



## Great Northwest Athletic Conference

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### 2013 Outdoor Track and Field – Report 2 (Mar. 28, 2013)

**THIS WEEK: Friday** – Montana Al Manuel Invitational (MSUB); San Francisco State Invitational (UAA, SMU, WOU); Stanford Invitational (UAA, SMU, WOU); UBC Open (SFU); Chabot Invitational (WOU). **Saturday** - Montana Al Manuel Invitational (MSUB); Stanford Invitational (UAA, SMU, WOU); CNW Spring Break Open at West Seattle (CWU, SPU, WWU); Chabot Invitational (WOU).

**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** - Rimar Christie, Northwest Nazarene (Jr., St. Michael, Barbados) won the 100 meters in a time of 10.76 and finished third in the 200 in a time of 22.14 in the Whitworth Buc Scoring Invitational Friday at Spokane. Both times are GNAC automatic qualifying times this spring and currently rank first and third on the GNAC performance list. **Field** – Greyson Kilgore, Northwest Nazarene (Jr., Kuna, ID) finished second in the pole vault at Whitworth with a GNAC season-best vault of 14-5 ½.

**Women's Track & Field:** **Track** – Jordan Powell, Northwest Nazarene (Sr., Nampa, ID – Columbia) swept the 5,000 meters (17:59.05) and 10,000 (38:46.47) at Whitworth with conference qualifying times. Her 5,000 time is an automatic qualifier and currently ranks third in the conference, while her 10K provisional time ranks fourth. **Field** – AnnaMarie Forza, Northwest Nazarene (Fr., Enumclaw, WA) finished fourth in the javelin at Spokane with a provisional national qualifying mark of 132-4. **Honorable Mention** - Alicia Wolf, Saint Martin's (So., Bellingham, Wash.) broke an eight-year old school record with a personal best time of 59.39 in the 400 to finish third in the event at the Lewis & Clark Invite Saturday.

**UAA, SPU RANKED BY USTFCCCA COMPUTER:** Alaska Anchorage and Seattle Pacific are ranked in the inaugural USTFCCCA National Team Computer Rankings released this week. The UAA men are ranked 23<sup>rd</sup>, while the Seawolf women are ranked seventh. Seattle Pacific is ranked 25<sup>th</sup> in the women's team rankings.

**TFRRS INDIVIDUAL RANKINGS:** Four GNAC athletes have the best performances this spring in their events among NCAA Division II athletes. Ivy O'Guinn of Alaska Anchorage has the best time in the women's 1500 meters (4:27.70). UAA's Franz Burghagen is the national leader in the men's javelin (230-7) and Amanda Schumaker

of Western Oregon is the women's javelin leader with a best of 154-9. Ali Worthen of Seattle Pacific is the heptathlon leader with a score of 5243.

**TFRRS NATIONAL RANKINGS (Through Mar. 24): Men (Top 10):** 1500 – 4. Isaac Kangogo, UAA, 3:51.85. 5000 – 3. Dylan Anthony, UAA, 14:27.79. 10,000 – 3. Dylan Anthony, UAA, 30:41.93. Triple Jump – 8. 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; 4. Shane Brooks, WOU, 62.15 – 203-11; 7. Justin Larson, WOU, 61.59 – 202-1. Decathlon – 3. Cody Thomas, UAA, 6781. **Women (Top 10):** 800 – 2. McKayla Fricker, SPU, 2:09.90; 3. Ivy O'Guinn, UAA, 2:12.15; 5. Lynelle Decker, SPU, 2:12.56; 7. Jessica Pakkala, UAA, 2:13.30; 9. Susan Bick, UAA, 2:13.41. 1500 – 1. Ivy O'Guinn, UAA, 4:27.70; 5. Susan Bick, UAA, 4:34.40. 10,000 – 2. Ruth Keino, UAA, 34:59.11. 400 Hurdles – 7. Haleigh Lloyd, UAA, 1:01.99. Steeplechase – 4. Katie Krehlik, UAA, 11:08.41. Javelin – 1. Amanda Schumaker, WOU, 47.16 – 154-9. Heptathlon – 1. Ali Worthen, SPU, 5243; 4. Karolin Anders, UAA, 4756; 5. Haleigh Lloyd, UAA, 4637.

#### LAST WEEK'S RESULTS:

**Whitworth Buc Invitational (Mar. 23 at Spokane): Men** – Whitworth 107 ½, Northwest Nazarene 62 ½, Idaho 38, Spokane CC 21, Lewis-Clark State 17, Gonzaga 15. **Individual (NNU winners):** 100 – Rimar Christie, NNU, 10.76. 800 – Justin Webb, NNU, 1:58.54. 4x100 Relay – Northwest Nazarene 42.18. Triple Jump – Stephen Larlee, NNU, 13.87 – 45-6 ¼. **Women** – Northwest Nazarene 101 ½, Whitworth 57 ½, Idaho 51, Gonzaga 34, Lewis-Clark State 15. **Individual (NNU winners):** 100 – Christabel Leonce, NNU, 12.71. 200 – Christabel Leonce, NNU, 25.67. 400 – Melissa Grammer, NNU, 58.98. 800 – Natalie Evans, NNU, 2:18.12. 5000 - Jordan Powell, NNU, 17:59.05. 10,000 – Jordan Powell, NNU, 38:46.37. 110 Hurdles – Marie Smith, NNU, 15.0.1 4x100 Relay – Northwest Nazarene 49.60. 4x400 Relay – Northwest Nazarene 4:02.54. High Jump – Courtney Schroeder, NNU, 1.55 – 5-1. Long Jump – Marie Smith, NNU, 5.29 – 17-4 ¼.

**Lewis & Clark Invitational (Mar. 23 at Portland): Men** – Clackamas 94, Pacific Lutheran 78, Concordia 77, Warner Pacific 70, Pacific 63 (6. Western Oregon 60, 10. Saint Martin's 35). **Individuals (Top 3):** 100 – 2. Jeff Howard, WOU, 11.08. 200 – 2. Jeff Howard, WOU, 22.24. 800 – 1. Joseph Patti, SMU, 1:55.47; 2. Devon DeMoss, SMU, 1:56.68; 3. Brady Beagley, WOU, 1:56.86. **Women** – Concordia 101, Corban 99 ½, Clackamas 86, Lewis & Clark 77, Mt. Hood CC 60 (8. Saint Martin's 30, 12. Western Oregon 15, 13. Central Washington 5). **Individuals (Top 3):** 400 – 3. Alicia Wolf, SMU, 59.39. 800 – 3. Stephanie Stuckey, WOU, 2:21.41. High Jump – 3. Taylor Yoro, SMU, 1.53 – 5-0 ¼. Pole Vault – 3. Becca Hazel, WOU, 3.10 – 10-2. Javelin – 2. Samantha Hull, SMU, 35.83 – 117-7.

**Chico State Wildcat Open (Mar. 23 at Chico): Men** – Chico State 170, Sacramento City College 100 ½, Butte CC 99, Southern Oregon 61 ½, Icarus TC 47 (7. Central Washington 31). **Individuals (Top 6):** 110 Hurdles – 4. Andrew Venema, CWU, 15.14. Shot Put – 3. Mike Jensen, CWU, 15.23 – 49-11 ¼; 4. Quinton Agosta, CWU, 14.96 – 49-1; 6. Eric Holstrom, CWU, 14.69 – 48-2 ½. Discus – 4. Quinton Agosta, CWU, 45.68 – 149-10. Hammer – 4. Mike Jensen, CWU, 48.39 – 158-9.

**Women** – Chico State 327, Humboldt State 78, Southern Oregon 73, Oregon Tech 36 ½, Butte 35 (7. Central Washington 22). **Individuals (Top 6):** 100 – 6. Chelsea Genter, CWU, 13.03. 5000 – 1. Kelsey Krefl, CWU, 19:01.54. 100 Hurdles – 5. Chelsea Genter, CWU, 15.70. 400 Hurdles – 4. Chelsea Genter, CWU, 1:07.12

**Willamette Multi-Events (Mar. 22-23 at Salem): Decathlon** - 4. Eric Gaines, WOU, 5780. **Heptathlon** - 5. Maylea Tooze, WOU, 3418.

## **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 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.

**Week of Mar. 18-24: Track** - Rimar Christie, Northwest Nazarene (Jr., St. Michael, Barbados) won the 100 meters in a time of 10.76 and finished third in the 200 in a time of 22.14 in the Whitworth Buc Scoring Invitational Friday at Spokane. Both times are GNAC automatic qualifying times this spring and currently rank first and third on the GNAC performance list. **Field** – Greyson Kilgore, Northwest Nazarene (Jr., Kuna, ID) finished second in the pole vault at Whitworth with a GNAC season-best vault of 14-5 ¼.

### **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.

**Women's Track & Field: Track** – Jordan Powell, Northwest Nazarene (Sr., Nampa, ID – Columbia) won the 5,000 meters (17:59.05) and 10,000 (38:46.47) at Whitworth with conference qualifying times. Her 5,000 time is an automatic qualifier and currently ranks third in the conference, while her 10K provisional time ranks fourth. **Field** – AnnaMarie Forza, Northwest Nazarene (Fr., Enumclaw, WA) finished fourth in the javelin at Spokane with a provisional national qualifying mark of 132-4.