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And They're Off: Spring Break Road Trip Select Track Athletes Bound For Long Beach, San Diego

Working vacation. Putting the wind and rain in their rearview mirror, a select bunch of Seattle Pacific University track & field athletes will spend their spring break in Southern California. The first of three meets in which the Falcons will participate is Saturday (Mar. 16) at the Long Beach Classic. Next week, they move farther south to San Diego for the Point Loma Multi-Event and Aztec Invitational before returning home.

Woollies not necessary. The whole idea of the annual trek to California is to escape the blustery weather of the Northwest and get some quality training sessions under the sun. In some ways, the competition is secondary to Coach **Jack Hoyt**. Last week his team contended with snow on the track on the day prior to the first outdoor meet. The forecast for Long Beach is partly sunny with highs approaching 70 degrees.

Everybody's All-America. The school's first All-America of 2001-02 is **Dionna Anderson** (Sr., Lynnwood, Wa./Edmonds-Woodway), who finished eighth in the shot put at last week's NCAA Division II Indoor Championships in Boston. Anderson, the first SPU athlete to compete at the indoor national meet since 1994, heaved the steel ball 44 feet, 5 inches on her second throw to make the finals and assure her of scoring. Adriane Blewitt of Ashland (Oh.) won with a mark of 51-3 1/2. Anderson was the conference champion as a junior and qualified for the NCAAs with a put of 45-3 3/4.

Whodda thunk it? Given the true winter weather of last week, no one was expecting the strong performances which occurred at the Salzman Invitational. Already Seattle Pacific has two NCAA provisional qualifying marks. While it was not surprising that **Rachel Ross** (Sr., Kennewick, Wa./Kennewick) successfully defended her 1500-meter title, the fact that she did so in 4 minutes, 36.85 seconds was. She was fourth at that distance at nationals last season. Ross has won each of her five collegiate races on the Pacific Lutheran University. And in the field, **Stephanie Huffman** (Sr., Brush Prairie, Wa./Prairie) wasted no time uncorking a qualifying throw in the javelin, winning the Salzman with a mark of 138-8. Huffman also took second in the long jump (18-0 1/2)—her longest since 1999—and fourth in the high jump (5-3 3/4). Her shot put of 35-2 1/2 was less than three inches off her PR. All things considered, she was the choice for Great Northwest Athletic Conference athlete of the week.

Well done. Behind Huffman, the SPU women took third overall and first among non-Division I squads. Washington won with 168 points, followed by Portland (92), Seattle Pacific (87) and Central Washington (86). The men finished tied for 10th with 28 points. Other winners for SPU were both women's relays (49.84 in the 4 x 100 and 4:01.43 in the 4 x 400). Rounding out the top-three finishes were intermediate hurdler **Jawea Harder** (Sr., Port Townsend, Wa./Port Townsend), runner-up in 1:06.02, and **Sarah Kraybill** (Jr., Seattle, Wa./Ballard), third in the 800 (2:18.77). For the men, **Paul Mach** (So., Seattle, Wa./King's) essentially began the season where he left off in 2001, finishing second in the 400 hurdles in a strong 55.18. **Micah Kelcy** (Fr., Lakewood, Wa./Clover Park), moving up from the high school 300, debuted in 57.32—comparable to where Mach began last season. He was seventh.

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. 16, 9 a.m.
Long Beach Classic
Jack Rose Track, Long Beach, Ca.

Last Week's Highlights

- Dionna Anderson became the Falcons' first All-America of 2001-02, taking eighth at the NCAA Indoor Championships shot put
- Stephanie Huffman won the javelin with a provisional qualifying mark of 138-8, took second in the long jump (18-0 1/2) and was third in the high jump to earn GNAC Athlete of the Week
- Rachel Ross joined Huffman as a provisional NCAA qualifier, winning the 1500 in 4:36.85
- Paul Mach was runner-up in the 400 hurdles in 55.18 seconds

Stats de jur

- By winning the Salzman Invitational 1500, Rachel Ross finished her career unbeaten in five races on Pacific Lutheran's track

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

Notable entries. Hoyt is taking 15 athletes to California. This week's featured entries at Long Beach are Ross, who will double in the 800 and 1500; Huffman, who will high-jump, long-jump and throw the javelin; Anderson in the shot; Mach in the hurdles; **Ally Studer** (So., Redmond, Wa./Redmond) in the pole vault and **Nathanael Castle** (Sr., Gooding, Id./Gooding) in the 1500. The Long Beach Classic is a scored meet, however only a team's top performer in an event earns points.

Oval notes. Studer was ill and scratched from the pole vault. Also held out were **Laura Widman** (Jr., Colfax, Wa./Colfax) with a sore hamstring and **Jennifer Pyeatt** (So., Graham, Wa./Bethel) due to illness...Widman could see her first competition at Point Loma. She's expected to enter the heptathlon there, along with Huffman, Wiest and Pyeatt...**Candy Owens** (So., Ridgefield, Ct./Ridgefield) carried her momentum from a year ago into her first race. Owens hit a 2-second PR in the 1500 (5:02.56)...**Leah Wiest** (Sr., Spokane, Wa./Deer Park) again ran a solid 400, this time a 59-second split as the No. 2 leg in the relay...**Tim LeCount** (Fr., Battle Ground, Wa./Battle Ground) ran a good double (2:03.68/4:06.46) in the 800 and 1500...The Falcons got GNAC automatic qualifying marks from Kraybill, Ross, Huffman (high jump, long jump, javelin) and Mach...The SPU women remain unbeaten vs. non-Div. I teams at Salzman since 1999.

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	So	Ridgefield, Ct. (Ridgefield)
Jennifer Pyeatt	Hep/400H	So	Graham, Wa. (Bethel)
Morgan Ranta	Lj/Tj	Sr	Kent, Wa. (Kentrige)
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	200/400	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 Kelcy	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. (Kentrige)
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)

2002 NCAA Qualifiers

<i>Athlete</i>	<i>Event</i>	<i>Mark</i>
Stephanie Huffman	Jt	138-8
Rachel Ross	1500	4:36.85

2002 Season Best Marks

Women's
 100-
 200-Emily Weyers, 28.18
 400-Lindsey Stewart, 60.05
 800-Sarah Kraybill, 2:18.77√
 1500-Rachel Ross, 4:36.85 (PQ)
 Steeple-Kara Richard, 8:04.41
 3000-
 5000-Nicole Seana, 19:52.83
 10,000-
 100H-Leah Wiest, 17.15
 400H-Jawea Harder, 1:06.02
 4x100-Ocampo-Harder-Weyers-Stewart, 49.84
 4x400-Stewart-Wiest-Kraybill-Ross, 4:01.43
 Hj-Stephanie Huffman, 5-3 3/4√
 Pv-Mackensie Rogers, 8-0
 Lj-Stephanie Huffman 18-0 1/2√
 Tj-Amber Rose, 33-10 1/2
 Sp-Lauren Kooy, 35-3
 Dt-Lauren Kooy, 116-9
 Ht-
 Jt-Stephanie Huffman, 138-8 (PQ)
 Hep-

Men's

100-
 200-Brian Hunter, 24.11
 400-
 800-Tim LeCount, 2:03.68
 1500-Tim LeCount, 4:06.46
 Steeple-Aaron Libadisos, 10:22.72
 5000-Nathanael Castle, 16:11.90
 10,000-
 110H-
 400H-Paul Mach, 55.18√
 4x100-Kelcy, Mach, Hunter, Berry, 44.11
 4x400-Fryett, Mach, Hunter, Kelcy, 3:33.30
 Hj-
 Pv-
 Lj-
 Tj-
 Sp-
 Dt-
 Ht-
 Jt-
 Dec-

PQ-NCAA Provisional Qualifier
 √-GNAC Automatic Qualifier