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Track's Tack: Oregon Via Ellensburg Women Win Shotwell; Schaafsma Snags Award

South by east. Explorers sailed west to find the Far East and this weekend the Seattle Pacific University track & field teams will go east while focused on their targeted destination to the south. The Falcons compete at the Spike Arlt Invitational in Ellensburg on Saturday (Apr. 17), although most are more concerned with the Oregon Invitational in Eugene the following week. That's a sign that the spring season is reaching its peak, with three weeks remaining prior to the Great Northwest Athletic Conference Championships and five more opportunities to qualify for the NCAA Division II Championships next month.

Home meet to Westside. Seattle Pacific's sole home meet will move for the first time in 15 years as the Ken Foreman Invitational goes to West Seattle's Sealth Stadium and Southwest Athletic Complex for the May 15 meet. The Falcons had used Husky Stadium since 1989 but scheduling conflicts prompted this year's change. The Foreman, which usually falls on the final weekend of the regular season, annually attracts the top collegians and club athletes from throughout the Pacific Northwest.

This train don't stop. While the Arlt Invitational has a team scoring prize, Coach **Jack Hoyt** plans to have his athletes train through this meet, with the top qualifying prospects setting their sights on the Oregon Invitational. One symptom of this strategy is the planned doubling in events by middle-distance and distance runners. **Tim LeCount** (Jr., Battle Ground, Wa.), **Jennifer Marsh** (Fr., Kirkland, Wa./Juanita) and **Eddie Strickler** (Fr., Richland, Wa.) will all run both the 800 and 1500 meters at Ellensburg.

Score one more. The Falcons were shorthanded last week, yet they still managed to take the women's team crown at the Shotwell Invitational by nearly 90 points. It was their third victory in as many scored meets this season. **Janna Schaafsma** (So., Soldotna, Ak.) won the 100-meter hurdles (15.30 seconds) and took second in the 400 hurdles in a PR and GNAC season-best of 1:04.26 to earn conference athlete of the week. Marsh added a victory and season-best time of 2:13.24 in the 800 and also ran the anchor leg of the 1600 relay, which hit a season-best time (3:53.56) to win for the fifth time in six outings. Other winners were high-jumper **Sharon Bjella** (Fr., Everett, Wa./Everett), clearing 5-foot-3, and pole-vaulter **Allie Hedges** (So., Richland, Wa.), at 11-5 1/4. SPU totaled 164.45 points, comfortably in front of runner-up and host Puget Sound's 74.5. **Kinyatta Leonhardt** (Fr., Petaluma, Ca./St. Vincent), who ran on the long relay with Marsh, was second in the 200 in a PR of 25.34. Additional runners-up were **Sara Johnson** (Jr., Kennewick, Wa.) in the javelin (131-7) and **Linda Blake** (So., Richland, Wa.) in the long jump (16-5 3/4). The men took sixth place with 47.5 points. Western Washington won handily with 186. Strickler picked up his second victory of the year in the 800, lowering his PR to 1:54.56. LeCount, back after a two-week absence, ran second in the 5000 in a career-best 15:06.13.

Fractions. SPU finished a close second to the Western Oregon women, 152-149, at the 2003 Arlt Invitational. The men got their best 1600 relay time in three years and **Dianna Grossglass** (So., LaConner, Wa.) cleared 5-6 1/2 in the high jump and also won the triple jump...Decathlete **Chris Randolph** (So., Lone Tree, Co./Denver Christian) and hurdler/800 runner **Paul Mach** (Sr., Seattle, Wa./King's) remain sidelined with ankle and hip injuries, respectively...**Philip Bayley** (Jr., Seattle, Wa./King's), coming off PRs in both the high jump and

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
Assistant—Howie Kellogg

This Week's Schedule

Sat., Apr. 17, 10 a.m.
Spike Arlt Invitational
Tomlinson Stadium, Ellensburg, Wa.

Stat de jur

The SPU women hold the top conference performance marks in eight events

Streaks & Such

The Falcon women have won each of their three scored meets this spring

Last Week's Highlight

Janna Schaafsma won the 100 hurdles and took second in the 400 hurdles to be selected as the GNAC athlete of the week

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. 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

discus, is participating in a decathlon at Saint Martin's this week in an effort to qualify for the GNAC multi-event championships next week...In addition to Marsh and Schaafsma, the Falcons hold the top GNAC marks in six other events: Leonhardt in the 200, **Abby Groth** (So., Roseburg, Or./Glide) in the 3000, both relays, Hedges and **Amy Harris** (So., Philomath, Or./Crescent Valley) in the pole vault, and Johnson in the javelin...Most of the women's distance runners were rested last week...Leonhardt will run the 400 this week, facing GNAC frontrunner Terran Legard of Central Washington.

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 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-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)
Alena Schlumpf	Pv	Sr	Las Vegas, Nv. (Green Valley)
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)
Greg 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 Kelcey	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 Outdoor Qualifiers

<i>Women</i>	<i>Event</i>	<i>Mark</i>
Jennifer Marsh	800	2:13.41
Karen Dickson	10,000	37:22.6
Allie Hedges	Pole	11-5 ³ / ₄
Amy Harris	Pole	11-5 ³ / ₄
Sara Johnson	Jav	147-7

2004 Outdoor Best Marks

Women's

100–Jean Kolb, 12.90
 200–Kenyatta Leonhardt, 25.34 √
 400–Kenyatta Leonhardt, 57.53 √
 800–Jennifer Marsh, 2:13.24 √
 1500–Jennifer Marsh, 4:41.42 √
 Steeple–
 3000–Abby Groth, 10:30.2
 5000–Karen Dickson, 18:19.29 √
 10,000–Karen Dickson, 37:22.6 √ (PQ)
 100H–Janna Schaafsma, 15.12 √
 400H–Janna Schaafsma, 1:04.26 √
 4x100–Gleason, Schaafsma, Kolb, Leonhardt, 48.52 √
 4x400–Gleason, Kolb, Leonhardt, Marshall, 3:53.56 √
 Hj–Dianna Grossglass/Sharon Bjella, 5-4 √
 Pv–Allie Hedges/Amy Harris, 11-5 ³/₄ √ (PQ)
 Lj–Danae Clark, 17-3 ¹/₄ √
 Tj–Danae Clark, 34-9 ³/₄
 Sp–Lauren Kooy, 36-4 ¹/₄ √
 Dt–Lauren Kooy, 128-8 √
 Ht–Jennifer Urrutia, 126-8
 Jt–Sara Johnson, 147-7 √ (PQ)
 Hep–Linda Blake, 4032 √

Men's

100–Dan Larimer, 11.98
 200–
 400–Eddie Strickler, 50.00 √
 800–Eddie Strickler, 1:54.56
 1500–Tim LeCount, 4:03.73
 Steeple–Aaron Libadisos, 10:35.26
 5000–Tim LeCount, 15:06.13
 10,000–Lee O'Connor, 34:56.24
 110H–Chris Randolph, 15.82
 400H–Micah Kelcey, 55.41 √
 4x100–Randolph, Radel, Reeves, Kelcey, 44.97 √
 4x400–Randolph, Kelcey, Radel, Strickler, 3:29.36 √
 Hj–Philip Bayley, 6-2 ¹/₄
 Pv–Dan Larimer, 12-9 ¹/₂
 Lj–Tyrone Hattingh, 20-1 ³/₄
 Tj–Tyrone Hattingh, 42-8 ¹/₄
 Sp–Philip Bayley, 42-4 ¹/₄
 Dt–Philip Bayley, 136-10
 Ht–
 Jt–Chris Randolph, 162-1
 Dec–Dan Larimer, 5867 √

PQ–NCAA Provisional Qualifier
 √–GNAC Automatic Qualifier

2004 Seattle Pacific University Women's Indoor Performance List

<i>100m (11.50/12.15)</i>	<i>PR</i>	<i>Season Best</i>	Linda Blake	15.12/14.92w (03)	15.2 (2)
Kinyatta Leonhardt	12.0 (03)	12.7 (2)	Dianna Grossglass	15.77 (04)	15.77 (6)
Jean Kolb	12.39 (02)	12.90 (4)	Kristin Janney	15.83 (04)	15.83 (4a)
Kristin Janney	12.76 (03)	13.25 (6)	Victoria Perkins	16.4 (03)	
Kelsey Gleason	12.95 (04)	12.95 (4)	Sharon Bjella	17.09 (04)	17.09 (4a)
Danae Clark	12.96 (03)				
Allie Hedges	14.06 (03)	14.37 (3)	<i>400mH (59.00/1:03.70)</i>		
Amy Harris	14.29 (03)	14.31 (3)	Janna Schaafsma	1:04.26 (04)	1:04.26 (6)
			Kelsey Gleason	1:04.84 (03)	1:05.48 (5)
<i>200m (23.80/24.90)</i>			Victoria Perkins	1:05.43 (04)	1:05.43 (5)
Kinyatta Leonhardt	25.34 (04)	25.34 (6)	Linda Blake	1:06.84 (03)	1:11.42 (5)
Kristin Janney	25.9 (02)	27.31 (4a)			
Jean Kolb	26.03 (02)	26.24 (2)	<i>400m Relay (45.50/47.90)</i>		
Julienne Durringer	26.0 (03)	26.85 (2)	Gleason, Schaafsma, Kolb, Leonhardt		48.52 (5)
Danae Clark	26.3 (03)				
Jennifer Marsh	26.3 (03)		<i>1600 Relay (3:42.00/3:52.00)</i>		
Dianna Grossglass	27.62 (03)		Gleason, Kolb, Leonhardt, Marsh		3:53.56 (6)
Ashley Marshall	26.63 (04)	27.45 (6)			
Linda Blake	26.7 (03)	27.32 (4a)	<i>High Jump (5-10 1/2/5-6)</i>		
Sharon Bjella	28.75 (04)	28.75 (4a)	Dianna Grossglass	5-6 1/2 (03)	(1.62m) 5-4 (3)
			Sharon Bjella	5-6 (03)	(1.62m) 5-4 (3)
<i>400m (54.00/56.90)</i>			Linda Blake	5-5 (03)	(1.57m) 5-1 3/4 (1)
Kinyatta Leonhardt	57.0 (03)	57.53 (3)	Kelsey Cooley	5-4 (02)	
Breanne Rohm	58.0 (01)	1:04.5 (2)	Kristin Janney	4-9 (04)	(1.45m) 4-9 (4a)
Jennifer Marsh	58.34 (04)	58.34 (3)	Julienne Durringer	4-8 (03)	
Julienne Durringer	59.5 (04)	59.5 (2)			
Jean Kolb	59.91 (03)		<i>Pole Vault (13-1 1/2/11-5 3/4)</i>		
Kristin Janney	1:00.1 (01)		Allie Hedges	11-9 (03)	(3.50m) 11-5 3/4 (1)
Ashley Marshall	1:00.1 (04)	1:00.1 (2)	Amy Harris	11-5 1/4 (04)	(3.50m) 11-5 3/4 (5)
			Amber Rose	10-6 (04)	(3.20m) 10-6 (2/4)
<i>800m (2:08.00/2:14.50)</i>			Alena Schlumpf	10-6 (00)	(2.89m) 9-5 3/4 (6)
Jennifer Marsh	2:13.24 (04)	2:13.24 (6)			
Brandi McCoy	2:19.3 (04)	2:19.3 (2)	<i>Long Jump (20-6 1/4/18-8)</i>		
Victoria Perkins	2:20.0 (04)	2:20.0 (2)	Kristin Janney	18-0 1/4 (02)	(4.64m) 15-2 3/4 (4a)
Janelle Stevens	2:23.0 (02)		Danae Clark	17-10 (02)	(5.26m) 17-3 1/4 (1)
Hillary Tayet	2:27.0 (02)		Linda Blake	17-0 (02)	(5.02m) 16-5 3/4 (6)
Abby Groth	2:27.71 (04)	2:27.71 (4)	Kelsey Cooley	16-6 (01)	
Erica Preboski	2:28.0 (00)		Sharon Bjella	14-10 3/4 (04)	(4.54m) 14-10 3/4 (4a)
Linda Blake	2:33.86 (03)	2:34.22 (1)			
Nikki Jensen	2:35.0 (03)		<i>Triple Jump (41-0 1/4/38-0 3/4)</i>		
Sharon Bjella	2:37.70 (04)	2:37.70 (4a)	Kristin Janney	37-0 3/4 (02)	
Kristin Janney	2:39.69 (04)	2:39.69 (4a)	Dianna Grossglass	36-6 3/4 (03)	
			Amber Rose	36-4 1/2 (00)	(10.26m) 33-8 (1)
<i>1500m (4:27.00/4:41.00)</i>			Danae Clark	35-7 3/4 (02)	(10.61m) 34-9 3/4 (1)
Jennifer Marsh	4:41.42 (04)	4:41.42 (5)	Kelsey Cooley	35-3 (02)	
Jamie Witt	4:49.87 (03)		Ashley Marshall	32-9 1/2 (04)	(9.99m) 32-9 1/2 (6)
Abby Groth	4:51.4 (04)	4:51.4 (2)	Sara Johnson	32-4 1/4 (04)	(9.87m) 32-4 1/4 (6)
Brandi McCoy	4:58.59 (04)	4:58.59 (3)			
Nikki Jensen	5:12.0 (02)		<i>Shot Put (50-0/43-6)</i>		
Ruth Harbaugh	5:16.7 (04)	5:16.7 (2)	Lauren Kooy	36-11 1/4 (02)	(11.08m) 36-4 1/4 (5)
Erica Preboski (1600m)	5:35.05 (03)		Linda Blake	34-4 (03)	(9.57m) 31-4 3/4 (5)
			Kristin Janney	31-1 3/4 (04)	(9.49m) 31-1 3/4 (1)
<i>3000m (9:40.00/10:18.00)</i>			Sharon Bjella	28-11 1/4 (04)	(8.82m) 28-11 1/4 (4a)
Jamie Witt	10:06.21 (01)	10:55.4 (5)			
Abby Groth	10:30.2 (04)	10:30.2 (5)	<i>Discus (166-0/141-1)</i>		
Brandi McCoy	11:03.6 (04)	11:03.6 (5)	Lauren Kooy	138-2 (00)	(39.21m) 128-8 (1)
Nikki Jensen	11:08.0 (02)		Gabrielle Robinson-Spaulding	120-0 (03)	(33.28m) 109-2 (2)
Ruth Harbaugh	11:17.37 (03)	11:28.1 (5)	Andrea Pennington	110-6 (04)	(33.68m) 110-6 (4)
Hillary Tayet	11:37.78 (03)		Jennifer Urrutia	105-7 (04)	(32.19m) 105-7 (2)
<i>3000 Steeplechase (10:20.00/11:30.00)</i>			<i>Hammer (185-0/155-0)</i>		
Hillary Tayet	12:05.27 (03)		Jennifer Urrutia	126-8 (04)	(38.62m) 126-8 (6)
			Lauren Kooy	124-9 (04)	(38.03m) 124-9 (1)
<i>5000m (16:40.00/17:50.00)</i>			Sara Johnson	121-10 (04)	(37.14m) 121-10 (2)
Jamie Witt	17:29.62 (01)		Gabrielle Robinson-Spaulding	117-4 (04)	(35.77m) 117-4 (1)
Karen Dickson	18:19.29 (04)	18:19.29 (2)	Andrea Pennington	108-1 (04)	(32.94m) 108-1 (3)
Ruth Harbaugh	19:33.44 (04)	19:33.44 (4)			
Becky Knox	19:43.66 (04)	19:43.66 (6)	<i>Javelin (155-0/134-0)</i>		
Abby Groth	20:00.80 (03)		Sara Johnson	147-7 (04)	(44.98m) 147-7 (1)
			Molly Hornbuckle	132-0 (03)	(38.41m) 126-0 (4)
<i>10,000m (35:00.00/38:00.00)</i>			Andrea Pennington	131-5 (04)	(40.17m) 131-5 (2)
Karen Dickson	37:22.6 (04)	37:22.6 (5)	Gabrielle Robinson-Spaulding	117-4 (04)	(35.77m) 117-4
Nikki Jensen	40:04.13 (04)	40:04.13 (1)	Kristin Janney	114-8 (04)	(34.96m) 114-8 (6)
Becky Knox	40:50.6 (04)	40:50.6 (5)	Linda Blake	110-9 (03)	(33.77m) 110-9 (2)
Erica Preboski	42:25.15 (04)	42:25.15 (1)	Sharon Bjella	90-4 (04)	(27.53m) 90-4 (3)
<i>100mH (13.80/14.65)</i>			<i>Heptathlon (5250/4400)</i>		
Janna Schaafsma	15.03 (02)	15.12 (4)	Linda Blake	4446 (03)	4032 (4a)
			Kristin Janney	3847 (04)	3847 (4a)
			Sharon Bjella	3629 (03)	3315 (4a)

2004 Seattle Pacific University Men's Outdoor Performance List

<i>100m (10.30/10.70)</i>	<i>PR</i>	<i>Season Best</i>	<i>High Jump (7-1/6-9 3/4)</i>		
Chris Randolph	11.88 (03)		Chris Randolph	6-6 (02)	
Dan Larimer	11.98 (04)	11.98 (4a)	Dan Larimer	6-4 (02)	(1.83m) 6-0 (4a)
Jason Radel	12.0 (03)		Philip Bayley	6-2 1/4 (04)	(1.89m) 6-2 1/4 (6)
			Jason Radel	5-8 (03)	
<i>200m (20.65/21.55)</i>			<i>Pole Vault (17-0/15-9)</i>		
Chris Randolph	23.54 (03)		Chris Randolph	12-9 1/2 (03)	
Tyrone Hattingh	25.6 (03)		Dan Larimer	12-9 1/2 (04)	(3.90m) 12-9 1/2 (4a)
			Jason Radel	12-3 1/2 (03)	
<i>400m (46.50/48.00)</i>			<i>Long Jump (25-4/23-8)</i>		
Eddie Strickler	48.9 (03)	50.00 (1)	Chris Randolph	21-2 1/2 (03)	
Paul Mach	49.79 (03)		Dan Larimer	19-5 1/2 (04)	(5.93m) 19-5 1/2 (4a)
Micah Kelley	50.20 (03)		Jason Radel	18-10 (03)	
Chris Randolph	51.07 (03)		Tyrone Hattingh	20-1 3/4 (04)	(6.14m) 20-1 3/4 (5)
Dan Larimer	52.40 (04)	52.40 (4a)			
Jason Radel	52.6 (03)		<i>Triple Jump (51-0/48-0)</i>		
Tim Reeves	55.36 (03)		Tyrone Hattingh	42-8 1/4 (04)	(13.01m) 42-8 1/4 (6)
Tyrone Hattingh	56.4 (03)				
<i>800m (1:49.40/1:52.30)</i>			<i>Shot Put (60-0 1/4/52-6)</i>		
Paul Mach	1:53.94 (03)		Philip Bayley	42-4 1/2 (04)	(12.63m) 42-4 1/2 (5)
Eddie Strickler	1:54.56 (04)	1:54.56 (6)	Tyrone Hattingh	38-6 (04)	(11.74m) 38-6 1/4 (2)
Tim LeCount	1:57.50 (02)		Chris Randolph	37-3 (04)	(11.35m) 37-3 (3)
Michael Gavareski	2:00.87 (03)	2:02.6 (2)	Dan Larimer	33-8 3/4 (04)	(10.28m) 33-8 3/4 (4a)
Bjorn Bostrom	2:02.64 (03)	2:08.17 (1)	Jason Radel	31-4 1/4 (03)	
Clint Bjella	2:09.90 (04)	2:09.90 (4c)			
<i>1500m (3:47.00/3:54.00)</i>			<i>Discus (180-0/161-0)</i>		
Tim LeCount	3:55.72 (02)	4:03.73 (1)	Philip Bayley	136-10 (04)	(41.71m) 136-10 (6)
Eddie Strickler	4:06.46 (04)	4:06.46 (5)	Chris Randolph	134-0 (04)	(40.85m) 134-0 (1)
Bjorn Bostrom	4:08.26 (04)	4:08.26 (95)	Dan Larimer	93-8 (04)	(28.55m) 93-8 (5)
Clint Bjella	4:19.3 (04)	4:19.3 (2)	Jason Radel	85-1 3/4 (03)	
Dan Larimer	4:32.38 (04)	4:32.38 (4a)			
Chris Randolph	4:32.61 (03)		<i>Hammer (200-0/172-0)</i>		
Aaron Libadisos		4:37.10 (5)			
Jason Radel	4:38.64 (03)		<i>Javelin (218-0/193-0)</i>		
<i>3000 Steeplechase (9:00.00/9:25.00)</i>			Chris Randolph	162-1 (04)	(49.41) 162-1 (1)
Aaron Libadisos	10:21.1 (02)	10:35.26 (6)	Dan Larimer	141-1 (04)	(43.00m) 141-1 (1)
Ryan Phillips	10:45.5 (04)	10:45.5 (2)	Jason Radel	109-5 (03)	
<i>5000m (14:00.00/14:50.00)</i>			<i>Decathlon (7000/6400)</i>		
Tim LeCount	15:06.13 (04)	15:06.13 (6)	Chris Randolph	6288 (03)	
Bjorn Bostrom	15:39.81 (04)	15:39.81 (6)	Dan Larimer	5867 (04)	5867 (4a)
Lee O'Connor	16:59.19 (04)	16:59.19 (6)	Jason Radel	5459 (03)	
James Rosser	17:00.38 (04)	17:00.38 (6)			
<i>10,000m (29:20.00/31:20.00)</i>			<i>Legend</i>		
Lee O'Connor	34:56.24 (04)	34:56.24 (1)	1 3/6 Puget Sound/Lewis & Clark	Tacoma, Wa.	
James Rosser	35:04.9 (04)	35:04.9 (5)	2 3/13 Salzman Invitational	Tacoma, Wa.	
<i>110mH (13.90/14.75)</i>			3 3/20 Panther/Stam Wright Invit.	Sacramento, Ca.	
Chris Randolph	15.61 (03)	15.82 (3)	3a 3/20 Oregon Preview	Eugene, Or.	
Jason Radel	16.31 (02)		4a 3/24-25 Cal Multi-Event	Berkeley, Ca.	
Dan Larimer	16.84 (04)	16.84 (4a)	4b 3/26-27 Stanford Invitational	Palo Alto, Ca.	
<i>400mH (51.70/53.55)</i>			4 3/27 Hornet Invitational	Sacramento, Ca.	
Paul Mach	52.91 (03)		4c 3/27 Spring Break Open	Edmonds, Wa.	
Micah Kelley	54.68 (03)	55.41 (3)	5 4/3 Vernacchia Team Classic	Bellingham, Wa.	
Tim Reeves	58.98 (04)	58.98 (6)	6 4/10 Shotwell Invitational	Tacoma, Wa.	
Jason Radel	59.59 (04)	59.59 (1)	7a 4/12-13 Saint Martin's Multi-Event	Lacey, Wa.	
Greg Flowers	1:00.69 (04)	1:00.69 (6)	7 4/17 Spike Arlt Invitational	Ellensburg, Wa.	
<i>400 Relay (40.00/41.25)</i>			8a 4/22-23 GNAC Multi-Event Champs.	Monmouth, Or.	
Randolph, Radel, Reeves, Kelcy		44.97 (1)	8 4/24 Oregon Invitational	Eugene, Or.	
<i>1600 Relay (3:09.00/3:14.00)</i>			8b 4/24 Western Oregon Open	Monmouth, Or.	
Randolph, Kelcy, Radel, Strickler		3:29.36 (1)	9 4/30 Western Washington Twilight	Bellingham, Wa.	
			10 5/8 GNAC Championships	Monmouth, Or.	