

**2009 GNAC Outdoor Track & Field Championships - 4/20/2009 to 5/2/2009**

hosted by Western Oregon University

Monmouth, OR (McArthur Field)

**Results - Heptathlon****Women Heptathlon**

	Points	100H	HJ	SP	200	Day1	LJ	JT	800
1 Keifer, Mandy Western Oregon Univ SO Team Points: 10	4588	15.29 w: -0.1 (804)	1.55m 5-01 (678)	10.57m 34-08.25 (567)	27.69 w: -0.3 (655)	2704	5.09m w: -0.5 (584)	36.25m 118-11 (596)	2:29.09 (704)
2 Cook, Clara Western Washington SR Team Points: 8	4343	15.48 w: +0.0 (779)	1.70m 5-07 (855)	8.37m 27-05.5 (423)	27.90 w: -0.7 (639)	2696	4.82m w: -0.4 (511)	30.46m 99-11 (485)	2:33.41 (651)
3 Gonzalez, Raquel Central Washington JR Team Points: 6	4137	15.66 w: 0.4 (756)	1.55m 5-01 (678)	10.42m 34-02.25 (557)	27.99 w: -0.7 (632)	2623	4.70m w: +0.0 (479)	29.30m 96-01 (463)	2:40.07 (572)
4 Helbling, Jacque Western Oregon Univ SR Team Points: 5	4131	15.36 w: 0.4 (795)	1.52m 4-11.75 (644)	9.24m 30-03.75 (480)	26.94 w: -0.8 (717)	2636	5.13m w: -0.5 (595)	24.99m 82-00 (382)	2:44.91 (518)
5 Howe, Michelle Western Washington SO Team Points: 4	3948	14.77 w: -0.1 (872)	1.52m 4-11.75 (644)	7.11m 23-04 (342)	26.51 w: -0.8 (753)	2611	4.51m w: +0.0 (431)	17.17m 56-04 (237)	2:31.93 (669)
6 Schwindler, Sabrina Western Washington FR Team Points: 3	3947	16.95 w: 0.4 (602)	1.58m 5-02.25 (712)	7.93m 26-00.25 (395)	27.42 w: -0.8 (677)	2386	4.62m w: +0.0 (459)	26.83m 88-00 (417)	2:30.61 (685)
7 Bennett, Jill Northwest Nazarene FR Team Points: 2	3834	16.53 w: 0.4 (651)	1.55m 5-01 (678)	7.37m 24-02.25 (359)	27.56 w: -0.8 (666)	2354	4.77m w: -0.1 (498)	20.56m 67-05 (299)	2:30.79 (683)
8 VonArx, Laura Northwest Nazarene JR Team Points: 1	3832	17.75 w: +0.0 (515)	1.46m 4-09.5 (577)	8.91m 29-02.75 (458)	28.50 w: -0.3 (592)	2142	4.80m w: +0.0 (506)	38.78m 127-03 (644)	2:42.90 (540)
9 McLam, Beth Northwest Nazarene FR	3328	17.64 w: -0.1 (526)	1.43m 4-08.25 (544)	8.07m 26-05.75 (404)	29.76 w: -0.3 (499)	1973	4.08m w: -0.8 (326)	25.97m 85-02 (401)	2:35.28 (628)
10 Berg, Siri Central Washington FR	3192	18.14 w: +0.0 (474)	1.46m 4-09.5 (577)	8.54m 28-00.25 (434)	29.47 w: -0.7 (520)	2005	4.10m w: -0.1 (331)	25.69m 84-03 (395)	2:50.23 (461)
11 King, Devon Western Washington FR	3044	18.45 w: +0.0 (443)	1.46m 4-09.5 (577)	9.37m 30-09 (488)	27.02 w: -0.3 (710)	2218	4.61m w: -0.3 (456)	24.34m 79-10 (370)	DNF (0)
12 Seidler, Mary Central Washington JR	2841	18.94 w: -0.1 (396)	1.34m 4-04.75 (449)	9.17m 30-01 (475)	29.79 w: -0.7 (497)	1817	4.45m w: +0.0 (416)	FOUL (0)	2:36.95 (608)