



Great Northwest Athletic Conference

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2013 Track and Field – Report 2 (Jan. 24, 2013)

THIS WEEK: Friday – UW Invitational (UAA, CWU, NNU, SMU, SFU, SPU, WOU, WWU); Montana State Open (MSUB). **Saturday** - 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.tfrs.org/lists/953.html>

GNAC RED LION ATHLETES OF THE WEEK

Track: Men – Frank Krause, Saint Martin's (So., Onalaska, WA) was the top collegiate placer in the 800 meters at the Idaho Open finishing second in a time of 1:55.28. **Women** – Marie Smith, Northwest Nazarene (Jr., Boise, ID – Capital) finished second in the women's 60 meter hurdles at the Boise State Bronco Invitational in a time of 9.00, chopping .04 seconds off her previous best. Her time ranks sixth all-time in the GNAC.

Field: Men – Tanner Rottrup, MSU Billings (Sr., Billing, MT) had a provisional national qualifying shot put of 52-1 in the Boise State Bronco Invitational, matching his own school record. Rottrup finished third in the event behind two Boise State athletes. His mark ranks sixth all-time in GNAC history. **Women** – Becki Duhamel, Central Washington (Jr., Wenatchee, WA – Lehigh) won the weight throw at the Idaho Open with a provisional national qualifying throw of 53-11 $\frac{3}{4}$, moving into third place on the GNAC all-time Top 10 list. She also finished fifth in the shot put. Her mark of 42-6 $\frac{1}{4}$ was $\frac{3}{4}$ of an inch shy of breaking into the GNAC All-Time Top 10.

Honorable Mention - Sam Washington, Saint Martin's; Kelly Cronic, Saint Martin's.

NATIONAL RANKINGS: Men: 60 – 21. Alex Donigian, WWU, 6.89. Shot Put – 17. Tanner Rottrup, MSUB, 15.87 – 52-1. **Women:** 60 – 25. Kishia Mitchell, SPU, 7.73. 800 – 1. Helen Crofts, SFU, 2:10.71; 5. Michaela Kane, SFU, 2:13.64; 8. McKayla Fricker, SPU, 2:14.84; 10. Sarah Sawatzky, SFU, 2:15.15. 60 Hurdles – 24. Tanya Bjornsson, WWU, 8.94. 4x400 – 16. Simon Fraser 3:54.41. High Jump – 15. Laura Tesch, SMU, 1.67 - 5-5 $\frac{3}{4}$. Long Jump – 27. Emily Warman, WWU, 5.53 - 18-1 $\frac{3}{4}$. Triple Jump – 21. Alexis Anderson, WOU, 11.66 - 38-3 $\frac{1}{4}$; 23. Stephanie Kellogg, SMU, 11.62 - 38-1 $\frac{1}{2}$. Weight Throw 0 23, Becki Duhamel, CWU, 16.45 – 53-11 $\frac{3}{4}$.

LAST WEEK'S NATIONAL QUALIFIERS: Men (1): Shot Put – Tanner Rottrup, MSUB, 15.87 – 52-1. **Women (1):** Becki Duhamel, CWU, 16.45 – 53-11 $\frac{3}{4}$.

LAST WEEK'S ALL-TIME TOP 10 PERFORMANCES: Men (1): Shot Put – 6. Tanner Rottrup, MSUB, 15.87 – 52-1. **Women (2):** 60 – 6. Marie Smith, NNU, 9.00. Weight Throw - 3. Becki Duhamel, CWU, 16.45 – 53-11 $\frac{3}{4}$.

CROFTS MAINTAINS NATIONAL LEAD: Helen Crofts of Simon Fraser remained in the No. 1 position in the 800 meters in this week's NCAA Division II national rankings. She has a best of 2:10.71. Four GNAC athletes are in the Top 10 in the 800 – SFU's Michaela Kane (5th), Seattle Pacific's McKayla Fricker (8th) and Sarah Sawatzky of Simon Fraser (10th) ... The next highest ranked GNAC athlete in any event is Laura Tesch of Saint Martin's who is 15th in the high jump (5-5 $\frac{3}{4}$).

UAA MAKES INDOORS DEBUT: Alaska Anchorage will compete in its first-ever indoor meet this Saturday at Seattle. The Seawolves, who previously have only competed in outdoor track and field, will be joined by fellow GNAC members Central Washington, Northwest Nazarene, Saint Martin's, Simon Fraser, Seattle Pacific, Western Oregon and Western Washington in the meet hosted by the University of Washington at the Dempsey Arena. Montana State Billings, meanwhile, will travel to Bozeman for the Montana State Open.

NEAR MISSES: While Tanner Rottrup, Becki Duhamel and Marie Smith all have GNAC All-Time Top 10 performances last week (See *Athletes of the Week*), there were three other performances that just missed the Top 10. Carly Dranginis of Northwest Nazarene missed the Top 10 by 1 $\frac{1}{4}$ inches finishing fifth in the weight throw at the Boise State Bronco Invitational with a throw of 49-11. Duhamel fell $\frac{3}{4}$ of an inch short in breaking into the Top 10 in the shot with a put of 42-6 $\frac{1}{4}$. Saint Martin's Michael Davis' second-place performance in the triple jump of 45-9 $\frac{1}{4}$ was 5 $\frac{1}{2}$ inches shy of the Top 10 ... SMU's Sam Washington finished second in the weight throw with a toss of 55-8 $\frac{1}{2}$, falling three inches short of the NCAA provisional national standard. Washington has a career-best of 58-2.

LAST WEEK'S RESULTS:

BSU Bronco Invitational (Jan. 19 at Nampa): Men (Top 4): 60 – 4. Rimar Christie, NNU, 7.01. 3000 – 2. Robert Peterson, MSUB, 8:51.94; 4. Taylor Canfield, MSUB, 9:11.93. 4x400 Relay – 4. Northwest Nazarene (Henderson, Curtis, Oswalt, Coulter) 3:29.85. Triple Jump – 1. Stephen Larlee, NNU, 13.73 – 45-0 $\frac{1}{2}$. Shot Put – 3. Tanner Rottrup, MSUB, 15.87 – 52-1. **Women (Top 4):** 3000 – 4. Mary Owen, MSUB, 11:01.83. 60 Hurdles – 2. Marie Smith, NNU, 9.00. High Jump – 4. Stacey Pitt, MSUB, 1.55 – 5-1.

Idaho Vandal Open (Jan. 19 at Moscow): Men (Top 3): 60 – 2. Michael Davis, SMU, 7.11. 800 – 2. Frank Krause, SMU, 1:55.28. 4x400 Relay – 3. Saint Martin's 3:31.51. High Jump – 1. Lewis Meyers, CWU, 1.95 – 6-4 $\frac{3}{4}$. Pole Vault – 3. Joseph Keeton, SMU, 4.25 – 13-11 $\frac{1}{4}$. Triple Jump – 2. Michael Davis, SMU, 13.95 – 45-9 $\frac{1}{4}$; 3. Brian McElroy, SMU, 13.09 –

42-11 ½. Shot Put – 3. Mike Jensen, CWU, 14.92 – 48-11 ½. Weight Throw – 2. Sam Washington, SMU, 16.98 – 55-8 ½. **Women (Top 3):** 400 – 1. Jayna Inderbitzin, CWU, 1:00.98; 2. Alicia Wolf, SMU, 1:01.27. 800 – 2. Connie Morgan, CWU, 2:25.34. 5000 – 2. Kelsey Kreft, CWU, 18:43.70; 3. Megan Rogers, CWU, 20:30.37. 4x400 – 1. Central Washington 4:14.18; 2. Saint Martin's 4:17.39. Pole Vault – 1. Jamie Larsen, CWU, 3.45 – 11-3 ¼. Triple Jump – 1. Kelly Cronic, SMU, 11.22 – 36-9 ¾; 2. Stephanie Kellogg, SMU, 10.95 – 35-11 ¼. Weight Throw – 1. Becki Duhamel, CWU, 16.45 – 53-11 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.

UW Invitational (Jan. 12 at Seattle): Men (Top 6): 60 – 1. Alex Donigian, 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 ¾; 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 ¾; 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, Rippey Wiedmer) 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 ¾. 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 RED LION ATHLETES OF THE WEEK

Track Events

Week of Jan. 7-13: 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 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 (Sr., 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 $\frac{1}{4}$. She also qualified provisional for the GNAC meet in the pole vault with a leap of 10-11.

Week of Jan. 7-13: Men – Michael Davis, Saint Martin's (So., Seattle, WA – Chief Sealath) won the triple jump at UW with a leap of 45-5 $\frac{1}{4}$ 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 $\frac{1}{2}$. **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 $\frac{3}{4}$. That performance also matched the ninth best mark in GNAC history.