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Great Northwest Athletic Conference Track and Field Championships

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Great Northwest Athletic Conference Track and Field Championships


**Saturday's Finals**

100 - 1. Michael Madrid, UAA, 10.84; 2. David Registe, UAA, 10.91; 3. Christopher Fussell, SU, 10.92.


400 - 1. Ashtin Mott, WOU, 48.11 (meet and GNAC record; old, 48.24, Isaac Frederick, WOU).


5000 - 1. Jordan Welling, WWU, 15:02.89; 2. David Kiplagat, UAA, 15:07.60; 3. Chris Reed, WC.


400 Hurdles - 1. Kevin Myhre, WWU, 53.75; 2. Shaun Ward, UAA, 54.22; 3. Daniel Sullivan, SU.

4x100 Relay - 1. Alaska Anchorage 41.59 (Walsh, Grant, Registe, Madrid; meet record; old, 41.67). 2. Western Washington.

4x400 Relay - 1. Alaska Anchorage (Madrid, Sutton, Grant, McLaughlin) 3:17.3; 2. Western Washington.


**Women's Team Scores** - Western Oregon 162, Seattle Pacific 158, Western Washington 142, 100 - 1. Nicki Schutte, NNU, 12.82; 2. Latoya Tidwell, NNU, 12.83; 3. Lauren Duckett, WOU, 12.
400 - 1. Lindsay Brady, NNU, 57.47; 2. Chelsea Evans, CWU, 57.85; 3. Megan O'Connell, WWU.
5000 - 1. Laura Carr, UAA, 17:44.74; 2. Elizabeth Chepkosgei, UAA, 17:45.17; 3. Katie Hansen.
Steeplechase - 1. Jessica Harper, WOU, 10:57.0 (meet record; old, 11:01.6, Karin Rohde, SPU.
400 Hurdles - 1. Heidi Dimmitt, WWU, 1:01.78; 2. Sarah Barker, WOU, 1:03.18; 3. Jacque Post.
4x100 Relay - 1. Northwest Nazarene (Berberick, Schutte, Brady, Tidwell) 48.49; 2. Western O
4x400 Relay - 1. Northwest Nazarene (meet record; old, 3:51.48, Central Washington, 2007; S
High Jump - 1. Clara Cook, WWU, 1.63 - 5-4 1/4; 2. Brittany Aanstad, SPU, 1.58 - 5-2 1/4, and l
Shot Put - 1. Shaina Afoa, CWU, 12.99 - 42-7 1/2; 2. Jessica Houston, UAA, 12.50 - 41-0 1/4; 3.
Discus - 1. Erica Rance, WWU, 42.90 - 140-9; 2. Shaina Afoa, CWU, 40.89 - 134-2; 3. Lexi Halv.

Friday's Men's Finals:
Long Jump - 1. David Registe, UAA, 7.52 - 24-8 1/4 (meet record; old, 7.09 - 23-3 1/4, Registe,
Javelin - 1. Josh Heidegger, NNU, 60.68 - 199-1; 2. Ian Wells, CWU, 59.17 - 194-1; 3. Andrew S

Prelims:
100 - Heat 1, 1. David Registe, UAA, 10.90; 2. Ezekiel Hill, CWU, 10.99; 3. Travis Glover, SU, 11
400 - Heat 1, 1. Matt Rogstad, CWU, 48.29; 2. Matt O'Connell, WWU, 49.59; 3. Brandon Grant
400 Hurdles - Heat 1, 1. Lloyd Massey, WOU, 53.97; 2. Shaun Ward, UAA, 54.72; 3. Ben Warga

Decathlon (Apr. 21-22) - 1. Zeb Udell, WOU, 6181; 2. Clint Hickey, WOU, 5537; 3. Kevin Iversen


Friday's Women's Finals:

3,000 - 1. Elizabeth Chepkosgei, UAA, 9:59.16; 2. Ashley Puga, NNU, 10:02.12; 3. Katie Hanser
Long Jump - 1. Kim Brady, UAA, 5.56 - 18-3; 2. Sarajane Rosenberg, WOU, 5.37 - 17-7 1/2; 3. J-
Javelin - 1. Brittany Aanstad, SPU, 45.07 - 147-10; 2. Jeeni Schantin, SPU, 44.93 - 147-5; 3. Mo-
Pole Vault - 1. Melissa Peaslee, SPU, 3.58 - 11-9; 2. Christy Miller, WWU, 3.33 - 10-11; 3. Traci-

Prelims:

100 - Heat 1, 1. Latoya Tidwell, NNU, 12.60; 2. Megan Zukowski, WWU, 12.70; 3. Ardrienna Ev-
200 - Heat 1, 1. Latoya Tidwell, NNU, 25.51; 2. Megan Zukowski, WWU, 25.97; 3. Lindsay Brad
400 - Heat 1, 1. Megan O'Connell, WWU, 58.54; 2. Chelsea Evans, CWU, 58.57; 3 Elisa Decker,
800 - Heat 1, 1. Ashley Puga, NNU, 2:16.05; 2. Annan Applebee, WOU, 2:17.33; 3. Cheryl Wats
100 Hurdles - Heat 1, 1. Michelle Howe, WWU, 15.18; 2. Sarah Barker, WOU, 15.73; 3. Chelsi (
400 Hurdles - Heat 1, 1. Heidi Dimmitt, WWU, 1:03.37; 2. Jacque Postlewait, WOU, 1:05.12; 3  

**Heptathlon (Apr. 21-22)** - 1. Jacque Postlewait, WOU, 4615; 2. Mandy Keifer, WOU, 4223; 3, I  

**Day 1**: 100 Hurdles – Postlewait 14.82, Howe 14.89, Gonzalez 15.74, Keifer 15.75, Bekins 16.1  

**Day 2**: Long Jump - Postlewait 5.32 – 17-5 ½, Aanstad 5.00 – 16-5, Pike 4.83 – 15-10 ¾, Gonzal