

2010 GNAC Women's Indoor Track & Field Championships

Feb. 20 at Nampa

Team Scores - Seattle Pacific 179 ½, Western Washington 159 ½, Northwest Nazarene 90, Western Oregon 80, Central Washington 51, MSU Billings 18, Saint Martin's 4. **Outstanding Performer** - Jessica Pixler, Seattle Pacific.

60 - 1. Latasha Essien, SPU, 7.67 (meet record, old, 7.73, Essien, 2007); 2. Joana Houplin, WWU, 7.88; 3. Megan Zukowski, WWU, 7.94; 4. Crystal Sims, SPU, 8.00; 5. Melissa Grammer, NNU, 8.05; 6. Stefani Dittmar, WOU, 8.08; 7. Mary Bailey, WOU, 8.24. **Prelims: Heat 1** - 1. Crystal Sims, SPU, 8.00; 2. Stefani Dittmar, WOU, 8.16; 3. Erika Halle, MSUB, 8.18; 4. Christabel Leonce, NNU, 8.20; 5. Latoya Tidwell, NNU, 8.22; 6. Trinna Miranda, SPU, 8.22. **Heat 2** - 1. Latasha Essien, SPU, 7.77; 2. Megan Zukowski, WWU, 8.00; 3. Melissa Grammer, NNU, 8.02; 4. Mary Bailey, WOU, 8.16; 5. Carolanne Powers, WOU, 8.20; 6. Sarah Takayoshi, CWU, 8.21. **Heat 3** - 1. Joana Houplin, WWU, 7.89; 2. Lacey Meusec, WOU, 8.07; 3. Lisette Peterson, SPU, 8.19; 4. McKenzie Redberg, WOU, 8.20; 5. Justine Simons, MSUB, 8.34; 6. Britney Derhak, MSUB, 8.48.

200 - 1. Ellie Siler, WWU, 25.03 (GNAC record, old, 25.21, NyEma Sims, SPU, 2007; meet record, old, 25.25, Terran Legard, CWU, 2005); 2. Sarah Kathrein, WOU, 25.59; 3. Megan Zukowski, WWU, 25.82; 4. Erika Halle, MSUB, 25.83; 5. Joana Houplin, WWU, 26.00; 6. Lacey Meusec, WOU, 26.01; 7. Crystal McDowell, WOU, 26.13; 8. Sarah Brownell, WWU, 26.14; 9. McKenzie Redberg, WOU, 26.28; 10. Latoya Tidwell, NNU, 26.50; 11. Stefani Dittmar, WOU, 26.52; 12. Emily Quatier, SPU, 26.61; 13. Justine Simons, MSUB, 26.74; 14. Natalie Nobbs, SPU, 26.82; 15. Lisette Peterson, SPU, 26.94; 16. Melissa Grammer, NNU, 26.97; 17. Sarah Takayoshi, CWU, 27.01; 18. Kaila Weiks, SMU, 27.92; Crystal Sims, SPU, disqualified.

400 - 1. Ellie Siler, WWU, 56.93; 2. Sarah Brownell, WWU, 57.92; 3. Sarah Kathrein, WOU, 58.84; 4. Jennifer Pike, SPU, 58.93; 5. Megan O'Connell, WWU, 59.07; 6. Crystal McDowell, WOU, 59.21; 7. Kaitlyn Reid, WOU, 59.53; 8. Michelle Howe, WWU, 59.54; 9. Emily Quatier, SPU, 59.71; 10. Lexi Pola, WOU, 59.78; 11. Elisa Decker, NNU, 1:01.35; 12. Shanna Rippy, NNU, 1:01.42.

800 - 1. Jessica Pixler, SPU, 2:08.28 (meet record, old, 2:09.86, Ashley Puga, NNU, 2009); 2. Jane Larson, SPU, 2:14.41; 3. Janelle Everetts, WOU, 2:15.03; 4. Michelle Phillips, NNU, 2:15.49; 5. Christine Harwood, NNU, 2:15.87; 6. Rachael Johnson, WWU, 2:17.60; 7. Jaclyn Puga, NNU, 2:18.63; 8. Zoe Skordahl, WOU, 2:20.32; 9. Kelsey Brown, SPU, 2:21.14; 10. Cheri Watson, WWU, 2:21.75; 11. Erica Zambon, WOU, 2:22.81; 12. Lisa Anderberg, SPU, 2:25.00; 13. Meryl Butcher, WOU, 2:25.99; 14. Annie Laweryson, SMU, 2:26.80.

Mile - 1. Jessica Pixler, SPU, 4:40.39 (meet record, old, 4:47.37, Ashley Puga, NNU, 2009); 2. Jane Larson, SPU, 4:52.24; 3. Courtney Olsen, CWU, 4:57.37; 4. Kate Harline, SPU, 5:10.94; 5. Jordan Powell, NNU, 5:11.82; 6. Erika Snawder, WOU, 5:15.69; 7. Whitney Mickelson, MSUB, 5:18.14; 8. Jessica Boyer, WWU, 5:19.36; 9. Tricia Morrison, WOU, 5:21.02; 10. Lisa Anderberg, SPU, 5:24.07; 11. Krinda Carlson, SMU, 5:33.26.

5000 - 1. Sarah Porter, WWU, 16:47.07 (meet record, old, 17:27.34, Jane Larson, SPU, 2009); 2. Lauren Breihof, WWU, 17:32.30; 3. Courtney Olsen, WWU, 17:43.72; 4. Jordan Powell, NNU, 17:46.33; 5. Natty Plunkett, SPU, 17:56.47; 6. Jessica Boyer, WWU, 18:38.41; 7. Amanda Wright, WOU, 18:38.94; 8. Sierra Brisky, WWU, 18:57.21; 9. Danielle Slaughter, WWU, 19:02.61; 10. KayAnna Cecchi, WOU, 19:28.64; 11. Kaitlynn Pecha, SMU, 20:00.75; 12. Megan Everetts, WOU, 20:36.90; Mary Owen, MSUB, did not finish; Ashley Rendahl, NNU, did not finish.

60 Hurdles - 1. Michelle Howe, WWU, 9.02; 2. Terra Schumacher, SPU, 9.07; 3. Mandy Keifer, WOU, 9.23; 4. Janna Vander Meulen, WOU, 9.29; 5. Jennifer Pike, SPU, 9.29; 6. Kaitlyn Reid, WOU, 9.34; 7. Tanya Bjornsson, WWU, 9.37; 8. Katharine Lotze, CWU, 9.76. **Prelims: Heat 1** - 1. Terra Schumacher, SPU, 9.07; 2. Janna Vander Meulen, WOU, 9.30; 3. Jennifer Pike, SPU, 9.42; 4. Kaitlyn Reid, WOU, 9.62; 5. Jill Bennett, NNU, 9.78, 6. Raquel Gonzalez, CWU, 9.96. **Heat 2** - 1. Michelle Howe, WWU, 9.00; 2. Mandy Keifer, WOU, 9.25; 3. Tanya Bjornsson, WWU, 9.45; 4. Katharine Lotze, CWU, 9.63; 5. Alexandra McDonald, WWU, 9.73.

4x400 Relay - 1. Western Washington (Ellie Siler, Michelle Howe, Sarah Brownell, Megan O'Connell) 3:55.21 (meet record, old, 3:55.58, Northwest Nazarene, 2009); 2. Seattle Pacific (Crystal Sims, Emily Quatier, Kira Lewis, Melissa Peaslee) 4:03.16; 3. Western Oregon (Lexi Pola, Lacey Meusec, Meryl Butcher, Crystal McDowell) 4:06.31; 4. Northwest Nazarene (Shanna Rippy, Amy Ciaccio, Melissa Grammer, Latoya Tidwell) 4:08.43; 5. MSU Billings (Britney Derhak, Emili Crowder, Erika Halle, Justine Simons) 4:14.09; 6. Central Washington (Liz Hampton, Amanda Rose, Raquel Gonzalez, Katharine Lotze) 4:16.99; 7. Saint Martin's (Kaila Weiks, Krinda Carlson, Hannah Scholter, Jennifer Johnson) 4:32.28.

Distance Medley Relay - 1. Seattle Pacific (Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler) 11:36.32 (meet record, old, 11:58.41, Seattle Pacific, 2007); 2. Western Washington (Sarah Porter, Megan Zukowski, Cheri Watson, Rachael Johnson) 12:19.11; 3. Northwest Nazarene (Jaclyn Puga, Elisa Decker, Christine Harwood, Michelle Phillips) 12:21.77; 4. Western Oregon (Janelle Everetts, Zoe Skordahl, Erika Snawder, Tricia Morrison) 12:47.74; 5. MSU Billings (Katie Thiel, Sarah McGurran, Mykel Ler, Whitney Mickelson) 13:04.34; 6. Central Washington (Kelsey Krefl, Siri Berg, Ashley Rice, Alex Borunda) 13:46.22; 7. Saint Martin's (Ashley Llapitan, Annie Laweryson, Karissa Owen, Helen Camden) 13:50.00.

High Jump - 1. Brittany Aanstad, SPU, 1.66 - 5-5 ¼; 2. Ali Worthen, SPU, 1.61 - 5-3 ¼; and Katy Gross, SPU, 1.61 - 5-3 ¼; 4. Amanda Overdick, WWU, 1.56 - 5-1 ¼; 5. Raquel Gonzalez, CWU, 1.56 - 5-1 ¼; 6. Karah Ambrose, WOU, 1.56 - 5-1 ¼; 7. Jacquie Mattson, SPU, 1.51 - 4-11 ½; 8. Jill Bennett, NNU, 1.51 - 4-11 ½; Jasmyn Jewitt, NNU, no height; Kelsey Neilson, WOU, no height.

Pole Vault - 1. Melissa Peaslee, SPU, 3.66 - 12-0; 2. Terra Schumacher, SPU, 3.51 - 11-6 ¼; 3. Diana DiMarco, WWU, 3.36 - 11-0 ¼; 4. MJ Usabel, NNU, 3.36 - 11-0 ¼; 5. Michaela Caldwell, SPU, 3.36 - 11-0 ¼; and Elsa Couvelier, WWU, 3.36 - 11-0 ¼; 7. Kjersti Gedde, SPU, 3.21 - 10-6 ¼; 8. Amanda DiEnno, WWU, 3.21 - 10-6 ¼; 9. Ashley Egger, NNU, 3.06 - 10-0 ½; 10. Robin Mueller, WWU, 3.06 - 10-0 ½; 11. Karina Elzinga, NNU, 3.06 - 10-0 ½; Hannah Swigart, CWU, no height; Samantha Hull, SMU, no height.

Long Jump - 1. Emily Warman, WWU, 5.58 - 18-3 ¾; 2. Crystal Sims, SPU, 5.37 - 17-7 ½; 3. Brittany Aanstad, SPU, 5.36 - 17-7; 4. Amanda Alvarez, SPU, 5.36 - 17-7; 5. Kelly Jenkins, SPU, 5.26 - 17-3 ¼; 6. Natalie Nobbs, SPU, 5.19 - 17-0 ½; 7. Trinna Miranda, SPU, 5.17 - 16-11 ½; 8. Ali Worthen, SPU, 5.09 - 16-8 ½; 9. Erika Halle, MSUB, 5.08 - 16-8; 10. Molly Reid, NNU, 5.07 - 16-7 ¾; 11. Mandy Keifer, WOU, 5.06 - 16-7 ¾; 12.

Laura Vonarx, NNU, 5.00 – 16-5; 13. Jasmyn Jewitt, NNU, 5.00 – 16-5; 14. Jill Bennett, NNU, 4.80 – 15-9; 15. Maycee Bekkedahl, NNU, 4.79 – 15-8 ¾.

Triple Jump - 1. Ashley Potter, WOU, 11.85 - 38-10 ½ (meet record, old, 37-9 ¼, Kim Bascom, WWU, 2007); 2. Emily Warman, WWU, 11.68 - 38-4; 3. Amanda Alvarez, SPU, 11.63 - 38-2; 4. Katharine Lotze, CWU, 11.42 - 37-5 ¾; 5. Laura Vonarx, NNU, 11.34 - 37-2 ½; 6. Jasmyn Jewitt, NNU, 11.15 - 36-7; 7. Amanda Rose, CWU, 11.12 - 36-5 ¾; 8. Mandy Keifer, WOU, 10.94 - 35-10 ¾; 9. Maycee Bekkedahl, NNU, 10.84 – 35-6 ¾; 10. Kelly Jenkins, SPU, 10.80 – 35-5 ¼; 11. Kira Lewis, SPU, 10.80 – 35-5 ¼; 12. Katy Gross, SPU, 10.77 – 35-4; 13. Stephanie Jones, CWU, 10.74 – 35-3; 14. Annie Larlee, NNU, 10.63 – 34-10 ½; 15. Molly Reid, NNU, 10.52 – 34-6 ¾; 16. Trinna Miranda, SPU, 10.23 – 33-6 ¾; Elissa Adams, MSUB, foul; Athena Alvarez, SPU, foul.

Shot Put - 1. Joy Warrington, NNU, 13.95 - 45-9 1/4; 2. Torrie Self, CWU, 12.99 - 42-7 ½; 3. Carly Dranginis, NNU, 12.70 - 41-8; 4. Raisa Yates, CWU, 12.13 - 39-9 ¾; 5. Shayna Shute, NNU, 11.96 - 39-3; 6. Brook Berg, MSUB, 11.89 - 39-0 ¾; 7. Jordan Stueckle, CWU, 11.75 - 38-6 ¾; 8. Becky Mulkey, CWU, 11.70 - 38-4 ¾; 9. Hilary Gourneau, MSUB, 11.30 – 37-1; 10. Kelsee Clark, MSUB, 11.02 – 36-2; 11. Alexi Halvorson, MSUB, 10.95 – 35-11 ¼; 12. Kacie Vanderloos, MSUB, 10.65 – 34-11 ¼; 13. Mandy Keifer, WOU, 10.29 – 33-9 ¼.

Weight Throw - 1. Joy Warrington, NNU, 15.20 - 49-10 ½; 2. Torrie Self, CWU, 14.95 - 49-0 ¾; 3. Jordan Stueckle, CWU, 14.22 - 46-8; 4. Carly Dranginis, NNU, 13.95 - 45-9 ¾; 5. Erika McCarthy, NNU, 13.81 - 45-3 ¾; 6. Kaylee Baumstark, CWU, 13.24 - 43-5 ¼; 7. Shayna Shute, NNU, 13.01 - 42-8 ¾; 8. Alicia Hedrick, NNU, 11.95 - 39-2 ½; 9. Raisa Yates, CWU, 11.80 – 38-8 ¾; 10. Bailey Osborn, NNU, 10.46 – 34-4.