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GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Thursday, April 12, 2007

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4/12 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD – Weekly News & Notes

LINKS FOR TRACK & FIELD TO:

[Men's Quick Facts](#) / [Women's Quick Facts](#) / [Men's Roster](#) / [Women's Roster](#) / [Schedule](#) / [Results](#) / [Press Releases](#) /

HIGHLIGHTS:

- * **Recent Meets: Willamette Invitational, NWC Multi-Events**
- * **Coming Up: Limited Number of Bruins in Lewis & Clark 5-Way**
- * **Moe, Giffey-Brohaugh BAA Winners; Moe NWC Track Athlete of Week**
- * **Forbes Wins NWC Decathlon, Laack 5th in NWC Heptathlon**
- * **NCAA Qualifiers: Four Bruins in Five Events Hit NCAA Marks**
- * **NWC Qualifiers: Bruins Have Top Marks in 9 NWC Events**

RECENT EVENTS: (click on links for releases and results):

Apr. 6-7 – Willamette Invitational, Salem, Ore.
[Press Release](#) / [Results](#)

Apr. 9-10 – NWC Multi-Events, Salem, Ore.
[Final Decathlon Press Release](#) / [Final Decathlon Results](#) / [Final Heptathlon Press Release](#) / [Final Heptathlon Results](#)

COMING UP: Limited Number of Bruins in Lewis & Clark 5-Way

Fri., Apr. 13, 4:00 p.m. - Lewis & Clark 5-Way (throws at GFU, Newberg, Ore.)
Sat., Apr. 14, 10 a.m. - Lewis & Clark 5-Way, Portland, Ore.

COACH JOHN SMITH:

John Smith (George Fox '96), after eight years as an assistant at his alma mater, stepped in as the new men's and women's cross country and track and field head coach at George Fox in 2006-07. He replaced long-time award-winning coach Wes Cook, who announced his retirement from the Bruin programs after a 19-year run. Click here for the complete bio on [Coach Smith](#).

BRUIN BITS:

* **Moe, Giffey-Brohaugh BAA Winners; Moe NWC Track Athlete of Week**

Jake Moe and **Rachel Giffey-Brohaugh** were named Bruin Athletic Association Men's and Women's Athletes of the Week, and Moe earned Northwest Conference Men's Track Athlete of the Week, for their outstanding performances the week of Apr. 2-8.

Moe captured the 3,000 meter steeplechase at the Willamette Invitational on Friday with a time of 9:21.83. His mark bettered the NCAA D-III provisional qualifying standard of 9:23.00 and was the fourth-best time in the nation to this point, as well as the top time in the conference. Moe had received honorable mention for NWC Men's Track honors four times this spring before winning it this week.

Giffey-Brohaugh, who was honorable mention for NWC Women's Track Athlete of the Week, added the 800 meter run to the 1500 meter run as events she has provisionally qualified for when she finished third overall and first among college competitors at the Willamette Invitational on Saturday. Her 800 time of 2:13.88 topped the NCAA provisional mark of 2:14.70 and is the third-best in the nation thus far. It is the best time in the NWC and the second-best in GFU history to a 2:13.44 by Debbie Kintrea in 1992. She also ran for the 4x400 meter relay team that finished first in 4:00.52, the top mark in the NWC this season. Giffey-Brohaugh was BAA Women's Athlete of the Week and NWC Women's Track Athlete of the Week for Mar. 26-Apr. 1.

George Fox's field nominees, **Matt Gurlides** and **Victoria Black**, also received honorable mention for NWC Men's and Women's Field Athletes of the Week after their showings at the Willamette Invitational. **Gurlides** was third in the long jump with the sixth-best mark in the league (21_04.25/6.51m), and also placed 15th in the triple jump (36-07.00/11.15m). **Black** was second in the pole vault (10-06.00/3.20m), tying the mark for second-best in the NWC to her own top vault of 10-08. She also came in sixth in the javelin (106-03/32.40m).

*** 2007 Men's Honors:**

- **Bret Hamilton** - Bruin Athletic Association Men's Athlete of the Week (Feb. 26-Mar. 4); NWC Men's Field Athlete of the Week (HM-Feb. 26-Mar. 4)
- **Jake Moe** - Bruin Athletic Association Men's Athlete of the Week (Apr. 2-8); NWC Men's Track Athlete of the Week (HM-Feb. 26-Mar. 4, HM-Mar. 12-18, HM-Mar. 19-25, HM-Mar. 26-Apr. 1; Apr. 2-8)
- **Joel Krebs** - Bruin Athletic Association Men's Athlete of the Week (Mar. 5-11, Mar. 26-Apr. 1); NWC Men's Field Athlete of the Week (HM-Mar. 5-11, Mar. 26-Apr. 1)
- **John Zaganiacz** - NWC Men's Track Athlete of the Week (HM-Mar. 5-11)
- **Ben Dillow** - Bruin Athletic Association Men's Athlete of the Week (Mar. 19-25); NWC Men's Field Athlete of the Week (Mar. 19-25)
- **Matt Gurlides** - NWC Men's Field Athlete of the Week (HM-Apr. 2-8)

*** 2007 Women's Honors:**

- **Victoria Black** - NWC Women's Field Athlete of the Week (HM-Feb. 26-Mar. 4; HM-Apr. 2-8)
- **Lisa Mensonides** - NWC Women's Track Athlete of the Week (HM-Feb. 26-Mar. 4)
- **Rachel Giffey-Brohaugh** - Bruin Athletic Association Women's Athlete of the Week (Mar. 26-Apr. 1, Apr. 2-8); NWC Women's Track Athlete of the Week (HM-Mar. 5-11, Mar. 26-Apr. 1, HM-Apr. 2-8)
- **Katie Alaimo** - NWC Women's Field Athlete of the Week (HM-Mar. 12-18, HM-Mar. 19-25, HM-Mar. 26-Apr. 1)
- **Bethany Adams** - NWC Women's Track Athlete of the Week (HM-Mar. 12-18)
- **JulieKay Brown** - NWC Women's Track Athlete of the Week (HM-Mar. 19-25)

*** Forbes Wins NWC Decathlon, Laack 5th in NWC Heptathlon**

Ryan Forbes rallied from 4th place after the first day to win the Northwest Conference men's decathlon with 6,454 points at Willamette University's Charles Bowles Track in Salem, Ore., Apr. 9-10. Teammate **James Hosford** finished 9th with 5,270 points. In the NWC women's heptathlon held at the same time and place, the Bruins' lone representative, **Terah Laack**, climbed from 8th after the first day to finish 5th with 3,942 points.

Forbes finished five points ahead of runner-up Josh Lovell of Linfield with the highest point total in the country this spring. His place earned the Bruins 10 points toward the NWC Championships coming up Apr. 20-21 at the University of Puget Sound in Tacoma, Wash. Laack's showing earned the Bruin women's team 4 points toward the NWC Championships.

*** NCAA QUALIFIERS: Four Bruins in Five Events Hit NCAA Marks**

Ryan Forbes took over the top spot in the nation by winning the Northwest Conference decathlon on Apr. 9-10, and **Rachel Giffey-Brohaugh** added the 800 meter run to her list of 2007 NCAA Division III qualifying marks with her performance in the Willamette Invitational on Apr. 7, giving the Bruins four athletes who have qualified in five events. Forbes scored 6,454 points in the decathlon, five points ahead of runner-up Josh Lovell of Linfield, easily topping the provisional mark needed of 6,000 points. Giffey-Brohaugh's time of 2:13.88 surpassed the qualifying time of 2:14.70 and is the 4th-best time in the nation. The complete list of Bruins who have now qualified provisionally for the NCAA Division III National Championships May 24-26 at the University of Wisconsin-Oshkosh:

Men	Event	Mark	NCAA Rank	Date Qualified
Joel Krebs	Javelin	196-09/59.98m (prov)	2nd	3/31 PLNU Spring Break
Ryan Forbes	Decathlon	6454 pts (prov)*	1st	4/10 NWC Decathlon
Ben Dillow	Decathlon	6371 pts (prov)	5th	3/23 PLNU Multis
Women	Event	Mark	NCAA Rank	Date Qualified
Rachel Giffey-Brohaugh	800	2:13.88 (prov)	4th	4/6 Willamette Invitational
Rachel Giffey-Brohaugh	1500	4:39.98 (prov)	9th	3/31 PLNU Spring Break

* - improved previous qualifying mark

*** NWC QUALIFIERS: Bruins Have Top Marks in 9 NWC Events**

The Bruins hit or improved 20 qualifying marks for the Northwest Conference Championships (Apr. 20-21 at the University of Puget Sound in Tacoma, Wash.) with their performances in the Willamette Invitational Apr. 6-7 in Salem, Ore. The Bruins now hold or are tied for the top NWC marks in nine events. The complete list of Bruins who have qualified for the NWC Championships and where they currently rank in the top marks (except for the 3000 meter run, which is not staged in the NWC meet):

Men	Event	Mark	NWC Rank	Date Qualified
Garrett Blizzard	100	11.15	5th	4/6 Willamette Invitational
Bret Hamilton	100	11.33	9th T	3/3 Willamette Opener
Ryan Forbes	100	11.33	9th T	3/22 PLNU Decathlon
Garrett Blizzard	200	22.73	4th	3/24 Trojan Invitational
John Zaganiacz	200	22.87	5th	3/3 Willamette Opener
Garrett Blizzard	400	50.28	4th	3/17 Oregon Preview
Ryan Forbes	400	51.24	8th	3/22 PLNU Decathlon
Ben Dillow	400	51.51	12th	3/22 PLNU Decathlon
Jordan Ware	800	1:56.47*	5th	4/6 Willamette Invitational
Jake Moe	1500	3:58.48	3rd	3/31 PLNU Spring Break
Jordan Ware	1500	4:05.30	16th	3/31 PLNU Spring Break
Paul Rapet	1500	4:07.59	22nd	3/31 PLNU Spring Break
Cam Eberhart	1500	4:10.19	28th	4/6 Willamette Invitational
Jake Moe	3000	8:39.91	1st	3/17 Oregon Preview
Grant Finney	3000	9:13.97	4th	3/17 Oregon Preview
David Delmore	3000	9:24.80	5th	3/24 Trojan Invitational
Grant Finney	5000	15:46.81	16th	4/6 Willamette Invitational
Grant Finney	10,000	33:32.35	6th	3/3 Willamette Opener
David Delmore	10,000	33:51.74	8th	3/3 Willamette Opener
Jeff Friesen	10,000	34:35.43	18th	3/3 Willamette Opener
Jake Moe	3,000 Steeplechase	9:21.83*	1st	4/6 Willamette Invitational
Ryan Forbes	110 Hurdles	16.19	6th	3/22 PLNU Decathlon
Ben Dillow	110 Hurdles	16.52	9th	3/22 PLNU Decathlon
John Zaganiacz	400 Hurdles	56.88	4th	3/10 NWC South
Garrett Blizzard	400 Hurdles	57.26	6th	4/6 Willamette Invitational
Sam McKenzie	High Jump	5-10.75/1.80m	9th T	3/3 Willamette Opener
Ben Dillow	Pole Vault	14-01.25/4.30m	1st	3/22 PLNU Decathlon
Ryan Forbes	Pole Vault	13-11.75/4.26m	2nd T	3/31 PLNU Spring Break
Brian See	Pole Vault	12-11.50/3.95m	8th T	3/16 Linfield Invitational
Dakari Kongela	Long Jump	21-11.75/6.70m	5th	3/31 PLNU Spring Break
Matt Gurlides	Long Jump	21-04.25/6.51m	6th	4/6 Willamette Invitational
Bret Hamilton	Long Jump	21-03.25/6.48m	7th	3/3 Willamette Opener
Dakari Kongela	Triple Jump	42-07.00/12.98m	4th	3/16 Linfield Invitational
Bret Hamilton	Triple Jump	40-10.25/12.45m	7th	3/10 NWC South
Ben Dillow	Discus	132-10/40.49m	7th	3/31 PLNU Spring Break
Ben Burgess	Hammer	149-06/45.57m*	4th	4/6 Willamette Invitational
Joel Krebs	Javelin	196-09/59.98m	1st	3/31 PLNU Spring Break
Ben Dillow	Javelin	172-06/52/59m	9th	4/6 Willamette Invitational
Ryan Forbes	Decathlon	6454*	1st	4.10 NWC Decathlon
Ben Dillow	Decathlon	6371	4th	3/23 PLNU Decathlon
Ryan Forbes,	4x400	3:24.98	3rd	3/3 Willamette Opener

Bret Hamilton,
John Zaganiacz,
Garrett Blizzard

Women	Event	Mark	NWC Rank	Date Qualified
JulieKay Brown	100	13.06	6th	3/31 PLNU Spring Break
Jessica Brassard	100	13.23	12th	3/31 PLNU Spring Break
Cindy Walsh	100	13.40	17th	3/31 PLNU Spring Break
Katie Alaimo	100	13.53	18th	4/6 Willamette Invitational
JulieKay Brown	200	26.71	6th	3/31 PLNU Spring Break
Jessica Brassard	200	27.24*	11th	4/6 Willamette Invitational
Mollie Honan	200	27.25	12th	3/31 PLNU Spring Break
Anja Harder	200	27.58	16th	3/31 PLNU Spring Break
Lisa Mensonides	400	59.90	5th	3/31 PLNU Spring Break
JulieKay Brown	400	59.92	6th	3/24 Trojan Invitational
Terah Laack	400	1:01.44	11th	3/24 Trojan Invitational
Kelly Bladorn	400	1:01.74	13th	3/16 Linfield Invitational
Anja Harder	400	1:02.02*	15th	4/6 Willamette Invitational
Rachel Giffey-Brohaugh	800	2:13.88*	1st	4/6 Willamette Invitational
Lisa Mensonides	800	2:20.38	8th	3/24 Trojan Invitational
Jessica Beach	800	2:20.59*	9th	4/6 Willamette Invitational
JulieKay Brown	800	2:21.55	11th	4/6 Willamette Invitational
Terah Laack	800	2:21.98	12th	3/31 PLNU Spring Break
Bethany Adams	800	2:22.90	14th	3/3 Willamette Opener
Kelly Bladorn	800	2:27.82	27th	3/31 PLNU Spring Break
Rachel Giffey-Brohaugh	1500	4:39.98	3rd	3/31 PLNU Spring Break
Bethany Adams	1500	4:48.36	7th	3/17 Oregon Preview
Leighann Fischer	1500	4:50.93	9th	3/31 PLNU Spring Break
Anna McLain	1500	4:53.27	11th	4/6 Willamette Invitational
Jessica Beach	1500	4:56.18	18th	3/31 PLNU Spring Break
Leighann Fischer	3000	10:41.78	4th	3/17 Oregon Preview
Leighann Fischer	5000	17:46.35*	3rd	4/6 Willamette Invitational
Anna McLain	5000	19:11.51	15th	3/31 PLNU Spring Break
Mollie Honan	100 Hurdles	16.96	12th	3/24 Trojan Invitational
Mollie Honan	400 Hurdles	1:07.05*	5th	4/6 Willamette Invitational
Kelly Bladorn	400 Hurdles	1:11.10	10th	4/6 Willamette Invitational
Katie Alaimo	High Jump	5-01.75/1.575m	2nd	3/17 Oregon Preview
Jennie Fryer	High Jump	5-01.00/1.55m	3rd	3/3 Willamette Opener
Breanna Barr	High Jump	4-10.25/1.48m	7th T	3/10 NWC South
Terah Laack	High Jump	4-08.25/1.43m	11th	3/16 Linfield Invitational
Victoria Black	Pole Vault	10-08.00/3.25m	1st	3/31 PLNU Spring Break
Casey Clark	Pole Vault	8-09.00/2.67m	14th	3/3 Willamette Opener
Whitney Kolb	Long Jump	16-05.00/5.00m	1st	3/16 Linfield Invitational
Katie Alaimo	Long Jump	16-04.25/4.98m	2nd T	3/31 PLNU Spring Break
Jessica Brassard	Long Jump	16-03.25/4.96m	5th	3/16 Linfield Invitational
Cindy Walsh	Long Jump	16-02.25/4.93m	6th	3/31 PLNU Spring Break
Emily Hodgkin	Long Jump	16-00.25/4.88m	7th T	3/16 Linfield Invitational
Whitney Kolb	Triple Jump	35-06.00/10.82m*	1st	3/24 Trojan Invitational

Jessica Brassard	Triple Jump	33-08.75/10.28m	5th T	3/31 PLNU Spring Break
Emily Hodgkin	Triple Jump	33-06.75/10.23m	8th	3/24 Trojan Invitational
Katie Alaimo	Triple Jump	32-11.75/10.05m	10th	3/31 PLNU Spring Break
Cassandra Woods	Shot Put	34-05.00/10.49m	9th	3/3 Willamette Opener
Cassandra Woods	Discus	105-03/32.09m	6th	3/10 NWC South
Terah Laack	Heptathlon	3942	5th	4/10 NWC Heptathlon
Mollie Honan, Cindy Walsh, Kelly Bladorn, Jessica Brassard	4x100	50.67	3rd	3/31 PLNU Spring Break
JulieKay Brown, Jessica Beach, achel Giffey-Brohaugh, Kelly Bladron	4x400	4:01.23*	1st	4/6 Willamette Invitational

* - improved previous qualifying mark

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Tuesday, April 10, 2007

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4/10 - NWC MULTI-EVENTS: Forbes Rallies from 4th to Win NWC Decathlon by Five Points

SALEM, Ore. – With a third-place finish in the final event of the day, the 1500 meter run, Ryan Forbes of George Fox University scored enough points to squeeze past front-runner Josh Lovell of Linfield College and win the 2007 Northwest Conference men's decathlon in the NWC Multi-Events here Tuesday at Willamette University's Charles Bowles Track.

Forbes finished with 6,454 points, five points ahead of Lovell's 6,449. Benjamin Spaun of Whitworth College was third with 6,416, and Jeremy Lovell of Linfield was fourth with 6,324. All four athletes surpassed the NCAA Division III provisional qualifying mark of 6,000 points. James Hosford of George Fox also competed, finishing ninth out of 12 entrants and 11 finishers with 5,270 points.

Depending on what happens in other decathlons around the country this weekend, Forbes could have the best mark in the nation thus far, with Josh Lovell second, Spaun fourth, and Jeremy Lovell sixth. Forbes' Bruin teammate, Ben Dillow, who did not participate in the NWC Multi-Events while resting a minor injury, had 6,371 points in the Pt. Loma Nazarene decathlon in San Diego, Calif., and would have the fifth-best national score.

Forbes stood fourth after Monday's five events, but began his comeback with a second in the 110 meter hurdles (15.71). He then won the discus (123-06/37.64m) and the pole vault (13-03.50/4.05m), slipped to ninth in the javelin (132-10/40.50m), and rebounded with his third in the 1500 (4:43.70) that gave him just enough points to edge into first.

Hosford's best Tuesday events were the 1500, in which he tied for fourth (4:47.91), and the pole vault, in which he tied for fifth (10-11.75/3.35m).

"Ryan really turned in a blue collar performance in the decathlon; nothing amazing, but solid all around," said first-year George Fox head coach John Smith. "We knew going into it that we were a little behind in his training due to some injuries, but he competed well and did what was necessary to pull off the win. He has a solid six weeks to train and make improvements, and I think he can post a big score at the national meet which should move him up significantly from his eighth-place finish a year ago.

"James also turned in a good freshman year performance and improved his personal record significantly. We will be expecting a national qualifier from him within the next two years."

The decathlon results count toward the teams' overall scores for the NWC Championships, which will be held April 20-21 in Tacoma, Wash., at the University of Puget Sound. Forbes earned 10 points for the Bruins with his first-place finish. Current scores for the men are Linfield with 19 points, George Fox with 10, Whitworth 6, and Willamette 4.

Complete results of the Northwest Conference decathlon are available on the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0410.html.

The next event for George Fox track and field is the Lewis & Clark College 5-Way meet this Friday-Saturday, April 14-15. Throwing events will take place at George Fox's Colcord Field in Newberg Friday starting at 4 p.m. because Lewis & Clark does not have a throwing venue. The remaining events will be held in Portland Saturday starting around 10 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Monday, April 9, 2007

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4/9 - NWC MULTI-EVENTS: Forbes 4th, Hosford 9th after Day One of NWC Decathlon

SALEM, Ore. – Ryan Forbes of George Fox University stands fourth out of 12 entrants and teammate James Hosford is ninth after the first day of competition in the men's decathlon in the Northwest Conference Multi-Events being held here at Willamette University's Charles Bowles Track Monday and Tuesday.

Forbes earned 3,334 points and Hosford had 2,726 after five events. Josh Lovell of Linfield College is the leader with 3,568, followed by Jeremy Lovell of Linfield with 3,400 and Benjamin Spaun of Whitworth College with 3,362.

Forbes finished second in both the shot put (36-07.00/11.15m) and the 400 meter dash (50.67), third in the 100 meter dash, and fourth in the long jump (20-07.00/6.27) in building up his score. Hosford's best event was the long jump, in which he finished eighth (18-04.50/5.60m).

Earlier this spring, Forbes has posted a score of 6,178 points in the Pt. Loma Nazarene decathlon in San Diego, Calif., a score that ranked second in the conference to teammate Ben Dillow's 6,371 points in the same meet and fourth in the nation. Dillow, whose score is second nationally, is sitting out this weekend to allow some minor injuries to heal.

The NWC decathlon continues Tuesday morning, starting at 9 a.m., and will include the 110 meter hurdles, discus throw, pole vault, javelin throw, and 1500 meter run. Results of the decathlon will count toward team scores for determining the NWC champion. The NWC Championships are set for Friday-Saturday, Apr. 20-21, at the University of Puget Sound in Tacoma, Wash.

Complete results of the first day of the Northwest Conference decathlon are available on the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0409.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, April 7, 2007

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4/7 - WILLAMETTE INVITATIONAL: Giffey-Brohaugh Adds 800 to List of Provisional Marks on Day Two

SALEM, Ore. – Rachel Giffey-Brohaugh of George Fox University, who last week qualified provisionally for the NCAA Division III National Championships in the women's 1500 meter run, added the women's 800 meter run to her list of qualifying marks as the Willamette University Invitational track and field meet came to its two-day conclusion Saturday here at McCulloch Stadium.

Giffey-Brohaugh finished third overall and first among college competitors in the 800 with a time of 2:13.88, bettering the provisional standard of 2:14.70 and her own Northwest Conference-leading mark of 2:16.99. Depending on other weekend results, her time could be the third-best in the nation. It is also the second-best in Bruin history to a 2:13.44 by Debbie Kintrea in 1992.

The Bruins won only one event on the meet's second day, the women's 4x400 meter relay foursome of Giffey-Brohaugh, Jessica Beach, JulieKay Brown, and Kelly Bladorn posting a time of 4:00.52 to nip Western Oregon University by 47/100ths of a second. That is the new top mark in the NWC by 7/100ths of a second over Willamette University. GFU assistant coach Michelle Forbes, a former Bruin All-American, tied for the high jump title with Emily Tweto of the University of Alaska-Anchorage with a jump of 5-04.50/1.64m.

In addition to Giffey-Brohaugh and the women's relay team, the Bruins had 16 top 10 finishes and 17 marks that met NWC qualifying standards on Saturday. Best finishes for the Bruins included a tie for second in the women's pole vault by Victoria Black (10-06.00/3.20m), a third by Matt Gurlides in the men's long jump (21-04.25/6.51m), a fourth by Mollie Honan in the women's 400 meter hurdles (1:07.05), and a tie for fifth by Cindy Walsh in the women's long jump (16-01.00/4.90m).

Among NWC marks, Honan's 400 hurdles time now ranks fifth, Gurlides' long jump is fifth, Garrett Blizzard's 11.15 in the men's 100 meter dash is tied for fourth, and Jordan Ware's 1:56.47 in the men's 800 meter run is third.

In Friday events, Jake Moe won the men's 3,000 meter steeplechase with conference-leading time of 9:21.83, a provisional time that is the fourth-best in the nation, and Leighann Fischer moved to the top of the NWC list in the women's 5,000 meter run with a time of 17:46.35. Ben Burgess threw the men's hammer 149-06/45.57m, improving on his fourth-place standing in the conference.

Complete results of both days of the Willamette Invitational are available on line on the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results.html.

This next week, George Fox will participate in the Northwest Conference Multi-Events for heptathlon and decathlon athletes Monday-Tuesday, Apr. 9-10, in Salem, and the Lewis & Clark College 5-Way meet Friday-Saturday, Apr. 13-14, in Portland. Throwing events for the latter meet will be held Friday at George Fox due to a lack of throwing facilities at Lewis & Clark.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, April 6, 2007

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4/6 - WILLAMETTE INVITATIONAL: Moe Runs NCAA Provisional Time in Steeplechase on Day One

SALEM, Ore. – Jake Moe of George Fox University won the men's 3,000 meter steeplechase with an NCAA Division III provisional qualifying time of 9:21.83, over 13 seconds ahead of his nearest challenger, on the first day of competition in the Willamette University Invitational track and field meet Friday afternoon here at McCulloch Stadium.

Moe's mark topped his own previous Northwest Conference-leading time of 9:23.97 and is the fourth-best run in the nation thus far. He easily out-distanced runner-up Lucas Nebert of host Willamette, who ran a 9:35.58.

Moe was the only Bruin to win an event on Friday, but Leighann Fischer was 5th in the women's 5,000 meter run (17:46.35) and Ben Burgess threw the men's hammer 149-02/45.47m to finish 9th for the other top-10 finishes by George Fox athletes. Both were NWC qualifying marks, with Fischer taking over the top spot in the conference with a time that was six seconds off the NCAA provisional mark.

Four other Bruins hit NWC qualifying marks, including Bethany Adams (4:50.99) and Anna McLain (4:53.27) in the women's 1,500 meter run, Cam Eberhart (4:10.19) in the men's 1,500 meter run, and Grant Finney (15:46.81) in the men's 5,000 meter run.

Only 10 events were staged Friday. The Willamette Invitational concludes Saturday, with events beginning at 10:30 a.m. and running through the afternoon.

Complete results of the first day of the Willamette Invitational are available on line on the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0406.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Thursday, April 5, 2007

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4/5 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD – Weekly News & Notes

LINKS FOR TRACK & FIELD TO:

[Men's Quick Facts](#) / [Women's Quick Facts](#) / [Men's Roster](#) / [Women's Roster](#) / [Schedule](#) / [Results](#) / [Press Releases](#) /

HIGHLIGHTS:

- * Recent Meets: Bruins Compete Well in L.A., San Diego Events
- * Coming Up: Willamette Invitational, Linfield Multi-Events
- * Three Bruins Receive BAA, NWC Top Honors During Spring Break
- * NCAA Qualifiers: Four Bruins Hit NCAA Provisional Marks
- * NWC Qualifiers: Bruins Have Top Marks in 11 NWC Events

RECENT EVENTS: (click on links for releases and results):

Mar. 22-23 – Pt. Loma Multi-Events, San Diego, Calif.
[Press Release](#) / [Results](#)

Mar. 24 – USC Trojan Invitational, Los Angeles, Calif.
[Press Release](#) / [Results \(M&W\)](#)

Mar. 31 – Pt. Loma Spring Break Meet, San Diego, Calif.
[Press Release](#) / [Results \(M&W\)](#)

COMING UP: Willamette Invitational, Linfield Multi-Events

Fri., Apr. 6, 4:00 p.m. - Willamette Invitational, Salem, Ore.
Sat., Apr. 7, 10:30 a.m. - Willamette Invitational, Salem, Ore.
Mon., Apr. 9, 9:00 a.m. - Linfield Multi-Events, McMinnville, Ore.
Tue., Apr. 10, 9:00 a.m. - Linfield Multi-Events, McMinnville, Ore.

COACH JOHN SMITH:

John Smith (George Fox '96), after eight years as an assistant at his alma mater, steps in as the new men's and women's cross country and track and field head coach at George Fox in 2006-07. He replaces long-time award-winning coach Wes Cook, who announced his retirement from the Bruin programs after a 19-year run. Click here for the complete bio on [Coach Smith](#).

BRUIN BITS:

* Three Bruins Receive BAA, NWC Top Honors During Spring Break

Ben Dillow, Rachel Giffey-Brohaugh, and Joel Krebs were all named Bruin Athletic Association Women's and Men's Athletes of the Week, as well as Northwest Conference Track and Field Athletes of the Week on the weekends before and after the George Fox spring break.

Dillow won BAA and NWC Men's Field Athlete of the Week for Mar. 19-25 when he scored 6,371 points, currently the second-best score in the nation, in the Pt. Loma Nazarene Multi-Events decathlon Mar. 22-23 in San Diego, Calif. Dillow won the discus (130-06/39.78m) and the pole vault (14-01.25/4.30m), took 3rd in the javelin (153-03/46.72m), and was 4th in the 110 hurdles (16.52) and the high jump (tied for 4th, 5-10.50/1.79m). He was an All-American two years ago when he finished second in the decathlon in the NCAA National Championship, but missed all of last season due to injury.

Giffey-Brohaugh led from start to finish in posting a time of 4:39.98 in the women's 1500 meter run to win the Pt. Loma Nazarene Spring Break meet, almost five seconds ahead of the runner-up, earning BAA and NWC Women's Track Athlete of the Week for Mar. 26-Apr. 1. Her mark, which met the NCAA provisional qualifying standard of 4:40.20, is the seventh-best in the nation at this

time. Giffey-Brohaugh's time is also second in Bruin history behind a 4:36.24 by Juli Cyrus in 1993. She also helped the 4x400 meter relay team to 3rd place with a time of 4:01.23, the third-best in the NWC thus far.

Krebs won the Pt. Loma Spring Break meet in the men's javelin with a throw of 196-09/59.98m to win the event by four feet, earning BAA and NWC Men's Field Athlete of the Week honors. His mark topped a 192-10 by Kory Kemp of Whitworth College for best in the nation thus far, and easily surpassed the NCAA provisional mark of 188-00. Krebs was an All-American last year when he placed third in the NCAA Division III National Championship.

Three other Bruins received honorable mention for NWC honors during the break. **Jake Moe** was cited for men's track for Mar. 19-25 when he finished ninth in the men's 1500 meter run (3:59.03) at the USC Trojan Invitational in Los Angeles, Calif., on Mar. 24, and again for Mar. 26-Apr. 1 when he surpassed that with an NWC-best 3:58.48 while finishing second in the Pt. Loma Spring Break on Mar. 31. **Katie Alaimo** also received back-to-back honorable mention for women's field. She was 10th in the high jump (5-01.75/1.57m) and 25th in the long jump (15-08.50) in the Trojan Invitational, and then first in the high jump (5-02.00/1.57m) and seventh in the long jump (16-04.25/4.98m) in the Pt. Loma Spring Break meet. She has the best high jump in the NWC this season. **JulieKay Brown** was recognized for women's track at the Trojan Invitational when she placed 28th in the 400 meter dash (59.92) and ninth with the 4x400 meter relay team (4:04.22). Her 400 time is sixth in the NWC this spring.

*** 2007 Men's Honors:**

- **Bret Hamilton** - Bruin Athletic Association Men's Athlete of the Week (Feb. 26-Mar. 4); NWC Men's Field Athlete of the Week (HM-Feb. 26-Mar. 4)
- **Jake Moe** - NWC Men's Track Athlete of the Week (HM-Feb. 26-Mar. 4, HM-Mar. 12-18, HM-Mar. 19-25, HM-Mar. 26-Apr. 1)
- **Joel Krebs** - Bruin Athletic Association Men's Athlete of the Week (Mar. 5-11, Mar. 26-Apr. 1); NWC Men's Field Athlete of the Week (HM-Mar. 5-11, Mar. 26-Apr. 1)
- **John Zaganiacz** - NWC Men's Track Athlete of the Week (HM-Mar. 5-11) - **Ben Dillow** - Bruin Athletic Association Men's Athlete of the Week (Mar. 19-25); NWC Men's Field Athlete of the Week (Mar. 19-25)

*** 2007 Women's Honors:**

- **Victoria Black** - NWC Women's Field Athlete of the Week (HM-Feb. 26-Mar. 4)
- **Lisa Mensonides** - NWC Women's Track Athlete of the Week (HM-Feb. 26-Mar. 4)
- **Rachel Giffey-Brohaugh** - Bruin Athletic Association Women's Athlete of the Week (Mar. 26-Apr. 1); NWC Women's Track Athlete of the Week (HM-Mar. 5-11, Mar. 26-Apr. 1)
- **Katie Alaimo** - NWC Women's Field Athlete of the Week (HM-Mar. 12-18, HM-Mar. 19-25, HM-Mar. 26-Apr. 1)
- **Bethany Adams** - NWC Women's Track Athlete of the Week (HM-Mar. 12-18)
- **JulieKay Brown** - NWC Women's Track Athlete of the Week (HM-Mar. 19-25)

*** NCAA QUALIFIERS: Four Bruins Hit NCAA Provisional Marks**

Joel Krebs improved his standing to No. 1 in the nation in the men's javelin while three other Bruins hit 2007 NCAA Division III qualifying marks during the George Fox spring break. Krebs threw the javelin 196-09 on Mar. 31 in the Pt. Loma Spring Break meet, **Rachel Giffey-Brohaugh** posted the 7th-best time in the women's 1500 (4:39.98) in the same meet, and **Ben Dillow** (6,371 points) and **Ryan Forbes** (6,178 points) compiled the 2nd and 4th-best decathlon marks in the PLNU Multi-Events Mar. 22-23. The complete list of George Fox qualifiers for the NCAA Division III National Championships May 24-26 at the University of Wisconsin-Oshkosh:

Men	Event	Mark	NCAA Rank	Date Qualified
Joel Krebs	Javelin	196-09/59.98m (prov)*	1st	3/31 PLNU Spring Break
Ben Dillow	Decathlon	6371 pts (prov)	2nd	3/23 PLNU Multis
Ryan Forbes	Decathlon	6178 pts (prov)	4th	3/23 PLNU Multis
Women	Event	Mark	NCAA Rank	Date Qualified
Rachel Giffey-Brohaugh	1500	4:39.98 (prov)	7th	3/31 PLNU Spring Break

* - improved previous qualifying mark

*** NWC QUALIFIERS: Bruins Have Top Marks in 11 NWC Events**

The Bruins hit or improved 40 qualifying marks for the Northwest Conference Championships (Apr. 20-21 at the University of Puget Sound in Tacoma, Wash.) with their performances in the Pt. Loma Nazarene Multi-Events Mar. 22-23 in San Diego, Calif., the USC Trojan Invitational in Los Angeles, Calif., Mar. 24, and the Pt. Loma Spring Break meet Mar. 31 in San Diego. The Bruins now hold or are tied for the top NWC marks in 11 eventsw. The complete list of Bruins who have qualified for the NWC Championships and where they currently rank in the top marks (except for 3000 meter run, which is not staged in the NWC meet):

Men	Event	Mark	NWC Rank	Date Qualified
Bret Hamilton	100	11.33	7th	3/3 Willamette Opener
Ryan Forbes	100	11.52	13th	3/31 PLNU Spring Break
Garrett Blizzard	200	22.81	4th	3/3 Willamette Opener
John Zaganiacz	200	22.87	5th	3/3 Willamette Opener
Garrett Blizzard	400	50.28*	3rd	3/17 Oregon Preview
Jordan Ware	800	1:58.88	5th	3/10 NWC South
Jake Moe	1500	3:58.48*	2nd	3/31 PLNU Spring Break
Jordan Ware	1500	4:05.30	12th	3/31 PLNU Spring Break
Paul Rapet	1500	4:07.59	18th	3/31 PLNU Spring Break
Jake Moe	3000	8:39.91	1st	3/17 Oregon Preview
Grant Finney	3000	9:13.97	4th	3/17 Oregon Preview
David Delmore	3000	9:24.80	5th	3/24 Trojan Invitational
Grant Finney	10,000	33:32.35	6th	3/3 Willamette Opener
David Delmore	10,000	33:51.74	8th	3/3 Willamette Opener
Jeff Friesen	10,000	34:35.43	17th	3/3 Willamette Opener
Jake Moe	3,000 Steeplechase	9:23.97	1st	3/3 Willamette Opener
Ryan Forbes	110 Hurdles	16.37	7th	3/3 Willamette Opener
John Zaganiacz	400 Hurdles	56.88	4th	3/10 NWC South
Sam McKenzie	High Jump	5-10.75/1.80m	7th T	3/3 Willamette Opener
Dakari Kongela	Long Jump	21-11.75/6.70m	4th	3/31 PLNU Spring Break
Bret Hamilton	Long Jump	21-03.25/6.48m	5th T	3/3 Willamette Opener
Dakari Kongela	Triple Jump	42-07.00/12.98m	4th	3/16 Linfield Invitational
Bret Hamilton	Triple Jump	40-10.25/12.45m	6th	3/10 NWC South
Ryan Forbes	Pole Vault	13-11.75/4.26m	1st T	3/31 PLNU Spring Break
Ben Dillow	Pole Vault	12-11.50/3.95m	7th T	3/16 Linfield Invitational
Brian See	Pole Vault	12-11.50/3.95m	7th T	3/16 Linfield Invitational
Ben Dillow	Discus	132-10/40.49m	5th	3/31 PLNU Spring Break
Ben Burgess	Hammer	144-04/44.00m*	4th	3/31 PLNU Spring Break
Joel Krebs	Javelin	196-09/59.98m*	1st	3/31 PLNU Spring Break
Ben Dillow	Decathlon	6371	1st	3/23 PLNU Multis
Ryan Forbes	Decathlon	6178	2nd	3/23 PLNU Multis

Ryan Forbes, Bret Hamilton, John Zaganiacz, Garrett Blizzard	4x400	3:24.98	3rd	3/3 Willamette Opener
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Women	Event	Mark	NWC Rank	Date Qualified
JulieKay Brown	100	13.06	5th	3/31 PLNU Spring Break
Jessica Brassard	100	13.23*	9th	3/31 PLNU Spring Break
Cindy Walsh	100	13.40*	17th	3/31 PLNU Spring Break
JulieKay Brown	200	26.71	6th	3/31 PLNU Spring Break
Mollie Honan	200	27.25*	11th	3/31 PLNU Spring Break
Jessica Brassard	200	27.56	15th	3/24 Trojan Invitational
Anja Harder	200	27.58	16th	3/31 PLNU Spring Break
Lisa Mensonides	400	59.90*	5th	3/31 PLNU Spring Break
JulieKay Brown	400	59.92*	6th	3/24 Trojan Invitational
Terah Laack	400	1:01.44	9th	3/24 Trojan Invitational
Kelly Bladorn	400	1:01.74*	11th	3/16 Linfield Invitational

Anja Harder	400	1:03.37	17th	3/16 Linfield Invitational
Rachel Giffey-Brohaugh	800	2:16.99*	1st	3/10 NWC South
Lisa Mensonides	800	2:20.38*	8th	3/24 Trojan Invitational
Terah Laack	800	2:21/98	10th	3/31 PLNU Spring Break
Bethany Adams	800	2:22.90	12th	3/3 Willamette Opener
Jessica Beach	800	2:23.24	13th	3/3 Willamette Opener
Kelly Bladron	800	2:27.82	25th	3/31 PLNU Spring Break
Rachel Giffey-Brohaugh	1500	4:39.98	2nd	3/31 PLNU Spring Break
Bethany Adams	1500	4:48.36	5th	3/17 Oregon Preview
Leighann Fischer	1500	4:50.93*	8th	3/31 PLNU Spring Break
Jessica Beach	1500	4:56.18	15th	3/31 PLNU Spring Break
Leighann Fischer	3000	10:41.78	4th	3/17 Oregon Preview
Leighann Fischer	5000	18:56.98	11th	3/3 Willamette Opener
Anna McLain	5000	19:11.51	14th	3/31 PLNU Spring Break
Mollie Honan	100 Hurdles	16.96*	11th	3/24 Trojan Invitational
Mollie Honan	400 Hurdles	1:09.50	7th	3/24 Trojan Invitational
Katie Alaimo	High Jump	5-02.00/1.575m	1st	3/17 Oregon Preview
Jennie Fryer	High Jump	5-01.00/1.55m	1st	3/3 Willamette Opener
Breanna Barr	High Jump	4-10.25/1.48m	7th	3/10 NWC South
Terah Laack	High Jump	4-08.25/1.43m	10th	3/16 Linfield Invitational
Victoria Black	Pole Vault	10-08.00/3.25m*	1st	3/31 PLNU Spring Break
Casey Clark	Pole Vault	8-09.00/2.67m	11th	3/3 Willamette Opener
Whitney Kolb	Long Jump	16-05.00/5.00m	1st	3/16 Linfield Invitational
Katie Alaimo	Long Jump	16-04.25/4.98m	2nd T	3/31 PLNU Spring Break
Jessica Brassard	Long Jump	16-03.25/4.96m	5th	3/16 Linfield Invitational
Cindy Walsh	Long Jump	16-02.25/4.93m	6th	3/31 PLNU Spring Break
Emily Hodgkin	Long Jump	16-00.25/4.88m	7th T	3/16 Linfield Invitational
Whitney Kolb	Triple Jump	35-06.00/10.82m*	1st	3/24 Trojan Invitational
Jessica Brassard	Triple Jump	33-08.75/10.28m	5th	3/31 PLNU Spring Break
Emily Hodgkin	Triple Jump	33-06.75/10.23m	7th T	3/24 Trojan Invitational
Katie Alaimo	Triple Jump	32-11.75/10.05m	10th	3/31 PLNU Spring Break
Cassandra Woods	Shot Put	34-05.00/10.49m	7th	3/3 Willamette Opener
Cassandra Woods	Discus	105-03/32.09m	6th	3/10 NWC South
Mollie Honan, Cindy Walsh, Kelly Bladorn, Jessica Brassard	4x100	50.67	3rd	3/31 PLNU Spring Break
Rachel Giffey-Brohaugh, Jessica Beach, Lisa Mensonides, Terah Laack	4x400	4:01.23*	2nd	3/31 PLNU Spring Break

* - improved previous qualifying mark

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, March 31, 2007

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3/31 - PT. LOMA SPRING BREAK: Giffey-Brohaugh, Krebs Win Pt. Loma Events with Provisional Marks

SAN DIEGO, Calif. – Rachel Giffey-Brohaugh won the women's 1500 meter run with the nation's second-best time and Joel Krebs captured the men's javelin with the season's top mark, highlighting performances by the George Fox University Bruins in the Point Loma Nazarene University Spring Break track and field meet here Saturday.

Giffey-Brohaugh led from start to finish in posting a time of 4:39.98 in the 1500, almost five seconds ahead of runner-up Rachel Asher of Williams College. Only Sarah Zerzan of Willamette University has a faster time by 2/100ths of a second (4:39.96) in NCAA Division III this season. The NCAA provisional qualifying mark this season is 4:40.20. Giffey-Brohaugh's mark is also second in Bruin history behind a 4:36.24 by Juli Cyrus in 1993.

Krebs, an All-American last year when he finished third in the national championships, hurled the javelin 196-09/59.98m to win the event by four feet over Paul Greive of Concordia-Irvine. The throw topped a 192-10 by Kory Kemp of Whitworth College for best in the nation thus far and easily surpassed the NCAA provisional mark of 188-00.

Katie Alaimo was the only other Bruin to win an event when she took the women's high jump at 5-02.00/157m, improving slightly her Northwest Conference-leading mark which had been 5-01.75. Jake Moe was edged out by half a second for the men's 1500 meter run title by Edgar Kosgey of Williams, 3:57.98 to 3:58.48. His time is the second-fastest in the NWC.

Other top finishers for the Bruins included the women's 4x400 meter relay team of Giffey-Brohaugh, Jessica Beach, Lisa Mensonides, and Terah Laack (3rd, 4:01.23), the women's 4x100 meter relay team of Mollie Honan, Cindy Walsh, Kelly Bladom, and Jessica Brassard (4th, 50.67), Anna McLain in the women's 5000 meter run (4th, 19:11.51), Dakari Kongela in the men's long jump (4th, 20-10.50/6.36m), and Ben Burgess in the men's hammer (4th, 144-04/44.00m). The women's 4x400 time is the second-best in the NWC this spring.

Tori Black, although finishing sixth in the pole vault, took over the NWC lead in that event with a mark of 10-08.00/3.25m. Alaimo, seventh in the long jump, moved into a tie for second in the NWC with a leap of 16-04.25/4.98m. Ryan Forbes placed fifth in the pole vault but took over the conference lead, clearing 14-00.00/4.26m.

In team scores, the Bruins were 6th in both the men's and women's divisions. Point Loma led the women with 406.50 points, followed by Williams (386), Middlebury College (324), Azusa Pacific University (262.50), California Lutheran University (230.50), George Fox (227), Vanguard University (178.50), and the University of California-Diego (96). Williams led the men with 425 points, followed by Azusa Pacific (354), Point Loma (295.50), Middlebury (242.50), California Lutheran (203), George Fox (188.50), California-San Diego (136), and Vanguard (135.50).

Complete results of the Point Loma Nazarene Spring Break meet are available on line on the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0331.html.

The Bruins return to action Friday and Saturday, April 6-7, in the Willamette Invitational in Salem, Ore. Friday's events begin at 4 p.m., while Saturday's schedule starts at 10:30 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, March 23, 2007

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3/23 - PLNU DECATHLON: Dillow, Forbes Hit NCAA Decathlon Provisional Mark at Pt. Loma

SAN DIEGO, Calif. – George Fox University All-Americans Ben Dillow and Ryan Forbes both surpassed the NCAA Division III provisional qualifying mark of 6,000 points for the decathlon, finishing third and fifth respectively, in a 12-athlete field in the 10-event competition of the Point Loma Nazarene University Invitational here Thursday and Friday, Mar. 22-23.

The results as originally released by Point Loma had Forbes finishing fourth and Dillow seventh, but Dillow's time in the final event, the 1,500 meter run, had been inadvertently left off. The corrected results moved Dillow up four places.

Dillow, who was the national runner-up in the decathlon in 2005 to earn All-America status but missed all of last year due to a knee injury, scored 6,371 points to move past Ben Spaun of Whitworth College, who has 6,138 points, into the early lead for the best national mark in the decathlon. Forbes, who finished eighth in last year's national decathlon to become an All-American as a freshman, also passed Spaun with 6,180 points for the No. 2 spot in the nation behind Dillow.

The top two finishers in the Point Loma decathlon were Tyler May of Team XO, who had 6,707 points, and first-year George Fox assistant track coach Josh Priester, who had 6,493 points. Priester came in seventh in the 2006 Division III decathlon and was also a Bruin All-American.

On the first day of the decathlon, Forbes had his strongest showings in the 100 meter dash (tied for 2nd with Priester, 11.33), the long jump (4th, 20-04.00/6.20m), and the shot put (4th, 39-05.75/12.03m). Dillow's best event was the high jump (tied for 4th, 5-10.50/1.79m). Priester took the first-day lead of 3,467 to 3,431 for May by winning the shot put (41-11.25/12.78m) and placing 2nd in the 100 (tie with Forbes, 11.33), the long jump (21-00.00/6.40m), and the 400 meter dash (50.20).

On Saturday, Dillow won the discus (130-06/39.78m) and the pole vault (14-01.25/4.30m), took 3rd in the javelin (153-03/46.72m), and was 4th in the 110 hurdles (16.52). Forbes took 3rd in the 110 meter hurdles (16.19), and 5th in the discus (118-01/35.99m) and the 1,500 meter run (4:49.50) for his best events. Priester was 2nd in the javelin (155-07/47.42m), tied for 2nd in the pole vault (13-05.25/4.10m), and was 3rd in the discus (122-08/37.40m) and the 1,500 (4:46.00).

Also competing for the Bruins was James Hosford, who placed 11th with 4,958 points. Hosford's best events were the javelin, in which he placed 5th (146-07/44.68m), and the 1500, in which he was 6th (4:50.80).

Complete results of the Point Loma Nazarene Invitational decathlon are available on the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0323.pdf.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Thursday, March 22, 2007

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3/22 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD – Weekly News & Notes

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HIGHLIGHTS:

- * **Recent Events:** Bruins Compete in Linfield, U of Oregon Meets
- * **Coming Up:** Several Events Coming Up During Spring Break
- * **Three Bruins Get Honorable Mention for NWC Weekly Honors**
- * **NCAA Qualifiers:** Krebs First Bruin to Hit an NCAA Mark
- * **NWC Qualifiers:** Bruins Now with Top Marks in Eight Events

RECENT EVENTS: (click on links for releases and results):

Mar. 16 – Linfield Invitational, McMinnville, Ore.
[Press Release](#) / [Results \(M&W\)](#)

Mar. 17 – Oregon Preview, Eugene, Ore.
[Press Release](#) / [Results \(M&W\)](#)

COMING UP: Several Events Coming Up During Spring Break

Thur.-Fri., Mar. 22-23, 10:45 a.m. - Pt. Loma Multi-Events, San Diego, Calif.
Fri., Mar. 23, 12 noon - Charles Bowles Open, Salem, Ore.
Sat., Mar. 24, TBA - USC Trojan Invitational, Los Angeles, Calif.
Mon.-Tue., Mar. 26-27, 9 a.m. - Linfield Multi-Events, McMinnville, Ore.
Sat., Mar. 31, 10:45 a.m. - Pt. Loma 5-Way, San Diego, Calif.

COACH JOHN SMITH:

John Smith (George Fox '96), after eight years as an assistant at his alma mater, steps in as the new men's and women's cross country and track and field head coach at George Fox in 2006-07. He replaces long-time award-winning coach Wes Cook, who announced his retirement from the Bruin programs after a 19-year run. Click here for the complete bio on [Coach Smith](#).

BRUIN BITS:

* Three Bruins Get Honorable Mention for NWC Weekly Honors

Jake Moe in men's track, Bethany Adams in women's track, and Katie Alaimo in women's field received honorable mention for Northwest Conference Athletes of the Week for their performances the week of Mar. 12-18. Moe placed 13th overall and 2nd among small-college runners in the 3000 meter run with a time of 8:39.91, the top mark in the NWC thus far, in the Oregon Preview on Saturday. Adams was 7th in the 1500 meter run and 3rd among small-college runners with a time of 4:48.36 in the Oregon Preview. Alaimo placed 7th overall and 3rd among small-college competitors in the high jump with an effort of 5-1.75/1.57m, another best mark in the NWC this spring, in the Oregon Preview.

* 2007 Men's Honors:

- Bret Hamilton - Bruin Athletic Association Men's Athlete of the Week (Feb. 26-Mar. 4); NWC Men's Field Athlete of the Week (HM-Feb. 26-Mar. 4)
- Jake Moe - NWC Men's Track Athlete of the Week (HM-Feb. 26-Mar. 4, HM-Mar.12-18)
- Joel Krebs - Bruin Athletic Association Men's Athlete of the Week (Mar. 5-11); NWC Men's Field Athlete of the Week (HM-Mar. 5-11)
- John Zaganiacz - NWC Men's Track Athlete of the Week (HM-Mar. 5-11)

*** 2007 Women's Honors:**

- Victoria Black - NWC Women's Field Athlete of the Week (HM-Feb. 26-Mar. 4)
- Lisa Mensonides - NWC Women's Track Athlete of the Week (HM-Feb. 26-Mar. 4)
- Rachel Giffey-Brohaugh - NWC Women's Track Athlete of the Week (HM-Mar. 5-11)
- Katie Alaimo - NWC Women's Field Athlete of the Week (HM-Mar. 12-18)
- Bethany Adams - NWC Women's Track Athlete of the Week (HM-Mar. 12-18)

*** NCAA QUALIFIERS: Krebs First Bruin to Hit an NCAA Mark**

Joel Krebs became the first Bruins to hit an NCAA Division III qualifying mark in 2007 when he threw the javelin 191-10 in the NWC South Meet on Mar. 10. Krebs was an All-American as a freshman last year when he finished 3rd in the nationals with a throw of 205-10. The complete list of George Fox qualifiers for the NCAA Division III National Championships May 24-26 at the University of Wisconsin-Oshkosh:

Men	Event	Mark	NCAA Rank	Date Qualified
Joel Krebs	Javelin	191-10 (prov)	2nd	3/10 NWC South

*** NWC QUALIFIERS: Bruins Now with Top Marks in Eight Events**

The Bruins hit or improved 20 qualifying marks for the Northwest Conference Championships (Apr. 20-21 at the University of Puget Sound in Tacoma, Wash.) with their performances in the Linfield Invitational Mar. 16 and the Oregon Preview Mar. 17. The complete list of Bruins who have qualified for the NWC Championships and where they currently rank in the top marks (except for 3000 meter run, which is not staged in the NWC meet):

Men	Event	Mark	NWC Rank	Date Qualified
Bret Hamilton	100	11.33	6th	3/3 Willamette Opener
Garrett Blizzard	200	22.81	4th	3/3 Willamette Opener
John Zaganiacz	200	22.87	5th	3/3 Willamette Opener
Garrett Blizzard	400	50.28*	3rd	3/17 Oregon Preview
Jordan Ware	800	1:58.88	5th	3/10 NWC South
Jake Moe	1500	4:07.27	13th	3/10 NWC South
Jake Moe	3000	8:39.91	1st	3/17 Oregon Preview
Grant Finney	3000	9:13.97	3rd	3/17 Oregon Preview
Grant Finney	10,000	33:32.35	6th	3/3 Willamette Opener
David Delmore	10,000	33:51.74	8th	3/3 Willamette Opener
Jeff Friesen	10,000	34:35.43	17th	3/3 Willamette Opener
Jake Moe	3,000 Steeplechase	9:23.97	1st	3/3 Willamette Opener
Ryan Forbes	110 Hurdles	16.37	7th	3/3 Willamette Opener
John Zaganiacz	400 Hurdles	56.88	2nd	3/10 NWC South
Sam McKenzie	High Jump	5-10.75/1.80m	7th	3/3 Willamette Opener
Bret Hamilton	Long Jump	21-03.25/6.48m	3rd	3/3 Willamette Opener
Dakari Kongela	Triple Jump	42-07.00/12.98m	3rd	3/16 Linfield Invitational
Bret Hamilton	Triple Jump	40-10.25/12.45m	5th	3/10 NWC South
Ben Dillow	Pole Vault	12-11.50/3.95m	5th	3/16 Linfield Invitational
Brian See	Pole Vault	12-11.50/3.95m	5th	3/16 Linfield Invitational
Ben Burgess	Hammer	140-06/42.83m	4th	3/16 Linfield Invitational
Joel Krebs	Javelin	191-10/58.47m	2nd	3/10 NWC South
Ryan Forbes, Bret Hamilton, John Zaganiacz, Garrett Blizzard	4x400	3:24.98	2nd	3/3 Willamette Opener

Women	Event	Mark	NWC Rank	Date Qualified
Jessica Brassard	100	13.40	13th	3/3 Willamette Opener
Cindy Walsh	100	13.52	15th	3/3 Willamette Opener
Mollie Honan	200	27.29	10th	3/3 Willamette Opener
JulieKay Brown	400	1:00.34*	2nd	3/17 Oregon Preview
Lisa Mensonides	400	1:00.75	3rd	3/3 Willamette Opener
Kelly Bladorn	400	1:01.74*	5th	3/16 Linfield Invitational
Anja Harder	400	1:03.37	11th	3/16 Linfield Invitational
Rachel Giffey-Brohaugh	800	2:16.99*	1st	3/10 NWC South
Lisa Mensonides	800	2:22.37	5th	3/16 Linfield Invitational
Bethany Adams	800	2:22.90	7th	3/3 Willamette Opener
Jessica Beach	800	2:23.24	8th	3/3 Willamette Opener
Bethany Adams	1500	4:48.36	4th	3/17 Oregon Preview
Leighann Fischer	1500	4:51.11	7th	3/10 NWC South
Rachel Giffey-Brohaugh	1500	4:51.22	8th	3/3 Willamette Opener
Leighann Fischer	3000	10:41.78	3rd	3/17 Oregon Preview
Leighann Fischer	5000	18:56.98	8th	3/3 Willamette Opener
Mollie Honan	100 Hurdles	17.67	13th	3/3 Willamette Opener
Mollie Honan	400 Hurdles	1:09.71	5th	3/10 NWC South
Katie Alaimo	High Jump	5-01.75/1.57	1st	3/17 Oregon Preview
Jennie Fryer	High Jump	5-01.00/1.55m	1st	3/3 Willamette Opener
Breanna Barr	High Jump	4-10.25/1.48m	7th	3/10 NWC South
Terah Laack	High Jump	4-08.25/1.43m	10th	3/16 Linfield Invitational
Victoria Black	Pole Vault	10-02.75/3.12m	2nd	3/10 NWC South
Casey Clark	Pole Vault	8-09.00/2.67m	11th	3/3 Willamette Opener
Whitney Kolb	Long Jump	16-05.00/5.00m	1st	3/16 Linfield Invitational
Jessica Brassard	Long Jump	16-03.25/4.96m	2nd	3/16 Linfield Invitational
Emily Hodgkin	Long Jump	16-00.25/4.88m	3rd	3/16 Linfield Invitational
Whitney Kolb	Triple Jump	35-02.00/10.72m	1st	3/10 NWC South
Jessica Brassard	Triple Jump	33-01.25/10.09m	7th	3/10 NWC South
Katie Alaimo	Triple Jump	33-02.00/9.80m	8th	3/10 NWC South
Cassandra Woods	Shot Put	34-05.00/10.49m	6th	3/3 Willamette Opener
Cassandra Woods	Discus	105-03/32.09m	6th	3/10 NWC South
JulieKay Brown, Mollie Honan, Terah Laack, Rachel Giffey-Brohaugh	4x100	52.80	5th	3/16 Linfield Invitational
JulieKay Brown, Mollie Honan, Terah Laack, Rachel Giffey-Brohaugh	4x400	4:05.53	1st	3/10 NWC South

* - improved previous qualifying mark

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, March 17, 2007

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3/17 - OREGON PREVIEW: Bruins Post Five Top-10 Finishes Against Big-Time Competition in Eugene

EUGENE, Ore. – With an opportunity to perform on a big stage at the University of Oregon's historic Hayward Field in front of a crowd well over 5,000, the George Fox University men's and women's track and field teams posted five top-10 finishes against primarily NCAA Division I competition in the Oregon Preview here Saturday afternoon.

The highest finishes for the Bruins were a trio of 7th-place showings. Bethany Adams was 7th in the 1,500 meter "B" run (4:48.36), Katie Alaimo was 7th in the women's high jump (5-1.75/1.57m), and Garrett Blizzard was 7th in the men's 400 meter dash (50.28). Other top-10 Bruins were Victoria Black, 9th in the pole vault (10-2/3.10m), and JulieKay Brown, 10th in the women's 400 meter dash (1:00.34). All met qualifying standards for the Northwest Conference Championships later in April.

Other Bruins who hit NWC qualifying marks were Rachel Giffey-Brohaugh in the women's 800 meter run (2:16.99), Mollie Honan in the women's 400 meter hurdles (1:11.66), and Joel Krebs in the men's javelin (181-1/55.19m). Krebs has already met NCAA Division III provisional standards with a throw of 191-10 this spring. The closest to making a provisional mark this time was Giffey-Brohaugh, who was 2.29 seconds off in the 800.

The meet was not team scored. Complete results of the Oregon Preview are available on line at the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0317.html.

Next weekend, the Bruins begin their spring break in the Point Loma Multi-Events Friday and Saturday in San Diego, Calif., the Charles Bowles Invitational Friday in Salem, Ore., and the USC Trojan Invitational Saturday in Los Angeles, Calif.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, March 16, 2007

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3/16 - LINFIELD INVITATIONAL: Bladorn and Mensonides Win Races for Bruins at Linfield Meet

McMINNVILLE, Ore. – Kelly Bladorn in the women's 400 meter dash and Lisa Mensonides in the women's 800 meter dash posted the only two first-place finishes for George Fox University among a select group of Bruins who participated in the Linfield College Invitational track and field meet Friday afternoon here at Maxwell Field.

Bladorn ran a 1:01.74 in the 400 to edge teammate Anja Harder, who ran a 1:03.37. Mensonides was the 800 winner with a time of 2:22.37, while teammate Jessica Beach was third in 2:25.45. All four had times that qualified for the Northwest Conference Championships in April.

The Bruins took three of the top five spots in the women's long jump, with Whitney Kolb second (16-05.00/5.00m), Jessica Brassard fourth (16-03.25/4.96m), and Emily Hodgin fifth (16-00.25/4.88m). All qualified for the NWC. The George Fox 4x100 meter relay team (52.80) and 4x400 meter relay team (4:08.91) also finished second in their respective races.

Twelve Bruin women in all met NWC qualifying marks, including Cindy Walsh in the 100 meter dash (13.71), Mollie Honan in the 100 meter hurdles (17.76), Breanna Barr (4-09.75/1.47m) and Terah Laack (4-08.25/1.43m) in the high jump, and Cassandra Woods in the shot put (34-04.25/10.47m).

The best finishes for the Bruin men were a second by John Zaganiacz in the 100 meter dash (11.58), and thirds by David Delmore in the 5,000 meter run (16:26.03) and Dakari Kongela in the triple jump (42-07.00/12.98m). George Fox head coach John Smith took time out from his coaching duties to finish second in the pole vault (14-05.25/4.40m), tying in height but losing out to Dayson Tioganco (unattached) on number of attempts.

Kongela met the NWC qualifying standard in the triple jump, as did Sam McKenzie in the high jump (5-10.75/1.80m), Ben Dillow (12-11.50/3.95m) and Brian See (12-11.50/3.95m) in the pole vault, and Ben Burgess in the hammer (140-06/42.83m).

The meet was not team scored. Complete results of the Linfield Invitational are available on line at the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0316.html.

A larger number of Bruins will participate in the Oregon Preview at the University of Oregon's historic Hayward Field in Eugene Saturday starting at 11:15 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Thursday, March 15, 2007

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3/15 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD – Weekly News & Notes

LINKS FOR TRACK & FIELD TO:

[Men's Quick Facts](#) / [Women's Quick Facts](#) / [Men's Roster](#) / [Women's Roster](#) / [Schedule](#) / [Results](#) / [Press Releases](#) /

HIGHLIGHTS:

- * **Coming Up: Linfield Invitational Friday, Oregon Preview Saturday**
- * **Last Week: Bruins Win Nine Events in NWC South Meet**
- * **Early Bruin Athletic Association, NWC Honorees**
- * **NCAA/NWC Qualifiers: Bruins Who Have Qualified for NCAA, NWC Championships**

COMING UP: Linfield Invitational Friday, Oregon Preview Saturday

Fri., Mar. 16, 12 noon - Linfield Invitational, McMinnville, Ore.
Sat., Mar. 17, 10 a.m. - Oregon Preview, Eugene, Ore.

RECENT EVENTS (click on links for releases and results):

Mar. 3 - Willamette Opener, Salem, Ore.
[Willamette Opener Press Release](#) / [Willamette Opener Results \(M&W\)](#)

Mar. 9-10 - NWC South Meet at Lewis & Clark, Portland, Ore.
— Men 3 of 4 (107 pts), Women 2nd of 4 (163 pts)
[NWC South Meet Press Release](#) / [NWC South Meet Results \(M&W\)](#)

COACH JOHN SMITH:

John Smith (George Fox '96), after eight years as an assistant at his alma mater, steps in as the new men's and women's cross country and track and field head coach at George Fox in 2006-07. He replaces long-time award-winning coach Wes Cook, who announced his retirement from the Bruin programs after a 19-year run. Click here for the complete bio on [Coach Smith](#).

BRUIN BITS:

* Early Bruin Athletic Association, NWC Honorees

Bret Hamilton made an auspicious debut in his first college track meet, earning Bruin Athletic Association Men's Athlete of the Week honors for Feb. 26-Mar. 4. He joined Jake Moe, Victoria Black, and Lisa Mensonides are honorable mention recipients for Northwest Conference Athletes of the Week for their efforts in the season-opening Willamette Opener on Mar. 3. Hamilton won the long jump (21-3.25) to receive HM for NWC men's field, and also captured the 100 (11.33) and the 4x400 relay (3:24.98). Moe won the 3,000 steeplechase (9:23.97) to garner HM for men's track. Black took the pole vault (9-9) for women's field HM recognition, and Mensonides placed 3rd in the 400 (1:00.75) and with the 4x400 relay team (4:07.83) for women's track HM.

Joel Krebs and Rachel Giffey-Brohaugh were named Bruin Athletic Association Men's and Women's Athletes of the Week for Mar. 5-11, joining John Zaganiacz and Jennie Fryer as honorable mention recipients for Northwest Conference Athletes of the Week. Krebs, HM for men's field, won the javelin at the NWC South Meet with an NCAA provisional qualifying throw of 191-10. Giffey-Brohaugh, HM for women's track, won the 800 (2:19.17) and the 4x400 relay (4:05.33). Zaganiacz, HM for men's track, won the 400 hurdles (56.88) and was 2nd with the 4x400 relay team (3:31.56). Fryer, HM for women's field, won the high jump (5-0.25) and was 3rd in the long jump (15-0.75).

* 2007 Honors:

- Bret Hamilton - Bruin Athletic Association Men's Athlete of the Week (Feb. 26-Mar. 4); NWC Men's Field Athlete of the Week (HM-Feb. 26-Mar. 4)

- **Jake Moe** - NWC Men's Track Athlete of the Week (Feb. 26-Mar. 4)
- **Victoria Black** - NWC Women's Field Athlete of the Week (HM-Feb. 26-Mar. 4)
- **Lisa Mensonides** - NWC Women's Track Athlete of the Week (HM-Feb. 26-Mar. 4)
- **Joel Krebs** - Bruin Athletic Association Men's Athlete of the Week (Mar. 5-11); NWC Men's Field Athlete of the Week (HM-Mar. 5-11)
- **John Zaganiacz** - NWC Men's Track Athlete of the Week (HM-Mar. 5-11)
- **Rachel Giffey-Brohaugh** - NWC Women's Track Athlete of the Week (HM-Mar. 5-11)
- **Jennie Fryer** - NWC Women's Field Athlete of the Week (HM-Mar. 5-11)

*** NCAA QUALIFIERS: Krebs First Bruin to Hit an NCAA Mark**

Joel Krebs became the first Bruins to hit an NCAA Division III qualifying mark in 2007 when he threw the javelin 191-10 in the NWC South Meet on Mar. 10. Krebs was an All-American as a freshman last year when he finished 3rd in the nationals with a throw of 205-10. The complete list of George Fox qualifiers for the NCAA Division III National Championships May 24-26 at the University of Wisconsin-Oshkosh:

Men	Event	Mark	NCAA Rank	Date Qualified
Joel Krebs	Javelin	191-10 (prov)	2nd	3/10 NWC South

*** NWC QUALIFIERS:**

The Bruins hit 43 qualifying marks for the Northwest Conference Championships (Apr. 20-21 at the University of Puget Sound in Tacoma, Wash.) with their performances in the Willamette Opener Mar. 3 and the NWC South Meet at Lewis & Clark Mar. 9-10. The complete list of Bruins who have qualified for the NWC Championships:

Men	Event	Mark	NWC Rank	Date Qualified
Bret Hamilton	100	11.33	5th	3/3 Willamette Opener
Garrett Blizzard	200	22.81	4th	3/3 Willamette Opener
John Zaganiacz	200	22.87	5th	3/3 Willamette Opener
Garrett Blizzard	400	50.67	2nd	3/10 NWC South
Jordan Ware	800	1:58.88	5th	3/10 NWC South
Jake Moe	1500	4:07.27	11th	3/10 NWC South
Grant Finney	10,000	33:32.35	6th	3/3 Willamette Opener
David Delmore	10,000	33:51.74	8th	3/3 Willamette Opener
Jeff Friesen	10,000	34:35.43	17th	3/3 Willamette Opener
Ryan Forbes	110 Hurdles	16.37	7th	3/3 Willamette Opener
John Zaganiacz	400 Hurdles	56.88	2nd	3/10 NWC South
Sam McKenzie	High Jump	5-10.75/1.80m	7th	3/3 Willamette Opener
Bret Hamilton	Long Jump	21-03.25/6.48m	2nd	3/3 Willamette Opener
Bret Hamilton	Triple Jump	40-10.25/12.45m	4th	3/10 NWC South
Joel Krebs	Javelin	191-10/58.47m	2nd	3/10 NWC South
Ryan Forbes, Bret Hamilton, John Zaganiacz, Garrett Blizzard	4x400	3:24.98	2nd	3/3 Willamette Opener
Women	Event	Mark	NWC Rank	Date Qualified
Jessica Brassard	100	13.40	9th	3/3 Willamette Opener
Cindy Walsh	100	13.52	12th	3/3 Willamette Opener
Mollie Honan	200	27.29	7th	3/3 Willamette Opener
Lisa Mensonides	400	1:00.75	2nd	3/3 Willamette Opener
JulieKay Brown	400	1:00.76	3rd	3/3 Willamette Opener
Kelly Bladorn	400	1:02.93	8th	3/10 NWC South
Anja Harder	400	1:03.96	10th	3/10 NWC South
Rachel Giffey-Brohaugh	800	2:19.17	2nd	3/10 NWC South

Bethany Adams	800	2:22.90	6th	3/3 Willamette Opener
Jessica Beach	800	2:23.24	7th	3/3 Willamette Opener
Bethany Adams	1500	4:50.79	5th	3/10 NWC South
Leighann Ficher	1500	4:51.11	6th	3/10 NWC South
Rachel Giffey-Brohaugh	1500	4:51.22	6th	3/3 Willamette Opener
Leighann Ficher	5,000	18:56.98	6th	3/3 Willamette Opener
Mollie Honan	100 Hurdles	17.67	12th	3/3 Willamette Opener
Mollie Honan	400 Hurdles	1:09.71	4th	3/10 NWC South
Jennie Fryer	High Jump	5-01.00	1st	3/3 Willamette Opener
Katie Alaimo	High Jump	4-11.00	4th	3/3 Willamette Opener
Breanna Barr	High Jump	4-10.25	6th	3/10 NWC South
Victoria Black	Pole Vault	10-02.75/3.12m	2nd	3/10 NWC South
Casey Clark	Pole Vault	8-09.00/2.67m	9th	3/3 Willamette Opener
Whitney Kolb	Triple Jump	35-02.00/10.72m	1st	3/10 NWC South
Jessica Brassard	Triple Jump	33-01/25/10.09m	5th	3/10 NWC South
Katie Alaimo	Triple Jump	33-02.00/9.80m	8th	3/10 NWC South
Cassandra Woods	Shot Put	34-05.00/1.49m	4th	3/3 Willamette Opener
Cassandra Woods	Discus	105-03/32.09m	4th	3/10 NWC South
JulieKay Brown, Mollie Honan, Terah Laack, Rachel Giffey-Brohaugh	4x400	4:05.53	1st	3/10 NWC South

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, March 10, 2007

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3/10 NWC SOUTH MEET: Krebs Hits Provisional Mark as Bruins Take Nine Firsts in Meet at L&C

PORTLAND, Ore. – Picking up where he left off last spring, George Fox University's Joel Krebs hit the NCAA Division III provisional qualifying mark in the men's javelin, highlighting nine first-place finishes by the Bruin men and women in the Northwest Conference South Track and Field Meet hosted Friday and Saturday by Lewis & Clark College.

Because Lewis & Clark no longer has a facility for the throwing events, those were held Friday at George Fox's Colcord Field. All other events were held Saturday at L&C's Eldon Fix Track.

Krebs, who placed third in the NCAA nationals last year, hurled the javelin 191-10/58.47m, surpassing the provisional mark of 188-0/57.30m. He became the first Bruin to hit an NCAA mark this season.

Other men's firsts for the Bruins included John Zaganiacz in the 400 meter hurdles (56.88) and Jake Moe in the 1,500 meter run (4:07.27). Seconds went to Garrett Blizzard in the 400 meter dash (50.67), Bret Hamilton in the triple jump (40-10.25/12.45m), and the 4x400 meter relay team of Blizzard, Zaganiacz, Ben Dort, and Adam Haldorson (3:31.56). Zaganiacz was about two-and-a-half seconds off the provisional time in the 400 hurdles, and Blizzard was two seconds away in the 400.

The Bruin men collected 107 team points to finish third. Linfield College was the team leader with 294 points, followed by Lewis & Clark with 134, George Fox, and Pacific University with 56.

The George Fox women posted six first-place finishes and were second in the team score with 163 points. Linfield took first with 192, then came the Bruins, Lewis & Clark with 133, and Pacific with 27.

Bruin winners were Rachel Giffey-Brohaugh in the 800 meter run (2:19.17), Jennie Fryer in the high jump (5-00.25/1.53m), Victoria Black in the pole vault (10-02.75/3.12m), Whitney Kolb in the triple jump (35-02.00/10.72m), Cassandra Woods in the discus (105-03/32.09m), and the 4x400 meter relay team of JulieKay Brown, Terah Laack, Giffey-Brohaugh, and Mollie Honan (4:05.53). Seconds went to Kelly Bladorn in the 400 meter dash (1:02.93), Bethany Adams in the 1,500 meter run (4:50.79), Honan in the 400 meter hurdles (1:09.71), and Breanna Barr in the hammer (55-10/17.01m).

Complete results of the Northwest Conference South Meet are available on line at the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0310.html.

The Bruins return to action next weekend, participating in the Linfield Invitational in McMinnville on Friday and the Oregon Preview in Eugene on Saturday.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: BASEBALL – Saturday, March 3, 2007

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3/3 – WILLAMETTE OPENER: Hamilton Wins Two Events as Bruins Open Season with Sevens Firsts

SALEM, Ore. – Freshman Bret Hamilton made an auspicious college debut, winning both the men's 100 meter dash and the long jump to highlight six first-place finishes for the George Fox University men and one for the Bruin women in the Willamette University Opener, their first meet of the 2007 track and field season, Saturday here at the Charles Bowles Track in Bush's Pasture Park.

Hamilton took the 100 in a time of 11.33 and measured 21-03.25/6.48m to capture the long jump. Other firsts for the Bruin men came from Garrett Blizzard in the 200 meter dash (22.81), Jake Moe in the 3,000 meter steeplechase (9:23.97), Brian See in the pole vault (12-06.25/3.82m), and the 4x400 meter relay team (3:24.98).

Seconds for the Bruin men included John Zagniacz in the 200 (22.87), Jordan Ware in the 800 meter run (2:01.26), and Grant Finney in the 10,000 meter run (33:32.35). Thirds went to David Delmore in the 10,000 (33:51.74), and Ryan Forbes in the 110 meter hurdles (16.37).

For the women, Victoria Black took the pole vault with a height of 9-09.00, six inches better than the runner-up. Jenny Fryer had the best high jump of any college athlete (5-01.00/1.55m), but finished second overall to GFU assistant coach Michelle Forbes, a former Bruin high jump All-American, who cleared 5-05.75/1.67m.

Other top finishes for the Bruin women included a second by Jessica Brassard in the long jump (15-04.75/4.69m), and thirds by Lisa Mensonides in the 400 meter dash (1:00.75, 1/100th of a second ahead of teammate JulieKay Brown), Leighann Fischer in the 5,000 meter run (18:56.98), Katie Alaimo in the long jump (15-04.00/4.67m), and the 4x400 meter relay team (4:07.83).

Complete results of the Willamette Opener are available on line at the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0303.html.

The Bruins return to action next Saturday in the Northwest Conference South Meet at Lewis & Clark College in Portland, Ore. Due to a lack of a suitable throwing venue, the throwing events will be held at George Fox's Colcord Memorial Field.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: BASEBALL – Friday, March 2, 2007

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3/2 – PREVIEW: Bruins Look to Build Upon Prior Successes with New Coach

NEWBERG, Ore. - As with all new coaches, there will be some differences in George Fox University men's and women's track and field in 2007 as **John Smith**, the lead assistant for eight seasons under now-retired Wes Cook, takes over the reins. One thing Smith hopes won't change, however, is the successful nature of the Bruin programs.

"We look to continue to build on the strong Bruin track and field tradition," Smith declares, pointing to last year's Northwest Conference and NCAA Division III national showings as starting points for constructing this year's squad. "Building on our conference finishes from last year will be the immediate focus, and we have a strong group of national qualifiers back who could give us our highest team finish since joining Division III."

Men

After finishing third in the conference meet, the Bruin men turned in some outstanding performances in the national meet in Lisle, Ill., earning four All-America honors and 13 team points that tied for 17th nationally. Two of those All-Americans – Seth Harris, who was fifth in the decathlon, and Josh Priester, who was seventh in the same event – graduated, but the Bruins figure to be strong again with the return of two other All-America decathletes.

Ben Dillow (Jr., Kirkland, Wash. / Cedar Park Christian HS), runner-up in the decathlon at the national meet in 2005, returns after a medical hardship year and will be counted on for leadership in that event. **Ryan Forbes** (So., Jackson, Wyo. / Jackson Hole HS), who finished eighth in the decathlon last year as a freshman to earn All-America honors, will continue his improvement and join Dillow as a strong force in the event.

Joel Krebs (So., Salem, Ore. / Salem Academy) also returns after earning a third-place finish and All-America status at the nationals in the javelin in only his first year of throwing the implement. In his sights is the school record and improvement in his national placing.

On the distance side, **Jake Moe** (Sr., Anchorage, Alaska / Anchorage Christian HS) returns for his final season and looks to continue the improvement he gained while with the cross country team. He will be a threat in the steeplechase and the 5,000, and could produce national qualifying marks in both. **Grant Finney** (Jr., Tigard, Ore. / Southridge HS) joins Moe on the distance side after taking last year off due to a medical hardship, along with **Jeff Friesen** (Jr., Lake Oswego, Ore. / Westside Christian HS), **David Delmore** (Sr., Philomath, Ore. / Philomath HS), and **Eric Henderson** (So., Redmond, Ore. / Redmond HS). Three freshmen figure to add to the distance contingent as they build on their solid campaigns for the cross country team: **Cam Eberhart** (Fr., Albany, Ore. / West Albany HS), **Paul Rapet** (Fr., Medford, Ore. / South Medford HS), and **Jordan Ware** (Fr., Boise, Idaho / Centennial HS). Other distance runners who could contribute include upper classmen **Ben Dort** (Sr., Philomath, Ore. / Philomath HS), **Adam Haldorson** (So., Springfield, Ore. / Springfield HS), and **David Mathiang** (So., Lynnwood, Wash. / Lynnwood HS).

Garret Blizzard (So., Las Vegas, Nev. / Bonanza HS) heads the sprinters as a returning 400 meter conference scorer. Blizzard's cousin, **Matt Gurlides** (Fr., Las Vegas, Nev. / Palo Verde HS) will be a valuable addition in both sprints and jumps. **John Zaganiacz** (Fr., Wilsonville, Ore. / Wilsonville HS), who was a standout 3A hurdler and relay specialist, figures to have an immediate impact in the conference in both the 400 and the 400 meter hurdles.

Other new sprinters coming in are **Bret Hamilton** (Fr., Medford, Ore. / South Medford HS) and **John Hartmann** (Fr., Anchorage, Alaska / Grace Christian HS), who will be key figures not only in the sprints but in both horizontal jumps as well. **James Hosford** (Fr., Silverdale, Wash. / Klahowya HS) is a sprinter who may also compete in the decathlon. **Jasun Ramos** (Fr., Visalia, Calif. / Golden West HS) and **Joshua Smith** (So., Central Point, Ore. / Crater HS) round out a deep squad of sprinters.

Ben Burgess (So., Grants Pass, Ore. / Hidden Valley HS) is the sole returning thrower for the Bruins and looks to make big improvements in the hammer this year. Untested throwers include **Casey Lane** (Fr., Sun Valley, Idaho / Wood River HS) and Oregon State transfer **Blake Phillips** (Jr., Newberg, Ore. / Westside Christian HS).

The jumping team will feature **Sam McKenzie** (So., Colorado Springs, Colo. / Colorado Springs Christian HS), who will be a contributor in the high jump and both horizontal jumps. Incoming sensation **Dakari Kongela** (Fr., Sammamish, Wash. / North Kitsap HS) will give a huge boost to the horizontal jumps and could be the Bruins' top sprinter as well. Pole vaulter **Brian See** (Jr., Oregon City, Ore. / Oregon City HS) was a conference qualifier last season.

Women

The Bruin women placed seventh in the NWC meet and tied for 70th in the nationals with one point, earned when school and conference record-holding hammer thrower Lindsey Blankenship came in eighth to garner All-America honors. Blankenship graduated, but the Bruins return 16 letterwinners, several of whom could challenge for conference titles and places in the national championships.

Rachel Giffey-Brohaugh (Jr., Renton, Wash. / Christian Faith HS), who just missed national qualifying status last season in the 800 meters after qualifying as a freshman in 2005, will be looked upon to be the leader on the women's side. **Anna McLain** (Jr., Medina, Wash. / Bellevue Christian HS) also returns after a strong cross country season and hopes to return to the 800 meter form that produced a national appearance as a freshman.

The addition of Willamette University transfer **Alanna Pledger** (So., Wilsonville, Ore. / Wilsonville HS) gives the Bruins a big boost in the high jump. Pledger was the conference champion in the high jump and finished sixth at the national meet in 2006 to earn All-America status. **Katie Alaimo** (Jr., The Dalles, Ore. / The Dalles HS) was a conference finalist in the high jump last year and will look to be a scorer in all three jumping events this season.

Whitney Kolb (Jr., Jefferson, Ore. / Jefferson Christian HS) adds strength in the horizontal jumps and hopes to regain the form that earned her the conference triple jump title in 2005. **Emily Hodgkin** (So., Bellingham, Wash. / Squalicum HS) will also contribute in the event, as will newcomer **Jessica Brassard** (Fr., Castle Rock, Wash. / Castle Rock HS), who will also be key in the 4x100 relay and sprints. Other jumpers Coach Smith can call on are **Jenny Prickett** (So., Eugene, Ore. / Lifegate Christian HS) and **Cynthia Walsh** (Fr., Dayton, Ore. / Dayton HS).

Jessica Beach (Jr., Sherwood, Ore. / Sherwood HS) is coming off an All-West Region finish in cross country and will add to the depth and quality in the mid-distance events. **Whittney Warren** (Jr., Baker City, Ore. / Baker HS) will also contribute to the distance group in the 10,000 meters. **Leighann Fischer** (Jr., Molalla, Ore. / Molalla HS) will be strong for the Bruins in the 5,000, hoping to continue the momentum of her training from the fall. **Bethany Adams** (Jr., Portland, Ore. / Westside Christian HS), also coming off a strong cross country season, will provide even more depth for assistant coach Mike Hickey in the mid-distances. Also available for the distance events are **Rebecca Duby** (So., Baker City, Ore. / Baker HS) and **Mary VanSteenberghe** (So., Gold Hill, Ore. / Crater HS), two others who honed their skills with the cross country team.

Kelly Bladorn (Jr., Turner, Ore. / Cascade HS) and **Mollie Honan** (So., Carbondale, Colo. / Roaring Fork HS) are the main returnees for the sprinters. They will be rejoined by **JulieKay Brown** (Jr., Sherwood, Ore. / Sherwood HS) and **Lisa Mensonides** (So., Tacoma, Wash. / Tacoma Baptist HS), both of whom are coming off ACL surgeries but are in position to be an integral part of the 4x400 relay. **Anja Harder** (Fr., Yamhill, Ore. / Yamhill-Carlton HS) is a rookie who could also contribute in the sprints.

Terah Laack (Jr., Carson City, Nev. / Carson HS) is the sole returning heptathlete, but may be joined by **Jennie Fryer** (Fr., Bothell, Wash. / Bothell HS), who has her main experience in the high jump.

Victoria Black (Sr., Baker City, Ore. / Baker City HS) will lead the pole vault this season and looks to improve on her national provisional mark from last season. Western Oregon transfer **Danielle Morgan** (Sr., Molalla, Ore. / Molalla HS) and newcomers **Reneca Bauer** (Fr., Wilsonville, Ore. / Wilsonville HS) and **Casey Clark** (Fr., Central Point, Ore. / Crater HS) will also be competing in the vault.

Cassandra Woods (So., Clatskanie, Ore. / Clatskanie HS) is the top thrower for the women's team and will be counted on for dramatic improvement. **Breanna Barr** (Fr., Carlton, Ore. / Yamhill-Carlton HS), who is also a jumper, could assist the Bruins in the throws as well.

SUMMARY

With key athletes returning at all events and three who have strong national meet experience, Smith expects his first season to yield some dramatic results. "We are excited about competing with other quality teams in our conference," says the Bruins' new mentor, adding, "It will be a battle for the top few spots in the conference – and we hope to be right in there in the mix."

The Bruins get their first test this weekend as they open the 2007 season in the Willamette Open Saturday, March 3, in Salem, Ore. The first events are expected to get under way at 10 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Thursday, April 12, 2007

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4/12 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD – Weekly News & Notes

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HIGHLIGHTS:

- * Recent Meets: Willamette Invitational, NWC Multi-Events
- * Coming Up: Limited Number of Bruins in Lewis & Clark 5-Way
- * Moe, Giffey-Brohaugh BAA Winners; Moe NWC Track Athlete of Week
- * Forbes Wins NWC Decathlon, Laack 5th in NWC Heptathlon
- * NCAA Qualifiers: Four Bruins in Five Events Hit NCAA Marks
- * NWC Qualifiers: Bruins Have Top Marks in 9 NWC Events

RECENT EVENTS: (click on links for releases and results):

Apr. 6-7 – Willamette Invitational, Salem, Ore.
[Press Release](#) / [Results](#)

Apr. 9-10 – NWC Multi-Events, Salem, Ore.
[Final Decathlon Press Release](#) / [Final Decathlon Results](#) /
[Final Heptathlon Press Release](#) / [Final Heptathlon Results](#)

COMING UP: Limited Number of Bruins in Lewis & Clark 5-Way

Fri., Apr. 13, 4:00 p.m. - Lewis & Clark 5-Way (throws at GFU, Newberg, Ore.)
Sat., Apr. 14, 10 a.m. - Lewis & Clark 5-Way, Portland, Ore.

COACH JOHN SMITH:

John Smith (George Fox '96), after eight years as an assistant at his alma mater, stepped in as the new men's and women's cross country and track and field head coach at George Fox in 2006-07. He replaced long-time award-winning coach Wes Cook, who announced his retirement from the Bruin programs after a 19-year run. Click here for the complete bio on [Coach Smith](#).

BRUIN BITS:

* Moe, Giffey-Brohaugh BAA Winners; Moe NWC Track Athlete of Week

Jake Moe and Rachel Giffey-Brohaugh were named Bruin Athletic Association Men's and Women's Athletes of the Week, and Moe earned Northwest Conference Men's Track Athlete of the Week, for their outstanding performances the week of Apr. 2-8.

Moe captured the 3,000 meter steeplechase at the Willamette Invitational on Friday with a time of 9:21.83. His mark bettered the NCAA D-III provisional qualifying standard of 9:23.00 and was the fourth-best time in the nation to this point, as well as the top time in the conference. Moe had received honorable mention for NWC Men's Track honors four times this spring before winning it this week.

Giffey-Brohaugh, who was honorable mention for NWC Women's Track Athlete of the Week, added the 800 meter run to the 1500 meter run as events she has provisionally qualified for when she finished third overall and first among college competitors at the Willamette Invitational on Saturday. Her 800 time of 2:13.88 topped the NCAA provisional mark of 2:14.70 and is the third-best in the nation thus far. It is the best time in the NWC and the second-best in GFU history to a 2:13.44 by Debbie Kintrea in 1992. She also ran for the 4x400 meter relay team that finished first in 4:00.52, the top mark in the NWC this season. Giffey-Brohaugh was BAA Women's Athlete of the Week and NWC Women's Track Athlete of the Week for Mar. 26-Apr. 1.

*** NWC QUALIFIERS: Bruins Have Top Marks in 9 NWC Events**

The Bruins hit or improved 20 qualifying marks for the Northwest Conference Championships (Apr. 20-21 at the University of Puget Sound in Tacoma, Wash.) with their performances in the Willamette Invitational Apr. 6-7 in Salem, Ore. The Bruins now hold or are tied for the top NWC marks in nine events. The complete list of Bruins who have qualified for the NWC Championships and where they currently rank in the top marks (except for the 3000 meter run, which is not staged in the NWC meet):

Men	Event	Mark	NWC Rank	Date Qualified
Garrett Blizzard	100	11.15	5th	4/6 Willamette Invitational
Bret Hamilton	100	11.33	9th T	3/3 Willamette Opener
Ryan Forbes	100	11.33	9th T	3/22 PLNU Decathlon
Garrett Blizzard	200	22.73	4th	3/24 Trojan Invitational
John Zaganiacz	200	22.87	5th	3/3 Willamette Opener
Garrett Blizzard	400	50.28	4th	3/17 Oregon Preview
Ryan Forbes	400	51.24	8th	3/22 PLNU Decathlon
Ben Dillow	400	51.51	12th	3/22 PLNU Decathlon
Jordan Ware	800	1:56.47*	5th	4/6 Willamette Invitational
Jake Moe	1500	3:58.48	3rd	3/31 PLNU Spring Break
Jordan Ware	1500	4:05.30	16th	3/31 PLNU Spring Break
Paul Rapet	1500	4:07.59	22nd	3/31 PLNU Spring Break
Cam Eberhart	1500	4:10.19	28th	4/6 Willamette Invitational
Jake Moe	3000	8:39.91	1st	3/17 Oregon Preview
Grant Finney	3000	9:13.97	4th	3/17 Oregon Preview
David Delmore	3000	9:24.80	5th	3/24 Trojan Invitational
Grant Finney	5000	15:46.81	16th	4/6 Willamette Invitational
Grant Finney	10,000	33:32.35	6th	3/3 Willamette Opener
David Delmore	10,000	33:51.74	8th	3/3 Willamette Opener
Jeff Friesen	10,000	34:35.43	18th	3/3 Willamette Opener
Jake Moe	3,000 Steeplechase	9:21.83*	1st	4/6 Willamette Invitational
Ryan Forbes	110 Hurdles	16.19	6th	3/22 PLNU Decathlon
Ben Dillow	110 Hurdles	16.52	9th	3/22 PLNU Decathlon
John Zaganiacz	400 Hurdles	56.88	4th	3/10 NWC South
Garrett Blizzard	400 Hurdles	57.26	6th	4/6 Willamette Invitational
Sam McKenzie	High Jump	5-10.75/1.80m	9th T	3/3 Willamette Opener
Ben Dillow	Pole Vault	14-01.25/4.30m	1st	3/22 PLNU Decathlon
Ryan Forbes	Pole Vault	13-11.75/4.26m	2nd T	3/31 PLNU Spring Break
Brian See	Pole Vault	12-11.50/3.95m	8th T	3/16 Linfield Invitational
Dakari Kongela	Long Jump	21-11.75/6.70m	5th	3/31 PLNU Spring Break
Matt Gurlides	Long Jump	21-04.25/6.51m	6th	4/6 Willamette Invitational
Bret Hamilton	Long Jump	21-03.25/6.48m	7th	3/3 Willamette Opener
Dakari Kongela	Triple Jump	42-07.00/12.98m	4th	3/16 Linfield Invitational
Bret Hamilton	Triple Jump	40-10.25/12.45m	7th	3/10 NWC South
Ben Dillow	Discus	132-10/40.49m	7th	3/31 PLNU Spring Break
Ben Burgess	Hammer	149-06/45.57m*	4th	4/6 Willamette Invitational
Joel Krebs	Javelin	196-09/59.98m	1st	3/31 PLNU Spring Break
Ben Dillow	Javelin	172-06/52/59m	9th	4/6 Willamette Invitational
Ryan Forbes	Decathlon	6454*	1st	4.10 NWC Decathlon
Ben Dillow	Decathlon	6371	4th	3/23 PLNU Decathlon
Ryan Forbes,	4x400	3:24.98	3rd	3/3 Willamette Opener

Jessica Brassard	Triple Jump	33-08.75/10.28m	5th T	3/31 PLNU Spring Break
Emily Hodgin	Triple Jump	33-06.75/10.23m	8th	3/24 Trojan Invitational
Katie Alaimo	Triple Jump	32-11.75/10.05m	10th	3/31 PLNU Spring Break
Cassandra Woods	Shot Put	34-05.00/10.49m	9th	3/3 Willamette Opener
Cassandra Woods	Discus	105-03/32.09m	6th	3/10 NWC South
Terah Laack	Heptathlon	3942	5th	4/10 NWC Heptathlon
Mollie Honan, Cindy Walsh, Kelly Bladon, Jessica Brassard	4x100	50.67	3rd	3/31 PLNU Spring Break
JulieKay Brown, Jessica Beach, achel Giffey-Brohaugh, Kelly Bladron	4x400	4:01.23*	1st	4/6 Willamette Invitational

* - improved previous qualifying mark

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Tuesday, April 10, 2007

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4/10 - NWC MULTI-EVENTS: Laack Climbs from 8th to 5th on Final Day of NWC Heptathlon

SALEM, Ore. – With strong showings in the long jump and the 800 meter run, George Fox University's Terah Laack climbed three spots from her eighth-place standing after the first day to finish fifth in the Northwest Conference women's heptathlon, a part of the NWC Multi-Events, here Tuesday at Willamette University's Charles Bowles Track.

Laack finished with 3,942 points, only five points short of Caitlin McGrane of the University of Puget Sound with 3,947. The top three were three-time winner Brooke Barker of Pacific University who had 4,196 points, first-day leader Kristen Dormaier of Whitworth College with 4,133, and Jordyn Smith of Willamette with 3,988. Barker and Dormaier surpassed the NCAA Division III provisional qualifying mark of 4,100 points. There were 12 participants in all in the heptathlon.

Laack's second-day climb started when she won the first event of the day, the long jump, with a mark of 16-06.00/5.03m. After a sixth in the javelin (93-04/28.44m), she closed the day with a second in the 800 (2:25.18).

"The heptathlon exceeded all expectations we had going into it," said first-year George Fox head coach John Smith. "Terah had seven heptathlon PR's and competed amazingly well on both days. Her long jump gave her a huge push in the total point standings, along with nearly a 500-point improvement on last year's mark. We will look to do a qualifier in May and see if she can make a run at the national qualifying standard."

The heptathlon results count toward the teams' overall scores for the NWC Championships, which will be held April 20-21 in Tacoma, Wash., at the University of Puget Sound. Laack earned four points for the Bruins with her fifth-place finish. Current scores for the women are Pacific with 10 points, Willamette 9, Whitworth 8, Puget Sound 5, George Fox 4, and Linfield 3.

Complete results of the Northwest Conference heptathlon are available on the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0410h.html.

The next event for George Fox track and field is the Lewis & Clark College 5-Way meet this Friday-Saturday, April 14-15. Throwing events will take place at George Fox's Colcord Field in Newberg Friday starting at 4 p.m. because Lewis & Clark does not have a throwing venue. The remaining events will be held in Portland Saturday starting around 10 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Monday, April 9, 2007

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4/9 - NWC MULTI-EVENTS: Bruins' Laack Stands 8th after Four Events in NWC Heptathlon

SALEM, Ore. – With four of seven events completed, George Fox University's Terah Laack stands eighth out of 12 participants in the women's heptathlon portion of the Northwest Conference Multi-Events being held here at Willamette University's Charles Bowles Track Monday and Tuesday.

Laack has 2,173 points after completion of the 100 meter hurdles, high jump, shot put, and 200 meter dash, trailing seventh-place Kaila Lemerande of Linfield College by only 44 points. The first-day leader is Kristen Dormaier of Whitworth College with 2,480, followed by Brooke Smith of Willamette with 2,392.

Laack stands eighth overall despite finishing no worse than sixth in any one event. She placed second in the shot put with a heave of 31-08.00/9.65m, but finished well in back of winner Brooke Barker of Pacific University, who had a 41-08.75/12.72m. She was sixth in the 100 hurdles (17.71) and the 200 (27.68), and tied for sixth in the high jump (4-06.25/1.38m).

The NWC heptathlon continues Tuesday morning, starting at 9 a.m., and will include the long jump, javelin throw, and 800 meter dash. Results of the heptathlon will count toward team scores for determining the NWC champion. The NWC Championships are set for Friday-Saturday, Apr. 20-21, at the University of Puget Sound in Tacoma, Wash.

Complete results of the first day of the Northwest Conference heptathlon are available on the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0409h.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, April 7, 2007

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4/7 - WILLAMETTE INVITATIONAL: Giffey-Brohaugh Adds 800 to List of Provisional Marks on Day Two

SALEM, Ore. – Rachel Giffey-Brohaugh of George Fox University, who last week qualified provisionally for the NCAA Division III National Championships in the women's 1500 meter run, added the women's 800 meter run to her list of qualifying marks as the Willamette University Invitational track and field meet came to its two-day conclusion Saturday here at McCulloch Stadium.

Giffey-Brohaugh finished third overall and first among college competitors in the 800 with a time of 2:13.88, bettering the provisional standard of 2:14.70 and her own Northwest Conference-leading mark of 2:16.99. Depending on other weekend results, her time could be the third-best in the nation. It is also the second-best in Bruin history to a 2:13.44 by Debbie Kintrea in 1992.

The Bruins won only one event on the meet's second day, the women's 4x400 meter relay foursome of Giffey-Brohaugh, Jessica Beach, JulieKay Brown, and Kelly Bladorn posting a time of 4:00.52 to nip Western Oregon University by 47/100ths of a second. That is the new top mark in the NWC by 7/100ths of a second over Willamette University. GFU assistant coach Michelle Forbes, a former Bruin All-American, tied for the high jump title with Emily Tweto of the University of Alaska-Anchorage with a jump of 5-04.50/1.64m.

In addition to Giffey-Brohaugh and the women's relay team, the Bruins had 16 top 10 finishes and 17 marks that met NWC qualifying standards on Saturday. Best finishes for the Bruins included a tie for second in the women's pole vault by Victoria Black (10-06.00/3.20m), a third by Matt Gurlides in the men's long jump (21-04.25/6.51m), a fourth by Mollie Honan in the women's 400 meter hurdles (1:07.05), and a tie for fifth by Cindy Walsh in the women's long jump (16-01.00/4.90m).

Among NWC marks, Honan's 400 hurdles time now ranks fifth, Gurlides' long jump is fifth, Garrett Blizzard's 11.15 in the men's 100 meter dash is tied for fourth, and Jordan Ware's 1:56.47 in the men's 800 meter run is third.

In Friday events, Jake Moe won the men's 3,000 meter steeplechase with conference-leading time of 9:21.83, a provisional time that is the fourth-best in the nation, and Leighann Fischer moved to the top of the NWC list in the women's 5,000 meter run with a time of 17:46.35. Ben Burgess threw the men's hammer 149-06/45.57m, improving on his fourth-place standing in the conference.

Complete results of both days of the Willamette Invitational are available on line on the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results.html.

This next week, George Fox will participate in the Northwest Conference Multi-Events for heptathlon and decathlon athletes Monday-Tuesday, Apr. 9-10, in Salem, and the Lewis & Clark College 5-Way meet Friday-Saturday, Apr. 13-14, in Portland. Throwing events for the latter meet will be held Friday at George Fox due to a lack of throwing facilities at Lewis & Clark.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, April 6, 2007

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4/6 - WILLAMETTE INVITATIONAL: Moe Runs NCAA Provisional Time in Steeplechase on Day One

SALEM, Ore. – Jake Moe of George Fox University won the men's 3,000 meter steeplechase with an NCAA Division III provisional qualifying time of 9:21.83, over 13 seconds ahead of his nearest challenger, on the first day of competition in the Willamette University Invitational track and field meet Friday afternoon here at McCulloch Stadium.

Moe's mark topped his own previous Northwest Conference-leading time of 9:23.97 and is the fourth-best run in the nation thus far. He easily out-distanced runner-up Lucas Nebert of host Willamette, who ran a 9:35.58.

Moe was the only Bruin to win an event on Friday, but Leighann Fischer was 5th in the women's 5,000 meter run (17:46.35) and Ben Burgess threw the men's hammer 149-02/45.47m to finish 9th for the other top-10 finishes by George Fox athletes. Both were NWC qualifying marks, with Fischer taking over the top spot in the conference with a time that was six seconds off the NCAA provisional mark.

Four other Bruins hit NWC qualifying marks, including Bethany Adams (4:50.99) and Anna McLain (4:53.27) in the women's 1,500 meter run, Cam Eberhart (4:10.19) in the men's 1,500 meter run, and Grant Finney (15:46.81) in the men's 5,000 meter run.

Only 10 events were staged Friday. The Willamette Invitational concludes Saturday, with events beginning at 10:30 a.m. and running through the afternoon.

Complete results of the first day of the Willamette Invitational are available on line on the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0406.html.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Thursday, April 5, 2007

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4/5 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD – Weekly News & Notes

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HIGHLIGHTS:

- * Recent Meets: Bruins Compete Well in L.A., San Diego Events
- * Coming Up: Willamette Invitational, Linfield Multi-Events
- * Three Bruins Receive BAA, NWC Top Honors During Spring Break
- * NCAA Qualifiers: Four Bruins Hit NCAA Provisional Marks
- * NWC Qualifiers: Bruins Have Top Marks in 11 NWC Events

RECENT EVENTS: (click on links for releases and results):

Mar. 22-23 – Pt. Loma Multi-Events, San Diego, Calif.
[Press Release](#) / [Results](#)

Mar. 24 – USC Trojan Invitational, Los Angeles, Calif.
[Press Release](#) / [Results \(M&W\)](#)

Mar. 31 – Pt. Loma Spring Break Meet, San Diego, Calif.
[Press Release](#) / [Results \(M&W\)](#)

COMING UP: Willamette Invitational, Linfield Multi-Events

Fri., Apr. 6, 4:00 p.m. - Willamette Invitational, Salem, Ore.
Sat., Apr. 7, 10:30 a.m. - Willamette Invitational, Salem, Ore.
Mon., Apr. 9, 9:00 a.m. - Linfield Multi-Events, McMinnville, Ore.
Tue., Apr. 10, 9:00 a.m. - Linfield Multi-Events, McMinnville, Ore.

COACH JOHN SMITH:

John Smith (George Fox '96), after eight years as an assistant at his alma mater, steps in as the new men's and women's cross country and track and field head coach at George Fox in 2006-07. He replaces long-time award-winning coach Wes Cook, who announced his retirement from the Bruin programs after a 19-year run. Click here for the complete bio on [Coach Smith](#).

BRUIN BITS:

* Three Bruins Receive BAA, NWC Top Honors During Spring Break

Ben Dillow, Rachel Giffey-Brohaugh, and Joel Krebs were all named Bruin Athletic Association Women's and Men's Athletes of the Week, as well as Northwest Conference Track and Field Athletes of the Week on the weekends before and after the George Fox spring break.

Dillow won BAA and NWC Men's Field Athlete of the Week for Mar. 19-25 when he scored 6,371 points, currently the second-best score in the nation, in the Pt. Loma Nazarene Multi-Events decathlon Mar. 22-23 in San Diego, Calif. Dillow won the discus (130-06/39.78m) and the pole vault (14-01.25/4.30m), took 3rd in the javelin (153-03/46.72m), and was 4th in the 110 hurdles (16.52) and the high jump (tied for 4th, 5-10.50/1.79m). He was an All-American two years ago when he finished second in the decathlon in the NCAA National Championship, but missed all of last season due to injury.

Giffey-Brohaugh led from start to finish in posting a time of 4:39.98 in the women's 1500 meter run to win the Pt. Loma Nazarene Spring Break meet, almost five seconds ahead of the runner-up, earning BAA and NWC Women's Track Athlete of the Week for Mar. 26-Apr. 1. Her mark, which met the NCAA provisional qualifying standard of 4:40.20, is the seventh-best in the nation at this

Men	Event	Mark	NWC Rank	Date Qualified
Bret Hamilton	100	11.33	7th	3/3 Willamette Opener
Ryan Forbes	100	11.52	13th	3/31 PLNU Spring Break
Garrett Blizzard	200	22.81	4th	3/3 Willamette Opener
John Zaganiacz	200	22.87	5th	3/3 Willamette Opener
Garrett Blizzard	400	50.28*	3rd	3/17 Oregon Preview
Jordan Ware	800	1:58.88	5th	3/10 NWC South
Jake Moe	1500	3:58.48*	2nd	3/31 PLNU Spring Break
Jordan Ware	1500	4:05.30	12th	3/31 PLNU Spring Break
Paul Rapet	1500	4:07.59	18th	3/31 PLNU Spring Break
Jake Moe	3000	8:39.91	1st	3/17 Oregon Preview
Grant Finney	3000	9:13.97	4th	3/17 Oregon Preview
David Delmore	3000	9:24.80	5th	3/24 Trojan Invitational
Grant Finney	10,000	33:32.35	6th	3/3 Willamette Opener
David Delmore	10,000	33:51.74	8th	3/3 Willamette Opener
Jeff Friesen	10,000	34:35.43	17th	3/3 Willamette Opener
Jake Moe	3,000 Steeplechase	9:23.97	1st	3/3 Willamette Opener
Ryan Forbes	110 Hurdles	16.37	7th	3/3 Willamette Opener
John Zaganiacz	400 Hurdles	56.88	4th	3/10 NWC South
Sam McKenzie	High Jump	5-10.75/1.80m	7th T	3/3 Willamette Opener
Dakari Kongela	Long Jump	21-11.75/6.70m	4th	3/31 PLNU Spring Break
Bret Hamilton	Long Jump	21-03.25/6.48m	5th T	3/3 Willamette Opener
Dakari Kongela	Triple Jump	42-07.00/12.98m	4th	3/16 Linfield Invitational
Bret Hamilton	Triple Jump	40-10.25/12.45m	6th	3/10 NWC South
Ryan Forbes	Pole Vault	13-11.75/4.26m	1st T	3/31 PLNU Spring Break
Ben Dillow	Pole Vault	12-11.50/3.95m	7th T	3/16 Linfield Invitational
Brian See	Pole Vault	12-11.50/3.95m	7th T	3/16 Linfield Invitational
Ben Dillow	Discus	132-10/40.49m	5th	3/31 PLNU Spring Break
Ben Burgess	Hammer	144-04/44.00m*	4th	3/31 PLNU Spring Break
Joel Krebs	Javelin	196-09/59.98m*	1st	3/31 PLNU Spring Break
Ben Dillow	Decathlon	6371	1st	3/23 PLNU Multis
Ryan Forbes	Decathlon	6178	2nd	3/23 PLNU Multis
Ryan Forbes, Bret Hamilton, John Zaganiacz, Garrett Blizzard	4x400	3:24.98	3rd	3/3 Willamette Opener
Women	Event	Mark	NWC Rank	Date Qualified
JulieKay Brown	100	13.06	5th	3/31 PLNU Spring Break
Jessica Brassard	100	13.23*	9th	3/31 PLNU Spring Break
Cindy Walsh	100	13.40*	17th	3/31 PLNU Spring Break
JulieKay Brown	200	26.71	6th	3/31 PLNU Spring Break
Mollie Honan	200	27.25*	11th	3/31 PLNU Spring Break
Jessica Brassard	200	27.56	15th	3/24 Trojan Invitational
Anja Harder	200	27.58	16th	3/31 PLNU Spring Break
Lisa Mensonides	400	59.90*	5th	3/31 PLNU Spring Break
JulieKay Brown	400	59.92*	6th	3/24 Trojan Invitational
Terah Laack	400	1:01.44	9th	3/24 Trojan Invitational
Kelly Bladorn	400	1:01.74*	11th	3/16 Linfield Invitational

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, March 31, 2007

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3/31 - PT. LOMA SPRING BREAK: Giffey-Brohaugh, Krebs Win Pt. Loma Events with Provisional Marks

SAN DIEGO, Calif. – Rachel Giffey-Brohaugh won the women's 1500 meter run with the nation's second-best time and Joel Krebs captured the men's javelin with the season's top mark, highlighting performances by the George Fox University Bruins in the Point Loma Nazarene University Spring Break track and field meet here Saturday.

Giffey-Brohaugh led from start to finish in posting a time of 4:39.98 in the 1500, almost five seconds ahead of runner-up Rachel Asher of Williams College. Only Sarah Zerzan of Willamette University has a faster time by 2/100ths of a second (4:39.96) in NCAA Division III this season. The NCAA provisional qualifying mark this season is 4:40.20. Giffey-Brohaugh's mark is also second in Bruin history behind a 4:36.24 by Juli Cyrus in 1993.

Krebs, an All-American last year when he finished third in the national championships, hurled the javelin 196-09/59.98m to win the event by four feet over Paul Greive of Concordia-Irvine. The throw topped a 192-10 by Kory Kemp of Whitworth College for best in the nation thus far and easily surpassed the NCAA provisional mark of 188-00.

Katie Alaimo was the only other Bruin to win an event when she took the women's high jump at 5-02.00/1/57m, improving slightly her Northwest Conference-leading mark which had been 5-01.75. Jake Moe was edged out by half a second for the men's 1500 meter run title by Edgar Kosgey of Williams, 3:57.98 to 3:58.48. His time is the second-fastest in the NWC.

Other top finishers for the Bruins included the women's 4x400 meter relay team of Giffey-Brohaugh, Jessica Beach, Lisa Menonides, and Terah Laack (3rd, 4:01.23), the women's 4x100 meter relay team of Mollie Honan, Cindy Walsh, Kelly Bladorn, and Jessica Brassard (4th, 50.67), Anna McLain in the women's 5000 meter run (4th, 19:11.51), Dakari Kongela in the men's long jump (4th, 20-10.50/6.36m), and Ben Burgess in the men's hammer (4th, 144-04/44.00m). The women's 4x400 time is the second-best in the NWC this spring.

Tori Black, although finishing sixth in the pole vault, took over the NWC lead in that event with a mark of 10-08.00/3.25m. Alaimo, seventh in the long jump, moved into a tie for second in the NWC with a leap of 16-04.25/4.98m. Ryan Forbes placed fifth in the pole vault but took over the conference lead, clearing 14-00.00/4.26m.

In team scores, the Bruins were 6th in both the men's and women's divisions. Point Loma led the women with 406.50 points, followed by Williams (386), Middlebury College (324), Azusa Pacific University (262.50), California Lutheran University (230.50), George Fox (227), Vanguard University (178.50), and the University of California-Diego (96). Williams led the men with 425 points, followed by Azusa Pacific (354), Point Loma (295.50), Middlebury (242.50), California Lutheran (203), George Fox (188.50), California-San Diego (136), and Vanguard (135.50).

Complete results of the Point Loma Nazarene Spring Break meet are available on line on the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0331.html.

The Bruins return to action Friday and Saturday, April 6-7, in the Willamette Invitational in Salem, Ore. Friday's events begin at 4 p.m., while Saturday's schedule starts at 10:30 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Thursday, March 22, 2007

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3/22 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD – Weekly News & Notes

LINKS FOR TRACK & FIELD TO:

[Men's Quick Facts](#) / [Women's Quick Facts](#) / [Men's Roster](#) / [Women's Roster](#) / [Schedule](#) / [Results](#) / [Press Releases](#) /

HIGHLIGHTS:

- * **Recent Events: Bruins Compete in Linfield, U of Oregon Meets**
- * **Coming Up: Several Events Coming Up During Spring Break**
- * **Three Bruins Get Honorable Mention for NWC Weekly Honors**
- * **NCAA Qualifiers: Krebs First Bruin to Hit an NCAA Mark**
- * **NWC Qualifiers: Bruins Now with Top Marks in Eight Events**

RECENT EVENTS: (click on links for releases and results):

Mar. 16 – Linfield Invitational, McMinnville, Ore.
[Press Release](#) / [Results \(M&W\)](#)

Mar. 17 – Oregon Preview, Eugene, Ore.
[Press Release](#) / [Results \(M&W\)](#)

COMING UP: Several Events Coming Up During Spring Break

Thur.-Fri., Mar. 22-23, 10:45 a.m. - Pt. Loma Multi-Events, San Diego, Calif.
Fri., Mar. 23, 12 noon - Charles Bowles Open, Salem, Ore.
Sat., Mar. 24, TBA - USC Trojan Invitational, Los Angeles, Calif.
Mon.-Tue., Mar. 26-27, 9 a.m. - Linfield Multi-Events, McMinnville, Ore.
Sat., Mar. 31, 10:45 a.m. - Pt. Loma 5-Way, San Diego, Calif.

COACH JOHN SMITH:

John Smith (George Fox '96), after eight years as an assistant at his alma mater, steps in as the new men's and women's cross country and track and field head coach at George Fox in 2006-07. He replaces long-time award-winning coach **Wes Cook**, who announced his retirement from the Bruin programs after a 19-year run. Click here for the complete bio on [Coach Smith](#).

BRUIN BITS:

* Three Bruins Get Honorable Mention for NWC Weekly Honors

Jake Moe in men's track, **Bethany Adams** in women's track, and **Katie Alaimo** in women's field received honorable mention for Northwest Conference Athletes of the Week for their performances the week of Mar. 12-18. Moe placed 13th overall and 2nd among small-college runners in the 3000 meter run with a time of 8:39.91, the top mark in the NWC thus far, in the Oregon Preview on Saturday. Adams was 7th in the 1500 meter run and 3rd among small-college runners with a time of 4:48.36 in the Oregon Preview. Alaimo placed 7th overall and 3rd among small-college competitors in the high jump with an effort of 5-1.75/1.57m, another best mark in the NWC this spring, in the Oregon Preview.

* 2007 Men's Honors:

- **Bret Hamilton** - Bruin Athletic Association Men's Athlete of the Week (Feb. 26-Mar. 4); NWC Men's Field Athlete of the Week (HM-Feb. 26-Mar. 4)
- **Jake Moe** - NWC Men's Track Athlete of the Week (HM-Feb. 26-Mar. 4, HM-Mar.12-18)
- **Joel Krebs** - Bruin Athletic Association Men's Athlete of the Week (Mar. 5-11); NWC Men's Field Athlete of the Week (HM-Mar. 5-11)
- **John Zaganiacz** - NWC Men's Track Athlete of the Week (HM-Mar. 5-11)

Women	Event	Mark	NWC Rank	Date Qualified
Jessica Brassard	100	13.40	13th	3/3 Willamette Opener
Cindy Walsh	100	13.52	15th	3/3 Willamette Opener
Mollie Honan	200	27.29	10th	3/3 Willamette Opener
JulieKay Brown	400	1:00.34*	2nd	3/17 Oregon Preview
Lisa Mensonides	400	1:00.75	3rd	3/3 Willamette Opener
Kelly Bladorn	400	1:01.74*	5th	3/16 Linfield Invitational
Anja Harder	400	1:03.37	11th	3/16 Linfield Invitational
Rachel Giffey-Brohaugh	800	2:16.99*	1st	3/10 NWC South
Lisa Mensonides	800	2:22.37	5th	3/16 Linfield Invitational
Bethany Adams	800	2:22.90	7th	3/3 Willamette Opener
Jessica Beach	800	2:23.24	8th	3/3 Willamette Opener
Bethany Adams	1500	4:48.36	4th	3/17 Oregon Preview
Leighann Fischer	1500	4:51.11	7th	3/10 NWC South
Rachel Giffey-Brohaugh	1500	4:51.22	8th	3/3 Willamette Opener
Leighann Fischer	3000	10:41.78	3rd	3/17 Oregon Preview
Leighann Fischer	5000	18:56.98	8th	3/3 Willamette Opener
Mollie Honan	100 Hurdles	17.67	13th	3/3 Willamette Opener
Mollie Honan	400 Hurdles	1:09.71	5th	3/10 NWC South
Katie Alaimo	High Jump	5-01.75/1.57	1st	3/17 Oregon Preview
Jennie Fryer	High Jump	5-01.00/1.55m	1st	3/3 Willamette Opener
Breanna Barr	High Jump	4-10.25/1.48m	7th	3/10 NWC South
Terah Laack	High Jump	4-08.25/1.43m	10th	3/16 Linfield Invitational
Victoria Black	Pole Vault	10-02.75/3.12m	2nd	3/10 NWC South
Casey Clark	Pole Vault	8-09.00/2.67m	11th	3/3 Willamette Opener
Whitney Kolb	Long Jump	16-05.00/5.00m	1st	3/16 Linfield Invitational
Jessica Brassard	Long Jump	16-03.25/4.96m	2nd	3/16 Linfield Invitational
Emily Hodgin	Long Jump	16-00.25/4.88m	3rd	3/16 Linfield Invitational
Whitney Kolb	Triple Jump	35-02.00/10.72m	1st	3/10 NWC South
Jessica Brassard	Triple Jump	33-01.25/10.09m	7th	3/10 NWC South
Katie Alaimo	Triple Jump	33-02.00/9.80m	8th	3/10 NWC South
Cassandra Woods	Shot Put	34-05.00/10.49m	6th	3/3 Willamette Opener
Cassandra Woods	Discus	105-03/32.09m	6th	3/10 NWC South
JulieKay Brown, Mollie Honan, Terah Laack, Rachel Giffey-Brohaugh	4x100	52.80	5th	3/16 Linfield Invitational
JulieKay Brown, Mollie Honan, Terah Laack, Rachel Giffey-Brohaugh	4x400	4:05.53	1st	3/10 NWC South

* - improved previous qualifying mark

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, March 17, 2007

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3/17 - OREGON PREVIEW: Bruins Post Five Top-10 Finishes Against Big-Time Competition in Eugene

EUGENE, Ore. – With an opportunity to perform on a big stage at the University of Oregon's historic Hayward Field in front of a crowd well over 5,000, the George Fox University men's and women's track and field teams posted five top-10 finishes against primarily NCAA Division I competition in the Oregon Preview here Saturday afternoon.

The highest finishes for the Bruins were a trio of 7th-place showings. Bethany Adams was 7th in the 1,500 meter "B" run (4:48.36), Katie Alaimo was 7th in the women's high jump (5-1.75/1.57m), and Garrett Blizzard was 7th in the men's 400 meter dash (50.28). Other top-10 Bruins were Victoria Black, 9th in the pole vault (10-2/3.10m), and JulieKay Brown, 10th in the women's 400 meter dash (1:00.34). All met qualifying standards for the Northwest Conference Championships later in April.

Other Bruins who hit NWC qualifying marks were Rachel Giffey-Brohaugh in the women's 800 meter run (2:16.99), Mollie Honan in the women's 400 meter hurdles (1:11.66), and Joel Krebs in the men's javelin (181-1/55.19m). Krebs has already met NCAA Division III provisional standards with a throw of 191-10 this spring. The closest to making a provisional mark this time was Giffey-Brohaugh, who was 2.29 seconds off in the 800.

The meet was not team scored. Complete results of the Oregon Preview are available on line at the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0317.html.

Next weekend, the Bruins begin their spring break in the Point Loma Multi-Events Friday and Saturday in San Diego, Calif., the Charles Bowles Invitational Friday in Salem, Ore., and the USC Trojan Invitational Saturday in Los Angeles, Calif.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, March 16, 2007

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3/16 - LINFIELD INVITATIONAL: Bladorn and Mensonides Win Races for Bruins at Linfield Meet

McMINNVILLE, Ore. – Kelly Bladorn in the women's 400 meter dash and Lisa Mensonides in the women's 800 meter dash posted the only two first-place finishes for George Fox University among a select group of Bruins who participated in the Linfield College Invitational track and field meet Friday afternoon here at Maxwell Field.

Bladorn ran a 1:01.74 in the 400 to edge teammate Anja Harder, who ran a 1:03.37. Mensonides was the 800 winner with a time of 2:22.37, while teammate Jessica Beach was third in 2:25.45. All four had times that qualified for the Northwest Conference Championships in April.

The Bruins took three of the top five spots in the women's long jump, with Whitney Kolb second (16-05.00/5.00m), Jessica Brassard fourth (16-03.25/4.96m), and Emily Hodgkin fifth (16-00.25/4.88m). All qualified for the NWC. The George Fox 4x100 meter relay team (52.80) and 4x400 meter relay team (4:08.91) also finished second in their respective races.

Twelve Bruin women in all met NWC qualifying marks, including Cindy Walsh in the 100 meter dash (13.71), Mollie Honan in the 100 meter hurdles (17.76), Breanna Barr (4-09.75/1.47m) and Terah Laack (4-08.25/1.43m) in the high jump, and Cassandra Woods in the shot put (34-04.25/10.47m).

The best finishes for the Bruin men were a second by John Zaganiacz in the 100 meter dash (11.58), and thirds by David Delmore in the 5,000 meter run (16:26.03) and Dakari Kongela in the triple jump (42-07.00/12.98m). George Fox head coach John Smith took time out from his coaching duties to finish second in the pole vault (14-05.25/4.40m), tying in height but losing out to Dayson Tioganco (unattached) on number of attempts.

Kongela met the NWC qualifying standard in the triple jump, as did Sam McKenzie in the high jump (5-10.75/1.80m), Ben Dillow (12-11.50/3.95m) and Brian See (12-11.50/3.95m) in the pole vault, and Ben Burgess in the hammer (140-06/42.83m).

The meet was not team scored. Complete results of the Linfield Invitational are available on line at the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0316.html.

A larger number of Bruins will participate in the Oregon Preview at the University of Oregon's historic Hayward Field in Eugene Saturday starting at 11:15 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Thursday, March 15, 2007

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3/15 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD – Weekly News & Notes

LINKS FOR TRACK & FIELD TO:

[Men's Quick Facts](#) / [Women's Quick Facts](#) / [Men's Roster](#) / [Women's Roster](#) / [Schedule](#) / [Results](#) / [Press Releases](#) /

HIGHLIGHTS:

- * **Coming Up: Linfield Invitational Friday, Oregon Preview Saturday**
- * **Last Week: Bruins Win Nine Events in NWC South Meet**
- * **Early Bruin Athletic Association, NWC Honorees**
- * **NCAA/NWC Qualifiers: Bruins Who Have Qualified for NCAA, NWC Championships**

COMING UP: Linfield Invitational Friday, Oregon Preview Saturday

Fri., Mar. 16, 12 noon - Linfield Invitational, McMinnville, Ore.

Sat., Mar. 17, 10 a.m. - Oregon Preview, Eugene, Ore.

RECENT EVENTS (click on links for releases and results):

Mar. 3 - Willamette Opener, Salem, Ore.

[Willamette Opener Press Release](#) / [Willamette Opener Results \(M&W\)](#)

Mar. 9-10 - NWC South Meet at Lewis & Clark, Portland, Ore.

--- Men 3 of 4 (107 pts) , Women 2nd of 4 (163 pts)

[NWC South Meet Press Release](#) / [NWC South Meet Results \(M&W\)](#)

COACH JOHN SMITH:

John Smith (George Fox '96), after eight years as an assistant at his alma mater, steps in as the new men's and women's cross country and track and field head coach at George Fox in 2006-07. He replaces long-time award-winning coach Wes Cook, who announced his retirement from the Bruin programs after a 19-year run. Click here for the complete bio on [Coach Smith](#).

BRUIN BITS:

* Early Bruin Athletic Association, NWC Honorees

Bret Hamilton made an auspicious debut in his first college track meet, earning Bruin Athletic Association Men's Athlete of the Week honors for Feb. 26-Mar. 4. He joined **Jake Moe**, **Victoria Black**, and **Lisa Mensonides** are honorable mention recipients for Northwest Conference Athletes of the Week for their efforts in the season-opening Willamette Opener on Mar. 3. Hamilton won the long jump (21-3.25) to receive HM for NWC men's field, and also captured the 100 (11.33) and the 4x400 relay (3:24.98). Moe won the 3,000 steeplechase (9:23.97) to garner HM for men's track. Black took the pole vault (9-9) for women's field HM recognition, and Mensonides placed 3rd in the 400 (1:00.75) and with the 4x400 relay team (4:07.83) for women's track HM.

Joel Krebs and **Rachel Giffey-Brohaugh** were named Bruin Athletic Association Men's and Women's Athletes of the Week for Mar. 5-11, joining **John Zaganiacz** and **Jennie Fryer** as honorable mention recipients for Northwest Conference Athletes of the Week. Krebs, HM for men's field, won the javelin at the NWC South Meet with an NCAA provisional qualifying throw of 191-10. Giffey-Brohaugh, HM for women's track, won the 800 (2:19.17) and the 4x400 relay (4:05.33). Zaganiacz, HM for men's track, won the 400 hurdles (56.88) and was 2nd with the 4x400 relay team (3:31.56). Fryer, HM for women's field, won the high jump (5-0.25) and was 3rd in the long jump (15-0.75).

* 2007 Honors:

- **Bret Hamilton** - Bruin Athletic Association Men's Athlete of the Week (Feb. 26-Mar. 4); NWC Men's Field Athlete of the Week (HM-Feb. 26-Mar. 4)

Bethany Adams	800	2:22.90	6th	3/3 Willamette Opener
Jessica Beach	800	2:23.24	7th	3/3 Willamette Opener
Bethany Adams	1500	4:50.79	5th	3/10 NWC South
Leighann Ficher	1500	4:51.11	6th	3/10 NWC South
Rachel Giffey-Brohaugh	1500	4:51.22	6th	3/3 Willamette Opener
Leighann Ficher	5,000	18:56.98	6th	3/3 Willamette Opener
Mollie Honan	100 Hurdles	17.67	12th	3/3 Willamette Opener
Mollie Honan	400 Hurdles	1:09.71	4th	3/10 NWC South
Jennie Fryer	High Jump	5-01.00	1st	3/3 Willamette Opener
Katie Alaimo	High Jump	4-11.00	4th	3/3 Willamette Opener
Breanna Barr	High Jump	4-10.25	6th	3/10 NWC South
Victoria Black	Pole Vault	10-02.75/3.12m	2nd	3/10 NWC South
Casey Clark	Pole Vault	8-09.00/2.67m	9th	3/3 Willamette Opener
Whitney Kolb	Triple Jump	35-02.00/10.72m	1st	3/10 NWC South
Jessica Brassard	Triple Jump	33-01/25/10.09m	5th	3/10 NWC South
Katie Alaimo	Triple Jump	33-02.00/9.80m	8th	3/10 NWC South
Cassandra Woods	Shot Put	34-05.00/1.49m	4th	3/3 Willamette Opener
Cassandra Woods	Discus	105-03/32.09m	4th	3/10 NWC South
JulieKay Brown, Mollie Honan, Terah Laack, Rachel Giffey-Brohaugh	4x400	4:05.53	1st	3/10 NWC South

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, March 10, 2007

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3/10 NWC SOUTH MEET: Krebs Hits Provisional Mark as Bruins Take Nine Firsts in Meet at L&C

PORTLAND, Ore. – Picking up where he left off last spring, George Fox University's Joel Krebs hit the NCAA Division III provisional qualifying mark in the men's javelin, highlighting nine first-place finishes by the Bruin men and women in the Northwest Conference South Track and Field Meet hosted Friday and Saturday by Lewis & Clark College.

Because Lewis & Clark no longer has a facility for the throwing events, those were held Friday at George Fox's Colcord Field. All other events were held Saturday at L&C's Eldon Fix Track.

Krebs, who placed third in the NCAA nationals last year, hurled the javelin 191-10/58.47m, surpassing the provisional mark of 188-0/57.30m. He became the first Bruin to hit an NCAA mark this season.

Other men's firsts for the Bruins included John Zaganiacz in the 400 meter hurdles (56.88) and Jake Moe in the 1,500 meter run (4:07.27). Seconds went to Garrett Blizzard in the 400 meter dash (50.67), Bret Hamilton in the triple jump (40-10.25/12.45m), and the 4x400 meter relay team of Blizzard, Zaganiacz, Ben Dort, and Adam Haldorson (3:31.56). Zaganiacz was about two-and-a-half seconds off the provisional time in the 400 hurdles, and Blizzard was two seconds away in the 400.

The Bruin men collected 107 team points to finish third. Linfield College was the team leader with 294 points, followed by Lewis & Clark with 134, George Fox, and Pacific University with 56.

The George Fox women posted six first-place finishes and were second in the team score with 163 points. Linfield took first with 192, then came the Bruins, Lewis & Clark with 133, and Pacific with 27.

Bruin winners were Rachel Giffey-Brohaugh in the 800 meter run (2:19.17), Jennie Fryer in the high jump (5-00.25/1.53m), Victoria Black in the pole vault (10-02.75/3.12m), Whitney Kolb in the triple jump (35-02.00/10.72m), Cassandra Woods in the discus (105-03/32.09m), and the 4x400 meter relay team of JulieKay Brown, Terah Laack, Giffey-Brohaugh, and Mollie Honan (4:05.53). Seconds went to Kelly Bladorn in the 400 meter dash (1:02.93), Bethany Adams in the 1,500 meter run (4:50.79), Honan in the 400 meter hurdles (1:09.71), and Breanna Barr in the hammer (55-10/17.01m).

Complete results of the Northwest Conference South Meet are available on line at the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0310.html.

The Bruins return to action next weekend, participating in the Linfield Invitational in McMinnville on Friday and the Oregon Preview in Eugene on Saturday.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: BASEBALL – Saturday, March 3, 2007

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3/3 – WILLAMETTE OPENER: Hamilton Wins Two Events as Bruins Open Season with Sevens Firsts

SALEM, Ore. – Freshman Bret Hamilton made an auspicious college debut, winning both the men's 100 meter dash and the long jump to highlight six first-place finishes for the George Fox University men and one for the Bruin women in the Willamette University Opener, their first meet of the 2007 track and field season, Saturday here at the Charles Bowles Track in Bush's Pasture Park.

Hamilton took the 100 in a time of 11.33 and measured 21-03.25/6.48m to capture the long jump. Other firsts for the Bruin men came from Garrett Blizzard in the 200 meter dash (22.81), Jake Moe in the 3,000 meter steeplechase (9:23.97), Brian See in the pole vault (12-06.25/3.82m), and the 4x400 meter relay team (3:24.98).

Seconds for the Bruin men included John Zagniacz in the 200 (22.87), Jordan Ware in the 800 meter run (2:01.26), and Grant Finney in the 10,000 meter run (33:32.35). Thirds went to David Delmore in the 10,000 (33:51.74), and Ryan Forbes in the 110 meter hurdles (16.37).

For the women, Victoria Black took the pole vault with a height of 9-09.00, six inches better than the runner-up. Jenny Fryer had the best high jump of any college athlete (5-01.00/1.55m), but finished second overall to GFU assistant coach Michelle Forbes, a former Bruin high jump All-American, who cleared 5-05.75/1.67m.

Other top finishes for the Bruin women included a second by Jessica Brassard in the long jump (15-04.75/4.69m), and thirds by Lisa Mensonides in the 400 meter dash (1:00.75, 1/100th of a second ahead of teammate JulieKay Brown), Leighann Fischer in the 5,000 meter run (18:56.98), Katie Alaimo in the long jump (15-04.00/4.67m), and the 4x400 meter relay team (4:07.83).

Complete results of the Willamette Opener are available on line at the George Fox track and field web site at www.georgefox.edu/athletics/track/2007/results/0303.html.

The Bruins return to action next Saturday in the Northwest Conference South Meet at Lewis & Clark College in Portland, Ore. Due to a lack of a suitable throwing venue, the throwing events will be held at George Fox's Colcord Memorial Field.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, March 2, 2007

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3/2 – PREVIEW: Bruins Look to Build Upon Prior Successes with New Coach

NEBERG, Ore. - As with all new coaches, there will be some differences in George Fox University men's and women's track and field in 2007 as **John Smith**, the lead assistant for eight seasons under now-retired Wes Cook, takes over the reins. One thing Smith hopes won't change, however, is the successful nature of the Bruin programs.

"We look to continue to build on the strong Bruin track and field tradition," Smith declares, pointing to last year's Northwest Conference and NCAA Division III national showings as starting points for constructing this year's squad. "Building on our conference finishes from last year will be the immediate focus, and we have a strong group of national qualifiers back who could give us our highest team finish since joining Division III."

Men

After finishing third in the conference meet, the Bruin men turned in some outstanding performances in the national meet in Lisle, Ill., earning four All-America honors and 13 team points that tied for 17th nationally. Two of those All-Americans – Seth Harris, who was fifth in the decathlon, and Josh Priester, who was seventh in the same event – graduated, but the Bruins figure to be strong again with the return of two other All-America decathletes.

Ben Dillow (Jr., Kirkland, Wash. / Cedar Park Christian HS), runner-up in the decathlon at the national meet in 2005, returns after a medical hardship year and will be counted on for leadership in that event. **Ryan Forbes** (So., Jackson, Wyo. / Jackson Hole HS), who finished eighth in the decathlon last year as a freshman to earn All-America honors, will continue his improvement and join Dillow as a strong force in the event.

Joel Krebs (So., Salem, Ore. / Salem Academy) also returns after earning a third-place finish and All-America status at the nationals in the javelin in only his first year of throwing the implement. In his sights is the school record and improvement in his national placing.

On the distance side, **Jake Moe** (Sr., Anchorage, Alaska / Anchorage Christian HS) returns for his final season and looks to continue the improvement he gained while with the cross country team. He will be a threat in the steeplechase and the 5,000, and could produce national qualifying marks in both. **Grant Finney** (Jr., Tigard, Ore. / Southridge HS) joins Moe on the distance side after taking last year off due to a medical hardship, along with **Jeff Friesen** (Jr., Lake Oswego, Ore. / Westside Christian HS), **David Delmore** (Sr., Philomath, Ore. / Philomath HS), and **Eric Henderson** (So., Redmond, Ore. / Redmond HS). Three freshmen figure to add to the distance contingent as they build on their solid campaigns for the cross country team: **Cam Eberhart** (Fr., Albany, Ore. / West Albany HS), **Paul Rapet** (Fr., Medford, Ore. / South Medford HS), and **Jordan Ware** (Fr., Boise, Idaho / Centennial HS). Other distance runners who could contribute include upper classmen **Ben Dort** (Sr., Philomath, Ore. / Philomath HS), **Adam Haldorson** (So., Springfield, Ore. / Springfield HS), and **David Mathiang** (So., Lynnwood, Wash. / Lynnwood HS).

Garret Blizzard (So., Las Vegas, Nev. / Bonanza HS) heads the sprinters as a returning 400 meter conference scorer. Blizzard's cousin, **Matt Gurlides** (Fr., Las Vegas, Nev. / Palo Verde HS) will be a valuable addition in both sprints and jumps. **John Zaganiacz** (Fr., Wilsonville, Ore. / Wilsonville HS), who was a standout 3A hurdler and relay specialist, figures to have an immediate impact in the conference in both the 400 and the 400 meter hurdles.

Other new sprinters coming in are **Bret Hamilton** (Fr., Medford, Ore. / South Medford HS) and **John Hartmann** (Fr., Anchorage, Alaska / Grace Christian HS), who will be key figures not only in the sprints but in both horizontal jumps as well. **James Hosford** (Fr., Silverdale, Wash. / Klahowya HS) is a sprinter who may also compete in the decathlon. **Jasun Ramos** (Fr., Visalia, Calif. / Golden West HS) and **Joshua Smith** (So., Central Point, Ore. / Crater HS) round out a deep squad of sprinters.

Ben Burgess (So., Grants Pass, Ore. / Hidden Valley HS) is the sole returning thrower for the Bruins and looks to make big improvements in the hammer this year. Untested throwers include **Casey Lane** (Fr., Sun Valley, Idaho / Wood River HS) and Oregon State transfer **Blake Phillips** (Jr., Newberg, Ore. / Westside Christian HS).

The jumping team will feature **Sam McKenzie** (So., Colorado Springs, Colo. / Colorado Springs Christian HS), who will be a contributor in the high jump and both horizontal jumps. Incoming sensation **Dakari Kongela** (Fr., Sammamish, Wash. / North Kitsap HS) will give a huge boost to the horizontal jumps and could be the Bruins' top sprinter as well. Pole vaulter **Brian See** (Jr., Oregon City, Ore. / Oregon City HS) was a conference qualifier last season.

Women

The Bruin women placed seventh in the NWC meet and tied for 70th in the nationals with one point, earned when school and conference record-holding hammer thrower Lindsey Blankenship came in eighth to garner All-America honors. Blankenship graduated, but the Bruins return 16 letterwinners, several of whom could challenge for conference titles and places in the national championships.

Rachel Giffey-Brohaugh (Jr., Renton, Wash. / Christian Faith HS), who just missed national qualifying status last season in the 800 meters after qualifying as a freshman in 2005, will be looked upon to be the leader on the women's side. **Anna McLain** (Jr., Medina, Wash. / Bellevue Christian HS) also returns after a strong cross country season and hopes to return to the 800 meter form that produced a national appearance as a freshman.

The addition of Willamette University transfer **Alanna Pledger** (So., Wilsonville, Ore. / Wilsonville HS) gives the Bruins a big boost in the high jump. Pledger was the conference champion in the high jump and finished sixth at the national meet in 2006 to earn All-America status. **Katie Alaimo** (Jr., The Dalles, Ore. / The Dalles HS) was a conference finalist in the high jump last year and will look to be a scorer in all three jumping events this season.

Whitney Kolb (Jr., Jefferson, Ore. / Jefferson Christian HS) adds strength in the horizontal jumps and hopes to regain the form that earned her the conference triple jump title in 2005. **Emily Hodgkin** (So., Bellingham, Wash. / Squalicum HS) will also contribute in the event, as will newcomer **Jessica Brassard** (Fr., Castle Rock, Wash. / Castle Rock HS), who will also be key in the 4x100 relay and sprints. Other jumpers Coach Smith can call on are **Jenny Prickett** (So., Eugene, Ore. / Lifegate Christian HS) and **Cynthia Walsh** (Fr., Dayton, Ore. / Dayton HS).

Jessica Beach (Jr., Sherwood, Ore. / Sherwood HS) is coming off an All-West Region finish in cross country and will add to the depth and quality in the mid-distance events. **Whittney Warren** (Jr., Baker City, Ore. / Baker HS) will also contribute to the distance group in the 10,000 meters. **Leighann Fischer** (Jr., Molalla, Ore. / Molalla HS) will be strong for the Bruins in the 5,000, hoping to continue the momentum of her training from the fall. **Bethany Adams** (Jr., Portland, Ore. / Westside Christian HS), also coming off a strong cross country season, will provide even more depth for assistant coach **Mike Hickey** in the mid-distances. Also available for the distance events are **Rebecca Duby** (So., Baker City, Ore. / Baker HS) and **Mary VanSteenberghe** (So., Gold Hill, Ore. / Crater HS), two others who honed their skills with the cross country team.

Kelly Bladorn (Jr., Turner, Ore. / Cascade HS) and **Mollie Honan** (So., Carbondale, Colo. / Roaring Fork HS) are the main returnees for the sprinters. They will be rejoined by **JulieKay Brown** (Jr., Sherwood, Ore. / Sherwood HS) and **Lisa Mensorides** (So., Tacoma, Wash. / Tacoma Baptist HS), both of whom are coming off ACL surgeries but are in position to be an integral part of the 4x400 relay. **Anja Harder** (Fr., Yamhill, Ore. / Yamhill-Carlton HS) is a rookie who could also contribute in the sprints.

Terah Laack (Jr., Carson City, Nev. / Carson HS) is the sole returning heptathlete, but may be joined by **Jennie Fryer** (Fr., Bothell, Wash. / Bothell HS), who has her main experience in the high jump.

Victoria Black (Sr., Baker City, Ore. / Baker City HS) will lead the pole vault this season and looks to improve on her national provisional mark from last season. Western Oregon transfer **Danielle Morgan** (Sr., Molalla, Ore. / Molalla HS) and newcomers **Reneca Bauer** (Fr., Wilsonville, Ore. / Wilsonville HS) and **Casey Clark** (Fr., Central Point, Ore. / Crater HS) will also be competing in the vault.

Cassandra Woods (So., Clatskanie, Ore. / Clatskanie HS) is the top thrower for the women's team and will be counted on for dramatic improvement. **Breanna Barr** (Fr., Carlton, Ore. / Yamhill-Carlton HS), who is also a jumper, could assist the Bruins in the throws as well.

SUMMARY

With key athletes returning at all events and three who have strong national meet experience, Smith expects his first season to yield some dramatic results. "We are excited about competing with other quality teams in our conference," says the Bruins' new mentor, adding, "It will be a battle for the top few spots in the conference – and we hope to be right in there in the mix."

The Bruins get their first test this weekend as they open the 2007 season in the Willamette Open Saturday, March 3, in Salem, Ore. The first events are expected to get under way at 10 a.m.