



Track and Field - 2013

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Cascade Collegiate Conference Track and Field Notes

LA GRANDE, Ore. - Just a few weeks into 2013, the Cascade Conference is already showing their collective muscle when it comes to Indoor Track and Field with 18 athletes having posted NAIA Championship qualifying marks.

This week, Evergreen will lace up their shoes first, traveling to Portland on Tuesday to take part in the Tuesday Night Races, co-hosted by Portland State and University of Portland. Concordia will be looking to add to their list of qualifiers at the University of Washington Invitational, competed at Dempsey Indoor in Seattle. College of Idaho and Eastern Oregon will also be in action at the Jackson's Indoor Complex in Nampa, Idaho.

Upcoming Schedule

Tuesday, January 22

Evergreen at UP/PSU Tuesday Night Races

Friday, January 25

College of Idaho at Jackson's/New Balance Invitational
Concordia at University of Washington Invitational

Saturday, January 26

Concordia at University of Washington Invitational
Eastern Oregon at Jackson's/New Balance Invitational

2013 NAIA Indoor T&F Qualifiers

Event	Athlete (School)	Time/Mark	Rank
200m (Women)	NyEma Sims (CU)	24.93 (A)	2nd
400m (Women)	Catherine Sims (CU)	59.04 (A)	13th
600m (Women)	Junia Limage (CU)	1:35.67 (A)	3rd
800m (Men)	Ryan Booth (EOU)	1:54.36 (A)	2nd
800m (Women)	Junia Limage (CU)	2:15.42 (A)	1st
Mile (Men)	Doug Benson (EOU)	4:11.79 (A)	1st
Mile (Women)	Linsie Michels (CU)	4:54.82 (A)	1st
3000m (Men)	Taylor Adrian (CU)	8:45.42 (B)	12th
3000m (Women)	Mikel Elliott (CU)	10:17.94 (A)	3rd
	Jodine Steemers (EOU)	10:26.51 (A)	6th
60H (Women)	Jasime Sibert (CI)	9.27 (B)	16th
4x400 Relay (Women)	Concordia	3:57.73 (A)	5th
	Eastern Oregon	4:04.07 (B)	10th
Pole Vault (Women)	Talitha Fagen (EOU)	11'5"/3.48m (A)	8th
Shot Put (Women)	Gabriella Dixon (CU)	45'5"/13.84m (A)	4th
Weight Throw (Men)	Bo Johnson (CU)	58'11.25"/17.96m (A)	4th
Weight Throw (Women)	Gabriella Dixon (CU)	55'10.5"/17.03m (A)	3rd
Heptathlon (Men)	Nathan Stecker (WPC)	4030 (A)	10



RED LION

Red Lion Players of the Week

Red Lion is the official hospitality sponsor of the CCC

Men's Indoor - Field

The College of Idaho's Austin Basterrechea has been chosen the Red Lion Men's Indoor Field Athlete of the Week for Jan. 14-20.

Basterrechea, a junior from Gooding, Idaho, competed in both the pole vault and the high jump at the Boise State Bronco Invite. In the high jump Basterrechea placed 4th while placing 3rd in the pole vault with a cleared height of 13-5 1/4. The pole vault mark is a new school record.

Men's Indoor-Track

Eastern Oregon's Doug Benson has been chosen the Red Lion Men's Indoor Track Athlete of the Week for Jan. 14-20.

Benson, a senior from Auburn, WA., was crowned the champion of the mile race at the Boise State Bronco Invite. Benson bested 29 other runners with a school record 4:10:99. The time is also the fastest thus far in the mile across the NAIA.

Women's Indoor-Field

The College of Idaho's Hailey Bull has been chosen the Red Lion Women's Indoor Field Athlete of the Week for Jan. 14-20.

Bull, a senior from Caldwell, Idaho, competed in the Long Jump at the Boise State Bronco Invite finishing 9th out of 14 entries. Bull leaped to a personal best 16-5 1/4. The Bronco Invite attracted competitors from all divisions.

Women's Indoor- Track

The College of Idaho's Jasmine Sibert has been chosen the Red Lion Women's Indoor Track Athlete of the Week for Jan. 14-20

Sibert, a senior from Boise, Idaho reached the finals in the 60 meter hurdles, placing 5th at the Boise State Bronco Invite. Her time of 9.27 is a COI school record and earned Sibert an NAIA "B" qualifying mark for the indoor national championships.

