



FOR IMMEDIATE RELEASE May 21, 2007

Frosh To Figure Prominently At NCAAs

Pixler, Bekins & Sims To Pull Double Duty in Charlotte

Carolina on their minds. All the repetitions, all the mileage and all the focus of the past eight months has been directed at this particular week of activity. Now it's time to make good on that goal-setting for the eight athletes representing Seattle Pacific University at the NCAA Division II Track & Field Championships. The meet begins Thursday (May 24) and runs through Saturday (May 26) in Charlotte, N.C.

First or thereabouts. In each of the Falcons' last four visits to NCAA meets they have produced a national champion, and there's an excellent chance of that string being extended. **Jessica Pixler** (Fr., Sammamish, Wa./Eastlake) won the indoor mile back in March and is the No. 1 seed in the 1500-meter run, as well as No. 2 in the 800. Selected as the West Region track athlete of the year, Pixler is unbeaten versus collegians at those distances. Not since 1992 has an SPU freshman won an NCAA outdoor crown, and only one individual has won both an indoor and outdoor event in the same season. Pixler's final competition of the season will be the USA Junior Championships, June 20-24 in Indianapolis.

Immediate impact. Pixler is one of four newcomers who are bound for Carolina. **Brittany Bekins** (So., Everett, Wa./Cascade), a transfer, is top contender for both the heptathlon and javelin titles. Bekins ranks No. 3 and 2, respectively, in each. The Falcons' most explosive sprinter in over 10 years, **Nyema Sims** (Fr., Portland, Or./Jefferson) broke a longstanding school record in the 200 and also qualified for the 100. Sims ran the 60 at indoor nationals. **Jane Larson** (Fr., Fall City, Wa./Cedar Park Christian) is coming off a personal record in her NCAA event, the 3000. Larson qualified for the indoor mile and the distance medley relay which took eighth.

Done that. The other four members of the travel party are experienced and certainly candidates for medals. **Molly Barnes** (Sr., Burien, Wa./Highline), now a two-time qualifier, is No. 3 in the javelin. **Teona Perkins** (Sr., Kennewick, Wa.), a veteran of three previous national meets, indoors and outdoors, is tied for sixth in the high jump. **Karin Rohde** (Jr., Bellingham, Wa./Mt. Baker) is No. 7 in the steeplechase. Rohde competed last year, plus cross country and indoor meets this year. The men's sole qualifier, **Eddie Strickler** (Sr., Richland, Wa.), is No. 9 in the 800, a race in which he placed eighth nationally indoors.

Another top 10? Pixler, Rohde and Larson have been a part of three conference championships and two top-10 NCAA finishes by the Falcons already this season. And if they can make it a hat trick, it would possibly be the best outdoor finish by Seattle Pacific since 1993. That year, the team finished fifth and their only top-10 placement since then was ninth (2001). Last autumn, cross country was sixth and in March the indoor team was seventh. Coach **Karl Lerum**, cautiously optimistic because of his team's youth, believes his women will score 30 points with the potential to go over 40. Generally, 30 is sufficient for the top 10 and 50 for the top five.

Busy Bekins. Officially, it's only two events. But in truth, Bekins will be competing eight times in three days. The heptathlon, of course, consists of seven events: 100 hurdles, high jump, shot put, 200, long jump, javelin and 800. And then there's the open javelin for Bekins on Saturday. Both events are wide-open, with Bekins and three other competitors all owning scores of 4900-5100 points in the heptathlon, and the javelin volatile in terms of one throw making the difference. Bekins has been held out of most activity since sustaining a rib injury

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

Thr.-Sat., May 24-26
 NCAA Championships
Irwin Belk Complex, Charlotte, N.C.

Last Week's Highlights

Eddie Strickler and Jessica Pixler are coming off the No. 4 times in SPU 800 history at the Foreman Invitational

Stat de jour

Jessica Pixler is unbeaten versus collegians in the 800 and 1500 meters

NCAA Championships Schedule

Thr., May 24 (all times PDT)

7:30am	Heptathlon (Bekins)
1:20	1500 Prelim (Pixler)
2:20	100 Prelim (Sims)
2:50	Steeplechase Prelim (Rohde)
3:45	3000 Prelim (Larson)

Fri., May 25

8:00am	Heptathlon (Bekins)
2:30	200 Prelim (Sims)
3:00	800 Prelim (Pixler)
3:15	800 Prelim (Strickler)
3:30	3000 Final (Larson)

Sat., May 26

11:15	Javelin (Barnes, Bekins)
2:00	Steeplechase Final (Rohde)
2:15	High Jump (Perkins)
2:50	1500 Final (Pixler)
3:38	100 Final (Sims)
3:52	800 Final (Pixler)
3:59	800 Final (Strickler)
4:28	200 Final (Sims)

in mid-April. Beforehand, she had scored 4944 in her only heptathlon and thrown the spear just in just four meets, with a best of 150 feet, 4 inches coming in her debut Mar. 3.

Quick Pix. Pixler is coming off yet another win, her ninth in 11 outdoor races, at the Ken Foreman Invitational. Although not pressed, her time of 2:08.13 broke the Great Northwest Athletic Conference record and ranks No. 4 all-time at SPU. Pixler came back to take third in the 3000, although her primary task was to pace Larson. She was victorious in all three of her 800 starts. The only two 1500 runners to defeat her were ex-collegians, and Pixler holds an advantage of 8-plus seconds over the No. 2 qualifier. She is within a 1.05 seconds of the top seed in the 800.

Near miss. Of those athletes making provisional standards, **Brian Cronrath** (Jr., Battle Ground, Wa.) received the unkindest cut in the 1500. He missed an NCAA berth by 0.34 seconds and has twice beaten one of the top eight qualifiers. **Monica Anderson** (Jr., Bremer-ton, Wa.) became the Falcons' first 12-foot vaulter to be left out in that rapidly evolving event. Anderson had gone 12-1 1/2 and the dividing line was 12-5 1/2. Pixler, who had the No. 3 qualifying time in the 3000, opted out of that distance.

Tradition. Apart from Sims in the sprints, the other NCAA contestants come from tradi-tionally strong events for the Falcons. For instance, there have been 18 heptathlon qualifiers in 18 years (Sims plans to do so next year) and four national champions. Twenty-six women have been All-America in the middle (800-3000) distances (one champion) and 20 in the javelin (two champs). Perkins is aiming to become the eighth high jump national scorer and Rohde was one of the first two SPU steeplechase qualifiers a year ago. Strickler's half-miler lineage dates back to the school's first national champion in 1953, Ben Moring. There have been five All-Americans, the last being Paul Mach in '05.

Racing form. Strickler's run of 1:50.83 at the Foreman pushed him up to No. 2 on the GNAC all-time list and earned him conference athlete of the week. He remains No. 4 on the SPU chart. Strickler has PR'd in two of his last three races. Larson shaved 3.46 seconds off her PR in the 3000 last week. Rohde led wire-to-wire in the steeplechase, earning her third win in four outings in 11:04.90. For the sixth straight outdoor meet, Perkins jumped over 5-5 3/4, taking second (5-6) at the Foreman. Barnes has thrown for more than 136 feet in five of her seven meets, including 137-1 last week.

Got next. Lerum's recruiting class for women grew to six members with the signings of Brittany Aanstad of Lake Stevens and Oregon's Jacquie Mattson and Jeeni Schantin. Aanstad won the state 4A javelin title as a junior, when her best throw was 146-1. She currently ranks third in the state at 144-7 and has qualified for four events (high jump, long jump, triple jump, javelin) at state this weekend. Mattson, from Hood River Valley, won the Ore-gon 6A high jump title (5-5) last week after taking fourth the previous year. Schantin, who will be a junior at SPU, has thrown the javelin 150-5 this season at Clackamas Community College, located in Oregon City. She took second in the NWAACC as a freshman.

Fractions. The forecast for Charlotte later this week is sunny and highs in the low 80s. Johnson C. Smith University is the host institution...Lincoln (Mo.) is the four-time defend-ing women's NCAA champion and Abilene Christian has won five men's titles in a row. SPU has finished among the top 20 17 times since the NCAA began sponsoring the women's championship in 1983. There have been 22 individual champions (three indoors), the last outdoors being Danielle Ayers-Stamper in the 2005 high jump. Chris Randolph won the decathlon each of the last two years, giving the men nine collegiate crowns altogether... ex-cept for the heptathlon and 3000, all SPU-related events are Saturday. Prelims are Thursday and Friday...In all, SPU won five Foreman events. A late kick by Cronrath enabled him to overtake GNAC winner Anthony Tomsich of Western Washington going into the straight-away and win the 1500 in 3:52.86. Anderson won the pole vault (11-11 3/4) and **Jessica Hin-ton** (Fr. Lake Stevens, Wa.) got the 200 in a PR of 25.59...Only one athlete, Karin Grelsson, has won two NCAA titles at a single NCAA competition. Grelsson was first in the heptath- lon and triple jump in 1992...Pixler's the first to double in the middle distances since Rachel Ross in '01...The Falcons have produced a total of eight distance and middle-distance cham-pions under **Doris Heritage**, the two-time Olympian and five-time world cross country champion...With wins in cross country, indoor and outdoor track & field, the SPU women clinched a second straight GNAC All-Sports Championship and the fourth consecutive women's title...The Falcons led all GNAC women's track teams with 13 individuals on the academic all-conference squad. **Kristin Janney** (Sr., White Salmon, Wa.), **Jennifer Marsh** (Sr., Kirkland, Wa./Juanita), **Victoria Perkins** (Sr., Kent, Wa./Kentwood), **James Rosser** (Sr., Seattle, Wa./Highline) and Eddie Strickler were all named for the third year in a row. Two-time honorees were Anderson, Barnes, **Kelsey Cooley** (Jr., Missoula, Mt./Hellgate), **Michael Gavareski** (Sr., Bellingham, Wa./Bellingham), **Kaitlin Rohde** (Jr., Bellingham, Wa./Mt. Baker), Karin Rohde and **Megan Wrightman** (Jr., Bend, Or./Bend).

2007 NCAA Qualifiers

Women	Event	Mark	Rank
NyEma Sims	100m	11.90 (P)	16
NyEma Sims	200m	23.99 (P)	7
Jessica Pixler	800m	2:08.13 (P)	2
Jessica Pixler	1500m	4:19.81 (A)	1
Jane Larson	3000m	10:02.01 (P)	7
Karin Rhode	Steeple	11:01.6 (P)	7
Teona Perkins	High Jump	5-8 3/4 (P)	6
Brittany Bekins	Javelin	150-4 (P)	2
Molly Barnes	Javelin	147-3 (P)	3
Brittany Bekins	Heptathlon	4944 (P)	3
Men	Event	Mark	Rank
Eddie Strickler	800m	1:50.83 (P)	9

A-Automatic
P-Provisional

SPU Collegiate Champions

Women

1973	Lynette Matthews, Discus
1973	Lynette Matthews, Shot
1973	Laurel Miller, 2 mile
1974	Lynette Matthews, Shot
1976	Sherron Walker, Long Jump
1981	Cathy Wilson, Heptathlon
1985	Chris Klausman, 800m
1986	Bente Moe, 5000m
1987	Bente Moe, 10,000m
1987	Anita Sartin, Heptathlon
1987	Gitte Karlshoj, 3000m
1988	Bente Moe, 5000m
1989	Bente Moe, 10,000m
1990	Michelle DeVries, Javelin
1992	Karin Grelsson, Heptathlon
1992	Tiffany Colman, Javelin
1992	Karin Grelsson, Triple Jump
1993	Karin Grelsson, In. Triple Jump
1993	Karin Grelsson, Heptathlon
1994	Karin Grelsson, In. Triple Jump
2005	Danielle Ayers-Stamper, In. Hi. J.
2006	Jessica Pixler, Indoor Mile

Men

1953	Ben Moring, 880y
1954	Ben Moring, 880y
1968	Steve Gough, Triple Jump
1970	Steve Gough, Decathlon
1974	Steve Sooter, Steeplechase
1992	Mike Olson, Shot
1993	Mike Olson, Indoor Shot
2005	Chris Randolph, Decathlon
2006	Chris Randolph, Decathlon

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	5000/10k	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)	19:17.28 (10)
NyEma Sims	11.90 (07)	11.90 (6)	Kaitlin Rhode	19:19.09 (05)	19:43.61 (10)
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)	40:01.79 (9)
<i>200m (23.80/24.80)</i>			Katie Hart	39:56.88 (07)	39:56.88 (9)
NyEma Sims	23.99 (07)	23.99 (6)	Kaitlin Rhode	41:08.9 (06)	
Latasha Essien	25.33 (06)	25.58 (6)	Heidi Peterson	41:04.27 (07)	41:04.27 (9)
Anna Walters	25.2 (06)	26.20 (8)	<i>100mH (13.80/14.65)</i>		
Jessica Hinton	25.59 (07)	25.59 (10)	Kelsey Cooley	14.53 (06)	16.48 (9)
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)	59.24 (9)	Walters, Hinton, Sims, Essien		48.12 (8)
NyEma Sims	57.98 (07)	57.98 (3)	Bekins, Hinton, Walters, Sims		48.17 (9)
Jennifer Marsh	58.34 (04)		<i>1600 Relay (3:42.00/3:52.00)</i>		
Suzie Strickler	58.5 (03)		Essien, T. Perkins, Pixler, Sims		3:53.89 (7)
Teona Perkins	59.03 (06)		Hinton, T. Perkins, Sims, Walters		3:53.98 (8)
Brittany Bekins	59.15 (07)	59.15 (8)	Bekins, Pixler, T. Perkins, Sims		3:54.13 (9)
Jessica Hinton	1:00.39 (07)	1:00.39 (1)	Hinton, Walters, Sims, Pixler		3:54.64 (5)
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/9)
Jessica Pixler	2:08.13 (07)	2:08.13 (10)	Nyema Sims	5-2 (05)	
Jennifer Marsh	2:12.41 (04)	2:15.20 (10)	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)	2:17.58 (8)	Tracie Lundsten	11-7 3/4 (07)	(3.55m) 11-7 3/4 (5/9)
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)	(5.22m) 17-1 1/2 (9)
Megan Wrightman	2:22.0 (04)		Brittany Bekins	17-0 (07)	(5.18m) 17-0 (10)
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	4:44.08 (07)	4:44.08 (9)	Brittany Bekins	150-4 (07)	(45.83m) 150-4 (1)
Megan Wrightman	4:54.0 (04)	5:04.32 (2)	Molly Barnes	147-3 (07)	(44.88m) 147-3 (7b)
Suzie Strickler	4:50.66 (07)	4:50.66 (7b)	Kristin Janney	122-11 (07)	(37.48m) 122-11 (10)
Lisa Anderberg	4:55.94 (07)	4:55.94 (5)	Kelsey Cooley	110-6 (06)	(34.21m) 112-3 (5a)
Kate Harline	4:57.7 (07)	4:57.7 (6b)	<i>Heptathlon (5250/4475)</i>		
Victoria Perkins	5:04.67 (07)	5:04.67 (2)	Kelsey Cooley	4930 (06)	4074 (8a)
Kim Beaman	5:02.23 (06)		Brittany Bekins	4944 (07)	4944 (6a)
Katie Hart	5:22.29 (06)		Kristin Janney	4494 (04)	2161 (5a)
KysaCronrath	5:10.92 (07)	5:10.92 (1)	<i>Legend</i>		
Nikki Jensen	5:12.0 (02)		1 3/3 Puget Sound/Lewis & Clark		Tacoma, Wa.
<i>3000m (9:40.00/10:18.00)</i>			2 3/10 Joe Peyton Invitational		Tacoma, Wa.
Jessica Pixler	9:37.41 (07)	9:37.41 (3)	3 3/16 Washington Preview		Seattle, Wa.
Jane Larson	10:02.01 (07)	10:02.01 (10)	4 3/24 Trojan Invitational		Palo Alto, Ca.
Karin Rohde	10:09.64 (07)	10:09.64 (4)	5a 4/6-7 Spring Forward Mutli-Events		Bellingham, Wa.
Suzie Strickler	10:18.13 (07)	10:18.13 (3)	5 4/6 Vernacchia Team Classic		Bellingham, Wa.
Kate Harline	10:29.18 (07)	10:29.18 (10)	6a 4/11-12 California Invitational Multi		Azusa, Ca.
Katie Hart	10:44.37 (07)	10:44.37 (3)	6 4/12-14 Mt. SAC Relays		Walnut, Ca.
Megan Wrightman	10:53.1 (06)	11:02.56 (5)	6b 4/14 Spike Arlt Invitational		Ellensburg, Wa.
Kysa Cronrath	10:53.95 (07)	10:53.95 (9)	7 4/20-21 Oregon Invitational		Eugene, Or.
Kim Beaman	11:01.91 (07)	11:01.91 (8)	7b 4/21 Cougar Invitational		Pullman, Wa.
Nikki Jensen	11:08.0 (02)		8a 4/23-24 GNAC Multi-Event Champs.		Monmouth, Or.
Kaitlin Rhode	11:11.09 (06)		8 4/27 Western Washington Twilight		Bellingham, Wa.
Heidi Peterson	11:33.51 (06)		9 5/4-5 GNAC Championships		Bellingham, Wa.
<i>3000 Steeplechase (10:20.00/11:27.00)</i>			10 5/12 Ken Foreman Invitational		Seattle, Wa.
Karin Rohde	10:58.7 (06)	11:01.6 (9)	11 5/24-26 NCAA Championships		Charlotte, N.C.
Victoria Perkins	11:48.4 (05)				
Kim Beaman	11:55.56 (07)	11:55.56 (10)			
<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	13-8 1/4 (07) (4.17m) 13-8 1/4 (9)
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	1:50.83 (07)	1:50.83 (10)	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	3:52.28 (07)	3:52.28 (9)	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	10:02.0 (07)	10:02.0 (9)	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	15:54.52 (07)	15:54.52 (10)	9 5/4-5 GNAC Championships	Bellingham, Wa.
Carlo Lozano	16:03.28 (05)		10 5/12 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>				
Scott Seamster	33:27.11 (07)	33:27.11 (9)		
James Rosser	33:29.61 (07)	33:29.61 (5)		
<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>				
Climer, Felt, Strickler, Gavareski		3:24.99 (8)		
Gavareski, Climer, Cronrath, Strickler		3:25.43 (8)		
Strickler, Climer, Cronrath, Zayshlyy		3:28.00 (5)		
Strickler, Climer, Felt, Zayshlyy		3:28.87 (1)		