

2010 GNAC Women's Outdoor Track and Field Championships (May 14-15 at Monmouth)

Note: *Indicates wind-aided (more than 2.0).

Team Scores - Seattle Pacific 224, Western Washington 190, Northwest Nazarene 128 1/2, Western Oregon 115, Central Washington 69 1/2, Alaska Anchorage 68, Montana State Billings 21, Saint Martin's 2. **Outstanding Performer** - Crystal Sims, Seattle Pacific.

100 – 1. Latasha Essien, SPU, 12.16; 2. Joana Houplin, WWU, 12.36; 3. Crystal Sims, SPU, 12.50; 4. Ardrienna Everett, UAA, 12.56; 5. Megan Zukowski, WWU, 12.59; 6. Lacey Meusec, WOU, 12.66; 7. Melissa Grammer, NNU, 12.70; 8. Christabel Leonce, NNU, 12.94.

200 – 1. Latasha Essien, SPU, 25.23; 2. Crystal Sims, SPU, 25.37; 3. McKenzie Redberg, WOU, 25.52; 4. Megan Zukowski, WWU, 25.59; 5. Joana Houplin, WWU, 25.74; 6. Lacey Meusec, WOU, 25.82; 7. Sarah Kathrein, WOU, 25.90; 8. Erika Halle, MSUB, 26.07.

400 – 1. Emily Quatier, SPU, 57.23; 2. Sarah Brownell, WWU, 57.77; 3. Lindsay Brady, NNU, 57.84; 4. Jennifer Pike, SPU, 58.64; 5. Meryl Butcher, WOU, 58.66; 6. Lexi Pola, WOU, 58.98; 7. Megan O'Connell, WWU, 59.30; 8. Crystal McDowell, WOU, 59.86.

800 – 1. Jessica Pixler, SPU, 2:06.38 (meet record, old, Jessica Pixler, 2:10.66, 2010 prelims); 2. Rachael Johnson, WWU, 2:13.27; 3. Janelle Everetts, WOU, 2:13.55; 4. Lisa Anderberg, SPU, 2:13.90; 5. Jane Larson, SPU, 2:15.19; 6. Michelle Phillips, NNU, 2:15.26; 7. Sarah Jackson, MSUB, 2:19.56; 8. Kate Harline, SPU, 2:20.39.

1500 – 1. Jessica Pixler, SPU, 4:24.01 (meet record, old, Jane Larson, SPU, 4:29.66, 2008); 2. Courtney Olsen, WWU, 4:32.95; 3. Jane Larson, SPU, 4:33.41; 4. Ruth Keino, UAA, 4:34.34; 5. Miriam Kipng'eno, UAA, 4:34.37; 6. Laura Carr, UAA, 4:35.48; 7. Kate Harline, SPU, 4:36.76; 8. Kristi Fairbanks, WWU, 4:39.39; 9. Erika Snawder, WOU, 4:39.86; 10. Jaclyn Puga, NNU, 4:43.75; 11. Hallidie Wilt, UAA, 4:46.31; 12. Emma Bohman, UAA, 4:47.49; 13. Whitney Mickelsen, MSUB, 4:47.90; 14. Katie Krehlik, UAA, 4:50.22; 15. Erica Zambon, WOU, 4:51.50; 16. Katie Thiel, MSUB, 4:54.95; 17. Krinda Carlson, SMU, 5:05.36.

5000 - 1. Sarah Porter, WWU, 16:39.39 (meet record, Mandy Kaempf, UAA, 17:24.11, 2006); 2. Laura Carr, UAA, 17:15.82; 3. Lauren Breihof, WWU, 17:29.65; 4. Miriam Kipng'eno, UAA, 17:30.46; 5. Ruth Keino, UAA, 17:31.51; 6. Danielle Slaughter, WWU, 18:25.47; 7. Amanda Wright, WOU, 18:33.03; 8. Mary Rogers, WWU, 18:37.85; 9. Kristi Fairbanks, WWU, 18:37.92; 10. Jordan Powell, NNU, 18:50.63; 11. Katie Krehlik, UAA, 19:07.17; 12. Shoshana Keegan, UAA, 19:34.40; 13. Mary Owen, MSUB, 19:37.24; 14. Kaitlynn Pecha, SMU, 19:47.39; 15. Maria Ujifusa, WWU, 20:10.77; 16. Stephanie Houck, WWU, 20:25.27.

100 Hurdles – 1. Michelle Howe, WWU, 14.68; 2. Crystal Sims, SPU, 14.73; 3. Kaitlyn Reid, WOU, 14.85; 4. Lauren Laichak, UAA, 14.89; 5. Tanya Bjornsson, WWU, 14.98; 6. Janna Vander Meulen, WOU, 15.23; 7. Kira Lewis, SPU, 15.45; 8. Raquel Gonzalez, CWU, 15.74.

400 Hurdles - 1. Ardrienna Everett, UAA, 1:02.45; 2. Kaitlyn Reid, WOU, 1:03.64; 3. Natalie Nobbs, SPU, 1:04.48; 4. Jennifer Pike, SPU, 1:04.64; 5. Michelle Howe, WWU, 1:05.19; 6. Kira Lewis, SPU, 1:06.55; 7. Raquel Gonzalez, CWU, 1:10.31; 8. Amanda Rose, CWU, 1:11.58.

4x100 Relay - 1. Western Oregon (Dittmar, Kathrein, Redberg, Meusec) 47.81; 2. Western Washington (Houplin, Howe, Brownell, Zukowski) 48.07; 3. Seattle Pacific (Miranda, Peterson, Quatier, Sims) 48.34; 4. Northwest Nazarene (Leonce, Tidwell, Brady, Grammar) 48.70; 5. Alaska Anchorage (Everett, Harris, Friess, Laichak) 49.85; 6. MSU Billings (Derhak, Jackson, Simons, Halle) 50.50; 7. Central Washington (Jones, Takayoshi, Hampton, Gonzalez) 51.02.

4x400 Relay - 1. Seattle Pacific (Quatier, Sims, Anderberg, Pixler) 3:53.78; 2. Northwest Nazarene (Brady, Harwood, Puga, Rippy) 3:57.67; 3. Western Washington (Howe, Zukowski, O'Connell, Brownell) 3:58.46; 4. Western Oregon (Everetts, Butcher, Reid, Pola) 4:00.31; 5. Alaska Anchorage (Friess, Wilt, Everett, Bohman) 4:00.61; 6. MSU Billings (Jackson, Mickelsen, Halle, Simons) 4:09.92; 7. Central Washington (Hampton, Rose, Gonzalez, Lotze) 4:12.17; 8. Saint Martin's (Weiks, Owen, Llapitan, Laweryson) 4:16.21.

High Jump - 1. Amanda Overdick, WWU, 1.60 - 5-3; 2. Katy Gross, SPU, 1.60 - 5-3; 3. Jacquie Mattson, SPU, 1.55 - 5-1; 3. Angie Alvord, WWU, 1.55 - 5-1; 5. Brittany Aanstad, SPU, 1.55 - 5-1; 6. Kelsey Neilson, WOU, 1.50 - 4-11; 7. Amanda Rose, CWU, 1.50 - 4-11; 8. Jasmyn Jewitt, NNU, 1.50 - 4-11; 8. Raquel Gonzalez, CWU, 1.50 - 4-11; Jill Bennett, NNU, no height.

Triple Jump - 1. Amanda Alvarez, SPU, 11.92 - 39-1 1/4; 2. Ashley Potter, WOU, 11.87 - 38-11 1/2; 3. 50 Jasmyn Jewitt, NNU, 11.75 - 38-6 3/4; 4. Emily Warman, WWU, 11.71 - 38-5; 5. Laura Vonarx, NNU, 11.65 - 38-2 3/4; 6. Stephanie Jones, CWU, 11.31 - 37-1 1/4; 7. Katharine Lotze, CWU, 11.21 - 36-9 1/2; 8. Athena Alvarez, SPU, 11.17 - 36-7 3/4; 9. Amanda Rose, CWU, 11.11 - 36-5 1/2; 10. Trinna Miranda, SPU, 10.82 - 35-6; 11. Maycee Bekkedahl, NNU, 10.80 - 35-5 1/4; 12. Molly Reid, NNU, 10.73 - 35-2 1/2; 13. Julianna Sackeyfio, SMU, 10.71 - 35-1 3/4; 14. Annie Larlee, NNU, 10.63 - 34-10 1/2; 15. Kaila Weiks, SMU, 10.56 - 34-7 3/4.

Shot Put - 1. Joy Warrington, NNU, 13.42 - 44-0 1/2; 2. Torrie Self, CWU, 12.76 - 41-10 1/2; 3. Raisa Yates, CWU, 12.48 - 40-11 1/2; 4. Kaylee Baumstark, CWU, 12.42 - 40-9; 5. Carly Dranginis, NNU, 12.37 - 40-7; 6. Jordan Stueckle, CWU, 12.24 - 40-2; 7. Brook Berg, MSUB, 11.90 - 39-0 1/2; 8. Brittany Jones, WWU, 11.75 - 38-6 3/4; 9. Elisha Harris, UAA, 11.56 - 37-11 1/4; 10. Shayna Shute, NNU, 11.47 - 37-7 3/4; 11. Alexi Halvorson, MSUB, 11.20 - 36-9; 12. Becky Mulkey, CWU, 11.11 - 36-5 1/2; 13. Kacie Vanderloos, MSUB, 10.92 - 35-10; Hilary Gourneau, MSUB, foul.

Hammer - 1. Torrie Self, CWU, 53.68 - 176-1; 2. Erika McCarthy, NNU, 48.94 - 160-7; 3. Carly Dranginis, NNU, 46.96 - 154-1; 4. Joy Warrington, NNU, 45.88 - 150-6; 5. Stefani Dittmar, WOU, 42.74 - 140-3; 6. Shayna Shute, NNU, 42.10 - 138-1; 7. Alicia Hedrick, NNU, 39.42 - 129-4; 8. Kaylee Baumstark, CWU, 39.36 - 129-2; 9. Alexi Halvorson, MSUB, 38.84 - 127-5; 10. Jordan Stueckle, CWU, 35.78 - 117-5.

Friday's Finals:

Steeplechase - 1. Courtney Olsen, WWU, 10:50.62 (meet record, old 10:57.0, Jessica Harper, WOU, 2008); 2. Jaclyn Puga, NNU, 10:52.07; 3. Danielle Slaughter, WWU, 11:26.54; 4. Jordan Powell, NNU, 11:35.00; 5. Jessica Boyer, WWU, 11:45.05; 6. Megan Everetts, WOU, 11:49.10; 7. Meagan Swenson, NNU,

11:58.22; 8. Emma Bohman, UAA, 12:09.68; 9. Hallidie Wilt, UAA, 12:10.03; 10. Kayla Wilkins, SPU, 12:10.83; 11. Mary Owen, MSUB, 12:10.84; 12. Krysta Carrick, SPU, 12:32.80; 13. Mary Williams, SPU, 12:40.76.

10,000 – 1. Lauren Breihof, WWU, 36:16.89 (meet record, old 36:31.85, Sarah Porter, WWU, 2008); 2. Natty Plunkett, SPU, 36:40.80; 3. Sarah Porter, WWU, 37.33.28; 4. Amanda Wright, WOU, 37:42.87; 5. Sierra Brisky, WWU, 38:22.07; 6. Shoshana Keegan, UAA, 38:50.27; 7. KayAnna Cecchi, WOU, 40:23.67; 8. Helen Camden, SMU, 40:25.61; 9. Ashley Rendahl, NNU, 40:40.78; 10. Alea Rowley, WOU, 40:48.04; 11. Mary Owen, MSUB, 41:09.74.

Long Jump – 1. Ashley Potter, WOU, 5.59 – 18-4 ¼; 2. Emily Warman, WWU, 5.57 – 18-3 ¼; 3. Trinna Miranda, SPU, 5.48 – 17-11 ¼; 4. Amanda Alvarez, SPU, 5.42 – 17-9 ½; 5. *Jasmyin Jewitt, NNU, 5.36 – 17-7; 6. Crystal Sims, SPU, 5.34 – 17-6 ¼; 7. Natalie Nobbs, SPU, 5.31 – 17-5 ¼; 8. Lacey Meusec, WOU, 5.30 – 17-4 ¾; 9. *Kaila Weiks, SMU, 5.17 – 16-11 ½; 10. *Katy Gross, SPU, 5.12 – 16-9 ¾; 11. Brittany Aanstad, SPU, 5.10 – 16-8 ¾; 12. Stephanie Jones, CWU, 5.09 – 16-8 ½; 13. Molly Reid, NNU, 5.03 – 16-6; 14. Callie Reff, WWU, 5.02 – 16-5 ¾; 15. Athena Alvarez, SPU, 5.01 – 16-5 ¼; 16. Kira Lewis, SPU, 4.95 – 16-3; 17. Laura Vonarx, NNU, foul.

Pole Vault – 1. Melissa Peaslee, SPU, 3.60 – 11-9 ¾; 2. Karina Elzinga, NNU, 3.50 – 11-5 ¾; 3. Elsa Couvelier, WWU, 3.40 – 11-1 ¾; 4. Amanda DiEnno, WWU, 3.40 – 11-1 ¾; and Kjersti Gedde, SPU, 3.40 – 11-1 ¾; 6. Jamie Larsen, CWU, 3.30 – 10-10; 7. Karis Anderson, WWU, 3.30 – 10-10; 8. Jennifer Quick, WWU, 3.20 – 10-6; 9. Michaela Caldwell, SPU, 3.20 – 10-6; 10. M.J. Usabel, NNU, 3.20 – 10-6; 11. Diana DiMarco, WWU, 3.20 – 10-6; 12. Amanda Konzal, NNU, 3.05 – 10-0; 13. Ashley Egger, NNU, 2.90 – 9-6 ¼; Hannah Swigart, CWU, no height; Samantha Hull, SMU, no height.

Discus - 1. Alexi Halvorson, MSUB, 41.36 – 135-8; 2. Joy Warrington, NNU, 40.48 – 132-10; 3. Torrie Self, CWU, 40.38 – 132-6; 4. Carly Dranginis, NNU, 38.90 – 127-7; 5. Raisa Yates, CWU, 38.80 – 127-3; 6. Brittany Jones, WWU, 37.50 – 123-0; 7. Elisha Harris, UAA, 37.12 – 121-9; 8. Emily Spieker, WWU, 36.92 – 121-1; 9. Kaylee Baumstark, CWU, 36.06 – 118-4; 10. Alicia Hedrick, NNU, 33.88 – 111-2; 11. Shayna Shute, NNU, 32.02 – 105-1; 12. Erika McCarthy, NNU, 25.92 – 85-0.

Javelin – 1. Carolanne Powers, WOU, 47.16 – 154-9 (meet record, old 45.21 – 148-4, Stephanie Huffman, SPU, 2002); 2. Brittany Aanstad, SPU, 45.68– 149-10; 3. Amanda Schumaker, WOU, 44.66 – 146-6; 4. Elisha Harris, UAA, 42.94 – 140-10; 5. Laura Vonarx, NNU, 42.54 – 139-7; 6. Monika Gruszecki, WWU, 42.14 – 138-3; 7. Lakiesha Nilles, NNU, 39.88 – 130-10; 8. Caitlyn Morris, WOU, 39.00 – 127-11; 9. Jillian Stray, SMU, 38.44 – 126-1; 10. Brittany Tri, SPU, 36.50 – 119-9; 11. Kaylee Baumstark, CWU, 36.44 – 119-7; 12. Carly Andrews, SPU, 36.38 – 119-4; 13. Samantha Hull, SMU, 36.06 – 118-4; 14. Mariah McCauley, WOU, 35.28 – 115-9; 15. Sarah Elwell, NNU, 32.40 – 106-3.

Heptathlon (May 3-4 at Nampa) - 1. Crystal Sims, SPU, 4769; 2. Raquel Gonzalez, CWU, 4327; 3. Jennifer Pike, SPU, 4291; 4. Katy Gross, SPU, 4265; 5. Laura Vonarx, NNU, 4176; 6. Jill Bennett, NNU, 4127; 7. Lindsay Brady, NNU, 3902; 8. Brittany Tri, SPU, 3855; 9. Sarah Daigneault, WWU, 3710; 10. Siri Berg, CWU, 3529; 11. Ali Mosher, WOU, 3519; 12. Beth McLam, NNU, 3503; 13. Mary Seidler, CWU, 3007; 14. Hannah Scholter, SMU, 2988; Brittany Aanstad, SPU, did not finish.

Day 1 Results: 100 Hurdles - Sims 14.95, Pike 15.57, Gross 15.62, Gonzalez 15.64, Daigneault 15.87, Bennett 16.08, Mosher 16.17, Vonarx 16.50, Tri 16.60, Aanstad 17.34, Berg 17.55, McLam 17.56, Scholter 17.64, Brady 18.17, Seidler 18.45. High Jump – Aanstad 1.60 – 5-3, Gross 1.54 – 5-0 ½, Vonarx 1.51 – 4-11 ½, Gonzalez 1.51 – 4-11 ½, Bennett 1.51 – 4-11 ½, Tri 1.48 – 4-10 ¼, Sims 1.48 – 4-10 ¼, Berg 1.45 – 4-9, Pike 1.42 – 4-7 ¾, McLam 1.39 – 4-6 ¾, Daigneault 1.36 – 4-5 ½, Mosher 1.36 – 4-5 ½, Seidler 1.33 – 4-4 ¼, Brady 1.30 – 4-3 ¼, Scholter 1.27 – 4-2. Shot Put - Sims 11.22 – 36-9 ¾, Tri 10.03 – 32-11, Gross 9.97 – 32-8 ½, Brady 9.88 – 32-5, Gonzalez 9.68 – 31-9 ¼, Vonarx 9.37 – 30-9, Bennett 9.26 – 30-4 ¾, McLam 9.23 – 30-3 ½, Aanstad 9.12 – 29-11 ¼, Pike 8.86 – 29-1, Berg 8.83 – 28-11 ¼, Seidler 8.55 – 28-0 ¾, Mosher 7.95 – 26-1, Daigneault 7.95 – 26-1, Scholter 6.97 – 22-10 ½. 200 - Sims 25.87, Brady 26.72, Pike 26.96, Vonarx 27.93, Gonzalez 28.08, Mosher 28.15, Bennett 28.20, Gross 28.32, Daigneault 28.73, Aanstad 29.08, Berg 29.18, Tri 29.32, Scholter 29.52, McLam 29.97, Seidler 30.22.

Day 2 Results: Long Jump - Sims 5.36 – 17-7, Gross 5.33 – 17-6, Gonzalez 5.31 – 17-5 ¼, Bennett 5.21 – 17-1 ¼, Vonarx 5.10 – 16-8 ¾, Mosher 4.95 – 16-3, Pike 4.90 – 16-1, Daigneault 4.86 – 15-11 ½, Tri 4.77 – 15-7 ¾, Berg 4.67 – 15-4, Brady 4.64 – 15-2 ¾, Scholter 4.44 – 14-7, Seidler 4.40 – 14-5 ¼, McLam 4.35 – 14-3 ¼. Javelin - Tri 34.43 – 112-11, Vonarx 34.24 – 112-4, Pike 33.42 – 109-8, Gross 32.91 – 108-0, Gonzalez 30.56 – 100-3, Brady 29.55 – 96-11, Sims 29.09 – 95-5, McLam 28.97 – 95-0, Berg 27.55 – 90-5, Scholter 27.07 – 88-10, Bennett 26.56 – 87-2, Daigneault 21.29 – 69-10, Mosher 18.14 – 59-6, Seidler 17.92 – 58-9. 800 - Brady 2:19.30, Sims 2:22.94, Pike 2:25.91, Daigneault 2:29.03, Gonzalez 2:31.88, Bennett 2:32.18, McLam 2:33.08, Vonarx 2:35.77, Seidler 2:40.26, Mosher 2:42.92, Berg 2:43.68, Gross 2:44.66, Tri 2:47.21, Scholter 2:56.32.

Friday's Prelims:

100 - Heat 1, 1. Latasha Essien, SPU, 12.11 (meet record, old, Bonnie Galloway, WOU, 12.26, 2005; old, Jody Binder, CWU, 12.0h, 2002); 2. Megan Zukowski, WWU, 12.42; 3. Melissa Grammer, NNU, 12.43; 4. Ardrienna Everett, UAA, 12.50; 5. Sarah Kathrein, WOU, 12.60; 6. Stefani Dittmar, WOU, 12.72; 7. Erika Halle, MSUB, 12.75; 8. Mary Bailey, WOU, 13.00. Heat 2, 1. Crystal Sims, SPU, 12.17; 2. Lacey Meusec, WOU, 12.35; 3. Joana Houplin, WWU, 12.36; 4. Christabel Leonce, NNU, 12.56; 5. Latoya Tidwell, NNU, 12.78; 6. Sarah Takayoshi, CWU, 12.81; 7. Justine Simons, MSUB, 12.87; 8. Britney Derhak, MSUB, 12.98.

200 - Heat 1, 1. Crystal Sims, SPU, 25.13; 2. Megan Zukowski, WWU, 25.46; 3. McKenzie Redberg, WOU, 25.67; 4. Lacey Meusec, WOU, 25.77; 5. Britney Derhak, MSUB, 26.68; 6. Sarah Takayoshi, CWU, 27.14. Heat 2, 1. Joana Houplin, WWU, 25.79; 2. Sarah Kathrein, WOU, 25.79; 3. Erika Halle, MSUB, 25.88; 4. Stefani Dittmar, WOU, and Latoya Tidwell, NNU, 26.13; 6. Lexi Pola, WOU, 26.38. Heat 3, 1. Latasha Essien, SPU, 25.41; 2. Emily Quatier, SPU, 26.07; 3. Christabel Leonce, NNU, 26.14; 4. Carolanne Powers, WOU, 26.29; 5. Justine Simons, MSUB, 26.63.

400 - Heat 1, 1. Emily Quatier, SPU, 57.97; 2. Lindsay Brady, NNU, 58.56; 3. Meryl Butcher, WOU, 58.83; 4. Jennifer Pike, SPU, 59.39; 5. +Crystal McDowell, WOU, 1:00.08; 6. Megan Friess, Megan Friess, UAA, 1:00.78. Heat 2, 1. Sarah Brownell, WWU, 58.08; 2. Lexi Pola, WOU, 58.72; 3. Megan O'Connell, WWU, 59.10; 4. Shanna Rippey, NNU, 1:00.08; 5. Christa Brediger, NNU, 1:03.02. (+Advanced on tie-breaker).

800 - Heat 1, 1. Jessica Pixler, SPU, 2:10.76 (meet record, old 2:10.93, Pixler, 2007); 2. Michelle Phillips, NNU, 2:14.81; 3. Rachael Johnson, WWU, 2:14.96; 4. Janelle Everetts, WOU, 2:16.13; 5. Cheri Watson, WWU, 2:19.07; 6. Katie Krehlik, UAA, 2:19.77; 7. Christine Harwood, NNU, 2:21.59. Heat 2, 1. Kate Harline,

SPU, 2:16.47; 2. Jane Larson, SPU, 2:16.58; 3. Lisa Anderberg, SPU, 2:16.62; 4. Sarah Jackson, MSUB, 2:17.96; 5. Zoe Skordahl, WOU, 2:18.20; 6. Annie Laweryson, SMU, 2:20.50; 7. Haida Ikeda, WWU, 2:21.86; 8. Kelsey Brown, SPU, 2:23.89.

100 Hurdles - Heat 1, 1. Kaitlyn Reid, WOU, 14.87; 2. Raquel Gonzalez, CWU, 15.24; 3. Kira Lewis, SPU, 15.43; 4. Janna Vander Meulen, WOU, 15.48; 5. Ali Mosher, 15.61; 6. Katy Gross, SPU, 15.65; 7. Meagan Friess, UAA, 16.15. Heat 2, 1. Crystal Sims, SPU, 14.45; 2. Michelle Howe, WWU, 14.53; 3. Lauren Laichak, UAA, 15.01; 4. Tanya Bjornsson, WWU, 15.02; 5. Jill Bennett, NNU, 15.84; 6. Sarah Daigneault, WWU, 15.98; 7. Katharine Lotze, CWU, 16.08.

400 Hurdles – Heat 1, 1. Kaitlyn Reid, WOU, 1:04.44; 2. Jennifer Pike, SPU, 1:05.53; 3. Kira Lewis, SPU, 1:06.60; 4. Amanda Rose, CWU, 1:09.79; 5. Sarah Daigneault, WWU, 1:10.14. Heat 2, 1. Ardrienna Everett, UAA, 1:02.37; 2. Natalie Nobbs, SPU, 1:05.22; 3. Michelle Howe, WWU, 1:07.25; 4. Raquel Gonzalez, CWU, 1:08.02; 5. Amy Ciaccio, NNU, 1:10.39.