

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

Team Scores – Western Oregon 210 ½, Seattle Pacific 207 ½, Western Washington 181, Central Washington 121 ½, Humboldt State 59, Northwest Nazarene 30 ½, Seattle 18, Alaska Anchorage 17, Saint Martin's 6. **Outstanding Performer** – Sarah Kraybill, Seattle Pacific.

100 – 1. Melissa Behrens, WWU, 12.28; 2. Jody Binder, CWU, 12.49; 3. Monica Smith, WOU, 12.63; 4. Jean Kolb, SPU, 12.64; 5. Rachel Tynan, CWU, 12.77; 6. April Elder, SMC, 12.86; 7. Rebekah Bowman, NNU, 12.91; 8. Joy Broussard, HSU, 12.93; 9. Kelsey Gleason, SPU, 12.96; 10. Megan Beith, WOU, 13.11; 11. Samantha Day, NNU, 13.16; 12. Kirsten Holt, WWU, 13.30; 13. Dorothy Andrews, HSU, 13.31. (**Wind:** Heat 1, 3.1; Heat 2, 3.2).

200 – 1. Dania Swosinski, WWU 25.45; 2. Melissa Behrens, WWU, 25.78; 3. Jody Binder, CWU, 25.89; 4. Meredith Lisk, HSU, 25.94; 5. Toni Adair, WOU, 26.09; 6. Ashley Rountree, CWU, 26.21; 7. Jean Kolb, SPU, 26.36; 8. Kristen Wiese, WOU, 26.46; 9. Teresa Schlafer, CWU, 26.61; 10. Rebekah Bowman, NNU, 27.18; 11. Rachel Tynan, CWU, 27.40; 12. Megan Beith, WOU, 27.43; 13. Dorothy Andrews, HSU, 27.82. (**Wind:** Heat 1, 4.0; Heat 2, 3.6).

400 – 1. Dania Swosinski, WWU, 57.88; 2. Sarah Kraybill, SPU, 57.98; 3. Toni Adair, WOU, 58.05; 4. Kristen Wiese, WOU, 1:00.10; 5. Jessica Gimness, CWU, 1:00.15; 6. Jackie McCall, WWU, 1:02.95; 7. Nena Dodge, WWU, 1:03.12.

800 – 1. Sarah Kraybill, SPU, 2:17.25; 2. Lindy Mullen, CWU, 2:17.95; 3. Jessica Opersteyn, WWU, 2:20.09; 4. Kamie Jo Massey, UAA, 2:22.56; 5. Josie Lavin, SPU, 2:23.86; 6. Mindy Noble, WWU, 2:24.93; 7. Lindsey Krous, UAA, 2:25.89; 8. Jill Salmon, WOU, 2:27.68; 9. Tina Stimson, WWU, 2:28.33; 10. Janelle Stevens, SPU, 2:29.43; 11. LeAnne Evans, WWU, 2:30.43; 12. Emily Ferguson, SU, 2:32.63.

1500 – 1. Sarah Kraybill, SPU, 4:40.37; 2. Ashlee Vincent, WWU, 4:41.19; 3. Erika Olson, CWU, 4:47.26; 4. Josie Lavin, SPU, 4:53.18; 5. Tina Stimson, WWU, 4:58.58; 6. Nicole Campbell, HSU, 5:01.94; 7. Dawnita LiaBraaten, CWU, 5:04.05; 8. Isaura Rodriguez, HSU, 5:06.49; 9. Tammy Hunt, HSU, 5:09.90; 10. Amber Brougner, WOU, 5:13.30; 11. Leah Trutna, WOU, 5:25.08.

3000 Steeplechase – 1. Kelly Fullerton, SU, 11:10.1; 2. Jill Salmon, WOU, 11:12.6; 3. Amber Brougner, WOU, 11:51.1; 4. Stephanie Stine, CWU, 12:13.2; 5. Stephanie Upshaw, WOU, 12:16.1; 6. Hillary Tayet, SPU, 12:30.7; 7. Ann McCanick, SMC, 12:49.1; 8. Nicole Beatty, SMC, 12:52.6.

3000 – 1. Ashlee Vincent, WWU, 10:17.34; 2. Katie Gosnell, HSU, 10:26.95; 3. Jamie Witt, SPU, 10:32.82; 4. Erika Olson, CWU, 10:38.43; 5. Ellie Enos, WOU, 10:46.90; 6. Kelley Cronin, HSU, 10:52.43; 7. Katherine Stephenson, HSU, 11:05.92; 8. Isaura Rodriguez, HSU, 11:13.10; 9. Tammy Hunt, HSU, 11:18.52; 10. Dolores Bergmann, HSU, 11:19.20; 11. Stephanie Stine, CWU, 11:21.67; 12. Stephanie Upshaw, WOU, 11:26.13.

5000 – 1. Katie Gosnell, HSU, 17:56.29; 2. Lisa Pearl, WWU, 18:20.50; 3. Tiffany Picinich, CWU, 18:27.32; 4. Ellie Enos, WOU, 18:43.62; 5. Kelley Cronin, HSU, 19:02.68; 6. Katherine Stephenson, HSU, 19:07.51; 7. Abby Bielenberg, CWU, 19:37.72; 8. Kristin Haas, WWU, 19:46.31; 9. Ruth Harbaugh, SPU, 19:47.21; 10. Kayla Castaneda, WOU, 19:56.83; 11. Beth Rosapepe, WWU, 20:13.53; 12. Mindi Newby, NNU, 20:24.38; 13. Rachel Bailey, CWU, 20:35.18.

10,000 – 1. Stacy Edwards, UAA, 38:48.48; 2. Dolores Bergmann, HSU, 39:23.68; 3. Niki McCorkle, WOU, 40:17.57; 4. Jasmine Zamora, SPU, 41:15.56; 5. Susan Young, NNU, 41:48.66; 6. Becky Knox, SPU, 42:48.05; 7. Rachel Daniels, WOU, 43:11.91; 8. Sarah Block, WOU, 43:43.14; 9. Alyssa Anderson, WOU, 44:18.78.

100 Hurdles – 1. Danielle Ayers-Stamper, SPU, 14.19; 2. Ashley Rountree, CWU, 14.55; 3. Linda Blake, SPU, 14.92; 4. Dani Reid, WWU, 14.94; 5. Monica Smith, WOU, 15.30; 6. Kirsten Holt, WWU, 15.57; 7. Meredith Lisk, HSU, 16.23; 8. Kathy Gellatly, WOU, 16.30; 9. LeAnne Evans, WWU, 16.32; 10. Jennie Rummell, WOU, 16.72. (**Wind:** Heat 1, 2.9; Heat 2, 4.4).

400 Hurdles – 1. Laura Burch, WWU, 1:05.28; 2. Kelsey Gleason, SPU, 1:05.55; 3. Jennie Rummell, WOU, 1:06.25; 4. Angela Ocampo, SPU, 1:06.38; 5. Dani Reid, WWU, 1:07.20; 6. Janna Schaafsma, SPU, 1:08.82; 7. Linda Blake, SPU, 1:10.58; 8. Laura Winterhalter, HSU, 1:14.85.

4x100 Relay – 1. Western Washington (Dani Reid, Dania Swosinski, Laura Burch, Melissa Behrens) 48.04; 2. Central Washington (Ashley Rountree, Rachel Tynan, Teresa Schlafer, Jody Binder) 48.37; 3. Western Oregon (Megan Beith, Monica Smith, Kristen Wiese, Shelley Comstock) 48.67; 4. Seattle Pacific (Danielle Ayers-Stamper, Kelsey Gleason, Jean Kolb, Angela Ocampo) 49.46; 5. Humboldt State (Dorothy Andrews, Joy Broussard, Laura Winterhalter, Meredith Lisk) 50.19; 6. Northwest Nazarene (Samantha Day, Aubrey Metzger, Amy Klein, Rebekah Bowman) 51.81.

4x400 Relay – 1. Western Oregon (Kristen Wiese, Toni Adair, Shelley Comstock, Monica Smith) 3:56.80; 2. Central Washington (Jessica Gimness, Ashley Rountree, Lindy Mullen, Jody Binder) 3:57.28; 3. Seattle Pacific (Kelsey Gleason, Sarah Kraybill, Jean Kolb, Josie Lavin) 3:57.59; 4. Western Washington (LeAnne Evans, Dani Reid, Jessica Opersteyn, Laura Burch) 4:07.76; 5. Seattle University (Lydia Lauer, Katie Archambault, Emily Ferguson, Kelly Fullerton) 4:22.13; 6. Northwest Nazarene (Rebekah Bowman, Amy Klein, Samantha Day, Mindy Meier) 4:24.59.

High Jump – 1. Dianna Grossglass, SPU, 1.64 – 5-4 ½; 2. Amy Kruckenberg, WWU, 1.64 – 5-4 ½; and Monica Smith, WOU, 1.64 – 5-4 ½; 4. Danielle Ayers-Stamper, SPU, 1.64 – 5-4 ½; 5. Ashlyn Terry, WOU, 1.59 – 5-2 ½; 6. Linda Blake, SPU, 1.59 – 5-2 ½; 7. Liz Ryan, CWU, 1.54 – 5-0 ½, and Bridget Johnson, WOU, 1.54 – 5-0 ½; 9. Jackie McCall, WWU, 1.49 – 4-10 ½.

Long Jump – 1. Danielle Ayers-Stamper, SPU, 5.47 – 17-11 ½ (w-2.0); 2. Bridget Johnson, WOU, 5.15 – 16-10 ¾ (w-0.7); 3. Teresa Schlafer, CWU, 5.10 – 16-8 ¾ (w-1.9); 4. Lea Tiger, CWU, 5.04 – 16-6 ½ (w-0.7); 5. Julie Graham, CWU, 5.04 – 16-6 ½ (w-2.5); 6. Shelley Comstock, WOU, 5.00 – 16-5 (w-1.9); 7. Linda Blake, SPU, 4.84 – 15-10 ½ (w-2.7); 8. Lacey Rasmussen, NNU, 4.62 – 15-2 (w-1.0).

Triple Jump – 1. Lea Tiger, CWU, 11.19 – 36-8 ½ (w-2.2); 2. Shelley Comstock, WOU, 11.18 – 36-8 ¼ (w-2.7); 3. Dianna Grossglass, SPU, 11.03 – 36-2 1.4 (w-2.2); 4. Julie Graham, CWU, 10.72 – 35-2 (w-3.2); 5. Lacey Rasmussen, NNU, 10.68 – 35-0 ½ (w-2.1); 6. Amber Rose, SPU, 10.37 – 34-0 ¼ (w-2.9); 7. Beth Griffin, WWU, 10.12 – 33-2 ½ (w-2.9); 8. Joy Broussard, HSU, 10.06 – 33-0 ¼ (w-2.0); 9. Jessica Wagner, CWU, 9.95 – 32-7 ¾ (w-3.4); 10. Kalyen Yeager, CWU, 9.56 – 31-4 ½ (w-1.7).

Pole Vault - 1. Ally Studer, SPU, 3.76 – 12-4; 2. Amy Harris SPU, 3.46 – 11-4 ¼; 3. Aubrey Metzger, NNU, 3.46 – 11-4 ¼, and Allison Hedges, SPU, 3.46 – 11-4 ¼; 5. Theresa Mangahas, SU, 3.31 – 10-10 ¼; 6. Andrea Kreft, WWU, 3.31 – 10-10 ¼; 7. Kira Langnese, WOU, 3.31 – 10-10 ¼; 8. Alina Lunsford, NNU, 3.31 – 10-10 ¼; 9. Amber Rose, SPU, 3.16 – 10-4 ¼; 10. Morgan Olsen, WOU, 3.01 – 9-10 ½, and Whitney Omlin, CWU, 3.01 – 9-10 ½; 12. Annie Shuler, CWU, 3.01 – 9-10 ½; 13. Katie Reimer, NNU, 3.01 – 9-10 ½; 14. Katie Maurer, CWU, 2.71 – 8-10 ¾.

Shot Put - 1. Dorothy Kerr, WOU, 12.99 – 42-7 ½; 2. Holly Conrad, WOU, 12.90 – 42-4; 3. Jennifer Pyeat, SPU, 12.76 – 41-10 ½; 4. Alicia Vandervelden, WOU, 12.58 – 41-3 ¼; 5. Danielle Ayers-Stamper, SPU, 11.78 – 38-7 ¾; 6. Tammy Carlson, WWU, 11.43 – 37-6; 7. Hope Berkey, WOU, 11.38 – 37-4; 8. Rachelle Hoppe, WWU, 11.29 – 37-0 ½; 9. Stephanie Jones, HSU, 10.35 – 33-11 ½; 10. Shalese Borden, WOU, 10.30 – 33-9 ½; 11. Sarah Arendt, NNU, 10.25 – 33-7 ½; 12. Sarah Button, WWU, 10.16 – 33-4.

Discus - 1. Jessica Telleria, WWU, 43.51 – 142-9; 2. Dorothy Kerr, WOU, 40.69 – 133-6; 3. Ashley VanOeveren, WWU, 38.51 – 126-4; 4. Kristi Wherry, NNU, 38.36 – 125-10; 5. Lauren Kooy, SPU, 37.73 – 123-9; 6. Jaci Cederburg, WOU, 37.72 – 123-9; 7. Christin McDowell, CWU, 36.49 – 119-9; 8. Kim Radke, WWU, 36.21 – 118-9; 9. Stacey Hopkins, WWU, 33.29 – 109-3; 10. Sarah Button, WWU, 33.01 – 108-4; 11. Kristina MacCully, WWU, 32.89 – 107-11; 12. Stephanie Clabaugh, WWU, 32.78 – 107-6; 13. Rachelle Hoppe, WWU, 32.06 – 105-2; 14. Alicia Vandervelden, WOU, 31.41 – 103-1.

Hammer - 1. Jennifer Dunkin, WOU, 53.98 – 177-1; 2. Jaci Cederberg, WOU, 49.68 – 163-0; 3. Shalese Borden, WOU, 47.34 – 155-4; 4. Christin McDowell, CWU, 45.10 – 147-11; 5. Dorothy Kerr, WOU, 43.52 – 142-9; 6. Kim Radke, WWU, 40.66 – 133-5; 7. Liann Carleton, HSU, 37.32 – 122-5; 8. Kristi Wherry, NNU, 37.24 – 122-2; 9. Stephanie Jones, HSU, 35.88 – 117-8; 10. Alicia Vandervelden, WOU, 33.56 – 110-1; 11. Tammy Carlson, WWU, 29.35 – 96-3.

Javelin - 1. Holly Conrad, WOU, 44.99 – 147-7; 2. Stacey Hopkins, WWU, 42.55 – 139-7; 3. Ashlyn Terry, WOU, 39.27 – 128-10; 4. Danielle Ayers-Stamper, SPU, 38.78 – 127-3; 5. Anna Nielsen, WWU, 37.61 – 123-5; 6. LeAnne Evans, WWU, 36.83 – 120-10; 7. Kira Langnese, WOU, 35.68 – 117-1; 8. Michelle Johnson, WWU, 33.73 – 110-8; 9. Cortney Rockwell, SMC, 31.54 – 103-6.

Heptathlon (Apr. 24-25 at Monmouth) - 1. Danielle Ayers-Stamper, SPU, 5024; 2. Linda Blake, SPU, 4163; 3. LeAnne Evans, WWU, 4012; 4. Ashlyn Terry, WOU, 3915; 5. Bridget Johnson, WOU, 3887; 6. Jackie McCall, WWU, 3744; 7. Laura Widman, SPU, 3664; 8. Amy Klein, NNU, 2852; 9. Nena Dodge, WWU, 2703; 10. Amanda von Jentzen, CWU, 2153.

Day 1 Results: 100 Hurdles – Ayers-Stamper 14.69, Blake 16.06, Evans 16.82, Johnson 16.97, McCall 17.68, Terry 17.92, Widman 18.18, Dodge 19.05, vonJentzen 21.13, Klein 22.30 (**Wind:** Heat 1, 1.0, Heat 2, -0.3). High Jump – Terry 1.59 – 5-2 ½, Ayers-Stamper 1.59 – 5-2 ½, Johnson 1.50 – 4-11, Blake 1.50 – 4-11, Widman 1.47 – 4-9 ¾, McCall 1.44 – 4-8 ¾, Evans 1.38 – 4-6 ¼, Klein 1.35 – 4-5. Shot Put – Ayers-Stamper 11.93 – 39-1 ¾, Widman 11.19 – 36-8 ½, Johnson 10.97 – 36-0, Blake 10.30 – 33-9 ½, Evans 10.11 – 33-2, Terry 9.88 – 32-5, Klein 9.14 – 30-0, McCall 8.64 – 28-4 ¼, vonJentzen 7.56 – 24-9 ¾, Dodge 7.43 – 24-4 ½. 200 – Johnson 27.24, Ayers-Stamper 27.28, Blake 27.96, Evans 27.99, McCall 28.30, Dodge 28.89, Klein 29.17, Terry 29.97, Widman 30.90, vonJentzen 31.65. (**Wind:** Heat 1, -1.6; Heat 2, -1.7).

Day 2 Results: Long Jump – Ayers-Stamper 5.39 – 17-8 ¼ (w-0.0), Blake 4.93 - 16-2 ¼ (w-0.0), Johnson 4.86 – 15-11 ½ (w-0.3), McCall 4.53 – 14-10 ½ (w-0.3), Terry 4.47 – 14-8 (w-0.7), Evans 4.45 – 14-7 ¼ (w-1.4), Dodge 4.38 – 14-4 ½ (w-minus 0.2), Widman 4.05 – 13-3 ½ (w-1.6), vonJentzen 3.77 – 12-4 ½ (w-1.4), Klein 3.67 – 12-0 ½ (w-1.3). Javelin – Ayers-Stamper 40.90 – 134-2, Terry 36.88 – 121-0, Evans 35.74 – 117-3, Widman 32.18 - 105-7, Blake 31.60 – 103-8, Klein 30.56 – 100-3, McCall 29.26 – 96-0, vonJentzen 27.66 – 90-9, Johnson 24.26 – 79-7, Dodge 20.44 – 67-1. 800 – Widman 2:26.29, Evans 2:26.81, McCall 2:27.85, Ayers-Stamper 2:27.93, Dodge 2:29.70, Terry 2:32.70, Blake 2:37.20, Klein 2:45.11, vonJentzen 2:46.06, Johnson 2:47.40.