

2003

### 2003 Statistics

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## 2003 GFU SEASON'S BESTS (MEN)

a. 2/15 Idaho Indoor	g. 4/5 Willamette Inv.	m1. 5/3 Linfield	m2. Oregon Twilight
b. 3/1 Linfield Icebreaker	h. 4/11 GFU Distance Carnival	n. 5/10 SPU Inv.	
c. 3/8 GFU Quad.	i. 4/12 GFU Carnival All-Comers	o. 5/17 Willamette Last Chance	
d. 3/15 GFU Quad	j. 4/14-15 NWC Combined Events	p. 5/22-24 Nationa	
e. 3/24 Claremont Challenge	k. 4/19 Lewis & Clark @ Linfield		
f. 3/29 Sacramento State Inv..	l. 4/25-26 NWC Championships		

**A** - 2003 NWC qualifying mark

**B** - NCAA-III Provisional qualifying

**C** - NCAA III Auto. qualifying

Personal best	Athlete	
<b>High Jump (A=6-02.75/1.90 B=6-08/2.03 C=6-10.75/2.10)</b>		
6-04.00/1.93 (6-04.00/1.93)	Bret Yeager	(3) k
5-08.75/1.75 (6-00.00/1.83)	Adam Puckett	(3) c
5-08.75/1.75 (6-00.00/1.83)	Milo Vela	(1) e
	Bryan Wadlow	(3)
	Casey Sullivan	(1)
<b>Vault (A=13-01.75/4.01 B=15-02.25/4.63 C=16-01.25/4.91)</b>		
13-00.25/3.97 (12-06.00/3.81)	Nick Wymore	(2) k
11-03.75/3.45 (12-00.00/3.66)	Andy Haehlen	(2) i
<b>LJ (A=21-02.50/6.44 B=22-11.75/7.00 C=24-00.75/7.33)</b>		
22-02.75/6.80 (22-01.75/6.75)	Adam Puckett	(3) e
21-04.00/6.50 (18-09.75/5.73)	Milo Vela	(1) k
21-02.00/6.45 (21-04.00/6.50)	Bryan Wadlow	(3) i
19-10.25/6.05 (18-05.25/5.62)	Doug Beatty	(3) i
18-00.25/5.49 (18-01.00/5.51)	Andrew Haehlen	(2) g
	Bret Yeager	(3)
<b>TJ (A=42-06.75/12.97 B=46-03.25/14.10/ C=48-10.75/14.90)</b>		
45-06.50/13.87 (43-00.50/13.12)	Adam Puckett	(3) e
44-02.50/13.47 (43-02.00/13.15)	Milo Vela	(1) f
43-05-00/13.23 (44-05.50/13.55)	Bryan Wadlow	(3) l
42-04.25/12.91 (40-07.00/12.37)	Doug Beatty	(3) b
<b>Shot (A=44-02.75/13.48 B=50-04/15.34 C=54-08.25/16.67)</b>		
40-06.00/12.34 (40-07.50/12.38)	David Malcolm	(4) b
35-09.25/10.90 (33-06.75/10.23)	Nick Hultberg	(3) e
28-03.50/ 8.62 (28-03.50/ 8.62)	Milo Vela	(1) g
<b>Discus (A=135-05/41.28 B=155-00/47.25 C=171-11/52.40)</b>		
113-06/34.61 (116-05/35.48)	Nick Hultberg	(3) e
109-01/33.24 (100-03/30.57)	Bryan Wadlow	(3) d
96-06/29.42 ( 97-04/29.67)	David Malcolm	(4) c
<b>Javelin (A=176-02/53.69 B=188-04/57.40 C=204-09/62.40)</b>		
186-06/56.86 (202-07/61.74)	Matt Gassaway	(2) e
159-03/48.55 (172-02/52.47)	Nick Hultberg	(3) f
147-00/44.80 (147-00/44.80)	Steven Beardsley	(2) m1
146-00/44.50 (127-11/38.98)	Scott Burkhart	(3) i
<b>Hammer (A=144-11/44.17 B=165-04/50.40 C=183-09/56.00)</b>		
120-04/36.67 (106-04/32.42)	Nick Hultberg	(3) e
116-02/35.41 ( 83-11/25.57)	David Malcolm	(4) m1
<b>100m Dash (A=11.22 B=10.81 C=10.53)</b>		
10.65 (10.94)	Ben Salisbury	(3) l
11.52 (11.56)	Steve Beardsley	(2) i
11.59 (12.27)	Jesse Rasmussen	(3) k
12.50 (12.67)	Nick Wymore	(2) b
12.75 (12.57)	Andy Haehlen	(2) d
13.10 (13.10)	Scott Burkhart	(3) d
	Brad Bates	(2)
	Andrew Paine	(2)
	Bryan Wadlow	(3)
<b>200m Dash (A=22.72 B=21.80 C=21.40)</b>		
21.34 (21.62)	Ben Salisbury	(3) m2
23.35 (24.32)	Jesse Rasmussen	(3) k
	Brad Bates	(2)
	Andrew Paine	(2)
	Steven Beardsley	(2)
	Nick Wymore	(2)
	Andy Haehlen	(2)
<b>400m Dash (A=51.24 B=48.50 C=47.80)</b>		
40.95 (50.77)	Jesse Rasmussen	(3) l
52.48 (50.44)	Brad Bates	(2) g
52.50i (52.41)	Steve Beardsley	(2) a
54.73i (53.74)	Ben Eichenberger	(1) a
54.86 (54.34)	Casey Sullivan	(1) e
	Ben Salisbury	(3)
	Dane Coppini	(1)
	Bryan Wadlow	(2)

Personal best	Athlete	
<b>800m Run (A=1:58.00 B=1:53.10 C=1:51.30)</b>		
2:01.03 (2:03.44)	Michael Owen	(3) k
2:02.11 (2:07.74)	Dane Coppini	(1) d
2:05.81 (2:12. )	Matt Burg	(2) d
2:05.82 (2:13.00)	Brad Bates	(2) e
2:05.92 (2:11.64)	Andrew Paine	(2) i
2:11.03 (2:25.08)	Greg Cobb	(2) k
2:11.13 (1:55.14)	Zach Smith	(2) b
2:12.49 (2:01.14)	Silas Towne	(3) c
	Rob Gaslin	(2)
	Kris Clifton	(2)
<b>1500m Run (A=4:05.00 B=3:55.50 C=3:50.60)</b>		
4:03.03 (4:11.26)	Michael Owen	(3) e
4:08.58 (4: )	Matt Burg	(2) e
4:18.73 (4:27.00c)	Dane Coppini	(1) c
4:26.65 (4:24.01)	Silas Towne	(3) c
4:36.09 (4:39.89)	Greg Cobb	(2) i
4:39.00 (4:49.03)	Kris Clifton	(2) e
4:47.70 (4:37.86)	Rob Gaslin	(2) i
<b>3000m Run (not contested for championships)</b>		
8:52.35i ( 9:03.00)	Michael Owen	(3) a
9:06.07 ( 9:27.00)	Matt Burg	(2) e
10:04.87 (10:15.00)	Kris Clifton	(2) e
<b>5000m Run (A=15:49.76 B=14:55.00 C=14:32.00)</b>		
15:37.04 (15:40.74)	Michael Owen	(3) i
15:45.64 (16:10.10)	Matt Burg	(3) i
17:29.57 (17:30.20)	Kris Clifton	(2) c
<b>10,000m Run (A=TOP 18 B=31:30.00 C=30:37.00)</b>		
33:11.50 (35:15.70)	Michael Owen	(3) b
33:29.40 (33:29.40)	Matt Burg	(3) b
36:56.84 (41:28.55)	Kris Clifton	(2) I
<b>110m High Hurdles (A=16.13 B=14.90 C=14.45)</b>		
16.61 (17.21)	Casey Sullivan	(1) e
16.90 (17.04)	Ben Eichenberger	(1) e
17.00 (17.00)	Steven Beardsley	(2) b
18.84 (18.84)	Steve Pratt	(1) b
<b>400m Intermediate Hurdles (A=57.89 B=54.00 C=52.40)</b>		
55.95 (58.09)	Steven Beardsley	(2) l
59.54 (60.50)	Ben Eichenberger	(1) e
60.83 (63.38)	Casey Sullivan	(1) c
63.98 (66.37)	Steve Pratt	(1) i
	Andrew Paine	(2)
<b>3000m STEEPLECHASE (A=9:55.80 B=9:23.50 C=9:06.40)</b>		
9:23.57 (9:37.72)	Michael Owen	(3) n
<b>Decathlon (A=NONE B=6000 C=6500)</b>		
(5042)	Bryan Wadlow	(3)
<b>4 x 100m Relay (A=TOP-8 B=42.00 C=41.40)</b>		
43.39	(Eichenberger, Rasmussen, Beardsley, Salisbury)	e
43.88	(Eichenberger, Rasmussen, Beardsley, Salisbury)	c
43.91	(Beardsley, Wadlow, Rasmussen, Salisbury)	l
45.00	(Eichenberger, Beardsley, Rasmussen, Wymore)	d
45.01	(Eichenberger, Beardsley, Sullivan, Salisbury)	g
<b>4 x 400m Relay (A=TOP-8 B=3:17.50 C=3:13.70)</b>		
3:26.72	(Rasmussen, Coppini, Beardsley, Salisbury)	c
3:26.80	(Rasmussen, Coppini, Beardsley, Salisbury)	b
3:26.97	(Beardsley, Paine, Sullivan, Rasmussen)	l
3:31.47	(Eichenberger, Sullivan, Coppini, Rasmussen)	d
3:33.35	(Beardsley, Paine, Rasmussen, Wymore)	k
3:36.54	(Eichenberger, Sullivan, Owen, Beardsley)	e
3:52.26	(Pratt, Cobb, Gaslin, Waymore)	i

## 2003 GFU SEASON'S BESTS (MEN)

a. 2/15 Idaho Indoor  
 b. 3/1 Linfield Icebreaker  
 c. 3/8 GFU Quad.  
 d. 3/15 GFU Quad  
 e. 3/24 Claremont Challenge  
 f. 3/29 Sacramento State Inv.

g. 4/5 Willamette Inv.  
 h. 4/11 GFU Distance Carnival  
 i. 4/12 GFU Carnival All-Comers  
 j. 4/14-15 NWC Combined Events  
 k. 4/19 Lewis & Clark @ Linfield  
 l. 4/25-26 NWC Championships

m. 5/3 Linfield m2. Oregon Twilight  
 n. 5/10 SPU Inv.  
 o. 5/17 Willamette Last Chance  
 p. 5/22-24 Nationa

**A**--2003 NWC qualifying mark

**B**--NCAA-III Provisional qualifying

**C**--NCAA III Auto. qualifying

### 4 x 4 SPLITS

(LO=Leadoff leg)

50.8-LO	(55.1-LO)	Rasmussen	b
51.9-LO	(52.9-LO)	Beardsley	l
54.4-LO	(55.1-LO)	Eichenberger	c
57.6-LO	(57.6-LO)	Pratt	i
	(53.0-LO)	Paine	

48.8	(48.5)	Salisbury	c
49.6	(49.9)	Rasmussen	k
51.5	(51.7)	Paine	l
52.2	(51.2)	Beardsley	c
53.1	(53.1)	Coppini	b
53.5	(52.3)	Sullivan	l
54.6	( )	Owen	e
55.9	(56.2)	Wymore	k
56.3	(54.7)	Towne	c
58.5	(59.8)	Cobb	i
59.7	(58.9)	Gaslin	i
	(49.6)	Bates	
	(54.0)	Puckett	
	(58.0)	Haehlen	

### INDIVIDUAL SCORING--SEASON (5/3)

Salisbury	135
Beardsley	75.25
Rasmussen	69.50
Vela	68
Puckett	67
Wymore	61.50
Wadlow	55.75
Hultberg	43
Owen	41.25
Gassaway	36
Yeager	35
Burg	31
Malcolm	26.50
Eichenberger	24.25
Haehlen	21.50
Sullivan	15.75
Beatty	14
Coppini	13.50
Paine	11.25
Pratt	7
Burkhardt	6
Clifton	6
Bates	5
Cobb	3.5
Gaslin	1.5

## 2003 GFU SEASON'S BESTS (WOMEN)

a. 2/15 Idaho indoor	g. 4/5 Willamette Inv.	mI. 5/3 Linfield m2. Oregon Twilight
b. 3/1 Linfield Icebreaker	h. 4/11 GFU Distance Carnival	n. 5/10 SPU Inv.
c. 3/8 GFU Quad.	i. 4/12 GFU Carnival All-Comers	o. 5/17 Willamette Last Chance
d. 3/15 GFU Quad	j. 4/14-15 NWC Combined Events	p. 5/22-24 Nationals
e. 3/24 Claremont Challenge	k. 4/19 Lewis & Clark @ Linfield	
f. 3/29 Sacramento State Inv.	l. 4/25-26 NWC Championships	

A -- 2003 NWC qualifying mark

B--NCAA-III Provisional qualifying

C--NCAA III Auto. qualifying

Event	Personal Best	Athlete	Yr.	Mt	Q
<u>High Jump (A=5-00.50/1.54 B=5-04.50/1.64 C=5-07.75/1.72)</u>					
5-06.00/1.68	(5-07.00/1.70)	Jo Boatright	(2)	m2	
5-05.75/1.67	(5-02.00/1.57)	Michelle Forbes	(2)	m1	
5-04.50/1.64	(5-05.00/1.65)	Chelsi Williamson	(1)	c	
5-02.50/1.59	(5-00.50/1.54)	Emily Ruggles	(4)	d	
<u>Vault (A=10-01.25/3.08 B=10-10.00/3.30 C=12-00.75/3.68)</u>					
10-01.25/3.08	(10-06.00/3.20)	Helena Telfer	(4)	1	
	( 8-09.00/2.67)	Jillian Shaw	(1)		
<u>Long Jump (A=16-05.25/5.01 B=18-00.50/5.50 C=19-00.50/5.80)</u>					
18-08.75/5.71	(18-02.25/5.54)	Jo Boatright	(2)	k	
18-07.75/5.68	(18-06.00/5.64)	Kelsey Baron	(4)	k	
17-11.75/5.48	(17-05.50/5.32)	Chelsi Williamson	(1)	1	
14-09.75/4.51	(14-09.00/4.50)	Michelle Forbes	(2)	g	
<u>Triple Jump (A=33-10.25/10.32 B=36-11/11.25 C=39-00.50/11.95)</u>					
38-11.00/11.86	(39-01.00/11.91)	Kelsey Baron	(4)	i	
36-05.50/11.11	(35-11.00/10.94)	Chelsi Williamson	(1)	1	
36-04.25/11.08	(37-04.50/11.39)	Jo Boatright	(2)	1	
33-06.75/10.23	(33-09.75/10.30)	Michelle Forbes	(2)	k	
<u>Shot PUT (A=356-00.75/10.99 B=41-03/12.57 C=44-11.50/13.70)</u>					
37-05.75/11.42	(36-10.00/11.22)	Arlene Burnham	(2)	b	
30-09.75/ 9.39	(33-01.00/10.08)	Amy Watson	(2)	k	
28-07.75/ 8.73	(31-01.00/ 9.55)	Gina Coolen	(2)	e	
	(27-10.75/ 8.50)	Jo Boatright	(2)		
<u>Discus (A=116-05/35.48 B=136-02/41.50 C=152-07/46.50)</u>					
103-02/31.45	(100-05/30.6)	Amy Watson	(2)	k	
96-02/29.31	(103-00/31.40)	Gina Coolen	(2)	f	
75-07/23.05	( 99-10/30.42)	Arlene Burnham	(2)	c	
<u>Javelin (A=115-10/35.31 B=126-04/38.50 C=137-09/42.00)</u>					
120-10/36.84	(124-07/37.98)	Gina Coolen	(2)	1	
	( 71-06/21.80)	Jo Boatright	(2)		
<u>Hammer (A=127-07/38.90 B=147-08/45.00 C=168-11/51.50)</u>					
129-08/39.52	(141-09/43.22)	Erin Paisley	(3)	e	
115-10/35.31	( 96-03/28.35)	Arlene Burnham	(2)	d	
<u>100m Dash (A=12.97 B=12.36 C=12.05)</u>					
13.28	(13.31)	Jo Boatright	(2)	d	
13.48	(13.33)	Kelsey Baron	(4)	b	
13.74	(13.09)	Michelle Forbes	(2)	f	
14.04	(13.91)	Mona Matthews	(3)	g	
15.42	(14.68)	Helena Telfer	(4)	b	
15.35	(15.80)	Carmen Charleston	(3)	c	
	(14.96)	Jessica Howard	(2)		
	(14.96)	Sarah Anderson	(2)		
<u>200m Dash (A=26.97 B=25.40 C=24.55)</u>					
27.70	(27.08)	Jo Boatright	(2)	c	
29.08	(29.17)	Mona Matthews	(3)	f	
30.29	(31.22)	Jessica Howard	(2)	i	
	(27.24)	Michelle Forbes	(2)		
<u>400m Dash (A=62.17 B=58.00 C=56.10)</u>					
67.87	(68.51)	Jessica Howard	(2)	i	
	(69.56)	Sarah Anderson	(2)		
<u>800m Run (A=2:22.96 B=2:16.20 C=2:12.00)</u>					
2:32.75	(2:31.45)	Beth Moyer	(3)	e	
2:42.00	(2:39.85)	Sarah Anderson	(2)	c	
2:41.70	(2:33.24)	Beth Jertberg	(1)	c	
2:43.01	(2:35.24)	Ashley Crisell	(2)	d	
2:40.03	(2:40.03)	Gloria Gomez	(3)	d	
	(2:53.19)	Jo Boatright	(2)		

Event	Personal Best	Athlete	Yr.	Mt	Q
<u>1500m Run (A=4:52.00 B=4:42.00 C=4:36.00)</u>					
5:07.92	(4:51.73)	Beth Jertberg	(1)	e	
5:16.56	(5:01.53)	Beth Moyer	(3)	k	
5:27.92	(5:20.24)	Ashley Crisell	(2)	i	
5:28.32	(5:27.00)	Gloria Gomez	(3)	d	
5:57.43	(5:57.43)	Sarah Anderson	(2)	c	
<u>3000m Run (Not contested in championships)</u>					
11:20.98	(10:59.03)	Beth Moyer	(3)	e	
11:44.06i	(11:44.06)	Beth Jertberg	(1)	a	
11:56.56	(12:22.14)	Ashley Crisell	(2)	g	
12:02.24	(12:00.00)	Gloria Gomez	(3)	g	
<u>5000m Run (A=19:07.87 B=17:55.00 C=17:15.00)</u>					
19:46.46	(19:46.82)	Beth Jertberg	(1)	1	
20:20.45	(19:40.70)	Beth Moyer	(3)	d	
20:30.30	(20:08.00)	Gloria Gomez	(3)	b	
21:08.67	(21:08.67)	Ashley Crisell	(2)	k	
<u>10,000m Run (A=TOP 18 B=37.50.00 C=37:24.00)</u>					
43:44.44	(43:45.00)	Gloria Gomez	(3)	I	
<u>100m Hurdles (A=16.30 B=15.10 C=14.43)</u>					
14.99	(14.84)	Jo Boatright	(2)	d	
16.21	(15.84)	Chelsi Williamson	(1)	e	
<u>400m Hurdles (A=68.66 B=64.70 C=62.40)</u>					
<u>3000m STEEPLECHASE (A=TOP 18 B=11:30.00 C=Top 15)</u>					
12:28.54	(12:05.11)	Elizabeth Moyer	(3)	i	
<u>Heptathlon (A=None B=4100 C=4500)</u>					
	(4165)	Jo Boatright	(2)		
<u>4 x 100m Relay (A=TOP 8 B=49.20 C=47.70)</u>					
50.83	(Williamson, Forbes, Baron, Boatright)			1	
51.92	(Matthews, Forbes, Baron, Williamson)			k	
52.13	(Williamson, Matthews, Baron, Boatright)			e	
52.20	(Williamson, Matthews, Baron, Boatright)			d	
<u>4 x 400m Relay (A=TOP-8 B=3:58.0 C=3:51.00)</u>					
4:35.18	(Matthews, Gomez, Jertberg, Moyer)			1	
4:42.62	(Gomez, Crisell, Jertberg, Moyer)			d	
<u>4 x 4 SPLITS</u>					
<u>(LO=Leadoff leg)</u>					
67.2-LO	(69.7-LO)	Matthews	1		
69.0-LO	(69.0-LO)	Gomez	d		
	(71.4-LO)	Crisell			
68.7	(65.2)	Moyer	1		
68.7	(68.7)	Gomez	1		
70.5	(69.7)	Crisell	d		
72.5	(72.5)	Jertberg	d		
	(61.9)	Boatright			
	(69.9)	Anderson			
	(70.4)	Matthews			

**INDIVIDUAL SEASON SCORING (4/28)**

Boatright	142.25
Baron	116.50
Williamson	110
Forbes	68.75
Jertberg	47
Burnham	43
Coolen	43
Matthews	32
Ruggles	29.5
Moyer	29
Gomez	26
Paisley	24
Howard	21
Telfer	19
Crisell	17.50
Watson	12
Anderson	6
Charleston	2



Josh Howery	1996	NAIA 4x400 Relay (5th)
Peter Carmack	1996	NAIA 4x400 Relay (5th)
	1997	NAIA 4x400 Relay (5th)
David Parker	1996	NAIA 400 Hurdles (4th)
	1996	NAIA 4x400 Relay (5th)
	1997	NAIA 4x400 Relay (5th)
	1998	NAIA Scholar-Athlete
	1999	NAIA 400 Hurdles (3rd)
Jim Haley	1997	NAIA 4x400 Relay (5th)
Ian Strauss	2000	NCAA Discus (7th)
Brandon Workman	2000	NCAA Steeplechase (6th)

#### Women's Track and Field Team Finishes

Year	Team Finishes	Coach
	National	Conf./Dist.
1964	\$ 3rd	Marge Weesner
1977	= 3rd	Randy Winston
1978	= 4th	Randy Winston
1979	= 1st	Randy Winston
1980	= 1st	Randy Winston
1981	! 18th	= 2nd Randy Winston
1982	= 4th	Harry Selby
1983	# 4th	Eb Buck
1984	+ 23rd	# 6th Randy Renfro
1985	+ 23rd	# 7th Rob Parker
1986		# 7th Wendell Otto
1987		# 6th Wendell Otto
1988	+ 41st	# 5th Wes Cook
1989	+ 17th	# 3rd Wes Cook
1990	+ 40th	# 2nd Wes Cook
1991	+ 12th	# 2nd Wes Cook
1992	+ 10th	# 1st Wes Cook
1993	+ 9th	# 2nd Wes Cook
1994	+ 21st	# 3rd Wes Cook
1995	+ 14th	¢ 1st Wes Cook
1996	+ 8th	* 3rd Wes Cook
1997	+ 7th	* 4th Wes Cook
1998	+ 25th	* 4th Wes Cook
1999	+ 53rd	* 3rd Wes Cook
2000	& 64th	* 1st Wes Cook
2001	& 31st	* 4th Wes Cook
2002	& 65th	* 4th Wes Cook

#### \$ U.S. Track and Field Federation National Meet

! Association of Intercollegiate Athletics for Women National Meet  
 +National Association of Intercollegiate Athletics (NAIA) National Meet  
 & National Collegiate Athletic Association (NCAA) National Meet  
 = Women's Conference of Independent Colleges Meet

# NAIA District 2 Meet  
¢ Cascade Collegiate Conference Meet  
\* Northwest Conference Meet

Women's Track and Field All-Americans

Janet (Johnson) McClurg

1964 USTFF 100-yard (Champion)

1964 USTFF 220-yard (Champion)

Karen Gurske 1981 NAIA Shot Put (6th)

Jackie Jackson 1981 NAIA 100 (3rd)

1981 NAIA 200 (4th)

Paula (Wittenberg) Dunham

1984 NAIA Discus (2nd)

1985 NAIA Discus (2nd)

Nancy Katus 1989 NAIA Discus (6th)

1990 NAIA Discus (6th)

Jill (Jamison) Beals 1989 NAIA 10,000 (Champion)

1991 NAIA 10,000 (Champion)

1991 NAIA 5,000 (3rd)

1991 NAIA Scholar-Athlete

1992 NAIA 10,000 (Champion)

1992 NAIA 5,000 (2nd)

1992 NAIA Scholar-Athlete

1992 GTE-CoSIDA Academic All-American Women's At-Large First Team, College Division

Juli Cyrus 1992 NAIA 1,000-yard (indoor, 6th)

1993 NAIA 3,000 (2nd)

1993 NAIA 5,000 (2nd)

1994 NAIA 3,000 (4th)

1994 NAIA Scholar-Athlete

Cheryl Shepherd 1993 NAIA Javelin (4th)

1993 NAIA Scholar-Athlete

Kristin Thomas 1993 NAIA Scholar-Athlete

Leah Johanson 1994 NAIA Javelin (5th)

1995 NAIA Javelin (2nd)

1995 NAIA Scholar-Athlete

1996 NAIA Javelin (6th)

1996 NAIA Scholar-Athlete

Dawn Hartwig 1996 NAIA 3,000 (6th)

Nancy Rissmiller 1995 NAIA High Jump (2nd)

1996 NAIA High Jump (Champion)

1996 NAIA 4x400 Relay (4th)

1997 NAIA High Jump (Champion)

1997 NAIA Scholar-Athlete

1997 4x400 Relay (5th)

1998 NAIA Scholar-Athlete

1998 GTE Academic All-American Third Team Women's At-Large College Division

1998 NAIA High Jump (3rd)

Becci Harper 1996 NAIA Javelin (Champion)

1997 NAIA Javelin (Champion)

Liz Stephens 1996 NAIA 400 Hurdles (4th)

24.60	Joyce Yates	FR	1979
24.98	Jackie Jackson	FR	1981
25.04	Janet Johnson	SR	1965
25.31	Amy Redenius	FR	1996
25.46	Shavon Dennis	FR	1980
25.94	Laurie Sparks	FR	1979
26.02	Kelly Scrutton	SO	1995
26.10	Stephanie Castillo	FR	1995
26.11	Kristin Oelrich	SO	1996
26.14	Karen Beckler		1979

400m

56.22	Shavon Dennis	FR	1980
57.51	Heidi Haley	SR	1997
57.70	Kristin Oelrich	SO	1996
57.97	Nancy Rissmiller	SR	1998
58.21	Amy Redenius	FR	1996
58.23	Ginean Lewis	JR	1992
58.35	Sra Oates	FR	2001
58.41	Liz Stephens	SR	1996
58.87	Stephanie Castillo	FR	1995
59.46	Kelly Scrutton	FR	1994

800m

2:13.44	Debbie Kintrea	JR	1992
2:14.12	Jamie McElwain	SR	2001
2:14.56	Nancy Rissmiller	SO	1996
2:17.44	Liz Stephens	SR	1996
2:17.63	Melanie Springer	JR	1989
2:18.14	Marne VanSise	SO	1991
2:18.65	Melissa Conley	SR	1992
2:18.99	Karen Baltz	SR	1997
2:18.99	Ember Brosius	JR	2000
2:20.34	Kay Mattson	SO	1983
2:20.34	Hannah Smith	JR	1993
2:20.34	Rebekah Ulmer	FR	1995

1,500m

4:36.24	Juli Cyrus	JR	1993
4:40.92	Jill (Jamison) Beals	FR	1989
4:41.28	Dawn Hartwig	SR	1996
4:42.29	Debbie Kintrea	JR	1992
4:42.58	Melissa Conley	SR	1992
4:43.66	Rebekah Ulmer	SO	1996
4:44.19	Ember Brosius	JR	2000
4:45.92	Phaydra Newport	SO	1991
4:47.54	Jamie McElwain	JR	2000
4:48.14	Brooke Barton	FR	1994

3,000m



9:46.30	Juli Cyrus	SO	1992
9:53.94	Jill (Jamison) Beals	JR	1991
10:05.03	Dawn Hartwig	SR	1996
10:09.94	Michelle Brown	JR	1992
10:11.06	Brooke Barton	FR	1994
10:12.45	Phaydra Newport	JR	1992
10:13.75	Ember Brosius	JR	2000
10:19.34	Rebekah Ulmer	SO	1994
10:26.07	Tori Taylor	SO	2000
10:26.44	Dianne Petersen	SR	1991

5,000m

16:45.75	Jill (Jamison) Beals	SR	1992
17:01.87	Juli Cyrus	JR	1993
17:24.84	Michelle Brown	SO	1992
17:31.84	Phaydra Newport	JR	1992
17:40.91	Dawn Hartwig	SR	1996
17:46.44	Brooke Barton	FR	1994
17:59.24	Dianne Petersen	SR	1991
18:04.64	Ember Brosius	JR	2000
18:19.10	Tori Taylor	SO	2000
18:20.00	Angela Murrell	JR	1992

10,000m

34:25.74	Jill (Jamison) Beals	SR	1992
36:59.24	Dianne Petersen	SR	1991
37:55.87	Stephanie Morrow	SR	1995
38:15.14	Michelle Brown	FR	1991
38:34.34	Kristin Potts	FR	1988
38:41.54	Phaydra Newport	SO	1991
39:12.60	Janelle Goeres	SO	2002
40:01.72	Angela Linder	SR	1996
40:03.84	Mindy Fox	FR	1992
40:29.14	Melody McCart	SO	1998

3000m Steeplechase

11:51.20	Tori Taylor	SO	2000
12:05.11	Beth Moyer	FR	2002

Half Marathon

1:23:25	Jill (Jamison) Beals	JR	1991
1:39:44	Anita Linhart	FR	1991

Marathon

3:51:07	Kali Haverstock	FR	1987
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Heptathlon

4556	Marlyss Stenberg	SR	1993
4362	Liz Stephens	SR	1996
4165	Jo Boatright	FR	2002

3834	Tina Stauffer	SO	1993
3631	Cheryl Shepherd	JR	1992
3562	Tori Taylor	FR	1999
3528	Karrie Kiester	FR	1997
3454	Keelie Keown	FR	1994
3445	Jennifer Christiansen	JR	1996
3445	Heidi Smith	FR	1999

#### 100m High Hurdles

14.68	Sharon Barnett	FR	1997
14.84	Jo Boatright	FR	2002
14.87	Karrie Kiester Nelson	SR	2000
14.88	Liz Stephens	JR	1995
15.17	Karen Maxwell	JR	1980
15.29	Marlyss Stenberg	SR	1993
15.54	Jacque Williams	SR	1983
15.54	Holly Irvine	FR	1994
15.64	Saundra Burns	SO	1980
15.80	Julie Puckett	FR	1996

#### 400m Low Hurdles

61.29	Liz Stephens	SR	1996
62.78	Marlyss Stenberg	SR	1993
63.86	Karrie Kiester Nelson	SR	2000
64.02	Megan Heuberger	FR	2000
65.24	Karen Maxwell	JR	1980
65.41	Sharon Barnett	JR	1999
65.84	Nora Thompson	SR	1984
66.07	Holly Irvine	FR	1994
67.07	Eva Crawford	SO	1993
67.34	Saundra Burns	SO	1980

#### High Jump

5-10	Nancy Rissmiller	FR	1995
5-7	Kathy Brown	JR	1994
5-7	Jo Boatright	FR	2002
5-6	Amy Forbes	SR	2001
5-5	Tina Golden	FR	1991
5-4.5	Amy Forbes	JR	2000
5-4	Sue Woolsey	SR	1987
5-4	Rachel Powell	FR	1996
5-3.75	Melody Groeneveld	SO	1983
5-3	Maryann Mason	JR	1979
5-3	Keelie Keown	FR	1994
5-3	Angie Powell	FR/JR	1997/99

#### Long Jump

18-6	Kelsey Baron	JR	2002
18-2.75	Jo Boatright	FR	2002
17-11.25	Marlyss Stenberg	JR	1992

17-5	Jacque Williams	FR	1980
17-2.25	Kara Erickson	JR	1998
16-11.75	Julie Lang	SO	1977
16-10	Sue Banta	FR	1977
16-9.75	Sharla Rhoades	SO	1997
16-9.5	Celeste Wallwork	FR	1999
16-9.5	Jocelyn Kennedy	SO	1998

#### Triple Jump

39-1.75	Kelsey Baron	JR	2002
37-8	Jocelyn Kennedy	SR	2000
37-4.5	Jo Boatright	FR	2002
37-3	Sharla Rhoades	SR	1999
36-5	Heidi Smith	FR	1999
35-6.5	Colleen Forbes	JR	2001
35-4.5	Kara Erickson	JR	1998
35-1.25	Nicole Bostic	FR	2002
34-8.5	Amy Forbes	SR	2001
34-6.25	Celeste Wallwork	FR	1999

#### Shot Put

43-4.25	Sarah Zempel	FR	2001
42-3.5	Karen Gurske	FR	1981
40-4	Danielle Wilson	FR	1988
39-10.5	Paula Wittenburg	JR	1985
39-10	Nancy Katus	JR	1989
39-4.5	Leah Johanson	SO	1994
39-1.5	Gina Cross	FR	1989
38-7	Cheryl Funk	SO	1986
38-5	Melanie Johnson	FR	1982
38-0	Cheryl Shepherd	JR	1992

#### Discus

151-1	Paula Wittenburg	SR	1986
143-7.5	Nancy Katus	JR	1989
139-5	Srah Zempel	FR	2001
131-7	Marian Stevens	FR	1999
126-3	Leah Johanson	JR	1995
125-1	Sarah Norum	FR	1998
124-7	Paige Lewis	FR	2000
121-11	Danielle Wilson	FR	1988
121-7	Cheryl Funk	SO	1986
120-1	Rachel Lewis	JR	1995

#### Javelin

156-11	Becci Harper	JR	1996
155-0	Denise Fox	SR	1989
154-10	Sue Banta	FR	1977
149-4	Leah Johanson	JR	1995
145-7	Cheryl Shepherd	JR	1992

138-1	Lori MillerSR	2001	
136-4	Kristy Fleming	SO	1993
122-4	Gina Coolen	FR	2002
122-1	Eva Pattee	FR	1991
119-9	Sarah Zempel	FR	2001

4x100m Relay

48.56	Bentley, Butler Burrus, Scrutton	5-25-94
48.86	Baltz, Oelrich Rissmiller, Redenius	4-27-96
49.08	Oelrich, Burrus Rissmiller, Scrutton	5-26-95
49.23	Oelrich, Haley Rissmiller, Redenius	5-04-96
49.42	Chaney, Fromdahl Rhoades, Barnett	4-25-98
49.44	Bentley, Stenberg Ti. Golden, Gortler	4-24-93
49.54	Davis, Maxwell Williams, Dennis	4-19-80
49.54	Baltz, Oelrich Haley, Redenius	4-13-96
49.60	Chaney, Fromdahl Rhoades, Barnett	1998
49.61	C. Forbes, Heuberger Baron, Barnett	2000

4x400m Relay

3:46.06	Oelrich, Stephens Rissmiller, Redenius	5-28-96
3:47.50	Oelrich, Haley Rissmiller, Redenius	5-24-96
3:49.04	Oelrich, Haley Rissmiller, Redenius	5-22-97
3:51.62	Oelrich, Scrutton Stephens, Rissmiller	4-29-95
3:52.80	Baltz, Oelrich Rissmiller, Haley	5-10-97
3:53.55	Rhoades, Chaney Barnett, Rissmiller	4-25-98
3:53.73	Rhoades, Barnett Chaney, Rissmiller	1998
3:53.93	Oelrich, Scrutton Castillo, Rissmiller	1995
3:54.04	Oelrich, Haley Rissmiller, Redenius	1997
3:54.19	Baltz, Oelrich Rissmiller, Haley	1997

#### 4x800m Relay

9:24.26	Cyrus, VanSise Conley, Kintrea		3-27-92
9:28.21	Rissmiller, McElwain	5-21-98	
9:29.9	Butler, Peterson Rissmiller, Butler		4-18-98
9:30.44	McElwain, Peterson Butler, Hartwig		3-18-95
9:30.83	Morrow, Rissmiller Meuberger, Taylor		3-18-00
9:35.87	McElwain, Brosius Van Tassel, Campbell	3-20-93	
9:51.88	Smith, Kintrea Burk, Merritt		5-08-99
9:51.99	Taylor, McElwain Butler, Merritt		5-09-98
9:55.7	McElwain, Peterson Newport, Jamison		3-10-93
9:59.7	Morgan, Kintrea McElwain, Burk		3-20-99
	Hyde, Taylor		

#### Pole Vault

12-5.5	Heather Hunt	SR	2001
10-6	Deveny West	FR	2001
10-6	Helena Telfer	JR	2002
9-6.25	Jen Christiansen	SR	1997
7-6	Erin Paisley	FR	2001
7-6	Sarah Bain	FR	1996
7-0	Cherish Carroll	FR	1996

#### Hammer

141-9	Erin Paisley	SO	2002
139-11	Sarah Zempel	FR	2001
115-0	Erin Simon	FR	2000
109-08	Lindsey Walker	FR	1999
107-1	Leah Johanson	SR	1996
100-05	Marian Stevens	FR	1999
98-7	Jenny Bonnell	FR	1997
97-11.5	Jennifer Adams	FR	1998
96-3	Arlene Burnham	FR	2002
94-5	Trisha Rathka	FR	1998

#### 1,500m Racewalk

8:38.14	Liz Evon	SO	1994
9:30.34	Liz Hunt	FR	1994
9:39.54	Jennifer Knutson	FR	1994

#### 3,000m Racewalk

16:50.00	Kristin Thomas	JR	1993
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107-1 Leah Johanson '96	76-10 Becci Harper '96	115-00 Erin Simon '00
1,500 Walk	8:37.9 Liz Evon '94	8:59.2 Liz Evon '93
3,000 Walk	19:13.5 Debbie Driesner '82	16:50.0 Kristin Thomas '93
		17:42.64 Liz Evon '92

Colcord Field Records — Women

100m	12.19	Melody Sherman	Linfield	5/06/00	
200m	25.06	Melody Sherman	Linfield	5/06/00	
400m	56.68	Amber Larsen	Linfield	5/06/00	
800m	2:09.48	Beth Fitzgeraold	Willamette	4/17/99	
1,500m	4:28.00	Clare Taylor	Una.	4/17/99	
3,000m	9:29.84	Annette Peters	Nike	4/26/96	
5,000m	17:34.34	Jill Jamison Beals	George Fox	4/01/89	
10,000m	37:41.34	Moly Ostlund	U. Portland	5/10/85	
100 H	14.83	Sara Lavellee	SPU	2/20/99	
400 H	1:02.04	Liz Stephens	George Fox	4/13/96	
4x100	48.13	Grimes, Andrade	Pacific Lutheran	4/08/95	
		Metzger, Lukenbill			
4x400	3:53.44	Larson, Warnecke, Sherman, Baker	Linfield	4/25/98	
4x800	9:29.9	Rissmiller, Butler, McElwain, Peterson	George Fox	4/18/98	
High Jump	5-8.75	Nancy Rissmiller	George Fox	4/18/98	
Long Jump	18-08.25	Linnea Jarvits	Seattle Pacific	2/21/98	
Triple Jump	38-07	Tiffany Duff	Linfield	4/25/98	
Shot Put	45-1.5	Carrie Pietig	Willamette	3/31/90	
Discus	148-10	Mari Ruiz Whitman	5/06/00		
Javelin	161-03	Sara Malone	Una. (NHS)	2/10/99	
Hammer	177-05	Molly Gehley	OI	4/17/99	
Pole Vault	12-00.5	Heather Hunt	George Fox	5/05/00	
Heptathlon	4,818	Jill Carrier	Southern Oregon	4/17-18/95	

Colcord Field Records — Men

100m	10.84	John Koroma	George Fox	3/30/74	
		Gregg Griffin	George Fox	5/07/77	
200m	21.64	Ryan Chaney	George Fox	4/13/96	
400m	47.89	Ryan Chaney	George Fox	2/22/97	
800m	1:52.45	Jon Swanson	Unattached	4/26/97	
1,500m	3:50.5	Wes Tilgner	Western Oregon	4/04/87	
3,000m	8:33.6	Sean Messiter	Nike	3/31/90	
5,000m	14:33.3	Don Stearns	Eastern Oregon	5/09/81	
10,000m	30:25.3	Don Stearns	Eastern Oregon	4/08/81	
5,000 Racewalk	21:51.2	Vance Godfrey	George Fox	4/13/91	
10,000 Racewalk	43:47.5	Vance Godfrey	Athletes in Action	4/02/94	
20,000 Racewalk	1:28:32.3	Vance Godfrey	Athletes in Action	4/02/94	
110m HH	13.7	Adolphus Onua	George Fox	4/13/85	
400m IH	52.7	David Parker	George Fox	4/17/99	
3,000 Steeplechase	9:13.4	Brandon Workman	George Fox	5/05/00	

**GEORGE FOX UNIVERSITY  
TRACK and FIELD  
WOMEN'S RECORDS**

<b>100</b>	12.05	Jackie Jackson	1	1981
<b>200</b>	24.60.	Joyce Yates	1	1979
<b>400</b>	56.22	Shavon Dennis	1	1980
<b>800</b>	2:13.44	Debbie Kintrea	3	1992
<b>1500</b>	4:36.24	Juli Cyrus	3	1992
<b>3000</b>	9:46.30	Juli Cyrus	2	1992
<b>3000 STPL</b>	11:24.3	Tori Taylor	4	2002
<b>5000</b>	16:45.75	Jill Beals	4	1992
<b>10000</b>	34:25.5	Jill Beals	4	1992
<b>100 H</b>	14.63	Sharon Barnett	4	2000
<b>400 H</b>	1:01.29	Liz Stephens	4	1996
<b>4 x 100</b>	48.56	Billie Bentley Amanda Burrus	Joy Butler Kelly Scrutton	1994
<b>4 x 400</b>	3:46.06	Kristin Oelrich Nancy Rissmiller	Liz Stephens Amy Redenius	1996
<b>HJ</b>	5-10 (1.78)	Nancy Rissmiller	1	1995
<b>PV</b>	12-05.5 (3.80)	Heather Hunt	4	2001
<b>LJ</b>	18-06 (5.64)	Kelsey Baron	3	2002
<b>TJ</b>	39-01.25 (11.92)	Kelsey Baron	3	2002
<b>SHOT</b>	43-04.25 (13.21)	Sarah Zempel	1	2001
<b>DISCUS</b>	151-01 (46.06)	Paula Wittenburg	4	1986
<b>JAVELIN</b>	156-11 (47.84)	Becci Harper	3	1996
<b>HAMMER</b>	141-09 (43.20)	Erin Paisley	2	2002
<b>HEPTATHLON</b>	4556	Marlyss Stenberg	4	1993



GEORGE FOX UNIVERSITY

WOMEN'S TRACK AND FIELD ALL TIME TOP TEN PERFORMERS

(10-02)

100m

12.05	Jackie Jackson	FR	1981
12.25	Jacque Davis	SO	1981
12.34	Janet Johnson	SR	1965
12.50	Amy Redenius	FR	1966
12.54	Joyce Yates	FR	1979
12.54	Tiffani Coston	FR	1988
12.56	Kristin Oelrich	SO	1966
12.64	Karen Beckler	FR	1979
12.64	Denise Carlson	JR	1990
12.64	Billie Bentley	FR	1993
12.64	Marta Shields	FR	1987
12.64	Joy Butler	FR	1994

200m

24.60	Joyce Yates	FR	1979
24.98	Jackie Jackson	FR	1981
25.04	Janet Johnson	SR	1965
25.31	Amy Redenius	FR	1996
25.46	Shavon Dennis	FR	1980
25.94	Laurie Sparks	FR	1979
26.02	Kelly Scrutton	SO	1995
26.10	Stephanie Castillo	FR	1995
26.11	Kristin Oelrich	SO	1966
26.14	Karen Beckler	FR	1979

400m

56.22	Shavon Dennis	FR	1980
57.51	Heidi Haley	SR	1997
57.70	Kristin Oelrich	SO	1996
57.97	Nancy Rissmiller	SR	1998
58.21	Amy Redenius	FR	1996
58.23	Ginean Lewis	JR	1992
58.35	Sara Oates	FR	2001
58.41	Liz Stephens	SR	1996
58.87	Stephanie Castillo	FR	1995
59.46	Kelly Scrutton	FR	1994

800m

2:13.44	Debbie Kintrea	JR	1992
2:14.12	Jamie McElwain	SR	2001
2:14.56	Nancy Rissmiller	SO	1996
2:17.44	Liz Stephens	SR	1996
2:17.63	Melanie Springer	JR	1989
2:18.14	Marne VanSise	SO	1991
2:18.65	Melissa Conley	SR	1992
2:18.99	Karen Baltz	SR	1997
2:20.11	Ember Brosius	JR	2000
2:20.34	Kay Mattson	SO	1983
2:20.34	Hannah Smith	JR	1993
2:20.34	Rebekah Ulmer	FR	1995

1500m

4:36.24	Juli Cyrus	JR	1993
4:40.92	Jill Jamison Beals	FR	1991
4:41.28	Dawn Hartwig	SR	1996
4:42.29	Debbie Kintrea	JR	1992
4:42.58	Melissa Conley	SR	1992
4:43.66	Rebekah Ulmer	SO	1996
4:44.19	Ember Brosius	JR	2000
4:45.92	Phaydra Newport	SO	1991
4:47.54	Jamie McElwain	JR	2000
4:48.14	Brooke Barton	FR	1994

3000m

9:46.30	Juli Cyrus	SO	1992
9:53.94	Jill Beals	JR	1991
10:05.03	Dawn Hartwig	SR	1996
10:09.94	Michelle Brown	JR	1992
10:11.06	Brooke Barton	FR	1994
10:12.45	Phaydra Newport	JR	1992
10:13.75	Ember Brosius	JR	2000
10:19.34	Rebekah Ulmer	FR	1994
10:26.07	Tori Taylor	SO	2000
10:26.44	Dianne Petersen	SR	1991

5,000m

16:45.75	Jill Beals	SR	1992
17:01.87	Juli Cyrus	JR	1993
17:24.84	Michelle Brown	SO	1992
17:31.84	Phaydra Newport	JR	1992
17:40.91	Dawn Hartwig	SR	1996
17:46.44	Brooke Barton	FR	1994
17:59.24	Dianne Petersen	SR	1991
18:04.64	Ember Brosius	JR	2000
18:19.10	Tori Taylor	SO	2000
18:20.00	Angela Murrell	JR	1992

10,000m

34:25.74	Jill Beals	SR	1992
36:59.24	Dianne Petersen	SR	1991
37:55.87	Stephanie Morrow	SR	1995
38:15.14	Michelle Brown	FR	1991
38:34.34	Kristin Potts	FR	1988
38:41.54	Phaydra Newport	SO	1991
39:12.60	Janelle Goeres	SO	2002
40:01.72	Angela Linder	JR	1996
40:03.84	Mindy Fox	FR	1992
40:29.14	Melody McCart	SO	1998

3000m STEEPLECHASE

11:24.31	Tori Taylor	SR	2002
12:05.11	Beth Moyer	FR	2002

HEPTATHLON

4556	Marlyss Stenberg	SR	1993
4362	Liz Stephens	SR	1996
4165	Jo Boatright	FR	2002
3834	Tina Stauffer	SO	1993
3631	Cheryl Shepherd	JR	1992
3562	Tori Taylor	FR	1999
3528	Karrie Kiester	FR	1997
3454	Keelie Keown	FR	1994
3445	Jenny Christiansen	JR	1996
3445	Heidi Smith	FR	1999
3323			

100m HH

14.57	Sharon Barnett	JR	1999
14.84	Jo Boatright	FR	2000
14.87	Karrie Kiester Nelson	SR	2000
14.88	Liz Stephens	JR	1995
15.17	Karen Maxwell	JR	1980
15.29	Marlyss Stenberg	SR	1993
15.54	Jacquie Williams	SR	1983
15.54	Holly Irvine	FR	1994
15.64	Saundra Burns	SO	1980
15.80	Julie Puckett	FR	1966

400m LH

61.29	Liz Stephens	SR	1996
62.78	Marlyss Stenberg	SR	1993
63.86	Karrie Kiester Nelson	SR	2000
64.02	Megan Hueberger	FR	2000
65.24	Karen Maxwell	JR	1980
65.41	Sharon Barnett	JR	1999
65.84	Nora Thompson	SR	1984
66.07	Holly Irvine	FR	1994
67.07	Eva Crawford	SO	1993
67.34	Saundra Burns	SO	1980

HALF MARATHON

1:23:25	Jill Beals	JR	1991
1:39:44	Anita Linhart	FR	1991

MARATHON

3:51:07	Kali Haverstock	FR	1987
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**GEORGE FOX UNIVERSITY**  
**WOMEN'S TRACK AND FIELD ALL TIME TOP TEN PERFORMERS**  
 (10-02)

**HIGH JUMP**

5-10	Nancy Rissmiller	FR	1995
5-07	Kathy Brown	JR	1994
5-07	Jo Boatright	FR	2002
5-06	Amy Forbes	SR	2001
5-05	Tina Golden	FR	1991
5-04	Sue Woolsey	SR	1987
5-04	Rachel Powell	FR	1996
5-03.25	Melody Groeneveld	SO	1983
5-03	Maryann Mason	JR	1979
5-03	Keelie Keown	FR	1994
5-03	Angie Powell	FR-JR	1997/99

**TRIPLE JUMP**

39-01.75	Kelsey Baron	JR	2002
37-08	Jocelyn Kennedy	SR	2000
37-04.50	Jo Boatright	FR	2002
37-03	Sharla Rhoades	SR	1999
36-05	Heidi Smith	FR	1999
35-06.50	Colleen Forbes	JR	2001
35-0.5	Kara Erickson	JR	1998
35-01.25	Nicole Bostic	FR	2002
34-08.50	Amy Forbes	SR	2001
34-06.25	Celeste Wallwork	FR	1999

**JAVELIN**

156-11	Becci Harper	JR	1996
155-00	Denise Fox	SR	1989
154-10	Sue Banta	FR	1977
149-04	Leah Johanson	JR	1995
145-07	Cheryl Shepherd	JR	1992
138-01	Lori Miller	SR	2001
136-04	Kristy Fleming	SO	1993
122-04	Gina Coolen	FR	2002
122-01	Eva Pattee	FR	1991
119-09	Sarah Zempel	FR	2001

**1500m RACEWALK**

8:38.14	Liz Evon	SO	1994
9:30.34	Liz Hunt	FR	1994
9:39.54	Jennifer Knutson	FR	1994

**3000m RACEWALK**

16:50.00	Kristin Thomas	JR	1993
17:42.64	Liz Evon	FR	1993
19:13.74	Debbie Driesner	JR	1982

**POLE VAULT**

12-05.5	Heather Hunt	JR	2001
10-06	Deveny West	FR	2001
10-06	Helena Telfer	JR	2002
9-06.25	Jen Christiansen	SR	1997
8-00	Erin Paisley	FR	2001
7-06	Sarah Bain	FR	1996
7-00	Cherish Carroll	FR	1996

**SHOT PUT**

43-04.25	Sarah Zempel	FR	2001
42-03.50	Karen Gurske	FR	1981
40-04	Danielle Wilson	FR	1988
39-10.50	Paula Wittenburg	JR	1985
39-10	Nancy Katus	JR	1989
39-04.5	Leah Johanson	SO	1994
39-01.5	Gina Cross	FR	1989
38-07	Cheryl Funk	SO	1986
38-05	Melanie Johnson	FR	1982
38-00	Cheryl Shepherd	JR	1992

**HAMMER**

141-09	Erin Paisley	SO	2002
139-11	Sarah Zempel	FR	2001
115-00	Erin Simon	FR	2000
109-08	Lindsay Walker	FR	1999
107-01	Leah Johanson	SR	1996
100-05	Marian Stevens	FR	1999
98-07	Jenny Bonnell	FR	1997
97-11.50	Jennifer Adams	FR	1998
96-03	Arlene Burnham	FR	2002
94-05	Trisha Rathka	FR	1998

**4 x 100m RELAY (by year)**

48.56	Bentley, Butler Burrus, Scrutton	1994
48.86	Baltz, Oelrich Rissmiller, Redenius	1996
49.08	Oelrich, Burrus Rissmiller, Scrutton	1995
49.23	Oelrich, Haley Rissmiller, Redenius	1996
49.42	Chaney, Fromdahl Rhoades, Barnett	1998
49.44	Bentley, Stenberg Ti. Golden, Gortler	1993
49.54	Davis, Maxwell Williams, Dennis	1980
49.54	Baltz, Oelrich Haley, Redenius	1996
49.60	Chaney, Fromdahl Rhoades, Barnett	1998
49.61	C. Forbes, Heuberger Baron, Barnett	2000

**LONG JUMP**

18-06	Kelsey Baron	JR	2002
18-02.75	Jo Boatright	FR	2002
17-11.25	Mariyss Stenberg	JR	1992
17-05	Jacquie Williams	FR	1980
17-02.25	Kara Erickson	JR	1998
16-11.75	Julie Lang	SO	1977
16-10	Sue Banta	FR	1977
16-09.75	Sharla Rhoades	SO	1997
16-09.75	Celeste Wallwork	FR	1999
16-09.50	Jocelyn Kennedy	SO	1998

**DISCUS**

151-01	Paula Wittenburg	SR	1986
143-07.50	Nancy Katus	JR	1989
139-05	Sarah Zempel	FR	2001
131-07	Marian Stevens	FR	1999
126-03	Leah Johanson	JR	1995
125-01	Sarah Norum	FR	1998
124-07	Paige Lewis	FR	2000
121-11	Danielle Wilson	FR	1988
121-07	Cheryl Funk	SO	1986
120-01	Rachel Lewis	JR	1995

**20# WT. THROW**

35-10.75	Sarah Zempel	FR	2001
25-01.25	Lindsay Walker	FR	1999

**4 x 400m RELAY (by year)**

3:46.06	Oelrich, Stephens Rissmiller, Redenius	1996
3:47.50	Oelrich, Haley, Rissmiller, Redenius	1996
3:49.04	Oelrich, Haley Rissmiller, Redenius	1997
3:51.62	Oelrich, Scrutton Stephens, Rissmiller	1995
3:52.81	Oelrich, Haley Rissmiller, Redenius	1997
3:53.55	Rhoades, Chaney Barnett, Rissmiller	1998
3:53.73	Rhoades, Barnett Chaney, Rissmiller	1998
3:53.93	Oelrich, Scrutton Castillo, Rissmiller	1995
3:54.04	Oelrich, Haley Rissmiller, Redenius	1997
3:54.19	Baltz, Oelrich Rissmiller, Haley	1997

<b>WOMEN'S CLASS RECORDS</b>								
	<b>SENIORS</b>		<b>JUNIORS</b>		<b>SOPHOMORES</b>		<b>FROSH</b>	
<b>100</b>	12.70	Kristin Chaney 98	12.34	Jan Johnson 65	12.25	Jacque Davis 81	12.05	Jackie Jackson 81
	12.80	Sharla Rhoades 99	12.64	Denise Carlson 90	12.56	Kristin Oelrich 96	12.25	Jacque Davis 80
	12.94	Denise Carlson 91	12.82	Tina Golden 94	12.86	Denise Carlson 89	12.50	Amy Redenius 96
<b>200</b>	26.35	Kristin Chaney 98	25.64	Jan Johnson 65	26.02	Kelly Scrutton 95	24.84	Joyce Yates 79
	26.45	Heidi Haley 97	26.22	Ginean Lewis 92	26.11	Kristin Oelrich 96	25.14	Jackie Jackson 81
	26.51	Sharon Barnett 00	26.24	Sharon Barnett 99	26.21	Stephanie Castillo 96	25.31	Amy Redenius 96
<b>400</b>	57.51	Heidi Haley 97	58.23	Ginean Lewis 92	57.70	Kristin Oelrich 96	56.22	Shavon Davis 80
	57.97	Nancy Rissmiller 98	58.38	Kristin Oelrich 97	58.34	Nancy Rissmiller 96	58.21	Amy Redenius 96
	58.41	Liz Stephens 96	59.04	Heidi Haley 96	59.05	Amy Redenius 97	58.35	Sara Oates 01
<b>800</b>	2:14.12	Jamie McElwain 01	2:13.44	Debbie Kintrea 92	2:14.54	Debbie Kintrea 90	2:19.12	Nancy Rissmiller 95
	2:14.74	Debbie Kintrea 93	2:16.00	Jamie McElwain 00	2:14.56	Nancy Rissmiller 96	2:20.34	Rebekah Ulmer 95
	2:17.44	Liz Stephens 96	2:17.63	Melanie Springer 89	2:17.86	Jamie McElwain 99	2:20.60	Debbie Kintrea 89
<b>1600</b>	4:41.28	Dawn Hartwig 96	4:36.24	Juli Cyrus 93	4:38.78	Juli Cyrus 92	4:40.92	Jill Jamison 89
	4:42.58	Melissa Conley 92	4:41.10	Jill Beals 91	4:43.66	Rebekah Ulmer 96	4:44.34	Rebekah Ulmer 95
	4:44.44	Jill Beals 92	4:42.29	Debbie Kintrea 92	4:43.94	Jill Jamison 90	4:48.14	Brooke Barton 94
<b>3000</b>	9:59.39	Jill Beals 92	9:46.42	Juli Cyrus 93	9:46.30	Juli Cyrus 92	9:54.24	Jill Jamison 89
	10:05.03	Dawn Hartwig 96	9:53.94	Jill Beals 91	10:02.64	Jill Jamison 90	10:11.34	Brooke Barton 94
	10:07.16	Juli Cyrus 94	10:12.45	Phaydra Newport 92	10:09.94	Michelle Brown 92	10:17.34	Michelle Brown 91
<b>5000</b>	16:45.75	Jill Beals 92	16:53.39	Jill Beals 91	17:06.64	Juli Cyrus 92	17:12.42	Jill Jamison 89
	17:40.91	Dawn Hartwig 96	17:01.87	Juli Cyrus 92	17:24.84	Michelle Brown 92	17:46.44	Brooke Barton 94
	18:34.04	Nancy Roley 86	17:31.84	Phaydra Newport 92	17:49.74	Jill Jamison 90	18:11.04	Michelle Brown 91
<b>10K</b>	34:25.74	Jill Beals 92	35:13.54	Jill Beals 91	36:21.04	Jill Jamison 90	36:08.71	Jill Jamison 89
	37:55.87	Stephanie Morrow 95	38:59.24	Dianne Petersen 91	38:41.54	Phaydra Newport 91	38:15.14	Michelle Brown 91
	40:02.94	Dianne Petersen 92	40:01.72	Angela Linder 96	38:59.54	Kristin Potts 89	38:34.34	Kristin Potts 88
<b>HH</b>	14.63	Sharon Barnett '00	14.57	Sharon Barnett 99	14.73	Sharon Barnett 98	14.68	Sharon Barnett 97
	14.87	Karrie Kiestner Nelson '00	14.88	Liz Stephens 95	15.24	Liz Stephens 94	14.84	Jo Boatright 02
	15.13	Liz Stephens 96	14.89	Karrie Kiestner 99	15.54	Marlyss Stenberg 91	15.15	Karrie Kiestner 97
<b>LH</b>	61.29	Liz Stephens 96	63.11	Liz Stephens 95	63.07	Liz Stephens 94	64.02	Megan Heuberger '00
	62.78	Marlyss Stenberg 93	64.13	Karrie Kiestner 99	65.00	Karen Maxwell 79	65.63	Liz Stephens 93
	63.86	Karrie Kiestner Nelson '00	65.41	Sharon Barnett 99	65.77	Karrie Kiestner 98	65.92	Karrie Kiestner 97
<b>STPL</b>	11:24.31	Tori Taylor 02	11:40.14	Tori Taylor 01	11:39.25	Tori Taylor 00	12:20.56	Beth Moyer 01
					12:05.11	Beth Moyer 02		

	<i>SENIORS</i>		<i>JUNIORS</i>		<i>SOPHOMORES</i>		<i>FROSH</i>	
<b>HEP.</b>	4556 Marlyss Stenberg	93	4318 Marlyss Stenberg	92	4179 Marlyss Stenberg	91	4165 Jo Boatright	02
	4362 Liz Stephens	96	4303 Liz Stephens	95	3834 Tina Stauffer	93	3937 Marlyss Stenberg	90
	3394 Cheryl Shepherd	93	3631 Cheryl Shepherd	92	3307 Jen Christiansen	95	3870 Liz Stephens	93
								99
<b>HJ</b>	5-08.75 Nancy Rissmiller	98	5-09 Nancy Rissmiller	97	5-09.75 Nancy Rissmiller	96	5-10 Nancy Rissmiller	95
	5-07 Kathie Muck Brown	94	5-05 Tina Golden	94	5-05 Tina Golden	93	5-07 Jo Boatright	02
	5-06 Amy Forbes	01	5-04.50 Amy Forbes	00	5-04.25 Amy Forbes	99	5-05 Tina Golden	91
<b>PV</b>	12-05.5 Heather Hunt	01	12-01.5 Heather Hunt	00	11-06 Heather Hunt	99	11-09.75 Heather Hunt	98
			10-06 Helena Tiefer	02	9-08 Helena Tiefer	02	10-06 Deveny West	01
			7-08 Jenny Christiansen	96			9-06.5 Helena Tiefer	00
<b>LJ</b>	17-11 Marlyss Stenberg	93	18-06 Kelsey Baron	02	18-03 Kelsey Baron	01	18-02.25 Jo Boatright	02
	16-08.50 Sharla Rhoades	99	17-11.25 Marlyss Stenberg	92	17-05 Marlyss Stenberg	91	17-05 Jacquie Williams	80
	16-07.25 Jocelyn Kennedy	00	17-02.25 Kara Erickson	98	16-11.75 Julie Lang	77	17-00.75 Marlyss Stenberg	90
								77
<b>TJ</b>	37-08 Jocelyn Kennedy	00	39-01.75 Kelsey Baron	02	37-08.5 Kelsey Baron	01	37-04.5 Jo Boatright	02
	37-03 Sharla Rhoades	99	36-02.25 Jocelyn Kennedy	99	36-02.25 Sharla Rhoades	97	36-05.75 Jocelyn Kennedy	97
	34-08.5 Amy Forbes	01	35-09.25 Sharla Rhoades	98	36-01.25 Jocelyn Kennedy	98	36-05.00 Heidi Smith	99
<b>SHOT</b>	38-10 Paula Wittenburg	86	39-10.5 Paula Wittenburg	85	42-1 Karen Gurske	82	43-04.25 Sarah Zempel	'01
	37-9.5 Nancy Katus	90	39-10 Nancy Katus	89	39-4.5 Leah Johanson	94	42-3.5 Karen Gurske	81
	36-6 Denise Fox	89	39-0.5 Leah Johanson	95	38-7 Cheryl Funk	86	40-4 Danielle Wilson	88
<b>DISC</b>	151-1 Paula Wittenburg	86	145-3 Paula Wittenburg	85	146-9 Paula Wittenburg	84	139-05 Sarah Zempel	'01
	137-10 Nancy Katus	90	143-7.5 Nancy Katus	89	131-01 Marian Stevens	'00	138-07 Paula Wittenburg	83
	116-8 Leah Johanson	96	126-3 Leah Johanson	95	124-07 Paige Lewis	'00	131-07 Marian Stevens	99
<b>JAV</b>	155-0 Denise Fox	89	156-11 Becci Harper	96	142-9 Leah Johanson	94	154-10 Sue Banta	77
	145-8 Becci Harper	97	151-6 Denise Fox	88	141-7 Denise Fox	87	149-4 Denise Fox	86
	140-9.5 Cheryl Shepherd	93	149-4 Leah Johanson	95	136-4 Kristy Fleming	93	137-9 Leah Johanson	93
<b>HMR</b>	107-1 Leah Johanson	96	76-10 Becci Harper	96	141-09 Erin Paisley	02	139-11 Sarah Zempel	01
	53-11 Rachel Lewis	96					121-01 Erin Paisley	01
							115-00 Erin Simon	00
<b>20# WT</b>							35-10.75 Sarah Zempel	'01
							25-1.25 Lindsay Walker	99
<b>1500</b>					8:37.9 Liz Evon	94	8:59.2 Liz Evon	93
<b>WALK</b>							9:30.1 Liz Hunt	94
							9:39.3 Jennifer Knutson	94
<b>3000</b>			19:13.5 Debbie Driesner	82	16:50.0 Kristin Thomas	93	17:42.64 Liz Evon	92
<b>WALK</b>					18:12.16 Liz Evon	94		

# GFU RELAY RECORDS

## WOMEN

(10/02)

4 x 200m	1:46.50	Jacque Davis, Karen Maxwell Jacquie Williams, Shavon Dennis	1980
800m Sprint Medley (1-1-2-4)	1:48.88	Kelli Lang Hagen, Denise Carlson Ginean Lewis, Debbie Kintrea	1990
1600m Sprint Medley (2-2-4-8)	4:25.7	(at Stanford)	1993
4 x 880y	9:27.06 (9:24.26cm)	Juli Cyrus, Marne VanSise Melissa Conley, Debbie Kintrea	1992
Distance Medley (880-440-1320-Mile)	12:27.95	Melissa Conley, Hannah Smith Juli Cyrus, Debbie Kintrea	1992
4 x 1600m	22:33.1	Dianne Petersen, Anita Linhart  Angela Murrell, Michelle Brown	1991
HJ RELAY (3)	14-02	Karen Maxwell, Maryann Mason, Saundra Burns	1979
HJ RELAY (2)	9-08	Maryann Mason & Saundra Burns	1979
LJ RELAY (3)	43-01.5	Marlyss Stenberg, Tammy Daniels, Heather Burns	1990
LJ RELAY (2)	29-11	Marlyss Stenberg & Tammy Daniels	1990
TJ RELAY (3)	91-04	Bobbi Sloan, Debbie Sitz, Heather Burns	1991
TJ RELAY (2)	63-11	Bobbi Sloan & Debbie Sitz	1991
SHOT PUT RELAY (3)	109-01	Danielle Wilson, Kelli Lang Hagen, Denise Fox	1988
SHOT PUT RELAY (2)	75-01.5	Kelli Lang Hagen & Danielle Wilson	1988
DISCUS RELAY (3)	279-11	Nancy Katus, Tonya Smith, Melanie Springer	1989
DISCUS RELAY (2)	203-11	Danielle Wilson & Denise Fox	1988
JAVELIN RELAY (3)	346-11	Denise Fox, Tonya Smith, Melanie Springer	1989
JAVELIN RELAY (2)	256-07	Denise Fox & Tonya Smith	1989

NATIONAL MEET  
***WOMEN'S TRACK & FIELD ALL-AMERICANS***  
BY EVENT

100	Janet Johnson, National Champion (1964) Jackie Jackson 3rd (1981)
200	Janet Johnson, National Champion (1964) Jackie Jackson 4th (1981)
400	
800	Juli Cyrus 6th (1000 yds. indoors 1992)
1500	
3000	Juli Cyrus 2nd (1993); 4th (1994) Dawn Hartwig 6th (1996)
5000	Jill Jamison Beals 3rd (1991) ; 2nd 1992 (breaking existing National Record) Juli Cyrus 2nd (1993)
10,000	Jill Jamison Beals, National Champion (1989, 1991, 1992--National Record)
100m H	Sharon Barnett 2nd (1997)
400m H	Liz Stephens 4th (1996)
High Jump	Nancy Rissmiller 2nd (1995); National Champion (1996); National Champion (1997); 3rd (1998)
Pole Vault	Jenny Christiansen 5th (1997) Heather Hunt 7 <sup>th</sup> (2000), 6 <sup>nd</sup> (2001)
Long Jump	Kelsey Baron 7 <sup>th</sup> (2002)
Triple Jump	
Shot Put	Karen Gurske 6th (1981)
Discus	Paula Wittenberg Dunham 2nd (1984 & 1985) Nancy Katus 6th (1989 & 1990)
Hammer	
Javelin	Cheryl Shepherd 4th (1993) Leah Johanson 5th (1994); 2nd (1995); 6th (1996) Becci Harper, National Champion (1996 & 1997)
Heptathlon	
4 x 100 Relay	
4 x 400 Relay	4th (1996), 5th (1997)

**GFU  
COLCORD FIELD RECORDS  
WOMEN**

<b>100</b>	12.19	Melody Sherman	Linfield	5/6/2000
<b>200</b>	25.06	Melody Sherman	Linfield	5/6/2000
<b>400</b>	56.68	Amber Larsen	Linfield	5/6/2000
<b>800</b>	2:09.48	Beth Fitzgerald	Willamette	4/17/1999
<b>1500</b>	4:28.00	Clare Taylor	Una	4/17/1999
<b>3000</b>	9:29.84	Annette Peters	Nike	4/26/1996
<b>STEEPLE</b>	11:16.6	Jill Salmon	WOU	4/11/2002
<b>5000</b>	17:34.34	Jill Jamison Beals	GF	4/1/1989
<b>10000</b>	37:41.34	Molly Ostlund	U. Portland	5/10/1985
<b>100 H</b>	14.56	Maile Barrett	LC	5/6/2000
<b>400 H</b>	1:02.04	Liz Stephens	GF	4/13/1996
<b>4 x 100</b>	48.13	Grimes, Andrade Metzger, Lukenbill	PLU	4/8/1995
<b>4 x 400</b>	3:53.44	Larson, Warnecke Sherman, Baker	Linfield	4/25/1998
<b>HJ</b>	5-08.75 (1.75)	Nancy Rissmiller	GF	4/18/1998
<b>PV</b>	12-00.5 (3.67)	Heather Hunt	GF	5/05/00
<b>LJ</b>	18-08.25 (5.70)	Linnea Jarvits	SPU	2/21/1998
<b>TJ</b>	38-07.75 (11.78)	Kelsey Baron	GF	4/13/2002
<b>SHOT</b>	45-01.5 (13.75)	Carrie Pietig	Willamette	3/31/1990
<b>DISCUS</b>	148-10 (45.36)	Mari Ruiz	Whitman	5/06/00
<b>JAVELIN</b>	161-03 (49.16)	Sara Malone	Una (NHS)	2/10/1999
<b>HAMMER</b>	193-00 (58.84)	Kyomi Parris	Una	6/10/1999
<b>HEPTATHLON</b>	4818	Jill Carrier	Southern Oregon	4/17-18/95

# OREGON COLLEGIATE MARKS

## 2002

100				200			
11.93	Monica Smith	WOU	1	24.64	Janette Davis	UO	3
12.17	Janette Davis	UO	3	25.30	Twana Merritt	SOU	4
12.19	Nicole Brown	Lane	1	25.33	Becky Holiday	UO	3
12.36	Ena Shemi	PSU	1	25.41	Jenny Kenyon	UO	4
12.39	Kerine Harvey	PSU	3	25.47	Nicole Brown	Lane	1
12.41	Twana Merritt	SOU	4	25.53	Ann Sullivan	UO	2
12.48	Heather Murtaugh	UO	3	25.53	Michelle Donovan	UO	1
12.53	Lucretia Larkin	UO	1	25.55	Nikki Ferguson	UO	1
12.62	Ann Sullivan	UO	2	25.63	Heather Murtaugh	UO	3
12.64	Shelley Comstock	WOU	3	25.95	Marlyn Rivas	MHCC	
12.64	Marlyn Rivas	MHCC		26.04	Daisy Pressley	UO	4
12.66	Nikki Ferguson	UO	1	26.07	Monica Smith	WOU	1
12.69	Andrea Eide	SOU	2	26.19	Toni Adair	WOU	2
12.71	Heather Radke	OIT		26.27	Brady Randall	MHCC	
12.71	Torkwase Fraser	UO	3	26.34	C'Rel McAllister	UO	2
12.72	Shanelle Harris	MHCC		26.51	Shanelle Harris	MHCC	
12.73	Emily Porter	WOU	3	26.52	Maria Skipper	CCC	1
12.75	Daisy Pressley	UO	4	26.54	Kena Page	SOU	4
12.81	Kirtye Lohof	L&C	2	26.62	Torkwase Fraser	UO	3
12.83	Camille Taylor	PSU		26.77	Andrea Eide	SOU	2
12.84	Megan Heuberger	SOU	4	26.84	Kayla Mellott	UO	1
12.90	Michelle Donovan	UO	1	26.90	Melissa Matthews	GFU	1
13.04	Erin Clark	OIT		26.92	Holly Plumlee	UP	2
13.08	Rosanna Estes	OIT		26.97	Deanne Huizenga	WU	2
13.17	Michelle Forbes	GFU	1	26.99	Mo Mullen	L&C	1

400				800			
54.31	Janette Davis	UO	3	2.06.37	Eri Macdonald	UO	3
55.28	Twana Merritt	SOU	4	2.10.55	Annette Mosey	UO	2
57.58	Eri Macdonald	UO	3	2.11.85	Carrie Zografos	UO	3
57.69	Michelle Donovan	UO	1	2.12.55	Laura Hamon	UO	1
57.70	Daisy Pressley	UO	3	2.12.56	Alicia Snyder-Carlson	UO	3
57.82	Becky Holiday	UO	3	2.14.69	Alicia Andrews	WU	1
58.08	C'Rel McAllister	UO	2	2.16.46	Kelsey Metcalfe	UP	1
58.38	Brady Randall	MHCC		2.16.78	Kari Holbert	WU	2
58.48	Toni Adair	WOU	2	2.17.07	Jenny Kenyon	UO	4
59.18	Alicia Andrews	WU	1	2.17.80	Beth Jackson	UO	1
59.24	Maria Skipper	CCC	1	2.18.30	Kari Rissmiller	CCC	1
59.33	Lindsay Ogle	WU	3	2.18.34	Jenny Rodgers	PSU	3
59.46	Kayla Mellott	UO	1	2.18.44	Nattalie Wright	WU	3
59.77	Marlyn Rivas	MHCC		2.19.24	Kendel White	WPC	4
59.91	Mariah Moody	UP	1	2.19.64	Brady Randall	MHCC	
59.96	Monica Moore	UP	2	2.20.73	C'Rel McAllister	UO	2
60.04	Kelsey Metcalfe	UP	1	2.20.87	Amber Henderson	WU	2
60.23	Alisa Long	WOU	4	2.20.90	Rebekah Yancocoskie	CCC	1
60.33	Mary Murphy	UO	3	2.21.30	Theresa Lane	WOU	4
60.55	Leah Moore	Linfield	3	2.21.41	Shelley Gorin	SOU	4
60.71	Theresa Lane	WOU	4	2.21.82	Alison Smith	UP	1
61.64	Caley Nordahl	SOU	1	2.21.92	Emily Erwin	L&C	3
61.70	Aimee Cama	UP	1	2.22.02	Ellie Enos	WOU	3
61.71	Teresa Abbott	WU	2	2.22.11	Traci Copher	MHCC	
61.79	Jenn Tyhurst	GFU	1	2.22.24	Andrea Nations	OIT	
62.01	Alicia Frye	EOU		2.22.27	Taylor Bryant	UO	1



**1500**

4.26.98	Carrie Zografos	UO	3
4.29.49	Laura Harmon	UO	1
4.35.78	Annette Mosey	UO	2
4.35.79	Eri McDonald	UO	3
4.36.91	Alison Smith	UP	1
4.40.28	Jenny Rodgers	PSU	3
4.41.24	Nichole Ricci	UP	3
4.41.31	Nattalie Wright	WU	3
4.45.13	Annie Kawasaki	PSU	1
4.40.67	Kari Rissmiller	CCC	1
4.45.59	Ashley Tendick	PSU	2
4.49.01	Kendel White	WPC	4
4.49.56	Magdalena Sandoval	UO	1
4.51.00	Mandy Peterson	LCC	2
4.52.52	Emily Erwin	L&C	2
4.52.71	Amber Henderson	WU	2
4.53.65	Traci Copher	MHCC	
4.53.82	Katie Pierce	WU	1
4.53.88	Ellie Enos	WOU	3
4.54.23	Jill Salmon	WOU	3
4.54.44	Kelsey Jones	EOU	
4.54.44	Bobbi Wright	WU	1
4.54.84	Kari Holbert	WU	2
4.55.32	Terry Hall	Linfield	2
4.56.24	Hannah Coombe	UP	1
4.56.24	Tyana Moralez	WPC	4

**3000**

9.49.94	Carrie Zografos	UO	3
10.07.34	Nicole Ricci	UP	3
10.10.36	Alison Smith	UP	1
10.21.13	Kelsey Jones	EOU	
10.27.36	Laura Harmon	UO	1
10.29.80	Ellie Enos	WOU	3
10.34.00	Kari Rissmiller	CCC	1
10.34.60	Mandy Peterson	LCC	2
10.37.19	Shelley Gorin	SOU	4
10.40.11	Jill Salmon	WOU	3
10.40.16	Sara Sundborg	UP	2
10.42.68	Kathy Rice	UP	1
10.43.24	Whitney Niemczek	UP	1
10.43.33	Katlin Lafferty	EOU	
10.44.64	Traci Copher	MHCC	
10.45.76	Liana Bernard	SOU	3
10.46.20	Kylee Wells	WOU	4
10.56.90	Janelle Goeres	GFU	2
10.56.97	Tyana Moralez	WPC	4
10.57.14	Katie Pierce	WU	1
10.59.06	Evelyn Williams	WU	3
11.00.80	Natalie Kean	UP	1
11.04.34	Beth Moyer	GFU	2
11.05.36	Mallory Swan	OIT	
11.07.34	Nattalie Wright	WU	3

**5000**

17.12.04	Laura Harmon	UO	1
17.24.41	Nicole Ricci	UP	3
17.26.19	Anne Kawasaki	PSU	1
17.28.08	Jenny Rodgers	PSU	3
17.36.13	Kelsey Jones	EOU	
17.47.37	Katlin Lafferty	EOU	
18.09.44	Ellie Enos	WOU	3
18.27.34	Katie Pierce	WU	1
18.27.59	Liana Bernard	SOU	3
18.28.68	Kylee Wells	WOU	4
18.29.14	Sara Sundborg	UP	2
18.32.52	Shelley Gorin	SOU	4
18.40.63	Traci Copher	MHCC	
18.47.05	Audra Herndon	MHCC	
18.50.74	Janelle Goeres	GFU	2
19.02.94	Natalie Kean	UP	1
19.08.42	Tori Taylor	GFU	4
19.09.22	China Metzen	UP	2
19.16.42	Lisa Mulenburg	PSU	3
19.18.44	Bobbi Wright	WU	1
19.29.64	Evelyn Williams	WU	3
19.33.80	Odessa Weber	L&C	2
19.34.74	Mei-Yen Hui	L&C	1
19.36.04	Cassie Weyhmler	L&C	1
19.37.11	Emily Strope	MHCC	

**10,000**

37.31.43	Ellie Enos	WOU	3
39.01.77	Liana Bernard	SOU	3
39.12.60	Janelle Goeres	GFU	2
40.22.34	Sarah Block	WOU	3
40.30.05	Amelia Kinney	WOU	4
40.31.04	Kira Seifert	Linfield	3
40.37.54	Jodi Minard	UP	2
40.53.40	Sadie Grossman	L&C	2
41.00.50	Odessa Weber	L&C	2
41.10.34	Evelyn Williams	WU	3
41.25.64	Barrett Ebrigh	WU	2
41.27.02	Audra Herndon	MHCC	
41.32.44	Mei-Yen Hui	L&C	1
41.42.34	Jennie Hardie	CCC	2
41.45.04	Cassie Weyhmler	L&C	1
41.45.14	China Metzen	UP	2
41.51.64	Nicole Lindquist	WU	1
42.02.84	Stacy Hopkins	CCC	2
42.07.36	Dace Samta	Pacific	
42.41.26	Alicia Little	Pacific	
42.41.26	Alyssa Anderson	CCC	2
42.50.84	Mariah Kreinheder	WU	3
42.52.81	Shelan McClung	Pacific	
42.56.72	Debbie Schor	Linfield	2
43.18.94	Lori Northcraft	WU	2

**100m H**

14.18	Jenny Kenyon	UO	4
14.23	Ann Sullivan	UO	2
14.27	Kerine Harvey	PSU	3
14.81	Lucretia Larkin	UO	3
14.84	Jo Boatright	GFU	1
14.97	Darla Severe	MHCC	
14.98	Julie Elliott	UP	1
14.99	Keisha Harvey	PSU	3
15.12	Laura Leineweber	WU	4
15.30	Shannon McGrane	WU	1
15.61	Macy Campbell	OIT	
15.85	Katherine Cook	WOU	4
15.91	Alicia Lizarraga	WU	1
15.94	Brady Randall	MHCC	
16.26	Rose Cook	UP	1
16.27	Monica Smith	WOU	1
16.50	Dasha Wakefield	CCC	2
16.57	Holly Conrad	WOU	3
16.60	Kendra McGrath	SOU	1
16.76	Jennifer Levy	WU	1
16.80	Molly Brady	WU	1
16.95	Kirtlye Lohof	L&C	2
16.99	Kathy Gellatley	WOU	2
17.04	Stacy Lambert	OIT	
17.07	Leah Moore	Linfield	3
17.11	Kasey Jones	OIT	

**400m H**

1.01.37	Julie Elliott	UP	1
1.01.51	Alicia Snyder-Carlson	UO	3
1.03.06	Cassie Moorhouse	WOU	4
1.03.20	Shannon McGrane	WU	1
1.03.29	Megan Heuberger	SOU	2
1.03.58	Kayla Mellot	UO	1
1.03.73	Brady Randall	MHCC	
1.05.13	Darla Severe	MHCC	
1.06.93	Aimee Cama	UP	1
1.06.93	Jill Salmon	WOU	3
1.07.09	Laura Leineweber	WU	4
1.07.25	Martyn Rivas	MHCC	
1.07.57	Molly Brady	WU	1
1.07.80	Shanelle Harris	MHCC	
1.08.43	Meegan Traver	UO	1
1.08.99	Carrie Wales	WOU	3
1.09.34	Stacy Lambert	OIT	
1.09.37	Macy Campbell	OIT	
1.09.79	Kimberly Tiffany	Chemeketa	
1.09.79	Kendra McGrath	SOU	1
1.10.12	Kori Vandagriff	Chemeketa	
1.10.40	Leigh Bernacchi	WU	2
1.11.24	Kim Provost	CCC	1
1.12.25	Patience Churchward	Linfield	2
1.13.12	Margo Miller	Linfield	2
1.13.93	Sevda Speroff	Linfield	1

**3000m Steeple**

10.42.02	Carrie Zografos	UO	3
11.07.85	Alicia Snyder-Carlson	UO	3
11.12.06	Kari Holbert	WU	2
11.16.64	Jill Salmon	WOU	3
11.24.31	Tori Taylor	GFU	4
11.37.24	Hannah Coombe	UP	1
11.39.05	Terry Hall	Linfield	2
11.47.84	Whitney Niemczek	Up	1
11.47.96	Amber Emery	WU	3
11.56.83	Jodi Minard	UP	2
11.58.97	Annie Davis	UO	3
12.05.11	Beth Moyer	GFU	2
12.25.18	Stephanie Vandehey	WU	1
12.30.95	Cassie Weyhmiller	L&C	1
12.47.64	Alisa Rawe	WU	3
12.49.51	Mei-Yen Hui	L&C	1
13.03.44	Stephanie DuBois	OIT	
13.24.04	Justine Hanlon	L&C	1
14.20.01	Lana Pressey	Chemeketa	

**HIGH JUMP**

5' 09.25	Jenny Brogdon	UO	3
5' 07.75	Laura Leineweber	WU	4
5' 07.25	Rachael Kriz	UO	2
5' 07	Mary Murphy	UO	3
5' 07	Jo Boatright	GFU	1
5' 07	Julie Elliott	UP	1
5' 06	Lisa Gunderson	PSU	2
5' 05	Jenny Kenyon	UO	4
5' 04.50	Ashlyn Terry	LCC	2
5' 04	Kasey Jones	OIT	
5' 04	Stacy Lambert	OIT	
5' 04	Heather Radke	OIT	
5' 04	Meghann Quinn	LCC	1
5' 03	Lindsay Larson	Linfield	2
5' 03	Rose Cook	UP	1
5' 02.50	Keisha Harvey	PSU	3
5' 02.25	Dasha Wakefield	CCC	2
5' 01	Sara Seitz	UP	2
5' 01	Lan Evers	CCC	1
5' 00.25	Brady Randall	MHCC	
5' 00	Samantha Knudson	MHCC	
5' 00	Michelle Forbes	GFU	1
5' 00	Stephanie DuBois	OIT	
5' 02	Caley Nordahl	SOU	1
5' 02	Brook Jaentsch	SOU	1

### POLE VAULT

14' 01.25	Becky Holliday	UO	3
12' 10	Kirsten Riley	UO	2
12' 09	Sara Rowse	CCC	1
12' 01	Dasha Wakefield	CCC	2
11' 11.75	Georgette Moyle	UO	3
11' 10	Cass Smith	SOU	3
11' 06	Katie Henes	WOU	3
11' 06	Kristina Bell	LCC	1
11' 04.25	Jessica Anderson	WU	4
11' 00	Deveny West	OIT	2
11' 00	Maria Skipper	CCC	1
10' 11.75	Stephanie Booth	WOU	1
10' 07	Christy Strout	CCC	1
10' 06.25	Grace Kurtz	Linfield	2
10' 06	Elizabeth Malsey	CCC	1
10' 06	Helena Telfer	GFU	3
10' 00.50	Amanda Freschauf	WU	1
10' 00.50	Johna Jager	WU	1
10' 00	Mandy Weeber	Linfield	1
10' 00	Katie Dobeck	Chemeketa	
10' 00	Shelby Gerrits	L&C	1
9' 07.75	Chelsea Ruhoff	WU	1
9' 06.25	Lisa Smith	WOU	3
9' 06	Sheena McKay	WU	1
9' 06	Lara Karamatsu	UP	2
9' 06	Crystal Gentry	SOU	3

### LONG JUMP

19' 02.50	Amanda Brown	UO	3
18' 06.50	Kena Page	SOU	4
18' 06	Kelsey Baron	GFU	3
18' 02.25	Jo Boatright	GFU	1
18' 00.50	Christina Siffert	WU	2
18' 00.5	Jenny Kenyon	UO	3
18' 00.25	Heather Radke	OIT	
17' 06	Shelley Colmstock	WOU	3
17' 05.5	Kasey Jones	OIT	
17' 03.25	Mary Murpohy	UO	3
17' 02.50	Lindsay Ogle	WU	3
16' 11.25	Elisabeth Malsey	CCC	1
16' 10.50	Danielle Page	WU	1
16' 09.75	Tiiana Setser	CCC	1
16' 08.50	Liz Weiss	UP	1
16' 07.75	Kirtlye Lohof	L&C	2
16' 03.75	Laura Leineweber	WU	4
16' 03	Kori Vandagriff	Chemeketa	
16' 01.75	Robyn Hendry	OIT	
16' 01.50	Leah Moore	Linfield	3
16' 01.50	Kim Provost	CCC	1
16' 00.25	Andrea Eide	SOU	2
15' 11	Lindsay Larson	Linfield	2
15' 10.50	Melissa Mestas	Chemeketa	
15' 10	Macy Campbell	OIT	

### TRIPLE JUMP

40' 02.75	Amanda Brown	UO	3
39' 01	Kelsey Baron	GFU	3
38' 10.25	Shelley Comstock	WOU	3
37' 11.50	C. Hayward-Lee	UO	1
37' 04.50	Jo Boatright	GFU	1
37' 04.50	Tiana Setser	CCC	1
37' 02.25	Maegan Traver	UO	1
36' 04.25	Danielle Page	WU	1
35' 10	Liz Weiss	UP	1
35' 08.50	Kerine Harvey	PSU	3
35' 02.50	Rachael Kriz	UO	2
35' 02.50	Kasey Jones	OIT	
35' 02	Robyn Hendry	OIT	
35' 01.25	Nicole Bostic	GFU	1
34' 05.50	Melissa Mestas	Chemeketa	
33' 08.50	Deanne Huizenga	WU	2
33' 06.50	Allison Huntley	Linfield	1
33' 04.50	Michelle Forbes	GFU	1
32' 01.50	Rose Cook	UP	1
32' 05	Caley Nordahl	SOU	1
30' 10	Lan Evers	CCC	1
30' 09	Dasha Wakefield	CCC	1

### SHOT PUT

44' 11.75	Jessi Salmela	LCC	
49' 11.25	Mary Etter	UO	3
44' 02.75	Nikki Robertson	SOU	4
43' 03.75	Katie McKeever	UO	1
41' 02.50	Dorothy Kerr	WOU	3
41' 00.50	Nancy Weyler	WU	2
40' 11	Holly Conrad	WOU	3
40' 07.50	Shalese Borden	WOU	3
40' 07	Roslyn Lundeen	UO	1
40' 05	Monique Reed	WU	2
40' 02.25	Shirley Brown	SOU	3
39' 09.75	Dani Keyser	UO	2
39' 10	Jordan Sauvage	UO	3
38' 07	Kasey Sorenson	WU	3
37' 08.75	Janna Vavra	Pacific	
37' 08	Jill Hoxmeier	UO	2
37' 04.50	Venessa Braun	L&C	2
37' 01	Sara Rowse	CCC	1
36' 05	Jenny Kenyon	UO	4
36' 04.75	Kasey Jones	OIT	
36' 03	Arlene Burnham	GFU	1
34' 07.75	Erin Tannock	Linfield	3
34' 04	Leah Moore	Linfield	2
34' 03	Jaci Cederberg	WOU	1

**DISCUS**

177' 05	Mary Etter	UO	3
169' 09	Katie McKeever	UO	1
153' 08	Jordan Sauvage	UO	3
147' 11	Nikki Robertson	SOU	4
147' 05	Jill Hoxmeier	UO	2
141' 00	Nancy Weyler	WU	2
137' 07	Jamie Burk	UO	2
135' 09	Jessi Salmela	MHCC	
128' 02	Monique Reed	WU	2
125' 10	Jaci Cederberg	WOU	1
124' 08	Venessa Braun	L&C	2
124' 00	Dorothy Kerr	WOU	3
121' 05	Shalese Borden	WOU	3
121' 04	Rachael Childers	SOU	4
120' 03	Sara Reichner	WU	3
117' 09	Katrina Collins	OIT	
113' 05	Kara Blagg	EOU	
111' 03	Shawna Damon	WPC	1
110' 02	Erin Tannock	Linfield	3
109' 06	Heidi Fuhmann	Pacific	
108' 02	Shirley Brown	SOU	3
105' 01	Casey Hannan	SOU	1
105' 00	Laura Kushner	UP	1
103' 07	Allison Ingram	Pacific	
103' 05	Gina Mann	L&C	1

**HAMMER**

183' 09	Jordan Sauvage	UO	3
175' 05	Leah Merrell	EOU	
172' 09	Jennifer Dunkin	WOU	3
167' 04	Mary Etter	UO	3
162' 08	Jamie Burk	UO	2
161' 10	Dorothy Kerr	WOU	3
158' 10	Jill Hoxmeier	UO	2
158' 07	Katie McKeever	UO	1
158' 07	Heidi Fuhmann	Pacific	
155' 10	Dani Keyser	UO	2
153' 08	Rachael Childers	SOU	4
149' 08	Jaci Cederberg	WOU	1
145' 03	Venessa Braun	L&C	2
145' 02	Kasey Sorenson	WU	2
144' 05	Sara Rowse	CCC	1
142' 03	Monique Reed	WU	2
141' 09	Erin Paisley	GFU	2
141' 08	Shalese Borden	WOU	3
139' 05	Jessi Salmela	MHCC	
129' 07	Sukhee So	WU	3
126' 09	Erin Tannock	Linfield	3
125' 05	Lianna Brown	OIT	
124' 02	Allison Ingram	Pacific	
123' 11	Concha Bautista	SOU	3
115' 03	Gina Mann	L&C	1

**JAVELIN**

179' 02	Sarah Malone	UO	2
169' 07	Elisa Crumley	UO	1
166' 11	Roslyn Lundeen	UO	1
166' 08	Charyl Weingarten	UO	3
145' 06	Holly Conrad	WOU	3
136' 06	Jennifer Bell	Linfield	2
133' 09	Kasey Jones	OIT	
130' 05	Rachael Kriz	UO	2
127' 04	Ashlyn Terry	LCC	2
126' 10	Jaci Cederberg	WOU	1
125' 03	Stefany McMullen	SOU	1
123' 11	Kira Langnese	WOU	2
123' 05	Kori Vandagriff	Chemeketa	
123' 04	Nicole Mapston	SOU	3
122' 04	Gina Coolen	GFU	1
119' 08	Lianna Brown	OIT	
118' 05	Nicole Robertson	SOU	4
117' 08	Dasha Wakefield	CCC	2
117' 09	Katrina Collins	OIT	
117' 05	Jaimi Truhler	WU	2
113' 11	Holly Plumlee	UP	2
112' 06	Mikela Wingard-Phillip	WU	1
111' 11	Wenchi Lu	WU	1
109' 11	Leah Moore	Linfield	3
108' 06	Tiana Buck	WPC	2

**HEPTATHLON**

5169	Jenny Kenyon	UO	4
4329	Brady Randall	MHCC	
4304	Laura Leineweber	WU	4
4165	Jo Boatright	GFU	1
4101	Leah Moore	Linfield	3
4100	Ashlyn Terry	LCC	2
4097	Dasha Wakefield	CCC	2
4083	Holly Conrad	WOU	3
4068	Stacy Lambert	OIT	
4025	Kori Vandagriff	Chemeketa	
3980	Lindsay Larson	Linfield	2
3790	Daria Severe	MHCC	
3782	Kirtlye Lohof	L&C	2
3781	Kena Page	SOU	4
3519	Marlyn Rivas	MHCC	
3504	Kathy Gellathy	WOU	2
3305	Elisabeth Malsey	CCC	1
3140	Janna Vavra	Pacific	

**4 x 100**

47.77 Oregon  
 48.23 Western Oregon  
 48.76 Southern Oregon  
 49.31 Lane CC  
 49.53 Mt. Hood CC  
 50.09 Oregon Tech  
 50.16 George Fox  
 50.39 U. of Portland  
 50.84 Clackamas CC  
 51.05 Willamette  
 51.10 Lewis & Clark  
 51.58 Linfield  
 53.21 Portland State  
 53.30 Chemeketa CC

**4 x 400**

3.47.05 Oregon  
 3.56.71 Mt. Hood CC  
 3.56.86 Southern Oregon  
 3.58.04 Western Oregon  
 4.02.29 Willamette  
 4.04.23 U. of Portland  
 4.05.24 Clackamas CC  
 4.10.98 Portland State  
 4.11.20 George Fox  
 4.11.90 Linfield  
 4.21.66 Chemeketa CC  
 4.24.28 Lewis & Clark

**ABBREVIATIONS:**

Chemeketa CC  
 Clackamas CC (CCC)  
 Eastern Oregon University (EOU)  
 George Fox University (GFU)  
 Lane CC (LCC)  
 Lewis and Clark (L&C)  
 Linfield  
 Mt. Hood CC (MHCC)  
 Oregon (UO)  
 Oregon Institute of Technology (OIT)  
 Pacific University  
 Portland State University (PSU)  
 Southern Oregon University (SOU)  
 University of Portland (UP)  
 Warner Pacific College (WPC)  
 Western Oregon University (WOU)  
 Willamette University (WU)

No information received from Cascade College, Treasure Valley CC and SW Oregon CC

## PERFORMANCE LIST

## Event 1 Women's 100 Meter Dash

\* Converted Mark

RANK	COMP#	ATHLETE	SCHOOL	SEED TIME
1		Kristen Shields	Whitworth	12.24
2		Tonika Vickers	Pacific Lutheran	12.30
3		Jazzmin Reece	Willamette	* 12.54
4		Karen Robnett	Whitworth	12.58
5		Sarah Heilman	Linfield	12.64
6		Lindsey Patterson	Willamette	* 12.64
7		Carrie Larsen	Pacific Lutheran	12.76
8		Nicole Brown	Whitworth	12.92
9		Deanne Huizenga	Willamette	* 12.94
10		Kelsey Newell	Linfield	13.06
11		Liz Brown	Puget Sound	13.11
12		Kirtlye Lohof	Lewis & Clark	13.22
13		Nicole Lucas	Willamette	* 13.24
14		Joellen Boatright	George Fox	13.28
15		Caitlin Stiglmeier	Linfield	13.34
16		Sarah Marken	Whitworth	13.43
17		Alicia Lizarraga	Willamette	* 13.44
18		Kelsey Baron	George Fox	13.48
19		Raine Arndt	Whitworth	13.62
20		Michelle Forbes	George Fox	13.74
21		Laura Vickers	Linfield	13.74
22		Allison Huntley	Linfield	13.94
23		Jessica Jurgens	Whitworth	14.02
24		Eileen Rice	Linfield	14.02
25		Chelsea Bonifer	Linfield	14.08
26		Mona Matthews	George Fox	14.08
27		Liesen Ekman	Puget Sound	14.21
28		Rachel Butler	Lewis & Clark	14.49
29		Grace Kurtz	Linfield	14.52
30		Caroline Devries	Whitworth	14.57
31		Kate Peterson	Linfield	14.81
32		Megan Busse	Linfield	14.96
33		Carmen Charleston	George Fox	15.35
34		Stojanka Arapovich	Lewis & Clark	16.09
35		Rachel Smith	Lewis & Clark	16.21
36		Jessica Murphy	Puget Sound	16.29

## Event 2 Women's 200 Meter Dash

RANK	COMP#	ATHLETE	SCHOOL	SEED TIME
1		Kristen Shields	Whitworth	25.10
2		Tonika Vickers	Pacific Lutheran	25.19
3		Karen Robnett	Whitworth	25.80
4		Jody Swan	Lewis & Clark	26.42

5	Lindsey Patterson	Willamette	*	26.64
6	Jazzmin Reece	Willamette	*	26.64
7	Kelsey Newell	Linfield		26.67
8	Nicole Brown	Whitworth		26.88
9	Liz Brown	Puget Sound		27.23
10	Sarah Marken	Whitworth		27.23
11	Lindsay Ogle	Willamette	*	27.64
12	Joellen Boatright	George Fox		27.70
13	Jamie Rydbom	Whitworth		27.77
14	Kirtlye Lohof	Lewis & Clark		27.90
15	Leah Moore	Linfield		27.90
16	Jamie Smith	Pacific Lutheran		27.91
17	Alicia Lizarraga	Willamette		27.97
18	Emily Hinson	Whitworth		28.00
19	Deanne Huizenga	Willamette	*	28.04
20	Kim Bertholf	Pacific Lutheran		28.19
21	Teresa Abbott	Willamette	*	28.44
22	Caitlin Stiglmeier	Linfield		28.51
23	Sarah Venn	Whitworth		28.54
24	Laura Vickers	Linfield		28.74
25	Carla McHattie	Lewis & Clark		28.75
26	Kate Ross	Lewis & Clark		28.76
27	Margaret Briggs	Pacific Lutheran		28.94
28	Raine Arndt	Whitworth		29.05
29	Mona Matthews	George Fox		29.08
30	Lennae Jenkins	Pacific		29.10
31	Lucinda Boyce	Lewis & Clark		29.28
32	Michelle Etter	Whitworth		29.50
33	Liesen Ekman	Puget Sound		29.55
34	Sevda Speroff	Linfield		29.69
35	Lindsay Larson	Linfield		29.87
36	Rachel Butler	Lewis & Clark		30.10
37	Chelsea Bonifer	Linfield		30.18
38	Sarah Fox	Whitworth		30.39
39	Caroline Devries	Whitworth		30.40
40	Molly Corbari	Linfield		30.44
41	Megan Busse	Linfield		30.61
42	Jessica Howard	George Fox	*	30.94
43	Carrie Crandall	Whitworth		31.77
44	Stojanka Arapovich	Lewis & Clark		33.89
45	Jessica Murphy	Puget Sound		34.12

Event 3 Women's 400 Meter Dash

RANK	COMP#	ATHLETE	SCHOOL	SEED TIME
1		Kelsey Newell	Linfield	59.03
2		Jody Swan	Lewis & Clark	59.52
3		Alicia Andrews	Willamette	1:00.12
4		Lindsay Ogle	Willamette	1:00.68
5		Leah Moore	Linfield	1:01.31
6		Katherine Burke	Willamette	1:01.58
7		Carla McHattie	Lewis & Clark	1:01.85
8		Jamie Rydbom	Whitworth	1:02.02
9		Sarah O'Brien	Willamette	1:02.19
10		Stephanie Vandehey	Willamette	1:02.97
11		Jamie Smith	Pacific Lutheran	1:03.86

12	Teresa Abbott	Willamette	1:04.30
13	Kim Bertholf	Pacific Lutheran	1:04.39
14	Sarah Venn	Whitworth	1:04.42
15	Lennae Jenkins	Pacific	1:05.05
16	Easton Branam	Pacific Lutheran	1:05.25
17	Emily Hinson	Whitworth	1:05.79
18	Diana Huey	Whitworth	1:05.91
19	Carrie Crandall	Whitworth	1:06.14
20	Leslie Jefferies	Pacific	1:06.47
21	Alison Mundt	Puget Sound	1:06.65
22	Margaret Briggs	Pacific Lutheran	1:07.19
23	Leslie Kooy	Pacific Lutheran	1:08.02
24	Jessica Howard	George Fox	1:09.95
25	Tiffany Bruce	Whitworth	1:13.69
26	Emily Rohlfss	Linfield	1:18.35
27	Stephanie Kraft	Pacific	1:27.44

Event 4 Women's 800 Meter Run

RANK	COMP#	ATHLETE	SCHOOL	SEED TIME
====	=====	=====	=====	=====
1		Alicia Andrews	Willamette	2:15.58
2		Katherine Burke	Willamette	2:20.59
3		Elizabeth Abbey	Whitworth	2:20.72
4		Stephanie Vandehey	Willamette	2:21.52
5		Shannon McGrane	Willamette	2:24.30
6		Emily Peck	Linfield	2:24.98
7		Emily Green	Whitworth	2:25.49
8		Elaine Heinemann	Whitworth	2:25.70
9		Leah Moore	Linfield	2:26.83
10		Jessica Austin	Whitworth	2:27.86
11		Katherine Reale	Whitworth	2:30.00
12		Joanna Murphy	Linfield	2:30.22
13		Terry Hall	Linfield	2:30.60
14		Beth Moyer	George Fox	2:32.75
15		Jazzmin Reece	Willamette	2:33.24
16		Amber Henderson	Willamette	2:33.32
17		Odessa Weber	Lewis & Clark	2:33.57
18		Diana Huey	Whitworth	2:33.98
19		Jody Swan	Lewis & Clark	2:34.30
20		Alison Mundt	Puget Sound	2:34.31
21		Teranne McComas	Whitworth	2:34.40
22		Carla McHattie	Lewis & Clark	2:36.15
23		Liz Jacobson	Pacific Lutheran	2:37.38
24		Lennae Jenkins	Pacific	2:38.10
25		Lindsay Larson	Linfield	2:38.58
26		Tara Bjorklund	Puget Sound	2:39.17
27		Julie Meyer	Puget Sound	2:39.65
28		Gloria Gomez	George Fox	2:40.03
29		Tracey Goldner	Pacific Lutheran	2:40.83
30		Beth Jertberg	George Fox	2:41.70
31		Sara Anderson	George Fox	2:42.00
32		Molly Van Benthuyzen	Puget Sound	2:42.05
33		Bre Hickel	Puget Sound	2:42.24
34		Ashley Crisell	George Fox	2:43.01
35		Chelsea Torgerson-Bell	Puget Sound	2:44.15
36		Katherine Lichtenwalter	Pacific	2:44.19



37	Debbie Schor	Linfield	2:44.54
38	Stephanie Fischer	Linfield	2:44.61
39	Kjirsten Brevik	Puget Sound	2:45.69
40	Sarah Marken	Whitworth	2:50.71
41	Kate Ross	Lewis & Clark	2:50.93
42	Lucinda Boyce	Lewis & Clark	2:52.82
43	Kirtlye Lohof	Lewis & Clark	3:00.01
44	Joanna Graham	Whitworth	3:01.40
45	Michelle Etter	Whitworth	3:17.47

Event 5 Women's 1,500 Meter Run

RANK	COMP#	ATHLETE	SCHOOL	SEED TIME
=====	=====	=====	=====	=====
1		Kari Holbert	Willamette	4:46.09
2		Nattalie Wright	Willamette	4:51.80
3		Stephanie Vandehey	Willamette	4:53.15
4		Terry Hall	Linfield	4:54.06
5		Jessica Austin	Whitworth	4:56.18
6		Elizabeth Abbey	Whitworth	4:56.88
7		Mariah Kennedy	Willamette	4:57.19
8		Amber Emery	Willamette	4:59.56
9		Emily Peck	Linfield	4:59.83
10		Leslie Nelson	Whitworth	5:01.47
11		Julie Meyer	Puget Sound	5:02.56
12		Lauren Sherwood	Willamette	5:03.10
13		Molly Brady	Willamette	5:03.58
14		Natalie Muren	Willamette	5:04.83
15		Teranne McComas	Whitworth	5:06.44
16		Amber Henderson	Willamette	5:06.82
17		Hillary Dobson	Puget Sound	5:07.90
18		Beth Jertberg	George Fox	5:07.92
19		Tracey Goldner	Pacific Lutheran	5:08.05
20		Heather Thomsen	Whitworth	5:10.33
21		Odessa Weber	Lewis & Clark	5:12.27
22		Alisa Rawe	Willamette	5:12.62
23		Alison Mundt	Puget Sound	5:14.89
24		Joanna Murphy	Linfield	5:16.56
25		Tara Bjorklund	Puget Sound	5:21.33
26		Alana Hagney	Puget Sound	5:21.91
27		Debbie Schor	Linfield	5:23.45
28		Bre Hickel	Puget Sound	5:24.25
29		Nicole Lindquist	Willamette	5:24.61
30		Torey Jovick	Willamette	5:24.88
31		Erin Donnelly	Puget Sound	5:25.87
32		Stephanie Fischer	Linfield	5:27.36
33		Gloria Gomez	George Fox	5:28.32
34		Kjirsten Brevik	Puget Sound	5:28.80
35		Katherine Lichtenwalter	Pacific	5:30.72
36		Ashley Crisell	George Fox	5:31.09
37		Angela Blum	Lewis & Clark	5:31.69
38		Molly Van Benthuisen	Puget Sound	5:32.10
39		Katharine Dambrosio	Willamette	5:34.46
40		Kim Racine	Puget Sound	5:37.67
41		Beth Moyer	George Fox	5:38.70
42		Stacy West	Willamette	5:39.29
43		Chelsea Torgerson-Bell	Puget Sound	5:40.29

44	Reanne Davis	Pacific	5:45.99
45	Jennifer Wiseman	Whitworth	5:49.70
46	Joanna Graham	Whitworth	5:53.19
47	Sara Anderson	George Fox	5:57.43

Event 6 Women's 3,000 Meter Steeplechase

RANK	COMP#	ATHLETE	SCHOOL	SEED TIME
1		Jessica Austin	Whitworth	11:20.28
2		Kari Holbert	Willamette	11:24.32
3		Terry Hall	Linfield	11:32.72
4		Amber Emery	Willamette	11:48.76
5		Ashley Crisell	George Fox	11:56.56
6		Laura Bangerter	Pacific Lutheran	* 12:06.74
7		Emily Peck	Linfield	12:12.23
8		Amanda Baker	Whitworth	12:58.36
9		Debbie Schor	Linfield	13:23.64
10		Molly Van Benthuysen	Puget Sound	13:26.84
11		Jennifer Wiseman	Whitworth	13:29.34
12		Ashlee Weimar	Linfield	13:43.86
13		Kali Seisler	Puget Sound	15:11.39

Event 7 Women's 5,000 Meter Run

RANK	COMP#	ATHLETE	SCHOOL	SEED TIME
1		Natalie Muren	Willamette	* 17:38.24
2		Kari Holbert	Willamette	* 17:48.24
3		Leslie Nelson	Whitworth	18:28.09
4		Hillary Dobson	Puget Sound	18:33.22
5		Breea Mearig	Pacific Lutheran	18:37.88
6		Julie Meyer	Puget Sound	18:59.82
7		Emily Peck	Linfield	19:04.54
8		Kristi Dickey	Whitworth	19:07.84
9		Lauren Sherwood	Willamette	* 19:09.84
10		Tracey Goldner	Pacific Lutheran	19:12.50
11		Terry Hall	Linfield	19:22.44
12		Odessa Weber	Lewis & Clark	19:24.62
13		Rebecca Jamieson	Whitworth	19:30.27
14		Laura Bangerter	Pacific Lutheran	19:37.60
15		Bre Hickel	Puget Sound	19:44.36
16		Beth Jertberg	George Fox	19:46.82
17		Katherine Lichtenwalter	Pacific	19:55.46
18		Kasey Treger	Linfield	20:04.37
19		Nicole Lindquist	Willamette	20:06.87
20		Erin Donnelly	Puget Sound	20:08.68
21		Elizabeth Bailey	Whitworth	20:14.32
22		Adalie Hulbert	Whitworth	20:15.25
23		Torey Jovick	Willamette	* 20:17.54
24		Beth Moyer	George Fox	20:20.45
25		Debbie Schor	Linfield	20:21.33
26		Beth Phillips	Willamette	20:23.85
27		Gloria Gomez	George Fox	20:30.30
28		Jenny Peters	Whitworth	20:34.81
29		Lori Northcraft	Willamette	20:44.70
30		Amanda Baker	Whitworth	20:50.51

31	Ashlee Weimar	Linfield	20:54.04
32	Stacy West	Willamette	* 20:57.64
33	Ashley Jamieson	Pacific Lutheran	20:57.70
34	Mei-Yen Hui	Lewis & Clark	21:03.17
35	Reanne Davis	Pacific	* 21:03.44
36	Stephanie Fischer	Linfield	21:26.14

Event 8 Women's 10,000 Meter Run

RANK	COMP#	ATHLETE	SCHOOL	SEED TIME
1		Leslie Nelson	Whitworth	38:25.50
2		Kristi Dickey	Whitworth	39:30.10
3		Hillary Dobson	Puget Sound	* 39:34.24
4		Breea Mearig	Pacific Lutheran	40:12.90
5		Odessa Weber	Lewis & Clark	41:09.00
6		Rebecca Jamieson	Whitworth	41:27.60
7		Beth Phillips	Willamette	* 41:33.94
8		Elizabeth Bailey	Whitworth	41:36.00
9		Katherine Lichtenwalter	Pacific	* 41:38.44
10		Erin Donnelly	Puget Sound	* 41:50.24
11		Nicole Lindquist	Willamette	* 42:26.44
12		Mei-Yen Hui	Lewis & Clark	42:31.00
13		Lori Northcraft	Willamette	* 42:38.74
14		Jenny Peters	Whitworth	43:11.50
15		Amanda Baker	Whitworth	43:11.60
16		Adalie Hulbert	Whitworth	43:53.30
17		Ashley Jamieson	Pacific Lutheran	44:31.26
18		Ashlee Weimar	Linfield	45:04.30
19		Kasey Treger	Linfield	45:47.70

Event 9 Women's 100 Meter Low Hurdles

RANK	COMP#	ATHLETE	SCHOOL	SEED TIME
1		Joellen Boatright	George Fox	14.99
2		Nicole Lucas	Willamette	15.60
3		Carrie Larsen	Pacific Lutheran	15.61
4		Shannon McGrane	Willamette	15.72
5		Sarah Marken	Whitworth	16.05
6		Maria Jones	Pacific Lutheran	16.14
7		Chelsi Williamson	George Fox	16.21
8		Alicia Lizarraga	Willamette	* 16.24
9		Jazzmin Reece	Willamette	* 16.44
10		Roseann Kassebaum	Willamette	16.82
11		Clare Benish	Puget Sound	16.95
12		Sarah Fox	Whitworth	17.28
13		Leah Moore	Linfield	17.32
14		Jessica Austin	Whitworth	17.41
15		Kate Ross	Lewis & Clark	17.44
16		Oksana Levkiv	Lewis & Clark	17.45
17		Kirtlye Lohof	Lewis & Clark	17.67
18		Emily Benson	Whitworth	17.74
19		Lindsay Larson	Linfield	17.94
20		Alicia Steinruck	Pacific Lutheran	18.00
21		Emily Hinson	Whitworth	18.57
22		Vania Ito	Lewis & Clark	18.85

23	Lucinda Boyce	Lewis & Clark	19.11
24	Michelle Etter	Whitworth	19.27
25	Liesen Ekman	Puget Sound	19.57
26	Jessica Christian	Willamette	20.12
27	Carla McHattie	Lewis & Clark	20.14
28	Nicolette Rowe	Puget Sound	21.37

Event 10 Women's 400 Meter Low Hurdles

RANK	COMP#	ATHLETE	SCHOOL	SEED TIME
1		Carrie Larsen	Pacific Lutheran	1:03.58
2		Shannon McGrane	Willamette	1:04.31
3		Roseann Kassebaum	Willamette	1:06.53
4		Easton Branam	Pacific Lutheran	1:08.99
5		Nicole Lucas	Willamette	1:09.61
6		Carla McHattie	Lewis & Clark	1:10.95
7		Kelly Wright	Pacific Lutheran	1:11.00
8		Jessica Austin	Whitworth	1:11.03
9		April Nelson	Puget Sound	* 1:11.34
10		Emily Benson	Whitworth	1:11.71
11		Liesen Ekman	Puget Sound	1:14.29
12		Jamie Smith	Pacific Lutheran	1:14.58
13		Kristin Davignon	Pacific Lutheran	1:15.03
14		Emily Hinson	Whitworth	1:15.12
15		Sevda Speroff	Linfield	1:16.78
16		Jessica Christian	Willamette	1:23.33
17		Jennifer Wiseman	Whitworth	1:25.46
18		Vania Ito	Lewis & Clark	1:25.63
19		Kali Seisler	Puget Sound	1:27.25

Event 11 Women's 4x100 Meter Relay

RANK	REL #	RELAY	AFFILIATION	SEED TIME
1		WHTW "A"	Whitworth	49.43
2		WILL "A"	Willamette	50.39
3		PLU "A"	Pacific Lutheran	50.65
4		LIN "A"	Linfield	51.03
5		L&C "A"	Lewis & Clark	51.79
6		GFU "A"	George Fox	52.13
7		UPS "A"	Puget Sound	53.23

Event 12 Women's 4x400 Meter Relay

RANK	REL #	RELAY	AFFILIATION	SEED TIME
1		WILL "A"	Willamette	4:04.92
2		LIN "A"	Linfield	4:10.99
3		WHTW "A"	Whitworth	4:11.75
4		PLU "A"	Pacific Lutheran	4:12.50
5		UPS "A"	Puget Sound	4:28.70
6		GFU "A"	George Fox	4:42.62

Event 13 Women's High Jump

RANK	COMP#	ATHLETE	SCHOOL	SEED MARK
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1	Joellen Boatright	George Fox	5'05.75"
2	Chelsi Williamson	George Fox	5'04.50"
3	Lindsay Larson	Linfield	5'03.25"
4	Michelle Forbes	George Fox	5'03.00"
5	Emily Ruggles	George Fox	5'02.50"
6	Emily Teague	Puget Sound	5'01.75"
7	Courtney Johnson	Pacific Lutheran	5'01.00"
8	Clare Benish	Puget Sound	5'00.25"
9	Nicolette Rowe	Puget Sound	4'11.00"
10	Sarah Heilman	Linfield	4'10.50"
11	Jessica Austin	Whitworth	4'09.00"
12	Rebecca Jamieson	Whitworth	4'08.25"
13	Michelle Etter	Whitworth	4'07.75"
14	Macie McKnight	Whitworth	4'07.75"
15	Leah Moore	Linfield	4'07.50"
16	Carla McHattie	Lewis & Clark	4'06.25"
17	Jazzmin Reece	Willamette	4'06.25"
18	Kate Ross	Lewis & Clark	4'06.25"
19	Kirtlye Lohof	Lewis & Clark	4'05.00"
20	Emily Hinson	Whitworth	4'04.00"
21	Lucinda Boyce	Lewis & Clark	4'02.75"
22	Sarah Marken	Whitworth	4'02.00"

Event 14 Women's Pole Vault

RANK	COMP#	ATHLETE	SCHOOL	SEED MARK
1		Edralyn Harmon	Whitworth	10'06.00"
2		Katie Heaton	Puget Sound	10'06.00"
3		Shelby Gerrits	Lewis & Clark	10'00.00"
4		Liz Kajko	Puget Sound	10'00.00"
5		Eileen Rice	Linfield	10'00.00"
6		Nicolette Rowe	Puget Sound	10'00.00"
7		Kelly Wright	Pacific Lutheran	10'00.00"
8		Grace Kurtz	Linfield	9'06.25"
9		Helena Teller	George Fox	9'06.25"
10		Laura Fisher	Pacific Lutheran	9'05.75"
11		Oksana Levkiv	Lewis & Clark	9'05.75"
12		Chelsea Ruhoff	Willamette	9'02.25"
13		Jessica Stow	Willamette	9'02.25"
14		Emily Teague	Puget Sound	9'00.25"
15		Carrie Crandall	Whitworth	8'06.25"
16		Jamie Smith	Pacific Lutheran	8'06.00"
17		Hailey Campbell	Willamette	8'01.25"
18		Joan Brilley	Puget Sound	8'00.50"
19		Kate Sommers	Lewis & Clark	8'00.50"
20		Laura Mackie	Linfield	7'10.50"

Event 15 Women's Long Jump

RANK	COMP#	ATHLETE	SCHOOL	SEED MARK
1		Kelsey Baron	George Fox	18'00.50"
2		Lindsey Patterson	Willamette	18'00.25"
3		Joellen Boatright	George Fox	17'07.50"
4		Maria Jones	Pacific Lutheran	17'06.00"

5	Leah Moore	Linfield	17'00.00"
6	Danielle Page	Willamette	16'09.75"
7	Christina Siffert	Willamette	16'09.75"
8	Chelsi Williamson	George Fox	16'09.25"
9	Sarah Marken	Whitworth	16'04.50"
10	Kirtlye Lohof	Lewis & Clark	16'03.25"
11	Laura Fisher	Pacific Lutheran	16'01.00"
12	Jazzmin Reece	Willamette	16'01.00"
13	Kate Ross	Lewis & Clark	16'01.00"
14	Jena Robinson	Puget Sound	15'11.75"
15	Edralyn Harmon	Whitworth	15'11.50"
16	Elizabeth Russell	Willamette	15'07.75"
17	Lindsay Larson	Linfield	15'06.75"
18	Clare Benish	Puget Sound	15'04.00"
19	Emily Teague	Puget Sound	15'04.00"
20	Jessica Austin	Whitworth	14'11.25"
21	Sarah Heilman	Linfield	14'10.75"
22	Kate Peterson	Linfield	14'10.00"
23	Michelle Forbes	George Fox	14'09.75"
24	Lucinda Boyce	Lewis & Clark	14'05.25"
25	Ashlee Beairsto	Pacific	14'03.00"
26	Michelle Etter	Whitworth	14'03.00"
27	Allison Huntley	Linfield	14'03.00"
28	Alicia Steinruck	Pacific Lutheran	14'03.00"
29	Liz Kajko	Puget Sound	14'01.00"
30	Caroline Devries	Whitworth	14'00.50"
31	Laura Vickers	Linfield	13'11.75"
32	Emily Hinson	Whitworth	13'09.75"
33	Carla McHattie	Lewis & Clark	13'07.75"
34	Rachel Smith	Lewis & Clark	13'07.50"
35	Molly Corbari	Linfield	12'09.50"
36	Molly Carbari	Linfield	12'08.50"
37	Macie McKnight	Whitworth	12'00.25"

Event 16 Women's Triple Jump

RANK	COMP#	ATHLETE	SCHOOL	SEED MARK
=====	=====	=====	=====	=====
1		Kelsey Baron	George Fox	37'08.50"
2		Danielle Page	Willamette	36'05.00"
3		Joellen Boatright	George Fox	36'01.25"
4		Chelsi Williamson	George Fox	36'01.25"
5		Jena Robinson	Puget Sound	35'11.50"
6		Maria Jones	Pacific Lutheran	34'11.00"
7		Edralyn Harmon	Whitworth	34'04.00"
8		Jazzmin Reece	Willamette	33'08.50"
9		Jessica Jurgens	Whitworth	33'04.50"
10		Allison Huntley	Linfield	33'00.50"
11		Michelle Etter	Whitworth	32'09.75"
12		Kate Ross	Lewis & Clark	32'09.50"
13		Sarah Marken	Whitworth	32'09.00"
14		Sarah Fox	Whitworth	32'07.00"
15		Michelle Forbes	George Fox	32'02.00"
16		Elizabeth Russell	Willamette	32'01.50"
17		Lucinda Boyce	Lewis & Clark	31'10.00"
18		Laura Fisher	Pacific Lutheran	30'03.00"

## Event 17 Women's Shot Put

RANK	COMP#	ATHLETE	SCHOOL	SEED MARK
1		Joni Claypool	Linfield	42'04.00"
2		Nancy Weyler	Willamette	38'06.00"
3		Kasey Sorenson	Willamette	37'08.75"
4		Katrina Anderson	Pacific Lutheran	37'05.75"
5		Arlene Burnham	George Fox	37'05.75"
6		Julie Locke	Pacific Lutheran	36'10.50"
7		Danielle Bielenberg	Linfield	36'03.50"
8		Venessa Braun	Lewis & Clark	36'00.00"
9		DeeDee Arnall	Pacific	35'10.50"
10		Leah Moore	Linfield	34'07.75"
11		Kirtlye Lohof	Lewis & Clark	34'04.00"
12		Sirpa Peterson	Linfield	33'09.50"
13		Sarah Marken	Whitworth	32'11.00"
14		Jazzmin Reece	Willamette	32'10.25"
15		Johanna Kellogg	Whitworth	32'05.50"
16		Lindsay Larson	Linfield	32'05.50"
17		Erin Tannock	Linfield	32'03.50"
18		Lucinda Boyce	Lewis & Clark	31'10.00"
19		Amy Watson	George Fox	30'07.00"
20		Michelle Etter	Whitworth	30'03.00"
21		Jessica John	Willamette	29'07.50"
22		Angela Sammons	Willamette	29'06.00"
23		Emily Hinson	Whitworth	29'04.75"
24		Megan Merz	Pacific	29'04.75"
25		Melissa Tousley	Pacific Lutheran	29'04.50"
26		Sarah Munly	Pacific	29'00.50"
27		Gina Coolen	George Fox	28'07.75"
28		Clare Benish	Puget Sound	28'02.25"
29		Beezer Cocking	Whitworth	26'08.50"
30		Nicolette Rowe	Puget Sound	26'05.75"
31		Jessica Austin	Whitworth	26'05.00"
32		Carrie Crandall	Whitworth	26'02.25"
33		Carla McHattie	Lewis & Clark	24'09.75"
34		Kate Ross	Lewis & Clark	21'08.00"

## Event 18 Women's Discus Throw

RANK	COMP#	ATHLETE	SCHOOL	SEED MARK
1		Joni Claypool	Linfield	132'09.00"
2		Julie Locke	Pacific Lutheran	129'11.00"
3		Nancy Weyler	Willamette	123'11.00"
4		Sarah Reichner	Willamette	123'04.00"
5		Venessa Braun	Lewis & Clark	117'11.00"
6		Johanna Kellogg	Whitworth	117'06.00"
7		Megan Merz	Pacific	112'01.00"
8		Danielle Bielenberg	Linfield	110'11.00"
9		Erin Tannock	Linfield	110'05.00"
10		Robin Dudley	Pacific Lutheran	103'05.00"
11		Allison Ingram	Pacific	101'02.00"
12		Rochelle Weems	Pacific Lutheran	99'01.00"
13		Amy Watson	George Fox	99'00.00"
14		Melissa Tousley	Pacific Lutheran	96'09.00"

15	Gina Coolen	George Fox	96'02.00"
16	Jenna Williams	Whitworth	93'08.00"
17	Laura Kushner	Pacific	93'06.00"
18	Arlene Burnham	George Fox	75'07.00"

Event 19 Women's Javelin Throw

RANK	COMP#	ATHLETE	SCHOOL	SEED MARK
=====	=====	=====	=====	=====
1		Tracy Skelton	Linfield	129'03.00"
2		Jennifer Bell-O'Toole	Linfield	127'10.00"
3		Rochelle Weems	Pacific Lutheran	125'03.00"
4		DeeDee Arnall	Pacific	121'04.00"
5		Alicia Steinruck	Pacific Lutheran	121'01.00"
6		Lisa Goselin	Whitworth	115'11.00"
7		Gina Coolen	George Fox	115'07.00"
8		Jaimi Truhler	Willamette	114'01.00"
9		Marie Wroble	Pacific Lutheran	113'11.00"
10		Jessica Austin	Whitworth	111'06.00"
11		Lindsay Larson	Linfield	109'06.00"
12		Leah Moore	Linfield	107'09.00"
13		Julie Addicott	Willamette	107'00.00"
14		Karen Robnett	Whitworth	105'10.00"
15		Caitlin Hendrick	Linfield	102'11.00"
16		Mikaela Wingard-Philips	Willamette	102'01.00"
17		Beezer Cocking	Whitworth	97'08.00"
18		Jazzmin Reece	Willamette	95'02.00"
19		Sarah Marken	Whitworth	93'01.00"
20		Michelle Etter	Whitworth	92'10.00"
21		Kirtlye Lohof	Lewis & Clark	88'01.00"
22		Elyssa Figari	Willamette	84'01.00"
23		Lucinda Boyce	Lewis & Clark	79'04.00"
24		Emily Hinson	Whitworth	77'09.00"
25		Morgan Evans	Pacific Lutheran	70'03.00"
26		Nicolette Rowe	Puget Sound	67'05.00"
27		Carla McHattie	Lewis & Clark	63'03.00"
28		Clare Benish	Puget Sound	52'11.00"

Event 20 Women's Hammer Throw

RANK	COMP#	ATHLETE	SCHOOL	SEED MARK
=====	=====	=====	=====	=====
1		Venessa Braun	Lewis & Clark	148'03.00"
2		Kasey Sorenson	Willamette	143'11.00"
3		Johanna Kellogg	Whitworth	136'04.00"
4		Allison Ingram	Pacific	132'02.00"
5		Erin Paisley	George Fox	129'08.00"
6		Sukhee So	Willamette	119'04.00"
7		Erin Tannock	Linfield	117'01.00"
8		Arlene Burnham	George Fox	115'10.00"
9		Julie Locke	Pacific Lutheran	112'06.00"
10		Jenna Williams	Whitworth	108'05.00"
11		Jaire Keiki	Puget Sound	101'10.00"
12		Laura Kushner	Pacific	98'07.00"
13		Angela Sammons	Willamette	94'01.00"
14		Nancy Weyler	Willamette	93'07.00"
15		Danielle Bielenberg	Linfield	85'00.00"



16	Joni Claypool	Linfield	83'00.00"
17	Jessica John	Willamette	81'11.00"

Event 21 Women's Heptathlon

RANK	COMP#	ATHLETE	SCHOOL	POINTS
1		Leah Moore	Linfield	4162
2		Jazzmin Reece	Willamette	3920
3		Lindsay Larson	Linfield	3803
4		Sarah Marken	Whitworth	3690
5		Kirtlye Lohof	Lewis & Clark	3339
6		Lucinda Boyce	Lewis & Clark	2975
7		Carla McHattie	Lewis & Clark	2961
8		Michelle Etter	Whitworth	2808
9		Kate Ross	Lewis & Clark	2730
10		Emily Hinson	Whitworth	1881

Event 31 Men's 100 Meter Dash

RANK	COMP#	ATHLETE	SCHOOL	SEED	TIME
1		Ben Salisbury	George Fox	*	10.74
2		Ben Rorem	Whitworth		10.89
3		Jonas Welsch	Willamette	*	11.04
4		Chris Boock	Linfield		11.09
5		Bryce McDonnell	Whitworth		11.13
6		KC Gillespie	Willamette		11.16
7		Todd Doram	Lewis & Clark		11.19
8		George Carter	Linfield		11.31
9		Jason Stevens	Whitworth		11.36
10		Casey Allen	Linfield		11.44
11		Thomas Ford	Linfield		11.44
12		Travis Stiles	Willamette	*	11.44
13		Steven Beardsley	George Fox		11.54
14		Jordan Patterson	Whitworth		11.58
15		David Warren	Whitworth		11.58
16		Burch Greene	Puget Sound		11.67
17		Ryan Boatsman	Linfield		11.70
18		Andrew Albrecht	Pacific Lutheran		11.71
19		Tyler May	Willamette		11.81
20		Dave Austin	Willamette		11.83
21		Aaron Cloud	Whitworth		11.88
22		Andy Hamilton	Pacific Lutheran		11.90
23		Calvin Keyser-Allen	Willamette		11.94
24		Jesse Fipps	Linfield		11.95
25		Blake Wallick	Whitworth		12.01
26		Wesley Randall	Willamette	*	12.04
27		Frank Reed	Puget Sound		12.07
28		Joey Cusick	Linfield		12.14
29		Kevin Dean	Willamette	*	12.14
30		Ryan Wall	Whitworth		12.24
31		Jesse Rasmussen	George Fox		12.27
32		Najja Bullock	Puget Sound		12.32
33		Ben Cordes	Puget Sound		12.34
34		James Furlo	Willamette	*	12.34
35		Derek Mollier	Pacific		12.47