

FOR IMMEDIATE RELEASE April 25, 2007

SPU Women's 8, Men's 4 Travel To WIRA Falcons Get Bronzes in NCRC Varsity Fours

Stepping up. Perhaps a change in scenery will translate to a better bounty this weekend for the Seattle Pacific University crews this weekend. The Falcons will send their women's varsity eight and men's varsity four to the Western Intercollegiate Rowing Association Championships near Sacramento Saturday (Apr. 28). They will then be idle until at least May 12, when the women return to Lake Natoma for the Pacific Coast Championships.

Keep it going. Whereas his women's fours used to be consistently among the top boats at the WIRA, Coach **Keith Jefferson's** eight is new to the scene. That crew pulled fourth in its opening heat last year, eventually winning the petite final. The men's four was third in last year's grand final. To qualify for grand finals this time around, the women must finish among the top three in Saturday's heats. The men, who need to finish in the top two of their heat, drew lane 1 for their race with Western Washington, Sonoma State, Portland State and Santa Clara. The women are in lane 2 against Pacific Lutheran, Humboldt State, Chapman, Willamette and Orange Coast.

NCRC wrap. Seattle Pacific's 10-year run of winning at least one women's varsity event at the Northwest Collegiate Rowing Championships was snapped as the Falcons' best finishes were bronzes in both varsity fours. Two-time defending NCAA champion Western Washington swept the varsity, eight, four and second eights. The SPU women's four was competitive with two Viking boats, finishing one-length back in 8:02. The varsity eight improved upon its placement of a year ago, taking fourth and 8 seconds in front of regional rival Humboldt State. Securing the top spot for any Seattle Pacific crew on the day was the women's second varsity four which was a half-length behind Western. The men were victorious in the second varsity four category and were third in both the varsity and lightweight fours. Although the men's varsity four lineup has been shuffled due to injuries and illness of late, the crew was a competitive third behind Western and Puget Sound.

Short strokes. Jefferson has characterized the women's objective as a race against time, never mind the place, this week. The Falcons' hopes of qualifying for the NCAA Championships are pinned on their time comparison to the South and East region eights also vying for an at-large bid...SPU is seeded third among the Div. II-III eights at WIRA, behind UC San Diego and Pacific Lutheran. Western Washington is entered in the open division...A new regional ranking will be released May 1 and the final selections made following the Pacific Coast Championships. The NCAA Championships are May 25-27 in Oak Ridge, Tenn...Jefferson said a final determination of the men's four going to the May 13 ECAC National Invitational will be made following the WIRA outcome.

Crew lineups this week

Women

Varsity 8: Stroke-Rachel Savage, 7-Katie Wolff, 6-Amy Burns, 5-Rachel Strand, 4-Kay Chikos, 3-Erin Arkin or Katie Wilner, 2-Melissa Blevins, bow-Denise Filley, coxswain-Megan Giske

Men

Varsity 4: Stroke-Jeremy Bryant, 3-John Chevigny, 2-Ben Zupke or Erik Bright, bow-Justin Rowley, coxswain-Jeney Wierman

2007 ROWING

SPU Quick Facts

Coach-Keith Jefferson, 17th year

Assistant-Jessie Pennington

Assistant-Kip Wassink

This Week's Regatta

Sat.-Sun., Apr. 28-29, 8 a.m.

WIRA Championships

Lake Natoma, Rancho Cordova, Ca.

Last Week's Highlights

•The Falcons took third in both the men's and women's varsity fours at NCRC while women's second varsity four was second

Saturday's SPU Race Schedule

9:10 Women's Varsity 8 (Lane 2)

11:20 Men's Varsity 4 (Lane 1)

4:40/50 Men's Varsity 4 3rd/Petite

Sunday's SPU Race Schedule

9:40 Men's Varsity 4 Final

11:10 Women's Varsity 8 Petite

11:40 Women's Varsity 8 Final

2007 Remaining Schedule

May 12 Pacific Coast Championships

May 13 ECAC Nat'l Invit. Champs.

May 25-27 NCAA Championships

NCRC results

Women's Results

Varsity 8: 1-Western Washington 6:40.75, 2-Puget Sound 6:52.22, 3-Pacific Lutheran 7:06.47, 4-Seattle Pacific 7:10.10, 5-Lewis & Clark 7:12.13, 6-Humboldt State 7:18.38, 7-Willamette 7:18.91
2nd Varsity 8: 1- Western Washington A 7:14.90, 2-Puget Sound 7:17.75, 3-Western Washington B 7:31.59, 4-Humboldt State 7:32.00, 5-Pacific Lutheran 7:56.72
Varsity 4: 1-Western Washington B 7:57.80, 2-Western Washington A 7:58.41, 3-Seattle Pacific 8:02.65, 4-Willamette 8:14.18, 5-Puget Sound 8:16.15, 6-Pacific Lutheran 8:27.18, 7-Humboldt State 8:48.67
Novice 8: 1-Humboldt State A 7:33.75, 2-Western Washington 7:42.16, 3-Humboldt State B 7:48.03, 4-Willamette 8:01.60, 5-Puget Sound 8:09.25
Novice 4: 1-Western Washington 8:01.70, 2-Puget Sound 8:10.36, 3-Humboldt State 8:14.39, 4-Seattle Pacific 8:14.98, 5-Lewis & Clark 8:33.04, 6-Willamette 8:43.88
2nd Varsity 4: 1-Western Washington 7:59.90, 2-Seattle Pacific 8:02.12, 3-Humboldt State 8:19.18, 4-Pacific Lutheran A 8:20.84, 5-Pacific Lutheran B 8:22.97

Men's Results

Varsity 4: 1- Western Washington 6:53.10, 2- Puget Sound 6:57.42, 3- Seattle Pacific 7:03.60, 4- Lewis & Clark 7:15.86, 5- Humboldt State 7:26.25, 6- Pacific Lutheran 7:28.22, 7-Willamette 7:37.29
Varsity Lightweight 4: 1- Pacific Lutheran 7:19.00, 2- Lewis & Clark 7:32.13, 3- Seattle Pacific 7:37.94
2nd Varsity 4: 1- Seattle Pacific 6:56.92, 2-Humboldt State 7:05.55, 3- Puget Sound NT, 4- Lewis & Clark 7:28.89; 5- Western Washington 7:31.39
Novice 4: 1- Lewis & Clark 6:56.92, 2- Humboldt State 7:05.55, 3- Puget Sound 7:17.20, 4- Seattle Pacific 7:28.89, 5- Western Washington 7:31.39, 6- Pacific Lutheran 7:56.08

2007 Rowing Roster

Women	Yr	Pos	Exp	Hometown (High School)
Holly Allan	So.	L	1V	Bothell, Wa. (Cedar Park Christian)
Erin Arkin	Fr.	O	Nov	Tacoma, Wa. (Academy Northwest)
Melissa Blevins	Fr.	O	Nov	Walla Walla, Wa. (Walla Walla)
Jessica Bosarge	So	O	Nov	Tacoma, Wa. (Academy Northwest)
Amy Burns	So.	O	Nov	Palm Springs, Ca. (Desert Chapel)
Kay Chikos	Fr.	O	Nov	Renton, Wa. (Kentrige)
Denise Filley	Fr.	L	Nov	Mesa, Az. (Dobson)
Megan Giske	Sr.	Cox	2V	Gig Harbor, Wa. (Gig Harbor)
Zanie McMillan	Fr.	O	Nov	Spokane, Wa. (North Central)
Tricia Omoto	Fr.	Cox	Nov	Shoreline, Wa. (Shorewood)
Rachel Savage	So.	O	1V	Encinitas, Ca. (San Dieguito)
Rachel Strand	Sr.	O	Nov	Shoreline, Wa. (King's)
Karene Takamura	So.	Cox	Nov	Bellevue, Wa. (Sammamish)
Rose Velasquez	Fr.	Cox	Nov	Puyallup, Wa. (Emerald Ridge)
Heather Waggoner	Fr.	O	Nov	Sandy, Or. (Mount Si)
Jeney Wierman	Sr.	Cox	2V	Walla Walla, Wa. (Walla Walla)
Katie Wilner	So.	O	1V	Everett, Wa. (Everett)
Katie Wolff	Jr.	O	1V	Bridgewater, Vt. (Mid Vt. Christian)

Men	Yr	Pos	Exp	Hometown (High School)
Erik Bright	So	O	Nov	Poulsbo, Wa. (King's West)\
Jeremy Bryant	Sr.	O	3V	Gig Harbor, Wa. (Gig Harbor)
John Chevigny	Sr.	O	1V	Seattle, Wa. (Roosevelt)
Mark Figueroa	Jr.	L	Nov	Renton, Wa.
Justin Rowley	So.	O	1V	Kenmore, Wa. (Inglemoor)
Zeke Schellberg	So.	O	1V	Boise, Id. (Timberline)
Matt Shi	So.	Cox	1V	Seattle, Wa. (Roosevelt)
Michael Willcockson	Fr.	L	Nov	Helena, Mt. (Covenant)
Kris Williams	Fr.	O	Nov	Snohomish, Wa. (Snohomish)
Ben Zupke	Sr.	O	2V	Lynden, Wa. (Lynden)

Last Week's Crew Lineups

Women's

Varsity 8
Stroke- Rachel Savage
7- Amy Burns
6- Katie Wolff
5- Rachel Strand
4- Kay Chikos
3- Erin Arkin
2- Melissa Blevins
Bow- Denise Filley
Cox- Megan Giske

Varsity 4

Stroke- Rachel Savage
3- Katie Wolff
2- Amy Burns
Bow- Katie Wilner
Cox- Megan Giske

Lightweight 4

Stroke- Denise Filley
3- Holly Allan
3- Karene Takamura
Bow- Jessica Bosarge
Cox- Tricia Omoto

Junior Varsity 4

Stroke- Rachel Savage
3- Katie Wolff
2- Holly Allan
Bow- Erin Arkin
Cox- Megan Giske

Novice 4

Stroke- Kay Chikos
3- Zanie McMillan
2- Melissa Blevins
Bow- Heather Waggoner
Cox- Tricia Omoto

Men's

Varsity 4

Stroke- Jeremy Bryant
3- John Chevigny
2- Erik Bright
Bow- Justin Rowley
Cox- Jeney Wierman

Lightweight 4

Stroke- Zeke Schellberg
3- Mark Figueroa
3- Kris Williams
2- Michael Willcockson
Bow- Matt Shi
Cox- Rose Velasquez

Novice 4

Stroke- Erik Bright
3- Kris Williams
2- Michael Willcockson
Bow- Mark Figueroa
Cox- Rose Velasquez