

2003 GNAC Men's Outdoor Track and Field Championships (May 3 at Ellensburg)

Team Scores – Western Oregon 259 ½, Western Washington 156, Central Washington 147, Humboldt State 81, Northwest Nazarene 64, Seattle Pacific 41 ½, Seattle 37, Saint Martin's 21, Alaska Anchorage 4. **Outstanding Performer** – Isaac Frederick, Western Oregon.

100 – 1. Mike Hinshaw, WOU, 10.51; 2. Kurt Weber, CWU, 10.85; 3. Jacob Petz, WWU, 10.89; 4. Fabien Coutard, CWU, 10.91; 5. Derek Gitts, WOU, and George Bedlion, WWU, 11.02; 7. Chris McClung, WWU, and Justin Lawrence, CWU, 11.04; 9. Mikel Lenox, WWU, 11.10; 10. Dan Thompsen, WWU, and Bach Khongsaengdao, HSU, 11.15; 12. Josh Fishburne, NNU, 11.19; 13. Edward Kaeka, WWU, 11.25; 14. Antar Brame, WOU, 11.29; 15. Greg Lewis, WOU, 11.62; 16. Brian Hunter, SPU, 14.09. (**Wind:** Heat 1 - +4.5; Heat 2 - +5.2).

200 – 1. Isaac Frederick, WOU, 21.37; 2. Mike Hinshaw, WOU, 21.61; 3. Fabien Coutard, CWU, 22.10; 4. Sherman Clayton, HSU, 22.27; 5. Jacob Petz, WWU, 22.45; 6. David Neilsen, SU, 22.50; 7. Dustin Wilson, WWU, 22.54; 8. Chris McClung, WWU, 22.58; 9. George Bedlion, WWU, 22.61; 10. Mikel Lenox, WWU, 22.68; 11. Cory Medina, CWU, 22.75; 12. David Olson, NNU, 22.86; 13. Kurt Weber, CWU, 22.89; 14. Edward Kaeka, WWU, 23.15; 15. Brandon Hill, NNU, 23.32; 16. Bach Khongsaengdao, HSU, 23.72. (**Wind:** Heat 1 - +3.6; Heat 2 - +2.1).

400 – 1. Isaac Frederick, WOU, 48.24; 2. Sherman Clayton, HSU, 48.64; 3. David Neilsen, SU, 49.47; 4. Josh Johnson, HSU, 49.87; 5. Brian Sweeney, WWU, 50.2; 6. K.J. Loreth, SU, 50.84; 7. Scott Lemmon, WOU, 50.9; 8. Jeff Benson, WOU, 50.9; 9. David Olson, NNU, 52.14.

800 – 1. Stuart Chaffee, WOU, 1:55.04; 2. Andy Prentice, SMC, 1:56.30; 3. Chris Binschus, HSU, 1:57.10; 4. Scott Van Hess, SPU, 1:57.44; 5. Matt Blaine, SU, 1:58.21; 6. Kelsey Backen, CWU, 1:58.42; 7. Nathan Carlson, SMC, 1:58.44; 8. Ryan Meier, NNU, 1:59.35; 9. Lincoln Hagood, NNU, 1:59.95; 10. Canyon Little, WWU, 2:01.41; 11. Jason Bush, CWU, 2:02.32; 12. Ethan Barrons, WOU, 2:02.69; 13. Steve DeKoker, WWU, 2:03.07; 14. Josh Garrett, HSU, 2:04.99.

1500 - 1. Doug Hamilton, HSU, 3:58.78; 2. Nathan Carlson, SMC, 3:59.34; 3. Kurt Hartmeier, WWU, 4:03.39; 4. Tyler Layne, NNU, 4:06.36; 5. Steve DeKoker, WWU, 4:07.28; 6. Chris Carpenter, SMC, 4:07.32; 7. Kile Taylor, HSU, 4:07.34; 8. Jerret Mantalas, WOU, 4:11.09; 9. Jesse Plummer, HSU, 4:14.33.

3000 Steeplechase - 1. Zach Dwello, NNU, 9:29.9; 2. Brian Brancheau, WWU, 9:39.2; 3. Ethan Barrons, WOU, 9:39.8; 4. Brett Franz, WOU, 9:45.1; 5. Jason Porter, CWU, 9:57.2; 6. Nate Normandin, UAA, 10:00.1; 7. Matt DeShazo, HSU, 10:03.8; 8. Dain Engebretsen, SU, 10:29.8; 9. Chris Logan, WOU, 10:49.8; 10. Robert Renninger, SU, 11:23.8; 11. Matt Barreau, WOU, 11:29.9.

5000 – 1. Zach Boteilho, WWU, 15:11.32; 2. Steve Manos, SU, 15:15.79; 3. Kurt Hartmeier, WWU, 15:28.32; 4. Doug Hamilton, HSU, 15:34.87; 5. Emil Newhouse, WWU, 15:42.37; 6. Aaron Eckert, WOU, 15:46.72; 7. Jake Hotchkiss, NNU, 15:48.89; 8. Jorge Medina, HSU, 15:50.86; 9. Eric Strabel, UAA, 15:54.26; 10. Brian Kostock, HSU, 16:02.90; 11. Spencer Walsh, WOU, 16:08.67; 12. Will Smith, WOU, 16:15.15; 13. Richard Frank, SU, 17:01.60.

10,000 - 1. T.J. Garlatz, WWU, 32:29.73; 2 Will Smith, WOU, 32:41.28; 3. Spencer Walsh, WOU, 32:53.16; 4. Brian Kostock, HSU, 33:10.67; 5. Carlos Siqueiros, SU, 33:26.42; 6. Jake Hotchkiss, NNU, 33:52.01; 7. Michael Hughes, SU, 34:02.62; 8. Phil Paul, CWU, 35:27.51; 9. Gabe Andrews, CWU, 35:45.84; 10. Dan Ferguson, CWU, 36:18.38; 11. Matt Cook, CWU, 36:22.36; 12. Vic Carpenter, SMC, 37:46.18.

110 Hurdles - 1. Damien Davis, WOU, 14.78; 2. Nate Anderson, WOU, 14.88; 3. Dustin Wilson, WWU, 15.28; 4. Jeff Luckstead, WWU, 15.31; 5. Chris Mosbacher, NNU, 15.38; 6. Brandon Conroy, WOU, 15.44; 7. Chris Randolph, SPU, 15.61; 8. Chris Petersen, CWU, 16.03; 9. Chris Bitcon, HSU, 16.06; 10. Nick Gillespie, WOU, 16.65. (**Wind:** Heat 1, 2.8; Heat 2, 2.0).

400 Hurdles - 1. Paul Mach, SPU, 52.91; 2. Nate Anderson, WOU, 53.06; 3. Micah Kelcy, SPU, 55.21; 4. Chris Mobacher, NNU, 55.68; 5. Mike Kelley, CWU, 57.22; 6. Luke Ewing, WOU, 57.51; 7. Michael Hartz, WWU, 57.67; 8. Chris Petersen, CWU, 1:01.18; 9. Chris Bitcon, HSU, 1:01.55; 10. Nick Gillespie, WOU, 1:05.32.

4x100 Relay - 1. Western Oregon (Mike Hinshaw, Isaac Frederick, Damien Davis, Derek Gitts) 41.80; 2. Central Washington (Justin Lawrence, Jay Thomas, Fabien Coutard, Kurt Weber) 41.95; 3. Western Washington (George Bedlion, Jacob Petz, Dustin Wilson, Chris McClung) 42.03; 4. Humboldt State (Josh Johnson, Bach Khongsaengdao, George Phillips, Sherman Clayton) 43.20; 5. Northwest Nazarene (David Olson, Danny Bowman, Josh Fishburne, Anthony Gould) 43.76.

4x400 Relay - 1. Western Oregon (Isaac Frederick, Stuart Chaffee, Brad Satran, Nate Anderson) 3:18.85; 2. Seattle Pacific (Micah Kelcy, Scott Van Hess, Chris Randolph, Paul Mach) 3:20.52; 3. Seattle (Todd Nishida, David Neilsen, Matt Blaine, K.J. Loreth) 3:20.83; 4. Humboldt State (Josh Johnson, Jesse Plummer, Chris Binschus, Sherman Clayton) 3:22.17; 5. Western Washington (Chris McClung, Luke Preble, Jacob Petz, Brian Sweeney) 3:22.52; 6. Central Washington (Mike Kelley, Kelsey Backen, Cresap Watson, Fabien Coutard) 3:28.31; 7. Northwest Nazarene (David Olson, Ryan Meier, Brandon Hill, Lincoln Hagood) 3:33.57.

High Jump - 1. Jeff Word, WWU, 1.98 – 6-6; 2. Brendan Reilly, HSU, 1.98 – 6-6; 3. Jay Thomas, CWU, 1.98 – 6-6; 4. Peter Allen, WWU, 1.93 – 6-4; 5. Cresap Watson, CWU, 1.88 – 6-2; 6. Cole Parmalee, WOU, 1.88 – 6-2; 7. Julius Defour, WWU, 1.88 – 6-2; 8. Chris Petersen, CWU, and Chris Randolph, SPU, 1.83 – 6-0; 10. Sean Doughty, NNU, 1.83 – 6-0; 11. Brandon Conroy, WOU, 1.78 – 5-10.

Long Jump - 1. Kurt Weber, CWU, 7.02 – 23-0 ½ (w-1.0); 2. Joe Smith, CWU, 7.02 – 23-0 ½ (w-1.3); 3. Justin Lawrence, CWU, 7.01 – 23-0 (w-1.2); 4. Scott Freymond, CWU, 7.00 – 22-11 ¼ (0.4); 5. Brad Satran, WOU, 6.97 – 22-10 ½ (W-2.0); 6. Jay Thomas, CWU, 6.88 – 22-7 (W-1.0); 7. Cole Parmalee, WOU, 6.87 – 22-6 ½ (W-2.0); 8. Paul Danforth, WWU, 6.48 – 21-3 ¼ (w-1.6); 9. Chris Randolph, SPU, 6.46 – 21-2 ½ (1.9); 10. Chris Petersen, CWU, 6.28 – 20-7 ¼ (w-1.1).

Triple Jump - 1. Justin Lawrence, CWU, 15.00 - 49-2 ½ (w-2.3); 2. Scott Freymond, CWU, 13.70 – 44-11 ½ (w-1.8); 3. Chris Mosbacher, NNU, 13.62 – 44-8 ¼ (2.0); 4. Brad Satran, WOU, 13.29 – 43-7 ¼ (1.4); 5. Cresap Watson, CWU, 13.08 – 42-11 (w-1.7); 6. Cole Parmalee, WOU, 12.89 – 42-3 ½ (w-2.0); 7. Chris Petersen, CWU, 12.74 – 41-9 ¾ (w-1.8); 8. Paul Danforth, WWU, 12.58 – 41-3 ¼ (w-3.3); 9. Greg Rohr, WOU, 12.55 – 41-2 ¼ (w-0.9).

Pole Vault - 1. Spike Olsen, WOU, 4.81 – 15-9 ¼; 2. Josh Fishburne, NNU, 4.81 – 15-9 ¼; 3. Hunter Verner, WWU, 4.63 – 15-2 1/4; 4. Adam Cleveland, WWU, 4.63 – 15-2 ¼; 5. Scott Alexander, CWU, 4.63 – 15-2 ¼; 6. Scott Romney, WWU, 4.48 – 14-8 ¼; 7. Anthony Gould, NNU, 4.48 – 14-8 ¼; 8. Josh Cummings, WOU, 4.33 – 14-2 ½; 9. Tyler Thornbrue, WWU, 4.33 – 14-2 ½; 10. Tommy Matthews, WOU, 4.18 – 13-8 1/2; 11. Brandon Conroy, WOU, 4.18 – 13-8 ½; 12. Zack Koehnke, WWU, 4.03 – 13-2 ½; 13. Andrew Behl, WWU, 4.03 – 13-2 ½; 14. Justin Alvarez, HSU, 4.03 – 13-2 ½.

Shot Put - 1. T. J. Aimonetti, HSU, 14.78 – 48-6; 2. Dane Wagner, WOU, 13.87 – 45-6 ¼; 3. Kevin Johnson, WOU, 13.82 – 45-4 ¼; 4. Collin Babcock, WOU, 13.76 – 45-1 ¾; 5. Jason Willard, WWU, 13.28 – 43-7; 6. Brad Hendrickson, WWU, 13.06 – 42-10 ¼; 7. Brandon Jasmin, WOU, 13.02 – 42-8 ¾; 8. Josh Evans, UAA, 12.91 – 42-4 ¼; 9. Jacob Galloway, CWU, 12.90 – 42-4; 10. Ryan Nack, WOU, 12.89 – 42-3 ½; 11. Jason Patterson, CWU, 12.77 – 41-10 ¾; 12. Nyle Chambers, WWU, 12.07 – 39-7 ¼; 13. David Rogiers, WWU, 11.99 – 39-4; 14. Tom Farris, WWU, 11.42 – 37-5 ¾.

Discus - 1. Isaiah Haines, WOU, 51.38 – 168-7; 2. Jacob Galloway, CWU, 46.15 – 151-5; 3. Tom Farris, WWU, 45.21 – 148-4; 4. Nyle Chambers, WWU, 44.78 – 146-11; 5. Brandon Jasmin, WOU, 44.08 – 144-7; 6. Brady Jones, WWU, 43.85 – 143-10; 7. Collin Babcock, WOU, 41.70 – 136-10; 8. Brad Hendrickson, WWU, 41.53 – 136-3; 9. Josh Holloway, WOU, 40.33 – 132-4; 10. Kevin Johnson, WOU, 39.85 – 130-9; 11. Chris Petersen, CWU, 38.49 – 126-3; 12. Jarrod Roberts, WWU, 37.49 – 123-0; 13. Jonathan Hughes, CWU, 36.76 – 120-7.

Hammer - 1. Pro Escobedo, WOU, 59.95 – 196-8; 2. Jordan Abbott, WOU, 45.61 – 149-8; 3. Jonathan Hughes, CWU, 43.90 – 144-0; 4. Josh Holloway, WOU, 40.90 – 134-2; 5. Jarrod Roberts, WWU, 38.74 – 127-1; 6. Ryan Nack, WOU, 38.71 – 127-0; 7. Andrew Reinhardt, WOU, 37.09 – 121-8; 8. Kevin Johnson, WOU, 36.33 – 119-2.

Javelin - 1. Andrew Reinhardt, WOU, 60.11 – 197-2; 2. Tom Martin, WOU, 57.46 – 188-6; 3. Dane Wagner, WOU, 54.74 – 179-7; 4. Brandon Johnson, NNU, 53.72 – 176-3; 5. Justin Brewer, WWU, 53.64 – 176-0; 6. Jacob Galloway, CWU, 50.71 – 166-4; 7. Ryan Lee, NNU, 49.19 – 161-5.

Decathlon (Apr. 24-25 at Monmouth) - 1. Chris Petersen, CWU 6334; 2. Chris Randolph, SPU, 6242; 3. Brandon Conroy, WOU, 6220; 4. Josh Fishburne, NNU, 5818; 5. Justin Alvarez, HSU, 5489; 6. Cresap Watson, CWU, 5331; 7. Jason Radel, SPU, 5212; 8. Curt Moon, CWU, 3171.

Day 1 Results: 100 – Petersen 11.82, Randolph 11.90, Fishburne 11.90, Conroy 11.90, Watson 11.92, Radel 12.49, Alvarez 12.51, Moon 13.13 (**Wind** – 1.0). Long Jump – Petersen 6.47 – 21-2 ¼ (w-0.4), Fishburne 6.23 – 20-5 ¼ (w-minus 0.2), Watson 5.99 – 19-8 (w-minus 0.8), Conroy 5.80 – 19-0 ½ (w-0.0), Randolph 5.68 – 18-7 ¾ (w-0.7), Radel 5.68 – 18-7 ¾ (w-0.3), Alvarez 5.50 – 18-0 ½ (w-0.4), Moon 4.99 – 16-4 ½ (w-0.6). Shot Put – Conroy 11.90 – 39-0 ½, Petersen 10.88 – 35-8 ½, Alvarez 10.32 – 33-10 ¼, Fishburne 10.12 – 33-2 ½, Randolph 10.10 – 33-1 ¾, Moon 9.32 – 30-7, Radel 9.26 – 30-4 ¾, Watson 8.01 – 26-3 ½. High Jump – Watson 1.91 – 6-3 ¼, Conroy 1.88 – 6-2, Petersen 1.82 – 5-11 ½, Randolph 1.79 – 5-10 ½, Alvarez 1.73 – 5-8, Fishburne 1.73 – 5-8, Radel 1.73 – 5-8, Moon 1.61 – 5-3 ¼. 400 – Randolph 51.32, Petersen 51.44, Watson 52.35, Conroy 53.11, Fishburne 54.42, Alvarez 54.72, Radel 55.29.

Day 2 Results: 110 Hurdles – Conroy 15.53, Randolph 16.03, Petersen 16.51, Radel 16.75, Alvarez 17.32, Watson 18.12, Fishburne 18.56. (**Wind:** Heat 1, 2.0; Heat 2, 2.1). Discus – Petersen 37.74 – 123-10, Moon 33.52 – 110-0, Fishburne 30.88 – 101-4, Randolph 30.62 – 100-5, Conroy 30.04 – 98-7, Alvarez 28.04 – 92-0, Radel 25.82 – 84-8, Watson 25.18 – 82-7. Pole Vault – Fishburne 4.40 – 14-5 ¼, Conroy 4.00 – 13-1 ½, Alvarez 4.00 – 13-1 ½, Petersen 3.80 – 12-5 ½, Randolph 3.80 – 12-5 ½, Radel 3.60 – 11-9 ¾, Watson 3.40 – 11-1 ¼. Javelin – Randolph 45.56 – 149-6, Conroy 44.34 – 145-6, Alvarez 44.06 – 144-7, Fishburne 42.98 – 141-0, Petersen 42.76 – 140-3, Moon 35.78 – 117-5, Watson 34.38 – 112-9, Radel 33.36 – 109-5. 1500 – Randolph 4:32.61, Petersen 4:39.29, Radel 4:45.13, Alvarez 4:47.28, Conroy 4:48.06, Watson 4:56.65, Fishburne 5:00.63, Moon 5:08.20.