



Great Northwest Athletic Conference

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2013 Outdoor Track and Field – Report 5 (Apr. 17, 2013)

THIS WEEK: Thursday – Mt. Sac Relays (UAA, SPU, SFU, SMU, WOU, WWU). **Friday** – 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** – Long Beach State Invitational (UAA, SPU, SMU, SFU, WOU); Montana State Open (MSUB); CWU Spike Art (WWU, CWU); NNU Invitational (NNU); Oregon Relays (WOU, WWU).

NEXT WEEK: 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).

UPCOMING: Monday-Tuesday (Apr. 29-30) – GNAC Multi-Events (at Monmouth). **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.tfrrs.org/lists/953.html>

GNAC RED LION ATHLETES OF THE WEEK

Women's Track and Field: Ali Worthen, Seattle Pacific (Sr., Coos Bay, OR) had three provisional national qualifying performances and four GNAC All-Time Top 10 marks in an heptathlon at Sacramento State. She won the heptathlon with the second best score in GNAC history scoring 5,492 points. On the way to that point total, she had the fifth best high jump (5-7 ¾), the third quickest 100 hurdles (14.16) and the sixth fastest 200 meters (24.96) in GNAC history. Her high jump mark tied her previous career mark. Her heptathlon score is a NCAA automatic qualifying score, while her high jump and 100 hurdle marks are provisional national qualifying performances. **Field** – Seabre Church, Western Oregon (Jr., Florence, OR) won the javelin at the John Knight Twilight at Monmouth Friday with an NCAA automatic qualifying mark of 151-5. That is the fifth best throw this spring in the nation and ranks 10th in GNAC history.

Mentionables: Northwest Nazarene's Jordan Powell clipped 2:06 off the school record in winning the 10,000 at the Spokane CC War VI Invitational. Her time of 36:29.48 ranks eighth in GNAC history and is a provisional national qualifying mark ... Central Washington's Tayler Fettig, who has the nation's fifth best high jump mark (5-8 ¾) scored 3,999 points in winning the heptathlon in the WWU Vernacchia Multi-Events.

Men's Track & Field: Track – Rory Bauer, MSU Billings (So., Roberts, MT) set school records in the decathlon and 400 meters in placing ninth in the decathlon at the Idaho State Multi-Events. His 5,470-point total ranks third in the GNAC this spring. His 400 time of 49.60 (49.71 after being adjusted for altitude) was a GNAC automatic qualifying mark. He finished first in the field in the 400 and second in the 200 (11.28). **Field** – Ryan MacDonald, Western Washington (So., Bellingham, WA - Sehome) established a provisional qualifying mark of 163-1 in winning the discus and lead Western Washington to its 16th consecutive team title in the WWU Ralph Vernacchia Invitational.

Mentionables: Dkay Ayivor of Simon Fraser posted GNAC provisional qualifying marks in the high jump (1.85 – 6-2 ¾) and long jump (6.50 – 2-14). Both marks rank sixth in the conference this spring.

UAA, SPU RANKED BY USTFCCCA COMPUTER: Alaska Anchorage and Seattle Pacific are ranked eighth and 16th in this week's USTFCCCA Women's National Team Computer Rankings. The Seawolves fell one spot, while the Falcons leap eight places to No. 16. In the men's team rankings, UAA climbed seven spots from 22nd to 15th. Seven GNAC teams, three men's and four women's are ranked in the regional poll.

USTFCCCA POLLS (Through Apr. 16): National: Men – 15. Alaska Anchorage. **Women** – 8. Alaska Anchorage, 16. Seattle Pacific. **Regional: Men** – 6. Alaska Anchorage, 7. Western Oregon, 8. Western Washington. **Women** – 4. Alaska Anchorage, 7. Seattle Pacific, 9. Western Washington, 10. Northwest Nazarene.

TFRRS INDIVIDUAL RANKINGS: Ali Worthen of Seattle Pacific opened up a 411-point lead in the heptathlon in this week's TFRRS national rankings after totaling 5,492 points in a meet last week at Sacramento State. Her score is the second best in GNAC history ... She is one of four GNAC athletes on top of the NCAA Division II national leader board. 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) and Amanda Schumaker of Western Oregon remains the leader in the women's javelin (154-9) ... Twenty different GNAC performances rank in the Top 10 nationally including 13 by GNAC women. Susan Tanui (ninth in the 1500 and second in the steeplechase) and Worthen (1st in the heptathlon and ninth in the high jump) rank in the Top 10 in two events each.

TFRRS NATIONAL RANKINGS (Through Apr. 16): Men (Top 10): 800 – 8. 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 – 6. Cody Thomas, UAA, 6781. **Women (Top 10):** 800 – 4. McKayla Fricker, SPU, 2:09.90. 1500 – 3. 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. 10,000 – 8. Jordan Powell, NNU, 36:29.48. 400 Hurdles – 9. Haleigh Lloyd, UAA, 1:01.16. High Jump – 5. Tayler Fettig, CWU, 1.75 – 5-8 ¾; 9. Ali Worthen, SPU, 1.72 – 5-7 ¾. Javelin – 1. Amanda Schumaker, WOU, 47.16 – 154-9; 5. Seabre Church, WOU, 46.15 – 151-5. Heptathlon – 1. Ali Worthen, SPU, 5492; 7. Katy Gross, SPU, 4919.

LAST WEEK'S NATIONAL QUALIFIERS: GNAC athletes established 13 national qualifying marks last week. SPU's Ali Worthen accounted for three of them during her heptathlon and her teammate Katy Gross had two in the event. GNAC women accomplished all but two – discus throws by Ryan MacDonald of Western Washington and Kevin Rima of Northwest Nazarene –. The women also accounted for all 11 of the GNAC All-Time Top 10 marks as Worthen accounted for four.

National Qualifiers: Men: Discus – +Ryan MacDonald, WWU, 49.72 – 163-1; Kevin Rima, NNU, 49.20 – 161-5. **Women:** 800 – *Lindsey Butterworth, SFU, 2:12.46. 10,000 – Jordan Powell, NNU, 36:29.48. High Jump – *Ali Worthen, SPU, 1.72 – 5-7 ¾. Pole Vault – +Cheyanna Pinley, WWU, 3.70 – 12-1 ½; +Karis Anderson, WWU, 3.55 – 11-7 ¾. Shot Put – Emmi Collier, WOU, 13.45 – 44 ½. Hammer - +Lindsay Wells, WWU, 51.17 – 167-10. Javelin – ++Seabre Church, WOU, 46.15 – 151-5; *Katie Gross, SPU, 40.95 – 134-4. 100 Hurdles – *Ali Worthen, SPU, 14.16. Heptathlon - *Ali Worthen, SPU, 5492; *Katy Gross, SPU, 4919. **Note:** All performances at Spokane War IV except where indicated: *Sacramento State Multi. +WWU Vernacchia ++WOU Knight. **SFU Mondor.

This Week's All-Time Top 10s: Men: None. **Women:** 200 – 6. *Ali Worthen, SPU, 24.96. 10,000 – 9. Jordan Powell, NNU, 36:29.48. 4x100 – 9. Western Oregon 47.85. High Jump – * 5. Ali Worthen, SPU, 1.72 – 5-7 ¾. Pole Vault – + 10. Cheyanna Pinley, WWU, 3.70 – 12-1 ½. Shot Put – 8. Emmi Collier, WOU, 13.45 – 44 ½. Hammer - + 7. Lindsay Wells, WWU, 51.17 – 167-10. Javelin – ++ 10. Seabre Church, WOU, 46.15 – 151-5. 100 Hurdles – * 3. Ali Worthen, SPU, 14.16. Heptathlon - * 2. Ali Worthen, SPU, 5492; * 10. Katy Gross, SPU, 4919. **Note:** All performances at Spokane War IV except where indicated: *Sacramento State Multi. +WWU Vernacchia ++WOU Knight. Worthen tied her own previous best in high jump.

LAST WEEK'S RESULTS:

Idaho State Multis (Apr. 10-11 at Pocatello): Decathlon – 9. Rory Bauer, MSUB, 5470. Heptathlon – 10. Leah Berry, MSUB, 3555.

Sacramento State Multi (Apr. 11-12 at Sacramento): Heptathlon – 1. Ali Worthen, SPU, 5492; 3. Katy Gross, SPU, 4919.

John Knight Twilight (Apr. 12 at Monmouth): **GNAC Winners: Men:** 200 – Jeff Howard, WOU, 22.17. 110 Hurdles – Brett Campbell, WOU, 15.57. Steeplechase – Brady Beagley, WOU, 9:28.19. 4x400 Relay – Western Oregon 3:21.48. **Women:** 100 – Madison McClung, WOU, 12.53; 200 – Audrey Hellesto, WOU, 26.31. 4x100 – Western Oregon 47.85. Pole Vault – Becca Hazel, WOU, 3.10 – 10-2. Javelin – Seabre Church, WOU, 46.15 – 151-5.

WWU Vernacchia (Apr. 12-13 at Bellingham): **WWU Vernacchia Invitational (Apr. 12-13 at Bellingham):** **Men** - Western Washington 222. Washington 119, Saint Martin's 88 1/2, Green River CC 68 1/2, Northwest U. 55, Everett CC 51 1/2, Olympic College 48 1/2, Skagit Valley

16, Central Washington 11, British Columbia 10, Eastern Washington 10, Simon Fraser 4, Kajaks 3. **Individuals (GNAC Winners):** 200 – Nathaniel Schmidt, WWU, 22.20. 5000 – Cory Johnson, WWU, 15:16.20. 110 Hurdles – Logan Myers, WWU, 15.20. 4x100 Relay – Western Washington 42.72. Pole Vault – Joseph Keeton, SMU, 4.25 – 13-11 ¼. Triple Jump – Brian McElroy, SMU, 12.87 – 42-2 ¾. Shot Put – Frank Catelli, WWU, 15.53 – 50-11 ½. Discus – Ryan McDonald, WWU, 49.72 – 163-1. Decathlon – Michael Holland, SMU, 5104. **Women** - Western Washington 262, Washington 129, Northwest U. 69, Saint Martin's 62, Everett CC 51, Olympic College 31, Club Northwest 20, British Columbia 12, Ocean Athletics 12, Kajaks T&F 11, Central Washington 10, Skagit Valley 3, Green River CC 3. **Individuals (GNAC Winner):** 200 – Sydney Coffey, WWU, 26.20. 400 – Sydney Coffey, WWU, 1:02.15. 4x100 – Western Washington 48.21. 4x400 Relay – Western Washington 4:11.30. High Jump – Katelyn Wright, WWU, 1.60 – 5-3. Pole Vault – Cheyanna Pinley, WWU, 3.70 – 12-1 ½. Hammer – Lindsay Wells, WWU, 51.17 – 167-10. Heptathlon – Tayler Fettig, CWU, 3999.

Spokane CC WAR VI (Apr. 13 at Spokane): **Men** – Whitworth 114, Spokane CC 88 1/6, Idaho 79 5/6, Gonzaga 68, Washington State 67 (8. Northwest Nazarene 45 1/6; 9. Central Washington 44, 15. Seattle Pacific 10. **Individuals (GNAC Winners):** 100 – Rimar Christie, NNU, 11.01. **Women** – Idaho 122 ½, Eastern Washington 92.2, Washington State 85, Seattle Pacific 78, Northwest Nazarene 70 1/2, (11. Central Washington 30). **Individuals (GNAC Winners):** 100 – Tasia Baldwin, SPU, 12.78. 800 – Emily Quatier, SPU, 2:14.70. 10,000 – Jordan Powell, NNU, 36:29.48.

SFU Emile Mondor Invitational (Apr. 13 at Spokane): **Men (GNAC winners):** None (800 - 2. Cameron Proceviat, SFU, 1:56.37. 1500 – 2. Keir Forster, SFU, 3:59.33. 400 Hurdles – 2. Jesse Lynch, SFU, 56.94. Long Jump –2. Dkay Ayivor, SFU, 6.50 – 21-3 ¾. Shot Put - 2. Jacob Karamanian, SFU, 10.88 – 35-8 ¼.). **Women (GNAC winners):** 5000 – Emma Chadsey, SFU, 19:33.80. 800 – Lindsey Butterworth, SFU, 2:12.46. 400 Hurdles – Sarah Sawatzky, SFU, 1:03.25.

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.

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 a school-record 5-8 3/4 in the high jump in the Club Northwest Spring Break Open.

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 ¾.