor Preview	01/16/10	01/17/10
7	Pearce, Brandon	FR-1	Montana State-Billings	7.15(55) @	CSC Alumni Open	12/12/09	12/14/09
8	DeVaughn, Josh	FR-1	St. Martin's	7.19	UW Indoor Preview	01/16/10	01/17/10
9	Hope, Maurus	SO-2	Northwest Nazarene	7.20	Boise State Jackson's Open	12/04/09	12/07/09
10	Colby, Cameron	FR-1	Northwest Nazarene	7.23	Boise State Jackson's Open	12/04/09	12/07/09
11	Thomsen, Justin	FR-1	Western Washington	7.25	UW Indoor Preview	01/16/10	01/17/10
12	Prevost, Adam	FR-1	Montana State-Billings	7.32(55) @	CSC Alumni Open	12/12/09	12/14/09
12	Cho, James	SO-2	Central Washington	7.32	UW Indoor Preview	01/16/10	01/17/10
14	Hill, Dan	JR-3	Northwest Nazarene	7.35	Boise State Jackson's Open	12/04/09	12/07/09
15	Sepe, Derek	SO-2	Northwest Nazarene	7.38	Boise State Jackson's Open	12/04/09	12/07/09
16	Gruger, Shane	JR-3	Western Washington	7.39	UW Indoor Preview	01/16/10	01/17/10
17	Freeman, Chris	SO-2	Western Oregon	7.40	UW Indoor Preview	01/16/10	01/17/10
17	Ruether, Chris	FR-1	Western Washington	7.40	UW Indoor Preview	01/16/10	01/17/10
19	Kirkpatrick, Connor	FR-1	Northwest Nazarene	7.45	Boise State Jackson's Open	12/04/09	12/07/09
20	Heidegger, Ben	SO-2	Northwest Nazarene	7.48	Boise State Jackson's Open	12/04/09	12/07/09
21	Zwiefelhofer, Eric	SR-4	Northwest Nazarene	7.49	Boise State Jackson's Open	12/04/09	12/07/09
22	Vallincourt, Noah	JR-3	Montana State-Billings	7.50 @	BHSU Winter Open	12/03/09	12/06/09
23	Weist, Cam	SO-2	Montana State-Billings	7.62(55) @	CSC Alumni Open	12/12/09	12/14/09
24	Johnson, Corey	SO-2	Northwest Nazarene	7.70	Boise State Jackson's Open	12/04/09	12/07/09
25	Greene, Tim	JR-3	Northwest Nazarene	7.72	Boise State Jackson's Open	12/04/09	12/07/09
26	Barrett, Luke	SR-4	Montana State-Billings	7.76 @	BHSU Winter Open	12/03/09	12/06/09
27	Humble, Brandon	FR-1	Northwest Nazarene	7.87	Boise State Jackson's Open	12/04/09	12/07/09
28	Montgomery, Stuart	JR-3	Northwest Nazarene	8.09	Boise State Jackson's Open	12/04/09	12/07/09
29	Williams, Dorian	FR-1	Montana State-Billings	8.60 @	BHSU Winter Open	12/03/09	12/06/09

60m (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 7.45	NCAA DII Prov 7.75	GNAC Auto 8.09	GNAC Prov 8.33
				TIME	MEET	MEET DATE	DATE SUBMITTED
1	Houplin, Joana	SO-2	Western Washington	8.05	UW Indoor Preview	01/16/10	01/17/10
2	Zukowski, Megan	JR-3	Western Washington	8.11	UW Indoor Preview	01/16/10	01/17/10
3	Dittmar, Stefani	SR-4	Western Oregon	8.13	UW Indoor Preview	01/16/10	01/17/10
4	Simons, Justine	SO-2	Montana State-Billings	8.17(55) @	CSC Alumni Open	12/12/09	12/14/09
5	Bailey, Mary	FR-1	Western Oregon	8.18	UW Indoor Preview	01/16/10	01/17/10
5	Meusec, Lacey	JR-3	Western Oregon	8.18	UW Indoor Preview	01/16/10	01/17/10
7	Grammer, Melissa	FR-1	Northwest Nazarene	8.22	Boise State Jackson's Open	12/04/09	12/07/09
8	Quatier, Emily	FR-1	Seattle Pacific	8.27	UW Indoor Preview	01/16/10	01/17/10
9	Tidwell, Latoya	JR-3	Northwest Nazarene	8.30	Boise State Jackson's Open	12/04/09	12/07/09
10	Powers, Carolanne	FR-1	Western Oregon	8.32	UW Indoor Preview	01/16/10	01/17/10
11	Derhak, Britney	SR-4	Montana State-Billings	8.37(55) @	CSC Alumni Open	12/12/09	12/14/09
12	Takayoshi, Sarah	FR-1	Central Washington	8.42	UW Indoor Preview	01/16/10	01/17/10

13	Reid, Molly	SO-2	Northwest Nazarene	8.45	Boise State Jackson's Open	12/04/09	12/07/09
14	Pieren, Emily	FR-1	Western Oregon	8.46	UW Indoor Preview	01/16/10	01/17/10
15	Jewitt, Jasmyn	FR-1	Northwest Nazarene	8.50	Boise State Jackson's Open	12/04/09	12/07/09
16	Weiks, Kaila	FR-1	St. Martin's	8.53	UW Indoor Preview	01/16/10	01/17/10
17	Seward, Sharelle	JR-3	Northwest Nazarene	8.77	Boise State Jackson's Open	12/04/09	12/07/09
18	Bickford, Danielle	JR-3	Northwest Nazarene	8.86	Boise State Jackson's Open	12/04/09	12/07/09

200m (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 21.40	NCAA DII Prov 21.80	GNAC Auto 22.76	GNAC Prov 23.32
				TIME	MEET	MEET DATE	DATE SUBMITTED
 1	Hope, Maurus	SO-2	Northwest Nazarene	22.13	Boise State Jackson's Open	12/04/09	12/07/09
 2	Pearce, Brandon	FR-1	Montana State-Billings	22.73 #	CSC Alumni Open	12/12/09	12/14/09
 3	Moore, Josh	FR-1	Western Oregon	22.75 #	UW Indoor Preview	01/16/10	01/17/10
 4	Mott, Ashtin	JR-3	Western Oregon	22.91 #	UW Indoor Preview	01/16/10	01/17/10
 5	Yakovich, Anthony	FR-1	Western Oregon	22.96 #	UW Indoor Preview	01/16/10	01/17/10
 6	Gruger, Shane	JR-3	Western Washington	23.06 #	UW Indoor Preview	01/16/10	01/17/10
 6	Tilley, Alex	SO-2	Western Washington	23.06 #	UW Indoor Preview	01/16/10	01/17/10
 8	DeVaughn, Josh	FR-1	St. Martin's	23.09 #	UW Indoor Preview	01/16/10	01/17/10
 9	Hill, Dan	JR-3	Northwest Nazarene	23.10	Boise State Jackson's Open	12/04/09	12/07/09
 10	Wright, Anthony	FR-1	Central Washington	23.30 #	UW Indoor Preview	01/16/10	01/17/10
11	Sepe, Derek	SO-2	Northwest Nazarene	23.43	Boise State Jackson's Open	12/04/09	12/07/09
12	Hogan, Anthony	FR-1	Central Washington	23.53 #	UW Indoor Preview	01/16/10	01/17/10
13	Mack, Bryan	SO-2	Central Washington	23.58 #	UW Indoor Preview	01/16/10	01/17/10
14	Colby, Cameron	FR-1	Northwest Nazarene	23.63	Boise State Jackson's Open	12/04/09	12/07/09
15	Darling, Logan	FR-1	Western Washington	23.75 #	UW Indoor Preview	01/16/10	01/17/10
16	David, Toby	JR-3	Western Washington	23.80 #	UW Indoor Preview	01/16/10	01/17/10
17	Thomsen, Justin	FR-1	Western Washington	23.84 #	UW Indoor Preview	01/16/10	01/17/10
17	Kirkpatrick, Connor	FR-1	Northwest Nazarene	23.84	Boise State Jackson's Open	12/04/09	12/07/09
19	Gray, Andrew	SO-2	Western Washington	24.11 #	UW Indoor Preview	01/16/10	01/17/10
20	Prevost, Adam	FR-1	Montana State-Billings	24.12 #	CSC Alumni Open	12/12/09	12/14/09
21	Ruether, Chris	FR-1	Western Washington	24.17 #	UW Indoor Preview	01/16/10	01/17/10
22	Grounds, Micah	JR-3	Seattle Pacific	24.21 #	UW Indoor Preview	01/16/10	01/17/10
22	Zwiefelhofer, Eric	SR-4	Northwest Nazarene	24.21	Boise State Jackson's Open	12/04/09	12/07/09
24	O'Connell, Shane	SO-2	Western Oregon	24.25 #	UW Indoor Preview	01/16/10	01/17/10
25	Harris, Darnell	SO-2	Central Washington	24.30 #	UW Indoor Preview	01/16/10	01/17/10
26	Barrett, Luke	SR-4	Montana State-Billings	24.45 #	CSC Alumni Open	12/12/09	12/14/09
27	Johnson, Corey	SO-2	Northwest Nazarene	24.56	Boise State Jackson's Open	12/04/09	12/07/09
28	Humble, Brandon	FR-1	Northwest Nazarene	24.58	Boise State Jackson's Open	12/04/09	12/07/09
29	Derwin, Jace	SR-4	Seattle Pacific	24.65 #	UW Indoor Preview	01/16/10	01/17/10
30	Weist, Cam	SO-2	Montana State-Billings	24.75 #	CSC Alumni Open	12/12/09	12/14/09
31	Williams, Dorian	FR-1	Montana State-Billings	25.85 #	BHSU Winter Open	12/03/09	12/06/09

200m (Women)





RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 24.35	NCAA DII Prov 25.20	GNAC Auto 25.75	GNAC Prov 26.97
				TIME	MEET	MEET DATE	DATE SUBMITTED
 1	Kathrein, Sarah	FR-1	Western Oregon	26.45 #	UW Indoor Preview	01/16/10	01/17/10
 2	Halle, Erika	SO-2	Montana State-Billings	26.47 #	CSC Alumni Open	12/12/09	12/14/09
 3	Simons, Justine	SO-2	Montana State-Billings	26.66 #	CSC Alumni Open	12/12/09	12/14/09
 4	Houplin, Joana	SO-2	Western Washington	26.70 #	UW Indoor Preview	01/16/10	01/17/10
 5	Tidwell, Latoya	JR-3	Northwest Nazarene	26.77	Boise State Jackson's Open	12/04/09	12/07/09
 6	Zukowski, Megan	JR-3	Western Washington	26.90 #	UW Indoor Preview	01/16/10	01/17/10
 7	Sims, Chrystal	JR-3	Seattle Pacific	26.92 #	UW Indoor Preview	01/16/10	01/17/10
 8	Meusec, Lacey	JR-3	Western Oregon	26.93 #	UW Indoor Preview	01/16/10	01/17/10
 9	Howe, Michelle	JR-3	Western Washington	26.94 #	UW Indoor Preview	01/16/10	01/17/10
 10	Dittmar, Stefani	SR-4	Western Oregon	26.97 #	UW Indoor Preview	01/16/10	01/17/10
11	Reid, Kaitlyn	JR-3	Western Oregon	27.17 #	UW Indoor Preview	01/16/10	01/17/10
12	Powers, Carolanne	FR-1	Western Oregon	27.32 #	UW Indoor Preview	01/16/10	01/17/10
13	Quatier, Emily	FR-1	Seattle Pacific	27.35 #	UW Indoor Preview	01/16/10	01/17/10
14	Redberg, McKenzie	FR-1	Western Oregon	27.39 #	UW Indoor Preview	01/16/10	01/17/10
15	Derhak, Britney	SR-4	Montana State-Billings	27.47 #	CSC Alumni Open	12/12/09	12/14/09
16	McDowell, Crystal	FR-1	Western Oregon	27.56 #	UW Indoor Preview	01/16/10	01/17/10
17	Ciaccio, Amy	JR-3	Northwest Nazarene	27.79	Boise State Jackson's Open	12/04/09	12/07/09

18	Pieren, Emily	FR-1	Western Oregon	27.85 #	UW Indoor Preview	01/16/10	01/17/10
19	Rippy, Shanna	FR-1	Northwest Nazarene	28.13	Boise State Jackson's Open	12/04/09	12/07/09
20	Grammer, Melissa	FR-1	Northwest Nazarene	28.19	Boise State Jackson's Open	12/04/09	12/07/09
21	Adams, Elissa	FR-1	Montana State-Billings	28.25 #	CSC Alumni Open	12/12/09	12/14/09
22	Nobbs, Natalie	SO-2	Seattle Pacific	28.26 #	UW Indoor Preview	01/16/10	01/17/10
23	Weiks, Kaila	FR-1	St. Martin's	28.45 #	UW Indoor Preview	01/16/10	01/17/10
24	Pridgen, Laura	FR-1	Northwest Nazarene	28.73	Boise State Jackson's Open	12/04/09	12/07/09
25	Seward, Sharelle	JR-3	Northwest Nazarene	28.81	Boise State Jackson's Open	12/04/09	12/07/09
26	Cheng, Kiana	FR-1	Western Washington	29.47 #	UW Indoor Preview	01/16/10	01/17/10
27	Bickford, Danielle	JR-3	Northwest Nazarene	30.02	Boise State Jackson's Open	12/04/09	12/07/09

400m (Men)

		NCAA DII Auto 47.60		NCAA DII Prov 48.85		GNAC Auto 50.37		GNAC Prov 51.74	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
 	1	Mott, Ashtin	JR-3	Western Oregon	49.73 #	UW Indoor Preview	01/16/10	01/17/10	
	2	Kaino, Matt	FR-1	Western Oregon	50.59 #	UW Indoor Preview	01/16/10	01/17/10	
	3	Yakovich, Anthony	FR-1	Western Oregon	50.62 #	UW Indoor Preview	01/16/10	01/17/10	
	4	Moore, Josh	FR-1	Western Oregon	50.76 #	UW Indoor Preview	01/16/10	01/17/10	
	5	Loscutoff, Andy	JR-3	Western Oregon	50.92 #	UW Indoor Preview	01/16/10	01/17/10	
	6	O'Connell, Matt	JR-3	Western Washington	51.07 #	UW Indoor Preview	01/16/10	01/17/10	
	7	David, Toby	JR-3	Western Washington	51.94 #	UW Indoor Preview	01/16/10	01/17/10	
	8	O'Connell, Shane	SO-2	Western Oregon	52.01 #	UW Indoor Preview	01/16/10	01/17/10	
	9	Grounds, Micah	JR-3	Seattle Pacific	52.75 #	UW Indoor Preview	01/16/10	01/17/10	
	10	Diede, Nathan	JR-3	Montana State-Billings	52.84 #	CSC Alumni Open	12/12/09	12/14/09	
	11	Christor, Reggie	SO-2	Western Washington	53.39 #	UW Indoor Preview	01/16/10	01/17/10	
	12	Derwin, Jace	SR-4	Seattle Pacific	53.98 #	UW Indoor Preview	01/16/10	01/17/10	
	13	Ngeno, Benard	SO-2	Northwest Nazarene	55.32	Boise State Jackson's Open	12/04/09	12/07/09	
	14	Steiglitz, Tim	FR-1	Northwest Nazarene	55.93	Boise State Jackson's Open	12/04/09	12/07/09	
	15	Hildebrand, Michael	SO-2	Montana State-Billings	56.61 #	CSC Alumni Open	12/12/09	12/14/09	
	16	Weist, Cam	SO-2	Montana State-Billings	1:01.85 #	BHSU Winter Open	12/03/09	12/06/09	

400m (Women)

		NCAA DII Auto 55.70		NCAA DII Prov 57.60		GNAC Auto 58.58		GNAC Prov 1:01.80	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
	1	Siler, Ellie	SO-2	Western Washington	58.98 #	UW Indoor Preview	01/16/10	01/17/10	
	2	Brownell, Sarah	JR-3	Western Washington	59.97 #	UW Indoor Preview	01/16/10	01/17/10	
	3	Pike, Jenifer	JR-3	Seattle Pacific	1:00.30 #	UW Indoor Preview	01/16/10	01/17/10	
	4	Decker, Elisa	JR-3	Northwest Nazarene	1:00.37	Boise State Jackson's Open	12/04/09	12/07/09	
	5	McDowell, Crystal	FR-1	Western Oregon	1:02.23 #	UW Indoor Preview	01/16/10	01/17/10	
	6	Nobbs, Natalie	SO-2	Seattle Pacific	1:03.40 #	UW Indoor Preview	01/16/10	01/17/10	
	7	Rippy, Shanna	FR-1	Northwest Nazarene	1:05.25	Boise State Jackson's Open	12/04/09	12/07/09	
	8	Layne, Chelsea	FR-1	Northwest Nazarene	1:06.68	Boise State Jackson's Open	12/04/09	12/07/09	
	9	McGurran, Sarah	FR-1	Montana State-Billings	1:07.14 HT #	CSC Alumni Open	12/12/09	12/14/09	

800m (Men)

		NCAA DII Auto 1:52.00		NCAA DII Prov 1:54.00		GNAC Auto 1:57.86		GNAC Prov 2:01.86	
RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED		
	1	Seeley, Nathan	FR-1	Seattle Pacific	1:56.70 #	UW Indoor Preview	01/16/10	01/17/10	
	2	Kasler, Connor	FR-1	Western Oregon	1:58.55 #	UW Indoor Preview	01/16/10	01/17/10	
	3	Maunu, Toby	FR-1	Western Oregon	1:58.78 #	UW Indoor Preview	01/16/10	01/17/10	
	4	Larson, Kyle	JR-3	Western Oregon	1:59.69 #	UW Indoor Preview	01/16/10	01/17/10	
	5	Brown, Michael	SO-2	Western Oregon	1:59.71 #	UW Indoor Preview	01/16/10	01/17/10	
	6	Chapman, Ryan	FR-1	Western Oregon	1:59.79 #	UW Indoor Preview	01/16/10	01/17/10	
	7	Long, Jeff	SR-4	Western Oregon	2:00.59 #	UW Indoor Preview	01/16/10	01/17/10	
	8	Vanderby, Tyson	SO-2	Montana State-Billings	2:01.68 # @	CSC Alumni Open	12/12/09	12/14/09	
	9	Schmidt, Mike	SR-4	Western Oregon	2:06.14 #	UW Indoor Preview	01/16/10	01/17/10	
	10	Shuler, Tucker	SO-2	Montana State-Billings	2:08.95 # @	BHSU Winter Open	12/03/09	12/06/09	
	11	Buttelman, Travis	FR-1	Montana State-Billings	2:10.77 # @	CSC Alumni Open	12/12/09	12/14/09	
	12	Canfield, Taylor	SO-2	Montana State-Billings	2:11.77 # @	CSC Alumni Open	12/12/09	12/14/09	
	13	Blomback, Ryan	FR-1	Montana State-Billings	2:13.77 # @	CSC Alumni Open	12/12/09	12/14/09	




800m (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 2:11.70	NCAA DII Prov 2:16.20	GNAC Auto 2:17.31	GNAC Prov 2:23.80
				TIME	MEET	MEET DATE	DATE SUBMITTED
 1	Applebee, Annan	JR-3	Western Oregon	2:12.08 #	UW Indoor Preview	01/16/10	01/17/10
 2	O'Connell, Megan	JR-3	Western Washington	2:21.06 #	UW Indoor Preview	01/16/10	01/17/10
 3	Laweryson, Annie	JR-3	St. Martin's	2:21.43 #	UW Indoor Preview	01/16/10	01/17/10
 4	Everetts, Janelle	SO-2	Western Oregon	2:23.11 #	UW Indoor Preview	01/16/10	01/17/10
 5	Skordahl, Zoe	SO-2	Western Oregon	2:23.61 #	UW Indoor Preview	01/16/10	01/17/10
6	Zambon, Erica	SR-4	Western Oregon	2:24.84 #	UW Indoor Preview	01/16/10	01/17/10
7	Butcher, Meryl	SO-2	Western Oregon	2:26.00 #	UW Indoor Preview	01/16/10	01/17/10
8	Nelson, Erica	FR-1	Western Oregon	2:32.42 #	UW Indoor Preview	01/16/10	01/17/10
9	Bennett, Jill	SO-2	Northwest Nazarene	2:35.06	Boise State Jackson's Open	12/04/09	12/07/09
10	Mickelson, Whitney	SO-2	Montana State-Billings	2:40.06 # @	BHSU Winter Open	12/03/09	12/06/09
11	Owen, Mary	FR-1	Montana State-Billings	2:40.44 # @	CSC Alumni Open	12/12/09	12/14/09
12	Thiel, Katie	JR-3	Montana State-Billings	2:41.22 # @	CSC Alumni Open	12/12/09	12/14/09
13	Vonarx, Laura	SR-4	Northwest Nazarene	2:42.60	Boise State Jackson's Open	12/04/09	12/07/09
14	Halle, Erika	SO-2	Montana State-Billings	2:43.84 # @	Montana State Multis	01/12/10	01/12/10
15	McLam, Beth	JR-3	Northwest Nazarene	2:48.94	Boise State Jackson's Open	12/04/09	12/07/09

1 Mile (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 4:09.00	NCAA DII Prov 4:13.70	GNAC Auto 4:22.91	GNAC Prov 4:30.84
				TIME	MEET	MEET DATE	DATE SUBMITTED
 1	Meis, Chad	SR-4	Seattle Pacific	4:11.79 #	UW Indoor Preview	01/16/10	01/17/10
 2	Welling, Jordan	JR-3	Western Washington	4:16.40 #	UW Indoor Preview	01/16/10	01/17/10
 3	Kasler, Connor	FR-1	Western Oregon	4:18.66 #	UW Indoor Preview	01/16/10	01/17/10
 4	Van Santen, Kyle	SO-2	St. Martin's	4:20.17 #	UW Indoor Preview	01/16/10	01/17/10
 5	Long, Jeff	SR-4	Western Oregon	4:21.06 #	UW Indoor Preview	01/16/10	01/17/10
 6	Medhaug, Blake	JR-3	Western Washington	4:22.40 #	UW Indoor Preview	01/16/10	01/17/10
 7	Wahlenmaier, Jacob	JR-3	Seattle Pacific	4:22.87 #	UW Indoor Preview	01/16/10	01/17/10
 8	Sprinkle, Dan	SO-2	Western Oregon	4:23.01 #	UW Indoor Preview	01/16/10	01/17/10
 9	Patti, Joseph	FR-1	St. Martin's	4:23.80 #	UW Indoor Preview	01/16/10	01/17/10
 10	Hunt, Spencer	SO-2	St. Martin's	4:26.64 #	UW Indoor Preview	01/16/10	01/17/10
 11	Abraham, Nick	SO-2	Western Washington	4:28.43 #	UW Indoor Preview	01/16/10	01/17/10
 12	Johnson, Kyle	SO-2	Western Washington	4:28.46 #	UW Indoor Preview	01/16/10	01/17/10
 13	Larson, Kyle	JR-3	Western Oregon	4:28.73 #	UW Indoor Preview	01/16/10	01/17/10
 14	Baker, AJ	FR-1	Seattle Pacific	4:29.16 #	UW Indoor Preview	01/16/10	01/17/10
 15	Jackson, Chip	FR-1	Western Washington	4:30.96 #	UW Indoor Preview	01/16/10	01/17/10
 16	Boyd, Tanner	FR-1	Western Washington	4:32.30 #	UW Indoor Preview	01/16/10	01/17/10
 17	Vanderby, Tyson	SO-2	Montana State-Billings	4:38.22 # @	BHSU Winter Open	12/03/09	12/06/09
 18	Armstrong, Graham	FR-1	Western Washington	4:38.69 #	UW Indoor Preview	01/16/10	01/17/10
 19	McLeod, Ian	FR-1	Western Washington	4:43.20 #	UW Indoor Preview	01/16/10	01/17/10
 20	Canfield, Taylor	SO-2	Montana State-Billings	4:46.11 # @	CSC Alumni Open	12/12/09	12/14/09
 21	Blomback, Ryan	FR-1	Montana State-Billings	4:51.23 # @	BHSU Winter Open	12/03/09	12/06/09
 22	Buttelman, Travis	FR-1	Montana State-Billings	4:56.55 # @	CSC Alumni Open	12/12/09	12/14/09

1 Mile (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 4:54.40	NCAA DII Prov 5:04.38	GNAC Auto 5:07.44	GNAC Prov 5:25.73
				TIME	MEET	MEET DATE	DATE SUBMITTED
 1	Morrison, Tricia	JR-3	Western Oregon	5:21.20 #	UW Indoor Preview	01/16/10	01/17/10
 2	Boyer, Jessica	SO-2	Western Washington	5:21.59 #	UW Indoor Preview	01/16/10	01/17/10
 3	Mickelson, Whitney	SO-2	Montana State-Billings	5:22.99 # @	BHSU Winter Open	12/03/09	12/06/09
4	Carlson, Krinda	SR-4	St. Martin's	5:26.91 #	UW Indoor Preview	01/16/10	01/17/10
5	Ujifusa, Maria	FR-1	Western Washington	5:29.20 #	UW Indoor Preview	01/16/10	01/17/10
6	Thiel, Katie	JR-3	Montana State-Billings	5:35.63 # @	BHSU Winter Open	12/03/09	12/06/09
7	Owen, Mary	FR-1	Montana State-Billings	5:44.55 # @	CSC Alumni Open	12/12/09	12/14/09

3,000m (Men)

RANK	ATHLETE	YEAR	TEAM	GNAC Auto 8:59.88	GNAC Prov 9:15.73	MEET DATE	DATE SUBMITTED
				TIME	MEET		
1	McCrary, Matt	SO-2	Western Oregon	8:46.64	UW Indoor Preview	01/16/10	01/17/10
2	Gray, Kyle	SR-4	Northwest Nazarene	8:58.09	Boise State Jackson's Open	12/04/09	12/07/09
3	Snook, Brandon	SR-4	Western Oregon	8:59.16	UW Indoor Preview	01/16/10	01/17/10
4	Holt, Luke	FR-1	Western Oregon	9:01.01	UW Indoor Preview	01/16/10	01/17/10
5	Karr, Justin	JR-3	Western Oregon	9:08.34	UW Indoor Preview	01/16/10	01/17/10
6	Rankin, Matt	FR-1	Northwest Nazarene	9:26.65	Boise State Jackson's Open	12/04/09	12/07/09
7	Baggenstos, Jesse	FR-1	Northwest Nazarene	9:28.22	Boise State Jackson's Open	12/04/09	12/07/09
8	Canfield, Taylor	SO-2	Montana State-Billings	9:38.69	BHSU Winter Open	12/03/09	12/06/09
9	Lovell, Joe	FR-1	Northwest Nazarene	9:48.06	Boise State Jackson's Open	12/04/09	12/07/09
10	Bolt, Mark	JR-3	Montana State-Billings	9:48.42	BHSU Winter Open	12/03/09	12/06/09
11	Buttelman, Travis	FR-1	Montana State-Billings	9:57.85	BHSU Winter Open	12/03/09	12/06/09
12	Crystal, Alex	SO-2	Northwest Nazarene	10:06.29	Boise State Jackson's Open	12/04/09	12/07/09

3,000m (Women)

RANK	ATHLETE	YEAR	TEAM	GNAC Auto 10:45.30	GNAC Prov 11:19.30	MEET DATE	DATE SUBMITTED
				TIME	MEET		
1	Porter, Sarah	JR-3	Western Washington	9:44.31	UW Indoor Preview	01/16/10	01/17/10
2	Breihof, Lauren	JR-3	Western Washington	10:12.28	UW Indoor Preview	01/16/10	01/17/10
3	Olsen, Courtney	SR-4	Western Washington	10:20.07	UW Indoor Preview	01/16/10	01/17/10
4	Johnson, Rachael	JR-3	Western Washington	10:32.14	UW Indoor Preview	01/16/10	01/17/10
5	Powell, Jordan	FR-1	Northwest Nazarene	10:38.56	Boise State Jackson's Open	12/04/09	12/07/09
6	Slaughter, Danielle	JR-3	Western Washington	10:40.05	UW Indoor Preview	01/16/10	01/17/10
7	Moore, Kirsten	FR-1	Western Washington	10:41.53	UW Indoor Preview	01/16/10	01/17/10
8	Cecchi, KayAnna	SO-2	Western Oregon	11:03.04	UW Indoor Preview	01/16/10	01/17/10
9	Brisky, Sierra	SO-2	Western Washington	11:06.16	UW Indoor Preview	01/16/10	01/17/10
10	Everetts, Megan	SO-2	Western Oregon	11:14.23	UW Indoor Preview	01/16/10	01/17/10
11	Snawder, Erica	JR-3	Western Oregon	11:15.21	UW Indoor Preview	01/16/10	01/17/10
12	Pecha, Kaitlynn	SO-2	St. Martin's	11:28.17	UW Indoor Preview	01/16/10	01/17/10
13	Rendahl, Ashley	JR-3	Northwest Nazarene	11:28.85	Boise State Jackson's Open	12/04/09	12/07/09
14	Camden, Helen	JR-3	St. Martin's	11:41.28	UW Indoor Preview	01/16/10	01/17/10
15	Llapitan, Ashley	FR-1	St. Martin's	11:47.74	UW Indoor Preview	01/16/10	01/17/10
16	Owen, Mary	FR-1	Montana State-Billings	11:49.60	BHSU Winter Open	12/03/09	12/06/09

60m H (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 8.04	NCAA DII Prov 8.25	GNAC Auto 8.89	GNAC Prov 9.26
				TIME	MEET	MEET DATE	DATE SUBMITTED
1	Loscutoff, Andy	JR-3	Western Oregon	8.47	UW Indoor Preview	01/16/10	01/17/10
2	Hogan, Anthony	FR-1	Central Washington	8.58	UW Indoor Preview	01/16/10	01/17/10
3	Gray, Andrew	SO-2	Western Washington	8.90	UW Indoor Preview	01/16/10	01/17/10
4	Johnson, Nate	FR-1	Seattle Pacific	8.99	UW Indoor Preview	01/16/10	01/17/10
5	Harris, Darnell	SO-2	Central Washington	9.00	UW Indoor Preview	01/16/10	01/17/10
6	Solberg, Dylan	FR-1	Montana State-Billings	9.04(55) @	CSC Alumni Open	12/12/09	12/14/09
7	Endresen, Ryan	FR-1	Seattle Pacific	9.09	UW Indoor Preview	01/16/10	01/17/10
8	Steiglitz, Tim	FR-1	Northwest Nazarene	9.24	Boise State Jackson's Open	12/04/09	12/07/09
9	Heidegger, Ben	SO-2	Northwest Nazarene	10.76	Boise State Jackson's Open	12/04/09	12/07/09
10	Montgomery, Stuart	JR-3	Northwest Nazarene	10.89	Boise State Jackson's Open	12/04/09	12/07/09
11	Greene, Tim	JR-3	Northwest Nazarene	11.61	Boise State Jackson's Open	12/04/09	12/07/09

60m H (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 8.60	NCAA DII Prov 9.00	GNAC Auto 9.36	GNAC Prov 9.87
				TIME	MEET	MEET DATE	DATE SUBMITTED
1	Howe, Michelle	JR-3	Western Washington	9.05	UW Indoor Preview	01/16/10	01/17/10
2	Schumacher, Terra	JR-3	Seattle Pacific	9.43	UW Indoor Preview	01/16/10	01/17/10
3	Vander Meulen, Janna	SO-2	Western Oregon	9.55	UW Indoor Preview	01/16/10	01/17/10
4	Reid, Kaitlyn	JR-3	Western Oregon	9.59	UW Indoor Preview	01/16/10	01/17/10

	5	Pike, Jenifer	JR-3	Seattle Pacific	9.60	UW Indoor Preview	01/16/10	01/17/10
	6	Mosher, Ali	SO-2	Western Oregon	9.73	UW Indoor Preview	01/16/10	01/17/10
	7	Bjornsson, Tanya	FR-1	Western Washington	9.89	UW Indoor Preview	01/16/10	01/17/10
	8	Halle, Erika	SO-2	Montana State-Billings	9.96(55) @	Montana State Multis	01/12/10	01/12/10
	9	Pridgen, Laura	FR-1	Northwest Nazarene	9.98	Boise State Jackson's Open	12/04/09	12/07/09
	10	Bennett, Jill	SO-2	Northwest Nazarene	9.99	Boise State Jackson's Open	12/04/09	12/07/09
	11	Gonzalez, Raquel	SR-4	Central Washington	10.07	UW Indoor Preview	01/16/10	01/17/10
	12	Vonarx, Laura	SR-4	Northwest Nazarene	10.24	Boise State Jackson's Open	12/04/09	12/07/09
	13	Rowland, Shelby	FR-1	Western Washington	10.37	UW Indoor Preview	01/16/10	01/17/10
	14	Scholter, Hannah	FR-1	St. Martin's	10.73	UW Indoor Preview	01/16/10	01/17/10
	15	Adams, Elissa	FR-1	Montana State-Billings	10.82(55) @	CSC Alumni Open	12/12/09	12/14/09
	16	McLam, Beth	JR-3	Northwest Nazarene	10.89	Boise State Jackson's Open	12/04/09	12/07/09
	17	Crowder, Emili	FR-1	Montana State-Billings	11.16(55) @	CSC Alumni Open	12/12/09	12/14/09
	18	McDonald, Alexandra	FR-1	Western Washington	11.52	UW Indoor Preview	01/16/10	01/17/10

4 x 400m Relay (Men)

RANK	TEAM	TIME	NCAA DII Auto 3:13.40		MEET DATE	DATE SUBMITTED
			MEET	NCAA DII Prov 3:18.50		
1	Western Oregon	3:22.56 #	UW Indoor Preview		01/16/10	01/17/10
2	Northwest Nazarene	3:23.59	Boise State Jackson's Open		12/04/09	12/07/09
3	Western Washington	3:25.00 #	UW Indoor Preview		01/16/10	01/17/10
4	St. Martin's	3:38.34 #	UW Indoor Preview		01/16/10	01/17/10
5	Central Washington	3:44.80 #	UW Indoor Preview		01/16/10	01/17/10
6	Montana State-Billings	3:49.91 #	BHSU Winter Open		12/03/09	12/06/09


4 x 400m Relay (Women)

RANK	TEAM	TIME	NCAA DII Auto 3:45.80		MEET DATE	DATE SUBMITTED
			MEET	NCAA DII Prov 3:55.80		
1	Western Washington	3:57.26 #	UW Indoor Preview		01/16/10	01/17/10
2	Seattle Pacific	4:09.76 #	UW Indoor Preview		01/16/10	01/17/10
3	Western Oregon	4:10.53 #	UW Indoor Preview		01/16/10	01/17/10
4	Northwest Nazarene	4:10.54	Boise State Jackson's Open		12/04/09	12/07/09
5	Montana State-Billings	4:18.63 #	BHSU Winter Open		12/03/09	12/06/09
6	Central Washington	4:20.63 #	UW Indoor Preview		01/16/10	01/17/10



4,000m Distance Medley (Men)

RANK	TEAM	TIME	NCAA DII Auto 9:52.60		MEET DATE	DATE SUBMITTED
			MEET	NCAA DII Prov 10:07.60		
1	St. Martin's	11:16.53 #	UW Indoor Preview		01/16/10	01/17/10

4,000m Distance Medley (Women)

RANK	TEAM	TIME	NCAA DII Auto 11:48.80		MEET DATE	DATE SUBMITTED
			MEET	NCAA DII Prov 12:18.30		
 1	Seattle Pacific	11:33.13 #	UW Indoor Preview		01/16/10	01/17/10

High Jump (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 2.11m		MEET	MEET DATE	DATE SUBMITTED	
				ENGLISH	METRIC				
	1	Boyes, Brennan	FR-1	Central Washington	6' 5"	1.96m	UW Indoor Preview	01/16/10	01/17/10
	1	Brockman, Keefe	SO-2	Western Washington	6' 5"	1.96m	UW Indoor Preview	01/16/10	01/17/10
	3	Hardie, Matson	FR-1	Western Oregon	6' 3.25"	1.91m	UW Indoor Preview	01/16/10	01/17/10
	3	Roddewig, Brandon	FR-1	Central Washington	6' 3.25"	1.91m	UW Indoor Preview	01/16/10	01/17/10
	3	Wegner, Robert	SR-4	Western Oregon	6' 3.25"	1.91m	UW Indoor Preview	01/16/10	01/17/10
	6	Larson, Josh	SO-2	Western Washington	5' 11.25"	1.81m	UW Indoor Preview	01/16/10	01/17/10
	7	Ewing, Rusty	FR-1	Montana State-Billings	5' 10.5"	1.79m	CSC Alumni Open	12/12/09	12/14/09
	8	Wagner, Nate	SR-4	Seattle Pacific	5' 7.25"	1.71m	UW Indoor Preview	01/16/10	01/17/10
	9	Montgomery, Stuart	JR-3	Northwest Nazarene	5' 1.75"	1.57m	Boise State Jackson's Open	12/04/09	12/07/09
	10	Heidegger, Ben	SO-2	Northwest Nazarene	5' 0.5"	1.54m	Boise State Jackson's Open	12/04/09	12/07/09

11 Greene, Tim JR-3 Northwest Nazarene 4' 11.5" 1.51m Boise State Jackson's Open 12/04/09 12/07/09

High Jump (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 1.74m		NCAA DII Prov 1.67m		GNAC Auto 1.61m		GNAC Prov 1.46m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
	1	Aanstad, Brittany	JR-3	Seattle Pacific	5' 4.25"	1.63m	UW Indoor Preview	01/16/10	01/17/10		
	2	Overdick, Amanda	FR-1	Western Washington	5' 2.25"	1.58m	UW Indoor Preview	01/16/10	01/17/10		
	3	Jewitt, Jasmyrn	FR-1	Northwest Nazarene	5' 1.75"	1.57m	Boise State Jackson's Open	12/04/09	12/07/09		
	4	Ambrose, Karah	FR-1	Western Oregon	5' 0.25"	1.53m	UW Indoor Preview	01/16/10	01/17/10		
	4	Gross, Katy	FR-1	Seattle Pacific	5' 0.25"	1.53m	UW Indoor Preview	01/16/10	01/17/10		
	4	Lotze, Katharine	FR-1	Central Washington	5' 0.25"	1.53m	UW Indoor Preview	01/16/10	01/17/10		
	4	Mattson, Jacquie	JR-3	Seattle Pacific	5' 0.25"	1.53m	UW Indoor Preview	01/16/10	01/17/10		
	8	Neumiller, Kayla	FR-1	Montana State-Billings	4' 11.75"	1.52m	BHSU Winter Open	12/03/09	12/06/09		
	9	Bennett, Jill	SO-2	Northwest Nazarene	4' 9"	1.45m	Boise State Jackson's Open	12/04/09	12/07/09		
	10	Alvord, Angie	SR-4	Western Washington	4' 8.25"	1.43m	UW Indoor Preview	01/16/10	01/17/10		
	10	Gonzalez, Raquel	SR-4	Central Washington	4' 8.25"	1.43m	UW Indoor Preview	01/16/10	01/17/10		
	12	Halle, Erika	SO-2	Montana State-Billings	4' 7.75"	1.42m	Montana State Multis	01/12/10	01/12/10		
	13	Vonarx, Laura	SR-4	Northwest Nazarene	4' 6.75"	1.39m	Boise State Jackson's Open	12/04/09	12/07/09		
	14	Berg, Siri	SO-2	Central Washington	4' 6.25"	1.38m	UW Indoor Preview	01/16/10	01/17/10		
	15	McLam, Beth	JR-3	Northwest Nazarene	4' 5.5"	1.36m	Boise State Jackson's Open	12/04/09	12/07/09		

Pole Vault (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 5.05m		NCAA DII Prov 4.80m		GNAC Auto 4.51m		GNAC Prov 4.05m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
	1	Brown, Ryan	JR-3	Western Washington	16' 1.25"	4.91m	UW Indoor Preview	01/16/10	01/17/10		
	2	Clendaniel, Tim	SO-2	Western Washington	14' 1.75"	4.31m	UW Indoor Preview	01/16/10	01/17/10		
	3	Hoza, Nick	SO-2	Western Washington	13' 7.75"	4.16m	UW Indoor Preview	01/16/10	01/17/10		
	3	Iverson, Kevin	SR-4	Western Washington	13' 7.75"	4.16m	UW Indoor Preview	01/16/10	01/17/10		
	3	Roddewig, Brandon	FR-1	Central Washington	13' 7.75"	4.16m	UW Indoor Preview	01/16/10	01/17/10		
	6	Martinez, Branden	SO-2	Montana State-Billings	13' 5"	4.08m	BHSU Winter Open	12/03/09	12/06/09		
	7	Carr, James	SO-2	Central Washington	13' 1.75"	4.01m	UW Indoor Preview	01/16/10	01/17/10		
	7	Harrison, Alex	JR-3	Western Washington	13' 1.75"	4.01m	UW Indoor Preview	01/16/10	01/17/10		
	9	Bennett, Bruno	FR-1	Northwest Nazarene	13' 1.5"	4.00m	Boise State Jackson's Open	12/04/09	12/07/09		
	10	Guidon, Thomas	FR-1	Western Washington	12' 8"	3.86m	UW Indoor Preview	01/16/10	01/17/10		
	10	Millson, Michael	JR-3	Western Washington	12' 8"	3.86m	UW Indoor Preview	01/16/10	01/17/10		
	12	Heidegger, Ben	SO-2	Northwest Nazarene	9' 10"	3.00m	Boise State Jackson's Open	12/04/09	12/07/09		
	12	Montgomery, Stuart	JR-3	Northwest Nazarene	9' 10"	3.00m	Boise State Jackson's Open	12/04/09	12/07/09		
	14	Greene, Tim	JR-3	Northwest Nazarene	8' 0"	2.44m	Boise State Jackson's Open	12/04/09	12/07/09		

Pole Vault (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 3.85m		NCAA DII Prov 3.50m		GNAC Auto 3.21m		GNAC Prov 2.91m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
	1	DiEnno, Amanda	SR-4	Western Washington	11' 1"	3.38m	UW Indoor Preview	01/16/10	01/17/10		
	1	Mueller, Robin	SO-2	Western Washington	11' 1"	3.38m	UW Indoor Preview	01/16/10	01/17/10		
	1	Peaslee, Melissa	JR-3	Seattle Pacific	11' 1"	3.38m	UW Indoor Preview	01/16/10	01/17/10		
	1	Schumacher, Terra	JR-3	Seattle Pacific	11' 1"	3.38m	UW Indoor Preview	01/16/10	01/17/10		
	5	Elzinga, Karina	SR-4	Northwest Nazarene	10' 11.75"	3.35m	Boise State Jackson's Open	12/04/09	12/07/09		
	6	Quick, Jennifer	JR-3	Western Washington	10' 7"	3.23m	UW Indoor Preview	01/16/10	01/17/10		
	7	Usabel, MJ	SR-4	Northwest Nazarene	10' 6"	3.20m	Boise State Jackson's Open	12/04/09	12/07/09		
	8	DiMarco, Diana	JR-3	Western Washington	10' 1.25"	3.08m	UW Indoor Preview	01/16/10	01/17/10		
	9	Egger, Ashley	JR-3	Northwest Nazarene	9' 6.25"	2.90m	Boise State Jackson's Open	12/04/09	12/07/09		
	10	Anderson, Karis	FR-1	Western Washington	9' 1.5"	2.78m	UW Indoor Preview	01/16/10	01/17/10		
	10	Couvelier, Elsa	SR-4	Western Washington	9' 1.5"	2.78m	UW Indoor Preview	01/16/10	01/17/10		
	10	Hull, Samantha	FR-1	St. Martin's	9' 1.5"	2.78m	UW Indoor Preview	01/16/10	01/17/10		
	10	Larsen, Jamie	FR-1	Central Washington	9' 1.5"	2.78m	UW Indoor Preview	01/16/10	01/17/10		
	14	Crowder, Emili	FR-1	Montana State-Billings	9' 0.25"	2.75m	CSC Alumni Open	12/12/09	12/14/09		
	14	Konzal, Amanda	SO-2	Northwest Nazarene	9' 0.25"	2.75m	Boise State Jackson's Open	12/04/09	12/07/09		

Long Jump (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 7.30m		NCAA DII Prov 7.08m		GNAC Auto 6.58m	GNAC Prov 6.28m
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	
1	Felt, Justin	SR-4	Seattle Pacific	22' 3.75"	6.80m	UW Indoor Preview	01/16/10	01/17/10	
2	Hardie, Matson	FR-1	Western Oregon	22' 3.5"	6.79m	UW Indoor Preview	01/16/10	01/17/10	
3	Mack, Bryan	SO-2	Central Washington	21' 6.75"	6.57m	UW Indoor Preview	01/16/10	01/17/10	
4	Hyde, Jake	FR-1	Western Oregon	21' 4.25"	6.51m	UW Indoor Preview	01/16/10	01/17/10	
5	Clendaniel, Tim	SO-2	Western Washington	20' 11.25"	6.38m	UW Indoor Preview	01/16/10	01/17/10	
6	Cho, James	SO-2	Central Washington	20' 9"	6.32m	UW Indoor Preview	01/16/10	01/17/10	
7	Ewing, Rusty	FR-1	Montana State-Billings	20' 8.5"	6.31m	BHSU Winter Open	12/03/09	12/06/09	
7	Gruger, Shane	JR-3	Western Washington	20' 8.5"	6.31m	UW Indoor Preview	01/16/10	01/17/10	
9	Wegner, Robert	SR-4	Western Oregon	20' 7"	6.27m	UW Indoor Preview	01/16/10	01/17/10	
10	Hanson, Mark	SR-4	Northwest Nazarene	20' 4.25"	6.20m	Boise State Jackson's Open	12/04/09	12/07/09	
11	Roddedwig, Brandon	FR-1	Central Washington	20' 0.25"	6.10m	UW Indoor Preview	01/16/10	01/17/10	
12	McDaniel, Casey	FR-1	Western Washington	19' 4"	5.89m	UW Indoor Preview	01/16/10	01/17/10	
13	Greene, Tim	JR-3	Northwest Nazarene	19' 2.5"	5.85m	Boise State Jackson's Open	12/04/09	12/07/09	
14	Williams, Dorian	FR-1	Montana State-Billings	18' 10"	5.74m	BHSU Winter Open	12/03/09	12/06/09	
15	Barrett, Luke	SR-4	Montana State-Billings	18' 8.5"	5.70m	BHSU Winter Open	12/03/09	12/06/09	
16	Carr, James	SO-2	Central Washington	17' 10.25"	5.44m	UW Indoor Preview	01/16/10	01/17/10	
17	Montgomery, Stuart	JR-3	Northwest Nazarene	17' 8.75"	5.40m	Boise State Jackson's Open	12/04/09	12/07/09	
18	Freeman, Chris	SO-2	Western Oregon	17' 1.5"	5.22m	UW Indoor Preview	01/16/10	01/17/10	
19	Heidegger, Ben	SO-2	Northwest Nazarene	16' 10.75"	5.15m	Boise State Jackson's Open	12/04/09	12/07/09	

Long Jump (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 5.90m		NCAA DII Prov 5.55m		GNAC Auto 5.20m	GNAC Prov 4.95m
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	
1	Warman, Emily	SO-2	Western Washington	18' 1.75"	5.53m	UW Indoor Preview	01/16/10	01/17/10	
2	Miranda, Trinna	FR-1	Seattle Pacific	16' 10"	5.13m	UW Indoor Preview	01/16/10	01/17/10	
3	Potter, Ashley	SO-2	Western Oregon	16' 9.75"	5.12m	UW Indoor Preview	01/16/10	01/17/10	
4	Aanstad, Brittany	JR-3	Seattle Pacific	16' 9.25"	5.11m	UW Indoor Preview	01/16/10	01/17/10	
5	Halle, Erika	SO-2	Montana State-Billings	16' 7"	5.05m	CSC Alumni Open	12/12/09	12/14/09	
5	Jenkins, Kelly	FR-1	Seattle Pacific	16' 7"	5.05m	UW Indoor Preview	01/16/10	01/17/10	
7	Jewitt, Jasmyn	FR-1	Northwest Nazarene	16' 5.25"	5.01m	Boise State Jackson's Open	12/04/09	12/07/09	
8	Nobbs, Natalie	SO-2	Seattle Pacific	16' 4.5"	4.99m	UW Indoor Preview	01/16/10	01/17/10	
8	Vonarx, Laura	SR-4	Northwest Nazarene	16' 4.5"	4.99m	Boise State Jackson's Open	12/04/09	12/07/09	
10	Bennett, Jill	SO-2	Northwest Nazarene	16' 3.25"	4.96m	Boise State Jackson's Open	12/04/09	12/07/09	
11	Gross, Katy	FR-1	Seattle Pacific	16' 1.75"	4.92m	UW Indoor Preview	01/16/10	01/17/10	
12	Bailey, Mary	FR-1	Western Oregon	15' 8.75"	4.79m	UW Indoor Preview	01/16/10	01/17/10	
13	Bekkedahl, Maycee	JR-3	Northwest Nazarene	15' 4"	4.67m	Boise State Jackson's Open	12/04/09	12/07/09	
14	Reff, Callie	FR-1	Western Washington	15' 3.25"	4.65m	UW Indoor Preview	01/16/10	01/17/10	
15	Larlee, Annie	JR-3	Northwest Nazarene	14' 10.75"	4.54m	Boise State Jackson's Open	12/04/09	12/07/09	
16	Neumiller, Kayla	FR-1	Montana State-Billings	14' 3"	4.34m	BHSU Winter Open	12/03/09	12/06/09	
17	McLam, Beth	JR-3	Northwest Nazarene	13' 9.5"	4.20m	Boise State Jackson's Open	12/04/09	12/07/09	

Triple Jump (Men)







RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 15.20m		NCAA DII Prov 14.40m		GNAC Auto 13.69m	GNAC Prov 12.57m
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	
1	Hardie, Matson	FR-1	Western Oregon	46' 5.25"	14.15m	UW Indoor Preview	01/16/10	01/17/10	
2	Cho, James	SO-2	Central Washington	46' 1.5"	14.06m	UW Indoor Preview	01/16/10	01/17/10	
3	Brockman, Keefe	SO-2	Western Washington	46' 0.75"	14.04m	UW Indoor Preview	01/16/10	01/17/10	
4	Davis, Will	FR-1	Western Washington	45' 7.25"	13.90m	UW Indoor Preview	01/16/10	01/17/10	
5	Mack, Bryan	SO-2	Central Washington	43' 5.75"	13.25m	UW Indoor Preview	01/16/10	01/17/10	
6	Ewing, Rusty	FR-1	Montana State-Billings	42' 0.5"	12.81m	CSC Alumni Open	12/12/09	12/14/09	

Triple Jump (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 11.90m		NCAA DII Prov 11.35m		GNAC Auto 10.67m	GNAC Prov 9.93m
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED	
1	Vonarx, Laura	SR-4	Northwest Nazarene	37' 9.25"	11.51m	Boise State Jackson's Open	12/04/09	12/07/09	

	2	Alvarez, Amanda	FR-1	Seattle Pacific	37' 6"	11.43m	UW Indoor Preview	01/16/10	01/17/10
	3	Potter, Ashley	SO-2	Western Oregon	36' 10.25"	11.23m	UW Indoor Preview	01/16/10	01/17/10
	4	Alvarez, Athena	FR-1	Seattle Pacific	36' 1.25"	11.00m	UW Indoor Preview	01/16/10	01/17/10
	5	Warman, Emily	SO-2	Western Washington	35' 11.25"	10.95m	UW Indoor Preview	01/16/10	01/17/10
	6	Jenkins, Kelly	FR-1	Seattle Pacific	35' 6.75"	10.84m	UW Indoor Preview	01/16/10	01/17/10
	7	Jewitt, Jasmyn	FR-1	Northwest Nazarene	35' 6.5"	10.83m	Boise State Jackson's Open	12/04/09	12/07/09
	8	Rose, Amanda	SR-4	Central Washington	35' 1.25"	10.70m	UW Indoor Preview	01/16/10	01/17/10
	9	Gross, Katy	FR-1	Seattle Pacific	34' 11"	10.64m	UW Indoor Preview	01/16/10	01/17/10
	10	Lewis, Kira	FR-1	Seattle Pacific	34' 5"	10.49m	UW Indoor Preview	01/16/10	01/17/10
	10	Lotze, Katharine	FR-1	Central Washington	34' 5"	10.49m	UW Indoor Preview	01/16/10	01/17/10
	10	Reid, Molly	SO-2	Northwest Nazarene	34' 5"	10.49m	Boise State Jackson's Open	12/04/09	12/07/09
	13	Bekkedahl, Maycee	JR-3	Northwest Nazarene	33' 9.5"	10.30m	Boise State Jackson's Open	12/04/09	12/07/09
	14	Adams, Elissa	FR-1	Montana State-Billings	33' 3.75"	10.15m	BHSU Winter Open	12/03/09	12/06/09
	15	Larlee, Annie	JR-3	Northwest Nazarene	33' 1.25"	10.09m	Boise State Jackson's Open	12/04/09	12/07/09

Shot Put (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 17.40m		NCAA DII Prov 15.85m		GNAC Auto 14.40m		GNAC Prov 12.78m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
	1	Westlin, Nelson	FR-1	Western Washington	46' 6.75"	14.19m	UW Indoor Preview	01/16/10	01/17/10		
	2	Fischer, Tyler	SR-4	Central Washington	46' 6.25"	14.18m	WSU Open	01/15/10	01/16/10		
	3	Harrison, Alex	JR-3	Western Washington	44' 11.5"	13.70m	UW Indoor Preview	01/16/10	01/17/10		
	4	Fenters, Jordan	JR-3	Northwest Nazarene	44' 6"	13.56m	Boise State Jackson's Open	12/04/09	12/07/09		
	5	Rottrup, Tanner	FR-1	Montana State-Billings	44' 0.5"	13.42m	BHSU Winter Open	12/03/09	12/06/09		
	6	Wilson, Nick	FR-1	Montana State-Billings	42' 5.25"	12.93m	BHSU Winter Open	12/03/09	12/06/09		
	7	Elder, Ben	JR-3	Western Washington	40' 2.75"	12.26m	UW Indoor Preview	01/16/10	01/17/10		
	8	Estrada, Diego	JR-3	Northwest Nazarene	40' 0.75"	12.21m	Boise State Jackson's Open	12/04/09	12/07/09		
	9	Kauffman, Darian	FR-1	Western Oregon	39' 1"	11.91m	UW Indoor Preview	01/16/10	01/17/10		
	10	Schryvers, Matt	SO-2	Western Oregon	38' 4.25"	11.69m	UW Indoor Preview	01/16/10	01/17/10		
	11	Jensen, Bryce	SO-2	Montana State-Billings	38' 1.5"	11.62m	CSC Alumni Open	12/12/09	12/14/09		
	12	Ostler, Mychal	JR-3	Central Washington	37' 3.75"	11.37m	UW Indoor Preview	01/16/10	01/17/10		
	13	Martin, Billy	FR-1	Seattle Pacific	34' 7.5"	10.55m	UW Indoor Preview	01/16/10	01/17/10		
	14	Williams, Elmer	FR-1	Northwest Nazarene	34' 0"	10.36m	Boise State Jackson's Open	12/04/09	12/07/09		
	15	Player, Anthony	FR-1	St. Martin's	33' 4.5"	10.17m	UW Indoor Preview	01/16/10	01/17/10		
	16	Greene, Tim	JR-3	Northwest Nazarene	32' 2"	9.80m	Boise State Jackson's Open	12/04/09	12/07/09		
	17	Heidegger, Ben	SO-2	Northwest Nazarene	30' 0.25"	9.15m	Boise State Jackson's Open	12/04/09	12/07/09		
	18	Montgomery, Stuart	JR-3	Northwest Nazarene	28' 5.5"	8.67m	Boise State Jackson's Open	12/04/09	12/07/09		

Shot Put (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 14.30m		NCAA DII Prov 13.20m		GNAC Auto 11.75m		GNAC Prov 11.02m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
	1	Warrington, Joy	SO-2	Northwest Nazarene	41' 7.25"	12.68m	Boise State Jackson's Open	12/04/09	12/07/09		
	2	Berg, Brook	FR-1	Montana State-Billings	38' 11.75"	11.88m	CSC Alumni Open	12/12/09	12/14/09		
	3	Clark, Kelsee	JR-3	Montana State-Billings	38' 7.75"	11.78m	BHSU Winter Open	12/03/09	12/06/09		
	4	Dranginis, Carly	FR-1	Northwest Nazarene	38' 3.25"	11.66m	Boise State Jackson's Open	12/04/09	12/07/09		
	5	Yates, Raisa	FR-1	Central Washington	38' 1.5"	11.62m	UW Indoor Preview	01/16/10	01/17/10		
	6	Baumstark, Kaylee	FR-1	Central Washington	35' 5.25"	10.80m	UW Indoor Preview	01/16/10	01/17/10		
	7	Shute, Shayna	JR-3	Northwest Nazarene	35' 1"	10.69m	Boise State Jackson's Open	12/04/09	12/07/09		
	8	Self, Torrie	JR-3	Central Washington	35' 0.25"	10.67m	UW Indoor Preview	01/16/10	01/17/10		
	9	Jones, Brittany	FR-1	Western Washington	34' 10.5"	10.63m	UW Indoor Preview	01/16/10	01/17/10		
	10	Gourneau, Hilary	SO-2	Montana State-Billings	34' 9.5"	10.60m	BHSU Winter Open	12/03/09	12/06/09		
	11	Gonzalez, Raquel	SR-4	Central Washington	34' 7.75"	10.56m	UW Indoor Preview	01/16/10	01/17/10		
	12	Vanderloos, Kacie	JR-3	Montana State-Billings	34' 0.75"	10.38m	BHSU Winter Open	12/03/09	12/06/09		
	13	Hedrick, Alicia	FR-1	Northwest Nazarene	33' 8.75"	10.28m	Boise State Jackson's Open	12/04/09	12/07/09		
	14	Stueckle, Jordan	JR-3	Central Washington	31' 6.75"	9.62m	UW Indoor Preview	01/16/10	01/17/10		
	15	Jones, Chelsey	SR-4	Northwest Nazarene	31' 4"	9.55m	Boise State Jackson's Open	12/04/09	12/07/09		
	16	Vonarx, Laura	SR-4	Northwest Nazarene	31' 2.5"	9.51m	Boise State Jackson's Open	12/04/09	12/07/09		
	17	Bennett, Jill	SO-2	Northwest Nazarene	29' 8.75"	9.06m	Boise State Jackson's Open	12/04/09	12/07/09		
	18	Seidler, Mary	SR-4	Central Washington	28' 9.25"	8.77m	UW Indoor Preview	01/16/10	01/17/10		
	19	Neumiller, Kayla	FR-1	Montana State-Billings	28' 3"	8.61m	BHSU Winter Open	12/03/09	12/06/09		
	20	Irion, Cady	FR-1	Montana State-Billings	27' 10.25"	8.49m	BHSU Winter Open	12/03/09	12/06/09		

21	McLam, Beth	JR-3	Northwest Nazarene	26' 9.75"	8.17m	Boise State Jackson's Open	12/04/09	12/07/09
22	Halle, Erika	SO-2	Montana State-Billings	24' 11.25"	7.60m	BHSU Winter Open	12/03/09	12/06/09
23	Berg, Siri	SO-2	Central Washington	23' 6.75"	7.18m	UW Indoor Preview	01/16/10	01/17/10

Weight Throw (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 19.30m		NCAA DII Prov 17.50m		GNAC Auto 14.93m		GNAC Prov 12.93m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
1	Fischer, Tyler	SR-4	Central Washington	54' 10.75"	16.73m	WSU Open	01/15/10	01/16/10			
2	Slowey, Jason	JR-3	Western Oregon	52' 8.25"	16.06m	UW Indoor Preview	01/16/10	01/17/10			
3	Ostler, Mychal	JR-3	Central Washington	51' 6.5"	15.71m	UW Indoor Preview	01/16/10	01/17/10			
4	Elder, Ben	JR-3	Western Washington	47' 1"	14.35m	UW Indoor Preview	01/16/10	01/17/10			
5	Schryvers, Matt	SO-2	Western Oregon	45' 3"	13.79m	UW Indoor Preview	01/16/10	01/17/10			
6	Fenters, Jordan	JR-3	Northwest Nazarene	44' 9.5"	13.65m	Boise State Jackson's Open	12/04/09	12/07/09			
7	Michaelson, Bryant	SR-4	Western Washington	42' 4"	12.90m	UW Indoor Preview	01/16/10	01/17/10			
8	Estrada, Diego	JR-3	Northwest Nazarene	41' 5.25"	12.63m	Boise State Jackson's Open	12/04/09	12/07/09			
9	Eaton, Alex	SR-4	Northwest Nazarene	37' 5"	11.40m	Boise State Jackson's Open	12/04/09	12/07/09			
10	Nichols, Tyler	SO-2	Western Washington	35' 11.25"	10.95m	UW Indoor Preview	01/16/10	01/17/10			
11	Martin, Billy	FR-1	Seattle Pacific	34' 9.5"	10.60m	UW Indoor Preview	01/16/10	01/17/10			
12	Player, Anthony	FR-1	St. Martin's	28' 8.5"	8.75m	UW Indoor Preview	01/16/10	01/17/10			
13	Morley, Josh	FR-1	Montana State-Billings	27' 10.75"	8.50m	BHSU Winter Open	12/03/09	12/06/09			
14	Hudson, Kevin	SO-2	St. Martin's	27' 2.5"	8.29m	UW Indoor Preview	01/16/10	01/17/10			

Weight Throw (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 18.00m		NCAA DII Prov 16.10m		GNAC Auto 13.09m		GNAC Prov 12.29m	
				ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED			
1	Self, Torrie	JR-3	Central Washington	49' 0.75"	14.95m	UW Indoor Preview	01/16/10	01/17/10			
2	Stueckle, Jordan	JR-3	Central Washington	46' 7.25"	14.20m	UW Indoor Preview	01/16/10	01/17/10			
3	Warrington, Joy	SO-2	Northwest Nazarene	44' 6"	13.56m	Boise State Jackson's Open	12/04/09	12/07/09			
4	McCarthy, Erika	SR-4	Northwest Nazarene	42' 10.75"	13.07m	Boise State Jackson's Open	12/04/09	12/07/09			
5	Baumstark, Kaylee	FR-1	Central Washington	39' 5.25"	12.02m	UW Indoor Preview	01/16/10	01/17/10			
6	Shute, Shayna	JR-3	Northwest Nazarene	38' 0.75"	11.60m	Boise State Jackson's Open	12/04/09	12/07/09			
7	Yates, Raisa	FR-1	Central Washington	28' 11.75"	8.83m	UW Indoor Preview	01/16/10	01/17/10			
8	Gourneau, Hilary	SO-2	Montana State-Billings	27' 7.5"	8.42m	BHSU Winter Open	12/03/09	12/06/09			
9	Vanderloos, Kacie	JR-3	Montana State-Billings	20' 0.25"	6.10m	BHSU Winter Open	12/03/09	12/06/09			

Heptathlon (Men)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 5200		NCAA DII Prov 4550		GNAC Auto 1		GNAC Prov 1	
				POINTS	MEET	MEET DATE	DATE SUBMITTED				
1	Heidegger, Ben	SO-2	Northwest Nazarene	3399.00	Boise State Jackson's Open	12/04/09	12/07/09				
2	Montgomery, Stuart	JR-3	Northwest Nazarene	3260.00	Boise State Jackson's Open	12/04/09	12/07/09				
3	Greene, Tim	JR-3	Northwest Nazarene	3218.00	Boise State Jackson's Open	12/04/09	12/07/09				

Indoor Pentathlon (Women)

RANK	ATHLETE	YEAR	TEAM	NCAA DII Auto 3800		NCAA DII Prov 3300		GNAC Auto 1		GNAC Prov 1	
				POINTS	MEET	MEET DATE	DATE SUBMITTED				
1	Bennett, Jill	SO-2	Northwest Nazarene	2927.00	Boise State Jackson's Open	12/04/09	12/07/09				
2	Vonax, Laura	SR-4	Northwest Nazarene	2767.00	Boise State Jackson's Open	12/04/09	12/07/09				
3	Halle, Erika	SO-2	Montana State-Billings	2639.00	Montana State Multis	01/12/10	01/12/10				
4	McLam, Beth	JR-3	Northwest Nazarene	2265.00	Boise State Jackson's Open	12/04/09	12/07/09				