



# Track and Field - 2013

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Contact: Chris Thompson • [thompsoc@evergreen.edu](mailto:thompsoc@evergreen.edu) • 425-344-4992

## Cascade Collegiate Conference Track and Field Notes

LA GRANDE, Ore. - With just a month remaining before the 2013 Cascade Conference Track and Field Championships, and just a few weeks before the multi-event portion, the athletes of the CCC are beginning to hit their stride.

The action continues this week as a number of meets will give conference student-athletes opportunities to qualify for either the conference or national championships. Northwest Christian will head to Western Oregon for the John Knight Twilight meet where they will be joined by Concordia. Corban and Warner Pacific will be at the Northwest Relays while both Southern Oregon and Oregon Tech head to California for the Chico State Twilight.

## Upcoming Schedule

### Thursday, April 11

Northwest Christian at John Knight Twilight

### Friday, April 12

Northwest Christian, Concordia at John Knight Twilight  
Corban, Warner Pacific at Northwest Relays  
Southern Oregon, Oregon Tech at Chico Twilight

### Saturday, April 13

Eastern Oregon Open  
Northwest at Ralph Vernacchia Invite  
Oregon Tech at Chico Invite

### Sunday, April 14

Evergreen at Corvallis Half-Marathon



## Red Lion Players of the Week

*Red Lion is the official hospitality sponsor of the CCC*

### Men's Outdoor- Field

Concordia's Willy Irwin has been chosen the Red Lion Men's Outdoor Field Athlete of the Week for April 1-7.

Irwin, a junior from Clovis, Calif., broke a 45-year old shot put record at the Willamette Invitational with a toss of 62-8 (19.10m) to topple the 1968 former stadium record held by Ken Patera (Portland Track Club).

The distance is the best NAIA shot put throw this year by over two feet. Irwin also upped his season best in the discus with a 180-11 (55.14m) effort, a mark that rests No. 2 on the NAIA performance list.

### Men's Outdoor-Track

The Evergreen State College's Wes Jones has been chosen the Red Lion Men's Outdoor Track Athlete of the Week for April 1-7.

Jones, a sophomore from Tacoma, WA., placed first in the 800-meter run at the JD Shotwell Invitational, defeating a number of NCAA DII athletes. His time of 1:58.33 was the best of 27 entries.

### Women's Outdoor-Field

Concordia's Gabriella Dixson has been chosen the Red Lion Women's Outdoor Field Athlete of the Week for April 1-7.

Dixson, a senior from Battle Ground, WA., posted season-bests marks in three different throwing events at the Willamette Invitational. Dixson, won both the shot at 48-4 3/4, (14.75m) and the discus 160-11, (49.04m) while taking third in the hammer with a toss of 178-5, (54.39m).

All three throws are season-bests marks and Dixson currently holds the NAIA's No. 1 mark in the discus, the No.2 mark in the shot put and No. 4 mark in the hammer.

### Women's Outdoor- Track

The College of Idaho's Hillary Holt has been chosen the Red Lion Women's Outdoor Track Athlete of the Week for March 1-7.

Holt, a junior from Meridian, Idaho, recorded the fastest time in the NAIA in the 800-meters, breaking her own school record by nearly 2 seconds with a time of 2:07.62 at the Idaho Cup.

Holt also ran a leg on the Yotes 4x400-relay, breaking the school record and hitting an NAIA "A" standard.





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## NAIA Outdoor T&F Qualifiers (Downloaded from TFRRS.org on Apr. 9)

### 100m (Women) NAIA 'A' 12.00 NAIA 'B' 12.25

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
2	Sims, NyEma	JR-3	Concordia (Ore.)	11.78	L&C Spring Break Open	03/22/13	03/25/13

### 200m (Women) NAIA 'A' 24.99 NAIA 'B' 25.09

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
2	Sims, NyEma	JR-3	Concordia (Ore.)	23.85	L&C Spring Break Open	03/22/13	03/25/13

### 400m (Men) NAIA 'A' 48.00 NAIA 'B' 48.50

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
9	Olander, Jonz	JR-3	Southern Oregon	48.47	Wildcat Invitational	03/23/13	03/24/13

### 800m (Men) NAIA 'A' 1:53.00 NAIA 'B' 1:54.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
2	Boyd-Helm, Zach	FR-1	Southern Oregon	1:51.16	SFSU Distance Carnival	03/29/13	03/30/13
3	Booth, Ryan	SR-4	Eastern Oregon	1:51.83	Stanford Invitational	03/29/13	03/31/13
5	Roelle, Hans	SO-2	Eastern Oregon	1:52.71	Chabot Invite & Relays	03/29/13	03/31/13
11	Saxton, Sean	JR-3	College of Idaho	1:53.71	SFSU Distance Carnival	03/29/13	03/30/13
12	Bolin, Dominic	SR-4	College of Idaho	1:53.79	Chabot Invite & Relays	03/29/13	03/31/13

### 800m (Women) NAIA 'A' 2:14.50 NAIA 'B' 2:16.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Holt, Hillary	JR-3	College of Idaho	2:07.62	All-Idaho Cup	04/05/13	04/07/13
7	Johnson, Sarah	JR-3	College of Idaho	2:14.77	Chabot Invite & Relays	03/29/13	03/31/13
9	Baldovino, Talissa	JR-3	Eastern Oregon	2:15.89	SFSU Distance Carnival	03/29/13	03/30/13

### 1500m (Men) NAIA 'A' 3:54.50 NAIA 'B' 3:56.50

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
2	Avila, Eric	JR-3	Southern Oregon	3:49.62	CSUS Hornet Invite	03/16/13	03/17/13
3	Boyd-Helm, Zach	FR-1	Southern Oregon	3:50.93	CSUS Hornet Invite	03/16/13	03/17/13
4	Montgomery, Greg	SR-4	College of Idaho	3:51.95	Chabot Invite & Relays	03/29/13	03/31/13
5	Jorgensen, Kevin	SO-2	Southern Oregon	3:52.11	SFSU Distance Carnival	03/29/13	03/30/13
9	Roelle, Hans	SO-2	Eastern Oregon	3:53.28	SFSU Distance Carnival	03/29/13	03/30/13
12	Bolin, Dominic	SR-4	College of Idaho	3:54.33	SFSU Distance Carnival	03/29/13	03/30/13

### 1500m (Women) NAIA 'A' 4:40.10 NAIA 'B' 4:42.50

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Holt, Hillary	JR-3	College of Idaho	4:18.82	Stanford Invitational	03/29/13	03/31/13
2	Michels, Linsie	SR-4	Concordia (Ore.)	4:29.09	Willamette Invitational	04/06/13	04/07/13
5	Johnson, Sarah	JR-3	College of Idaho	4:38.26	SFSU Distance Carnival	03/29/13	03/30/13
13	Coffey, Karlee	SR-4	Eastern Oregon	4:40.42	Willamette Invitational	04/06/13	04/07/13

### 5000m (Men) NAIA 'A' 14:45.00 NAIA 'B' 14:59.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
2	Avila, Eric	JR-3	Southern Oregon	14:03.14	SFSU Distance Carnival	03/29/13	03/30/13
3	Montgomery, Greg	SR-4	College of Idaho	14:06.06	SFSU Distance Carnival	03/29/13	03/30/13
10	Hixon, Jared	SO-2	Southern Oregon	14:50.67	SFSU Distance Carnival	03/29/13	03/30/13

### 5000m (Women) NAIA 'A' 17:46.30 NAIA 'B' 17:50.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Coffey, Karlee	SR-4	Eastern Oregon	16:28.29	Stanford Invitational	03/29/13	03/31/13
7	Holt, Hillary	JR-3	College of Idaho	17:25.04	PLU Invitational	03/09/13	03/10/13
8	Elliott, Mikel	JR-3	Concordia (Ore.)	17:40.44	Willamette Invitational	04/06/13	04/07/13
11	Whybark, Sarah	SO-2	Concordia (Ore.)	17:46.07	Willamette Invitational	04/06/13	04/07/13
12	Rudd, Alexandra	JR-3	Southern Oregon	17:48.07	CSUS Hornet Invite	03/16/13	03/17/13
13	Johnson, Sarah	JR-3	College of Idaho	17:48.87	PLU Invitational	03/09/13	03/10/13

### 10,000m (Men) NAIA 'A' 31:00.00 NAIA 'B' 31:30.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
8	Aleman, Hector	SR-4	Southern Oregon	31:06.25	SFSU Distance Carnival	03/29/13	03/30/13
9	Minor, Scott	JR-3	Oregon Tech	31:24.51	SFSU Distance Carnival	03/29/13	03/30/13

### 10,000m (Women) NAIA 'A' 37:30.00 NAIA 'B' 38:13.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Hescok, Stephanie	SR-4	Northwest Christian	35:31.74	Linfield Erik Anderson Icebreaker	03/01/13	03/03/13
6	Klopfenstein, Sora	JR-3	College of Idaho	36:59.39	PLU Invitational	03/09/13	03/10/13
7	Rudd, Alexandra	JR-3	Southern Oregon	37:02.78	SFSU Distance Carnival	03/29/13	03/30/13
11	Cano, Summer	SO-2	Southern Oregon	37:33.51	SFSU Distance Carnival	03/29/13	03/30/13
12	Hagy, Anne	SR-4	Southern Oregon	37:36.38	SFSU Distance Carnival	03/29/13	03/30/13
15	MacCarthy, Leigh Anne	JR-3	Eastern Oregon	38:10.53	SFSU Distance Carnival	03/29/13	03/30/13



# CCC Track and Field - 2013

## 2013 NAIA Outdoor T&F Qualifiers (Continued)

### 100H (Women) NAIA 'A' 14.90 NAIA 'B' 15.09

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
8	Sibert, Jasmine	JR-3	College of Idaho	14.48	All-Idaho Cup	04/05/13	04/07/13

### 110H (Men) NAIA 'A' 14.60 NAIA 'B' 15.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
13	Stevens, Sullivan	JR-3	Southern Oregon	14.72	CSUS Hornet Invite	03/16/13	03/17/13

### 400H (Men) NAIA 'A' 53.80 NAIA 'B' 54.50

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
9	Reeher, Jordan	SO-2	Concordia (Ore.)	54.16	Willamette Invitational	04/06/13	04/07/13

### 400H (Women) NAIA 'A' 1:04.00 NAIA 'B' 1:04.70

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
5	Maguin, Amelia	SO-2	Southern Oregon	1:03.04	Wildcat Invitational	03/23/13	03/24/13
12	Sibert, Jasmine	JR-3	College of Idaho	1:04.64	All-Idaho Cup	04/05/13	04/07/13

### 3000 Steeple (Men) NAIA 'A' 9:20.00 NAIA 'B' 9:29.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Updike, Isaac	JR-3	Eastern Oregon	8:57.93	Stanford Invitational	03/29/13	03/31/13
2	Coxen, Kody	SR-4	Eastern Oregon	9:16.33	Stanford Invitational	03/29/13	03/31/13

### 3000 Steeple (Women) NAIA 'A' 11:25.00 NAIA 'B' 11:35.20

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Klopfenstein, Sora	JR-3	College of Idaho	10:45.94	Stanford Invitational	03/29/13	03/31/13
3	Estabrook, Rachael	SR-4	Corban	11:18.27	Willamette Invitational	04/06/13	04/07/13
9	Rozario, Jessie	SO-2	Southern Oregon	11:28.31	SFSU Distance Carnival	03/29/13	03/30/13

### 4 x 100 Relay (Women) NAIA 'A' 47.99 NAIA 'B' 48.32

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
10	Southern Oregon	48.30	Wildcat Invitational	03/23/13	03/24/13

### 4 x 400 Relay (Women) NAIA 'A' 3:55.00 NAIA 'B' 3:56.80

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
8	College of Idaho	3:54.84	All-Idaho Cup	04/05/13	04/07/13

### High Jump (Men) NAIA 'A' 2.06m NAIA 'B' 2.03m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
4	Basterrechea, Austin	JR-3	College of Idaho	6'8.75"	2.05m	Cal Multis	03/27/13	03/29/13
5	Miller, Asa	SR-4	Eastern Oregon	6'8"	2.03m	EOU Blue & Gold Meet	03/15/13	03/16/13

### High Jump (Women) NAIA 'A' 1.68m NAIA 'B' 1.65m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
5	Taylor, Sarah	FR-1	Corban	5'5"	1.65m	Clackamas Open	03/09/13	03/10/13

### Pole Vault (Women) NAIA 'A' 3.60m NAIA 'B' 3.50m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
10	Techler, Stephanie	SO-2	Southern Oregon	11'6.5"	3.52m	Wildcat Invitational	03/23/13	03/24/13

### Shot Put (Men) NAIA 'A' 15.54m NAIA 'B' 15.43m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
1	Irwin, Willy	SO-2	Concordia (Ore.)	62'8"	19.10m	Willamette Invitational	04/06/13	04/07/13

### Shot Put (Women) NAIA 'A' 13.50m NAIA 'B' 13.05m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
2	Dixson, Gabriella	SR-4	Concordia (Ore.)	48'4.75"	14.75m	Willamette Invitational	04/06/13	04/07/13
9	Conditt, Kassie	JR-3	Oregon Tech	44'8.75"	13.63m	Wildcat Invitational	03/23/13	03/24/13

### Discus (Men) NAIA 'A' 48.00m NAIA 'B' 47.00m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
2	Irwin, Willy	SO-2	Concordia (Ore.)	180'11"	55.14m	Willamette Invitational	04/06/13	04/07/13
13	Parks, Danny	JR-3	Southern Oregon	158'6"	48.31m	Border Battle	04/06/13	04/07/13

### Discus (Women) NAIA 'A' 43.50m NAIA 'B' 42.40m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
1	Dixson, Gabriella	SR-4	Concordia (Ore.)	160'11"	49.04m	Willamette Invitational	04/06/13	04/07/13
5	Redmayne, Emily	SR-4	Concordia (Ore.)	149'4"	45.53m	Willamette Invitational	04/06/13	04/07/13



# CCC Track and Field - 2013

## 2013 NAIA Outdoor T&F Qualifiers (Continued)

### Hammer (Men) NAIA 'A' 53.00m NAIA 'B' 52.00m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
1	Johnson, Bo	SR-4	Concordia (Ore.)	193' 5"	58.96m	Wildcat Open	03/16/13	03/17/13
3	Riddle, Adam	JR-3	Concordia (Ore.)	188' 10"	57.57m	Wildcat Open	03/16/13	03/17/13
7	Wickham, Brian	SO-2	Eastern Oregon	173' 6"	52.88m	Chabot Invite	03/29/13	03/31/13

### Hammer (Women) NAIA 'A' 50.21m NAIA 'B' 46.94m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
2	Kenady, Sharayah	SR-4	Concordia (Ore.)	197' 10"	60.31m	Wildcat Open	03/16/13	03/17/13
4	Dixson, Gabriella	SR-4	Concordia (Ore.)	178' 5"	54.39m	Willamette Invitational	04/06/13	04/07/13

### Javelin (Men) NAIA 'A' 58.00m NAIA 'B' 56.08m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
3	Saldana, Pancho	FR-1	Eastern Oregon	202' 1"	61.59m	EOU Blue & Gold Meet	03/15/13	03/16/13

### Javelin (Women) NAIA 'A' 41.00m NAIA 'B' 39.16m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
5	Randall, Brooke	SR-4	Eastern Oregon	143' 5"	43.72m	EOU Blue & Gold Meet	03/15/13	03/16/13
6	Swanson, Joelle	SO-2	Oregon Tech	139' 2"	42.42m	Stanford Invitational	03/29/13	03/31/13

### Heptathlon (Women) NAIA 'A' 3700 NAIA 'B' 3700

RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED
1	Sibert, Jasmine	JR-3	College of Idaho	4395	Cal Multis	03/27/13	03/29/13
2	Maguin, Amelia	SO-2	Southern Oregon	4099	Boxer Combined Event	03/14/13	03/15/13

### Decathlon (Men) NAIA 'A' 4500 NAIA 'B' 4500

RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED
1	Basterrechea, Austin	JR-3	College of Idaho	6742	Cal Multis	03/27/13	03/29/13
3	Ritchie, Brandon	SR-4	Southern Oregon	5965	Boxer Combined Event	03/14/13	03/15/13
4	Rosenau, Ryan	SO-2	Eastern Oregon	5913	Cal Multis	03/27/13	03/29/13
6	Hatfield, Jordan	JR-3	Corban	5619	Bearcat Invitational Multi	03/22/13	03/24/13
15	Wilkins, Taylor	SR-4	Corban	4957	Bearcat Invitational Multi	03/22/13	03/24/13

### Half Marathon (Men) NAIA 'A' 1:13:00.00 NAIA 'B' 1:15:00.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
10	Aleman, Hector	SR-4	Southern Oregon	1:11:01.00	Bidwell Classic Half	03/02/13	03/04/13
11	Hornig, Brett	JR-3	Southern Oregon	1:11:02.00	Bidwell Classic Half	03/02/13	03/04/13
19	Adams, Paul	FR-1	Oregon Tech	1:12:05.24 HT	Davis Stampede	02/03/13	03/06/13
19	Minor, Scott	JR-3	Oregon Tech	1:12:05.24 HT	Davis Stampede	02/03/13	03/06/13
21	Garlitz, Kirby	JR-3	Oregon Tech	1:12:06.24 HT	Davis Stampede	02/03/13	03/06/13
60	Jones, Aaron	SO-2	Evergreen St.	1:14:50.00	Vancouver Lake Half Marathon	01/27/13	02/07/13

### Half Marathon (Women) NAIA 'A' 1:31:00.00 NAIA 'B' 1:33:00.00

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
18	Rudd, Alexandra	JR-3	Southern Oregon	1:28:04.00	Surf City Half Marathon	02/03/13	02/07/13
19	Johnson, Olivia	SO-2	Corban	1:28:05.00	Cascade Half Marathon	01/20/13	02/07/13
29	Maki, Myja	JR-3	College of Idaho	1:29:32.24 HT	High Speed Pursuit Half	04/06/13	04/08/13
36	Kepfer, Jessica	FR-1	Warner Pacific	1:30:30.00	Geoduck Gallup	02/03/13	02/07/13



# CCC Track and Field - 2013

## 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



# CCC Track and Field - 2013

## 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	Steemers, 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	Steemers, 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



# CCC Track and Field - 2013

## 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	Dixson, 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	Dixson, 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