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Women To Defend Conference Crew Title

Two SPU Boats Unbeaten, Others Are Top Contenders

Conference cruise. A sensational start for Seattle Pacific University's rowers and the women's crews in particular will be put to the test Saturday (Apr. 27) when the Falcons join their fellow oarsmen for the Northwest Collegiate Rowing Championships on Lake Stevens. SPU is the defending overall women's team champion and five boats will be trying to repeat as winners. The Western Intercollegiate Rowing Association Championships follow May 4 in Sacramento.

Change of venue. Known as the Cascade Sprints until recently, the NCRC regatta gets a new venue as well this season. After being held on Tacoma's American Lake for each of the last seven years, the races move north to Snohomish County. Seattle Pacific rowers are somewhat familiar with the setting, having raced on Lake Stevens twice last fall.

Defending champs. The Falcon women are three-time defending champions in the varsity four and novice four categories, and have won the last two years in the light four. Last year they also took first in the second novice four and edged Western Washington, the winner of four races in the eights, for the conference crown. The SPU men rowed to a gold medal in the light four. Puget Sound took the men's overall title, followed by Western. Others expected to compete are Humboldt State, Pacific Lutheran, Willamette, Lewis & Clark, Oregon and Seattle University.

Streak extended. Seattle Pacific remained undefeated in women's lightweight and novice fours this season and the Falcons notched their fifth victory in six outings in the varsity fours at the 19th annual Blue Heron Redwood Sprints last week on Humboldt Bay. Also winning for SPU were the men's light four and women's single, pair and junior varsity four. In fact, Seattle Pacific won each of its six women's races and the men took second place in two of their three. The Falcons withstood stiff challenges from Oregon in both the women's varsity and light fours. They beat the Ducks by a bow in the open race and by just over a boat-length in the lights. The novice four cruised to a 33-second win over host Humboldt State. In the men's light four, Seattle Pacific picked up its third win of the season by edging California by 3 seconds. Willamette was the winner in the varsity and novice fours. Steadily increasing winds forced event marshals to shorten the course from its full 2,000 meters as the day progressed.

Last week's results:

Women's Results

Varsity 2: 1-Seattle Pacific 7:32; 2-Willamette 7:41

Varsity 4: 1-Seattle Pacific 6:40; 2-Oregon 6:41; 3-Willamette 6:53; 4-Saint Mary's 6:55; 5-Humboldt State 7:09

Light 4: 1-Seattle Pacific 6:40; 2-Oregon 6:45; 3-Humboldt State 6:54; 4-California 6:58; 5-Saint Mary's 7:23

Singles: 1-Seattle Pacific 7:56; 2-Humboldt State 11:15

Novice 4: 1-Seattle Pacific 5:40; 2-Humboldt State 6:13; 3-Saint Mary's 6:16; 4-Oregon 6:22; 5-Mills 7:00; 6-Pacific 7:33

JV 4: 1-Seattle Pacific 7:33; 2-Oregon 7:44; 3-Humboldt State 7:59

Team Standings: 1-Humboldt State 61; 2-Willamette 32; 3-Seattle Pacific 27; 4-California 24; 5-Oregon 21; 6-Saint Mary's 9; 7-Mills 6

Men's Results

Varsity 4: 1-Willamette 6:18; 2-Seattle Pacific 6:28; 3-Saint Mary's 6:51; 4-

2002 ROWING

SPU Quick Facts

Coach—Keith Jefferson, 12th year

Assistant—Josh Adam

Assistant—Jessie Pennington

This Week's Schedule

Sat., Apr. 27, 8:30 a.m.

Northwest Collegiate Rowing Championships
Lake Stevens, Wa.

Last Week's Highlights

Seattle Pacific won each of its six women's races and the men added a victory in the light fours at the Blue Heron Redwood Sprints

Streaks & Such

The Falcon women's light and novice fours remain undefeated this season and the varsity four has won five of six regattas

Stat de jour

SPU is defending women's conference team champion and has won the last three NCRC titles in women's varsity and novice four categories

2002 Season Schedule

Mar. 16 Puget Sound Dual

Mar. 23 Raptor Cup

Mar. 30 Daffodil Cup

Apr. 6 Husky Invitational

Apr. 13 Governor's Cup

Apr. 20 Blue Heron Redwood Sprints

Apr. 27 NCRC Championships

May 4-5 WIRA Championships

May 10-11 Dad Vail Regatta

May 12 Avaya Championships

Oregon 7:21

Light 4: 1-Seattle Pacific 6:33; 2-California 6:36; 3-Oregon 7:08; 4-Saint Mary's 7:19
Novice 4: 1-Willamette 4:57; 2-Seattle Pacific 5:08; 3-Saint Mary's 5:09; 4-Humboldt State 6:06; 4-Pacific 6:15

Team Standings: 1-Willamette 27; 2-California 24; 3-Saint Mary's 22; 4-Seattle Pacific 13; 5-Oregon 6; 6-Humboldt State 4; 7-Mills 0

Women's lineups.

Varsity 4: Stroke-Andrea Reichert; 3-Trisha Sawatzky; 2-Kimberly Tschetter; Bow-Julie Vieselmeyer; Cox-Lindsay Dilschneider.

Varsity Light 4: Stroke-Andrea Reichert; 3-Julie Vieselmeyer; 2-Elyse Cansler; Bow-Erin Cox; Cox-Joanna Hodgkiss

Novice 4: Stroke-Sarah Zorn; 3-Shannon Buehler; 2-Heidi Visser; Bow-Andi Martineau; Cox-Emily Thomas.

Junior Varsity 4: Stroke-Sarah Zorn; 3-Andi Martineau; 2-Heidi Visser; Bow-Shannon Buehler; Cox-Lindsay Dilschneider.

Varsity Pair: Stroke-Kimberly Tschetter; Bow-Trisha Sawatzky.

Men's lineups.

Varsity 4: Stroke-Mike Lucero; 3-Reid Shipley; 2-Joel Braman; Bow-Trevor Winters; Cox-Jennifer Helseth.

Varsity Light 4: Stroke-Mike Lucero; 3-Trevor Winters; 2-Peter Small; Bow-Joel Braman; Cox-Jennifer Helseth.

Novice 4: Stroke-Phil Walter; 3-Peter Small; 2-David Johns; Bow-Brandon Cooper; Cox-Kristina Richards.

Varsity Pair: Stroke-Tyler Van Stright; Bow-Reid Shipley.

SPU Coaches. A past oarsman, alumnus and assistant coach, **Keith Jefferson** has steered Seattle Pacific University into uncharted waters in national prominence during his 11-year tenure as head coach. Jefferson, 40, became the fifth head coach at Seattle Pacific University in the fall of 1990, and has overseen the rise of the Falcons as a regional force in small college rowing. Both men's and women's boats have proved competitive at the national level in recent years. The women's varsity four won back-to-back Avaya Collegiate Championships in 2000 and 2001 after placing third in 1999.

2002 Rowing Roster

<i>Women's Team</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Shannon Buehler	Fr.	O	Nov	Yakima, Wa. (Eisenhower)
Elyse Cansler	So.	L	1V	Longview, Wa. (R.A. Long)
Erin Cox	So.	L	1V	Olympia, Wa. (Black Hills)
Lindsay Dilschneider	Jr.	Cox	2V	Yakima, Wa. (West Valley)
Diana Foster	Jr.	O	3V	Yakima, Wa. (East Valley)
Jennifer Helseth	Jr.	Cox	2V	Leavenworth, Wa. (Cascade)
Joanna Hodgkiss	So.	Cox	1V	Tacoma, Wa. (Puyallup)
Andi Martineau	So.	O	Nov	Superior, Mt. (Superior)
Andrea Reichert	So.	L	1V	Bloomington, Mn. (Thomas Jefferson)
Kristina Richards	So.	L	Nov	Boise, Id. (Timberline)
Trisha Sawatzky	Sr.	O	1V	Federal Way, Wa. (Decatur)
Emily Thomas	Fr.	O	Nov	Grants Pass, Or. (Grants Pass)
Kimberly Tschetter	Sr.	O	3V	Sioux Falls, SD (Lincoln)
Julie Vieselmeyer	Jr.	L	1V	Coeur d'Alene, Id. (Lake City)
Heidi Visser	Fr.	O	Nov	Wenatchee, Wa. (Wenatchee)
Trisha Weber	So.	L	1V	Selah, Wa. (Selah)
Sarah Zorn	Fr.	O	Nov	Mercer Island, Wa. (Lahser)
<i>Men's Team</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Joel Braman	So.	L	1V	Wyoming, Mi. (Calvin Christian)
Brandon Cooper	Fr.	L	Nov	Gig Harbor, Wa. (Gig Harbor)
Kyle Glines	Jr.	L	1V	San Jose, Ca. (Tapestry Christian)
David Johns	Jr.	O	Nov	Seattle, Wa. (Kennedy)
Mike Lucero	Sr.	L	3V	Moses Lake, Wa. (Moses Lake)
Reid Shipley	Jr.	O	2V	Escondido, Ca. (An Pasqual)
Tyler Van Stright	So.	O	1V	Grand Rapids, Mi. (Grand Rapids Christian)
Phil Walter	Fr.	L	Nov	Tigard, Or. (Westside Christian)
Trevor Winters	So.	L	1V	Spokane, Wa. (North Central)
Peter Small	Fr.	L	Nov	Colorado Springs, Co. (C.S. Christian)

2002 Boat Lineups

Women's

Varsity 4

Stroke-Andrea Reichert
3-Trisha Sawatzky
2-Kimberly Tschetter
Bow-Julie Vieselmeyer
Cox-Lindsay Dilschneider

Varsity Light 4

Stroke-Andrea Reichert
3-Julie Vieselmeyer
2-Elyse Cansler
Bow-Erin Cox
Cox-Joanna Hodgkiss

Novice 4

Stroke-Sarah Zorn
3-Shannon Buehler
2-Heidi Visser
Bow-Andi Martineau
Cox-Emily Thomas

Varsity Pair

Stroke-Kimberly Tschetter
Bow-Trisha Sawatzky

Junior Varsity 4

Stroke-Sarah Zorn
3-Andi Martineau
2-Shannon Buehler
Bow-Heidi Visser
Cox-Lindsay Dilschneider

Men's

Varsity 4

Stroke-Mike Lucero
3-Reid Shipley
2-Joel Braman
Bow-Trevor Winters
Cox-Jennifer Helseth

Varsity Light 4

Stroke-Mike Lucero
3-Trevor Winters
2-Peter Small
Bow-Joel Braman
Cox-Jennifer Helseth

Novice 4

Stroke-Phil Walter
3-Peter Small
2-David Johns
Bow-Brandon Cooper
Cox-Kristina Richards

Varsity Pair

Stroke-Tyler Van Stright
Bow-Reid Shipley

Junior Varsity 4

Stroke-Kimberly Tschetter
3-Trisha Sawatzky
2-Heidi Visser

2002 Women's Crew Results

- Mar. 16 **Preseason Scrimmage** *American Lake/Tacoma, Wa.*
V4: 1-Seattle Pacific 8:51.2; 2-Pacific Lutheran 8:58.4; 3-Puget Sound 9:01.7.
L4: 1-Seattle Pacific 7:55.6; 2-Puget Sound 8:09.2; 3-Pacific Lutheran 8:32.8.
N4: 1-Seattle Pacific 8:28.7; 2-Pacific Lutheran 8:48.3; 3-Puget Sound 9:02.8; 4-Puget Sound B 11:41.2.
- Mar. 23 **Raptor Cup** *Fremont Ship Canal/Seattle, Wa.*
V2: 1-Seattle Pacific, 8:02; 2-Seattle University, 9:52
V4: 1-Seattle Pacific (LW); 8:02; 2-Seattle University, 8:45
N4: 1-Seattle Pacific, 7:58; 2-Seattle University, 9:21
V8: 1-Seattle Pacific, 7:31; 2-Seattle University, 8:23
- Mar. 30 **Daffodil Cup** *American Lake/Tacoma, Wa.*
V4: 1-Seattle Pacific 8:14; 2-Western Washington 8:18; 3-Puget Sound 8:42; 4-Western Washington B 8:44
L4: 1-Seattle Pacific 8:10; 2-Puget Sound 8:14; 3-Willamette 8:38
V2: 1-Seattle Pacific 8:36; 2-Puget Sound 9:29
N4: 1-Seattle Pacific 8:10; 2-Willamette 8:47; 3-Western Washington 9:02; 4-Puget Sound 9:15; 5-Puget Sound 9:18
JV4: 1-Seattle Pacific 8:12; 2-Western Washington 8:42; 3-Western Washington B 8:54; 4-Puget Sound 10:00
- Apr. 6 **Husky Invitational** *Seattle/Montlake Cut*
V4: 1-Washington 7:07; 2-Seattle Pacific 7:28; 3-Gonzaga 7:32; 4-Western Washington 7:39; 5-Seattle University 7:42
N4: 1-Seattle Pacific 7:41; 2-Gonzaga 8:02; 3- Evergreen 8:21
L4: 1-Seattle Pacific 7:48; 2-Oregon 8:00; 3-Puget Sound 8:42
- Apr. 13 **Governor's Cup** *Salem, Or./Willamette River*
N4: 1-Seattle Pacific 10:41; 2-Seattle University 12:32; 3-Puget Sound 12:54; 4-Portland 14:01
V4: 1-Seattle Pacific 10:19; 2-Pacific Lutheran 10:37; 3-Seattle University 10:56; 4-Portland 11:07
L4: 1-Seattle Pacific 9:55; 2-Seattle University 10:55; 3-Seattle University 11:32
- Apr. 20 **Blue Heron Redwood Sprints** *Eureka, Ca./Humboldt Bay*
Team Standings: 1-Humboldt State 61; 2-Willamette 32; 3-Seattle Pacific 27; 4-California 24; 5-Oregon 21; 6-Saint Mary's 9;
7-Mills 6
V2: 1-Seattle Pacific 7:32; 2-Willamette 7:41
V4: 1-Seattle Pacific 6:40; 2-Oregon 6:41; 3-Willamette 6:53; 4-Saint Mary's 6:55; 5-Humboldt State 7:09
L4: 1-Seattle Pacific 6:40; 2-Oregon 6:45; 3-Humboldt State 6:54; 4-California 6:58; 5-Saint Mary's 7:23
1X: 1-Seattle Pacific 7:56; 2-Humboldt State 11:15
N4: 1-Seattle Pacific 5:40; 2-Humboldt State 6:13; 3-Saint Mary's 6:16; 4-Oregon 6:22; 5-Mills 7:00; 6-Pacific 7:33
JV 4: 1-Seattle Pacific 7:33; 2-Oregon 7:44; 3-Humboldt State 7:59

2002 Men's Crew Results

- Mar. 16 **Preseason Scrimmage** *American Lake/Tacoma, Wa.*
V4: 1-Puget Sound 7:28.7; 2-Seattle Pacific, 7:41.6; 3-Pacific Lutheran 7:51.9.
L4: 1-Seattle Pacific 7:00.0; 2-Pacific Lutheran 7:05.8; 3-Puget Sound 7:40.0.
V2 1-Pacific Lutheran 7:38.1; 2-Seattle Pacific 7:40.8; 3-Pacific Lutheran 8:17.6.
N4: 1-Puget Sound 7:23.7; 2-Puget Sound B 7:33.2; 3-Seattle Pacific 7:39.6; 4-Pacific Lutheran 7:59.1
- Mar. 23 **Raptor Cup** *Fremont Ship Canal/Seattle, Wa.*
V2: 1-Seattle Pacific, 7:42; 2-Seattle University, 8:19
V4: 1-Seattle Pacific (LW), 7:09; 2-Seattle Pacific (Nov), 7:24; 3-Seattle University, 7:50
- Mar. 30 **Daffodil Cup** *American Lake/Tacoma, Wa.*
N4: 1-Puget Sound 7:34; 2-Seattle Pacific 7:35; 3-Puget Sound 7:45; 4-Western Washington 8:09; 5-Willamette 8:11
V2: 1-Seattle Pacific 7:56; 2-Puget Sound 8:19
L4: 1-Seattle Pacific 7:18; 2-Western Washington 7:26; 3-Puget Sound 7:40; 4-Willamette 7:44
- Apr. 6 **Husky Invitational** *Seattle/Montlake Cut*
V4: 1-Seattle Pacific 7:01; 2-Pacific Lutheran 7:12; 3-Washington 7:19; 4-Puget Sound 7:22; 5-Seattle University 7:38; 6-Lewis & Clark 7:45
L4: 1-Pacific Lutheran 7:04; 2-Seattle Pacific 7:08; 3-Oregon 7:47; 4-Portland A 8:06; 5-Portland B 8:30
N4: 1-Mt. Baker 6:51; 2-Western Washington 6:57; 3-Gonzaga 7:05; 4-Seattle Pacific 7:13; 5-Evergreen 7:22; 6-Willamette 7:37
- Apr. 13 **Governor's Cup** *Salem, Or./Willamette River*
L4: 1-Pacific Lutheran 8:09; 2-Seattle Pacific 8:41; 3-Portland 8:53; 4-Seattle University 9:38
- Apr. 20 **Blue Heron Redwood Sprints** *Eureka, Ca./Humboldt Bay*
Team Standings: 1-Willamette 27; 2-California 24; 3-Saint Mary's 22; 4-Seattle Pacific 13; 5-Oregon 6; 6-Humboldt State 4; 7-Mills 0
V4: 1-Willamette 6:18; 2-Seattle Pacific 6:28; 3-Saint Mary's 6:51; 4-Oregon 7:21
L4: 1-Seattle Pacific 6:33; 2-California 6:36; 3-Oregon 7:08; 4-Saint Mary's 7:19
N4: 1-Willamette 4:57; 2-Seattle Pacific 5:08; 3-Saint Mary's 5:09; 4-Humboldt State 6:06; 4-Pacific 6:15