

SEATTLE PACIFIC UNIVERSITY

Falcon News

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Falcons Take Run At GNAC Women's Title

SPU Is Top Seed in 11 Women's, 2 Men's Events

A rush for the gold. A young, run-based Seattle Pacific University women's track and field team aims to retain its Great Northwest Athletic Conference championship this Friday and Saturday (May 4-5) at the conference outdoor meet in Bellingham. The Falcons hope to overcome injuries to key field personnel to claim their fifth league crown in eight years. SPU hosts the Ken Foreman Invitational in West Seattle May 12 to conclude the regular season.

Three's a crowd. Although Seattle Pacific won the GNAC indoor crown with ease, outdoors will be a completely different matter. Three-time champion Western Oregon and Central Washington will be in the hunt and at least two other teams will also have an impact on the outcome. The Falcons feature 11 No. 1 seeds and 18 among the top three. The men have two No. 1s and top-four contenders in two other events.

Da do, run run. It could conceivably all come down to the last event, the 1600 relay. Fortunately, that is one of the strengths for Coach **Karl Lerum's** squad. In fact, the women are formidable in just about anything on the oval. Apart from the vertical jumps, they're pretty thin elsewhere. And, as always, the Falcons will need a few women to shoulder a significant load. Two freshmen will compete in three open events: top NCAA 1500 and 3000-meter qualifier **Jessica Pixler** (Fr., Sammamish, Wa./Eastlake) and record-setting sprinter **Nyema Sims** (Fr., Portland, Or./Jefferson).

Let's get busy. Sims was the team's high scorer indoors and may be the busiest this time around. She will likely run multiple heats of the 100 and 200—where she's the No. 1 qualifier—in addition to two relays and the long jump. Pixler will accumulate more mileage. She is the top seed in the 800 (two heats), 1500 and 3000. On occasion, Pixler has also run a leg of the 4x400 relay. Last week she was rested in preparation. Already Pixler has won GNAC crowns in cross country and both the 800 and mile indoors.

Fast Eddie. Another runner with a string of conference titles is **Eddie Strickler** (Sr., Richland, Wa.), the men's top seed in the 800, where he's the defending champ. He also won the indoor. Strickler is coming off a personal record of 1 minute, 51.73 seconds last week on the same Civic Stadium track. That ranks him No. 4 all-time at SPU. **Brian Cronrath** (Jr., Battle Ground, Wa.) goes into the GNAC meet with the No. 1 time in the 1500. The men have won two conference events each of the past two years, and they are trying to improve on last year's 51 points and seventh-place finish.

Winning appetite. A few other Falcons are in a position to pad their career totals this weekend. **Karin Rohde** (Jr., Bellingham, Wa./Mt. Baker) is going for her second straight steeplechase, where she's the top contender, and her fourth overall. She's won two indoor 5000s. Rohde will also double in the 1500. High-jumper **Teona Perkins** (Sr., Kennewick, Wa.) won the indoor as a junior but has been third outdoors and runner-up indoors since. She enters with a top mark of 5-8 ³/₄. **Monica Anderson** (Jr., Bremerton, Wa.) is the favorite in the pole vault, an event she won indoors this winter, and that SPU has taken outdoors each of the last two years. Another historically strong event for the Falcons, the javelin, is in good hands with **Molly Barnes** (Sr., Burien, Wa./Highline) as the No. 1 entry. Seattle Pacific spear throwers have won the league five of the last six years. **Jennifer Marsh** (Sr, Kirkland,

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.-Sat., May 4-5, 4 p.m. & 11 a.m.
GNAC Championships
Civic Stadium, Bellingham, Wa.

Last Week's Highlights

- Eddie Strickler ran the top time in the GNAC and moved up to No. 4 on the all-time SPU list
- Jessica Hinton won the Western Twilight 100 and 200 and ran on both winning relays

Stat de jour

Jessica Pixler, the top seed in the 800, 1500 and 3000, already has three GNAC titles

GNAC Championships Event Finals

Friday	4:00	Long Jump (w/m)
		Shot Put (w/m)
		Hammer (w/m)
	6:00	Pole Vault (w)
	6:35	10,000m (m/w)
Saturday	11:00	High Jump (m/w)
		Discus (w/m)
	11:10	3000m (w)
	11:15	Javelin (m/w)
	11:30	Steeplechase (m/w)
		Triple Jump (w/m)
	12:00	Pole Vault (m)
	12:10	4x100m Relay (m/w)
	12:30	1500m (m/w)
	12:50	110/100m Hurdles (m/w)
	1:10	400m (m/w)
	1:30	100m (m/w)
	1:50	800m (m/w)
	2:10	400m Hurdles (m/w)
	2:30	200m (w/m)
	2:50	5000m (m/w)
	3:35	4x400m (m/w)

Wa./Juanita), who ran to victory in the 800 three times (outdoor and in) during her first two seasons, is the No. 3 entry this year. **Latasha Essien** (Fr., Portland, Or./Reynolds) bolted to indoor wins in the 60 and 200 this winter.

Harbinger perhaps. If last week's trip to Bellingham was any indication, the Falcons should fare well. They were winners in seven of the nine women's races they entered at the Western Washington Twilight and took second place in the others. **Jessica Hinton** (Fr., Lake Stevens, Wa.) was a winner in both the 100 (12.68) and 200 (26.20), and she took the baton for legs of the victorious 400 (48.12) and 1600 (3:53.98) relays. Hinton was named the GNAC co-athlete of the week. Besides Strickler, the only other individual to improve an existing provisional qualifying time was **Jane Larson** (Fr., Fall City, Wa./Cedar Park Christian). She won the 3000 in 10:07.64. Strickler ran the final lap of the first-place 1600 relay (3:25.35). Seattle Pacific's other wins came from Marsh in the 800 (2:17.41), Rohde in the 1500 (4:45.2) and Sims in the long jump (16-10 ½).

Different strokes. Lerum's two squads have decidedly different strategies. The women are going for points while the males are shedding any extra events and targeting times. Ten women will be entered in at least two events. Until last year, the GNAC women's champion scored at least 210 points. SPU totaled 189 last year and a similar sum should suffice this time around. Western Oregon has four top seeds and 12 top-three marks. For the men, Central Washington looks like a runaway favorite to repeat. Seattle Pacific's highest finish was fourth in 2005. The hope is that both Strickler and Cronrath will respond with their top times of the season, improving their chances of reaching the NCAA Championships.

Multiple hurts. For the second time since beginning conference competition in 2000, the Falcon women are without an individual entered in at least four open events. Usually the stable of heptathletes has carried much of the load. But **Brittany Bekins** (So., Everett, Wa./Cascade), the nation's top heptathlon qualifier and No. 2 in the javelin, is being cautious after sustaining a rib injury three weeks ago, and both **Kristin Janney** (Sr., White Salmon, Wa.) and **Kelsey Cooley** (Jr., Missoula, Mt./Hellgate) are less than 100 percent. Cooley is doubling in the hurdles and high jump. She was fourth in last week's GNAC heptathlon. Bekins, who would've participated in at least five events if healthy, will run the hurdles and Janney will throw the javelin.

Medal detectors. Based on the performance lists, several others may be in the hunt for gold. **Justin Felt** (Fr., Eugene, Or./Churchill) is the No. 2 seed in the long jump, and **Ben Climer** (Fr., Woodburn, Or./McNary) is rated fourth in the 400 hurdles. In the women's sprints, Essien is No. 2 in the 100 and third in the 200 while Hinton is fourth in each. Seattle Pacific is also deep in the middle distances. Larson is No. 2 on the 3000 and No. 3 on the 1500 lists, and **Suzie Strickler** (So., Richland, Wa.) is fourth in the 3000. **Nikki Jensen** (Sr., Portland, Or./St. Mary's) is third in the 10k, the same position she finished a year ago. In the field events, **Tracie Lundsten** (Fr., Banks, Or.) is second to Anderson.

Fractions. Pixler remains unbeaten versus collegians outdoors. Going into the week she has a leads of 4 and 15 seconds over the No. 2 national qualifiers in the 1500 and 3000, respectively. She's No. 5 in the 800. Bekins remains No. 1 in the heptathlon and No. 2 in the javelin, and Lerum expects her to be ready for nationals, May 24-26 in Charlotte, N.C. Sims is No. 3 in the 200 and 11th in the 100. Perkins is now sixth in the high jump and Rohde eighth in the steeplechase...Both SPU women's relays hold top GNAC entry marks... **Lauren VerMulm** (Jr., Mount Vernon, Wa.), the two-time GNAC champion and All-America in the javelin, is among the injured this season. VerMulm is recovering from arm fractures...Seattle Pacific is going for its seventh GNAC team title in 2006-07. Earlier, men's soccer, volleyball, women's cross country, women's basketball, men's basketball and women's indoor track claimed outright or shared championships...This is the first year that the conference meet has been held over two days and with qualifying heats for running events through 800 meters. Finals for the long jump, shot put, hammer, 10,000 and women's pole vault will be decided Friday evening...Results of the GNAC Championships will be available immediately online at www.gnacsports.com and www.wvuwikings.com. Entry information for the Ken Foreman Invitational is available at the Falcons Online (www.spu.edu/falconsonline).

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).

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	10:07.64 (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	1:51.73 (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-Walters, Hinton, Sims, Essien, 48.12
 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-NyEma Sims, 16-10 1/2
 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, 1:51.73 (PQ)
 1500-Brian Cronrath, 3:52.93 (PQ)
 Steeple-Ryan Phillips, 10:05.4
 5000-Brian Cronrath, 15:09.68
 10,000-James Rosser, 33:29.61
 110H-Mark Zayshlyy, 16.55
 400H- Ben Climer, 55.44
 4x100-
 4x400-Gavareski, Climer, Cronrath, Strickler, 3:25.35
 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>	Kate Harline	19:01.0 (06)	
Latasha Essien	11.83 (06)	12.32 (6)	Nikki Jensen	19:02.14 (06)	19:23.09 (8)
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	19:52.94 (07)	19:52.94 (8)
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)	26.20 (8)	<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)	<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)	Walters, Hinton, Sims, Essien		48.12 (8)
NyEma Sims	57.98 (07)	57.98 (3)	<i>1600 Relay (3:42.00/3:52.00)</i>		
Jennifer Marsh	58.34 (04)		Essien, T. Perkins, Pixler, Sims		3:53.89 (7)
Suzie Strickler	58.5 (03)		Hinton, T. Perkins, Sims, Walters		3:53.98 (8)
Teona Perkins	59.03 (06)		Hinton, Walters, Sims, Pixler		3:54.64 (5)
Brittany Bekins	59.15 (07)	59.15 (8)	Sims, Walters, Hinton, Essien		3:58.47 (4)
Jessica Hinton	1:00.39 (07)	1:00.39 (1)	Bekins, Cooley, Essien, Hinton		4:00.03 (3)
Lisa Anderberg	1:01.86 (07)	1:01.86 (5)	Walters, Hinton, Anderberg, Strickler		4:02.12 (7b)
Victoria Perkins	1:02.32 (07)	1:02.32 (1)	<i>High Jump (5-10 1/2/5-6 1/2)</i>		
<i>800m (2:08.00/2:15.00)</i>			Teona Perkins	5-8 3/4 (07)	(1.75m) 5-8 3/4 (4)
Jessica Pixler	2:10.64 (07)	2:10.64 (5)	Kelsey Cooley	5-4 1/2 (05/06)	(1.59m) 5-2 1/2 (8a)
Jennifer Marsh	2:12.41 (04)	2:15.35 (5)	Nyema Sims	5-2 (05)	
Teona Perkins	2:12.62 (05)	2:14.15 (5)	Brittany Bekins	5-1 (07)	(1.55m) 5-1 (1/3)
Jane Larson	2:14.91 (06)	2:16.53 (4)	Kristin Janney	5-0 1/4 (04)	4-3 1/4 (5a)
Victoria Perkins	2:16.81 (06)	2:22.21 (4)	<i>Pole Vault (13-1 1/2/11-7 3/4)</i>		
Lisa Anderberg	2:17.3 (06)	2:17.58 (8)	Monica Anderson	12-1 1/2 (07)	(3.70m) 12-1 1/2 (5)
Suzie Strickler	2:17.73 (06)	2:24.48 (2)	Tracie Lundsten	11-7 3/4 (07)	(3.55m) 11-7 3/4 (5)
Kim Beaman	2:18.0 (04)		<i>Long Jump (20-6 1/4/18-8)</i>		
Brittany Bekins	2:20.76 (07)	2:20.76 (1)	Kelsey Cooley	18-3 (06)	(4.98m) 16-4 (8a)
Karin Rohde	2:20.39 (05)	2:21.57 (5)	Kristin Janney	18-0 1/4 (02)	(4.77m) 15-7 3/4 (2)
Megan Wrightman	2:22.0 (04)		Nyema Sims	17-1 1/2 (04)	(5.40m) 16-10 1/2 (8)
Kelsey Cooley	2:24.86 (06)	2:43.38 (7b)	Brittany Bekins	16-9 3/4 (07)	(5.12m) 16-9 3/4 (6a)
KysaCronrath	2:28.52 (07)	2:28.52 (6b)	<i>Triple Jump (41-0 1/4/38-0 3/4)</i>		
Kaitlin Rhode	2:28.5 (04)		Kelsey Cooley	35-3 (03)	
Kristin Janney	2:29.54 (04)		<i>Shot Put (50-0/43-6)</i>		
Katie Hart	2:38.0 (04)		Brittany Bekins	40-7 1/2 (07)	(12.38m) 40-7 1/2 (6a)
<i>1500m (4:27.00/4:44.00)</i>			Kelsey Cooley	36-2 (05)	(9.60m) 31-6 (5a)
Jessica Pixler	4:19.81 (07)	4:19.81 (7)	Kristin Janney	32-2 1/4 (05)	(9.57m) 31-4 3/4 (5a)
Jane Larson	4:35.01 (06)	4:36.94 (7)	<i>Discus (166-0/144-4)</i>		
Jennifer Marsh	4:41.42 (04)	4:50.24 (3)	<i>Hammer (185-0/158-9)</i>		
Karin Rohde	4:44.86 (06)	4:45.2 (8)	<i>Javelin (155-0/133-0)</i>		
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	10:07.64 (07)	10:07.64 (98)	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	10:34.75 (07)	10:34.75 (8)	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	10:58.17 (07)	10:58.17 (8)	6b 4/14 Spike Arlt Invitational	Ellensburg, Wa.	
Kim Beaman	11:01.91 (07)	11:01.91 (8)	7 4/20-21 Oregon Invitational	Eugene, Or.	
Nikki Jensen	11:08.0 (02)		7b 4/21 Cougar Invitational	Pullman, Wa.	
Kaitlin Rhode	11:11.09 (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)				
Katie Hart	18:45.28 (07)	18:45.28 (8)			

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	1:51.73 (07)	1:51.73 (8)	Justin Felt	106-11 (07) (32.60m) 106-11 (5a)
Brian Cronrath	1:54.12 (07)	1:54.12 (8)	Dan Larimer	93-8 (04)
Michael Gavareski	1:56.84 (07)	1:56.84 (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.
Scott Felch	4:26.48 (07)	4:26.48 (8)	4 3/24 Trojan Invitational	Palo Alto, Ca.
Jeff Ayers	4:26.62 (06)		5a 4/6-7 Spring Forward Mutli-Events	Bellingham, Wa.
Dan Larimer	4:32.38 (04)		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	10:05.4 (07)	10:05.4 (8)	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	15:29.58 (07)	15:29.58 (8)	8 4/27 Western Washington Twilight	Bellingham, Wa.
James Rosser	15:57.37 (07)	15:57.37 (8)	9 5/4-5 GNAC Championships	Bellingham, Wa.
Carlo Lozano	16:03.28 (05)		10 5/11-12 Ken Foreman Invitational	Seattle, Wa.
Scott Seamster	16:21.50 (07)	16:21.50 (8)	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	55.44 (07)	55.44 (8)		
Mark Zayshlyy	59.76 (07)	59.76 (8)		
Dan Larimer	1:02.21 (06)			
Paul Henderson	1:02.43 (07)	1:02.43 (8)		
<i>400 Relay (40.25/41.30)</i>				
<i>1600 Relay (3:09.40/3:14.40)</i>				
Gavareski, Climer, Cronrath, Strickler		3:25.43 (8)		
Strickler, Climer, Cronrath, Zayshlyy		3:28.00 (5)		
Strickler, Climer, Felt, Zayshlyy		3:28.87 (1)		
Climer, Felt, Henderson, Zayshlyy		3:31.27 (3)		