

# 2007 GNAC Men's Indoor Track & Field Championships

## *Feb. 19 at Nampa*

**Team Scores** - Central Washington 171 1/2, Western Washington 166, Western Oregon 80, Northwest Nazarene 77, Seattle Pacific 47, Seattle 21, Saint Martin's 16 1/2. **Outstanding Performer** – Michael Dean, Western Washington.

60 - 1. Matt Rogstad, CWU, 7.15; 2. Matt Jirges, WOU, 7.24; 3. Dustin Wilson, WWU, 7.26; 4. Christian Demouchet, CWU, 7.28; 5. Ryan Jewell, SPU, 7.33; 6. Tom Blain, NNU, 7.44; 7. Daniel Sullivan, SU, 7.56; 8. Michael Dean, WWU, 7.69. **(Prelims: Heat 1** - 1. Matt Rogstad, CWU, 7.23; 2. Matt Jirges, WOU, 7.25; 3. Dustin Wilson, WWU, 7.29; 4. Tom Blain, NNU, 7.38; 5. Justin Felt, SPU, 7.42. **Heat 2** – 1. Michael Dean, WWU, 7.06 (meet record, old, 7.08, Greg Coleman, WOU, 2004); 2. Christian Demouchet, CWU, 7.23; 3. Daniel Sullivan, SU, 7.25; 4. Ryan Jewell, SPU, 7.40; 5. Cole Samuel, WOU, 7.46; Aaron Edwards, SMU, dq; Tomi Keah, SU, dq.

200 - 1. Michael Dean, WWU, 22.42; 2. Matt Rogstad, CWU, 22.48; 3. Greg Hamm, NNU, 22.77; 4. Adam Neff, WWU, 22.91; 5. Matt O'Connell, WWU, 22.98; 6. Colby Brydson, CWU, 23.12; 7. Robert Edwards, CWU, 23.14; 8. Eddie Wheeler, NNU, 23.29; 9. Justin Felt, SPU, 23.38; 10. Christian Demouchet, CWU, 23.42; 11. Clint Hickey, WOU, 23.44; 12. Lloyd Massey, WOU, 23.97; 13. Blake Estep, WOU, 24.12; 14. Brian Daltoso, SMU, 25.50; Ryan Jewell, SPU, dq.

400 - 1. Michael Dean, WWU, 49.95; 2. Adam Neff, WWU, 50.06; 3. Mitch Ward, NNU, 50.35; 4. Charles Velasquez, CWU, 50.88; 5. Lloyd Massey, WOU, 50.89; 6. Daniel Sullivan, SU, 50.97; 7. Colby Brydson, CWU, 51.18; 8. Blake Estep, WOU, 51.25; 9. Loyal Allen Jr., SU, 51.74; 10. Carl Johnson, WWU, 52.19; 11. Ben Climer, SPU, 52.35; 12. Bryan Gerry, SMU, 53.64; 13. Clint Hickey, WOU, 53.69.

800 - 1. Eddie Strickler, SPU, 1:55.23; 2. Sam Brancheau, WWU, 1:55.24; 3. Erik Bies, WWU, 1:56.38; 4. Nicholas Dols, SU, 1:56.85; 5. Scott Palmer, CWU, 1:57.47; 6. Josh Vrendenburg, WOU, 1:57.86; 7. Mike Schmidt, WOU, 1:59.45; 8. Asiki Ayume, SMU, 1:59.64; 9. Troy Banker, WOU, 1:59.81; 10. Caleb Timmer, SMU, 1:59.90; 11. Anders Mavis, WWU, 2:00.44; 12. Kyle Lampi, WWU, 2:00.76; 13. Josh Grewe, NNU, 2:02.03; 14. Tom Johnson, CWU, 2:02.39; 15. Sam Bedell, WWU, and Josh Gatbunton, SMU, 2:04.04.

Mile - 1. Sam Brancheau, WWU, 4:16.90; 2. Anthony Tomsich, WWU, 4:16.91; 3. Brian Cronrath, SPU, 4:19.26; 4. Andy Peters, NNU, 4:20.96; 5. Chad Meis, SPU, 4:22.18; 6. Daniel Phillips, WWU, 4:22.91; 7. Bennett Grimes, WWU, 4:23.72; 8. Kym Hunt, WOU, 4:24.20; 9. Sam Bedell, WWU, 4:24.56; 10. Nick Crawford, WOU, 4:24.80; 11. Geoff Anderson, CWU, 4:27.75; 12. Keith Lemay, WWU, 4:28.21; 13. Mike Gavareski, SPU, 4:28.44; 14. Mike Schmidt, WOU, 4:36.24; 15. Scott Palmer, CWU, 4:36.55; 16. Nicholas Alvarado, SU, 4:38.62.

5000 - 1. John Riak, SMU, 15:01.67 (meet record, old, 15:03.96, Scotchmer, CWU, 2005 & 2006); 2. Sam Scotchmer, CWU, 15:08.92; 3. Chad Portwood, WWU, 15:11.97; 4. Anthony Tomsich, WWU, 15:28.48; 5. Logan Senrud, WWU, 15:28.87; 6. Nik Karr, WOU, 15:31.61; 7. Andy Peters, NNU, 15:36.39; 8. Keever Henry, WWU, 15:50.35; 9. Keith Lemay, WWU, 15:56.43; 10. James Rosser, SPU, 16:10.49; 11. Kevin Lambert, NNU, 16:12.67; 12. Nathan Heitzinger, SU, 16:14.92; 13. Jonathan Rank, CWU, 16:15.23; 14. Blake Medhaug, WWU, 16:17.14; 15. Niwar Nasim, SMU, 16:28.76; 16. Seth Clark, NNU, 16:35.47; 17. Travis Banker, WOU, 16:57.15; 18. Nick Kirschner, SU, 17:04.33; 19. Steven Lalonde, SMU, 17:10.89; 20. Robbie Wilbur, SMU, 17:14.14.

60 Hurdles - 1. Robert Edwards, CWU, 8.26 (meet record, old, 8.36, Edwards, CWU, 2006); 2. Dustin Wilson, WWU, 8.58; 3. Lloyd Massey, WOU, 8.73; 4. Lee Clarkson, WOU, 8.77; 5. Christian Demouchet, CWU, 8.86; 6. Mark Zayshlyy, SPU, 8.96; 7. Josh Grewe, NNU, 9.25; 8. Grant Silver, NNU, 9.28. **(Prelims: Heat 1** - Dustin Wilson, WWU, 8.68; 2. Christian Demouchet, CWU, 8.81; 3. Lloyd Massey, WOU, 8.94; 4. Mark Zayshlyy, SPU, 9.11; 5. Josh Grewe, NNU, 9.24. **Heat 2** - 1. Robert Edwards, CWU, 8.31; 2. Lee Clarkson, WOU, 9.05; 3. Grant Silver, NNU, 9.17; 4. Troy Tosdale, WOU, 9.25; 5. Ben Climer, SPU, 9.34).

Distance Medley Relay - 1. Seattle Pacific (Meis, Climer, Strickler, Cronrath) 10:24.56; 2. Western Washington (Grimes, Edwards, Brancheau, Phillips) 10:28.96; 3. Western Oregon (Hunt, Troy Banker, Vredenburg, Crawford) 10:44.90; 4. Central Washington (Palmer, Kelley, Johnson, Anderson) 10:49.77; 5. Northwest Nazarene (Hetrick, Blain, Huff, Gray) 11:13.58; 6. Seattle (Heitzinger, Keah, Brown, Alvarado) 11:27.88.

4x400 Relay - 1. Central Washington, (Kelley, Velasquez, Rogstad, Brydson) 3:20.98 (meet record and GNAC record, old meet, 3:23.79, CWU, 2004; old GNAC, 3:21.09, WOU, 2003); 2. Western Washington, (Neff, Mavis, O'Connell, Bies) 3:22.76; 3. Northwest Nazarene, (Grewe, Ward, Wheeler, Hamm) 3:22.77; 4. Seattle University, (Sullivan, Brown, Allen, Dols) 3:25.31; 5. Saint Martin's, (Timmer, Gatbunton, Ayume, Gerry) 3:30.02; 6. Western Oregon, (Massey, Estep, Jirges, Hickey) 3:30.78.

Long Jump - 1. Justin Felt, SPU, 6.79 - 22-3 1/2; 2. Nick Collins, CWU, 6.70 - 21-11 3/4; 3. Greg Hamm, NNU, 6.64 - 21-9 1/2; 4. Jason Buckmeir, WOU, 6.52 - 21-4 3/4; 5. Cameron Bailey, CWU, 6.23 - 20-5 1/4; 6. Brock Jahner, SU, 6.21 - 20-4 1/2; 7. Brandon Zueger, CWU, 6.16 - 20-2 1/2; 8. Blake Herrington, WOU, and Scott McCoy, CWU, 6.05 - 19-10 1/4; 10. Nick Gaddy, WWU, 5.82 - 19-1 1/4; 11. Matt Crumedy, SU, 3.99 - 13-1 1/4; Aaron Edwards, SMU, foul.

Triple Jump - 1. Greg Hamm, NNU, 14.22 - 46-8; 2. Cameron Bailey, CWU, 13.88 - 45-6 1/2; 3. Tyler Reisnaur, WOU, 13.66 - 44-9 3/4; 4. Adrian Elmo, CWU, 13.65 - 44-9 1/2; 5. Blake Herrington, WOU, 13.27 - 43-6 1/2; 6. Nick Collins, CWU, 12.73 - 41-9 1/4; 7. Nick Gaddy, WWU, 12.64 - 41-5 3/4; 8. Eric Zwiefelhofer, WOU, 12.27 - 40-3 1/4; 9. Brock Jahner, SU, 12.07 - 39-7 1/4.

High Jump - 1. Cameron Bailey, CWU, 2.05 - 6-8 3/4 (meet record, old, 6-6 1/4, Cresap Watson, CWU, 2204; Chris Randolph, SPU, 2004); 2. Peter Geist, WWU, 2.00 - 6-6 3/4; 3. Adrian Elmo, CWU, 1.95 - 6-4 3/4; 4. Robert Wegner, WOU, 1.90 - 6-2 3/4; 5. Bryan Lucke, WWU, 1.85 - 6-0 3/4; 6. Chris Covey, NNU, 1.80 - 5-10 3/4; 7. Clint Hickey, WOU, and Aaron Edwards, SMU, 1.80 - 5-10 3/4; 9. Troy Tosdale, WOU, 1.75 - 5-8 3/4; 10. Eric Zwiefelhofer, WOU, 1.70 - 5-7; 11. Tom Blain, NNU, 1.70 - 5-7; Darren Edwards, WWU, no height.

Pole Vault - 1. Tyler Thornbrue, WWU, 4.83 - 15-10; 2. Bryan Lucke, WWU, 4.63 - 15-2 1/4; 3. Hunter Verner, WWU, 4.48 - 14-8 1/4; 4. Scott McCoy, CWU, 4.33 - 14-2 1/2; 5. Jerad Larson, NNU, 4.33 - 14-2 1/2; 6. Brandon Zueger, CWU, 4.18 - 13-8 1/2; 7. Andrew Sneed, NNU, 3.88 - 12-8 3/4; 8. Darren Edwards, WWU, 3.73 - 12-2 3/4; 9. Brock Jahner, SU, 3.73 - 12-2 3/4; 10. Josh Jorgensen, SPU, 3.73 - 12-2 3/4; 11. Justin Blackstead, NNU, 3.58 - 11-9.

Shot Put - 1. Cameron Neel, CWU, 17.47 - 57-3 3/4 (Meet Record, old 16.95 - 55-7 1/2, Neel, CWU, 2005); 2. Matt Valdez, CWU, 14.86 - 48-9; 3. Zach Barclay, NNU, 14.06 - 46-1 1/2; 4. Dincer Kayhan, WWU, 14.02 - 46-0; 5. Grant Miller, NNU, 13.82 - 45-4 1/4; 6. Anthony Marin, WOU, 13.50 - 44-3 1/2; 7. Cody Heller, NNU, 13.42 - 44-0 1/2; 8. Ben Elder, WWU, 13.06 - 42-10 1/4; 9. Evan Ruud, CWU, 12.78 - 41-11 1/4; 10. Robert Barrett, WOU, 12.69 - 41-7 3/4; 11. Tyler Fischer, CWU, 12.47 - 40-11; 12. Andy Munsey, NNU, 11.80 - 38-8 3/4.

Weight Throw - 1. Anthony Marin, WOU, 18.19 - 59-8 1/4 (meet record, old, 54-3 1/4, Carlos Aguilar, WOU, 2006); 2. Evan Ruud, CWU, 18.07 - 59-3 1/2; 3. Matt Valdez, CWU, 16.13 - 52-11; 4. Tyler Fischer, CWU, 15.86 - 52-0 1/2; 5. Cameron Neel, CWU, 15.76 - 51-8 1/2; 6. Zach Barclay, NNU, 14.54 - 47-8 1/2; 7. Robert Barrett, WOU, 13.83 - 45-4 1/2; 8. Cody Heller, NNU, 13.75 - 45-1 1/2; 9. Andy Munsey, NNU, 13.11 - 43-0 1/4; 10. Ben Elder, WWU, 12.18 - 39-11 1/2; 11. Grant Miller, NNU, 12.01 - 39-5; 12. Robert Poe, NNU, 11.33 - 37-2 1/4.