

2008 GNAC Men's Outdoor Track and Field Championships (May 2-3 at Ellensburg)

Team Scores - Western Oregon 166 1/2, Alaska Anchorage 157, Central Washington 151 1/2, Western Washington 151, Northwest Nazarene 73, Seattle 38, Seattle Pacific 30, Saint Martin's 30, Montana State Billings 17. **Outstanding Performer** – Michael Madrid, Alaska Anchorage.

100 - 1. Michael Madrid, UAA, 10.84; 2. David Registe, UAA, 10.91; 3. Christopher Fussell, SU, 11.04; 4. Ezekiel Hill, CWU, 11.14; 5. Travis Glover, SU, 11.22; 6. Daniel Sullivan, SU, 11.24; 7. Demetrius Preston, UAA, 11.25; 8. Eric Walsh, UAA, 11.26.

200 - 1. Michael Madrid, UAA, 21.83; 2. David Registe, UAA, 21.94; 3. Ezekiel Hill, CWU, 22.14; 4. James McLaughlin, UAA, 22.38; 5. Travis Glover, SU, 22.43; 6. Brandon Grant, UAA, 22.44; 7. Ashtin Mott, WOU, 22.59; 8. Nick Kesler, MSUB, 22.84.

400 - 1. Ashtin Mott, WOU, 48.11 (meet and GNAC record; old, 48.24, Isaac Frederick, WOU, 2003); 2. James McLaughlin, UAA, 48.15; 3. Brandon Grant, UAA, 49.37; 4. Colby Brydson, CWU, 49.77; 5. Blake Estep, WOU, 50.13; 6. Levi Sutton, UAA, 51.40.

800 - 1. Jeff Long, WOU, 1:55.68; 2. Michael Gavareski, SPU, 1:55.69; 3. David Kiplagat, UAA, 1:56.50; 4. Kyle Lampi, WWU, 1:57.13; 5. Mick Boyle, UAA, 1:57.63; 6. Dallas Moses, WOU, 1:57.85; 7. Aaron Dickson, UAA, 1:58.87; 8. Will Cameron, WWU, 2:03.22.

1500 - 1. Zeke VanPatten, WOU, 3:55.74; 2. Chad Meis, SPU, 3:58.06; 3. Brian Cronrath, SPU, 3:58.28; 4. Mick Boyle, UAA, 4:00.21; 5. Mike Schmidt, WOU, 4:00.25; 6. Keith Lemay, WWU, 4:00.80; 7. David Kiplagat, UAA, 4:01.01; 8. Bennett Grimes, WWU, 4:02.03; 9. Will Cameron, WWU, 4:02.55; 10. Paul Rottich, UAA, 4:03.12; 11. Sam Bedell, WWU, 4:05.60; 12. Aaron Dickson, UAA, 4:05.85; 13. Travis Banker, WOU, 4:15.21; 14. Braxton Jackson, WOU, 4:18.90; 15. Peter Doner, UAA, 4:23.19.

5000 - 1. Jordan Welling, WWU, 15:02.89; 2. David Kiplagat, UAA, 15:07.60; 3. Chris Reed, WOU, 15:11.28; 4. Bennett Grimes, WWU, 15:11.28; 5. Paul Rottich, UAA, 15:29.50; 6. Zeke VanPatten, WOU, 15:30.34; 7. Eric Brill, WWU, 15:31.99; 8. Kevin Lambert, NNU, 15:32.07; 9. Auston Ellis, UAA, 15:34.51; 10. Nicholas Alvarado, SU, 15:35.64; 11. Nik Karr, WOU, 15:36.11; 12. Blake Medhaug, WWU, 15:42.55; 13. Cornelious Sigei, UAA, 15:47.12; 14. Aaron Dickson, UAA, 16:00.75.

Steeplechase - 1. Richie Pemberton, MSUB, 9:12.0; 2. David Kiplagat, UAA, 9:12.0; 3. Peter Doner, UAA, 9:35.0; 4. Keever Henry, WWU, 9:47.0; 5. Brian Rockenbach, CWU, 9:58.0; 6. Kym Hunt, WOU, 9:59.0; 7. Kyle Seick, WOU, 10:11.0; 8. Kevin Blount, CWU, 10:20.0.

110 Hurdles - 1. Andy Luscutoff, WOU, 14.97; 2. Lloyd Massey, WOU, 15.27; 3. Shaun Ward, UAA, 15.39; 4. Kevin Myhre, WWU, 15.61; 5. Dallas Beaty, NNU, 15.87; 6. Jordan Werner, WOU, 16.15; 7. Josh Kirk, CWU, 16.17; 8. Ben Wargo, WWU, 16.24.

400 Hurdles - 1. Kevin Myhre, WWU, 53.75; 2. Shaun Ward, UAA, 54.22; 3. Daniel Sullivan, SU, 54.46; 4. Dallas Beaty, NNU, 54.84; 5. Charles Velasquez, CWU, 55.59; 6. Ben Wargo, WWU, 55.69; 7. Phillip Villanueva, WWU, 56.33; Lloyd Massey, WOU, did not finish.

4x100 Relay - 1. Alaska Anchorage 41.59 (Walsh, Grant, Registe, Madrid; meet record; old, 41.72, Central Washington, 2006); 2. Seattle (Sullivan, Allen, Fussell, Glover) 42.24; 3. Central Washington (Demouchet, Hill, Brydson, Orji) 42.71; 4. Western Oregon (Udell, Samuel, Luscutoff, Mott) 42.73; 5. Western Washington (Villanueva, Myhre, Winters, Gruger) 44.10; 6. Montana State Billings (Kesler, Diede, Hopkins, Vallincourt) 44.11; 7. Northwest Nazarene (Hill, Greene, Zwiefelhofer, Beaty) 44.55.

4x400 Relay - 1. Alaska Anchorage (Madrid, Sutton, Grant, McLaughlin) 3:17.3; 2. Western Washington (Wargo, Abraham, Lemay, Myhre) 3:19.4; 3. Central Washington (Velasquez, McGrath, Christenson, Brydson) 3:19.4; 4. Seattle (Allen, Fussell, Sullivan, Glover) 3:21.2; 5. Western Oregon (Estep, Moses, Luscutoff, Samuel) 3:22.1; 6. Northwest Nazarene (Beaty, Hamm, Stark, Hill) 3:22.9; 7. Seattle Pacific (Dull, Gavareski, Meis, Cronrath) 3:29.4; 8. Montana State Billings (Diede, Miller, Hopkins, Kesler) 3:31.8; 9. Saint Martin's (Gatbunton, Grosso, Flaherty, Gerry) 3:39.4.

High Jump - 1. Keefe Brockman, WWU, 1.98 - 6-6; 2. Jonathan Hamilton, CWU, 1.98 - 6-6; 3. Bill Richardson, SMU, 1.98 - 6-6; 4. Brian Martinelli, WWU, 1.98 - 6-6; 5. Joseph Nelson, CWU, and Robert Wegner, WOU, 1.88 - 6-2; 7. Nick Collins, CWU, 1.88 - 6-2; 8. Zeb Udell, WOU, 1.88 - 6-2; 9. Tommy Woolf, WOU, and Jess Keys, NNU, 1.83 - 6-0; 11. Clint Hickey, WOU, 1.83 - 6-0.

Pole Vault - 1. Zeb Udell, WOU, 4.98 - 16-4 (meet record, old record, 15-9 3/4, Tyler Thornbrue, WWU, 2007); 2. Ryan Brown, WWU, 4.88 - 16-0; 3. Josh Winters, WWU, 4.43 - 14-6 1/4; 4. Scott McCoy, CWU, 4.43 - 14-6 1/4; 5. Benjamin Shea, NNU, 4.28 - 14-0 1/2; 6. Bryan Lucke, WWU, 4.28 - 14-0 1/2; 7. Kevin Iverson, WWU, 4.13 - 13-6 1/2; 8. Nathan Satran, MSUB, 4.13 - 13-6 1/2.

Triple Jump - 1. Greg Hamm, NNU, 14.29 - 46-10 3/4; 2. Tim Satterwhite, WWU, 14.20 - 46-7 1/4; 3. Keefe Brockman, WWU, 13.62 - 44-8 1/4; 4. Christian Goodwin, CWU, 13.50 - 44-3 1/2; 5. Tommy Woolf, WOU, 13.37 - 43-10 1/2; 6. James Turner, WWU, 13.22 - 43-4 1/2; 7. Josh Heidegger, NNU, 13.16 - 43-2 1/4; 8. Tyler Reisnauer, WOU, 12.73 - 41-9 1/4; 9. Justin Felt, SPU, 12.57 - 41-3; 10. DeShawn Lewis, MSUB, 12.53 - 41-1 1/2; 11. Udoka Odoemene, SU, 12.48 - 40-11 1/2; 12. Jess Keys, NNU, 12.12 - 39-9 1/4.

Shot Put - 1. Sam Washington, SMU, 16.62 - 54-6 1/2; 2. Matt Valdez, CWU, 15.20 - 49-10 1/2; 3. Tyler Fischer, CWU, 14.79 - 48-6 1/4; 4. Zach Barclay, NNU, 14.63 - 48-0; 5. Grant Miller, NNU, 14.37 - 47-1 3/4; 6. Jordan Fenters, NNU, 14.30 - 46-11; 7. Andrew Matschiner, SPU, 13.95 - 45-9 1/4; 8. Daniel Ramirez, CWU, 13.84 - 45-5; 9. Robert Barrett, WOU, 13.50 - 44-3 1/2; 10. Michael Hoffman, WWU, 12.80 - 42-0; 11. Michael Vavricka, SMU, 12.37 - 40-7; 12. Nick Collins, CWU, 12.19 - 40-0; 13. Bryant Michaelson, WWU, 12.18 - 39-11 1/2; 14. Kyle Richards, MSUB, 11.86 - 38-11.

Discus - 1. Tyler Fischer, CWU, 51.67 - 169-6 (meet record, old, 168-7, Isaiah Haines, WOU, 2003); 2. Sam Washington, SMU, 47.50 - 155-10; 3. Matt Valdez, CWU, 45.85 - 150-5; 4. Bryant Michaelson, WWU, 45.13 - 148-1; 5. Jason Slowey, WOU, 42.87 - 140-8; 6. Anthony Marin, WOU, 42.84 - 140-7; 7. Michael Hoffman, WWU, 42.59 - 139-9; 8. Mychal Ostler, CWU, 40.78 - 133-9; 9. Daniel Ramirez, CWU, 40.52 - 132-11; 10. Grant Miller, NNU, 39.82 - 130-8; 11. Kyle Richards, MSUB, 39.47 - 129-6; 12. Zach Barclay, NNU, 38.94 - 127-9; 13. Andrew Matschiner, SPU, 33.62 - 110-4; 14. Alex Harrison, WWU, 33.23 - 109-0.

Friday's Finals:

10,000 - 1. Kevin Lambert, NNU, 31:31.32; 2. Braxton Jackson, WOU, 32:25.99; 3. John Riak, SMU, 32:27.60; 4. Blake Medhaug, WWU, 32:29.70; 5. Nik Karr, WOU, 32:31.07; 6. Greg Kubitz, WWU, 32:35.47; 7. Cornelious Sigei, UAA, 32:37.27; 8. Auston Ellis, UAA, 32:47.72; 9. Trevor Kulvi, CWU, 32:51.50; 10. Seth Clark, NNU, 33:16.29; 11. James Rosser, SPU, 34:01.56; 12. Hans Heitzinger, SU, 34:02.86; 13. Justin Karr, WOU, 34:16.32; 14. Kyle Larson, WOU, 34:27.70; 15. John Durkee, CWU, 34:29.52; 16. Scott Seamster, SPU, 35:05.55; 17. Ryan Ceynar, MSUB, 35:18.03; 18. Steven LaLonde, SMU, 36:53.70.

Hammer - 1. Tyler Fischer, CWU, 53.97 - 177-1; 2. Matt Valdez, CWU, 50.26 - 164-11; 3. Mychal Ostler, CWU, 49.29 - 161-8; 4. Zach Barclay, NNU, 48.89 - 160-5; 5. Michael Hoffman, WWU, 48.79 - 160-1; 6. Anthony Marin, WOU, 48.57 - 159-4; 7. Robert Barrett, WOU, 46.95 - 154-0; 8. Scott Karnitz, UAA, 41.76 - 137-0; 9. Jordan Fenters, NNU, 40.79 - 133-10; 10. Diego Estrada, NNU, 39.88 - 130-10; 11. Alex Eaton, NNU, 37.90 - 124-4.

Long Jump - 1. David Registe, UAA, 7.52 - 24-8 1/4 (meet record; old, 7.09 - 23-3 1/4, Registe, 2007); 2. Zeb Udell, WOU, 6.81 - 22-4 1/4; 3. Jamrian Malley, WOU, 6.69 - 21-11 1/2; 4. Shane Gruger, WWU, 6.57 - 21-6 3/4; 5. Justin Felt, SPU, 6.55 - 21-6; 6. Christian Goodwin, CWU, 6.27 - 20-7; 7. Ezekiel Hill, CWU, 6.27 - 20-7; 8. Robert Wegner, WOU, 6.25 - 20-6 1/4; 9. Lionel Orji, CWU, 6.21 - 20-4 1/2; 10. Keefe Brockman, WWU, 6.06 - 19-10 3/4; 11. d'Andre Benjamin, SU, 6.00 - 19-8 1/4; 12. Mark Hanson, NNU, 4.73 - 15-6 1/4.

Javelin - 1. Josh Heidegger, NNU, 60.68 - 199-1; 2. Ian Wells, CWU, 59.17 - 194-1; 3. Andrew Stiger, CWU, 56.80 - 186-4; 4. Chad Acock, CWU, 55.89 - 183-4; 5. Eric Zwiefelhofer, NNU, 54.35 - 178-4; 6. Alex Harrison, WWU, 53.41 - 175-3; 7. Ben Dekock, WWU, 50.90 - 167-0; 8. Jade Haynie, MSUB, 50.74 - 166-6; 9. Tommy Woolf, WOU, 48.93 - 160-6; 10. Bob Valentine, WWU, 46.37 - 152-1; 11. Will Lloyd, WWU, 45.68 - 149-10; 12. Joshua Jorgensen, SPU, 44.78 - 146-11.

Decathlon (Apr. 21-22) - 1. Zeb Udell, WOU, 6181; 2. Clint Hickey, WOU, 5537; 3. Kevin Iverson, WWU, 5532; 4. Nick Collins, CWU, 5400; 5. Josh Kirk, CWU, 5331; 6. Tommy Woolf, WOU, 5241; 7. D'Andre Benjamin, Seattle, 5077; 8. Stuart Montgomery, NNU, 4422; 9. Alex Harrison, WWU, 3077; Darren Edwards, WWU, DNF.

Day 1 Results: 100 – Udell 11.3, Benjamin 11.5, Collins 11.6, Hickey 11.7, Edwards 11.8, Woolf 12.0, Iverson 12.0, Kirk 12.0, Montgomery 12.5, Harrison 15.4. Long Jump – Udell 6.45, Collins 6.29, Benjamin 6.05, Woolf 6.03, Hickey 5.74, Iverson 5.69, Edwards 5.59, Kirk 5.62, Montgomery 5.05, Harrison 3.95. Shot Put – Harrison 12.11 – 39-8 ¾, Collins 11.44 – 37-6 ½, Kirk 9.91 – 32-6 ¼, Edwards 9.91 – 32-6 ¼, Udell 9.79 – 32-1 ½, Hickey 9.61 – 31-6 ½, Woolf 9.59 – 31-5 ¾, Iverson 9.58 – 31-5 ¼, Benjamin 9.14 – 30-0, Montgomery 9.12 – 29-11 ¼. High Jump – Woolf 1.89 – 6-2 1/4, Udell 1.83 – 6-0, Hickey 1.83 – 6-0, Collins 1.74 – 5-8 ½, Kirk 1.71 – 5-7 ¼, Iverson 1.68 – 5-6, Edwards 1.65 – 5-5, Montgomery 1.62 – 5-3 ¾, Harrison 1.62 – 5-3 ¾, Benjamin 1.59 – 5-2 ½. 400 – Iverson 53.19, Udell 53.25, Kirk 54.40, Benjamin 54.71, Hickey 54.77, Montgomery 55.13, Collins 55.91, Woolf 56.99, Edwards DNF, Harrison DNF.

Day 2 Results: 110 Hurdles – Udell 16.35, Kirk 16.49, Wolf 16.58, Hickey 16.86, Benjamin 16.94, Collins, 17.56, Iverson 17.61, Montgomery 20.35, Harrison DNF. Discus - Collins 36.68 - 120-4, Udell 33.94 - 111-4, Harrison 32.87 - 107-10, Kirk 30.59 - 100-4, Hickey 30.58 - 100-4, Woolf 29.64 - 97-3, Iverson 29.08 - 95-5, Montgomery 26.07 - 85-6, Benjamin 24.64 - 80-10. Pole Vault - Udell 4.70 - 15-5, Iverson 3.90 - 12-9 ½, Harrison 3.60 - 11-9 ¾, Hickey 3.50 - 11-5 ¾, Benjamin 3.20 - 10-6, Kirk 3.10 - 10-2, Woolf 2.80 – 9-2 ¼, Collins 2.80 - 9-2 ¼, Montgomery 2.50 – 8-2 ½. Javelin – Harrison 51.65 – 169-5, Woolf 43.71 – 143-5, Benjamin 42.06 – 138-0, Collins 39.92 – 131-0, Kirk 37.99 – 124-8, Hickey 37.40 – 122-8, Iverson 36.99 – 121-4, Udell 34.34 – 112-8, Montgomery 31.37 – 102-11. 1500 – Iverson 4:36.56, Montgomery 4:37.51, Hickey 4:58.24, Kirk 4:58.25, Udell 5:13:20, Collins 5:31.52, Woolf 5:34.14, Benjamin 5:38.99, Harrison DNF.

Friday's Prelims:

100 - Heat 1, 1. David Registe, UAA, 10.90; 2. Ezekiel Hill, CWU, 10.99; 3. Travis Glover, SU, 11.09; 4. Demetrius Preston, UAA, 11.11; 5. Shane Gruger, WWU, 11.21; 6. Cole Samuel, WOU, 11.56; 7. Nathan Diede, MSUB, 11.69. Heat 2, 1. Michael Madrid, UAA, 10.76; 2. Christopher Fussell, SU, 11.08; 3. Daniel Sullivan, SU, 11.15; 4. Eric Walsh, UAA, 11.17; 5. Phillip Villanueva, WWU, 11.54; 6. Lionel Orji, CWU, 11.57.

200 - Heat 1, David Registe, UAA, 21.92; 2. Ashtin Mott, WOU, 22.17; 3. James McLaughlin, UAA, 22.18; 4. Travis Glover, SU, 22.48; 5. Nick Kesler, MSUB, 22.65; 6. Shane Gruger, WWU, 22.80; 7. Eric Walsh, UAA, 22.98; 8. Matt O'Connell, WWU, 1:40.50. Heat 2, 1. Michael Madrid, UAA, 21.95; 2. Brandon Grant, UAA, 22.43; 3. Ezekiel Hill, CWU, 22.45; 4. Christopher Fussell, SU, 22.73; 5. Andy Luscutoff, WOU, 22.92; 6. Demetrius Preston, UAA, 23.03; 7. Cole Samuel, WOU, 23.53; 8. Matt Rogstad, CWU, 32.69.

400 - Heat 1, 1. Matt Rogstad, CWU, 48.29; 2. Matt O'Connell, WWU, 49.59; 3. Brandon Grant, UAA, 50.12; 4. Blake Estep, WOU, 50.56; 5. Bryan Gerry, SMU, 50.89; 6. Loyal Allen, SU, 51.16; 7. Jeremiah Richardson, WOU, 51.68. Heat 2, 1. James McLaughlin, UAA, 48.47; 2. Ashtin Mott, WOU, 49.33; 3. Colby Bryndon, CWU, 50.12; 4. Levi Sutton, UAA, 50.55; 5. Dan Hill, NNU, 50.69; 6. Mitch Ward, NNU, 50.74; 7. Andrew Christenson, CWU, 50.84.

800 - Heat 1, 1. Jeff Long, WOU, 1:57.04; 2. Kyle Lampi, WWU, 1:57.05; 3. Nick Abraham, WWU, 1:57.40; 4. Matt Stark, NNU, 1:57.92; 5. Paul Rottich, UAA, 1:58.09; 6. Mac McGrath, CWU, 1:58.81; 7. Tahoma Khalsa, WWU, 1:59.06; 8. Corey Cronkhite, CWU, 2:00.87. Heat 2, 1. Mick Boyle, UAA, 1:54.47; 2. David Kiplagat, UAA, 1:54.81; 3. Will Cameron, WWU, 1:54.97; 4. Aaron Dickson, UAA, 1:55.22; 5. Michael Gavareski, SPU, 1:55.37; 6. Dallas Moses, WOU, 1:55.56; 7. Mike Schmidt, WOU, 1:57.44; 8. Josh Gatbunton, SMU, 1:58.41.

110 Hurdles - Heat 1, 1. Andy Luscutoff, WOU, 15.26; 2. Kevin Myhre, WWU, 15.46; 3. Dallas Beaty, NNU, 15.80; 4. Ben Wargo, WWU, 15.95; 5. Josh Kirk, CWU, 16.00; 6. d'Andre Benjamin, SU, 16.10; 7. Tommy Woolf, WOU, 16.90. Heat 2, 1. Lloyd Massey, WOU, 15.31; 2. Shaun Ward, UAA, 15.33; 3. Jordan Werner, WOU, 16.02; 4. Zeb Udell, WOU, 16.07; 5. Clint Hickey, WOU, 16.55; 6. Kevin Moen, WWU, 16.88.

400 Hurdles - Heat 1, 1. Lloyd Massey, WOU, 53.97; 2. Shaun Ward, UAA, 54.72; 3. Ben Wargo, WWU, 55.05; 4. Dallas Beaty, NNU, 55.69; 5. Phillip Villanueva, WWU, 56.90; 6. Josh Kirk, CWU, 57.62; 7. Marshall Hanshumaker, WOU, 58.39. Heat 2, 1. Kevin Myhre, WWU, 54.18; 2. Daniel Sullivan, SU, 55.83; 3. Charles Velasquez, CWU, 56.66; 4. Clint Hickey, WOU, 57.45; 5. Mark Hanson, NNU, 57.78; 6. Jordan Werner, WOU, 58.67; 7. Gabriel Morales, WWU, 58.73; James Hopkins, MSUB, disqualified.