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BIG SKY CONFERENCE NAMES ATHLETES OF THE WEEK

OGDEN, Utah (April 16, 2013) – The Big Sky Conference has selected the men's and women's Track and Field Athletes of the Week. Weber State's Amber Henry and Montana State's Grant Grosvenor were named women's and men's track AOTW, while Montana's Lindsey Hall and Eastern Washington's Jordan Arakawa were named women's and men's field AOTW.

Henry, a senior from Mountain View, Wyo., set a new Stewart Stadium record in the 1,500 meters Saturday at the Weber State Spring Classic. She posted a time of 4:22.96 to break the Stadium record by nearly six seconds. With altitude the time converts to 4:17.58, which is the best in the Big Sky this season and is the eighth best in the nation this season. Amber currently has the second-best time in the nation in the steeplechase.

Grosvenor, a sophomore from Mill Creek, Wash., set a new program record with his first sub-1:50 800 at the Mondo Mid-Major Challenge. His time of 1:49.28 marks a lifetime best for the two-time Big Sky Champion. Grosvenor won the event with teammate Matt Tex in second place, also under the 1:50 mark.

Hall, a junior from Missoula, Mont., won the heptathlon Friday and Saturday at UNLV's Sheila Tarr-Smith Multis by nearly 500 points over the rest of the field. Her score of 5,343 came within 17 of her school record and placed her atop the Big Sky Conference performance list and 15th on the national list. Hall had Big Sky-qualifying marks in four of the seven events: 14.07 in the 100-meter hurdles, 5-5.75 (1.67m) in the high jump, 18-11.25 (5.77m) in the long jump and 141-4 (43.09m) in the javelin.

Arakawa, a sophomore from Olympia, Wash., reached yet another personal best in the hammer throw, this time hitting a mark of 211-1 (64.34m) at the UNLV Randall Cunningham Invitational to take first. That mark continues to lead the conference and also ranks 10th in the Division I West Region and 15th in the nation.

Other Women's Track Nominations: Angelica Rodriguez, Eastern Washington; Chloe Palakovich, Idaho State; McKenzie Luth, Montana; Heather Demorest, Montana State; Erin Wysocki, North Dakota; Rachel Hinker, Northern Colorado; Dominique Whittington, Sacramento State and Kaylee Coates, Southern Utah

Other Women's Field Nominations: Michelle Coombs, Eastern Washington; Caitlin Maulin, Idaho State; Casey Teska, Montana State; Ke-Ke Burks, North Dakota; Rachel Hinker, Northern Colorado; Erinn Jones, Sacramento State; Jennika Wright, Southern Utah and Regina Okoye, Weber State

Other Men's Track Nominations: Brad Michael, Eastern Washington; Cade Owen, Idaho State; Dylan Hambright, Montana; Ross Nelson, North Dakota; Paul Lyons, Sacramento State; Shaun Murray, Southern Utah and Isaac Akers, Weber State

Other Men's Field Nominations: Mike Arnold, Idaho State; Kaleb Horlick, Montana; David Phillips, Montana State; Shawn Johnson, North Dakota; Trevor Evanson, Northern Colorado; Jesse Elvrom, Sacramento State; Stephen Wilson, Southern Utah and Cylor Morgan, Weber State