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Women Seek To Defend Team Title At WWU Studer Becomes 8th Qualifier;

A look to the future. Who knows what lies ahead in the days to come, let alone four weeks from now, but the track & field teams of the Great Northwest Athletic Conference should get a glimpse of the future Saturday (Apr. 6) at the Ralph Vernacchia Team Classic scored meet in Bellingham. Seattle Pacific University will defend its women's title against a field which will include men's and women's squads from fellow GNAC members Western Washington, Central Washington, Seattle University and Saint Martin's, plus traditional rivals Pacific Lutheran and Simon Fraser. The Falcons then travel across the state to Cheney and the Pelluer Invitational Apr. 12.

GNAC mini preview. About a month from now, May 4, the GNAC Championships will be held in Bellingham and this week's meet should give the Falcons an opportunity to familiarize themselves with both the facility and the competition. The only absentees from among the conference ranks this week will be Western Oregon and Northwest Nazarene. SPU has won the last two women's league titles and has prevailed at the Vernacchia each of the last two years. In 2001, Seattle Pacific scored 133 points to runner-up and host Western's 78 while the Vikings claimed the men's meet with SPU scoring 42 points.

Individually speaking. A year ago Seattle Pacific won 10 of the women's events at the Vernacchia and, individually, five of those athletes will be back to defend their titles. Going into the meet, Falcons rank No. 1 on the GNAC performance list in nine events and second in six. Among the reasons for the women's dominance is the cast of multiple-event standouts, led this season by **Stephanie Huffman** (Sr., Brush Prairie, Wa./Prairie). She leads the conference in the 100 hurdles, triple jump and heptathlon and is No. 2 in the long jump. At last week's Spring Break Open, Huffman won the hurdles in a personal-best time of 14.82 seconds and, in her first competitive triple jump, took first on a mark of 36 feet, 5 3/4 inches, ranking her No. 6 all-time at SPU. She is already an NCAA Division II provisional qualifier in the heptathlon (4933 points) and javelin (138-8). Huffman won the 2001 Vernacchia long jump and javelin titles.

And Studer makes 8. For a lot of the athletes, and the runners in particular, last week's meet provided an opportunity to enter some different events. Yet for the field performers, it was pretty much all business and pole vaulter **Ally Studer** (So., Redmond, Wa./Redmond) got the job done. Studer became the team's eighth provisional qualifier by clearing 11 feet, 4 1/2 inches to both take first and set a new meet record. She owns the school record of 12-2 and finished fifth nationally as a freshman. In all, Seattle Pacific won seven women's events and one men's. Both the men's (7:51.01) and women's (9:33.73) 4 x 800 relays established meet records.

Top marks. Despite some blustery conditions, there were some solid performances at Edmonds, including eight PRs. Most notable was a pole vault of 9-8 by **Amber Rose** (So., Olympia, Wa./Capital), putting her at No. 4 all-time. Other victories came from **Sarah Kraybill** (Jr., Seattle, Wa./Ballard) in the 400—a GNAC-best time of 57.69—and the women's 4 x 100 and 4 x 400 relays. In the 4 x 800 relays there were exceptional anchor legs run by **Nathanael Castle** (Sr., Gooding, Id./Gooding) for the men (1:54 split) and **Rachel Ross** (Sr., Kennewick, Wa./Kennewick) for the women (2:12).

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., Apr. 6, 10 a.m.
Ralph Vernacchia Team Classic
Civic Stadium, Bellingham, Wa.

Last Week's Highlights

- Ally Studer became the women's eighth NCAA provisional qualifier and set a meet record in winning the pole vault at 11-4 1/2
- Both the men's and women's 4 x 800 relays won at the Spring Break Open in meet-record times
- Stephanie Huffman won the 100 hurdles and triple jump with PRs in both events

Stat de jur

Huffman leads the GNAC in three events (100 hurdles, triple jump and heptathlon) and is No. 2 in the long jump

Streaks & Such

Seattle Pacific has won the last two Vernacchia women's team titles and in 2001 took first in 10 events

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 Team Classic
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

Fractions. In addition to Huffman, others defending meet titles this week are Studer, shot putter **Dionna Anderson** (Sr., Lynnwood, Wa./Edmonds-Woodway), discus thrower Lauren Kooy (So., George, Wa./Quincy) and both women's relays...Currently leading the GNAC women are Kraybill (400), Ross (800), Huffman (100H, heptathlon and triple jump), Anderson (shot), Studer (pole vault) and **Jawea Harder** (Sr., Port Townsend, Wa.) in the 400 hurdles. **Paul Mach** (So., Seattle, Wa./King's) is No. 1 in the men's 400 hurdles...As expected, Ross took a break from the 800 and 1500 and ran two relays plus her first open 400, finishing second to Kraybill in 58.26. She's expected to resume the 800 and 1500 this week...Anderson threw the shot over 44 feet for the second week in a row, taking second at 44-2...**Jennifer Pyeatt** (So., Graham, Wa./Bethel), still working on regaining her strength and stamina after missing last season, ran a 15.70 in the hurdles to finish fourth...In the men's sprints, there were new PRs by **Brian Hunter** (Fr., Duvall, Wa./Cedarcrest) in the 100 (11.14) and **Neal Fryett** (Sr., Pullman, Wa./Logos) in the 400 (52.27). Hunter's third-place was the best finish by an individual male. The 4 x 400 relay of **Micah Kelcy** (Fr., Lakewood, Wa./Clover Park), Mach, Fryett and Castle ran second to Washington in a season-best 3:25.41, a time which is also No. 3 in the GNAC...Huffman, experiencing tendonitis in her right arm, did not throw the shot or javelin last week and is unlikely to do so this week.

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. (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	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 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. (Kentrledge)
Michael Scheffter	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
Ally Studer	Pole	11-4 1/2
Dionna Anderson	Shot	44-4
Stephanie Huffman	Jav	138-8
Stephanie Huffman	Hep	4933
Leah Wiist	Hep	4601

2002 Season Best Marks

Women's

100-Jawea Harder, 13.10
 200-Lindsey Stewart, 26.19√
 400-Sarah Kraybill, 57.69√
 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, 19:28.5
 10,000-
 100H-Stephanie Huffman, 14.82√
 400H-Jawea Harder, 1:02.70 (PQ)
 4x100-Ocampo-Harder-Studer-Stewart, 49.43
 4x400-Stewart-Wiist-Kraybill-Ross, 3:57.62
 Hj-Stephanie Huffman, 5-3 3/4√
 Pv-Ally Studer, 11-4 1/2 (PQ)
 Lj-Stephanie Huffman, 18-0 1/2√
 Tj-Stephanie Huffman, 36-5 3/4√
 Sp-Dionna Anderson, 44-4 (PQ)
 Dt-Lauren Kooy, 117-2
 Ht-
 Jt-Stephanie Huffman, 138-8 (PQ)
 Hep-Stephanie Huffman, 4933 (PQ)

Men's

100-Brian Hunter, 11.14
 200-Brian Hunter, 23.99
 400-Neal Fryett, 52.27
 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, 3:25.41
 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>400mH (59.00/1:03.70)</i>	
Lindsey Stewart	12.28 (00)		Jennifer Pyeatt	1:00.56 (00)
Jawea Harder	12.76 (00)	13.10 (4)	Jawea Harder	1:02.53 (00) 1:02.70 (3)
Angie Ocampo	12.85 (01)	13.38 (2)	Angie Ocampo	1:07.13 (02) 1:07.13 (3)
Amanda McClary	12.9 (01)	13.98 (4)	Brooke Little	1:10.63 (02) 1:10.63 (2a)
<i>200m (23.80/24.90)</i>			<i>400m Relay (45.50/47.70)</i>	
Laura Widman	25.23 (00)		Ocampo, Harder, Studer, Stewart	49.43 (3)
Lindsey Stewart	25.64 (00)	26.19 (3)	Stewart, Harder, Ocampo, Weyers	49.84 (1/2)
Stephanie Huffman	26.41 (02)	26.41 (3a)	Little, Harder, Weyers, McClary	51.73 (4)
Jennifer Pyeatt	26.2 (99)	27.54 (3a)		
Leah Wiist	26.27 (02)	26.27 (3a)	<i>1600 Relay (3:42.00/3:53.00)</i>	
Angie Ocampo	26.59 (01)		Wiist, Harder, Kraybill, Ross	3:57.62 (2)
Jawea Harder	26.75 (02)	26.75 (4)	Stewart, Wiist, Kraybill, Ross	4:01.43 (1)
Amanda McClary	26.7 (01)	28.49 (1)	Harder, Owens, Kraybill, Ross	4:04.8 (4)
Emily Weyers	28.18 (02)	28.18 (1)		
<i>400m (54.00/56.70)</i>			<i>3200 Relay</i>	
Sarah Kraybill	55.80 (00)	57.69 (4)	Kraybill, Lavin, Owens, Ross	9:33.73 (4)
Rachel Ross	58.0 (97)	58.26 (4)	<i>High Jump (5-10 1/2/5-6)</i>	
Emily Weyers	58.76 (00)	62.66 (4)	Laura Widman	5-7 (99) (1.48m) 4-10 1/4 (3a)
Amanda McClary	58.82 (01)	62.39 (1)	Stephanie Huffman	5-6 (99) (1.63m) 5-4 1/4 (3a)
Angie Ocampo	59.0 (99)		Leah Wiist	5-0 1/2 (02) (1.54m) 5-0 1/2 (3a)
Leah Wiist	59.41 (02)		Jennifer Pyeatt	4-10 1/4 (99) (1.45m) 4-9 (3a)
Jawea Harder	60.82 (01)		<i>Pole Vault (13-1 1/2/11-3)</i>	
Lindsey Stewart	60.05 (02)	60.05 (1)	Ally Studer	12-2 (01) (3.45m) 11-4 1/2 (4)
Jennifer Pyeatt	60.9 (99)	63.83 (4)	Amber Rose	9-8 (02) (2.95m) 9-8 (4)
Josie Lavin	61.7 (01)		Mackensie Rogers	9-0 (00) (2.50m) 8-2 1/2 (4)
<i>800m (2:08.00/2:14.00)</i>			<i>Long Jump (20-6 1/4/18-10)</i>	
Rachel Ross	2:08.05 (01)	2:12.63 (3)	Laura Widman	19-2 1/2 (99)
Sarah Kraybill	2:13.80 (99)	2:16.55 (2)	Morgan Ranta	18-8 (00) (4.87m) 16-0 (4)
Josie Lavin	2:16.21 (00)	2:21.18 (3)	Stephanie Huffman	18-5 1/4 (99) (5.50m) 18-0 1/2 (1)
Breanne Rohm	2:19.0 (01)		Jennifer Pyeatt	17-3 1/4 (99) (5.03m) 16-6 (2)
Laura Widman	2:20.65 (99)		Amber Rose	16-10 (00)
Stephanie Huffman	2:23.48 (99)	2:32.74 (3a)	Leah Wiist	16-8 1/4 (02) (5.23m) 17-2 (3a)
Jennifer Pyeatt	2:31.14 (99)	2:44.57 (3a)		
<i>1500m (4:27.00/4:41.00)</i>			<i>Triple Jump (41-0 1/4/38-0 3/4)</i>	
Rachel Ross	4:30.71 (01)	4:36.85 (1)	Morgan Ranta	36-6 1/4 (01)
Josie Lavin	5:02.29 (02)	5:02.29 (1)	Stephanie Huffman	36-5 3/4 (02) (11.12m) 36-5 3/4 (4)
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>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)
<i>3000m (9:40.00/10:18.00)</i>			Laura Widman	42-10 3/4 (00) (10.97m) 36-0 (4)
Nicole Seana	10:45.21 (00)		Jennifer Pyeatt	41-10 1/2 (00) (12.40m) 40-8 (3a)
Ruth Hawkinson	10:50.56 (01)		Lauren Kooy	36-1 3/4 (02) (11.02m) 36-1 3/4 (4)
Kirsten Bjork	11:05.14 (01)		Leah Wiist	35-11 (02) (10.96m) 35-11 (3a)
<i>5000m (16:40.00/18:00.00)</i>			Stephanie Huffman	35-5 (01) (10.73m) 35-2 1/2 (1)
Nicole Seana	17:55.31 (00)	19:28.5 (4)	<i>Discus (166-0/143-0)</i>	
Ruth Hawkinson	18:28.68 (01)		Lauren Kooy	138-2 (00) (35.72m) 117-2 (4)
Kirsten Bjork	19:03.5 (01)		Dionna Anderson	97-9 (01) (29.49m) 96-9 (2)
<i>10,000m (35:20.00/38:00.00)</i>			<i>Javelin (155-0/133-0)</i>	
Nicole Seana	36:57.20 (00)		Stephanie Huffman	151-4 (01) (42.46m) 138-8 (1)
Ruth Hawkinson	39:21.96 (00)		Laura Widman	129-11 (00)
Kirsten Bjork	39:49.30 (01)		Lauren Kooy	118-1 (00) (32.64m) 107-1 (1)
<i>100mH (13.80/14.65)</i>			Leah Wiist	108-10 (02) (33.19m) 108-10 (3a)
Jennifer Pyeatt	14.20 (00)	15.70 (4)	Jennifer Pyeatt	86-5 (02) (26.35m) 86-5 (4)
Laura Widman	14.93 (00)		<i>Hammer (185-0/150-0)</i>	
Stephanie Huffman	14.82 (01)	14.82 (4)	<i>Heptathlon (5250/4400)</i>	
Jawea Harder	15.03 (99)		Laura Widman	5377 (00)
Angie Ocampo	16.09 (01)		Stephanie Huffman	5121 (99) 4933 (3a)
Leah Wiist	16.13 (02)	16.13 (4)	Leah Wiist	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>Pole Vault (17-0/15-9)</i>	
Brian Hunter	11.14 (02)	11.14 (4)	Brandon Littlefield	14-7 (00)
<i>200m (20.65/21.55)</i>			<i>Long Jump (25-4/23-8)</i>	
Brian Hunter	23.7 (01)	23.99 (4)	<i>Triple Jump (51-0/48-6)</i>	
Neal Fryett	24.62 (01)		Brandon Littlefield	38-11 1/4 (99)
<i>400m (46.50/48.00)</i>			<i>Shot Put (58-0/53-0)</i>	
Neal Fryett	52.27 (02)	52.27 (4)	Andrew Steiner	36-7 1/2 (00)
Micah Kelley	57.8 (02)	57.8 (4)	<i>Discus (180-0/160-0)</i>	
Paul Mach	50.90 (02)	50.90 (4)	Andrew Steiner	130-8 (01) 38.69m/121-0 (2a)
<i>800m (1:49.40/1:52.60)</i>			<i>Javelin (218-0/195-0)</i>	
Neal Fryett	1:53.95 (01)	1:56.36 (3)	<i>Decathlon (7000/6400)</i>	
Nathanael Castle	1:56.12 (02)	1:56.12 (2)		
Scott Van Hess	1:58.7 (99)			
Tim LeCount	2:03.68 (02)	2:03.68 (1)		
<i>1500m (3:47.00/3:55.00)</i>			<i>Legend</i>	
Nathanael Castle	3:56.03 (01)	3:58.24 (3)	1 3/9 Salzman Invitational	Tacoma, Wa.
Tim LeCount	4:04.46 (02)	4:04.46 (1)	2 3/16 Long Beach Classic	Long Beach, Ca.
Neal Fryett	4:11.87 (99)	4:16.33 (1)	2a 3/16 Husky Classic	Seattle, Wa.
Scott Van Hess	4:12.0 (99)		3a 3/21-22 Point Loma Multi-Event	San Diego, Ca.
Aaron Libadisos			3 3/23 Aztec Invitational	San Diego, Ca.
Clint Bjella			4 3/30 Spring Break Open	Edmonds, Wa.
Perry McConnell			5 4/6 Vernacchia Invitational	Bellingham, Wa.
<i>3000 Steeplechase (9:00.00/9:25.00)</i>			6 4/12 Pelluer Invitational	Pullman, Wa.
Aaron Libadisos	10:22.72 (02)	10:22.72 (1)	6a 4/13 Northwest Relays	Edmonds, Wa.
<i>5000m (14:00.00/14:50.00)</i>			7a 4/18-19 California Inv. Multu-Event	Azusa, Ca.
Nathanael Castle	15:20.69 (01)	16:11.90 (1)	7 4/20 Spike Arlt Invitational	Ellensburg, Wa.
Perry McConnell			8a 4/25-26 GNAC Multi-Event Champs.	Monmouth, Or.
<i>10,000m (29:20.00/31:25.00)</i>			8 4/27 Oregon Invitational	Eugene, Or.
Perry McConnell			9 5/4 GNAC Championships	Bellingham, Wa.
<i>110mH (14.00/14.70)</i>			10 5/11 Ken Foreman Invitational	Seattle, Wa.
Paul Mach	15.8 (00)		11 5/23-25 NCAA Championships	San Angelo, Tx.
<i>400mH (51.70/53.40)</i>				
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>				
Kelley, Berry, Mach, Hunter		44.11 (1)		
<i>1600 Relay (3:09.00/3:14.00)</i>				
Kelley, Mach, Fryett, Castle		3:25.41 (4)		
Fryett, Mach, Hunter, Kelley		3:33.30 (1)		
Burleson, Laughlin, Schefter, Sandin		3:50.36 (1)		
<i>3200 Relay</i>				
Fryett, LeCount, Mach, Castle		7:51.01 (4)		
<i>High Jump (7-1 3/4/6-9 3/4)</i>				