



FOR IMMEDIATE RELEASE May 8, 2007

Women's 8 Makes Final Push For NCAAs Falcons 3rd at WIRA, Seeded 3rd for Saturday's Regional

Berth right. Sure, they're longshots. But the Seattle Pacific University women's varsity eight has a shot at making the NCAA Rowing Championships, just the same. The Falcons will make one last run at an at-large berth Saturday (May 12) when they race in the West Regional final as part of the Pacific Coast Championships on Rancho Cordova's Lake Natoma. The NCAA Championships are May 25-27 in Oak Ridge, Tennessee.

Getting closer. This is Year Two of Seattle Pacific's new emphasis on eights, and it has made gradual improvement despite the crew's lack of experience. Coach **Keith Jefferson** has five novices and three sophomores occupying the seats, and yet they have largely held their own against bigger and more experienced foes. The Falcons need to pull hard and finish with strong time to warrant a berth at nationals. They are seeded third behind defending national champion Western Washington and UC San Diego. Humboldt State completes the four-boat field. However, the real competition for SPU are crews in the East and South regions who are also vying for the second at-large berth.

Racing form. In their eight races to date, the Falcons have gone as fast as 7:10.9 for 2000 meters. That's a significant improvement over a year ago but still lags behind the West's two proven programs, Western and UCSD. The Vikings finished 25 and 29 seconds ahead of the Falcons in their two meetings last month, and UCSD was 19 and 15 seconds faster in their meetings. SPU needs to close that gap considerably to gain favor with the NCAA committee. Currently, the Vikings are the frontrunner for the West Region's automatic team berth, and the Tritons are contending for the at-large team spot. The three regional champions, the at-large team and the two at-large eights comprise the NCAA field.

WIRA wrap. With a strong second half, Seattle Pacific brought home the bronze in the varsity eight at the Apr. 29 Western Intercollegiate Rowing Association Championships. UC San Diego handily won the Division II-III/Division Club grand final in 7:02.6, with the Falcons and Long Beach State battling bow-to-bow for second. The 49ers nudged in front over the final 15 strokes to be runners-up in 7:17.2 with SPU next in 7:18.1. All boats encountered a headwind. Seattle Pacific had won its opening heat, beating Pacific Lutheran by over a length. The men's varsity four, plagued by injuries, finished sixth (7:10.4) in the grand final, which was won by Puget Sound in 6:52.4. They had posted the third-fastest time during the three qualifying heats.

Short strokes. It was Seattle Pacific's first WIRA medal in a varsity eight category. A year ago, the Falcons did not qualify for the grand final...Since WIRA, there's been one change in the lineup, with a new bow oar...By virtue of seeding, the Falcons will be in lane 3...A point system determines the West Region team champion. The first-place eight receives 12 points, the runner-up nine and third-place six. The four winner gets eight points, with second receiving six and third four...The NCAA Championship's final participants will be announced May 15...Western Washington is looking to earn a fourth straight automatic berth to nationals. The Vikings have been No. 1 in the West throughout the season in both the eight and four...Seattle Pacific was third in the PCRC last year, 22 seconds behind UCSD...Veteran coxswain **Megan Giske** (Sr., Gig Harbor, Wa.) was named to the all-WIRA second team. Giske had earlier made all-conference for the second year in a row...Although

2007 ROWING

SPU Quick Facts

Coach—Keith Jefferson, 17th year
Assistant—Jessie Pennington
Assistant—Kip Wassink

This Week's Regatta

Sat., May 12, 12 p.m.
Pacific Coast Rowing Championships
Lake Natoma, Rancho Cordova, Ca.

Last Week's Highlights

•The Falcons took third in the WIRA women's varsity eight grand final while men's varsity four was sixth

NCAA Division II Rankings

West Region Teams

1. Western Washington
2. UC San Diego
3. Humboldt State

South Region Teams

1. Nova Southeastern
2. Barry
3. Florida Tech
4. Rollins

East Region Teams

1. Dowling
2. Mercyhurst

West Region Eights

1. Western Washington
2. UC San Diego
3. Seattle Pacific
4. Humboldt State

South Region Eights

1. Nova Southeastern
2. Florida Tech
3. Barry
4. Rollins

East Region Eights

1. Dowling
2. Mercyhurst
3. Franklin Pierce

the men's four had met the entry criteria for the ECAC National Invitational, the crew's finish at the WIRA prompted Jefferson to forego the trip. SPU had taken third in last year's national final.

Crew lineup this week

Women's Varsity 8: Stroke-**Rachel Savage** (So., Encinitas, Ca./San Dieguito), 7-**Katie Wolff** (Jr., Bridgewater, Vt./Mid Vermont Christian), 6-**Amy Burns** (So., Palm Springs, Ca./Desert Chapel), 5-**Rachel Strand** (Sr., Shoreline, Wa./King's), 4-**Kay Chikos** (Fr., Renton, Wa./Kentrledge), 3-**Erin Arkin** (Fr., Tacoma, Wa./Academy Northwest), 2-**Melissa Blevins** (Fr., Walla Walla, Wa.), bow-**Katie Wilner** (So., Everett, Wa./Everett), coxswain-**Megan Giske** (Sr., Gig Harbor, Wa./Gig Harbor). Alternate- **Denise Filley** (Fr., Mesa, Az./Dobson)

WIRA results

Women's Varsity 8 Grand Final: 1-UC San Diego 7:02.6, 2-Long Beach State 7:17.2, 3-Seattle Pacific 7:18.1, 4-Pacific Lutheran 7:20.1, 5-Orange Coast 7:29.1, 6-Arizona State 7:30.1, 7-Sonoma State 7:35.1
Qualifying heat : 1-Seattle Pacific 7:10.9, 2-Pacific Lutheran 7:13.9, 3-Orange Coast 7:15.1, 4-Humboldt State 7:18.3, 5-Chapman 7:21.4, 6-Willamette 7:25.8

Men's Varsity 4 Grand Final:

1-Puget Sound 6:52.4, 2-Washington State 6:53.7, 3-Long Beach State 7:01.9, 4-Western Washington 7:05.0, 5-UC Santa Barbara 7:05.4, 6-Seattle Pacific 7:10.4
Qualifying heat: 1-Western Washington 6:58.5, 2-Seattle Pacific 7:00.5, 3-Santa Clara 7:11.9, 4-Sonoma State 7:37.5, 5-Portland 7:56.8

Missing links. For the latest and best information on Seattle Pacific University athletics, click on the Falcons Online (www.spu.edu/falconsonline). For results and rankings, see the Great Northwest Athletic Conference web site at <http://www.row2k.com/ncaa/>.

2007 Rowing Roster

<i>Women</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
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. (Kentrledge)
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)

<i>Men</i>	<i>Yr</i>	<i>Pos</i>	<i>Exp</i>	<i>Hometown (High School)</i>
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- Katie Wolff
 6-Amy Burns
 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-Ben Zupke
 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

2006 Crew Lineups

Women's

Varsity 8

Stroke--Alicia Apple

7--Megan Sweeney

6--Rachel Savage

5--Katie Wolff

4--Kimberly Leinstock

3--Rachel Ward

2--Rebecca Snow

Bow--Katie Wilner

Cox--Megan Giske

Varsity 4

Stroke--Alicia Apple

3--Megan Sweeney

2--Rachel Savage

Bow--Katie Wolff

Cox--Megan Giske

Varsity Pair

Stroke--Alicia Apple

Bow--Megan Sweeney

Novice 4

Stroke--Holly Allan

3--Rachel Ward

2--Adrien Camp

Bow--Liz Boettcher

Cox--Matthew Shi

Men's

Varsity 4

Stroke--Jeremy Bryant

3--John Chevigny

2--Jonathan Dyk

Bow--Ben Zupke

Cox--Jeney Wierman

Novice 4

Stroke--Jonathan Dyk

3--Casey Esmond

2--Justin Rowley

Bow--Zeke Schellberg

Cox--Matthew Shi

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