

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

Falcons' Hot Start Defies Cold Weather Chilly Conditions Could Continue In Cheney This Week

Friday twilight meet. Normally, a trip east of the mountains would translate into warmer weather for a springtime track & field meet but there are no such guarantees this week as Seattle Pacific University sends its men's and women's squads to the 31st annual Pelluer Invitational in Cheney, Wash., Friday afternoon and evening (Apr. 12). Continuing the trend of cold, wet conditions so far this season, the forecast calls for a chance of mixed rain and snow in that area. A small band of athletes will also compete at the Northwest relays in Edmonds Saturday (Apr. 13). Next week there will be a key heptathlon in Azusa, Calif., while the rest of the team travels to Ellensburg for the Spike Arlt Invitational.

As close as he gets. For a guy who hails from the southern reaches of Idaho, the Pelluer Invitational will be about as close as he gets to a "home" meet during his final season. Still more than 300 miles from his hometown, **Nathanael Castle** (Sr., Gooding, Id./Gooding) will be running with his goal being to reach Texas by late May. Figuratively speaking, Castle is more than halfway there after a breakthrough 1500 meters at the Vernacchia Team Classic last weekend in Bellingham. His winning time of 3 minutes, 53.78 seconds was a personal-best by more than 2 seconds and No. 4 all-time for the Falcons. But more importantly it put him securely on the NCAA Division II provisional qualifying list at No. 9 in the nation. Castle, who was selected as co-athlete of the week in the Great Northwest Athletic Conference, is trying to end the men's three-year dry spell of producing a national qualifier. The NCAA Championships are May 23-25 in San Angelo, Tex.

Doubling her pleasure. There was more than one stellar metric mile run last week. Just prior to Castle's race came another victory by **Rachel Ross** (Sr., Kennewick, Wa./Kennewick), who did so with the nation's No. 2 time in a 1500 this season, 4:33.81. Although it was well off her PR, it was a performance pulled off despite miserable weather, very little push from the rest of the pack (she won by nearly 7 seconds) and having been pressed hard in her earlier win over 800 meters (2:12.85). The GNAC athlete of the week for the third time this season, Ross remains unbeaten (3-0) in 800s this season and now owns 29 career middle-distance titles. She has won 11 straight 800 and 1500 races in the Northwest, dating back to the start of the 2001 season, including a pair of victories at last year's Pelluer Invitational.

Shifting gears. In preparation for next week's heptathlon, another Eastern Washington native, **Laura Widman** (Jr., Colfax, Wa./Colfax), will try to stretch out her legs. Widman has been slowed by a tight hamstring thus far, but is concentrating on being in NCAA-qualifying form by the end of this month. She has been using conservative methods in her sprints and jumps to date. This weekend Widman hopes to run aggressively at the 100 hurdles. Meanwhile, **Stephanie Huffman** (Sr., Brush Prairie, Wa./Prairie) is likely to continue resting her right arm by avoiding throws of the javelin and shot. Huffman, already a provisional qualifier in both the heptathlon and javelin, has not thrown the spear since Mar. 23.

Winners once again. Paced by Ross and thanks to a competitive performance by a makeshift 4 x 400 relay team, the Falcon women held on to defeat Western Washington 101-99 for their third consecutive Vernacchia meet title. Ross was voted the female athlete of the eight-team meet. The Vikings prevailed in the men's scoring (108) with SPU fifth (33). Another outstanding time came from **Paul Mach** (So., Seattle, Wa./King's), who won the 400 hurdles

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

Fri., Apr. 12, 1 p.m.
Pelluer Invitational
Woodward Field, Cheney, Wa.

Sat., Apr. 13, 10 a.m.
Northwest Relays
District Stadium, Edmonds, Wa.

Last Week's Highlights

- Nathanel Castle surpassed the provisional qualifying standard, capturing the Vernacchia 1500 in 3:53.78—the No. 4 time in school history
- Rachel Ross earned athlete of the meet by winning both the 800 and 1500, the latter in the nation's No. 2 time (4:33.31)
- The women won their third straight Vernacchia team title

Stat de jur

Paul Mach's winning 400-meter hurdles time of 54.11 was the fastest since Mark Stream's SPU record of 52.4, set in 1974

Streaks & Such

Rachel Ross has won her last 11 middle-distance races in the Northwest, including 800 and 1500 titles at last year's Pelluer Invitational

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

in 54.11. It was the No. 2 time in school history. Defending her meet title in the shot put was **Dionna Anderson** (Sr., Lynnwood, Wa./Edmonds-Woodway), who won with a heave of 43 feet, 2 1/4 inches. **Jennifer Pyeatt** (So., Graham, Wa./Bethel) was runner-up at 39-0 1/2. Pyeatt and Huffman each competed in four events. Huffman finished second to Ross in points, taking second place in the long jump (17-11 1/2), the 100 hurdles (15.73) and third in the high jump (5-1). Seattle Pacific's three other second-place finishes came from **Ruth Hawkinson** (Jr., Roy, Wa./Yelm) in the 5000 (18:36.8), **Jawea Harder** (Sr., Port Townsend, Wa.) in the 400 hurdles (1:03.75) and **Ally Studer** (So., Redmond, Wa./Redmond) in the pole vault (10-2). The women got strong 4 x 400 relay legs from **Josie Lavin** (Fr., Bremerton, Wa./Bremerton) and **Sarah Kraybill** (Jr., Seattle, Wa./Ballard) to finish third and prevent Western from overtaking the Falcons in the meet's final event.

Fractions. A men's distance medley relay of Mach, Castle, **Tim LeCount** (Fr., Battle Ground, Wa.) and **Neal Fryett** (Sr., Pullman, Wa./Logos) will be the featured entry at Edmonds...Studer, like Ross, will be defending her meet title this week...Castle's 1500 moved him to the top of the GNAC performance list. He also took fourth in the 800 (1:56.13) last week...Other conference leaders are Mach for the men and Kraybill (400), Ross (800), Huffman (100H, heptathlon and triple jump), Anderson (shot) and **Jawea Harder** (Sr., Port Townsend, Wa.) in the 400 hurdles for the women.

2002 Track & Field Roster

| Women's Team | Events | Yr | Hometown (High School) |
|-------------------|-----------|----|--|
| 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) |

| Men's Team | Events | Yr | Hometown (High School) |
|-------------------------|-------------|----|------------------------------------|
| 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) |

2002 NCAA Qualifiers

| Women | Event | Mark |
|-------------------|-------|----------|
| Rachel Ross | 800 | 2:12.63 |
| Rachel Ross | 1500 | 4:33.81 |
| 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 Wiest | Hep | 4601 |

| Men | Event | Mark |
|------------------|-------|---------|
| Nathanael Castle | 1500 | 3:53.78 |

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, 4:33.81 (PQ)
 Steeple-Kara Richard, 12:17.0
 3000-
 5000-Ruth Hawkinson, 18:36.8
 10,000-
 100H-Stephanie Huffman, 14.82√
 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, 11-4 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, 3:53.78 (PQ)
 Steeple-Aaron Libadisos, 10:21.1
 5000-Nathanael Castle, 16:11.90
 10,000-
 110H-
 400H-Paul Mach, 54.11√
 4x100-Kelley, Mach, Hunter, Berry, 44.11
 4x400-Kelley, 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

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|--|---------------|--------------------|--|--------------------------------------|
| <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) | 28.94 (5) | 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 Wiest | 26.27 (02) | 26.27 (3a) | <i>1600 Relay (3:42.00/3:53.00)</i> | |
| Angie Ocampo | 26.59 (01) | | Wiest, Harder, Kraybill, Ross | 3:57.62 (2) |
| Jawea Harder | 26.75 (02) | 26.75 (4) | Stewart, Wiest, 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 Wiest | 5-0 1/2 (02) (1.54m) 5-0 1/2 (3a) |
| Leah Wiest | 59.41 (02) | | Jennifer Pyeatt | 4-10 1/4 (99) (1.45m) 4-9 (3a) |
| Lindsey Stewart | 59.57 (02) | 59.57 (5) | <i>Pole Vault (13-1 1/2/11-3)</i> | |
| Jawea Harder | 60.82 (01) | | 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 (4/5) |
| Josie Lavin | 61.7 (01) | | Mackensie Rogers | 9-0 (00) (2.50m) 8-2 1/2 (4/5) |
| <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) | 2:16.32 (5) | 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 Wiest | 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) | 4:33.81 (5) | Morgan Ranta | 36-6 1/4 (01) |
| Josie Lavin | 4:56.50 (02) | 4:56.50 (5) | 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 | 12:17.0 (02) | 12:17.0 (5) | Dionna Anderson | 44-4 (02) (13.51m) 44-4 (3) |
| | | | Laura Widman | 42-10 3/4 (00) (10.97m) 36-0 (4) |
| <i>3000m (9:40.00/10:18.00)</i> | | | Jennifer Pyeatt | 41-10 1/2 (00) (12.40m) 40-8 (3a) |
| Nicole Seana | 10:45.21 (00) | | Lauren Kooy | 36-1 3/4 (02) (11.02m) 36-1 3/4 (4) |
| Ruth Hawkinson | 10:50.56 (01) | | Leah Wiest | 35-11 (02) (10.96m) 35-11 (3a) |
| Kirsten Bjork | 11:05.14 (01) | | Stephanie Huffman | 35-5 (01) (10.73m) 35-2 1/2 (1) |
| <i>5000m (16:40.00/18:00.00)</i> | | | <i>Discus (166-0/143-0)</i> | |
| Nicole Seana | 17:55.31 (00) | 19:28.5 (4) | Lauren Kooy | 138-2 (00) (35.72m) 117-2 (4) |
| Ruth Hawkinson | 18:28.68 (01) | 18:36.8 (5) | Dionna Anderson | 97-9 (01) (29.49m) 96-9 (2) |
| Kirsten Bjork | 19:03.5 (01) | | | |
| <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) (31.78m) 104-3 (5) |
| Kirsten Bjork | 39:49.30 (01) | | Lauren Kooy | 118-1 (00) (32.64m) 107-1 (1) |
| | | | Leah Wiest | 108-10 (02) (33.19m) 108-10 (3a) |
| | | | Jennifer Pyeatt | 105-11 (02) (32.28m) 105-11 (5) |
| <i>100mH (13.80/14.65)</i> | | | <i>Hammer (185-0/150-0)</i> | |
| Jennifer Pyeatt | 14.20 (00) | 15.70 (4) | | |
| Laura Widman | 14.93 (00) | | <i>Heptathlon (5250/4400)</i> | |
| Stephanie Huffman | 14.82 (01) | 14.82 (4) | Laura Widman | 5377 (00) |
| Jawea Harder | 15.03 (99) | | Stephanie Huffman | 5121 (99) 4933 (3a) |
| Angie Ocampo | 16.09 (01) | | Leah Wiest | 4601 (02) 4601 (3a) |
| Leah Wiest | 16.13 (02) | 16.13 (4) | Jennifer Pyeatt | 4400 (99) 4020 (3a) |

2002 Seattle Pacific University Men's Outdoor Performance List

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|--|---------------|--------------------|--|-----------------------------------|
| <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 | 11.14 (02) | 11.14 (4) | | |
| | | | <i>Pole Vault (17-0/15-9)</i> | |
| <i>200m (20.65/21.55)</i> | | | Brandon Littlefield | 14-7 (00) |
| Brian Hunter | 23.7 (01) | 23.99 (4) | | |
| Neal Fryett | 24.62 (01) | | <i>Long Jump (25-4/23-8)</i> | |
| | | | <i>Triple Jump (51-0/48-6)</i> | |
| <i>400m (46.50/48.00)</i> | | | Brandon Littlefield | 38-11 1/4 (99) |
| Neal Fryett | 52.27 (02) | 52.27 (4) | | |
| Micah Kelley | 57.8 (02) | 57.8 (4) | <i>Shot Put (58-0/53-0)</i> | |
| Paul Mach | 50.90 (02) | 50.90 (4) | Andrew Steiner | 36-7 1/2 (00) |
| | | | <i>Discus (180-0/160-0)</i> | |
| <i>800m (1:49.40/1:52.60)</i> | | | Andrew Steiner | 130-8 (01) 38.69m/121-0 (2a) |
| Neal Fryett | 1:53.95 (01) | 1:56.36 (3) | | |
| Nathanael Castle | 1:56.12 (02) | 1:56.12 (2) | <i>Javelin (218-0/195-0)</i> | |
| Tim LeCount | 1:57.50 (02) | 1:57.50 (5) | | |
| Scott Van Hess | 1:58.7 (99) | 2:09.63 (5) | <i>Decathlon (7000/6400)</i> | |
| | | | <i>Legend</i> | |
| <i>1500m (3:47.00/3:55.00)</i> | | | 1 3/9 Salzman Invitational | Tacoma, Wa. |
| Nathanael Castle | 3:53.78 (02) | 3:53.78 (5) | 2 3/16 Long Beach Classic | Long Beach, Ca. |
| Tim LeCount | 4:04.46 (02) | 4:04.46 (1) | 2a 3/16 Husky Classic | Seattle, Wa. |
| Neal Fryett | 4:11.87 (99) | 4:16.33 (1) | 3a 3/21-22 Point Loma Multi-Event | San Diego, Ca. |
| Scott Van Hess | 4:12.0 (99) | | 3 3/23 Aztec Invitational | San Diego, Ca. |
| Aaron Libadisos | | | 4 3/30 Spring Break Open | Edmonds, Wa. |
| Clint Bjella | | | 5 4/6 Vernacchia Invitational | Bellingham, Wa. |
| Perry McConnell | | | 6 4/12 Pelluer Invitational | Pullman, Wa. |
| <i>3000 Steeplechase (9:00.00/9:25.00)</i> | | | 6a 4/13 Northwest Relays | Edmonds, Wa. |
| Aaron Libadisos | 10:21.1 (02) | 10:21.1 (5) | 7a 4/18-19 California Inv. Multu-Event | Azusa, Ca. |
| | | | 7 4/20 Spike Arlt Invitational | Ellensburg, Wa. |
| <i>5000m (14:00.00/14:50.00)</i> | | | 8a 4/25-26 GNAC Multi-Event Champs. | Monmouth, Or. |
| Nathanael Castle | 15:20.69 (01) | 16:11.90 (1) | 8 4/27 Oregon Invitational | Eugene, Or. |
| Perry McConnell | | | 9 5/4 GNAC Championships | Bellingham, Wa. |
| <i>10,000m (29:20.00/31:25.00)</i> | | | 10 5/11 Ken Foreman Invitational | Seattle, Wa. |
| Perry McConnell | | | | |
| | | | | |
| <i>110mH (14.00/14.70)</i> | | | | |
| Paul Mach | 15.8 (00) | | | |
| | | | | |
| <i>400mH (51.70/53.40)</i> | | | | |
| Paul Mach | 54.11 (02) | 54.11 (5) | | |
| 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) | | |