



Track and Field - 2013

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Cascade Collegiate Conference Track and Field Notes

LA GRANDE, Ore. -With six of the time times or marks in the NAIA this season, the Cascade Conference is again proving itself to be one of the top track and field conferences in the country.

This week, a number of teams head to Seattle for either the Husky Classic or the UW Indoor Open, hosted by University of Washington and held at Dempsey Indoor on the banks of Lake Washington. Eastern Oregon will make the trip back to Nampa, Idaho to take part in the Boise State Team Challenge.

Upcoming Schedule

Tuesday, February 5

Evergreen at UP/PSU Tuesday Night Races

Friday, February 8

Concordia, Southern Oregon at Husky Classic
Eastern Oregon at Boise State Team Challenge

Saturday, February 9

Concordia, Southern Oregon at Husky Classic
Eastern Oregon at Boise State Team Challenge

Sunday, February 10

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



Red Lion Players of the Week

Red Lion is the official hospitality sponsor of the CCC

Men's Indoor- Field

Eastern Oregon's Carson Hendryx has been chosen the Red Lion Men's Indoor Field Athlete of the Week for Jan. 28-Feb. 3.

Hendryx, a senior from Sacramento, CA., placed 5th out of 15 competitors in the weight throw at the Boise State University Bronco Classic with a mark of 16.01 meters.

Women's Indoor-Field

The College of Idaho's Hannah Lentz has been chosen the Red Lion Women's Indoor Field Athlete of the Week for Jan. 28-Feb. 3.

Lentz, a freshman from Kimberly, Idaho, competing at the Boise State University Bronco Classic set a school record in the long jump with a leap of 17-0 feet. The mark was good for 5th place in the field of 14 competitors.

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. 28-Feb. 3.

Holt, a junior from Meridian, Recorded the fastest time in the NAIA this season in the 3,000-meters at 9:45:46 at the Boise State University Bronco Classic. The mark earned a first place finish and broke the C of I school record by 10 seconds in the event.

Holt defeated 13 Division I runners and eclipsed the NAIA A qualifying standard by 43 seconds.

Men's Indoor-Track

Eastern Oregon's Hans Roelle has been chosen the Red Lion Men's Indoor Track Athlete of the Week for Jan. 28- Feb 3.

Roelle, a sophomore from Anchorage, AK., earned a 1st and 3rd place finish in the 1000 and 600 meter races respectively at the Boise State Bronco Classic. Roelle's 2:29:48 is an auto qualifying time in the 1000 meters and is the 3rd fastest in the NAIA thus far. His 600 meter time of 1:22:58 is the 2nd fastest all time in school history.





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

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
3	Sims, NyEma	SR-4	Concordia (Ore.)	24.93 #	UW Indoor Preview	01/12/13	01/13/13
22	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
7	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	Sims, NyEma	SR-4	Concordia (Ore.)	58.74 #	UW Invitational	01/25/13	01/27/13
19	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
15	Hampton, Nick	JR-3	College of Idaho	1:21.69 #	Bronco Classic	02/02/13	02/03/13

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
6	Hampton, Nick	JR-3	College of Idaho	1:54.27 #	Jackson's Invitational	01/25/13	01/27/13
7	Booth, Ryan	SR-4	Eastern Oregon	1:54.36 #	Bronco Invite	01/19/13	01/21/13
17	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
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
3	Roelle, Hans	SO-2	Eastern Oregon	2:30.03 #	Bronco Classic	02/02/13	02/03/13
8	Bolin, Dominic	SR-4	College of Idaho	2:31.48 #	Bronco Classic	02/02/13	02/03/13

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
23	Bolin, Dominic	SR-4	College of Idaho	4:19.94 #	Jackson's Invitational	01/25/13	01/27/13
36	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
17	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
24	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
4	Klopfenstein, Sora	JR-3	College of Idaho	10:15.10 #	Jackson's Invitational	01/25/13	01/27/13
7	Elliott, Mikel	FR-1	Concordia (Ore.)	10:17.94 #	UW Indoor Preview	01/12/13	01/13/13
10	Middleton, Kenna	JR-3	College of Idaho	10:24.44 #	Jackson's Invitational	01/25/13	01/27/13
13	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
24	Whybark, Sarah	JR-3	Concordia (Ore.)	18:32.55 #	UW Invitational	01/25/13	01/27/13



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2013 NAIA Indoor T&F Qualifiers (Continued)

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	9.27	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
6	Concordia (Ore.)	3:57.73 #	UW Indoor Preview	01/12/13	01/13/13
15	Eastern Oregon	4:04.07 #	Bronco Invite	01/19/13	01/21/13

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
3	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
9	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
16	Lester, Keith	FR-1	Oregon Tech	46'1.25"	14.05m	Westmont Sunshine	02/01/13	02/03/13

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

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
16	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
7	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
8	Hendryx, Carson	SR-4	Eastern Oregon	56'6.75"	17.24m	Bronco Classic	02/02/13	02/03/13

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

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
4	Dixson, Gabriella	SR-4	Concordia (Ore.)	55'10.5"	17.03m	UW Indoor Preview	01/12/13	01/13/13
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
8	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
23	Stecker, Nathan	SR-4	Warner Pacific	4030	Jackson's Open and Multi	11/30/12	12/02/12