

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

Team Scores - Western Oregon 162, Seattle Pacific 158, Western Washington 142, Northwest Nazarene 138, Alaska Anchorage 109, Central Washington 71, Seattle 43, Saint Martin's 17, Montana State Billings 14. **Outstanding Performer** - Ashley Puga, Northwest Nazarene.

100 - 1. Nicki Schutte, NNU, 12.82; 2. Latoya Tidwell, NNU, 12.83; 3. Lauren Duckett, WOU, 12.89; 4. Heidi Dimmitt, WWU, 12.92; 5. Kim Brady, UAA, 13.09; 6. Ardrienna Everett, UAA, 13.16; 7. Joana Houplin, WWU, 13.21; Megan Zukowski, WWU, disqualified.

200 - 1. Latoya Tidwell, NNU, 26.00; 2. Nicki Schutte, NNU, 26.34; 3. Jessica Hinton, SPU, 26.49; 4. Megan Zukowski, WWU, 27.00; 5. Lindsay Brady, NNU, 27.20; 6. Joana Houplin, WWU, 27.29; 7. Brittany Hood, CWU, 27.31; 8. Amanda Thornton, WWU, 27.67.

400 - 1. Lindsay Brady, NNU, 57.47; 2. Chelsea Evans, CWU, 57.85; 3. Megan O'Connell, WWU, 57.95; 4. Jessica Hinton, SPU, 58.47; 5. Amanda Thornton, WWU, 58.94; 6. Rachel Purcell, SU, 59.44; 7. Sarah Brownell, WWU, 59.46; 8. Elisa Decker, NNU, 59.87.

800 - 1. Ashley Puga, NNU, 2:13.10; 2. Rachael Johnson, SU, 2:15.10; 3. Ashley Berry, WOU, 2:15.99; 4. Jane Larson, SPU, 2:16.05; 5. Annan Applebee, WOU, 2:16.87; 6. Cheryl Watson, WWU, 2:18.49; 7. Annie Laweryson, SMU, 2:19.00; 8. Jaclyn Puga, NNU, 2:21.77.

1500 - 1. Jane Larson, SPU, 4:29.66 (meet record, 4:31.84, Alicen Maier, CWU, 2002); 2. Ashley Puga, NNU, 4:35.10; 3. Elizabeth Chepkosgei, UAA, 4:36.42; 4. Lisa Anderberg, SPU, 4:47.42; 5. Jaclyn Puga, NNU, 4:51.00; 6. Laura Carr, UAA, 4:51.27; 7. Hallidie Wilt, UAA, 4:53.20; 8. Tricia Morrison, WOU, 4:57.11; 9. Erica Zambon, WOU, 4:58.51; 10. Krinda Carlson, SMU, 4:59.50; 11. Stephanie Cooke, CWU, 5:00.47; 12. Kayti Krepel, SPU, 5:01.45; 13. Emma Bohman, UAA, 5:13.81; 14. Danielle Slaughter, WWU, 5:16.34.

5000 - 1. Laura Carr, UAA, 17:44.74; 2. Elizabeth Chepkosgei, UAA, 17:45.17; 3. Katie Hansen, SU, 17:49.63; 4. Kate Harline, SPU, 18:29.50; 5. Hallidie Wilt, UAA, 18:39.71; 6. Megan Wrightman, SPU, 18:46.40; 7. Kaitlin Rohde, SPU, 19:12.41; 8. Lauren Briehof, WWU, 19:16.85; 9. Ashley Rehdahl, NNU, 19:17.18; 10. Kirsten Clarke, CWU, 19:17.41; 11. Natalie Martinez, SU, 19:33.36; 12. Rhiannon Cadelinia, SU, 19:34.15; 13. Davya Flaherty, UAA, 19:47.59; 14. Alex Borunda, CWU, 19:49.38; 15. Emma Bohman, UAA, 20:02.49.

Steeplechase - 1. Jessica Harper, WOU, 10:57.0 (meet record; old, 11:01.6, Karin Rohde, SPU, 2007); 2. Suzie Strickler, SPU, 11:03.0; 3. Lyndsey McKillip, WOU, 11:04.0; 4. Karin Rohde, SPU, 11:11.0; 5. Sarah Benson, CWU, 11:38.0; 6. Kim Beamon, SPU, 11:56.0; 7. Miriam Reardon, NNU, 12:28.0.

100 Hurdles - 1. Jacque Postlewait, WOU, 14.73; 2. Michelle Howe, WWU, 14.76; 3. Sarah Barker, WOU, 15.45; 4. Raquel Gonzalez, CWU, 15.58; 5. Nathalia Echavarria, UAA, 15.70; 6. Jennifer Pike, SPU, 15.71; 7. Chelsi Claussen, SMU, 15.75; 8. Mandy Keifer, WOU, 15.88.

400 Hurdles - 1. Heidi Dimmitt, WWU, 1:01.78; 2. Sarah Barker, WOU, 1:03.18; 3. Jacque Postlewait, WOU, 1:04.27; 4. Zee Zee Ridgway, UAA, 1:04.73; 5. Kelsey Castrey, WOU, 1:05.03; 6. Chelsi Claussen, SMU, 1:05.48; 7. Jennifer Pike, SPU, 1:06.77; Ardrienna Everett, UAA, did not finish.

4x100 Relay - 1. Northwest Nazarene (Berberick, Schutte, Brady, Tidwell) 48.49; 2. Western Oregon (Duckett, Postlewait, Barker, Rosenberg) 50.03; 3. Alaska Anchorage (Everett, Echavarria, Friess, Brady) 50.11; 4. Central Washington (Nygard, Hood, Amos, Wells) 50.56; 5. Seattle Pacific (Hinton, Pike, Anderson, Peaslee) 50.66; 6. Seattle (Wolf, Purcell, Cabebe, Moon) 51.56; 8. Montana State Billings (Baum, Woodford, Derhak, Hansen) 52.26; Western Washington 50.06 (Dimmitt, Brownell, Houplin, Zukowski; disqualified).

4x400 Relay - 1. Northwest Nazarene (meet record; old, 3:51.48, Central Washington, 2007; Schutte, Decker, Brady, Ashley Puga) 3:51.47; 2. Western Washington (Dimmitt, Thornton, O'Connell, Brownell) 3:53.09; 3. Western Oregon (Applebee, Howell, Barker, Berry) 3:56.28; 4. Central Washington (Evans, Nygard, Hood, Kaercher) 3:57.73; 5. Seattle Pacific (Peaslee, Hinton, Anderberg, Larson) 3:58.23; 6. Saint Martin's (Pendon, Layton, Laweryson, Claussen) 4:05.95; 6. Seattle (Cabebe, Purcell, Wolf, Johnson) 4:06.04; 8. Alaska Anchorage (Ridgway, Friess, Echavarria, Brady) 4:07.59; 9. Montana State Billings (Woodford, Derhak, Hansen, Jackson) 4:17.17.

High Jump - 1. Clara Cook, WWU, 1.63 - 5-4 1/4; 2. Brittany Aanstad, SPU, 1.58 - 5-2 1/4, and Mara Becker, SU, 1.58 - 5-2 1/4; 4. Jill Rogers, WWU, 1.58 - 5-2 1/4; 5. Jacque Mattson, SPU, 1.53 - 5-0 1/4; 6. Ashley Berry, WOU, 1.48 - 4-10 1/4; 7. Lindsay Mock, UAA, 1.48 - 4-10 1/4; 8. Raquel Gonzalez, CWU, 1.48 - 4-10 1/4.

Triple Jump - 1. Kim Brady, UAA, 11.98 - 39-3 3/4 (meet and GNAC record, old meet, 11.58 - 38-0, Kim Bascom, WWU, 2006; old GNAC, 11.87 - 38-11 1/2, Brady, 2008); 2. Sarajane Rosenberg, WOU, 11.25 - 36-11; 3. Laura VonArx, NNU, 11.06 - 36-3 1/2; 4. Christy Miller, WWU, 10.89 - 35-8 3/4; 5. Melissa Flower, SPU, 10.71 - 35-1 3/4; 6. Mandy Keifer, WOU, 10.69 - 35-1; 7. Brittany Aanstad, SPU, 10.66 - 34-11 3/4; 8. Megan Paulsen, WWU, 10.65 - 34-11 1/4; 9. Kristin Johnson, WWU, 10.63 - 34-10 1/2; 10. Amanda Rose, CWU, 10.25 - 33-7 1/2; 11. Maycee Bekkedahl, NNU, 10.21 - 33-6; 12. Annie Larlee, NNU, 10.06 - 33-0 1/4; 13. Rachel Hansen, MSUB, 9.88 - 32-5.

Shot Put - 1. Shaina Afoa, CWU, 12.99 - 42-7 1/2; 2. Jessica Houston, UAA, 12.50 - 41-0 1/4; 3. Amy Carroll, NNU, 12.25 - 40-2 1/4; 4. Jordan Stueckle, CWU, 12.09 - 39-8; 5. Kacie Vanderloos, MSUB, 11.55 - 37-10 3/4; 6. Chelsea Sadler, WWU, 11.27 - 36-11 3/4; 7. Alyssa Taylor, WOU, 11.20 - 36-9; 8. Sabrina Freed, WOU, 11.16 - 36-7 1/2; 9. Kristin Humphrey, WOU, 11.00 - 36-1 1/4; 10. Brittany Bekins, SPU, 10.86 - 35-7 3/4; 11. Lexi Halvorson, MSUB, 10.63 - 34-10 1/2; 12. Shayna Shute, NNU, 10.60 - 34-9 1/2; 13. Hannah Dine-Auburt, NNU, 10.58 - 34-8 1/2; 14. Lindsay Currier, SU, 10.48 - 34-4 3/4. 15. Becky Scherer, CWU, 10.46 - 34-4; 16. Kelsee Clark, MSUB, 10.16 - 33-4.

Discus - 1. Erica Rance, WWU, 42.90 - 140-9; 2. Shaina Afoa, CWU, 40.89 - 134-2; 3. Lexi Halvorson, MSUB, 40.14 - 131-8; 4. Lindsay Currier, SU, 40.01 - 131-3; 5. Becky Scherer, CWU, 37.38 - 122-8; 6. Jessica Houston, UAA, 36.88 - 121-0; 7. Amy Carroll, NNU, 36.52 - 119-10; 8. Chelsea Sadler, WWU, 35.47 - 116-4; 9. Shayna Shute, NNU, 35.37 - 116-0; 10. Sabrina Freed, WOU, 35.03 - 114-11; 11. Alison McWeeny, CWU, 33.67 - 110-5; 12. Kristin Humphrey, WOU, 29.33 - 96-3.

Friday's Finals:

3,000 - 1. Elizabeth Chepkosgei, UAA, 9:59.16; 2. Ashley Puga, NNU, 10:02.12; 3. Katie Hansen, SU, 10:03.09; 4. Suzie Strickler, SPU, 10:07.72; 5. Laura Carr, UAA, 10:08.84; 6. Lyndsey McKillip, WOU, 10:28.88; 7. Marcie Mullen, CWU, 10:34.92; 8. Karin Rohde, SPU, 10:41.61; 9. Tricia Morrison, WOU, 10:48.36; 10. Hallidie Wilt, UAA, 10:52.92; 11. Greta Stickney, SU, 10:58.44; 12. Ashley Rehdahl, NNU, 11:06.06; 13. Danielle Slaughter, WWU, 11:09.89; 14. Valerie Matthews, WWU, 11:13.79; 15. Emma Bohman, UAA, 11:38.95.

10,000 - 1. Sarah Porter, WWU, 36:31.85; 2. Katie Hart, SPU, 39:23.60; 3. Davya Flaherty, UAA, 39:34.23; 4. Jackie Dent, WOU, no time recorded; 5. Jessie Dunnam, SMU, 40:12.92; 6. Helen Camden, SMU, 40:48.42; 7. Shannon DeBoer, NNU, 41:22.77; 8. Mary Bakeman, CWU, 42:16.24; 9. Heidi Peterson, SPU, 43:33.25; 10. Katie Thiel, MSUB, 46:16.31; Tiffany Hunter, SU, scratched.

Long Jump - 1. Kim Brady, UAA, 5.56 - 18-3; 2. Sarajane Rosenberg, WOU, 5.37 - 17-7 1/2; 3. Jacque Postlewait, WOU, 5.33 - 17-6; 4. Mandy Keifer, WOU, 5.15 - 16-10 3/4; 5. Christy Miller, WWU, 5.14 - 16-10 1/2; 6. Brittany Aanstad, SPU, 5.05 - 16-7; 7. Rachel Hansen, MSUB, 4.85 - 15-11; 8. Megan Paulsen, WWU, 4.80 - 15-9; 9. Laura VonArx, NNU, 4.79 - 15-8 3/4; 10. Lysie Powers, NNU, 4.71 - 15-5 1/2; 11. Gail Butler, WWU, 4.68 - 15-4 1/2; 12. Raquel Gonzalez, CWU, 4.61 - 15-1 1/2; 13. Maycee Bekkedahl, NNU, 4.45 - 14-7 1/2; 14. Clara Cook, WWU, 4.40 - 14-5 1/4.

Javelin - 1. Brittany Aanstad, SPU, 45.07 - 147-10; 2. Jeeni Schantlin, SPU, 44.93 - 147-5; 3. Monika Gruszecki, WWU, 44.55 - 146-2; 4. Lauren Vermulm, SPU, 42.03 - 137-11; 5. Brittany Bekins, SPU, 41.70 - 136-10; 6. Erica Rance, WWU, 37.85 - 124-2; 7. Melissa Hensen, WWU, 37.80 - 124-0; 8. Cate Morris, WOU, 37.05 - 121-7; 9. Jill Blake, SMU, 36.21 - 118-9; 10. Angela Harsin, WOU, 34.96 - 114-8; 11. Mandy Keifer, WOU, 33.50 - 109-11; 12. Amanda Peters, NNU, 31.49 - 103-4; 13. Hali Bellisario, SU, 31.36 - 102-11; 14. Amanda DiEnno, WWU, 28.00 - 91-10; 15. Sarah Elwell, NNU, 27.57 - 90-5.

Pole Vault - 1. Melissa Peaslee, SPU, 3.58 - 11-9; 2. Christy Miller, WWU, 3.33 - 10-11; 3. Tracie Lundsten, SPU, 3.33 - 10-11; 4. Karina Elzinga, NNU, 3.33 - 10-11; 5. Camille Clarke, WWU, 3.33 - 10-11; 6. Courtney Cabebe, SU, 3.18 - 10-5 1/4; 7. Cara Dockins, WWU, 3.03 - 9-11 1/4; 8. M. J. Usabel, NNU, 3.03 - 9-11 1/4; 9. Samantha Stevens, WWU, 2.88 - 9-5 1/4; 10. Amanda DiEnno, WWU, 2.88 - 9-5 1/4; 11. Jamie Wulfekuhle, WWU, Jennifer Quick, WWU, and Diana DiMarco, WWU, 2.73 - 8-11 1/2.

Hammer - 1. Sabrina Freed, WOU, 51.44 - 168-9; 2. Amy Carroll, NNU, 49.24 - 161-6; 3. Sara Cole, WOU, 48.94 - 160-7; 4. Alison McWeeny, CWU, 42.61 - 139-9; 5. Courtney Little, NNU, 42.55 - 139-7; 6. Erica Rance, WWU, 40.87 - 134-1; 7. Becky Scherer, CWU, 40.50 - 132-10; 8. Kristin Humphrey, WOU, 39.15 - 128-5; 9. Shayna Shute, NNU, 39.00 - 127-11; 10. Jill Blake, SMU, 38.47 - 126-2; 11. Hannah Dine-Aubert, NNU, 36.94 - 121-2; 12. Alyssa Taylor, WOU, 36.84 - 120-10; 13. Jordan Stueckle, CWU, 35.08 - 115-1; 14. Katie Snoderly, WOU, 33.58 - 110-2; 15. Lauren Kaligis, WWU, 30.40 - 99-9.

Heptathlon (Apr. 21-22) - 1. Jacque Postlewait, WOU, 4615; 2. Mandy Keifer, WOU, 4223; 3. Brittany Aanstad, SPU, 4083; 4. Jennifer Pike, SPU, 3988; 5. Clara Cook, WWU, 3960; 6. Raquel Gonzalez, CWU, 3899; 7. Michelle Howe, WWU, 3693; 8. Amanda Rose, CWU, 3395; 9. Chelsey Jones, NNU, 3327; 10. Mary Seidler, CWU, 3002; 11. Claire Monahan, Seattle, 1644; Brittany Bekins, Seattle Pacific, DNF.

Day 1: 100 Hurdles – Postlewait 14.82, Howe 14.89, Gonzalez 15.74, Keifer 15.75, Bekins 16.12, Pike 16.18, Rose 16.54, Cook 16.73, Aanstad 17.41, Seidler 18.28, Jones 19.45, Monahan 22.15. High Jump – Cooke 1.64 – 5-4 1/2, Postlewait 1.58 – 5-2 1/4, Aanstad 1.52 – 4-11 3/4, Bekins 1.49 – 4-10 1/2, Gonzalez 1.46 – 4-9 1/2, Rose 1.46 – 4-9 1/2, Pike 1.46 – 4-9 1/2, Keifer 1.43 – 4-8 1/4, Howe 1.40 – 4-7, Jones 1.40 – 4-7, Seidler 1.28 – 4-2 1/4. Shot Put - Keifer 10.15 – 33-3 3/4, Jones 10.11 – 33-2, Aanstad 9.63 – 31-7 1/4, Gonzalez 9.38 – 30-9 1/4, Postlewait 9.35 – 30-8 1/4, Seidler 8.65 – 28-4 1/2, Pike 8.31 – 27-3 1/4, Monahan 8.68 – 28-5 1/4, Cook 8.07 – 26-5 3/4, Rose 7.61 – 24-11 3/4, Howe 7.54 – 24-9. 200 – Postlewait 26.10, Pike 26.82, Howe 26.98, Keifer 27.70, Gonzalez 27.76, Aanstad 28.34, Rose 28.44, Cook 28.63, Seidler 29.44, Jones 29.98, Monahan 30.92.

Day 2: Long Jump - Postlewait 5.32 – 17-5 1/2, Aanstad 5.00 – 16-5, Pike 4.83 – 15-10 1/4, Gonzalez 4.82 – 15-9 3/4, Cook 4.63 – 15-2 1/4, Rose 4.60 – 15-1 1/4, Keifer 4.54 – 14-10 3/4, Howe 4.46 – 14-7 3/4, Seidler 4.16 – 13-7 3/4, Jones 4.02 – 13-2 1/4, Monahan 3.84 – 12-7 1/4. Javelin – Aanstad 41.31 – 135-6, Keifer 36.95 – 121-3, Jones 30.05 – 98-7, Cook 28.07 – 92-1, Postlewait 27.12 – 89-0, Gonzalez 22.83 – 74-11, Seidler 22.68 – 74-5, Pike 21.97 – 72-1, Howe 15.75 – 51-8, Rose 15.63 – 51-3, Monahan foul. 800 – Pike 2:26.83, Keifer 2:30.02, Postlewait 2:30.05, Cook 2:32.44, Jones 2:32.96, Howe 2:36.43, Gonzalez 2:38.99, Rose 2:43.28, Aanstad 2:43.98, Seidler 2:46.03, Monahan 3:00.48.

Friday's Prelims:

100 - Heat 1, 1. Latoya Tidwell, NNU, 12.60; 2. Megan Zukowski, WWU, 12.70; 3. Ardrienna Everett, UAA, 12.77; 4. Joana Houplin, WWU, 12.78; 5. Tish Wells, CWU, 12.88; 6. Kim Berberick, NNU, 13.18; 7. Lindsay Mock, UA, 13.38; 8. Elsa Couvelier, WWU, 13.77. Heat 2, 1. Nicki Schutte, NNU, 12.55; 2. Heidi Dimmitt, WWU, 12.70; 3. Lauren Duckett, WOU, 12.74; 4. Kim Brady, UAA, 12.75; 5. Britany Hood, CWU, 13.04; 6. Christa Brediger, NNU, 13.10; 7. Britney Derhak, MSUB, 13.20; 8. Elizabeth Wolf, SU, 13.24.

200 - Heat 1, 1. Latoya Tidwell, NNU, 25.51; 2. Megan Zukowski, WWU, 25.97; 3. Lindsay Brady, NNU, 26.47; 4. Amanda Thornton, WWU, 26.62; 5. Chelsea Evans, CWU, 26.66; 6. Melissa Peaslee, SPU, 26.79; 7. Rachael Kaercher, CWU, 26.87; Elsa Couvelier, WWU, scratched. Heat 2, 1. Nicki Schutte, NNU, 25.95; 2. Jessica Hinton, SPU, 26.13; 3. Joana Houplin, WWU, 26.50; 4. Britany Hood, CWU, 26.55; 5. Christa Brediger, NNU, 26.98; 6. Ian Wells, CWU, 27.17; 7. Britney Derhak, MSUB, 27.42; 8. Lauren Duckett, WOU, 27.70.

400 - Heat 1, 1. Megan O'Connell, WWU, 58.54; 2. Chelsea Evans, CWU, 58.57; 3. Elisa Decker, NNU, 59.11; 4. Rachael Kaercher, CWU, 1:00.02; 5. Jessica Pendon, SMU, 1:01.21. Heat 2, 1. Lindsay Brady, NNU, 57.76; 2. Sarah Brownell, WWU, 58.66; 3. Jessica Hinton, SPU, 58.79; 4. Amanda Thornton, WWU, 59.01; 5. Rachel Purcell, SU, 59.57; 6. Malori Woodford, MSUB, 1:02.33.

800 - Heat 1, 1. Ashley Puga, NNU, 2:16.05; 2. Annan Applebee, WOU, 2:17.33; 3. Cheryl Watson, WWU, 2:18.35; 4. Sarah Jackson, MSUB, 2:18.72; 5. Courtney Olsen, WWU, 2:19.58; 6. Lisa Anderberg, SPU, 2:20.10; 7. Ally Ganyo, WWU, 2:22.76; 8. Jen Hamann, SU, 2:23.05. Heat 2, 1. Rachael Johnson, SU, 2:15.42; 2. Ashley Berry, WOU, 2:15.76; 3. Jaclyn Puga, NNU, 2:15.87; 4. Jane Larson, SPU, 2:15.92; 5. Annie Laweryson, SMU, 2:18.63; 6. Kira Batcheller, WOU, 2:19.98; 7. Amy Layton, SMU, 2:21.26; 8. Kayti Krepel, SPU, 2:22.90.

100 Hurdles - Heat 1, 1. Michelle Howe, WWU, 15.18; 2. Sarah Barker, WOU, 15.73; 3. Chelsi Claussen, SMU, 15.83; 4. ZeeZee Ridgway, UAA, 16.32; 5. Amanda Rose, CWU, 16.96; 6. Meagan Friess, UAA, 17.26; 7. Jessica Erickson, WWU, 30.41. Heat 2, 1. Jacque Postlewait, WOU, 15.07; 2. Raquel Gonzalez, CWU, 15.60; 3. Mandy Keifer, WOU, 15.85; 4. Jennifer Pike, SPU, 16.04; 5. Nathalia Echavarria, UAA, 16.25; 6. Dianna Hanson, WWU, 16.69; 7. Clara Cook, WWU, 16.95.

400 Hurdles - Heat 1, 1. Heidi Dimmitt, WWU, 1:03.37; 2. Jacque Postlewait, WOU, 1:05.12; 3. Jennifer Pike, SPU, 1:05.20; 4. Kelsey Castrey, WOU, 1:06.09; 5. Kara Nygard, CWU, 1:08.04; 6. Annie Larlee, NNU, 1:09.12; 7. Jamie Beaty, NNU, 1:10.63. Heat 2, 1. Sarah Barker, WOU, 1:03.95; 2. Ardrienna Everett, UAA, 1:04.73; 3. Zee Zee Ridgway, UAA, 1:05.28; 4. Chelsi Claussen, SMU, 1:05.45; 5. Michelle Howe, WWU, 1:07.12; 6. Nathalia Echavarria, UAA, 1:07.33; 7. Stephanie Druktenis, CWU, 1:09.95.