



Great Northwest Athletic Conference

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2014 Track & Field Report 2 (Jan. 29, 2014)

THIS WEEK: **Friday** – University of Washington Invitational (CWU, SPU, SFU, WOU, WWU); Ed Jacoby Invite & Combined at Nampa (UAA, NNU); Idaho State Mountain State Games (MSUB). **Saturday** – University of Washington Invitational (CWU, SPU, SFU, WOU, WWU); Ed Jacoby Invite & Combined at Nampa (UAA, NNU); Idaho State Mountain State Games (MSUB).

USTFCCA COMPUTER RANKINGS (as of Jan. 14):
Men – 25. Western Washington. **Women** – None ranked.

GNAC RED LION ATHLETES OF THE WEEK

Men: Track – Frank Krause, Saint Martin's (Jr., Onalaska, WA) finished third in the 800 meters in a GNAC-season best time of 1:55.20 and fourth in the 400 in a time of 50.88 in a pair of meets Friday and Saturday at the University of Idaho. His 800 time was just 1.21 seconds off the NCAA provisional national qualifying time and his 400 time fell just .05 seconds shy of a 12-year school-record. **Field** – Grayson Kilgore, Northwest Nazarene (Sr., Kuna, ID) pole-vaulted a GNAC season-best 14-9, placing ninth in the Jacksons Invite at Nampa.

Honorable Mention – Rimar Christie, Northwest Nazarene (Jr., St. Michael, Barbados) placed third in the 60 at the Jacksons Invite in the 60 in a time of 6.99 ... Joey Keeton, Saint Martin's (Jr., Yakima, WA – Eisenhower) cleared a school-record 14-7 ¼ in the pole vault, placing fourth at the Idaho Collegiate. His vault is the best in the GNAC this winter.

Women's Track and Field: Track – Jordan Rehfeld, Northwest Nazarene (Sr., Nampa, ID - Columbia) placed second in the 3,000 meters in a provisional national qualifying time of 9:58.78 Friday at the Jacksons Invite. Rehfeld's time is the seventh fastest in GNAC history and was one of two PNQs established by the Crusaders in the meet along with a 800-meter time of 2:16.13 by Natalie Evans. Rehfeld's time also broke the Crusader school record by more than 10 seconds. **Field** - Angel Rogers, Saint Martin's (Jr., Everett, WA - Everett CC), competing in her first meet for the Saints, broke the school record by nearly seven feet with a 20-pound weight throw of 47-1, earning her a seventh place finish at the Idaho Collegiate.

Honorable Mention – Jessica Johns, Northwest Nazarene (Jr., Petaluma, CA – Ventura CC) had career-best throws of 46-9 in the weight throw and 41-2 ¼ in the shot put at the Jacksons Invite.

GNAC TEAMS HEAD TO SEATTLE, NAMPA, POCATELLO: Eight of the GNAC's nine track and field teams are in action this weekend at three different venues ... Central Washington, Seattle Pacific, Simon Fraser, Western Oregon and Western Washington will all gather in Seattle to compete in the University of Washington Invitational ... Meanwhile, Alaska Anchorage will join Northwest Nazarene in Nampa for the Ed Jacoby Invite & Combined. Montana State Billings will travel to Pocatello for the Idaho State Mountain State Games. Saint Martin's is idle.

VIKINGS RANKED BY COMPUTER: Western Washington's men earned a No. 25 ranking in the USTFCCA Team Computer Rankings this week. No GNAC women's team made the Top 25 in the rankings. Two WWU athletes are ranked in the Top 10 on TFRRS (the NCAA's official Track & Field Results Reporting system). Alex Donigian is ranked second in the 60 (6.76) and Frank Catelli is eighth in the shot put (55-10 ½) ... The top ranked GNAC athlete is Sarah Sawatzky of Simon Fraser who is eighth in the women's 800 (2:09.42). Micah Chelimo of Alaska Anchorage is second in the men's 3,000.

TWO NEW QUALIFIERS: With just three GNAC teams in action last week, only two athletes – Northwest Nazarene's Natalie Evans in the women's 800 (2:16.13) and Jordan Rehfeld in the 3,000 (9:58.87) – posted NCAA provisional qualifying marks. Rehfeld was the lone GNAC athlete to earn a GNAC Top 10 mark. Her time ranks seventh in GNAC history. She finished second for NNU's best placing in the meet. Both marks came at the Jacksons Invite in Nampa.

WINNERS: Three Central Washington athletes had first-place finishes at Moscow. Kent McKinney won the men's 60 (7.04) and Luke Plummer won the triple jump (44-5 ¼) in Friday's Idaho Collegiate. On Saturday, Rudy Spencer won the men's 3,000 (9:10.48) in the Idaho Open.

GNAC ALL-TIME TOP 10 PERFORMANCES (for Week of Jan. 20-26):
Men: None. **Women:** 3000 – 7. Jordan Rehfeld, NNU, 9:58.78.

LAST WEEK'S NCAA QUALIFIERS (for Week of Jan. 20-26): 800 – Natalie Evans, NNU, 2:16.13. 3000 – Jordan Rehfeld, NNU, 9:58.87. (Note: Both marks were posted at the Jacksons Invite).

GNAC NCAA QUALIFIERS AND NATIONAL RANK (As of Jan. 26):

Men: 60 – 2. Alex Donigan, WWU, 6.76. Mile –15. Robert Peterson, MSUB, 4:12.97. 3000 – 2. Micah Chelimo, UAA, 8:10.99. 60 Hurdles – 26. Travis Milbrandt, WWU, 8.30. Shot Put – 8. Frank Catelli, WWU, 17.03 – 55-10 ½. **Women:** 800 – 1. Sarah Sawatzky, SFU, 2:09.42; 14. Natalie Evans, NNU, 2:16.13. 3000 – 4. Joyce Kipchumba, UAA, 9:46.71; 16. Jordan Rehfeld, NNU, 9:58.87. High Jump – 4. Tayler Fettig, CWU, 1.73 – 5-8. **Note:** Marks listed are based on a 200 meter banked track or an over 200 meter track. Marks on TFRRS national list are converted to a 200-meter flat track and may differ from those listed here. All marks except those indicated with * or + were accomplished Jan. 17-18 at UW Open (*Montana State Open +Washington State Open).

LAST WEEK'S TOP FINISHERS

Idaho Collegiate (Jan. 24 at Moscow): Men (Top 6): 60 – 1. Kent McKinney, CWU, 7.04. 800 – 3. Frank Krause, SMU, 1:55.20. 4x400 Relay – 3. Saint Martin's 3:32.77; 4. Central Washington 3:40.49. High Jump – 4. Justin Peterson, CWU, and Ethan Meikle, CWU, 1.90 – 6-2 ¾. Pole Vault – 4. Joseph Keeton, SMU, 4.45 – 14-7 ¼. Triple Jump – 1. Luke Plummer, CWU, 13.52 – 44-5 1/4. **Women (Top 6):** 60 – 4. Renee Hudson, SMU, 8.12. 4x400 Relay – 4. Saint Martin's 4:30.66.

Jacksons Invite (Jan. 24-25 at Nampa): Men (Top 8): 60 – 7. Rimar Christie, NNU, 6.99. 600 – 5. Nick Martin, NNU, 1:25.18. 4x400 Relay – 5. Northwest Nazarene 3:30.18. Distance Medley – 3. Northwest Nazarene 10:48.40. High Jump – 8. Cole Hoberg, NNU, 1.95 – 6-4 ¾. Triple Jump – 7. Stephen Larlee, NNU, 13.89 – 45-7. Shot Put – 7. John VanBeuren, NNU, 14.12 – 46-4. **Women (Top 8):** 600 – 6. Kaydee Kulm, NNU, 1:50.65; 7. Emily Merioles, NNU, 1:54.24. 800 – 4. Natalie Evans, NNU, 2:16.13. 3000 – 2. Jordan Rehfeld, NNU, 9:58.87. Pole Vault – 6. Alison Silva, NNU, 3.40 – 11-1 ¾. Shot Put – 8. Jessica Johns, NNU, 12.55 – 41-2 ¼.

Idaho Open (Jan. 25 at Moscow): Men (Top 6): 400 – 4. Frank Krause, SMU, 50.88. Mile – 4. John Wojtech, CWU, 4:23.75. 3000 – 1. Rudy Spencer, CWU, 9:10.48. 5000 – 3. Joe Berger, SMU, 15:24.91; 5. Nathan Morgan, SMU, 16:18.33. High Jump – 4. Ethan Meikle, CWU, 1.85 – 6-0 ¾. Pole Vault – 3. Matt Hankins, SMU, 3.80 – 12-2 ¼. Long Jump – 7. Justin Peterson, CWU, 6.07 – 19-11. Shot Put – 6. Troy Martin, CWU, 14.72 – 48-3 ½. Weight Throw – 5. Kevin Standley, CWU, 16.54 – 54-3; 6. Vincent Fualefau, SMU, 14.66 – 48-1. **Women (Top 6):** Weight Throw – 4. Dorothy Moore, CWU, 14.46 – 47-5 ¼; 6. Ami Wick, SMU, 14.03 – 46-0 ¼.

PREVIOUS GNAC ATHLETES OF THE WEEK**Men**

Week of Dec. 9-15: Track – Rimar Christie, Northwest Nazarene (Jr., St. Michael, Barbados) finished second in the 60 meters at the Jacksons Open and Multi in Nampa. Christie's time of 6.90 was a NNU school record and ranks fifth all-time in GNAC history. His previous best was 6.91 came in the prelims of last year's conference championships.

Week of Jan. 13-19: Track – Alex Donigan, Western Washington (So., Mission Viejo, CA) broke the GNAC's longest existing indoor track record finishing third in the 60 meters at the UW Indoor Preview. Donigan, whose previous career best was 6.85, was clocked in a provisional national qualifying time of 6.76, eclipsing the old record of 6.78 set by Mike Hinshaw of Western Oregon in 2002. Donigan also finished fifth in the 200 in a time of 22.14. In both races, the only runners who finished ahead of him were competing for USC. **Field** – Frank Catelli, Western

Washington (So., Sequim, WA) finished first in the shot at UW with a provisional national qualifying put of 55-10 ½. Catelli's mark ranks second on the GNAC All-Time Top 10 list.

Women

Week of Dec. 9-15: Track – Natalie Evans, Northwest Nazarene (Sr., New Plymouth, ID) won the mile at the Jacksons' Open and Multi. Evans was clocked in a time of 5:04.39. She also led the Crusaders to a second place finish in the 4x400 relay in a time of 4:04.59, just .02 seconds in back of host Boise State.

Week of Jan. 13-19: Women: Track – Sarah Sawatzky, Simon Fraser (Sr., Chilliwack, BC) finished sixth at the UW Invitational in the 800 meters in a provisional national qualifying time 2:09.42. That time ranks fourth in GNAC history in an event that historically has been one of the best in the conference and establishes her as the early-season national leader in Division II. She was the top collegiate finisher Saturday, finishing eight seconds faster than the second collegian from UC Irvine. **Field** – Tayler Fettig, Central Washington (Jr., Olympia, WA) finished second in the high jump at the Washington State Open with a provisional national qualifying leap of 5-8, moving into a tie for fourth on the GNAC all-time indoor list. That mark ranks third in the early-season national rankings.

PREVIOUS 2013-14 TOP FINISHERS

Black Hills Holiday Open (Dec. 6-7 at Spearfish, SD): Men (Top 3): Mile – 3. Jamon Rodrigues, MSUB, 4:34.61. 3000 – 1. Chase Robinson, MSUB, 8:52.32; 3. Jamon Rodrigues, MSUB, 9:17.83. 4x400 Relay – 3. MSU Billings 3:38.14. Pole Vault – 3. Cole Campbell, MSUB, 4.21 – 13-9 ¾. Shot Put – 3. Anthony Montanez, MSUB, 14.75 – 48-4 ½. **Women (Top 3):** 60 – 2. Blair Street, MSUB, 8.05. 60 Hurdles – 3. Hope Reid, MSUB, 9.61. 800 – 2. Ashlynn VanVoast, MSUB, 2:35.59. 3000 – 1. Nocona Frame, MSUB, 10:55.91; 2. Rio Frame, MSUB, 10:57.05; 3. Mary Owen, MSUB, 11:02.22.

Jacksons Open and Multi (Dec. 13-14 at Nampa): Men (Top 3): 60 – 2. Rimar Christie, NNU, 6.90. 300 – 1. Andrew Curtis, NNU, 34.90. Mile – 1. Michael Gordon, NNU, 4:37.69. 60 Hurdles – 2. Kyle McLaughlin, NNU, 8.68. 4x400 Relay – 3. Northwest Nazarene 3:30.46. Triple Jump – 2. Stephen Larlee, NNU, 14.02 – 46-0. Shot Put – 3. Jeremiah Woods, NNU, 12.57 – 41-3. **Women (Top 3):** Mile – 1. Natalie Evans, NNU, 5:04.39; 2. Jordan Rehfeld, NNU, 5:10.28. 60 Hurdles – 2. Marie Smith, NNU, 9.18. 4x400 Relay – 2. Northwest Nazarene 4:04.59. High Jump – 2. Lexi Sarver, NNU, 1.55 – 5-1. Pole Vault – 2. Alison Silva, NNU, 3.50 – 11-5 ¾. Weight Throw – 3. Caitlin Curtis, NNU, 15.45 – 50-8 ¼.

Black Hills State Open (Jan. 11 at Spearfish, SD): Men (Top 3): 60 – 2. Cameron Stanek, MSUB, 7.40. 200 – 2. Cameron Stanek, MSUB, 24.04. 400 – 3. Lewis Polkow, MSUB, 53.98. Mile – 3. Robert Peterson, MSUB, 4:32.24. 3000 – 2. Jamon Rodriguez, MSUB, 9:02.63; 3. Chase Robinson, MSUB, 9:07.26. Long Jump – 2. Cameron Stanek, MSUB, 6.09 – 19-11 ¾. Shot Put – 1. Anthony Montanez, MSUB, 13.67 – 44-10; 3. Kyle DuCharme, MSUB, 12.30 – 40-4 ¼. Weight Throw – 2. Dylan Beuhler, MSUB, 14.39 – 47-2 ¼; 3. Anthony Montanez, MSUB, 14.37 – 47-1 ¾. **Women (Top 3):** 60 – 2. Blair Street, MSUB, 8.26. Mile – 1. Rio Frame, MSUB, 5:27.05. 3000 – 1. Mary Owen, MSUB, 10:58.39; 2. Nocona Frame, MSUB, 11:02.76; 3. Renae Hepfner, MSUB, 11:21.11. 60 Hurdles – 2. Hope Reid, MSUB, 9.47. 4x400 Relay – 2. MSU Billings 4:40.88. High Jump – 2. Hope Reid, MSUB, 1.55 – 5-1. Long Jump – 2.

Hope Reid, MSUB, 4.83 – 15-10. Shot Put – 3. Corrie Holm, MSUB, 10.99 – 36-0 $\frac{3}{4}$.

University of Washington Open (Jan. 18 at Seattle): Men (Top 8): 60 – 3. Alex Donigian, WWU, 6.76. 200 – 5. Alex Donigian, WWU, 22.14. 400 – 3. Daniel Kelloway, SFU, 49.42; 7. Jonathon Poolman, WWU, 49.82. 3000 – 6. Micah Chelimo, UAA, 8:10.99. 4x400 Relay – 5. Western Washington 3:19.17; 6. Alaska Anchorage 3:21.86; 8. Simon Fraser 3:22.90. 4x800 Relay – 5. Western Oregon 8:06.07. Long Jump – 5. Kevin Yates, WWU, 6.93 – 22-9; 6. Brett Watson, WWU, 6.87 – 22-6 $\frac{1}{2}$. Shot Put – 1. Frank Catelli, WWU, 17.03 – 55-10 $\frac{1}{2}$; 8. Jacob Gilbert, WWU, 15.45 – 50-8 $\frac{1}{4}$. **Women (Top 8):** 800 – 6. Sarah Sawatzky, SFU, 2:09.42. 1000 – 7. McKayla Fricker, SPU, 2:48.32. 4x400 Relay – 5. Seattle Pacific 3:58.74; 7. Alaska Anchorage 4:01.34. 4x800 Relay – 5. Western Oregon 10:08.00. High Jump – 5. Alexis Anderson, WOU, 1.65 – 5-5; 8. Shelby Peterson, WOU, 1.60 – 5-3. Long Jump – 7. Kyra Brannan, SPU, 5.37 – 17-7 $\frac{1}{2}$.

Washington State Open (Jan. 17-18 at Pullman): Men (Top 3): Mile – 3. John Wojtech, CWU, 4:26.40. 3000 – 2. John Wojtech, CWU, 9:14.50. Triple Jump – 2. Luke Plummer, CWU, 13.88 – 45-6 $\frac{1}{2}$. **Women (Top 3):** 400 – 3. Seanna Pitassi, CWU, 1:03.25. Mile – 2. Connie Morgan, CWU, 5:12.33; 3. Dani Eggleston, CWU, 5:13.59. 3000 – 2. Dani Eggleston, CWU, 10:41.66. High Jump – 2. Tayler Fettig, CWU, 1.73 – 5-8.

Montana State Open (Jan. 17 at Bozeman): Men (Top 6): 800 – 4. Drew Galahan, MSUB, 1:56.94. Mile – 3. Robert Peterson, MSUB, 4:18.55; 5. Chase Robinson, MSUB, 4:24.20. 3000 – 5. Jamon Rodrigues, MSUB, 9:00.44; 6. Chase Robinson, MSUB, 9:03.86. 4x400 – 6. MSU Billings 3:33.26. Shot Put – 2. Anthony Montanez, MSUB, 15.35 – 50-4 $\frac{1}{2}$. Weight Throw – 4. Dylan Beuhler, MSUB, 15.78 – 51-9 $\frac{1}{4}$. **Women (Top 6):** 55 Hurdles – 6. Hope Reid, MSUB, 8.87. High Jump – 6. Hope Reid, MSUB, 1.51 – 4-11 $\frac{1}{2}$.