

2003

2003 Media Guide

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GEORGE FOX UNIVERSITY

TRACK AND FIELD

2003 Media Guide



2003 BRUIN TRACK AND FIELD 2003 BRUIN TRACK AND FIELD 2003 BRUIN TRACK AND FIELD 2003 BRUIN TRACK AND FIELD 2003 BRUIN TRACK AND FIELD

Roster

NamePos.	Events	Ht.	Wt.	Yr./El.	Hometown (Previous School)
Brad Bates	Sprints	5-8	150	So./So.	Stayton, Ore. (Stayton HS)
Steven Beardsley	Hurdles/Sprints/Relays	6-0	180	So./So.	Banks, Ore. (Banks HS)
Doug Beatty	Jumps	5-2	120	Jr./So.	Boise, Idaho (Centennial HS)
Matt Burg	Distance	5-9	135	Jr./So.	Newberg, Ore. (Newberg HS)
Scott Burkhart	Pole Vault/Jumps	6-0	169	Jr./So.	The Dalles, Ore. (The Dalles HS)
Kris Clifton	Distance	5-4	110	So./So.	Sutherlin, Ore. (Missouri Military Academy)
Greg Cobb	Sprints	6-1	190	Jr./Jr.	Eugene, Ore. (Souhwestern Oregon CC)
Dane Coppini	Sprints/Relays	5-9	165	Fr./Fr.	Ferndale, Calif. (Ferndale HS)
Reggie Davis	Jumps	5-8	158	So./So.	Portland, Ore. (Roosevelt HS)
Ben Eichenberger	Hurdles	5-10	165	Fr./Fr.	Tualatin, Ore. (Westside Christian HS)
Phil Garrison	Distance	5-8	140	Fr./Fr.	Olympia, Wash. (Tumwater HS)
Rob Gaslin	Distance	6-2	165	So./So.	Tualatin, Ore. (Tualatin HS)
Matt Gassaway	Throws	6-3	220	So./So.	Washougal, Wash. (Washougal HS)
Andy Haehlen	Pole Vault	6-1	180	Jr./So.	Portland, Ore. (Portland Christian HS)
Nicholas Hultberg	Throws	6-3	250	Sr./Jr.	Salem, Ore. (North Salem HS)
David Malcolm	Throws	5-10	250	Sr./Jr.	Talent, Ore. (Phoenix HS)
Michael Owen	Distance	6-0	166	Sr./Jr.	Anchorage, Alaska (Grace Christian HS)
Andrew Paine	Hurdles	5-11	165	So./So.	Walla Walla, Wash. (Walla Walla HS)
Stephen Pratt	Hurdles	6-0	160	Fr./Fr.	Denver, Colo. (Academy of Charter Schools)
Adam Puckett	Jumps	6-1	152	Jr./Jr.	Bend, Ore. (Mountain View HS)
Jesse Rasmussen	Sprints/Relays	5-11	135	Jr./So.	Portland, Ore. (Rosslyn Aca., Nairobi, Kenya)
Ben Salisbury	Sprints/Relays	6-3	200	Jr./Jr.	Bellingham, Wash. (Sehome HS)
Zach Smith	Mid-Distance	6-0	170	So./So.	East Wenatchee, Wash. (Eastmont HS)
Casey Sullivan	Hurdles/Relays	6-2	185	Fr./Fr.	Jefferson, Ore. (Santiam Christian HS)
Silas Towne	Distance	5-10	150	Sr./Jr.	Springfield, Ore. (Thurston HS)
Emilio Vela	Jumps	6-1	170	Fr./Fr.	Olympia, Wash. (Olympia HS)
Bryan Wadlow	Jumps	6-4	195	Jr./Jr.	Albany, Ore. (West Albany HS)
Nick Wymore	Pole Vault	5-9	160	So./So.	Carlton, Ore. (Yamhill-Carlton HS)
Brett Yeager	High Jump	6-4	200	Jr./Jr.	Oakridge, Ore. (Oakridge HS)

Head Coach: Wes Cook

Assistant Coaches: Dave Guzman, John Smith, Chad Riddle, John Mantalas, Liz Thompson, Ty Taylor, Josh Howery

Roster

NamePos.	Events	Ht.	Wt.	Hometown (Previous School)
Sarah Anderson	Distance	5-4	Jr./So.	Canby, Ore. (Clackamas CC)
Kelsey Baron	Jumps	5-9	Sr./Sr.	Nehalem, Ore. (Neah-Kah-Nie HS)
Jo Boatright	Jumps/Hurdles	5-5	So./So.	Coos Bay, Ore. (Marshfield HS)
Arlene Burnham	Throws	5-11	So./So.	Adrian, Ore. (Adrian HS)
Carmen Charleston	Sprints/Jumps	5-8	Jr./Jr.	Bellingham, Wash. (Squalicum HS)
Gina Coolen	Throws	5-4	So./So.	North Bend, Ore. (North Bend HS)
Ashley Crisell	Distance	5-6	So./So.	Woodburn, Ore. (Willamette Valley Chr. HS)
Michelle Forbes	Sprints	5-9	So./So.	Jackson, Wyo. (Jackson Hole HS)
Janelle Goeres	Distance	5-4	Jr./Jr.	Gold Hill, Ore. (Crater HS)
Gloria Gomez	Distance	5-6	Jr./So.	Victorville, Calif. (Victor Valley CC)
Josey Hilton	Sprints	5-5	Fr./Fr.	Baker City, Ore. (Baker City HS)
Jessica Howard	Sprints	5-8	Sr./Sr.	Portland, Ore. (Faith Bible HS)
Beth Jertberg	Distance	5-5	Fr./Fr.	Klamath Falls, Ore. (Henley HS)
Mona Matthews	Sprints/Relays	5-5	Jr./Jr.	Huntington, Ore. (Oakland HS)
Beth Moyer	Distance	5-5	Sr./Jr.	Camarillo, Calif. (Rio Mesa HS)
Erin Paisley	Hammer	5-10	Sr./Jr.	Salem, Ore. (North Salem HS)
Emily Ruggles	Jumps/Hurdles	5-11	Sr./Sr.	Eugene, Ore. (South Eugene HS)
Jillian Shaw	Pole Vault	5-5	Fr./Fr.	Beaverton, Ore. (Westside Christian HS)
Helena Telfer	Pole Vault	5-4	Sr./Sr.	Grand Ronde, Ore. (Willamina HS)
Amy Watson	Throws	5-10	So./So.	Aloha, Ore. (Aloha HS)
Chelsi Williamson	Jumps/Hurdles	5-8	Fr./Fr.	McMinnville, Ore. (McMinnville HS)

Head Coach: Wes Cook

Assistant Coaches: Dave Guzman, John Smith, Chad Riddle, John Mantalas, Liz Thompson, Ty Taylor, Josh Howery

George Fox University Track and Field Quick Facts

University Information

Location: Newberg, Oregon (18,280)
 Mailing Address: 414 N. Meridian St.
 Newberg, OR 97132
 Founded: 1891
 Denomination: Evangelical Friends (Quaker)
 Enrollment: 2,792
 President: H. David Brandt
 Faculty Athletics Rep: Becky Ankeny
 Switchboard Phone: 503-538-8383
 Web site: www.georgefox.edu

Athletics Information

Nickname: Bruins
 Colors: Navy Blue and Old Gold
 Affiliation (yrs): NCAA Division III (4th)
 Region: West Region
 Conference (yrs): Northwest Conference (8th)
 Director of Athletics: Craig Taylor • 503-554-2911
 Assoc. Dir. of Athletics: Pat Bailey • 503-554-2914
 Athletics Secretary: Patty Findley • 503-554-2910
 Ath. Training Ed. Dir.: Dale Isaak • 503-554-2916
 Head Athletic Trainer: Karen Hostetter • 503-554-2922
 Asst. Athletic Trainer: Byron Shenk • 503-554-2912
 Athletics Fax: 503-554-3864

Coaching Staff

Head Coach: Wes Cook (16th yr) • 503-554-2915
 Alma Mater: Northern Colorado '61
 Assistant Coaches: Dave Guzman (9th yr), Linfield '61
 Chad Riddle (5th yr), Linfield '98
 John Smith (5th yr), George Fox '96
 John Mantalas (1st yr), George Fox '00
 Liz Thompson (1st yr), George Fox '96
 Ty Taylor (1st yr), George Fox '00
 Josh Howery (2nd yr), George Fox '98

Team Information

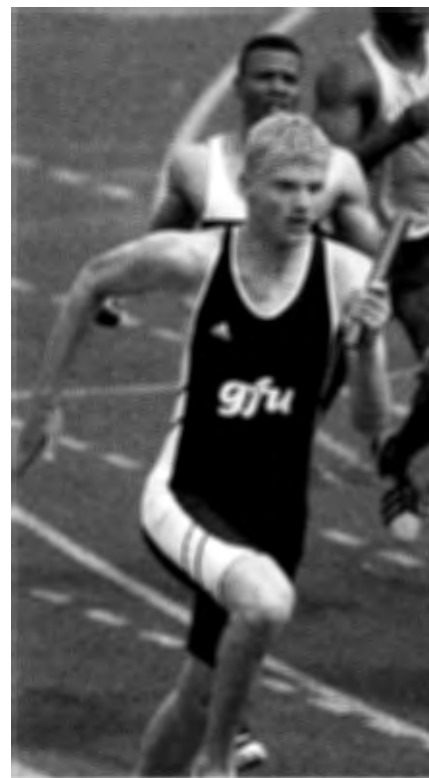
Home Field (capacity): Morse Field (100)
 Home Field: Colcord Memorial Field
 2002 NWC Results (M): 5th
 2002 NWC Results (W): 4th
 2002 NCAA Results (W): 75th (tie)
 2002 NCAA Results (M): 65th (tie)
 Letterwinners Back/Lost: Men 21/8, Women 13/13

Sports Information Office

Sports Info Director: Blair Cash • 503-554-2926
 Home Phone: 503-554-8067
 E-mail: bcash@georgefox.edu
 Student Assistant SIDs: John Felton
 Sarah Troyer, Amber Wentworth
 Sports Info Fax: 503-554-3864
 Sports Hotline: 503-554-3868
 Sports Web site: www.georgefox.edu/athletics

2002 Athletes Returning/Leaving

Key Returnees (M)	Cl., Hometown	Honors, Events
Matt Gassaway	So., Washougal, Wash.	NCAAs, All-NWC (Javelin 2nd)
Ben Salisbury	Jr., Bellingham, Wash.	NCAAs, All-NWC (200 1st, 400 3rd, 4x100 2nd)
Steve Beardsley	So., Banks, Ore.	All-NWC (4x100 2nd)
Brad Bates	So., Stayton, Ore.	All-NWC (4x100 2nd)
Key Losses (M)	Cl., Hometown	Honors, Events
Jon Robinson	Jr., Cannon Beach, Ore.	All-NWC (Long Jump 1st, 4x100 2nd)
Darin Krueger	Sr., Portland, Ore.	NWC Hammer 5th
Key Returnees (W)	Cl., Hometown	Honors, Events
Jo Boatright	So., Coos Bay, Ore.	NCAAs, NWC Athlete of the Year, All-NWC (100 1st, HJ 1st, TJ 2nd, LJ 2nd, Hept 3rd)
Kelsey Baron	Sr., Nehalem, Ore.	NCAA All-America (LJ 7th), All-NWC (LJ 1st, TJ 1st, 4x100 3rd)
Gina Coolen	So., North Bend, Ore.	All-NWC (Javelin 2nd)
Michelle Forbes	So., Jackson, Wyo.	All-NWC (4x100 3rd)
Key Losses (W)	Cl., Hometown	Honors, Events
Tori Taylor	Sr., Portland, Ore.	All-NWC (Steeplechase 2nd)
Nicole Bostic	Jr., Spokane, Wash.	All-NWC (Triple Jump 3rd)
Melissa Matthews	So., Keizer, Ore.	All-NWC (4x100 3rd)
Brooke Pitner	Jr., Vancouver, Wash.	All-NWC (4x100 3rd)



Junior Ben Salisbury

Short on Numbers

Bruins must rely on strong frontliners in '03 track season

If the George Fox University Bruins are to make any waves in the Northwest Conference men's and women's track and field seasons this spring, they will have to rely on strong performances from their frontliners, led by a quartet of athletes who participated in the 2002 NCAA National Championships. Depthwise, the numbers just aren't there.

"This is the smallest roster I've had since my 2nd year here," admits veteran coach Wes Cook, who is in his 16th season with the George Fox track and field programs. "We have quality athletes in several events, but we just don't have the numbers to compete with the top programs in the conference. We can win any number of events, but to win a team title, you need depth, and we just can't go as deep as some others."

Women's Program

Any discussion of the George Fox women's program this year has to begin with 2 of the most talented athletes ever to perform for the Bruins: **Kelsey Baron** (Sr., Nehalem, Ore.) and **Jo Boatright** (So., Coos Bay, Ore.). Baron earned NCAA Division III All-America status last spring with a 7th-place performance in the long jump, participated in the national triple jump, and won All-NWC honors with 1sts in the long jump and triple jump and a 3rd in the 4x100 relays. Boatright won the NWC Women's Athlete of the Year award with 1sts in the 100 and high jump, a 2nd in the triple jump and long jump, and a 3rd in the heptathlon. She also participated in the NCAA championships in the high jump.

Other returning Bruins who captured All-Conference honors are **Gina Coolen** (So., North Bend, Ore.), who was 2nd in the javelin and **Michelle Forbes** (So., Jackson, Wyo.), 3rd in the 4x100 relay.

"Baron and Boatright give us a 1-2 punch that may be unparalleled in the conference,"



Sophomore **Brad Bates**, All-NWC 2002 (front) and sophomore **Andrew Paine** (back) in the 4x400 relay

Another newcomer whom Cook expects to help immediately is **Chelsi Williamson** (Fr., McMinnville, Ore.) in jumps and hurdles, pointing out that "she had a good high school career, although she has been out of competition for a year due to overseas mission work."

Mona Matthews (Jr., Huntington, Ore.) and **Jessica Howard** (Sr., Portland, Ore.) are returning athletes who will have to carry the sprint load.

The throws are anchored by Coolen; **Erin Paisley** (Jr., Salem, Ore.), the school record-holder in the hammer; **Arlene Burnham** (So. Adrian, Ore.); and **Amy Watson** (So. Aloha, Ore.). Veteran **Helena Telfer** (Sr., Grand Ronde, Ore.) and rookie **Jillian Shaw** (Fr., Beaverton, Ore.) hold the Bruins' pole vault fortunes in their hands.

Men's Program

The 2002 season was an outstanding one for All-Conference performers **Ben Salisbury** (Jr., Bellingham, Wash.) and **Matt Gassaway** (So., Washougal, Wash.), who both made it to the NCAA Championships, Salisbury in the 200 and Gassaway in the javelin. Gassaway placed 9th, missing All-America honors by 1 spot. Salisbury won the NWC in the 200, placed 2nd in the 4x100 relay, and was 3rd in the 400, while Gassaway was 2nd in the javelin.

Adding depth to the distance events will be **Gloria Gomez** (So., Victorville, Calif.) and **Ashley**

Outlook

Those 2 will be counted on heavily by the Bruins, as will All-NWC sprinters **Steve Beardsley** (So., Banks, Ore.) and **Brad Bates** (So., Stayton, Ore.), who ran legs of the 2nd-place 4x100 relay team along with Salisbury. **Jesse Rasmussen** (So., Portland, Ore.), who scored in the NWC meet in the 400 2 years ago but sat out last season, is back to boost the sprint roster. **Dane Coppini** (Fr., Ferndale, Calif.) will be a valuable addition as well.

"**Michael Owen** (Jr., Anchorage, Alaska) has been running very well," notes Cook, "continuing his fine year from cross country. He will be a key for us in the distance events." The Bruins have additional experienced runners in **Matt Burg** (So., Newberg, Ore.), **Phil Garrison** (Fr., Olympia, Wash.), **Rob Gaslin** (So., Tualatin, Ore.), **Zach Smith** (East Wenatchee, Wash.), and **Kris Clifton** (So., Sutherlin, Ore.).

In the jumps, **Brett Yeager** (Jr., Oakridge, Ore.), **Bryan Wadlow** (Jr., Albany, Ore.), **Adam Puckett** (Jr., Bend, Ore.), **Reggie Davis** (So., Portland, Ore.), and **Doug Beatty** (So., Boise, Idaho) provide experience, although Puckett has battled a chronic hamstring injury during his 2 previous seasons. **Scott Burkhart** (So., The Dalles, Ore.) and **Emilo Vela** (Fr., Olympia, Wash.) will add additional depth.

Ben Eichenberger (Fr., Tualatin, Ore.) is expected to give the Bruins'

hurdles crew a boost; "he was a state placer in the intermediate hurdles last year," points out Cook. Beardsley and **Andrew Paine** (So., Walla Walla, Wash.) are returning hurdlers, with **Stephen Pratt** (Fr., Denver, Colo.) and **Casey Sullivan** (Fr., Jefferson, Ore.) also available.

The Bruins' numbers are small but competitive in the throws and pole vault. Gassaway, **Nicholas Hultberg** (Jr., Salem, Ore.) and **David Malcolm** (Jr., Talent, Ore.) provide the bulk of the throwers, although Hultberg suffered a fractured foot in the fall that is still bothering him. Vaulters include **Andy Heahlen** (So., Portland, Ore.), **Nick Wymore** (So., Carlton, Ore.), and newcomer Burkhart.



Sophomore Amy Watson, discus

Summary

"The kids have been working hard and showing consistent improvement," says Cook. "We've had a couple of injuries early on, but we should still be fairly competitive; we just don't have the depth to overcome the larger squads in the conference. I think we can reasonably expect both teams to finish somewhere in the middle of the pack."

"Having all 4 of last year's national qualifiers on hand provides a solid model for the rest of the team. It is evident daily that their enhanced focus and work ethic have been an important result of that national exposure. Hopefully, we'll have a few others who will fall in line with them."

Athletes

**Sarah Anderson**

Distance
5-4 • Junior
Canby, Oregon
Clackamas CC

**Kelsey Baron**

Jumps
5-9 • Senior
Nehalem, Oregon
Neah-Kah-Nie HS

**Jo Boatright**

Jumps/Hurdles
5-5 • Sophomore
Coos Bay, Oregon
Marshfield HS

**Arlene Burnham**

Throws
5-11 • Sophomore
Adrian, Oregon
Adrian HS

**Carmen Charleston**

Sprints/Jumps
5-8 • Junior
Bellingham, Washington
Squalicum HS

**Gina Coolen**

Throws
5-4 • Sophomore
North Bend, Oregon
North Bend HS

**Ashley Crisell**

Distance
5-6 • Sophomore
Woodburn, Oregon
Willamette Valley Christian HS

**Michelle Forbes**

Sprints
5-9 • Sophomore
Jackson, Wyoming
Jackson Hole HS

**Janelle Goeres**

Distance
5-4 • Junior
Gold Hill, Oregon
Crater HS

**Gloria Gomez**

Distance
5-6 • Sophomore
Victorville, California
Victor Valley CC

**Josey Hilton**

Sprints
5-5 • Freshman
Baker City, Oregon
Baker City HS

**Jessica Howard**

Sprints
5-8 • Senior
Portland, Oregon
Faith Bible HS

**Beth Jertberg**

Distance
5-5 • Freshman
Klamath Falls, Oregon
Henley HS

**Mona Matthews**

Sprints/Relays
5-5 • Junior
Huntington, Oregon
Oakland HS

**Beth Moyer**

Distance
5-5 • Junior
Camarillo, California
Rio Mesa HS

**Erin Paisley**

Hammer
5-10 • Junior
Salem, Oregon
North Salem HS

Athletes

**Emily Ruggles**

Jumps/Hurdles
5-11 • Senior
Eugene, Oregon
South Eugene HS

**Jillian Shaw**

Pole Vault
5-5 • Freshman
Beaverton, Oregon
Westside Christian HS

**Helena Telfer**

Pole Vault
5-4 • Senior
Grand Ronde, Oregon
Willamina HS

**Amy Watson**

Throws
5-10 • Sophomore
Aloha, Oregon
Aloha HS

**Chelsi Williamson**

Jumps/Hurdles
5-8 • Freshman
McMinnville, Oregon
McMinnville HS

**Brad Bates**

Sprints
5-8 • 150 • Sophomore
Stayton, Oregon
Stayton HS

**Steven Beardsley**

Hurdles/Sprints/Relays
6-0 • 180 • Sophomore
Banks, Oregon
Banks HS

**Doug Beatty**

Jumps
5-2 • 120 • Sophomore
Boise, Idaho
Centennial HS

**Matt Burg**

Distance
5-9 • 135 • Sophomore
Newberg, Oregon
Newberg HS

**Scott Burkhardt**

Pole Vault/Jumps
6-0 • 169 • Sophomore
The Dalles, Oregon
The Dalles HS

**Kris Clifton**

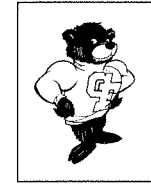
Distance
5-4 • 110 • Sophomore
Sutherlin, Oregon
Missouri Military Academy

**Greg Cobb**

Sprints
6-1 • 190 • Junior
Eugene, Oregon
Southwestern Oregon CC

**Dane Coppini**

Sprints/Relays
5-9 • 165 • Freshman
Ferndale, California
Ferndale HS

**Reggie Davis**

Jumps
5-8 • 158 • Sophomore
Portland, Oregon
Roosevelt HS

**Ben Eichenberger**

Hurdles
5-10 • 165 • Freshman
Tualatin, Oregon
Westside Christian HS

**Phil Garrison**

Distance
5-8 • 140 • Freshman
Olympia, Washington
Tumwater HS

**Rob Gaslin**

Distance
6-2 • 165 • Sophomore
Tualatin, Oregon
Tualatin HS

**Matt Gassaway**

Throws
6-3 • 220 • Sophomore
Washougal, Washington
Washougal HS

**Andy Haehlen**

Pole Vault
6-1 • 180 • Sophomore
Portland, Oregon
Portland Christian HS

**Nicholas Hultberg**

Throws
6-3 • 250 • Junior
Salem, Oregon
North Salem HS

**David Malcolm**

Throws
5-10 • 250 • Junior
Talent, Oregon
Phoenix HS

**Michael Owen**

Distance
6-0 • 166 • Junior
Anchorage, Alaska
Grace Christian HS

**Andrew Paine**

Hurdles
5-11 • 165 • Sophomore
Walla Walla, Washington
Walla Walla HS

**Stephen Pratt**

Hurdles
6-0 • 160 • Freshman
Denver, Colorado
Academy of Charter Schools

**Adam Puckett**

Jumps
6-1 • 152 • Junior
Bend, Oregon
Mountain View HS

**Jesse Rasmussen**

Sprints/Relays
5-11 • 135 • Sophomore
Portland, Oregon
Rosslyn Aca., Nairobi, Kenya

**Ben Salisbury**

Sprints/Relays
6-3 • 200 • Junior
Bellingham, Washington
Sehome HS

**Zach Smith**

Mid-Distance
6-0 • 170 • Sophomore
East Wenatchee, Washington
Eastmont HS

**Casey Sullivan**

Hurdles/Relays
6-2 • 185 • Freshman
Jefferson, Oregon
Santiam Christian HS



Junior Beth Moyer, All-NWC 2001

2002 Review

**Silas Towne**

Distance
5-10 • 150 • Junior
Springfield, Oregon
Thurston HS

**Emilio Vela**

Jumps
6-1 • 170 • Freshman
Olympia, Washington
Olympia HS

**Bryan Wadlow**

Jumps
6-4 • 195 • Junior
Albany, Oregon
West Albany HS

**Nick Wymore**

Pole Vault
5-9 • 160 • Sophomore
Carlton, Oregon
Yamhill-Carlton HS

**Brett Yeager**

High Jump
6-4 • 200 • Junior
Oakridge, Oregon
Oakridge HS

Youth is Served

Bruin underclassmen led the way with top honors during 2002 season

Freshman Jo Boatright of Coos Bay, Ore., was named Northwest Conference Women's Athlete of the Year, junior Kelsey Baron of Nehalem, Ore., earned All-America honors in the women's long jump, and freshman Matt Gassaway of Washougal, Wash., missed All-America by one place in the NCAA Division III National Championships, highlighting another fine season for the George Fox track and field teams.

Boatright captured NWC championships in the 100 and the high jump, was 2nd in the triple jump and long jump, and was 3rd in the heptathlon, earning All-Conference honors in each event. She was an NCAA competitor in the 100 hurdles and the high jump.

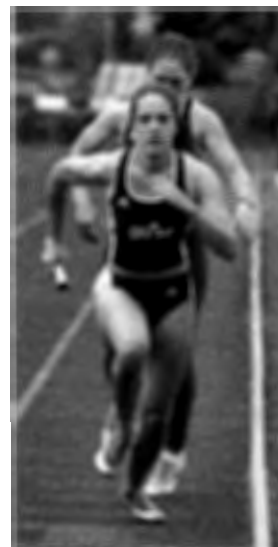
Baron was the NWC winner in the long jump and the triple jump and placed 3rd in the 4x100 relays, earning All-Conference in those events. She set Bruin records in the long jump (18-06) and triple jump (39-01). In the NCAAs, she long jumped 18-05.75 to finish 7th for All-America honors, and also competed in the triple jump. For her classroom work, she was named to the Verizon Academic All-District VIII (West Region) Team.

Gassaway tossed the javelin 193-07 in the NCAAs to finish 9th, one spot short of All-America status. He was an All-NWC performer in the javelin with a 2nd-place finish. Sophomore Ben Salisbury of Bellingham, Wash., who won the NWC 200 meter dash, competed in it in the NCAAs, and also was All-NWC in the 400 and the 4x100 relay.

Other Bruin women who were All-Conference included senior Tori Taylor of Portland, Ore., in the steeplechase, freshman Gina Coolen of North Bend, Ore., in the javelin, sophomore Nicole Bostic of Spokane, Wash., in the triple jump, and freshman Michelle Forbes of Jackson, Wyo., freshman Melissa Matthews of Keizer, Ore., and sophomore Brooke Pitner of Vancouver, Wash., in the 4x100 relay.

All-Conference Bruin men were sophomore Jon Robinson of Cannon Beach, Ore., in the long jump, which he won, and the 4x100 relay, and freshman Steve Beardsley of Banks, Ore., and freshman Brad Bates of Stayton, Ore., in the 4x100 relay. Taylor set a new Bruin record in the steeplechase (11:24.31) and sophomore Erin Paisley of Salem, Ore., tossed the hammer a record 141-09.

As a team, the Bruin women placed 4th and the men 5th in the NWC Championships. Coach Wes Cook completed his 15th season as the Bruins' track and field mentor.



Senior Jessica Howard

Coaches

Head Coach**Wes Cook**

In his first 12 years as head coach of the George Fox University men's and women's cross country and track and field teams, Wes Cook turned the Bruins' name into a nationally recognized power in the National Association of Intercollegiate Athletics (NAIA). The Bruins have not achieved quite the same level of recognition in their first 3 years as full-time members of the National Collegiate Athletic Association (NCAA), but as Cook enters his 16th season at George Fox, it should not be long before the Bruins are once again among the nation's elite.

All 4 programs under Cook's leadership regularly participated in NAIA national meets and often finished among the top 15 teams in the nation. In 1992, following the men's 5th-place and women's 2nd-place finishes at the national meet, Cross Country Express magazine declared his cross country program best in the nation at the NAIA level. In George Fox's final year in the National Christian College Athletic Association (NCCAA), his women's cross country team won the 1988 national title with a record low score of 19.

Cook was named National Coach of the Year in women's cross country by the NCCAA in 1988 and the NAIA in 1992. In the West Coast region (NAIA Area I), he won Coach of the Year honors for men's cross country in 1990 and 1992. At the district and conference level, he has been named Coach of the Year 12 times, at least once in each sport he coaches, including Northwest Conference Women's Coach of the Year in track and field for guiding the team to the 2000 conference championship. In 1992-93, he was named NAIA District 2



Coach of the Year for all women's sports.

Cook also was involved with the NAIA for several years as a national rater and served on the NAIA women's track and field games committee.

Cook's athletes won 80 NAIA All-America awards and 53 NAIA All-America Scholar-Athlete awards. In 1995, George Fox was the only school to put both men's and women's teams in the top 5 of the NAIA cross country national meet team scholastic competition. In the Bruins' 3 years in the NCAA, 3 athletes have earned All-America honors, while 5 cross country runners and 8 track and field athletes have been named Academic All-Americans. The 2000 women's track team had the 2nd-highest cumulative GPA (3.56) in the country and the men were 3rd (3.25), and the 2001 women's track team finished with the highest national GPA (3.95).

A Nebraska native, Cook rose to the rank of Eagle in the Boy Scouts of

America before becoming a 4-time conference track scorer at the University of Northern Colorado. He set the UNC record in the 800 meters and helped the mile relay team to 4 consecutive conference titles. He was the national winner of the Holmes Award, given to the most outstanding senior in Alpha Kappa Lambda, a national collegiate fraternity. In 1961, he graduated from UNC with a degree in physical education and history, and earned a master of arts in teaching at Lewis & Clark College in 1975.

Cook served 26 years as a head coach at 5 high schools in 3 states. In 15 years at Gladstone (Ore.) High School, his track and cross country teams finished as state champion or runner-up 10 times. His boys cross country team went undefeated for 51 straight dual meets, and he was named Oregon 2A (now 3A) High School Coach of the Year for all sports 3 times. In 1983, his son Toby set the Oregon 3A state record in the 1,500-meter race.

A member of the U.S. Track Coaches Association, Cook has served as president of the Oregon Track and Cross Country Coaches Association and the Oregon Association of the Athletics Congress (now U.S. Track and Field). Active in Fellowship of Christian Athletes and summer track and basketball camps, he has led 4 international tour teams and traveled to 15 countries. A frequent speaker at national clinics and seminars, he has also authored articles in various state and national publications.

Cook is associate professor of health and human performance at George Fox, and has 3 adult children: Tammy, Toby, and Brad.

Coaches

Dave Guzman*Assistant Coach*

Dave Guzman enters his 9th year with the George Fox track and field program, with primary responsibilities for the sprints and relay teams.

Guzman came to the Bruins in 1994 after a dozen years guiding Salem Academy's sprinters to state prominence. In the 8 seasons prior to his joining the George Fox staff, 30 of his relay teams qualified for the Oregon Class 2A state meet, 29 scored points, and 17 took state titles. Six athletes won individual state titles.

In 8 seasons at George Fox, Guzman has coached 11 relay teams to NAIA national meets, 5 of them scoring points with top-8 finishes.

Guzman has 24 years of track and field coaching experience, including 3 years as co-founder and president of the Santiam Striders Track Club. A graduate of Linfield College, he also owns an insurance business in Salem. He and his wife, Judy, live in Keizer, Ore., and have 4 children.

Chad Riddle*Assistant Coach*

Chad Riddle begins his 4th year as a full-time assistant coach at George Fox after serving as a volunteer assistant in 1999, with primary

responsibilities for the athletes who compete in the various throwing events.

A 2-time national qualifier for Linfield College in the hammer at the NAIA national track meet, Riddle has a personal best of 177-8. He also threw the discus 153-4 and the shot put 48-10. He earned a bachelor's degree in exercise science in 1998.

Riddle, a graduate of Molalla (Ore.) High School, works for 24-Hour Fitness in Beaverton as a personal trainer. His wife, Jenny (Bonnell), is a graduate of George Fox. They live in Newberg.

John Smith*Assistant Coach*

Now in his 5th year of coaching at George Fox, John Smith is one of the top decathletes in the country, with a No. 34 ranking after scoring a

personal-record 7,311 in 1997. Smith competes for Oregon International, and won the University of Oregon Invitational decathlon and took second at the Rocky Mountain Invitational-Decathlon.

Smith, a 1996 graduate of George Fox, twice won NAIA All-American titles in the decathlon. He holds top-10 marks in 8 events at George Fox, including 2nd-best in the pole vault.

A graduate of North Bend (Ore.) High School, where he earned all-state honors and set a school record in the triple jump, he earned a bachelor's degree in health and human performance (fitness management emphasis). He has been an assistant track coach at Cascade College and a personal trainer at Gold's Gym. He currently is a special education assistant for Newberg Public Schools and is pursuing a master of arts degree in teaching from George Fox. He and

his wife, former track and cross country All-American Dawn Hartwig, live in Newberg.

John Mantalas*Assistant Coach*

Former George Fox University All-Conference runner John Mantalas returns to his alma mater this year to serve as an assistant coach for both the cross

country and track and field programs.

Mantalas, who hails from Gladstone, Ore., was a 2-time All-Northwest Conference performer in the 800 meter run, finishing 2nd in his sophomore year and 3rd in his junior season. As a senior, he earned Second Team All-Conference honors in cross country with an 11th-place finish. He twice qualified for the NCAA National Championships in the 4x800 meter relays, and placed 96th at the NCAA National Cross Country Championships in 1998.

Mantalas earned a bachelor's degree in fitness management in 2000 and an M.A.T. in secondary health and physical education in 2001. He currently serves as a substitute teacher for school systems in Newberg, Sherwood, Tualatin, and Tigard, Ore.

Liz Thompson*Assistant Coach*

A two-time NAIA All-American for the George Fox Bruins, Liz (Stephens) Thompson brings her knowledge and experience

back to her alma mater this year as an assistant coach for the Bruin track and field programs.

A native of Bellevue, Wash., and a graduate of Newport High, Thompson competed for the Bruins in both track and basketball from 1992-96. In track, she finished 4th in both the 400 hurdles and the 4x400 relay in the NAIA National Championships during her senior season. In the Bruin record book, she ranks 1st in the 400 meter low hurdles (61.29) and the 4x400 relays (3:46.06), 2nd in the heptathlon and the 100 hurdles, 3rd in the 800, and 7th in the 400.

Thompson ranks in the basketball top 10 in several statistical categories, including 6th in scoring (1,197 points), 7th in rebounds (566), 8th in blocks (68), and 6th in field goal pct. (.456).

After graduating from George Fox with a business degree in 1996, Thompson served as an assistant in current head coach Scott Rueck's first year in '96-97. She was head basketball coach and an assistant coach in track at Interlake High School in Bellevue 1998-2000.

Thompson married former George Fox baseball player and current assistant baseball coach Mike Thompson in April of 2000 and the couple moved back to Oregon, where she took a job with the Portland Fire Department. The Thompsons live in Dayton, Ore., where they delight in Josie, their pet weimaraner.

Ty Taylor*Assistant Coach*

Ty Taylor, a George Fox thrower from 1996-2000, begins his 1st year as an assistant coach with the Bruins' track and field program this spring.

Specializing in the javelin, Taylor posted the 3rd-best throw in Bruin history with a distance of 196-01 in 1998 while a sophomore. He stands 2nd all-time in the javelin for the sophomore and senior classes.

A native of Portland, Ore., and Wilson High, Taylor comes from an athletic family. His father Ray played football at Linfield, younger brother Tevin ran track for George Fox, and younger sister Tori also played soccer and ran track for the Bruins.

Taylor graduated from George Fox in 1998 with a degree in mathematics.

Josh Howery*Assistant Coach*

Josh Howery, a volunteer assistant for the Bruins in 2000, returns to the track and field program at George Fox as an assistant coach this year.

Howery was an outstanding sprinter for the Bruins 1995-98, earning All-American status at the 1996 NAIA National Championships as a part of the 4x400m relay team that finished 5th. The team's time of 3:13.05 was new school record at the time and is still the 2nd-best ever.

A native of Coeur d'Alene, Idaho, Howery graduated from George Fox in 1998 with a bachelor's degree in biblical studies, and currently serves as a Portland police officer. He recently married George Fox alum Sherilyn Gerig.

Records

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

Hammer			
141-9	Erin Paisley	SO	2002
139-11	Sarah Zempel	FR	2001
115-0	Erin Simon	FR	2000
109-8	Lindsay Walker	FR	1999
107-1	Leah Johanson	SR	1996
100-5	Marian Stevens	FR	1999
98-7	Jenny Bonnell	FR	1997
97-11.5	Jennifer Adams	FR	1998
96-3	Arlene Burnham	FR	2002
94-5	Trisha Rathka	FR	1998

1,500m Racewalk			
8:38.14	Liz Evon	SO	1994
9:30.34	Liz Hunt	FR	1994
9:39.54	Jennifer Knutson	FR	1994

3,000m Racewalk			
16:50.00	Kristin Thomas	JR	1993
17:42.64	Liz Evon	FR	1993
19:13.74	Debbie Oriesner	JR	1982

Men's Colcord Field Records

100m	10.82	Micheal Chapin	Western Oregon	4/17/99
200m	21.64	Ryan Chaney	George Fox	4/13/96
400m	47.89	Ryan Chaney	George Fox	2/22/97
800m	1:52.45	Jon Swanson	Unattached	4/26/97
1,500m	3:50.5	Wes Tilgner	Western Oregon	4/04/87
3,000m	8:33.6	Sean Messiter	Nike	3/31/90
5,000m	14:33.3	Don Stearns	Eastern Oregon	5/09/81
10,000m	30:25.3	Don Stearns	Eastern Oregon	4/08/81
5,000 Racewalk	21:51.2	Vance Godfrey	George Fox	4/13/91
10,000 Racewalk	43:47.5	Vance Godfrey	Athletes in Action	4/02/94
20,000 Racewalk	1:28:32.3	Vance Godfrey	Athletes in Action	4/02/94
110m HH	13.7	Adolphus Onua	George Fox	4/13/85
400m IH	52.70	David Parker	George Fox	4/17/99
3,000 Steeple	9:13.4	Brandon Workman	George Fox	5/05/00
2,000 Steeple	5:50.08	Todd Davis	Portland	3/06/99
H. Jump	6-11.25	Tim Hagen	George Fox	4/14/90
Pole Vault	16-0	Curt Heywood	Unattached	2/24/96
		Greg Jordan	Linfield	2/24/96
Lg. Jump	23-6.75	Gareth Pooleon	Willamette	5/09/87
Tr. Jump	50-8	Jim McCann	Oregon International	2/21/98

Shot Put	62-1.25	Ian Waltz	Unattached	6/07/01
Discus	206-11	Jason Tunks	Unattached	5/29/01
Hammer	220-3	Travis Nutter	Unattached	6/15/00
Javelin	220-2	Justin St. Clair	Unattached	6/07/01
4x100	41.34	Portland State		3/06/99
4x400	3:17.03	Edinger, Haley, Parker, Chaney	George Fox	4/26/97
4x800	7:55.5	Mantalas, Autrey, Nichols, Edinger	George Fox	4/18/98
Decathlon	6,368	Ross Kennedy	Southern Oregon	4/17-18/95

Women's Colcord Field Records

100m	12.33	Melody Sherman	Linfield	5/06/00
200m	25.06	Melody Sherman	Linfield	5/06/00
400m	56.68	Amber Larsen	Linfield	5/06/00
800m	2:09.48	Beth Fitzgerald	Willamette	4/17/99
1,500m	4:28.00	Claire Taylor	Unattached	4/17/99
3,000m	9:29.84	Annette Peters	Nike	4/26/96
5,000m	17:34.34	Jill Jamison Beals	George Fox	4/01/89
10,000m	37:41.34	Molly Ostlund	U. Portland	5/10/85
100 H	14.56	Maile Barrett	Lewis & Clark	5/06/00
400 H	1:02.04	Liz Stephens	George Fox	4/13/96
4x100	48.13	Grimes, Andrade, Metzger, Lukenbill	Pacific Lutheran	4/08/95
4x400	3:53.44	Larson, Warnecke, Sherman, Baker	Linfield	4/25/98
4x800	9:29.9	Rissmiller, Butler, McElwain, Peterson	George Fox	4/18/98
H. Jump	5-8.75	Nancy Rissmiller	George Fox	4/18/98
Lg. Jump	18-08.25	Linnea Jarvits	Seattle Pacific	2/21/98
Tr. Jump	38-07.75	Kelsey Baron	George Fox	4/13/02
Shot Put	45-1.5	Carrie Pietig	Willamette	3/31/90
Discus	148-10	Mari Ruiz	Whitman	5/06/00
Javelin	161-3	Sarah Malone	Unattached	2/20/99
Hammer	193-0	Kyomi Parris	Unattached	6/10/99
Pole Vault	12-0.5	Heather Hunt	George Fox	5/05/00
Heptathlon	4,818	Jill Carrier	Southern Oregon	4/17-18/95

Men's Track and Field Class Records

	Seniors	Juniors	Sophomores	Freshmen
100m	10.43 Gregg Griffin '79	10.25w Gregg Griffin '78	10.58 Gregg Griffin '77	10.84 Gregg Griffin '76
200m	21.31 Ryan Chaney '97	21.48 Ryan Chaney '96	21.62 Ben Salisbury '02	21.64 Gregg Griffin '76
400m	45.98 Ryan Chaney '97	46.58 Ryan Chaney '96	47.14 Ryan Chaney '95	47.63 Ryan Chaney '94
800m	1:50.00 Todd Bos '91	1:53.45 Todd Bos '90	1:52.94 Wendell Otto '79	1:52.82 Jonathan Morse '91
1,500m	3:50.97 Steve Stuart '80	3:51.44 Jonathan Morse '93	3:46.25 Jonathan Morse '92	3:50.54 Jonathan Morse '91
3,000m	8:39.14 Steve Blikstad '79	8:25.34 Jonathan Morse '93	8:33.74 Steve Blikstad '77	8:45.14 Steve Stuart '77
5,000m	14:22.64 Steve Blikstad '79	14:31.17 Jonathan Morse '93	14:28.44 Jonathan Morse '92	14:53.54 Jerred Gildehaus '85
10,000m	30:42.74 Mark Mohnen '91	30:58.44 Dave Molstad '78	30:46.84 Jon Wright '91	32:09.71 Jim Brewer '93
110 Hurdles	14.28 Adolphus Onua '87	13.94 Adolphus Onua '85	14.84 Rick Frisk '81	14.84 Mark Reynolds '78 14.84 Scott Cummins '87
400 Hurdles	52.34 Chad Neeley '78	53.25 David Parker '98	52.30 David Parker '97	53.43 David Parker '96
Steeplechase	8:50.04 Steve Blikstad '79	9:03.88 Erik Gibson '95	8:50.16 Steve Blikstad '77	9:13.51 Erik Gibson '92
Marathon	2:27:27 Curt Ankeny '74	2:25:19 Curt Ankeny '72	2:30:51 Curt Ankeny '73	2:30:28 Curt Ankeny '71
High Jump	7-0.5 Tim Hagen '90	6-10.75 Tim Hagen '89	6-10.75 Tim Hagen '88	6-10.25 Aaron Young '92
Long Jump	23-9 Amadu Koroma '78	22-10.5 Andrew Stave '97	23-7.25 Rob Rising '93	23-5.25 Shane Covelli '90
Triple Jump	48-7.5 Aaron Young '96	48-5.5 Mark Halland '72	47-7 Aaron Young '93	47-10.5 Aaron Young '92
Pole Vault	15-8 Dave McDonald '71	15-7 John Smith '95	15-8 Dave McDonald '69	15-0 John Smith '93
Shot Put	54-10 Bob Hadlock '69	55-3 Bob Hadlock '68	53-9 Bob Hadlock '67	52-1.5 Bob Hadlock '66
Discus	168-6 Charlie Keeran '80	155-6 Jonathan Huwe '93	158-5 Jonathan Huwe '92	148-11 Mike Watts '83
Javelin	192-2 Jon Roberts '00	186-0 Kyle Dixon '02	204-10 David Nickell '88	202-7 Matt Gassaway '02
Hammer	170-3 Allan Morrow '79	159-0 Steve Curtis '81	156-11 Steve Curtis '79	144-9 Geoff Kirkendall '01
Decathlon	6,451 Keith Wigley '86	7,138 John Smith '95	6,800 David Parker '97	6,176 David Parker '96
5,000 Walk	21:51.2 Vance Godfrey '91	22:23.5 David Thomas '93	23:43.2 David Thomas '91	24:47.1 David Thomas '90
10,000 Walk	45:40.5 Vance Godfrey '91	47:10.24 David Thomas '92	49:10.6 Vance Godfrey '89	51:13.3 David Thomas '90
1,500 Walk	6:07.0 Vance Godfrey '90			
3,000 Walk	12:42.1 Vance Godfrey '91			



Darin Krueger, NWC Hammer 5th, 2002

Records

Women's Track and Field Class Records

	Seniors	Juniors	Sophomores	Freshmen
100m	12.70 Kristin Chaney '98	12.34 Janet Johnson '65	12.25 Jacque Davis '81	12.05 Jackie Jackson '81
200m	26.39 Kristin Chaney '98	25.64 Janet Johnson '65	26.02 Kelly Scrutton '95	24.84 Joyce Yates '79
400m	57.51 Heidi Haley '97	58.23 Ginean Lewis '92	57.70 Kristin Oelrich '96	56.22 Shavon Davis '80
800m	2:14.12 Jamie McElrain '01	2:13.44 Debbie Kintrea '92	2:14.54 Debbie Kintrea '90	2:19.12 Nancy Rissmiller '95
1,500m	4:41.28 Dawn Hartwig '96	4:36.24 Juli Cyrus '93	4:38.78 Juli Cyrus '92	4:40.92 Jill Jamison '89
3,000m	9:59.39 Jill (Jamison) Beals '92	9:46.42 Juli Cyrus '93	9:46.30 Juli Cyrus '92	9:54.24 Jill Jamison '89
5,000m	16:45.75 Jill (Jamison) Beals '92	16:53.39 Jill (Jamison) Beals '91	17:06.64 Juli Cyrus '92	17:12.42 Jill Jamison '89
10,000m	34:25.74 Jill (Jamison) Beals '92	35:13.54 Jill (Jamison) Beals '91	36:21.04 Jill Jamison '90	36:08.71 Jill Jamison '89
High Hurdles	14.63 Sharon Barnett '00	14.57 Sharon Barnett '99	14.73 Sharon Barnett '98	14.68 Sharon Barnett '97
Low Hurdles	61.29 Liz Stephens '96	63.11 Liz Stephens '95	63.07 Liz Stephens '94	64.02 Megan Heuberger '00
Steeplechase	11:24.31 Tori Taylor '02	11:40.14 Tori Taylor '01	11:39.25 Tori Taylor '00	12:20.56 Beth Moyer '01
Heptathlon	4,556 Marlyss Stenberg '93	4,318 Marlyss Stenberg '92	4,179 Marlyss Stenberg '91	4,165 Jo Boatright '02
Pole Vault	12-5.5 Heather Hunt '01	12-1.5 Heather Hunt '00	11-6 Heather Hunt '99	11-9.75 Heather Hunt '98
High Jump	5-8.75 Nancy Rissmiller '98	5-9 Nancy Rissmiller '97	5-9.75 Nancy Rissmiller '96	5-10 Nancy Rissmiller '95
Long Jump	17-11 Marlyss Stenberg '93	18-6 Kelsey Baron '02	18-3 Kelsey Baron '01	18-2.25 Jo Boatright '02
Triple Jump	37-8 Jocelyn Kennedy '00	39-1.75 Kelsey Baron '02	37-8.5 Kelsey Baron '01	37-4.5 Jo Boatright '02
Shot Put	38-10 Paula Wittenburg '86	39-10.5 Paula Wittenburg '85	42-1 Karen Gurske '82	43-4.25 Sarah Zempel '01
Discus	151-1 Paula Wittenburg '86	145-3 Paula Wittenburg '85	146-9 Paula Wittenburg '84	139-5 Sarah Zempel '01
Javelin	155-0 Denise Fox '89	156-11 Becci Harper '96	142-9 Leah Johanson '94	154-10 Sue Banta '77
Hammer	107-1 Leah Johanson '96	76-10 Becci Harper '96	141-9 Erin Paisely '02	139-11 Sarah Zempel '01
20# Weight				35-10.75 Sarah Zempel '01
1,500 Walk		8:37.9 Liz Evon '94	8:59.2 Liz Evon '93	
3,000 Walk	19:13.5 Debbie Driesner '82	16:50.0 Kristin Thomas '93	17:42.64 Liz Evon '92	



George Fox University Bruin Athletics



Intercollegiate athletics are an important part of George Fox University, home to one of the Northwest's most successful small-college sports programs. Winning programs, of course, are accompanied by a proper balance between academics and athletics. Accordingly, George Fox teams are members of the Northwest Conference and compete in Division III of the National Collegiate Athletic Association, in which need and academic ability, not athleticism, determine scholarships and financial aid.

At George Fox University, student-athletes compete for conference and national titles at a Christ-centered university where professors and

coaches help them grow in mind, body, and spirit. Intercollegiate athletics competition provides for practical application of what is learned in the classroom and at practice. At George Fox, the values of athletics are integrated with the goals of Christian higher education in a process that includes

- Physical conditioning
- Managing emotions
- Courage
- Teamwork
- Cooperation
- Graciousness in winning and losing

The university fields teams in 13 varsity sports, 7 for women (volleyball, soccer, cross country, basketball, softball, tennis, and track

and field) and 6 for men (soccer, cross country, basketball, baseball, tennis, and track and field). More than 15 percent of George Fox's traditional undergraduate students participate in these sports. Their records over the years serve as shining testimonies to the administration's conviction that an institution can play for the glory of God, follow the rules and ethics of its governing organizations, and be successful on the fields and courts of competition at the same time. Consider the growing legacy:

- George Fox has earned district or conference titles 15 times in 8 different sports during the last decade.
- George Fox athletes have earned more than 300 All-America and All-America Scholar-Athlete honors.
- Seven of the 11 coaches on staff have been named Coach of the Year at various levels a total of 35 times.
- George Fox coaches have held their positions for an average of almost 9 years, and together have accumulated more than 1,300 collegiate wins.

For more information about intercollegiate athletics at George Fox University, one of the premier places to play at the Division III level, contact the Department of Athletics at 503-554-2910, or via the Internet at www.georgefox.edu/athletics.

The 2003 George Fox University Track and Field Media Guide was produced by the Office of Sports Information in the Department of Marketing and Communications, Rick Johnsen, executive director. Writer and Editor: Blair Cash, sports information director. Writing assistants: Sports information student assistants John Felton, Sarah Troyer, Amber Wentworth. Proofreading: Connie Ganz. Design and Layout: Colin Miller, Rebecca Wages. Photography: Anita Cirulis, Kirk Hirota. Printing: Lynx Communication Group Inc., Salem, Ore.

2003 Track and Field

March

1 Sat.	Linfield Icebreaker	McMinnville, Ore.	9:00 a.m.
8 Sat.	NWC 4-Way (Linfield, Pacific, UPS)	Newberg, Ore.	10:00 a.m.
15 Sat.	NWC "South" Meet	Newberg, Ore.	10:00 a.m.
24 Mon.	Claremont D-III Challenge	Claremont, Calif.	3:30 p.m.
29 Sat.	Hornet Invitational	Sacramento, Calif.	TBA

April

5 Sat.	Willamette Invitational	Salem, Ore.	11:00 a.m.
11 Fri.	GFU Distance Carnival	Newberg, Ore.	5:00 p.m.
12 Sat.	GFU All-Comers Meet	Newberg, Ore.	10:00 a.m.
14-15 Mon.-Tue.	NWC Combined Events (at University of Puget Sound)	Tacoma, Wash.	9:00 a.m.
19 Sat.	NWC 3-Way (Linfield, Lewis & Clark)	McMinnville, Ore.	10:00 a.m.
25-26 Fri.-Sat.	NWC Championships (at Pacific Lutheran University)	Tacoma, Wash.	TBA

May

3 Sat.	Linfield Invitational	McMinnville, Ore.	1:00 p.m.
10 Sat.	Seattle Pacific Invitational (at University of Washington)	Seattle, Wash.	9:00 a.m.
17 Sat.	Willamette Last Chance	Salem, Ore.	TBA
22-24 Thu.-Sat.	NCAA D-III National Championships (at St. Lawrence University)	Canton, N.Y.	TBA

Home events in **bold type**

All home events at Colcord Memorial Field. All times Pacific and subject to change.

Athletics Department 503-554-2910 / Sports Information 503-554-2926 / Sports Hotline 503-554-3860

Athletics Web site: www.georgefox.edu