



## Great Northwest Athletic Conference

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### 2013 Outdoor Track and Field – Report 1 (Mar. 20, 2013)

**THIS WEEK: Friday-Saturday** - Willamette Multi-Event (WOU); Lewis & Clark Invitational (SMU); Whitworth Buc Scoring & Multi (NNU).

**GNAC ON TFRRS:** For direct links to all meets in which GNAC athletes have participated visit the GNAC page on TFRRS at: <http://www.tfrs.org/lists/953.html>

#### GNAC RED LION ATHLETES OF THE WEEK

**Men's Track & Field: Track** – Andrew Venema, Central Washington (Sr. Bickleton, WA) finished second in the 110 hurdles at the Oregon Preview Saturday in the second quickest time in GNAC history. His time of 14.77 was just .23 seconds off the GNAC record. **Field** - Michael Davis, Saint Martin's (So., Seattle, WA) and Cody Thomas, Alaska Anchorage (So., Blenheim, New Zealand) ... Davis won the triple jump at the Oregon Preview with a school record and provisional national qualifying leap of 48-1 ¼. His mark ranks sixth in GNAC history and seventh on the current NCAA Division II performance list. Thomas won the decathlon at the Cal State Northridge Multi-Events with a total of 6,781 points. That's the second highest point total in GNAC history and currently ranks third nationally on the NCAA Division II performance list.

**Women's Track & Field: Track** – McKayla Fricker, Seattle Pacific (Jr., Canby, OR) ran a Division II-leading time of 2:09.90 to win the 800 meters at the Oregon Preview. At the finish line, she was more than two seconds in front of runner-up Megan Patrignelli of Oregon. Fricker shattered her previous personal best of 2:11.57, set last April 21 at the Beach Invitational in Norwalk, Calif. She also ran the anchor leg on SPU's victorious 4x400 relay team. Her time ranks ninth in GNAC history. **Field** - Amanda Schumaker, Western Oregon (Sr., Gladstone, OR) won the javelin at Oregon with an automatic qualifying mark of 154-9. That assures her of her fourth straight national meet appearance. The three-time All-American placed sixth in 2010, eighth in 2011 and 3<sup>rd</sup> last year in the national meet.

**HONORABLE MENTION:** Western Oregon's Jeff Howard had two GNAC All-Time Top 10 marks at the Oregon Preview. His 10.79 in the 100 ranks ninth and his 21.87 in the 200 ranks 10<sup>th</sup>. ... Frank Krause of Saint Martin's ran a GNAC season-best time of 1:53.09 in the 800 meters at Eugene ... Ivy O'Guinn of Alaska Anchorage won the 800 at Northridge in a time of 2:12.15. That's the second fastest time in the nation this spring (behind McKayla Fricker). Her second-place time of 4:27.70 Friday at Occidental leads all Division II runners this

spring ... Tanya Bjornsson of Western Washington finished second in the long jump (18-6) and third in the 100 hurdles (14.29) at Eugene, while Laura Tesch of Saint Martin's placed second in the high jump (5-3 ¾) at UO.

**NATIONAL RANKINGS:** It's early in the season but six GNAC athletes are listed with the nation's best marks on TFRRS. McKayla Fricker and Ali Worthen of Seattle Pacific have the No. 1 performances in the women's 800 and heptathlon, respectively. Ivy O'Guinn of Alaska Anchorage is the national leader in the 1500 and Amanda Schumaker of Western Oregon is the leader in the javelin. On the men's side, the national leaders are Dylan Anthony of Alaska Anchorage in the 10,000 and UAA's Franz Burghagen in the javelin.

**PROVISIONALLY SPEAKING:** Conference athletes have 27 provisional national qualifying marks this spring and Alaska Anchorage has accounted for 16 of them. On the women's side, UAA has 10, Seattle Pacific has four and Western Oregon and Western Washington have two each. On the men's side, the Seawolves have six, the Wolves have two and Saint Martin's has one.

**WINNING AT HAYWARD FIELD:** GNAC athletes posted eight wins Saturday at Hayward Field. In addition to Davis, Fricker and Schumaker, winners included Saint Martin's Sam Washington in the men's shot put (50-10 ¾), Ryan McDonald of Western Washington in the discus (158-1), Seattle Pacific's Ali Worthen in the long jump (18-7 ¼) and both of SPU's women's relay teams (47.92 in 4x100 and 3:53.65 in 4x400).

**TFRRS NATIONAL TOP 10: Men:** 1500 – 2. Isaac Kangogo, UAA, 3:51.85. 5000 – 2. Dylan Anthony, UAA, 14:27.79. 10,000 – 1. Dylan Anthony, UAA, 30:41.93. Triple Jump – 7. Michael Davis, SMU, 14.66 – 48-1 ¼. Javelin – 1. Franz Burghagen, UAA, 70.29 – 230-7; 2. Cody Parker, UAA, 67.30 – 220-10. Decathlon – 3. Cody Thomas, UAA, 6781. **Women:** 800 – 1. McKayla Fricker, SPU, 2:09.90; 2. Ivy O'Guinn, UAA, 2:12.15; 4. Lynelle Decker, SPU, 2:12.56. 1500 – 1. Ivy O'Guinn, UAA, 4:27.70; 5. Susan Bick, UAA, 4:34.40. 100 Hurdles – 10. Tanya Bjornsson, WWU, 14.29. 400 Hurdles – 5. Haleigh Lloyd, UAA, 1:01.99. Steeplechase – 3. Katie Krehlik, UAA, 11:08.41. 10,000 – 2. Ruth Keino, UAA, 34:59.11. Long Jump – 10. Ali Worthen, SPU, 5.83 – 19-1 ½. Javelin – 1. Amanda Schumaker, WOU, 47.16 – 154-9; 9. Bethany Drake, WWU, 42.23 – 138-6. Heptathlon – 1. Ali Worthen, SPU, 5243; 4. Karolin Anders, UAA, 4756; 5. Haleigh Lloyd, UAA, 4637.

**LAST WEEK'S GNAC ALL-TIME TOP 10s: Men:** 100 – 9. Jeff Howard, WOU, 10.79. 200 – 10. Jeff Howard, WOU, 21.87. 10,000 – 10. \*Dylan Anthony, UAA, 30:41.93. 110 Hurdles – 2. Andrew Venema, CWU, 14.77. 4x400 Relay – 8. Western Washington 3:16.49. Triple Jump – 6. Michael Davis, SMU, 14.66 – 48-1 ¼. Decathlon – 2. +Cody Thomas, UAA, 6781. **Women:** 800 – 9. McKayla Fricker, SPU, 2:09.90. 110 Hurdles – 4. Tanya

Bjornsson, WWU, 14.29. 4x100 Relay – 10. Seattle Pacific 47.92. Shot Put – 9. Emmi Collier, WOU, 13.18 – 43-3. Heptathlon – 3. +Karolin Anders, UAA, 4756; 6. +Haleigh Lloyd, UAA, 4637. **Note:** All performances from Oregon Preview except where indicated: \*Occidental Distance Carnival +Northridge Invitational

#### LAST WEEK'S RESULTS:

**Northridge Multi-Event (Mar. 14-15 at Northridge): Decathlon - 1.** Cody Thomas, UAA, 6781. **Heptathlon - 3.** Karolin Anders, UAA, 4756; 6. Haleigh Lloyd, UAA, 4637.

**Occidental Distance Carnival (Mar. 15 at Los Angeles): Men (Top 10):** 1500 - 9. Isaac Kangogo, UAA, 3:51.85. 10,000 - 1. Dylan Anthony, UAA, 30:41.93; 2. Yonatan Yilma, UAA, 31:12.32; 3. Jacob Parisien, UAA, 31:14.63; 10. Kevin Rooke, UAA, 32:43.59. **Women (Top 10):** 1500 - 2. Ivy O'Guinn, UAA, 4:27.70; 4. Susan Bick, UAA, 4:34.40. Steeplechase - 4. Katie Krehlik, UAA, 11:08.41; 6. Bryn Haebe, UAA, 11:18.81. 10,000 - 1. Ruth Keino, UAA, 34:59.11.

**EOU Blue & Gold (Mar. 15 at La Grande): Men (GNAC winners):** 100 - Rimar Christie, NNU, 10.89. 200 - Jacob Oswalt, NNU, 22.52. 400 - David Harris, NNU, 51.24. 110 Hurdles - Kyle McLaughlin, NNU, 15.78. 4x100 Relay - Northwest Nazarene 43.00. Pole Vault - Greyson Kilgore, NNYU, 4.26 - 14-0. **Women (GNAC winners):** 100 - Melissa Grammer, NNU, 12.75. 200 - Melissa Grammer, NNU, 26.17. 1500 - Natalie Evans, NNU, 4:55.89. 100 Hurdles - Courtney Schroeder, NNU, 15.36. 400 Hurdles - Hannah Borden, NNU, 1:05.26. 4x100 - Northwest Nazarene 49.69. 4x400 Relay - Northwest Nazarene 4:13.42. High Jump - Laura Pridgen, NNU, 1.60 - 5-3. Shot Put - Vessie Umu, NNU, 11.88 - 38-11 3/4. Hammer - Jasmine Warrington, NNU, 46.58 - 152-10.

**Oregon Preview (Mar. 16 at Eugene): Men (Top 3):** 110 Hurdles - 2. Andrew Venema, CWU, 14.7. Hurdles - 2. Ryan Endresen, SPU, 54.42; 3. Kody Rhodes, WOU, 54.90. 2000 Steeplechase - 2. AJ Baker, SPU, 6:00.01. 4x100 Relay - 2. Western Washington 3:16.49; 3. Western Oregon 3:17.14. High Jump - 2. Brett Watson, WWU, 2.02 - 6-7 1/2; 3. Logan Myers, WWU, 1.97 - 6-5 1/2. Long Jump - 2. Kevin Yates, WWU, 6.79 - 22-3 1/2; 3. Jake Hyde, WOU, 6.65 - 21-10. Triple Jump - 1. Michael Davis, SMU, 14.66 - 48-1 1/4. Shot Put - 1. Sam Washington, SMU, 15.55 - 50-10 3/4; 2. Eric Holmstrom, CWU, 15.05 - 49-4 1/2; 3. Frank Catelli, WWU, 15.05 - 49-4 1/2. Discus - 1. Ryan McDonald, WWU, 48.19 - 158-1; 3. Frank Catelli, WWU, 44.53 - 146-1. Javelin - 2. Justin Larson, WOU, 59.14 - 194-0. **Women (Top 3):** 800 - McKayla Fricker, SPU, 2:09.90; 3. Lynelle Decker, SPU, 2:12.56. 100 Hurdles - 3. Tanya Bjornsson, WWU, 14.29. 400 Hurdles - 2. Amber Dodd, WWU, 1:05.54. 2000 Steeplechase - 2. Haley O'Connor, WWU, 7:22.87. 4x100 Relay - 1. Seattle Pacific 47.92. 4x400 Relay - 1. Seattle Pacific 3:53.65. High Jump - 2. Laura Tesch, SMU, 1.62 - 5-3 3/4. Pole Vault - Jamie Larsen, CWU, 3.40 - 11-1 3/4. Long Jump - 1. Ali Worthen, SPU, 5.67 - 18-7 1/4; 2. Tanya Bjornsson, WWU, 5.64 - 18-6. Shot Put - 2. Emmi Collier, WOU, 13.18 - 43-3. Javelin - 1. Amanda Schumaker, WOU, 47.16 - 154-9.

**Northridge Invitational (Mar. 16 at Northridge): Men (Top 8):** 800 - 2. Isaac Kangogo, UAA, 1:54.68. 400 Hurdles - 7. Travis Wilson, UAA, 56.04. Triple Jump - 8. Andrew Freed, UAA, 13.15 - 43-1 3/4. Javelin - 1. Cody Parker, UAA, 67.30 - 220-10; 2. Franz Burghagen, UAA, 65.51 - 214-11; 7. Cody Gibson, UAA, 48.30 - 158-5. **Women (Top 8):** 200 - 7. Grace Morgan 25.28. 800 - 1. Ivy O'Guinn, UAA, 2:12.15; 2. Susan Bick, UAA, 2:14.52; 3. Jessica Pahkala, UAA, 2:14.66. 100 Hurdles - 6. Rosie Smith, UAA, 14.88. 400 Hurdles - 2. Haleigh Lloyd, UAA, 1:02.85. Long Jump - 5. Renee Kennedy, UAA, 5.14 - 16-10 1/2.

**SCC Dusty Lane Open (Mar. 16 at Spokane): Men -** Whitworth 186.83, Washington State 160, CC Spokane 112, Eastern Washington 81, Gonzaga 69, Central Washington 24, Idaho 11, Lewis-Clark State 6, Swag Daddy TC 1.33. **Individual (Top 4):** 400 Hurdles - 4. Max McIntosh, CWU, 58.51. Long Jump - 3. Luke Plummer, CWU, 6.6. **Women -** Washington State 187, Whitworth 156, Eastern Washington 139, Gonzaga 63, Central Washington 45, Idaho 27, CC Spokane 27, Lewis-Clark State

5. **Individuals (Top 4):** Steeplechase - 4. Erin Chinchar, CWU, 12:54.3. Long Jump - 4. Juliana Joy, CWU, 4.81. Triple Jump - 4. Alyssa Marzano, CWU, 10.09.

## RED LION (@redlionhotels) ATHLETES OF THE WEEK

### MEN

**Week of Feb. 25-Mar. 3: Track –** Kody Rhodes, Western Oregon (Jr., Wilsonville, OR) won the 110-meter hurdles (14.93) and 400-meter hurdles (55.03) at the Willamette Opener. His time in the shorter event missed breaking into the GNAC All-Time Top 10 by .01 seconds. **Field –** Shane Brooks, Western Oregon (Fr., Pleasant Hill, OR) won the javelin at Willamette with a NCAA provisional national qualifying mark of 203-11. Brooks and teammate Justin Larson, who also posted a PNQ of 202-1, became the 12<sup>th</sup> and 13<sup>th</sup> athletes in GNAC history to throw 200 feet. Brooks' mark ranks eighth on the GNAC all-time list.

**Week of Mar. 4-10: Track –** Dylan Anthony, Alaska Anchorage (So., Kodiak, AK) grabbed the GNAC early-season lead in the 5,000 with a national qualifying time of 14:27.79 in the Ben Brown Invitational at Fullerton, Calif. Anthony's time ranks ninth in GNAC history. **Field –** Franz Burghagen, Alaska Anchorage (Fr., Berlin, Germany) posted a NCAA Division II automatic national qualifying mark in the javelin at Fullerton with a throw of 230-7. That mark ranks second in GNAC history.

**Week of Mar. 11-17: Track –** Andrew Venema, Central Washington (Sr. Bickleton, WA) finished second in the 110 hurdles at the Oregon Preview Saturday in the second quickest time in GNAC history. His time of 14.77 was just .23 seconds off the GNAC record. **Field -** Michael Davis, Saint Martin's (So., Seattle, WA) and Cody Thomas, Alaska Anchorage (So., Blenheim, New Zealand) ... Davis won the triple jump at the Oregon Preview with a school record and provisional national qualifying leap of 48-1 1/4. His mark ranks sixth in GNAC history and seventh on the current NCAA Division II performance list. Thomas won the decathlon at the Cal State Northridge Multi-Events with a total of 6,781 points. That's the second highest point total in GNAC history and currently ranks third nationally on the NCAA Division II performance list.

### WOMEN

**Week of Feb. 25-Mar. 3: Track -** Madison McClung, Western Oregon (Jr., Cottage Grove, OR) captured the 100 meter (12.28) and 200 meter (25.66) at the Willamette Opener in grabbing the GNAC opening weekend lead in both events. **Field –** Ali Worthen, Seattle Pacific (Sr., Coos Bay, OR – Marshfield) assured herself of a berth in next May's NCAA Division II national meet posting an automatic national qualifying score of 5,243 points in winning the Chico State Multi-Event Classic. Worthen's score was just 54 points shy of her career high of 5,297 points.

**Week of Mar. 4-10: Track** – Ivy O’Guinn, Alaska Anchorage (Jr., Soldotna, AK) was one of three Seawolves to establish a provisional national qualifying mark in the 800 meters at the Southern Invitational in Birmingham, Ala. A day after she anchored UAA’s distance medley relay team to a fifth-place national finish in the NCAA Indoor national meet with a time of 11:37.62, O’Guinn was clocked in a outdoor PNQ of 2:12.72 to take the early season conference lead in the event.

**Week of Mar. 11-17: Track** – McKayla Fricker, Seattle Pacific (Jr., Canby, OR) ran a Division II-leading time of 2:09.90 to win the 800 meters at the Oregon Preview. At the finish line, she was more than two seconds in front of runner-up Megan Patrignelli of Oregon. Fricker shattered her previous personal best of 2:11.57, set last April 21 at the Beach Invitational in Norwalk, Calif. She also ran the anchor leg on SPU’s victorious 4x400 relay team. Her time ranks ninth in GNAC history. **Field** - Amanda Schumaker, Western Oregon (Sr., Gladstone, OR) won the javelin at Oregon with an automatic qualifying mark of 154-9. That assures her of her fourth straight national meet appearance. The three-time All-American placed sixth in 2010, eighth in 2011 and 3<sup>rd</sup> last year in the national meet.