2009 GNAC INDOOR TRACK AND FIELD

Final

Note: National standards in running events are listed in parenthesis. First set of standards listed are for an "over 200 meter track" (i.e, UW Dempsey track). The second set of standards are for a "200 meter banked track" (i.e., Jackson's Track at Nampa). For the 200 meters, 400 meters, 800 meters, mile, 5000 meters, 4x400 relay and distance medley the national standards vary depending on size of track and if banked or flat. Northwest tracks include: UW – Over 200 meter; WSU – 200 meter flat; Idaho – Over 200 meter; EWU – 200 meter flat. Nampa – 200 meter banked. Portland – Over 200 meter. Black Hills State – 200 Meter Flat. Idaho State – 200 Meters Banked. Montana State – 200 Meters Banked

WOMEN

55 (7.02, 7.24)

Justine Simons, MSUB	7.57
Erika Halle, MSUB	7.71
Britney Derhak, MSUB	7.87
Cassie Holm, MSUB	8.07

60 (7.55, 7.77)

Latasha Essien, SPU	7.77
Jessica Hinton, SPU	7.96
Lauren Duckett, WOU	8.01
Heidi Dimmitt, WWU	8.02
Lacey Meusec, WOU	8.02
Megan Zukowski, WWU	8.05
Latoya Tidwell, NNU	8.08
Justine Simons, MSUB	8.10
Stefani Dittmar, WOU	8.13
Chantel Green, WWU	8.17

200 (24.50, 25.10; 24.60, 25.20)

Jessica Hinton, SPU	25.35
Latasha Essien, SPU	25.54
Ellie Siler, WWU	25.55
Heidi Dimmitt, WWU	25.63
Ali Worthen, SPU	25.68
Latoya Tidwell, NNU	25.75
Lacey Meusec, WOU	26.05
Megan Zukowski, WWU	26.44
Gwenna Carie, CWU	26.57
Chantel Green, WWU	26.62
Justine Simons, MSUB	26.62

400 (55.60, 57.40; 55.70, 57.50)

Ellie Siler, WWU	56.06
Jessica Hinton, SPU	57.16
Elise Decker, NNU	57.85
Megan O'Connell, WWU	58.12
Gwenna Carie, CWU	58.47
Jamie Beaty, NNU	58.58
Latasha Essien, SPU	59.38
Devon King, WWU	59.89
Sarah Brownell, WWU	1:00.17
Heidi Dimmitt, WWU	1:00.37

500

Elisa Decker, NNU	1:19.12
Annan Applebee, WOU	1:19.56
Meryl Butcher, WOU	1:21.89
Jessica Pendon, SMU	1:22.08
Zoe Skordahl, WOU	1:23.12
Ellie Siler, WWU	1:23.25
Anna Walters, SPU	1:23.26
Megan O'Connell, WWU	1:24.06
Kayla Wilkins, SPU	1:29.32

800 (2:12.70, 2:16.90; 2:12.80, 2:17.00)

+Ashley Puga, NNU	2:07.63
+Jessica Pixler, SPU	2:10.62
Rachael Johnson, WWU	2:11.82
+Annan Applebee, WOU	2:11.86
Jaclyn Puga, NNU	2:13.94
Elisa Decker, NNU	2:16.73
Sarah Jackson, MSUB	2:17.31
Cheryl Watson, WWU	2:17.64
Ashley Berry, WOU	2:18.22
Lisa Anderberg, SPU	2:19.18

1000

Ashley Puga, NNU	2:54.89
Jaclyn Puga, NNU	3:00.53

Mile (4:56.10, 5:04.60; 4:56.50, 5:05.00)

+Jessica Pixler, SPU	4:37.83
+Ashley Puga, NNU	4:47.37
+Jane Larson, SPU	4:47.39
+Sarah Porter, WWU	4:56.37
Kate Harline, SPU	5:03.22
Janae Larson, SPU	5:03.83
Jocelyn Minton, SMU	5:12.82
Jessica Harper, WOU	5:13.06
Ashley Berry, WOU	5:13.76
Tricia Morrison, WOU	5:17.71

1,600

Whitney Mickelsen, MSUB	5:46.61
Katie Thiel, MSUB	6:09.54

3,000

Jessica Pixler, SPU	9:23.24
Sarah Porter, WWU	9:47.86
Jessica Harper, WOU	10:16.19
Kate Harline, SPU	10:18.97
Lauren Breihof, WWU	10:24.83
Natty Plunkett, SPU	10:24.67
Mary Williams, SPU	10:39.69
Marcie Mullen, CWU	10:42.32
Amanda Wright, WOU	10.48.9
Kayti Krepel, SPU	10:51.40

5000 (17:05.50, 17:50.50; 17:06.20, 17:51.20)

+Jessica Pixler, SPU	16:12.65
+Jane Larson, SPU	16:55.02
+Sarah Porter, WWU	16:56.07
Janae Larson, SPU	17:16.56
Lauren Breihof, WWU	17:49.23

Natty Plunkett, SPU	17:50.50
Marcie Mullen, CWU	18:39.50
Mary Williams, SPU	18:43.25
Phoebe Hartnett, WWU	19:02.65
Amanda Wright, WOU	19:16.02

55-Hurdles

Cassie Holm, MSUB	9.29

60 Hurdles (8.65, 9.00)

Michelle Howe, WWU	9.07
Ali Worthen, SPU	9.09
Jacque Helbling, WOU	9.20
Janna Vander Meulen, WOU	9.39
Jennifer Pike, SPU	9.39
Mandy Keifer, WOU	9.43
Jessica Erickson, WWU	9.54
Raquel Gonzalez, CWU	9.55
Ali Mosher, WOU	9.62
Clara Cook, WWU	9.75

4x400 Relay (3:46.40, 3:56.20; 3:46.80, 3:56.60)

Western Washington	3:54.16
Northwest Nazarene	3:55.58
Seattle Pacific	4:00.42
Western Oregon	4:02.96
Saint Martin's	4:10.15
Montana State Billings	4:13.73
Central Washington	4:15.77

Distance Medley (11:49.10, 12:22.10; 11:50.00, 12:23.00)

Northwest Nazarene	11:55.73
Western Washington	11:57.17
Seattle Pacific	11:58.88
Saint Martin's	13:33.97
Central Washington	13:37.38
Montana State Billings (13:54.48)	13:44.94

+ Actual time in parenthesis. Altitude adjustment for Pocatello of 9.54 applied.

Long Jump (5.80, 5.50)

Emily Warman, WWU	5.74 (18-10)
Ali Worthen, SPU	5.65 (18-6 ½)
Natalie Nobbs, SPU	5.28 (17-4)
Molly Reid, NNU	5.26 (17-3)
Jacque Helbling, WOU	5.18 (17-0)
Laura VonArx, NNU	5.10 (16-8 ¾)
Callie Muri, WWU	5.10 (16-8 ¾)
Jill Bennett, NNU	5.07 (16-7 ¾)
Natalie Nobbs, SPU	5.06 (16-7 ¼)
Mandy Keifer, WOU	5.06 (16-7 ¼)

Triple Jump (11.95, 11.40)

Emily Warman, WWU	11.96 (39-3)
Laura Vonarx, NNU	11.41 (37-5 ¼)
Ali Worthen, SPU	11.07 (36-4)
Mandy Keifer, WOU	10.81 (35-5 ¾)
Christy Miller, WWU	10.73 (35-2 ½)
Amanda Rose, CWU	10.67 (35-0 ¼)
Molly Reid, NNU	10.58 (34-8 ½)
Callie Muri, WWU	10.53 (34-6 ¾)
Natalie Nobbs, SPU	10.27 (33-8 ½)
Maycee Bekkedahl, NNU	10.27 (33-8 ½)

High Jump (1.74, 1.67)

+Ali Worthen, SPU	1.74(5-8 ½)
Clara Cook, WWU	1.63 (5-4 ¼)
Sabrina Schwindler, WWU	1.58 (5-2 ¼)
Jacque Helbling, WOU	1.56 (5-1 ¼)
Kelsey Neilson, WOU	1.56 (5-1 ¼)
Jacquie Mattson, SPU	1.55 (5-1)
Jill Bennett, NNU	1.51 (4-11 ½)
Mandy Keifer, WOU	1.51 (4-11 ½)
Danielle Nordlund, CWU	1.50 (4-11)
Tiffany Ferch, NNU	1.47 (4-9 ¾)

Pole Vault (3.85, 3.55)

Melissa Peaslee, SPU	3.81 (12-6)
Christy Miller, WWU	3.80 (12-5 ½)
Carrie Hauck, SPU	3.63 (11-10 ¾)
Kjersti Gedde, SPU	3.46 (11-4 ¼)
Robin Mueller, WWU	3.36 (11-0 ¼)
Amanda DiEnno, WWU	3.35 (10-11 ¾)
Karina Elzinga, NNU	3.21 (10-6 ¼)
Camille Clarke, WWU	3.21 (10-6 ¼)
Sydney Austin, WWU	3.20 (10-6)
Michaela Caldwell, SPU	3.16 (10-4 ¼)

20-lb Weight (18.00, 16.00)

Krissy Tandle, CWU	16.40 (53-9 ½)
Torie Self, CWU	14.91 (48-11)
Courtney Little, NNU	14.91 (48-11)
Erika McCarthy, NNU	13.44 (44-1 ¼)
Joy Warrington, NNU	13.17 (43-2 ½)
Courtney Zappe, MSUB	13.14 (43-1 ½)
Jordan Stueckle, CWU	13.09 (42-11 ½)
Shayna Shute, NNU	12.69 (41-7 ¾)
Alyssa Taylor, WOU	12.63 (41-5 ¼)
Becky Scherer, CWU	12.52 (41-1)

Shot Put (14.30, 13.20)

+Krissy Tandle, CWU	14.87 (48-9 ½)
Courtney Zappe, MSUB	13.37 (43-10 ½)
Joy Warrington, NNU	13.14 (43-1 ½)
Jordan Stueckle, CWU	12.08 (39-7 ¾)
Torie Self, CWU	11.73 (47-0 ¾)
Hilary Gourneau, MSUB	11.65 (38-2 ¾)
Lexi Halvorson, MSUB	11.22 (36-9 ¾)
Kacie Vanderloos, MSUB	10.97 (36-0)
Shayna Shute, NNU	10.85 (35-7 ¼)
Robin Brown, WWU	10.72 (35-2)
Alyssa Taylor, WOU	10.72 (35-2)

Discus

Krissy Tandle, CWU	38.78 (127-3)
Becky Scherer, CWU	33.63 (110-4)

Pentathlon (3,100)

Ali Worthen, SPU	3447
Jill Bennett, NNU	2978
Chelsey Jones, NNU	2375
Beth McLam, NNU	2210

MEN

55 (6.30, 6.40)

Nick Kesler, MSUB	6.72
Nathan Diede, MSUB	6.92
Noah Vallincourt, MSUB	6.93
James Hopkins, MSUB	6.97
Deshawn Lewis, MSUB	7.03
Chase Berg, MSUB	7.19

60 (6.78, 6.88)

Bryan Mack, CWU	6.95
Gabe Aguilar, WOU	6.96
Augustine Agyei, WWU	6.96
Alex Tilley, WWU	7.03
Ashtin Mott, WOU	7.09
Radio Battle, CWU	7.10
Kincaid Nichols, CWU	7.10
Chris Freeman, WOU	7.13
Dylan Wells, WOU	7.16
Zeb Udell, WOU	7.16

200 (21.45; 21.70; 21.55, 21.80)

Radio Battle, CWU	21.97
Maurus Hope, NNU	22.21
Matt Rogstad, CWU	22.59
Augustine Agyei, WWU	22.60
Ashtin Mott, WOU	22.61
Alex Tilley, WWU	22.62
Nick Clark, WOU	22.76
Bryan Mack, CWU	22.76
Gabe Aguilar, WOU	22.79
Kincaid Nichols, CWU	22.80

300 (Not a national event)

Matt Rogstad, CWU	36.74

400 (47.65, 48.75; 47.75, 48.85)

Maurus Hope, NNU	49.66
Mitch Ward, NNU	49.99
Blake Estep, WOU	50.08
Ashtin Mott, WOU	50.12
Matt Rogstad, CWU	50.18
Nick Clark, WOU	50.26
Ben Wargo, WWU	50.37
Andy Loscutoff, WOU	50.43
Dan Hill, NNU	50.62
Dallas Beaty, NNU	50.63

500 (Not a national event)

Matt Rogstad, CWU	1:11.09
Ben Wargo, WWU	1:11.12
Carl Johnson, WWU	1:14.19
Gabriel Morales, WWU	1:14.95

800 (1:52.20, 1:53.90; 1:52.30, 1:54.00)

+Zeke Van Patten, WOU	1:51.73
Jeff Long, WOU	1:53.71
Carson O'Brien, WOU	1:56.24
Anders Mavis, WWU	1:58.92
Kyle Larson, WOU	1:59.21
Mike Schmid, WOU	1:59.88
Corey Cronkhite, CWU	2:00.17
Zach Massari, WOU	2:00.60
Abe Webb, WOU	2:01.90
Mike Lewis, NNU	2:02.39

1000 (Not a national event)

Josh Grewe, NNU	2:46.18
Josh Merioles, NNU	2:46.63
Mike Lewis, NNU	2:47.57
Stuart Montgomery, NNU	2:55.42

Mile (4:08.80, 4:13.30; 4:09.20, 4:17.70)

Bennett Grimes, WWU	4:13.18
Anthony Tomsich, WWU	4:13.63
John Riak, SMU	4:15.08
Zeke Van Patten, WOU	4:15.84
Jeff Long, WOU	4:16.90
Matt McCrary, WOU	4:24.18
Eric Brill, WWU	4:26.88
Braxton Jackson, WOU	4:27.42
Spencer Hunt, SMU	4:28.21
Dan Sprinkle, WOU	4:29.14
Daniel Friesen, SPU	4:30.74

1,600

Daniel Lombardi, MSUB	4:44.62
Tyson Vanderby, MSUB	4:57.63
Travis Hutchinson, MSUB	4:57.83
Taylor Canfield, MSUB	4:58.23

3,000

Jordan Welling, WWU	8:19.80
Bennett Grimes, WWU	8:31.79
John Riak, SMU	8:32.61
Kyle Van Santen, SMU	8:43.37
Eric Brill, WWU	8:50.41
Yonas Berhe, WWU	8:52.3
Matt McCrary, WOU	8:56.95
Justin Karr, WOU	9:03.71
Brandon Snook, WOU	9:06.71
Casper Jakobsen, WWU	9:08.49

5,000 (14:19.00; 14:49.00; 14:20.00, 14:50.00)

Jordan Welling, WWU	14:21.30
John Riak, SMU	14:32.71
Bennett Grimes, WWU	14:40.84
Zeke Van Patten, WOU	14:48.40
Chris Reed, WOU	14:51.23
Josiah Price, SMU	14:54.23
Kyle Van Santen, SMU	15:05.30
Nik Karr, WOU	15:26.56
Trevor Kulvi, CWU	15:34.91
Eric Brill, WWU	15:40.82

60-Hurdles (8.05, 8.24)

Dallas Beaty, NNU	8.49
Andy Loscutoff, WOU	8.51
Kyle Williams, CWU	8.64
Andrew Gray, WWU	8.71
Ben Wargo, WWU	8.75
Michael Kendrick, WOU	8.78
Jordan Werner, WOU	8.80

Robert Manwell, WOU	8.85
Kevin Myhre, WWU	8.88
Josh Grewe, NNU	8.92

4x400 Relay (3:13.60, 3:18.10; 3:14.00, 3:18.50)

Northwest Nazarene	3:19.66
Western Oregon	3:22.44
Western Washington	3:22.73
Central Washington	3:24.29
Montana State Billings	3:39.08
Saint Martin's	3:41.66

Distance Medley (9:51.70, 10:06.70; 9:52.60, 10:07.60)

Western Washington	10:26.42
Western Oregon	10:40.21
Northwest Nazarene	10:55.11
Central Washington	11:06.54
Montana State Billings	11:23.42
Saint Martin's	11:38.64

Long Jump (7.30, 7.08)

Justin Felt, SPU	7.08 (23-2 ¾)
Zeb Udell, WOU	7.03 (23-0 ¾)
Tim Clendaniel, WWU	6.70 (21-11 ¾)
Chris Freeman, WOU	6.68 (21-11)
Shane Gruger, WWU	6.65 (21-10)
Nick Collins, CWU	6.61 (21-8 ¼)
Bryan Mack, CWU	6.53 (21-5 ¼)
Rendel Jones, CWU	6.52 (21-4 ¾)
Robert Wegner, WOU	6.50 (21-4)
Mark Hanson, NNU	6.47 (21-2 ¾)

Triple Jump (15.20, 14.40)

Rendel Jones, CWU	14.30 (46-11)
Tyler Reisnaur, WOU	14.09 (46-2 ¾)
James Cho, CWU	13.99 (45-10 ¾)
Tim Satterwhite, WWU	13.90 (45-7 ¼)
Cameron Bailey, CWU	13.86 (45-5 ¾)
Bryan Mack, CWU	13.73 (45-0 ½)
James Turner, WWU	13.56 (44-5)
Tim Clendaniel, WWU	13.43 (44-0 ¾)
Josh Heidegger, NNU	13.43 (44-0 ¾)
Isaiah Smith, WOU	13.13 (43-1)

High Jump (2.11, 2.05)

Cameron Bailey, CWU	2.02 (6-7 ½)
Robert Wegner, WOU	1.96 (6-5)
Jonathon Hamilton, CWU	1.96 (6-5
Zeb Udell, WOU	1.93 (6-4)
Matt Lariza, WOU	1.91 (6-3 ¼)
Josh Heidegger, NNU	1.86 (6-1 ¼)
Nathan Wagner, SPU	1.85 (6-0 ¾)
James Turner, WWU	1.81 (5-11 ¼)
Joseph Nelson, CWU	1.80 (5-10 ¾)
Zach Massari, WOU	1.78 (5-10)

Pole Vault (5.03, 4.75)

+Ryan Brown, WWU	5.03 (16-6)
Zeb Udell, WOU	4.65 (15-3)
Tim Clendaniel, WWU	4.60 (15-1)
Hayden Woodard, WWU	4.50 (14-9)
Josh Winters, WWU	4.50 (14-9)
Steven Schafer, NNU	4.50 (14-9)
Will Lloyd, WWU	4.35 (14-3 ¼)
Michael Millson, WWU	4.26 (13-11 ¾)
Ben Shea, NNU	4.25 (13-11 ¼)
Nic Hoza, WWU	4.20 (13-9 ¼)

35-lb Weight (19.00, 17.45)

Tyler Fischer, CWU	17.83 (58-6)
Zach Barclay, NNU	17.33 (56-10 ¼)
Sam Washington, SMU	17.25 (56-7 ¼)
Grant Miller, NNU	16.69 (54-9 ¼)
Anthony Marin, WOU	16.68 (54-8 ¾)
Robert Barrett, WOU	15.53 (50-11 ½)
Mychal Ostler, CWU	15.52 (50-11)
Matt Schryvers, WOU	14.98 (49-1 ¾)
Jordan Fenters, NNU	14.93 (48-11 ¾)
Ben Elder, WWU	14.90 (48-10 ¾)

Discus (Not a national event)

Tyler Fischer, CWU	45.90 (150-7)

Shot Put (17.40, 15.85)

Tyler Fischer, CWU	15.93 (52-3 ¼)
Sam Washington, SMU	15.66 (51-4 ½)
Dincer Kayhan, WWU	15.42 (50-7 ¼)
Zach Barclay, NNU	15.32 (50-3 ¼)
Grant Miller, NNU	15.30 (50-2 ½)
Ben Elder, WWU	14.40 (47-3)
Brandon Varkevisser, WWU	14.06 (46-1 ½)
Jordan Fenters, NNU	13.99 (45-10 ¾)
Donovan Cunningham, WWU	13.93 (45-8 ½)
Robert Barrett, WOU	13.86 (45-5 ¾)

Heptathlon (4500)

Josh Grewe, NNU	4341
Stuart Montgomery, NNU	2423