



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. - Another busy week highlights the track schedule this week as a number of meets around the Pacific Northwest and California.

Northwest Christian, Corban, Warner Pacific, Southern Oregon, Eastern Oregon and College of Idaho will all make an appearance at the Oregon Relays in Eugene while Concordia hits a number of meets in California, including the Mt. SAC Relays.

Northwest will be at the Spike Arlt Invitational, hosted by Central Washington, while Evergreen heads to Portland for the L&C Pioneer Invite. Oregon Tech also heads to California, heading to Davis for the Woody Wilson Invitational.

Upcoming Schedule

Thursday, April 18

Northwest Christian at Oregon Relays

Friday, April 19

Corban, Warner Pacific, Southern Oregon, College of Idaho, Eastern Oregon at Oregon Relays
Concordia at Mt. SAC Relays
Concordia at Bryan Clay Invite

Saturday, April 20

Corban at Oregon Relays
Corban at Cougar Open
College of Idaho, Eastern Oregon at NNU Invite
Northwest at Spike Arlt Invitational
Oregon Tech at Woody Wilson Invite
Concordia at Long Beach State Invite
Evergreen at L&C Pioneer Invite



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 8-14.

Irwin, a sophomore from Clovis, CA., collected a stadium record in the shot put. The NAIA national leader in the event, Irwin nearly matched his season best which shattered the stadium record at Willamette University last week with a 62-6 (19.05m) at Western Oregon University's McArthur Field on Friday. Irwin, the NAIA indoor national champion, currently ranks No. 23 in the U.S. according to Track & Field News. In the discus, Irwin added to his season best by almost eight feet with a 188-8 (57.46m) toss. The distance remains the No. 2 mark in the NAIA behind Doane's (Neb.) Zack Lindsley (193-2).

Men's Outdoor-Track

Oregon Tech's Paul Adams has been chosen the Red Lion Men's Outdoor Track Athlete of the Week for April 8-14.

Adams, a freshman from Klamath Falls, Ore., set a new school record in the 5000m at the Chico Twilight and Distance Carnival. His time of 15:00.26 was six seconds faster than the previous record and just one second off the NAIA B qualifying time.

Women's Outdoor-Field

Concordia's Gabriella Dixson has been chosen the Red Lion Women's Outdoor Field Athlete of the Week for April 8-14.

Dixson, a senior from Battle Ground, Wash., already the NAIA leader in the discus, moved into the No. 1 spot in the shot put with a season-best toss of 49-7 3/4 which placed first at the Western Oregon John Knight Twilight last week. Dixson entered the week ranked second behind Hasting's (Neb.) Jennifer Maag (48-11 1/2). With a 160-1 (48.80m) in the discus, Dixson placed second overall in the event behind the University of Oregon's Laura Bobek. Meanwhile her fifth-place finish in the hammer was behind a pair of post-collegians, Oregon's Jillian Weir and the 2012 NAIA national champion Sharayah Kenady. Dixson is ranked No. 4 in the NAIA in the hammer in addition to her top makes in the shot and the discus.

Women's Outdoor-Track

Concordia's Linsie Michels has been chosen the Red Lion Women's Outdoor Track Athlete of the Week for April 8-14.

Michels, a senior from Salem, Ore., highlighted action on the track for the Cavs by touring two laps of the track in 2:13.03 for a four-second win. The mark, ranked No. 4 in the NAIA, fell just under the NAIA 'A' barrier of 2:14.50 which gives Michels automatic entry in her second event after posting the NAIA's No. 2 time in the 1,500 earlier this season.

CCC Championship

The 2013 Cascade Collegiate Conference Track and Field Championship will be held on May 10-11 in Gresham, Ore.





CCC Track and Field - 2013

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
11	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
9	Roelle, Hans	SO-2	Eastern Oregon	1:52.71	2013 Chabot Invite & Relays	03/29/13	03/31/13
17	Saxton, Sean	JR-3	College of Idaho	1:53.71	SFSU Distance Carnival	03/29/13	03/30/13
18	Bolin, Dominic	SR-4	College of Idaho	1:53.79	2013 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
5	Michels, Linsie	SR-4	Concordia (Ore.)	2:13.03	John Knight Twilight	04/12/13	04/14/13
9	Johnson, Sarah	JR-3	College of Idaho	2:14.77	2013 Chabot Invite & Relays	03/29/13	03/31/13
11	Waugh, Katie	JR-3	Oregon Tech	2:15.62	Chico Twilight	04/12/13	04/14/13
13	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	3:49.45	Chico Twilight	04/12/13	04/14/13
3	Boyd-Helm, Zach	FR-1	Southern Oregon	3:50.93	CSUS Hornet Invitational	03/16/13	03/17/13
4	Montgomery, Greg	SR-4	College of Idaho	3:51.95	2013 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
10	Roelle, Hans	SO-2	Eastern Oregon	3:53.28	SFSU Distance Carnival	03/29/13	03/30/13
13	Hixon, Jared	SO-2	Southern Oregon	3:54.03	Chico Twilight	04/12/13	04/14/13
16	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
8	Johnson, Sarah	JR-3	College of Idaho	4:38.26	SFSU Distance Carnival	03/29/13	03/30/13
15	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
11	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	2013 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 Invitational	03/16/13	03/17/13
13	Johnson, Sarah	JR-3	College of Idaho	17:48.87	2013 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
10	Aleman, Hector	SR-4	Southern Oregon	31:06.25	SFSU Distance Carnival	03/29/13	03/30/13
11	Minor, Scott	JR-3	Oregon Tech	31:24.51	SFSU Distance Carnival	03/29/13	03/30/13



CCC Track and Field - 2013

2013 NAIA Outdoor T&F Qualifiers (Continued)

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
1	Hescock, Stephanie	SR-4	Northwest Christian	35:31.74	Linfield Icebreaker	03/01/13	03/03/13
7	Klopfenstein, Sora	JR-3	College of Idaho	36:59.39	2013 PLU Invitational	03/09/13	03/10/13
8	Rudd, Alexandra	JR-3	Southern Oregon	37:02.78	SFSU Distance Carnival	03/29/13	03/30/13
13	Cano, Summer	SO-2	Southern Oregon	37:33.51	SFSU Distance Carnival	03/29/13	03/30/13
14	Hagy, Anne	SR-4	Southern Oregon	37:36.38	SFSU Distance Carnival	03/29/13	03/30/13
17	MacCarthy, Leigh Anne	JR-3	Eastern Oregon	38:10.53	SFSU Distance Carnival	03/29/13	03/30/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
11	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
14	Stevens, Sullivan	JR-3	Southern Oregon	14.72	CSUS Hornet Invitational	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
12	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
2	Maguin, Amelia	SO-2	Southern Oregon	1:01.56	Chico Twilight	04/12/13	04/14/13
15	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
3	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
5	Estabrook, Rachael	SR-4	Corban	11:18.27	Willamette Invitational	04/06/13	04/07/13
11	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
12	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
6	Basterrechea, Austin	JR-3	College of Idaho	6' 8.75"	2.05m	2013 Cal Multis	03/27/13	03/29/13
7	Miller, Asa	SR-4	Eastern Oregon	6' 8"	2.03m	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
7	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

Triple Jump (Men) NAIA 'A' 14.50m NAIA 'B' 14.25m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
8	Hartinger, Sam	FR-1	Southern Oregon	47' 2.5"	14.39m	Chico Twilight	04/12/13	04/14/13

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
1	Dixson, Gabriella	SR-4	Concordia (Ore.)	49' 7.75"	15.13m	John Knight Twilight	04/12/13	04/14/13
9	Conditt, Kassi	JR-3	Oregon Tech	45' 6.25"	13.87m	Chico Twilight	04/12/13	04/14/13



CCC Track and Field - 2013

2013 NAIA Outdoor T&F Qualifiers (Continued)

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.)	188' 6"	57.46m	John Knight Twilight	04/12/13	04/14/13
3	Parks, Danny	JR-3	Southern Oregon	178' 8"	54.45m	Chico Twilight	04/12/13	04/14/13

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
6	Redmayne, Emily	SR-4	Concordia (Ore.)	149' 4"	45.53m	Willamette Invitational	04/06/13	04/07/13

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
9	Wickham, Brian	SO-2	Eastern Oregon	173' 6"	52.88m	2013 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
2	Fischer, Luke	SR-4	Northwest U.	208' 9"	63.62m	Ralph Vernacchia Meet	04/12/13	04/14/13
4	Saldana, Pancho	FR-1	Eastern Oregon	202' 1"	61.59m	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	Swanson, Joelle	SO-2	Oregon Tech	144' 7"	44.06m	Chico Twilight	04/12/13	04/14/13
6	Randall, Brooke	SR-4	Eastern Oregon	143' 5"	43.72m	Blue & Gold Meet	03/15/13	03/16/13
10	Stricker, Alexandrea	SO-2	Eastern Oregon	133' 5"	40.67m	WAR VI Team Dual	04/12/13	04/14/13

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	2013 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	2013 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	2013 Cal Multis	03/27/13	03/29/13
7	Hatfield, Jordan	JR-3	Corban	5619	Bearcat Invitational Multi	03/22/13	03/24/13
18	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 Marathon	03/02/13	03/04/13
11	Hornig, Brett	JR-3	Southern Oregon	1:11:02.00	Bidwell Classic Half Marathon	03/02/13	03/04/13
20	Adams, Paul	FR-1	Oregon Tech	1:12:05.24 HT	Davis Stampede	02/03/13	03/06/13
20	Minor, Scott	JR-3	Oregon Tech	1:12:05.24 HT	Davis Stampede	02/03/13	03/06/13
22	Garlitz, Kirby	JR-3	Oregon Tech	1:12:06.24 HT	Davis Stampede	02/03/13	03/06/13
61	Jones, Aaron	SO-2	Evergreen St.	1:14:50.00	Vancouver Lake Half	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
30	Maki, Myja	JR-3	College of Idaho	1:29:32.24 HT	High Speed Pursuit Half	04/06/13	04/08/13
37	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