

# 2003 GNAC INDOOR TRACK AND FIELD

Final (Automatic and provisional qualifying marks in parenthesis. \*Provisional qualifiers)

## WOMEN

### 60 (7.48, 7.76)

Megan Beith, CWU	7.87
Jody Binder, CWU	8.10
Rachel Tynan, CWU	8.30
Jean Kolb, SPU	8.34
Kelsey Gleason, SPU	8.35

### 200 (Not a national event)

Jody Binder, CWU	26.78
Kelsey Gleason, SPU	26.81
Dianna Grossglass, SPU	26.83
Jean Kolb, SPU	27.17
Bekah Bowman, NNU	27.35

### 400 (55.60, 57.70)

Laura Widman, SPU	1:00.35
Linda Blake, SPU	1:01.34
Jessica Gimness, CWU	1:01.87
Jennie Rummell, WOU	1:03.00
Bekah Bowman, NNU	1:03.43

### 800 (2:11.10, 2:17.10)

**Sarah Kraybill, SPU	2:09.53
Josie Lavin, SPU	2:17.53
Lindy Mullen, CWU	2:19.61
Jill Salmon, WOU	2:22.80
Laura Widman, SPU	2:26.00

### Mile (4:54.10, 5:05.60)

*Alicen Maier, CWU	4:49.85
Jill Salmon, WOU	5:14.68
Lindy Mullen, CWU	5:19.84
Stephanie Stine, CWU	5:24.97
Erika Olson, CWU	5:25.46

### 3,000 (Not a national event)

Ellie Enos, WOU	10:24.73
Jamie Witt, SPU	10:30.98
Alicen Maier, CWU	10:44.76
Tiffany Picinich, CWU	10:50.07
Stephanie Costanzo, WOU	11:00.21

### 5000 (16:56.80, 18:06.80)

Alicen Maier, CWU	18:16.7
Ellie Enos, WOU	19:06.59
Stephanie Stine, CWU	19:38.0
Erika Olsen, CWU	20:14.9

### 55-Hurdles

Jennie Rummell, HSU	9.61
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### 60-Hurdles (8.57, 8.96)

Danielle Ayers-Stamper, SPU	9.02
Jennifer Pyeatt, SPU	9.10
Linda Blake, SPU	9.29
Monica Smith, WOU	9.34
Ashley Rountree, CWU	9.52

### 4x400 Relay (3:46.80, 3:56.80)

Seattle Pacific	4:01.90
Central Washington	4:12.88
Western Oregon	4:15.65
Northwest Nazarene	4:49.62

### Long Jump (6.15, 5.60)

Danielle Ayers-Stamper, SPU	5.32 (17-5 ½)
Linda Blake, SPU	5.23 (17-2)
Shelley Comstock, WOU	5.20 (17-0 ¾)
Bridget Johnson, WOU	4.77 (15-7 ¾)
Holly Conrad, WOU	4.64 (15-2 ¾)

### Triple Jump (12.40, 11.50)

Shelley Comstock, WOU	11.39 (37-4 ¼)
Lea Tiger, CWU	10.59 (34-9)
Lacey Rasmussen, NNU	10.40 (34-1 ½)
Michelle Swanick, WOU	10.17 (33-4 ½)
Julie Graham, CWU	10.01 (32-10 ¼)

### High Jump (1.76, 1.66)

Danielle Ayers-Stamper, SPU	1.69 (5-6 ½)
Monica Smith, WOU	1.68 (5-6)
Dianna Grossglass, SPU	1.60 (5-3)
Linda Blake, SPU	1.56 (5-1 ¼)
Ashlyn Terry, WOU	1.55 (5-1)

### Pole Vault (3.97, 3.36)

*Ally Studer, SPU	3.70 (12-1 ½)
*Allison Hedges, SPU	3.50 (11-5 ¾)
*Stephanie Booth, WOU	3.45 (11-3 ¾)
Amy Harris, SPU	3.30 (10-10)
Aubrey Metzger, NNU	3.25 (10-8)

### 20-lb Weight (18.29, 15.24)

*Jennifer Dunkin, WOU	16.44 (53-11 ¼)
Kristin Hepler, WOU	15.75 (51-8 ¼)
Shalese Borden, WOU	13.39 (43-11 ¼)
Jaci Cederberg, WOU	13.33 (43-9)
Kristina Wherry, NNU	12.97 (42-6 ½)

### Shot Put (14.95, 13.11)

Dorothy Kerr, WOU	12.85 (42-1)
Alicia Vandervelden, WOU	12.59 (41-3 ¾)
Shalese Borden, WOU	12.51 (41-0)
Jennifer Pyeatt, SPU	12.37 (40-7)
Laura Widman, SPU	12.15 (39-10 ½)

### Pentathlon

Linda Blake, SPU	3239
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## MEN

### 55

Mike Hinshaw, WOU	6.55
Antar Brame, WOU	6.78

**60 (6.73, 6.88)**

Mike Hinshaw, WOU	7.02
Justin Lawrence, CWU	7.05
Fabien Coutard, CWU	7.11
Antar Brame, WOU	7.22
Brian Hunter, SPU	7.33

**200 (Not a national event)**

Isaac Frederick, WOU	22.28
Matt Kragness, WOU	22.73
Mike Hinshaw, WOU	22.77
Fabian Coutard, CWU	22.98
Micah Kelly, SPU	23.40

**400 (48.00, 49.50)**

+Isaac Frederick, WOU	49.48
Jason Newton, WOU	50.53
Micah Kelly, SPU	51.07
Scott Van Hess, SPU	52.35
David Olson, NNU	52.95

(+Not a qualifying mark. Provisional mark for "over 200 meter" track is 49.00).

**600 (Not a national event)**

Jason Bush, CWU	1:26.82
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**800 (1:51.30, 1:54.30)**

*Nathanael Castle, SPU	1:53.37
Paul Mach, SPU	1:54.34
Andy Prentice, SMC	1:54.49
Jarret Mantalas, WOU	1:54.91
Nathan Carlson, SMC	1:55.65
Stuart Chaffee, WOU	1:57.36

**1000 (Not a national event)**

Jason Bush, CWU	2:40.00
Chris Randolph, SPU	2:48.17

**Mile (4:08.30, 4:14.80)**

*Nathanael Castle, SPU	4:12.27
+Nathan Carlson, SMC	4:14.48
Tim LeCount, SPU	4:21.96
Ethan Barrons, WOU	4:25.13
Aaron Eckert, WOU	4:26.47

(+Not a qualifying mark. Provisional mark for "over 200 meter" track is 4:13.60).

**3,000 (Not a national event)**

Aaron Eckert, WOU	8:48.75
Spencer Walsh, WOU	8:49.37
Will Smith, WOU	9:09.19
Ethan Barrons, WOU	9:11.25
Ben Warrell, NNU	9:17.77

**5,000 (14:17.20, 14:57.20)**

Spencer Walsh, WOU	15:27.83
Matt Barreau, WOU	15:50.74
Will Smith, WOU	16:00.68
Brice Roncace, NNU	16:23.98
Andy Peters, NNU	17:29.42

**55-Hurdles**

Damien Davis, WOU	7.81
Nate Anderson, WOU	8.16
Brandon Conroy, WOU	8.37

**60-Hurdles (7.93, 8.19)**

Damien Davis, WOU	8.37
Nate Anderson, WOU	8.49
Chris Randolph, SPU	8.93
Brandon Conroy, WOU	8.99
Ryan Lee, NNU	9.13

**4x400 Relay (3:14.60, 3:19.60)**

Western Oregon	3:21.09
Seattle Pacific	3:21.25
Northwest Nazarene	3:45.49

**Distance Medley (Not a national event)**

Seattle Pacific	10:46.88
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**Long Jump (7.62, 7.15)**

Cole Parmelee, WOU	6.78 (22-3)
Brad Satran, WOU	6.54 (21-5 ½)
Justin Lawrence, CWU	6.51 (21-4 ¼)
Ryan Lee, NNU	6.21 (20-4 ½)
Chris Randolph, SPU	6.15 (20-2)

**Triple Jump (15.70, 14.33)**

Justin Lawrence, CWU	14.50 (47-7)
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**High Jump (2.16, 2.04)**

Chris Randolph, SPU	1.95 (6-4 ¾)
Cole Parmelee, WOU	1.95 (6-4 ¾)
Mike Bonadurer, WOU	1.95 (6-4 ¾)
Sean Doughty, NNU	1.90 (6-2 ¾)
Damien Davis, WOU	1.85 (6-0 ¾)

**Pole Vault (5.10, 4.70)**

*Spike Olsen, WOU	4.75 (15-7)
Scott Alexander, CWU	4.60 (15-1)
Josh Cummings, WOU	4.55 (14-11)
Josh Fishburne, NNU	4.27 (14-0)
Anthony Gould, NNU	3.97 (13-0 ¼)

**35-lb Weight (18.90, 16.46)**

Pro Escobedo, WOU	16.14 (52-10)
Isaiah Haines, WOU	13.16 (43-2 ¼)

**Shot Put (17.68, 15.85)**

Kevin Johnson, WOU	14.26 (46-9 ½)
Brandon Conroy, WOU	10.88 (35-8 ½)
Chris Randolph, SPU	9.40 (30-10 ¼)
Josh Fishburne, NNU	8.69 (28-6 ¼)

**Pentathlon**

Chris Randolph, SPU	3145
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**Note:** National standards in running events listed are for 200 meter flat track. Standards vary depending on size of track and if banked or flat. Northwest tracks include: UW – Over 200 meter flat; WSU – 200 meter flat; Idaho – Over 200 meter flat; EWU – 200 meter flat.