

**24th Annual Golden State Athletic Conference**  
**Track and Field Championships**  
**Santa Barbara, Calif. - 4/23/2010 to 4/24/2010**  
**Results**

**Women 100 Meter Dash**

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=====
GSAC Record: ! 11.69 1994      Fatimat Yusuf, Azusa Pacific
Stadium Rec: % 11.79 1970      Ferguson, West Coast Jets
                12.26  "A"
                12.38  "B"

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| Name                   | Year | School           | Seed  | Prelims    | H# |
|------------------------|------|------------------|-------|------------|----|
| <b>Preliminaries</b>   |      |                  |       |            |    |
| 1 Ross, Mandy          |      | Azusa Pacific    | 12.27 | 12.26Q "A" | 2  |
| 2 Laine, Sarah         |      | Point Loma       | 12.22 | 12.42Q     | 1  |
| 3 Auberry, Asia        |      | Concordia (Cal.) | 12.34 | 12.58Q     | 3  |
| 4 Hurd, Brandy         |      | Fresno Pacific   | 12.60 | 12.59q     | 2  |
| 5 Schreiber, Jackie    |      | Point Loma       | 12.80 | 12.75q     | 3  |
| 6 Chevalier, Amanda    |      | Westmont         | 12.53 | 12.79q     | 3  |
| 7 Van Wey, Jennifer    |      | Point Loma       | 12.74 | 12.80q     | 3  |
| 8 Starr, Kelsey        |      | Point Loma       | 12.67 | 12.88q     | 2  |
| 9 Jackson, Sharayza    |      | Azusa Pacific    | 12.65 | 12.95      | 1  |
| 10 Menges, Allyson     |      | Point Loma       | 12.83 | 12.96      | 1  |
| 11 Fung, Anita         |      | Azusa Pacific    | 12.63 | 13.14      | 1  |
| 12 Armando, Allie      |      | Vanguard         | 12.83 | 13.15      | 2  |
| 13 Jimenez, Raquel     |      | Azusa Pacific    | 13.37 | 13.34      | 1  |
| 14 Aluisi, Jenna       |      | Fresno Pacific   | 13.48 | 13.38      | 2  |
| 15 Eng, Rachel         |      | Fresno Pacific   | 13.57 | 13.68      | 3  |
| 16 McAfee, Sarah       |      | Concordia (Cal.) | 14.00 | 13.77      | 1  |
| 17 Senko, Rachel       |      | Westmont         | 13.74 | 13.88      | 3  |
| 18 Bernard, Sarah-Lynn |      | Westmont         | 13.76 | 14.06      | 2  |
| 19 Ubani, Joy          |      | Westmont         | 14.44 | 14.28      | 2  |
| 20 Ramos, Gretchen     |      | Westmont         | 14.40 | 14.70      | 1  |
| 21 Manley, Jordan      |      | Point Loma       | 14.66 | 15.38      | 3  |

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=====
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Stadium Rec: % 11.79 1970      Ferguson, West Coast Jets
                12.26  "A"
                12.38  "B"

```

| Name                | Year | School           | Prelims | Finals    | Points |
|---------------------|------|------------------|---------|-----------|--------|
| <b>Finals</b>       |      |                  |         |           |        |
| 1 Ross, Mandy       |      | Azusa Pacific    | 12.26   | 11.94 "A" | 10     |
| 2 Laine, Sarah      |      | Point Loma       | 12.42   | 12.31 "B" | 8      |
| 3 Auberry, Asia     |      | Concordia (Cal.) | 12.58   | 12.42     | 6      |
| 4 Hurd, Brandy      |      | Fresno Pacific   | 12.59   | 12.50     | 5      |
| 5 Schreiber, Jackie |      | Point Loma       | 12.75   | 12.61     | 4      |
| 6 Van Wey, Jennifer |      | Point Loma       | 12.80   | 12.64     | 3      |
| 7 Chevalier, Amanda |      | Westmont         | 12.79   | 12.70     | 2      |
| 8 Starr, Kelsey     |      | Point Loma       | 12.88   | 12.80     | 1      |

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=====
GSAC Record: ! 24.04 1994      Fatimat Yusuf, Azusa Pacific
Stadium Rec: % 24.76 3/27/2010  Natasha Miller, Biola
                25.20  "A"
                25.35  "B"
  
```

| Name                   | Year | School           | Seed  | Prelims   | H# |
|------------------------|------|------------------|-------|-----------|----|
| <b>Preliminaries</b>   |      |                  |       |           |    |
| 1 Ross, Mandy          |      | Azusa Pacific    | 25.03 | 24.89Q"A" | 3  |
| 2 Laine, Sarah         |      | Point Loma       | 24.65 | 25.20Q"A" | 1  |
| 3 Miller, Natasha      |      | Biola            | 24.76 | 25.34Q"B" | 2  |
| 4 Hurd, Brandy         |      | Fresno Pacific   | 25.50 | 25.37q    | 3  |
| 5 Turner, Jordan       |      | Point Loma       | 25.56 | 25.74q    | 1  |
| 6 Leslie, Breanna      |      | Azusa Pacific    | 25.55 | 26.03q    | 2  |
| 7 Van Wey, Jennifer    |      | Point Loma       | 25.96 | 26.17q    | 3  |
| 8 Starr, Kelsey        |      | Point Loma       | 26.20 | 26.23q    | 1  |
| 9 Chevalier, Amanda    |      | Westmont         | 25.63 | 26.26     | 1  |
| 10 Schreiber, Jackie   |      | Point Loma       | 26.16 | 26.29     | 2  |
| 11 Neves, Diana        |      | Vanguard         | 25.94 | 26.30     | 3  |
| 12 Wyrick, Deirdre     |      | Fresno Pacific   | 26.41 | 26.60     | 2  |
| 12 Armando, Allie      |      | Vanguard         | 26.37 | 26.60     | 1  |
| 14 Jackson, Sharayza   |      | Azusa Pacific    | 26.65 | 26.73     | 1  |
| 15 Ham, Kassandra      |      | Point Loma       | 26.49 | 26.78     | 2  |
| 16 Menges, Allyson     |      | Point Loma       | 26.47 | 26.94     | 3  |
| 17 Fung, Anita         |      | Azusa Pacific    | 26.47 | 27.25     | 3  |
| 18 Aluisi, Jenna       |      | Fresno Pacific   | 26.83 | 27.92     | 1  |
| 19 Zappas, Zoe         |      | Biola            | 27.77 | 28.09     | 2  |
| 20 Bernard, Sarah-Lynn |      | Westmont         | 28.83 | 28.46     | 3  |
| 21 McAfee, Sarah       |      | Concordia (Cal.) | 29.03 | 28.83     | 3  |
| 22 Ubani, Joy          |      | Westmont         | 29.44 | 29.45     | 2  |
| 23 Manley, Jordan      |      | Point Loma       | 30.56 | 32.28     | 1  |

**Women 200 Meter Dash**

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=====
GSAC Record: ! 24.04 1994      Fatimat Yusuf, Azusa Pacific
Stadium Rec: % 24.76 3/27/2010  Natasha Miller, Biola
                25.20  "A"
                25.35  "B"
  
```

| Name                | Year | School         | Prelims | Finals    | Points |
|---------------------|------|----------------|---------|-----------|--------|
| <b>Finals</b>       |      |                |         |           |        |
| 1 Laine, Sarah      |      | Point Loma     | 25.20   | 24.41%"A" | 10     |
| 2 Ross, Mandy       |      | Azusa Pacific  | 24.89   | 24.42%"A" | 8      |
| 3 Miller, Natasha   |      | Biola          | 25.34   | 25.24 "B" | 6      |
| 4 Hurd, Brandy      |      | Fresno Pacific | 25.37   | 25.29 "B" | 5      |
| 5 Turner, Jordan    |      | Point Loma     | 25.74   | 25.50     | 4      |
| 6 Leslie, Breanna   |      | Azusa Pacific  | 26.03   | 25.79     | 3      |
| 7 Van Wey, Jennifer |      | Point Loma     | 26.17   | 25.85     | 2      |
| 8 Starr, Kelsey     |      | Point Loma     | 26.23   | 26.20     | 1      |

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**Women 400 Meter Dash**

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=====
GSAC Record: ! 53.55 2004 Niema Golphin, Azusa Pacific
Stadium Rec: % 59.47 3/27/2010 Deirdre Wyrick, Fresno Pacific
              57.30 "A"
              58.00 "B"
  
```

| Name                  | Year | School             | Seed  | Prelims     | H# |
|-----------------------|------|--------------------|-------|-------------|----|
| <b>Preliminaries</b>  |      |                    |       |             |    |
| 1 Laine, Sarah        |      | Point Loma         | 55.05 | % 56.62Q"A" | 1  |
| 2 Turner, Jordan      |      | Point Loma         | 57.07 | % 57.87Q"B" | 2  |
| 3 Miller, Natasha     |      | Biola              | 57.76 | % 58.33Q    | 3  |
| 4 Neves, Diana        |      | Vanguard           | 57.52 | % 58.35q    | 3  |
| 5 Forsi, Brooke       |      | Biola              | 59.65 | % 58.67q    | 1  |
| 6 Ham, Kassandra      |      | Point Loma         | 60.30 | % 58.85q    | 1  |
| 7 Wyrick, Deirdre     |      | Fresno Pacific     | 59.42 | 60.35q      | 2  |
| 8 Moser, Samantha     |      | Concordia (Cal.)   | 60.37 | 60.53q      | 2  |
| 9 Picker, Dominique   |      | Point Loma         | 60.52 | 61.72       | 3  |
| 10 Zappas, Zoe        |      | Biola              | 62.18 | 62.67       | 2  |
| 11 Nealon, Theresa    |      | Westmont           | 62.39 | 63.97       | 1  |
| 12 Catanese, Alicia   |      | California Baptist | 62.00 | 64.49       | 3  |
| 13 Turk, Lauren       |      | Point Loma         | 64.91 | 64.60       | 1  |
| 14 Ross, Hannah       |      | Westmont           | 67.82 | 66.01       | 3  |
| 15 Chessum, Candice   |      | Azusa Pacific      | 65.97 | 66.11       | 3  |
| 16 Brummund, Brooklin |      | Biola              |       | 66.32       | 2  |
| 17 Mellin, Kristin    |      | California Baptist | 65.00 | 69.07       | 2  |

**Women 400 Meter Dash**

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=====
GSAC Record: ! 53.55 2004 Niema Golphin, Azusa Pacific
Stadium Rec: % 59.47 3/27/2010 Deirdre Wyrick, Fresno Pacific
              57.30 "A"
              58.00 "B"
  
```

| Name              | Year | School           | Prelims | Finals    | Points |
|-------------------|------|------------------|---------|-----------|--------|
| <b>Finals</b>     |      |                  |         |           |        |
| 1 Laine, Sarah    |      | Point Loma       | 56.62   | 55.97%"A" | 10     |
| 2 Miller, Natasha |      | Biola            | 58.33   | 56.93%"A" | 8      |
| 3 Turner, Jordan  |      | Point Loma       | 57.87   | 57.36%"B" | 6      |
| 4 Forsi, Brooke   |      | Biola            | 58.67   | 58.05%    | 5      |
| 5 Neves, Diana    |      | Vanguard         | 58.35   | 58.09%    | 4      |
| 6 Ham, Kassandra  |      | Point Loma       | 58.85   | 59.50     | 3      |
| 7 Wyrick, Deirdre |      | Fresno Pacific   | 60.35   | 59.58     | 2      |
| 8 Moser, Samantha |      | Concordia (Cal.) | 60.53   | 60.33     | 1      |

**Women 800 Meter Run**

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=====
GSAC Record: ! 2:10.27 2009 Jaime Canterbury, Azusa Pacific
Stadium Rec: % 2:15.84 1970 Cape, Long Beach Comets
              2:16.00 "A"
              2:17.85 "B"
  
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| Name                 | Year | School        | Seed    | Prelims     |
|----------------------|------|---------------|---------|-------------|
| <b>Preliminaries</b> |      |               |         |             |
| 1 Lawman, Poppy      |      | Azusa Pacific | 2:11.41 | 2:17.48Q"B" |
| 2 Gasner, Kelsey     |      | Biola         | 2:17.46 | 2:18.20Q    |

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**....Women 800 Meter Run**

|    |                     |                    |         |          |
|----|---------------------|--------------------|---------|----------|
| 3  | Rickabaugh, Kelsey  | Point Loma         |         | 2:20.54Q |
| 4  | Matranga, Breelan   | Point Loma         | 2:14.76 | 2:18.52Q |
| 5  | Barnard, Megan      | Fresno Pacific     | 2:19.86 | 2:19.80Q |
| 6  | Williams, Megan     | Vanguard           | 2:16.37 | 2:20.75Q |
| 7  | Moyer, Megan        | Point Loma         | 2:20.46 | 2:19.88q |
| 8  | Thede, Katie        | Biola              | 2:21.44 | 2:21.30q |
| 9  | Casarez, Melissa    | Point Loma         | 2:18.29 | 2:22.12q |
| 10 | Afman, Angie        | Point Loma         | 2:23.37 | 2:22.27  |
| 11 | Kenney, Clarissa    | Biola              | 2:25.00 | 2:23.25  |
| 12 | Massenburg, Bailey  | Point Loma         | 2:16.51 | 2:23.97  |
| 13 | Pelayo, Rocio       | Concordia (Cal.)   | 2:26.33 | 2:26.60  |
| 14 | Arroues, Kim        | Biola              | 2:26.03 | 2:28.63  |
| 15 | Chessum, Candice    | Azusa Pacific      | 2:29.81 | 2:29.35  |
| 16 | Neimeyer, Alyssa    | California Baptist | 2:25.23 | 2:30.54  |
| 17 | Brummund, Brooklin  | Biola              | 2:21.00 | 2:31.50  |
| 18 | Minnick, Lauren     | Vanguard           | 2:30.50 | 2:31.80  |
| 19 | Rooney, Colleen     | Fresno Pacific     | 2:34.72 | 2:34.43  |
| 20 | Alexander, Malaysia | California Baptist | 2:28.00 | 2:34.60  |
| 21 | Stump, Rachel       | Biola              | 2:32.10 | 2:34.68  |
| 22 | Roth, Kelsey        | Concordia (Cal.)   | 2:38.80 | 2:37.68  |
| 23 | Tworek, Alyssa      | Concordia (Cal.)   | 2:43.53 | 2:38.65  |
| 24 | Dixon, Courtney     | Westmont           | 2:32.00 | 2:40.07  |
| 25 | Boucher, Kelsi      | Biola              | 2:33.00 | 2:40.10  |
| 26 | Beard, Megan        | Westmont           | 2:43.06 | 2:44.40  |
| 27 | Gilbert, Christine  | Concordia (Cal.)   | 2:42.90 | 2:47.20  |

**Women 800 Meter Run**

```

=====
GSAC Record: ! 2:10.27 2009      Jaime Canterbury, Azusa Pacific
Stadium Rec: % 2:15.84 1970      Cape, Long Beach Comets
                2:16.00 "A"
                2:17.85 "B"

```

| Name   | Year School        | Prelims        | Finals  | Points         |
|--------|--------------------|----------------|---------|----------------|
| =====  |                    |                |         |                |
| Finals |                    |                |         |                |
| 1      | Lawman, Poppy      | Azusa Pacific  | 2:17.48 | 2:16.91 "B" 10 |
| 2      | Rickabaugh, Kelsey | Point Loma     | 2:20.54 | 2:18.12 8      |
| 3      | Gasner, Kelsey     | Biola          | 2:18.20 | 2:18.34 6      |
| 4      | Williams, Megan    | Vanguard       | 2:20.75 | 2:18.50 5      |
| 5      | Matranga, Breelan  | Point Loma     | 2:18.52 | 2:19.21 4      |
| 6      | Casarez, Melissa   | Point Loma     | 2:22.12 | 2:19.98 3      |
| 7      | Moyer, Megan       | Point Loma     | 2:19.88 | 2:20.23 2      |
| 8      | Barnard, Megan     | Fresno Pacific | 2:19.80 | 2:20.36 1      |
| 9      | Thede, Katie       | Biola          | 2:21.30 | 2:21.01        |

**24th Annual Golden State Athletic Conference**  
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**Women 1500 Meter Run**

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=====
GSAC Record: ! 4:26.96 2009           Jaime Canterbury, Azusa Pacific
Stadium Rec: % 4:44.32 3/27/2010    Fishetti, Biola
                4:43.85  "A"
                4:46.25  "B"
  
```

| Name                   | Year | School             | Seed    | Prelims       |
|------------------------|------|--------------------|---------|---------------|
| <b>Preliminaries</b>   |      |                    |         |               |
| 1 Lawman, Poppy        |      | Azusa Pacific      | 4:36.53 | % 4:42.28Q"A" |
| 2 Kipwambok, Jacky     |      | Azusa Pacific      |         | 4:49.57Q      |
| 3 Martinez, Victoria   |      | Azusa Pacific      | 4:40.39 | % 4:43.05Q"A" |
| 4 Matranga, Breelan    |      | Point Loma         | 4:39.50 | 4:50.09Q      |
| 5 Fischetti, Nychele   |      | Biola              | 4:44.32 | % 4:43.91Q"B" |
| 6 Thede, Katie         |      | Biola              | 4:38.56 | 4:51.41Q      |
| 7 Williams, Megan      |      | Vanguard           | 4:37.86 | % 4:43.99Q"B" |
| 8 Gasner, Kelsey       |      | Biola              | 4:35.26 | 4:51.62Q      |
| 9 Van Cott, Chelsea    |      | Vanguard           | 4:54.83 | 4:46.36q      |
| 10 Kerner, Jane        |      | Biola              |         | 4:48.25q      |
| 11 Lutz, Jacquie       |      | California Baptist | 4:59.99 | 4:54.58q      |
| 12 Stump, Rachel       |      | Biola              | 4:51.83 | 4:55.60q      |
| 13 Reyes, Jazmine      |      | Vanguard           | 4:56.16 | 4:56.08       |
| 14 Lund, Amy           |      | Concordia (Cal.)   | 4:59.91 | 4:56.52       |
| 15 Reynolds, Jennifer  |      | Point Loma         | 4:58.76 | 4:58.09       |
| 16 Harris, April       |      | Concordia (Cal.)   | 4:57.47 | 4:59.94       |
| 17 Trainor, Hillary    |      | Westmont           | 5:18.87 | 5:00.29       |
| 18 Saylor, Cathryn     |      | Point Loma         | 4:53.33 | 5:03.10       |
| 19 Minnick, Lauren     |      | Vanguard           | 5:07.73 | 5:11.31       |
| 20 Fritzke, Katie      |      | Westmont           | 5:16.06 | 5:15.19       |
| 21 Haydock, Sarah      |      | Westmont           | 5:21.10 | 5:16.00       |
| 22 Brown, Natasha      |      | California Baptist | 5:10.29 | 5:16.64       |
| 23 Sawyer, Bailee      |      | California Baptist | 5:15.00 | 5:16.81       |
| 24 Richeri, Natalia    |      | California Baptist | 5:07.99 | 5:22.27       |
| 25 Wiersma, Kristen    |      | Westmont           |         | 5:22.57       |
| 26 Singleton, Courtney |      | Point Loma         | 5:29.74 | 5:25.70       |
| 27 Jimenez, Gabi       |      | California Baptist | 5:30.00 | 5:28.16       |
| 28 Gilbert, Christine  |      | Concordia (Cal.)   | 5:26.21 | 5:35.20       |
| 29 Ingulsrud, Hanna    |      | California Baptist | 5:30.00 | 5:35.65       |
| 30 Beard, Megan        |      | Westmont           | 5:39.82 | 5:35.84       |
| 31 Saavedra, Julie     |      | Westmont           | 5:33.35 | 5:36.67       |
| 32 Zetsch, Kayla       |      | California Baptist | 5:30.00 | 5:44.68       |
| 33 Swift, Elyse        |      | Point Loma         | 5:41.10 | 5:58.56       |

**Women 1500 Meter Run**

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=====
GSAC Record: ! 4:26.96 2009           Jaime Canterbury, Azusa Pacific
Stadium Rec: % 4:44.32 3/27/2010    Fishetti, Biola
                4:43.85  "A"
                4:46.25  "B"
  
```

| Name                | Year | School        | Prelims | Finals      | Points |
|---------------------|------|---------------|---------|-------------|--------|
| <b>Finals</b>       |      |               |         |             |        |
| 1 Lawman, Poppy     |      | Azusa Pacific | 4:42.28 | 4:34.27%"A" | 10     |
| 2 Kipwambok, Jacky  |      | Azusa Pacific | 4:49.57 | 4:35.11%"A" | 8      |
| 3 Matranga, Breelan |      | Point Loma    | 4:50.09 | 4:35.84%"A" | 6      |
| 4 Williams, Megan   |      | Vanguard      | 4:43.99 | 4:37.42%"A" | 5      |

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**....Women 1500 Meter Run**

|    |                    |                    |         |             |   |
|----|--------------------|--------------------|---------|-------------|---|
| 5  | Thede, Katie       | Biola              | 4:51.41 | 4:38.93%"A" | 4 |
| 6  | Gasner, Kelsey     | Biola              | 4:51.62 | 4:40.31%"A" | 3 |
| 7  | Martinez, Victoria | Azusa Pacific      | 4:43.05 | 4:40.59%"A" | 2 |
| 8  | Van Cott, Chelsea  | Vanguard           | 4:46.36 | 4:44.07%"B" | 1 |
| 9  | Fischetti, Nychele | Biola              | 4:43.91 | 4:45.56 "B" |   |
| 10 | Kerner, Jane       | Biola              | 4:48.25 | 4:52.03     |   |
| 11 | Lutz, Jacquie      | California Baptist | 4:54.58 | 4:55.92     |   |
| 12 | Stump, Rachel      | Biola              | 4:55.60 | 5:02.80     |   |

**Women 5000 Meter Run**

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 GSAC Record: ! 16:55.45 2009 Jacky Kipwambok, Azusa Pacific  
 Stadium Rec: % 18:05.84 3/27/2010 Katie Thede, Biola  
                   18:05.50 "A"  
                   18:25.00 "B"

| Name | Year               | School             | Seed     | Finals       | Points |
|------|--------------------|--------------------|----------|--------------|--------|
| 1    | Graham, Renee      | Azusa Pacific      | 16:49.86 | 17:08.19%"A" | 10     |
| 2    | Jimison, Lauren    | Azusa Pacific      | 16:47.33 | 17:11.66%"A" | 8      |
| 3    | Kipwambok, Jacky   | Azusa Pacific      | 16:54.40 | 17:31.97%"A" | 6      |
| 4    | Sopp, Rebecca      | Vanguard           |          | 17:41.56%"A" | 5      |
| 5    | Brooks, Sarah      | Biola              | 18:02.24 | 17:55.61%"A" | 4      |
| 6    | Kerner, Jane       | Biola              | 18:07.50 | 18:07.31 "B" | 3      |
| 7    | Thede, Katie       | Biola              | 18:05.70 | 18:09.73 "B" | 2      |
| 8    | Mallen, Jennifer   | Concordia (Cal.)   | 18:15.19 | 18:15.40 "B" | 1      |
| 9    | Lutz, Jacquie      | California Baptist | 18:25.00 | 18:17.31 "B" |        |
| 10   | Trudelle, Chrissa  | Westmont           | 18:05.64 | 18:17.81 "B" |        |
| 11   | Carstensen, Kayla  | Azusa Pacific      |          | 18:22.99 "B" |        |
| 12   | Rosendale, Danica  | Westmont           | 18:42.64 | 18:23.92 "B" |        |
| 13   | Szabo, Ashlee      | Point Loma         | 18:05.67 | 18:27.27     |        |
| 14   | Calhoun, Danielle  | Biola              | 18:56.00 | 18:32.86     |        |
| 15   | Lund, Amy          | Concordia (Cal.)   |          | 18:32.97     |        |
| 16   | Canales, Emily     | Vanguard           |          | 18:39.47     |        |
| 17   | Mendoza, Ana       | California Baptist | 18:34.75 | 18:43.82     |        |
| 18   | Godfrey, Stephanie | Azusa Pacific      |          | 19:14.01     |        |
| 19   | Reyes, Jazmine     | Vanguard           | 21:00.51 | 19:19.82     |        |
| 20   | Richeri, Natalia   | California Baptist | 18:55.00 | 19:34.87     |        |
| 21   | Pattison, Sarah    | The Masters        | 19:39.69 | 19:38.02     |        |
| 22   | Urata, Michelle    | Concordia (Cal.)   |          | 19:42.77     |        |
| 23   | Neimeyer, Alyssa   | California Baptist |          | 19:43.55     |        |
| 24   | Fritzke, Katie     | Westmont           | 18:22.18 | 19:44.94     |        |
| 25   | Arroues, Kim       | Biola              | 19:11.00 | 19:52.48     |        |
| 26   | Ozuna, Genieva     | Point Loma         | 19:09.58 | 19:55.25     |        |
| 27   | Barnard, Megan     | Fresno Pacific     | 19:42.93 | 19:59.09     |        |
| 28   | Corrao, Caitlyn    | Westmont           | 19:27.20 | 20:06.09     |        |
| 29   | Brown, Natasha     | California Baptist |          | 20:37.12     |        |
| 30   | Jimenez, Gabi      | California Baptist |          | 20:51.29     |        |
| 31   | Sikkelee, Katie    | Biola              | 21:05.89 | 20:53.00     |        |
| 32   | Sawyer, Bailee     | California Baptist |          | 21:05.86     |        |

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Results**

**Women 10000 Meter Run**

=====

GSAC Record: ! 36:37.07 2009 Lisa Griego, Westmont  
38:45.35 "A"  
39:25.00 "B"

| Name                  | Year | School             | Seed     | Finals       | Points |
|-----------------------|------|--------------------|----------|--------------|--------|
| 1 Jimison, Lauren     |      | Azusa Pacific      |          | 35:49.34!"A" | 10     |
| 2 Graham, Renee       |      | Azusa Pacific      |          | 35:51.62!"A" | 8      |
| 3 Mokaya, Violet      |      | Concordia (Cal.)   |          | 36:17.48!"A" | 6      |
| 4 Kerner, Jane        |      | Biola              |          | 37:19.57 "A" | 5      |
| 5 Brooks, Sarah       |      | Biola              | 39:16.42 | 37:24.09 "A" | 4      |
| 6 Trudelle, Chrissa   |      | Westmont           | 38:36.49 | 38:13.96 "A" | 3      |
| 7 Kunz, Katie         |      | Point Loma         |          | 38:15.38 "A" | 2      |
| 8 Erbacci, Gina       |      | Point Loma         |          | 38:48.64 "B" | 1      |
| 9 Mendoza, Ana        |      | California Baptist | 37:49.00 | 39:22.11 "B" |        |
| 10 Ozuna, Genieva     |      | Point Loma         |          | 39:23.01 "B" |        |
| 11 Zainos, Araceli    |      | Vanguard           | 39:20.51 | 40:00.02     |        |
| 12 Godfrey, Stephanie |      | Azusa Pacific      |          | 40:00.90     |        |
| 13 Amaradio, Erika    |      | The Masters        | 39:47.97 | 40:15.07     |        |
| 14 Delira, Emmanuella |      | Azusa Pacific      |          | 40:51.03     |        |
| 15 Hoch, Kaela        |      | Westmont           |          | 42:49.90     |        |

**Women 100 Meter Hurdles**

=====

GSAC Record: ! 13.81 2000 Robin Leafblad, Point Loma Nazarene  
Stadium Rec: % 15.54 1984 Edwards, Redlands  
14.90 "A"  
15.25 "B"

| Name                  | Year | School           | Seed  | Prelims     | H# |
|-----------------------|------|------------------|-------|-------------|----|
| <b>Preliminaries</b>  |      |                  |       |             |    |
| 1 Miller, Natasha     |      | Biola            | 14.24 | % 14.37Q"A" | 1  |
| 2 Parker, Tiffeny     |      | Azusa Pacific    | 14.55 | % 14.79Q"A" | 2  |
| 3 Alanis, Jessica     |      | Fresno Pacific   | 14.96 | % 15.11Q"B" | 1  |
| 4 Tuivanuavou, Milika |      | Fresno Pacific   |       | % 15.25Q"B" | 2  |
| 5 Anderson, Victoria  |      | Point Loma       | 15.20 | % 15.26q    | 1  |
| 6 Leslie, Breanna     |      | Azusa Pacific    | 14.93 | % 15.28q    | 2  |
| 7 Baker, Jordan       |      | Concordia (Cal.) | 15.60 | % 15.52q    | 1  |
| 8 Holding, Emily      |      | Point Loma       | 15.31 | 15.64q      | 2  |
| 9 Adarkwa, Sandra     |      | Point Loma       | 16.05 | 15.68       | 2  |
| 10 Blockman, Sondra   |      | Westmont         | 15.52 | 16.13       | 2  |
| 11 Nash, Emily        |      | Azusa Pacific    | 16.34 | 16.98       | 2  |
| 12 Stormans, Laurel   |      | Westmont         | 15.69 | 17.02       | 1  |
| 13 Martin, Kesslyn    |      | Biola            | 17.09 | 17.11       | 2  |
| 14 Eng, Rachel        |      | Fresno Pacific   |       | 17.47       | 1  |
| 15 Ford, Aliza        |      | Fresno Pacific   | 16.58 | 17.59       | 1  |
| 16 Newell, Maegan     |      | Azusa Pacific    | 17.07 | 21.27       | 1  |

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-----  
 GSAC Record: ! 13.81 2000 Robin Leafblad, Point Loma Nazarene  
 Stadium Rec: % 15.54 1984 Edwards, Redlands  
                   14.90 "A"  
                   15.25 "B"

| Name                 | Year | School           | Prelims | Finals    | Points |
|----------------------|------|------------------|---------|-----------|--------|
| -----                |      |                  |         |           |        |
| Finals               |      |                  |         |           |        |
| 1 Miller, Natasha    |      | Biola            | 14.37   | 14.19%"A" | 10     |
| 2 Leslie, Breanna    |      | Azusa Pacific    | 15.28   | 14.74%"A" | 8      |
| 3 Alanis, Jessica    |      | Fresno Pacific   | 15.11   | 14.90%"A" | 6      |
| 4 Tuivanuavou, Milik |      | Fresno Pacific   | 15.25   | 15.12%"B" | 5      |
| 5 Anderson, Victoria |      | Point Loma       | 15.26   | 15.20%"B" | 4      |
| 6 Holding, Emily     |      | Point Loma       | 15.64   | 15.60     | 3      |
| 7 Baker, Jordan      |      | Concordia (Cal.) | 15.52   | 15.68     | 2      |
| -- Parker, Tiffeny   |      | Azusa Pacific    | 14.79   | FS        |        |

**Women 400 Meter Hurdles**

-----  
 GSAC Record: ! 61.06 1988 Susanne Johannsson, Point Loma Nazarene  
 Stadium Rec: % 63.44 3/27/2010 Jessica Suddaby, Fresno Pacific  
                   64.50 "A"  
                   65.25 "B"

| Name                 | Year | School           | Seed  | Prelims   | H# |
|----------------------|------|------------------|-------|-----------|----|
| -----                |      |                  |       |           |    |
| Preliminaries        |      |                  |       |           |    |
| 1 Anderson, Victoria |      | Point Loma       | 62.74 | 63.86Q"A" | 2  |
| 2 Baker, Jordan      |      | Concordia (Cal.) | 63.46 | 64.34Q"A" | 1  |
| 3 Suddaby, Jessica   |      | Fresno Pacific   | 62.45 | 64.99Q"B" | 2  |
| 4 Alanis, Jessica    |      | Fresno Pacific   | 62.22 | 65.27Q    | 1  |
| 5 Jaeger, Angela     |      | Concordia (Cal.) | 65.14 | 65.47q    | 1  |
| 6 Andersen, Connie   |      | Biola            | 67.83 | 66.79q    | 2  |
| 7 Barreto, Kathy     |      | Fresno Pacific   | 67.40 | 67.19q    | 1  |
| 8 Blockman, Sondra   |      | Westmont         | 66.19 | 67.50q    | 2  |
| 9 Stormans, Laurel   |      | Westmont         | 65.70 | 67.76     | 2  |
| 10 Adarkwa, Sandra   |      | Point Loma       | 67.06 | 68.26     | 1  |
| 11 Browning, Katie   |      | Point Loma       | 68.24 | 70.20     | 2  |
| 12 Newell, Maegan    |      | Azusa Pacific    | 72.23 | 74.71     | 1  |
| 13 Barry, Ferin      |      | Azusa Pacific    |       | 79.14     | 1  |

**Women 400 Meter Hurdles**

-----  
 GSAC Record: ! 61.06 1988 Susanne Johannsson, Point Loma Nazarene  
 Stadium Rec: % 63.44 3/27/2010 Jessica Suddaby, Fresno Pacific  
                   64.50 "A"  
                   65.25 "B"

| Name                 | Year | School           | Prelims | Finals    | Points |
|----------------------|------|------------------|---------|-----------|--------|
| -----                |      |                  |         |           |        |
| Finals               |      |                  |         |           |        |
| 1 Alanis, Jessica    |      | Fresno Pacific   | 65.27   | 62.10%"A" | 10     |
| 2 Suddaby, Jessica   |      | Fresno Pacific   | 64.99   | 62.43%"A" | 8      |
| 3 Anderson, Victoria |      | Point Loma       | 63.86   | 63.72 "A" | 6      |
| 4 Baker, Jordan      |      | Concordia (Cal.) | 64.34   | 64.86 "B" | 5      |
| 5 Blockman, Sondra   |      | Westmont         | 67.50   | 65.57     | 4      |
| 6 Jaeger, Angela     |      | Concordia (Cal.) | 65.47   | 66.07     | 3      |

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|                    |                |       |       |   |
|--------------------|----------------|-------|-------|---|
| 7 Barreto, Kathy   | Fresno Pacific | 67.19 | 67.51 | 2 |
| 8 Andersen, Connie | Biola          | 66.79 | 68.19 | 1 |

**Women 3000 Meter Steeplechase**

GSAC Record: ! 10:58.8h 2009 Aybuke Keehn, Concordia  
 Stadium Rec: % 13:00.38 3/27/2010 Katie Sikkelee, Biola  
 11:33.00 "A"  
 11:47.50 "B"

| Name                 | Year School      | Seed     | Finals       | Points |
|----------------------|------------------|----------|--------------|--------|
| 1 Gasner, Kelsey     | Biola            | 11:17.25 | 11:03.47%"A" | 10     |
| 2 Carstensen, Kayla  | Azusa Pacific    | 11:22.31 | 11:08.62%"A" | 8      |
| 3 Fischetti, Nychele | Biola            | 11:06.87 | 11:16.66%"A" | 6      |
| 4 Keehn, Aybuke      | Concordia (Cal.) |          | 11:17.38%"A" | 5      |
| 5 Canales, Emily     | Vanguard         | 11:22.08 | 11:17.93%"A" | 4      |
| 6 Van Cott, Chelsea  | Vanguard         | 11:42.81 | 11:35.23%"B" | 3      |
| 7 Stuart, Kate       | Westmont         |          | 11:49.30%    | 2      |
| 8 Wicoff, Cassie     | Azusa Pacific    |          | 12:10.76%    | 1      |
| 9 Feddersen, Sarah   | Point Loma       | 12:36.11 | 12:30.04%    |        |
| 10 Sikkelee, Katie   | Biola            | 12:43.60 | 12:44.87%    |        |
| 11 Bray, Anna        | Point Loma       | 13:20.30 | 13:17.85     |        |

**Women 4x100 Meter Relay**

GSAC Record: ! 47.25 2009 Point Loma Nazarene, Point Loma Nazarene  
 Stadium Rec: % 48.14 1981 , CSU Bakersfield  
 48.84 "A"  
 49.35 "B"

| School                | Seed                | Finals    | Points |
|-----------------------|---------------------|-----------|--------|
| 1 Point Loma          | 47.52               | 47.64%"A" | 10     |
| 1) Menges, Allyson    | 2) Turner, Jordan   |           |        |
| 3) Schreiber, Jackie  | 4) Laine, Sarah     |           |        |
| 2 Azusa Pacific       | 47.62               | 47.93%"A" | 8      |
| 1) Parker, Tiffeny    | 2) Leslie, Breanna  |           |        |
| 3) Fung, Anita        | 4) Ross, Mandy      |           |        |
| 3 Fresno Pacific      | 48.98               | 48.43 "A" | 6      |
| 1) Wyrick, Deirdre    | 2) Hurd, Brandy     |           |        |
| 3) Alanis, Jessica    | 4) Barnard, Megan   |           |        |
| 4 Concordia (Cal.)    | 49.61               | 49.57     | 5      |
| 1) Auberry, Asia      | 2) Brammer, Tanya   |           |        |
| 3) Baker, Jordan      | 4) Moser, Samantha  |           |        |
| 5 Westmont            | 50.89               | 50.42     | 4      |
| 1) Stormans, Laurel   | 2) Senko, Rachel    |           |        |
| 3) Chevalier, Amanda  | 4) Blockman, Sondra |           |        |
| 6 Vanguard            | 50.06               | 50.43     | 3      |
| 1) Rodriguez, Melina  | 2) Armando, Allie   |           |        |
| 3) Davis, Kelsie      | 4) Neves, Diana     |           |        |
| 7 Biola               | 52.93               | 52.50     | 2      |
| 1) Zalesky, Alexandra | 2) Andersen, Connie |           |        |
| 3) Forsi, Brooke      | 4) Zappas, Zoe      |           |        |

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**Women 4x400 Meter Relay**

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GSAC Record: ! 3:51.73 1998      California Baptist, California Baptist
Stadium Rec: % 3:57.94 1977      , CSU Bakersfield
                3:58.25 "A"
                4:01.50 "B"
  
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| School                | Seed                  | Finals       | Points |
|-----------------------|-----------------------|--------------|--------|
| 1 Point Loma          | 3:47.36               | 3:52.80% "A" | 10     |
| 1) Turner, Jordan     | 2) Ham, Cassandra     |              |        |
| 3) Anderson, Victoria | 4) Laine, Sarah       |              |        |
| 2 Fresno Pacific      | 3:54.63               | 3:54.57% "A" | 8      |
| 1) Suddaby, Jessica   | 2) Hurd, Brandy       |              |        |
| 3) Wyrick, Deirdre    | 4) Mazza, Jessica     |              |        |
| 3 Azusa Pacific       | 3:58.61               | 3:55.58% "A" | 6      |
| 1) Jackson, Sharayza  | 2) Fung, Anita        |              |        |
| 3) Lawman, Poppy      | 4) Ross, Mandy        |              |        |
| 4 Biola               | 4:06.00               | 4:02.68      | 5      |
| 1) Forsi, Brooke      | 2) Gasner, Kelsey     |              |        |
| 3) Miller, Natasha    | 4) Fischetti, Nychele |              |        |
| 5 Concordia (Cal.)    | 4:07.27               | 4:06.01      | 4      |
| 1) Baker, Jordan      | 2) Jaeger, Angela     |              |        |
| 3) Caruana, Aubree    | 4) Moser, Samantha    |              |        |
| 6 Vanguard            | 4:21.66               | 4:09.14      | 3      |
| 1) Armando, Allie     | 2) Williams, Megan    |              |        |
| 3) Davis, Kelsie      | 4) Neves, Diana       |              |        |
| 7 Westmont            | 4:13.76               | 4:30.68      | 2      |
| 1) Ross, Hannah       | 2) Dixon, Courtney    |              |        |
| 3) Stuart, Kate       | 4) Nealon, Theresa    |              |        |

**Women 4x800 Meter Relay**

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=====
GSAC Record: ! 9:10.21 2008      Azusa Pacific, Azusa Pacific
Stadium Rec: % 9:52.60 1981      , CSU Bakersfield
                9:35.00 "A"
                9:44.00 "B"
  
```

| School              | Seed                  | Finals       | Points |
|---------------------|-----------------------|--------------|--------|
| 1 Azusa Pacific     |                       | 9:23.14% "A" | 10     |
| 1) Newlin, Abbie    | 2) Martinez, Victoria |              |        |
| 3) Kipwambok, Jacky | 4) Lawman, Poppy      |              |        |
| 2 Point Loma        | 9:21.80               | 9:31.77% "A" | 8      |
| 1) Casarez, Melissa | 2) Massenburg, Bailey |              |        |
| 3) Moyer, Megan     | 4) Rickabaugh, Kelsey |              |        |
| 3 Biola             | 9:20.39               | 9:34.04% "A" | 6      |
| 1) Thede, Katie     | 2) Kenney, Clarissa   |              |        |
| 3) Stump, Rachel    | 4) Brummund, Brooklin |              |        |
| 4 Fresno Pacific    |                       | 9:52.47%     | 5      |
| 1) Straw, Amanda    | 2) Langley, Michelle  |              |        |
| 3) Barnard, Megan   | 4) Alanis, Jessica    |              |        |
| 5 Concordia (Cal.)  | 10:09.83              | 10:29.31     | 4      |
| 1) Harris, April    | 2) Moser, Samantha    |              |        |
| 3) Caruana, Aubree  | 4) Pelayo, Rocio      |              |        |
| 6 Westmont          | 10:20.10              | 10:41.27     | 3      |
| 1) Dixon, Courtney  | 2) Haydock, Sarah     |              |        |
| 3) Fritzke, Katie   | 4) Nealon, Theresa    |              |        |

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**Women High Jump**

-----  
 GSAC Record: ! 1.83m 1991 Latrese Johnson, Azusa Pacific  
 Stadium Rec: % 1.82m 1972 Brill, Canada  
                   1.68m "A"  
                   1.65m "B"

| Name                 | Year | School           | Seed  | Finals    | Points       |
|----------------------|------|------------------|-------|-----------|--------------|
| 1 Miller, Natasha    |      | Biola            | 1.78m | 1.68m "A" | 5-06.00 10   |
| 2 Davis, Kelsie      |      | Vanguard         | 1.65m | 1.63m     | 5-04.25 8    |
| 3 Brammer, Tanya     |      | Concordia (Cal.) | 1.68m | J1.63m    | 5-04.25 6    |
| 4 Anderson, Victoria |      | Point Loma       | 1.67m | 1.58m     | 5-02.25 5    |
| 5 Straw, Amanda      |      | Fresno Pacific   | 1.62m | J1.58m    | 5-02.25 3.50 |
| 5 Wood, Kelsey       |      | Concordia (Cal.) | 1.65m | J1.58m    | 5-02.25 3.50 |
| 7 Mazza, Jessica     |      | Fresno Pacific   | 1.60m | 1.53m     | 5-00.25 2    |
| 8 Jarnagin, Carrie   |      | Azusa Pacific    | 1.50m | J1.53m    | 5-00.25 1    |
| 9 Parker, Tiffeny    |      | Azusa Pacific    | 1.64m | J1.53m    | 5-00.25      |
| 10 Jimenez, Raquel   |      | Azusa Pacific    | 1.50m | 1.48m     | 4-10.25      |
| 10 Leslie, Breanna   |      | Azusa Pacific    | 1.55m | 1.48m     | 4-10.25      |
| 12 Nash, Emily       |      | Azusa Pacific    | 1.49m | 1.43m     | 4-08.25      |
| 13 Clark, Rachel     |      | Westmont         | 1.30m | 1.38m     | 4-06.25      |
| 13 Moore, Megan      |      | Westmont         | 1.47m | 1.38m     | 4-06.25      |
| 15 Morehouse, Heidi  |      | Vanguard         | 1.30m | 1.28m     | 4-02.25      |

**Women Pole Vault**

-----  
 GSAC Record: ! 4.33m 2000 Lesa Kubishta, Point Loma Nazarene  
 Stadium Rec: % 2.76m 3/26/2008 Connie Steiner, George Fox  
                   3.53m "A"  
                   3.43m "B"

| Name                 | Year | School           | Seed  | Finals     | Points      |
|----------------------|------|------------------|-------|------------|-------------|
| 1 Duckworth, Rebecca |      | Point Loma       | 3.65m | 3.70m% "A" | 12-01.50 10 |
| 2 Schwartz, Elizabet |      | Azusa Pacific    | 3.35m | 3.60m% "A" | 11-09.75 8  |
| 3 Morehouse, Heidi   |      | Vanguard         | 3.11m | 3.00m%     | 9-10.00 6   |
| 4 Zalesky, Alexandra |      | Biola            | 2.60m | J3.00m%    | 9-10.00 5   |
| 5 Monticalvo, Kelsey |      | Concordia (Cal.) | 2.81m | 2.90m%     | 9-06.25 4   |
| 6 Oakes, Chelsea     |      | Point Loma       | 2.51m | 2.30m      | 7-06.50 3   |
| -- Barry, Ferin      |      | Azusa Pacific    | 2.96m | NH         |             |
| -- Richert, Lindsey  |      | Point Loma       | 2.60m | NH         |             |

**Women Long Jump**

-----  
 GSAC Record: ! 5.81m 2006 Natalie Friesen, Fresno Pacific  
 Stadium Rec: % 5.73m 3/27/2010 Angie Miller, George Fox  
                   5.59m "A"  
                   5.44m "B"

| Name                | Year | School           | Seed  | Finals    | Points      |
|---------------------|------|------------------|-------|-----------|-------------|
| 1 Kearin, Kasey     |      | Westmont         | 5.58m | 5.53m "B" | 18-01.75 10 |
| 2 Turner, Jordan    |      | Point Loma       | 5.45m | 5.50m "B" | 18-00.50 8  |
| 3 Brammer, Tanya    |      | Concordia (Cal.) | 5.53m | 5.48m "B" | 17-11.75 6  |
| 4 Miller, Natasha   |      | Biola            | 5.48m | 5.39m     | 17-08.25 5  |
| 5 Parker, Tiffeny   |      | Azusa Pacific    | 5.59m | 5.33m     | 17-06.00 4  |
| 6 Straw, Amanda     |      | Fresno Pacific   |       | 5.16m     | 16-11.25 3  |
| 7 Rodriguez, Melina |      | Vanguard         | 4.97m | 5.06m     | 16-07.25 2  |

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**....Women Long Jump**

|    |                    |                |       |       |          |   |
|----|--------------------|----------------|-------|-------|----------|---|
| 8  | Holding, Emily     | Point Loma     | 5.09m | 5.02m | 16-05.75 | 1 |
| 9  | Tuivanuavou, Milik | Fresno Pacific |       | 4.99m | 16-04.50 |   |
| 10 | Langley, Michelle  | Fresno Pacific | 5.12m | 4.96m | 16-03.25 |   |
| 11 | Nash, Emily        | Azusa Pacific  | 5.07m | 4.95m | 16-03.00 |   |
| 12 | Leslie, Breanna    | Azusa Pacific  | 5.36m | 4.90m | 16-01.00 |   |
| 12 | Anderson, Victoria | Point Loma     | 5.09m | 4.90m | 16-01.00 |   |
| 14 | Pantoja, Veronica  | Fresno Pacific | 5.16m | 4.80m | 15-09.00 |   |
| 15 | Henry, Aja         | Point Loma     | 5.28m | 4.75m | 15-07.00 |   |
| 16 | Barreto, Kathy     | Fresno Pacific | 4.67m | 4.66m | 15-03.50 |   |
| 17 | Nelson, Elizabeth  | Point Loma     | 4.43m | 4.13m | 13-06.75 |   |
| 18 | Ramos, Gretchen    | Westmont       | 3.89m | 3.90m | 12-09.50 |   |
| 19 | Broom, Chrissy     | Westmont       | 3.98m | 3.89m | 12-09.25 |   |

**Women Triple Jump**

=====

|              |          |           |                                    |
|--------------|----------|-----------|------------------------------------|
| GSAC Record: | ! 12.10m | 2008      | Natalie Friesen, Fresno Pacific    |
| Stadium Rec: | % 11.26m | 3/27/2010 | Milika Tuivanuavou, Fresno Pacific |
|              | 11.43m   | "A"       |                                    |
|              | 11.20m   | "B"       |                                    |

| Name | Year | School             | Seed           | Finals | Points      |          |    |
|------|------|--------------------|----------------|--------|-------------|----------|----|
| 1    |      | Tuivanuavou, Milik | Fresno Pacific | 11.85m | 11.89m% "A" | 39-00.25 | 10 |
| 2    |      | Kearin, Kasey      | Westmont       | 10.98m | 11.60m% "A" | 38-00.75 | 8  |
| 3    |      | Suddaby, Jessica   | Fresno Pacific | 11.19m | 11.17m      | 36-07.75 | 6  |
| 4    |      | Pantoja, Veronica  | Fresno Pacific | 10.87m | 11.07m      | 36-04.00 | 5  |
| 5    |      | Langley, Michelle  | Fresno Pacific | 10.64m | 10.88m      | 35-08.50 | 4  |
| 6    |      | Rodriguez, Melina  | Vanguard       | 10.83m | 10.47m      | 34-04.25 | 3  |
| 7    |      | Davis, Kelsie      | Vanguard       | 9.92m  | 10.32m      | 33-10.25 | 2  |
| 8    |      | Hamilton, Demi     | Fresno Pacific | 10.46m | 10.26m      | 33-08.00 | 1  |
| 9    |      | Ford, Aliza        | Fresno Pacific | 10.68m | 9.97m       | 32-08.50 |    |
| 10   |      | Henry, Aja         | Point Loma     | 10.28m | 9.96m       | 32-08.25 |    |
| 11   |      | Nelson, Elizabeth  | Point Loma     | 9.14m  | 9.26m       | 30-04.75 |    |

**Women Shot Put**

=====

|              |          |      |                                    |
|--------------|----------|------|------------------------------------|
| GSAC Record: | ! 17.94m | 2002 | Vivian Chukweuemeka, Azusa Pacific |
| Stadium Rec: | % 14.41m | 1981 | Hamilton, CSU Bakersfield          |
|              | 12.95m   | "A"  |                                    |
|              | 12.57m   | "B"  |                                    |

| Name | Year | School             | Seed           | Finals | Points     |          |    |
|------|------|--------------------|----------------|--------|------------|----------|----|
| 1    |      | Tuivanuavou, Milik | Fresno Pacific | 13.46m | 13.14m "A" | 43-01.50 | 10 |
| 2    |      | Parker, Tiffeny    | Azusa Pacific  | 11.32m | 11.69m     | 38-04.25 | 8  |
| 3    |      | Orris, Lauren      | Azusa Pacific  | 11.40m | 11.48m     | 37-08.00 | 6  |
| 4    |      | Sharp, Alison      | Westmont       | 11.54m | 11.24m     | 36-10.50 | 5  |
| 5    |      | Smith, Cheri       | Azusa Pacific  | 10.75m | 10.95m     | 35-11.25 | 4  |
| 6    |      | Robusto, Jordan    | Azusa Pacific  |        | 10.78m     | 35-04.50 | 3  |
| 7    |      | Sornos, Naomi      | Biola          | 10.74m | 10.29m     | 33-09.25 | 2  |
| 8    |      | Hardeman, Tashia   | Point Loma     | 9.78m  | 9.64m      | 31-07.50 | 1  |
| 9    |      | Hernandez, Sebasti | Westmont       | 9.41m  | 9.33m      | 30-07.50 |    |
| 10   |      | Gingeresky, Renee  | Westmont       | 10.44m | 8.24m      | 27-00.50 |    |
| 11   |      | Faaleaoga, Agnes   | Point Loma     | 10.83m | 8.17m      | 26-09.75 |    |
| 12   |      | Thym, Kiersten     | Westmont       | 8.16m  | 8.01m      | 26-03.50 |    |
| 13   |      | Broom, Chrissy     | Westmont       | 8.63m  | 7.37m      | 24-02.25 |    |

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**Women Discus Throw**

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 GSAC Record: ! 53.02m 2003 Vivian Chukweuemeka, Azusa Pacific  
 Stadium Rec: % 42.57m 1986 Daugherty, Redlands  
                   42.18m "A"  
                   41.10m "B"

| Name                 | Year | School         | Seed   | Finals      | Points    |
|----------------------|------|----------------|--------|-------------|-----------|
| 1 Tuivanuavou, Milik |      | Fresno Pacific | 39.78m | 42.72m% "A" | 140-02 10 |
| 2 Robusto, Jordan    |      | Azusa Pacific  | 40.52m | 39.47m      | 129-06 8  |
| 3 Faaleaoga, Agnes   |      | Point Loma     | 34.90m | 37.47m      | 122-11 6  |
| 4 Sharp, Alison      |      | Westmont       | 39.12m | 37.39m      | 122-08 5  |
| 5 Smith, Cheri       |      | Azusa Pacific  | 36.46m | 36.60m      | 120-01 4  |
| 6 Sornoso, Naomi     |      | Biola          | 35.75m | 36.17m      | 118-08 3  |
| 7 Cook, Annelise     |      | Point Loma     | 35.07m | 34.70m      | 113-10 2  |
| 8 Orris, Lauren      |      | Azusa Pacific  | 41.15m | 30.94m      | 101-06 1  |
| 9 Gingeresky, Renee  |      | Westmont       | 28.86m | 28.42m      | 93-03     |
| 10 Thym, Kiersten    |      | Westmont       | 26.64m | 26.19m      | 85-11     |
| 11 Broom, Chrissy    |      | Westmont       | 27.12m | 25.17m      | 82-07     |

**Women Hammer Throw**

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 GSAC Record: ! 58.28m 2006 Vivian Chukweuemeka, Azusa Pacific  
 Stadium Rec: % 47.47m 2001 Roberts, Azusa Pacific  
                   46.94m "A"  
                   46.15m "B"

| Name                  | Year | School         | Seed   | Finals     | Points    |
|-----------------------|------|----------------|--------|------------|-----------|
| 1 Robusto, Jordan     |      | Azusa Pacific  | 48.46m | 46.68m "B" | 153-02 10 |
| 2 Dwyer, Erin         |      | Azusa Pacific  | 50.21m | 45.36m     | 148-10 8  |
| 3 Orris, Lauren       |      | Azusa Pacific  | 40.28m | 42.42m     | 139-02 6  |
| 4 Stetz, Erica        |      | Westmont       | 40.24m | 40.98m     | 134-05 5  |
| 5 Cook, Annelise      |      | Point Loma     | 37.81m | 40.65m     | 133-04 4  |
| 6 Sharp, Alison       |      | Westmont       | 43.37m | 40.09m     | 131-06 3  |
| 7 Smith, Cheri        |      | Azusa Pacific  | 42.86m | 38.78m     | 127-03 2  |
| 8 Ford, Aliza         |      | Fresno Pacific | 36.63m | 37.20m     | 122-00 1  |
| 9 Faaleaoga, Agnes    |      | Point Loma     | 33.61m | 33.82m     | 110-11    |
| 10 Hernandez, Sebasti |      | Westmont       | 36.56m | 33.10m     | 108-07    |
| 11 Thym, Kiersten     |      | Westmont       | 29.01m | 28.12m     | 92-03     |
| 12 Sornoso, Naomi     |      | Biola          | 29.43m | 27.94m     | 91-08     |
| 13 Broom, Chrissy     |      | Westmont       | 26.81m | 27.71m     | 90-11     |
| 14 Gingeresky, Renee  |      | Westmont       | 23.12m | 21.10m     | 69-03     |

**Women Javelin Throw**

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 GSAC Record: ! 45.98m 1988 Mary Ellen Sacker, Westmont  
 Stadium Rec: % 43.90m 3/27/2010 Beth Stam, George Fox  
                   40.08m "A"  
                   38.70m "B"

| Name                 | Year | School         | Seed   | Finals     | Points    |
|----------------------|------|----------------|--------|------------|-----------|
| 1 Tuivanuavou, Milik |      | Fresno Pacific |        | 43.62m "A" | 143-01 10 |
| 2 Marinos, Tiffany   |      | Fresno Pacific | 41.80m | 39.96m "B" | 131-01 8  |
| 3 Hempy, Kristin     |      | Westmont       | 35.36m | 39.19m "B" | 128-07 6  |
| 4 Hardeman, Tashia   |      | Point Loma     | 27.11m | 36.98m     | 121-04 5  |
| 5 Leslie, Breanna    |      | Azusa Pacific  | 34.54m | 36.18m     | 118-08 4  |

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**....Women Javelin Throw**

|    |                    |                |        |        |        |   |
|----|--------------------|----------------|--------|--------|--------|---|
| 6  | Martin, Kesslyn    | Biola          | 33.11m | 35.77m | 117-04 | 3 |
| 7  | Robusto, Jordan    | Azusa Pacific  | 36.85m | 35.34m | 115-11 | 2 |
| 8  | Hernandez, Sebasti | Westmont       | 34.11m | 34.26m | 112-05 | 1 |
| 9  | Parker, Tiffeny    | Azusa Pacific  | 35.58m | 32.38m | 106-03 |   |
| 10 | Nash, Emily        | Azusa Pacific  | 34.36m | 31.20m | 102-04 |   |
| 11 | London, Hilary     | Point Loma     | 28.48m | 30.83m | 101-02 |   |
| 12 | Sharp, Alison      | Westmont       | 34.48m | 30.68m | 100-08 |   |
| 13 | Jarnagin, Carrie   | Azusa Pacific  | 28.55m | 29.44m | 96-07  |   |
| 14 | Mazza, Jessica     | Fresno Pacific | 34.26m | 29.14m | 95-07  |   |
| 15 | Holding, Emily     | Point Loma     | 30.89m | 28.72m | 94-03  |   |
| 16 | Faaleaoga, Agnes   | Point Loma     |        | 24.23m | 79-06  |   |
| 17 | Broom, Chrissy     | Westmont       | 25.18m | 24.06m | 78-11  |   |
| 18 | Thym, Kiersten     | Westmont       | 22.79m | 19.60m | 64-04  |   |

**Heptathlon: #4 Women 200 Meter Dash Heptathlon**

| Name                   | Year School    | Finals | H# | Points |
|------------------------|----------------|--------|----|--------|
| 1 Ramirez, Caitlyn     | The Masters    | 26.69  | 2  | 738    |
| 2 Adarkwa, Sandra      | Point Loma     | 27.07  | 1  | 706    |
| 3 Holding, Emily       | Point Loma     | 27.11  | 2  | 703    |
| 4 Hempy, Kristin       | Westmont       | 27.41  | 1  | 678    |
| 5 Bellanger, Monique   | Point Loma     | 27.89  | 1  | 640    |
| 6 Straw, Amanda        | Fresno Pacific | 28.02  | 2  | 629    |
| 7 Andersen, Connie     | Biola          | 28.17  | 2  | 617    |
| 8 Mazza, Jessica       | Fresno Pacific | 29.16  | 1  | 542    |
| 9 Michaelis, Catherine | Fresno Pacific | 30.15  | 1  | 472    |
| 10 Nydam, Elisabeth    | Westmont       | 30.54  | 2  | 445    |

**Heptathlon: #7 Women 800 Meter Run Heptathlon**

| Name                   | Year School    | Finals  | Points |
|------------------------|----------------|---------|--------|
| 1 Andersen, Connie     | Biola          | 2:24.77 | 760    |
| 2 Straw, Amanda        | Fresno Pacific | 2:27.57 | 724    |
| 3 Ramirez, Caitlyn     | The Masters    | 2:30.35 | 688    |
| 4 Adarkwa, Sandra      | Point Loma     | 2:30.70 | 684    |
| 5 Holding, Emily       | Point Loma     | 2:38.68 | 588    |
| 6 Hempy, Kristin       | Westmont       | 2:40.42 | 568    |
| 7 Nydam, Elisabeth     | Westmont       | 2:43.99 | 528    |
| 8 Bellanger, Monique   | Point Loma     | 2:48.04 | 484    |
| 9 Michaelis, Catherine | Fresno Pacific | 2:48.52 | 479    |
| 10 Mazza, Jessica      | Fresno Pacific | 2:54.20 | 421    |

**Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

| Name               | Year School    | Finals | H# | Points |
|--------------------|----------------|--------|----|--------|
| 1 Holding, Emily   | Point Loma     | 15.38  | 1  | 792    |
| 2 Straw, Amanda    | Fresno Pacific | 15.91  | 2  | 725    |
| 3 Adarkwa, Sandra  | Point Loma     | 16.17  | 1  | 694    |
| 4 Hempy, Kristin   | Westmont       | 16.41  | 1  | 665    |
| 5 Ramirez, Caitlyn | The Masters    | 16.48  | 2  | 657    |
| 6 Andersen, Connie | Biola          | 17.69  | 1  | 521    |

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**....Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

|    |                      |                |       |   |     |
|----|----------------------|----------------|-------|---|-----|
| 7  | Mazza, Jessica       | Fresno Pacific | 17.82 | 2 | 507 |
| 8  | Nydam, Elisabeth     | Westmont       | 18.54 | 2 | 434 |
| 9  | Bellanger, Monique   | Point Loma     | 18.61 | 1 | 427 |
| 10 | Michaelis, Catherine | Fresno Pacific | 21.00 | 2 | 225 |

**Heptathlon: #2 Women High Jump Heptathlon**

| Name                    | Year School    | Finals        | Points |
|-------------------------|----------------|---------------|--------|
| 1 Straw, Amanda         | Fresno Pacific | 1.63m 5-04.25 | 771    |
| 2 Ramirez, Caitlyn      | The Masters    | 1.57m 5-01.75 | 701    |
| 2 Mazza, Jessica        | Fresno Pacific | 1.57m 5-01.75 | 701    |
| 4 Holding, Emily        | Point Loma     | 1.54m 5-00.50 | 666    |
| 5 Hempy, Kristin        | Westmont       | 1.42m 4-07.75 | 534    |
| 5 Adarkwa, Sandra       | Point Loma     | 1.42m 4-07.75 | 534    |
| 7 Andersen, Connie      | Biola          | 1.39m 4-06.75 | 502    |
| 8 Bellanger, Monique    | Point Loma     | 1.36m 4-05.50 | 470    |
| 9 Nydam, Elisabeth      | Westmont       | 1.30m 4-03.25 | 409    |
| 10 Michaelis, Catherine | Fresno Pacific | 1.27m 4-02.00 | 379    |

**Heptathlon: #5 Women Long Jump Heptathlon**

| Name                    | Year School    | Finals         | Points |
|-------------------------|----------------|----------------|--------|
| 1 Straw, Amanda         | Fresno Pacific | 5.05m 16-07.00 | 573    |
| 2 Mazza, Jessica        | Fresno Pacific | 4.74m 15-06.75 | 490    |
| 3 Holding, Emily        | Point Loma     | 4.72m 15-06.00 | 485    |
| 4 Andersen, Connie      | Biola          | 4.52m 14-10.00 | 433    |
| 5 Adarkwa, Sandra       | Point Loma     | 4.51m 14-09.75 | 431    |
| 6 Bellanger, Monique    | Point Loma     | 4.46m 14-07.75 | 418    |
| 7 Ramirez, Caitlyn      | The Masters    | 4.32m 14-02.25 | 384    |
| 8 Hempy, Kristin        | Westmont       | 4.29m 14-01.00 | 376    |
| 9 Nydam, Elisabeth      | Westmont       | 3.97m 13-00.25 | 301    |
| 10 Michaelis, Catherine | Fresno Pacific | 3.89m 12-09.25 | 283    |

**Heptathlon: #3 Women Shot Put Heptathlon**

| Name                   | Year School    | Finals         | Points |
|------------------------|----------------|----------------|--------|
| 1 Mazza, Jessica       | Fresno Pacific | 9.80m 32-02.00 | 516    |
| 2 Straw, Amanda        | Fresno Pacific | 9.77m 32-00.75 | 514    |
| 3 Holding, Emily       | Point Loma     | 9.56m 31-04.50 | 501    |
| 4 Bellanger, Monique   | Point Loma     | 9.09m 29-10.00 | 470    |
| 5 Hempy, Kristin       | Westmont       | 8.63m 28-03.75 | 440    |
| 6 Ramirez, Caitlyn     | The Masters    | 8.51m 27-11.00 | 432    |
| 6 Andersen, Connie     | Biola          | 8.51m 27-11.00 | 432    |
| 8 Michaelis, Catherine | Fresno Pacific | 8.33m 27-04.00 | 421    |
| 9 Nydam, Elisabeth     | Westmont       | 7.58m 24-10.50 | 372    |
| 10 Adarkwa, Sandra     | Point Loma     | 6.36m 20-10.50 | 294    |

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**Heptathlon: #6 Women Javelin Throw Heptathlon**

| Name                   | Year School    | Finals | Points     |
|------------------------|----------------|--------|------------|
| 1 Andersen, Connie     | Biola          | 35.66m | 117-00 584 |
| 2 Hempy, Kristin       | Westmont       | 34.40m | 112-10 560 |
| 3 Mazza, Jessica       | Fresno Pacific | 33.20m | 108-11 537 |
| 4 Michaelis, Catherine | Fresno Pacific | 29.04m | 95-03 458  |
| 5 Holding, Emily       | Point Loma     | 28.66m | 94-00 451  |
| 6 Straw, Amanda        | Fresno Pacific | 27.62m | 90-07 432  |
| 7 Ramirez, Caitlyn     | The Masters    | 23.89m | 78-04 361  |
| 8 Nydam, Elisabeth     | Westmont       | 23.64m | 77-07 357  |
| 9 Bellanger, Monique   | Point Loma     | 23.24m | 76-03 349  |
| 10 Adarkwa, Sandra     | Point Loma     | 14.95m | 49-00 196  |

**Women Heptathlon**

GSAC Record: ! 4448 2009 Amanda Straw, Fresno Pacific  
 3400 "A"

| Name                  | Year School    | Seed | Finals      | Points |
|-----------------------|----------------|------|-------------|--------|
| 1 Straw, Amanda       | Fresno Pacific | 4263 | 4368.00 "A" | 10     |
| 2 Holding, Emily      | Point Loma     | 4151 | 4186.00 "A" | 8      |
| 3 Ramirez, Caitlyn    | The Masters    | 3919 | 3961.00 "A" | 6      |
| 4 Andersen, Connie    | Biola          | 3661 | 3849.00 "A" | 5      |
| 5 Hempy, Kristin      | Westmont       | 3958 | 3821.00 "A" | 4      |
| 6 Mazza, Jessica      | Fresno Pacific | 3541 | 3714.00 "A" | 3      |
| 7 Adarkwa, Sandra     | Point Loma     | 3422 | 3539.00 "A" | 2      |
| 8 Bellanger, Monique  | Point Loma     |      | 3258.00     | 1      |
| 9 Nydam, Elisabeth    | Westmont       | 2857 | 2846.00     |        |
| 10 Michaelis, Catheri | Fresno Pacific | 2713 | 2717.00     |        |

**Women - Team Rankings - 22 Events Scored**

|                   |        |                     |       |
|-------------------|--------|---------------------|-------|
| 1) Azusa Pacific  | 213    | 2) Point Loma       | 175   |
| 3) Fresno Pacific | 149.50 | 4) Biola            | 123   |
| 5) Westmont       | 67     | 6) Concordia (Cal.) | 61.50 |
| 7) Vanguard       | 54     | 8) The Masters      | 6     |

**Men - Team Rankings - 22 Events Scored**

|                       |        |                     |       |
|-----------------------|--------|---------------------|-------|
| 1) Point Loma         | 202    | 2) Fresno Pacific   | 168   |
| 3) Azusa Pacific      | 158.50 | 4) Westmont         | 77    |
| 5) Vanguard           | 69     | 6) Concordia (Cal.) | 58.50 |
| 7) Biola              | 58     | 8) The Masters      | 31    |
| 9) California Baptist | 28     |                     |       |