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## Indoor Track Season About To Get Underway First Of 3 Meets At UW Jan. 18; GNAC Championships Feb. 21

**Shorts & tanks in winter.** It's a bit wet and chilly outside but that's why track & field teams, clad in their shorts and singlets, compete indoors this time of year. Seattle Pacific University sends its men's and women's across town to the University of Washington Indoor Open this weekend for the first of three regular season meets, all of taking place at the Dempsey Indoor facility. The first Great Northwest Athletic Conference Championships will be Feb. 21 in Idaho and the indoor phase of the campaign will culminate with the NCAA Championships Mar. 12-13 in Boston. Outdoor activity begins March 6.

**Featured Falcons.** Among the returnees this season are two of the Falcons' three NCAA indoor qualifiers from 2003. **Ally Studer** (Sr., Redmond, Wa./Redmond) took fourth place in the pole vault to earn All-America status. She was also 10th outdoors last spring. **Danielle Ayers-Stamper** (So., LaCrosse, Wa.) qualified for the high jump indoors a year ago, but truly made her mark outdoors, finishing second in the NCAA heptathlon. The most notable loss is Sarah Kraybill, who finished fourth in the indoor 800 and third in the outdoor 800 at nationals.

**Please come to Boston.** The indoor season continues to grow in prominence and Coach **Jack Hoyt** plans to make the GNAC title and scoring at nationals high priorities. The women have won outdoor conference crowns three of the last four years and are coming off a GNAC championship in cross country in the fall. To take the inaugural indoor title, Hoyt will rely heavily on his jumpers and vaulters. Studer and **Allie Hedges** (So., Richland, Wa./Richland) each have 12-foot potential in the pole vault. **Dianna Grossglass** (So., LaConner, Wa.) is an NCAA prospect in the high jump as well as a conference contender in the hurdles and triple jump. Freshmen **Sharon Bjella** (Fr., Everett, Wa./Everett), **Danae Clark** (Fr., Hillsboro, Or./Glencoe) and **Kristin Janney** (Fr., White Salmon, Wa./Columbia) should make an impact in the pits. Bjella took second place in the state 4A high jump. Janney was third in the 2A long and triple jumps. Clark was runner-up in the Oregon 4A long jump.

**Men about town.** The go-to guy for the Falcon men's team is **Paul Mach** (Sr., Seattle, Wa./King's). A three-time conference champion in the intermediate hurdles, Mach's indoor forte is the 800 meters. He ran a 1:53.94 outdoors last spring and is in superb condition. He will need to run near 1:52.5 to earn a ticket to Boston. Elsewhere, decathletes **Chris Randolph** (So., Lone Tree, Co./Denver Christian) and **Philip Bayley** (Jr., Seattle, Wa./King's), a transfer from Pacific Lutheran, are high-jumping near 6-7. **Eddie Strickler** (Fr., Richland, Wa./Richland), sixth in the state 800 as a senior, is a solid prospect and GNAC scoring threat.

**Indoor plants.** Ayers-Stamper, receiving treatment for a back ailment, will focus on the 60 hurdles and 800 indoors once cleared to compete. She is a finalist for Pacific Northwest athlete of the year, having also won three events at conference, taken second in the heptathlon and U.S. Junior Nationals and fifth at the Junior Pan-Am Games...**Amber Rose** (Sr., Olympia, Wa./Capital) has been consistently vaulting over 11 feet, adding to the Falcons' quality depth...The Falcons' top middle-distance and distance runners—**Jamie Witt** (Jr., Folsom, Ca.), **Josie Lavin** (Jr., Bremerton, Wa.) and **Tim LeCount** (Jr., Battle Ground, Wa.)—will use the indoor season to rebuild their endurance following an intense cross country season...Greater emphasis on meets was a factor in the men setting

## 2004 TRACK & FIELD

### SPU Quick Facts

Coach—Jack Hoyt, 5th year  
Assistant—Doris Heritage  
Assistant—Algerian Hart  
Assistant—Erika Daligcon  
Assistant—Kelly LaBounty  
Assistant—Howie Kellogg  
Assistant—Laura Widman

### This Week's Schedule

Sun., Jan. 18, 9 a.m. (races 10:45)  
UW Indoor Open No. 1  
*Dempsey Indoor, Seattle, Wa.*

### 2003 Indoor Season Highlights

- Sarah Kraybill and Ally Studer were All-America, finishing fourth at the NCAA Championships in the 800 meters and pole vault, respectively
- Danielle Ayers-Stamper was a provisional qualifier in the high jump
- New school indoor records included Brian Hunter (60), Nathanael Castle (mile), Chris Randolph (60 hurdles), Kraybill (800), Studer (pole vault) and Ayers-Stamper (60 hurdles)

### 2004 Season Schedule

Jan. 18	UW Indoor Open No. 1
Feb. 1	UW Indoor Open No. 2
Feb. 15	UW Indoor Open No. 3
Feb. 21	GNAC Indoor Championships
Mar. 6	at Puget Sound/Lewis & Clark
M. 12-13	NCAA Indoor Championships
Mar. 13	Western Wash. Winter Open
Mar. 20	Panther/Stam Wright Invit.
M. 25-26	California Multi-Event
Mar. 27	Spring Break Open
Mar. 27	Hornet Invitational
Apr. 3	Vernacchia Invitational
Apr. 4-5	Spring Forward Multi-Event
Apr. 10	Shotwell Invitational
Apr. 17	Spike Arlt Invitational
A. 22-23	GNAC Multi-Event Champs.
Apr. 24	Oregon Invitational
Apr. 30	Western Wash. Twilight

four new school records and the women establishing three last winter. Studer's clearance of 12-1 1/2 and Ayers-Stamper's 60 hurdles time of 9.02 were also GNAC marks...SPU athletes have won three NCAA indoor titles, including two by triple-jumper Karin Grelsson (1993-94) and another by shot putter Mike Olson (1993)...The conference meet will be hosted by Northwest Nazarene at the Idaho Sports Center in Nampa.

## 2004 Track & Field Roster

<i>Women's Team</i>	<i>Events</i>	<i>Yr</i>	<i>Hometown (High School)</i>
Danielle Ayers-Stamper	Hep/Lj/Jav	So	LaCrosse, Wa. (LaCrosse)
Linda Blake	Hep/400H	So	Richland, Wa. (Liberty Christian/Richland)
Sharon Bjella	Hj/Hep	Fr	Everett, Wa. (Everett)
Stephanie Chatfield	3000/5000	Fr	Little Falls, Mn. (Little Falls)
Danae Clark	Lj/Tj/400	Fr	Hillsboro, Or. (Glencoe)
Kelsey Cooley	Hep/Hj	Fr	Missoula, Mt. (Hellgate)
Karen Dickson	3000/5000	Fr	El Dorado Hills, Ca. (Oak Ridge)
Julienne Durringer	400/Hj	Fr	Monroe, Wa. (Monroe)
Kelsey Gleason	100H/400H	So	Salem, Or. (Salem Academy)
Dianna Grossglass	Hj/Tj/100H	So	LaConner, Wa. (LaConner)
Abby Groth	1500/3000	So	Roseburg, Or. (Glide)
Ruth Harbaugh	3000/5000	So	Gig Harbor, Wa. (Gig Harbor)
Amy Harris	Pv	So	Philomath, Or. (Crescent Valley)
Allison Hedges	Pv	So	Richland, Wa. (Richland)
Molly Hornbuckle	Jav/Disc	Fr	Burien, Wa. (Highline)
Kristin Janney	Hep/Tj	Fr	White Salmon, Wa. (Columbia)
Nikki Jensen	3000/5000	Fr	Portland, Or. (St. Mary's Academy)
Sara Johnson	Jav/Ham/Tj	Jr	Kennewick, Wa. (K'wick/Spok. Fls CC)
Becky Knox	1500	So	Denver, Co. (Denver Christian)
Jean Kolb	100/200	So	Eugene, Or. (South Eugene)
Lauren Kooy	Dt/Ht	Sr	George, Wa. (Quincy)
Josie Lavin	800/1500	Jr	Bremerton, Wa. (Bremerton)
Kinyatta Leonhardt	100/200/400	Fr	Petaluma, Ca. (St. Vincent)
Jennifer Marsh	400/800/1500	Fr	Kirkland, Wa. (Juanita)
Ashley Marshall	400/800	Fr	Bellingham, Wa. (Meridian)
Brandi McCoy	1500/3000	Fr	Richland, Wa. (Richland)
Andrea Pennington	Jav/Dt	Sr	Bellingham, Wa. (Bell'ham/Whatcom CC)
Victoria Perkins	400H	Fr	Kent, Wa. (Kentwood)
Erica Preboski	Steeple	Fr	Camano Is., Wa. (Stanwood)
Breanne Rohm	400	Jr	Juneau, Ak. (Juneau-Douglas)
Amber Rose	Tj/Pv	Sr	Olympia, Wa. (Capital)
Janna Schaafsma	100H/400H	So	Soldotna, Ak. (Soldotna)
Janelle Stevens	800/1500	So	Soquel, Ca. (Soquel)
Ally Studer	Pv/Lj	Sr	Redmond, Wa. (Redmond)
Hillary Tayet	800/Steeple	So	Lakewood, Wa. (Cascade Christian)
Jamie Witt	3000/5000	Jr	Folsom, Ca. (Folsom)
<i>Men's Team</i>	<i>Events</i>	<i>Yr</i>	<i>Hometown (High School)</i>
Alex Bailey	110H	Fr	Portland, Or. (Westview)
Philip Bayley	Dec	Jr	Seattle, Wa. (King's/PLU)
Clint Bjella	1500/5000	Jr	Everett, Wa. (Everett)
Bjorn Bostrom	1500/5000	Fr	La Conner, Wa. (Bellingham)
Gregg Flowers	200/400H	Fr	Seattle, Wa. (King's)
Michael Gavareski	800/1500	Fr	Bellingham, Wa. (Bellingham)
Tyrone Hattingh	Tj	Fr	Redmond, Wa. (King's)
Brian Hunter	100/200/jav	Jr	Carnation, Wa. (Cedarcrest)
Micah Kelcy	400H	Sr	Lakewood, Wa. (Clover Park)
Dan Larimer	Dec	Fr	Libby, Mt. (Libby)
Tim LeCount	1500/5000	Jr	Battle Ground, Wa. (Battle Ground)
Aaron Libadisos	Steeple	Jr	Kailua-Kona, Hi. (Kealakehe)
Paul Mach	400H/800	Sr	Seattle, Wa. (King's)
Lee O'Connor	5000/10k	Fr	Indianapolis, In. (Ben Davis)
Ryan Phillips	1500/5000	Fr	West Linn, Or. (West Linn)
Chris Randolph	Dec/Hj/Lj	So	Lone Tree, Co. (Denver Christian)
Jason Radel	Dec/400H	So	Flathead, Mt. (Flathead)
Tim Reeves	400H	So	Beaverton, Or. (Beaverton)
James Rosser	5000	Fr	Seattle, Wa. (Highline)
Eddie Strickler	400/800	Fr	Richland, Wa. (Richland)

Head Coach: Jack Hoyt

Assistants: Doris Heritage, Erika Daligcon, Algerian Hart, Kelly LaBounty, Howie Kellogg, Laura Widman

## SPU Men's Indoor Records

55 Meters	6.87, Bryan Gough, 1995
60 Meters	7.33, Brian Hunter, 2003
400 Meters	50.47, Daunte Gouge, 1991
800 Meters	1:52.9, Ted Hamlin, 1992
Mile	4:12.27, Nathanael Castle, 2003
55M Hurdles	7.94, Jack Hoyt, 1987
60M Hurdles	8.93, Chris Randolph, 2003
1600 Relay	3:26.55, 2002
Mile Relay	3:21.25, 2003
High Jump	6-8 1/4, Kyle Gough, 1996
Pole Vault	13-0, John Masters, 1984
Long Jump	22-3 1/2, Zeph Shepard, 2000
Triple Jump	50-7, Steve Gough, 1971
Shot Put	59-7 3/4, Mike Olson, 1993

## SPU Women's Indoor Records

55 Meters	7.12, Shavonne Colebrooke, 1995
60 Meters	8.08, Joleen Schwarzmiller, 1998
400 Meters	57.74, Sarah Kraybill, 2001
800 Meters	2:09.53, Sarah Kraybill, 2003
Mile	4:58.0, Charlotte Jensen, 1991
55M Hurdles	8.04, Anita Sartin, 1987
60M Hurdles	9.02, D. Ayers-Stamper, 2003
1600 Relay	3:50.29, 2000
High Jump	5-9 3/4, Laura Widman, 1999
Pole Vault	12-1 1/2, Ally Studer, 2003
Long Jump	19-9 1/2, Karin Grelsson, 1993
Triple Jump	41-4 1/4, Karin Grelsson, 1993
Shot Put	44-7 3/4, Susan Jung, 1997
20-Pound Wgt.	33-6 3/4, Dionna Anderson, 2002

## 2003 Indoor Best Marks

### Women's

60-Jean Kolb, 8.34
200-Kelsey Gleason, 26.81
400-Laura Widman, 1:00.35
800-Sarah Kraybill, 2:09.53 ✓
Mile-
55H-
60H-Danielle Ayers-Stamper, 9.02 ✓
4x400-4:01.90
Hj-Danielle Ayers-Stamper, 5-6 1/2
Pv-Ally Studer, 12-1 1/2 ✓
Lj-Danielle Ayers-Stamper, 17-5 1/2
Tj-
Sp-Jennifer Pyeatt, 40-7
20pd.-

### Men's

60-Brian Hunter, 7.33 ✓
400-Micah Kelcy, 51.07
800-Nathanael Castle, 1:53.37
Mile-Nathanael Castle, 4:12.27 ✓
55H-
60H-Chris Randolph, 8.96 ✓
4x400-Mach-Kelcy-Castle-Van Hess, 3:21.25 ✓
Hj-Chris Randolph, 6-4 3/4
Pv-
Lj-Chris Randolph, 20-2 1/4
Tj-
Sp-Chris Randolph, 30-10
20pd.-

PQ-NCAA Provisional Qualifier

Q-NCAA Qualifier

✓-SPU record