

# 2007 GNAC Women's Indoor Track & Field Championships

## Feb. 19 at Nampa

**Team Scores** - Seattle Pacific 192, Northwest Nazarene 104, Western Oregon 93, Western Washington 87, Central Washington 82, Saint Martin's 14, Seattle 5. **Outstanding Performer** – Jessica Pixler, Seattle Pacific.

60 - 1. Latasha Essien, SPU, 7.73 (meet record, old, 7.94, Kenyatta Leonhardt, SPU, 2005 prelims; Chelsi Claussen, SMU, 2005 prelims, 7.94); 2. NyEma Sims, SPU, 7.75; 3. Jessica Hinton, SPU, 8.07; 4. Heidi Dimmitt, WWU, 8.21; 5. Chelsi Claussen, SMU, 8.25; 6. Lindsay Lunderman, WWU, 8.26; 7. Sarajane Rosenberg WOU, 8.39; Anna Walters, SPU, false start. **Prelims: Heat 1** - 1. Heidi Dimmitt, WWU, 8.00; 2. Jessica Hinton, SPU, 8.02; 3. Nikki Schutte, NNU, 8.36; 4. Gail Butler, WWU, 8.46; 5. Amanda Rose, CWU, 8.60; 6. Lauren Zegers, WOU, 8.83. **Heat 2** - 1. Latasha Essien, SPU, 7.85; 2. Lindsay Lunderman, WWU, 8.25; 3. Chelsi Claussen, SMU, 8.28; 4. Kim Berberick, NNU, 8.41; 5. Britany Hood, CWU, 8.44; 6. Christa Brediger, NNU, 8.49. **Heat 3** - 1. NyEma Sims, SPU, 7.80; 2. Anna Walters, SPU, 8.25; 3. Sarajane Rosenberg, WOU, 8.34; 4. Lindsay Brady, NNU, 8.39; 5. Kara Beard, CWU, 8.59.

200 - 1. Latasha Essien, SPU, 25.50; 2. NyEma Sims, SPU, 26.03; 3. Jessica Hinton, SPU, 26.11; 4. Heidi Dimmitt, WWU, 26.42; 5. Jacque Postlewait, WOU, 26.47; 6. Amanda Gius, CWU, 26.65; 7. Anna Walters, SPU, 26.84; 8. Amanda Thornton, WWU, 27.11; 9. Kim Berberick, NNU, 27.13; 10. Christa Brediger, NNU, 27.14; 11. Rachael Kaercher, CWU, 27.17; 12. Lindsay Brady, NNU, 27.32; 13. Natalie Nash, WOU, 27.42; 14. Britany Hood, CWU, 27.84.

400 - 1. Heidi Dimmitt, WWU, 59.11; 2. Chelsea Evans, CWU, 59.38; 3. Jessica Hinton, SPU, 59.44; 4. Rachael Kaercher, CWU, 59.51; 5. Amanda Gius, CWU, 1:00.25; 6. Anna Walters, SPU, 1:00.59; 7. Emily Peterson, NNU, 1:01.13; 8. Natalie Nash, WOU, 1:01.72; 9. Sarah Barker, WOU, and Jessica Pendon, SMU, 1:01.80; 11. Amanda Thornton, WWU, 1:02.61; 12. Jamie Sundvall, NNU, 1:03.10; 13. Jennifer Grover, SMU, 1:07.54; Katherine Mertens, WWU, disqualified.

800 - 1. Jessica Pixler, SPU, 2:11.52 (meet record, old, 2:14.80, Marsh, SPU, 2004); 2. Ashley Puga, NNU, 2:13.58; 3. Jennifer Marsh, SPU, 2:15.31; 4. Sarah Howell, WOU, 2:18.94; 5. Lisa Anderberg, SPU, 2:19.22; 6. Krinda Carlson, SMU, 2:20.09; 7. Sarah Benson, CWU, 2:21.22; 8. Victoria Perkins, SPU, 2:21.32; 9. Suzie Strickler, SPU, 2:23.08; 10. Greta Stiickney, SU, 2:28.84; 11. Stephanie Cooke, CWU, 2:35.10; 12. Jamie Sundvall, NNU, 2:35.93; 13. Jennifer Josephson, WWU, 2:36.60.

Mile - 1. Jessica Pixler, SPU, 4:54.53 (meet record, old, 5:08.11, Katie Hummel, CWU, 2006); 2. Jane Larson, SPU, 5:00.34; 3. Ashley Puga, NNU, 5:02.29; 4. Katie Hummel, CWU, 5:07.94; 5. Karin Rohde, SPU, 5:09.41; 6. Stephanie Upshaw, WOU, 5:20.56; 7. Charisse Arce, SU, 5:22.35; 8. Suzie Strickler, SPU, 5:23.80; 9. Jessica Harper, WOU, 5:26.65; 10. Molly DePasqual, WWU, 5:27.88; 11. Kate Harline, SPU, 5:28.41; 12. Megan Wrightman, SPU, 5:37.23; 13. Nicole Beatty, SMU, 5:44.38; 14. Amy Olson, WWU, 5:47.74; 15. Jessie Dunnam, SMU, 5:49.57; 16. Allison Graham, WWU, 5:55.93; 17. Miriam Reardon, NNU, 5:59.14; 18. Natalie Martinez, SU, 6:00.25.

5000 - 1. Karin Rohde, SPU, 18:17.35 (meet record, old, 18:27.98, Brandy Anderson, CWU, 2006); 2. Alea Rowley, WOU, 18:34.72; 3. Kaitlin Rohde, SPU, 19:02.24; 4. Katie Hart, SPU, 19:26.19; 5. Amy Layton, SMU, 19:30.14; 6. Shirlon Moncrief, WOU, 19:31.51; 7. McKinley Williams, WWU, 19:43.39; 8. Amber Green, CWU, 19:51.88; 9. Marissa Harshman, WWU, 20:00.94; 10. Kim Beamon, SPU, 20:02.25; 11. Kim Parry, WOU, 20:13.95; 12. Rhiannon Cadelinia, SU, 20:17.19; 13. Taylor Shipman, SMU, 20:39.49; 14. Rachel Yorkston, SU, 20:41.41; 15. Jaime Clark, SU, 20:50.18; 16. Katelynn Blume, SMU, 22:42.44.

60 Hurdles - 1. Kelsey Cooley, SPU, 9.30; 2. Ashley Wornell, NNU, 9.36; 3. Lindsay Lunderman, WWU, 9.38; 4. Jacque Postlewait, WOU, 9.41; 5. Brittany Bekins, SPU, 9.62; 6. Amanda Merrell, NNU, 9.68; 7. Raquel Gonzalez, CWU, 9.70; Sarah Barker, WOU, dq. **Prelims: Heat 1** - 1. Jacque Postlewait, WOU, 9.38; 2. Brittany Bekins, SPU, 9.55; 3. Amanda Merrell, NNU, 9.56; 4. Sarah Barker, WOU, 9.85; 5. Kara Beard, CWU, 10.38; 6. M.J. Usabel, NNU, 10.83. **Heat 2** - 1. Lindsay Lunderman, WWU, 9.29; 2. Ashley Wornell, NNU, 9.31; 3. Kelsey Cooley, SPU, 9.40; 4. Raquel Gonzalez, CWU, 9.70; 5. Lauren Zegers, WOU, 10.13; 6. Stephanie Druktenis, CWU, 10.81.

Distance Medley Relay – 1. Seattle Pacific, (Larson, Perkins, Marsh, Pixler) 11:58.41; 2. Central Washington (Benson, Druktenis, Cooke, Hummel) 12:40.40; 3. Western Oregon (Harper, Postlewait, Howell, Upshaw) 12:41.26; 4. Western Washington (Olson, Cook, Josephson, DePasqual) 13:36.17; 5. Northwest Nazarene (Reardon, Brediger, Wornell, Young) 13:40.29; 6. Seattle University (Yorkston, Cabebe, Stickney, Arce) 13:40.58.

4x400 Relay - 1. Seattle Pacific (Essien, Bekins, Cooley, Hinton) 3:58.68 (Meet and conference record, old, 3:58.72, Central Washington, 2004); 2. Central Washington (Gius, Taylor, Evans, Kaercher) 4:00.37; 3. Northwest Nazarene (Brady, Schutte, Peterson, Puga) 4:03.14; 4. Western Washington (Dimmitt, Lunderman, Thornton, Mertens) 4:07.06; 5. Western Oregon (Nash, Barker, Moncrief, Tibbetts) 4:16.08; 6. Saint Martin's (Pendon, Grover, Claussen, Carlson) 4:19.67.

Long Jump - 1. Kim Bascom, WWU, 5.58 – 18-3 ¾; 2. Jacque Postlewait, WOU, 5.45 – 17-10 ¾; 3. Sarajane Rosenberg, WOU, and Amanda Merrell, NNU, 5.34 – 17-6 ¾; 5. Christy Miller, WWU, 5.30 – 17-4 ¾; 6. NyEma Sims, SPU, 5.20 – 17-0 ¾; 7. Ashley Wornell, NNU, 5.09 – 16-8 ½; 8. Gail Butler, WWU, 5.07 – 16-7 ¾; 9. Anjuli Spear, CWU, 4.95 – 16-3; 10. Racquel Gonzalez, CWU, 4.66 – 15-3 ½; 11. Kristin Janney, SPU, 4.61 – 15-1 ½; 12. Courtney Cabebe, SU, 4.55 – 14-11 ¼; 13. Britany Hood, CWU, 4.36 – 14-3 ¾; Kelsey Cooley, SPU, foul.

Triple Jump – 1. Kim Bascom, WWU, 11.51 – 37-9 ¼ (meet and GNAC record, old meet, 11.28 – 37-0 ¼, Amanda Merrell, NNU, 2006; old GNAC, 11.50, 37-9, Bascom, 2007); 2. Amanda Merrell, NNU, 11.12 – 36-5 ¾; 3. Sarajane Rosenberg, WOU, 10.92 – 35-10; 4. Christy Miller, WWU, 10.82 – 35-6; 5. Anjuli Spear, CWU, 10.70 – 35-1 ¼; 6. Lydia Morrison, WWU, 10.42 – 34-2 ¼; 7. Amanda Rose, CWU, 10.35 – 33-11 ½; 8. Taryn Plypick, WOU, 10.24 – 33-7 ¾; 9. Ashley Rau, WOU, 9.86 – 32-4 ¼; 10. Laura VonArx, NNU, 9.15 – 30-0 ¼.

High Jump – 1. Emily Peterson, NNU, 1.67- 5-5 ¼; 2. Teona Perkins, SPU, 1.66 – 5-5 ¼; 3. Taryn Plypick, WOU, 1.66 – 5-5 ¼; 4. Ashley Wornell, NNU, 1.66 – 5-5 ¼; 5. Clara Cook, WWU, 1.66 – 5-5 ¼; 6. Jacque Postelwait, WOU, 1.61 – 5-3 ¼; 7. NyEma Sims, SPU, and Lacy Tibbetts, WOU, 1.51 – 4-11 ½; 9. Mary Printz, NNU, and Kelsey Cooley, SPU, 1.46 – 4-9 ½; 11. Mara Becker, SU, 1.46 – 4-9 ½; Lindsey Cox, WWU, no height.

Pole Vault – 1. Monica Anderson, SPU, 3.36 – 11-0 ¼; 2. Christy Miller, WWU, 3.36 – 11-0 ¼; 3. Haley Amos, CWU, 3.21 – 10-6 ¼; 4. Tracie Lundsten, SPU, and Kristi Rice, NNU, 3.21 – 10-6 ¼; 6. Mary Printz, NNU, 3.06- 10-0 ½; 7. M.J. Usabel, NNU, 2.91 – 9-6 ½; 8. Brianna Fredricksen, CWU, 2.91 – 9-6 ½; 9. Julie Stone, WWU, 2.91 – 9-6 ½; 10. Courtney Cabebe, SU, and Camille Clarke, WWU, 2.76 – 9-0 ½; Karina Elzinga, NNU, no height.

Shot Put - 1. Krissy Tandle, CWU, 13.06 – 42-10 ¼; 2. Chevonna Lynch, WOU, 12.54 – 41-1 ¼; 3. Brittany Bekins, SPU, 12.15 – 39-10 ½; 4. Amy Carroll, NNU, 11.96 – 39-3; 5. Jocelyn Judd, NNU, 11.55 – 37-10 ¾; 6. Sabrina Freed, WOU, 11.45 – 37-6 ¾; 7. Becky Scherer, CWU, 11.19 – 36-8 ½; 8. Kristin Janney, SPU, 10.21 – 33-6; 9. Chelsey Jones, NNU, 10.05 – 32-11 ¾; 10. Lindsay Currier, SU, 9.96 – 32-8 ¼; 11. Kahlia Keita, SU, 9.26 – 30-4 ¾; 12. Chelsea Sadler, WWU, 9.17 – 30-1; 13. Danika Washington, SMU, 8.36 – 27-5 ¼.

Weight Throw - 1. Sabrina Freed, WOU, 15.04 – 49-4 ¼; 2. Hannah Bowman, NNU, 14.45 – 47-5; 3. Krissy Tandle, CWU, 14.25 – 46-9; 4. Jocelyn Judd, NNU, 13.52 – 44-4 ¼; 5. Becky Scherer, CWU, 13.05 – 42-9-3/4; 6. Amy Carroll, NNU, 13.04 – 42-9 ½; 7. Erika Remple, NNU, 12.62 – 41-5; 8. Alison McWeeny, CWU, 12.41 – 40-8 ¾; 9. Courtney Little, NNU, 12.29 – 40-4; 10. Katie Taylor, WWU, 12.07 – 39-7 ¼; 11. Erica Rance, WWU, 11.80 – 38-8 ¾; 12. Chelsea Sadler, WWU, 10.37 – 34-0 ¼; 13. Kristin Humphrey, WOU, 9.58 – 31-5 ¼.