

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

WIRA Did They Go: Fleet To Regionals

Women Claim 4 Races at NCRC; Novices, Lights To Go On

South, then east. The entire fleet of Seattle Pacific University boats is bound for the Sacramento area this weekend and the Western Intercollegiate Rowing Association Championships, but following that only a couple fours will remain racing and take a trip back east. After contending for regional titles on Lake Natoma Saturday and Sunday (May 4-5), the women's varsity lightweight and novice four crews will return to Seattle only to then fly to Philadelphia for the Dad Vail Regatta May 10-11.

California racing. Beginning Thursday, Coach **Keith Jefferson** will tow a trailer-load of shells down Interstate 5 to Lake Natoma. There, Seattle Pacific seeks to defend its titles in the women's novice four and men's light four. In fact, the novices will be trying to keep their perfect record intact; they have won their first seven races of the spring, including a conference crown last week. That crew, along with the women's light four, which absorbed its first defeat at the Northwest Collegiate Rowing Championships, are assured of a trip to Dad Vail. Jefferson indicated there's an outside chance of taking a women's pair or men's light four. He said injuries to his top open weight rowers have eliminated the possibility of entering a women's varsity four at either Dad Vail or the Avaya Championships in Windsor, New Jersey.

Four more years. SPU won its fourth straight NCRC title in both the women's varsity four and novice four last week on Lake Stevens. The Falcons also picked up a victory in the women's varsity pairs and junior varsity four while the men's lightweight four finished runner-up to Pacific Lutheran. By capturing the conference crown, the varsity four has won six of seven races, including three in a row. Their sole loss was to Washington at the Husky Invitational. The Falcons were bow and bow with Pacific Lutheran however; with the final margin of victory only 0.7 seconds. The novice four crossed the line with plenty of open water on second-place Puget Sound. In the men's light four race, the Lutes and SPU went back forth as they have all season before Pacific Lutheran pulled away to win for the third time in four meetings. The men's varsity four was a close third behind UPS and PLU. The women's light four, which had entered the NCRC regatta unbeaten, finished third but only 0.9 seconds behind victorious Humboldt State. That proved to be a pivotal race for the team's repeat titles hopes. Puget Sound edged SPU 45.25-41.50 for the overall conference crown. The Loggers also prevailed in the men's standings with the Falcons fifth.

Last week's results:

Women's Results

Varsity 4: 1-Seattle Pacific 7:47.3; 2-Pacific Lutheran 7:47.6; 3-Seattle 7:52.9; 4-Evergreen 8:05.6; 5-Humboldt State 8:16.6; 6-Puget Sound 8:24.0; 7-Lewis & Clark 9:27.1; Western Washington DQ.

Lightweight 4: 1-Humboldt State 7:54.2; 2-Puget Sound 7:54.6; 3-Seattle Pacific 7:55.1.

Varsity 2: 1-Seattle Pacific 8:15.8; 2-Willamette 8:38.0; 3-Puget Sound 8:42.1; 4-Pacific Lutheran 8:55.7; 5-Humboldt State 9:12.5.

Novice 4: 1-Seattle Pacific 7:50.0; 2-Puget Sound 8:14.5; 3-Seattle Univ. 8:33.0; 4-Humboldt State 8:36.6; 5-Portland 8:42.0; 6-Pacific Lutheran 9:01.5.

2nd Novice 4: 1-Western Washington 8:15.6; 2-Humboldt State 8:22.2; 3-Seattle Pacific 8:27.9; 4-Willamette 8:30.4; 5-Puget Sound 8:32.0; 6-Pacific Lutheran 8:39.6; 7-Seattle 8:52.3; 8-Portland 9:08.8.

2002 ROWING

SPU Quick Facts

Coach—Keith Jefferson, 12th year

Assistant—Josh Adam

Assistant—Jessie Pennington

This Week's Schedule

Sat.-Sun., May 4-5, 8 a.m.

WIRA Championships

Lake Natoma, Rancho Cordova, Ca.

Last Week's Highlights

Seattle Pacific finished first in four of the six women's events it contested at the NCRC. The Falcons won their fourth straight varsity and novice four titles and also added wins in the pair and junior varsity four. Overall, SPU was runner-up to Puget Sound for the women's conference title and the men were fifth

Streaks & Such

The SPU women's novice four is 7-0 going into this weekend's WIRA Championships

Stat de jour

Seattle Pacific is the defending WIRA champion in the women's novice four and men's light four

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

Junior Varsity 4: 1-Seattle Pacific 7:50.8; 2-Portland 8:02.4; 3-Puget Sound 8:03.2; 4-Pacific Lutheran 8:05.6; 5-Seattle 8:11.2; 6-Willamette 8:17.6; 7-Western Washington 8:18.4; 8-Humboldt State 8:26.1.

Men's Results

Varsity 4: 1-Puget Sound 6:51.1; 2-Pacific Lutheran 6:56.2; 3-Seattle Pacific 6:57.1; 4-Willamette 7:02.8; 5-Western Washington 7:03.5; 6-Lewis & Clark 7:13.5; 7-Seattle 7:41.8; 8-Evergreen 8:04.0.

Lightweight 4: 1-Pacific Lutheran 6:48.2; 2-Seattle Pacific 6:58.0; 3-Western Washington 7:16.2; 4-Puget Sound 7:25.1; 5-Portland 7:30.7.

Varsity 2: 1-Puget Sound 7:34.6; 2-Pacific Lutheran 7:41.8; 3-Seattle Pacific 7:53.0; 4-Willamette 8:02.2; 5-Pacific Lutheran B 8:04.0; 6-Seattle Univ. 8:06.5; 7-Humboldt State 8:16.2.

Novice 4: 1-Puget Sound 7:08.3; 2-Pacific Lutheran 7:14.9; 3-Willamette 7:17.0; 4-Seattle Pacific 7:17.8; 5-Lewis & Clark 7:22.0; 6-Western Washington 7:28.6; 7-Everett CC 7:58.9; 8-Humboldt State 8:27.5.

Junior Varsity 4: 1-Western Washington 6:57.0; 2-Pacific Lutheran 7:00.0; 3-Willamette 7:06.6; 4-Puget Sound 7:08.2; 5-Seattle Pacific 7:16.4; 6-Portland 7:39.1.

Women's lineups.

Varsity 4: Stroke—Kimberly Tschetter; 3—Trisha Sawatzky; 2—Sarah Zorn; Bow—Erin Cox/Trisha Weber; Cox—Lindsay Dilschneider.

Varsity Light 4: Stroke—Andrea Reichert; 3—Julie Vieselmeyer; 2—Elyse Cansler; Bow—Erin Cox/Trisha Weber; Cox—Joanna Hodgkiss

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

Junior Varsity 4: Stroke—Andrea Reichert; 3—Julie Vieselmeyer; 2—Elyse Cansler; Bow—Erin Cox/Trisha Weber; Cox—Lindsay Dilschneider.

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

Men's lineups.

Varsity 4: Stroke—Mike Lucero; 3—Reid Shipley; 2—Tyler Van Stright; Bow—Trevor Winters; Cox—Jennifer Helseth.

Varsity Light 4: Stroke—Mike Lucero; 3—Trevor Winters; 2—Kyle Glines; Bow—Joel Braman; Cox—Jennifer Helseth.

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

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>				
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—Kimberly Tschetter

3—Trisha Sawatzky

2—Sarah Zorn

Bow—Erin Cox/Trisha Weber

Cox—Lindsay Dilschneider

Varsity Light 4

Stroke—Andrea Reichert

3—Julie Vieselmeyer

2—Elyse Cansler

Bow—Erin Cox/Trisha Weber

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—Andrea Reichert

3—Julie Vieselmeyer

2—Elyse Cansler

Bow—Erin Cox/Trisha Weber

Cox—Lindsay Dilschneider

Men's

Varsity 4

Stroke—Mike Lucero

3—Reid Shipley

2—Tyler Van Stright

Bow—Trevor Winters

Cox—Jennifer Helseth

Varsity Light 4

Stroke—Mike Lucero

3—Trevor Winters

2—Kyle Glines

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

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
- Apr. 27 **NCRC Championships** *Lake Stevens, Wa./Lake Stevens*
V4: 1-Seattle Pacific 7:47.3; 2-Pacific Lutheran 7:47.6; 3-Seattle 7:52.9; 4-Evergreen 8:05.6; 5-Humboldt State 8:16.6; 6-
Puget Sound 8:24.0; 7-Lewis & Clark 9:27.1; Western Washington DQ.
L4: 1-Humboldt State 7:54.2; 2-Puget Sound 7:54.6; 3-Seattle Pacific 7:55.1.
V2: 1-Seattle Pacific 8:15.8; 2-Willamette 8:38.0; 3-Puget Sound 8:42.1; 4-Pacific Lutheran 8:55.7; 5-Humboldt State 9:12.5.
N4: 1-Seattle Pacific 7:50.0; 2-Puget Sound 8:14.5; 3-Seattle Univ. 8:33.0; 4-Humboldt State 8:36.6; 5-Portland 8:42.0; 6-
Pacific Lutheran 9:01.5.
2N4: 1-Western Washington 8:15.6; 2-Humboldt State 8:22.2; 3-Seattle Pacific 8:27.9; 4-Willamette 8:30.4; 5-Puget Sound
8:32.0; 6-Pacific Lutheran 8:39.6; 7-Seattle 8:52.3; 8-Portland 9:08.8.
JV4: 1-Seattle Pacific 7:50.8; 2-Portland 8:02.4; 3-Puget Sound 8:03.2; 4-Pacific Lutheran 8:05.6; 5-Seattle 8:11.2; 6-
Willamette 8:17.6; 7-Western Washington 8:18.4; 8-Humboldt State 8:26.1.

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
- Apr. 27 **NCRC Championships** *Lake Stevens, Wa./Lake Stevens*
V4: 1-Puget Sound 6:51.1; 2-Pacific Lutheran 6:56.2; 3-Seattle Pacific 6:57.1; 4-Willamette 7:02.8; 5-Western Washington 7:03.5; 6-Lewis & Clark 7:13.5; 7-Seattle 7:41.8; 8-Evergreen 8:04.0.
L4: 1-Pacific Lutheran 6:48.2; 2-Seattle Pacific 6:58.0; 3-Western Washington 7:16.2; 4-Puget Sound 7:25.1; 5-Portland 7:30.7.
V2: 1-Puget Sound 7:34.6; 2-Pacific Lutheran 7:41.8; 3-Seattle Pacific 7:53.0; 4-Willamette 8:02.2; 5-Pacific Lutheran B 8:04.0; 6-Seattle Univ. 8:06.5; 7-Humboldt State 8:16.2.
N4: 1-Puget Sound 7:08.3; 2-Pacific Lutheran 7:14.9; 3-Willamette 7:17.0; 4-Seattle Pacific 7:17.8; 5-Lewis and Clark 7:22.0; 6-Western Washington 7:28.6; 7-Everett CC 7:58.9; 8-Humboldt State 8:27.5.
JV4: 1-Western Washington 6:57.0; 2-Pacific Lutheran 7:00.0; 3-Willamette 7:06.6; 4-Puget Sound 7:08.2; 5-Seattle Pacific 7:16.4; 6-Portland 7:39.1.