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May 28, 1990

TWO GEORGE FOX TRACK ATHLETES EARN ALL-AMERICAN DESIGNATION

Two George Fox College track Bruins returned to Newberg Monday (May 28) with All-American honors.

Seniors Tim Hagen and Nancy Katus earned the recognition for their finishes in the NAIA national track and field championships in Stephenville, Texas.

Hagen, from Newberg, had the third best high jump at 6-11 and Katus produced a sixth-place 137-10 discus throw.

For Hagen, the third-place finish was a move up from his 6-9 effort that was eighth best a year ago. For Katus the finish was the same.

Hagen, three-time NAIA District 2 champion, went into the national meet ranked third with a 7-0 leap this year -- the best ever in District 2. He won the district crown May 12 with a record-setting 6-11 jump.

In Texas, the 6-5 Hagen needed to produce a 7-1 3/4 jump to move up even higher. The national title winner, Jeff Martinez of Southern Colorado, and second place Dan Raaties of Point Loma Nazarene both went 7-1 1/2.

Katus, from Potlatch, Idaho, finished the same position the year before, despite a lesser toss. She threw 139-2 last spring in the nationals. But her national throw Saturday was considerably better than her fourth-place district toss of 131-1, which had her ranked 12th going into national competition.

Katus earned three points for the finish. George Fox men totaled 8 points when racewalker Vance Godfrey finished seventh at 48:08.9 for 2 points to go with Hagen's 6.

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Godfrey, from Independence, moved up from a ninth place national finish a year ago at 49:10. He went in ranked fifth this year after winning the District 2 title for the third straight year. He won the district race at 47:35.7.

Godfrey was one of three Bruins entered in the national race walk. Newberg freshman David Thomas finished 13th and Travis Johnson, a sophomore from Coos Bay, was 14th. No times were reported. They went into the meet ranked eighth and ninth nationally.

For the rest of the 15-Bruin contingent, Coach Wes Cook had only disappointment to report.

Last year's national champion in the 10,000 meters, sophomore Jill Jamison, failed to retain her crown. She came close to not even finishing the race -- and finished in the hospital. Jamison, from Seattle, was ranked fifth going into the national meet.

A mix-up by track officials, hot 90-plus degree weather, and other factors led to the results, Cook said. He said Jamison and several other runners were signaled for a last lap, but when they completed it they were told they had another to go. Cook said Jamison was seventh at that point, but then finished ninth, at 39:05. She won the national title last spring at 36:08.71.

The extra effort under the conditions led to overnight hospitalization. She was joined by Lady Bruin teammate Diane Peterson, a sophomore from Wenatchee, Wash. She had pulled out of the race earlier because of sickness.

A third Lady Bruin, Phaydra Newport, a freshman from Sitka, Alaska, finished 11th in the race. The championship was won in a time slower than Jamison's clocking a year ago.

Debbie Kintrea, a sophomore from Portland, was sixth in her heat of the 800 meter

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run and did not advance. She was ranked seventh nationally after a second place District 2 finish.

On the men's side, Portland junior Scott Brown finished 15th in the decathlon with 5,916 points. The top two finishers totaled more than 7,000 each. Brown had 3,190 the first day, 40 points out of ninth and his personal record by 20 points.

Senior Tim Conley, Lake Oswego, who won the District 2 400-meter title this year at 48:15 to set a GFC record, ran 48.72 in Texas, fifth in his heat. He was the fastest non-qualifier for the finals.

Shane Covelli, a freshman from Beaverton, went 23-2 1/2 in the long jump, 11th overall. He had a 24-plus effort that would have been a sixth place finish, if it had been fair. He was second in District 2 with a 22-8 1/2 leap.

Brian Hartenstein, a sophomore from Colton, ran the intermediate hurdles at 55:55, fifth in his heat as he failed to qualify for the finals. He won the District 2 race a 53:55, a personal record.

Salem sophomore Ron Marsh missed the finals in the 800 when he clocked a 1:54.42. He was third in the district race at 1:54.99. Also not reaching the finals in the race was Todd Bos, a senior from Manhattan, Montana. He produced a 1:55.90.



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May 14, 1990

GEORGE FOX FINISHES SECOND -- TWICE -- IN DISTRICT TRACK CHAMPIONSHIPS

George Fox College produced five champions to finish second in the NAIA District 2 men's track and field championships Friday and Saturday (May 11-12) in Monmouth.

The Lady Bruins also finished second, but did it the hard way -- with just one first place finish. Both squads were topped by host Western Oregon State. Western Oregon men totaled 205 points with GFC at 173, then Southern Oregon with 115. Western Oregon women produced 175 points with George Fox scoring 149, two points ahead of Willamette University.

George Fox men, under third-year coach Wes Cook, moved up from a fourth place finish a year ago. The Lady Bruins finished the same as a year ago, but upped their point total from 85 1/2 scored last spring.

"It's a great step up," Cook said. "To score that many points and still get beat...."

Newberg senior Tim Hagen set a new district record of 6-11 in the high jump, winning the title for the third straight year. He broke his 6-10 1/2 record set last spring.

Also taking a third straight title was junior Vance Godfrey, Independence, who won the 10,000 racewalk at 47:35.7, nearly five minutes faster than a year ago when he clocked a 52:24.24. He finished nearly three-minutes ahead of the second place finisher.

Senior Tim Conley moved up from a second-place finish a year ago to win the 400 meters this year at 48:15, setting a George Fox record in the process. He took .34 seconds off the 11-year-old record of Werner Seibert. Conley, from Lake Oswego,

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finished last year at 49.71. He edged a Lewis & Clark runner by .03 of a second.

Brian Hartenstein, a sophomore from Colton, won the 400 intermediate hurdles with a 53:55 finish, a personal record. He was just ahead of teammate Scott Brown, a Portland junior, who was second at 54.75. Brown also was second a year ago with an identical time.

Hurdler Scott Cummins, a Portland senior, won the 110 meter race at 15.24.

On the women's side, the Lady Bruin 4 by 400 meter relay team raced to a 4:01.96 finish, besting Western Oregon's 4:02.03 time. The team of Denise Carlson, West Linn junior; Ginean Lewis, Pomona, Calif. sophomore; Marlyss Stenberg, Canyonville, Ore. freshman; and Debbie Kintrea, Portland sophomore, set a new GFC record with the time, nine seconds faster than the previous mark and a near-district record.

In addition to Brown's finish, the Bruin men also picked up four other runnerup positions. Mark Mohnen, a junior from Beaverton, ran the 10,000 meters in 32:22.2, just 2.4 seconds out of first. Freshman Shane Covelli, Beaverton, was just an inch and a half out of first in the long jump with a 22-8 1/2 leap. Junior Vanni Tilzey, Nampa, Idaho, ran the 1,500 meters in 3:58.19, edged by the 3:55.7 time of three-event winner Carl Roelle of Western Oregon, selected district track athlete of the year. The GFC 4 by 400 relay team was nipped by Lewis & Clark with the Pioneer team racing to a 3:20.46 finish, the Bruins at 3:20.51.

George Fox produced three third-place finishes with Salem sophomore Ron Marsh following Tilzey in the 1,500 at 4:01.28 then running the 800 at 1:54.99. Newberg freshman David Thomas race walked to third place at 53:05.2.

George Fox added four fourth-place finishes, four fifth places and five sixth places to round out team scoring.

The Lady Bruins picked off six second place finishes. Seattle sophomore Jill

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Jamison scored twice: in the 3,000 meters where she clocked a 10:16.20 and in the 5,000 meters where she ran 17:58.5. She also was sixth in the 1,500 meters at 4:49.13 to give George Fox 19 points.

The Lady Bruins were led, however, by the 27 1/2 points of Stenberg. She was third in the heptathlon with 3,937 points, was third in the long jump at 17-0 3/4, was third in the 110 high hurdles at 16:04, and fifth in the 300 intermediate hurdles at 1:06.48, in addition to helping with the winning relay squad. Her low hurdles time was third best ever at George Fox, her long jump distance was second all time at GFC.

Kintrea contributed 18 1/2 points. She was second in the 800 meters at 2:18.26 and third in the 1,500 meters at 4:44.38, in addition to running the relays. Her 1,500 time is the second best ever at GFC.

Sophomore Dianne Peterson, Wenatchee, Wash., ran one of the fastest times in the nation in the 10,000 with her second place finish in the 10,000 meters at 39:09.9

Also producing a second was Carlson with a 12:71 effort in the 100 meters.

The sprint medley time of 1:48.88 was just six-tenths of a second off a GFC record as the Lady Bruins finished second in the district. Members were Newberg senior Kelli Hagen, Carlson, Lewis and Kintrea.

George Fox added a third place finish with freshman Phaydra Newport, Sitka, Alaska, following Jamison in the 3,000 with a 10:53.02, third best ever at GFC.

The meet took its toll on GFC personnel. Kelli Hagen underwent surgery Monday (May 14) on her left knee for a ligament torn in a hurdle mishap. Cook's son, Toby, ran part of his 1,500 meter race with a broken leg, and had the stress fracture put in a cast on Monday.

Coach Cook will spend time this week deciding which of the Bruins will compete in the NAIA national champions starting May 23 in Stephenville, Texas.



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May 22, 1990

GEORGE FOX SENDS 15 TO NAIA TRACK AND FIELD NATIONAL CHAMPIONSHIPS

George Fox College will send a record 15 athletes to the NAIA national track and field championships starting Thursday (May 24) in Stephenville, Tex.

All of the 10 men and five women are in the top 20 national rankings, six in the top 10.

The highest rated Bruin is Newberg senior Tim Hagen, third in the high jump with a 7-0 leap. The three-time NAIA District 2 champion was eighth a year ago in the nationals with a 6-9 effort.

Ranked fourth in the 10,000 meters is Lady Bruin Jill Jamison, who won the national title last spring. She's also ranked 10th in the 3,000 meters, 15th in the 1,500 meters and 16th in the 5,000 meters. She'll run the 5,000 and 10,000 distances in the nationals. A year ago she won the NAIA title with a 36:08.71 finish.

The Bruins are ranked fifth, eighth, and ninth in the race walk. Junior Vance Godfrey, Independence, is the highest rated. The three-time district champ, Godfrey was ninth in the nationals last spring at 49:10. He won the district race this year at 47:35.7. Newberg freshman David Thomas is rated eighth in the walk, and sophomore Travis Johnson, Coos Bay, is listed at ninth. Thomas was third in the District 2 walk at 53:05.2, and Johnson was fourth at 55:02.3.

Debbie Kintrea, a sophomore from Portland, is ranked seventh in the 800 meters. She was second in the District 2 title race with a 2:18.26 effort.

Joining Jamison in the 10,000 run will be sophomore Dianne Peterson, Wenatchee, Wash., and freshman Phaydra Newport, Sitka, Alaska. Peterson ran one of the fastest

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times in the nation as she finished second in the district meet with a 39:09.9 time.

Also returning for national competition is Nancy Katus, a senior from Potlatch, Idaho. She is rated 12th in the discus after last year finishing with All-American status for a sixth place toss of 139-2. She was fourth in the district this month with a 131-11 toss.

The Bruins also are entering senior Tim Conley, Lake Oswego. He won the district's 400 race at 48:15, setting a George Fox record in the process. He's ranked 16th nationally.

Brian Hartenstein, a sophomore from Colton, will run the intermediate hurdles after winning the district title at 53:55, a personal record. He's 15th ranked nationally.

Also ranked 15th is long jumper Shane Covelli, a freshman from Beaverton. He was just an inch and a half out of first in the district long jump with a 22-8 1/2 leap.

Salem sophomore Ron Marsh, who finished third in the district 800 at 1:54.99, is ranked 14th in the event, and teammate Todd Bos, a senior from Manhattan, Montana, is rated 16th. Scott Brown, a Portland junior, is ranked 13th in the decathlon and will compete nationally. He was fifth in District 2 competition.



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May 7, 1990

HAGEN JUMPS NAIA DISTRICT 2 RECORD 7-0 IN FINAL MEET BEFORE CHAMPIONSHIPS

George Fox College senior Tim Hagen did something Saturday (May 5) that no other NAIA District 2 athlete has ever done.

Hagen set a district record as he cleared 7-0 in the high jump. He broke his own -- and George Fox College's -- previous best of 6-11 1/4, set April 14.

Hagen and his coach, Wes Cook, knew it was coming: the Newberg athlete cleared the height on GFC's Colcord Field in practice earlier in the week.

How significant is the 7-0 height? By comparison, on the same afternoon at Hayward Field in Eugene, a Nebraska high jumper helped beat host University of Oregon as he won the event at 6-10 3/4. At the same time in Tacoma a Whitworth jumper went 6-6 to win the Northwest Conference championship.

Already qualified for NAIA national competition May 23-26 in Stephenville, Tex., Hagen has worked five years to reach the 7-0 mark. He reached it once before -- as a senior at Newberg High when he won the state prep title.

Hagen, a national NAIA Scholar Athlete with a 3.85 grade average, has won the District 2 title the last two seasons, at 6-10 1/2 last year after a 6-10 1/4 the year before. Last spring he was ninth in the nation with a 6-9 effort at the NAIA national championships.

Hagen was one of two George Fox athletes to set George Fox school records at the Western Oregon State Open in Monmouth

Freshman Shane Covelli, Beaverton, long jumped 23-5 1/4, a distance that won the event and also set a new meet and McArthur Field record.

He broke the previous GFC record of 22-11, set by Amadu Koroma in 1977.

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Also setting a field and meet record was senior Tim Conley, Lake Oswego. He ran the 400 at 48.80, his personal record, as he won the race. Third was GFC senior Todd Bos, Manhattan, Montana, at 50.35.

Junior Nathan Grandle, Colton, threw the hammer 148-4 to qualify for the district championships.

The Bruin 1,600-meter relay team of Scott Brown, Brian Hartenstein, Bos and Conley won the event at 3:22.49.

Other top George Fox finishers were Scott Cummins, a senior from Portland, second in the 110 hurdles at 15:13; Tony Nagle, a junior from Post Falls, Idaho, who won his 100 heat at 11:46; Brown, a junior from Portland, who was second in the 400 hurdles at 54.85, followed by teammate Nathan Moffet, a freshman from Eagle River, Alaska, at 55.36.

Other third place finishers were freshman James Oshiro, Pearl City, Hawaii, at 23.06 in the 200; Russ Sollars, a freshman from West Linn, with a 41-1 triple jump; and Joel Schmeltzer, a junior from Scappoose, with a 39-9 shot toss.

For the Lady Bruins, senior Nancy Katus, Potlatch, Idaho, was a double winner. She captured the discus at 135-0 for a meet record, and won the shot at 37-9 1/2.

Kelli Hagen, a senior from Newberg, won the 100 hurdles at 16:77.31.

Freshman Debbie Sitz, Crane, Ore., triple jumped 33-2 to qualify for district competition. Her effort, which placed her third, was second best ever at George Fox.

Sophomore Heather Morgan, Shelton, Wash, qualified for district in the 800. Her 2:23.39 time was fourth overall.

Junior Denise Carlson, West Linn, was second in the 100 at 12.9. Marne VanSise, a freshman from Portland, was second in the 400 intermediate hurdles at 1:07.87. Tracy Allmer a freshman from Bellevue, Wash., was third in the high jump at 4-10.

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Sophomore Dianne Petersen, Wenatchee, Wash., was third in the 5,000 meter run at 20:56.48.

The meet was the final tuneup for the NAIA District 2 championships, which start Friday (May 11) at Willamette University in Salem, concluding Saturday.



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April 16, 1990

HAGEN SETS HIGH JUMP RECORDS AS GFC BEATS WESTERN OREGON IN TRACK

Saving the best til last, George Fox College senior Tim Hagen jumped into George Fox College history Saturday afternoon (April 14).

Hagen, from Newberg, cleared the high jump bar at 6-11 1/4 to set a new Colcord Field record, meet record, George Fox College school record, and qualify for the NAIA District 2 national championships.

In his last home meet, Hagen bettered by more than two inches his prior high this season. His 6-9 previous best already led NAIA District 2 by three inches.

A two-time District 2 high jump champion, Hagen won the title last year in a district-record 6-10 1/2 and the year before at 6-10 1/4.

In January, Hagen leaped 6-10 in the Oregon Indoor Track and Field meet to set a new GFC indoor record, qualifying for the NAIA national championships in Kansas City in March. There he earned All-American honors with a fifth-place 6-7 effort.

The new outdoor record was not just by chance. "He's done some things" different than before, according to GFC track coach Wes Cook. "He's more aggressive on his approach," Cook said, noting that Hagen is continuing to study his methods.

"He's capable of jumping 7-1," says Cook, "He has enough going for him." Hagen had the bar moved to 7-1 after his record-setting leap, but missed on his three tries at that height.

Hagen's record was one of 10 first place finishes by George Fox as the Bruins won a triangular meet, edging Western Oregon 76-72 with Linfield at 44 points.

Another Hagen also set a George Fox record during the afternoon of competition. Hagen's wife, Kelli, triple jumped 34-4 1/2 in women's competition. Her jump also

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qualified her for the NAIA District 2 championships May 11-12 in Salem.

George Fox women outpaced Linfield 63-12, but fell to Western Oregon with 93.

George Fox men did not place a Bruin in the top four places in the first three throwing events, then won the javelin and the long jump in addition to Hagen's win. George Fox dominated running events, winning seven. Western Oregon took seven firsts and Linfield captured two events.

GFC claimed the meet win when the Bruin 1,600-meter relay squad bested Western Oregon 3:20.5 to 3:25.6 in the final event of the day.

The meet produced four qualifying times for the district title races, although only one of those was a meet-winning time. Junior Mark Mohnen, Beaverton, qualified in the 1,500 meters with a third place 4:02.6 time.

Duane Wheeler, a freshman from Bandon, qualified for the district in the high hurdles at 15.8, a fourth place finish in a race swept by the Bruins. Scott Cummins, a senior from Portland, clocked a 15.0 to win, followed by Steve Shattuck, a freshman from Salem at 15.2, then Nathan Moffet, a freshman from Eagle River, Alaska, at 15.8.

Senior Tim Conley, Lake Oswego, already qualified in the 400, now is eligible in the 100 and 200 meter distances. He won the 200 at 21.8 and was timed at 11.0 in the 100 for second, the same as the winning time.

In winning the 800 race, junior Todd Bos, Manhattan, Montana, came close to the GFC record with a 1:53.3, just missing the current best 1:52.7.

Freshman Shane Covelli, Beaverton, also narrowly missed the GFC long jump record. He won Saturday at 22-9, but had two fouls on jumps over 23 with one effort more than 24 feet.

GFC's other non-racing win came in the javelin, with Trevor Lewis, a freshman from Independence tossing a 180-4.

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George Fox swept the 10,000 meter racewalk as Vance Godfrey, a junior from Independence, won at 22:55.3, followed by Newberg freshman David Thomas at 25:33.8, then Travis Johnson, a sophomore from Coos Bay, at 27:09.3.

A 54:4 time in the 400 hurdles gave GFC sophomore Brian Hartenstein, Colton, a win. He and Cummins and Conley teamed with freshman James Oshiro, Pearl City, Hawaii, to win the 400-meter relay. Hartenstein, Conley, and Bos added freshman Bill Dianda, St. Maries, Idaho, to give GFC its' 1,600-meter relay victory. Dianda was second in the 400 race at 50.9, a tenth-second out of first.

George Fox picked up a second and a third place in the 5,000 meters with sophomore Aaron Howard, Roseburg, timed at 15:37.6 followed by Vanni Tilzey, a junior from Nampa, Idaho, at 15:48.4.

The Lady Bruins won three firsts in their afternoon. Kelli Hagen captured the high hurdles at 16.9 in addition to her second place triple jump effort. She was third in the long jump at 15:4 1/2 and third in the shot at 34-4.

Sophomore Debbie Kintrea, Portland, won the 1,500 meters at 4:48.2 as GFC swept the event. Jill Jamison, a sophomore from Seattle, was close behind at 4:48.6, followed by Phaydra Newport, a freshman from Sitka, Alaska, at 4:55.2.

The other first came in the high jump, won by Tracey Allmer, a freshman from Bellevue, Wash., at 4-10.

Senior Nancy Katus, Potlatch, Idaho, was second in the discus at 126-5 1/2 and second in the shot at 36-7 1/4

The other Lady Bruin seconds were in the 800 meters with Kintrea at 2:22.5, and in the intermediate hurdles with Marne Van Sise, a Portland freshman, at 1:10.0.

George Fox travels to Salem Saturday (April 21), meeting host Willamette and Pacific Lutheran.



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March 26, 1990

TEN TRACK BRUINS COMPETE IN THE WEST SEATTLE OPEN

Although most George Fox students took a one week breather from college activities, several Bruin track athletes continued to chalk up good marks at the West Seattle spring break meet on Sat. March 24.

Only ten Bruin tracksters competed--but managed to garner four personal bests, four first place finishes, and one NAIA district II qualifying mark at the all-comers meet.

Junior Vanni Tilzey of Nampa, Idaho captured the 5000m with a 15:11.4 clocking. The time, a district qualifying mark, is a personal best and the eleventh fastest time ever at George Fox.

Other first places were turned in by Newberg senior Tim Hagen, who won the high jump at 6-8, and Nancy Katus, senior, of Potlatch, Idaho, who won the discus with a toss of 128-2. Katus also placed second in the shot-ut with a 35-10 1/2 mark. In addition, junior Vance Godfrey of Independence won the 1500m racewalk with a time of 6:07.

In the 3000m, George Fox placed third and fifth, with Beaverton freshman Matt Kirkpatrick in a personal best 9:00.9 and Larry Mock, running for the Bruin track club, at 9:06.6, also a personal best.

George Fox also had two placers in the 1500m, sophomore Jill Jamison of Seattle placing fifth in 4:43.7, and for the men, junior Toby Cook finished fourth at 4:07.4.

Bill Detlor, a freshman of Bellevue, Wash., finished fourth in the shot-put with a personal best 42-2 1/2, and Karolyn Williams, a Colville sophomore, finished sixth in the 5000m with a 21:09.5 clocking.

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Also, during spring break, two Bruin athletes and one George Fox coach competed in the Willamette multi-events competition, held Friday and Saturday (March 23, 24) in Salem.

Freshman Marlyss Steinberg of Canyonville re-wrote George Fox heptathlon record books with a second place finish of 3835 points, breaking Kelli Hagen's 1988 record of 3323 points.

Steinberg had five personal bests in the eight event competition, with marks of: 4-10 in the high jump; 26-5 in the shot put; 28.2 in the 200m; and 2:34.3 in the 800m. She also turned in marks of 16.0 in the 100m high hurdles and 16 2 3/4 in the long jump, her two specialty events.

For the men, senior Rob Flanagan of Woodland finished ninth with 5429 points, capturing a personal best in the 110m high hurdles with a 18.1 clocking, and getting a season best in the javelin with a toss of 169-3.

Bruin coach Eb Buck, a 1976 George Fox graduate, placed sixth in the decathlon with 5644 points. His marks included: 40-2 in the shot put; 192-5 in the javelin; 17.6 in the high hurdles; 5-10 in the high jump; 55.9 in the 400m; and 4:45.9 in the 1500m.

George Fox continues competition this week, hosting a three way meet with Willamette and Lewis and Clark at Colcord field on Saturday. The meet begins at 12:30 with the 10k race walk.



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March 5, 1990

GFC TRACK TEAMS QUALIFY 1 FOR NATIONALS 11 FOR DISTRICT IN OPENING MEET

Rain, cold temperatures and a chilling wind welcomed George Fox College's track teams to 1990 action as they began competition Saturday (March 3) at the Linfield College Icebreaker.

Poor weather conditions didn't appear to hamper this year's Bruins, who recorded one national qualifying mark and surpassed 11 NAIA District 2 qualifying standards for the district championships May 11-12 in Salem.

The meet was a non-team-scoring event, with participants from the University of Oregon, Willamette, Portland, Lewis & Clark, Western Oregon, and Clackamas, Umpqua, Lane, Mt. Hood and Central Oregon community colleges.

Jill Jamison, a sophomore from Seattle, qualified for the NAIA national meet for the second year in a row, finishing the 10,000-meter race in 37:27.7. Jamison, who claimed the national 10,000-meter title last spring, finished second Saturday, behind Leanna Brown of Central Oregon, who clocked a 37:24.2.

In addition, five men and six women established qualifying marks for the district meet. For the men, Shane Covelli leaped 21-10 1/2 to finish fourth in the long jump. The mark also places the Aloha freshman's attempt as the sixth farthest jump ever at George Fox.

Junior transfer Tod Bos of Manhattan, Montana, qualified for the district championships in the 1,500-meters with a time of 4:04.5. Vanni Tilzey, a Nampa, Idaho, junior, just missed the standard, finishing behind Bos at 4:07.

Senior Tim Conley, Lake Oswego, finished third in the 400 meters, establishing a district-qualifying mark at 49.4. A career best, the mark gives Conley George Fox's sixth fastest time over the 400-meter distance. Brian Hartenstein's 400-meter

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intermediate hurdle time of 56.5 qualified the Colton sophomore for the district meet. Also qualifying was Mark Mohnen's 5,000-meter time of 14:55.8. His time is a new junior class GFC record.

For the Lady Bruins, six reached qualifying times and distances. Potlatch, Idaho, senior Nancy Katus, coming back from a knee injury which sidelined her all last winter, finished third in the discus with a throw of 133-10. She finished sixth in NAIA national discus competition last spring.

GFC freshman Phaydra Newport of Sitka, Alaska, qualified in two events, clocking the 1,500-meters in 5:02.4 and the 3,000-meters in 10:54.1. Newport's 3,000-meter time is the third fastest ever by a Lady Bruin.

Debbie Kintrea, a Portland sophomore, won her 8,000-meter heat in qualifying for the district meet at 2:22.5. Freshman Marne VanSise, Portland, turned in a qualifying time in the 400-intermediate hurdles at 1:11.1.

George Fox showed it is becoming a district race-walking power, placing three in the 5,000-meter race. Two-time district champion Vance Godfrey, an Independence sophomore, finished second in a new school record of 22:34.6, breaking his old mark by nearly two minutes. An unattached walker, Steve Renard, won at 22:25.4. Freshman David Thomas, Newberg, competing in his first meet ever, earned fifth with a time of 24:54.4. Junior Travis Johnson, Coos Bay, produced a 26:14.8 effort.

Both the mens' long and short relay teams turned in outstanding marks. Conley and Hartenstein combined with juniors Tony Nagle, Post Falls, Idaho and Scott Brown, Tigard, to finish third in the 400-meter relay at 43.2. Conley, Hartenstein, Brown and Bos finished the day by winning the 1,600-meter relay at 3:21.0.

"I'm really pleased with our relay teams," said GFC's third-year coach Wes Cook. "We did as well as we ran all of last year.

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GFC Track Qualify 1 For Nationals

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"Generally, I'd have to be pleased," Cook said. "When you get ten guys on the all-time top ten list (at GFC) and 20 personal records, that's a pretty good start."

Cook saw the women's results from "a different perspective," he said. The Lady Bruins are struggling with injury and sickness, he said, so "out of who we had, and considering injuries, it was good," he reported.

"It's good to end the long monotonous stretch of working out indoors," he added.

George Fox continues its season Saturday (March 10) at the small college relays at Western Oregon State. The meet begins at 1 p.m.



sports news

for further information contact:
Athletic Director (503) 538-8383 Ext. 250
Information Director (503) 538-8383 Ext. 222
March 12, 1990

TRACK BRUINS SET NEW RECORDS

Despite injuries and illnesses, George Fox College's track team continued to turn in solid performances at Saturday's Oregon Small College Relays at Western Oregon State College.

Although the meet was a non-scoring competition, two Bruins set new qualifying standards en route to six first places and three new school records.

Newberg senior Tim Hagen's first place high jump mark of 6-8 qualified him for the NAIA district II meet May 11-12. In addition, senior Nancy Katus of Potlatch, Idaho, established a qualifying mark in the shot-put with a throw of 37-6. Katus qualified for the district meet in the discus one week earlier.

New school records were set in the distance medley relay and 4x800 relay. Freshmen Angie Murrell of Silverton and Phaydra Newport of Sitka, Alaska, and sophomores Debbie Kintrea of Portland and Jill Jamison of Seattle, Wash., combined to shave nearly 30 seconds off GFC's existing distance medley relay time, finishing second in a 12:34.2 clocking. Newport, Jamison, and Kintrea joined sophomore Heather Morgan of Shelton, Wash., in finishing first in the 4x800 relay with a new school record at 9:55.7.

In addition, the women's long jump relay, all freshman - Marlyss Stenberg of Canyonville, Ore., Heather Burns of Ivory Coast, Africa, and Tammy Daniels of Stanwood, Wash. - set a new long jump relay record, finishing second with a combined 43-1 1/2 mark. Stenberg's leap of 16-1 was the sixth best mark ever by a Bruin.

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George Fox College

Track Bruins Set New Records

March 12, 1990

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"I'm really pleased with our young sprinters," said Bruin coach Wes Cook. "They were second in the 4x100 at 44.0. That's pretty good for a group of freshmen."

Oshiro had a strong showing, completing five relay events: 4x100, 4x200, high hurdle relay, sprint medley, and triple jump relay. Freshman Shane Covelli of Beaverton finished in four events: the long jump, triple jump relay, 4x100 and sprint medley.

Shattuck had the day's best time in the 110 high hurdles, winning his heat at 15.9. Other individual placers for the Bruins were Covelli, second in the long jump at 21-9 and freshman Trevor Lewis of Independence, Ore., second in the javelin at 172-5, the sixth farthest throw ever at George Fox and only the second time Lewis has competed in that event.

Because of injuries and illness, George Fox is "really short handed in women," said Cook, noting other teams are experiencing the same drawbacks. "I thought we were the only ones," he said.

"We wanted to compete well and have fun too," said Cook. "We had a good day."

George Fox travels to Salem for the Willamette Open on Friday, March 16. Field events and the racewalk begin at noon. Several Bruins will be competing on Saturday at the Oregon Preview meet in Eugene before taking a week off for spring break.



Sp. File

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April 23, 1990

TRACK BRUINS BEAT WILLAMETTE, TIE PACIFIC LUTHERAN IN DOUBLE DUAL

How strong are this year's George Fox College track Bruins?

If you compare to national powerhouse Pacific Lutheran, the Newberg men's squad is now to be counted in the running for NAIA District 2 honors.

The Bruins tied PLU's Lutes 81-81 Saturday (April 21) in a double dual meet in Salem. George Fox nipped host Willamette University 86-85 in the other matchup.

At the end of the meet Pacific Lutheran appeared to have bested the Bruins 83-79 and that score was reported to the media. But a scoring error in the shot put pushed the Bruins' point total up by two and knocked two off PLU's score for the standoff.

GFC women fell 103-39 to Pacific Lutheran and 96-40 to the Lady Bearcats.

George Fox began the men's competition by qualifying two for the NAIA national meet May 23-26 in Stephenville, Tex. Newberg freshman David Thomas and junior Travis Johnson, Coos Bay, both surpassed the national qualifying standard of 51:30 in the racewalk. Thomas was second at 51:13.3 and Johnson third at 51:27.2. They join teammate Vance Godfrey, a junior from Independence, already qualified for the nationals.

The Bruins won five track events and three field events in the meet, pulling together enough second and third finishes to tie District 1 Pacific Lutheran.

Newberg senior Tim Hagen, who last week qualified for national competition in route to a new school record high jump at 6-11 1/4, won in Salem with a 6-8 leap. Freshman Shane Covelli, Beaverton, took the long jump at 22-11 and sophomore Trevor Lewis, Independence, won the javelin with a throw of 177-3.

On the track, senior Tim Conley, Lake Oswego, continued his impressive season

George Fox College

Track Bruins Beat Willamette

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with a victory in the 400. His time of 48.8 was a personal best and just one second off national qualifying. Conley also placed third in the 200 at 22.6. Senior Scott Cummins, Portland, won the 110 high hurdles at 15.4.

In the 800 meters, sophomore Ron Marsh, Salem, recorded a personal best 1:54.0, good for first place and fourth best all time at GFC. Junior Vanni Tilzey, Nampa, Idaho, took second at 1:55.6, setting a personal best and qualifying for district. In addition, George Fox went 1-2 in the 400 low hurdles. Sophomore Brian Hartenstein, Colton, was first at 54.9, followed by Nathan Moffet, a freshman from Eagle River, Alaska, in a personal best 56.3.

In the meet's final event, the 1,600-meter relay, Marsh, Hartenstein and Conley were joined by St. Maries, Idaho, freshman Bill Dianda to edge PLU for the win. GFC's 3:21.1 bested the Lute's time by four-tenths of a second.

Junior Mark Mohnen, Beaverton, turned in two second place finishes. He had a season-best 4:02.1 for the 1,500 distance and led four Bruins to district qualifying marks in the 5,000. Mohnen finished at 15:19.1. Freshman Matt Kirkpatrick, Beaverton, was timed at 15:28.0, sophomore Doug McLucas, Beaverton, at 15:32.2, then junior Aaron Howard, Roseburg, at 15:34.7. All were personal bests.

George Fox women captured two events, the 5,000 and 800 distances. Sophomore Jill Jamison's time of 17:51.1 took the 5,000 meters. Teammate Phaydra Newport, Sitka, Alaska, was second at 18:38.4. Debbie Kintrea, a sophomore from Portland, won the 800 at 2:16.3.

The Lady Bruins garnered three seconds. Nancy Katus, a senior from Potlatch, Idaho, was runner up in the discus at 134-2 1/2. Freshman Marne VanSise, Portland, was second in the 400 intermediate hurdles at 1:08.5, a personal best. Freshman Tracy Allmer, Bellevue, Wash., was second in the high jump with a 4-10 effort.

Saturday (April 28) George Fox is at the University of Oregon Invitational.



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March 19, 1990

TEN TRACK BRUINS QUALIFY FOR DISTRICT CHAMPIONSHIPS IN TWO OPEN MEETS

Splitting team members between competition in Salem and Eugene Friday and Saturday (March 16, 17), George Fox College produced 10 qualifiers for the NAIA District 2 championships May 11 and 12.

Bruin Coach Wes Cook sent some team members to the Willamette Open Friday, where nine qualified. Then two more qualified Saturday in the University of Oregon Open.

In addition, GFC running ace Jill Jamison, a sophomore from Seattle, qualified for NAIA national competition with a 3,000 time of 10:02.4. She was sixth in the Oregon meet. Last year she won the NAIA national title in the 10,000 meter race.

In the Eugene meet, sophomore runner Debbie Kintrea of Portland set a school 800 distance record at 2:16.0 qualifying for the district championships and producing a time just one second off national qualifying. She broke the old GFC record of 2:17.63 set last spring by junior runner Melanie Springer, Albany.

Also in Eugene, freshman Marlyss Stenberg of Canyonville, qualified for the district meet with a 16:15 high hurdles time, fifth overall.

In Salem, another Lady Bruin qualified for district as Denise Carlson, a junior from West Linn, timed the 100 in 13.0.

On the men's side in Eugene, Newberg senior Tim Hagen won the high jump at 6-8 3/4. Junior Tony Nagle, Post Falls, Idaho, qualified for district competition with his 100-dash time of 11.38, third overall. Senior Tim Conley, Lake Oswego, was second in the 400 at 49:59.

The day before in Salem, six Bruins qualified in five events, led by Pearl City, Hawaii, freshman James Oshiro, who ran 11.2 in the 100 and 22.8 in the 200, both times

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10 Bruins Qualify for District Championships

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passing the qualifying standards. Running mate Shane Covelli, a freshman from Beaverton, also qualified in the 200 with a 22.8 time.

GFC produced double qualifiers in the high hurdles and the 1,500 meters. Freshmen Nathan Moffett, Eagle River, Alaska, and Steve Shattuck, Salem, both timed the hurdles in 15.7 to qualify. In the 1,500 distance Todd Bos, a senior from Manhattan, Montana, and Vanni Tilzey, a junior from Nampa, Idaho, surpassed the standard. Bos finished at 4:00.1 and Tilzey at 4:01.8.

Sophomore Travis Johnson, Coos Bay, was clocked at 25:31.1 in the racewalk, GFC's third fastest time ever in the event.

Because of spring break at George Fox this week, there is a light schedule for the Bruins this week. Sophomore decathlete Rob Flanagan, Woodland, Wash., and Stenberg will compete in the decathlon and heptahlon this weekend at Willamette. Several will compete at an open meet in West Seattle.

GFC hosts its first meet of the year the following Saturday (March 31) with Lewis & Clark and Willamette.



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April 16, 1990

HAGEN SETS HIGH JUMP RECORDS AS GFC BEATS WESTERN OREGON IN TRACK

Saving the best til last, George Fox College senior Tim Hagen jumped into George Fox College history Saturday afternoon (April 14).

Hagen, from Newberg, cleared the high jump bar at 6-11 1/4 to set a new Colcord Field record, meet record, George Fox College school record, and qualify for the NAIA District 2 national championships.

In his last home meet, Hagen bettered by more than two inches his prior high this season. His 6-9 previous best already led NAIA District 2 by three inches.

A two-time District 2 high jump champion, Hagen won the title last year in a district-record 6-10 1/2 and the year before at 6-10 1/4.

In January, Hagen leaped 6-10 in the Oregon Indoor Track and Field meet to set a new GFC indoor record, qualifying for the NAIA national championships in Kansas City in March. There he earned All-American honors with a fifth-place 6-7 effort.

The new outdoor record was not just by chance. "He's done some things" different than before, according to GFC track coach Wes Cook. "He's more aggressive on his approach," Cook said, noting that Hagen is continuing to study his methods.

"He's capable of jumping 7-1," says Cook, "He has enough going for him." Hagen had the bar moved to 7-1 after his record-setting leap, but missed on his three tries at that height.

Hagen's record was one of 10 first place finishes by George Fox as the Bruins won a triangular meet, edging Western Oregon 76-72 with Linfield at 44 points.

Another Hagen also set a George Fox record during the afternoon of competition. Hagen's wife, Kelli, triple jumped 34-4 1/2 in women's competition. Her jump also

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George Fox College

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qualified her for the NAIA District 2 championships May 11-12 in Salem.

George Fox women outpaced Linfield 63-12, but fell to Western Oregon with 93.

George Fox men did not place a Bruin in the top four places in the first three throwing events, then won the javelin and the long jump in addition to Hagen's win. George Fox dominated running events, winning seven. Western Oregon took seven firsts and Linfield captured two events.

GFC claimed the meet win when the Bruin 1,600-meter relay squad bested Western Oregon 3:20.5 to 3:25.6 in the final event of the day.

The meet produced four qualifying times for the district title races, although only one of those was a meet-winning time. Junior Mark Mohnen, Beaverton, qualified in the 1,500 meters with a third place 4:02.6 time.

Duane Wheeler, a freshman from Bandon, qualified for the district in the high hurdles at 15.8, a fourth place finish in a race swept by the Bruins. Scott Cummins, a senior from Portland, clocked a 15.0 to win, followed by Steve Shattuck, a freshman from Salem at 15.2, then Nathan Moffet, a freshman from Eagle River, Alaska, at 15.8.

Senior Tim Conley, Lake Oswego, already qualified in the 400, now is eligible in the 100 and 200 meter distances. He won the 200 at 21.8 and was timed at 11.0 in the 100 for second, the same as the winning time.

In winning the 800 race, junior Todd Bos, Manhattan, Montana, came close to the GFC record with a 1:53.3, just missing the current best 1:52.7.

Freshman Shane Covelli, Beaverton, also narrowly missed the GFC long jump record. He won Saturday at 22-9, but had two fouls on jumps over 23 with one effort more than 24 feet.

GFC's other non-racing win came in the javelin, with Trevor Lewis, a freshman from Independence tossing a 180-4.

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GFC Beats W. Oregon in Track

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George Fox swept the 10,000 meter racewalk as Vance Godfrey, a junior from Independence, won at 22:55.3, followed by Newberg freshman David Thomas at 25:33.8, then Travis Johnson, a sophomore from Coos Bay, at 27:09.3.

A 54:4 time in the 400 hurdles gave GFC sophomore Brian Hartenstein, Colton, a win. He and Cummins and Conley teamed with freshman James Oshiro, Pearl City, Hawaii, to win the 400-meter relay. Hartenstein, Conley, and Bos added freshman Bill Dianda, St. Maries, Idaho, to give GFC its' 1,600-meter relay victory. Dianda was second in the 400 race at 50.9, a tenth-second out of first.

George Fox picked up a second and a third place in the 5,000 meters with sophomore Aaron Howard, Roseburg, timed at 15:37.6 followed by Vanni Tilzey, a junior from Nampa, Idaho, at 15:48.4.

The Lady Bruins won three firsts in their afternoon. Kelli Hagen captured the high hurdles at 16.9 in addition to her second place triple jump effort. She was third in the long jump at 15:4 1/2 and third in the shot at 34-4.

Sophomore Debbie Kintrea, Portland, won the 1,500 meters at 4:48.2 as GFC swept the event. Jill Jamison, a sophomore from Seattle, was close behind at 4:48.6, followed by Phaydra Newport, a freshman from Sitka, Alaska, at 4:55.2.

The other first came in the high jump, won by Tracey Allmer, a freshman from Bellevue, Wash., at 4-10.

Senior Nancy Katus, Potlatch, Idaho, was second in the discus at 126-5 1/2 and second in the shot at 36-7 1/4

The other Lady Bruin seconds were in the 800 meters with Kintrea at 2:22.5, and in the intermediate hurdles with Marne Van Sise, a Portland freshman, at 1:10.0.

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April 23, 1990

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George Fox College

Track Bruins Beat Willamette

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April 30, 1990

FOUR BRUINS QUALIFY FOR NATIONALS AT UNIVERSITY OF OREGON INVITATIONAL

Competing with the "big boys," George Fox College junior Scott Brown set four personal bests Thursday and Friday (April 26-27) to qualify for the NAIA decathlon nationals.

Brown finished fifth in the University of Oregon Invitational decathlon in Eugene, the top NAIA District 2 finisher, outscored only by PAC-10 competitors from Oregon and the University of Washington.

Brown compiled 6,112 points to pass the 6,000 standard for NAIA national competition May 23-26 in Stephenville, Tex. He set personal bests in the 400 with a 50.72 time, in the 110 high hurdles with a 17.00, in the javelin with a 147-9 throw, and in the pole vault at 13-3 1/2, a district-qualifying height.

Brown, from Portland's Madison High, won the 1,500 race at 4:20.13 as he helped pace Oregon's Mike Leonesio to a PAC-10 qualifying mark. Leonesio followed Brown at 4:23.90.

Brown was fifth in the hurdles, eighth in discus at 83-11, sixth in the pole vault, fifth in the javelin. He tossed the shot 29-0 the first day as he compiled 3,152 points, just under his personal record of 3,205. His second day total of 2,960 was a personal best.

The impressive showing followed a disappointing fourth-place in District 2 decathlon competition April 16-17 in La Grande. Brown was fifth in last spring's district championships.

Three others from George Fox also met NAIA national qualifying standards in the Oregon Invitational afternoon competition. Sophomore Brian Hartenstein, Colton, won the 400 meter hurdles race at 53.5, topping his previous 54.0 best and producing the

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third fastest time in the distance at GFC.

Sophomore Jill Jamison, Seattle, ran a season-best in the 5,000 meters in 17:49.5 to qualify for the nationals. Teammate Phaydra Newport, a freshman from Sitka, Alaska, finished at 18:23.0, the second best all-time at GFC, to finish in the top 15 nationally and eligible for national NAIA competition.

Sophomore Debbie Kintrea, Portland, set a George Fox record in the 800 meters with a 2:14.54, breaking her previous record of 2:16.0.

Also in the men's afternoon competition, freshman Shane Covelli, Beaverton, won the long jump at 22-4 1/2; freshman Mike Murphy, Monmouth, set a personal record in the steeplechase at 9:43.7, despite falling on the first hurdle; junior Vanni Tilzey, Nampa, Idaho, set a season best in the 1,500 distance at 3:58.23; senior Todd Bos, Manhattan, Montana, set a personal best in the 800 at 1:53.45; and sophomore Doug McLucas, Beaverton, clipped 20 seconds off his previous best to finish the 5,000 meters at 15:15.6, passing the district qualifying mark as he had done previously.

The Lady Bruin 4 X 100 relay team of senior Kelli Hagen, Newberg; junior Denise Carlson, West Linn; freshman Tracey Allmer, Bellevue, Wash., and sophomore Ginean Lewis, Pomona, Calif., won the event at 50.20

Sophomore Heather Morgan, Shelton, Wash., finished the 1,500 meters at 5:01 for a second best.

In the evening invitational the GFC men's 4 X 400 relay squad finished sixth overall, the highest NAIA District 2 team, at 3:21.65. Members are freshman Bill Dianda, St. Maries, Idaho; Covelli, Bos, and Hartenstein.

Junior Mark Mohnen, Beaverton, was 14th in the 5,000 meters at 14:53.2.

George Fox on Saturday (May 5) will participate in the Western Oregon Open in Monmouth, tuning up for the NAIA District 2 championships the following weekend in Salem.



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April 2, 1990

TRACK BRUINS HOST WILLAMETTE & LEWIS & CLARK

George Fox College track coach Wes Cook must be pleased. Hosting Lewis and Clark College and perennial powerhouse Willamette University under a sunny Saturday (March 31) sky, the Bruin tracksters strung together 48 personal bests, 22 district qualifying marks, and one national qualifier.

The Bruin men dominated their competition, scoring 103.5 points to second place Willamette's 55.5 and Lewis and Clark's 26. The women, competing without their top runner, Jill Jamison, were edged out by Willamette, who scored 74 points. George Fox had 69 points and Lewis and Clark finished third with 26 points.

Junior Vance Godfrey of Independence captured George Fox's first NAIA national qualifying mark of the year, crushing his own school record of 49:10.6 in the 10k racewalk. His new mark of 47:30.1 was over a minute better than his next competition. Freshman David Thomas of Newberg became the second fastest racewalker in George Fox history, finishing fourth in 54:14.6.

Freshman Shaun Covelli of Beaverton had what Cook termed "a pretty fine day for a young man," he said. Covelli finished second in the long jump at 23-1/4, a freshman class record and the second best ever at George Fox. He also placed second in the triple jump at 43-10 3/4; first in the 200 in a personal best 22.3; and fourth in the 100 in a personal best 11.2. Covelli qualified for NAIA district II competition in all four events.

In addition, George Fox got three district qualifying marks each in the 1500, 110 high hurdles, 200, and intermediate hurdles. In an exciting 1500 finish, George Fox

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George Fox College

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managed to capture the top three spots, with junior Todd Bos of Manhattan, Montana winning in a 4:01.7 clocking. Sophomore Ron Marsh of Salem took second with a time of 4:01.9, and Doug McLucas, also a sophomore, finished third at 4:02.7.

The Bruins also dominated the 110 high hurdles, won by junior Scott Cummins in 15.3. Freshman Steve Shattuck took second at 15.3, and freshman Nathan Moffet of Eagle River, Alaska placed third in 15.5. In the 200, Covelli won with a 22.3 clocking, freshman Bill Dianda of St. Maries, Idaho captured second at 22.5, and James Oshiro followed also at 22.5.

Sophomore Brian Hartenstein of Colton led three Bruins to top finishes in the 400 intermediate hurdles. His personal best of 54.3 is the fourth fastest in George Fox history. Junior Scott Brown finished second in 55.4, and Moffet took third at 56.4.

Other winning performances were turned in by Lake Oswego senior Tim Conley, who claimed the 400 with a personal best 49.0, the fifth fastest in George Fox history; senior Tim Hagen, in the high jump with a leap of 6-8; junior Joel Schmeltzer of Scappoose in the shot put, with a throw of 41-8 1/4; freshman Mike Murphy of Monmouth in the 2000 steeple chase with a 6:22.8 clocking; and junior Trevor Lewis of Independence, whose personal best throw of 187-5 captured the javelin competition.

For the women, George Fox was led by double winners Debbie Kintrea of Portland and Marlyss Stenberg of Canyonville enroute to their second place finish.

Kintrea, a sophomore, won the 1500 in a district qualifying 4:52.6, the fourth best ever at George Fox, and then captured the 400 in 60.5, a district qualifying mark and the eighth fastest George Fox time.

Stenberg, a freshman, took the 110 high hurdles in 16.0; and then won the 400 intermediate hurdles in a personal best 68.3, the fifth fastest time ever for a Bruin

George Fox College

Track Bruins Host Willamette & Lewis & Clark

April 2, 1990

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trackster. In that same race, freshman Marne VanSise took third in a personal best 69.5, a district qualifying mark and the sixth fastest ever at George Fox.

The Bruins also got district qualifiers in the 3000, with freshman Phaydra Newport of Sitka, Alaska winning in a time of 11:14.9, and the 200, with sophomore Ginean Lewis of Pomona, Calif. finishing third at 26.9.

Other George Fox winners were sophomore Heather Morgan of Shelton, Wash. in the 800 at 2:26 and freshman Tracy Allmer of Bellevue, Wash. in the high jump with a personal best 4-10. The Bruins captured several seconds: Newport in the 1500 at 5:00.5; senior Nancy Katus of Potlatch, Idaho in the discus at 137-9 3/4; sophomore Melissa Wilson in the 800 at 2:27.6; Stenberg in the long jump with a mark of 15-9 1/2; freshman Angie Murrell in the 3000 at 11:41.2; senior Kelli Hagen in the high hurdles with a time of 17.1; and both the 400 and 1600 relays.

George Fox travels to Bellingham, Wash. this weekend for the Western Washington Invitational. The meet begins on Saturday at 9:00 am.



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April 9, 1990

TRACK BRUINS SHOW WELL IN WESTERN WASHINGTON INVITATIONAL

It's too bad Saturday's (April 7) Western Washington University Invitational track meet in Bellingham was a non-scoring event.

If scores had been tabulated, the George Fox College track Bruins would have come out on top of an 18-team affair. As it was, the Bruin men settled for five personal bests enroute to qualifying four more athletes for the NAIA District 2 championships in May.

Junior Vance Godfrey, Independence, continued his stellar season with a new George Fox record in the 5,000-meter walk. He claimed first place in the event with a 22:31.4, demolishing his old record of 22:34.7 set one year ago in Bellingham. Travis Johnson, a junior from Coos Bay, beat teammate David Thomas, a Newberg freshman, to the wire in the same race, finishing third at 24:46.7. Thomas was fourth at 24:47.1.

In the 110 high hurdles, the Bruins finished third, fourth and fifth, led by Portland senior Scott Cummins, who clocked 14.8. Steve Shattuck, a Salem freshman, and Nathan Moffet, a freshman from Eagle River, Alaska, both set personal bests with times of 15.1 and 15.2, respectively. George Fox also scored high finishes in the 800 meters, with Todd Bos, a junior from Manhattan, Montana, finishing third in a district-qualifying 1:57.1, and sophomore Ron Marsh, Salem, fourth at 1:57.3, also a district-qualifying time.

Senior Tim Conley captured his heat of the 400 meters with a 49.2, but another runner in another heat was faster, placing Conley, from Lake Oswego, in second. Later, Conley combined with Bos, junior Scott Brown, Portland, and sophomore Brian Hartenstein to place second in the 1,600-meter relay. They produced a season-best 3:19.8, tenth fastest ever at GFC. In addition, Hartenstein, from Colton, placed

George Fox College

Bruins Show Well in W. Washington Invitational

April 9, 1990

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third in the 400 intermediate hurdles with a personal best of 54.0, just a second off the NAIA national qualifying standard.

Other top performances were turned in by Newberg senior Tim Hagen, who won the high jump at 6-8 3/4, and freshman Shane Covelli, Beaverton, who took second in the long jump at 21-7 1/2.

Three Bruin distance men qualified for the district championships: freshman Jon Wright, Caldwell, Idaho, and sophomore Doug McLucas, Aloha, in the 10,000 meters, and freshman Mike Murphy, Monmouth, in the 3,000 steeplechase. Wright had a personal best of 33:05.2 and McLucas finished at 33:12.1, also a personal best. Murphy, running his first collegiate race at the distance, recorded a 9:50.1.

George Fox coach Wes Cook said that although it was sunny, a crosswind was a "handicap to all races."

"Competitively, it was a pretty good effort," he said.

The Lady Bruins continued their struggle with injury and illness, but would have placed sixth in the 18-team event if it had been scored, Cook reported.

Seattle sophomore Jill Jamison was first in the 10,000 meter run, taking a minute off the 1989 record she set a year ago. Her time of 36:20.8 was just 11 seconds off her national-winning time last spring.

The Lady Bruins picked up one new district-qualifying mark when Newberg senior Kelli Hagen timed the 100 high hurdles at 16.8.

Other GFC women turning in top performances were Portland sophomore Debbie Kintrea in the 800, third at 2:18; Potlatch, Idaho, senior Nancy Katus, third in the discus at 125-6 and sixth in the shot at 36-9; Sitka, Alaska, freshman Phaydra Newport, sixth in the 10,000 meters at 40:24.8; and the relay squad of Kintrea, Denise Carlson, Marne VanSise, and Heather Morgan, sixth with a season-best 4:16.6.

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Carlson, a junior from West Linn, also had a season-best in the 100 with a 16.9.

Morgan, a sophomore from Shelton, Wash., had a season-best 5:05.7 in the 1,500 meters.

Saturday (April 14) George Fox men and women host Western Oregon and Linfield in a meet starting at 12:30 p.m. on Colcord Field.



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March 26, 1990

1990 GEORGE FOX COLLEGE TRACK: THE OUTLOOK

The season's just underway and already its a record-setting year for George Fox College's track teams.

Coach Wes Cook has 10 percent of the Newberg college's students on his 1990 squads. Seventy is the number, 47 men and 23 women.

Building on numbers and last year's improved squads, Cook believes his teams may be rivaling the "glory years under (previous) coach Rich Allen."

Cook has 24 male and 10 female upperclassmen on his teams. That means just over half of his people are in their first-year on the roster. Of the upperclassmen, four are new as transfers.

The male Bruins return 77 of their 87 points that placed them fourth last spring in the NAIA District 2 championships. The women are building on a team that finished third in the finals.

With both of George Fox's cross country teams winning the District 2 championships last fall, George Fox's major strength and depth lies on the track side as the fall runners continue in the spring competition. "We will be generally strong on the track, both distances and sprints," says the third-year coach. "Most events are covered very well on the track."

The Bruins return a bunch of district placers from last year. Heading the list are members of the first-place 1,600-meter relay team: senior Tim Conley, Lake Oswego; junior Scott Brown, Portland; and sophomores Ron Marsh, Salem; and Brian Hartenstein, Colton. All four also placed in other events. Conley was the district

-more-

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runner-up at 400 meters; Brown was the district runner-up in the 400 meter intermediate hurdles; Marsh placed third in the 800 meters, and Hartenstein also placed in the 400 meter intermediate hurdles.

George Fox also returns a duo of two-time district champions and national qualifiers. Tim Hagen, who placed eighth in the NAIA national meet in the high jump last year, has won the district crown two years in a row. Hagen, a senior from Newberg, also has the George Fox record in the high jump, with a leap of 6-10 3/4. Vance Godfrey is GFC's record holder in the race walk as well as reigning champion. He leads a strong Bruin walking crew. Godfrey, a junior from Independence, finished ninth in the nation last year. Travis Johnson, a Coos Bay sophomore who was district runner-up last spring, also returns. Newcomer David Thomas, a Newberg freshman, already has beaten Johnson this year.

Tony Nagle, a Post Falls, Idaho, junior who suffered a disappointing season-ending hamstring injury last spring in the championship meet, returns in the 100 and 200 meter distances. Cook calls him "the top sprinter in the district last year." Other district placers returning are Vanni Tilzey, a Nampa, Idaho, junior, third in the 1,500 meters, and Rob Flanagan, a Woodland, Wash, sophomore, fourth in last year's decathlon.

To the veterans, George Fox adds a crop of talented newcomers, led by transfer distance runners. Cook's son, Toby, comes to GFC via Western Colorado State and Georgetown University. He is an Oregon high school record holder for AA schools in the 1,500 meters with a time of 3:52.4, set in 1983. Jamestown, North Dakota, transfer Todd Bos will be "somebody to deal with in the 1,500 and 800," Cook says. Also, Mark Mohnen, runner up in the district's cross country meet, bolsters the 5,000

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meters where he has a best of 14:35. He is a junior from Beaverton who transferred from Clackamas Community. Other top recruits include: Steve Shattuck, Salem freshman, in the hurdles; Trevor Lewis, a freshman from Independence, in the javelin, and Shane Covelli, Aloha freshman, in the sprints and long jump.

"Depth is more important than ever because at district (championships) you score in eight places," Cook observes. "We should score really well in all events on the track."

Cook predicts Southern and Western Oregon, who shared the district title a year ago will be the contenders again this season.

For the women, injuries and illness have sidelined several. But a strong core of returns. Leading the way is sophomore Jill Jamison, who won the national crown last spring in the NAIA 10,000 meters. Jamison, a sophomore from Seattle, holds every George Fox record from 1,500 to 10,000 meters and already has qualified for the 1990 nationals.

George Fox also returns another national qualifier -- senior Nancy Katus in the discus. Katus, from Potlatch, Idaho, finished sixth at last year's national meet, third in the district championships. Although Katus was sidelined with a knee injury all winter, she has had recent strong performances, Cook says.

Other returning district placers are Ginean Lewis, a sophomore from Pomona, Calif., third in the 400 meters last spring; Denise Carlson, a junior from West Linn, third in the 100 meters and fourth in the 200 meters; and Debbie Kintrea, a Portland sophomore, fifth in the 800 meters.

For the first time in many years, George Fox boasts a string of women hurdlers, led by last year's high school "A" champion, Marlys Steinberg of Canyonville, Ore.

George Fox College

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Also Lady Bruins this year are freshmen Marne VanSise, Portland, and Tracy Allmer, Bellevue, Wash., who will be competing in the 100 high and 400 intermediate hurdle competition.

Like the Bruin men, the Lady Bruins will rely on several distance running talents. Phaydra Newport, Sitka, Alaska, was that state's 1988 cross country champion. Returners are junior Dianne Peterson, Wenatchee, Wash., and sophomores Heather Morgan, Shelton, Wash., and Melissa Wilson, Salem

"We're pretty spotty because we don't have depth," Cook assesses. He says the Lady Bruins will focus on individual talent as their strength.

Cook says George Fox's "immediate goal" is to earn a better district placing than last year. "I think this should be an improved women's team, and if that's the case, this should be the best women's team yet -- but we still have a long way to go."

NAIA District 2's championship meet will be May 11 and 12 at Willamette University in Salem. Qualifiers there for the national meet will compete May 23-26 in Stephenville, Tex.

GEORGE FOX COLLEGE
1990 BRUIN TRACK AND FIELD SCHEDULE

MARCH

Sat	3	Linfield Icebreaker	McMinnville	9:00
Sat	10	Oregon Small College Relays	WOSC, Monmouth	12:00
Fri	16	Willamette Open	Willamette, Salem	3:00
Sat	17	Oregon Open	Eugene	9:00
Sat	24	Spring Break -- Open	West Seattle	9:00
SAT	31	LEWIS & CLARK, WILLAMETTE	NEWBERG	12:30

APRIL

Sat	7	Western Washington Invitational	Bellingham, Wash.	9:00
SAT	14	WESTERN OREGON, LINFIELD	NEWBERG	12:30
Mon-Tue	16-17	NAIA District 2 Multi-Events	LaGrande	
Sat	21	Pacific Lutheran, Willamette	Willamette, Salem	1:00
Sat	28	Oregon Invitational	Eugene	

MAY

Sat	5	Eastern Oregon Invitational	LaGrande	
Fri-Sat	11-12	NAIA DISTRICT II CHAMPIONSHIPS	Willamette, Salem	
Wed-Sat	23-26	NAIA NATIONAL CHAMPIONSHIPS	Stephenville, Texas	

JUNE

Sat-Sun	9-10	Southern Oregon Multi-Events	Ashland	
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Head Coach: Wes Cook
Assistant Coaches: John Luccio
Eb Buck
Athletic Director: Craig Taylor
Athletic Trainer: Steve Curtis



GEORGE FOX COLLEGE MEN'S TRACK & FIELD ROSTER
(2-13-90)

Name	Eligibility		Events
	Year	High School	
Barnett, Aaron	Frosh	Salem, OR Academy	Sprints
Bingham, Mark	Soph	Medford, OR South	Throws
Bos, Todd	Senior Junior	Manhattan, MT Christian	Mid-Distances
Brown, Scott	Junior	Portland, OR Madison	Hurdles/Decathlon
Conley, Tim	Senior	Lake Oswego, OR	Sprints
Cook, Toby	Soph	Gladstone, OR	Distances
Covelli, Shane	Frosh	Beaverton, OR Aloha	Jumps
Cummins, Scott	Junior	Portland, OR Christian	Hurdles
Detlor, Bill	Frosh	Bellevue, WA Christian	Throws
Dianda, Bill	Frosh	St. Maries, ID	Sprints
Evely, Crom	Frosh	Anchorage, AK Abbott Loop	Distances
Flanagan, Rob	Soph	Woodland, WA	Throws/Decathlon
George, Mike	Frosh	Klamath Falls, OR	Mid-Distances
Godfrey, Vance	Junior	Independence, OR Central	Walk
Grandle, Nathan	Junior	Colton, OR	Throws
Hagen, Tim	Senior	Newberg, OR	High Jump
Harrell, Charlie	Frosh	Klamath Falls, OR Henley	Sprints
Hartenstein, Brian	Soph	Colton, OR	Hurdles
Howard, Aaron	Soph	Roseburg, OR	Distances
Irish, Aaron	Junior	Albany, OR	Sprints
Johnson, Travis	Soph	Coos Bay, OR	Walk
Kirkpatrick, Matt	Frosh	Beaverton, OR Sunset	Distances
Larson, Jeff	Frosh	LaGrande, OR	Mid-Distances
Lewis, Trevor	Frosh	Independence, OR Central	Throws
Marsh, Ron	Soph	Salem, OR McKay	Mid-Distances
McLucas, Doug	Soph	Beaverton, OR Aloha	Distances
Mock, Larry	Junior	Elma, WA	Distances/Marathon
Moffett, Nathan	Frosh	Eagle River, AK Chugiak	Hurdles
Mohnen, Mark	Junior	Beaverton, OR Aloha	Distances
Morse, Jonathan	Frosh	Coquille, OR	Mid-Distances
Murphy, Mike	Frosh	Monmouth, OR Central	Steeple/Distances
Nagle, Tony	Junior	Post Falls, ID	Sprints
Nienaber, Brian	Soph	Bellevue, WA Christian	Mid-Distances/Dec.
Oshiro, James	Frosh	Pearl City, HI	Sprints/Hurdles/Jumps
Patoine, Chris	Senior	Sutherlin, OR	Hurdles/Jumps
Poznanski, Rob	Frosh	Yakima, WA Eisenhower	Sprints/Jumps
Prewitt, Steve	Frosh	Battle Ground, WA	Throws
Schmeltzer, Joel	Junior	Scappoose, OR	Throws
Shattuck, Steve	Frosh	Salem, OR Academy	Hurdles/Sprints
Sollars, Russ	Frosh	West Linn, OR	Jumps
Stram, Tom	Frosh	Newberg, OR	Sprints
Thomas, David	Frosh	Newberg, OR	Walk
Thompson, Eric	Frosh	Crane, OR	Sprints/Hurdles
Tilzey, Vanni	Junior	Nampa, ID Christian	Distances
Timmons, Mike	Frosh	Dayton, OR	Sprints
Wheeler, Duane	Frosh	Bandon, OR	Hurdles
Wright, Jonathan	Frosh	Caldwell, ID	Distances



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June 4, 1990

GFC'S TIM HAGEN SETS OREGON COLLEGIATE MARK WITH 7-0 1/2 LEAP

The best high jump by an Oregon college athlete in 1990 belongs to George Fox College's Tim Hagen.

The Newberg senior cleared 7-0 1/2 inch Saturday (June 2) to win the event in the University of Oregon's Prefontaine Classic.

Hagen's record-setting jump, his personal best and a George Fox College record, came on the last competitive performance of his collegiate career.

The 7-0 1/2 jump is the best ever recorded by a NAIA District 2 athlete. Hagen, three-time district champion, set a new district record when he went 6-11 May 12 in Monmouth

Hagen has been inching upward in his jumps. He won the district title in 1989 with a record-setting 6-10 1/2 effort. It topped his 6-10 1/4 district record in 1988.

The 6-5 Hagen cleared 7-0 May 7 at the Western Oregon Open to record his previous best until Saturday's jump.

Hagen earned All-American honors May 26 in Stephenville, Texas, when he finished third in the NAIA national championships with a 6-11 leap.

He already was an All-American from a fifth place 6-7 leap in the NAIA indoor track and field championships March 3 in Kansas City. In 1989 he was named a NAIA national Scholar Athlete for his 3.85 grade average in a history major.

Hagen is the son of Dennis and Janet Hagen, Newberg.