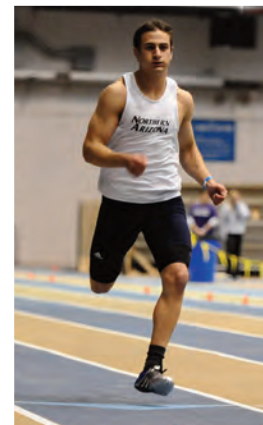


NAUTM



2011 TRACK & FIELD MEDIA GUIDE

NAU...an Olympic Tradition

10 Former Athletes
Seven Countries Represented
Seven Summer Olympics
Seven Different Events
One Bronze Medal

1984 Los Angeles Games

Maya Benzoor Israel

1988 Seoul Games

Angela Chalmers Canada

1992 Barcelona Games

Angela Chalmers Canada

1996 Atlanta Games

Jama Bile Somolia
Angela Chalmers Canada
Anthony Wilson Canada

2000 Sydney Games

Samantha George Canada
Kristian Pettersson Sweden
Anna Soderberg Sweden

2004 Athens Games

Victor Castillo Venezuela
Anna Soderberg Sweden

2008 Beijing Games

Lopez Lomong United States
Anna Soderberg Sweden
Georgina Toth Cameroon



Quick Facts

University Information

Location	Flagstaff, Ariz.
Elevation	7,000 feet
Enrollment	23,600
Founded	1899
Nickname	Lumberjacks
Colors	Blue, Gold and Sage
Affiliation	NCAA Division I
Conference	Big Sky
President	Dr. John D. Haeger
Athletic Director	Jim Fallis
Faculty Athletic Representative	Tom DeStefano
University Web Site	www.nau.edu

Track & Field Information

Director of Track & Field and Cross Country	Eric Heins
Assistant Coaches:	Ed Jacoby
	Oscar Duncan
	Sarah Doyle
	Mo Huber
	Jacquelyn Johnson
2010 Men's NCAA Indoor Finish	T-8th
2010 Men's NCAA Outdoor Finish	27th
2010 Men's Indoor Big Sky Finish	1st
2010 Women's Indoor Big Sky Finish	2nd
2010 Men's Outdoor Big Sky Finish	2nd
2010 Women's Big Sky Outdoor Finish	2nd

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On The Cover

From left to right: Amber Anderson, Diego Estrada, Andres Rossini, Nicole Elliott, Miles Di Sabella and Kortnee Burton. The back cover features coaches Oscar Duncan, Eric Heins and Ed Jacoby

Credits

The 2011 Northern Arizona track and field media guide was written and designed by Eric DeSalvo with editorial assistance from Steve Shaff, Joe Scacco and Eric Heins. Photography courtesy of Matt Beaty, Eric DeSalvo, Rick Johnson, Kirby Lee, Erik Pedersen and Cheryl Treworgy.

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Ahmed Osman



Diego Estrada



Ben Ashkettle

Men's Distance

The 2010 track and field season was one for the ages at Northern Arizona. Former Lumberjack, David McNeill, added to his legacy by claiming both 5,000-meter national championships. He became only the second male in NAU history to win two national titles in one season, matching Lopez Lomong's mark from 2007.

With McNeill set to join the professional ranks this spring, the men's distance squad will have a new set of leaders in 2011. Director of Track & Field and Cross Country Eric Heins is aware that it isn't possible to replace what McNeill did by himself, but knows his team is capable of still making a splash on the national stage.

"In all of athletics you are going to have people that come along who are superstars that you don't necessarily replace," Heins said. "We have a bunch of guys coming up that will do a fantastic job of becoming their own superstars."

Looking to fill McNeill's void will be juniors Diego Estrada and Ahmed Osman. The duo both collected All-America honors at the NCAA Cross Country Championships in November for the first time and have had success at the national level on the track. Osman, a two-time All-American in the 10,000 meters, will look to improve on his 15th-place finish from a year ago.

"Diego Estrada has been a great benefit to the team along with Jordan Chipangama, Ben Ashkettle and Ahmed Osman. Those are guys who have always scored a lot of points at the conference meet. They are now moving on to the national level and are ready to step up and do some special things."

The Lumberjack men's distance team returns 10 upperclassmen for the 2011 campaign. With the majority of the squad already having two years under their belts, Heins is looking for their familiarity with the program to pay dividends.

"Having the experience of going through the collegiate season as opposed to high school is very instrumental to having a successful program," Heins said. "When you talk about having juniors and seniors, they have gone through the learning curve of focusing more on training so that when they take part in the meet they are ready. That experience of knowing what date they have to be their best by goes a long way in terms of their mental and physical preparation."

Each year the goal for both teams is to win the conference championship, and this year is no different. The men's squad was able to win an indoor title outside of Flagstaff for the first time in 14 years after holding off Montana State in Bozeman, Mont., by five-and-a-half points.

The Lumberjack men will be aiming for their third-straight indoor title in 2011, and look to win in Pocatello, Idaho, for the first time in 20 years.

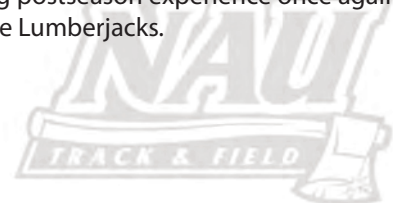
"The expectations for them are to win, but you never know what will happen on that wooden track up in Pocatello, Idaho," Heins said. "I think that just like last year, you have to get contributions from each member of the team to win. Other teams thought that we couldn't win away from home, but last year we proved that we can, so it is just a matter of backing that up."

Last season, McNeill was the lone member of the distance team to qualify for the NCAA Indoor Championships, but Heins hopes that number will increase this year.

"I'd love to say we could take three to five guys, but it is very tough to do so," Heins said. "While we would like to take them to the indoor national championships, it is not as big of a focus for us because the outdoor championships are a greater priority."

"The goal for the outdoor season is to get as many guys into the first round of the NCAA Championships in Eugene, Ore. That is a great experience for our athletes to take away and learn on. We had a good group go to Texas last year and hopefully they will be able to learn from last year to control their emotions and move onto the championship meet."

With Ashkettle, Estrada and Osman all gaining postseason experience once again last season, the 2011 outlook is as bright as ever for the Lumberjacks.



Women's Distance

When the 2011 edition of the Northern Arizona women's distance team hits the track for the first time on Jan. 21, the squad will be looking to build off of its 2010 successes and aiming to reach new heights under the direction of Director of Track & Field and Cross Country Eric Heins. Last year, the women's team scored 34 points at the Big Sky Indoor Championships, and 30 outdoor.

With both Kortnee Burton and Haley Lawrence coming off of injuries that sidelined them for the 2010 cross country season, the distance team saw breakout campaigns from junior Lisette Michaels and sophomore Rochelle Kanuho.

"Not having (Burton and Lawrence) was almost a blessing in disguise this past year because it forced a lot of our young girls to step up and run," Heins said. "I think that is a reason that both Rochelle and Lisette had such a great year. They had to be our one-two punch and couldn't hide behind anyone else. It gave them a lot of experience and confidence. They both took their lumps their first couple of years here, but that experience going into track season should bring them momentum."

Kanuho's breakout campaign featured three top-five finishes, a victory in her first-career race and All-Big Sky honors.

When Burton and Lawrence weren't able to compete during the cross country season, it was no surprise to Heins when Michaels stepped into the top of the lineup for the Lumberjacks.

"Lisette had the benefit of last year getting better throughout the season and eventually scoring a point at the outdoor championships," Heins said. "That carried her over into the cross country season."

"That is the nice thing about distance runners," Heins said. "They have three sports and they can either do well and have momentum for the others, or do poorly and be fired up for the rest of the year."

With both Kanuho and Michaels having breakout cross country seasons, Heins is looking forward to adding both veterans, Burton and Lawrence, back into the mix in 2011.

"Even though they are both quiet and soft spoken, they work extremely hard," Heins said. "It was frustrating not having those two during cross country season, but looking back it helped our young team grow. You learn from your mistakes and you learn in athletics by doing, so these girls were forced to compete on the big stage and will help them in the track season."

For the Lumberjacks to repeat last year's success, they will have to do so without the help of four-year standout Nell Rojas. The graduated senior captured three Big Sky titles during her tenure at NAU, and advanced to the NCAA regional meet each outdoor season.

With Sacramento State having won the last two indoor championships and three outdoor, Heins is aware that in order to dethrone the Hornets, it will take a solid team effort from each member of the squad.

"You have to score a lot of points," Heins said. "You can't be settling for seventh and eighth-place finishes when you can take first and second. Sacramento State has the best team all around the board, so we have to step up and take advantage of the events that some of our girls excel in. We need big points instead of small points."

On the national scene, Heins believes that Burton, Lawrence and Kanuho have what it takes to reach the NCAA Preliminary Round during the outdoor season. Burton, who came into the prelims ranked 41st overall in the 10,000-meter run, finished the year 27th overall.

"If Kortnee is healthy, she can pick up right where she left off last year," Heins said. "She is such a rhythm runner that she doesn't get carried away with what is going on in front or behind her. Hopefully she can pick up a few spots and finish in that top 12 to make it to the national finals."

A return for both Burton and Lawrence, and a continuation of success for Michaels and Kanuho, should lead the women's distance team to another solid campaign in 2011.



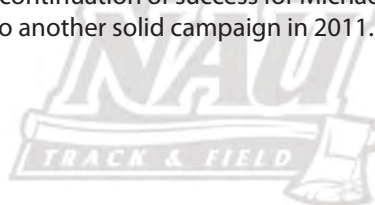
Kortnee Burton



Haley Lawrence



Rochelle Kanuho





Andres Rossini



Jacob Nicol



Pascal Tang

Men's Throws

The Northern Arizona track and field team has always had a solid tradition of male throwers. From All-Americans Kristian Pettersson to Nick Petrucci, 2010 was no different as the Lumberjacks were represented at both the indoor and outdoor national championship meets. With the 2011 season on the horizon, the throws squad is poised for another championship-laden season.

The Lumberjacks throwers have a new face of the program as assistant coach Oscar Duncan takes over for Mohamad Saatara. Duncan is excited for the 2011 season and knows he has top caliber athletes in his program.

"My predecessor did a great job of bringing in a lot of talent into the program," Duncan said of Saatara. "We have some of the best throwers in the conference and in the west."

With the installment of a new head coach, Duncan is aware that philosophies are different, but knows his gifted athletes can handle the change.

"When you have talented athletes, they are able to handle changes," Duncan said. "I have tried to do more speed work and more plyometric exercises for explosion. Overall, I'm just trying to develop their athleticism a little more and I think they've adjusted really well."

"The nuts and bolts of techniques are pretty similar," Duncan said. "There were a couple injuries when I started, so getting everyone up to speed was a challenge at first. The biggest transition was finding out what physical and technical level the athletes were at first. Once you get to that point, you are just training the athlete."

The throws group has been on the national scene recently due in large part to former Lumberjack, Javier Villarreal. During his time at NAU, Villarreal won five Big Sky titles in the shot put and advanced to two NCAA Outdoor Championships and one indoor.

The Lumberjacks will look to replace Villarreal's points with seniors Jacob Nicol, Andres Rossini and junior Pascal Tang.

Rossini returns for his senior campaign after bursting onto the national scene in 2010, advancing to the outdoor championship meet and finishing 12th in the nation. With a Big Sky title in the discus under his belt, Duncan says that Rossini will be adding another event to his resume.

"Andres was one of the top 15 throwers in the country last year, so he will be able to come back this year and have a lot of success," Duncan said. "He's been chomping at the bit to pick up the javelin, so we've been training in that area."

Nicol returns for his final year as the most versatile Lumberjack thrower. The Peoria, Ariz., native has scored at the conference meet in the shot put, weight throw, hammer throw and discus. He will be joined in the weight and hammer by junior Pascal Tang who is coming off of a redshirt season. The native of Germany already has a title in each event to his name.

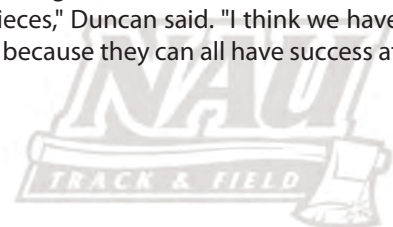
"Pascal looks excellent in training, is an extremely hard worker and does extraordinary in the classroom," Duncan said. "I look for both him and Jake to be scoring a lot of points for us."

After redshirting his freshman year, Paul Osunwa will be one of the young throwers that Duncan will count on this season.

"In the shot put, I am very optimistic that Paul will be able to achieve some good performances," Duncan said of the Ontario, Calif., native. "He's a redshirt freshman, and although he isn't at the Javier level right now, I think he is capable of being among the top throwers in the Big Sky."

When stepping back and looking at the program as a whole, Duncan believes that his team has what it takes to repeat last year's success, and sees his men's group being able to make a name for themselves at the national level once again.

"From a collective standpoint, we have the pieces," Duncan said. "I think we have the reincarnation of Javier in each one of our top guys because they can all have success at the national level like he did."



Women's Throws

The 2010 track and field season closed on a high note for the Northern Arizona women's throws squad. After scoring eight points at the indoor conference meet, the group collected 25 points across three events at the Big Sky Outdoor Championships and sent both Arshiya Hoseyni and Lauren Stuart to the NCAA Preliminary Round Championships. In 2011, the Lumberjack women look to continue last year's success under new assistant coach, Oscar Duncan.

Duncan, who arrived in Flagstaff in late October from Bowdoin College in Maine, is excited for the opportunity to work with the high-caliber athletes that NAU has to offer.

"The throws group at NAU has always had great tradition," Duncan said. "I think we have some young talent there, but also have some veterans who know what to do."

With each practice that passes, Duncan is able to see his athletes grow and is looking forward to seeing his women's team perform at upcoming meets.

"When you are in a competition, the distinction between Division I, II, III or world class all fades away because you are just in there trying to do your best," Duncan said. "I think we are at that stage now where I have gotten a good sense of what the athletes are capable of so now I am starting to build on their strengths and work with their weaknesses."

The Lumberjacks return a lot of talent from the 2010 squad and will be led by seniors Nicole Elliott, Arshiya Hoseyni and Michelle Baltimore.

Elliott, the 2009 women's weight throw champion, finished seventh in the event last year and redshirted the outdoor season. Baltimore is coming off of a redshirt season, but scored in both the discus and hammer throw in 2009.

"I feel like Nicole has been strong during the indoor season in both the weight and the shot. She looks real strong and will have a lot of momentum this year," Duncan said. "Michelle is another senior who will have a strong year for us. Her strength for us will be primarily the discus."

The 2011 indoor campaign will be the last season of eligibility for Hoseyni. The native of Iran finished 40th in the West Region for the shot put last May, and is putting in the extra effort this offseason to finish her Lumberjack career on a high note.

"This is Arshiya's last season and she's been here during the break and is back to full strength and getting her rhythm back," Duncan said.

Also returning to the fold for the Lumberjacks is Stuart. The sophomore from Smithers, B.C., Canada, capped off a stellar freshman year finishing second in the hammer throw at the Big Sky Outdoor Championships and placed 40th overall in the event at the west prelims.

Stuart also scored a sixth-place finish in the weight throw at the Big Sky Indoor Championships and Duncan feels she is poised to have a solid second year for the Lumberjacks.

"She is going to have a strong year," Duncan said of Stuart. "We are working through some technical changes. She is an athlete that has a good sense of how to make things go far."

The 2011 women's throws group also features three freshmen with Jessica Bush, Jamie Pomaski and Courtney Tripp all looking to follow in Stuart's footsteps in making an impact their first year on campus.

"We have Jamie, Jessica and Courtney. Jessica is probably the most throw-ready right now, but we might give her another year to get stronger and technically make an adjustment."

"The first event to be competitive right away is in the shot put, but our conference is very strong in that event. Another year will help her and the younger members on the team to become more competitive."

With a good mixture of experience and talent, the women's throws group will be counted as the Lumberjack women's team looks for its first indoor title since 2009 and first outdoor championship since 2006.



Nicole Elliott



Arshiya Hoseyni



Michelle Baltimore





Miles Di Sabella



DeVaughn Shead



Edgar Panford

Men's Sprints, Jumps, Hurdles

The 2011 track and field season at Northern Arizona University brings a legend back to Flagstaff. U.S. Track & Field and Cross Country Coaches Association Hall of Fame coach, Ed Jacoby, returns to NAU for his second stint, serving as the sprints, jumps and hurdles coach for the Lumberjacks. Last season, the men's sprint and jump squads scored 23 points at the Big Sky Indoor Championship and a stellar 54 points at the outdoor championship.

Having coached the jumpers and multi event athletes from 1999-2000 at NAU, Jacoby is looking forward to working with more athletes and helping them achieve excellent results.

"I have a lot more to do," Jacoby said. "I have the sprinters and hurdlers along with the jumpers which I had the first time I was here. The thing I am happy with is that the kids seem to be responding."

The Lumberjacks welcome back a loaded roster full of returners and newcomers that will look to give the men's team its third-straight indoor championship.

"They know what they have to do," Jacoby said. "It's a good group, but I want to get them a lot better than they are now. We want to be a step beyond that in the near future."

"The thing about the sprinters in particular is that they are a great bunch of kids," Jacoby said. "They are very loyal to the program and have been an inspiration to everyone involved."

The sprint squad returns senior captain, Josh Heck, along with fellow senior DeVaughn Shead. Sophomore Miles Di Sabella, a third-place finisher in the 100 and 200-meter dashes at the outdoor championship last year, returns as well.

"I told him before we left for the break that I am really pleased with him," Jacoby said of Di Sabella. "He's intense about what he is doing. He's there ready to go and is a force to be reckoned with."

Newcomers Adel al Nasser and Stefan Johnson are welcomed additions to the Lumberjacks, as both have excelled on the track prior to their arrival at NAU.

"Adel is yet to be tested," Jacoby said. "He is just full of talent and I think that his training age is pretty young. I expect him to step up and do something really special."

"Both Stefan and DeVaughn could and should be the class of the conference," Jacoby said of the former teammates from Central Arizona College. "I look forward to watching them compete."

The jumps squad will be led by sophomore Edgar Panford, who finished third at the indoor championship meet in the triple jump, and redshirt freshman, Andre Gaines.

"We are looking for a lot of improvement from Andre and Edgar," Jacoby said. "I think they have the capabilities to do it."

The Lumberjacks landed a surprising mid-year transfer in Vladimir Jakovljevic, a freshman from Serbia who Jacoby expects big marks from in the near future.

"We just got him in here and he just looks like he is going to do something good," Jacoby said. "He has a great attitude, is on top of things, and did everything a semester sooner than we thought he would. He's something special already."

With many returners back, sprinkled in with the solid newcomers, Jacoby will look to take the men's sprints, jumps and hurdles crew to new heights in 2011.



Women's Sprints, Jumps, Hurdles

It was an impressive year at the Big Sky Championships for the Northern Arizona women sprinters, jumpers and hurdlers in 2010. The group combined to score 47 of the team's 91 indoor points, and 54 of the squad's 109 outdoor. With the 2011 season nearly underway, the women look to repeat last year's success under Hall of Fame assistant coach, Ed Jacoby.

Returning sprinters for the Lumberjacks are seniors Rashida McKinnon, Jackie Shea, junior Simone Holder and sophomore Morgan Pope. Last season, all four qualified for the Big Sky Outdoor Championships with both McKinnon and Shea each scoring in two events.

"We have a bunch of girls who are coming around," Jacoby said. "I think that Rashida is looking pretty good, Morgan and Simone are pretty steady for us and will be contributors and Jackie Shea is just a trooper. She will do whatever you tell her to do and is certainly the leader of the team."

In order to match last year's success, the sprints group will have to overcome the loss of four-year standout, Annie Skordas. During her career at NAU, Skordas scored for the Lumberjacks at each Big Sky Championship meet, including an indoor 200-meter dash title at last year's championship event.

Looking to provide a spark for the team will be freshman Bryanna Smythe. The rookie from Phoenix, Ariz., possesses the same range as Skordas, having run in the 100, 200 and 400-meter dashes in high school.

Hurdlers Jenne Childs and Ciara Williams look to build off of 2010 when both qualified for the indoor conference championships (60m). Williams, a sophomore from Fairfield, Maine, also qualified in the 100-meter hurdles outdoors and Jacoby is hoping both make strides in 2011.

"Although they didn't have the best year last season, they seem to be running better this year," Jacoby said. "We are looking for some improvement out of Ciara and Jenne."

The women's pole vault at NAU sees the return of senior Jami Michaud. In 2010, Michaud broke her previous indoor school record, clearing 12 feet, 7.75 inches at the NAU Tune Up. She also registered her highest Big Sky finish, placing fifth overall at the Big Sky Outdoor Championships.

Four new polevaulters join the Lumberjacks this season with junior-college transfer, Tory Enderson-Vail, along with freshmen Marjorie Gentry, Chelsea Gobster and Amanda Wilcock.

The most experienced returner for the Lumberjack jump squad is senior Amber Anderson. The long and triple jump specialist for Carrollton, Texas, made a big splash in her first season at NAU. Anderson scored 25 total Big Sky points at both the indoor and outdoor championships, and finished the outdoor season ranked 28th in the West Region after leaping 19 feet, five inches in the long jump.

Jacoby knows that Anderson possesses the best chance of returning to the national stage for the women's sprinters, jumpers and hurdlers.

"She could make it back to the preliminary meet this year, and perhaps the indoor championships," Jacoby said of Anderson. "I think she'll have most of her success come in the triple jump, but she's done really well in both of them."

The Lumberjacks will add a high jumper to the fold in 2011 with freshman Lauren Laszczak. After making improvements through fall workouts, Jacoby is excited to see what the future holds for her.

"If there is anybody who deserves to improve, it is her," Jacoby said about Laszczak. "She works very hard and has the ability to change things midstream. She's been a good jumper and has the tools to be a great one. When she gets stronger, she is going to go into orbit."

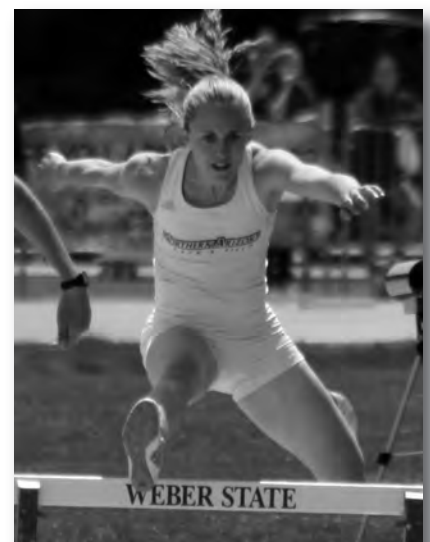
After 2010's success, the women sprints, jumps and hurdles crew will once again be striving to help the women's team to its first Big Sky Indoor Championship in two seasons, and first outdoor title in five.



Amber Anderson



Jami Michaud



Jackie Shea





**Director of Track & Field
and Cross Country
1st Year**

Coaching Honors

USTFCCCA Track Coach of the Year
Mountain Region, Indoor 2010

**Big Sky Cross Country
Coach of the Year**
2007 (M&W), 2008 (M), 2009 (M&W),
2010 (M)

**Big Sky Indoor T&F
Coach of the Year**
2010 (M)

Eric Heins Has Lead Teams to:

**Four Top Finishes at NCAA
Championships**
XC Fourth Place: 2007(M), 2009 (M),
XC Ninth Place: 2010 (M)
Indoor T&F Eighth Place: 2010 (M)

Seven Big Sky Cross Country Titles
2007 (M&W), 2008 (M&W),
2009 (M&W), 2010 (M)

One Big Sky Indoor Championship
2010 (M)

Eric Heins Has Guided Athletes to:

Two Individual NCAA Titles
David McNeill, 2010 Indoor & Outdoor
5,000m

**10 Cross Country
All-American Honors**
Jordan Chipangama (2009), Lopez
Lomong (2007), David McNeill (2007,
2008, 2009), Ilsa Paulson (2007), Veronica
Pohl (2008, 2009), Diego Estrada (2010),
Ahmed Osman (2010)

**Eight Track & Field
All-American Honors**
David McNeill (2008, indoor 3,000m;
2008, outdoor 5000m; 2009, outdoor
5000m; 2010, indoor 3,000m; 2010
indoor 5,000m; 2010, outdoor 5,000m),
Ahmed Osman (2009, 10,000m; 2010,
10,000m)

Eric Heins

Eric Heins begins his fourth season as the head coach of the cross country teams at Northern Arizona University, and first year as the Director of Track & Field and Cross Country. He has won seven Big Sky Championships and produced six top-10 national finishes in his first three seasons at NAU.

In his three years since returning to Flagstaff, Heins has been named coach of the year by the Big Sky Conference seven times, with three coming from the 2009-10 seasons. Heins was also honored as the Mountain Region Indoor Track and Field Coach of the Year by the U.S. Track & Field and Cross Country Coaches Association.

Serving as the Interim Director of Track and Field, the 2010 track and field campaign under Heins' direction saw the program collect its first national champion in three seasons, as senior David McNeill won both the indoor and outdoor 5,000-meter run titles. Under the tutelage of Heins, McNeill rewrote the record books at NAU in both the indoor and outdoor 5Ks, as well as giving the program its highest finish (T-8) when he scored 18 points at the NCAA Indoor Championships in Fayetteville, Ark.

The 2009 cross country campaign proved to be a historic one for the program as the season culminated with the men's team finishing fourth overall at the NCAA Cross Country Championships. Heins coached junior David McNeill to his third-straight All-American award as he finished runner-up in the race. Junior Jordan Chipangama finished fifth to give the Lumberjacks their first ever duo to finish in the top five at the NCAA Championships. Senior Veronica Pohl, the lone member of the women's team to run in Terre Haute, Ind., landed her second-consecutive All-American award after finishing 38th.

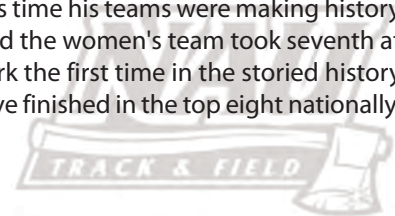
The combination of top finishes at the cross country and track and field championships by the men's team during 2009-10, yielded the Lumberjacks a third-place finish in the final standings for the NCAA Division I John McDonnell Program of the Year Award awarded by the USTFCCCA.

In 2008-09, the men's cross country team finished sixth at the NCAA Championships, while the women finished 23rd overall in posting their second consecutive top 25 finish. The men's sixth-place finish at the 2008 NCAA Championships marked just the second time in NAU history that the Lumberjacks have posted back-to-back top-six finishes. They were led by McNeill (15th overall) and Pohl (16th overall), who were both named to their respective All-American teams. McNeill was named Mountain Region Male Athlete of the Year, capturing the region title to keep the title in the program for the second straight year.

Both the men and women also captured Big Sky Conference championships for the second consecutive season in 2008, as McNeill and Pohl were crowned individual champions. The men placed six runners in the top-10, scoring just 19 points, while the women had three top-ten finishers.

The 2009 indoor and outdoor track seasons produced three Big Sky team championships led by a strong distance group. McNeill ran to a runner-up finish at the NCAA Championships in the 5000m, while freshman Ahmed Osman earned All-America honors in the 10,000m. Pohl, Diego Estrada and Nell Rojas also advanced to the NCAA Championships.

Heins was hired in September 2007 and in two months time his teams were making history in Terre Haute, Ind. The men's team finished fourth and the women's team took seventh at the 2007 NCAA Cross Country Championships, to mark the first time in the storied history of the NAU cross country program that both teams have finished in the top eight nationally.



Heins produced three All-Americans in his rookie year at NAU. Lopez Lomong finished third at the championships, with McNeill taking 10th to garner national honors. On the women's side, Heins coached freshman Ilsa Paulson to All-American status on the merit of her national finish. Nine of Heins' runners were named to the All-Conference team, as well as seven to the 2007 All-Region team.

Lomong, who won the Big Sky and Mountain Region titles in 2007, went on to make the United States Olympic team in 2008 in the 1500m and represented his country as the flag bearer in the Opening Ceremonies in Beijing.

For returning the men's and women's Big Sky Championships to Flagstaff in 2007, Heins was selected as the Big Sky Cross Country Coach of the Year for both teams, as voted on by the conference's coaches.

He was also named the Big Sky Coach of the Year men's coach of the year in 2008.

Back on the track, Heins coached McNeill (1,500m, 5,000m), Ben Ashkettle (steeplechase), and Lesley van Miert (1,500m) to conference championships in the 2008 outdoor season.

McNeill and Van Miert would advance to the NCAA Championships, where McNeill would finish fourth (13:42.17) and Van Miert would take ninth (16:20.66) in their respective 5,000m finals.

Academically, the cross country teams have received the USTFCCCA All-Academic Team award five times under his direction while 20 student-athletes have earned a combined 26 Big Sky All-Academic honors. McNeill was named to the ESPN the Magazine Academic All-America team in 2009 and 2010.

His first women's team was given the honor of being named an Academic All-American team, based on their combined grade point average of 3.42 in the fall semester.

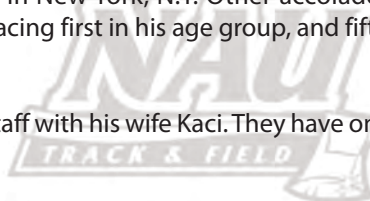
Heins returned to NAU from Texas Christian University, where he served as an assistant during the 2006-07 season. In his only season with the TCU Frogs, he took both the men's and women's teams to top 10 finishes at the NCAA South Central Regional. In addition, he saw five of his runners honored as Mountain West Conference Scholar-Athletes.

From 2001-03, Heins served as an assistant for the Lumberjacks under then-Head Coach Ron Mann. During his first tenure, the men's team finished as high as fourth place at the NCAA Championships, while the women took home a 10th place finish. From there Heins went to Southeast Missouri State, where he spent three years coaching the Redhawks to six different Ohio Valley Conference Championships.

Heins, who began his coaching career as an assistant in 2000 at Indiana, ran for Cincinnati from 1995-99, while earning his bachelor's degree in health promotion and education. At the 1997 Indoor Conference USA Championships, he achieved his highest individual accomplishment by placing third in the 3000 meters. He also notched top 10 finishes in both the indoor and outdoor 5,000 meters, as well as the outdoor 10,000 meters.

In 2001, Heins earned a master's in kinesiology from Indiana. In November 2007 he competed in the U.S. Olympic Trials in the marathon in New York, N.Y. Other accolades include winning the St. Louis Marathon in 2004 and placing first in his age group, and fifth overall, in the 2000 Marine Corps Marathon.

A native of Zanesville, Ohio, Heins now resides in Flagstaff with his wife Kaci. They have one son, Chase, who is two years old.





**Assistant Coach
Sprints, Jumps, Hurdles
1st Year**

Coaching Honors

**USTFCCCA Hall of Fame Inductee
11-Time Big Sky Coach of the Year**

Ed Jacoby

Ed Jacoby returns to Flagstaff for his second stint after coaching the Lumberjacks from 1999-2000, and will serve as an assistant coach overseeing all sprinters, jumpers and hurdlers. Jacoby brings over 43 years of coaching experience to NAU, and is a member of the U.S. Track & Field and Cross Country Coaches Association Hall of Fame.

Jacoby returns to coaching after working eight years in the business sector for Tartan-APS as an executive director.

Before Tartan, Jacoby served as the Head Track & Field and Cross Country Coach at Boise State from 1973-97; 2000-01. He won 11 Big Sky Coach of the Year honors, as well as being named NCAA District Coach of the Year four times. He produced three Olympians at Boise, along with numerous NCAA champions and All-Americans.

In 2000, Jacoby produced four NCAA qualifiers while at NAU, including Big Sky women's triple jump record holder, Asa Lonn.

Jacoby's credentials aren't just limited to the college ranks. He is an active member of the U.S. Track & Field Team, and served as the men's high jump coordinator for eight years. From 1991-93, Jacoby was an assistant coach for the World University Games in Sheffield England, an assistant on the U.S. Olympic Team for the 1992 games in Barcelona, Spain and was the head coach for U.S. World Championship team in Stuttgart, Germany, in 1993.

Jacoby has also authored three books on track & field, including *Applied Techniques of Track and Field*, *Complete Book of Jumps* and *Winning Jumps and Pole Vault*.

Alongside Jacoby for 52 years has been his wife, Jean. The couple is the parents of current assistant track and field coach at the University of Louisville, Jake.





**Assistant Coach
Throws, Multis
1st Year**

Oscar Duncan

Oscar Duncan begins his first year on the Northern Arizona track and field coaching staff, serving as the assistant track and field coach. Duncan oversees the throws, pole vault and multi-event areas on the team.

Duncan arrives in Flagstaff after spending four years at Division III Bowdoin College in Brunswick, Maine, where he served as the throws, jumps, multi-events and sprints coach for both the men's and women's programs.

In 2010, Duncan coached athletes to NCAA Division III qualifying marks in the women's long jump, triple jump, pentathlon, hurdles and men's javelin. Duncan's athletes also broke school numerous records from 2006-10 in the indoor and outdoor shot put, long jump, triple jump, hurdles and weight throw.

Before coaching at Bowdoin, Duncan worked at Boise State from 2002-06 where he served as the Athletics Academic Counselor, Tutorial Coordinator and as a university instructor.

Duncan also enjoyed success as a professional athlete, competing at the U.S. Track and Field Championships from 1999-2004. In 2002 and 2003, Duncan placed fourth and seventh, respectively, in the javelin at the U.S. Championships. Working towards the 2000 Olympic Games in Sydney, Duncan finished sixth overall at the 2000 USA Olympic Trails. He won the 1999 bronze medal at the 1999 USA Track and Field National Championships, and was a member of the U.S. World Championships and Pan-American Games teams that same year.

In 1997, Duncan graduated from the University of Idaho with a bachelor's degree in sports science/corporate wellness. He obtained his master's of education in physical education in 2000.

Duncan put together an impressive student-athlete résumé while competing at Idaho. He was a three-time NCAA All-American, and two-time Big West Champion in the javelin. In 1996, Duncan broke the Big Sky javelin record with a throw of 238 feet, six inches, in route to an 11th-place finish at the outdoor championships.

A native of South Orange, N. J., Duncan is joined in Flagstaff by his wife, Nicole, and five daughters, Taña, Aaliyah, Keeli, Jasmine and Celeste.





**Graduate Assistant Coach
2nd Year
Pole Vault**

Sarah Doyle

Sarah Doyle begins her second year as a graduate assistant on the track and field coaching staff at Northern Arizona University.

In 2010, Doyle coached pole vaulter Jami Michaud to a fifth-place finish at the Big Sky Outdoor Championships. Under Doyle's tutelage, Michaud was able to break her own school record in the indoor pole vault. At the NAU Tune Up, Michaud cleared 12 feet, 7.5 inches.

Originally from Overland Park, Kan., Doyle joined the coaching staff at NAU after spending two seasons as the sprints, relays and pole vault coach at Cowley College in Arkansas City, Kan.

In her collegiate career, Doyle attended Johnson County Community College where she was a four-time NJCAA All-American in track and field. She was a 15-time Jayhawk Conference champion in sprints, relays and pole vaulting. She still holds the JCCC all-time record for conference championships.

After community college, Doyle went on to attend Wichita State University where she won All-Missouri Valley Conference honors in pole vaulting. Doyle was also a part of the first Wichita State women's track and field conference championship team. She went on to graduate with a bachelor's of science in graphic design.

Before getting into coaching, Doyle worked as a graphic designer for a sports apparel company for two years. She is currently working towards her master's degree in educational psychology.



**Graduate Assistant Coach
1st Year
Sprints, Jumps, Hurdles**

Jacquelyn Johnson

Jacquelyn Johnson joins the Northern Arizona University track and field coaching staff in her first year as a graduate assistant. She will assist coach Ed Jacoby with the sprinters, jumpers and hurdlers.

Although in just her first year in coaching, Johnson brings a plethora of experience to the team, as she is a seven-time NCAA National Champion (four heptathlon & three pentathlon) at Arizona State and 2008 Team USA Olympic competitor (heptathlon).

Johnson ended her storied career at ASU as the only woman to win four NCAA heptathlon titles. Just two weeks after winning her fourth NCAA Outdoor title, Johnson qualified for her first Olympic Team, finishing as the runner-up at the 2008 U.S. Olympic Trials with a personal best 6,347 points.

Some of Johnson's personal bests include, 4,496 (pentathlon), 13.02 (100mH), 1.83m/6-0 (HJ), 13.03m/42-9 (SP), 24.01 (200m), 6.52m/21-4.5, 48.58m/159-4 (JT), 2:13.47 (800m).

A native of Yuma, Ariz., Johnson attended Yuma High School and is one of the most decorated athletes in Arizona high school history. During her pre-collegiate days, Johnson captured 14 Arizona state titles, including having won gold four times in the high jump and long jump while winning state titles in the 100m hurdles and triple jump three times.

Johnson will be pursuing her master's degree in educational leadership.





**Graduate Assistant Coach
1st Year
Distance**

Mo Huber

Mo Huber joins the Northern Arizona cross country coaching staff in her first year as a graduate assistant. She will assist with the men's and women's cross country teams, as well as with the distance events during the track season.

Originally from Oakland, Calif., Huber joins the coaching staff after graduating in June 2010 from the University of Washington with a bachelor of arts in drama and communication.

Huber was a member of the Husky cross country team that won two Pac-10 titles and the women's national championship in 2008. On the track, Huber was an accomplished steeplechaser, competing in three Pac-10 championships in the event, as well as advancing to the 2008 West Regional.

While in college, Huber began her coaching career as a counselor at the Stanford Running Camp in 2009 as well as working the Runners workshop camp from 2006-10. Huber also coached the University of Washington U19 freshmen women at the 2010 USA Championships in Spokane, Wash.

Huber is currently working towards her master's degree in educational leadership.



**Volunteer Coach
1st Year**

Carson Boddicker

Carson Boddicker joins the Northern Arizona track and field program for his first year as a volunteer coach. He will help assist the men's and women's cross country teams, as well as the distance events during the track and field season.

Boddicker is currently working towards his bio medicine and exercise science degree from California University of Pennsylvania. The Iowa City, Iowa, native attended NAU for three years and was a member of the track and field team from 2007-09. Boddicker focused mainly on the 800-meter run, collecting a personal best time in the event of 1:56.



**Athletic Trainer
1st Year**

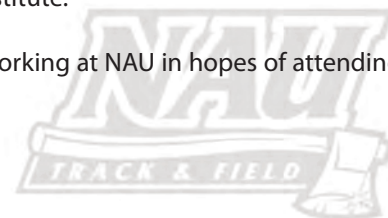
Crystal Fix

Crystal Fix begins her first year at Northern Arizona University as a graduate assistant athletic trainer, working with the cross country and track and field programs.

In May 2010, Fix graduated from Boise State University, earning her bachelor of science in athletics training. While serving as a student assistant, Fix worked with the football, outdoor track and field and gymnastic programs at the university.

Outside of the school, Fix also completed two high school rotations of fall and spring sports in Boise while working at the Idaho Sports Medicine Institute.

Fix will be finishing her pre-med requirements while working at NAU in hopes of attending medical school after her assistantship.





**Asst. Strength/Conditioning
Track & Field
1st Year**

Daniel Darcy

Daniel Darcy joined the Northern Arizona University athletics department as assistant strength and conditioning coach in August 2010. He will work with the soccer and track and field programs.

Darcy previously worked at Central Connecticut State University from 2008-10 as a graduate assistant. He was responsible for the design and/or implementation of speed, strength, power and agility drills for the football, men's and women's soccer, cross country and track and field teams, as well as the women's lacrosse and women's golf squads. He also worked with the University of Texas in a strength and conditioning internship, assisting with the implementation of the summer program in 2010.

Prior to CCSU, Darcy did an internship for two years at Canisius College from 2006-08.

He has worked various camps over the years, including the SoccerPlus CT Speed, Strength and Conditioning Camp in 2010 in New Britain, Conn., and the Speed Development Camp in summer of 2009 in Newington, Conn.

He is a certified strength and conditioning specialist and member of the National Strength and Conditioning Association and the Collegiate Strength and Conditioning Coaches Association.

He graduated with a bachelors of science in sports medicine from Canisius College and earned a master's of science in physical education from Central Connecticut State University.



**Graduate Asst.
Media Relations
2nd Year
Cross Country, Track & Field**

Eric DeSalvo

Eric DeSalvo is in his second year as a graduate assistant in the media relations department at Northern Arizona University. He assists in the day-to-day operations for both the men's and women's cross country and track and field programs. DeSalvo also assists in game-day operations for all of NAU's 15 intercollegiate sports.

In DeSalvo's first year at NAU, he oversaw media campaigns that helped two-time national champion David McNeill to be named U.S. Track & Field and Cross Country Coaches Association Scholar Athlete of the Year for both sports, as well as the ESPN Academic All-American of the Year. McNeill was also named to The Bowerman Award watch list in 2010.

During the 2009-10 seasons, NAU track & field and cross country athletes took home 24 Big Sky Athlete of the Week Awards.

DeSalvo joined the NAU staff after serving as an intern for two years in the athletics communications department at the University of Central Florida in Orlando. At UCF, he served as the primary contact for the men's tennis team, and also assisted in the game-day operations for football, men's and women's basketball, baseball and volleyball. DeSalvo earned his bachelor's degree in interpersonal organizational communication from UCF in 2009.



MEN'S ROSTER

GILL NORTHERN ARIZONA GILL



Men's Roster

Name	Events	Indoor/Outdoor	Hometown (High School/College)
Adel al Nasser	Sprints/Hurdles	Fr./Fr.	Safwa, Saudi Arabia (Dar Al Uloom)
Ben Ashkettle	Distance	Sr./Sr.	Melbourne, Australia (Camberwell Grammar)
Cody Bell	Sprints	Fr./Fr.	Show Low, Ariz. (Show Low)
Andrew Belus	Distance	Jr./Jr.*	Phoenix, Ariz. (Seton Catholic)
Jordan Chipangama	Mid-Distance	Sr./Jr.*	Lusaka, Zambia (Sutherland)
Matthew Coloe	Mid-Distance	Jr./Jr.	Melbourne, Australia/Marcellin College/RMIT)
Pat Colonnelli	Throws	Jr./Jr.	Carlsbad, Calif. (La Costa Canyon)
Peet Dhillon	Sprints	So.*/So.*	Tucson, Ariz. (Ironwood Ridge)
Miles Di Sabella	Sprints	So./So.	Chandler, Ariz. (Westwood)
Diego Estrada	Distance	So.*/Jr.	Salinas, Calif. (Alisal)
Tim Freriks	Distance	So./So.	Cottonwood, Ariz. (Mingus Union)
Andre Gaines	Jumps	Fr.*/Fr.*	Glendale, Ariz. (Independence)
Bahlbi Gebreyohanns	Distance	Fr./Fr.	Indianapolis, Ind. (North Central)
Karl Gehrke	Throws	Jr.*/Jr.*	Phelan, Calif. (Serrano)
Dennis Givens	Sprints	Sr.*/Sr.*	Peoria, Ariz. (Millennium/Glendale CC)
Josh Heck	Sprints	Sr.*/Sr.*	Gilbert, Ariz. (Highland)
Kam Holbrook	Mid-Distance	Sr.*/Sr.*	Casper, Wyo. (Kelly Walsh)
Mark Hughes	Sprints/Hurdles	Sr./Jr.*	Phoenix, Ariz. (Thunderbird/Glendale CC)
Sam Hutchison	Mid-Distance	Fr.*/Fr.*	Greeley, Colo. (University)
Vladimir Jakovljevic	Jumps	Fr./Fr.	Belgrade, Serbia (Technical School)
Stefan Johnson	Sprints	So.*/Jr.	Phoenix, Ariz. (Cortez/Central Arizona)
Myles Kloer	Mid-Distance	Jr./Jr.	Albuquerque, N.M. (Sandia)
Gus Margiotta	Throws	Fr./Fr.	Gloucester, Mass. (Gloucester)
Nick Matsueda	Mid-Distance	Sr.*/Sr.*	Riverside, Calif. (Vista del Lago/Riverside CC)
Jacob Nicol	Throws	Sr.*/Sr.*	Peoria, Ariz. (Sunrise Mountain)
Ahmed Osman	Distance	Jr.*/Jr.*	San Diego, Calif (San Diego)
Paul Osunwa	Throws	Fr.*/Fr.*	Ontario, Calif. (Bishop Amat)
Edgar Panford	Jumps	So./Fr.*	San Bernardino (Calif./Cajon)
Jason Pedersen	Distance	Sr.*/Sr.*	Simi Valley, Calif. (Royal)
Jackson Pleis	Jumps	Fr./Fr.	Carnation, Wash. (Cedarcrest)
Will Porter	Mid-Distance	Sr./Sr.	Chardan, Ohio (Chardan)
Caleb Potts	Mid-Distance	Fr./Fr.	Eastvale, Calif. (Eleanor Roosevelt)
Cody Reed	Distance	Fr./Fr.	Danville, Calif. (San Ramon Valley)
Markus Robertson	Sprints	Fr.*/Fr.*	Phoenix, Ariz. (Cortez)
Andres Rossini	Throws	Sr.*/Sr.*	Cordoba, Argentina (Costa Mesa)
DeVaughn Shead	Sprints	Sr./Sr.	Palmdale, Calif. (Highlands/Central Arizona)
Pascal Tang	Throws	Jr.*/Jr.*	Leverkusen, Germany (IGP BGL School)
Joe Withers	Distance	So.*/So.*	Santa Rosa, Calif. (Cardinal Newman)
John Yatsko	Mid-Distance	Jr.*/Jr.*	Tempe, Ariz. (McClintock)

* - Denotes athlete has utilized redshirt season





Indoor: Senior
Outdoor: Senior
Melbourne, Australia
Camberwell Grammar
Distance

Personal Bests

4:22.27 - Mile
 8:26.18 - 3,000 Meters
 13:55.27 - 5,000 Meters
 28:52.72 - 10,000 Meters
 9:04.11 - Steeplechase

@-altitude converted time



Ben Ashkettle

Academic Notes: Named to the USTFCCCA All-Academic Track & Field team in 2010 ... 2010 Big Sky All-Academic selection ... Majoring in finance.

2010 Cross Country: Did not compete.

2010 Track & Field: In third track season with the Lumberjacks, he focused on the 10,000-meter run during the outdoor season, and recorded a new personal best in the event at the Stanford Payton Jordan Cardinal Invitational (28:52.57) ... The PR gave him the 17th-fastest time in the nation heading into the NCAA West Regional ... Finished second overall in the 10K at the Big Sky Outdoor Championships in a time of 30:06.77@ ... Took fifth place in the 5,000-meter run the following day (14:26.18@) ... At the Big Sky Indoor Championships, ran 14:24.13@ to earn a third-place finish and a spot on the podium in the 5K ... Also took part in the 3,000-meter run, placing sixth (8:17.26@) ... Earned NCAA provisional qualifying time of 14:07.33 at the Husky Classic.

2009 Cross Country: Capped off his junior season with a 59th-place overall finish for the second-straight year at the NCAA Cross Country Championship in a time of 30:32.7 ... Finished eighth overall, and second on the team, at the NCAA Mountain Region Championships in 30:35.9 to earn All-Region honors ... At the Big Sky Championships, finished third in a time of 25:32.8 to earn All-Big Sky honors for the third-straight year ... Ran 24:10 at the NCAA Pre-Nationals to give himself a 16th-place and best 8K time of the season ... Opened his season with a 13th-place overall finish at the Cowboy Jamboree, crossing the finish line in 24:22.7.

2009 Track & Field: Followed up solid freshman campaign with three top-five finishes at Big Sky Championship events ... Took third place in the 3,000m at the Big Sky Indoor Championship (8:34.53) and fourth place in the 5,000m (15:00.57) ... Season-best time in the 5k came at the Husky Classic 13:55.27 ... During the outdoor campaign, claimed fifth place in the 10,000m at the outdoor conference championships (30:59.64) ... Was also a competitor in the 5k.

2008 Cross Country: Finished season coming in 59th overall (30:33.2) and third on the team at NCAA Championships ... Placed 11th at NCAA Mountain Regional (29:59.1) ... In his best race of the season, was named to the All-Big Sky team for second place finish (23:26.4) at Big Sky Championships ... Placed 11th (23:51.4) in first race of the season at NCAA Pre-Nationals.

2008 Track & Field: In his first track season with the Lumberjacks competed in both the indoor and outdoor seasons ... At the Big Sky Indoor Championships claimed third place in the 3,000m (8:26.18) and fifth place in the 5,000m (8:26.18) ... Was the team's top steeplechaser in the outdoor campaign claiming the Big Sky title in the 3,000-meter event (9:05.70) ... Scored a second-place finish in the 5,000m event as well at the outdoor conference championships ... Recorded season-best time of 9:01.02 in the steeplechase at the West Region Championship and finished 12th.

2007 Cross Country: Ran in five races for the Lumberjacks as a freshman, including all three postseason events ... Helped NAU to the win at the Roy Griak Invitational with his 23rd place finish (25:04.3) ... Named to the All-Big Sky team for his ninth place finish at BSC Championships (24:50.9) ... Finished 105th overall at NCAA Championships with a time of 31:09.3 (10k).

High School: Won Australian national titles in the U-18 category for the 2000m steeplechase and in the U-20 age group for 3000m steeplechase and 5000m ... Holds high school records in 800m, 1500m, 3000m and 2000m ... Earned high school colors and named business week champion ... Represented Australia on the U-20 team at the International Association of Athletics Federations Junior Championships in the 3000m steeplechase in Beijing, as well as at the IAAF Cross Country Junior Championships in Kenya.

Personal: Born Sept. 9, 1988 in Wellington, New Zealand ... Son of Patrick and Christine Ashkettle ... Has a sister, Rebecca ... Father ran for New Zealand in the World Unigames.



Indoor: RS-Junior
Outdoor: RS-Junior
Phoenix, Ariz.
Seton Catholic HS
Distance

Personal Bests

4:07.30 - 1,500 Meters

4:16.68 - Mile

8:14.56 - 3,000 Meters

14:35.69 - 5,000 Meters

29:58.31 - 10,000 Meters

9:45.18 - Steeplechase

@-altitude converted time



Andrew Belus

Academic Notes: 2009 and 2010 Big Sky All-Academic Selection ... Majoring in microbiology.

2010 Cross Country: Closed out cross country season at the NCAA Championships, finishing 141st overall, and eight-place improvement from 2009, in a time of 31:30.9 ... Finished 32nd overall, and fifth on the team, at the NCAA Mountain Region Championships ... Recorded career-best 10K time of 30:48.7 at the Mountain Regional from Salt Lake City, Utah, and improved six spots from a year ago ... Placed 11th overall on the team at the Big Sky Championships, completing the 8K course in 22:27.3 ... Ran to a 61st-place finish (24:33.1) in the 'blue' race at the NCAA Pre-Nationals, 31 spots better than his 2009 performance ... Aided men's team to third-place finish at the Stanford Invitational after finishing 23rd in personal-best 8K time of 24:23 ... Finished fourth overall (26:36.4) at the George Kyte Classic to open season.

2010 Track & Field: In his second track season, collected three personal best times in the 1500m (4:07.30), 5,000m (14:42.24) and the 10,000m (29:58.31) ... Ended the 2010 outdoor season with the 65th-best time in the 10K in the West Region ... Finished third overall at the Big Sky Outdoor Championships in the 10K (30:04.20@) to earn first career Big Sky medal ... Followed up 10K performance with a sixth-place finish in the 5K to score nine points during the championships ... 10K personal record came at the Mt. SAC Relays when he finished 19th overall in the Olympic development heat ... Recorded best 3,000-meter time of the indoor season at the Big Sky Indoor Championships (8:38.63@).

2009 Cross Country: Enjoyed breakout sophomore campaign, participating in six races for the Lumberjacks, including a trip to the NCAA Cross Country Championships ... Finished 149th overall in the race, recording a 10,000-meter best time of 31:21.7 on the course ... Placed 38th, sixth on the team, at the NCAA Mountain Region Championships in a time of 31:25.2 ... Recorded third top-10 finish of the season at the Big Sky Championships, finishing eighth overall (25:58.5) to earn All-Big Sky honors ... In his first career trip to Terre Haute, Ind., finished 92nd overall in the "blue" race at the NCAA Pre-Nationals ... Finished ninth overall at the Aztec Invite (26:21) ... Opened season with a second-place finish at the George Kyte Classic as he was the first Lumberjack to cross the finish line in a time of 25:39.1.

2009 Track and Field: Recorded times of 4:47.31 in the mile, and 9:04.66 in the 3,000 during the indoor season. In the 3,000 steeplechase, had season-best time of 9:45.18 in outdoor campaign.

2008 Cross Country: In first full season with the Lumberjacks he ran in three races ... Placed 86th overall (26:25) at Cowboy Jamboree ... In the Aztec Invitational placed 75th (26:37) ... Recorded a time of 26:45.5 in George Kyte Classic.

2007-08: Redshirt seasons

High School: Graduated from Seton Catholic High School in 2007 ... Earned four cross country letters and served as team captain for three years ... Three-year letterwinner and two-time team captain of the track team ... Broke school's 5K and two mile records.

Personal: Born on March 19, 1989 to Michael and Gail Belus ... Has one brother, Matthew ... Enjoys hunting, camping, and climbing.





Indoor: RS-Junior
Outdoor: RS-Junior
Lusaka, Zambia
Sutherland HS
Mid-Distance

Personal Bests
 1:49.34 - 800 Meters
 3:46.43 - 1,500 Meters
 4:00.69 - Mile
 14:55.28 - 5,000 Meters

@-altitude converted time

All-American



Jordan Chipangama

Academic Notes: Majoring in community health.

2010 Cross Country: Redshirt season.

2010 Track & Field: Competed only during the indoor season for the Lumberjacks ... Capped off his 2010 campaign at the Notre Dame Alex Wilson Invitational when he ran 4:00.69 in the mile run, giving him the second fastest indoor mile time in school history ... His career-best time in the mile was the 26th-fastest time in the nation ... Captured first Big Sky track title with a victory in the 800-meter run (1:49.34@) which earned him an NCAA provisional mark, and the 28th-fastest time in that event during the indoor season ... Took third in the mile run at the indoor championships in a time of 4:05.47@ ... Ran the 800-meter leg of the record-setting distance medley relay that took first place at the conference championships (9:44.14) ... Ran 4:01.75 in the mile at the Husky Classic to record a then personal-best time in the event ... Opened track season with a NCAA provisional mark in the 800m at the Mountain T's Invitational (1:50.16@).

2009 Cross Country: Was the Lumberjacks' most consistent runner on the year, recording five top-five finishes on the season, including a fifth-place finish (29:33.1) at the NCAA Cross Country Championships to earn his first career All-American award ... Along with David McNeill, became the first NAU duo to record a top-five finish in a championship race ... Took 14th at the NCAA Mountain Region Championships in a time of 30:49.5 to earn All-Region honors ... Finished second (25:31.7) at the Big Sky Cross Country Championships to help the men's team earn its third-straight conference title ... Earned first All-Big Sky award with the top-10 finish ... In the "blue" race at the NCAA Pre-Nationals, finished third overall in a time of 23:47.3, and was the first Lumberjack to cross the stripe ... Led the men's team with his second win of the season at the Cowboy Jamboree in a time of 23:44.7, his best 8K time of the year ... With the victory, NAU finished first out of 25 teams in Stillwater, Okla. ... In his first race in uniform, captured the Aztec Invite title (25:17) by finishing 17 seconds ahead of teammate Ahmed Osman ... Won two Big Sky Cross Country Athlete of the Week awards during the 2009 campaign.

Before NAU: Attended Central Arizona College from 2007-2008 ... Junior College National Champion in the 1,500m in 2009 ... Junior College Regional Runner of The Year in 2008 ... In both track seasons, finished second overall in the 5,000m event ... Helped Central Arizona to the 2008 cross country regional championship.

Personal: Born on November 12, 1988 to Piet and Kirk Chipangama ... Has one younger brother, P.J. and one younger sister, Lisa ... Also considered Alabama and Oregon before choosing to attend NAU.





Indoor: Junior
Outdoor: Junior
Carlsbad, Calif.
La Costa Canyon HS
Throws

Personal Bests
164-5.5 - Discus
165-6 - Javelin

Pat Colonnelli

Academic Notes: Majoring in finance.

2010: Saw action in eight meets during sophomore campaign ... Scored for the second-straight year at the Big Sky Outdoor Championships, collecting two points in the discus after finishing seventh overall (48.86m/160-3.5) ... Also competed in the javelin throw at the outdoor championships ... Recorded new personal-best marks in both the discus and javelin ... At the ASU-NAU-UA Double Dual, launched a 165 foot, 6 inch throw in the javelin ... Recorded career-best discus throw (50.13m/164-5.5) at the Sun Devil Open to secure first-place finish in the competition.

2009: Competed during the outdoor season in his freshman year with the Lumberjacks ... Recorded best discus mark of the season at the Sun Devil Invitational (48.51m/159-1.75) ... Best javelin throw came at the New Mexico Tailwind Invitational (48.61m/159-5.75) ... At the Big Sky Outdoor Championships finished fifth in the javelin (47.63m/156-3) and also competed in the discus.

Before NAU: Graduated from La Costa Canyon High School in 2007 ... Lettered in track and football ... 2006 Palomar League Discus Champion ... Broke his high school's discus record while attending.

Personal: Born to Phil and Kim Colonnelli on June 7, 1988.



Indoor: Sophomore
Outdoor: Sophomore
Chandler, Ariz.
Westwood HS

Personal Bests
6.61 - 55 Meters
6.89 - 60 Meters
10.72 - 100 Meters
21.62 - 200 Meters

Miles Di Sabella

Academic Notes: All-Academic Big Sky selection in 2010 ... Majoring in biomedical sciences.

2010: Finished freshman campaign with an outstanding 21-point performance at the Big Sky Outdoor Championships ... Recorded two third-place finishes in both the 100 (10.72) and 200-meter dashes (21.62) to reach the podium in season-best times ... Was an integral piece to both the 4x100(4th) and 4x400-meter (5th) relay teams at the outdoor championships ... Finished third overall, and first on the team, in the 100-meter dash (10.82) at the ASU-NAU-UA Double Dual ... During the indoor season, turned in best 60-meter dash time at the NAU Team Challenge (7.08) ... Recorded 6.61 mark in lone 55-meter dash at the NAU Tune Up.

High School: Graduated from Westwood High School in 2009 ... Lettered four years in track and field, two years in football and one year in wrestling ... East Valley region 200m champion in 2007 (22.08) and 2008 (21.77) ... East Valley region 100m champion in 2009 (10.81) ... finished fifth in the 200m at the 5A state championships (22.24) in 2008 and eighth in the 100m state championships (11.01) that same year.

Personal: Born on September 5, 1990 to Elaine DiSabella ... Has two sisters, Megan and Kim.





Indoor: RS-Sophomore

**Outdoor: Junior
Salinas, Calif.**

**Alisal HS
Distance**

Personal Bests

4:03.64 - Mile

7:52.18 - 3,000 Meters

13:29.01 - 5,000 Meters

28:40.19 - 10,000 Meters

@-altitude converted time

Three-Time All-American



Diego Estrada

Academic Notes: Majoring in Spanish education.

2010 Cross Country: Claimed All-American honors for the first time at the NCAA Cross Country Championships after placing 16th overall ... Was the top finisher for the Lumberjacks at the national championship event and finished the 10K LaVern Gibson Championship Course in a time of 30:10.7 ... Pushed his streak of top-five finishes to eight after placing third overall at the NCAA Mountain Region Championships, running to a career-best 10K mark of 29:33.0 ... It was the highest finish at the regional event, earning him his first career All-Region honors ... Took second at the Big Sky Championships behind teammate David McNeill in a time of 21:30.6 for his highest finish in an NAU uniform ... Followed up strong 2009 performance at the NCAA Pre-Nationals with a fifth-place finish (23:33.9) in 2010 to pace the Lumberjacks ... It was his second-straight top-five finish in the 8K event ... Opened season with third-place overall finish at the Aztec Invite (25:30.2), matching his 2009 finish from San Diego.

2010 Track & Field: Focused on the 10,000-meter run during sophomore season ... Ended season by reaching the NCAA West Region Prelims and finishing 16th in a time of 30:02.94 ... At the Big Sky Outdoor Championships, doubled up in the 5,000-meter run and the 10K ... Finished fourth overall in the 10K to give the Lumberjacks the top four finishers in the race ... Returned the following day to finish second in the 5K, repeating his 2009 performance in the same race ... Ran career-best, and third-fastest 10K time in school history at the Payton Jordan Stanford Cardinal Invitational (28:40.19) ... Finished sixth overall in the race, and third among collegiate runners ... Opened 2010 campaign in California by finishing 26th (13:49.35) in the 5K at the Mt. SAC Relays ... Competed the following day at the Beach Invite in the 1500-meter run, finishing in a time of 3:59.13.

2009 Cross Country: Ran in three races during injury-shortened season for the Lumberjacks, finishing in the top five in each one ... Finished fourth overall, one spot behind teammate Jordan Chipangama, in the "blue" race at the NCAA Pre-Nationals for best 8K time of the year (23:49) ... At the Cowboy Jamboree, helped men's team capture title with a fifth-place finish in a time of 23:55.4 ... Took third at the Aztec Invite in season debut, finishing behind teammates Chipangama and Ahmed Osman to give the Lumberjacks a clean sweep of the top-three finishers.

2009 Track & Field: Capped off sensational freshman year with a 19th-place finish in the prelims of the 5,000m at the NCAA Outdoor Championships ... At the West Region Championship, finished 10th in the 5k with a time of 14:16.20 ... Took second place in both the 5k (14:28.09@) and 10,000m (30:26.80@) races at the Big Sky Outdoor Championships ... During the indoor campaign claimed the title in the 3,000m run at the Big Sky Indoor Championships and took fifth place in the 5k (14:25.45@).

2008 Cross Country: Competed in four races as a freshman ... Placed 76th overall (30:40.6) at NCAA Championships, and fourth on the team ... Finished 16th (30:09.1) at NCAA Mountain Regional ... Named to All-Big Sky team for third place finish (23:33.9) at the Big Sky Championships ... In first race of the year, finished 48th (24:26.4) at NCAA Pre-Nationals.

High School: Graduated from Alisal High School in 2008 ... Four-time letterwinner in cross country and track ... Was captain for both teams for two years ... Three-time CIF qualifier in cross country ... Two-time CCS champion ... Qualified for CIF Championships in the 3,200m three times, finishing as high as fourth ... Holds school records in 3,200m, 1,600m, and mile.

Personal: Born on December 19, 1989 to Francisco Estrada and Rosa Constantino ... Has four sisters, Ruby, Alma, Gabby, and Delia Estrella ... Also has one brother, Francisco Estrada.





Indoor: Sophomore
Outdoor: Sophomore
Cottonwood, Ariz.
Mingus Union HS
Distance

Personal Bests
8:23.43 - 3,000 Meters
14:27.91 - 5,000 Meters
30:30.99 - 10,000 Meters

Tim Freriks

Academic Notes: 2010 Big Sky All-Academic Selection ... Majoring in biology.

2010 Cross Country: Wrapped up sophomore campaign with first-career trip to the NCAA Championships where he finished 144th overall in a time of 31:33.6 ... Finished 41st at the NCAA Mountain Region Championships, an improvement of 38 places from 2009, and turned in a career-best 10K time of 31:09.0 ... Ran to a sixth-place finish (22:17), and All-Conference honors, at the Big Sky Championships, giving the sophomore two top-10 finishes on the season ... Recorded new personal-best 8K time (24:42.7) in first career race at the NCAA Pre-Nationals, finishing 75th overall ... Placed fourth on the team, and 45th overall at the Stanford Invitational in a time of 24:47 ... Opened season at the George Kyte Invitational, placing fifth overall in a time of 26:42.8.

2010 Track & Field: Represented the Lumberjacks at both Big Sky Championships in first year on the track ... Doubled up in the 10,000-meter run and the 5,000-meter run at the outdoor championships ... Recorded a time of 4:06.22 in first career 1500-meter run at the UA/NAU/ASU Double Dual ... Traveled to the Mt. SAC Relays, recording a career-best 10K mark of 30:30.99 in the Olympic development section ... At the Big Sky Indoor Championships, recorded two seventh-place finishes in the 5K (14:42.17@) and 3,000-meter run (8:25.10@) to give him his first career Big Sky points ... Turned in career-best time in the 5K at the Husky Classic (14:27.91) ... Ran two 3Ks at the Mountain T's Invitational (8:23.57@) and Lumberjack Invitational (8:34.38@) to begin the season.

2009 Cross Country: In first season with the Lumberjacks, competed in four races ... Finished 79th overall at the NCAA Mountain Region Championships in a time of 32:46.5 ... A member of the Big Sky Cross Country championship team where he took 15th in the race (26:47.5) ... Ran to a 38th-place finish (25:07) at the Cowboy Jamboree, collecting his fastest 8K time of the season ... Opened NAU career at the Aztec Invite where he finished 11th overall for the Lumberjacks.

High School: Graduated from Mingus Union High School in 2009 ... Lettered four years in cross country and track and field ... Was the captain of both teams for 2009 ... Three-time All-State including second place finishes and an eighth ... Best 5K time while in high school was 15:18 ... Holds school record in the 3,200m with a time of 8:58.

Personal: Born on November 23, 1990 ... Son of Jon and Karen Freriks ... Has one sister, Erin ... Considered Portland and Arizona State before choosing NAU.



Indoor: RS-Freshman
Outdoor: RS-Freshman
Glendale, Ariz.
Independence HS
Jumps

Andre Gaines

Academic Notes: Majoring in computer information systems.

2010: Redshirt season.

High School: Graduated from Independence High School in 2009 ... Lettered four years in track and field and three in basketball ... State champion in the 4A-1 long jump senior year ... Holds three records at his high school, including points scored in a season for basketball (612), long jump (22-11) and high jump (6-6) ... In 2009, made 1st team all-region for basketball, and was a part of the 4A all-state basketball team ... Slam Dunk Champion at the Arizona Prep Fall Showcase in 2008.

Personal: Born on October 24, 1991 to Clifford and Tonia Gaines ... Has three younger brothers, Austin, Ahmire and Adrian, and one younger sister, Amiyah ... Cousin, Marcel Jones, is a member of the Nebraska football team.





Indoor: RS-Junior
Outdoor: RS-Junior
Phelan, Calif.
Serrano HS
Throws

Personal Bests
 50-8.25 - Shot put
 56-6.5 - Weight throw
 173-5 - Discus
 167-3.25 - Hammer throw
 160-10.25 - Javelin

Karl Gehrke

Academic Notes: All-Academic Big Sky selection in 2010 ... Majoring in forestry.

2010: Competed in eight indoor meets for the Lumberjacks in first year on campus ... Reached the Big Sky Indoor Championships in both the shot put (14th) and weight throw (10th) ... Launched career-best toss in the weight throw at the Lumberjack Invitational with a mark of 56 feet, 6.5 inches (17.24m) ... In first meet of the season, tossed personal-best mark in the shot put (50-8.25/15.45m).

Before NAU: Attended Moorpark Community College for two years ... Won a state championship in the discus.

High School: Graduated from Serrano High School in 2007 ... Lettered two years in track and field ... Won four league titles over two years in the shot put and discus ... Broke the high school discus record.

Personal: Born on May 9, 1989 to Chuck and Jeanette Gehrke.



Indoor: RS-Senior
Outdoor: RS-Senior
Peoria, Ariz.
Millennium HS
Sprints

Personal Bests
 7.00 - 60 Meters
 21.75 - 200 Meters
 47.22 - 400 Meters

Dennis Givens

Academic Notes: Majoring in electronic media and film.

2010: Did not compete.

2009: In his first season with the Lumberjacks, competed in both the indoor and outdoor seasons ... 2009 Big Sky Championships: Indoor-Finished sixth overall in the 200m dash (21.92) and second in the 400m dash (47.83) ... Outdoor: Placed fourth overall, and first for NAU in the 200m dash (21.75) and claimed second place overall in the 400m dash in a time of 47.93.

Before NAU: Ran for two years under Coach Ralph Neighbors at Glendale Community College ... Named Most Outstanding Runner in the 200 and 400 meters.

High School: A 2006 graduate of Millennium High School ... Set school record in the 40 meter dash (4.44 second) ... Also a football standout, setting school records with 14 career interceptions, and nine in one season.

Personal: Born on January 6, 1988 to David Givens and Kim Hyung Sun in Suwon, South Korea ... Has two sisters, Kara and Kimberly.





Indoor: RS-Senior
Outdoor: RS-Senior
Gilbert, Ariz.
Highland HS
Sprints

Personal Bests
6.60 - 55 Meters
6.96 - 60 Meters
10.92 - 100 Meters
22.05 - 200 Meters

Josh Heck

Academic Notes: 2009 and 2010 All-Academic Big Sky selection ... Graduated in 2010 with a B.S. degree in criminology ... Working towards master's in applied criminology.

2010: Capped off junior season at the Big Sky Outdoor Championships, where he was a member of the fourth place 4x100-meter relay and fifth place 4x400-meter relay teams ... Was a competitor in the 200-meter dash at the outdoor championships ... Turned in season-best 100-meter dash time at the ASU-NAU-UA Double Dual (11.06) ... At the Big Sky Indoor Championships, competed in the men's 200m and was a member of the seventh-place finishing 4x400-meter relay team ... Turned in career-best 200-meter mark of 22.05 at the NAU Tune Up to secure appearance at the conference championships.

2009: Competed in both the indoor and outdoor season ... Recorded season best marks in the 60m dash at the Mountain T's Invitational (7.03) and in the 200m dash at the NAU Open (22.33) ... Ran in the 100 and 200m dashes recording best mark in the 100m at the Willie Williams Classic (10.92) and an outdoor best in the 200m at the Double Dual (22.62).

2008: Ran during the indoor and outdoor season in his first year ... Registered best marks of freshman year in the 60m (7.04) and 200m (22.72) at the Southwest Host Classic and Mountain State Games, respectively ... At the Willie Williams Classic recorded season-best mark of 11.28 in the 100m, and at the Mesa Track and Field Classic, recorded best out door mark in the 200m (22.78).

2007: Redshirted.

High School: Graduated from Highland High School in 2006 ... Four-year letterwinner in track and field and lettered two years in football ... Gilbert City 100m dash champion both his junior and senior seasons ... A member of the 4x100m relay team that broke the school record.

Personal: Born on June 28, 1988 to David and Shelly Heck ... Has one older brother, Cory.





Indoor: RS-Senior
Outdoor: RS-Senior
Casper, Wyo.
Kelly Walsh HS
Mid-Distance

Personal Bests
 50.65 - 400 Meters
 1:50.34 - 800 Meters
 3:51.51 - 1,500 Meters
 4:13.09 - Mile

@-altitude converted time

Kam Holbrook

Academic Notes: All-Academic Big Sky selection in 2008, 2009 and 2010 ... Graduated in 2010 with B.S. degrees in finance and marketing ... Working towards master's in business administration.

2010 Cross Country: Ran to a second-place finish at the Grand Canyon/ Southwestern Invite, cross the stripe in a time of 25:55.7 ... Opened final season with the Lumberjacks at the Aztec Invite where he finished fourth on the team, and 15th overall (26:36.5).

2010 Track & Field: Saw action during the outdoor season, taking part in five meets ... Qualified for both the 800 and 1,500-meter runs at the Big Sky Outdoor Championships ... Ran 1:52.05@ in the 800 prelims to advance to the final ... Finished seventh in the 1,500m at the UA/NAU/ASU Double Dual (3:52.59) ... Picked up conference-qualifying time in the 800m at the Beach Invite (1:53.90) ... Ran career-best time of 3:51.51 in the 1,500m at the Mt. SAC Relays in his second race of the year ... Opened outdoor season at the Arizona State Invitational, doubling in the 800m (1:57.04) and 1,500m (3:55.20).

2009 Cross Country: Enjoyed most successful season as a Lumberjack, competing in four races during the year ... In first trip to the Big Sky Championships, finished seventh overall (25:54.6), and fifth on the team, to earn first career All-Big Sky honors ... Finished fourth overall at the Arizona State Invitational 5K in a time of 14:33 ... Took 10th at the Aztec Invitational turning in a time of 26:26, shaving off 47 seconds from the previous year ... At the George Kyte Classic, finished eighth in the season opener (26:34.2).

2009 Track & Field: Competed in only the indoor season his junior year ... Finished second overall in the 800m for his best finish at the Big Sky Indoor Championships (1:53.53@).

2008 Cross Country: Ran in three races on the season ... Finished 16th (26:58.6) overall at ASU Invitational ... Recorded a time of 27:13 at the Aztec Invitational ... Ran in George Kyte Classic (28:02.2) in the first race of the season.

2008 Track & Field: During indoor season, competed in the 800m (1:49.82) and mile run (4:22.96@) ... In the outdoor season qualified for the Big Sky Outdoor Championships in the 800m and 1,500m ... Finished sixth in the 800m (1:54.96) and eighth in the 1,500m (3:56.38).

2007 Cross Country: Did not compete.

2007 Track & Field: In first season with the Lumberjacks competed in both the indoor and outdoor season ... 2007 Big Sky Championships: Indoor- Finished fourth in the 800m in a time of 1:51.63@ ... Outdoor- Ran in the 800m finishing fifth overall (1:53.08@) ... Recorded personal best time in the 400m at the NAU Team Competition (50.65).

2006 Cross Country: Redshirt season.

High School: Graduated from Kelly Walsh High School in 2006 ... Ran track, played football and basketball in addition to running cross country ... Set school record in 800m as a senior in 2006, with a time of 1:53.

Personal: Born on July 4, 1987 to John and Kristine Holbrook.





Indoor: Senior
Outdoor: RS-Junior
Phoenix, Ariz.
Thunderbird HS
Sprints/Hurdles

Personal Bests
22.18 - 200 Meters
51.17 - 400 Meters
8.52 - 60m Hurdles
15.23 - 110m Hurdles
52.93 - 400m Hurdles

Mark Hughes

Academic Notes: Majoring in elementary and special education.

2010: In injury shortened season, competed in four indoor meets for the Lumberjacks ... Turned in times of 51.17 in the 400-meter dash, 22.53 in the 200m, 51.17 in the 400m and 8.55 in the 60-meter hurdles ... Was a member of the 4x400 relay team that turned in a time of 3:18.71 at the NAU Invitational.

Before NAU: Attended Glendale Community College where he was a member of the track and field team for two seasons ... Recorded marks of 52.93 in the 400m hurdles, 15.23 in the 110m hurdles and 22.11 in the 200m dash while at Glendale CC ... Broke the 400m hurdle record at Glendale CC with a time of 52.93 ... Finished in 6th in the 400m hurdles at the 2009 NJCAA National Championships ... Awarded best all around track athlete in 2009.

High School: Graduated from Thunderbird High School in 2007 ... Lettered three seasons in both basketball and track and field ... Recorded top high school marks in the 300m hurdles (40.3), 110m hurdles (15.5) and the 200m dash (22.9) ... Named to all-region team senior year in basketball ... Voted most outstanding track athlete in 2007.

Personal: Born on July 11, 1988 to Mark and Beth Hughes ... Has one older brother, Matthew.



Indoor: Junior
Outdoor: Junior
Albuquerque, N.M.
Sandia HS
Mid-Distance

Personal Bests
4:00.54 - 1,500 Meters
4:16.81 - Mile
9:46.22 - Steeplechase

Myles Kloer

Academic Notes: All-Academic Big Sky selection in 2010 ... Majoring in business economics.

2010 Cross Country: Collected career best 8K time at the Grand Canyon/ Southwestern Invite where he finished fourth overall (26:37.90) ... Opened second season in uniform with the Lumberjacks at the Aztec Invite, placing 24th overall (26:49.1).

2010 Track & Field: During sophomore campaign, saw action in five outdoor meets for the Lumberjacks ... Recorded career-best time of 9:46.22 in the steeplechase at the Beach Invitational ... Best 1,500m time of career came at the Brian Clay Invitational when he ran 4:00.54.

2009 Cross Country: Redshirt season.

2009 Track & Field: Competed in both the indoor and outdoor season his freshman year for the Lumberjacks ... Season-best marks include 4:29.38 in the mile, 4:13.44 in the 1,500m and 9:53.34 in the steeplechase.

2008 Cross Country: Ran in three events in his freshman season ... Placed 41st (28:28.0) at the ASU Invitational in final race ... Collected at time of 27:30 at the Aztec Invitational ... In first race of the year recorded a time of 27:38.2 at the George Kyte Classic.

High School: Graduated from Sandia High School in 2008 ... 2008 5A State Champion in the 1,600m ... Cross country team finished runner up in state meet in 2006 ... Earned two academic letters in high school ... National Honor Society member.

Personal: Born on May 29, 1990 to Irene Madrigal and Rick Kloer ... Has two sisters, Carmen and Amelia ... Chose NAU because of the academic program, great location, and the strong running program.



Indoor: Senior
Outdoor: Senior
Riverside, Calif.
Vista del Lago HS
Mid-Distance
Personal Bests
 1:55.38 - 800 Meters

Nick Matsueda

Academic Notes: Majoring in sociology.

2010: Ran in six 800-meter events for the Lumberjacks during the outdoor season ... Opened campaign with a time of 1:57.24 at the Arizona State Invitational ... Collected personal record in the half-mile event at the Bryan Clay Invitational, placing 11th in a time of 1:55.38.

2009: Appeared in three meets during the indoor season, collecting season-best mark of 1:59.41@ at the NAU Big Sky Tune Up.

Before NAU: Attended Riverside Community College for two years where he was a member of both the cross country and track and field teams ... Best mark in 2007 in the 800m was 1:58.11 and 1:56.27 in 2008 ... Member of the 2008 state championship team.

High School: Graduated from Vista del Lago in 2006 ... Served as the captain on the school's cross country, track and field and basketball teams ... Broke the school's 4x400-meter relay record.

Personal: Born to Naomi and Ryuko Matsueda on May 20, 1988.



Indoor:RS-Senior
Outdoor: RS-Senior
Peoria, Ariz.
Sunrise Mountain HS
Throws
Personal Bests
 52-10 - Shot put
 159-6.5 - Discus
 191-4 - Hammer throw
 60-4 - Weight throw

Jacob Nicol

Academic Notes: Graduated in 2010 with B.S. degree in biology ... Working towards master's degree in human relations.

2010: Competed during the indoor season and redshirted the outdoor campaign for the Lumberjacks ... Scored a fourth-place finish in the weight throw at the Big Sky Indoor Championships after recording a mark of 58 feet, 8.5 inches (17.90m) ... Also competed in the shot put (10th) at the indoor championships ... In final meet before the conference championships, recorded career-best hurl of 60 feet, four inches in the weight throw ... Recorded season-best mark in the shot put (15.30m/ 50-2.25) at the NAU Team Challenge.

2009: Recorded two personal bests during the season in both the shot put (15.66m/51-4.5) and the discus (48.63m/159-6.5) ... At the Big Sky Indoor Championships, scored seven points for the Lumberjacks after placing fifth in the weight throw (17.03m/ 55-10.25) and sixth in the shot put (15.50m/50-10) ... Contributed six points for the men's team at the Big Sky Outdoor Championships after placing fourth in the hammer throw (55.62m/182-5.75), and eighth in the discus (46.75m/153-4.5).

2008: Had successful second campaign with the Lumberjacks, competing in both of the Big Sky Championships, and earning a spot in the 2008 West Regional where he finished 24th overall in the hammer throw (56.11m/184-01) ... At the Big Sky Outdoor Championships he scored 10 points for the Lumberjacks, finishing third in the hammer throw (48.33m/191-04) and fourth in the discus (47.92m/157-03) ... Placed fourth in the weigh throw at the Big Sky Indoor Championships (17.36m/56-11.50).

2007: Competed only in the outdoor season his freshman year ... Season-best marks include 15.50m (shot put), 46.03m (discus) and 51.45m (hammer throw) ... At the Big Sky Outdoor Championships, secured eighth-place finish in the discus with a hurl of 151 feet (46.03m) ... Was also a competitor in the hammer throw (9th) and shot put (15th).

High School: Graduated from Sunrise Mountain HS in 2006 ... Set high school records in both shot put and discus ... Named Athlete of the Meet at the 2006 Great Southwest Invitational ... Also played four years of football.



Indoor: RS-Junior
Outdoor: RS-Junior
San Diego, Calif.
San Diego HS
Distance

Personal Bests

1:55.75 - 800 Meters
 3:51.87 - 1,500 Meters
 4:12.86 - Mile
 8:14.83 - 3,000 Meters
 13:58.20 - 5,000 Meters
 28:52.57 - 10,000 Meters

@-altitude converted time

Three-Time All-American



Ahmed Osman

Academic Notes: Majoring in sociology with a minor in criminal justice.

2010 Cross Country: Claimed All-American honors for the first time in cross country after finishing 19th overall (30:14.8) at the NCAA Championships ... With the top-20 finish, he improved his overall placing 55 places from 2009 ... Earned All-Region honors for the first time in his career after placing 21st at the NCAA Mountain Region Championships ... Recorded career-best 10K time of 30:25.7 on the Rose Park Golf Course in Salt Lake City, Utah ... Named to the Big Sky All-Conference team after finishing eighth overall (22:24.8) at the conference championship meet ... Opened 2010 campaign with 13th-place finish and career-best 8K mark of 23:58.9 in the 'blue' race at the NCAA Pre-Nationals.

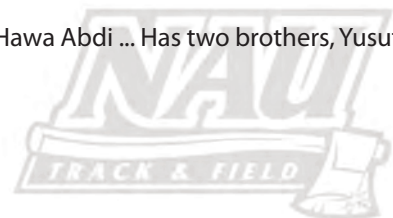
2010 Track & Field: Won the North America, Central America and Caribbean (NACAC) Athletic Association Under-23 10,000-meter run in Miramar, Fla., while representing the United States in first career international race to close out stellar outdoor campaign ... Earned All-American status for the second-straight season in the 10,000-meter run with a 15th-place finish at the NCAA Outdoor Track & Field Championships (29:29.62) ... Recorded a second-place finish (29:37.52) in the 10K at the NCAA West Preliminary Round in Austin, Texas to advance to his second-straight NCAA Outdoor Championships ... At the Big Sky Outdoor Championships, won the 10K for the second-straight year, and took third in the 5,000-meter run after doubling up for the weekend ... Ran to a career-best mark of 28:52.57 at the 52nd Annual Mt. SAC Relays while finishing second overall in the race ... Also recorded a new personal-best mark in the 5K at the Stanford Invitational (13:58.20) ... In outdoor debut, recorded personal-best mark of 3:51.87 in the 1500m at the Arizona State Invitational ... At the Big Sky Indoor Championships, collected two second-place finishes in both the 3,000-meter run and 5K to help lead the men's team to the conference title ... Ended indoor season with the 28th fastest time in the nation at 5,000m (13:59.30).

2009 Cross Country: Raced six times for the Lumberjacks in first cross country season at NAU ... Finished fourth on the team, 74th overall, at the NCAA Cross Country Championships in a time of 30:39.3, his fastest 10K mark of the year ... Turned in a 30th-place performance (31:25.2) at the NCAA Mountain Region Championships, and was the fourth Lumberjack to cross the finish line ... Earned All-Big Sky honors with a 10th-place finish at the Big Sky Championships (26:11.5) ... Took 39th in the "blue" race at the NCAA Pre-Nationals in a time of 24:35.7 ... Recorded best 8K time of the season (24:22.9) at the Cowboy Jamboree when he finished 14th overall, and fourth on the team ... Opened season at the Aztec Invite in hometown of San Diego, Calif., finishing in second behind teammate Jordan Chipangama.

2009 Track & Field: In first year with the Lumberjacks advanced all the way to the NCAA Outdoor Championships, finishing ninth in the 10,000-meter event and earned All-American honors (29:18.23) for the first time ... One of just three freshmen to appear in the championship race ... Won the Big Sky Outdoor Championships title in the 10K (30:26.40@) and finished third in the 5,000m run (14:30.05@) ... Collected best 10k time of the season at the Mt. SAC Relays (28:56.41) ... Finished third in the 5,000m (14:21.97@) and sixth in the 3,000m (8:24.85@) at the Big Sky Indoor Championships ... Finished second in his heat at the Husky Classic in the 5K (14:13.69).

High School: Graduated from San Diego High School ... Two-time letter winner and captain in both cross country and track ... All-state and all-section first team junior and senior year ... Eastern Leisure Runner of the Year junior and senior seasons ... Named San Diego Union-Tribune Athlete of the Week.

Personal: Born on January 1, 1988 to Mussa Gurra and Hawa Abdi ... Has two brothers, Yusuf and Idirse, and two sisters, Halima and Maryam Osman.





Indoor: RS-Freshman
Outdoor: RS-Freshman
Ontario, Calif.
Bishop Amat HS
Throws
Personal Bests
 50-2.75 - Shot put

Paul Osunwa

Academic Notes: Majoring in nursing.

2010: Redshirt season.

High School: Graduated from Bishop Amat High School in 2009 ... Four year starter, and three-year letterwinner in track and field ... Also lettered two years in football ... All-league member his junior and senior year in track and field ... Went to CIF meet junior and senior year and was a state qualifier senior season ... Was a scholar athlete all four years of high school ... High School personal records include 54 feet, three inches (shot put) and 151 feet, two inches (discus).

Personal: Born to Paul and Tina Osunwa on October 17, 1991 ... Cousin Iheanyi Uwaezuoke played wide receiver in the NFL for the San Francisco 49ers, Miami Dolphins, Detroit Lions and the Carolina Panthers ... Cousin Kelechi Osunwa currently plays professional soccer for Al-Merreikh ... Also i considered University of Arizona, Long Beach State and UC Santa Barbara.



Indoor: Sophomore
Outdoor: RS-Freshman
San Bernardino, Calif.
Cajon HS
Jumps
Personal Bests
 22-9.5 - Long jump
 49-1.25 - Triple jump

Edgar Panford

Academic Notes: Major in computer information systems.

2010: Competed during the indoor season and redshirted the outdoor campaign ... Saw action in four meets for the Lumberjacks, excelling in the triple jump ... At the Big Sky Indoor Championships, leaped 49 feet, 1.25 inches to secure a third place finish, joining teammate Charles White on the podium ... Was also a competitor in the long jump at the conference championships ... Turned in best long jump-mark at the NAU Tune Up (6.95m/22-9.5).

High School: Graduated from Cajon High School in 2009 ... Three-year letterwinner in track and field and basketball ... SAL long jump champion ... SAL triple jump champion ... Cajon High School triple jump record holder ... Broke the triple jump record at the Chino Relays.

Personal: Born on February 14, 1991 to Ernest Panford and Felicia Acheampong ... Has one older brother, Gad, and one older sister, Eygihmah ... Also considered UCLA, Cal State Long Beach and UC Irvine before attending NAU.





Indoor: RS-Senior
Outdoor: RS-Senior
Simi Valley, Calif.
Royal HS
Distance

Personal Bests

3:59.58 - 1,500 Meters
 4:30.23 - Mile
 8:22.11 - 3,000 Meters
 14:50.80 - 5,000 Meters
 9:09.04 - Steeplechase

@-altitude converted time



Jason Pedersen

Academic Notes: 2008, 2009 and 2010 All-Academic Big Sky selection ... Graduated in 2010 with B.S.E., in mechanical engineering ... Working towards M.Eng., in mechanical engineering.

2010 Cross Country: Closed out NAU cross country career with a career-best showing at the NCAA Championships ... Crossed the finish line 87th overall (30:58.9), an eight-place improvement from 2009 ... Turned in a 31st-place finish at the NCAA Mountain Region Championships ... Clocked a career-best 10K time of 30:47.6 on the Rose Park Golf Course in Salt Lake City, Utah ... In final Big Sky event, finished 12th overall at the conference championship meet in a time of 22:37.1 ... At the NCAA Pre-Nationals, claimed 38th-place overall in a time of 24:20.1 for career-best time and finish in the 8K event from Terre Haute, Ind. ... Finished second on the team and 19th overall at the Stanford Invitational in a personal-best 8K time of 24:15 ... Made season debut at the George Kyte Classic, running to a career-best third-place finish (26:22.2).

2010 Track & Field: Did not compete.

2009 Cross Country: Represented the Lumberjacks in seven races for the second-straight season ... Finished fifth on the team, and 95th overall, at the NCAA Cross Country Championships in 30:52.3, nearly 50 seconds better than his time the previous year at the championship event ... Took 33rd at the NCAA Mountain Region Championships in a time of 31:26.9 ... Earned All-Big Sky honors for the first time at the Big Sky Championships with a fifth-place finish (25:51.4) ... Ran to a time of 24:43.7 in the "blue" race at the NCAA Pre-Nationals ... Recorded season-best 8K mark at the Cowboy Jamboree when he finished 19th in a time of 24:32.6 ... Finished fourth overall at the Aztec Invite to give the Lumberjacks the top four finishers in the race ... Shaved off 30 seconds at the George Kyte Classic from previous best time in 2008 to finish third (26:00.4).

2009 Track & Field: Ran only during the indoor season ... At NAU Open ran 8:27.88@ in the 3,000m ... Ran a 15:14.78@ in the 5,000-meter run at the Big Sky Indoor Championships.

2008 Cross Country: Ran in seven races for the Lumberjacks ... Finished NCAA Championships 194th overall (31:43.1) ... At Mountain Regionals finished 50th with a time of 31:24.2 ... A member of the Big Sky Championship team finishing 14th with best 8K time of season (24:26.4) ... Recorded a time of 24:28.0 at Pre-Nationals and placed 65th ... At the Cowboy Jamboree, placed 29th (25:14) ... Finished Aztec Invitational with second-best time on the team (25:32) ... Opened the season with a 26:30.9 in the George Kyte Classic.

2008 Track & Field: In second season with the Lumberjacks, competed both indoor and outdoor earning trips to both Big Sky Championships ... Big Sky Championships: 8th place indoor 3,000 (8:22.11@), 4th place- 3,000m steeplechase (9:09.04), 6th place- outdoor 5,000 (15:33.37).

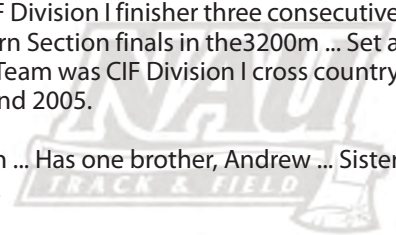
2007 Cross Country: Redshirt season.

2007 Track & Field: Competed during the outdoor season for the Lumberjacks in first year at NAU ... Ran in the 1,500m and 3,000m steeple, recording best times at the ASU Invitational (3:59.58), and the UCLA Invitational (9:15.55) ... Big Sky Championships: Finished 8th in the steeplechase (9:35.78@), and also competed in the 1,500-meter event.

2006 Cross Country: Ran in four races as a freshman ... Highest finish was at season opening George Kyte Classic, in 13th place ... Best 8K time came at ASU Invitational in 25:55.8 ... Finished 71st overall at Mountain Region Championships (33:29.5).

High School: Ran four seasons of cross country at Royal High School, serving as team captain for one ... Also lettered in track all four years ... Top-20 CIF Division I finisher three consecutive years in high school ... Qualified for the 2004 CIF Southern Section finals in the 3200m ... Set a freshman record with a time of 9:37.48 in the 3,200m ... Team was CIF Division I cross country state runner-up in 2003, and state champions in 2004 and 2005.

Personal: Born May 15, 1987 to Erik and Laura Pedersen ... Has one brother, Andrew ... Sister Jaclyn ran cross country and track for Long Beach State.





Will Porter

Academic Notes: 2008, 2009 and 2010 Big Sky All-Academic selection ... Majoring in electrical engineering.

2010: Ran for the Lumberjacks in both the indoor and outdoor seasons ... Focused on the 800-meter run indoors, collecting a season-best time of 1:55.76@ at the NAU Team Challenge ... During the outdoor campaign, competed in the 800m, 1m500m and 3,000m steeplechase ... Collected personal-best 1,500m time of 4:02.06 at the ASU-NAU-UA Double Dual and scored best steeplechase mark at the Beach Invitational (9:25.41) ... Big Sky Outdoor Championships competitor in the steeplechase (9:33.14@).

2009: Competed mainly in the 800m and steeplechase events ... Best 800m time was at the ASU Invitational (1:56.32) ... Recorded best 3,000m steeplechase time at the Big Sky Outdoor Championships (9:45.53).

2008: In his first year with the Lumberjacks, recorded best 800m time at the AZUSA Pacific Invitational (1:58.95, and best 400-meter hurdles time at the Double Duals (56.49).

High School: Graduated from Chardan High School in 2007 ... Lettered four years in track and field, three years in soccer and one year in cross country ... Broke three records including, the 300m hurdles (40.0), 4x800m (7:52.9), 4x1600 (17:55) and the indoor distance medley relay.

Personal: Born on May 16, 1988 to Dan and Jamie Porter ... Has one older sister, Eliza.

Indoor: Senior
Outdoor: Senior
Chardan, Ohio
Chardan HS
Mid-Distance
Personal Bests

1:56.01 - 800 Meters
 4:02.06 - 1,500 Meters
 4:19.54 - Mile
 9:33.14 - Steeplechase

@-altitude converted time





Indoor: Senior
Outdoor: Senior
Cordoba, Argentina
Costa Mesa HS
Throws

Personal Bests
53-6.5 - Weight throw
188-10 - Discus
182-7 - Javelin

Andres Rossini

Academic Notes: 2010 All-Academic Big Sky selection ... Majoring in construction management with a minor in business.

2010: Ended stellar junior campaign with a 12th-place finish at the NCAA Outdoor Championships ... In the second flight at Historic Hayward Field, recorded best throw of 177 feet, seven inches ... In his first appearance at a regional meet, threw 185-9 to place eighth and advance to the NCAA Outdoor Championships ... Won the Big Sky discus title with a hurl of 185-6 to become the first Lumberjack to win the title since Nick Petrucci in 2000 ... Recorded a career-best mark of 188-10 at the NAU-ASU-UA Double Dual to take third place ... Competed in six total meets during the outdoor season, including a win at the Beach Invitational in the discus ... Captured the U-23 South American discus title with a new career-best mark at the time of 184-6.5 to open up the outdoor campaign ... During the indoor season, saw action in eight meets, including the Big Sky Indoor Championships in which he placed 11th overall in the weight throw.

Before NAU: Attended Orange Coast Community College from 2007-2009 ... Finished second in 2007 and fourth in 2008 in the discus at the California Community College State Championships ... 2008 MVP for Orange Coast College track and field team ... Broke the Orange Coast College discus record in 2008 (172-5).

High School: Graduated from Costa Mesa High School in 2006 ... Competed for home country of Argentina at the Argentina Nationals and finished third in the discus for the under 16 years old category, and 6th in 2006 in the under 23 year old discus throw.

Personal: Born on December 4, 1988 to Ricardo Luis Rossini and Maria Del Carmon Joachim.





Indoor: Senior
Outdoor: Senior
Palmdale, Calif.
Highlands HS
Sprints

Personal Bests
 21.98 - 200 Meters
 48.81 - 400 Meters
 1:56.31 - 800 Meters

DeVaughn Shead

Academic Notes: Majoring in geography.

2010: Closed out first season with the Lumberjacks at the Big Sky Outdoor Championships where he finished eighth overall in the 200-meter dash (22.17), competed in the 400-meter dash and was a member of the fifth place 4x400-meter relay team ... Recorded two career-best times during the outdoor campaign ... Season-low time of 21.98 in the 200m was achieved in the prelims at the outdoor championships and career-best 400-meter dash time came at the Sun Angel Track Classic (48.81) ... Ran in three indoor meets and was a member of the 4x400-meter relay team that collected a time of 3:19.71.

Before NAU: Attended Central Arizona College where he was a member of the track team for two seasons ... Part of the 2007 National Champion team at CAC along with NAU cross country/track and field athlete Jordan Chipangama ... Recorded times of 46.9 in 4x400m relay, 48.6 in the 400m and 1:56.3 in the 800m ... Graduated from Highland High School in 2006 ... Was a two-year letterwinner and captain during the 2004-05 season ... Broke high school record in the 400m in a time of 49.60.

Personal: Born January 21, 1988 in Lancaster, Calif ... Son of Sherri and Tatum Shead ... Has two brothers, DeShawn and Donte, and two sisters, Kierra and Chaniell ... Brother DeShawn is a member of the Portland State football and track and field teams.





Indoor: RS-Junior
Outdoor: RS-Junior
Leverkusen, Germany
IGP BGL School
Throws

Personal Bests
200-6.5 - Hammer throw
63-2 - Weight throw

Pascal Tang

Academic Notes: 2008 and 2009 Big Sky All-Academic selection ... Majoring in marketing.

2010: Redshirt season.

2009: Finished second in the weight throw at the Big Sky Indoor Championships (18.74m/61-5.75) ... Big Sky hammer throw champion during the outdoor season, winning the flight by nearly two and a half meters (60.30m/197-10) ... Finished 17th in the hammer throw at the West Region Championships (58.46m/191-09).

2008: Recorded best weight throw of college career at the NAU Tune Up (19.09m/62-7.5), and threw 18.58m (60-11.5) in the weight throw at the Big Sky Indoor Championships to win the event ... During the outdoor campaign, collected a PR in the hammer throw (61.13m/200-6.5) at the Mt. Sac Relays ... Finished second in the hammer at the conference outdoor championships (60.34m/197-11.5).

High School: Attended IGP BGL School in Germany ... Threw 200-7 in the hammer throw.

Personal: Born May 27, 1987 in Leverkusen, German.





Indoor: RS-Sophomore
Outdoor: RS-Sophomore
Santa Rosa, Calif.
Cardinal Newman HS
Mid-Distance

Personal Bests
 1:57.46 - 800 Meters
 3:57.18 - 1,500 Meters
 4:25.80 - Mile
 9:19.67 - Steeplechase

Joe Withers

Academic Notes: Majoring in business economics.

2010 Cross Country: Ran to third-place finish at the Grand Canyon/ Southwestern Invite in a time of 25:56.9 ... At the Stanford Invitational, placed 85th overall in a career-best 8K mark of 25:23 ... Finished 12th overall, and third on the team at the Aztec Invite (26:24.8) ... Made season debut at the George Kyte Classic, finishing 18th overall (28:01.6).

2010 Track & Field: During the outdoor track season, recorded three new personal-best times in the 800m, 1,500m and steeplechase ... Represented the Lumberjacks in the 1,500m and steeplechase at first career Big Sky Championships ... Ran 9:19.67 for a personal record (PR) in the steeplechase at the Beach Invitational ... At the Mesa Classic, ran PR in the 1,500m in a time of 3:57.18 ... Opened up season at the Arizona State recording a PR in the 800m (1:57.46).

2009 Cross Country: Appeared in two races for the Lumberjacks during his sophomore campaign ... Finished ninth overall in the Arizona State Invitational 5K in a time of 15:14 ... Began season with an eighth-place finish at the Aztec Invitational (26:19). 2009 Track & Field: Competed in the indoor season for the Lumberjacks ... Season-best marks include 2:05.68 in the 800m at the Mountain T's Invitational and 4:30.88 in the mile at the NAU Big Sky Tune Up.

2008 Cross Country: Redshirt season.

High School: Graduated from Cardinal Newman High School in 2008 ... Four-year letterwinner in track and field, and lettered one year in cross country ... Two-time state meet qualifier for cross country ... Qualified for the state meet in the 800m.

Personal: Born on December 11, 1989 to Carolyn and John Withers ... Has one older brother, James, and one younger sister, Sarah.



Indoor: RS-Junior
Outdoor: RS-Junior
Tempe, Ariz.
McClintock HS
Mid-Distance

Personal Bests
 1:54.40 - 800 Meters
 4:11.89 - Mile

John Yatsko

Academic Notes: Majoring in civil engineering.

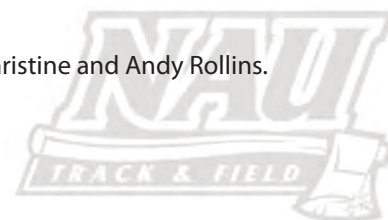
2010 Track & Field: Running in uniform for the first time with the Lumberjacks, saw action in four indoor meets ... Competed in three events at the Big Sky Indoor Championships, including the record-setting men's distance medley relay in which he ran the first leg of 1200m ... Made it through to the finals of the mile, finishing 12th overall (4:21.17@) ... Was a competitor in the 800-meter run (1:55.27@) ... Ran best mile of career at the Mountain T's Invitational (4:11.89@) ... Turned in a personal record of 1:54.40@ in the 800m at the Lumberjack Invitational.

2009 Cross Country: Did not compete.

2008-09: Redshirt season.

High School: Graduated from McClintock High School in 2007 ... Four-year letterwinner in cross country and track and field ... Was the 2006 4A Arizona state champion in cross country ... Claimed the 2006 and 2007 state championships in the 3,200m, and 1,600m champion in 2007 for track.

Personal: Born on November 11, 1988 ... Parents are Christine and Andy Rollins.





Indoor: Freshman
Outdoor: Freshman
Safwa, Saudi Arabia
Dar Al Uloom HS
Sprints/Hurdles

Adel al Nasser

Academic Notes: Majoring in civil engineering.

High School: Graduated from Dar Al Uloom High School in Saudi Arabia in 2008 ... Qualified for the IAAF World Youth Championships in 2007 in the 400-meter dash, 800-meter run and 400-meter hurdles ... In 2008, participated in The Kingdom of Saudi Arabia Senior Championship in Qatif, finishing third in the 400m (48.24) and fourth in the 400mH (53.42) ... At the Kingdom of Saudi Arabia Youth Championship in Riyadh, claimed first place in the 800m (1:54.55) ... Personal best times include 47.54 (400m), 52.60 (400mH) and 1:54.55 (800m).

Personal: Born to Mohammad and Fahemah al Nesser on Dec. 17, 1990 ... Has five brothers, Ahmed, Hussain, Ali, Saleh, Hadi and one sister, Raeda ... Brother, Hadi, is also a student at NAU.



Indoor: Freshman
Outdoor: Freshman
Show Low, Ariz.
Show Low HS
Sprints

Cody Bell

Academic Notes: Contemplating a major in history.

High School: Graduated from Show Low High School in 2010 ... Lettered four years on the football, wrestling and track teams, serving as the captain on each team his senior year ... Won the Arizona 3A State Championship in the 400-meter dash with a time of 50 seconds flat in 2010 ... Named the Show Low High athlete of the year ... A member of one football state championship team, and two track championship teams ... Part of the record-breaking 4x400 and 4x800 meter relays at Show Low.

Personal: Born to Troy and Kristin Bell on Dec. 15, 1991 ... Has four siblings, Brandi, Brianne, Sophie and C.J. ... Also considered attending Azusa Pacific, Wittier, Redlands and Eastern New Mexico before choosing NAU.





Matthew Coloe

Academic Notes: Majoring in medical imaging.

2010 Cross Country: Placed 45th overall at the NCAA Mountain Region Championships from Rose Park Golf Course in Salt Lake City, Utah ... Finished first 10K at the regional in a time of 31:18.2 ... Took 90th, finishing in a time of 24:51.7, in the 'blue' race at the NCAA Pre-Nationals in first career trip to Terre Haute, Ind. ... Made collegiate debut at the Stanford Invitational ... Finished 80th overall in a time of 25:17.

Before NAU: Attended Royal Melbourne Institute of Technology in Melbourne, Australia ... Recorded time of 3:49.29 in the 1,500m at the Australian Athletics Championships ... Turned in time of 8:30.75 in the 3,000-meter Under 20 A Race at the 2006 Zatopek Classic, finishing one spot behind teammate Ben Ashkettle ... Finished second overall behind teammate Ashkettle for the second straight year in a time of 8:17.48 in the U-20 3,000m at the 2007 Zatopek.

High School: Graduated from Marcellin College in 2006 ... Was a member of the cross country and track teams all four years, and served as captain of the two squads his senior season ... Finished 13th at the World Youth Track & Field Championship in Morocco in the 1,500m ... Competed in the World School Cross Country Championships ... Recorded personal bests of 1:51 in the 800m, 3:45 in the 1,500, and 8:17 in the 3,000m ... Also played cricket and basketball in high school.

Personal: Born to Peter and Sue Coloe on April 2, 1988 ... Has one older brother, Daniel.

Indoor: Junior
Outdoor: Junior
Melbourne, Australia
Marcellin College Prep
Mid-Distance
Personal Bests
 1:51 - 800 Meters
 3:45 - 1,500 Meters
 4:11.28 - Mile
 8:17 - 3,000 Meters



Peet Dhillon

Academic Notes: Majoring in electrical engineering with an emphasis in computer engineering.

2010: Did not compete.

2009: Redshirt season.

High School: Graduated from Ironwood Ridge High School in 2008 ... Lettered two years in track and field and one season on the cross country team ... A member of the Ironwood Ridge 4x400-meter relay team that finished first in the region and eighth at the 5A State Championship ... Broke Ironwood Ridge school record in the triple jump.

Personal: Born to Jagdeep and Jaswinder Dhillon on Jan. 24, 1990 ... Has one older sister, Malina.

Indoor: RS-Sophomore
Outdoor: RS-Sophomore
Tucson, Ariz.
Ironwood Ridge HS
Sprints





Indoor: Freshman
Outdoor: Freshman
Indianapolis, Ind.
North Central HS
Distance

Bahlbi Gebreyohanns

Academic Notes: Contemplating a major in economics.

2010 Cross Country: Ran to 135th-place finish in the men's 'blue' race at the NCAA Pre-Nationals (25:17.5) ... Launched his Lumberjack career at the Stanford Invitational where he finished fifth on the team, and 56th overall (25:01).

High School: Graduated from North Central High School in 2010 ... Ran on the cross country and track teams from 2008-09 ... Served as the captain in 2008 ... A member of the 2008 fourth-place team at the Indiana State Cross Country Championships.

Personal: Born to Zeinasellassie Gebreyohanns and Letebrhan Teklehay Manot on July 27, 1990 ... Has two younger brothers and one older sister.



Indoor: RS-Freshman
Outdoor: RS-Freshman
Greeley, Colo.
University HS
Mid-Distance

Sam Hutchison

Academic Notes: Majoring in exercise science.

2010: Redshirt season.

High School: Graduated from University High School in 2009 ... Lettered three years on the track and field team, and four on the cross country team ... Was an all-state honorable mention in Colorado in the 800-meter run his junior and senior seasons ... A member of the 4x400 and 4x800-meter relays that broke school records at University ... Recorded personal-best marks of 1:56.9 (800m) and 50.5 (400m) ... Finished 16th overall his senior year at the cross county state championships (16:50).

Personal: Born to Jane Rozum and Tim Hutchison on Dec. 6, 1990 ... Has two siblings, AJ and Ellie.





Vladimir Jakovljevic

Academic Notes: Major is undecided.

High School: Graduated from Technical School in Belgrade, Serbia, in 2010 ... Was the 2009 Serbia National Junior Champion in the long jump, triple jump and 4x100-meter relay ... At the National Senior Championship, finished second in the long and triple jump ... Recorded first-place finishes in the long and triple jump at the National Junior Cup, and second-place finishes in the same events at the National Senior Cup ... A member of the 2009 European Club Cup Championship team that finished third overall and National Club Championship that claimed first place.

Personal: Born to Andjelka and Zlatko Jakovljevic on Jan. 21, 1991 ... His cousin Mihailo Jakovljevic is a professional soccer player and other cousin, Ivan, is a professional basketball player ... Also considered attending Purdue before choosing NAU.

Indoor: Freshman
Outdoor: Freshman
 Belgrade, Serbia
 Technical School
 Jumps



Stefan Johnson

Academic Notes: Majoring in criminal justice.

Before NAU: Attended Central Arizona College for two years, lettering twice ... Was a member of the 4x100-meter relay that earned NJCCA All-America honors ... Finished fifth overall in the 400-meter dash at the NJCCA Outdoor Championships ... Recorded personal-best times of 10.48 (100m), 21.29 (200m) and 47.56 (400m).

High School: Graduated from Cortez High School in 2008 ... Lettered in football, basketball and track and field, serving as the team captain for the track team ... On the track, won Arizona 4A-II state championships in the 100m, 200m and 4x100-meter relay ... Cortez track team MVP for three seasons ... First-team all-region cornerback on the football team ... Broke the school record in the 100m, 200m and 4x100-meter relay ... A member of the Cortez High School team that won the Black Canyon Region Championship twice.

Indoor: RS-Sophomore
Outdoor: Junior
 Phoenix, Ariz.
 Cortez HS
 Sprints
Personal Bests
 10.48 - 100 Meters
 21.29 - 200 Meters
 47.56 - 400 Meters

Personal: Born to Yvonne and Riley Johnson on Oct. 28, 1989 ... Has three older siblings, Marquez, Ahmon and Amiya.





Indoor: Freshman
Outdoor: Freshman
Gloucester, Mass.
Gloucester HS
Throws

Gus Margiotta

Academic Notes: Contemplating a major in journalism.

High School: Graduated from Gloucester High School in 2010 ... Competed four years in football and track and field ... Was a four-year letter winner on the track, recording personal-best marks of 56 feet in the shot put and 175 feet in the discus ... Competed at the Nike Indoor Nationals two years in a row ... Three-year letter winner in football and a member of the two-time Massachusetts State Championship team.

Personal: Born to Charlie and Elizabeth Margiotta on Oct. 23, 1991 ... Has one older sister, Josie, and a younger brother, Bart ... Also considered attending Penn State, Miami (Fla.), Florida, Rhode Island and Massachusetts before choosing NAU.



Indoor: Freshman
Outdoor: Freshman
Carnation, Wash.
Cedarcrest HS
Jumps

Jackson Pleis

Academic Notes: Contemplating a major in physics.

High School: Graduated from Cedarcrest High School in 2010 ... Lettered four seasons on the football and track and field teams ... On the track, highest finishes at the state level include third in the high jump, fifth in the long jump and ninth in the triple jump ... Recorded personal-best marks of six feet, 10 inches (high jump), 21 feet, six inches (long jump), 45 feet, six inches (triple jump), 155 feet (javelin) and 5,000 points in the decathlon ... Owns four high school records, including state of Washington P.A. T. (point after attempt) record, and Cedarcrest high, long and triple jump school records.

Personal: Born to Matthew and Shawn Pleis on July 7, 1991 ... Has two sisters, Kallie and Maggie ... Father, Matthew, played college football and ran track at California and his uncle, Mark, played college football and ran track at Washington State ... Also considered attending Montana State, Western Washington and Washington State before choosing NAU.





Caleb Potts

Academic Notes: Contemplating a major in exercise science.

High School: Graduated from Eleanor Roosevelt High School in 2010 ... Competed on the cross country, track and field and football teams ... Lettered four years in track and field, three years in cross country and one year in football ... Broke the school record in the 800-meter run with a time of 1:54 ... Competitor in the Junior Olympics.

Personal: Born to Keith and Marnae Potts on June 10, 1992 ... Has three younger siblings.

Indoor: Freshman
Outdoor: Freshman
Eastvale, Calif.
Eleanor Roosevelt HS
Mid-Distance



Cody Reed

Academic Notes: Contemplating a major in mechanical engineering.

High School: Graduated from San Ramon Valley High School in 2010 ... Competed four years under Tim Hunter on the cross country team and also played lacrosse and ran track ... Lettered all four years in cross country and was team's captain for two ... Won the Roy Kissin Award in 2008 and was named all-league in 2009 ... A member of the 2009 undefeated San Ramon Valley team that finished as NCS championships and placed 10th overall at the California State Championships.

Personal: Born to Donna and Richard Reed on June 24, 1991 ... Has one younger sister, Lauren ... Also considered attending Chico State, San Jose State and Sacramento State before choosing NAU.

Indoor: Freshman
Outdoor: Freshman
Danville, Calif.
San Ramon Valley HS
Distance





Indoor: RS-Freshman
Outdoor: RS-Freshman
Phoenix, Ariz.
Cortez HS
Sprints

Markus Robertson

Academic Notes: Contemplating a major in civil engineering.

2010: Redshirt season.

High School: Graduated from Cortez High School in 2009 ... Lettered four years on the track and field team and two years in football ... Arizona 4A-II runner-up in the 110-meter hurdles (14.45) ... 300-meter hurdles 4A-II state champion with a time of 38.93 ... Black Canyon regional champion for the 110 and 300-meter hurdles ... Glendale Union High School district champion three years in a row ... A member of the Cortez team that won the Black Canyon regional title.

Personal: Born to Brenda Robertson on Aug. 31, 1990 ... Has one brother, Denny.



WOMEN'S ROSTER

GILL NORTHERN ARIZONA GILL



Women's Roster

Name	Events	Indoor/Outdoor	Hometown (High School/College)
Amber Anderson	Jumps/Sprints	Sr./Sr.	Carrollton, Texas (Creekview/TCU)
Melissa Anderson	Sprints	So.*/So.*	Sierra Vista, Ariz. (Buena)
Michelle Baltimore	Throws	Sr.*/Sr.*	Yuma, Ariz. (Yuma Catholic/Bethany)
Emily Bartz	Distance	Fr./Fr.	Tucson, Ariz. (Mountain View)
Kortnee Burton	Distance	Jr./Jr.	Brea, Calif. (Brea)
Jessica Bush	Throws	Fr./Fr.	Yakima, Wash. (Eisenhower)
Jenne Childs	Hurdles/Jumps	Jr./Jr.	Meridian, Idaho (Timberline)
Nicole Elliott	Throws	Sr./Jr.*	Scottsdale, Ariz. (Sandra Day O'Connor)
Tory Enderson-Vail	Pole Vault	Jr./Jr.	Chandler, Ariz. (Hamilton/Mesa CC)
Chelsea Gobster	Pole Vault	Fr./Fr.	Glendale, Ariz. (Deer Valley)
Carissa Gwerder	Distance	Fr./Fr.	Enumclaw, Wash. (Enumclaw)
Lauren Hill	Distance	Jr./Jr.	Carroll, Texas (Southlake Carroll)
Simone Holder	Sprints	Jr.*/Jr.*	Toronto, Canada (Clarkston Secondary)
Arshiya Hoseyni	Throws	Sr.*	Tehran, Iran (Iran's)
Danielle Hunt	Distance	Sr./Sr.	Pittsford, N.Y. (Pittsford/SUNY Geneseo)
Rochelle Kanuho	Distance	So.*/So.*	Flagstaff, Ariz. (Coconino)
Alexa Kearns	Distance	Fr./Fr.	Portland, Ore. (St. Mary's Academy)
Lauren Laszczak	Jumps	Fr./Fr.	Tucson, Ariz. (Ironwood Ridge)
Haley Lawrence	Mid-Distance	Sr./Jr.*	Laguna Beach, Calif. (Aliso Niguel)
Rashida McKinnon	Sprints	Jr./Jr.	Palmdale, Calif. (Hamilton)
Lisette Michaels	Distance	Jr./Jr.	Peoria, Ariz. (Cactus)
Jami Michaud	Pole Vault	Sr./Sr.	Mesa, Ariz. (Mount. View/Pleasant Valley CC)
Alex Myers	Distance	Fr.*/Fr.*	Flagstaff, Ariz. (Sinagua/Arizona)
Jamie Pomaski	Throws	Fr./Fr.	Grand Junction, Colo. (Central)
Morgan Pope	Sprints	So./So.	La Quinta, Calif. (La Quinta)
Sarah Raber	Mid-Distance	Fr./Fr.	Cottonwood, Ariz. (Mingus, Union)
Lyndsey Rakestraw	Distance	Fr.*/So.	Woodinville, Wash. (Woodinville)
Mary Rhoades	Distance	So.*/So.*	San Carlos, Calif. (Carlmont)
Jackie Shea	Sprints/Hurdles	Jr.*/Sr.	Littleton, Colo. (Mountain Vista)
Bryanna Smythe	Sprints	Fr./Fr.	Phoenix, Ariz. (Chandler)
Lauren Stuart	Throws	So./So.	Smithers, B.C., Canada (Smithers Secondary)
Kasandra Vegas	Throws	So./So.	Honolulu, Hawaii (Kamehameha)
Amanda Wilcock	Pole Vault	Fr./Fr.	Lakeside, Ariz. (Blue Ridge)
Ciara Williams	Hurdles/Sprints	So.*/So.*	Fairfield, Maine (Waterville)

* - athlete has utilized redshirt season





Amber Anderson

Academic Notes: Majoring in psychology.

2010: In her first year at NAU, advanced to the NCAA West Region Prelims in the long jump where she finished 28th overall after leaping 19 feet, five inches ... She came into the Prelims ranked No. 39 ... Leaped an outdoor-best mark of 39 feet, 9.75 inches (12.14m) at the Sun Angel Track Classic ... Totaled 14 points at the Big Sky Outdoor Championships, scoring fourth-place finishes in both the long and triple jumps, and was a member of the 4x100-meter relay that finished fifth overall (46.65) ... Best outdoor long jump mark came at the Arizona State Invitational when she leaped 19 feet, 10.5 inches (6.06m) ... Finished the indoor season with the 32nd best mark in the triple jump in the country ... Collected 11 points at the Big Sky Indoor Championships after finishing third in the long jump (5.99m/19-7.75) and fourth in the triple jump (12.21m/40-0.5) ... Leaped a career-best 41 feet, 8.5 inches at the NAU Team Challenge to give her a NCAA provisional mark in the event ... Jumped a season-best 19 feet, 11.75 inches (6.09m) in her Lumberjack debut at the NAU Blue Gold and Red.

Indoor: Senior
Outdoor: Senior
Carrollton, Texas

Creekview HS
Jumps/Sprints

Personal Bests
25.53 - 200 - Meters
19-11.75 - Long jump
41-8.25 - Triple jump

Before NAU: Attended TCU for two years where she lettered two years in track.

High School: Graduated from Creekview High School in 2007 ... Lettered four years in track and field and two years in both basketball and volleyball while attending high school ... Voted most outstanding track athlete in 2006-07 ... Was a part of the 2007 and 2008 track and field Mountain West Conference champion teams at TCU.

Personal: Born on February 26, 1989 to Michael and Gloria Anderson ... Has one older sister, April.



Michelle Baltimore

Academic Notes: Majoring in exercise science and contemplating a career in physical therapy.

2010: Redshirt season.

2009: In first season with the Lumberjacks, competed in both the indoor and outdoor campaigns, and appeared in both conference championship meets ... Recorded season-best mark in the shot put (13.54m/44-5) at the Friday Night Challenge ... Personal best mark in the weight throw came at the NAU Team Challenge (16.06m/52-8.25) ... In the outdoor season was the Lumberjack's best discus thrower, collected a fifth-place finish at the Big Sky Outdoor Championships (46.73m/153-3.75) ... Seventh-place finisher in the hammer throw at the conference championships (48m/157-5.75).

Indoor: RS-Senior
Outdoor: RS-Senior
Yuma, Ariz.
Yuma Catholic HS

Throws
Personal Bests
44-5.25 - Shot put
52-8.25 - Weight throw
158-4.75 - Discus
164-2.75 - Hammer throw

Before NAU: Competed two years at Bethany College of the Kansas Collegiate Athletic Conference.

High School: A 2006 graduate of Yuma Catholic High School ... Four-time letterwinner in track and field ... Served as track and field team captain for two years at Yuma Catholic ... Also received two letters in basketball.

Personal: Born April 1, 1988 to Paulette Brown.





Indoor: Junior
Outdoor: Junior
Brea, Calif.
Brea Olindo HS
Distance

Personal Bests
4:55.37 - 1,500 Meters
5:22.66 - Mile
9:57.77 - 3,000 Meters
17:08.91 - 5,000 Meters
35:02.45 - 10,000 Meters

@-altitude converted time



Kortnee Burton

Academic Notes: All-Academic Big Sky selection in 2008, 2009 and 2010 ... Majoring in marketing.

2010 Cross Country: Redshirt season.

2010 Track & Field: Continued breakout sophomore campaign on the track by reaching the NCAA West Preliminary Round in the 10,000-meter run ... Came into the race ranked 41st in the region and finished 27th overall to end the year ... Recorded new personal-best mark of 35:02.45@ on her way to a second-place finish in the 10K at the Big Sky Outdoor Championships ... Followed up 10K performance with another outdoor personal record on the weekend, this time in the 5,000-meter run where she finished third in a time of 17:21.78@ ... Cruised to victory (35:18.67) in the women's open division of the 10K at the Mt. SAC Relays, besting the second-place finisher by more than 20 seconds ... Scored a fifth-place finish, and new personal best (17:08.91@), in the 5K at the Big Sky Indoor Championships ... Doubled up in the 3K as well, taking eighth in the event ... Ran 17:30.27 at the Husky Classic in first 5K of the season ... Ran two 3Ks at the Mountain T's Invitational and Lumberjack Invitational to open indoor campaign.

2009 Cross Country: In the five races she appeared in on the season, finished second on the team in four ... Closed out season with a 23rd-place finish (21:39.1) at the NCAA Mountain Region Championships to earn first All-Region medal ... Took second place (19:27.6) at the Big Sky Championships behind teammate Veronica Pohl to make first career All-Big Sky team ... Finished 76th in the "white" race at the NCAA Pre-Nationals in a time of 21:50.9 ... Turned in a 28th-place performance (18:10.6) at the Cowboy Jamboree to help the women's team finish fourth overall ... At the George Kyte Classic, opened season with a fourth-place finish with a season-best 5K time of 17:54.4.

2009 Track & Field: In freshman campaign with the Lumberjacks, recorded season-best indoor mark in the 3,000-meter run at the NAU Open (10:15.34@) ... At the Big Sky Indoor Championships, finished seventh overall in the 3,000m (10:17.06@) and fifth in the 5,000m (17:52.67@) ... At the Big Sky Outdoor Championships, finished second in the 10,000-meter run, scoring eight points for the Lumberjacks (37:21.91@) ... Also competed in the 5,000-meter run.

2008 Cross Country: Ran in seven races during first season with the Lumberjacks ... Finished fifth on the team at the NCAA Cross Country Championships in a time of 22:12 ... Took 34th at the NCAA Mountain Region Championships to help the team finish third overall (21:28.4) ... Ran to a season-best 13th-place finish (17:43.3) at the Big Sky Championships ... Placed fifth on the team at the NCAA Pre-Nationals (22:10.8) ... At the Cowboy Jamboree, finished 59th overall in the 6K event (22:53) ... Finished 41st at the Aztec Invitational in San Diego (18:54) ... Opened NAU career at the George Kyte Classic, finishing fifth in a time of 18:53.

High School: Graduated with honors from Brea Olinda High School in 2008 ... Four-year letterwinner in cross country, serving as team captain for one year ... Earned three letters in track ... Three-time state qualifier in cross country (2004-06) ... Ran the 1,200m leg on the school record distance medley relay team ... Also played basketball for two years ... Graduated high school with a 4.0 grade point average.

Personal: Born to Kim Burton on April 2, 1990 ... Enjoys painting and going to the beach in her spare time.





Jenne Childs

Academic Notes: Planning to major in communication.

2010: Saw action in six meets during the outdoor season, competing in the 100-meter hurdles in each ... Best outdoor time came at the ASU-NAU-UA Double Dual when she collected a mark of 15.19 in the event ... Secured a Big Sky qualifying time in the 60-meter hurdles during the indoor season at the NAU Invitational when she ran to a career-best time of 9.14 seconds ... Competed in the 55-meter hurdles at the Big Sky Invitational, finishing the preliminary round in a time of 8.57 seconds.

2009: Competed in both the indoor and outdoor seasons for the Lumberjacks ... Season-best marks for the year included 8.37 (60-meter dash), 12.89 (100-meter dash), 26.83 (200-meter dash), 9.16 (60-meter hurdles) and 14.66 (100-meter hurdles) ... Competed at both the indoor and outdoor conference championships.

High School: A 2008 graduate of Timberline High School ... Earned four letters in track and field, served as team captain for one season ... Three-time state champion in the 4x100 relay ... Three-time state runner-up in the 100m hurdles ... Also earned two letters in basketball.

Personal: Born on March 19, 1990 to Chris and Kana Childs ... Has an older brother, Jesse, and a younger sister, Jade.

Indoor: Junior
Outdoor: Junior
Meridian, Idaho
Timberline HS
Hurdles
Personal Bests
 8.37 - 60 Meters
 8.95 - 60m Hurdles
 14.66 - 100m Hurdles





Nicole Elliott

Academic Notes: Majoring in business.

2010: Competed during the indoor season while redshirting the outdoor campaign ... Placed seventh in the weight throw at the Big Sky Indoor Championships (17.53m/57-6) ... Was also a competitor in the shot put at the indoor championships (10th) ... Recorded personal-best marks in both the shot put and weight throw ... At the NAU Team Challenge, launched personal-best mark of 60 feet, 4.75 inches (18.41m) in the weight throw ... Scored a new personal record in the shot put at the Friday Night Challenge after recording a mark of 45 feet, 10.75 inches.

2009: During her sophomore campaign, collected a season-best mark in the shot put at the 2009 Sun Devil Invitational (13.91m/45-7.5) ... Also recorded personal-bests in the hammer throw at the Double Dual (50.12/164-5) and the weight throw at the Mountain T's Invitational (18.20m/59-8.5) ... 2009 indoor Big Sky champion in the weight throw (17.99/59-0.25), and competitor in the shot put ... At the Big Sky Outdoor Championships, finished sixth in the hammer throw (48.85m/163-3) and eighth in the shot put (13.49m/44-3).

2008: Recorded season-best marks for the Lumberjacks in the shot put (13.63m/44-8.5) and weight throw (16.02m/52-6.5) at the Friday Night Challenge ... Best hammer throw mark came at the Mesa Track and Field Classic (48.12m/157-10.25) ... Competed at the Big Sky Outdoor Championships in the hammer throw and shot put.

High School: Holds record in shot put and discus ... Broke North Canyon Invitational shot put record ... Team was state runner-up in 2007 ... Placed third in shot put and javelin, and fifth in discus at Down Under Sports in Australia.

Personal: Daughter of Jeff and Kim Elliott ... Born on June 25, 1989.

Indoor: Senior
Outdoor: RS-Junior
Scottsdale, Ariz.

Sandra Day O'Connor HS
Throws

Personal Bests
45-10.75 - Shot put
60-4.75 - Weight throw
164-5 - Hammer throw





Lauren Hill

Academic Notes: All-Academic Big Sky selection in 2009 ... Majoring in visual communication with emphasis in graphic design.

2010 Cross Country: Did not compete.

2010 Track & Field: Took to the track in three meets for the Lumberjacks, focusing on the 800m and mile run ... Season-best time in the mile (5:48.91@) came at the NAU Tune Up ... Ran 2:41.82@ in the 800m at the Friday Night Challenge.

2009 Cross Country: Did not compete.

2009 Track & Field: In first track and field season, recorded season-best marks in the 400-meter dash (1:02.99), 800 meters (2:21.51@), 1,500 meters (4:56.17) and the mile (5:33.35) ... 800-meter competitor at the Big Sky Indoor Championships.

2008 Cross Country: Redshirt season.

High School: Graduated from Carroll High School in 2008 ... Letterwinner four years in track and field and one year in cross country ... Was a captain of the track and field team where she competed in the 200m, 400m and 800m events ... Named Athlete of the Year in 2008 at her high school ... Was a part of the Nike Team National Athletes.

Personal: Born on February 20, 1990 to Vilette and Timothy Hill ... Has one younger brother, Harrison Hill ... Father Timothy played college football at Northwestern.

Indoor: Junior
Outdoor: Junior
Carroll, Texas
Southlake Carroll HS
Mid-Distance
Personal Bests
 2:21.32 - 800 Meters
 4:56.17 - 1,500 Meters
 5:31.42 - Mile

@-altitude converted time



Simone Holder

Academic Notes: Majoring in business administration.

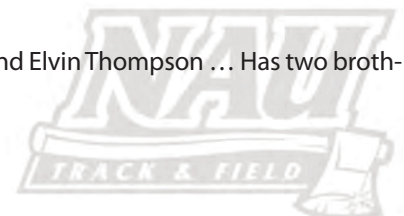
2010: Capped off outdoor season at the Big Sky Outdoor Championships, competing in the 100 and 200-meter dashes and was a member of the fifth place 4x100-meter relay team (46.65) ... Recorded two personal records, including a 12.34 second mark at the Arizona State Invitational and a 25.28 mark at the Beach Invitational ... Was a competitor for the Lumberjacks in the 55 and 200-meter dashes at the Big Sky Indoor Championships ... Top indoor mark in the 60-meter dash came at the NAU Invitational when she ran 7.9 seconds ... Best 200-meter dash time of 25.32 seconds came at the NAU Tune Up.

2009: Ran in the 60, 100 and 200-meter dashes for the Lumberjacks in her first season ... Recorded her season-best times in the 100 and 200-meter dashes at the ASU Invitational ... At the Big Sky Indoor Championships, finished sixth in the 60-meter dash, and also competed in the 200-meter dash ... Finished seventh in the 100-meter dash at the Big Sky Outdoor Championships, and also competed in the 200-meter dash.

High School: Graduated from Clarkson Secondary School in 2006 ... Member of the track and field team and served as the captain in 2006 ... Named Clarkson Secondary School Athlete of the Year in 2006.

Personal: Born on May 29, 1988 ... Parents are Sandra and Elvin Thompson ... Has two brothers, Jerimaine and Andre and one sister, Jada.

Indoor: RS-Junior
Outdoor: RS-Junior
Toronto, Canada
Clarkston Secondary
Sprints
Personal Bests
 7.80 - 60 Meters
 12.34 - 100 Meters
 25.28 - 200 Meters





Indoor: RS-Senior
Tehran, Iran
Iran's HS
Throws
Personal Bests
48-7 - Shot put
151-6.75 - Discus

Arshiya Hoseyni

Academic Notes: 2008, 2009 and 2010 All-Academic Big Sky selection ... Majoring in mechanical engineering.

2010: Finished final outdoor campaign with the Lumberjacks ranked No. 40 in the shot put after throwing 44 feet, 5.75 inches at the NCAA West Region Prelims ... Scored best finish at a Big Sky Championship when she finished fourth in the shot put at the outdoor championships (14.63m/47-11.75) ... Placed seventh in the discus throw at the outdoor championships to secure two points with a mark of 140 feet, 3.25 inches ... Recorded personal-best discus mark of 151 feet, 6.75 inches at the ASU-NAU-UA Double Dual ... Top outdoor shot put mark came at the Mt. SAC Relays (14.75m/48-4.25) ... Placed sixth in the shot put at the Big Sky Indoor Championships with a toss of 46 feet, 11.25 inches (14.31m) ... Collected a career-best mark in the shot put at the NAU Tune Up (14.81m/48-7).

2009: Competed during the indoor and outdoor campaigns for the Lumberjacks ... Best indoor shot put mark came at the NAU Open (13.79m/45-2.75) ... Big Sky Indoor Championships competitor in the shot put ... Outdoor season saw Hoseyni advance to the West Regional ... Set personal-best marks in both the shot put (14.37m/47-1.75) and the discus (41.35m/135-8) ... Big Sky Outdoor competitor in the shot put and discus ... Ranked 16th in the shot put going into the West Region Championships.

2008: Participated in both the indoor and outdoor seasons ... Recorded season-best mark in the shot put at the Double Dual (13.85m/45-5.25) ... Season-best discus throw came at the Azusa Pacific Invitational (41.34m/135-7.5) ... Big Sky Championship competitor in both the indoor and outdoor shot put.

2007: Competed during the outdoor season for the Lumberjacks in the shot put and discus ... Recorded season-best mark in the shot put at the Arizona International (12.79m/41-11.5) and season-best mark in the discus at the Baldy Castillo Invitational (39.42m/129-3.75) ... Competed in the shot put at the Big Sky Outdoor Championships.

High School: Attended Iran's High School in 2005, before continuing her education at Payam Pre University in 2006 ... Career highlight was placing second in the shot put at the International Islamic Women's Games with a mark of 12.64 meters.

Personal: Born on March 2, 1988 ... Daughter of Behjat Chaharbagi and Hassan Hoseyni.



Indoor: RS-Sophomore
Outdoor: RS-Sophomore
Flagstaff, Ariz.
Coconino HS
Distance
Personal Bests
5:16.29 - Mile
10:07.72 - 3,000 Meters
17:16.86 - 5,000 Meters

Rochelle Kanuho

Academic Notes: Majoring in parks and recreation management.

2010 Cross Country: Closed out sensational sophomore season with a 28th-place finish at the NCAA Mountain Region Championships ... Turned in a season-best 6K time from the regional meet (21:31.7) ... Garnered Big Sky All-Conference honors after finishing fifth to lead the team (16:03.8) at the conference championship meet ... Turned in a fifth-place finish in the 'open' race at the NCAA Pre-Nationals in first career 6K event (21:58.2) ... After two seasons with the team, made collegiate debut at the Grand Canyon/Southwestern Invite ... Blazed past the competition on the 5K course in a time of 18:16.1 to claim the individual title.

2010 Track & Field: In first track season with the Lumberjacks, ran the mile at five indoor meets in Flagstaff ... Best mile time came at the NAU Tune Up when she crossed the finish line in 5:52.56@ ... In lone outdoor race, ran 20:12.61 in the 5,000m at the Mesa Classic .

2009 Cross Country: Did not compete.

2008-09: Redshirt season.

High School: Graduated from Coconino High School in 2008 ... Four-year letterwinner in both cross country and track and field ... Also lettered two years in basketball ... Was the Grand Canyon Regional Track and Field Most Valuable Athlete in 2005 and 2006.

Personal: Born on July 4, 1990 ... Daughter of Carlos Jimenez ... Has four brothers, Terrance Kanuho, Julio Jimenez, Joshua Ratcliff and Jessie Ratcliff ... Also has three sisters, Kristy Kanuho, Vanessa Jimenez and Samantha Jimenez.

@-altitude converted time



Haley Lawrence

Academic Notes: Named to the fall 2009 Big Sky All-Academic team ... Majoring in health sciences.

2010 Cross Country: Did not compete.

2010 Track & Field: Competed only during the indoor season for the Lumberjacks ... At the Big Sky Indoor Championships, scored 15 points over the course of three events ... Ran the anchor leg (mile) of the second-place distance medley relay team ... Took seventh place in the 3,000-meter run, the first of her career (9:58.56@) ... Closed out weekend with a fourth-place finish in the mile (4:57.55@) ... Nearly matched personal best in the mile at the Husky Classic, finishing in a time of 4:47.13 ... Turned in a time of 5:01.60@ at the Mountain T's Invitational in Flagstaff ... Opened season at the Friday Night Challenge in the Walkup Skydome, collecting times of 2:24.88@ in the 800m and 5:12.81@ in the mile.

Indoor: Senior
Outdoor: RS-Junior
Laguna Beach, Calif.
Aliso Niguel HS
Mid-Distance

Personal Bests
 2:11.36 - 800 Meters
 4:26.84 - 1,500 Meters
 4:47.12 - Mile
 9:58.56 - 3,000 Meters

@-altitude converted time

2009 Cross Country: Concluded sophomore season having run in six races for the Lumberjacks ... Finished fifth on the team at the NCAA Mountain Region Championships in a time of 22:28.1 ... Claimed All-Big Sky honors for the first time in career with a sixth-place finish (19:54.9) at the Big Sky Championships ... Was fourth on the team (85th overall) in the "white" race at the NCAA Pre-Nationals meet, finishing with a time of 21:58.2... Took 26th-place at the Cowboy Jamboree in best 5K time of the season (18:08.9) ... Turned in a time of 18:39 to finish fifth overall at the Aztec Invite ... Began season with ninth-place finish at the George Kyte Classic (18:25.1).

2009 Track & Field: Capped off successful sophomore campaign with a trip to the West Region Outdoor Championships where she finished 15th in the 1,500-meter prelims (4:28.76) ... Ran the 800m and mile events during the indoor season, and competed in both at the Big Sky Indoor Championships ... Scored in both events for the Lumberjacks, finishing seventh in the 800m (2:20.17@) and fifth in the mile (4:58.20@) ... At the Big Sky Outdoor Championships, took third place in the 1,500m (4:28.22@) and seventh in the 800m (2:18.13@).

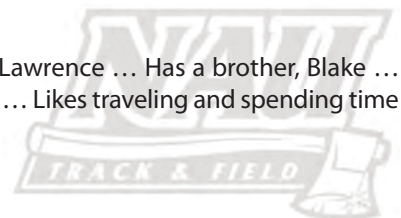
2008 Cross Country: Ran in six meets in initial season at NAU ... Recorded Four top-20 finishes on the season ... Placed 33rd at Mountain Region with season-best 6K time(21:26.3) and 213th at NCAA Championships (22:06.9) ... Finished 11th overall at the Big Sky Conference Championships in best 5K time of the season (17:41) ... Placed 18th overall at the Cowboy Jamboree (21:57) ... Ran to a 13th-place finish, and third on the team, at the Aztec Invitational (18:31) ... Finished a season-best third at the George Kyte Invitational to open up cross country career as a Lumberjack (18:43.7).

2008 Track & Field: During the her first year with the Lumberjacks, competed in the indoor and outdoor seasons ... Competed in the 800 and 1,500-meter events, collecting season-best marks in both events at the Big Sky Outdoor Championships ... Finished fifth in the 1,500m in 4:27.54, and placed seventh in the 800-meter run (2:14.80).

2007 Cross Country: Redshirt season.

High School: Named Team Best Distance Runner in 2005 ... South Coast League Athlete of the Year 2007 ... Earned Coaches Award and All-League honors in Soccer in 2006-07 ... Holds school record in 800m and 4x400 ... Soccer team won league all four years ... Track team won league three-of-four years and cross county once ... 2006 state champion in 800m, as well as top-five finish in 2005 and top 10 in 2007 ... Maintained honor roll and scholar-athlete status for all of high school.

Personal: Born on August 16, 1989 to Jerry and Sherri Lawrence ... Has a brother, Blake ... Grandfather Gary Kimbrell played football at Pepperdine ... Likes traveling and spending time at the beach in her spare time.





Indoor: Junior
Outdoor: Junior
Palmdale, Calif.

Hamilton HS
Sprints

Personal Bests

8.08 - 60 Meters

25.13 - 200 Meters

56.21 - 400 Meters

Rashida McKinnon

Academic Notes: Majoring in psychology with a minor in sociology.

2010: Concluded successful sophomore campaign scoring 10 points at the Big Sky Outdoor Championships ... Ran to a sixth-place finish in the 400-meter dash (56.89) and was a member of the 4x400-meter relay team that finished third (3:46.46) ... Collected two personal records during the outdoor season with both coming in the state of California ... At the Mt. SAC Relays, ran to a 13 th-place finish in the 400m (56.21) ... Followed up Mt. SAC performance with second personal best of the weekend, this time at the Beach Invitational where she ran 25.13 in the 200m ... Scored 21 points at the Big Sky Indoor Championships in the 400m (4th), 4x400-meter relay (2nd) and Distance Medley Relay (2nd) ... Season-best times in the 200 and 400 meter dashes came at the Friday Night Challenge (26.04) and the Big Sky Indoor Championships (56.21).

2009: Ran in the 200 and 400-meter dashes her freshman year ... Collected personal bests in each event ... Ran 25.73 at the Sun Devil Invitational ... Best 200-meter dash time came at the NAU Big Sky Tune Up (57.18) ... Competed at both Big Sky Championships.

High School: A 2008 graduate of Hamilton High School ... Three-year letterwinner and three time captain ... Three-time MVP winner ... Was city and league champion in the 200m (25.5) and 400m (57.1).

Personal: Born on April 9, 1990 in Flossmoor, Ill. ... Daughter of Frank and June McKinnon ... Has one sister, Adia Armstrong, who ran track for UCLA.





Indoor: Junior
Outdoor: Junior
Peoria, Ariz.
Cactus HS
Distance
Personal Bests

4:47.62 - 1,500 Meters
 5:25.68 - Mile
 10:40.75 - 3,000 Meters
 17:42.11 - 5,000 Meters

@-altitude converted time



Lisette Michaels

Academic Notes: Big Sky All-Academic selection in 2010 ... Majoring in speech-language pathology with a minor in community health.

2010 Cross Country: Capped off junior campaign with a 44th-place finish at the NCAA Mountain Region Championships, turning in a season-best 6K time of 21:55.0 ... Finished 21st overall in first trip to the Big Sky Championship, completing the 5K course in a time of 16:46.3 ... Matched her 6K performance from Stanford (22:25.3) and took 19th place in the 'open' race at the NCAA-Pre Nationals ... Top finisher for the team at the Stanford Invitational, covering the 6K course in a time of 22:55 to place 60th ... Finished 33rd overall, and second on the team at the Aztec Invite (19:23.6) ... Opened season at the George Kyte Classic, crossing the finish line in a time of 19:46.0 to claim 17th place.

2010 Track & Field: Saw action in both the indoor and outdoor seasons for the Lumberjacks ... Scored first career point at the Big Sky Outdoor Championships in the 5,000-meter run with an eighth-place finish (18:03.45) ... Recorded 5K personal record at the Beach Invitational when she crossed the finish line in a time of 17:42.11 ... Collected personal best in the 1,500m at the Mesa Classic with a time of 4:47.62 ... Opened outdoor season with a mark of 18:34.97 in the 5K at the ASU Invitational ... Made her first trip to the Big Sky Indoor Championships for the 5K, finishing in a time of 18:24.10@ ... Ran best 3,000m of the season at the NAU Invitational (10:40.75@) ... At the Friday Night Challenge in Flagstaff, recorded new personal record in the mile with a time of 5:33.29@.

2009 Cross Country: Appeared in one meet during sophomore season, finishing 20th overall at the Arizona State Invitational 5K in a time of 18:33.6.

2009 Track & Field: Competed in five meets during the indoor season ... Best mile time came at the NAU Big Sky Tune Up (5:39.60).

2008 Cross Country: Ran in three meets in her freshman season ... Finished a season-best 32nd at George Kyte Invitational in collegiate debut.

High School: Graduated with honors from Cactus High School in 2008 ... Earned three cross country letters and was team captain ... Four-year captain and letterwinner in track ... Received Scholar-Athlete Award all four years ... Set school records in the 1,600m and 3,200m ... Named Athlete of the Year in 2008.

Personal: Born to John and Norma Michaels on Aug. 26, 1989 ... Has a brother, Daniel, and one sister, Elyse.





Indoor: Senior
Outdoor: Senior
Mesa, Ariz.
Mountain View HS
Pole Vault
Personal Bests
12-7.5 - Pole vault

Jami Michaud

Academic Notes: 2009 and 2010 All-Academic Big Sky selection ... Majoring in dental hygiene.

2010: Scored best Big Sky finish when she cleared 12 feet, 2.75 inches to secure a fifth-place finish ... Re-wrote the school record book at the NAU Tune Up, clearing 12 feet-7.75 inches to improve her school record in the indoor pole vault by seven-and-a-half inches.

2009: In her first season with the Lumberjacks, broke two school polevaulting records and now holds the NAU indoor polevaulting record holder (12-0 1/4) from the NAU Big Sky Tune Up ... Also NAU outdoor polevaulting record holder (12-7 1/2) from the ASU Double Dual last May ... Tied for seventh at the Big Sky Indoor Championships, and finished 11th at the outdoor conference championships ... Competed in the West Regional Championship.

Before NAU: Attended Paradise Valley Community College in 2008 where she was a track and field Academic All-American ... Named to the NJCAA All-American team ... Won the indoor and outdoor NJCCA national championships in polevaulting.

High School: 2007 graduate of Mountain View High School ... Set school record in the pole vault her senior year (12-0.5) ... State runner up in the pole vault as a senior ... Also lettered on the swimming and diving team.

Personal: Born on March 10, 1989 to James and Judy Michaud ... Has four brothers (Richard, Braden, Kenly, and Trevor), and one sister (Tori) ... Majoring in dental hygiene.



Indoor: Sophomore
Outdoor: Sophomore
La Quinta, Calif.
La Quinta HS
Sprints
Personal Bests
7.79 - 60 Meters
12.36 - 100 Meters
25.24 - 200 Meters
58.50 - 400 Meters

Morgan Pope

Academic Notes: Majoring in exercise science.

2010: In her first year at NAU, competed in the 100 and 200-meter dashes during the indoor and outdoor seasons ... Season-best 100-meter dash time came at the ASU-NAU-UA Double Dual where she ran 12.36 seconds ... Recorded top-season mark in the 200-meter dash at the Bryan Clay Invitational (25.24) ... Competed in both the 100 and 200-meter dash at the Big Sky Outdoor Championships ... During the indoor season, recorded top 200m time at the NAU Team Challenge (25.65), and season-best 4x400-meter relay time came at the NAU Tune Up (3:53.15).

High School: Graduated from La Quinta High School in 2009 ... Four-year letterwinner in track and field, and also lettered in basketball and volleyball ... Named 2009 athlete of the year at her high school ... MVP all four years in track and basketball ... Broke her school's 200m record (25.22) and was also a part of record-breaking relay teams in the 4x100m, 4x400m and 4x800m.

Personal: Born on September 21, 1991 to Lee and Julie Pope ... Has one younger brother, Taylor ... Father, Lee, ran track and played football at the University of New Hampshire.





Lyndsey Rakestraw

Academic Notes: Majoring in hotel and restaurant management.

2010 Cross Country: Ran to a 95th-place finish in a 6K time of 22:58.8 to close out sophomore campaign ... Capped off trip to home state of Washington with a 35th-place finish (17:09.3) at the Big Sky Championship ... Finished second on the team, and 84th overall at the Stanford Invitational, covering the 6K course in a time of 22:49 ... Recorded 51st-place finish at the Aztec Invite, shaving off 20 seconds from her 2009 time in the 5K event (19:58.5) ... Opened season with 30th-place finish at the George Kyte Classic (20:30.8).

2010 Track & Field: After redshirting the indoor season, ran in five meets, including the Big Sky Outdoor Championships where she competed in the 10,000-meter run, finishing with a time of 39:14.54@ ... Took part in the 3,000-meter run at the Double Dual, collecting a time of 11:02.71 ... Recorded best 5,000m time at the Beach Invite when she crossed the finish line in 18:45.56.

2009 Cross Country: In first year as a Lumberjack, saw action in two races for the team ... Ran season-best 5K time of 18:03.6 at the Arizona State Invitational to finish 13th overall ... Made season debut at the Aztec Invitational, completing the course in a time of 20:18.

High School: Graduated from Woodinville High School in 2009 ... Four year letterwinner and two year captain of cross country team ... 2009 team MVP ... Recorded time of 19:29 in the 5K ... Member of 2008-2009 Senior All-Star Washington State Cross Country team.

Personal: Born on July 27, 1990 ... Daughter of Bob and Kathy Rakestraw ... Has two older brothers, Andy and Brian ... Considered Southern Oregon and Washington State University before choosing NAU.

Indoor: RS-Freshman
Outdoor: Sophomore
Woodinville, Wash.
Woodinville
Distance

Personal Bests

11:02.71 - 3,000 Meters
 18:45.56 - 5,000 Meters
 39:14.54 - 10,000 Meters

@-altitude converted time



Mary Rhoades

Academic Notes: Majoring in biology.

2010: Did not compete.

2009: Redshirt season.

High School: Graduated from Carlmont High School in 2008 ... Lettered three times in both cross country and track and field under coach Jeff Gilkey ... Broke the school's 3,200-meter run record with a time of 10 minutes, 52 seconds.

Personal: Born to Janice and Darrell Rhoades on May 19, 1990 ... Has one sister, Barbara.

Indoor: RS-Sophomore
Outdoor: RS-Sophomore
San Carlos, Calif.
Carlmont HS
Distance





Indoor: RS-Junior

Outdoor: Senior

Peoria, Ariz.

Cactus HS

Sprints/Hurdles

Personal Bests

7.83 - 60 Meters

58.86 - 400 Meters

1:03.27 - 400m Hurdles

2:21.11 - 800 Meters

Jackie Shea

Academic Notes: 2009 and 2010 All-Academic Big Sky selection ... Majoring in exercise science.

2010: Focused on the 400-meter distance events during junior campaign ... Finished the outdoor season with an eighth-place finish in the 400-meter hurdles at the Big Sky Outdoor Championships ... Recorded personal-best time in the event during the prelims of the conference championships (1:03.27) ... Was a member of the third-place 4x400-meter relay at the outdoor championships ... At the Big Sky Indoor Championships, competed on both relay squads ... Ran the 800-meter leg of the second-place Distance Medley Relay, and was a member of the second-place 4x400-meter relay ... Season-best 400-meter dash time came at the NAU Invitational (59.21).

2009: In first season with the Lumberjacks, competed in the 400-meter dash, 800-meter run and the 400-meter hurdles ... Collected best 400-meter dash time at NAU Team Challenge (58.86) ... Ran her best 800m race at the Willie Williams Classic (2:21.21), and best hurdles race came at the Double Dual (1:04.18) ... Was a competitor at the Big Sky Outdoor Championships in the 400-meter hurdles.

2008: Competed only during the outdoor campaign her first year at NAU ... Saw action in the 100, 200 and 400-meter dashes as well as the 400-meter hurdles ... Season-best times included 13.29 (100), 26.98 (200), 1:00.14 (100) and 1:04.09 (400mH) ... Was a competitor in the 400-meter hurdles at the Big Sky Outdoor Championships.

High School: Graduated from Mountain Vista High School in 2007 ... All-state and academic All-state four consecutive years ... All-league in 2007 ... Set new record in 300MH, 4x100M, 4x200M, 4x400M and Sprint Medley ... Won the 300MH at the state finals by a margin of 2 seconds.

Personal: Born July 31, 1988 to Chris Shea and Sarah Shea ... Father and brother played basketball at Pueblo State and San Diego State.



Indoor: Sophomore

Outdoor: Sophomore

Smithers, B.C., Canada

Smithers Secondary

Throws

Personal Bests

39-5.5 - Shot put

58-3 - Weight throw

188-3.25 - Hammer throw

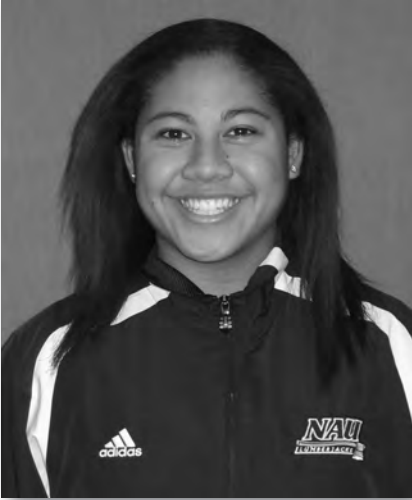
Lauren Stuart

Academic Notes: 2010 All-Academic Big Sky selection ... Majoring in animal biology.

2010: Finished stellar freshman campaign with 40th-place finish at the NCAA West Region Prelims (52.42m/171-11.75) ... Held the No. 26 ranking in the hammer throw going into the West Prelims ... Took second place in the hammer throw at the Big Sky Outdoor Championships when she recorded a mark of 181 feet (55.17m) ... Season-best throw of 188 feet, 3.25 inches in the hammer throw came at the Mesa Classic ... Scored first Big Sky points with a sixth-place finish (17.76m/58-3) in the hammer throw at the indoor championships from Bozeman, Mont. ... The 58 foot throw at the conference championships was a season-best ... Best indoor mark in the shot put came at the NAU Team Challenge (12.03m/39-5.5).

High School: Graduated from Smithers Secondary School in 2009 ... A member of the track and field, alpine skiing, basketball and volleyball teams in high school ... In 2008 won silver medal in the hammer throw (43.76m) at the Canadian Youth National Athletic Championships ... Collected seven total medals from various championship events, including three gold medals in the hammer throw ... In 2009 was a triple gold medalist in the hammer, discus and shot put at the B.C. High School Track & Field Championships ... Gold medal winner in the hammer (50.36m) at the Lethbridge Throws Gala ... Won the B.C. high school alpine skiing championships in 2008.

Personal: Born on November 16, 1991 to Jim and Maureen Stuart ... Father, Jim, played hockey at the University of British Columbia.



Kasandra Vegas

Academic Notes: Majoring in sports medicine and exercise science.

2010: Competed for the Lumberjacks in both seasons in first year on campus ... Saw action in four throwing events during the year ... Best shot put mark came at the NAU Invitational (12.13m/39-9.5) ... Hurlled season-best weight throw mark at the NAU Invitational (14.40m/47-2.75) ... During the outdoor season, recorded best discus and hammer throws at the Sun Devil Open (38.15m/125-1.75) and Mesa Classic (145-10).

High School: Graduated from Kamehameha High School in 2009 ... Lettered in three sports, including soccer, cross country and track and field ... Was the state runner-up in the discus her junior year ... Double medalist in 2009 in the discus (5th place) and shot put (6th place) ... A member of the 2008 state championship girls track team, the first in school history ... 2008 and 2009 1st team in state for discus.

Personal: Born on March 1, 1991 to Kerenad and Jeffery Vegas ... Has two brothers, Esera and Kahele.

Indoor: Sophomore
Outdoor: Sophomore
Honolulu, Hawaii
Kamehameha HS
Throws

Personal Bests
 40-11.5 - Shot put
 50-8 - Weight throw
 145-10 - Hammer throw
 125-1.75 - Discus



Ciara Williams

Academic Notes: Majoring in sociology with a minor in social work.

2010: In first year of competition at NAU, advanced to both Big Sky Championships, competing in the 100-meter hurdles outdoors and the 55-meter hurdlers indoors ... Season-best time in the 100-meter hurdles came at the outdoor championships where she ran 14.82 in the preliminary round ... Recorded Big Sky qualifying mark indoors at the Friday Night Challenge in the 60-meter hurdles (9.17).

High School: A 2008 graduate of Waterville High School ... Four year letterwinner in indoor and outdoor track ... Held school record in the 55m hurdles with a time of 8.6 and the 100m hurdles at 15.2 ... Member of state champion indoor team in 2006 and champion outdoor teams in 2006 and 2008 ... Received MVP, sprinter award, and girls top performer award.

Personal: Born on Feb. 28, 1990 in Phoenix, Ariz. ... Daughter of Douglas Williams and Anita Johnson.

Indoor: RS-Sophomore
Outdoor: RS-Sophomore
Fairfield, Maine
Waterville HS
Hurdles

Personal Bests
 8.60 - 55m Hurdles
 8.32 - 60 Meters
 9.08 - 60m Hurdles
 14.82 - 100m Hurdles





Indoor: RS-Sophomore
Outdoor: RS-Sophomore
Sierra Vista, Ariz.
Buena HS
Sprints

Melissa Anderson

Academic Notes: Majoring in chemistry pre-forensic with an emphasis in biology with a minor in criminal justice.

2010: Redshirt season.

2009: In her freshman campaign, ran during both the indoor and outdoor seasons for the Lumberjacks ... Season-best marks indoors include 28.44 in the 200-meter dash and 1:00.63 in the 400m ... Personal-best 200 meter time came at the New Mexico Tailwind Invitational (28.11).

High School: Graduated from Buena Vista High School in 2008 ... Served as captain of the track and field team for one season ... A member of the Buena Vista team that won the Arizona 5A Southern Region title in 2008.

Personal: Born on April 24, 1990 to Kenneth and Dianne Anderson ... Has one brother, Kenneth.



Indoor: Freshman
Outdoor: Freshman
Tucson, Ariz.
Mountain View HS
Distance

Emily Bartz

Academic Notes: Plans to major in visual communication with an emphasis in graphic design.

2010 Cross Country: At the Grand Canyon/Southwestern Invite, finished 11th overall in a time of 20:16.5 ... Made collegiate debut at the Aztec Invite, running to a 76th-place finish (21:31.3).

High School: Graduated from Mountain View High School in 2010 ... Lettered all four years in cross country and track while serving as the captain her senior year ... Named to the 5A Southern Region second team her sophomore year in cross country, and was a member of the Southern Region championship team the same season ... On the track, won state championships her junior and senior season in the 4x800-meter relay ... School record holder in the 4x800m relay.

Personal: Born to Brent and Hope Bartz on Sept. 30, 1991 ... Has three younger sisters, Gretchen, Hannah and Patience ... Both parents were student-athletes at Utah State with her father a member of the football team, and mother, cross country.





Indoor: Freshman
Outdoor: Freshman
Yakima, Wash.
Eisenhower HS
Throws

Jessica Bush

Academic Notes: Contemplating a major in exercise science.

High School: Graduated from Eisenhower High School in 2010 ... Played four sports in high school, including volleyball, swimming, basketball and track and field ... Was the CBBN field event athlete of the year in 2008 and 2010 ... In 2008, was first team all-league in the discus, and third-team all-league in the shot put ... Was a three-time regional shot put champion (2008-10), and a double district champion in the discus and shot put (2009-10) ... A three-time state championship meet participant and 2010 discus champion ... Holds the Eisenhower discus record with a 137, six inch throw in 2010 ... Also lettered four years on the women's basketball team, averaging 11.7 points and 9.5 rebounds her senior season ... A member of the National Honors Society.

Personal: Born to Anthony and Marie Bush on Sept. 20, 1991 ... Has a younger sister, Rachel ... Also considered the Air Force Academy, Idaho, Washington, Washington State, Sacramento State, Brown and Idaho State before choosing NAU.



Indoor: Junior
Outdoor: Junior
Chandler, Ariz.
Hamilton HS
Pole Vault

Tory Enderson-Vail

Academic Notes: Majoring in exercise science.

Before NAU: Attended Mesa Community College for two years ... Competed in the pole vault for two years under coach Steve Jacobs ... Was a junior college national qualifier, and placed 13th overall at the NJCCA Outdoor Championships in the pole vault ... Team finished the 2010 season second in the region and seventh overall at the NJCCA Outdoor Championships ... Cleared a personal-best 10 feet, six inches while at Mesa ... Made the President's Honor Roll List with a 3.75 GPA.

High School: Graduated from Hamilton High School in 2007 ... Four-year letter winner on the track and field team for coach Mike Johnston ... Was a member of the women's basketball team for two years ... Appeared on the honor roll throughout high school, graduating with a 3.5 GPA.

Personal: Born to Bobette Enderson and Troy Vail on July 30, 1989 ... Has four older siblings ... Stepbrother, Adam Ziminsky, was a polevaulter for Arizona from 2003-07 ... Also considered attending Arizona State before choosing NAU.





Indoor: Freshman
Outdoor: Freshman
Glendale, Ariz.
Deer Valley HS
Pole Vault

Chelsea Gobster

Academic Notes: Contemplating a major in athletic training.

High School: Graduated from Deer Valley High School in 2010 ... Competed in three sports, including volleyball, cross country and track and field ... Was a three-year starter on the volleyball team, and two-year letter winner on the track and field team ... School record holder in the pole vault (10-3) ... Arizona 5A II state runner-up in 2010 and third place in 2009 ... Northwest region champion in 2009 and runner-up in 2010.

Personal: Born to Michael and Karol Gobster on Oct. 5, 1991 ... Has four brothers, Tim, Tom, Jeff and Ian and one sister, Brooke Johnson.



Indoor: Freshman
Outdoor: Freshman
Enumclaw, Wash.
Enumclaw HS
Mid-Distance

Carissa Gwerder

Academic Notes: Majoring in Spanish and international affairs.

2010 Cross Country: Placed 118 at the NCAA Mountain Region Championships and turned in a 6K time of 23:34.2 in season finale ... In a return to her home state, finished third on the women's team, and 29th overall (16:58.9), at the Big Sky Championship from Cheney, Wash. ... Turned in 64th-place finish in the 'open' race at the NCAA Pre-Nationals for a career-best 6K time of 23:16.8 ... Ran to second-place finish at the Grand Canyon/ Southwestern Invite, crossing the finish line in a time of 19:18.2 ... In first 6K of the season, finished 170th at the Stanford Invitational (24:43) ... Opened collegiate career at the Aztec Invite, placing 52nd in a time of 19:59.1.

High School: Graduated from Enumclaw High School in 2010 ... Ran cross country and track over her four years, serving as the captain her senior season ... Was the SPSL 3A cross country girls athlete of the year for 2008 ... Won the Towel Award for eight letter during high school career ... Also claimed the Chuck Smith Outstanding Athlete award ... Broke the Enumclaw freshman record in the 3,200m, running 11:47 ... Her team was state qualifiers for four years, and SPSL 3A league champions twice.

Personal: Born to Paul and Judy Gwerder on April 29, 1992 ... Has two brothers, Caleb and Jeremy, and one younger sister, Aleea ... Also considered Portland, Pacific and Oregon State before choosing NAU.





Indoor: Senior
Outdoor: Senior
Pittsford, N.Y.
Pittsford HS
Distance

Danielle Hunt

Academic Notes: Pursuing Master of Art in sustainable communities while serving as graduate assistant in the program ... Graduated Magna Cum Laude from SUNY at Geneseo ... Academic All-American and member of the Sigma Tau Delta Honor Society.

2010 Cross Country: Closed out NAU cross country career with an 87th-place finish at the NCAA Mountain Region Championships ... Her 6K time of 22:50.1 on the Rose Park Golf Course was her best of the season ... Ran to a 34th-place finish (17:06.7) at the Big Sky Championship, finishing fourth on the team ... Finished third on the team and 68th overall in the 'open' race at the NCAA Pre-Nationals (23:18.4) ... Led the team with a 32nd-place finish at the Aztec Invite, finishing in a time of 19:21.6 ... Began NAU career at the George Kyte Classic, pacing the squad with a 15th-place finish, covering the 5K course in 19:39.4.

Before NAU: While attending SUNY Geneseo, was a three-year member on the cross country and track & field teams ... Member of the fifth and ninth-place finishing teams at the Division III Cross Country Championships ... In 2007 and 2008, earned Academic All-American honors during the cross country, indoor and outdoor seasons ... Two-time All-SUNYAC, All-Regional and All-State team member ... Recorded 10K meet record at the Cortland Invitational in 2009 ... While running for the Syracuse Chargers, finished fourth overall at the Niagara Cross Country Championships.

High School: Graduated from Pittsford Sutherland High School in 2006 ... Ran cross country and track during senior year of high school, collecting a personal record of 11:40 in the 3,000-meter run, qualifying her for sectionals ... In first three years at Pittsford, was a member of the field hockey team, serving as the captain twice.

Personal: Born to Bruce and Barbara Hunt on July 24, 1988 ... Has one younger brother, Justin ... Also considered attending Minnesota, Colorado, Penn State and Syracuse.





Indoor: Freshman
Outdoor: Freshman
Portland, Ore.
St. Mary's Academy
Distance

Alexa Kearns

Academic Notes: Contemplating a major in engineering.

2010 Cross Country: Ran to a 22nd-place finish at the Grand Canyon/Southwestern Invite in a time of 21:18.70 ... Recorded a mark of 22:44.9 at the Aztec Invite ... Made collegiate debut for the Lumberjacks at the George Kyte Classic, finishing in a time of 22:54.3.

High School: Graduated from St. Mary's Academy in 2010 ... Competed all four years on the cross country, track and field and swimming teams ... Served as the captain for one season for all three sports ... In cross country, recorded best 5K time of 18:36 on the course ... Ran to marks of 58.2 in the 400-meter dash, 2:26 in the 800m, 4:47 in the 1,500m and 10:17 in the 3K for track.

Personal: Born to Nancy Munn and Dan Kearns on Oct. 28, 1991 ... Has two sisters, Zoey and Rory, and one younger brother, Gabe ... Also considered attending San Francisco.



Indoor: Freshman
Outdoor: Freshman
Tucson, Ariz.
Ironwood Ridge HS
Jumps

Lauren Laszczak

Academic Notes: Contemplating a major in speech therapy.

High School: Graduated from Ironwood Ridge High School in 2010 ... Lettered on both the track and field and golf teams, as well as starting one season on the soccer team ... Arizona 5A state champion in the high jump from 2007-10 ... Also competed on the Tucson Elite Athletic Club for three years ... Personal-best marks include five feet, six inches in the high jump, 17 feet, one inch in the long jump and 45 feet, three inches in the triple jump ... A member of the 5A state championship team in 2009 and 2010.

Personal: Born to Ken Laszczak and Pam Jackson on Nov. 23, 1991 ... Has an older brother, Justin and younger sister, Camille.





Indoor: RS-Freshman
Outdoor: RS-Freshman
Flagstaff, Ariz.
Sinagua HS
Distance

Alex Myers

Academic Notes: All-Academic Big Sky selection in 2010 ... Pre-nursing major.

2010 Cross Country: Recorded season-best 6K time of 22:59.7, and ran to a 96-place finish at the NCAA Mountain Region Championships to close out the year ... Placed 40th overall at the Big Sky Championship in a time of 17:15.3 ... Crossed the finish line in a time of 24:13 in the 'open' race at the NCAA Pre-Nationals ... Recorded mark of 23:32 at the Stanford Invitational to finish third on the team ... Ran to 50th-place finish at the Aztec Invite, finishing third on the team with a mark of 19:57.2 ... Donned NAU uniform for the first time at the George Kyte Classic, covering the Buffalo Park course in 19:57.6 to finish 22nd.

Before NAU: Attended Arizona where she competed on the cross country team for one season.

High School: Graduated from Sinagua High School in 2009 ... Lettered all four years on the cross country and track teams ... Earned all-state honors and Grand Canyon Region MVP, as well as winning the state championship in the 3,200m ... Holds the school record in the 1,600m, 3,200m, 4x400 and 4x800-meter relays.

Personal: Born to Becky and Tom Myers on Aug. 3, 1991 ... Has one older sister, Britney, who competed on the cross country and track & field teams at NAU ... Also has a younger brother, Weston.



Indoor: Freshman
Outdoor: Freshman
Grand Junction, Colo.
Central HS
Throws

Jamie Pomaski

Academic Notes: Contemplating a major in education.

High School: Graduated from Central High School in 2010 ... Lettered in volleyball and track and field ... Finished fifth in the discus and eighth in the shot put her senior season at the state championship meet ... Three-year track and field MVP, and served as the captain for both the volleyball and track and field teams.

Personal: Born to John and Roberta Pomaski on Feb. 2, 1992 ... Has one brother, John, who played basketball for Mesa State and Northern Colorado ... Also considered attending the Air Force Academy, Lehigh and Mesa State.





Indoor: Freshman
Outdoor: Freshman
Cottonwood, Ariz.
Mingus Union HS
Mid-Distance

Sarah Raber

Academic Notes: All-Academic Big Sky selection in 2010 ... Major is undecided.

2010 Cross Country: Concluded first season finishing 120th overall in a 6K time of 23:41.4 ... Completed the Big Sky Championship with a 52nd-place finish (17:49.1) over the 5K course ... Improved 6K time by 31 seconds (23:19.3) and finished 71st overall in the 'open' race at the NCAA Pre-Nationals ... Completed the 6K course at the Stanford Invitational in a time of 23:50 ... Raced to a 62nd-place finish at the Aztec Invite (20:27.2) ... Opened NAU career with a 38th-place finish at the George Kyte Classic (20:58.7).

High School: Graduated from Mingus Union High School in 2010 ... Ran on the track & field team all four years ... Collected personal-best marks of 2:21.34 in the 800m and 58.4 in the 400m ... Named Grand Canyon Region Most Valuable Female Athlete ... Team won the 2010 Grand Canyon Region Championship ... Was also a two-time 4All state champion in the 100-meter breaststroke.

Personal: Born to Sally and Mike Raber on Sept. 3, 1991 ... Has one older sister, Lindsay, and one older brother, Cody.



Indoor: Freshman
Outdoor: Freshman
Phoenix, Ariz.
Chandler HS
Sprints

Bryanna Smythe

Academic Notes: Contemplating a major in mass communication.

High School: Graduated from Chandler High School in 2010 ... Competed four seasons on the four-time Arizona 5A state champion track and field team under coach Eric Richardson ... Lettered and served as the captain for four years ... Ran to personal-best times of 12.45 (100m), 25.36 (200m) and 57.03 (400m) ... Named the Mile Split-USA first team elite runner and the Chandler High School comeback athlete of the year.

Personal: Born to Damon and Brendalyn Smythe on June 2, 1992 ... Has two sisters, Danielle and Brynn.





Courtney Tripp

Academic Notes: Contemplating a major in psychology.

High School: Graduated from Sandy High School in 2010 ... Lettered in both volleyball and track and field ... Oregon 6A discus state champion her senior year, throwing a high school-best mark and Sandy school record 143 feet ... Also finished third in the shot put her junior and senior seasons ... Helped team to third-place finish at the 6A state championships.

Personal: Born to Sally and Sean Tripp on Jan. 27, 1992 ... Has one sister, Katherine Carl, who is a member of the Concordia track and field team ... Both parents played collegiate sports with her father playing football and mother competing in volleyball ... Also considered attending Sacramento State before choosing NAU.

Indoor: Freshman
Outdoor: Freshman
Sandy, Ore.
Sandy HS
Throws



Amanda Wilcock

Academic Notes: Contemplating a major in biomedical science.

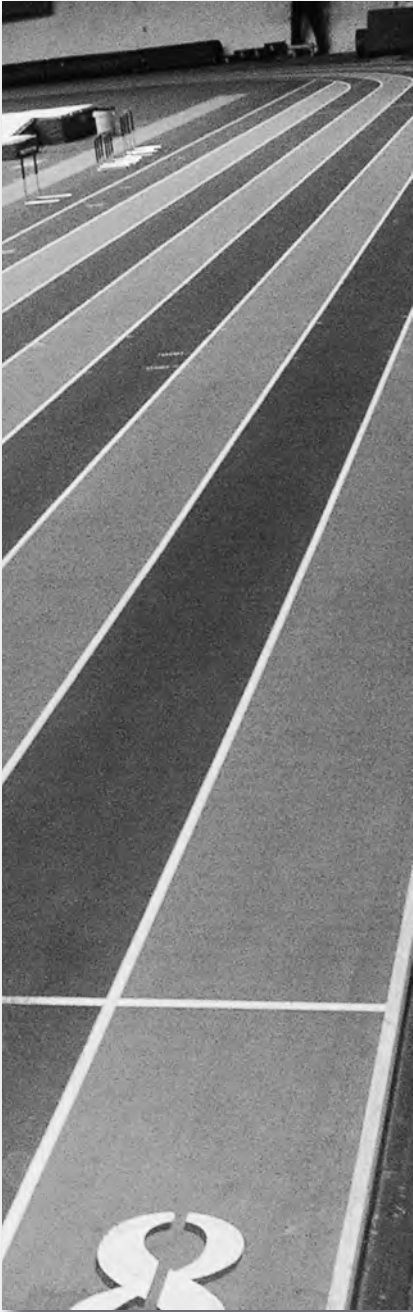
High School: Graduated from Blue Ridge High School in 2010 ... Lettered four seasons on the track and field team under coach Bob London and also played soccer for three seasons ... Captured the Arizona 3A state championship in the pole vault in 2010 ... Was named the most valuable field athlete (2010) and most improved field athlete (2007) ... A member of the Blue Ridge 3A championship team in 2008-09 ... 2009 soccer team also won state championship ... Earned a 4.0 GPA while at Blue Ridge.

Personal: Born to Blaine and Beverly Wilcock on Dec. 8, 1991 ... Has two brothers, Jaymeson and Jacob, and two sisters, Lindsey and Heidi ... Also considered attending Southern Utah before choosing NAU.

Indoor: Freshman
Outdoor: Freshman
Lakeside, Ariz.
Blue Ridge HS
Pole Vault



J. Lawrence Walkup Skydome



The 2011 indoor track and field season inside the J. Lawrence Walkup Skydome will feature only three home meets as the dome undergoes the first major renovation since it opened in 1977. Barton Malow is providing CM at Risk services for the renovation of the J.L. Walkup Skydome at Northern Arizona University. The 268,000 square foot multi-purpose stadium will undergo renovations to address code and accessibility issues, including ADA handrails, wheelchair spaces and access to various areas of the Skydome, egress issues, life-safety storage, and electrical, mechanical and water issues.

The Skydome has been the home of NAU football, basketball and indoor track and field since 1977. Construction began in the fall of 1975, and the facility was completed in September 1977. Seating capacity for football is 15,300 and 7,000 for basketball.

Once the largest wood-span structure of its kind in the world, the Skydome was built at a cost of more than \$8 million. It covers an area of 6.2 acres, with the roof spanning more than 500 feet and rising 142 feet above the playing surface.

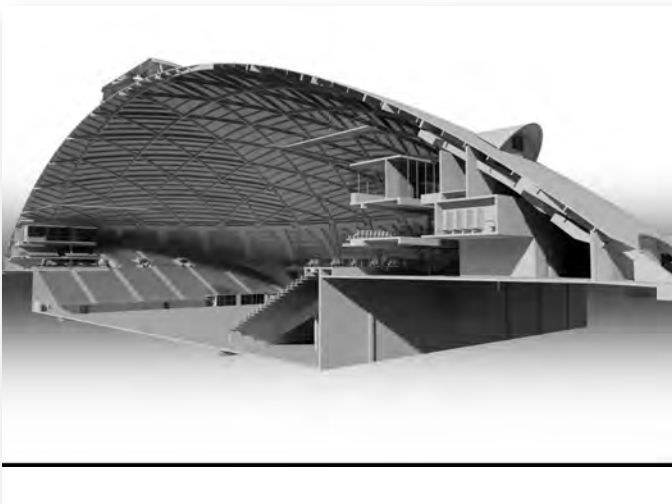
In 2001, the last renovation to the Skydome redid the floor as the 96,000-square foot surface was covered with Mondo. The track contains a six-lane, 300-meter non-banked loop (eight sprinting lanes) with the infield containing enough area for six NCAA-standard basketball and volleyball courts, as well as two regulation tennis courts. Track and field specific, the facility now has 12-month training capabilities. When covered for football with artificial turf, the Skydome supports a practice pole vault pit and a long/triple jump runway, as well as a lane for sprinting and hurdles. When the turf is up, the facility can be used for intramural and camp sports, and has enough room for a varsity soccer practice.

The first NAU sporting event held in the Skydome was a Lumberjack win over Montana in football on a last-second field goal, 25-24. The first NAU basketball game was a 101-76 triumph over Alaska Anchorage.

Special athletics events held in the Skydome include a Division II football playoff game in 1977, a Division I-AA football playoff games in 1996 and 2003, a first-round National Invitation Tournament basketball game in 1986 and 2006, the 1987, 1997, 1998 and 2006 Big Sky Conference men's basketball tournaments, and the 1984, 1990, 1993, 1997, 2000, 2003, 2006 and 2009 Big Sky Conference indoor track and field championship meets. In 2003, comedian Jay Leno appeared at the Skydome in a special Family Weekend event.

Many special events, including concerts, trade shows and high-school state tournaments are held in the Skydome each year. It also serves as training camp home of the Arizona Cardinals and Phoenix Suns. In May of 2000, the facility hosted a WNBA exhibition game between the Phoenix Mercury and the Detroit Shock.

NAU is one of 10 universities to own its own domed facility. The others are Idaho, Idaho State, North Dakota, Northern Iowa, Northern Michigan, North Dakota State, South Dakota, East Tennessee State and Syracuse.



Lumberjack Stadium & Throws Field

For the past 13 years, Lumberjack Stadium has been home to Northern Arizona women's soccer and track and field teams after serving as the main football facility at NAU for over 40 years. Located on the north side of campus, Lumberjack Stadium, recently renamed Max Spilsbury Field at Lumberjack Stadium, will continue as the home of the track and field team in 2010 while the facility is renovated.

The stadium began as the home of Lumberjack football in the fall of 1957, with the Lumberjacks opening the facility with a 47-0 win over Ft. Huachuca Army Base. The stadium remained the football home until 1977, when the program moved into its current home, the J. Lawrence Walkup Skydome. In its 20 years in Lumberjack Stadium, the football team carded a 61-33-3 (.644) record.

The new Lumberjack Stadium will have more room for concessions and include a new press box, space for athletic teams and public facilities. The rebuilt stadium will house facilities for track and field, women's soccer, golf and men's and women's tennis, including brand new locker rooms, training facilities, meeting rooms and offices.

The stadium upgrade will include replacing the track turf, and lighting around the Max Spilsbury Field will be Dark Skies compliant. The Health and Learning Center will replace the 40-year-old Fronske Health Center, renovate and expand the 20-year-old Recreation Center and replace the 49-year-old stadium. It will include two floors of much-needed classrooms and an integrated service center providing physical health, mental health, recreation, intercollegiate athletic facilities, a café and social gathering space. The 270,000- square-foot facility is expected to open in August 2011.

The NAU throws program has a new home with a state-of-the-art practice and competition facility that ranks among the best in the West coast. It is located on the southwest corner of the NAU campus behind the recreational fields.

The facility has two 300-foot hammer and discus landing areas and two 80-foot shot put landing areas with two circles each for the hammer, discus and shot put with two UCS hammer-discus cages.

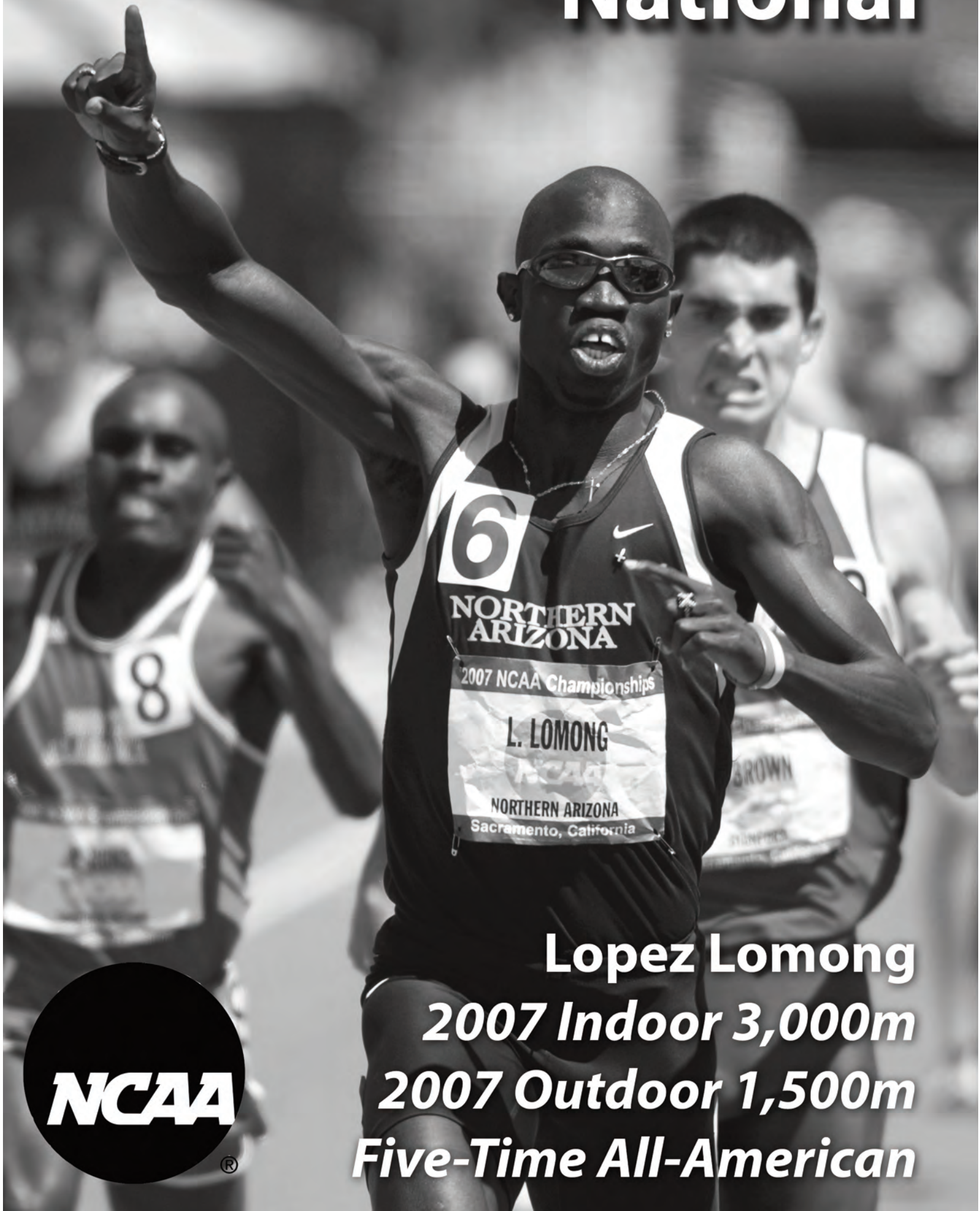
The facility was designed by Phoenix-based CMX Engineering to meet requirements and built by Valley Rain out of Phoenix as part of the new NAU Recreational Fields Project.

The ground and cage equipment was supplied by UCS (which also provided the ground equipment for the Skydome indoor track). The safety side net was built by West Coast Netting based in Kingman, Ariz.

The raw material for the facilities is from the Flagstaff area including the wood chips and cinder for the landing area, as well as the cement for the slabs and curbing. The facility was designed to be used not only for training but also to be able to host high level throws competitions and championships.



National



Lopez Lomong
2007 Indoor 3,000m
2007 Outdoor 1,500m
Five-Time All-American

NCAA

®

Champions



David McNeill
2010 Indoor 5,000m
2010 Outdoor 5,000m
Nine-Time All-American



The Nilsson Sisters



Six National Championships

19 All-American Honors

11 Big Sky Indoor Championships

12 Big Sky Outdoor Championships

Seven School Records

Six Big Sky Conference Records



Angela Chalmers



J. W. Hardy



Anna Soderberg



Karim Chester



Monique Young



Travis Laird



Britney Rogers



Ahmed Osman

NAU All-Americans

Men's Indoor

Paul Wagner-Distance
 Richard Sliney-Two-Mile
 Rodney Belk-4x400m Relay
 J.W. Hardy-4x400m Relay
 Will Glover-4x400m Relay
 Anthony Wilson-4x400m Relay
 Leon Thomas-4x400m Relay
 Brian Martinez-4x400m Relay
 Tim Martin-5,000m
 Jama Bile-Mile
 Theo Martin-5,000m
 John Howell-3,000m
 Karim Chester-Weight Throw
 Lopez Lomong-3,000m*
 David McNeill-3,000m/5,000m*

Women's Indoor

Angela Chalmers-Mile/1,500m*
 Nikki Toms-Mile
 Rikke Pedersen-3,000m
 Anna Soderberg-WT/SP
 Emily Allison-500m
 Ida Nilsson-5,000m/3,000m*
 Johanna Nilsson-Mile/3,000m*
 Britney Rogers-High Jump
 Monique Young-Triple Jump

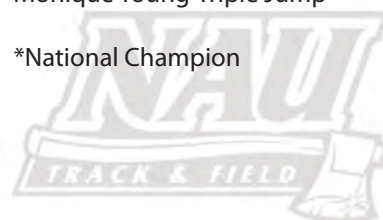
Men's Outdoor

Richard Sliney-Six-Mile
 Rodney Belk-4x400m Relay
 Will Glover-4x400m Relay
 J.W. Hardy-4x400m Relay
 Anthony Wilson-4x400m Relay
 Kristian Pettersson-Shot Put
 John Howell-Steeplechase
 Theo Martin-10,000m
 Tim Martin, 10,000m
 Tommy Sarenbrandt-Decathlon
 Billy Herman-Steeplechase
 Nick Petrucci-Discus
 Travis Laird-10,000m
 Lopez Lomong-800/1,500m*
 David McNeill-5,000m*

Women's Outdoor

Monique Donithan-High Jump
 Mindy Meyer-4x400 Relay
 Charlotte Reeves-4x400m Relay
 Nancy Skiba-4x400m Relay
 Tiffany Wells-4x400m Relay
 Maya Benzoor-Long Jump
 Angela Chalmers-1,500/3,000m
 Nikki Toms-Distance
 Lori Parker -Discus
 Debbie Orr-High Jump
 Kristi Klinnert-10,000m
 Anna Wiklund-Heptathlon
 Anna Soderberg-Discus*
 Sabine Kreiger-Heptathlon
 Linda Nestorsson-Shot Put
 Ida Nilsson-Steeplechase*
 Jinny Hanifan-Steeplechase
 Johanna Nilsson-1,500m*
 Britney Rogers-High Jump
 Monique Young-Triple Jump

*National Champion



Big Sky Standards

Indoor Standards

Standard(W)	Event	Standard(M)
7.25	55m	6.51
8.37	55mH	7.81
7.80	60m	7.00
8.37	60mH	8.40
(C) 25.65/25.95 (B)	200	(C) 22.25/22.55 (B)
(C) 58.00/58.40 (B)	400	(C) 49.25/49.65 (B)
2.16.00	800	1.54.50
5.03.00	Mile	4.14.50
10.10.00	3000m	8.30.0

* Time of 10:25.00 (women) or 8:35.00 (men) or better in the 3,000-meters qualifies athletes for 5,000m

18.30.00	5000m	15.20.00
1.62m	High Jump	1.95m
5.60m	Long Jump	6.90m
11.30m	Triple Jump	14.00m
3.50m	Pole Vault	4.70m
13.50m	Shot Put	15.60m
16.00m	Weight Throw	17.00m
3100	Pent./Hep.	4600
All teams	DMR	All teams
Top 8 teams	1600m Relay	Top 8 teams



Rashida McKinnon prepares to take the handoff from Jackie Shea in the 4x400-meter relay at the 2010 Big Sky Championships.

Outdoor Standards

Standard(W)	Event	Standard(M)
12.30	100m	10.90
14.70	100/110mH	15.10
25.20	200m	22.00
57.50	400m	48.90
1.05.00	400mH	55.50
2.17.00	800	1.54.50
4.41.00	1500	3.55.00
11.41.00	3000mSC	9.35.00
18.30.00	5000	14.50.00

* Time of 17:30.00 (women) or 15:00.00 (men) or better in the 5,000-meters qualifies athletes for 10,000m

38.30.00	10,000*	31:00.00
1.60m	High Jump	1.95m
5.60m	Long Jump	6.90m
11.30	Triple Jump	14.00m
3.40m	Pole Vault	4.70m
13.00m	Shot Put	15.30m
41.50m	Discus Throw	46.00m
40.00m	Javelin Throw	57.00m
48.00m	Hammer Throw	50.00m
4000	Hep./Dec.	6000
Top 8 teams	400m Relay	Top 8 teams
Top 8 teams	1600m Relay	Top 8 teams

Track Conversions

Big Sky Track Sizes

B - 200 Meters (EWU, WSU, USU)

C - Banked or Over 200 Meters (ISU, NAU, MSU)

Converting From B Track To C Track

Men's 200 - .25	Women's 200 - .20
Men's 400 - .40	Women's 400 - .30
Men's 800 - .60	Women's 800 - .40
Men's Mile - .80	Women's Mile - .60
Men's 3000 - 1.3	Women's 3000 - .80
Men's 5000 - 1.9	Women's 5000 - 1.6

Converting From 60 Meters to 55 Meters

Dashes: Men - Subtract .49	Women - Subtract .52
Hurdles: Men - Subtract .53	Women - Subtract .57

Converting Hand Times

Hand times are .1-.2 faster than automatic times

*Add .24 to hand timed races less than one full lap.

*Add .14 to all races over one full lap



NCAA Indoor Standards

Event	Men's Auto.		Women's Auto.	
	FAT	MT	FAT	MT
55 Meters	6.14@	—	6.74@	—
60 Meters	6.60@	—	7.26@	—
55-Meter Hurdles	7.17@	—	7.57@	—
60-Meter Hurdles	7.70@	—	8.14@	—
200 Meters				
(Under 200m/220 yds)*	21.48	—	23.90	—
(200m/220 yds)*	21.23	—	23.70	—
(Banked or Over 200m/220 yds)*	20.83	—	23.20	—
400 Meters				
(Under 200m/220 yds)*	47.15	46.9	53.60	53.3
(200m/220 yds)*	46.75	46.5	53.30	53.0
(Banked or Over 200m/220 yds)*	46.15	45.9	52.60	52.3
800 Meters#				
(200m/220 yds or less)*	1:48.90	1:48.6	2:06.00	2:05.7
(Banked or Over 200m/220 yds)*	1:48.00	1:47.7	2:05.00	2:04.7
Mile#				
(200m/220 yds or less)*	4:00.80	4:00.5	4:38.90	4:38.6
(Banked or Over 200m/220 yds)*	3:59.00	3:58.7	4:37.00	4:36.7
3,000 Meters#				
(200m/220 yds or less)*	7:57.20	7:56.9	9:16.00	9:15.7
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2	9:13.00	9:12.7
5,000 Meters#				
(200m/220 yds or less)*	13:50.80	13:50.5	16:12.50	16:12.2
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7	16:07.50	16:07.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:10.50	3:10.2	3:38.00	3:37.7
(200m/220 yds)*	3:08.90	3:08.6	3:36.80	3:36.5
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:34.00	3:33.7
Mile Relay				
(Under 200m/220 yds)*	3:10.70	3:10.4	3:39.20	3:38.9
(200m/220 yds)*	3:09.10	3:08.8	3:38.00	3:37.7
(Banked or Over 200m/220 yds)*	3:07.50	3:07.2	3:35.20	3:34.9
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	9:33.00	9:32.7	11:09.40	11:09.1
(Banked or Over 200m/220 yds)*	9:30.00	9:29.7	11:05.50	11:05.2
Distance Medley Relay—Yards#				
(200 m/220 yds or less)*	9:35.70	9:35.4	11:11.00	11:10.7
(Banked or Over 200 m/220 yds)*	9:33.50	9:33.	11:09.00	11:08.7

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds.

Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

*—Size of track.

#—Altitude adjustment available.

Field Events

	Men's Auto.	Women's Auto.
High Jump	2.24m (7-4)	1.85m(6-0.75)
Pole Vault	5.50m (18-0.5)	4.30m (14-1.25)
Long Jump	7.90m (25-11)	6.38 (20-11)
Triple Jump	16.15m (52-11.75)	13.30m (43-7.5)
Shot Put	19.30m (63-3.75)	16.90m (55-5.25)
20-Pound Weight	21.50m (70-6.25)	21.00m (68-10.75)
Heptathlon/Pentathlon	5,675 points	4,075 points



Lopez Lomong captures the indoor 3,000-meter National Championship in 2007.



David McNeill claims his first of two 5,000-meter national titles at the 2010 NCAA Indoor Championships

Big Sky Men's Indoor Champions

Year	Site	Champion	Points	Coach of the Year
2011	Pocatello, Idaho	Sacramento State	133	Kathleen Raske, Sacramento State
2010	Bozeman, Mont.	Northern Arizona	132	Eric Heins, Northern Arizona
2009	Flagstaff, Ariz.	Northern Arizona	184	J.W. Hardy, Northern Arizona
2008	Pocatello, Idaho	Sacramento State	141	Kathleen Raske, Sacramento State
2007	Bozeman, Mont.	Sacramento State	107.5	Kathleen Raske, Sacramento State
2006	Flagstaff, Ariz.	Idaho State	126.5	Dave Nielsen, Idaho State
2005	Pocatello, Idaho	Idaho State	141	Dave Nielsen, Idaho State
2004	Bozeman, Mont.	Weber State	165.5	Chick Hislop, Weber State
2003	Flagstaff, Ariz.	Northern Arizona	165.5	Ron Mann, Northern Arizona
2002	Pocatello, Idaho	Weber State	170.5	Chick Hislop, Weber State
2001	Bozeman, Mont.	Weber State	121	Chick Hislop, Weber State
2000	Flagstaff, Ariz.	Northern Arizona	145	Ron Mann, Northern Arizona
1999	Pocatello, Idaho	Weber State	112.5	Chick Hislop, Weber State
1998	Bozeman, Mont.	Idaho State	114	Dave Nielsen, Idaho State
1997	Flagstaff, Ariz.	Idaho State	131	Dave Nielsen, Idaho State
1996	Bozeman, Mont.	Northern Arizona	132	Ron Mann, Northern Arizona
1995	Moscow, Idaho	Northern Arizona	120	Ron Mann, Northern Arizona
1994	Pocatello, Idaho	Boise State	140	Ed Jacoby, Boise State
1993	Flagstaff, Ariz.	Northern Arizona	136	Ron Mann, Northern Arizona
1992	Moscow, Idaho	Northern Arizona	108.5	Ron Mann, Northern Arizona
1991	Pocatello, Idaho	Northern Arizona	123.6	Ron Mann, Northern Arizona
1990	Flagstaff, Ariz.	Northern Arizona	129	Ron Mann, Northern Arizona
1989	Moscow, Idaho	Northern Arizona	106	Ron Mann, Northern Arizona
1988	Pocatello, Idaho	Northern Arizona	117	Ron Mann, Northern Arizona
1987	Pocatello, Idaho	Northern Arizona	110	Ron Mann, Northern Arizona
1984	Flagstaff, Ariz.	Idaho	105	Mike Keller, Idaho
1983	Moscow, Idaho	Boise State	97.5	Ed Jacoby, Boise State
1982	Pocatello, Idaho	Idaho State	122	Jerry Quiller, Idaho State
1981	Pocatello, Idaho	Nevada	95	Jack Cook, Nevada
1980	Pocatello, Idaho	Northern Arizona	90	Leo Haberlack, Northern Arizona
1979	Pocatello, Idaho	Weber State	121	Chick Hislop, Weber State



Big Sky Women's Indoor Champions

Year	Site	Champion	Points	Coach of the Year
2011	Pocatello, Idaho	Sacramento State	144	Kathleen Raske, Sacramento State
2010	Bozeman, Mont.	Sacramento State	167	Kathleen Raske, Sacramento State
2009	Flagstaff, Ariz.	Northern Arizona	116.5	J.W. Hardy, Northern Arizona
2008	Pocatello, Idaho	Sacramento State	112	Kathleen Raske, Sacramento State
2007	Bozeman, Mont.	Weber State	108.5	Jim Blaisdell, Weber State
2006	Flagstaff, Ariz.	Northern Arizona	189	J.W. Hardy, Northern Arizona
2005	Pocatello, Idaho	Weber State	136.66	Jim Blaisdell, Weber State
2004	Bozeman, Mont.	Weber State	146	Jim Blaisdell, Weber State
2003	Flagstaff, Ariz.	Weber State	164.5	Jim Blaisdell, Weber State
2002	Pocatello, Idaho	Weber State	159	Jim Blaisdell, Weber State
2001	Bozeman, Mont.	Montana State	124	Dale Kennedy, Montana State
2000	Flagstaff, Ariz.	Northern Arizona	137.5	Ron Mann, Northern Arizona
1999	Pocatello, Idaho	Cal State Northridge	165	Don Strametz, Cal State Northridge
1998	Bozeman, Mont.	Northern Arizona	145	Ron Mann, Northern Arizona
1997	Flagstaff, Arizona	Northern Arizona	134.5	Ron Mann, Northern Arizona
1996	Bozeman, Mont.	Northern Arizona	127.5	Ron Mann, Northern Arizona
1995	Moscow, Idaho	Boise State	116	Ed Jacoby, Boise State
1994	Pocatello, Idaho	Boise State	98	Ed Jacoby, Boise State
1993	Flagstaff, Ariz.	Northern Arizona	132.5	Ron Mann, Northern Arizona
1992	Moscow, Idaho	Weber State	105.75	Jim Blaisdell, Weber State
1991	Pocatello, Idaho	Weber State	112	Jim Blaisdell, Weber State
1990	Flagstaff, Ariz.	Northern Arizona	161	Ron Mann, Northern Arizona
1989	Moscow, Idaho	Northern Arizona	116	Ron Mann, Northern Arizona
1988	Pocatello, Idaho	Northern Arizona	109	Ron Mann, Northern Arizona



Five-time Big Sky Champion, Dana Posey



2010 Big Sky 200-meter champion, Annie Skordas

Big Sky Men's Indoor Records

Event	Record Holder/School	Time/Distance	Year
55 Meters	Alphonse Curry, Northern Arizona	6.09	1978
60 Meters	Marcus Bivines, Cal State Northridge	6.68	1999
55 Meter Hurdles	Jacob Jacoby, Boise State	7.14	1983
60 Meter Hurdles	Wiley King, Weber State	7.30	2006
200 Meters	*Anthony Wilson, Northern Arizona	#20.88	1992
	Joe Criner, Cal State Northridge	20.89	1998
400 Meters	Anthony Wilson, Northern Arizona	46.26	1992
800 Meters	Bryce Knight, Idaho State	1:47.72	2000
One Mile	Jeremy Tolman, Weber State	3:59.99	2001
3000 Meters	David McNeill, Northern Arizona	7:47.52	2010
5000 Meters	Diego Estrada, Northern Arizona	13:29.01	2011
High Jump	Charles Clinger, Weber State	7-7*	2001
Long Jump	Glenn Carroll, Northern Arizona	26-7.50	1990
Triple Jump	Wendell Lawrence, Boise State	54-9.50	1988
Shot Put	Dave Nichols, Sacramento State	62-2.5	2007
35-Pound Weight	Josh Henigman, Montana State	70-6.50	2006
Pole Vault	Paul Litchfield, Idaho State	18-0.5	2003
Heptathlon	Wiley King, Weber State	5,619	2006
1,600 Meter Relay	Northern Arizona (Hardy, Glover, Belk, Wilson)	3:06.05	1991
Distance Medley Relay	Weber State (Atwater, Grunander, Hooper, Tolman)	9:38.36	2002

* - Set at Big Sky Conference Championship



Two-time Big Sky Champion, Morten Bostrom



John Killian captures 2009 Big Sky DMR title

Big Sky Women's Indoor Records

Event	Record Holder/School	Time/Distance	Year
55 Meters	Tracy Bradshaw, Northern Arizona	6.94	1994
55 Meter Hurdles	Nsa Henshaw, Weber State	7.81*	1998
60 Meters	Kim Sonognimi, Weber State	7.43	2003
60 Meter Hurdles	Micki Rogers, Cal State Northridge	8.48c*	1999
200 Meters	Joyce Rainwater, Eastern Washington	23.82	1995
400 Meters	Christy Otte, Montana State	53.12*	1998
500 Meters	Stephanie Clements, Weber State	1:12.07	1986
800 Meters	Angie Beebe, Weber State	2:06.69	2002
1000 Meters	Gina Drumm, Montana	2:50.74	1986
1500 Meters	Annette Hand, Montana State	4:31.34	1985
Mile Run	Johanna Nilsson, Northern Arizona	4:32.49	2003
3000 Meters	Johanna Nilsson, Northern Arizona	9:06.61	2003
5000 Meters	Ida Nilsson, Northern Arizona	15:59.33	2005
High Jump	Amber Welty, Idaho State	6-2	1988
Long Jump	Petra Eklund, Northern Arizona	20-6.5*	1999
	Monique Young, Northern Arizona	20-6.5*	2006
Triple Jump	Monique Young, Northern Arizona	43-5.25*	2006
Pole Vault	Elouise Rudy, Montana State	13-5.75	2006
Shot Put	Linda Nestorsson, Northern Arizona	53-9.25	2001
Weight Throw	Maureen Griffin, Idaho State	68-0.25	2001
Pentathlon	Erin Jones-Graf, Montana State	3,929	2006
1600 Meter Relay	Northern Arizona (Balfour, Mitchell, Smith, Stevens)	3:41.82	1989
3200 Meter Relay	Weber State	8:48.10	1993
Distance Medley Relay	Northern Arizona (J. Nilsson, Wiik, Rosenplaenter, Young)	11:13.18	2006

* - Set at Big Sky Conference Championship



NAU Men's Indoor All-Time Top-Three

60-Meter Dash

Kino Carson	6.75	2/23/1999
Andre Nunis	6.79	1/26/2007
Francis St. Paul	6.80	2/18/2000
Cardell Glover	6.80	2/2/2008

55-Meter Dash

Alphonse Curry	6.09	2/11/1978
Alphonse Curry	6.14	2/17/1979
Michael Haynes	6.20	2/20/1988

60-Meter Hurdles

Daryl Wonsey	7.81	2/18/2000
Vytautas Kancleris	7.87	2/14/2002
Vytautas Kancleris	7.91	2/22/2002

55-Meter Hurdles

Daryl Wonsey	7.20	5/25/2000
Micah Williams	7.26	3/2/1985
Lysias Edmonds	7.33	2/28/2004

200-Meter Dash

Anthony Wilson	20.88	3/7/1992
Anthony Wilson	20.90	2/8/1992
Michael Haynes	21.09	2/20/1988

400-Meter Dash

Anthony Wilson	46.26	2/16/1991
Anthony Wilson	46.67	3/3/1990
Anthony Wilson	46.85	2/1/1992

800-Meter Run

Lopez Lomong	1:47.60	2/3/2007
<i>Jordan Chipangama</i>	1:49.34	2/27/2010
<i>Kameron Holbrook</i>	1:50.34	2/16/2008

Mile Run

Lopez Lomong	4:00.46	2/24/2007
<i>Jordan Chipangama</i>	4:00.69	3/6/2010
<i>David McNeill</i>	4:01.14	1/23/2010

3,000-Meter Run

<i>David McNeill</i>	7:47.52	2/13/2010
Lopez Lomong	7:49.74	3/9/2007
<i>David McNeill</i>	7:50.37	2/16/2008

5,000-Meter Run

<i>Diego Estrada</i>	13:29.01	3/11/2011
<i>David McNeill</i>	13:36.41	3/12/2011
<i>David McNeill</i>	13:39.32	2/19/2010

4x400-Meter Relay

Hardy, Glover, Belk, Wilson	3:06.05	2/23/1991
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Glover, Wilson, Hardy, Thomas	3:06.64	2/29/1992
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Daniel, Foster, Koon, Hall	3:08.14	3/8/1986
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4x800-Meter Relay

Walmsley, Sproul, Rice, Smith	7:26.27	2/12/1983
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Smith, Graff, Sproul, Walmsley	7:27.46	2/26/1982
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(names unavailable)	7:32.21	2/26/1983
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Long Jump

Glenn Carroll	26-7.25	3/2/1990
Glenn Carroll	26-0.75	2/24/1990
Greg Foster	25-10.25	2/1/1986

Triple Jump

Greg Foster	51-3.75	3/1/1986
Greg Foster	50-9	2/9/1985
Curtis Charles	50-4.75	1/30/1982

High Jump

Shawn Wright	7-3.25	2/23/1991
Shawn Wright	7-3	2/2/1991
Shawn Wright	7-2.5	1/26/1991

Shot Put

Javier Villarreal	60-10.5	1/16/2010
Kent Larsson	60-6.5	2/11/1989
Hakan Andersson	60-4	5/25/2000

Weight Throw

Karim Chester	69-11.75	3/12/2005
Curtis Durocher	65-08.50	2/26/2010
Curtis Durocher	65-03.50	2/7/2009

Pole Vault

Layne White	17-4.5	3/5/1993
Joe Mauko	17-4.5	3/5/1993
Layne White	17-3.5	2/27/1993

Note: Italicized marks set under current coach (Heins 2008-present)



NAU Women's Indoor All-Time Top-Three

60-Meter Dash

Summer McCollum	7.53	2/18/1999
Monique Young	7.56	2/25/2006
Summer McCollum	7.58	2/22/1999

55-Meter Dash

Tracy Bradshaw	6.94	2/12/1994
Tracy Bradshaw	6.95	3/5/1993
Tracy Bradshaw	6.99	2/12/1994

60-Meter Hurdles

Trisha Blair	8.65	2/9/2002
Petra Eklund	8.68	2/13/1999
Trisha Blair	8.69	2/14/2002

55-Meter Hurdles

Petra Eklund	7.95	2/25/2000
Heather Korol	8.03	2/23/1991
Trisha Blair	8.04	2/22/2002

200-Meter Dash

Brenda Johnson	24.25	1/30/1988
Monique Young	24.30	2/25/2006
Melanie O'Daniel	24.33	2/21/1997

400-meter Dash

Samantha George	53.84	2/7/1998
Melanie O'Daniel	54.03	2/22/1997
Samantha George	54.10	2/28/1998

800-Meter Run

Johanna Nilsson	2:08.16	1/27/2006
Angela Chalmers	2:08.35	2/5/1983
Nikki Toms	2:08.60	3/5/1988

Mile Run

Johanna Nilsson	4:32.49	3/15/2003
Johanna Nilsson	4:32.72	3/12/2004
Johanna Nilsson	4:38.25	3/13/2004

3,000-Meter Run

Johanna Nilsson	9:06.61	3/11/2006
Ida Nilsson	9:07.60	2/27/2004
Ida Nilsson	9:07.92	3/12/2004

5,000-Meter Run

Ida Nilsson	15:50.20	3/12/2005
Ida Nilsson	15:59.23	2/12/2005
Emily Allison	16:36.36	2/6/1999

4x200-Meter Relay

Avent, Patterson, Meyers, Ford	1:42.27	2/12/1983
Patterson, Skiba, Lee, Reeves	1:43.08	2/27/1982

4x400-Meter Relay

Balfour, Mitchell, Smith, Stevens	3:41.82	2/25/1989
Balfour, Mitchell, Smith, Stevens	3:42.54	2/18/1989
Eller, George, Eklund, Ze	3:43.47	2/27/1998

4x800-Meter Relay

Payton, Reycraft, Wood, Toms	9:05.80	3/3/1989
Payton, Reycraft, Toms, Feuerbach	9:07.15	3/4/1988
Wells, Wissman, Stevens, Chalmers	9:12.90	1/29/1983

Long Jump

Petra Eklund	20-6.5	2/22/1999
Monique Young	20-6.5	2/25/2006
Maya Benzoor	20-1.5	2/11/1984

Triple Jump

Monique Young	43-5.25	2/25/2006
Monique Young	42-7	1/22/2006
Asa Lonn	42-5.5	2/25/2000

High Jump

Britney Rogers	6-1.25	2/23/2006
Paula Feuerbach	6-0	2/21/1987
Britney Rogers	5-11.75	2/17/2007

Shot Put

Linda Nestorsson	53-9.25	2/16/2001
Linda Nestorsson	53-8.25	2/25/2000
Anna Soderberg	53-3	2/21/1997

Weight Throw

Anna Soderberg	65-6	2/21/1997
Anna Soderberg	64-11.25	2/15/1997
Anna Soderberg	64-2	1/25/1997

Pole Vault

<i>Jami Michaud</i>	12-7.5	2/19/2010
Tera Larsen	11-5.75	2/7/2004
Laura Cagle	10-11.75	2/18/2000

Note: Italicized marks set under current coach (Heins 2008-present, Doyle 2009-present)



NAU Men's Indoor Big Sky Champions By Event

55-Meter Dash

2003	Landon Benson	6.36
1995	Ray Nelson	6.40
1994	Len Raney	6.24
1993	Len Raney	6.23
1991	Len Raney	6.28
1988	Mike Haynes	6.22
1987	Tony Monroe	6.37

60-Yard Dash

1980	Alphonse Curry	6.33
1979	Alphonse Curry	6.35

60-Meter Dash

1999	Kino Carson	6.75
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200-Meter Dash

2009	Rodney Overton	21.42
2006	Cardell Glover	21.48
2003	Landon Benson	21.16
2002	Landon Benson	21.63
2001	Vytautas Kancleris	21.71
1999	Terrance Johnson	21.77
1995	Ray Nelson	21.58
1992	Anthony Wilson	20.88
1991	Anthony Willson	21.32

300-Meter Dash

1987	John Koon	33.67
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400-Meter Dash

2009	Rodney Overton	47.05
2000	Terrance Johnson	47.10
1999	Terrance Johnson	47.44
1995	Daniel England	47.92
1993	J.W. Hardy	47.59
1992	Will Glover	47.82
1991	Will Glover	47.18
1990	Anthony Wilson	46.67
1989	John Koon	47.32
1988	John Koon	47.27

440-Yard Dash

1980	Greg Carson	48.75
1979	Alphonse Curry	49.99

800-Meter Run

2010	J. Chipangama	1:49.94
2007	Lopez Lomong	1:50.40
2006	Lopez Lomong	1:50.95
1996	Jama Bile	1:50.74

1,000-Meter Run

1984	Fred Sproul	2:29.04
1981	Mark Lomeland	2:22.25

Mile

2007	Lopez Lomong	4:05.73
2006	Lopez Lomong	4:22.84
1997	John Howell	4:18.61
1996	Jama Bile	4:09.45
1991	Kim White	4:04.67
1990	Kim White	4:13.22

3,000-Meter Run

2011	Diego Estrada	8:16.58
2010	David McNeill	8:11.93
2009	Diego Estrada	8:31.28
2006	Jon Cardenas	8:43.06
2003	Nurani Sheikh	8:30.79
2000	Sean Clendaniel	8:32.33
1997	Theo Martin	8:24.91
1996	John Howell	8:22.08
1989	Bo Reed	8:13.24

5,000-Meter Run

2009	Morten Bostrom	14:55.82
2006	Morten Bostrom	15:11.29
2005	Henrik Ahnstrom	14:57.94
1997	Theo Martin	15:09.70
1996	Tim Martin	14:15.20
1989	Bo Reed	14:11.24

55-Meter Hurdles

2002	Vytautas Kancleris	7.55
2001	Daryl Wonsey	7.28
2000	Daryl Wonsey	7.20
1998	Rudolph Johnson	7.63
1988	Peter Daniel	7.56
1984	Micah Williams	7.34

60-Meter Hurdles

1999	Daryl Wonsey	8.01
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Long Jump

1997	Tommy Sarenbrant	25-0
1990	Glenn Carroll	26-7.25
1981	Derek Shelton	23-6.5

Triple Jump

2002	Clearance Moore	48-11.75
1993	Jashuwa Gindiri	49-11
1979	Derek Shelton	48-9.25

Pole Vault

1996	Brian Nimphius	16-6.75
1993	Lane White	17-4.50
1992	Joe Mauko	16-8.75
1980	Greg Morgan	15-6
1979	Jim Wilkerson	16-0

Shot Put

2010	Javier Villarreal	57-8
2008	Javier Villarreal	58-9.25
2003	Jeremy Hoff	59-4
1999	Hakan Andersson	59-2.25
1998	Hakan Andersson	59-2.75
1996	Kristian Pettersson	58-0.25
1991	Anders Axlid	57-8
1990	Anders Axlid	59-10.5
1987	Kent Larsson	60-1.75

35 lb. Weight Throw

2010	Curtis Durocher	65-8.5
2009	Curtis Durocher	64-10.25
2008	Pascal Tang	60-11.5
2005	Karim Chester	68-1
2004	Karim Chester	64-5.00
2000	Sean McNabb	59-7.00
1998	Johnny Theiken	62-8
1997	Johnny Theiken	63-9.50
1996	Kristian Pettersson	62-1
1994	Gunnar Axlid	62-1
1993	Kristian Pettersson	54-10.75
1990	Henrik Wennberg	58-10.75

4x400-Meter Relay

2011	3:17.44
2003	3:12.66
2001	3:12.84
1993	3:12.05
1992	3:08.97
1991	3:11.83
1988	3:13.58
1987	3:13.97
1981	3:14.90

Distance Medley Relay

2010	9:52.85
2009	10:15.54
2004	9:54.35

Bold Indicates Current Athlete(s)



NAU Women's Indoor Big Sky Champions By Event

55-Meters

2000	Summer McCollum	7.05
1993	Tracy Bradshaw	6.95
1989	Brenda Johnson	7.16
1988	Susan Philips	7.09

55-Meter Hurdles

2002	Trisha Blair	8.04
1993	Aimee Anthony	8.17
1990	Heather Korol	8.10

60-Meters

2006	Monique Young	7.56
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200-Meters

2010	Annie Skordas	24.55
2006	Monique Young	24.3
1993	Tracy Bradshaw	24.51

400-Meters

1992	Kelly Ramsdell	56.25
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800-Meters

2004	Johanna Nilsson	2:10.67
2003	Johanna Nilsson	2:11.46
1998	Martina Ze	2:11.65
1990	Nikki Toms	2:13.25
1989	Nikki Toms	2:10.45
1988	Nikki Toms	2:08.60

Mile

2009	Veronica Pohl	4:56.48
2007	K. Roesenplaenter	4:55.89
2006	Johanna Nilsson	4:44.00
2005	Ida Nilsson	5:02.45
2003	Johanna Nilsson	5:04.00
2002	Ida Nilsson	4:53.58
1989	Brenda Payton	4:57.81

3,000-Meters

2009	Veronica Pohl	9:54.79
2006	Johanna Nilsson	9:59.83
2005	Ida Nilsson	10:05.41
2004	Ida Nilsson	9:20.61
2002	Ida Nilsson	9:56.08
1997	Rikke Pedersen	10:23.56
1995	Rikke Pedersen	9:48.81
1991	Kristi Klinnert	9:52.50
1990	Kristi Klinnert	10:07.74

5,000-Meters

2009	Nell Rojas	17:39.37
2006	N. Gueldemeister	17:45.56
2005	Ida Nilsson	17:45.05
2002	Susie Rutherford	17:02.27
1999	Emily Allison	17:06.91
1998	Rikke Pedersen	17:24.33
1997	Rikke Pedersen	17:55.78
1996	Sarah Thornber	17:53.61
1995	Rikke Pedersen	17:01.13
1993	Tracy Jarman	17:35.33
1991	Kristi Klinnert	17:19.16
1990	Kristi Klinnert	17:36.69
1989	Tracy Jarman	17:39.61
1988	Beth Ellickson	17:39.54

High Jump

2007	Britney Rogers	5-10
2006	Britney Rogers	6-1.25
1991	Debbie Orr	5-10.75
1990	Debbie Orr	5-10.5

Long Jump

2011 Amber Anderson	19-11.5	
2006	Monique Young	20-6.5
2003	Liza Conteh	19-2.50
2000	Petra Eklund	19-9.5
1999	Petra Eklund	20-6.5
1998	Petra Eklund	19-9
1997	Angie Migray	20-0.25

Triple Jump

2011 Amber Anderson	41-0.25	
2006	Monique Young	43-5.25
2003	Monique Young	39-4.00

Shot Put

2008	Candice Bryant	49-04.5
2006	Dana Posey	49-7.25
2003	Jen Kowacz	50-5.00
2001	Linda Nestorsson	50-9.25
2000	Linda Nestorsson	53-8.25
1998	Linda Nestorsson	50-3.25
1997	Anna Soderberg	53-3
1996	Anna Soderberg	49-5
1995	Anna Wiklund	46-5.5
1994	Anna Soderberg	49-8.25

Weight Throw

2009 Nicole Elliott	59-02	
2006	Dana Posey	60-4
2005	Dana Posey	58-07
1999	Jessica Daniels	57-0.75
1996	Anna Soderberg	62-6

4x800-Meter Relay

1990	9:05.80
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4x400-Meter Relay

2006	3:46.55
1998	3:43.47
1989	3:47.84

Distance Medley Relay

2006	12:13.35
2005	12:00.45
2004	12:01.40
1997	12:17.21

Bold Indicates Current Athlete



Big Sky Men's Outdoor Champions

Year	Site	Champion	Points	Coach of the Year
2010	Ogden, Utah	Weber State	173.5	Dan Walker, Weber State
2009	Missoula, Mont.	Northern Arizona	169	J. W. Hardy, Northern Arizona
2008	Sacramento, Calif.	Northern Arizona	166	J. W. Hardy, Northern Arizona
2007	Pocatello, Idaho	Northern Arizona	155.5	J. W. Hardy, Northern Arizona
2006	Cheney, Wash.	Weber State	172	Chick Hislop, Weber State
2005	Flagstaff, Ariz.	Montana State	169	Dale Kennedy, Montana State
2004	Ogden, Utah	Weber State	182	Chick Hislop, Weber State
2003	Bozeman, Mont.	Northern Arizona	160.5	Ron Mann, Northern Arizona
2002	Missoula, Mont.	Weber State	215.5	Chick Hislop, Weber State
2001	Pocatello, Idaho	Weber State	181	Chick Hislop, Weber State
2000	Sacramento, Calif.	Weber State	202	Chick Hislop, Weber State
1999	Northridge, Calif.	Weber State	152	Chick Hislop, Weber State
1998	Ogden, Utah	Weber State	170	Chick Hislop, Weber State
1997	Cheney, Wash.	Northern Arizona	126	Ron Mann, Northern Arizona
1996	Tempe, Ariz.	Idaho	124	Mike Keller, Idaho
1995	Boise, Idaho	Idaho	148	Mike Keller, Idaho
1994	Missoula, Mont.	Weber State	149	Chick Hislop, Weber State
1993	Spokane, Wash.	Weber State	141	Chick Hislop, Weber State
1992	Boise, Idaho	Northern Arizona	155	Ron Mann, Northern Arizona
1991	Bozeman, Mont.	Northern Arizona	143	Ron Mann, Northern Arizona
1990	Missoula, Mont.	Northern Arizona	114	Ron Mann, Northern Arizona
1989	Boise, Idaho	Boise State	138	Ed Jacoby, Boise State
1988	Moscow, Idaho	Northern Arizona	162	Ron Mann, Northern Arizona
1987	Boise, Idaho	Northern Arizona	126	Ron Mann, Northern Arizona
1986	Moscow, Idaho	Northern Arizona	147	Ron Mann, Northern Arizona
1985	Boise, Idaho	Northern Arizona	129.3	Ron Mann, Northern Arizona
1984	Bozeman, Mont.	Nevada	153	Jack Cook, Nevada
1983	Tempe, Ariz.	Idaho	155	Mike Keller, Idaho
1982	Missoula, Mont.	Nevada	118	Jack Cook, Nevada
1981	Moscow, Idaho	Idaho	138.5	Mike Keller, Idaho
1980	Ogden, Utah	Northern Arizona	119	Leo Haberlack, Northern Arizona
1979	Boise, Idaho	Northern Arizona	139	Leo Haberlack, Northern Arizona
1978	Pocatello, Idaho	Idaho State	121	Jim Klein, Idaho State
1977	Bozeman, Mont.	Idaho State	158	Bob Beeten, Idaho
1976	Flagstaff, Ariz.	Idaho State	139	Bob Beeten, Idaho
1975	Missoula, Mont.	Northern Arizona	104.5	Leo Haberlack, Northern Arizona
1974	Ogden, Utah	Idaho State	168	Bob Beeten, Idaho
1973	Moscow, Idaho	Idaho State	141	Bob Beeten, Idaho
1972	Boise, Idaho	Montana	147	Harley Lewis, Montana
1971	Missoula, Mont.	Northern Arizona	71	Leo Haberlack, Northern Arizona
1970	Ogden, Utah	Idaho State	93	Bob Beeten, Idaho
1969	Missoula, Mont.	Idaho State	89	Bob Beeten, Idaho
1968	Ogden, Utah	Idaho State	96	Bob Beeten, Idaho
1967	Ogden, Utah	Idaho State	160.5	Dubby Holt, Idaho State
1966	Moscow, Idaho	Idaho State	151	Dubby Holt, Idaho State
1965	Pocatello, Idaho	Idaho State	131	Dubby Holt, Idaho State
1964	Missoula, Mont.	Idaho State	164.5	Dubby Holt, Idaho State

Big Sky Women's Outdoor Champions

Year	Site	Champion	Points	Coach of the Year
2010	Ogden, Utah	Sacramento State	145	Kathleen Raske, Sacramento State
2009	Missoula, Mont.	Sacramento State	161	Kathleen Raske, Sacramento State
2008	Sacramento, Calif.	Sacramento State	112	Kathleen Raske, Sacramento State
2007	Pocatello, Idaho	Idaho State	140.5	Davie Nielsen, Idaho State
2006	Cheney, Wash.	Northern Arizona	180	J.W. Hardy, Northern Arizona
2005	Flagstaff, Ariz.	Northern Arizona	150.75	J.W. Hardy, Northern Arizona
2004	Ogden, Utah	Northern Arizona	189	Ron Mann, Northern Arizona
2003	Bozeman, Mont.	Montana State	176	Dale Kennedy, Montana State
2002	Missoula, Mont.	Weber State	242	Jim Blaisdell, Weber State
2001	Pocatello, Idaho	Weber State	153.5	Jim Blaisdell, Weber State
2000	Sacramento, Calif.	CSU Northridge	160	Don Strametz, Cal State Northridge
1999	Northridge, Calif.	CSU Northridge	163	Don Strametz, Cal State Northridge
1998	Ogden, Utah	Weber State	188.5	Jim Blaisdell, Weber State
1997	Cheney, Wash.	CSU Northridge	133	Don Strametz, Cal State Northridge
1996	Tempe, Ariz.	Northern Arizona	134	Ron Mann, Northern Arizona
1995	Boise, Idaho	Boise State	124	Ed Jacoby, Boise State
1994	Missoula, Mont.	Boise State	119	Ed Jacoby, Boise State
1993	Spokane, Wash.	Northern Arizona	157.5	Ron Mann, Northern Arizona
1992	Boise, Idaho	Weber State	163	Jim Blaisdell, Weber State
1991	Bozeman, Mont.	Weber State	119	Jim Blaisdell, Weber State
1990	Missoula, Mont.	Northern Arizona	153	Ron Mann, Northern Arizona
1989	Boise, Idaho	Northern Arizona	147	Ron Mann, Northern Arizona
1988	Moscow, Idaho	Boise State	150.5	Jim Klein, Boise



Two-time Big Sky Champion, Aisha Goynes



Three-time Big Sky Champion, Nell Rojas

Big Sky Men's Outdoor Records

Event	Record Holder/School	Time/Distance	Year
100 Meters	Patrick Williams, Idaho	10.06	1990
200 Meters	Joe Criner, Cal State Northridge	20.14	1998
	Carl Lawson, Idaho State	20.14w	1973
400 Meters	Sam Koduah, Idaho	45.58	1985
800 Meters	Lopez Lomong, Northern Arizona	1:45.79	2007
1500 Meters	Lopez Lomong, Northern Arizona	3:37.07	2007
5000 Meters	David McNeill, Northern Arizona	13:25.63	2010
10,000 Meters	Shannon Butler, Montana State	28:08.40	1991
110 Meter Hurdles	Wiley King, Weber State	13.71	2004
400 Meter Hurdles	Mike Kinney, Idaho	50.54	1983
3000M Steeplechase	Farley Gerber, Weber State	8:19.27	1984
High Jump	Charles Clinger, Weber State	7-8.5*	2001
Long Jump	George Ogbeide, Idaho	26-8.50	1988
Triple Jump	Wendell Lawrence, Boise State	55-6.00	1988
Pole Vault	John Wurtz, Montana State	18-0.50	1998
Shot Put	David Nichols, Sacramento State	64-7	2006
Hammer	*David Paul, Eastern Washington	226-02	2007
Discus	Kamy Keshmiri, Nevada	220-10	1992
Javelin	Craig Stiles, Montana (old)	255-10	1972
	Ryan Cole, Eastern Washington	244-7	2001
Decathlon	Dan O'Brien, Idaho	7,988	1989
400 Meter Relay	*Idaho	39.61	1985
	(Stokes, Koduah, Wanliss, Smith)		
1600 Meter Relay	Northern Arizona	3:04.77	1991
	(Belk, Wilson, Hardy, Glover)		



David McNeill, Diego Estrada and Ahmed Osman sweep the podium in the 5K for the second-straight year in 2010

Big Sky Women's Outdoor Records

Event	Record Holder/School	Time/Distance	Year
100 Meters	Joyce Rainwater - Eastern Washington	11.55	1995
200 Meters	Annetta Wells - Cal State Northridge	23.52	1999
400 Meters	Samantha George - Northern Arizona	53.01	1998
800 Meters	Nancy James - Cal State Northridge	2:05.08	2000
1500 Meters	Johanna Nilsson - Northern Arizona	4:10.72	2003
3000 Meters	Annette Hand - Montana State	9:19.23	1985
3000 Steeplechase	Lindsey Anderson - Weber State	9:39.95	2007
5000 Meters	Ida Nilsson - Northern Arizona	15:33.18	2004
10,000 Meters	Shelley Smathers - Montana	33:07.33	1994
100-Meter Hurdles	Nancy Searcy - Sacramento State	13.35	2007
400 Meter Hurdles	Frances Santin - Cal State Northridge	56.64	2001
High Jump	Amber Welty - Idaho State	6-3.5	1990
Long Jump	Lacy Hinzpeter - Montana State	20-9	2003
Triple Jump	Asa Lonn - Northern Arizona	44-4.25*	2000
Shot Put	Beth Burton - Cal State Northridge	54-8.75*	1998
Discus	Anna Soderberg - Northern Arizona	197-8*	1997
Javelin (Old)	Sherry Schoenborn - Idaho	178-2	1986
Javelin (New)	Carolee Gutierrez - Eastern Washington	175-7	2007
Hammer	Maureen Griffin - Idaho State	209-7	2002
Pole Vault	Elouise Rudy - Montana State	13-7.75	2006
Heptathlon	Sabine Krieger - Northern Arizona	5,766	1999
400 Relay	CS Northridge -(Fowler, Rimm, Harris, Wells)	44.82	1999
1600 Relay	CS Northridge-(Woods, Matthews, Santin, Malone)	3:39.05	2001

* - Set at Big Sky Conference Championship



Javier Villarreal captures his fifth and final shot put title at the 2010 Big Sky Outdoor Championships in Odgen, Utah

NAU Men's Outdoor All-Time Top-Three

100-Meter Dash

Sid Bailey	10.23	5/19/1973
Tony Monroe	10.24	5/3/1986
Anthony Wilson	10.27	5/9/1992

110-Meter Hurdles

Ted Zakoskieny	13.78	4/17/1981
Vytautas Kancleris	13.79	4/05/2002
Vytautas Kancleris	13.89	5/18/2002

200-Meter Dash

Tony Monroe	20.24	5/24/1986
Tony Monroe	20.44	5/3/1986
Anthony Wilson	20.49	5/9/1992

400-Meter Dash

Anthony Wilson	45.88	6/4/1992
Anthony Wilson	46.05	4/11/1992
Will Glover	46.09	5/23/1992

400-Meter Hurdles

Peter Daniel	50.78	5/20/1987
Rodney Belk	51.03	5/11/1991
Peter Daniel	51.08	5/20/1988

800-Meter Run

Lopez Lomong	1:45.79	6/24/2007
Lopez Lomong	1:47.00	6/8/2007
Lopez Lomong	1:47.65	3/30/2007

1,500-Meter Run

Lopez Lomong	3:37.07	6/9/2007
Jama Bile	3:39.56	4/20/1996
Richard Selby	3:42.34	1972

Steeplechase

Billy Herman	8:26.12	8/26/2000
Billy Herman	8:38.22	4/13/2000
Billy Herman	8:39.05	5/17/2000

5,000-Meter Run

<i>David McNeill</i>	13:25.63	3/26/2010
<i>David McNeill</i>	13:30.63	4/17/2009
<i>David McNeill</i>	13:42:17	4/26/2008

10,000-Meter Run

<i>*David McNeill</i>	28:03	12/11/2008
Bo Reed	28:20.00	4/23/1988
<i>Diego Estrada</i>	28:40.19	5/1/2010

4x100-Meter Relay

Daniel, Haynes, Hunter, Koon	39.79	4/2/1988
Glover, Hardy, Nelson, Brown	40.00	3/27/1993
Daniel, Monroe, Brass, Foster	40.16	4/5/1986

4x400 Meter Relay

Hardy, Glover, Belk, Wilson	3:04.77	5/4/1991
Hardy, Glover, Belk, Wilson	3:06.48	NCAA 1991
Hardy, England, Brown, Glover	3:08.21	4/17/1993

Long Jump

Victor Castillo	26-2.75	5/20/2003
Charles Green	26-2.50	4/28/1990
Glenn Carroll	25-8.75	4/28/1990

Triple Jump

Charles Green	52-9	5/19/1990
Victor Castillo	51-4.5	5/3/2003
Mark Joseph	51-3.75	5/16/1987

High Jump

Steve McFadden	7-2	5/23/1980
Phil Adams	7-0.5	4/16/1988
Shawn Wright	7-0.5	4/13/1991

Shot Put

Kristian Pettersson	64-9	6/22/1994
Kristian Pettersson	63-3.50	3/26/1994
Kristian Pettersson	62-6.75	4/23/1994

Discus

Nick Petrucci	212-5	2000
Nick Petrucci	207-1	4/8/2000
Kristian Pettersson	205-4	4/13/1994

Javelin

Heath Fisher	221-1	5/1/1999
Heath Fisher	220-9	5/6/2000
Heath Fisher	219-3	5/17/2000

Hammer

Karim Chester	219-8	4/23/2005
Karim Chester	212-0	5/13/2004
Curtis Durocher	208-7	4/9/2010

Pole Vault

Layne White	17-5	4/10/1993
Layne White	17-0.75	3/27/1993
Layne White	17-0.75	4/3/1993

Decathlon

Tommy Sarenbrant	7,659 points	3/15/1997
Tommy Sarenbrant	7,404 points	3/14/1996
Tommy Sarenbrant	7,402 points	5/17/1996

Note: Italicized marks set under current coach (Heins 2008-present)

*=Zatopek 10,000m in Australia



NAU Women's Outdoor All-Time Top-Three

100-Meter Dash

Taneisha Wright	11.58	5/9/2007
Gisele Essaka	11.73	5/14/1994
Summer McCollum	11.74	2/21/1999

100-Meter Hurdles

Petra Eklund	13.75	4/22/2000
Summer Welch	13.99	5/11/1996
Trisha Blair	14.00	4/19/2002

200-Meter Dash

Samantha George	23.66	5/23/1998
Taneisha Wright	24.10	5/9/2007
Liza Conteh	24.11	5/7/2004

400-Meter Dash

Samantha George	53.01	5/30/1998
Samantha George	53.03	5/2/1998
Samantha George	53.24	5/16/1998

400 Meter Hurdles

Kristina Robinson	1:01.81	5/14/2005
Susan Phillips	1:02.02	3/28/1987
Aimee Anthony	1:02.09	4/11/1992

800-Meter Run

Angela Chalmers	2:03.52	5/9/1987
Johanna Nilsson	2:05.43	4/12/2003
Martina Ze	2:05.76	5/1/1999

1,500-Meter Run

Johanna Nilsson	4:10.72	4/11/2003
Angela Chalmers	4:12.13	1985
Johanna Nilsson	4:12.89	4/17/2004

3,000-Meter Run

Angela Chalmers	9:00.02	4/20/1985
Angela Chalmers	9:05.43	4/25/1987
Rikki Pederson	9:22.34	3/21/1987

Steeplechase

Ida Nilsson	9:43.25	4/17/2004
Ida Nilsson	9:46.74	6/15/2003
Ida Nilsson	9:48.62	6/13/2003

5,000-Meter Run

Ida Nilsson	15:33.18	5/24/2004
Ida Nilsson	15:51.71	4/21/2002
<i>Veronica Pohl</i>	16:06.67	3/27/2009

10,000-Meter Run

Kris Klinnert	33:23.30	4/20/1991
Amy Swier	34:17.93	4/17/1999
Kris Klinnert	34:35.24	4/21/1990

4x100-Meter Relay

Korol, Maulseed, Bradshaw, Essaka	46.06	4/23/1994
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Skordas, Wilkinson, Anderson, Holder	46.12	3/27/2010
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Ramsdell, Game, Bradshaw, Kimmey	46.17	5/23/1992
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4x400-Meter Relay

Balfour, Stevens, Mitchell, Johnson	3:43.85	4/22/1989
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Nystrom, George, Eklund, Ze	3:43.86	5/2/1998
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Jenkins, Balfour, Johnson, Mitchell	3:43.92	4/14/1990
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Long Jump

Maya Benzoor	20-6	1984
Rachel Game	20-4.25	5/11/1991
Rachel Game	20-3.5	5/4/1991

Triple Jump

Asa Lonn	44-4.25	5/17/2000
Monique Young	43-7.00	4/14/2006
Asa Lonn	42-5.00	6/2/2000

High Jump

Debbie Orr	6-0.75	1991
Britney Rogers	6-0.50	5/13/2007
Paula Feuerbach	6-0.25	1986

Shot Put

Linda Nestorsson	53-1.5	6/2/1992
Linda Nestorsson	52-2.5	5/6/2000
Linda Nestorsson	51-11.75	5/1/1999

Discus

Anna Soderberg	197-8	5/17/1997
Anna Soderberg	196-1	5/10/1997
Anna Soderberg	195-3	5/30/1996

Javelin

Chris Johnson	161-8	4/25/1987
Chris Johnson	158-1	4/18/1985
Chris Johnson	147-8	4/4/1987

Heptathlon

Sabine Krieger	5,766 points	6/5/1999
Sabine Krieger	5,643 points	4/18/1997
Sabine Krieger	5,465 points	4/16/1998

Hammer

Dana Posey	195-06	4/23/2005
Dana Posey	191-11	3/31/2006
Georgina Toth	189-01	3/31/2006

Pole Vault

Jami Michaud	12-7.5	5/2/2009
Rosada Martin	11-9.75	4/22/2000
Laura Cagle	11-5.75	4/15/2000

Note: Italicized marks set under current coach (Heins 2008-present)



NAU Men's Outdoor Big Sky Champions By Event

100-Meter Dash

2005	Adewale Awosanya	10.77
2000	Francis St. Paul	10.48
1993	Len Raney	10.71
1988	Michael Haynes	10.56
1981	Ron Gray	10.58
1980	Alphonse Curry	10.66

200-Meter Dash

2003	Landon Benson	21.57
2002	Landon Benson	21.08
1992	Anthony Wilson	20.88
1991	Anthony Wilson	20.25
1988	Michael Haynes	21.11
1981	Ron Gray	21.34
1979	Alphonse Curry	21.24

400-Meter Dash

1993	Will Glover	46.31
1992	Will Glover	46.09
1991	Will Glover	48.02
1987	John Koon	46.40
1986	Dwane Hall	46.95
1980	Greg Carson	46.77

800-Meter Run

2007	Lopez Lomong	1:51.82
2006	Lopez Lomong	1:48.86

880-Yard Run

1972	Steve Cross	1:51.64
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1,500-Meter Run

2010	David McNeill	3:49.51
2009	David McNeill	3:48.77
2008	David McNeill	3:47.11
2007	Lopez Lomong	3:47.89
2006	Lopez Lomong	3:48.64
1996	Jama Bile	3:53.39
1990	Kim White	3:50.89
1980	Larry Martinez	3:50.94

Mile

1977	Jim Trapp	4:10.36
1973	Richard Selby	4:11.88
1972	Richard Selby	4:21.24
1971	Richard Selby	4:10.94

Three Mile

1976	Larry Gerich	14:28.96
1973	Dave Tocheri	14:21.02
1972	Richard Selby	13:51.24
1971	Richard Selby	13:55.24

5,000-Meter Run

2010	David McNeill	14:36.76
2009	David McNeill	14:32.29
2008	David McNeill	15:17.77
2007	Lopez Lomong	15:07.06
2005	Henrik Ahnstrom	15:16.99
2004	Travis Laird	14:42.52
2000	Juan P. Miramontes	14:47.06
1998	Tim Martin	14:48.81
1997	Chad Walton	14:35.99
1996	John Howell	14:29.12
1992	B. Bonenberger	14:52.05
1988	Bo Reed	14:33.15
1985	Mark Souza	14:45.10
1979	Art Menchaca	14:25.14

10,000-Meters

2010	Ahmed Osman	30:58.56
2009	Ahmed Osman	30:53.19
2007	Jon Cardenas	31:13.10
2002	Juan P. Miramontes	31:05.90
2001	Juwan Nuwayokva	31:22.30
1998	Tim Martin	30:54.32
1997	Web Shelley	30:35.26
1996	Tim Martin	30:34.42
1988	Bo Reed	30:12.84
1987	Bo Reed	30:31.84
1986	Mark Souza	30:22.03

Steeplechase

2008	Ben Ashkettle	9:05.70
2005	Henrik Ahnstrom	9:20.72
2000	Billy Herman	8:39.05
1999	Billy Herman	8:50.95
1997	John Howell	9:09.77
1989	Milfred Tewawina	8:59.07
1986	Mark Souza	8:49.95
1979	Art Menchaca	8:58.57
1971	Richard Sliney	9:08.42

110-Meter Hurdles

2002	Vytautas Kancleris	14.18
2001	Daryl Wonsey	14.25
1998	Rudolph Drummond	13.95
1985	Micah Williams	13.90
1984	Albert Kelly	14.06
1982	Ted Zakoscienly	13.92
1981	Ted Zakoscienly	14.23

400-Meter Hurdles

1991	Rodney Belk	52.13
1988	Peter Daniel	51.08
1987	Peter Daniel	50.78
1985	Micah Williams	51.09
1984	Micah Williams	51.85

4x100-Meter Relay

2008		40.45
2003		40.67
2000		40.53
1993		40.72
1992		40.50
1981		41.45

4x110-Yard Relay

1980		41.51
1975		41.14

4x400-Meter Relay

2007		3:13.88
2003		3:13.77
1993		3:12.46
1992		3:10.93
1991		3:16.64
1989		3:12.41
1986		3:13.79
1982		3:08.53

Long Jump

1997	Tommy Sarenbrant	24-4.25
1990	Glenn Carroll	25-2
1988	Glenn Carroll	25-2.5
1986	Greg Foster	25-4
1985	Greg Foster	25-2.5
1981	Derek Shelton	23-6
1975	Fred Buys	24-7
1971	John Green	23-9.5

Triple Jump

2010	Charles White	49-5.75
1992	Jashuwa Gindiri	50-6.25
1990	Charles Green	52-9
1986	Greg Foster	51-0.75

High Jump

1992	Brian McCurdy	6-10.75
1980	Steve McFadden	7-2
1976	Dave Shattuck	6-10
1971	Eric Moore	6-4

Pole Vault

1992	Joe Mauko	16-5.5
1986	Matt Kendall	16-6
1985	Matt Kendall	16-0
1981	Dave Tucker	15-10.5
1979	Jim Wilkerson	16-0
1978	Mike Morgan	16-0
1976	Brad Armstrong	16-6
1975	Brad Armstrong	16-8
1974	Mike Sampson	15-9

Discus

2010	Andres Rossini	182-25
2000	Nick Petrucci	196-2
1999	Nick Petrucci	195-4
1997	Nick Petrucci	174-6
1996	Kristian Pettersson	190-10
1995	Nick Petrucci	172-11
1994	Kristian Pettersson	166-1
1993	Kristian Pettersson	172-11
1971	Mike McNabb	159-9

Shot Put

2010	Javier Villarreal	60-2.75
2009	Javier Villarreal	59-3.75
2008	Javier Villarreal	58-11.5
2000	Hakan Andersson	59-4
1999	Hakan Andersson	59-2
1996	Kristian Pettersson	59-10.25
1994	Kristian Pettersson	60-3.75
1991	Anders Axlid	58-4.75
1988	Kent Larsson	55-4.5

Javelin

1976	Dan McDowell	226-5
1975	Dan McDowell	241-10

Hammer Throw

2010	Curtis Durocher	201-2.5
2009	Pascal Tang	197-10
2008	Curtis Durocher	203-09
2004	Karim Chester	215-07
2004	Karim Chester	212-0
2000	Sean McNabb	202-5P

Decathlon

2000	Nils Wiklund	7,104
1996	Tommy Sarenbrant	7,402
1995	Tommy Sarenbrant	7,363

Bold Indicates Current Athlete



NAU Women's Outdoor Big Sky Champions By Event

100-Meter Dash

2007	Taneisha Wright	11.58
1999	Summer McCollum	11.88
1992	Angela Kimmey	11.96
1990	Brenda Johnson	12.14

200-Meter Dash

2007	Taneisha Wright	24.10
2006	Monique Young	24.21
2004	Liza Conteh	24.11
1990	Brenda Johnson	24.29

400-Meters

2010	Shekila Wilkinson	55.24
1998	Samantha George	53.24
1994	Charlene Maulseed	53.92
1990	Christine Balfour	55.86
1989	Sonya Mitchell	55.09

800-Meters

2006	Elin Wiik	2:09.16
2005	Johanna Nilsson	2:09.65
2004	Johanna Nilsson	2:09.76
2003	Johanna Nilsson	2:07.82
1999	Martina Ze	2:07.21
1989	Nikki Toms	2:08.84
1988	Nikki Toms	2:07.85

1,500-Meters

2009	Veronica Phol	4:28.21
2008	Lesley van Miert	4:22.73
2007	K. Rosenplaenter	4:33.06
2006	K. Rosenplaenter	4:30.69
2005	Johanna Nilsson	4:32.23
2004	Johanna Nilsson	4:31.62
2003	Johanna Nilsson	4:27.80
2002	Ida Nilsson	4:34.76
1992	Christy Michaels	4:32.00
1990	Nikki Toms	4:28.79
1989	Nikki Toms	4:25.89
1988	Nikki Toms	4:24.97

Steeplechase

2010	Nell Rojas	10:50.32
2009	Nell Rojas	10:28.70
2004	Ida Nilsson	10:29.30
2003	Ida Nilsson	10:32.32
2002	Ida Nilsson	10:17.36

3,000-Meters

1997	Rikke Pedersen	9:52.50
1996	Rikke Pedersen	9:49.60
1995	Rikke Pedersen	9:55.74c
1989	Larah Treadwell	9:54.01
1988	Maurie Wood	9:50.82

5,000-Meters

2009	Veronica Pohl	17:34.73
2006	N. Gueldemeister	17:28.11
2005	Natalie Rogers	18:22.31
2004	Erika Edwards	17:44.06
2003	Ida Nilsson	17:06.58
2002	Ida Nilsson	17:18.26
1995	Rikke Pedersen	17:33.67
1993	Tracy Jarman	17:04.30
1992	Tracy Jarman	16:35.86
1991	Kristi Klinnert	18:17.53
1990	Kristi Klinnert	17:22.40

10,000-Meters

2006	N. Gueldemeister	35:36.26
2005	Natalie Rogers	38:44.16
2004	Erika Edwards	36:43.31
1999	Amy Swier	35:19.89
1997	Rikke Pedersen	36:04.38
1993	Kristi Klinnert	36:12.23
1992	Kristi Klinnert	37:04.42
1991	Kristi Klinnert	40:42.18
1990	Kristi Klinnert	36:31.44
1989	Beth Ellickson	36:51.92
1988	Beth Ellickson	36:25.82

100-Meter Hurdles

1996	Summer Welch	14.04
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Long Jump

1998	Petra Eklund	19-4.75
1996	Angie Migray	18-9.75
1991	Rachel Game	w20-0.25

High Jump

2007	Britney Rogers	5-08.75
2006	Britney Rogers	6-00.5
1997	Sabine Krieger	5-8.75
1994	Angel Leath	5-6

Triple Jump

2009	Aisha Goynes	40-7
2008	Aisha Goynes	41-6.5
2007	Monique Young	41-1
2006	Monique Young	42-0
2004	Monique Young	40-0.50
2000	Asa Lonn	44-4.25

Shot Put

2008	Candice Bryant	50-06.25
2007	Candice Bryant	48-04.75
2006	Dana Posey	49-1
2005	Dana Posey	49-07.75
2002	Andrea Hancock	47-10
2000	Linda Nestorsson	52-2.5P
1999	Linda Nestorsson	51-3
1997	Anna Soderberg	51-3
1996	Anna Soderberg	50-3.5
1994	Anna Soderberg	49-5

Discus

2010	Shelby McCray	151-5.75
2006	Candice Bryant	159-2
2002	Andrea Hancock	173-11
2000	Linda Nestorsson	160-2
1999	Linda Nestorsson	163-2
1997	Anna Soderberg	197-8
1996	Anna Soderberg	184-2
1994	Anna Soderberg	179-4
1993	Anna Soderberg	150-4
1989	Lori Parker	170-9

Hammer Throw

1997	Anna Soderberg	179-0
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Heptathlon

1998	Petra Eklund	5,337
1997	Sabine Krieger	5,141
1996	Anna Wiklund	5,266
1995	Anna Wiklund	5,253
1994	Anna Wiklund	5,311
1993	Aimee Anthony	5,160
1992	Aimee Anthony	5,111

4x100-Meter Relay

2005		46.20
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4x400-Meter Relay

2007		3:45.37
2004		3:44.19





**Northern Arizona University
President
10th Year**

John D. Haeger leads Northern Arizona University in its commitment to undergraduate education—a commitment enhanced by the university's ongoing efforts in research, graduate education and distance learning.

Dr. Haeger has been NAU president since November 2001 after joining the university to serve as NAU provost in June 2000.

During his term as president, Dr. Haeger has guided the university to new heights in student enrollment. He also has ushered the university into its largest building boom since the 22-year term of former NAU President J. Lawrence Walkup.

Further, he has fully endorsed a national effort to increase institutional accountability, explaining that NAU must perform on a level that demonstrates its significance to students and to society.

Among university achievements under his leadership:

- **Affordability and predictability.** Under Dr. Haeger's leadership, NAU has instituted a tuition guarantee program that provides tuition predictability to undergraduate students. NAU is the only university in Arizona to guarantee the same tuition

John D. Haeger

rate for eight semesters. The university also promises to provide students the advisement help and courses necessary to obtain their degree within four years-or less.

- **Accessibility.** NAU is leading the way in innovative advancements that are changing the structure of higher education, making it more affordable and accessible. CCC2NAU offers a seamless transition for Coconino Community College students seeking a bachelor's degree. NAU-Yavapai allows students in the Prescott area to earn baccalaureate degrees at about one-third of the cost of a residential education.

- **Commitment to research.** President Haeger has expanded the impact of the university's scholarly and creative activities. Discovery and application of new knowledge ties Northern Arizona University to important social, environmental, and economic problems in the American West and beyond.

- **Sustainability.** President Haeger, a charter signatory of the American College & University Presidents Climate Commitment, has led the university effort to make sustainability a part of virtually every major and program. From climate research to forest health, NAU conducts research and offers degrees in a variety of environmental programs.

- **'Platinum'-rated campus.** NAU is home to the greenest building in higher education and one of the greenest buildings in the world with the Platinum-rated Applied Research and Development building. The university also is home to three Gold-rated buildings and recreational fields that are Silver rated.

- **Largest gift in university history.** The College of Business Administration was able to acquire the largest gift in university history, a \$25 million donation from business leader William Franke. The college was renamed The W.A. Franke College of Business.

- **Arizona Cardinals partnership.** The National Football League's Arizona

Cardinals agreed to continue to operate their training camp at the Flagstaff campus. About \$2 million is added to the northern Arizona economy as a result of the Cardinals training camp.

- **High Country Conference Center.** Dr. Haeger initiated a joint partnership among NAU, the city of Flagstaff, the Arizona Board of Regents, Sodexo Conferencing and Drury Hotels to build a 42,000-square-foot conference center and an adjoining hotel and parking structure. The complex has become a financial, cultural and educational asset to the university and Flagstaff communities. The economic benefit to northern Arizona is estimated at \$7 million annually.

Dr. Haeger is a member Arizona Board of Education, the Governor's P-20 Council, the board of directors of the Translational Genomics Research Institute, known as TGen, is former chair of the United Way of Northern Arizona board, serves as commissioner for the Western Interstate Commission for Higher Education, and is past chair of the Council of Presidents of the Big Sky Conference.

He had substantial years in the classroom before his administrative career and published several books and numerous articles on topics related to the history of economic change in the United States and how it affects individuals and institutions. His 1982 book, *The Investment Frontier: New York Businessmen and the American West*, won a national award from *Choice* magazine, and his 1991 book, *John Jacob Astor: Business and Finance in the Early Republic*, argued for Astor's role as the first modern American venture capitalist.

Dr. Haeger has said he still defines himself by his teaching and research on economic development. "In a way, I am now living the story that I used to teach and write about," he said.





**Northern Arizona University
Director of Athletics
7th Year**

Jim Fallis was named the Director of Athletics at Northern Arizona University in May, 2004, and the department has had success across the board under his leadership.

Under his direction, the 300-plus Lumberjack student-athletes have maintained 3.00 or better cumulative mark in 11 of the 12 semesters under his direction. Eleven of the 15 squads posted a 3.0 or higher cumulative GPA last year led by the soccer team which posted a department-best 3.42 in 2009-10. Overall, the department recorded its highest cumulative grade point average since 1997, recording a 3.16 GPA among its more than 300 student-athletes at the completion of the 2009 fall semester.

A school-record one hundred seventy-eight student-athletes were recognized in 2008 at the Golden Eagle Awards for significant contributions to the Lumberjack athletics program while maintaining a minimum of a 3.0 GPA. He also established the Athletic Director's Honor Roll to recognize student-athletes with a 3.5 or better GPA and men's basketball player Kelly Golob and women's golfer Ali Carter have earned NCAA Postgraduate Scholarships under his leadership.

Outside the classroom, the department staff and student-athletes contributed 4,000-plus

Jim Fallis

community service hours in Flagstaff and around the state of Arizona each of the last four years and totaled more than 23,000 hours during his tenure. The yearly contribution is believed to be the highest among the three state universities.

NAU has ranked among the top 100 athletic departments in the Learfield Directors' Cup standings four times under Fallis, while winning 25 Big Sky Conference titles, recording 18 Top-40 national finishes and winning eight individual national titles. NAU has won the Big Sky Conference Men's All-Sports title two times and finished among the top three for the prestigious President's Cup award every year of its existence.

Fallis has also overseen the installation of state-of-the-art scoreboard and message-center in the Walkup Skydome since his arrival. The Skydome also welcomed the installation of a removable REALGRASS™ Matrix system during the Spring of 2008, the first removable REALGRASS™ system to be installed in the United States. It marked the first accomplishment by the President's Task Force on Athletics Facilities.

NAU signed a five-year apparel agreement with Adidas in 2008 to outfit all 15 intercollegiate teams with practice and game gear. The deal replaced NIKE as the official team outfitter, a three-year contract originally developed by Fallis.

Prior to NAU, Fallis served as athletics director at the University of Northern Colorado since 1993. Academic and athletic successes as well as fiscal responsibility were hallmarks of Fallis' tenure at Northern Colorado. Northern Colorado teams won 31 conference championships in his 10 years. Academically, UNC produced 13 NCAA postgraduate scholarship recipients in his 11-year tenure.

UNC won two Division II National Championships in football (1996, 1997) under his direction. At the time he left, athletics had over \$8 million in endowments and \$600,000 in reserves. Prior to UNC, Fallis spent seven years as athletic director at Lake Superior State University. Under his leadership, LSSU won NCAA Division I Hockey Championships in

1988 and 1992.

Fallis, 57, has been actively involved in the administration of intercollegiate athletics at the national level. Presently, he serves on the Learfield Directors' Cup Committee and represents the Big Sky on the Division I Championship cabinet and serves on the Administrative Committee. He was also selected by Arizona Gov. Janet Napolitano to serve on the Governor's Council on Health, Physical Fitness and Sport for the state of Arizona and is a member of the Rotary Club in Flagstaff.

A member of five Hall of Fames (NAIA, NCAA Division II Wrestling, Lake Superior State, NCC Hall of Honor), he was recently named to the University of Northern Colorado Hall of Fame in the Winter of 2010. A native of Durand, Mich., Fallis earned his masters degree from Northern Michigan in 1977. He and his wife, Anna, are the parents of two grown children and two grandchildren.



Jim Fallis presents the Big Sky Indoor Track & Field Men's Coach of the Year Award to Eric Heins

The Big Sky Conference



FOUNDED: 1963

WOMEN'S SPORTS ADDED: 1988

MEMBER SCHOOLS: Eastern Washington, Idaho State, Montana, Montana State, Northern Arizona, Northern Colorado, Portland State, Sacramento State, Weber State

SPONSORED SPORTS: Football, Soccer (W), Volleyball, Basketball (M/W), Golf (W), Cross Country (M/W), Tennis (M/W), Indoor Track and Field (M/W), Outdoor Track and Field (M/W)

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COMMISSIONER: Doug Fullerton

The Big Sky Conference enters its 48th year of athletic competition in 2010-11. The Big Sky is an NCAA Division I member in all sports, with member institutions classified in the Football Championship Subdivision (formally I-AA). For the fifth straight year, the Big Sky is a nine-team league.

The current lineup includes Eastern Washington, Idaho State, Montana, Montana State, Northern Arizona, Northern Colorado, Portland State, Sacramento State and Weber State. Northern Colorado is the newest member of the league, having joined the conference in 2006.

The league has become one of the

strongest Division I conferences in the West and is a national leader in the Football Championship Subdivision. Five times, Big Sky teams have won the Division I National Championship, and Montana has played for the title each of the past two seasons.

The Big Sky Conference was established in 1963 by six charter members – Idaho, Idaho State, Gonzaga, Montana, Montana State and Weber State. Those six schools formed the foundation of the Big Sky before the league expanded in 1970 by adding Boise State and Northern Arizona. Gonzaga left the Sky in 1979 and was replaced by Nevada, which gave the league eight members. The conference grew to nine schools in 1987 with the addition of Eastern Washington.

The 1990s saw change in the makeup of the league, beginning in 1992 when Nevada departed and put the Big Sky back at eight teams. In 1996 Boise State and Idaho left and at the same time the conference added Portland State, Sacramento State and Cal State Northridge. The Big Sky maintained nine teams for five years before Cal State Northridge departed in the spring of 2001.

The Big Sky spreads across eight states spanning from the Pacific Ocean to the Rocky Mountain Front. The Big Sky is represented along the entire west coast with schools in Washington, Oregon and California. League schools also range up and down the Rocky Mountains with institutions in Montana, Idaho, Utah, Arizona and Colorado. Of the eight western-most states in the contiguous United States only one, Nevada, is not represented in the Big Sky.

On Feb 25, 1963, the name Big Sky was adopted by the six presidents of the charter members as the name of the new conference. The name Big Sky originated in a novel written by the late A.B. (Bud) Guthrie of Great Falls, Mont., in 1947 entitled "The Big

Sky." Jack Hollowell, a former Montana advertising director, promoted the Big Sky theme for the Treasure State. While on a track and field trip from Pocatello, Idaho, to Missoula, Mont., the legendary Dubby Holt of Idaho State saw a "Welcome to Big Sky Country" sign as his team entered Montana. Holt, and his athletes thought "Big Sky" would be a perfect name for the new conference. Harry Missildine of the Spokane Spokesman-Review called for the newly formed league to be named the Big Sky Conference in his column dated Feb. 20, 1963.

The Big Sky sponsors championships in 14 sports, including men's and women's cross country, indoor and outdoor track and field, basketball and tennis. In addition, there are also championships in football, and women's volleyball, golf and soccer.

The 2010-11 season will mark the 23rd year that the Big Sky Conference will sponsor championships in women's sports. The former Mountain West Conference existed from 1982-88, sponsoring championships for women's sports at the same institutions the Big Sky had men's programs. The Big Sky merged with the Mountain West in 1988, forming one league for both men and women.

Doug Fullerton, the fifth commissioner of the Big Sky Conference, will enter his 16th year at the helm. Fullerton took over the Big Sky on July 1, 1995, replacing longtime commissioner Ron Stephenson. Stephenson served the league for 14 years. Steve Belko was the commissioner from 1977-81 while John Roning held the post from 1971-77. The first league commissioner was Jack Friel, who served from 1963-71.



School	Mascot	Location	2010 Men's Indoor Finish	2010 Women's Indoor Finish	2010 Men's Outdoor Finish	2010 Women's Outdoor Finish
Eastern Washington	Eagles	Cheney, Wash.	5th (77.17)6	6th (58)	4th (93)	4th (102)
Idaho State	Bengals	Pocatello, Idaho	6th (47)	7th (43.5)	6th (60)	5th (94)
Montana	Grizzlies	Missoula, Mont.	7th (35.5)	3rd (85)	5th (67.5)	3rd (103)
Montana State	Bobcats	Bozeman, Mont.	2nd (127.3)	6th (73.5)	8th (42)	7th (81)
Northern Arizona	Lumberjacks	Flagstaff, Ariz.	1st (132)	2nd (91)	2nd (171)	2nd (109)
Northern Colorado	Bears	Greeley, Colo.	8th (30)	9th (22)	7th (46)	9th (42)
Portland State	Vikings	Portland, Ore.	9th (19.5)	8th (38)	9th (30)	8th (53)
Sacramento State	Hornets	Sacramento, Calif.	3rd (113)	1st (167.5)	3rd (130)	1st (145)
Weber State	Wildcats	Ogden, Utah	4th (81.5)	4th (81.5)	1st (177.5)	6th (90)

2011 SCHEDULE

Indoor Season

Jan 21-22	Cherry & Silver Invitational	Albuquerque, N.M.
Jan. 28-28	New Mexico Invitational	Albuquerque, N.M.
Feb. 5	NAU Team Challenge	Flagstaff, Ariz.
Feb. 11-12	Husky Classic	Seattle, Wash.
Feb. 12	NAU Open	Flagstaff, Ariz.
Feb. 19	Lumberjack Invitational	Flagstaff, Ariz.
Feb. 25-26	Big Sky Indoor Championships	Pocatello, Idaho
March 11-12	NCAA Indoor Championships	College Station, Texas

Outdoor Season

March 18-19	Willie Williams Invitational	Tucson, Ariz.
March 25-26	ASU Invitational	Tempe, Ariz.
April 2	New Mexico Tailwind Invitational	Albuquerque, N.M.
April 14-16	Mt. SAC Relays	Walnut, Calif.
April 15	Brian Clay Invitational	Azusa, Calif.
April 16	Beach Invitational	Cerritos, Calif.
April 23	Sun Devil Open	Tempe, Ariz.
April 30	ASU/UA/NAU Double Dual	Tempe, Ariz.
May 12-14	Big Sky Outdoor Championships	Sacramento, Calif.
May 26-28	NCAA Preliminary Championships	Eugene, Ore.
June 8-11	NCAA Outdoor Championships	Des Moines, Iowa

