

2009 GNAC Women's Indoor Track & Field Championships

Feb. 21 at Nampa

Team Scores - Seattle Pacific 181, Western Washington 137 1/2, Northwest Nazarene 104 1/3, Western Oregon 77 1/2, Central Washington 61 2/3, MSU Billings 14, Saint Martin's 8. **Outstanding Performer** - Ashley Puga, Northwest Nazarene.

60 - 1. Latasha Essien, SPU, 7.77; 2. Jessica Hinton, SPU, 7.96; 3. Lauren Duckett, WOU, 8.01; 4. Lacey Meusec, WOU, 8.02; 5. Heidi Dimmitt, WWU, 8.02; 6. Megan Zukowski, WWU, 8.05; 7. Latoya Tidwell, NNU, 8.09; 8. Stefani Dittmar, WOU, 8.18. **Prelims: Heat 1** - 1. Latasha Essien, SPU, 7.81; 2. Lacey Meusec, WOU, 8.05; 3. Latoya Tidwell, NNU, 8.08; 4. Heidi Dimmitt, WWU, 8.09; 5. Lisette Peterson, SPU, 8.23; 6. Britney Derhak, MSUB, 8.31; 7. Jessica Erickson, WWU, 8.36; 8. Erika Halle, MSUB, 8.37. **Heat 2** - 1. Jessica Hinton, SPU, 7.99; 2. Lauren Duckett, WOU, 8.07; 3. Megan Zukowski, WWU, 8.18; 4. Stefani Dittmar, WOU, 8.19; 5. Justine Simons, MSUB, 8.20; 6. Molly Reid, NNU, 8.21; 7. Tish Wells, CWU, 8.24; 8. Christa Brediger, NNU, 8.31.

200 - 1. Jessica Hinton, SPU, 25.35; 2. Latasha Essien, SPU, 25.54; 3. Ellie Siler, WWU, 25.55; 4. Heidi Dimmitt, WWU, 25.63; 5. Ali Worthen, SPU, 25.68; 6. Latoya Tidwell, NNU, 25.75; 7. Megan Zukowski, WWU, 26.44; 8. Stefani Dittmar, WOU, 26.68; 9. Erika Halle, MSUB, 26.69; 10. Jennifer Pike, SPU, 26.77; 11. Justine Simons, MSUB, 26.81; 12. Christa Brediger, NNU, 26.97; 13. Britney Derhak, MSUB, 27.02; 14. Lisette Peterson, SPU, 27.03; Gwenna Carie, CWU, FS; Lacey Meusec, WOU, DQ.

400 - 1. Ellie Siler, WWU, 56.23 (MR, old 56.57, Terran Legard, CWU, 2005); 2. Jessica Hinton, SPU, 57.16; 3. Elisa Decker, NNU, 57.85; 4. Megan O'Connell, WWU, 58.12; 5. Gwenna Carie, CWU, 58.47; 6. Jamie Beaty, NNU, 58.58; 7. Devon King, WWU, 59.89; 8. Sarah Brownell, WWU, 1:00.17; 9. Lindsay Brady, NNU, 1:00.67; 10. Zoe Skordahl, WOU, 1:00.93; 11. Meryl Butcher, WOU, 1:01.08; 12. Anna Walters, SPU, 1:01.16; 13. Jessica Pendon, SMU, 1:01.18; 14. Erika Halle, MSUB, 1:01.34; 15. Michelle Howe, WWU, 1:01.75; 16. Kylie Marshall, NNU, 1:01.86; 17. Kayla Wilkins, SPU, 1:02.05; 18. Britany Hood, CWU, 1:05.58.

800 - 1. Ashley Puga, NNU, 2:09.86 (MR, old 2:10.18, Jessica Pixler, SPU, 2008); 2. Jessica Pixler, SPU, 2:11.23; 3. Rachael Johnson, WWU, 2:13.13; 4. Jaclyn Puga, NNU, 2:13.94; 5. Annan Applebee, WOU, 2:14.10; 6. Sarah Jackson, MSUB, 2:17.31; 7. Cheri Watson, WWU, 2:17.64; 8. Lisa Anderberg, SPU, 2:19.18; 9. Erica Zambon, WOU, 2:20.04; 10. Brianna Schmid, SMU, 2:22.95; 11. Annie Laweryson, SMU, 2:24.59; 12. Katie Thiel, MSUB, 2:32.83; 13. Mykel Ler, MSUB, 2:39.80.

Mile - 1. Ashley Puga, NNU, 4:47.37 (MR, old 4:50.38, Jessica Pixler, SPU, 2008); 2. Jessica Pixler, SPU, 4:47.54; 3. Jane Larson, SPU, 4:53.31; 4. Sarah Porter, WWU, 4:56.37; 5. Kate Harline, SPU, 5:03.22; 6. Janae Larson, SPU, 5:07.45; 7. Jessica Harper, WOU, 5:13.33; 8. Tricia Morrison, WOU, 5:17.71; 9. Joscelyn Minton, SMU, 5:19.36; 10. Lyndsey McKillip, WOU, 5:22.08; 11. Krinda Carlson, SMU, 5:29.80; 12. Erica Snawder, WOU, 5:33.13; 13. Whitney Mickelson, MSUB, 5:40.62.

5000 - 1. Jane Larson, SPU, 17:27.34 (MR, old 17:39.95, Jane Larson, SPU, 2008); 2. Janae Larson, SPU, 17:29.77; 3. Natty Plunkett, SPU, 17:50.50; 4. Lauren Breihof, WWU, 17:55.85; 5. Marcie Mullen, CWU, 18:38.50; 6. Mary Williams, SPU, 18:43.25; 7. Amanda Wright, WOU, 19:16.02; 8. Kayti Krepel, SPU, 19:28.77; 9. Katie Hart, SPU, 19:37.38; 10. Ashley Rendahl, NNU, 19:40.09; 11. Adriana Mendoza, 19:53.73; 12. Kaitlynn Pecha, SMU, 19:57.62; 13. Alex Borunda, CWU, 20:05.67; 14. Helen Camden, SMU, 20:11.44; 15. Whitney Mickelson, MSUB, 20:43.74.

60 Hurdles - 1. Michelle Howe, WWU, 9.07; 2. Ali Worthen, SPU, 9.09; 3. Jacque Helbling, WOU, 9.21; 4. Janna Vander Meulen, WOU, 9.40; 5. Mandy Keifer, WOU, 9.54; 6. Jennifer Pike, SPU, 9.69; 7. Raquel Gonzalez, CWU, 9.81; 8. Ali Mosher, WOU, 10.21. **Prelims: Heat 1** - 1. Michelle Howe, WWU, 9.26; 2. Janna Vander Meulen, WOU, 9.39; 3. Mandy Keifer, WOU, 9.43; 4. Clara Cook, WWU, 9.78; 5. Amanda Rose, CWU, 10.14; 6. MJ Usabel, NNU, 10.38; 7. Jessica Erickson, WWU, 10.48. **Heat 2** - 1. Ali Worthen, SPU, 9.12; 2. Jacque Helbling, WOU, 9.20; 3. Jennifer Pike, SPU, 9.39; 4. Raquel Gonzalez, CWU, 9.55; 5. Ali Mosher, WOU, 9.64; 6. Cassie Holm, MSUB, 9.87; 7. Jill Bennett, NNU, 10.28.

Distance Medley Relay - 1. Seattle Pacific (Anderberg, Harline, Pixler, Essien) 12:01.79; 2. Western Washington (Olsen, Siler, Johnson, Porter) 12:15.12; 3. Western Oregon (Morrison, Zambon, McKillip, Harper) no time; 4. Northwest Nazarene (A. Puga, Decker, Beaty, J. Puga) 12:47.02; 5. Saint Martin's (Camden, Carlson, Laweryson, Minton) 13:33.97; 6. Central Washington (Mendoza, Seidler, Borunda, Mullen) 13:37.38; 7. Montana State Billings (Thiel, Holm, Ler, Mickelson) 13:45.19.

4x400 Relay - 1. Northwest Nazarene (Beaty, A. Puga, J. Puga, Decker) 3:55.58 (MR, old 3:57.36, SPU, 2008); 2. Western Washington (Dimmitt, King, Brownell, O'Connell) 3:55.67; 3. Seattle Pacific (Essien, Hinton, Worthen, Peaslee) 4:00.42; 4. Western Oregon (Berry, Applebee, Meusec, Butcher) 4:02.96; 5. Saint Martin's (Carlson, Laweryson, Minton, Pendon) 4:12.28; 6. Central Washington (Hood, Rose, Wells, Carrie) 4:15.77; 7. Montana State Billings (Halle, Woodford, Jackson, Simons) 4:17.77.

High Jump - 1. Ali Worthen, SPU, 1.74 - 5-8 1/2 (MR, old 1.69 - 5-6 1/2, Teona Perkins, SPU, 2006 and Emily Peterson, NNU, 2006); 2. Sabrina Schwindler, WWU, 1.56 - 5-1 1/4; 3. Jacque Helbling, WOU, and Clara Cook, WWU, 1.56 - 5-1 1/4; 5. Kelsey Neilson, WOU, 1.56 - 5-1 1/4; 6. Mandy Keifer, WOU, 1.51 - 4-11 1/2; 7. Jacquie Mattson, SPU, 1.51 - 4-11 1/2; 8. Raquel Gonzalez, CWU; Danielle Nordlund, CWU, and Jill Bennett, NNU, 1.46 - 4-9 1/2; 11. Zoe Skordahl, WOU, and Beth McLam, NNU, 1.46 - 4-9 1/2; Chelsey Jones, NNU, NH; Tiffany Ferch, NNU, NH.

Pole Vault -1. Christy Miller, WWU, 3.76 - 12-4; 2. Melissa Peaslee, SPU, 3.66 - 12-0; 3. Carrie Hauck, SPU, 3.46 - 11-4 1/4; 4. Kjersti Gedde, SPU, 3.46 - 11-4 1/4; 5. Karina Elzinga, NNU, 3.21 - 10-6 1/4; 6. Camille Clarke, WWU, 3.21 - 10-6 1/4; 7. Robin Mueller, WWU, 3.06 - 10-0 1/2; 8. Amanda DiEnno, WWU, 3.06 - 10-0 1/2; 9. Cindy Glenn, CWU; MJ Usabel, NNU, and Amanda Konzal, NNU, 2.91 - 9-6 1/2; 12. Sydney Austin, WWU, 2.76 - 9-0 1/2; Jennifer Johnson, SMU, NH.

Long Jump -1. Ali Worthen, SPU, 5.65 - 18-6 1/2; 2. Emily Warman, WWU, 5.65 - 18-6 1/2; 3. Molly Reid, NNU, 5.19 - 17-0 1/2; 4. Jacque Helbling, WOU, 5.18 - 17-0; 5. Callie Muri, WWU, 5.06 - 16-7 1/4; 6. Mandy Keifer, WOU, 5.06 - 16-7 1/4; 7. Laura VonArx, NNU, 5.06 - 16-7 1/4; 8. Natalie Nobbs, SPU, 4.98 - 16-4 1/4; 9. Danielle Nordlund, CWU, 4.96 - 16-3 1/4; 10. Clara Cook, WWU, 4.91 - 16-1 1/2; 11. Erika Halle, MSUB, 4.90 - 16-1;

12. Maycee Bekkedahl, NNU, 4.87 – 15-11 $\frac{3}{4}$; 13. Britney Derhak, MSUB, 4.85 – 15-11; 14. Amanda Rose, CWU, 4.79 – 15-8 $\frac{3}{4}$; 15. Jill Bennett, NNU, 4.72 – 15-6; 16. Mary Seidler, CWU, 4.70 – 15-5.

Triple Jump - 1. Laura Vonarx, NNU, 11.33 – 37-2 $\frac{1}{4}$; 2. Emily Warman, WWU, 11.24 – 36-10 $\frac{1}{2}$; 3. Ali Worthen, SPU, 11.07 – 36-4; 4. Mandy Keifer, WOU, 10.81 - 35-5 $\frac{3}{4}$; 5. Christy Miller, WWU, 10.73 – 35-2 $\frac{1}{2}$; 6. Amanda Rose, CWU, 10.67 – 35-0 $\frac{1}{4}$; 7. Callie Muri, WWU, 10.53 – 34-6 $\frac{3}{4}$; 8. Molly Reid, NNU, 10.46 – 34-4; 9. Maycee Bekkedahl, NNU, 10.27 – 33-8 $\frac{1}{2}$; 10. Zoe Skordahl, WOU, 10.21 – 33-6; 11. Kelsey Neilson, WOU, 10.02 – 32-10 $\frac{1}{2}$; 12. Natalie Nobbs, SPU, 9.84 – 32-3 $\frac{1}{2}$.

Shot Put -1. Krissy Tandle, CWU, 14.87 - 48-9 $\frac{1}{2}$ (MR & CR, old meet, Tandle, 44-8 $\frac{3}{4}$, 2006; old conference, Tandle, 47-6 $\frac{1}{4}$, 2009); 2. Joy Warrington, NNU, 13.14 - 43-1 $\frac{1}{2}$; 3. Jordan Stueckle, CWU, 12.08 - 39-7 $\frac{3}{4}$; 4. Torrie Self, CWU, 11.68 - 38-4; 5. Hillary Gourneau, MSUB, 11.65 - 38-2 $\frac{3}{4}$; 6. Shayna Shute, NNU, 10.85 - 35-7 $\frac{1}{4}$; 7. Kacie Vanderloos, MSUB, 10.72 - 35-2; 8. Alyssa Taylor, WOU, 10.53 - 34-6 $\frac{3}{4}$; 9. Hannah Dine-Aubert, NNU, 10.40 – 34-1 $\frac{1}{2}$; 10. Becky Scherer, CWU, 10.18 – 33-4 $\frac{3}{4}$; 11. Chelsey Jones, NNU, 10.13 – 33-3; 12. Lexi Halvorson, MSUB, 10.06 – 33-0 $\frac{1}{4}$; 13. Robin Brown, WWU, 9.81 – 32-2 $\frac{1}{4}$; 13. Megan Thomas, SMU, 8.99 – 29-6; 15. Kelsee Clark, MSUB, 8.78 – 28-9 $\frac{3}{4}$.

Weight Throw - 1. Krissy Tandle, CWU, 15.97 – 52-4 $\frac{3}{4}$; 2. Torrie Self, CWU, 14.91 – 48-11; 3. Courtney Little, NNU, 14.91 – 48-11; 4. Erika McCarthy, NNU, 13.44 – 44-1 $\frac{1}{4}$; 5. Joy Warrington, NNU, 13.17 – 43-2 $\frac{1}{2}$; 6. Jordan Stueckle, CWU, 13.09 – 42-11 $\frac{1}{2}$; 7. Alyssa Taylor, WOU, 12.63 – 41-5 $\frac{1}{4}$; 8. Becky Scherer, CWU, 12.39 – 40-7 $\frac{3}{4}$; 9. Shayna Shute, NNU, 12.25 – 40-2 $\frac{1}{4}$; 10. Katie Snoderly, WOU, 11.91 – 39-1; 11. Hannah Dine-Aubert, NNU, 11.03 – 36-2 $\frac{1}{4}$; 12. Jillian Blake, SMU, 10.39 – 34-1 $\frac{1}{4}$; 13. Robin Brown, WWU, 9.25 – 30-4 $\frac{1}{4}$.