

2004 GNAC Women's Outdoor Track and Field Championships (May 8 at Monmouth)

Team Scores - Western Oregon 231 1/2, Seattle Pacific 216 1/2, Western Washington 149 1/2, Central Washington 132 1/2, Northwest Nazarene 74 1/2, Seattle 42 1/2, Alaska Anchorage 19, Saint Martin's 18, Humboldt State 8. **Outstanding Performer** - Monica Smith, WOU.

100 - 1. Melissa Behrens, WWU, 12.73; 2. Jean Kolb, SPU, 12.85; 3. Monica Smith, WOU, 12.88; 4. Katy Kociemba, WOU, 13.00; 5. Kara Nygard, CWU, 13.03; 6. Kelsey Gleason, SPU, 13.08; 7. Rebekah Bowman, NNU, 13.16; 8. Lauren Gardner, WWU, 13.25; 9. Michelle Bartleman, UAA, 13.40; 10. Tina Thorne, CWU, 13.41; 11. Shanette Harper, UAA, 13.52; 12. April Elder, SMC, 13.53; 13. Nikki Matheson, SMC, 13.65; 14. Rachel Tynan, CWU, 13.71; 15. Kirsten Holt, WWU, 13.75; 16. Ashley Burns, SU, 14.06.

200 - 1. Terran Legard, CWU, 25.53; 2. Kinyatta Leonardt, SPU, 25.96; 3. Monica Smith, WOU, 26.25; 4. Melissa Behrens, WWU, 26.50; 5. Jean Kolb, SPU, 26.57; 6. Katy Kociemba, WOU, 26.76; 7. Bridget Johnson, WOU, 26.80; 8. Kristin Janney, SPU, 26.81; 9. Lauren Gardner, WWU, 26.92; 10. Teresa Schlafer, CWU, 27.04; 11. Rebekah Bowman, NNU, 27.45; 12. Nikki Matheson, SMC, 27.46; 13. Kirsten Holt, WWU, 27.61; 14. April Elder, SMC, 27.79; 15. Tina Thorne, CWU, 27.90.

400 - 1. Terran Legard, CWU, 55.98 (meet record; old 57.66, Dania Swosinski, WWU, 2002); 2. Kinyatta Leonhardt, SPU, 57.33; 3. Julie Durringer, SPU, 59.15; 4. Danielle Pridgen, NNU, 59.58; 5. Kristen Wiese, WOU, 59.85; 6. Jackie McCall, WWU, 1:00.29; 7. Diana Gordon, UAA, 1:00.52; 8. Kara Fischer, WWU, 1:00.69; 9. Katie Hingston, CWU, 1:00.88; 10. Ruth Webster, WWU, 1:01.65; 11. Ashley Marshall, SPU, 1:02.39; 12. Jessica Gimness, CWU, 1:03.97; 13. Nena Dodge, WWU, 1:04.77; 14. Katherine Archambault, SU, 1:04.78.

800 - 1. Jennifer Marsh, SPU, 2:15.50; 2. Victoria Perkins, SPU, 2:16.92; 3. Kari Konrad, WOU, 2:18.11; 4. Kamie Jo Massey, UAA, 2:18.70; 5. Danielle Pridgen, NNU, 2:19.07; 6. Jessica Opersteny, WWU, 2:19.44; 7. Toni Adair, WOU, 2:20.36; 8. Megan Johnson, NNU, 2:21.02; 9. Brandi McCoy, SPU, 2:23.10; 10. Jackie McCall, WWU, 2:32.17.

1500 - 1. Kari Konrad, WOU, 4:40.72; 2. Jennifer Marsh, SPU, 4:43.09; 3. Kamie Jo Massey, UAA, 4:44.46; 4. Tina Stimson, WWU, 4:48.13; 5. Nicole Campbell, HSU, 4:52.65; 6. Megan Johnson, NNU, 4:55.68; 7. Brandy Anderson, CWU, 5:00.50; 8. Abby Groth, SPU, 5:04.31; 9. Michelle Toshack, WWU, 5:07.06; 10. Kristie Rice, SU, 5:07.39; 11. Leah Trutna, WOU, 5:10.48; 12. Emily Ferguson, SU, 5:13.81.

Steeplechase - 1. Kelly Fullerton, SU, 11:05.27 meet record, old 11:10.1 by Fullerton); 2. Stephanie Stine, CWU, 11:41.08; 3. Kristie Rice, SU, 12:01.94; 4. Molly DePasqual, WWU, 12:03.11; 5. Erica Pitman, CWU, 12:05.08; 6. Nicole Beatty, SMC, 12:23.30; 7. Nicole Bandy, CWU, 12:28.92; 8. Lexi Baxter, WWU, 12:44.04; 9. Sadie Solem, HSU, 12:51.40; 10. Phoebe Rohrbachter, SU, 13:23.68.

3000 - 1. Brandy Anderson, CWU, 10:39.32; 2. Kendra Steinbrugger, SMC, 10:54.33; 3. Abby Groth, SPU, 10:58.39; 4. Mindy Newby, NNU, 11:05.77; 5. Rachel Suess, SU, 11:09.72; 6. Jamie Witt, SPU, 11:12.85; 7. Erin Deasy, WWU, 11:22.06; Amanda Barelli, SU, did not finish.

5000 - 1. Laura Trevelyan, WWU, 17:48.65; 2. Karen Dickson, SPU, 17:49.55; 3. Kelly Fullerton, SU, 18:29.53; 4. Tina Stimson, WWU, 18:35.01; 5. Rachel Bailey, CWU, 18:46.27; 6. Beth Rosapepe, WWU, 18:55.53; 7. Mindy Newby, NNU, 19:07.85; 8. Stephanie Stine, CWU, 19:08.91; 9. Kendra Steinbrugger, SMC, 19:22.28; 10. Susan Young, NNU, 19:30.33; 11. Rachel Suess, SU, 19:38.30; 12. Erica Pittman, CWU, 20:01.86; 13. Sadie Solem, HSU, 21:34.56.

10,000 - 1. Alana Garcia, SU, 39:48.13; 2. Susan Young, NNU, 40:19.81; 3. Amber Green, CWU, 40:56.08; 4. Becky Knox, SPU, 41:14.82; 5. Erin Wymer, HSU, 42:46.00; 6. Ann McCanick, SMC, 43:14.92; 7. Marissa Harshman, WWU, 44:13.24.

100 Hurdles - 1. Monica Smith, WOU, 14.75; 2. Ashley Rountree, CWU, 14.84; 3. Kristin Janney, SPU, 15.42; 4. Janna Schaafsma, SPU, 15.43; 5. Nini Callan, WOU, 15.60; 6. Ashley Rickels, NNU, 15.67; 7. Kirsten Holt, WWU, 15.86; 8. Dianna Grossglass, SPU, 16.23; 9. Linda Blake, SPU, 16.34; 10. Ashley Burns, SU, 16.59; 11. Shanette Harper, UAA, 17.05; 12. Kestle Riley, CWU, 17.22; 13. Melanie Kelly, WWU, 17.49.

400 Hurdles - 1. Janna Schaafsma, SPU, 1:03.72; 2. Kelsey Gleason, SPU, 1:04.39; 3. Kara Nygard, CWU, 1:04.94; 4. Kestle Riley, CWU, 1:05.37; 5. Laura Burch, WWU, 1:05.75; 6. Natalia Nash, WOU, 1:05.85; 7. Ashley Rickels, NNU, 1:06.28; 8. Jennie Rummell, WOU, 1:07.02; 9. Diana Grossglass, SPU, 1:07.52; 10. Lindsay Dittmer, SU, 1:09.52; 11. Lakita Burr, SMC, 1:09.87.

4x100 Relay - 1. Seattle Pacific 47.87 (Kelsey Gleason, Janna Schaafsma, Jean Kolb, Kinyatta Leonhardt; meet record; old 48.04, WWU, 2003); 2. Western Oregon (Bridget Johnson, Monica Smith, Kristen Wiese, Katy Kociemba) 48.55; 3. Western Washington (Laura Burch, Kara Fischer, Lauren Gardner, Melissa Behrens) 49.64; 4. Central Washington (Ashley Rountree, Rachel Tynan, Teresa Schlafer, Tina Thorne) 49.96; 5. Northwest Nazarene (Rebekah Bowman, Aubrey Harrington, Emily Peterson, Ashley Rickels) 50.58; 6. Saint Martin's (April Elder, Nikki Matheson, Lakita Burr, Patty Wood) 51.92; Seattle (Katherine Archambault, Holly Bueb, Sarah Brundidge, Lydia Lauer) did not finish.

4x400 Relay - 1. Central Washington (Kara Nygard, Katie Hingston, Ashley Rountree, Terran Legard) 3:53.42; 2. Seattle Pacific (Kelsey Gleason, Jean Kolb, Jennifer Marsh, Victoria Perkins) 3:57.83; 3. Western Washington (Ruth Webster, Jessica Opersteny, Kara Fischer, Laura Burch) 4:02.12; 4. Northwest Nazarene (Rebekah Bowman, Megan Johnson, Emily Peterson, Danielle Pridgen) 4:02.28; 5. Western Oregon (Kristen Wiese, Kari Konrad, Jennie Rummell, Natalie Nash) 4:07.51; 6. Alaska Anchorage (Diana Gordon, Stephanie Myers, Danielle Pratt, Kamie Jo Massey) 4:15.16; 7. Seattle (Theresa Mangahas, Katherine Archambault, Kelly Fullerton, Emily Ferguson) 4:23.31; 8. Saint Martin's (Nikki Matheson, Ann McCanick, Jackie Glen, Lakita Burr) 4:26.89.

High Jump - 1. Monica Smith, WOU, 1.68 - 5-6 (meet record; old 5-4 1/2 by seven others); 2. Sharon Bjella, SPU, 1.63 - 5-4 1/4; 3. Ashley Rickels, NNU, 1.58 - 5-2 1/4; 4. Dianna Grossglass, SPU, 1.58 - 5-2 1/4; 5. Bridget Johnson, WOU, and Emily Peterson, NNU, 1.53 - 5-0 1/4; 7. Valerie Ferguson, WOU, 1.53 - 5-0 1/4; 8. Lindsey Cox, WWU, and Tiffany Fackrell, CWU, 1.53 - 5-0 1/4; 10. Liz Ryen, CWU, 1.53 - 5-0 1/4; 11. Linda Blake, SPU, 1.48 - 4-10 1/4.

Pole Vault - 1. Danielle Juarez, WWU, 3.73 - 12-2 3/4; 2. Allison Hedges, SPU, 3.70 - 12-1 1/2; 3. Amy Harris, SPU, 3.50 - 11-5 3/4; 4. Theresa Mangahas, SU, and Aubrey Metzger, NNU, 3.35 - 10-11 3/4; 6. Whitney Omlin, CWU, 3.20 - 10-6; 7. Danielle Smith, WOU, 3.20 - 10-6; 8. Amber Rose, SPU, and Alina Lunsford, NNU, 3.05 - 10-0; 10. Aubrey Harrington, NNU, 3.05 - 10-0; 11. Alana Schlumpf, SPU, 3.05 - 10-0; 12. Katie Maurer, CWU, and Kirsten Holt, WWU, 2.90 - 9-6 1/4; 14. Kelly Perez, WWU, 2.90 - 9-6 1/4; 15. Joan Campbell, WOU, 2.75 - 9-0 1/4.

Long Jump - 1. Katy Kociemba, WOU, 5.55 - 18-2 1/2 (meet record, old 18-1 by Stephanie Huffman, SPU, 2002); 2. Bridget Johnson, WOU, 5.31 - 17-5 1/4; 3. Julie Kendall, WOU, 5.30 - 17-4 3/4; 4. Anjuli Spear, CWU, 5.27 - 17-3 1/2; 5. Kim Bascom, WWU, 5.24 - 17-2 1/4; 6. Kristin Janney, SPU, 5.21 - 17-1 1/4; 7. Nini Callan, WOU, 5.14 - 16-10 1/2; 8. Lea Tiger, CWU, 5.02 - 16-5 3/4; 9. Teresa Schlafer, CWU, 4.99 - 16-4 1/2; 10. Diana Gordon, UAA, 4.93 - 16-2 1/4; 11. Michelle Bartleman, UAA, 4.83 - 15-10 1/4; 12. Linda Blake, SPU, 4.82 - 15-9 3/4; 13. Ashley Rickels, NNU, 4.81 - 15-B9 1/2; 14. Julie Graham, CWU, 4.73 - 15-6 1/4.

Triple Jump - 1. Katy Kociemba, WOU, 11.26 - 36-11 1/2; 2. Lea Tiger, CWU, 11.25 - 36-11; 3. Kim Bascom, WWU, 10.97 - 36-0; 4. Nini Callan, WOU, 10.68 - 35-0 1/2; 5. Julie Graham, CWU, 10.54 - 34-7; 6. Julie Kendall, WOU, 10.47 - 34-4 1/4; 7. Jessica Wagner, CWU, 10.35 - 33-11 1/2; 8. Ashley Marshall, SPU, 10.32 - 33-10 1/4; 9. Beth Griffin, WWU, 10.25 - 33-7 1/2; 10. Cheryl Austin, SU, 9.33 - 30-7 1/2; 11. Anjuli Spear, CWU, 9.26 - 30-4 3/4.

Discus - 1. Jessica Telleria, WWU, 42.86 - 140-7; 2. Ashley VanOeveren, WWU, 39.38 - 129-2; 3. Jaci Cederberg, WOU, 38.58 - 126-7; 4. Rebekah McAdam, NNU, 38.44 - 126-1; 5. Lauren Kooy, SPU, 38.38 - 125-11; 6. Alicia Vandervelden, WOU, 37.50 - 123-0; 7. Tiffany Fackrell, CWU, 37.30 - 122-4; 8. Jessica Houston, UAA, 37.10 - 121-9; 9. Heather Yergen, CWU, 36.06 - 118-4; 10. Christin McDowell, CWU, 35.98 - 118-0; 11. Kristina MacCully, WWU, 35.14 - 115-3; 12. Kristina Wherry, NNU, 34.34 - 112-8; 13. Rebecca Lindquist, CWU, 33.76 - 110-9; 14. Gabrielle Robinson-Spaulding, SPU, 33.44 - 109-8; 15. Chevonna Lynch, WOU, 32.80 - 107-7.

Shot - 1. Alicia Vandervelden, WOU, 12.56 - 41-2 1/2; 2. Chevonna Lynch, WOU, 12.42 - 40-9; 3. Tammy Carlson, WWU, 12.32 - 40-5; 4. Nini Callan, WOU, 11.88 - 38-11 3/4; 5. Bridget Johnson, WOU, 11.68 - 38-4; 6. Tiffany Fackrell, CWU, 11.67 - 38-3 1/2; 7. Jessica Houston, UAA, 11.30 - 37-1; 8. Jennifer Urrutia, SPU, 10.84 - 35-6 3/4; 9. Sarah Arendt, NNU, 10.83 - 35-6 1/2; 10. Heather Yergen, CWU, 10.62 - 34-10 1/4; 11. Jaci Cederberg, WOU, 10.47 - 34-4 1/4; 12. Rebecca Lindquist, CWU, 10.27 - 33-8 1/2.

Javelin - 1. Sara Johnson, SPU, 43.24 - 141-10; 2. Stacey Hopkins, WWU, 42.68 - 140-0; 3. Nini Callan, WOU, 40.40 - 132-6; 4. Sara Hunt, WOU, 39.06 - 128-2; 5. Michelle Johnson, WWU, 37.76 - 123-11; 6. Molly Hornbuckle, SPU, 37.24 - 122-2; 7. Anna Nielsen, WWU, 36.58 - 120-0; 8. Jaci Cederberg, WOU, 34.50 - 113-2; 9. Rebekah McAdam, NNU, 32.16 - 105-6; 10. Kristina Wherry, NNU, 30.88 - 101-4; 11. Andrea Pennington, SPU, 30.38 - 99-8; 12. Courtney Rockwell, SMC, 27.76 - 91-1.

Hammer - 1. Kristin Hepler, WOU, 53.48 - 175-5; 2. Jaci Cederberg, WOU, 52.28 - 171-6; 3. Christin McDowell, CWU, 46.80 - 153-6; 4. Jessica Telleria, WWU, 44.50 - 146-0; 5. Tammy Carlson, WWU, 42.42 - 139-2; 6. Hannah Bowman, NNU, 41.84 - 137-3; 7. Kristina MacCully, WWU, 41.66 - 136-8; 8. Heather Yergen, CWU, 38.76 - 127-2; 9. Jennifer Urrutia, SPU, 38.54 - 126-5; 10. Kristina Wherry, NNU, 38.26 - 125-6; 11. Rebekah McAdam, NNU, 37.82 - 124-1; 12. Chevonna Lynch, WOU, 37.04 - 121-6; 13. Stacey Hopkins, WWU, 35.36 - 116-0; 14. Gabrielle Robinson-Spaulding, SPU, 34.30 - 112-6.

Heptathlon (Apr. 22-23 at Monmouth) - 1. Linda Blake, SPU, 4593; 2. Bridget Johnson, WOU, 4464; 3. Kristin Janney, SPU, 4446; 4. Monica Smith, WOU, 4442; 5. Ashley Rickels, NNU, 4177; 6. Jackie McCall, WWU, 4096; 7. Nini Callan, WOU, 3928; 8. Anjuli Spear, CWU, 3458; 9. Emily Peterson, NNU, 3421.

Day 1 Results: 100 Hurdles – Smith 14.96, Blake 15.02, Rickels 15.42, Johnson 15.50, Janney 15.61, Callan 16.42, McCall 18.02, Spear 18.58, Peterson 21.17. High Jump – Smith 1.64 – 5-4 1/2, Johnson 1.61 – 5-3 1/4, Blake 1.58 – 5-2 1/4, McCall 1.55 – 5-1, Peterson 1.55 – 5-1, Janney 1.52 – 4-11 3/4, Rickels 1.52 – 4-11 3/4, Callan 1.40 – 4-7, Spear 1.40 – 4-7. Shot Put – Callan 11.66 – 38-3 1/4, Johnson 10.84 – 35-6 3/4, Blake 9.95 – 32-7 3/4, Janney 8.96 - 29-4 3/4, Rickels 8.79 - 28-10 1/4, McCall 8.66 – 28-5, Peterson 8.14 - 26-8 1/2, Smith 7.83 – 25-8 1/4, Spear 7.44 – 24-5. 200 – Smith 25.91, Janney 26.57, Blake 27.05, McCall 27.06, Johnson 27.11, Rickels 27.41, Callan 28.01, Peterson 28.08, Spear 28.54.

Day 2 Results: Long Jump – Rickels 5.08 – 16-8, Blake 5.06 – 16-7 1/4, Johnson 5.00 – 16-5, Janney 4.92 – 16-1 3/4, Smith 4.86 – 15-11 1/2, McCall 4.85 – 15-11, Peterson 4.78 – 15-8 1/4, Spear 4.72 – 15-6, Callan 4.61 – 15-1 1/2, Javelin – Janney 36.09 – 118-5, Callan 32.84 – 107-9, McCall 32.28 – 105-11, Blake 31.79 – 104-3, Spear 29.83 – 97-10, Johnson 27.96 – 91-9, Smith 26.81 – 87-11, Peterson 25.45 – 83-6, Rickels 23.15 – 75-11, 800 – McCall 2:25.99, Blake 2:27.76, Janney 2:29.54, Rickels 2:30.37, Smith 2:30.98, Peterson 2:37.06, Johnson 2:33.07, Spear 2:37.12, Callan 2:46.94.