

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

**Team Scores** - Seattle Pacific 200, Western Oregon 142 1/2, Central Washington 129 1/2, Western Washington 119 1/2, Northwest Nazarene 119, Alaska Anchorage 100 1/2, Saint Martin's 30, Seattle 14. **Outstanding Performer** – Jessica Pixler, Seattle Pacific.

100 - 1. NyEma Sims, SPU, 12.46; 2. Mary Pearce, UAA, 13.05; 3. Jessica Hinton, SPU, 13.06; 4. Heidi Dimmitt, WWU, 13.21; 5. Nicki Schutte, NNU, 13.56; 6. Britany Hood, CWU, 13.58; 7. Sarajane Rosenberg, WOU, 13.83; 8. Kara Nygard, CWU, 14.33.

200 - 1. NyEma Sims, SPU, 25.12; 2. Mary Pearce, UAA, 25.42; 3. Jessica Hinton, SPU, 25.99; 4. Terran Legard, CWU, 26.27; 5. Brook Bachmeier, NNU, 26.74; 6. Lindsay Brady, NNU, 26.94; 7. Jacque Postlewait, WOU, 27.21; 8. Rachael Kaercher, CWU, 27.51.

400 - 1. Mary Pearce, UAA, 55.45 (Meet Record, old 55.65, Mary Pearce, UAA, 2006); 2. Terran Legard, CWU, 56.91; 3. Rachael Kaercher, CWU, 57.93; 4. Chelsea Evans, CWU, 58.45; 5. Lindsay Brady, NNU, 58.62; 6. Amanda Gius, CWU, 59.47; 7. Anna Walters, SPU, 59.65; 8. Kathryn Mertens, WWU, 59.98.

800 - 1. Jessica Pixler, SPU, 2:10.93 (Meet Record, old 2:12.92, Sarah Kraybill, SPU, 2002); 2. Sarah Howell, WOU, 2:14.53; 3. Jennifer Marsh, SPU, 2:17.15; 4. Lisa Anderberg, SPU, 2:20.24; 5. Ashley Puga, NNU, 2:22.30; 6. Amy Layton, SMU, 2:22.70; 7. Jennifer Grover, SMU, 2:23.27; 8. Kaley Strachan, UAA, 2:25.41; 9. Susannah Scruggs-James, WWU, 2:26.11; 10. Victoria Perkins, SPU, 2:27.14; 11. Jamie Sundvall, NNU, 2:31.55.

1500 - 1. Jessica Pixler, SPU, 4:32.80; 2. Ashley Puga, NNU, 4:40.41; 3. Jane Larson, SPU, 4:43.06; 4. Karin Rohde, SPU, 4:44.48; 5. Krinda Carlson, SMU, 4:44.85; 6. Stephanie Upshaw, WOU, 4:50.95; 7. Kate Harline, SPU, 4:58.41; 8. Kaley Strachan, UAA, 4:59.59; 9. Suzie Strickler, SPU, 5:02.06; 10. Laura Carr, UAA, 5:04.10; 11. Elizabeth Chepkosgei, UAA, 5:04.48; 12. Charisse Arce, SU, 5:05.98; 13. Shirlon Moncrief, WOU, 5:10.09; 14. Jessica Harper, WOU, 5:11.56.

3000 - 1. Jessica Pixler, SPU, 9:53.80 (Meet record, old 10:06.86, Alicen Maier, CWU, 2002); 2. Jane Larson, SPU, 10:05.47; 3. Katie Hummel, CWU, 10:13.79; 4. Laura Carr, UAA, 10:21.70; 5. Elizabeth Chepkosgei, UAA, 10:31.07; 6. Suzie Strickler, SPU, 10:31.07; 7. Kate Harline, SPU, 10:33.11; 8. Kaley Strachan, UAA, 10:44.00; 9. Charisse Arce, SU, 10:48.84; 10. Kysa Cronrath, SPU, 10:53.95; 11. Keely Kaligis, WWU, 10:56.75; 12. Danielle Slaughter, WWU, 11:11.10.

5000 - 1. Laura Carr, UAA, 18:30.56; 2. Alea Rowley, WOU, 18:47.36; 3. Elizabeth Chepkosgei, UAA, 18:54.78; 4. Katie Hart, SPU, 19:17.97; 5. Rachel Yorkston, SU, 19:29.02; 6. Ashley McDougall, WWU, 19:30.08; 7. McKinley Williams, WWU, 19:33.24; 8. Marissa Harshman, WWU, 19:45.57; 9. Kim Parry, WOU, 19:55.79; 10. Emily Mosich, WWU, 19:56.64; 11. Anjuli Haydu, UAA, 20:05.20; 12. Mary Krusen, UAA, 20:11.09; 13. Rhiannon Cadelinia, SU, 20:15.95; 14. Amy Olson, WWU, 20:22.37; 15. Katrina Schwerdtfeger, WWU, 21:00.86.

100 Hurdles - 1. Jacque Postlewait, WOU, 15.33; 2. Emily Tweto, UAA, 15.43; 3. Lindsay Lunderman, WWU, 15.53; 4. Ashley Wornell, NNU, 16.07; 5. Chelsi Claussen, SMU, 16.28; 6. Raquel Gonzalez, CWU, 16.30; 7. Sarah Barker, WOU, 16.50; 8. Brittany Bekins, SPU, 17.18.

400 Hurdles - 1. Heidi Dimmitt, WWU, 1:02.94; 2. Sarah Barker, WOU, 1:05.12; 3. Chelsi Claussen, SMU, 1:05.27; 4. Natalie Nash, WOU, 1:05.64; 5. Lindsay Lunderman, WWU, 1:06.44; 6. Jessica Allman, UAA, 1:09.04; 7. Kara Nygard, CWU, 1:10.73; 8. Emily Tweto, UAA, 1:15.48.

Steeplechase - 1. Karin Rohde, SPU, 11:01.6 (Meet Record, old 11:09.21, Rohde, SPU, 2006); 2. Jessica Harper, WOU, 11:40.1; 3. Shirlon Moncrief, WOU, 11:43.0; 4. Sarah Benson, CWU, 11:50.4; 5. Kim Beamon, SPU, 11:57.9; 6. Kim Parry, WOU, 12:26.8; 7. Valerie Matthews, WWU, 12:50.8; 8. Allison Graham, WWU, 13:21.2.

4x100 Relay - 1. Seattle Pacific (Bekins, Hinton, Walters, Sims) 48.17. 2. Central Washington (Gius, Legard, Hood, Kaercher) 48.97; 3. Alaska Anchorage (Tweto, Echavarria, Brady, Pearce) 49.39; 4. Western Washington (Couvelier, Lunderman, Dimmitt, Thornton) 49.50; 5. Northwest Nazarene (Berberick, Schutte, Brediger, Brady) 50.30; 6. Western Oregon (Nash, Postlewait, Barker, Rosenberg) 51.47.

4x400 Relay - 1. Central Washington (Kaercher, Gius, Evans, Legard) 3:51.48 (Meet Record, old 3:51.83, Central Washington, 2006); 2. Seattle Pacific (Bekins, Pixler, Perkins, Sims) 3:54.13; 3. Western Washington (Dimmitt, Mertens, Lunderman, Thornton) 4:02.04; 4. Northwest Nazarene (Brady, Schutte, Peterson, Puga) 4:03.06; 5. Western Oregon (Postlewait, Barker, Nash, Howell) 4:07.21; 6. Alaska Anchorage (McGlasson, Strachan, Allman, Pearce) 4:15.06; 7. Saint Martin's (Pendon, Grover, Bishop, Claussen) 4:17.59; 8. Seattle University (Arce, Martinez, Yorkston, Cabebe) 4:38.50.

High Jump - 1. Teona Perkins, SPU, 1.73 – 5-8; 2. Taryn Plypick, WOU, 1.68 – 5-6; 3. Emily Peterson, NNU, 1.63 – 5-4 ¼; 4. Ashley Wornell, NNU, 1.58 – 5-2 ¼; 5. Clara Cook, WWU, 1.58 – 5-2 ¼; 6. Mara Becker, SU, 1.58 – 5-2 ¼; 7. Kelsey Cooley, SPU, 1.58 – 5-2 ¼; 8. Emily Tweto, UAA, and Jacque Postlewait, WOU, 1.53 – 5-0 ¼; 10. Lindsey Cox, WWU, and Mary Printz, NNU, 1.53 – 5-0 ¼; 12. Jenny Josephson, WWU, 1.53 – 5-0 ¼; 13. Anjuli Spear, CWU, 1.48 – 4-10 ¼; 14. Amanda Rose, CWU, 1.48 – 4-10 ¼.

Triple Jump - 1. Kim Bascom, WWU, 11.21 - 36-9 ½; 2. Christy Miller, WWU, 11.00 - 36-1 ¼; 3. Kim Brady, UAA, 10.98 - 36-0 ¼; 4. Sarajane Rosenberg, WOU, 10.94 - 35-10 ¾; 5. Amanda Rose, CWU, 10.90 - 35-9 ¾; 6. Amanda Merrell, NNU, 10.68 - 35-0 ½; 7. Anjuli Spear, CWU, 10.27 - 33-8 ½; 8. Lydia Morrison, WWU, 10.25 - 33-7 ½; 9. Ashley Rau, WOU, 9.33 - 30-7 ½.

Discus - 1. Erica Rance, WWU, 42.80 – 140-5; 2. Amy Carroll, NNU, 42.12 – 138-2; 3. Lindsay Currier, SU, 41.84 – 137-3; 4. Corena Bell, UAA, 40.94 – 134-4; 5. Krissy Tandle, CWU, 40.24 – 132-0; 6. Shaina Afoa, CWU, 39.82 – 130-8; 7. Becky Scherer, CWU, 38.30 – 125-8; 8. Chelsea Sadler, WWU, 35.46 – 116-4; 9.

Marci Breighner, NNU, 33.08 – 108-6; 10. Sabrina Freed, WOU, 32.52 – 106-8; 11. Kristin Humphrey, WOU, 30.74 – 100-10; 12. Jessica Houston, UAA, 27.32 – 89-7.

Javelin - 1. Katie McMeel, CWU, 44.82 – 147-0; 2. Monica Gruszecki, WWU, 44.56 – 146-2; 3. Molly Barnes, SPU, 43.42 – 142-5; 4. Chelsea Glavin, WOU, 41.34 – 135-7; 5. Liz Howe, WWU, 40.32 – 132-3; 6. Amanda Merrell, NNU, 36.38 – 119-4; 7. Kristin Janney, SPU, 35.78 – 117-5; 8. Erica Rance, WWU, 35.74 – 117-3; 9. Angela Harsin, WOU, 34.50 – 113-2; 10. Sarah Elwell, NNU, 34.46 – 113-1; 11. Kaitlin Mead, WOU, 34.16 – 112-1; Alison McWeeny, CWU, 33.04 – 108-5.

#### Friday's Finals:

10,000 - 1. Alee Rowley, WOU, 38:51.17; 2. Jessie Dunnam, SMU, 39:48.41; 3. Katie Hart, SPU, 39:56.88; 4. Nikki Jenson, SPU, 40:01.79; 5. Amber Green, CWU, 40:24.53; 6. Heidi Peterson, SPU, 41:04.27; 7. Shannon DeBoer, NNU, 41:18.05; 8. Taylor Shipman, SMU, 41:38.30; 9. Marissa Harshman, WWU, 41:57.29.

Long Jump - 1. Kim Brady, UAA, 5.50 - 18-0 ½; 2. Kim Bascom, WWU, 5.32 - 17-5 ½; 3. Jacque Postlewait, WOU, 5.30 - 17-4 ¾; 4. Amanda Merrell, NNU, 5.26 - 17-3 ¾; 5. NyEma Sims, SPU, 5.22 - 17-1 ½; 6. Christy Miller, WWU, 5.18 - 17-0; 7. Sarajane Rosenberg, WOU, 5.15 - 16-10 ¾; 8. Taryn Plypick, WOU, 5.10 - 16-8 ¾; 9. Anjuli Spear, CWU, 5.02 - 16-5 ¾; 10. Gail Butler, WWU, 4.82 - 15-9 ¾; 11. Susan Quick, CWU, 4.76 - 15-7 ½; 12. Raquel Gonzalez, CWU, 4.39 - 14-5.

Pole Vault - 1. Tracie Lundsten, SPU, 3.55 - 11-7 ¾; 2. Monica Anderson, SPU, 3.45 - 11-3 ¾; 3. Christy Miller, WWU, 3.35 - 10-11 ¾; 4. Kristi Rice, NNU, 3.20 - 10-6; 5. Mary Printz, NNU, 3.05 - 10-0; 6. Camille Clarke, WWU, Brianna Fredrickson, CWU; Karina Elzinger, NNU, and M.J. Usabel, NNU, 2.90 - 9-6 ¾; 10. Julie Stone, WWU, 2.90 - 9-6 ¾; 11. Haley Amos, CWU, 2.90 - 9-6 ¾; 12. Jamie Wulfekuhle, WWU, and Sara Ehlers, WWU, 2.75 - 9-0 ¾; 14. Erica Ziegler, WWU, 2.75 - 9-0 ¾; Courtney Cabebe, SU, no height.

Shot Put - 1. Krissy Tandle, CWU, 13.92 - 45-8 (Meet record, old, 44-5 ½, Dionna Anderson, SPU, 2002); 2. Shaina Afoa, CWU, 12.81- 42-0 ½; 3. Chevonna Lynch, WOU, 12.44 - 40-9 ¾; 4. Amy Carroll, NNU, 12.32 - 40-5; 4. Amy Carroll, NNU, 12.32 - 40-5; 5. Jessica Houston, UAA, 12.20 - 40-0 ½; 6. Sabrina Freed, WOU, 11.22 - 36-9 ¾; 7. Chelsea Sadler, WWU, 11.17 - 36-7 ¾; 8. Kristin Humphrey, WOU, 10.89 - 35-8 ¾; 9. Corena Bell, UAA, 10.79 - 35-5; 10. Becky Scherer, CWU, 10.63 - 34-10 ½; 11. Jocelyn Judd, NNU, 10.03 - 32-11; Lindsay Currier, SU, foul.

Hammer – 1. Sabrina Freed, WOU, 50.06 – 164-3; 2. Krissy Tandle, CWU, 46.96 – 154-1; 3. Katie Taylor, WWU, 46.66 – 153-1; 4. Amy Carroll, NNU, 46.48 – 152-6; 5. Hannah Bowman, NNU, 45.52 – 149-4; 6. Becky Scherer, CWU, 43.52 – 142-9; 7. Courtney Little, NNU, 42.58 – 139-8; 8. Alison McWeeny, CWU, 42.12 – 138-2; 9. Erika Rempel, NNU, 41.76 – 137-0; 10. Erica Rance, WWU, 40.98 – 134-5; Jocelyn Judd, NNU, foul.

**Heptathlon (Apr. 23-24 at Monmouth)** - 1. Jacque Postlewait, WOU, 4529; 2. Amanda Merrell, NNU, 4488; 3. Ashley Wornell, NNU, 4367; 4. Kelsey Cooley, SPU, 4074; 5. Emily Peterson, NNU, 4035; 6. Taryn Plypick, WOU, 3992; 7. Raquel Gonzalez, CWU, 3619; 8. Mary Seidler, CWU, 3079; 9. Chelsey Jones, NNU, 2938.

**Day 1 Results:** 100 Hurdles – Postlewait 15.25, Wornell 15.46, Merrell 16.11, Cooley 16.53, Gonzalez 16.73, Peterson 17.17, Plypick 18.19, Seidler 19.29, Jones 20.44. High Jump – Plypick 1.68 – 5-6, Wornell 1.65 – 5-5, Peterson 1.65 – 5-5, Postlewait 1.59 – 5-2 ½, Cooley 1.59 – 5-2 ½, Merrell 1.56 – 5-1 ¾, Gonzalez 1.44 – 4-8 ¾, Seidler 1.32 – 4-4, Jones 1.23 – 4-0 ½. Shot Put – Merrell 10.94 – 35-10 ¾, Jones 9.85 – 32-3 ¾, Cooley 9.17 – 30-1, Wornell 8.86 – 29-1, Plypick 8.58 – 28-1 ¾, Peterson 8.49 – 27-10 ¼, Postlewait 8.43 – 27-8, Gonzalez 8.25 – 27-1, Seidler 8.00 – 26-3. 200 – Postlewait 26.43, Peterson 27.43, Wornell 27.70, Merrell 27.82, Plypick 28.05, Cooley 28.36, Gonzalez 28.48, Seidler 29.49, Jones 30.50.

**Day 2 Results:** Long Jump – Postlewait 5.40 – 17-8 ½, Merrell 5.37 – 17-7 ¾, Plypick 5.27 – 17-3 ½, Wornell 5.00 – 16-4 ¾, Peterson 5.00 – 16-4 ¾, Cooley 4.98 – 16-4, Gonzalez 4.32 – 14-2, Seidler 4.26 – 13-11 ¾, Jones 3.92 – 12-10 ¾. Javelin – Merrell 34.24 – 112-4, Cooley 32.92 – 108-0, Plypick 30.22 – 99-2, Jones 28.80 – 94-6, Postlewait 28.20 – 92-6, Wornell 26.40 – 86-7, Seidler 25.38 – 83-3, Gonzalez 24.74 – 81-2, Peterson 24.06 – 78-11. 800 – Wornell 2:28.52, Postlewait 2:29.81, Gonzalez 2:32.14, Merrell 2:34.14, Peterson 2:35.00, Seidler 2:36.75, Jones 2:36.01, Cooley 2:43.38, Plypick 2:45.23.

#### Friday's Prelims:

100: Heat 1 – 1. Mary Pearce, UAA, 12.55; 2. Nicki Schutte, NNU, 13.05; 3. Sarajane Rosenberg, WOU, 13.12; 4. Brittany Hood, CWU, 13.15; 5. Elsa Couvelier, WWU, 13.34; 6. Christa Brediger, NNU, 13.34. Heat 2 – 1. NyEma Sims, SPU, 12.54; 2. Jessica Hinton, SPU, 12.74; 3. Heidi Dimmitt, WWU, 12.77; 4. Kara Nygard, CWU, 13.27; 5. Kim Berberick, NNU, 13.29; 6. Natalie Nash, WOU, 13.39; 7. Gail Butler, WWU, 13.80.

200: Heat 1 – 1. Jessica Hinton, SPU, 26.03; 2. NyEma Sims, SPU, 26.19; 3. Brook Bachmeier, NNU, 26.45; 4. Jacque Postlewait, WOU, 26.75; 5. Kim Berberick, NNU, 26.99; 6. Brittany Hood, CWU, 27.25; 7. Christa Brediger, NNU, 27.59. Heat 2 – 1. Mary Pearce, UAA, 25.35; 2. Terran Legard, CWU, 26.25; 3. Rachael Kaercher, CWU, 26.59; 4. Lindsay Brady, NNU, 26.87; 5. Nicki Schutte, NNU, 27.10.

400: Heat 1 – 1. Mary Pearce, UAA, 56.21; 2. Rachael Kaercher, CWU, 58.67; 3. Lindsay Brady, NNU, 59.38; 4. Amanda Gius, CWU, 1:00.11; 5. Amanda Thornton, WWU, 1:00.26; 6. Brittany Taylor, CWU, 1:01.54; 7. Jessica Allman, UAA, 1:03.55. Heat 2 – 1. Terran Legard, CWU, 57.39; 2. Chelsea Evans, CWU, 58.33; 3. Anna Walters, SPU, 59.24; 4. Kathryn Mertens, WWU, 1:00.03; 5. Brook Bachmeier, NNU, 1:00.85; 6. Jessica Pendon, SMU, 1:01.13; 7. Emily Peterson, NNU, 1:04.78.

100 Hurdles: Heat 1 – 1. Lindsay Lunderman, WWU, 15.14; 2. Emily Tweto, UAA, 15.22; 3. Sarah Barker, WOU, 15.99; 4. Lauren Zegers, WOU, 16.14; 5. Clara Cook, WWU, 16.39; 6. Amanda Merrell, NNU, 16.61. Heat 2 – 1. Jacque Postlewait, WOU, 14.93; 2. Chelsi Claussen, SMU, 15.51; 3. Ashley Wornell, NNU, 15.63; 4. Raquel Gonzalez, CWU, 15.65; 5. Brittany Bekins, SPU, 15.71; 6. Kelsey Cooley, SPU, 16.48; 7. Amber McGlasson, UAA, 17.02.

400 Hurdles: Heat 1 – 1. Chelsi Claussen, SMU, 1:05.02; 2. Sarah Barker, WOU, 1:05.45; 3. Lindsay Lunderman, WWU, 1:06.99; 4. Kara Nygard, CWU, 1:08.27; 5. Ashley Wornell, NNU, 1:09.41; 6. Danielle Seibert, WWU, 1:09.88; 7. Stephanie Druktenis, CWU, 1:10.63; 8. Amber McGlasson, UAA, 1:10.88. Heat 2 – 1. Heidi Dimmitt, WWU, 1:04.18; 2. Emily Tweto, UAA, 1:04.37; 3. Natalie Nash, WOU, 1:05.48; 4. Jessica Allman, UAA, 1:07.84; 5. Nathalia Echavarria, UAA, 1:11.61; 6. Courtney Cabebe, SU, 1:11.86.