



Track and Field - 2013

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Cascade Collegiate Conference Track and Field Notes

LA GRANDE, Ore. - A number of outstanding performances provided a huge boost to the list of Cascade Conference student-athletes who have earned qualifying marks to the 2013 NAIA Indoor Track and Field Championships in Geneva, Ohio.

More athletes will look to qualify this week as a pair of indoor meets and a pair of half-marathons are set to give ample opportunities for CCC athletes. Warner Pacific will be at the Vandal Indoor in Moscow, Idaho while College of Idaho and Eastern Oregon head back to Nampa, Idaho for the Bronco Clasic. Evergreen will host a half-marathon on Sunday while Oregon Tech will send runners to the Davis Stampede in Davis, Calif.

Upcoming Schedule

Friday, February 1

Warner Pacific at Vandal Indoor

Saturday, February 2

College of Idaho, Eastern Oregon at Bronco Classic

Sunday, February 3

Evergreen hosts Geoduck Gallop 10k/Half Marathon
Oregon Tech at Davis Stampede

Friday, February 8

Concordia, Southern Oregon at Husky Classic
Eastern Oregon at Boise State Team Challenge
Oregon Tech at Westmont Sunshine Indoor

Saturday, February 9

Concordia, Southern Oregon at Husky Classic
Eastern Oregon at Boise State Team Challenge
Oregon Tech at Westmont Sunshine Indoor

Sunday, February 10

Concordia, Evergreen, Northwest, Warner Pacific at UW
Indoor Open

Tuesday, February 12

Evergreen at UP/PSU Tuesday Night Races



Red Lion Players of the Week

Red Lion is the official hospitality sponsor of the CCC

Men's Indoor- Field

Concordia's Bo Johnson has been chosen the Red Lion Men's Indoor Field Athlete of the Week for Jan. 21-27.

Johnson, a senior from Toledo, Ore., improved upon his season opening NAIA 'A' qualifier in the weight throw by five inches with a 59-4 3/4 (18.10m) toss for third place overall at the University of Washington Invite. Johnson's new mark moves him into No. 4 on the NAIA performance list for 2013.

Men's Indoor-Track

The College of Idaho's Nick Hampton has been chosen the Red Lion Men's Indoor Track Athlete of the Week for Jan. 21-27.

Hampton, a senior from Eagle, Idaho, ran the 800-meter leg of the winning Distance Medley Relay at the Jackson Invite. The team ran the second fastest time in the NAIA this season. In the individual 800 meters Hampton broke the school record and hit NAIA "A" mark while finishing in fourth place.

Women's Indoor-Field

The College of Idaho's Jasmine Sibert has been chosen the Red Lion Women's Indoor Field Athlete of the Week for Jan. 21-27.

Sibert a junior from Boise, Idaho, competing at the Jackson Invite hit the NAIA "A" standard in an eighth place finish in the pentathlon. The mark is the fifth-best in the NAIA this season. Sibert also finished third in the 800 and fifth in the 60-hurdles

Women's Indoor- Track

The College of Idaho's Hillary Holt has been chosen the Red Lion Women's Indoor Track Athlete of the Week for Jan. 21-27.

Holt, a junior from Meridian, racing at altitude (2,600-feet in elevation) at the Jackson's Invite, anchored the Distance Medley Relay team that recorded the top time in the NAIA this season finishing in first place. In the mile, the 2-Time NAIA National Champion became the first women's runner this season to break 5-minutes in the NAIA. Holt finished in third place behind two elite NCAA runners.





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2013 NAIA Indoor T&F Qualifiers (Downloaded from TFRRS.org on Jan. 29, 2013)

200m (Women) NAIA 'A' 25.60 NAIA 'B' 26.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
2	Sims, NyEma	SR-4	Concordia (Ore.)	24.93 #	UW Indoor Preview	01/12/13	01/13/13
20	Sims, Catherine	SR-4	Concordia (Ore.)	25.85 #	UW Invitational	01/25/13	01/27/13

400m (Men) NAIA 'A' 49.25 NAIA 'B' 49.70

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
6	Washington, Andre	JR-3	Concordia (Ore.)	49.63 #	UW Invitational	01/25/13	01/27/13

400m (Women) NAIA 'A' 59.10 NAIA 'B' 59.90

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
16	Sims, NyEma	SR-4	Concordia (Ore.)	58.74 #	UW Invitational	01/25/13	01/27/13
18	Sims, Catherine	SR-4	Concordia (Ore.)	59.04 #	UW Indoor Preview	01/12/13	01/13/13

600m (Women) NAIA 'A' 1:37.90 NAIA 'B' 1:38.90

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
3	Limage, Junia	SR-4	Concordia (Ore.)	1:35.67 #	UW Indoor Preview	01/12/13	01/13/13

800m (Men) NAIA 'A' 1:56.00 NAIA 'B' 1:57.25

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
2	Roelle, Hans	SO-2	Eastern Oregon	1:52.74 #	UW Invitational	01/25/13	01/27/13
5	Hampton, Nick	JR-3	College of Idaho	1:54.27 #	Jackson's Invitational	01/25/13	01/27/13
6	Booth, Ryan	SR-4	Eastern Oregon	1:54.36 #	Bronco Invite	01/19/13	01/21/13
15	Saxton, Sean	JR-3	College of Idaho	1:56.09 #	Jackson's Invitational	01/25/13	01/27/13

800m (Women) NAIA 'A' 2:19.00 NAIA 'B' 2:20.50

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Limage, Junia	SR-4	Concordia (Ore.)	2:11.35 #	UW Invitational	01/25/13	01/27/13
2	Michels, Linsie	SR-4	Concordia (Ore.)	2:13.15 #	UW Invitational	01/25/13	01/27/13

Mile (Men) NAIA 'A' 4:20.60 NAIA 'B' 4:23.20

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Benson, Doug	SR-4	Eastern Oregon	4:11.79 #	Bronco Invite	01/19/13	01/21/13
6	Montgomery, Greg	SR-4	College of Idaho	4:16.20 #	Jackson's Invitational	01/25/13	01/27/13
17	Bolin, Dominic	SR-4	College of Idaho	4:19.94 #	Jackson's Invitational	01/25/13	01/27/13
27	Kirkov, Roman	FR-1	Concordia (Ore.)	4:23.19 #	UW Invitational	01/25/13	01/27/13

Mile (Women) NAIA 'A' 5:12.00 NAIA 'B' 5:14.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Holt, Hillary	JR-3	College of Idaho	4:49.15 #	Jackson's Invitational	01/25/13	01/27/13
2	Michels, Linsie	SR-4	Concordia (Ore.)	4:54.82 #	UW Indoor Preview	01/12/13	01/13/13
12	Johnson, Sarah	JR-3	College of Idaho	5:12.91 #	Jackson's Invitational	01/25/13	01/27/13

3000m (Men) NAIA 'A' 8:43.00 NAIA 'B' 8:46.70

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
18	Adrian, Taylor	JR-3	Concordia (Ore.)	8:45.42 #	UW Indoor Preview	01/12/13	01/13/13

3000m (Women) NAIA 'A' 10:30.00 NAIA 'B' 10:35.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
2	Klopfenstein, Sora	JR-3	College of Idaho	10:15.10 #	Jackson's Invitational	01/25/13	01/27/13
4	Elliott, Mikel	FR-1	Concordia (Ore.)	10:17.94 #	UW Indoor Preview	01/12/13	01/13/13
7	Middleton, Kenna	JR-3	College of Idaho	10:24.44 #	Jackson's Invitational	01/25/13	01/27/13
10	Steemers, Jodine	JR-3	Eastern Oregon	10:26.51 #	Bronco Invite	01/19/13	01/21/13

5000m (Women) NAIA 'A' 18:25.00 NAIA 'B' 18:35.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
2	Steemers, Jodine	JR-3	Eastern Oregon	17:50.77 #	UW Invitational	01/25/13	01/27/13
3	Elliott, Mikel	FR-1	Concordia (Ore.)	17:52.63 #	UW Invitational	01/25/13	01/27/13
17	Whybark, Sarah	JR-3	Concordia (Ore.)	18:32.55 #	UW Invitational	01/25/13	01/27/13

60H (Women) NAIA 'A' 9.10 NAIA 'B' 9.30

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
20	Sibert, Jasmine	JR-3	College of Idaho	9.27	Bronco Invite	01/19/13	01/21/13

4 x 400 Relay (Women) NAIA 'A' 4:02.00 NAIA 'B' 4:05.00

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
5	Concordia (Ore.)	3:57.73 #	UW Indoor Preview	01/12/13	01/13/13
14	Eastern Oregon	4:04.07 #	Bronco Invite	01/19/13	01/21/13



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2013 NAIA Indoor T&F Qualifiers (Continued)

Distance Medley (Men) NAIA 'A' 10:23.50 NAIA 'B' 10:26.00

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Eastern Oregon	10:06.65 #	UW Invitational	01/25/13	01/27/13
2	College of Idaho	10:09.18 #	Jackson's Invitational	01/25/13	01/27/13

Distance Medley (Women) NAIA 'A' 12:40.00 NAIA 'B' 12:45.00

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	College of Idaho	12:01.13 #	Jackson's Invitational	01/25/13	01/27/13

Pole Vault (Women) NAIA 'A' 3.48m NAIA 'B' 3.43m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
8	Fagen, Talitha	FR-1	Eastern Oregon	11'5"	3.48m	Bronco Invite	01/19/13	01/21/13

Shot Put (Men) NAIA 'A' 15.60m NAIA 'B' 15.25m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
15	Wilcox, Jake	JR-3	Eastern Oregon	50'2"	15.29m	Bronco Invite	01/19/13	01/21/13

Shot Put (Women) NAIA 'A' 13.00m NAIA 'B' 12.60m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
5	Dixson, Gabriella	SR-4	Concordia (Ore.)	45'5"	13.84m	UW Indoor Preview	01/12/13	01/13/13

Weight Throw (Men) NAIA 'A' 17.60m NAIA 'B' 16.50m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
4	Johnson, Bo	SR-4	Concordia (Ore.)	59'4.75"	18.10m	UW Invitational	01/25/13	01/27/13

Weight Throw (Women) NAIA 'A' 16.50m NAIA 'B' 16.00m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
3	Dixson, Gabriella	SR-4	Concordia (Ore.)	55'10.5"	17.03m	UW Indoor Preview	01/12/13	01/13/13
7	Kenady, Sharayah	SR-4	Concordia (Ore.)	54'4"	16.56m	UW Invitational	01/25/13	01/27/13

Indoor Pentathlon (Women) NAIA 'A' 2700 NAIA 'B' 2700

RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED
6	Sibert, Jasmine	JR-3	College of Idaho	3022	Jackson's Invitational	01/25/13	01/27/13

Heptathlon (Men) NAIA 'A' 3750 NAIA 'B' 3750

RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED
17	Stecker, Nathan	SR-4	Warner Pacific	4030	Jackson's Open and Multi	11/30/12	12/02/12