

FINAL 2002 GNAC TRACK-AND-FIELD TOP 10 PERFORMANCES

MEN

100 (11.10, 11.40; 10.30, 10.68; 10.73, 10.90)

Mike Hinshaw, WOU	10.76
Justin Miller, HSU	10.90
Josh Delay, CWU	11.00
Moses Lewis, CWU	11.04
Fabien Coutard, CWU	11.06
Kojo Obeng, CWU	11.10
Brian Hunter, SPU	11.14
Cory Medina, CWU	11.15
Justin Lawrence, CWU	11.17
Jason Newton, WOU	11.25

200 (22.20, 23.40; 20.65, 21.55; 21.60, 21.90)

Mike Hinshaw, WOU	21.11
Josh Delay, CWU	21.95
Moses Lewis, CWU	22.20
Fabien Coutard, CWU	22.20
David Neilsen, SU	22.56
Kojo Obeng, CWU	22.59
Jason Newton, WOU	22.61
Nick Haralson, CWU	22.70
K.J. Loreth, SMC	22.90
Donnie Herneisen, WOU	22.90
Cory Medina, CWU	22.94

(**Hand-held:** Medina 22.6)

400 (49.90, 51.30; 46.50, 48.00, 48.64, 49.10)

K.J. Loreth, SMC	49.21
David Nielsen, SU	49.26
Nick Haralson, CWU	49.77
Donnie Herneisen, WOU	50.02
Jason Newton, WOU	50.18
Justin Miller, HSU	50.19
Josh Johnson, HSU	50.30
David Olson, NNU	50.45
Josh Freeman, WWU	50.70
Jesse McNeil, WWU	50.72

800 (1:55.50, 1:59.00; 1:49.40, 1:52.60; 1:52.60, 1:54.00)

Nathanael Castle, SPU	1:53.35
Neal Fryett, SPU	1:54.05
Nick Gai, HSU	1:54.27
Jason Bush, CWU	1:54.93
Nate Carlson, SMC	1:56.09
Brandon Ohnemus, WWU	1:56.25
Kevin Gary, CWU	1:56.80
Andy Prentice, SMC	1:57.01
Tim LeCount, SPU	1:57.50
Stuart Chaffey, WOU	1:57.65

1500 (3:59.00, 4:10.00; 3:47.00, 3:55.00; 3:44.25, 3:57.60)

Nathanael Castle, SPU	3:50.44
Nate Carlson, SMC	3:52.11
Tim LeCount, SPU	3:55.72
Martin Ranney, WWU	3:55.82
Juraj Trubiroha, NNU	3:56.39

Sean Rivers, UAA	3:56.55
Ben Wornell, NNU	3:56.61
Francis Kimeli, NNU	3:56.75
Jason Walker, HSU	3:57.59
Caleb Tubei, NNU	3:58.05

3000 (Top 10; Not a post-season event)

Jason Porter, CWU	9:07.05
Brandon Whitaker, WWU	9:10.24
Aaron Eckert, WOU	9:10.51
Jeremy Rice, CWU	9:13.70
Andy Prentice, SMC	9:19.3
Neil Small, CWU	9:24.1
Phil Paul, CWU	9:25.85
Jason Bush, CWU	9:34.0
Matt Cook, CWU	9:37.0
Karl Meller, WWU	9:39.1

5000 (15:10.00, 15:50.00; 14:00.00, 14:50.00; 14:56.24, 15:16.20)

Jason Walker, HSU	14:35.10
Sean Rivers, UAA	14:35.4
Caleb Tubei, NNU	14:51.36
Ben Wornell, NNU	14:59.19
Spencer Walsh, WOU	15:06.45
Lehrin Morey, HSU	15:13.9
Martin Ranney, WWU	15:28.59
Steve DeKoker, WWU	15:29.20
Brian Kostock, HSU	15:30.22
Ethan Barrons, WOU	15:30.6

10,000 (33:30.00, 35:00.00; 29:20.00, 31:25.00; 31:55.55, 32:20.40)

Sean Rivers, UAA	30:21.65
Brice Roncace, NNU	32:06.62
Spencer Walsh, WOU	32:07.1
Carlos Siqueiros, SU	32:13.01
Francis Kimeli, NNU	32:13.35
Brian Kostock, HSU	32:24.9
Matt Schmitt, CWU	32:30.90
Andy Reese, WWU	32:33.93
Shawn Miller, WWU	32:37.97
Brett Franz, WOU	32:41.67

110 Hurdles (15.50, 16.50; 14.00, 14.70; 14.80, 15.25)

Nate Anderson, WOU	14.90
Damien Davis, WOU	14.92
Ryan Lee, NNU	15.32
Erik Iverson, CWU	15.42
Chris Bitcon, HSU	15.79
Justin Miller, HSU	15.94
Josh Freeman, WWU	15.98
Mark Hamlin, CWU	16.30

400 Hurdles (56.90, 60.00; 51.70, 53.55; 53.90, 55.30)

Paul Mach, SPU	53.48
Nate Anderson, WOU	54.41
Chris Petersen, CWU	55.75
Ryan Los, WWU	56.03
Chris Bitcon, HSU	56.47

Micah Kelcey, SPU	56.75
Mike Anderson, WOU	58.21
Shane Carothers, WWU	58.45
Michael Hartz, WWU	58.59
Mark Hamlin, CWU	58.9

Steeple (9:40.00,10:15.00;9:00.00, 9:25:00; 9:26.00, 9:40.50)

Jason Walker, HSU	8:58.62
Zach Dwello, NNU	9:23.55
Neil Small, CWU	9:30.5
Lehrin Morey, HSU	9:35.81
Ethan Barrons, WOU	9:36.98
Matt DeShazo, HSU	9:39.0
Francis Kimeli, NNU	9:40.6
Zac Vawter, SMC	9:47.4
Jason Porter, CWU	9:48.5
Dylan Corbett, WOU	9:51.46

4x100 Relay (None; 40.00, 41.10; 41.86, 42.20)

Western Oregon	41.72
Central Washington	42.11
Northwest Nazarene	43.06
Humboldt State	43.10
Seattle Pacific	44.11
Western Washington	44.67

4x400 Relay (None; 3:09.00, 3:14.00; 3:17.00, 3:19.50)

Western Oregon	3:20.20
Western Washington	3:20.73
Seattle Pacific	3:20.94
Central Washington	3:24.57
Humboldt State	3:26.45
Northwest Nazarene	3:26.90
Saint Martin's	3:27.97
Seattle	3:30.16

Decathlon (Top 10; 7000, 6400; Top 16)

Justin Miller, HSU	6721
Jacob Hayes, HSU	5799
Josh Freeman, WWU	5762
Ryan Lee, NNU	5615
Chris Peterson, CWU	5558
Brandon Conroy, WOU	5404
Sean Gabe, WOU	5251
Curt Moon, CWU	5178

High Jump (6-4 ¾, 5-11 ½; 7-1, 6-9 ¾; 6-9, 6-7)

Mike Bonadurer, WOU	6-8 ¾ (2.05)
Jamil Wynn, WOU	6-6 ¼ (1.99)
Brendan Reilly, HSU	6-6 ¼ (1.99)
Mike Tully, WWU	6-6 ¼ (1.99)
Beau Ross, CWU	6-6 ¼ (1.99)
Sean Gabe, WOU	6-5 ½ (1.97)
Peter Allan, WWU	6-4 ¾ (1.95)
Scott Durbin, WWU	6-4 (1.93)
Justin Miller, HSU	6-3 ½ (1.92)
James Thomas, NNU	6-0 (1.83)

Pole Vault (15-0, 13-0; 17-0, 15-9; 15-7, 15-0)

Justin Miller, HSU	16-8 ¾ (5.10)
Jacob Hayes, HSU	15-3 (4.65)
Spike Olsen, WOU	15-1 ½ (4.61)

Hunter Verner, WWU	15-1 (4.60)
Jon Stroshein, WOU	14-6 (4.42)
Scott Romney, WWU	14-5 ¼ (4.40)
Tommy Matthews, WOU	14-1 ¼ (4.30)
Josh Fishburne, NNU	13-9 ¼ (4.20)
B.J. Malphrus, CWU	13-9 ¼ (4.20)
Chase Ruebel, WWU	13-3 ½ (4.05)

Long Jump (22-0, 21-0; 25-4, 23-8; 23-3, 22-8)

Jamil Wynn, WOU	25-2 ¾ (7.69)
Justin Lawrence, CWU	23-1 ¾ (7.05)
Joe Smith, CWU	22-9 ½ (6.95)
Brad Satran, WOU	22-7 ¼ (6.89)
Justin Miller, HSU	22-6 ¾ (6.88)
Nate Anderson, WOU	21-7 ¼ (6.58)
Erik Iverson, CWU	21-7 (6.58)
Ryan Lee, NNU	21-4 ¾ (6.52)
Preston Timmons, HSU	21-1 ¼ (6.43)
Daniel Straw, WOU	21-0 ½ (6.41)

Triple Jump (44-6, 41-0; 51-0, 48-6; 46-6, 45-0)

Justin Lawrence, CWU	48-8 ¼ (14.84)
Beau Ross, CWU	48-4 ½ (14.74)
Jamil Wynn, WOU	47-1 ½ (14.36)
Brad Satrin, WOU	46-9 (14.25)
Daniel Straw, WOU	41-4 ¼ (12.60)

Shot Put (44-0, 40-0; 58-6, 53-0; 51-0, 49-0)

James Deaver, WWU	49-0 ¾ (14.95)
Todd Gowing, WWU	45-9 (13.94)
Erik Knutzen, WWU	45-6 ¼ (13.87)
James Thomas Jr., NNU	45-6 ¼ (13.87)
Ian McDole, WWU	45-3 ¼ (13.80)
Collin Babcock, WOU	44-10 ¾ (13.68)
Aaron Hayes, CWU	44-10 ¼ (13.67)
Tom Farris, WWU	43-4 ¼ (13.21)
Jason Patterson, CWU	42-11 (13.08)
Ryan Thomason, CWU	42-9 ½ (13.04)

Discus (140-0, 120-0; 180-0, 160-0; 158-0, 153-0)

Isaiah Haines, WOU	160-0 (48.76)
Tony Kyle, WWU	156-7 (47.73)
Jacob Galloway, CWU	156-3 (47.62)
Tom Farris, WWU	151-2 (46.09)
Greg Gottfried, WOU	146-9 (44.74)
James Deaver, WWU	145-8 (44.41)
Todd Gowing, WWU	143-3 (43.66)
Brady Jones, WWU	142-6 (43.44)
James Thomas Jr., NNU	140-5 (42.80)
Chris Petersen, CWU	139-8 (42.58)

Hammer (140-0, 115-0; 200-0, 172-0; 162-4, 156-0)

Dave Margraf, HSU	179-7 (54.74)
Greg Gottfried, WOU	160-8 (48.98)
Tim Jolin, WWU	156-10 (47.80)
Jordan Abbott, WOU	156-1 (47.57)
Adam Butts, NNU	143-7 (43.77)
James Deaver, WWU	142-10 (43.53)
Golden Ables, HSU	135-8 (41.35)
Isaiah Haines, WOU	132-9 (40.47)
Ryan Nack, WOU	131-10 (40.19)
Jonathan Hughes, CWU	128-1 (39.04)

Javelin (190-0, 160-0; 218-0, 195-0; 190-0, 185-0)

James Thomas, NNU	212-3 (64.69)
Derek Deskins, WOU	202-2 (61.62)
Travis Huntsinger, WWU	199-0 (60.66)
Tony Kyle, WWU	193-3 (58.91)
Tony Roberts, WOU	191-0 (58.22)
Brice Crowninshield, CWU	180-8 (55.08)
Ray Henschel, WOU	178-6 (54.41)
Justin Brewer, WWU	178-3 (54.34)
Darren Gillenwater, WOU	168-0 (51.21)
Ryan Lee, NNU	166-6 (50.74)

WOMEN**100 (12.80, 13.70; 11.50, 12.15; 12.23, 12.40)**

Melissa Behrens, WWU	12.31
Jody Binder, CWU	12.35
Dania Swosinski, WWU	12.41
Davina Strauss, CWU	12.49
Shelley Comstock, WOU	12.71
Emily Porter, WOU	12.73
Carie Bronson, HSU	12.91
Monica Smith, WOU	12.93
Liz Brown, CWU	12.95
Becca Bowman, NNU	13.01
(Hand-Held Bests: Binder 12.0; Harder 12.3; Comstock 12.4; Alicia DeGracia, CWU, 12.7).	

200 (26.24, 27.50; 23.80, 24.90; 25.30, 25.74)

Leah Wiest, SPU	25.19
Dania Swosinski, WWU	25.25
Jody Binder, CWU	25.30
Stephanie Huffman, SPU	25.66
Carie Bronson, HSU	25.86
Laura Widman, SPU	26.02
Melissa Behrens, WWU	26.07
Monica Smith, WOU	26.07
Lindsay Stewart, SPU	26.19
Toni Adair, WOU	26.19

400 (59.80, 63.50; 54.00, 56.70; 57.64, 58.10)

Dania Swosinski, WWU	57.06
Sarah Kraybill, SPU	57.69
Carie Bronson, HSU	58.0
Rachel Ross, SPU	58.26
Toni Adair, WOU	58.48
Jody Binder, CWU	59.10
Lindsay Stewart, SPU	59.26
Alisa Long, WOU	1:00.23
Theresa Lane, WOU	1:00.71
Bekah Bowman, NNU	1:00.72

800 (2:20.00, 2:27.00; 2:08.00, 2:14.00; 2:17.05, 2:19.45)

Rachel Ross, SPU	2:09.36
Sarah Kraybill, SPU	2:10.46
Alicen Maier, CWU	2:11.45
Leah Wiest, SPU	2:17.24
Josie Lavin, SPU	2:18.13
Meredith Gomez, WWU	2:19.15
Lindy Mullen, CWU	2:19.20
Nikki Hodgson, HSU	2:19.46

Ashlee Vincent, WWU	2:20.63
Theresa Lane, WOU	2:21.30

1500 (4:50.00, 5:05.00; 4:27.00, 4:41.00; 4:44.75, 4:47.00)

Alicen Maier, CWU	4:28.23
Rachel Ross, SPU	4:32.08
Ashlee Vincent, WWU	4:40.05
Kelly Fullerton, SU	4:47.20
Josanna Lavin, SPU	4:47.23
Ann-Marie Wiggins, NNU	4:51.57
Candice Owens, SPU	4:53.66
Ellie Enos, WOU	4:53.88
Jill Salmon, WOU	4:54.23
Tina Stimson, WWU	4:55.27

3000 (10:30.00, 11:15.00; 9:40.00, 10:18.00; 10:21.24, 10:40.50)

Alicen Maier, CWU	10:00.7
Ashlee Vincent, WWU	10:02.32
Dolores Bergmann, HSU	10:12.7
Kari Gosnell, HSU	10:23.18
Ann-Marie Wiggins, NNU	10:26.42
Ellie Enos, WOU	10:29.80
Kelly Fullerton, SU	10:30.74
Jill Salmon, WOU	10:40.11
Dawnita LiaBraaten, CWU	10:42.43
Danielle Jacobs, HSU	10:43.16

5000 (18:30, 20:00; 16:40.00, 18:00.00; 18:06.35, 18:30.50)

Ashlee Vincent, WWU	17:33.21
Katie Gosnell, HSU	17:35.03
Dolores Bergmann, HSU	17:43.42
Ellie Enos, WOU	18:09.2
Tiffany Picinich, CWU	18:17.20
Stacy Edwards, UAA	18:24.78
Kylee Wells, WOU	18:28.68
Ruth Hawkinson, SPU	18:36.8
Rachael Wiseman, HSU	18:40.97
Danielle Jacobs, HSU	18:44.80

10,000 (40:00, 42:30; 35:20.00, 38:00.00; 38:45.35, 39:30.00)

Dolores Bergmann, HSU	36:25.90
Ellie Enos, WOU	37:31.43
Rachel Wiseman, HSU	38:25.89
Susan Young, NNU	39:13.57
Sarah Block, WOU	40:22.34
Amelia Kinney, WOU	40:33.05
Kelly Smith, HSU	42:02.05
Ann McCannick, SMC	42:14.20

100 Hurdles (15.50, 17.00; 13.80, 14.65; 14.90, 15.35)

Stephanie Huffman, SPU	14.81
Kate Herber, WWU	15.06
Natalie Senvold, WWU	15.25
Jennifer Pyeatt, SPU	15.26
Laura Widman, SPU	15.45
Cassie Moorhouse, WOU	15.49
Leah Wiest, SPU	15.51
Catherine Cook, WOU	15.85
LeAnne Evans, WWU	16.11
Sara Cunningham, HSU	16.17

(Hand-Held: Herber 14.8).

400 Hurdles (66.00, 71.00; 59.00, 63.70; 64.50, 65.90)

Jawea Harder, SPU	1:01.24
Cassie Moorhouse, WOU	1:03.06
Jennifer Pyeatt, SPU	1:03.56
Sara Cunningham, HSU	1:05.30
Laura Burch, WWU	1:05.59
Jill Salmon, WOU	1:06.93
Angie Ocampo, SPU	1:07.13
Laura Winterhalter, HSU	1:08.12
Carrie Wales, WOU	1:08.99
Brooke Little, SPU	1:09.10

2000 Steeplechase (Not a post-season event)

Emily Thomas, SMC	7:49.20
Nicole Bandy, CWU	8:02.59
Kara Richard, SPU	8:04.41
Erica Pitman, CWU	8:20.53

Steeple(11:50.00,12:30.00;10:20.00,11:30.00;11:55.00,12:30.00)

Jill Salmon, WOU	11:16.4
Kara Richard, SPU	11:34.2
Emily Thomas, SMC	11:38.5

4x100 Relay (None; 45.50, 47.70; 48.74, 49.25)

Western Oregon	48.23
Western Washington	48.26
Central Washington	48.78
Humboldt State	49.38
Seattle Pacific	49.43
Northwest Nazarene	51.71

4x400 Relay (None; 3:42.00, 3:52.00; 3:57.25, 4:01.24)

Seattle Pacific	3:54.43
Western Oregon	3:58.04
Western Washington	3:59.70
Central Washington	4:00.84
Northwest Nazarene	4:08.23
Humboldt State	4:09.54
Seattle	4:26.10
Saint Martin's	4:37.38

Heptathlon (Top 10; 5250, 4400; Top 16)

Stephanie Huffman, SPU	5389
Laura Widman, SPU	5004
Leah Wiest, SPU	4795
Natalie Senvold, WWU	4280
LeAnne Evans, WWU	4130
Jennifer Pyeatt, SPU	4086
Holly Conrad, WOU	4083
Kathy Gellatly, WOU	3504

High Jump (5-3, 4-10; 5-10 ½, 5-6; 5-6, 5-4)

Stephanie Huffman, SPU	5-7 (1.70)
Monica Smith, WOU	5-6 (1.68)
Natalie Senvold, WWU	5-5 ¾ (1.67)
Jenoa Potter, CWU	5-5 (1.65)
Laura Widman, SPU	5-1 ¼ (1.56)
Liz Ryan, CWU	5-1 (1.55)
Leah Wiest, SPU	5-0 ½ (1.54)
Holly Conrad, WOU	4-11 ¾ (1.52)

Lea Tiger, CWU	4-11 (1.50)
Davina Strauss, CWU	4-11 (1.50)
Lea Tiger, CWU	4-11 (1.50)
Mary Majors, WOU	4-11 (1.50)

Pole Vault (10-6, 8-6; 13-1 ½, 11-3; 10-10, 10-2)

Danielle Juarez, WWU	12-2 (3.71)
Ally Studer, SPU	11-10 (3.61)
Katie Henes, WOU	11-6 (3.51)
Theresa Mangahas, SU	11-3 ¾ (3.45)
Aubrey Metzger, NNU	11-3 (3.43)
Stephanie Booth, WOU	11-0 (3.35)
Alina Lunsford, NNU	10-6 ¾ (3.22)
Amber Rose, SPU	10-4 (3.15)
Kelly Perez, WWU	10-3 ¼ (3.13)
Kira Langnese, WOU	9-6 ½ (2.91)
Lisa Smith, WOU	9-6 ¼ (2.90)
Nina Dodge, WWU	9-6 ¼ (2.90)

Long Jump (17-0, 16-0; 20-6 ¼, 18-10; 18-2, 17-6)

Stephanie Huffman, SPU	19-8 (5.99)
Laura Widman, SPU	19-0 ¾ (5.81)
Davina Strauss, CWU	18-10 ¾ (5.76)
Leah Wiest, SPU	18-3 ½ (5.58)
Shelley Comstock, WOU	17-6 (5.33)
Morgan Ranta, SPU	16-10 ¼ (5.14)
Jennifer Pyeatt, SPU	16-6 (5.03)
Aubrey Metzger, NNU	16-5 ¾ (5.02)
Natalie Senvold, WWU	16-3 ½ (4.97)
Kaye Stephens, WWU	16-3 ¾ (4.97)

Triple Jump (35-6, 31-0; 41-0 ¼, 38-0 ¾; 37-6, 36-0)

Shelley Comstock, WOU	38-10 ¼ (11.84)
Stephanie Huffman, SPU	36-7 (11.15)
Lea Tiger, CWU	36-1 ¾ (11.02)
Lacey Rasmussen, NNU	35-9 (10.89)
Kaye Stephens, WWU	34-10 ¼ (10.62)
Julie Graham, CWU	34-6 (10.51)
Danika Desclos, SMC	34-2 ¼ (10.42)
Amber Rose, SPU	33-11 ½ (10.35)
Aubrey Metzger, NNU	32-10 ¼ (10.01)

Shot Put (38-0, 33-0; 50-0, 44-0; 42-6, 41-2)

Dionna Anderson, SPU	47-4 ½ (14.44)
Laura Widman, SPU	42-4 ¾ (12.92)
Jennifer Pyeatt, SPU	41-5 ¼ (12.63)
Dorothy Kerr, WOU	41-2 ½ (12.56)
Holly Conrad, WOU	40-11 ½ (12.49)
Shalese Borden, WOU	40-7 ½ (12.38)
Brianne Barrett, WWU	38-4 ¼ (11.69)
Kathy Zehrbach, HSU	37-10 ½ (11.54)
Leah Wiest, SPU	37-9 ½ (11.52)
Lauren Kooy, SPU	36-11 ¼ (11.26)

Discus (123-0, 110-0; 166-0, 143-0; 138-0, 133-0)

Kristi Lund, NNU	141-7 (43.15)
Jaci Cederberg, WOU	125-10 (38.35)
Lauren Kooy, SPU	125-6 (38.26)
Dorothy Kerr, WOU	124-0 (37.79)
Megan Wright, WWU	122-10 (37.43)

Shalese Borden, WOU	121-5 (37.00)
Kristina MacCully, WWU	115-7 (35.24)
Stacy Hopkins, WWU	112-8 (34.35)
Kessa Volland, WWU	112-6 (34.30)
Christin McDowell, CWU	110-5 (33.66)

Hammer (140-0, 110-0; 185-0, 150-0; 150-0, 145-0)

Jennifer Dunkin, WOU	172-9 (52.67)
Dorothy Kerr, WOU	161-10 (49.33)
Jaci Cederberg, WOU	149-8 (45.63)
Shalese Borden, WOU	141-8 (43.18)
Marianne Scott, WWU	133-9 (40.78)
Brianne Barrett, WWU	123-6 (37.64)
Renee Rakestraw, HSU	122-7 (37.36)
Christin McDowell, CWU	120-9 (36.80)
Rebekah Ackermann, CWU	112-4 (34.23)

Javelin (125-0, 110-0; 155-0, 133-0; 129-0, 124-0)

Stephanie Huffman, SPU	149-9 (45.64)
Kate Droz, HSU	148-11 (45.38)
Holly Conrad, WOU	145-5 (44.33)
Karie Pruett, CWU	140-0 (42.69)
Stacy Hopkins, WWU	139-2 (42.43)
Hailey Ruff, CWU	128-9 (39.26)
Jaci Cederberg, WOU	126-10 (38.67)
Mariah O'Neal, SMC	123-5 (37.62)
Kira Langnese, WOU	123-11 (37.77)