



Great Northwest Athletic Conference

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2013 Outdoor Track and Field – Report 6 (May 2, 2013)

THIS WEEK: Friday – Montana State Tom Gage Classic (MSUB); Oregon Twilight (WOU). **Saturday** – Occidental Invitational (UAA, WOU); UW Ken Shannon (CWU, SPU, SMU, WWU).

UPCOMING: 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: Track – Rimar Christie, Northwest Nazarene (So., St. Michael, Barbados) had perhaps the best single-meet sprint performance in GNAC history at the Boise State Bronco Invitational Saturday setting a GNAC record in the 100 (10.38) and running the second fastest 200 (21.17) in GNAC history. His 100 time ranks seventh nationally and his 200 time ranks 12th. He won both events and also led the Crusaders to a second-place finish in the 4x100 relay in a time of 41.25, the second fastest in GNAC history. **Honorable Mention** - Ryan Hansen, Western Oregon.

WOMEN: Field – Jade Richardson, Simon Fraser (Jr., Nanimo, BC) had a provisional national qualifying and school record mark of 159-8 (48.68 meters) in winning the discus at the Western Washington Twilight meet Friday. Her mark currently ranks eighth nationally among NCAA Division II athletes and is second on the GNAC all-time Top 10 performance list. **Honorable Mention** - Becca Hazel, Western Oregon.

LAST WEEK'S RESULTS:

WWU Twilight (Apr. 26 at Bellingham): GNAC Winners, Men: 200 – Demarcus Garner, CWU, 22.52. 800 – Seth Pierson, SPU, 1:55.33. 5000 – Tanner Boyd, WWU, 15:00.56. 110 Hurdles – Peter Maguire, WWU, 15.44. 400 Hurdles – Ryan Endresen, SPU, 55.05. 4x100 Relay – Western Washington 42.20. 4x400 Relay – Western Washington 3:14.15. High Jump – Brennan Boyes, CWU, 2.03 – 6-8. Long Jump – Brett Watson, WWU, 6.80 – 22-3 ¼. Triple Jump – Luke Plummer, CWU, 13.59 – 44-7. Shot Put – Mike Jensen, CWU, 15.61 – 51-2 ¼. Discus – Ryan Macdonald, WWU, 48.95 – 160-7. Hammer – Quinton Agosta, CWU, 55.14 – 180-11. **Women:** 400 – Jasmine Johnson, SPU, 56.86. 5000 – Dani Eggleston, CWU, 18:08.43. 100 Hurdles – Tanya Bjornsson, WWU, 14.54. 4x200 Relay – Central Washington 1:53.93. 4x400 Relay – Seattle Pacific 3:50.19. 4x800 Relay – Central Washington 10:02.11. High Jump – Amanda Overdick, WWU, 1.60 – 5-3. Pole Vault – Cheyanna Pinley, WWU, 3.60 – 11-9 ¾. Long Jump – Emily Warman, WWU, 5.64 – 18-6. Triple Jump – Emily Warman, WWU, 11.50 – 37-8 ¾. Shot Put – Becki Duhamel, CWU, 13.17 – 43-2 ½. Discus – Jade Richardson, SFU, 48.68 – 159-8. Javelin – Bethany Drake, WWU, 47.96 – 157-4.

Lane CC Triton Twilight (Apr. 26 at Eugene): Men (Top 4): 110 Hurdles – 3. Brett Campbell, WOU, 15.22. 400 Hurdles – 2. Stan Wester, WOU, 55.90. **Women (Top 4):** 400 – 4. Bailey Beeson, WOU, 1:00.55. Long Jump – 4. Maylea Tooze, WOU, 5.26 – 17-3 ¼.

Oregon State High Performance Twilight (Apr. 26 at Corvallis): Men (Top 3): 100 – 3. Bryce Leedham, WOU, 11.26. 800 – 2. Ryan Hansen, WOU, 1:51.763; 3. Chris Olsen, WOU, 1:52.17. Steeplechase – 1. Brady Beagley, WOU, 9:33.24; 2. Zach Holloway, WOU, 9:38.15. Long Jump – 1. Jake Hyde, WOU, 6.59 – 21-17 ½; 3. Michael Glover, WOU, 6.41 – 21-0 ½. Triple Jump – 1. Matson Hardie, WOU, 14.15 – 46-5 ¼; 3. Jake Hyde, WOU, 13.64 – 44-9. **Women (Top 3):** 100 – 3. Madison McClung, WOU, 12.86. 400 – 3. Audrey Hellesto, WOU, 59.34. Triple Jump – 3. Rebecca Laible, WOU, 11.43 – 37-6. Hammer – 3. Ayesha Black, WOU, 36.30 – 119-1.

Idaho-Utah Border Clash (Apr. 27 at Boise): Men (Top 3): 100 – 1. Rimar Christie, NNU, 10.38; 3. Cody Henderson, NNU, 11.03. 200 – 1. Rimar Christie, NNU, 21.17. 400 – 2. Andrew Curtis, NNU, 49.20. 110 Hurdles – 3. Kyle McLaughlin, NNU, 15.66. 4x100 Relay – 2. Northwest Nazarene (Sepe, Curtis, Henderson, Christie) 41.25. 4x400 Relay – 1. Northwest Nazarene (Harris, Henderson, McLaughlin, Curtis) 3:20.92. High Jump – 3. Andrew Galbraith, NNU, 1.85 – 6-0 ¾. Pole Vault – 2. Greyson Gilgore, NNU, 4.60 – 15-1. Long Jump – 3. Stephen Larlee, NNU, 6.38 – 20-11 ¼. Shot Put – 2. Reid White, NNU, 14.37 – 47-1 ¾. Discus – 2. Kevin Rima, NNU, 48.62 – 159-6. **Women (Top 3):** 400 – 1. Melissa Grammer, NNU, 55.95. 1500 – 2. Natalie Evans, NNU, 4:40.72. 5000 – 1. Jordan Powell, NNU, 17:52.16; 2. Hailey Bradshaw, NNU, 18:32.83. 100 Hurdles – 2. Marie Smith, NNU, 14.95. High Jump – 1. Courtney Schroeder, NNU, 1.57 – 5-1 ¾. Shot Put – 3. Vessie Umu, NNU, 13.34 – 43-9 ¼. Discus – 3. Carly Dranginis, NNU, 37.95 – 124-6. Hammer – 3. Carly Dranginis, NNU, 49.62 – 162-9. Javelin – 2. AnnaMarie Forza, NNU, 38.99 – 127-11.

Stanford Peyton Jordan Invitational (Apr. 28 at Stanford): Men: 800 – 21. Cameron Proceviat, SFU, 1:54.70; 22. Travis Vugteveen, SFU, 1:54.98; 23. Stuart Ellenwood, SFU, 1:55.19. Long Jump – 3. Dkay Ayivor, SFU, 6.68 – 21-11; 4. Jerry He, SFU, 6.47 – 21-2 ¼. **Women:** 800 – 5. Helen Crofts, SFU, 2:04.56; 11. Lindsey Butterworth, SFU, 2:08.07; 16. Sarah Sawatzky, SFU, 2:09.39; 23. Michaela Kane, SFU, 2:10.45. 1500 – 8. Kirsten Allen, SFU, 4:40.33; 9. Peggy Noel, SFU, 4:42.09; 10. Kansas Mackenzie, SFU, 4:45.30. Long Jump – 4. Mercedes Rhode, SFU, 5.46 – 17-11. Discus – 2. Jade Richardson, SFU, 43.32 – 142-1.

GNAC Multi-Events (Apr. 29-30 at Monmouth): Women's Team Scores (1 event) - Seattle Pacific 19, Alaska Anchorage 13, Central Washington 4, Western Washington 2, Northwest Nazarene 1. **Heptathlon** - 1. Ali Worthen, SPU, 5390; 2. Karolin Anders, UAA, 5034; 3. Katy Gross, SPU, 4992; 4. Haleigh Lloyd, UAA, 4618; 5. Tayler Fettig, CWU, 4436; 6. Mailea, SPU, 4342; 7. Emily Stralser, WWU, 4017; 8. Hannah Borden, NNU, 3911. **Men's Team Scores (1 event)** - Alaska Anchorage 10, Western Oregon 8, Central Washington 6, Northwest Nazarene 5, Saint Martin's 4, Western Washington 3. **Decathlon** - 1. Cody Thomas, UAA, 6392; 2. Eric Gaines, WOU, 6057; 3. Andrew Venema, CWU, 5876; 4. Luke Conklin, NNU, 5035; 5. Michael Holland, SMU, 4840; 6. Dylan Gordon, WWU, 4314.

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.

Week of Apr. 8-14: 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 Vernachia Invitational.

Week of Apr. 15-21: **Track** – Alex Donigian, Western Washington (So., Mission Viejo, CA) ran the third fastest time (12.57) in GNAC history in winning the 100 meters at the Azusa Pacific Bryan Clay Invitational. He also led the Vikings to a win in the 4x100 relay in a time of 41.36, which is the second quickest in GNAC history. **Field** – Brett Watson, Western Washington (So., Ferndale, WA) and Cody Parker, Alaska Anchorage (So., Comox, BC) ... Both Watson and Parker set GNAC records. Watson won the high jump at Azusa with a provisional nationally qualifying jump of 6-9 ¾. That mark currently ranks 12th nationally. Parker broke his own GNAC record in the javelin at the Beach Invitational at Long Beach with a throw of 234-4. **Honorable Mention** – Bryan Mack, Central Washington; Rory Bauer, MSU Billings.

Week of Apr. 22-28: **Track** – Rimar Christie, Northwest Nazarene (So., St. Michael, Barbados) had perhaps the best single-meet sprint performance in GNAC history at the Boise State Bronco Invitational Saturday setting a GNAC record in the 100 (10.38) and running the second fastest 200 (21.17) in GNAC history. His 100 time ranks seventh nationally and his 200 time ranks 12th. He won both events and also led the Crusaders to a second-place finish in the 4x100 relay in a time of 41.25, the second fastest in GNAC history. **Honorable Mention** - Ryan Hansen, Western Oregon.

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 3/4.

Week of Apr. 8-14: Track - 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 3/4), 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.

Week of Apr. 15-21: Track - Susan Tanui, Alaska Anchorage (Sr., Eldoret, Kenya) ran the fastest time in the nation (among NCAA Division II athletes) in the 10,000 meters at the Mt. Sac Relays. Her time of 34:19.08 is the third fastest in GNAC history and was an automatic time for next month's NCAA Division II national meet. **Field** - Tanya Bjornsson, Western Washington (Jr., Ferndale, WA) finished third in the long jump at the Azusa Pacific Bryan Clay Invitational with a provisional national qualifying jump of 19-2 3/4. That's the fourth longest jump in GNAC history. **Honorable Mention** - Chelsea Genter, Central Washington; Tanner Rottrup, Montana State Billings.

Week of Apr. 22-28: Field - Jade Richardson, Simon Fraser (Jr., Nanimo, BC) had a provisional national qualifying and school record mark of 159-8 (48.68 meters) in winning the discus at the Western Washington Twilight meet Friday. Her mark currently ranks eighth nationally among NCAA Division II athletes and is second on the GNAC all-time Top 10 performance list. **Honorable Mention** - Becca Hazel, Western Oregon.