

# 2011 GNAC Women's Indoor Track & Field Championships

Feb. 18-19 at Nampa

**Team Scores** - Seattle Pacific 126 ½, Simon Fraser 120, Northwest Nazarene 97, Western Oregon 85, Central Washington 80 ½, Western Washington 72 ½, MSU Billings 30 ½, Saint Martin's 10.

## Friday:

Distance Medley - 1. Simon Fraser (Jessica Smith, Helen Crofts, Brianna Kane, Emma Vogt) 11:46.64; 2. Western Washington (Johnson, Siler, O'Connell, Porter) 11:53.23; 3. Northwest Nazarene (Evans, Decker, Harwood, Puga) 12:02.55; 4. Seattle Pacific (Cutting, Fricker, Weaver, Laabs-Johnson) 12:19.24; 5. Montana State Billings (Thiel, Jackson, Simons, Mickelsen) 12:40.24; 6. Saint Martin's (Copeland, Laweryson, Minton, Owen) 12:45.45; 7. Western Oregon (Leaf, Skordahl, Everetts, Morrison) 12:46.49; Central Washington (Kartes, Parrott, Morgan, Mendoza) 12:51.80.

Long Jump - 1. Ali Worthen, SPU, 5.55 - 18-2 ½; 2. Tanya Bjornsson, WWU, 5.55 - 18-2 ½; 3. Diepiriye Iworima, SFU, 5.43 - 17-9 ¼; 4. Molly Reid, NNU, 5.37 - 17-7 ½; 5. Mercedes Rhode, SFU, 5.36 - 17-7; 6. Jasmyn Jewett, NNU, 5.35 - 17-6 ¾; 7. Trinna Miranda, SPU, 5.33 - 17-6; 8. Ashley Potter, WOU, 5.29 - 17-4 ¼; 9. Brittany Aanstad, SPU, 5.28 - 17-4; 10. Crystal Sims, SPU, 5.20 - 17-0 ¾; 11. Charlotte Crombeen, SFU, 5.17 - 16-11 ½; 12. Athena Nye, SPU, 5.13 - 16-10; 13. Sydney Coffey, WWU, 4.91 - 16-1 ½; 14. Lacey Meusec, WOU, 4.82 - 15-9 ¾; 15. Callie Reff, WWU, 5.61 - 15-1 ½.

Pole Vault - 1. Becca Clark, CWU, 3.67 - 12-0 ½; 2. Kaitlin Davis, CWU, 3.52 - 11-6 ½; 3. Terra Schumacher, SPU, 3.52 - 11-6 ½; 4. Melissa Peaslee, SPU, 3.52 - 11-6 ½; 5. Chelsea Barr, NNU, 3.37 - 11-0 ¾; 6. Karis Anderson, WWU, 3.37 - 11-0 ¾; 7. Brittany Aanstad, SPU, and Ashley Egger, NNU, 3.22 - 10-6 ¾; 9. Amanda Konzal, NNU, 3.22 - 10-6 ¾; 10. Jamie Larsen, CWU, 3.22 - 10-6 ¾; 11. Stacey Pitt, MSUB, 3.22 - 10-6 ¾; 12. Brienna Palmer, WWU, 3.07 - 10-0 ¾; 13. Samantha Hull, SMU, 2.92 - 9-7; 14. Amy Jo Puckett, WWU, and Hannah Swigart, CWU, 2.92 - 9-7.

Weight Throw - 1. Torrie Self, CWU, 16.34 - 53-7 ½; 2. Jordan Stueckle, CWU, 15.62 - 51-3; 3. Anica Knispel, MSUB, 15.27 - 50-1 ¼; 4. Shayna Shute, NNU, 15.22 - 49-11 ¼; 5. Joy Warrington, NNU, 14.82 - 48-7 ½; 6. Kaylee Baumstark, CWU, 14.70 - 48-2 ¾; 7. Lindsay Wells, WWU, 14.66 - 48-1 ¼; 8. Carly Dranginis, NNU, 14.13 - 46-4 ¼; 9. Alicia Hedrick, NNU, 14.01 - 45-11 ¾; 10. Jamilea Kittelmann, MSUB, 12.81 - 42-0 ½; 11. Shaina Afoa, CWU, 12.79 - 41-11 ½; Alexi Halvorson, MSUB, fouled.

Pentathlon - 1. Katy Gross, SPU, 3297; 2. Jennifer Pike, SPU, 3288; 3. Rachelle Barnett, SFU, 3235; 4. Jill Bennett, NNU, 3044; 5. Marie Smith, NNU, 2934; 6. Brooklyn Holton, WWU, 2878; 7. Ali Mosher, WOU, 2856; 8. Natalie Nobbs, SPU, 2851; 9. Laura Pridgen, NNU, 2757; 10. Siri Berg, CWU, 2615; 11. Amanda Overdick, WWU, 2578.

**60 Hurdles** - Smith 9.30, Mosher 9.34, Gross 9.37, Pike 9.51, Bennett 9.73, Holton 9.82, Pridgen 9.84, Nobbs 9.97, Barnett 10.11, Berg 10.41, Overdick 10.98. **High Jump** - Barnett 1.64 - 5-4 ½, Gross 1.61 - 5-3 ¼, Overdick 1.58 - 5-2 ¼, Berg 1.52 - 4-11 ¼, Smith 1.52 - 4-11 ¼, Bennett 1.52 - 4-11 ¼, Mosher 1.49 - 4-10 ½, Pike 1.49 - 4-10 ½, Holton 1.49 - 4-10 ½, Pridgen 1.46 - 4-9 ½, Nobbs 1.43 - 4-8 ¼. **Shot Put** - Gross 10.42 - 34-2 ¼, Pike 10.30 - 33-9 ½, Barnett 10.16 - 33-4, Bennett 9.08 - 29-9 ½, Berg 9.05 - 29-8 ¼, Pridgen 8.88 - 29-1 ¼, Holton 8.68 - 28-5 ¾, Nobbs 8.03 - 26-4 ¼, Mosher 7.50 - 24-7 ¼, Overdick 7.33 - 24-0 ¾; Smith 6.93 - 22-9. **Long Jump** - Gross 5.23 - 17-2, Barnett 5.15 - 16-10 ¾, Pike 5.11 - 16-9 ¼, Smith 4.88 - 16-0 ¼, Nobbs 4.88 - 16-0 ¼, Bennett 4.86 - 15 11 ½, Holton 4.85 - 15-11, Mosher 4.72 - 15-6, Overdick 4.59 - 15-0 ¾, Berg 4.35 - 14-3 ¼, Pridgen 4.30 - 14-1 ¼. **800** - Pike 2:26.78, Nobbs 2:32.60, Bennett 2:33.80, Barnett 2:36.03, Pridgen 2:37.40, Smith 2:38.99, Holton 2:41.16, Mosher 2:41.65, Gross 2:43.22, Overdick 2:44.81, Berg 2:48.77.

## Saturday:

60 - 1. Jane Channell, SFU, 7.81; 2. Madison McClung, WOU, 7.88; 3. Lacey Meusec, WOU, 7.98; 4. Crystal Sims, SPU, 8.06; 5. Christabel Leonce, NNU, 8.12; 6. Kishia Mitchell, SPU, 8.13; 7. BryAnne Wochnick, SPU, 8.23. **Prelims: Heat 1:** Madison McClung, WOU, 7.91; 2. Megan Zukowski, WWU, 7.98; 3. Melissa Grammer, NNU, 8.04; 4. Sarah Takayoshi, CWU, 8.27; 5. Erika Halle, MSUB, 8.44. **Heat 2** - 1. Jane Channell, SFU, 7.94; 2. Christabel Leonce, NNU, 7.98; 3. Lacey Meusec, WOU, 8.01; 4. Crystal Sims, SPU, 8.02; 5. Chelsea Genther, CWU, 8.22. **Heat 3** - 1. Kishia Mitchell, SPU, 7.92; 2. BryAnne Wochnick, SPU, 7.97; 3. Tanya Bjornsson, WWU, 8.10; 4. Shanai Campbell, WOU, 8.20; 5. Alexis Ramos, CWU, 8.22; 6. Andrew Abrahms, SFU, 8.36.

60 Hurdles - 1. Tanya Bjornsson, WWU, 8.98; 2. Kaitlyn Reid, WOU, 9.09; 3. Ali Worthen, SPU, 9.16; 4. Andrea Abrahms, SFU, 9.17; 5. Terra Schumacher, SPU, 9.21; 6. Crystal Sims, SPU, 9.26; 7. Janna Vander Meulen, WOU, 9.35; 8. Chelsea Genther, CWU, 9.50. **Prelims: Heat 1** - 1. Crystal Sims, SPU, 9.15; 2. Marie Smith, NNU, 9.42; 3. Alexandra McDonald, WWU, 9.43; 4. Ali Mosher, WOU, 9.52; 5. Jill Bennett, NNU, 9.98; 6. Laura Pridgen, NNU, 10.09. **Heat 2** - 1. Terra Schumacher, SPU, 9.17; 2. Andre Abrahms, SFU, 9.19; 3. Janna Vander Meulen, WOU, 9.36; 4. Chelsea Genther, CWU, 9.38; 5. Amber Dodd, WWU, 9.72. 6. Brooklyn Holton, WWU, 9.74. **Heat 3** - 1. Tanya Bjornsson, WWU, 9.01; 2. Ali Worthen, SPU, 9.05; 3. Kaitlyn Reid, WOU, 9.29; 4. Jennifer Pike, SPU, 9.60; 5. Alexis Ramos, CWU, 9.65.

200 - 1. Jane Channell, SFU, 25.57; 2. Madison McClung, WOU, 25.66; 3. Melissa Grammer, NNU, 25.77; 4. Christabel Leonce, NNU, 25.93; 5. Lacey Meusec, WOU, 25.99; 6. Eleanor Siler, WWU, 26.07; 7. Megan Zukowski, WWU, 26.16; 8. Lexi Pola, WOU, 26.17; 9. Kishia Mitchell, SPU, 26.21; 10. Crystal Sims, SPU, 26.36; 11. Emily Quatier, SPU, 26.61; 12. Sarah Kathrein, WOU, 26.62; 13. BryAnne Wochnick, SPU, 26.66; 14. Erika Halle, MSUB, 26.91; 15. Justine Simons, MSUB, 26.95; Breanne Carter, SFU, FS; Ali Worthen, SPU, DQ.

400 - 1. Helen Crofts, SFU, 55.90 (meet record, old, 56.57, Terran Legard, CWU, 2005); 2. Eleanor Siler, WWU, 56.69; 3. Kishia Mitchell, SPU, 57.68; 4. Emily Quatier, SPU, 57.84; 5. Breanne Carter, SFU, 58.43; 6. Lexi Pola, WOU, 58.99; 7. Annie Hayward, WOU, 59.24; 8. Shanna Rippey, NNU, and BryAnne Wochnick, SPU, 59.44; 10. Valle Ledtke, WWU, 59.54; 11. Sydney Coffey, WWU, 59.89; 12. Myisha Valentine, SPU, 1:00.07; 13.

Seanna Pitassi, CWU, 1:00.34; 14. Meryl Butcher, WOU, 1:00.40; 15. Kaitlyn Reid, WOU, 1:01.14; 16. Elisa Decker, NNU, 1:01.29; 17. Sarah Brownell, WWU, 1:01.52.

800 - 1. Brianna Kane, SFU, 2:14.58; 2. Rachael Johnson, WWU, 2:15.64; 3. Annan Applebee, WOU, 2:18.12; 4. Michaela Kane, SFU, 2:18.64; 5. Janelle Everetts, WOU, 2:18.86; 6. Natalie Evans, NNU, 2:19.21; 7. Lindsay Butterworth, SFU, 2:20.16; 8. Sarah Jackson, MSUB, 2:20.27; 9. Sarah Sawatzky, SFU, 2:20.56; 10. Emma Vogt, SFU, 2:20.62; 11. McKayla Fricker, SPU, 2:20.90; 12. Jenny Leaf, WOU, 2:21.60; 13. Megan O'Connell, WWU, 2:21.96; 14. Abbey Vogt, SFU, 2:22.28; 15. Olivia Brennan, SFU, 2:23.23; 16. Caitlin Dell, SFU, 2:25.19; 17. Taylor Kartes, CWU, 2:30.56.

Mile - 1. Jessica Smith, SFU, 5:04.83; 2. Jaclyn Puga, NNU, 5:05.68; 3. Allison Cutting, SPU, 5:11.49; 4. Joscelyn Minton, SMU, 5:14.25; 5. Whitney Mickelsen, MSUB, 5:17.16; 6. Madeleine Barker, SFU, 5:20.98; 7. Heidi Laabs-Johnson, SPU, 5:21.64; 8. Megan Everetts, WOU, 5:23.92; 9. Erika Copeland, SMU, 5:25.79; 10. Shea Wald, MSUB, 5:26.63; 11. Erika Snawder, WOU, 5:28.59; 12. Tricia Morrison, WOU, 5:29.76; 13. Katie Thiel, MSUB, 5:30.94; 14. Heather Carviel, SFU, 5:37.29; 15. Adriana Mendoza, CWU, 5:40.12.

5000 - 1. Sarah Porter, WWU, 17:17.92; 2. Natty Plunkett, SPU, 18:01.54; 3. Amanda Wright, WOU, 18:12.80; 4. Jaclyn Puga, NNU, 18:32.00; 5. Whitney Mickelsen, MSUB, 18:38.74; 6. Kristyn Webster, SFU, 18:40.43; 7. Kim Doerksen SFU, 19:03.82; 8. Phoebe Hartnett, WWU, 19:09.57; 9. Jessica Boyer, WWU, 19:26.30; 10. Sierra Brisky, WWU, 19:31.95; 11. KayAnna Cecchi, WOU, 19:37.26; 12. Kaitlyn Pecha, SMU, 19:46.72; 13. Ashley Llapitan, SMU, 20:34.23; 14. Mary Owen, MSUB, 21:00.44; Kayla Wilkins, SPU, DNF.

4x400 Relay - 1. Simon Fraser (Vogt, Kane, Smith, Crofts) 3:51.72; 2. Northwest Nazarene (Grammer, Decker, Rippey, Evans) 3:56.01; 3. Western Washington (Siler, Coffey, Ledtke, Zukowski) 3:56.13; 4. Western Oregon (Pola, Hayward, Applebee, Everetts) 3:58.40; 5. Seattle Pacific (Quatier, Sims, Wochnick, Mitchell) 3:59.84; 6. Central Washington (Parrott, Kartes, Lotze, Pitassi) 4:02.11; 7. Montana State Billings (Berry, Jackson, Simons, Halle) 4:04.44.

Triple Jump - 1. Katharine Lotze, CWU, 11.71 - 38-5; 2. Ashley Potter, WOU, 11.66 - 38-3 ¼; 3. Jasmyn Jewett, NNU, 11.27 - 36-11 ¾; 4. Athena Nye, SPU, 11.06 - 36-3 ½; 5. Molly Reid, NNU, 10.96 - 35-11 ½; 6. Maycee Bekkedahl, NNU, 10.94 - 35 - 10 ¾; 7. Julianna Sackeyfio, SMU, 10.87 - 35-8; 8. Trinna Miranda, SPU, 10.85 - 35-7 ¼; 9. Natalie Nobbs, SPU, 10.70 - 35-1 ¼; 10. Annie Larlee, NNU, 10.63 - 34-10 ½; 11. Callie Reff, WWU, 10.21 - 33-6; 12. Leah Berry, MSUB, 9.95 - 32-7 ¾; Brooklyn Holton, WWU, fouled.

High Jump - 1. Ali Worthen, SPU, 1.66 - 5-5 ¼; 2. Katie Pelchar, WOU, 1.66 - 5-5 ¼; 3. Rachelle Barnett, SFU, 1.61 - 5-3 ¼; 4. Brittany Aanstad, SPU, 1.56 - 5-1 ¼; 5. Diepiriye Iworima, SFU, 1.56 - 5-1 ¼; 6. McKayla Fricker, SPU, and Stacey Pitt, MSUB, 1.56 - 5-1 ¼; 8. Amanda Overdick, WWU, and Shelby Napiontek, CWU, 1.56 - 5-1 ¼; 10. Leah Berry, MSUB; Tara Ramsey, WWU; Sydney Coffey, WWU; Katy Gross, SPU; Jasmyn Jewett, NNU; and Arianna Warren, SPU, 1.51 - 4-11 ½; 16. Jill Bennett, NNU; Taylor Yoro, SMU; and Brittany Tri, SPU, 1.51 - 4-11 ½.

Shot Put - 1. Torrie Self, CWU, 13.97 - 45-10; 2. Shaina Afoa, CWU, 13.43 - 44-0 ¾; 3. Joy Warrington, NNU, 12.82 - 42-0 ¾; 4. Jordan Stueckle, CWU, 12.79 - 41-11 ½; 5. Anica Knispel, MSUB, 12.60 - 41-4 ¼; 6. Kaylee Baumstark, CWU, 12.48 - 40-11 ½; 7. Morgan Kujala, MSUB, 12.15 - 39-10 ½; 8. Brook Berg, MSUB, 11.90 - 39-0 ½; 9. Alla Dzhidzhivshvil, NNU, 11.66 - 38-3 ¼; 10. Elizabeth Thatcher, SMU, 11.59 - 38-0 ¼; 11. Jade Richardson, SFU, 11.28 - 37-0 ¼; 12. Alexi Halvorson, MSUB, 11.01 - 36-1 ½; 13. Marie Smith, NNU, 10.99 - 36-0 ¾; 14. Sabrina Grandke-Bawab, MSUB, 10.42 - 34-2 ¼; 15. Shayna Shute, NNU, 9.66 - 31-8 ½; 16. Brianna Clarke, SPU, 9.10 - 29-10 ¼.