

FOR IMMEDIATE RELEASE April 25, 2007

## Falcons Trek To Bellingham Back-To-Back Barnes Climbs to No. 3 on NCAA Javelin List; 2 Others Improve

**Dry run.** What a difference a week will make. Seattle Pacific University's next two track and field meets will be in the same city, on the same oval but with decidedly different stakes. Friday's (Apr. 27) Western Washington Twilight will be laid back while Bellingham's next offering, the Great Northwest Athletic Conference Championships on May 4-5, will be an all-out affair. The Falcons host the Ken Foreman Invitational in West Seattle May 12.

**Fill-in the blanks.** If there's a strategy to retaining the GNAC women's outdoor title, it begins this weekend. Coach **Karl Lerum**, his squad depleted by injuries, will seek to fill-in the blanks on his conference entries. To that end, there may be some personnel deployed in hurdles and field events for the first time this spring. Currently, SPU runners hold 15 of 24 top-four marks between 100-3000 meters, including the No. 1 athlete in five of six events.

**Multiple hurts.** Seattle Pacific is hurting elsewhere, however. Most of the injuries involve the multiple-event personnel, so the impact is widespread. **Brittany Bekins** (So., Everett, Wa./Cascade), the nation's top heptathlon qualifier and No. 2 in the javelin, has been out of action since Apr. 13 with a rib injury. Not only did Bekins miss the GNAC heptathlon but her availability is questionable in as many as five open events next week. Foot injuries have knocked out **Kristin Janney** (Sr., White Salmon, Wa.) and **Kelsey Cooley** (Jr., Missoula, Mt./Hellgate) has been noticeably slowed.

**Points on the board.** In past years, Seattle Pacific has parlayed early points in the multi-event meet into a necessary edge entering the GNAC meet proper. Cooley was able to score five points, taking fourth place with a score of 4074. But chief rival Western Oregon got 13 and Northwest Nazarene 18 out of the heptathlon.

**Felt fourth.** It wasn't a huge score, but something to build upon, nevertheless. **Justin Felt** (Fr., Eugene, Or./Churchill) took fourth place in the GNAC decathlon this week. Felt's score of 5568 was 207 below his first effort last month. On the first day he hit a winning long jump of 21 feet, 7½ inches and personal records of 33-7¼ in the shot put and 51.53 seconds in the 400 meters.

**Unbeaten, sort of.** What's it take to beat **Jessica Pixler** (Fr., Sammamish, Wa./Eastlake)? Collegians are still trying to come up with an answer after Pixler ran third in the featured 1500 heat at the Oregon Invitational. Her time of 4 minutes, 19.81 seconds was her best to date and is nearly 5 seconds better than anyone else in Division II. Still, it was her first loss in 10 outings. The two competitors to finish in front of her own quality credentials. Former Olympian and 800 national champion Nicole Teter won in 4:14.83. Megan Metcalfe, a past Div. I 5000 winner, was runner-up in 4:16.28. Pixler, whose time was better than the other 18 (all Div. I) collegians racing in the featured sections, will rest this week and undoubtedly double at the GNAC Championships.

**Good golly, Miss Molly.** The Falcons got great improvement on a couple of qualifying marks at Eugene and Pullman last week. At the Cougar Invitational, **Molly Barnes** (Sr., Burien, Wa./Highline) sent the spear 6 feet farther than ever before. Her mark of 147-3 lifted her to No. 3 on the javelin list going into this week, and virtually assures her of a spot in Charlotte May 24-26. Barnes finished second in the meet and was named the GNAC athlete

### 2007 TRACK & FIELD

#### SPU Quick Facts

Coach—Karl Lerum, 2nd year  
Assistant—Doris Heritage  
Assistant—Chris Randolph  
Assistant—Duncan Atwood  
Assistant—Cyrena Denniston  
Assistant—Erika Daligcon  
Assistant—Lane Seeley

#### This Week's Meet

*Fri. Apr. 27, 2:45 p.m.*  
Western Washington Twilight  
*Civic Stadium, Bellingham, Wa.*

#### Last Week's Highlights

- Molly Barnes threw for the No. 3 javelin mark in the nation while finishing second at the Cougar Invitational
- Jessica Pixler remains unbeaten outdoors versus collegians after taking third in the Oregon Invitational 1500
- High-jumper Teona Perkins and 1500 runner Brian Cronrath won at Oregon
- Karin Rohde, Jane Larson and Eddie Strickler improved their NCAA qualifying marks in Eugene

#### Stat de jour

Seattle Pacific women account for 63 percent of the GNAC top-four marks in races between 100 and 3000 meters, including top times in five of six events

#### Remaining Outdoor Meets

May 4-5 GNAC Championships  
May 11-12 Ken Foreman Invitational  
M. 24-26 NCAA Championships

of the week. At Oregon, **Karin Rohde** (Jr., Bellingham, Wa./Mt. Baker) clipped 18 seconds off her time in the steeplechase (11:03.73), moving her up to No. 6. **Jane Larson** (Fr., Fall City, Wa./Cedar Park Christian) dropped nearly 3 seconds off her previous season best with a third-place time of 4:36.94 in her heat of the 1500. The men also made strides, with **Eddie Strickler** (Sr., Richland, Wa.) running a PR in the 800 at Hayward Field. His 1:52.49 is No. 2 in the GNAC.

**Week in review.** **Teona Perkins** (Sr., Kennewick, Wa.) and **Brian Cronrath** (Jr., Battle Ground, Wa.) each earned victories during the final day of the Oregon Invitational. Competing in a steady rain and cold temperatures, Perkins notched her first high jump win of the outdoor season, clearing 5-6 to win a jump-off with Utah State's Carrie Yost. Perkins came back to run the second leg of 1600 relay, which won in a season-best time but just missed the provisional qualifying cutoff in 3:53.89. Winning his section of the 1500 was Cronrath, who held on to edge conference rival Keith Lemay of Western Washington in 3:53.39. Sloppy conditions and a prevailing headwind hampered the sprinters. **NyEma Sims** (Fr., Portland, Or./Jefferson) clocked a 12.21 in the 100 and 24.91 in the 200. She finished second and third, respectively. **Latasha Essien** (Fr., Portland, Or./Reynolds) ran a 12.37 in the 100 for third. Essien, Sims and Pixler teamed with Perkins in the relay. At Pullman, **Jessica Hinton** (Fr., Lake Stevens, Wa.) won the 100 (12.70) and was fourth in the 200 with a PR of 25.61.

**Coming soon.** Lerum received his first commitments from three recruits last week. Carrie Houck of Mark Morris High School, Jennifer Pike of Vancouver's Skyview, and Andrew Matschiner of Portland's Jesuit all signed national letters of intent. Hauck has the top pole vault mark in the Greater St. Helens League this spring. The Longview resident finished tied for fifth in the state 3A championships as a junior, clearing 11-0. Pike qualified for the state 4A 100 and 300 hurdles as a junior. She took eighth in the intermediate hurdles at the Pasco Invitational earlier this month. Matschiner, a top shot and discus thrower, won the Metro League and took fifth place in the Oregon 4A shot put as a junior. Earlier this month he was fourth in the shot and seventh in the discus at the Pasco Invitational meet. His best marks this season are 54-3 inches in the shot and 149-5 in the discus.

**Fractions.** Entry information for the Ken Foreman Invitational is now available at the Falcons Online ([www.spu.edu/falconsonline](http://www.spu.edu/falconsonline))...Cronrath possesses the league's top time in the 1500, Strickler is No. 2 in the 800 and Felt No. 2 in the long jump...Besides the individual running events, the women's 1600 relay is No. 1, as are Perkins (high jump), Bekins (javelin) and pole-vaulter **Monica Anderson** (Jr., Bremerton, Wa.)...The women, who feature three of the top four 100 sprinters in the GNAC, will run a 400 relay for the first time in Bellingham...**Ben Climer** (Fr., Woodburn, Or./McNary) hit a PR of 51.53 in the 400 at Pullman and **Suzie Strickler** (So., Richland, Wa.) lowered her time in the 1500 (4:50.66) for the second week in a row. **Lisa Anderberg** (Fr., Edmonds, Wa./Kamiak) ran third in the 800 (2:18.42) at WSU and **Chad Meis** (Fr., Renton, Wa./Seattle Christian) was sixth in 1500 (4:03.57). Both were season-best times...Pixler remains the faraway NCAA leader in the 1500 (by 4 seconds) and 3000 (by 16). She's No. 5 in the 800. Bekins is the heptathlon leader by 43 points. Sims is No. 3 in the 200 and 11th in the 100. Perkins is No. 6 in the high jump.

**Be a camper.** Lerum's Falcon Track & Field Camp is July 2-3, 5-6 on Wallace Field, and Doris Heritage's Falcon Running Camp is July 22-27, at Camp Casey on Whidbey Island. For information, call (206) 281-2085 or download a registration form at the FalconsOnline ([www.spu.edu/falconsonline](http://www.spu.edu/falconsonline)).

**Missing links.** For the latest and best information on Seattle Pacific University athletics, click on the Falcons Online ([www.spu.edu/falconsonline](http://www.spu.edu/falconsonline)). For updated standings and statistics, see the Great Northwest Athletic Conference web site at [www.gnacsports.com](http://www.gnacsports.com).

**SPU Coaches.** Karl Lerum is in his second year as head coach and is just the fifth person to take the helm of the Seattle Pacific program's 57-year existence. A former assistant coach and past All-American in the decathlon, Lerum guided the Falcons to women's conference titles, both indoors and outdoors, in 2006. He previously served four seasons as an assistant, including two at SPU during 2000 and again in 2003. Lerum was a four-time All-American from 1995-98 at Pacific Lutheran. He finished second in the NAIA decathlon in 1997 and '98 and third in '96...Doris Heritage, the coach of cross country and track runners from 800 meters up, is a member of eight halls of fame for both athletes and coaches. The other assistants are Duncan Atwood, Aaron Bass, Cyrena Denniston, Erika Daligon and Lane Seeley.

## 2007 NCAA Qualifiers

Women	Event	Mark
NyEma Sims	100m	11.90 (P)
NyEma Sims	200m	23.99 (P)
Jessica Pixler	800m	2:10.64 (P)
Jessica Pixler	1500m	4:19.81 (A)
Jane Larson	1500m	4:36.94 (P)
Jessica Pixler	3000m	9:37.41 (A)
Jane Larson	3000m	10:07.87 (P)
Karin Rohde	3000m	10:09.64 (P)
Karin Rhode	Steeple	11:03.73 (P)
Teona Perkins	High Jump	5-8 3/4 (P)
Monica Anderson	Pole Vault	12-1 1/2 (P)
Tracie Lundsten	Pole Vault	11-7 3/4 (P)
Brittany Bekins	Javelin	150-4 (P)
Molly Barnes	Javelin	147-3 (P)
Brittany Bekins	Heptathlon	4944 (P)

  

Men	Event	Mark
Eddie Strickler	800m	1:52.49 (P)
Brian Cronrath	1500m	3:52.93 (P)

A-Automatic  
P-Provisional

## 2007 Outdoor Best Marks

### Women's

100-NyEma Sims, 11.90 (PQ) Ω  
 200- NyEma Sims, 23.99 (PQ) \$Ω  
 400-Nyema Sims, 57.98  
 800-Jessica Pixler, 2:10.64 (PQ)  
 1500-Jessica Pixler, 4:19.81 (Auto) Ω  
 Steeple-Karin Rhode, 11:03.73 (PQ)  
 3000-Jessica Pixler, 9:37.41 (Auto) Ω  
 5000-Katie Hart, 19:04.38  
 10,000-Nikki Jensen, 40:31.06  
 100H-Brittany Bekins, 15.37  
 400H-  
 4x100-  
 4x400-Essien, T. Perkins, Pixler, Sims, 3:53.89  
 Hj-Teona Perkins, 5-8 3/4 (PQ) Ω  
 Pv-Monica Anderson, 12-1 1/2  
 Lj-Kelsey Cooley, 16-44  
 Tj-  
 Sp-Brittany Bekins, 37-5 3/4  
 Jt-Brittany Bekins, 150-4 (PQ)  
 Hep-Brittany Bekins, 4944 (PQ)

### Men's

100-Justin Felt, 11.68  
 200-Ryan Jewell, 23.21  
 400-Ben Climer, 51.46  
 800-Eddie Strickler, 1:52.49 (PQ)  
 1500-Brian Cronrath, 3:52.93 (PQ)  
 Steeple-Ryan Phillips, 10:17.51  
 5000-Brian Cronrath, 15:09.68  
 10,000-James Rosser, 33:29.61  
 110H-Mark Zayshlyy, 16.55  
 400H- Ben Climer, 56.97  
 4x100-  
 4x400-Strickler, Climer, Cronrath, Zayshlyy, 3:28.00  
 Hj-Justin Felt, 5-8  
 Pv-Josh Jorgensen, 13-5 3/4  
 Lj-Justin Felt, 22-8 3/4  
 Tj-  
 Sp-Justin Felt, 33-7 1/4  
 Dt-Justin Felt, 106-11  
 Jt-Justin Felt, 141-10  
 Dec-Justin Felt, 5755

Auto-NCAA Automatic Qualifier  
 PQ-NCAA Provisional Qualifier  
 \$-SPU record  
 Ω-GNAC record

## 2007 Track & Field Roster

<i>Name</i>	<i>Events</i>	<i>Yr</i>	<i>Hometown (High School)</i>
Lisa Anderberg	800/1500	Fr	Edmonds, Wa. (Kamiak)
Monica Anderson	Pv	Jr	Bremerton, Wa. (Bremerton)
Molly Barnes	Jav	Sr	Burien, Wa. (Highline)
Kim Beaman	800/1500	So	Emily, Mn. (Crosby-Ironton)
Brittany Bekins	Jav/Hep	So	Everett, Wa. (Cascade)
Kelsey Cooley	Hep/Hj	Sr	Missoula, Mt. (Hellgate)
Kysa Cronrath	3000	Fr	Odessa, Wa. (Odessa)
Latasha Essien	100/200/400	Fr	Portland, Or. (Reynolds)
Kate Harline	3000/5000	Fr	Orem, Ut. (Orem)
Katie Hart	3000	So	Pasadena, Ca. (L.A. Baptist)
Jessica Hinton	200/hurdles	Fr	Lake Stevens, Wa. (Lake Stevens)
Jessica Innes	Pv	Fr	Bothell, Wa. (Cedar P. Christian)
Kristin Janney	Hep	Sr	White Salmon, Wa. (White Salmon)
Nikki Jensen	5000/10k	Sr	Portland, Or. (St. Mary's Academy)
Jane Larson	1500/3000	Fr	Fall City, Wa. (Cedar P. Christian)
Tracie Lundsten	Pv	Fr	Banks, Or. (Banks)
Jennifer Marsh	400/800/1500	Sr	Kirkland, Wa. (Juanita)
Teona Perkins	800/1500	Sr	Kennewick, Wa. (Kennewick/Spok. Falls)
Victoria Perkins	400H/800	Sr	Kent, Wa. (Kentwood)
Heidi Peterson	5000/10k	So	Edmonds, Wa. (King's)
Jessica Pixler	1500/3000	Fr	Sammamish, Wa. (Eastlake)
Kaitlin Rohde	5000/10k	Jr	Bellingham, Wa. (Mount Baker)
Karin Rohde	Stple/3000	Jr	Bellingham, Wa. (Mount Baker)
NyEma Sims	100/200/Hep	Fr	Portland, Or. (Jefferson)
Suzie Strickler	400/800/1500	So	Richland, Wa. (Richland)
Lauren VerMulm	Jav	Jr	Mount Vernon, Wa. (Mt. Vernon)
Anna Walters	200/400	Fr	Spokane, Wa. (North Central)
Megan Wrightman	800/1500	Jr	Bend, Or. (Bend)

<i>Name</i>	<i>Events</i>	<i>Yr</i>	<i>Hometown (High School)</i>
Jeff Ayers	800/1500	So	Edmonds, Wa. (King's)
Ben Climer	400H/400	Fr	Woodburn, Or. (McNary)
Brian Cronrath	1500/5000	Jr	Battle Ground, Wa. (Battle Ground)
Rob Faucette	200	Jr	Bellevue, Wa. (Interlake/BCC)
Scott Felch	1500/Stple	Fr	Snohomish, Wa. (Marysville-Pil.)
Justin Felt	Dec/Lj	Fr	Eugene, Or. (Churchill)
Michael Gavareski	800/1500	Sr	Bellingham, Wa. (Bellingham)
Paul Henderson	400H/800	Sr	Sammamish, Wa. (Isaaquah)
Andrew Henning	1500	Fr	Mountlake Terrace, Wa. (M. Terr.)
Ryan Jewell	200/400	So	Olympia, Wa. (Olympia)
Josh Jorgensen	Pv	Fr	Gladstone, Or. (Putnam/Clackamas CC)
Dan Larimer	Dec/400H	Sr	Libby, Mt. (Libby)
Carlo Lozano	5000/10k	Jr	Seattle, Wa. (Blanchet/Arizona St.)
Chad Meis	5000	Fr	Renton, Wa. (Seattle Christian)
Ryan Phillips	1500/5000	Sr	West Linn, Or. (West Linn)
James Rosser	5000/10k	Sr	Seattle, Wa. (Highline)
Scott Seamster	5000/10k	Jr	Seattle, Wa. (Blanchet/BCC)
Eddie Strickler	400/800	Sr	Richland, Wa. (Richland)
Mark Zayshlyy	110H/400H	So	Auburn, Wa. (Christian Faith)

## SPU Outdoor Records

### Women

100–11.79, Shavonne Colebrooke, 1996  
 200–23.99, NyEma Sims, 2007  
 400–54.98, Joleen Schwarzmiller, 1998  
 800–2:06.6, Susie Griffith, 1977  
 1500–4:13.12, Gitte Karlshoj, 1988  
 Steeple–10:58.7, Karin Rohde, 2006  
 3000–9:02.26\*, Gitte Karlshoj, 1988  
 5000–16:16.2, Debbie Quatier, 1978  
 10,000–33:05.8\*, Bente Moe, 1987  
 100H–13.65, Karen Lauve, 1992  
 400H–1:00.10, Jenny Vale, 1993  
 4x100–47.00, 1996  
 4x400–3:41.57, 1978  
 Hj–6-0 1/2, Pam Spencer, 1978  
 Pv–12-4, Ally Studer, 2003  
 Lj–21-8 3/4, Sherron Walker, 1976  
 Tj–43-8, Karin Grelsson, 1992  
 Sp–52-1, Marcia Mecklenburg, 1978  
 Dt–180-3, Lorna Griffin, 1978  
 Ht–149-7, Penny Hansen, 1997  
 Jt–167-2, Anita Sartin, 1987  
 Hep–5991, Anita Sartin, 1987

### Men

100–10.4, Roy Duncan, 1958  
 200–20.9, Roy Duncan, 1956  
 400–48.27, Chris Randolph, 2006  
 800–1:48.89, Ted Hamlin, 1991  
 1500–3:48.05, Jon Swanson, 1995  
 Steeple–8:55.15, Terry Hodge, 1984  
 5000–14:39.6, Walt Notter, 1969  
 10,000–31:22.25, Tim LeCount, 2005  
 110H–14.5, Mark Stream, 1975  
 400H–52.4, Mark Stream, 1974  
 4x100–41.6, 1968  
 4x400–3:18.05, 2005  
 Hj–6-11, Jack Hoyt, 1987  
 Pv–15-11, Bill Spaet, 1973  
 Lj–24-4 3/4, Steve Gough, 1970  
 Tj–50-0 1/2, Steve Gough, 1970  
 Sp–59-2 1/4, Mike Olson, 1992  
 Dt–162-7, Mike Olson, 1992  
 Ht–158-1, John Pietz, 1992  
 Jt–246-3, Bill Spaet, 1973  
 Dec–7872, Chris Randolph, 2006

\*–NCAA Division II Record

## 2007 Seattle Pacific University Women's Outdoor Performance List

<i>100m (11.50/12.10)</i>	<i>PR</i>	<i>Season Best</i>	Nikki Jensen	19:02.14 (06)	20:01.0 (6b)
Latasha Essien	11.83 (06)	12.32 (6)	Katie Hart	19:04.38 (07)	19:04.38 (2)
NyEma Sims	11.90 (07)	11.90 (6)	Kaitlin Rhode	19:19.09 (05)	19:49.1 (6b)
Anna Walters	12.2 (06)	12.92 (6b)	Heidi Peterson	20:17.29 (06)	20:19.3 (6b)
Jessica Hinton	12.54 (07)	12.54 (6b)	<i>10,000m (35:00.00/37:55.00)</i>		
Kristin Janney	12.76 (03)		Nikki Jensen	39:12.13 (06)	40:31.06 (5)
<i>200m (23.80/24.80)</i>			Katie Hart	40:56.02 (07)	40:56.02 (1)
NyEma Sims	23.99 (07)	23.99 (6)	Kaitlin Rhode	41:08.9 (06)	
Latasha Essien	25.33 (06)	25.58 (6)	Heidi Peterson	42:01.11 (06)	
Anna Walters	25.2 (06)	26.49 (7b)	<i>100mH (13.80/14.65)</i>		
Jessica Hinton	25.61 (07)	25.61 (7b)	Kelsey Cooley	14.53 (06)	16.53 (8a)
Kelsey Cooley	25.73 (05)	28.37 (8a)	Kristin Janney	15.28 (04)	17.04 (5a)
Kristin Janney	25.9 (02)	27.65 (5a)	Brittany Bekins	15.37 (07)	15.37 (6a)
Brittany Bekins	26.90 (07)	26.90 (6a)	Teona Perkins	16.73 (05)	
Teona Perkins	27.29 (05)		<i>400mH (59.00/1:03.30)</i>		
Suzie Strickler	27.67 (06)		Victoria Perkins	1:04.14 (06)	
<i>400m (54.00/56.60)</i>			<i>400m Relay (45.50/47.50)</i>		
Anna Walters	56.13 (06)	59.94 (7b)	<i>1600 Relay (3:42.00/3:52.00)</i>		
NyEma Sims	57.98 (07)	57.98 (3)	Essien, T. Perkins, Pixler, Sims		3:53.89 (7)
Jennifer Marsh	58.34 (04)		Hinton, Walters, Sims, Pixler		3:54.64 (5)
Suzie Strickler	58.5 (03)		Sims, Walters, Hinton, Essien		3:58.47 (4)
Teona Perkins	59.03 (06)		Bekins, Cooley, Essien, Hinton		4:00.03 (3)
Jessica Hinton	1:00.39 (07)	1:00.39 (1)	Walters, Hinton, Anderberg, Strickler		4:02.12 (7b)
Lisa Anderberg	1:01.86 (07)	1:01.86 (5)	<i>High Jump (5-10 1/2/5-6 1/2)</i>		
Victoria Perkins	1:02.32 (07)	1:02.32 (1)	Teona Perkins	5-8 3/4 (07)	(1.75m) 5-8 3/4 (4)
<i>800m (2:08.00/2:15.00)</i>			Kelsey Cooley	5-4 1/2 (05/06)	(1.59m) 5-2 1/2 (8a)
Jessica Pixler	2:10.64 (07)	2:10.64 (5)	Nyema Sims	5-2 (05)	
Jennifer Marsh	2:12.41 (04)	2:15.35 (5)	Brittany Bekins	5-1 (07)	(1.55m) 5-1 (1/3)
Teona Perkins	2:12.62 (05)	2:14.15 (5)	Kristin Janney	5-0 1/4 (04)	4-3 1/4 (5a)
Jane Larson	2:14.91 (06)	2:16.53 (4)	<i>Pole Vault (13-1 1/2/11-7 3/4)</i>		
Victoria Perkins	2:16.81 (06)	2:22.21 (4)	Monica Anderson	12-1 1/2 (07)	(3.70m) 12-1 1/2 (5)
Lisa Anderberg	2:17.3 (06)	2:18.42 (7b)	Tracie Lundsten	11-7 3/4 (07)	(3.55m) 11-7 3/4 (5)
Suzie Strickler	2:17.73 (06)	2:24.48 (2)	<i>Long Jump (20-6 1/4/18-8)</i>		
Kim Beaman	2:18.0 (04)		Kelsey Cooley	18-3 (06)	(4.98m) 16-4 (8a)
Brittany Bekins	2:20.76 (07)	2:20.76 (1)	Kristin Janney	18-0 1/4 (02)	(4.77m) 15-7 3/4 (2)
Karin Rohde	2:20.39 (05)	2:21.57 (5)	Nyema Sims	17-1 1/2 (04)	
Megan Wrightman	2:22.0 (04)		Brittany Bekins	16-9 3/4 (07)	(5.12m) 16-9 3/4 (6a)
Kelsey Cooley	2:24.86 (06)	2:43.38 (7b)	<i>Triple Jump (41-0 1/4/38-0 3/4)</i>		
KysaCronrath	2:28.52 (07)	2:28.52 (6b)	Kelsey Cooley	35-3 (03)	
Kaitlin Rhode	2:28.5 (04)		<i>Shot Put (50-0/43-6)</i>		
Kristin Janney	2:29.54 (04)		Brittany Bekins	40-7 1/2 (07)	(12.38m) 40-7 1/2 (6a)
Katie Hart	2:38.0 (04)		Kelsey Cooley	36-2 (05)	(9.60m) 31-6 (5a)
<i>1500m (4:27.00/4:44.00)</i>			Kristin Janney	32-2 1/4 (05)	(9.57m) 31-4 3/4 (5a)
Jessica Pixler	4:19.81 (07)	4:19.81 (7)	<i>Discus (166-0/144-4)</i>		
Jane Larson	4:35.01 (06)	4:36.94 (7)	<i>Hammer (185-0/158-9)</i>		
Jennifer Marsh	4:41.42 (04)	4:50.24 (3)	<i>Javelin (155-0/133-0)</i>		
Karin Rohde	4:44.86 (06)	4:50.9 (6b)	Lauren VerMum	154-3 (05)	
Megan Wrightman	4:54.0 (04)	5:04.32 (2)	Brittany Bekins	150-4 (07)	(45.83m) 150-4 (1)
Suzie Strickler	4:50.66 (07)	4:50.66 (7b)	Molly Barnes	147-3 (07)	(44.88m) 147-3 (7b)
Lisa Anderberg	4:55.94 (07)	4:55.94 (5)	Kristin Janney	121-10 (07)	(37.13m) 121-10 (3)
Kate Harline	4:57.7 (07)	4:57.7 (6b)	Kelsey Cooley	110-6 (06)	(34.21m) 112-3 (5a)
Victoria Perkins	5:04.67 (07)	5:04.67 (2)	<i>Heptathlon (5250/4475)</i>		
Kim Beaman	5:02.23 (06)		Kelsey Cooley	4930 (06)	4074 (8a)
Katie Hart	5:03.09 (5)	5:03.09 (5)	Brittany Bekins	4944 (07)	4944 (6a)
KysaCronrath	5:10.92 (07)	5:10.92 (1)	Kristin Janney	4494 (04)	2161 (5a)
Nikki Jensen	5:12.0 (02)		<i>Legend</i>		
<i>3000m (9:40.00/10:18.00)</i>			1	3/3	Puget Sound/Lewis & Clark Tacoma, Wa.
Jessica Pixler	9:37.41 (07)	9:37.41 (3)	2	3/10	Joe Peyton Invitational Tacoma, Wa.
Jane Larson	10:07.87 (07)	10:07.87 (3)	3	3/16	Washington Preview Seattle, Wa.
Karin Rohde	10:09.64 (07)	10:09.64 (4)	4	3/24	Trojan Invitational Palo Alto, Ca.
Suzie Strickler	10:18.13 (07)	10:18.13 (3)	5a	4/6-7	Spring Forward Mutli-Events Bellingham, Wa.
Kate Harline	10:43.53 (07)	10:43.53 (7b)	5	4/6	Vernacchia Team Classic Bellingham, Wa.
Katie Hart	10:44.37 (07)	10:44.37 (3)	6a	4/11-12	California Invitational Multi Azusa, Ca.
Megan Wrightman	10:53.1 (06)	11:02.56 (5)	6	4/12-14	Mt. SAC Relays Walnut, Ca.
Kysa Cronrath	11:03.28 (07)	11:03.28 (3)	6b	4/14	Spike Arlt Invitational Ellensburg, Wa.
Nikki Jensen	11:08.0 (02)		7	4/20-21	Oregon Invitational Eugene, Or.
Kaitlin Rhode	11:11.09 (06)		7b	4/21	Cougar Invitational Pullman, Wa.
Kim Beaman	11:14.36 (06)		8a	4/23-24	GNAC Multi-Event Champs. Monmouth, Or..
Heidi Peterson	11:33.51 (06)		8	4/27	Western Washington Twilight Bellingham, Wa.
<i>3000 Steeplechase (10:20.00/11:27.00)</i>			9	5/4-5	GNAC Championships Bellingham, Wa.
Karin Rohde	10:58.7 (06)	11:03.73 (7)	10	5/11-12	Ken Foreman Invitational Seattle, Wa.
Victoria Perkins	11:48.4 (05)		11	5/24-26	NCAA Championships Charlotte, N.C.
Kim Beaman	12:03.9 (07)	12:03.9 (5)			
<i>5000m (16:40.00/17:50.00)</i>					
Karin Rohde	18:00.79 (06)				
Kate Harline	19:01.0 (06)				

## 2007 Seattle Pacific University Men's Outdoor Performance List

<i>100m (10.34/10.65)</i>	<i>PR</i>	<i>Season Best</i>	<i>High Jump (7-1/6-10 1/4)</i>	
Justin Felt	11.00 (06)	11.68 (5a)	Dan Larimer	6-4 (02)
Ryan Jewell	11.07 (04)	11.46 (6b)	Justin Felt	5-8 (07) (1.75m) 5-8 (1)
Dan Larimer	11.98 (04)		<i>Pole Vault (17-0/15-9)</i>	
<i>200m (20.85/21.45)</i>			Josh Jorgensen	13-5 3/4 (07) (4.11m) 13-5 3/4 (3)
Ryan Jewell	22.27 (04)	23.21 (6b)	Dan Larimer	12-9 1/2 (04)
Eddie Strickler	23.09 (04)		Justin Felt	12-1 1/2 (07) (3.70m) 12-1 1/2 (8a/5a)
Justin Felt	23.1 (06)		<i>Long Jump (25-0/23-3 1/2)</i>	
Ben Climer	23.1 (06)		Justin Felt	22-10 1/2 (06) (6.93m) 22-8 3/4 (5a)
Rob Faucette			Dan Larimer	19-5 1/2 (04)
Michael Gavareski	25.43 (05)		<i>Triple Jump (51-0/47-5)</i>	
<i>400m (46.50/48.00)</i>			Justin Felt	44-4 3/4 (06)
Eddie Strickler	48.9 (03)		<i>Shot Put (59-10 1/2/52-2)</i>	
Ben Climer	51.46 (07)	51.46 (1)	Dan Larimer	33-8 3/4 (04) (8.59m) 28-2 1/4 (2)
Justin Felt	51.53 (07)	51.53 (8a)	Justin Felt	33-7 1/4 (07) (10.24m) 33-7 1/4 (8a)
Dan Larimer	52.40 (04)		Ryan Jewell	31-1 3/4 (07) (9.49m) 31-1 3/4 (2)
Paul Henderson	54.30 (07)	54.30 (3)	Chad Meis	21-8 (07) (6.60m) 21-8 (1)
Mark Zayshlyy	55.58 (07)	55.58 (1)	Scott Felch	18-7 (07) (5.66m) 18-7 (1)
<i>800m (1:49.80/1:53.00)</i>			<i>Discus (175-0/160-0)</i>	
Eddie Strickler	1:52.49 (07)	1:52.49 (7)	Justin Felt	106-11 (07) (32.60m) 106-11 (5a)
Michael Gavareski	1:56.84 (07)	1:56.84 (5)	Dan Larimer	93-8 (04)
Brian Cronrath	1:57.04 (07)	1:57.04 (5)	<i>Hammer (195-0/171-7)</i>	
Chad Meis	1:59.0 (06)	2:02.57 (6b)	<i>Javelin (218-0/195-0)</i>	
Ryan Phillips	2:09.88 (07)	2:09.88 (6b)	Justin Felt	141-10 (07) (43.24m) 141-10 (1)
Jeff Ayers			Dan Larimer	141-1 (04)
Paul Henderson			<i>Decathlon (6920/6350)</i>	
<i>1500m (3:47.00/3:54.00)</i>			Dan Larimer	5867 (04)
Brian Cronrath	3:52.93 (07)	3:52.93 (5)	Justin Felt	5775 (07) 5775 (5a)
Michael Gavareski	4:02.01 (06)	4:02.65 (4)	<i>Legend</i>	
Chad Meis	4:03.57 (07)	4:03.57 (7b)	1 3/3 Puget Sound/Lewis & Clark	Tacoma, Wa.
Eddie Strickler	4:06.46 (04)		2 3/10 Joe Peyton Invitational	Tacoma, Wa.
Ryan Phillips	4:20.12 (06)		3 3/16 Washington Preview	Seattle, Wa.
Jeff Ayers	4:26.62 (06)		4 3/24 Trojan Invitational	Palo Alto, Ca.
Dan Larimer	4:32.38 (04)		5a 4/6-7 Spring Forward Mutli-Events	Bellingham, Wa.
Scott Felch	4:35.60 (07)	4:35.60 (2)	5 4/6 Vernacchia Team Classic	Bellingham, Wa.
Justin Felt	5:01.28 (07)	5:01.28 (5a)	6 4/12-14 Mt. SAC Relays	Walnut, Ca.
<i>3000 Steeplechase (9:00.00/9:26.00)</i>			6b 4/14 Spike Arlt Invitational	Ellensburg, Wa.
Ryan Phillips	10:17.51 (07)	10:17.51 (2)	7 4/20-21 Oregon Invitational	Eugene, Or.
<i>5000m (14:00.00/14:50.00)</i>			7b 4/21 Cougar Invitational	Pullman, Wa.
Brian Cronrath	15:09.68 (07)	15:09.68 (2)	8a 4/23-24 GNAC Multi-Event Champs.	Monmouth, Or..
Chad Meis	15:54.08 (07)	15:54.08 (5)	8 4/27 Western Washington Twilight	Bellingham, Wa.
Carlo Lozano	16:03.28 (05)		9 5/4-5 GNAC Championships	Bellingham, Wa.
James Rosser	16:13.20 (05)	16:35.33 (6b)	10 5/11-12 Ken Foreman Invitational	Seattle, Wa.
Scott Seamster	16:34.10 (07)	16:34.10 (2)	11 5/24-26 NCAA Championships	Charlotte, N.C.
Scott Felch	17:20. (06)			
<i>10,000m (29:30.00/31:10.00)</i>				
James Rosser	33:29.61 (07)	33:29.61 (5)		
Scott Seamster	33:46.21 (07)	33:46.21 (1)		
<i>110mH (13.90/14.70)</i>				
Ben Climer	15.14 (06)	16.75 (1)		
Mark Zayshlyy	15.1 (05)	16.55 (2)		
Dan Larimer	16.84 (04)			
Justin Felt	17.68 (07)	17.68 (6b)		
<i>400mH (51.70/53.30)</i>				
Ben Climer	56.86 (07)	56.86 (7b)		
Mark Zayshlyy	1:00.74 (07)	1:00.74 (3)		
Dan Larimer	1:02.21 (06)			
Paul Henderson	1:02.51 (07)	1:02.51 (6b)		
<i>400 Relay (40.25/41.30)</i>				
<i>1600 Relay (3:09.40/3:14.40)</i>				
Strickler, Climer, Cronrath, Zayshlyy		3:28.00 (5)		
Strickler, Climer, Felt, Zayshlyy		3:28.87 (1)		
Climer, Felt, Henderson, Zayshlyy		3:31.27 (3)		
		3:33.80 (6b)		
Meis, Strickler, Cronrath, Gavareski		3:35.26 (3)		
Gavareski, Henderson, Phillips, Jorgensen		3:37.60 (5)		