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Foreman Meet: It's All About Qualifying

SPU Women Claim 3rd Straight GNAC Title; 11 Winners In All

Last chance. Getting to nationals is often more than half the battle and whether a few more Seattle Pacific University athletes make it to the NCAA Division II Track & Field Championships will depend upon their performance at this week's final qualifying meet, the Ken Foreman Invitational. Over 400 participants from colleges and clubs throughout the Northwest are expected to take part in the Falcons' only home meet, which begins Friday (May 10) with a heptathlon. All other events take place Saturday (May 11) at Husky Stadium.

On the edge. Seattle Pacific currently has 11 provisional NCAA qualifiers for women and one man. Still, only about half of those are reasonably assured of a place in the national meet May 23-25 in San Angelo, Tex. The Foreman Invitational affords the others one last chance to either post a qualifying mark or improve upon a previous one. The NCAA will make cuts and extend invitations to the chosen qualifiers by May 15.

Ones to watch. Coach **Jack Hoyt** will be paying particular attention to a handful of events, namely the women's 800-meter run, 400 hurdles, pole vault and heptathlon and the men's 1500 and 400 hurdles, with eight athletes currently on the qualifying cusp across those events. In the heptathlon, **Laura Widman** (Jr., Colfax, Wa./Colfax) and **Leah Wiest** (Sr., Spokane, Wa./Deer Park) will be trying improve their qualifying scores beyond 4750 points or so. That two-day, seven-event competition wraps-up Saturday evening. **Rachel Ross** (Sr., Kennewick, Wa./Kennewick) and **Sarah Kraybill** (Jr., Seattle, Wa./Ballard) are both on the bubble in the 800, needing to break 2 minutes, 12.00 seconds to solidify their chances. **Nathanael Castle** (Sr., Gooding, Id./Gooding), bidding to become the first SPU men's qualifier since 1998, probably needs a 1500 clocking of 3:51.50 to rest assured. **Jennifer Pyeatt** (So., Graham, Wa./Bethel) must aim for a time of 1:02.50 in the 400 hurdles while in the men's race **Paul Mach** (So., Seattle, Wa./King's) will likely qualify by making the provisional cutoff of 53.40. A clearance of 11-9 or higher in the pole vault should send **Ally Studer** (So., Redmond, Wa./Redmond) to nationals for the second year in a row.

Safe and sound. There are four Falcons who can begin packing their bags for Texas. **Stephanie Huffman** (Sr., Brush Prairie, Wa./Prairie) is the No. 3 qualifier in the javelin (148-4), No. 4 in the heptathlon (5005), and is likely to make the cut in the long jump (18-11 1/4). **Jawea Harder** (Sr., Port Townsend, Wa.) is a solid No. 4 in the 400 hurdles (1:01.24) and **Dionna Anderson** (Sr., Lynnwood, Wa./Edmonds-Woodway/Edmonds CC) ranks fifth nationally in the shot put (46-6 1/4). Ross enters the week at No. 8 in the 1500 (4:32.08). In 2001, when SPU finished tied for ninth in the NCAA, it had nine entries at nationals. Most event fields will have a minimum of 16 people.

We are the champions. If last week's Great Northwest Athletic Conference championships are any indication, Seattle Pacific should do well this weekend. The Falcons, behind a great all-around performance by Huffman, not only won their third straight women's team title but won eight events, took nine silver medals and eight bronze to defeat Western Oregon by a margin of 32.5 points, 226-194.5. Huffman was voted the GNAC athlete of the meet for the second year in a row after successfully defending her titles in the long jump (18-1) and javelin (148-4), to go along with her heptathlon victory a week ago. Altogether, she totaled 50 points over six events. Huffman was also second in the high jump (5-4 1/2) and triple jump (36-7) and fifth in the 100 hurdles (15.59). The men's team, led by Castle's pair of middle-distance wins and second straight hurdles title by Mach, took sixth with 60 points. Western Oregon won handily with 206.5.

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., May 10, 9 a.m.

Ken Foreman Invitational (heptathlon)
Husky Stadium, Seattle, Wa.

Sat., May 11, 9 a.m.

Ken Foreman Invitational
Husky Stadium, Seattle, Wa.

Last Week's Highlights

- Stephanie Huffman earned GNAC Athlete of the Meet by winning conference titles in the long jump and javelin and totaling 50 points overall in leading SPU to its third straight women's team championship
- Nathanael Castle became the school's first male to win two conference events, doubling in the 800 and 1500
- Paul Mach (400 hurdles), Dionna Anderson (shot put) and the women's 1600 relay repeated as champions

Stat de jur

The Falcon women won eight events, took nine silver and eight bronze medals

Streaks & Such

Sarah Kraybill snapped a four-race win streak by Rachel Ross in the 800 meters

2002 Season Schedule

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 Western Oregon Open
Oregon Invitational
May 4 GNAC Championships
May 11 Ken Foreman Invitational
M. 23-25 NCAA Championships

GNAC recap. Anderson captured her fifth shot put win of the season, successfully defending her conference title with a best throw of 41-11 1/2 and leading the Falcons to a 1-2-3 sweep. In becoming SPU's first male double winner, Castle fought off Nathan Carlson of Saint Martin's in the 1500 and came back less than 90 minutes later to win the 800. Castle's 1500 time was 3:54.28 and 1:55.00 in the 800. **Neal Fryett** (Sr., Pullman, Wa./Logos) was second in the latter in 1:56.47. Mach defended his hurdles crown in 53.77 seconds. **Micah Kelcy** (Jr., Lakewood, Wa./Clover Park) was fourth in 57.85. Kelcy, Mach, Castle and Fryett comprised the 1600 relay which was runner-up to Western Oregon in 3:23.00. Harder comfortably cruised to first in the women's 400 hurdles in 62.43 seconds. She also ran a leg of the 1600 relay which won in 3:56.37. Seattle Pacific got a surprising win from Kraybill in the 800. She parlayed a strong kick to come from behind and snap Ross's four-meet win streak. Kraybill went ahead with 200 meters to go and finished in a personal-best time of 2:12.92 seconds with Ross crossing in 2:13.65. Ross, who had won the 800 and 1500 conference titles the past two years, also was overtaken by Alicen Maier of Central Washington in the 1500. Maier was clocked in 4:31.84 and Ross in a season-best 4:32.08. Widman and Pyeatt continued their comebacks. Pyeatt was runner-up in the 100 hurdles (15.26) and shot put (40-8 1/4) and third in the 400 hurdles (1:07.00). Widman was third in both the long jump (17-8 1/2) and shot put (39-10 3/4). Other silver medallists were Studer in the pole vault (11-5 3/4) and **Kara Richard** (Fr., Springbrook, NY/Iroquois) in the steeplechase (11:34.2). Also finishing among the top three and thereby earning all-conference were Harder in the 100 (12.3), **Lindsey Stewart** (Jr., Shoreline, Wa./King's) in the 400 (59.26), **Josie Lavin** (Fr., Bremerton, Wa./Bremerton) in the 1500 (4:47.36) and **Lauren Kooy** (So., George, Wa./Quincy) in the discus (125-6).

Fractions. For the first time there were no new qualifiers, but improvements on previous provisional marks by Kraybill, Ross (1500) and Huffman (javelin)...Hoyt went home as the GNAC women's coach of the year by a vote of his peers for the third year in a row.

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)
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. (Kentridge)
Kara Richard	Steeple	Fr	Springbrook, NY (Iroquois)
Mackensie Rogers	Pv	So	Otis Orchards, Wa. (East Valley)
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)
<i>Men's Team</i>	<i>Events</i>	<i>Yr</i>	<i>Hometown (High School)</i>
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)
Paul Mach	400H	So	Seattle, Wa. (King's)
Anthony Ricciardelli	M/F	Fr	Issaquah, Wa. (Issaquah)
Sean Sandin	400	Fr	Renton, Wa. (Kentridge)
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

<i>Women</i>	<i>Event</i>	<i>Mark</i>
Rachel Ross	800	2:12.63
Sarah Kraybill	800	2:12.92
Rachel Ross	1500	4:32.08
Jawea Harder	400H	1:01.24
Jennifer Pyeatt	400H	1:03.56
Stephanie Huffman	Lj	18-11 1/4
Ally Studer	Pole	11-5 3/4
Dionna Anderson	Shot	46-6 1/4
Stephanie Huffman	Jav	148-4
Stephanie Huffman	Hep	5005
Laura Widman	Hep	4658
Leah Wiest	Hep	4649
<i>Men</i>	<i>Event</i>	<i>Mark</i>
Nathanael Castle	1500	3:53.24

2002 Season Best Marks

Women's
 100–Jawea Harder, 13.10
 200–Leah Wiest, 25.75√
 400–Sarah Kraybill, 57.69√
 800–Rachel Ross, 2:12.63 (PQ)
 1500–Rachel Ross, 4:32.08 (PQ)
 Steeple–Kara Richard, 11:34.2
 3000–Ruth Hawkinson, 10:55.67
 5000–Ruth Hawkinson, 18:36.8
 10,000–
 100H–Stephanie Huffman, 14.82√
 400H–Jawea Harder, 1:01.24 (PQ)
 4x100–Ocampo-Harder-Studer-Stewart, 49.43
 4x400–Harder-Lavin-Kraybill-Ross, 3:54.43
 Hj–Stephanie Huffman, 5-5√
 Pv–Ally Studer, 11-5 3/4 (PQ)
 Lj–Stephanie Huffman, 18-11 1/4 (PQ)
 Tj–Stephanie Huffman, 36-7√
 Sp–Dionna Anderson, 46-6 1/4 (PQ)
 Dt–Lauren Kooy, 125-6
 Ht–
 Jt–Stephanie Huffman, 148-4 (PQ)
 Hep–Stephanie Huffman, 5005 (PQ)

Men's

100–Brian Hunter, 11.14
 200–Brian Hunter, 23.88
 400–Neal Fryett, 52.27
 800–Nathanael Castle, 1:53.35√
 1500–Nathanael Castle, 3:53.24 (PQ)
 Steeple–Aaron Libadisos, 10:21.1
 5000–Nathanael Castle, 16:11.90
 10,000–
 110H–
 400H–Paul Mach, 53.72√
 4x100–Kelcy-Mach-Hunter-Berry, 44.11
 4x400–Kelcy-Mach-Fryett-Castle, 3:21.49
 Hj–
 Pv–
 Lj–
 Tj–
 Sp–
 Dt–Andrew Steiner, 130-6
 Ht–
 Jt–
 Dec–
 PQ–NCAA Provisional Qualifier
 √–GNAC Automatic Qualifier

16th Annual
Ken Foreman Invitational
hosted by
Seattle Pacific University
 Friday-Saturday, May 10-11 • Husky Stadium • seattle, Wa.

The recognized patriarch of Seattle Pacific University athletics for nearly a half-century, Ken Foreman opted to retire from coaching at the collegiate level following the 2000 season, and as token of their appreciation for his steadfast commitment to the student athlete, the Falcons' annual home meet now bears his name. Foreman now lives in Kailua-Kona, Hawaii, where he serves as boys head coach at Konawaena High School.

Foreman served as the SPU program's head coach on three different occasions. In his final run, from 1985-99, Seattle Pacific produced 14 NCAA individual champions, 99 All-Americans and the women's team finished among the top 10 nationally eight times, including third place in 1989. In 1950, the World War II veteran and former shot put and gymnastics star (two-time NCAA champion and world record-holder in the rope climb) first organized the varsity team. Three years later his first star pupil, Ben Moring, won back-to-back NAIA titles at 880 yards. From 1962-77, the women's team grew from a club into one of the dominant college varsities, taking second at the AIAW all-division championships. In all, during his 37-year tenure as head coach, the Falcons produced 27 women collegiate national champions and 159 All-Americans.

Likewise, around the globe his name has become synonymous with greatness in American women's track & field. In the Sixties, his Falcon Track Club attracted the likes of many future Olympians, including Doris Heritage, his longtime coaching colleague who competed in two Olympic Games. Foreman served as head coach for the United States women on several occasions, among them the 1973 World University Games, 1976 World Cross Country Championships, 1977 Pacific Conference Games, 1980 Summer Olympic Games, 1983 World Championships and 1986 Goodwill Games.

Meet Schedule

<i>Friday, May 10</i>		11:30 Hammer (w/m) to follow javelin	3:45 4 x 400m Relay (w1h/m2h)
9:00	Heptathlon 100m Hurdles	3000m Steeplechase (m/w)	4:00 Heptathlon Long Jump
9:00	Heptathlon High Jump	12:15 4 x 100m Relay (w/m)	5:00 Heptathlon Javelin
9:00	Heptathlon Shot Put	12:25 1500m (w2h/m2h)	6:00 Heptathlon 800
9:00	Heptathlon 200m	12:50 110/100m Hurdles (m2h/w2h)	
		1:00 Triple Jump (w/m) to follow l. jump	
		1:20 400m (w1h/m2h)	
		1:35 100m (w2h/m2h)	
		1:55 800m (w3h/m2h)	
		2:00 Discus (w/m) to follow hammer	
		2:30 400m Hurdles (w2h/m2h)	
		2:50 200m (w2h/m2h)	
		3:10 5000m (m)	
		3:35 3000m (w)	
			<i>Teams represented:</i> Central Washington, Clark CC, Club Northwest, Eastern Oregon, Eastern Washington, George Fox, Highline CC, Lewis & Clark, Linfield, Northwest College, Northwest Nazarene, Pacific Lutheran, Puget Sound, Seattle Pacific, Seattle University, Simon Fraser, Spokane CC, Valley Royals, Warner Pacific, Washington, Western Oregon, Western Washington, Whitworth, Willamette
<i>Saturday, May 11</i>			
9:00	Javelin (w/m)		
	10,000m (m)		
10:00	Long Jump (m/w)		
	Pole Vault (m/w)		
10:30	Shot Put (w/m)		
11:00	High Jump (w/m)		
	5000m (w)		

Meet Records

<i>Women</i>		<i>Men</i>	
100m	11.79	100m	10.35
200m	24.23	200m	20.97
400m	53.76	400m	44.91
800m	2:06.8	800m	1:49.01
1500m	4:25.91	1500m	3:42.6
3000m	9:20.56	Steeplechase	8:29.9
5000m	16:26.34	5000m	14:25.06
10,000m	33:24.09	10,000m	31:44.2
100m Hurdles	13.5	110m Hurdles	14.36
400m Hurdles	59.40	400m Hurdles	51.05
4 x 100m Relay	45.87	4 x 100m Relay	40.39
4 x 400m Relay	3:42.75	4 x 400m Relay	3:08.70
Long Jump	20-3 ³ / ₄	Long Jump	25-7 ¹ / ₂
Triple Jump	42-8 ¹ / ₄	Triple Jump	55-5 ¹ / ₂
High Jump	6-1 ¹ / ₂	High Jump	7-2 ¹ / ₂
Pole Vault	12-7 ¹ / ₂	Pole Vault	17-10 ¹ / ₂
Shot Put	51-10 ¹ / ₂	Shot Put	61-7 ¹ / ₂
Discus	186-3	Discus	197-6
Javelin	177-0	Hammer	216-8
Hammer	201-1	Javelin	262-11
Heptathlon	5129	Decathlon	6962

2002 Seattle Pacific University Women's Outdoor Performance List

<i>100m (11.50/12.15)</i>	<i>PR</i>	<i>Season Best</i>	<i>400m Relay (45.50/47.70)</i>	
Lindsey Stewart	12.28 (00)		Ocampo, Harder, Studer, Stewart	49.43 (3)
Jawea Harder	12.3 (02)	12.3 (9)	Stewart, Harder, Ocampo, Weyers	49.84 (1/2)
Angie Ocampo	12.85 (01)	13.38 (2)	Weyers, Harder, Wiest, Widman	50.26 (6)
Amanda McClary	12.9 (01)	13.98 (4)		
<i>200m (23.80/24.90)</i>			<i>1600 Relay (3:42.00/3:53.00)</i>	
Laura Widman	25.23 (00)	26.54 (8a)	Harder, Lavin, Kraybill, Ross	3:54.43 (6)
Lindsey Stewart	25.64 (00)	26.19 (3)	Wiest, Harder, Kraybill, Ross	3:57.62 (2)
Leah Wiest	25.75 (02)	25.75 (8a)	Stewart, Wiest, Kraybill, Ross	4:01.43 (1)
Stephanie Huffman	26.22 (02)	26.22 (8a)		
Jennifer Pyeatt	26.2 (99)	27.34 (7a)	<i>3200 Relay</i>	
Jawea Harder	26.75 (02)	26.75 (4)	Kraybill, Lavin, Owens, Ross	9:33.73 (4)
Amanda McClary	26.7 (01)	28.43 (7)		
Emily Weyers	28.18 (02)	28.18 (1)	<i>High Jump (5-10 1/2/5-6)</i>	
			Laura Widman	5-7 (99) (1.54m) 5-0 1/2 (9)
			Stephanie Huffman	5-6 (99) (1.65m) 5-5 (8a)
			Leah Wiest	5-0 1/2 (02) (1.54m) 5-0 1/2 (3a)
			Jennifer Pyeatt	4-10 1/4 (99) (1.45m) 4-9 (3a)
<i>400m (54.00/56.70)</i>			<i>Pole Vault (13-1 1/2/11-3)</i>	
Sarah Kraybill	55.80 (00)	57.69 (4)	Ally Studer	12-2 (01) (3.50m) 11-5 3/4 (8)
Rachel Ross	58.0 (97)	58.26 (4)	Amber Rose	9-8 (02) (2.95m) 9-8 (4/5)
Emily Weyers	58.76 (00)	61.85 (7)	Mackensie Rogers	9-0 (00) (2.53m) 8-3 1/2 (7)
Amanda McClary	58.82 (01)	62.39 (1)		
Lindsey Stewart	59.26 (02)	59.26 (9)	<i>Long Jump (20-6 1/4/18-10)</i>	
Leah Wiest	59.41 (02)		Laura Widman	19-2 1/2 (99) (5.50m) 18-0 1/2 (8a)
Jawea Harder	60.82 (01)		Stephanie Huffman	18-11 1/4 (02) (5.77m) 18-11 1/4 (6)
Jennifer Pyeatt	60.9 (99)	63.83 (4)	Morgan Ranta	18-8 (00) (5.14m) 16-10 1/4 (6)
Stephanie Huffman	63.00 (02)	63.00 (4)	Leah Wiest	17-9 (02) (5.43m) 17-9 (6)
			Jennifer Pyeatt	17-3 1/4 (99) (5.03m) 16-6 (2)
<i>800m (2:08.00/2:14.00)</i>			<i>Triple Jump (41-0 1/4/38-0 3/4)</i>	
Rachel Ross	2:08.05 (01)	2:12.63 (3)	Stephanie Huffman	36-5 3/4 (02) (11.15m) 36-7 (9)
Sarah Kraybill	2:12.92 (02)	2:12.92 (9)	Amber Rose	36-4 1/2 (00) (10.35m) 33-11 1/2 (1)
Josie Lavin	2:16.21 (00)	2:18.13 (6)		
Laura Widman	2:20.65 (99)	2:31.56 (8a)	<i>Shot Put (50-0/44-0)</i>	
Leah Wiest	2:22.23 (02)	2:22.23 (8a)	Dionna Anderson	46-6 1/4 (02) (14.18m) 46-6 1/4 (6)
Stephanie Huffman	2:23.48 (99)	2:32.74 (3a)	Laura Widman	42-10 3/4 (00) (12.16m) 39-10 3/4 (9)
Candy Owens	2:25.30 (02)	2:25.30 (9)	Jennifer Pyeatt	41-10 1/2 (00) (12.63m) 41-5 1/4 (6)
Jennifer Pyeatt	2:31.14 (99)	2:43.96 (7a)	Leah Wiest	37-9 1/2 (02) (11.52m) 37-9 1/2 (8a)
			Lauren Kooy	36-11 1/4 (02) (11.26m) 36-11 1/4 (6a)
<i>1500m (4:27.00/4:41.00)</i>			Stephanie Huffman	35-5 (01) (10.73m) 35-2 1/2 (1)
Rachel Ross	4:30.71 (01)	4:32.08 (9)		
Josie Lavin	4:48.43 (02)	4:48.43 (8)	<i>Discus (166-0/143-0)</i>	
Candy Owens	4:53.66 (02)	4:53.66 (8)	Lauren Kooy	138-2 (00) (38.26m) 125-6 (9)
			Dionna Anderson	97-9 (01) (29.49m) 96-9 (2)
<i>3000m (9:40.00/10:18.00)</i>			<i>Javelin (155-0/133-0)</i>	
Ruth Hawkinson	10:50.56 (01)	10:55.67 (7)	Stephanie Huffman	151-4 (01) (45.21m) 148-4 (9)
			Laura Widman	129-11 (00) (32.20m) 105-8 (8a)
<i>3000 Steeplechase (10:20.00/11:30.00)</i>			Lauren Kooy	118-1 (00) (32.64m) 107-1 (1)
Kara Richard	11:34.2 (02)	11:34.2 (9)	Leah Wiest	108-10 (02) (33.19m) 108-10 (3a)
			Jennifer Pyeatt	105-11 (02) (32.28m) 105-11 (5)
<i>5000m (16:40.00/18:00.00)</i>			<i>Hammer (185-0/150-0)</i>	
Nicole Seana	17:55.31 (00)	19:28.5 (4)		
Ruth Hawkinson	18:28.68 (01)	18:36.8 (5)	<i>Heptathlon (5250/4400)</i>	
			Laura Widman	5377 (00) 4658 (8a)
<i>10,000m (35:20.00/38:00.00)</i>			Stephanie Huffman	5121 (99) 5005 (7a)
Nicole Seana	36:57.20 (00)		Leah Wiest	4649 (02) 4649 (8a)
Ruth Hawkinson	39:21.96 (00)		Jennifer Pyeatt	4400 (99) 4086 (7a)
Kirsten Bjork	39:49.30 (01)			
<i>100mH (13.80/14.65)</i>				
Jennifer Pyeatt	14.20 (00)	15.26 (9)		
Stephanie Huffman	14.82 (01)	14.82 (4)		
Laura Widman	14.93 (00)	16.05 (8a)		
Leah Wiest	16.02 (02)	16.02 (8a)		
Angie Ocampo	16.09 (01)			
<i>400mH (59.00/1:03.70)</i>				
Jennifer Pyeatt	1:00.56 (00)	1:03.56 (8b)		
Jawea Harder	1:01.24 (02)	1:01.24 (7)		
Angie Ocampo	1:07.13 (02)	1:07.13 (3)		
Brooke Little	1:09.10 (02)	1:09.10 (6)		
Kara Richard	1:10.4 (02)	1:10.4 (4)		

2002 Seattle Pacific University Men's Outdoor Performance List

<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)		
Nick Berry	12.10 (02)	12.10 (6)	<i>Pole Vault (17-0/15-9)</i>	
			Brandon Littlefield	14-7 (00)
<i>200m (20.65/21.55)</i>			<i>Long Jump (25-4/23-8)</i>	
Brian Hunter	23.88 (02)	23.88 (7)		
Neal Fryett	24.62 (01)		<i>Triple Jump (51-0/48-6)</i>	
			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)		
Paul Mach	50.90 (02)	50.90 (4)	<i>Discus (180-0/160-0)</i>	
			Andrew Steiner	130-8 (01) 39.79m/130-6 (9)
<i>800m (1:49.40/1:52.60)</i>			<i>Javelin (218-0/195-0)</i>	
Nathanael Castle	1:53.35 (02)	1:53.35 (7)		
Neal Fryett	1:53.95 (01)	1:55.34 (8)	<i>Decathlon (7000/6400)</i>	
Tim LeCount	1:57.50 (02)	1:57.50 (5)		
Scott Van Hess	1:58.56 (02)	1:58.56 (8b)		
<i>1500m (3:47.00/3:55.00)</i>			<i>Legend</i>	
Nathanael Castle	3:53.24 (02)	3:53.24 (8)	1	3/9 Salzman Invitational Tacoma, Wa.
Tim LeCount	3:56.37 (02)	3:56.37 (8)	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.
Clint Bjella	4:46.39 (02)	4:46.39 (6)	3	3/23 Aztec Invitational San Diego, Ca.
			4	3/30 Spring Break Open Edmonds, Wa.
<i>3000 Steeplechase (9:00.00/9:25.00)</i>			5	4/6 Vernacchia Invitational Bellingham, Wa.
Aaron Libadisos	10:21.1 (02)	10:21.1 (5)	6	4/12 Pelluer Invitational Pullman, Wa.
			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.
			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.
			8b	4/27 Western Oregon Open Monmouth, Or.
<i>110mH (14.00/14.70)</i>			9	5/4 GNAC Championships Bellingham, Wa.
Paul Mach	15.8 (00)		10	5/11 Ken Foreman Invitational Seattle, Wa.
			11	5/23-25 NCAA Championships San Angelo, Tx.
<i>400mH (51.70/53.40)</i>				
Paul Mach	53.72 (02)	53.72 (8)		
Micah Kelley	56.75 (02)	56.75 (7)		
Nick Berry				
<i>400 Relay (40.00/41.70)</i>				
Kelcy, Berry, Mach, Hunter		44.11 (1)		
<i>1600 Relay (3:09.00/3:14.00)</i>				
Kelcy, Mach, Fryett, Castle		3:21.49 (6)		
Fryett, Mach, Hunter, Kelcy		3:33.30 (1)		
		3:42.02 (7)		
Burleson, Laughlin, Schefter, Sandin		3:50.36 (1)		
<i>3200 Relay</i>				
Fryett, LeCount, Mach, Castle		7:51.01 (4)		