



Great Northwest Athletic Conference

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2013 Track and Field – Report 1 (Jan. 16, 2013)

THIS WEEK: Saturday – Idaho Collegiate (CWU); Boise State Bronco Invitational (NNU).

NEXT WEEK: Friday (Jan. 25) – UW Invitational (UAA, CWU, NNU, SMU, SFU, SPU, WOU, WWU); Montana State Open (MSUB). **Saturday (Jan. 26)** – UW Invitational (UAA, CWU, NNU, SMU, SFU, SPU, WOU, WWU).

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

Track: Men – Alex Donigian, Western Washington (So., Mission Viejo, CA – Northern Colorado) set a school record in winning the 60 meters in a provisional national qualifying time of 6.89 at the UW Indoor. His time equaled the second fastest time in GNAC history. **Women** – Helen Crofts, Simon Fraser (Sr., West Vancouver, BC) finished third in the 800 and led the Clan to a second-place finish in the 4x400 relay, both in provisional national qualifying times. Her 800 time of 2:10.71, barely missed the auto standard of 2:10.54 and was more than five seconds quicker than the provisional standard. She anchored the 4x400 relay that clocked the fifth fastest time in GNAC history (3:54.41).

Field: Men – Michael Davis, Saint Martin's (So., Seattle, WA – Chief Sealth) won the triple jump at UW with a leap of 45-5 ¼ and finished fifth in the 60. His 60 time of 6.97 was a school-record and ranks ninth in conference history. He also finished 14th in the long jump with a leap of 20-6 ½. **Women** – Laura Tesch, Saint Martin's (Sr., Renton, WA – Kentridge) finished third in the high jump at UW in a provisional qualifying and school-record mark of 5-5 ¾. That performance also matched the ninth best mark in GNAC history. **Honorable Mention** - Eric Holmstrom, Central Washington (Jr., Mount Vernon, WA); Becki Duhamel, Central Washington (Jr., Wenatchee, WA) ... Holstrom finished fifth in the men's shot put (49-0 ¾) and 12th in the weight throw (46-3 ¼) at UW. Duhamel placed fifth in the women's weight throw with the seventh best throw in GNAC history (52-6).

NATIONAL RANKINGS: Men: 60 – 18. Alex Donigian, WWU, 6.89. **Women:** 60 – 19. Kishia Mitchell, SPU, 7.73. 800 – 1. Helen Crofts, SFU, 2:10.71; 4. Michaela Kane, SFU, 2:13.64; 7. McKayla Fricker, SPU, 2:14.84; 9. Sarah Sawatzky, SFU, 2:15.15. 60 Hurdles – 20. Tanya Bjornsson, WWU, 8.94. 4x400 – 11. Simon Fraser 3:54.41. High Jump – 11. Laura Tesch, SMU, 5-5 ¾. Long Jump – 19. Emily Warman, WWU, 5.53 - 18-1 ¾. Triple Jump – 17. Alexis Anderson, WOU, 11.66 - 38-3 ¼; 19. Stephanie Kellogg, SMU, 11.62 - 38-1 ½.

LAST WEEK'S NATIONAL QUALIFIERS: Men (1): 60 – Alex Donigian, WWU, 6.89. **Women (10),** 60 – Kishia Mitchell, SPU, 7.73. 800 – Helen Crofts, SFU, 2:10.71; Michaela Kane, SFU, 2:13.64; McKayla Fricker, SPU, 2:14.84; Sarah Sawatzky, SFU, 2:15.15. 4x400 – Simon Fraser 3:54.41. 60 Hurdles – Tanya Bjornsson, WWU, 8.94. High Jump – Laura Tesch, SMU, 5-5 ¾. Long Jump – Emily Warman, WWU, 18-1 ¾. Triple Jump – Alexis Anderson, WOU, 38-3 ¼.

LAST WEEK'S ALL-TIME TOP 10 PERFORMANCES: Men (2): 60 – 2. Alex Donigian, WWU, 6.89; 9. Michael Davis, SMU, 6.97. **Women (8):** 60 – 3. Kishia Mitchell, SPU, 7.73; 8. +Christabel Leonce, NNU, 7.90. 3000 – 4. Katie Thrall, SPU, 10:07.98. 4x400 – 5. Simon Fraser 3:54.41; 9. Seattle Pacific 3:56.39. 60 Hurdles – 4. Tanya Bjornsson, WWU, 8.94; 6. +Marie Smith, NNU, 9.04. High Jump – 9. Laura Tesch, SMU, 5-5 ¾. Triple Jump – 6. Alexis Anderson, WOU, 38-3 ¼. Weight Throw – 7. Becki Duhamel, CWU, 52-6. +At Nampa. All other performances at UW.

CROFTS NATIONAL 800 METER LEADER: Helen Crofts of Simon Fraser is the early season NCAA Division II national leader in the women's 800 meters. Crofts finished third in the event at the UW Indoor last Saturday in a time of 2:10.71 ... GNAC athletes, in fact, posted four early season Top 10 times in the event. SFU's Michaela Kane ranks fourth (2:13.64) and Sarah Sawatzky ranks ninth (2:15.15). McKayla Fricker of Seattle Pacific currently ranks seventh (2:14.84) ... Those are the only Top 10 ranked GNAC athletes. Simon Fraser is also ranked 11th nationally in the women's 4x400 relay (3:54.41). Laura Tesch of Saint Martin's ranks 11th in the high jump.

UW INDOOR WINNERS: Alex Donigian of Western Washington won the 60 meters at the UW Indoor in a provisional national qualifying time of 6.89. Donigian's time, which was a school record, matched the second fastest 60 in GNAC history and was one of 11 provisional national qualifying marks established by GNAC athletes in the meet. It was also one of 10 performances that rank as all-time Top 10 GNAC performances. Donigian was the lone GNAC male to earn a PNQ. Michael Davis of Saint Martin's also earned a win claiming the men's triple jump with a leap of 45-5 ¼.

NNU POSTS TWO TOP 10 MARKS: Northwest Nazarene athletes posted two GNAC Top 10 marks at Boise State's Blue & Orange Opener in Nampa Saturday. Christabel Leonce ran the eighth fastest 60 meter time (7.90) in GNAC history placing eighth overall. Marie Smith finished fourth in the 60 hurdles with the sixth best time (9.04) in GNAC history. ... NNU had three second-place finishers in the meet including Stephen Larlee in the men's triple jump (44-4) and Natalie Evans in the women's 600 (1:37.98). Its men's 4x400 relay team also finished second in a time of 3:29.34.

FIVE WINS FOR MSUB: Five MSUB athletes including Lewis Polkow in the men's 400 (53.78) won events at the Black Hills State Yellowjacket Invitational. Drew Galahan won the 800 in 1:59.65. Robert Peterson finished first in the 3,000 meters (8:53.28). Also winning events were Tanner Rottrup in the shot put (50-6 ¼) and Blair Street in the women's 60 (8.26).

THIS WEEK IN THE GNAC: Central Washington heads to Moscow to compete in the Idaho Collegiate, while Northwest Nazarene will participate in the Boise State Bronco Invitation in Nampa.

LAST WEEK'S RESULTS:

UW Invitational (Jan. 12 at Seattle): Men (Top 6): 60 – 1. Alex Donigan, WWU, 6.89; 5. Michael Davis, SMU, 6.97. 200 – 4. Jonathon Poolman, WWU, 22.53; 5. Brock Steffen, WWU, 22.55; 6. Anthony Do, WWU, 22.62. 400 – 4. Jonathon Poolman, WWU, 49.81; 5. Nathaniel Schmidt, WWU, 49.89; 6. Devon Smith, WWU, 50.39. 800 – 5. Ryan Hansen, WOU, 1:55.24. 60 Hurdles – 6. Peter Maguire, WWU, 8.58. 4x400 – 2. Western Washington (Smith, Schmidt, Nokes, Poolman) 3:20.26; 4. Western Oregon (Rhodes, Leep, Hansen, Olsen) 3:21.26; 6. Western Washington 3:30.91. 4x800 – 6. Western Oregon 8:10.70. Long Jump – 2. Kevin Yates, WWU, 6.69 – 21-11 ½; 5. Matson Hardie, WOU, 6.53 – 21-5 ¼; 6. Jake Hyde, WOU, 6.51 – 21-4 ¼. Triple Jump – 1. Michael Davis, SMU, 13.85 – 45-5 ¼; 3. Tim Clendaniel, WWU, 13.53 0 44-4 ¾; 4. Mark Seely, WWU, 13.28 – 43-7. Shot Put – 5. Eric Holmstrom, CWU, 14.95 – 49-0 ¾. Weight Throw – 6. Mike Jensen, CWU, 15.97 – 52-4 ¾. **Women (Top 6):** 800 – 4. Michaela Kane, SFU, 2:13.64. 800 – 3. Helen Crofts, SFU, 2:10.71. 4x400 Relay – 2. Simon Fraser (Desch, Sawatzky, Kane, Crofts) 3:54.41; 5. Seattle Pacific (Quatier, Johnson, Fricker, Mitchell) 3:56.39. High Jump – 3. Laura Tesch, SMU, 1.67 – 5-5 ¾. Long Jump – 3. Emily Warman, WWU, 5.53 – 18-1 ¾. Triple Jump – 3. Alexis Anderson, 11.66 – 38-3 ¼; 6. Stephanie Kellogg, SMU, 11-37 – 37-3 ¾. Weight Throw – 5. Becki Duhamel, CWU, 15.97 – 52-4 ¾.

BSU Blue & Orange Opener (Jan. 12 at Nampa): Men (Top 6): 60 – 4. Cody Henderson, NNU, 7.22; 6. Jacob Oswalt, NNU, 7.30. Mile – 5. Justin Webb, 4:42.34. 4x400 Relay – 2. Northwest Nazarene (Henderson, Curtis, Coulter, Harris) 3:29.34. High Jump – 4. Andrew Galbraith, NNU, 1.85 – 6-0 ¾; 5. Luke Conklin, NNU, 1.80 – 5-10 ¾; 6. Kyle McLaughlin, NNU, 1.80 – 5-10 ¾. Long Jump – 4. Stephen Larlee, NNU, 6.26 – 20-6 ½; 5. Richard Predmore, NNU, 6.04 – 19-9 ¾. Triple Jump – 2. Stephen Larlee, NNU, 13.51 – 44-4; 3. Richard Predmore, NNU, 12.45 – 40-10 ¼. Shot Put – 4. Reid White, NNU, 13.52 – 44-4 ¾. Weight Throw – 4. Elmer Williams, NNU, 13.39 – 43-11 ¼; 5. Jeremiah Woods, NNU, 10.08 – 33-1. **Women (Top 6):** 600 – 2. Natalie Evans, NNU, 1:37.98. 60 Hurdles – 4. Marie Smith, NNU, 9.04. 4x400 – 6. Northwest Nazarene (Grammer, Evans, Rippy Wiedmeir) 4:05.31. Shot Put – 6. Vessie Umu, NNU, 12.15 – 39-10 ½.

Black Hills State Yellowjacket Invitational (Jan. 12 at Spearfish, SD): Men (Top 3): 400 – 1. Lewis Polkow, MSUB, 53.78. 800 – 1. Drew Galahan, MSUB, 1:59.65. 3000 – 1. Robert Peterson, MSUB, 8:53.28. 4x400 Relay – 3. Montana State Billings (Polkow, Bauer, Weidler, Galalan) 3:40.89. Pole Vault – 2. Rory Bauer, MSUB, 3.85 – 12-7 ½. Shot Put – 1. Tanner Rottrup, MSUB, 15.40 – 50-6 ¼. Weight Throw – 3. Anthony Montanez, MSUB, 14.27. **Women (Top 3):** 60 – 1. Blair Street, MSUB, 8.26. Mile – 2. Renae Hepfner, MSUB, 5:32.50. 60 Hurdles – 2. Leah Berry, MSUB, 10.29. High Jump – 2. Leah Berry, MSUB, 1.56 – 5-1 ½. Shot Put – 3. Cassidy Koski, MSUB, 11.80 – 38-8 ¾.

PREVIOUS 2012-13 INDOOR RESULTS

Jackson's Open (Nov. 30-Dec. 1 at Nampa): Men (Top 4): 500 – 3. Cameron Grossaint, SMU, 1:09.97; 4. Casey Wiedmer, SMU, 1:10.20.

800 – 3. Frank Krause, SMU, 1:56.03. 5000 – 3. Joe Berger, SMU, 15:54.61. Pole Vault – 4. Joseph Keeton, SMU, 4.18 – 13-8 ½. Long Jump – 4. Jake Hyde, WOU, 6.53 – 21-5 ¼. Triple Jump – 2. Michael Davis, SMU, 13.91 – 45-7 ¾; 4. Stephen Larlee, NNU, 13.43 – 44-0 ¾. Shot Put – 3. Jesse Korb, NNU, 13.58 – 44-6 ¾. Weight Throw – 4. Jesse Korb, NNU, 15.05 – 49-4 ½. **Women (Top 4):** 800 – 2. Natalie Evans, NNU, 2:16.34. Mile – 4. Erika Crock, SMU, 5:33.20. High Jump – 1. Alexis Anderson, WOU, 1.65 – 5-5; 2. Laura Tesch, SMU, 1.60 – 5-3. Triple Jump – 3. Stephanie Kellogg, SMU, 11.62 – 38-1 ½; 4. Alexis Anderson, WOU, 11.47 – 38-1 ¼. Shot Put – Vessie Umu, NNU, 12.97 – 42-6 ¾.

Black Hills Yellowjacket Holiday Classic (Dec. 7-8 at Spearfish, SD):

Men (Top 3): 800 – 2. Drew Galahan, MSUB, 2:01.38. High Jump – 2. Rusty Ontiveros, MSUB, 1.78 – 5-10. Shot Put – 2. Tanner Rottrup, MSUB, 15.48 – 50-9 ½. **Women (Top 3):** 60 – 2. Blair Street, MSUB, 8.13. 200 – 3. Blair Street, MSUB, 28.09. 3000 – 2. Mary Owen, MSUB, 11:20.98; 3. Melanie Bock, MSUB, 11:34.47. 60 Hurdles – 1. Shelby Martinell, MSUB, 9.71; 2. Sarena Underwood, MSUB, 9.82. 4x400 Relay – 3. MSU Billings 4:25.83. High Jump – 1. Stacey Pitt, MSUB, 1.62 – 5-3 ¾; 2. Leah Berry, MSUB, 1.57 – 5-2; 3. Hunter Borner, MSUB, 1.52 – 5-0. Pole Vault – 2. Stacey Pitt, MSUB, 3.35 – 11-0.

PREVIOUS RED LION ATHLETES OF THE WEEK

Field Events

Week of Nov. 26-Dec. 2: Men – Michael Davis, Saint Martin's (So., Seattle, WA – Chief Sealth) and Scott Hunter, Central Washington (Sr., Hilo, HI) ... Davis and Hunter each finished second for the best individual finishes by GNAC male athletes in the Jackson's Open at Nampa. Davis placed second in the triple jump with a school-record leap of 45-7 ¾. He also finished sixth in both the 60 meters (7.08) and long jump (21-1 ¼). Hunter placed second in the heptathlon with a score of 4,457. He had the best mark among the heptathlon athletes in the pole vault with a vault of 14-11. **Women** – Stephanie Kellogg, Saint Martin's (Jr., Enumclaw, WA) and Alex Anderson, Western Oregon (Fr., Rockaway Beach, OR) ... Kellogg and Anderson each posted provisional national qualifying marks in the triple jump at Nampa. Kellogg finished third with a school-record leap of 38-1 ½, one-quarter inch farther than Anderson's fourth-place jump of 38-1 ¼. Those two marks rank sixth and seventh in GNAC history. Kellogg also finished sixth in the long jump with a school-record mark of 17-6 ¾. Anderson, meanwhile, also won the high jump with a mark of 5-5.

Week of Dec. 3-9: Men – Tanner Rottrup, MSU Billings (Sr., Billings, MT) placed second in the shot put at the Black Hills State Winter Classic with a mark of 50-9. That mark met the automatic standard for the GNAC championship meet in February and was just 4 ½ inches shy of the NCAA provisional standard. **Women** – Stacey Pitt, Montana State Billings (Jr., Kalispell, MT) won the high jump at the Black Hills State Winter Classic with a GNAC automatic qualifying leap of 5-3 ¼. She also qualified provisional for the GNAC meet in the pole vault with a leap of 10-11.