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Three SPU Crews Head To Philly For Titles Women's Pair, Light 4 & Novice 4 Entered At Dad Vail

Hello, good-bye. In a whirlwind week, Seattle Pacific University's top crews will return from California only to board an eastbound flight Wednesday morning for Philadelphia and the 64th annual Dad Vail Championships this weekend. The Falcons will send each of their three regional championship boats: the women's varsity pair, lightweight four and novice four. Racing begins Friday (May 10) on the Schuylkill River with grand finals Saturday.

No, not your father. The Dad Vail is billed as the largest collegiate regatta in the United States and an unofficial small college championship. Last year, the men's novice four made the grand final stage and finished third. Crews are involved in a two- or three-round knockout competition (top two boats advance from each prelim and semifinal heat), with semifinals and the grand final on Saturday.

Season to date. Coach **Keith Jefferson** has three of the most dominant crews in program history. His women's novice four has won each of its nine races in eight regattas while the varsity pair is 5-0. Both are believed to be the first SPU boats to complete the regular season unbeaten. And the light four isn't too shabby, having won five of six regattas. Jefferson's program has won national titles in the women's varsity four the past two years.

Show 'em the medals. Last week in Rancho Cordova, Calif., the women's novice four claimed its second straight Western Intercollegiate Rowing Association championship with a convincing victory in the grand final on Lake Natoma. They finished nearly two boat-lengths ahead of runner-up Gonzaga. The Falcons also won WIRA titles in the women's varsity pair and lightweight four, plus a silver medal in the women's varsity four. The men's pair and light four each placed fourth. Also finishing the season undefeated was the varsity pair of **Kimberly Tschetter** (Sr., Sioux Falls, SD/Lincoln) and **Trisha Sawatzky** (Sr., Federal Way, Wa./Decatur). They crossed the line with a 23-second cushion on Puget Sound. In the light four, Seattle Pacific atoned for a loss to Humboldt State and UPS at the conference championships a week earlier by edging the Lumberjacks by a bow. The varsity four's second-place finish marked only the second time the Falcons failed to win in eight regattas. Pacific Lutheran, a close second to SPU at the NCRC last week, won with open water.

Short strokes. Tschetter and Dilschneider were members of last year's national championship varsity four. Dilschneider was also the cox of the novice four at Dad Vail in 2000...Sawatzky was named to the all-WIRA second team.

Last week's results:

Women's Grand Finals

Varsity 4: 1-Pacific Lutheran 7:42; 2-Seattle Pacific 7:51; 3-UC Santa Barbara 7:54; 4-Seattle University 7:55; 5-Portland 8:05; 6-Sacramento State 8:09

Lightweight 4: 1-Seattle Pacific 7:55; 2-Humboldt State 7:56; 3-Puget Sound 8:00; 4-Colorado 8:13; 5-UC Santa Barbara 8:16; 6-California 8:22

Pair: 1-Seattle Pacific 8:22; 2-Puget Sound 8:45; 3-Willamette 8:45; 4-Colorado 8:57; 5-San Diego State 8:57

Novice 4: 1-Seattle Pacific 7:33; 2-Gonzaga 7:42; 3-Loyola Marymount 7:56; 5-UC Santa Barbara 8:06; 6-Pacific Lutheran 8:22

Men's Grand Finals

Lightweight 4: 1-California 6:47; 2-Pacific Lutheran 6:49; 3-San Diego 6:53; 4-Seattle Pacific 6:59; 5-Santa Clara 7:03; 6-Puget Sound 7:20

2002 ROWING

SPU Quick Facts

Coach—Keith Jefferson, 12th year

Assistant—Josh Adam

Assistant—Jessie Pennington

This Week's Schedule

Fri.-Sat., May 10-11, 8:55 a.m. PDT

Dad Vail Regatta

Schuylkill River, Philadelphia, Pa.

Last Week's Highlights

Seattle Pacific won regional titles in the women's varsity pair, light four and novice four at the WIRA Championships. The varsity four took second place

Streaks & Such

The SPU women's novice takes a nine race unbeaten string into this weekend's Dad Vail races while the varsity pair is 5-0

Stat de jour

The Falcons are going after a national championship for the third consecutive year. They won varsity four titles in 2000 and 2001

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

Pair: 1-Saint Mary's 7:28; 2-Loyola Marymount 7:30; 3-Sacramento State 7:33; 4-Seattle Pacific 7:35; 5-Willamette 7:46; 6-UC Irvine 7:48
 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 Petite Finals

Novice 4: 1-Pacific Lutheran 7:21; 2-Chapman 7:28; 3-Seattle Pacific 7:29; 4-Loyola Marymount 7:30; 5-Colorado 7:42; 6-Sacramento State 7:43; 7-Humboldt State 8:35

Women's lineups.

Varsity 4: Stroke-Kimberly Tschetter; 3-Trisha Sawatzky; 2-Andi Martineau; Bow-Trisha Weber; 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-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.

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-Kimberly Tschetter

3-Trisha Sawatzky

2-Andi Martineau

Bow-Trisha Weber

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-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.
- May 4 **WIRA Championships** *Rancho Cordova, Ca./Lake Natoma*
V4: 1-Pacific Lutheran 7:42; 2-Seattle Pacific 7:51; 3-UC Santa Barbara 7:54; 4-Seattle University 7:55; 5-Portland 8:05; 6-
Sacramento State 8:09
L4: 1-Seattle Pacific 7:55; 2-Humboldt State 7:56; 3-Puget Sound 8:00; 4-Colorado 8:13; 5-UC Santa Barbara 8:16; 6-
California 8:22
V2: 1-Seattle Pacific 8:22; 2-Puget Sound 8:45; 3-Willamette 8:45; 4-Colorado 8:57; 5-San Diego State 8:57
N4: 1-Seattle Pacific 7:33; 2-Gonzaga 7:42; 3-Loyola Marymount 7:56; 5-UC Santa Barbara 8:06; 6-Pacific Lutheran 8:22

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.
- May 4 **WIRA Championships** *Rancho Cordova, Ca./Lake Natoma*
L4 (Grand Final): 1-California 6:47; 2-Pacific Lutheran 6:49; 3-San Diego 6:53; 4-Seattle Pacific 6:59; 5-Santa Clara 7:03; 6-Puget Sound 7:20
V2 (Grand Final): 1-Saint Mary's 7:28; 2-Loyola Marymount 7:30; 3-Sacramento State 7:33; 4-Seattle Pacific 7:35; 5-Willamette 7:46; 6-Uc Irvine 7:48
N4 (Petite Final): 1-Pacific Lutheran 7:21; 2-Chapman 7:28; 3-Seattle Pacific 7:29; 4-Loyola Marymount 7:30; 5-Colorado 7:42; 6-Sacramento State 7:43; 7-Humboldt State 8:35