



Track and Field - 2013

www.cascadeconference.org

facebook.com/CascadeCollegiateConference

twitter: @cccsports

Contact: Chris Thompson • thompsoc@evergreen.edu • 425-344-4992

Cascade Collegiate Conference Track and Field Notes

LA GRANDE, Ore. -With over 50 qualifying marks for the 2013 NAIA Indoor Track and Field Championships, the final chance for Cascade Conference athletes to qualify for the championships is this weekend as the NAIA posts the final performance list on Feb. 18.

This week, Evergreen posts a busy schedule as they head to Portland on Tuesday to take part in the UP/PSU Tuesday Night Races before returning on Friday and Saturday for the Warner Pacific 50/50 Meet. Both Eastern Oregon and Concordia will make an appearance at the University of Idaho Collegiate Meet at the Kibbie Dome in Moscow, Idaho.

Upcoming Schedule

Tuesday, February 12

Evergreen at UP/PSU Tuesday Night Races

Friday, February 15

Evergreen, Warner Pacific at WPC 50-50 Meet
Eastern Oregon at Idaho Collegiate

Saturday, February 16

Evergreen, Warner Pacific at WPC 50-50 Meet
Concordia at Idaho Collegiate



Red Lion Players of the Week

Red Lion is the official hospitality sponsor of the CCC

Men's Indoor- Field

Concordia's Nate Moses has been chosen the Red Lion Men's Indoor Field Athlete of the Week for Feb. 4-10.

Moses, a junior from Fresno, CA., tossed an NAIA 'A' qualifier in the shot put with a 53-8 1/2 effort at the University of Washington Husky Classic.

The mark moves Moses into the top spot among CCC performers and No. 9 in all of the NAIA.

Men's Indoor-Track

Concordia's Mathew Clowes has been chosen the Red Lion Men's Indoor Track Athlete of the Week for Jan. Feb 4-10.

Clowes, a sophomore from Stoke-on-Trent, England, clocked an 8:14.83 in the 3000 meters at the University of Washington Husky Classic. The mark moves Clowes to the No. 1 time at the distance in the NAIA.

Women's Indoor-Field

Concordia's Gabriella Dixson has been chosen the Red Lion Women's Indoor Field Athlete of the Week for Feb.4-10.

Dixson, a senior from Battle Ground, WA., improved on both of her NAIA 'A' marks with a 48-10 1/4 in the shot put and a 57-8 1/4 toss in the weight throw.

Her new distance in the weight throw moves the senior into No. 3 on the NAIA performance list.

Women's Indoor- Track

Concordia's Linsie Michels has been chosen the Red Lion Women's Indoor Track Athlete of the Week for Feb 4-10.

Michels, a senior from Salem Ore., raced to the No. 1 NAIA time in the 1,000 meters with a 2:48.76 at the University of Washington Husky Classic.

Michels, who had already reached the 'A' qualifier in the 800 and the mile this season, now has top 3 marks in all three events.





CCC Track and Field - 2013

2013 NAIA Indoor T&F Qualifiers (Downloaded from TFRRS.org on Feb. 5, 2013)

60m (Women) NAIA 'A' 7.64 NAIA 'B' 7.85

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
4	Sims, NyEma	SR-4	Concordia (Ore.)	7.45	UW Husky Classic	02/08/13	02/10/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
4	Sims, NyEma	SR-4	Concordia (Ore.)	24.79 #	UW Husky Classic	02/08/13	02/10/13
25	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
9	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
18	Limage, Junia	SR-4	Concordia (Ore.)	58.46 #	UW Husky Classic	02/08/13	02/10/13
24	Sims, NyEma	SR-4	Concordia (Ore.)	58.74 #	UW Invitational	01/25/13	01/27/13
26	Sims, Catherine	SR-4	Concordia (Ore.)	59.04 #	UW Indoor Preview	01/12/13	01/13/13

600m (Men) NAIA 'A' 1:21.44 NAIA 'B' 1:22.80

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
7	Booth, Ryan	SR-4	Eastern Oregon	1:20.58 #	Bronco Classic	02/02/13	02/03/13
18	Hampton, Nick	JR-3	College of Idaho	1:21.69 #	Bronco Classic	02/02/13	02/03/13
19	Washington, Andre	JR-3	Concordia (Ore.)	1:21.80 #	UW Indoor Open	02/10/13	02/11/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
4	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
8	Hampton, Nick	JR-3	College of Idaho	1:54.27 #	Jackson's Invitational	01/25/13	01/27/13
9	Booth, Ryan	SR-4	Eastern Oregon	1:54.36 #	Bronco Invite	01/19/13	01/21/13
23	Saxton, Sean	JR-3	College of Idaho	1:55.91 #	Boise State Team Challenge		02/08/13 02/10/13

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
3	Michels, Linsie	SR-4	Concordia (Ore.)	2:13.15 #	UW Invitational	01/25/13	01/27/13

1000m (Men) NAIA 'A' 2:31.90 NAIA 'B' 2:33.80

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
4	Roelle, Hans	SO-2	Eastern Oregon	2:30.03 #	Bronco Classic	02/02/13	02/03/13
11	Bolin, Dominic	SR-4	College of Idaho	2:31.48 #	Bronco Classic	02/02/13	02/03/13

1000m (Women) NAIA 'A' 3:02.00 NAIA 'B' 3:04.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Michels, Linsie	SR-4	Concordia (Ore.)	2:49.36 #	UW Indoor Open	02/10/13	02/11/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
3	Benson, Doug	SR-4	Eastern Oregon	4:11.79 #	Bronco Invite	01/19/13	01/21/13
10	Montgomery, Greg	SR-4	College of Idaho	4:16.20 #	Jackson's Invitational	01/25/13	01/27/13
28	Bolin, Dominic	SR-4	College of Idaho	4:19.94 #	Jackson's Invitational	01/25/13	01/27/13
37	Coxen, Kody	JR-3	Eastern Oregon	4:21.24 #	Boise State Team Challenge		02/08/13 02/10/13
43	Kirkov, Roman	FR-1	Concordia (Ore.)	4:22.62 #	UW Indoor Open	02/10/13	02/11/13

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
21	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
1	Clowes, Matthew	FR-1	Concordia (Ore.)	8:17.03 #	UW Husky Classic	02/08/13	02/10/13
19	Updike, Isaac	SO-2	Eastern Oregon	8:40.74 #	Boise State Team Challenge		02/08/13 02/10/13
29	Adrian, Taylor	JR-3	Concordia (Ore.)	8:45.42 #	UW Indoor Preview	01/12/13	01/13/13



CCC Track and Field - 2013

2013 NAIA Indoor T&F Qualifiers (Continued)

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Holt, Hillary	JR-3	College of Idaho	9:47.76 #	Bronco Classic	02/02/13	02/03/13
3	Elliott, Mikel	FR-1	Concordia (Ore.)	10:07.92 #	UW Indoor Open	02/10/13	02/11/13
7	Klopfenstein, Sora	JR-3	College of Idaho	10:15.10 #	Jackson's Invitational	01/25/13	01/27/13
12	Middleton, Kenna	JR-3	College of Idaho	10:24.44 #	Jackson's Invitational	01/25/13	01/27/13
15	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
4	Steemers, Jodine	JR-3	Eastern Oregon	17:50.77 #	UW Invitational	01/25/13	01/27/13
5	Elliott, Mikel	FR-1	Concordia (Ore.)	17:52.63 #	UW Invitational	01/25/13	01/27/13
27	Whybark, Sarah	JR-3	Concordia (Ore.)	18:32.55 #	UW Invitational	01/25/13	01/27/13

60H (Men) NAIA 'A' 8.25 NAIA 'B' 8.40

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
10	Stevens, Sullivan	SO-2	Southern Oregon	8.23	UW Husky Classic	02/08/13	02/10/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
12	Sibert, Jasmine	JR-3	College of Idaho	9.09	BSU Team Challenge	02/08/13	02/10/13

4 x 400 Relay (Men) NAIA 'A' 3:21.10 NAIA 'B' 3:22.42

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
7	Concordia (Ore.)	3:21.26 #	UW Husky Classic	02/08/13	02/10/13
10	Southern Oregon	3:22.14 #	UW Husky Classic	02/08/13	02/10/13

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

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
7	Concordia (Ore.)	3:57.73 #	UW Indoor Preview	01/12/13	01/13/13
11	Eastern Oregon	3:58.95 #	Boise State Team Challenge	02/08/13	02/10/13

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

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Southern Oregon	10:02.07 #	UW Husky Classic	02/08/13	02/10/13
3	Eastern Oregon	10:06.65 #	UW Invitational	01/25/13	01/27/13
5	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

High Jump (Men) NAIA 'A' 2.04m NAIA 'B' 2.00m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
13	Moore, Ethan	JR-3	Concordia (Ore.)	6'8"	2.03m	UW Husky Classic	02/08/13	02/10/13

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

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

Triple Jump (Men) NAIA 'A' 14.30m NAIA 'B' 14.00m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
19	Lester, Keith	FR-1	Oregon Tech	46'1.25"	14.05m	Westmont Sunshine	02/01/13	02/03/13

Triple Jump (Women) NAIA 'A' 11.10m NAIA 'B' 10.90m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
16	Bull, Hailey	SR-4	College of Idaho	36'0.25"	10.98m	BSU Team Challenge	02/08/13	02/10/13

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

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
9	Moses, Nate	JR-3	Concordia (Ore.)	53'8.5"	16.37m	UW Husky Classic	02/08/13	02/10/13
20	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
2	Dixson, Gabriella	SR-4	Concordia (Ore.)	48'10.25"	14.89m	UW Husky Classic	02/08/13	02/10/13



CCC Track and Field - 2013

2013 NAIA Indoor T&F Qualifiers (Continued)

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.)	60' 10.5"	18.55m	UW Husky Classic	02/08/13	02/10/13
10	Hendryx, Carson	SR-4	Eastern Oregon	56' 6.75"	17.24m	Bronco Classic	02/02/13	02/03/13
18	Webster, Matthew	SR-4	Concordia (Ore.)	54' 10"	16.71m	UW Indoor Open	02/10/13	02/11/13
21	Riddle, Adam	JR-3	Concordia (Ore.)	54' 8.25"	16.67m	UW Indoor Open	02/10/13	02/11/13

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.)	57' 8.25"	17.58m	UW Husky Classic	02/08/13	02/10/13
9	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	3224	BSU Team Challenge	02/08/13	02/10/13
20	Rodgers, Allison	JR-3	Eastern Oregon	2800	BSU Team Challenge	02/08/13	02/10/13

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

RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED
9	Hurd, Michael	SO-2	College of Idaho	4590	BSU Team Challenge	02/08/13	02/10/13
16	Rosenau, Ryan	SO-2	Eastern Oregon	4378	BSU Team Challenge	02/08/13	02/10/13
25	Stecker, Nathan	SR-4	Warner Pacific	4030	Jackson's Open and Multi	11/30/12	12/02/12