2009 GNAC INDOOR TRACK AND FIELD

Final

Note: National standards in running events are listed in parenthesis. First set of standards listed are for an "over 200 meter track" (i.e., UW Dempsey track). The second set of standards are for a "200 meter banked track" (i.e., Jackson’s Track at Nampa). For the 200 meters, 400 meters, 800 meters, mile, 5000 meters, 4x400 relay and distance medley the national standards vary depending on size of track and if banked or flat. Northwest tracks include: UW – Over 200 meter; WSU – 200 meter flat; Idaho – Over 200 meter; EWU – 200 meter flat. Nampa – 200 meter banked. Portland – Over 200 meter. Black Hills State – 200 Meter Flat. Idaho State – 200 Meters Banked. Montana State – 200 Meters Banked

WOMEN

55 (7.02, 7.24)
Justine Simons, MSUB 7.57
Erika Halle, MSUB 7.71
Britney Derhak, MSUB 7.87
Cassie Holm, MSUB 8.07

60 (7.55, 7.77)
Latasha Essien, SPU 7.77
Jessica Hinton, SPU 7.96
Lauren Duckett, WOU 8.01
Heidi Dimmitt, WWU 8.02
Lacey Meusec, WOU 8.02
Megan Zukowski, WWU 8.05
Latoya Tidwell, NNU 8.08
Justine Simons, MSUB 8.10
Stefani Dittmar, WOU 8.13
Chantel Green, WWU 8.17

200 (24.50, 25.10; 24.60, 25.20)
Jessica Hinton, SPU 25.35
Latasha Essien, SPU 25.54
Ellie Siler, WWU 25.55
Heidi Dimmitt, WWU 25.63
Ali Worthen, SPU 25.68
Latoya Tidwell, NNU 25.75
Lacey Meusec, WOU 26.05
Megan Zukowski, WWU 26.44
Gwenna Carie, CWU 26.57
Chantel Green, WWU 26.62
Justine Simons, MSUB 26.62

400 (55.60, 57.40; 55.70, 57.50)
Ellie Siler, WWU 56.06
Jessica Hinton, SPU 57.16
Elise Decker, NNU 57.85
Megan O’Connell, WWU 58.12
Gwenna Carie, CWU 58.47
Jamie Beaty, NNU 58.58
Latasha Essien, SPU 59.38
Devon King, WWU 59.89
Sarah Brownwell, WWU 1:00.17
Heidi Dimmitt, WWU 1:00.37

500
Elisa Decker, NNU 1:19.12
Annan Applebee, WOU 1:19.56
Meryl Butcher, WOU 1:21.89
Jessica Pendon, SMU 1:22.08
Zoe Skordahl, WOU 1:23.12
Ellie Siler, WWU 1:23.25
Anna Walters, SPU 1:23.26
Megan O’Connell, WWU 1:24.06
Kayla Wilkins, SPU 1:29.32

800 (2:12.70, 2:16.90; 2:12.80, 2:17.00)
+Ashley Puga, NNU 2:07.63
+Jessica Pixler, SPU 2:10.62
Rachael Johnson, WWU 2:11.82
+Annan Applebee, WOU 2:11.86
Jacin Puga, NNU 2:13.94
Elisa Decker, NNU 2:16.73
Sarah Jackson, MSUB 2:17.31
Cheryl Watson, WWU 2:17.64
Ashley Berry, WOU 2:18.22
Lisa Anderberg, SPU 2:19.18

1000
Ashley Puga, NNU 2:54.89
Jacin Puga, NNU 3:00.53

Mile (4:56.10, 5:04.60; 4:56.50, 5:05.00)
+Jessica Pixler, SPU 4:37.83
+Ashley Puga, NNU 4:47.37
+Jane Larson, SPU 4:47.39
+Sarah Porter, WWU 4:56.37
Kate Harline, SPU 5:03.22
Janae Larson, SPU 5:03.83
Jocelyn Minton, SMU 5:12.82
Jessica Harper, WOU 5:13.06
Ashley Berry, WOU 5:13.76
Tricia Morrison, WOU 5:17.71

1,600
Whitney Mickelsen, MSUB 5:46.61
Katie Thiel, MSUB 6:09.54

3,000
Jessica Pixler, SPU 9:23.24
Sarah Porter, WWU 9:47.86
Jessica Harper, WOU 10:16.19
Kate Harline, SPU 10:18.97
Lauren Breihof, WWU 10:24.83
Natty Plunkett, SPU 10:24.67
Mary Williams, SPU 10:39.69
Marcie Mullen, CWU 10:42.32
Amanda Wright, WOU 10:48.9
Kayti Krepel, SPU 10:51.40

5,000 (17:05.50, 17:50.50; 17:06.20, 17:51.20)
+Jessica Pixler, SPU 16:12.65
+Jane Larson, SPU 16:55.02
+Sarah Porter, WWU 16:56.07
Janae Larson, SPU 17:16.56
Lauren Breihof, WWU 17:49.23
Natty Plunkett, SPU 17:50.50
Marcie Mullen, CWU 18:39.50
Mary Williams, SPU 18:43.25
Phoebe Hartnett, WWU 19:02.65
Amanda Wright, WOU 19:16.02

55-Hurdles
Cassie Holm, MSUB 9.29

60 Hurdles (8.65, 9.00)
Michelle Howe, WWU 9.07
Ali Worthen, SPU 9.09
Jacque Helbling, WOU 9.20
Janna Vander Meulen, WOU 9.39
Jennifer Pike, SPU 9.39
Mandy Keifer, WOU 9.43
Jessica Erickson, WWU 9.54
Raquel Gonzalez, CWU 9.55
Ali Mosher, WOU 9.62
Clara Cook, WWU 9.75

4x400 Relay (3:46.40, 3:56.20; 3:46.80, 3:56.60)
Western Washington 3:54.16
Northwest Nazarene 3:55.58
Seattle Pacific 4:00.42
Western Oregon 4:02.96
Saint Martin’s 4:10.15
Montana State Billings 4:13.73
Central Washington 4:15.77

Distance Medley (11:49.10, 12:22.10; 11:50.00, 12:23.00)
Northwest Nazarene 11:55.73
Western Washington 11:57.17
Seattle Pacific 11:58.88
Saint Martin’s 13:33.97
Central Washington 13:37.38
Montana State Billings (13:54.48) 13:44.94

Long Jump (5.80, 5.50)
Emily Warman, WWU 5.74 (18-10)
Ali Worthen, SPU 5.65 (18-6 ½)
Natalie Nobbs, SPU 5.28 (17-4)
Molly Reid, NNU 5.26 (17-3)
Jacque Helbling, WOU 5.18 (17-0)
Laura VonArx, NNU 5.10 (16-8 ¼)
Callie Muri, WWU 5.10 (16-8 ¼)
Jill Bennett, NNU 5.07 (16-7 ¼)
Natalie Nobbs, SPU 5.06 (16-7 ¼)
Mandy Keifer, WOU 5.06 (16-7 ¼)

Triple Jump (11.95, 11.40)
Emily Warman, WWU 11.96 (39-3)
Laura VonArx, NNU 11.41 (37-5 ¼)
Ali Worthen, SPU 11.07 (36-4)
Mandy Keifer, WOU 10.81 (35-5 ½)
Christy Miller, WWU 10.73 (35-2 ½)
Amanda Rose, CWU 10.67 (35-0 ¼)
Molly Reid, NNU 10.58 (34-8 ½)
Callie Muri, WWU 10.53 (34-6 ¾)
MEN

55 (6.30, 6.40)
- Nick Kesler, MSUB 6.72
- Nathan Diede, MSUB 6.92
- Noah Vallincourt, MSUB 6.93
- James Hopkins, MSUB 6.97
- Deshawn Lewis, MSUB 7.03
- Chase Berg, MSUB 7.19

60 (6.78, 6.88)
- Bryan Mack, CWU 6.95
- Gabe Aguilar, WOU 6.96
- Augustine Agyei, WWU 6.96
- Alex Tilley, WWU 7.03
- Ashtin Mott, WOU 7.09
- Radio Battle, CWU 7.10
- Kincaid Nichols, CWU 7.10
- Chris Freeman, WOU 7.13
- Dylan Wells, WOU 7.16
- Zeb Udell, WOU 7.16

200 (21.45; 21.70; 21.55, 21.80)
- Radio Battle, CWU 21.97
- Maurus Hope, NNU 22.21
- Matt Rogstad, CWU 22.59
- Augustine Agyei, WWU 22.60
- Ashtin Mott, WOU 22.61
- Alex Tilley, WWU 22.62
- Nick Clark, WOU 22.76
- Bryan Mack, CWU 22.76
- Gabe Aguilar, WOU 22.79
- Kincaid Nichols, CWU 22.80

300 (Not a national event)
- Matt Rogstad, CWU 36.74

400 (47.65, 48.75; 47.75, 48.85)
- Maurus Hope, NNU 49.66
- Mitch Ward, NNU 49.99
- Blake Estep, WOU 50.08
- Ashtin Mott, WOU 50.12
- Matt Rogstad, CWU 50.18
- Nick Clark, WOU 50.26
- Ben Wargo, WWU 50.37
- Andy Loscutoff, WOU 50.43
- Dan Hill, NNU 50.62
- Dallas Beaty, NNU 50.63

500 (Not a national event)
- Matt Rogstad, CWU 1:11.09
- Ben Wargo, WWU 1:11.12
- Carl Johnson, WWU 1:14.19
- Gabriel Morales, WWU 1:14.95

800 (1:52.20, 1:53.90; 1:52.30, 1:54.00)
- Zeke Van Patten, WOU 1:51.73
- Jeff Long, WOU 1:53.71
- Carson O’Brien, WOU 1:56.24
- Anders Mavis, WWU 1:58.92
- Kyle Larson, WOU 1:59.21
- Mike Schmid, WOU 1:59.88

1000 (Not a national event)
- Josh Grewe, NNU 2:46.18
- Josh Meriotes, NNU 2:46.63
- Mike Lewis, NNU 2:47.57
- Stuart Montgomery, NNU 2:55.42

Mile (4:08.80, 4:13.30; 4:09.20, 4:17.70)
- Bennett Grimes, WWU 4:13.18
- Anthony Tomsich, WWU 4:13.63
- John Riak, SMU 4:15.08
- Zeke Van Patten, WOU 4:15.84
- Jeff Long, WOU 4:16.90
- Matt McCrary, WOU 4:24.18
- Eric Brill, WWU 4:26.88
- Braxton Jackson, WOU 4:27.42
- Spencer Hunt, SMU 4:28.21
- Dan Sprinkle, WOU 4:29.14
- Daniel Friesen, SPU 4:30.74

1,600
- Daniel Lombardi, MSUB 4:44.62
- Tyson Vanderby, MSUB 4:57.63
- Travis Hutchinson, MSUB 4:57.83
- Taylor Canfield, MSUB 4:58.23

3,000
- Jordan Welling, WWU 8:19.80
- Bennett Grimes, WWU 8:31.79
- John Riak, SMU 8:32.61
- Kyle Van Santen, SMU 8:43.37
- Eric Brill, WWU 8:50.41
- Yonas Berhe, WWU 8:52.3
- Matt McCrary, WOU 8:56.95
- Justin Karr, WOU 9:03.71
- Brandon Snook, WOU 9:06.71
- Casper Jakobsen, WWU 9:08.49

5,000 (14:19.00; 14:49.00; 14:20.00, 14:50.00)
- Jordan Welling, WWU 14:21.30
- John Riak, SMU 14:32.71
- Bennett Grimes, WWU 14:40.84
- Zeke Van Patten, WOU 14:48.40
- Chris Reed, WOU 14:51.23
- Josiah Price, SMU 14:54.23
- Kyle Van Santen, SMU 15:05.30
- Nik Karr, WOU 15:26.56
- Trevor Kulvi, CWU 15:34.91
- Eric Brill, WWU 15:40.82

60-Hurdles (8.05, 8.24)
- Dallas Beaty, NNU 8.49
- Andy Loscutoff, WOU 8.51
- Kyle Williams, CWU 8.64
- Andrew Gray, WWU 8.71
- Ben Wargo, WWU 8.75
- Michael Kendrick, WOU 8.78
- Jordan Werner, WOU 8.80
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