

206/281-2772 voice | 206/281-2266 fax | frmacdon@spu.edu | www.spu.edu/falconsonline

Track & Field Faces The Great Outdoors

Anderson To Represent Falcons At NCAA Indoor Meet

An annual rite. Technically it's still winter, but an annual rite of the spring track & field season awaits Saturday (Mar. 9) as Seattle Pacific University sends its men's and women's teams to Tacoma for the Salzman Invitational. Joining the Falcons will be Washington, along with most of the state's small-college programs. With spring break looming, it marks the last time the team will compete en masse until April. A select group of athletes will see action Mar. 16 at the Long Beach State Classic.

Please come to Boston. Almost everyone will be heading to the Pacific Lutheran University campus. Everyone, that is, except Coach **Jack Hoyt** and **Dionna Anderson** (Sr., Lynnwood, Wa./Edmonds-Woodway), who has qualified in the shot put for Saturday's NCAA Division II Indoor Championships in Boston. Anderson is the No. 8 seed with a personal- and season-best heave of 45 feet, 3 3/4 inches. She is the first SPU athlete to compete at the indoor national meet since 1994. That year Karin Grelsson repeated as champion in the women's triple jump.

Salzman sensation. She's lopped off her long locks but that can only make **Rachel Ross** (Sr., Kennewick, Wa./Kennewick) more aerodynamic as she treads the track. And that's bad news for her rivals this week because Ross is the defending Salzman champion in both the 800- and 1500-meter races. In fact, she has never lost a race on the PLU oval, winning the 800 at the 2000 Salzman and another metric half-mile there in a 1999 regional meet. She is entered only in the 1500 and 4 x 400 relay this weekend. Also defending their meet titles this weekend will be **Jamie Witt** (So., Folsom, Ca./Folsom) in the 5000m and **Lauren Kooy** (So., George, Wa./Quincy) in the women's discus. Washington won the women's by a 288-186 margin over SPU. The men's team took eighth, scoring 21 points while the Huskies were runaway winners.

It's a wrap. The indoor season wrapped-up last week with the Washington Qualifier meet. A quartet comprised of **Neal Fryett** (Sr., Pullman, Wa./Logos), **Micah Kelcy** (Fr., Lakewood, Wa./Clover Park), **Paul Mach** (So., Seattle, Wa./King's) and **Nathanael Castle** (Sr., Gooding, Id./Gooding) won the distance medley relay over PLU and Washington. Kelcy was clocked in 50 seconds over his 400, Mach ran a 1:55 in the 800 and Castle's mile was in 4:15. That was the only SPU win. For the women, **Stephanie Huffman** (Sr., Brush Prairie, Wa./Prairie) was runner-up in the long jump (17-3) and fifth in the 60 hurdles (9.36). The top marks came from **Ally Studer** (So., Redmond, Wa./Redmond), who cleared an indoor-best 11-9 3/4 in the pole, finishing sixth, and volleyball standout turned heptathlon hopeful **Leah Wiuest** (Sr., Spokane, Wa./Deer Park) ran the 400 in 59.41 seconds, also taking sixth. Along with the Huskies, the meet also attracted athletes from Stanford, Arizona State, UCLA, Oregon, Washington State and Idaho.

Oval notes. Anderson is a first-time national qualifier. She won the Great Northwest Athletic Conference title as a junior but her indoor qualifying mark is a PR by more than two feet. Anderson was seventh at Washington with a throw of 42-10 3/4...Seattle Pacific has finished ahead of all small college women's teams at the Salzman since 1999...Studer's mark last week came too late for the Div. II deadline but would've earned her the No. 4 seed in this weekend's national meet. She was 14th on the final performance list while Ross was 17th in the 800, both just missing the final cut...**Jennifer Pyeatt** (So., Graham, Wa./Bethel), an All-America hurdler in 2000 and injury redshirt last season, is giving

2002 TRACK & FIELD

SPU Quick Facts

Coach—Jack Hoyt, 3rd year
Assistant—Doris Heritage
Assistant—Juli Van Pelt
Assistant—Algerian Hart

This Week's Schedule

Sat., Mar. 9, 10 a.m.
Salzman Invitational
Tacoma,, Wa.

Sat., Mar. 9, 7:30 a.m. PST
NCAA Indoor Championships
Reggie Lewis Center, Boston, Ma.

Last Week's Highlights

- Dionna Anderson qualified for the NCAA Indoor Championships. She is the No. 8 seed in the shot put
- Ally Studer cleared an indoor season-best 11-9 3/4 in the pole vault at the Washington Qualifier
- Stephanie Huffman placed second in the long jump
- The men's distance medley finished first at the Washington Qualifier

Stats de jur

- The Falcons are unbeaten against small-college women's teams at the Salzman since 1999
- Rachel Ross is the two-time defending Salzman champion in the 800 and also took first in the 1500 last year

2002 Season Schedule

Mar. 2 Husky Last Chance Qualifier
Mar. 8-9 NCAA Indoor Championships
Mar. 9 Salzman Invitational
Mar. 16 Long Beach Classic
M. 21-22 Point Loma Multi-Event
Mar. 23 Aztec Invitational
Mar. 30 Spring Break Open
Apr. 6 Vernacchia Invitational
Apr. 12 Pelluer Invitational
Apr. 13 Northwest Relays
A. 18-19 California Inv. Multi-Event
Apr. 20 Spike Arlt Invitational
A. 25-26 GNAC Multi-Event Champs.
Apr. 27 Oregon Invitational
May 4 GNAC Championships
May 11 Ken Foreman Invitational
M. 23-25 NCAA Championships

the heptathlon a try. Although she won't hurdle this week, Pyeatt is expected to throw the shot and javelin. **Laura Widman** (Jr., Colfax, Wa./Colfax), an indoor redshirt who missed the 2001 outdoor season due to mononucleosis, will not compete this week. A tight hamstring will limit Widman's activity throughout the next month. She was second in the NCAA heptathlon in 2000.

SPU Coaches. Coach Jack Hoyt, 37, has the Falcons on the fast track back to national prominence going into his third season. In his first two seasons, Hoyt was voted conference coach of the year and in 2001 he had the women's program back in the top 10 for the first time in eight years, tying for ninth. He was ideally suited to take charge of the program as a former All-America decathlete at SPU and serving as an assistant to the legendary Ken Foreman for seven years. Doris Heritage, the coach of cross country and track runners from 800 meters up, is a legend in the world of athletics. She is a member of halls of fame for both athletes (one-time world record-holder, two-time Olympian and five-time world cross country champion) and coaches (two Olympic staffs, 53 all-America cross country and track runners at SPU). Juli Van Pelt, former All-America in heptathlon and high jump, returns for her second season on the staff of her alma mater. Algerian Hart, former Long Beach State star, is in his first year as hurdles/sprints coach.

2002 Track & Field Roster

<i>Women's Team</i>	<i>Events</i>	<i>Yr</i>	<i>Hometown (High School)</i>
Dionna Anderson	Sp	Sr	Lynnwood, Wa. (Edmonds-Woodway/Edmonds CC)
Kirsten Bjork	1500/3000	So	Olympia, Wa. (Black Hills)
Jawea Harder	100H/400H	Sr	Port Townsend, Wa. (Port Townsend)
Ruth Hawkinson	5000/10k	Jr	Roy, Wa. (Yelm)
Stephanie Huffman	Lj/Hep/Jt	Sr	Brush Prairie, Wa. (Prairie)
Lauren Kooy	Dt/Jt/Sp	So	George, Wa. (Quincy)
Sarah Kraybill	400/800	Jr	Seattle, Wa. (Ballard)
Josie Lavin	800	Fr	Bremerton, Wa. (Bremerton)
Brooke Little	400H	So	Lynnwood, Wa (Lynnwood)
Amanda McClary	200/400	Fr	Shelton, Wa. (Shelton)
Angie Ocampo	400H	Jr	Vancouver, Wa (Mountain View)
Candy Owens	1500/3000	Fr	Ridgefield, Ct. (Ridgefield)
Jennifer Pyeatt	Hep/400H	So	Graham, Wa. (Bethel)
Morgan Ranta	Lj/Tj	Sr	Kent, Wa. (Kentrledge)
Kara Richard	Steeple	Fr	Springbrook, NY (Iroquois)
Mackensie Rogers	Pv	So	Otis Orchards, Wa. (East Valley)
Breanne Rohm	800/1500	Fr	Juneau, Ak. (Juneau-Douglas)
Amber Rose	Tj/Pv	So	Olympia, Wa. (Capital)
Rachel Ross	800/1500	Sr	Kennewick, Wa. (Kennewick)
Nicole Seana	5000/10k	So	Carnation, Wa. (Kamiakin)
Lindsey Stewart	100/200	Jr	Shoreline, Wa. (King's)
Ally Studer	Pv/Lj	So	Redmond, Wa. (Redmond)
Emily Weyers	400	Fr	Stanwood, Wa. (Stanwood)
Laura Widman	Hep/Hj/Lj	Jr	Colfax, Wa. (Colfax)
Leah Wiest	Hep/800	Sr	Spokane, Wa. (Deer Park-Cornell)
Jamie Witt	3000/5000	So	Folsom, Ca. (Folsom)

<i>Men's Team</i>	<i>Events</i>	<i>Yr</i>	<i>Hometown (High School)</i>
Alex Bartholomew-Garcia	5000	Fr	Bellevue, Wa. (Newport)
Nick Berry	400H	Fr	Kealakekua, Hi. (Konawaena)
Clint Bjella	1500/5000	Fr	Everett, Wa. (Everett)
Ryan Burleson	400	Fr	Shelton, Wa. (Shelton)
Nathanael Castle	1500/5000	Sr	Gooding, Id. (Gooding)
Brent Egbert	400	So	Bellingham, Wa. (Sehome)
Neal Fryett	800/1500	Sr	Pullman, Wa. (Logos)
Brian Hunter	100/200/jav	Fr	Duvall, Wa. (Cedarcrest)
Micah Kelly	400H	Fr	Lakewood, Wa. (Clover Park)
Matt Laughlin	400	So	Selah, Wa. (Selah/Massachusetts)
Tim LeCount	1500/5000	Fr	Battle Ground, Wa. (Battle Ground)
Aaron Libadisos	1500	Fr	Kailua-Kona, Hi. (Kealakehe)
Brandon Littlefield	Pv	So	Selah, Wa. (Eisenhower)
Paul Mach	400H	So	Seattle, Wa. (King's)
Perry McConnell	5000/10k	Fr	Arlington, Wa. (Lakewood)
Anthony Ricciardelli	M/F	Fr	Issaquah, Wa. (Issaquah)
Sean Sandin	400	Fr	Renton, Wa. (Kentrledge)
Michael Schefter	400	So	Yakima, Wa. (West Valley)
David Smith	400	Fr	Corvallis, Or. (Corvallis)
Andrew Steiner	Sp/Dt	Jr	Edmonds, Wa. (Sno. Cty. Christian)
Scott Van Hess	800	Jr	Salem, Or. (McKay)

2001 NCAA Qualifiers

<i>Athlete</i>	<i>Event</i>	<i>Mark</i>	<i>Place</i>
Stephanie Huffman	Jt	149-10	3rd
Stephanie Huffman	Hep	4898	4th
Rachel Ross	1500	4:35.91	4th
Rachel Ross	800	2:13.90	5th
Ally Studer	Pv	11-9 3/4	5th
Karen Summers	400H	1:01.40	6th
Summers, Bell, Ross	4 x 400	3:54.77	13th
Kraybill			
Cyrena Bell	400	57.90	18th
Sarah Kraybill	800	2:16.81	20th

2001 Season Best Marks

Women's

100–Karen Summers, 12.36 √
 200–Cyrena Bell, 25.19 √
 400–Cyrena Bell, 57.79 √
 800–**Rachel Ross**, 2:08.05 √
 1500–**Rachel Ross**, 4:30.71 √
 Steeple–
 3000–**Jamie Witt**, 10:06.21
 5000–**Jamie Witt**, 17:29.62
 10,000–**Kirsten Bjork**, 39:49.30
 100H–**Huffman/Summers**, 15.00
 400H–Karen Summers, 1:01.1 √
 4x100–**Stewart-Harder-Summers-Bell**, 47.90 √
 4x400–**Bell-Ross-Kraybill-Summers**, 3:47.53 √
 Hj–**Harris/Huffman**, 5-5 3/4
 Pv–**Ally Studer**, 12-2
 Lj–**Morgan Ranta**, 18-3 (**Huffman** 17-11 3/4 √)
 Tj–Natalie Dorow, 38-2 √
 Sp–**Dionna Anderson**, 43-2 1/2 √
 Dt–**Lauren Kooy**, 127-2
 Ht–
 Jt–**Stephanie Huffman**, 151-4 √
 Hep–**Stephanie Huffman**, 4935

Men's

100–Blake Witman, 11.86
 200–**Neal Fryett**, 24.62
 400–Blake Witman, 51.00
 800–**Neal Fryett**, 1:53.95
 1500–Kelsey Backen, 3:56.01
 Steeple–
 5000–**Nathanael Castle**, 15:20.69
 10,000–
 110H–
 400H–**Paul Mach**, 54.69 √
 4x100–Shepard, **Littlefield**, Witman, Peterson, 43.82
 4x400–Witman, **Fryett**, Sharp, **Mach**, 3:23.19
 Hj–
 Pv–**Brandon Littlefield**, 13-9 1/4
 Lj–Matt Peterson, 21-6 3/4
 Tj–
 Sp–**Andrew Steiner**, 34-9 3/4
 Dt–**Andrew Steiner**, 130-8
 Ht–
 Jt–
 Dec–

Returnees in boldface
 √ 2001 conference champion