

2008 GNAC Men's Indoor Track & Field Championships

Feb. 18 at Nampa

Team Scores - Western Oregon 178, Western Washington 1131/2, Northwest Nazarene 99 1/2, Central Washington 75, Seattle 48, Seattle Pacific 39, Saint Martin's 20, Montana State Billings 9. **Outstanding Performer** - Zeb Udell, Western Oregon.

60 - 1. Ashtin Mott, WOU, 7.02 (meet record, old 7.06, by Michael Dean, WWU, 2007 prelims); 2. Christopher Fussell, SU, 7.15; 3. Zeb Udell, WOU, 7.21; 4. Dylan Wells, WOU, 7.22; 5. Travis Glover, SU, 7.27; 6. Andy Luscutoff, WOU, 7.29; 7. Joshua Threet, WOU, 7.34; 8. Daniel Sullivan, SU, 7.56. **Prelims: Heat 1** - 1. Ashtin Mott, WOU, 7.07; 2. Dylan Wells, WOU, 7.17; 3. Zeb Udell, WOU, 7.19; 4. Joshua Threet, WOU, 7.31; 5. Eric Zwiefelhofer, NNU, 7.39; 6. James Hopkins, MSUB, 7.45; 7. Nathan Dide, MSUB, 7.51; 8. Noah Vallincourt, MSUB, 7.52. **Heat 2** - 1. Christopher Fussell, SU, 7.13; 2. Daniel Sullivan, SU, 7.21; 3. Travis Glover, SU, 7.22; 4. Andy Luscutoff, WOU, 7.35; 5. Shane Gregor, WWU, 7.40; 6. Lionel Orji, CWU, 7.41; 7. Darren Edwards, WWU, 7.47; 8. Alex Harrison, WWU, 7.55.

600 Hurdles - 1. Lloyd Massey, WOU, 8.66; 2. D'Andre Benjamin, SU, 8.73; 3. Dallas Beaty, NNU, 8.78; 4. Andy Luscutoff, WOU, 8.83; 5. Kevin Myhre, WWU, 8.89; 6. Clint Hickey, WOU, 8.92; 7. Tommy Woolf, WOU, 8.97; 8. Ben Wargo, WWU, 9.28. **Prelims: Heat 1** - Andy Luscutoff, WOU, 8.96; 2. Dallas Beaty, NNU, 8.99; 3. Kevin Myhre, WWU, 9.01; 4. Mark Hanson, NNU, 9.21; 5. Kevin Moen, WWU, 9.33; 6. Robert Poshusta, SU, 9.70. **Heat 2** - D'Andre Benjamin, SU, 8.83; 2. Lloyd Massey, WOU, 8.86; 3. Tommy Woolf, WOU, 9.01; 4. Clint Hickey, WOU, 9.09; 5. Ben Wargo, WWU, 9.15; 6. Josh Grewe, NNU, 9.24; 7. Jordan Werner, WOU, 9.30.

200 - 1. Ashtin Mott, WOU, 22.16; 2. Matt Rogstad, CWU, 22.56; 3. Dylan Wells, WOU, 22.66; 4. Travis Glover, SU, 22.79; 5. Daniel Sullivan, SU, 22.96; 6. D'Andre Benjamin, SU, 23.02; 7. Christopher Fussell, SU, 23.07; 8. Nathan Diede, MSUB, 23.25; 9. Cole Samuel, WOU, and Loyal Allen, SU, 23.32; 11. Matt O'Connell, WWU, 23.36; 12. Shane Gruger, WWU, 23.48; 13. Roy Erhart, CWU, 23.51; 14. Colby Brydson, CWU, and Noah Vallincourt, MSUB, 23.64; 16. Toby David, WWU, 23.67; 17. Mitch Ward, NNU, 23.84.

400 - 1. Matt Rogstad, CWU, 49.58 (meet record; old 49.76, Isaac Frederick, WOU, 2004); 2. Blake Estep, WOU, 49.84; 3. Mitch Ward, NNU, 49.96; 4. Lloyd Massey, WOU, 50.50; 5. Charles Velasquez, CWU, 51.07; 6. Ben Wargo, WWU, 51.13; 7. Colby Brydson, CWU, 51.16; 8. Dallas Beaty, NNU, 51.32; 9. Matt O'Connell, WWU, 51.48; 10. Daniel Sullivan, SU, 51.52; 11. Jeremiah Richardson, WOU, 51.55; 12. Josh Grewe, NNU, 51.72; 13. Jude Martinez, SU, 52.27; 14. Loyal Allen, SU, 52.33; 15. Kevin Myhre, WWU, 52.65; 16. Nick Kesler, MSUB, 52.67.

800 - 1. Keith Lemay, WWU, 1:57.86; 2. Kyle Lampi, WWU, 1:58.17; 3. Matt Stark, NNU, 1:59.34; 4. Will Cameron, WWU, 1:59.68; 5. Dallas Moses, WOU, 1:59.93; 6. Michael Pankiewicz, CWU, 2:00.19; 7. Jeff Dull, SPU, 2:00.45; 8. Nick Abraham, WWU, 2:01.22; 9. Travis Banker, WOU, 2:01.86; 10. Abe Webb, WOU, 2:02.25; 11. Corey Cronkhite, CWU, 2:02.99; 12. Graham Miller, SU, 2:04.49; 13. Jordan Lance, SPU, 2:05.95; 14. Brian Cronrath, SPU, 2:07.76.

Mile - 1. John Riak, SMU, 4:21.50; 2. Brian Cronrath, SPU, 4:21.86; 3. Bennett Grimes, WWU, 4:22.47; 4. Jeff Long, WOU, 4:23.77; 5. Kyle Gray, NNU, 4:26.39; 6. Keith Lemay, WWU, 4:26.72; 7. Zeke VanPatten, WOU, 4:29.51; 8. Mike Schmidt, WOU, 4:30.37; 9. Nicholas Alvarado, SU, 4:30.58; 10. Tom Johnson, CWU, 4:34.04; 11. Richie Pemberton, MSUB, 4:36.91; 12. Jarred Rensvold, MSUB, 4:38.56; 13. Kyle Seick, WOU, 4:40.48; 14. Nicholas Harvey, SMU, 4:40.99; 15. Graham Miller, SU, 4:42.34; 16. Sam Bedell, WWU, 4:43.73.

5,000 - 1. Jordan Welling, WWU, 15:15.60; 2. Kevin Lambert, NNU, 15:21.85; 3. Nik Karr, WOU, 15:25.20; 4. Chad Meis, SPU, 15:35.27; 5. Nicholas Alvarado, SU, 15:44.41; 6. Chris Reed, WOU, 15:46.33; 7. Richie Pemberton, MSUB, 15:48.07; 8. Seth Clark, NNU, 15:51.21; 9. Blake Medhaug, WWU, 16:03.77; 10. Braxton Jackson, WOU, 16:11.69; 11. Hans Heitzinger, SU, 16:29.03; 12. Michael Van Nuland, SU, 16:36.69; 13. Jordan Lance, SPU, 16:40.69; 14. Tris Obluck, SMU, 16:47.40; 15. Steven Lalonde, SMU, 16:48.68; 16. Brian Rockenbach, CWU, 17:26.25.

4x400 Relay - 1. Northwest Nazarene (Grewe, Hamm, Beaty, Ward), 3:23.22; 2. Central Washington (Brydson, Erhart, Velasquez, Rogstad) 3:23.64; 3. Western Oregon (Estep, Massey, Mott, Hickey) 3:25.95; 4. Seattle University (Allen, Glover, Martinez, Sullivan) 3:28.62; 5. Western Washington (Wargo, O'Connell, Myhre, Lemay) 3:29.23; 6. Montana State Billings (Hopkins, Barrett, Kesler, Diede) 3:46.73.

Distance Medley Relay - 1. Western Washington (Lampi, Cameron, Abraham, Grimes) 10:38.21; 2. Seattle Pacific (Meis, J. Dull, Felt, Cronrath) 10:41.17; 3. Western Oregon (Schmidt, Moses, Banker, Long) 10:55.16; 4. Northwest Nazarene (Reynolds, Hill, Stark, Gray) 10:59.11; 5. Central Washington (Cronkhite, Orji, Pankiewicz, Johnson) 11:00.84; 6. Montana State Billings (Ceynar, Haynie, Miller, Rensvold) 11:15.01; 7. Saint Martin's (Riak, Obluck, Harvey, Gerry) 11:18.14; 8. Seattle University (Miller, Benjamin, Van Nuland, H. Heitzinger) 11:21.36.

High Jump - 1. Keefe Brockman, WWU, 1.95 - 6-4 ¾; 2. Jonathan Hamilton, CWU, 1.90 - 6-2 ¾; 3. Tommy Woolf, WOU, 1.90 - 6-2 ¾; 4. Jess Keys, NNU, 1.90 - 6-2 ¾; 5. Clint Hickey, WOU, and Robert Wegner, WOU, 1.85 - 6-0 ¾; 7. Brian Martinelli, WWU, 1.80 - 5-10 ¾; 8. Alex Harrison, WWU, 1.70 - 5-7; 9. Ben Shea, NNU, 1.65 - 5-5; Jude Martinez, SU, no height; Darren Edwards, WWU, no height.

Pole Vault - 1. Ryan Brown, WWU, 4.83 - 15-10; 2. Zeb Udell, WOU, 4.73 - 15-6 ¾; 3. Scott McCoy, CWU, 4.48 - 14-8 ¾; 4. Josh Winters, WWU, 4.18 - 13-8 ½; 5. Eric Zwiefelhofer, NNU, 4.18 - 13-8 ½; 6. Ben Shea, NNU, 4.18 - 13-8 ½; 7. Jerad Larson, NNU, 4.03 - 13-2 ½; 8. Michael Millson, WWU, 3.88 - 12-8 ¾; Joshua Jorgensen, SPU, no height; Darren Edwards, WWU, no height; Alex Harrison, WWU, no height.

Long Jump - 1. Zeb Udell, WOU, 7.01 - 23-0 (meet and conference record; old meet, 22-7 3/4, Chris Randolph, SPU, 2006; old conference record, 22-11, Randolph, 2006); 2. Allan Denton, WWU, 6.76 - 22-2 1/4; 3. Jamarian Malley, WOU, 6.75 - 22-1 3/4; 4. Justin Felt, SPU, 6.67 - 21-10 3/4; 5. Nick Collins, CWU, 6.66 - 21-10 1/4; 6. D'Andre Benjamin, SU, 6.58 - 21-7 1/4; 7. Tommy Woolf, WOU, 6.54 - 21-5 1/2; 8. Robert Wegner, WOU, 6.49 - 21-3 1/2; 9. Lionel Orji, CWU, 6.30 - 20-8; 10. Shane Gruger, WWU, 6.24 - 20-5 3/4; 11. Udoka Odoemene, SU, 6.23 - 20-5 1/4; 12. Tim Satterwhite, WWU, 6.18 - 20-3 1/2; 13. Christopher Fussell, SU, 6.03 - 19-9 1/2; 14. Luke Barrett, MSUB, 5.57 - 18-3 1/4.

Triple Jump - 1. Greg Hamm, NNU, 14.46 - 47-5 1/4; 2. Tommy Woolf, WOU, 13.84 - 45-5; 3. Keefe Brockman, WWU, 13.82 - 45-4 1/4; 4. Tyler Reinsaur, WOU, 13.82 - 45-4 1/4; 5. Tim Satterwhite, WWU, 13.80 - 45-3 1/2; 6. Justin Felt, SPU, 12.88 - 42-3 1/4; 7. William Basham, CWU, 12.79 - 41-11 1/2; 8. Josh Heidegger, NNU, 12.43 - 40-9 1/2; 9. Udoka Odoemene, SU, 12.43 - 40-9 1/2; 10. DeShawn Lewis, MSUB, 12.02 - 39-5 1/4; 11. James Hopkins, MSUB, 11.96 - 39-3.

Shot Put - 1. Zach Barclay, NNU, 14.87 - 48-9 1/2; 2. Andrew Matschiner, SPU, 14.84 - 48-8 1/4; 3. Sam Washington, SMU, 14.75 - 48-4 3/4; 4. Matt Valdez, CWU, 14.56 - 47-9 1/4; 5. Robert Barrett, WOU, 14.30 - 46-11; 6. Grant Miller, NNU, 14.08 - 46-2 1/2; 7. Brandon Varkevisser, WWU, 13.99 - 45-10 3/4; 8. Tyler Fischer, CWU, 13.91 - 45-7 3/4; 9. Jason Slowey, WOU, 13.63 - 44-8 3/4; 10. Jordan Fenters, NNU, 13.43 - 44-0 3/4; 11. Michael Hoffman, WWU, 13.18 - 43-3; 12. Bryant Michaelson, WWU, 13.03 - 42-9; 13. Anthony Marin, WOU, 12.44 - 40-9 3/4; 14. Diego Estrada, NNU, 12.35 - 40-6 1/4; Kyle Richards, MSUB, foul.

Weight Throw - 1. Anthony Marin, WOU, 17.73 - 58-2; 2. Zach Barclay, NNU, 16.49 - 54-1 1/4; 3. Tyler Fischer, CWU, 16.22 - 53-2 3/4; 4. Grant Miller, NNU, 15.46 - 50-8 3/4; 5. Mychal Ostler, CWU, 15.35 - 50-4 1/2; 6. Robert Barrett, WOU, 14.82 - 48-7 1/2; 7. Sam Washington, SMU, 13.45 - 44-1 1/2; 8. Jordan Fenters, NNU, 12.58 - 41-3 1/4; 9. Andrew Matschiner, SPU, 11.85 - 38-10 1/2; 10. Diego Estrada, NNU, 11.66 - 38-3 1/4; 11. Brandon Varkevisser, WWU, 11.37 - 37-3 3/4; 12. Alex Eaton, NNU, 11.21 - 36-9 1/2; 13. Michael Hoffman, WWU, 11.16 - 36-7 1/2; 14. Bryant Michaelson, WWU, 10.95 - 35-11 1/4; 15. Jason Slowey, WOU, 10.57 - 34-8 1/4; 16. Jade Haynie, MSUB, 9.52 - 31-3; 17. Michael Vavricka, SMU, 9.17 - 30-1; Matt Valdez, CWU, foul.