

2002 GNAC Men's Outdoor Track and Field Championships (May 4 at Bellingham)

Team Scores - Western Oregon 206 ½, Western Washington 158 ½, Central Washington 154 ½, Humboldt State 106 ½, Northwest Nazarene 71, Seattle Pacific 60, Saint Martin's 28, Seattle 13, Alaska Anchorage 10. **Outstanding Performer** – Mike Hinshaw, Western Oregon.

100 – 1. Mike Hinshaw, WOU, 10.76; 2. Josh Delay, CWU, 11.00; 3. Justin Miller, HSU, 11.10; 4. Fabien Coutard, CWU, 11.10; 5. Kojo Obeng, CWU, 11.13; 6. Jason Newton, WOU, 11.30; 7. Cory Medina, CWU, 11.33; 8. Brian Hunter, SPU, 11.43. (**Wind**: +1.20).

200 – 1. Mike Hinshaw, WOU, 21.82; 2. Josh Delay, CWU, 21.95; 3. Fabien Coutard, CWU, 22.28; 4. Kojo Obeng, CWU, 22.78; 5. Jason Newton, WOU, 22.98; 6. Cory Medina, CWU, 22.99; 7. Nick Brown, CWU, 23.25; 8. David Olson, NNU, 23.26; 9. K.J. Loreth, SMC, 23.32; 10. Jimmy Bennum, NNU, 23.46; 11. Julian Trevino, CWU, 23.52; 12. David Neilsen, SU, 23.78; 13. Jacob Hayes, HSU, 24.02 (**Wind**: +0.00).

400 – 1. David Neilsen, SU, 49.26; 2. KJ Loreth, SMC, 49.52; 3. Donnie Herneisen, WOU, 50.06; 4. Josh Johnson, HSU, 50.39; 5. David Olson, NNU, 51.19; 6. Josh Freeman, WWU, 51.33; 7. Steve Brockett, WWU, 51.36; 8. Erik Iverson, CWU, 53.26.

800 – 1. Nathanael Castle, SPU, 1:55.00; 2. Neal Fryett, SPU, 1:56.47; 3. Jason Bush, CWU, 1:56.97; 4. Nate Carlson, SMC, 1:57.07; 5. Brandon Ohnemus, WWU, 1:57.40; 6. Kevin Gary, CWU, 1:57.84; 7. Andy Prentice, SMC, 1:58.10; 8. Nick Gai, HSU, 1:59.27.

1500-1. Nathanael Castle, SPU, 3:54.28; 2. Nate Carlson, SMC, 3:55.65; 3. Martin Ranney, WWU, 3:55.82; 4. Juraj Trubiroha, NNU, 3:57.65; 5. Tim LeCount, SPU, 3:57.89; 6. Caleb Tubei, NNU, 3:58.05; 7. Ben Wormell, NNU, 3:59.42; 8. Brandon Whitaker, WWU, 4:03.29; 9. Justin McNeil, WWU, 4:05.03; 10. Nate Normandin, UAA, 4:09.43; 11. Aaron Eckert, WOU, 4:11.33; 12. Chris Carpenter, SMC, 4:12.03; 13. Neil Small, CWU, 4:12.50.

3000 Steeplechase - 1. Jason Walker, HSU, 9:17.6; 2. Neil Small, CWU, 9:30.5; 3. Ethan Barrons, WOU, 9:38.4; 4. Matt DeShazo, HSU, 9:39.0; 5. Matt Barreau, WOU, 9:45.5; 6. Zac Vawter, SMC, 9:47.4; 7. Jason Porter, CWU, 9:48.5; 8. Lehrin Morey, HSU, 9:48.6; 9. Kevin Lybarger, SU, 9:53.1; 10. Dain Engbretsen, SU, 9:57.0; 11. Francis Kimeli, NNU, 10:14.3; 12. Dylan Corbett, WOU, 10:27.9.

5000 – 1. Jason Walker, HSU, 14:57.92; 2. Caleb Tubei, NNU, 15:08.82; 3. Ben Wormell, NNU, 15:14.70; 4. Spencer Walsh, WOU, 15:27.12; 5. Martin Ranney, WWU, 15:33.69; 6. Steve DeKoker, WWU, 15:36.86; 7. Carlos Siqueiros, SU, 15:45.24; 8. Brian Kostock, HSU, 15:51.18; 9. Steve Manos, SU, 15:55.51; 10. Nate Normandin, UAA, 16:11.20; 11. Matt DeShazo, HSU, 16:18.00; 12. Brett Franz, WOU, 16:23.74; 13. Ethan Barrons, WOU, 16:25.68; 14. Lehrin Morey, HSU, 16:52.77.

10,000 - 1. Sean Rivers, UAA, 31:28.37; 2. Brice Roncace, NNU, 32:13.61; 3. Matt Schmitt, CWU, 32:30.90; 4. Andy Reese, WWU, 32:33.93; 5. Shawn Miller, WWU, 32:37.97; 6. Brett Franz, WOU, 32:41.67; 7. Will Smith, WOU, 32:48.01; 8. Kirk Larson, WWU, 32:50.88; 9. Brian Kostock, HSU, 33:18.21; 10. Matt Gage, SMC, 33:55.75; 11. Brian Janes, HSU, 34:34.15; 12. Matt Cook, CWU, 34:36.62; 13. Phil Paul, CWU, 34:52.17.

110 Hurdles- 1. Damien Davis, WOU, 14.92; 2. Nate Anderson, WOU, 15.15; 3. Erik Iverson, CWU, 15.42; 4. Chris Bitcon, HSU, 15.79; 5. Ryan Lee, NNU, 16.02; 6. Josh Freeman, WWU, 16.05; 7. Mark Hamlin, CWU, 21.22. (**Wind**: +0.80).

400 Hurdles - 1. Paul Mach, SPU, 53.77; 2. Nate Anderson, WOU, 55.38; 3. Ryan Los, WWU, 56.03; 4. Micah Kelly, SPU, 57.85; 5. Mike Anderson, WOU, 58.21; 6. Shane Carothers, WWU, 58.45; 7. Michael Hartz, WWU, 58.59; 8. Chris Bitcon, HSU, 59.01; 9. Mark Hamlin, CWU, 59.22.

4x100 Relay - 1. Western Oregon (Wynn, Newton, Herneisen, Hinshaw) 42.14; 2. Central Washington (Obeng, Coutard, Medina, Delay) 42.17; 3. Humboldt State (Johnson, Miller, Morales, Phillips) 43.24; 4. Northwest Nazarene (Fishburne, Lee, Olson, Bennum) 43.50; 5. Seattle Pacific (Kelley, Berry, Mach, Hunter) 44.41; 6. Western Washington (Reese, Schaefer, Hayes, Carlson) 44.67.

4x400 Relay - 1. Western Oregon (Satran, Herneisen, Anderson, Hinshaw) 3:20.20; 2. Seattle Pacific (Mach, Kelley, Castle, Fryett) 3:23.00; 3. Western Washington (Brockett, McNeil, Caruthers, Los) 3:23.37; 4. Central Washington (Trevino, Bush, Coutard, Moon) 3:24.57; 5. Northwest Nazarene (Olson, Hill, Meier, Bennum) 3:26.90; 6. Humboldt State (Johnson, Phillips, Hayes, Miller) 3:27.50; 7. Saint Martin's (Carlson, Loreth, Joseph, Prentice) 3:27.97; 8. Seattle (Nishida, Neilsen, Gabriel, Manos) 3:32.01.

High Jump - 1. Jamil Wynn, WOU, 1.99 - 6-6 ¼; 2. Brendan Reilly, HSU, 1.99 - 6-6 ¼; 3. Mike Tully, WWU, 1.99 - 6-6 ¼; 4. Beau Ross, CWU, 1.99 - 6-6 ¼; 5. Mike Bonadurer, WOU, 1.94 - 6-4 ½; 6. Peter Allan, WWU, 1.94 - 6-4 ¼; 7. Scott Durbin, WWU, 1.84 - 6-0 ½; 8. Brandon Conroy, WOU, 1.79 - 5-10 ½, and Sean Gabe, WOU, 1.79 - 5-10 ½.

Long Jump - 1. Justin Lawrence, CWU, 7.05 - 23-1 ¾ (w++1.70); 2. Joe Smith, CWU, 6.95 - 22-9 ¾ (w++1.30); 3. Brad Satran, WOU, 6.76 - 22-2 ¼ (w++0.30); 4. Justin Miller, HSU, 6.74 - 22-1 ½ (w++1.50); 5. Jamil Wynn, WOU, 6.73 - 22-1 (w++0.40); 6. Erik Iverson, CWU, 6.45 - 21-2 (w++3.60); 7. Nate Anderson, WOU, 6.34 - 20-9 ¾ (w++0.70); 8. Preston Timmons, HSU, 5.86 - 19-2 ¾ (w++0.80); 9. Daniel Straw, WOU, 5.81 - 19-0 ¾ (w++0.20).

Triple Jump - 1. Justin Lawrence, CWU, 14.79 - 48-6 ¼ (w++1.40); 2. Beau Ross, CWU, 14.30 - 46-11 (w++0.20); 3. Jamil Wynn, WOU, 13.93 - 45-8 ½ (w++1.10); 4. Brad Satran, WOU, 13.70 - 44-11 ½ (w++1.20); 5. Daniel Straw, WOU, 12.47 - 40-11 (w++1.10).

Pole Vault -1. Spike Olsen, WOU, 4.50 - 14-9; 2. Scott Romney, WWU, 4.35 - 14-3 ¼; 3. Justin Miller, HSU, 4.35 - 14-3 ¼; 4. Hunter Verner, WWU, 4.35 - 14-3 ¼; 4. Jon Stroschine, WOU, 4.35 - 14-3 ¼; 6. Josh Fishburne, NNU, 4.20 - 13-9 ¼; 7. Jacob Hayes, HSU, 4.20 - 13-9 ¼; 7. BJ Malphrus, CWU, 4.20 - 13-9 ¼; 9. Tommy Matthews, WOU, 4.05 - 13-3 ½; 10. Chase Ruebel, WWU, 4.05 - 13-3 ½.

Shot Put - 1. James Deaver, WWU, 14.95 - 49-0 ¾; 2. Erik Knutzen, WWU, 13.87 - 45-6 ¼; 3. Ian McDole WWU, 13.79 - 45-3; 4. Collin Babcock, WOU, 13.68 - 44-10 ¾; 5. Aaron Hayes, CWU, 13.55 - 44-5 ½; 6. Tom Farris, WWU, 13.21 - 43-4 ¼; 7. Brady Jones, WWU, 12.84 - 42-1 ½; 8. Ryan Thomason, CWU, 12.75 - 41-10; 9. Jason Patterson, CWU, 12.65 - 41-6; 10. Todd Gowing, WWU, 12.62 - 41-5; 11. Jason Day, WWU, 12.50 - 41-0 ¼; 12. Jacob Galloway, CWU, 12.36 - 40-6 ¾; 13. James Thomas Jr., NNU, 12.21 - 40-0 ¾; 14. Ryan Nack, WOU, 11.96 - 39-3; 15. Tim Jolin, WWU, 11.57 - 37-11 ¾.

Discus - 1. Tony Kyle, WWU, 47.20 - 154-10; 2. Jacob Galloway, CWU, 46.11 - 151-3; 3. Tom Farris, WWU, 46.09 - 151-2; 4. James Deaver, WWU, 44.41 - 145-8; 5. James Thomas, Jr., NNU, 42.80 - 140-5; 6. Brady Jones, WWU, 42.55 - 139-7; 7. Todd Gowing, WWU, 41.66 - 136-8; 8. Greg Gottfried, WOU, 41.27 - 135-5; 9. Andrew Steiner, SPU, 39.79 - 130-6; 10. Collin Babcock, OWU, 39.08 - 128-2; 11. Golden Ables, HSU, 38.89 - 127-7; 12. Ian McDole, WWU, 36.59 - 120-0; 13. Aaron Hayes, CWU, 32.46 - 106-6; 14. Josh Callon, SMC, 32.09 - 105-3.

Hammer - 1. Dave Margraf, HSU, 52.60 - 172-7; 2. Greg Gottfried, WOU, 48.81 - 160-2; 3. Tim Jolin, WWU, 47.80 - 156-10; 4. Jordan Abbott, WOU, 47.57 - 156-1; 5. Adam Butts, NNU, 41.36 - 135-8; 6. Golden Ables, HSU, 41.35 - 135-8; 7. Ryan Nack, WOU, 40.19 - 131-10; 8. James Deaver, WWU, 39.27 - 128-10; 9. Jonathan Hughes, CWU, 38.72 - 127-0; 10. Erik Knutzen, WWU, 38.40; 11. David Uberti, CWU, 37.10 - 121-9; 12. Tim Johnson, NNU, 35.14 - 115-3; 13. Jason Patterson, CWU, 32.78 - 107-6.

Javelin - 1. James Thomas, Jr., NNU, 59.49 - 195-2; 2. Derek Deskins, WOU, 58.91 - 193-3; 3. Tony Kyle, WWU, 58.23 - 191-0; 4. Tony Roberts, WOU, 58.22 - 191-0; 5. Travis Huntsinger, WWU, 55.07 - 180-8; 6. Ray Henschel, WOU, 54.40 - 178-6; 7. Justin Brewer, WWU, 53.94 - 177-0; 8. Brice Crowninshield, CWU, 52.89 - 173-6; 9. Darren Gillenwater, WOU, 51.21 - 168-0; 10. Ryan Lee, NNU, 49.35 - 161-11; 11. Matt Lambrecht, SMC, 43.09 - 141-4.

Decathlon (Apr. 25-26 at Monmouth) - 1. Justin Miller, HSU, 6366; 2. Jacob Hayes, HSU, 5515; 3. Brandon Conroy, WOU, 5404; 4. Josh Freeman, WWU, 5270; 5. Sean Gabe, WOU, 5251; 6. Curt Moon CWU, 5178; 7. Chris Petersen, CWU, 3987.

Day 1 Results: 100 - Miller 11.20, Peterson 11.70, Freeman 11.75, Hayes 11.88, Moon 11.96, Conroy 12.34, Gabe 12.91. Long Jump - Miller 6.68, Peterson 6.11, Hayes 6.10, Gabe 5.89, Conroy 5.70, Moon 5.62, Freeman 5.57. Shot Put - Peterson 11.22, Conroy 10.80, Hayes 10.15, Miller 10.14, Freeman 9.76, Moon 8.73, Gabe 8.70. High Jump - Gabe 1.97, Miller 1.91, Conroy 1.82, Moon 1.79, Peterson 1.64, Hayes 1.64, Freeman no height. 400 - Miller 50.19, Freeman 51.36, Moon 53.04, Hayes 53.43, Conroy 56.50, Peterson 57.21, Gabe 58.14.

Day 2 Results: 110 Hurdles - Miller 16.41, Conroy 16.86, Freeman 16.98, Hayes 18.70, Gabe 18.87, Moon 20.48, Peterson dnf. Discus - Peterson 36.85 - 120-11, Freeman 36.27 - 119-0, Conroy 31.14 - 102-2, Hayes 30.58 - 100-4, Miller 29.64 - 97-3, Moon 29.21 - 95-10, Gabe 27.56 - 90-5. Pole Vault - Miller 4.85 - 15-11, Gabe 3.95 - 12-11 ½, Hayes 4.65 - 15-3, Freeman 3.65 - 11-11 ¼, Conroy 3.45 - 11-3 ¾, Moon 2.95 - 9-8, Peterson nh. Javelin - Moon 45.83 - 150-4, Peterson 43.80 - 143-8, Conroy 43.11 - 141-5, Freeman 41.65 - 136-8, Gabe 40.18 - 131-10, Hayes 34.50 - 113-2, Miller 30.42 - 99-10. 1500 - Moon 4:41.41, Freeman 4:45.48, Gabe 4:47.66, Conroy 5:11.62, Hayes 5:15.14, Miller 5:15.55, Peterson dnf.