



Track and Field - 2014

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Contact: Chris Thompson • thompsoc@evergreen.edu • 425-344-4992

Cascade Collegiate Conference Track and Field Notes

LA GRANDE, Ore. - The Cascade Conference was well-represented at the 2014 NAIA Indoor Track and Field Championships and the athletes of the CCC represented their school and conference well.

This week, the outdoor season speeds up with a number of schools at meets around the Northwest. Concordia and Southern Oregon will both be in Forest Grove on Thursday and Friday for the Pacific Boxer Combined Events. Evergreen, Northwest and Warner Pacific meet at the Hub City Open in Centralia, Wash. while Oregon Tech and Southern Oregon each head to California for meets.

Upcoming Schedule

Thursday, March 13

Concordia, Southern Oregon at Boxer Combined Events

Friday, March 14

Concordia, Southern Oregon at Boxer Combined Events
College of Idaho at Northwest Nazarene Multi-Events

Saturday, March 15

Evergreen, Northwest, Warner Pacific at Hub City Open
College of Idaho at Northwest Nazarene Multi-Events
Oregon Tech at Wildcat Invite
Southern Oregon at Hornet Invite
Northwest Christian at Lane Preview
Concordia at Mt. Hood C.C.



Red Lion Players of the Week

Red Lion is the official hospitality sponsor of the CCC

2014 NAIA Indoor Track and Field All-Americans

College of Idaho

Hillary Holt	Women's 800m Run	1st
Hillary Holt	Women's 1 Mile Run	1st
Johnson, Engelhardt, Hurd, Holt	Women's Distance Medley Relay	1st
Sora Klopfenstein	Women's 5000m Run	2nd
Lila Klopfenstein	Women's 3000m Run	2nd
Austin Basterrechea	Men's Heptathlon	3rd
Sarah Johnson	Women's 3000m Run	4th
Nick Hampton	Men's 1000m Run	4th
Sarah Johnson	Women's 1 Mile Run	5th

Concordia

Darien Moore	Men's Weight Throw	1st
Darien Moore	Men's Shotput	1st
Demetrius Rhodes	Men's 800m Run	2nd
Ethan Moore	Men's High Jump	2nd
Prettyman, Vazquez, Brown, Clowes	Men's Distance Medley Relay	3rd
Nate Moses	Men's Shotput	4th
Adam Riddle	Men's Weight Throw	4th
Collmer, Scoles, Keane, Whybark	Women's Distance Medley Relay	5th
Matthew Clowes	Men's 3000m Run	5th
Ethan Moore	Men's Long Jump	6th
Matthew Clowes	Men's 1 Mile Run	6th
Jasen Brown	Men's 1000m Run	6th
Washington, Reeher, Rhodes, Zeller	Men's 4x400m Relay	7th

Eastern Oregon

Talitha Fagen	Women's Pole Vault	1st
Hans Roelle	Men's 1000m Run	1st
Damion Flores	Men's 5000m Run	1st
Travis Simpson	Men's High Jump	3rd
Harley McBride	Women's High Jump	3rd
Isaac Updike	Men's 3000m Run	4th
Brian Wickham	Men's Weight Throw	6th
Ryan Rosenau	Men's Heptathlon	7th
Sullivan, Booth, McGee-Woolbright, Olivo	Women's 4x400m Relay	7th

Evergreen

Anthony Johnson	Men's High Jump	5th
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Southern Oregon

Body-Helm, Olander, Jorgensen, Avila	Men's Distance Medley	1st
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2014 NAIA Outdoor T&F Qualifiers (Downloaded from TFRRS.org on March 12)

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

	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
NAIA A	2	Duvenez, Allison	JR-3	Northwest Christian	17:41.21	Erik Anderson Icebreaker	03/01/14	03/02/14

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

	RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
NAIA B	1	Harman, Jenny	SR-4	Corban	129' 11"	39.59m	OSU Invitational	03/07/14	03/09/14

Decathlon (Men) NAIA B 4750

	RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED
NAIA B	1	Padilla, Anthony	SO-2	Oregon Tech	5790	Chico State Multi Classic	02/27/14	03/02/14

Half Marathon (Men) NAIA A 1:12:00.00 NAIA B 1:14:00.00

	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
NAIA A	1	Ghelfi, Eric	JR-3	Southern Oregon	1:09:17.00	Bidwell Classic	03/01/14	03/05/14
NAIA A	8	Minor, Scott	SR-4	Oregon Tech	1:11:23.00	Davis stampede	02/02/14	02/24/14
NAIA A	9	Garcia, Greg	SO-2	Southern Oregon	1:11:28.00	Bidwell Classic	03/01/14	03/05/14
NAIA A	13	Garlitz, Kirby	SR-4	Oregon Tech	1:11:38.00	Davis stampede	02/02/14	02/24/14

Half Marathon (Women) NAIA A 1:30:00.00 NAIA B 1:32:00.00

	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
NAIA A	2	Johnson, Olivia	JR-3	Corban	1:28:49	Cascade Half Marathon	01/19/14	02/03/14
NAIA A	14	Thoreson, Sigrid	SR-4	Northwest U.	1:28:01.00	Arizona Rock'n' Roll Marathon	01/19/14	02/03/14
NAIA B	32	Kepfer, Jessica	JR-3	Warner Pacific	1:31:21.24 HT	Geoduck Gallop	02/01/14	02/05/14



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2014 NAIA Indoor T&F Qualifiers

60m (Women) NAIA A 7.64 NAIA B 7.85

NAIA B	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	25	Avery, Christi	SR-4	Warner Pacific	7.80	WPC 50-50	02/22/14	02/23/14

200m (Women) NAIA A 25.60 NAIA B 26.00

NAIA B	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	25	Booth, Kadie	SR-4	Eastern Oregon	25.92 #	Ed Jacoby Invite & Multi	01/31/14	02/02/14

400m (Men) NAIA A 49.50 NAIA B 49.90

NAIA A	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	4	Olander, Jonz	JR-3	Southern Oregon	48.96 #	UW Husky Classic	02/14/14	02/15/14

400m (Women) NAIA A 58.90 NAIA B 59.90

NAIA A	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	17	Maguin, Amelia	JR-3	Southern Oregon	58.21 #	UW Invitational	01/31/14	02/01/14
	27	Booth, Kadie	SR-4	Eastern Oregon	58.85 #	Boise State Challenge	02/15/14	02/16/14
	37	Sullivan, Megan	SO-2	Eastern Oregon	59.26 #	Bronco Invite	02/08/14	02/09/14
	38	McDaniel, Ericka	SO-2	Northwest U.	59.27 #	UW Indoor Open	02/16/14	02/17/14

600m (Men) NAIA A 1:21.44 NAIA B 1:22.80

NAIA A	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	4	Washington, Andre	SR-4	Concordia (Ore.)	1:19.82 #	UW Indoor Preview	01/18/14	01/19/14
	9	Roelle, Hans	JR-3	Eastern Oregon	1:21.07 #	Bronco Invite	02/08/14	02/09/14

600m (Women) NAIA A 1:37.90 NAIA B 1:38.90

NAIA B	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	26	Hurd, Jasmine	SR-4	College of Idaho	1:38.41 #	Bronco Invite	02/08/14	02/09/14
	27	Engelhardt, Jordan	SR-4	College of Idaho	1:38.49 #	Bronco Invite	02/08/14	02/09/14
	28	Olivo, Irene	JR-3	Eastern Oregon	1:38.52 #	Bronco Invite	02/08/14	02/09/14

800m (Men) NAIA A 1:56.00 NAIA B 1:57.25

NAIA A	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	6	Roelle, Hans	JR-3	Eastern Oregon	1:53.60 #	UW Invitational	01/31/14	02/01/14
	7	Hampton, Nick	SR-4	College of Idaho	1:53.91 #	UW Husky Classic	02/14/14	02/15/14
	14	Clowes, Matthew	JR-3	Concordia (Ore.)	1:54.77 #	UW Indoor Preview	01/18/14	01/19/14
	22	Rhodes, Demetrius	SO-2	Concordia (Ore.)	1:55.72 #	UW Invitational	01/31/14	02/01/14
	23	Jones, Wes	FR-1	Evergreen St.	1:55.82 #	UW Indoor Open	02/16/14	02/17/14
	26	Flores, DJ	JR-3	Eastern Oregon	1:56.13 #	Bronco Invite	02/08/14	02/09/14

800m (Women) NAIA A 2:19.00 NAIA B 2:20.50

NAIA A	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	3	Holt, Hillary	SR-4	College of Idaho	2:13.95 #	Ed Jacoby Invite & Multi	01/31/14	02/02/14
	17	Keane, Brianna	FR-1	Concordia (Ore.)	2:17.43 #	UW Invitational	01/31/14	02/01/14
	30	Collmer, Christa	FR-1	Concordia (Ore.)	2:19.42 #	UW Invitational	01/31/14	02/01/14

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

NAIA A	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	1	Clowes, Matthew	JR-3	Concordia (Ore.)	2:25.08 #	WPC 50-50	02/22/14	02/23/14
	2	Roelle, Hans	JR-3	Eastern Oregon	2:29.36 #	Boise State Challenge	02/15/14	02/16/14
	12	Hampton, Nick	SR-4	College of Idaho	2:30.45 #	UW Indoor Open	02/16/14	02/17/14
	15	Brown, Jasen	SR-4	Concordia (Ore.)	2:30.67 #	Boise State Challenge	02/15/14	02/16/14
	16	Rhodes, Demetrius	SO-2	Concordia (Ore.)	2:30.76 #	Boise State Challenge	02/15/14	02/16/14
	21	Flores, DJ	JR-3	Eastern Oregon	2:31.32 #	Boise State Challenge	02/15/14	02/16/14
	22	Updike, Isaac	JR-3	Eastern Oregon	2:31.40 #	Boise State Challenge	02/15/14	02/16/14
	36	Ferguson, Jonathan	SO-2	Northwest U.	2:33.13 #	UW Indoor Preview	01/18/14	01/19/14
	38	Jones, Les	JR-3	Evergreen St.	2:33.27 #	UW Indoor Open	02/16/14	02/17/14

1000m (Women) NAIA A 3:02.00 NAIA B 3:04.00

NAIA A	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	13	Engelhardt, Jordan	SR-4	College of Idaho	3:01.31 #	Boise State Challenge	02/15/14	02/16/14
	22	Collmer, Christa	FR-1	Concordia (Ore.)	3:02.97 #	Boise State Challenge	02/15/14	02/16/14

Mile (Men) NAIA A 4:20.00 NAIA B 4:22.00

NAIA A	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
	1	Clowes, Matthew	JR-3	Concordia (Ore.)	4:04.98 #	UW Husky Classic	02/14/14	02/15/14
	3	Avila, Eric	SO-2	Southern Oregon	4:08.52 #	UW Husky Classic	02/14/14	02/15/14
	4	Flores, DJ	JR-3	Eastern Oregon	4:11.87 #	UW Invitational	01/31/14	02/01/14
	17	Jorgensen, Kevin	SO-2	Southern Oregon	4:17.70 #	UW Husky Classic	02/14/14	02/15/14
	18	Updike, Isaac	JR-3	Eastern Oregon	4:18.08 #	Bronco Invite	02/08/14	02/09/14



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2014 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
NAIA A	1	Holt, Hillary	SR-4	College of Idaho	4:37.96 #	UW Husky Classic	02/14/14	02/15/14
NAIA A	8	Klopfenstein, Lila	FR-1	College of Idaho	5:03.99 #	Boise State Challenge	02/15/14	02/16/14
NAIA A	11	Johnson, Sarah	SR-4	College of Idaho	5:04.64 #	UW Indoor Open	02/16/14	02/17/14
NAIA A	27	Klopfenstein, Sora	SR-4	College of Idaho	5:10.86 #	UW Indoor Open	02/16/14	02/17/14
NAIA B	43	Whybark, Sarah	JR-3	Concordia (Ore.)	5:13.80 #	UW Invitational	01/31/14	02/01/14

3000m (Men) NAIA A 8:42.00 NAIA B 8:45.00

	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
NAIA A	1	Clowes, Matthew	JR-3	Concordia (Ore.)	8:06.72 #	UW Invitational	01/31/14	02/01/14
NAIA A	9	Updike, Isaac	JR-3	Eastern Oregon	8:30.39 #	UW Invitational	01/31/14	02/01/14
NAIA A	18	Flores, DJ	JR-3	Eastern Oregon	8:36.25 #	NB Boise Indoor Invite	01/24/14	01/27/14
NAIA A	28	Alldritt, Eric	FR-1	Concordia (Ore.)	8:40.44 #	UW Indoor Preview	01/18/14	01/19/14

3000m (Women) NAIA A 10:30.00 NAIA B 10:35.00

	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
NAIA A	2	Holt, Hillary	SR-4	College of Idaho	9:29.25 #	UW Indoor Open	02/16/14	02/17/14
NAIA A	7	Klopfenstein, Lila	FR-1	College of Idaho	10:11.70 #	Ed Jacoby Invite & Multi	01/31/14	02/02/14
NAIA A	15	Johnson, Sarah	SR-4	College of Idaho	10:16.04 #	Ed Jacoby Invite & Multi	01/31/14	02/02/14
NAIA A	21	Klopfenstein, Sora	SR-4	College of Idaho	10:21.04 #	NB Boise Indoor Invite	01/24/14	01/27/14

5000m (Men) NAIA A 15:05.12 NAIA B 15:19.00

	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
NAIA A	3	Flores, DJ	JR-3	Eastern Oregon	14:39.20 #	UW Invitational	01/31/14	02/01/14
NAIA B	28	Alldritt, Eric	FR-1	Concordia (Ore.)	15:15.41 #	UW Husky Classic	02/14/14	02/15/14

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

	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
NAIA A	2	Klopfenstein, Sora	SR-4	College of Idaho	17:30.37 #	UW Husky Classic	02/14/14	02/15/14
NAIA A	17	Johnson, Sarah	SR-4	College of Idaho	18:04.21 #	UW Husky Classic	02/14/14	02/15/14

60H (Women) NAIA A 9.10 NAIA B 9.30

	RANK	ATHLETE	YEAR	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
NAIA A	10	Hurd, Jasmine	SR-4	College of Idaho	8.90	Bronco Invite	02/08/14	02/09/14

4 x 400 Relay (Men) NAIA A 3:21.00 NAIA B 3:22.42

	RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
NAIA A	7	Concordia (Ore.)	3:20.33 #	UW Indoor Preview	01/18/14	01/19/14

4 x 400 Relay (Women) NAIA A 4:02.00 NAIA B 4:05.00

	RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
NAIA A	11	Eastern Oregon	3:58.95 #	Ed Jacoby Invite & Multi	01/31/14	02/02/14
NAIA A	12	Southern Oregon	4:00.00 #	UW Husky Classic	02/14/14	02/15/14
NAIA A	20	College of Idaho	4:01.12 #	Ed Jacoby Invite & Multi	01/31/14	02/02/14

Distance Medley (Men) NAIA A 10:23.50 NAIA B 10:26.00

	RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
NAIA A	1	Southern Oregon	9:55.62 #	UW Husky Classic	02/14/14	02/15/14
NAIA A	6	Concordia (Ore.)	10:13.22 #	WPC 50-50	02/22/14	02/23/14

Distance Medley (Women) NAIA A 12:36.00 NAIA B 12:40.00

	RANK	TEAM	TIME	MEET	MEET DATE	DATE SUBMITTED
NAIA A	1	College of Idaho	11:51.50 #	NB Boise Indoor Invite	01/24/14	01/27/14
NAIA A	10	Concordia (Ore.)	12:23.49 #	UW Invitational	01/31/14	02/01/14

High Jump (Men) NAIA A 2.05m NAIA B 2.01m

	RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
NAIA A	1	Johnson, Anthony	FR-1	Evergreen St.	7'2.25"	2.19m	UW Invitational	01/31/14	02/01/14
NAIA A	3	Moore, Ethan	SR-4	Concordia (Ore.)	6'10.75"	2.10m	2013 Jacksons Open	12/13/13	12/14/13
NAIA A	8	Simpson, Travis	JR-3	Eastern Oregon	6'8.75"	2.05m	Bronco Invite	02/08/14	02/09/14
NAIA B	13	Basterrechea, Austin	SR-4	College of Idaho	6'7.5"	2.02m	Ed Jacoby Invite & Multi	01/31/14	02/02/14

High Jump (Women) NAIA A 1.64m NAIA B 1.62m

	RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
NAIA A	9	McBride, Harley	FR-1	Eastern Oregon	5'6"	1.68m	WSU Open	02/21/14	02/23/14
NAIA B	27	O'Dell, Deborah	SR-4	Warner Pacific	5'3.75"	1.62m	UW Indoor Open	02/16/14	02/17/14

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

	RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
NAIA A	2	Fagen, Talitha	SO-2	Eastern Oregon	12'1.5"	3.70m	Boise State Challenge	02/15/14	02/16/14

Long Jump (Men) NAIA A 7.10m NAIA B 7.01m

	RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
NAIA A	12	Moore, Ethan	SR-4	Concordia (Ore.)	23'3.5"	7.10m	WPC 50-50	02/22/14	02/23/14



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2014 NAIA Indoor T&F Qualifiers (Continued)

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

	RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
NAIA A	12	Moore, Ethan	SR-4	Concordia (Ore.)	47'4.25"	14.43m	UW Invitational	01/31/14	02/01/14
NAIA B	21	Simpson, Travis	JR-3	Eastern Oregon	46'0.5"	14.03m	Bronco Invite	02/08/14	02/09/14

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

	RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
NAIA A	1	Moore, Darien	JR-3	Concordia (Ore.)	60'2.5"	18.35m	Pilot Indoor	02/23/14	02/24/14
NAIA A	5	Moses, Nate	SR-4	Concordia (Ore.)	55'9.75"	17.01m	UW Indoor Preview	01/18/14	01/19/14
NAIA A	8	Lake, Zach	JR-3	Concordia (Ore.)	53'5.5"	16.29m	Pilot Indoor	02/23/14	02/24/14

Weight Throw (Men) NAIA A 17.60m NAIA B 16.50m

	RANK	ATHLETE	YEAR	TEAM	ENGLISH	METRIC	MEET	MEET DATE	DATE SUBMITTED
NAIA A	1	Moore, Darien	JR-3	Concordia (Ore.)	70'9"	21.56m	WPC 50-50	02/22/14	02/23/14
NAIA A	2	Riddle, Adam	SR-4	Concordia (Ore.)	65'5.5"	19.95m	WPC 50-50	02/22/14	02/23/14
NAIA B	14	Wickham, Brian	JR-3	Eastern Oregon	56'10"	17.32m	Ed Jacoby Invite & Multi	01/31/14	02/02/14

Indoor Pentathlon (Women) NAIA A 2700 NAIA B 2700

	RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED
NAIA A	15	Hurd, Jasmine	SR-4	College of Idaho	3132	Ed Jacoby Invite & Multi	01/31/14	02/02/14
NAIA A	49	Thomas, Tiana	SO-2	College of Idaho	2707	Ed Jacoby Invite & Multi	01/31/14	02/02/14

Heptathlon (Men) NAIA A 3750 NAIA B 3750

	RANK	ATHLETE	YEAR	TEAM	POINTS	MEET	MEET DATE	DATE SUBMITTED
NAIA A	2	Basterrechea, Austin	SR-4	College of Idaho	5231	Ed Jacoby Invite & Multi	01/31/14	02/02/14
NAIA A	4	Rosenau, Ryan	JR-3	Eastern Oregon	4817	Ed Jacoby Invite & Multi	01/31/14	02/02/14