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Women's Four Aims To Repeat National Title Men's Lights, Novices Seek Dad Vail Crowns

Fleet ships out. While one crew seeks to maintain its grip on the championship, two other Seattle Pacific University teams of rowers are determined to make history this weekend on the East Coast. The men's lightweight four and novice four will go after the Falcons' first national men's crow at the Dad Vail Regatta, which is Friday and Saturday (May 7-8) on the Schuylkill River in Philadelphia. On Sunday (May 9), the scene shifts four states and a couple hundred miles away to Lake Quinsigamond in Worcester, Mass., where the SPU women's varsity four aims to repeat as winner of the ECAC National Invitational Championships. Whatever happens to the latter crew, they'll keep rowing. They are entered in the Pacific Coast Rowing Championships May 15 in Rancho Cordova, Ca., and the Henley Women's Regatta, June 18-20.

A good thing going. Seattle Pacific has gotten in the habit of bringing back some booty from national regattas, with women's pairs and fours taking first six times in four years. Last year, the light four won at Dad Vail and the varsity four at the ECAC. Meanwhile, the men are looking for their first national gold. Both regattas feature qualifying heats. With 18 schools entered at the ECAC, SPU must finish first or second in its Mother's Day morning race to advance to that afternoon's grand final. All Dad Vail qualifying heats are Friday, with grand finals the following day.

The racing form. Two of the three eastbound crews are riding the crest of considerable momentum, having captured conference and regional championships in the past two weeks. The men's lights are now 5-0 following their win by a bow at the Western Intercollegiate Rowing Association (WIRA) Championships in Rancho Cordova. Seattle Pacific won its second straight WIRA women's varsity title by a convincing 11 seconds. The men's novices were third yet have won four times and finished second twice.

Experience counts. Coach **Keith Jefferson** has several experienced rowers in his national contingent. The women's varsity features three rowers—stroke **Sarah Zorn** (Jr., Mercer Island, Wa./Lahser), **Heidi Visser** (Jr., Wenatchee, Wa.) and **Andi Martineau** (Jr., Superior, Mt.)—who won the ECAC in '04 and a novice national title in '03. In fact, those three have been involved with crews which have won 26 of 29 races over three seasons, including six of seven this spring. Coxswain **Joanna Hodgkiss** (Tacoma, Wa./Puyallup) was with the champion light four last year and bronze medalist with the light four the previous season. Completing that crew is **Carly Bollen** (So., Missoula, Mt./Valley Christian) in the bow seat. For the men, stroke **Joel Braman** (Sr., Wyoming, Mi./Calvin Christian) and **Trevor Winters** (Sr., Spokane, Wa./North Central) rowed as freshmen at Dad Vail in 2001. Cox **Emily Thomas** (Jr., Grants Pass, Or.) steered the women's novices to the title two years ago.

WIRA coming home. At the WIRA Championships, the Falcons beat the heat and the rest of the West in the women's varsity and men's light four. The women used a strong start to move in front, and then continued to pull away. They finished 11.4 seconds ahead of runner-up Gonzaga. Orange Coast College, which is also bound for Worcester, was third. The light four shadowed UC Santa Barbara for the first 1500 meters, then out-sprinted the Gauchos to prevail by 0.7 seconds for their second regional crown in four years. The men's novice four was unable to atone for a sluggish start and finished behind Lewis & Clark (a team, coached by alum Josh Adam, which the Falcons had beaten twice previously) and Long Beach State. The men's pair finished fourth.

2004 ROWING

SPU Quick Facts

Coach—Keith Jefferson, 14th year
Assistant—Jessie Pennington

This Week's Schedule

Fri.-Sat., May 7-8

Dad Vail Regatta

Schuylkill River, Philadelphia, Pa.

Sun., May 9

ECAC Nat'l Invitational Championships

Lake Quinsigamond, Worcester, Ma.

Last Week's Highlights

Seattle Pacific won its second straight women's varsity four title and the second men's light four title in four years at the WIRA Championships

Stat de jour

Seattle Pacific has won six national titles in women's fours and pairs since 2000

Streaks & Such

The Falcon men's lightweight four are unbeaten at 5-0

2004 Season Schedule

Mar. 13	Preseason Scrimmage
Mar. 27	Daffodil Cup
Apr. 3	NCRC Invitational
Apr. 10	Governor's Cup
Apr. 17	Blue Heron Redwood Sprints
Apr. 24	NCRC Championships
May 1-2	WIRA Championships
May 7-8	Dad Vail Regatta
May 9	ECAC Nat'l Invit. Champs.
May 15	Pacific Coast Championships
June 18-20	Henley Women's Regatta

Short strokes. Hodgkiss was the team's sole representative on the all-WIRA selection, making the second team...The SPU racing shells are already en route to the East Coast, having been loaded onto trailers from Rancho Cordova...The Falcons won by a margin of 11 seconds at the ECAC women's four last year...Forecasts call for sun and highs in the mid-70s at Philadelphia, but showers and 60s in Worcester.

Last week's results:

Women's

Varsity 4 (Grand Final): 1-Seattle Pacific 7:32.8, 2-Gonzaga 7:44.2, 3-Orange Coast 7:48.6, 4-Saint Mary's 7:48.8, 5-UC Davis 7:54.9, 6-Oregon 8:01.8

Men's

Lightweight 4 (Grand Final): 1-Seattle Pacific 6:54.6, 2-UC Santa Barbara 6:55.3, 3-California 7:10.9, 4-Willamette 7:17.1, 5-UC Davis 7:23.4, 6-San Diego State 7:34.8
 Pair (Grand Final): 1-Saint Mary's 7:18.4, Sacramento State 7:23.6, 3-Willamette 7:38.0, 4-Seattle Pacific 7:44.9

Novice 4 (Grand Final): 1-Lewis & Clark 6:54.2, 2-Long Beach State 6:56.3, 3-Seattle Pacific 7:00.6, 4-San Diego 7:06.2, 5-Western Washington 7:07.5, 6-Puget Sound 7:19.7

Women's lineups.

Varsity 4: Stroke-Sarah Zorn; 3-Andi Martineau; 2-Heidi Visser; Bow-Carly Bollen; Coxswain-Joanna Hodgkiss.

Men's lineups.

Varsity Light 4: Stroke-Joel Braman; 3-Trevor Winters; 2-David Stalsbroten; Bow-Ryan Suess; Cox-Emily Thomas.

Varsity Pair: Stroke-Dave Carson; Bow-John Paul Ramirez

Novice 4: Stroke-Phil Chase; 3-Jeremy Bryant; 2-Jason Mobley; Bow-Danny Simmons; Coxswain-Emily Fletcher

2004 Rowing Roster

<i>Women's Team</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Alicia Apple	So.	O	1V	Sequim, Wa. (Sequim)
Carley Bollen	So.	O	1V	Missoula, Mt. (Valley Christian)
Laura Colby	Fr.	O	Nov	Littleton, Co. (Denver Christian)
Joanna Hodgkiss	Sr.	Cox	3V	Tacoma, Wa. (Puyallup)
Andi Martineau	Sr.	O	2V	Superior, Mt. (Superior)
Kristina Richards	Sr.	L	2V	Boise, Id. (Timberline)
Elise Spencer	Fr.	O	Nov	Clinton, Wa. (South Whidbey)
Megan Sweeney	So.	O	Nov	Wilsonville, Or. (Wilsonville)
Heidi Visser	Sr.	O	2V	Wenatchee, Wa. (Wenatchee)
Sue Weiseth	Fr.	Cox	Nov	Sammamish, Wa. (Skyline)
Sarah Zorn	Jr.	O	2V	Mercer Island, Wa. (Lahser)
<i>Men's Team</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
Joel Braman	Sr.	L	3V	Wyoming, Mi. (Calvin Christian)
Jeremy Bryant	Fr.	O	Nov	Gig Harbor, Wa. (Gig Harbor)
David Carson	So.	O	1V	Renton, Wa. (Kentridge)
Phil Chase	Fr.	O	Nov	DuPont, Wa. (Charles Wright)
Emily Fletcher	Fr.	Cox	Nov	Issaquah, Wa. (Issaquah)
Ryan Flynn	So.	O	Nov	Sammamish, Wa. (Skyline)
Jason Mobley	Jr.	O	Nov	Burien, Wa. (Highline)
Jon Paul Ramirez	Sr.	O	1V	Chicago, Il. (Hinsdale Central)
Danny Simmons	Fr.	L	Nov	Boise, Id. (Eagle)
David Stalsbroten	So.	L	1V	Anacortes, Wa. (Anacortes)
Ryan Suess	So.	L	1V	Ferndale, Wa. (Ferndale)
Emily Thomas	Jr.	Cox	2V	Grants Pass, Or. (Grants Pass)
Tyler Van Stright	Sr.	O	3V	Grand Rapids, Mi. (Grand Rapids Christian)
Trevor Winters	Sr.	L	3V	Spokane, Wa. (North Central)

Head Coach: Keith Jefferson
 Assistant Coach: Jessie Pennington

2004 Boat Lineups

Women's

Varsity 4

Stroke-Sarah Zorn
 3-Andi Martineau
 2-Heidi Visser
 Bow-Carly Bollen
 Cox-Joanna Hodgkiss

Junior Varsity 4

Stroke-Megan Sweeney
 3-Alicia Apple
 2-Elise Spencer
 Bow-Laura Colby
 Cox-Kristina Richards

Men's

Varsity 4

Stroke-Joel Braman
 3-Trevor Winters
 2-David Stalsbroten
 Bow-Ryan Suess
 Cox-Emily Thomas

Lightweight 4

Stroke-Joel Braman
 3-Trevor Winters
 2-David Stalsbroten
 Bow-Ryan Suess
 Cox-Emily Thomas

Varsity Pair

Stroke-Dave Carson
 Bow-John Paul Ramirez

Varsity Single

Tyler Van Stright

Junior Varsity 4

Stroke-Dave Carson
 3-Jeremy Bryant
 2-Jason Mobley
 Bow-John Paul Ramirez
 Cox-Kristina Richards

Novice 4

Stroke-Phil Chase
 3-Jeremy Bryant
 2-Jason Mobley
 Bow-Danny Simmons
 Cox-Emily Fletcher

2004 Women's Crew Results

- Mar. 13 **Preseason Scrimmage** *American Lake/Tacoma, Wa.*
V4: 1-Seattle Pacific A 7:49.0, 2-Pacific Lutheran A 8:07.4, 3-Seattle Pacific B 8:11.2, 4-Pacific Lutheran B 8:15.5, 5-Pacific Lutheran C, 8:40.2
- Mar. 27 **Daffodil Cup** *American Lake/Tacoma, Wa.*
V 4: 1-Seattle Pacific 9:04.1, 2-Pacific Lutheran 9:18.9, 3-Puget Sound "B" 9:37.3, 4-Lewis & Clark 9:42.6, 5-Puget Sound "A" 9:50.3, 6-Savannah 9:52.1
JV 4: 1- Western Washington 9:50.0; 2-Seattle Pacific 10:08.0, 3-Puget Sound 10:13.7, 4-Lewis & Clark 10:41.0
- Apr. 3 **NCRC Invitational** *Vancouver Lake/Vancouver, Wa.*
V4: 1-Seattle Pacific 7:38.8, 2-Oregon 7:54.2, 3-Portland 8:04.1, 4-UC San Diego 8:16.5, 5-Pacific Lutheran 8:30.4, 6-Mills 8:37.1
JV4: 1-Orange Coast 7:59.3, 2- Puget Sound 8:01.5, 3-Seattle Pacific 8:04.4, 4-Humboldt State 8:37.3, 5-Portland 8:44.8, 6-Lewis & Clark 8:58.8
- Apr. 10 **Governor's Cup Regatta** *Salem, Or./Willamette River*
V4: 1-Seattle Pacific 'A' 7:27.96, 2-Seattle Pacific 'B' 7:56.54, 3-Lewis & Clark 8:11.17
- Apr. 17 **Blue Heron Redwood Sprints** *Eureka, Ca./Humboldt Bay*
Team Standings: 1-Willamette 36, 2-Humboldt State 34, 3-California 22, 4-Oregon 12, 5-Seattle Pacific 7, 6-Mills College 7, 7-Sonoma State 5, 8-Cal Maritime 0
V4: 1-Willamette 6:15.10, 2-Humboldt State 6:25.35, 3-Seattle Pacific 6:28.3, 4-Oregon 6:39.53, 5-Mills College 6:52.03
JV 4: 1-Seattle Pacific 6:26.08, 2-Humboldt State 6:32.12, 3-Willamette 6:39.72, 4-Mills 6:45.29
- Apr. 24 **NCRC Championships** *Lake Stevens, Wa./Lake Stevens*
V4: 1-Seattle Pacific-A 7:49.5, 2-Willamette 8:01.2, 3-Puget Sound 8:07.8, 4-Humboldt State 8:11.4, 5-Western Washington 8:11.8, 6-Lewis & Clark 8:17.5, 7-Pacific Lutheran 8:18.9, 8-Seattle Pacific-B 8:22.9
JV4: 1-Puget Sound 8:12.7, 2-Humboldt State 8:13.6, 3-Western Washington 8:18.5, 4-Seattle Pacific 8:20.5, 5-Pacific Lutheran 8:21.1, 6-Willamette 8:47.6, 7-Lewis & Clark 8:50.2
- May 1-2 **WIRA Championships** *Rancho Cordova, Ca./Lake Natoma*
V4 (Grand Final): 1-Seattle Pacific 7:32.8, 2-Gonzaga 7:44.2, 3-Orange Coast 7:48.6, 4-Saint Mary's 7:48.8, 5-UC Davis 7:54.9, 6-Oregon 8:01.8

2004 Men's Crew Results

- Mar. 13 **Preseason Scrimmage** *American Lake/Tacoma, Wa.*
V4: 1-Seattle Pacific A 6:46.0, 2-Pacific Lutheran A 7:00.0, 3-Seattle Pacific B 7:15.0, 4-Pacific Lutheran B 7:18.4
N4: 1-Seattle Pacific 7:09.7, 2-Pacific Lutheran 8:09.5
- Mar. 27 **Daffodil Cup** *American Lake/Tacoma, Wa.*
V4: 1-Western Washington 8:00.0, 2-Puget Sound 8:18.0, 3-Savannah 8:30.0, 4-Seattle Pacific 8:34.0, 5-Washington State 8:41.0, 6-Pacific Lutheran 8:41.7, 7-Lewis & Clark 9:04.0
N4: 1-Seattle Pacific 8:34.3, 2-Lewis & Clark 8:44.3, 3-Western Washington 9:01.7, 4-Pacific Lutheran 9:13.3, 5-Puget Sound 9:57.3
V2: 1-Seattle Pacific 9:23, 2-Puget Sound 10:03, 3-Savannah 10:42
JV4: 1-Seattle Pacific "A" 8:27.51, 2-Puget Sound "B" 8:29.0, 3-Puget Sound "A" 8:36.1, 4-Pacific Lutheran 8:52.1, 5-Lewis & Clark "A" 8:55.0, 6-Seattle Pacific "B" 8:57.5, 7-Lewis & Clark "B" 9:11.0, 8-Western Washington 9:21.01
- Apr. 3 **NCRC Invitational** *Vancouver Lake/Vancouver, Wa.*
V4: 1-Puget Sound 6:53.5, 2-Seattle Pacific 6:58.9, 3-Lewis & Clark 7:02.9, 4-Willamette 7:11.5, 5-Portland 7:18.0
L4: 1-Seattle Pacific 7:00.4, 2-Willamette 7:07.9, 3-Puget Sound 7:08.8
N4: 1-Seattle Pacific 7:10.9, 2-Lewis & Clark 7:19.3, 3-Willamette 7:24.1, 4-Western Washington 7:25.3, 5-Puget Sound 7:49.5, 6-Portland State 8:06.0
JV4: 1-Puget Sound 7:03.4, 2-Seattle Pacific 7:05.5, 3-Puget Sound B 7:10.5, 4-Lewis & Clark 7:25.7, 5-Western Washington 7:26.0, 6-Portland 7:29.5, 7-Oregon 7:45.7
- Apr. 10 **Governor's Cup Regatta** *Salem, Or./Willamette River*
V4: 1-Lewis & Clark 6:45.21, 2-Humboldt State 6:49.32, 3-Seattle Pacific 6:51.98
L4: 1-Seattle Pacific 6:30.33, 2-Willamette 6:38.82
N4: 1-Seattle Pacific 6:34.64, 2-Lewis & Clark 6:47.77, 3-Humboldt State 7:21.10
JV4: 1-Seattle Pacific 6:19.85, 2-Willamette 'A' 6:29.52, 3-Willamette 'B' 7:35.56
- Apr. 17 **Blue Heron Redwood Sprints** *Eureka, Ca./Humboldt Bay*
Team Standings: 1-California 37, 2-Humboldt State 16, 3-Seattle Pacific 14, 4-Willamette 11, 5-Mills College 7, 6-Sonoma State 6, 7-Cal Maritime 3, 8-Oregon 1
L4: 1-Seattle Pacific 5:54.97, 2-California 5:56.64, 3-Willamette 6:10.61, 4-Cal Maritime 6:54.14
Single: 1-Oregon NA, 2-Seattle Pacific NA
JV4: 1-Seattle Pacific 6:00.93, 2-California 6:09.16, 3-Willamette 6:12.45.
N4: 1-California 6:36.87, 2-Seattle Pacific 6:37.93, 3-Sonoma State 6:51.20, 4-Cal Maritime 7:03.83, 5-Oregon 7:07.03, 6-Willamette 7:17.03, 7-Humboldt State 7:20.70
- Apr. 24 **NCRC Championships** *Lake Stevens, Wa./Lake Stevens*
V4: 1-Puget Sound 6:48.9, 2-Western Washington 6:54.7, 3-Humboldt State 7:00.6, 4-Portland 7:04.5, 5-Seattle Pacific 7:12.7, 6-Lewis & Clark 7:13.1, 7-Pacific Lutheran 7:14.1, 8-Willamette 7:21.1
L4: 1-Seattle Pacific 7:15.5, 2-Willamette 7:24.4, 3-Puget Sound 8:02.8
JV4: 1-Willamette 7:16.1, 2-Puget Sound 7:21.1, 3-Lewis & Clark 7:31.6, 4-Western Washington 7:33.3, 5-Humboldt State 7:45.1, 6-Pacific Lutheran 7:51.5, 7-Seattle Pacific 7:52.7
V2: 1-Puget Sound 8:03.5, 2-Seattle Pacific 8:04.5, 3-Western Washington 8:07.4, 4-Pacific Lutheran 8:17.9, 5-Willamette 9:46.2
Single: 1-Willamette 9:27.3, 2-Seattle Pacific 9:46.3
N4: 1-Lewis & Clark 7:40.6, 2-Seattle Pacific 7:49.1, 3-Puget Sound 8:01.4, 4-Pacific Lutheran 8:25.5
- May 1-2 **WIRA Championships** *Rancho Cordova, Ca./Lake Natoma*
L4 (Grand Final): 1-Seattle Pacific 6:54.6, 2-UC Santa Barbara 6:55.3, 3-California 7:10.9, 4-Willamette 7:17.1, 5-UC Davis 7:23.4, 6-San Diego State 7:34.8
V2 (Grand Final): 1-Saint Mary's 7:18.4, Sacramento State 7:23.6, 3-Willamette 7:38.0, 4-Seattle Pacific 7:44.9
N4 (Grand Final): 1-Lewis & Clark 6:54.2, 2-Long Beach State 6:56.3, 3-Seattle Pacific 7:00.6, 4-San Diego 7:06.2, 5-Western Washington 7:07.5, 6-Puget Sound 7:19.7