



Track and Field - 2013

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Cascade Collegiate Conference Track and Field Notes

LA GRANDE, Ore. - A total of 67 individual Cascade Conference athletes head to Geneva, Ohio this weekend for the 2013 NAIA Indoor Track and Field Championship, held at the SPIRE Institute. The championships begin on Feb. 28 with the men's heptathlon at 1 p.m. EST and the women's pentathlon at 1:30 p.m.

The NAIA will be offering both live video streaming and live results for the entire championships. For more information, visit www.naia.org.

Upcoming Schedule

Thursday, February 28

NAIA Indoor Track and Field Championship

Friday, March 1

NAIA Indoor Track and Field Championship

Saturday, March 2

NAIA Indoor Track and Field Championship



RED LION
HOTELS

Red Lion Players of the Week

Red Lion is the official hospitality sponsor of the CCC

Men's Indoor- Track

Warner Pacific's Ka'imi Scott has been chosen the Red Lion Men's Indoor Track Athlete of the Week for Jan. Feb 11-17.

Scott, a junior from Hilo, Hawaii, set two school records while winning both the 60 and 200 meter races at the Warner Pacific 50/50 meet. Scott ran a 6.95 60m and a 21.82 200m which are both "B" standard qualifiers for the National Indoor meet.

Men's Indoor-Field

Concordia's Willy Irwin has been chosen the Red Lion Men's Indoor Field Athlete of the Week for Feb. 11-17.

Irwin, a freshman from Clovis, CA., launched the NAIA's No. 1-ranked shot put mark while shattering the school record in the event at the Warner Pacific 50/50 meet. Irwin was measured with a 61-1 1/4 that erased the former school record of 60-7 1/4 which was set by Eric Whalen. The mark gives Irwin the NAIA's top distance by more than three inches.

Women's Indoor-Field

Concordia's Sharayah Kenady has been chosen the Red Lion Women's Indoor Field Athlete of the Week for Feb.11-17.

Kenady, a senior from Salem ,Ore., improved upon her NAIA auto mark with a season best in the weight throw of 50-7 1/4. This marks a career best by more than two full feet. The distance moved Kenady, up to No. 7 on the 2013 NAIA performance list in the event.

Women's Indoor- Track

Eastern Oregon's Jodine Steemers has been chosen the Red Lion Women's Indoor Track Athlete of the Week for Feb 11-17.

Steemers, a junior from Sierra Vista, AZ., took first place honors in the 3000 meter race at the University of Idaho Vandal Invite. Her time of 10:14:59 is No. 13 on the NAIA performance list for 2013 and is No. 2 all-time for the school record book.season, now has top 3 marks in all three events.





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2013 NAIA Indoor T&F Qualifiers (FINAL)

60m (Men) NAIA 'A' 6.92 NAIA 'B' 6.95

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
24	Scott, Kaimi	JR-3	Warner Pacific	6.95	WPC 50-50	02/15/13	02/17/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
3	Sims, NyEma	JR-3	Concordia (Ore.)	7.45	UW Husky Classic	02/08/13	02/10/13
22	Avery, Christi	JR-3	Warner Pacific	7.80	WPC 50-50	02/15/13	02/17/13

200m (Men) NAIA 'A' 22.21 NAIA 'B' 22.36

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
8	Scott, Kaimi	JR-3	Warner Pacific	22.22 #	WPC 50-50	02/15/13	02/17/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
5	Sims, NyEma	JR-3	Concordia (Ore.)	24.79 #	UW Husky Classic	02/08/13	02/10/13
28	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
12	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
19	Limage, Junia	SR-4	Concordia (Ore.)	58.46 #	UW Husky Classic	02/08/13	02/10/13
24	Sims, NyEma	JR-3	Concordia (Ore.)	58.74 #	UW Invitational	01/25/13	01/27/13
29	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
9	Booth, Ryan	SR-4	Eastern Oregon	1:20.58 #	Bronco Classic	02/02/13	02/03/13
21	Hampton, Nick	JR-3	College of Idaho	1:21.69 #	Bronco Classic	02/02/13	02/03/13
22	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
6	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
3	Roelle, Hans	SO-2	Eastern Oregon	1:52.74 #	UW Invitational	01/25/13	01/27/13
10	Hampton, Nick	JR-3	College of Idaho	1:54.27 #	Jackson's Invitational	01/25/13	01/27/13
11	Booth, Ryan	SR-4	Eastern Oregon	1:54.36 #	Bronco Invite	01/19/13	01/21/13
26	Saxton, Sean	JR-3	College of Idaho	1:55.91 #	BSU Team Challenge	02/08/13	02/10/13
44	Rhodes, Demetrius	FR-1	Concordia (Ore.)	1:57.13 #	Idaho Collegiate II	02/15/13	02/17/13

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
24	Baldovino, Talissa	JR-3	Eastern Oregon	2:20.03 #	Idaho Collegiate II	02/15/13	02/17/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
6	Roelle, Hans	SO-2	Eastern Oregon	2:30.03 #	Bronco Classic	02/02/13	02/03/13
14	Bolin, Dominic	SR-4	College of Idaho	2:31.48 #	Bronco Classic	02/02/13	02/03/13
34	Ferguson, Jonathan	FR-1	Northwest U.	2:33.47 #	UW Indoor Open	02/10/13	02/11/13

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



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2013 NAIA Indoor T&F Qualifiers (Continued)

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
12	Clowes, Matthew	SO-2	Concordia (Ore.)	4:16.94 #	WPC 50-50	02/15/13	02/17/13
21	Booth, Ryan	SR-4	Eastern Oregon	4:18.63 #	Idaho Collegiate II	02/15/13	02/17/13
23	Roelle, Hans	SO-2	Eastern Oregon	4:18.80 #	Idaho Collegiate II	02/15/13	02/17/13
35	Bolin, Dominic	SR-4	College of Idaho	4:19.94 #	Jackson's Invitational	01/25/13	01/27/13
44	Coxen, Kody	JR-3	Eastern Oregon	4:21.24 #	BSU Team Challenge	02/08/13	02/10/13
53	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
26	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	SO-2	Concordia (Ore.)	8:17.03 #	UW Husky Classic	02/08/13	02/10/13
24	Updike, Isaac	SO-2	Eastern Oregon	8:40.74 #	BSU Team Challenge	02/08/13	02/10/13
39	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
1	Holt, Hillary	JR-3	College of Idaho	9:47.76 #	Bronco Classic	02/02/13	02/03/13
5	Elliott, Mikel	FR-1	Concordia (Ore.)	10:07.92 #	UW Indoor Open	02/10/13	02/11/13
11	Klopfenstein, Sora	JR-3	College of Idaho	10:15.10 #	Jackson's Invitational	01/25/13	01/27/13
13	Stemers, Jodine	JR-3	Eastern Oregon	10:16.59 #	Idaho Collegiate II	02/15/13	02/17/13
18	Middleton, Kenna	JR-3	College of Idaho	10:24.44 #	Jackson's Invitational	01/25/13	01/27/13
26	Whybark, Sarah	SO-2	Concordia (Ore.)	10:30.93 #	WPC 50-50	02/15/13	02/17/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
5	Stemers, Jodine	JR-3	Eastern Oregon	17:50.77 #	UW Invitational	01/25/13	01/27/13
6	Elliott, Mikel	FR-1	Concordia (Ore.)	17:52.63 #	UW Invitational	01/25/13	01/27/13
25	Governor, Meagan	SO-2	Northwest U.	18:26.13 #	WPC 50-50	02/15/13	02/17/13
30	Sears, Emily	FR-1	Northwest U.	18:30.16 #	WPC 50-50	02/15/13	02/17/13
34	Whybark, Sarah	SO-2	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
13	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
21	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
10	Concordia (Ore.)	3:21.26 #	UW Husky Classic	02/08/13	02/10/13
14	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 #	BSU 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
2	Concordia (Ore.)	12:22.93 #	WPC 50-50	02/15/13	02/17/13



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2013 NAIA Indoor T&F Qualifiers (Continued)

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

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
11	Moore, Ethan	JR-3	Concordia (Ore.)	6' 8.25"	2.04m	Idaho Collegiate II	02/15/13	02/17/13

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

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
16	Fagen, Talitha	FR-1	Eastern Oregon	11' 5"	3.48m	Bronco Invite	01/19/13	01/21/13
17	Nyssen, Tiffanie	SO-2	Warner Pacific	11' 3"	3.43m	WPC 50-50	02/15/13	02/17/13

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

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
22	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
18	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
1	Irwin, Willy	FR-1	Concordia (Ore.)	61' 1.25"	18.62m	WPC 50-50	02/15/13	02/17/13
6	Moses, Nate	JR-3	Concordia (Ore.)	56' 6.5"	17.23m	WPC 50-50	02/15/13	02/17/13
23	Lake, Zach	FR-1	Concordia (Ore.)	50' 2"	15.29m	WPC 50-50	02/15/13	02/17/13
23	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	Dixon, Gabriella	SR-4	Concordia (Ore.)	49' 2.5"	15.00m	WPC 50-50	02/15/13	02/17/13

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.)	60' 10.5"	18.55m	UW Husky Classic	02/08/13	02/10/13
5	Barrett, Trevor	JR-3	Eastern Oregon	58' 7.5"	17.87m	Idaho Collegiate II	02/15/13	02/17/13
10	Riddle, Adam	JR-3	Concordia (Ore.)	56' 11.5"	17.36m	WPC 50-50	02/15/13	02/17/13
12	Hendryx, Carson	SR-4	Eastern Oregon	56' 6.75"	17.24m	Bronco Classic	02/02/13	02/03/13
22	Webster, Matthew	SR-4	Concordia (Ore.)	54' 10"	16.71m	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
6	Dixon, Gabriella	SR-4	Concordia (Ore.)	57' 8.25"	17.58m	UW Husky Classic	02/08/13	02/10/13
7	Kenady, Sharayah	SR-4	Concordia (Ore.)	57' 0.25"	17.38m	WPC 50-50	02/15/13	02/17/13

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

RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED
7	Sibert, Jasmine	JR-3	College of Idaho	3224	BSU Team Challenge	02/08/13	02/10/13
21	Rodgers, Allison	JR-3	Eastern Oregon	2896	Idaho Collegiate II	02/15/13	02/18/13

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
19	Rosenau, Ryan	SO-2	Eastern Oregon	4378	BSU Team Challenge	02/08/13	02/10/13
32	Stecker, Nathan	SR-4	Warner Pacific	4030	Jackson's Open and Multi	11/30/12	12/02/12