

2005

2005 Press Release

George Fox University Archives

Follow this and additional works at: https://digitalcommons.georgefox.edu/athletics_mentrack

Recommended Citation

George Fox University Archives, "2005 Press Release" (2005). *Men's Track and Field*. 17.
https://digitalcommons.georgefox.edu/athletics_mentrack/17

This Press Release is brought to you for free and open access by the George Fox University Athletics at Digital Commons @ George Fox University. It has been accepted for inclusion in Men's Track and Field by an authorized administrator of Digital Commons @ George Fox University. For more information, please contact arolfe@georgefox.edu.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, April 16, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

4/16 – GFU TUNE-UP OPEN: Bruins Win Both Women's Relays, Pios' Swan Wins Twice at Tune-Up Open

NEWBERG, Ore. – Jody Swan of Lewis & Clark College was the only athlete to win two individual events, host George Fox University won both women's relays, and two NCAA Division III provisional marks were met in the GFU Tune-Up Open track and field meet Saturday here at Colcord Memorial Field.

The Pioneers' Swan captured the women's 100 and 200 meter dashes, the former with a time of 12.78 and the later in 26.58. George Fox's Bruins won the 4x100 with Melissa Noyd, Melissa Marek-Farris, Kelly Bladorn, and Katie Alaimo in 51.82, and the 4x400 with Noyd, Anna McLain, Jessica Beach, and Rachel Giffey-Brohaugh in 4:08.72.

Seth Harris of George Fox met the NCAA provisional mark in the 400 meter hurdles with a winning time of 53.71, although he has a better time of 53.53 earlier in the season. DeeDee Arnall of Pacific University topped the NCAA provisional standard for the javelin with a meet-best 130-07.

While no other athletes had two firsts, several had firsts and seconds. In women's events, Kate Ross of Lewis & Clark won the long jump (17-04) while finishing second in the 400 (1:03.96); Nini Callan of Western Oregon won the triple jump (35-06.5) with a second in the 100 hurdles (15.34); and Danielle Bielenberg of Linfield won the discus (126-04) and was runner-up in the shot put (40-01.5). For the men, Jeremy Parker of Western Oregon won the triple jump (42-10.25) while finishing second in the 100 hurdles (17.81) and the high jump (6-02.75); and Chris Miles of Linfield won the discus (148-01) and was runner-up in the shot put (45-06.26) and the hammer (147-10).

For George Fox, other winners were Anna McLain in the women's 400 (1:01.84), GFU assistant coach Liz Thompson over current Bruin Rachel Giffey-Brohaugh in the women's 800 (2:18.73 to 2:19.12), Josh Priester in the men's 400 (50.77), and Ben Dillow in the men's long jump (21-02). Bruin seconds went to Michelle Forbes in the women's 100 (13.04), Whitney Kolb in the women's long jump (16-04.5), Brad Bates in the men's 800 (1:55.32), the men's 4x400 relay team of Andrew Paine, Bryan Cobb, Ben Dort, and David Mathiang (3:33.57), Travis Laloli in the men's pole vault (12-11.5), and Doug Beatty in the men's long jump (20-09.25) and triple jump (41-05.75).

The Tune-Up was indeed a "tune-up" for the Bruins' next event, the Northwest Conference Championships Friday-Saturday, Apr. 22-23, at Linfield in McMinnville, Ore.

Complete results of the George Fox Tune-Up Open are available on the George Fox track web site at www.georgefox.edu/athletics/track/2005/results/0416.html. The results are also attached as .html and AP-style attachments

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Tuesday, April 12, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

4/12 – NWC MULTI-EVENTS: Forbes Finishes 2nd in NWC Heptathlon but Dillow Injured in Decathlon

TACOMA, Wash. – Michelle Forbes of George Fox University finished 2nd in the women's heptathlon held Monday and Tuesday here at Pacific Lutheran University, but the Bruins' Ben Dillow, who led the men's decathlon after the first day, was injured in Tuesday's 110 meter hurdles and had to withdraw.

Brooke Barker of Pacific University won the heptathlon title while Pacific Lutheran's Erik Jensen claimed the decathlon. The six decathlon finishers and the top eight finishers in the heptathlon earned points for their respective teams at the Northwest Conference Championships, scheduled for Apr. 22-23 at Linfield College in McMinnville, Ore.

Barker scored 1,790 points in Tuesday's events - the long jump, javelin and 800 meter run - to jump from 3rd place and win the heptathlon with 4,320 total points. Forbes, who was also 2nd after the first day, ended the meet with 4,140 points. Sarah Marken of Whitworth College came in 3rd with 4,122, while first-day leader Shannon McGrane of Willamette University finished 4th with 4,116. All four surpassed the NCAA provisional qualifying standard of 4,100.

On Monday, Forbes finished 6th in the 100 meter hurdles (16.94), 1st in the high jump (5-5.25), 7th in the shot put (28-11.75), and 2nd in the 200 meter dash (27.04). On Tuesday, she was 2nd in the long jump (16-2.5), 6th in the javelin (88-6), and 10th in the 800 meter run (2:37.01), setting personal bests in the javelin and 800.

The Bruins' JulieKay Brown placed 9th in the 100 meter hurdles (17.64) and 2nd in the high jump (5-1, a season's best) on Monday, but had to withdraw after injuring a knee. Her status for further competition is still to be determined.

Jensen scored 6,022 points to win the decathlon title by 80 points over K.C. Gillespie of Willamette, who accumulated 5,942 points. Jensen, who was in 3rd place after Monday's events, garnered 2,920 in Tuesday's events en route to the title, and was the only athlete to meet the NCAA provisional qualifying mark of 6,000 points. Andrew Gohl of Linfield placed 3rd with 5,555 points and Mark Rice of Willamette finished 4th with 5,309.

Dillow, the runner-up at last year's NWC Multi-Event Championships, scored 3,384 points in the first five decathlon events on Monday, but hit a hurdle in Tuesday's first event and wound up with a quick hospital visit. According to a teammate, no broken bones were revealed, only some bruising and swelling, but when he can return to competition is something that is yet to be determined. In Monday's events, he placed 2nd in the 100 meter dash (11.34), 3rd in the long jump (20-6.5), 3rd in the shot put (36-2.25), and won the high jump (6-1.5) and the 400 meter dash (52.14). He set personal records in the 100 and the long jump. He did complete the hurdles race and won it with a time of 15.44.

Josh Priester also entered the competition for the Bruins but did not participate in all the events due to an elbow injury. He finished in a tie for 4th in the 100 (11.74) and did not mark in the long jump. Both Dillow and Priester have already automatically qualified for the decathlon in the NCAA National Championships, Dillow with 6,992 points and Priester with 6,690 points in the Cal State-Northridge Spring Break Open on Mar. 16-17.

Complete results of the Northwest Conference Multi-Events are available on the George Fox track web site at www.georgefox.edu/athletics/track/2005/results/0412.html.

Next up for the George Fox track and field athletes is a home meet, the Bruin Open, at Colcord Field in Newberg on Saturday, Apr. 16, starting at 10:30 a.m.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Monday, April 11, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

4/11 – NWC MULTI-EVENTS: Dillow Decathlon Leader, Forbes 2nd in Heptathlon after Day One

TACOMA, Wash. - Ben Dillow of George Fox University is the points leader in the men's decathlon while the Bruins' Michelle Forbes is second in the women's heptathlon following the first day of competition at the Northwest Conference Multi-Event Championships being held here Monday and Tuesday at Pacific Lutheran University.

Dillow, the runner-up at last year's NWC Multi-Event Championships, scored 3,384 points in the first five decathlon events. He was 2nd in the 100 meter dash (11.34), 3rd in the long jump (20-6.5), 3rd in the shot put (36-2.25), and won the high jump (6-1.5) and the 400 meter dash (52.14). He set personal records in the 100 and the long jump. K.C. Gillespie of Willamette University is in second place with 3,322 points.

Josh Priester also entered the competition for the Bruins, but due to an elbow injury, did not plan to participate in all the events. He finished in a tie for 4th in the 100 (11.74) and did not mark in the long jump. Both Dillow and Priester have already automatically qualified for the decathlon in the NCAA National Championships, Dillow with 6,992 points and Priester with 6,690 points in the Cal State-Northridge Spring Break Open on Mar. 16-17.

Shannon McGrane of Willamette scored 2,576 points in the first four events of the heptathlon to hold the first day's lead in the women's competition. Forbes is just six points behind with 2,570 points after finishing 6th in the 100 meter hurdles (16.94), 1st in the high jump (5-5.25), 7th in the shot put (28-11.75), and 2nd in the 200 meter dash (27.04).

The Bruins' JulieKay Brown placed 9th in the 100 meter hurdles (17.64) and 2nd in the high jump (5-1, a season's best), but had to withdraw after injuring a knee.

The athletes battled adverse weather conditions which included brisk winds and two rain and hail storms during Monday's events.

The meet concludes on Tuesday with events starting at 9 a.m. The heptathlon events on Tuesday are the long jump, triple jump and 800 meter run. The decathlon events on Tuesday are the 110 meter hurdles, discus, pole vault, javelin, and 1,500 meter run. All results will count for team scores at the upcoming Northwest Conference Championships Apr. 22-23 at Linfield College in McMinnville, Ore.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, April 9, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

4/9 – BRUIN CARNIVAL: Linfield Posts Four Double-Event Winners; Blankenship Beats GFU Hammer Mark

NEWBERG, Ore. – Linfield College had four double-event winners, two each in the men's and women's divisions, while Warner Pacific College had two and host George Fox University had one in the Bruin Carnival / All-Comers track and field meet Saturday here at GFU's Colcord Memorial Field.

Linfield's Joni Claypool won the women's shot put with a heave of 43-03.25 and the discus with a throw of 131-05, her shot put distance one of three women's marks that met NCAA provisional qualifying standards. Teammate Danielle Bielenberg also met the shot put mark with a throw of 42-10.25. The other qualifying mark was a hammer toss of 155-05 by George Fox's Lindsey Blankenship, improving upon her previous qualifying best of 153-01 and breaking her own Bruin record.

Lisa Brocard also won two events for the Linfield women, the long jump at 16-08.50 and the triple jump at 34-05.75. Andrew Thron was a double winner for the Linfield men, taking the shot put at 47-04.25 and the hammer at 154-11, as was Drew Ragan, who won the 100 meter dash with an 11.37 and the long jump with a distance of 20-05.25.

Warner Pacific had a pair of double winners in the men's events. Todd Penman captured the 110 meter hurdles with a time of 17.1h and the 400 meter hurdles with a 58.1h, while Wes Powers won the high jump at 6-02.75 and the triple jump at 43-07.25.

George Fox had one double winner in the women's events as Melissa Marek-Farris took the 400 meter hurdles with a time of 1:08.35 and the high jump with a height of 5-00.50.

The only men's NCAA provisional qualifying mark that was met came in the men's javelin when George Fox's Matt Gassaway reached 193-06, but he had already qualified earlier in the season with a throw of 195-09, currently the 2nd-best mark in Division III. He was topped this day, however, by a throw of 211-11 by Corey Swim of Warner Pacific, which is an NAIA school.

Other women's winners for the host Bruins were Melissa Noyd in the 400 meter dash (1:04.84), Bethany Adams in the 800 meter run (2:25.69), and Leighann Fischer in the 3000 meter steeplechase (11:59.5h).

In men's events, George Fox winners were Brad Bates in the 200 meter dash (22.76), Ryan Sticka in the 800 meter run (1:57.61), Matt Burg in the 5000 meter run (15:56.94), Jake Moe in the 3000 meter steeplechase (9:57.20), Travis Laloli in the pole vault (12-11.50), the 4x100 meter relay team of Drew Maves, Andrew Paine, Brad Bates, and Seth Harris (42.93), and the 4x400 meter relay team of Paine, Sticka, Bates, and Harris (3:25.61).

Complete results of the Bruin Carnival / All-Comers meet may be found on the George Fox track and field web site at <http://www.georgefox.edu/athletics/track/2005/results/0409.html>.

Four Bruins – Ben Dillow and Josh Priester in the decathlon and Michelle Forbes and JulieKay Brown in the heptathlon – will compete in the Northwest Conference Multi-Events at Pacific Lutheran University in Tacoma, Wash., Monday-Tuesday. The next event for the full George Fox squads is the Bruin Open on Saturday, Apr. 16.

Thursday, April 7, 2005 --- For Immediate Release

Contact: Blair Cash, SID / George Fox University / 414 N. Meridian St., Box 6147 / Newberg, OR 97132

(E-mail) bcash@georgefox.edu Sports Website: www.georgefox.edu/athletics

(O) 503-554-2926

(C) 503-537-8920

(Fax) 503-554-3864

(H) 503-554-8067

*** For the most up-to-date scores and schedules, call the GFU Sports Hotline at 503-554-3868!!!**

4/7 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD 2005 - Weekly News & Notes

LINKS FOR TRACK & FIELD TO:

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

HIGHLIGHTS:

- * Coming Up: Bruin Carnival on Saturday, NWC Multis on Monday-Tuesday**
- * Last Week: Bruins Win Eight Events in Willamette, L&C Invitationals**
- * Gassaway and Bladorn Honorable Mention for NWC Athletes of the Week**
- * Bruins Have 15 of 16 Women on Roster Qualified for NWC Championships**
- * Marek-Farris and Kolb Win L&C Events with Little Practice Time**
- * NCAA Qualifiers: Bruins Have Six Provisional or Automatic for NCAA Nationals**
- * NWC Qualifiers: Bruins Entered in 33 Men's, 35 Women's Events for NWC Meet**

COMING UP:

Sat., Apr. 9, 10:30 am - Bruin Carnival / All-Comers Meet, Newberg, Ore.

Mon.-Tue., Apr. 11-12, TBA - Northwest Conference Multi-Events, Tacoma, Wash. (PLU host)

The first of two home meets for the Bruins comes up this Saturday as George Fox hosts its annual Bruin Carnival / All-Comers Meet. The second will be the Bruin Open the following Saturday, Apr. 16. Information about both meets may be found on the home page of the [George Fox track](#) program.

Four Bruins - Michelle Forbes and JulieKay Brown in the heptathlon and Ben Dillow and Josh Priester in the decathlon - are scheduled to compete in the NWC Multi-Events Monday and Tuesday at Pacific Lutheran, although Priester is questionable due to an elbow injury. Results from the NWC Multis will be included for the NWC Championships Apr. 22-23 at Linfield in McMinnville, Ore.

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

Apr. 1 - at Willamette Invitational, Salem, Ore.

[Willamette Invitational Press Release](#) / [Willamette Invitational Results \(W\)](#)

Apr. 1-2 - at Lewis & Clark Invitational, Portland, Ore.

--- Men 2nd of 5 (84 pts) , Women 3rd of 5 (105 pts)

[Lewis & Clark Invitational Press Release](#) / [Lewis & Clark Invitational Results \(M&W\)](#)

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

*** Gassaway and Bladorn Honorable Mention for NWC Athletes of the Week**

Javelin thrower **Matt Gasaway** and sprinter **Kelly Bladorn** received honorable mention for Northwest Conference "Men's Athlete of the Week" and "Women's Athlete of the Week" respectively, based on their efforts in the Lewis & Clark Invitational on Apr. 1-2, for the week of Mar. 28-Apr. 3.

Gassaway set a meet record at the Lewis & Clark Invitational with a javelin-winning throw of 195-02. The mark was an NCAA provisional qualifier, although he already has the top throw in the nation at 195-09. The javelin competition was staged on Friday at George Fox due to the lack of a venue for throws at L&C.

Bladorn was a two-time winner at the Lewis & Clark Invitational on Saturday. She captured the 100 meter dash with a time of 13.57, and ran the third leg for the winning 4x400 relay team that ran 4:04.74. Both times are NWC qualifying times, the 4x400 mark improving the Bruins' previous best.

*** 2005 Honors:**

Matt Gassaway - NWC Men's Athlete of the Week (Feb. 28-Mar. 6)

Ben Dillow - NWC Men's Athlete of the Week (Mar. 14-20)

Seth Harris - NWC Men's Athlete of the Week (Mar. 21-27)

*** Pile In – Everyone's Goin'!**

They may not have the largest total number of people at the upcoming Northwest Conference Track & Field Championships Apr. 22-23 at Linfield College in McMinnville, but the George Fox women's team seems almost certain to have the largest percentage of squad members going. Of the 16 athletes on the Bruins'

roster, 15 have qualified for one or more NWC events – and Kara Geertz, the only one who hasn't, has been hampered by injuries most of the season.

*** Just Think What They Could Do with Practice!**

In the Lewis & Clark Invitational on Apr. 1-2 in Portland, the Bruins' Melissa Marek-Farris won the high jump with a mark of 5-02.25, and Whitney Kolb won the triple jump with a distance of 35-07.75. Marek-Farris was competing in her first meet of the spring, having missed the Bruins' previous events while playing for the Bruin women's basketball team which went to the 'Elite 8' round of the NCAA Division III playoffs and was still playing in mid-March. In fact, last Wednesday's practice season with assistant coach John Smith was her first practice of the season! Kolb, who also plays for the George Fox volleyball team, was competing in the triple jump for the first time since winning the state championship in that event last year for Jefferson (Ore.) High School.

*** NCAA QUALIFIERS:**

The Bruins had no new qualifiers for the NCAA Division III National Championships May 26-28 at Wartburg College in Waverly, Iowa, during the past week. Matt Gassaway's 195-02 in the javelin at the Lewis & Clark Invitational and Lindsey Blankenship's 151-07 in the hammer at the Willamette Invitational met provisional standards, but both had already qualified with better throws earlier in the season. The complete list of Bruins who have qualified provisionally or automatically for the NCAA Division III National Championships:

Men	Event	Mark	NCAA Rank	Date Qualified
Matt Gassaway	Javelin	195-09 (prov)	1st (T)	3/26 Hornet Invitational
Seth Harris	400m Hurdles	53.53 (prov)	4th	3/26 Hornet Invitational
Ben Dillow	Decathlon	6,992 points (auto)	2nd	3/16-17 CSUN Spring Break
Josh Priester	Decathlon	6,690 points (auto)	3rd	3/16-17 CSUN Spring Break
Women	Event	Mark	NCAA Rank	Date Qualified
Michelle Forbes	High Jump	5-6.5 (prov)	4th	3/26 Hornet Invitational
Lindsey Blankenship	Hammer	153-01 (prov)	8th	3/5 Willamette Open

* - improved previous qualifying mark

*** NWC QUALIFIERS:**

The Bruins hit 21 qualifying marks for the Northwest Conference Championships (Apr. 22-23 at Linfield College in McMinnville, Ore.) with their performances in the Willamette Invitational and the Lewis & Clark

Invitational this past week, with qualifying for the first time. Bruin women new to the NWC list include Katie Alaimo in the 100, Rachel Giffey-Brohaugh in the 400, Jessica Beach in the 1500, Melissa Marek-Farris in the 1500 hurdles and high jump, and Whitney Kolb in the high jump and triple jump. For the men, Ryan Sticka in the 400, David Mathiang in the 800, and Ben Dillow in the discus qualified for the first time. The complete list of Bruins who have qualified for the NWC Championships:

Men	Event	Mark	NWC Rank	Date Qualified
David Mathiang	800	1:58.60	9th	4/2 Lewis & Clark Invitational
Ryan Sticka	400	51.30	10th	4/2 Lewis & Clark Invitational
Ben Dillow	Pole Vault	14-5.25	3rd	3/26 Hornet Invitational
Grant Finney	1500	4:09.25	20th	3/26 Hornet Invitational
Jake Moe	1500	4:08.44	15th	3/26 Hornet Invitational
Bryan Cobb	1500	4:08.42	14th	3/26 Hornet Invitational
Matt Burg	1500	4:06.55	9th	3/26 Hornet Invitational
Seth Harris	400 Hurdles	53.53	1st	3/26 Hornet Invitational
Matt Gassaway	Javelin	195-9	1st	3/26 Hornet Invitational
Grant Finney	5000	15:50.34	22nd	3/19 Cal Poly Invitational
Matt Burg	5000	15:45.09	21st	3/19 Cal Poly Invitational
Jake Moe	5000	15:38.35	17th	3/19 Cal Poly Invitational
Andrew Paine	200	23.51	21st (tie)	3/19 Cal Poly Invitational
Brad Bates	400	49.45	2nd	3/19 Cal Poly Invitational
Andrew Paine, Brad Bates, Ryan Sticka, Seth Harris	4x400	3:21.86	1st	3/19 Cal Poly Invitational
Ryan Sticka	800	1:59.24	14th	3/18 Bowles Classic
Seth Harris	100	11.55	19th	3/16-17 CSUN Spring Break
Ben Dillow	Decathlon	6,992 points	1st	3/16-17 CSUN Spring Break
Josh Priester	Decathlon	6,690 points	2nd	3/16-17 CSUN Spring Break
Josh Priester	Discus	136-4	8th	3/16-17 CSUN Spring Break
Travis Laloli	Pole Vault	13-5.25	5th	3/12 NWC South
Brad Bates	100	11.07	3rd	3/12 NWC South
Drew Maves	100	11.32	10th	3/12 NWC South
Brad Bates	200	22.44	2nd	3/12 NWC South
Seth Harris	200	22.70	5th	3/12 NWC South
Andrew Paine	400 Hurdles	59.18	5th	3/5 Willamette Open
Ben Dillow	110 Hurdles	15.13	2nd	3/5 Willamette Open
Seth Harris	110 Hurdles	15.40	3rd	3/5 Willamette Open
Matt Burg	10,000	33:28.47	9th	3/5 Willamette Open
Grant Finney	10,000	33:32.54	10th	3/5 Willamette Open
Jake Moe	10,000	33:36.56	13th	3/5 Willamette Open
David Delmore	10,000	34:07.54	16th	3/5 Willamette Open

Ben Dillow	Discus	130-2	11th	3/5 Willamette Open
Women	Event	Mark	NWC Rank	Date Qualified
Whitney Kolb	Triple Jump	35-7.75	3rd	4/2 Lewis & Clark Invitational
Whitney Kolb	High Jump	4-8.25	14th	4/2 Lewis & Clark Invitational
Melissa Marek-Farris	High Jump	5-2.25	3rd (tie)	4/2 Lewis & Clark Invitational
Kelly Bladorn, JulieKay Brown, Rachel Giffey-Brohaugh, Jessica Beach	4x400	*4:04.74	2nd	4/2 Lewis & Clark Invitational
Melissa Marek-Farris	100 Hurdles	17.12	12th	4/2 Lewis & Clark Invitational
Jessica Beach	1500	5:03.36	20th	4/2 Lewis & Clark Invitational
Bethany Adams	400	1:02.56	13th	4/2 Lewis & Clark Invitational
Michelle Forbes	200	*26.86	5th	4/2 Lewis & Clark Invitational
Katie Alaimo	100	13.60	11th	4/2 Lewis & Clark Invitational
JulieKay Brown	100 Hurdles	*16.56	9th	4/2 Lewis & Clark Invitational
Leighann Fischer	5000	*18:38.89	5th	4/1 Willamette Invitational
Michelle Forbes	Triple Jump	33-10	7th	3/26 Hornet Invitational
JulieKay Brown	400 Hurdles	1:05.98	4th	3/26 Hornet Invitational
Tori Black	Javelin	116-3	9th	3/26 Hornet Invitational
Katie Alaimo	High Jump	5-1.75	5th	3/26 Hornet Invitational
Rachel Giffey-Brohaugh	800	2:19.24	7th	3/26 Hornet Invitational
Anna McLain	800	2:17.37	3rd	3/26 Hornet Invitational
Michelle Forbes	High Jump	5-6.5	1st	3/26 Hornet Invitational
Bethany Adams	800	2:24.38	16th	3/19 Cal Poly Invitational
Jenny Haskin	Discus	105-0	13th	3/18 Bowles Classic
Jessica Beach	800	2:20.73	10th	3/18 Bowles Classic
JulieKay Brown	High Jump	5-0.25	7th (tie)	3/12 NWC South
Katie Alaimo	Triple Jump	33-8.5	9th	3/12 NWC South
Kelly Bladorn	100	13.20	6th (tie)	3/12 NWC South
Kelly Bladorn	200	27.37	11th	3/12 NWC South
Rachel Giffey-Brohaugh	1500	4:51.94	7th	3/12 NWC South
Leighann Fischer	1500	4:57.14	11th	3/12 NWC South
Michelle Forbes	100 Hurdles	16.76	11th	3/12 NWC South
JulieKay Brown, Melissa Noyd, Kelly Bladorn, Katie Alaimo	4x100	52.28	5th	3/12 NWC South
Lindsey Blankenship	Hammer	153-1	2nd	3/5 Willamette Open
Anna McLain	1500	4:51.15	5th	3/5 Willamette Open
Bethany Adams	1500	4:57.34	12th	3/5 Willamette Open
Kelly Bladorn	400	1:01.32	9th	3/5 Willamette Open
Terah Laack	400	1:03.69	15th	3/5 Willamette Open
Melissa Noyd	400	1:04.22	19th	3/5 Willamette Open

* - improved previous qualifying mark

*** PERSONAL RECORDS:**

Bruin women who set new personal marks in the Willamette and Lewis & Clark Invitationals:

Melissa Noyd in the 100 (13.99) and 4x400 split (65.5); Michelle Forbes in the 200 (26.86) and javelin (83-3); Rachel Giffey-Brohaugh in the 400 (59.71) and 4x400 split (60.0); Kara Geertz in the 5000 (20:57.53); Leighann Fischer in the 5000 (18:38.89 at Willamette); Melissa Marek-Farris in the 100 hurdles (17.12), high jump (5-2.25), and 4x400 split (65.2); JulieKay Brown, Rachel Giffey-Brohaugh, Kelly Bladorn and Jessica Beach in the 4x400 relay (4:04.74); Brown in the 4x400 split (61.0), long jump (14-1.25), and javelin (74-10); Beach in the 4x400 split (61.9); Bethany Adams in the 4x400 split (62.9).

Bruin men who set new personal marks in the Willamette and Lewis & Clark Invitationals:

Ryan Sticka in the 400 (51.30); David Mathiang in the 800 (1:58.60) and 4x400 split (52.8); Grant Finney in the 800 (2:02.90) and 4x400 split (54.3); Matt Burg in the 800 (2:06.58) and 4x400 split (56.5); Ben Dillow in the 4x400 split (49.7).

*** ALL-TIME & CLASS RECORDS:**

No new GFU all-time or class records were set during the week, but Matt Gassaway did set a new meet record at the Lewis & Clark Invitational with his javelin throw of 195-2.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, April 2, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

4/2 – LEWIS & CLARK INVITATIONAL: Bruins Win Eight Events with 20 Top-Three Finishes at L&C Invite

PORTLAND, Ore. – It was another outstanding weekend for the George Fox University men's and women's track and field teams as the Bruins posted eight first-place finishes – four in men's events, four in women's events – and 20 finishes overall in the top three at the Lewis & Clark College Invitational here Friday and Saturday.

The best mark of the meet for the Bruins came from Matt Gassaway, who set a new meet record in the men's javelin with an NCAA provisional-qualifying throw of 195-02. That mark came on Friday in Newberg as the throwing events were staged at GFU's Colcord Field due to the lack of a throwing venue at Lewis & Clark. The defending NCAA Division III national champion has the nation's best mark so far this season with a 195-09 at the Hornet Invitational in Sacramento, Calif., on Mar. 26.

Other men's winners for the Bruins were Ryan Sticka in the 400 meter dash with a time of 51.30, Brian See in the pole vault with a height of 12-02.75, and the 4x400 relay team of David Mathiang, Bryan Cobb, Sticka, and Ben Dillow with a mark of 3:27.82. Seconds were posted by Mathiang in the 800 meter run (1:58.60) and Jake Moe in the 1500 meter run (4:09.13), while thirds went to Dillow in the long jump (20-05.25) and Doug Beatty in the triple jump (39-05.25).

In the men's team scores, Linfield College was first with 264 points, followed by George Fox with 84, Lewis & Clark 70, Pacific University 55, and Cascade College 35.

Kelly Bladorn was a two-time winner for the Bruin women, in the 100 meter dash (13.57) and as the third leg of the winning 4x400 relay team (4:04.74), along with JulieKay Brown, Rachel Giffey-Brohaugh, and Jessica Beach. Melissa Marek-Farris, competing in her first meet with only one day of practice since joining the squad from the women's 'Elite 8' basketball team, won the high jump with a mark of 5-02.25. Whitney Kolb, competing in the triple jump for the first time since winning the state championship last year for Jefferson (Ore.) High School, won the event with a distance of 35-07.75.

Second-place finishes went to Katie Alaimo in the 100 meter dash (13.60) and Michelle Forbes in the 200 meter dash (26.86). Thirds were recorded by Giffey-Brohaugh in the 400 meter dash (59.71), Beach in the 1500 meter run (5:03.36), Brown in the 100 meter hurdles (16.56), Kolb in the high jump (4-08.25), Alaimo in the long jump (15-05.50), and Victoria Black in the javelin (111-01).

Women's team scores were Linfield with 252, Lewis & Clark 111, George Fox 108, Pacific 24, and Cascade 16.

Complete results of the Lewis & Clark Invitational are available on the George Fox track and field web site at www.georgefox.edu/athletics/track/2005/results/0402.html.

The next meet for the George Fox teams is at home at Colcord Field in Newberg with the Bruin Carnival / All-Comers Meet on Saturday, April 9.

GEORGE Fox UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, April 1, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

4/1 – WILLAMETTE INVITATIONAL: Fischer and Blankenship Hit NWC, NCAA Qualifying Marks

SALEM, Ore. – Only two members of George Fox University's women's track and field team were entered in the Willamette University Invitational that began here Friday – Leighann Fischer in the 5000 meter run and Lindsey Blankenship in the hammer – and both hit Northwest Conference qualifying marks while Blankenship surpassed the NCAA provisional qualifying mark.

Fischer placed 19th in the 5000 with a time of 18:38.89, bettering the NWC time needed of 19:42.98 and surpassing her previous qualifying mark in the event and personal best time by 10 seconds.

Blankenship's hammer throw of 151-07 was good for 2nd in the meet to a 174-08 by Jaci Cederberg of Western Oregon, a Division II school. She had already qualified provisionally for the NCAA National Championships with a GFU-record 153-01 on Mar. 5, the 2nd-best mark in the conference and 4th-best nationally.

Complete women's results of the Apr. 1-2 Willamette Invitational with the marks of Fischer and Blankenship are available on the George Fox track web site at www.georgefox.edu/athletics/track/2005/results/0402w.html.

Friday, April 1, 2005 --- For Immediate Release

Contact: Blair Cash, SID / George Fox University / 414 N. Meridian St., Box 6147 / Newberg, OR 97132

(E-mail) bcash@georgefox.edu Sports Website: www.georgefox.edu/athletics

(O) 503-554-2926

(C) 503-537-8920

(Fax) 503-554-3864

(H) 503-554-8067

*** For the most up-to-date scores and schedules, call the GFU Sports Hotline at 503-554-3868!!!**

4/1 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD 2005 - Weekly News & Notes

LINKS FOR TRACK & FIELD TO:

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

HIGHLIGHTS:

- * Coming Up: Willamette and Lewis & Clark Invationals This Weekend**
- * Last Week: Bruins Post Good Efforts in Three "Spring Fling" Events**
- * Dillow and Harris Win NWC Men's Awards, Forbes and McLain HM for Women**
- * NCAA Qualifiers: Dillow, Priester, Harris Double Bruin Qualifiers to 6**
- * NWC Qualifiers: Bruins Qualify or Improve in 29 Events During "Spring Fling"**
- * School Records: 8 "Spring Fling" Marks Added to Top 10 or Class Records**

COMING UP:

Fri., Apr. 1, 4:00 pm - Willamette Invitational Hammer/Celebration of Distance, Salem, Ore.

Fri., Apr. 1, 4:00 pm - Lewis & Clark Invitational Hammer/Javelin, Newberg, Ore. (at Colcord Field)

Sat., Apr. 2, 10:30 a.m. - Lewis & Clark Invitational, Portland, Ore.

Two Bruins - Leighann Fischer in the women's 5000 and Lindsey Blankenship in the women's hammer - will compete in the Willamette Invitational on Friday; the remainder of the men's and women's teams will be in the Lewis & Clark Invitational. The hammer and javelin portions of the L&C meet will be conducted at George Fox's Colcord Field on Friday, as there no longer any throwing facilities there.

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

Mar. 16-17 - at Cal State-Northridge Spring Break Open, Northridge, Calif.

[CSUN Spring Break Open Press Release](#) / [CSUN Spring Break Open Results \(M&W\)](#)

Mar. 18 - at Charles Bowles Classic, Salem, Ore.

[Bowles Classic Press Release](#) / [Bowles Classic Results \(M&W\)](#)

Mar. 19 - at Cal Poly Invitational, San Luis Obispo, Calif.

[Cal Poly Press Release](#) / [Cal Poly Results \(M&W\)](#)

Mar. 25-26 - at Hornet Invitational, Sacramento, Calif.

[Hornet Invite Press Release](#) / [Hornet Invite Results \(M\)](#) / [Hornet Invite Results \(W\)](#)

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

*** Dillow and Harris Win NWC Men's Awards, Forbes and McLain HM for Women**

Ben Dillow and **Seth Harris** won back-to-back Northwest Conference "Men's Athlete of the Week" honors for their performances during the Bruins' "Spring Fling", while **Michelle Forbes** and **Anna McLain** received honorable mention for NWC "Women's Athlete of the Week" during the same time. **Dillow** was honored for the week of Mar. 14-20 after a remarkable run through the decathlon at the Cal State-Northridge Spring Break Open Mar. 16-17. He earned 6,992 points in the two-day, 10-event competition, finishing second behind Matt Roberson of Claremont-Mudd-Scripps, last year's NCAA Division III national champion who had 7,042 points. His total easily surpassed the automatic qualifying mark for the NCAA National Championships of 6,500. Dillow's total places him 2nd on the George Fox decathlon list behind current assistant coach John Smith, who recorded 7,138 points on May 25-26, 1995. Dillow had to beat out teammate Josh Priester, whose 6,690 points was good for 3rd place in the meet and a 4th-place spot on the GFU decathlon list.

Harris was honored for the week of Mar. 21-27 by qualifying provisionally for the NCAA Championships in the 400 meter hurdles at the Hornet Invitational in Sacramento, Calif., on Mar. 26. While finishing 6th in the meet, his time of 53.53 bettered the provisional mark of 54.00, and is the 2nd-best time nationally thus far this season. He also ran the last leg of the 4x400 relays; the Bruins placed 7th with a time of 43.24.

Forbes was cited for the week of Mar. 14-20 after placing 2nd in the high jump at the Cal Poly Invitational in San Luis Obispo, Calif., on Mar. 19. She cleared the bar at 5-5.75, a quarter-inch under her season high of 5-6, which is 2nd nationally.

McLain was recognized for the week of Mar. 21-27 when she placed 3rd behind a pair of Division I runners in the 800 meters at the Hornet Invitational in Sacramento, Calif., on Mar. 26. Her time of 2:17.37 was an NWC qualifying time and missed the NCAA provisional qualifying mark of 2:15.80 by only 1.57 seconds.

*** 2005 Honors:**

Matt Gassaway - NWC Men's Athlete of the Week (Feb. 28-Mar. 6)

Ben Dillow - NWC Men's Athlete of the Week (Mar. 14-20)

Seth Harris - NWC Men's Athlete of the Week (Mar. 21-27)

*** NCAA QUALIFIERS:**

The Bruins hit six NCAA automatic or provisional qualifying marks for the NCAA Division III National Championships May 26-28 at Wartburg College in Waverly, Iowa, during the four events in which they competed during their "Spring Fling" just before and over the university's spring break. Three were new qualifiers: Ben Dillow and Josh Priester automatically at the Cal State-Northridge Decathlon, and Seth Harris in the 400 meter hurdles at the Hornet Invitational in Sacramento, Calif. Two others - Michelle Forbes in the high jump and Matt Gassaway in the javelin at the Hornet Invitational - improved their previous qualifying marks, while Lindsey Blankenship hit the provisional mark in the hammer in Sacramento but had a better mark earlier in the season. The complete list of Bruins who have qualified provisionally or automatically for the NCAA Division III National Championships:

Men	Event	Mark	NCAA Rank	Date Qualified
Matt Gassaway	Javelin	*195-09 (prov)	1st	3/26 Hornet Invitational
Seth Harris	400m Hurdles	53.53 (prov)	4th	3/26 Hornet Invitational
Ben Dillow	Decathlon	6,992 points (auto)	2nd	3/16-17 CSUN Spring Break
Josh Priester	Decathlon	6,690 points (auto)	3rd	3/16-17 CSUN Spring Break
Women	Event	Mark	NCAA Rank	Date Qualified
Michelle Forbes	High Jump	*5-6.5 (prov)	3rd	3/26 Hornet Invitational
Lindsey Blankenship	Hammer	153-01 (prov)	4th	3/5 Willamette Open

* - improved previous qualifying mark

*** NWC QUALIFIERS:**

The Bruins hit over 50 qualifying marks for the Northwest Conference Championships (Apr. 22-23 at Linfield College in McMinnville, Ore.) with their performances in four separate meets during their "Spring Fling".

Listed below are NWC-qualifying marks which were new or improvements over previous marks. Due to delays in obtaining computer files with meet details from the host schools following the competitions, George Fox marks from those events are not currently posted on the NWC web site, but will be updated after events this coming weekend. The complete list of Bruins who have qualified for the NWC Championships:

Men	Event	Mark	NWC Rank	Date Qualified
Ben Dillow	Pole Vault	*14-5.25	3rd	3/26 Hornet Invitational
Grant Finney	1500	4:09.25	21st	3/26 Hornet Invitational
Jake Moe	1500	4:08.44	15th	3/26 Hornet Invitational
Bryan Cobb	1500	4:08.42	14th	3/26 Hornet Invitational
Matt Burg	1500	4:06.55	10th	3/26 Hornet Invitational
Seth Harris	400 Hurdles	53.53	1st	3/26 Hornet Invitational
Matt Gassaway	Javelin	*195-9	1st	3/26 Hornet Invitational
Grant Finney	5000	15:50.34	1st	3/19 Cal Poly Invitational
Matt Burg	5000	15:45.09	13th	3/19 Cal Poly Invitational
Jake Moe	5000	15:38.35	9th	3/19 Cal Poly Invitational
Andrew Paine	200	23.51	16th	3/19 Cal Poly Invitational
Brad Bates	400	*49.45	2nd	3/19 Cal Poly Invitational
Andrew Paine, Brad Bates, Ryan Sticka, Seth Harris	4x400	*3:21.86	1st	3/19 Cal Poly Invitational
Ryan Sticka	800	1:59.24	7th	3/18 Bowles Classic

Seth Harris	100	11.55	19th	3/16-17 CSUN Spring Break
Ben Dillow	Decathlon	6,992 points	1st	3/16-17 CSUN Spring Break
Josh Priester	Decathlon	6,690 points	2nd	3/16-17 CSUN Spring Break
Travis Laloli	Pole Vault	13-5.25	8th (T)	3/12 NWC South
Brad Bates	100	11.07	3rd	3/12 NWC South
Drew Maves	100	11.32	10th	3/12 NWC South
Brad Bates	200	22.44	2nd	3/12 NWC South
Seth Harris	200	22.70	5th	3/12 NWC South
Andrew Paine	400 Hurdles	59.18	7th	3/5 Willamette Open
Ben Dillow	110 Hurdles	15.13	2nd	3/5 Willamette Open
Seth Harris	110 Hurdles	15.40	3rd	3/5 Willamette Open
Matt Burg	10,000	33:28.47	7th	3/5 Willamette Open
Grant Finney	10,000	33:32.54	10th	3/5 Willamette Open
Jake Moe	10,000	33:36.56	13th	3/5 Willamette Open
David Delmore	10,000	34:07.54	16th	3/5 Willamette Open

Women	Event	Mark	NWC Rank	Date Qualified
Michelle Forbes	Triple Jump	33-10	6th	3/26 Hornet Invitational
JulieKay Brown	400 Hurdles	1:05.98	4th	3/26 Hornet Invitational
JulieKay Brown	100 Hurdles	17.41	12th	3/26 Hornet Invitational
Michelle Forbes	200	27.21	7th	3/26 Hornet Invitational
Tori Black	Javelin	*116-3	7th	3/26 Hornet Invitational
Katie Alaimo	High Jump	*5-1.75	4th	3/26 Hornet Invitational
Rachel Giffey-Brohaugh	800	*2:19.24	6th	3/26 Hornet Invitational
Anna McLain	800	*2:17.37	2nd	3/26 Hornet Invitational
Michelle Forbes	High Jump	*5-6.5	1st	3/26 Hornet Invitational

Bethany Adams	800	*2:24.38	131th	3/19 Cal Poly Invitational
Jenny Haskin	Discus	105-0	12th	3/18 Bowles Classic
Jessica Beach	800	2:20.73	8th	3/18 Bowles Classic
JulieKay Brown	High Jump	5-0.25	6th	3/12 NWC South
Katie Alaimo	Triple Jump	33-8.5	8th	3/12 NWC South
Kelly Bladorn	100	13.20	4th	3/12 NWC South
Kelly Bladorn	200	27.37	9th	3/12 NWC South
Rachel Giffey-Brohaugh	1500	4:51.94	7th	3/12 NWC South
Leighann Fischer	1500	4:57.14	9th	3/12 NWC South
Michelle Forbes	100 Hurdles	16.76	9th	3/12 NWC South
JulieKay Brown, Melissa Noyd, Kelly Bladorn, Katie Alaimo	4x100	52.28	3rd	3/12 NWC South
Terah Laack, Anna McLain, Rachel Giffey-Brohaugh, Kelly Bladorn	4x400	4:11.42	3rd	3/12 NWC South
Lindsey Blankenship	Hammer	153-1	2nd	3/5 Willamette Open
Leighann Fischer	5000	18:48.66	3rd	3/5 Willamette Open
Anna McLain	1500	4:51.15	5th	3/5 Willamette Open
Bethany Adams	1500	4:57.34	10th	3/5 Willamette Open
Kelly Bladorn	400	1:01.32	7th	3/5 Willamette Open
Terah Laack	400	1:03.69	12th	3/5 Willamette Open
Melissa Noyd	400	1:04.22	16th	3/5 Willamette Open

* - improved previous qualifying mark

*** ALL-TIME & CLASS RECORDS:**

Top all-time and/or class performances by Bruins in the four "Spring Fling" events:

Ben Dillow - 6,990 points in the Decathlon at the CSUN Spring Break Open is #2 all-time and a sophomore class record

Josh Priestler - 6,690 points in the Decathlon at the CSUN Spring Break Open is #4 all-time and #2 in the junior class

Matt Gassaway - 195-9 in the Javelin at the Hornet Invitational improves his own senior class record

Ben Dillow - 14-5.25 in the Pole Vault at the Hornet Invitational is #5 all-time

Michelle Forbes - 5-6.5 in the High Jump at the Hornet Invitational is #3 in the junior class

JulieKay Brown - 1:05.98 in the 400 Hurdles at the Hornet Invitational is #8 all-time

Rachel Giffey-Brohaugh - 2:19.24 in the 800 at the Hornet Invitational is #10 all-time and #3 in the freshman class

Anna McLain - 2:17.37 in the 800 at the Hornet Invitational is #4 all-time and a freshman class record

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, March 26, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

3/26 – HORNET INVITATIONAL: Bruins Hit Four NCAA Provisional Marks and Have 10 Finish in Top 10

SACRAMENTO, Calif. – Hitting four NCAA provisional qualifying marks and recording 10 finishes in the top ten, the George Fox University Bruins men's and women's track teams made a strong showing in the Hornet Invitational, which featured numerous NCAA Division I schools among the 50-plus teams in the competition, Saturday here at Sacramento State University's Hornet Stadium.

Three Bruins finished 3rd behind Division I and Division II athletes. In the women's high jump, Michelle Forbes cleared 1.69 meters (5-6.25), trailing Sharon Day and Kaylene Wagner, both of Cal Poly-San Luis Obispo. In the men's javelin, Matt Gassaway improved upon his current Division III-leading mark with a throw of 59.66 meters (195-9), topping his previous best this season of 59.30 (194-7). He was 3rd behind Jon Rozborski and Troy Lalguna of Chico State. Both Forbes and Gassaway improved upon their previous NCAA provisional qualifying marks. In the women's 800, Anna McLain's 2:17.37 was topped only by Jill Steele of Utah State and Christine Ruby of Cal State-Fullerton. McLain missed the NCAA provisional mark by only 1.57 seconds.

In the women's hammer, Lindsey Blankenship placed 9th by equaling the NCAA provisional mark of 46.00 meters (150-11), although she had already qualified earlier in the season with a school-record throw of 46.65 (153-1). In the men's 400 meter hurdles, Seth Harris bettered the NCAA provisional time of 54.00 with a 53.53, placing 6th in the event. His time is the 2nd-best in Division III this year.

Other top 10 finishes for the George Fox women included a 7th by Rachel Giffey-Brohaugh in the 800 (2:19.24), a 9th by Katie Alaimo in the high jump (1.57, 5-1.75), and a 10th by Tori Black in the javelin (35.45, 116-3). All three met Northwest Conference qualifying standards.

For the Bruin men, the 4x100 relay team of Drew Maves, Andrew Paine, Brad Bates, and Harris was 7th with a time of 43.24, while Bates was 8th in the 400 (49.83), missing the NCAA provisional mark by 1.33 seconds. All qualified for the NWC championships; in fact, the Bruins qualified for the NWC competition 30 times on the day.

Complete results of Saturday's Hornet Invitational are available on the George Fox track and field web site at www.georgefox.edu/athletics/track/2005/results/0326m.html for the men's results, and www.georgefox.edu/athletics/track/2005/results/0326w.html for the women's results.

Next up for the Bruins after their "Spring Fling" trip to California is the Willamette Invitational at 9:30 a.m. on Saturday, Apr. 2, in Salem, Ore.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, March 19, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics

(O) 503-554-2926

(C) 503-537-8920

(H) 503-554-8067

(Fax) 503-554-3864

(Hotline) 503-554-3868

3/19 – CAL POLY INVITATIONAL: Bruins Earn Seven Top-Five Finishes and Qualify Seven for NWCs

SAN LUIS OBISPO, Calif. – Led by second-place showings from Matt Gassaway in the men's javelin and Michelle Forbes in the women's high jump, the George Fox University Bruins recorded seven top-five finishes and qualified for seven new Northwest Conference events in the Cal Poly Invitational track and field meet here Saturday against opponents from all levels, including several Division I teams.

Gassaway, last year's NCAA Division III national javelin champion, recorded a 193-3.25 Saturday, just over a foot shorter than his longest throw this year of 194-7, which is currently the nation's best in D-III. Forbes cleared the bar at 5-5.75, a quarter-inch under her season high of 5-6, which is 2nd nationally at this time.

Anna McLain finished 3rd in the women's 800 with a time of 2:19.83, qualifying for the Northwest Conference Championships in April. The Bruins also got a 3rd from their men's 4x400 team of Andrew Paine, Brad Bates, Ryan Sticka, and Seth Harris, who improved upon their conference-leading time with a 3:21.86.

Other top five finishes for George Fox included 4ths by JulieKay Brown in the women's high jump (4-11.25) and Brad Bates in the men's 400 (49.45), and a 5th by Bryan Cobb in the men's 800 (2:00.84). Brown had already qualified for the NWC in the high jump while Bates improved upon his NWC-qualifying mark.

In addition to McLain, the Bruins produced new NWC-qualifying times in six other events. Katie Alaimo was 6th in the women's high jump (4-9.75), Paine was 13th in the men's 200 (23.51), David Mathiang was 16th in the men's 1500 (4:06.45), and three qualified in the men's 5,000: Jake Moe (11th at 15:38.35), Matt Burg (13th at 15:45.09), and Grant Finney (15th at 15:40.34). Bruins who had already qualified for the NWC Championships but improved upon their marks were Tori Black in the women's javelin (6th at 115-3.25), and Bethany Adams in the women's 800 (7th at 2:24.38).

Complete results of Saturday's Cal Poly Invitational are available on the George Fox track and field web site at www.georgefox.edu/athletics/track/2005/results/0319.html.

George Fox continues its "spring fling" for track and field in the Hornet Invitational next Saturday, Mar. 26, in Sacramento, Calif.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, March 18, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

3/18 – BOWLES CLASSIC: Fischer Finishes First in 1,500 as Bruins Begin 'Spring Fling' in Fine Style

SALEM, Ore. – With most of their men's and women's track and field squads competing in California during the upcoming spring break, the George Fox University Bruins were represented in small numbers at the Charles Bowles Spring Break Classic here Friday at Willamette University, but the ones who were on hand turned in several fine performances.

Leading the way for the Bruins was Leighann Fischer, who won the women's 1,500 meter run with a time of 4:57.30, qualifying her for the Northwest Conference Championships coming up in April. Jessica Beach placed 3rd for the Bruins in the 800 meter run, also qualifying for the NWC meet with a time of 2:20.73. Melissa Noyd came in 5th in the 400 meter dash with a time of 1:04.84, also meeting the standard for the NWC event. Jenny Haskin qualified for the NWC in the discus, throwing it 105-0 to place 9th.

In the men's division, the top performance came from Ryan Sticka, who was 5th in the 800 meter run at 1:59.24, qualifying him for the NWC Championships. David Delmore recorded a 5th in the 5,000 meter run but his time of 16:09.15 was just a little bit short of NWC qualifying. The men's 'A' team was 3rd in the 4x400 with a 3:46.04.

Complete results of the Charles Bowles Spring Break Classic at Willamette are available from the George Fox web site at www.georgefox.edu/athletics/track/2005/results/0318.html.

George Fox will compete in the Cal Poly Invitational Saturday starting at 9:30 a.m. in San Luis Obispo, Calif., then will continue its "spring fling" for track and field in the Hornet Invitational next Saturday, Mar. 26, in Sacramento, Calif.

GEORGE Fox UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, March 18, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

3/18 – CSUN SPRING BREAK OPEN: Bruins' Dillow, Priester Qualify for NCAA Nationals in Decathlon

NORTHRIDGE, Calif. – Ben Dillow and Josh Priester of George Fox University both turned in their best personal performances and qualified automatically for the NCAA Division III National Championships while competing in the decathlon at the California State University-Northridge Spring Break Open here Thursday and Friday, March 16-17.

Dillow earned 6,992 points in the two-day, 10-event competition, while Priester garnered 6,690 points. Dillow was second and Priester third overall behind Matt Roberson of Claremont-Mudd-Scripps, who had 7,042 points. The automatic qualifying mark for the NCAAs is 6,500. The Division III Nationals are scheduled for May 26-28 at Wartburg College in Waverly, Iowa.

Dillow's total places him 2nd on the George Fox decathlon list behind current assistant coach John Smith, who recorded 7,138 points on May 25-26, 1995. Priester is now 4th on that list behind David Parker, whose 6,800 points on April 14-15, 1997, is now 3rd.

Dillow and Priester, along with teammate Seth Harris, who placed 4th in the 100 with a Northwest Conference-qualifying time of 11:55, will join the rest of the Bruin "Spring Fling" traveling squad at the Hornet Invitational, hosted by Sacramento State University, on Saturday, March 26, in Sacramento, Calif.

Friday, March 18, 2005 --- For Immediate Release

Contact: Blair Cash, SID / George Fox University / 414 N. Meridian St., Box 6147 / Newberg, OR 97132
(E-mail) bcash@georgefox.edu Sports Website: www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (Fax) 503-554-3864 (H) 503-554-8067

*** For the most up-to-date scores and schedules, call the GFU Sports Hotline at 503-554-3868!!!**

**3/18 WHAT'S BRUIN:
GEORGE FOX TRACK & FIELD 2005
- Weekly News & Notes**

LINKS FOR TRACK & FIELD TO:

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

HIGHLIGHTS:

- * **Coming Up: Spring Fling Events in Salem, San Luis Obispo, Sacramento**
- * **Last Week: Bruins Take Five Firsts in NWC South Meet at Linfield**
- * **Bates, Forbes Honorable Mention for NWC Athletes of the Week**
- * **NCAA Qualifiers: Forbes in High Jump Gives Bruins Three Provisionals**
- * **NWC Qualifiers:**
- * **School and Personal Records:**

COMING UP:

Fri., Mar. 18, 12:00 noon - Charles Bowles Spring Break Classic, Salem, Ore.

Sat., Mar. 19, 9:30 a.m. - Cal Poly Invitational, San Luis Obispo, Calif.

Sat., Mar. 26, TBA - Hornet Invitational, Sacramento, Calif.

LAST WEEK (click on links for releases and results):

Mar. 12 - at NWC South Meet, McMinnville, Ore.

--- Men - 3rd of 5 / Women - 3rd of 5

[NWC South Meet Press Release](#) / [NWC South Meet Results](#)

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

*** Bates, Forbes Honorable Mention for NWC Athletes of the Week**

Brad Bates, competing in four events, earned 18.5 of the Bruins' 76 points in the NWC South meet on Saturday in McMinnville, Ore., receiving honorable mention for Northwest Conference Men's Athlete of the Week for Feb. 7-13. He ran the second leg for the winning 4x400 team (3:23.43), was second in the 200 (22.44) and with the 4x100 team while running its second leg (43.49), and third in the 100 (11.07). All times qualified for the NWC Championships April 22-23 at Linfield.

Michelle Forbes won the high jump at the NWC South meet on Saturday in McMinnville, Ore., and competed in three other events, receiving honorable mention for Northwest Conference Women's Athlete of the Week for Feb. 7-13. Her high jump height of 5-6 (1.68m) qualified provisionally for the NCAA National Tournament (standard is 5-4.5) as well as qualifying for the NWC Championships. She also ran the final leg for the 4x400 relay team that was 5th (4:15.89), placed 7th in the 100 hurdles (16.76), and was 10th in the shot put (11-6.75), which she was competing in for the first time. She earned 12 of her team's total of 96 points in the meet.

*** 2005 Honors:**

NWC Men's Athlete of the Week - Matt Gassaway (Feb. 28-Mar. 6)

*** NCAA QUALIFIERS:**

Michelle Forbes became the third Bruin to qualify provisionally for the NCAA Division III National Championships (May 26-28 at Wartburg College in Waverly, Iowa) with her high jump of 5-6 at the NWC South meet on Mar. 12 in McMinnville, Ore. The complete list of Bruins who have qualified automatically or provisionally for the NCAAs:

Men	Event	Mark	NCAA Rank	Date Qualified
Matt Gassaway	Javelin	194-07 (prov)	1st	3/5 Willamette Open
Women	Event	Mark	NCAA Rank	Date Qualified
Michelle Forbes	High Jump	5-6 (prov)	2nd	3/12 NWC South
Lindsey Blankenship	Hammer	153-01 (prov)	2nd	3/5 Willamette Open

*** NWC QUALIFIERS:**

Bruins qualified or improved their qualifying marks in 16 events for the Northwest Conference

Championships (Apr. 22-23 at Linfield College in McMinnville, Ore.) with their performances in the NWC

South meet on Mar. 12 in McMinnville. The complete list of Bruins who have qualified for the NWC

Championships:

Men	Event	Mark	NWC Rank	Date Qualified
Travis Laloli	Pole Vault	13-5.25	5th (T)	3/12 NWC South
Brad Bates	100	11.07	3rd	3/12 NWC South
Drew Maves	100	11.32 (imp.)	10th	3/12 NWC South
Brad Bates	200	22.44	2nd	3/12 NWC South
Seth Harris	200	22.70	4th	3/12 NWC South
Matt Gassaway	Javelin	194-7	1st	3/5 Willamette Open
Ben Dillow	Pole Vault	13-6.5	4th	3/5 Willamette Open
Andrew Paine	400 Hurdles	59.18	4th	3/5 Willamette Open
Ben Dillow	Sprint Hurdles	15.13	2nd	3/5 Willamette Open
Seth Harris	Sprint Hurdles	15.40	3rd	3/5 Willamette Open
Matt Burg	10,000	33:28.47	7th	3/5 Willamette Open
Grant Finney	10,000	33:32.54	9th	3/5 Willamette Open
Jake Moe	10,000	33:36.56	12th	3/5 Willamette Open
David Delmore	10,000	34:07.54	15th	3/5 Willamette Open
Brad Bates	400	49.47	1st	3/5 Willamette Open
Women	Event	Mark	NWC Rank	Date Qualified
Michelle Forbes	High Jump	5-6	1st	3/12 NWC South

JulieKay Brown	High Jump	5-0.25	5th	3/12 NWC South
Katie Alaimo	Triple Jump	33-8.5 (imp.)	6th	3/12 NWC South
Jenny Haskin	Discus	101-9	10th	3/12 NWC South
Kelly Bladorn	100	13.20	3rd	3/12 NWC South
Kelly Bladorn	200	27.37	4th	3/12 NWC South
Bethany Adams	800	2:25.53	9th	3/12 NWC South
Rachel Giffey-Brohaugh	1500	4:51.94	5th	3/12 NWC South
Leighann Fischer	1500	4:57.14	8th	3/12 NWC South
Michelle Forbes	Sprint Hurdles	16.76	8th	3/12 NWC South
JulieKay Brown, Melissa Noyd, Kelly Bladorn, Katie Alaimo	4x100	52.28	3rd	3/12 NWC South
Lindsey Blankenship	Hammer	153-1	1st	3/5 Willamette Open
Tori Black	Javelin	110-4	8th	3/5 Willamette Open
Leighann Fischer	5000	18:48.66	2nd	3/5 Willamette Open
Anna McLain	1500	4:51.15	4th	3/5 Willamette Open
Bethany Adams	1500	4:57.34	9th	3/5 Willamette Open
Rachel Giffey-Brohaugh	800	2:19.29	3rd	3/5 Willamette Open
Kelly Bladorn	400	61.32	5th	3/5 Willamette Open
Terah Laack	400	63.69	10th	3/5 Willamette Open
Melissa Noyd	400	64.22	13th	3/5 Willamette Open

*** PERSONAL RECORDS:**

Bruins who set personal records with their performances in the NWC South meet Mar. 12 in McMinnville, Ore.:

Men	Event	Mark
Brad Bates	100	11.07
Brian See	100	12.36
Brad Bates	200	22.44
Grant Finney	800	2:04.35
Jake Moe	800	2:05.59
David Delmore	800	2:10.50
Grant Finney	1500	4:14.78
Andrew Paine	4x400 Split	52.8
Drew Maves	4x400 Split	53.2
Brad Bates	4x400 Split	48.9
Bryan Cobb	4x400 Split	53.2
David Delmore	4x400 Split	60.3
Women	Event	Mark
Kelly Bladorn	100	13.20
Kelly Bladorn	200	27.37
Rachel Giffey-Brohaugh	1500	4:51.94
Leighann Fischer	1500	4:57.14
Michelle Forbes	Sprint Hurdles	16.76
JulieKay Brown	4x400 Split	63.6
Terah Laack	4x400 Split	63.9
Michelle Forbes	4x400 Split	61.6
Melissa Noyd	4x400 Split	66.6
Katie Alaimo	Triple Jump	33-8.5

*** ALL-TIME & CLASS RECORDS:**

Top all-time and/or class performances by Bruins in the Willamette Open Mar. 5 in Salem, Ore.:

Lindsey Blankenship - 153-1 in women's Hammer is a new school and junior class record, breaking her own school record of 145-9 set last year, and the old junior class record of 129-08 by Erin Paisley in 2003

Rachel Giffey-Brohaugh - 2:19.29 in women's 800 is #9 all-time and #2 by a freshman

Ben Dillow - 15.13 in men's Sprint Hurdles is #7 all-time

Matt Gassaway - 194-7 in men's Javelin is new senior class record, breaking the mark of 192-2 by
Jonathan Roberts in 2000

Friday, March 11, 2005 --- For Immediate Release

Contact: Blair Cash, SID / George Fox University / 414 N. Meridian St., Box 6147 / Newberg, OR 97132

(E-mail) bcash@georgefox.edu Sports Website: www.georgefox.edu/athletics

(O) 503-554-2926

(C) 503-537-8920

(Fax) 503-554-3864

(H) 503-554-8067

*** For the most up-to-date scores and schedules, call the GFU Sports Hotline at 503-554-3868!!!**

3/11 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD 2005 - Weekly News & Notes

LINKS FOR TRACK & FIELD TO:

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

HIGHLIGHTS:

- * Coming Up: NWC 5-Way Meet at Linfield in McMinnville Saturday**
- * Last Week: Bruins Make Good Showings in Opening Meet in Salem**
- * Gassaway Men's Athlete of the Week, Blankenship HM for Women's Honor**
- * Bruins Qualify 20 for NWC Championships, 2 Provisionally for NCAAAs**
- * Blankenship Sets New GFU Record in Women's Hammer**

COMING UP:

Sat., March 12, 9:00 a.m. - Northwest Conference 5-Way Meet, McMinnville, Ore.

LAST WEEK (click on links for releases and results):

Mar. 5 - at Willamette Open, Salem, Ore.

[Willamette Open Press Release](#) / [Willamette Open Results](#)

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

- * Gassaway Men's Athlete of the Week, Blankenship HM for Women's Honor**

Matt Gassaway, the 2004 NCAA Division III national champion in the javelin, picked up where he left off, winning the Willamette Open Saturday to earn Northwest Conference Men's Athlete of the Week honors. His

winning throw of 194-7 beat the NCAA provisional qualifying mark of 188-4. Last year, Gassaway threw a school-record 215-10 to win the national title.

Lindsey Blankenship, who set the GFU record in the hammer last year, broke it again Saturday in the Willamette Open in Salem, receiving honorable mention for Northwest Conference Women's Athlete of the Week. She hurled it 153-1, good for first place and breaking the provisional qualifying mark for the NCAA nationals of 150-11, topping her previous record by eight feet. She also placed 3rd in the discus with a throw of 95-6.

*** 2005 Honors:**

NWC Men's Athlete of the Week - Matt Gassaway (Feb. 28-Mar. 6)

*** NCAA QUALIFIERS:**

The first George Fox qualifiers for the NCAA Division III National Championships (May 26-28 at Wartburg College in Waverly, Iowa) at the Willamette Open Mar. 5 in Salem, Ore., were Matt Gassaway in the men's javelin (194-07), and Lindsey Blankenship in the women's hammer (153-01). These were provisional qualifying marks. The complete list of Bruins who have qualified automatically or provisionally for the NCAAs:

Men	Event	Mark	NCAA Rank	Date Qualified
Matt Gassaway	Javelin	194-07 (prov)	1st	3/5 Willamette Open
Women	Event	Mark	NCAA Rank	Date Qualified
Lindsey Blankenship	Hammer	153-01 (prov)	2nd	3/5 Willamette Open

*** NWC QUALIFIERS:**

Making a strong start to the season, the Bruins had 20 athletes - 9 women and 11 men - meet qualifying marks for the Northwest Conference Championships (Apr. 22-23 at Linfield College in McMinnville, Ore.) at the Willamette Open Mar. 5 in Salem, Ore. The complete list of Bruins who have qualified for the NWC Championships:

Men	Event	Mark	NWC Rank	Date Qualified
Matt Gassaway	Javelin	194-7	1st	3/5 Willamette Open
Ben Dillow	Pole Vault	13-6.5	3rd	3/5 Willamette Open
Andrew Paine	400 Hurdles	59.18	4th	3/5 Willamette Open

Ben Dillow	Sprint Hurdles	15.13	2nd	3/5 Willamette Open
Seth Harris	Sprint Hurdles	15.40	3rd	3/5 Willamette Open
Matt Burg	10,000	33:28.47	7th	3/5 Willamette Open
Grant Finney	10,000	33:32.54	9th	3/5 Willamette Open
Jake Moe	10,000	33:36.56	12th	3/5 Willamette Open
David Delmore	10,000	34:07.54	15th	3/5 Willamette Open
Brad Bates	400	49.47	1st	3/5 Willamette Open
Drew Maves	100	11.61	7th	3/5 Willamette Open
Women	Event	Mark	NWC Rank	Date Qualified
Lindsey Blankenship	Hammer	153-1 (prov)	1st	3/5 Willamette Open
Katie Alaimo	Triple Jump	32-11.75	5th	3/5 Willamette Open
Leighann Fischer	5000	18:48.66	1st	3/5 Willamette Open
Anna McLain	1500	4:51.15	2nd	3/5 Willamette Open
Bethany Adams	1500	4:57.34	4th	3/5 Willamette Open
Rachel Giffey-Brohaugh	800	2:19.29	3rd	3/5 Willamette Open
Kelly Bladorn	400	61.32	2nd	3/5 Willamette Open
Terah Laack	400	63.69	5th	3/5 Willamette Open
Melissa Noyd	400	7th	64.22	3/5 Willamette Open

*** PERSONAL RECORDS:**

Bruins who set personal records with their performances in the Willamette Open Mar. 5 in Salem, Ore.:

Men	Event	Mark
Brad Bates	400	49.47
Mtt Burg	10,000	33:28.47
Grant Finney	10,000	33:32.54
Jake Moe	10,000	33:36.56
David Delmore	10,000	34:07.54
Ben Dillow	Sprint Hurdles	15.13
Andrew Paine	400 Hurdles	59.18
Ben Dillow	Pole Vault	13-6.5
Ben Dillow	Discus	130-2
Women	Event	Mark

Kelly Bladorn	400	61.32
Melissa Noyd	400	64.22
Rachel Giffey-Brohaugh	800	2:19.29
Anna McLain	1500	4:51.15
Bethany Adams	1500	4:57.34
Leighann Fischer	5000	18:48.66
Katie Alaimo	Triple Jump	32-11.75
Lindsey Blankenship	Hammer	153-1

*** ALL-TIME & CLASS RECORDS:**

Top all-time and/or class performances by Bruins in the Willamette Open Mar. 5 in Salem, Ore.:

Lindsey Blankenship - 153-1 in women's Hammer is a new school and junior class record, breaking her own school record of 145-9 set last year, and the old junior class record of 129-08 by Erin Paisley in 2003

Rachel Giffey-Brohaugh - 2:19.29 in women's 800 is #9 all-time and #2 by a freshman

Ben Dillow - 15.13 in men's Sprint Hurdles is #7 all-time

Matt Gassaway - 194-7 in men's Javelin is new senior class record, breaking the mark of 192-2 by Jonathan Roberts in 2000

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, March 5, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

3/5 – WILLAMETTE OPEN: Bruins Notch Nine Firsts and Two Provisional Qualifiers in Outdoor Opener

SALEM, Ore. – National men's javelin champion Matt Gassaway and school women's hammer record holder Lindsey Blankenship met NCAA Division III national provisional qualifying marks, and seven other Bruins earned first place honors as the George Fox University men's and women's track and field teams opened their outdoor season in the Willamette University Open here Saturday.

Gassaway, last year's NCAA javelin winner with a GFU-record 215-10, got his hopes of repeating as champion off to a good start with a winning throw of 194-07, beating the provisional qualifying mark of 188-4. The automatic mark is 206-4. Blankenship bettered her hammer record by eight feet with a throw of 153-01, good for first place and breaking the provisional qualifying mark of 150-11.

Other Bruin men who earned firsts were Brad Bates in the 400 meter dash (49.47), Matt Burg in the 10,000 meter run (33:28.47), and Ben Dillow in the pole vault (13-6.5). Seconds were posted by Grant Finney in the 10,000 (33:32.54) and the 4x100 relay team of Bates, Drew Maves, Andrew Paine, and Seth Harris (43.18). GFU assistant coach John Smith, running for the Bruin Track Club, was second in the discus (139-5). Thirds went to Jake Moe in the 10,000 (33:36.56), to Dillow in the 110 hurdles (15.13), to Andrew Paine in the 400 meter hurdles (59.18), to Doug Beatty in the triple jump (40-7.5), and to Josh Priester in the discus (133-01).

George Fox recorded four more first-place finishes, including Kelly Bladorn in the 400 meter dash (1:01.32), Leighann Fischer in the 5,000 meter run, Michelle Forbes in the long jump (15-10.25), and Katie Alaimo in the triple jump (32-11.75). Bruin assistant coach Liz Thompson won the 400 meter hurdles (1:04.79). Blankenship also had a third-place finish in the discus (95-6).

Complete results of the Willamette Open, including all George Fox finishes, is available on the GFU track web site at www.georgefox.edu/athletics/track/index.html.

The Bruins return to action Saturday, March 12, in the Northwest Conference South Meet at Linfield College in McMinnville, Ore.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, February 19, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

2/19 – IDAHO INDOORS – Forbes' 2nd in High Jump Top Finish for Bruins at Idaho Indoor Meets

MOSCOW, Idaho – High jumper Michelle Forbes placed 2nd in the Vandal Indoor meet Friday evening, the highest place by a George Fox University athlete in two days of indoor track and field action here at the University of Idaho's Kibbie-ASUI Activity Center Feb. 18-19 as the Bruins tuned up for the 2005 outdoor season.

Forbes, who competed in the NCAA Division III National Championships in the high jump last May, cleared 5-5.75, tying for the best height with Tassie Sourhada of host Idaho and Sara Fouts of Eastern Washington University, both Division I schools. Sourhada was the winner, based on the fewest number of attempts needed to clear the height, and Fouts placed 3rd.

In other Friday night competition, Doug Beatty placed 4th in the triple jump with a distance of 42-2.75, and the men's 4-x400 relay team started but did not finish when Seth Harris pulled up with a sore leg. The Bruin women's 4x400 team of Kelly Bladorn, Bethan Adams, Terah Laack, and Rachel Giffey-Brohaugh placed 3rd with a time of 4:11.78.

In Saturday's McDonald's Open, the Bruins posted 15 top-10 finishes and had one new school record, that coming from Lindsey Blankenship in the women's 20-lb weight throw. Her distance of 44-1.25, which was 12th overall, broke the Bruin record by 7 feet.

In other women's events, Adams ran 3rd at 2:26.21 and Laack was 4th at 2:27.48 in the 800 meter run, the best times among small-college runners. Giffey-Brohaugh placed 4th in the mile run at 5:30.27. In the high jump, Katie Alaimo came in 5th with a height of 5-1.75, and JulieKay Brown tied for 7th at 4-11.75.

In the men's 400 meter run, Ben Dillow had the best time of any small-school athlete with 50.87, finishing 7th and setting a personal record. One place behind him was Josh Priester, who ran a 50.94. David Mathiang ran the mile in 4:42.60 to place 8th, and Bryan Cobb came in 10th at 4:43.50.

Harris, after a night's rest for his leg injury, bounced back to finish 6th, and Brad Bates was 8th, in the 200 meter dash at 22.66 and 22.78 respectively. Jake Moe and Grant Finney were back-to-back in the 3,000 meter run, Moe 9th at 9:23.71 and Finney 10th at 9:24.04.

Beatty was 5th in the long jump at 20-3.5, and Bates tied for 10th in the 60 meter dash at 7.28. Drew Maves was close behind Bates, finishing 13th at 7:32.

Complete results can be found on the GFU web site at www.georgefox.edu/athletics/track/index.html.

The Bruins open up their outdoor track and field season on Saturday, March 5, in the Willamette 6-Way Meet in Salem, Ore.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Thursday, January 27, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

1/27 – PRE-SEASON TRACK – Four Bruins and Two Coaches Got Early Track Start at Indoor Meets

NEWBERG, Ore. – Four George Fox University track athletes and two coaches with university ties got an early jump on the 2005 track and field season by participating in separate indoor meets hosted by Eastern Washington University and Boise State University Jan. 14-15.

At the 18th Annual Jerry Martin Invitational indoor meet at EWU's Thorpe Fieldhouse in Cheney, Wash., the Bruins' Doug Beatty and Josh Priester competed in the men's heptathlon, Beatty scoring 3,742 points to finish 5th, and Priester earning 3,117 points for 8th, although he did not compete in the final two events due to hurting his foot during the pole vault. Beatty, a senior jumper, and Priester, a junior who competed in the NCAA Division III nationals in the decathlon last year, are expected to be major contributors to the Bruin program again in 2005.

The heptathlon was won by John Smith of the Bruin Track Club and a current assistant coach at George Fox, who edged David Sargent of Eastern Washington 4,761-4,717. Former George Fox assistant coach Scott Brown, also representing the Bruin Track Club, was 6th with 3,186 points.

Senior Michelle Forbes, who represented the Bruins in the national high jump last year, competed in the women's pentathlon and placed 6th, scoring 2,784 points. She is expected to be a factor once again on the national scene in the high jump.

Seth Harris was the lone Bruin at the Boise State Meet at Idaho Center in Nampa, Idaho, finishing 2nd in the 400 with a time of 50.07. Harris, a sophomore, emerged as a freshman mainstay on the Bruins' 4x100 and 4x400 teams and in the hurdles last year, competing nationally in the 4x400 and the hurdles.

The George Fox men's and women's teams officially start their season on Feb. 18-19 in the McDonald's Indoor Meet at the University of Idaho in Moscow. Their first outdoor competition is the Willamette 6-Way Meet on March 5 in Salem, Ore.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Monday, September 27, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

9/27 – Assistant Track Coach Guzman's Wife Judy Passes Away after Long Illness

NEWBERG, Ore. – Judy Guzman, the wife of long-time George Fox University assistant track and field coach Dave Guzman, passed away Friday, Sept. 24, after two years of failing health brought on by several small strokes. The entire George Fox community and friends of Coach Guzman and his family are invited to celebrate her life at a service in her honor at Salem Evangelical Church, at the corner of Locust and Broadway, in Salem, Ore. on Wednesday, Sept. 29, at 10:30 a.m.

Coach Guzman is in his 11th year with the Bruins, working with sprinters and relay teams, after 12 years of coaching and teaching at Salem Academy. A graduate of Linfield College, he lives in Keizer, Ore., and has four grown children.

"Judy was a huge track fan," recalls George Fox head track coach Wes Cook. "Not only would she come to all the home meets, but she'd come to practices many times with Dave. If she wasn't feeling too well, she'd sit in the Wheeler Sports Center lobby with her headset on. But she'd always wander out to the track sooner or later to watch the athletes practice. Our thoughts and prayers are with Coach Guzman, his children, and their families at this time."

GEORGE FOX UNIVERSITY

SPORTS RELEASE: BASEBALL, TRACK & FIELD – Friday, August 27, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

8/27 – Bruin Champions to Receive NCAA Championship Rings at Luncheon on Monday

NEWBERG, Ore. – The George Fox University 2004 NCAA Division III national championship baseball team, and NCAA Division III national men's javelin champion Matt Gassaway, will be presented with their championship rings at a luncheon on Monday, Aug. 30, the first day of classes for the 2004-05 academic year.

The awards luncheon will be part of a day of activities designed to honor the Bruin baseball team, which went 40-10 and defeated Eastern Connecticut State University 6-3 in the title game, and Gassaway, who won the javelin with a school-record throw of 215-10.

The day's first scheduled event is a chapel service in Bauman Auditorium at 10:35 p.m., with Oregon governor Ted Kulongoski and Newberg city mayor Bob Stewart giving commendations to the champions. The luncheon and ring ceremony will take place at noon in the Cap and Gown Room of the Heacock Commons Student Center. Stewart will read citations for the baseball team and Gassaway.

The day will conclude with a barbeque supper for all students from 4:30-7 p.m. on the George Fox Centennial Tower Lawn, followed by a special program from 7-7:30 p.m. George Fox faculty, staff, and administration are welcome to bring their families to the dinner. The cost is \$6 for adults and \$4 for children 12 and under.

Mayor Stewart has declared Aug. 30 to be "George Fox Bruin Baseball Day" in Newberg.

GEORGE Fox UNIVERSITY

SPORTS RELEASE: BASEBALL, TRACK & FIELD – Wednesday, August 25, 2004

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

8/25 – Governor Kulongoski to Welcome New Students, Honor Bruin National Champions on Aug. 30

NEWBERG, Ore. – Oregon Governor **Ted Kulongoski** will visit George Fox University to welcome students and recognize the university's 2004 national champions next week when the university begins the new academic year.

Kulongoski, Newberg Mayor Bob Stewart, and George Fox President David Brandt will address more than 1,200 students and employees at the opening chapel service 10:35 a.m.-11:30 a.m., Monday, Aug. 30, at Bauman Auditorium on the George Fox University Newberg campus. Stewart has designated Aug. 30 as "George Fox Bruin Baseball Day" in Newberg. Monday is the first day of undergraduate classes. The governor will be given a Bruin baseball cap and jacket. After Kulongoski and Stewart's remarks, George Fox President David Brandt will give the main address.

Record Enrollment Expected

George Fox is expected to enroll more than 3,000 students this year, including more than 500 incoming undergraduate freshmen and transfers. This will be the 18th consecutive year of record enrollment. In 1986, university enrollment was 549.

National Champions

The George Fox baseball team won the NCAA Division III national championship last spring in Appleton, Wis. The Bruins, ranked No. 16 in the preseason, received an at-large bid to the national tournament. George Fox (40-10) won the title with a 6-3 defeat of Eastern Connecticut State University on June 1.

Javelin thrower **Matt Gassaway** won an NCAA national title in Decatur, Ill. With his school-record throw of 215 feet, 10 inches on May 29, Gassaway became the first George Fox athlete to win an NCAA individual title in track and field.

Directions

Bauman Auditorium is located on the north end of the Newberg Campus. From 99W go north on Villa Road. Turn left on Fulton Street (at the athletics fields). Bauman Auditorium and parking will be on the left opposite Friendsview Manor.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, June 3, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

6/3 – ACADEMIC ALL-DISTRICT: Bruins' Forbes Earns Academic All-District VIII in Women's Track

NEWBERG, Ore. – Adding one more award to her growing list of honors, George Fox University high jumper Michelle Forbes has been named to the 2005 *ESPN The Magazine* College Division Academic All-District VIII Women's Track & Field/Cross Country Team as voted on by the district's members of the College Sports Information Director of America (CoSIDA).

Forbes, a senior from Jackson, Wyoming, graduated *summa cum laude* from the university on April 30 after posting a 3.97 cumulative grade point average during her four years of study. A history/political science major, she had a 4.00 in seven of her eight semesters at George Fox. She was a CoSIDA Academic All-District pick last year as well, and has twice received All-Academic honors from the United States Track Coaches Association, an award she seems certain to receive again later this summer.

On the track, Forbes is coming off a second-place finish in the NCAA Division III National Championships in Waverly, Iowa, with a high jump of 5-8 on May 27, a personal best which puts her second on the GFU list only to two-time NAIA champion and All-American Nancy Rissmiller. During this past season, she won the high jump in four meets, including the Northwest Conference Championships, and the long jump in one meet. She also placed second in the NWC in the heptathlon, earning All-Conference honors in both the high jump and the heptathlon.

Forbes was All-NWC in the triple jump with a second-place finish as a junior, in the high jump with a second as a sophomore, and in the 4x100 meter relay as a freshman as the relay team finished third. She participated in the NCAA nationals in the triple jump in 2004 and the high jump in 2003.

Other members of the 10-member All-District team are Alicia Andrews and Shannon McGrane of Willamette University, Linda Blake and Karen Dickson of Seattle Pacific University, Elaine Heinemann of Whitworth College, Julie Locke of Pacific Lutheran University, Monica Smith of Western Oregon University, Helen Tai of the California Institute of Technology, and Tanya Zeferjahn of California State University-San Bernardino. All will be submitted for consideration for the nation-wide Academic All-America Team.

District VIII of CoSIDA is comprised of all sports information directors in Oregon, Washington, Alaska, Idaho, Nevada, California, Utah, Arizona, and Hawaii. The 2004-05 year is the first year of partnership between CoSIDA and *ESPN The Magazine* as sponsor of the Academic All-District and All-America teams.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, May 28, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

5/28 – NCAA CHAMPIONSHIPS: Bruins' Gassaway, Harris Earn All-America Honors on Last Day of Nationals

WAVERLY, Iowa – Matt Gassaway came up about three feet short of retaining his national men's javelin title but still finished 4th, and Seth Harris took 6th place in the men's 400 meter hurdles, giving the George Fox University Bruins two more All-Americans on the final day of the NCAA Division III Track and Field National Championships Saturday here at Wartburg College's Walston-Hoover Stadium.

Gassaway, who won the 2004 javelin with a distance of 215-10 on his final throw, recorded his best throw of the 2005 meet on his second try in the first round, hurling the spear 202-10 to win the flight. He stood second to Bruce Zapasnik of the University of Massachusetts-Dartmouth entering the finals, but was unable to improve upon his mark with his final three efforts. Khristoph Becker of Middlebury College passed everyone on his final throw of the day to win the javelin at 205-7.

Harris, who was 7th in the 400 hurdles after the time trials on Thursday with a time of 53.33, climbed one spot to 6th with a mark of 53.68 in the finals. Blake Boma of Monmouth College (Ill.) won the race with a time of 51.78, the best in Division III this year and a new stadium record.

Gassaway earned 5 points for the Bruins and Harris 3, in addition to their All-America status. Combined with the 8 points Ben Dillow won for his 2nd-place finish in the decathlon, George Fox scored 16 points in the 2005 national championships, tying Howard Payne University for 17th in the team standings. Lincoln University out-scored the University of Wisconsin-La Crosse 69 to 66.5 for the team title.

The Bruins' lone female athlete competing on Saturday, Lindsey Blankenship, placed 7th in the second flight of the women's hammer with a throw of 154-5 and did not qualify for the finals, which was won by Kelsey Godsey of Bates College with a distance of 195-4, a D-III Championships and stadium record.

George Fox did garner 8 points in the meet due to a 2nd-place finish by Michelle Forbes in the women's high jump on Friday, good enough for a tie for 32nd in the team standings with Wisconsin-River Falls, Wisconsin-Whitewater, Colby-Sawyer College, Haverford College, and John Carroll University. Host Wartburg edged Wisconsin-Oshkosh and Calvin College, who tied for second, 43 to 42 for the team title.

Complete information on the NCAA Division III National Championships, including all results, are available on the Wartburg College website at <http://www.go-knights.net/ncaatrack/index.html>.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, May 27, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

5/27 – NCAA CHAMPIONSHIPS: Dillow in Decathlon, Forbes in High Jump Earn Seconds in Nationals

WAVERLY, Iowa – Ben Dillow in the men's decathlon and Michelle Forbes in the women's high jump became the third and fourth George Fox University athletes to finish in the top two spots in NCAA competition when each took second place in their events on the second day of the NCAA Division III Track and Field National Championships Friday here at Wartburg College's Walston-Hoover Stadium.

After standing in 10th place following Thursday's five decathlon events with 3,496 points, Dillow scored 3,434 points on Friday to jump eight spots and earn All-America status with a runner-up total of 6,932 points. Kevin Deering of the University of Wisconsin-Oshkosh, the leader after the first day, clung to that lead and won with 7,104 points.

Dillow rallied with 782 points and a 4th-place finish in the 110 meter hurdles (15.57), 608 points and 7th in the discus (122-1), 702 points and a tie for 2nd in the pole vault (12-9.5), 591 points and 6th in the javelin, and 753 points and another 2nd-place finish in the 1500 meter run. His showing earned 8 points for George Fox in the team standings.

"Other than a little setback in the discus, Ben climbed in the standings with every event he competed in today," said George Fox coach Wes Cook. "The vault and the hurdles have always been good events for him, but it was his strong showing in the final 1500 that pulled him through. While I know there are some things Ben wishes he could have done better in, we're very proud of what he has accomplished."

Forbes notched a personal best and second place on the all-time high jump list at George Fox by clearing a height of 5-8, earning All-America honors and 8 points for the Bruins' team. She trailed only Christyn Schumann of Trinity University (Texas), who leaped 5-9.25. Two-time NAIA national champion Nancy Rissmiller, who had a 5-10 in 1995, is the only Bruin to have topped Forbes.

Amanda Haney of the State University of New York-Geneseo also cleared 5-8, but Forbes earned second in a three-way battle for the title by taking only two jumps to make the mark while Haney needed three.

"The amazing thing is that Michelle seemed to be easily clearing 5-9 or 5-10 while jumping at the earlier heights," noted Cook. "She was sailing over the bar easily. She may have changed her approach slightly or done something a bit differently to try to clear the later heights and that may have thrown her off. Still, it was an amazing performance."

The only Bruins to have finished as high as second in the Bruins' previous five years of NCAA eligibility have been Matt Gassaway, last year's national men's javelin champion, and Heather Hunt, a women's pole vault runner-up in 2001. Several George Fox athletes won national championships while in the NAIA prior to 1999.

Two other Bruins were in action Friday in the women's 800 meter run, Anna McLain finishing 5th in the first heat at 2:16.78 and Rachel Giffey-Brohaugh placing 6th in the third heat at 2:20.37.

"Both of them are freshmen who weren't even certain until early in the week that they were even going to be here," admitted Cook, "so their finishes aren't entirely unexpected; we knew they'd probably have to perform as well or better than they ever had to make it to the finals. Now they've had a taste of what the best competition in the country is like, and all this has done is make them more excited than ever and dedicated to come back and do even better."

On Saturday, the Bruins' Lindsey Blankenship throws the women's hammer, starting in the second flight, at 2:00 p.m., while Matt Gassaway, the defending national men's javelin champion, is in the first flight of that event at the same time. The finals will follow shortly thereafter. Blankenship is 8th in the hammer at 164-5 and Gassaway is 4th in the javelin at 202-3 after winning the title last year with a 215-10. Seth Harris, who placed 3rd in the first heat and 7th overall in the men's 400 meter hurdles preliminaries on Thursday, will run in the finals at 3:15 p.m.

Complete information on the NCAA Division III National Championships, including current results, are available on the Wartburg College website at <http://www.go-knights.net/ncaatrack/index.html>.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Thursday, May 26, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

5/26 – NCAA CHAMPIONSHIPS: Dillow 10th Halfway thru Decathlon, Harris Reaches 400 Hurdles Finals

WAVERLY, Iowa – Ben Dillow of George Fox University stood 10th halfway through the men's decathlon and the Bruins' Seth Harris qualified for the finals in the men's 400 meter hurdles as the NCAA Division III Track and Field National Championships got under way Thursday here at Wartburg College's Walston-Hoover Stadium.

Dillow, who ranked 4th nationally with 6,992 points entering the competition, scored 3,496 points in the decathlon's first five events. He was 5th for 784 points in the 100 meter dash (11.35), 13th for 610 points in the long jump (20-0.5), 7th for 574 points in the shot put (37-7.25), 7th for 714 points in the high jump (6-2.75), and 6th for 814 points in the 400 meter dash (50.01). He stands only 7 points behind Kyle Steiner of the University of Wisconsin-Stevens Points and 15 behind Khristoph Becker of Middlebury College. Kevin Deering of the University of Wisconsin-Oshkosh is the leader with 3,840 points.

"Ben's sitting in pretty good shape for finishing in the top eight and earning All-America status," said George Fox coach Wes Cook. "He ran a good 100, and set a personal record in the 400 despite having to wait about an hour-and-a-half to run! We had a big Midwestern thunderstorm roll through about 4:00 and they had to pull everyone off the field just before running the decathlon's 400. But he overcame that delay and is in good position for tomorrow. The pole vault and the high hurdles are good events for him; the discus is probably his most 'iffy' event."

Harris, who was 8th in the 400 hurdles with a 52.91 coming in, placed 3rd in the first heat of the preliminaries with a time of 53.33, which was 7th overall. The best qualifying time was a 52.55 by Blake Boma of Monmouth College (Ill.).

"Seth ran about what we expected," noted Cook. "He'll have to step it up a notch on Saturday to win, but he's earned All-America by making it to the final eight."

The decathlon picks up again Friday at 11:00 a.m. (Central time) with the 100 meter hurdles, discus, pole vault, javelin, and 1500 meters. Other Bruins competing Friday include Michelle Forbes in the women's high jump at 1:00 p.m., and Anna McLain in the first flight and Rachel Giffey-Brohaugh in the third flight of the women's 800 meter trials at 4:00 p.m. Forbes is tied for 4th nationally in the high jump at 5-7.25, while Giffey-Brohaugh is 19th at 2:16.14 and McLain 22nd at 2:16.42 in the 800.

On Saturday, the Bruins' Lindsey Blankenship throws the women's hammer, starting in the second flight, at 2:00 p.m., while Matt Gassaway, the defending national men's javelin champion, is in the first flight of that event at the same time. The finals will follow shortly thereafter. Blankenship is 8th in the hammer at 164-5 and Gassaway is 4th in the javelin at 202-3 after winning the title last year with a 215-10. Giffey-Brohaugh and McLain hope to be in the women's 800 finals at 3:00 p.m., and Harris is in the men's 400 hurdles finals at 3:15 p.m.

Complete information on the NCAA Division III National Championships, including current results, are available on the Wartburg College website at <http://www.go-knights.net/ncaatrack/index.html>.

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Wednesday, May 25, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

5/25 – NCAA CHAMPIONSHIPS: Defending Javelin Champ Gassaway Leads Seven Bruins to NCAA Nationals

WARTBURG, Iowa – If 2004 men's javelin champion Matt Gassaway of George Fox University is going to successfully defend his national title, he may have to come up with another record-breaking throw, just as he did last year in winning the event on his final attempt. He'll get that chance this weekend as the NCAA Division III Track and Field National Championships get under way Thursday-Saturday, May 26-28, here at Wartburg College's Walston-Hoover Stadium.

Gassaway, a senior from Camas, Wash., is one of seven Bruins competing in this year's nationals. He is joined in the men's events by Ben Dillow, a sophomore from San Diego, Calif., in the decathlon, and Seth Harris, a sophomore from Boise, Idaho, in the 400 meter hurdles. George Fox women entered are Michelle Forbes, a senior from Jackson, Wyo., in the high jump; Lindsey Blankenship, a sophomore from Washtucna, Wash., in the hammer; Rachel-Giffey Brohaugh, a freshman from Renton, Wash., in the 800 meter run; and Anna McLain, a freshman from Medina, Wash., also in the 800.

Gassaway won the javelin last year with a throw of 215-10, setting a George Fox record. His best this year has been a 202-3 which won the Northwest Conference championship, placing him 4th nationally entering the weekend. The top throw thus far this season has come from Corey White of the University of Redlands at 214-10.

Dillow ranks 4th in the decathlon with 6,992 points, which he achieved in the Cal State-Northridge Spring Break meet. Harris stands 8th in the 400 hurdles with a time of 52.91, which he reached in the Ken Foreman Invitational in Seattle two weeks ago.

Forbes, making her third trip to the nationals, is tied for 4th-best nationally in the high jump with a career-high 5-7.25, achieved while winning the NWC title and setting a conference record. Blankenship also set an NWC record when she won the hammer with a throw of 164-5, a mark which is 8th in the nation. Giffey-Brohaugh's 2:14.16 and McLain's 2:14.42 in the 800 rank 19th and 22nd respectively. Both had put themselves in a position to be invited if there were last-minute scratches by peaking at the right time, posting their best times of the season during the last three weeks.

The championships begin Thursday at 11:00 a.m. (Central time) with Dillow in the decathlon's 100 meters. There is a rolling time schedule for the decathlon, with 30 minutes between events. Thursday's events include the 100 meters, long jump, shot put, high jump, and 400 meters. Harris also runs Thursday in the first flight of the men's 400 hurdle trials at 4:20 p.m.

The decathlon picks up again Friday at 11:00 a.m. with Dillow competing in the 100 meter hurdles, discus, pole vault, javelin, and 1500 meters. Forbes competes Friday in the women's high jump at 1:00 p.m., with McLain in the first flight and Giffey-Brohaugh in the third flight of the women's 800 meter trials at 4:00 p.m. Friday.

On Saturday, Blankenship throws the women's hammer, starting in the second flight, at 2:00 p.m., while Gassaway is in the first flight of the men's javelin at the same time. The finals will follow shortly thereafter. Giffey-Brohaugh and McLain hope to be in the women's 800 finals at 3:00 p.m., as does Harris in the men's 400 hurdles finals at 3:15 p.m.

Complete information on the NCAA Division III National Championships, including a list of entries, heats, and eventual results, are available on the Wartburg College website at <http://www.go-knights.net/ncaatrack/index.html>.

Monday, May 23, 2005 --- For Immediate Release

Contact: Blair Cash, SID / George Fox University / 414 N. Meridian St., Box 6147 / Newberg, OR 97132
(E-mail) bcash@georgefox.edu Sports Website: www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (Fax) 503-554-3864 (H) 503-554-8067

*** For the most up-to-date scores and schedules, call the GFU Sports Hotline at 503-554-3868!!!**

**5/23 WHAT'S BRUIN:
GEORGE FOX TRACK & FIELD 2005
- Weekly News & Notes**

LINKS FOR TRACK & FIELD TO:

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

HIGHLIGHTS:

- * **Coming Up: NCAA National Championships May 26-28 in Iowa**
- * **Recent Events: Bruins End Regular Season in Seattle and Salem Meets**
- * **Final List of George Fox Auto and Provisional Qualifiers**
- * **Highlights and Notes from Willamette Last Chance Events**

COMING UP:

Thur.-Sat., May 26-28 - NCAA Division III National Championships, Waverly, Iowa (Wartburg College)

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

May 12-14 - at Ken Foreman Invitational, Seattle, Wash.

[Ken Foreman Invitational Press Release](#) / [Hammer](#) / [Heptathlon](#) / [Results \(M&W\)](#)

May 19 - at Willamette Last Chance Meet, Salem, Ore.

[Willamette Last Chance Press Release](#) / [Results](#)

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference Women's Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

*** NCAA QUALIFIERS:**

Nine Bruins have attained either provisional or automatic qualifying status in 10 events for the 2005 NCAA Division III National Championships May 26-28 at Wartburg College in Waverly, Iowa. Of those nine, six are ranked in the top eight nationally and are virtual locks for places in the national meet: Ben Dillow and Josh Priester in the men's decathlon, Matt Gassaway in the men's javelin, Seth Harris in the men's 800, Michelle Forbes in the the women's high jump, and Lindsey Blankenship in the women's hammer. Priester, however, has an elbow injury that will require surgery and will be unable to participate in the nationals. Two Bruins in the women's 800, Rachel Giffey-Brohaugh and Anna McLain, are 19th and 22nd nationally and are "on the bubble" for spots in the finals. As a general rule, anywhere from 16-18 competitors are invited to compete in the nationals, and one or both may be able to go, depending on the number of athletes listed ahead of them who may not be entered for a variety of reasons. The complete list of invitees to the nationals will be announced some time late Monday.

Bruins who have qualified provisionally or automatically for the NCAA Division III National Championships:

Men	Event	Mark	NCAA Rank	Date Qualified
Matt Gassaway	Javelin	202-3 (prov)	4th	4/22 NWC Championships
Seth Harris	400m Hurdles	52.91 (prov)	8th	5/14 Ken Foreman Invitational
Ben Dillow	Decathlon	6,992 points (auto)	4th	3/16-17 CSUN Spring Break
Josh Priester	Decathlon	6,690 points (auto)	5th	3/16-17 CSUN Spring Break
Brad Bates	800	1:53.52 (prov)	32nd	5/19 Willamette Last Chance
Women	Event	Mark	NCAA Rank	Date Qualified
Michelle Forbes	High Jump	5-7.25 (auto)	4th (T)	4/23 NWC Championships
Michelle Forbes	Heptathlon	4,140 (prov)	29th	4/12 NWC Multi-Events
Lindsey Blankenship	Hammer	164-5 (prov)	8th	4/23 NWC Championships
Rachel Giffey-Brohaugh	800	2:14.16 (prov)	19th	5/19 Willamette Last Chance
Anna McLain	800	2:14.42 (prov)	22nd	5/7 Ken Shannon Invitational

*** Highlights and Notes from Willamette Last Chance Events:**

--- Rachel Giffey-Brohaugh's time of 2:14.16 ranks as the #3 all-time mark in the women's 800 at GFU and the best freshman time ever. Anna McLain had a 2:14.42 on May 7 in the Ken Shannon Invitational, and she had the top freshman mark until Giffey-Brohaugh passed her. Both are within a second of the all-time record of 2:13.44 by Debbie Kintrea in 1992 ...

--- Bruin assistant coach Liz Thompson ran the women's 800 with Giffey-Brohaugh with an assignment from head coach Wes Cook: "Get her through the first 600 meters in good shape." Mission accomplished. Giffey-Brohaugh breezed through the rest of the race to win it and was all alone with 150 meters to go ...

--- Brad Bates' 1:53.52 in the men's 800 ranks #2 in the junior class, #5 all-time, and is the best mark in that event for a Bruin in over a decade. The Last Chance meet was only his 2nd time to run the event this year and just his 5th try at it in three years. Although he is a senior academically, he is contemplating a return next spring to complete his eligibility ...

--- Personal records were turned in by Matt Burg in the men's 1500 (4:04.68) and David Delmore in the men's 5000 (15:46.44). Delmore's time was a 23-second improvement and came after moving rock for eight hours the day before on the first day of his summer job ...

*** 2005 Men's Honors:**

Matt Gassaway - All-NWC (Javelin 1st - 202-3); NWC Men's Athlete of the Week (Feb. 28-Mar. 6)

Ben Dillow - All-NWC (High Jump 2nd - 6-3.25, Pole Vault 3rd - 13-11.25, 4x400 2nd - 3:22.50); NWC Men's Athlete of the Week (Mar. 14-20)

Seth Harris - All-NWC (4x100 1st - 42.62), NWC Men's Athlete of the Week (Mar. 21-27)

Brad Bates - All-NWC (400 2nd - 49.82, 4x100 2nd - 42.62, 4x400 2nd - 3:22.40)

Drew Maves - All-NWC (Long Jump 2nd - 21-7.25, 4x100 2nd - 42.62)

Andrew Paine - All-NWC (4x100 2nd - 42.62, 4x400 2nd - 3:22.40)

David Mathiang - All-NWC (4x400 2nd - 42.62)

Jake Moe - All-NWC (3000 Steeplechase 3rd - 9:40.51)

*** 2005 Women's Honors:**

Lindsey Blankenship - All-NWC (Hammer 1st - 164-5*)

Michelle Forbes - All-NWC (High Jump 1st - 5-7.25*, Heptathlon 2nd - 4,140 points)

Whitney Kolb - All-NWC (Triple Jump 1st - 35-9.25)

Rachel Giffey-Brohaugh - All-NWC (800 2nd - 2:19.40, 4x400 2nd - 4:30.20)

Kelly Bladorn - All-NWC (4x400 2nd - 4:03.20)

Anna McLain - All-NWC (4x400 2nd - 4:03.20)

Bethany Adams - All-NWC (4x400 2nd - 4:03.20)

* - New NWC Championships record

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Friday, April 29, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

4/29 – WOU TWILIGHT INVITATIONAL: Forbes' High Jump Win a Bruin Highlight at WOU Twilight

MONMOUTH, Ore. – Northwest Conference women's high jump champion Michelle Forbes of George Fox University continued her outstanding senior season by winning the Western Oregon University Twilight Invitational track and field meet here Friday evening with a jump of 5-6, the top performance by a George Fox University Bruin.

Forbes' height met the provisional qualifying standard for the NCAA Division III National Championships, but she had already qualified automatically with last weekend's conference-record jump of 5-7.25. She was the only Bruin to win an event at the WOU meet, but two other Bruins posted seconds: Anna McLain in the women's 1500 meter run with a time of 4:49.38, and Matt Gassaway, the NWC champion in the javelin, with a throw of 196-2.

Other top-five finishes for the Bruins included fourths by Whitney Kolb, the NWC women's triple jump champion, with a distance this time of 34-2, and by Drew Maves in the men's long jump at 20-9.25, and a fifth by Travis Laloli in the men's pole vault at a height of 13-7.25.

Complete results of the Western Oregon Twilight Invitational may be found on the George Fox web site at www.georgefox.edu/athletics/track/index.html.

With exams this past week and graduation ceremonies on Saturday, the number of Bruin athletes competing in the WOU meet was limited. The NCAA Nationals are set for May 26-28 at Wartburg College in Waverly, Iowa, and the Bruins will use several other meets between now and then to make qualifying efforts for the nationals. The squads will split to compete in two events next Saturday: the University of Oregon Twilight Meet at Eugene, and the Ken Shannon Invitational at the University of Washington in Seattle.

Thursday, April 28, 2005 --- For Immediate Release

Contact: Blair Cash, SID / George Fox University / 414 N. Meridian St., Box 6147 / Newberg, OR 97132

(E-mail) bcash@georgefox.edu Sports Website: www.georgefox.edu/athletics

(O) 503-554-2926

(C) 503-537-8920

(Fax) 503-554-3864

(H) 503-554-8067

*** For the most up-to-date scores and schedules, call the GFU Sports Hotline at 503-554-3868!!!**

4/28 WHAT'S BRUIN: GEORGE FOX TRACK & FIELD 2005 - Weekly News & Notes

LINKS FOR TRACK & FIELD TO:

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

HIGHLIGHTS:

- * Coming Up: Western Oregon Twilight Invitational for a Bruin Dozen**
- * Last Week: Bruin Women 4th, Men 6th in NWC Championships**
- * Blankenship in Hammer, Forbes in High Jump Set New NWC Marks**
- * Bruins Earn 23 All-NWC Honors While Winning 4 Events**
- * NCAA Qualifiers: Forbes Hits Automatic Qualifying Mark in High Jump**
- * School and Personal Records Set at NWC Championships**

COMING UP:

Fri., Apr. 29, 3:00 p.m. - Western Oregon Twilight Invitational, Monmouth, Ore.

With their biggest meet of the year thus far - the Northwest Conference Championships - out of the way, the Bruins now turn their attention toward preparing or qualifying for the NCAA Division III National Championships coming up May 26-28 at Wartburg College in Pella, Iowa. A dozen or so Bruins will participate in the Western Oregon Twilight Invitational this Friday in Monmouth, Ore.

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

Apr. 22-23 - at Northwest Conference Championships, McMinnville, Ore.

--- Women 4th of 8 / Men 6th of 8

[NWC Championships Press release](#) / [NWC Championships Results \(M&W\)](#)

COACH WES COOK (Northern Colorado '61) is in his 18th year as the head coach of all George Fox track and field and cross country programs. He has been named Coach of the Year at the conference or district (NAIA) level 12 times, at least once in each of the 4 sports he coaches. He was Northwest Conference

Women's Coach of the Year in 2000 for leading the Bruins to the NWC championship. Click here for the complete bio on [Coach Cook](#).

BRUIN BITS:

*** Blankenship in Hammer, Forbes in High Jump Set New NWC Marks**

Hammer thrower **Lindsey Blankenship** and high jumper **Michelle Forbes** set new conference women's records in their events at the Northwest Conference Track and Field Championships Friday and Saturday, Apr. 22-23, at Linfield College's Maxwell Field in McMinnville, Ore.

Blankenship established a new NWC championship meet record in the hammer with a toss of 164-5, a personal best that broke the existing standard of 159-6 set by Pacific Lutheran's Leslie Seelye in 2001. It was also a new personal record and extended her own GFU record.

Forbes set an NWC record in the high jump, clearing 5-7.25 to surpass the old record of 5-7 set by former Bruin JoEllen Boatright in 2002. It also earned Forbes an automatic trip to the NCAA Division III championship meet, and came with her father, an Army medical officer who will be reporting for duty in Iraq soon, and older sisters Amy and Colleen, Bruins stars a few short years ago, in the stands.

*** 2005 Men's Honors:**

Matt Gassaway - All-NWC (Javelin 1st - 202-3); NWC Men's Athlete of the Week (Feb. 28-Mar. 6)

Ben Dillow - All-NWC (High Jump 2nd - 6-3.25, Pole Vault 3rd - 13-11.25, 4x400 2nd - 3:22.50); NWC Men's Athlete of the Week (Mar. 14-20)

Seth Harris - All-NWC (4x100 1st - 42.62), NWC Men's Athlete of the Week (Mar. 21-27)

Brad Bates - All-NWC (400 2nd - 49.82, 4x100 2nd - 42.62, 4x400 2nd - 3:22.40)

Drew Maves - All-NWC (Long Jump 2nd - 21-7.25, 4x100 2nd - 42.62)

Andrew Paine - All-NWC (4x100 2nd - 42.62, 4x400 2nd - 3:22.40)

David Mathiang - All-NWC (4x400 2nd - 42.62)

Jake Moe - All-NWC (3000 Steeplechase 3rd - 9:40.51)

*** 2005 Women's Honors:**

Lindsey Blankenship - All-NWC (Hammer 1st - 164-5*)

Michelle Forbes - All-NWC (High Jump 1st - 5-7.25*, Heptathlon 2nd - 4,140 points)

Whitney Kolb - All-NWC (Triple Jump 1st - 35-9.25)

Racehl Giffey-Brohaugh - All-NWC (800 2nd - 2:19.40, 4x400 2nd - 4:30.20)

Kelly Bladorn - All-NWC (4x400 2nd - 4:03.20)

Anna McLain - All-NWC (4x400 2nd - 4:03:20)

Bethany Adams - All-NWC (4x400 2nd - 4:03.20)

* - New NWC Championships record

*** NCAA QUALIFIERS:**

The Bruins had no new qualifiers for the NCAA Division III National Championships May 26-28 at Wartburg College in Waverly, Iowa, during the NWC Championships. However, three athletes - Matt Gassaway in the men's javelin, Lindsey Blankenship in the women's hammer, and Michelle Forbes in the women's high jump - improved their marks and standings in the national ratings. Forbes reached automatic qualifying stats with her high jump of 5-7.25. The complete list of Bruins who have qualified provisionally or automatically for the NCAA Division III National Championships:

Men	Event	Mark	NCAA Rank	Date Qualified
Matt Gassaway	Javelin	*202-3 (prov)	2nd	4/22 NWC Championships
Seth Harris	400m Hurdles	53.53 (prov)	9th	3/26 Hornet Invitational
Ben Dillow	Decathlon	6,992 points (auto)	2nd	3/16-17 CSUN Spring Break
Josh Priester	Decathlon	6,690 points (auto)	4th	3/16-17 CSUN Spring Break
Women	Event	Mark	NCAA Rank	Date Qualified
Michelle Forbes	High Jump	*5-7.25 (auto)	5th (T)	4/23 NWC Championships
Lindsey Blankenship	Hammer	*164-5 (prov)	6th	4/23 NWC Championships

* - improved previous qualifying mark

*** PERSONAL RECORDS:**

Bruin women who set new personal marks in the NWC Championships:

Michelle Forbes in the 100 prelims (12.86), high jump (5-7.5), long jump (16-10.5), heptathlon (4,140) ...

Kelly Bladorn in the 200 prelims (27.17), 4x400 splits (61.3) ...

Rachel Giffey-Brohaugh in the 4x400 splits (59.5) ...

Melissa Noyd in the 400 prelims (1:02.82) ...

Melissa Marek-Farris in the 400 hurdles prelims (1:07.17) ...

Whitney Kolb in the long jump (16-10.75) ...

Lindsey Blankenship in the hammer (164-5) ...

Tori Black in the javelin (117-7) ...

Bruin men who set new personal marks in the NWC Championships:

Drew Maves in the 100 prelims (11.21), 4x100 (42.62), long jump (21-7.25)

Brad Bates in the 200 prelims (22.38), 4x100 (42.62) ...

David Mathiang in the 800 prelims (1:56.96) ...

Jake Moe in the 5000 (15:31.20), 3000 steeplechase (9:40.51) ...

Andrew Paine in the 4x100 (42.62) ...

Seth Harris in the 4x100 (42.62) ...

Ben Dillow in the 4x400 splits (49.0)

*** ALL-TIME & CLASS RECORDS:**

The Bruins set one new all-time GFU record - Lindsey Blankenship with a 164-5 in the women's hammer - and posted a number of other marks that made it into the record books at the NWC Championships:

Lindsey Blankenship - Her 164-5 in the hammer broke the NWC meet record, her own school record, and set a new junior class record ...

Michelle Forbes - Her 5-7.25 in the high jump broke the NWC meet record and was #2 all-time and in the senior class ... Her 16-10.5 in the long jump was #9 all-time and #3 in the senior class ... Her 4,140 points in the heptathlon was #4 all-time and #3 in the senior class ...

Tori Black - Her 9.25 in the pole vault was #5 all-time and #3 in the sophomore class ...

Whitney Kolb - Her 16-10.75 in the long jump was #8 all-time ... Her 35-9.25 in the triple jump was #6 all-time ...

Matt Gassaway - His 202-5 in the javelin was a new senior class record ...

GEORGE FOX UNIVERSITY

SPORTS RELEASE: TRACK & FIELD – Saturday, April 23, 2005

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu (Web) www.georgefox.edu/athletics
(O) 503-554-2926 (C) 503-537-8920 (H) 503-554-8067
(Fax) 503-554-3864 (Hotline) 503-554-3868

4/23 – NWC CHAMPIONSHIPS: Blankenship and Forbes Set NWC Records as Bruins Win Four Events

McMINNVILLE, Ore. – Hammer thrower Lindsey Blankenship and high jumper Michelle Forbes of George Fox University set new conference women's records in their events, the major performances for the Bruins as they won four events in the Northwest Conference Men's and Women's Track and Field Championships Friday and Saturday, Apr. 22-23, here at Linfield College's Maxwell Field.

The Bruin women placed 4th as a team while the George Fox men came in 6th. Willamette University continued its reign of the NWC Championships as the Bearcats captured both the men's and women's team titles for the fourth consecutive season.

Women

Willamette scored 225 1/2 points to run away from second-place Whitworth College (125). Next were Linfield (117 1/2), George Fox (103), the University of Puget Sound (71 1/2), Lewis & Clark College (66 1/2), Pacific Lutheran University (54), and Pacific University (53).

Blankenship established a new NWC championship meet record in the hammer with a toss of 164-5, a personal best that broke the existing standard of 159-6 set by Pacific Lutheran's Leslie Seelye in 2001. Forbes set an NWC record in the high jump, clearing 5-7.25 to surpass the old record of 5-7 set by former Bruin JoEllen Boatright in 2002. It also earned Forbes an automatic trip to the NCAA Division III championship meet, and came with her father, an Army medical officer who will be reporting for duty in Iraq soon, and older sisters Amy and Colleen, Bruins stars a few short years ago, in the stands.

The Bruins also claimed one other women's title as Whitney Kolb, participating in only her third meet of the spring, was crowned champion in the triple jump with a leap of 35-9.25.

Finishing second for the Bruins were Rachel Giffey-Brohaugh in the 800 meter run (2:19.40), and the 4x400 meter relay team of Kelly Bladorn, Anna McLain, Bethany Adams, and Giffey-Brohaugh (4:03.20). Forbes had placed second in the heptathlon with 4,140 points on Apr. 11-12 to earn the Bruins 8 early points.

Men

Willamette's men scored 274 points to more than double runner-up Linfield's 130 1/2. Following in order were Pacific Lutheran (98.5), Puget Sound (97), Whitworth (92), George Fox (88), Lewis & Clark (18), and Pacific (13).

Matt Gassaway won the only men's title the Bruins captured, taking the javelin throw on Friday with a distance of 202-3. It was a season's best for the 2004 NCAA Division III national champion and vaulted him into the national lead.

Second-place finishes for George Fox were recorded by Brad Bates in the 400 meter dash (49.82), Ben Dillow in the high jump (6-3.25), Drew Maves in the long jump (21-7.25), the 4x100 meter relay team of Maves, Andrew Paine, Bates, and Seth Harris (42.62), and the 4x400 meter relay team of Paine, Bates, David Mathiang, and Dillow (3:22.40). Harris came up with a sore leg after the 4x100 and was unable to run in the 4x400 or in the 400 meter hurdles, in which he had the NWC's best time entering the weekend.

Bruin thirds went to Jake Moe in the 3000 meter steeplechase on Friday (9:40.51) and Dillow in the pole vault (13-11.25).

All athletes who finished in the top three were awarded All-Conference honors.

Pacific's Brooke Barker laid claim to the 200 and 400 titles Saturday and earned Women's Athlete of the Meet, while Willamette's Aaron Hollingshead, who captured the NWC crown in the 5000 and eclipsed the NWC meet record in

the 3000 steeplechase, was honored as Men's Athlete of the Meet. Willamette coach Matt McGuirk, in his second season, was selected as NWC Coach of the Year for both the men and the women.

Complete results may be found on the George Fox web site at www.georgefox.edu/athletics/track/index.html, on the Linfield web site at www.linfield.edu, or on the Northwest Conference web site at www.nwcsports.com.