



Great Northwest Athletic Conference

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2014 Outdoor Track & Field Report 9 (March 20, 2014)

THIS WEEK'S SCHEDULE AND RANKINGS

THIS WEEK SCHEDULE: Saturday – *Oregon Preview (CWU, SPU, WOU, WWU); Lewis & Clark Invitational (SMU, WOU); EOU Team Challenge (CWU, NNU). *Indicates a few events are held Friday evening.

USTFCCCA NATIONAL OUTDOOR COMPUTER RANKINGS (as of March 18): Men – 2. Alaska Anchorage; 12. Central Washington; 15. Western Oregon; 21. Saint Martin's; 24.. Western Washington. Women – 5. Alaska Anchorage; 12. Central Washington; 14. Western Oregon; 18. Western Washington.

USTFCCCA REGIONAL OUTDOOR COMPUTER RANKINGS (as of March 18): Men – 1. Chico State; 2. UC San Diego; 3. Alaska Anchorage; 4. Cal Poly Pomona; 5. Central Washington; 6. CSU Stanislaus; 7. Azusa Pacific; 8. Western Oregon; 9. Cal State LA; 10. Academy of Art. Women – 1. UC San Diego; 2. Chico State; 3. CSU Stanislaus; 4. Alaska Anchorage; 5. Azusa Pacific; 6. Central Washington; 7. Fresno Pacific; 8. Cal State L.A.; 9. Western Oregon; 10. Academy of Art.

GNAC RED LION ATHLETES OF THE WEEK

MEN: Track - Elliott Bauer, Alaska Anchorage (Jr., Anchorage, AK – South Anchorage) posted a provisional national qualifying time in the 400 hurdles at the Ben Brown Invitational at Fullerton, Calif. Bauer was clocked in a time of 53.61. He also ran the lead leg as the Seawolves won the 4x400 relay at the Occidental Distance Relays in a GNAC record-time of 3:13.70. **Field** – Troy Martin, Central Washington (Fr., Port Angeles, WA) finished second in the shot put (50-2 ½) and third in the discus (159-5) posting GNAC season-best marks in both events at the Dusty Lane Open in Spokane. Both marks automatically qualify Martin for the GNAC meet in May.

HONORABLE MENTION: Kody Rhodes, Western Oregon (Sr., Wilsonville, OR) won the 110-meter hurdles and 400 hurdles at the Lane Preview posting GNAC automatic qualifying times of 14.96 and 54.69. He has a best of 14.93 in the shorter event this spring, which ranks second on the GNAC performance list. His 400-hurdle time ranks fourth in the conference Micah Spatz, Northwest Nazarene (Fr., Melba, ID), competing in his first collegiate decathlon, scored 5,758 points to finish second at the NNU Multi-Events and take the early GNAC lead in the event.

WOMEN: Track – Rosie Smith, Alaska Anchorage (So., Anchorage, AK - Bartlett) finished second in the 100 hurdles at the Occidental Distance Carnival Friday in a time of 14.52, then posted a provisional national qualifying time of 14.40 in finishing fifth in the same event at the

Fullerton State Ben Brown Invitational Saturday. Her 100 hurdles time ranks eighth in GNAC history. She also was a member of UAA's 4x100 relay team at Occidental than finished first in the third fastest time in GNAC history (47.11). **Field** – Becki Duhamel, Central Washington (Sr., Wenatchee, WA) posted GNAC automatic qualifying marks in both the discus (131-3) and shot put (41-5 ¼) at the Dusty Lane Open. She finished fourth in both events. Her marks rank first and second, respectively, so far this spring in the GNAC.

HONORABLE MENTION: Rochelle Pappel, Western Oregon (So., Veneta, OR - Churchill) won the 100 hurdles at the Lane Preview in a time of 15.07, finishing more than a full second ahead of the field. She also finished second in the 100 meters in a time of 12.91 ... Janessa Dyk, Northwest Nazarene (Fr., Portland, OR – David Douglas), made her collegiate debut, winning the heptathlon at the NNU Multi-Events with a score of 3,774 points.

NINE GNAC TEAMS RANKED: Led by Alaska Anchorage, nine GNAC track-and-field teams are nationally ranked in this week's USTFCCCA Computer rankings ... UAA's men are ranked second and its women are ranked fifth. Also ranked in the men's division is Central Washington (12th), Western Oregon (15th), Saint Martin's (21st) and Western Washington (24th) ... Joining UAA on the women's side are Central Washington (12th), Western Oregon (14th) and Western Washington (18th) ... The rankings, which are based on actual results, are somewhat skewed by the fact that many of the top teams and perhaps, more importantly, top individual athletes in the country have not competed in any outdoor events while finishing up the indoor season. The Division II rankings differ from the Division I and Division III rankings which taken into account pre-season information.

FIVE MARKS ADDED TO GNAC TOP 10s: Alaska Anchorage had five performances that rank on the GNAC All-Time Top 10 performance list last weekend at Occidental and Fullerton. The Seawolves also had six performances that met a NCAA Division II provisional qualifying standard. Those performances along with UAA's performances in the NCAA Division II Indoor national meet helped the Seawolves win GNAC Team of the Week honors ... The outdoor season is still in its infancy. However, UAA has the early national leader in three events – Jamie Ashcroft in the women's 100 (11.84) and 200 (24.27) and Isaac Kangogo in the men's 1500 (3:49.60). Bethany Drake of Western Washington is the national leader in the women's javelin (156-11).

BY THE NUMBERS

GNAC ALL-TIME TOP 10 OUTDOOR PERFORMANCES (for March 10-16): Men: 1500 – 5. Isaac Kangogo, UAA, 3:49.60. 110 Hurdles – 5. Cody Thomas, UAA, 14.81. 4x400 Relay – 1. Alaska Anchorage 3:13.70.. **WOMEN:** 100 Hurdles – 8. *Rosie Smith, UAA, 14.40. 4x100 Relay – 3. Alaska Anchorage 47.11 *Fullerton Ben Brown Invitational (all other performances were at Occidental).

LAST WEEK'S NCAA OUTDOOR QUALIFIERS (for March 10-16): Men: 1500 – Isaac Kangogo, UAA, 3:49.60. 5000 – Dylan Anthony, UAA, 14:35.73. 400 Hurdles – *Elliott Bauer, UAA, 53.61. 4x400 Relay – Alaska Anchorage 3:13.70.. **WOMEN:** 100 Hurdles – *Rosie Smith, UAA, 14.40. 4x100 Relay – Alaska Anchorage 47.11 *Ben Brown Invitational (all other performances were at Occidental).

CURRENT TOP 10 NATIONAL LEADERS (though Mar. 18): Men: 1500 – 1. Isaac Kangogo, UAA, 3:49.60. 5000 – 2. Dylan Anthony, UAA, 14:35.73. 400 Hurdles – 2. Bobo Camara, UAA, 53.14; 5. Elliott Bauer, UAA, 53.61. 4x400 Relay – 2. Alaska Anchorage 3:13.70.. Javelin – 2. Franz Burghagen, UAA, 66.10 – 216-10; 3. Shane Brooks, WOU, 64.49 – 211-7; 5. Cody Parker, UAA, 63.83 – 209-5; 6. Justin Larson, WOU, 62.91 – 206-5. **WOMEN:** 100 – 1. Jamie Ashcroft, UAA, 11.84. 200 – 1. Jamie Ashcroft, UAA, 24.27. 100 Hurdles – 2. Rosie Smith, UAA, 14.40. 4x100 Relay – 4. Alaska Anchorage 47.11. Javelin – 1. Bethany Drake, WWU, 47.84 – 156-11; 2. Seabre Church, WOU, 47.48 – 155-9; 6. Katie Reichert, WWU, 42.43 – 139-2.

LAST WEEK:

Dusty Lane Open (March 15 at Spokane): Men (GNAC Winner): 400 Hurdles – Bernari Sternen, CWU, 54.10. 4x100 Relay – Central Washington 42.34. 4x400 Relay – Central Washington 3:20.09. Triple Jump – Luke Plummer, CWU, 13.52 – 46-3 ¼. **Women (GNAC Winners):** 100 – Chelsea Genter, CWU, 12.79. Steeplechase – Erin Chinchar, CWU, 12:11.31. 4x100 – Central Washington 49.87. 4x400 Relay – Central Washington 4:07.74.

Lane Preview (March 14-15 at Eugene): Men (Top 3): 200 – 2. Tyrell Williams, WOU, 22.36. 1500 – 1. Brady Beagley, WOU, 3:56.58; 2. Ryan Hansen, WOU, 3:57.20; 3. Drew Larson, WOU, 3:58.16. 110 Hurdles – 1. Kody Rhodes, WOU, 14.96; 3. Brett Campbell, WOU, 15.54. 400 Hurdles – 1. Kody Rhodes, WOU, 54.69. 4x400 Relay – 3. Western Oregon 3:26.39. Discus – 3. Carraig Colahan, WOU, 39.51 – 129-7. Javelin – 1. Neil Gravatt, WOU, 52.34 – 171-9. **Women (Top 3):** 100 – 2. Rochelle Pappel, WOU, 12.91. 3000 – 3. Rachel Crawford, WOU, 10:49.36. 100 Hurdles – 1. Rochelle Pappel, WOU, 15.07. 400 Hurdles – 2. Audrey Hellessto, WOU, 1:05.63. 4x400 Relay – 2. Western Oregon 4:01.81. Hammer – 2. Emmi Collier, WOU, 41.05 – 134-8. Shot Put – 2. Emmi Collier, WOU, 12.61 – 41-4 ½.

Northwest Nazarene Combined (March 14-15 at Nampa): Decathlon – 1. Andrew Galbraith, unat, 5922; 2. Micah Spatz, NNU, 5758; 3. Luke Conklin, NNU, 4744; 4. Christian Li, College of Idaho, 4395. **Heptathlon –** 1. Janessa Dyk, NNU, 3774; 2. Tiana Thomas, College of Idaho, 3575; 3. Johanna Mori, College of Idaho, 2279.

Occidental Distance Carnival (March 14 at Eagle Rock, CA): Men (Top 3): 1500 – 3. Isaac Kangogo, UAA, 3:49.60. 110 Hurdles – 1. Cody Thomas, UAA, 14.81; 3. Travis Wilson, UAA, 15.92. 4x400 Relay – 1. Alaska Anchorage (Elliott Bauer, Adam Commandeur, Bobo Camara, Ethan Hewitt) 3:13.70. **Women (Top 3):** 100 – 2. Jamie Ashcroft, UAA, 12.17. 100 Hurdles – 2. Rosie Smith, UAA, 14.52; 3. Alexia Blalock, UAA, 15.99. 4x100 Relay – 1. Alaska Anchorage (Makenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft) 47.11.

Ben Brown Invitational (March 15 at Fullerton, CA): Men (Top 10): 400 – 5. Ethan Hewitt, UAA, 48.43. 800 – 10. Isaac Kangogo, UAA, 1:54.83. 110 Hurdles – 6. Bobo Camara, UAA, 15.09; 7. Cody Thomas, UAA,

15.23. 400 Hurdles – 4. Bobo Camara, UAA, 53.29; 6. Elliott Bauer, UAA, 53.61. Long Jump – 10. Tevin Gladden, UAA, 6.67 – 21-10 ¾. Javelin – 3. Franz Burghagen, UAA, 65.93 – 216-4. **Women (Top 10):** 100 – 4. Jamie Ashcroft, UAA, 12.11. 100 Hurdles – 5. Rosie Smith, UAA, 14.40. 4x100 Relay – 2. Alaska Anchorage (Makenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft) 47.41. Triple Jump – 6. Alexia Blalock, UAA, 11.08 – 36-4 ¼. Shot Put – 6. Gaynor Johansen, UAA, 11.52 – 37-9 ½. Discus – 6. Gaynor Johansen, UAA, 36.26 – 118-11.

Hub City Open (March 15 at Centralia): Men (SMU results): Discus – 5. Mitch Wilkens, SMU, 36.90 – 121-0. Hammer – 3. Vince Faulefau, SMU, 44.43 – 145-9; 5. Mitch Wilkens, SMU, 40.44 – 132-8. Shot – 1. Mitch Wilkens, SMU, 14.51 – 47-7 ¼. **Women (SMU Results):** Discus – Kirby Neale, SMU, 31.26 – 102-6. Hammer – 1. Angel Rodgers, SMU, 45.95 – 150-9; 2. Ali Wick, SMU, 45.06 – 147-10; 3. Ami Wick, SMU, 43.52 – 142-9. Shot Put – 1. Kirby Neale, SMU, 11.68 – 38-3 ¾; 3. Ami Wick, SMU, 11.44 – 37-6 ¼.

GNAC OUTDOOR ATHLETES OF THE WEEK

Men

Week of Feb. 24-March 2: Field – Slater Hirst, Western Washington (Jr., Shoreline, WA – King's) and Shane Brooks, Western Oregon (So., Pleasant Hill, OR) both had provisional national qualifying throws of 194-7 in the javelin at the Puget Sound Quadrangular and the Willamette Opener, respectively, as the outdoor season got underway. Both athletes finished first.

Week of March 3-9: Track – Bobo Camara, Alaska Anchorage (So., Cologne, Germany) won the 400 hurdles in a provisional national qualifying time of 53.14 at the UNLV Track Classic. His time ranks eighth in GNAC history. He also won the 110 hurdles in a GNAC automatic qualifying time of 15.07. **Field –** Franz Burghagen, Alaska Anchorage (Jr., Berlin, Germany) automatically qualified for the NCAA national meet in the javelin, finishing first at Las Vegas with a throw of 216-10.

Women

Week of Feb. 24-March 2: Field – Bethany Drake, Western Washington (So., Sandy, OR) had an outdoor automatic qualifying throw of 156-11 in the javelin at UPS. Drake has a career-best of 157-4, which ranks sixth in GNAC history. She won the event at UPS by almost 40 feet.

Week of March 3-9: Track – Jamie Ashcroft, Alaska Anchorage (Fr., Shawnigan Lake, BC) had two of the fastest sprint times in GNAC history at the UNLV Track Classic. She won the 100 meters in a GNAC-record time of 11.84, then finished sixth in the 200 in a time of 24.27. The latter time was the third quickest in GNAC history. Both marks provisionally qualified her for the NCAA national meet in May. **Field –** Seabre Church, Western Oregon (Sr., Florence, OR - Siuslaw) won the javelin at the Oregon State Invitational with an automatic national qualifying mark of 155-9. That toss ranks second in WOU school history and is seventh on the GNAC All-Time Top 10 list. She joins Bethany Drake of Western Washington

(156-11) as automatic qualifiers for the NCAA national meet.

PREVIOUS 2014 TOP OUTDOOR FINISHERS

UPS Quadrangular (March 1 at Tacoma): Men – Puget Sound 75 2/3. Lewis & Clark 42 1/3. Western Washington 41, Seattle Pacific 31. **GNAC winners:** 400 – David Ferguson, SPU, 51.71. 800 – Adam Avischious, SPU, 2:00.01. 1500 – Logan Giese, WWU, 4:01.09. 10,000 – Cory Johnson, WWU, 32:00.60. 4x400 Relay – Seattle Pacific 3:28.16. Triple Jump – Ben Smith, SPU, 12.47 – 40-11. Shot Put – Brandon Pless, WWU, 14.52 – 47-7 ¾. Discus – Jacob Gilbert, WWU, 41.78 – 137-1. Javelin – Slater Hirst, WWU, 59.31 – 194-7. **Women** – Western Washington 63, Puget Sound 38, Lewis & Clark 34, Seattle Pacific 14. **GNAC winners:** 100 – Veronica Ivancic, WWU, 12.90. 200 – Veronica Ivancic, WWU, 26.28. 800 – Shawna Troupe, WWU, 2:22.05. 400 Hurdles – Amber Dodd, WWU, 1:05.22. Pole Vault – Elizabeth Knope, WWU, 3.10 – 10-2. Long Jump – Shandel Yanney, WWU, 4.72 – 15-6. Discus – Maggie Roe, WWU, 36.47 – 119-8. Javelin – Bethany Drake, WWU, 47.84 – 156-11.

Willamette Opener (Mar. 1 at Salem): Men (GNAC winners): 800 – Chris Stash, WOU, 1:56.81. Shot – Carraig Colahan, WOU, 13.86 – 45-5 ¾. 100 Hurdles – Dustin Camarillo, WOU, 16.21. High Jump – Garrett Hardie, WOU, 1.80 – 5-10 ¾. Javelin – Shane Brooks, WOU, 59.31 – 194-7. **Women (GNAC winners):** 100 Hurdles – Rochelle Pappel, WOU, 14.99. Shot Put – Emmi Collier, WOU, 12.78 – 41-11 ¾. Hammer – Emmi Collier, WOU, 41.71 – 136-10. Javelin – Seabre Church, WOU, 42.91 – 140-9.

Linfield Icebreaker (March 1 at McMinnville): Men: 10,000 – 22. Javier Cortes, WOU, 34:19.33; 26. Brian Cortes, WOU, 34:41.30. **Women:** 10,000 – 10. Lara Lucero, WOU, 45:29.81.

Pacific Lutheran Invitational (March 8 at Tacoma): Men (GNAC Winners): 200 – Harish Prasad, CWU, 22.65. 400 – Chayce Sather, CWU, 51.06. 800 – Cody McCranie, WWU, 1:56.98. 10,000 – Joe Berger, SMU, 31:52.77. 4x400 Relay – Central Washington 3:25.20. 110 Hurdles – Bernari Sternem, CWU, 14.96. 400 Hurdles – Kennedy Sarmiento, CWU, 58.23. High Jump – Justin Peterson, CWU, 1.90 – 6-2 ¾. Long Jump – Ty Sissel, SMU, 5.73 – 18-9 1/2. Triple Jump – Luke Plummer, CWU, 13.44 – 44-1. **Women (GNAC Winners):** 200 – Ashley Harmon, CWU, 26.56. 5000 – Dani Eggleston, CWU, 18:02.63. 10,000 – Connie Morgan, CWU, 38:31.48. 100 Hurdles – Allison Deck, CWU, 15.84. 400 Hurdles – Chelsea Genter, CWU, 1:07.91. 4x400 Relay – Central Washington 4:05.82. Triple Jump – Marinah Bentley, CWU, 10.03 – 32-11 1/2. Hammer – Angel Rodgers, SMU, 44.13 – 144-9. Javelin – Katie Reichert, WWU, 42.43 – 139-2.

UNLV Track Classic (March 8 at Las Vegas): Men (Top 3): Men (Top 3): 400 – 1. Ethan Hewitt, UAA, 48.28; 3. Adam Commandeur, UAA, 49.44. 800 – 3. Isaac Kangogo, UAA, 1:56.12. 1500 – 2. Isaac Kangogo, UAA, 3:54.36. 4x400 Relay – 1. Alaska Anchorage 3:20.10. 110 Hurdles – 1. Bobo Camara, UAA, 15.07; 2. Cody Thomas, UAA, 15.09; 3. Travis Wilson, UAA, 15.83. 400 Hurdles – 1. Bobo Camara, UAA, 53.14; 2. Elliott Bauer, UAA, 54.66; 3. Travis Wilson, UAA, 56.42. Long Jump – 2. Cody Thomas, UAA, 6.84 – 22-5 ¾; 3. Tevin Gladden, UAA, 6.66 – 21-10 ¾. Shot Put – 3. Tim Dommek, UAA, 13.63 – 44-8 ¾. Javelin – 1. Franz Burghagen, UAA, 66.10 – 216-10; 2. Cody Parker, UAA, 63.83 – 209-5. **Women (Top 3):** 100 – 1. Jamie Ashcroft, UAA, 11.84; 3. Makenzie Harsch, UAA, 12.30. 200 – Jamie Ashcroft, UAA, 24.27. Long Jump – 3. Rosie Smith, UAA, 5.20 – 17-0 ¾.

Oregon State Invitational (March 8 at Corvallis): Men (GNAC Winners): 100 – Jeff Howard, WOU, 10.95. 110 Hurdles – Kody Rhodes, WOU, 14.93. Javelin – Shane Brooks, WOU, 64.49 – 211-7. **Women (GNAC Winners):** 100 Hurdles – Rochelle Pappel, WOU, 14.95. 400 – Kishia Mitchell, SPU, 57.09. 4x100 Relay – Seattle Pacific 47.43. 4x400 Relay – Western Oregon 4:01.45. Shot Put – Emmi Collier, WOU, 13.02 – 42-8 ¾. Javelin – Seabre Church, WOU, 47.48 – 155-9.