

2001

### 2001 Press Release

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# GEORGE FOX UNIVERSITY

## SPORTS PRESS RELEASE - TRACK AND FIELD

*Saturday, May 26, 2001 --- For Immediate Release*

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### MILLER PLACES 9TH IN JAVELIN AS NCAA CHAMPIONSHIPS CONCLUDE

**DECATUR, Ill.** --- George Fox University's **Lori Miller (Jr., Aurora, Ore.)** placed ninth in the javelin competition, the best of three performances by Bruin athletes on the third and final day of the 2001 NCAA Division III Track and Field Championships Saturday (May 26) here at Millikin University.

In the second flight of the first round, **Miller**, who entered the competition ranked seventh nationally with a throw of 138-01, hurled the javelin 129-06, which was seventh in the heat but still good enough to make the final nine. However, she was unable to improve on that mark in the finals and finished ninth overall.

**Amy Forbes (Sr., Jackson, Wyo.)**, who was ranked seventh in the nation in the high jump at 5-06, reached 5-03.75 on Saturday and tied for 12th place. **Sarah Zempel (Fr., Rogue River, Ore.)**, who came into the national shot put in 17th place with a toss of 43-04.25, this time heaved the shot a distance of 39-03 and placed 10th in the second flight of round one, not long enough to make the final nine.

In Thursday's events, **Heather Hunt (Sr. Turner, Ore.)** earned All-American honors by placing second in the pole vault at a height of 12-0. Laura Rosenberger of Eastern Mennonite University was first and Rachel Veltkamp of Calvin College was third, all at 12-0, but final standings were determined by the fewest number of attempts needed before clearing the bar at that height. **Baron** posted a leap of 17-02 in the long jump to finish fifth in her heat and did not make it to the finals.

On Friday, **Baron** covered a distance of 36-4 in the triple jump and finished ninth in her heat, while **Jamie McElwain (Sr., Tigard, Ore.)** ran the 800 meter run in 2:16.36, less than two seconds behind her best time of 2:14.42 which ranked 16th nationally entering the meet, but still finished sixth in the second heat of round one and likewise did not make the finals.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Friday, May 25, 2001 --- For Immediate Release*

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### **BRUINS' McELWAIN AND BARON MISS FINALS IN 800 AND TRIPLE JUMP**

**DECATUR, Ill.** --- George Fox University's **Jamie McElwain (Sr., Tigard, Ore.)** and **Kelsey Baron (So., Nehalem, Ore.)** performed well, but did not reach the finals in their respective events on the second day of the 2001 NCAA Division III Track and Field Championships Friday (May 25) here at Millikin University.

**McElwain** ran the 800 meter run in 2:16.36, less than two seconds behind her best time of 2:14.42 which ranked 16th nationally entering the meet, but finished sixth in the second heat of round one and did not make the finals, which will be held Saturday at 2:45 p.m. The best time of the day was turned in by another Northwest Conference runner, Lisa Starkey of Willamette University, who ran a 2:09.19.

**Baron** recorded a triple jump distance of 36-4 in the first flight of round one, placing ninth in her heat. That was over a foot less than her school record of 37-08.5, which had put her in 13th place nationally before the NCAA Championships.

Three other Bruins get their shots at national titles on Saturday. **Sarah Zempel (Fr., Rogue River, Ore.)** will participate in the shot put after placing 17th in the nation with a distance of 43-04.25. The shot put is scheduled for 1:30 p.m. on Saturday.

**Amy Forbes (Sr., Jackson, Wyo.)**, another Bruin who made it to the nationals last year, will compete in the high jump again after finishing seventh nationally (5-06) this year. She will go at 11:30 a.m. on Saturday.

**Lori Miller (Jr., Aurora, Ore.)**, who missed last year's nationals due to the Juniors Abroad study program at George Fox, gets her chance in the javelin this year, having posted the seventh-best throw in the nation (138-01). She will participate in the javelin competition at 10:30 a.m. on Saturday.

In Thursday's events, **Heather Hunt (Sr. Turner, Ore.)** earned All-American honors by placing second in the pole vault at a height of 12-0. Laura Rosenberger of Eastern Mennonite University was first and Rachel Veltkamp of Calvin College was third, all at 12-0, but final standings were determined by the fewest number of attempts needed before clearing the bar at that height. **Baron** posted a leap of 17-02 in the long jump to finish fifth in her heat and did not make it to the finals.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Thursday, May 24, 2001 --- For Immediate Release*

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### HUNT FINISHES 2ND IN NCAA POLE VAULT COMPETITION

**DECATUR, Ill.** --- George Fox University's **Heather Hunt (Sr., Turner, Ore.)** came within a nose -- literally -- of becoming the first Bruin to win an NCAA championship, finishing second in the pole vault as the 2001 NCAA Division III Track and Field Championships got under way Thursday (May 24) here at Millikin University.

During the regular season, Hunt had recorded a vault of 12-05.5, second in the country only to a national-record 12-06 by Rachel Veltkamp of Calvin College and tied with last year's champion, Laura Rosenberger of Eastern Mennonite University. Those same three actually tied for the best vault in Thursday's competition with a height of 12-0, a new NCAA meet record, but Rosenberger won it again, Hunt was second, and Veltkamp third, based on the fewest number of tries needed to clear the 12-0 barrier.

All three made tries at the 12-06 level, but none cleared it. "I thought Heather was going to make it on her second try at 12-06, which would have given her the championship," said Bruin coach Wes Cook, "but she hit her nose on the bar and that pretty much took her out of the competition."

The second-place finish earned Hunt NCAA Division III All-American status for the second year in a row. She received that honor in 2000 by finishing seventh in the nationals.

The Bruins' **Kelsey Baron (So., Nehalem, Ore.)** was also in action Thursday, leaping a distance of 17-02 in the long jump to place fifth in the first round, flight one, but it was not enough to move her into the finals. She will now compete in the triple jump on Friday at 6:00 p.m., an event in which she ranks 13th nationally (37-08.5, a George Fox record).

Also on Friday, **Jamie McElwain (Sr, Tigard, Ore.)** will compete in the 800 meter dash after finishing 16th nationally with a time of 2:14.2. The preliminary heats in the 800 are set for 4:45 p.m., with the finals on Saturday at a time to be determined.

Three other Bruins will get shots at national titles on Saturday. **Sarah Zempel (Fr., Rogue River, Ore.)** will participate in the shot put after placing 17th in the nation with a distance of 43-04.25. The shot put is scheduled for 1:30 p.m. on Saturday.

**Amy Forbes (Sr., Jackson, Wyo.)**, another Bruin who made it to the nationals last year, will compete in the high jump again after finishing seventh nationally (5-06) this year. She will go at 11:30 a.m. on Saturday.

**Lori Miller (Jr., Aurora, Ore.)**, who missed last year's nationals due to the Juniors Abroad study program at George Fox, gets her chance in the javelin this year, having posted the seventh-best throw in the nation (138-01). She will participate in the javelin competition at 10:30 a.m. on Saturday.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Tuesday, May 22, 2001 --- For Immediate Release*

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### SIX BRUINS TO COMPETE IN SEVEN EVENTS IN NCAA NATIONALS MAY 24-26

**NEWBERG, Ore. ---** At 6:15 p.m. Monday evening (May 21), it became official -- George Fox University track and field coach Wes Cook was notified that six of his Bruin women athletes have been invited to participate in the NCAA Division III National Championships which will be held this Thursday-Saturday, May 24-26, at Millikin University in Decatur, Ill.

**Kelsey Baron (So., Nehalem, Ore.)** will compete in two events, the triple jump and the long jump. She ranks 13th nationally in the triple jump (37-08.5, a new George Fox record) and 22nd in the long jump (18-03). The long jump competition is scheduled for 3:00 p.m. on Thursday, while the triple jump is set for 6:00 p.m. on Friday.

**Heather Hunt (Sr., Turner, Ore.)** is expected to be one of the top challengers for the pole vault crown. An NCAA All-American last year when she finished 7th, this spring she set a new Bruin record with a vault of 12-05.5, the 2nd-best ever in Division III to a 12-06 by Rachel Veltkamp of Calvin College, also this year. The pole vault is set for 3:30 p.m. on Thursday

**Jamie McElwain (Sr, Tigard, Ore.)** will compete in the 800 meter dash after finishing 16th nationally with a time of 2:17.00. The preliminary heats in the 800 are set for 4:45 p.m. on Friday, with the finals on Saturday to be determined.

**Sarah Zempel (Fr., Rogue River, Ore.)** will go to the nationals to participate in the shot put after placing 17th in the nation with a distance of 43-04.25. The shot put is scheduled for 1:30 p.m. on Saturday.

**Amy Forbes (Sr., Jackson, Wyo.)**, another Bruin who made it to the nationals last year, will go in the high jump again after finishing 7th nationally (5-06). She will compete at 11:30 a.m. on Saturday.

**Lori Miller (Jr., Aurora, Ore.)**, who missed last year's nationals due to the Juniors Abroad study program at George Fox, gets her chance in the javelin this year, having posted the 7th-best throw in the nation (138-01). She will go on in the javelin competition at 10:30 a.m. on Saturday

### BRUINS IN THE NATIONAL CHAMPIONSHIPS

These six George Fox athletes will represent the University at the NCAA National Track & Field Championships May 24-26 in Decatur, Ill.:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>NCAA Rank (on 5/21)</u>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (12-05.5)	#2
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	#7
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	#22
Kelsey Baron	Triple Jump (37-08.50)	#13
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-04.5)	#17
Lori Miller (Jr., Aurora, Ore.)	Javelin (138-01)	#7

# GEORGE FOX UNIVERSITY

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Tuesday, May 15, 2001 --- For Immediate Release*

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### **CORRECTION: HUNT IS NO. 2 NATIONALLY IN POLE VAULT, NOT NO. 3**

**NEWBERG, Ore. ---** It was erroneously reported through the George Fox University sports information office yesterday that **Heather Hunt (Sr., Turner, Ore.)**, the Bruins' All-American pole vaulter, had posted the third-best vault in NCAA Division III women's history by clearing a height of 12-05.5 in the University of Washington Ken Foreman Invitational Track & Field Meet Saturday (May 12) at Husky Stadium in Seattle. Her vault, a new George Fox record, is actually the second-best in NCAA history.

Laura Rosenberger of Eastern Mennonite University, last year's national champion as a freshman with a vault of 11-11.75 in the NCAA national meet, held the record of 12-05.5, which she had posted earlier in the 2000 season. On the same weekend that **Hunt** scaled 12-05.5, tying Rosenberger for the all-time best, Rachel Veltkamp of Calvin College surpassed that with a vault of 12-06, setting the new national mark. Veltkamp and **Hunt** thus have the top two vaults in the nation this year and the top two all-time (with Rosenberger tied for second), while Rosenberger has this year's third-best mark at 12-03.5.

**Hunt**, Rosenberger, and Veltkamp should stage quite a battle for the national pole vault crown this year during the NCAA National Championships May 24-26 at Millikin University in Decatur, Ill. Hunt finished seventh in the event last year.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Tuesday, April 17, 2001 --- For Immediate Release*

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### **ZEMPEL EARNS NWC "WOMEN'S ATHLETE OF THE WEEK"**

**NEWBERG, Ore.** --- Sarah Zempel has become the second George Fox University Bruin to win Northwest Conference "Women's Athlete of the Week" this spring, earning the honor for April 9-15 with her winning performances in the Linfield All-Comers Meet on Saturday, April 14.

Zempel, a 5-9 freshman from Rogue River, Ore., finished first in the shot put with a throw of 43-04.25 and the discus with a toss of 131-06.0. Her shot put was a new George Fox record, topping the previous Bruin best of 42-3.5 set by Karen Gurske in 1981, and qualified her provisionally for the NCAA National Championship Meet with the 7th-best mark in the country thus far. She also placed 5th in the javelin with a distance of 115-10.0 and 7th in the hammer at 114-06.0.

Zempel joins Kelsey Baron, who was the NWC "Women's Athlete of the Week" for March 26-April 1, as Bruins who have won the honor this season.

# George Fox University

## SPORTS PRESS RELEASE - TRACK AND FIELD

**Tuesday, April 17, 2001 --- For Immediate Release**

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### **MESENBRINK HOLDS ON, AUSTIN RALLIES TO WIN NWC COMBINED EVENTS**

**NEWBERG, Ore.** --- Fritz Mesenbrink of Linfield College in the men's decathlon maintained his first-day lead to the end, while Jessica Austin of Whitworth College rallied from fifth place to win the women's heptathlon, in the Northwest Conference Combined Events here at George Fox University's Colcord Memorial Field Tuesday, April 17.

Mesenbrink recorded a total of 6,718 points in the decathlon, beating the NCAA national qualifying mark of 6,371. Runner-up Ray Lions of Linfield missed the automatic mark by a mere two points with 6,369, qualifying provisionally above the 6,100 points needed. The top two were followed by Ryan Boatsman of Linfield with 6,049; Jesse Fipps of Linfield, 5,554; Dan Gargas of the University of Puget Sound, 5,394; Bryan Wadlow of George Fox University, 5,042; Tevin Taylor of George Fox, 4,982; Jesse Stevick of Whitworth College, 4,691; Eddie Rosario of Linfield, 3,913; and Byron Hollaway of Willamette University, 3,758.

Stevick set the only new meet record of the day, recording a 4:17.29 in the 1,500 meter run to break the previous best of 4:21.57 by David Parker of George Fox in 1997.

In the heptathlon, Austin won the final event, the 800 meter run, with a time of 2:20.98, earning a whopping 810 points to vault into the lead. She totalled 4,150 points to beat the NCAA national provisional qualifying mark of 4,050 points, as did runner-up Julie Vanni of Puget Sound with 4,110 points. Following the top two were first-day leader Abby Jo Hornstein of Whitworth with 4,015; Laura Leineweber of Willamette, 3,828; Kari Holbert of Willamette, 3,678; Carrie Larsen of Pacific Lutheran, 3,667; Jane Berentson of Pacific Lutheran, 3,559; Amber Emery of Willamette, 3,485; Terry Hall of Linfield, 3,338; Sarah Fox of Whitworth, 3,297; Tori Taylor of George Fox, 3,252; Jamie Truhler of Willamette, 3,127; and Janna Vavra of Pacific, 2,971.

Team point totals for the men were 29 for Linfield, 5 for George Fox, 4 for Puget Sound, and 1 for Whitworth. For the women, it was Whitworth with 16, Willamette 10, Puget Sound 8, and Pacific Lutheran 5. These points totals will be added to the team scores at the Northwest Conference Championships May 4-5 at Willamette University in Salem, Ore.

### **Northwest Conference Combined Events - Women's Heptathlon**

**Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

1. Jessica Austin, Whitworth - 4,150; 2. Julie Vanni, Puget Sound - 4,110; 3. Abby Jo Hornstein, Whitworth - 4,015; 4. Laura Leineweber, Willamette - 3,828; 5. Kari Holbert, Willamette - 3,678; 6. Carrie Larsen, Pacific Lutheran - 3,667; 7. Jane Berentson, Pacific Lutheran - 3,559; 8. Amber Emery, Willamette - 3,485; 9. Terry Hall, Linfield - 3,338; 10. Sarah Fox, Whitworth - 3,297; 11. Tori Taylor, George Fox - 3,252; 12. Jamie Truhler, Willamette - 3,127; 13. Janna Vavra, Pacific - 2,971.

### **Northwest Conference Combined Events - Men's Decathlon**

**Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

1. Fritz Mesenbrink, Linfield - 6,718; 2. Ray Lions, Linfield - 6,369; 3. Ryan Boatsman, Linfield - 6,049; 4. Jesse Fipps, Linfield - 5,554; 5. Dan Gargas, Puget Sound - 5,394; 6. Bryan Wadlow, George Fox - 5,042; 7. Tevin Taylor, George Fox - 4,982; 8. Jesse Stevick, Whitworth - 4,691; 9. Eddie Rosario, Linfield - 3,913; 10. Byron Hollaway, Willamette - 3,758.



**Northwest Conference Combined Events - Women's Heptathlon*****Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.***

Team Points: Whitworth College 16, Willamette University 10, University of Puget Sound 8, Pacific Lutheran University 5

1. Jessica Austin, Whitworth - 4,150; 2. Julie Vanni, Puget Sound - 4,110; 3. Abby Jo Hornstein, Whitworth - 4,015; 4. Laura Leineweber, Willamette - 3,828; 5. Kari Holbert, Willamette - 3,678; 6. Carrie Larsen, Pacific Lutheran - 3,667; 7. Jane Berentson, Pacific Lutheran - 3,559; 8. Amber Emery, Willamette - 3,485; 9. Terry Hall, Linfield - 3,338; 10. Sarah Fox, Whitworth - 3,297; 11. Tori Taylor, George Fox - 3,252; 12. Jamie Truhler, Willamette - 3,127; 13. Janna Vavra, Pacific - 2,971.

	<u>100 H</u>	<u>High Jump</u>	<u>Shot Put</u>	<u>200</u>	<u>Long Jump</u>	<u>Javelin</u>	<u>800</u>	<u>Total Pts</u>
Austin, Whw	17.26 (567)	1.52/4-11.75 (644)	8.31/27-03.25 (419)	28.18 (617)	5.07/16-07.5 (578)	32.00/105-00.0 (515)	2:20.98 (810)	4,150(NPQ)
Vanni, UPS	16.22 (688)	1.43/4-08.25 (544)	9.86/32-04.25 (520)	27.60 (663)	4.83/15-10.0 (514)	35.34/115-11.0 (578)	2:37.38 (603)	4,110 (NPQ)
Hornstein, Whw	17.28 (565)	1.58/5-02.25 (712)	10.06/33-00.25 (533)	27.79 (647)	4.78/15-08.25 (500)	29.76/97-08.0 (472)	2:38.82 (586)	4,015
Leineweber, Will	16.37 (670)	1.64/5-04.5 * (783)	7.3724-02.25 (359)	29.00 (554)	4.67/15-03.75 (472)	26.30/86-03.0 (407)	2:39.15 (583)	3,828
Holbert, Will	16.71 (630)	1.25/4-01.25 (359)	7.35/24-01.5 (357)	26.88 (722)	4.81/15-09.25 (508)	23.32/76-06.25 (351)	2:25.47 (751)	3,678
Larsen, PLU	16.13 (698)	1.28/4-02.25 (389)	7.45/24-05.5 (364)	25.92 * (804)	4.88/16-00.0 (527)	9.86/32-04.25 (104)	2:23.20 (781)	3,667
Berentson, PLU	18.00 (488)	1.49/4-10.5 (610)	8.77/28-09.25 (449)	27.16 (699)	4.45/14-07.25 (416)	21.81/71-06.75 (323)	2:39.88 (574)	3,559
Emery, Will	16.93 (604)	1.22/4-00.0 (331)	7.74/25-04.75 (383)	27.98 (632)	4.27/14-00.0 (371)	26.42/86-08.0 (409)	2:25.17 (755)	3,485
Hall, Lin	18.88 (402)	1.49/4-10.5 (610)	7.75/25-05.25 (383)	28.65 (581)	4.41/14-05.5 (406)	14.90/48-10.75 (195)	2:24.67 (761)	3,338
Fox, Whw	17.15 (580)	1.46/4-09.5 (577)	7.9826-02.25 (398)	29.91 (488)	4.30/14-01.25 (379)	20.08/65-10.5 (290)	2:38.93 (585)	3,297
Taylor, GFU	19.17 (375)	1.40/4-07.0 (512)	8.42/27-07.5 (427)	30.25 (465)	4.24/13-11.0 (364)	29.87/98-00.0 (474)	2:34.71 (635)	3,252
Truhler, Will	18.01 (487)	1.49/4-10.5 (610)	7.59/24-11.0 (373)	31.25 (398)	4.32/14-02.0 (384)	34.54/113-04.0 (563)	3:05.88 (312)	3,127
Vavra, Pac	19.80 (319)	1.28/4-02.25 (389)	10.38/34-00.75 (554)	30.13 (473)	4.26/13-11.75 (369)	24.80/81-04.5 (379)	2:47.66 (488)	2,971

\* - new meet record

(NPQ) - NCAA provisional qualifier

**Totals after Day 1**

1. Abby Jo Hornstein, Whitworth - 2,457; 2. Julie Vanni, Puget Sound - 2,415; 3. Laura Leineweber, Willamette - 2,366; 4. Carrie Larsen, Pacific Lutheran - 2,255; 5. Jessica Austin, Whitworth - 2,247; 6. Jane Berentson, Pacific Lutheran - 2,246; 7. Kari Holbert, Willamette - 2,068; 8. Sarah Fox, Whitworth - 2,043; 9. Terry Hall, Linfield - 1,976; 10. Amber Emery, Willamette - 1,950; 11. Jamie Truhler, Willamette - 1,868; 12. Tori Taylor, George Fox - 1,779; 13. Janna Vavra, Pacific - 1,735.

**Northwest Conference Combined Events - Men's Decathlon****Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

Team Points: Linfield College 29, George Fox University 5, University of Puget Sound 4, Whitworth College 1

1. Fritz Mesenbrink, Linfield - 6,718; 2. Ray Lions, Linfield - 6,369; 3. Ryan Boatsman, Linfield - 6,049; 4. Jesse Fipps, Linfield - 5,554; 5. Dan Gargas, Puget Sound - 5,394; 6. Bryan Wadlow, George Fox - 5,042; 7. Tevin Taylor, George Fox - 4,982; 8. Jesse Stevick, Whitworth - 4,691; 9. Eddie Rosario, Linfield - 3,913; 10. Byron Hollaway, Willamette - 3,758.

	<u>100</u>	<u>Long Jump</u>	<u>Shot Put</u>	<u>High Jump</u>	<u>400</u>	<u>110 H</u>	<u>Discus</u>	<u>Pole Vault</u>	<u>Javelin</u>	<u>1500</u>	<u>Total Pts</u>
Mesenbrink, Lin	11.74 (703)	6.46/21-02.5 (688)	11.59/38-00.25 (582)	2.02/6-07.5 (822)	51.33 (754)	15.64 (774)	37.69/123-08.0 (618)	3.85/12-07.5 (576)	49.80/163-05.0 (586)	4:50.65 (615)	6,718 (NAQ)
Boatsman, Lin	11.44 (765)	6.28/20.07.25 (648)	12.34/40-06.0 (627)	1.96/6-05.0 (767)	53.77 (649)	17.64 (559)	35.81/117-06.0 (580)	3.05/10-00.0 (369)	44.77/146-10.0 (512)	4:57.65 (573)	6,049 (NPQ)
Lions, Lin	11.64 (723)	6.45/21-02.0 (686)	11.75/38-06.75 (591)	1.87/6-01.5 (687)	52.84 (688)	17.04 (620)	31.89/104-07.0 (502)	4.15/13-07.25 (659)	56.99/187-00.0 (693)	5:07.03 (520)	6,369
Wadlow, GFU	12.14 (624)	6.50/21-04.0 (697)	10.20/33-05.75 (498)	1.81/5-11.25 (636)	54.97 (600)	20.24 (330)	27.40/89-11.0 (414)	2.85/9-04.25 (321)	44.36/145-06.0 (506)	5:26.73 (416)	5,042
Fipps, Lin	11.54 (744)	5.90/19-04.25 (565)	10.13/33-03.0 (493)	1.60/5-03.0 (464)	51.06 (766)	16.64 (662)	29.24/95-11.0 (450)	3.15/10-04.0 (393)	41.05/134-08.0 (457)	5:00.00 (560)	5,554
Taylor, GFU	11.94 (663)	5.80/19-00.25 (544)	9.21/30-02.75 (438)	1.81/5-11.25 (636)	51.87 (730)	16.14 (717)	29.67/97-04.0 (458)	2.45/8-00.5 (231)	35.74/117-03.0 (381)	6:21.39 (184)	4,982
Gargas, UPS	12.14 (624)	5.38/17-07.75 (457)	10.36/34-00.0 (507)	1.75/5-08.75 (585)	54.16 (633)	17.84 (540)	29.84/97-11.0 (461)	3.75/12-03.5 (549)	36.63/120-0.20 (394)	4:45.79 (644)	5,394
Stevick, Whw	12.54 (549)	5.31/17-05.0 (443)	8.65/28-04.5 (405)	1.66/5-05.25 (512)	54.34 (626)	20.14 (338)	23.06/75-08.0 (330)	2.65/8-08.25 (275)	35.91/117-10.0 (383)	4:17.29 * (830)	4,691
Rosario, Lin	12.64 (531)	4.92/16-01.75 (367)	8.56/28-01.0 (400)	1.51/4-11.5 (396)	58.20 (476)	20.84 (286)	24.60/80-08.5 (359)	2.45/8-00.5 (231)	42.06/138-00.0 (472)	5:30.78 (395)	3,913
Hollaway, Will	13.54 (380)	4.57/15-00.0 (303)	10.78/35-04.5 (533)	1.48/4-10.25 (374)	1:00.59 (393)	21.84 (218)	30.63/100-06.0 (477)	2.55/8-04.25 (253)	35.02/114-11.0 (370)	5:18.64 (457)	3,758

\* - new meet record

(NAQ) - NCAA automatic qualifier

(NPQ) - NCAA provisional qualifier

**Totals after Day 1**

1. Fritz Mesenbrink, Linfield - 3,549; 2. Ryan Boatsman, Linfield - 3,456; 3. Ray Lions, Linfield - 3,375; 4. Bryan Wadlow, George Fox - 3,055; 5. Jesse Fipps, Linfield - 3,032; 6. Tevin Taylor, George Fox - 3,011; 7. Dan Gargas, Puget Sound - 2,806; 8. Jesse Stevick, Whitworth - 2,535; 9. Eddie Rosario, Linfield - 2,170; 10. Byron Hollaway, Willamette - 1,983.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

**Monday, April 16, 2001 --- For Immediate Release**

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### **HORNSTEIN, MESENBRINK HOLD EARLY LEADS IN NWC COMBINED EVENTS**

**NEWBERG, Ore.** --- Abby Jo Hornstein of Whitworth College in the women's heptathlon and Fritz Mesenbrink of Linfield College in the men's decathlon are the leaders at the end of the first day of competition in the Northwest Conference Combined Events taking place here at George Fox University's Colcord Memorial Field Monday-Tuesday, April 16-17.

Hornstein has 2,457 points after the first four events of the heptathlon, followed by Julie Vanni of the University of Puget Sound with 2,415; Laura Leineweber of Willamette University, 2,366; Carrie Larsen of Pacific Lutheran University, 2,255; Jessica Austin of Whitworth, 2,247; Jane Berentson of PLU, 2,246; Kari Holbert of Willamette, 2,068; Sarah Fox of Whitworth, 2,043; Terry Hall of Linfield, 1,976; Amber Emery of Willamette, 1,950; Jamie Truhler of Willamette, 1,868; Tori Taylor of George Fox, 1,779; and Janna Vavra of Pacific University, 1,735.

Two new meet records were established in Monday's events, Carrie Larsen of PLU running a 25.92 in the 200 to break the old record of 25.95 by PLU's Jenni Krueger in 1997, and Laura Leineweber of Willamette jumping 5-04.5 in the high jump to edge past the 5-04.25 by Marci Warnecke of Linfield in 1997.

Today's heptathlon events included the 100 meter hurdles, high jump, shot put, and 200 meter dash. On Tuesday, the women will compete in the long jump, starting at 9:30 a.m., followed by the javelin and the 800 meter dash.

Mesenbrink has a sizeable lead of 3,549 points after five events in the decathlon over Linfield teammate Ryan Boatsman, who has 3,456 points. Behind them are Ray Lions of Linfield with 3,375; Bryan Wadlow of George Fox, 3,055; Jesse Fipps of Linfield, 3,032; Tevin Taylor of GFU, 3,011; Dan Gargas of Puget Sound, 2,806; Jesse Stevick of Whitworth, 2,535; Eddie Rosario of Linfield, 2,170; and Byron Hollaway of Willamette, 1,983.

The first day's decathlon competition consisted of the 100 meter dash, long jump, shotput, high jump, and 400 meter dash. Starting at 9:00 a.m. Tuesday, the men will compete in the 110 meter hurdles, discus, pole vault, javelin, and 1,500 meter run.

### **Northwest Conference Combined Events - Women's Heptathlon**

**Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

1. Abby Jo Hornstein, Whitworth - 2,457; 2. Julie Vanni, Puget Sound - 2,415; 3. Laura Leineweber, Willamette - 2,366; 4. Carrie Larsen, Pacific Lutheran - 2,255; 5. Jessica Austin, Whitworth - 2,247; 6. Jane Berentson, Pacific Lutheran - 2,246; 7. Kari Holbert, Willamette - 2,068; 8. Sarah Fox, Whitworth - 2,043; 9. Terry Hall, Linfield - 1,976; 10. Amber Emery, Willamette - 1,950; 11. Jamie Truhler, Willamette - 1,868; 12. Tori Taylor, George Fox - 1,779; 13. Janna Vavra, Pacific - 1,735.

### **Northwest Conference Combined Events - Men's Decathlon**

**Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

1. Fritz Mesenbrink, Linfield - 3,549; 2. Ryan Boatsman, Linfield - 3,456; 3. Ray Lions, Linfield - 3,375; 4. Bryan Wadlow, George Fox - 3,055; 5. Jesse Fipps, Linfield - 3,032; 6. Tevin Taylor, George Fox - 3,011; 7. Dan Gargas, Puget Sound - 2,806; 8. Jesse Stevick, Whitworth - 2,535; 9. Eddie Rosario, Linfield - 2,170; 10. Byron Hollaway, Willamette - 1,983.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Saturday, April 14, 2001 --- For Immediate Release*

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### **BRUINS' BARON, ZEMPEL WIN TWO EVENTS EACH IN LINFIELD ALL-COMERS MEET**

**McMINNVILLE, Ore. ---** Kelsey Baron and Sarah Zempel won two women's events each and set new George Fox University records, highlighting the Bruins' performances in the Linfield College All-Comers Meet Saturday (Apr. 14) here at Maxwell Field.

Baron captured the long jump with a distance of 18-03.0 and the triple jump with a 36-08.0. Her long jump broke the former record of 17-11.25 by Marlyss Stenberg in 1992. She also qualified provisionally for the NCAA National Championships, and her 18-03.0 ranks as 8th-best in the nation currently.

Zempel finished 1st in the shot put with a throw of 43-04.25 and the discus with a toss of 131-06.0. Her shot put topped the previous Bruin best of 42-3.5 set by Karen Gurske in 1981. She also qualified provisionally for the NAAs while posting the 7th-best mark in the country thus far.

In addition to their 1sts and records, Baron placed 6th in the 100 meter dash with a time of 13.46, while Zempel was 5th in the javelin with a distance of 115-10.0 and 7th in the hammer at 114-06.0.

Other George Fox women who made strong showings with top-five finishes included Sara Oates, 3rd in the 200 at 26.75 and 4th in the 100 at 13.25; Jamie McElwain, 4th in the 400 at 1:01.38 and 4th in the 1,500 at 4:58.77; Amy Forbes, 4th in the triple jump at 34-06.25 and 5th in the long jump at 16-06.0; Heidi Smith, 2nd in the triple jump at 35-05.5; and the 4x100 relay team which was 3rd at 52.45.

For the Bruin men, Ben Salisbury finished 1st in the 200 at 22.57 and Eric Costa was a split second behind at 22.58, while Ryan Austin won the 800 at 2:01.07, edging teammate Nick Ryland who ran a 2:01.12. The 4x100 relay team of also took 1st at 42.84. Salisbury was 4th in the 100 at 11.30.

Other top-five showings for the men included Tyler Gassaway, 3rd in the 100 at 11.21; Jon Robinson, 3rd in the 400 at 52.02 and 3rd in the long jump at 21-00.5; Steve Willmer, 4th in the 1,500 at 4:06.37; Tevin Taylor, 4th in the 110 high hurdles at 16.09; Keith Christiansen, 2nd in the 400 intermediate hurdles at 58.65 and 4th in the pole vault at 13-00.25; Marty McKay, 3rd in the 400 intermediate hurdles at 59.42; Darin Krueger, 2nd in the hammer at 154-01.0 and 4th in the shot put at 42-08.0; Brett Yeager, 4th in the high jump at 6-00.0; and Bryan Wadlow, 5th in the triple jump at 42-09.0.

Next up for a few of the Bruin athletes are the NWC Combined Events Monday-Tuesday, Apr. 16-17, hosted by George Fox at Colcord Memorial Field, starting at 10:00 a.m. Monday. The next event for the full teams is the Clackamas Open in Oregon City, Ore., on Saturday, April 21, at 10:00 a.m.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

Friday, April 13, 2001 --- For Immediate Release

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### LINFIELD'S DAVIS SETS 10,000M RECORD IN GFU DISTANCE CARNIVAL

**NEWBERG, Ore.** --- Paul Davis of Linfield College set a new meet record in the 10,000 meter run, highlighting the 6th Annual George Fox University Distance Carnival Friday evening (Apr. 13) here at GFU's Colcord Memorial Field.

Davis covered the 10,000 meters in a time of 31:28.8, shattering the previous record of 32:00.8 by Jason Young, running unattached, in 1999. Other men's winners were Brian Shoeneman, unattached, in the 3,000 meter steeplechase with a 10:23.7, and Greg Mitchell of the Brooks track club in the 5,000 meters with a time of 14:54.1.

In the women's events, Lorilynn Hoffman of the Nike Portland track club won the 3,000 meter run with a 9:58.1, Wendy Bruneau of the Apex track club took the 5,000 meter run with an 18:06.5, and Kirsten Norgaard of George Fox captured the 10,000 meter run at 41:41.6, just seven seconds ahead of teammate Marisa Merritt at 41:48.4.

Other times for George Fox runners included Will Howard, 3rd in the men's 10,000 meters at 32:42.9; Beth Moyer, 6th in the women's 3,000 meters at 11:33.7; and Tori Taylor, 4th in the women's 5,000 meters at 18:55.7.

The GFU Distance Carnival is held in conjunction with the Linfield College All-Comers Meet coming up Saturday, April 14, in McMinnville, Ore. The women's steeplechase, track events 1,500 meters and shorter, and all field events will be held at Linfield on Saturday.

### 6th ANNUAL GEORGE FOX UNIVERSITY DISTANCE CARNIVAL Results - Friday, April 13, 2001

#### MEN'S 3,000m STEEPLECHASE

1. Brian Shoeneman, unattached (10:23.7); 2. Kyle Fix, unattached (12:01.6)

#### MEN' 5,000m

1. Greg Mitchell, Brooks (14:54.1); 2. Chris Mayer, Lewis & Clark (15:17.1); 3. Andrew Ault, Lewis & Clark (15:24.1); 4. Noah Megowan, Team Red Lizard (15:46.1); 5. Chris Jensen, Lewis & Clark (16:10.1); 6. Jim Reid, Lewis & Clark (16:15.1); 7. Derek Oldham, Lewis & Clark (16:17.1); 8. Chris Lyke, Willamette (16:21.0); 9. Anthony Cantwell, Foot Traffic (16:21.1); 10. Michael Mallette, Cascade (16:24.5); 11. Trevor Newton, Willamette (16:25.1); 12. Tim Swietlik, unattached (16:41.1); 13. Ian Townley, Lewis & Clark (17:08.7); 14. Nathan Paisley, George Fox (17:21.0); 15. Peter Kinnecom, Lewis & Clark (17:21.1); Jonathan Swanson, unattached (dnf)

#### MEN' 10,000m

1. Paul Davis, Linfield (31:27.8, \*meet record\*); 2. Tim Vandervlugt, unattached (31:48.4); 3. Will Howard, George Fox (32:42.9); 4. Carl Hoogesteger, Pacific (33:44.9); 5. Richard Biy, Cascade (36:06.0)

#### WOMEN' 3,000m

1. Lorilynn Hoffman, Nike Portland (9:58.1); 2. Becca Straw, unattached (10:05); 3. Jamie Breese, Portland State (10:14.6); 4. Barrett Ebright, Willamette (11:12.4); 5. Selena Harman, Lewis & Clark (11:17.7); 6. Beth Moyer, George Fox (11:33.7); 7. Emily Chadwick, unattached (11:35.1); 8. Tina Henry, Cascade (11:35.4); 9. Odessa Weber, Lewis & Clark (11:37.3); 10. Jessie Glaubman, Willamette (12:43.5); 11. Erin Gray, unattached (10:46.9)

**WOMEN' 5,000m**

1. Wendy Bruneau, Apex (18:06.5); 2. Amber Stickler, Willamette (18:29.1); 3. Anne Howard-Lindquist, Team Oregon (18:45.8); 4. Tori Taylor, George Fox (18:55.7); 5. Evelyn Williams, Willamette (19:14.8); 6. Tracy Tabb, unattached (19:55.8); 7. Lisa Pohlit, Willamette (20:09.8); 8. Mary Finnan, Lewis & Clark (20:22.2); 9. Lori Northcraft, Willamette (20:24.6); 10. Alishia Little, Pacific (20:34.8); 11. Sadie Grossman, Lewis & Clark (21:41.5)

**WOMEN' 10,000m**

1. Kirsten Norgaard, George Fox (41:41.6); 2. Marisa Merritt, George Fox (41:48.4); 3. Rebecca Rising, unattached (43:21.2); 4. Megan Nuttall, Linfield (43:23.8); 5. Kari Newby, Linfield (44:48.7)

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

**Saturday, April 7, 2001 --- For Immediate Release**

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### **BRUINS POST TWO FIRSTS AND TWO SECONDS IN WILLAMETTE OPEN**

**SALEM, Ore. ---** In a meet that featured 20 college teams, including several Division I schools, and over 1,000 athletes in all, the George Fox University Bruins recorded 13 top-10 finishes, with two firsts and two seconds, in the Willamette University Open here Saturday (Apr. 7).

In the women's events, Tori Taylor captured the 3,000 steeplechase (11:39.9); Amy Forbes was 2nd in the high jump (5-06.0), only an inch behind winner Jenny Brogdon of the University of Oregon, and 9th in the long jump (14-02.5); Jamie McElwain was 2nd in the 800 (2:16.76), only 6/10ths of a second behind winner Lisa Starkey of Willamette (2:16.16); Colleen Forbes was 4th in the triple jump (34-01.5); Beth Moyer was 6th in the 3,000 steeplechase (12:59.4); Marisa Merritt was 8th in the 3,000 (11:18.33); and Janelle Goeres was 10th in the 3,000 (11:25.01).

In the men's events, Zach Davidson won the 400 intermediate hurdles (55.94) and 8th in the 110 high hurdles (16.61); Marty McKay was 4th in the 400 intermediate hurdles (57.93); Darin Krueger was 6th in the hammer (152-06.0); Nick Hultberg was 10th in the javelin (172-02.0).

Next up for the Bruins is the GFU Distance Carnival Friday evening (Apr. 13). College teams, track clubs, and anyone who wants to run as "unattached" just for the fun of it can enter the competitions. An entry fee of \$5 is due by Thursday, April 12, or \$10 for entries on April 13, the day of the races. Contact George Fox coach Wes Cook to enter by phone at 503-554-2915, by fax at 503-554-3864, or by e-mail at: wcook@georgefox.edu.

Included in the Distance Carnival will be a 3k steeplechase and a 5k run for men, a flat 3k and a 5k race for women, and a co-ed 10k which will be split if there are enough entries.

#### The schedule of events:

6:00 p.m.	Men's 3k Steeplechase
6:20 p.m.	Women's flat 3k
6:40 p.m.	Men's 5k
7:05 p.m.	Women's 5k
7:30 p.m.	Co-ed 10k

The GFU Distance Carnival is held in conjunction with the Linfield College All-Comers Meet on Saturday, April 14, in McMinnville, Ore. The women's steeplechase, track events 1500 and shorter, and all field events will be held at Linfield on Saturday.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

**Thursday, April 5, 2001 --- For Immediate Release**

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### **LITERALLY EVERYONE INVITED TO "GFU DISTANCE CARNIVAL VI"!**

**NEWBERG, Ore.** --- George Fox University head track and field coach Wes Cook invites everyone -- and it doesn't matter if you're in college or not! -- to participate in "GFU Distance Carnival VI", an evening of distance running events at GFU's Colcord Field, on Friday, April 13.

College teams, track clubs, and anyone who wants to run as "unattached" just for the fun of it can enter the competitions. An entry fee of \$5 is due by Thursday, April 12, or \$10 for entries on April 13, the day of the races. Contact George Fox coach Wes Cook to enter by phone at 503-554-2915, by fax at 503-554-3864, or by e-mail at: wcook@georgefox.edu.

Included in the Distance Carnival will be a 3k steeplechase and a 5k run for men, a flat 3k and a 5k race for women, and a co-ed 10k which will be split if there are enough entries.

The schedule of events:

6:00 p.m.	Men's 3k Steeplechase
6:20 p.m.	Women's flat 3k
6:40 p.m.	Men's 5k
7:05 p.m.	Women's 5k
7:30 p.m.	Co-ed 10k

The GFU Distance Carnival is held in conjunction with the Linfield College All-Comers Meet on Saturday, April 14, in McMinnville, Ore. The women's steeplechase, track events 1500 and shorter, and all field events will be held at Linfield on Saturday.



# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

**Saturday, March 31, 2001 --- For Immediate Release**

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### **BRUINS PLACE THIRD IN BOTH DIVISIONS AT NCAA D-III CHALLENGE MEET**

**CLAREMONT, Calif. ----** Running against three other top small-college track and field programs from around the country, the George Fox University Bruins placed third in both the men's and women's divisions of the NCAA Division III USTCA Challenge Meet Saturday (Mar. 31) here at Fritz B. Burns Stadium.

In the women's division, host Claremont-Mudd-Scripps College finished 1st with 186 points, followed by Williams College (Mass.) with 182.5, George Fox with 139, and Gustavus Adolphus College (Minn.) with 122.5. It was the same order in the men's division, C-M-S scoring 198 points, Williams 189, George Fox 136.5, and Gustavus Adolphus 124.5.

#### **Women's Division**

Winning events for the Bruins were Heather Hunt in the pole vault (11-03.75), Kelsey Baron in the triple jump (36-11.0), and Lori Miller in the javelin (131-01.0).

Earning seconds were Jamie McElwain in the 800 (2:19.05), Tori Taylor in the 1,500 (5:04.62), Amy Forbes in the high jump (5-00.5), Deveny West in the pole vault (10-04.25), Kelsey Baron in the long jump (17-06.75), Sarah Zempel in the javelin (119-09.0), and the 4x400 relay team (4:06.34).

Third-place finishes went to Sara Oates in the 400 (59.06), Zempel in the shot put (42-00.0) and the discus (135-01.0), and the 4x100 relay team (51.17).

#### **Men's Division**

The Bruins had no first in the men's events. Seconds went to Ben Salisbury in the 200 (22.13), Tyler Gassaway in the 400 (49.92), Steve Willmer in the 800 (1:56.24), Tevin Taylor in the 110 high hurdles (15.63), Brett Yeager in the high jump (6-03.25), the 4x100 relay team (42.82), and the 4x400 relay team (3:20.47).

Earning third place were Salisbury in the 100 (11.06), Eric Costa in the 400 (50.38), Taylor in the 400 intermediate hurdles (58.26), Jon Robinson in the long jump (20-11.75), and Bryan Wadlow in the triple jump (43-07.0).

Complete meet results will be available on the George Fox track and field website soon at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics).

The next event for the George Fox track and field squads will be Saturday (Apr. 7) at the Willamette University Open in Salem, Ore.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

<sup>1</sup>  
Saturday, March 10, 2001 --- For Immediate Release

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### **BRUINS WIN BOTH MEN'S AND WOMEN'S DIVISIONS AT LINFIELD FOCUS MEET**

**McMINNVILLE, Ore. ----** Capturing firsts in 10 women's events and eight men's events, the George Fox University Bruins won both divisions of the Northwest Conference Five-Way track and field Focus Meet Saturday (Mar. 17) here at Linfield College.

The Bruins won the women's division with 179 points, followed by Linfield with 139, Lewis & Clark College with 82, Pacific University with 79, and Willamette University with 34. The Bruin men tallied 195 points, with Linfield next at 166, Lewis & Clark with 130, Willamette with 27, the Bruin Track Club (alums) with 20, and Pacific with 14. Up to six places were scored in each event, on a 10-8-6-4-2-1 basis.

#### **Women's Division**

Winning events for the Bruins were Kelsey Baron in the 100 meter dash (13.70), Sara Oates in the 400 (1:00.72), Jamie McElwain in the 1,500 (5:06.90), Janelle Goeres in the 3,000 (11:41.50), Amy Forbes in the high jump (5-04.00), Heather Hunt in the pole vault (11-06.50), Colleen Forbes in the long jump (16-02.50) and the triple jump (35-02.50), Sarah Zempel in the shot put (39-11.25), and the 4x400 relay team (4:09.61).

Earning seconds were Mona Matthews in the 200 (29.84), Christina Davis in the 400 (1:02.68), Amy Forbes in the triple jump (34-08.50), Zempel in the discus (128-06.00) and the hammer (121-01.00), and the 4x100 relay team.

Third place finishes went to Amy Bender in the 200 (33.39), and Marisa Merritt in the 800 (2:43.17).

#### **Men's Division**

Firsts for the George Fox men went to Jon Robinson in the 100 (11.52), Ryan Sprunger in the 400 (22.95), Nick Ryland in the 800 (2:00.51), Brett Yeager in the high jump (6-02.00), Scott Greene in the triple jump (40-09.50), Darin Krueger in the hammer (139-05.00), the 4x100 relay team (42.96), and the 4x400 relay team (3:32.39).

Seconds went to the Bruins' Robinson in the 200 (23.03), Jesse Rasmussen in the 400 (50.94), Zach Davidson in the 110 high hurdles (16.43), Keith Christiansen in the 400 intermediate hurdles (57.97), Tyler Gassaway in the long jump (21-08.75), and the 4x400 "B" team (3:31.52).

Earning third place were Ben Salisbury in the 400 (51.32), Davidson in the 800 (2:04.23), Will Howard in the 1,500 (4:21.68), Marty McKay in the 400 intermediate hurdles (1:01.56), Geoff Kirkendall in the discus (125-08.00), and the George Fox "B" team in the 4x100 relays (45.90).

For complete meet results, visit the athletic pages at Linfield College at: [www.linfield.edu](http://www.linfield.edu).

The Bruins start early on the George Fox spring break coming up the last week in March, participating next in the California State University-Northridge Invitational Friday and Saturday, March 23-24.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

**Saturday, March 10, 2001 --- For Immediate Release**

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### **BRUIN WOMEN 2ND, MEN 3RD IN NWC FOCUS MEET IN SALEM**

**SALEM, Ore. ----** In another good showing early in the outdoor track and field season, the George Fox University women finished second and the Bruin men third in the Northwest Conference Focus Meet hosted by Willamette University here Saturday (Mar. 10).

"This meet scored eight places deep, and we just don't have the depth to earn that many points," admitted Bruins coach Wes Cook, "but we turned in some outstanding numbers and I think did quite well."

#### **Women's Division**

In the women's events, host Willamette took first with 292 points, followed by George Fox with 195, Lewis & Clark College with 66, Lane Community College with 48, Pacific University with 40, and Chemeketa Community College with 34.

Winning events for the Bruins were Brooke Pitner in the 200 (26.76), Sara Oates in the 400 (59.83), Janelle Goeres in the 5,000 (19:48.37), Deveny West in the pole vault (10-06), Kelsey Baron in the long jump (16-06) and the triple jump (36-4.25), Sarah Zempel in the shot put (40-10.25), the 4x100 relay team (50.86), and the 4x400 relay team (4:15.93). Jamie McElwain finished 2nd overall to an unattached winner but had the top scoring time in the 800 (2:24.96), as did Tori Taylor in the 3,000 (11:11.84).

Seconds were claimed by Pitner in the 100 (13.09), Oates in the 200 (27.13), Amy Forbes in the high jump (5-0), Zempel in the discus (126-08), and Lori Miller in the javelin (122-0). Thirds went to McElwain in the 1,500 (5:00.34) and Zempel in the hammer (121-03).

#### **Men's Division**

In the men's events, the top spot went to Lane CC with 216.5 points, followed by Willamette with 180, George Fox with 162, Chemeketa CC with 79, Lewis & Clark with 54.5, and Pacific with 9.

George Fox got only one first, in the 4x400 relays (3:22.36), but several seconds, including Ben Salisbury in the 100 (11.39) and the 200 (22.90), Nick Ryland in the 800 (2:01.52), Brett Yeager in the high jump (6-4), Bryan Wadlow in the triple jump (43-0.5), Darin Krueger in the hammer (152-0), and the 4x100 relay team (43.29).

Earning thirds were Jon Robinson in the 100 (11.41), Tyler Gassaway in the 200 (23.05), Eric Costa in the 400 (50.26), Tevin Taylor in the 100 high hurdles (15.67), Zach Davidson in the 400 intermediate hurdles (56.81), and Kyle Dixon in the javelin (158-03). The George Fox 4x400 "B" team also got a third (3:30.00).

The Bruins compete in another NWC Focus Meet next Saturday (Mar. 17) at Linfield College in McMinnville, Ore.

# GEORGE FOX UNIVERSITY

## SPORTS PRESS RELEASE - TRACK AND FIELD

*Thursday, September 14, 2001 --- For Immediate Release*

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### **Four Athletes and Both Bruin Teams Earn USTCA Academic Recognition**

**NEWBERG, Ore.** --- Four George Fox University track and field athletes have earned NCAA Division III Academic All-America honors, and both the men's and women's teams finished in the top 10 nationally in cumulative grade-point average, for the 2001 spring outdoor seasons.

These honors have been bestowed by the United States Track Coaches Association (USTCA) and reported in the Sept. 10, 2001, issue of The NCAA News. To receive an individual award, athletes had to have a minimum GPA of 3.250 (on a 4.000 scale) and have participated in the NCAA Division III National Championships. Teams with a minimum of 14 members who participated in the 2001 season and with a combined GPA of 3.100 or better received All-Academic honors.

Bruins who have been named Academic All-Americans are triple and long jumper **Kelsey Baron** (So., Nehalem, Ore.), high jumper **Amy Forbes** (Sr., Jackson, Wyo.), pole vaulter **Heather Hunt** (Sr., Turner, Ore.), and javelin thrower **Lori Miller** (Jr., Aurora, Ore.).

The George Fox women's team earned a third-place standing nationally with a 3.560 GPA, trailing only Whitworth College (3.685), a Northwest Conference member as are the Bruins, and Tufts University (3.620). The men's team was ninth with a 3.2000 GPA, while the top men's team was Emory University (3.350).

"With the three we had last spring, that gives us seven in track and field Academic All-Americans over the last two years," notes Bruins coach Wes Cook. "All have represented themselves and George Fox well, and we are extremely proud of each one, as well as the teams' collective efforts."

Monday, June 18, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Moyer Earns Junior All-American Honors**

### **BRUINS' MOYER EARNS JUNIOR ALL-AMERICAN HONORS IN STEEPLECHASE**

**RICHMOND, Va. ---** George Fox University's **Elizabeth Moyer (Fr., Camarillo, Calif.)** earned Verizon/USATF Junior All-American honors with an eighth-place finish in the 2000 meter steeplechase Sunday afternoon (June 17) at the U.S.A. Track and Field Junior National Championships here at Virginia Commonwealth University.

**Moyer** posted a time of 7:56.66 to garner the honor in the steeplechase, which is an exhibition event this year but will become an official event in the NCAA Division III National Championships next spring, only as a 3000-meter race. The winner was Kara June of Fresno State University, who ran a 6:51.43.

Said Bruins coach **Wes Cook**, who made the trip with Moyer and shotputter **Sarah Zempel (Fr., Rogue River, Ore.)**, "Beth's showing was something she can be justifiably proud of, but it is within her reach to do even better. She was in fourth place for the first half of the race before finishing eighth, and she might have ended up even higher if she had been able to stay in Newberg to continue training after school was out. This will certainly pay dividends for her for next year, when the steeplechase becomes an actual NCAA event."

**Zempel** tied for 32nd in the shot put, throwing it a distance of 39-3. Remarked Cook, "Sarah threw about what she did at the nationals in Illinois this year, but it would have taken a throw of around 45 or 46 feet to make All-American in the shot. The competition was very strong, with the top two being a girl from UCLA (Jessica Cosby, 54-8.75) and one from Stanford (Jillian Camarena, 53-1.5)."

The Junior Nationals are for athletes age 19 and under, down to age 14, who have reached designated qualifying marks during the past year. The Senior Nationals qualify as the Olympic trials during appropriate years.

Thursday, June 14, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Two Bruins to Compete in USATF Junior National Championships June 16-17**

### **BRUINS' ZEMPEL, MOYER HEADED FOR USATF JUNIOR NATIONALS**

**NEWBERG, Ore.** --- Two George Fox University track and field athletes, **Sarah Zempel** (Fr., Rogue River, Ore.) and **Elizabeth Moyer** (Fr., Camarillo, Calif.) will compete in the U.S.A. Track and Field Junior National Championships this Saturday-Sunday, June 16-17, in Richmond, Va.

**Zempel** will represent the Bruins in the shot put, an event in which she won the Northwest Conference championship this past spring, while **Moyer** will run in the 3000 meter steeplechase, which is only an exhibition event this year. Both will compete on Sunday in the championships at Virginia Commonwealth University.

The Junior Nationals are for athletes age 19 and under, down to age 14, who have reached designated qualifying marks during the past year. The Senior Nationals qualify as the Olympic trials during appropriate years.

"We've had a couple of George Fox alums who went on to compete in the Senior Nationals, but none while they were in school," said the Bruins' coach of 14 years, Wes Cook. "And it's not very often we have anyone qualify for the Junior Nationals, so to have two in one year is pretty special.

"How well they'll compete, I'm not sure. Sarah has been around campus working out since school ended at the end of April, because she knew early on that she was going. Beth's back home in California, and I imagine she's worked out some, but I don't know if she's in full competitive shape or not. Our season has been over for almost a month and it doesn't take long to get out of shape, you know!"

**Zempel**, who made it to the NCAA Division III National Championships this season in the shot put, had a best of 43-4.25 this spring, while **Moyer's** best mark in the 3000 meter steeplechase, which will become an official Division III event next year, was 12:20.56.

Monday, May 28, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Hunt's 2nd-Place Finish Highlights Bruin Performances in NCAA Championships  
Bruins Tie for 31st with Eight Points in Nationals**

### **THISWEEK:**

Season concluded

### **LAST WEEK:**

May 24-26 - at NCAA Division III National Championships, Millikin University, Decatur, Ill.

### **HUNT'S 2ND IN POLE VAULT IS TOP BRUIN EFFORT IN NCAA NATIONALS**

**DECATUR, Ill.** --- George Fox University's **Heather Hunt (Sr., Turner, Ore.)** came within a nose -- literally -- of becoming the first Bruin to win an NCAA championship, finishing second in the pole vault for the top Bruin performance in seven events in the NCAA Division III Track and Field Championships Thursday-Saturday (May 24-26) here at Millikin University.

During the regular season, Hunt had recorded a vault of 12-05.5, second in the country only to a national-record 12-06 by Rachel Veltkamp of Calvin College, and one place ahead of last year's champion, Laura Rosenberger of Eastern Mennonite University. Those same three actually tied for the best vault in Thursday's competition at a height of 12-0, a new NCAA meet record, but Rosenberger won it again, Hunt was second, and Veltkamp third, based on the fewest number of tries needed to clear the 12-0 barrier.

All three made tries at the 12-06 level, but none cleared it. "I thought Heather was going to make it on her second try at 12-06, which would have given her the championship," said Bruin coach Wes Cook, "but she hit her nose on the bar and that pretty much took her out of the competition."

The second-place finish earned Hunt NCAA Division III All-American status for the second year in a row. She received that honor in 2000 by finishing seventh in the nationals.

**Kelsey Baron (So., Nehalem, Ore.)** was also in action Thursday, leaping a distance of 17-02 in the long jump to place fifth in the first round, flight one, but it was not enough to move her into the finals.

On Friday, **Jamie McElwain (Sr., Tigard, Ore.)** in the 800 meter run and **Baron** in the triple jump gave it good efforts but did not reach the finals in their respective events.

**McElwain** ran the 800 in 2:16.36, less than two seconds behind her best time of 2:14.42 which ranked 16th nationally entering the meet, but finished sixth in the second heat of round one. The best time of the day was turned in by another Northwest Conference runner, Lisa Starkey of Willamette University, who ran a 2:09.19.

**Baron** recorded a triple jump distance of 36-4 in the first flight of round one, placing ninth in her heat. That was over a foot less than her school record of 37-08.5, which had put her in 13th place nationally before the NCAA Championships.

**Lori Miller (Jr., Aurora, Ore.)** placed ninth in the javelin competition on Saturday, the best of three Bruin performances during the final day. In the second flight of the first round, **Miller**, who entered the competition ranked seventh nationally with a throw of 138-01, hurled the javelin 129-06, which was seventh in the heat but still good enough to make the final nine. However, she was unable to improve on that mark in the finals and finished ninth overall.

**Amy Forbes (Sr., Jackson, Wyo.)**, who was ranked seventh in the nation in the high jump at 5-06, reached 5-03.75 on Saturday and tied for 12th place. **Sarah Zempel (Fr., Rogue River, Ore.)**, who came into the national shot put in 17th place with a toss of 43-04.25, this time heaved the shot a distance of 39-03 and placed 10th in the second flight of round one, not long enough to make the final nine.

**BRUIN BITS:**

\*\*\* **Heather Hunt's** second-place finish in the pole vault earned the Bruins eight points in the meet standings, the only points George Fox would collect. It was enough to put the Bruins in a tie for 31st in the final standings. The women's national championship was won by Wheaton College (Mass.) over Calvin College, 83.5-49.0.

\*\*\* The men's championship went to the University of Wisconsin-La Crosse over Lincoln University (Pa.), 80.0-60.0. This was the first year in **Wes Cook's** 14 years as track coach at George Fox that the Bruins have not had at least one man in the national meet.

\*\*\* The 2001 NCAA Division III Track and Field Championships at Decatur, Ill., were plagued by recurring thunderstorms. "We had rain delays four different times," said coach Cook. "It was cool and we wore rain jackets all the time. There must be something about the Midwest at this time of year; we had similar problems last year at the meet at North Central (in Naperville, Ill.)." ... Next year's nationals are in St. Paul, Minn., at Macalester College.

\*\*\* The George Fox women were given the "royalty" treatment on their flight home from Chicago to Portland. All six of the athletes were upgraded from coach to first class, while the coaching staff remained in the "cheap" seats. "I think it was the poles the girls were carrying; the airline knew they needed more room!" chuckled coach Cook.



# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Saturday, May 26, 2001 --- For Immediate Release*

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### MILLER PLACES 9TH IN JAVELIN AS NCAA CHAMPIONSHIPS CONCLUDE

**DECATUR, Ill.** --- George Fox University's **Lori Miller (Jr., Aurora, Ore.)** placed ninth in the javelin competition, the best of three performances by Bruin athletes on the third and final day of the 2001 NCAA Division III Track and Field Championships Saturday (May 26) here at Millikin University.

In the second flight of the first round, **Miller**, who entered the competition ranked seventh nationally with a throw of 138-01, hurled the javelin 129-06, which was seventh in the heat but still good enough to make the final nine. However, she was unable to improve on that mark in the finals and finished ninth overall.

**Amy Forbes (Sr., Jackson, Wyo.)**, who was ranked seventh in the nation in the high jump at 5-06, reached 5-03.75 on Saturday and tied for 12th place. **Sarah Zempel (Fr., Rogue River, Ore.)**, who came into the national shot put in 17th place with a toss of 43-04.25, this time heaved the shot a distance of 39-03 and placed 10th in the second flight of round one, not long enough to make the final nine.

In Thursday's events, **Heather Hunt (Sr. Turner, Ore.)** earned All-American honors by placing second in the pole vault at a height of 12-0. Laura Rosenberger of Eastern Mennonite University was first and Rachel Veltkamp of Calvin College was third, all at 12-0, but final standings were determined by the fewest number of attempts needed before clearing the bar at that height. **Baron** posted a leap of 17-02 in the long jump to finish fifth in her heat and did not make it to the finals.

On Friday, **Baron** covered a distance of 36-4 in the triple jump and finished ninth in her heat, while **Jamie McElwain (Sr., Tigard, Ore.)** ran the 800 meter run in 2:16.36, less than two seconds behind her best time of 2:14.42 which ranked 16th nationally entering the meet, but still finished sixth in the second heat of round one and likewise did not make the finals.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Friday, May 25, 2001 --- For Immediate Release*

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### **BRUINS' McELWAIN AND BARON MISS FINALS IN 800 AND TRIPLE JUMP**

**DECATUR, Ill.** --- George Fox University's **Jamie McElwain (Sr., Tigard, Ore.)** and **Kelsey Baron (So., Nehalem, Ore.)** performed well, but did not reach the finals in their respective events on the second day of the 2001 NCAA Division III Track and Field Championships Friday (May 25) here at Millikin University.

**McElwain** ran the 800 meter run in 2:16.36, less than two seconds behind her best time of 2:14.42 which ranked 16th nationally entering the meet, but finished sixth in the second heat of round one and did not make the finals, which will be held Saturday at 2:45 p.m. The best time of the day was turned in by another Northwest Conference runner, Lisa Starkey of Willamette University, who ran a 2:09.19.

**Baron** recorded a triple jump distance of 36-4 in the first flight of round one, placing ninth in her heat. That was over a foot less than her school record of 37-08.5, which had put her in 13th place nationally before the NCAA Championships.

Three other Bruins get their shots at national titles on Saturday. **Sarah Zempel (Fr., Rogue River, Ore.)** will participate in the shot put after placing 17th in the nation with a distance of 43-04.25. The shot put is scheduled for 1:30 p.m. on Saturday.

**Amy Forbes (Sr., Jackson, Wyo.)**, another Bruin who made it to the nationals last year, will compete in the high jump again after finishing seventh nationally (5-06) this year. She will go at 11:30 a.m. on Saturday.

**Lori Miller (Jr., Aurora, Ore.)**, who missed last year's nationals due to the Juniors Abroad study program at George Fox, gets her chance in the javelin this year, having posted the seventh-best throw in the nation (138-01). She will participate in the javelin competition at 10:30 a.m. on Saturday.

In Thursday's events, **Heather Hunt (Sr. Turner, Ore.)** earned All-American honors by placing second in the pole vault at a height of 12-0. Laura Rosenberger of Eastern Mennonite University was first and Rachel Veltkamp of Calvin College was third, all at 12-0, but final standings were determined by the fewest number of attempts needed before clearing the bar at that height. **Baron** posted a leap of 17-02 in the long jump to finish fifth in her heat and did not make it to the finals.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Thursday, May 24, 2001 --- For Immediate Release*

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### HUNT FINISHES 2ND IN NCAA POLE VAULT COMPETITION

**DECATUR, Ill.** --- George Fox University's **Heather Hunt (Sr., Turner, Ore.)** came within a nose -- literally -- of becoming the first Bruin to win an NCAA championship, finishing second in the pole vault as the 2001 NCAA Division III Track and Field Championships got under way Thursday (May 24) here at Millikin University.

During the regular season, Hunt had recorded a vault of 12-05.5, second in the country only to a national-record 12-06 by Rachel Veltkamp of Calvin College and tied with last year's champion, Laura Rosenberger of Eastern Mennonite University. Those same three actually tied for the best vault in Thursday's competition with a height of 12-0, a new NCAA meet record, but Rosenberger won it again, Hunt was second, and Veltkamp third, based on the fewest number of tries needed to clear the 12-0 barrier.

All three made tries at the 12-06 level, but none cleared it. "I thought Heather was going to make it on her second try at 12-06, which would have given her the championship," said Bruin coach Wes Cook, "but she hit her nose on the bar and that pretty much took her out of the competition."

The second-place finish earned Hunt NCAA Division III All-American status for the second year in a row. She received that honor in 2000 by finishing seventh in the nationals.

The Bruins' **Kelsey Baron (So., Nehalem, Ore.)** was also in action Thursday, leaping a distance of 17-02 in the long jump to place fifth in the first round, flight one, but it was not enough to move her into the finals. She will now compete in the triple jump on Friday at 6:00 p.m., an event in which she ranks 13th nationally (37-08.5, a George Fox record).

Also on Friday, **Jamie McElwain (Sr, Tigard, Ore.)** will compete in the 800 meter dash after finishing 16th nationally with a time of 2:14.2. The preliminary heats in the 800 are set for 4:45 p.m., with the finals on Saturday at a time to be determined.

Three other Bruins will get shots at national titles on Saturday. **Sarah Zempel (Fr., Rogue River, Ore.)** will participate in the shot put after placing 17th in the nation with a distance of 43-04.25. The shot put is scheduled for 1:30 p.m. on Saturday.

**Amy Forbes (Sr., Jackson, Wyo.)**, another Bruin who made it to the nationals last year, will compete in the high jump again after finishing seventh nationally (5-06) this year. She will go at 11:30 a.m. on Saturday.

**Lori Miller (Jr., Aurora, Ore.)**, who missed last year's nationals due to the Juniors Abroad study program at George Fox, gets her chance in the javelin this year, having posted the seventh-best throw in the nation (138-01). She will participate in the javelin competition at 10:30 a.m. on Saturday.

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Tuesday, May 22, 2001 --- For Immediate Release*

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### SIX BRUINS TO COMPETE IN SEVEN EVENTS IN NCAA NATIONALS MAY 24-26

**NEWBERG, Ore.** --- At 6:15 p.m. Monday evening (May 21), it became official -- George Fox University track and field coach Wes Cook was notified that six of his Bruin women athletes have been invited to participate in the NCAA Division III National Championships which will be held this Thursday-Saturday, May 24-26, at Millikin University in Decatur, Ill.

**Kelsey Baron (So., Nehalem, Ore.)** will compete in two events, the triple jump and the long jump. She ranks 13th nationally in the triple jump (37-08.5, a new George Fox record) and 22nd in the long jump (18-03). The long jump competition is scheduled for 3:00 p.m. on Thursday, while the triple jump is set for 6:00 p.m. on Friday.

**Heather Hunt (Sr., Turner, Ore.)** is expected to be one of the top challengers for the pole vault crown. An NCAA All-American last year when she finished 7th, this spring she set a new Bruin record with a vault of 12-05.5, the 2nd-best ever in Division III to a 12-06 by Rachel Veltkamp of Calvin College, also this year. The pole vault is set for 3:30 p.m. on Thursday.

**Jamie McElwain (Sr, Tigard, Ore.)** will compete in the 800 meter dash after finishing 16th nationally with a time of 2:17.00. The preliminary heats in the 800 are set for 4:45 p.m. on Friday, with the finals on Saturday to be determined.

**Sarah Zempel (Fr., Rogue River, Ore.)** will go to the nationals to participate in the shot put after placing 17th in the nation with a distance of 43-04.25. The shot put is scheduled for 1:30 p.m. on Saturday.

**Amy Forbes (Sr., Jackson, Wyo.)**, another Bruin who made it to the nationals last year, will go in the high jump again after finishing 7th nationally (5-06). She will compete at 11:30 a.m. on Saturday.

**Lori Miller (Jr., Aurora, Ore.)**, who missed last year's nationals due to the Juniors Abroad study program at George Fox, gets her chance in the javelin this year, having posted the 7th-best throw in the nation (138-01). She will go on in the javelin competition at 10:30 a.m. on Saturday.

### BRUINS IN THE NATIONAL CHAMPIONSHIPS

These six George Fox athletes will represent the University at the NCAA National Track & Field Championships May 24-26 in Decatur, Ill.:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>NCAA Rank (on 5/21)</u>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (12-05.5)	#2
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	#7
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	#22
Kelsey Baron	Triple Jump (37-08.50)	#13
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-04.5)	#17
Lori Miller (Jr., Aurora, Ore.)	Javelin (138-01)	#7

Monday, May 21, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Baron Sets School Triple Jump Record in "Last Chance" Meet  
Several Bruins Hoping for Shot at NCAA Nationals May 24-26**

### **THIS WEEK:**

Thu.-Sat., May 24-25 - at NCAA D-III National Championships, Millikin University, Decatur, Ill.

### **LAST WEEK:**

Sat., May 19 - at NCAA D-III "Last Chance" Meet, Whitworth College, Spokane, Wash.

### **SELECT BRUINS PUT FORTH STRONG EFFORTS AT LAST CHANCE MEET**

**SPOKANE, Wash.** --- A small group of George Fox University track and field athletes turned in strong efforts Saturday (May 19) in the NCAA Division III "Last Chance" Meet here at Whitworth College's Boppell Track, but whether those efforts were good enough to get them into the NCAA National Championships is still to be determined.

**Kelsey Baron (So., Nehalem, Ore.)** won the triple jump with a distance of 37-08.50, setting a new George Fox record in that event. The previous best was 37-08, set last year by Jocelyn Kennedy.

**Baron's** jump also moved her up to 15th place in the national standings, and as it is not unusual for 16 people to advance to the nationals in many events to complete eight-person heats, she is a good spot to be invited. Her mark qualifies provisionally for the nationals, but is three inches short of automatic qualification.

In the women's 800, **Jamie McElwain (Sr, Tigard, Ore.)** turned in the best time of the meet, winning at 2:17.00, but that was 1.14 seconds short of the provisional qualifying time of 2:15.84. However, she did move into 16th place national in the 800 and, like Baron, could well be invited to compete.

**Deveny West (Fr., Klamath Falls, Ore.)**, hoping to improve upon her 28th-place national standing and 10-06 provisional qualifying mark in the pole vault, was unable to complete a qualifying vault and slipped to 32nd nationally.

The men's 4x400 relay team of **Ryan Sprunger (Fr., Dundee, Ore.)**, **Eric Costa (Sr., Beaverton, Ore.)**, **Tyler Gassaway (Sr., Portland, Ore.)**, and **Ben Salisbury (Fr., Bellingham, Wash.)** finished second with a time of 3:17.83, 19/100ths of a second off the provisional qualifying mark, but the team had already met the mark earlier in the spring with a time of 3:16.26. They slid from 18th to 26th in the national standings, however, as several other teams around the country improved their marks in other meets.

**Sarah Zempel (Fr., Rogue River, Ore.)**, who has qualified provisionally for the nationals in the shot put with a throw of 43-04.25, did not participate in the "Last Chance" meet in order to rest a sore back, and dropped from 13th to 17th in the national standings.

Bruins who have already qualified automatically for the national championships are **Heather Hunt (Sr., Turner, Ore.)** in the pole vault, **Amy Forbes (Sr., Jackson, Wyo.)** in the high jump, and **Lori Miller (Jr., Aurora, Ore.)** in the javelin.

The full field of participants are expected to be announced by the NCAA some time late Monday afternoon (May 19).

The NCAA Division III National Championships will be held Thursday-Saturday, May 24-26, at Millikin University in Decatur, Ill.

-more-

**AUTOMATIC QUALIFIERS**

These George Fox athletes have qualified either automatically or provisionally for the NCAA Nationals:

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Rank (on 5/21)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (12-05.5)	#2	NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	#32	NCAA provisional
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	#7	NCAA
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	#22	NCAA provisional
Kelsey Baron	Triple Jump (37-08.50)	#13	NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-04.5)	#17	NCAA provisional
Sarah Zempel	Discus (139-05)	#29	NCAA provisional
Lori Miller (Jr., Aurora, Ore.)	Javelin (138-01)	#7	NCAA

<b><u>Male Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Rank (on 5/15)</u></b>	<b><u>Qualified for:</u></b>
Ryan Sprunger (Fr., Dundee, Ore.)	4x400 relay (3:16.26)	#26	NCAA provisional
Eric Costa (Sr., Beaverton, Ore.)	4x400 relay (3:16.26)	#26	NCAA provisional
Tyler Gassaway (Sr., Portland, Ore.)	4x400 relay (3:16.26)	#26	NCAA provisional
Ben Salisbury (Fr., Bellingham, Wash.)	4x400 relay (3:16.26)	#26	NCAA provisional

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Tuesday, May 15, 2001 --- For Immediate Release*

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### **CORRECTION: HUNT IS NO. 2 NATIONALLY IN POLE VAULT, NOT NO. 3**

**NEWBERG, Ore.** --- It was erroneously reported through the George Fox University sports information office yesterday that **Heather Hunt (Sr., Turner, Ore.)**, the Bruins' All-American pole vaulter, had posted the third-best vault in NCAA Division III women's history by clearing a height of 12-05.5 in the University of Washington Ken Foreman Invitational Track & Field Meet Saturday (May 12) at Husky Stadium in Seattle. Her vault, a new George Fox record, is actually the second-best in NCAA history.

Laura Rosenberger of Eastern Mennonite University, last year's national champion as a freshman with a vault of 11-11.75 in the NCAA national meet, held the record of 12-05.5, which she had posted earlier in the 2000 season. On the same weekend that **Hunt** scaled 12-05.5, tying Rosenberger for the all-time best, Rachel Veltkamp of Calvin College surpassed that with a vault of 12-06, setting the new national mark. Veltkamp and **Hunt** thus have the top two vaults in the nation this year and the top two all-time (with Rosenberger tied for second), while Rosenberger has this year's third-best mark at 12-03.5.

**Hunt**, Rosenberger, and Veltkamp should stage quite a battle for the national pole vault crown this year during the NCAA National Championships May 24-26 at Millikin University in Decatur, Ill. Hunt finished seventh in the event last year.

Monday, May 14, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Hunt Sets School Record with 3rd-Best Pole Vault in D-III History**  
**Several Bruins Set Personal Marks in UW Ken Foreman Invitational**  
**"Last Chance" Meet in Spokane on Saturday Before NCAA Nationals May 24-26**

### **THIS WEEK:**

Sat., May 19 - at NCAA Division III Last Chance Meet, Spokane, Wash.

### **LAST WEEK:**

Sat., May 12 - at University of Washington Ken Foreman Invitational, Seattle, Wash.

### **HUNT'S RECORD VAULT LEADS BRUIN EFFORTS IN UW INVITATIONAL**

**SEATTLE, Wash. --- Heather Hunt (Sr., Turner, Ore.)** vaulted a school-record 12-05.5, the 3rd-best vault in NCAA Division III women's history, to win the pole vault, highlighting efforts by the George Fox University Bruins in the University of Washington Ken Foreman Invitational Track & Field Meet Saturday (May 12) here at Husky Stadium.

**Hunt**, who had already qualified for the NCAA Division III National Championships May 24-26 in Decatur, Ill., shattered her own Bruin record of 12-01.5, an NAIA national record at the time, which she achieved in her freshman year. The NCAA record of 12-11.5 was set last year by eventual national champion Laura Rosenberger of Eastern Mennonite University. Rachel Veltkamp of Calvin College has this year's best vault of 12-06, which she also reached this past weekend, so Veltkamp and **Hunt** have the top two vaults this year and the Nos. 2 and 3 all-time highs. Rosenberger has this year's 3rd-best mark at 12-03.5.

**Hunt** was the only Bruin to win an event outright in the Foreman meet, although **Kelsey Baron (So., Nehalem, Ore.)** tied for first in the triple jump (36-10.50), and several others posted impressive top-five finishes.

**Lori Miller (Jr., Aurora, Ore.)**, who had already qualified nationally for the javelin, set a personal record of 138-01 in finishing second, posting the 6th-best throw in the nation this season and moving to 6th on the GFU all-time list. **Sarah Zempel (Fr., Rogue River, Ore.)** was second in the discus (129-03.00).

**Baron** was fourth in the long jump (17-03.25), and **Jamie McElwain (Sr., Tigard, Ore.)** finished fifth in the 800 (2:14.12). McElwain's time, the 2nd-best ever for a GFU senior, ranks as 12th-best in the country this year and is a provisional qualifying time for the NCAAs, only 0.6 off an automatic time.

**Helena Telfer (So., Monmouth, Ore.)** set a new personal mark in the pole vault (9-08), becoming the 3rd-best all-time and 2nd-best sophomore vaulter in Bruin history.

Top finishers for the Bruin men were the 4x400 relay team of **Ryan Sprunger (Fr., Dundee, Ore.)**, **Tyler Gassaway (Sr., Oregon City, Ore.)**, **Eric Costa (Sr., Beaverton, Ore.)**, and **Ben Salisbury (Fr., Bellingham, Wash.)**, who finished third (3:16.26) while improving upon their previous best, a provisionally-qualifying time of 3:17.54. **Sprunger** (50.6) and **Salisbury** (47.8) set personal records with their split times. **Bryan Wadlow (Fr., Albany, Ore.)** was third in the triple jump (44-04), also setting a personal record.

The relay team of **Jon Robinson (Fr., Cannon Beach, Ore.)**, **Costa**, **Gassaway**, and **Salisbury** in the 4x100 finished fourth (42.61), moving them into 14th on the all-time list. **Keith Christiansen (So., Grass Valley, Ore.)** was fifth in the pole vault (13-09.25), setting a personal mark and moving into 10th on the all-time list. **Robinson** was fifth in the long jump (21-0), and **Darin Krueger (Jr., Portland, Ore.)** was fifth in the hammer (156-09), taking over the 5th spot all-time and 2nd spot in the junior class.



## George Fox Track & Field ... May 14, 2001 ... page 2

Others who set new personal marks were **Geoff Kirkendall (Fr. Roseburg, Ore.)** with a freshman class record and #11 all-time throw in the hammer (144-09), and **Nick Hultberg (Fr., Salem, Ore.)**, also in the hammer (110-11).

### "LAST CHANCE" MEET IN SPOKANE COULD PUT MORE BRUINS IN NCAAS

**NEWBERG, Ore. ---** For a few George Fox University track and field athletes who are just on the verge of qualifying for the NCAA National Championships, the NCAA Division III Last Chance Meet this Saturday (May 19) in Spokane, Wash., is a critical one, for this will be the final event in which they can qualify for the nationals.

Among the Bruins expected to go are **Kelsey Baron**, who is currently 19th nationally in the long jump and 23rd in the triple jump, and the sprinters **Ryan Sprunger**, **Eric Costa**, **Tyler Gassaway**, and **Ben Salisbury**, who are now 25th in the men's 4x400 relays. **Heather Hunt** in the pole vault, **Amy Forbes** in the high jump, and **Lori Miller** in the javelin are Bruins who have already reached NCAA automatic qualifying status, while **Sarah Zempel** has qualified provisionally in the shot put, ranking 13th in the nation and thus in a good position to be invited.

The NCAA Division III National Championships are set for Friday-Sunday, May 24-26, at Millikin University in Decatur, Ill.

### GEORGE FOX AUTOMATIC QUALIFIERS

These athletes have now qualified either automatically or provisionally for the NCAA Nationals:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>NCAA rank</u>	<u>Qualified for:</u>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (12-05.5)	#3	NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	#28	NCAA provisional
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	#7	NCAA
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	#19	NCAA provisional
Kelsey Baron	Triple Jump (36-11.75)	#23	NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-04.5)	#13	NCAA provisional
Sarah Zempel	Discus (139-05)	#24	NCAA provisional
Lori Miller (Jr., Aurora, Ore.)	Javelin (138-01)	#6	NCAA

  

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>NCAA rank</u>	<u>Previously qualified for:</u>
Ryan Sprunger (Fr., Dundee, Ore.)	4x400 relay (3:16.26)	#18	NCAA provisional
Eric Costa (Sr., Beaverton, Ore.)	4x400 relay (3:16.26)	#18	NCAA provisional
Tyler Gassaway (Sr., Portland, Ore.)	4x400 relay (3:16.26)	#18	NCAA provisional
Ben Salisbury (Fr., Bellingham, Wash.)	4x400 relay (3:16.26)	#18	NCAA provisional

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**George Fox Women 4th, Men 5th in Northwest Conference Meet**  
**Bruins Win 5 Women's Events, 4 Men's Events at NWC Meet**

### **THIS WEEK:**

Sat., May 12 - at Northwest Regional Open, in Salem, Ore.,  
or Seattle Pacific Invitational, in Seattle, Wash.

### **LAST WEEK:**

May 4-5 - at Northwest Conference Championships, Willamette University, in Salem, Ore.  
(Women - 4th of 9 / Men - 5th of 9)

### **BRUIN WOMEN 4TH, MEN 5TH IN NORTHWEST CONFERENCE MEET**

**SALEM, Ore. ---** A 4th-place finish for the women and a 5th-place showing for the men were the stories for the George Fox University Bruins in the 2001 Northwest Conference Track & Field Championships held here Friday-Saturday (May 4-5) at Willamette University's Charles Bowles Track.

Whitworth College won both the men's and women's titles. The Whitworth women held off host Willamette to win their first-ever NWC title, and the Whitworth men held off a stiff challenge from Linfield College to win its first NWC championship since 1972.

The Pirate women, who led WU by just two points (71-69) heading into the second day, widened their lead on the strength of their sprinters and won by a margin of 208 to 185 2/3 over the Bearcats. The top two were followed by Pacific Lutheran University with 147 1/3, defending champion **George Fox with 131**, Linfield with 53, the University of Puget Sound with 31, Whitman College and Lewis & Clark College in a tie with 22, and Pacific University with 13.

Whitworth's men rallied from 5th place at the beginning of the second day, scoring 142 1/2 points on Saturday to edge Linfield 168 to 162. They were followed by Pacific Lutheran with 141, Willamette with 126, **George Fox with 123**, Puget Sound with 57, Lewis & Clark with 32, Whitman with 1, and Pacific with 0.

Ryan Dirks of Pacific Lutheran was named NWC Male Athlete of the Meet and Amber Larsen of Linfield was named NWC Female Athlete of the Meet. Whitworth head coach Toby Schwartz was named NWC coach of the year for both the men and women. He won the men's award last year, while **Wes Cook** of George Fox was the women's top coach last year.

Complete results of the 2001 Northwest Conference championships are available on the George Fox website at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics).

### **FIVE WINS FOR GFU WOMEN, FOUR FOR MEN AT NWC MEET**

**SALEM, Ore. ---** George Fox's women's track and field team posted five wins in the Northwest Conference Championships here at Charles Bowles Track May 4-5, while the Bruin men recorded four 1st-place finishes.

Champions for the women were **Amy Forbes (Sr., Jackson, Wyo.)** in the high jump (5-04.25), **Kelsey Baron (So., Nehalem, Ore.)** in both the long jump (17-09) and the triple jump (36-01.25), **Sarah Zempel (Fr., Rogue River, Ore.)** in the shot put (41-02.25), and **Heather Hunt (Sr., Turner, Ore.)** in the pole vault (11-00.75).

Several other Bruin women also earned All-Conference honors by finishing in the top three in their events. Seconds went to **Sara Oates (Fr., Grover Beach, Calif.)** in the 400 (58.35), **Jamie McElwain (Sr., Tigard, Ore.)** in the 800 (2:18.27), **Zempel** in the discus (139-05), and **Lori Miller (Jr., Aurora, Ore.)** in the javelin (135-02). Thirds were recorded by **Colleen Forbes**

(Jr., Jackson, Wyo.) in the triple jump (35-06), and the relay team of **Colleen Forbes, McElwain, Christina Davis (Jr., Edmonds, Wash.)**, and **Oates** in the 4x400 (4:03.28).

Winners for the men were **Jon Robinson (Fr., Cannon Beach, Ore.)** in the long jump (22-02.50), **Ben Salisbury (Fr., Bellingham, Wash.)** in the 200 (22.17), the relay team of **Robinson, Eric Costa (Sr., Beaverton, Ore.), Tyler Gassaway (Sr., Oregon City, Ore.)**, and **Salisbury** in the 4x100 (42.10), and the relay team of **Ryan Sprunger (Fr., Dundee, Ore.), Gassaway, Costa, and Salisbury** in the 4x400 (3:17.54).

Several other Bruin men earned All-Conference honors by finishing second or third. A second went to **Zach Davidson (So., Albany, Ore.)** in the 400 intermediate hurdles (55.39). Thirds were posted by **Gassaway** in the 200 (22.49) and in the 400 (49.91), and **Steve Willmer (So., Fullerton, Calif.)** in the 800 (1:54.50).

#### **GEORGE FOX AUTOMATIC QUALIFIERS**

Several George Fox athletes met standards for automatic or provisional qualification for the NCAA Division III National Championships May 24-26 at Millikin University in Decatur, Ill., during the Northwest Conference Championships, including **Lori Miller**, automatically qualifying in the javelin (135-02); **Sarah Zempel**, provisionally in the discus (139-05), and the men's relay team of **Ryan Sprunger, Tyler Gassaway, Eric Costa**, and **Ben Salisbury**, provisionally in the 4x400 (3:17.54).

These athletes have now qualified either automatically or provisionally for the NCAA Nationals:

#### **Female Athlete**

Heather Hunt (Sr., Turner, Ore.)  
Deveny West (Fr., Klamath Falls, Ore.)  
Amy Forbes (Sr., Jackson, Wyo.)  
Kelsey Baron (So., Nehalem, Ore.)  
Kelsey Baron  
Sarah Zempel (Fr., Rogue River, Ore.)  
Lori Miller (Jr., Aurora, Ore.)

#### **Event (Time or Distance)**

Pole Vault (11-06.5)  
Pole Vault (10-06)  
High Jump (5-06.0)  
Long Jump (18-03.0)  
Triple Jump (37-02.25)  
Shot Put (43-04.5)  
Javelin (135-02)

#### **Qualified for:**

NCAA  
NCAA provisional  
NCAA  
NCAA provisional  
NCAA provisional  
NCAA provisional  
NCAA

#### **Male Athlete**

Ryan Sprunger (Fr., Dundee, Ore.)  
Eric Costa (Sr., Beaverton, Ore.)  
Tyler Gassaway (Sr., Portland, Ore.)  
Ben Salisbury (Fr., Bellingham, Wash.)

#### **Event (Time or Distance)**

4x400 relay (3:17.54)  
4x400 relay (3:17.54)  
4x400 relay (3:17.54)  
4x400 relay (3:17.54)

#### **Previously qualified for:**

NCAA provisional  
NCAA provisional  
NCAA provisional  
NCAA provisional

**NORTHWEST CONFERENCE TRACK & FIELD CHAMPIONSHIPS****May 4-5, 2001****Charles Bowles Track – Willamette University**

May 5, 2001

**WHITWORTH WOMEN, MEN WIN NWC TRACK & FIELD TITLES**

SALEM – Whitworth won both the men's and women's Northwest Conference track & field titles Saturday at Charles Bowles Track.

The Whitworth women held off host Willamette to win its first-ever NWC title, and the Whitworth men held off a stiff challenge from Linfield to win its first NWC championships since 1972.

The Pirate women, who led WU by just two points (71-69) heading into the day, widened their lead on the strength of their sprinters and won by a margin of 208-185 2/3 over the Bearcats.

Whitworth won the 4x100-meter relay (49.2) and dominated both the 100 and 200 sprints. Kristen Shields triumphed in the 100 (12.26) and her teammates finished third, fourth, fifth and sixth behind her. Shields later placed second in the 200 and Whitworth grabbed third, fifth and sixth place in that race as well.

Whitworth's men rallied from fifth place at the beginning of the day, scoring 142 1/2 points on Saturday to edge Linfield 168-162.

The Pirates grabbed three of the top five places in both the shot put and 200. Whitworth also picked up victories from Navin Fernandez in the 110 high hurdles (14.85), Aaron Baldwin in the pole vault (14-0 1/2), Leo Suzuki in the 400 (49.36), Quantae Anderson in the triple jump (44-11 3/4) and Bryce McDonnell in the 100 (10.92).

PLU's Ryan Dirks won his third event of the meet on Saturday, claiming the shot put title (48-1 1/4) after winning the hammer and discus on Friday.

Three women each won two events Saturday. Linfield's Amber Larsen won the 100 (14.86) and 400 hurdles (59.57), the latter in a meet-record time. PLU's Jill Wilmovsky won both the 200 (25.86) and 400 (57.67) and Willamette's Lisa Starkey took both the 800 (2:15.89) and 1,500 (4:46.74).

Dirks was named NWC Male Athlete of the Meet and Larsen was named NWC Female Athlete of the Meet. Whitworth head coach Toby Schwartz was named NWC coach of the year for both the men and women. He won the men's award last year.

Two other meet records were broken Friday when PLU's Leslie Seeyle won the hammer with a mark of 159-6 and Whitworth's Annie Scott won the 10,000 meters in 36:34.25. Scott came back to win the 5,000 on Saturday in a time of 18:05.89.

**FINAL WOMEN'S TEAM SCORES:** 1. Whitworth 208; 2. Willamette 185 2/3; 3. Pacific Lutheran 147 1/3; 4. George Fox 131; 5. Linfield 53; 6. Puget Sound 31; 7. (tie) Whitman 22, Lewis & Clark 22; 9. Pacific 13.

**FINAL MEN'S TEAM SCORES:** 1. Whitworth 168; 2. Linfield 162; 3. Pacific Lutheran 141; 4. Willamette 126; 5. George Fox 123; 6. Puget Sound 57; 7. Lewis & Clark 32; 8. Whitman 1; 9. Pacific 0

**COMPLETE RESULTS**

Northwest Conference Championships 05/04/01 - 05/05/01

**Finals WOMEN'S 100 METER DASH**

1. Kristen Shields, Whitworth 12.26; 2. Carrie Larsen, Pacific Lutheran 12.58; 3. Abbey Jo Hornstein, Whitworth 12.73; 4. Christina Zorn, Whitworth 12.80; 5. Karen Rohmert, Whitworth 12.93; 6. Alisha Simchuk, Whitworth 12.94; 7. Kari Holbert, Willamette University 13.01; 8. Deanne Huizenga, Willamette University 13.18.

**Finals WOMEN'S 200 METER DASH**

1. Jill Wilmovsky, Pacific Lutheran 25.86; 2. Kristen Shields, Whitworth 26.14; 3. Christina Zorn, Whitworth 26.38; 4. Becca Ehli, Pacific Lutheran

26.83; 5. Abbey Jo Hornstein, Whitworth 26.99; 6. Karen Robnett, Whitworth 27.23; 7. Alisha Simchuk, Whitworth 27.24; 8. Sara Oates, George Fox 27.73.

#### Finals WOMEN'S 400 METER DASH

1. Bill Wilmovsky, Pacific Lutheran 57.67; 2. Sara Oates, George Fox 58.35; 3. Jamie Rydbom, Whitworth 1:00.10; 4. Christina Davis, George Fox 1:00.47; 5. Lisa Taylor, Linfield 1:00.67; 6. Lindsay Ogle, Willamette University 1:00.79; 7. Tereza Abbott, Willamette University 1:01.97; 8. Kim Hunter, Pacific University 1:04.09.

#### Finals WOMEN'S 800 METER RUN

1. Lisa Starkey, Willamette University 2:15.89; 2. Jamie McElwain, George Fox 2:18.27; 3. Elizabeth Abbey, Whitworth 2:20.26; 4. Becky Franza, Pacific Lutheran 2:21.36; 5. Terry Hall, Linfield 2:23.46; 6. Amber Henderson, Willamette University 2:23.76; 7. Diana Huey, Whitworth 2:25.52; 8. Shannon Hayes, Pacific Lutheran 2:26.53.

#### Finals WOMEN'S 1,500 METER RUN

1. Lisa Starkey, Willamette University 4:46.74; 2. Kelly Underwood, Willamette University 4:48.70; 3. Julia Lucas, Whitworth 4:48.83; 4. Amber Henderson, Willamette University 4:52.12; 5. Leslie Nelson, Whitworth 4:52.26; 6. Tracey Goldner, Pacific Lutheran 4:55.03; 7. Liz Rodda, Willamette University 4:55.77; 8. Lia Ossiander, Pacific Lutheran 4:56.19; 9. Mariah Kennedy, Willamette University 4:57.33; 10. Shannon Hayes, Pacific Lutheran 5:01.59; 11. Elizabeth Moyer, George Fox 5:10.48; 12. Laura Zemke, Whitworth 5:23.20.

#### Finals WOMEN'S 3,000 METER RUN

1. Julia Lucas, Whitworth 10:23.01; 2. Liz Rodda, Willamette University 10:25.43; 3. Jennie Wood, Whitman 10:45.40; 4. Mariah Kennedy, Willamette University 10:51.88; 5. Elizabeth Moyer, George Fox 10:59.03; 6. Selena Harman, Lewis & Clark 11:06.12; 7. Jessica Alley, Whitworth 11:12.64; 8. Bre Hickle, Puget Sound 11:15.52; 9. Barrett Ebright, Willamette University 11:22.88; 10. Amanda Baker, Whitworth 11:23.74; 11. Meagan Stirling, Whitworth 11:48.81.

#### Finals WOMEN'S 5,000 METER RUN

1. Annie Scott, Whitworth 18:05.89; 2. Lia Ossiander, Pacific Lutheran 18:14.61; 3. Amber Strickler, Willamette University 18:38.25; 4. Lisa Lindsay, Pacific Lutheran 18:52.65; 5. Evelyn Williams, Willamette University 18:55.43; 6. Tracey Goldner, Pacific Lutheran 19:04.04; 7. Selena Harman, Lewis & Clark 19:26.23; 8. Janelle Goeres, George Fox 19:35.86; 9. Jessica Alley, Whitworth 19:37.70; 10. Elizabeth Bailey, Whitworth 19:43.53; 11. Breea DeSloover, Pacific Lutheran 19:53.54; 12. Lisa Pohlit, Willamette University 19:57.85; 13. Jami Mickelson, Willamette University 19:59.71; 14. Jessie Enell, Willamette University 20:20.52; 15. Odessa Weber, Lewis & Clark 20:24.57; 16. Sarah Gogert, Pacific Lutheran 20:28.66.

#### Finals WOMEN'S 10,000 METER RUN

1. Annie Scott, Whitworth 36:34.25; 2. Amber Strickler, Willamette University 38:41.24; 3. Lisa Lindsay, Pacific Lutheran 39:42.89; 4. Evelyn Williams, Willamette University 40:17.62; 5. Marisa Merritt, George Fox 40:49.24; 6. Jami Mickelson, Willamette University 41:02.72; 7. Mary Finnan, Lewis & Clark 41:28.14; 8. Lori Northcraft, Willamette University 41:28.40; 9. Elizabeth Bailey, Whitworth 41:47.57; 10. Odessa Weber, Lewis & Clark 42:01.18; 11.

**WOMEN'S 10,000 METER RUN (Continued)**

Sarah Gogert, Pacific Lutheran 42:08.07; 12. Lauren Ris, Willamette University 42:36.93; 13. Debbie Schor, Linfield 42:56.72; 14. Kira Seifert, Linfield 43:10.91; 15. Kari Newby, Linfield 44:06.61; 16. Megan Nuttal, Linfield 44:30.71; 17. Sadie Grossman, Lewis & Clark 44:54.94; 18. Summer Gibbs, Whitworth 45:41.60.

**Finals WOMEN'S 100 METER HIGH HURDLES**

1. Amber Larsen, Linfield 14.86; 2. Carrie Larsen, Pacific Lutheran 15.48; 3. Laura Leineweber, Willamette University 16.08; 4. Julie Vanni, Puget Sound 16.29; 5. Kari Holbert, Willamette University 16.44; 6. Sarah Fox, Whitworth 16.46; 7. Courtney Johnson, Pacific Lutheran 16.56; 8. Amber Emery, Willamette University 16.68.

**Finals WOMEN'S 400 METER INT HURDLES**

1. Amber Larsen, Linfield 59.57; 2. Carrie Larsen, Pacific Lutheran 1:02.65; 3. Jessica Austin, Whitworth 1:04.59; 4. Kari Holbert, Willamette University 1:05.12; 5. Easton Branam, Pacific Lutheran 1:06.37; 6. Amber Emery, Willamette University 1:06.38; 7. Julie Vanni, Puget Sound 1:08.11; 8. Tansy Middag, Willamette University 1:08.63.

**Finals WOMEN'S 4X100 METER RELAY**

1. Whitworth 49.2h; 2. Pacific Lutheran 49.3h; 3. Willamette University 49.6h; 4. Linfield 51.0h; 5. George Fox 51.4h; 6. Lewis & Clark 55.6h.

**Finals WOMEN'S 4X400 METER RELAY**

1. Pacific Lutheran 4:00.18; 2. Willamette University 4:02.06; 3. George Fox 4:03.28; 4. Linfield 4:04.36; 5. Whitworth 4:05.19; 6. Lewis & Clark 4:42.21

**Finals WOMEN'S HIGH JUMP**

1. Amy Forbes, George Fox 1.63m (5-04.25); 2. Laura Leineweber, Willamette University 1.63m (5-04.25); 3. Lindsay Larson, Linfield 1.58m (5-02.25); 4. Jennifer Berghuis, Pacific Lutheran 1.53m (5-00.25); 5. Jessica Austin, Whitworth 1.53m (5-00.25); 6. Abbey Jo Hornstein, Whitworth 1.53m (5-00.25); 7. Courtney Johnson, Pacific Lutheran 1.48m (4-10.25); 8. Marika Middag, Willamette University 1.48m (4-10.25); 8. Jane Berentson, Pacific Lutheran 1.48m (4-10.25); 8. Jaimi Truhler, Willamette University 1.48m (4-10.25); - Sarah Fox, Whitworth NH; - Terry Hall, Linfield NH.

**Finals WOMEN'S POLE VAULT**

1. Heather Hunt, George Fox 3.37m (11-00.75); 2. Marika Middag, Willamette University 3.22m (10-06.75); 3. Christie Olsson, Lewis & Clark 2.92m (9-07); 4. Helena Telfer, George Fox 2.92m (9-07); 4. Deveny West, George Fox 2.92m (9-07); 6. Grace Kurtz, Linfield 2.92m (9-07); 7. Kelly Wright, Pacific Lutheran 2.77m (9-01); 8. Erika McGraw, Whitworth 2.77m (9-01); 9. Erica Moen, Whitworth 2.62m (8-07); 10. Jamie Smith, Pacific Lutheran 2.62m (8-07); 10. Leigh Bernacchi, Willamette University 2.62m (8-07); 12. Britta Winterowd, Puget Sound 2.62m (8-07); 13. Michelle Rees, Whitman 2.47m (8-01.25); 13. Kelsey Gray, Willamette University 2.47m (8-01.25); 13. Lisa Eccles, Linfield 2.47m (8-01.25); 16. Erin Paisley, George Fox 2.32m (7-07.25); 16. Jessica Stow, Willamette University 2.32m (7-07.25); - Kate Law, Puget Sound NH; - Jessica Anderson, Willamette University NH.

**Finals WOMEN'S LONG JUMP**

1. Kelsey Baron, George Fox 5.41m (17-09); 2. Jamie Rydbom, Whitworth 5.37m (17-07.50); 3. Christina Siffert, Willamette University 5.30m (17-04.75); 4. Lindsay Ogle, Willamette University 5.29m (17-04.25); 5. Abbey Jo Hornstein, Whitworth 5.22m (17-01.50); 6. Amy Forbes, George Fox 4.95m (16-03); 7. Colleen Forbes, George Fox 4.94m (16-02.50); 8. Jessica Austin, Whitworth 4.83m (15-10.25); 9. Laura Leineweber, Willamette University 4.80m (15-09); 10. Heather Hunt, George Fox 4.29m (14-01); 11. Laura Cobb, Pacific Lutheran 4.16m (13-07.75).

**Finals WOMEN'S TRIPLE JUMP**

1. Kelsey Baron, George Fox 11.00m (36-01.25); 2. Jamie Rydbom, Whitworth

**WOMEN'S TRIPLE JUMP (Continued)**

10.83m (35-06.50); 3. Colleen Forbes, George Fox 10.82m (35-06); 4. Jane Berentson, Pacific Lutheran 10.42m (34-02.25); 5. Lindsay Larson, Linfield 10.34m (33-11.25); 6. Amy Forbes, George Fox 10.23m (33-06.75); 7. Deanne Huizenga, Willamette University 10.15m (33-03.75); 8. Erica Moen, Whitworth 9.88m (32-05); 9. Laura Cobb, Pacific Lutheran 9.42m (30-11); 10. Nichole Marich, Whitworth 9.33m (30-07.50).

**Finals WOMEN'S SHOT PUT**

1. Sarah Zempel, George Fox 12.55m (41-02.25); 2. Nichole Marich, Whitworth 12.29m (40-04); 3. Mari Ruiz, Whitman 12.08m (39-07.75); 4. Kasey Sorenson, Willamette University 11.82m (38-09.50); 5. Mindy Bandy, Whitworth 11.44m (37-06.50); 6. Jamie Questa, Puget Sound 11.40m (37-05); 7. Leslie Seelye, Pacific Lutheran 11.30m (37-01); 8. Jen Bennett, Whitworth 11.27m (36-11.75); 9. Vanessa Braun, Lewis & Clark 10.63m (34-10.50); 10. Lauri Duensing, Pacific University 10.55m (34-07.50); 11. Sarah Cotton, Pacific University 10.51m (34-05.75); 12. Janelle Braun, Lewis & Clark 10.32m (33-10.25); 13. Janna Varva, Pacific University 9.97m (32-08.50).

**Finals WOMEN'S DISCUS THROW**

1. Mari Ruiz, Whitman 141-01 (43.00m); 2. Sarah Zempel, George Fox 139-05 (42.49m); 3. Sarah Reichner, Willamette University 136-07 (41.63m); 4. Elysia Hanna, Whitworth 127-04 (38.81m); 5. Nichole Marich, Whitworth 126-06 (38.56m); 6. Janelle Braun, Lewis & Clark 119-07 (36.45m); 7. Johanna Kellogg, Whitworth 117-02 (35.71m); 8. Jamie Questa, Puget Sound 114-04 (34.85m); 9. Ann Kaltwasser, Pacific University 111-0 (33.83m); 10. Sarah Cotton, Pacific University 107-09 (32.84m); 11. Vanessa Braun, Lewis & Clark 101-08 (30.99m); 12. Jen Bennett, Whitworth 97-08 (29.77m).

**Finals WOMEN'S HAMMER THROW**

1. Leslie Seelye, Pacific Lutheran 48.62m (159-06); 2. Jamie Questa, Puget Sound 47.74m (156-07); 3. Heide Fuhrman, Pacific University 47.52m (155-11); 4. Nichole Marich, Whitworth 45.66m (149-10); 5. Kasey Sorenson, Willamette University 44.48m (145-11); 6. Elysia Hanna, Whitworth 43.48m (142-08); 7. Kristin Hoppler, Pacific Lutheran 43.22m (141-09); 8. Sarah Zempel, George Fox 42.64m (139-11); 9. Mindy Bandy, Whitworth 41.70m (136-10); 10. Sulkee So, Willamette University 37.74m (123-10); 11. Erin Tannock, Linfield 37.50m (123-0); 12. Erin Paisley, George Fox 35.18m (115-05); 13. Vanessa Braun, Lewis & Clark 34.72m (113-11); - Janelle Braun, Lewis & Clark FOUL.

**Finals WOMEN'S JAVELIN THROW**

1. Monica Scott, Willamette University 41.92m (137-06); 2. Lori Miller, George Fox 41.20m (135-02); 3. Ann Kaltwasser, Pacific University 39.62m (130-0); 4. Leah Proctor, Pacific Lutheran 39.28m (128-10); 5. Rochelle Weems, Pacific Lutheran 38.10m (125-0); 6. Julie Vanni, Puget Sound 37.72m (123-09); 7. Jennifer Bell, Linfield 37.72m (123-09); 8. Gina Pieretti, Willamette University 36.62m (120-02); 9. Jaimi Truhler, Willamette University 35.54m (116-07); 10. Sarah Zempel, George Fox 34.36m (112-09); 11. Mindy Bandy, Whitworth 33.96m (111-05); 12. Brooke Evans, Whitworth 33.10m (108-07).

**Finals MEN'S 100 METER DASH**

1. Bryce McDonnell, Whitworth 10.92; 2. Ben Salisbury, George Fox 10.94; 3. Chad Miyamoto, Whitworth 11.09; 4. Travis Stiles, Willamette University 11.14; 5. Leroy Horton, Pacific Lutheran 11.17; 6. Kevin Giboney, Pacific Lutheran 11.22; 7. Thomas Ford, Linfield 11.31; 8. Andrew Rager, Linfield 11.46.

**Finals MEN'S 200 METER DASH**

1. Ben Salisbury, George Fox 22.17; 2. Bryce McDonnell, Whitworth 22.30; 3. Tyler Gassaway, George Fox 22.49; 4. Leo Suzuki, Whitworth 22.53; 5. Josh Pasma, Whitworth 22.68; 6. Kevin Giboney, Pacific Lutheran 22.72; 7. Chad Miyamoto, Whitworth 22.84; 8. Aaron Binger, Pacific Lutheran 22.86.

**Finals MEN'S 400 METER DASH**

1. Leo Suzuki, Whitworth 49.36; 2. Josh Pasma, Whitworth 49.66; 3. Tyler

**MEN'S 400 METER DASH (Continued)**

Gassaway, George Fox 49.91; 4. Tyson Raymond, Willamette University 49.93; 5. Joe Ginanni, Linfield 50.37; 6. Eric Costa, George Fox 50.54; 7. Ryan Sprunger, George Fox 51.11; 8. Jesse Rasmussen, George Fox 52.26.

**Finals MEN'S 800 METER RUN**

1. Mike Houston, Pacific Lutheran 1:52.86; 2. Brian Roesler, Willamette University 1:52.96; 3. Steve Willmer, George Fox 1:54.50; 4. Nick Kitzerow, Lewis & Clark 1:56.78; 5. Ben Kevan, Puget Sound 1:56.83; 6. Ryan Austin, George Fox 1:57.66; 7. Adam Thornton, Whitworth 2:01.38; 8. Ryan Warren, Pacific Lutheran 2:03.67.

**Finals MEN'S 1,500 METER RUN**

1. Dan McLean, Puget Sound 4:00.69; 2. Jacob Stout, Willamette University 4:04.29; 3. Ryan Reed, Pacific Lutheran 4:05.49; 4. Adam Thornton, Whitworth 4:08.43; 5. Carsten Croff, Pacific Lutheran 4:08.90; 6. Micah Evans, Willamette University 4:08.90; 7. Alan Davies, Pacific Lutheran 4:09.12; 8. Mat Hunnicutt, Willamette University 4:09.99; 9. Erik Brucker, Whitworth 4:10.47; 10. Ben Brown, Pacific Lutheran 4:12.60; 11. Nathan Paisley, George Fox 4:33.66.

**Finals MEN'S 5,000 METER RUN**

1. Paul Davis, Linfield 15:07.50; 2. Ryan Reed, Pacific Lutheran 15:12.71; 3. JR Floweree, Puget Sound 15:18.28; 4. Dan McLean, Puget Sound 15:29.42; 5. Andrew Ault, Lewis & Clark 15:36.07; 6. Aaron Young, Willamette University 15:36.64; 7. Nathan O'Brien, Willamette University 15:41.43; 8. Alan Davies, Pacific Lutheran 15:43.14; 9. Chris Jensen, Lewis & Clark 15:48.20; 10. Floyd Bangertter, Pacific Lutheran 15:51.43; 11. Jimmy O'Dea, Puget Sound 16:00.27; 12. Will Howard, George Fox 16:06.16; 13. Nathan Gushwa, Willamette University 16:06.50; 14. Chris Mayer, Lewis & Clark 16:21.18; 15. Andrew Cody, Lewis & Clark 16:29.12.

**Finals MEN'S 10,000 METER RUN**

1. Alan Davies, Pacific Lutheran 31:37.54; 2. Aaron Young, Willamette University 31:51.10; 3. Paul Davis, Linfield 31:56.81; 4. Nathan O'Brien, Willamette University 32:11.10; 5. JR Floweree, Puget Sound 32:32.59; 6. Brian Mulry, Puget Sound 32:37.01; 7. Andrew Ault, Lewis & Clark 32:56.62; 8. Chris Mayer, Lewis & Clark 32:59.74; 9. Will Howard, George Fox 33:03.48; 10. Andrew Cody, Lewis & Clark 33:23.81; 11. Carl Hoogesteger, Pacific University 33:28.72; 12. Nathan Gushwa, Willamette University 33:29.40; 13. John Tribbica, Puget Sound 33:32.39; 14. Trevor Newton, Willamette University 33:41.69; 15. Floyd Bangertter, Pacific Lutheran 34:31.05; 16. Derek Oldham, Lewis & Clark 35:31.68; 17. Justin Davis, Whitworth 36:55.86.

**Finals MEN'S 110 METER HIGH HURDLES**

1. Navin Fernandes, Whitworth 14.85; 2. Fritz Mosenbrink, Linfield 15.39; 3. Josh Smith, Willamette University 15.41; 4. Tevin Taylor, George Fox 15.53; 5. Chris Bertholf, Pacific Lutheran 15.65; 6. Zach Davidson, George Fox 15.82; 7. Toby Dean, Willamette University 15.92; 8. Jesse Fipps, Linfield 16.98.

**Finals MEN'S 400 METER INT HURDLES**

1. Chris Bertholf, Pacific Lutheran 54.25; 2. Zach Davidson, George Fox 55.39; 3. Navin Fernandes, Whitworth 55.46; 4. Josh Smith, Willamette University 56.74; 5. Chris Anderson, Pacific Lutheran 57.45; 6. Tevin Taylor, George Fox 57.59; 7. Keith Christianson, George Fox 58.05.

**Finals MEN'S 3,000 METER STEEPLECHASE**

1. Ryan Reed, Pacific Lutheran 9:10.13; 2. Reagan Grabner, Puget Sound 9:19.91; 3. Jacob Stout, Willamette University 9:28.09; 4. Chris Jensen, Lewis & Clark 9:40.45; 5. Mat Hunnicutt, Willamette University 9:49.46; 6. Peter Metcalf, Whitworth 9:54.39; 7. Micah Evans, Willamette University 10:09.27; 8. Brayden Burkholder, Whitman 10:20.43; 9. Ian Townley, Lewis & Clark 10:24.43; 10. Jarrod Larson, Puget Sound 10:46.15; 11. Bjorn Doskeland, George Fox 10:47.64; 12. Thane Velkamp, Whitworth 10:49.83; 13. Andy Coe, Whitworth



**MEN'S 3,000 METER STEEPLECHASE (Continued)**

10:54.44; 14. Peter Kinnecom, Lewis & Clark 11:04.54.

**Finals MEN'S 4X100 METER RELAY**

1. George Fox 42.10; 2. Whitworth 42.58; 3. Pacific Lutheran 42.92; 4. Willamette University 43.18; 5. Linfield 44.98; 6. Puget Sound 46.45; 7. Lewis & Clark 46.75.

**Finals MEN'S 4X400 METER RELAY**

1. George Fox 3:17.3h; 2. Pacific Lutheran 3:17.4h; 3. Whitworth 3:18.2h; 4. Willamette University 3:21.8h; 5. Puget Sound 3:26.7h; 6. Linfield 3:26.9h; 7. Lewis & Clark 3:47.3h.

**Finals MEN'S HIGH JUMP**

1. Marques Johnson, Willamette University 1.97m (6-05.50); 2. Reid Schooler, Lewis & Clark 1.97m (6-05.50); 3. Ryan Boatsman, Linfield 1.97m (6-05.50); 3. Fritz Mesenbrink, Linfield 1.97m (6-05.50); 5. Brett Yeager, George Fox 1.87m (6-01.50); 6. Ray Lions, Linfield 1.87m (6-01.50); 7. Mike Bernatz, Willamette University 1.82m (5-11.50); 8. Jeremy Day, Whitworth 1.82m (5-11.50); - Quantae Anderson, Whitworth NH; - Pat Everitt, Willamette University NH; - Bryan Wadlow, George Fox NH; - Tevin Taylor, George Fox NH.

**Finals MEN'S POLE VAULT**

1. Aaron Baldwin, Whitworth 4.28m (14-00.50); 2. Fritz Mesenbrink, Linfield 4.13m (13-06.50); 3. Jason Mauch, Pacific Lutheran 4.13m (13-06.50); 4. Ray Lions, Linfield 3.98m (13-00.75); 5. Nate Sutton, Puget Sound 3.98m (13-00.75); - Matt Perry, Puget Sound NH; - David Fevegon, Whitworth NH; - Dan Gargas, Puget Sound NH; - Mike Haughton, Willamette University NH; - Zach Sommers, Willamette University NH; - Keith Christianson, George Fox NH; - Tony Held, Puget Sound NH.

**Finals MEN'S LONG JUMP**

1. Jon Robinson, George Fox 6.77m (22-02.50); 2. Ray Lions, Linfield 6.65m (21-10); 3. Fritz Mesenbrink, Linfield 6.60m (21-08); 4. Andy Miguel, Willamette University 6.57m (21-06.75); 5. Jason Buffington, Willamette University 6.48m (21-03.25); 6. Tyler Gassaway, George Fox 6.47m (21-02.75); 7. Adam Puckett, George Fox 6.46m (21-02.50); 8. Wolfgang Rudolph, Linfield 6.43m (21-01.25); 9. Terrance Wong, Willamette University 6.43m (21-01.25); 10. Bryan Wadlow, George Fox 6.35m (20-10); 11. Ryan Boatsman, Linfield 6.34m (20-09.75); 12. Mike Bernatz, Willamette University 6.15m (20-02.25); 13. Kei Omo, Whitworth 5.85m (19-02.50).

**Finals MEN'S TRIPLE JUMP**

1. Quantae Anderson, Whitworth 13.71m (44-11.75); 2. Greg Reed, Willamette University 13.61m (44-08); 3. Aaron Baldwin, Whitworth 13.53m (44-04.75); 4. Fritz Mesenbrink, Linfield 13.52m (44-04.25); 5. Bryan Wadlow, George Fox 13.43m (44-00.75); 6. Spencer Stiglitz, Whitworth 13.18m (43-03); 7. John Reinke, Pacific Lutheran 13.04m (42-09.50); 8. Birch Barron, Linfield 13.02m (42-08.75); 9. Artisc Burton, Willamette University 13.00m (42-08); 10. Kei Omo, Whitworth 12.91m (42-04.25); 11. Ryan Boatsman, Linfield 12.86m (42-02.25); 12. Letwon Canton, Willamette University 12.80m (42-0); 13. Caleb Stewart, Whitworth 12.53m (41-01.50); 14. Brian Cleven, Pacific Lutheran 12.21m (40-00.75); - Mike Bernatz, Willamette University FOUL.

**Finals MEN'S SHOT PUT**

1. Ryan Dirks, Pacific Lutheran 14.66m (48-01.25); 2. Takashi Atkins, Whitworth 14.41m (47-03.50); 3. Tyler Neely, Whitworth 13.95m (45-09.25); 4. Kelly Bertrand, Linfield 13.94m (45-09); 5. Jon Abbey, Whitworth 13.71m (44-11.75); 6. Jeff York, Linfield 13.22m (43-04.50); 7. Junior Cienega, Puget Sound 13.20m (43-03.75); 8. Matt Jackson, Lewis & Clark 12.76m (41-10.50); 9. Justin Buckner, Linfield 12.55m (41-02.25); 10. Joey Sanchez, Whitworth 12.23m (40-01.50); 11. Darin Krueger, George Fox 12.20m (40-00.50); 12. Billy Joe Murray, Willamette University 11.94m (39-02.25).

**Finals MEN'S DISCUS THROW**

## MEN'S DISCUS THROW (Continued)

1. Ryan Dirks, Pacific Lutheran 149.01 (45.44m); 2. Jon Abbey, Whitworth 142.10 (43.54m); 3. Takashi Atkins, Whitworth 137.06 (41.91m); 4. Greg Nolan, Willamette University 137.06 (41.91m); 5. Fritz Mesenbrink, Linfield 136.10 (41.71m); 6. Kelly Bertrand, Linfield 136.0 (41.45m); 7. Matt Jackson, Lewis & Clark 131.10 (40.18m); 8. James Banks, Willamette University 130.06 (39.78m); 9. Geoff Kirkendall, George Fox 126.06 (38.56m); 10. Justin Buckner, Linfield 125.06 (38.25m); 11. Clint Lacaden, Whitworth 119.08 (36.47m); 12. Jerry LaRue, Willamette University 112.05 (34.26m).

## Finals MEN'S HAMMER THROW

1. Ryan Dirks, Pacific Lutheran 57.98m (190.03); 2. Kelly Bertrand, Linfield 51.54m (169.01); 3. James Banks, Willamette University 48.30m (158.05); 4. Darin Krueger, George Fox 47.46m (155.08); 5. Jon Abbey, Whitworth 47.12m (154.07); 6. Takashi Atkins, Whitworth 46.48m (152.06); 7. Billy Joe Murray, Willamette University 44.84m (147.01); 8. Geoff Kirkendall, George Fox 41.54m (136.03); 9. Owen Bartels, Puget Sound 41.52m (136.03); 10. Luke Speckman, Lewis & Clark 38.98m (127.11); 11. Dimitri Boss, Lewis & Clark 37.70m (123.08); - Jeff York, Linfield FOUL.

## Finals MEN'S JAVELIN THROW

1. Ray Lions, Linfield 59.78m (196.01); 2. Marcus Rismiller, Pacific Lutheran 56.66m (185.11); 3. Aaron Thornton, Linfield 55.92m (183.05); 4. Ty McGregor, Whitworth 52.76m (173.01); 5. Matt Greco, Linfield 52.48m (172.02); 6. Mike Mills, Linfield 52.22m (171.04); 7. Tevin Taylor, George Fox 49.16m (161.03); 8. Nick Hultberg, George Fox 48.56m (159.04); 9. Jason Keeler, Pacific University 48.16m (158.0); 10. Owen Bartels, Puget Sound 47.54m (156.0); 11. Fritz Mesenbrink, Linfield 47.34m (155.04); 12. Garrett Fergus, Linfield 46.20m (151.07).

END

**NORTHWEST CONFERENCE TRACK & FIELD CHAMPIONSHIPS****May 4-5, 2001****Charles Bowles Track – Willamette University**

May 4, 2001

SALEM – Linfield's men and Whitworth's women maintained their leads Friday in the Northwest Conference Track & Field Championships at Charles Bowles Track. The final day of the meet is Saturday.

The Linfield men, which brought 29 points into the meet from the NWC decathlon run last month, scored 50 more points Friday to maintain its lead with 79 points heading into Saturday. Willamette, which did not score in the decathlon, scored 60.5 points Friday to move into second place.

Whitworth's women, buoyed by its 16 points after a 1-3 finish in the heptathlon, narrowly held onto its lead Friday with 71 points. Willamette, which placed 2-4-6 in the final event of the day (10,000 meters), finished with 69 points.

PLU's Ryan Dirks won two events Friday, winning the hammer in the morning with a mark of 190-3 and the discus in the afternoon with a mark of 148-7.

Two meet records were broken Friday when PLU's Leslie Seecyle won the hammer with a mark of 159-6 and Whitworth's Annie Scott won the 10,000 meters in 36:34.25. The former NWC records in those events were 158-4 in the discus (Lindsay Holbrook, Linfield, 2000) and 37:17.26 in the 10,000 (Maree George, PLU, 1999).

**WOMEN'S TEAM SCORES:** 1. Whitworth 71; 2. Willamette 69; 3. George Fox 51; 4. Pacific Lutheran 25; 5. Puget Sound 18; 6. Whitman 16; 7. Lewis & Clark 14; 8. Pacific 6; 9. Linfield 3.

**MEN'S TEAM SCORES:** 1. Linfield 79; 2. Willamette 60.5; 3. Pacific Lutheran 40; 4. George Fox 30; 5. Whitworth 25.5; 6. Puget Sound 19; 7. Lewis & Clark 18; 8. Whitman 1; 9. Pacific 0.

**Finals WOMEN'S 3,000 METER RUN**

1. Julia Lucas, Whitworth 10:23.01; 2. Liz Rodda, Willamette University 10:25.43; 3. Jennie Wood, Whitman 10:45.40; 4. Mariah Kennedy, Willamette University 10:51.88; 5. Elizabeth Moyer, George Fox 10:59.03; 6. Selena Harman, Lewis & Clark 11:06.12; 7. Jessica Alley, Whitworth 11:12.64; 8. Bre Hickie, Puget Sound 11:15.52; 9. Barrett Ebright, Willamette University 11:22.88; 10. Amanda Baker, Whitworth 11:23.74; 11. Meagan Stirling, Whitworth 11:48.81.

**Finals WOMEN'S 10,000 METER RUN**

1. Annie Scott, Whitworth 36:34.25; 2. Amber Strickler, Willamette University 38:41.24; 3. Lisa Lindsay, Pacific Lutheran 39:42.89; 4. Evelyn Williams, Willamette University 40:17.62; 5. Marisa Merritt, George Fox 40:49.24; 6. Jami Mickelson, Willamette University 41:02.72; 7. Mary Finnan, Lewis & Clark 41:28.14; 8. Lori Northcraft, Willamette University 41:28.40; 9. Elizabeth Bailey, Whitworth 41:47.57; 10. Odessa Weber, Lewis & Clark 42:01.18; 11. Sarah Gogert, Pacific Lutheran 42:08.07; 12. Lauren Ris, Willamette University 42:36.93; 13. Debbie Schor, Linfield 42:56.72; 14. Kira Seifert, Linfield 43:10.91; 15. Kari Newby, Linfield 44:06.61; 16. Megan Nuttal, Linfield 44:30.71; 17. Sadie Grossman, Lewis & Clark 44:54.94; 18. Summer Gibbs, Whitworth 45:41.60.

**Finals WOMEN'S POLE VAULT**

1. Heather Hunt, George Fox 3.37m (11-00.75); 2. Marika Middag, Willamette University 3.22m (10-06.75); 3. Christie Olsson, Lewis & Clark 2.92m (9-07); 4. Helena

Telfer, George Fox 2.92m (9-07); 4. Deveny West, George Fox 2.92m (9-07); 6. Grace Kurtz, Linfield 2.92m (9-07); 7. Kelly Wright, Pacific Lutheran 2.77m (9-01); 8. Erika McGraw, Whitworth 2.77m (9-01); 9. Erica Moen, Whitworth 2.62m (8-07); 10. Jamie Smith, Pacific Lutheran 2.62m (8-07); 10. Leigh Bernacchi, Willamette University 2.62m (8-07); 12. Britta Winterowd, Puget Sound 2.62m (8-07); 13. Michelle Rees, Whitman 2.47m (8-01.25); 13. Kelsey Gray, Willamette University 2.47m (8-01.25); 13. Lisa Eccles, Linfield 2.47m (8-01.25); 16. Erin Paisley, George Fox 2.32m (7-07.25); 16. Jessica Stow, Willamette University 2.32m (7-07.25); - Kate Law, Puget Sound NH; Jessica Anderson, Willamette University NH.

#### Finals WOMEN'S LONG JUMP

1. Kelsey Baron, George Fox 5.41m (17-09); 2. Jamie Rydhom, Whitworth 5.37m (17-07.50); 3. Christina Siffert, Willamette University 5.30m (17-04.75); 4. Lindsay Ogle, Willamette University 5.29m (17-04.25); 5. Abbey Jo Hornstein, Whitworth 5.22m (17-01.50); 6. Amy Forbes, George Fox 4.95m (16-03); 7. Colleen Forbes, George Fox 4.94m (16-02.50); 8. Jessica Austin, Whitworth 4.83m (15-10.25); 9. Laura Leineweber, Willamette University 4.80m (15-09); 10. Heather Hunt, George Fox 4.29m (14-01); 11. Laura Cobb, Pacific Lutheran 4.16m (13-07.75).

#### Finals WOMEN'S DISCUS THROW

1. Mari Ruiz, Whitman 42.85m (140-07); 2. Sarah Zempel, George Fox 42.35m (138-11); 3. Sarah Reichner, Willamette University 41.20m (135-02); 4. Elysia Hanna, Whitworth 38.65m (126-10); 5. Nichole Marich, Whitworth 38.41m (126-0); 6. Janelle Braun, Lewis & Clark 36.50m (119-09); 7. Johanna Kellogg, Whitworth 35.57m (116-08); 8. Jamie Questa, Puget Sound 34.69m (113-10); 9. Ann Kaltwasser, Pacific University 33.68m (110-06); 10. Sarah Cotton, Pacific University 32.68m (107-03); 11. Vanessa Braun, Lewis & Clark 30.68m (100-08); 12. Jen Bennett, Whitworth 29.59m (97-01).

#### Finals WOMEN'S HAMMER THROW

1. Leslie Seeyle, Pacific Lutheran 48.62m (159-06); 2. Jamie Questa, Puget Sound 47.74m (156-07); 3. Heide Fuhrman, Pacific University 47.52m (155-11); 4. Nichole Marich, Whitworth 45.66m (149-10); 5. Kasey Sorenson, Willamette University 44.48m (145-11); 6. Elysia Hanna, Whitworth 43.48m (142-08); 7. Kristin Heppler, Pacific Lutheran 43.22m (141-09); 8. Sarah Zempel, George Fox 42.64m (139-11); 9. Mindy Bandy, Whitworth 41.70m (136-10); 10. Suhkee So, Willamette University 37.74m (123-10); 11. Erin Tannock, Linfield 37.50m (123-0); 12. Erin Paisley, George Fox 35.18m (115-05); 13. Vanessa Braun, Lewis & Clark 34.72m (113-11); - Janelle Braun, Lewis & Clark FOUL.

#### Finals MEN'S 10,000 METER RUN

1. Alan Davies, Pacific Lutheran 31:37.54; 2. Aaron Young, Willamette University 31:51.10; 3. Paul Davis, Linfield 31:56.81; 4. Nathan O'Brien, Willamette University 32:11.10; 5. JR Floweree, Puget Sound 32:32.59; 6. Brian Mulry, Puget Sound 32:37.01; 7. Andrew Ault, Lewis & Clark 32:56.62; 8. Chris Mayer, Lewis & Clark 32:59.74; 9. Will Howard, George Fox 33:03.48; 10. Andrew Cody, Lewis & Clark 33:23.81; 11. Carl Hoogesteger, Pacific University 33:28.72; 12. Nathan Gushwa, Willamette University 33:29.40; 13. John Tribbea, Puget Sound 33:32.39; 14. Trevor Newton, Willamette University 33:41.69; 15. Floyd Bangertor, Pacific Lutheran 34:31.05; 16. Derek Oldham, Lewis & Clark 35:31.68; 17. Justin Davis, Whitworth 36:55.86.

#### Finals MEN'S 3,000 METER STEEPLECHASE

1. Ryan Reed, Pacific Lutheran 9:10.13; 2. Reagan Grabner, Puget Sound 9:19.91; 3. Jacob Stout, Willamette University 9:28.09; 4. Chris Jensen, Lewis & Clark 9:40.45; 5.

Mat Hunnicut, Willamette University 9:49.46; 6. Peter Metcalf, Whitworth 9:54.39; 7. Micah Evans, Willamette University 10:09.27; 8. Brayden Burkholder, Whitman 10:20.43; 9. Ian Townley, Lewis & Clark 10:24.43; 10. Jarrod Larson, Puget Sound 10:46.15; 11. Bjorn Doskeland, George Fox 10:47.64; 12. Thane Veltkamp, Whitworth 10:49.83; 13. Andy Coe, Whitworth 10:54.44; 14. Peter Kinnecom, Lewis & Clark 11:04.54.

#### Finals MEN'S HIGH JUMP

1. Marques Johnson, Willamette University 1.97m (6-05.50); 2. Reid Schooler, Lewis & Clark 1.97m (6-05.50); 3. Ryan Boatsman, Linfield 1.97m (6-05.50); 3. Fritz Mesenbrink, Linfield 1.97m (6-05.50); 5. Brett Yeager, George Fox 1.87m (6-01.50); 6. Ray Lions, Linfield 1.87m (6-01.50); 7. Mike Bernatz, Willamette University 1.82m (5-11.50); 8. Jeremy Day, Whitworth 1.82m (5-11.50); - Pat Everitt, Willamette University NH; - Quantac Anderson, Whitworth NH; - Tevin Taylor, George Fox NH; - Bryan Wadlow, George Fox NH.

#### Finals MEN'S LONG JUMP

1. Jon Robinson, George Fox 6.77m (22-02.50); 2. Ray Lions, Linfield 6.65m (21-10); 3. Fritz Mesenbrink, Linfield 6.60m (21-08); 4. Andy Miguel, Willamette University 6.57m (21-06.75); 5. Jason Buffington, Willamette University 6.48m (21-03.25); 6. Tyler Gassaway, George Fox 6.47m (21-02.75); 7. Adam Puckett, George Fox 6.46m (21-02.50); 8. Wolfgang Rudolph, Linfield 6.43m (21-01.25); 9. Terrance Wong, Willamette University 6.43m (21-01.25); 10. Bryan Wadlow, George Fox 6.35m (20-10); 11. Ryan Boatsman, Linfield 6.34m (20-09.75); 12. Mike Bernatz, Willamette University 6.15m (20-02.25); 13. Kei Orno, Whitworth 5.85m (19-02.50).

#### Finals MEN'S DISCUS THROW

1. Ryan Dirks, Pacific Lutheran 45.28m (148-07); 2. Jon Abbey, Whitworth 43.39m (142-04); 3. Greg Nolan, Willamette University 41.77m (137-0); 3. Takashi Atkins, Whitworth 41.77m (137-0); 5. Fritz Mesenbrink, Linfield 41.56m (136-04); 6. Kelly Bertrand, Linfield 41.30m (135-06); 7. Matt Jackson, Lewis & Clark 40.02m (131-03); 8. James Banks, Willamette University 39.62m (130-0); 9. Geoff Kirkendall, George Fox 38.40m (126-0); 10. Justin Buckner, Linfield 38.09m (124-11); 11. Clint Macaden, Whitworth 36.33m (119-02); 12. Jerry LaRue, Willamette University 34.12m (111-11).

#### Finals MEN'S HAMMER THROW

1. Ryan Dirks, Pacific Lutheran 57.98m (190-03); 2. Kelly Bertrand, Linfield 51.54m (169-01); 3. James Banks, Willamette University 48.30m (158-05); 4. Darin Krueger, George Fox 47.46m (155-08); 5. Jon Abbey, Whitworth 47.12m (154-07); 6. Takashi Atkins, Whitworth 46.48m (152-06); 7. Billy Joe Murray, Willamette University 44.84m (147-01); 8. Geoff Kirkendall, George Fox 41.54m (136-03); 9. Owen Bartels, Puget Sound 41.52m (136-03); 10. Luke Speckman, Lewis & Clark 38.98m (127-11); 11. Dimitri Boss, Lewis & Clark 37.70m (123-08); - Jeff York, Linfield FOUL.

END

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Split Up and Do Well in Separate Meets**  
**Pole Vaulter Hunt Earns NWC "Women's Athlete of the Week"**  
**Women Out to Defend Title in Northwest Conference Championships May 4-5**

### **THIS WEEK:**

Fri.-Sat., May 4-5 - at Northwest Conference Championships, Willamette University, Salem, Ore.

### **LAST WEEK:**

Apr. 28 - at Western Oregon Open, Monmouth, Ore.

Apr. 28 - at Oregon Invitational, Eugene, Ore.

### **BRUINS SPLIT UP FOR MEETS DUE TO GRADUATION SERVICES**

George Fox University's graduation ceremonies took place this past Saturday (Apr. 28), and as a result, the Bruin track and field athletes split up to participate in two different meets that day.

Athletes who were not involved with the graduation services went to Eugene for the University of Oregon Invitational, while those who did take part in the services went to the closer Western Oregon Open in Monmouth. It was a limited number of athletes who went to both meets, but the ones who did performed well.

Full race results for both the Oregon Invitational and the Western Oregon Open are available now on the George Fox website at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics).

### **HUNT EARNS NWC "WOMEN'S ATHLETE OF THE WEEK" AT WESTERN OREGON OPEN**

**MONMOUTH, Ore. --- Heather Hunt (Sr., Turner, Ore.)** set a new meet record with a pole vault of 11-06 at the Western Oregon Open here Saturday (Apr. 28), leading the George Fox University performances that resulted in seven top-five finishes for the women and seven for the men.

Hunt earned Northwest Conference "Women's Athlete of the Week" honors for her record-setting vault that was only half-an-inch from 11-06.50 mark that automatically qualifies for the NCAA National Championships May 24-26 at Millikin University in Decatur, Ill. Hunt has already qualified for the nationals, anyway, with a vault earlier this season of 11-06.50 in NEC Five-Way Meet in McMinnville, Ore., on March 17.

Also finishing first for George Fox were **Beth Moyer (Fr., Camarillo, Calif.)** with a 12:20.56 time in the 3,000 meter steeplechase, and **Kelsey Baron (So., Nehalem, Ore.)** with a leap of 36-11.7 in the triple jump.

Second place was earned by **Kirsten Norgaard (Jr., Everett, Wash.)** in the 10,000 meter run (41:39.55). **Heidi Smith (Jr., Lakeside, Ore.)** was fourth in the triple jump (34-09.5). **Helena Telfer (So., Monmouth, Ore.)** came in fifth in the pole vault (9-0), as did **Hunt** in the long jump (15-07.5).

Top finishes for the men were seconds by **Tevin Taylor (Fr., Portland, Ore.)** in the 110 meter high hurdles (15.88), and **Brett Yeager (Fr., Oakridge, Ore.)** in the high jump (6-04).

**Steve Willmer (So., Fullerton, Calif.)** came in third in the 400 meter dash (51.60), while **Will Howard (Fr., Caldwell, Idaho)** was third in the 5,000 meter run (15:53.32). **Taylor** was fourth in the 400 meter intermediate hurdles (56.98), as was **Adam Puckett (Fr., Freeport, Maine)** in the long jump (21-05.25), and **Darin Krueger (Jr., Portland, Ore.)** in the hammer throw (155-02).

**BRUIN MEN'S RELAY TEAMS WIN RACES AT OREGON INVITATIONAL**

**EUGENE, Ore.** --- Both George Fox University men's relay teams won their races, highlighting the Bruins' day at the University of Oregon Invitational here Saturday (Apr. 28).

In the 4x100 meter relay, the Bruin team of **Jon Robinson (Fr., Cannon Beach, Ore.)**, **Eric Costa (Sr., Beaverton, Ore.)**, **Tyler Gassaway (Sr., Oregon City, Ore.)**, and **Ben Salisbury (Fr., Bellingham, Wash.)** posted a winning time of 42.74. In the 4x400 meter relay, it was the team of **Robinson, Gassaway, Costa, and Salisbury** again with a winning time of 3:20.87. They were the only Bruin men to record top-five finishes.

On the women's side, **Sara Oates (Fr., Grover Beach, Calif.)** came in fourth in the 400 meter run (59.66), while **Jamie McElwain (Sr., Tigard, Ore.)** was fourth in the 800 meter run (2:16.36).

**BRUIN WOMEN OUT TO DEFEND NWC TITLE THIS WEEKEND**

**NEWBERG, Ore.** --- Willamette University in Salem, Ore., will be the host school for this year's Northwest Conference Track and Field Championships which get under way Friday-Saturday, May 4-5, and the George Fox University women's team will be out to successfully defend the conference crown they won last spring.

The Bruins will be led in their efforts by All-American pole vaulter **Heather Hunt**, defending conference high jump champion **Amy Forbes (Sr., Jackson, Wyo.)**, and three returning All-Conference performers in jumper **Kelsey Baron**, sprinter **Jamie McElwain**, and distance runner **Tori Taylor (Jr., Portland, Ore.)**. Hunt and Forbes have already qualified in their event for the NCAA National Championships May 24-26 in Decatur, Ill., while Baron in both the long jump and triple jump, **Lori Miller (Jr., Aurora, Ore.)** in the javelin, and newcomers **Sarah Zempel (Fr., Rogue River, Ore.)** in the shot put and **Deveny West (Fr., Klamath Falls, Ore.)** in the pole vault have qualified provisionally for the NCAA national meet.

While the Bruin men do have anyone who has yet qualified for the NCAA nationals, the team does have high hopes of improving upon last year's 4th-place finish in the conference meet and challenge for the crown. The Bruins will look for a spark from three All-Conference sprinters in **Tyler Gassaway, Eric Costa, and Zach Davidson (So., Albany, Ore.)**. **Ben Salisbury** and **Jon Robinson** have been valuable additions to the sprint teams, while **Darin Krueger** in the throws, **Tevin Taylor** in the hurdles, and jumpers **Brett Yeager** and **Bryan Wadlow (Fr., Albany, Ore.)** have been impressive newcomers to the squad.

**GEORGE FOX AUTOMATIC QUALIFIERS**

These George Fox University athletes have already qualified for Northwest Conference or NCAA Division III National Championships:

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (11-06)	NWC, NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00)	NWC
Colleen Forbes (Jr., Jackson, Wyo.)	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5)	NWC
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	NWC, NCAA
Amy Forbes	Triple Jump (34-08.5)	NWC
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	NWC, NCAA provisional
Kelsey Baron	Triple Jump (37-02.25)	NWC, NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-02.5)	NWC, NCAA provisional
Sarah Zempel	Discus (135-01)	NWC
Sarah Zempel	Hammer (133-04)	NWC
Sarah Zempel	Javelin (119-09)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates (Fr., Grover Beach, Calif.)	400 (62.31)	NWC
Christina Davis (Jr., Edmonds, Wash.)	400 (62.47)	NWC
Jamie McElwain (Sr., Tigard, Ore.)	800 (2:16.76)	NWC
Heidi Smith (Jr., Lakeside, Ore.)	Triple Jump (34-11.75)	NWC
Lori Miller (Jr., Aurora, Ore.)	Javelin (131-01)	NWC, NCAA provisional
Tori Taylor (Jr., Portland, Ore.)	3000 (10:39.49)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Darin Krueger	Hammer (152-06)	NWC
Zach Davidson	400 Intermediate Hurdles (55.94)	NWC
Tyler Gassaway (Sr., Portland, Ore.)	Long Jump (21-08.75)	NWC
Tyler Gassaway	400 (49.92)	NWC
Jon Robinson (Fr., Cannon Beach, Ore.)	Long Jump (21-06)	NWC
Jon Robinson	100 (11.17)	NWC
Jon Robinson	200 (22.77)	NWC
Ryan Sprunger (Fr., Dundee, Ore.)	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury (Fr., Bellingham, Wash.)	100 (11.06)	NWC
Ben Salisbury	200 (22.73)	NWC
Ben Salisbury	400 (51.32)	NWC
Steve Willmer (So., Fullerton, Calif.)	800 (1:56.24)	NWC
Steve Willmer	1500 (4:22.71)	NWC
Brett Yeager (Fr., Oakridge, Ore.)	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow (Fr., Albany, Ore.)	Triple Jump (43-0.5)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor (Fr., Portland, Ore.)	110 High Hurdles (15.67)	NWC
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC
Marty McKay (Fr., Bremerton, Wash.)	400 Intermediate Hurdles (57.81)	NWC



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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Earn 5 Points in NWC Men's Decathlon**  
**Limited Squad Earns 20 Top-5 Places in Clackamas Open**  
**Oates Receives Honorable Mention for NWC "Women's Athlete of the Week"**

### **THIS WEEK:**

Sat., Apr. 28, TBA - at Western Oregon Open, Monmouth, Ore. /  
and Oregon Invitational, Eugene, Ore.

### **LAST WEEK:**

Apr. 16-17 - NWC Combined Event, in Newberg, Ore.  
Apr. 21 - Clackamas Open, in Oregon City, Ore.

### **MESENBRINK HOLDS ON, AUSTIN RALLIES TO WIN NWC COMBINED EVENTS**

**NEWBERG, Ore.** --- Fritz Mesenbrink of Linfield College in the men's decathlon maintained his first-day lead to the end, while Jessica Austin of Whitworth College rallied from fifth place to win the women's heptathlon, in the Northwest Conference Combined Events here at George Fox University's Colcord Memorial Field Tuesday, April 17.

Mesenbrink recorded a total of 6,718 points in the decathlon, beating the NCAA national qualifying mark of 6,371. Runner-up Ray Lions of Linfield missed the automatic mark by a mere two points with 6,369, qualifying provisionally above the 6,100 points needed. The top two were followed by Ryan Boatsman of Linfield with 6,049; Jesse Fipps of Linfield, 5,554; Dan Gargas of the University of Puget Sound, 5,394; **Bryan Wadlow (Fr., Albany, Ore.)** of George Fox University, 5,042; **Tevin Taylor (Fr., Portland, Ore.)** of George Fox, 4,982; Jesse Stevick of Whitworth College, 4,691; Eddie Rosario of Linfield, 3,913; and Byron Hollaway of Willamette University, 3,758.

Stevick set the only new men's meet record on Tuesday, recording a 4:17.29 in the 1,500 meter run to break the previous best of 4:21.57 by David Parker of George Fox in 1997.

In the heptathlon, Austin won the final event, the 800 meter run, with a time of 2:20.98, earning a whopping 810 points to vault into the lead. She totalled 4,150 points to beat the NCAA national provisional qualifying mark of 4,050 points, as did runner-up Julie Vanni of Puget Sound with 4,110 points. Following the top two were fist-day leader Abby Jo Hornstein of Whitworth with 4,015; Laura Leineweber of Willamette, 3,828; Kari Holbert of Willamette, 3,678; Carrie Larsen of Pacific Lutheran, 3,667; Jane Berentson of Pacific Lutheran, 3,559; Amber Emery of Willamette, 3,485; Terry Hall of Linfield, 3,338; Sarah Fox of Whitworth, 3,297; **Tori Taylor (Fr., Portland, Ore.)** of George Fox, 3,252; Jamie Truhler of Willamette, 3,127; and Janna Vavra of Pacific, 2,971.

Two new women's meet records were established on Monday, Carrie Larsen of PLU running a 25.92 in the 200 to break the old record of 25.95 by PLU's Jenni Krueger in 1997, and Laura Leineweber of Willamette jumping 5-04.5 in the high jump to edge past the 5-04.25 by Marci Warnecke of Linfield in 1997.

Team point totals for the men were 29 for Linfield, **5 for George Fox**, 4 for Puget Sound, and 1 for Whitworth. For the women, it was Whitworth with 16, Willamette 10, Puget Sound 8, and Pacific Lutheran 5. These points totals will be added to the team scores at the Northwest Conference Championships May 4-5 at Willamette University in Salem, Ore.

**Northwest Conference Combined Events - Women's Heptathlon**  
**Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

Team Points: Whitworth College 16, Willamette University 10, University of Puget Sound 8, Pacific Lutheran University 5

1. Jessica Austin, Whitworth - 4,150; 2. Julie Vanni, Puget Sound - 4,110; 3. Abby Jo Hornstein, Whitworth - 4,015; 4. Laura Leineweber, Willamette - 3,828; 5. Kari Holbert, Willamette - 3,678; 6. Carrie Larsen, Pacific Lutheran - 3,667; 7. Jane Berentson, Pacific Lutheran - 3,559; 8. Amber Emery, Willamette - 3,485; 9. Terry Hall, Linfield - 3,338; 10. Sarah Fox, Whitworth - 3,297; 11. Tori Taylor, George Fox - 3,252; 12. Jamie Truhler, Willamette - 3,127; 13. Janna Vavra, Pacific - 2,971.

	<u>100 H</u>	<u>High Jump</u>	<u>Shot Put</u>	<u>200</u>	<u>Long Jump</u>	<u>Javelin</u>	<u>800</u>	<u>Total Pts</u>
Austin, Whw	17.26 (567)	1.52/4-11.75 (644)	8.31/27-03.25 (419)	28.18 (617)	5.07/16-07.5 (578)	32.00/105-00.0 (515)	2:20.98 (810)	4,150(NPQ)
Vanni, UPS	16.22 (688)	1.43/4-08.25 (544)	9.86/32-04.25 (520)	27.60 (663)	4.83/15-10.0 (514)	35.34/115-11.0 (578)	2:37.38 (603)	4,110 (NPQ)
Hornstein, Whw	17.28 (565)	1.58/5-02.25 (712)	10.06/33-00.25 (533)	27.79 (647)	4.78/15-08.25 (500)	29.76/97-08.0 (472)	2:38.82 (586)	4,015
Leineweber, Will	16.37 (670)	1.64/5-04.5 * (783)	7.37/24-02.25 (359)	29.00 (554)	4.67/15-03.75 (472)	26.30/86-03.0 (407)	2:39.15 (583)	3,828
Holbert, Will	16.71 (630)	1.25/4-01.25 (359)	7.35/24-01.5 (357)	26.88 (722)	4.81/15-09.25 (508)	23.32/76-06.25 (351)	2:25.47 (751)	3,678
Larsen, PLU	16.13 (698)	1.28/4-02.25 (389)	7.45/24-05.5 (364)	25.92 * (804)	4.88/16-00.0 (527)	9.86/32-04.25 (104)	2:23.20 (781)	3,667
Berentson, PLU	18.00 (488)	1.49/4-10.5 (610)	8.77/28-09.25 (449)	27.16 (699)	4.45/14-07.25 (416)	21.81/71-06.75 (323)	2:39.88 (574)	3,559
Emery, Will	16.93 (604)	1.22/4-00.0 (331)	7.74/25-04.75 (383)	27.98 (632)	4.27/14-00.0 (371)	26.42/86-08.0 (409)	2:25.17 (755)	3,485
Hall, Lin	18.88 (402)	1.49/4-10.5 (610)	7.75/25-05.25 (383)	28.65 (581)	4.41/14-05.5 (406)	14.90/48-10.75 (195)	2:24.67 (761)	3,338
Fox, Whw	17.15 (580)	1.46/4-09.5 (577)	7.98/26-02.25 (398)	29.91 (488)	4.30/14-01.25 (379)	20.08/65-10.5 (290)	2:38.93 (585)	3,297
Taylor, GFU	19.17 (375)	1.40/4-07.0 (512)	8.42/27-07.5 (427)	30.25 (465)	4.24/13-11.0 (364)	29.87/98-00.0 (474)	2:34.71 (635)	3,252
Truhler, Will	18.01 (487)	1.49/4-10.5 (610)	7.59/24-11.0 (373)	31.25 (398)	4.32/14-02.0 (384)	34.54/113-04.0 (563)	3:05.88 (312)	3,127
Vavra, Pac	19.80 (319)	1.28/4-02.25 (389)	10.38/34-00.75 (554)	30.13 (473)	4.26/13-11.75 (369)	24.80/81-04.5 (379)	2:47.66 (488)	2,971

\* - new meet record

(NPQ) - NCAA provisional qualifier

**Totals after Day 1**

1. Abby Jo Hornstein, Whitworth - 2,457; 2. Julie Vanni, Puget Sound - 2,415; 3. Laura Leineweber, Willamette - 2,366; 4. Carrie Larsen, Pacific Lutheran - 2,255; 5. Jessica Austin, Whitworth - 2,247; 6. Jane Berentson, Pacific Lutheran - 2,246; 7. Kari Holbert, Willamette - 2,068; 8. Sarah Fox, Whitworth - 2,043; 9. Terry Hall, Linfield - 1,976; 10. Amber Emery, Willamette - 1,950; 11. Jamie Truhler, Willamette - 1,868; 12. Tori Taylor, George Fox - 1,779; 13. Janna Vavra, Pacific - 1,735.

**Northwest Conference Combined Events - Men's Decathlon****Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

Team Points: Linfield College 29, George Fox University 5, University of Puget Sound 4, Whitworth College 1

1. Fritz Mesenbrink, Linfield - 6,718; 2. Ray Lions, Linfield - 6,369; 3. Ryan Boatsman, Linfield - 6,049; 4. Jesse Fipps, Linfield - 5,554; 5. Dan Gargas, Puget Sound - 5,394; 6. Bryan Wadlow, George Fox - 5,042; 7. Tevin Taylor, George Fox - 4,982; 8. Jesse Stevick, Whitworth - 4,691; 9. Eddie Rosario, Linfield - 3,913; 10. Byron Hollaway, Willamette - 3,758.

	<u>100</u>	<u>Long Jump</u>	<u>Shot Put</u>	<u>High Jump</u>	<u>400</u>	<u>110 H</u>	<u>Discus</u>	<u>Pole Vault</u>	<u>Javelin</u>	<u>1500</u>	<u>Total Pts</u>
Mesenbrink, Lin	11.74 (703)	6.46/21-02.5 (688)	11.59/38-00.25 (582)	2.02/6-07.5 (822)	51.33 (754)	15.64 (774)	37.69/123-08.0 (618)	3.85/12-07.5 (576)	49.80/163-05.0 (586)	4:50.65 (615)	6,718 (NAQ)
Boatsman, Lin	11.44 (765)	6.28/20-07.25 (648)	12.34/40-06.0 (627)	1.96/6-05.0 (767)	53.77 (649)	17.64 (559)	35.81/117-06.0 (580)	3.05/10-00.0 (369)	44.77/146-10.0 (512)	4:57.65 (573)	6,049 (NPQ)
Lions, Lin	11.64 (723)	6.45/21-02.0 (686)	11.75/38-06.75 (591)	1.87/6-01.5 (687)	52.84 (688)	17.04 (620)	31.89/104-07.0 (502)	4.15/13-07.25 (659)	56.99/187-00.0 (693)	5:07.03 (520)	6,369
Wadlow, GFU	12.14 (624)	6.50/21-04.0 (697)	10.20/33-05.75 (498)	1.81/5-11.25 (636)	54.97 (600)	20.24 (330)	27.40/89-11.0 (414)	2.85/9-04.25 (321)	44.36/145-06.0 (506)	5:26.73 (416)	5,042
Fipps, Lin	11.54 (744)	5.90/19-04.25 (565)	10.13/33-03.0 (493)	1.60/5-03.0 (464)	51.06 (766)	16.64 (662)	29.24/95-11.0 (450)	3.15/10-04.0 (393)	41.05/134-08.0 (457)	5:00.00 (560)	5,554
Taylor, GFU	11.94 (663)	5.80/19-00.25 (544)	9.21/30-02.75 (438)	1.81/5-11.25 (636)	51.87 (730)	16.14 (717)	29.67/97-04.0 (458)	2.45/8-00.5 (231)	35.74/117-03.0 (381)	6:21.39 (184)	4,982
Gargas, UPS	12.14 (624)	5.38/17-07.75 (457)	10.36/34-00.0 (507)	1.75/5-08.75 (585)	54.16 (633)	17.84 (540)	29.84/97-11.0 (461)	3.75/12-03.5 (549)	36.63/120-0.20 (394)	4:45.79 (644)	5,394
Stevick, Whw	12.54 (549)	5.31/17-05.0 (443)	8.65/28-04.5 (405)	1.66/5-05.25 (512)	54.34 (626)	20.14 (338)	23.06/75-08.0 (330)	2.65/8-08.25 (275)	35.91/117-10.0 (383)	4:17.29 * (830)	4,691
Rosario, Lin	12.64 (531)	4.92/16-01.75 (367)	8.56/28-01.0 (400)	1.51/4-11.5 (396)	58.20 (476)	20.84 (286)	24.60/80-08.5 (359)	2.45/8-00.5 (231)	42.06/138-00.0 (472)	5:30.78 (395)	3,913
Hollaway, Will	13.54 (380)	4.57/15-00.0 (303)	10.78/35-04.5 (533)	1.48/4-10.25 (374)	1:00.59 (393)	21.84 (218)	30.63/100-06.0 (477)	2.55/8-04.25 (253)	35.02/114-11.0 (370)	5:18.64 (457)	3,758

\* - new meet record

(NAQ) - NCAA automatic qualifier

(NPQ) - NCAA provisional qualifier

**Totals after Day 1**

1. Fritz Mesenbrink, Linfield - 3,549; 2. Ryan Boatsman, Linfield - 3,456; 3. Ray Lions, Linfield - 3,375; 4. Bryan Wadlow, George Fox - 3,055; 5. Jesse Fipps, Linfield - 3,032; 6. Tevin Taylor, George Fox - 3,011; 7. Dan Gargas, Puget Sound - 2,806; 8. Jesse Stevick, Whitworth - 2,535; 9. Eddie Rosario, Linfield - 2,170; 10. Byron Hollaway, Willamette - 1,983.

**LIMITED BRUINS' SQUADS RECORD 20 TOP-5 FINISHES IN CLACKAMAS OPEN**

**OREGON CITY, Ore.** --- With exams approaching next week, George Fox University sent only a limited squad of athletes to the Clackamas Open here Saturday (Apr.21) at Clackamas Community College, but the Bruins turned in several quality performances, including 20 top-5 finishes.

For the Bruin women, **Amy Forbes (Sr., Jackson, Wyo.)** captured the high jump (5-04); **Sarah Zempel (Fr., Rogue River, Ore.)** was 1st in the shotput (40-06.50) and 4th in the discus (124-00.50); **Sara Oates (Fr., Grover Beach, Calif.)** placed 2nd in the 400 (58.73); **Christina Davis (Jr., Edmonds, Wash.)** was 4th in the 400 (1:01.13); **Jamie McElwain (Sr., Tigard, Ore.)** was 2nd in the 800 (2:16.41); **Kelsey Baron (So., Nehalem, Ore.)** tied for 2nd in the long jump (17-04) and was 2nd in the triple jump (36-0); **Colleen Forbes (Jr., Jackson, Wyo.)** was 4th in the long jump (16-08.50) and 5th in the triple jump (33-07); **Lori Miller (Jr., Aurora, Ore.)** was 5th in the javelin (123-04); the **4x100 relay team** was 2nd (51.49); and the **4x400 relay team** was 3rd (4:04.22).

**Oates** set a new personal record with her time in the 400 and received Honorable Mention for Northwest Conference "Women's Athlete of the Week". The honor went to Lisa Starkey of Willamette University, who won the 800 at the Cougar Invitational with an NCAA-qualifying time of 2:12.34.

For the men, **Steve Willmer (So., Fullerton, Calif.)** was 2nd in the 800; **Zach Davidson (So., Albany, Ore.)** was 2nd in the 400 intermediate hurdles (55.97); **Ben Salisbury (Fr., Bellingham, Wash.)** was 3rd in the 200 (22.30); **Darin Krueger (Jr., Portland, Ore.)** was 4th in the hammer (153-10); **Keith Christiansen (So., Grass Valley, Ore.)** was 5th in the 400 intermediate hurdles (57.60); the **4x100 relay team** was 2nd (42.94); and the **4x400 relay team** was 3rd (3:20.07).

**BRUINS TO SPLIT UP FOR MEETS THIS WEEKEND**

George Fox University's graduation ceremonies take place this Saturday (Apr. 28), and as a result, the Bruin track and field athletes will split up to participate in two different meets that day.

"Our athletes who are not involved with the graduation service will go to Eugene for the University of Oregon Invitational," explained Bruin coach Wes Cook. "For those who are in the ceremonies, it would have been too far to Eugene to get there in time, so they will go to the Western Oregon Open, since Monmouth is much closer."

**GEORGE FOX AUTOMATIC QUALIFIERS (prior to Apr. 16)**

These George Fox University athletes have already qualified for Northwest Conference or NCAA Division III National Championships:

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (11-06)	NWC, NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00)	NWC
Colleen Forbes (Jr., Jackson, Wyo.)	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5)	NWC
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	NWC, NCAA
Amy Forbes	Triple Jump (34-08.5)	NWC
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	NWC, NCAA provisional
Kelsey Baron	Triple Jump (37-02.25)	NWC, NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-02.5)	NWC, NCAA provisional
Sarah Zempel	Discus (135-01)	NWC
Sarah Zempel	Hammer (133-04)	NWC
Sarah Zempel	Javelin (119-09)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates (Fr., Grover Beach, Calif.)	400 (62.31)	NWC
Christina Davis (Jr., Edmonds, Wash.)	400 (62.47)	NWC
Jamie McElwain (Sr., Tigard, Ore.)	800 (2:16.76)	NWC
Heidi Smith (Jr., Lakeside, Ore.)	Triple Jump (34-11.75)	NWC
Lori Miller (Jr., Aurora, Ore.)	Javelin (131-01)	NWC, NCAA provisional
Tori Taylor (Jr., Portland, Ore.)	3000 (10:39.49)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Darin Krueger	Hammer (152-06)	NWC
Zach Davidson	400 Intermediate Hurdles (55.94)	NWC
Tyler Gassaway (Sr., Portland, Ore.)	Long Jump (21-08.75)	NWC
Tyler Gassaway	400 (49.92)	NWC
Jon Robinson (Fr., Cannon Beach, Ore.)	Long Jump (21-06)	NWC
Jon Robinson	100 (11.17)	NWC
Jon Robinson	200 (22.77)	NWC
Ryan Sprunger (Fr., Dundee, Ore.)	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury (Fr., Bellingham, Wash.)	100 (11.06)	NWC
Ben Salisbury	200 (22.73)	NWC
Ben Salisbury	400 (51.32)	NWC
Steve Willmer (So., Fullerton, Calif.)	800 (1:56.24)	NWC
Steve Willmer	1500 (4:22.71)	NWC
Brett Yeager (Fr., Oakridge, Ore.)	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow (Fr., Albany, Ore.)	Triple Jump (43-0.5)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor (Fr., Portland, Ore.)	110 High Hurdles (15.67)	NWC
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC
Marty McKay (Fr., Bremerton, Wash.)	400 Intermediate Hurdles (57.81)	NWC

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Tuesday, April 17, 2001 --- For Immediate Release*

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### **ZEMPEL EARNS NWC "WOMEN'S ATHLETE OF THE WEEK"**

**NEWBERG, Ore.** --- Sarah Zempel has become the second George Fox University Bruin to win Northwest Conference "Women's Athlete of the Week" this spring, earning the honor for April 9-15 with her winning performances in the Linfield All-Comers Meet on Saturday, April 14.

Zempel, a 5-9 freshman from Rogue River, Ore., finished first in the shot put with a throw of 43-04.25 and the discus with a toss of 131-06.0. Her shot put was a new George Fox record, topping the previous Bruin best of 42-3.5 set by Karen Gurske in 1981, and qualified her provisionally for the NCAA National Championship Meet with the 7th-best mark in the country thus far. She also placed 5th in the javelin with a distance of 115-10.0 and 7th in the hammer at 114-06.0.

Zempel joins Kelsey Baron, who was the NWC "Women's Athlete of the Week" for March 26-April 1, as Bruins who have won the honor this season.

# George Fox University

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### MESENBRINK HOLDS ON, AUSTIN RALLIES TO WIN NWC COMBINED EVENTS

**NEWBERG, Ore.** --- Fritz Mesenbrink of Linfield College in the men's decathlon maintained his first-day lead to the end, while Jessica Austin of Whitworth College rallied from fifth place to win the women's heptathlon, in the Northwest Conference Combined Events here at George Fox University's Colcord Memorial Field Tuesday, April 17.

Mesenbrink recorded a total of 6,718 points in the decathlon, beating the NCAA national qualifying mark of 6,371. Runner-up Ray Lions of Linfield missed the automatic mark by a mere two points with 6,369, qualifying provisionally above the 6,100 points needed. The top two were followed by Ryan Boatsman of Linfield with 6,049; Jesse Fipps of Linfield, 5,554; Dan Gargas of the University of Puget Sound, 5,394; Bryan Wadlow of George Fox University, 5,042; Tevin Taylor of George Fox, 4,982; Jesse Stevick of Whitworth College, 4,691; Eddie Rosario of Linfield, 3,913; and Byron Hollaway of Willamette University, 3,758.

Stevick set the only new meet record of the day, recording a 4:17.29 in the 1,500 meter run to break the previous best of 4:21.57 by David Parker of George Fox in 1997.

In the heptathlon, Austin won the final event, the 800 meter run, with a time of 2:20.98, earning a whopping 810 points to vault into the lead. She totalled 4,150 points to beat the NCAA national provisional qualifying mark of 4,050 points, as did runner-up Julie Vanni of Puget Sound with 4,110 points. Following the top two were fist-day leader Abby Jo Hornstein of Whitworth with 4,015; Laura Leineweber of Willamette, 3,828; Kari Holbert of Willamette, 3,678; Carrie Larsen of Pacific Lutheran, 3,667; Jane Berentson of Pacific Lutheran, 3,559; Amber Emery of Willamette, 3,485; Terry Hall of Linfield, 3,338; Sarah Fox of Whitworth, 3,297; Tori Taylor of George Fox, 3,252; Jamie Truhler of Willamette, 3,127; and Janna Vavra of Pacific, 2,971.

Team point totals for the men were 29 for Linfield, 5 for George Fox, 4 for Puget Sound, and 1 for Whitworth. For the women, it was Whitworth with 16, Willamette 10, Puget Sound 8, and Pacific Lutheran 5. These points totals will be added to the team scores at the Northwest Conference Championships May 4-5 at Willamette University in Salem, Ore.

### Northwest Conference Combined Events - Women's Heptathlon

**Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

1. Jessica Austin, Whitworth - 4,150; 2. Julie Vanni, Puget Sound - 4,110; 3. Abby Jo Hornstein, Whitworth - 4,015; 4. Laura Leineweber, Willamette - 3,828; 5. Kari Holbert, Willamette - 3,678; 6. Carrie Larsen, Pacific Lutheran - 3,667; 7. Jane Berentson, Pacific Lutheran - 3,559; 8. Amber Emery, Willamette - 3,485; 9. Terry Hall, Linfield - 3,338; 10. Sarah Fox, Whitworth - 3,297; 11. Tori Taylor, George Fox - 3,252; 12. Jamie Truhler, Willamette - 3,127; 13. Janna Vavra, Pacific - 2,971.

### Northwest Conference Combined Events - Men's Decathlon

**Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

1. Fritz Mesenbrink, Linfield - 6,718; 2. Ray Lions, Linfield - 6,369; 3. Ryan Boatsman, Linfield - 6,049; 4. Jesse Fipps, Linfield - 5,554; 5. Dan Gargas, Puget Sound - 5,394; 6. Bryan Wadlow, George Fox - 5,042; 7. Tevin Taylor, George Fox - 4,982; 8. Jesse Stevick, Whitworth - 4,691; 9. Eddie Rosario, Linfield - 3,913; 10. Byron Hollaway, Willamette - 3,758.

**Northwest Conference Combined Events - Women's Heptathlon****Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

Team Points: Whitworth College 16, Willamette University 10, University of Puget Sound 8, Pacific Lutheran University 5

1. Jessica Austin, Whitworth - 4,150; 2. Julie Vanni, Puget Sound - 4,110; 3. Abby Jo Hornstein, Whitworth - 4,015; 4. Laura Leineweber, Willamette - 3,828; 5. Kari Holbert, Willamette - 3,678; 6. Carrie Larsen, Pacific Lutheran - 3,667; 7. Jane Berentson, Pacific Lutheran - 3,559; 8. Amber Emery, Willamette - 3,485; 9. Terry Hall, Linfield - 3,338; 10. Sarah Fox, Whitworth - 3,297; 11. Tori Taylor, George Fox - 3,252; 12. Jamie Truhler, Willamette - 3,127; 13. Janna Vavra, Pacific - 2,971.

	<u>100 H</u>	<u>High Jump</u>	<u>Shot Put</u>	<u>200</u>	<u>Long Jump</u>	<u>Javelin</u>	<u>800</u>	<u>Total Pts</u>
Austin, Whw	17.26 (567)	1.52/4-11.75 (644)	8.31/27-03.25 (419)	28.18 (617)	5.07/16-07.5 (578)	32.00/105-00.0 (515)	2:20.98 (810)	4,150(NPQ)
Vanni, UPS	16.22 (688)	1.43/4-08.25 (544)	9.86/32-04.25 (520)	27.60 (663)	4.83/15-10.0 (514)	35.34/115-11.0 (578)	2:37.38 (603)	4,110 (NPQ)
Hornstein, Whw	17.28 (565)	1.58/5-02.25 (712)	10.06/33-00.25 (533)	27.79 (647)	4.78/15-08.25 (500)	29.76/97-08.0 (472)	2:38.82 (586)	4,015
Leineweber, Will	16.37 (670)	1.64/5-04.5 * (783)	7.37/24-02.25 (359)	29.00 (554)	4.67/15-03.75 (472)	26.30/86-03.0 (407)	2:39.15 (583)	3,828
Holbert, Will	16.71 (630)	1.25/4-01.25 (359)	7.35/24-01.5 (357)	26.88 (722)	4.81/15-09.25 (508)	23.32/76-06.25 (351)	2:25.47 (751)	3,678
Larsen, PLU	16.13 (698)	1.28/4-02.25 (389)	7.45/24-05.5 (364)	25.92 * (804)	4.88/16-00.0 (527)	9.86/32-04.25 (104)	2:23.20 (781)	3,667
Berentson, PLU	18.00 (488)	1.49/4-10.5 (610)	8.77/28-09.25 (449)	27.16 (699)	4.45/14-07.25 (416)	21.81/71-06.75 (323)	2:39.88 (574)	3,559
Emery, Will	16.93 (604)	1.22/4-00.0 (331)	7.74/25-04.75 (383)	27.98 (632)	4.27/14-00.0 (371)	26.42/86-08.0 (409)	2:25.17 (755)	3,485
Hall, Lin	18.88 (402)	1.49/4-10.5 (610)	7.75/25-05.25 (383)	28.65 (581)	4.41/14-05.5 (406)	14.90/48-10.75 (195)	2:24.67 (761)	3,338
Fox, Whw	17.15 (580)	1.46/4-09.5 (577)	7.98/26-02.25 (398)	29.91 (488)	4.30/14-01.25 (379)	20.08/65-10.5 (290)	2:38.93 (585)	3,297
Taylor, GFU	19.17 (375)	1.40/4-07.0 (512)	8.42/27-07.5 (427)	30.25 (465)	4.24/13-11.0 (364)	29.87/98-00.0 (474)	2:34.71 (635)	3,252
Truhler, Will	18.01 (487)	1.49/4-10.5 (610)	7.59/24-11.0 (373)	31.25 (398)	4.32/14-02.0 (384)	34.54/113-04.0 (563)	3:05.88 (312)	3,127
Vavra, Pac	19.80 (319)	1.28/4-02.25 (389)	10.38/34-00.75 (554)	30.13 (473)	4.26/13-11.75 (369)	24.80/81-04.5 (379)	2:47.66 (488)	2,971

\* - new meet record

(NPQ) - NCAA provisional qualifier

**Totals after Day 1**

1. Abby Jo Hornstein, Whitworth - 2,457; 2. Julie Vanni, Puget Sound - 2,415; 3. Laura Leineweber, Willamette - 2,366; 4. Carrie Larsen, Pacific Lutheran - 2,255; 5. Jessica Austin, Whitworth - 2,247; 6. Jane Berentson, Pacific Lutheran - 2,246; 7. Kari Holbert, Willamette - 2,068; 8. Sarah Fox, Whitworth - 2,043; 9. Terry Hall, Linfield - 1,976; 10. Amber Emery, Willamette - 1,950; 11. Jamie Truhler, Willamette - 1,868; 12. Tori Taylor, George Fox - 1,779; 13. Janna Vavra, Pacific - 1,735.



**Northwest Conference Combined Events - Men's Decathlon****Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

Team Points: Linfield College 29, George Fox University 5, University of Puget Sound 4, Whitworth College 1

1. Fritz Mesenbrink, Linfield - 6,718; 2. Ray Lions, Linfield - 6,369; 3. Ryan Boatsman, Linfield - 6,049; 4. Jesse Fipps, Linfield - 5,554; 5. Dan Gargas, Puget Sound - 5,394; 6. Bryan Wadlow, George Fox - 5,042; 7. Tevin Taylor, George Fox - 4,982; 8. Jesse Stevick, Whitworth - 4,691; 9. Eddie Rosario, Linfield - 3,913; 10. Byron Hollaway, Willamette - 3,758.

	<u>100</u>	<u>Long Jump</u>	<u>Shot Put</u>	<u>High Jump</u>	<u>400</u>	<u>110 H</u>	<u>Discus</u>	<u>Pole Vault</u>	<u>Javelin</u>	<u>1500</u>	<u>Total Pts</u>
Mesenbrink, Lin	11.74 (703)	6.46/21-02.5 (688)	11.59/38-00.25 (582)	2.02/6-07.5 (822)	51.33 (754)	15.64 (774)	37.69/123-08.0 (618)	3.85/12-07.5 (576)	49.80/163-05.0 (586)	4:50.65 (615)	6,718 (NAQ)
Boatsman, Lin	11.44 (765)	6.28/20.07.25 (648)	12.34/40-06.0 (627)	1.96/6-05.0 (767)	53.77 (649)	17.64 (559)	35.81/117-06.0 (580)	3.05/10-00.0 (369)	44.77/146-10.0 (512)	4:57.65 (573)	6,049 (NPQ)
Lions, Lin	11.64 (723)	6.45/21-02.0 (686)	11.75/38-06.75 (591)	1.87/6-01.5 (687)	52.84 (688)	17.04 (620)	31.89/104-07.0 (502)	4.15/13-07.25 (659)	56.99/187-00.0 (693)	5:07.03 (520)	6,369
Wadlow, GFU	12.14 (624)	6.50/21-04.0 (697)	10.20/33-05.75 (498)	1.81/5-11.25 (636)	54.97 (600)	20.24 (330)	27.40/89-11.0 (414)	2.85/9-04.25 (321)	44.36/145-06.0 (506)	5:26.73 (416)	5,042
Fipps, Lin	11.54 (744)	5.90/19-04.25 (565)	10.13/33-03.0 (493)	1.60/5-03.0 (464)	51.06 (766)	16.64 (662)	29.24/95-11.0 (450)	3.15/10-04.0 (393)	41.05/134-08.0 (457)	5:00.00 (560)	5,554
Taylor, GFU	11.94 (663)	5.80/19-00.25 (544)	9.21/30-02.75 (438)	1.81/5-11.25 (636)	51.87 (730)	16.14 (717)	29.67/97-04.0 (458)	2.45/8-00.5 (231)	35.74/117-03.0 (381)	6:21.39 (184)	4,982
Gargas, UPS	12.14 (624)	5.38/17-07.75 (457)	10.36/34-00.0 (507)	1.75/5-08.75 (585)	54.16 (633)	17.84 (540)	29.84/97-11.0 (461)	3.75/12-03.5 (549)	36.63/120-0.20 (394)	4:45.79 (644)	5,394
Stevick, Whw	12.54 (549)	5.31/17-05.0 (443)	8.65/28-04.5 (405)	1.66/5-05.25 (512)	54.34 (626)	20.14 (338)	23.06/75-08.0 (330)	2.65/8-08.25 (275)	35.91/117-10.0 (383)	4:17.29 * (830)	4,691
Rosario, Lin	12.64 (531)	4.92/16-01.75 (367)	8.56/28-01.0 (400)	1.51/4-11.5 (396)	58.20 (476)	20.84 (286)	24.60/80-08.5 (359)	2.45/8-00.5 (231)	42.06/138-00.0 (472)	5:30.78 (395)	3,913
Hollaway, Will	13.54 (380)	4.57/15-00.0 (303)	10.78/35-04.5 (533)	1.48/4-10.25 (374)	1:00.59 (393)	21.84 (218)	30.63/100-06.0 (477)	2.55/8-04.25 (253)	35.02/114-11.0 (370)	5:18.64 (457)	3,758

\* - new meet record

(NAQ) - NCAA automatic qualifier

(NPQ) - NCAA provisional qualifier

**Totals after Day 1**

1. Fritz Mesenbrink, Linfield - 3,549; 2. Ryan Boatsman, Linfield - 3,456; 3. Ray Lions, Linfield - 3,375; 4. Bryan Wadlow, George Fox - 3,055; 5. Jesse Fipps, Linfield - 3,032; 6. Tevin Taylor, George Fox - 3,011; 7. Dan Gargas, Puget Sound - 2,806; 8. Jesse Stevick, Whitworth - 2,535; 9. Eddie Rosario, Linfield - 2,170; 10. Byron Hollaway, Willamette - 1,983.

# GEORGE FOX UNIVERSITY

## SPORTS PRESS RELEASE – TRACK AND FIELD

**Monday, April 16, 2001 --- For Immediate Release**

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### **HORNSTEIN, MESENBRINK HOLD EARLY LEADS IN NWC COMBINED EVENTS**

**NEWBERG, Ore. ---** Abby Jo Hornstein of Whitworth College in the women's heptathlon and Fritz Mesenbrink of Linfield College in the men's decathlon are the leaders at the end of the first day of competition in the Northwest Conference Combined Events taking place here at George Fox University's Colcord Memorial Field Monday-Tuesday, April 16-17.

Hornstein has 2,457 points after the first four events of the heptathlon, followed by Julie Vanni of the University of Puget Sound with 2,415; Laura Leineweber of Willamette University, 2,366; Carrie Larsen of Pacific Lutheran University, 2,255; Jessica Austin of Whitworth, 2,247; Jane Berentson of PLU, 2,246; Kari Holbert of Willamette, 2,068; Sarah Fox of Whitworth, 2,043; Terry Hall of Linfield, 1,976; Amber Emery of Willamette, 1,950; Jamie Truhler of Willamette, 1,868; Tori Taylor of George Fox, 1,779; and Janna Vavra of Pacific University, 1,735.

Two new meet records were established in Monday's events, Carrie Larsen of PLU running a 25.92 in the 200 to break the old record of 25.95 by PLU's Jenni Krueger in 1997, and Laura Leineweber of Willamette jumping 5-04.5 in the high jump to edge past the 5-04.25 by Marci Warnecke of Linfield in 1997.

Today's heptathlon events included the 100 meter hurdles, high jump, shot put, and 200 meter dash. On Tuesday, the women will compete in the long jump, starting at 9:30 a.m., followed by the javelin and the 800 meter dash.

Mesenbrink has a sizeable lead of 3,549 points after five events in the decathlon over Linfield teammate Ryan Boatsman, who has 3,456 points. Behind them are Ray Lions of Linfield with 3,375; Bryan Wadlow of George Fox, 3,055; Jesse Fipps of Linfield, 3,032; Tevin Taylor of GFU, 3,011; Dan Gargas of Puget Sound, 2,806; Jesse Stevick of Whitworth, 2,535; Eddie Rosario of Linfield, 2,170; and Byron Hollaway of Willamette, 1,983.

The first day's decathlon competition consisted of the 100 meter dash, long jump, shotput, high jump, and 400 meter dash. Starting at 9:00 a.m. Tuesday, the men will compete in the 110 meter hurdles, discus, pole vault, javelin, and 1,500 meter run.

### **Northwest Conference Combined Events - Women's Heptathlon**

**Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

1. Abby Jo Hornstein, Whitworth - 2,457; 2. Julie Vanni, Puget Sound - 2,415; 3. Laura Leineweber, Willamette - 2,366; 4. Carrie Larsen, Pacific Lutheran - 2,255; 5. Jessica Austin, Whitworth - 2,247; 6. Jane Berentson, Pacific Lutheran - 2,246; 7. Kari Holbert, Willamette - 2,068; 8. Sarah Fox, Whitworth - 2,043; 9. Terry Hall, Linfield - 1,976; 10. Amber Emery, Willamette - 1,950; 11. Jamie Truhler, Willamette - 1,868; 12. Tori Taylor, George Fox - 1,779; 13. Janna Vavra, Pacific - 1,735.

### **Northwest Conference Combined Events - Men's Decathlon**

**Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

1. Fritz Mesenbrink, Linfield - 3,549; 2. Ryan Boatsman, Linfield - 3,456; 3. Ray Lions, Linfield - 3,375; 4. Bryan Wadlow, George Fox - 3,055; 5. Jesse Fipps, Linfield - 3,032; 6. Tevin Taylor, George Fox - 3,011; 7. Dan Gargas, Puget Sound - 2,806; 8. Jesse Stevick, Whitworth - 2,535; 9. Eddie Rosario, Linfield - 2,170; 10. Byron Hollaway, Willamette - 1,983.

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Baron in Long Jump, Zempel in Shot Put Set New Bruin Records  
Bruins Capture Eight Firsts in Distance Carnival/Linfield All-Comers Weekend**

### **THIS WEEK:**

Mon.-Tue., Apr. 16-17, 10:00 am - NWC Combined Events, Colcord Field, in Newberg, Ore.  
Sat., Apr. 21, 10:00 am - at Clackamas Open, in Oregon City, Ore.

### **LAST WEEK:**

Apr. 13 - GFU Distance Carnival VI, Colcord Field, in Newberg, Ore.  
Apr. 14 - Linfield All-Comers Meet, in McMinnville, Ore.

### **LINFIELD'S DAVIS SETS 10,000M RECORD IN GFU DISTANCE CARNIVAL**

**NEWBERG, Ore. ---** Paul Davis of Linfield College set a new meet record in the 10,000 meter run, highlighting the 6th Annual George Fox University Distance Carnival Friday evening (Apr. 13) here at GFU's Colcord Memorial Field.

Davis covered the 10,000 meters in a time of 31:28.8, shattering the previous record of 32:00.8 by Jason Young, running unattached, in 1999. Other men's winners were Brian Shoeneman, unattached, in the 3,000 meter steeplechase with a 10:23.7, and Greg Mitchell of the Brooks track club in the 5,000 meters with a time of 14:54.1.

In the women's events, Lorilynn Hoffman of the Nike Portland track club won the 3,000 meter run with a 9:58.1, Wendy Bruneau of the Apex track club took the 5,000 meter run with an 18:06.5, and **Kirsten Norgaard (Jr., Everett, Wash.)** of George Fox captured the 10,000 meter run at 41:41.6, just seven seconds ahead of teammate **Marisa Merritt (Sr., Portland, Ore.)** at 41:48.4.

Other times for George Fox runners included **Will Howard (Fr., Caldwell, Idaho)**, 3rd in the men's 10,000 meters at 32:42.9; **Beth Moyer (Fr., Camarillo, Calif.)**, 6th in the women's 3,000 meters at 11:33.7; and **Tori Taylor (Jr., Portland, Ore.)**, 4th in the women's 5,000 meters at 18:55.7.

The GFU Distance Carnival is held in conjunction with the Linfield College All-Comers Meet on Saturday, April 14, in McMinnville, Ore. The women's steeplechase, track events 1,500 meters and shorter, and all field events were held at Linfield on Saturday.

### **6th ANNUAL GEORGE FOX UNIVERSITY DISTANCE CARNIVAL**

**- Friday, April 13, 2001 - Colcord Memorial Field, Newberg, Oregon**

#### **MEN'S 3,000m STEEPLECHASE**

1. Brian Shoeneman, unattached (10:23.7); 2. Kyle Fix, unattached (12:01.6)

#### **MEN' 5,000m**

1. Greg Mitchell, Brooks (14:54.1); 2. Chris Mayer, Lewis & Clark (15:17.1); 3. Andrew Ault, Lewis & Clark (15:24.1); 4. Noah Megowan, Team Red Lizard (15:46.1); 5. Chris Jensen, Lewis & Clark (16:10.1); 6. Jim Reid, Lewis & Clark (16:15.1); 7. Derek Oldham, Lewis & Clark (16:17.1); 8. Chris Lyke, Willamette (16:21.0); 9. Anthony Cantwell, Foot Traffic (16:21.1); 10. Michael Mallette, Cascade (16:24.5); 11. Trevor Newton, Willamette (16:25.1); 12. Tim Swietlik, unattached (16:41.1); 13. Ian Townley, Lewis & Clark (17:08.7); 14. Nathan Paisley, George Fox (17:21.0); 15. Peter Kinnecom, Lewis & Clark (17:21.1); Jonathan Swanson, unattached (dnf)

**MEN' 10,000m**

1. Paul Davis, Linfield (31:27.8, \*meet record\*); 2. Tim Vandervlugt, unattached (31:48.4); 3. Will Howard, George Fox (32:42.9); 4. Carl Hoogesteger, Pacific (33:44.9); 5. Richard Biy, Cascade (36:06.0)

**WOMEN' 3,000m**

1. Lorilynn Hoffman, Nike Portland (9:58.1); 2. Becca Straw, unattached (10:05); 3. Jamie Breese, Portland State (10:14.6); 4. Barrett Ebright, Willamette (11:12.4); 5. Selena Harman, Lewis & Clark (11:17.7); 6. Beth Moyer, George Fox (11:33.7); 7. Emily Chadwick, unattached (11:35.1); 8. Tina Henry, Cascade (11:35.4); 9. Odessa Weber, Lewis & Clark (11:37.3); 10. Jessie Glaubman, Willamette (12:43.5); 11. Erin Gray, unattached (10:46.9)

**WOMEN' 5,000m**

1. Wendy Bruneau, Apex (18:06.5); 2. Amber Stickler, Willamette (18:29.1); 3. Anne Howard-Lindquist, Team Oregon (18:45.8); 4. Tori Taylor, George Fox (18:55.7); 5. Evelyn Williams, Willamette (19:14.8); 6. Tracy Tabb, unattached (19:55.8); 7. Lisa Pohlit, Willamette (20:09.8); 8. Mary Finnan, Lewis & Clark (20:22.2); 9. Lori Northcraft, Willamette (20:24.6); 10. Alishia Little, Pacific (20:34.8); 11. Sadie Grossman, Lewis & Clark (21:41.5)

**WOMEN' 10,000m**

1. Kirsten Norgaard, George Fox (41:41.6); 2. Marisa Merritt, George Fox (41:48.4); 3. Rebecca Rising, unattached (43:21.2); 4. Megan Nuttall, Linfield (43:23.8); 5. Kari Newby, Linfield (44:48.7)

**BRUINS' BARON, ZEMPEL WIN TWO EVENTS EACH IN LINFIELD ALL-COMERS MEET**

**McMINNVILLE, Ore. --- Kelsey Baron (So., Nehalem, Ore.) and Sarah Zempel (Fr., Rogue River, Ore.)** won two women's events each and set new George Fox University records, highlighting the Bruins' performances in the Linfield College All-Comers Meet Saturday (Apr. 14) here at Maxwell Field.

**Baron** captured the long jump with a distance of 18-03.0 and the triple jump with a 36-08.0. Her long jump broke the former record of 17-11.25 by Marlyss Stenberg in 1992. She also qualified provisionally for the NCAA National Championships, and her 18-03.0 ranks as 8th-best in the nation currently.

**Zempel** finished 1st in the shot put with a throw of 43-04.25 and the discus with a toss of 131-06.0. Her shot put topped the previous Bruin best of 42-3.5 set by Karen Gurske in 1981. She also qualified provisionally for the NCAAs while posting the 7th-best mark in the country thus far.

In addition to their 1sts and records, **Baron** placed 6th in the 100 meter dash with a time of 13.46, while **Zempel** was 5th in the javelin with a distance of 115-10.0 and 7th in the hammer at 114-06.0.

Other George Fox women who made strong showings with top-five finishes included **Sara Oates (Fr., Grover Beach, Calif.)**, 3rd in the 200 at 26.75 and 4th in the 100 at 13.25; **Jamie McElwain (Sr., Tigard, Ore.)**, 4th in the 400 at 1:01.38 and 4th in the 1,500 at 4:58.77; **Amy Forbes (Sr., Jackson, Wyo.)**, 4th in the triple jump at 34-06.25 and 5th in the long jump at 16-06.0; **Heidi Smith (Jr., Lakeside, Ore.)**, 2nd in the triple jump at 353-05.5; and the 4x100 relay team which was 3rd at 52.45.

For the Bruin men, **Ben Salisbury (Fr., Bellingham, Wash.)** finished 1st in the 200 at 22.57 and **Eric Costa (Sr., Beaverton, Ore.)** was a split second behind at 22.58, while **Ryan Austin (Jr., Eugene, Ore.)** won the 800 at 2:01.07, edging teammate **Nick Ryland (So., Cheyenne, Wyo.)** who ran a 2:01.12. The 4x100 relay team of also took 1st at 42.84. **Salisbury** was 4th in the 100 at 11.30.

Other top-five showings for the men included **Tyler Gassaway (Sr., Portland, Ore.)**, 3rd in the 100 at 11.21; **Jon Robinson (Fr., Cannon Beach, Ore.)**, 3rd in the 400 at 52.02 and 3rd in the long jump at 21-00.5; **Steve Willmer (So., Fullerton, Calif.)**, 4th in the 1,500 at 4:06.37; **Tevin Taylor (Fr., Portland, Ore.)**, 4th in the 110 high hurdles at 16.09; **Keith Christiansen (So., Grass Valley, Ore.)**, 2nd in the 400 intermediate hurdles at 58.65 and 4th in the pole vault at 13-00.25; **Marty McKay (Fr., Bremerton, Wash.)**, 3rd in the 400 intermediate hurdles at 59.42; **Darin Krueger (Jr., Portland, Ore.)**, 2nd in the hammer at 154-01.0 and 4th in the shot put at 42-08.0; **Brett Yeager (Fr., Oakridge, Ore.)**, 4th in the high jump at 6-00.0; and **Bryan Wadlow (Fr., Albany, Ore.)**, 5th in the triple jump at 42-09.0.

Next up for a few of the Bruin athletes are the NWC Combined Events Monday-Tuesday, Apr. 16-17, hosted by George Fox at Colcord Memorial Field, starting at 10:00 a.m. Monday. The next event for the full teams is the Clackamas Open in Oregon City, Ore., on Saturday, April 21, at 10:00 a.m.

**BRUIN BITS:**

**\*\*\* New school records set in the GFU Distance Carnival/Linfield All-Comers Meet:\***

- **Kelsey Baron** in the long jump, 4/14/01 (18-03.0) - previous record 17-11.25 by Marlyss Stenberg in 1992
- **Sarah Zempel** in the shot put, 4/14/01 (43-04.25) - previous record 42-3.5 by Karen Gurske in 1981

**\*\*\* New qualifying marks met in the GFU Distance Carnival/Linfield All-Comers Meet:\***

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified for:</u></b>
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	NWC, NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-02.5)	NWC, NCAA provisional

**GEORGE FOX AUTOMATIC QUALIFIERS (prior to Apr. 13)**

These George Fox University athletes have already qualified for Northwest Conference or NCAA Division III National Championships:

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (11-06)	NWC, NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00)	NWC
Colleen Forbes (Jr., Jackson, Wyo.)	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5)	NWC
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	NWC, NCAA
Amy Forbes	Triple Jump (34-08.5)	NWC
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (17-06.75)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC, NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Discus (135-01)	NWC
Sarah Zempel	Hammer (133-04)	NWC
Sarah Zempel	Javelin (119-09)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates (Fr., Grover Beach, Calif.)	400 (62.31)	NWC
Christina Davis (Jr., Edmonds, Wash.)	400 (62.47)	NWC
Jamie McElwain (Sr., Tigard, Ore.)	800 (2:16.76)	NWC
Heidi Smith (Jr., Lakeside, Ore.)	Triple Jump (34-11.75)	NWC
Lori Miller (Jr., Aurora, Ore.)	Javelin (131-01)	NWC, NCAA provisional
Tori Taylor (Jr., Portland, Ore.)	3000 (10:39.49)	NWC
<b><u>Male Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Previously qualified for:</u></b>
Darin Krueger	Hammer (152-06)	NWC
Zach Davidson	400 Intermediate Hurdles (55.94)	NWC
Tyler Gassaway (Sr., Portland, Ore.)	Long Jump (21-08.75)	NWC
Tyler Gassaway	400 (49.92)	NWC
Jon Robinson (Fr., Cannon Beach, Ore.)	Long Jump (21-06)	NWC
Jon Robinson	100 (11.17)	NWC
Jon Robinson	200 (22.77)	NWC
Ryan Sprunger (Fr., Dundee, Ore.)	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury (Fr., Bellingham, Wash.)	100 (11.06)	NWC
Ben Salisbury	200 (22.73)	NWC
Ben Salisbury	400 (51.32)	NWC
Steve Willmer (So., Fullerton, Calif.)	800 (1:56.24)	NWC
Steve Willmer	1500 (4:22.71)	NWC
Brett Yeager (Fr., Oakridge, Ore.)	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow (Fr., Albany, Ore.)	Triple Jump (43-0.5)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor (Fr., Portland, Ore.)	110 High Hurdles (15.67)	NWC
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC
Marty McKay (Fr., Bremerton, Wash.)	400 Intermediate Hurdles (57.81)	NWC

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Saturday, April 14, 2001 --- For Immediate Release*

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

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### **BRUINS' BARON, ZEMPEL WIN TWO EVENTS EACH IN LINFIELD ALL-COMERS MEET**

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# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

Friday, April 13, 2001 --- For Immediate Release

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### LINFIELD'S DAVIS SETS 10,000M RECORD IN GFU DISTANCE CARNIVAL

**NEWBERG, Ore.** --- Paul Davis of Linfield College set a new meet record in the 10,000 meter run, highlighting the 6th Annual George Fox University Distance Carnival Friday evening (Apr. 13) here at GFU's Colcord Memorial Field.

Davis covered the 10,000 meters in a time of 31:28.8, shattering the previous record of 32:00.8 by Jason Young, running unattached, in 1999. Other men's winners were Brian Shoeneman, unattached, in the 3,000 meter steeplechase with a 10:23.7, and Greg Mitchell of the Brooks track club in the 5,000 meters with a time of 14:54.1.

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### 6th ANNUAL GEORGE FOX UNIVERSITY DISTANCE CARNIVAL Results - Friday, April 13, 2001

#### MEN'S 3,000m STEEPLECHASE

1. Brian Shoeneman, unattached (10:23.7); 2. Kyle Fix, unattached (12:01.6)

#### MEN' 5,000m

1. Greg Mitchell, Brooks (14:54.1); 2. Chris Mayer, Lewis & Clark (15:17.1); 3. Andrew Ault, Lewis & Clark (15:24.1); 4. Noah Megowan, Team Red Lizard (15:46.1); 5. Chris Jensen, Lewis & Clark (16:10.1); 6. Jim Reid, Lewis & Clark (16:15.1); 7. Derek Oldham, Lewis & Clark (16:17.1); 8. Chris Lyke, Willamette (16:21.0); 9. Anthony Cantwell, Foot Traffic (16:21.1); 10. Michael Mallette, Cascade (16:24.5); 11. Trevor Newton, Willamette (16:25.1); 12. Tim Swietlik, unattached (16:41.1); 13. Ian Townley, Lewis & Clark (17:08.7); 14. Nathan Paisley, George Fox (17:21.0); 15. Peter Kinnecom, Lewis & Clark (17:21.1); Jonathan Swanson, unattached (dnf)

#### MEN' 10,000m

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#### WOMEN' 3,000m

1. Lorilynn Hoffman, Nike Portland (9:58.1); 2. Becca Straw, unattached (10:05); 3. Jamie Breese, Portland State (10:14.6); 4. Barrett Ebright, Willamette (11:12.4); 5. Selena Harman, Lewis & Clark (11:17.7); 6. Beth Moyer, George Fox (11:33.7); 7. Emily Chadwick, unattached (11:35.1); 8. Tina Henry, Cascade (11:35.4); 9. Odessa Weber, Lewis & Clark (11:37.3); 10. Jessie Glaubman, Willamette (12:43.5); 11. Erin Gray, unattached (10:46.9)

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**WOMEN' 10,000m**

1. Kirsten Norgaard, George Fox (41:41.6); 2. Marisa Merritt, George Fox (41:48.4); 3. Rebecca Rising, unattached (43:21.2); 4. Megan Nuttall, Linfield (43:23.8); 5. Kari Newby, Linfield (44:48.7)



Monday, April 9, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Taylor, Davidson Capture Events in Willamette Open  
New Qualifying Marks Met, Personal Records Established**

### **THIS WEEK:**

Fri., Apr. 13, 6:00 pm - GFU Distance Carnival VI, Colcord Field, in Newberg, Ore.  
Sat., Apr. 14, 10:00 am - Linfield All-Comers Meet, in McMinnville, Ore.  
Mon.-Tue., Apr. 16-17, TBA - NWC Combined Events, Colcord Field, in Newberg, Ore.

### **LAST WEEK:**

Sat., Apr. 7 - at Willamette Open, in Salem, Ore. (not team scored)

### **BRUINS POST TWO FIRSTS AND TWO SECONDS IN WILLAMETTE OPEN**

**SALEM, Ore. ---** In a meet that featured 20 college teams, including several Division I schools, and over 1,000 athletes in all, the George Fox University Bruins recorded 13 top-10 finishes, with two firsts and two seconds, in the Willamette University Open here Saturday (Apr. 7).

Only a small contingent of about 20 Bruin athletes participated in the meet, which was not team scored.

In the women's events, **Tori Taylor (Jr., Portland, Ore.)** captured the 3,000 steeplechase (11:39.9); **Amy Forbes (Sr., Jackson, Wyo.)** was 2nd in the high jump (5-06.0), only an inch behind winner Jenny Brogdon of the University of Oregon, and 9th in the long jump (14-02.5); **Jamie McElwain (Sr., Tigard, Ore.)** was 2nd in the 800 (2:16.76), only 6/10ths of a second behind winner Lisa Starkey of Willamette (2:16.16); **Colleen Forbes (Jr., Jackson, Wyo.)** was 4th in the triple jump (34-01.5); **Beth Moyer (Fr., Camarillo, Calif.)** was 6th in the 3,000 steeplechase (12:59.4); **Marisa Merritt (Sr., Portland, Ore.)** was 8th in the 3,000 (11:18.33); and **Janelle Goeres (Fr., Gold Hill, Ore.)** was 10th in the 3,000 (11:25.01).

In the men's events, **Zach Davidson (So., Albany, Ore.)** won the 400 intermediate hurdles (55.94) and was 8th in the 110 high hurdles (16.61); **Marty McKay (Fr., Bremerton, Wash.)** was 4th in the 400 intermediate hurdles (57.93); **Darin Krueger (Jr., Portland, Ore.)** was 6th in the hammer (152-06.0); and **Nick Hultberg (Fr., Salem, Ore.)** was 10th in the javelin (172-02.0).

### **DISTANCE CARNIVAL / LINFIELD ALL-COMERS COMBINED MEET THIS WEEKEND**

Next up for the George Fox University Bruins is the GFU Distance Carnival VI, to be held Friday evening (Apr. 13) on campus at Colcord Memorial Field. College teams, track clubs, and anyone who wants to run as "unattached" just for the fun of it can enter the competitions. An entry fee of \$5 is due by Thursday, April 12, or \$10 for entries on April 13, the day of the races. Contact George Fox coach **Wes Cook** to enter by phone at 503-554-2915, by fax at 503-554-3864, or by e-mail at: wcook@georgefox.edu.

Included in the Distance Carnival will be a 3k steeplechase and a 5k run for men, a flat 3k and a 5k race for women, and a co-ed 10k which will be split if there are enough entries.

The schedule of events:

6:00 p.m.	Men's 3k Steeplechase
6:20 p.m.	Women's flat 3k
6:40 p.m.	Men's 5k
7:05 p.m.	Women's 5k
7:30 p.m.	Co-ed 10k

## George Fox Track & Field ...April 9, 2001 ... page 2

The GFU Distance Carnival is held in conjunction with the Linfield College All-Comers Meet on Saturday, April 14, in McMinnville, Ore. The women's steeplechase, track events 1500 and shorter, and all field events will be held at Linfield on Saturday.

### WILLAMETTE OPEN QUALIFYING MARKS

Four George Fox athletes qualified for the Northwest Conference or NCAA Division III National Championships during the Willamette Open, including:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Amy Forbes	High Jump (5-06.0)	NWC, NCAA
Jamie McElwain	800 (2:16.76)	NWC
<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Darin Krueger	Hammer (152-06)	NWC
Zach Davidson	400 Intermediate Hurdles (55.94)	NWC

### BRUIN BITS:

\*\*\* Amy Forbes' high jump of 5-06.0 in the Willamette Open was her personal best, #3 all-time, and #3 for a senior ... Jamie McElwain's 2:16.76 in the 800 was #2 for a senior ... Tori Taylor set a junior class record with her 11:39.90 in the 3,000 steeplechase ... Darin Krueger's 152-06 in the hammer makes him #5 all-time.

### \*\*\* New personal marks set in the Willamette Open:

- Amy Forbes in the high jump (5-06.0)
- Bryan Wadlow (Fr., Albany, Ore.) in the shot put (31-08.5), the discus (100-03), and the javelin (129-07)
- Nick Hultberg in the javelin (172-02)
- Caleb Carlson (Fr., Oregon City, Ore.) in the hammer (103-07)

### GEORGE FOX AUTOMATIC QUALIFIERS (prior to Apr. 7)

These George Fox University athletes have already qualified for Northwest Conference or NCAA Division III National Championships:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (11-06)	NWC, NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00)	NWC
Colleen Forbes (Jr., Jackson, Wyo.)	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5)	NWC
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-04)	NWC
Amy Forbes	Triple Jump (34-08.5)	NWC
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (17-06.75)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC, NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Discus (135-01)	NWC
Sarah Zempel	Hammer (133-04)	NWC
Sarah Zempel	Javelin (119-09)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates (Fr., Grover Beach, Calif.)	400 (62.31)	NWC
Christina Davis (Jr., Edmonds, Wash.)	400 (62.47)	NWC
Heidi Smith (Jr., Lakeside, Ore.)	Triple Jump (34-11.75)	NWC
Lori Miller (Jr., Aurora, Ore.)	Javelin (131-01)	NWC, NCAA provisional
Tori Taylor (Jr., Portland, Ore.)	3000 (10:39.49)	NWC

George Fox Track & Field ...April 9, 2001 ... page 3

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Tyler Gassaway (Sr., Portland, Ore.)	Long Jump (21-08.75)	NWC
Tyler Gassaway	400 (49.92)	NWC
Jon Robinson (Fr., Cannon Beach, Ore.)	Long Jump (21-06)	NWC
Jon Robinson	100 (11.17)	NWC
Jon Robinson	200 (22.77)	NWC
Ryan Sprunger (Fr., Dundee, Ore.)	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury (Fr., Bellingham, Wash.)	100 (11.06)	NWC
Ben Salisbury	200 (22.73)	NWC
Ben Salisbury	400 (51.32)	NWC
Steve Willmer (So., Fullerton, Calif.)	800 (1:56.24)	NWC
Steve Willmer	1500 (4:22.71)	NWC
Brett Yeager (Fr., Oakridge, Ore.)	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow (Fr., Albany, Ore.)	Triple Jump (43-0.5)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor (Fr., Portland, Ore.)	110 High Hurdles (15.67)	NWC
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC
Marty McKay (Fr., Bremerton, Wash.)	400 Intermediate Hurdles (57.81)	NWC

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Saturday, April 7, 2001 --- For Immediate Release*

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

(O) 503-554-2127

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### **BRUINS POST TWO FIRSTS AND TWO SECONDS IN WILLAMETTE OPEN**

**SALEM, Ore. ---** In a meet that featured 20 college teams, including several Division I schools, and over 1,000 athletes in all, the George Fox University Bruins recorded 13 top-10 finishes, with two firsts and two seconds, in the Willamette University Open here Saturday (Apr. 7).

In the women's events, Tori Taylor captured the 3,000 steeplechase (11:39.9); Amy Forbes was 2nd in the high jump (5-06.0), only an inch behind winner Jenny Brogdon of the University of Oregon, and 9th in the long jump (14-02.5); Jamie McElwain was 2nd in the 800 (2:16.76), only 6/10ths of a second behind winner Lisa Starkey of Willamette (2:16.16); Colleen Forbes was 4th in the triple jump (34-01.5); Beth Moyer was 6th in the 3,000 steeplechase (12:59.4); Marisa Merritt was 8th in the 3,000 (11:18.33); and Janelle Goeres was 10th in the 3,000 (11:25.01).

In the men's events, Zach Davidson won the 400 intermediate hurdles (55.94) and 8th in the 110 high hurdles (16.61); Marty McKay was 4th in the 400 intermediate hurdles (57.93); Darin Krueger was 6th in the hammer (152-06.0); Nick Hultberg was 10th in the javelin (172-02.0).

Next up for the Bruins is the GFU Distance Carnival Friday evening (Apr. 13). College teams, track clubs, and anyone who wants to run as "unattached" just for the fun of it can enter the competitions. An entry fee of \$5 is due by Thursday, April 12, or \$10 for entries on April 13, the day of the races. Contact George Fox coach Wes Cook to enter by phone at 503-554-2915, by fax at 503-554-3864, or by e-mail at: wcook@georgefox.edu.

Included in the Distance Carnival will be a 3k steeplechase and a 5k run for men, a flat 3k and a 5k race for women, and a co-ed 10k which will be split if there are enough entries.

#### The schedule of events:

6:00 p.m.	Men's 3k Steeplechase
6:20 p.m.	Women's flat 3k
6:40 p.m.	Men's 5k
7:05 p.m.	Women's 5k
7:30 p.m.	Co-ed 10k

The GFU Distance Carnival is held in conjunction with the Linfield College All-Comers Meet on Saturday, April 14, in McMinnville, Ore. The women's steeplechase, track events 1500 and shorter, and all field events will be held at Linfield on Saturday.

# George Fox University

## SPORTS PRESS RELEASE - TRACK AND FIELD

*Thursday, April 5, 2001 --- For Immediate Release*

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu  
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### LITERALLY EVERYONE INVITED TO "GFU DISTANCE CARNIVAL VI"!

**NEWBERG, Ore.** --- George Fox University head track and field coach Wes Cook invites everyone -- and it doesn't matter if you're in college or not! -- to participate in "GFU Distance Carnival VI", an evening of distance running events at GFU's Colcord Field, on Friday, April 13.

College teams, track clubs, and anyone who wants to run as "unattached" just for the fun of it can enter the competitions. An entry fee of \$5 is due by Thursday, April 12, or \$10 for entries on April 13, the day of the races. Contact George Fox coach Wes Cook to enter by phone at 503-554-2915, by fax at 503-554-3864, or by e-mail at: wcook@georgefox.edu.

Included in the Distance Carnival will be a 3k steeplechase and a 5k run for men, a flat 3k and a 5k race for women, and a co-ed 10k which will be split if there are enough entries.

#### The schedule of events:

6:00 p.m.	Men's 3k Steeplechase
6:20 p.m.	Women's flat 3k
6:40 p.m.	Men's 5k
7:05 p.m.	Women's 5k
7:30 p.m.	Co-ed 10k

The GFU Distance Carnival is held in conjunction with the Linfield College All-Comers Meet on Saturday, April 14, in McMinnville, Ore. The women's steeplechase, track events 1500 and shorter, and all field events will be held at Linfield on Saturday.

Monday, April 2, 2001 --- For Immediate Release  
Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu  
(O) 503-554-2127 (FAX) 503-554-3830 (H) 503-554-8067

## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Finish 3rd in Both Divisions in NCAA D-III Challenge Meet**  
**Baron, Salisbury Win NWC "Athlete of the Week" Honors**  
**New Qualifying Marks Met**

### **THIS WEEK:**

Sat., Apr. 7 - at Willamette Open, in Salem, Ore.

### **LAST WEEK:**

Sat., Mar. 31 - NCAA Division III Challenge, at Claremont, Calif.  
(Men - 3rd of 4 / Women - 3rd of 4)

### **BRUINS PLACE THIRD IN BOTH DIVISIONS AT NCAA D-III CHALLENGE MEET**

**CLAREMONT, Calif. ----** Running against three other top small-college track and field programs from around the country, the George Fox University Bruins placed third in both the men's and women's divisions of the NCAA Division III USTCA Challenge Meet Saturday (Mar. 31) here at Fritz B. Burns Stadium.

In the women's division, host Claremont-Mudd-Scripps College finished 1st with 186 points, followed by Williams College (Mass.) with 182.5, **George Fox** with 139, and Gustavus Adolphus College (Minn.) with 122.5. It was the same order in the men's division, C-M-S scoring 198 points, Williams 189, **George Fox** 136.5, and Gustavus Adolphus 124.5.

### **Women's Division**

Winning events for the Bruins were **Heather Hunt** (Sr., Turner, Ore.) in the pole vault (11-03.75), **Kelsey Baron** (So., Nehalem, Ore.) in the triple jump (36-11.0), and **Lori Miller** (Jr., Aurora, Ore.) in the javelin (131-01.0).

Earning seconds were **Jamie McElwain** (Sr., Tigard, Ore.) in the 800 (2:19.05), **Tori Taylor** (Jr., Portland, Ore.) in the 1,500 (5:04.62), **Amy Forbes** (Sr., Jackson, Wyo.) in the high jump (5-00.5), **Deveny West** (Fr., Klamath Falls, Ore.) in the pole vault (10-04.25), **Baron** in the long jump (17-06.75), **Sarah Zempel** (Fr., Rogue River, Ore.) in the javelin (119-09.0), and the **4x400 relay team** of **Christina Davis** (Jr., Edmonds, Wash.), **McElwain**, **Colleen Forbes** (Jr., Jackson, Wyo.), and **Sara Oates** (Fr., Grover Beach, Calif.) (4:06.34).

Third-place finishes went to **Oates** in the 400 (59.06), **Zempel** in the shot put (42-00.0) and the discus (135-01.0), and the **4x100 relay team** of **Mona Matthews** (Fr., Huntington, Ore.), **Oates**, **Baron**, and **Davis** (51.17).

### **Men's Division**

The Bruins had no first in the men's events. Seconds went to **Ben Salisbury** (Fr., Bellingham, Wash.) in the 200 (22.13), **Tyler Gassaway** (Sr., Portland, Ore.) in the 400 (49.92), **Steve Willmer** (So., Fullerton, Calif.) in the 800 (1:56.24), **Tevin Taylor** (Fr., Portland, Ore.) in the 110 high hurdles (15.63), **Brett Yeager** (Fr., Oakridge, Ore.) in the high jump (6-03.25), the **4x100 relay team** of **Ryan Sprunger** (Fr., Dundee, Ore.), **Salisbury**, **Gassaway**, and **Jon Robinson** (Fr., Cannon Beach, Ore.) (42.82), and the **4x400 relay team** of **Eric Costa** (Sr., Beaverton, Ore.), **Gassaway**, **Robinson**, and **Salisbury** (3:20.47).

Earning third place were **Salisbury** in the 100 (11.06), **Costa** in the 400 (50.38), **Taylor** in the 400 intermediate hurdles (58.26), **Robinson** in the long jump (20-11.75), and **Bryan Wadlow** (Fr., Albany, Ore.) in the triple jump (43-07.0).

Complete meet results will be available on the George Fox track and field website soon at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics).

**BARON, SALISBURY EARN NWC "ATHLETE OF THE WEEK" HONORS**

George Fox University swept "Athlete of the Week" honors in track and field for the week of Mar. 26-Apr. 1, the Bruins' **Kelsey Baron** taking women's honors and **Ben Salisbury** earning accolades on the men's side.

**Baron**, a sophomore sprinter and jumper from Nehalem, Ore., earned 22.5 points to help the Bruins to a 3rd-place finish in the women's division of the NCAA Division III Challenge at Claremont, Calif., on Saturday. She won the triple jump (36-11.0), was 2nd in the long jump (17-06.75), 3rd with the 4x100 relay team (51.17), and 4th in the 100 (13.33).

**Salisbury**, a freshman sprinter from Bellingham, Wash., earned 16.5 points for the Bruins as George Fox also finished 3rd in the men's divisions of the NCAA Division III Challenge. He recorded three 2nds, in the 200 (22.13), with the 4x100 relay team (42.82), and with the 4x400 relay team (3:20.47), and a 3rd in the 100 (11.06).

**CALIFORNIA QUALIFIERS**

Several George Fox athletes qualified for the Northwest Conference or NCAA Division III National Championships during the Bruins' two meets in California over the spring break, the California State University-Northridge Invitational on Mar. 24 and the NCAA Division III Challenge Meet in Claremont on Mar. 31. A few other Bruins participated in the Western Oregon Open in Monmouth, Ore., on Mar. 24.

Qualifying at the **Western Oregon Open** were:

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.13)	NWC
Marty McKay (Fr., Bremerton, Wash.)	400 Intermediate Hurdles (57.81)	NWC

Qualifying at the **CSUN Invitational** were:

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Steve Willmer	1500 (4:06.82)	NWC

Qualifying at the **Challenge Meet** were:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Kelsey Baron	Long Jump (17-06.75)	NWC
Kelsey Baron	Triple Jump (36-11.0)	NWC, NCAA provisional
Heidi Smith (Jr., Lakeside, Ore.)	Triple Jump (34-11.75)	NWC
Sarah Zempel	Discus (135-01)	NWC
Sarah Zempel	Hammer (133-04)	NWC
Sarah Zempel	Javelin (119-09)	NWC
Lori Miller	Javelin (131-01)	NWC, NCAA provisional
Sara Oates	400 (59.06)	NWC
Christina Davis	400 (61.37)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Ben Salisbury	100 (11.06)	NWC
Ben Salisbury	200 (22.13)	NWC
Jon Robinson	100 (11.17)	NWC
Jon Robinson	200 (22.77)	NWC
Tyler Gassaway	400 (49.92)	NWC
Steve Willmer	800 (1:56.24)	NWC
Tevin Taylor	110 High Hurdles (15.63)	NWC

**GEORGE FOX AUTOMATIC QUALIFIERS (prior to Mar. 24)**

These George Fox University athletes have already qualified for Northwest Conference or NCAA Division III National Championships:

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt	Pole Vault (11-06)	NWC, NCAA
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00)	NWC
Colleen Forbes	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5)	NWC
Amy Forbes	High Jump (5-04)	NWC
Amy Forbes	Triple Jump (34-08.5)	NWC
Deveny West	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Kelsey Baron	Long Jump (16-07.75)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC
Sarah Zempel	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Javelin (118-09)	NWC
Sarah Zempel	Discus (128-06)	NWC
Sarah Zempel	Hammer (121-03)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates	400 (62.31)	NWC
Christina Davis	400 (62.47)	NWC
<b><u>Male Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Previously qualified for:</u></b>
Tyler Gassaway	Long Jump (21-08.75)	NWC
Jon Robinson	Long Jump (21-06)	NWC
Ryan Sprunger	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury	400 (51.32)	NWC
Ben Salisbury	200 (22.73)	NWC
Brett Yeager	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow	Triple Jump (43-0.5)	NWC
Eric Costa	400 (50.26)	NWC
Tevin Taylor	110 High Hurdles (15.67)	NWC
Zach Davidson	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC



# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Saturday, March 31, 2001 --- For Immediate Release*

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### **BRUINS PLACE THIRD IN BOTH DIVISIONS AT NCAA D-III CHALLENGE MEET**

**CLAREMONT, Calif. ----** Running against three other top small-college track and field programs from around the country, the George Fox University Bruins placed third in both the men's and women's divisions of the NCAA Division III USTCA Challenge Meet Saturday (Mar. 31) here at Fritz B. Burns Stadium.

In the women's division, host Claremont-Mudd-Scripps College finished 1st with 186 points, followed by Williams College (Mass.) with 182.5, George Fox with 139, and Gustavus Adolphus College (Minn.) with 122.5. It was the same order in the men's division, C-M-S scoring 198 points, Williams 189, George Fox 136.5, and Gustavus Adolphus 124.5.

#### **Women's Division**

Winning events for the Bruins were Heather Hunt in the pole vault (11-03.75), Kelsey Baron in the triple jump (36-11.0), and Lori Miller in the javelin (131-01.0).

Earning seconds were Jamie McElwain in the 800 (2:19.05), Tori Taylor in the 1,500 (5:04.62), Amy Forbes in the high jump (5-00.5), Deveny West in the pole vault (10-04.25), Kelsey Baron in the long jump (17-06.75), Sarah Zempel in the javelin (119-09.0), and the 4x400 relay team (4:06.34).

Third-place finishes went to Sara Oates in the 400 (59.06), Zempel in the shot put (42-00.0) and the discus (135-01.0), and the 4x100 relay team (51.17)

#### **Men's Division**

The Bruins had no first in the men's events. Seconds went to Ben Salisbury in the 200 (22.13), Tyler Gassaway in the 400 (49.92), Steve Willmer in the 800 (1:56.24), Tevin Taylor in the 110 high hurdles (15.63), Brett Yeager in the high jump (6-03.25), the 4x100 relay team (42.82), and the 4x400 relay team (3:20.47).

Earning third place were Salisbury in the 100 (11.06), Eric Costa in the 400 (50.38), Taylor in the 400 intermediate hurdles (58.26), Jon Robinson in the long jump (20-11.75), and Bryan Wadlow in the triple jump (43-07.0),

Complete meet results will be available on the George Fox track and field website soon at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics).

The next event for the George Fox track and field squads will be Saturday (Apr. 7) at the Willamette University Open in Salem, Ore.

Monday, March 26, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Make Good Showing in Cal State-Northridge Invitational  
George Fox Opts Out of Linfield Combined Events This Week**

### **THIS WEEK:**

Sat., Mar. 31 - NCAA Division III Challenge, at Claremont, Calif.

### **LAST WEEK:**

Fri.-Sat., Mar. 23-24 - at California State University-Northridge Invitational, Northridge, Calif.  
(not team scored)

### **BRUINS POST GOOD TIMES AND DISTANCES IN CSU-NORTHRIDGE EVENT**

**NORTHRIDGE, Calif. ----** Competing against NCAA Division I and II schools, some outstanding junior colleges, and a number of track clubs, the George Fox University Bruins held their own in the California State University-Northridge Invitational here Friday and Saturday (Mar. 23-24). The meet was not team scored, but the Bruins would have done well with high finishes in several events.

### **Women's Division**

Leading the way for the George Fox women's team was **Kelsey Baron (So., Nehalem, Ore.)**, who won the triple jump, section B (36-06.25).

A second place finish went **Sarah Zempel (Fr., Rogue River, Ore.)** in the shot put, section B (40-07)

**Amy Forbes (Sr., Jackson, Wyo.)** earned third in the high jump (5-01.75, the best among D-III competitors).

A fourth-place finish went to **Colleen Forbes (Jr., Jackson, Wyo.)** in the long jump, section B (15-06), and the **4x400 relay team** (4:12.12).

**Zempel** posted a fifth in the the javelin, section A (112-02), while **Baron** was fifth in the long jump, section A (17-00.75).

### **Men's Division**

The lone Bruins win went to **Kyle Dixon (Fr., Springfield, Ore.)** in the javelin, section B (167-03).

Finishing second in the javelin, section B, almost 11 feet behind winning teammate Kyle Dixon (156-05), was **Nick Hultberg (Fr., Salem, Ore.)**.

Garnering third was the **4x400 relay team** (3:18.76, tops among D-III teams).

**Brett Yeager (Fr., Oakridge, Ore.)** finished fourth in the high jump (6-03.5), **Bryan Wadlow (Fr., Albany, Ore.)** fourth in the triple jump, section B (42-07), and **Steve Willmer (So., Fullerton, Calif.)** fourth in the 1,500 (4:06.82, best among D-III runners).

**Will Howard (Fr., Caldwell, Idaho)** came in fifth in the 5,000 (16:03.70), as did the **Bruin "C" team** in the 4x400 relays (3:31.02)

Bruin assistant coach **Chad Riddle**, representing the Bruin Club track team, won the discus throw, section B (140-01), while another assistant with the track club, **John Smith**, was second in the javelin, section B (188-06).

### **BRUINS OPT OUT OF LINFIELD EVENT, WILL COMPETE AT CLAREMONT NEXT**

The George Fox Bruins were scheduled to compete in the Linfield College Combined Events in McMinnville, Ore., on Monday-Tuesday, Mar. 26-27, but have opted out of that event because the entire men's and women's squads are in California for competition during the George

## George Fox Track & Field ... Mar. 19, 2001 ... page 2

Fox spring break. The Bruins had been entered in the Linfield event in case there were any athletes who could not compete in California due to injuries and who would have needed a meet to test their rehab efforts, but the Bruins are healthy for the most part and all the athletes are in California.

Next up for the Bruins is the NCAA Division III Challenge Saturday (Mar. 31) in Claremont, Calif., a meet bringing together some of the best D-III track and field programs in the country. Claremont-Mudd-Scripps Colleges is the host institution for this event.

### **GEORGE FOX AUTOMATIC QUALIFIERS (thru Mar. 25):**

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (11-06) - Sr. class record	NWC, NCAA
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00) - #5 all-time	NWC
Colleen Forbes	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5) - #5 all-time	NWC
Amy Forbes	High Jump (5-04) - #3 Sr. class	NWC
Amy Forbes	Triple Jump (34-08.5) - #7 all-time	NWC
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Kelsey Baron	Long Jump (16-07.75)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC
Sarah Zempel	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Javelin (118-09)	NWC
Sarah Zempel	Discus (128-06) - #4 all-time, #3 Fr. class	NWC
Sarah Zempel	Hammer (121-03)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates (Fr., Grover Beach, Calif.)	400 (62.31)	NWC
Christina Davis (Jr., Edmonds, Wash.)	400 (62.47)	NWC

<b><u>Male Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Previously qualified for:</u></b>
Tyler Gassaway (Sr., Portland, Ore.)	Long Jump (21-08.75)	NWC
Jon Robinson (Fr., Cannon Beach, Ore.)	Long Jump (21-06)	NWC
Ryan Sprunger (Fr., Dundee, Ore.)	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury	400 (51.32)	NWC
Ben Salisbury	200 (22.73)	NWC
Brett Yeager	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow	Triple Jump (43-0.5)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor (Fr., Portland, Ore.)	110 High Hurdles (15.67)	NWC
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC

Monday, March 19, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Take First in Both Divisions in NWC Focus Meet at Linfield  
Hunt Qualifies for NCAA Nationals Again**

### **THIS WEEK:**

Fri.-Sat., Mar. 23-24 - at California State University-Northridge Invitational, Northridge, Calif.

### **LAST WEEK:**

Mar. 17 - at NWC Focus Meet, at Linfield College, McMinnville, Ore.  
(Men - 1st of 6 / Women - 1st of 5)

### **BRUINS WIN BOTH MEN'S AND WOMEN'S DIVISIONS AT LINFIELD FOCUS MEET**

**McMINNVILLE, Ore. ----** Capturing firsts in 10 women's events and eight men's events, the George Fox University Bruins won both divisions of the Northwest Conference Five-Way track and field Focus Meet Saturday (Mar.17) here at Linfield College.

The Bruins won the women's division with 179 points, followed by Linfield with 139, Lewis & Clark College with 82, Pacific University with 79, and Willamette University with 34. The Bruin men tallied 195 points, with Linfield next at 166, Lewis & Clark with 130, Willamette with 27, the Bruin Track Club (alums) with 20, and Pacific with 14. Up to six places were scored in each event, on a 10-8-6-4-2-1 basis.

### **Women's Division**

Winning events for the Bruins were **Kelsey Baron (So., Nehalem, Ore.)** in the 100 meter dash (13.70), **Sara Oates (Fr., Grover Beach, Calif.)** in the 400 (1:00.72), **Jamie McElwain (Sr., Tigard, Ore.)** in the 1,500 (5:06.90), **Janelle Goeres (Fr., Gold Hill, Ore.)** in the 3,000 (11:41.50), **Amy Forbes (Sr., Jackson, Wyo.)** in the high jump (5-04.00), **Heather Hunt (Sr., Turner, Ore.)** in the pole vault (11-06.50), **Colleen Forbes (Jr., Jackson, Wyo.)** in the long jump (16-02.50) and the triple jump (35-02.50), **Sarah Zempel (Fr., Rogue River, Ore.)** in the shot put (39-11.25), and the 4x400 relay team (4:09.61) of **Colleen Forbes, McElwain, Christina Davis (Jr., Edmonds, Wash.),** and **Oates.**

Earning seconds were **Mona Matthews (Fr., Huntington, Ore.)**, in the 200 (29.84), **Davis** in the 400 (1:02.68), **Amy Forbes** in the triple jump (34-08.50), **Zempel** in the discus (128-06.00) and the hammer (121-01.00), and the 4x100 relay team (52.03) of **Matthews, Oates, Baron,** and **Davis.**

Third place finishes went to **Amy Bender (Fr., North Powder, Ore.)** in the 200 (33.39), and **Marisa Merritt (Sr., Portland, Ore.)** in the 800 (2:43.17).

Also scoring Bruin points were **Hunt**, 4th in the 100 (14.12), **Matthews**, 6th in the 100 (14.27), **Merritt**, 5th in the 1,500 (5:25.02), **Goeres**, 6th in the 1,500 (5:31.87), **Helena Telfer (So., Monmouth, Ore.)**, 5th in the pole vault (9-00.00), **Erin Paisley (Fr., Salem, Ore.)**, 6th in the pole vault (8-00.00) and 6th in the hammer (99-09.00), and **Heidi Smith (Jr., Lakeside, Ore.)**, 4th in the javelin (85-08.00).

### **Men's Division**

Firsts for the George Fox men went to **Jon Robinson (Fr., Cannon Beach, Ore.)** in the 100 (11.52), **Ryan Sprunger (Fr., Dundee, Ore.)** in the 400 (22.95), **Nick Ryland (So., Cheyenne, Wyo.)** in the 800 (2:00.51), **Brett Yeager (Fr., Oakridge, Ore.)** in the high jump (6-02.00), **Scott Greene (Sr., Beaverton, Ore.)** in the triple jump (40-09.50), **Darin Krueger (Jr., Portland, Ore.)** in the hammer (139-05.00), the 4x100 relay team (42.96) of **Sprunger, Ben Salisbury (Fr., Bellingham, Wash.), Tyler Gassaway (Sr., Portland, Ore.),** and **Robinson,** and

the 4x400 relay team (3:32.39) of **Sprunger, Gassaway, Jesse Rasmussen (Fr., Portland, Ore.),** and **Salisbury.**

Seconds went to the Bruins' **Robinson** in the 200 (23.03), **Rasmussen** in the 400 (50.94), **Zach Davidson (So., Albany, Ore.)** in the 110 high hurdles (16.43), **Keith Christiansen (So., Grass Valley, Ore.)** in the 400 intermediate hurdles (57.97), **Gassaway** in the long jump (21-08.75), and the 4x400 "B" team (3:31.52).

Earning third place were **Salisbury** in the 400 (51.32), **Davidson** in the 800 (2:04.23), **Will Howard (Fr., Caldwell, Idaho)** in the 1,500 (4:21.68), **Marty McKay (Fr., Bremerton, Wash.)** in the 400 intermediate hurdles (1:01.56), **Geoff Kirkendall (Fr., Roseburg, Ore.)** in the discus (125-08.00), and the George Fox "B" team in the 4x100 relays (45.90).

Other Bruin men who earned points were **Neil Cantrall (So., Salem, Ore.),** 6th in the 100, **Tevin Taylor (Fr., Portland, Ore.),** 5th in the 200 (24.50), 5th in the 800 (2:05.66), and 4th in the javelin (162-07.00), **Bjorn Dorskeland (Fr., Boise, Idaho),** 5th in the 1,500, **Greene,** 5th in the high jump (5-10.00), **Bryan Wadlow (Fr., Albany, Ore.),** 6th in the high jump (5-10.00), **Christiansen,** 4th in the pole vault (12-06.00), **Yeager,** 5th in the long jump (19-05.25), **Krueger,** 6th in the shot put (40-02.75), **Caleb Carlson (Fr., Oregon City, Ore.),** 5th in the discus (119-10.00), **Kyle Dixon (Fr., Springfield, Ore.),** 6th in the javelin (157-03.00), and the George Fox "C" team in the 4x400 relays (4:04.07).

The Bruins start early on the George Fox spring break coming up the last week in March, participating next in the California State University-Northridge Invitational Friday and Saturday, March 23-24.

### **HUNT QUALIFIES FOR NATIONALS AGAIN IN POLE VAULT**

**Heather Hunt,** an NCAA All-American last year with a 7th-place finish in the national meet in the pole vault, met the national qualifying mark for this season exactly with her vault of 11-06 at Linfield and will compete for the national title again this spring on May 24-26 at Millikin University in Decatur, Ill.

On the women's side, there were six other times or distances posted in McMinnville that qualified for the Northwest Conference meet. Five men's marks were good enough to qualify for the Northwest Conference meet.

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified at this meet for:</u></b>
Heather Hunt	Pole Vault (11-06) - Sr. class record	NCAA
Erin Paisley	Pole Vault (8-00) - #5 all-time	NWC
Amy Forbes	High Jump (5-04) - #3 Sr. class	NWC
Colleen Forbes	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5) - #5 all-time	NWC
Amy Forbes	Triple Jump (34-08.5) - #7 all-time	NWC
Sarah Zempel	Discus (128-06) - #4 all-time, #3 Fr. class	NWC
<b><u>Male Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified at this meet for:</u></b>
Tyler Gassaway	Long Jump (21-08.75)	NWC
Jon Robinson	Long Jump (21-06)	NWC
Ryan Sprunger	400 (50.66)	NWC
Jesse Rasmussen	400 (50.94)	NWC
Ben Salisbury	400 (51.32)	NWC

### **GEORGE FOX PREVIOUS QUALIFIERS:**

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt	Pole Vault (11-00)	NWC, NCAA provisional
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer	Pole Vault (9-06)	NWC
Kelsey Baron	Long Jump (16-07.75)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC
Sarah Zempel	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Javelin (118-09)	NWC
Sarah Zempel	Discus (126-08)	NWC
Sarah Zempel	Hammer (121-03)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates	400 (62.31)	NWC
Christina Davis	400 (62.47)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Brett Yeager	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow	Triple Jump (43-0.5)	NWC
Ben Salisbury	200 (22.73)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor	110 High Hurdles (15.67)	NWC
Zach Davidson	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC

**NEW PERSONAL BESTS:**

Bruin women set 7 new personal records in the NWC Focus Meet in McMinnville, while 18 new personal highs were set by the men.

<u>Female Athlete</u>	<u>Event (New Best Time or Distance)</u>
Colleen Forbes	Long Jump (16-02.5)
Colleen Forbes	Triple Jump (35-02.5) - #5 all-time
Amy Forbes	Triple Jump (34-08.5) - #7 all-time
Amy Bender	100 (15.82)
Amy Bender	200 (33.39)
C. Forbes, McElwain, Davis, Oates	4x400 (4:09.61)
Colleen Forbes	4x400 split (64.0)
<u>Male Athlete</u>	<u>Event (New Best Time or Distance)</u>
Geoff Kirkendall	Discus (125-08)
Caleb Carlson	Discus (119-10)
Nick Hultberg (Fr., Salem, Ore.)	Discus (117-10)
Kenan Butler (So., Shelton, Wash.)	Discus (88-02)
Nick Hultberg	Javelin (156-02)
Tevin Taylor	200 (24.50)
Ryan Sprunger	400 (50.66)
Jesse Rasmussen	400 (50.94)
Ben Salisbury	400 (51.32)
Tevin Taylor	800 (2:05.66)
Will Howard	800 (2:12.82)
Will Howard	1,500 (4:21.68)
Sprunger, Salisbury, Gassaway, Robinson	4x100 (42.96) - #22 all-time
Ryan Sprunger	4x400 split (51.1)
Jesse Rasmussen	4x400 split (51.5)
Tevin Taylor	4x400 split (53.6)
Will Howard	4x400 split (62.5)
Bjorn Doskeland	4x400 split (58.1)

# George Fox University

## SPORTS PRESS RELEASE – TRACK AND FIELD

*Saturday, March 10, 2001 --- For Immediate Release*

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### **BRUINS WIN BOTH MEN'S AND WOMEN'S DIVISIONS AT LINFIELD FOCUS MEET**

**McMINNVILLE, Ore. ----** Capturing firsts in 10 women's events and eight men's events, the George Fox University Bruins won both divisions of the Northwest Conference Five-Way track and field Focus Meet Saturday (Mar.17) here at Linfield College.

The Bruins won the women's division with 179 points, followed by Linfield with 139, Lewis & Clark College with 82, Pacific University with 79, and Willamette University with 34. The Bruin men tallied 195 points, with Linfield next at 166, Lewis & Clark with 130, Willamette with 27, the Bruin Track Club (alums) with 20, and Pacific with 14. Up to six places were scored in each event, on a 10-8-6-4-2-1 basis.

#### **Women's Division**

Winning events for the Bruins were Kelsey Baron in the 100 meter dash (13.70), Sara Oates in the 400 (1:00.72), Jamie McElwain in the 1,500 (5:06.90), Janelle Goeres in the 3,000 (11:41.50), Amy Forbes in the high jump (5-04.00), Heather Hunt in the pole vault (11-06.50), Colleen Forbes in the long jump (16-02.50) and the triple jump (35-02.50), Sarah Zempel in the shot put (39-11.25), and the 4x400 relay team (4:09.61).

Earning seconds were Mona Matthews in the 200 (29.84), Christina Davis in the 400 (1:02.68), Amy Forbes in the triple jump (34-08.50), Zempel in the discus (128-06.00) and the hammer (121-01.00), and the 4x100 relay team.

Third place finishes went to Amy Bender in the 200 (33.39), and Marisa Merritt in the 800 (2:43.17).

#### **Men's Division**

Firsts for the George Fox men went to Jon Robinson in the 100 (11.52), Ryan Sprunger in the 400 (22.95), Nick Ryland in the 800 (2:00.51), Brett Yeager in the high jump (6-02.00), Scott Greene in the triple jump (40-09.50), Darin Krueger in the hammer (139-05.00), the 4x100 relay team (42.96), and the 4x400 relay team (3:32.39).

Seconds went to the Bruins' Robinson in the 200 (23.03), Jesse Rasmussen in the 400 (50.94), Zach Davidson in the 110 high hurdles (16.43), Keith Christiansen in the 400 intermediate hurdles (57.97), Tyler Gassaway in the long jump (21-08.75), and the 4x400 "B" team (3:31.52).

Earning third place were Ben Salisbury in the 400 (51.32), Davidson in the 800 (2:04.23), Will Howard in the 1,500 (4:21.68), Marty McKay in the 400 intermediate hurdles (1:01.56), Geoff Kirkendall in the discus (125-08.00), and the George Fox "B" team in the 4x100 relays (45.90).

For complete meet results, visit the athletic pages at Linfield College at: [www.linfield.edu](http://www.linfield.edu).

The Bruins start early on the George Fox spring break coming up the last week in March, participating next in the California State University-Northridge Invitational Friday and Saturday, March 23-24.

Monday, March 12, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruin Women 2nd, Men 3rd in NWC Focus Meet in Salem**

### **THIS WEEK:**

Sat., Mar. 17 - at NWC Focus Meet, Linfield College, in McMinnville, Ore.

### **LAST WEEK:**

Mar. 10 - at NWC Focus Meet, Willamette University, in Salem, Ore.  
(Women - 2nd of 6 / Men - 3rd of 6)

### **BRUIN WOMEN 2ND, MEN 3RD IN NWC FOCUS MEET IN SALEM**

**SALEM, Ore. ----** In another good showing early in the outdoor track and field season, the George Fox University women finished second and the Bruin men third in the Northwest Conference Focus Meet hosted by Willamette University here Saturday (Mar. 10).

"This meet scored eight places deep, and we just don't have the depth to earn that many points," admitted Bruins coach **Wes Cook**, "but we turned in some outstanding numbers and I think did quite well."

### **Women's Division**

In the women's events, host Willamette took first with 292 points, followed by **George Fox with 195**, Lewis & Clark College with 66, Lane Community College with 48, Pacific University with 40, and Chemeketa Community College with 34.

Winning events for the Bruins were **Brooke Pitner (Fr., Vancouver, Wash.)** in the 200 (26.76), **Sara Oates (Fr., Grover Beach, Calif.)** in the 400 (59.83), **Janelle Goeres (Fr., Gold Hill, Ore.)** in the 5,000 (19:48.37), **Deveny West (Fr., Klamath Falls, Ore.)** in the pole vault (10-06), **Kelsey Baron (So., Nehalem, Ore.)** in the long jump (16-06) and the triple jump (36-4.25), **Sarah Zempel (Fr., Rogue River, Ore.)** in the shot put (40-10.25), the 4x100 relay team (50.86), and the 4x400 relay team (4:15.93). The 4x100 team included **Mona Mathews (Fr., Huntington, Ore.)**, Oates, Baron, and Pitner, while the 4x400 team was Mathews, **Jamie McElwain (Sr., Tigard, Ore.)**, **Christina Davis (Jr., Edmonds, Wash.)**, and Oates.

McElwain finished 2nd overall to an unattached winner but had the top scoring time in the 800 (2:24.96), as did **Tori Taylor (Jr., Portland, Ore.)** in the 3,000 (11:11.84).

Seconds were claimed by Pitner in the 100 (13.09), Oates in the 200 (27.13), **Amy Forbes (Sr., Jackson, Wyo.)** in the high jump (5-0), Zempel in the discus (126-08), and **Lori Miller (Jr., Aurora, Ore.)** in the javelin (122-0). Thirds went to McElwain in the 1,500 (5:00.34) and Zempel in the hammer (121-03).

### **Men's Division**

In the men's events, the top spot went to Lane CC with 216.5 points, followed by Willamette with 180, **George Fox with 162**, Chemeketa CC with 79, Lewis & Clark with 54.5, and Pacific with 9.

George Fox got only one first, in the 4x400 relays (3:22.36) run by **Zach Davidson (So., Albany, Ore.)**, **Ben Salisbury (Fr., Bellingham, Wash.)**, **Tyler Gassaway (Sr., Portland, Ore.)**, and **Eric Costa (Sr., Beaverton, Ore.)**. The Bruins captured several seconds, however, including Salisbury in the 100 (11.39) and the 200 (22.90), **Nick Ryland (So., Cheyenne, Wyo.)** in the 800 (2:01.52), **Brett Yeager (Fr., Oakridge, Ore.)** in the high jump (6-4), **Bryan Wadlow (Fr., Albany, Ore.)** in the triple jump (43-0.5), **Darin Krueger (Jr., Portland, Ore.)** in the hammer (152-0), and the 4x100 relay team (43.29) of **Ryan Sprunger (Fr., Dundee, Ore.)**, Salisbury, Gassaway, and **Jon Robinson (Fr., Cannon Beach, Ore.)**.



## George Fox Track & Field ... Mar. 12, 2001 ... page 2

Earning thirds were Robinson in the 100 (11.41), Gassaway in the 200 (23.05), Costa in the 400 (50.26), **Tevin Taylor (Fr., Portland, Ore.)** in the 100 high hurdles (15.67), Davidson in the 400 intermediate hurdles (56.81), and **Kyle Dixon (Fr., Springfield, Ore.)** in the javelin (158-03). The George Fox 4x400 "B" team, run by **Keith Christiansen (So., Grass Valley, Ore.)**, Ryland, **Adam Puckett (Fr., Freeport, Maine)**, and Taylor, also got a third (3:30.00).

The Bruins compete in another NWC Focus Meet next Saturday (Mar. 17) at Linfield College in McMinnville, Ore.

### New qualifying times:

On the women's side, there were seven times or distances posted that qualified for the Northwest Conference meet. Six men's marks were good enough to qualify for the Northwest Conference meet.

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified at this meet for:</u>
Deveny West	Pole Vault (10-04)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC
Sarah Zempel	Discus (126-08)	NWC
Sarah Zempel	Hammer (121-03)	NWC
Brooke Pitner	200 (26.76)	NWC
Sara Oates	400 (59.83 - previously at 62.31)	NWC
Christina Davis	400 (62.47)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified at this meet for:</u>
Brett Yeager	High Jump (6-04 - previously at 6-02)	NWC
Bryan Wadlow	Triple Jump (43-0.5)	NWC
Eric Costa	400 (50.26 - (previously at 50.58)	NWC
Tevin Taylor	110 High Hurdles (15.67)	NWC
Zach Davidson	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC

### Already qualified:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Heather Hunt	Pole Vault (11-00)	NWC, NCAA provisional
Helena Telfer (So., Grand Ronde, Ore.)	Pole Vault (9-06)	NWC
Kelsey Baron	Long Jump (16-07.75)	NWC
Sarah Zempel	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Javelin (118-09)	NWC
Sara Oates	400 (62.31)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Brett Yeager	High Jump (6-02)	NWC
Adam Puckett	Long Jump (22-01.75)	NWC
Ben Salisbury	200 (22.73)	NWC
Eric Costa	400 (50.58)	NWC

### Personal Bests:

Bruin women set 9 new personal records in the NWC Focus Meet in Salem, while 16 new personal highs were set by the men.

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>
Deveny West	Pole Vault (10-06)
Sarah Zempel	Hammer (121-03)
Erin Paisley (Fr., Salem, Ore.)	Hammer (110-04)
Helena Telfer	100 (14.63)

**George Fox Track & Field ... Mar. 12, 2001 ... page 3**

Amy Bender (Fr. North Powder, Ore.)	100 (15.86)
Amy Bender	200 (33.78)
Sara Oates	400 (59.83)
Janelle Goeres	5000 (19:48.37)
Mona Matthews	4x400 split (69.7)

Male Athlete

Brett Yeager  
Marty McKay (Fr., Bremerton, Wash.)  
Bryan Wadlow  
Adam Puckett  
Nick Hultberg (Fr., Salem, Ore.)  
Kenan Butler (So., Shelton, Wash.)  
Jesse Rasmussen (Fr., Portland, Ore.)  
Bjorn Doskeland (Fr., Boise, Idaho)  
Steve Willmer (So., Fullerton, Calif.)  
Bjorn Doskeland  
Will Howard (Fr., Caldwell, Idaho)  
Tevin Taylor  
Tevin Taylor  
Marty McKay  
Nick Ryland  
Adam Puckett

Event (Time or Distance)

High Jump (6-04)  
Long Jump (18-10.5)  
Triple Jump (43-00.5)  
Triple Jump (41-07)  
Discus (109-01)  
Discus (70-06)  
400 (52.24)  
800 (2:09.21)  
1500 (4:07.77)  
1500 (4:23.73)  
5000 (16:08.10)  
110 High Hurdles (15.67)  
400 Intermediate Hurdles (58.11)  
400 Intermediate Hurdles (59.46)  
4x400 split (52.0)  
4x400 split (54.0)

# GEORGE FOX UNIVERSITY

## SPORTS PRESS RELEASE – TRACK AND FIELD

**Saturday, March 10, 2001 --- For Immediate Release**

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### **BRUIN WOMEN 2ND, MEN 3RD IN NWC FOCUS MEET IN SALEM**

**SALEM, Ore. ----** In another good showing early in the outdoor track and field season, the George Fox University women finished second and the Bruin men third in the Northwest Conference Focus Meet hosted by Willamette University here Saturday (Mar. 10).

"This meet scored eight places deep, and we just don't have the depth to earn that many points," admitted Bruins coach Wes Cook, "but we turned in some outstanding numbers and I think did quite well."

#### **Women's Division**

In the women's events, host Willamette took first with 292 points, followed by George Fox with 195, Lewis & Clark College with 66, Lane Community College with 48, Pacific University with 40, and Chemeketa Community College with 34.

Winning events for the Bruins were Brooke Pitner in the 200 (26.76), Sara Oates in the 400 (59.83), Janelle Goeres in the 5,000 (19:48.37), Deveny West in the pole vault (10-06), Kelsey Baron in the long jump (16-06) and the triple jump (36-4.25), Sarah Zempel in the shot put (40-10.25), the 4x100 relay team (50.86), and the 4x400 relay team (4:15.93). Jamie McElwain finished 2nd overall to an unattached winner but had the top scoring time in the 800 (2:24.96), as did Tori Taylor in the 3,000 (11:11.84).

Seconds were claimed by Pitner in the 100 (13.09), Oates in the 200 (27.13), Amy Forbes in the high jump (5-0), Zempel in the discus (126-08), and Lori Miller in the javelin (122-0). Thirds went to McElwain in the 1,500 (5:00.34) and Zempel in the hammer (121-03).

#### **Men's Division**

In the men's events, the top spot went to Lane CC with 216.5 points, followed by Willamette with 180, George Fox with 162, Chemeketa CC with 79, Lewis & Clark with 54.5, and Pacific with 9.

George Fox got only one first, in the 4x400 relays (3:22.36), but several seconds, including Ben Salisbury in the 100 (11.39) and the 200 (22.90), Nick Ryland in the 800 (2:01.52), Brett Yeager in the high jump (6-4), Bryan Wadlow in the triple jump (43-0.5), Darin Krueger in the hammer (152-0), and the 4x100 relay team (43.29).

Earning thirds were Jon Robinson in the 100 (11.41), Tyler Gassaway in the 200 (23.05), Eric Costa in the 400 (50.26), Tevin Taylor in the 100 high hurdles (15.67), Zach Davidson in the 400 intermediate hurdles (56.81), and Kyle Dixon in the javelin (158-03). The George Fox 4x400 "B" team also got a third (3:30.00).

The Bruins compete in another NWC Focus Meet next Saturday (Mar. 17) at Linfield College in McMinnville, Ore.

Monday, March 5, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruin Women Win Two Events in Season-Opening Linfield Icebreaker  
Hunt and Zempel Qualify Provisionally for NCAA Nationals**

### **COMING UP:**

Sat., Mar. 10, time TBA - at NWC Focus Meet, Willamette University, in Salem, Ore.

### **LAST WEEK:**

Sat., Mar. 3, 10:00 a.m. - at Linfield Icebreaker, in McMinnville, Ore. (not team scored)

### **BRUINS MAKE GOOD SHOWING IN LINFIELD ICEBREAKER**

**McMINNVILLE, Ore.** --- In their 2001 season opener for outdoor track and field, the George Fox University Bruins got off to a good start, particularly the women, who are the defending Northwest Conference champions, in the Linfield College Icebreaker here Saturday (Mar. 3).

The Bruins captured first place in two women's events, **Tori Taylor (Jr., Portland, Ore.)** winning the 3,000 meter Steeplechase with a time of 11:58.60, and the relay team of **Colleen Forbes (Jr., Jackson, Wyo.)**, **Jamie McElwain (Sr., Tigard, Ore.)**, **Christina Davis (Jr., Edmonds, Wash.)**, and **Sara Oates (Fr., Grover Beach, Calif.)** taking the 4x400 in 4:14.60. Taylor's Steeplechase time was a junior class record. **Elizabeth Moyer (Fr., Camarillo, Calif.)** also ran the Steeplechase, and her time of 12:56.80 was 2nd-best all-time and a freshman class record.

**Heather Hunt (Sr., Turner, Ore.)**, an NCAA All-American in the pole vault, picked up where she left off last year with a vault of 11-0 to finish 2nd, although that is more than a foot lower than her personal best. Teammate **Helena Telfer (So., Monmouth, Ore.)** finished 7th with a vault of 9-06, the 2nd-best ever by a GFU sophomore.

**Kelsey Baron (So., Nehalem, Ore.)** took a 3rd in the long jump with a leap of 16.07.75, while **Amy Forbes (Sr., Jackson, Wyo.)** was 4th in the high jump at 5-0, and the 4x100 relay team of **Davis, Oates, Baron, and Brooke Pitner (Fr., Vancouver, Wash.)** was 4th with a time of 51.33. **Oates** also captured a 4th in the 400 with a time of 62.31.

Perhaps the most impressive performance of the day was turned in by **Sarah Zempel (Fr., Rogue River, Ore.)**, who in her first college outdoor meet was 3rd in the Shot Put with a distance of 42-0, the 2nd-best mark in Bruin history and 2nd-best ever by a freshman. She then threw the Hammer 112-07, also 2nd-best in history and 2nd-best by a freshman. Not finished yet, she also hurled the Javelin 118-09, 9th-best in Bruin annals.

While the men did not threaten any records as did the women, there were nevertheless some good showing by the Bruins. **Adam Puckett (Fr., Freeport, Maine)** finished 3rd in the Long Jump with a distance of 22-01.75, the 10th-best distance ever. The 4x100 relay team of **Zach Davidson (So., Albany, Ore.)**, **Ben Salisbury (Fr., Bellingham, Wash.)**, **Tyler Gassaway (Sr., Portland, Ore.)**, and **Jon Robinson (Fr., Cannon Beach, Ore.)** took 4th with a time of 44.13. **Tevin Taylor (Fr., Portland, Ore.)** came in 5th in the 110 meter High Hurdles at 16.22.

### **Qualifying times:**

On the women's side, there were six times or distances posted that qualified for the Northwest Conference meet, and two marks that qualified provisionally for the NCAA National Championships. Four men's marks were good enough to qualify already for the Northwest Conference meet.

-more-

**George Fox Track & Field ... Mar. 5, 2001 ... page 2**

<u>Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Heather Hunt	Pole Vault (11-00)	NWC, NCAA provisional
Helena Telfer	Pole Vault (9-06)	NWC
Kelsey Baron	Long Jump (16-07.75)	NWC
Sarah Zempel	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Javelin (118-09)	NWC
Sara Oates	400 (62.31)	NWC
Brett Yeager	High Jump (6-02)	NWC
Adam Puckett	Long Jump (22-01.75)	NWC
Ben Salisbury	200 (22.73)	NWC
Eric Costa	400 (50.58)	NWC

**Personal Bests:**

Bruin women set personal records in 11 events in the Linfield Icebreaker, while 21 personal highs were set by the men.

<u>Athlete</u>	<u>Event (Time or Distance)</u>
Sarah Zempel	Shot Put (42-00)
Sarah Zempel	Hammer (112-07)
Erin Paisley	Hammer (101-00)
Tori Taylor	Hammer (86-09)
Mona Matthews	100 (13.96)
Helena Telfer	100 (14.93)
Deveny West	100 (14.93)
Mona Matthews	200 (29.68)
Janelle Goeres	5000 (20:45.34)
Elizabeth Moyer	3000m Steeplechase (12:56.80)
Colleen Forbes	4x400 split (64.2)
Adam Puckett	Long Jump (22.01.75)
David Kilian	Long Jump (17-11)
Geoff Kirkendall	Shot Put (37-05.25)
Caleb Carlson	Shot Put (35-05)
Nick Hultberg	Shot Put (32-11)
Geoff Kirkendall	Discus (121-10)
Caleb Carlson	Discus (111-07)
Nick Hultberg	Discus (105-11)
Kyle Dixon	Javelin (159-02)
Chris Chartier	100 (12.12)
Chris Chartier	200 (24.39)
Keith Christiansen	200 (24.79)
Ryan Sprunger	400 (51.83)
Jesse Rasmussen	400 (54.10)
Marty McKay	800 (2:11.83)
Bjorn Doskeland	5000 (17:00.41)
Will Howard	10,000 (34:40.04)
Tevin Taylor	110 Hurdles (16.22)
Jon Robinson	4x400 split (52.4)
Ryan Sprunger	4x400 split (54.4)
Marty McKay	4x400 split (53.5)

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Tune Up for Spring with Strong Indoor Performances in Idaho  
Season Begins in Earnest at Linfield Icebreaker on March 3**

### **COMING UP:**

Sat., Mar. 3, 10:00 a.m. - at Linfield Icebreaker, in McMinnville, Ore.

### **LAST WEEK:**

Feb. 21-22 - at University of Idaho / McDonald's Indoor Meet

### **BRUINS SET NUMEROUS INDOOR RECORDS AT IDAHO MEET**

**MOSCOW, Idaho** --- In a tuneup for the 2001 outdoor track and field season, the George Fox University Bruins brought several athletes to the University of Idaho / McDonald's Indoor Meet here Saturday (Feb. 17) and turned out some record-setting performances that had 13-year veteran coach **Wes Cook** beaming.

"It was truly an outstanding weekend for the athletes who went," remarked Cook, "with four new school records on the women's side and several other fine efforts. Three of the records were set by newcomers to the program, and that's certainly encouraging. Here's hoping our success will carry over into the outdoor season."

The one new record set by a returning Bruin was a long jump of 16-01.5 by **Kelsey Baron (So., Nehalem, Ore.)**, breaking the old mark of 16-0 in 1991 by Amy Gail. **Brooke Pitner (Fr., Vancouver, Wash.)** broke the 60 meter record with a time of 8.31, topping the 8.67 by Olivia Fromdahl in 1998. **Sara Oates (Fr., Grover Beach, Calif.)** set a new record in the 400 with a 61.31, besting the 63.74 by Dahl in 1993. Finally, **Sarah Zempel (Fr., Rogue River, Ore.)** threw the 20-pound weight a distance of 35-10.75, surpassing by over 10 feet a toss of 25-01.25 by Lindsay Walker in 1999. **Zempel** also posted the 10th-best all-time shot put in George Fox history with a heave of 38-04.25.

Other Bruins who participated in the meet were **Mona Matthews (Fr., Huntington, Ore.)**, **Jamie McElwain (Sr., Tigard, Ore.)**, **Christina Davis (Jr., Edmonds, Wash.)**, and **Erin Paisley (Fr., Salem, Ore.)** for the women, and **Jon Robinson (Fr., Cannon Beach, Ore.)**, **Tyler Gassaway (Sr., Portland, Ore.)**, **Chris Chartier (Fr., Yucca Valley, Calif.)**, **Eric Costa (Sr., Beaverton, Ore.)**, **Jon Castillo-Miller (Fr., Nipomo, Calif.)**, **Will Howard (Fr., Caldwell, Idaho)**, **Bjorn Doskeland (Fr., Boise, Idaho)**, and **Adam Puckett (Fr., Freeport, Maine)** for the men.

The full squad of George Fox men and women will get their first outdoor workout next Saturday (March 3) in the Linfield Icebreaker in McMinnville, Ore., which kicks off at 10:00 a.m. George Fox's women are the defending Northwest Conference track and field champions, while the men are looking to improve upon a 4th-place finish in the NWC meet last year.

**GEORGE FOX UNIVERSITY "BRUINS"**  
**2001 MEN'S AND WOMEN'S TRACK AND FIELD SCHEDULE**

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>	<u>LOCATION</u>	<u>TIME</u>
<b>MARCH</b>				
3	Sat.	Linfield Icebreaker	McMinnville, Ore.	10:00 a.m.
10	Sat.	NWC Focus Meet	Salem, Ore.	TBA
17	Sat.	NWC Focus Meet	McMinnville, Ore.	TBA
23-24	Fri.-Sat.	California State-Northridge Invitational	Northridge, Calif.	TBA
26-27	Mon.-Tue.	Linfield Combined Events	McMinnville, Ore.	TBA
31	Sat.	NCAA Division III Challenge	Claremont, Calif.	TBA
<b>APRIL</b>				
7	Sat.	Willamette Open (limited)	Salem, Ore.	TBA
13	<b>Fri.</b>	<b>DISTANCE CARNIVAL</b>	<b>Newberg, Ore.</b>	<b>6:00 p.m.</b>
14	Sat.	Linfield All-Corners	McMinnville, Ore.	TBA
16-17	<b>Mon.-Tue.</b>	<b>NWC COMBINED EVENTS</b>	<b>Newberg, Ore.</b>	<b>10:00 a.m.</b>
21	Sat.	Clackamas Open	Oregon City, Ore.	10:00 a.m.
28	Sat.	Western Oregon Open	Monmouth, Ore.	TBA
28	Sat.	Oregon Invitational	Eugene, Ore.	TBA
<b>MAY</b>				
4-5	Fri.-Sat.	Northwest Conference Championships	Salem, Ore.	TBA
12	Sat.	Northwest Regional Open or Seattle Pacific Invitational	Salem, Ore. Seattle, Wash.	10:00 a.m. TBA
19	Sat.	NCAA Division III Last Chance	Spokane, Wash.	TBA
24-26	Thur.-Sat.	NCAA Division III Championships	Decatur, Ill.	TBA

Home events in **BOLD CAPS**

Home meets at Colcord Memorial Field

All times Pacific and subject to change

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**George Fox Women 4th, Men 5th in Northwest Conference Meet  
Bruins Win 5 Women's Events, 4 Men's Events at NWC Meet**

### **THIS WEEK:**

Sat., May 12 - at Northwest Regional Open, in Salem, Ore.,  
or Seattle Pacific Invitational, in Seattle, Wash.

### **LAST WEEK:**

May 4-5 - at Northwest Conference Championships, Willamette University, in Salem, Ore.  
(Women - 4th of 9 / Men - 5th of 9)

### **BRUIN WOMEN 4TH, MEN 5TH IN NORTHWEST CONFERENCE MEET**

**SALEM, Ore. ---** A 4th-place finish for the women and a 5th-place showing for the men were the stories for the George Fox University Bruins in the 2001 Northwest Conference Track & Field Championships held here Friday-Saturday (May 4-5) at Willamette University's Charles Bowles Track.

Whitworth College won both the men's and women's titles. The Whitworth women held off host Willamette to win their first-ever NWC title, and the Whitworth men held off a stiff challenge from Linfield College to win its first NWC championship since 1972.

The Pirate women, who led WU by just two points (71-69) heading into the second day, widened their lead on the strength of their sprinters and won by a margin of 208 to 185 2/3 over the Bearcats. The top two were followed by Pacific Lutheran University with 147 1/3, defending champion **George Fox with 131**, Linfield with 53, the University of Puget Sound with 31, Whitman College and Lewis & Clark College in a tie with 22, and Pacific University with 13.

Whitworth's men rallied from 5th place at the beginning of the second day, scoring 142 1/2 points on Saturday to edge Linfield 168 to 162. They were followed by Pacific Lutheran with 141, Willamette with 126, **George Fox with 123**, Puget Sound with 57, Lewis & Clark with 32, Whitman with 1, and Pacific with 0.

Ryan Dirks of Pacific Lutheran was named NWC Male Athlete of the Meet and Amber Larsen of Linfield was named NWC Female Athlete of the Meet. Whitworth head coach Toby Schwartz was named NWC coach of the year for both the men and women. He won the men's award last year, while **Wes Cook** of George Fox was the women's top coach last year.

Complete results of the 2001 Northwest Conference championships are available on the George Fox website at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics).

### **FIVE WINS FOR GFU WOMEN, FOUR FOR MEN AT NWC MEET**

**SALEM, Ore. ---** George Fox's women's track and field team posted five wins in the Northwest Conference Championships here at Charles Bowles Track May 4-5, while the Bruin men recorded four 1st-place finishes.

Champions for the women were **Amy Forbes (Sr., Jackson, Wyo.)** in the high jump (5-04.25), **Kelsey Baron (So., Nehalem, Ore.)** in both the long jump (17-09) and the triple jump (36-01.25), **Sarah Zempel (Fr., Rogue River, Ore.)** in the shot put (41-02.25), and **Heather Hunt (Sr., Turner, Ore.)** in the pole vault (11-00.75).

Several other Bruin women also earned All-Conference honors by finishing in the top three in their events. Seconds went to **Sara Oates (Fr., Grover Beach, Calif.)** in the 400 (58.35), **Jamie McElwain (Sr., Tigard, Ore.)** in the 800 (2:18.27), **Zempel** in the discus (139-05), and **Lori Miller (Jr., Aurora, Ore.)** in the javelin (135-02). Thirds were recorded by **Colleen Forbes**



(Jr., Jackson, Wyo.) in the triple jump (35-06), and the relay team of **Colleen Forbes, McElwain, Christina Davis (Jr., Edmonds, Wash.),** and **Oates** in the 4x400 (4:03.28).

Winners for the men were **Jon Robinson (Fr., Cannon Beach, Ore.)** in the long jump (22-02.50), **Ben Salisbury (Fr., Bellingham, Wash.)** in the 200 (22.17), the relay team of **Robinson, Eric Costa (Sr., Beaverton, Ore.), Tyler Gassaway (Sr., Oregon City, Ore.),** and **Salisbury** in the 4x100 (42.10), and the relay team of **Ryan Sprunger (Fr., Dundee, Ore.), Gassaway, Costa, and Salisbury** in the 4x400 (3:17.54).

Several other Bruin men earned All-Conference honors by finishing second or third. A second went to **Zach Davidson (So., Albany, Ore.)** in the 400 intermediate hurdles (55.39). Thirds were posted by **Gassaway** in the 200 (22.49) and in the 400 (49.91), and **Steve Willmer (So., Fullerton, Calif.)** in the 800 (1:54.50).

### GEORGE FOX AUTOMATIC QUALIFIERS

Several George Fox athletes met standards for automatic or provisional qualification for the NCAA Division III National Championships May 24-26 at Millikin University in Decatur, Ill., during the Northwest Conference Championships, including **Lori Miller**, automatically qualifying in the javelin (135-02); **Sarah Zempel**, provisionally in the discus (139-05), and the men's relay team of **Ryan Sprunger, Tyler Gassaway, Eric Costa,** and **Ben Salisbury**, provisionally in the 4x400 (3:17.54).

These athletes have now qualified either automatically or provisionally for the NCAA Nationals:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (11-06.5)	NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NCAA provisional
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	NCAA
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	NCAA provisional
Kelsey Baron	Triple Jump (37-02.25)	NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-04.5)	NCAA provisional
Lori Miller (Jr., Aurora, Ore.)	Javelin (135-02)	NCAA
<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Ryan Sprunger (Fr., Dundee, Ore.)	4x400 relay (3:17.54)	NCAA provisional
Eric Costa (Sr., Beaverton, Ore.)	4x400 relay (3:17.54)	NCAA provisional
Tyler Gassaway (Sr., Portland, Ore.)	4x400 relay (3:17.54)	NCAA provisional
Ben Salisbury (Fr., Bellingham, Wash.)	4x400 relay (3:17.54)	NCAA provisional

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Hunt Sets School Record with 3rd-Best Pole Vault in D-III History**  
**Several Bruins Set Personal Marks in UW Ken Foreman Invitational**  
**"Last Chance" Meet in Spokane on Saturday Before NCAA Nationals May 24-26**

### **THIS WEEK:**

Sat., May 19 - at NCAA Division III Last Chance Meet, Spokane, Wash.

### **LAST WEEK:**

Sat., May 12 - at University of Washington Ken Foreman Invitational, Seattle, Wash.

### **HUNT'S RECORD VAULT LEADS BRUIN EFFORTS IN UW INVITATIONAL**

**SEATTLE, Wash. --- Heather Hunt (Sr., Turner, Ore.)** vaulted a school-record 12-05.5, the 3rd-best vault in NCAA Division III women's history, to win the pole vault, highlighting efforts by the George Fox University Bruins in the University of Washington Ken Foreman Invitational Track & Field Meet Saturday (May 12) here at Husky Stadium.

**Hunt**, who had already qualified for the NCAA Division III National Championships May 24-26 in Decatur, Ill., shattered her own Bruin record of 12-01.5, an NAIA national record at the time, which she achieved in her freshman year. The NCAA record of 12-11.5 was set last year by eventual national champion Laura Rosenberger of Eastern Mennonite University. Rachel Veltkamp of Calvin College has this year's best vault of 12-06, which she also reached this past weekend, so Veltkamp and **Hunt** have the top two vaults this year and the Nos. 2 and 3 all-time highs. Rosenberger has this year's 3rd-best mark at 12-03.5.

**Hunt** was the only Bruin to win an event outright in the Foreman meet, although **Kelsey Baron (So., Nehalem, Ore.)** tied for first in the triple jump (36-10.50), and several others posted impressive top-five finishes.

**Lori Miller (Jr., Aurora, Ore.)**, who had already qualified nationally for the javelin, set a personal record of 138-01 in finishing second, posting the 6th-best throw in the nation this season and moving to 6th on the GFU all-time list. **Sarah Zempel (Fr., Rogue River, Ore.)** was second in the discus (129-03.00).

**Baron** was fourth in the long jump (17-03.25), and **Jamie McElwain (Sr., Tigard, Ore.)** finished fifth in the 800 (2:14.12). McElwain's time, the 2nd-best ever for a GFU senior, ranks as 12th-best in the country this year and is a provisional qualifying time for the NCAAs, only 0.6 off an automatic time.

**Helena Telfer (So., Monmouth, Ore.)** set a new personal mark in the pole vault (9-08), becoming the 3rd-best all-time and 2nd-best sophomore vaulter in Bruin history.

Top finishers for the Bruin men were the 4x400 relay team of **Ryan Sprunger (Fr., Dundee, Ore.)**, **Tyler Gassaway (Sr., Oregon City, Ore.)**, **Eric Costa (Sr., Beaverton, Ore.)**, and **Ben Salisbury (Fr., Bellingham, Wash.)**, who finished third (3:16.26) while improving upon their previous best, a provisionally-qualifying time of 3:17.54. **Sprunger** (50.6) and **Salisbury** (47.8) set personal records with their split times. **Bryan Wadlow (Fr., Albany, Ore.)** was third in the triple jump (44-04), also setting a personal record.

The relay team of **Jon Robinson (Fr., Cannon Beach, Ore.)**, **Costa**, **Gassaway**, and **Salisbury** in the 4x100 finished fourth (42.61), moving them into 14th on the all-time list. **Keith Christiansen (So., Grass Valley, Ore.)** was fifth in the pole vault (13-09.25), setting a personal mark and moving into 10th on the all-time list. **Robinson** was fifth in the long jump (21-0), and **Darin Krueger (Jr., Portland, Ore.)** was fifth in the hammer (156-09), taking over the 5th spot all-time and 2nd spot in the junior class.

Others who set new personal marks were **Geoff Kirkendall (Fr. Roseburg, Ore.)** with a freshman class record and #11 all-time throw in the hammer (144-09), and **Nick Hultberg (Fr., Salem, Ore.)**, also in the hammer (110-11).

**"LAST CHANCE" MEET IN SPOKANE COULD PUT MORE BRUINS IN NCAAS**

**NEWBERG, Ore.** --- For a few George Fox University track and field athletes who are just on the verge of qualifying for the NCAA National Championships, the NCAA Division III Last Chance Meet this Saturday (May 19) in Spokane, Wash., is a critical one, for this will be the final event in which they can qualify for the nationals.

Among the Bruins expected to go are **Kelsey Baron**, who is currently 19th nationally in the long jump and 23rd in the triple jump, and the sprinters **Ryan Sprunger, Eric Costa, Tyler Gassaway**, and **Ben Salisbury**, who are now 25th in the men's 4x400 relays. **Heather Hunt** in the pole vault, **Amy Forbes** in the high jump, and **Lori Miller** in the javelin are Bruins who have already reached NCAA automatic qualifying status, while **Sarah Zempel** has qualified provisionally in the shot put, ranking 13th in the nation and thus in a good position to be invited.

The NCAA Division III National Championships are set for Friday-Sunday, May 24-26, at Millikin University in Decatur, Ill.

**GEORGE FOX AUTOMATIC QUALIFIERS**

These athletes have now qualified either automatically or provisionally for the NCAA Nationals:

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>NCAA rank</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (12-05.5)	#3	NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	#28	NCAA provisional
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	#7	NCAA
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	#19	NCAA provisional
Kelsey Baron	Triple Jump (36-11.75)	#23	NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-04.5)	#13	NCAA provisional
Sarah Zempel	Discus (139-05)	#24	NCAA provisional
Lori Miller (Jr., Aurora, Ore.)	Javelin (138-01)	#6	NCAA

  

<b><u>Male Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>NCAA rank</u></b>	<b><u>Previously qualified for:</u></b>
Ryan Sprunger (Fr., Dundee, Ore.)	4x400 relay (3:16.26)	#18	NCAA provisional
Eric Costa (Sr., Beaverton, Ore.)	4x400 relay (3:16.26)	#18	NCAA provisional
Tyler Gassaway (Sr., Portland, Ore.)	4x400 relay (3:16.26)	#18	NCAA provisional
Ben Salisbury (Fr., Bellingham, Wash.)	4x400 relay (3:16.26)	#18	NCAA provisional

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Baron Sets School Triple Jump Record in "Last Chance" Meet  
Several Bruins Hoping for Shot at NCAA Nationals May 24-26**

### **THIS WEEK:**

Thu.-Sat., May 24-25 - at NCAA D-III National Championships, Millikin University, Decatur, Ill.

### **LAST WEEK:**

Sat., May 19 - at NCAA D-III "Last Chance" Meet, Whitworth College, Spokane, Wash.

### **SELECT BRUINS PUT FORTH STRONG EFFORTS AT LAST CHANCE MEET**

**SPOKANE, Wash. ---** A small group of George Fox University track and field athletes turned in strong efforts Saturday (May 19) in the NCAA Division III "Last Chance" Meet here at Whitworth College's Boppell Track, but whether those efforts were good enough to get them into the NCAA National Championships is still to be determined.

**Kelsey Baron (So., Nehalem, Ore.)** won the triple jump with a distance of 37-08.50, setting a new George Fox record in that event. The previous best was 37-08, set last year by Jocelyn Kennedy.

**Baron's** jump also moved her up to 15th place in the national standings, and as it is not unusual for 16 people to advance to the nationals in many events to complete eight-person heats, she is a good spot to be invited. Her mark qualifies provisionally for the nationals, but is three inches short of automatic qualification.

In the women's 800, **Jamie McElwain (Sr, Tigard, Ore.)** turned in the best time of the meet, winning at 2:17.00, but that was 1.14 seconds short of the provisional qualifying time of 2:15.84. However, she did move into 16th place national in the 800 and, like Baron, could well be invited to compete.

**Deveny West (Fr., Klamath Falls, Ore.)**, hoping to improve upon her 28th-place national standing and 10-06 provisional qualifying mark in the pole vault, was unable to complete a qualifying vault and slipped to 32nd nationally.

The men's 4x400 relay team of **Ryan Sprunger (Fr., Dundee, Ore.)**, **Eric Costa (Sr., Beaverton, Ore.)**, **Tyler Gassaway (Sr., Portland, Ore.)**, and **Ben Salisbury (Fr., Bellingham, Wash.)** finished second with a time of 3:17.83, 19/100ths of a second off the provisional qualifying mark, but the team had already met the mark earlier in the spring with a time of 3:16.26. They slid from 18th to 26th in the national standings, however, as several other teams around the country improved their marks in other meets.

**Sarah Zempel (Fr., Rogue River, Ore.)**, who has qualified provisionally for the nationals in the shot put with a throw of 43-04.25, did not participate in the "Last Chance" meet in order to rest a sore back, and dropped from 13th to 17th in the national standings.

Bruins who have already qualified automatically for the national championships are **Heather Hunt (Sr., Turner, Ore.)** in the pole vault, **Amy Forbes (Sr., Jackson, Wyo.)** in the high jump, and **Lori Miller (Jr., Aurora, Ore.)** in the javelin.

The full field of participants are expected to be announced by the NCAA some time late Monday afternoon (May 19).

The NCAA Division III National Championships will be held Thursday-Saturday, May 24-26, at Millikin University in Decatur, Ill.

-more-

**AUTOMATIC QUALIFIERS**

These George Fox athletes have qualified either automatically or provisionally for the NCAA Nationals:

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Rank (on 5/21)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (12-05.5)	#2	NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	#32	NCAA provisional
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	#7	NCAA
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	#22	NCAA provisional
Kelsey Baron	Triple Jump (37-08.50)	#13	NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-04.5)	#17	NCAA provisional
Sarah Zempel	Discus (139-05)	#29	NCAA provisional
Lori Miller (Jr., Aurora, Ore.)	Javelin (138-01)	#7	NCAA
<b><u>Male Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Rank (on 5/15)</u></b>	<b><u>Qualified for:</u></b>
Ryan Sprunger (Fr., Dundee, Ore.)	4x400 relay (3:16.26)	#26	NCAA provisional
Eric Costa (Sr., Beaverton, Ore.)	4x400 relay (3:16.26)	#26	NCAA provisional
Tyler Gassaway (Sr., Portland, Ore.)	4x400 relay (3:16.26)	#26	NCAA provisional
Ben Salisbury (Fr., Bellingham, Wash.)	4x400 relay (3:16.26)	#26	NCAA provisional

Monday, May 28, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Hunt's 2nd-Place Finish Highlights Bruin Performances in NCAA Championships  
Bruins Tie for 31st with Eight Points in Nationals**

### **THISWEEK:**

Season concluded

### **LAST WEEK:**

May 24-26 - at NCAA Division III National Championships, Millikin University, Decatur, Ill.

### **HUNT'S 2ND IN POLE VAULT IS TOP BRUIN EFFORT IN NCAA NATIONALS**

**DECATUR, Ill.** --- George Fox University's **Heather Hunt (Sr., Turner, Ore.)** came within a nose -- literally -- of becoming the first Bruin to win an NCAA championship, finishing second in the pole vault for the top Bruin performance in seven events in the NCAA Division III Track and Field Championships Thursday-Saturday (May 24-26) here at Millikin University.

During the regular season, Hunt had recorded a vault of 12-05.5, second in the country only to a national-record 12-06 by Rachel Veltkamp of Calvin College, and one place ahead of last year's champion, Laura Rosenberger of Eastern Mennonite University. Those same three actually tied for the best vault in Thursday's competition at a height of 12-0, a new NCAA meet record, but Rosenberger won it again, Hunt was second, and Veltkamp third, based on the fewest number of tries needed to clear the 12-0 barrier.

All three made tries at the 12-06 level, but none cleared it. "I thought Heather was going to make it on her second try at 12-06, which would have given her the championship," said Bruin coach Wes Cook, "but she hit her nose on the bar and that pretty much took her out of the competition."

The second-place finish earned Hunt NCAA Division III All-American status for the second year in a row. She received that honor in 2000 by finishing seventh in the nationals.

**Kelsey Baron (So., Nehalem, Ore.)** was also in action Thursday, leaping a distance of 17-02 in the long jump to place fifth in the first round, flight one, but it was not enough to move her into the finals.

On Friday, **Jamie McElwain (Sr., Tigard, Ore.)** in the 800 meter run and **Baron** in the triple jump gave it good efforts but did not reach the finals in their respective events.

**McElwain** ran the 800 in 2:16.36, less than two seconds behind her best time of 2:14.42 which ranked 16th nationally entering the meet, but finished sixth in the second heat of round one. The best time of the day was turned in by another Northwest Conference runner, Lisa Starkey of Willamette University, who ran a 2:09.19.

**Baron** recorded a triple jump distance of 36-4 in the first flight of round one, placing ninth in her heat. That was over a foot less than her school record of 37-08.5, which had put her in 13th place nationally before the NCAA Championships.

**Lori Miller (Jr., Aurora, Ore.)** placed ninth in the javelin competition on Saturday, the best of three Bruin performances during the final day. In the second flight of the first round, **Miller**, who entered the competition ranked seventh nationally with a throw of 138-01, hurled the javelin 129-06, which was seventh in the heat but still good enough to make the final nine. However, she was unable to improve on that mark in the finals and finished ninth overall.

**Amy Forbes (Sr., Jackson, Wyo.)**, who was ranked seventh in the nation in the high jump at 5-06, reached 5-03.75 on Saturday and tied for 12th place. **Sarah Zempel (Fr., Rogue River, Ore.)**, who came into the national shot put in 17th place with a toss of 43-04.25, this time heaved the shot a distance of 39-03 and placed 10th in the second flight of round one, not long enough to make the final nine.

**BRUIN BITS:**

\*\*\* **Heather Hunt's** second-place finish in the pole vault earned the Bruins eight points in the meet standings, the only points George Fox would collect. It was enough to put the Bruins in a tie for 31st in the final standings. The women's national championship was won by Wheaton College (Mass.) over Calvin College, 83.5-49.0.

\*\*\* The men's championship went to the University of Wisconsin-La Crosse over Lincoln University (Pa.), 80.0-60.0. This was the first year in **Wes Cook's** 14 years as track coach at George Fox that the Bruins have not had at least one man in the national meet.

\*\*\* The 2001 NCAA Division III Track and Field Championships at Decatur, Ill., were plagued by recurring thunderstorms. "We had rain delays four different times," said coach Cook. "It was cool and we wore rain jackets all the time. There must be something about the Midwest at this time of year; we had similar problems last year at the meet at North Central (in Naperville, Ill.)." ... Next year's nationals are in St. Paul, Minn., at Macalester College.

\*\*\* The George Fox women were given the "royalty" treatment on their flight home from Chicago to Portland. All six of the athletes were upgraded from coach to first class, while the coaching staff remained in the "cheap" seats. "I think it was the poles the girls were carrying; the airline knew they needed more room!" chuckled coach Cook.

Thursday, June 14, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Two Bruins to Compete in USATF Junior National Championships June 16-17**

### **BRUINS' ZEMPEL, MOYER HEADED FOR USATF JUNIOR NATIONALS**

**NEWBERG, Ore.** --- Two George Fox University track and field athletes, **Sarah Zempel (Fr., Rogue River, Ore.)** and **Elizabeth Moyer (Fr., Camarillo, Calif.)** will compete in the U.S.A. Track and Field Junior National Championships this Saturday-Sunday, June 16-17, in Richmond, Va.

**Zempel** will represent the Bruins in the shot put, an event in which she won the Northwest Conference championship this past spring, while **Moyer** will run in the 3000 meter steeplechase, which is only an exhibition event this year. Both will compete on Sunday in the championships at Virginia Commonwealth University.

The Junior Nationals are for athletes age 19 and under, down to age 14, who have reached designated qualifying marks during the past year. The Senior Nationals qualify as the Olympic trials during appropriate years.

"We've had a couple of George Fox alums who went on to compete in the Senior Nationals, but none while they were in school," said the Bruins' coach of 14 years, Wes Cook. "And it's not very often we have anyone qualify for the Junior Nationals, so to have two in one year is pretty special.

"How well they'll compete, I'm not sure. Sarah has been around campus working out since school ended at the end of April, because she knew early on that she was going. Beth's back home in California, and I imagine she's worked out some, but I don't know if she's in full competitive shape or not. Our season has been over for almost a month and it doesn't take long to get out of shape, you know!"

**Zempel**, who made it to the NCAA Division III National Championships this season in the shot put, had a best of 43-4.25 this spring, while **Moyer's** best mark in the 3000 meter steeplechase, which will become an official Division III event next year, was 12:20.56.



Monday, June 18, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Moyer Earns Junior All-American Honors**

### **BRUINS' MOYER EARNS JUNIOR ALL-AMERICAN HONORS IN STEEPLECHASE**

**RICHMOND, Va. ---** George Fox University's **Elizabeth Moyer (Fr., Camarillo, Calif.)** earned Verizon/USATF Junior All-American honors with an eighth-place finish in the 2000 meter steeplechase Sunday afternoon (June 17) at the U.S.A. Track and Field Junior National Championships here at Virginia Commonwealth University.

**Moyer** posted a time of 7:56.66 to garner the honor in the steeplechase, which is an exhibition event this year but will become an official event in the NCAA Division III National Championships next spring, only as a 3000-meter race. The winner was Kara June of Fresno State University, who ran a 6:51.43.

Said Bruins coach **Wes Cook**, who made the trip with Moyer and shotputter **Sarah Zempel (Fr., Rogue River, Ore.)**, "Beth's showing was something she can be justifiably proud of, but it is within her reach to do even better. She was in fourth place for the first half of the race before finishing eighth, and she might have ended up even higher if she had been able to stay in Newberg to continue training after school was out. This will certainly pay dividends for her for next year, when the steeplechase becomes an actual NCAA event."

**Zempel** tied for 32nd in the shot put, throwing it a distance of 39-3. Remarked Cook, "Sarah threw about what she did at the nationals in Illinois this year, but it would have taken a throw of around 45 or 46 feet to make All-American in the shot. The competition was very strong, with the top two being a girl from UCLA (Jessica Cosby, 54-8.75) and one from Stanford (Jillian Camarena, 53-1.5)."

The Junior Nationals are for athletes age 19 and under, down to age 14, who have reached designated qualifying marks during the past year. The Senior Nationals qualify as the Olympic trials during appropriate years.

Monday, April 30, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Split Up and Do Well in Separate Meets**  
**Pole Vaulter Hunt Earns NWC "Women's Athlete of the Week"**  
**Women Out to Defend Title in Northwest Conference Championships May 4-5**

### **THIS WEEK:**

Fri.-Sat., May 4-5 - at Northwest Conference Championships, Willamette University, Salem, Ore.

### **LAST WEEK:**

Apr. 28 - at Western Oregon Open, Monmouth, Ore.  
Apr. 28 - at Oregon Invitational, Eugene, Ore.

### **BRUINS SPLIT UP FOR MEETS DUE TO GRADUATION SERVICES**

George Fox University's graduation ceremonies took place this past Saturday (Apr. 28), and as a result, the Bruin track and field athletes split up to participate in two different meets that day.

Athletes who were not involved with the graduation services went to Eugene for the University of Oregon Invitational, while those who did take part in the services went to the closer Western Oregon Open in Monmouth. It was a limited number of athletes who went to both meets, but the ones who did performed well.

Full race results for both the Oregon Invitational and the Western Oregon Open are available now on the George Fox website at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics).

### **HUNT EARNS NWC "WOMEN'S ATHLETE OF THE WEEK" AT WESTERN OREGON OPEN**

**MONMOUTH, Ore. --- Heather Hunt (Sr., Turner, Ore.)** set a new meet record with a pole vault of 11-06 at the Western Oregon Open here Saturday (Apr. 28), leading the George Fox University performances that resulted in seven top-five finishes for the women and seven for the men.

Hunt earned Northwest Conference "Women's Athlete of the Week" honors for her record-setting vault that was only half-an-inch from 11-06.50 mark that automatically qualifies for the NCAA National Championships May 24-26 at Millikin University in Decatur, Ill. Hunt has already qualified for the nationals, anyway, with a vault earlier this season of 11-06.50 in NEC Five-Way Meet in McMinnville, Ore., on March 17.

Also finishing first for George Fox were **Beth Moyer (Fr., Camarillo, Calif.)** with a 12:20.56 time in the 3,000 meter steeplechase, and **Kelsey Baron (So., Nehalem, Ore.)** with a leap of 36-11.7 in the triple jump.

Second place was earned by Kirsten Norgaard (**Jr., Everett, Wash.**) in the 10,000 meter run (41:39.55). **Heidi Smith (Jr., Lakeside, Ore.)** was fourth in the triple jump (34-09.5). **Helena Telfer (So., Monmouth, Ore.)** came in fifth in the pole vault (9-0), as did **Hunt** in the long jump (15-07.5).

Top finishes for the men were seconds by **Tevin Taylor (Fr., Portland, Ore.)** in the 110 meter high hurdles (15.88), and **Brett Yeager (Fr., Oakridge, Ore.)** in the high jump (6-04).

**Steve Willmer (So., Fullerton, Calif.)** came in third in the 400 meter dash (51.60), while **Will Howard (Fr., Caldwell, Idaho)** was third in the 5,000 meter run (15:53.32). **Taylor** was fourth in the 400 meter intermediate hurdles (56.98), as was **Adam Puckett (Fr., Freeport, Maine)** in the long jump (21-05.25), and **Darin Krueger (Jr., Portland, Ore.)** in the hammer throw (155-02).

**BRUIN MEN'S RELAY TEAMS WIN RACES AT OREGON INVITATIONAL**

**EUGENE, Ore.** --- Both George Fox University men's relay teams won their races, highlighting the Bruins' day at the University of Oregon Invitational here Saturday (Apr. 28).

In the 4x100 meter relay, the Bruin team of **Jon Robinson (Fr., Cannon Beach, Ore.)**, **Eric Costa (Sr., Beaverton, Ore.)**, **Tyler Gassaway (Sr., Oregon City, Ore.)**, and **Ben Salisbury (Fr., Bellingham, Wash.)** posted a winning time of 42.74. In the 4x400 meter relay, it was the team of **Robinson, Gassaway, Costa**, and **Salisbury** again with a winning time of 3:20.87. They were the only Bruin men to record top-five finishes.

On the women's side, **Sara Oates (Fr., Grover Beach, Calif.)** came in fourth in the 400 meter run (59.66), while **Jamie McElwain (Sr., Tigard, Ore.)** was fourth in the 800 meter run (2:16.36).

**BRUIN WOMEN OUT TO DEFEND NWC TITLE THIS WEEKEND**

**NEWBERG, Ore.** --- Willamette University in Salem, Ore., will be the host school for this year's Northwest Conference Track and Field Championships which get under way Friday-Saturday, May 4-5, and the George Fox University women's team will be out to successfully defend the conference crown they won last spring.

The Bruins will be led in their efforts by All-American pole vaulter **Heather Hunt**, defending conference high jump champion **Amy Forbes (Sr., Jackson, Wyo.)**, and three returning All-Conference performers in jumper **Kelsey Baron**, sprinter **Jamie McElwain**, and distance runner **Tori Taylor (Jr., Portland, Ore.)**. Hunt and Forbes have already qualified in their event for the NCAA National Championships May 24-26 in Decatur, Ill., while Baron in both the long jump and triple jump, **Lori Miller (Jr., Aurora, Ore.)** in the javelin, and newcomers **Sarah Zempel (Fr., Rogue River, Ore.)** in the shot put and **Deveny West (Fr., Klamath Falls, Ore.)** in the pole vault have qualified provisionally for the NCAA national meet.

While the Bruin men do have anyone who has yet qualified for the NCAA nationals, the team does have high hopes of improving upon last year's 4th-place finish in the conference meet and challenge for the crown. The Bruins will look for a spark from three All-Conference sprinters in **Tyler Gassaway**, **Eric Costa**, and **Zach Davidson (So., Albany, Ore.)**. **Ben Salisbury** and **Jon Robinson** have been valuable additions to the sprint teams, while **Darin Krueger** in the throws, **Tevin Taylor** in the hurdles, and jumpers **Brett Yeager** and **Bryan Wadlow (Fr., Albany, Ore.)** have been impressive newcomers to the squad.

**GEORGE FOX AUTOMATIC QUALIFIERS**

These George Fox University athletes have already qualified for Northwest Conference or NCAA Division III National Championships:

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (11-06)	NWC, NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00)	NWC
Colleen Forbes (Jr., Jackson, Wyo.)	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5)	NWC
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	NWC, NCAA
Amy Forbes	Triple Jump (34-08.5)	NWC
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	NWC, NCAA provisional
Kelsey Baron	Triple Jump (37-02.25)	NWC, NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-02.5)	NWC, NCAA provisional
Sarah Zempel	Discus (135-01)	NWC
Sarah Zempel	Hammer (133-04)	NWC
Sarah Zempel	Javelin (119-09)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates (Fr., Grover Beach, Calif.)	400 (62.31)	NWC
Christina Davis (Jr., Edmonds, Wash.)	400 (62.47)	NWC
Jamie McElwain (Sr., Tigard, Ore.)	800 (2:16.76)	NWC
Heidi Smith (Jr., Lakeside, Ore.)	Triple Jump (34-11.75)	NWC
Lori Miller (Jr., Aurora, Ore.)	Javelin (131-01)	NWC, NCAA provisional
Tori Taylor (Jr., Portland, Ore.)	3000 (10:39.49)	NWC

George Fox Track & Field ... April 30, 2001 ... page 3

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Darin Krueger	Hammer (152-06)	NWC
Zach Davidson	400 Intermediate Hurdles (55.94)	NWC
Tyler Gassaway (Sr., Portland, Ore.)	Long Jump (21-08.75)	NWC
Tyler Gassaway	400 (49.92)	NWC
Jon Robinson (Fr., Cannon Beach, Ore.)	Long Jump (21-06)	NWC
Jon Robinson	100 (11.17)	NWC
Jon Robinson	200 (22.77)	NWC
Ryan Sprunger (Fr., Dundee, Ore.)	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury (Fr., Bellingham, Wash.)	100 (11.06)	NWC
Ben Salisbury	200 (22.73)	NWC
Ben Salisbury	400 (51.32)	NWC
Steve Willmer (So., Fullerton, Calif.)	800 (1:56.24)	NWC
Steve Willmer	1500 (4:22.71)	NWC
Brett Yeager (Fr., Oakridge, Ore.)	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow (Fr., Albany, Ore.)	Triple Jump (43-0.5)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor (Fr., Portland, Ore.)	110 High Hurdles (15.67)	NWC
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC
Marty McKay (Fr., Bremerton, Wash.)	400 Intermediate Hurdles (57.81)	NWC

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Earn 5 Points in NWC Men's Decathlon**  
**Limited Squad Earns 20 Top-5 Places in Clackamas Open**  
**Oates Receives Honorable Mention for NWC "Women's Athlete of the Week"**

### **THIS WEEK:**

Sat., Apr. 28, TBA - at Western Oregon Open, Monmouth, Ore. /  
and Oregon Invitational, Eugene, Ore.

### **LAST WEEK:**

Apr. 16-17 - NWC Combined Event, in Newberg, Ore.  
Apr. 21 - Clackamas Open, in Oregon City, Ore.

### **MESENBRINK HOLDS ON, AUSTIN RALLIES TO WIN NWC COMBINED EVENTS**

**NEWBERG, Ore.** --- Fritz Mesenbrink of Linfield College in the men's decathlon maintained his first-day lead to the end, while Jessica Austin of Whitworth College rallied from fifth place to win the women's heptathlon, in the Northwest Conference Combined Events here at George Fox University's Colcord Memorial Field Tuesday, April 17.

Mesenbrink recorded a total of 6,718 points in the decathlon, beating the NCAA national qualifying mark of 6,371. Runner-up Ray Lions of Linfield missed the automatic mark by a mere two points with 6,369, qualifying provisionally above the 6,100 points needed. The top two were followed by Ryan Boatsman of Linfield with 6,049; Jesse Fipps of Linfield, 5,554; Dan Gargas of the University of Puget Sound, 5,394; **Bryan Wadlow (Fr., Albany, Ore.)** of George Fox University, 5,042; **Tevin Taylor (Fr., Portland, Ore.)** of George Fox, 4,982; Jesse Stevick of Whitworth College, 4,691; Eddie Rosario of Linfield, 3,913; and Byron Hollaway of Willamette University, 3,758.

Stevick set the only new men's meet record on Tuesday, recording a 4:17.29 in the 1,500 meter run to break the previous best of 4:21.57 by David Parker of George Fox in 1997.

In the heptathlon, Austin won the final event, the 800 meter run, with a time of 2:20.98, earning a whopping 810 points to vault into the lead. She totalled 4,150 points to beat the NCAA national provisional qualifying mark of 4,050 points, as did runner-up Julie Vanni of Puget Sound with 4,110 points. Following the top two were first-day leader Abby Jo Hornstein of Whitworth with 4,015; Laura Leineweber of Willamette, 3,828; Kari Holbert of Willamette, 3,678; Carrie Larsen of Pacific Lutheran, 3,667; Jane Berentson of Pacific Lutheran, 3,559; Amber Emery of Willamette, 3,485; Terry Hall of Linfield, 3,338; Sarah Fox of Whitworth, 3,297; **Tori Taylor (Fr., Portland, Ore.)** of George Fox, 3,252; Jamie Truhler of Willamette, 3,127; and Janna Vavra of Pacific, 2,971.

Two new women's meet records were established on Monday, Carrie Larsen of PLU running a 25.92 in the 200 to break the old record of 25.95 by PLU's Jenni Krueger in 1997, and Laura Leineweber of Willamette jumping 5-04.5 in the high jump to edge past the 5-04.25 by Marci Warnecke of Linfield in 1997.

Team point totals for the men were 29 for Linfield, **5 for George Fox**, 4 for Puget Sound, and 1 for Whitworth. For the women, it was Whitworth with 16, Willamette 10, Puget Sound 8, and Pacific Lutheran 5. These points totals will be added to the team scores at the Northwest Conference Championships May 4-5 at Willamette University in Salem, Ore.

**Northwest Conference Combined Events - Women's Heptathlon****Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

Team Points: Whitworth College 16, Willamette University 10, University of Puget Sound 8, Pacific Lutheran University 5

1. Jessica Austin, Whitworth - 4,150; 2. Julie Vanni, Puget Sound - 4,110; 3. Abby Jo Hornstein, Whitworth - 4,015; 4. Laura Leineweber, Willamette - 3,828; 5. Kari Holbert, Willamette - 3,678; 6. Carrie Larsen, Pacific Lutheran - 3,667; 7. Jane Berentson, Pacific Lutheran - 3,559; 8. Amber Emery, Willamette - 3,485; 9. Terry Hall, Linfield - 3,338; 10. Sarah Fox, Whitworth - 3,297; 11. Tori Taylor, George Fox - 3,252; 12. Jamie Truhler, Willamette - 3,127; 13. Janna Vavra, Pacific - 2,971.

	<u>100 H</u>	<u>High Jump</u>	<u>Shot Put</u>	<u>200</u>	<u>Long Jump</u>	<u>Javelin</u>	<u>800</u>	<u>Total Pts</u>
Austin, Whw	17.26 (567)	1.52/4-11.75 (644)	8.31/27-03.25 (419)	28.18 (617)	5.07/16-07.5 (578)	32.00/105-00.0 (515)	2:20.98 (810)	4,150(NPQ)
Vanni, UPS	16.22 (688)	1.43/4-08.25 (544)	9.86/32-04.25 (520)	27.60 (663)	4.83/15-10.0 (514)	35.34/115-11.0 (578)	2:37.38 (603)	4,110 (NPQ)
Hornstein, Whw	17.28 (565)	1.58/5-02.25 (712)	10.06/33-00.25 (533)	27.79 (647)	4.78/15-08.25 (500)	29.76/97-08.0 (472)	2:38.82 (586)	4,015
Leineweber, Will	16.37 (670)	1.64/5-04.5 * (783)	7.37/24-02.25 (359)	29.00 (554)	4.67/15-03.75 (472)	26.30/86-03.0 (407)	2:39.15 (583)	3,828
Holbert, Will	16.71 (630)	1.25/4-01.25 (359)	7.35/24-01.5 (357)	26.88 (722)	4.81/15-09.25 (508)	23.32/76-06.25 (351)	2:25.47 (751)	3,678
Larsen, PLU	16.13 (698)	1.28/4-02.25 (389)	7.45/24-05.5 (364)	25.92 * (804)	4.88/16-00.0 (527)	9.86/32-04.25 (104)	2:23.20 (781)	3,667
Berentson, PLU	18.00 (488)	1.49/4-10.5 (610)	8.77/28-09.25 (449)	27.16 (699)	4.45/14-07.25 (416)	21.81/71-06.75 (323)	2:39.88 (574)	3,559
Emery, Will	16.93 (604)	1.22/4-00.0 (331)	7.74/25-04.75 (383)	27.98 (632)	4.27/14-00.0 (371)	26.42/86-08.0 (409)	2:25.17 (755)	3,485
Hall, Lin	18.88 (402)	1.49/4-10.5 (610)	7.75/25-05.25 (383)	28.65 (581)	4.41/14-05.5 (406)	14.90/48-10.75 (195)	2:24.67 (761)	3,338
Fox, Whw	17.15 (580)	1.46/4-09.5 (577)	7.98/26-02.25 (398)	29.91 (488)	4.30/14-01.25 (379)	20.08/65-10.5 (290)	2:38.93 (585)	3,297
Taylor, GFU	19.17 (375)	1.40/4-07.0 (512)	8.42/27-07.5 (427)	30.25 (465)	4.24/13-11.0 (364)	29.87/98-00.0 (474)	2:34.71 (635)	3,252
Truhler, Will	18.01 (487)	1.49/4-10.5 (610)	7.59/24-11.0 (373)	31.25 (398)	4.32/14-02.0 (384)	34.54/113-04.0 (563)	3:05.88 (312)	3,127
Vavra, Pac	19.80 (319)	1.28/4-02.25 (389)	10.38/34-00.75 (554)	30.13 (473)	4.26/13-11.75 (369)	24.80/81-04.5 (379)	2:47.66 (488)	2,971

\* - new meet record

(NPQ) - NCAA provisional qualifier

**Totals after Day 1**

1. Abby Jo Hornstein, Whitworth - 2,457; 2. Julie Vanni, Puget Sound - 2,415; 3. Laura Leineweber, Willamette - 2,366; 4. Carrie Larsen, Pacific Lutheran - 2,255; 5. Jessica Austin, Whitworth - 2,247; 6. Jane Berentson, Pacific Lutheran - 2,246; 7. Kari Holbert, Willamette - 2,068; 8. Sarah Fox, Whitworth - 2,043; 9. Terry Hall, Linfield - 1,976; 10. Amber Emery, Willamette - 1,950; 11. Jamie Truhler, Willamette - 1,868; 12. Tori Taylor, George Fox - 1,779; 13. Janna Vavra, Pacific - 1,735.

**Northwest Conference Combined Events - Men's Decathlon****Monday-Tuesday, April 16-17, 2001 - Colcord Memorial Field, Newberg, Ore.**

Team Points: Linfield College 29, George Fox University 5, University of Puget Sound 4, Whitworth College 1

1. Fritz Mesenbrink, Linfield - 6,718; 2. Ray Lions, Linfield - 6,369; 3. Ryan Boatsman, Linfield - 6,049; 4. Jesse Fipps, Linfield - 5,554; 5. Dan Gargas, Puget Sound - 5,394; 6. Bryan Wadlow, George Fox - 5,042; 7. Tevin Taylor, George Fox - 4,982; 8. Jesse Stevick, Whitworth - 4,691; 9. Eddie Rosario, Linfield - 3,913; 10. Byron Hollaway, Willamette - 3,758.

	<u>100</u>	<u>Long Jump</u>	<u>Shot Put</u>	<u>High Jump</u>	<u>400</u>	<u>110 H</u>	<u>Discus</u>	<u>Pole Vault</u>	<u>Javelin</u>	<u>1500</u>	<u>Total Pts</u>
Mesenbrink, Lin	11.74 (703)	6.46/21-02.5 (688)	11.59/38-00.25 (582)	2.02/6-07.5 (822)	51.33 (754)	15.64 (774)	37.69/123-08.0 (618)	3.85/12-07.5 (576)	49.80/163-05.0 (586)	4:50.65 (615)	6,718 (NAQ)
Boatsman, Lin	11.44 (765)	6.28/20.07.25 (648)	12.34/40-06.0 (627)	1.96/6-05.0 (767)	53.77 (649)	17.64 (559)	35.81/117-06.0 (580)	3.05/10-00.0 (369)	44.77/146-10.0 (512)	4:57.65 (573)	6,049 (NPQ)
Lions, Lin	11.64 (723)	6.45/21-02.0 (686)	11.75/38-06.75 (591)	1.87/6-01.5 (687)	52.84 (688)	17.04 (620)	31.89/104-07.0 (502)	4.15/13-07.25 (659)	56.99/187-00.0 (693)	5:07.03 (520)	6,369
Wadlow, GFU	12.14 (624)	6.50/21-04.0 (697)	10.20/33-05.75 (498)	1.81/5-11.25 (636)	54.97 (600)	20.24 (330)	27.40/89-11.0 (414)	2.85/9-04.25 (321)	44.36/145-06.0 (506)	5:26.73 (416)	5,042
Fipps, Lin	11.54 (744)	5.90/19-04.25 (565)	10.13/33-03.0 (493)	1.60/5-03.0 (464)	51.06 (766)	16.64 (662)	29.24/95-11.0 (450)	3.15/10-04.0 (393)	41.05/134-08.0 (457)	5:00.00 (560)	5,554
Taylor, GFU	11.94 (663)	5.80/19-00.25 (544)	9.21/30-02.75 (438)	1.81/5-11.25 (636)	51.87 (730)	16.14 (717)	29.6797-04.0 (458)	2.45/8-00.5 (231)	35.74/117-03.0 (381)	6:21.39 (184)	4,982
Gargas, UPS	12.14 (624)	5.38/17-07.75 (457)	10.36/34-00.0 (507)	1.75/5-08.75 (585)	54.16 (633)	17.84 (540)	29.84/97-11.0 (461)	3.75/12-03.5 (549)	36.63/120-0.20 (394)	4:45.79 (644)	5,394
Stevick, Whw	12.54 (549)	5.31/17-05.0 (443)	8.65/28-04.5 (405)	1.66/5-05.25 (512)	54.34 (626)	20.14 (338)	23.06/75-08.0 (330)	2.65/8-08.25 (275)	35.91/117-10.0 (383)	4:17.29 * (830)	4,691
Rosario, Lin	12.64 (531)	4.92/16-01.75 (367)	8.56/28-01.0 (400)	1.51/4-11.5 (396)	58.20 (476)	20.84 (286)	24.60/80-08.5 (359)	2.45/8-00.5 (231)	42.06/138-00.0 (472)	5:30.78 (395)	3,913
Hollaway, Will	13.54 (380)	4.57/15-00.0 (303)	10.78/35-04.5 (533)	1.48/4-10.25 (374)	1:00.59 (393)	21.84 (218)	30.63/100-06.0 (477)	2.55/8-04.25 (253)	35.02/114-11.0 (370)	5:18.64 (457)	3,758

\* - new meet record

(NAQ) - NCAA automatic qualifier

(NPQ) - NCAA provisional qualifier

**Totals after Day 1**

1. Fritz Mesenbrink, Linfield - 3,549; 2. Ryan Boatsman, Linfield - 3,456; 3. Ray Lions, Linfield - 3,375; 4. Bryan Wadlow, George Fox - 3,055; 5. Jesse Fipps, Linfield - 3,032; 6. Tevin Taylor, George Fox - 3,011; 7. Dan Gargas, Puget Sound - 2,806; 8. Jesse Stevick, Whitworth - 2,535; 9. Eddie Rosario, Linfield - 2,170; 10. Byron Hollaway, Willamette - 1,983.

**LIMITED BRUINS' SQUADS RECORD 20 TOP-5 FINISHES IN CLACKAMAS OPEN**

**OREGON CITY, Ore. ---** With exams approaching next week, George Fox University sent only a limited squad of athletes to the Clackamas Open here Saturday (Apr.21) at Clackamas Community College, but the Bruins turned in several quality performances, including 20 top-5 finishes.

For the Bruin women, **Amy Forbes (Sr., Jackson, Wyo.)** captured the high jump (5-04); **Sarah Zempel (Fr., Rogue River, Ore.)** was 1st in the shotput (40-06.50) and 4th in the discus (124-00.50); **Sara Oates (Fr., Grover Beach, Calif.)** placed 2nd in the 400 (58.73); **Christina Davis (Jr., Edmonds, Wash.)** was 4th in the 400 (1:01.13); **Jamie McElwain (Sr., Tigard, Ore.)** was 2nd in the 800 (2:16.41); **Kelsey Baron (So., Nehalem, Ore.)** tied for 2nd in the long jump (17-04) and was 2nd in the triple jump (36-0); **Colleen Forbes (Jr., Jackson, Wyo.)** was 4th in the long jump (16-08.50) and 5th in the triple jump (33-07); **Lori Miller (Jr., Aurora, Ore.)** was 5th in the javelin (123-04); the **4x100 relay team** was 2nd (51.49); and the **4x400 relay team** was 3rd (4:04.22).

**Oates** set a new personal record with her time in the 400 and received Honorable Mention for Northwest Conference "Women's Athlete of the Week". The honor went to Lisa Starkey of Willamette University, who won the 800 at the Cougar Invitational with an NCAA-qualifying time of 2:12.34.

For the men, **Steve Willmer (So., Fullerton, Calif.)** was 2nd in the 800; **Zach Davidson (So., Albany, Ore.)** was 2nd in the 400 intermediate hurdles (55.97); **Ben Salisbury (Fr., Bellingham, Wash.)** was 3rd in the 200 (22.30); **Darin Krueger (Jr., Portland, Ore.)** was 4th in the hammer (153-10); **Keith Christiansen (So., Grass Valley, Ore.)** was 5th in the 400 intermediate hurdles (57.60); the **4x100 relay team** was 2nd (42.94); and the **4x400 relay team** was 3rd (3:20.07).

**BRUINS TO SPLIT UP FOR MEETS THIS WEEKEND**

George Fox University's graduation ceremonies take place this Saturday (Apr. 28), and as a result, the Bruin track and field athletes will split up to participate in two different meets that day.

"Our athletes who are not involved with the graduation service will go to Eugene for the University of Oregon Invitational," explained Bruin coach Wes Cook. "For those who are in the ceremonies, it would have been too far to Eugene to get there in time, so they will go to the Western Oregon Open, since Monmouth is much closer."

**GEORGE FOX AUTOMATIC QUALIFIERS (prior to Apr. 16)**

These George Fox University athletes have already qualified for Northwest Conference or NCAA Division III National Championships:

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (11-06)	NWC, NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00)	NWC
Colleen Forbes (Jr., Jackson, Wyo.)	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5)	NWC
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	NWC, NCAA
Amy Forbes	Triple Jump (34-08.5)	NWC
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	NWC, NCAA provisional
Kelsey Baron	Triple Jump (37-02.25)	NWC, NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-02.5)	NWC, NCAA provisional
Sarah Zempel	Discus (135-01)	NWC
Sarah Zempel	Hammer (133-04)	NWC
Sarah Zempel	Javelin (119-09)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates (Fr., Grover Beach, Calif.)	400 (62.31)	NWC
Christina Davis (Jr., Edmonds, Wash.)	400 (62.47)	NWC
Jamie McElwain (Sr., Tigard, Ore.)	800 (2:16.76)	NWC
Heidi Smith (Jr., Lakeside, Ore.)	Triple Jump (34-11.75)	NWC
Lori Miller (Jr., Aurora, Ore.)	Javelin (131-01)	NWC, NCAA provisional
Tori Taylor (Jr., Portland, Ore.)	3000 (10:39.49)	NWC



<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Darin Krueger	Hammer (152-06)	NWC
Zach Davidson	400 Intermediate Hurdles (55.94)	NWC
Tyler Gassaway (Sr., Portland, Ore.)	Long Jump (21-08.75)	NWC
Tyler Gassaway	400 (49.92)	NWC
Jon Robinson (Fr., Cannon Beach, Ore.)	Long Jump (21-06)	NWC
Jon Robinson	100 (11.17)	NWC
Jon Robinson	200 (22.77)	NWC
Ryan Sprunger (Fr., Dundee, Ore.)	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury (Fr., Bellingham, Wash.)	100 (11.06)	NWC
Ben Salisbury	200 (22.73)	NWC
Ben Salisbury	400 (51.32)	NWC
Steve Willmer (So., Fullerton, Calif.)	800 (1:56.24)	NWC
Steve Willmer	1500 (4:22.71)	NWC
Brett Yeager (Fr., Oakridge, Ore.)	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow (Fr., Albany, Ore.)	Triple Jump (43-0.5)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor (Fr., Portland, Ore.)	110 High Hurdles (15.67)	NWC
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC
Marty McKay (Fr., Bremerton, Wash.)	400 Intermediate Hurdles (57.81)	NWC

Sports  
Information  
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# WHAT'S BRUIN

## Sports News

Monday, April 16, 2001 --- For Immediate Release

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## GEORGE FOX TRACK & FIELD

### HIGHLIGHTS:

**Baron in Long Jump, Zempel in Shot Put Set New Bruin Records**

**Bruins Capture Eight Firsts in Distance Carnival/Linfield All-Comers Weekend**

### THIS WEEK:

Mon.-Tue., Apr. 16-17, 10:00 am - NWC Combined Events, Colcord Field, in Newberg, Ore.

Sat., Apr. 21, 10:00 am - at Clackamas Open, in Oregon City, Ore.

### LAST WEEK:

Apr. 13 - GFU Distance Carnival VI, Colcord Field, in Newberg, Ore.

Apr. 14 - Linfield All-Comers Meet, in McMinnville, Ore.

### LINFIELD'S DAVIS SETS 10,000M RECORD IN GFU DISTANCE CARNIVAL

**NEWBERG, Ore.** --- Paul Davis of Linfield College set a new meet record in the 10,000 meter run, highlighting the 6th Annual George Fox University Distance Carnival Friday evening (Apr. 13) here at GFU's Colcord Memorial Field.

Davis covered the 10,000 meters in a time of 31:28.8, shattering the previous record of 32:00.8 by Jason Young, running unattached, in 1999. Other men's winners were Brian Shoeneman, unattached, in the 3,000 meter steeplechase with a 10:23.7, and Greg Mitchell of the Brooks track club in the 5,000 meters with a time of 14:54.1.

In the women's events, Lorilynn Hoffman of the Nike Portland track club won the 3,000 meter run with a 9:58.1, Wendy Bruneau of the Apex track club took the 5,000 meter run with an 18:06.5, and **Kirsten Norgaard (Jr., Everett, Wash.)** of George Fox captured the 10,000 meter run at 41:41.6, just seven seconds ahead of teammate **Marisa Merritt (Sr., Portland, Ore.)** at 41:48.4.

Other times for George Fox runners included **Will Howard (Fr., Caldwell, Idaho)**, 3rd in the men's 10,000 meters at 32:42.9; **Beth Moyer (Fr., Camarillo, Calif.)**, 6th in the women's 3,000 meters at 11:33.7; and **Tori Taylor (Jr., Portland, Ore.)**, 4th in the women's 5,000 meters at 18:55.7.

The GFU Distance Carnival is held in conjunction with the Linfield College All-Comers Meet on Saturday, April 14, in McMinnville, Ore. The women's steeplechase, track events 1,500 meters and shorter, and all field events were held at Linfield on Saturday.

### 6th ANNUAL GEORGE FOX UNIVERSITY DISTANCE CARNIVAL

**- Friday, April 13, 2001 - Colcord Memorial Field, Newberg, Oregon**

#### MEN'S 3,000m STEEPLECHASE

1. Brian Shoeneman, unattached (10:23.7); 2. Kyle Fix, unattached (12:01.6)

#### MEN'S 5,000m

1. Greg Mitchell, Brooks (14:54.1); 2. Chris Mayer, Lewis & Clark (15:17.1); 3. Andrew Ault, Lewis & Clark (15:24.1); 4. Noah Megowan, Team Red Lizard (15:46.1); 5. Chris Jensen, Lewis & Clark (16:10.1); 6. Jim Reid, Lewis & Clark (16:15.1); 7. Derek Oldham, Lewis & Clark (16:17.1); 8. Chris Lyke, Willamette (16:21.0); 9. Anthony Cantwell, Foot Traffic (16:21.1); 10. Michael Mallette, Cascade (16:24.5); 11. Trevor Newton, Willamette (16:25.1); 12. Tim Swietlik, unattached (16:41.1); 13. Ian Townley, Lewis & Clark (17:08.7); 14. Nathan Paisley, George Fox (17:21.0); 15. Peter Kinnecom, Lewis & Clark (17:21.1); Jonathan Swanson, unattached (dnf)



**MEN' 10,000m**

1. Paul Davis, Linfield (31:27.8, \*meet record\*); 2. Tim Vandervlugt, unattached (31:48.4); 3. Will Howard, George Fox (32:42.9); 4. Carl Hoogesteger, Pacific (33:44.9); 5. Richard Biy, Cascade (36:06.0)

**WOMEN' 3,000m**

1. Lorilynn Hoffman, Nike Portland (9:58.1); 2. Becca Straw, unattached (10:05); 3. Jamie Breese, Portland State (10:14.6); 4. Barrett Ebright, Willamette (11:12.4); 5. Selena Harman, Lewis & Clark (11:17.7); 6. Beth Moyer, George Fox (11:33.7); 7. Emily Chadwick, unattached (11:35.1); 8. Tina Henry, Cascade (11:35.4); 9. Odessa Weber, Lewis & Clark (11:37.3); 10. Jessie Glaubman, Willamette (12:43.5); 11. Erin Gray, unattached (10:46.9)

**WOMEN' 5,000m**

1. Wendy Bruneau, Apex (18:06.5); 2. Amber Stickler, Willamette (18:29.1); 3. Anne Howard-Lindquist, Team Oregon (18:45.8); 4. Tori Taylor, George Fox (18:55.7); 5. Evelyn Williams, Willamette (19:14.8); 6. Tracy Tabb, unattached (19:55.8); 7. Lisa Pohlit, Willamette (20:09.8); 8. Mary Finnan, Lewis & Clark (20:22.2); 9. Lori Northcraft, Willamette (20:24.6); 10. Alishia Little, Pacific (20:34.8); 11. Sadie Grossman, Lewis & Clark (21:41.5)

**WOMEN' 10,000m**

1. Kirsten Norgaard, George Fox (41:41.6); 2. Marisa Merritt, George Fox (41:48.4); 3. Rebecca Rising, unattached (43:21.2); 4. Megan Nuttall, Linfield (43:23.8); 5. Kari Newby, Linfield (44:48.7)

**BRUINS' BARON, ZEMPEL WIN TWO EVENTS EACH IN LINFIELD ALL-COMERS MEET**

**McMINNVILLE, Ore. --- Kelsey Baron (So., Nehalem, Ore.) and Sarah Zempel (Fr., Rogue River, Ore.)** won two women's events each and set new George Fox University records, highlighting the Bruins' performances in the Linfield College All-Comers Meet Saturday (Apr. 14) here at Maxwell Field.

**Baron** captured the long jump with a distance of 18-03.0 and the triple jump with a 36-08.0. Her long jump broke the former record of 17-11.25 by Marlyss Stenberg in 1992. She also qualified provisionally for the NCAA National Championships, and her 18-03.0 ranks as 8th-best in the nation currently.

**Zempel** finished 1st in the shot put with a throw of 43-04.25 and the discus with a toss of 131-06.0. Her shot put topped the previous Bruin best of 42-3.5 set by Karen Gurske in 1981. She also qualified provisionally for the NAAs while posting the 7th-best mark in the country thus far.

In addition to their 1sts and records, **Baron** placed 6th in the 100 meter dash with a time of 13.46, while **Zempel** was 5th in the javelin with a distance of 115-10.0 and 7th in the hammer at 114-06.0.

Other George Fox women who made strong showings with top-five finishes included **Sara Oates (Fr., Grover Beach, Calif.)**, 3rd in the 200 at 26.75 and 4th in the 100 at 13.25; **Jamie McElwain (Sr., Tigard, Ore.)**, 4th in the 400 at 1:01.38 and 4th in the 1,500 at 4:58.77; **Amy Forbes (Sr., Jackson, Wyo.)**, 4th in the triple jump at 34-06.25 and 5th in the long jump at 16-06.0; **Heidi Smith (Jr., Lakeside, Ore.)**, 2nd in the triple jump at 353-05.5; and the 4x100 relay team which was 3rd at 52.45.

For the Bruin men, **Ben Salisbury (Fr., Bellingham, Wash.)** finished 1st in the 200 at 22.57 and **Eric Costa (Sr., Beaverton, Ore.)** was a split second behind at 22.58, while **Ryan Austin (Jr., Eugene, Ore.)** won the 800 at 2:01.07, edging teammate **Nick Ryland (So., Cheyenne, Wyo.)** who ran a 2:01.12. The 4x100 relay team of also took 1st at 42.84. **Salisbury** was 4th in the 100 at 11.30.

Other top-five showings for the men included **Tyler Gassaway (Sr., Portland, Ore.)**, 3rd in the 100 at 11.21; **Jon Robinson (Fr., Cannon Beach, Ore.)**, 3rd in the 400 at 52.02 and 3rd in the long jump at 21-00.5; **Steve Willmer (So., Fullerton, Calif.)**, 4th in the 1,500 at 4:06.37; **Tevin Taylor (Fr., Portland, Ore.)**, 4th in the 110 high hurdles at 16.09; **Keith Christiansen (So., Grass Valley, Ore.)**, 2nd in the 400 intermediate hurdles at 58.65 and 4th in the pole vault at 13-00.25; **Marty McKay (Fr., Bremerton, Wash.)**, 3rd in the 400 intermediate hurdles at 59.42; **Darin Krueger (Jr., Portland, Ore.)**, 2nd in the hammer at 154-01.0 and 4th in the shot put at 42-08.0; **Brett Yeager (Fr., Oakridge, Ore.)**, 4th in the high jump at 6-00.0; and **Bryan Wadlow (Fr., Albany, Ore.)**, 5th in the triple jump at 42-09.0.

Next up for a few of the Bruin athletes are the NWC Combined Events Monday-Tuesday, Apr. 16-17, hosted by George Fox at Colcord Memorial Field, starting at 10:00 a.m. Monday. The next event for the full teams is the Clackamas Open in Oregon City, Ore., on Saturday, April 21, at 10:00 a.m.

**BRUIN BITS:**

**\*\*\* New school records set in the GFU Distance Carnival/Linfield All-Comers Meet:\*\*\***

- **Kelsey Baron** in the long jump, 4/14/01 (18-03.0) - previous record 17-11.25 by Marlyss Stenberg in 1992
- **Sarah Zempel** in the shot put, 4/14/01 (43-04.25) - previous record 42-3.5 by Karen Gurske in 1981



**\*\*\* New qualifying marks met in the GFU Distance Carnival/Linfield All-Comers Meet::**

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	NWC, NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-02.5)	NWC, NCAA provisional

**GEORGE FOX AUTOMATIC QUALIFIERS (prior to Apr. 13)**

These George Fox University athletes have already qualified for Northwest Conference or NCAA Division III National Championships:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (11-06)	NWC, NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00)	NWC
Colleen Forbes (Jr., Jackson, Wyo.)	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5)	NWC
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	NWC, NCAA
Amy Forbes	Triple Jump (34-08.5)	NWC
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (17-06.75)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC, NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Discus (135-01)	NWC
Sarah Zempel	Hammer (133-04)	NWC
Sarah Zempel	Javelin (119-09)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates (Fr., Grover Beach, Calif.)	400 (62.31)	NWC
Christina Davis (Jr., Edmonds, Wash.)	400 (62.47)	NWC
Jamie McElwain (Sr., Tigard, Ore.)	800 (2:16.76)	NWC
Heidi Smith (Jr., Lakeside, Ore.)	Triple Jump (34-11.75)	NWC
Lori Miller (Jr., Aurora, Ore.)	Javelin (131-01)	NWC, NCAA provisional
Tori Taylor (Jr., Portland, Ore.)	3000 (10:39.49)	NWC
<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Darin Krueger	Hammer (152-06)	NWC
Zach Davidson	400 Intermediate Hurdles (55.94)	NWC
Tyler Gassaway (Sr., Portland, Ore.)	Long Jump (21-08.75)	NWC
Tyler Gassaway	400 (49.92)	NWC
Jon Robinson (Fr., Cannon Beach, Ore.)	Long Jump (21-06)	NWC
Jon Robinson	100 (11.17)	NWC
Jon Robinson	200 (22.77)	NWC
Ryan Sprunger (Fr., Dundee, Ore.)	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury (Fr., Bellingham, Wash.)	100 (11.06)	NWC
Ben Salisbury	200 (22.73)	NWC
Ben Salisbury	400 (51.32)	NWC
Steve Willmer (So., Fullerton, Calif.)	800 (1:56.24)	NWC
Steve Willmer	1500 (4:22.71)	NWC
Brett Yeager (Fr., Oakridge, Ore.)	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow (Fr., Albany, Ore.)	Triple Jump (43-0.5)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor (Fr., Portland, Ore.)	110 High Hurdles (15.67)	NWC
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC
Marty McKay (Fr., Bremerton, Wash.)	400 Intermediate Hurdles (57.81)	NWC

Monday, April 16, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Baron in Long Jump, Zempel in Shot Put Set New Bruin Records  
Bruins Capture Eight Firsts in Distance Carnival/Linfield All-Comers Weekend**

### **THIS WEEK:**

Mon.-Tue., Apr. 16-17, 10:00 am - NWC Combined Events, Colcord Field, in Newberg, Ore.  
Sat., Apr. 21, 10:00 am - at Clackamas Open, in Oregon City, Ore.

### **LAST WEEK:**

Apr. 13 - GFU Distance Carnival VI, Colcord Field, in Newberg, Ore.  
Apr. 14 - Linfield All-Comers Meet, in McMinnville, Ore.

### **LINFIELD'S DAVIS SETS 10,000M RECORD IN GFU DISTANCE CARNIVAL**

**NEWBERG, Ore. ---** Paul Davis of Linfield College set a new meet record in the 10,000 meter run, highlighting the 6th Annual George Fox University Distance Carnival Friday evening (Apr. 13) here at GFU's Colcord Memorial Field.

Davis covered the 10,000 meters in a time of 31:28.8, shattering the previous record of 32:00.8 by Jason Young, running unattached, in 1999. Other men's winners were Brian Shoeneman, unattached, in the 3,000 meter steeplechase with a 10:23.7, and Greg Mitchell of the Brooks track club in the 5,000 meters with a time of 14:54.1.

In the women's events, Lorilynn Hoffman of the Nike Portland track club won the 3,000 meter run with a 9:58.1, Wendy Bruneau of the Apex track club took the 5,000 meter run with an 18:06.5, and **Kirsten Norgaard (Jr., Everett, Wash.)** of George Fox captured the 10,000 meter run at 41:41.6, just seven seconds ahead of teammate **Marisa Merritt (Sr., Portland, Ore.)** at 41:48.4.

Other times for George Fox runners included **Will Howard (Fr., Caldwell, Idaho)**, 3rd in the men's 10,000 meters at 32:42.9; **Beth Moyer (Fr., Camarillo, Calif.)**, 6th in the women's 3,000 meters at 11:33.7; and **Tori Taylor (Jr., Portland, Ore.)**, 4th in the women's 5,000 meters at 18:55.7.

The GFU Distance Carnival is held in conjunction with the Linfield College All-Comers Meet on Saturday, April 14, in McMinnville, Ore. The women's steeplechase, track events 1,500 meters and shorter, and all field events were held at Linfield on Saturday.

### **6th ANNUAL GEORGE FOX UNIVERSITY DISTANCE CARNIVAL**

**- Friday, April 13, 2001 - Colcord Memorial Field, Newberg, Oregon**

#### **MEN'S 3,000m STEEPLECHASE**

1. Brian Shoeneman, unattached (10:23.7); 2. Kyle Fix, unattached (12:01.6)

#### **MEN' 5,000m**

1. Greg Mitchell, Brooks (14:54.1); 2. Chris Mayer, Lewis & Clark (15:17.1); 3. Andrew Ault, Lewis & Clark (15:24.1); 4. Noah Megowan, Team Red Lizard (15:46.1); 5. Chris Jensen, Lewis & Clark (16:10.1); 6. Jim Reid, Lewis & Clark (16:15.1); 7. Derek Oldham, Lewis & Clark (16:17.1); 8. Chris Lyke, Willamette (16:21.0); 9. Anthony Cantwell, Foot Traffic (16:21.1); 10. Michael Mallette, Cascade (16:24.5); 11. Trevor Newton, Willamette (16:25.1); 12. Tim Swietlik, unattached (16:41.1); 13. Ian Townley, Lewis & Clark (17:08.7); 14. Nathan Paisley, George Fox (17:21.0); 15. Peter Kinnecom, Lewis & Clark (17:21.1); Jonathan Swanson, unattached (dnf)

**MEN' 10,000m**

1. Paul Davis, Linfield (31:27.8, \*meet record\*); 2. Tim Vandervlugt, unattached (31:48.4); 3. Will Howard, George Fox (32:42.9); 4. Carl Hoogesteger, Pacific (33:44.9); 5. Richard Biy, Cascade (36:06.0)

**WOMEN' 3,000m**

1. Lorilynn Hoffman, Nike Portland (9:58.1); 2. Becca Straw, unattached (10:05); 3. Jamie Breese, Portland State (10:14.6); 4. Barrett Ebright, Willamette (11:12.4); 5. Selena Harman, Lewis & Clark (11:17.7); 6. Beth Moyer, George Fox (11:33.7); 7. Emily Chadwick, unattached (11:35.1); 8. Tina Henry, Cascade (11:35.4); 9. Odessa Weber, Lewis & Clark (11:37.3); 10. Jessie Glaubman, Willamette (12:43.5); 11. Erin Gray, unattached (10:46.9)

**WOMEN' 5,000m**

1. Wendy Bruneau, Apex (18:06.5); 2. Amber Stickler, Willamette (18:29.1); 3. Anne Howard-Lindquist, Team Oregon (18:45.8); 4. Tori Taylor, George Fox (18:55.7); 5. Evelyn Williams, Willamette (19:14.8); 6. Tracy Tabb, unattached (19:55.8); 7. Lisa Pohlit, Willamette (20:09.8); 8. Mary Finnan, Lewis & Clark (20:22.2); 9. Lori Northcraft, Willamette (20:24.6); 10. Alishia Little, Pacific (20:34.8); 11. Sadie Grossman, Lewis & Clark (21:41.5)

**WOMEN' 10,000m**

1. Kirsten Norgaard, George Fox (41:41.6); 2. Marisa Merritt, George Fox (41:48.4); 3. Rebecca Rising, unattached (43:21.2); 4. Megan Nuttall, Linfield (43:23.8); 5. Kari Newby, Linfield (44:48.7)

**BRUINS' BARON, ZEMPEL WIN TWO EVENTS EACH IN LINFIELD ALL-COMERS MEET**

**McMINNVILLE, Ore. --- Kelsey Baron (So., Nehalem, Ore.) and Sarah Zempel (Fr., Rogue River, Ore.)** won two women's events each and set new George Fox University records, highlighting the Bruins' performances in the Linfield College All-Comers Meet Saturday (Apr. 14) here at Maxwell Field.

**Baron** captured the long jump with a distance of 18-03.0 and the triple jump with a 36-08.0. Her long jump broke the former record of 17-11.25 by Marlyss Stenberg in 1992. She also qualified provisionally for the NCAA National Championships, and her 18-03.0 ranks as 8th-best in the nation currently.

**Zempel** finished 1st in the shot put with a throw of 43-04.25 and the discus with a toss of 131-06.0. Her shot put topped the previous Bruin best of 42-3.5 set by Karen Gurske in 1981. She also qualified provisionally for the NCAAs while posting the 7th-best mark in the country thus far.

In addition to their 1sts and records, **Baron** placed 6th in the 100 meter dash with a time of 13.46, while **Zempel** was 5th in the javelin with a distance of 115-10.0 and 7th in the hammer at 114-06.0.

Other George Fox women who made strong showings with top-five finishes included **Sara Oates (Fr., Grover Beach, Calif.)**, 3rd in the 200 at 26.75 and 4th in the 100 at 13.25; **Jamie McElwain (Sr., Tigard, Ore.)**, 4th in the 400 at 1:01.38 and 4th in the 1,500 at 4:58.77; **Amy Forbes (Sr., Jackson, Wyo.)**, 4th in the triple jump at 34-06.25 and 5th in the long jump at 16-06.0; **Heidi Smith (Jr., Lakeside, Ore.)**, 2nd in the triple jump at 353-05.5; and the 4x100 relay team which was 3rd at 52.45.

For the Bruin men, **Ben Salisbury (Fr., Bellingham, Wash.)** finished 1st in the 200 at 22.57 and **Eric Costa (Sr., Beaverton, Ore.)** was a split second behind at 22.58, while **Ryan Austin (Jr., Eugene, Ore.)** won the 800 at 2:01.07, edging teammate **Nick Ryland (So., Cheyenne, Wyo.)** who ran a 2:01.12. The 4x100 relay team of also took 1st at 42.84. **Salisbury** was 4th in the 100 at 11.30.

Other top-five showings for the men included **Tyler Gassaway (Sr., Portland, Ore.)**, 3rd in the 100 at 11.21; **Jon Robinson (Fr., Cannon Beach, Ore.)**, 3rd in the 400 at 52.02 and 3rd in the long jump at 21-00.5; **Steve Willmer (So., Fullerton, Calif.)**, 4th in the 1,500 at 4:06.37; **Tevin Taylor (Fr., Portland, Ore.)**, 4th in the 110 high hurdles at 16.09; **Keith Christiansen (So., Grass Valley, Ore.)**, 2nd in the 400 intermediate hurdles at 58.65 and 4th in the pole vault at 13-00.25; **Marty McKay (Fr., Bremerton, Wash.)**, 3rd in the 400 intermediate hurdles at 59.42; **Darin Krueger (Jr., Portland, Ore.)**, 2nd in the hammer at 154-01.0 and 4th in the shot put at 42-08.0; **Brett Yeager (Fr., Oakridge, Ore.)**, 4th in the high jump at 6-00.0; and **Bryan Wadlow (Fr., Albany, Ore.)**, 5th in the triple jump at 42-09.0.

Next up for a few of the Bruin athletes are the NWC Combined Events Monday-Tuesday, Apr. 16-17, hosted by George Fox at Colcord Memorial Field, starting at 10:00 a.m. Monday. The next event for the full teams is the Clackamas Open in Oregon City, Ore., on Saturday, April 21, at 10:00 a.m.

**BRUIN BITS:**

**\*\*\* New school records set in the GFU Distance Carnival/Linfield All-Comers Meet:\*\*\***

- **Kelsey Baron** in the long jump, 4/14/01 (18-03.0) - previous record 17-11.25 by Marlyss Stenberg in 1992
- **Sarah Zempel** in the shot put, 4/14/01 (43-04.25) - previous record 42-3.5 by Karen Gurske in 1981

**\*\*\* New qualifying marks met in the GFU Distance Carnival/Linfield All-Comers Meet:\***

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (18-03.0)	NWC, NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (43-02.5)	NWC, NCAA provisional

**GEORGE FOX AUTOMATIC QUALIFIERS (prior to Apr. 13)**

These George Fox University athletes have already qualified for Northwest Conference or NCAA Division III National Championships:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (11-06)	NWC, NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00)	NWC
Colleen Forbes (Jr., Jackson, Wyo.)	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5)	NWC
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-06.0)	NWC, NCAA
Amy Forbes	Triple Jump (34-08.5)	NWC
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (17-06.75)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC, NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Discus (135-01)	NWC
Sarah Zempel	Hammer (133-04)	NWC
Sarah Zempel	Javelin (119-09)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates (Fr., Grover Beach, Calif.)	400 (62.31)	NWC
Christina Davis (Jr., Edmonds, Wash.)	400 (62.47)	NWC
Jamie McElwain (Sr., Tigard, Ore.)	800 (2:16.76)	NWC
Heidi Smith (Jr., Lakeside, Ore.)	Triple Jump (34-11.75)	NWC
Lori Miller (Jr., Aurora, Ore.)	Javelin (131-01)	NWC, NCAA provisional
Tori Taylor (Jr., Portland, Ore.)	3000 (10:39.49)	NWC
<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Darin Krueger	Hammer (152-06)	NWC
Zach Davidson	400 Intermediate Hurdles (55.94)	NWC
Tyler Gassaway (Sr., Portland, Ore.)	Long Jump (21-08.75)	NWC
Tyler Gassaway	400 (49.92)	NWC
Jon Robinson (Fr., Cannon Beach, Ore.)	Long Jump (21-06)	NWC
Jon Robinson	100 (11.17)	NWC
Jon Robinson	200 (22.77)	NWC
Ryan Sprunger (Fr., Dundee, Ore.)	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury (Fr., Bellingham, Wash.)	100 (11.06)	NWC
Ben Salisbury	200 (22.73)	NWC
Ben Salisbury	400 (51.32)	NWC
Steve Willmer (So., Fullerton, Calif.)	800 (1:56.24)	NWC
Steve Willmer	1500 (4:22.71)	NWC
Brett Yeager (Fr., Oakridge, Ore.)	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow (Fr., Albany, Ore.)	Triple Jump (43-0.5)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor (Fr., Portland, Ore.)	110 High Hurdles (15.67)	NWC
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC
Marty McKay (Fr., Bremerton, Wash.)	400 Intermediate Hurdles (57.81)	NWC

Monday, April 9, 2001 --- For Immediate Release  
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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Taylor, Davidson Capture Events in Willamette Open  
New Qualifying Marks Met, Personal Records Established**

### **THIS WEEK:**

Fri., Apr. 13, 6:00 pm - GFU Distance Carnival VI, Colcord Field, in Newberg, Ore.  
Sat., Apr. 14, 10:00 am - Linfield All-Comers Meet, in McMinnville, Ore.  
Mon.-Tue., Apr. 16-17, TBA - NWC Combined Events, Colcord Field, in Newberg, Ore.

### **LAST WEEK:**

Sat., Apr. 7 - at Willamette Open, in Salem, Ore. (not team scored)

### **BRUINS POST TWO FIRSTS AND TWO SECONDS IN WILLAMETTE OPEN**

**SALEM, Ore. ---** In a meet that featured 20 college teams, including several Division I schools, and over 1,000 athletes in all, the George Fox University Bruins recorded 13 top-10 finishes, with two firsts and two seconds, in the Willamette University Open here Saturday (Apr. 7).

Only a small contingent of about 20 Bruin athletes participated in the meet, which was not team scored.

In the women's events, **Tori Taylor (Jr., Portland, Ore.)** captured the 3,000 steeplechase (11:39.9); **Amy Forbes (Sr., Jackson, Wyo.)** was 2nd in the high jump (5-06.0), only an inch behind winner Jenny Brogdon of the University of Oregon, and 9th in the long jump (14-02.5); **Jamie McElwain (Sr., Tigard, Ore.)** was 2nd in the 800 (2:16.76), only 6/10ths of a second behind winner Lisa Starkey of Willamette (2:16.16); **Colleen Forbes (Jr., Jackson, Wyo.)** was 4th in the triple jump (34-01.5); **Beth Moyer (Fr., Camarillo, Calif.)** was 6th in the 3,000 steeplechase (12:59.4); **Marisa Merritt (Sr., Portland, Ore.)** was 8th in the 3,000 (11:18.33); and **Janelle Goeres (Fr., Gold Hill, Ore.)** was 10th in the 3,000 (11:25.01).

In the men's events, **Zach Davidson (So., Albany, Ore.)** won the 400 intermediate hurdles (55.94) and was 8th in the 110 high hurdles (16.61); **Marty McKay (Fr., Bremerton, Wash.)** was 4th in the 400 intermediate hurdles (57.93); **Darin Krueger (Jr., Portland, Ore.)** was 6th in the hammer (152-06.0); and **Nick Hultberg (Fr., Salem, Ore.)** was 10th in the javelin (172-02.0).

### **DISTANCE CARNIVAL / LINFIELD ALL-COMERS COMBINED MEET THIS WEEKEND**

Next up for the George Fox University Bruins is the GFU Distance Carnival VI, to be held Friday evening (Apr. 13) on campus at Colcord Memorial Field. College teams, track clubs, and anyone who wants to run as "unattached" just for the fun of it can enter the competitions. An entry fee of \$5 is due by Thursday, April 12, or \$10 for entries on April 13, the day of the races. Contact George Fox coach **Wes Cook** to enter by phone at 503-554-2915, by fax at 503-554-3864, or by e-mail at: wcook@georgefox.edu.

Included in the Distance Carnival will be a 3k steeplechase and a 5k run for men, a flat 3k and a 5k race for women, and a co-ed 10k which will be split if there are enough entries.

The schedule of events:

6:00 p.m.	Men's 3k Steeplechase
6:20 p.m.	Women's flat 3k
6:40 p.m.	Men's 5k
7:05 p.m.	Women's 5k
7:30 p.m.	Co-ed 10k



## George Fox Track & Field ...April 9, 2001 ... page 2

The GFU Distance Carnival is held in conjunction with the Linfield College All-Comers Meet on Saturday, April 14, in McMinnville, Ore. The women's steeplechase, track events 1500 and shorter, and all field events will be held at Linfield on Saturday.

### WILLAMETTE OPEN QUALIFYING MARKS

Four George Fox athletes qualified for the Northwest Conference or NCAA Division III National Championships during the Willamette Open, including:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Amy Forbes	High Jump (5-06.0)	NWC, NCAA
Jamie McElwain	800 (2:16.76)	NWC
<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Darin Krueger	Hammer (152-06)	NWC
Zach Davidson	400 Intermediate Hurdles (55.94)	NWC

### BRUIN BITS:

\*\*\* **Amy Forbes'** high jump of 5-06.0 in the Willamette Open was her personal best, #3 all-time, and #3 for a senior ... **Jamie McElwain's** 2:16.76 in the 800 was #2 for a senior ... **Tori Taylor** set a junior class record with her 11:39.90 in the 3,000 steeplechase ... **Darin Krueger's** 152-06 in the hammer makes him #5 all-time.

### \*\*\* New personal marks set in the Willamette Open:

- **Amy Forbes** in the high jump (5-06.0)
- **Bryan Wadlow (Fr., Albany, Ore.)** in the shot put (31-08.5), the discus (100-03), and the javelin (129-07)
- **Nick Hultberg** in the javelin (172-02)
- **Caleb Carlson (Fr., Oregon City, Ore.)** in the hammer (103-07)

### GEORGE FOX AUTOMATIC QUALIFIERS (prior to Apr. 7)

These George Fox University athletes have already qualified for Northwest Conference or NCAA Division III National Championships:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (11-06)	NWC, NCAA
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00)	NWC
Colleen Forbes (Jr., Jackson, Wyo.)	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5)	NWC
Amy Forbes (Sr., Jackson, Wyo.)	High Jump (5-04)	NWC
Amy Forbes	Triple Jump (34-08.5)	NWC
Kelsey Baron (So., Nehalem, Ore.)	Long Jump (17-06.75)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC, NCAA provisional
Sarah Zempel (Fr., Rogue River, Ore.)	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Discus (135-01)	NWC
Sarah Zempel	Hammer (133-04)	NWC
Sarah Zempel	Javelin (119-09)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates (Fr., Grover Beach, Calif.)	400 (62.31)	NWC
Christina Davis (Jr., Edmonds, Wash.)	400 (62.47)	NWC
Heidi Smith (Jr., Lakeside, Ore.)	Triple Jump (34-11.75)	NWC
Lori Miller (Jr., Aurora, Ore.)	Javelin (131-01)	NWC, NCAA provisional
Tori Taylor (Jr., Portland, Ore.)	3000 (10:39.49)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Tyler Gassaway (Sr., Portland, Ore.)	Long Jump (21-08.75)	NWC
Tyler Gassaway	400 (49.92)	NWC
Jon Robinson (Fr., Cannon Beach, Ore.)	Long Jump (21-06)	NWC
Jon Robinson	100 (11.17)	NWC
Jon Robinson	200 (22.77)	NWC
Ryan Sprunger (Fr., Dundee, Ore.)	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury (Fr., Bellingham, Wash.)	100 (11.06)	NWC
Ben Salisbury	200 (22.73)	NWC
Ben Salisbury	400 (51.32)	NWC
Steve Willmer (So., Fullerton, Calif.)	800 (1:56.24)	NWC
Steve Willmer	1500 (4:22.71)	NWC
Brett Yeager (Fr., Oakridge, Ore.)	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow (Fr., Albany, Ore.)	Triple Jump (43-0.5)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor (Fr., Portland, Ore.)	110 High Hurdles (15.67)	NWC
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC
Marty McKay (Fr., Bremerton, Wash.)	400 Intermediate Hurdles (57.81)	NWC

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# WHAT'S BRUIN

## Sports News

Monday, April 2, 2001 --- For Immediate Release  
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## GEORGE FOX TRACK & FIELD

### HIGHLIGHTS:

**Bruins Finish 3rd in Both Divisions in NCAA D-III Challenge Meet**  
**Baron, Salisbury Win NWC "Athlete of the Week" Honors**  
**New Qualifying Marks Met**

### THIS WEEK:

Sat., Apr. 7 - at Willamette Open, in Salem, Ore.

### LAST WEEK:

Sat., Mar. 31 - NCAA Division III Challenge, at Claremont, Calif.  
(Men - 3rd of 4 / Women - 3rd of 4)

### BRUINS PLACE THIRD IN BOTH DIVISIONS AT NCAA D-III CHALLENGE MEET

**CLAREMONT, Calif. ----** Running against three other top small-college track and field programs from around the country, the George Fox University Bruins placed third in both the men's and women's divisions of the NCAA Division III USTCA Challenge Meet Saturday (Mar. 31) here at Fritz B. Burns Stadium.

In the women's division, host Claremont-Mudd-Scripps College finished 1st with 186 points, followed by Williams College (Mass.) with 182.5, **George Fox** with 139, and Gustavus Adolphus College (Minn.) with 122.5. It was the same order in the men's division, C-M-S scoring 198 points, Williams 189, **George Fox** 136.5, and Gustavus Adolphus 124.5.

### Women's Division

Winning events for the Bruins were **Heather Hunt** (Sr., Turner, Ore.) in the pole vault (11-03.75), **Kelsey Baron** (So., Nehalem, Ore.) in the triple jump (36-11.0), and **Lori Miller** (Jr., Aurora, Ore.) in the javelin (131-01.0).

Earning seconds were **Jamie McElwain** (Sr., Tigard, Ore.) in the 800 (2:19.05), **Tori Taylor** (Jr., Portland, Ore.) in the 1,500 (5:04.62), **Amy Forbes** (Sr., Jackson, Wyo.) in the high jump (5-00.5), **Deveny West** (Fr., Klamath Falls, Ore.) in the pole vault (10-04.25), **Baron** in the long jump (17-06.75), **Sarah Zempel** (Fr., Rogue River, Ore.) in the javelin (119-09.0), and the **4x400 relay team** of **Christina Davis** (Jr., Edmonds, Wash.), **McElwain**, **Colleen Forbes** (Jr., Jackson, Wyo.), and **Sara Oates** (Fr., Grover Beach, Calif.) (4:06.34).

Third-place finishes went to **Oates** in the 400 (59.06), **Zempel** in the shot put (42-00.0) and the discus (135-01.0), and the **4x100 relay team** of **Mona Matthews** (Fr., Huntington, Ore.), **Oates**, **Baron**, and **Davis** (51.17).

### Men's Division

The Bruins had no first in the men's events. Seconds went to **Ben Salisbury** (Fr., Bellingham, Wash.) in the 200 (22.13), **Tyler Gassaway** (Sr., Portland, Ore.) in the 400 (49.92), **Steve Willmer** (So., Fullerton, Calif.) in the 800 (1:56.24), **Tevin Taylor** (Fr., Portland, Ore.) in the 110 high hurdles (15.63), **Brett Yeager** (Fr., Oakridge, Ore.) in the high jump (6-03.25), the **4x100 relay team** of **Ryan Sprunger** (Fr., Dundee, Ore.), **Salisbury**, **Gassaway**, and **Jon Robinson** (Fr., Cannon Beach, Ore.) (42.82), and the **4x400 relay team** of **Eric Costa** (Sr., Beaverton, Ore.), **Gassaway**, **Robinson**, and **Salisbury** (3:20.47).

Earning third place were **Salisbury** in the 100 (11.06), **Costa** in the 400 (50.38), **Taylor** in the 400 intermediate hurdles (58.26), **Robinson** in the long jump (20-11.75), and **Bryan Wadlow** (Fr., Albany, Ore.) in the triple jump (43-07.0).

Complete meet results will be available on the George Fox track and field website soon at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics).



**BARON, SALISBURY EARN NWC "ATHLETE OF THE WEEK" HONORS**

George Fox University swept "Athlete of the Week" honors in track and field for the week of Mar. 26-Apr. 1, the Bruins' **Kelsey Baron** taking women's honors and **Ben Salisbury** earning accolades on the men's side.

**Baron**, a sophomore sprinter and jumper from Nehalem, Ore., earned 22.5 points to help the Bruins to a 3rd-place finish in the women's division of the NCAA Division III Challenge at Claremont, Calif., on Saturday. She won the triple jump (36-11.0), was 2nd in the long jump (17-06.75), 3rd with the 4x100 relay team (51.17), and 4th in the 100 (13.33).

**Salisbury**, a freshman sprinter from Bellingham, Wash., earned 16.5 points for the Bruins as George Fox also finished 3rd in the men's divisions of the NCAA Division III Challenge. He recorded three 2nds, in the 200 (22.13), with the 4x100 relay team (42.82), and with the 4x400 relay team (3:20.47), and a 3rd in the 100 (11.06).

**CALIFORNIA QUALIFIERS**

Several George Fox athletes qualified for the Northwest Conference or NCAA Division III National Championships during the Bruins' two meets in California over the spring break, the California State University-Northridge Invitational on Mar. 24 and the NCAA Division III Challenge Meet in Claremont on Mar. 31. A few other Bruins participated in the Western Oregon Open in Monmouth, Ore., on Mar. 24.

Qualifying at the **Western Oregon Open** were:

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.13)	NWC
Marty McKay (Fr., Bremerton, Wash.)	400 Intermediate Hurdles (57.81)	NWC

Qualifying at the **CSUN Invitational** were:

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Steve Willmer	1500 (4:06.82)	NWC

Qualifying at the **Challenge Meet** were:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Kelsey Baron	Long Jump (17-06.75)	NWC
Kelsey Baron	Triple Jump (36-11.0)	NWC, NCAA provisional
Heidi Smith (Jr., Lakeside, Ore.)	Triple Jump (34-11.75)	NWC
Sarah Zempel	Discus (135-01)	NWC
Sarah Zempel	Hammer (133-04)	NWC
Sarah Zempel	Javelin (119-09)	NWC
Lori Miller	Javelin (131-01)	NWC, NCAA provisional
Sara Oates	400 (59.06)	NWC
Christina Davis	400 (61.37)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Ben Salisbury	100 (11.06)	NWC
Ben Salisbury	200 (22.13)	NWC
Jon Robinson	100 (11.17)	NWC
Jon Robinson	200 (22.77)	NWC
Tyler Gassaway	400 (49.92)	NWC
Steve Willmer	800 (1:56.24)	NWC
Tevin Taylor	110 High Hurdles (15.63)	NWC

**GEORGE FOX AUTOMATIC QUALIFIERS (prior to Mar. 24)**

These George Fox University athletes have already qualified for Northwest Conference or NCAA Division III National Championships:

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt	Pole Vault (11-06)	NWC, NCAA
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00)	NWC
Colleen Forbes	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5)	NWC
Amy Forbes	High Jump (5-04)	NWC
Amy Forbes	Triple Jump (34-08.5)	NWC
Deveny West	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Kelsey Baron	Long Jump (16-07.75)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC
Sarah Zempel	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Javelin (118-09)	NWC
Sarah Zempel	Discus (128-06)	NWC
Sarah Zempel	Hammer (121-03)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates	400 (62.31)	NWC
Christina Davis	400 (62.47)	NWC
<b><u>Male Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Previously qualified for:</u></b>
Tyler Gassaway	Long Jump (21-08.75)	NWC
Jon Robinson	Long Jump (21-06)	NWC
Ryan Sprunger	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury	400 (51.32)	NWC
Ben Salisbury	200 (22.73)	NWC
Brett Yeager	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow	Triple Jump (43-0.5)	NWC
Eric Costa	400 (50.26)	NWC
Tevin Taylor	110 High Hurdles (15.67)	NWC
Zach Davidson	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC

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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Finish 3rd in Both Divisions in NCAA D-III Challenge Meet**  
**Baron, Salisbury Win NWC "Athlete of the Week" Honors**  
**New Qualifying Marks Met**

### **THIS WEEK:**

Sat., Apr. 7 - at Willamette Open, in Salem, Ore.

### **LAST WEEK:**

Sat., Mar. 31 - NCAA Division III Challenge, at Claremont, Calif.  
(Men - 3rd of 4 / Women - 3rd of 4)

### **BRUINS PLACE THIRD IN BOTH DIVISIONS AT NCAA D-III CHALLENGE MEET**

**CLAREMONT, Calif. ----** Running against three other top small-college track and field programs from around the country, the George Fox University Bruins placed third in both the men's and women's divisions of the NCAA Division III USTCA Challenge Meet Saturday (Mar. 31) here at Fritz B. Burns Stadium.

In the women's division, host Claremont-Mudd-Scripps College finished 1st with 186 points, followed by Williams College (Mass.) with 182.5, **George Fox** with 139, and Gustavus Adolphus College (Minn.) with 122.5. It was the same order in the men's division, C-M-S scoring 198 points, Williams 189, **George Fox** 136.5, and Gustavus Adolphus 124.5.

### **Women's Division**

Winning events for the Bruins were **Heather Hunt (Sr., Turner, Ore.)** in the pole vault (11-03.75), **Kelsey Baron (So., Nehalem, Ore.)** in the triple jump (36-11.0), and **Lori Miller (Jr., Aurora, Ore.)** in the javelin (131-01.0).

Earning seconds were **Jamie McElwain (Sr., Tigard, Ore.)** in the 800 (2:19.05), **Tori Taylor (Jr., Portland, Ore.)** in the 1,500 (5:04.62), **Amy Forbes (Sr., Jackson, Wyo.)** in the high jump (5-00.5), **Deveny West (Fr., Klamath Falls, Ore.)** in the pole vault (10-04.25), **Baron** in the long jump (17-06.75), **Sarah Zempel (Fr., Rogue River, Ore.)** in the javelin (119-09.0), and the **4x400 relay team** of **Christina Davis (Jr., Edmonds, Wash.)**, **McElwain**, **Colleen Forbes (Jr., Jackson, Wyo.)**, and **Sara Oates (Fr., Grover Beach, Calif.)** (4:06.34).

Third-place finishes went to **Oates** in the 400 (59.06), **Zempel** in the shot put (42-00.0) and the discus (135-01.0), and the **4x100 relay team** of **Mona Matthews (Fr., Huntington, Ore.)**, **Oates**, **Baron**, and **Davis** (51.17).

### **Men's Division**

The Bruins had no first in the men's events. Seconds went to **Ben Salisbury (Fr., Bellingham, Wash.)** in the 200 (22.13), **Tyler Gassaway (Sr., Portland, Ore.)** in the 400 (49.92), **Steve Willmer (So., Fullerton, Calif.)** in the 800 (1:56.24), **Tevin Taylor (Fr., Portland, Ore.)** in the 110 high hurdles (15.63), **Brett Yeager (Fr., Oakridge, Ore.)** in the high jump (6-03.25), the **4x100 relay team** of **Ryan Sprunger (Fr., Dundee, Ore.)**, **Salisbury**, **Gassaway**, and **Jon Robinson (Fr., Cannon Beach, Ore.)** (42.82), and the **4x400 relay team** of **Eric Costa (Sr., Beaverton, Ore.)**, **Gassaway**, **Robinson**, and **Salisbury** (3:20.47).

Earning third place were **Salisbury** in the 100 (11.06), **Costa** in the 400 (50.38), **Taylor** in the 400 intermediate hurdles (58.26), **Robinson** in the long jump (20-11.75), and **Bryan Wadlow (Fr., Albany, Ore.)** in the triple jump (43-07.0).

Complete meet results will be available on the George Fox track and field website soon at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics).



**BARON, SALISBURY EARN NWC "ATHLETE OF THE WEEK" HONORS**

George Fox University swept "Athlete of the Week" honors in track and field for the week of Mar. 26-Apr. 1, the Bruins' **Kelsey Baron** taking women's honors and **Ben Salisbury** earning accolades on the men's side.

**Baron**, a sophomore sprinter and jumper from Nehalem, Ore., earned 22.5 points to help the Bruins to a 3rd-place finish in the women's division of the NCAA Division III Challenge at Claremont, Calif., on Saturday. She won the triple jump (36-11.0), was 2nd in the long jump (17-06.75), 3rd with the 4x100 relay team (51.17), and 4th in the 100 (13.33).

**Salisbury**, a freshman sprinter from Bellingham, Wash., earned 16.5 points for the Bruins as George Fox also finished 3rd in the men's divisions of the NCAA Division III Challenge. He recorded three 2nds, in the 200 (22.13), with the 4x100 relay team (42.82), and with the 4x400 relay team (3:20.47), and a 3rd in the 100 (11.06).

**CALIFORNIA QUALIFIERS**

Several George Fox athletes qualified for the Northwest Conference or NCAA Division III National Championships during the Bruins' two meets in California over the spring break, the California State University-Northridge Invitational on Mar. 24 and the NCAA Division III Challenge Meet in Claremont on Mar. 31. A few other Bruins participated in the Western Oregon Open in Monmouth, Ore., on Mar. 24.

Qualifying at the **Western Oregon Open** were:

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.13)	NWC
Marty McKay (Fr., Bremerton, Wash.)	400 Intermediate Hurdles (57.81)	NWC

Qualifying at the **CSUN Invitational** were:

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Steve Willmer	1500 (4:06.82)	NWC

Qualifying at the **Challenge Meet** were:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Kelsey Baron	Long Jump (17-06.75)	NWC
Kelsey Baron	Triple Jump (36-11.0)	NWC, NCAA provisional
Heidi Smith (Jr., Lakeside, Ore.)	Triple Jump (34-11.75)	NWC
Sarah Zempel	Discus (135-01)	NWC
Sarah Zempel	Hammer (133-04)	NWC
Sarah Zempel	Javelin (119-09)	NWC
Lori Miller	Javelin (131-01)	NWC, NCAA provisional
Sara Oates	400 (59.06)	NWC
Christina Davis	400 (61.37)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Ben Salisbury	100 (11.06)	NWC
Ben Salisbury	200 (22.13)	NWC
Jon Robinson	100 (11.17)	NWC
Jon Robinson	200 (22.77)	NWC
Tyler Gassaway	400 (49.92)	NWC
Steve Willmer	800 (1:56.24)	NWC
Tevin Taylor	110 High Hurdles (15.63)	NWC

**GEORGE FOX AUTOMATIC QUALIFIERS (prior to Mar. 24)**

These George Fox University athletes have already qualified for Northwest Conference or NCAA Division III National Championships:

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt	Pole Vault (11-06)	NWC, NCAA
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00)	NWC
Colleen Forbes	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5)	NWC
Amy Forbes	High Jump (5-04)	NWC
Amy Forbes	Triple Jump (34-08.5)	NWC
Deveny West	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Kelsey Baron	Long Jump (16-07.75)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC
Sarah Zempel	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Javelin (118-09)	NWC
Sarah Zempel	Discus (128-06)	NWC
Sarah Zempel	Hammer (121-03)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates	400 (62.31)	NWC
Christina Davis	400 (62.47)	NWC
<b><u>Male Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Previously qualified for:</u></b>
Tyler Gassaway	Long Jump (21-08.75)	NWC
Jon Robinson	Long Jump (21-06)	NWC
Ryan Sprunger	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury	400 (51.32)	NWC
Ben Salisbury	200 (22.73)	NWC
Brett Yeager	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow	Triple Jump (43-0.5)	NWC
Eric Costa	400 (50.26)	NWC
Tevin Taylor	110 High Hurdles (15.67)	NWC
Zach Davidson	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC



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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Make Good Showing in Cal State-Northridge Invitational  
George Fox Opts Out of Linfield Combined Events This Week**

### **THIS WEEK:**

Sat., Mar. 31 - NCAA Division III Challenge, at Claremont, Calif.

### **LAST WEEK:**

Fri.-Sat., Mar. 23-24 - at California State University-Northridge Invitational, Northridge, Calif.  
(not team scored)

### **BRUINS POST GOOD TIMES AND DISTANCES IN CSU-NORTHRIDGE EVENT**

**NORTHRIDGE, Calif. ---** Competing against NCAA Division I and II schools, some outstanding junior colleges, and a number of track clubs, the George Fox University Bruins held their own in the California State University-Northridge Invitational here Friday and Saturday (Mar. 23-24). The meet was not team scored, but the Bruins would have done well with high finishes in several events.

### **Women's Division**

Leading the way for the George Fox women's team was **Kelsey Baron (So., Nehalem, Ore.)**, who won the triple jump, section B (36-06.25).

A second place finish went **Sarah Zempel (Fr., Rogue River, Ore.)** in the shot put, section B (40-07)

**Amy Forbes (Sr., Jackson, Wyo.)** earned third in the high jump (5-01.75, the best among D-III competitors).

A fourth-place finish went to **Colleen Forbes (Jr., Jackson, Wyo.)** in the long jump, section B (15-06), and the **4x400 relay team** (4:12.12).

**Zempel** posted a fifth in the the javelin, section A (112-02), while **Baron** was fifth in the long jump, section A (17-00.75).

### **Men's Division**

The lone Bruins win went to **Kyle Dixon (Fr., Springfield, Ore.)** in the javelin, section B (167-03).

Finishing second in the javelin, section B, almost 11 feet behind winning teammate **Kyle Dixon** (156-05), was **Nick Hultberg (Fr., Salem, Ore.)**.

Garnering third was the **4x400 relay team** (3:18.76, tops among D-III teams).

**Brett Yeager (Fr., Oakridge, Ore.)** finished fourth in the high jump (6-03.5), **Bryan Wadlow (Fr., Albany, Ore.)** fourth in the triple jump, section B (42-07), and **Steve Willmer (So., Fullerton, Calif.)** fourth in the 1,500 (4:06.82, best among D-III runners).

**Will Howard (Fr., Caldwell, Idaho)** came in fifth in the 5,000 (16:03.70), as did the **Bruin "C" team** in the 4x400 relays (3:31.02)

Bruin assistant coach **Chad Riddle**, representing the Bruin Club track team, won the discus throw, section B (140-01), while another assistant with the track club, **John Smith**, was second in the javelin, section B (188-06).

### **BRUINS OPT OUT OF LINFIELD EVENT, WILL COMPETE AT CLAREMONT NEXT**

The George Fox Bruins were scheduled to compete in the Linfield College Combined Events in McMinnville, Ore., on Monday-Tuesday, Mar. 26-27, but have opted out of that event because the entire men's and women's squads are in California for competition during the George

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Fox spring break. The Bruins had been entered in the Linfield event in case there were any athletes who could not compete in California due to injuries and who would have needed a meet to test their rehab efforts, but the Bruins are healthy for the most part and all the athletes are in California.

Next up for the Bruins is the NCAA Division III Challenge Saturday (Mar. 31) in Claremont, Calif., a meet bringing together some of the best D-III track and field programs in the country. Claremont-Mudd-Scripps Colleges is the host institution for this event.

### GEORGE FOX AUTOMATIC QUALIFIERS (thru Mar. 25):

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified for:</u>
Heather Hunt (Sr., Turner, Ore.)	Pole Vault (11-06) - Sr. class record	NWC, NCAA
Erin Paisley (Fr., Salem, Ore.)	Pole Vault (8-00) - #5 all-time	NWC
Colleen Forbes	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5) - #5 all-time	NWC
Amy Forbes	High Jump (5-04) - #3 Sr. class	NWC
Amy Forbes	Triple Jump (34-08.5) - #7 all-time	NWC
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer (So., Monmouth, Ore.)	Pole Vault (9-06)	NWC
Kelsey Baron	Long Jump (16-07.75)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC
Sarah Zempel	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Javelin (118-09)	NWC
Sarah Zempel	Discus (128-06) - #4 all-time, #3 Fr. class	NWC
Sarah Zempel	Hammer (121-03)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates (Fr., Grover Beach, Calif.)	400 (62.31)	NWC
Christina Davis (Jr., Edmonds, Wash.)	400 (62.47)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Tyler Gassaway (Sr., Portland, Ore.)	Long Jump (21-08.75)	NWC
Jon Robinson (Fr., Cannon Beach, Ore.)	Long Jump (21-06)	NWC
Ryan Sprunger (Fr., Dundee, Ore.)	400 (50.66)	NWC
Jesse Rasmussen (Fr., Portland, Ore.)	400 (50.94)	NWC
Ben Salisbury	400 (51.32)	NWC
Ben Salisbury	200 (22.73)	NWC
Brett Yeager	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow	Triple Jump (43-0.5)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor (Fr., Portland, Ore.)	110 High Hurdles (15.67)	NWC
Zach Davidson (So., Albany, Ore.)	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC

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# WHAT'S BRUIN Sports News

Monday, March 19, 2001 --- For Immediate Release

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## GEORGE FOX TRACK & FIELD

### HIGHLIGHTS:

**Bruins Take First in Both Divisions in NWC Focus Meet at Linfield  
Hunt Qualifies for NCAA Nationals Again**

### THIS WEEK:

Fri.-Sat., Mar. 23-24 - at California State University-Northridge Invitational, Northridge, Calif.

### LAST WEEK:

Mar. 17 - at NWC Focus Meet, at Linfield College, McMinnville, Ore.  
(Men - 1st of 6 / Women - 1st of 5)

### BRUINS WIN BOTH MEN'S AND WOMEN'S DIVISIONS AT LINFIELD FOCUS MEET

**McMINNVILLE, Ore. ---** Capturing firsts in 10 women's events and eight men's events, the George Fox University Bruins won both divisions of the Northwest Conference Five-Way track and field Focus Meet Saturday (Mar.17) here at Linfield College.

The Bruins won the women's division with 179 points, followed by Linfield with 139, Lewis & Clark College with 82, Pacific University with 79, and Willamette University with 34. The Bruin men tallied 195 points, with Linfield next at 166, Lewis & Clark with 130, Willamette with 27, the Bruin Track Club (alums) with 20, and Pacific with 14. Up to six places were scored in each event, on a 10-8-6-4-2-1 basis.

### Women's Division

Winning events for the Bruins were **Kelsey Baron (So., Nehalem, Ore.)** in the 100 meter dash (13.70), **Sara Oates (Fr., Grover Beach, Calif.)** in the 400 (1:00.72), **Jamie McElwain (Sr., Tigard, Ore.)** in the 1,500 (5:06.90), **Janelle Goeres (Fr., Gold Hill, Ore.)** in the 3,000 (11:41.50), **Amy Forbes (Sr., Jackson, Wyo.)** in the high jump (5-04.00), **Heather Hunt (Sr., Turner, Ore.)** in the pole vault (11-06.50), **Colleen Forbes (Jr., Jackson, Wyo.)** in the long jump (16-02.50) and the triple jump (35-02.50), **Sarah Zempel (Fr., Rogue River, Ore.)** in the shot put (39-11.25), and the 4x400 relay team (4:09.61) of **Colleen Forbes, McElwain, Christina Davis (Jr., Edmonds, Wash.),** and **Oates.**

Earning seconds were **Mona Matthews (Fr., Huntington, Ore.)**, in the 200 (29.84), **Davis** in the 400 (1:02.68), **Amy Forbes** in the triple jump (34-08.50), **Zempel** in the discus (128-06.00) and the hammer (121-01.00), and the 4x100 relay team (52.03) of **Matthews, Oates, Baron,** and **Davis.**

Third place finishes went to **Amy Bender (Fr., North Powder, Ore.)** in the 200 (33.39), and **Marisa Merritt (Sr., Portland, Ore.)** in the 800 (2:43.17).

Also scoring Bruin points were **Hunt**, 4th in the 100 (14.12), **Matthews**, 6th in the 100 (14.27), **Merritt**, 5th in the 1,500 (5:25.02), **Goeres**, 6th in the 1,500 (5:31.87), **Helena Telfer (So., Monmouth, Ore.)**, 5th in the pole vault (9-00.00), **Erin Paisley (Fr., Salem, Ore.)**, 6th in the pole vault (8-00.00) and 6th in the hammer (99-09.00), and **Heidi Smith (Jr., Lakeside, Ore.)**, 4th in the javelin (85-08.00).

### Men's Division

Firsts for the George Fox men went to **Jon Robinson (Fr., Cannon Beach, Ore.)** in the 100 (11.52), **Ryan Sprunger (Fr., Dundee, Ore.)** in the 400 (22.95), **Nick Ryland (So., Cheyenne, Wyo.)** in the 800 (2:00.51), **Brett Yeager (Fr., Oakridge, Ore.)** in the high jump (6-02.00), **Scott Greene (Sr., Beaverton, Ore.)** in the triple jump (40-09.50), **Darin Krueger (Jr., Portland, Ore.)** in the hammer (139-05.00), the 4x100 relay team (42.96) of **Sprunger, Ben Salisbury (Fr., Bellingham, Wash.), Tyler Gassaway (Sr., Portland, Ore.),** and **Robinson,** and



the 4x400 relay team (3:32.39) of Sprunger, Gassaway, Jesse Rasmussen (Fr., Portland, Ore.), and Salisbury.

Seconds went to the Bruins' Robinson in the 200 (23.03), Rasmussen in the 400 (50.94), Zach Davidson (So., Albany, Ore.) in the 110 high hurdles (16.43), Keith Christiansen (So., Grass Valley, Ore.) in the 400 intermediate hurdles (57.97), Gassaway in the long jump (21-08.75), and the 4x400 "B" team (3:31.52).

Earning third place were Salisbury in the 400 (51.32), Davidson in the 800 (2:04.23), Will Howard (Fr., Caldwell, Idaho) in the 1,500 (4:21.68), Marty McKay (Fr., Bremerton, Wash.) in the 400 intermediate hurdles (1:01.56), Geoff Kirkendall (Fr., Roseburg, Ore.) in the discus (125-08.00), and the George Fox "B" team in the 4x100 relays (45.90).

Other Bruin men who earned points were Neil Cantrall (So., Salem, Ore.), 6th in the 100, Tevin Taylor (Fr., Portland, Ore.), 5th in the 200 (24.50), 5th in the 800 (2:05.66), and 4th in the javelin (162-07.00), Bjorn Doskeland (Fr., Boise, Idaho), 5th in the 1,500, Greene, 5th in the high jump (5-10.00), Bryan Wadlow (Fr., Albany, Ore.), 6th in the high jump (5-10.00), Christiansen, 4th in the pole vault (12-06.00), Yeager, 5th in the long jump (19-05.25), Krueger, 6th in the shot put (40-02.75), Caleb Carlson (Fr., Oregon City, Ore.), 5th in the discus (119-10.00), Kyle Dixon (Fr., Springfield, Ore.), 6th in the javelin (157-03.00), and the George Fox "C" team in the 4x400 relays (4:04.07).

The Bruins start early on the George Fox spring break coming up the last week in March, participating next in the California State University-Northridge Invitational Friday and Saturday, March 23-24.

### **HUNT QUALIFIES FOR NATIONALS AGAIN IN POLE VAULT**

Heather Hunt, an NCAA All-American last year with a 7th-place finish in the national meet in the pole vault, met the national qualifying mark for this season exactly with her vault of 11-06 at Linfield and will compete for the national title again this spring on May 24-26 at Millikin University in Decatur, Ill.

On the women's side, there were six other times or distances posted in McMinnville that qualified for the Northwest Conference meet. Five men's marks were good enough to qualify for the Northwest Conference meet.

#### **Female Athlete**

Heather Hunt

Erin Paisley

Amy Forbes

Colleen Forbes

Colleen Forbes

Amy Forbes

Sarah Zempel

#### **Male Athlete**

Tyler Gassaway

Jon Robinson

Ryan Sprunger

Jesse Rasmussen

Ben Salisbury

#### **Event (Time or Distance)**

Pole Vault (11-06) - Sr. class record

Pole Vault (8-00) - #5 all-time

High Jump (5-04) - #3 Sr. class

Long Jump (16-02.5)

Triple Jump (35-02.5) - #5 all-time

Triple Jump (34-08.5) - #7 all-time

Discus (128-06) - #4 all-time, #3 Fr. class

#### **Event (Time or Distance)**

Long Jump (21-08.75)

Long Jump (21-06)

400 (50.66)

400 (50.94)

400 (51.32)

#### **Qualified at this meet for:**

NCAA

NWC

NWC

NWC

NWC

NWC

NWC

#### **Qualified at this meet for:**

NWC

NWC

NWC

NWC

NWC

### **GEORGE FOX PREVIOUS QUALIFIERS:**

#### **Female Athlete**

Heather Hunt

Deveny West (Fr., Klamath Falls, Ore.)

Helena Telfer

Kelsey Baron

Kelsey Baron

Sarah Zempel

Sarah Zempel

Sarah Zempel

Sarah Zempel

Brooke Pitner (Fr., Vancouver, Wash.)

Sara Oates

Christina Davis

#### **Event (Time or Distance)**

Pole Vault (11-00)

Pole Vault (10-06)

Pole Vault (9-06)

Long Jump (16-07.75)

Triple Jump (37-02.25)

Shot Put (42-00)

Javelin (118-09)

Discus (126-08)

Hammer (121-03)

200 (26.76)

400 (62.31)

400 (62.47)

#### **Qualified for:**

NWC, NCAA provisional

NWC, NCAA provisional

NWC

NWC

NWC

NWC, NCAA provisional

NWC

NWC

NWC

NWC

NWC

NWC

**George Fox Track & Field ... Mar. 19, 2001 ... page 3**

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Brett Yeager	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow	Triple Jump (43-0.5)	NWC
Ben Salisbury	200 (22.73)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor	110 High Hurdles (15.67)	NWC
Zach Davidson	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC

**NEW PERSONAL BESTS:**

Bruin women set 7 new personal records in the NWC Focus Meet in McMinnville, while 18 new personal highs were set by the men.

<u>Female Athlete</u>	<u>Event (New Best Time or Distance)</u>
Colleen Forbes	Long Jump (16-02.5)
Colleen Forbes	Triple Jump (35-02.5) - #5 all-time
Amy Forbes	Triple Jump (34-08.5) - #7 all-time
Amy Bender	100 (15.82)
Amy Bender	200 (33.39)
C. Forbes, McElwain, Davis, Oates	4x400 (4:09.61)
Colleen Forbes	4x400 split (64.0)
<u>Male Athlete</u>	<u>Event (New Best Time or Distance)</u>
Geoff Kirkendall	Discus (125-08)
Caleb Carlson	Discus (119-10)
Nick Hultberg (Fr., Salem, Ore.)	Discus (117-10)
Kenan Butler (So., Shelton, Wash.)	Discus (88-02)
Nick Hultberg	Javelin (156-02)
Tevin Taylor	200 (24.50)
Ryan Sprunger	400 (50.66)
Jesse Rasmussen	400 (50.94)
Ben Salisbury	400 (51.32)
Tevin Taylor	800 (2:05.66)
Will Howard	800 (2:12.82)
Will Howard	1,500 (4:21.68)
Sprunger, Salisbury, Gassaway, Robinson	4x100 (42.96) - #22 all-time
Ryan Sprunger	4x400 split (51.1)
Jesse Rasmussen	4x400 split (51.5)
Tevin Taylor	4x400 split (53.6)
Will Howard	4x400 split (62.5)
Bjorn Doskeland	4x400 split (58.1)



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## **GEORGE FOX TRACK & FIELD**

### **HIGHLIGHTS:**

**Bruins Take First in Both Divisions in NWC Focus Meet at Linfield  
Hunt Qualifies for NCAA Nationals Again**

### **THIS WEEK:**

Fri.-Sat., Mar. 23-24 - at California State University-Northridge Invitational, Northridge, Calif.

### **LAST WEEK:**

Mar. 17 - at NWC Focus Meet, at Linfield College, McMinnville, Ore.  
(Men - 1st of 6 / Women - 1st of 5)

### **BRUINS WIN BOTH MEN'S AND WOMEN'S DIVISIONS AT LINFIELD FOCUS MEET**

**McMINNVILLE, Ore. ----** Capturing firsts in 10 women's events and eight men's events, the George Fox University Bruins won both divisions of the Northwest Conference Five-Way track and field Focus Meet Saturday (Mar.17) here at Linfield College.

The Bruins won the women's division with 179 points, followed by Linfield with 139, Lewis & Clark College with 82, Pacific University with 79, and Willamette University with 34. The Bruin men tallied 195 points, with Linfield next at 166, Lewis & Clark with 130, Willamette with 27, the Bruin Track Club (alums) with 20, and Pacific with 14. Up to six places were scored in each event, on a 10-8-6-4-2-1 basis.

### **Women's Division**

Winning events for the Bruins were **Kelsey Baron (So., Nehalem, Ore.)** in the 100 meter dash (13.70), **Sara Oates (Fr., Grover Beach, Calif.)** in the 400 (1:00.72), **Jamie McElwain (Sr., Tigard, Ore.)** in the 1,500 (5:06.90), **Janelle Goeres (Fr., Gold Hill, Ore.)** in the 3,000 (11:41.50), **Amy Forbes (Sr., Jackson, Wyo.)** in the high jump (5-04.00), **Heather Hunt (Sr., Turner, Ore.)** in the pole vault (11-06.50), **Colleen Forbes (Jr., Jackson, Wyo.)** in the long jump (16-02.50) and the triple jump (35-02.50), **Sarah Zempel (Fr., Rogue River, Ore.)** in the shot put (39-11.25), and the 4x400 relay team (4:09.61) of **Colleen Forbes, McElwain, Christina Davis (Jr., Edmonds, Wash.),** and **Oates.**

Earning seconds were **Mona Matthews (Fr., Huntington, Ore.)**, in the 200 (29.84), **Davis** in the 400 (1:02.68), **Amy Forbes** in the triple jump (34-08.50), **Zempel** in the discus (128-06.00) and the hammer (121-01.00), and the 4x100 relay team (52.03) of **Matthews, Oates, Baron,** and **Davis.**

Third place finishes went to **Amy Bender (Fr., North Powder, Ore.)** in the 200 (33.39), and **Marisa Merritt (Sr., Portland, Ore.)** in the 800 (2:43.17).

Also scoring Bruin points were **Hunt**, 4th in the 100 (14.12), **Matthews**, 6th in the 100 (14.27), **Merritt**, 5th in the 1,500 (5:25.02), **Goeres**, 6th in the 1,500 (5:31.87), **Helena Telfer (So., Monmouth, Ore.)**, 5th in the pole vault (9-00.00), **Erin Paisley (Fr., Salem, Ore.)**, 6th in the pole vault (8-00.00) and 6th in the hammer (99-09.00), and **Heidi Smith (Jr., Lakeside, Ore.)**, 4th in the javelin (85-08.00).

### **Men's Division**

Firsts for the George Fox men went to **Jon Robinson (Fr., Cannon Beach, Ore.)** in the 100 (11.52), **Ryan Sprunger (Fr., Dundee, Ore.)** in the 400 (22.95), **Nick Ryland (So., Cheyenne, Wyo.)** in the 800 (2:00.51), **Brett Yeager (Fr., Oakridge, Ore.)** in the high jump (6-02.00), **Scott Greene (Sr., Beaverton, Ore.)** in the triple jump (40-09.50), **Darin Krueger (Jr., Portland, Ore.)** in the hammer (139-05.00), the 4x100 relay team (42.96) of **Sprunger, Ben Salisbury (Fr., Bellingham, Wash.), Tyler Gassaway (Sr., Portland, Ore.),** and **Robinson,** and

the 4x400 relay team (3:32.39) of **Sprunger, Gassaway, Jesse Rasmussen (Fr., Portland, Ore.), and Salisbury.**

Seconds went to the Bruins' **Robinson** in the 200 (23.03), **Rasmussen** in the 400 (50.94), **Zach Davidson (So., Albany, Ore.)** in the 110 high hurdles (16.43), **Keith Christiansen (So., Grass Valley, Ore.)** in the 400 intermediate hurdles (57.97), **Gassaway** in the long jump (21-08.75), and the 4x400 "B" team (3:31.52).

Earning third place were **Salisbury** in the 400 (51.32), **Davidson** in the 800 (2:04.23), **Will Howard (Fr., Caldwell, Idaho)** in the 1,500 (4:21.68), **Marty McKay (Fr., Bremerton, Wash.)** in the 400 intermediate hurdles (1:01.56), **Geoff Kirkendall (Fr., Roseburg, Ore.)** in the discus (125-08.00), and the George Fox "B" team in the 4x100 relays (45.90).

Other Bruin men who earned points were **Neil Cantrall (So., Salem, Ore.)**, 6th in the 100, **Tevin Taylor (Fr., Portland, Ore.)**, 5th in the 200 (24.50), 5th in the 800 (2:05.66), and 4th in the javelin (162-07.00), **Bjorn Doskeland (Fr., Boise, Idaho)**, 5th in the 1,500, **Greene**, 5th in the high jump (5-10.00), **Bryan Wadlow (Fr., Albany, Ore.)**, 6th in the high jump (5-10.00), **Christiansen**, 4th in the pole vault (12-06.00), **Yeager**, 5th in the long jump (19-05.25), **Krueger**, 6th in the shot put (40-02.75), **Caleb Carlson (Fr., Oregon City, Ore.)**, 5th in the discus (119-10.00), **Kyle Dixon (Fr., Springfield, Ore.)**, 6th in the javelin (157-03.00), and the George Fox "C" team in the 4x400 relays (4:04.07).

The Bruins start early on the George Fox spring break coming up the last week in March, participating next in the California State University-Northridge Invitational Friday and Saturday, March 23-24.

#### **HUNT QUALIFIES FOR NATIONALS AGAIN IN POLE VAULT**

**Heather Hunt**, an NCAA All-American last year with a 7th-place finish in the national meet in the pole vault, met the national qualifying mark for this season exactly with her vault of 11-06 at Linfield and will compete for the national title again this spring on May 24-26 at Millikin University in Decatur, Ill.

On the women's side, there were six other times or distances posted in McMinnville that qualified for the Northwest Conference meet. Five men's marks were good enough to qualify for the Northwest Conference meet.

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified at this meet for:</u></b>
Heather Hunt	Pole Vault (11-06) - Sr. class record	NCAA
Erin Paisley	Pole Vault (8-00) - #5 all-time	NWC
Amy Forbes	High Jump (5-04) - #3 Sr. class	NWC
Colleen Forbes	Long Jump (16-02.5)	NWC
Colleen Forbes	Triple Jump (35-02.5) - #5 all-time	NWC
Amy Forbes	Triple Jump (34-08.5) - #7 all-time	NWC
Sarah Zempel	Discus (128-06) - #4 all-time, #3 Fr. class	NWC
<b><u>Male Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified at this meet for:</u></b>
Tyler Gassaway	Long Jump (21-08.75)	NWC
Jon Robinson	Long Jump (21-06)	NWC
Ryan Sprunger	400 (50.66)	NWC
Jesse Rasmussen	400 (50.94)	NWC
Ben Salisbury	400 (51.32)	NWC

#### **GEORGE FOX PREVIOUS QUALIFIERS:**

<b><u>Female Athlete</u></b>	<b><u>Event (Time or Distance)</u></b>	<b><u>Qualified for:</u></b>
Heather Hunt	Pole Vault (11-00)	NWC, NCAA provisional
Deveny West (Fr., Klamath Falls, Ore.)	Pole Vault (10-06)	NWC, NCAA provisional
Helena Telfer	Pole Vault (9-06)	NWC
Kelsey Baron	Long Jump (16-07.75)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC
Sarah Zempel	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Javelin (118-09)	NWC
Sarah Zempel	Discus (126-08)	NWC
Sarah Zempel	Hammer (121-03)	NWC
Brooke Pitner (Fr., Vancouver, Wash.)	200 (26.76)	NWC
Sara Oates	400 (62.31)	NWC
Christina Davis	400 (62.47)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Brett Yeager	High Jump (6-04)	NWC
Adam Puckett (Fr., Freeport, Maine)	Long Jump (22-01.75)	NWC
Bryan Wadlow	Triple Jump (43-0.5)	NWC
Ben Salisbury	200 (22.73)	NWC
Eric Costa (Sr., Beaverton, Ore.)	400 (50.26)	NWC
Tevin Taylor	110 High Hurdles (15.67)	NWC
Zach Davidson	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC

**NEW PERSONAL BESTS:**

Bruin women set 7 new personal records in the NWC Focus Meet in McMinnville, while 18 new personal highs were set by the men.

<u>Female Athlete</u>	<u>Event (New Best Time or Distance)</u>
Colleen Forbes	Long Jump (16-02.5)
Colleen Forbes	Triple Jump (35-02.5) - #5 all-time
Amy Forbes	Triple Jump (34-08.5) - #7 all-time
Amy Bender	100 (15.82)
Amy Bender	200 (33.39)
C. Forbes, McElwain, Davis, Oates	4x400 (4:09.61)
Colleen Forbes	4x400 split (64.0)
<u>Male Athlete</u>	<u>Event (New Best Time or Distance)</u>
Geoff Kirkendall	Discus (125-08)
Caleb Carlson	Discus (119-10)
Nick Hultberg (Fr., Salem, Ore.)	Discus (117-10)
Kenan Butler (So., Shelton, Wash.)	Discus (88-02)
Nick Hultberg	Javelin (156-02)
Tevin Taylor	200 (24.50)
Ryan Sprunger	400 (50.66)
Jesse Rasmussen	400 (50.94)
Ben Salisbury	400 (51.32)
Tevin Taylor	800 (2:05.66)
Will Howard	800 (2:12.82)
Will Howard	1,500 (4:21.68)
Sprunger, Salisbury, Gassaway, Robinson	4x100 (42.96) - #22 all-time
Ryan Sprunger	4x400 split (51.1)
Jesse Rasmussen	4x400 split (51.5)
Tevin Taylor	4x400 split (53.6)
Will Howard	4x400 split (62.5)
Bjorn Doskeland	4x400 split (58.1)



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Information  
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# WHAT'S BRUIN Sports News

Monday, March 12, 2001 --- For Immediate Release  
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## GEORGE FOX TRACK & FIELD

### HIGHLIGHTS:

**Bruin Women 2nd, Men 3rd in NWC Focus Meet in Salem**

### THIS WEEK:

Sat., Mar. 17 - at NWC Focus Meet, Linfield College, in McMinnville, Ore.

### LAST WEEK:

Mar. 10 - at NWC Focus Meet, Willamette University, in Salem, Ore.  
(Women - 2nd of 6 / Men - 3rd of 6)

### BRUIN WOMEN 2ND, MEN 3RD IN NWC FOCUS MEET IN SALEM

**SALEM, Ore. ----** In another good showing early in the outdoor track and field season, the George Fox University women finished second and the Bruin men third in the Northwest Conference Focus Meet hosted by Willamette University here Saturday (Mar. 10).

"This meet scored eight places deep, and we just don't have the depth to earn that many points," admitted Bruins coach **Wes Cook**, "but we turned in some outstanding numbers and I think did quite well."

### Women's Division

In the women's events, host Willamette took first with 292 points, followed by **George Fox with 195**, Lewis & Clark College with 66, Lane Community College with 48, Pacific University with 40, and Chemeketa Community College with 34.

Winning events for the Bruins were **Brooke Pitner (Fr., Vancouver, Wash.)** in the 200 (26.76), **Sara Oates (Fr., Grover Beach, Calif.)** in the 400 (59.83), **Janelle Goeres (Fr., Gold Hill, Ore.)** in the 5,000 (19:48.37), **Deveny West (Fr., Klamath Falls, Ore.)** in the pole vault (10-06), **Kelsey Baron (So., Nehalem, Ore.)** in the long jump (16-06) and the triple jump (36-4.25), **Sarah Zempel (Fr., Rogue River, Ore.)** in the shot put (40-10.25), the 4x100 relay team (50.86), and the 4x400 relay team (4:15.93). The 4x100 team included **Mona Mathews (Fr., Huntington, Ore.)**, Oates, Baron, and Pitner, while the 4x400 team was Matthews, **Jamie McElwain (Sr., Tigard, Ore.)**, **Christina Davis (Jr., Edmonds, Wash.)**, and Oates.

McElwain finished 2nd overall to an unattached winner but had the top scoring time in the 800 (2:24.96), as did **Tori Taylor (Jr., Portland, Ore.)** in the 3,000 (11:11.84).

Seconds were claimed by Pitner in the 100 (13.09), Oates in the 200 (27.13), **Amy Forbes (Sr., Jackson, Wyo.)** in the high jump (5-0), Zempel in the discus (126-08), and **Lori Miller (Jr., Aurora, Ore.)** in the javelin (122-0). Thirds went to McElwain in the 1,500 (5:00.34) and Zempel in the hammer (121-03).

### Men's Division

In the men's events, the top spot went to Lane CC with 216.5 points, followed by Willamette with 180, **George Fox with 162**, Chemeketa CC with 79, Lewis & Clark with 54.5, and Pacific with 9.

George Fox got only one first, in the 4x400 relays (3:22.36) run by **Zach Davidson (So., Albany, Ore.)**, **Ben Salisbury (Fr., Bellingham, Wash.)**, **Tyler Gassaway (Sr., Portland, Ore.)**, and **Eric Costa (Sr., Beaverton, Ore.)**. The Bruins captured several seconds, however, including Salisbury in the 100 (11.39) and the 200 (22.90), **Nick Ryland (So., Cheyenne, Wyo.)** in the 800 (2:01.52), **Brett Yeager (Fr., Oakridge, Ore.)** in the high jump (6-4), **Bryan Wadlow (Fr., Albany, Ore.)** in the triple jump (43-0.5), **Darin Krueger (Jr., Portland, Ore.)** in the hammer (152-0), and the 4x100 relay team (43.29) of **Ryan Sprunger (Fr., Dundee, Ore.)**, Salisbury, Gassaway, and **Jon Robinson (Fr., Cannon Beach, Ore.)**.



## George Fox Track & Field ... Mar. 12, 2001 ... page 2

Earning thirds were Robinson in the 100 (11.41), Gassaway in the 200 (23.05), Costa in the 400 (50.26), **Tevin Taylor (Fr., Portland, Ore.)** in the 100 high hurdles (15.67), Davidson in the 400 intermediate hurdles (56.81), and **Kyle Dixon (Fr., Springfield, Ore.)** in the javelin (158-03). The George Fox 4x400 "B" team, run by **Keith Christiansen (So., Grass Valley, Ore.)**, Ryland, **Adam Puckett (Fr., Freeport, Maine)**, and Taylor, also got a third (3:30.00).

The Bruins compete in another NWC Focus Meet next Saturday (Mar. 17) at Linfield College in McMinnville, Ore.

### New qualifying times:

On the women's side, there were seven times or distances posted that qualified for the Northwest Conference meet. Six men's marks were good enough to qualify for the Northwest Conference meet.

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified at this meet for:</u>
Deveny West	Pole Vault (10-04)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC
Sarah Zempel	Discus (126-08)	NWC
Sarah Zempel	Hammer (121-03)	NWC
Brooke Pitner	200 (26.76)	NWC
Sara Oates	400 (59.83 - previously at 62.31)	NWC
Christina Davis	400 (62.47)	NWC
<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified at this meet for:</u>
Brett Yeager	High Jump (6-04 - previously at 6-02)	NWC
Bryan Wadlow	Triple Jump (43-0.5)	NWC
Eric Costa	400 (50.26 - previously at 50.58)	NWC
Tevin Taylor	110 High Hurdles (15.67)	NWC
Zach Davidson	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC

### Already qualified:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Heather Hunt	Pole Vault (11-00)	NWC, NCAA provisional
Helena Telfer (So., Grand Ronde, Ore.)	Pole Vault (9-06)	NWC
Kelsey Baron	Long Jump (16-07.75)	NWC
Sarah Zempel	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Javelin (118-09)	NWC
Sara Oates	400 (62.31)	NWC
<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Brett Yeager	High Jump (6-02)	NWC
Adam Puckett	Long Jump (22-01.75)	NWC
Ben Salisbury	200 (22.73)	NWC
Eric Costa	400 (50.58)	NWC

### Personal Bests:

Bruin women set 9 new personal records in the NWC Focus Meet in Salem, while 16 new personal highs were set by the men.

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>
Deveny West	Pole Vault (10-06)
Sarah Zempel	Hammer (121-03)
Erin Paisley (Fr., Salem, Ore.)	Hammer (110-04)
Helena Telfer	100 (14.63)

**George Fox Track & Field ... Mar. 12, 2001 ... page 3**

Amy Bender (Fr. North Powder, Ore.)	100 (15.86)
Amy Bender	200 (33.78)
Sara Oates	400 (59.83)
Janelle Goeres	5000 (19:48.37)
Mona Matthews	4x400 split (69.7)

*Male Athlete*

Brett Yeager  
Marty McKay (Fr., Bremerton, Wash.)  
Bryan Wadlow  
Adam Puckett  
Nick Hultberg (Fr., Salem, Ore.)  
Kenan Butler (So., Shelton, Wash.)  
Jesse Rasmussen (Fr., Portland, Ore.)  
Bjorn Doskeland (Fr., Boise, Idaho)  
Steve Willmer (So., Fullerton, Calif.)  
Bjorn Doskeland  
Will Howard (Fr., Caldwell, Idaho)  
Tevin Taylor  
Tevin Taylor  
Marty McKay  
Nick Ryland  
Adam Puckett

*Event (Time or Distance)*

High Jump (6-04)  
Long Jump (18-10.5)  
Triple Jump (43-00.5)  
Triple Jump (41-07)  
Discus (109-01)  
Discus (70-06)  
400 (52.24)  
800 (2:09.21)  
1500 (4:07.77)  
1500 (4:23.73)  
5000 (16:08.10)  
110 High Hurdles (15.67)  
400 Intermediate Hurdles (58.11)  
400 Intermediate Hurdles (59.46)  
4x400 split (52.0)  
4x400 split (54.0)

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Winning events for the Bruins were **Brooke Pitner (Fr., Vancouver, Wash.)** in the 200 (26.76), **Sara Oates (Fr., Grover Beach, Calif.)** in the 400 (59.83), **Janelle Goeres (Fr., Gold Hill, Ore.)** in the 5,000 (19:48.37), **Deveny West (Fr., Klamath Falls, Ore.)** in the pole vault (10-06), **Kelsey Baron (So., Nehalem, Ore.)** in the long jump (16-06) and the triple jump (36-4.25), **Sarah Zempel (Fr., Rogue River, Ore.)** in the shot put (40-10.25), the 4x100 relay team (50.86), and the 4x400 relay team (4:15.93). The 4x100 team included **Mona Mathews (Fr., Huntington, Ore.)**, Oates, Baron, and Pitner, while the 4x400 team was Matthews, **Jamie McElwain (Sr., Tigard, Ore.)**, **Christina Davis (Jr., Edmonds, Wash.)**, and Oates.

McElwain finished 2nd overall to an unattached winner but had the top scoring time in the 800 (2:24.96), as did **Tori Taylor (Jr., Portland, Ore.)** in the 3,000 (11:11.84).

Seconds were claimed by Pitner in the 100 (13.09), Oates in the 200 (27.13), **Amy Forbes (Sr., Jackson, Wyo.)** in the high jump (5-0), Zempel in the discus (126-08), and **Lori Miller (Jr., Aurora, Ore.)** in the javelin (122-0). Thirds went to McElwain in the 1,500 (5:00.34) and Zempel in the hammer (121-03).

### **Men's Division**

In the men's events, the top spot went to Lane CC with 216.5 points, followed by Willamette with 180, **George Fox with 162**, Chemeketa CC with 79, Lewis & Clark with 54.5, and Pacific with 9.

George Fox got only one first, in the 4x400 relays (3:22.36) run by **Zach Davidson (So., Albany, Ore.)**, **Ben Salisbury (Fr., Bellingham, Wash.)**, **Tyler Gassaway (Sr., Portland, Ore.)**, and **Eric Costa (Sr., Beaverton, Ore.)**. The Bruins captured several seconds, however, including Salisbury in the 100 (11.39) and the 200 (22.90), **Nick Ryland (So., Cheyenne, Wyo.)** in the 800 (2:01.52), **Brett Yeager (Fr., Oakridge, Ore.)** in the high jump (6-4), **Bryan Wadlow (Fr., Albany, Ore.)** in the triple jump (43-0.5), **Darin Krueger (Jr., Portland, Ore.)** in the hammer (152-0), and the 4x100 relay team (43.29) of **Ryan Sprunger (Fr., Dundee, Ore.)**, Salisbury, Gassaway, and **Jon Robinson (Fr., Cannon Beach, Ore.)**.

## George Fox Track & Field ... Mar. 12, 2001 ... page 2

Earning thirds were Robinson in the 100 (11.41), Gassaway in the 200 (23.05), Costa in the 400 (50.26), **Tevin Taylor (Fr., Portland, Ore.)** in the 100 high hurdles (15.67), Davidson in the 400 intermediate hurdles (56.81), and **Kyle Dixon (Fr., Springfield, Ore.)** in the javelin (158-03). The George Fox 4x400 "B" team, run by **Keith Christiansen (So., Grass Valley, Ore.)**, Ryland, **Adam Puckett (Fr., Freeport, Maine)**, and Taylor, also got a third (3:30.00).

The Bruins compete in another NWC Focus Meet next Saturday (Mar. 17) at Linfield College in McMinnville, Ore.

### New qualifying times:

On the women's side, there were seven times or distances posted that qualified for the Northwest Conference meet. Six men's marks were good enough to qualify for the Northwest Conference meet.

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified at this meet for:</u>
Deveny West	Pole Vault (10-04)	NWC
Kelsey Baron	Triple Jump (37-02.25)	NWC
Sarah Zempel	Discus (126-08)	NWC
Sarah Zempel	Hammer (121-03)	NWC
Brooke Pitner	200 (26.76)	NWC
Sara Oates	400 (59.83 - previously at 62.31)	NWC
Christina Davis	400 (62.47)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Qualified at this meet for:</u>
Brett Yeager	High Jump (6-04 - previously at 6-02)	NWC
Bryan Wadlow	Triple Jump (43-0.5)	NWC
Eric Costa	400 (50.26 - (previously at 50.58)	NWC
Tevin Taylor	110 High Hurdles (15.67)	NWC
Zach Davidson	110 High Hurdles (16.17)	NWC
Zach Davidson	400 Intermediate Hurdles (56.81)	NWC

### Already qualified:

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Heather Hunt	Pole Vault (11-00)	NWC, NCAA provisional
Helena Telfer (So., Grand Ronde, Ore.)	Pole Vault (9-06)	NWC
Kelsey Baron	Long Jump (16-07.75)	NWC
Sarah Zempel	Shot Put (42-00)	NWC, NCAA provisional
Sarah Zempel	Javelin (118-09)	NWC
Sara Oates	400 (62.31)	NWC

<u>Male Athlete</u>	<u>Event (Time or Distance)</u>	<u>Previously qualified for:</u>
Brett Yeager	High Jump (6-02)	NWC
Adam Puckett	Long Jump (22-01.75)	NWC
Ben Salisbury	200 (22.73)	NWC
Eric Costa	400 (50.58)	NWC

### Personal Bests:

Bruin women set 9 new personal records in the NWC Focus Meet in Salem, while 16 new personal highs were set by the men.

<u>Female Athlete</u>	<u>Event (Time or Distance)</u>
Deveny West	Pole Vault (10-06)
Sarah Zempel	Hammer (121-03)
Erin Paisley (Fr., Salem, Ore.)	Hammer (110-04)
Helena Telfer	100 (14.63)

**George Fox Track & Field ... Mar. 12, 2001 ... page 3**

Amy Bender (Fr. North Powder, Ore.)	100 (15.86)
Amy Bender	200 (33.78)
Sara Oates	400 (59.83)
Janelle Goeres	5000 (19:48.37)
Mona Matthews	4x400 split (69.7)

Male Athlete

Event (Time or Distance)

Brett Yeager	High Jump (6-04)
Marty McKay (Fr., Bremerton, Wash.)	Long Jump (18-10.5)
Bryan Wadlow	Triple Jump (43-00.5)
Adam Puckett	Triple Jump (41-07)
Nick Hultberg (Fr., Salem, Ore.)	Discus (109-01)
Kenan Butler (So., Shelton, Wash.)	Discus (70-06)
Jesse Rasmussen (Fr., Portland, Ore.)	400 (52.24)
Bjorn Doskeland (Fr., Boise, Idaho)	800 (2:09.21)
Steve Willmer (So., Fullerton, Calif.)	1500 (4:07.77)
Bjorn Doskeland	1500 (4:23.73)
Will Howard (Fr., Caldwell, Idaho)	5000 (16:08.10)
Tevin Taylor	110 High Hurdles (15.67)
Tevin Taylor	400 Intermediate Hurdles (58.11)
Marty McKay	400 Intermediate Hurdles (59.46)
Nick Ryland	4x400 split (52.0)
Adam Puckett	4x400 split (54.0)





GEORGE FOX  
UNIVERSITY

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# WHAT'S BRUIN Sports News

Monday, March 5, 2001 --- For Immediate Release

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

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## GEORGE FOX TRACK & FIELD

### HIGHLIGHTS:

**Bruin Women Win Two Events in Season-Opening Linfield Icebreaker  
Hunt and Zempel Qualify Provisionally for NCAA Nationals**

### COMING UP:

Sat., Mar. 10, time TBA - at NWC Focus Meet, Willamette University, in Salem, Ore.

### LAST WEEK:

Sat., Mar. 3, 10:00 a.m. - at Linfield Icebreaker, in McMinnville, Ore. (not team scored)

### BRUINS MAKE GOOD SHOWING IN LINFIELD ICEBREAKER

**McMINNVILLE, Ore.** --- In their 2001 season opener for outdoor track and field, the George Fox University Bruins got off to a good start, particularly the women, who are the defending Northwest Conference champions, in the Linfield College Icebreaker here Saturday (Mar. 3).

The Bruins captured first place in two women's events, **Tori Taylor (Jr., Portland, Ore.)** winning the 3,000 meter Steeplechase with a time of 11:58.60, and the relay team of **Colleen Forbes (Jr., Jackson, Wyo.)**, **Jamie McElwain (Sr., Tigard, Ore.)**, **Christina Davis (Jr., Edmonds, Wash.)**, and **Sara Oates (Fr., Grover Beach, Calif.)** taking the 4x400 in 4:14.60. Taylor's Steeplechase time was a junior class record. **Elizabeth Moyer (Fr., Camarillo, Calif.)** also ran the Steeplechase, and her time of 12:56.80 was 2nd-best all-time and a freshman class record.

**Heather Hunt (Sr., Turner, Ore.)**, an NCAA All-American in the pole vault, picked up where she left off last year with a vault of 11-0 to finish 2nd, although that is more than a foot lower than her personal best. Teammate **Helena Telfer (So., Monmouth, Ore.)** finished 7th with a vault of 9-06, the 2nd-best ever by a GFU sophomore.

**Kelsey Baron (So., Nehalem, Ore.)** took a 3rd in the long jump with a leap of 16.07.75, while **Amy Forbes (Sr., Jackson, Wyo.)** was 4th in the high jump at 5-0, and the 4x100 relay team of **Davis, Oates, Baron, and Brooke Pitner (Fr., Vancouver, Wash.)** was 4th with a time of 51.33. **Oates** also captured a 4th in the 400 with a time of 62.31.

Perhaps the most impressive performance of the day was turned in by **Sarah Zempel (Fr., Rogue River, Ore.)**, who in her first college outdoor meet was 3rd in the Shot Put with a distance of 42-0, the 2nd-best mark in Bruin history and 2nd-best ever by a freshman. She then threw the Hammer 112-07, also 2nd-best in history and 2nd-best by a freshman. Not finished yet, she also hurled the Javelin 118-09, 9th-best in Bruin annals.

While the men did not threaten any records as did the women, there were nevertheless some good showing by the Bruins. **Adam Puckett (Fr., Freeport, Maine)** finished 3rd in the Long Jump with a distance of 22-01.75, the 10th-best distance ever. The 4x100 relay team of **Zach Davidson (So., Albany, Ore.)**, **Ben Salisbury (Fr., Bellingham, Wash.)**, **Tyler Gassaway (Sr., Portland, Ore.)**, and **Jon Robinson (Fr., Cannon Beach, Ore.)** took 4th with a time of 44.13. **Tevin Taylor (Fr., Portland, Ore.)** came in 5th in the 110 meter High Hurdles at 16.22.

### Qualifying times:

On the women's side, there were six times or distances posted that qualified for the Northwest Conference meet, and two marks that qualified provisionally for the NCAA National Championships. Four men's marks were good enough to qualify already for the Northwest Conference meet.

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## George Fox Track & Field ... Mar. 5, 2001 ... page 2

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Helena Telfer	Pole Vault (9-06)	NWC
Kelsey Baron	Long Jump (16-07.75)	NWC
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Sara Oates	400 (62.31)	NWC
Brett Yeager	High Jump (6-02)	NWC
Adam Puckett	Long Jump (22-01.75)	NWC
Ben Salisbury	200 (22.73)	NWC
Eric Costa	400 (50.58)	NWC

### Personal Bests:

Bruin women set personal records in 11 events in the Linfield Icebreaker, while 21 personal highs were set by the men.

<u>Athlete</u>	<u>Event (Time or Distance)</u>
Sarah Zempel	Shot Put (42-00)
Sarah Zempel	Hammer (112-07)
Erin Paisley	Hammer (101-00)
Tori Taylor	Hammer (86-09)
Mona Matthews	100 (13.96)
Helena Telfer	100 (14.93)
Deveny West	100 (14.93)
Mona Matthews	200 (29.68)
Janelle Goeres	5000 (20:45.34)
Elizabeth Moyer	3000m Steeplechase (12:56.80)
Colleen Forbes	4x400 split (64.2)
Adam Puckett	Long Jump (22.01.75)
David Kilian	Long Jump (17-11)
Geoff Kirkendall	Shot Put (37-05.25)
Caleb Carlson	Shot Put (35-05)
Nick Hultberg	Shot Put (32-11)
Geoff Kirkendall	Discus (121-10)
Caleb Carlson	Discus (111-07)
Nick Hultberg	Discus (105-11)
Kyle Dixon	Javelin (159-02)
Chris Chartier	100 (12.12)
Chris Chartier	200 (24.39)
Keith Christiansen	200 (24.79)
Ryan Sprunger	400 (51.83)
Jesse Rasmussen	400 (54.10)
Marty McKay	800 (2:11.83)
Bjorn Doskeland	5000 (17:00.41)
Will Howard	10,000 (34:40.04)
Tevin Taylor	110 Hurdles (16.22)
Jon Robinson	4x400 split (52.4)
Ryan Sprunger	4x400 split (54.4)
Marty McKay	4x400 split (53.5)



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