

1999

1999 Statistics

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GFU T/F 1999 SEASON'S BESTS (MEN)

A -- NCIC qualifying mark
B -- NW Regional qualifying mark
C -- NAA National qualifying mark
(...) -- Personal Record

MEETS
a-1/30/99 Idaho Indoor, Moscow
b-2/13/99 L&C All-Corners (indoorevents)
c-2/20/99 U All-Corners
d-2/27/99 NWIC Relays @ PLU
e-3/6/99 GFU Sun-Seeker
f-3/13/99 NWC 4-Way @ GFU
g-3/20/99 Easter Relays @ Santa Barbara
h-3/27-28/99 Stanford Inv.
i-4/3/99 Willamette Open
j-4/10/99 Whitworth Quad
k-4/12-13/99 NWC Multi's @ Whitworth
l-4/16/99 GFU Distance Carnival
m-4/17/99 Carnival All-Corners
n-4/24/99 L & C Open
o-4/31-5/1/99 NWC Championhips @ PLU
p-5/8/99 NW Regional @ PLU
q-5/24-26/99 NAA Nats @ W. Palm, FL

HJ
6-02 (6-03) Matt Parker (1) j
5-08 (6-02) David Parker (4) g
5-04.5 (5-04.5) Darren Weidman (2) k
(6-06) Scott Edinger (4)

PV (13-1.5 / 14-1.75 / 15-7)
14-00.5 (12-01.5) J. J. Arthur (3) j
13-06 (12-06) Aaron Routon (3) i
13-00 (14-01.75) David Parker (4) d
9-02.25 (9-02.25) Darren Weidman (2) k

LJ (21-4 / 21-7.75 / 23-0)
22-02 (22-09.75) David Parker (4) m
21-01.5 (20-05.75) Tyler Gassaway (2) n
19-06 (19-11) Darren Weidman (2) m
17-08 (19-10) Matt Parker (1) j

TJ (41-1.5 / 44-0 / 46-11)
43-11.25 (45-04.5) David Parker (4) o
41-01.5 (44-04) Matt Parker (1) j

SHOT (43-7.75 / 46-9 / 51-0)
46-05.5 (43-03) Jeff Votaw (3) n
44-05.5 (47-11.50) Ian Strauss (3) i
42-10 (37-11.5) Joel Strunk (3) m
41-07.25 (39-04.5) Ty Taylor (3) c
35-02.5 (35-02.5) Matt Parker (1) d
33-04 (23-09) Darren Weidman (2) n

DISCUS (134-5 / 140-0 / 159-0)
155-00 (139-11) Ian Strauss (3) o
144-09 (134-06) Jeff Votaw (3) o
133-05 (122-03) Ty Taylor (3) o
121-09 (107-10) Joel Strunk (2) j
102-07 (111-08) David Parker (4) e
94-04 (85-00) Matt Parker (1) i
91-05 (68-09) Darren Weidman (2) i

JAVELIN (169-6 / 180-5 / 192-0)
183-11 (166-02) Jon Roberts (2) o
176-00 (196-01) Ty Taylor (3) n
172-11 (187-0) Eric Kunze (4) m
167-06 (128-03) Matt Parker (1) n
167-05 (155-0) Ryan Kennedy (1) m
148-11 (156-0) Andrew Fodge (3) b
134-11 (111-10) Darren Weidman (3) k

HAMMER (140-11 / 160-9 / 168-6)
136-02 (121-05) Eric Kunze (4) j
121-10 (110-06) Joel Strunk (2) i
121-05 (93-01) Jeff Votaw (3) i
106-06 (74-03) Ryan Kennedy (1) n
92-08 (92-11) Ian Strauss (3) j

DÉCATHLON (none / none / TOP 16)
4840 (4840) Darren Weidman (2) k

100 (11.30 / 11.04 / 10.71)
10.75 (11.04) David Plotts (3) o
11.39 (11.59) Jim Haley (4) i
11.46 (11.24) David Parker (4) g
11.54 (11.72) Beau West (2) m
11.58 (11.04) Eric Costa (1) e
11.90 (11.90) Matt Parker (1) i
12.03 (12.03) David Kilian (1) k
12.16 (12.22) Darren Weidman (3) m
12.72 (12.81) Jeff Votaw (4) m
12.85 (12.95) Ryan Kennedy (1) m

200 (23.00 / 22.44 / 21.60)
21.63 (22.34) David Plotts (3) o
22.05 (23.14) Jim Haley (4) o
22.48 (23.31) Beau West (2) o
23.66 (23.21) Tyler Gassaway (2) c
23.84 (23.84) Scott Edinger (4) e
24.11 (24.14) Dave Kilian (1) i

400 (52.28 / 49.64 / 48.20)
48.74 (49.24) Jim Haley (4) p
48.94 (49.42) Eric Costa (1) o
49.84 (50.94) Tyler Gassaway (2) p
50.73 (50.73) David Plotts (3) p
51.06 (51.06) Steve Willmer (1) i
51.28 (50.44) Scott Edinger (4) e
51.33 (49.76) David Parker (4) e
(52.01) Beau West (2) e
(53.14) Dave Nichols (2) e

800 (2:00.56 / 1:56.04 / 1:52.30)
1:55.60 (1:56.74) Steve Willmer (1) n
1:57.17 (1:58.06) Dave Nichols (2) n
1:57.34 (1:55.95) John Mantalas (3) n
1:58.77 (1:58.29) Brandon Workman (3) m
1:58.81 (2:02.37) Ryan Austin (1) n
1:58.85 (2:05.20) Eric Thompson (4) e
1:58.89 (1:59.34) Scott Edinger (4) c
2:00.27 (1:59.84) Jim Haley (4) a
2:00.61 (2:01.00) Lafe Paulson (2) n
2:01.53 (2:01.24) Jackson Esselman (1) f
2:02.40 (2:01.09) David Parker (4) c
2:13.49 (2:10.24) Scott Oswald (3) n
2:17.01 (2:31.24) Nathan Paisley (1) f
2:18.36 (2:08.34) Forrest Towne (1) n
2:19.82 (2:19.82) Phil Jess (2) n

1500 (4:10.77 / 4:00.24 / 3:54.54)
4:03.37 (3:58.16) Brandon Workman (3) i
4:07.87 (4:09.41) Eric Thompson (4) j
4:08.84 (4:07.03) John Mantalas (3) e
4:10.11 (4:06.) Lafe Paulson (2) m
4:13.57 (4:11.58) Dave Nichols (2) j
4:25.52 (4:21.04) Scott Oswald (3) n
4:25.74 (4:29.24) Forrest Towne (1) e
4:38.44 (4:38.44) Phil Jess (2) f
4:58.14 (5:08.84) Nathan Paisley (1) e
5:25.08 (5:25.08) Darren Weidman (3) k

3000 (not contested)
8:44.24 (8:42.35) Brandon Workman (3) b
9:07.09 (9:15.32) John Mantalas (3) b
9:34.74 (9:11.93) Eric Thompson (3) c
9:40.03 (9:30.34) Forrest Towne (1) b
9:45.64 (9:48.74) Scott Oswald (3) e
10:11.64 (10:18.74) Phil Jess (2) e
11:20.54 (11:42.24) Nate Paisley (1) c
(8:51.00) Lafe Paulson (2) c

5000 (15:57.79 / 15:20.24 / 14:49.00)
14:51.55 (15:03.24) Brandon Workman (3) B
15:40.80 (16:10.84) John Mantalas (3) h
15:45.72 (16:12.14) Eric Thompson (4) h
16:45.29 (16:56.80) Forrest Towne (1) h
16:44.48 (17:01.34) Scott Oswald (3) h
17:42.54 (17:42.54) Phil Jess (2) n
18:30.34 (18:44.33) Nathan Paisley (1) n

10k (33:40.44 / 33:30.24 / 31:35.00)
36:05.10 (36:05.10) Forrest Towne (1) i
36:15.60 (36:57.04) Scott Oswald (3) i
38:40.30 (38:40.30) Phil Jess (2) i

110m HURDLES (16.53 / 15.64 / 14.75)
14.47 (15.02) David Parker (4) C q
17.03 (17.14) Matt Parker (1) i k
17.17 (19.81) Darren Weidman (3) k

400m HURDLES (58.93 / 56.04 / 53.90)
52.46 (52.30) David Parker (4) C p
52.75 (53.62) Scott Edinger (4) C q
57.31 (59.57) David Kilian (1) m

3000m STPL (10:02.67 / 9:42.24 / 9:23.00)
9:20.80 (9:18.35) Brandon Workman (3) C q
9:42.64 (10:08.24) Eric Thompson (4) o
10:31.93 (10:31.93) John Mantalas (3) j
10:48.78 (10:48.78) Forrest Towne (1) g
10:50.64 (11.04.34) Phil Jess (2) o

4 x 100 (none / none / 41.85)
42.33 D. Parker, Gassaway, Costa, Plotts m
42.33 D. Parker, Gassaway, West, Plotts o
42.52 D. Parker, Gassaway, West, Plotts j
42.69 D. Parker, Gassaway, West, Plotts n
42.73 D. Parker, Gassaway, West, Plotts i
42.78 Costa, Gassaway, West, Plotts e
43.23 D. Parker, Gassaway, West, Plotts h
43.67 Killan, Gassaway, West, Plotts f
44.58 Killan, Gassaway, West, Plotts d

4 x 400 (none / none / 3:15.50)
3:16.26 Costa, Haley, Gassaway, D. Parker q
3:16.54 Plotts, Haley, Costa, D. Parker p
3:16.84 D. Parker, Haley, Gassaway, Willmer n
3:19.90 D. Parker, Haley, Gassaway, Willmer h
3:20.08 Gassaway, Haley, Willmer, D. Parker j
3:20.65 Gassaway, Haley, Edinger, D. Parker m
3:20.98 Gassaway, Haley, Willmer, D. Parker l
3:22.34 West, Cost, Gassaway, Willmer o
3:22.44 D. Parker, Willmer, Edinger, Haley d
3:23.29 Gassaway, Haley, D. Parker, Willmer e
3:24.32 West, Willmer, Edinger, Haley c
3:25.74(B) West, Killan, Austin, Nichols n
3:25.83 West, Edinger, Gassaway, Willmer f
3:31.30 West, Willmer, Thompson, Killan b
3:29.89(B) Edinger, West, Costa, Plotts e
3:37.12(C) Nichols, Mantalas, Esselman, Workman i

4 x 4 SPLITS
49.0 (49.0-LO) Plotts n
49.2 (50.1-LO) D. Parker n
49.6 (51.6-LO) Costa q
50.4 (50.9-LO) Gassaway m
50.6 (54.6-LO) West o
51.4 (50.9-LO) Edinger |
53.1 (53.1-LO) Nichols |
53.5 (54.7-LO) Killan |
54.5 (54.5-LO) Austin l
54.7 (54.7-LO) Thompson n
(50.6-LO) Haley |

47.8 (48.0) Haley n
48.8 (47.6) D. Parker p
48.8 (49.3) Costa p
49.7 (50.5) Gassaway n
49.8 (49.7) Willmer j
50.6 (50.0) Edinger m
51.4 (51.7) West d
52.1 (52.1) Plotts e
52.2 (51.8) Killan j
52.7 (52.8) Austin j
53.4 (52.4) Nichols m
53.4 (53.6) Mantalas l
53.5 (53.5) Paulson i
53.7 (55.3) M. Parker l
53.8 (54.8) Workman l
54.4 (54.4) Thompson b
54.5 (56.3) Weidman h
54.6 (54.9) Esselman h
55.2 (55.0) Routon e
59.1 (59.5) Paisley f
59.3 (59.3) Oswald n

4 x 800 (none / none / 7:48.20)
7:45.64 Thompson, Nichols, Mantalas, Willmer p C
7:53.66 Thompson, Nichols, Mantalas, Willmer q
7:54.72 Esselman, Willmer, Mantalas, Edinger g
7:59.90 Edinger, Esselman, Willmer, Mantalas l

4 x 800 SPLITS
1:54.5 (1:56.1) Willmer p
1:55.8 (1:58.0) Mantalas p
1:58.0 (1:58.0) Thompson p
1:56.0 (1:59.2) Nichols q
1:59.1 (1:56.1) Edinger g
2:01.2 (2:01.8) Esselman i
(1:57.7) Workman i

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 i-4/3/99 Willamette Open
 j-4/10/99 Whitworth Quad
 k-4/12-13/99 NWC Multi's @ Whitworth
 l-4/16/99 GFU Distance Carnival
 m-4/17/99 Camival All-Comers
 n-4/24/99 L & C Open
 o-4/31-5/1/99 NWC Championhips @ PLU
 p-5/8/99 NW Regional @ PLU
 q-5/24-26/99 NAI Nats @ W. Palm, FL

HJ (5-1/5-3/5-7)

5-04.25 (5-03) Amy Forbes (2) n
 5-03 (5-06) Rachel Powell (3) m
 5-03 (5-05) Angie Powell (3) j
 4-07 (4-06) Tori Taylor (1) i
 4-06 (4-06) Heidi Smith (1) g
 (5-01.75) Karrie Kiestler (3)

PV (7-6.5/9-0.25/10-4)

11-06 (11-09.75) Heather Hunt (2) C m

LJ (16-6/17-0/18-0)

16-09.75 (16-02.75) Celeste Wallwork (1) m
 16-08.5 (17-02) Sharla Rhoades (4) m
 16-07 (16-09.50) Jocelyn Kennedy (3) o
 15-06.25 (16-0.5) Heidi Smith (1) k
 15-04.25 (15-01.5) Colleen Forbes (1) i
 14-03 (14-03) Tori Taylor (1) i
 (14-11.75) Amy Forbes (2)
 (14-11.5) Sarah Powell (1)
 (14-09.75) Karrie Kiestler (3)

TJ (34-6.25/36-0/37-3)

37-03 (37-06.25) Sharla Rhoades (4) C m
 36-05 (34-04.5) Heidi Smith (1) p
 36-02.25 (37-04.75) Jocelyn Kennedy (3) m
 34-06.25 (34-07.75) Celeste Wallwork (1) n
 33-07.75 (32-08) Colleen Forbes (1) m
 32-06.5 (32-11) Amy Forbes (2) g

SHOT (34-11.25/38-4/42-10)

37-11.25 (34-2.50) Marian Stevens (1) c
 35-10 (33-11.5) Ilse Friberg (2) n
 32-04.5 (32-02.75) Jessica Nies (2) n
 31-10 (28-10.5) Pam Longman (2) n
 28-08.5 (28-08.5) Tori Taylor (1) k
 28-07.5 (28-07.5) Heidi Smith (1) k
 25-01 (30-0) Lindsay Walker (1) a
 (30-08) Sharon Barnett (3)
 (21-11.5) Karrie Kiestler (3)

DISCUS (111-6/124-0/138-0)

131-07 (128-08) Marian Stevens (1) e
 97-04 (96-06) Ilse Friberg (2) n
 92-05 (76-02) Pam Longman (2) j
 76-03 (76-03) Jessica Nies (2) b
 71-01 (71-01) Lindsay Walker (1) g

HAMMER (122-2/130-0/140-0)

109-08 (78-10) Lindsay Walker (1) j
 100-05 (100-05) Marian Stevens (1) j

JAVELIN (110-0/124-8/132-6)

123-07 (97-03) Lori Miller (1) m
 105-08 (105-08) Heidi Smith (1) k
 100-02 (106-02) Tori Taylor (1) k
 99-09 (111-06) Angie Powell (3) j
 98-02 (98-02) Pam Longman (2) c

100 (13.00/12.84/12.24)

12.80 (13.16) Sharla Rhoades (4) j
 13.21 (12.55) Sharon Barnett (3) j
 13.43 (13.99) Colleen Forbes (1) n
 13.44 (13.94) Celeste Wallwork (1) j
 13.81 (13.14) Sarah Powell (1) n
 13.91 (14.01) Heidi Smith (1) n
 14.01 (13.82) Jocelyn Kennedy (3) n
 14.76 (14.76) Lori Miller (1) e

200 (26.97/26.54/25.00)

26.24 (26.14) Sharon Barnett (3) j
 27.44 (28.84) Christina Davis (1) j
 28.24 (29.14) Jessica Adams (1) j
 28.35 (29.42) Amy Forbes (2) k
 28.42 (29.09) Heidi Smith (1) k
 28.75 (29.24) Sarah Powell (1) j
 29.09 (29.09) Tori Taylor (1) k
 29.10 (28.68) Jocelyn Kennedy (3) f
 29.10 (28.64) Celeste Wallwork (1) e
 29.45 (29.45) Colleen Forbes (1) e
 (28.40) Karrie Kiestler (3)

400 (63.33/61.14/57.14)

60.83 (60.34) Jessica Adams (1) n
 61.78 (63.04) Christina Davis (1) j
 64.14 (62.44) Heather Hunt (2) o
 65.67 (63.54) Rachel Powell (4) i
 (62.74) Tracey Hyde (3)
 (64.94) Celeste Wallwork (1)

800 (2:23.00/2:20.54/2:16.75)

2:18.36 (2:22.55) Jamie McElwain (2) n
 2:25.27 (2:35.60) Tracey Hyde (3) n
 2:25.43 (2:29.91) Kasey Burk (3) m
 2:25.63 (2:21.24) Tori Taylor (1) f
 2:27.29 (2:31.39) Marisa Merritt (2) n
 2:31.74 (2:30.77) Karrie Kiestler (3) d
 2:54.96 (2:54.96) Amy Weybright (2) e
 (2:30.84) Laurel Starr (1)
 (2:40.24) Kirsten Norgaard (1)

1500 (4:55.00/4:50.24/4:43.73)

4:53.26 (4:59.95) Jamie McElwain (2) j
 5:00.04 (5:03.13) Marisa Merritt (2) n
 5:15.32 (5:05.24c) Kirsten Norgaard (1) c
 5:321 (5:32.00) Rebecca Rising (1) a
 5:34.90 (5:45.74) Amy Weybright (2) j
 (4:54.24) Tori Taylor (1)
 (5:22.04) Laurel Starr (1)
 (5:33.24) Rosie Ofstie (1)
 (5:40.24) Al Manitsas (1)

3000 (10:45.00/10:40.24/10:20.24)

10:35.96 (11:02.20) Marisa Merritt (2) o
 11:19.25 (11:16.24c) Kirsten Norgaard (1) b
 11:32.57 (11:49.24) Rebecca Rising (1) b
 11:32.52 (11:37.24) Laurel Starr (1) f
 11:58.84 (12:26.24) Rosie Ofstie (1) e
 12:26.90 (12:26.90) Amy Weybright (2) i
 (10:48.24) Tori Taylor (1)
 (11:11.80) Jamie McElwain (2)
 (11:41.24) Al Manitsas (1)

5000 (19:30.00/18:45.24/17:50.24)

18:50.44 (19:18.11) Marisa Merritt (2) i
 20:14.86 (20:14.86) Laurel Starr (1) g
 21:18.21 (21:48.04) Rosie Ofstie (1) j
 (20:11.78) Jamie McElwain (2)

10k (43:00.00/42:00.24/38:13.00)

47:04.90 (47:04.90) Rosie Ofstie (1) i

100m HURDLES (16.50/16.24/14.90)

14.57 (14.68) Sharon Barnett (3) C q
 14.89 (15.15) Karrie Kiestler (3) C p
 16.99 (17.88) Tori Taylor (1) i
 17.57 (17.57) Heidi Smith (1) i

400m HURDLES (70.00/67.54/64.34)

64.13 (65.77) Karrie Kiestler (3) C p
 65.41 (68.38) Sharon Barnett (3) o
 68.98 (70.39) Tori Taylor (1) n

HEPTATHLON (none/none/TOP 16)

3562 (3562) Tori Taylor (1) k
 3445 (3445) Heidi Smith (1) k

4 x 100 (TOP 8/none/48.90)

49.77 Davis, C. Forbes, Rhoades, Barnett m
 50.74 Davis, S. Powell, Rhoades, Barnett j
 50.89 Davis, C. Forbes, Rhoades, Barnett o
 51.02 Davis, C. Forbes, Rhoades, Barnett n
 51.04 Davis, S. Powell, Rhoades, Barnett l
 51.33 Davis, S. Powell, Rhoades, Barnett f
 51.66 Davis, S. Powell, Rhoades, Barnett g
 52.24 Davis, S. Powell, Rhoades, Barnett e
 53.07 Davis, S. Powell, Adams, Barnett d

4 x 400 (TOP 8/none/3:56.00)

4:04.52 Adams, McElwain, Burk, Davis p
 4:04.74 Adams, McElwain, Burk, Rhoades j
 4:05.31 Rhoades, Davis, Taylor, Barnett h
 4:06.21 Adams, McElwain, Davis, Barnett o
 4:08.99 Davis, Kiestler, McElwain, Rhoades l
 4:09.12 Davis, Adams, McElwain, Rhoades j
 4:09.15 A. Forbes, McElwain, Burk, Davis m
 4:10.24 Davis, Kiestler, Barnett, Adams e
 4:12.75 Rhoades, R. Powell, Taylor, Barnett f
 4:14.09 Davis, McElwain, A. Forbes, Kiestler i
 4:15.04(B) Kiestler, A. Forbes, R. Powell, Taylor n
 4:22.60 Davis, McElwain, Taylor, Kiestler c

4 x 4 SPLITS

60.1 (61.1-LO) Adams p
 61.2 (58.8-LO) Rhoades h
 61.7 (65.9-LO) Davis l
 63.9 (63.9-LO) A. Forbes m
 63.8 (64.9-LO) Kiestler n
 65.0 (63.2-LO) Hunt m
 65.5 (65.5-LO) Burk f
 (65.8-LO) Barnett
 (69.5-LO) McElwain

59.9 (59.9) Rhoades n
 60.2 (60.7) Davis m
 60.3 (62.0) McElwain p
 60.6 (59.5) Barnett h
 61.5 (62.5) Kiestler c
 62.2 (62.2) Adams d
 62.3 (64.7) Taylor g
 62.3 (64.0) Burk p
 62.5 (61.9) Hunt n
 63.3 (64.0) R. Powell m
 63.4 (63.4) A. Forbes f
 64.7 (69.0) Hyde e
 64.8 (63.4) Smith d
 66.9 (66.9) C. Forbes n
 68.9 (68.9) Starr m
 70.5 (70.5) S. Powell d
 72.2 (64.0) Rising d
 (66.1) Merritt a

4 x 800 (not contested/none/9:34.00)

9:51.98 Burk, Merritt, Taylor, McElwain p
 9:59.70 McElwain, Burk, Hyde, Taylor g
 10:32.29 Kiestler, Hyde, Weybright, McElwain d

4 x 8 SPLITS

2:20.1 (2:21.2) McElwain p
 2:28.2 (2:28.2) Taylor d
 2:28.9 (2:35.5) Merritt p
 2:31.0 (2:31.0) Burk g
 2:31.5 (2:31.5) Kiestler d
 2:34.9 (2:39.5) Hyde g
 2:54.5 (2:54.5) Weybright d