

2000

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Wednesday, July 12, 2000 --- For Immediate Release

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## **GEORGE FOX TRACK & FIELD**

### **THREE BRUINS EARN TRACK ACADEMIC ALL-AMERICA HONORS**

Three of the five George Fox University athletes who competed in the NCAA Division III National Track and Field Championships this past May have been named to the Academic All-America Team, according to information received by Bruins coach Wes Cook – and the other two missed by a combined grade point average total of only .08!

Track and field athletes earn Academic All-America honors by competing in the National Championships and having a GPA of 3.25 or better. Bruin women who achieved that status were pole vaulter **Heather Hunt (Jr., Turner, Ore.)**, triple jumper **Jocelyn Kennedy (Sr., Gresham, Ore.)**, and hurdler **Sharon Barnett (Sr., Salem, Ore.)**. Just missing out were two Bruin men, discus thrower **Ian Strauss (Sr., Medford, Ore.)**, and steeplechaser **Brandon Workman, (Sr., Moscow, Idaho)**.

The George Fox women's team set a new record this year with a cumulative GPA of 3.56, with five athletes posting 4.00's. The men's team fell just short of a record with their 3.25 average, and one athlete had a 4.00.

The combined 28-woman, 32-man track and field squad had a 3.39 grade point average, surpassing the previous high of 3.38 by the 1997 team. Of the 60 athletes on the two teams, 49 (82%) were at 3.00 or better, 39 (65%) were at 3.25 or higher, and 26 (43%) were at 3.50 and up.

Monday, May 29, 2000 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruin Men 49<sup>th</sup>, Women 64<sup>th</sup> in NCAA National Championships  
Hunt, Strauss, Workman Earn All-American Honors**

### **LAST WEEK:**

May 25-27 – NCAA Division III Outdoor Championships, Naperville, Ill.  
(Men – 49<sup>th</sup> of 76 / Women – 64<sup>th</sup> of 76)

### **THREE BRUINS WIN ALL-AMERICAN HONORS AT NCAA NATIONALS**

**NAPERVILLE, Ill.** --- Three athletes from George Fox University placed high enough to earn All-American honors in the 2000 NCAA Division III National Outdoor Track and Field Championships which were held Thursday-Saturday, May 25-27, here at North Central College.

Receiving national recognition for the Bruins were **Heather Hunt (Jr., Turner, Ore.)**, who placed seventh in the Women's Pole Vault; **Brandon Workman (Sr., Moscow, Idaho)**, who placed sixth in the Men's 3000m Steeplechase, and **Ian Strauss (Sr., Medford, Ore.)**, who placed seventh in the Men's Discus Throw.

**Hunt**, who had a school-record vault 12-1.5 (3.70m) earlier this year, managed a height of 10-11.75 (3.35m) and collected two points in scoring for the George Fox women's team. Laura Rosenberger of Eastern Mennonite, who held the nation's top mark with a 12-5.5, won the event with a vault of 11-11.75 (3.65m), while another Northwest Conference performer, Puget Sound's Amy Wells, with whom Hunt had been tied for the second-highest vault in the country, was second at 11-5.75 (3.50m).

**Workman** ran a 9:05.40 in the steeplechase, setting a new personal mark and recording the third-best time in Bruins history in the event while earning three points for the team. The winner was Abe Mendoza of Wisconsin-Oshkosh, who posted a time of 8:55.09, more than seven seconds ahead of runner-up Peter Morse of St. Olaf, who ran a 9:02.26.

**Strauss** tossed the discus 156-9 (47.78m) in the preliminaries and was sixth after the first rounds, but that mark, his best of the day, was passed in the finals by Bill Monette of Rensselaer Tech who jumped to fifth. Strauss' finish earned the Bruins two points for the team standings. Josh Beaver of Nebraska Wesleyan took the top spot with a heave of 173-7 (52.92m) in the prelims.

"We're all very proud of the efforts our athletes put forth to win All-American recognition," said George Fox coach **Wes Cook**. "Last year at the NAIA nationals, we brought a much larger group and only had one All-American, so to bring just five athletes this year to the NCAAs and have three of them make All-American is quite an achievement.

"Workman and Strauss both finished higher in the finals than where they were seeded to start their events. Hunt was seeded second in the vault and slipped to seventh, but she broke a stick in practice earlier this week for the first time ever and hurt her hand, and it may have effected her effort. I know she's disappointed she didn't do better, but still, she was able to finish high enough to earn some points and All-American honors."

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**BRUIN MEN 49<sup>TH</sup>, WOMEN 64<sup>TH</sup> IN FINAL NCAA STANDINGS**

NAPERVILLE, Ill. --- In the first-ever NCAA national finals for any George Fox University athletic teams, the Bruin men finished in a tie for 49<sup>th</sup> out of 76 places and the women tied for 64<sup>th</sup> out of 76 in the NCAA Division III National Outdoor Track and Field Championships Thursday-Saturday, May 25-27, here at North Central College.

This was the first year for George Fox athletics to be eligible to compete in the NCAA Championships, the Bruins having been for many years in the NAIA before completing the move to the NCAA this year. The Bruin men tallied five points on **Brandon Workman's** sixth-place finish in the 3000m Steeplechase (9:05.40) and **Ian Strauss'** seventh-place finish in the Discus Throw (156-9, 47.75m), while the Bruin women finished with two points from **Heather Hunt's** seventh-place finish in the Pole Vault (10-11.75, 3.35m), all three earning All-American honors for finishing in the top eight finalists.

Two other Bruins who had earned automatic qualifying status for the national championships competed but did not score. Sharon Barnett (Sr., Salem, Ore.) ran a 15.01 in the first heat of the Women's 100m High Hurdles, not quite enough to qualify for the final eight positions, and Jocelyn Kennedy (Sr., Gresham, Ore.) placed eighth in the second heat of the Women's Triple Jump with a distance of 35-9.5 (10.91) and also did not qualify for one of the eight finalist places.

"I know Jocelyn was disappointed in her showing," said Bruins coach **Wes Cook**. "Her mark actually came on her first jump of the heat. She ran through the second jump, and on the third, actually jumped a distance that would have put her in the top eight in the finals, but she fouled on the jump and couldn't use it. She had also had a touch of food poisoning earlier in the week and still wasn't fully recovered or she might have done even better.

"Still, we've got a lot to be proud of – three All-Americans out of five athletes, one new personal record, and a fine year during the regular season. The national meet was a lot of fun – the host school did a nice job, and every team was fairly equitable and competitive talent-wise. I think we also showed, along with other athletes from our conference, that the Northwest Conference can be as competitive as anyone in the rest of the country, and I'm not sure people from other parts of the country believed that about us.

"All in all, it was a very good year for George Fox track."

The women's division was won by Lincoln University of Pennsylvania with 65 points to 50 for runner-up Christopher Newport College, while in the men's division, Lincoln University and the host school, North Central College, tied for first with 52 points each. Complete results of each event in both divisions and final team scores can be found on the host school's website at [www.noctrl.edu](http://www.noctrl.edu).

# GEORGE FOX UNIVERSITY

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Friday, May 26, 2000 --- For Immediate Release*

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### **WORKMAN EARNS ALL-AMERICAN HONORS WITH 6TH IN STEEPLECHASE**

**NAPERVILLE, Ill.** --- Distance runner Brandon Workman earned All-American honors with a sixth-place finish in the 3000m Steeplechase, highlighting efforts by the George Fox University men's and women's teams in the NCAA Division III National Outdoor Track and Field Championships Friday (May 26) here at North Central College.

Workman, a senior from Moscow, Idaho, ran a 9:05.40, setting a new personal mark and recording the third-best time in Bruins history in the event. The winner was Abe Mendoza of Wisconsin-Oshkosh, who posted a time of 8:55.09, more than seven seconds ahead of runner-up Peter Morse of St. Olaf, who ran a 9:02.26.

In the Men's Discus, Bruin senior Ian Strauss of Medford, Ore., missed All-American status by one place, finishing seventh with a toss of 156-9 (47.78) in the preliminaries. Strauss was sixth after the first rounds, but was passed in the finals by Bill Monette of Rensselaer Tech who jumped to fifth. Josh Beaver of Nebraska Wesleyan took the top spot with a heave of 173-7 (52.92) in the prelims.

The only other Bruin to compete Friday, senior Sharon Barnett of Salem, Ore., ran a 15.01 in the first heat of the Women's 100m High Hurdles, not quite enough to qualify for the final eight positions. The hurdles finals will be at 1:15 p.m. on Saturday, the last day of the competition.

Jocelyn Kennedy, a senior from Gresham, Ore., will be the last Bruin to perform when she goes after the Women's Triple Jump title at 10:30 a.m. Saturday. Complete results of each event in both divisions can be found on the host school's website at [www.noctrl.edu](http://www.noctrl.edu).

# GEORGE FOX UNIVERSITY

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Thursday, May 25, 2000 --- For Immediate Release*

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### **HUNT TAKES 7TH PLACE IN NATIONAL POLE VAULT**

**NAPERVILLE, Ill.** --- Heather Hunt, who owned the second-best mark in the country this season, finished in seventh place in the Women's Pole Vault competition as George Fox University's first representative to compete in the NCAA Division III National Outdoor Track and Field Championships, which got under way here Thursday (May 25) at North Central College.

Hunt, who had a school-record 12-1.5 (3.70) earlier this year, managed a vault of 10-11.75 (3.35) and collected two points in scoring for the George Fox women's team. Laura Rosenberger of Eastern Mennonite, who held the nation's top mark with a 12-5.5, won the event with a vault of 11-11.75 (3.65), while another Northwest Conference performer, Puget Sound's Amy Wells, with whom Hunt had been tied for the second-highest vault in the country, was second at 11-5.75 (3.50). Also from the NWC, Linfield's Kristin Russell tied for ninth at 10-6 (3.20).

Hunt, a junior from Turner, Ore., was the only Bruin to compete on the first day of the three-day championships. Friday events which will feature George Fox athletes are the Men's Discus at 3:00 p.m. (Central Time) with Ian Strauss (Sr., Medford, Ore.), the Women's 100m Hurdles semis at 6:00 p.m. with Sharon Barnett (Sr., Salem, Ore.), and the Men's Steeplechase at 7:05 p.m. with Brandon Workman (Sr., Moscow, Idaho). On Saturday, the Women's Triple Jump at 10:30 a.m. will have Jocelyn Kennedy (Sr., Gresham, Ore.), and the Women's 100m Hurdles finals will take place at 1:15 p.m.

Monday, May 22, 2000 --- For Immediate Release

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Five Bruins Receive Bids to NCAA National Championships**

### **COMING UP:**

Thu-Sat, May 25-27 – NCAA Division III Championships, Naperville, Ill.  
(North Central College, host)

### **FIVE BRUINS TO PARTICIPATE IN NCAA DIVISION III CHAMPIONSHIPS**

Five members of the George Fox University men's and women's track and field teams will be the first to represent the school in NCAA national competition as they participate in the NCAA Division III National Championships Thursday-Saturday, May 25-27, at North Central College in Naperville, Illinois.

Bruins' coach Wes Cook will take pole vaulter **Heather Hunt (Jr., Turner, Ore.)**, triple jumper **Jocelyn Kennedy (Sr., Gresham, Ore.)**, hurdler **Sharon Barnett (Sr., Salem, Ore.)**, discus thrower **Ian Strauss (Sr., Medford, Ore.)**, and steeplechaser **Brandon Workman, (Sr., Moscow, Idaho)** to Illinois in hopes of bringing back a national title or two.

**Hunt** was an automatic qualifier in the Pole Vault with a mark of 12-1.5 (3.70), tying for the second-best mark in the country this season. The height to beat is 12-5.5 by Laura Rosenberger of Eastern Mennonite.

**Kennedy**, although not an automatic qualifier, posted the 13th-best Triple Jump this season with a leap of 37-8 (11.48) to earn her bid. The top mark is 40-4.75 by Nicole Campbell of Amherst.

**Barnett** qualified automatically for the 100m High Hurdles with a time of 14.63, tied for 16th-best in the nation this season. The top time is 14.12 by Casey Taylor of Christopher Newport.

**Strauss** had the 13th-best Discus toss this season at 165-7 (50.48), not enough for an automatic bid but good enough to make it as a provisional qualifier. The best mark this year has been 182-4 (55.88) by Ben Nyquist of Hamline.

**Workman's** Steeplechase time of 9:13.40 was 17th-best in the nation and less than a second off the automatic qualifying mark. He will be out to better the time of 9:00.64, best in the country, by Matt Twiest of Bates.

The Women's Pole Vault begins at 10:30 a.m. in Thursday. The Men's Discus is set for 3:00 p.m. on Friday, with the Women's 100m Hurdle semis at 6:00 p.m. and the Men's Steeplechase at 7:05 p.m. The Women's Triple Jump is scheduled for 10:30 a.m. Saturday, with the Women's 100m Hurdle finals at 1:15 p.m.

Monday, May 8, 2000 --- For Immediate Release

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**George Fox Captures Women's Division Title in NWC Championships  
Bruins' Coach Wes Cook Named NWC "Women's Coach of the Year"**

### **THIS WEEK:**

Sat., May 13 - Seattle Pacific University Invitational, at Husky Stadium, Seattle, Wash.

### **LAST WEEK:**

Fri.-Sat., May 5-6... Northwest Conference Championships, Colcord Field, Newberg, Ore.  
Women- 1st of 9 / Men - 4th of 9

### **GEORGE FOX WOMEN, PLU MEN TAKE NWC TRACK CROWNS**

**NEWBERG, Ore. ---** Host **George Fox University** ran away with the women's division while Pacific Lutheran University made a late charge to overtake Whitworth College in the men's division as the Northwest Conference Track and Field Championships concluded Saturday (May 6) here at GFU's Colcord Field.

The Bruins' win in the women's events ended a string of three straight wins by Pacific Lutheran, which had also captured women's titles in 18 of the last 19 seasons. **George Fox** scored 168 points, followed by Linfield College with 137, Whitworth 132, PLU 120, Willamette University 104, Lewis & Clark College 52, the University of Puget Sound 42, Whitman College 39, and Pacific University 17.

PLU used a 13-0 point advantage in the 5000m Run, the next-to-last event of the meet, to edge ahead of Whitworth, the Lutes finishing with 158 to 156 for the Pirates. Next was Linfield with 139.5, **George Fox** 127, Willamette 118, Puget Sound 62.5, Lewis & Clark 53, and Pacific and Whitman 2 each.

Shipley Ennis of Pacific Lutheran was named "Male Athlete of the Meet" for winning the 110 Sprint Hurdles (15.00), the 400m Hurdles (53.81), placing second in the 400m Dash (49.78), and third in the Pole Vault (4.18, 13-8.5). There was a tie for "Female Athlete of the Meet" between Melody Sherman of Linfield and Maree George of PLU. Sherman won the 100m Dash (12.19) and the 200m Dash (25.06), while George captured the 1500m Run (4:41.14), the 3000m Run (10:12.91), and the 5000m Run (17:54.72).

Dr. Toby Schwartz, the fourth-year coach at Whitworth, was named "Men's Coach of the Year", while "Women's Coach of the Year" honors went to George Fox's coach of 13 seasons, **Wes Cook**. It was Cook's 14th time to be honored as a "Coach of the Year" in one of the sports he coaches at George Fox (men's and women's track and field, men's and women's cross country).

The only new Northwest Conference record set on the second day was a 41.72 in the Men's 4x100m Relay by Whitworth, breaking their own previous record of 41.94 set in 1984. On Friday, new NWC records included a 48.26 (158-4) in the Women's Hammer by Lindsay Holbrook of Linfield, and a 45.36 (148-10) in the Women's Discus by Mari Ruiz of Whitman.

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New Colcord Field records set on the second day included a 14.56 in the 100m Hurdles by Maile Barrett of Lewis & Clark, a 12.19 in the 100m Dash by Melody Sherman of Linfield (breaking her own previous record), a 25.06 in the 200m Dash by Sherman, and a 56.68 in the 400m Dash by Amber Larsen of Linfield. On Friday, Ruiz's Discus throw set a new Colcord Field record, as did a 3.67 (12-0.5) Women's Pole Vault by George Fox's Heather Hunt.

Among the national qualifying marks which were met in the meet, all by women, were Whitman's Mari Ruiz in the Discus (148-10), Linfield's Lindsay Holbrook in the Hammer (158-4), Lewis & Clark's Maile Barrett and George Fox's **Sharon Barnett (Sr., Salem, Ore.)** in the 100m Sprint Hurdles (14.56 and 14.63), Linfield's Melody Sherman in the 200m Dash (25.06), Linfield's Amber Larsen in the 400m Dash (56.68), and Willamette's Lisa Starkey in the 800m Run (2:13.82).

Of the 21 Bruin women entered in the meet, 19 contributed points to the team total as George Fox supplanted PLU as the women's champion. The Lutes had won the last three women's titles and 18 of the last 19. Distance runner **Ember Brosius (Jr., Winthrop, Maine)** was the top Bruin scorer for the weekend, picking up 22 points with a second in the 3000 (10:23.65) and thirds in the 1500 (4:44.19) and the 5000 (18:10.84). Hurdler **Karrie Nelson (Sr., Medford, Ore.)** added 20 points to the women's total, placing second in the 400m Hurdles (1:03.86) and third in the 100m Spring Hurdles (14.90).

First-place finishes for the Bruins were registered by **Heather Hunt (Jr., Turner, Ore.)** in the Pole Vault (12-0.5), **Amy Forbes (Jr., Jackson, Wyo.)** in the High Jump (5-4.25), and **Jocelyn Kennedy (Sr., Gresham, Ore.)** in the Triple Jump (37-3).

A second was recorded by the Bruins' **Marian Stevens (So., Anchorage, Alaska)** in the Discus (131-1).

Thirds were posted by **Angie Powell (Sr., Roseburg, Ore.)** in the High Jump (5-2.5), **Kelsey Baron (Fr., Nehalem, Ore.)** in the Triple Jump (36-0.75), **Megan Heuberger (Fr., Yamhill, Ore.)** in the 400m Hurdles (1:04.24), **Jessica Adams (Sr., Lake Oswego, Ore.)** in the 400 (59.72), **Tori Taylor (So., Portland, Ore.)** in the 3000 (10:26.07), and the **4x400 Relay** team of **Adams, Jamie McElwain (Jr., Tigard, Ore.), Barnett and Heuberger (3:59.71)**.

On the men's side, 16 of the 21 George Fox athletes entered scored. **Ian Strauss (Sr., Medford, Ore.)** had double wins in the Shot (48-10.25) and Discus 165-7), and **Brandon Workman (Sr., Moscow, Idaho)**, won the 3000m Steeplechase (9:13.4) while taking a third in the 1500 (3:59.33) and a fifth in the 5000 (15:27.76). Workman's time in the Steeplechase was less than a second off the 9:12.44 time needed to qualify automatically for the nationals.

Bruin seconds were posted by **Jon Roberts (Sr., Portland, Ore.)** in the Javelin (185-11), **Tyler Gassaway (Jr., Oregon City, Ore.)** in the Long Jump (22-3.75), the **4x100 Relay** team of **Steve Martin (Jr., Clackamas, Ore.), Zach Davidson (Fr., Albany, Ore.), Gassaway and David Plotts (Sr., Mill City, Ore.) (42.82)**, and the **4x400 Relay** team of **Davidson, Gassaway, Eric Costa (Jr., Beaverton, Ore.) and Plotts (3:20.8)**.

Taking thirds were **Davidson** in the 400m Hurdles (55.30) and **Plotts** in the 100 (22.05).

Women's personal bests were established by **Hunt** in the Pole Vault, **Nelson** in the High Jump (5-2.5) and the 400m Hurdles, **Colleen Forbes (So., Jackson, Wyo.)** in the Triple Jump (34-5.75) and the 100 (13.01), **Brosius** in the 1500 and 3000, **Kirsten Norgaard (So., Everett, Wash.)** in the 1500 (5:07.40) and 3000 (11:04.1), **Taylor** in the 3000 and 5000 (18:19.1), **Marisa Merritt (Jr., Portland, Ore.)** in the 10,000 (41:53.80), and both the **4x100** and **4x400** teams.

Men's personal bests were set by **Strauss** in the Shot and Discus, **Gassaway** in the Long Jump and 200 (22.60), **Kevin Whitaker (Fr., Corvallis, Ore.)** in the 400m Hurdles (55.65), **Workman** in the 3000m Steeplechase, **Forrest Towne (So., Springfield, Ore.)** in the 3000m Steeplechase (10:10.24), **Scott Oswald (Sr., Portland, Ore.)** in the 10,000 (34:55.75), and the **4x100 Relay** team.

## 2000 NORTHWEST CONFERENCE TRACK & FIELD CHAMPIONSHIPS

May 5-6, 2000

Colcord Field (George Fox University), Newberg, Oregon

Final Results (point totals include Decathlon & Heptathlon results of April 17-18)

Men's Standings: Pacific Lutheran University 158, Whitworth College 156, Linfield College 139.5, George Fox University 127, Willamette University 118, University of Puget Sound 62.5, Lewis & Clark College 53, Pacific University 2, Whitman College 2.

Women's Standings: George Fox University 168, Linfield College 137, Whitworth College 132, Pacific Lutheran University 120, Willamette University 104, Lewis & Clark College 52, University of Puget Sound 42, Whitman College 39, Pacific University 17.

### Women's Javelin

1. Danielle Swift, Whw, 42.60 (140-1), 2. Ann Kaltwasser, Pac, 42.18 (138-5), 3. Ann Crase, UPS, 38.12 (125-1), 4. Marika Middag, Will, 37.66 (123-7), 5. Monica Scott, Will, 37.48 (122-11), 6. Rochelle Weems, PLU, 37.44 (122-10), 7. Leah Moore, Lin, 35.96 (118-0), 8. Crissy Oneal, Whw, 35.74 (117-3), 9. Brooke Evans, Whw, 34.48 (113-1), 10. Gail Wootan, Pac, 33.56 (11-0-1), 11. Nikki Thompson, L&C, 33.46 (109-9), 12. Mindy Bandy, Whw, 31.46 (103-2), 13. Jessica Austin, Whw, 30.18 (99-0)

### Women's Shot Put

1. Mari Ruiz, Whm, 12.24 (40-2), 2. Mindy Bandy, Whw, 11.79 (38-8.25), 3. Sarah Cotton, Pac, 11.69 (38-4.25), 4. Nichole Marich, Whw, 11.60 (38-0.75), 5. Jennifer Bennett, Whw, 11.54 (37-10.5), 6. Kasey Sorenson, Will, 11.30 (37-1), 7. Lindsay Holbrook, Lin, 11.18 (36-8.25), 8. Leslie Seelye, PLU, 11.10 (36-5), 9. Lauri Duensing, Pac, 10.82 (35-6), 10. Jonna Vavra, Pac, 10.66 (34-11.75), 11. Marian Stevens, GFU, 10.63 (34-10.5), 12. Janelle Braun, L&C, 10.49 (34-5), 13. Kelly Bradstreet, Lin, 10.28 (33-8.75), 14. Lace Smith, UPS, 10.24 (33-7.25), 15. Angela Rosario, Pac, 9.97 (32-8.5), 16. Julie Vanni, UPS, 9.66 (31-8.5)

### Women's Discus

1. Mari Ruiz, Whm, 45.36 (148-10), 2. Marian Stevens, GFU, 39.96 (131-1), 3. Lindsay Holbrook, Lin, 39.28 (128-10), 4. Sarah Reichner, Will, 39.19 (128-7), 5. Crissy Oneal, Whw, 38.30 (125-8), 6. Stacey Roberts, Whw, 37.90 (124-4), 7. Nichole Marich, Whw, 37.10 (121-9), 8. Elysia Hanna, Whw, 35.20 (115-6), 9. Tina Lohse, PLU, 34.52 (113-3), 10. Stacey Neils, PLU, 34.06 (111-90), 11. Heidi Fuhrmann, Pac, 34.00, (111-6), 12. Sarah Cotton, Pac, 33.19(108-11), NM – Paige Lewis, GFU

### Women's Hammer

1. Lindsay Holbrook, Lin, 48.26 (158-4), 2. Leslie Seelye, PLU, 45.50 (149-3), 3. Elysia Hanna, Whw, 43.94 (144-2), 4. Nichole Marich, Whw, 40.28 (132-2), 5. Stacey Neils, PLU, 40.16 (131-9), 6. Kasey Sorenson, Will, 37.94 (124-6), 7. Tina Lohse, PLU, 36.20 (118-9), 8. Caryn Flint, PLU, 35.54 (116-7), 9. Mindy Bandy, Whw, 33.60 (110-3), 10. Janelle Braun, L&C, 32.44 (106-5), NM – Erin Simon, GFU, Heidi Fuhrmann, Pac

### Women's Pole Vault

1. Heather Hunt, GFU, 3.67 (12-0.5), 2. Kristin Russell, Lin, 3.38 (11-1), 3. Amy Wells, UPS, 3.28 (10-9), 4. Christie Olsson, L&C, 3.03 (9-11.25), 5. Helena Telfer, GFU, 2.88 (9-5.25), 6. Erica Moen, Whw, 2.73 (8-11.5), 7. Leah Moore, Lin, 2.73 (8-11.5), 8. Fiona Lee, Will, 2.73 (8-11.5), 9. Britta Winterowd, UPS, 2.58 (8-5.5), 10. Marika Middag, Will, 2.58 (8-5.5), 11. Lisa Baumann, Lin, 2.43 (7-11.5), 12. Kelly Wright, PLU, 2.43 (7-11.5), 13. Melanie Reinmuth, Pac, 2.43 (7-11.5), 14. Erika Kuchera, UPS, 2.28 (7-5.75), 15. Elizabeth Tiegs, Whw, 2.28 (7-5.75)

### Women's High Jump

1. Amy Forbes, GFU, 1.63 (5-4.25), 2. Laura Leineweber, Will, 1.63 (5-4.25), 3. Angie Powell, GFU, 1.59 (5-2.5), 4. Sarah Dillon, UPS, 1.59 (5-2.5), 5. Karrie Nelson, GFU, 1.54 (5-2.5), 6. Jessica Austin, Whw, 1.49 (4-10.5), 7. Katie McArthur, Lin, 1.49 (4-10.5), NM - Lori Rolf, PLU, Erica Moen, Whw, Michaela Ryder, Pac

### Women's Long Jump

1. Lindsay Bull, Whm, 5.44 (17-10.25), 2. Kelsey Baron, GFU, 5.12 (16-9.5), 3. Jamie Rydbom, Whw, 5.10 (16-8.75), 4. J.J. Hurley, Will, 5.10 (16-8.75), 5. Kirtlye Lohof, L&C, 5.10 (16-8.75), 6. Laura Leineweber, Will, 5.10 (16-8.75), 7. Jocelyn Kennedy, GFU, 5.06 (16-7.25), 8. Lindsay Ogle, Will, 4.94 (16-2.5), 9. Mandy Sitz, Lin, 4.81 (15-9.25), 10. Colleen Forbes, GFU, 4.77 (15-7.75), 11. Katie McArthur, Lin, 4.68 (15-7.75), NM - Abby Jo Hornstein, Whw

#### Women's Triple Jump

1. Jocelyn Kennedy, GFU, 11.35 (37-3), 2. Christine Donehower, L&C, 11.04 (36-2.75), 3. Kelsey Baron, GFU, 10.99 (36-0.75), 4. Lindsay Bull, Whm, 10.83 (35-6.5), 5. Mandy Sitz, Lin, 10.71 (35-1.75), 6. Heidi Smith, GFU, 10.53 (34-6.75), 7. Colleen Forbes, GFU, 10.51 (34-5.75), 8. Jamie Rydbom, Whw, 10.36 (34-0), 9. Erica Moen, Whw, 9.82 (32-2.75), 10. Angie Powell, GFU, 9.79 (32-1.5), 11. Erin Haney, UPS, 9.65 (31-8), 12. Laura Cobb, PLU, 9.50 (31-2)

#### Women's 100m Sprint Hurdles

1. Maile Barrett, L&C, 14.56, 2. Sharon Barnett, GFU, 14.63, 3. Karrie Nelson, GFU, 14.90, 4. Katie McArthur, Lin, 15.34, 5. Laura Leineweber, Will, 16.03, 6. Julie Vanni, UPS, 16.15, 7. Katie Nuechterlein, Whw, 16.25, 8. Mandy Sitz, Lin, 16.60

#### Women's 400m Hurdles

1. Amber Larsen, Lin, 1:03.59, 2. Karrie Nelson, GFU, 1:03.86, 3. Megan Heuberger, GFU, 1:04.24, 4. Jessica Austin, Whw, 1:06.03, 5. April Nelson, UPS, 1:07.41, 6. Vania Ito, L&C, 1:09.08, 7. Katie McArthur, Lin, 1:09.32, DQ – Tansy Middag, Will

#### Women's 100m Dash

1. Melody Sherman, Lin, 12.19, 2. Sarah Axley, PLU, 12.33, 3. Alisha Simchuk, Whw, 12.88, 4. Kirtlye Lohof, L&C, 12.91, 5. Maile Barrett, L&C, 12.93, 6. Colleen Forbes, GFU, 13.01, 7. Becca Ehli, PLU, 13.25, 8. April Nelson, UPS, 13.33

#### Women's 200m Dash

1. Melody Sherman, Lin, 25.06, 2. Sarah Axley, PLU, 25.17, 3. Jill Wilmovsky, PLU, 26.19, 4. Alisha Simchuk, Whw, 26.46, 5. Sharon Barnett, GFU, 26.51, 6. Kirtlye Lohof, L&C, 26.71, 7. Becca Ehli, PLU, 28.18

#### Women's 400m Dash

1. Amber Larsen, Lin, 56.68, 2. Jill Wilmovsky, PLU, 58.51, 3. Jessica Adams, GFU, 59.72, 4. Lisa Taylor, Lin, 1:00.90, 5. Lindsay Ogle, Will, 1:00.98, 6. Jessica Austin, Whw, 1:01.17, 7. Natalie Flindt, Will, 1:01.92, 8. Christina Davis, GFU, 1:02.25

#### Women's 800m Run

1. Lisa Starkey, Will, 2:13.82, 2. Amy Friedrich, PLU, 2:16.70, 3. Elizabeth Abbey, Whw, 2:17.79, 4. Jessica Sotelo, UPS, 2:18.27, 5. Leah Moore, Lin, 2:19.07, 6. Jamie McElwain, GFU, 2:20.11, 7. Buffy Morris, Will, 2:21.32

#### Women's 1500m Run

1. Maree George, PLU, 4:41.14, 2. Lisa Starkey, Will, 4:42.48, 3. Ember Brosius, GFU, 4:44.19, 4. Jamie McElwain, GFU, 4:47.91, 5. Julia Lucas, Whw, 4:49.10, 6. Kyra Patterson, UPS, 4:53.65, 7. Evelyn Williams, Will, 4:54.50, 8. Annie Mockford, Will, 4:59.26, 9. Erin Moore, Will, 5:02.80, 10. Lotus Hartley, Lin, 5:05.30, 11. Kirsten Norgaard, GFU, 5:07.40, 12. Julie Meyer, UPS, 5:10.17

#### Women's 3000m Run

1. Maree George, PLU, 10:12.91, 2. Ember Brosius, GFU, 10:23.65, 3. Tori Taylor, GFU, 10:26.07, 4. Annie Scott, Whw, 10:32.64, 5. Jennie Wood, Whm, 10:47.76, 6. Evelyn Williams, Will, 10:57.63, 7. Erin Moore, Will, 11:02.87, 8. Kirsten Norgaard, GFU, 11:04.1, 9. Julie Meyer, UPS, 11:23.43, 10. Jessica Alley, Whw, 11:25.96, 11. Elizabeth Bailey, Whw, 11:33.29, 12. Lotus Hartley, Lin, 11:40.76

#### Women's 5000m Run

1. Maree George, PLU, 17:54.72, 2. Annie Scott, Whw, 18:06.43, 3. Ember Brosius, GFU, 18:10.84, 4. Tori Taylor, GFU, 18:19.1, 5. Holly Weiler, Whw, 18:45.27, 6. Tonya Lutz, Will, 18:49.46, 7. Lisa Lindsay, PLU, 19:15.87, 8. Amber Strickler, Will, 19:20.71, 9. Sarah Gogert, PLU, 19:43.56, 10. Katie Schlotfeldt, Whw, 19:51.57, 11. Elizabeth Bailey, Whw, 20:06.97, 12. Kari Newby, Lin, 20:22.63, 13. Helen Tammela, L&C, 20:39.33

#### Women's 10,000m Run

1. Holly Weiler, Whw, 39:46.16, 2. Kari Newby, Lin, 40:03.82, 3. Lisa Lindsay, PLU, 40:09.38, 4. Amber Strickler, Will, 40:28.85, 5. Tonya Lutz, Will, 40:47.60, 6. Sarah Gogert, PLU, 41:45.48, 7. Marisa Merritt, GFU, 41:53.80, 8. Lisa Pohlit, Will, 42:56.15, 9. Jasmin Hanson, Will, 43:28.78, NM – Kim Ball, Pac

#### Women's 4x100 Relay

1. Linfield 48.75, 2. Pacific Lutheran 48.82, 3. Lewis & Clark 49.17, 4. George Fox 49.57, 5. Whitworth 50.52, 6. Willamette 50.99, 7. Pacific 52.01

#### Women's 4x400 Relay

1. Pacific Lutheran, 3:54.89, 2. Linfield, 3:57.14, 3. George Fox, 3:59.71, 4. Willamette, 4:07.67, 5. Whitworth, 4:10.12, 6. Puget Sound, 4:15.76, 7. Lewis & Clark, 4:19.32, 8. Pacific, 4:22.77

#### Men's Javelin

1. Whit Spencer, Whw, 57.98 (190-3), 2. Jon Roberts, GFU, 56.66 (185-11), 3. Jay Douglass, Will, 55.98 (183-8), 4. Ray Lions, Lin, 55.64 (182-6), 5. Aaron Thornton, Lin, 55.28 (181-4), 6. Ty Taylor, GFU, 54.86 (180-0), 7. Jimmy Watts, Will, 54.54 (178-11), 8. Fritz Mesenbrink, Lin, 51.44 (168-9), 9. Jason Hill, L&C, 51.42 (168-8), 10. Marcus Rismiller, PLU, 49.72 (163-1), Brandon Shaver, Will, 49.50 (162-5)

#### Men's Shot Put

1. Ian Strauss, GFU, 14.89 (48-10.25), 2. Adam Dittman, Will, 14.59 (47-10.5), 3. Trevor Roberts, PLU, 14.30 (46-11), 4. Takashi Atkins, Whw, 14.26 (46-9.5), 5. Jason Caponette, Lin, 13.96 (45-9.75), 6. Dan Reichenbach, L&C, 13.91 (45-7.75), 7. Ryan Dirks, PLU, 13.82 (45-4.25), 8. Joel Strunk, GFU, 13.62 (44-8.25), 9. Pat Halstead, Will, 13.58 (44-6.75), 10. Nick Sackman, Lin, 13.51 (44-4), 11. Rodney Wood, Will, 12.99 (42-7.5), 12. Jeff York, Lin, 12.96 (42-6.25)

#### Men's Discus

1. Ian Strauss, GFU, 50.48 (165-7), 2. Ryan Dirks, PLU, 49.47 (162-4), 3. Jimmy Watts, Will, 44.70 (146-8), 4. Takashi Atkins, Whw, 43.60 (143-0), 5. Nick Sackman, Lin, 42.29 (138-9), 6. Jay Douglass, Will, 42.16 (138-4), 7. Matt Zosel, Will, 42.02 (137-10), 8. Jon Abbey, Whw, 41-02 (134-7), 9. James Bank, Will, 39.37 (129-2), 10. Pat Halstead, Will, 39.22 (128-8), 11. Jason Caponette, Lin, 37.10 (121-9), Shipley Ennis, PLU, 36.10 (118-5)

#### Men's Hammer

1. Ryan Dirks, PLU, 54.52 (178-10), 2. James Banks, Will, 49.24 (161-6), 3. Dan Reichenbach, L&C, 46.18 (151-6), 4. Takashi Atkins, Whw, 45.74 (150-1), 5. Joel Strunk, GFU, 45.40 (148-11), 6. Eric Kunze, GFU, 43.52 (142-9), 7. Jason Caponette, Lin, 43.00 (141-1), 8. Jon Abbey, Whw, 42.96 (140-11), 9. Pat Halstead, Will, 38.30 (125-8), 10. Ben Dittman, Lin, 34.48 (113-1), 11. Bobby Brown, L&C, 32.54 (106-9), NM – Micah Melton, UPS

#### Men's Pole Vault

1. Brent Sagnotti, Lin, 4.63 (15-2.25), 2. Regis Costello, PLU, 4.48 (14-8.25), 3. Jimmy Watts, Will, 4.33 (14-2.5), 4. Shipley Ennis, PLU, 4.18 (13-8.5), 5. Jason Mauch, PLU, 4.03 (13-2.5), 6. Ray Lions, Lin, 4.03 (13-2.5), 7. Aaron Baldwin, Whw, 4.03 (13-2.5), 8. Fritz Mesenbrink, Lin, 3.88 (12-8.75), NM - Aaron Routon, GFU, Jesse Thomas, PLU

#### Men's High Jump

1. Jimmy Watts, Will, 2.05 (6-8.75), 2. Garrett Miller, PLU, 2.00 (6-6.75), 3. Fritz Mesenbrink, Lin, 2.00 (6-6.75), 4. John Ranheim, Whw, 1.95 (6-4.75), 5. Reid Schooler, L&C, 1.90 (6-2.75), 6. Mike Bernatz, Will, 1.85 (6-0.75), 7. Matt Zosel, Will, 1.85 (6-0.75), 8. Jeff Jones, UPS, 1.85 (6-0.75), 9. Joe Sanchez, Lin, 1.85 (6-0.75), NM- Jason Hill, L&C, David Brown, PLU, Marques Johnson, Will

#### Men's Long Jump

1. John Nosler, Lin, 6.89 (22-7.25), 2. Tyler Gassaway, GFU, 6.80 (22-3.75), 3. Jimmy Watts, Will, 6.63 (21-9), 4. Ray Lions, Lin, 6.48 (21-3.25), 5. Shipley Ennis, PLU, 6:47 (21-2.75), 6. David Brown, PLU, 6.29 (20-7.75), 7. Terrence Wong, Will, 6.28 (20-7.25), 8. Zach Davidson, GFU, 6.18 (20-3.5), 9. Jason Hill, L&C, 6.13 (20-1.5), 10. Kei Omo, Whw, 6.10 (20-0.25), 11. Martin Cochran, UPS, 6.07 (19-11), 12. Mike Bernatz, Will, 5.72 (18-9.25)

#### Men's Triple Jump

1. Fritz Mesenbrink, Lin, 13.74 (45-1), 2. Aaron Baldwin, Whw, 13.22 (43-4.5), 3. Kei Omo, Whw, 13.19 (43-3.25), 4. Jason Hill, L&C, 13.07 (42-10.75), 5. John Nosler, Lin, 12.99 (42-7.5), 6. Martin Cochran, UPS, 12.94 (42-5.5), 7. Terrence Wong, Will, 12.81 (42-0.5), 8. Mike Bernatz, Will, 12.69 (41-7.75), 9. Caleb Stewart, Whw, 12.67 (41-7), 10. Bo Bennett, Lin, 12.66 (41-6.5), 11. Spencer Stiglets, Whw, 12.51 (41-0.5), NM – Quantae Anderson, Whw

#### Men's 110m Sprint Hurdles

1. Shipley Ennis, PLU, 15.00, 2. Paul Colby, Will, 15.03, 3. Navin Fernandes, Whw, 15.12, 4. Fritz Mesenbrink, Lin, 15.13, 5. Randy Rider, Lin, 15.43, 6. Josh Smith, Will, 15.67, 7. Joel Baldwin, UPS, 15.90, 8. Spencer Stiglets, Whw, 16.12

#### Men's 400m Hurdles

1. Shipley Ennis, PLU, 53.81, 2. Andrew Rager, Lin, 53.86, 3. Zach Davidson, GFU, 55.30, 4. Chris Bertholf, PLU, 55.33, 5. Joel Baldwin, UPS, 55.46, 6. Kevin Whitaker, GFU, 55.65, 7. Navin Fernandes, Whw, 55.93, DQ – Ben Bunfill, Whw

#### Men's 100m Dash

1. Joel Robnett, Whw, 10.93, 2. Bryce McDonnell, Whw, 10.95, 3. David Plotts, GFU, 11.03, 4. Andrew Rager, Lin, 11.11, 5. Marshall Ochi, Whw, 11.13, 6. Chad Miyamoto, Whw, 11.23, 7. John Nosler, Lin, 11.28, 8. Kevin Giboney, PLU, 11.30

#### Men's 200m Dash

1. Bryce McDonnell, Whw, 21.80, 2. Joel Robnett, Whw, 21.85, 3. David Plotts, GFU, 22.05, 4. Marshall Ochi, Whw, 22.42, 5. Leo Suzuki, Whw, 22.53, 6. Tyler Gassaway, GFU, 22.60, 7. Chad Miyamoto, Whw, 22.82, 8. David Austin, Will, 23.02

#### Men's 400m Dash

1. Leo Suzuki, Whw, 48.85, 2. Shipley Ennis, PLU, 49.78, 3. Josh Pasma, Whw, 49.93, 4. Tye Tolentino, UPS, 50.22, 5. Eric Costa, GFU, 50.23, 6. Tyler Gassaway, GFU, 50.33, 7. Tyson Raymond, Will, 50.82, 8. Bracan Williams, Whm, 52.10

#### Men's 800m Run

1. Nate Miller, Lin, 1:55.88, 2. Mike Houston, PLU, 1:56.03, 3. Forrest Griek, PLU, 1:56.43, 4. Campbell White, Whw, 1:56.50, 5. Ryan Austin, GFU, 1:57.27, 6. Ben Kevan, UPS, 1:57.98, 7. Michael Semenza, Will, 2:00.54, 8. John Mantalas, GFU, 2:03.54

#### Men's 1500m Run

1. Dave Davis, UPS, 3:52.98, 2. Forrest Griek, PLU, 3:56.20, 3. Brandon Workman, GFU, 3:59.33, 4. Ryan Reed, PLU, 3:59.88, 5. Stephen Cruise, Will, 4:00.02, 6. John Mantalas, GFU, 4:01.54, 7. Gabe Doebler, Lin, 4:02.32, 8. Paul Davis, Lin, 4:03.34, 9. Adam Thornton, Whw, 4:10.06, 10. Mat Hunnicutt, Will, 4:11.31, 11. Erik Brucker, Whw, 4:12.43, 12. Neil Weare, L&C, 4:13.08, 13. Mike Houston, PLU, 4:16.38, 14. Joey Janota, Will, 4:18.72, 15. Ben Robinson, Whw, 4:20.42

#### Men's 3000m Steeplechase

1. Brandon Workman, GFU, 9:13.4, 2. Reagan Grabner, UPS, 9:32.0, 3. Mat Hunnicutt, Will, 9:32.8, 4. Ryan Reed, PLU, 9:35.0, 5. Gabe Doebler, Lin, 9:35.4, 6. Michael Owen, GFU, 9:53.1, 7. Zach Meyers, Will, 10:03.0, 8. Peter Metcalf, Whw, 10:06.1, 9. Forrest Towne, GFU, 10:10.0, 10. Jon Houk, Whw, 10:15.0, 11. Sam Berg, UPS, 10:21.9, 12. Brian Schoeneman, L&C, 10:24.1, 13. Jarrod Larson, UPS, 10:41.0, 14. Todd Goselin, Whw, 10:48.9, 15. Russ Getchell, Pac, 10:55.8

#### Men's 5000m Run

1. Dave Davis, UPS, 15:09.22, 2. Anthony Young, L&C, 15:24.35, 3. Ryan Reed, PLU, 15:26.89, 4. Forrest Griek, PLU, 15:26.92, 5. Brandon Workman, GFU, 15:27.76, 6. Stephen Cruise, Will, 15:33.23, 7. Alan Davies, PLU, 15:35.40, 8. Andrew Cody, L&C, 15:39.41, 9. Andrew Ault, L&C, 15:40.92, 10. Paul Davis, Lin, 15:54.50, 11. Brian Mulry, UPS, 16:10.85, 12. Michael Owen, GFU, 16:38.28, DNF – Sam Berg, UPS

#### Men's 10,000m Run

1. Andrew Ault, L&C, 32:39.13, 2. Andrew Cody, L&C, 32:58.50, 3. Brian Mulry, UPS, 33:11.01, 4. Paul Davis, Lin, 33:15.17, 5. Alan Davies, PLU, 33:46.05, 6. Justin Davis, Whw, 34:05.03, 7. Brett Venn, UPS, 34:40.54, 8. Scott Oswald, GFU, 34:55.75, 9. Lars Tysver, Whm, 35:10.7, 10. Nate Gushwa, Will, 35:18.1, 11. Derek Oldham, L&C, 35:29.6, 12. Ryan Gold, Whm, 35:46.8, 13. Josh Lennox, PLU, 35:49.7, 14. Paul McClaskey, UPS, 36:42.3, 15. Darren Bowe, Pac, 36:54.4, 16. Mike Neuner, UPS, 37:20.4, 17. Karl Hoogesteger, Pac, 37:25.1, NM – John Purdy, Pac

#### Men's 4x100 Relay

1. Whitworth 41.72, 2. George Fox 42.82, 3. Linfield 42.86, 4. Willamette 43.01, 5. Pacific Lutheran 43.21, 6. Lewis & Clark 45.38, 7. Pacific 45.93, 8. Puget Sound 45.94

#### Men's 4x400 Relay

1. Whitworth 3:19.5, 2. George Fox 3:20.8, 3. Puget Sound 3:23.3, 4. Pacific Lutheran 3:23.7, 5. Willamette 3:26.0, 6. Linfield 3:28.8, 7. Lewis & Clark 3:32.7, 8. Whitman 3:36.7

# GFU T/F 2000 PERFORMANCE CHART (MEN) (5/08)

A -- NWC qualifying mark  
B -- NW Regional qualifying mark  
C -- NCAA-III National qualifying mark  
D -- NCAA III Provisional  
(....) -- Personal Record

## MEETS

a-2/5/00 Idaho Indoor, Moscow  
a2-2-12-00 Oregon City AC  
b-2/26/00 NWC Relays @ GFU  
c-3/4/00 Linfield Icebreaker  
d-3/11/00 NWC 4-Way @ L/C  
e-3/18/00 Easter Relays @ Santa Barbara  
f-3/18/00 Western Oregon Inv.  
f-1-3/20-21/00 Linfield Combined Events  
g-3/25/00 D-III Challenge at CMS, Ca  
h-4/1/00 Willamette Open  
i-4/8/99 NWC 5-Way @ GFU  
j-4/14/00 GFU Distance Carnival  
k-4/15/00 Linfield All-Corners  
l-4/17-18 '00 NWC Combined @ PLU  
m-4/22/00 L & C Open  
n-4/29/00 WOU Open  
o-4/29/00 Oregon Invite  
p-5/5-6/00 NWC Championships @ GFU  
q-5/13/99 SPUI Invitational @ Seattle  
r-5/24-26/99 NCAA-III Nats @ Naperville, IL

	A	B	C	D
HJ	(6-2.25 / 6-6.75 / 6-10.75 / 6-7)			
5-10.5	(6-04) Scott Greene (3)			i
5-10	(6-04) Beau West (2)			k
5-03.75	(5-04.25) Ty Taylor (4)			l

PV	(13-2.25 / 14-1.25 / 15-8.25 / 15-2.25)
13-06	(13-06) Aaron Routon (4)
12-11.5	(12-06) Keith Christiansen (1)
11-02.5	(9-06) Ty Taylor (4)

LJ	(21-5.25 / 21-10 / 23-7.5 / 23-2)
22-03.75	(21-01.5) Tyler Gassaway (3)
20-09.75	(21-02) Zach Davidson (1)
18-01.25	(19-01) David Lovejoy (4)
16-05.25	(17-03.75) Ty Taylor (4)
	(19-06) Keith Christiansen (1)
	(19-06) Scott Greene (3)

TJ	(41-5.25/44-0/47-4.25/46-6)
40-11	(39-11.25) Scott Greene (3)
40-00.75	(41-06) Keith Christiansen (1)

SHOT	(43-9.25/46-9 / 54-4.5/51-2.25)
48-10.25	(47-11.50) Ian Strauss (4)
46-0.75	(42-10) Joel Strunk (3)
38-09	(41-07.25) Ty Taylor (4)
34-08.25	(32-10.25) John Fletcher (2)
30-00	(30-00) Scott Alvey (4)
28-08.5	(28-08.5) Dave Kilian (2)

DISCUS	(134-8 / 140-0 / 167-4 / 154-7)
165-07	(155-00) Ian Strauss (4)
122-06	(133-05) Ty Taylor (4)
121-05	(121-09) Joel Strunk (3)
103-09	(79-10) John Fletcher (2)

JAVELIN	172-9 / 180-5 / 198-8 / 187-0)
192-02	(183-11) Jon Roberts (4)
188-05	(196-01) Ty Taylor (4)
163-07	(187-00) Eric Kunze (4)
106-11	(106-11) John Fletcher (2)

HAMMER	(140-0 / 160-9 / 181-10 / 164-0)
158-07	(121-10) Joel Strunk (4)
148-04	(136-02) Eric Kunze (4)
88-09	(88-09) John Fletcher (2)
	(92-11) Ian Strauss (4)

DECATHLON	(none / none / 6291 / 6100)
4731	(4474) Ty Taylor (4)

100	(11.25 / 11.04 / 10.61 / 10.76)
11.03	(10.75) David Plotts (4)
11.14	( ) Tyler Gassaway (3)
11.24	(11.64) Zach Davidson
11.46	(11.90) Steve Martin (3)
11.94	( ) Conley Bergh (1)
12.13	(11.70) David Lovejoy (4)
12.22	(12.22) Kevin Whitaker (1)
12.34	(12.78) Neil Cantrall
12.90	(13.22) Beau Jacoby (1)
13.04	(13.19) Ty Taylor (4)
	(11.04) Eric Costa (2)
	(11.54) Beau West (3)

200	(22.87 / 22.44 / 21.53 / 21.72)
22.05	(21.63) David Plotts (4)
22.60	(23.21) Tyler Gassaway (3)
22.64	(24.44) Zach Davidson (1)
23.36	(23.99) Steve Martin (3)
24.30	(23.34) David Lovejoy (4)
24.41 i	(24.41) Scott Greene (3)
24.44	( ) Conley Bergh (1)
24.77	( ) Nick Ryland (1)
25.93	(26.65) Beau Jacoby (1)
	(22.48) Beau West (3)
	(24.11) Dave Kilian (2)

400	(51.91 / 49.64 / 48.04 / 48.44)
49.39	(50.73) David Plotts (4)
50.03	(49.84) Tyler Gassaway (3)
50.23	(48.94) Eric Costa (2)
51.22	(51.74) Kevin Whitaker (1)
52.99	(51.48) Nick Ryland (1)
58.49	(58.41) Ty Taylor (4)
59.61	(59.61) Beau Jacoby (1)
	(50.47) Zach Davidson (1)
	(51.06) Steve Willmer (2)
	(52.01) Beau West (2)
	(52.24) David Lovejoy (4)
	(53.54) Keith Christiansen (1)

800	(2:00.54 / 1:56.04 / 1:51.84 / 1:52.74)
1:57.65	(1:55.95) John Mantalas (4)
1:56.74	(1:58.09) Ryan Austin (2)
1:58.63	(1:58.29) Brandon Workman (4)
2:00.40	(2:02.83) Nick Ryland (1)
2:05.21	(2:05.34) Michael Owen (1)
2:07.18	(2:02.14) Silas Towne (1)
2:08.44	(2:17.01) Nathan Paisley (2)
2:10.47 i	(2:10.47) Tyler Gassaway (3)
2:11.91	(2:11.91) Tevin Taylor (1)
2:13.81	(2:14.75) Kenan Butler (1)
	(1:55.60) Steve Willmer (2)
	(2:01.14) Zach Davidson (1)
	(2:05.84) Kevin Whitaker (1)
	(2:08.34) Forrest Towne (2)
	(2:10.24) Scott Oswald (4)

1500	(4:09.52 / 4:00.24 / 3:51.84 / 3:56.24)
3:59.33	(3:58.16) Brandon Workman (4)
4:00.62	(4:07.03) John Mantalas (4)
4:06.25	(4:21.60) Ryan Austin (2)
4:13.70	(4:17.00) Michael Owen (1)
4:25.00	(4:21.04) Scott Oswald (4)
4:27.74	(4:58.14) Nathan Paisley (2)
4:30.64	(4:16.94) Silas Towne (1)
4:49.50	(4:49.50) Kenan Butler (1)
5:15.23	(4:52.83) Ty Taylor (4)
	(4:06.28) Bryan Thompson (3)
	(4:25.74) Forrest Towne (2)

3000	(not contested)
8:40.68 i	(8:40.68) Steve Wilmer (2)
8:50.64 i	(8:42.35) Brandon Workman (4)
9:08.44	(9:07.09) John Mantalas (4)
9:28.24	(9:30.34) Forrest Towne (2)
9:29.44	(9:45.64) Scott Oswald (4)
10:13.24	(11:20.54) Nate Paisley (2)
	(9:10.24) Bryan Thompson (3)
	(9:22.94) Michael Owen (1)
	(10:06.24) Silas Towne (1)
	(10:11.64) Phil Jess (3)

5000	(15:55.67 / 15:20.24 / 14:41.74 / 14:57.04)
14:46.24	(14:51.55) Brandon Workman (4)
15:48.16	(15:40.80) John Mantalas (4)
15:40.74	(16:20.54) Michael Owen (1)
16:24.34	(16:45.29) Forrest Towne (2)
16:29.14	(16:44.48) Scott Oswald (4)
17:22.84	(18:30.34) Nathan Paisley (2)

10k	(33:52.64 / 33:30.24 / 31:01.04 / 31:24.74)
34:48.57	(36:05.10) Forrest Towne (2)
34:55.75	(36:15.60) Scott Oswald (4)

110m H	(16.35 / 15.64 / 14.57 / 14.84)
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16.14	(17.77) Zach Davidson (1)
16.52	(19.61) Caleb Harris (3)
17.51	(18.57) Keith Christiansen (1)
20.41	(19.51) Ty Taylor (4)

400m HURDLES	(58.72 / 56.04 / 53.14 / 53.84)
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54.80	(56.56) Zach Davidson (1)
55.65	(59.80) Kevin Whitaker (1)
56.84	(61.32) Keith Christiansen (1)
58.52	(62.62) Caleb Harris (3)

3000m STPL	(9:59.85 / 9:42.24 / 9:12.44 / 9:20.64)
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9:13.64	(9:18.35) Brandon Workman (4)
9:50.97	(9:55.04) Michael Owen (1)
10:05.04	(10:31.93) John Mantalas (4)
10:10.24	(10:48.78) Forrest Towne (2)

4 x 100	(none / none / 41.54 / 42.04)
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42.82	Martin, Davidson, Gassaway, Plotts
43.03	Martin, Davidson, Gassaway, Plotts
43.14	Martin, Davidson, Gassaway, Plotts
43.28	Martin, Davidson, Gassaway, Plotts
43.28	Martin, Davidson, Gassaway, Plotts
44.74	Lovejoy, Bergh, Cantrall, Plotts
45.03	Martin, Cantrall, Greene, Davidson
45.71	Martin, Cantrall, Gassaway, Davidson
46.27(B)	Lovejoy, Bergh, Cantrall, Greene

4 x 400	(none / none / 3:14.84 / 3:17.64)
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3:20.37	Davidson, Gassaway, Costa, Plotts
3:21.04	Davidson, Whitaker, Costa, Plotts
3:21.94	Davidson, Gassaway, Whitaker, Costa
3:22.27	Davidson, Whitaker, Costa, Plotts
3:22.54	Davidson, Gassaway, Whitaker, Costa
3:23.65	Plotts, Gassaway, Whitaker, Davidson
3:24.54	Christiansen, Gassaway, Costa, Davidson
3:24.56	Plotts, Costa, Davidson, Gassaway
3:26.15	Christiansen, Gassaway, Costa, Davidson
3:30.93(B)	Christiansen, Austin, Harris, Ryland,

4 x 4 SPLITS
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50.3	(49.0-LO) Plotts
50.5	(50.4-LO) Gassaway
50.4	(50.5-LO) Davidson
52.3	(52.3-LO) Christiansen
52.7	(54.5-LO) Austin
56.7	(56.7-LO) Harris
57.9	(57.9-LO) Paisley
55.5	(55.5-LO) Lovejoy
	(49.6-LO) Costa
	(50.6-LO) West
	(53.5-LO) Kilian

49.0	(52.1) Plotts
49.3	(49.7) Gassaway
50.2	(50.6) Davidson
50.2	(48.3) Costa
50.2	(51.0) Whitaker
51.7	(52.7) Austin
52.0	Nick Ryland
52.5	Christiansen
53.2	Workman
54.2	Harris
54.4	Te. Taylor
54.4	Mantallas
55.7	Routon
55.8	Paisley
56.0	Lovejoy
58.3	Ty. Taylor
	West
	Kilian
	Oswald

# GFU T/F 2000 PERFORMANCE CHART (WOMEN) (5/08)

A -- NWC qualifying mark  
B -- NW Regional qualifying mark  
C -- NCAA-III National qualifying mark  
D -- NCAA III Provisional  
(....) -- Personal Record

## MEETS

a-2/5/00 Idaho Indoor, Moscow  
a2-2/12 Oregon City AC  
b-2/26/00 NWC Relays @ GFU  
c-3/4/00 Linfield Icebreaker  
d-3/11/00 NWC 4-Way @ L/C  
e-3/18/00 Easter Relays @ Santa Barbara  
f-3/18/00 Western Oregon Inv.  
g-3/25/00 D-III Challenge at CMS, Ca  
h-4/1/00 Willamette Open  
i-4/8/99 NWC 5-Way @ GFU  
j-4/14/00 GFU Distance Carnival  
k-4/17/00 Linfield All-Corners  
l-4/17-18/00 NWC Combined @ PLU  
m-4/22/00 L & C Open  
n-4/29/00 WOU Open  
o-4/29/00 Oregon Invite  
p-5/5-6/00 NWC Championships @ GFU  
q-5/13/99 SPU Invitational @ Seattle  
r-5/24-26/99 NCAA-III Nats @ Naperville, Ill.

	A	B	C	D
<b>HJ</b>	<b>(5-0.5/5-3/5-6.5/5-4.5)</b>			
5-04.5	(5-04.25) Amy Forbes (3)			h
5-02.5	(5-05) Angie Powell (4)			dh
5-00.5	(5-01.75) Karrie Nelson (4)			p

	A	B	C	D
<b>PV</b>	<b>(7-6.5/9-0.25/ — /9-5.25)</b>			
12-00.5	(11-09.75) Heather Hunt (3)			p
9-06.5	(9-06) Helena Telfer (1)			m

	A	B	C	D
<b>LJ</b>	<b>(16-5.5/17-0/18-7.75/18-1)</b>			
16-09.5	(17-08.25) Kelsey Baron (1)			p
16-07.25	(16-09.50) Jocelyn Kennedy (4)			p
16-00.75	(15-04.25) Colleen Forbes (2)			h
15-02.5	(16-00.5) Heidi Smith (2)			b
	(14-11.75) Amy Forbes (3)			
	(14-11.5) Sarah Powell (2)			
	(14-09.75) Karrie Nelson (4)			

	A	B	C	D
<b>TJ</b>	<b>(34-3/36-0/38-2/36-11)</b>			
37-03	(37-04.75) Jocelyn Kennedy (4)			p
36-00.75	(37-02.25) Kelsey Baron (1)			p
34-06.75	(36-05) Heidi Smith (2)			p
34-05.75	(33-07.75) Colleen Forbes (2)			p
32-05.5	(35-00) Angie Powell (4)			i
	(32-11) Amy Forbes (3)			

	A	B	C	D
<b>SHOT</b>	<b>(34-11/38-4/43-5/42-1.5)</b>			
36-00.75	(37-11.25) Marian Stevens (2)			h
34-09.75	(26-08.25) Paige Lewis (2)			n
33-09.25	(33-08.5) Erin Simon (1)			i
33-09.25	(32-04.5) Jessica Nies (3)			k
33-06	(31-10) Pam Longman (3)			g
	(28-07.5) Heidi Smith (2)			
	(30-08) Sharon Barnett (4)			
	(21-11.5) Karrie Nelson (4)			

	A	B	C	D
<b>DISCUS</b>	<b>(112-5/124-0/144-10/136-3)</b>			
131-01	(131-07) Marian Stevens (2)			p
124-07	(133-03) Paige Lewis (2)			n
101-08	(92-05) Pam Longman (3)			d
81-05.5	(91-00) Erin Simon (1)			d
	(76-03) Jessica Nies (3)			

	A	B	C	D
<b>HAMMER</b>	<b>(124-10/130-0/156-8/146-4)</b>			
115-00	(70-11) Erin Simon (1)			n
	(100-05) Marian Stevens (2)			

	A	B	C	D
<b>JAVELIN</b>	<b>(111-10/124-8/140-9/128-0)</b>			
131-03	(123-07) Lori Miller (2)			i
89-01	(105-08) Heidi Smith (2)			i
88-10	(98-02) Pam Longman (3)			e
66-01.5	(62-01) Jessica Nies (3)			i
	(106-02) Tori Taylor (2)			
	(111-06) Angie Powell (4)			
	(88-00) Erin Simon (1)			

	A	B	C	D
<b>100</b>	<b>(12.96/12.84/12.16/12.36)</b>			
13.01	(13.43) Colleen Forbes (2)			p
13.08	(12.55) Sharon Barnett (4)			h
13.35	(13.44) Kelsey Baron (1)			h
13.51	(13.51) Karrie Nelson (4)			h
13.64	(13.91) Heather Hunt (3)			e
13.84	(13.82) Jocelyn Kennedy (4)			e
14.14	(13.81) Sarah Powell (2)			h
14.71	(13.91) Heidi Smith (2)			k
	(14.76) Lori Miller (2)			

	A	B	C	D
<b>200</b>	<b>(26.86/26.54/25.11/25.37)</b>			
26.51	(26.14) Sharon Barnett (4)			p
27.34	(27.44) Christina Davis (2)			n
27.54	(27.54) Megan Heuberger			k
28.53	(28.64) Heather Hunt (3)			i
28.65	(28.24) Jessica Adams (2)			i
28.91	(28.40) Karrie Nelson (4)			h
29.61	(28.75) Sarah Powell (2)			i
	(28.35) Amy Forbes (3)			
	(28.42) Heidi Smith (2)			
	(28.68) Jocelyn Kennedy (3)			
	(29.09) Tori Taylor (2)			
	(29.45) Colleen Forbes (2)			

	A	B	C	D
<b>400</b>	<b>(63.28/61.14/57.04/57.84)</b>			
59.48	(60.34) Jessica Adams (2)			p
61.94	(61.94) Jamie McElwain (3)			k
62.24	(60.34) Christina Davis (2)			h
65.14	(65.14) Heidi Smith (2)			h
	(60.24) Ember Brosius (3)			
	(62.14) Mimi VanHooser (1)			
	(61.34) Megan Heuberger (1)			
	(62.44) Heather Hunt (3)			
	(62.74) Kelsey Baron (1)			
	(63.24) Shannon Larson (1)			

	A	B	C	D
<b>800</b>	<b>(2:22.91/2:20.54/2:13.94/2:15.84)</b>			
2:16.00	(2:17.86) Jamie McElwain (3)			m
2:20.11	(2:26.24) Ember Brosius (3)			m
2:26.22	(2:26.24) Mimi VanHooser (1)			m
2:27.86	(2:21.24) Tori Taylor (2)			d
2:33.03	(2:40.24) Kirsten Norgaard (2)			g
2:37.25i	(2:37.25) Jessica Adams (2)			a
	(2:27.29) Marisa Merritt (3)			
	(2:30.77) Karrie Nelson (4)			
2:21.6 r	(2:22.84) Megan Heuberger (1)			e

	A	B	C	D
<b>1500</b>	<b>(4:54.42/4:50.24/4:38.74/4:43.34)</b>			
4:44.19	(5:04.94) Ember Brosius (3)			p
4:47.54	(4:53.26) Jamie McElwain (3)			g
4:57.29	(4:54.24) Tori Taylor (2)			h
5:07.64	(5:15.32) Kirsten Norgaard (2)			g
5:19.35	(5:00.04) Marisa Merritt (3)			g
	(5:33.24) Rosie Ofstie (2)			

	A	B	C	D
<b>3000</b>	<b>(10:42.74/10:35.24/10:08.54/10:15.24)</b>			
10:23.65	(10:31.29) Ember Brosius (3)			p
10:26.07	(10:48.24) Tori Taylor (2)			p
11:04.10	(11:19.25) Kirsten Norgaard (2)			p
12:34.34	(11:58.84) Rosie Ofstie (2)			b
	(10:35.96) Marisa Merritt (3)			
	(11:11.80) Jamie McElwain (2)			

	A	B	C	D
<b>5000</b>	<b>(19:19.49/18:45.24/17:37.54/18:05.54)</b>			
18:04.64	(18:04.64) Ember Brosius (3)			k
18:19.10	(18:43.96) Tori Taylor (2)			p
19:54.25	(18:50.44) Marisa Merritt (3)			m
22:26.29	(21:18.21) Rosie Ofstie (2)			g
	(20:11.78) Jamie McElwain (3)			

	A	B	C	D
<b>10k</b>	<b>(42:40.30/42:00.24/37:10.74/38:07.44)</b>			
41:53.80	(42:44.84) Marisa Merritt (3)			p
47:24.64	(47:04.90) Rosie Ofstie (2)			c

	A	B	C	D
<b>100m HURDLES</b>	<b>(16.20/16.24/14.68/15.20)</b>			
14.63	(14.57) Sharon Barnett (4)			p
14.87	(14.89) Karrie Nelson (4)			0
	(16.74) Megan Heuberger (1)			
	(16.99) Tori Taylor (2)			
	(17.57) Heidi Smith (2)			

	A	B	C	D
<b>400m HURDLES</b>	<b>(69.11/67.54/63.34/64.84)</b>			
64.02	(67.74) Megan Heuberger (1)			m
63.86	(64.13) Karrie Nelson (4)			p
	(65.41) Sharon Barnett (4)			
	(68.98) Tori Taylor (2)			
	(46.5hs) Kelsey Baron (1)			

	A	B	C	D
<b>3000m STEEPLECHASE (not contested)</b>				
11:39.25	(11:51.20) Tori Taylor (2)			k

	A	B	C	D
<b>HEPTATHLON (none/none/4250/4050)</b>				
(3562)	Tori Taylor (2)			
(3445)	Heidi Smith (2)			

	A	B	C	D
<b>4x100</b>	<b>(TOP 8/none/48.04/49.24)</b>			
49.57	C. Forbes, Heuberger, Baron, Barnett			p
49.61	C. Forbes, Heuberger, Baron, Barnett			m
50.55	C. Forbes, Heuberger, Baron, Adams, n			
50.66	Davis, Heuberger, Baron, Barnett			i
50.94	C. Forbes, Heuberger, Baron, Barnett			k
51.06	Barnett, Heuberger, Davis, Baron			e
51.24	Davis, Heuberger, Baron, Barnett			h
51.41	C. Forbes, Heuberger, Davis, Baron			c
51.67	Barnett, Heuberger, Davis, Baron			g
52.49	C. Forbes, Heuberger, Davis, Baron			d
52.85	C. Forbes, Heuberger, Davis, Baron			b
53.59 "B"	S. Powell, Nelson, Smith, Kennedy			d

	A	B	C	D
<b>4x400</b>	<b>(TOP 8/none/3:53.44/3:56.94)</b>			
3:59.71	Adams, McElwain, Barnett, Heuberger			p
4:04.27	Adams, McElwain, Brosius, Heuberger			k
4:05.00	Adams, Davis, Brosius, Heuberger			g
4:06.96	Davis, McElwain, Brosius, Heuberger			m
4:08.42	McElwain, Brosius, Davis, Heuberger			e
4:10.34	Adams, Nelson, McElwain, Heuberger			i
4:10.57	Adams, Heuberger, McElwain, Baron			d
4:13.17	Adams, Heuberger, McElwain, Baron			c
4:14.14	Nelson, Heuberger, McElwain, Adams			b
4:17.04(B)	Nelson, Taylor, Kennedy, Smith			e

	A	B	C	D
<b>4x4 SPLITS</b>				
59.7	(61.7-LO) Adams			k
61.4	(60.1-LO) Davis			g
62.5	(69.5-LO) McElwain			e
64.8	(63.8-LO) Nelson			e
	(63.9-LO) A. Forbes			
	(63.2-LO) Hunt			
	(65.8-LO) Barnett			

	A	B	C	D
58.6	(59.5) Heuberger			g
60.2	(60.3) McElwain			p
60.2	(59.5) Barnett			p
61.9	(61.0) Brosius			e
62.5	(60.2) Davis			e
62.6	(62.2) Adams			b
63.5	(61.8) Baron			d
63.5	(63.5) Kennedy			e
63.7	(63.4) Smith			d
64.7	(61.5) Nelson			d
65.0	(62.3) Taylor			d
	(61.9) Hunt			
	(63.4) A. Forbes			
	(66.1) Merritt			
	(66.9) C. Forbes			
	(70.5) S. Powell			



# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Saturday, May 6, 2000 --- For Immediate Release*

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### **GEORGE FOX WOMEN, PACIFIC LUTHERAN MEN TAKE NWC TRACK CROWNS**

**NEWBERG, Ore. ---** Host George Fox University ran away with the women's division while Pacific Lutheran University made a late charge to overtake Whitworth College in the men's division as the Northwest Conference Track and Field Championships concluded Saturday (May 6) here at GFU's Colcord Field.

The Bruins' win in the women's events ended a string of three straight wins by Pacific Lutheran, which had also captured women's titles in 18 of the last 19 seasons. George Fox scored 168 points, followed by Linfield College with 137, Whitworth 132, PLU 120, Willamette University 104, Lewis & Clark College 52, the University of Puget Sound 42, Whitman College 39, and Pacific University 17.

PLU used a 13-0 point advantage in the 5000m Run, the next-to-last event of the meet, to edge ahead of Whitworth, the Lutes finishing with 158 to 156 for the Pirates. Next was Linfield with 139.5, George Fox 127, Willamette 118, Puget Sound 62.5, Lewis & Clark 53, and Pacific and Whitman 2 each.

ShIPLEY Ennis of Pacific Lutheran was named "Male Athlete of the Meet" for winning the 110 Sprint Hurdles (15.00), the 400m Hurdles (53.81), placing second in the 400m Dash (49.78), and third in the Pole Vault (4.18, 13-8.5). There was a tie for "Female Athlete of the Meet" between Melody Sherman of Linfield and Maree George of PLU. Sherman won the 100m Dash (12.19) and the 200m Dash (25.06), while George captured the 1500m Run (4:41.14), the 3000m Run (10:12.91), and the 5000m Run (17:54.72).

Dr. Toby Schwartz, the fourth-year coach at Whitworth, was named "Men's Coach of the Year", while "Women's Coach of the Year" honors went to George Fox's coach of 14 seasons, Wes Cook.

The only new Northwest Conference record set on the second day was a 41.72 in the Men's 4x100m Relay by Whitworth, breaking their own previous record of 41.94 set in 1984. On Friday, new NWC records included a 48.26 (158-4) in the Women's Hammer by Lindsay Holbrook of Linfield, and a 45.36 (148-10) in the Women's Discus by Mari Ruiz of Whitman.

New Colcord Field records set on the second day included a 14.56 in the 100m Hurdles by Maile Barrett of Lewis & Clark, a 12.19 in the 100m Dash by Melody Sherman of Linfield (breaking her own previous record), a 25.06 in the 200m Dash by Sherman, and a 56.68 in the 400m Dash by Amber Larsen of Linfield. On Friday, Ruiz's Discus throw set a new Colcord Field record, as did a 3.67 (12-0.5) Women's Pole Vault by George Fox's Heather Hunt.

Among the national qualifying marks which were met in the meet, all by women, were Whitman's Mari Ruiz in the Discus (148-10), Linfield's Lindsay Holbrook in the Hammer (158-4), Lewis & Clark's Maile Barrett and George Fox's Sharon Barnett in the 100m Sprint Hurdles (14.56 and 14.63), Linfield's Melody Sherman in the 200m Dash (25.06), Linfield's Amber Larsen in the 400m Dash (56.68), and Willamette's Lisa Starkey in the 800m Run (2:13.82).



## 2000 NORTHWEST CONFERENCE TRACK & FIELD CHAMPIONSHIPS

May 5-6, 2000

Colcord Field (George Fox University), Newberg, Oregon

Final Results (point totals include Decathlon & Heptathlon results of April 17-18)

Men's Standings: Pacific Lutheran University 158, Whitworth College 156, Linfield College 139.5, George Fox University 127, Willamette University 118, University of Puget Sound 62.5, Lewis & Clark College 53, Pacific University 2, Whitman College 2.

Women's Standings: George Fox University 168, Linfield College 137, Whitworth College 132, Pacific Lutheran University 120, Willamette University 104, Lewis & Clark College 52, University of Puget Sound 42, Whitman College 39, Pacific University 17.

### Women's Javelin

1. Danielle Swift, Whw, 42.60 (140-1), 2. Ann Kaltwasser, Pac, 42.18 (138-5), 3. Ann Crase, UPS, 38.12 (125-1), 4. Marika Middag, Will, 37.66 (123-7), 5. Monica Scott, Will, 37.48 (122-11), 6. Rochelle Weems, PLU, 37.44 (122-10), 7. Leah Moore, Lin, 35.96 (118-0), 8. Crissy Oneal, Whw, 35.74 (117-3), 9. Brooke Evans, Whw, 34.48 (113-1), 10. Gail Wootan, Pac, 33.56 (11-0-1), 11. Nikki Thompson, L&C, 33.46 (109-9), 12. Mindy Bandy, Whw, 31.46 (103-2), 13. Jessica Austin, Whw, 30.18 (99-0)

### Women's Shot Put

1. Mari Ruiz, Whm, 12.24 (40-2), 2. Mindy Bandy, Whw, 11.79 (38-8.25), 3. Sarah Cotton, Pac, 11.69 (38-4.25), 4. Nichole Marich, Whw, 11.60 (38-0.75), 5. Jennifer Bennett, Whw, 11.54 (37-10.5), 6. Kasey Sorenson, Will, 11.30 (37-1), 7. Lindsay Holbrook, Lin, 11.18 (36-8.25), 8. Leslie Seelye, PLU, 11.10 (36-5), 9. Lauri Duensing, Pac, 10.82 (35-6), 10. Jonna Vavra, Pac, 10.66 (34-11.75), 11. Marian Stevens, GFU, 10.63 (34-10.5), 12. Janelle Braun, L&C, 10.49 (34-5), 13. Kelly Bradstreet, Lin, 10.28 (33-8.75), 14. Lace Smith, UPS, 10.24 (33-7.25), 15. Angela Rosario, Pac, 9.97 (32-8.5), 16. Julie Vanni, UPS, 9.66 (31-8.5)

### Women's Discus

1. Mari Ruiz, Whm, 45.36 (148-10), 2. Marian Stevens, GFU, 39.96 (131-1), 3. Lindsay Holbrook, Lin, 39.28 (128-10), 4. Sarah Reichner, Will, 39.19 (128-7), 5. Crissy Oneal, Whw, 38.30 (125-8), 6. Stacey Roberts, Whw, 37.90 (124-4), 7. Nichole Marich, Whw, 37.10 (121-9), 8. Elysia Hanna, Whw, 35.20 (115-6), 9. Tina Lohse, PLU, 34.52 (113-3), 10. Stacey Neils, PLU, 34.06 (111-90), 11. Heidi Fuhrmann, Pac, 34.00, (111-6), 12. Sarah Cotton, Pac, 33.19(108-11), NM – Paige Lewis, GFU

### Women's Hammer

1. Lindsay Holbrook, Lin, 48.26 (158-4), 2. Leslie Seelye, PLU, 45.50 (149-3), 3. Elysia Hanna, Whw, 43.94 (144-2), 4. Nichole Marich, Whw, 40.28 (132-2), 5. Stacey Neils, PLU, 40.16 (131-9), 6. Kasey Sorenson, Will, 37.94 (124-6), 7. Tina Lohse, PLU, 36.20 (118-9), 8. Caryn Flint, PLU, 35.54 (116-7), 9. Mindy Bandy, Whw, 33.60 (110-3), 10. Janelle Braun, L&C, 32.44 (106-5), NM – Erin Simon, GFU, Heidi Fuhrmann, Pac

### Women's Pole Vault

1. Heather Hunt, GFU, 3.67 (12-0.5), 2. Kristin Russell, Lin, 3.38 (11-1), 3. Amy Wells, UPS, 3.28 (10-9), 4. Christie Olsson, L&C, 3.03 (9-11.25), 5. Helena Telfer, GFU, 2.88 (9-5.25), 6. Erica Moen, Whw, 2.73 (8-11.5), 7. Leah Moore, Lin, 2.73 (8-11.5), 8. Fiona Lee, Will, 2.73 (8-11.5), 9. Britta Winterowd, UPS, 2.58 (8-5.5), 10. Marika Middag, Will, 2.58 (8-5.5), 11. Lisa Baumann, Lin, 2.43 (7-11.5), 12. Kelly Wright, PLU, 2.43 (7-11.5), 13. Melanie Reinmuth, Pac, 2.43 (7-11.5), 14. Erika Kuchera, UPS, 2.28 (7-5.75), 15. Elizabeth Tiegs, Whw, 2.28 (7-5.75)

### Women's High Jump

1. Amy Forbes, GFU, 1.63 (5-4.25), 2. Laura Leineweber, Will, 1.63 (5-4.25), 3. Angie Powell, GFU, 1.59 (5-2.5), 4. Sarah Dillon, UPS, 1.59 (5-2.5), 5. Karrie Nelson, GFU, 1.54 (5-2.5), 6. Jessica Austin, Whw, 1.49 (4-10.5), 7. Katie McArthur, Lin, 1.49 (4-10.5), NM - Lori Rolf, PLU, Erica Moen, Whw, Michaela Ryder, Pac

#### Women's Long Jump

1. Lindsay Bull, Whm, 5.44 (17-10.25), 2. Kelsey Baron, GFU, 5.12 (16-9.5), 3. Jamie Rydbom, Whw, 5.10 (16-8.75), 4. J.J. Hurley, Will, 5.10 (16-8.75), 5. Kirtlye Lohof, L&C, 5.10 (16-8.75), 6. Laura Leineweber, Will, 5.10 (16-8.75), 7. Jocelyn Kennedy, GFU, 5.06 (16-7.25), 8. Lindsay Ogle, Will, 4.94 (16-2.5), 9. Mandy Sitz, Lin, 4.81 (15-9.25), 10. Colleen Forbes, GFU, 4.77 (15-7.75), 11. Katie McArthur, Lin, 4.68 (15-7.75), NM - Abby Jo Hornstein, Whw

#### Women's Triple Jump

1. Jocelyn Kennedy, GFU, 11.35 (37-3), 2. Christine Donehower, L&C, 11.04 (36-2.75), 3. Kelsey Baron, GFU, 10.99 (36-0.75), 4. Lindsay Bull, Whm, 10.83 (35-6.5), 5. Mandy Sitz, Lin, 10.71 (35-1.75), 6. Heidi Smith, GFU, 10.53 (34-6.75), 7. Colleen Forbes, GFU, 10.51 (34-5.75), 8. Jamie Rydbom, Whw, 10.36 (34-0), 9. Erica Moen, Whw, 9.82 (32-2.75), 10. Angie Powell, GFU, 9.79 (32-1.5), 11. Erin Haney, UPS, 9.65 (31-8), 12. Laura Cobb, PLU, 9.50 (31-2)

#### Women's 100m Sprint Hurdles

1. Maile Barrett, L&C, 14.56, 2. Sharon Barnett, GFU, 14.63, 3. Karrie Nelson, GFU, 14.90, 4. Katie McArthur, Lin, 15.34, 5. Laura Leineweber, Will, 16.03, 6. Julie Vanni, UPS, 16.15, 7. Katie Nuechterlein, Whw, 16.25, 8. Mandy Sitz, Lin, 16.60

#### Women's 400m Hurdles

1. Amber Larsen, Lin, 1:03.59, 2. Karrie Nelson, GFU, 1:03.86, 3. Megan Heuberger, GFU, 1:04.24, 4. Jessica Austin, Whw, 1:06.03, 5. April Nelson, UPS, 1:07.41, 6. Vania Ito, L&C, 1:09.08, 7. Katie McArthur, Lin, 1:09.32, DQ – Tansy Middag, Will

#### Women's 100m Dash

1. Melody Sherman, Lin, 12.19, 2. Sarah Axley, PLU, 12.33, 3. Alisha Simchuk, Whw, 12.88, 4. Kirtlye Lohof, L&C, 12.91, 5. Maile Barrett, L&C, 12.93, 6. Colleen Forbes, GFU, 13.01, 7. Becca Ehli, PLU, 13.25, 8. April Nelson, UPS, 13.33

#### Women's 200m Dash

1. Melody Sherman, Lin, 25.06, 2. Sarah Axley, PLU, 25.17, 3. Jill Wilmovsky, PLU, 26.19, 4. Alisha Simchuk, Whw, 26.46, 5. Sharon Barnett, GFU, 26.51, 6. Kirtlye Lohof, L&C, 26.71, 7. Becca Ehli, PLU, 28.18

#### Women's 400m Dash

1. Amber Larsen, Lin, 56.68, 2. Jill Wilmovsky, PLU, 58.51, 3. Jessica Adams, GFU, 59.72, 4. Lisa Taylor, Lin, 1:00.90, 5. Lindsay Ogle, Will, 1:00.98, 6. Jessica Austin, Whw, 1:01.17, 7. Natalie Flindt, Will, 1:01.92, 8. Christina Davis, GFU, 1:02.25

#### Women's 800m Run

1. Lisa Starkey, Will, 2:13.82, 2. Amy Friedrich, PLU, 2:16.70, 3. Elizabeth Abbey, Whw, 2:17.79, 4. Jessica Sotelo, UPS, 2:18.27, 5. Leah Moore, Lin, 2:19.07, 6. Jamie McElwain, GFU, 2:20.11, 7. Buffy Morris, Will, 2:21.32

#### Women's 1500m Run

1. Maree George, PLU, 4:41.14, 2. Lisa Starkey, Will, 4:42.48, 3. Ember Brosius, GFU, 4:44.19, 4. Jamie McElwain, GFU, 4:47.91, 5. Julia Lucas, Whw, 4:49.10, 6. Kyra Patterson, UPS, 4:53.65, 7. Evelyn Williams, Will, 4:54.50, 8. Annie Mockford, Will, 4:59.26, 9. Erin Moore, Will, 5:02.80, 10. Lotus Hartley, Lin, 5:05.30, 11. Kirsten Norgaard, GFU, 5:07.40, 12. Julie Meyer, UPS, 5:10.17

#### Women's 3000m Run

1. Maree George, PLU, 10:12.91, 2. Ember Brosius, GFU, 10:23.65, 3. Tori Taylor, GFU, 10:26.07, 4. Annie Scott, Whw, 10:32.64, 5. Jennie Wood, Whm, 10:47.76, 6. Evelyn Williams, Will, 10:57.63, 7. Erin Moore, Will, 11:02.87, 8. Kirsten Norgaard, GFU, 11:04.1, 9. Julie Meyer, UPS, 11:23.43,

10. Jessica Alley, Whw, 11:25.96, 11. Elizabeth Bailey, Whw, 11:33.29, 12. Lotus Hartley, Lin, 11:40.76

#### Women's 5000m Run

1. Maree George, PLU, 17:54.72, 2. Annie Scott, Whw, 18:06.43, 3. Ember Brosius, GFU, 18:10.84, 4. Tori Taylor, GFU, 18:19.1, 5. Holly Weiler, Whw, 18:45.27, 6. Tonya Lutz, Will, 18:49.46, 7. Lisa Lindsay, PLU, 19:15.87, 8. Amber Strickler, Will, 19:20.71, 9. Sarah Gogert, PLU, 19:43.56, 10. Katie Schlotfeldt, Whw, 19:51.57, 11. Elizabeth Bailey, Whw, 20:06.97, 12. Kari Newby, Lin, 20:22.63, 13. Helen Tammela, L&C, 20:39.33

#### Women's 10,000m Run

1. Holly Weiler, Whw, 39:46.16, 2. Kari Newby, Lin, 40:03.82, 3. Lisa Lindsay, PLU, 40:09.38, 4. Amber Strickler, Will, 40:28.85, 5. Tonya Lutz, Will, 40:47.60, 6. Sarah Gogert, PLU, 41:45.48, 7. Marisa Merriitt, GFU, 41:53.80, 8. Lisa Pohlit, Will, 42:56.15; 9. Jasmin Hanson, Will, 43:28.78, NM – Kim Ball, Pac

#### Women's 4x100 Relay

1. Linfield 48.75, 2. Pacific Lutheran 48.82, 3. Lewis & Clark 49.17, 4. George Fox 49.57, 5. Whitworth 50.52, 6. Willamette 50.99, 7. Pacific 52.01

#### Women's 4x400 Relay

1. Pacific Lutheran, 3:54.89, 2. Linfield, 3:57.14, 3. George Fox, 3:59.71, 4. Willamette, 4:07.67, 5. Whitworth, 4:10.12, 6. Puget Sound, 4:15.76, 7. Lewis & Clark, 4:19.32, 8. Pacific, 4:22.77

#### Men's Javelin

1. Whit Spencer, Whw, 57.98 (190-3), 2. Jon Roberts, GFU, 56.66 (185-11), 3. Jay Douglass, Will, 55.98 (183-8), 4. Ray Lions, Lin, 55.64 (182-6), 5. Aaron Thornton, Lin, 55.28 (181-4), 6. Ty Taylor, GFU, 54.86 (180-0), 7. Jimmy Watts, Will, 54.54 (178-11), 8. Fritz Mesenbrink, Lin, 51.44 (168-9), 9. Jason Hill, L&C, 51.42 (168-8), 10. Marcus Rismiller, PLU, 49.72 (163-1), Brandon Shaver, Will, 49.50 (162-5)

#### Men's Shot Put

1. Ian Strauss, GFU, 14.89 (48-10.25), 2. Adam Dittman, Will, 14.59 (47-10.5), 3. Trevor Roberts, PLU, 14.30 (46-11), 4. Takashi Atkins, Whw, 14.26 (46-9.5), 5. Jason Caponette, Lin, 13.96 (45-9.75), 6. Dan Reichenbach, L&C, 13.91 (45-7.75), 7. Ryan Dirks, PLU, 13.82 (45-4.25), 8. Joel Strunk, GFU, 13.62 (44-8.25), 9. Pat Halstead, Will, 13.58 (44-6.75), 10. Nick Sackman, Lin, 13.51 (44-4), 11. Rodney Wood, Will, 12.99 (42-7.5), 12. Jeff York, Lin, 12.96 (42-6.25)

#### Men's Discus

1. Ian Strauss, GFU, 50.48 (165-7), 2. Ryan Dirks, PLU, 49.47 (162-4), 3. Jimmy Watts, Will, 44.70 (146-8), 4. Takashi Atkins, Whw, 43.60 (143-0), 5. Nick Sackman, Lin, 42.29 (138-9), 6. Jay Douglass, Will, 42.16 (138-4), 7. Matt Zosel, Will, 42.02 (137-10), 8. Jon Abbey, Whw, 41-02 (134-7), 9. James Bank, Will, 39.37 (129-2), 10. Pat Halstead, Will, 39.22 (128-8), 11. Jason Caponette, Lin, 37.10 (121-9), Shipley Ennis, PLU, 36.10 (118-5)

#### Men's Hammer

1. Ryan Dirks, PLU, 54.52 (178-10), 2. James Banks, Will, 49.24 (161-6), 3. Dan Reichenbach, L&C, 46.18 (151-6), 4. Takashi Atkins, Whw, 45.74 (150-1), 5. Joel Strunk, GFU, 45.40 (148-11), 6. Eric Kunze, GFU, 43.52 (142-9), 7. Jason Caponette, Lin, 43.00 (141-1), 8. Jon Abbey, Whw, 42.96 (140-11), 9. Pat Halstead, Will, 38.30 (125-8), 10. Ben Dittman, Lin, 34.48 (113-1), 11. Bobby Brown, L&C, 32.54 (106-9), NM – Micah Melton, UPS

#### Men's Pole Vault

1. Brent Sagnotti, Lin, 4.63 (15-2.25), 2. Regis Costello, PLU, 4.48 (14-8.25), 3. Jimmy Watts, Will, 4.33 (14-2.5), 4. Shipley Ennis, PLU, 4.18 (13-8.5), 5. Jason Mauch, PLU, 4.03 (13-2.5), 6. Ray Lions, Lin, 4.03 (13-2.5), 7. Aaron Baldwin, Whw, 4.03 (13-2.5), 8. Fritz Mesenbrink, Lin, 3.88 (12-8.75), NM - Aaron Routon, GFU, Jesse Thomas, PLU

#### Men's High Jump

1. Jimmy Watts, Will, 2.05 (6-8.75), 2. Garrett Miller, PLU, 2.00 (6-6.75), 3. Fritz Mesenbrink, Lin, 2.00 (6-6.75), 4. John Ranheim, Whw, 1.95 (6-4.75), 5. Reid Schooler, L&C, 1.90 (6-2.75), 6.

Mike Bernatz, Will, 1.85 (6-0.75), 7. Matt Zosel, Will, 1.85 (6-0.75), 8. Jeff Jones, UPS, 1.85 (6-0.75), 9. Joe Sanchez, Lin, 1.85 (6-0.75), NM- Jason Hill, L&C, David Brown, PLU, Marques Johnson, Will

#### Men's Long Jump

1. John Nosler, Lin, 6.89 (22-7.25), 2. Tyler Gassaway, GFU, 6.80 (22-3.75), 3. Jimmy Watts, Will, 6.63 (21-9), 4. Ray Lions, Lin, 6.48 (21-3.25), 5. Shipley Ennis, PLU, 6.47 (21-2.75), 6. David Brown, PLU, 6.29 (20-7.75), 7. Terrence Wong, Will, 6.28 (20-7.25), 8. Zach Davidson, GFU, 6.18 (20-3.5), 9. Jason Hill, L&C, 6.13 (20-1.5), 10. Kei Omo, Whw, 6.10 (20-0.25), 11. Martin Cochran, UPS, 6.07 (19-11), 12. Mike Bernatz, Will, 5.72 (18-9.25)

#### Men's Triple Jump

1. Fritz Mesebrink, Lin, 13.74 (45-1), 2. Aaron Baldwin, Whw, 13.22 (43-4.5), 3. Kei Omo, Whw, 13.19 (43-3.25), 4. Jason Hill, L&C, 13.07 (42-10.75), 5. John Nosler, Lin, 12.99 (42-7.5), 6. Martin Cochran, UPS, 12.94 (42-5.5), 7. Terrence Wong, Will, 12.81 (42-0.5), 8. Mike Bernatz, Will, 12.69 (41-7.75), 9. Caleb Stewart, Whw, 12.67 (41-7), 10. Bo Bennett, Lin, 12.66 (41-6.5), 11. Spencer Stiglets, Whw, 12.51 (41-0.5), NM – Quantae Anderson, Whw

#### Men's 110m Sprint Hurdles

1. Shipley Ennis, PLU, 15.00, 2. Paul Colby, Will, 15.03, 3. Navin Fernandes, Whw, 15.12, 4. Fritz Mesebrink, Lin, 15.13, 5. Randy Rider, Lin, 15.43, 6. Josh Smith, Will, 15.67, 7. Joel Baldwin, UPS, 15.90, 8. Spencer Stiglets, Whw, 16.12

#### Men's 400m Hurdles

1. Shipley Ennis, PLU, 53.81, 2. Andrew Rager, Lin, 53.86, 3. Zach Davidson, GFU, 55.30, 4. Chris Bertholf, PLU, 55.33, 5. Joel Baldwin, UPS, 55.46, 6. Kevin Whitaker, GFU, 55.65, 7. Navin Fernandes, Whw, 55.93, DQ – Ben Bunfill, Whw

#### Men's 100m Dash

1. Joel Robnett, Whw, 10.93, 2. Bryce McDonnell, Whw, 10.95, 3. David Plotts, GFU, 11.03, 4. Andrew Rager, Lin, 11.11, 5. Marshall Ochi, Whw, 11.13, 6. Chad Miyamoto, Whw, 11.23, 7. John Nosler, Lin, 11.28, 8. Kevin Giboney, PLU, 11.30

#### Men's 200m Dash

1. Bryce McDonnell, Whw, 21.80, 2. Joel Robnett, Whw, 21.85, 3. David Plotts, GFU, 22.05, 4. Marshall Ochi, Whw, 22.42, 5. Leo Suzuki, Whw, 22.53, 6. Tyler Gassaway, GFU, 22.60, 7. Chad Miyamoto, Whw, 22.82, 8. David Austin, Will, 23.02

#### Men's 400m Dash

1. Leo Suzuki, Whw, 48.85, 2. Shipley Ennis, PLU, 49.78, 3. Josh Pasma, Whw, 49.93, 4. Tye Tolentino, UPS, 50.22, 5. Eric Costa, GFU, 50.23, 6. Tyler Gassaway, GFU, 50.33, 7. Tyson Raymond, Will, 50.82, 8. Bracan Williams, Whm, 52.10

#### Men's 800m Run

1. Nate Miller, Lin, 1:55.88, 2. Mike Houston, PLU, 1:56.03, 3. Forrest Griek, PLU, 1:56.43, 4. Campbell White, Whw, 1:56.50, 5. Ryan Austin, GFU, 1:57.27, 6. Ben Kevan, UPS, 1:57.98, 7. Michael Semenza, Will, 2:00.54, 8. John Mantalas, GFU, 2:03.54

#### Men's 1500m Run

1. Dave Davis, UPS, 3:52.98, 2. Forrest Griek, PLU, 3:56.20, 3. Brandon Workman, GFU, 3:59.33, 4. Ryan Reed, PLU, 3:59.88, 5. Stephen Cruise, Will, 4:00.02, 6. John Mantalas, GFU, 4:01.54, 7. Gabe Doeblor, Lin, 4:02.32, 8. Paul Davis, Lin, 4:03.34, 9. Adam Thornton, Whw, 4:10.06, 10. Mat Hunnicutt, Will, 4:11.31, 11. Erik Brucker, Whw, 4:12.43, 12. Neil Weare, L&C, 4:13.08, 13. Mike Houston, PLU, 4:16.38, 14. Joey Janota, Will, 4:18.72, 15. Ben Robinson, Whw, 4:20.42

#### Men's 3000m Steeplechase

1. Brandon Workman, GFU, 9:13.4, 2. Reagan Grabner, UPS, 9:32.0, 3. Mat Hunnicutt, Will, 9:32.8, 4. Ryan Reed, PLU, 9:35.0, 5. Gabe Doeblor, Lin, 9:35.4, 6. Michael Owen, GFU, 9:53.1, 7. Zach Meyers, Will, 10:03.0, 8. Peter Metcalf, Whw, 10:06.1, 9. Forrest Towne, GFU, 10:10.0, 10. Jon Houk, Whw, 10:15.0, 11. Sam Berg, UPS, 10:21.9, 12. Brian Schoeneman, L&C, 10:24.1, 13. Jarrod Larson, UPS, 10:41.0, 14. Todd Goselin, Whw, 10:48.9, 15. Russ Getchell, Pac, 10:55.8

#### Men's 5000m Run

1. Dave Davis, UPS, 15:09.22, 2. Anthony Young, L&C, 15:24.35, 3. Ryan Reed, PLU, 15:26.89, 4. Forrest Griek, PLU, 15:26.92, 5. Brandon Workman, GFU, 15:27.76, 6. Stephen Cruise, Will, 15:33.23, 7. Alan Davies, PLU, 15:35.40, 8. Andrew Cody, L&C, 15:39.41, 9. Andrew Ault, L&C, 15:40.92, 10. Paul Davis, Lin, 15:54.50, 11. Brian Mulry, UPS, 16:10.85, 12. Michael Owen, GFU, 16:38.28, DNF – Sam Berg, UPS

#### Men's 10,000m Run

1. Andrew Ault, L&C, 32:39.13, 2. Andrew Cody, L&C, 32:58.50, 3. Brian Mulry, UPS, 33:11.01, 4. Paul Davis, Lin, 33:15.17, 5. Alan Davies, PLU, 33:46.05, 6. Justin Davis, Whw, 34:05.03, 7. Brett Venn, UPS, 34:40.54, 8. Scott Oswald, GFU, 34:55.75, 9. Lars Tysver, Whm, 35:10.7, 10. Nate Gushwa, Will, 35:18.1, 11. Derek Oldham, L&C, 35:29.6, 12. Ryan Gold, Whm, 35:46.8, 13. Josh Lennox, PLU, 35:49.7, 14. Paul McClaskey, UPS, 36:42.3, 15. Darren Bowe, Pac, 36:54.4, 16. Mike Neuner, UPS, 37:20.4, 17. Karl Hoogesteger, Pac, 37:25.1, NM – John Purdy, Pac

#### Men's 4x100 Relay

1. Whitworth 41.72, 2. George Fox 42.82, 3. Linfield 42.86, 4. Willamette 43.01, 5. Pacific Lutheran 43.21, 6. Lewis & Clark 45.38, 7. Pacific 45.93, 8. Puget Sound 45.94

#### Men's 4x400 Relay

1. Whitworth 3:19.5, 2. George Fox 3:20.8, 3. Puget Sound 3:23.3, 4. Pacific Lutheran 3:23.7, 5. Willamette 3:26.0, 6. Linfield 3:28.8, 7. Lewis & Clark 3:32.7, 8. Whitman 3:36.7

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Friday, May 5, 2000 --- For Immediate Release*

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(O) 503-554-2127 (FAX) 503-554-3830 (H) 503-554-8067

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### **WILLAMETTE MEN, LINFIELD WOMEN LEAD NWC MEET AFTER DAY 1**

**NEWBERG, Ore. ---** In early bids to unseat Pacific Lutheran University, defending men's and women's track and field champions, the Willamette University men and Linfield College women have taken the lead after the first day of competition in Northwest Conference Track & Field Championships here Friday at George Fox University's Colcord Field.

Jimmy Watts captured the Men's High Jump with at a height of 2.05 (178-10) to lead the Willamette charge into first. The Bearcats have 61 points, followed by Linfield with 51.5, Pacific Lutheran 50, George Fox 40, Lewis & Clark 31, Whitworth 21, Puget Sound 18.5, and Pacific and Whitman 0.

Lindsay Holbrook set a new conference record with a throw of 48.26 (158-4) in the Women's Hammer, pacing Linfield into the early lead of a very tight race. The Wildcats have 52 points, followed closely by Whitworth with 50, George Fox 49, Willamette 41, Pacific Lutheran 34, Whitman 24, Puget Sound 12, Lewis & Clark 11, and Pacific 0.

Holbrook's record was not the only one set. In the Women's Pole Vault, Heather Hunt of host George Fox topped the NWC and Colcord Field records with a vault of 3.67 (12-0.5), a personal best and barely short of the nation's season high of 3.69 by Puget Sound's Amy Wells. Wells finished third in the meet at 3.28 (10-9), while Linfield record holder Kristin Russell was second at 3.38(11-1).

The Women's Discus mark also fell as Mari Ruiz of Whitman heaved the disc 45.36 (148-10), bettering the toss of meet runner-up Marian Stevens of George Fox (39.96, 131-1) by over 17 feet!

Brandon Workman of the host Bruins established a new Colcord Field record by running a 9:13.4 in the Men's 3000m Steeplechase. It was a personal best for Workman and missed the national qualifying mark of 9:12.44 by less than a second.

Several events held preliminary heats Friday and will be concluded Saturday, along with other events without heats that are scheduled for the final day. Events get under way at 10:30 a.m., with concluding ceremonies at 4:00 p.m. For more information, contact the George Fox University athletic department at 503-554-2910.

## **SATURDAY, May 6th**

8:30 - 9:15      Weighing and Certification of implements

### **FIELD EVENTS**

10:30	--	Women's Javelin (south)	Final
	--	Women's High Jump	Final
		(starting @ 1.49; 5 cm increments)	
	--	Men's Pole Vault	Final
		(starting @ 3.88; 15 cm increments)	
	--	Men's Triple Jump	Final
	--	Men's Shot Put	Final
1:00	--	Men's Javelin (south)	Final
	--	Women's Triple Jump	Final
	--	Women's Shot Put	Final

### **TRACK EVENTS**

NOON	Women's 4 x 100m Relay	Final
12:10	Men's 4 x 100m Relay	Final
12:15	Women's 1500m Run	Final
12:25	Men's 1500m Run	Final
12:40	Women's Sprint Hurdles (100m)	Final
12:50	Men's Sprint Hurdles (110m)	Final
1:00	Women's 400m Dash	Final
1:10	Men's 400m Dash	Final
1:20	Women's 100m Dash	Final
1:30	Men's 100m Dash	Final
1:40	Women's 800m Run	Final
1:50	Men's 800m Run	Final
2:05	Women's 400m Hurdles	Final
2:15	Men's 400m Hurdles	Final
2:25	Women's 200m Dash	Final
2:35	Men's 200m Dash	Final
2:50	Women's 5000m Run	Final
3:15	Men's 5000m Run	Final
3:35	Women's 4 x 400m Relay	Final
3:45	Men's 4 x 400m Relay	Final
4:00	Awards Ceremony -- All Scorers Robin Baker, Master of Ceremonies	

## 2000 NORTHWEST CONFERENCE TRACK & FIELD CHAMPIONSHIPS

May 5-6, 2000

Colcord Field (George Fox University), Newberg, Oregon

Day 1 – Results and Standings (point totals include Decathlon & Heptathlon results of April 17-18)

Men's Standings: Willamette University 61, Linfield College 51.5, Pacific Lutheran University 50, George Fox University 40, Lewis & Clark College 31, Whitworth College 21, University of Puget Sound 18.5, Pacific University 0, Whitman College 0.

Women's Standings: Linfield College 52, Whitworth College 50, George Fox University 49, Willamette University 41, Pacific Lutheran University 34, Whitman College 24, University of Puget Sound 12, Lewis & Clark College 11, Pacific University 0.

### Women's Discus

1. Mari Ruiz, Whm, 45.36 (148-10),
2. Marian Stevens, GFU, 39.96 (131-1),
3. Lindsay Holbrook, Lin, 39.28 (128-10),
4. Sarah Reichner, Will, 39.19 (128-7),
5. Crissy Oneal, Whw, 38.30 (125-8),
6. Stacey Roberts, Whw, 37.90 (124-4),
7. Nichole Marich, Whw, 37.10 (121-9),
8. Elysia Hanna, Whw, 35.20 (115-6),
9. Tina Lohse, PLU, 34.52 (113-3),
10. Stacey Neils, PLU, 34.06 (111-90),
11. Heidi Fuhrmann, Pac, 34.00, (111-6),
12. Sarah Cotton, Pac, 33.19(108-11), NM – Paige Lewis, GFU

### Women's Pole Vault

1. Heather Hunt, GFU, 3.67 (12-0.5),
2. Kristin Russell, Whw, 3.38 (11-1),
3. Amy Wells, UPS, 3.28 (10-9),
4. Christie Olsson, L&C, 3.03 (9-11.25),
5. Helena Telfer, GFU, 2.88 (9-5.25),
6. Erica Moen, Whw, 2.73 (8-11.5),
7. Leah Moore, Lin, 2.73 (8-11.5),
8. Fiona Lee, Will, 2.73 (8-11.5),
9. Britta Winterowd, UPS, 2.58 (8-5.5),
10. Marika Middag, Will, 2.58 (8-5.5),
11. Lisa Baumann, Li, 2.43 (7-11.5),
12. Kelly Wright, PLU, 2.43 (7-11.5),
13. Melanie Reinmuth, Pac, 2.43 (7-11.5),
14. Erika Kuchera, UPS, 2.28 (7-5.75),
15. Elizabeth Tiegs, Whw, 2.28 (7-5.75)

### Women's Long Jump

1. Lindsay Bull, Whm, 5.44 (17-10.25),
2. Kelsey Baron, GFU, 5.12 (16-9.5),
3. Jamie Rydbom, Whw, 5.10 (16-8.75),
4. J.J. Hurley, Will, 5.10 (16-8.75),
5. Kirtlye Lohof, L&C, 5.10 (16-8.75),
6. Laura Leineweber, Will, 5.10 (16-8.75),
7. Jocelyn Kennedy, GFU, 5.06 (16-7.25),
8. Lindsay Ogle, Will, 4.94 (16-2.5),
9. Mandy Sitz, Lin, 4.81 (15-9.25),
10. Colleen Forbes, GFU, 4.77 (15-7.75),
11. Katie McArthur, Lin, 4.68 (15-7.75), NM - Abby Jo Hornstein, Whw

### Women's Hammer

1. Lindsay Holbrook, Lin, 48.26 (158-4),
2. Leslie Seelye, PLU, 45.50 (149-3),
3. Elysia Hanna, Whw, 43.94 (144-2),
4. Nichole Marich, Whw, 40.28 (132-2),
5. Stacey Neils, PLU, 40.16 (131-9),
6. Kasey Sorenson, Will, 37.94 (124-6),
7. Tina Lohse, PLU, 36.20 (118-9),
8. Caryn Flint, PLU, 35.54 (116-7),
9. Mindy Bandy, Whw, 33.60 (110-3),
10. Janelle Braun, L&C, 32.44 (106-5), NM – Erin Simon, GFU, Heidi Fuhrmann, Pac

### Women's 3000m Run

1. Maree George, PLU, 10:12.91,
2. Ember Brosius, GFU, 10:23.65,
3. Tori Taylor, GFU, 10:26.07,
4. Annie Scott, Whw, 10:32.64,
5. Jennie Wood, Whm, 10:47.76,
6. Evelyn Williams, Will, 10:57.63,
7. Erin Moore, Will, 11:02.87,
8. Kirsten Norgaard, GFU, 11:04.1,
9. Julie Meyer, UPS, 11:23.43,
10. Jessica Alley, Whw, 11:25.96,
11. Elizabeth Bailey, Whw, 11:33.29,
12. Lotus Hartley, Lin, 11:40.76

### Women's 10,000m Run

1. Holly Weiler, Whw, 39:46.16,
2. Kari Newby, Lin, 40:03.82,
3. Lisa Lindsay, PLU, 40:09.38,
4. Amber Strickler, Will, 40:28.85,
5. Tonya Lutz, Will, 40:47.60,
6. Sarah Gogert, PLU, 41:45.48,
7. Marisa Merritt, GFU, 41:53.80,
8. Lisa Pohlit, Will, 42:56.15,
9. Jasmin Hanson, Will, 43:28.78,
- NM – Kim Ball, Pac



#### Men's Discus

1. Ian Strauss, GFU, 50.48 (165-7), 2. Ryan Dirks, PLU, 49.47 (162-4), 3. Jimmy Watts, Will, 44.70 (146-8), 4. Takashi Atkins, Whw, 43.60 (143-0), 5. Nick Sackman, Lin, 42.29 (138-9), 6. Jay Douglass, Will, 42.16 (138-4), 7. Matt Zosel, Will, 42.02 (137-10), 8. Jon Abbey, Whw, 41.02 (134-7), 9. James Bank, Will, 39.37 (129-2), 10. Pat Halstead, Will, 39.22 (128-8), 11. Jason Caponette, Lin, 37.10 (121-9), Shipley Ennis, PLU, 36.10 (118-5)

#### Men's Hammer

1. Ryan Dirks, PLU, 54.52 (178-10), 2. James Banks, Will, 49.24 (161-6), 3. Dan Reichenbach, L&C, 46.18 (151-6), 4. Takashi Atkins, Whw, 45.74 (150-1), 5. Joel Strunk, GFU, 45.40 (148-11), 6. Eric Kunze, GFU, 43.52 (142-9), 7. Jason Caponette, Lin, 43.00 (141-1), 8. Jon Abbey, Whw, 42.96 (140-11), 9. Pat Halstead, Will, 38.30 (125-8), 10. Ben Dittman, Lin, 34.48 (113-1), 11. Bobby Brown, L&C, 32.54 (106-9), NM – Micah Melton, UPS

#### Men's High Jump

1. Jimmy Watts, Will, 2.05 (6-8.75), 2. Garrett Miller, PLU, 2.00 (6-6.75), 3. Fritz Mesenbrink, Lin, 2.00 (6-6.75), 4. John Ranheim, Whw, 1.95 (6-4.75), 5. Reid Schooler, L&C, 1.90 (6-2.75), 6. Mike Bernatz, Will, 1.85 (6-0.75), 7. Matt Zosel, Will, 1.85 (6-0.75), 8. Jeff Jones, UPS, 1.85 (6-0.75), 9. Joe Sanchez, Lin, 1.85 (6-0.75), NM- Jason Hill, L&C, David Brown, PLU, Marques Johnson, Will

#### Men's Long Jump

1. John Nosler, Lin, 6.89 (22-7.25), 2. Tyler Gassaway, GFU, 6.80 (22-3.75), 3. Jimmy Watts, Will, 6.63 (21-9), 4. Ray Lions, Lin, 6.48 (21-3.25), 5. Shipley Ennis, PLU, 6.47 (21-2.75), 6. David Brown, PLU, 6.29 (20-7.75), 7. Terrence Wong, Will, 6.28 (20-7.25), 8. Zach Davidson, GFU, 6.18 (20-3.5), 9. Jason Hill, L&C, 6.13 (20-1.5), 10. Kei Omo, Whw, 6.10 (20-0.25), 11. Martin Cochran, UPS, 6.07 (19-11), 12. Mike Bernatz, Will, 5.72 (18-9.25)

#### Men's 3000m Steeplechase

1. Brandon Workman, GFU, 9:13.4, 2. Reagan Grabner, UPS, 9:32.0, 3. Mat Hunnicutt, Will, 9:32.8, 4. Ryan Reed, PLU, 9:35.0, 5. Gabe Doeblar, Lin, 9:35.4, 6. Michael Owen, GFU, 9:53.1, 7. Zach Meyers, Will, 10:03.0, 8. Peter Metcalf, Whw, 10:06.1, 9. Forrest Towne, GFU, 10:10.0, 10. Jon Houk, Whw, 10:15.0, 11. Sam Berg, UPS, 10:21.9, 12. Brian Schoeneman, L&C, 10:24.1, 13. Jarrod Larson, UPS, 10:41.0, 14. Todd Goselin, Whw, 10:48.9, 15. Russ Getchell, Pac, 10:55.8

#### Men's 10,000m Run

1. Andrew Ault, L&C, 32:39.13, 2. Andrew Cody, L&C, 32:58.50, 3. Brian Mulry, UPS, 33:11.01, 4. Paul Davis, Lin, 33:15.17, 5. Alan Davies, PLU, 33:46.05, 6. Justin Davis, Whw, 34:05.03, 7. Brett Venn, UPS, 34:40.54, 8. Scott Oswald, GFU, 34:55.75, 9. Lars Tysver, Whm, 35:10.7, 10. Nate Gushwa, Will, 35:18.1, 11. Derek Oldham, L&C, 35:29.6, 12. Ryan Gold, Whm, 35:46.8, 13. Josh Lennox, PLU, 35:49.7, 14. Paul McClaskey, UPS, 36:42.3, 15. Darren Bowe, Pac, 36:54.4, 16. Mike Neuner, UPS, 37:20.4, 17. Karl Hoogesteger, Pac, 37:25.1, NM – John Purdy, Pac

#### Leaders in Preliminaries –to be completed on Day 2

Women's 400m Dash – Jill Wilmovsky, PLU, 58.78

Men's 110m Hurdles – Paul Colby, Will, 15.25

Men's 100m Dash – Joel Robnett, Whw, 11.02

Men's 800m Run – Mike Houston, PLU, 1:56.44

Men's 400m Hurdles – Andrew Rager, Lin, 54.18

Men's 200m Dash – David Plotts, GFU, 22.37

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

**Thursday, May 4, 2000 --- For Immediate Release**

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu  
(O) 503-554-2127 (FAX) 503-554-3830 (H) 503-554-8067

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### **GEORGE FOX TO HOST NWC TRACK & FIELD CHAMPIONSHIPS MAY 5-6**

**NEWBERG, Ore. ---** The “best of the best” in the Northwest Conference will descend upon Newberg and George Fox University’s Colcord Field this Friday and Saturday, May 5-6, for the 2000 NWC Track & Field Championships.

Once again, Pacific Lutheran University is considered the team to beat in both the men’s and women’s divisions. The Lutes have won the last three NWC titles in both, and the PLU women have won 18 of the last 19! Only Linfield College in 1996 interrupted that streak.

PLU is anchored by a pair of men and one woman who have already met NCAA Division III national qualifying marks. Ryan Dirks has qualified in the Hammer (185-6) and Shipley Ennis in the Decathlon (6,774 points), while Maree George will go to the nationals in the 3000m Run (10:08.1) and the 10,000m Run (37:02.02).

Host George Fox hopes to give the Lutes a “run for their money”, led by national qualifier Heather Hunt, whose 12-00 pole vault was best in the nation at the D-III level until recently passed – by the University of Puget Sound’s Amy Wells! The Bruins also expect strong performances from former All-American hurdler Sharon Barnett and another hurdler, Karrie Nelson, both of whom have met national provisional qualifying marks. Ten other Bruins have met provisional marks as well.

Defending conference 100m Hurdles champion and record holder Maile Barrett of Lewis & Clark College returns to defend her title, having already qualified for the nationals this year (14.66). A distance core of Neil Weare, Anthony Young, Andrew Cody, and Andrew Ault provides the best hopes for the Pioneers on the men’s side.

Linfield is led by some new record holders in Kristin Russell in the Pole Vault (11-06.50) and Amber Larsen in the 400m Hurdles (1:01.74), whose time is second-best in D-III this season. The Wildcats’ Aaron Thornton had the best Javelin throw in the conference at one point (195-4) and is a national provisional qualifier.

Javelin thrower Ann Kaltwasser, an NAIA All-American two years ago, is Pacific University’s best bet for a conference crown, with a throw this year of 126-03 that ranks in the top four in the NWC. Kim Ball has set new Pacific records in the 5000m and 10,000m Runs, while Carl Hooegsteger and Russ Gethell give the Boxers a shot in the 10,000m Run.

In addition to Wells’ best-in-the-nation Pole Vault, Puget Sound’s Dave Davis, the defending national cross country champion, has set new Logger records and qualified nationally in both the 5000m Run (14:19.18) and the 10,000m Run (30:27.20).

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## **Northwest Conference Track & Field ... May 4, 2000 ... page 2**

Whitman College's program is rapidly improving, thanks to the efforts of a pair of talented freshmen women in Lindsay Bull and Mari Ruiz. Bull broke the Missionaries' Long Jump record three times this spring and has the best distance in the conference thus far, and also set a school record in the Triple Jump. Ruiz has the best Discus toss in the NWC this season.

Whitworth College will rely on a sprints team that has the best conference times this year in the 100m, 200m, and 400m Runs, as well as the 4x100 and 4x400 Relays. Joel Robnett in the 100m and 200m Runs and Leo Suzuki in the 400m Run have the NWC's best times in those events. All-American Danielle Swift was the NCAA runner-up in the Javelin last year and has leads the conference again.

Willamette University can boast of one not one, but two, defending NCAA champions! Beeth Fitzgerald won the 800m Run in '99 and ranks fourth nationally this year, as well as second in the 1500m Run. The Bearcats' Jimmy Watts is the defending Decathlon national champion, leads the nation again this spring (a career-best 7,160 points), and has also qualified nationally in the High Jump (6-10.75).

All in all, this year's Northwest Conference Track & Field Championships promises to be one of the most hotly-contested meets ever. The competition gets under way Friday at 12:00 noon and Saturday at 10:30 a.m., with the Awards Ceremonies Saturday at 4:00 p.m. For more information, contact George Fox University track and field coach Wes Cook in the GFU Athletic Department at 503-554-2910.

--add NWC Track & Field Schedule--

**NORTHWEST CONFERENCE TRACK & FIELD CHAMPIONSHIPS**  
**Friday-Saturday, May 5-6, 2000 / Colcord Field (George Fox University), Newberg, Oregon**

**FRIDAY, May 5th**

10:00 - 10:45    Weighing and Certification of implements

10:30            Coaches Meeting, Wheeler Center 208

**FIELD EVENTS**

NOON	--	Women's Hammer (south)	Final
	--	Men's Long Jump	Final
	--	Men's Discus (north)	Final
12:45	--	Women's Pole Vault	Final
		(starting @ 2.13; 15 cm increments)	
2:30	--	Men's High Jump	Final
		(starting @ 1.85; 5 cm increments)	
	--	Men's Hammer (south)	Final
	--	Women's Long Jump	Final
	--	Women's Discus (north)	Final

**TRACK EVENTS**

NOON	Men's 3000m Steeplechase	Final
12:20	Women's 3000m Run	Final
12:40	Men's 10,000m Run	Final
1:30	Women's 10,000m Run	Final
2:20	Women's Sprint Hurdles (100m)	Semi
2:35	Men's Sprint Hurdles (110m)	Semi
2:50	Women's 400m Dash	Semi
3:00	Men's 400m Dash	Semi
3:10	Women's 100m Dash	Semi
3:20	Men's 100m Dash	Semi
3:30	Women's 800m Run	Semi
3:45	Men's 800m Run	Semi
4:00	Women's 400m Hurdles	Semi
4:15	Men's 400m Hurdles	Semi
4:30	Women's 200m Dash	Semi
4:40	Men's 200m Dash	Semi
5:00 (if needed)	Women's 1500m Run	Semi
5:20	Men's 1500m Run	

**SATURDAY, May 6th**

8:30 - 9:15      Weighing and Certification of implements

**FIELD EVENTS**

10:30	--	Women's Javelin (south)	Final
	--	Women's High Jump	Final
		(starting @ 1.49; 5 cm increments)	

	--	Men's Pole Vault	Final
		(starting @ 3.88; 15 cm increments)	
	--	Men's Triple Jump	Final
	--	Men's Shot Put Final	
1:00	--	Men's Javelin (south)	Final
	--	Women's Triple Jump	Final
	--	Women's Shot Put	Final

## TRACK EVENTS

NOON	Women's 4 x 100m Relay	Final
12:10	Men's 4 x 100m Relay	Final
12:15	Women's 1500m Run	Final
12:25	Men's 1500m Run	Final
12:40	Women's Sprint Hurdles (100m)	Final
12:50	Men's Sprint Hurdles (110m)	Final
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1:10	Men's 400m Dash	Final
1:20	Women's 100m Dash	Final
1:30	Men's 100m Dash	Final
1:40	Women's 800m Run	Final
1:50	Men's 800m Run	Final
2:05	Women's 400m Hurdles	Final
2:15	Men's 400m Hurdles	Final
2:25	Women's 200m Dash	Final
2:35	Men's 200m Dash	Final
2:50	Women's 5000m Run	Final
3:15	Men's 5000m Run	Final
3:35	Women's 4 x 400m Relay	Final
3:45	Men's 4 x 400m Relay	Final
4:00	Awards Ceremony -- All Scorers Robin Baker, Master of Ceremonies	

Monday, May 1, 2000 --- For Immediate Release  
Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu  
(O) 503-554-2127 (FAX) 503-554-3830 (H) 503-554-8067

## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**George Fox to Host Northwest Conference Championships May 5-6  
Bruins Fine-Tune for NWC Meet in WOU, UO Meets**

### **THIS WEEK:**

**Fri.-Sat., May 5-6 ... NORTHWEST CONFERENCE CHAMPIONSHIPS  
... at Colcord Field, Newberg, Oregon (*schedule of events attached*)**

**Schedule Note:** Due to cancellation of the Northwest Regional Meet that was to have been held at Lewis & Clark College in Portland, Ore., on Saturday, May 13, the George Fox Bruins will instead participate in the Seattle Pacific University Invitational to be held that day at Husky Stadium in Seattle, Wash.

### **LAST WEEK:**

Sat., April 29 ... Western Oregon University Open ... in Monmouth, Ore.  
Sat., April 29 ... University of Oregon Open ... in Eugene, Ore.

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## **George Fox Track & Field ... May 1, 2000 ... page 2**

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### **BRUINS CAPTURE SEVEN EVENTS IN WESTERN OREGON OPEN**

**MONMOUTH, Ore. ---** Tuning up for the upcoming Northwest Conference Championships May 5-6 in Newberg, the George Fox University men's and women's track and field teams captured seven first-place honors in the Western Oregon University Open here Saturday (Apr. 29).

The Bruin women finished first in five events and the men in two. **Jessica Adams (Sr., Lake Oswego, Ore.)** posted a personal-best 59.64 to win the 400m, **Jamie McElwain (Jr., Tigard, Ore.)** took the 800m with a time of 2:18.64, **Ember Brosius (Jr., Winthrop, Maine)** won the 3000m in 10:27.34 (a personal best and 9th-best all-time at GFU), **Megan Heuberger's (Fr., Yamhill, Ore.)** personal-best 1:04.04 won the 400m Intermediate Hurdles, and **Jocelyn Kennedy (Sr., Gresham, Ore.)** took the Triple Jump with a 36-01.00 on her last jump of the day.

**Kevin Whitaker (Fr., Corvallis, Ore.)** was the winner for George Fox in the 400m Intermediate Hurdles (55.74, a regional qualifier), while the 4x400 Relay team of **Zach Davidson (Fr., Albany, Ore.)**, **Tyler Gassaway (Jr., Oregon City, Ore.)**, **Whitaker**, and **Eric Costa (Jr., Beaverton, Ore.)** came in first with a time of 3:21.94.

The Bruins had several other strong finishes with two seconds and five thirds. Second-place Bruins were **Colleen Forbes (So., Jackson, Wyo.)** in the 100m (13.04, a personal best and Northwest Conference qualifier), and the 4x100m Relay team of **Christina Davis (So., Lynwood, Wash.)**, **Heuberger**, **Kelsey Baron (Fr., Nehalem, Ore.)**, and **Adams** (50.55).

Finishing third for the women were **Davis** in the 200m (27.34, a personal best), and **Tori Taylor (So., Portland, Ore.)** in the 3000m (10:29.94, a personal best). For the men, **Davidson** in the 200m (22.64, a personal best and NWC qualifier), **Ryan Austin (So., Eugene, Ore.)** in the 800m (1:56.74, a personal best and regional qualifier), and **Keith Christiansen (Fr., Grass Valley, Ore.)** in the 400m Intermediate Hurdles (56.84, a personal best) all came in third.

-more-

### George Fox Track & Field ... May 1, 2000 ... page 3

**Erin Simon (Fr., Eugene, Ore.)** established a new George Fox record with a Hammer throw of 115-0, placing her in the top 12 in the conference this season. In the Discus, **Marian Stevens (So., Anchorage, Alaska)** improved upon her own second-best all-time record by an inch with a toss of 128-9, while **Paige Lewis (Fr., Newberg, Ore.)** recorded a throw of 124-7, a personal best that is the sixth-best ever at George Fox.

**John Mantalas (Sr., Gladstone, Ore.)** posted a personal season's best in the 800m (1:58.84), qualifying for the conference and the regional.

Other women who set new personal standards included **Kirsten Norgaard (So., Everett, Wash.)** in the 3000m (11:09.04), **Colleen Forbes** in the Triple Jump (34-03, an NWC qualifier), **Stevens** in the Shot (38-06, eighth-best all-time), and **Lewis** in the Shot (34-09.75).

For the men, new personal marks were also recorded by **Conley Bergh (Fr., Milwaukie, Ore.)** in the 100m (11.94) and the 200m (24.44), **Nick Ryland (Fr., Cheyenne, Wyo.)** in the 800m (2:00.74), **Nathan Paisley (So., Salem, Ore.)** in the 800m (2:08.44) and the 1500m (4:27.74), and **John Fletcher (Fr., Indio, Calif.)** in the Discus (103-09).

#### **SMALL BAND OF BRUINS SHOWS WELL AT OREGON INVITATIONAL**

**EUGENE, Ore. ---** A select group of George Fox University track and field athletes participated in the University of Oregon Invitational here at Hayward Field Saturday (Apr. 29) and came away with some fine performances against top-flight independent, major-college and small-college competition.

The Bruins' **Sharon Barnett (Sr., Salem, Ore.)** and **Karrie Nelson (Sr., Medford, Ore.)** posted the top two small-college times in the 100m High Hurdles while finishing second and third overall. Nelson led Barnett for most of the way until the All-American hurdler pulled in front in the last second, Barnett edging her teammate 14.86 to 14.87! The time was a personal best for Nelson and third-best all-time (Barnett has the top two times of 14.76 and 14.86).

For the George Fox men, **David Plotts (Sr., Mill City, Ore.)** placed third in the 100m (11.12, a season's best) and fourth in the 200m (22.22). His time in the 100m was the best by a small-college runner in the UO meet. **Brandon Workman (Sr., Moscow, Idaho)** finished third in the 3000m Steeplechase (9:26.26, a season's best), and was edged out for second in the last few feet of the race. **Ian Strauss (Sr., Medford, Ore.)** posted a career-best Discus throw (163-01), also the best in the event by a small-college athlete.



**NORTHWEST CONFERENCE TRACK & FIELD CHAMPIONSHIPS**  
**Friday-Saturday, May 5-6, 2000 / Colcord Field (George Fox University), Newberg, Oregon**

**FRIDAY, May 5th**

10:00 - 10:45    Weighing and Certification of implements

10:30            Coaches Meeting, Wheeler Center 208

**FIELD EVENTS**

NOON	--	Women's Hammer (south)	Final
	--	Men's Long Jump	Final
	--	Men's Discus (north)	Final
12:45	--	Women's Pole Vault	Final
		(starting @ 2.13; 15 cm increments)	
2:30	--	Men's High Jump	Final
		(starting @ 1.85; 5 cm increments)	
	--	Men's Hammer (south)	Final
	--	Women's Long Jump	Final
	--	Women's Discus (north)	Final

**TRACK EVENTS**

NOON	Men's 3000m Steeplechase	Final
12:20	Women's 3000m Run	Final
12:40	Men's 10,000m Run	Final
1:30	Women's 10,000m Run	Final
2:20	Women's Sprint Hurdles (100m)	Semi
2:35	Men's Sprint Hurdles (110m)	Semi
2:50	Women's 400m Dash	Semi
3:00	Men's 400m Dash	Semi
3:10	Women's 100m Dash	Semi
3:20	Men's 100m Dash	Semi
3:30	Women's 800m Run	Semi
3:45	Men's 800m Run	Semi
4:00	Women's 400m Hurdles	Semi
4:15	Men's 400m Hurdles	Semi
4:30	Women's 200m Dash	Semi
4:40	Men's 200m Dash	Semi
5:00 (if needed)	Women's 1500m Run	Semi
5:20	Men's 1500m Run	

**SATURDAY, May 6th**

8:30 - 9:15      Weighing and Certification of implements

**FIELD EVENTS**

10:30	--	Women's Javelin (south)	Final
	--	Women's High Jump	Final
		(starting @ 1.49; 5 cm increments)	

	--	Men's Pole Vault	Final
		(starting @ 3.88; 15 cm increments)	
	--	Men's Triple Jump	Final
	--	Men's Shot Put	Final
1:00	--	Men's Javelin (south)	Final
	--	Women's Triple Jump	Final
	--	Women's Shot Put	Final

## TRACK EVENTS

NOON	Women's 4 x 100m Relay	Final
12:10	Men's 4 x 100m Relay	Final
12:15	Women's 1500m Run	Final
12:25	Men's 1500m Run	Final
12:40	Women's Sprint Hurdles (100m)	Final
12:50	Men's Sprint Hurdles (110m)	Final
1:00	Women's 400m Dash	Final
1:10	Men's 400m Dash	Final
1:20	Women's 100m Dash	Final
1:30	Men's 100m Dash	Final
1:40	Women's 800m Run	Final
1:50	Men's 800m Run	Final
2:05	Women's 400m Hurdles	Final
2:15	Men's 400m Hurdles	Final
2:25	Women's 200m Dash	Final
2:35	Men's 200m Dash	Final
2:50	Women's 5000m Run	Final
3:15	Men's 5000m Run	Final
3:35	Women's 4 x 400m Relay	Final
3:45	Men's 4 x 400m Relay	Final
4:00	Awards Ceremony -- All Scorers Robin Baker, Master of Ceremonies	

Monday, April 24, 2000 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Taylor Wins Javelin in NWC Decathlon  
Bruins Make Strong Showings in Pioneer Open**

### **THIS WEEK:**

Sat., April 29 ... in Monmouth, Ore. ... Western Oregon Open

**Schedule Note:** Due to cancellation of the Northwest Regional Meet that was to have been held at Lewis & Clark College in Portland, Ore., on Saturday, May 13, the George Fox Bruins will instead participate in the Seattle Pacific University Invitational to be held that day at Husky Stadium in Seattle, Wash.

### **LAST WEEK:**

Mon-Tues., April 17-18 ... in Tacoma, Wash. (at PLU) ... NWC Combined Events Meet  
Sat., April 22 ... in Portland, Ore. ... Lewis & Clark Open

### **BRUINS' TAYLOR WINS JAVELIN IN NWC DECATHLON**

**TACOMA, Wash.** --- Only one George Fox University athlete participated in the Northwest Conference Multi-Events Championships Monday and Tuesday, April 17-18, here at Pacific Lutheran University, but it was worth the trip for the Bruins' **Ty Taylor (Sr., Portland, Ore.)**.

Taylor captured the Javelin competition in the 10-event Decathlon with a toss of 188-05.0, a season's best (his all-time high is 196-01) and good enough to meet the national provisional mark for participating in the NCAA Division III National Championships. It was the second-best effort ever by a Bruin senior.

Taylor also posted a personal record of 13.0 in the 100m Dash, and season's best marks in the Long Jump (16-05.25), Shot Put (38-09.00), High Jump (5-03.75), 400m Dash (58.49), 110 High Hurdles (20.41), and 1500m Run (5:15.23).

In the other two events, Taylor threw the Discus 117-01.0 and reached 9-02.25 in the Pole Vault, totaling a career-best 4,731 points to finish 10th. The NWC Decathlon was won by defending NCAA D-III national champion Jimmy Watts of Willamette University, who scored 7,102 points.

### **BRUINS MAKE STRONG SHOWINGS IN PIONEER OPEN**

**PORTLAND, Ore.** --- With the 2000 track and field season winding toward a conclusion, George Fox University coach Wes Cook was pleased to see his Bruins performing well in the Lewis & Clark Pioneer Open here at Eldon Fix Track Saturday (Apr. 22).

The Bruins recorded four first-place finishes -- three for the women, one for the men -- a few near-misses, and several new personal or season's bests.

Winners for the Bruins included **Kelsey Baron (Fr., Nehalem, Ore.)** in the Triple Jump (36-00.25, her season's best, 4th-best all-time and 3rd-best ever by a freshman), **Sharon Barnett (Sr., Salem, Ore.)** in the 110 Hurdles (15.06), the 4x100 Women's Relay team of

-more-

**Colleen Forbes** (So., Jackson, Wyo.), **Megan Heuberger** (Fr., Yamhill, Ore.), **Baron**, and **Barnett** (49.61, a personal best for that group, 10th-best by year and 14th-best all-time), and in the men's events, the 4x400 Relay team of **Zach Davidson** (Fr., Albany, Ore.), **Tyler Gassaway** (Jr., Oregon City, Ore.), **Kevin Whitaker** (Fr., Corvallis, Ore.), and **Eric Costa** (Jr., Beaverton, Ore.) (3:22.54).

Seconds were recorded for the women by **Amy Forbes** (Jr., Jackson, Wyo.) in the High Jump (5-03), **Heather Hunt** (Jr., Turner, Ore.) in the Pole Vault (11-04.25), **Jocelyn Kennedy** (Sr., Gresham, Ore.) in the Triple Jump (35-08.75), **Marian Stevens** (So., Anchorage, Alaska) in the Discus (128-08, her season's best and 2nd-best ever by a sophomore), **Barnett** in the 200 (26.98), **Christina Davis** (So., Lynnwood, Wash.) in the 400 (62.51), **Jamie McElwain** (Jr., Tigard, Ore.) in the 800 (2:16.00, a personal record and 3rd-best ever), and **Heuberger** in the 400 Hurdles (64.02, a personal best which met the NCAA provisional qualifying mark, 3rd-best all-time and a freshman class record).

Seconds for the men included **Gassaway** in the 400 (50.15), and **Davidson** in the 400 Hurdles (54.80, a personal record, 8th-best all-time and 3rd-best for a freshman).

Among other personal bests, **Helena Telfer** (Fr., Grand Ronde, Ore.) cleared 9-06.5 in the Pole Vault, meeting the NCAA provisional qualifying mark; **Ember Brosius** (Jr., Winthrop, Maine) ran a 2:20.11 in the 800, 9th-best all-time, and met the Regional qualifying mark; **Mimi Van Hooser** (Fr., Oxbow, Ore.) ran a 2:26.22 in the 800 and could make the conference meet with that; and **Tori Taylor** (So., Portland, Ore.) ran an 18:28.05 in the 5000 (10th-best all-time).

Other personal bests for the men were posted by **Scott Greene** (Fr., Beaverton, Ore.) in the Triple Jump (40-11); **John Fletcher** (Fr., Indio, Calif.) in the Discus (100-00); **Nathan Paisley** (So., Salem, Ore.) in the 1500 (4:28.36); **Michael Owen** (Fr., Anchorage, Alaska) (14:40.74, meeting the NWC qualifying mark), **Forrest Towne** (So., Springfield, Ore.) (16:24.34) and **Scott Oswald** (Sr., Portland, Ore.) (16:29.14) all in the 5000; **Caleb Harris** (Sr., Boise, Idaho) in the 110 High Hurdles (16.52); and **Keith Christiansen** (Fr., Grass Valley, Ore.) in the 400 Hurdles (58.47).

Recording season's bests were **Heidi Smith** (So., Lakeside, Ore.) in the Triple Jump (34-06.25) and **Marisa Merritt** (Jr., Portland, Ore.) in the 5000 (19:54.25) for the women. For the men, other new season's best were posted by **Joel Strunk** (Sr., Salem, Ore.) in the Discus, **Conley Bergh** (Fr., Milwaukie, Ore.) (11:97) and **David Lovejoy** (Sr., Portland, Ore.) (12.13) in the 100; **Lovejoy** (24.30) and **Bergh** (24.60) in the 200; **Costa** (50.61) and **Nick Ryland** (Fr., Cheyenne, Wyo.) (2:03.36) in the 400, and **John Mantalas** (Sr., Gladstone, Ore.) (1:57.65) in the 800.

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"We had several excellent efforts on Saturday," Coach Cook commented. "**Stevens'** throw in the Discus came on her last throw of the competition near 8 p.m.; a significant downpour had made for less than ideal conditions for the discus and it ran nearly three hours beyond the conclusion of the rest of the meet!

"**Van Hooser** had a significant personal best in the 800 that bettered her all-state performance last season and may get her into the conference meet, and she did it with little preparation because of chronic shin splints which have kept her off the roads and track and on a bicycle for much of her activity.

"We had super 400 Hurdle efforts from **Davidson** and **Heuberger**, and a super 5K for **Taylor**. Three guys (**Owen**, **Towne**, and **Oswald**) ran huge PR's in the 5K, and **Costa** and **Gassaway** had solid 400 efforts on a day when the wind obviously affected many times.

"And **Mantalas** got spiked on the first lap of the 1500 and didn't finish very well, but came back for a seasonal, personal, and team best in the 800."

Looking ahead to the Northwest Conference Meet which the Bruins will host on May 5-6, Cook rested several people who have minor injuries or other obligations.

"**Jessica Adams** (Sr., Lake Oswego, Ore.) and **Karrie Nelson** (Sr., Medford, Ore.) didn't compete because of a 'birdwatching trip', **Ryan Austin** (So., Eugene, Ore.) and **Lori Miller** (Jr., Canby, Ore.) have the 'owies', **Brandon Workman** (Sr., Moscow, Idaho) took the weekend off, and **Ian Strauss** (Sr., Medford, Ore.) didn't throw because of a bothersome shoulder, but all should be ready by the time the conference competition rolls around."

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Saturday, April 22, 2000 --- For Immediate Release*

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### **STEVENS RUNNER-UP IN DISCUS FOR BRUINS IN PIONEER OPEN**

**PORTLAND, Ore. ----** Posting the best mark for any four-year college athlete and second-best in the meet, Marian Stevens of George Fox University threw the Discus 128-08.0 in the Lewis & Clark Pioneer Open track and field meet here Saturday (Apr. 22).

Stevens' distance was just over a foot short of the 129-11.0 by Kristi Lund of Clark College, the junior college across the river in Vancouver, Wash. The throw met the qualifying mark for the Northwest Regionals and was a season's best for her, though not a personal record.

Also competing in the Discus for the Bruins were Paige Lewis (108-11.0), who finished sixth, and Pamela Longman (89-07.0), who ended up in 16th.

The Bruins' next competition will be Saturday, April 29, at the Western Oregon University Open in Monmouth, Ore. The team had originally been scheduled to compete in the Linfield Open that day, but plans for the meet fell through.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Wednesday, April 19, 2000 --- For Immediate Release*

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### **BRUINS' TAYLOR WINS JAVELIN IN NWC DECATHLON**

**TACOMA, Wash.** --- Only one George Fox University athlete participated in the Northwest Conference Multi-Events Championships Monday and Tuesday, April 17-18, here at Pacific Lutheran University, but it was worth the trip for the Bruins' Ty Taylor.

Taylor, a senior from Portland, Ore., and Wilson High School, captured the Javelin competition in the 10-event Decathlon with a toss of 188-05.0, a season's best (his all-time high is 196-01) and good enough to meet the national provisional mark for participating in the NCAA Division III National Championships. It was the second-best effort ever by a Bruin senior.

Taylor also posted a personal record of 13.0 in the 100m Dash, and season's best marks in the Long Jump (16-05.25), Shot Put (38-09.00), High Jump (5-03.75), 400m Dash (58.49), 110 High Hurdles (20.41), and 1500m Run (5:15.23).

In the other two events, Taylor threw the Discus 117-01.0 and reached 9-02.25 in the Pole Vault, totaling a career-best 4,731 points to finish 10th. The NWC Decathlon was won by defending NCAA D-III national champion Jimmy Watts of Willamette University, who scored 7,102 points.

Monday, April 17, 2000 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**New Records Set, Qualifying Marks Met at GFU Distance Carnival  
Bruins Register 22 Top-Three Finishes at Linfield All-Comers Meet**

### **THIS WEEK:**

***Mon-Tues., April 17-18 ... in Tacoma, Wash. (at PLU) ... NWC Combined Events Meet  
Sat., April 22 ... in Portland, Ore. ... Lewis & Clark Open***

### **LAST WEEK:**

***Apr. 14 – GFU Distance Carnival, Colcord Field, Newberg, Ore.  
Apr. 15 - Linfield College All-Comers Meet, McMinnville, Ore.***

### **GFU DISTANCE CARNIVAL SEES NEW RECORDS, QUALIFYING MARKS MET**

**NEWBERG, Ore.** --- New meet records were established in both the Men's 5000m Run and the Women's 10,000m Run, and Western Oregon University qualified for the NAIA National Championships in the 4x800 Men's Relays – by one-tenth of a second! – in the Fifth Annual George Fox University Distance Carnival Friday evening (Apr. 14) here at GFU's Colcord Field.

Jeremy Park, running unattached, ran a 14:39.7 in the Men's 5000m to beat the previous best, a 15:00.5 by Erik Kiauka in 1999, by over 20 seconds. Two others also topped the old record, George Fox's **Brandon Workman (Sr., Moscow, Idaho)** running 14:46.0 and Ahrlin Bauman, unattached, with a 14:56.6. **Workman's** time met the provisional qualifying mark for the NCAA Division III National Championships, and placed him 4th all-time and 3rd-best for seniors for the Bruins.

In the Women's 10,000m, Willamette University's Tonya Lutz bettered the old record by more than a minute, running a 38:50.1 to beat the 39:51.2 of Cascade College's Lisseth Lorelli Qualls in 1998. Lutz' teammate, Amber Strickler, also topped the old record with a time of 39:30.9.

Western Oregon's team of Stuart Chaffee, Aaron Long, Justin Nakamura and Josh Piper, hoping to qualify for the NAIA Nationals by bettering a time of 7:48.0 in the 4x800, got in under the wire with a 7:47.9.

In the Women's 5000m Run, George Fox's **Ember Brosius (Jr., Winthrop, Maine)** also met an NCAA qualifying mark with a time of 18:04.4 to win the race, and her run placed her 8th on the all-time list.

Other winners included Tom Johnson, unattached, in the 3000m Men's Steeplechase with time of 9:52.1; Rebecca Moore of the Oregon State University Track Club in the 3000m Women's Run with a 10:22.4; and Tom Moritz, unattached, in the Men's 10,000m Run with a 32:33.1.

For GFU, personal bests were recorded in the 5000m by **Brosius, Workman, Michael Owen (Fr., Anchorage, Alaska)** (16:20.5) and **Nathan Paisley (So., Salem, Ore.)** (17:22.6), in the 3000m by **Tori Taylor (So., Portland, Ore.)** (10:34.6) and in the 10,000m by **Marisa Merritt (Jr., Portland, Ore.)** (42:44.6), running her first distance race since a stress fracture ended her cross country season in early October.

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**BRUINS WIN, PLACE, OR SHOW 22 TIMES AT LINFIELD ALL-COMERS MEET**

**McMINNVILLE, Ore.** --- With the Northwest Conference Championships just three weeks away in Newberg, Ore., the team that will host it, George Fox University, tuned up with 22 top-three finishes, 11 each for the men and women, here Saturday (Apr. 15) at the Linfield College All-Comers Meet.

In the men's events, **Brandon Workman** in the 3000m (9:02.85), **Ian Strauss (Sr., Medford, Ore.)** in the Discus (151-10.0), and the 4 x 400 Relay team (3:22.27) all registered firsts for the Bruins. Second-place finishes for George Fox went to **John Mantalas (Sr., Gladstone, Ore.)** in the 3000m (9:10.73) and **Zach Davidson (Fr., Albany, Ore.)** in the 400m Hurdles (55.13) and the Long Jump (20-09.75), while third place was achieved by **David Plotts (Sr., Mill City, Ore.)** in the 400m (49.58), **Scott Oswald (Sr., Portland, Ore.)** in the 3000m (9:39.49), **Davidson** in the 110m Hurdles (16.30), **Strauss** in the Shot Put (45-10.5), and **Jonathan Roberts (Sr., Portland, Ore.)** in the Javelin (171-06.0). **Davidson's** run in the 400m Hurdles edged NWC event leader Andrew Rager of Linfield, put him in the top 10 all-time at GFU, and was the 3rd-best effort by a freshman.

The George Fox women recorded four firsts, including **Tori Taylor** in the 3000m Steeplechase (11:39.25), **Amy Forbes (Jr., Jackson, Wyo.)** in the High Jump (5-02.5), **Jocelyn Kennedy (Sr., Gresham, Ore.)** in the Triple Jump (36-01.25), and the 4 x 400 Relay team (4:04.27). Seconds were posted by **Jessica Adams (Sr., Lake Oswego, Ore.)** in the 400m (59.57), **Karrie Nelson (Sr., Medford, Ore.)** in the 100m Hurdles (16.22), **Angela Powell (Sr., Roseburg, Ore.)** in the High Jump (5-00.5,) and the 4 x 100 Relay team (50.94), while finishing third were **Sharon Barnett (Sr., Salem, Ore.)** in the 100m (13.44), **Nelson** in the 400m Hurdles (1:05.06), and **Kelsey Baron Fr., Nehalem, Ore.)** in the Triple Jump (35-08.5). **Adams'** sub-60 second time in the 400m put her in the top 10 in that event.

The meet was unscored for college team purposes, as this was an "open" event and people from several area track clubs or competing as independents were also present. GFU alum and two-time national champion **Becci Harper** won the Women's Javelin with a throw of 148-00.0 on her last try, while GFU alum and volunteer coach **David Parker** won two men's events, the 110m Hurdles (15.67) and the 400m Hurdles (54.39).



# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Saturday, April 15, 2000 --- For Immediate Release*

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### **BRUINS WIN, PLACE, OR SHOW 22 TIMES AT LINFIELD ALL-COMERS MEET**

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The George Fox women recorded four firsts, including Tori Taylor in the 3000m Steeplechase (11:39.25), Amy Forbes in the High Jump (5-02.5), Jocelyn Kennedy in the Triple Jump (36-01.25), and the 4 x 400 Relay team (4:04.27). Seconds were posted by Jessica Adams in the 400m (59.57), Karrie Nelson in the 100m Hurdles (16.22), Angela Powell in the High Jump (5-00.5,) and the 4 x 100 Relay team (50.94), while finishing third were Sharon Barnett in the 100m (13.44), Nelson in the 400m Hurdles (1:05.06), and Kelsey Barron in the Triple Jump (35-08.5).

The meet was unscored for college team purposes, as this was an "open" event and people from several area track clubs or competing as independents were also present.

The Bruins now turn their attention to the Northwest Conference Combined Events Meet Monday and Tuesday, Apr. 17-18, at Pacific Lutheran University in Tacoma, Wash.

# GEORGE FOX UNIVERSITY

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Friday, April 14, 2000 — For Immediate Release*

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### **GFU DISTANCE CARNIVAL SEES NEW RECORDS, QUALIFYING MARKS MET**

**NEWBERG, Ore.** --- New meet records were established in both the Men's 5000m Run and the Women's 10,000m Run, and Western Oregon University qualified for the NAIA National Championships in the 4x800 Men's Relays – by one-tenth of a second! – in the Fifth Annual George Fox University Distance Carnival Friday evening here at GFU's Colcord Field.

Jeremy Park, running unattached, ran a 14:39.7 in the Men's 5000m to beat the previous best, a 15:00.5 by Erik Kiauka in 1999, by over 20 seconds. Two others also topped the old record, George Fox's Brandon Workman running 14:46.0 and Ahrlin Bauman, unattached, with a 14:56.6. Workman's time met the provisional qualifying mark for the NCAA Division III National Championships.

In the Women's 10,000m, Willamette University's Tonya Lutz bettered the old record by more than a minute, running a 38:50.1 to beat the 39:51.2 of Cascade College's Lisseth Lorelli Qualls in 1998. Lutz' teammate, Amber Strickler, also topped the old record with a time of 39:30.9.

Western Oregon's team of Stuart Chaffee, Aaron Long, Justin Nakamura and Josh Piper, hoping to qualify for the NAIA Nationals by bettering a time of 7:48.0 in the 4x800, got in under the wire with a 7:47.9.

In the Women's 5000m Run, George Fox's Ember Brosius also met an NCAA qualifying mark with a time of 18:04.4 to win the race.

Other winners included Tom Johnson, unattached, in the 3000m Men's Steeplechase with time of 9:52.1; Rebecca Moore of the Oregon State University Track Club in the 3000m Women's Run with a 10:22.4; and Tom Moritz, unattached, in the Men's 10,000m Run with a 32:33.1.

For the host Bruins, personal bests were recorded in the 5000m by Brosius, Workman and Nathan Paisley (17:22.6), and in the 3000m by Tori Taylor (10:34.6).

**GEORGE FOX UNIVERSITY DISTANCE CARNIVAL**  
**Friday, April 14, 2000 – Colcord Field, Newberg, Oregon**

(All races hand-timed)

4 x 800 Relay (Men's)

- |  |        |
|--|--------|
| 1. Western Oregon  | 7:47.9 |
| (Stuart Chaffee, Aaron Long,<br>Justin Nakamura, Josh Piper) |        |

3000m Steeplechase (Men's)

- |                  |                |         |
|------------------|----------------|---------|
| 1. Tom Johnson   | unattached     | 9:52.1  |
| 2. Brett Franz   | Western Oregon | 10:07.1 |
| 3. Forrest Towne | George Fox     | 10:17.2 |

3000m Run (Women's)

- |                  |            |         |
|------------------|------------|---------|
| 1. Rebecca Moore | OSU TC     | 10:22.4 |
| 2. Tori Taylor   | George Fox | 10:34.6 |
| 3. Erin Gray     | unattached | 10:52.8 |

5000m Run (Men's)

- |                     |            |         |
|---------------------|------------|---------|
| 1. Jeremy Park      | unattached | 14:39.7 |
| 2. Brandon Workman  | George Fox | 14:46.0 |
| 3. Ahrlin Bauman    | unattached | 14:56.6 |
| 4. Greg Mitchell    | unattached | 15:01.2 |
| 5. Colden Baxter    | OSU TC     | 15:10.3 |
| 6. Jed Chappel      | unattached | 15:17.3 |
| 7. Oscar Bauman     | unattached | 15:41.3 |
| 8. Kirk Fisher      | OSU TC     | 15:45.1 |
| 9. Noah McGowan     | unattached | 15:48.8 |
| 10. Jason Pyatt     | unattached | 16:02.2 |
| 11. Andy Wedam      | Portland   | 16:13.3 |
| 12. John Foland     | unattached | 16:14.7 |
| 13. John Moore      | OSU TC     | 16:17.4 |
| 14. Jim Sweeney     | unattached | 16:18.9 |
| 15. Michael Owen    | George Fox | 16:20.3 |
| 16. Perry Scandon   | OSU TC     | 16:58.3 |
| 17. Nathan Paisley  | George Fox | 17:22.6 |
| 18. Shaun Radabaugh | Cascade    | 17:52.3 |

5000m Run (Women's)

- |                  |                |         |
|------------------|----------------|---------|
| 1. Ember Brosius | George Fox     | 18:04.4 |
| 2. Wendy Bruneau | Apex           | 18:19.3 |
| 3. Ellie Enos    | Western Oregon | 19:06.2 |

10,000m Run (Men's)

- |                     |            |         |
|---------------------|------------|---------|
| 1. Tom Moritz       | unattached | 32:33.1 |
| 2. Nathan Gushwa    | Willamette | 32:54.3 |
| 3. Russell Grechell | Pacific    | 36:27.3 |
| 4. Richard Biy      | unattached | 36:45.0 |
| 5. John Purdy       | Pacific    | 36:48.0 |
| 6. Darren Bowe      | Pacific    | 37:12.5 |
| 7. Gideon Kippotich | Cascade    | dnf     |

10,000m Run (Women's)

- |                    |                |         |
|--------------------|----------------|---------|
| 1. Tonya Lutz      | Willamette     | 38:50.1 |
| 2. Amber Strickler | Willamette     | 39:30.9 |
| 3. Susan Reese     | Western Oregon | 40:49.5 |
| 4. Kari Newbey     | Linfield       | 41:03.8 |
| 5. Lisa Pohlit     | Willamette     | 42:08.1 |
| 6. Marisa Merrit   | George Fox     | 42:44.6 |
| 7. Jasmin Hanson   | Willamette     | 43:09.6 |
| 8. Jami Mickelson  | Willamette     | 43:25.7 |

# GFU DISTANCE CARNIVAL

## RECORDS

### WOMEN

3000m	9:29.6	Annette Peters, Nike	1996
5000m	17:51.4	Heather Wallace, Seattle Pacific	1998
10,000m	39:51.2	Liseth Lorelli Qualls, Cascade College	1998

### MEN

3000m Steeplechase	9:16.8	Holger Ross, University of Portland	1996
5000m	15:00.5	Erik Kiauka, Una.	1999
10,000m	32:00.8	Jason Young, Una.	1999

## PAST WINNERS

### WOMEN

3000m	1996	Annette Peters, Nike	9:29.6
	1997	Jen Coles, Pacific University	10:33.1
	1998	Beatrice Jephchirchir, Cascade College	10:48.5
	1999	Kim Steele, Portland State U.	10:32.2
5000m	1996	Carrie Morales, Willamette University	18:03.5
	1997	Angela Linder, George Fox	19:05.1
	1998	Heather Wallace, Seattle Pacific	17:51.4
	1999	Wendy Bruneau, OSU TC	17:51.8
10,000m	1996	Suri Hafdahl, Linfield	41:01.3
	1997	Renske Wierstra, Pacific University	43:21.5
	1998	Liseth Lorelli Qualls, Cascade College	39:51.2
	1999	Liseth Lorelli Qualls, Cascade College	41:40.4

### MEN

3,000M Steeplechase	1996	Holger Ross, University of Portland	9:16.4
	1997	Bryan Thompson, George Fox	9:56.2
	1998	Kent Potter, Cascade College	10:06.6
	1999	Andy Spencer, North Idaho CC	9:43.5
5000m	1996	Matt Dressel, Linfield	15:00.9
	1997	Mike Miller, Linfield	15:08.2
	1998	Kirk Fisher, Oregon State TC	15:10.5
	1999	Erik Kiauka, Una.	15:00.5
10,000m	1996	Ken McFadden, Unattached	32:38.2
	1997	Ryan Burck, Linfield	32:53.1
	1998	Nathan Gushwa, Willamette University	35:44.9
	1999	Jason Young, Una.	32:00.8

Monday, April 10, 2000 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruin Men and Women Claim Wins at NWC 5-Way Meet**  
**Miller Meets National Provisional Qualifying Mark in Javelin**  
**Plotts NWC "Male Athlete of the Week", Miller Female HM**

### **THIS WEEK:**

***Friday, April 14, ... in Newberg, Ore. ... GFU Distance Carnival.***

The annual all-distance meet is an open event and will feature the 3000m Steeplechase, 3000m Runs, 5000m Runs, and 10,000m Runs. Athletes from Linfield, Willamette, and Pacific are expected to attend.

***Saturday, April 15 ... in McMinnville, Ore. ... Linfield All-Comers Meet***

George Fox, Linfield, and Pacific will field teams at the open meet which will feature all track and field events.

### **LAST WEEK:**

***Apr. 8 - Northwest Conference Five-Way Meet, Colcord Field, Newberg, Ore.***

**WOMEN:** George Fox University 125, Willamette University 67, University of Puget Sound 43, Pacific University 33, Lewis & Clark College 18

**MEN:** George Fox University 107, Willamette University 100, University of Puget Sound 55, Lewis & Clark College 30, Pacific University 0

### **BRUINS CAPTURE BOTH DIVISIONS IN NWC 5-WAY**

**NEWBERG, Ore.** --- George Fox captured 13 individual events and all four team relays, winning both the men's and women's division in the Northwest Conference Five-Way Meet here at Colcord Field on Saturday (April 8).

Thrower **Lori Miller (Jr., Canby, Ore.)** led the way by winning the javelin with a distance of 131-03.0, tying for second-best in the nation in the NCAA Division III this year. The mark was a new personal best for Miller and is the best distance by a Bruin since 1996. Miller's toss was also good enough to meet the national provisional qualifying standard.

In one of the most anticipated matchups of the day, the athletes who had posted No. 1 and No. 2 Pole Vaults in the country this season, George Fox's **Heather Hunt (Jr., Turner, Ore.)** and Puget Sound's Amy Wells, faced each other for the first time this season, with Wells coming out ahead this time, 12-00-0 to 11-06.25. Wells' vault reset the Colcord Field Record and tied her with Hunt for the best mark in the nation this spring.

George Fox's sprint squad dominated the field, taking the top two spots in the 100, 200, and 400 meter dash races. Captain **Sharon Barnett (Sr., Salem, Ore.)** topped the 200 field in 26.97, and finished runner-up to teammate **Colleen Forbes (So., Jackson, Wyo.)** in the 100. Forbes clipped Barnett, with the former finishing in 13.44 to Barnett's 13.49. Senior **Jessica Adams (Sr., Lake Oswego, Ore.)** took the 400 in 1:01.72, just ahead of **Christina Davis's (So., Lynwood, Wash.)** 1:02.36. Davis was a duel runner-up, also taking second in the 200 (27.56).

**Kelsey Baron (Fr., Nehalem, Ore.)** won the long jump (16-6.75), and, in an all-GFU field, she had a hop-step-and-jump of 35-6 to take the triple jump as well.

-more-

## George Fox Track & Field...Page 2...April 10, 2000

Other Bruin firsts included **Karrie Nelson (Sr., Medford, Ore.)** in the 400m Hurdles (1:05.45), and **Tori Taylor (So., Portland, Ore.)**, who finished first in the 3000 by 26 seconds (10:50.10).

The 4x100 relay team of **Davis, Megan Heuberger (Fr., Yamhill, Ore.), Baron and Barnett** took first with a time of 50.66, and the 4x400 team of **Adams, Nelson, Jamie McElwain (Jr., Tigard, Ore.) and Heuberger** did the same, finishing in 4:10.01.

In the men's division, George Fox needed five individual first-place finishers and strong performances by its runners to squeeze past Willamette for the team title.

**Ian Strauss (Sr., Medford, Ore.)**, the conference's top discus thrower, won the signature event with a toss of 160-9 for the Bruin's only first-place winner in the field events.

On the track, George Fox saw sprinter **David Plotts (Sr., Mill City, Ore.)** speed to wins in the 100 (11.34) and 200 meter dash (22.63), with teammate **Tyler Gassaway (Jr., Oregon City, Ore.)** close behind (11.40 in the 100, 22.89 in the 200).

**John Mantalas (Sr., Gladstone, Ore.)** won the 800 in 2:00.25, and freshman **Zach Davidson (Fr., Albany, Ore.)** chopped almost a second off his personal best to win the 400 hurdles in 55.42.

The 4x100 relay team of **Steve Martin (Jr., Clackamas, Ore.), Davidson, Gassaway and Plotts** finished in 43.28, seven-tenths of a second ahead of second-place Willamette, and the 4x400 team of **Keith Christiansen (Fr., Grass Valley, Ore.), Davidson, Kevin Whitaker (Fr., Corvallis, Ore.) and Eric Costa (Jr., Beaverton, Ore.)** cruised to a 3:26.21 first-place finish.

### **PLOTTS WINS NWC "MALE ATHLETE OF THE WEEK"; MILLER HM FOR WOMEN**

George Fox University sprinter **David Plotts (Sr., Mill City, Ore.)**, now a McMinnville resident, has been named Northwest Conference "Male Athlete of the Week" for his efforts in the Northwest Conference 5-Way Meet Saturday, April 8, in Newberg. Plotts won the 100m Dash with a time of 11.34 and the 200m Dash with a time of 22.63, then ran a leg on the 4x100 Relay team that posted a winning time of 43.28. Plotts thus participated in three of the seven first-place finishes for the Bruins as they won the meet with 107 points to runner-up Willamette's 100.

**Lori Miller (Jr., Canby, Ore.)** received Honorable Mention for NWC "Female Athlete of the Week", beaten out by Melody Sherman of Linfield, who won a pair of sprints in the NWC 4-Way Meet at Whitworth College. Miller won the Javelin Saturday with a throw of 131-03.0, tying for the second-best mark in the nation this season in NCAA Division III. Her toss met the provisional national qualifying mark, and was one of 10 firsts captured by the Bruins as they won the women's division of the Newberg meet with 125 points to 67 for runner-up Willamette.

### **GEORGE FOX RESULTS IN THE NWC 5-WAY MEET:**

#### **Men**

##### **100 Meter Dash**

1)	David Plotts	11.34
2)	Tyler Gassaway	11.40
5)	Steve Martin	11.77
10)	David Lovejoy	12.26

##### **200 Meter Dash**

1)	David Plotts	22.63
2)	Tyler Gassaway	22.89
6)	Steve Martin	23.80
10)	Conley Bergh	24.57
12)	Beau Jacoby	25.93

##### **Pole Vault**

3)	Aaron Routon	13-2.25
7)	Ty Taylor	11-2.5

##### **High Jump**

8)	Scott Greene	5-10.5
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##### **Long Jump**

2)	Tyler Gassaway	21-9
9)	David Lovejoy	18-1.25
10)	Ty Taylor	15-9.75

-more-

## George Fox Track & Field...Page 3...April 10, 2000

### 400 Meter Dash

2)	Eric Costa	51.20
3)	Kevin Whitaker	51.22
9)	Beau Jacoby	1:01.37

### 800 Meter Run

1)	John Mantalas	2:00.25
2)	Ryan Austin	2:00.41
5)	Nicholas Ryland	2:00.92
12)	Nathan Paisley	2:10.37
13)	Kenan Butler	2:13.81

### 1,500 Meter Run

2)	Brandon Workman	4:01.10
3)	John Mantalas	4:02.95
4)	Ryan Austin	4:06.25
17)	Nathan Paisley	4:28.18

### 3,000 Meter Run

2)	Michael Owen	9:50.97
----	--------------	---------

### 5,000 Meter Run

5)	Forrest Towne	16:52.4
6)	Scott Oswald	16:57.3

### 110 Hurdles

2)	Zach Davidson	16.47
6)	Caleb Harris	17.65

### 400 Hurdles

1)	Zach Davidson	55.42
4)	Caleb Harris	59.15
5)	Keith Christiansen	59.44
6)	Kevin Whitaker	1:00.00

### 4x100 Relay

1)	George Fox "A" Plotts, Martin, Gassaway, Davidson	43.28
4)	George Fox "B"	46.00

### 4x400 Relay

1)	George Fox "A" Davidson, Costa, Christiansen, Whitaker	3:26.21
4)	George Fox "B"	3:34.93

### Triple Jump

3)	Scott Greene	39-11.25
5)	Keith Christiansen	38-0.75

### Shot Put

2)	Ian Strauss	45-4.5
8)	Ty Taylor	35-2
9)	John Fletcher	32-9.75

### Discus

1)	Ian Strauss	160-9
9)	John Fletcher	91-4

### Hammer

3)	Eric Kunze	137-7
7)	John Fletcher	88-9

### Javelin

3)	Jon Roberts	178-6
4)	Ty Taylor	175-10
6)	Eric Kunze	

### Pole Vault

2)	Heather Hunt	11-6.25
4)	Helena Telfer	8-6.75

### High Jump

2)	Amy Forbes	5-2.5
3)	Angie Powell	5-2.5

### Long Jump

1)	Kelsey Baron	16-6.75
3)	Jocelyn Kennedy	16-1.25
8)	Heidi Smith	15-1.5
11)	Colleen Forbes	14-6.25

### Triple Jump

1)	Kelsey Baron	35-6
2)	Colleen Forbes	33-6
3)	Angie Powell	32-5.5

### Shot Put

4)	Marian Stevens	35-2.5
6)	Erin Simon	33-9.25
7)	Paige Lewis	33-6.75
12)	Pam Longman	31-8.5
13)	Jessica Nies	29-3.25

-more-

**George Fox Track & Field...Page 4...April 10, 2000**

**Women**

**100 Meter Dash**

- |    |                |       |
|----|----------------|-------|
| 1) | Colleen Forbes | 13.44 |
| 2) | Sharon Barnett | 13.49 |
| 5) | Heather Hunt   | 14.16 |

**200 Meter Dash**

- |     |                 |       |
|-----|-----------------|-------|
| 1)  | Sharon Barnett  | 26.97 |
| 2)  | Christina Davis | 27.56 |
| 4)  | Heather Hunt    | 28.53 |
| 6)  | Jessica Adams   | 28.65 |
| 10) | Sarah Powell    | 29.61 |

**400 Meter Dash**

- |    |                 |         |
|----|-----------------|---------|
| 1) | Jessica Adams   | 1:01.72 |
| 2) | Christina Davis | 1:02.36 |

**800 Meter Run**

- |    |                  |         |
|----|------------------|---------|
| 2) | Jamie McElwain   | 2:19.22 |
| 6) | Kirsten Norgaard | 2:40.82 |

**1,500 Meter Run**

- |    |                  |         |
|----|------------------|---------|
| 2) | Jamie McElwain   | 4:52.38 |
| 5) | Tori Taylor      | 4:58.07 |
| 8) | Kirsten Norgaard | 5:14.72 |

**3,000 Meter Run**

- |    |             |          |
|----|-------------|----------|
| 1) | Tori Taylor | 10:50.10 |
|----|-------------|----------|

**Discuss**

- |     |                |       |
|-----|----------------|-------|
| 7)  | Marian Stevens | 106-4 |
| 13) | Pam Longman    | 91-5  |
| 15) | Erin Simon     | 73-0  |

**Hammer**

- |    |            |      |
|----|------------|------|
| 4) | Erin Simon | 93-2 |
|----|------------|------|

**Javelin**

- |     |              |        |
|-----|--------------|--------|
| 1)  | Lori Miller  | 131-7  |
| 10) | Heidi Smith  | 89-1   |
| 12) | Pam Longman  | 85-3   |
| 14) | Jessica Nies | 66-1.5 |

**100 Hurdles**

- |    |                |        |
|----|----------------|--------|
| 2) | Karrie Nelson  | 15..52 |
| 3) | Sharon Barnett | 16.17  |

**400 Hurdles**

- |    |                 |         |
|----|-----------------|---------|
| 1) | Karrie Nelson   | 1:05.45 |
| 2) | Megan Heuberger | 1:05.89 |

**4x100 Relay**

- |    |            |       |
|----|------------|-------|
| 1) | George Fox | 50.66 |
|----|------------|-------|

**4x400 Relay**

- |    |            |        |
|----|------------|--------|
| 1) | George Fox | 4:10.1 |
|----|------------|--------|



# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Saturday, April 8, 2000 --- For Immediate Release*

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu  
(O) 503-554-2127 (FAX) 503-554-3830 (H) 503-554-8067

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### **MILLER'S JAVELIN WIN HIGHLIGHTS BRUINS' NWC 5-WAY SWEEP**

**NEWBERG, Ore.** --- Lori Miller won the women's Javelin throw with a distance of 131-03.0, tying for second-best in the nation in the NCAA Division III this year, highlighting a day in which George Fox University Bruins captured 17 events to win both the men's and women's divisions of the Northwest Conference 5-Way Meet Saturday (Apr. 8) here at GFU's Colcord Field.

In the women's division, George Fox almost lapped the field with 125 points to 67 for runner-up Willamette University, the University of Puget Sound followed with 43, Pacific University was fourth with 33, and Lewis & Clark College finished fifth with 18. The men's division was much tighter, George Fox edging Willamette 107 points to 100, with Puget Sound third with 55, Lewis & Clark fourth with 30, and Pacific fifth with no points.

Miller's javelin toss was good enough to meet the national provisional qualifying mark, and was one of 10 events won by the George Fox women. Other Bruin firsts included Kelsey Baron in both the Triple Jump (35-06.0) and the Long Jump (16-06.75), Karrie Nelson in the 400m Hurdles (1:05.45), Jessica Adams in the 400 (1:01.72), Colleen Forbes in the 100 (13.44), Sharon Barnett in the 200 (26.97), Tori Taylor in the 3000 (10:50.10), the 4x100 Relay team (43.28), and the 4x400 Relay team (4:10.01).

In one of the most anticipated matchups of the day, the athletes who had posted No. 1 and No. 2 Pole Vaults in the country this season, George Fox's Heather Hunt and Puget Sound's Amy Wells, faced each other for the first time this season, with Wells coming out ahead this time, 12-00-0 to 11-06.25. Wells' vault tied her with Hunt for the best mark in the nation this spring.

For the Bruin men, their seven first-place finishes were posted by Ian Strauss in the Discus (160-09.0), Zach Davidson in the 400m Hurdles (55.42), David Plotts in the 100 (11.34) and the 200 (22.63), John Mantalas in the 800 (2:00.25), the 4x100 Relay team (43.28), and the 4x400 Relay team (3:26.21).

Willamette's women got firsts from Sarah Reichner in the Discus (129-08.0), Laura Leineweber in the High Jump (5-04.5), and Lisa Starkey in the 1500 (4:49.14). Firsts for the Bearcat men included Adam Dittman in the Shot Put (47-07.0), Jimmy Watts in the Javelin (191-04.0), the Long Jump (21-11.75), and the High Jump (6-09.5), Josh Smith in the 110 Sprint Hurdles (16.05), and Matt Hunnicutt in the 3000m Steeplechase (9:46.04).

In addition to Wells' win in the Pole Vault, Puget Sound's women also won the 800 by Jessica Sotelo (2:15.88). Logger men captured the Pole Vault by Kevin DeLury (13-02.25), the Triple Jump by Martin Cochran (43-03.75), the 1500 by Dave Davis (3:56.68), and the 400 by Tye Tolentino (50.52).

For the Pacific women, Angela Rosario won the Shot Put (36-11.0), Heidi Fuhrmann the Hammer (128-05.0), and Kim Ball the 5000 (18:46.01). No Boxer men recorded firsts.

Lewis & Clark's women finished first in the 100 Sprint Hurdles by Maile Barrett (15.00). The Pioneer men won the Hammer by Dan Reichenbach (155-01.0), and the 5000 by Neil Weare (15:50.3).

Next up for George Fox in the GFU Distance Carnival on Friday, Apr. 14, an open event featuring the distance events of the 3000m Steeplechase, 3000m Runs, 5000m Runs, and 10,000m Runs. The Bruins will compete in more track and all field events the next day, Saturday, Apr. 15, at the Linfield All-Comers Meet in McMinnville.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Saturday, April 1, 2000 --- For Immediate Release*

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### **HUNT SETS BRUINS' POLE VAULT RECORD IN WILLAMETTE OPEN**

**SALEM, Ore.** --- Heather Hunt pole vaulted a school-record 3.66 meters, capturing first place in that event to highlight performances by the George Fox University men's and women's track and field teams in the Willamette Open here Saturday (Apr. 1).

Hunt's vault tied her with the University of Oregon's Holly Speight, but Hunt took fewer turns to reach that height. Her vault is also the best in the nation among Division III female vaulters this spring.

Amy Forbes also recorded a first, winning the High Jump at 1.64m, while Angela Powell placed fourth in the High Jump at 1.59m.

Second place finishes went to Megan Heuberger in the 400m Intermediate Hurdles with a time of 1:04.92, only 25/100 of a second off the pace, and by the 4x100m Relay team with a 51.24, 26/100 of a second behind.

Marian Stevens posted a third in the Discus at 35.92m, Sharon Barnett was third in the 100m Dash at 13.08, while Barnett and Karrie Nelson ran third and fourth in the 100m High Hurdles with times of 14.85 and 15.54 respectively.

Kirsten Norgaard was fourth in the 3,000m Run, and Jessica Adams was likewise fourth in the 400m Dash at 1:01.91.

Although she only finished 12th overall, Erin Simon set a new record in the Women's Hammer with a toss of 33.48m.

The only first for the men came in the 4x400m Relay with a time of 3:20.47. Coach Chad Riddle, competing unattached, placed second in the Hammer with a distance of 51.84m, while Keith Christiansen placed third in the Triple Jump at 12.21m and fourth in the 400m Intermediate Hurdles with a time of 58.58. The 4x100m Relay team finished third with a time of 43.03.

A limited roster participated in the Willamette Open, but the team will be out in full force next Saturday, Apr. 8, when George Fox will host the Northwest Conference 5-Way Meet at Colcord Field.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

**Friday, March 31, 2000 --- For Immediate Release**

Contact: Blair Cash, SID (E-mail) [bcash@georgefox.edu](mailto:bcash@georgefox.edu)  
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### **GEORGE FOX TO HOST 5TH ANNUAL DISTANCE CARNIVAL**

**NEWBERG, Ore.** --- George Fox University track coach Wes Cook and his men's and women's Bruin track teams will host their 5th Annual George Fox "Distance Carnival" on Saturday, April 14, and distance runners who would like to compete are invited to participate in this open event.

"Oh, no, this is not just a college competition," says Cook. "Certainly colleges in the area will participate, but we welcome runners from all over, from track clubs to independents – and we do encourage early registration."

The early deadline for registering is Wednesday, April 12, with an entry fee of \$5. After that date, the fee goes up to \$10, and entering the meet will be permitted only if space is available.

The event schedule is as follows:

6:00 pm – Men's 3000m Steeplechase  
6:20 pm – Women's 3000m Run  
6:40 pm – Men's 5000m Run  
7:00 pm – Women's 5000m Run  
7:30 pm – Men's 10,000m Run  
8:15 pm – Women's 10,000m Run

All events for the Distance Carnival will be held at Colcord Field on the campus of George Fox University in Newberg. The Carnival is being held this year in conjunction with the All-Comers Meet the next day, Apr. 15, at Linfield College in McMinnville, with a full slate of track and field events.

For more information, or to register for the Distance Carnival, contact George Fox track coach Wes Cook at 503-554-2915, fax number 503-554-3864, or E-mail [wcook@georgefox.edu](mailto:wcook@georgefox.edu).

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# GEORGE FOX UNIVERSITY

## TRACK AND FIELD

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### ANNOUNCING.....5th ANNUAL GEORGE FOX

# DISTANCE CARNIVAL

AT Colcord Field, GEORGE FOX UNIVERSITY, Newberg, Oregon

## Friday evening, APRIL 14th, 2000

6:00 (m)	3000m Steeplechase
6:20 (w)	3000m
6:40 (m)	5000m
7:00 (w)	5000m
7:30 (m)	10,000m
8:15 (w)	10,000m

**\*\* REMAINDER OF EVENTS SATURDAY at Linfield**

Entry DEADLINE is Wednesday, April 12th. Entry fee is \$5.  
Day of meet entry will be \$10 and only if space is  
available.

**CONTACT --- Wes Cook**  
**503-554-2915**  
**FAX -- 503-554-3864**  
**e-mail .... wcook@georgefox.edu**

Monday, March 27, 2000 --- For Immediate Release

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Compete Well vs. Other D-III Powers in Challenge Meet**

**Kennedy Wins NWC "Female Athlete of the Week", Plotts HM for Men**

### **THIS WEEK:**

Sat., Apr. 1 – Willamette Open, in Salem, Ore.

### **LAST WEEK:**

Mar. 25 – NCAA Division III Challenge Meet, Claremont, Calif. (M: 2nd/6, W: 4th/6)

### **BRUIN MEN 2ND, WOMEN 4TH IN DIII CHALLENGE MEET**

**CLAREMONT, Calif.** --- Competing against some of the top NCAA Division III programs in the country and one NAIA national power, the George Fox University men's track and field team finished second and the women's team fourth in the NCAA Division III Challenge Meet Saturday (Mar. 25) here at Fritz B. Burns Stadium.

Host Claremont-Mudd-Scripps Colleges, consistently one of the top teams at the D-III level, won both divisions. In the men's competition, CMS collected 162 points, followed by George Fox with 110, the University of Wisconsin-Eau Claire with 108, Trinity University (Texas) with 79, NAIA power Azusa Pacific University with 66, and Williams College (Mass.) with 46. In the women's competition, CMS garnered 155 points, Williams 123.50, Azusa Pacific 122, George Fox 118, Trinity 27.50, and Wisconsin-Eau Claire 10.

In the men's events, **David Plotts (Sr., Mill City, Ore.)** was the top pointer-getter for the Bruins. He earned 10 points for winning the 200m Dash in a photo finish, his time of 22.06 edging CMS's Kendall Grant by a scant 2/100ths of a second! He also placed third in the 100m Dash (11.15) for 6 points, and ran the anchor leg for the third-place team in the 4x100m Relay (43.14) for 6 more points.

George Fox also posted firsts in the 400m Dash, **Tyler Gassaway (Jr., Oregon City, Ore.)** running a 50.03; the 5,000m Run, **Brandon Workman (Sr., Moscow, Idaho)** running a 15:17.79; and the Javelin with **Jonathan Roberts' (Sr., Portland, Ore.)** throw of 192-02, the third-best all-time for a Bruin.

Second-place finishes were recorded by **John Mantalas (Sr., Gladstone, Ore.)** in the 1,500m Run (4:00.62), and by **Ian Strauss (Sr., Medford, Ore.)** in the Discus (158-09), the second-best throw ever for George Fox.

The top point-getter for the George Fox women's team was **Kelsey Baron (Fr., Nehalem, Ore.)**, who scored 8 points for second-place finishes in both the Triple Jump (35-11.25) and the Long Jump (16-08), and 6 points running the anchor leg for the 4x100m Relay team that was third (51.06).

**Jocelyn Kennedy (Sr., Gresham, Ore.)** posted 16 points with the only first-place finish by a George Fox woman athlete, winning the Triple Jump with a distance of 37-00.23, second-best ever for a Bruin, good for 10 points, and finishing third in the Long Jump (16-05) for 6 points.

-more-

## George Fox Track & Field ...Mar. 27, 2000 ... page 2

Bruin women also posted seconds in the 5,000m Run, **Tori Taylor (So., Portland, Ore.)** running an 18:43.96; and in the 100m Intermediate Hurdles, **Sharon Barnett (Sr., Salem, Ore.)** at 14.76.

"It was a fun event, and we found out a lot about our team," said GFUcoach Wes Cook. "We've known our league was competitive with others around the country, and our team showed it this weekend. If we can avoid injuries, it should be a good spring."

### **KENNEDY WINS NWC "FEMALE ATHLETE OF THE WEEK", PLOTTS HM FOR MEN**

**Jocelyn Kennedy** was named Northwest Conference "Female Athlete of the Week" for March 20-26, while **David Plotts** received Honorable Mention as NWC "Male Athlete of the Week".

**Kennedy** captured the only first for the Bruin women's team at the NCAA Division III Challenge Meet in Claremont, Calif., winning the Triple Jump with a distance of 37-00.25, the second-best ever by a Bruin, and a distance that met conference and regional qualifying marks. She earned 10 points for George Fox with that win, and collected 6 more with a third-place finish in the Long Jump (16-05). The Bruin women were 4th in the meet with 118 points, while CMS won with 155.

**Plotts** garnered the most points for the George Fox men as the Bruins finished second in the NCAA Division III Challenge Meet March 25 in Claremont, Calif., with 110 points to 162 for host Claremont-Mudd-Scripps Colleges. Plotts earned 10 points for winning the 200m Dash in a photo finish, his time of 22.06 nipping CMS's Kendall Grant by a mere 2/100ths of a second!. He also placed third in the 100m Dash (11.15) for 6 points, and ran the anchor leg for the third-place team in the 4x100m Relays (43.14) for 6 more points, a total of 22 in all.

### **GEORGE FOX MARKS & RECORDS FROM THE NCAA DIVISION III CHALLENGE MEET**

#### **NATIONAL QUALIFYING MARKS MET**

Sharon Barnett (Sr., Salem, Ore.) – provisional	100m Int. Hurdles	14.76
Karrie Nelson (Sr., Medford, Ore.) – provisional	100m Int. Hurdles	15.03
Jonathan Roberts (Sr., Portland, Ore.) - provisional	Javelin Throw	192-02.00

#### **REGIONAL QUALIFYING MARKS MET**

Ember Brosius (Jr., Winthrop, Maine)	1,500m Run	4:44.71
Jamie McElwain (Jr., Tigard, Ore.)	1,500m Run	4:47.54
Tori Taylor (So., Portland, Ore.)	5,00m Run	18:43.96
Jocelyn Kennedy (Sr., Gresham, Ore.)	Triple Jump	37-00.25
David Plotts (Sr., Mill City, Ore.)	200m Dash	22.06

#### **CONFERENCE QUALIFYING MARKS MET**

Ember Brosius (Jr., Winthrop, Maine)	1,500m Run	4:44.71
Jamie McElwain Jr., Tigard, Ore.)	1,500m Run	4:47.54
Tori Taylor (So., Portland, Ore.)	5,00m Run	18:43.96
Kelsey Baron (Fr., Nehalem, Ore.)	Long Jump	16-08.00
Jocelyn Kennedy (Sr., Gresham, Ore.)	Triple Jump	37-00.25
David Plotts (Sr., Mill City, Ore.)	100m Dash	11.15
David Plotts (Sr., Mill City, Ore.)	200m Dash	22.06
Tyler Gassaway (Jr., Oregon City, Ore.)	400m Dash	50.03
Ryan Austin (So., Eugene, Ore.)	800m Dash	1:59.95

#### **PERSONAL RECORDS**

Jamie McElwain (Jr., Tigard, Ore.)	1,500m Run	4:47.54
Jessica Adams (Sr., Lake Oswego, Ore.)	4x400m Relay	60.2 – 1st leg

## George Fox Track & Field ...Mar. 27, 2000 ... page 3

Jocelyn Kennedy (Sr., Gresham, Ore.) – best since HS	Triple Jump	37-00.25
Pam Longman (Sr., Kelso, Wash.)	Shot Put	33-06.00
Erin Simon (Fr., Eugene, Ore.)	Hammer Throw	108-05.00
Steve Martin (Jr., Clackamas, Ore.)	100m Dash	11.46
Steve Martin (Jr., Clackamas, Ore.)	200m Dash	23.36
John Mantalas (Sr., Gladstone, Ore.) – best since HS	1,500m Run	4:00.62
Scott Oswald (Sr., Portland, Ore.)	5,000m Run	16:40.39
Forrest Towne (So., Springfield, Ore.)	3,000m Steeplechase	10:10.4
Keith Christiansen (Fr., Grass Valley, Ore.)	Pole Vault	12-11.50
Joel Strunk (Sr., Salem, Ore.)	Shot Put	46-00.75
Joel Strunk (Sr., Salem, Ore.)	Hammer Throw	158-07.00
Jonathan Roberts (Sr., Portland, Ore.)	Javelin Throw	192-02.00

### SEASON'S BEST

Karrie Nelson (Sr., Medford, Ore.)	400m Low Hurdles	66.26
Sharon Barnett (Sr., Salem, Ore.)	4x100m Relay	51.06
Megan Heuberger (Fr., Yamhill, Ore.)	4x100m Relay	51.06
Christina Davis (So., Lynnwood, Wash.)	4x100m Relay	51.06
Kelsey Baron (Fr., Nehalem, Ore.)	4x100m Relay	51.06
Jessica Adams (Sr., Lake Oswego, Ore.)	4x400m Relay	4:05.00
Christina Davis (So., Lynnwood, Wash.)	4x400m Relay	4:05.00
Ember Brosius(Jr., Winthrop, Maine)	4x400m Relay	4:05.00
Megan Heuberger (Fr., Yamhill, Ore.)	4x400m Relay	4:05.00
Kelsey Baron (Fr., Nehalem, Ore.)	Triple Jump	35-11.25
Tyler Gassaway (Jr., Oregon City, Ore.)	400m Dash	50.03
Ryan Austin (So., Eugene, Ore.)	800m Dash	1:59.95
Steve Martin (Jr., Clackamas, Ore.)	4x100m Relay	43.14
Zach Davidson (Fr., Albany, Ore.)	4x100m Relay	43.14
Tyler Gassaway (Jr., Oregon City, Ore.)	4x100m Relay	43.14
David Plotts (Sr., Mill City, Ore.)	4x100m Relay	43.14
Aaron Routon (Sr., Newberg, Ore.)	Pole Vault	12-11.50
Eric Kunze (Sr., Vancouver, Wash.)	Javelin Throw	169-05.00

### RECORD LISTS

Ember Brosius (Jr., Winthrop, Maine)	#7 all-time	1,500m Run	4:44.71
Jamie McElwain Jr., Tigard, Ore.)	#9 all-time	1,500m Run	4:47.54
Sharon Barnett (Sr., Salem, Ore.)	Sr. cl record	100m Int. Hurdles	14.76
Karrie Nelson (Sr., Medford, Ore.)	Sr. cl #2	100m Int. Hurdles	15.03
Megan Heuberger (Fr., Yamhill, Ore.)	Fr. cl record/#4 all-time	400m Low Hurdles	65.07
Kelsey Baron (Fr., Nehalem, Ore.)	#9 all-time	Long Jump	16-08.00
Jocelyn Kennedy (Sr., Gresham, Ore.)	Sr. cl #3	Long Jump	16-05.00
Jocelyn Kennedy (Sr., Gresham, Ore.)	Sr. cl #2/#2 all-time	Triple Jump	37-00.25
Kelsey Baron (Fr., Nehalem, Ore.)	Fr. cl #3	Triple Jump	35-11.25
Erin Simon (Fr., Eugene, Ore.)	Fr. cl record/#2 all-time	Hammer Throw	108-05.00
Joel Strunk (Sr., Salem, Ore.)	#6 all-time	Shot Put	46-00.75
Ian Strauss (Sr., Medford, Ore.)	#2 all-time	Discus Throw	158-09.00
Joel Strunk (Sr., Salem, Ore.)	#4 all-time	Hammer Throw	158-07.00
Jonathan Roberts (Sr., Portland, Ore.)	Sr. cl record/#3 all-time	Javelin Throw	192-02.00

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Sunday, March 26, 2000 — For Immediate Release*

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### **BRUINS MEN 2ND, WOMEN 4TH IN DIII CHALLENGE MEET**

**CLAREMONT, Calif.** --- Competing against some of the top NCAA Division III programs in the country and one NAIA national power, the George Fox University men's track and field team finished second and the women's team fourth in the NCAA Division III Challenge Meet Saturday (Mar. 25) here at Fritz B. Burns Stadium.

Host Claremont-Mudd-Scripps Colleges, consistently one of the top teams at the D-III level, won both divisions. In the men's competition, CMS collected 162 points, followed by George Fox with 110, the University of Wisconsin-Eau Claire with 108, Trinity University (Texas) with 79, NAIA power Azusa Pacific University with 66, and Williams College (Mass.) with 46. In the women's competition, CMS garnered 155 points, Williams 123.50, Azusa Pacific 122, George Fox 118, Trinity 27.50, and Wisconsin-Eau Claire 10.

In the men's events, David Plotts was the top pointer-getter for the Bruins. He earned 10 points for winning the 200m Dash in a photo finish, his time of 22.06 edging CMS's Kendall Grant by a scant 2/100ths of a second! He also placed third in the 100m Dash (11.15) for 6 points, and ran the anchor leg for the third-place team in the 4x100m Relay (43.14) for 6 more points.

George Fox also posted firsts in the 400m Dash, Tyler Gassaway running a 50.03; the 5,000m Run, Brandon Workman running a 15:17.79; and the Javelin with Jonathan Roberts' throw of 192-02, the third-best all-time for a Bruin.

Second-place finishes were recorded by John Mantalas in the 1,500m Run (4:00.62), and by Ian Stauss in the Discus (158-09), the second-best throw ever for George Fox.

The top point-getter for the George Fox women's team was Kelsey Baron, who scored 8 points for second-place finishes in both the Triple Jump (35-11.25) and the Long Jump (16-08), and 6 points running the anchor leg for the 4x100m Relay team that was third (51.06).

Jocelyn Kennedy posted 16 points with the only first-place finish by a George Fox woman athlete, winning the Triple Jump with a distance of 37-00.23, second-best ever for a Bruin, good for 10 points, and finishing third in the Long Jump (16-05) for 6 points.

Bruin women also posted seconds in the 5,000m Run, Tori Taylor running an 18:43.96; and the 100m Intermediate Hurdles, Sharon Barnett at 14.76.

"It was a fun event, and we found out a lot about our team," said GFU coach Wes Cook. "We've always known our league was competitive with others around the country, and our team showed it this weekend. If we can avoid injuries, we should have a very good spring."



Monday, March 20, 2000 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Win Seven Events in Easter Relays**

### **THIS WEEK:**

Sat., Mar. 25 – NCAA Division III Challenge Meet, Claremont, Calif.

### **LAST WEEK:**

Mar. 18 – Easter Relays, in Santa Barbara, Calif. (unscored meet)

### **BRUINS WIN SEVEN EVENTS IN EASTER RELAYS**

**SANTA BARBARA, Calif. ---** George Fox University's men's and women's track teams combined for seven first-place finishes and six seconds in the Easter Relays, an unscored meet, held here Saturday, March 18, at Santa Barbara City College.

The women's team took five firsts: **Lori Miller (Jr., Canby, Ore.)** in the Javelin (124-2); **Karrie Nelson (Sr., Medford, Ore.)** in the 100 Hurdles (15.0); the 4x800 Relay team of **Megan Heuberger (Fr., Yamhill, Ore.), Tori Taylor (So., Portland, Ore.), Jamie McElwain (Jr., Tigard, Ore.)** and **Ember Brosius (Jr., Winthrop, Maine)** with a time of 9:30.83; the Distance Medley Relay team of **McElwain, Nelson, Taylor** and **Brosius** with a time of 12:43.8; and the 4x400 Relay team of **McElwain, Brosius, Christina Davis (So., Lynnwood, Wash.)** and **Heuberger** with a time of 4:08.42.

Women's seconds were posted by **Heather Hunt ((Jr., Turner, Ore.)** in the Pole Vault (11-6); and **Sharon Barnett (Sr., Salem, Ore.)** in the 100 Hurdles (15.0).

On the men's side, Bruin winners were **Brandon Workman (Sr., Moscow, Idaho)** in the 3,000 Steeplechase (9:37.0); and **Ian Strauss (Sr., Medford, Ore.)** in the Discus (162-1).

Men's seconds were recorded by **Tyler Gassaway (Jr., Oregon City, Ore.)** in the Long Jump (20-9.5); **Michael Owen (Fr., Anchorage, Alaska)** in the 3,000 Steeplechase (9:54.8); **Strauss** in the Shot Put (48-6); and the Sprint Medley Relay team of **Neil Cantrall (So., Salem, Ore.), Zach Davidson (Fr., Albany, Ore.), Keith Christiansen (Fr., Grass Valley, Calif.),** and **Ryan Austin (So., Eugene, Ore.)** with a time of 3:49.7.

Running unattached, George Fox coach **Chad Riddle** won the Hammer (163-9) and was third in the Discus (142-3), and coach **John Smith** was second in the Discus (142-3) and the Javelin (197-4).

The Bruins will next compete in the NCAA Division III Challenge Meet Saturday, March 25, at Claremont-Mudd-Scripps Colleges in Claremont, Calif.

Monday, March 13, 2000 --- For Immediate Release

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## **GEORGE FOX TRACK & FIELD**

### **THIS WEEK:**

***Sat., Mar. 18 – Easter Relays, in Santa Barbara, Calif.***

### **LAST WEEK:**

Mar. 11 – Northwest Conference 6-Way Meet, in Portland, Ore. (Lewis & Clark)  
(Women – 1st of 6 / Men – 2nd of 6)

### **BRUINS 1ST IN WOMEN'S TRACK, 2ND IN MEN'S AT NWC 6-WAY MEET**

**PORTLAND, Ore.** --- George Fox University's women's track team edged Whitworth College for the team title while the Bruin men finished second to Whitworth in the Northwest Conference 6-Way Track Meet hosted by Lewis & Clark College Saturday (Mar. 11) here at Griswold Stadium/Eldon Fix Track.

Taking first place in six events, the Bruin women garnered 193 points to 185 for Whitworth. They were followed by Linfield with 148, Lewis & Clark with 69.5, Willamette with 55, and Pacific with 46.5.

George Fox wins were posted by **Jamie McElwain (Jr., Tigard, Ore.)** in the 1500m Run (4:59.27), **Ember Brosius (Jr., Winthrop, Me.)** in the 3000m Run (10:31.29), **Heather Hunt (Jr., Turner, Ore.)** in the Pole Vault (10-11.75), **Jocelyn Kennedy (Sr., Gresham, Ore.)** in the Long Jump (16-04.75) and the Triple Jump (34-04.0), and **Lori Miller (Jr., Canby, Ore.)** in the Javelin (125-06.0).

The Bruins also had several second-place finishes, including **Jessica Adams (Sr., Lake Oswego, Ore.)** in the 400m Dash (1:00.66), **Tori Taylor (So., Portland, Ore.)** in the 800m Run (2:27.86) and the 1500m Run (5:01.57), **Karrie Nelson (Sr., Medford, Ore.)** in the 100m Hurdles (15.76) and the 400m Hurdles (1:06.85), **Amy Forbes (Jr., Jackson, Wyo.)** in the High Jump (5-00.5), and the George Fox team of **Adams, McElwain, Megan Heuberger (Fr., Yamhill, Ore.)** and **Kelsey Baron (Fr., Nehalem, Ore.)** in the 4x400m Relay (4:10.57).

The Bruin men also captured six events, but collected only 154.75 points to 203 for Whitworth. Following George Fox were Linfield with 150.5, Willamette with 100, Lewis & Clark with 82, and Pacific with 17.75.

Bruin winners were **David Plotts (Sr., Mill City, Ore.)** in the 400m Dash (49.39), **Brandon Workman (Sr., Moscow, Idaho)** in the 800m Run (1:58.63) and the 1500m Run (4:06.6), **Zach Davidson (Fr., Albany, Ore.)** in the 400m Hurdles (56.75), and **Ian Strauss (Sr., Medford, Ore.)** in the Shot Put (48-06.25) and the Discus Throw (140-05.0).

The Bruins posted second-place finishes in 500m Run by **John Mantalas (Sr., Gladstone, Ore.)** (15:48.16), **Jonathan Roberts (Sr., Portland, Ore.)** in the Javelin (181-00.0), **Keith Christiansen (Fr., Grass Valley, Ore.)** in the Pole Vault (12-00.0), the 4x100m Relay team of **Steve Martin (Jr., Clackamas, Ore.)**, **Davidson**, **Tyler Gassaway (Jr., Oregon City, Ore.)** and **Plotts** (43.28), and the 4x400m Relay team of **Gassaway**, **Kevin Whitaker (Fr., Corvallis, Ore.)**, **Christiansen** and **Davidson** (3:26.15).

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## George Fox Track & Field ...March 13, 2000 ... page 2

"Not too shabby for early March," said a smiling George Fox coach Wes Cook. "We've had some injuries – one-third of our men did not compete due to health problems – but of the 49 athletes who entered this meet, 35 of them scored for us. Kennedy and Nelson for the women and Strauss and Workman for the men each collected 20 points for the teams with their first-place finishes.

"All told, we had something like 40 season's best results, 31 personal bests, 19 qualifying marks for conference, regionals, and nationals, and 11 additions to our records lists."

On the women's team, athletes who met Northwest Conference qualifying marks included **Angela Powell (Sr., Roseburg, Ore.)** in the High Jump (5-00.5), **Kennedy** in the Triple Jump, and **Paige Lewis (Fr., Newberg, Ore.)** in the Discus (112-11.0). Meeting qualifying marks for both the conference and the Northwest Regionals were **Miller** in the Javelin, **Adams** in the 400m Dash, **Brosius** in the 3000m Run, **Nelson** in both the 100m Hurdles and 400m Hurdles, and **Heuberger** in the 400m Hurdles. **Hunt** met the qualifying mark for Nationals in the Pole Vault, while **Helena Telfer (Fr., Grand Ronde, Ore.)** met the National provisional qualifying mark in the Pole Vault (9-05.75).

For the men, first-time conference qualifiers were **Gassaway** in the 400m Dash (50.21) and **Workman** in both the 800m Run and 1500m Run. Meeting both conference and regional marks was **Strauss** in the Shot Put, while regional qualifying marks were met by **Roberts** in the Javelin and **Plotts** in the 400m Dash.

Among the additions to the records lists, **Hunt** set a new junior class record in the Pole Vault; **Telfer** had the third-best all-time and second-best freshman mark in the Vault; **Kennedy** had the third-best senior class mark in the Long Jump; **Miller** had the seventh-best all-time mark in the Javelin; **Erin Simon (Fr., Eugene, Ore.)** had the eighth-best Hammer Throw (70-11.25) in her first time ever to compete in it; **Heuberger** had the ninth-best mark in the 400m Hurdles; and **Brosius** was 10th all-time in the 3000m Run.

On the men's side, new listings included **Strauss** second all-time in the Shot Put; **Roberts** third on the senior class list in the Javelin; and **Joel Strunk (Sr., Salem, Ore.)** improved his ninth-place listing in the Shot Put (45-02.5).

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Saturday, March 11, 2000 --- For Immediate Release*

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### **BRUINS FINISH 1ST IN WOMEN'S TRACK, 2ND IN MEN'S AT NWC 6-WAY MEET**

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The Bruins also had several second-place finishes, including Jessica Adams in the 400m Dash (1:00.66), Tori Taylor in the 800m Run (2:27.86) and the 1500m Run (5:01.57), Karrie Nelson in the 100m Hurdles (15.76) and the 400m Hurdles (1:06.85), Amy Forbes in the High Jump (5-00.5), and the George Fox team in the 4x400m Relay 4:10.57).

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The Bruins posted second-place finishes in 500m Run by John Mantalas (15:48.16), Jonathan Roberts in the Javelin (181-00.0), and the relay teams in the 4x100m Relay (42.28) and the 4x400m Relay (3:26.15).

The track and field teams return to competition Saturday, March 18, in the Easter Relays in Santa Barbara, Calif.

Monday, March 6, 2000 --- For Immediate Release

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Capture Three Events at Linfield Icebreaker**

### **THIS WEEK:**

**Sat., Mar. 11 – Northwest Conference 5-Way Meet, Portland, Ore. (Lewis & Clark)**

### **LAST WEEK:**

**Mar. 4 – Linfield Icebreaker, McMinnville, Ore., unscored open meet**

### **BRUINS WIN IN THREE EVENTS AT LINFIELD ICEBREAKER**

**McMINNVILLE, Ore. --** Despite the rain and mud at Linfield College's Maxwell Field, the George Fox University Bruins made a strong showing in the Linfield Icebreaker track and field meet here Saturday (Mar.4), capturing three events in the unscored open meet.

**Brandon Workman (Sr., Moscow, Idaho)** ran a 15:05.44 to win the 5,000, **Tori Taylor (So., Portland, Ore.)** posted an 11:51.20 to capture the 3,000 Steeplechase, setting meet and school records, and **Amy Forbes (Jr., Jackson, Wyo.)** won the High Jump with a leap of 5-2. Workman's time bettered the qualifying marks for both the Northwest Conference and the West regionals.

Several Bruin athletes, while not winning events, did well enough to make qualifying marks, including **David Plotts (Sr., Mill City, Ore.)** in the men's 400 (50.71, NWC), **Zach Davidson (Fr., Albany, Ore.)** in the 400 Hurdles (56.56, NWC), **Ty Taylor (Sr., Portland, Ore.)** in the Javelin (178-5, NWC), **Ember Brosius (Jr., Winthrop, Maine)** in the women's 1,500 (4:51.84, NWC), **Megan Heuberger (Fr., Yamhill, Ore.)** in the 400 Hurdles (1:07.90, NWC), and **Heather Hunt (Jr., Turner, Ore.)** in the Pole Vault (10-0, national provisional).

Personal bests were recorded by **Michael Owen (Fr., Anchorage, Alaska)** in the men's 800 (2:05.21) and 1,500 (4:13.70), **John Mantalas (Sr., Gladstone, Ore.)** in the 3,000 Steeplechase (10:15.0), **Nathan Paisley (So., Salem, Ore.)** by 63 seconds in the 5,000 (17:27.91), **Forrest Towne (So., Springfield, Ore.)** and **Scott Oswald (Sr., Portland, Ore.)** in 10,000 (34:48.57 and 34:58.09), **Davidson** in his leg of the 4x400 Relays (50.2), and **Brosius** in both the 800 (2:25.39) and the 1,500 (4:51.84).

**Joel Strunk (Sr., Newberg, Ore.)** placed 9th in the Hammer Throw (138-8) with the 9th-best all-time mark, **Helen Telfer (Fr., Grande Ronde, Ore.)** was 7th with the third-best all-time mark in the Pole Vault (8-6), and **Kelsey Baron (Fr., Nehalem, Ore.)**, in her first attempt at the Triple Jump, finished 2nd with the fourth-best all-time mark of 35-3.

"All in all, it was a pretty good day," said 14th-year coach Wes Cook of the Bruins. "The throwers had an awful day, not just ours but everyone, because the field was soaked; the hammer was under water all day, so field event measurements are probably not a true indication of ability."

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**George Fox Track & Field ... Mar. 6, 2000 ... page 2**

"I was really pleased with the way the track events came through. We had three winners and several who finished high. All of our relay teams, particularly our 4x400 Relays on both sides and the women's 4x100 Relays, improved by about a second over our last time out.

"We have a lot of freshmen on our teams, and I am encouraged by the way I see them progressing. Our assistant coaches are doing a fine job with these young athletes, and barring injury, we should be a factor in the Northwest Conference meet at the end of the season."

Monday, Feb. 28, 2000 --- For Immediate Release

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Strunk, Taylor Capture Events at Northwest Conference Relays  
Pre-Season Outlooks for Men, Women Track & Field**

### **THIS WEEK:**

**Sat., Mar. 4 –Linfield Icebreaker, in McMinnville, Ore.**

### **LAST WEEK:**

Feb. 26 – Northwest Conference Relays (H), unscored meet

### **STRUNK SNARES SHOT TITLE, TAYLOR TRIUMPHS IN 3000 RUN**

**NEWBERG, Ore. --- Joel Strunk (Sr., Salem, Ore.)** in the men's shot **and Tori Taylor (So., Portland, Ore.)** in the 3000 meter run captured first place honors to highlight the George Fox University track and field teams' performance in the Northwest Conference Relays held on a cold and rainy Saturday (Feb. 26) here at Colcord Field.

Strunk hurled the shot 44-09.50 for the win, recording a personal best and the 9th-best distance ever at George Fox. The throw also bettered the NWC qualifying mark.

Taylor ran the 3000, a new event, in 10:59.3, winning the event by almost 10 seconds. **Angie Powell (Sr., Roseburg, Ore.)** tied for first with Puget Sound's Sarah Dillon in the high jump, each at 5-00.

**Heather Hunt (Jr., Turner, Ore.)**, while not winning the pole vault, was second with a 10-08, setting a junior class record and besting the qualifying marks for NWC, Northwest Regional, and NCAA Nationals. **Helena Telfer** in the vault posted an 8-00, third-best all-time at GFU and second-best for a freshman, while bettering the NWC qualifying mark.

Several other Bruins set personal bests, **including Forrest Towne (So., Springfield, Ore.)** with a 9:28.0, **Scott Oswald (Sr., Portland, Ore.)** with a 9:29.2, and **Nathan Paisley (So., Salem, Ore.)** with a 10:13.0 in the men's 3000 meter run; **David Kilian (So., Gresham, Ore.)** with 28-08.50 in the men's shot; **Strunk** with a 132-00 in the men's hammer; and **Pam Longman (Sr., Kelso, Wash.)** with a 32-07.75 in the women's shot.

"Strunk and Taylor were our stars in this meet," said Bruins' coach Wes Cook, "but I was especially proud of Nathan Paisley. Here's a young man who is not blessed with a lot of natural talent, but he's a hard worker, he's diligent, and he's always asking questions and wanting to improve. It certainly paid off in the 3000 meter run; he shaved over a minute off his previous best time, and it's almost unheard of for someone to cut that much time off an event of that distance.

"Hunt and Telfer met the conference qualifying marks in the vault, Longman set a personal best in the shot put, and **Lori Miller (Jr., Canby, Ore.)** just missed the NWC qualifying mark in the javelin with a 110-06, so Coach (Chad) Riddle must be doing something right with the field events!

-more-

"We also had some strong runners in the relays. Our men's and women's distance medley relay teams did well, the women finishing second and the men third, and **Kevin Whitaker (Fr., Corvallis, Ore.)** ran a personal-best 51.0 on the second leg of that race. **Brandon Workman (Sr., Moscow, Idaho)** ran a very good 4:22 in the final leg of the DMR, but then he was running against Dave Davis, the national cross country champion from UPS.

"**Steve Martin (Jr., Clackamas, Ore.)** and **Neil Cantrall So., Salem, Ore.)** did real good jobs in the 4x100, especially considering that they were homeschooled and it was the first time they had ever handled a baton in a race! **David Plotts (Sr., Mill City, Ore.)**, **Tyler Gassaway (Jr., Oregon City, Ore.)**, and **Zach Davidson (Fr., Albany, Ore.)** all ran strong legs in the 4x400, so I am encouraged by our efforts in the track events."

*George Fox University 2000 Men's Track and Field Outlook ---*

**BRUIN MEN'S TRACK TO BE DOMINATED  
BY YOUTH AND INEXPERIENCE IN 2000**

Long-time George Fox University track and field coach **Wes Cook** probably wouldn't use the word "rebuilding" -- under his 13-year leadership, the Bruins have been known more for just "reloading" - but following a 1999 season that saw the Bruins finish a strong second in the Northwest Conference with a veteran squad, Cook admits, "Our team is young and inexperienced this year, but I believe we're in the hunt once again.

"We will rely heavily on what few experienced players we do have returning, and some of our freshman will come along and help us out as the season progresses. We should hold our own in the throwing events and on the track, but we will probably be weaker in the jumps, and the hurdles are an unknown because of the adjustments needed at this level for our frosh guys."

Five veteran throwers give Cook reason for optimism in those events. **Ian Strauss (Sr., Medford, Ore.)** and **Ty Taylor (Sr., Portland, Ore.)** placed 3rd and 8th in the Northwest Conference Championships last spring. **Jonathan Roberts (Sr., Portland, Ore.)** and **Eric Kunze (Sr., Vancouver, Wash.)** were 5th and 8th in the javelin, and Kunze was 8th in the hammer.

"Eric (Kunze) is one of our more amazing stories," says Cook, "having worked so hard and accomplishing so much despite a hearing disability. He is an inspiring young man. Last year was only his first at throwing the hammer."

The Bruins have several athletes returning to anchor the running events, including **David Plotts (Sr., Mill City, Ore.)**, who won the 200 and placed 2nd in the 100; **Eric Costa (Jr., Beaverton, Ore.)**, a winner in the 400; **Steve Willmer (So., Fullerton, Calif.)**, who captured the 800; **Brandon Workman (Sr., Moscow, Idaho)**, who ran 1st in the 3000 steeplechase, 3rd in the 1500, and 5th in the 5000; **Tyler Gassaway (Jr., Oregon City, Ore.)**, 3rd in the 400; **John Mantalas (Sr., Gladstone, Ore.)**, 3rd in the 800; and **Beau West (Jr., Klamath Falls, Ore.)**, 6th in the 200.

In the relays, Gassaway, West and Plotts were three-quarters of the team that won the 4x100, while West, Costa, Gassaway and Wilmer were 2nd in the 4x400.

These veteran athletes will be expected to provide leadership for a team whose roster features 17 freshman and 10 sophomores, well over half the team. Among those Cook expects to make significant contributions despite their lack of testing are sophomore **Ryan Austin (Eugene, Ore.)**; junior **Scott Greene (Beaverton, Ore.)**; and a trio of freshman: **Keith Christiansen (Grass Valley, Calif.)**, **Zach Davidson (Albany, Ore.)**, and **Michael Owen (Anchorage, Alaska)**.

"Austin, who is also a soccer player, is going to be a good one for us in the middle distances with a year of experience," Cook predicts. "Davidson has state meet experience -- he was quite successful at



## George Fox Track & Field ... Feb. 28, 2000 ... page 3

the 2A level -- and will help in the long hurdles. Greene is a transfer who will high jump for us, and Owen will give us a boost in the mid-distances events."

While the presence of so many untested athletes may make it appear to be a "down" year in comparison to some of the team's recent highly-successful campaigns, it is a situation that bodes well for the George Fox men's track and field team.

### *George Fox University 2000 Women's Track and Field Outlook ---*

#### **INJURY-FREE SEASON TO BE A KEY TO BRUINS' TRACK SUCCESS IN 2000**

With several returning players who have experienced success as far up the ladder as the national level, the George Fox University women's track and field team is anticipating another good year in 2000 - if the team can overcome several nagging injuries that threaten to put a damper on an otherwise positive outlook.

"**Sharon Barnett (Sr., Salem, Ore.)** must be healthy; shin problems have been a constant for her ever since she's been here," says veteran coach Wes Cook, who is beginning his 14th season directing the George Fox track and field fortunes. Barnett, a national finalist in the short hurdles each of the last three seasons, was national runner-up and an NAIA All-American in 1997.

"**Karrie Nelson (Sr., Medford, Ore.)**, another All-Conference performer last year in the short hurdles, has been nursing a hip injury," Cook continues. "**Marian Stevens (So., Anchorage, Alaska)**, one of our throwers, has been struggling after shoulder surgery. **Marissa Merritt (Jr., Portland, Ore.)**, a distance runner, suffered a stress fracture during cross country season and is still recovering. And **Megan Heuberger (Fr., Yamhill, Ore.)**, a state runner-up in the 300 hurdles two years ago, has transferred in and gives us three strong hurdlers, but she had stress fractures last year at Azusa Pacific."

"We don't have a genuine sprinter," says Cook, although **Christina Davis (So., Lynnwood, Wash.)** and **Jessica Adams (Sr., Lake Oswego, Ore.)**, who finished 3-4 in the 400 in the Northwest Conference Championships last year, give the team two quality performers.

"Our female jumpers will be fine," Cook notes, pointing to **Angela Powell (Sr., Roseburg, Ore.)** and **Amy Forbes (Jr., Jackson, Wyo.)** in the high jump, and **Jocelyn Kennedy (Sr., Gresham, Ore.)** and **Heidi Smith (So. Lakeside, Ore.)** in the long jump and triple jump. Powell placed 5th in the NWC high jump, Kennedy 4th in the long jump and 5th in the triple jump, and Smith was 2nd in the triple jump. **Kelsey Baron (Fr., Nehalem, Ore.)**, a state champion in the long jump and runner-up in the triple jump last year, adds depth to an already-strong lineup.

**Heather Hunt (Jr., Turner, Ore.)** is back after placing 2nd in the NWC in the pole vault. **Stevens**, if she is well, gives the team a first-rate thrower in the shot and discus -- she was 3rd in both events in the NWC -- while **Paige Lewis (Fr., Newberg, Ore.)** was the state discus champ in 1995 and is in her first full season of competition since then. **Lori Miller (Jr., Canby, Ore.)** placed 5th in the NWC in the javelin.

Other newcomers Cook expects to provide immediate help are **Ember Brosius (Jr., Winthrop, Maine)**, a transfer on consortium from Gordon College in Massachusetts, and **Mimi Van Hooser (Fr., Oxbow, Ore.)** in the middle distances, and **Helena Telfer (Fr., Grand Ronde, Ore.)** in the pole vault.

"We have several people with experience on the national level," says Cook, pointing to Barnett and Nelson in the short hurdles, Kennedy in the triple jump, Hunt in the pole vault, and **Jamie McElwain (Jr. Tigard, Ore.)** in the relays as athletes who have competed and done well at recent NAIA championships. With George Fox teams competing now as NCCA-only members, Cook still has high expectations. "If we're healthy, we're going to be all right. If we're not, well . . . that's a part of the game you live with and adjust for."



# GEORGE FOX UNIVERSITY "BRUINS"

414 N. Meridian St. / Newberg, Oregon 97132

## 2000 TRACK & FIELD SCHEDULE

<u>DATE/DAY</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>
<b><u>February</u></b>			
5 Sat.	Idaho Indoor Meet	Moscow, Idaho	TBA
26 Sat.	<b>NORTHWEST CONFERENCE RELAYS</b>	Newberg, Ore.	TBA
<b><u>March</u></b>			
4 Sat.	Linfield Icebreaker	McMinnville, Ore.	TBA
11 Sat.	Northwest Conference 5-Way Meet (at Lewis & Clark)	Portland, Ore.	TBA
18 Sat.	Easter Relays	Santa Barbara, Calif.	TBA
25 Sat.	NCAA Division III Challenge Meet	Claremont, Calif.	TBA
<b><u>April</u></b>			
1 Sat.	Willamette Open	Salem, Ore.	TBA
8 Sat.	<b>NORTHWEST CONFERENCE 5-WAY MEET</b>	Newberg, Ore.	TBA
14 Fri.	<b>GFU DISTANCE CARNIVAL</b>	Newberg, Ore.	TBA
15 Sat.	Linfield All-Comers Meet	McMinnville, Ore.	TBA
17-18 M-T	Northwest Conference Combined Events Meet (at PLU)	Tacoma, Wash.	TBA
22 Sat.	Lewis & Clark Open	Portland, Ore.	TBA
29 Sat.	Linfield Open	McMinnville, Ore.	TBA
<b><u>May</u></b>			
5-6 F-S	<b>NORTHWEST CONFERENCE CHAMPIONSHIPS</b>	Newberg, Ore.	TBA
13 Sat.	Northwest Small College Invitational (at Lewis & Clark)	Portland, Ore.	TBA
25-27 T-S	NCAA Division III National Championships (at North Central College)	Naperville, Ill.	TBA

### Home events in **BOLD CAPS**

All home events at Colcord Field

All event times Pacific and subject to change

Athletic Director: Craig Taylor	503-554-2911	Assistant Coach: Chad Riddle	503-554-2915
Head Coach: Wes Cook	503-554-2915	Volunteer As't: Kevin Carr	503-554-2853
Assistant Coach: Dave Guzman	503-554-2915	Volunteer As't: Josh Howery	503-554-2915
Assistant Coach: Scott Brown	503-554-2915	Athletic Trainer: Dale Isaak	503-554-2916
Assistant Coach: John Smith	503-554-2092		
Athletic Office: Patty Findley	503-554-2910	FAX: 503-554-3864	pfindley@georgefox.edu
Sports Info Dir: Blair Cash	503-554-2127	FAX: 503-554-3830	bcash@georgefox.edu
			3rd: 12/16/99

**GEORGE FOX UNIVERSITY BRUINS  
2000 WOMEN'S TRACK & FIELD ROSTER**

<u>Name</u>	<u>Events</u>	<u>Ht.</u>	<u>Cl.</u>	<u>Hometown/Previous School</u>
Jessica Adams	Sprints	5-5	Sr.	Lake Oswego, Ore./Texas Christian Univ.
Sharon Barnett	Hurdles/Sprints	5-9	Sr.	Salem, Ore./Salem Academy
Kelsey Baron	Jumps	5-9	Fr.	Nehalem, Ore./Neah-kah-nie HS
Ember Brosius	Mid-Distance		Jr.	Winthrop, Maine/Gordon College
Kasey Burk	Mid-Distance/XC	5-5	Sr.	Culver, Ore./Culver HS
Katherine Burley	XC	5-4	Fr.	Portland, Ore./David Douglas HS
Heidi Coley	XC	5-3	Fr.	Sequim, Wash./Sequim HS
Christina Davis	Sprints	5-7	So.	Lynnwood, Wash./Meadowdale HS
Amy Forbes	Jumps	5-7	Jr.	Jackson, Wyo./Jackson Hole HS
Colleen Forbes	Jumps	5-7	So.	Jackson, Wyo./Jackson Hole HS
Megan Heuberger	Hurdles	5-3	Fr.	Yamhill, Ore./Yamhill-Carlton HS
Heather Hunt	Pole Vault	5-7	Jr.	Turner, Ore./Salem Academy
Jocelyn Kennedy	Jumps	5-6	Sr.	Gresham, Ore./Gresham HS
Shannon Larson	Distance/XC	5-2	Fr.	Forks, Wash./Univ. of Washington
Paige Lewis	Throws		Fr.	Newberg, Ore./Newberg HS
Pamela Longman	Throws	5-6	Sr.	Kelso, Wash./Kelso HS
Jamie McElwain	Mid-Distance/XC	5-5	Jr.	Tigard, Ore./Tigard HS
Melissa McKenzie	XC	5-5	Fr.	Colorado Springs, Colo./Colo. Springs Chr. HS
Marisa Merritt	Distance/XC	5-5	Jr.	Portland, Ore./Westside Christian HS
Lori Miller	Throws	5-4	Jr.	Canby, Ore./Canby HS
Nicola Murphy	Jumps	5-7	Jr.	Grass Valley, Calif./Nevada Union HS
Karrie Nelson	Hurdles/Heptathlon	5-6	Sr.	Medford, Ore./South Medford HS
Jessica Nies	Throws	5-7	Jr.	Cedar Ridge, Calif./Nevada Union HS
Kirsten Norgaard	Distance/XC	5-5	So.	Everett, Wash./Everett HS
Rosey Ofstie	Distance/XC	5-10	So.	Amity, Ore./Amity HS
Paige Orton	XC	5-4	So.	Hillsboro, Ore./Glencoe HS
Angela Powell	Jumps	5-10	Sr.	Roseburg, Ore./Roseburg HS
Sarah Powell	Sprints	5-11	So.	Turner, Ore./Cascade HS
Rebecca Rising	XC	5-4	So.	Sanger, Calif./Tulare Western HS
Erin Simon	Throws	5-4	Fr.	Eugene, Ore./Willamette HS
Heidi Smith	Jumps/Sprints	5-9	So.	Lakeside, Ore./North Bend HS
Laurel Starr	XC	5-4	So.	Yakima, Wash./West Valley HS
Marian Stevens	Throws	5-10	So.	Anchorage, Alaska/Anchorage Christian HS
Tori Taylor	Mid-Distance	5-7	So.	Portland, Ore./Wilson HS
Helena Telfer	Pole Vault	5-2	Fr.	Grand Ronde, Ore./New Covenant Christian Aca.
Mimi Van Hooser	Mid-Distance	5-10	Fr.	Oxbow, Ore./Pine Eagle HS
Amy Weybright	XC	5-3	Jr.	Beaverton, Ore./Aloha HS

**Head Coach:** Wes Cook

**Assistant Coaches:** Dave Guzman, Scott Brown, John Smith, Chad Riddle

**Volunteer Coaches:** Kevin Carr, Josh Howery

2nd: 02/24/00

**GEORGE FOX UNIVERSITY BRUINS  
2000 MEN'S TRACK & FIELD ROSTER**

<u>Name</u>	<u>Events</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Cl.</u>	<u>Hometown/Previous School</u>
Scott Alvey	Throws			So.	Walnut Creek, Calif./
Ryan Austin	Mid-Distance	6-0	155	So.	Eugene, Ore./North Eugene HS
Conley Bergh	Sprints	5-10	190	Fr.	Milwaukie, Ore./Rex Putnam HS
Kenan Butler	Mid-Distance			Fr.	Shelton, Wash./Shelton HS
Neil Cantrall	Pole Vault	5-8	160	So.	Salem, Ore./Salem Academy
Keith Christiansen	Hurdles/PV/Tr Jump	5-11	173	Fr.	Grass Valley, Calif./Sherman HS
Eric Costa	Sprints	6-0	154	Jr.	Beaverton, Ore./Aloha HS
Zach Davidson	Sprints, Hurdles	5-9	138	Fr.	Albany, Ore./Santiam Christian HS
Jackson Esselman	XC	6-1	175	So.	Bellevue, Idaho/Wood River HS
James Eubank	XC	5-9	129	Fr.	Astoria, Ore./Astoria HS
Tyler Gassaway	Sprints/Long Jump	6-0	156	Jr.	Oregon City, Ore./Oregon City HS
Scott Greene	Sprints/Hurdles	5-10	161	Jr.	Beaverton, Ore./
Caleb Harris	Hurdles	5-11	136		
Beau Jacoby	Sprints			Fr.	Victor, Idaho/Jackson Hole (Wyo.) Bible C.
Phil Jess	Distance/XC	5-10	150	Jr.	Chelan, Wash./Brewster HS
David Kilian	Sprints/Hurdles	6-0	168	So.	Gresham, Ore./Sam Barlow HS
Eric Kunze	Throws	6-2	215	Sr.	Vancouver, Wash./Mt. View HS
David Lovejoy	Sprints	6-2	177	Sr.	Portland, Ore./Portland Christian HS
John Mantalas	Distance/XC	6-0	157	Sr.	Gladstone, Ore./Gladstone HS
Steve Martin	Sprints	6-0	167	Jr.	Clackamas, Ore./Homeschooled
Scott Oswald	Distance/XC	5-7	137	Sr.	Portland, Ore./Portland Lutheran HS
Michael Owen	Distance/XC	5-11	166	Fr.	Anchorage, Alaska/Grace Christian HS
Nathan Paisley	Distance/XC	6-0	158	So.	Salem, Ore./North Salem HS
David Plotts	Sprints	5-10	165	Sr.	Mill City, Ore./Chemeketa CC
Jonathan Roberts	Throws	6-0	230	Sr.	Portland, Ore./Portland Christian HS
Aaron Routon	Pole Vault	5-9	149	Sr.	Newberg, Ore./Newberg HS
Nicholas Ryland	Mid-Distance/XC	5-10	139	Fr.	Cheyenne, Wyo./Cheyenne East HS
Ian Strauss	Throws	6-3	246	Sr.	Medford, Ore./South Medford HS
Joel Strunk	Throws	6-0	202	Sr.	Salem, Ore./Salem Academy
Tevin Taylor	Hurdles/Javelin	5-11	176	Fr.	Portland, Ore./Wilson HS
Ty Taylor	Throws	6-0	197	Sr.	Portland, Ore./Wilson HS
Bryan Thompson	XC	5-9	163	Sr.	Cave Junction, Ore./Illinois Valley HS
Forrest Towne	Distance/XC	5-10	153	So.	Springfield, Ore./Thurston HS
Silas Towne	Distance/XC	5-10	140	Fr.	Springfield, Ore./Thurston HS
Beau West	Sprints	6-2	189	Jr.	Klamath Falls, Ore./Mazama HS
Kevin Whitaker	Sprints	5-8	150	Fr.	Corvallis, Ore./Crescent Valley HS
Steve Willmer	Mid-Distance/XC	6-3	176	So.	Fullerton, Calif./Brea Olinda HS
Brandon Workman	Distance/XC	6-2	155	Sr.	Moscow, Idaho/Moscow HS

**Head Coach:** Wes Cook

**Assistant Coaches:** Dave Guzman, Scott Brown, John Smith, Chad Riddle

**Volunteer Assistants:** Kevin Carr, Josh Howerly

3rd: 02/24/00

**2nd Annual NORTHWEST CONFERENCE RELAYS**

at George Fox University

Saturday, Feb. 26, 2000 -- Very wet, 45 degrees

**RESULTS****MEN****4x100 (Whitworth, 43.43, 1999)**

1. Whitworth "A" 42.81 MR  
(Miyamoto, McDonnell, Ochi, Robnett)
2. PLU 43.82
3. GFU 45.03  
(Martin, Cantrell, Greene, Davidson)
4. Linfield 45.37
5. Whitworth "B" 46.02
6. Pacific 46.16
7. L&C 46.48
8. UPS 46.60

**4x400 (GFU, 3:22.44, 1999)**

1. Whitworth "A" 3:24.11  
(Pasma, McDonnell, White, Suzuki)
2. GFU 3:24.86  
(Plotts-50.3; Costa-52.8; Davidson-50.8; Gassaway-51.0)
3. UPS "A" 3:30.32
4. PLU "A" 3:31.05
5. PLU "B" 3:34.22
6. Whitworth "B" 3:35.06
7. Linfield 3:35.96
8. Whitworth "C" 3:42.83
9. L&C 3:42.91
10. Pacific "A" 3:43.00
11. UPS "B" 4:00.61
12. Pacific "B" 4:05.90

**4x1600 (Willamette, 18:07.64, 1999)**

1. UPS "A" 18:22.62
2. PLU 18:54.05
3. GFU 19:06.86  
(Workman-4:29; Owen-4:44; S. Towne-4:53; F. Towne-5:01)
4. Whitworth "A" 19:20.11
5. UPS "B" 19:43.93
6. Whitworth "B" 20:05.25

**5MR (2-2-4-800) (GFU, 3:34.31, 1999)**

1. Whitworth 3:36.54  
(Miyamoto, Ochi, Suzuki, White)
2. UPS "A" 3:45.65
3. PLU 3:48.35
4. GFU 3:50.44  
(Greene, Davidson, Austin-54.2; Harris-2:09)
5. L&C 3:51.82
6. Pacific 3:55.54
7. UPS "B" 4:18.20

**DMR (1200-400-800-1600) (GFU, 10:28.1 ht, 1999)**

1. UPS "A" 10:22.89 MR  
(Grabner, Baldwin, Graham, Davis)
2. PLU 10:23.79
3. GFU 10:31.23  
(Owen-3:15; Whitaker-51.0"; Austin-2:03; Workman-4:22)
4. Linfield 10:38.20
5. UPS "B" 10:55.35
6. Whitworth "A" 11:02.61
7. Whitworth "B" 11:29.25

**CO-ED 4 X 200 (GFU, 1:39.28, 1999)**

1. Whitworth "A" 1:40.47  
(Simchuk, Knoll, Robnett, McDonnell)
2. GFU "A" 1:40.49  
(Davis, Baron, Gassaway, Plotts)
3. PLU 1:42.32
4. GFU "B" 1:46.86  
(Smith, Christiansen, Jacoby)
5. Pacific 1:47.01
6. Whitworth "B" 1:50.42

**THROWER'S 4x100**

1. Linfield 49.82
2. L&C 50.73
3. Whitworth 53.80

**110 H (TEAM-PLU, 31.14; IND-Ennis, PLU, 15.52, 1999)**

- |              |       |  |
|--------------|-------|--|
| 1. Whitworth | 31.62 |  |
| 2. PLU       | 32.08 |  |
| 3. Linfield  | 32.24 |  |
- Individuals**
- |                     |           |          |
|---------------------|-----------|----------|
| 1. Navin Fernandes  | Whitworth | 15.27 MR |
| 2. Shipley Ennis    | PLU       | 15.84    |
| 3. Randy Fider      | Linfield  | 15.92    |
| 4. Chris Bertholf   | PLU       | 16.24    |
| 5. Fritz Mesenbrink | Linfield  | 16.32    |
| 6. Spencer Stiglets | Whitworth | 16.35    |
| 7. Garry Terranova  | Pacific   | 16.82    |
| 8. Carl Strong      | PLU       | 17.03    |
| 9. Ben Bunfill      | Whitworth | 17.42    |
| 10. Matt Kaemington | Whitworth | 17.68    |
| 11. Martin Cochran  | UPS       | 17.81    |
| 12. Ray Lions       | Linfield  | 19.08    |

**3000M RUN (new event)**

- |              |         |
|--------------|---------|
| 1. L&C       | 18:16.6 |
| 2. Whitworth | 18:33.2 |
| 3. GFU       | 18:36.2 |
| 4. UPS       | 19:09.1 |
| 5. Pacific   | 19:28.2 |
- Individuals**
- |                       |            |           |
|-----------------------|------------|-----------|
| 1. Neil Weare         | L&C        | 8:58.4    |
| 2. John Mantales      | GFU        | 9:08.2    |
| 3. Josh Sherven       | Whitworth  | 9:12.5    |
| 4. Brian Mulry        | UPS        | 9:15.9    |
| 5. Anthony Young      | L&C        | 9:18.2    |
| 6. Andrew Ault        | L&C        | 9:18.5    |
| 7. Peter Metcalf      | Whitworth  | 9:21.7    |
| 8. Brian Schoeneman   | Linfield   | 9:27.4    |
| 9. Derek Oldham       | L&C        | 9:27.7    |
| 10. Forrest Towne     | GFU        | 9:28.0 "  |
| 11. Scott Oswald      | GFU        | 9:29.2 "  |
| 12. Justin Davis      | Whitworth  | 9:34.9    |
| 13. Russ Gotchell     | Pacific    | 9:37.7    |
| 14. Scott Ball        | Unattached | 9:42.7    |
| 15. Darren Bowe       | Pacific    | 9:50.5    |
| 16. Carl Hoogersteger | Pacific    | 9:52.4    |
| 17. Jared Larson      | UPS        | 9:53.2    |
| 18. Mike Wenner       | PLU        | 9:57.0    |
| 19. Nathan Paisley    | GFU        | 10:13.0 " |

**HJ (TEAM-L&C, 11-05.75; IND-Gibbs, Lawie & Clark, 5-10.75, 1999)**

- |        |          |
|--------|----------|
| 1. L&C | 11-11 MR |
| 2. GFU | 10-09    |
- Individuals**
- |                     |             |                  |
|---------------------|-------------|------------------|
| 1. Travis Olson     | Unattached, | 6-06 MR          |
| 2. Reid Schooler    | L&C         | 6-03             |
| 3. Fritz Mesenbrink | Linfield    | 6-00             |
| 4. Garry Terranova  | Pacific     | 5-09             |
| 5. Loran Joseph     | L&C         | 5-09             |
| 6. Scott Greene     | GFU         | 5-09 (not legal) |
| 7. Ty Taylor        | GFU         | 5-00             |

**VAULT (TEAM-GFU, 25-00; IND-Parker, GFU, 13-00, 1999)**

- |        |       |
|--------|-------|
| 1. GFU | 22-00 |
|--------|-------|
- Individuals**
- |                       |           |                   |
|-----------------------|-----------|-------------------|
| 1. Brent Sagnotti     | Linfield  | 14-00 MR          |
| 2. Jason Mauch        | PLU       | 13-06             |
| 3. Keith Christiansen | GFU       | 11-00             |
| 4. Aaron Routon       | GFU       | 11-00             |
| 5. Dan Gargas         | UPS       | 11-00 (not legal) |
| -- Peter Boyle        | Pacific   | nh                |
| -- Dusten Sackett     | Pacific   | nh                |
| -- Aaron Baldwin      | Whitworth | nh                |
| -- Jesse Thomas       | PLU       | nh                |

# 2nd Annual NORTHWEST CONFERENCE RELAYS

at George Fox University

Saturday, Feb. 26, 2000 - Very wet, 45 degrees

RESULTS

## MEN

### 100 YD (TEAM-Whitworth, 41-07.25; IND-Omo, Ww, 22-03.75, 1999)

1. Whitworth	38-07.5	
<b>Individuals</b>		
1. Ray Lions,	Linfield	21-00.5
2. Martin Cochran	UPS	19-06
3. Kei Omo,	Whitworth	19-05
4. Aaron Baldwin,	Whitworth	19-02.5
5. Quante Anderson	Whitworth	16-01
-- Ryan Boatman	PLU	nm

### 100 YD (TEAM-Whitworth, 75-03.5; IND-Omo, Ww, 37-09.5, 1999)

1. Whitworth,	81-05 MR	
<b>Individuals</b>		
1. Aaron Baldwin	Whitworth	41-03 MR
2. Quante Anderson	Whitworth	40-02
3. Kei Omo	Whitworth	39-09.5
4. Martin Cochran	UPS	38-09

### SHOT (TEAM-Whitworth, 87-03; IND-Jacobson, PLU, 48-07.25, '99)

1. Linfield	83-07.75	
2. GFU	82-00.25	
3. Whitworth	80-09.50	
4. L&C	74-04	
<b>Individuals</b>		
1. Joel Strunk	GFU	44-09.50 ** A
(#9 All-Time, GFU)		
2. Jeff York	Linfield	43-08.50
3. Takashi Atkins	Whitworth	43-03
4. Dan Reichenbach	L&C	41-03
5. Travis Olson	Unattached	40-08.50
6. Jason Caponette	Linfield	39-11.25
7. Ben Dittman	Linfield	38-02.25
8. Justin Buckner	Linfield	37-07.50
9. Jon Abbey	Whitworth	37-06.50
10. Ty Taylor	GFU	37-02.75
11. Eric Chaput	UPS	33-09.75
12. Luke Speckman	L&C	33-01
13. David Kilian	GFU	28-08.50 **
14. Ken Kozuma	Pacific	26-11.50

### DISCUS (TEAM-PLU, 284-09; IND-Jacobson, PLU, 160-05, 1999)

1. Linfield	205' 9"	
2. L&C	194' 10"	
<b>Individuals</b>		
1. Ryan Dirks	PLU	138-01
2. Jon Abbey	Whitworth	124-02
3. Dan Reichenbach	L&C	111-10
4. Jason Caponette	Linfield	104-02
5. Justin Buckner	Linfield	101-07
6. Luke Speckman	L&C	83-00
7. Jeff York	Linfield	82-09

### JAVELIN (TEAM-PLU, 394-03; IND-Logue, PLU, 197-06, 1999)

1. Linfield	322-09	
2. PLU	301-06	
3. Whitworth	231-03	
4. UPS	202-08	
<b>Individuals</b>		
1. Travis Olson	Unattached	182-03
2. Matt Greco	Linfield	163-01
3. Aaron Thorton	Linfield	159-08
4. Ray Lions	Linfield	156-00
5. Marcus Rismiller	PLU	153-10
6. Gary Terranova	Pacific	151-08
7. Jon Catandella	PLU	147-08
8. Walt Rudolph	Linfield	146-07
9. Jimmy Adamek	Linfield	141-09
10. Billy Alexander	L&C	135-03
11. Matt Kaemingk	Whitworth	126-06
12. Garrett Fergus	Linfield	113-05
13. Elliott Edwards	Whitworth	104-09
14. Sean Jonick	UPS	101-08
15. Eric Chaput	UPS	101-00

### HAMMER (TEAM-PLU, 297-11; IND-Jacobson, PLU, 170-04, 1999)

1. Whitworth	269-00	
2. GFU	259-00	
3. L&C	253-06	
4. Linfield	236-07	
<b>Individuals</b>		
1. Ryan Dirks	PLU	175-00
2. Dan Reichenbach	L&C	148-00
3. Takashi Atkins	Whitworth	138-11
4. Joel Strunk	GFU	132-00 **
5. Jon Abbey	Whitworth	130-01
6. Eric Kunza	GFU	127-00
7. Jason Caponette	Linfield	125-07
8. Micah Melton	UPS	117-01
9. Jeff York	Linfield	111-00
10. Bobby Brown	L&C	107-06
11. Ben Dittman	Linfield	106-06
12. Luke Speckman	L&C	89-06

\*\* = Personal Record (PR)  
 ## = Season's Best  
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### DISTANCE SPLITS

DMR	Owen	(63-65-67)
	Austin	(57-66)
	Workman	(62-65-68-67)
4 x 1600	Workman	(67-70-69-63)
	Owen	(69-72-74-69)
	S. Towne	(68-74-76-74)
	F. Towne	(71-76-79-75)

**2nd ANNUAL NORTHWEST CONFERENCE RELAYS**

at George Fox University

Saturday, Feb. 26, 2000, very wet, 43 degrees

**RESULTS****WOMEN****4x100 (PLU 48.52, 1999)**

1. PLU	50.82
(Ell, Willmovsky, Friedrich, Axley)	
2. L & C	51.28
3. Linfield	51.50
4. GFU "A"	52.89
(C. Forbes, Heuberger, Davis, )	
5. Whitworth	52.89
6. GFU "B"	53.75
(Adams, Nelson, Smith, )	
7. Pacific	53.79
8. GFU "C"	55.01
(Miller, Powell, Murphy, )	

**4x400 1. PLU 4:03.67, 1999)**

1. Linfield	4:09.67
2. PLU "A"	4:11.24
3. GFU "A"	4:14.14
(Nelson-66.2; Heuberger-62.1; McElwain-63.0; Davis-62.6)	
4. UPS	4:28.42
5. L & C	4:32.28
6. PLU "B"	4:37.12

**4x1600 (UPS 21:43.29, 1999)**

1. Whitworth	23:01.7
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**SMR (2-2-4-800) (PLU 4:18.81, 1999)**

1. Linfield	4:18.89
2. PLU	4:24.61
3. GFU	4:34.01
(Powell, Hunt, VanHooser-66.6; Brosius-2:28)	

**DMR (1200-400-800-1600) (Willamette 12:42.25, 1999)**

1. UPS	12:39.50
(Patterson, Nelson, Sotelo, Boyle)	
2. GFU	12:55.43
(Norgaard-4:01; McElwain-62.0; VanHooser-2:29; Brosius-5:23)	
3. PLU	13:08.61
4. Whitworth	13:32.30

**CO-ED 4 X 200 (GFU 1:39.28, 1999)**

1. Whitworth "A"	1:40.47
(Sinchuk, Knoll, Robnett, McDonnell)	
2. GFU "A"	1:40.49
(Davis, Baron, Gassaway, Plotts)	
3. PLU	1:42.32
4. GFU "B"	1:46.86
(Smith, , Christiansen, Jacoby)	
5. Pacific	1:47.01
6. Whitworth "B"	1:50.42

**THROWER'S 4x100**

1. Pacific	1:03.38
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**100 H (TEAM-PLU 32.41; IND-Osborne, PLU 15.17, 1999)**

1. Linfield	32.27
2. PLU	38.19
<b>Individuals</b>	
1. Katie McArthur	Linfield 15.87
2. Kristie Brooks	Una 15.93
3. Mandy Sitz	Linfield 16.40
4. Emily Elasky	UPS 17.77
5. Anna Goodsell	Linfield 18.47
6. Lacy Helm	PLU 19.72

**3000M RUN (new event)**

1. Whitworth	22:44.7
2. Linfield	23:16.2
3. GFU	23:33.4
4. L & C	23:53.3

**Individuals**

1. Tori Taylor	GFU	10:59.3
2. Katie Schlotfeldt	Whitworth	11:08.8
3. Kari Newby	Linfield	11:29.1
4. Lisa Lindsay	PLU	11:29.6
5. Elizabeth Bailey	Whitworth	11:35.9
6. Andrea Prebys	Linfield	11:47.1
7. Talia Epstein	L & C	11:48.4
8. Kristin Crandall	L & C	12:05.2
9. Rosie Ofstie	GFU	12:34.1
10. Julie Meyer	UPS	13:11.9

**HJ (TEAM-Whitworth 8-08.25, IND-Dillon, UPS 5-03, 1999)**

1. GFU	9-10 MR
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**Individuals**

1. Sarah Dillon	UPS	5-00
2. Angie Powell	GFU	5-00
3. Kristie Brooks	PLU	4-10
4. Amy Forbes	GFU	4-10
5. Lori Rolf	PLU	4-08
6. Erica Moen	Whitworth	4-08
7. Michelle Ryder	Pacific	4-06

**VAULT (TEAM-UPS 17-07, IND-Wells, UPS 10-01, 1999)**

1. GFU	18-08 MR
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**Individuals**

1. Kristin Russell	Linfield	11-04 MR
2. Heather Hunt	GFU	10-08 ABC
(Jr. Class Record, old 7-08, Christiansen, '98)		
3. Helena Teller	GFU	8-00 A
(#3 All-Time GFU, #2 Frosh)		
4. Erica Moen	Whitworth	7-08
5. Kelly Wright	PLU	7-08

**LJ (TEAM-PLU 32-03; IND-Osborne, PLU 17-05.25, 1999)**

1. GFU	30-09.75
2. Whitworth	27-11
3. PLU	26-02.75

**Individuals**

1. Kristie Brooks	Una	17-03.5
2. Mandy Sitz	Linfield	15-08.5
3. Kelsey Baron	GFU	15-06.5
4. Heidi Smith	GFU	15-02.5
5. Jocelyn Kennedy	GFU	14-10.5
6. Erin Haney	UPS	14-07
7. Laura Cobb	PLU	14-03.5
8. Abby Jo Hornstein	Whitworth	14-03
9. Caroline Devries	Whitworth	13-08
10. Nicola Murphy	GFU	12-07.5
11. Julie Miller	PLU	11-11.5

**TJ (TEAM-UPS 63-05; IND-Wells, UPS 34-05.75, 1999)**

1. PLU	57-02.5
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**Individuals**

1. Christina Donehower	L & C	34-03.5
2. Erin Haney	UPS	30-11
3. Laura Cobb	PLU	30-02
4. Nikki Sharp	PLU	27-00.5

**2nd ANNUAL NORTHWEST CONFERENCE RELAYS**

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**RESULTS****WOMEN****SHOT (TEAM-Whitworth, 66-01.75; IND-Stevens, GFU, Seelva, PLU and Gallagher, Wv, 33-08.99)**

1. Pacific	66-06.75
2. GFU	64-07.25
3. Whitworth	62-01.25
4. Willamette	54-05.25

**Individuals**

1. Nichole Marich	Whitworth	34-04.25
2. Sarah Cotton	Pacific	34-01.50
3. Pam Longman	GFU	32-07.75**
4. Lauri Duensing	Pacific	32-05.25
5. J.J. Hurley	Willamette	32-00.25
6. Lace Smit	UPS	32-00
7. Erin Simon	GFU	31-11.50
8. Jessica Nies	GFU	31-02
9. Tina Lohse	PLU	30-05.25
10. Kirtye Lohof	L & C	28-11.75
11. Abby Jo Hornstein	Whitworth	27-09
12. Paige Lewis	GFU	26-08.25
13. Laura Leineweber	Willamette	22-04.75

**DISCUS (TEAM-Pacific, 211-08; IND-Stevens, GFU, 118-02, 1999)**

1. Whitworth	204-10
2. Pacific	194-07
3. GFU	177-09
4. UPS	173-05

**Individuals**

1. Elysia Hanna	Whitworth	111-06
2. Lindsay Holbrook	Linfield	104-07
3. Sara Cotton	Pacific	98-06
4. Ruth Ann Heim	Pacific	96-01
5. Marika Henderson	UPS	93-11
6. Nichole Marich	Whitworth	93-04
7. Heidi Fuhrmann	Pacific	92-11
8. Ann Kaltwasser	Pacific	92-07
9. Paige Lewis	GFU	89-11
10. Pam Longman	GFU	87-10
11. Lauri Duensing	Pacific	87-04
12. Kristen Emura	UPS	79-06

**JAVELIN (TEAM-Pacific, 235-03; IND-Kaltwasser, PU, 120-09, 1999)**

1. Whitworth	209-10
2. Pacific	208-02
3. UPS	201-01
4. GFU	193-00
5. Willamette	153-06

**Individuals**

1. Danielle Swift	Whitworth	130-04
2. Anne Crace	UPS	114-09
3. Nikki Thompson	L & C	110-07
4. Lori Miller	GFU	110-06
5. Rochelle Weens	PLU	107-02
6. Ann Kaltwasser	Pacific	106-06
7. Gall Wooten	Pacific	101-08
8. Kristie Brooks	Una	100-05
9. Jennifer Cregg	Linfield	95-06
10. Hayley Ronningen	Pacific	89-04
11. Sarah Gross	UPS	86-04
12. Pam Longman	GFU	82-06
13. J.J. Hurley	Willamette	81-09
14. Abby Jo Hornstein	Whitworth	79-06
15. Laura Leineweber	Willamette	71-08
16. Kristen Merrill	Pacific	64-07
17. Kirtye Lohof	L & C	63-04
18. Michaela Ryder	Pacific	47-07

**HAMMER (TEAM-PLU, 292-04; IND-Seelva, PLU, 148-05, 1999)**

1. PLU	236-00
2. Whitworth	233-10
3. UPS	179-01

**Individuals**

1. Lindsay Holbrook	Linfield	139-11
2. Heidi Fuhrmann	Pacific	128-01
3. Stacey Neils	PLU	123-07
4. Elysia Hanna	Whitworth	121-07
5. Caryn Flint	PLU	112-06
6. Nichole Marich	Whitworth	112-03
7. Tina Lohse	PLU	111-03
8. Lace Smith	UPS	99-03
9. Marika Henderson	UPS	79-10
10. Sarah Warnock	L & C	75-06

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# GEORGE FOX UNIVERSITY

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Friday, February 11, 2000 --- For Immediate Release*

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### **BRUINS WARM UP FOR TRACK SEASON AT IDAHO INVITATIONAL**

**MOSCOW, Idaho** --- With the 2000 men's and women's track and field season beginning in earnest in three weeks, the George Fox University Bruins warmed up for the new season in the Idaho Indoor Meet this past Friday-Saturday, Feb. 4-5, here at the University of Idaho.

"This was just sort a tune-up for us before getting down to brass tacks at the end of the month," said veteran Bruins' coach Wes Cook. "We didn't send a full team to Idaho, but we told anyone who want to go that they could, and several of our athletes did go. In fact, we had a couple of new records set."

In the mile run, **Ember Brosius (Jr., Winthrop, Maine)** set a new George Fox women's indoor record with a time of 5:15.48, breaking the record of 5:18.74 by Melissa Wilson Conley in 1992. **Kirsten Norgaard (So., Everett, Wash.)** ran the mile in 5:38.57, a new personal best. **John Mantalas (Sr., Gladstone, Ore.)** ran a 4:43.27 mile for the men.

In the 3000 meters, **Steve Willmer (So., Fullerton, Calif.)** set a new men's indoor mark of 8:40.68, eclipsing the old record of 8:44.64 by Mark Mohnen in 1990. It was also the third best time, indoor and outdoor, for a Bruin in the event. **Brandon Workman (Sr., Moscow, Idaho)**, returning to his "back yard", also ran an excellent 8:50.64.

In the discus, **Paige Lewis (Fr., Newberg, Ore.)** threw a 106-10 and **Marian Stevens (So., Anchorage, Alaska)** a 104-11 for the women. In the 60 meters, **Sarah Powell (So., Turner, Ore.)** ran a 9.14. In the 800 meters, **Jessica Adams (Sr., Lake Oswego, Ore.)** ran a 2:37.25 and **Tyler Gassaway (Jr., Oregon City, Ore.)** a 2:10.47, both personal bests. In the 200 meters, **Powell** ran a 30.46 and **Scott Greene (Jr., Beaverton, Ore.)** a 24.41.

**Lewis, Pamela Longman (Sr., Kelso, Wash.), Jessica Nies (Jr., Cedar Ridge, Calif.), and Jeffrey Votaw (Jr., Newberg, Ore.)** all competed in the shot, but had no measured efforts, nor did **Greene** in the high jump.

The track and field season begins in earnest for both the men's and women's squads on Saturday, Feb. 26, when the Bruins host the Northwest Conference Relays at Colcord Field.