



Great Northwest Athletic Conference

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2012 Cross Country – Week 4 (Sept. 26, 2012)

UPCOMING: Saturday – Willamette Charles Bowles at Bush's Pasture Park, 9:30 p.m. (Alaska Fairbanks, Central Washington, Northwest Nazarene, Seattle Pacific); Colorado Rocky Mountain Shootout, 9 a.m. (MSU Billings); Pacific Lutheran Invitational (Central Washington); Stanford Invitational (Simon Fraser).

USTFCCCA POLLS: National (Sept. 26): Men – 8. Alaska Anchorage; 12. Western Washington; 18. Western Oregon; 29. Seattle Pacific. **Women** – 5. Alaska Anchorage, 9. Simon Fraser, 16. Western Washington, 21. Seattle Pacific. **West Region (Sept. 25): Men** – 2. Alaska Anchorage; 3. Western Washington; 5. Western Oregon; 7. Seattle Pacific; 10. Northwest Nazarene. **Women** – 1. Alaska Anchorage; 3. Simon Fraser; 4. Seattle Pacific; 5. Western Washington; 9. Alaska Fairbanks.

GNAC ON TFRRS: For direct links to all meets in which GNAC athletes have participated visit the GNAC page on TFRRS at: <http://www.tfrs.org/leagues/1386.html>

GNAC RED LION ATHLETES OF THE WEEK

Men – Michael Luhr, Montana State Billings (So., Gillette, WY) finished second in the collegiate division in the Erik Anderson Invitational in Spokane covering the 8,000 meters in a time of 25:57.87. The *Red Lion Athlete of the Week* honoree finished second, seven seconds in back of Gonzaga's Andrew Walker. **Honorable Mention** - Dak Riek, Western Washington; Brady Beagley, Western Oregon.

Women – Katelyn Steen, Western Washington (So., Sammamish, WA – Eastlake) led the Vikings to the team title in the Saint Martin's Invitational finishing third on the 6,000-meter layout in a time of 22:28.24 to earn *Red Lion Athlete of the Week* honors. **Honorable Mention** - Lindsey Butterworth, Simon Fraser; Holly Meler, Western Oregon; Whitney Mickelsen, Montana State Billings.

UAA MAINTAINS NATIONAL RANKINGS: Alaska Anchorage maintained its No. 5 and No. 8 rankings in this week's USTFCCCA NCAA Division II women's and men's national cross country rankings released Wednesday ... The UAA teams were joined in the national rankings by six other GNAC teams. On the men's side, Western Washington is ranked 12th, Western Oregon is ranked 18th and Seattle Pacific is ranked 29th. On the women's side Simon Fraser is ranked ninth, Western Washington is ranked 16th and Seattle Pacific is ranked 21st.

TEN EARN REGIONAL RANKINGS: Ten GNAC teams are ranked in this week's USTFCCCA regional rankings ... Alaska Anchorage is the No. 1 ranked team on the women's side. Simon Fraser, Seattle Pacific and Western Washington are ranked third, fourth and fifth,

while Alaska Fairbanks is ranked ninth. On the men's side, Alaska Anchorage is ranked second and Western Washington is ranked third. Western Oregon, Seattle Pacific and Northwest Nazarene are ranked fifth, seventh and 10th, respectively. Chico State is the No. 1 ranked men's team ... The top five finishers in both the men's and women's divisions at the regional meet Nov. 3 at Honolulu will advance to the national meet Nov. 17 at Joplin, Mo.

CLAN WOMEN POST EASY WIN AT SANTA ROSA: Simon Fraser cruised to a easy team victory in the Sonoma State Invitational women's division, placing six runners in the top seven – including Lindsey Butterworth who finished first in a 6,000-meter time of 22:05. SFU outpointed second-place Western Oregon 18-76. The Clan came into the meet ranked ninth nationally, while the Wolves were ranked 18th ... Led by Brady Beagley, Western Oregon outpointed second-place Simon Fraser to win the men's team title. Beagley was the top collegiate finisher placing second in a 8,000-meter time of 26:40, seven seconds back of WOU assistant coach Chris Reed, who was competing unattached.

VIKINGS WIN SMU INVITATIONAL: Katelyn Steen led Western Washington to the women's team title at the Saint Martin's Invitational in a third place 6,000-meter time of 22:28.24. The Vikings outpointed second-place Seattle Pacific 27-48. The University of Victoria won the men's team title with 18 points outdistancing Western Washington's 42-point total. The Vikings' Dak Riek placed third in a 8,000-meter time of 25:47.65, for the top GNAC individual finish.

MSUB TAKES ERIC ANDERSON TITLE: Led by Michael Luhr, who finished second in a 8,000-meter time of 25:57.87, Montana State Billings won the men's NCAA division of the Erik Anderson Invitational last Saturday in Spokane. Scoring was separate based on affiliation (NCAA, NAIA and junior college). MSUB was one of three schools with a full team in the men's NCAA division. MSUB finished fourth among the five teams in the women's division as Whitney Mickelsen led the 'Jackets finishing sixth in a 6,000-meter time of 18:35.22.

Sonoma State Invitational (Sept. 22, 2012 at Santa Rosa, CA): Men's Team Scores – Western Oregon 26, Simon Fraser 56, Humboldt State 70, Holy Names 117, Dominican 124. **Individuals (8,000 Meters)** – 1. Chris Reed, unat., 26:33; 2. Brady Beagley, WOU, 26:40; 6. Zach Holloway, WOU, 27:10; 7. David Smith, WOU, 27:19; 8. Timo Hoberg, SFU, 27:21; 9. Zeke Wilson, WOU, 27:21; 10. Adam Reid, SFU, 27:21. **Women's Team Scores** – Simon Fraser 18, Western Oregon 76, Pacific 81, Sonoma State 97, Humboldt State 106, Holy Names 174, Dominican 201, Mills 235. **Individuals (6,000 Meters)** – 1. Lindsey Butterworth,

SFU, 22:05; 2. Sarah Sawatzky, SFU, 22:10; 4. Kirsten Allen, SFU, 22:15; 5. Michaela Kane, SFU, 22:16; 6. Kansas Mackenzie, SFU, 22:21; 7. Peggy Noel, SFU, 22:27; 8. Holly Meler, WOU, 22:31.

Saint Martin's Invitational (Sept. 22 at Lacey): Men's Team Scores - Victoria 18, Western Washington 42, Alaska Fairbanks 95, Saint Martin's 125, Green River 142, Olympic 179, Evergreen 181, Club Northwest 217. **Individuals (8,000 Meters)** - 1. Ryan Cassidy, Victoria, 25:40.75; 3. Dak Riek, WWU, 25:47.65; 8. Tyler Cannon, WWU, 26:29.78; 9. Tanner Boyd, WWU, 26:34.29; 10. Dylan Peterson, WWU, 26:41.44; 12. Tabor Reedy, WWU, 26:46.93. **Women** - Western Washington 27, Seattle Pacific 48, Alaska Fairbanks 65, Saint Martin's 95, Olympic 134. **Individuals (6,000 Meters)** - 1. Ruth Perkins, CNW, 22:07.39; 3. Katelyn Steen, WWU, 22:28.24; 8. Katie Thralls, SPU, 23:17.44; 11. Alyson McPhetres, UAF, 23:27.77; 12. Austen Reiter, WWU, 23:42.18; 14. Arielle Walton, WWU, 23:54.80.

SCC Erik Anderson Invitational (Sept. 22 at Spokane): Men's Team Scores - Montana State Billings 27, Gonzaga 29, Whitworth 85. **Individuals 8,000 Meters** - 1. Andrew Walker, GU, 25:50.19; 2. Michael Luhr, MSUB, 25:57.87; 3. Clint Choquette, MSUB, 26:04.44; 5. Robert Peterson, MSUB, 26:20.63; 8. Chase Robinson, MSUB, 26:26.69; 9. Tyson Vanderby, MSUB, 26:26.69; 10. Taylor Canfield, MSUB, 26:54.73. **Women's Team Scores** - Gonzaga 27, Washington State 39, Whitworth 79, MSU Billings 111, Central Washington 117. **Individuals (6,000 Meters)** - 1. Emily Dwyer, WSU, 18:43.10; 6. Whitney Mickelsen, MSUB, 18:35.22; 23. Mary Owen, MSUB, 19:22.30; 24. Chelsea Dowdell, CWU, 20:21.31; 25. Edith Zaragoza, CWU, 20:26.76; 30. Jayna Inderbitzin, CWU, 20:36.48.

WHAT'S LEFT THIS SEASON

October: 6 - Western Washington Invitational at East Lake Padden, 10:30 a.m. (Alaska Anchorage, Alaska Fairbanks, Central Washington, Saint Martin's, Simon Fraser, Western Washington); College of Idaho Invitational, 5 p.m. (Northwest Nazarene); WOU Ash Creek Open, TBA (Western Oregon). 12 - Oregon City Mike Hodges Invitational, 3:30 p.m. (Western Oregon). 13 - Emerald City Invitational at Woodland Park (Alaska Fairbanks, Seattle Pacific, Simon Fraser); MSU Billings Yellowjacket Shootout, 10 a.m. (MSU Billings). 20 - GNAC at WOU Campus Course, 10 a.m.

November: 3 - NCAA Division II West Regional at Kualoa Ranch, Honolulu, HI). 17 - NCAA Divisional II Nationals at Joplin, Mo.

PREVIOUS CROSS COUNTRY RECAPS

Alaska Nanooks West Ridge Invitational (Aug. 30 at Fairbanks): Men's Team Scores - Black Hills State 26, Seattle Pacific 42, Alaska Fairbanks 67. **Individuals (8,000 Meters)** - 1. Mitch Kraft, BHSU, 26:11.5; 2. Jordan Wolfe, SPU, 26:34.4; 3. A.J. Baker, SPU, 26:48.0; 5. Seth Pierson, SPU, 27:15.2; 10. Ross MacDougal, UAF, 27:33.5. **Women's Team Scores** - Seattle Pacific 26, Alaska Fairbanks 37, Black Hills State 60. **Individuals (6,000 Meters)** - 1. Robyn Zeidler, SPU, 22:56.9; 2. Katie Thralls, SPU, 23:16.9; 3. Katie Morris, SPU, 23:21.4; 4. Alyson McPhetres, UAF, 23:23.9; 6. Raphaela Sieber, UAF, 24:02.8; 7. Julia Ebner, UAF, 24:09.5; 8. Heather Edic, UAF, 24:53.1; 9. Jasmine Johnson, SPU, 24:58.5.

Puget Sound Invitational (Sept. 1 at Fort Steilacoom): Men's Team Scores - Saint Martin's 28, Puget Sound 33, Olympic 69. **Individuals (8,000 Meters)** - 1. Matt Klein, UPS, 26:45; 2. Joseph Patti, SMU, 27:03; 3. Joe Berger, SMU, 27:02.7; 4. Frank Krause, SMU, 27:17; 6. Josiah Shelman, SMU, 27:56. **Women's Team Scores** - Puget Sound 26, Saint Martin's 29. **Individuals (6,000 Meters)** - 1. Erika Copeland, SMU, 25:11; 5. Ashley Llapitan, SMU, 26:08; 6. Jennifer Hickey, SMU, 26:14; 8. Beatriz Ramirez, SMU, 26:58; 9. Justine Malek, SMU, 26:59.

Alaska Nanooks Short Course (Sept. 1 at West Ridge, Fairbanks): Men's Team Scores - Black Hills 36, Seattle Pacific 41, Alaska Fairbanks 52. **Individuals (4,000 Meters)** - 1. Mitch Kraft, Black Hills, 12:44.3; 2. A.J. Baker, SPU, 12:50.3; 3. Michael Fehrenbach, UAF, 12:56.5; 4. Tavis Taylor, SPU, 13:00.7; 5. Tyler Kornfield, UAF, 13:03.0; 7. Jordan Wolfe, SPU, 13:07.6; 9. Seth Pierson, SPU, 13:11.3. **Women's Team Scores** - Seattle Pacific 21, Black Hills 46, Alaska Fairbanks 61. **Individuals (4,000 Meters)** - 1. Erin Curran, Black Hills, 15:11.7; 2. Robyn Zeidler, SPU, 15:18.8; 3. Katie Thralls, SPU, 15:29.1; 4. Katie Morris, SPU, 15:32.4; 5. Jasmine Johnson, SPU, 16:09.1; 7. Lynelle Decker, SPU, 16:26.1; 8. Marit Rjabov, UAF, 16:26.9; 9. Heidi O'Connor-Brook, UAF, 16:41.7; 10. Josie Becker, SPU, 16:46.0.

Pier Park Invitational (Sept. 1 at Portland): Men's Team Scores - None. **Individuals (6,000 Meters)** - 1. Cole Watson, Oregon 17:52.69; 15. Connor Kasler, WOU, 18:51.28; 20. David Smith, WOU, 19:10.91; 23. Drew Larson, WOU, 19:19.31; 26. Scott Larson, WOU, 19:25.53; 27. Brady Beagley, WOU, 19:25.84.

Hawaii Pacific Invitational (Sept. 1 at Honolulu): Men's Team Scores - Alaska Anchorage 15, BYU-Hawaii 56, Hawaii Pacific 81, Chaminade 107. **Individuals (5,000 Meters)** - 1. Micah Chelimo, UAA, 15:33; 2. Dylan Anthony, UAA, 15:42; 3. Alfred Kangogo, UAA, 15:55; 5. Isaac Kangogo, UAA, 16:01; 6. Kevin Rooke, UAA, 16:01; 7. Jake Parisien, UAA, 16:15; 8. Andrey Ionashku, UAA, 16:21; 9. Dominik Notz, UAA, 16:29. **Women's Team Scores** - Alaska Anchorage 19, Hawaii Pacific 62, BYU-Hawaii 67, Hawaii-Manoa 110, Chaminade 130. **Individuals (5,000 Meters)** - 1. Susan Tanui, UAA, 18:06; 3. Ivy O'Guinn, UAA, 18:40; 4. Miriam Kipng'eno, UAA, 18:40; 5. Katie Krehlik, UAA, 18:45; 6. Sarah Freistone, UAA, 18:52; 8. Jaymi Bethea, UAA, 19:06; 9. Bryn Haebe, UAA, 19:25; 10. Christi Schmitz, UAA, 19:28.

CWU Invitational (Sept. 7, 2012): Men's Team Scores - Western Washington 32, Central Washington 48, Pacific Lutheran 73, Green River 76, Highline 134. **Individuals (6,000 Meters)** - 1. Alan DenAdel, PLU, 20:07; 2. Zachary Bursell, WWU, 20:28; 4. Isaac Griffith, WWU, 20:32; 6. Brian Bates, WWU, 20:46; 7. John Wojtech, CWU, 20:49; 8. Jonathan Quimby, CWU, 20:49. **Women's Team Scores** - Central Washington 32, Western Washington 40, Pacific Lutheran 54, Green River 107. **Individuals (4,000 Meters)** - 1. Taylor Guenther, WWU, 15:33; 2. Maddie Jalbert, WWU, 15:38; 3. Connie Morgan, CWU, 15:40; 4. Dani Eggleston, CWU, 15:48; 6. Kelsey Kreft, CWU, 15:51.

Carroll College Invitational (Sept. 8, 2012): Men's Team Scores - Montana 29, Spokane CC 51, Montana State Billings 57, Carroll 89, Great Falls 133. **Individuals (6,000 Meters)** - 1. Jon Smith, Spokane CC, 19:01.8; 4. Clint Choquette, MSUB, 19:27.6; 8. Michael Luhr, MSUB, 19:36.9; 13. Chase Robinson, MSUB, 19:59.5; 15. Tyson Vanderby, MSUB, 20:03.0; 21. Taylor Canfield, MSUB, 20:16.1. **Women's Team Scores** - Carroll 30, Rocky Mountain 72, Montana State Billings 76, Montana 105, Spokane CC 109, Great Falls 159, Helena Vigilante 184. **Individuals (4,000 Meters)** - 1. Rhianna Grossman, Carroll, 14:21.3; 3. Whitney Mickelson, MSUB, 14:49.9; 15. Mary Owen, MSUB, 15:28.9; 16. Renae Hepfner, MSUB, 15:30.1; 23. Jinise Osborne, MSUB, 15:59.0; 26. Melanie Bock, MSUB, 16:09.4.

NNU Roger Curran (Sept. 8, 2012): Men's Team Scores - Boise State 25, College of Idaho 57, Eastern Oregon 66, Northwest Nazarene 105, Westminster 139, Treasure Valley 174, Boise State TC 209. **Individuals (6,000 Meters)** - 1. Greg Montgomery, CI, 18:29.90; 3. Jesse Bagginstos, NNU, 18:46.60; 32. Benard Ngeno, NNU, 20:18.56; 35. Matt Rankin, NNU, 20:23.49; 36. Kaleb Fleenor, NNU, 20:29.95; 41. Michael Gordon, NNU, 20:33.68. **Women's Team Scores** - Boise State 23, College of Idaho 49, Eastern Oregon 89, Northwest Nazarene 101, Treasure Valley 145, Westminster 156. **Individuals (4,000 Meters)** - 1. Emma Bates, unat., 14:16.41; 20. Natalie Evans, NNU, 15:41.03; 30. Jordan Powell, NNU, 16:16.01; 37. Hailey Bradshaw, NNU, 16:27.64; 39. Jaydn Gourley, NNU, 16:31.52; 56. Christina Ciampi, NNU, 17:46.89.

UH Big Wave Invitational (Sept. 8, 2012): Men's Team Scores – Alaska Anchorage 15, BYU-Hawaii 62, George Fox, 76, Hawaii Pacific 99, Chaminade 133. **Individuals (5,000 Meters)** – 1. Micah Chelimo, UAA, 15:43; 2. Dylan Anthony, 15:47; 3. Alfred Kangogo, UAA 16:00; 4. Isaac Kangogo, UAA, 16:03; 5. Jacob Parisien, UAA, 16:10. **Women's Team Scores** – Alaska Anchorage 20, Hawaii Pacific 58, BYU-Hawaii 70, George Fox 122, Hawaii 133, Chaminade 171, Hawaii Hilo 180. **Individuals (5,000 Meters)** – 1. Susan Tanui, UAA, 18:09; 3. Ivy O'Guinn, UAA, 18:45. 4. Katie Krehlik, UAA, 18:51; 5. Miriam Kipng'eno, UAA, 18:52; 7. Jaymi Bethea, UAA, 18:52; 8. Sarah Freistone, UAA, 18:58; 10. Christi Schmitz, UAA, 19:14.

UW Sundodger (Sept. 15, 2012): Men's Invitational Team Scores – Washington 22, Fresno State 61, Idaho 73, Western Oregon 93, Simon Fraser 148, Eastern Washington 173, Portland State 182. **Individuals (8,000 Meters)** – 1. Joey Bywater, UW, 23:48.27; 18. Connor Kasler, WOU, 24:54.39; 27. David Smith, WOU, 25:26.96; 32. Brady Beagley, WOU, 25:39.97; 37. Zach Holloway, WOU, 25:51.17; 40. Drew Larson, WOU, 26:00.55. **Men's Open Team Scores** – British Columbia 48, Seattle Pacific 108, Everett CC 128, Seattle 155, Western Washington 166 (9. Northwest Nazarene 264, 13. Central Washington 375, 16. Saint Martin's 410, 19. Western Oregon 463). **Individuals (8,000 Meters)** – 1. Chip Jackson, WWU, 24:54.55; 2. Jesse Baggenstos, NNU, 24:57.20; 10. A.J. Baker, SPU, 25:22.25; 19. Jordan Wolfe, SPU, 25:33.33; 23. Tavish Taylor, SPU, 25:37.38.

UW Sundodger (Sept. 15, 2012): Women's Invitational Team Scores – Washington 45, Fresno State 56, Idaho 76, British Columbia 81, Simon Fraser 109, Portland State 139, Eastern Washington 204. **Individuals (6,000 Meters)** – 1. Christine Babcock, unat., 20:27.25; 12. Lindsay Butterworth, SFU, 21:45.18; 25. Kirsten Allen, SFU, 22:33.14; 26. Sarah Sawatzky, SFU, 22:34.50; 30. Kansas MacKenzie, SFU, 22:44.81; 31. Peggy Noel, SFU, 22:45.57. **Women's Open Team Scores** – Lewis & Clark 62, Everett 67, Seattle Pacific 88, Linfield 133, Whitman 176 (6. Western Washington 203, 7. Western Oregon 214, 8. Central Washington 219, 10. Northwest Nazarene 253, 18. Saint Martin's 506). **Individuals (6,000 Meters)** – 1. Emily Thomas, L&C, 21:49.61; 3. Katelyn Steen, WWU, 22:08.67; 6. Katie Morris, SPU, 22:26.32; 7. Katie Thralls, SPU, 22:29.70; 10. Robyn Zeidler, SPU, 22:40.54; 14. Kelsey Kraft, CWU, 22:46.61.

Montana State Invitational (Sept. 15 at Bozeman): Men's Team Score – Weber State 48, Wyoming 49, Montana State 50, Utah State 74, Montana 124, MSU Billings 184, Carroll 188, South Dakota Mines 250, Northern Colorado 251. **Individuals (5 Miles)** – 1. John Coyle, Weber State, 24:43; 21. Clint Choquette, MSUB, 26:13; 38. Daniel Lombardi, MSUB, 26:51; 46. Robert Peterson, MSUB, 27:09; 49. Chase Robinson, MSUB, 27:10; 53. Taylor Canfield, MSUB, 27:19. **Women's Team Scores** – Montana State 61, Utah 62, Utah State 75, Wyoming 75, Carroll 126, Northern Colorado 162, Rocky Mountain 191, Montana 212, MSU Billings 215, South Dakota Mines 292. **Individuals (3 Miles)** – 1. Holly Page, Wyoming, 17:17; 23. Whitney Mickelsen, MSUB, 18:19; 48. Renae Hepfner, MSUB, 19:09; 53. Mary Owen, MSUB, 19:17; 61. Melanie Bock, MSUB, 19:30; 62. Jinise Osborne, MSUB, 19:31.

PREVIOUS RED LION ATHLETES OF THE WEEK

Week of Aug. 27-Sept. 2: Male - Micah Chelimo, Alaska Anchorage (Sr., Kapkoi, Kenya) won the Hawaii Pacific Invitational Saturday in Honolulu, posting a time of 15:33 as the Seawolves had the top eight placers among affiliated athletes to post a perfect score of 15. The win was Chelimo's sixth career victory moving him into sixth place on the GNAC all-time career list. **Female** – Robyn Zeidler, Seattle Pacific (So., Plymouth, MN) earned her first collegiate victory Thursday winning the Alaska Fairbanks Long-Course dual and leading the Falcons to the team title.

Zeidler's time of 22:56.9 was two minutes faster than her only other run on the course in 2010. In Saturday's short-course race, she finished second in a time of 15:18.8 to lead SPU to the team title, improving her 2010 performance by 82 seconds.

Week of Sept. 3-9: Male - Jesse Baggenstos, Northwest Nazarene (Sr., Renton, WA – Kentridge) finished third in a 6,000-meter time of 18:46.60 for the Crusaders' top finish in the Roger Curran Invitational in Nampa Saturday. Baggenstos was the only Crusader male in the Top 30 and along with two runners from the College of Idaho was the only non-Division I athlete to finish in the Top 10. That performance earned him the GNAC *Red Lion Male Athlete of the Week* award. **Female** – Susan Tanui, Alaska Anchorage (Jr., Eldoret, Kenya) is the GNAC *Red Lion Female Athlete of the Week*. She won her second race in two weeks leading the Seawolves to the team title in the University of Hawaii Big Wave Invitational in Honolulu. With Tanui leading the way in a 5,000-meter time of 18:09, UAA outpointed Hawaii Pacific 20-58 to win the team title for the second time in two weeks.

Week of Sept. 10-16: Men – Chip Jackson, Western Washington (Jr., Shoreline, WA – Shorewood) won the UW Sundodger Open division in a time of 24:54.55 Saturday at Lincoln Park in Seattle to claim *Red Lion Male Athlete of the Week honors*. Jackson joined Paul Keyes of Western Washington (2002), David Kiplagat of Alaska Anchorage (2006), John Riak of Saint Martin's (2007) and Kyle Van Santen of Saint Martin's (2010) as the only GNAC athletes to win the event. "Chip ran a great race, a very smart race," WWU coach Pee Wee Halsell said. "He was 15th or 20th around the mile mark, far enough back that nobody was worried about him, but he gradually picked them all off." **Women** - Lindsey Butterworth, Simon Fraser (Jr., North Vancouver, BC) finished 12th in the women's invitational division at UW in a time of 21:45.18 to post the best time by a GNAC athlete and grab the *Red Lion Female Athlete of the Week* award. The only non-Division I (or unattached) runner to beat the Clan athlete was Maria Bernard of UBC who placed fifth in a time of 21:00.24.