

# 2012 GNAC Women's Indoor Track & Field Championships

**Team Scores** - Seattle Pacific 182, Western Washington 97 1/2, Western Oregon 92, Northwest Nazarene 73, Simon Fraser 64, Central Washington 54, MSU Billings 49 1/2, Saint Martin's 9. **Most Outstanding Performer** - Ali Worthen, Seattle Pacific.

## Friday's Finals:

Distance Medley Relay - 1. Simon Fraser (Lindsey Butterworth, Michaela Kane, Sarah Sawatzky, Abbey Vogt) 12:11.42; 2. Western Washington (Mikhaila Thornton, Eleanor Siler, Miranda Lahman, Katelyn Steen) 12:26.09; 3. Seattle Pacific (Natty Plunkett, Allison Cutting, McKayla Fricker, BryAnne Wochnick) 12:36.04; 4. Western Oregon (Nicole Anderson, Meryl Butcher, Zoe Skordahl, Megan Everetts) 12:51.87; 5. Central Washington (Taylor Kartes, Seanna Pitassi, Connie Morgan, Kelsey Krefl) 12:54.87; 6. MSU Billings (Keri Clump, Justine Simons, Elizabeth Brown, Renae Hepfner) 13:10.10; 7. Northwest Nazarene (Keesha Brown, Christine Harwood, Morgan Weidmeier, Meagan Swenson) 13:15.03.

Weight Throw - 1. Joy Warrington, NNU, 16.18 - 53-1; 2. Anica Knispel, MSUB, 15.27 - 50-1 ¼; 3. Alicia Hedrick, NNU, 14.83 - 48-8; 4. Leeza Henry, MSUB, 14.46 - 47-5 ¼; 5. Kaylee Baumstark, CWU, 14.34 - 47-0 ¾; 6. Lindsay Wells, WWU, 13.99 - 45-10 ¾; 7. Caitlin Curtis, NNU, 13.80 - 45-3 ½; 8. Carly Dranginis, NNU, 13.74 - 45-1; 9. Vessie Umum NNU, 13.10 - 42-11 ¾; 10. Jamilea Kittelman, MSUB, 12.44 - 40-9 ¾; 11. Jasmine Warrington, NNU, 11.80 - 38-8 ¾; 12. Teilissa Tua, SMU, 10.64 - 34-11.

Long Jump - 1. Ali Worthen, SPU, 5.72 - 18-9 1/4; 2. Emily Warman, WWU, 5.68 - 18-7 ¾; 3. Ashley Potter, WOU, 5.55 - 18-2 ½; 4. Charlotte Crombeen, SFU, 5.52 - 18-1 ½; 5. Tasia Baldwin, SPU, 5.48 - 17-11 ¾; 6. Charlotte Harber, WOU, 5.48 - 17-11 ¾; 7. Katy Gross, SPU, 5.35 - 17-6 ¾; 8. Emily Walters, WWU, 5.28 - 17-4; 9. Marie Smith, NNU, 5.23 - 17-2; 10. Trinna Miranda, SPU, 5.22 - 17-1 ½; 11. Molly Reid, NNU, 5.17 - 16-11 ½; 12. Jasmyn Jewett, NNU, 5.14 - 16-10 ½; 13. Jill Bennett, NNU, 5.02 - 16-5 ¾; 14. Aisha Klippenstein, SFU, 4.95 - 16-3; 15. Callie Reff, WWU, 4.90 - 16-1; 16. Delaware Steingruber, MSUB, 4.81 - 15-9 ½; 17. Lacy Wilkins, MSUB, 4.36 - 14-3 ¾.

Pole Vault - 1. Kati Davis, CWU, 3.80 - 12-5 ½; 2. Karis Anderson, WWU, 3.80 - 12-5 ½; 3. Terra Schumacher, SPU, 3.60 - 11-9 ¾; 4. Stacey Pitt, MSUB, 3.40 - 11-1 ¾; 5. Jamie Larsen, CWU, 3.40 - 11-1 ¾; 6. Samantha Hull, SMU, 3.30 - 10-10; 7. Cheyanna Finley, WWU, 3.20 - 10-6; 8. Hannah Swigart, CWU, 3.05 - 10-0; 9. Loreah Winlow, WWU, 3.05 - 10-0; 10. Brittany Aanstad, SPU, 3.05 - 10-0; 11. Tiffany Thomas, MSUB, 3.05 - 10-0; 12. Amy Jo Puckett, WWU, 2.90 - 9-6 ¼; Amy Rovira, WWU, no height.

**Pentathlon** - 1. Katy Gross, SPU, 3469; 2. Charlene Harber, WOU, 3372; 3. Jill Bennett, NNU, 3150; 4. Marie Smith, NNU, 3014; 5. Brooklyn Holton, WWU, 2972; 6. Maliea Luquin, SPU, 2784; 7. Leah Berry, MSUB, 2648; 8. Hannah Scholter, SMU, 2626; 9. Siri Berg, CWU, 2424.

60 - Smith 9.11, Gross 9.17, Luquin 9.20, Bennett 9.55, Harber 9.91, Scholter 10.15, Holton 10.38, Berry 10.50, Berg 10.93. High Jump - Gross 1.62 - 5-3 ¾, Bennett 1.59 - 5-2 ½, Harber 1.59 - 5-2 ½, Holton 1.56 - 5-1 ¼, Berry 1.50 - 4-11, Berg 1.50 - 4-11, Smith 1.47 - 4-9 ¾, Scholter 1.47 - 4-9 ¾, Luquin 1.35 - 4-5. Shot Put - Harber 11.96 - 39-3, Gross 11.00 - 36-1 ¼, Holton 9.18 - 30-1 ½, Luquin 9.16 - 30-0 ¾, Bennett 8.82 - 28-11 ¼, Berry 8.45 - 27-8 ¾, Scholter 7.57 - 24-10, Berg 8.75 - 28-8 ½, Smith 7.08 - 23-2 ¾. Long Jump - Gross 5.57 - 18-3 ¼, Harber 5.47 - 17-11 ½, Smith 5.16 - 16-11 ¼, Holton 4.99 - 16-4 ½, Bennett 4.84 - 15-10 ½, Luquin 4.77 - 15-7 ¾, Berry 4.56 - 14-11 ½, Scholter 4.47 - 14-8. Berg 4.47 - 14-8. 800 - Bennett 2:32.67, Holton 2:37.10, Smith 2:37.97, Harber 2:40.23, Scholter 2:41.00, Berry 2:43.29, Gross 2:44.67, Luquin 2:48.20, Berg 2:57.81.

## Saturday's Finals:

60 - 1. Kishia Mitchell, SPU, 7.80; 2. Madison McClung, WOU, 7.81; 3. Tasia Baldwin, SPU, 7.92; 4. Christabel Leonce, NNU, 8.14; 5. Taylor Swanson, CWU, 8.15; 6. Sydney Coffey, WWU, 8.18; 7. Melissa Grammer, NNU, 8.22; 8. Shanai Campbell, WOU, 8.29. **Prelims** - 1. Kishia Mitchell, SPU, 7.79; 2. Madison McClung, WOU, 7.81; 3. Sydney Coffey, WWU, and Christabel Leonce, NNU, 7.94; 5. Tasia Baldwin, SPU, 7.97; 6. Taylor Swanson, CWU, 8.17; 7. Shanai Campbell, WOU, 8.18; 8. Melissa Grammer, NNU, 8.20; 9. Chelsea Genther, CWU, 8.21; 10. Emiley Pieren, WOU, 8.27; 11. Alicia Wolf, SMU, 8.32; 12. Adalgiza Medina, SMU, 8.50.

60 Hurdles - 1. Ali Worthen, SPU, 8.75; 2. Andrea Abrams, SFU, 9.11; 3. Janna Vander Meulen, WOU, 9.22; 4. Marie Smith, NNU, 9.23; 5. Aisha Klippenstein, SFU, 9.34; 6. Maliea Luquin, SPU, 9.36; 7. Terra Schumacher, SPU, 9.40; Ashley Potter, WOU, false start. **Prelims** - 1. Ali Worthen, SPU, 8.82; 2. Janna Vander Meulen, WOU, 9.06; 3. Ashley Potter, WOU, 9.08; 4. Andrea Abrams, SFU, 9.12; 5. Marie Smith, NNU, 9.13; 6. Terra Schumacher, SPU, 9.21; 7. Aisha Klippenstein, SFU, 9.28; 8. Maliea Luquin, SPU, 9.31; 9. Alexandra McDonald, WWU, 9.44; 10. Ali Mosher, WOU, 9.56; 11. Jill Bennett, NNU, 9.59; 12. Katy Gross, SPU, 9.61; 13. Brooklyn Holton, WWU, 9.65; 13. Amber Dodd, WWU, 9.65; 15. Courtney Schroeder, NNU, 9.71; 16. Chelsea Genther, CWU, 9.77.

200 - 1. Madison McClung, WOU, 25.16; 2. Kishia Mitchell, SPU, 25.28; 3. Ali Worthen, SPU, 25.51; 4. Tasia Baldwin, SPU, 25.82; 5. BryAnne Wochnick, SPU, 25.84; 6. Eleanor Siler, WWU, 26.07; 7. Sydney Coffey, WWU, 26.20; 8. Audrey Hellesto, WOU, 26.30; 9. Myisha Valentine, SPU, 26.32; 10. Christabel Leonce, NNU, 26.33; 11. Melissa Grammer, NNU, 26.36; 12. Emily Quatier, SPU, 26.55; 13. Seanna Pitassi, CWU, 26.61; 14. Lexi Pola, WOU, 26.72.

400 - 1. Eleanor Siler, WWU, 56.70; 2. Myisha Valentine, SPU, 57.79; 3. Emily Quatier, SPU, 58.00; 4. Sydney Coffey, WWU, 58.16; 5. Jasmine Johnson, SPU, 58.21; 6. Valle Ledtke, WWU, 59.52; 7. Lexi Pol, WOU, 59.76; 8. Seanna Pitassi, CWU, 59.82; 9. Shanna Rippy, NNU, 1:00.13; 10. Audrey Hellesto, WOU, 1:00.41.

800 - 1. McKayla Fricker, SPU, 2:15.53; 2. Janelle Everetts, WOU, 2:15.95; 3. Michaela Kane, SFU, 2:16.11; 4. Lindsey Butterworth, SFU, 2:17.51; 5. Joscelyn Minton, SMU, 2:18.42; 6. Sarah Sawatzky, SFU, 2:18.83; 7. Abbey Vogt, SFU, 2:20.47; 8. Megan Everetts, WOU, 2:23.62.

Mile - 1. Lindsey Butterworth, SFU, 5:07.32; 2. Heidi Laabs-Johnson, SPU, 5:08.82; 3. Katelyn Steen, WWU, 5:16.52; 4. Natalie Evans, NNU, 5:20.55; 5. Nicole Anderson, WOU, 5:21.67; 6. Leah Regan, SFU, 5:21.80; 7. Whitney Mickelsen, MSUB, 5:21.99; 8. Mikhaila Thornton, WWU,

5:25.74; 9. Jasmine Johnson, SPU, 2:23.90; 10. Connie Morgan, CWU, 2:24.75; 11. Natalie Evans, NNU, 2:28.13; 12. Katelyn Steen, WWU, 2:28.22.

5000 - 1. Heidi Laabs-Johnson, SPU, 17:42.79; 2. Natty Plunkett, SPU, 17:50.86; 3. Kelsey Kreft, CWU, 18:35.50; 4. Robin Zeidler, SPU, 18:40.22; 5. Erin Philbeck, WWU, 18:44.49; 6. Mary Rogers, WWU, 19:08.29; 7. Whitney Mickelson, MSUB, 19:15.94; 8. Kim Doerksen, SFU, 19:33.14; 9. Kaitlynn Pecha, SMU, 19:38.58; 10. Rachel Shelley, WOU, 20:10.18; 11. KayAnna Cecchi, WOU, 20:33.36.

4x400 Relay - 1. Seattle Pacific (Emily Quatier, Kishia Mitchell, Myisha Valentine, Ali Worthen) 3:53.59; 2. Western Oregon (Audrey Pola, Janelle Everetts, Audrey Hellesto, Meryl Butcher) 3:57.97; 3. Western Washington (Eleanor Siler, Alexandra McDonald, Sydney Coffey, Valle Ledtke) 3:58.17; 4. Simon Fraser (Lindsey Butterworth, Michaela Kane, Sarah Sawatzky, Abbey Vogt) 4:00.88; 5. Northwest Nazarene (Melissa Grammer, Shanna Rippy, Christine Harwood, Natalie Evans) 4:01.94; 6. Central Washington (Connie Morgan, Taylor Kartes, Katharine Lotze, Seanna Pitassi) 4:09.97; 8. Montana State Billings (Leah Berry, Renae Hepfner, Emili Crowder, Keri Klump) 4:22.62

High Jump - 1. Katie Pelchar, WOU, 1.71 - 5-7 1/4 (meet record, old, 5-6 1/2, Teona Perkins, SPU, 2006; Emily Peterson, NNU, 2006); 2. Ali Worthen, SPU, 1.71 - 5-7 1/4; 3. Tayler Fettig, CWU, 1.66 - 5-5 1/4; 4. Brittany Aanstad, SPU, 1.61 - 5-3 1/4; 5. Brittany Grandy, WWU, 1.61 - 5-3 1/4; 6. Amanda Overdick, WWU, and Stacey Pitt, MSUB, 1.56 - 5-1 1/4; 8. Laura Tesch, SMU, 1.56 - 5-1 1/4; 9. Katy Gross, SPU, and Courtney Schroeder, NNU, 1.56 - 5-1 1/4; 11. Delaware Steingruber, MSUB, and Jill Bennett, NNU, 1.51 - 4-11 1/2; 13. Laura Pridgen, NNU, 1.51 - 4-11 1/2; Jasmyn Jewett, NNU, no height; Marie Smith, NNU, no height; Taylor Yoro, SMU, no height.

Triple Jump - 1. Ashley Potter, WOU, 12.06 - 39-7 (meet record, old, 11.85 - 38-10 1/2, Potter, 2010); 2. Emily Warman, WWU, 11.76 - 38-7; 3. Katharine Lotze, CWU, 11.61 - 38-1 1/4; 4. Jasmyn Jewett, NNU, 11.48 - 37-8; 5. Ali Worthen, SPU, 11.46 - 37-7 1/4; 6. Emily Walters, WWU, 11.23 - 36-10 1/4; 7. Aisha Klippenstein, SFU, 11.19 - 36-8 1/2; 8. Trinna Miranda, SPU, 11.16 - 36-7 1/2; 9. Molly Reid, NNU, 11.06 - 36-3 1/2; 10. Jill Bennett, NNU, 10.67 - 35-0 1/4; Callie Reff, WWU, foul; Charlotte Crombeen, SFU, foul; Rebecca Laible, WOU, foul.

Shot Put - 1. Joy Warrington, NNU, 13.77 - 45-2 1/4; 2. Leeza Henry, MSUB, 13.62 - 44-8 1/4; 3. Anica Knispel, MSUB, 13.23 - 43-5; 4. Kaylee Baumstark, CWU, 12.42 - 40-9; 5. Morgan Kujala, MSUB, 11.91 - 39-1; 6. Curtis Caitlin, NNU, 11.79 - 38-8 1/4; 7. Carly Dranginis, NNU, 11.54 - 37-10 1/2; 8. Charlene Harber, WOU, 11.30 - 37-1; 9. Vessie Umu, NNU, 11.08 - 36-4 1/4; 10. Corrie Holm, MSUB, 10.63 - 34-10 1/2; 11. Jamilea Kittelmann, MSUB, 10.55 - 34-7 1/2; 12. Allison Cook, WOU, 10.55 - 34-7 1/2.