

# 2008 GNAC Women's Indoor Track & Field Championships

## Feb. 18 at Nampa

**Team Scores** - Seattle Pacific 183, Western Washington 109, Northwest Nazarene 101 1/2, Western Oregon 92, Central Washington 46 1/2, Seattle University 23, Saint Martin's 14, Montana State Billings 12. **Outstanding Performer** - Jessica Pixler, Seattle Pacific.

60 - 1. Latasha Essien, SPU, 7.90; 2. Lauren Duckett, WOU, 8.05; 3. Megan Zukowski, WWU, 8.10; 4. Joana Houplin, WWU, 8.21; 5. Latoya Tidwell, NNU, 8.21; 6. Tisha Wells, CWU, 8.30; 7. Chelsi Claussen, SMU, 8.37. **Prelims: Heat 1** - 1. Megan Zukowski, WWU, 8.00; 2. Joana Houplin, WWU, 8.08; 3. Nicki Schutte, NNU, 8.16; 4. Tisha Wells, CWU, 8.31; 5. Chelsi Claussen, SMU, 8.37; 6. Caiti Schmitz, CWU, 8.56; 7. Britany Hood, CWU, 8.58. **Heat 2** - 1. Latasha Essien, SPU, 7.88; 2. Lauren Duckett, WOU, 8.14; 3. Latoya Tidwell, NNU, 8.28; 4. Christa Brediger, NNU, 8.37; 5. Britney Derhak, MSUB, 8.42; 6. Elizabeth Wolf, SU, 8.45; 7. Elsa Couvelier, WWU, 8.52.

60 Hurdles - 1. Michelle Howe, WWU, 9.30; 2. Jacque Postlewait, WOU, 9.33; 3. Chelsi Claussen, SMU, 9.49; 4. Jenifer Pike, SPU, 9.51; 5. Jessica Erickson, WWU, 9.59; 6. Raquel Gonzalez, CWU, 9.78; 7. Sarah Barker, WOU, 9.79; 8. Mandi Keifer, WOU, 9.80. **Prelims: Heat 1** - 1. Michelle Howe, WWU, 9.23; 2. Chelsi Claussen, SMU, 9.49; 3. Raquel Gonzalez, CWU, 9.70; 4. Sarah Barker, WOU, 9.78; 5. Clara Cook, WWU, 10.05; 6. Stephanie Druktenis, CWU, 10.71; 7. MJ Usabel, NNU, 10.79; 8. Mary Seidler, CWU, 11.80. **Heat 2** - Jacque Postlewait, WOU, 9.36; 2. Jenifer Pike, SPU, 9.68; 3. Jessica Erickson, WWU, 9.84; 4. Mandi Keifer, WOU, 9.88; 5. Dianna Hanson, WWU, 10.13; 6. Annie Larlee, NNU, 10.40; 7. Amanda Baum, MSUB, 11.30.

200 - 1. Jessica Hinton, SPU, 25.92; 2. Latoya Tidwell, NNU, 26.18; 3. Nicki Schutte, NNU, 26.50; 4. Joana Houplin, WWU, 26.61; 5. Mellisa Peaslee, SPU, 26.76; 6. Sarah Brownell, WWU, 26.84; 7. Heidi Dimmitt, WWU, 26.92; 8. Rachael Kaercher, CWU, 26.95; 9. Tisha Wells, CWU, 27.01; 10. Jacque Postlewait, WOU, 27.09; 11. Megan Zukowski, WWU, 27.17; 12. Elizabeth Wolf, SU, 27.51; 13. Chelsi Claussen, SMU, 27.57; Latasha Essien, SPU, disqualified.

400 - 1. Elisa Decker, NNU, 58.21; 2. Teona Golding, SPU, 58.22; 3. Heidi Dimmitt, WWU, 59.50; 4. Jessica Hinton, SPU, 59.82; 5. Rachael Kaercher, CWU, 1:00.39; 6. Jamie Beaty, NNU, 1:00.43; 7. Megan O'Connell, WWU, 1:01.22; 8. Jessica Pendon, SMU, 1:01.25; 9. Kelsey Castrey, WOU, 1:01.34; 10. Amanda Thornton, WWU, 1:01.96; 11. Joana Houplin, WWU, 1:02.05; 12. Rachel Purcell, SU, 1:02.27; 13. Kara Nygard, CWU, 1:02.46; 14. Julie Meaker, WWU, 1:02.94; 15. Alycia Link, NNU, 1:03.01; 16. Malori Woodford, MSUB, 1:03.94; 17. Erin Moon, SU, 1:04.30; 18. Chelsea Evans, CWU, 1:08.71; Sarah Brownell, WWU, disqualified.

800 - 1. Jessica Pixler, SPU, 2:10.18 (meet record; old record, 2:11.52, Pixler, 2007); 2. Jaclyn Puga, NNU, 2:15.04; 3. Ashley Puga, NNU, 2:16.04; 4. Lisa Anderberg, SPU, 2:17.59; 5. Ashley Berry, WOU, 2:18.37; 6. Sarah Howell, WOU, 2:19.59; 7. Rachael Johnson, SU, 2:19.85; 8. Kira Batcheller, WOU, 2:22.66; 9. Sarah Benson, CWU, 2:23.80; 10. Elisa Decker, NNU, 2:23.82; 11. Cheri Watson, WWU, 2:24.14; 12. Sarah Jackson, MSUB, 2:24.19; 13. Ally Ganyo, WWU, 2:26.30; 14. Kim Beamon, SPU, 2:27.50; 15. Micah Merrill-Johnson, MSUB, 2:28.23; 16. Jamie Beaty, NNU, 2:33.54; 17. Kaleigh Bishop, SMU, 2:37.52; 18. Karissa Owen, SMU, 2:43.64.

Mile - 1. Jessica Pixler, SPU, 4:50.38 (meet record; old record, 4:54.53, Pixler, 2007); 2. Jane Larson, SPU, 4:59.47; 3. Ashley Puga, NNU, 5:03.71; 4. Jessica Harper, WOU, 5:10.18; 5. Krinda Carlson, SMU, 5:12.35; 6. Karin Rohde, SPU, 5:17.33; 7. Suzie Strickler, SPU, 5:18.47; 8. Micah Merrill-Johnson, MSUB, 5:22.80; 9. Lisa Anderberg, SPU, 5:26.73; 10. Sarah Jackson, MSUB, 5:31.32; 11. Greta Stickney, SU, 5:35.76; 12. Erica Zambon, WOU, 5:44.64; 13. Katie Thiel, MSUB, 6:25.36.

5,000 - 1. Jane Larson, SPU, 17:39.95 (meet record; old record, 18:17.35, Karin Rohde, SPU, 2007); 2. Sarah Porter, WWU, 18:04.65; 3. Katie Hansen, SU, 18:20.76; 4. Marcie Mullen, CWU, 18:31.43; 5. Suzie Strickler, SPU, 18:36.44; 6. Kate Harline, SPU, 18:37.15; 7. Tricia Morrison, WOU, 18:47.23; 8. Lyndsey McKillip, WOU, 18:58.74; 9. Lauren Breihof, WWU, 19:12.18. 10. Karin Rohde, SPU, 19:17.68; 11. Maeve Sayres, WWU, 19:30.23; 12. Rachel Yorkston, SU, 19:36.71; 13. Helen Camden, SMU, 19:55.94; 14. Kaitlin Rohde, SPU, 19:56.20; 15. Jackie Dent, WOU, 20:12.62; 16. Miriam Reardon, NNU, 20:25.85; 17. Mary Bakeman, CWU, 20:36.09.

4x400 Relay - 1. Seattle Pacific (Essien, Peaslee, Pike, Golding), 3:57.36 (meet and conference record; old meet record, SPU, 3:58.68, 2007; old conference record, SPU, 3:57.88, 2008); 2. Northwest Nazarene (A. Puga, Decker, Beaty, Schutte) 4:00.11; 3. Western Washington (Dimmitt, Thornton, O'Connell, Brownell) 4:02.78; 4. Central Washington (Evans, Nygard, Schmitz, Kaercher) 4:05.64; 5. Seattle University (Cabebe, Johnson, Moon, Purcell) 4:09.45; 6. Western Oregon (Barker, Berry, Postlewait, Howell) 4:10.72; 7. Montana State Billings (Merrill-Johnson, Derhak, Jackson, Woodford) 4:19.14; 8. Saint Martin's (Carlson, Claussen, Bishop, Pendon) 4:23.70.

Distance Medley Relay - 1. Seattle Pacific (Larson, Anderberg, Bekins, Pixler.) 12:04.81; 2. Western Washington (Watson, Zukowski, Ganyo, Porter) 12:47.47; 3. Western Oregon (Berry, Castrey, Howell, Harper) 12:55.78; 4. Central Washington (Benson, Hood, Seidler, Mullen) 13:06.95; 5. Northwest Nazarene (Rendahl, Tidwell, J. Puga, DeBoer) 13:18.20; 6. Seattle University (Stickney, Wolf, Johnson, Hansen) 13:58.13

High Jump - 1. Teona Golding, SPU, 1.66 - 5-5 1/4; 2. Brittany Aanstad, SPU, 1.61 - 5-3 1/4; 3. Clara Cook, WWU, 1.61 - 5-3 1/4; 4. Mara Becker, SU, 1.56 - 5-1 1/4; 5. Jill Rogers, WWU, 1.56 - 5-1 1/4; 6. Kristi Rice, NNU, 1.51 - 4-11 1/2; 7. Jaquie Mattson, SPU, 1.51 - 4-11 1/2; 8. Brittany Bekins, SPU, 1.51 - 4-11 1/2; 9. Ashley Berry, WOU, and Mandi Keifer, WOU, 1.46 - 4-9 1/2; 11. Kelsey Hettman, NNU, 1.46 - 4-9 1/2; 12. Crisy Overgard, WOU, 1.41 - 4-7 1/2; 13. Chelsey Jones, NNU, 1.41 - 4-7 1/2.

Pole Vault - 1. Melissa Peaslee, SPU, 3.89 – 12-9 (meet and GNAC record; old meet record, 11-10, Allison Hedges, SPU, 2005; old GNAC record, 12-4, Ally Studer, SPU, 2004); 2. Monica Anderson, SPU, 3.51 – 11-6 ¼; 3. Christy Miller, WWU, 3.51 – 11-6 ¼; 4. Tracie Lundsten, SPU, 3.36 – 11-0 ¼; 5. Camille Clarke, WWU, 3.21 – 10-6 ¼; 6. Courtney Cabebe, SU, 3.21 – 10-6 ¼; 7. Karina Elzinga, NNU, and Haley Amos, CWU, 3.06 – 10-0 ½; 9. Kristi Rice, NNU, and M.J. Usabel, NNU, 2.91 – 9-6 ½; Kati Davis, SPU, no height; Amanda DiEnno, WWU, no height.

Long Jump - 1. Jacque Postlewait, WOU, 5.50 - 18-0 ½ ; 2. Brittany Aanstad, SPU, 5.33 - 17-6; 3. Sarajane Rosenberg, WOU, 5.26 - 17-3 ¼ ; 4. Megan Paulsen, WWU, 5.18 - 17-0; 5. Mandi Keifer, WOU, 4.95 - 16-3; 6. Maycee Bekkedahl, NNU, 4.92 - 16-1 ¼ ; 7. Lysie Powers, NNU, 4.90 - 16-1; 8. Caiti Schmitz, CWU, 4.87 - 15-11 ¼ ; 9. Amanda Rose, CWU, 4.75 – 15-7; 10. Raquel Gonzalez, CWU, 4.59 – 15-0 ¼; 11. Britney Derhak, MSUB, 4.37 – 14-4; 12. Amanda Baum, MSUB, 3.79 – 12-5 ¼.

Triple Jump - 1. Megan Paulsen, WWU, 11.28 - 37-0 ¼ ; 2. Christy Miller, WWU, 11.09 - 36-4 ¾ ; 3. Melissa Flower, SPU, 10.84 - 35-6 ¾ ; 4. Sarjane Rosenberg, WOU, 10.79 - 35-5; 5. Amanda Rose, CWU, 10.55 - 34-7 ½ ; 6. Brittany Aanstad, SPU, 10.37 - 34-0 ¼ ; 7. Laura VonArx, NNU, 10.26 - 33-8; 8. Megan Vorderstrasse, WOU, 9.91 - 32-6 ¼ ; 9. Lysie Powers, NNU, 9.87 – 32-4 ¾; 10. Maycee Bekkedahl, NNU, 9.76 – 32-0 ¼ .

Shot Put - 1. Amy Carroll, NNU, 13.03 - 42-9; 2. Kacie Vanderloos, MSUB, 11.75 - 38-6 ¾ ; 3. Jordan Stueckle, CWU, 11.63 - 38-2; 4. Brittany Bekins, SPU, 11.51 - 37-9 ¼ ; 5. Sabrina Freed, WOU, 11.49 - 37-8 ½ ; 6. Hannah Dine-Aubert, NNU, 11.21 - 36-9 ½ ; 7. Alyssa Taylor, WOU, 11.04 - 36-2 ¾ ; 8. Lexi Halvorson, MSUB, 11.03 - 36-2 ¼ ; 9. Shayna Shute, NNU, 11.02 – 36-2; 10. Becky Scherer, CWU, 10.61 – 34-9 ¾; 11. Chelsey Jones, NNU, 10.47 – 34-4 ¼; 12. Kelsee Clark, MSUB, 10.33 – 33-10 ¾; 13. Megan Thomas, SMU, 9.89 – 32-5 ½; 14. Erica Rance, WWU, 9.53 – 31-3 ¼; 15. Sara Cole, WOU, 9.25 – 30-4 ¼; 16. Lindsay Currier, SU, 8.06 – 26-5 ½.

Weight Throw - 1. Sabrina Freed, WOU, 15.65 - 51-4 ¼ ; 2. Amy Carroll, NNU, 14.53 - 47-8; 3. Sara Cole, WOU, 14.27 - 46-10; 4. Alison McWeeny, CWU, 13.60 - 44-7 ½ ; 5. Shayna Shute, NNU, 13.02 - 42-8 ¾ ; 6. Jordan Stueckle, CWU, 12.96 - 42-6 ¼ ; 7. Courtney Little, NNU, 12.91 - 42-4 ¼ ; 8. Erica Rance, WWU, 12.83 - 42-1 ¼ ; 9. Becky Scherer, CWU, 12.77 – 41-10 ¾; 10. Hannan Dine-Aubert, NNU, 11.99 – 39-4; 11. Alyssa Taylor, WOU, 11.02 – 36-2; 12. Lexi Halvorson, MSUB, 10.05 – 32-11 ¾; 13. Lauren Kaligis, WWU, 9.76 – 32-0 ¼; 14. Kristin Humphrey, WOU, 9.66 – 31-8 ½; 15. Jillian Blake, SMU, 9.38 – 30-9 ¼ .