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Great Northwest Athletic Conference Performances at National Meets

Great Northwest Athletic Conference

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GNAC PERFORMANCES AT NATIONAL MEETS

TEAM SCORES

Year	O-Men	I-Men	O-Women	I-Women
2004			29 th , 8	40 th , 4
2005				27 th , 11
2006				38 th , 5
2007			42 nd , 4	
2008				49 th , 3
2009	19 th , 11		55 th , 2	41 st , 4
2010	14 th , 19			35 th , 7

Year	O-Men	I-Men	O-Women	I-Women
2006			33 rd , 6	
2007			40 th , 5	
2008			55 th , 2	
2009	19 th , 11			
2010	14 th , 19			

Year	O-Men	I-Men	O-Women	I-Women
2002	48 th , 2		36 th , 7	
2003			49 th , 1	
2004	49 th , 3		51 st , 2	26 th , 6
2005	25 th , 8			29 th , 5
2006	27 th , 10	24 th , 6	26 th , 8	
2007	52 nd , 1	29 th , 4	30 th , 9	
2008	42 nd , 4			
2009				16 th , 10
2010	57 th , 1			

Year	O-Men	I-Men	O-Women	I-Women
2002	44 th , 3		40 th , 5	
2006	50 th , 1		54 th , 2	

Year	O-Men	I-Men	O-Women	I-Women
2006				44 th , ½
2007			51 st , 3	
2008			22 nd , 12	37 th , 1
2009	16 th , 14		24 th , 11	13 th , 11

Year	O-Men	I-Men	O-Women	I-Women
2005	50 th , 1	38 th , 1		
2006		24 th , 6		
2008	52 nd , 2			

Year	O-Men	I-Men	O-Women	I-Women
2001			9 th , 27	
2002	51 st , 1		19 th , 17	37 th , 1
2003			16 th , 14	17 th , 9 ½
2004	32 nd , 6		32 nd , 8	
2005	15 th , 15		13 th , 20	8 th , 25
2006	27 th , 10		26 th , 8	38 th , 3
2007		40 th , 1	7 th , 32	7 th , 20
2008			11 th , 22	9 th , 33
2009			11 th , 20	6 th , 35
2010			17 th , 16	7 th , 26

Year	O-Men	I-Men	O-Women	I-Women
2004			35 th , 5	
2005			49 th , 3	

Year	O-Men	I-Men	O-Women	I-Women
2001	52 nd , 1		30 th , 9	
2002	44 th , 3	38 th , 1	34 th , 6	
2003	22 nd , 10		12 th , 15	

Year	O-Men	I-Men	O-Women	I-Women
2002			45 th , 4	
2003			33 rd , 8	
2004			60 th , ½	32 nd , 4
2006		32 nd , 3	49 th , 3	
2007	37 th , 5	17 th , 8	24 th , 10	
2008	47 th , 3		21 st , 13	
2009		28 th , 4	17 th , 14	9 th , 20
2010	18 th , 14	14 th , 10	18 th , 14	14 th , 12

Year	O-Men	I-Men	O-Women	I-Women
2002			45 th , 4	
2003			33 rd , 8	
2004			60 th , ½	32 nd , 4
2006		32 nd , 3	49 th , 3	
2007	37 th , 5	17 th , 8	24 th , 10	
2008	47 th , 3		21 st , 13	
2009		28 th , 4	17 th , 14	9 th , 20
2010	18 th , 14	14 th , 10	18 th , 14	14 th , 12

OUTDOOR ALL-AMERICANS (Since 2001)

Men	Year	Event	Place
David Registe, UAA	2008	Long Jump	1 st , 24-8 ½
Ryan Brown, WWU	2010	Pole Vault	1 st , 17-8 ½
Pro Escobedo, WOU	2003	Hammer	1 st , 206-4
Chris Randolph, SPU	2005	Decathlon	1 st , 7309
Chris Randolph, SPU	2006	Decathlon	1 st , 7872
David Registe, UAA	2009	Long Jump	2 nd , 25-11 ½
Demetrius Preston, UAA	2010	Long Jump	2 nd , 25-3 ¼
Isaiah Haines, WOU	2004	Discus	2 nd , 173-11
Josh Heidegger, NNU	2009	Javelin	2 nd , 223-2
Dallas Beaty, NNU	2009	400 Hurdles	3 rd , 52.05
Cameron Neel, CWU	2006	Discus	3 rd , 175-5
Chris Randolph, SPU	2004	Decathlon	3 rd , 7030
Paul Mach, SPU	2005	800	4 th , 1:51.70
Anthony Tomsich, WWU	2007	1500	4 th , 3:48.72
Marko Cheseto, UAA	2009	5,000	4 th , 14"25.82
Cameron Neel, CWU	2005	Shot Put	4 th , 57-10 ¼
Zeb Udell, WOU	2007	Pole Vault	5 th , 16-2 ¾
Alex Harrison, WWU	2010	Javelin	5 th , 200-9
Cameron Neel, CWU	2006	Shot Put	5 th , 56-4
Tytlar Fischer, CWU	2008	Discus	5 th , 173-10
Mike Pankiewicz, CWU	2005	800	6 th , 1:52.36
Keith Lemay, WWU	2008	800	6 th , 1:51.62
Jason Walker, HSU	2002	Steeplechase	6 th , 9:33.78
Marko Cheseto, UAA	2010	5,000	6 th , 14:15.12
Marko Cheseto, UAA	2010	10,000	6 th , 30:36.40
Shaun Ward, UAA	2009	400 Hurdles	6 th , 52.87
Erik Lanigan, CWU	2001	High Jump	6 th , 6-8 ¼
Jamil Wynn, WOU	2002	Long Jump	6 th , 25-2 ¾
Justin Lawrence, CWU	2004	Triple Jump	6 th , 49-9 ¾
Micah Chelimo, UAA	2010	Steeplechase	7 th , 8:59.23
Marko Cheseto, UAA	2009	10,000	7 th , 30:28.81
Sam Washington, SMU	2008	Shot Put	7 th , 54-10
Mike Hinshaw, WOU	2001	100	8 th , 10.50
Cory Pena, UAA	2009	800	8 th , 1:52.26
Nathanael Castle, SPU	2002	1500	8 th , 3:53.82
Nathan Carlson, SMU	2005	1500	8 th , 3:50.18
Alfred Kangogo, UAA	2010	1500	8 th , 3:49.65
Jasper Peach, HSU	2006	Steeplechase	8 th , 9:27.45

David Kiplagat, UAA	2008	Steeplechase	8 th , 9:14.79
Evan Ruud, CWU	2007	Hammer	8 th , 185-0
Tyler Fischer, CWU	2010	Hammer	8 th , 193-2

MOST ALL-AMERICANS: 4 – Marko Cheseto, UAA. 3 – Chris Randolph, SPU; Cameron Neel, CWU.

Women	Year	Event	Place
Ashley Puga, NNU	2009	800	1 st , 2:07.24
Jessica Pixler, SPU	2007	1500	1 st , 4:22.23
Jessica Pixler, SPU	2009	1500	1 st , 4:16.75
Jessica Pixler, SPU	2010	1500	1 st , 4:15.43
Teona Perkins, SPU	2007	High Jump	1 st , 5-10
Monika Gruszecki, WWU	2007	Javelin	1 st , 145-8
Jessica Pixler, SPU	2007	800	2 nd , 2:07.90
Jane Larson, SPU	2008	3000	2 nd , 9:41.20
Sarah Porter, WWU	2010	10,000	2 nd , 34:49.60
Holly Conrad, WOU	2001	Javelin	2 nd , 151-5
Stephanie Huffman, SPU	2002	Javelin	2 nd , 149-9
Katie McMeel, CWU	2006	Javelin	2 nd , 160-4
Monika Gruszecki, WWU	2008	Javelin	2 nd , 152-3
Danielle Ayers-Stamper, SPU	2003	Heptathlon	2 nd , 5120
Danielle Ayers-Stamper, SPU	2005	Heptathlon	2 nd , 5606
Sarah Kraybill, SPU	2003	800	3 rd , 2:08.41
Ashley Puga, NNU	2008	800	3 rd , 2:10.23
Ashley Puga, NNU	2008	1500	3 rd , 4:30.07
Ashlee Vincent, WWU	2003	5000	3 rd , 16:59.08
Sarah Porter, WWU	2010	5000	3 rd , 16:23.52
Stephanie Huffman, SPU	2001	Javelin	3 rd , 149-10
Lauren VerMulm, SPU	2008	Javelin	3 rd , 150-4
Jeeni Schantin, SPU	2009	Javelin	3 rd , 153-11
Jennifer Dunkin, WOU	2003	Hammer	3 rd , 184-3
Stephanie Huffman, SPU	2002	Heptathlon	3 rd , 5389
Mary Pearce, UAA	2007	400	4 th , 53.56
Rachel Ross, SPU	2001	1500	4 th , 4:35.91
Sarah Forrey, CWU	2001	3000	4 th , 10:02.14
Katie Hummel, CWU	2007	3000	4 th , 9:56.24
Kelly Fullerton, SU	2004	Steeplechase	4 th , 10:45.35
Monika Smith, WOU	2005	100 Hurdles	4 th , 14.34
Heidi Dimmitt, WWU	2008	400 Hurdles	4 th , 1:00.52
Monika Smith, WOU	2003	High Jump	4 th , 5-7
Katie Droz, HSU	2001	Javelin	4 th , 146-5
Lauren VerMulm, SPU	2005	Javelin	4 th , 144-10
Jeeni Schantin, SPU	2008	Javelin	4 th , 145-9
Brittany Aanstad, SPU	2010	Javelin	4 th , 145-8
Stephanie Huffman, SPU	2001	Heptathlon	4 th , 4898
Danielle Ayers-Stamper, SPU	2004	Heptathlon	4 th , 4955
Bridget Johnson, WOU	2006	Heptathlon	4 th , 5080
Mary Pearce, UAA	2006	400	5 th , 54.20
Ellie Siler, WWU	2009	400	5 th , 55.46
Rachel Ross, SPU	2001	800	5 th , 2:13.90
Annan Applebee, WOU	2009	800	5 th , 2:13.01
Jane Larson, SPU	2009	1500	5 th , 4:32.45
Sarah Porter, WWU	2009	10,000	5 th , 36:02.72
Heidi Dimmitt, WWU	2009	400 Hurdles	5 th , 1:00.83
Allyson Studer, SPU	2001	Pole Vault	5 th , 11-9 ¾
Danielle Juarez, WWU	2002	Pole Vault	5 th , 11-10
Amy Harris, SPU	2005	Pole Vault	5 th , 12-2
Stacy Hopkins, WWU	2003	Javelin	5 th , 146-7
Lauren VerMulm, SPU	2006	Javelin	5 th , 153-2
Brittany Bekins, SPU	2007	Javelin	5 th , 138-1
Carolanne Powers, WOU	2010	Javelin	5 th , 144-9

Kristin Hepler, WOU	2003	Hammer	5 th , 177-0
Jaci Cederberg, WOU	2004	Hammer	5 th , 176-6
Ashley Puga, NNU	2006	800	6 th , 4:32.22
Karen Summers, SPU	2001	400 Hurdles	6 th , 1:01.40
Kelly Fullerton, SU	2005	Steeplechase	6 th , 10:53.07
Jessica Harper, WOU	2008	Steeplechase	6 th , 10:44.22
Monika Smith, WOU	2005	High Jump	6 th , 5-8 ½
Clara Cook, WWU	2006	High Jump	6 th , 5-7
Holly Conrad, WOU	2002	Javelin	6 th , 136-5
Sara Johnson, SPU	2004	Javelin	6 th , 145-3
Katie McMeel, CWU	2007	Javelin	6 th , 138-1
Amanda Schumaker, WOU	2010	Javelin	6 th , 144-5
Bridget Johnson, WOU	2005	Heptathlon	6 th , 5073
Kelsey Cooley, SPU	2006	Heptathlon	6 th , 4930
Terran Legard, CWU	2004	400	7 th , 54.86
Amy Forrey, CWU	2001	5000	7 th , 17:17.41
Mandy Kaempf, UAA	2006	5000	7 th , 18:06.75
Sarah Porter, WWU	2009	5000	7 th , 17:02.19
Suzie Strickler, SPU	2008	Steeplechase	7 th , 10:45.54
Danielle Ayers-Stamper, SPU	2005	100 Hurdles	7 th , 14.39
Ally Studer, SPU	2002	Pole Vault	7 th , 11-10
Kim Brady, UAA	2008	Triple Jump	7 th , 39-2 ¼
Jennifer Dunkin, WOU	2002	Hammer	7 th , 168-5
Audrey Oswald, HSU	2006	Hammer	7 th , 172-6
Dionna Anderson, SPU	2002	Shot Put	7 th , 46-3 ¼
Lisa Anderberg, SPU	2008	800	8 th , 2:12.65
Lisa Anderberg, SPU	2010	800	8 th , 2:10.37
Alicen Maier, CWU	2002	1500	8 th , 4:36.63
Ashley Puga, NNU	2009	1500	8 th , 4:35.45
Jill Salmon, WOU	2002	Steeplechase	8 th , 11:27.49
Danielle Juarez, WWU	2004	Pole Vault	8 th , 11-7 ¾
Kellie Kathman, WOU	2001	Javelin	8 th , 137-4
Krissy Tandle, CWU	2007	Shot Put	8 th , 46-1 ½
Kelsey Cooley, SPU	2005	Heptathlon	8 th , 4926
Linda Blake, SPU	2008	Heptathlon	8 th , 4746

MOST ALL-AMERICANS: 5 – Ashley Puga, NNU. 4 – Stephanie Huffman, SPU; Danielle Ayers-Stamper, SPU; Jessica Pixler, SPU. 3 – Lauren VerMulm, SPU; Monika Smith, WOU; Sarah Porter, WWU.

INDOOR ALL-AMERICANS (Since 2002)

Men	Year	Event	Place
Ryan Brown, WWU	2010	Pole Vault	1 st , 16-11
Western Washington	2007	Dist. Medley	2 nd , 9:55.00
Andy Prentice, SMU	2006	800	3 rd , 1:52.66
Cameron Neel, CWU	2006	Shot Put	3 rd , 56-1
Tyler Thornbrue, WWU	2006	Pole Vault	4 th , 15-6 ¼
Zeke Van Patten, WOU	2009	800	5 th , 1:53.71
Cameron Neel, CWU	2007	Shot Put	5 th , 55-7 ½
Mike Hinshaw, WOU	2002	60	8 th , 6.85
Andy Prentice, SMU	2005	800	8 th , 1:53.09
Eddie Strickler, SPU	2007	800	8 th , 1:52.52

DMR RELAY MEMBERS: 2007 – WWU (Sam Brancheau, Adam Neff, Erik Bies, Anthony Tomsich).

MOST ALL-AMERICANS: 2 – Cameron Neel, CWU; Andy Prentice, SMU

Women	Year	Event	Place
Ashley Puga, NNU	2009	800	1 st , 2:07.63
Jessica Pixler, SPU	2007	Mile	1 st , 4:42.42
Jessica Pixler, SPU	2008	Mile	1 st , 4:47.79
Jessica Pixler, SPU	2009	Mile	1 st , 4:43.69
Jessica Pixler, SPU	2010	Mile	1 st , 4:46.42
Jessica Pixler, SPU	2009	5000	1 st , 16:22.64
Seattle Pacific	2010	Distance Med.	1 st , 11:29.88
Danielle Ayers-Stamper, SPU	2005	High Jump	1 st , 5-8
Emily Warman, WWU	2009	Triple Jump	1 st , 39-3
Krissy Tandle, CWU	2009	Shot Put	1 st , 48-9 ½
Jane Larson, SPU	2008	Mile	2 nd , 4:51.74
Jane Larson, SPU	2009	Mile	2 nd , 4:48.87
Karen Dickson, SPU	2005	5000	2 nd , 16:34.72
Kristin Hepler, WOU	2004	Weight Throw	2 nd , 58-2 ½
Jessica Pixler, SPU	2008	800	3 rd , 2:12.60
Alicen Maier, CWU	2003	Mile	3 rd , 4:49.85
Jane Larson, SPU	2010	Mile	3 rd , 4:50.74
Seattle Pacific	2008	Dist. Medley	3 rd , 11:45.88
Terran Legard, CWU	2005	400	4 th , 55.54
Sarah Kraybill, SPU	2003	800	4 th , 2:09.53
Sarah Porter, WWU	2010	5000	4 th , 17:26.05
Western Washington	2010	4x400 Relay	4 th , 3:48.67
Danielle Ayers-Stamper, SPU	2005	Long Jump	4 th , 19-5 ½
Teona Perkins, SPU	2007	High Jump	4 th , 5-8
Ali Worthen, SPU	2009	High Jump	4 th , 5-7 ¼
Ally Studer, SPU	2003	Pole Vault	4 th , 11-11 ¾
Christy Miller, WWU	2009	Pole Vault	4 th , 12-5 ½
Karin Rohde, SPU	2007	Mile	5 th , 4:54.38
Teona Golding, SPU	2008	High Jump	5 th , 5-7

Danielle Juarez, WWU	2004	Pole Vault	5 th , 12-0
Sarah Porter, WWU	2009	5000	6 th , 17:00.14
Teona Perkins, SPU	2006	High Jump	6 th , 5-7 ¾
Rachael Johnson, WWU	2009	800	7 th , 2:11.82
Jane Larson, SPU	2009	5000	7 th , 17:04.01
Seattle Pacific	2005	Dist. Medley	7 th , 11:47.46
Western Washington	2010	Dist. Medley	7 th , 12:02.32
Ashley Puga, NNU	2008	Mile	8 th , 4:58.09
Seattle Pacific	2007	Dist. Medley	8 th , 12:04.77
Northwest Nazarene	2009	Dist. Medley	8 th , 11:59.29
Emily Peterson, NNU	2006	High Jump	8 th , 5-5 ¼
Dionna Anderson, SPU	2002	Shot Put	8 th , 44-5 ¼

DMR RELAY MEMBERS: 2005 – SPU (Karin Rohde, Kinyatta Leonhardt, Josie Lavin, Karen Dickson). **2007** – SPU (Karin Rohde, Jessica Hinton, Jennifer Marsh, Jessica Pixler). **2008** – SPU (Jane Larson, Melissa Peaslee, Lisa Anderberg, Karin Rohde). **2009** – NNU (Jaclyn Puga, Jamie Beaty, Elisa Decker, Ashley Puga). **2010** – SPU (Jane Larson, Jennifer Pike, Lisa Anderberg, Jessica Pixler); WWU (Courtney Olsen, Megan O'Connell, Rachael Johnson, Sarah Porter).

4x400 RELAY MEMBERS: 2010 – WWU (Eleanor Siler, Michelle Howe, Megan O'Connell, Sarah Brownell).

MOST ALL-AMERICANS: 8 – Jessica Pixler, SPU. 6 – Jane Larson, SPU. 4 – Karin Rohde, SPU. 3 – Teona Perkins Golding, SPU; Ashley Puga, NNU; Sarah Porter, WWU.

YEARLY NCAA NATIONAL OUTDOOR RESULTS

2001 (May 24-26 at San Angelo, TX)

MEN: Team Scores – 1. St. Augustine's 80, 2. Abilene Christian 59, 3. UC Davis 51 ½, 4. Central Missouri 42, 5. Angelo State 40, 48. Central Washington 2, 52. Western Oregon 1. **Thursday:** 100 - Mike Hinshaw, WOU, 10th in prelims, 10.57, 8th in semis, 10.70; Ryan Brown, WOU, 27th in prelims, 11.32. Steeplechase – Jason Walker, HSU, 11th in prelims, 9:12.58. **Friday:** Steeplechase – 9. Jason Walker, HSU, 9:15.13. High Jump – 6. Erik Lanigan, CWU, 6-8 ¼; 11. Nathan Lindeman, WWU, 6-6 ¼. **Saturday:** Javelin – 15. Travis Huntsinger, WWU, 54.36 – 178-4. 100 – 8. Mike Hinshaw, WOU, 10.50.

WOMEN: Team Scores - 1. St. Augustine's 80, 2. Western State, Colo., 59, 3. Lewis 47, 4. Abilene Christian 45 ½, 5. UC Davis 42, 9. Seattle Pacific 27, 30. Western Oregon 9, 36. Central Washington 7, 40. Humboldt State 5. **Thursday:** 400 - Cyrena Bell, SPU, 14th in prelims, 57.90. 1500 - Rachel Ross, SPU, 4th in prelims, 4:39.97. 400 Hurdles – Karen Summers, SPU, 6th in prelims, 61.13; Cassie Moorhouse, WOU, 21st in prelims, 65.81. **Friday:** Heptathlon – 4. Stephanie Huffman, SPU, 4898 (Day 1, 100 Hurdles – 15.21; High Jump, 1.66 – 5-5 ¼; Shot Put, 10.79 – 35-5; 200, 26.89. Day 2, Long Jump, 5.36 – 17-7; Javelin, 41.68 – 136-9; 800, 2:36.27). 100 Hurdles – Kate Herber, WWU, 10th in prelims, 14.74. 3000 – 4. Sarah Forrey, CWU, 10:02.14. 800 – Rachel Ross, 2nd in prelims, 2:08.52; Sarah Kraybill, SPU, 20th in prelims, 2:16.81. Pole Vault – 5. Allyson Studer, SPU, 3.60 – 11-9 ¾; 9. Danielle Juarez, WWU, 3.60 – 11-9 ¾. 5000 – Amy Forrey, CWU, 4th in prelims, 17:50.99; Sarah Forrey, CWU, 14th in prelims, 18:11.66. 4x400 Prelims – Seattle Pacific (Cyrena Bell, Rachel Ross, Sarah Kraybill, Karen Summers), 13th in prelims, 3:54.77. **Saturday:** 1500 – 4. Rachel Ross, SPU, 4:35.91. 800 – 5. Rachel Ross, SPU, 2:13.90. 5000 – 7. Amy Forrey, CWU, 17:17.41. 400 Hurdles – 6. Karen Summers, SPU, 61.40. Javelin – 2. Holly Conrad, WOU, 46.16 - 151-5; 3. Stephanie Huffman, SPU, 45.66 - 149-10; 4. Katie Droz, HSU, 44.62 - 146-5; 8. Kellie Kathman, WOU, 41.86 - 137-4.

2002 (May 23-25 at Edwardsville, Ill.)

MEN: Team Scores - 44. Humboldt State and Western Oregon 3; 51. Seattle Pacific 1. **Thursday:** 1500 - Heat 1, 5. Nathan Carlson, SMC, 3:53.60 (advances); 6. Nathanael Castle, SPU, 3:53.66 (advances). 10,000 - 10. Sean Rivers, UAA, 31:45.21. Steeplechase - Heat 2, 3. Jason Walker, HSU, 9:33.21 (advances). Long Jump - 6. Jamil Wynn, WOU, 7.69 - 25-2 ¾. Hammer - 15. Dave Margraf, HSU, 49.38 - 162-0. **Friday:** 200 - Heat 1, Mike Hinshaw, WOU, 21.11. Steeplechase - 6. Jason Walker, HSU, 9:33.78. 5000 - Heat 1, 6. Sean Rivers, UAA, 15:22.01; 9. Jason Walker, HSU, 16:19.42. Pole Vault - 11. Justin Miller, HSU, 4.83 - 15-10. **Saturday:** 1500 - 8. Nathanael Castle, SPU, 3:53.82; 10. Nathan Carlson, SMC, 3:58.33.

WOMEN: Team Scores - 19. Seattle Pacific 17; 34. Western Oregon 6; 45. Western Washington 4; 49. Central Washington 1. **Thursday:** 1500 - Heat 2, 3. Alicen Maier, CWU, 4:36.24 (advances). 3000 - Heat 2, 7. Ashlee Vincent, WWU, 10:41.08. 10,000 - 15. Dolores Bergmann, HSU, 40:37.43. 400 Hurdles - Heat 3, 5. Jawsa Harder, SPU, 62.87. Steeplechase - Heat 1, 3. Jill Salmon, WOU, 11:24.77 (advances). Hammer - 7. Jennifer Dunkin, WOU, 51.34 - 168-5. **Friday:** Heptathlon - 3. Stephanie Huffman, SPU, 5389 (Day 1, 100 Hurdles, 14.81; High Jump, 1.70 - 5-7; Shot Put, 11.05 - 36-3; 200, 25.66. Day 2, Long Jump, 5.99 - 19-8; Javelin, 42.05 - 137-11; 800, 2:30.30); 11. Leah Wiest, SPU, 4795 (Day 1, 100 Hurdles, 15.51; High Jump, 1.43 - 4-8 ¼; Shot Put, 10.97 - 36-0; 200, 25.19. Day 2, Long Jump, 5.58 - 18-3 1/2; Javelin, 30.39 - 99-8; 800, 2:21.21); Laura Widman, SPU, did not finish (Day 1, 100 Hurdles, 15.45; High Jump, 1.55 - 5-1; Shot Put, 12.92 - 42-4 ¾; 200 - 26.02. Day 2, DNF). 800 - Heat 1, 6. Sarah Kraybill, SPU, 2:18.84; Heat 2, 4. Rachel Ross, SPU, 2:13.39. Steeplechase - 8. Jill Salmon, WOU, 11:27.49. Triple Jump - 14. Shelley Comstock, WOU, 11.58 - 38-0. **Saturday:** 1500 - 8. Alicen Maier, CWU, 4:36.63. Pole Vault - 5. Danielle Juarez, WWU, 3.71 - 12-2; 7. Ally Studer, SPU, 3.61 - 11-10. Shot Put - 7. Dionna Anderson, SPU, 14.10 - 46-3 ¼, Javelin - 2. Stephanie Huffman, SPU, 45.64 - 149-9; 6. Holly Conrad, WOU, 41.59 - 136-5; 9. Karie Pruett, CWU, 40.85 - 134-0; 11. Kate Droz, HSU, 39.58 - 129-10.

2003 (May 22-24 at Edwardsville, Ill.)

MEN: Team Scores – 22. Western Oregon 10. **Thursday:** 100 - 20. Mike Hinshaw, WOU, 11.28. Hammer - 1. Pro Escobedo, WOU, 62.89 - 206-4. Steeplechase - 18. Zach Dwello, NNU, 9:44.92. 10,000 - 17. Zach Boteilho, WWU, 37:27.92. **Friday:** Triple Jump - 9. Justin Lawrence, CWU, 14.88 - 48-10. Discus - 9. Isaiah Haines, WOU, 49.69 - 163-0. 200 - 18. Isaac Frederick, WOU, 21.78.

WOMEN: Team Scores – 13. Western Oregon 15; 16. Seattle Pacific 14; 33. Western Washington 8. **Thursday:** Hammer - 3. Jennifer Dunkin, WOU, 56.16 - 184-3; 5. Kristin Hepler, WOU, 53.94 - 177-0; 9. Jaci Cederberg, WOU, 50.64 - 166-2. 3000 - 13. Katie Gosnell, HSU, 10:06.50. 10,000 - 13. Stacy Edwards, UAA, 37:27.92; 17. Dolores Bergmann, HSU, 38:07.09. **Friday:** Heptathlon - 2. Danielle Ayers-Stamper, SPU, 5120 (Day 1, 100 Hurdles - 14.69; High Jump - 1.63 - 5-4 1/2; Shot Put - 11.76 - 38-7; 200 - 26.63. Day, 2, Long Jump - 5.44 - 17-10 1/4; Javelin - 39.16 - 128-6; 800 - 2:26.01); 12. Laura Widman, SPU, 4702 (Day 1, 100 Hurdles - 15.91; High Jump - 1.57 - 5-1 3/4; Shot Put - 11.68 - 38-4; 200 - 27.06. Day 2, Long Jump - 5.50 - 18-0 1/2; Javelin - 34.14 - 112-0; 800 - 2:31.52). Pole Vault - 10. Allie Studer, SPU, 3.50 - 11-5 3/4. **Saturday:** Javelin - 5. Stacy Hopkins, WWU, 44.69 - 146-7; 10. Holly Conrad, WOU, 42.21 - 138-6. Steeplechase - 9. Kelly Fullerton, SU, 10:51.69 (11:05.19). 1500 - 12. Josie Lavin, SPU, 4:46.62 (4:35.52). High Jump - 4. Monica Smith, WOU, 1.70 - 5-7. 800 - 3. Sarah Kraybill, SPU, 2:08.41 (2:10.25). 5000 - 3. Ashlee Vincent, WWU, 16:59.08; 14. Katie Gosnell, HSU, 17:26.72.

2004 (May 27-29 at Walnut, CA)

MEN: Team Scores - 1. Abilene Christian 75; 29. Western Oregon 8; 32. Seattle Pacific 6; 49. Central Washington 3. **Thursday:** Steeplechase - Nate Normandin, UAA, 9:18.25 (12th in prelims). **Friday:** Decathlon - 3. Chris Randolph, SPU, 7030 (Day 1, 100 - 11.45; Long Jump - 6.61 - 21-8 1/4; Shot - 11.06 - 36-3 1/2; High Jump - 2.01 - 6-7; 400 - 50.85. Day 2, 110 Highs - 15.58; Discus - 40.32 - 132-3; Pole Vault - 4.10 - 13-5 1/4; Javelin - 40.38 - 165-3; 1500 - 4:34.51). Discus - 2. Isaiah Haines, WOU, 53.02 - 173-11. **Saturday:** Steeplechase - 11. Norm Normandin, UAA, 9:39.09. Triple Jump - 6. Justin Lawrence, CWU, 15.18 - 49-9 3/4.

WOMEN: Team Scores - 1. Lincoln 85; 32. Seattle Pacific 8; 35. Seattle 5; 40. Western Oregon 4; 51. Central Washington 2; 60. Western Washington 1/2. **Thursday:** 1500 - 20. Kari Konrad, WOU, 4:52.94. 400 - Terran Legard, CWU, 55.71 (7th in prelims). Hammer - 5. Jaci Cederberg, WOU, 53.81 - 176-6; 10. Kristin Hepler, WOU, 51.49 - 168-11. Steeplechase - Kelly Fullerton, SU, 11:01.18 (5th in prelims). 10,000 - 12. Karen Dickson, SPU, 36:45.46. **Friday:** Heptathlon - 4. Danielle Ayers-Stamper, SPU, 4955 (Day 1, 100 Hurdles - 14.56; High Jump - 1.68 - 5-6; Shot - 10.58 - 34-8 1/2; 200 - 27.16. Day 2, Long Jump - 5.39 - 17-8 1/4; Javelin - 34.08 - 111-10; 800 - 2:26.58); 13. Bridget Johnson, WOU, 4527 (Day 1, 100 Hurdles - 16.10; High Jump - 1.59 - 5-2 1/2; Shot - 10.01 - 32-10 1/4; 200 - 26.53. Day 2, Long Jump - 4.91 - 16-1 1/2; Javelin - 38.37 - 125-11; 800 - 2:33.58). 800 - 11. Jennifer Marsh, SPU, 2:12.41. Pole Vault - 8. Danielle Juarez, WWU, 11-7 3/4. **Saturday:** Javelin - 6. Sara Johnson, SPU, 44.27 - 145-3; 12. Stacey Hopkins, WWU, 42.27 - 138-8; 17. Nini Callan, WOU, 38.99 - 127-11. Steeplechase - 4. Kelly Fullerton 10:45.35. 400 - 7. Terran Legard, CWU, 54.86.

2005 (May 26-28 at Abilene, Tex.)

MEN: Team Scores - 1. Abilene Christian 109; 15. Seattle Pacific 15; 25. Central Washington 8; 50. Saint Martin's 1. **Thursday:** 1500 - Nathan Carlson, SMC, 3:55.45 (8th in prelims). Discus - 11. Cameron Neel, CWU, 50-54 - 165-10; 15. Jacob Galloway, CWU, 48.40 - 158-9. Steeplechase - Ethan Barrons, WOU, 9:26.56 (7th in prelims). **Friday:** Decathlon - 1. Chris Randolph, SPU, 7309 (Day 1, 100 - 11.30; Long Jump - 6.81 - 22-4 1/4; Shot Put - 11.42 - 37-5 3/4; High Jump - 1.96 - 6-5; 400 - 49.82. Day 2, 110 Hurdles - 15.53; Discus - 42.11 - 138-2; Pole Vault - 4.35 - 14-5 1/4; Javelin - 52.68 - 172-10; 1500 - 4:29.88). Shot Put - 4. Cameron Neel, CWU, 17.63 - 57-10 1/4. 800 - Paul Mach, SPU, 1:51.07 (3rd in prelims); Mike Pankiewicz, CWU, 1:52.65 (9th in prelims). **Saturday:** Steeplechase - 9. Ethan Barrons, WOU, 9:23.74. 1500 - 8. Nathan Carlson, SMC, 3:50.18. 800 - 4. Paul Mach, SPU, 1:51.70; 6. Mike Pankiewicz, CWU, 1:52.36.

WOMEN: Team Scores - 1. Lincoln 108; 13. Seattle Pacific 20; 27. Western Oregon 11; 49. Seattle 3. **Thursday:** Discus - 14. Jessica Telleria, WWU, 41.74 - 136-11; 17. Jessica Houston, UAA, 33.13 - 108-8. Long Jump - 11. Katy Kociemba, WOU, 5.58 - 18-3 3/4. 1500 - Kari Konrad, WOU, 4:53.16 (16th in prelims). Steeplechase - Kelly Fullerton, SU, 11:03.97 (8th in prelims). 10,000 - 15. Stacy Edwards, UAA, 39:52.78. **Friday:** Heptathlon - 2. Danielle Ayers-Stamper, SPU, 5606 (Day 1, 100 Hurdles - 13.70; High Jump - 1.75 - 5-8 3/4; Shot Put - 11.72 - 38-5 1/2; 200 - 25.72. Day 2, Long Jump - 5.76 - 18-10 1/2; Javelin - 39.11 - 128-4; 800 - 2:23.46); 6. Bridget Johnson, WOU, 5073 (Day 1, 100 Hurdles - 15.18; High Jump - 1.60 - 5-3; Shot Put - 11.74 - 38-6 1/4; 200 - 26.23. Day 2, Long Jump - 5.20 - 17-0 1/2; Javelin - 44.23 - 145-5; 800 - 2:26.85); 8. Kelsey Cooley, SPU, 4926 (Day 1, 100 Hurdles - 14.86; High Jump - 1.63 - 5-4 1/4; Shot Put - 10.52 - 34-6 1/4; 200 - 25.73. Day 2, Long Jump - 5.28 - 17-4 1/4; Javelin - 32.19 - 105-7; 800 - 2:25.34). High Jump - 6. Monica Smith, WOU, 5-8 1/2; Danielle Ayers-Stamper, SPU, no height. 800 - 10. Bridgette Sexton, SPU, 2:13.26 (10th in prelims). 100 Hurdles - Danielle Ayers-Stamper, SPU, 14.10 (6th in prelims); Monica Smith, WOU, 14.15 (9th in prelims). **Saturday:** Javelin - 4. Lauren VerMulm, SPU, 44.16 - 144-10; 9. Bridget Johnson, WOU, 41.71 - 136-10; 10. Molly Hornbuckle, SPU, 41.02 - 134-7; 15. Danielle Ayers-Stamper, SPU, 39.82 - 130-8. Hammer - 11. Jaci Cederberg, WOU, 51.56 - 169-2; 14. Christin McDowell, CWU, 48.00 - 157-6. Steeplechase - 6. Kelly Fullerton, SU, 10:53.07. 100 Hurdles - 4. Monica Smith, WOU, 14.34; 7. Danielle Ayers-Stamper, SPU, 14.39. Pole Vault - 5. Amy Harris, SPU, 12-2.

2006 (May 25-27 at Emporia, Kans.)

MEN: Team Scores - 1. St. Augustine's 77 1/2; 27. Central Washington and Seattle Pacific 10, 50. Humboldt State 1. **Thursday:** Hammer - 10. Anthony Marin, WOU, 52.66 - 172-9. Steeplechase - Jasper Peach, HSU, 9:22.19 (4th in prelims). **Friday:** Decathlon - 1. Chris Randolph, SPU, 7872 (Day 1, 100 - 11.19; Long Jump - 7.31 - 23-11 3/4; Shot Put - 12.88 - 42-3 1/4; High Jump - 2.04 - 6-8 1/4; 400 - 49.27; Day 2, 110 Hurdles - 15.35; Discus - 46.00 - 150-11; Pole Vault - 4.70 - 15-5; 1500 - 4:38.47). Shot Put - 5. Cameron Neel, CWU, 17.17 - 56-4. 5000 - David Kiplagat, UAA, 15:03.84 (13th in prelims). **Saturday:** Discus - 3. Cameron Neel, CWU, 53.47 - 175-5. Steeplechase - 8. Jasper Peach, HSU, 9:27.45.

WOMEN: Team Scores - 1. Lincoln 93; 26. Central Washington and Seattle Pacific 8; 33. Alaska Anchorage 6; 38. Western Oregon 5; 49. Western Washington 3; 54. Humboldt State 2. **Thursday:** 400 - Mary Pearce, UAA, 54.82 (8th in prelims). 1500 - Ashley Puga, NNU, 4:51.93 (8th in prelims); Lindy Mullen, CWU, 4:57.81 (15th in prelims). Hammer - 7. Audrey Oswald, HSU, 52.58 - 172-6. Steeplechase - Brandi McCoy, SPU, 11:16.76 (4th in prelims); Karin Rohde, SPU, 11:36.07 (16th in prelims). 3000 - Mary Moriarty, SPU, 11:00.68 (15th in prelims). **Friday:** Heptathlon - 4. Bridget Johnson, WOU, 5080 (Day 1, 100 Hurdles - 14.82; High Jump - 1.62 - 5-3 3/4; Shot Put - 11.66 - 38-3 1/4; 200 - 26.71. Day 2, Long Jump - 5.34 - 17-6 1/4; Javelin - 43.94 - 144-2; 800 - 2:30.78); 6. Kelsey Cooley, SPU, 4930 (Day 1, 100 Hurdles - 14.53; High Jump - 1.59 - 5-2 1/2; Shot Put - 10.50 - 34-5 1/2; 200 - 26.20. Day 2, Long Jump - 5.51 - 18-1; Javelin - 33.69 - 110-6; 800 - 2:28.69); 8. Linda Blake, SPU, 4746 (Day 1, 100 Hurdles - 14.88; High Jump - 1.65 - 5-5; Shot Put - 10.82 - 35-6; 200 - 26.89. Day 2, Long Jump - 5.20 - 17-0 3/4; Javelin - 31.42 - 103-1; 800 - 2:31.74); 12. Amanda Merrell, NNU, 4592 (Day 1, 100 Hurdles - 15.54; High Jump - 1.59 - 5-2 1/2; Shot Put - 11.10 - 36-5; 200 - 27.45. Day 2, Long Jump - 5.59 - 19-4 1/4; Javelin - 30.99 - 101-8; 800 - 2:37.84). 5000 - Mandy Kaempf, UAA, 17:49.35 (7th in prelims). **Saturday:** Javelin - 2. Katie McMeel, CWU, 48.86 - 160-4; 5. Lauren VerMulm, SPU, 46.70 - 153-2; 13. Nini Callan, WOU, 41.69 - 136-9; 15. Bridget Johnson, WOU, 41.43 - 135-11. Steeplechase - 12. Brandi McCoy, SPU, 11:48.73. High Jump - 6. Clara Cook, WWU, 1.70 - 5-7; 16. Teona Perkins, SPU, 1.61 - 5-3 1/4. Discus - 10. Jessica Telleria, WWU, 43.83 - 143-9. 1500 - 10. Ashley Puga, NNU, 4:50.72. 400 - 5. Mary Pearce, UAA, 54.20. 5,000 - 7. Mandy Kaempf, UAA, 18:06.75.

2007 (May 24-26 at Charlotte, NC.)

MEN: Team Scores - 1. Abilene Christian 105 1/2, 37. Western Washington 5, 42. Western Oregon 4, 52. Central Washington 1. **Thursday:** Hammer - 8. Evan Ruud, CWU, 56.39 - 185-0; 9. Anthony Marin, CWU, 56.20 - 184-4; 15. Tyler Fischer, CWU, 51.37 - 168-6. Long Jump - 12. David Registe, UAA, 7.03 - 23-0 3/4. 1500 - Anthony Tomsich, WWU, 3:50.83 (7th in prelims). Steeplechase - Andy Peters, NNU, 9:20.37 (11th in prelims); Sam Brancheau, WWU, 9:46.01 (17th in prelims). **Friday:** Shot Put - 9. Cameron Neel, CWU, 16.64 - 54-7 1/4. 800 - Eddie Strickler, SPU, 1:50.59 (9th in prelims). 5000 - David Kiplagat, UAA, 15:13.29 (17th in prelims). **Saturday:** 1500 - 4. Anthony Tomsich, WWU, 3:48.72. Steeplechase - 11. Andy Peters, NNU, 9:24.87. Pole Vault - 5. Zeb Udell, WOU, 4.95 - 16-2 3/4. Javelin - 11. Michael Ingman, CWU, 58.79 - 192-10; 17. Ian Wells, CWU, 55.96 - 183-7. Discus - 9. Cameron Neel, CWU, 49.67 - 162-11.

WOMEN: Team Scores - 1. Lincoln 82 1/2, 7. Seattle Pacific 32, 24. Western Washington 10, 30. Central Washington 9, 40. Alaska Anchorage 5. 51. Northwest Nazarene 3. **Thursday:** 100 - NyEma Sims, SPU, 12.09 (13th in prelims). 400 - Mary Pearce, UAA, 52.88 (4th in prelims). 1500 - Jessica Pixler, SPU, 4:27.30 (1st in prelims); Ashley Puga, NNU, 4:34.70 (4th in prelims). Steeplechase - Sarah Benson, CWU, 11:22.63 (15th in prelims); Karin Rohde, SPU, 11:27.34 (16th in prelims); Jessica Harper, WOU, 11:32.46 (17th in prelims). 3000 - Katie Hummel, CWU, 10:06.39 (10th in prelims); Jane Larson, SPU, 10:07.86 (11th in prelims). 400 Hurdles - Heidi Dimmitt, WWU, 1:03.95 (16th in prelims). Hammer - 16. Sabrina Freed, WOU, 46.79 - 153-6. **Friday:** 200 - NyEma Sims, SPU, 24.86 (20th in prelims). 800 - Jessica Pixler, SPU, 2:07.44 (1st in prelims); Sarah Howell, WOU, 2:11.71 (10th in prelims). 3000 - 4. Katie Hummel, CWU, 9:56.24; 12. Jane Larson, SPU, 10:11.62. 5000 - Laura Carr, UAA, 17:57.62 (15th in prelims). Shot Put - 8. Krissy Tandle, CWU, 14.06 - 46-1 1/2; 19. Jessica Houston, UAA, 13.08 - 42-11. Heptathlon - 9. Brittany Bekins, SPU, 4747 (**Day 1:** 100 Hurdles - 15.59; High Jump - 1.53 - 5-0 1/4; Shot Put - 11.33 - 37-2 1/4; 200 - 26.98. **Day 2:** Long Jump - 4.91 - 16-1 1/2; Javelin - 38.99 - 127-11; 800 - 2:20.69). **Saturday:** 400 - 4. Mary Pearce, UAA, 53.56. 800 - 2. Jessica Pixler, SPU, 2:07.90. 1500 - 1. Jessica Pixler, SPU, 4:22.23; 6. Ashley Puga, NNU, 4:32.22. High Jump - 1. Teona Perkins, SPU, 1.78 - 5-10. Javelin - 1. Monika Gruszecki, WWU, 44.40 - 145-8; 5. Brittany Bekins, SPU, 42.10 - 138-1; 6. Katie McMeel, CWU, 42.09 - 138-1; 17. Molly Barnes, SPU, 37.04 - 121-6.

2008 (May 22-24 at Walnut, CA.)

MEN: Team Scores - 1. Abilene Christian 108 1/2, 19. Alaska Anchorage 11, 42. Central Washington 4, 47. Western Washington 3; 52. Saint Martin's 2. **Thursday:** Long Jump - 1. David Registe, UAA, 7.53 - 24-8 1/2. Steeplechase - David Kiplagat, UAA, 9:19.51 (4th in prelims). **Friday:** Shot Put - 7. Sam Washington, SMU, 16.71 - 54-10. 800 - Keith Lemay, WWU, 1:51.33 (9th in prelims). **Saturday:** 800 - 6. Keith Lemay, WWU, 1:51.62. Steeplechase - 8. David Kiplagat, UAA, 9:14.79. Discus - 5. Tyler Fischer, CWU, 52.98 - 173-10. Pole Vault - Zeb Udell, WOU, no height.

WOMEN: Team Scores - 1. Abilene Christian 76 1/2, 11. Seattle Pacific 22, 21. Western Washington 13, 22. Northwest Nazarene 12, 49. Western Oregon 3, 55. Alaska Anchorage 2. **Thursday:** 1500 - Ashley Puga, NNU, 4:34.22 (6th in prelims). 3000 - Jane Larson, SPU, 9:59.07 (1st in prelims); Elizabeth Chepkosgei, UAA, 10:03.19 (9th in prelims); Katie Hansen, SU, 10:05.07 (11th in prelims). Steeplechase - Jessica Harper, WOU, 10:47.63 (6th in prelims); Suzie Strickler, SPU, 10:56.30 (11th in prelims); Lyndsey McKillip, WOU, 10:58.88 (12th in prelims); Karin Rohde, SPU, 11:01.17 (13th in prelims). 10,000 - 9. Sarah Porter, WWU, 36:11.17; 10. Laura Carr, UAA, 36:14.98. 400 Hurdles - Heidi Dimmitt, WWU, 1:01.79 (8th in prelims). **Friday:** Heptathlon - 10. Brittany Bekins, SPU, 4514 (**Day 1:** 100 Hurdles - 15.85; High Jump - 1.50 - 4-11; Shot Put - 10.21 - 33-6; 200 - 27.45. **Day 2:** Long Jump - 4.52 - 14-10; Javelin, 41.27 - 135-5; 800 - 2:20.47). Hammer - 9. Sabrina Freed, WOU, 51.16 - 167-10; 18. Amy Carroll, NNU, 44.86 - 147-2. Pole Vault - Christy Miller, WWU, no height. 3000 - 2. Jane Larson, SPU, 9:41.20; 10. Elizabeth Chepkosgei, UAA, 10:07.84; 11. Katie Hansen, SU, 10:08.20. Triple Jump - 7. Kim Brady, UAA, 11.94 - 39-2 1/4. 800 - Ashley Puga, NNU, 2:10.22 (3rd in prelims); Lisa Anderberg, SPU, 2:11.35 (7th in prelims). 5000 - Laura Carr, UAA, 17:49.53 (15th in prelims); Elizabeth Chepkosgei, UAA, 18:13.94 (18th in prelims). **Saturday:** 800 - 3. Ashley Puga, NNU, 2:10.23; 8. Lisa Anderberg, SPU, 2:12.65. 1500 - 3. Ashley Puga, NNU, 4:30.07. Steeplechase - 6. Jessica Harper, WOU, 10:44.22; 7. Suzie Strickler, SPU, 10:45.54; 11. Lyndsey McKillip, WOU, 10:58.38. 400 Hurdles - 4. Heidi Dimmitt, WWU, 1:00.52. Javelin - 2. Monika Gruszecki, WWU, 46.42 - 152-3; 3. Lauren VerMulm, SPU, 45.82 - 150-4; 4. Jeeni Schantin, SPU, 55.43 - 145-9.

2009 (May 21-23 at San Angelo, TX)

MEN: Team Scores - 1. Saint Augustine's 94, 14. Alaska Anchorage 19, 16. Northwest Nazarene 14. **Thursday:** Long Jump - 2. David Registe, UAA, 7.91 - 25-11 1/2; 13. Demetrius Preston, UAA, 6.91 - 22-8. 1,500 - Anthony Tomsich, WWU, 3:52.96 (11th in prelims); Alfred Kangogo, UAA, 3:54.26 (14th in prelims). Steeplechase - David Kiplagat, UAA, 9:16.86 (3rd in prelims). 400 Hurdles - Dallas Beaty, NNU, 52.18 (2nd in prelims); Shaun Ward, UAA, 52.45 (6th in prelims). 10,000 - 7. Marko Cheseto, UAA, 30:28.81; 12. Jordan Welling, WWU, 31:24.50. **Friday:** 800 - Cory Pena, UAA, 1:52.26 (10th in prelims); Mick Boyle, UAA, 1:52.32 (12th in prelims); James Pettigrew, UAA, 2:00.52 (17th in prelims). 5,000 - Marko Cheseto, UAA, 14:27.81 (2nd in prelims); Jordan Welling, WWU, 14:53.67 (16th in prelims). **Saturday:** 1500 - 11. Anthony Tomsich, WWU, 3:59.20. 5000 - 4. Marko Cheseto, UAA, 14:25.82; Steeplechase - 8. David Kiplagat, UAA, 9:12.23; 400 Hurdles - 3. Dallas Beaty, NNU, 52.05; 6. Shaun Ward, UAA, 52.87. Pole Vault - Zeb Udell, WOU, no height. Javelin - 2. Josh Heidegger, NNU, 68.02 - 223-2. Discus - Jason Slowey, WOU, no mark.

WOMEN: Team Scores - 1. Lincoln 85, 11. Seattle Pacific 20, 17. Western Washington 14, 24. Northwest Nazarene 11, 41. Western Oregon 4. **Thursday:** 1,500 - Ashley Puga, NNU, 4:29.41 (1st in prelims); Jessica Pixler, SPU, 4:31.43 (2nd in prelims); Jane Larson, SPU, 4:31.65 (7th in prelims). 400 - Ellie Siler, WWU, 54.59 (3rd in prelims). 400 Hurdles - Heidi Dimmitt, WWU, 1:00.31 (4th in prelims). 10,000 - 5. Sarah Porter, WWU, 36:02.72; 14. Lauren Breihof, WWU, 37:32.45. **Friday:** Pole Vault - 14. Christy Miller, WWU, 3.59 - 11-9; 16. Melissa Peaslee, SPU, no height; Triple Jump - 12. Laura VonArx, NNU, 11.73 - 38-6. 800 - Ashley Puga, NNU, 2:09.93 (1st in prelims); Annan Applebee, WOU, 2:11.65 (8th in prelims); Rachael Johnson, WWU, 2:14.69 (15th in prelims). Shot Put - 12. Krissy Tandle, CWU, 13.55 - 44-5 1/2. 5,000 - Sarah Porter, WWU, 17:15.90 (1st in prelims); Elizabeth Chepkosgei, UAA, 18:19.47 (17th in prelims). **Saturday:** 400 - 5. Ellie Siler, WWU, 55.46. 800 - 1. Ashley Puga, NNU, 2:07.24; 5. Annan Applebee, WOU, 2:13.01; 1500 - 1. Jessica Pixler, SPU, 4:16.75; 5. Jane Larson, SPU, 4:32.45. 8. Ashley Puga, NNU, 4:35.45; 5000 - 7. Sarah Porter 17:02.19. 400 Hurdles - 5. Heidi Dimmitt, WWU, 1:00.83; High Jump - 11. Clara Cook, WWU, 1.68 - 5-6; Javelin - 3. Jeeni Schantin, SPU, 46.92 - 153-11; 10. Lauren VerMulm, SPU, 42.02 - 137-10; 14. Lakiesha Nilles, NNU, 36.43 - 119-6.

2010 (May 27-29 at Charlotte, NC)

MEN: Team Scores - 1. St. Augustine's 82, 14. Alaska Anchorage 17; 18. Western Washington 14, 57. Central Washington 1. **Thursday:** Decathlon - 11. Alex Harrison, WWU, 3280 (100 - 10th, 11.55; Long Jump - 12th, 6.25 - 20-6 1/4; Shot Put - 3rd, 12.34 - 40-6; High Jump - 12th, 1.68 - 5-6; 400 - 7th, 51.60). Hammer - 8. Tyler Fischer, CWU, 58.88 - 193-2; 11. Michael Hoffman, WWU, 57.61 - 189-0. Long Jump - 2. Demetrius Preston, UAA, 7.70 - 25-3 1/4. 10,000 - 6. Marko Cheseto, UAA, 30:36.40; 9. Chris Reed, WOU, 30:52.21; 11. Jordan Welling, WWU, 31:21.70; 14. Bennett Grimes, WWU, 31:37.57. 100 - Anthony Wright, CWU, 10.57 (10th in prelims). 1500 - Alfred Kangogo, UAA, 3:51.32 (fourth in prelims). Steeplechase - Micah Chelimo, UAA, 8:56.46 (1st in prelims). **Friday:** Decathlon - 10. Alex Harrison, WWU, 6142 (110 Hurdles - 6th, 15.77; Discus - 4th, 37.80 - 124-0; Pole Vault - 3rd, 4.35 - 14-3 1/4; Javelin - 2nd, 59.31 - 194-7; 1500 - 12th, 7:16.62). **Saturday:** 1500 - 8. Alfred Kangogo, UAA, 3:49.65. 5000 - 6. Marko Cheseto, UAA, 14:15.12; 9. Jordan Welling, WWU, 14:25.11; 10. Chris Reed, WOU, 14:35.35; 16. Alfred Kangogo, UAA, 15:16.00. 3000 Steeplechase - 7. Micah Chelimo, UAA, 8:59.23. Pole Vault - 1. Ryan Brown, WWU, 5.40 - 17-8 1/2. Javelin - 5. Alex Harrison, WWU, 61.20 - 200-9; 10. Nick Wilson, MSUB, 58.19 - 190-11; 15. Nathan Rowlett, WOU, 53.39 - 175-2; 16. Will Crook, WOU, 53.17 - 174-5.

WOMEN: Team Scores - 1. Angelo State 87, 17. Seattle Pacific 16, 18. Western Washington 14, 35. Western Oregon 7. **Thursday:** Hammer - 14. Torrie Self, CWU, 49.54 - 162-6. 10,000 - 2. Sarah Porter, WWU, 34:49.60; 14. Ruth Keino, UAA, 36:28.34; 17. Laura Carr, UAA, 37:43.00. 1500 - Jessica Pixler, SPU, 4:28.68 (1st in prelims); Miriam Kipng'eno, UAA, 4:36.81 (13th in prelims). Steeplechase - Courtney Olsen, WWU, 10:49.85 (11th in prelims); Hallidie Wilt, UAA, 10:57.68 (15th in prelims). **Saturday:** 800 - 8. Lisa Anderberg, SPU, 2:10.37; 13. Michelle Phillips, NNU, 2:11.26. 1500 - 1. Jessica Pixler, SPU, 4:15.43. 5000 - 3. Sarah Porter, WWU, 16:23.52; 11. Ruth Keino, UAA, 16:44.24; 13. Miriam Kipng'eno, UAA, 16:57.76. Steeplechase - 9. Courtney Olsen, WWU, 10:35.32. Pole Vault - 11. Melissa Peaslee, SPU, 3.63 - 11-10 3/4. Triple Jump - 11. Ashley Potter, WOU, 11.82 - 38-9 1/2; 15. Amanda Alvarez, SPU, 11.60 - 38-0 3/4. Javelin - 4. Brittany Aanstad, SPU, 44.40 - 145-8; 5. Carolanne Powers, WOU, 44.11 - 144-9; 6. Amanda Schumaker, WOU, 44.01 - 144-5; 11. Elisha Harris, UAA, 41.08 - 134-9; 12. Lakiesha Nilles, NNU, 40.05 - 131-5; 17. Jillian Stray, SMU, 37.27 - 122-3.

YEARLY NCAA NATIONAL INDOOR RESULTS

2002 (Mar. 8-9 at Boston, Mass.)

MEN: Team Scores – 38. Western Oregon 1. 60 – 8. Mike Hinshaw, WOU, 6.85 (6.89). **WOMEN: Team Scores** – 37. Seattle Pacific 1. Shot Put – 8. Dionna Anderson, SPU, 13.54 – 44-5 ¼.

2003 (Mar. 14-15 at Boston, Mass.)

MEN: No participants. **WOMEN: Team Scores** – 17. Seattle Pacific 9 ½; 26. Central Washington 6. 800 – 4. Sarah Kraybill, SPU, 2:09.53 (2:10.22). Mile – 3. Alicen Maier, CWU, 4:49.85 (4:55.05). Pole Vault – 4. Ally Studer, SPU, 3.65 (11-11 ¾). High Jump – 13. Danielle Ayers-Stamper, SPU, 1.62 (5-3 ¾).

2004 (Mar. 12-13 at Boston, Mass.)

MEN: Team Scores - No GNAC team scored. 800 - 9. Paul Mach, SPU, 1:53.23 (1:53.40); 11. Andy Prentice, SMC, 1:54.04. Triple Jump - 11. Justin Lawrence, CWU, 14.07 - 46-2. **WOMEN: Team Scores** - 17. Western Oregon 8; 32. Western Washington 4. 800 - 11. Jennifer Marsh, SPU, 2:14.30. Pole Vault - 5. Danielle Juarez, WWU, 3.66 - 12-0; 11. Ally Studer, SPU, 3.45 - 11-3 ¾. Weight Throw - 2. Kristin Hepler, WOU, 17.74 - 58-2 1/2.

2005 (Mar. 11-12 at Boston, Mass.)

MEN: Team Scores – 38. Saint Martin's 1. 800 - 8. Andy Prentice, SMC, 1:53.09 (1:52.99). Mile - 14. Nathan Carlson, SMC, 4:16.12. Pole Vault - 12. Hunter Verner, WWU, 15-3 ¾; 13. Tyler Thornbrue, WWU, 15-3 ¾. Shot Put - 12. Cameron Neel, CWU, 15.91 - 52-2 1/2. **WOMEN: Team Scores** – 8. Seattle Pacific 25, 29. Central Washington 5. 400 - 4. Terran Legard, CWU, 55.54 (55.87). 5000 - 2. Karen Dickson, SPU, 16:34.72. 60 Hurdles - 9. Danielle Ayers-Stamper, SPU, 8.88 (8.68). Distance Medley Relay - 7. Seattle Pacific (Karin Rohde, Kinyatta Leonhardt, Josie Lavin, Karen Dickson) 11:47.46. Long Jump - 4. Danielle Ayers-Stamper, SPU, 5.93 - 19-5 1/2. Pole Vault - 11. Amy Harris, SPU, 3.60 - 11-9 ¾; 13. Allie Hedges, SPU, 3.45 - 11-3 ¾. High Jump - 1. Danielle Ayers-Stamper, SPU, 5-8.

2006 (Mar. 10-11 at Boston, Mass.)

MEN: Team Scores - 1. St. Augustine's 66 1/2; 24. Central Washington and Saint Martin's 6; 32. Western Washington 3. 800 - 3. Andy Prentice, SMU, 1:52.66 (1:55.25). Pole Vault - 4. Tyler Thornbrue, WWU, 4.73 - 15-6 1/4; Scott Romney, WWU, no height. High Jump - 10. Cresap Watson, CWU, 2.01 - 6-7. Shot Put - 3. Cameron Neel, CWU, 17.09 - 56-1. **WOMEN: Team Scores** - 1. Lincoln 87; 38. Seattle Pacific 3; 44. Northwest Nazarene 1/2. 800 - 14. Teona Perkins, SPU, 2:16.36. Mile - 12. Katie Hummel, CWU, 5:04.51; 13. Mary Moriarty, SPU, 5:07.79. High Jump - 6. Teona Perkins, SPU, 1.72 - 5-7 ¾; 8. Emily Peterson, NNU, 1.66 - 5-5 ¼; Pole Vault - 10. Amy Harris, SPU, 3.65 - 11-11 ¾.

2007 (Mar. 9-10 at Boston, Mass.)

MEN: Team Scores - 17. Western Washington 8, 29. Central Washington 4, 40. Seattle Pacific 1. 800 - 8. Eddie Strickler, SPU, 1:52.52 (1:53.05). Distance Medley Relay - 2. Western Washington (Sam Brancheau, Adam Neff, Erik Bies, Anthony Tomsich) 9:55.00. Pole Vault - 10. Tyner Thornbrue, WWU, 4.73 - 15-6 1/4. Shot Put - 5. Cameron Neel, CWU, 16.95 - 55-7 1/2. Weight Throw - 10. Evan Ruud, CWU, 17.60 - 57-9; 12. Anthony Marin, WOU, 16.98 - 55-8 1/2. **WOMEN: Team Scores** - 1. St. Augustine's 105, 7. Seattle Pacific 20. 60 - 15. Nyema Sims, SPU, 7.74. 800 - 10. Ashley Puga, NNU, 2:16.11. Mile - 1. Jessica Pixler, SPU, 4:42.42 (4:51.79); 5. Karin Rohde, SPU, 4:54.38 (4:55.46); 13. Jane Larson, SPU, 5:02.28. 5000 - 9. Katie Hummel, CWU, 17:13.50. Distance Medley Relay - 8. Seattle Pacific (Karin Rohde, Hinton, Marsh, Pixler) 12:04.77. High Jump - 4. Teona Perkins, SPU, 1.73 - 5-8; 16. Taryn Plypick, WOU, 1.63 - 5-4 1/4.

2008 (Mar. 14-15 at Mankato, Minn.)

MEN: Team Scores - 1. Saint Augustine's 68. Pole Vault - 12. Zeb Udell, WOU, 4.85 - 15-11. Weight Throw - Anthony Marin, WOU, 17.79 - 58-4 1/2. **WOMEN: Team Scores** - 1. Adams State 55; 9. Seattle Pacific 33; 37. Northwest Nazarene 1. 800 - 3. Jessica Pixler, SPU, 2:12.60 (2:13.78); 9. Jaclyn Puga, NNU, 2:14.26 (2:13.78). Mile - 1. Jessica Pixler, SPU, 4:47.79 (4:56.92); 2. Jane Larson, SPU, 4:51.74 (4:56.98); 8. Ashley Puga, NNU, 4:58.09 (4:58.81). 5000 - 15. Sarah Porter, WWU, 18:26.77. Distance Medley - 3. Seattle Pacific (Jane Larson, Mellisa Peaslee, Lisa Anderberg, Karin Rohde) 11:45.88. Pole Vault - 9. Mellisa Peaslee, SPU, 3.80 - 12-5 1/2; 12. Christy Miller, WWU, 3.55 - 11-7 ¾. High Jump - 5. Teona Golding, SPU, 1.70 - 5-7.

2009 (Mar. 13-14 at Houston, Tex.)

MEN: Team Scores - 28. Western Oregon 4. **Individuals:** 800 - 5. Zeke Van Patten, WOU, 1:53.71 (1:54.18). 5000 - 9. Jordan Welling, WWU 14:45.60. Pole Vault - 13. Ryan Brown, WWU, 4.85 - 15-11. **WOMEN: Team Scores** - 6. Seattle Pacific 35, 9. Western Washington 20, 13. Northwest Nazarene 11, 16. Central Washington 10. 400 - 11. Ellie Siler, WWU, 56.06. 800 - 1. Ashley Puga, NNU, 2:07.63 (2:10.86); 7. Rachael Johnson, WWU, 2:11.82 (2:13.08); 10. Annan Applebee, WOU, 2:13.83; 17. Jaclyn Puga, NNU, 2:25.11. Mile - 1. Jessica Pixler, SPU, 4:43.69 (4:56.07); 2. Jane Larson, SPU, 4:48.87 (4:55.45). 5000 - 1. Jessica Pixler, SPU, 16:22.64; 6. Sarah Porter, WWU, 17:00.14; 7. Jane Larson, SPU, 17:04.01. Distance Medley - 8. Northwest Nazarene (Jaclyn Puga, Jamie Beaty, Elisa Decker, Ashley Puga) 11:59.29; 9. Western Washington (Courtney Olsen, Ellie Siler, Rachael Johnson, Sarah Porter) 12:01.79. Pole Vault - 4. Christy Miller, WWU, 3.80 - 12-5 1/2; 13. Melissa Peaslee, SPU, 3.60 - 11-9 3/4. Triple Jump - 1. Emily Warman, WWU, 11.68 - 39-3. High Jump - 4. Ali Worthen, SPU, 1.71 - 5-7 1/4. Shot Put - 1. Krissy Tandle, CWU, 14.87 - 48-9 1/2.

2010 (March 12-13 at Albuquerque)

WOMEN: Team Scores - 7. Seattle Pacific 26, 14. Western Washington 12). **Individuals:** 800 - 12. Annan Applebee, WOU, 2:16.35. Mile - 1. Jessica Pixler, SPU, 4:46.42 (5:04.77); 3. Jane Larson, SPU, 4:50.74 (4:58.22); 13. Kate Harline, SPU, 5:14.52. 5000 - 4. Sarah Porter, WWU, 17:26.05. Distance Medley - 1. Seattle Pacific (Jane Larson, Jennifer Pike, Lisa Anderberg, Jessica Pixler) 11:29.88; 7. Western Washington (Courtney Olsen, Megan O'Connell, Rachael Johnson, Sarah Porter) 12:02.32. 4x400 - 4. Western Washington (Ellie Siler, Michelle Howe, Megan O'Connell, Sarah Brownell) 3:48.67. Long Jump - 11. Emily Warman, WWU, 5.05 - 18-2 1/2. Triple Jump - 10. Emily Warman, WWU, 11.74 - 38-6 1/4. **MEN: Team Scores** - 14. Western Washington 10. **Individuals:** Mile - 12. Anthony Tomsich, WWU, 4:18.69. 5000 - 12. Jordan Welling, WWU, 15:46.73. Pole Vault - 1. Ryan Brown, WWU, 5.16 - 16-11.

YEARLY NAIA NATIONAL OUTDOOR RESULTS

2001

MEN: Team Scores - Northwest Nazarene did not score. **Thursday:** Steeplechase - 17. Zach Dwello, NNU, 9:38.45. **Friday:** Triple Jump - 16. James Thomas Jr., NNU, 13.97 - 45-10. **Saturday:** 1500 - 14. Aaron Matthias, NNU, 4:07.97. Javelin - 11. Scott Halley, NNU, 58.92 - 193-4; 13. James Thomas Jr., NNU, 57.98 - 190-3. Pole Vault - 10. Anthony Gould, NNU, 4.43 - 14-6 1/4.

WOMEN: Team Scores - Northwest Nazarene 1. **Thursday:** 400 Hurdles - 24. Mary Glaze, NNU, 1:10.11. Hammer - 17. Kristina Romero, 39.50 - 129-7. Javelin - 18. Melanie Simmons, NNU, 34.30 - 112-6. Pole Vault - 13. Aubrey Metzger, NNU, 3.20 - 10-6; 15. Alina Lunsford, NNU, 3.05 - 10-0. Heptathlon - Mary Glaze, NNU, 16th in 100 hurdles, 16.79; 10th in high jump, 1.42 - 4-7 3/4; 6th in 200, 27.46; 9th in shot put, 8.96 - 29-4 3/4. **Friday:** 800 - Ann-Marie Wiggins, NNU, 12th in semifinals, 2:20.43. Heptathlon - 13. Mary Glaze, NNU, 4001 (15th in long jump, 4.46 - 14-7 1/2; 13th in javelin, 29.36 - 96-4; 1st in 800, 2:19.58). **Saturday:** Marathon - 8. Lisseth Lorelli-Qualls, NNU, 3:15:54.

2002

MEN: Team Scores - 39. Northwest Nazarene 8. **Thursday:** Steeplechase - Heat, 8. Zach Dwello, NNU, 9:29.71. 10,000 - 10. Brice Roncace, NNU, 32:06.62; 25. Carlos Siqueiros, SU, 34:13.37. **Friday:** 5000 - Heat 1, 2. Caleb Tubei, NNU, 15:13.64 (advances); 9. Ben Wornell, NNU, 15:30. **Saturday:** 5000 - 7. Caleb Tubei, NNU, 14:59.17. Javelin - 3. James Thomas Jr., NNU, 64.69 - 212-3.

WOMEN: Team Scores - No GNAC team scored. **Thursday:** No competitors. **Friday:** 3000 - 10. Ann-Marie Wiggins, NNU, 10:37.36; 11. Kelly Fullerton, SU, 10:45.67. Pole Vault - 11. Theresa Mangalas, SU, 10-11 3/4; 14. Aubrey Metzger, NNU, 10-6; Alina Lunsford, NNU, no height. Discus - 25. Kristi Lund, NNU, 112-8. **Saturday:** No competitors.

YEARLY NAIA NATIONAL INDOOR RESULTS

2011 (Mar. 3-5 at Geneva, OH)

WOMEN: Team Scores - 1. Oklahoma Baptist 75, 2. Simon Fraser 58, 3. Azusa Pacific 56, 4. Biola 40, 5. Shorter 32. **Individuals:** 60 - 22. Jane Channell 7.88. 60 Hurdles - 22. Andrea Abrahms 9.17. 200 - 23. Jane Channell 25.69. 400 - 14. Breanne Carter 57.96. 600 - 1. Brianna Kane 1:32.80 (1:33.90); 8. Michaela Kane 1:37.25 (1:36.38); 19. Emma Vogt 1:40.20. 800 - 1. Helen Crofts 2:04.94 (2:13.57); 5. Sarah Sawatzky 2:13.57 (2:14.39); 10. Olivia Brennan, SFU, 2:17.00; 12. Abbey Vogt 2:18.35; 16. Caitlin Dell 2:119.71. 1000 - 1. Jessica Smith 2:51.33 (2:57.67); 3. Lindsey Butterworth 2:54.17 (2:57.96). 4x800 - 1. Simon Fraser (Brianna Kane, Olivia Brennan, Jessica Smith, Helen Crofts) 8:57.35. Distance Medley Relay - 1. Simon Fraser (Jessica Smith, Breanne Carter, Brianna Kane, Helena Crofts) 11:44.83 (Olivia Brennan, Lindsey Butterworth, Helen Crofts, Emma Vogt 11:58.89). Long Jump - 10. Mercedes Rhode 5.33 - 17-6; 21. Diepiriye Iworima 5.03 - 16-6. High Jump - 10. Rachele Barnett 1.62 - 5-3 3/4. Pentathlon - 14. Rachele Barnett, SFU, 3058 (60 Hurdles - 10.71; High Jump - 1.63 - 5-4 1/4; Shot Put - 9.92 - 32-6 1/2; Long Jump - 5.04 - 16-6 1/2; 800 - 2:37.01).

MEN: Team Scores - 51. Simon Fraser 1. **Individuals:** 200 - 9. Andrew Boss 21.93. 400 - 8. Andrew Boss 48.79 (48.86). 800 - 7. Travis Vugteveen 1:54.49 (1:53.58). 1000 - 10. Adam Reid 2:28.25. Mile - 19. James Young 4:28.22; 20. Brett Wakefield 4:30.30. 3000 - 7. Ryan Brockerville 8:34.42

(8:31.84); 23. Samir Dhanani, SFU, 9:18.60. Distance Medley Relay - 6. Simon Fraser (Adam Reid, Brett Montrose, Travis Vugteveen, Ryan Brockerville) 10:02.86 (Andrew Boss, Ryan Brockerville, Brett Montrose, Adam Reid 10:04.24).