



Great Northwest Athletic Conference

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2013 Outdoor Track and Field – Report 4 (Apr. 10, 2013)

THIS WEEK: **Wednesday** - Idaho State Combined (NNU). **Thursday** - South Dakota Mines Invitational, cancelled (MSUB); Idaho State Combined (NNU); Sacramento State Multi-Events (SPU). **Friday** - WWU Multi-Events (CWU, WWU); Sacramento State Multi-Events (SPU); Western Oregon John Knight Twilight (WOU). **Saturday** - WWU Ralph Vernacchia Invitational & Multi-Events (CWU, SFU, SMU, WWU); Spokane CC WAR VI Invitational (CWU, NNU, SPU); SFU Emile Mondor Invitational (SFU).

NEXT WEEK: **Thursday (Apr. 18)** - Mt. Sac Relays (UAA, SPU, SFU, SMU, WOU, WWU). **Friday (Apr. 19)** - Mt. Sac Relays (UAA, SPU, SFU, SMU, WOU, WWU); Azusa Pacific Bryan Clay Invitational (UAA, SPU, SMU, SFU, WOU, WWU); Oregon Relays (WOU, WWU). **Saturday (Apr. 20)** - Long Beach State Invitational (UAA, SPU, SMU, SFU, WOU); Montana State Open (MSUB); CWU Spike Arlt (WWU, CWU); NNU Invitational (NNU); Oregon Relays (WOU, WWU).

UPCOMING: **Friday (Apr. 26)** - Pacific Twilight (WOU); WWU Twilight (CWU, SPU, SMU, SFU, WWU). **Saturday (Apr. 27)** - Spokane Duane Hartman Invitational (CWU, NNU). **Sunday (Apr. 28)** - Stanford Payton Jordan Invitational (SFU). **Monday-Tuesday (Apr. 29-30)** - GNAC Multi-Events (at Monmouth).

IN MAY: **Friday (May 3)** - Montana State Tom Gage Classic (MSUB); Oregon Twilight (WOU). **Saturday (May 4)** - Occidental Invitational (UAA, WOU); UW Ken Shannon (CWU, SPU, SMU, WWU). **Friday-Saturday (May 10-11)** - GNAC Championships (at Monmouth). **Sunday (May 12)** - SMU Last-Chance (SMU). **Thursday-Saturday (May 23-25)** - NCAA Nationals (at Pueblo, Colo.).

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 and Field: **Track** - Rimar Christie, Northwest Nazarene (Jr., St. Michael, Barbados) finished second in the 100 meters (10.88) and seventh in the 200 meters (21.99) in the Idaho Cup at Boise. He also led the Crusaders to the ninth best 4x100 relay time in GNAC history. NNU finished third in a time of 41.78, finishing ahead of Weber State and Idaho State. **Field** - Braden Keller, Central Washington (Sr., Kelso, WA) won the javelin at the UPS Shotwell with an automatic national qualifying mark of 222-5. That is the fourth longest in GNAC history.

Women's Track and Field: **Track** - Helen Crofts, Simon Fraser (Sr., Vancouver, BC - West Vancouver) and Grace Morgan, Alaska Anchorage (So., Salt Spring Island, BC - Gulf Island) ... Crofts led the Clan to a 59-56 dual meet win over UBC in the Achilles Cup at Burnaby. She won the 400 meters in a provisional national qualifying time of 55.71. She also won the 1500 (4:41.50) and tied for first in

her first attempt this season in the high jump (1.55 - 5-1). She capped off the meet leading the Clan to a victory in the 4x400 relay in a GNAC-season best time of 3:52.84 ... Morgan ran the GNAC's fastest times this spring in the 100 (12.19) and 200 meters (25.01) at the Willamette Invitational finishing third in both events behind a pair of Portland State athletes. She also led the Seawolves to a school-record time of 47.50 in the 4x100 relay. That time ranks fourth in GNAC history. **Field** - Cheyanna Pinley, Western Washington (So., Bellingham, WA - Squalicum) won the pole vault at the UPS Shotwell Invitational with a GNAC season-best vault of 11-5 3/4.

MSUB NOTABLE PERFORMANCES: Michael Luhr set a Montana State Billings school record in the 10,000 meters with a time of 32:53.46 at the Montana State Open. MSUB's Anthony Montanez qualified for the GNAC championship meet in the shot put with a throw of 50-6.

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 moved up one slot to 22nd, while the Seawolf women fell one position to seventh. Seattle Pacific climbed one position to 24th in the women's team rankings. Eight GNAC teams, four men's and four women's are ranked in the regional poll.

USTFCCCA POLLS: **National: Men** - 22. Alaska Anchorage. **Women** - 7. Alaska Anchorage, 24. Seattle Pacific. **Regional: Men** - 6. Alaska Anchorage, 7. Western Oregon, 8. Western Washington, 10. Central Washington. **Women** - 3. Alaska Anchorage, 7. Seattle Pacific, 9. Northwest Nazarene, 10. Western Washington.

TFRRS INDIVIDUAL RANKINGS: Four GNAC athletes remain on top of the national leader board in NCAA Division II. Alaska Anchorage's Franz Burghagen is the national leader in the men's javelin (230-7). Ruth Keino of Alaska Anchorage is the national leader in the women's 5,000 (16:24.67). Amanda Schumaker of Western Oregon is the leader in the women's javelin (154-9) and Ali Worthen of Seattle Pacific is the leader in the heptathlon (5,243) ... Twenty difference GNAC performances rank in the Top 10 nationally including two each by three Alaska Anchorage athletes - Ivy O'Guinn (800, 1500), Susan Tanui (1500, steeplechase) and Haleigh Lloyd (400 hurdles, heptathlon).

TFRRS NATIONAL RANKINGS (Through Apr. 9): Men (Top 10): 800 - 5. Chris Olsen, WOU, 1:51.43. 10,000 - 6. Dylan Anthony, UAA, 29:53.28. Javelin - 1. Franz Burghagen, UAA, 70.29 - 230-7; 3. Keller Braden, CWU, 67.79 - 222-5; 4. Cody Parker, UAA, 67.30 - 220-10; 8. Shane Brooks, WOU, 62.15 - 203-11. Decathlon - 5. Cody Thomas,

UAA, 6781. **Women (Top 10):** 800 – 3. McKayla Fricker, SPU, 2:09.90; 9. Ivy O’Guinn, UAA, 2:12.15; 10. Susan Bick, UAA, 2:12.34. 1500 – 2. Ivy O’Guinn, UAA, 4:27.53; 9. Susan Tanui, UAA, 4:32.73. Steeplechase – 2. Susan Tanui, UAA, 10:13.40. 5,000 – 1. Ruth Keino, UAA, 16:24.67. 400 Hurdles – 9. Haleigh Lloyd, UAA, 1:01.16. Javelin – 1. Amanda Schumaker, WOU, 47.16 – 154-9; 10. Bethany Drake, WWU, 43.33 – 142-2. Heptathlon – 1. Ali Worthen, SPU, 5243; 6. Karolin Anders, UAA, 4756; 9. Haleigh Lloyd, UAA, 4637.

LAST WEEK’S NATIONAL QUALIFIERS: Men: Javelin – **Braden Keller, CWU, 67.79 – 222-5; Slater Hirst, WWU, 58.26 – 191-2. **Women:** 400 – Helen Crofts, SFU, 55.71. 800 – Susan Bick, UAA, 2:12.34; *Sarah Sawatzky, SFU, 2:13.11; *Michaela Kane, SFU, 2:13.57; +Natalie Evans, NNU, 2:14.21. 1500 – Susan Tanui, UAA, 4:32.73. 400 Hurdles – Haleigh Lloyd, UAA, 1:01.16. Steeplechase – Katie Krehlik, UAA, 11:06.21. Volleyball – +AnnaMarie Forza, NNU, 40.66 – 133-5. **Note:** All performances at Willamette Invitational except where noted: *Achilles Cup +All-Idaho Cup **UPS Shotwell

LAST WEEK’S GNAC ALL-TIME TOP 10s: Men: 4x100 – 9. +Northwest Nazarene 41.78. Javelin – 4. **Braden Keller, CWU, 67.79 – 222-5. **Women:** 4x100 – 4. Alaska Anchorage 47.50. **Note:** All performances at Willamette Invitational except where noted: +All-Idaho Cup **UPS Shotwell

LAST WEEK’S RESULTS:

UPS Shotwell Invitational (Apr. 5-6 at Tacoma): Men – Central Washington 166 ½, Western Washington 145 ½, Pacific Lutheran 118, Puget Sound 81, Seattle Pacific 64, Mt. Hood CC 36 ½, Everett CC 22, Green River CC 12, Evergreen State 10, Tacoma City RC 8, Olympic 8, FTC 2. **GNAC Winners:** 200 – Kent McKinney, CWU, 22.95. 400 – Chayce Sather, CWU, 50.45. 1500 – Seth Pierson, SPU, 4:00.32. 5000 – Chip Jackson, WWU, 15:10.97. 110 Hurdles – Logan Myers, WWU, 15.14. 400 Hurdles – Ryan Endresen, SPU, 54.54. Steeplechase – AJ Baker, SPU, 9:43.90. 4x100 – Central Washington (Nystrom, McKinney, Todd, Mack) 42.11. 4x400 Relay – Central Washington (Hite, Fremd, Sather, Garner) 3:26.62. High Jump – Brennan Boyes, CWU, 2.02 – 6-7 ½. Pole Vault – Keenan Komoto, WWU, 4.26 – 13-11 ¾. Discus – Quinton Agosta, CWU, 44.76 – 146-10. Javelin – Braden Keller, CWU, 67.79 – 222-5. **Women –** Western Washington 156, Seattle Pacific 131, Central Washington 89, Pacific Lutheran 85, Puget Sound 76 ½, Mt. Hood CC 66 ½, Everett CC 39, Club Northwest 10, Olympic 8, Green River 5. **GNAC Winners:** 100 – Tanya Bjornsson, WWU, 12.61. 200 – Tasia Baldwin, SPU, 26.05. 400 – Tasia Baldwin, SPU, 58.95. 800 – Emily Quatier, SPU, 2:15.17. 1500 – Lynelle Decker, SPU, 4:45.18. 100 Hurdles – Tayler Fettig, CWU, 15.61. 400 Hurdles – Amber Dodd, WWU, 1:05.50. High Jump – Holly Grager, SPU, 1.60 – 5-3. Pole Vault – Cheyanna Pinley, WWU, 3.50 – 11-5 ¾. Long Jump – Emily Warman, WWU, 5.50 – 18-0 ½. Triple Jump – Emily Warman, WWU, 11.50 – 37-8 ¾. Shot Put – Becki Duhamel, CWU, 13.05 – 42-9 ¾. Hammer – Lindsay Wells, WWU, 47.56 – 156-0.

Willamette Invitational (Apr. 6 at Salem): Men (Top 3): 100 – 3. Michael Davis, SMU, 11.04. 200 – 3. Jeff Howard, WOU, 22.12. 110 Hurdles – 1. Brett Campbell, WOU, 15.42; 3. Cody Thomas, UAA, 15.64. 400 Hurdles – 3. Elliott Bauer, UAA, 54.46. 4x100 Relay – 2. Alaska Anchorage (Allen, Bauer, Thomas, DeWolf) 42.70, 4x400 – 1. Alaska Anchorage (Camara, Bauer, Wilson, Thomas) 3:19.44. Pole Vault – 1. Joseph Keeton, SMU, 4.11 – 13-5 ¾. **Women (Top 3):** 100 – 3. Grace Morgan, UAA, 12.19. 200 – 3. Grace Morgan, UAA, 25.04. 800 – 1. Susan Bick, UAA, 2:12.34; 3. Jessica Pahkala, UAA, 2:14.33. 5000 (B Section) – 3. Dani Eggleston, CWU, 18:17.50. 100 Hurdles – 3. Haleigh Lloyd, UAA, 14.60. 400 Hurdles – 1. Haleigh Lloyd, UAA, 1:01.16. Steeplechase – 2. Katie Krehlik, UAA, 11:06.21; 3. Kelsey Krefl, CWU, 11:16.35. 4x100 Relay – 2. Alaska Anchorage ((Halfyard, Smith, Morgan, Lloyd) 47.50. 4x400 Relay – 1. Alaska Anchorage (Halfyard, Bick, Smith, Lloyd) 3:58.36. Pole Vault – 2. Becca Hazel, WOU, 3.05 – 10-0. Long Jump – 1. Karolin Anders, UAA, 5.61 – 18-5. Triple Jump – 2. Karolin Anders, UAA, 11.53 – 37-10.

Montana State Open (Apr. 5-6 at Bozeman, MT): Men (Top 6): 100 – 3. Rory Bauer, MSUB, 11.02; 5. Tyler DiGiovanna, MSUB, 11.15. 800 – 2. Chase Robinson, MSUB, 1:58.34; 3. Drew Galahan, MSUB, 1:58.61. 1500 – 2. Tyson Vanderby, MSUB, 4:02.19. 400 Hurdles – 6. Lewis Polkow, MSUB, 57.07. 4x100 Relay – 2. MSU Billings (Cates, Bauer, DiGiovanna, Prevost) 43.04. 4x400 Relay – 4. MSU Billings (Polkow, Bauer, Neale, Prevost) 3:26.93. Shot Put – 2. Anthony Montanez, MSUB, 15.39 – 50-6; 3. Tanner Rottrup, MSUB, 15.11 – 49-7; 4. Jake Swan, MSUB, 15.08 – 49-5 ¾. Javelin – 6. Dylan Beuhler, MSUB, 52.36 – 171-9. 10,000 – 4. Michael Luhr, MSUB, 32:53.46; 5. Taylor Canfield, MSUB, 33:19.80. **Women (Top 6):** 100 Hurdles – 4. Sarena Underwood, MSUB, 15.73. 4x100 Relay – 5. MSU Billings (Crowder, Underwood, Martinell, Berry) 51.37. Shot Put – 3. Cassidy Koski, MSUB, 11.59 – 38-0 ¼.

Achilles Cup (Apr. 7 at Burnaby, BC): Men – British Columbia 63, Simon Fraser 52. SFU Winners: 4x400 Relay – Simon Fraser (Conrad, Ellenwood, Lynch, Proceviat) 3:27.03. Shot Put – Luca Molinari 12.02 – 39-5. **Women –** Simon Fraser 59, British Columbia 56. **SFU Winners:** 400 – Helen Crofts 55.71. 800 – Sarah Sawatzky 2:13.11. 1500 – Helen Crofts 4:41.50. 4x400 – Simon Fraser (Desch, Kane, Sawatzky, Crofts) 3:52.84. Long Jump – Mercedes Rhodes, SFU, 5.12 – 16-9 ½. Shot Put – Jade Richardson 10.69 – 35-0 ¾.

All-Idaho Cup (Apr. 5-6 at Boise, ID): Men (Top 6): 100 – 2. Rimar Christie, NNU, 10.88. 4x100 Relay – 3. Northwest Nazarene (Harris, Curtis, Henderson, Christie) 41.78. 4x400 Relay – 6. Northwest Nazarene (Coulter, Harris, Henderson, Curtis) 3:23.45. Triple Jump – 2. Stephen Larlee, NNU, 13.82 – 45-4 ¼; 4. Richard Predmore, NNU, 12.65 – 41-6. Discus – 5. Kevin Rima, NNU, 46.40 – 152-3. **Women (Top 6):** 100 – 6. Christabel Leonce, NNU, 12.64. 400 – 2. Melissa Grammer, NNU, 57.09. 800 – 5. Natalie Evans, NNU, 2:14.21. Steeplechase – 4. Hailey Bradshaw 11:48.46. 4x100 Relay – 6. Northwest Nazarene (Leonce, Smith, Borden, Grammer) 48.66. Javelin – 6. AnnaMarie Forza, NNU, 40.66 – 133-5.

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.

Week of Mar. 25-31: 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. Olson 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.

Week of Apr. 1-7: Track – Rimar Christie, Northwest Nazarene (Jr., St. Michael, Barbados) finished second in the 100 meters (10.88) and seventh in the 200 meters (21.99) in the Idaho Cup at Boise. He also led the Crusaders to the ninth best 4x100 relay time in GNAC history. NNU finished third in a time of 41.78, finishing ahead of Weber State and Idaho State. **Field** – Braden Keller, Central Washington (Sr., Kelso, WA) won the javelin at the UPS Shotwell with an automatic national qualifying mark of 222-5. That is the fourth longest in GNAC history.

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.

Week of Mar. 25-31: 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 ¾ 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.

Week of Apr. 1-7: Track – Helen Crofts, Simon Fraser (Sr., Vancouver, BC – West Vancouver) and Grace Morgan, Alaska Anchorage (So., Salt Spring Island, BC – Gulf Island) ... Crofts led the Clan to a 59-56 dual meet win over UBC in the Achilles Cup at Burnaby. She won the 400 meters in a provisional national qualifying time of 55.71. She also won the 1500 (4:41.50) and tied for first in her first attempt this season in the high jump (1.55 - 5-1). She capped off the meet leading the Clan to a victory in the 4x400 relay in a GNAC-season best time of 3:52.84 ... Morgan ran the GNAC's fastest times this spring in the 100 (12.19) and 200 meters (25.01) at the Willamette Invitational finishing third in both events behind a pair of Portland State athletes. She also led the Seawolves to a

school-record time of 47.50 in the 4x100 relay. That time ranks fourth in GNAC history. **Field** – Cheyanna Pinley, Western Washington (So., Bellingham, WA – Squalicum) won the pole vault at the UPS Shotwell Invitational with a GNAC season-best vault of 11-5 ³/₄.