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Great Northwest Athletic Conference Indoor Track and Field Results, Women

Great Northwest Athletic Conference

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2009 GNAC Indoor Track and Field Results (Feb.21 at Jackson's Track)

Women's Team Scores - Seattle Pacific 181, Western Washington 137 1/2, Northwest Nazarene 100

60 - 1. Latasha Essien, SPU, 7.77; 2. Jessica Hinton, SPU, 7.96; 3. Lauren Duckett, WOU, 8.01; 4. Ashley Puga, NNU, 8.02

200 - 1. Jessica Hinton, SPU, 25.35; 2. Latasha Essien, SPU, 25.54; 3. Ellie Siler, WWU, 25.55; 4. Ashley Puga, NNU, 25.60

400 - 1. Ellie Siler, WWU, 56.23 (MR, old 56.57, Terran Legard, CWU, 2005); 2. Jessica Hinton, SPU, 56.50

800 - 1. Ashley Puga, NNU, 2:09.86 (MR, old 2:10.18, Jessica Pixler, SPU, 2008); 2. Jessica Pixler, SPU, 2:10.18

1 Mile - 1. Ashley Puga, NNU, 4:47.37 (MR, old 4:50.38, Jessica Pixler, SPU, 2008); 2. Jessica Pixler, SPU, 4:50.38

5000 - 1. Jane Larson, SPU, 17:27.34 (MR, old 17:39.95, Jane Larson, SPU, 2008); 2. Janae Larson, SPU, 17:39.95

60 Hurdles - 1. Michelle Howe, WWU, 9.07; 2. Ali Worthen, SPU, 9.09; 3. Jacque Helbling, WOU, 9.10

Distance Medley Relay - 1. Seattle Pacific (Anderberg, Harline, Pixler, Essien) 12:01.79; 2. Western Washington (Siler, Howe, Puga, Decker) 12:02.10

4x400 Relay - 1. Northwest Nazarene (Beaty, A. Puga, J. Puga, Decker) 3:55.58 (MR, old 3:57.30, Western Washington, 2008); 2. Western Washington (Siler, Howe, Puga, Decker) 3:57.30

Long Jump - 1. Ali Worthen, SPU, 5.65 – 18-6 ½; 2. Emily Warman, WWU, 5.65 – 18-6 ½; 3. Mo'Nique Williams, WWU, 5.65 – 18-6 ½

Triple Jump - 1. Laura Vonarx, NNU, 11.33 – 37-2 ¼; 2. Emily Warman, WWU, 11.24 – 36-10 ½; 3. Mo'Nique Williams, WWU, 11.24 – 36-10 ½

Pole Vault - 1. Christy Miller, WWU, 3.76 - 12-4; 2. Melissa Peaslee, SPU, 3.66 - 12-0; 3. Carie Feltner, WWU, 3.66 - 12-0

High Jump - 1. Ali Worthen, SPU, 1.74 – 5-8 ½ (MR, old 1.69 – 5-6 ½, Teona Perkins, SPU, 2006); 2. Teona Perkins, SPU, 1.69 – 5-6 ½

Shot Put - 1. Krissy Tandle, CWU, 14.87 - 48-9 1/2 (MR & CR, old meet, Tandle, 44-8 3/4, 2006); 2. Krissy Tandle, CWU, 14.87 - 48-9 1/2

Weight Throw - 1. Krissy Tandle, CWU, 15.97 – 52-4 ¾; 2. Torrie Self, CWU, 14.91 – 48-11; 3. C. C. Self, CWU, 14.91 – 48-11

ne 104 1/3 , Western Oregon 77 1/2, Central Washington 61 2/3, MSU Billings 13, Saint Martin

4. Lacey Meusec, WOU, 8.02; 5. Heidi Dimmitt, WWU, 8.02; 6. Megan Zukowski, WWU, 8.05; 7

. Heidi Dimmitt, WWU, 25.63; 5. Ali Worthen, SPU, 25.68; 6. Latoya Tidwell, NNU, 25.75; 7. M

SPU, 57.16; 3. Elisa Decker, NNU, 57.85; 4. Megan O'Connell, WWU, 58.12; 5. Gwenna Carie, C

er, SPU, 2:11.23; 3. Rachael Johnson, WWU, 2:13.13; 4. Jaclyn Puga, NNU, 2:13.94; 5. Annan A

er, SPU, 4:47.54; 3. Jane Larson, SPU, 4:53.31; 4. Sarah Porter, WWU, 4:56.37; 5. Kate Harline,

ion, SPU, 17:29.77; 3. Natty Plunkett, SPU, 17:50.50; 4. Lauren Breihof, WWU, 17:55.85; 5. Ma

U, 9.21; 4. Janna Vander Muelen, WOU, 9.40; 5. Mandy Keifer, WOU, 9.54; 6. Jenifer Pike, SPU

stern Washington (Olsen, Siler, Johnson, Porter) 12:15.12; 3. Western Oregon (Morrison, Zamk

36, SPU, 2008); 2. Western Washington (Dimmitt, King, Brownell, O'Connell) 3:55.67; 3. Seattle

lly Reid, NNU, 5.19 – 17-0 ½; 4. Jacque Helbling, WOU, 5.18 – 17-0; 5. Callie Muri, WOU, 5.06 -

; 3. Ali Worthen, SPU, 11.07 – 36-4; 4. Mandy Keifer, WOU, 35-5 ¾; 5. Christy Miller, WWU, 1C

lauk, SPU, 3.46 - 11-4 1/4; 4. Kjersti Gedde, SPU, 3.46 - 11-4 1/4; 5. Karina Elzinga, NNU, 3.21 -

5 and Emily Peterson, NNU, 2006); 2. Sabrina Schwindler, WWU, 1.56 – 5-1 ¼; 3. Jacque Helbli

; old conference, Tandle, 47-6 1/4, 2009); 2. Joy Warrington, NNU, 13.14 - 43-1 1/2; 3. Jordan

Courtney Little, NNU, 14.91 – 48-11; 4. Erika McCarthy, NNU, 13.44 – 44-1 ¼; 5. Joy Warrington

, SPU, 7.81; 2. Lacey Meusec, WOU, 8.05; 3. Latoya Tidwell, NNU, 8.08; 4. Heidi Dimmitt, WWU,

U, 1:00.17. .

Lisa Anderberg, SPU, 2:19.18.

on, WOU, 5:17.71. .

i.02; 8. Kayti Krepel, SPU, 19:28.77.

elle Howe, WWU, 9.26; 2. Janna Vander Meulen, WOU, 9.39; 3. Mandy Keifer, WOU, 9.43; 4. (

.02; 5. Saint Martin's (Camden, Carlson, Laweryson, Minton) 13:33.97; 6. Central Washington (

usec, Butcher) 4:02.96; 5. St. Martin's (Carlson, Laweryson, Minton, Pendon) 4:12.28; 6. Centri

e Nobbs, SPU, 4.98 – 16-4 ¼.

3. Molly Reid, NNU, 10.46 – 34-4.

i. Amanda DiEnno, WWU, 3.06 - 10-0 1/2.

¼; 6. Mandy Keifer, WOU, 1.51 – 4-11 ½; 7. Jaquie Mattson, SPU, 1.51 – 4-11 ½; 8. Raquel Gon

. 11.65 - 38-2 3/4; 6. Shayna Shute, NNU, 10.85 - 35-7 1/4; 7. Kacie Vanderloos, MSUB, 10.72 -

53 – 41-5 ¼; 8. Becky Scherer, CWU, 12.39 – 40-7 ¾.

J, 8.09; 5. Lisette Peterson, SPU, 8.23; 6. Britney Derhak, MSUB, 8.31; 7. Jessica Erickson, WW

Clara Cook, WWU, 9.78; 5. Amanda Rose, CWU, 10.14; 6. MJ Usabel, NNU, 10.38; 7. Jessica Eri
(Mendoza, Seidler, Borunda, Mullen) 13:37.38; 7. Montana State Billings (Thiel, Holm, Ler, Mic
al Washington (Hood, Rose, Wells, Carrie) 4:15.77; 7. Montana State Billings (Halle, Woodford

zalez, CWU, 1.46 – 4-9-1/2; 8. Danielle Nordlund, CWU – 1.46 – 4-9 ½; 8. Jill Bennett, NNU, 1.4
35-2; 8. Alyaa Taylor, WOU, 10.53 - 34-6 3/4.

U, 8.36; 8. Erika Halle, MSUB, 8.37. Heat 2, 1. Jessica Hinton, SPU, 7.99; 2. Lauren Duckett, WC

ckson, WWU, 10.48. Heat 2, 1. Ali Worthen, SPU, 9.12; 2. Jacque Helbling, WOU, 9.20; 3. Jenif
:kelson) 13:45.19.

l, Jackson, Simons) 4:17.77.

46 – 4-9 ½. .

OU, 8.07; 3. Megan Zukowski, WWU, 8.18; 4. Stefani Dittmar, WOU, 8.19; 5. Justine Simons, M

er Pike, SPU, 9.39; 4. Raquel Gonzalez, CWU, 9.55; 5. Ali Mosher, WOU, 9.64; 6. Cassie Holm, I

SUB, 8.20; 6. Molly Reid, NNU, 8.21; 7. Tish Wells, CWU, 8.24; 8. Christa Brediger, NNU, 8.31.

VSUB, 9.87; 7. Jill Bennett, NNU, 10.28.