



# Track and Field - 2013

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## Cascade Collegiate Conference Track and Field Notes

LA GRANDE, Ore. - It is championship week in the Cascade Conference as all ten schools will meet in Gresham, Ore. for the 2013 CCC Track and Field Championship at Mt. Hood Community College.

While Concordia will be looking to repeat as both men's and women's champions just a few miles from campus, it is expected to be a great meet with both titles potentially going down to the final races. A full preview of the meet will be posted on [www.cascadeconference.org](http://www.cascadeconference.org) on Thursday.

### 2013 CCC Championship Schedule

#### Friday, May 10

4:00 p.m.	(M) Long Jump (W) Hammer (M) Discus (W) High Jump
4:30 p.m.	(W) Steeplechase
5:00 p.m.	(M) Steeplechase
6:00 p.m.	(W) 4x100 Relay (M) Hammer (W) Long Jump (M) High Jump (W) Discus
6:05 p.m.	(M) 4x100 Relay
6:15 p.m.	(W) 1,500
6:30 p.m.	(M) 1,500
6:45 p.m.	(W) 100 Hurdles
7:00 p.m.	(M) 100 Hurdles
7:15 p.m.	(W) 400
7:30 p.m.	(M) 400
7:45 p.m.	(W) 10,000
8:30 p.m.	(M) 10,000

#### Saturday, May 11

10:00 a.m.	Special Olympics Exhibition (w/m 100m) Special Olympics Exhibition (m/w 1500m) Special Olympics Exhibition (w/m 400m)
11:00 a.m.	(M) Javelin (M) Triple Jump (W) Shot Put (W) Pole Vault
2:00 p.m.	(M) Shot Put (M) Pole Vault (W) Triple Jump (W) Javelin
2:00 p.m.	(W) 100
2:10 p.m.	(M) 100
2:20 p.m.	(W) 800
2:30 p.m.	(M) 800
2:45 p.m.	(W) 400 Hurdles
2:55 p.m.	(M) 400 Hurdles
3:05 p.m.	(W) 200
3:15 p.m.	(M) 200
3:25 p.m.	(W) 5,000
3:55 p.m.	(M) 5,000
4:15 p.m.	(W) 4x400 Relay
4:25 p.m.	(M) 4x400 Relay



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### Red Lion Players of the Week

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

#### Men's Outdoor- Field

Concordia's Ethan Moore has been chosen the Red Lion Men's Outdoor Field Athlete of the Week for April 29 – May 5.

Moore, a senior from Moro, Ore., equaled his career best in the high jump at the Oregon Twilight to match the NAIA Outdoor Track & Field National Championship 'A' standard. Only five NAIA jumpers have cleared a higher height in 2013 while Moore's mark was just 3/4 of an inch off the Concordia school record. Moore also ran anchor leg on the 400-meter relay team which turned in the No. 2 time in school history with a 42.34.

#### Men's Outdoor-Track

Concordia's Jordan Reeher has been chosen the Red Lion Men's Outdoor Track Athlete of the Week for April 29 – May 5.

Reeher, a sophomore from Prineville, Ore., won the 400-meter hurdles at the Pacific Twilight last week with an NAIA auto qualifying time of 53.71. Reeher won the one-lapper by more than a full second over 22 other individuals. Reeher currently holds the NAIA's No. 5 time in the event with a season-best 53.53. Reeher also ran a leg on the 400-meter relay team at the University of Oregon Twilight where Concordia posted the No. 2 time in school history with a 42.34.

#### Women's Outdoor-Field

Warner Pacific's Tiffanie Nyssen has been chosen the Red Lion Women's Outdoor Field Athlete of the Week for April 29 – May 5.

Nyssen, a sophomore from Gresham, Ore., set a new WPC record in the pole vault at the Pacific Twilight. Her event winning height of 12-00.5 is also a NAIA "A" qualifying effort and the 5th best in the NAIA this year.

#### Women's Outdoor- Track

College of Idaho's Hillary Holt has been chosen the Red Lion Women's Outdoor Track Athlete of the Week for April 29 – May 5.

Holt, a junior from Meridian, Idaho, hit the USATF "A" Standard (qualifying for the U.S. Outdoor National Championships) with her upset win at Oregon Twilight, defeating a field comprised primarily of professionals, a 3-Time British National Champion, and an Olympian. Her time was the fastest 1,500-meters ever run by a collegiate athlete in the State of Idaho. It is the 5th fastest time in all college divisions this year (only non D-I runner in Top-28) and 14th fastest time ran by a US runner in 2013





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## NAIA Outdoor T&F Qualifiers (Downloaded from TFRS.org on May 8)

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
4	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
8	Olander, Jonz	JR-3	Southern Oregon	47.94	OSU High Performance	04/26/13	04/29/13

### 400m (Women) NAIA 'A' 57.00 NAIA 'B' 57.36

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
15	Garrard, Mikayla	JR-3	Southern Oregon	57.01	Pacific Twilight 2013	05/03/13	05/05/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
3	Boyd-Helm, Zach	FR-1	Southern Oregon	1:51.16	SFSU State Distance Carnival	03/29/13	03/30/13
4	Booth, Ryan	SR-4	Eastern Oregon	1:51.26	Oregon Relays	04/19/13	04/20/13
9	Jorgensen, Kevin	SO-2	Southern Oregon	1:52.29	Oregon Relays	04/19/13	04/20/13
10	Roelle, Hans	SO-2	Eastern Oregon	1:52.43	Idaho-Utah Border Clash	04/26/13	04/28/13
19	Bolin, Dominic	SR-4	College of Idaho	1:53.27	Idaho-Utah Border Clash	04/26/13	04/28/13
27	Saxton, Sean	JR-3	College of Idaho	1:53.70	Idaho-Utah Border Clash	04/26/13	04/28/13
30	Rhodes, Demetrius	FR-1	Concordia (Ore.)	1:53.94	OSU High Performance	04/26/13	04/29/13

### 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
2	Michels, Linsie	SR-4	Concordia (Ore.)	2:08.78	Oregon Twilight	05/03/13	05/04/13
16	Johnson, Sarah	JR-3	College of Idaho	2:14.77	2013 Chabot Invite & Relays	03/29/13	03/31/13
20	Waugh, Katie	JR-3	Oregon Tech	2:15.62	Chico Twilight	04/12/13	04/14/13
23	Baldovino, Talissa	JR-3	Eastern Oregon	2:15.89	SFSU State 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
3	Avila, Eric	JR-3	Southern Oregon	3:49.45	Chico Twilight	04/12/13	04/14/13
6	Boyd-Helm, Zach	FR-1	Southern Oregon	3:50.93	CSUS Hornet Invitational	03/16/13	03/17/13
7	Montgomery, Greg	SR-4	College of Idaho	3:51.95	2013 Chabot Invite & Relays	03/29/13	03/31/13
9	Jorgensen, Kevin	SO-2	Southern Oregon	3:52.11	SFSU State Distance Carnival	03/29/13	03/30/13
12	Bolin, Dominic	SR-4	College of Idaho	3:52.56	Idaho-Utah Border Clash	04/26/13	04/28/13
16	Roelle, Hans	SO-2	Eastern Oregon	3:53.28	SFSU State Distance Carnival	03/29/13	03/30/13
20	Hixon, Jared	SO-2	Southern Oregon	3:54.03	Chico Twilight	04/12/13	04/14/13

### 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	4:11.62	Oregon Twilight	05/03/13	05/04/13
4	Michels, Linsie	SR-4	Concordia (Ore.)	4:28.80	APU Bryan Clay Invitational	04/19/13	04/22/13
9	Johnson, Sarah	JR-3	College of Idaho	4:36.18	Oregon Relays	04/19/13	04/20/13
13	Elliott, Mikel	JR-3	Concordia (Ore.)	4:36.81	OSU High Performance	04/26/13	04/29/13
23	Coffey, Karlee	SR-4	Eastern Oregon	4:40.42	2013 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
4	Avila, Eric	JR-3	Southern Oregon	14:03.14	SFSU State Distance Carnival	03/29/13	03/30/13
5	Montgomery, Greg	SR-4	College of Idaho	14:06.06	SFSU State Distance Carnival	03/29/13	03/30/13
10	Bolin, Dominic	SR-4	College of Idaho	14:37.99	Oregon Relays	04/19/13	04/20/13
22	Hixon, Jared	SO-2	Southern Oregon	14:50.67	SFSU State Distance Carnival	03/29/13	03/30/13
29	Hunt, Jason	SR-4	College of Idaho	14:57.02	Oregon Relays	04/19/13	04/20/13

### 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
11	Elliott, Mikel	JR-3	Concordia (Ore.)	17:40.44	2013 Willamette Invitational	04/06/13	04/07/13
17	Whybark, Sarah	SO-2	Concordia (Ore.)	17:46.07	2013 Willamette Invitational	04/06/13	04/07/13
19	Rudd, Alexandra	JR-3	Southern Oregon	17:48.07	CSUS Hornet Invitational	03/16/13	03/17/13
20	Johnson, Sarah	JR-3	College of Idaho	17:48.87	2013 PLU Invitational	03/09/13	03/10/13
21	Lupescu, Rebecca	SO-2	Southern Oregon	17:49.55	OSU High Performance	04/26/13	04/29/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
12	Aleman, Hector	SR-4	Southern Oregon	31:06.25	SFSU State Distance Carnival	03/29/13	03/30/13
18	Minor, Scott	JR-3	Oregon Tech	31:24.51	SFSU State 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	Coffey, Karlee	SR-4	Eastern Oregon	33:53.91	Payton Jordan Invitational	04/28/13	04/29/13
2	Hescock, Stephanie	SR-4	Northwest Christian	35:31.74	Erik Anderson Icebreaker	03/01/13	03/03/13
9	Klopfenstein, Sora	JR-3	College of Idaho	36:59.39	2013 PLU Invitational	03/09/13	03/10/13
10	Rudd, Alexandra	JR-3	Southern Oregon	37:02.78	SFSU State Distance Carnival	03/29/13	03/30/13
19	Cano, Summer	SO-2	Southern Oregon	37:33.51	SFSU State Distance Carnival	03/29/13	03/30/13
20	Hagy, Anne	SR-4	Southern Oregon	37:36.38	SFSU State Distance Carnival	03/29/13	03/30/13
28	MacCarthy, Leigh Anne	JR-3	Eastern Oregon	38:10.53	SFSU State 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
14	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
10	Stevens, Sullivan	JR-3	Southern Oregon	14.48	Titan Twilight	04/25/13	04/26/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
6	Reeher, Jordan	SO-2	Concordia (Ore.)	53.53	55th Mt. SAC Relays	04/18/13	04/21/13

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

RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
3	Maguin, Amelia	SO-2	Southern Oregon	1:01.56	Chico Twilight	04/12/13	04/14/13
12	Sibert, Jasmine	JR-3	College of Idaho	1:03.59	NNU Invitational	04/20/13	04/21/13
13	Olivo, Irene	JR-3	Eastern Oregon	1:03.64	NNU Invitational	04/20/13	04/21/13
22	Russell, Cecilee	FR-1	Corban	1:04.21	Pacific Twilight 2013	05/03/13	05/05/13

### 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
6	Coxen, Kody	SR-4	Eastern Oregon	9:16.33	Stanford Invitational	03/29/13	03/31/13
15	Brown, David	SR-4	Corban	9:24.59	Oregon Relays	04/19/13	04/20/13

### 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
7	Elliott, Mikel	JR-3	Concordia (Ore.)	11:11.53	APU Bryan Clay Invitational	04/19/13	04/22/13
9	Estabrook, Rachael	SR-4	Corban	11:18.27	2013 Willamette Invitational	04/06/13	04/07/13
15	Rozario, Jessie	SO-2	Southern Oregon	11:28.31	SFSU State 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
17	College of Idaho	48.13	NNU Invitational	04/20/13	04/21/13
19	Southern Oregon	48.30	Wildcat Invitational	03/23/13	03/24/13

### 4 x 400 Relay (Men) NAIA 'A' 3:16.00 NAIA 'B' 3:17.00

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
14	Southern Oregon	3:16.98	Oregon Relays	04/19/13	04/20/13

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

RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
11	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	Moore, Ethan	SR-4	Concordia (Ore.)	6' 9"	2.06m	Oregon Twilight	05/03/13	05/04/13
14	Basterrechea, Austin	JR-3	College of Idaho	6' 8.75"	2.05m	2013 Cal Multis	03/27/13	03/29/13
18	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
6	Taylor, Sarah	FR-1	Corban	5' 6"	1.68m	Titan Twilight	04/25/13	04/26/13

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

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
5	Nyssen, Tiffanie	SO-2	Warner Pacific	12' 0.5"	3.67m	Pacific Twilight 2013	05/03/13	05/05/13
13	Techler, Stephanie	SO-2	Southern Oregon	11' 8"	3.56m	Titan Twilight	04/25/13	04/26/13
14	Fagen, Talitha	FR-1	Eastern Oregon	11' 7.75"	3.55m	Idaho-Utah Border Clash	04/26/13	04/28/13
19	Cayetano, Shannelle	FR-1	Oregon Tech	11' 5.75"	3.50m	Woody Wilson Classic	04/19/13	04/22/13

### Long Jump (Women) NAIA 'A' 5.59m NAIA 'B' 5.49m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
21	Choukalos, Katey	SR-4	Oregon Tech	18' 1.75"	5.53m	CCC Multi-Event Champ.	04/25/13	04/27/13



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

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

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

### Triple Jump (Women) NAIA 'A' 11.50m NAIA 'B' 11.30m

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
20	Bull, Hailey	SR-4	College of Idaho	37' 1.75"	11.32m	Idaho-Utah Border Clash	04/26/13	04/28/13

### 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.)	63' 11.5"	19.49m	55th Mt. SAC Relays	04/18/13	04/21/13

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

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
1	Dixon, Gabriella	SR-4	Concordia (Ore.)	50' 2.75"	15.31m	Beach Invitational	04/19/13	04/22/13
12	Conditt, Kassi	JR-3	Oregon Tech	45' 6.25"	13.87m	Chico Twilight	04/12/13	04/14/13

### 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.)	191' 9"	58.46m	55th Mt. SAC Relays	04/18/13	04/21/13
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	Dixon, Gabriella	SR-4	Concordia (Ore.)	172' 6"	52.59m	Oregon Twilight	05/03/13	05/04/13
8	Redmayne, Emily	SR-4	Concordia (Ore.)	149' 4"	45.53m	Willamette Invitational	04/06/13	04/07/13
10	Haga, Holly	JR-3	Southern Oregon	144' 9"	44.11m	Shasta Invitational 2013	04/20/13	04/22/13

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

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
2	Riddle, Adam	JR-3	Concordia (Ore.)	195' 6"	59.58m	55th Mt. SAC Relays	04/18/13	04/21/13
3	Johnson, Bo	SR-4	Concordia (Ore.)	193' 5"	58.96m	Wildcat Open	03/16/13	03/17/13
11	Van Fossen, Max	SR-4	Eastern Oregon	174' 9"	53.27m	Idaho-Utah Border Clash	04/26/13	04/28/13
13	Wickham, Brian	SO-2	Eastern Oregon	174' 1"	53.06m	NNU Invitational	04/20/13	04/21/13
16	Hendryx, Carson	SR-4	Eastern Oregon	171' 7"	52.31m	Idaho-Utah Border Clash	04/26/13	04/28/13

### 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	Dixon, 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' 7"	61.75m	Idaho-Utah Border Clash	04/26/13	04/28/13

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

RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
3	Randall, Brooke	SR-4	Eastern Oregon	150' 0"	45.73m	NNU Invitational	04/20/13	04/21/13
6	Swanson, Joelle	SO-2	Oregon Tech	144' 7"	44.06m	Chico Twilight	04/12/13	04/14/13
14	Stricker, Alexandra	SO-2	Eastern Oregon	133' 5"	40.67m	WAR VI Team Dual	04/12/13	04/14/13
15	Hurliman, Kelsea	JR-3	Eastern Oregon	132' 3"	40.31m	Idaho-Utah Border Clash	04/26/13	04/28/13

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

RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED
5	Sibert, Jasmine	JR-3	College of Idaho	4473	CCC Multi-Event Championships	04/25/13	04/27/13
10	Choukalos, Katey	SR-4	Oregon Tech	4291	CCC Multi-Event Championships	04/25/13	04/27/13
12	Maguin, Amelia	SO-2	Southern Oregon	4203	CCC Multi-Event Championships	04/25/13	04/27/13
27	Cox, Becca	JR-3	Corban	3825	CCC Multi-Event Championships	04/25/13	04/27/13

### 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	6933	CCC Multi-Event Championships	04/25/13	04/27/13
10	Rosenau, Ryan	SO-2	Eastern Oregon	6034	CCC Multi-Event Championships	04/25/13	04/27/13
14	Ritchie, Brandon	SR-4	Southern Oregon	5965	Boxer Combined Event	03/14/13	03/15/13
22	Hatfield, Jordan	JR-3	Corban	5619	2013 Bearcat Invitational Multi	03/22/13	03/24/13
23	Padilla, Anthony	FR-1	Oregon Tech	5613	CCC Multi-Event Championships	04/25/13	04/27/13
44	Stecker, Nathan	SR-4	Warner Pacific	4981	CCC Multi-Event Championships	04/25/13	04/27/13
46	Wilkins, Taylor	SR-4	Corban	4957	2013 Bearcat Invitational Multi	03/22/13	03/24/13



# CCC Track and Field - 2013

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

### 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
9	Aleman, Hector	SR-4	Southern Oregon	1:11:01.00	Bidwell Classic Half Marathon	03/02/13	03/04/13
10	Hornig, Brett	JR-3	Southern Oregon	1:11:02.00	Bidwell Classic Half Marathon	03/02/13	03/04/13
21	Adams, Paul	FR-1	Oregon Tech	1:12:05.24 HT	Davis Stampede	02/03/13	03/06/13
21	Minor, Scott	JR-3	Oregon Tech	1:12:05.24 HT	Davis Stampede	02/03/13	03/06/13
23	Garlitz, Kirby	JR-3	Oregon Tech	1:12:06.24 HT	Davis Stampede	02/03/13	03/06/13
67	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
19	Rudd, Alexandra	JR-3	Southern Oregon	1:28:04.00	Surf City Half Marathon	02/03/13	02/07/13
20	Johnson, Olivia	SO-2	Corban	1:28:05.00	Cascade Half Marathon	01/20/13	02/07/13
31	Maki, Myja	JR-3	College of Idaho	1:29:32.24 HT	High Speed Pursuit Half	04/06/13	04/08/13
40	Kepler, 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

### 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



# CCC Track and Field - 2013

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

### 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

### 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



# CCC Track and Field - 2013

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

### 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