

SEATTLE PACIFIC UNIVERSITY

Falcon News

SPORTS INFORMATION OFFICE Frank MacDonald, SID



206/281-2772 voice | 206/281-2266 fax | fmacdon@spu.edu | www.spu.edu/falcononline

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And Falcons May Only Get Better In '08 Pixler & Perkins Win NCAA Titles; SPU Women Finish 7th

Ever rising. They are good, they're young and it's likely that the Seattle Pacific University women's track and field team will only become stronger in 2008. The Falcons won two more NCAA outdoor individual titles and achieved their highest national finish in 14 years with a squad featuring underclassmen. Meanwhile, the men produced national indoor and outdoor qualifiers, and, together, the programs totaled 11 top-10 NCAA placements.

Champions deux. For the first time in 14 years the Falcons brought home multiple individual titles from the NCAA Championships. In a matter of mere minutes, **Jessica Pixler** (Fr., Sammamish, Wa./Eastlake) won the 1500-meter run and **Teona Perkins** (Sr., Kennewick, Wa.) emerged victorious in the high jump. Those two feats—plus the surging second-place finish by Pixler in the 800—vaulted SPU to seventh in the final national standings, making it the best placement since 1993. Pixler became only the second SPU athlete to win both an NCAA indoor and outdoor title in the same year. Karin Grelsson did so in 1993.

See the world. Pixler is going places and soon. She finished second in last week's USA Juniors 1500 (4:20.93) to earn a berth in the Junior Pan American Games, July 6-8 in Sao Paulo, Brazil. Jordan Hasay, a 15-year-old phenom who won the junior cross country crown in February, ran a 4:16.98 to break a 30-year-old meet record. Meanwhile, SPU assistant coach **Chris Randolph** booked himself a trip to Germany. The NCAA decathlon winner in '05 and '06 while competing for the Falcons, Randolph finished sixth (7723 points) in the USA Championships. His 5-second PR in the final event, the 1500, clinched a spot on the American multi-event squad which competes Aug. 18-19 in Bernhausen, Germany.

She's unbelievable. And to think she's only a freshman. Pixler will need a truck to haul home her trove of trophies from the past year. In addition to her pair of NCAA titles (she also won the indoor mile), she was voted all-sports Athlete of the Year by both SPU and the Great Northwest Athletic Conference. It was the first time a frosh had won either. Over the course of the year, Pixler won five individual and three team GNAC titles in track and cross country. She set new conference records in the indoor mile and outdoor 800, 1500 and 3000. Pixler was the GNAC indoor and outdoor track and field athlete of the year and the West Region track athlete of the year.

More awards. Others earned conference hardware as well. **Karl Lerum** was voted coach of the year by his peers. That's now three such awards for Lerum in his two years. He was previously the '06 outdoor and '07 indoor coach of the year. **Brittany Bekins** (Jr., Everett, Wa./Cascade) was newcomer of the year. She owns the league's top marks in the javelin and heptathlon this season.

Exclusive club. Perkins completed a exclusive treble by following her national title with a place on the Academic All-America first team and earning an NCAA Postgraduate Scholarship. A European Studies major with a 3.70 grade point average, Perkins was a three-time All-American in two seasons and won two conference championships. She was the West Region indoor field athlete of the year this past winter. The only other SPU track athletes to win a national title and make Academic All-America in the same year are Bente Moe (1990) and Grelsson (1993-94), and only Moe received an NCAA scholarships as well.

Got smart. Earlier, Perkins, **Karin Rohde** (Jr., Bellingham, Wa./Mt. Baker) and **Eddie Strickler** (Sr., Richland, Wa.) were voted to the ESPN The Magazine Academic All-District VIII teams. Rohde was the GNAC champion in the indoor 5000 meters and the steeplechase outdoors, the latter for the second year in a row. She was also All-America in the indoor mile (fifth) and distance medley relay (8th). Rohde is a nursing major with a 3.82 GPA.

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

Last Week's Highlights

Jessica Pixler earned a berth in the upcoming Junior Pan Am Games in Brazil by taking second in the USA Junior 1500

Stat de jour

Teona Perkins becomes just the third Falcon to win a national title and earn Academic All-America in the same year

NCAA 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.
2007	Jessica Pixler, Indoor Mile
2007	Jessica Pixler, 1500m
2007	Teona Perkins, High Jump

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

Strickler claimed GNAC 800 indoor and outdoor titles and was All-America indoors, taking eighth at nationals. He finished ninth in the NCAA outdoor meet.

NCAA points. Three athletes accounted for all the Falcons' points at nationals. Pixler fought off a late challenge in the 1500, and Perkins followed shortly thereafter with her dramatic victory in the high jump. With the rest of the competitors eliminated, Perkins was the last to attempt a jump at 5-10 (1.78 meters), and she cleared the bar cleanly. She leap-frogged four competitors and also broke the GNAC record and tied for No. 4 all-time at SPU. Perkins had never gone 5-10 before, even in training. Pixler went to the front of the 1500 on the second lap, extended the lead and then withstood a kick from Adams State's Tanya Gaurmer in the final 200. Pixler was timed in 4:22.23 and Gaurmer in 4:24.10. An hour later, Pixler began her bid to become only the second freshman in meet history to double in the 800 and 1500. She blazed from the back to overtake six runners, but was unable to catch Venessa Lee (2:07.08) of Pittsburg State, last year's runner-up. Still, Pixler came across in GNAC-record 2:07.90. The Falcons' first points of the meet came from Bekins, who bounced back from a disappointing ninth in the heptathlon to take fifth in the javelin. Plagued by pain in her back and ribs, she bypassed practice throws and then took the early lead by sending the spear 138-1.

Final recall. Strickler ran his best race but was just nudged from a place in the 800 final. His 1:50.59 ranks No. 2 all-time in the GNAC and fourth at Seattle Pacific. Battling pain, Bekins was incapable of matching her heptathlon qualifying effort. Her total of 4747 points was 197 off her best. **Jane Larson** (Fr., Fall City, Wa./Cedar Park Christian) was eliminated in the prelims of the 3000, taking 13th overall in 10:11.62. **NyEma Sims** (Fr., Portland, Or./Jefferson) ran 13th and 20th in the 100 (12.09) and 200 (24.86), respectively. Rohde struggled in the steeplchase qualifier, running 16th (11:27.34). **Molly Barnes** (Sr., Burien, Wa./Highline) did not make finals, taking 17th (121-6) in the javelin.

Near miss. SPU should be in the running for NCAA trophies next year, given their cast of returnees and the continued flow of quality recruits. Of the indoor and outdoor national qualifiers, only **Jennifer Marsh** (Sr., Kirkland, Wa./Juanita) and Barnes graduate, and returning from injury will be two-time javelin All-American **Lauren VerMulm** (Jr., Mount Vernon, Wa.). **Brian Cronrath** (Jr., Battle Ground, Wa.) and **Justin Felt** (Fr., Eugene, Or./Churchill), the GNAC runners-up in the 1500 and long jump, respectively, lead the men.

Got next. Seattle Pacific's recruits were also making some noise on Memorial Day weekend, winning two state 4A titles. Brittany Aanstad of Lake Stevens successfully defended her javelin title and later added the heptathlon crown. She was third in the high jump. Gig Harbor's Melissa Peaslee took first in the pole vault. Earlier, Jacqui Mattson (Hood River Valley) won the high jump and Andrew Matschiner (Jesusuit) the shot title at the Oregon 6A championships. Jeeni Schantin, who will be a junior at SPU, won the the NWAACC crown with a huge mark of 164-9, and later took 17th at the USA Championships. Among the other recruits, Jennifer Pike (Skyview) took seventh in the 4A 100 hurdles, Jeff Dull of King's was fourth and fifth in the 1A 1600 and 3200, and his brother Evan was seventh in the 800.

For the record. One of the longest-standing women's records was broken this season, and Pixler erased a section of the GNAC book. Sims went to the top of the 200 list (23.99) for both the school and league; Anita Sartin's mark of 24.31 had stood since 1987. Sims is also No. 2 on the SPU 100. Pixler set new GNAC standards in the 800, 1500 and 3000, and is now No. 2 on the school 1500 and third on the 800 lists. Perkins tied for No. 4 in the high jump and broke the conference mark. Other than Strickler's No. 4 800, Cronrath made it to fourth in the 1500. During the indoor season, Sims (60), Pixler (mile), Rohde (3000) and the distance medley relay wrote new records.

Be ca 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 Falcons Online (www.spu.edu/falconsonline).

Fractions. Strickler and Perkins each received the Falcon Award for Excellence for career achievement in academics, athletics and leadership...Pixler's second-place finish in the NCAA 800 ended a 12-race unbeaten streak against collegians in races of 800 or 1500 this spring. She had won each of her qualifying heats. Pixler's 18 points was the most since Grelsson's 23 at the '93 national meet, and she's only the third SPU freshman to win an outdoor title...There have now been 24 individual champions (three indoors)...Next year's NCAA meet returns to the West Coast, with Cal Poly Pomona hosting at the site of the of the Mount SAC Relays in Walnut...Northwest Nazarene will host the GNAC and West Region cross country meets in the fall. The GNAC indoor meet will remain at NNU with the outdoor moving to Ellensburg.

2007 NCAA Results

Women	Event	Mark	Place
Jessica Pixler	1500m	4:22.23	1
Teona Perkins	High Jump	5-10	1
Jessica Pixler	800m	2:07.90	2
Brittany Bekins	Javelin	138-1	5
Brittany Bekins	Heptathlon	4747	9
Jane Larson	3000m	10:11.62	12
NyEma Sims	100m	12.09	13
Karin Rhode	Steeple	11:27.34	16
Molly Barnes	Javelin	121-6	17
NyEma Sims	200m	24.86	20
Men	Event	Mark	Place
Eddie Strickler	800m	1:50.59	9
A-Automatic			
P-Provisional			

2007 Outdoor Best Marks

Women's

100-NyEma Sims, 11.90 Ω
 200- NyEma Sims, 23.99 \$Ω
 400-Nyema Sims, 57.98
 800-Jessica Pixler, 2:07.90 Ω
 1500-Jessica Pixler, 4:19.81 Ω
 Steeple-Karin Rhode, 11:01.6
 3000-Jessica Pixler, 9:37.41 Ω
 5000-Katie Hart, 18:45.28
 10,000-Katie Hart, 39:56.88
 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, 5-10 Ω
 Pv-Monica Anderson, 12-1 1/2
 Lj-NyEma Sims, 17-1 1/2
 Tj-
 Sp-Brittany Bekins, 37-5 3/4
 Jt-Brittany Bekins, 150-4
 Hep-Brittany Bekins, 4944

Men's

100-Justin Felt, 11.68
 200-Ryan Jewell, 23.21
 400-Ben Climer, 51.46
 800-Eddie Strickler, 1:50.59
 1500-Brian Cronrath, 3:52.28
 Steeple-Ryan Phillips, 10:02.0
 5000-Brian Cronrath, 15:09.68
 10,000-Scott Seamster, 33:27.11
 110H-Mark Zayshlyy, 16.55
 400H- Ben Climer, 55.44
 4x100-
 4x400-Climer, Felt, Gavareski, Strickler, 3:24.99
 Hj-Justin Felt, 5-8
 Pv-Josh Jorgensen, 13-8 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

Name	Events	Yr	Hometown (High School)
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)

Name	Events	Yr	Hometown (High School)
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	5-10 (07)	(1.78m) 5-10 (11)
<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	2:07.44 (07)	2:07.44 (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	2:20.69 (07)	2:20.69 (11)	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)		