

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

The Annual Rite Of Spring (Break): A Road Trip Falcons Wins Salzman; Take 22 South To California

School's out. It's time to snap those No. 2 pencils in half, forget about the blue books and catch some rays. That is, if you're one of the 22 Seattle Pacific University track & field athletes making the trip to the Sacramento area for spring break. The Falcons will send individuals to four meets during the 10-day stay, beginning with Saturday's (Mar. 20) Panther/Stan Wright Invitational. Next week brings the first heptathlon and decathlons of the young season at Berkeley, followed by the Hornet and Stanford Invitationals, plus the Spring Break Open in nearby Edmonds.

Will he pump us up? The Falcons will get a warm welcome in the California capital. No, not from Governor Ahnuld. Mother Nature will provide sun and temperatures near 80 this weekend, and such conditions can help athletes make gains in flexibility and performance. Or so they say. At any rate, this trip could help swell the list of NCAA qualifiers. Currently, Seattle Pacific has two: javelin thrower **Sara Johnson** (Jr., Kennewick, Wa./Kennewick-Spokane Falls CC) and pole vaulter **Allie Hedges** (So., Richland, Wa./Richland).

Best and brightest. Coach **Jack Hoyt** set some qualifying standards of his own to determine who will travel south, with 18 women and four males making the cut and some others staying behind to nurse injuries. However, with six meets on the menu, it's safe to say that somewhere along a 1000-mile stretch of the Interstate 5 corridor there will be an SPU singlet running nearby in the next fortnight. Assistant coach **Doris Heritage** will take three male runners to the Oregon Preview in Eugene Saturday (Mar. 20). The decathlon and heptathlon hopefuls will deploy to Berkeley next Wednesday and Thursday (Mar. 24-25) and the another handful of athletes will join the team in Sacramento and Stanford. The entire team will finally reassemble Apr. 3 in Bellingham.

Ally goes dark. Hoyt has the team to beat in the Great Northwest Athletic Conference, despite the fact that he's losing another All-America for the spring. **Ally Studer** (Sr., Redmond, Wa./Redmond) has decided to claim a redshirt status for the outdoor season. Studer, a three-time All-America, joins **Danielle Ayers-Stamper** (So., LaCrosse, Wa.), last year's NCAA heptathlon runner-up, on the shelf. Their projected return makes the '05 team particularly strong.

On the outs indoors. The Falcons' indoor campaign unfortunately ended without a bang in Boston as none of the three qualifiers scored. **Paul Mach** (Sr., Seattle, Wa./King's), still hampered somewhat by a hip injury, finished ninth in the 800-meter final in 1:53.23—more than a second off his best time. Studer cleared just 11-3 3/4 and took 11th in the pole vault. She had qualified with a mark of 12-4. **Jennifer Marsh** (Fr., Kirkland, Wa./Juanita) did not advance out of the women's 800 prelim with a time of 2:14.30.

Chips and Salzman. Outdoors, the skies and news was brighter. Seattle Pacific claimed its first Salzman Invitational women's title in nine years, finishing comfortably ahead of second-place Central Washington, 184.5-118.5. The men who, like the women were without several key individuals, were seventh. **Janna Schaafsma** (So., Soldotna, Ak.) won the 100 hurdles (a PR of 15.0 seconds) and came back to take second in the intermediate hurdles in 1:05.0. In the field events, **Andrea Pennington** (Sr., Bellingham, Wa./Bellingham) claimed the javelin with a throw of 131-5 and Hedges led a 1-2-3 sweep of the pole vault, clearing 10-11 3/4. **Eddie Strickler** (Fr., Richland, Wa.)

2004 TRACK & FIELD

SPU Quick Facts

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

Upcoming Schedule

Sat., Mar. 20, 10 a.m.
Panther/Stan Wright Invitational
Hughes Stadium, Sacramento, Ca.

Sat., Mar. 20, 10 a.m.
Oregon Preview
Hayward Field, Eugene, Or.

Wed.-Thr., Mar. 24-25
California Multi-Event
Edwards Stadium, Berkeley, Ca.

Fri., Mar. 26
Stanford Invitational
Cobb Track, Palo Alto, Ca.

Sat., Mar. 27, 10 a.m.
Hornet Invitational
Hornet Stadium, Sacramento, Ca.

Sat., Mar. 27, 10 a.m.
Spring Break Open
Edmonds District Stadium, Seattle, Wa.

Last Week's Highlights

- The Falcons, with 184 1/2 points, won the Salzman Invitational women's title for the first time in nine years
- Janna Schaafsma won the 100 hurdles and was runner-up in the 400 hurdles
- Eddie Strickler earned GNAC athlete of the week after winning the Salzman 80 in 1:54.5

Remaining Outdoor Schedule

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

provided the men's highlight, taking first in the 800 in 1:54.5. It was the best time in the GNAC this spring and earned Strickler athlete of the week. Western Washington won the men's crown with 158 points. SPU (32) took fourth.

Fractions. Strickler will run at Oregon along with **Tim LeCount** (Jr., Battle Ground, Wa.) this week while Mach will rest the sore hip...Johnson did not throw the javelin last week but will in Sacramento and again at Stanford. Also competing in Palo Alto will be Marsh (800) and **Kenyatta Leonhardt** (Fr., Petaluma, Ca.) in the 400...**Abby Groth** (So., Roseburg, Or./Glide) ran a PR the 1500 (4:51.4) at the Salzman, taking third.

2004 Track & Field Roster

Women's Team	Events	Yr	Hometown (High School)
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 Durringer	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-Spaulling	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)

Men's Team	Events	Yr	Hometown (High School)
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 Kelley	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)

NCAA Indoor Results

Women	Event	Mark	Place
Jennifer Marsh	800	2:14.30	9
Ally Studer	Pole	11-3 3/4	11

Men	Event	Mark	Place
Paul Mach	800	1:53.23	9

NCAA Outdoor Qualifiers

Women	Event	Mark
Sara Johnson	Jav	147-7
Allie Hedges	Pole	11-6

2004 Outdoor Best Marks

Women's

100-Kenyatta Leonhardt, 12.70
 200-Kenyatta Leonhardt, 25.70
 400-Kenyatta Leonhardt, 58.83
 800-Jennifer Marsh, 2:15.66 √
 1500-Abby Groth, 4:51.4
 Steeple-
 3000-
 5000-Karen Dickson, 18:19.29
 10,000-Karen Dickson, 38:40.37 √
 100H-Janna Schaafsma, 15.0
 400H-Janna Schaafsma, 1:05.0
 4x100- Gleason, Durringer, Kolb, Leonhardt, 48.4
 4x400-Gleason, Durringer, Leonhardt, Marshall, 3:59.61
 Hj-Linda Blake, 5-1 3/4
 Pv-Allie Hedges, 11-6 √ (PQ)
 Lj-Danae Clark, 17-3 1/4 √
 Tj-Danae Clark, 34-9 3/4
 Sp-Lauren Kooy, 34-11
 Dt-Lauren Kooy, 128-8 √
 Ht-Lauren Kooy, 124-9
 Jt-Sara Johnson, 147-7 √ (PQ)
 Hep-

Men's

100-
 200-
 400-Eddie Strickler, 50.00 √
 800-Eddie Strickler, 1:54.5
 1500-Tim LeCount, 4:03.73
 Steeple-Ryan Phillips, 10:45.5
 5000-tim LeCount, 15:09.4
 10,000-Lee O'Connor, 34:56.24
 110H-Chris Randolph, 16.02
 400H-Micah Kelley, 56.02
 4x100-Randolph, Radel, Reeves, Kelly, 44.97
 4x400-Randolph, Kelley, Radel, Strickler, 3:29.36
 Hj-
 Pv-
 Lj-Tyrone Hattingh, 17-9
 Tj-Tyrone Hattingh, 42-1 1/4
 Sp-Philip Bayley, 41-5 1/4
 Dt-Chris Randolph, 134-0
 Ht-
 Jt-Chris Randolph, 162-1
 Dec-

PQ-NCAA Provisional Qualifier
 √-GNAC Automatic Qualifier