

## ***2009 GNAC Women's Outdoor Track and Field Championships (Apr. 20-21 at Ellensburg\*)***

**Team Scores** - Western Washington 15, Western Oregon 15, Central Washington 6, Northwest Nazarene 3.

**Heptathlon (Apr. 21-22)** - 1. Mandy Keifer, WOU, 4588; 2. Clara Cook, WWU, 4343; 3. Raquel Gonzalez, CWU, 4137; 4. Jacque Helbling, WOU, 4131; 5. Michelle Howe, WWU, 3948; 6. Sabrina Schwindler, WWU, 3947; 7. Jill Bennett, NNU, 3834; 8. Laura VonArx, NNU, 3832; 9. Beth McLam, NNU, 3328; 10. Siri Berg, CWU, 3192; 11. Devon King, WWU, 3044; 12. Mary Seidler, CWU, 2841.

**Day 1:** 100 Hurdles – Howe 14.77, Keifer 15.29, Helbling 15.36, Cook 15.48, Gonzalez 15.66, Bennett 16.53, Schwindler 16.95, McLam 17.64, VonArx 17.75, Berg 18.14, King 18.45, Seidler 18.94 . High Jump –Cooke 1.70 - 5-7, Schwindler 1.58 – 5-2 ¼, Bennett 1.55 – 5-1, Keifer 1.55 – 5-1, Gonzalez 1.55 – 5-1, Helbling 1.52 – 4-11 ¾, Howe 1.52 – 4-11 ¾, Berg 1.46 – 4-9 ½, King 1.46 – 4-9 ½, VonArx 1.46 – 4-9 ½, McLam 1.43 – 4-8 ¼, Seidler 1.34 – 4-4 ¾. Shot Put - Keifer 10.57 – 34-8 ¼, Gonzalez 10.42 – 34-2 ¼, King 9.37 – 30-9, Helbling 9.24 – 30-3 ¾, Seidler 9.17 – 30-1, Von Arx 8.91 – 29-2 ¾, Berg 8.54 – 28-0 ¼, Cook 8.37 – 27-5 ½, McLam 8.07 – 26-5 ¾, Schwindler 7.93 – 26-0 ¼, Bennett 7.37 – 24-2 ¼, Howe 7.11 – 23-4. 200 – Howe 26.51, Helbling 26.94, King 27.02, Schwindler 27.42, Bennett 27.56, Keifer 27.69, Cook 27.90, Gonzalez 27.99, VonArx 28.50, Berg 29.47, McLam 29.76, Seidler 29.79.

**Day 2:** Long Jump - Helbling 5.13 - 16-9 ¾ , Keifer 5.09 – 16-8 ¼, Cook 4.82 – 15-9 ¾ , VonArx 4.80 – 15-9, Bennett 4.77 – 15-7 ¾, Gonzalez 4.70 – 15-5, Schwindler 4.62 – 15-1 ¾, King 4.61 – 15-1 ½, Howe 4.51 – 14-9 ½, Seidler 4.45 – 14-7, Berg 4.10 – 13-5 ¼, McLam 4.08 – 13-4 ½. Javelin – VonArx 38.78 - 127-3, Keifer 36.25 – 118-11, Cook 30.46 – 99-11, Gonzalez 29.30 – 96-1, Schwindler 26.83 – 88-0, McLam 25.97 – 85-2, Berg 25.69 – 84-3, Helbling 24.99 – 82-0, King 24.34 – 79-10, Bennett 20.56 – 67-5, Howe 17.17 – 56-4, Seidler foul. 800 – Keifer 2:29.09, Schwindler 2:30.61, Bennett 2:30.79, Howe 2:31.93, Cook 2:33.41, McLam 2:35.28, Seidler 2:36.95, Gonzalez 2:40.07, VonArx 2:42.90, Helbling 2:44.91, Berg 2:50.23, King DNF.

\*Multi-events held at Ellensburg. Originally remainder of meet was scheduled for Monmouth on May 1-2, but was cancelled due to swine flu scare.