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## Multiple Meets For SPU In San Diego Ross Takes 25th Career Title, Women 4th At Long Beach

**Two meets, three days.** Qualifying opportunities abound for the Seattle Pacific University track & field team this week, with the Falcons involved in two San Diego meets. Four women are entered in a heptathlon Thursday and Friday (Mar. 21-22) at Point Loma Nazarene while the balance of the select travel squad competes Saturday (Mar. 23) at the Aztec Invitational before returning home. Next week is the Spring Break Open in Edmonds.

**Multiple personalities.** A longtime strength of the SPU program has been the multiple events, specifically the men's decathlon and women's heptathlon. There have been 20 All-Americans and four national champions in the heptathlon since 1981 and Coach **Jack Hoyt** believes both totals could rise later this spring at the NCAA Division II Championships. The purpose of the Point Loma meet is to get there. **Stephanie Huffman** (Sr., Brush Prairie, Wa./Prairie), already a provisional qualifier in the javelin, is aiming for the automatic standard of 5250 points. Huffman was second nationally in 1999 and fourth last season. Joining her as entries are **Laura Widman** (Jr., Colfax, Wa./Cofax), the NCAA heptathlon runner-up in 2000; promising volleyball convert **Leah Wiest** (Sr., Spokane, Wa./Deer Park-Cornell) and **Jennifer Pyeatt** (So., Graham, Wa./Bethel), an All-America hurdler returning from a back injury.

**A day at the beach.** With final exams out of the way, many of the Falcons eschewed the cold and snow of the Pacific Northwest for much milder conditions in Southern California last weekend. The results from the Long Beach Classic were impressive, particularly for so early in the season. **Rachel Ross** (Sr., Kennewick, Wa./Kennewick) ran to yet another victory, winning the 800 meters in a provisional qualifying time of 2 minutes, 13.02 seconds. It was her 25th career triumph in a middle-distance race and her second qualifying time in as many meets (she had done so in the 1500 a week earlier). The win, coupled with Ross's fourth-place effort in the 1500 (4:38.10)—which snapped her middle-distance regular season win streak at six, dating back to last season—made her the Great Northwest Athletic Conference selection for co-athlete of the week.

**Best of the rest.** In all, Seattle Pacific got eight top-five placements at Long Beach. Finishing second were Huffman in the javelin (135-11) and **Ally Studer** (So., Redmond, Wa./Redmond) in the pole vault (10-11 3/4). Taking fourth, along with Ross, was **Jawea Harder** (Sr., Port Townsend, Wa.) in the 400 hurdles (1:04.66) and the 4 x 400 relay of **Lindsey Stewart** (Jr. Shoreline, Wa./King's), **Wiest**, **Sarah Kraybill** (Jr., Seattle, Wa./Ballard) and Ross in 3:57.62. Shot putter **Dionna Anderson** (Sr., Lynnwood, Wa./Edmonds-Woodway) threw 43 feet, 6 1/2 inches and Kraybill ran the 800 in 2:16.55, both placing fifth. Overall, SPU finished fourth of 12 teams with 126 points, behind Long Beach State (189), Cornell (187) and Kentucky (141).

**The man show.** Highlights for the SPU men included **Paul Mach** (So., Seattle, Wa./King's), whose time of 54.54 seconds in the 400 hurdles was both a PR and No. 3 all-time, and the 4 x 400 relay, which took seventh in 3:25.98. Mach was joined on the quartet by **Neal Fryett** (Sr., Pullman, Wa./Logos), **Micah Kelcy** (Fr., Lakewood, Wa./Clover Park) and **Nathanael Castle** (Sr., Gooding, Id.). Castle ran his first 1500 of the season in 3:58.86.

## 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

*Thr.-Fri., Mar. 21-22, 9 a.m.*  
Point Loma Heptathlon  
*Point Loma Stadium, San Diego, Ca.*

*Sat., Mar. 23, 9 a.m.*

Aztec Invitational  
*SDSU Sports Deck, San Diego, Ca.*

### Last Week's Highlights

- Rachel Ross won the Long Beach Classic 800 in a provisional qualifying time of 2:13.02, to earn GNAC Athlete of the Week
- Stephanie Huffman was runner-up the javelin (135-11) and Ally Studer was second in the pole vault (10-11 3/4)
- Paul Mach ran the school's No. 3 all-time 400 hurdles in a PR of 54.54
- The SPU women finished fourth among 12 teams, behind D-I programs Long Beach State, Cornell and Kentucky

### Stat de jur

- Rachel Ross has now won 25 career outdoor middle-distance titles

### 2002 Season Schedule

Mar. 2 Husky Last Chance Qualifier  
Mar. 8-9 NCAA Indoor Championships  
Mar. 9 Salzman Invitational  
Mar. 16 Long Beach Classic  
Husky 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.** Widman is returning for her first heptathlon competition since June of 2000. A tight hamstring, which plagued her throughout the indoor season, has improved, however Hoyt may pull her before completing the seven events to avoid aggravating the injury. Pyeatt saw her first outdoor competition since 2000 at Long Beach. She hurdled, long-jumped and threw the shot. Huffman and Wiist also competed in three events last week, with Wiist running a 26.51 in the 200 dash.

**Oval notes.** **Jamie Witt** (So., Folsom, Ca./Folsom) will redshirt this season to rest a back injury which has plagued her for the past year...Castle doubled, earning a PR in his first 800 since the 2000 season in 1:56.12...Anderson's shot mark was an outdoor PR. She had thrown for 45-3 3/4 indoors and was coming off an eighth-place finish at the NCAA indoor championships...Hurdler **Nick Berry** (Fr., Kealakekua, Hi./Konawaena) has not competed yet due to a knee injury. Berry was the Hawaii state runner-up in the intermediates last spring...Harder's hurdle time was her best since her sophomore season and was just 0.94 off the NCAA provisional mark.

## 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 Wiist	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 Kelley	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)

Head Coach: Jack Hoyt  
Assistant Coaches: Doris Heritage, Juli Van Pelt, Algerian Hart

## 2002 NCAA Qualifiers

<i>Athlete</i>	<i>Event</i>	<i>Mark</i>
Stephanie Huffman	Jav	138-8
Rachel Ross	1500	2:13.02
Rachel Ross	1500	4:36.85

## 2002 Season Best Marks

### Women's

100–Angie Ocampo, 13.38  
200–Leah Wiist, 26.51  
400–Lindsey Stewart, 60.05  
800–Rachel Ross, 2:13.02 (PQ)  
1500–Rachel Ross, 4:36.85 (PQ)  
Steeple–Kara Richard, 8:04.41 (2000m)  
3000–  
5000–Nicole Seana, 19:52.83  
10,000–  
100H–Leah Wiist, 16.24  
400H–Jawea Harder, 1:04.66√  
4x100–Ocampo-Harder-Weyers-Stewart, 49.84  
4x400–Stewart-Wiist-Kraybill-Ross, 3:57.62  
Hj–Stephanie Huffman, 5-3 3/4√  
Pv–Ally Studer, 10-11 3/4√  
Lj–Stephanie Huffman 18-0 1/2√  
Tj–Amber Rose, 33-10 1/2  
Sp–Dionna Anderson, 43-6 1/2  
Dt–Lauren Kooy, 116-10  
Ht–  
Jt–Stephanie Huffman, 138-8 (PQ)  
Hep–

### Men's

100–Brian Hunter, 11.71  
200–Brian Hunter, 24.11  
400–  
800–Nathanael Castle, 1:56.12  
1500–Nathanael Castle, 3:58.86√  
Steeple–Aaron Libadisos, 10:22.72  
5000–Nathanael Castle, 16:11.90  
10,000–  
110H–  
400H–Paul Mach, 54.54√  
4x100–Kelcy, Mach, Hunter, Berry, 44.11  
4x400–Fryett, Mach, Castle, Kelcy, 3:25.98  
Hj–  
Pv–  
Lj–  
Tj–  
Sp–  
Dt–Andrew Steiner, 121-0  
Ht–  
Jt–  
Dec–

PQ–NCAA Provisional Qualifier  
√–GNAC Automatic Qualifier

## 2002 Seattle Pacific University Women's Outdoor Performance List

<i>100m (11.50/12.15)</i>	<i>PR</i>	<i>Season Best</i>	<i>100mH (13.80/14.65)</i>		
Lindsey Stewart	12.28 (00)		Jennifer Pyeatt	14.20 (00)	16.85 (2)
Jawea Harder	12.76 (00)		Laura Widman	14.93 (00)	
Angie Ocampo	12.85 (01)	13.38 (2)	Stephanie Huffman	15.00 (01)	
Amanda McClary	12.9 (01)		Jawea Harder	15.03 (99)	
			Angie Ocampo	16.09 (01)	
<i>200m (23.80/24.90)</i>			Leah Wiist	16.24 (02)	16.24 (2)
Laura Widman	25.23 (00)				
Lindsey Stewart	25.64 (00)		<i>400mH (59.00/1:03.70)</i>		
Jennifer Pyeatt	26.2 (99)		Jennifer Pyeatt	1:00.56 (00)	
Leah Wiist	26.51 (02)	26.51 (2)	Jawea Harder	1:02.53 (00)	1:04.66 (2)
Stephanie Huffman	26.54 (98)		Brooke Little	1:10.63 (02)	1:10.63 (2a)
Angie Ocampo	26.59 (01)		Angie Ocampo	1:11.23 (02)	1:11.23 (2)
Jawea Harder	26.81 (01)				
Amanda McClary	26.7 (01)	28.49 (1)	<i>400m Relay (45.50/47.70)</i>		
Morgan Ranta	27.43 (01)		Stewart, Harder, Ocampo, Weyers		49.84 (1/2)
Emily Weyers	28.18 (02)	28.18 (1)			
			<i>1600 Relay (3:42.00/3:53.00)</i>		
<i>400m (54.00/56.70)</i>			Stewart, Wiist, Kraybill, Ross		3:57.62 (2)
Sarah Kraybill	55.80 (00)				4:14.62 (1)
Rachel Ross	58.0 (97)				4:04.69 (2)
Emily Weyers	58.76 (00)	62.92 (1)			
Amanda McClary	58.82 (01)	62.39 (1)	<i>High Jump (5-10 1/2/5-6)</i>		
Angie Ocampo	59.0 (99)		Laura Widman	5-7 (99)	
Leah Wiist	59.41 (02)		Stephanie Huffman	5-6 (99)	(1.52m) 5-3 3/4 (1)
Jawea Harder	60.82 (01)		Jennifer Pyeatt	4-10 1/4 (99)	
Lindsey Stewart	60.05 (02)	60.05 (1)	Leah Wiist	4-7 3/4 (02)	(1.42m) 4-7 3/4 (1)
Jennifer Pyeatt	60.9 (99)				
Josie Lavin	61.7 (01)		<i>Pole Vault (13-1 1/2/11-3)</i>		
			Ally Studer	12-2 (01)	(3.35m) 10-11 3/4 (2)
<i>800m (2:08.00/2:14.00)</i>			Mackensie Rogers	9-0 (00)	(2.44m) 8-0 (1)
Rachel Ross	2:08.05 (01)	2:13.02 (2)			
Sarah Kraybill	2:13.80 (99)	2:16.55 (2)	<i>Long Jump (20-6 1/4/18-10)</i>		
Josie Lavin	2:16.21 (00)	2:22.36 (2)	Laura Widman	19-2 1/2 (99)	
Breanne Rohm	2:19.0 (01)		Morgan Ranta	18-8 (00)	
Laura Widman	2:20.65 (99)		Stephanie Huffman	18-5 1/4 (99)	(5.50m) 18-0 1/2 (1)
Stephanie Huffman	2:23.48 (99)		Jennifer Pyeatt	17-3 1/4 (99)	(5.03m) 16-6 (2)
Jennifer Pyeatt	2:31.14 (99)		Amber Rose	16-10 (00)	
			Leah Wiist	16-8 1/4 (02)	(5.09m) 16-8 1/4 (2)
<i>1500m (4:27.00/4:41.00)</i>					
Rachel Ross	4:30.71 (01)	4:36.85 (1)	<i>Triple Jump (41-0 1/4/38-0 3/4)</i>		
Josie Lavin	5:02.29 (02)	5:02.29 (1)	Morgan Ranta	36-6 1/4 (01)	
Candy Owens	5:02.56 (02)	5:02.56 (1)	Amber Rose	36-4 1/2 (00)	(10.35m) 33-11 1/2 (1)
Ruth Hawkinson	5:23.41 (01)				
			<i>Shot Put (50-0/44-0)</i>		
<i>3000 Steeplechase (10:20.00/11:30.00)</i>			Dionna Anderson	43-6 1/2 (02)	(13.27m) 43-6 1/2 (2)
Kara Richard			Laura Widman	42-10 3/4 (00)	
			Jennifer Pyeatt	41-10 1/2 (00)	(11.13m) 36-6 1/4 (2)
<i>3000m (9:40.00/10:18.00)</i>			Lauren Kooy	35-10 (00)	(10.75m) 35-3 1/4 (2a)
Jamie Witt	10:06.21 (01)		Stephanie Huffman	35-5 (01)	(10.73m) 35-2 1/2 (1)
Nicole Seana	10:45.21 (00)		Leah Wiist	33-6 3/4 (02)	(10.23m) 33-6 3/4 (1)
Ruth Hawkinson	10:50.56 (01)				
Kirsten Bjork	11:05.14 (01)		<i>Discus (166-0/143-0)</i>		
			Lauren Kooy	138-2 (00)	(35.62m) 116-10 (2a)
<i>5000m (16:40.00/18:00.00)</i>			Dionna Anderson	97-9 (01)	(29.49m) 96-9 (2)
Jamie Witt	17:29.62 (01)				
Nicole Seana	17:55.31 (00)	19:52.83 (1)	<i>Javelin (155-0/133-0)</i>		
Ruth Hawkinson	18:28.68 (01)		Stephanie Huffman	151-4 (01)	(42.46m) 138-8 (1)
Kirsten Bjork	19:03.5 (01)		Laura Widman	129-11 (00)	
			Lauren Kooy	118-1 (00)	(32.64m) 107-1 (1)
<i>10,000m (35:20.00/38:00.00)</i>			Leah Wiist	96-2 (02)	(29.32m) 96-2 (1)
Nicole Seana	36:57.20 (00)				
Ruth Hawkinson	39:21.96 (00)		<i>Hammer (185-0/150-0)</i>		
Kirsten Bjork	39:49.30 (01)		<i>Heptathlon (5250/4400)</i>		
			Laura Widman	5377 (00)	
			Stephanie Huffman	5121 (99)	
			Jennifer Pyeatt	4400 (99)	

## 2002 Seattle Pacific University Men's Outdoor Performance List

<i>100m (10.30/10.68)</i>	<i>PR</i>	<i>Season Best</i>	<i>High Jump (7-1 3/4/6-9 3/4)</i>	
Brian Hunter	11.3 (01)	11.71 (2a)	Brandon Littlefield	14-7 (00)
<i>200m (20.65/21.55)</i>			<i>Pole Vault (17-0/15-9)</i>	
Brian Hunter	23.7 (01)	24.11 (1)	Brandon Littlefield	14-7 (00)
Neal Fryett	24.62 (01)		<i>Long Jump (25-4/23-8)</i>	
<i>400m (46.50/48.00)</i>			<i>Triple Jump (51-0/48-6)</i>	
Neal Fryett	52.4 (01)		Brandon Littlefield	38-11 1/4 (99)
<i>800m (1:49.40/1:52.60)</i>			<i>Shot Put (58-0/53-0)</i>	
Neal Fryett	1:53.95 (01)	1:58.03 (2)	Andrew Steiner	36-7 1/2 (00)
Nathanael Castle	1:56.12 (02)	1:56.12 (2)	<i>Discus (180-0/160-0)</i>	
Scott Van Hess	1:58.7 (99)		Andrew Steiner	130-8 (01)      38.69m/121-0 (2a)
Tim LeCount	2:03.68 (02)	2:03.68 (1)	<i>Javelin (218-0/195-0)</i>	
<i>1500m (3:47.00/3:55.00)</i>			<i>Decathlon (7000/6400)</i>	
Nathanael Castle	3:56.03 (01)	3:58.86 (2)	<i>Legend</i>	
Tim LeCount	4:04.46 (02)	4:04.46 (1)	1    3/9    Salzman Invitational	Tacoma, Wa.
Neal Fryett	4:11.87 (99)	4:16.33 (1)	2    3/16    Long Beach Classic	Long Beach, Ca.
Scott Van Hess	4:12.0 (99)		2a   3/16    Husky Classic	Seattle, Wa.
Aaron Libadisos			3a   3/21-22 Point Loma Multi-Event	San Diego, Ca.
Clint Bjella			3    3/23    Aztec Invitational	San Diego, Ca.
Perry McConnell			4    3/30    Spring Break Open	Edmonds, Wa.
<i>3000 Steeplechase (9:00.00/9:25.00)</i>			5    4/6    Vernacchia Invitational	Bellingham, Wa.
Aaron Libadisos	10:22.72 (02)	10:22.72 (1)	6    4/12    Pelluer Invitational	Pullman, Wa.
<i>5000m (14:00.00/14:50.00)</i>			6a   4/13    Northwest Relays	Edmonds, Wa.
Nathanael Castle	15:20.69 (01)	16:11.90 (1)	7a   4/18-19 California Inv. Multu-Event	Azusa, Ca.
Perry McConnell			7    4/20    Spike Arlt Invitational	Ellensburg, Wa.
<i>10,000m (29:20.00/31:25.00)</i>			8a   4/25-26 GNAC Multi-Event Champs.	Monmouth, Or.
Perry McConnell			8    4/27    Oregon Invitational	Eugene, Or.
<i>110mH (14.00/14.70)</i>			9    5/4    GNAC Championships	Bellingham, Wa.
Paul Mach	15.8 (00)		10   5/11    Ken Foreman Invitational	Seattle, Wa.
<i>400mH (51.70/53.40)</i>			11   5/23-25 NCAA Championships	San Angelo, Tx.
Paul Mach	54.54 (02)	54.54 (2)		
Micah Kelley	57.32 (02)	57.32 (1)		
Nick Berry				
<i>400 Relay (40.00/41.70)</i>		44.11 (1)		
<i>1600 Relay (3:09.00/3:14.00)</i>				
Fryett, Mach, Castle, Kelcy		3:25.98 (2)		
Fryett, Mach, Hunter, Kelcy		3:33.30 (1)		
Burleson, Laughlin, Schefter, Sandin		3:50.36 (1)		