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Great Outdoors Await Track & Field Saturday 3 Falcons Set For NCAA Indoor; Women Claim GNAC

Fresh air time. The track & field equivalent of cabin fever will be remedied Saturday (Mar. 6) when Seattle Pacific University sends its men and women to the season's first outdoor meet, a three-way scored affair with host Puget Sound and Lewis & Clark. It starts the clock on an 11-week effort to qualify individuals for the NCAA Division II Championships in May. Meanwhile, three Falcons are making final preparations for the NCAA indoor meet Mar. 12-13 in Boston.

Start with momentum. Never mind the fresh air feeling good, people wearing SPU singlets were already wearing smiles because of the bang-up job they have done indoors. The women won the inaugural Great Northwest Athletic Conference championship Feb. 21, with seven individuals—five women and two men—claiming event titles. And the indoor season is still going. Getting the green light from the NCAA to proceed to Boston are **Paul Mach** (Sr., Seattle, Wa./King's), **Jennifer Marsh** (Fr., Kirkland, Wa./Juanita) and **Ally Studer** (Sr., Redmond, Wa./Redmond). Mach is among the No. 5 qualifier in the 800m, Marsh is No. 9 in the women's 800m and Studer, a No. 6 seed, will make her second trip to nationals in the pole vault. Last year she took fourth indoors.

Baby, it's cold outside. Technically, it's still winter, and so the expectations for calm winds, balmy temperatures and a dry track are but whimsy. Still, Coach **Jack Hoyt** believes his troops could manage a few provisional qualifying marks for nationals before spring break and a trip to California. Among those most likely to emerge with NCAA provisional marks in this first few weeks of the season are his Boston-bound indoor qualifiers, plus pole vaulter **Allie Hedges** (So., Richland, Wa./Richland), high-jumper **Sharon Bjella** (Fr., Everett, Wa./Everett) and javelin thrower **Sara Johnson** (Jr., Kennewick, Wa./Kennewick-Spokane Falls CC).

Danielle shelved. Seattle Pacific will go through the '04 season without the last season's GNAC athlete of the year, **Danielle Ayers-Stamper** (So., LaCrosse, Wa.). A back injury kept Ayers-Stamper sidelined much of the past two months, and both she and Hoyt agreed she should claim a redshirt status. As a freshman, Ayers-Stamper was the NCAA runner-up in the heptathlon, second at the USA Junior Championships and fifth at the Junior Pan Am Games. She earlier had won three conference events.

Back in the winner's circle. Hopefully the Falcons' performances at the GNAC indoor meet was a harbinger of things to come later this spring. Sprinter **Kenyatta Leonhardt** (Fr., Petaluma, Ca./St. Vincent) won two events as the freshman class made a huge difference in the women getting first over the 2003 outdoor winner, Western Oregon. Seattle Pacific, piling up the majority of its points in the sprints, relays and middle distances, won six events altogether to finish with a comfortable margin over the Wolves, 160-136 1/2. Seattle Pacific freshmen totaled 85 points and four of the team's five individual victories. Leonhardt broke her own school record in the 60m dash (7.95 seconds) and came back to take the 200 (25.40) to earn freshman of the meet. Hoyt was named coach of the year. Other victories came from Marsh in the 800 (2:14.80), **Jamie Witt** (Jr., Folsom, Ca.) in the mile (5:09.21) and Bjella in the high jump (5-3 1/4). Marsh and Witt also ran on the medley relay, which coasted to an easy win. For the men, Mach improved his own school record in the 800, winning in 1:51.49 and **Chris Randolph** (So., Lone Tree, Co./Denver Christian) took the long jump (21-10). Randolph, entered in four events and scoring in three,

2004 TRACK & FIELD

SPU Quick Facts

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

This Week's Schedule

Sat., Jan. 6, 11 a.m.
Puget Sound/Lewis & Clark
Baker Stadium, Tacoma, Wa.

Coming Up

Fri.-Sat., Mar. 12-13
NCAA Indoor Championships
Reggie Lewis Center, Boston, Ma.

Streaks & Such

The Falcons have finished among the top 20 women's teams three consecutive years and 17 times since 1981

2003 Outdoor Season Highlights

- Seattle Pacific finished tied for 16th in the NCAA and was second in the GNAC
- Danielle Ayers-Stamper won three GNAC titles and was second in the NCAA heptathlon
- Sarah Kraybill took third in the NCAA outdoor 800 and fourth indoors, and won two GNAC titles
- Ally Studer, an indoor pole vault All-America, improved her school record to 12-4
- Paul Mach won his third straight conference hurdles title and qualified for NCAAs

2004 Outdoor Schedule

Mar. 6 Puget Sound/Lewis & Clark
Mar. 13 Salzman Invitational
Mar. 20 Panther/Stam Wright Invit.
M. 24-25 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
May 8 GNAC Championships
May 15 Foreman Invitational
M. 27-29 NCAA Championships

accounted for 22 of the team's 56 points. He was runner-up in the high jump (6-6 1/4). Western Oregon was the men's team champion, with the Falcons fifth.

Fractions. SPU won last year's women's triangular with UPS and Lewis & Clark by 80 points while the men were 41 points behind the first-place Loggers and in front of the Pioneers...Studer was named GNAC athlete of the week after clearing 12-4 last week in her section of the MPSF meet. It improved her own indoor record by 2 1/2 inches and equals her outdoor record as well.

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)
Sharon Bjella	Hj/Hep	Fr	Everett, Wa. (Everett)
Linda Blake	Hep/400H	So	Richland, Wa. (Liberty Christian/Richland)
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 Duringer	400	Fr	Monroe, Wa. (Monroe)
Kelsey Gleason	100H/400H	So	Salem, Or. (Salem Academy)
Dianna Grossglass	Hj/Tj/400H	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/Dt	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)
Gabrielle Robinson-Spaulding	Dt/Ht	Fr	Redding, Ca. (Shasta)
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)
Jennifer Urrutia	Dt/Ht	Fr	Sunnyside, Wa. (Sunnyside)
Jamie Witt	3000/5000	Jr	Folsom, Ca. (Folsom)
<i>Men's Team</i>	<i>Events</i>	<i>Yr</i>	<i>Hometown (High School)</i>
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)
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	So	Lone Tree, Co. (Denver Christian)
Jason Radel	Dec/400H	So	Flathead, Mt. (Flathead)
Tim Reeves	400H	So	Beaverton, Or. (Beaverton)
James Rosser	5000/10k	Fr	Seattle, Wa. (Highline)
Eddie Strickler	400/800	Fr	Richland, Wa. (Richland)

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	1:51.49, Paul Mach, 2004
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	13-5 1/2, Chris Randolph, 2004
Long Jump	22-5, Chris Randolph, 2004
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	7.96, Kinyatta Leonhardt, 2004
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	12-4, Ally Studer, 2004
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.	42-5 1/4, Lauren kooy, 2004

2004 Indoor Best Marks

Women's

60–Kenyatta Lenhardt, 7.96 √
200–Kenyatta Leonhardt, 25.40
400–Julie Duringer, 59.86
800–Jennifer Marsh, 2:13.55 PQ
Mile–Jamie Witt, 5:09.21
3000–Karen Dickson, 10:38.28
5000–Karen Dickson, 19:33.96
60H–Linda Blake, 9.38
4x400–4:01.7
Hj–Dianna Grossglass, 5-5
Pv–Ally Studer, 12-4 √ PQ
Lj–Danae Clark, 17-6
Tj–Danae Clark, 35-8
Sp–Linda Blake, 32-7 3/4
20pd.–Lauren Kooy, 42-5 1/4 √

Men's

60–
200–Micah Kelcy, 23.34
400–Dan Larimer, 51.70
800–Paul Mach, 1:51.49 √ PQ
Mile–Tim LeCount, 4:23.43
3000–Tim LeCount, 8:53.55
5000–Lee O'Connor, 16:30.33
60H–Chris Randolph, 8.65
4x400–3:28.05
Hj–Chris Randolph, 6-6 3/4
Pv–Chris Randolph, 13-5 1/2 √
Lj–Chris Randolph, 22-5
Tj–Tyrone Hattingh, 41-10 3/4
Sp–Philip Bayley, 42-3 1/4
35pd.–

PQ–NCAA Provisional Qualifier

Q–NCAA Qualifier

√–SPU record