

2007 GNAC Men's Outdoor Track and Field Championships (May 4-5 at Bellingham)

Team Scores - Central Washington 238, Western Washington 148, Western Oregon 124, Alaska Anchorage 105, Northwest Nazarene 69, Seattle 54, Seattle Pacific 45, Saint Martin's 32. **Outstanding Performer** – Evan Ruud, Central Washington.

100 - 1. Michael Madrid, UAA, 11.12; 2. David Registe, UAA, 11.17; 3. Eric Walsh, UAA, 11.22; 4. Christian Demouchet, CWU, 11.27; 5. Tomi Keah, SU, 11.36; 6. Ryan Walsh, UAA, 11.37; 7. Joshua Threet, WOU, 11.39; 8. Travis Glover, SU, 12.22.

200 - 1. Michael Madrid, UAA, 22.51; 2. David Registe, UAA, 22.57; 3. Christian Demouchet, CWU, 22.59; 4. Matt Rogstad, CWU, 23.04; 5. Eric Walsh, UAA, 23.18; 6. Tomi Keah, SU, 23.21; 7. Michael Dean, WWU, 23.49; 8. Travis Glover, SU, 24.88.

400 - 1. Matt Rogstad, CWU, 48.73; 2. Michael Dean, WWU, 49.30; 3. Colby Brydson, CWU, 49.83; 4. Mitch Ward, NNU, 49.93; 5. James McLaughlin, UAA, 50.23; 6. Charles Velasquez, CWU, 50.43; 7. Blake Estep, WOU, 50.73; 8. Matt O'Connell, WWU, 50.80.

800 - 1. Eddie Strickler, SPU, 1:53.71; 2. Erik Bies, WWU, 1:53.88; 3. Nicholas Dols, SU, 1:55.48; 4. Sam Brancheau, WWU, 1:56.88; 5. Mick Boyle, UAA, 1:58.62; 6. Asiki Ayume, SMU, 1:58.88; 7. Kyle Lampi, WWU, 2:00.74; 8. Keith Lemay, WWU, 2:06.23.

1500 - 1. Anthony Tomsich, WWU, 3:50.25 (Meet Record, old 3:53.82, Nathan Carlson, SMU, 2005); 2. Brian Cronrath, SPU, 3:52.28; 3. Keith Lemay, WWU, 3:54.24; 4. Sam Bedell, WWU, 3:58.99; 5. Scott Palmer, CWU, 4:02.06; 6. Josh Gatbunton, SMU, 4:02.51; 7. Paul Rottich, UAA, 4:02.73; 8. Kyle Lampi, WWU, 4:03.65; 9. Mick Boyle, UAA, 4:05.74; 10. Nick Crawford, WOU, 4:09.37; 11. Corey Cronkrite, CWU, 4:14.42; 12. Geoff Anderson, CWU, 4:16.94; 13. Braxton Jackson, WOU, 4:20.88.

5000 - 1. David Kiplagat, UAA, 14:59.22; 2. Anthony Tomsich, WWU, 15:02.06; 3. John Riak, SMU, 15:05.85; 4. Bennett Grimes, WWU, 15:21.03; 5. Brian Cronrath, SPU, 15:21.81; 6. Aaron Dickson, UAA, 15:26.80; 7. Andy Peters, NNU, 15:28.42; 8. Nik Karr, WOU, 15:30.02; 9. Chad Meis, SPU, 15:33.84; 10. Nicholas Alvarado, SU, 15:36.56; 11. Chad Portwood, WWU, 15:36.98; 12. Paul Rottich, UAA, 15:39.75; Kym Hunt, WOU, did not finish.

110 Hurdles - 1. Robert Edwards, CWU, 15.10; 2. Lloyd Massey, WOU, 15.48; 3. Kevin Moen, WWU, 16.53; 4. Ben Wargo, WWU, 16.68; 5. Blake Herrington, WOU, 16.77; 6. Lee Clarkson, WOU, 16.83; 7. Mark Zayshly, SPU, 17.12; 8. Grant Silver, NNU, 17.88.

400 Hurdles - 1. Lloyd Massey, WOU, 53.77; 2. Daniel Sullivan, SU, 53.89; 3. Ben Wargo, WWU, 55.72; 4. Josh Grewe, NNU, 56.11; 5. Garrett Brown, SU, 56.32; 6. Ben Climer, SPU, 56.51; 7. Clint Hickey, WOU, 57.39; 8. Charles Velasquez, CWU, 57.51.

Steeplechase - 1. Andy Peters, NNU, 9:12.8; 2. Logan Senrud, WWU, 9:20.0; 3. Sam Brancheau, WWU, 9:25.9; 4. Geoff Anderson, CWU, 9:26.3; 5. Kym Hunt, WOU, 9:38.1; 6. Keever Henry, WWU, 9:50.3; 7. Kevin Blount, CWU, 9:54.8; 8. Kevin Oberholster, CWU, 10:01.3; 9. Ryan Phillips, SPU, 10:02.0; 10. Anders Mavis, WWU, 10:07.6; 11. Travis Banker, WOU, 10:11.8; 12. Kyle Seick, WOU, 10:18.4; Josh Beck, WWU, did not finish.

4x100 Relay - 1. Central Washington (Demouchet, Edwards, Brydson, Rogstad) 42:04; 2. Alaska Anchorage (Wash, Grant, Registe, Madrid) 42.21; 3. Seattle (Sullivan, Allen, Keah, Glover) 42.83; 4. Western Oregon (Threet, Udell, Herrington, Estep) 44.08; 5. Northwest Nazarene (Blain, Larson, Wheeler, Ward) 44.46; 6. Western Washington (O'Connell, Johnson, Wargo, Breakey) 44.73; 7. Saint Martin's (Wilburn, Timmer, Daltoso, Flaherty) 46.51.

4x400 Relay - 1. Central Washington (Brydson, Velasquez, Schie, Rogstad) 3:20.48; 2. Western Washington (O'Connell, Brancheau, Bies, Dean) 3:21.16; 3. Seattle University (Allen, Brown, Dols, Sullivan) 3:21.93; 4. Northwest Nazarene (Wheeler, Ward, Grewe, Hamm) 3:22.15; 5. Alaska Anchorage (Madrid, Boyle, Grant, McLaughlin) 3:24.50; 6. Seattle Pacific (Climer, Felt, Strickler, Gavareski) 3:24.99; 7. Western Oregon (Samuel, Estep, Hickey, Massey) 3:26.17; 8. Saint Martin's (Ayume, Daltoso, Gatbunton, Gerry) 3:32.83.

High Jump - 1. Jonathan Hamilton, CWU, 1.98 – 6-6; 2. Eric Draper, UAA, 1.98 – 6-6; 3. Cameron Bailey, CWU, 1.98 – 6-6; 4. Adrian Elmo, CWU, 1.93 – 6-4; 5. Bill Richardson, SMU, 1.93 – 6-4; 6. Peter Geist, WWU, 1.88 – 6-2; 7. Robert Wegner, WOU, 1.88 – 6-2; 8. Zeb Udell, WOU, 1.83 – 6-0; 9. Tyler Flora, CWU, 1.83 – 6-0; 10. Chris Covey, NNU, 1.78 – 5-10.

Triple Jump - 1. Greg Hamm, NNU, 13.83 – 45-4 ½; 2. Cameron Bailey, CWU, 13.71 – 44-11 ¾; 3. Adrian Elmo, CWU, 13.60 – 44-7 ½; 4. Christian Goodwin, CWU, 13.60 – 44-7 ½; 5. Tyler Reinsaur, WOU, 13.27 – 43-6 ½; 6. Blake Herrington, WOU, 12.85 – 42-2; 7. Nick Gaddy, WWU, 12.71 – 41-8 ½; 8. Caleb Timmer, SMU, 12.57 – 41-3.

Pole Vault - 1. Tyler Thornbrue, WWU, 4.82 - 15-9 ¾ (Meet record, old 15-9 1/4, Spike Olsen, WOU, 2003); 2. Scott McCoy, CWU, 4.62 - 15-1 ¾; 3. Zeb Udell, WOU, 4.62 - 15-1 ¾; 4. Bryan Lucke, WWU, 4.32 - 14-2; 5. Eric Zwiefelhofer, WOU, 4.17 - 13-8 ¾; 6. Brock Jahner, SU, 4.17 - 13-8 ¾; 7. Joshua Jorgensen, SPU, 4.17 - 13-8 ¾; 8. Andrew Sneed, NNU, 4.02 - 13-2 ¾; 9. Justin Blackstead, NNU, 3.87 - 12-8 ¾; Jerad Larson, NNU, no height.

Discus - 1. Cameron Neel, CWU, 50.66 - 166-2; 2. Evan Ruud, CWU, 49.38 - 162-0; 3. Matt Valdez, CWU, 46.92 - 153-11; 4. Tyler Fischer, CWU, 45.14 - 148-1; 5. Grant Miller, NNU, 44.14 - 144-10; 6. Ben Elder, WWU, 42.72 - 140-2; 7. Anthony Marin, WOU, 42.38 - 139-0; 8. Bryant Michaelson, WWU, 41.60 - 136-6; 9. Cody Heller, NNU, 41.58 - 136-5; 10. Lucas Pedro, UAA, 40.02 - 131-3; 11. Mychal Ostler, CWU, 39.88 - 130-10; 12. Nik Skogsberg, WWU, 34.58 - 113-5; 13. Zach Barclay, NNU, 34.14 - 112-0; 14. Bryan Lucke, WWU, 33.8 - 111-2; Ryan Rencehausen, UAA, foul.

Javelin - 1. Michael Ingman, CWU, 61.98 - 203-4; 2. Evan Ruud, CWU, 55.78 - 183-0; 3. Ryan Wall, WOU, 55.16 - 181-0; 4. Mat Hutchinson, WOU, 55.08 - 180-8; 5. Chad Acock, CWU, 54.50 - 178-10; 6. Loren Harris, CWU, 54.40 - 178-6; 7. Ian Wells, CWU, 54.26 - 178-0; 8. Eric Zwiefelhofer, WOU, 52.74 - 173-0; 9. Brock Jahner, SU, 50.08 - 164-4.

Friday's Finals:

10,000 - 1. John Riak, SMU, 31:11.98 (Meet record, old, 31:22.80, Sam Scotchmer, CWU, 2005); 2. Sam Scotchmer, CWU, 31:31.39; 3. Nik Karr, WOU, 32:08.03; 4. Kevin Lambert, NNU, 32:12.87; 5. Nathan Heitzinger, SU, 32:40.10; 6. Braxton Jackson, WOU, 32:53.23; 7. Niwar Nasim, SMU, 32:59.98; 8. Auston Ellis, UAA, 33:07.81; 9. Trevor Kulvi, CWU, 33:17.22; 10. Peter Ellis, WWU, 33:23.02; 11. Scott Seamster, SPU, 33:27.11; 12. Eric Ardissono, CWU, 33:31.05; 13. James Rosser, SPU, 33:36.60; 14. Casey Barten, WWU, 33:40.66; 15. Blake Medhaug, WWU, 33:49.12; 16. Drew Dickson, UAA, 34:05.28; 17. Greg Kubitz, WWU, 34:16.86.

Long Jump - 1. David Registe, UAA, 7.09 - 23-3 1/4 (Meet record, old 23-1 3/4, Justin Lawrence, CWU, 2002); 2. Justin Felt, SPU, 6.85 - 22-5 3/4; 3. Zeb Udell, WOU, 6.80 - 22-3 3/4; 4. Allan Denton, WWU, 6.69 - 21-11 1/2; 5. Jason Buckmier, WOU, 6.45 - 21-2; 6. Adrian Elmo, CWU, 6.41 - 21-0 1/2; 7. Christian Goodwin, CWU, 6.31 - 20-8 1/2; 8. Robert Wegner, WOU, 5.35 - 17-6 3/4.

Shot Put - 1. Cameron Neel, CWU, 16.53 - 54-2 3/4; 2. Matt Valdez, CWU, 15.70 - 51-6 1/4; 3. Dincer Kayhan, WWU, 14.21 - 46-7 1/2; 4. Zach Barclay, NNU, 14.20 - 46-7 1/4; 5. Robert Barrett, WOU, 14.01 - 45-11 3/4; 6. Brandon Varkevisser, WWU, 13.85 - 45-5 1/4; 7. Evan Ruud, CWU, 13.79 - 45-3; 8. Ryan Rencehausen, UAA, 13.01 - 42-8 1/4; 9. Anthony Marin, WOU, and Cody Heller, NNU, 12.88 - 42-3 1/4; 11. Grant Miller, NNU, 12.71 - 41-8 1/2; 12. Ben Elder, WWU, 12.70 - 41-8; 13. Bryant Michaelson, WWU, 12.57 - 41-3; 14. Michael Waite, WOU, 12.02 - 39-5 1/4; 15. Tyler Fischer, CWU, 11.78 - 38-7 3/4; Andy Munsey, NNU, foul.

Hammer - 1. Anthony Marin, WOU, 58.60 - 192-3; 2. Evan Ruud, CWU, 58.42 - 191-8; 3. Tyler Fischer, CWU, 56.34 - 184-10; 4. Matt Valdez, CWU, 50.70 - 166-4; 5. Zach Barclay, NNU, 48.96 - 160-7; 6. Robert Barrett, WOU, 45.64 - 149-9; 7. Cody Heller, NNU, 44.72 - 146-9; 8. Scott Karnitz, UAA, 42.92 - 140-10; 9. Grant Miller, NNU, 42.38 - 139-0; 10. Ben Elder, WWU, 41.70 - 136-10; 11. Andy Munsey, NNU, 41.20 - 135-2; 12. Mychal Ostler, CWU, 39.80 - 130-7; 13. Robert Poe, NNU, 39.16 - 128-6; 14. Ryan Rencehausen, UAA, 38.00 - 124-8; 15. Alex Eaton, NNU, 36.78 - 120-8; 16. Michael Waite, WOU, 36.04 - 118-3.

Decathlon (Apr. 23-24 at Monmouth) - 1. Zeb Udell, WOU, 6358; 2. Brock Jahner, SU, 5852; 3. Josh Grewe, NNU, 5635; 4. Justin Felt, SPU, 5568; 5. Scott McCoy, CWU, 5533; 6. Kevin Iverson, WWU, 4819.

Day 1 Results: 100 - Udell 11.50, Felt 11.71, Jahner 11.81, Grewe 11.98, McCoy 12.12, Iverson 12.31. Long Jump - Udell 6.59 - 21-7 1/4, Felt 6.59 - 21-7 1/4, Iverson 6.14 - 20-1 1/4, Jahner 6.11 - 20-0 1/2, McCoy 5.92 - 19-5, Grewe 5.81 - 19-0 3/4. Shot Put - Jahner 11.63 - 38-2, Grewe 10.93 - 35-10 1/2, Felt 10.24 - 33-7 1/4, Udell 9.54 - 31-3 3/4, McCoy 9.48 - 31-1 1/4, Iverson 8.66 - 28-5. High Jump - Udell 1.93 - 6-4, McCoy 1.76 - 5-9 1/4, Jahner 1.70 - 5-7, Felt 1.67 - 5-5 3/4, Iverson 1.64 - 5-4 1/2, Grewe 1.58 - 5-2 1/4. 400 - Grewe 51.51, Felt 51.53, Udell 52.44, Iverson 52.99, McCoy 54.16, Jahner 54.24.

Day 2 Results: 110 Hurdles - Udell 16.45, Jahner 17.07, Grewe 17.13, McCoy 18.56, Felt 19.79, Iverson 20.13. Discus - Udell 33.26 - 109-1, Jahner 32.46 - 106-6, Felt 30.40 - 99-9, Grewe 30.24 - 99-2, McCoy 28.86 - 94-8, Iverson 22.86 - 75-0. Pole Vault - Udell 4.60 - 15-1, McCoy 4.50 - 14-9, Jahner 4.00 - 13-1 1/2, Felt 3.70 - 12-1 1/2, Grewe 3.10 - 10-2, Iverson 2.80 - 9-2 1/4. Javelin - Jahner 49.00 - 160-9, Grewe 43.64 - 143-2, Felt 41.92 - 137-6, Udell 37.40 - 122-8, McCoy 35.60 - 116-9, Iverson 33.66 - 110-5. 1500 - Grewe 4:30.49, Iverson 4:36.53, McCoy 4:52.55, Udell 4:57.13, Felt 5:04.78, Jahner 5:15.54.

Friday's Prelims: 100: Heat 1 - Michael Madrid, UAA, 11.10; 2. Tomi Keah, SU, 11.26; 3. Joshua Threet, WOU, 11.37; 4. Ryan Walsh, UAA, 11.42; 5. Zeb Udell, WOU, 11.60; 6. Ryan Jewell, SPU, 11.72. Heat 2 - 1. David Registe, UAA, 11.05; 2. Eric Walsh, UAA, 11.21; 3. Christian Demouchet, CWU, 11.29; 4. Travis Glover, SU, 11.44; 5. Brandon Grant, UAA, 11.51.

200: Heat 1 - 1. Michael Madrid, UAA, 22.32; 2. Matt Rogstad, CWU, 22.47; 3. Michael Dean, WWU, 22.59; 4. Travis Glover, SU, 22.72; 5. Tomi Keah, SU, 22.79; 6. Joshua Threet, WOU, 22.87; 7. Greg Hamm, NNU, 23.09; 8. Ryan Walsh, UAA, 23.12. Heat 2 - 1. David Registe, UAA, 22.28; 2. Christian Demouchet, CWU, 22.47; 3. Eric Walsh, UAA, 22.60; 4. Robert Edwards, CWU, 22.89; 5. Cole Samuel, WOU, 23.00; 6. James McLaughlin, UAA, 23.02; 7. Matt O'Connell, WWU, 23.04; 8. Brandon Grant, UAA, 23.12.

400: Heat 1 - 1. Matt Rogstad, CWU, 49.43; 2. Charles Velasquez, CWU, 49.96; 3. Colby Brydson, CWU, 50.15; 4. Eddie Wheeler, NNU, 50.75; 5. Cole Samuel, WOU, 50.96; 6. Loyal Allen, SU, 51.40; 7. Andy Gundel, CWU, 51.73. Heat 2 - 1. Michael Dean, WWU, 50.31; 2. Mitch Ward, NNU, 50.35; 3. James McLaughlin, UAA, 50.53; 4. Blake Estep, WOU, 50.72; 5. Matt O'Connell, WWU, 50.75; 6. Daryl Schie, CWU, 51.36; 7. Carl Johnson, WWU, 51.88.

800: Heat 1 - 1. Sam Brancheau, WWU, 1:53.89; 2. Eddie Strickler, SPU, 1:55.00; 3. Asiki Ayume, SMU, 1:55.89; 4. Nicholas Dols, SU, 1:56.27; 5. Caleb Timmer, SMU, 1:56.92; 6. Will Cameron, WWU, 1:57.92; 7. Troy Banker, WOU, 2:03.86. Heat 2 - 1. Erik Bies, WWU, 1:55.86; 2. Keith Lemay, WWU, 1:55.96; 3. Kyle Lampi, WWU, 1:56.10; 4. Mick Boyle, UAA, 1:56.18; 5. Michael Gavareski, SPU, 1:56.96; 6. Jeff Long, WOU, 2:05.05.

110 Hurdles: Heat 1 - 1. Robert Edwards, CWU, 14.86; 2. Ben Wargo, WWU, 16.54; 3. Mark Zayshly, SPU, 16.76; 4. Blake Herrington, WOU, 16.98; 5. Josh Grewe, NNU, 17.84. Heat 2 - 1. Lloyd Massey, WOU, 15.30; 2. Kevin Moen, WWU, 16.43; 3. Lee Clarkson, WOU, 16.98; 4. Grant Silver, NNU, 17.13.

400 Hurdles: Heat 1 - 1. Daniel Sullivan, SU, 53.80; 2. Josh Grewe, NNU, 55.51; 3. Charles Velasquez, CWU, 56.12; 4. Garrett Brown, SU, 56.30; 5. Joshua Kirk, CWU, 58.77; 6. Grant Silver, 1:00.10. Heat 2 - 1. Lloyd Massey, WOU, 55.03; 2. Ben Climer, SPU, 55.80; 3. Ben Wargo, WWU, 56.17; 4. Clint Hickey, WOU, 56.97; 5. Mark Hanson, NNU, 57.04; 6. Nick Minch, WOU, 59.89; 7. Mark Zayshly, SPU, 1:00.17.