



Great Northwest Athletic Conference

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2013 Outdoor Track and Field – Report 3 (Apr. 3, 2013)

THIS WEEK: Friday - Idaho Cup (NNU). **Saturday** – Montana State Invitational (MSUB); Willamette Invitational (SMU, UAA, WOU); UPS Shotwell Invitational (CWU, SPU, WWU); Idaho Cup (NNU). **Sunday** - UBC vs. Simon Fraser.

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 – Dylan Anthony, Alaska Anchorage (So., Kodiak, AK) and Chris Olsen, Western Oregon (So., Milwaukie, OR – Rex Putnam) ... Anthony ran the sixth fastest 10,000 meter time in Division II this spring finishing seventh overall in Friday's San Francisco State Distance Carnival in a time of 29:53.28. He is just the fifth athlete in GNAC history to crack the 30 minute barrier and his time ranks fourth overall in GNAC history. Olsen finished fourth in the B section of the 800 meters at the Stanford Invitational in a time of 1:51.43. His time also ranks fourth this spring among Division II athletes and ranks sixth on the GNAC all-time Top 10 chart.

WOMEN'S TRACK & FIELD: Track – Susan Bick, Alaska Anchorage (Jr., Anchorage, AK) posted provisional national qualifying times in both the 800 (2:12.47) and 1500 (4:33.78) at Stanford and San Francisco State. **Field** – Tayler Fettig, Central Washington (So., Olympia), cleared 5-8 3/4 in the high jump in the Club Northwest Spring Break Open. Her leap is a CWU school record and ranks second all-time in GNAC history.

HONORABLE MENTIONABLES: Saint Martin's Joseph Patti, ran back-to-back personal bests in the 1500 meters including a time of 3:52.31 in the Chabot Relays, falling .31 seconds shy of the NCAA provisional qualifying time. His time ranks second in the GNAC this spring ... Jeff Howard of Western Oregon swept the 100 (11.00) and 200 (22.05) at the San Francisco State Distance Carnival ... Seattle Pacific's Will Harrison set a school record in the 10,000 meters at the Club Northwest Spring Break Open. His time of 31:17.10 ranks fourth in the GNAC this spring. It's the fourth school record for the Falcon senior who previously set marks in the indoor 3K and 5K and the outdoor 3K.

MORE MENTIONABLES: Kelly Cronin triple jumped 37-5 3/4 at the Stanford Invitational, breaking her own Saint Martin's school record by 5 1/4 inches. Her mark ranks

third in the GNAC this spring, trailing a 38-2 3/4 leap by Alexis Anderson of Western Oregon Saturday at Stanford, a 37-10 1/2 jump by WOU's Rebecca Laible Saturday at Chabot. Anderson's mark ranks 10th in GNAC history ... WOU's Emma Collier posted the eighth best shot put (43-11 3/4) in GNAC history, placing seventh in the four-throws division at Stanford ... Mary Owen of MSU Billings finished fourth in the steeplechase in the University of Montana Al Manuel Invitational in a school record time of 11:56.18 when adjusted for altitude ... MSUB's Corrie Holm had a discus throw of 131-2 at Missoula, moving into second place on the 2013 GNAC performance list.

TFRRS INDIVIDUAL RANKINGS: Four GNAC athletes have the best performances this spring in their events among NCAA Division II athletes. Alaska Anchorage's Franz Burghagen is the national leader in the men's javelin (230-7). Ruth Keino ran a time of 16:24.67 last weekend at Stanford to take the national lead in the 5,000. That time also ranks third in GNAC history. Amanda Schumaker of Western Oregon is the leader in the javelin (154-9) and Ali Worthen of Seattle Pacific is the leader in the heptathlon (5,243) ... Twenty-two different qualifying performances by GNAC athletes rank among the NCAA Division II National Top 10. A 23rd performance – by CWU's Brennan Boyes in the high jump – also ranks in the Top 10. But his best jump of 6-8, which ranks eighth, is not a national-qualifying mark ... Disappearing from this week's national rankings were UAA's Isaac Kangogo in the men's 1500 and Ruth Keino in the women's 10,000 after their results in the Occidental Distance Carnival were ruled invalid due to errors in the administration of the meet.

TFRRS NATIONAL RANKINGS (Through Apr. 3): Men (Top 10): 800 – 4. Chris Olsen, WOU, 1:51.43. 10,000 – 6. Dylan Anthony, UAA, 29:53.28. Triple Jump – 9. Michael Davis, SMU, 14.66 – 48-1 1/4. Javelin – 1. Franz Burghagen, UAA, 70.29 – 230-7; 3. Cody Parker, UAA, 67.30 – 220-10; 6. Shane Brooks, WOU, 62.15 – 203-11; 9. Justin Larson, WOU, 61.65 – 202-3. Decathlon – 4. Cody Thomas, UAA, 6781. **Women (Top 10):** 800 – 3. McKayla Fricker, SPU, 2:09.90; 4. Ivy O'Guinn, UAA, 2:12.15; 6. Susan Bick, UAA, 2:12.47; 7. Lynelle Decker, SPU, 2:12.56. 1500 – 2. Ivy O'Guinn, UAA, 4:27.53; 9. Susan Bick, UAA, 4:33.78. Steeplechase – 2. Susan Tanui, UAA, 10:13.40. 5,000 – 1. Ruth Keino, UAA, 16:24.67. 400 Hurdles – 7. Haleigh Lloyd, UAA, 1:01.99. Javelin – 1. Amanda Schumaker, WOU, 47.16 – 154-9; 10. Bethany Drake, WWU, 43.33 – 142-2. Heptathlon – 1. Ali Worthen, SPU, 5243; 5. Karolin Anders, UAA, 4756; 8. Haleigh Lloyd, UAA, 4637.

LAST WEEK'S NATIONAL QUALIFIERS: In addition to Olsen, Anthony, Bick, Keino and Fettig, Alaska Anchorage's Haleigh Lloyd (400 hurdles), and Susan Tanui (steeplechase) and Justin Larson of Western Oregon (javelin) had national qualifying performances last

weekend. Tanui's steeplechase time of 10:13.40 meet the NCAA automatic standard and missed her own GNAC record by just .07 seconds. No one else in GNAC history has run within 18 seconds of her time.

LAST WEEK'S NATIONAL QUALIFIERS: Men: 800 – Chris Olsen, WOU, 1:51.43. 10,000 – +Dylan Anthony, UAA, 29:53.28. Javelin – Justin Larson, WOU, 61.65 – 202-3. **Women:** 800 – Susan Bick, UAA, 2:12.47. 1500 – Ivy O'Guinn, UAA, 4:27.53; +Susan Bick, UAA, 4:33.78. 5000 – Ruth Keino, UAA, 16:24.67. 400 Hurdles – Haleigh Lloyd, UAA, 1:01.97. Steeplechase – Susan Tanui, UAA, 10:13.40. High Jump – **Tayler Fettig, CWU, 1.75 – 5-8 ¾. (**Note:** All performances from the Stanford Invitational except where noted: +SFSU Distance Carnival **CNW Spring Break).

LAST WEEK'S GNAC ALL-TIME TOP 10s: Men: 800 – 6. Chris Olsen, WOU, 1:51.43. 10,000 – 4. +Dylan Anthony, UAA, 29:53.28. **Women:** 5000 – 3. Ruth Keino, UAA, 16:24.67. 400 Hurdles – 10. ++Sarah Sawatzky, SFU, 1:03.08. High Jump – 2. **Tayler Fettig, CWU, 1.75 – 5-8 ¾. Triple Jump – 10. Alexis Anderson, WOU, 11.65 – 38-2 ¾. Shot Put – 8. Emmi Collier, WOU, 13.40 – 43-11 ¾. (**Note:** All performances from the Stanford Invitational except where noted: +SFSU Distance Carnival **CNW Spring Break ++UBC Open).

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

LAST WEEK'S RESULTS:

Chabot Invite & Relays (Mar. 29-30 at Hayward, CA): Men – 1. George Washington 131, Hartnell 84 ½, 3. Eastern Oregon 79, 4. Redwood Christian 68, 5. De Anza and Stuart Hall 66, 9. Saint Martin's 50, 18. Western Oregon 25. **Individuals (GNAC winners):** 100 – Edd Brown, SMU, 10.96. 110 Hurdles – Kody Rhodes, WOU, 15.13. Triple Jump – Michael Davis, SMU, 14.54 – 47-8 ½. **Women** – 1. Branson School 114, 2. College of Idaho 101, 3. Eastern Oregon 84, 4. Convent of the Sacred Heart 80, 5. De Anza 76 ½, 17. Saint Martin's 20, 19. Western Oregon 16. **Individuals (GNAC winners):** 400 – Alicia Wolf, SMU, 59.69. High Jump – Laura Tesch, SMU, 1.62 – 5-4.

CNW Spring Break Open (Mar. 30 at West Seattle): Men (GNAC winners): 100 – Bryan Mack, CWU, 11.09. 200 – Alex Donigian, WWU, 22.10. 5000 – AJ Baker, SPU, 15:32.70. 110 Hurdles – Corey Pfeiff, WWU, 15.24. Steeplechase – AJ Baker, SPU, 9:24.11. 4x100 Relay – Central Washington 42.43. Triple Jump – Bryan Mack, CWU, 14.00 – 45-11 ¼. Shot Put – Eric Holmstrom, CWU, 15.91 – 52-2 ½. **Women (GNAC Winners):** 100 – Ali Worthen, SPU, 12.58. 200 – Ali Worthen, SPU, 25.66. 400 – Jasmine Johnson, SPU, 57.56. 800 – Emily Quatier, SPU, 2:15.80. 1500 – McKayla Fricker, SPU, 4:38.59. 5000 – Katie Thralls, SPU, 17:50.75. 100 Hurdles – Ali Worthen, SPU, 14.47. 4x100 – Central Washington 50.44. 4x400 Relay – Seattle Pacific 3:53.84. High Jump – Tayler Fettig, CWU, 1.75 – 5-8 ¾. Long Jump – Tasia Baldwin, SPU, 5.47 – 17-11 ½. Hammer – Lindsay Wells, WWU, 48.64 – 159-7. Javelin – Bethany Drake, WWU, 43.33 142-2.

Colorado Mines Front Range Invitational (Mar. 30 at Golden, CO): Women: 200 – 3. Sydney Coffey, WWU, 25.82; 6. Miranda Lahman, WWU, 27.70. 400 – 2. Sydney Coffey, WWU, 57.91. 400 Hurdles – Miranda Lahman, WWU, 1:05.64.

Stanford Invitational (Mar. 29-30 at Palo Alto, CA): Men (Top 8): 800 (B) – 4. Chris Olsen, WOU, 1:51.43. Javelin – 1. Franz Burghagen, UAA, 69.21 – 227-1; 2. Cody Parker, UAA, 67.28 – 220-9; 6. Justin Larson, WOU, 61.65 – 202-3. **Women (Top 8):** 1500 (Section 4) – 8. Ivy O'Guinn, UAA < 4:27.53. Steeplechase – 6. Susan Tanui, UAA, 10:013.40. Triple

Jump – 6. Alexis Anderson, WOU, 11.65 – 38-2 ¾. Javelin – 1. Amanda Schumaker, WOU, 45.08 – 147-11; 5. Seabre Church, WOU, 42.31 – 138-10. Shot Put (4 throws) – 7. Emmi Collier, WOU, 13.40 – 43-11 ¾.

San Francisco State (Mar. 29 at San Francisco): Men (Top 3): 100 – 1. Jeff Howard, WOU, 11.00; 2. Bryce Leedham, WOU, 11.19; 3. Michael Davis, SMU, 11.20. 200 – 1. Jeff Howard, WOU, 22.05; 3. Edd Brown, SMU, 22.32. 800 – 3. Ryan Hansen, WOU, 1:52.85. **Women (Top 3):** 400 – 1. Audrey Hellesto, WOU, 1:00.89. 800 – 2. Jessica Pakkala, UAA, 2:14.36. 1500 – 2. Susan Bick, UAA, 4:33.78.

Montana Al Manuel Invitational (Mar. 29-30 at Missoula): Men (Top 6): 200 – 4. Rory Bauer, MSUB, 22.70. 800 – 4. Drew Galahan, MSUB, 1:57.25. 4x400 Relay – 5. MSU Billings 3:29.07. Shot Put – 5. Tanner Rottrup, MSUB, 14.94 – 49-0 ¼; 6. Jake Swan, MSUB, 14.60 – 47-11. **Women (Top 6):** 100 – 6. Blair Street, MSUB, 12.91. 5000 – 6. Jinise Osborne, MSUB, 19:49.79. Steeplechase – 4. Mary Owen, MSUB, 12:04.84. 4x100 Relay – 5. MSU Billings 55.08.

RED LION 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 12th and 13th 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 3rd last year in the national meet.

Week of Mar. 18-24: 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.