

GNAC Indoor Track & Field Championships (Feb. 15-16, 2013 at Nampa, Idaho)

Women's Team Scores – Alaska Anchorage 147, Western Washington 117 ½, Seattle Pacific 99, Northwest Nazarene 92 ½, Simon Fraser 92 ½, Western Oregon 52, Central Washington 40, Saint Martin's 11 ½, MSU Billings 11.

Friday's Finals:

3,000 – 1. Susan Tanui, UAA, 9:54.95 (1st year event); 2. Ruth Keino, UAA, 9:54.98; 3. Kirsten Allen, SFU, 10:18.83; 4. Mirian Kipng'eno, UAA, 10:20.88; 5. Katie Thralls, SPU, 10:21.01; 6. Christi Schmitz, UAA, 10:21.76; 7. Bryn Haebe, UAA, 10:22.50; 8. Jaymi Bethea, UAA, 10:26.57; 9. Katie Krehlik, UAA, 10:31.22; 10. Katie Morris, SPU, 10:41.40; 11. Kelsey Kreft, CWU, 10:48.21; 12. Tanya Humeniuk, SFU, 10:49.59; 13. Emma Chadsey, SFU, 10:57.37; 14. Mary Owen, MSUB, 11:03.71; 15. Amanda Wright, WOU, 11:06.05; 16. Anna Patti, SPU, 11:31.57; 17. Melanie Bock, MSUB, 11:42.74.

Distance Medley Relay - 1. Simon Fraser (Lindsey Butterworth, Chantel Desch, Michaela Kane, Helen Crofts) 11:47.86; 2. Alaska Anchorage (Susan Bick, Haleigh Lloyd, Jessica Pahkala, Ivy O'Guinn) 11:56.39; 3. Seattle Pacific (Jasmine Johnson, BryAnne Wochnick, McKayla Fricker, Lynelle Decker) 12:19.15; 4. Western Washington (Haley O'Connor, Alexandra McDonald, Miranda Lahman, Austen Reiter) 12:27.32; 5. Northwest Nazarene (Hailey Bradshaw, Morgan Wiedmeier, Christine Harwood, Jordan Powell) 12:34.83; 6. Central Washington (Kelsey Kreft, Jayna Inderbitzin, Connie Morgan, Dani Eggleston) 12:50.28; 7. Western Oregon (Schaefer, Bailey Beeson, Laura Copenhagen, Nicole Anderson) 12:50.32; 8. MSU Billings (Mary Owen, Tanya Cadwell, Ashlyn VanVoast, Renae Hepfner) 14:25.73.

Pole Vault – 1. Karis Anderson, WWU, 3.76 – 12-4; 2. Jamie Larsen, CWU, 3.61 – 11-10; 3. Cheyanna Pinley, WWU, 3.51 – 11-6 ¼; 4. Stacey Pitt, MSUB, 3.31 – 10-10 ¼; 5. Amy Rovira, WWU, 3.16 – 10-4 ¼; 6. Bethany Graham, WWU, 3.01 – 9-10 ½; 7. Amy Puckett, WWU, and Samantha Hull, SMU, 3.01 – 9-10 ½; 8. Becca Hazel, WOU, 3.01 – 9-10 ½; 10. Sarena Underwood, MSUB, 2.86 – 9-4 ½; Hunter Borner, MSUB, no height.

Long Jump – 1. Emily Warman, WWU, 5.73 – 18-9 ¾ (ties meet record, Danielle Ayers-Stamper, SPU, 2005); 2. Tanya Bjornsson, WWU, 5.69 – 18-8; 3. Tasia Baldwin, SPU, 5.62 – 18-5 ¼; 4. Katy Gross, SPU, 5.44 – 17-10 ¼; 5. Emily Walters, WWU, 5.42 – 17-9 ½; 6. Karolin Anders, UAA, 5.42 – 17-9 ½; 7. Mercedes Rhode, SFU, 5.40 – 17-8 ¾; 8. Marie Smith, NNU, 5.38 – 17-8; 9. Trinna Miranda, SPU, 5.20 – 17-0 ¾; 10. Stephanie Kellogg, SMU, 5.05 – 16-7; 11. Katelyn Wright, WWU, 4.79 – 15-8 ¾; 12. Shelby Peterson, WOU, 4.73 – 15-6 ¼; 13. Laura Tesch, SMU, 4.58 – 15-0 ½.

Weight Throw – 1. Becki Duhamel, CWU, 16.51 – 54-2 (meet record, old, 53-9 ¼, Kristen Hepler, WOU, 2004); 2. Carly Dranginis, NNU, 15.80 – 51-10; 3. Lindsay Wells, WWU, 14.68 – 48-2; 4. Alicia Hedrick, NNU, 14.61 – 47-11 ¼; 5. Jasmine Warrington, NNU, 14.25 – 46-9; 6. Vessie Umu, NNU, 13.87 – 45-6 ¼; 7. Ryley Carr, SFU, 13.76 – 45-1 ¾; 8. Dorothy Moore, CWU, 13.58 – 44-6 ¾; 9. Caitlin Curtis, NNU, 13.42 – 44-0 ½; 10. Taylor VanValey, NNU, 13.10 – 42-11 ¾; 11. Sydney Jensen, CWU, 12.15 – 39-10 ½.

Pentathlon – 1. Katy Gross, SPU, 3505 (meet record, old, 3,469, Gross, SPU, 2012); 2. Karolin Anders, UAA, 3458; 3. Katie Reichert, WWU, 3144; 4. Laura Pridgen, NNU, 2949; 5. Leah Berry, MSUB, 2922; 6. Hannah Borden, NNU, 2844; 7. Maylea Tooze, WOU, 2816; 8. Julianna Joy, CWU, 2639; 9. Lexi Sarver, NNU, 2466; 10. Kathryn Curtis, NNU, 2242.

60 Hurdles – Gross 9.19, Borden 9.38, Pridgen 9.58, Anders 9.69, Tooze 9.83, Reichert 9.95, Berry 10.11, Joy 10.18, Curtis 10.60, Sarver 10.87.

High Jump – Gross 1.64 – 5-4 ½ (ties meet record, Rachelle Barnett, SFU, 2011), Anders 1.61 – 5-3 ¼, Reichert 1.58 – 5-2 ¼, Pridgen 1.55 – 5-1, Berry 1.52 – 4-11 ¾, Sarver 1.49 – 4-10 ½, Joy 1.43 – 4-8 ¾, Tooze 1.37 – 4-6, Borden 1.34 – 4-4 ¾, Curtis 1.34 – 4-4 ¾.

Shot Put – Gross 11.11 – 36-5 ½, Anders 10.66 – 34-11 ¾, Reichert 10.50 – 34-5 ½, Berry 9.63 – 31-7 ¼, Sarver 8.86 – 29-1, Tooze 8.65 – 28-4 ½, Pridgen 8.30 – 27-2 ¾, Borden 7.46 – 24-5 ¾, Joy 6.86 – 22-6 ¼, Curtis 6.39 – 20-11 ¾.

Long Jump – Gross 5.42 – 17-9 ½, Anders 5.37 – 17-7 ½, Tooze 5.16 – 16-11 ¼, Reichert 4.80 – 15-9, Pridgen 4.78 – 15-8 ¼, Joy 4.76 – 15-7 ½, Berry 4.55 – 14-11 ¼, Borden 4.49 – 14-8 ¾, Sarver 4.41 – 14-5 ¾, Curtis 4.10 – 13-5 ½.

800 – Borden 2:23.83 (meet record, old, 2:26.78, Jennifer Pike, SPU, 2011), Anders 2:29.12, Reichert 2:34.01, Berry 2:34.27, Joy 2:38.10, Gross 2:40.04, Curtis 2:40.91, Pridgen 2:41.16, Tooze 2:42.27, Sarver 2:52.64.

Saturday's Finals:

60 – 1. Tanya Bjornsson, WWU, 7.84; 2. Kishia Mitchell, 7.86; 3. Madison McClung, WOU, 7.91; 4. Christabel Leonce, NNU, 7.93; 5. Veronica Ivancic, WWU, 7.97; 6. Tasia Baldwin, SPU, 8.01; 7. BryAnne Wochnick, SPU, 8.05; 8. Sydney Coffey, WWU, 8.24.

60 Hurdles – 1. Tanya Bjornsson, WWU, 8.79; 2. Rosie Smith, UAA, 8.80; 3. Andrea Abrams, SFU, 8.88; 4. Marie Smith, NNU, 8.99; 5. Haleigh Lloyd, UAA, 9.01; 6. Maliea Luquin, SPU, 9.08; 7. Hannah Borden, NNU, 9.40; 8. Alexandra McDonald, WWU, 9.41.

200 – 1. Rosie Smith, UAA, 25.20; 2. Grace Morgan, UAA, 25.46; 3. Melissa Grammer, NNU, and Tanya Bjornsson, WWU, 25.50; 5. Chantel Desch, SFU, 25.62; 6. Tasia Baldwin, SPU, 25.63; 7. Kishia Mitchell, SPU, 25.68; 8. Christabel Leonce, NNU, 25.76; 9. Haleigh Lloyd, UAA, 25.79; 10. Madison McClung, WOU, 25.83; 11. Veronica Ivancic, WWU, 26.15; 12. Sydney Coffey, WWU, 26.20; 13. Audrey Hellesto, WOU, 26.22; 14. BryAnne Wochnick, SPU, 26.47; 15. Ashley Harmon, CWU, 26.60.

400 – 1. Melissa Grammer, NNU, 57.16; 2. Chantel Desch, SFU, 57.23; 3. Jasmine Johnson, SPU, 57.42; 4. Haleigh Lloyd, UAA, 57.46; 5. Emily Quatier, SPU, 57.91; 6. Sydney Coffey, WWU, 58.29; 7. Shanna Rippey, NNU, 59.90; 8. Alicia Wolf, SMU, 1:00.24; 9. Jayna Inderbitzin, CWU, 1:00.75; Audrey Hellesto, WOU, did not finish; Valle Ledtke, WWU, disqualified, lane violation.

800 – 1. Helen Crofts, SFU, 2:12.29; 2. Sarah Sawatzky, SFU, 2:13.14; 3. Susan Bick, UAA, 2:13.18; 4. Michaela Kane, SFU, 2:13.79; 5. McKayla Fricker, SPU, 2:15.36; 6. Natalie Evans, NNU, 2:15.48; 7. Lynelle Decker, SPU, 2:16.54; 8. Jessica Pahkala, UAA, 2:16.57; 9. Laura Copenhagen, WOU, 2:20.41; 10. Connie Morgan, CWU, 2:20.83; 11. Abby Vogt, SFU, 2:21.01; 12. Kayla Lennea, SFU, 2:23.18.

Mile - 1. Lindsey Butterworth, SFU, 4:58.09; 2. Susan Tanui, UAA, 4:58.97; 3. Ruth Keino, UAA, 5:00.84; 4. McKayla Fricker, SPU, 5:05.12; 5. Kansas MacKenzie, SFU, 5:06.10; 6. Ivy O'Guinn, UAA, 5:06.75; 7. Jessica Pahkala, UAA, 5:09.78; 8. Haley O'Connor, WWU, 5:11.09; 9. Austen Reiter, WWU, 5:11.78; 10. Lynelle Decker, SPU, 5:13.39; 11. Kirsten Allen, SFU, 5:13.54; 12. Stephanie Stuckey, WOU, 5:19.37; 13. Katie Morris, SPU, 5:19.51; 14. Tanya Humeniuk, SFU, 5:31.51; 15. Leah Regan, SFU, 5:37.36; 16. Natalie Schafer, WOU, 5:38.24; 17. Renae Hepfner, MSUB, 5:40.28; 18. Erika Crock, SMU, 5:42.20.

5000 – 1. Susan Tanui, UAA, 17:51.26; 2. Ruth Keino, UAA, 17:51.37; 3. Katie Thralls, SPU, 17:59.57; 4. Miriam Kipng'eno, UAA, 18:06.44; 5. Jordan Powell, NNU, 18:06.89; 6. Jaymi Bethea, UAA, 18:07.26; 7. Christi Schmitz, UAA, 18:10.91; 8. Bryn Haebe, UAA, 18:29.14; 9. Kelsey Kreft, CWU, 18:33.94; 10. Katie Krehlik, UAA, 18:38.02; 11. Hailey Bradshaw, NNU, 18:47.53; 12. Mary Owen, MSUB, 18:49.40; 13. Mary Rogers, WWU, 18:54.72; 14. Dani Eggleston, CWU, 19:01.01; 15. Stephanie Stuckey, WOU, 19:39.93.

4x400 Relay – 1. Simon Fraser 3:48.36 (meet record, old, 3:51.72, Simon Fraser, 2011)(Chantel Desch, Sarah Sawatzky, Michaela Kane, Helen Crofts); meet record, old, 3:51.72, Simon Fraser, 2011); 2. Seattle Pacific (Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker)3:48.91; 3. Alaska Anchorage (Sasha Halfyard, Susan Bick, Rosie Smith, Haleigh Lloyd) 3:53.44; 4. Northwest Nazarene (Melissa Grammer, Shanna Rippey, Natalie Evans, Hannah Borden) 3:56.57; 5. Western Oregon (Laura Knudson, Audrey Hellesto, Bailey Beeson, Laura Copenhagen) 4:02.69; 6. Western Washington (Sydney Coffey, Tanya Bjornsson, Alexandra McDonald, Amber Dodd)4:03.34; 7. Central Washington (Ashley Harmon, Connie Morgan, Dakota Forgey, Jayna Inderbitzin) 4:06.00; 8. Saint Martin's (Adalgiza Medina, Renee Hudson, Alicia Wolf, Erika Crock) 4:16.56; 9. MSU Billings (Leah Berry, Sarena Underwood, Ashlynn VanVost, Tanya Cadwell) 4:19.46.

Triple Jump – 1. Alexis Anderson, WOU, 11.54 – 37-10 ½; 2. Emily Walters, WWU, 11.44 – 37-6 ½; 3. Rebecca Laible, WOU, 11.12 – 36-5 ¾; 4. Allyssa Marzano, CWU, 10.88 – 35-8 ½; 5. Trinna Miranda, SPU, 10.75 – 35-3 ¼; 6. Shandel Yanney, WWU, 10.51 – 34-5 ¾; 7. Anna Mueller, SPU, 10.20 – 33-5 ¾; 8. Lexi Sarver, NNU, 10.12 – 33-2 ½; Emily Warman, WWU, foul; Kelly Cronin, SMU, foul.

High Jump – 1. Alexis Anderson, WOU, 1.66 – 5-5 ¼; 2. Laura Tesch, SMU, 1.66 – 5-5 ¼; 3. Katy Gross, SPU, 1.61 – 5-3 ¼; 4. Kim Neville-Rutherford, SFU, and Katelyn Wright, WWU, 1.61 - 5-3 ¼; 6. Karolin Anders, UAA, 1.61 – 5-3 ¼; 7. Shelby Peterson, WOU, 1.56 – 5-1 ¼; 8. Courtney Schroeder, NNU, and Amanda Overdick, WWU, 1.56 – 5-1 ¼; 10. Laura Pridgen, NNU, 1.51 – 4-11 ½; 11. Hunter Borner, MSUB, 1.46 – 4-9 ½; 12. Leah Berry, MSUB, 1.46 – 4-9 ½; Stacey Pitt, MSUB, no height; Katie Reichert, WWU, no height.

Shot Put – 1. Becki Duhamel, CWU, 13.24 – 43-5 ¼; 2. Vessie Umu, NNU, 13.11 – 43-0 ¼; 3. Emmi Collier, WOU, 12.95 – 42-6; 4. Carly Dranginis, NNU, 12.65 – 41-6; 5. Allison Cook, WOU, 12.02 – 39-5 ¼; 6. Jade Richardson, SFU, 11.98 – 39-3 ¾; 7. Taylor VanValey, NNU, 11.67 – 38-3 ½; 8. Cassifdy Koski, MSUB, 11.61 – 38-1 ¼; 9. Caitlin Curtis, NNU, 11.00 – 36-1 ¼; 10. Sydney Jensen, CWU, 10.99 – 36-0 ¾; 11. AnnaMarie Forza, NNU, 10.25 – 33-7 ½.

Friday's Prelims:

60 – 1. Kishia Mitchell, SPU, 7.80; 2. Christabel Leonce, NNU, 7.83; 3. Tanya Bjornsson, WWU, 7.85; 4. Veronica Ivancic, WWU, 7.87; 5. Madison McClung, WOU, 7.89; 6. Tasia Baldwin, SPU, 7.92; 7. Sydney Coffey, WWU, 7.97; 8. BryAnne Wochnick, SPU, 7.99; 9. Renee Kennedy, UAA, 8.00; 10. Rosie Smith, UAA, 8.01; 11. Renee Hudson, SMU, 8.04; 12. Grace Morgan, UAA, 8.07; 13. Rachel Ivancic, WWU, 8.08; 14. Shanai Campbell, WOU, 8.13; 15. Blair Street, MSUB, 8.22.

60 Hurdles – 1. Tanya Bjornsson, WWU, 8.84; 2. Haleigh Lloyd, UAA, 8.90; 3. Rosie Smith, UAA, and Andrea Abrams, SFU, 8.91; 5. Maliea Luquin, SPU, 8.97; 6. Marie Smith, NNU, 9.01; 7. Alexandra McDonald, WWU, 9.18; 8. Hannah Borden, NNU, 9.37; 9. Katy Gross, SPU, and Kim Neville-Rutherford, SFU, 9.39; 11. Chelsea Genther, CWU, 9.46; 12. Courtney Schroeder, NNU, 9.49; 13. Amber Dodd, WWU, 9.52; 14. Sarena Underwood, MSUB, 9.54; 15. Laura Pridgen, NNU, 9.68; 16. Shelby Martinell, MSUB, 10.24.