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All Together Now: Spring Break Open Next Ross Wins 2 More; 4 New Provisional Marks In San Diego

Back home again. A string of three consecutive track & field meets for the full men's and women's teams begins Saturday (Mar. 30) with Seattle Pacific University's athletes joining many of the state's other collegians at the 14th annual Spring Break Open in Edmonds. The Falcons will close ranks following the travel squad's return from Southern California and a productive pair of meets after final exams. Next week SPU travels to the Vernacchia Invitational scored meet in Bellingham.

See Ross run. Dominant in the Northwest throughout her career, **Rachel Ross** (Sr., Kennewick, Wa./Kennewick) took her show on the road to California for spring break, and she proved to be a one-woman wrecking crew. Ross won three of her four races in Long Beach and San Diego, including victories in both the 800- and 1500-meter runs at last week's Aztec Invitational. Her metric half-mile time of 2 minutes, 12.63 seconds improved her NCAA Division II provisional qualifying mark and came despite a severe crosswind. Ross, who won the 1500 in 4:41.29, repeated as the Great Northwest Athletic Conference selection for co-athlete of the week and has won four of five starts in the outdoor season.

Four more qualifiers. It's not yet April and Coach **Jack Hoyt** can already claim seven provisional qualifiers for the women's team. Last week at Point Loma, **Stephanie Huffman** (Sr., Brush Prairie, Wa./Prairie), already a provisional qualifier in the javelin, added a heptathlon mark along with **Leah Wiist** (Sr., Spokane, Wa./Deer Park-Cornell). A day later the list grew longer with the addition of shot putter **Dionna Anderson** (Sr., Lynnwood, Wa./Edmonds-Woodway) and intermediate hurdler **Jawea Harder** (Sr., Port Townsend, Wa.). Ross is qualified in both the 800 and 1500. Anderson threw for an outdoor PR of 44-4 to take second place and Harder's fifth-place time of 1:02.70 was her best in two years.

Steve, meet Nate. The Falcons got their 15 minutes of fame in San Diego as **Nathanael Castle** (Sr., Gooding, Id.) immediately followed Ross's victory with one of his own in the men's 1500. Prior to the race, assistant coach **Doris Heritage** introduced Castle to Steve Scott, the three-time Olympian and American record-holder in the mile. No doubt inspired, Castle then peeled off a 59-second final lap to win in 3:58.24.

What's with Wiist? Of the current cast of qualifiers, none is more surprising than Wiist. Until this past winter, she had no experience in track & field, although she was an all-region selection in volleyball last fall. Wiist's all-around athleticism and the Falcons' history of producing national-caliber competitors in the heptathlon fit together perfectly. The result: about 15 weeks into her new sport, Wiist scored 4601 points to easily surpass the provisional standard of 4400 and finish second to Huffman (4933) at Point Loma. Most impressive among her seven marks were a shot put of 35-11, a 200 dash of 26.27 and, finally, a gutsy 800 of 2:24.63. Wiist has also won a spot on the 1600 relay, running the leadoff leg. An SPU relay has qualified for nationals each of the last seven years.

Only the beginning. Wiist, Huffman and Seattle Pacific's two other heptathletes—**Laura Widman** (Jr., Colfax, Wa./Colfax) and **Jennifer Pyeatt** (So., Graham, Wa./Bethel)—will get opportunities to improve their heptathlon

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. 30, 10 a.m.
Spring Break Open
District Stadium, Edmonds, Wa.

Last Week's Highlights

- Rachel Ross won the 800 and 1500 at the Aztec Invitational to repeat as GNAC Athlete of the Week
- Stephanie Huffman won the Point Loma heptathlon, Leah Wiist was runner-up and both made NCAA provisional qualifying standards
- Nathanael Castle took first in the Aztec Invitational 1500 in 3:58.24
- Dionna Anderson (shot put) and Jawea Harder (400 hurdles) also made provisional standards in San Diego

Stat de jur

Originally both Wiist and Huffman came to SPU to play volleyball, and Wiist is participating in track for the first time

Streaks & Such

The Falcon women hit provisional standards in seven events during the first three weeks of outdoor competition

2002 Season Schedule

Mar. 2 Husky Last Chance Qualifier
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

scores next month and perhaps again in early May. Huffman, like Wiest, formerly a crackerjack volleyball player for SPU, should have no trouble going well over 5000 points this season. Huffman PR'd in the 200 (26.41) and high-jumped 5-4 1/2 on her way to a career-best first day total. She then moved comfortably into the lead with a long jump of 17-10 1/4 and by throwing the spear 131-3. Pyeatt and Widman, both taking it relatively easy while rebounding from injuries, showed progress. Pyeatt put the shot 40-8 and Widman cleared 4-10 1/2 in the high jump with a five-step approach before withdrawing as a precautionary measure.

Fractions. Huffman's score was her best since a PR of 5121 to finish second at the 1999 NCAA heptathlon...**Paul Mach** (So., Seattle, Wa./King's) put together another strong race, placing third in the 400 hurdles (54.85)...Harder has improved her times by at least 1.5 seconds in each of her last two outings. **Angie Ocampo** (Jr., Vancouver, Wa./Mtn. View-Highline CC) lopped over 4 seconds of her time, to 1:07.13. In the men's hurdles, **Micah Kelcy** (Jr., Lakewood, Wa./Clover Park) ran a season-best 56.93... Despite suffering a gash to her forehead in warm-ups, **Ally Studer** (So., Redmond, Wa./Redmond) cleared a season-best 11-0 3/4 in the pole vault...Anderson and discus thrower **Lauren Kooy** (So., George, Wa./Quincy) were winners at last year's Spring Break Open along with both men's relays.

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. (Kentridge)
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. (Kentridge)
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>
Rachel Ross	800	2:12.63
Rachel Ross	1500	4:36.85
Jawea Harder	400H	1:02.70
Dionna Anderson	Shot	44-4
Stephanie Huffman	Jav	138-8
Stephanie Huffman	Hep	4933
Leah Wiest	Hep	4601

2002 Season Best Marks

Women's

100-Angie Ocampo, 13.38
 200-Lindsey Stewart, 26.19√
 400-Lindsey Stewart, 60.05
 800-Rachel Ross, 2:12.63 (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-Stephanie Huffman, 15.17√
 400H-Jawea Harder, 1:02.70 (PQ)
 4x100-Ocampo-Harder-Studer-Stewart, 49.43
 4x400-Stewart-Wiest-Kraybill-Ross, 3:57.62
 Hj-Stephanie Huffman, 5-3 3/4√
 Pv-Ally Studer, 11-0 3/4√
 Lj-Stephanie Huffman 18-0 1/2√
 Tj-Amber Rose, 33-10 1/2
 Sp-Dionna Anderson, 44-4 (PQ)
 Dt-Lauren Kooy, 116-10
 Ht-
 Jt-Stephanie Huffman, 138-8 (PQ)
 Hep-Stephanie Huffman, 4933 (PQ)

Men's

100-Brian Hunter, 11.71
 200-Brian Hunter, 24.11
 400-
 800-Nathanael Castle, 1:56.12
 1500-Nathanael Castle, 3:58.24√
 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-Kelcy, Mach, Fryett, Castle, 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)	16.59 (3a)
Jawea Harder	12.76 (00)		Laura Widman	14.93 (00)	
Angie Ocampo	12.85 (01)	13.38 (2)	Stephanie Huffman	15.00 (01)	15.17 (3a)
Amanda McClary	12.9 (01)		Jawea Harder	15.03 (99)	
			Angie Ocampo	16.09 (01)	
<i>200m (23.80/24.90)</i>			Leah Wiiest	16.24 (02)	16.24 (2)
Laura Widman	25.23 (00)				
Lindsey Stewart	25.64 (00)	26.19 (3)	<i>400mH (59.00/1:03.70)</i>		
Stephanie Huffman	26.41 (02)	26.41 (3a)	Jennifer Pyeatt	1:00.56 (00)	
Jennifer Pyeatt	26.2 (99)	27.54 (3a)	Jawea Harder	1:02.53 (00)	1:02.70 (3)
Leah Wiiest	26.27 (02)	26.27 (3a)	Angie Ocampo	1:07.13 (02)	1:07.13 (3)
Angie Ocampo	26.59 (01)		Brooke Little	1:10.63 (02)	1:10.63 (2a)
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)		Ocampo, Harder, Studer, Stewart		49.43 (3)
Emily Weyers	28.18 (02)	28.18 (1)	Stewart, Harder, Ocampo, Weyers		49.84 (1/2)
<i>400m (54.00/56.70)</i>			<i>1600 Relay (3:42.00/3:53.00)</i>		
Sarah Kraybill	55.80 (00)		Wiiest, Harder, Kraybill, Ross		3:57.62 (2)
Rachel Ross	58.0 (97)		Stewart, Wiiest, Kraybill, Ross		4:01.43 (1)
Emily Weyers	58.76 (00)	62.92 (1)	Ocampo, Lavin, Huffman, Stewart		4:04.69 (2)
Amanda McClary	58.82 (01)	62.39 (1)			
Angie Ocampo	59.0 (99)		<i>High Jump (5-10 1/2/5-6)</i>		
Leah Wiiest	59.41 (02)		Laura Widman	5-7 (99)	(1.48m) 4-10 1/4 (3a)
Jawea Harder	60.82 (01)		Stephanie Huffman	5-6 (99)	(1.63m) 5-4 1/4 (3a)
Lindsey Stewart	60.05 (02)	60.05 (1)	Leah Wiiest	5-0 1/2 (02)	(1.54m) 5-0 1/2 (3a)
Jennifer Pyeatt	60.9 (99)		Jennifer Pyeatt	4-10 1/4 (99)	(1.45m) 4-9 (3a)
Josie Lavin	61.7 (01)				
			<i>Pole Vault (13-1 1/2/11-3)</i>		
<i>800m (2:08.00/2:14.00)</i>			Ally Studer	12-2 (01)	(3.37m) 11-0 3/4 (3a)
Rachel Ross	2:08.05 (01)	2:12.63 (3)	Mackensie Rogers	9-0 (00)	(2.44m) 8-0 (1)
Sarah Kraybill	2:13.80 (99)	2:16.55 (2)			
Josie Lavin	2:16.21 (00)	2:21.18 (3)	<i>Long Jump (20-6 1/4/18-10)</i>		
Breanne Rohm	2:19.0 (01)		Laura Widman	19-2 1/2 (99)	
Laura Widman	2:20.65 (99)		Morgan Ranta	18-8 (00)	
Stephanie Huffman	2:23.48 (99)	2:32.74 (3a)	Stephanie Huffman	18-5 1/4 (99)	(5.50m) 18-0 1/2 (1)
Jennifer Pyeatt	2:31.14 (99)	2:44.57 (3a)	Jennifer Pyeatt	17-3 1/4 (99)	(5.03m) 16-6 (2)
			Amber Rose	16-10 (00)	
<i>1500m (4:27.00/4:41.00)</i>			Leah Wiiest	16-8 1/4 (02)	(5.23m) 17-2 (3a)
Rachel Ross	4:30.71 (01)	4:36.85 (1)			
Josie Lavin	5:02.29 (02)	5:02.29 (1)	<i>Triple Jump (41-0 1/4/38-0 3/4)</i>		
Candy Owens	5:02.56 (02)	5:02.56 (1)	Morgan Ranta	36-6 1/4 (01)	
Ruth Hawkinson	5:23.41 (01)		Amber Rose	36-4 1/2 (00)	(10.35m) 33-11 1/2 (1)
<i>3000 Steeplechase (10:20.00/11:30.00)</i>			<i>Shot Put (50-0/44-0)</i>		
Kara Richard			Dionna Anderson	44-4 (02)	(13.51m) 44-4 (3)
			Laura Widman	42-10 3/4 (00)	
<i>3000m (9:40.00/10:18.00)</i>			Jennifer Pyeatt	41-10 1/2 (00)	(12.40m) 40-8 (3a)
Jamie Witt	10:06.21 (01)		Leah Wiiest	35-11 (02)	(10.96m) 35-11 (3a)
Nicole Seana	10:45.21 (00)		Lauren Kooy	35-10 (00)	(10.75m) 35-3 1/4 (2a)
Ruth Hawkinson	10:50.56 (01)		Stephanie Huffman	35-5 (01)	(10.73m) 35-2 1/2 (1)
Kirsten Bjork	11:05.14 (01)				
			<i>Discus (166-0/143-0)</i>		
<i>5000m (16:40.00/18:00.00)</i>			Lauren Kooy	138-2 (00)	(35.62m) 116-10 (2a)
Jamie Witt	17:29.62 (01)		Dionna Anderson	97-9 (01)	(29.49m) 96-9 (2)
Nicole Seana	17:55.31 (00)	19:52.83 (1)			
Ruth Hawkinson	18:28.68 (01)		<i>Javelin (155-0/133-0)</i>		
Kirsten Bjork	19:03.5 (01)		Stephanie Huffman	151-4 (01)	(42.46m) 138-8 (1)
			Laura Widman	129-11 (00)	
<i>10,000m (35:20.00/38:00.00)</i>			Lauren Kooy	118-1 (00)	(32.64m) 107-1 (1)
Nicole Seana	36:57.20 (00)		Leah Wiiest	108-10 (02)	(33.19m) 108-10 (3a)
Ruth Hawkinson	39:21.96 (00)		Jennifer Pyeatt	84-7 (02)	(25.79m) 84-7 (3a)
Kirsten Bjork	39:49.30 (01)				
			<i>Hammer (185-0/150-0)</i>		
			<i>Heptathlon (5250/4400)</i>		
			Laura Widman	5377 (00)	
			Stephanie Huffman	5121 (99)	4933 (3a)
			Leah Wiiest	4601 (02)	4601 (3a)
			Jennifer Pyeatt	4400 (99)	4020 (3a)

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)	1:56.36 (3)	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)	3:58.24 (3)	<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	56.93 (02)	56.93 (3)		
Nick Berry				
<i>400 Relay (40.00/41.70)</i>		44.11 (1)		
<i>1600 Relay (3:09.00/3:14.00)</i>				
Kelley, Mach, Fryett, Castle		3:25.98 (2)		
Fryett, Mach, Hunter, Kelley		3:33.30 (1)		
Burleson, Laughlin, Schefter, Sandin		3:50.36 (1)		