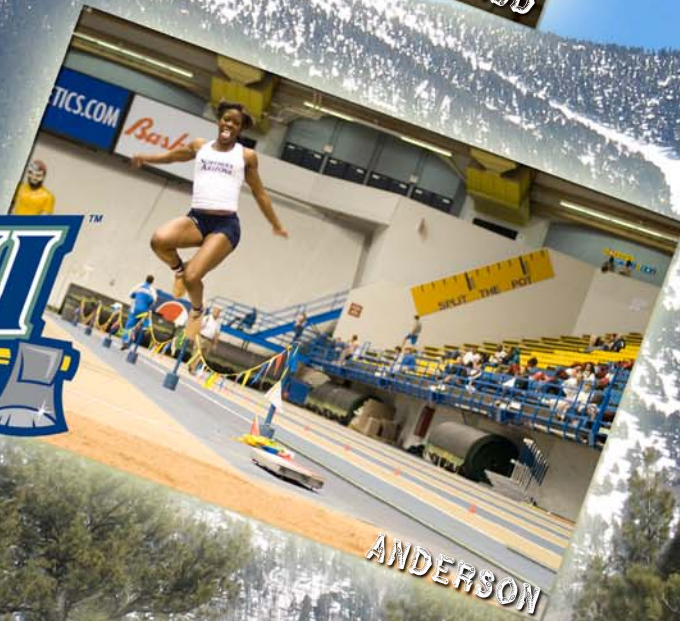


2010
TRACK & FIELD
MEDIA GUIDE



FROM PRESENT...





Lopez Lomong

- Served as U.S. Flagbearer at 2008 Summer Olympics in Beijing
- Advanced to semifinals of the men's 1,500m
- First NAU athlete to represent the United States in the Olympic Games
- Won two National Championships (2007 indoor 3,000, 2007 outdoor 1,500) as a Lumberjack
- Competed at NAU from 2005 to 2007, earning five All-American awards



Northern Arizona Track and Field has been represented in every summer Olympics since 1984, by a total of 10 different athletes, including three-time Olympians Angela Chalmers and Anna Soderberg.



Angela Chalmers

- Bronze medal in the 3000-meters at the 1992 Summer Olympics in Barcelona, Spain
- Competed in the 1988 Summer Olympics in Seoul, Korea
- Ran track and cross country for the Lumberjacks 1982-1986
- 1986 NCAA Women's Cross Country Champion
- NAU Hall of Fame, 1992

Anna Soderberg

- Competed in the 2008 Olympics in Beijing, 2004 Olympics in Athens, and the 2000 games in Sydney
- Competed in three World Championships, finishing as high as eighth (Paris, 2003) in the discus
- NCAA Champion, 1997
- NAU student-athlete 1993-1997
- NAU Hall of Fame, 2003



Samantha George

- Competed in the 2000 Summer Olympics in Sydney, Australia on the Canadian 4x400 meter relay team
- 11th-place finish at NCAA Championships, 400-meters
- Big Sky Conference record-holder, 400-meters (53.01, 1998)

Victor Castillo

- Competed in the long jump in the 2004 Olympic Games in Athens, Greece
- Third-place finish at 2003 Pan American Games
- IAAF third-best world mark of 27-3



LUMBERJACKS IN THE OLYMPICS

Athlete	Year(s)	Country
Maya Benzoor	1984	Israel
Jama Bile	1996	Somolia
Victor Castillo	2004	Venezuela
Angela Chalmers	1988, 1992, 1996	Canada
Samantha George	2000	Canada
Lopez Lomong	2008	United States
Kristian Pettersson	2000	Sweden
Anna Soderberg	2000, 2004, 2008	Sweden
Georgina Toth	2008	Cameroon
Anthony Wilson	1996	Canada



2008 Olympian Georgina Toth

UNIVERSITY INFORMATION

Location	Flagstaff, Ariz.
Elevation	7,000 feet
Enrollment	22,507
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	Dr. Wayne Sjoberg
University Web Site	www.nau.edu

TRACK AND FIELD INFORMATION

Interim Director of Track and Field	Eric Heins
Distance / Cross Country Coach	Eric Heins
Throws / Multis Coach	Mohamad Saatara
Jumps/ Sprints / Hurdles Coach	Wiley King
Assistant Coach	Sarah Doyle
Assistant Coach	Adawale Awosanya
Assistant Coach	Seth Watkins
2009 Women's Indoor Big Sky Finish	First
2009 Men's Indoor Big Sky Finish	First
2009 Women's Outdoor Big Sky Finish	Second
2009 Men's Outdoor Big Sky Finish	First

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COACHES



From Left to Right: Doyle, Awosanya, Watkins, Heins, Saatara, King, Harris

NAU TRACK & FIELD COACHING STAFF

INTERIM DIRECTOR OF TRACK AND FIELD	ERIC HEINS
DISTANCE COACH	ERIC HEINS
THROWS, MULTIS COACH	MOHAMAD SAATARA
SPRINTS, JUMPS AND HURDLES COACH	WILEY KING
POLE VAULT COACH	SARAH DOYLE
ASSISTANT SPRINTS, JUMPS AND HURDLES COACH	ADAWALE AWOSANYA
ASSISTANT DISTANCE COACH	SETH WATKINS
TEAM MANAGER	ANNMARIE HARRIS



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

With five Big Sky Cross Country Coach of the Year honors to his credit, Heins has quickly made an impression in Flagstaff, where he began his coaching career as a graduate assistant under Ron Mann.

The 2009 season proved to be a historic one for the cross country program as the season culminated with the men's team finishing fourth at the NCAA Cross Country Championships. Heins coached junior David McNeill to his third-straight All-American honor 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.

In 2008, 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 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.

HEINS' ALL-AMERICAN AWARD WINNERS

CROSS COUNTRY

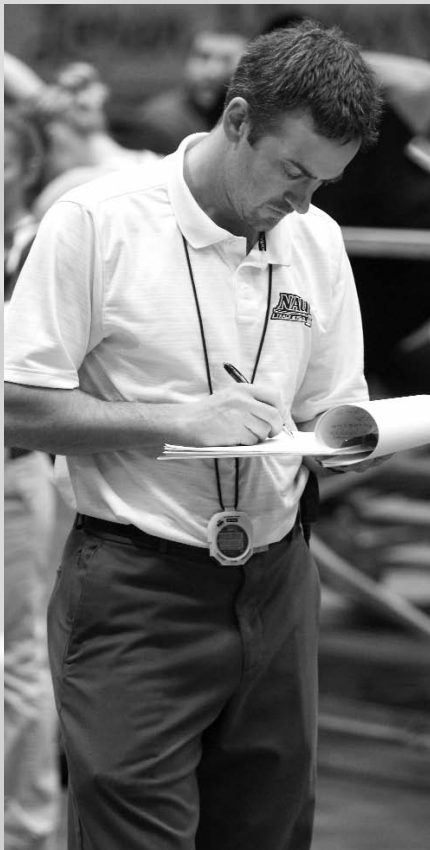
- JORDAN CHIPANGAMA (2009)
- LOPEZ LOMONG (2007)
- DAVID MCNEILL (2007,2008,2009)
- ISLA PAULSON (2007)
- VERONICA POHL (2008,2009)

TRACK AND FIELD

- DAVID MCNEILL
- 2008: 3,000M,5,000M
- 2009: 5,000M
- AHMED OSMAN
- 2009: 10,000M

Academically, the cross country teams have received the USTFCCCA All-Academic Team award three times under his direc-

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tion while 15 student-athletes have earned a combined 17 Big Sky All-Academic honors. McNeill was named to the ESPN the Magazine Academic All-America team in 2009.

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 was born in July of 2008.



A 2006 graduate of NAU, Seth Watkins is in his third year on the coaching staff after returning to his alma mater to work with the distance program in 2007.

Most recently, Watkins assisted the men's and women's cross country teams to 2009 Big Sky Championships. The men's team went on to finish fourth at the Mountain Regional, and finished fourth in the nation at the NCAA

Cross Country Championships.

From 2002-06, Watkins was a standout on the cross country and track and field teams. During his career, he twice earned All-American honors, leading the cross country team to third and seventh place finishes at the NCAA Championship in his sophomore and freshman seasons, respectively. Watkins racked up three Big Sky titles during his four years, one Mountain Region crown and two more top-five finishes.

In track, he was a member of the 2003 squad that swept the indoor and outdoor conference championships. That same year he finished 26th at the NCAA Outdoor Championship in the 5k and sixth in the Big Sky Outdoor 1500m.

Originally he was recruited to Flagstaff from Flathead High School in Montana, where he won the state championship in the 3200-meter and the Footlocker West Cross Country Championship. In addition to earning six All-State honors, Seth holds the school record in the 3200m with a time of 9:15.50.



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

Originally from Overland Park, Kan., Doyle joins 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.

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Mohamad Saatara begins his eighth season with the Lumberjacks, coaching the throws and multi-event athletes. Over the course of his career at NAU, Saatara has coached over 20 Big Sky champions in the field events and over 40 All-Big Sky Conference selections, along with over 30 athletes who qualified for the NCAA Regional Championships. His athletes have been an integral part of the NAU Track & Field teams, winning 12 indoor and outdoor

Big Sky Conference Men and Women Team Championships. Saatara's athletes have also shown excellence in the classroom with many of his athletes being awarded with the Golden Eagle Scholar-Athlete Award.

In 2009, athletes coached under Saatara had an outstanding year. He produced four Big Sky champions; two indoor and two outdoor. At the 2009 Big Sky Indoor Championships, Curtis Durocher and Nicole Elliot claimed the men's and women's titles in the weight throw. Curtis Durocher finished 15th on the NCAA Indoor National List. At the outdoor championships, Pascal Tang won the hammer throw title. Javier Villarreal was crowned champion in the shot put for the second consecutive year, and finished third at the NCAA West Regional Championships to earn a trip to the NCAA Outdoor Track and Field Championships where he finished 21st. Six others also qualified for the NCAA Division I West Regional Championships; Arshiya Hoseyni, shot put; Maria Braun, discus; Jacob Nicol, hammer throw; Pascal Tang, hammer throw; Michelle Baltimore, discus; and Jamilyn Michaud, pole vault. Michaud also broke the NAU indoor and outdoor pole vault records. With the help of Saatara's athletes, the Lumberjacks swept the men's indoor and outdoor conference titles, and captured the women's indoor championship.

Athletes coached by Saatara also had success away from Flagstaff. Amin Nikfar won the shot put at the Indoor Asian Games in Hanoi this past fall, breaking the Indoor Asian Games meet record and the Iranian national indoor record. Bubba Edmonds finished fifth at the USATF National Championships in Eugene Oregon. At the Thorpe Cup in Germany, he finished fourth. David Paul competed in the hammer throw at the USATF National Championships. 2008 Olympian Zara Northover represented Jamaica in the Central American and Caribbean Games in Havana where she placed fifth in the shot put, and won the Jamaican National Championships.

In 2008, Saatara coached his athletes to six Big Sky Conference titles in the throws. The indoor season saw Candice Bryant (shot put), Javier Villarreal (shot put), and Pascal Tang (weight throw) all come away with conference crowns. In May Bryant and Villarreal would match their indoor accomplishments and Curtis Durocher took gold in the men's hammer. Bryant also appeared in the ring at the West Region Championships for the third straight year in the shot put capping off an impressive career under Saatara with personal best of 15.41m (50-06.75). Pascal Tang, Durocher, and Jacob Nicol qualified for the Regional Championships in the hammer throw. Villarreal would make his second trip to the championships in the shot put, finishing in seventh place with a lifetime best of 18.23m (59-09.75). With the large contributions from Saatara's throwers the Lumberjacks would go on to with their second consecutive men's team outdoor Big Sky Championship.

The summer of 2008 saw Saatara send three athletes to Beijing to compete in the Olympic Games. NAU volunteer assistant coach Amin Nikfar, who trained under Saatara for two years qualified for the shot put with a throw of 19.94m (65-4) which is the Iranian national outdoor record in the shot put. Former NAU student-athlete Georgina Toth was also coached by Saatara to a qualifying mark of 67.42m (221-2) in the hammer throw. Zara Northover (Jamaica) also made it to

Beijing to compete in the shot put. Two of Saatara's athletes competed at the USATF Olympic Trials in Eugene, Ore., in June 2008. Former NAU student-athlete Bubba Edmonds took eighth in the decathlon with 7,765 points, while David Paul finished 11th in the hammer throw.

In 2007, Saatara guided Candice Bryant, Javier Villarreal, and Jeff Wheeler to the NCAA Regional Championships. Wheeler achieved his personal record in the javelin at the Big Sky Championships. The indoor season also saw success for the field event athletes. At the Big Sky Championship, Bryant finished second in the shot put and Villarreal rounded out the top ten in the weight throw.

In 2006, Saatara coached two female athletes to four individual Big Sky championships in helping the indoor and outdoor women's teams attain team conference championships. Posey, Bryant, and Georgina Toth represented NAU at the NCAA Regional Championships. During indoor, Dana Posey proved herself to be the Big Sky's best in the shot put and the weight throw with marks of 49-7.25 and 60-4, respectively. Saatara also tutored Candice Bryant to a second-place finish behind Posey in the shot put with her mark of 48-2.5. Bryant's championship came in the outdoor season where she claimed accolades in the discus event with a throw of 159-02. In the outdoor season, Posey took home her third conference title of the year and fifth of her career under Saatara. Duplicating her indoor success, Posey again bested the field in the shot put competition. This time, her 49-01 throw was enough to claim the title.

Some of his prominent athletes include Jeremy Hoff (a walk on athlete who represented NAU at two consecutive NCAA Outdoor National Championships in 2003 and 2004), Karim Chester (All-American weight throw) and Dana Posey who currently holds the NAU record for the hammer throw. Saatara guided Karim Chester to four conference championships in 2004 and 2005. All four titles in the weight and hammer throw events set new Big Sky Conference records. Chester was one of the leading NCAA hammer and weight throwers for most of his sophomore season.

In the pole vault arena, Saatara has coached two NAU school record holders to their places in history. In addition to that, he coached Bubba Edmonds to all-conference accolades with a vault of 16-4.

In his coaching career he has guided such prominent athletes as Nicole Duncan, a Division II national champion in the 100m, 200m, long-jump, and 2002 Honda Award winner, and Taras Rohde NCAA D-II All American (shot put, 61'8"). Saatara also tutored Janet Hill, who finished fifth in the 2000 Olympic Trials in the discus as well as Jenny Folz who was a top 10 US hammer and weight thrower in both 2001 and 2002. Saatara also instructed Trinidad & Tobago national shot-put record holder Dave Stoute.

Saatara is also an avid clinician. He has coached at the Ironwood throws camp in Spokane, Wash.. In 2009 he was also invited to the USATF Podium clinic in Las Vegas. The summer of 2010 will see Saatara assist at the John Godina NAU Throws Camp that will be held on campus in Flagstaff in July. He has presented at the 2008 USATF Super Clinic, held in conjunction with the USATF Olympic Trials, the Arizona Track Coaches Association (shot put and discus), and the National Throws Coaches Association (hammer throw). He also organizes the NAU Track and Field Coaching Seminars. He has written several articles on the training of throwers in such periodicals as *The Coach* (Great Britain) and the 2006 edition of the *Throws Handbook*.

Saatara came to NAU after a stint at his alma mater, Cal State Los Angeles, where he served as the interim head coach for the program. He is a former All-American at CSULA, setting the Iranian national record in the weight throw in 1997 with a toss of 20.06 meters (65 feet, 9 inches). He finished second in the hammer throw at the 1995 Division II national championships. Saatara is a USA Track and Field Level II certified coach and is married to his wife of four years, Diane.



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Wiley King begins his first season with the Lumberjacks, coaching the sprinters, hurdlers and jumpers for the track and field team.

Before arriving at NAU, King spent one year as the men's assistant track and field coach at Oklahoma for sprints, hurdles and relays that saw the program break 16 program records throughout the

season, 11 on the women's side and five on the men's.

Prior to Oklahoma, King was an assistant at Weber State where his athletes recorded a sweep of the men's 400-meter hurdles at the 2008 Big Sky Outdoor Track and Field Championships to go along with the 4x400-meter relay's first-place finish. His athletes also did well at the Big Sky Indoor Track and Field Championships where they accounted for 10 top-three finishes including three of the top four spots in the women's 60-meter dash.

As a student athlete at Weber State, King was a member of both the football and track and field programs in his four-year career. He won 13 Big Sky Conference titles and holds two Big Sky Conference records along with seven Weber State program records. King ranks in the Weber State all-time top-10 list in 12 events.

A top performer in postseason competition, King is the Big Sky career scoring leader in indoor and outdoor conference championships. He totaled 115 career points in indoor championships and 108 in outdoor championships, the only athlete to ever score over 100 points in either championship.

King competed in eight Big Sky Championships and won at least one event in every meet en route to being named the Big Sky Athlete of the Meet in six of the eight championships.

King earned NCAA All-America honors in the heptathlon in 2006 and was named the Weber State Male Athlete of the

Year for 2003-2004, 2004-05 and 2005-06. In 2006 he was the recipient of the Weber State Male Career Achievement Award.

King also played four years of football while at Weber State and is the Big Sky's all-time leader in kickoff returns and kick-off return yardage. As a senior in 2005, King was third on WSU's team in receptions and caught four touchdown passes.

King is married to former Weber State runner and Big Sky champion, the former Monica McCloud. The couple has two children, Isaiah and Devyn.



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A 2007 graduate of NAU, Adawale Awosanya is in his first year as a graduate assistant coach for the track and field team after competing four years on the team.

He assists the sprints, jumps and hurdles athletes on the team.

Awosanya competed as a sprinter for the Lumberjacks for four seasons and ran in the 60, 100 and 200-meter dashes during his tenure on the team. He is a two-time Big Sky Champion in the 100-meter

dash and the 4x100m relay. He also made three NCAA Regional Championship appearances while competing, and is fourth on the all-time 60-meter dash list at NAU.

Born in Nigeria, Awosanya grew up in Toronto, Canada. He worked two years as a graphic designer in Phoenix before returning to coach at NAU.



In 2009, the J. Lawrence Walkup Skydome, one of the most unique venues in all of college athletics, celebrates its 33rd year as the entertainment center for northern Arizona.

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.

The Skydome showcases the new REALGRASS™ surface installed in the spring of 2008 by the Hellas Construction firm of Austin, Texas. The carpet, the Matrix version of the brand REALGRASS™ cost close to \$1 million. The REALGRASS™ Matrix system is comprised of a monofilament spinneret yarn in two different sizes and colors. It is the same one under consideration for the Dallas Cowboys' new stadium.

With the 2001 renovation to the Skydome floor, 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



Capacity15,000
 Constructed1977
 Elevation7,000 ft.

Indoor Track and Field Big Sky Championships Hosted

Men's Team	Year	Women's Team	Year
Northern Arizona	2009	Northern Arizona	
Idaho State	2006	Northern Arizona	
Northern Arizona	2003	Weber State	
Northern Arizona	2000	Northern Arizona	
Idaho State	1997	Northern Arizona	
Northern Arizona	1993	Northern Arizona	
Northern Arizona	1990	Northern Arizona	
Idaho	1984	Northern Arizona	

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 roof was also resurfaced during the summer of 2000 and the astroturf was replaced in 2002 from a surface that was in the Tropicana Dome, the home of the Tampa Bay Devil Rays, in St. Petersburg, Fla.

The concourse contains offices, meeting rooms, restrooms and concession stands. Located on the dome's floor level are fully equipped locker rooms and state-of-the-art athletic training and weight rooms. During the summer of 1997, the dome underwent a \$1 million lighting renovation that further enhances the Skydome's lure for television cameras. Fresh air and heat come through 19



large ducts, maintaining a constant temperature of 72 degrees.

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 and 2006 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 11 universities to own its own domed facility. The others are Idaho, Idaho State, Minnesota, North Dakota, Northern Iowa, Northern Michigan, North Dakota State, South Dakota, East Tennessee State and Syracuse.



The Big Sky Conference enters its 47th year of athletic competition in 2009-10. The Big Sky is an NCAA Division I member in all sports, with member institutions classified in the Football Championship Subdivision (formally I-AA). The Big Sky returned to a nine-team format in 2006 with the addition of Northern Colorado.

The current lineup includes Eastern Washington, Idaho State, Montana, Montana State, Northern Arizona, Northern Colorado, Portland State, Sacramento State and Weber State. The league has become one of the strongest Division I conferences in the West and is a national leader in the Football Championship Subdivision.

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.

With the addition of Northern Colorado, 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 now 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 2009-10 season will mark the 22th year that the Big Sky Conference will sponsor championships in women's sports. The former Mountain West Conference existed



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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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 15th year at the helm. Fullerton took over the Big Sky on July 1, 1995, replacing long-time 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	2009 Men's Indoor Finish	2009 Women's Indoor Finish	2009 Men's Outdoor Finish	2009 Women's Outdoor Finish
Eastern Washington	Eagles	Cheney, Wash.	3rd (81.5)	7th (48)	5th (82)	8th (55)
Idaho State	Bengals	Pocatello, Idaho	2nd (86)	5th (76)	3rd (132)	6th (81)
Montana	Grizzlies	Missoula, Mont.	7th (39)	8th (39)	7th (58)	5th (84)
Montana State	Bobcats	Bozeman, Mont.	6th (69.5)	4th (77)	4th (105)	3rd (116)
Northern Arizona	Lumberjacks	Flagstaff, Ariz.	1st (184)	1st (116.5)	1st (169)	2nd (121)
Northern Colorado	Bears	Greeley, Colo.	8th (28)	6th (57)	8th (40)	7th (60)
Portland State	Vikings	Portland, Ore.	9th (23)	9th (35)	9th (24)	9th (36)
Sacramento State	Hornets	Sacramento, Calif.	5th (70)	2nd (108.5)	6th (65)	1st (161)
Weber State	Wildcats	Ogden, Utah	4th (81)	3rd (106)	2nd (142)	4th (104)



2009 MEN'S INDOOR RECAP

- Conference Finish:** -----First
- Conference Champions:** -----
- Rodney Overton, 200m (21.45)
 - Rodney Overton, 400m (47.05)
 - Diego Estrada, 3000m (8:31.28)
 - Morten Bostrom, 5000m (14:55.82)
 - DMR- Terry, Jackson, Holbrook, Killian (10:15.55)
 - Curtis Durocher, Weight Throw (64-10.50)

Playing host to their eighth Big Sky Conference Indoor Championships, the Lumberjacks used this to their advantage to win the men's conference title. The men's squad scored nearly 100 more points than the second-place finishers. The Lumberjacks scored 100 points alone of first and second place finishers in the meet.

Senior Rodney Overton won the 200 and 400-meter dashes on his way to being named Men's Track Athlete of the Meet. Senior Morten Bostrom collected his second 5,000m Big Sky Indoor title as well.

Freshman Diego Estrada made his presence felt in just his first Big Sky Championships, scoring 14 points, and winning the men's 3,000m title.

The Lumberjacks scored 28 points in the men's weight throw as junior Curtis Durocher led the sweep of the medal stand with his win at 64-10.50. Teammates Pascal Tang (61-05.75), Ian Nunya (57-11.25), and Jacob Nicol (55-10.5), finished second, third, and fifth respectively.



2009 NCAA Outdoor Participants
Ahmed Osman, David McNeill, Nell Rojas, Javier Villarreal, Veronica Pohl and Diego Estrada

2009 MEN'S OUTDOOR RECAP

- All-Americans:** David McNeill (5000m), Ahmed Osman (10,000m)
- Conference Finish:** -----First
- Conference Champions:** -----
- David McNeill, 1,500m (3:48.77)
 - David McNeill, 5,000m (14:32.29)
 - Ahmed Osman, 10,000m (30:53.19)
 - Javier Villarreal, Shot Put (59-04.00)
 - Pascal Tang, Hammer Throw (197-10.00)

After missing the indoor campaign, David McNeill returned in the outdoor season and collected 28 points at the Big Sky Outdoor Championships to give the men's team their second track and field title of 2009. He successfully defended both of his titles in the 1,500 and 5,000-meter events. Ahmed Osman captured his first conference title, taking the 10,000m championship by less than a second over teammate Diego Estrada.

Javier Villarreal also defended his shot put title, taking first place by over four feet. Pascal Tang collected his second-career Big Sky title, winning the hammer throw event in impressive fashion with a hurl of nearly 200 feet.

The men's team sent 10 competitors to the regional championships, with four earning spots at the NCAA Outdoor Championships. McNeill collected his second-straight All-American honor after finishing runner up to Oregon's Galen Rupp in the 5,000m. Osman finished ninth overall in the 10,000m championship and also garnered All-American honors. Villarreal finished 21st in the preliminary round of the shot put.

2009 WOMEN'S INDOOR RECAP

- Conference Finish:** -----First
- Conference Champions:** -----
- Veronica Pohl, mile (4:56.48)
 - Veronica Pohl, 3000m (9:54.79)
 - Nell Rojas, 5000m (17:39.37)
 - Nicole Elliott, Weight Throw (59-00.25)

The women's team made it a sweep for NAU, taking the title by holding off Sacramento State and Weber State, winning by a mere eight points. The women's 3000 meter was the key event for NAU to retake and secure a lead.

Newcomer Veronica Pohl scored 28 points in her first Big Sky Championship, and also claimed the 3,000m and mile titles. Junior Nell Rojas backed up her 5,000m win with a second-place finish in the 3,000m behind Pohl.

Sophomore Nicole Elliott took home her first Big Sky title in the weight throw and was the lone women's thrower to score in the meet for the Lumberjacks.

2009 WOMEN'S OUTDOOR RECAP

- Conference Finish:** -----Second
- Conference Champions:** -----
- Veronica Pohl, 1,500m (4:28.21)
 - Veronica Pohl, 5,000m (17:34.73)
 - Nell Rojas, Steeplechase (10:28.70)
 - Aisha Goynes, Triple Jump (40-07.00)

The NAU women took second place for the second-consecutive year at the Big Sky Outdoor Championships, and claimed four more conference champions. Veronica Pohl captured two titles once again for the Lumberjacks, and Nell Rojas earned another conference crown in the steeplechase.

NAU sent eight athletes to the NCAA Regional Championships in Eugene, Ore., and Rojas made her third regional appearance in the steeplechase, finishing fourth overall. Pohl finished eighth overall in the field of 23 runners, and stamped her ticket to the NCAA Outdoor Championships with an at-large bid.

At the National Championships in Fayetteville, Ark., Pohl was two places off of qualifying for the 5k final after she finished 18th overall. Rojas also finished 18th in the country in the steeplechase at her first NCAA Outdoor Championships.



MEN'S ROSTER

<u>Name</u>	<u>Year</u>	<u>Position</u>	<u>Hometown/Previous School</u>
Ben Ashkettle	Jr./Jr.	Distance	Melbourne, New Zealand/Camberwell Grammar
Anthony Belcher	So.*/So.*	Sprints/Hurdles	Chandler, Ariz. /Chandler
Andrew Belus	So.*/So.*	Distance	Phoenix, Ariz./Seton Catholic
Scott Blair	Fr.*/Fr.*	Distance	Mission Viejo, Calif./Trabuco Hills
Charles Burrell	Fr./Fr.	Sprints	Goodyear, Ariz./Desert Edge
Langston Cavin	Fr./Fr.	Jumps	Glendale, Ariz./Mountain Ridge
Jordan Chipangama	So.*/Jr.	Mid-Distance	Lusaka, Zambia/Sutherland
Brendan Cleary	Sr.*/Sr.*	Sprints	Ladysmith, B.C., Canada/Ladysmith
Pat Colonnelli	So./So.	Throws	Carlsbad, Calif. /La Costa Canyon
Josh DeKonty	Jr./Jr.	Jumps	Gilbert, Ariz. /Highland
Miles DiSabella	Fr./Fr.	Sprints	Chandler, Ariz. /Westwood
Curtis Durocher	Sr.*/Sr.*	Trows	Belle River, Ontario, Canada/Belle River
Zach Elder	Jr.*/Jr.*	Multis	Pullman, Wash. /Pullman
Diego Estrada	So./So.	Distance	Salinas, Calif./Alisal
Anthony Evans	Sr./Sr.	Sprints/Jumps	Los Angelos, Calif./Taft
Tim Freriks	Fr./Fr.	Distance	Cottonwood, Ariz. /Mingus Union
Andre Gaines	Fr./Fr.	Jumps	Glendale, Ariz./Independence
Karl Gehrke	So.*/Jr.	Throws	Phelan, Calif./Serrano
Simon Gilna	Sr./Sr.	Distance	Los Alamos, N.M./Los Alamos
Dominic Giovannoni	So./So.	Multis	Napa, Calif./Napa
Dennis Givens	Jr.*/Sr.	Sprints	Peoria, Ariz./Millennium
Grant Hamilton	So.*/So.*	Throws	Milford, N.H./Milford
Josh Heck	Jr.*/Jr.*	Sprints	Gilbert, Ariz./Highland
Kam Holbrook	Sr./Jr.*	Mid-Distance	Casper, Wyo./Kelly Walsh
Matt Holtfrerich	Fr./Fr.	Sprints	Glendale, Ariz./Northwest Christian
Mark Hughes	Jr./Jr.	Sprints	Phoenix, Ariz./Thunderbird
Derrick Jackson	Sr./Sr.	Sprints	West Point, Utah/Northridge
Thremaine Johnson	Jr./So.*	Sprints/Jumps	Phoenix, Ariz./Central
Robbie Kerback	Sr.*/Sr.*	Sprints	Rio Rico, Ariz./Rio Rico
Myles Kloer	So./So.	Distance	Albuquerque, N.M./Sandia
Eric Lynch	Jr.*/Jr.*	Distance	Eugene, Ore./South Eugene
David McNeill	Sr./Sr.	Distance	Melbourne, Australia/Xavier College
Jacob Nicol	Jr.*/Sr.	Throws	Peoria, Ariz./Sunrise Mountain
Ian Nunya	Jr.*/Jr.*	Throws	Los Angeles, Calif. /St. Francis
Ahmed Osman	So.*/So.*	Distance	San Diego, Calif./San Diego
Paul Osunwa	Fr./Fr.	Throws	Ontario, Calif./Bishop Amat
Edgar Panford	Fr./Fr.	Jumps	San Bernardino, Calif. /Cajon
Jason Pedersen	Jr.*/Jr.*	Distance	Simi Valley, Calif. /Royal
Will Porter	Jr./Jr.	Distance	Chardon, Ohio/Chardon
Matt Post	Fr./Fr.	Throws	Rocklin, Calif./Whitney
Andres Rossini	Jr.*/Jr.*	Throws	Cordoba, Argentina/Costa Mesa
Austin Shanks	So./So.	Sprints	Shadow Hills, Calif. /Crespi
DeVaughn Shead	Jr./Jr.	Sprints	Palmdale, Calif./Highlands
Pascal Tang	Jr./Jr.	Throws	Leverkusen, Germany/IGP BGL School
Darius Terry	So./So.	Mid-Distance	San Jose, Calif./Piedmont Hills
Ian Titcomb	So./So.	Multis	Tubac, Ariz./Rio Rico
Javier Villarreal	Sr.*/Sr.*	Throws	Eloy, Ariz. /Santa Cruz Valley
Charles White	Fr./Fr.	Jumps	Las Vegas, Nev. /Eldorado
Joe Withers	So./So.	Distance	Santa Rosa, Calif./Cardinal Newman
John Yatsko	So.*/So.*	Mid-Distance	Tempe, Ariz. /McClintock

*Indicates athlete has utilized redshirt season



**BEN
ASHKETTLE**

Melbourne, Australia
Jr./Jr.
Distance

2009 Big Sky: 5th place- outdoor 10,000m (30:59.64), competitor 5,000m-outdoor, 3rd place- indoor 3,000m (8:34.53), 4th place- indoor 5,000m (15:00.57)

2008 Regional: 12th place- steeplechase (9:01.02)

2008 Big Sky: 1st place- steeplechase (9:05.70), 2nd place- outdoor 5,000m (15:19.83), 3rd place- indoor 3,000m (8:26.18), 5th place- indoor 5,000m

Academic Notes: Majoring in finance.

Personal Bests: 4:22.27 (mile), 8:26.18 (3,000m), 13:55.27 (5,000m), 29:04.78 (10,000m), 9:01.02 (steeplechase)

2009: 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.

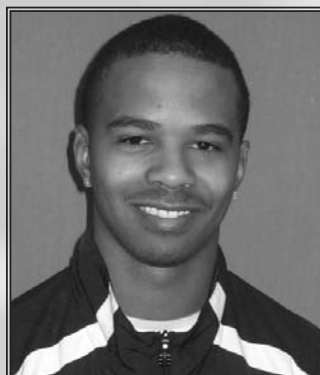
2008: In his first track season with the Lumberjacks competed in both the indoor and outdoor seasons ... At the Big Sky Indoor Championships claimed third place in the 3,000m (8:26.18) and fifth place in the 5,000m (8:26.18) ... Was the team's top steeplechaser in the outdoor campaign claiming the Big 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.

Before NAU: 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, 300m and 2000m ... Represented Australia on the U-20 team at the IAAF 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.



Ben Ashkettle



**ANTHONY
BELCHER**

Chandler, Ariz.
So.*/So.*
Sprints/Hurdles

Academic Notes: Majoring in hotel and restaurant management.

Personal Bests: 14.9 (110H), 39.40 (300H), 49.62 (400m)

2009: Indoor-Competed in the heptathlon twice, recording best marks in the NAU Open ... Outdoor- Competed in the 110m and 400m hurdles, collecting best 110m time at the ASU Invitational (15.84), and best 400m hurdles time at the Big Sky Outdoor Championships (55.42)

High School: Graduated from Chandler High School in 2007 ... Lettered in track and field and football all four years ... Recorded marks of 39.6 in the 300m hurdles and 43-7 in the triple jump ... Member of the 2006 state champion track team at Chandler.

Personal: Born on Nov. 2, 1988 to Libby and James Powell ... Has two older brothers, Jauan and Eric Belcher, and four sisters, Kresha and Amber Belcher and Tanisha and Dianne Smith ... Cousin Mario Davis played football at Arizona State.



**ANDREW
BELUS**

Chandler, Ariz.
So.*/So.*
Distance

Academic Notes: 2009 Big Sky All-Academic selection ... Majoring in microbiology.

Personal Bests: 8:49.60 (3,000m), 15:25.61 (5,000m), 9:45.18 (steeplechase)

2009: 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: Redshirt season.

High School: A 2007 graduate of Seton Catholic High School ... Four-year letterwinner and two-year captain in cross country ... Three-year letterwinner and two-year captain ... Set high school records in 5K and 3200m.

Personal: Born on March 19, 1989 in Mesa, Arizona ... Son of Gail and Michael Belus ... Has one brother, Matthew.



SCOTT
BLAIR

Mission Viejo, Calif.
Fr.*/Fr.*
Distance

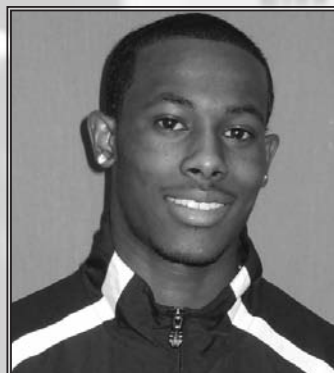
Academic Notes: Majoring in exercise science.
Before NAU: Attended the University of Colorado. Did not compete.
High School: Graduated from Trabuco Hills High School in 2008... Lettered four years in cross country and track and field ... Named captain of both teams his senior year ... A two-time All-State selection on cross country ... Recorded times of 9:06 in the 3,200m, 4:13 in the 1,600m and 1:56 in the 800m ... Part of the 2006 California State Cross Country Championship team ... A two-time track state qualifier.
Personal: Born on Sept. 2, 1990 ... Son of Robert and Joan Blair ... Has one older brother, Thomas.



LANGSTON
CAVIN

Glendale, Ariz.
Fr./Fr.
Jumps

Academic Notes: Majoring in biology.
High School: Graduated from Mountain Ridge High School in 2009 ... Four-year member of the track and field team ... Was the Arizona 5A-I state runner-up in the triple jump (46-2) ... Broke his high schools triple jump record ... Took part in the Meet of Champions and the Great Southwest Invitational.
Personal: Born on Dec. 11, 1990 to Stephan and Durmada Cavin ... Has two brothers, Jobiin and Malcom.



CHARLES
BURRELL

Goodyear, Ariz.
Fr./Fr.
Sprints

Academic Notes: Majoring in journalism with a minor in psychology.
High School: Graduated from Desert Edge High School in 2009 ... Lettered four years in football, two years in track and field and two years in wrestling ... Finished third in the Skyline Region and seventh at the state meet in the long jump (21-7), and second in the region and sixth at state in the triple jump (43-10) ... Member of the 4x400m relay that was regional champions and finished fifth at the state meet ... Recorded time of 49.5 in the 400m ... Took part in the 2009 track and field Meet of Champions in Arizona.
Personal: Born on July 12, 1991 to Charles and Carol Burrell ... Has two younger sisters, Bianca and Kara.



JORDAN
CHIPANGAMA

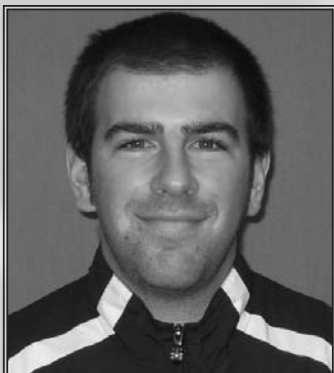
Lusaka, Zambia
So.*/Jr.
Mid-Distance

2009 Cross Country All American: 5th place (29:33)

Academic Notes: Majoring in biology.
Personal Bests: 1:49.94 (800m), 3:46.43 (1,500m), 4:00.69 (mile), 14:55.28 (5,000m)
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 Nov. 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.



Jordan Chipangama



PAT
COLONNELLI

Carlsbad, Calif.
So./So.
Throws

Academic Notes: Majoring in finance.

Personal Bests: 159-1.75 (Discus), 159-5.75 (Javelin)

2009: Competed during the outdoor season in his freshman year with the Lumberajacks ... 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 on June 7, 1988 to Phil and Kim Colonnelli.



JOSH
DEKONTY

Gilbert, Ariz.
Jr./Jr.
Jumps

Academic Notes: Majoring in accounting.

Personal Bests: 6-8.5 (HJ), 23-6.5 (LJ), 46-3.5 (TJ)

Before NAU: Attended Mesa Community College from 2008-2009.

High School: Graduated from Highland High School in 2007 ... Member of the track team for two years ... Recorded marks of 6-06 1/2 in the high jump and 22-10 in the long jump.

Personal: Born on May 19, 1989 to Paul and Jennifer DeKonty ... Has three brothers, Luke, Michael and David, and one sister, Rachel.



Josh DeKonty



MILES
DISABELLA

Chandler, Ariz.
Fr./Fr.
Sprints

Academic Notes: Majoring in biomedical sciences.

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 Sept. 5, 1990 to Elaine DiSabella ... Has two sisters, Megan and Kim.



CURTIS
DUROCHER

Belle River, Ontario,
Canada
Sr.*/Sr.*
Throws

2009 Big Sky: 1st place- weight throw (64-10.5)
2008 NCAA Regional Championships: 20th place- hammer throw (188-09)
2008 Big Sky: 1st place- hammer throw (203-09), competitor- discus

Academic Notes: Majoring in parks and recreation management.

Personal Bests: 172-2 (Discus), 203-9 (Hammer), 67-6.0 (WT)

2009: Competed only during the indoor season ... Captured the weight throw title at the Big Sky Indoor Championships with a toss of 64-10.25 ... Recorded best throw of the season at the NAU Big Sky Tune Up (65-11.25).

2008: In his first season with the Lumberjacks, Durocher reached the 2008 West Region Championship placing 20th in the hammer throw (188-09) ... Won the hammer throw title at the Big Sky Outdoor Championships with a hurl of 203-09 ... Was also a competitor in the discus.

Before NAU: 2007 National JUCO Champion in weight throw ... Three-time All-American in weight and hammer throw at Mesa CC ... Won the 2003 Ontario High School Championship in discus ... Holds high school discus record of 180 feet.

Personal: Born Sept. 7, 1986 to Kevin and Cathy Durocher.



ZACH
ELDER

Pullman, Wash.
Jr.*/Jr.*
Multis

Academic Notes: Majoring in advertising with a minor in business.

Before NAU: Attended Moorpark College, lettering two years in track and field ... Was a regional qualifier in the javelin and his team was conference champions in 2008-09 ... Also attended Santa Barbara City College where he lettered in track and field for one season ... He is on the all-time list for javelin and triple jump, and was a Southern Calif. regional qualifier ... In 2007 placed third in the javelin and triple jump at the WSC conference championships.

High School: Graduated from Pullman High School in 2006 ... Two-year letterwinner in football and track and field ... Great Northern League champion in the triple jump, 4x100m and 4x400m relays ... Five-time Great Northern League 1st team selection and 2006 Junior Olympics regional qualifier in the decathlon ... Was a free safety on the football team, and a member of the undefeated, state champion football team his junior year.

Personal: Born on Sept. 3, 1987 to John Elder and Ruth Emerson ... Has one older brother, Bryson.



Curtis Durocher



**DIEGO
ESTRADA**

Salinas, Calif.
So./So.
Distance

2009 NCAA Championships: Prelims- 19th place- 5,000m (14:09.69)
2009 NCAA Regional Championships: 10th place- 5,000m (14:16.20)
2009 Big Sky: 1st place- indoor 3,000m (8:31.28), 5th place-indoor 5,000m (15:04.05), 2nd place- outdoor 5,000m (14:39.35), 2nd place-outdoor 10,000m (30:53.59)

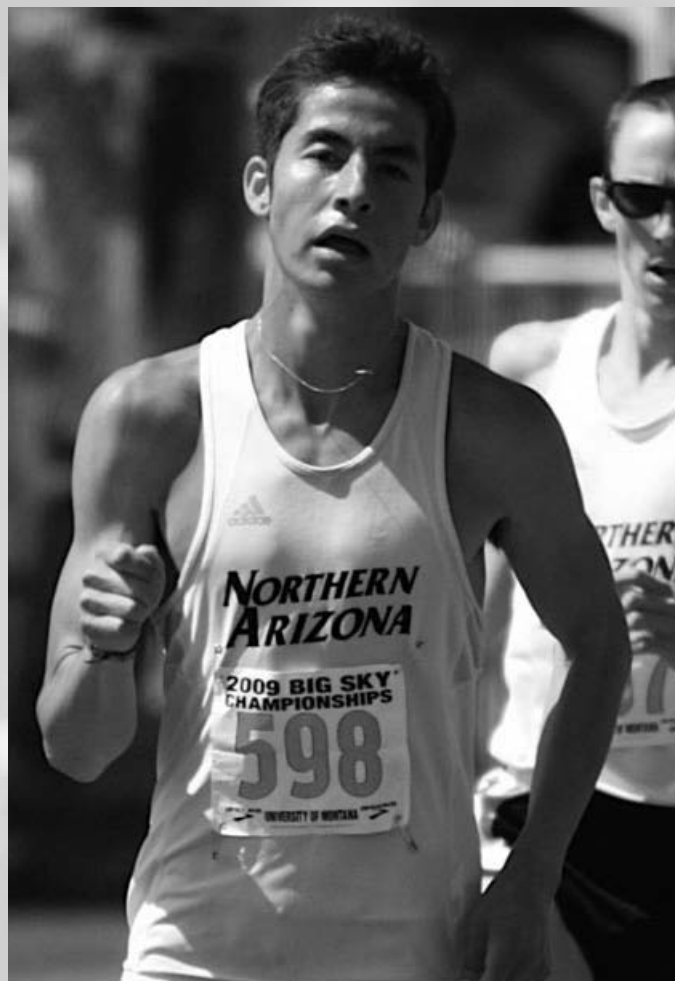
Academic Notes: Majoring in Spanish.

Personal Bests: 8:31.28 (3,000m), 13:47.37 (5,000m), 28:54.60 (10,000m)

2009: 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 (14:39.35) and 10,000m (30:53.59) 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 (15:04.05).

High School: Graduated from Alisal High School in 2008 ... Four-time letterwinner in cross country and track ... Was captain for both team for two years ... Three-time CIF qualifier in cross country ... Two-time CCS champion ... Qualified for CIF Championships in the 3200m three times, finishing as high as fourth ... Holds school records in 3200m, 1600m, and mile.

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



Diego Estrada



**ANTHONY
EVANS**

Los Angeles, Calif.
Sr./Sr.
Sprints/Jumps

2009 Big Sky: 2nd place- indoor long jump (23-11)

Academic Notes: Plans to study criminal justice.

Personal Bests: 6.89 (60m), 23-11 (LJ), 46-4.5 (TJ)

2008 Track and Field: Participated in seven meets during the indoor and outdoor seasons...Had a season-best of 6.89 in the 60m, 7.29m in the long jump and 14.14m in the high jump...Finished second in the long jump at the Big Sky Indoor Championships...Suffered knee injury at Big Sky Outdoor Championships in the long jump.

Before NAU: A December 2007 graduate of Moorpark College. ... Competed on the track and football team, recording a personal-best 22-11 in the long jump.

High School: A 2006 graduate of Taft High School...Played for Troy Starr...Recorded 14 sacks and was named the team defensive player of the year...Also competed in volleyball and track and field...Helped track squad to 2006 city championship and back-to-back city championship appearances in volleyball.

Personal: Born Anthony Evans July 8, 1988...Son of Genevieve Evans...Has three siblings including brother Geovannie and sisters Ebony and Whitney.



**TIM
FRERIKS**

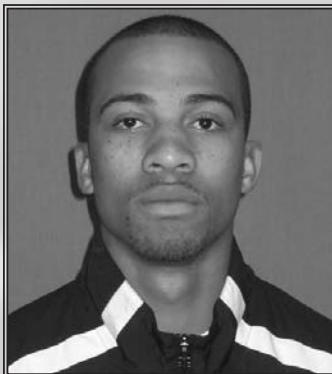
Cottonwood, Ariz.
Fr./Fr.
Distance

Academic Notes: Majoring in biology.

Personal Bests: 8:44.16 (3,000m), 14:27.91 (5,000m)

High School: Graduated from Mingus Union High School in 2008... Lettered four years in cross country and track and field ... Was the captain of both teams for 2009 ... Three-time All-State including 2nd place finishes and an 8th ... 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 Nov. 23, 1990 ... Son of Jon and Karen Freriks ... Has one sister, Erin ... Considered University of Portland and Arizona State before choosing NAU.



ANDRE GAINES

Glendale, Ariz.
Fr./Fr.
Jumps

Academic Notes: Majoring in computer information systems.
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 baseball team ... Slam Dunk Champion at the Arizona Prep Fall Showcase in 2008.
Personal: Born on Oct. 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.



KARL GEHRKE

Phelan, Calif.
So.*/Jr.
Throws

Academic Notes: Majoring in forestry.
Personal Bests: 50-8.25 (SP), 56-6.5 (WT), 173-5 (Discus), 167-3.25 (HT), 160-10.25 (Javelin)
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.



Karl Gehrke



SIMON GILNA

Los Alamos, N.M.
Sr./Sr.
Distance

2008 Big Sky: Competitor- mile, indoor 5,000m, indoor 10,000m

Academic Notes: Majoring in microbiology.
Personal Bests: 4:27.03 (mile), 8:52.24 (3,000m), 15:12.97 (5,000m), 32:34.84 (10,000m)
2008: Competed in both the indoor and outdoor seasons for the Lumberjacks ... recorded season-best marks at the Friday Night Challenge in the mile run (4:27.03) ... Best 3,000m time came at the Southwest Host Classic (8:52.24) ... During the outdoor season ran in the 3,000 (8:47.39), 5,000 (15:12.97) and 10,000-meter events (32:34.84).
High School: Three-year letterman in cross country at Los Alamos High School ... Served as team captain for two seasons ... Team won state cross country championships in 2003 ... Set sophomore records in 1600 (4:31) and 3200 (9:41) ... Represented New Mexico in 'Border War' in 2004 and 2005, competing against Arizona and Nevada ... Also lettered in varsity tennis.
Personal: Born on July 24, 1988 ... Son of Paul and Margot Gilna ... Majoring in microbiology ... Chose NAU because of the location, the running program and the school.



DOMINIC GIOVANNONI

Napa, Calif.
So./So.
Multis

2009 Big Sky: 7th place- indoor heptathlon (4760)

Academic Notes: Majoring in business management.
Personal Bests: 6-7 (HJ), 21-0.75 (LJ), 43-4 (TJ), 4760 (Hep.)
2009: Competed as a heptathlete for Lumberjacks and finished seventh at the Big Sky Indoor Championships in the heptathlon ... Season-best marks include 7.31 (60m dash), 8.41 (60m hurdles), 2.01m (high jump), 3.35m (pole vault), 6.56m (long jump), 11.75m (shot put) and 4760 (heptathlon).
High School: A 2008 graduate of Napa High School ... Lettered in track and water polo ... Also played basketball for two years ... Was first team all-county in the triple jump and 4x100 ... Second team all-county in the high and long jump.
Personal: Born July 30, 1990 to Tony and Julie Giovannoni ... Has a younger brother, Mario.



Simon Gilna

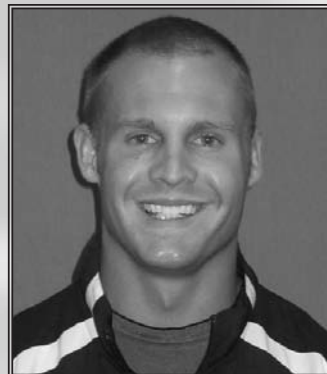


DENNIS
GIVENS

Peoria, Ariz.
Jr./Sr.
Sprints

2009 Big Sky: 6th place- indoor 200m (21.92), 2nd place- indoor 400m (47.83), 4th place- outdoor 200m (21.75), 2nd place-outdoor 400m (47.93)

Academic Notes: Majoring in electronic media and film.
Personal Bests: 7.00 (60), 21.75 (200), 47.72 (400)
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 Jan. 6, 1988 to David Givens and Kim Hyung Sun in Suwon, South Korea ... Has two sisters, Kara and Kimberly.



JOSH
HECK

Gilbert, Ariz.
Jr./Jr.*
Sprints

2009 Big Sky: Competitor- outdoor 100m

Academic Notes: 2009 Big Sky All-Academic selection ... Majoring in criminal justice.
Personal Bests: 6.96 (60m), 10.92 (100m), 22.01 (200m)
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.



GRANT
HAMILTON

Milford, N.H.
So.*/So.*
Throws

2009 Big Sky: Competitor- outdoor hammer throw

Academic Notes: 2009 Big Sky All-Academic selection ... Majoring in earth science.
Personal Bests: 50-10 (WT), 158-8.5 (HT)
2009: Competed in the indoor and outdoor season in his first campaign with the Lumberjacks ... Recorded season-best marks at the NAU Big Sky Tune Up in the shot put (10.17) and weight throw (15.50m) ... During the outdoor campaign, earned a spot in the Big Sky Championships in the hammer throw and finished 14th overall (46.83m).
High School: Finished eighth in the weight throw at the Nike Indoor Nationals and in the hammer throw at the National Junior Olympics ... Team finished sixth at the 2007 class I championship.
Personal: Born on July 18, 1988 in Wenatchee, Wash. to George and Mary Hamilton ... Has two brothers, Adam and Mark.



Dennis Givens



**KAM
HOLBROOK**

Casper, Wyo.
Sr./Jr.*
Mid-Distance

2009 Big Sky: 2nd place- indoor 800m (1:54.74), 1st place- DMR (10:15.54)
2008 Big Sky: 2nd place- DMR (10:12.68), 4th place- indoor 800 (1:54.87), 6th place- outdoor 800 (1:54.96), 8th place- outdoor 1500 (3:56.38)
2007 Big Sky: 4th place- indoor 800 (1:52.23), 5th place- outdoor 800 (1:53.59)

Academic Notes: 2008 and 2009 All-Academic Big Sky selection ... Double major in finance and marketing.

Personal Bests: 50.65 (400m), 1:50.34 (800m), 3:56.38 (1,500m), 4:24.44 (mile)

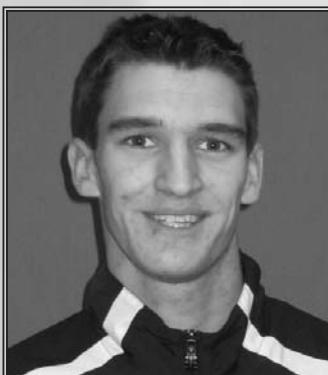
2009: Competed in only the indoor season his junior year ... Big Sky Indoor Championships: Finished second overall in the 800m for his best finish at the BSC (1:54.74).

2008: During indoor season, competed in the 800m (1:50.34) and 1 mile run (4:27.62) ... 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: 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 1:52.23 ... Outdoor- Ran in the 800m finishing fifth overall (1:53.59) ... Recorded personal best time in the 400m at the NAU Team Competition (50.65).

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.



**MATT
HOLTFRERICH**

Glendale, Ariz.
Fr./Fr.
Sprints

Academic Notes: Majoring in engineering physics.

Personal Bests: 7.09 (60m), 21.89 (200m)

High School: Graduated from Northwest Christian in 2009 ... Four-year letterwinner in basketball and track and field ... 2A state champion in the 200m junior and senior year, long jump (sr.) and 100m (sr.) ... Won the total release award for track and basketball his senior year ... Broke high school records in the 200m (21.64), 400m (49.33), long jump (21-9.5) and field goal percentage in basketball ... A member of state championship teams in track and field and basketball his junior year.

Personal: Born on Oct. 10, 1990 to Michael and Laurel Holtfrerich ... Has a twin brother, Paul, and a younger sister, Amy ... Brother, Paul, plays basketball at Point Loma Nazarene University.



**MARK
HUGHES**

Phoenix, Ariz.
Jr./Jr.
Sprints

Academic Notes: Majoring in elementary and special education.

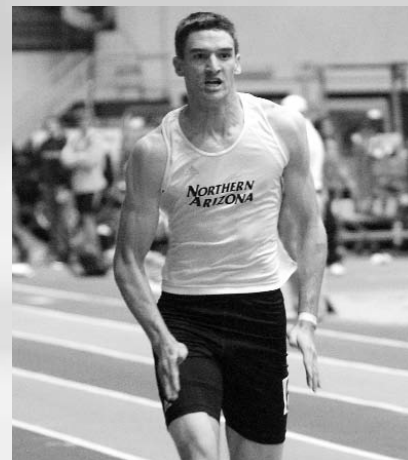
Before NAU: Attended Glendale Community College where he was a member of the track and field team for two seasons ... Recorded marks of 52.93 in the 400m hurdles, 15.23 in the 110m hurdles and 22.11 in the 200m dash while at Glendale CC ... Broke the 400m hurdle record at Glendale CC with a time of 52.93 ... 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.



Kam Holbrook



Matt Holtfrerich



DERRICK JACKSON

West Point, Utah
Sr./Sr.
Sprints

2009 Big Sky: 5th place- indoor 60m (6.95), 6th place- outdoor 100m (10.99)

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

Personal Bests: 6.95 (60), 10.73 (100), 21.95 (200)

2009: Set three personal best times in the 60 (6.95), 100 (10.73) and 200-meter dash (21.95) events ... Collected four points for the Lumberjacks with a fifth-place finish in the 60m at the Big Sky Indoor Championships ... At the Big Sky Outdoor Championship, finished sixth in the 100-meter dash with a time of 10.99.

2008: Ran best 55-meter dash time at the NAU Tune Up (6.59) ... At the Mountain State games ran a 7.10 in the 60-meter dash, and at the Friday Night Challenge ran best 200-meter dash time (22.73)

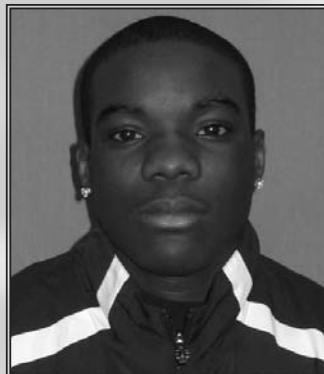
2007: In his first year with the Lumberjacks competed in both the indoor and outdoor seasons ... Ran best 55-meter dash time at the Southwest Host Class Invitational (6.75) ... Recorded best 60-meter dash time at the Lumberjack Invitational (7.14) ... Best 200-meter dash came at the Mountain T's Invitational (22.75)

High School: A 2006 graduate of Northridge High School ... His 4x100 team won Utah State Championship his junior year ... Best prep times include 11.20 mark in the 100 and a 22.69 time in the 200 ... Was also a football standout at Northridge.

Personal: Born July 1, 1988 in Oakland, Calif., to Derrick Jackson and Darlene Johnson ... Has an older sister, Brittany, and a younger brother, Chris ... Father, Derrick, played football and ran track at Weber State, and played professionally for the B.C. Lions.



Derrick Jackson



THREMAINE JOHNSON

Phoenix, Ariz.
Jr./So.*
Sprints/Jumps

2009 Big Sky: 6th place- indoor triple jump (46-7), competitor- indoor long jump

Academic Notes: Majoring in electrical engineering.

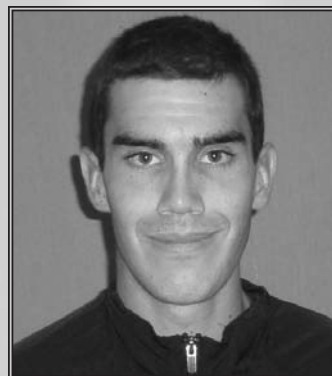
Personal Bests: 23-2.5 (LJ), 47-7.75 (TJ)

2009: Sophomore campaign only included the indoor season ... Competed in the heptathlon at the NAU Open, finishing second ... 2009 Big Sky Indoor Championships: Finished 11th in the long jump (6.72m/22-0.5), and sixth in the triple jump (14.20m/46-7).

2008: Competed in six events for the Lumberjacks ... 2008 best marks include, 6.77 (55m), 7.25 (60m), 11.74 (100m), 23.17 (200m), 6.69m (long jump) and a personal best 14.52m in the triple jump.

High School: Graduated from Central High School in 2007 ... Lettered four years in track and field and two years in football ... 2007 all-region defensive back in football ... 2007 all-state 5A-II in the triple jump 44-4. and region champion in the triple jump, pole vault, and 300m hurdles (41.3) that same year ... Broke the high school record in the triple jump (44-4) in 2007.

Personal: Born on Nov. 11, 1988 to Selah Espejo and Van Johnson ... Has one younger brother, Cole.



MYLES KLOER

Albuquerque, N.M.
So./So.
Distance

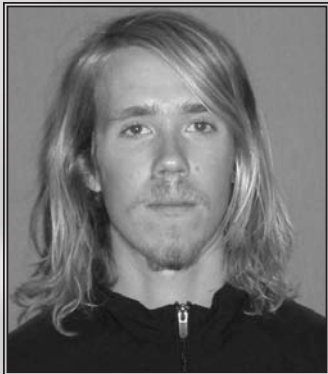
Academic Notes: Majoring in business economics.

Personal Bests: 4:13.44 (1,500), 4:29.38 (mile), 9:53.34 (steeplechase)

2009: 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.

High School: Graduated from Sandia High School in 2008 ... 2008 State Champion 5A in the 1600m ... 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.



ERIC LYNCH

Eugene, Ore.
Jr.*/Jr.*
Distance

2008 Big Sky: 7th place- outdoor 5,000m (15:32.12), 7th place- outdoor 10,000m (31:21.81)
2007 Big Sky: Competitor- outdoor 10,000m

Academic Notes: 2007 and 2008 Big Sky All-Academic selection ... Majoring in exercise science.

Personal Bests: 4:05.65 (1,500m), 4:28.68 (mile), 8:55.77 (3,000m), 14:55.34 (5,000m), 31:23.81 (10,000m)

2009: Did not compete.

2008: Competed in both the indoor and outdoors seasons ... Recorded season-best marks in the 1,500m (4:05.65), 1 mile run (4:28.68), 3,000m (8:55.77), 5,000m (14:55.34) and 10,000m (31:21.81) ... Big Sky Outdoor Championships: Finished seventh in both the 5,000m (15:32.12) and 10,000m (31:21.81).

2007: Only ran in the outdoor season his freshman year ... Big Sky Outdoor Championship: Finished 10th in the 10,000m (33:11.78).

High School: Ran four years of track and three years of cross country at South Eugene High School ... Served as captain of both teams for one year ... Earned six varsity letters ... Won 2005 Midwestern League District individual cross country title ... Finished 25th at Footlocker West ... Personal best 5k of 15:47 ... Team won district championship all three years of his varsity career ... Team went on to place fourth and second at state championship his sophomore and junior years, respectively.

Personal: Born Aug. 7, 1988 in Redmond, Ore. ... Son of Margie



DAVID MCNEILL

Melbourne, Australia
Sr./Sr.
Distance

2009 NCAA Outdoor Championships: 2nd place- 5,000m (14:05.79)
2009 NCAA Regional Championships: 2nd place- 5,000, (13:49.77)
2009 Big Sky : 1st place- outdoor 5,000m (14:32.29), 1st place- outdoor 1,500m (3:48.77), 2nd place- outdoor 800m (1:52.71)
2008 NCAA Championships: 4th place- outdoor 5,000m (13:42.17), 8th place- indoor 3,000m (8:06.18)
2008 Regional Championships: 1st place- 5,000m (13:52.2)
2008 Big Sky: 1st place- outdoor 5,000m (15:17.77), 1st place- outdoor 1,500m (3:47.11), 2nd place- outdoor 800m (1:50.97)

Academic Notes: Named to the 2007, 2008 and 2009 Big Sky All-Academic Honoree Cross Country Team ... named to the *ESPN the Magazine Academic All-America®* men's track/cross country first team as selected by the College Sports Information Directors of America (CoSIDA) ... 2009 Cross Country Division I Scholar Athlete of the Year ... Majoring in exercise science.

Honors: Six-time All-American (2009 cross country, 2009 outdoor 5,000m, 2008 cross country, 2008 outdoor 5,000m, 2008 indoor 3,000m, 2007 cross country) ... 2008 and 2009 USTFCCA Mountain Region Cross Country Athlete of the Year ... 2008 and 2009 Mountain Region cross country champion ... 2008 and 2009 Big Sky Conference cross country champion ... 2008 Big Sky Outdoor Track Athlete of the Meet.

Personal Bests: 1:50.81 (800m), 3:42.78 (1,500m), 4:10.15 (mile), 7:47.52 (3,000m), 13:30.67 (5,000m)

2009: Capped off sensational outdoor season by finishing second in the 5,000m at the NCAA Outdoor Championships to Galen Rupp of Oregon (14:05.79) ... Secured place in the national championship race with a second-place finish in the 5k at the West Region Championship (13:49.77) ... For the second-straight year scored 28 points to help lead the men's team to the Big Sky Outdoor Championships title ... Won the 1,500m (3:48.77), 5k (14:32.29) and finished second in the 800m (1:52.71) ... Season-best mark in the 5k came at the Mt. Sac Relays (13:30.63).

2008: In his first track season with the Lumberjacks, ran in the Big Sky Championships, Regional Championships and the NCAA Indoor and Outdoor Championships ... During the indoor season he ran a 7:50.37 to win the 3,000m at the Husky Classic and qualified for the indoor championships ... Placed eighth overall (8:06.18) to garner All-American honors ... In his first outdoor campaign he recorded a season-best mark in the 5,000m at the Payton Jordan (13:35.07) ... At the Big Sky Outdoor Championships scored 28 points for the Lumberjacks with wins in the 5k (15:17.77) and 1,500m (3:47.11) and a second place finish in the 800m (1:50.97) ... Earned All-American honors after he finished fourth overall in the 5k at the NCAA Outdoor Championships (13:42.17).

Before NAU: Ran for LaTrobe University

High School: Attended Xavier College ... Graduated in 2004.

Personal: Born Oct. 6, 1986 to Peter and Jenny McNeill in Melbourne, Australia ... Has a brother, Tim, and a sister, Amy.



David McNeill



JACOB NICOL

Peoria, Ariz.
Jr./Sr.
Throws

2009 Big Sky: 4th place- hammer throw (55.62m/182-5.75), 8th place discus (46.75m), 5th place- weight throw (17.03m/55-10.25), 6th place- indoor shot put (15.50m/50-10)

2008 Regional Championships: 24th place- hammer throw (184-01)
2008 Big Sky: 3rd place- hammer throw (191-04), 4th place- discus (157-03), 4th place weight throw (56-11.50), competitor- outdoor shot put, indoor shot put

2007 Big Sky: 8th place- discus (151-00), competitor hammer throw, outdoor shot put

Academic Notes: Majoring in biology.

Personal Bests: 52-10 (SP), 159-6.5 (Dis.), 191-4 (HT), 60-4 (WT)

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) ... **Big Sky Championships:** Indoor- 5th place weight throw (17.03m/55-10.25), 6th place shot put (15.50m/50-10) Outdoor- 4th place hammer throw (55.62m/182-5.75), 8th place discus (46.75m).

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 weight 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), discus (46.03m) and the hammer throw (51.45) ... **Big Sky Outdoor Championships-** 8th- discus (46.03m), 9th- hammer throw (50.48m), 15th shot put (14.28m)

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.

Personal: Son of Robert and Carol Nicol ... Born on Dec. 18, 1987.



Jacob Nicol



IAN NUNYA

Los Angeles, Calif.
Jr./Jr.*
Throws

2009 Big Sky: 3rd place- weight throw (17.66m/57-11.25), 5th place- hammer throw (54.00m/177-1.75)

2008 Big Sky: 7th place- hammer throw (53m/173-10.5)

Academic Notes: Majoring in political science with a minor in business.

Personal Bests: 52-10 (SP), 157-4 (Dis.), 179-5 (HT), 59-1 (WT)

2009: In first year competing for the Lumberjacks, represented NAU in the Big Sky Championships ... **Big Sky Championships:** Indoor- 3rd place, weight throw (17.66m/57-11.25), Outdoor- 5th place, hammer throw (54m/177-1.75)

2008: Redshirt season

2007: In first campaign at NAU, recorded best indoor mark in the weight throw at the NAU Team Competition (14.99m/49-2) ... Scored two points for the Lumberjacks with a hurl of 53m (173-10.5) in the weight throw.

High School: A 2006 graduate of St. Francis High School ... Named 'Thrower of the Year' at St. Francis ... Best 12 lb. shot put of 52-10 ... Personal best of 54.32 meters in the 6k hammer, ranking him 13th in the country on the high school boys hammer list.

Personal: Born on Jan. 11, 1988 ... Son of James and Cheryl Nunya.



Ian Nunya



AHMED OSMAN

San Diego, Calif
So.*/So.*
Distance

2009 NCAA Outdoor Championships: 9th place- 10,000m (29:18.23)
2009 Big Sky: 1st place- outdoor 10,000m (30:53.19), 3rd place- outdoor 5,000m (14:41.31), 3rd place- indoor 5,000m (15:00.57), 6th place- indoor 3,000m (8:45.44)

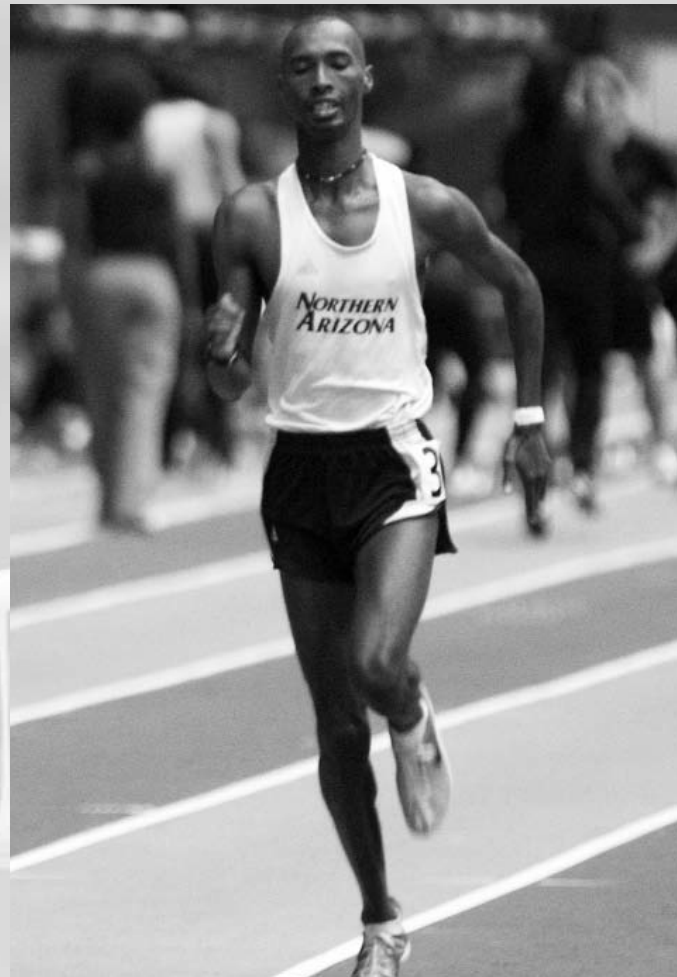
Academic Notes: Majoring in sociology with a minor in criminal justice.

Personal Bests: 1:55.75 (800m), 4:21.48 (mile), 8:21.08 (3,000m), 13:59.30 (5,000m), 28:56.41 (10,000m)

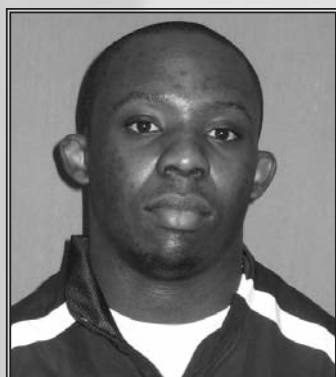
2009: In first year with the Lumberjacks advanced all the way to the NCAA Outdoor Championships, finishing ninth in the 10,000-meter event and earned All-American honors (29:18.23) ... One of just three freshmen to appear in the championship race ... Won the Big Sky Outdoor Championships title in the 10k (30:53.19) and finished third in the 5,000m run (14:41.31) ... Collected best 10k time of the season at the Mt. Sac Relays (28:56.41) ... Finished third in the 5,000m (15:00.57) and sixth in the 3,000m (8:45.44) 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 Jan. 1, 1988 to Mussa Gurra and Hawa Abdi ... Has two brothers, Yusuf and Idirse, and two sisters, Halima and Maryan Osman.



Ahmed Osman



PAUL OSUNWA

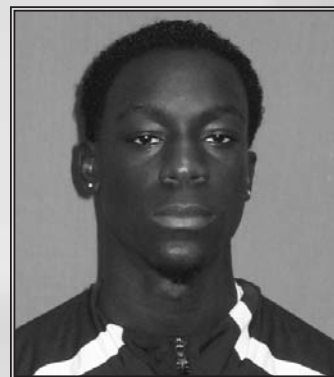
Ontario, Calif.
Fr./Fr.
Throws

Academic Notes: Majoring in nursing.

Personal Bests: 54-3 (SP), 151-2 (discus)

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 ... Was a scholar athlete all four years of high school.

Personal: Born to Paul and Tina Osunwa on Oct. 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-Merriekh.



EDGAR PANFORD

San Bernardino, Calif.
Fr./Fr.
Jumps

Academic Notes: Major is undecided.

Personal Bests: 22-9.5 (LJ), 49-1.25 (TJ)

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 Feb. 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.



JASON PEDERSEN

Simi Valley, Calif.
Jr./Jr.*
Distance

2009 Big Sky: Competitor- indoor 5,000m
2008 Big Sky: 4th place- steeplechase (9:09.04), 6th place- outdoor 5,000m (15:33.37), 8th place- indoor 3,000m (8:32.46)
2007 Big Sky: 8th place- steeplechase (9:47.39), competitor- outdoor 1,500m

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

Personal Bests: 2:04.48 (800m), 3:59.58 (1,500m), 4:30.23 (mile), 8:32.46 (3,000m), 14:50.80 (5,000m), 9:09.04 (steeplechase)

2009: Ran only during the indoor season ... Recorded best 800m (2:04.48) and 1 mile (4:30.45) marks at the NAU Team Challenge ... At the NAU Open ran 8:48.47 in the 3,000m ... Ran a 15:53.38 in the 5,000-meter event at the Big Sky Indoor Championships.

2008: 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 (8:32.46), 4th place- 3,000m steeplechase (9:09.04), 6th place- outdoor 5,000 (15:33.37).

2007: 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 (9:47.39), and also competed in the 1,500-meter event.

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 3200m ... 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.



Jason Pedersen



WILL PORTER

Chardon, Ohio
Jr./Jr.
Distance

2009 Big Sky: Competitor- 3,000m steeplechase

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

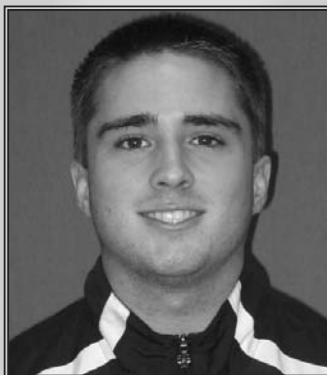
Personal Bests: 53.08 (400m), 1:56.01 (800m), 4:08.58 (1,500m), 4:32.91 (mile), 9:45.53 (steeplechase)

2009: Competed in 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 Chardon 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.



MATT POST

Rocklin, Calif.
Fr./Fr.
Throws

Academic Notes: Majoring in business management.

High School: Graduated from Whitney High School in 2009 ... Three-year letterwinner and team captain for track and field ... Qualified for the USATF National Junior Olympics four-consecutive years, and finished in second place his sophomore year in the hammer throw (153-6) ... Fifth place finish at the 2008 Simplot Games in the weight throw (51-3) ... 2009 high school league champion in the shot put as a senior (48-6) ... Competed in the 2009 USA Junior National Championships in the hammer throw (179-7) ... At the end of the season, ranked 20th in the country in the 12 pound hammer throw (188-7) and 10th in the 6k hammer (183-6) ... Holds Whitney High School shot put record (48-6).

Personal: Born on April 11, 1991 in Plano, Texas to Laura and Scott Post ... Has one older brother, Jonathon, and a younger brother, Zachary ... Also considered Boise State University and Oregon before choosing NAU.



ANDRES ROSSINI

Cordoba, Argentina
Jr./Jr.*
Throws

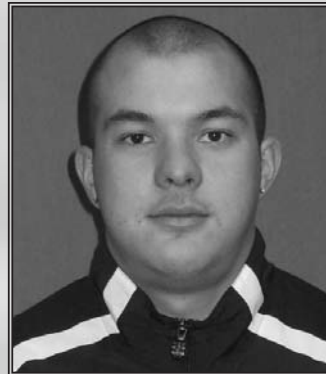
Academic Notes: Majoring in construction management with a minor in business.

Personal Bests: 43-7 (SP), 53-6.5 (WT), 172-5.5 (Discus), 142-10 (HT), 182-7 (Javelin)

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 Dec. 4, 1988 to Ricardo Luis Rossini and Maria Del Carmon Joachim.



PASCAL TANG

Leverkusen, Germany
Jr./Jr.
Throws

2009 NCAA Regional Championships: 17th place hammer throw (58.46m/191-09)

2009 Big Sky: 1st place- hammer throw (60.30m/197-10), 2nd place- weight throw (18.74m/61-5.75)

2008 Regional: 19th place- hammer throw (188-10)

2008 Big Sky: 1st place- weight throw (60-11.5), 2nd place- hammer throw (197-11)

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

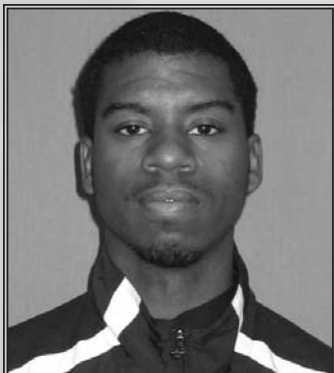
Personal Bests: 200-6.5 (HT), 62-7.5 (WT)

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 ... During the outdoor campaign, collected a PR in the hammer throw (61.13m) 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, Germany.



DEVAUGHN SHEAD

Palmdale, Calif.
Jr./Jr.
Sprints

Academics: Majoring in geography.

Personal Bests: 48.97 (400m), 1:56.31 (800m)

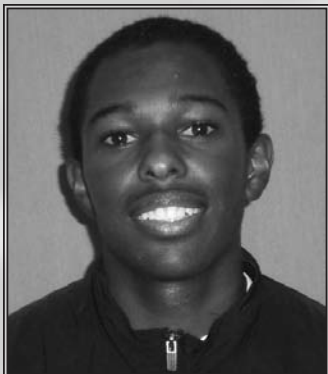
Before NAU: Attended Central Arizona College where he was a member of the track team for two seasons ... Part of the 2007 National Champion team at CAC along with NAU cross country/track and field athlete Jordan Chipangama ... Recorded times of 46.9 in 4x400m relay, 48.6 in the 400m and 1:56.3 in the 800m.

High School: 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 Jan. 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.



Pascal Tang



DARIUS
TERRY

San Jose, Calif.
So./So.
Mid-Distance

2009 Big Sky: 10th place- indoor mile (4: 34.49), 4thplace- outdoor 1,500m (3:52.15), competitor- outdoor 800m

Academic Notes: Double majoring in electronic media & film and marketing

Personal Bests: 1:52.70 (800m), 3:52.15 (1,500m), 4:07.68 (mile), 8:53.20 (3,000m)

2009: In first year competing for the Lumberjacks, ran in the 800m, 1,500m and 1 mile events ... Big Sky Championships: 10th- indoor mile (4: 34.49), 4th- outdoor 1,500m (3:52.15), also competed in the outdoor 800-meter event.

High School: Graduated from Piedmont Hills High School in 2008 ... Lettered three years in cross country and track and field ... Named MVP of cross country in 2007 and MVP of track team in 2007 and 2008 ... Piedmont Hills Senior Athlete of the Year in 2008 ... Holds school mile record with a time of 4:15.

Personal: Born on Feb. 23, 1991 ... Son of Kerry and Cherise Terry ... Has one older brother, Kerry Jr. and an older sister, Jasmine.



Darius Terry



IAN
TITCOMB

Tubac, Ariz.
So./So.
Multis

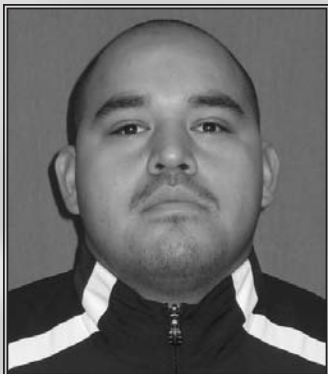
Academic Notes: Major is undecided.

High School: Graduated from Rio Rico High School in 2008 ... Played four sports, including track and field, football, basketball and cross country ... Lettered two years in track, and was a two-time team captain ... Ran a 50.56 in the 400m ... Broke the mile medley record.

Personal: Born on May 18, 1990 to William and Michele Titcomb ... Has two older brothers Brett and Dusty ... Father, William, played college football at Arizona ... Brother, Brett, was a member of the NAU basketball team, and Dusty played lacrosse for the Lumberjacks.



Ian Titcomb



JAVIER VILLARREAL

Eloy, Ariz.
Sr.*/Sr.*
Throws

2009 NCAA Outdoor Championships: 21st place- shot put (17.89m /58-08.50)

2009 NCAA Regional Championships: 3rd place- shot put (18.24m /59-10.25)

2009 Big Sky: 1st place- outdoor shot put (18.08m/59-3.75)

2008 Regional: 7th place- shot put (59-09.75)

2008 Big Sky: 1st place- outdoor shot put (58-11.5), 1st place- indoor shot put (58-09.25), 6th place- weight throw (54-03.75), competitor- hammer throw

2007 Regional: 13th place- shot put (55-07.75)

2007 Big Sky: 5th place- outdoor shot put (55-05.75), competitor- weight throw

Academic Notes: Majoring in elementary education.

Personal Bests: 61-0 (SP), 57-02.25 (WT), 164-11 (HT)

2009: In his junior campaign, only competed in the outdoor season ... Recorded season-best mark of 18.51m (60-8.5) in the shot put at the Willie Williams Classic ... Collected his fourth Big Sky title in the shot put (18.08m/59-3.75) in Missoula, Mont.... Took third place in the West Region with a throw of 18.24m (59-10.25) to earn his automatic bid to the NCAA Outdoor Championships ... In Fayetteville, Ark., at the outdoor championships, finished 21st in the qualifying round of the men's shot put with a throw of 17.89m (58-08.50).

2008: During his second season at NAU, captured two Big Sky titles in the shot put ... At the indoor conference championships, won with a season-best throw of 17.91m (58-09.25) ... Also finished sixth in the conference in the weight throw (16.55m/54-3.5) ... At the Big Sky Outdoor Championships, collected his second conference shot put title of the year with a throw of 17.97m (58-11.5) ... Earned a spot at the West Regional where he finished seventh (18.23m/59-9.5).

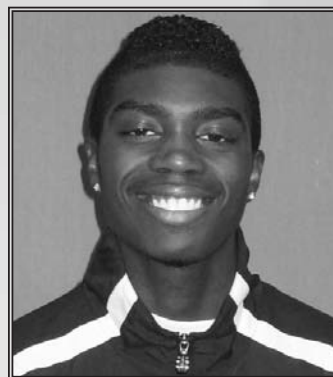
2007: In first season with the Lumberjacks competed in the indoor and outdoor campaigns ... Recorded best indoor marks at the Southwest Host Classic Invitational in the shot put (16.47m/54-0.25) and weight throw (16.38m/53-8.75) ... Finished sixth in the shot put at the 2007 Big Sky Indoor Championships ... At the Big Sky Outdoor Championships, placed fifth in the shot put (16.90m/55-5.25) ... Finished 13th at the West Regional where he threw the shot put a season-best 16.96m (55-7.5).

High School: A 2005 graduate of Santa Cruz Valley High School ... Was a four-year letterwinner in track and field and football ... Averaged throws of 50 feet in the shot put and 140 feet in the discus ... Holds the school record in the shot put with a throw of 55-9 and in the discus with a throw of 159-10 ... State champion his senior year in both shot and discus ... Was voted most outstanding male athlete of the year.

Personal: Son of Adela Villarreal ... Born Nov. 4, 1986 in Casa Grande, Arizona ... Has three brothers, Authuro Villegas, Joaquin Villarreal, and Eddie Lara, and one sister, Teresa Villarreal.



Javier Villarreal



CHARLES WHITE

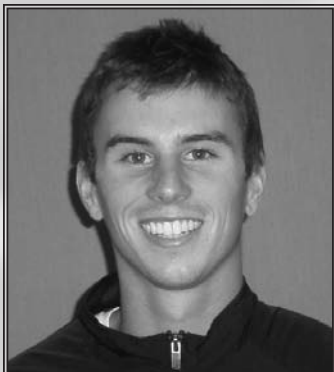
Las Vegas, Nev.
Fr./Fr.
Jumps

Academic Notes: Majoring in management.

Personal Bests: 23-2.5 (LJ), 49-3.25 (TJ)

High School: Graduated from Eldorado High School in 2009 ... Lettered in basketball, football and track and field for two years ... Broke the Nevada 4A regional record in the triple jump (49-0) ... Placed 9th and 3rd in the triple jump at the state championship meet his first two years ... A member of the Northeast Division and Southern Region basketball team his senior year.

Personal: Born on March 7, 1991 to Jona Credit ... Enjoys playing basketball in his spare time.



JOE
WITHERS

Santa Rosa, Calif.
So./So.
Distance

Academic Notes: Major is undecided.
Personal Bests: 2:05.68 (800m), 4:30.88 (mile)
2009: 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.
High School: Graduated from Cardinals 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 Dec. 11, 1989 to Carolyn and John Withers ... Has one older brother, James, and one younger sister, Sarah.



JOHN
YATSKO

Tempe, Ariz.
So.*/So.*
Mid-Distance

Academic Notes: Majoring in civil engineering.
Personal Bests: 1:55.61 (800m), 4:20.92 (mile)
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 cross country ... 3,200m, and 1,600m champion in 2007 for track.
Personal: Born on Nov. 11, 1988 ... Parents are Christine and Andy Rollins.



John Yatsko leads the pack in the 800-meter run at the Mount T's Invitational



WOMEN'S ROSTER

<u>Name</u>	<u>Year</u>	<u>Position</u>	<u>Hometown/Previous School</u>
Amber Anderson	Jr./Jr.	Jumps	Carrollton, Texas/Creekview
Emily Aragon	Fr./Fr.	Throws	Escondido, Calif. /Escondido
Michelle Baltimore	Jr.*/Jr.*	Throw	Yuma, Ariz./Yuma Catholic
Kortnee Burton	So./So.	Distance	Brea, Calif./Brea
Jenne Childs	So./So.	Sprints/Hurdles	Meridian, Idaho/Timberline
Amanda Duarte	Jr./Jr.	Jumps	Phoenix, Ariz./Mountain Ridge
Nicole Elliott	Jr./Jr.	Throws	Scottsdale, Ariz. /Sandra Day O'Connor
Lauren Erickson	Fr./Fr.	Distance	Fountain Valley, Calif./Fountain Valley
Eliza Gawryluk	So.*/So.*	Distance	Olsztyn, Poland/Liceum
Leigha Graziano	Fr./Fr.	Throws	Phoenix, Ariz./Deer Valley
Amanda Griggs	Jr.*/Jr.*	Distance	Hilton, N.Y./Hilton
Lauren Hill	So./So.	Distance	Carroll, Texas/Southlake Carroll
Simone Holder	So.*/So.*	Sprints	Toronto, Ontario, Canada/Clarkston Secondary
Arshiya Hoseyni	Jr.*/Sr.	Throws	Tehran, Iran/Iran's
Rochelle Kanuho	Fr.*/Fr.*	Distance	Flagstaff, Ariz./Coconino
Holly Kareiva	Fr.*/So.	Mid-Distance	Phoenix, Ariz./Sunnyslope
Haley Lawrence	Jr./Jr.	Mid-Distance	Laguna Beach, Calif./Aliso Niguel
Astrid Leutert	Jr./Jr.	Distance	Zurich, Switzerland/Gymnasium Hofwik
Shelby McCray	Jr./Jr.	Throws	Fontana, Calif./La Salle College Prep
Rashida McKinnon	So./So.	Sprints	Palmdale, Calif./Hamilton
Lisette Michaels	So./So.	Distance	Peoria, Ariz./Cactus
Jami Michaud	Jr./Jr.	Pole Vault	Mesa, Ariz. /Mountain View
Chanda Penney	So./So.	Jumps	Highland, Calif. /San Gorgonio
Veronica Pohl	Sr./Sr.	Distance	Cologne, Germany/Cologne University
Morgan Pope	Fr./Fr.	Sprints	La Quinta, Calif./La Quinta
Lyndsey Rakestraw	Fr./Fr.	Distance	Woodinville, Wash./Woodinville
Nell Rojas	Sr./Sr.	Distance	Boulder, Colo./Boulder
Lauren Salter	Sr./Sr.	Throws	Idyllwild, Calif. /Hemet
Jackie Shea	Jr./Jr.	Sprints	Littleton, Colo./Mountain Vista
Torin Shriver	Fr./Fr.	Distance	Centralia, Wash./Centralia
Annie Skordas	Sr./Sr.	Sprints	Salt Lake City, Utah/Murray
Kimberly Stoner	So./So.	Mid-Distance	Mesa, Ariz. /Dobson
Lauren Stuart	Fr./Fr.	Throws	Smithers, B.C., Canada/Smithers Secondary School
Addie Tennant	So./So.	Throws	Mahomet, Ill./Mahomet
Kassandra Vegas	Fr./Fr.	Throws	Honolulu, Hawaii/Kamehameha
Amber Washington	Sr.*	Sprints	Laveen, Ariz. /Mountain Pointe
Shekila Wilkinson	Jr./Jr.	Sprints	Tulsa, Okla. /Broken Arrow
Ciara Williams	So./So.	Sprints/Hurdles	Fairfield, Me. /Waterville
Amber Yingling	Fr./Fr.	Jumps	Peoria, Ariz./Raymond S. Kellis

*Indicates athlete has utilized redshirt season



AMBER ANDERSON

Carrollton, Texas
Jr./Jr.
Jumps

Academic Notes: Majoring in psychology.
Personal Bests: 19-11.75 (LJ), 41-8.25 (TJ)
Before NAU: Attended TCU for two years where she lettered two years in track ... Was a part of the 2007 and 2008 track and field Mountain West Conference champion teams at TCU.
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.
Personal: Born on Feb. 26, 1989 to Michael and Gloria Anderson ... Has one older sister, April..



MICHELLE BALTIMORE

Yuma, Ariz.
Jr./Jr.*
Throws

2009 Big Sky: 5th place- discus (46.73m/153-3.75), 7th place- hammer throw (48m/157-5.75), competitor- indoor shot put, weight throw

Academic Notes: Majoring in exercise science and contemplating a career in physical therapy.
Personal Bests: 44-5.25 (SP), 52-8.25 (WT), 158-4.75 (DT), 164-2.75 (HT)
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, collecting 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).
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 2, 1988 to Paulette Brown.



EMILY ARAGON

Escondido, Calif.
Fr./Fr.
Throws

Academic Notes: Majoring in English.
High School: Graduated from Escondido High School in 2009 ... Lettered four years in track and field and three years in basketball ... 2007 & 2008 undefeated Valley League shot put champion and 2008 undefeated Valley League discuss champion ... 2008 CIF-San Diego Section Division 1 discuss champion, 2009 undefeated Avocado League shot put and discuss champion ... 2009 CIF-San Diego Division 1 shot put champion ... 2009 female athlete of the year award at Escondido High School.
Personal: Born on Oct. 8, 1991 to Claudia and Marcel Aragon.



Amber Anderson



KORTNEE BURTON

Brea, Calif.
So./So.
Distance

2009 Big Sky: 7th place- indoor 3,000m (10:41.14), fifth place- indoor 5,000m (18:37.85), 2nd place- outdoor 10,000m (37:53.12), competitor- outdoor 5,000m

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

Personal bests: 2:32.04 (800m), 5:33.22 (mile), 10:13.99 (3,000m), 17:34.93 (5,000m), 37:53.12 (10,000m)

2009: In freshman campaign with the Lumberjacks, recorded season-best indoor mark in the 3,000-meter run at the NAU Open (10:39.42) ... At the Big Sky Indoor Championships, finished seventh overall in the 3,000m (10:41.14) and fifth in the 5,000m (18:37.85) ... At the Big Sky Outdoor Championships, finished second in the 10,000-meter run, scoring eight points for the Lumberjacks (37:53.12) ... Also competed in the 5,000-meter run.

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 qualifiers in cross country (2004-06) ... Ran the 1200m 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.



Kortnee Burton



JENNE CHILDS

Meridian, Idaho
So./So.
Sprints/Hurdles

2009 Big Sky: Competitor- indoor 60m hurdles, outdoor 100m hurdles

Academic Notes: Planning to major in communication.

Personal Bests: 14.66 (100H), 9.11 (60H), 8.37 (60m)

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.



AMANDA DUARTE

Phoenix, Ariz.
Jr./Jr.
Jumps

2009 Big Sky: 6th place- indoor long jump (5.79m/18-11.75), competitor- outdoor long jump

2008 Big Sky: Competitor- indoor and outdoor long jump

Academic Notes: Major is undeclared.

Personal Bests: 18-11.75 (LJ), 37-10.5 (TJ)

2009: In second campaign with the Lumberjacks, competed in both Big Sky Championships, including a sixth-place finish in the long jump with a personal-best mark of 5.79m (18-11.75) ... Also competed in the 60, 100 and 200-meter dashes.

2008: In first year with the Lumberjacks, competed in both the indoor and outdoor seasons ... Recorded season-best mark in the long jump at the ASU Invitational (5.75m/18-10.25) ... Also competed in the 55, 60, 100 and 200-meter dashes ... Participant at both Big Sky Championships.

High School: 2006 Arizona state champion in long jump ... 2007 Arizona state runner-up ... Graduated from Mountain Ridge High School.

Personal: Daughter of Rick and Jackie Duarte ... Born Oct. 2, 1988.



NICOLE
ELLIOTT

Scottsdale, Ariz.
Jr./Jr.
Throws

2009 Big Sky: 1st place- indoor weight throw (17.99m/59-0.25), 6th place- hammer throw (48.85m/163-3), 8th place- outdoor shot put (13.49m/44-3), competitor- indoor shot put
2008 Big Sky: Competitor- outdoor shot put, hammer throw

Academic Notes: Majoring in business.

Personal Bests: 45-10.75 (SP), 60-4.75 (WT), 164-5 (HT)

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.



Nicole Elliott



LAUREN
ERICKSON

Fountain Valley, Calif.
Fr./Fr.
Distance

Academic Notes: Majoring in exercise science

High School: Graduated from Fountain Valley High School in 2009 ... Four-year letterwinner and three-year captain of cross country team ... All-Sunset League 1st Team (2006, 2008) ... All CIF 3rd Team (2007, 2008) ... All Orange County Team as sophomore and junior ... Footlocker Western Regional Senior Race Champion ... FVHS Athlete of the Month.

Personal: Born on Sept. 19, 1991 ... Daughter of Ron and Julie Erickson ... Considered UC San Diego and UC Santa Barbra before choosing NAU.



ELIZA
GAWRYLUK

Olsztyn, Poland
So.*/So.*
Distance

Academic Notes: Considering a major in hotel and restaurant management

High School: Attended Liceum High School in Poland ... Achieved times of 10:24. in the steeplechase and 34:39 in the 10,000m ... Won her first medal at the Polish Junior Championships 2,000m indoor race in 2005.

Personal: Born on July 30, 1988 ... Daughter of Edward and Bogumita Gawryluk ... Has a younger sister, Aleksandra ... Chose to attend NAU because it is a beautiful area at high altitude to improve running achievements.



LEIGHA
GRAZIANO

Phoenix, Ariz.
Fr./Fr.
Throws

Academic Notes: Majoring in psychology.
High School: Graduated from Deer Valley High School in 2009 ... Lettered three years in track and field ... Three-time region champion in the discus and two-time region champion in the shot put ... Two-time state champion in the shot put, and state champion in 2009 in the discus.
Personal: Born on July 18, 1991 to Tricia Graziano ... Has two brothers, Brandon and Dalton.



LAUREN
HILL

Carroll, Texas
So./So.
Distance

2009 Big Sky: Competitor- indoor 60m hurdles, outdoor 100m hurdles

Academic Notes: 2009 Big-Sky Spring All-Academic team ... Majoring in Visual Communication: Graphic Design.

Personal Bests: 2:22.90 (800m), 4:56.17 (1,500), 5:43.91 (mile)

2009: In first track and field season, recorded season-best marks in the 400-meter dash (1:02.99), 800 meters (2:22.90), 1,500 meters (4:56.17) and the mile (5:43.91) ... 800-meter competitor at the Big Sky Indoor Championships.

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 Feb. 20, 1990 to Vilette and Timothy Hill ... Has one younger brother, Harrison Hill ... Father Timothy played college football at Northwestern University.



AMANDA
GRIGGS

Hilton, N.Y.
Jr.*/Jr.*
Distance

2008 Big Sky: Competitor- indoor mile, indoor 3000, outdoor 1500, outdoor 5000
2007 Big Sky: 4th place- indoor 5000 (17:41.56)

Academic Notes: 2007 and 2008 Big Sky All-Academic selection ... Majoring in public relations with a in minor in sociology.
Personal Bests: 4:38.95 (1,500m), 5:04.98 (mile), 10:06.73 (3,000m), 17:08.19 (5,000m)

2008: Ran during the indoor and outdoor seasons ... Recorded season-best mark in the 3,000-meter race at the Husky Invitational (9:56.80) ... Participant in the mile run and the 3,000-meter race at the Big Sky Indoor Championships ... Recorded best 1,500-meter time at the Double Duals (4:38.95), and best 5,000-meter race came at the Stanford Invitational (17:08.19) ... Participant in the 1,500 and 5,000-meter events at the Big Sky Outdoor Championships.

2007: Competed in the indoor season for the Lumberjacks ... At the Big Sky Indoor Championships, finished fourth overall in the 5,000-meter run (17:41.56) ... Finished ninth in the mile run (5:07.54).

High School: Four-time cross country team MVP at Hilton High School in New York ... Named Senior Athlete of the Year in 2006 ... All-Section Five, all-County and all-State selection ... Best three-mile time of 16:52 ... Posted 5k time of 17:48 ... Team won Nike Team Nationals and Mcquaid Invitational ... Also lettered in track, serving as captain one year ... National Honor Society member in high school ... Four-year Academic Merit in high school.

Personal: Born on Feb. 29, 1988 ... Daughter of David and Cheryl Griggs ... Sister Shannon Griggs runs cross country and track at SUNY Geneseo ... Also has one brother, Nathan.



SIMONE
HOLDER

Toronto, Ontario, Canada
So.*/So.*
Sprints

2009 Big Sky: 6th place- indoor 60m (7.76), 7th place- outdoor 100m (12.38), competitor- indoor and outdoor 200m

Academic Notes: Majoring in business administration.

Personal Bests: 7.73 (60), 12.13 (100), 24.78 (200)

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.



ARSHIYA HOSEYNI

Tehran, Iran
Jr./Sr.
Throws

2009 NCAA Regional Championships: 17th place- outdoor shot put (12.45m/40-10.25)

2009 Big Sky: Competitor, indoor and outdoor shot put, discus

2008 Big Sky: Competitor- indoor and outdoor shot put

2007 Big Sky: Competitor- outdoor shot put

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

Personal Bests: 48-7 (SP)

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.



Arshiya Hoseyni



ROCHELLE KANUHO

Flagstaff, Ariz.
Fr.*/Fr.*
Distance

Academic Notes: Considering a major in psychology.

High School: Graduated from Coconino High School in 2008 ... Four year letterer in both cross country and track and field ... Also lettered two years in basketball ... Was the Grand Canyon Regional Track and Field MVP 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.



HOLLY KAREIVA

Phoenix, Ariz.
Fr.*/So.
Mid-Distance

Academic Notes: Pursuing a degree and career in nursing.

Personal Bests: 2:36.45 (800m)

2009: Competed during the outdoor season for the Lumberjacks in the 100-meter hurdles and the 200-meter dash ... Season-best marks include 28.65 (200-meter dash) and 16.56 (100-meter hurdles).

High School: A 2007 graduate of Sunnyslope High School ... Earned three letters each in track and field, cross country, and soccer at Sunnyslope ... Served as team captain for two years in each sport ... Named track team MVP as a junior, and Runner of the Year her senior year ... Soccer team finished second in the regional tournament.

Personal: Born Nov. 9, 1988 to Peter and Michele Kareiva ... Has four brothers, Austin, Trenten, Dillon, and Quentin.



HALEY LAWRENCE

Laguna Beach, Calif.
Jr./Jr.
Mid-Distance

2009 NCAA Regional Championships: 15th place- outdoor 1,500m (4:28.76)

2009 Big Sky: 3rd place- outdoor 1,500m (4:31.35), 7th place- outdoor 800m (2:18.50), fifth place- indoor mile (5:08.76), seventh place-indoor 800m (2:21.56)

2008 Big Sky: 5th place- outdoor 1,500m (4:27.54), 7th place- outdoor 800m (2:14.80), 5th place- indoor 800m (2:13.82)

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

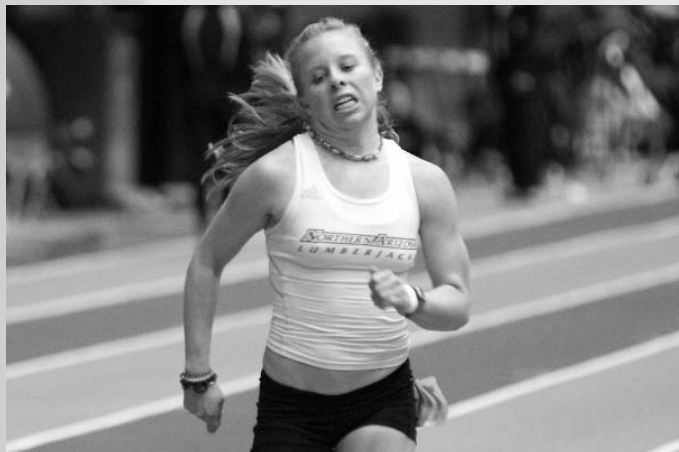
Personal Bests: 2:11.36 (800m), 4:26.84 (1,500m), 4:47.12 (mile)

2009: 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 (2:21.56) and fifth in the mile (5:08.76) ... At the Big Sky Outdoor Championships, took third place in the 1,500m (4:31.35) and seventh in the 800m (2:18.50).

2008: During 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).

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 5 finish in 2005 and top 10 in 2007.

Personal: Born on Aug. 16, 1989 to Jerry and Sherri Lawrence ... Has a brother, Blake ... Grandfather Gary Kimbrell played football at Pepperdine ... Maintained honor roll and scholar-athlete status for all of high school.



Haley Lawrence



ASTRID LEUTERT

Zurich, Switzerland
Jr./Jr.
Distance

2009 Big Sky: 2nd place- indoor 5,000m (17:51.63), 4th place- indoor 3,000m (10:21.02)

2008 NCAA Regional Championships: 14th place- 5,000m (17:10.84)

2008 Big Sky: 3rd place- outdoor 5,000m (17:42.18), 3rd place- indoor 3,000m (10:01.10), 3rd place- DMR (11:51.61), 6th place- outdoor 1,500m (4:28.45)

Academic Notes: Considering a major in biochemistry.

Personal Bests: 4:28.45 (1,500m), 9:23.58 (3,000m), 16:40.58 (5,000m)

2009: In her second year with the Lumberjacks, scored in both the 3,000 and 5,000-meter runs at the Big Sky Indoor Championships ... Took fourth place in the 3,000m (10:21.02) and was the runner up in the 5,000m (17:51.63) ... Recorded personal best in the 3,000m at the Husky Invitational (9:23.58).

2008: During freshman season, ran the 3,000m during the indoor campaign ... Collected a third-place finish at the Big Sky Indoor Championships (10:01.10) ... Recorded personal-bests in the 800m (2:18.34), 1,500m (4:28.45) and 5,000m (16:40.58) ... At the Big Sky Outdoor Championships, finished sixth in the 1,500m (4:28.45) and took third in the 5,000-meter run (17:42.18) ... Competed at the 2008 West Region Championship finishing 14th in the 5,000-meter run (17:10.84).

High School: Attended Gymnasium Hofwik in Bern, Switzerland ... Was the 2006 Swiss junior cross country champion ... Placed second at the 2007 Swiss under-23 cross country championships ... 5000m personal best of 16:54.31 ... Competed in the 2006 World Junior Cross Country Championships and placed in the top 60.

Personal: Born on Sept. 12, 1987 to Roger and Marion Leutert in Zurich, Switzerland ... Chose NAU for its running program and altitude training.



Astrid Leutert and Nell Rojas



SHELBY MCCRAY

Pasadena, Calif.
Jr./Jr.
Throws

2009 Big Sky: Competitor- weight throw
2008 Big Sky: Competitor- discus

Academic Notes: Majoring in biology.
Personal Bests: 39-11.75 (SP), 54-9.25 (WT), 144-7 (Discus), 158-11.25 (HT)
2009: Competed in the indoor and outdoor seasons her sophomore year ... Recorded personal best in the weight throw at the NAU Open (16.70m/54-9.25) ... Finished ninth in the same event at the Big Sky Indoor Championships ... Season-best marks during the outdoor campaign include 44.07m/144-7 (discus) and 48.45m/158-11.25 (hammer throw).
2008: In her freshman campaign, season-best marks include 12.08m/39-7.5 (shot put), 14.16m/46-5.25 (weight throw) and 42.95m/140-10.75 (discus) ... Discus competitor at the Big Sky Outdoor Championships.
High School: A 2007 graduate of LaSalle Prep ... Broke HS discus record and placed 4th in all-time shot put record ... Named most inspirational three years in a row in track ... Also played basketball and was named to Girls Hall of Fame.
Personal: Born on Feb. 14, 1990 in Pasadena Calif. ... Daughter of Lucy Jarrad and Dennis McCray ... Has one brother, Jared, and one sister, Christie.



RASHIDA MCKINNON

Palmdale, Calif.
So./So.
Sprints

2009 Big Sky: Competitor- indoor 200m, outdoor 200m, 400m

Academic Notes: Majoring in psychology with a minor in sociology.
Personal Bests: 8.08 (60m), 25.73 (200m), 56.63 (400m)
2009: Ran in the 200 and 400-meter dashes her freshman year ... Collected a personal best in the 200-meter dash ... Ran 25.73 at the Sun Devil Invitational ... Season-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.



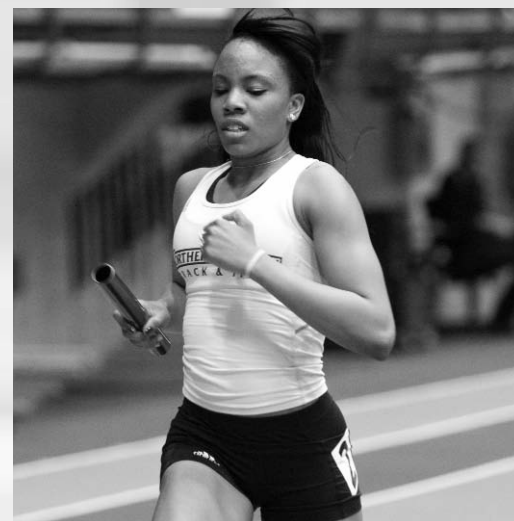
LISETTE MICHAELS

Peoria, Ariz.
So./So.
Distance

Academic Notes: Majoring in dental hygiene.
Personal Bests: 5:43.85 (mile), 11:04.83 (3,000m), 18:50.12 (5,000m)
2009: Competed in five meets during the indoor season ... Best mile time came at the NAU Big Sky Tune Up (5:50.16).
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 1600m and 3200m ... 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.



Shelby McCray



Rashida McKinnon



JAMI
MICHAUD

Mesa, Ariz.
Jr./Jr.
Pole Vault

2009 NCAA Regional Championships: Competitor- pole vault
2009 Big Sky: 7th place- indoor pole vault (3.65m/11-11.75), competitor- outdoor pole vault

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

Personal Best: 3.85m/12-7.5

2009: In her first season with the Lumberjacks, broke two school pole vaulting records and now holds the NAU indoor pole vaulting record holder (12-0 1/4) from the NAU Big Sky Tune Up ... Also NAU outdoor pole vaulting 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 NJCAA national championships in pole vaulting.

High School: A 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).



Jami Michaud



Veronica Pohl

VERONICA
POHL

Cologne, Germany
Sr./Sr.
Distance



2009 NCAA Outdoor Championships: 18th place- 5,000m (16:37.47)
2009 NCAA Regional Championships: 8th place- 5,000m (16:42.55)
2009 Big Sky: 1st place- outdoor 5,000m (17:34.73), 1st place- 1,500m (4:28.21), 1st place- indoor 3,000m (9:54.79), 1st place- indoor mile (4:56.48)

Academic Notes: Majoring in special education in the graduate program ... 2008 and 2009 Big Sky All-Academic selection.

Personal Bests: 4:20.59 (1,500m), 4:56.48 (mile), 9:18.56 (3,000m), 16:06.67 (5,000m), 10:39.74 (steeplechase)

2009: Won a total of four Big Sky titles in her first track season with the Lumberjacks ... In the indoor season, finished fourth overall out of 64 competitors in the 3,000m at the Husky Invitational (9:18.56) ... Claimed both the 3,000m (9:54.79) and mile (4:56.48) titles at the Big Sky Indoor championships ... During the outdoor campaign, collected best 1,500m time at the Mt. Sac Relays (4:20.59), and top 5,000m time at the Stanford Invite (16:06.67) ... Won two more titles at the Big Sky Outdoor Championships in the 5,000m (17:34.73) and the 1,500m (4:28.21), and also took second place in the steeplechase (10:39.74) ... Finished eighth at the West Region Championship in the 5,000m (16:42.55) ... Received at-large bid into the 5,000m championship and finished 18th in the nation after finishing 10th in her semifinal heat (16:37.47).

Prior to NAU: Recorded personal bests in the 1500m (4:20.47) and 3000m (9:31.28) in the summer of 2008 ... Placed second at the German National Cross Country Championships in 2005 ... Holds 11 top-nine finishes at German national meets, ranging from 800m to cross country.

Personal: Born on July 10, 1985 in Heilbronn, Germany to Guenther and Renate Pohl ... Has one brother, Johannes, and one sister, Stephanie ... Attended University of Cologne ... Has also won multiple championships in windsurfing, catamaran, and skiing competitions.



CHANDA
PENNEY

Highland, Calif.
So./So.
Jumps

Academic Notes: Majoring in biology.

Personal Bests: 5-4 (HJ), 17-6 (LJ), 37-7.5 (TJ)

2009: Competed during the indoor and outdoor seasons for the Lumberjacks ... Ran best 60-meter dash time at the NAU Open (8.23) ... at the Mountain T's Invitational, competed in the pentathlon scoring 1975 points ... Best outdoor marks include 12.91 in the 100-meter dash, and 26.36 in the 200-meter dash.

High School: A 2008 graduate of San Geronio High School ... Four year letterwinner and starter in track ... Part of school record breaking 4x100 relay team with a time of 47.3 ... Received multiple awards including Palm Springs Relay award, big jump award, and coaches' award ... Was also named Senior Athlete of the Year in 2008.

Personal: Born on April 3, 1990 in Moreno Valley, Calif. ... Daughter of Amos and Renee Penney.



MORGAN POPE

La Quinta, Calif.
Fr./Fr.
Sprints

Academic Notes: Majoring in exercise science.
Personal Bests: 25.61 (200m)
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 Sept. 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.



NELL ROJAS

Boulder, Colo.
Sr./Sr.
Distance

2009 Outdoor Championships: 18th place- steeplechase (10:24.76)
2009 Regional Championships: 4th place- steeplechase (10:17.88)
2009 Big Sky: 1st place- steeplechase (10:28.70), 4th place- outdoor 5,000m (17:45.13), 1st place- indoor 5,000m (17:39.37), 2nd place- indoor 3,000m (9:57.84)
2008 Regional Championships: 18th place- steeplechase (10:43.24)
2008 Big Sky: 2nd place- steeplechase (10:28.22), 3rd place- DMR (11:51.6), 6th place- outdoor 800 (2:15.57), 8th place- mile (5:06.9), competitor- outdoor 1500
2007 Regional Championships: 26th place- steeplechase (11:07.42)
2007 Big Sky: 5th place- steeplechase (11:10.94), 8th place- 3000 (10:19.89), 8th place- outdoor 1500 (4:43.34)

Academic Notes: Majoring in exercise science.
Personal Bests: 2:13.96 (800m), 4:36.36 (1,500m), 5:01.20 (mile), 9:46.08 (3,000m), 17:13.74 (5,000m), 10:17.88 (steeplechase)

2009: Capped off the indoor season winning the 5,000-meter run in a time of 17:39.37 ... Took second place in the 3,000-meter run at the conference championships as well (9:57.84) ... Scored a total of 15 points for the Lumberjacks at the Big Sky Outdoor Championships when she won the steeplechase (10:28.70) and finished fourth in the 5,000-meter run (17:45.13) ... Advanced to the West Region Championship for the third-straight year ... Finished fourth in the event in a personal-best time of 10:17.88 to clinch a spot in the 3,000-meter steeplechase at the NCAA Outdoor Championships for the first time ... Finished the season 18th in the country after running a 10:24.76 in the prelims of the steeplechase in Fayetteville, Ark.

2008: Put together another successful track season in her sophomore campaign ... Collected an eighth-place finish at the Big Sky Indoor Championships in the mile (5:06.95) ... At the outdoor championships, was the runner up in the steeplechase (10:28.22), finished sixth in the 800-meter run (2:15.37) and also competed in the 1,500m ... Competed in the West Region Championship once again, finishing 18th in the steeplechase (10:43.24).

2007: In first season with the Lumberjacks, scored in every event she competed in at the Big Sky Championships ... At the indoor conference championship, she finished fourth in the mile run with a personal-best time of 5:01.20 and eighth in the 3,000-meter run (10:19.89) ... During the outdoor season, collected season-best time of 4:36.36 (mile), 17:13.74 (5,000m) and 10:32.35 (steeplechase) ... Finished fifth in the steeplechase (11:10.94) at the Big Sky Outdoor Championships and eighth in the 1,500m (4:43.34) ... Placed 26th at the West Region Championship in the steeplechase (11:07.42).

High School: Lettered in cross country, track and basketball in her time at Boulder High School ... Four-year captain of both cross country and track teams ... Named Most Outstanding Female Athlete in cross country and track all four years of high school ... Placed seventh at cross country state championships as a freshman in 2002 ... Was a two-year starter on the varsity basketball team, helping lead them to the sweet sixteen.

Personal: Born Nov. 27, 1987 in Boulder, Colo. ... Daughter of Ric and Mary Rojas ... Has two brothers, Jess and Rico ... Father Ric was a professional runner.



LYNDSEY RAKESTRAW

Woodinville, Wash.
Fr./Fr.
Distance

Academic Notes: Majoring in hotel and restaurant management
High School: Graduated from Woodinville High School in 2009 ... Four year letterer 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.



Nell Rojas



LAUREN
SALTER

Idyllwild, Calif.
Sr./Sr.
Throws

Academic Notes: Majoring in parks and recreation management.

High School: Graduated from Hemet High School in 2006 ... Lettered four years in track and field, three in soccer and one in cross country ... Two-time Sunbelt League champion as a member of the 4x100m relay and the 4x400m relay ... CIF finalist/medalist (6th place) in the 4x100m relay in 2006 ... Four-time Sunbelt league champions in soccer ... CIF all-academic team four years in track and three years in soccer ... Member of the National Honor Society.

Personal: Born on Feb. 1, 1988 to Mark and Sally Salter ... Has three brothers, David, Andrew and her fraternal twin, Kendallm, and one sister, Emma.



TORIN
SHRIVER

Centralia, Wash.
Fr./Fr.
Distance

Academic Notes: Majoring in Spanish with a minor in studio art.

Personal Bests: 11:01.63 (3,000m), 18:56.63 (5,000m)

High School: Graduated from Centralia High School in 2009 ... Four year letterer on cross country team ... Centralia Class of 2009 Female Athlete of the Year ... Recorded times of 18:04 in 5k and 17:55 in 3 miles ... Four year state qualifier ... Holds school record in 3200 meters.

Personal: Born on June 25, 1991 ... Daughter of Gene and Deborah Shriver ... Has four brothers, John, Eric, Peter and Thomas ... Has five sisters, Jessica, Johanna, Jill, Jenna and Madeline ... Considered Santa Clara and University of San Francisco before choosing NAU.



JACKIE
SHEA

Littleton, Colo.
Jr./Jr.
Sprints

2009 Big Sky: Competitor- outdoor 400m hurdles

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

Personal Bests: 58.86 (400m), 1:04.09 (400H), 2:21.11 (800m)
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.

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.



Jackie Shea



ANNIE
SKORDAS

Salt Lake City, Utah
Sr./Sr.
Sprints

2009 Big Sky: 2nd place- outdoor 400m (55.24), 3rd place- outdoor 200m (24.62), competitor- indoor 200m and 400m

2008 Big Sky: 4th place- outdoor 4x400m (3:49.86), 5th place- outdoor 4x100m (47.48), 5th place- indoor 4x400m (3:51.97), 7th place outdoor 100m (12.45), 7th place- outdoor 200m (25.14), competitor- indoor 60, indoor 200m, indoor 400m.

2007 NCAA Regional Championships: 10th place- outdoor 4x400m (3:47.48)

2007 Big Sky: 1st place- outdoor 4x400m (3:45.37), 4th place- DMR (12:25.31), competitor- outdoor 400m, indoor 400m

Academic Notes: Majoring in accounting.

Personal Bests: 7.13 (55m), 12.17 (100m), 24.53 (200m), 55.24 (400m)

2009: Recorded three personal-best times during her junior campaign ... Was a 200 and 400-meter dash competitor at the Big Sky Indoor Championships ... Ran a personal best 12.17 in the 100-meter dash at the Sun Devil Invitational ... Collected best 200-meter dash time of college career at the Double Dual (24.53) ... At the Big Sky Outdoor Championships, placed second overall in the 400-meter dash with a personal-best time of 55.24 ... Placed third overall in the 200-meter dash (24.62) in the conference.

2008: During her sophomore season, competed in the 60, 200 and 400-meter dashes in the indoor campaign ... Best 60-meter time came at the Mountain State Games (7.89) ... 60, 200 and 400-meter competitor at the Big Sky Indoor Championships, and a member of the fifth place 4x400m relay team (3:51.97) ... Improved her 100, 200 and 400-meter dash times in the outdoor season ... Was a member of the fourth place 4x400m relay (3:49.86) and fifth place 4x100m relay (47.48) at the Big Sky Outdoor Championships ... Also placed seventh in both the 100 (12.45) and 200-meter dashes (25.14) at the conference championships.

2007: In her rookie campaign with the Lumberjacks, collected season-high marks in the 60m (8.04), 100m (12.59), 200m (25.89) and 400m (57.73) ... Competitor in both Big Sky Championships, and finished eighth in the 400-meter dash at the outdoor championships (1:00.19) ... Part of the 4x400 relay that won the Big Sky Outdoor Championship and went on to finish 10th at the West Region Championship (3:47.48).

High School: Ran four years of track at Murray High School, serving as captain for two years ... Holds the school record in the 200-meters (25.77) ... Had three first-place finishes in the region her senior year in the 400m, 200m and 4x400m.

Personal: Daughter of Greg Skordas and Charlotte Miller ... Born Dec. 17, 1987 ... Has one brother, Nic and one sister, Christina.



Annie Skordas



KIMBERLY
STONER

Mesa, Ariz.
So./So.
Mid-Distance

2009 Big Sky: Competitor- indoor and outdoor 800m

Academic Notes: Majoring in biology.

Personal Bests: 57.12 (400), 2:16.44 (800)

2009: In her first year, competed in both the indoor and outdoor season for the Lumberjacks ... Recorded season best marks in the outdoor campaign in the 200-meter dash (26.98), 400-meter dash (58.20) and the 800-meter run (2:16.44) ... Competed in the 800-meter run at both Big Sky Championships.

High School: Graduated from Dobson High School in 2008 ... Three-year letterwinner in track and field, and four-year letterwinner in cross country ... Regional champion in the 400m as a sophomore and a junior, and in the 800m as a senior.

Personal: Born on Oct. 4, 1989 to Michael and Linae Stoner in Fresno, Calif. ... Has one brother, Ryan, and one sister, Sara.



LAUREN STUART

Smithers, B.C. Canada
Fr./Fr.
Throws

Academic Notes: Majoring in animal biology.

Personal Bests: 39-5.5 (SP), 58-3 (WT)

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 Nov. 16, 1991 to Jim and Maureen Stuart ... Father, Jim, played hockey at the University of British Columbia.



KASANDRA VEGAS

Honolulu, Hawaii
Fr./Fr.
Throws

Academic Notes: Majoring in sports medicine and exercise science.

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.



ADDIE TENNANT

Mahomet, Ill.
Fr*/Fr*.
Throws

Academic Notes: Majoring in occupational therapy.

2009: Redshirt Season

High School: Graduated from Mahomet Seymour High School in 2008 ... Four-year letterwinner in track and field, and served team captain in 2008 ... Also lettered in volleyball and basketball ... State qualifier during the indoor and outdoors seasons in 2007 and 2008 ... Broke the school discus record her senior season.

Personal: Born on June 11, 1990 to Todd Tennant and Dianne Tennant-Rucker ... Has two older brothers, Jack and Austin, and one sister, Jamie Sample.



AMBER WASHINGTON

Laveen, Ariz.
Sr.*
Sprints

2009 Big Sky: 7th place- outdoor 400m (58.10), 6th place- indoor 400m (56.83)
2008 Big Sky: 6th place- indoor 400 (57.61), 5th place- 4x400 3:51.97

Academic Notes: Majoring in exercise science.

Personal Bests: 8.27 (60), 13.03 (100), 26.22 (200), 56.83 (400)
2009: In her first full season with the Lumberjacks, recorded a personal-best time of 56.83 in the 400-meter dash and finished sixth overall for the second-straight year at the Big Sky Indoor Championships ... Collected season-best mark in the 200-meter dash at the Willie Williams Classic (26.38) ... Finished seventh overall in the 400-meter dash at the Big Sky Outdoor Championships.

2008: Competed in the indoor season, running in the 60, 200 and 400-meter dashes for the Lumberjacks ... Recorded two personal-bests in the 60-meter dash (8.27) and the 200-meter dash (26.22) ... Sixth-place finisher in the 400-meter dash (57.12) at the Big Sky Indoor Championships, and a member of the 4x100 relay that claimed fifth place (3:51.97).

Before NAU: Took first place in 4x400 Regionals while competing for Mesa Community College.

High School: Graduated from Mountain Pointe HS in 2005 with a 3.6 grade point average ... Lettered in basketball and track and field.

Personal: Daughter of Perry and Madeline Washington ... Born on Oct. 16, 1987 ... Has one brother, Penn.



SHEKILA WILKINSON

Tulsa, Okla.
Jr./Jr.
Sprints

Academic Notes: Majoring in public relations and business.
Personal Bests: 7.75 (60m), 24.55 (200m), 56.09 (400m)
Before NAU: Attended TCU for two years.
High School: Graduated from Broken Arrow High School in 2007 ... Four-year letterwinner and starter on both the track and field and basketball teams ... Broke the 100m (11.6), 200m (24.1) and 400m (56.0) high school records.
Personal: Born on Feb. 18, 1989 to Sidney and Azalea Wilkinson ... Has two brothers, Sydeney and Anthony, and one sister, Stefanie.



AMBER YINGLING

Peoria, Ariz.
Fr./Fr.
Jumps

Academic Notes: Majoring in exercise science.
Personal Bests: 19-1 (LJ), 38-8 (TJ)
High School: Graduated from Raymond S. Kellis High School in 2009 ... Lettered four years in track and field, three in volleyball and one in basketball ... Broke four records in high school including the long jump (18-4), triple jump (37-6), pole vault (10-9) and was a part of the 4x100 relay (12.61) Named the 2009 region athlete of the year in track and field in 2009.
Personal: Born on Nov. 25, 1990 to Cindy Barton and Randy Yingling ... Has three brothers, Shaun, Wyatt and Heath.



CIARA WILLIAMS

Fairfield, Me.
So./So.
Sprints/Hurdles

Academic Notes: Majoring in sociology with a minor in social work.
Personal Bests: 8.59 (55mH), 9.13 (60mH), 15.2 (100H)
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.



Shekila Wilkinson



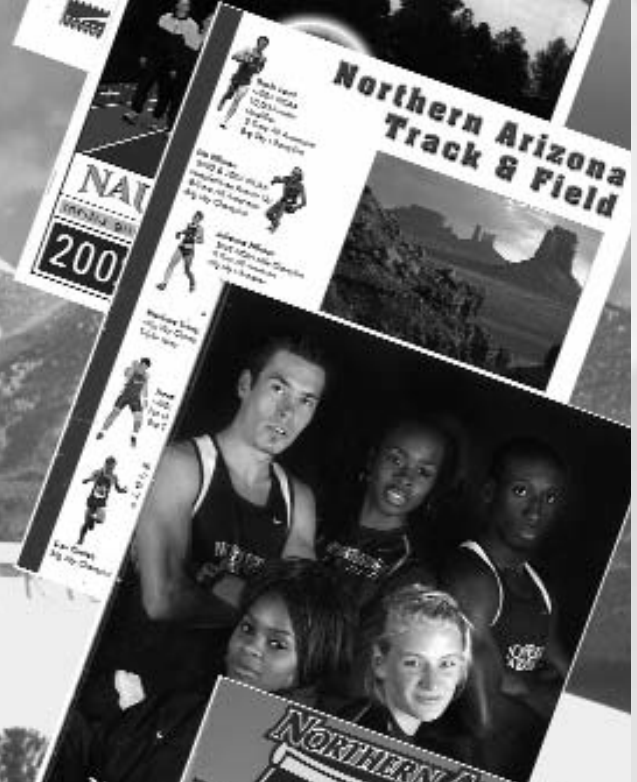
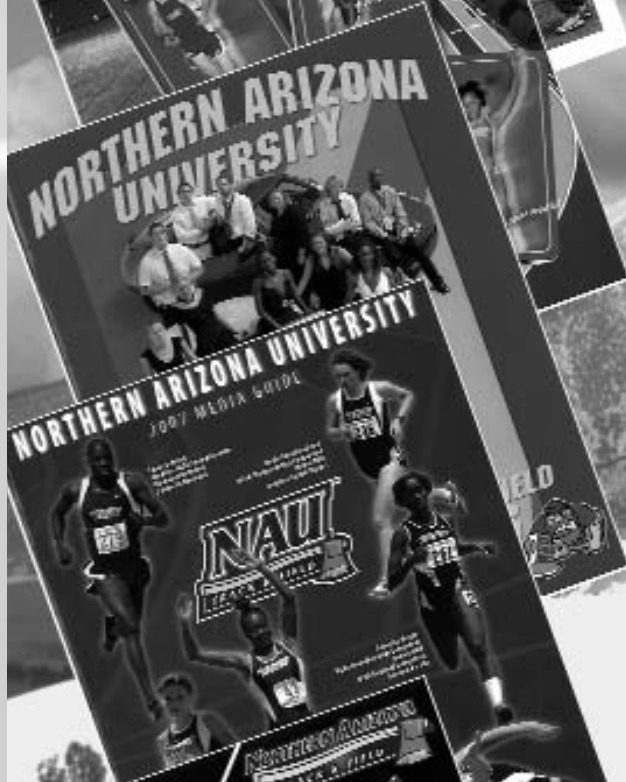
Amber Yingling



Ciara Williams



NAU HISTORY



2010 BIG SKY INDOOR QUALIFYING STANDARDS

Standard(W)	Event	Standard(M)
7.38	55m	6.56
8.63	55mH	7.85
7.90	60m	7.05
9.20	60mH	8.4
(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)
2.15.50	800	1.54.50
5.03.00	Mile	4.14.50
10.10.00	3000m	8.30.0
18.45.00	5000m	15.20.00
5' 4"	High Jump	6' 5"
18' 2"	Long Jump	22' 6"
37' 0"	Triple Jump	45' 0"
11' 6"	Pole Vault	15' 6"
43' 0"	Shot Put	50'6"
52' 0"	Weight Throw	53' 0"
3100	Pent./Hep.	4500
All teams	DMR	All teams
Top 8 teams	1600m Relay	Top 8 teams

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

* Can qualify for the 5,000-meters with a time of 10:45.00 (women) or 8:45.00 (men) or better in the 3,000-meters

Air Force (Colorado)	Albuquerque, N.M.	Bozeman, Montana	Flagstaff, Arizona	Logan, Utah	Ogden, Utah	Pocatello, Idaho	Reno, Nevada
<i>Men's</i>	<i>Men's</i>	<i>Men's</i>	<i>Men's</i>	<i>Men's</i>	<i>Men's</i>	<i>Men's</i>	<i>Men's</i>
800 1.27	800 .61	800 .60	800 1.21	800 .56	800 .55	800 .52	800 .53
Mile 9.41	Mile 5.33	Mile 5.28	Mile 9.03	Mile 5.02	Mile 4.91	Mile 4.66	Mile 4.78
3k 21.44	3k 11.98	3k 11.86	3k 20.59	3k 11.24	3k 10.97	3k 10.35	3k 10.66
5k 40.22	5k 22.47	5k 22.23	5k 38.60	5k 21.09	5k 20.58	5k 19.44	5k 20.01
DMR 15.52	DMR 8.80	DMR 8.71	DMR 14.90	DMR 8.29	DMR 8.10	DMR 7.68	DMR 7.89
<i>Women's</i>	<i>Women's</i>	<i>Women's</i>	<i>Women's</i>	<i>Women's</i>	<i>Women's</i>	<i>Women's</i>	<i>Women's</i>
800 1.47	800 .70	800 .69	800 1.39	800 .65	800 .63	800 .60	800 .61
Mile 11.00	Mile 6.24	Mile 6.17	Mile 10.56	Mile 5.87	Mile 5.74	Mile 5.44	Mile 5.59
3k 25.08	3k 14.02	3k 13.87	3k 24.08	3k 13.15	3k 12.83	3k 12.11	3k 12.47
5k 47.07	5k 26.30	5k 26.02	5k 45.18	5k 24.68	5k 24.09	5k 22.75	5k 23.42
DMR 18.14	DMR 10.29	DMR 10.19	DMR 17.42	DMR 9.69	DMR 9.47	DMR 8.98	DMR 9.23



2010 NCAA INDOOR QUALIFYING STANDARDS

Event	Men's Auto.		Men's Prov.		Women's Auto.		Women's Prov.	
	FAT	MT	FAT	MT	FAT	MT	FAT	MT
55 Meters	6.14@	—	6.25@	—	6.74@	—	6.92@	—
60 Meters	6.60@	—	6.71@	—	7.26@	—	7.44@	—
55-Meter Hurdles	7.17@	—	7.38@	—	7.57@	—	7.86@	—
60-Meter Hurdles	7.70@	—	7.91@	—	8.14@	—	8.43@	—
200 Meters								
(Under 200m/220 yds)*	21.48	—	21.88	—	23.90	—	24.60	—
(200m/220 yds)*	21.23	—	21.63	—	23.70	—	24.40	—
(Banked or Over 200m/220 yds)*	20.83	—	21.23	—	23.20	—	23.90	—
400 Meters								
(Under 200m/220 yds)*	47.15	46.9	48.25	48.0	53.20	52.9	55.20	54.9
(200m/220 yds)*	46.75	46.5	47.85	47.6	52.90	52.6	54.90	54.6
(Banked or Over 200m/220 yds)*	46.15	45.9	47.25	47.0	52.40	52.1	54.40	54.1
800 Meters#								
(200m/220 yds or less)*	1:48.90	1:48.6	1:51.40	1:51.1	2:06.00	2:05.7	2:10.00	2:09.7
(Banked or Over 200m/220 yds)*	1:48.00	1:47.7	1:50.50	1:50.2	2:05.00	2:04.7	2:09.00	2:08.7
Mile#								
(200m/220 yds or less)*	4:00.80	4:00.5	4:05.30	4:05.0	4:38.90	4:38.6	4:48.90	4:48.6
(Banked or Over 200m/220 yds)*	3:59.00	3:58.7	4:03.50	4:03.2	4:37.00	4:36.7	4:47.00	4:46.7
3,000 Meters#								
(200m/220 yds or less)*	7:57.20	7:56.9	8:07.70	8:07.4	9:16.00	9:15.7	9:35.00	9:34.7
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2	8:05.00	8:04.7	9:13.00	9:12.7	9:32.00	9:31.7
5,000 Meters#								
(200m/220 yds or less)*	13:50.80	13:50.5	14:13.80	14:13.5	16:12.50	16:12.2	16:49.50	16:49.2
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7	14:10.00	14:09.7	16:07.50	16:07.2	16:44.50	16:44.2
1,600-Meter Relay								
(Under 200m/220 yds)*	3:10.50	3:10.2	3:14.40	3:14.1	3:37.00	3:36.7	3:44.00	3:43.7
(200m/220 yds)*	3:08.90	3:08.6	3:12.80	3:12.5	3:35.80	3:35.5	3:42.80	3:42.5
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:10.40	3:10.1	3:33.00	3:32.7	3:40.00	3:39.7
Mile Relay								
(Under 200m/220 yds)*	3:10.70	3:10.4	3:14.80	3:14.5	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:09.10	3:08.8	3:13.20	3:12.9	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or Over 200m/220 yds)*	3:07.50	3:07.2	3:11.60	3:11.3	3:34.20	3:33.9	3:41.20	3:40.9
Distance Medley Relay—Meters#								
(200m/220 yds or less)*	9:33.00	9:32.7	9:44.70	9:44.4	11:09.40	11:09.1	11:30.40	11:30.1
(Banked or Over 200m/220 yds)*	9:30.00	9:29.7	9:41.70	9:41.4	11:05.50	11:05.2	11:26.50	11:26.2
Distance Medley Relay—Yards#								
(200 m/220 yds or less)*	9:35.70	9:35.4	9:47.40	9:47.1	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or Over 200 m/220 yds)*	9:33.50	9:33.2	9:45.20	9:44.9	11:09.00	11:08.7	11:30.00	11:29.7

@ 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.

	Men's Auto	Men's Prov.	Women's Auto.	Women's Prov.
High Jump	2.24m (7-4)	2.14m (7-0.25)	1.85m(6-0.75)	1.78m (5-10)
Pole Vault	5.50m (18-0.5)	5.20m (17-0.5)	4.25m (13-11.25)	4.00m (13-1.25)
Long Jump	7.85 (25-9)	7.50 (24-7.25)	6.38 (20-11)	6.13 (20-1.25)
Triple Jump	16.15m (52-11.75)	15.45m (50-8.25)	13.30m (43-7.5)	12.65m (41-6)
Shot Put	19.30m (63-3.75)	17.75m (58-2.75)	16.90m (55-5.25)	15.20m (49-10.25)
20-Pound Weight	21.50m (70-6.25)	19.50m (63-11.5)	21.00m (68-10.75)	18.75m (61-6)
Heptathlon/Pentathlon	5,675 points	5,325 points	4,075 points	3,725 points

BIG SKY MEN'S INDOOR CHAMPIONS

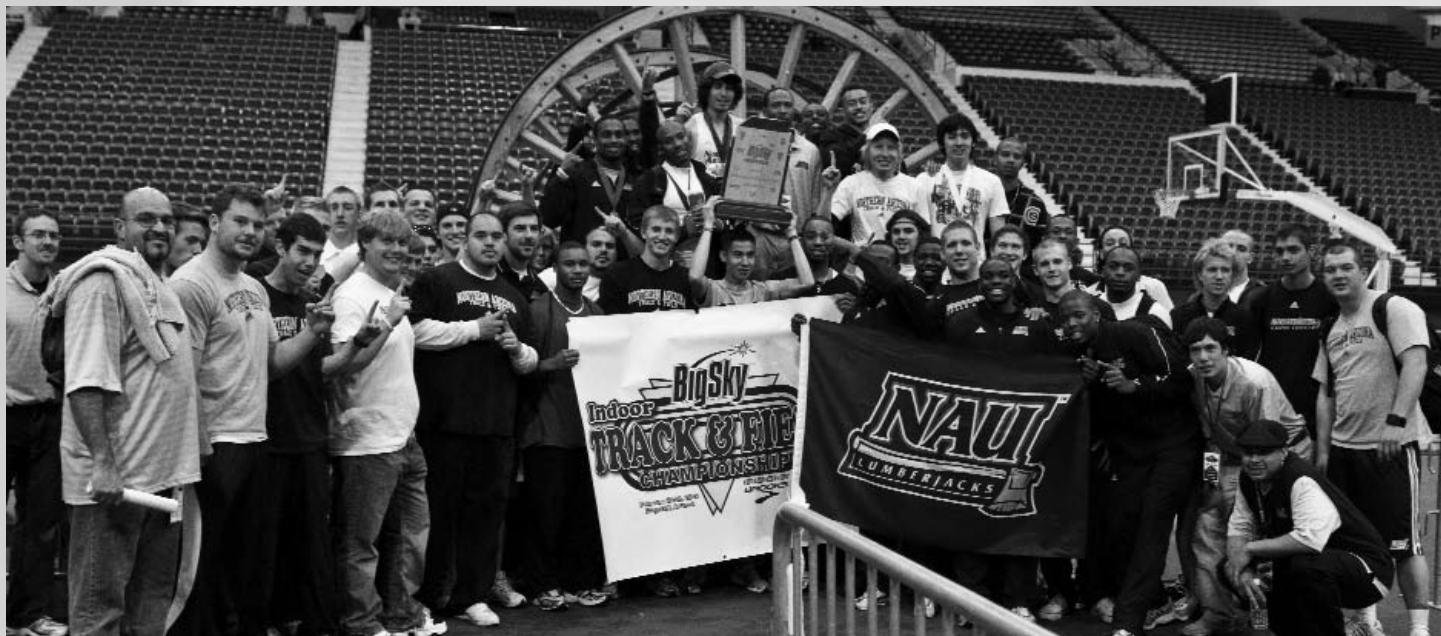
Year	Site	Champions	Points	Coach of the Year
2010	Bozeman, Mont.	Northern Arizona	132	Eric Heins, Northern Arizona
2009	Flagstaff, Arizona	Northern Arizona	184	J.W. Hardy, Northern Arizona
2008	Pocatello, Idaho	Sacramento State	141	Kathleen Raske, Sacramento State
2007	Bozeman, Montana	Sacramento State	107.5	Kathleen Raske, Sacramento State
2006	Flagstaff, Arizona	Idaho State	126.5	Dave Nielsen, Idaho State
2005	Pocatello, Idaho	Idaho State	141	Dave Nielsen, Idaho State
2004	Bozeman, Montana	Weber State	165.5	Chick Hislop, Weber State
2003	Flagstaff, Arizona	Northern Arizona	165.5	Ron Mann, Northern Arizona
2002	Pocatello, Idaho	Weber State	170.5	Chick Hislop, Weber State
2001	Bozeman, Montana	Weber State	121	Chick Hislop, Weber State
2000	Flagstaff, Arizona	Northern Arizona	145	Ron Mann, Northern Arizona
1999	Pocatello, Idaho	Weber State	112.5	Chick Hislop, Weber State
1998	Bozeman, Montana	Idaho State	114	Dave Nielsen, Idaho State
1997	Flagstaff, Arizona	Idaho State	131	Dave Nielsen, Idaho State
1996	Bozeman, Montana	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, Arizona	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, Arizona	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, Arizona	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 Haberkack, Northern Arizona
1979	Pocatello, Idaho	Weber State	121	Chick Hislop, Weber State



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	Seth Pilkington, Weber State	13:51.50	2006
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
DMR	Weber State (Atwater, Grunander, Hooper, Tolman)	9:38.36	2002

* - Set at Big Sky Conference Championship



The men's team takes home the 2009 Big Sky Indoor Championship in Flagstaff.

NAU MEN'S INDOOR RECORDS

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

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

<i>David McNeill</i>	<i>13:39.32</i>	<i>2/19/2010</i>
Henrik Ahnstrom	13:52.33	2/12/2005
Tim Martin	13:54.34	3/2/1996

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

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

Weight Throw

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

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, Saatara 2003-present)



BSC MEN'S CHAMPIONS BY EVENT

55-Meter Dash			1,000-Meter Run			Pole Vault		
2003	Landon Benson	6.36	1984	Fred Sproul	2:29.04	1996	Brian Nimphius	16-6.75
1995	Ray Nelson	6.40	1981	Mark Lomeland	2:22.25	1993	Lane White	17-4.50
1994	Len Raney	6.24				1992	Joe Mauko	16-8.75
1993	Len Raney	6.23	Mile			1980	Greg Morgan	15-6
1991	Len Raney	6.28	2007	Lopez Lomong	4:05.73	1979	Jim Wilkerson	16-0
1988	Mike Haynes	6.22	2006	Lopez Lomong	4:22.84			
1987	Tony Monroe	6.37	1997	John Howell	4:18.61	Shot Put		
			1996	Jama Bile	4:09.45	2010	Javier Villarreal	57-8
60-Yard Dash			1991	Kim White	4:04.67	2008	Javier Villarreal	58-9.25
1980	Alphonse Curry	6.33	1990	Kim White	4:13.22	2003	Jeremy Hoff	59-4
1979	Alphonse Curry	6.35				1999	Hakan Andersson	59-2.25
			3,000-Meter Run			1998	Hakan Andersson	59-2.75
60-Meter Dash			2010	David McNeill	8:11.93	1996	Kristian Pettersson	58-0.25
1999	Kino Carson	6.75	2009	Diego Estrada	8:31.28	1991	Anders Axlid	57-8
			2006	Jon Cardenas	8:43.06	1990	Anders Axlid	59-10.5
200-Meter Dash			2003	Nurani Sheikh	8:30.79	1987	Kent Larsson	60-1.75
2009	Rodney Overton	21.42	2000	Sean Clendaniel	8:32.33			
2006	Cardell Glover	21.48	1997	Theo Martin	8:24.91	35 lb. Weight Throw		
2003	Landon Benson	21.16	1996	John Howell	8:22.08	2010	Curtis Durocher	65-8.5
2002	Landon Benson	21.63	1989	Bo Reed	8:13.24	2009	Curtis Durocher	64-10.25
2001	Vytautas Kancleris	21.71				2007	Pascal Tang	60-11.5
1999	Terrance Johnson	21.77	5,000-Meter Run			2005	Karim Chester	68-1
1995	Ray Nelson	21.58	2009	Morten Bostrom	14:55.82	2004	Karim Chester	64-5.00
1992	Anthony Wilson	20.88	2006	Morten Bostrom	15:11.29	2000	Sean McNabb	59-7.00
1991	Anthony Willson	21.32	2005	Henrik Ahnstrom	14:57.94	1998	Johnny Theiken	62-8
			1997	Theo Martin	15:09.70	1997	Johnny Theiken	63-9.50
300-Meter Dash			1996	Tim Martin	14:15.20	1996	Kristian Pettersson	62-1
1987	John Koon	33.67	1989	Bo Reed	14:11.24	1994	Gunnar Axlid	62-1
						1993	Kristian Pettersson	54-10.75
400-Meter Dash			55-Meter Hurdles			1990	Henrik Wennberg	58-10.75
2009	Rodney Overton	47.05	2002	Vytautas Kancleris	7.55			
2000	Terrance Johnson	47.10	2001	Daryl Wonsey	7.28	4x400-Meter Relay		
1999	Terrance Johnson	47.44	2000	Daryl Wonsey	7.20	2003	3:12.66	
1995	Daniel England	47.92	1998	Rudolph Johnson	7.63	2001	3:12.84	
1993	J.W. Hardy	47.59	1988	Peter Daniel	7.56	1993	3:12.05	
1992	Will Glover	47.82	1984	Micah Williams	7.34	1992	3:08.97	
1991	Will Glover	47.18				1991	3:11.83	
1990	Anthony Wilson	46.67	60-Meter Hurdles			1988	3:13.58	
1989	John Koon	47.32	1999	Daryl Wonsey	8.01	1987	3:13.97	
1988	John Koon	47.27				1981	3:14.90	
			Long Jump					
440-Yard Dash			1997	Tommy Sarenbrant	25-0	Distance Medley Relay		
1980	Greg Carson	48.75	1990	Glenn Carroll	26-7.25	2010	9:52.85	
1979	Alphonse Curry	49.99	1981	Derek Shelton	23-6.5	2009	10:15.54	
						2004	9:54.35	
800-Meter Run			Triple Jump					
2010	Jordan Chipangama	1:49.94	2002	Clearance Moore	48-11.75			
2007	Lopez Lomong	1:50.40	1993	Jashuwa Gindiri	49-11			
2006	Lopez Lomong	1:50.95	1979	Derek Shelton	48-9.25			
1996	Jama Bile	1:50.74						

Bold Indicates Current Athlete(s)

BIG SKY WOMEN'S INDOOR CHAMPIONS

Year	Site	Champions	Points	Coach of the Year
2010	Bozeman, Mont.	Sacramento State	167	Kathleen Raske, Sacramento State
2009	Flagstaff, Arizona	Northern Arizona	116.5	J.W. Hardy, Northern Arizona
2008	Pocatello, Idaho	Sacramento State	112	Kathleen Raske, Sacramento State
2007	Bozeman, Montana	Weber State	108.5	Jim Blaisdell, Weber State
2006	Flagstaff, Arizona	Northern Arizona	189	J.W. Hardy, Northern Arizona
2005	Pocatello, Idaho	Weber State	136.66	Jim Blaisdell, Weber State
2004	Bozeman, Montana	Weber State	146	Jim Blaisdell, Weber State
2003	Flagstaff, Arizona	Weber State	164.5	Jim Blaisdell, Weber State
2002	Pocatello, Idaho	Weber State	159	Jim Blaisdell, Weber State
2001	Bozeman, Montana	Montana State	124	Dale Kennedy, Montana State
2000	Flagstaff, Arizona	Northern Arizona	137.5	Ron Mann, Northern Arizona
1999	Pocatello, Idaho	Cal State Northridge	165	Don Strametz, Cal State Northridge
1998	Bozeman, Montana	Northern Arizona	145	Ron Mann, Northern Arizona
1997	Flagstaff, Arizona	Northern Arizona	134.5	Ron Mann, Northern Arizona
1996	Bozeman, Montana	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, Arizona	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, Arizona	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



The women's team made it a sweep for NAU in 2009, winning its third indoor title of the decade.



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 WOMEN'S INDOOR RECORDS

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, Wisman, 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	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

Jami Michaud	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, Saatara 2003-present, Doyle 2009-present)



BSC WOMEN'S 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

200-Meters		
2010	Annie Skordas	24.54
2006	Monique Young	24.30
1993	Tracy Bradshaw	24.51

400-Meters		
1992	Kelly Ramsdell	56.25

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		
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		
2006	Monique Young	43-5.25

2003	Monique Young	39-4.00
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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

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	Champions	Points	Coach of the Year
2009	Missoula Montana	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, Washington	Weber State	172	Chick Hislop, Weber State
2005	Flagstaff, Arizona	Montana State	169	Dale Kennedy, Montana State
2004	Ogden, Utah	Weber State	182	Chick Hislop, Weber State
2003	Bozeman, Montana	Northern Arizona	160.5	Ron Mann, Northern Arizona
2002	Missoula, Montana	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, Washington	Northern Arizona	126	Ron Mann, Northern Arizona
1996	Tempe, Arizona	Idaho	124	Mike Keller, Idaho
1995	Boise, Idaho	Idaho	148	Mike Keller, Idaho
1994	Missoula, Montana	Weber State	149	Chick Hislop, Weber State
1993	Spokane, Washington	Weber State	141	Chick Hislop, Weber State
1992	Boise, Idaho	Northern Arizona	155	Ron Mann, Northern Arizona
1991	Bozeman, Montana	Northern Arizona	143	Ron Mann, Northern Arizona
1990	Missoula, Montana	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, Montana	Nevada	153	Jack Cook, Nevada
1983	Tempe, Arizona	Idaho	155	Mike Keller, Idaho
1982	Missoula, Montana	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, Montana	Idaho State	158	Bob Beeten, Idaho
1976	Flagstaff, Arizona	Idaho State	139	Bob Beeten, Idaho
1975	Missoula, Montana	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, Montana	Northern Arizona	71	Leo Haberlack, Northern Arizona
1970	Ogden, Utah	Idaho State	93	Bob Beeten, Idaho
1969	Missoula, Montana	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, Montana	Idaho State	164.5	Dubby Holt, Idaho State



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	Shannon Butler, Montana State	13:41.78	1991
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)		

* - Set at Big Sky Conference Championship



The men's team claims its third-straight Big Sky Outdoor Championship in Missoula, Mont.

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 Zakoskienly	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

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

1,500-Meter Run

<i>Lopez Lomong</i>	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>	13:30.63	4/17/2009
Henrik Ahnstrom	13:43.88	4/24/2004
Henrik Ahnstrom	13:45.23	4/26/2003

10,000-Meter Run

<i>*David McNeill</i>	28:03	12/11/08
Bo Reed	28:20.00	4/23/1988
Richard Sliney	28:46.08	1972

4x100-Meter Relay

Daniel, Haynes, Hunter, Koon	39.79	4/2/1988
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Glover, Hardy, Nelson, Brown	40.00	3/27/1993
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Daniel, Monroe, Brass, Foster	40.16	4/5/1986
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4x400 Meter Relay

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

<i>Karim Chester</i>	219-8	4/23/2005
<i>Karim Chester</i>	212-0	5/13/2004
Brandon Hall	207-6	5/5/2001

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, Saatara 2003-present)

*=Zatopek 10,000m in Australia



BSC MEN'S 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

1,500-Meter Run		
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		
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		
2009	Ahmed Osman	30:53.19
2007	Jon Cardenas	31:13.10
2002	Juan P. Miramontes	31:05.90
2001	Juwan Nuvayokva	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		
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		
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		
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		
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

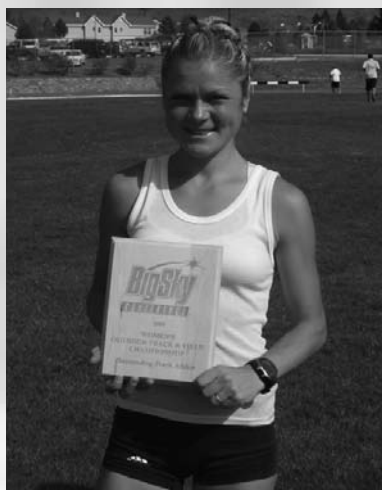


BIG SKY WOMEN'S OUTDOOR CHAMPIONS

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



2009 outdoor Steeplechase winner Nell Rojas and third-place finisher Veronica Pohl



2009 Big Sky Outdoor Championship Outstanding Track Athlete Veronica Pohl



2009 outdoor 1,500m winner Veronica Pohl and third-place finisher Haley Lawrence



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

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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Ramsdell, Game, Bradshaw, Kimmey	46.17	5/23/1992
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Edmund, Glowacka, Wright, Williams	46.20	5/12/2005
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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 Benzoar	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

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

Pole Vault

<i>Jami Michaud</i>	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, Saatara 2003-present)



BSC WOMEN'S CHAMPIONS BY EVENT

100-Meters			5,000-Meters			2002	Andrea Hancock	47-10
2007	Taneisha Wright	11.58	2009	Veronica Pohl	17:34.73	2000	Linda Nestorsson	52-2.5P
1999	Summer McCollum	11.88	2006	N. Gueldemeister	17:28.11	1999	Linda Nestorsson	51-3
1992	Angela Kimmey	11.96	2005	Natalie Rogers	18:22.31	1997	Anna Soderberg	51-3
1990	Brenda Johnson	12.14	2004	Erika Edwards	17:44.06	1996	Anna Soderberg	50-3.5
200-Meters			2003	Ida Nilsson	17:06.58	1994	Anna Soderberg	49-5
2007	Taneisha Wright	24.10	2002	Ida Nilsson	17:18.26	Discus		
2006	Monique Young	24.21	1995	Rikke Pedersen	17:33.67	2006	Candice Bryant	159-2
2004	Liza Conteh	24.11	1993	Tracy Jarman	17:04.30	2002	Andrea Hancock	173-11
1990	Brenda Johnson	24.29	1992	Tracy Jarman	16:35.86	2000	Linda Nestorsson	160-2
400-Meters			1991	Kristi Klinnert	18:17.53	1999	Linda Nestorsson	163-2
1998	Samantha George	53.24	1990	Kristi Klinnert	17:22.40	1997	Anna Soderberg	197-8
1994	Charlene Maulseed	53.92	10,000-Meters			1996	Anna Soderberg	184-2
1990	Christine Balfour	55.86	2006	N. Gueldemeister	35:36.26	1994	Anna Soderberg	179-4
1989	Sonya Mitchell	55.09	2005	Natalie Rogers	38:44.16	1993	Anna Soderberg	150-4
800-Meters			2004	Erika Edwards	36:43.31	1989	Lori Parker	170-9
2006	Elin Wiik	2:09.16	1999	Amy Swier	35:19.89	Hammer Throw		
2005	Johanna Nilsson	2:09.65	1997	Rikke Pedersen	36:04.38	1997	Anna Soderberg	179-0
2004	Johanna Nilsson	2:09.76	1993	Kristi Klinnert	36:12.23	Heptathlon		
2003	Johanna Nilsson	2:07.82	1992	Kristi Klinnert	37:04.42	1998	Petra Eklund	5,337
1999	Martina Ze	2:07.21	1991	Kristi Klinnert	40:42.18	1997	Sabine Krieger	5,141
1989	Nikki Toms	2:08.84	1990	Kristi Klinnert	36:31.44	1996	Anna Wiklund	5,266
1988	Nikki Toms	2:07.85	1989	Beth Ellickson	36:51.92	1995	Anna Wiklund	5,253
1,500-Meters			1988	Beth Ellickson	36:25.82	1994	Anna Wiklund	5,311
2009	Veronica Phol	4:28.21	100-Meter Hurdles			1993	Aimee Anthony	5,160
2008	Lesley van Miert	4:22.73	1996	Summer Welch	14.04	1992	Aimee Anthony	5,111
2007	K. Rosenplaenter	4:33.06	Long Jump			4x100-Meter Relay		
2006	K. Rosenplaenter	4:30.69	1998	Petra Eklund	19-4.75	2005		46.20
2005	Johanna Nilsson	4:32.23	1996	Angie Migray	18-9.75	4x400-Meter Relay		
2004	Johanna Nilsson	4:31.62	1991	Rachel Game	w20-0.25	2007		3:45.37
2003	Johanna Nilsson	4:27.80	High Jump			2004		3:44.19
2002	Ida Nilsson	4:34.76	2007	Britney Rogers	5-08.75	<i>Bold Indicates Current Athlete</i>		
1992	Christy Michaels	4:32.00	2006	Britney Rogers	6-00.5			
1990	Nikki Toms	4:28.79	1997	Sabine Krieger	5-8.75			
1989	Nikki Toms	4:25.89	1994	Angel Leath	5-6			
1988	Nikki Toms	4:24.97	Triple Jump					
3,000-Meters Steeplechase			2009	Aisha Goynes	40-7			
2009	Nell Rojas	10:28.70	2008	Aisha Goynes	41-6.5			
2004	Ida Nilsson	10:29.30	2007	Monique Young	41-1			
2003	Ida Nilsson	10:32.32	2006	Monique Young	42-0			
2002	Ida Nilsson	10:17.36	2004	Monique Young	40-0.50			
3,000-Meters			2000	Asa Lonn	44-4.25			
1997	Rikke Pedersen	9:52.50	Shot Put					
1996	Rikke Pedersen	9:49.60	2008	Candice Bryant	50-06.25			
1995	Rikke Pedersen	9:55.74c	2007	Candice Bryant	48-04.75			
1989	Larah Treadwell	9:54.01	2006	Dana Posey	49-1			
1988	Maurie Wood	9:50.82	2005	Dana Posey	49-07.75			

2010 OUTDOOR QUALIFYING STANDARDS

B

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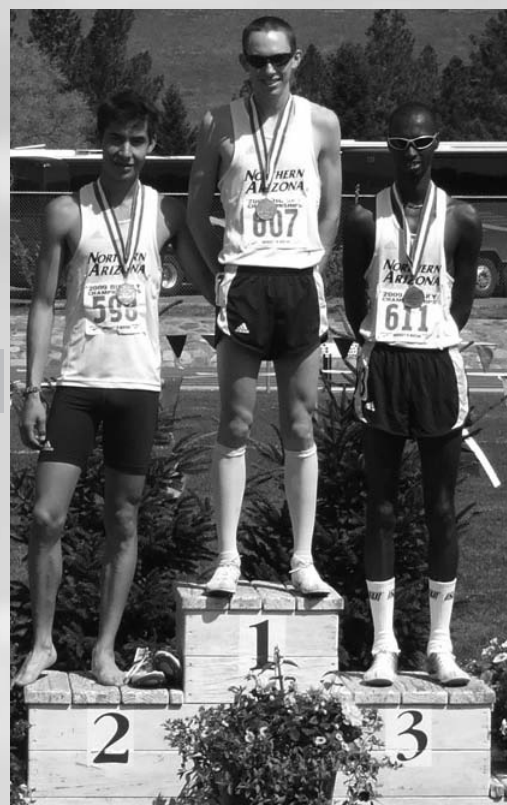
G

S

K

Y

Women's Standard	Event	Men's Standard
12.45	100m	10.95
15.00	100/110mH	15.15
25.40	200m	22.00
58.00	400m	48.90
1.05.00	400mH	55.50
2.17.5	800	1.55.00
4.41.00	1500	3.55.00
11.41.00	3000mSC	9.41.00
18.00.00	5000	14.51.00
<i>* Time of 18:30.00 (women) or 15:20.00 (men) or better in the 5,000-meters qualifies athletes for 10,000m</i>		
38.30.00	10,000*	32.00.00
5' 3"	High Jump	6' 5"
18' 2"	Long Jump	22' 6"
37' 0"	Triple Jump	45' 0"
11' 3"	Pole Vault	15' 6"
41' 6"	Shot Put	50' 0"
136' 0"	Discus Throw	153' 0"
130' 0"	Javelin Throw	193' 0"
157' 0"	Hammer Throw	162' 0"
4100	Hep./Dec.	5500
Top 8 teams	400m Relay	Top 8 teams
Top 8 teams	1600m Relay	Top 8 teams



Estrada, McNeill, Osman

H

C

A

A

Event	Men's FAT	Men's MT	--	Women's FAT	Women's MT
100 Meters	10.55	--		11.75	--
200 Meters	21.35	--		23.96	--
400 Meters	47.20	46.9		54.61	54.3
800 Meters	1:50.40	1:50.1		2:09.80	2:09.5
1,500 Meters	3:47.80	3:47.5		4:27.80	4:27.5
Mile	4:06.00	4:05.7		4:49.30	4:49.0
3,000- Meter Steeplechase	9:07.00	9:06.7		10:50.25	10:50.0
5,000 Meters	14:12.00	14:11.7		16:52.00	16:51.7
10,000 Meters - Auto	28:45.00	28:44.7		33:30.00	33:29.7
10,000 Meters - Prov	29:30.00	29:29.7		35:00.00	34:59.7
110M Hurdles, 100M Hurdles	14.30	--		13.92	--
400-Meter Hurdles	52.51	52.2		1:00.82	1:00.5
400-Meter Relay	40.66	40.4		45.70	45.4
440-Yard Relay	40.86	40.6		45.90	45.6
1,600-Meter Relay	3:10.00	3:09.7		3:42.00	3:41.7
Mile Relay	3:11.10	3:10.8		3:43.30	3:43.0
	Metric/Feet			Metric/Feet	
High Jump	2.10m/6-10.5			1.75m/5-8.75	
Pole Vault	5.05m/16-6.75			3.85m/12-7.5	
Long Jump	7.34m/24-0.75			6.00m/19-8	
Triple Jump	15.00m/49-2.5			12.32m/40-5	
Shot Put	16.80m/55-1.25			14.30m/46-10.75	
Discus	51.70m/169-7.25			47.30m/155-2	
Javelin	61.60m/202-1			43.45m/142-6.25	
Hammer	56.80m/186-4			54.15m/177-7.75	
Decathlon, Heptathlon - Auto	7,500 points			5,500 points	
Decathlon, Heptathlon - Prov	6,900 points			5,050 points	



NAU U.S. OLYMPIAN LOPEZ LOMONG



Lopez Lomong

- Served as U.S. Flagbearer at 2008 Summer Olympics in Beijing
- Advanced to semifinals of the men's 1,500m
- First NAU athlete to represent the United States in the Olympic Games
- Won the 1,500 meters at the USA Track and Field Championships in Eugene, Ore., in June 2009
- Finished eighth at the 2009 IAAF World Championships in the 1,500m
- Won two National Championships (2007 indoor 3,000m, 2007 outdoor 1,500m) as a Lumberjack
- Competed at NAU from 2005 to 2007, earning five All-American award
- Featured during the 2007-08 academic year in the *Arizona Republic*, *USA Today*, *The New York Times*, *HBO Sports*, *The Today Show*, *CNN*, *ESPN* and *ESPN the Magazine*



2007 Indoor 3,000m National Champion



2007 Outdoor 1,500m National Champion

NAU INDOOR ALL-AMERICANS

Men - Indoor Track

- Paul Wagner - 1970
- Richard Sliney, Two-Mile
- Rodney Belk, 4x400MR
- J.W. Hardy, 4x400MR
- Will Glover, 4x400MR
- Anthony Wilson, 4x400MR
- Leon Thomas, 4x400MR
- Brian Martinez, 4x400MR
- Tim Martin, 5000M
- Jama Bile, Mile
- Theo Martin, 5000M
- John Howell, 3000M
- Karim Chester, Weight Throw
- Lopez Lomong, 3000M
- David McNeill, 3000M



Women - Indoor Track

- Angela Chalmers, Mile/1500M
- Nikki Toms, Mile
- Rikke Pedersen, 3000M
- Anna Soderberg, WT/SP
- Emily Allison, 500M
- Ida Nilsson, 5000/3000M
- Johanna Nilsson, Mile/3000M
- Britney Rogers, High Jump
- Monique Young, Triple Jump



McNeill



Rogers



Hardy



Chester



NAU OUTDOOR ALL-AMERICANS

Men - Outdoor Track

Richard Sliney, Six-Mile
 Rodney Belk, 4x400MR
 Will Glover, 4x400MR
 J.W. Hardy, 4x400MR
 Anthony Wilson, 4x400MR
 Kristian Pettersson, Shot Put
 John Howell, Steeplechase
 Theo Martin, 10000M
 Tim Martin, 10000M
 Tommy Sarenbrandt, Decathlon
 Billy Herman, Steeplechase
 Nick Petrucci, Discus
 Travis Laird, 10,000M
 Lopez Lomong, 800/1500M
 David McNeill, 5000M
 Ahmed Osman, 10,000M



Women - Outdoor Track

Monique Donithan, High Jump
 Mindy Meyer, 4x400MR
 Charlotte Reeves, 4x400MR
 Nancy Skiba, 4x400MR
 Tiffany Wells, 4x400MR
 Maya Benzoor, Long Jump
 Angela Chalmers, 1500/3000M
 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, 1500M
 Britney Rogers, High Jump
 Monique Young, Triple Jump



Osman



Petrucci



Laird



Hanifan

ANGELA CHALMERS



1986 Cross Country

ANNA SODERBERG



1996 Outdoor Discus

NAAU NATIONAL CHAMPIONS

Angela Chalmers
1986 Cross Country

Anna Soderberg
1996 Outdoor Discus

Johanna Nilsson
2006 Indoor
Mile

Ida Nilsson
2005 Indoor
5000-Meters

Lopez Lomong
2007 Outdoor
1500-Meters

2006 Indoor
3000-Meters
2005 Cross Country

2004 Outdoor
Steeplechase

2007 Indoor
3000-Meters

2003 Indoor Mile



2007 Outdoor 1500m

LOPEZ LOMONG



2007 Indoor 3000m



IDA NILSSON



2005 Indoor 5000m



2004 Outdoor Steeplechase

THE NILSSON SISTERS

JOHANNA NILSSON



2003 Indoor Mile



2005 Cross Country



2006 Indoor Mile
and 3,000m

DR. JOHN HAEGER, PRESIDENT



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:

*** Tuition guarantee.** Dr. Haeger instituted a "block tuition" plan that guarantees first-time, full-time freshmen and transfer stu-

dents the same tuition rate for eight semesters.

*** 'Finish in Four' guarantee.** NAU promises to provide students the advisement help and courses necessary to obtain their degree within four years.

*** Expansion of nursing and the health professions.** The university has placed emphasis on graduating more students in nursing and developing or expanding programs in occupational therapy, athletic training and physicians assistant.

*** Commitment to research.** President Haeger has instituted NAU's first office of Vice President for Research. In Yuma, ground has been broken on a 12,225-square-foot building that will provide research four-year degree opportunities.

*** High Country Conference Center.** Dr. Haeger initiated a joint partnership to build a 42,000-square-foot conference center and an adjoining hotel and parking structure. Consultants have estimated the economic benefit to northern Arizona to be about \$7 million annually.

*** 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 prominent business leader William Franke.

The college was renamed The W.A. Franke College of Business.

*** Arizona Cardinals partnership.** The Cardinals agreed to continue their training camp in Flagstaff. About \$2 million will be added to the northern Arizona economy as a result.

*** Yuma branch campus.** NAU received approval from the Arizona Board of Regents to designate NAU-Yuma as a branch campus. The designation allows NAU to build programming and resources at its Arizona Western College site.

*** 'Going green.'** The university is home to one of the three greenest buildings in the world after receiving a "Platinum" rating for its Applied Research and Development building. It also earned "Gold" ratings for buildings that house Engineering and Business.

Dr. Haeger is a member of the Arizona Board of Education, the Governor's P-20 Council and the board of directors of the Translational Genomics Research Institute. He 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.

WAYNE SJOBERG, FACULTY REPRESENTATIVE



Dr. Wayne Sjoberg (shoo-berg) is in his 12th year as the faculty athletics representative at NAU. In his role as faculty representative, Sjoberg works closely with athletic department personnel on issues related to academic integrity, rules compliance, and student-athlete welfare.

A professor of psychology in the College of Social and Behavioral Sciences until his retirement in May of 2006, Sjoberg has

been associated with NAU for more than 30 years.

A longtime NAU booster and athletics fan, he has been involved with youth sports for many years, including Little League baseball, girls softball and youth soccer. He is a certified soccer referee.

In his spare time, he enjoys outdoor activities such as tennis, hiking, running and cross-country skiing.

A native of Hutchinson, Kan., Sjoberg earned his bachelor's degree from Kansas State and his master's from Oklahoma State. He also obtained his Ph.D. in psy-

chology from Oklahoma State in 1967.

His wife, Cynthia, owns bachelor's and master's degrees from NAU and currently works in the NAU North Learning Assistance Center. The couple has two daughters, Sara (34), a 1998 NAU graduate, and Gretchen (31).



JIM FALLIS, ATHLETIC DIRECTOR



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 nine of the 10 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 3.45 in 2008-09. 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, recognizing more than 70 recipients last spring. Outside the classroom, the department staff and student-athletes contributed 4,000-plus community service hours in Flagstaff and around the state of Arizona each of the last three years.

NAU has ranked among the top 100 athletic departments in the United States Sports Academy Directors Cup standings three times under Fallis, while winning 20 Big Sky Conference titles and recording 15 Top-40 national finishes and six individual national titles. NAU has won the Big Sky Conference Men's All-Sports title two times.

The Lumberjacks had a stellar season in 2008-09, winning six Big Sky Conference team title and finishing among the Top 100 in the Directors Cup for the second consecutive season. The men's cross country team led the charge by finishing sixth nationally with the women ranking 23rd overall. The soccer and golf teams both earned NCAA Championships berths after claiming postseason conference tournament titles.

In 2007-08, the Lumberjacks ranked 98th overall in the United States Sports Academy Directors Cup standings aided by two top-10 national finishes in cross country and a 42nd-place national finish at the NCAA Outdoor Track and Field Championships.

The Lumberjacks posted two top-40 national finishes in 2006-07 behind a pair of national championships by sophomore standout Lopez Lomong. NAU won the Big Sky title in men's track and field, the regular season title in men's basketball and produced four All-Americans who earned a combined 10 All-America honors. The Lumberjacks won the Big Sky Conference Men's All-Sports title for the first time since 2003-04.

In 2005-06, the Lumberjacks had one of the most successful seasons in recent history, finishing 90th in the United States Sports Academy Directors Cup standings aided by a 10th-place national finish by the women's

indoor track and field team and a 12th-place showing at the NCAA Women's Cross Country championships. The NAU women's sports programs captured the 2005-06 Big Sky Conference Women's All-Sports Trophy for the first time since 2000. The campaign was highlighted by six Big Sky Championships including titles in cross country, as well as indoor and outdoor women's track and field. The men's basketball team won the conference regular season title, while the women captured the Big Sky Conference tournament title to advance to its first NCAA Tournament in school history. NAU finished second in golf and third in regular-season women's basketball, soccer and tennis. NAU highlighted the campaign by winning the 2005-06 Sterling Savings Bank Presidents Cup, which is unique to collegiate athletics in that it reinforces the Big Sky Conference's dedication to the academic side of being student-athletes.

NAU coaches garnered five Big Sky Conference Coach of the Year awards, eight student-athletes were honored as 2006 ESPN the Magazine Academic All-America District 8 selections and senior men's basketball player Kelly Golob became the first Lumberjack to earn NCAA Postgraduate Scholarship honors since 2000.

The Lumberjacks posted four top-40 national finishes in 2004-05, including a 24th-place finish in men's cross country and 21st-place in women's outdoor track and field. NAU won three Big Sky Conference championships, winning titles in men's and women's cross country and women's outdoor track and field.

The accomplishments did not go unnoticed as the Lumberjacks tied for the Big Sky Conference President's Cup title that recognizes the combined academic and athletic success.

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 three-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.

Fallis continued to develop UNC Athletics into one of the most successful Division II programs in the nation.

He also coordinated the successful completion of the largest fundraising project in UNC athletic

history, the \$3.5 million Nottingham Field. He also assisted in the construction management of the 6,500-seat stadium. Fallis also oversaw the \$400,000 addition of an eight-lane all-weather track, a

\$400,000 renovation to Jackson Baseball Field, the addition of a million dollar wrestling room to Butler-Hancock as well as new women's basketball and volleyball locker rooms and a conversion from tartan to wood flooring. In addition, the department built a computer technology room for use by student-athletes.

In 1994, Fallis created the UNC Athletic Hall of Fame to pay tribute to the outstanding student-athletes, coaches and contributors that have been a big part of the Bears' history for the past century. Fallis was committed to developing a UNC Athletic program that adhered to the principals of gender equity and stressed the academic performance of its student-athletes. During his tenure, Fallis added women's golf and women's softball to the UNC varsity sport lineup, and had consistently worked to enhance the scholarship opportunities available in the Bears' nine women's sports. Fallis created an environment in which academic performance was valued and rewarded, as witnessed by the fact that nearly 33 percent of UNC student-athletes had a cumulative grade-point average of 3.25 or better in 2001-02.

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, 56, has been actively involved in the administration of intercollegiate athletics at the national level. Presently, he serves on the U.S. Sports Academy Directors' Cup Committee and represents the Big Sky on the Division I Championship cabinet. 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 Route 66 Rotary club in Flagstaff. A 1974 graduate of LSSU, Fallis served as the Lakers' wrestling coach from 1974 until his appointment as interim athletic director in 1986. Fallis had an outstanding wrestling career of his own. A four-time NAIA All-America grappler for the Lakers, he won both the NCAA Division III and NAIA national championships in 1974. A member of three Hall of Fames, he was recently named to the Lake Superior State University Athletic Hall of Fame in fall of 2005. 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.



2008-09 NAU ATHLETICS YEAR IN REVIEW

* The men's cross country team ended the season by finishing sixth at the NCAA Championships, while the women finished 23rd in the country. They were led by David McNeill (15th overall) and Veronica Pohl (16th overall), who were both named to their respective All-American teams. Both the men and women also captured Big Sky Conference championships 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.

* Both the men's and the women's indoor track and field teams captured the Big Sky Championship on their home track. The men scored a meet record 184 points, while the women won with 116.5. Rodney Overton won the 200 and 400 meters for the men and Veronica Pohl took titles in the mile and 3000 meters for the women. The Lumberjacks produced six other event champions at the meet.

* The men's basketball team ranked 13th in the NCAA in field goal percentage with a Big Sky best 48.1 percent. NAU has ranked among the Top 15 teams in the nation in each of the last three seasons, one of four schools in the country to accomplish the feat (Florida, Kansas, North Carolina) and joins Florida as the only two schools in the nation to rank among the Top 15 in each of the last four seasons.

* The women's golf team finished 18th overall at the NCAA West Regional held at the Karsten Golf Course in Tempe, Ariz., after entering as the 21st seed in the field.

The Lumberjacks defeated Colorado, Oral Roberts and Texas A&M-Corpus Christi. It was the fourth NCAA Regional appearance in school history. NAU captured the 2009 Big Sky Conference Golf Championship with a 54-hole total of 914. It was the sixth conference championship for Northern Arizona, the most in league history.

* Golden Eagle Distributors, Inc. honored 164 Northern Arizona University (NAU) students for their scholastic and athletic accomplishments at the 31st annual Golden Eagle Awards. The Golden Eagle Awards recognize NAU athletes who have made significant contributions to the Lumberjack athletics program while maintaining a minimum of a 3.0 grade point average.

* The football team led the FCS and ranked second in Division I overall in rushing defense allowing just 59.8 yards per game. NAU held four opponents to negative yards rushing and a fifth to just 21 on the game. For the season, NAU allowed 658 yards on 307 carries (2.1 yards per carry) with 99 plays for zero or negative yardage on the season, including 72 for a loss on the season. It reset the NAU and Big Sky Conference records for rushing defense and yards allowed in a season.

* Finishing as runners-up for the second straight year at the Western Athletic Conference (WAC) Championships, the swimming and diving team earned 43 All-WAC Awards and set 11 school records, marking the most school records set at the WAC meet in the five years NAU has been a member. The 43 All-WAC Awards are also the most to date, and are four more than the Lumberjacks earned a year ago.

* During the spring semester of 2009, NAU student-athletes achieved a cumulative grade-point average of 3.11, the 20th semester with a cumulative GPA above 3.0 in the last 11 years (22 semesters).

* Track and field's David McNeill and women's golfer Ali Carter were chosen for the ESPN the Magazine Academic All-America® squads this year, the first time since 2002 that the Lumberjacks garnered two selections in a season. Overall, four student-athletes were honored on the ESPN the Magazine Academic All-District teams in 2008-09. Volleyball player Brittany Stowers was an all-district third team selection in the fall, while McNeill, Carter and swimming's Tami Beinek were chosen to the women's at-large teams. The teams were selected by voting members of CoSIDA.

* The women's soccer team won its first Big Sky Conference Championship under Big Sky Coach of the Year Andre Luciano. NAU received an automatic bid to the 2008 NCAA Women's College Cup for the first time in school history. The Lumberjacks went 12-7-3 overall and set a school record for wins in a season (12) and best winning percentage (.614). The Lumberjacks set or tied 16 school and stadium records and broke two Big Sky Conference records for assists in a game (14) and points (32).

* Both Lumberjack cross country teams were named All-Academic teams by the U.S. Track & Field and Cross Country Coaches Association. The men posted a cumulative grade point average of 3.30,



MIKE ADRAS
Men's Basketball



BRAD BEDORTHA
Women's Golf



KIM BRUNO
Women's Tennis



CRAIG CHOATE
Volleyball



ERIC HEINS
C.C. and Track & Field



ANDY JOHNS
Swimming & Diving



JEROME SOUERS
Football



ANDRE LUCIANO
Soccer



LAURIE KELLY
Women's Basketball

Men's Sports		Women's Sports	
Basketball		Basketball	
Overall: 8-19	Big Sky: 5-11, 8th	Overall: 9-21	Big Sky: 6-10, 6th
Cross Country		Cross Country	
Big Sky: 1st	National: 6th	Big Sky: 1st	National: 23rd
Football		Golf	
Overall: 6-5	Big Sky: 4-4, 5th	Big Sky: 1st	Regional: 18th
Tennis		Swimming & Diving	
Overall: 7-17	Big Sky: 5-3, T-3rd	Overall: 7-9	WAC: 2nd/9
Indoor Track & Field		Tennis	
Big Sky: 1st		Overall: 13-10	Big Sky: 6-3, 3rd
Outdoor Track & Field		Indoor Track & Field	
Big Sky: 1st	National: T-32nd	Big Sky: 1st	
		Outdoor Track & Field	
		Big Sky: 2nd	
		Volleyball	
		Overall: 15-10	Big Sky: 7-9, 7th



MEDIA INFORMATION

Interview Policy All athlete interviews must be coordinated through the media relations office at least one day in advance. No interviews or photo shoots will be conducted prior to races. Out-of-town media should contact the media relations office to make arrangements for phone interviews. Athletes will be available for interviews following practice and, if prior arrangements have been made, before practice. The NAU locker and training rooms are closed to all media.

Practice Daily workouts are generally open to the public but media members are encouraged to confirm practice times and interview arrangements with the media relations office.

Photographers Photographers and videographers are allowed on the course. Only photographers and videographers on assignment will be placed on the pass list. Please provide names to the media relations office.

Postrace Interviews The NAU locker room is closed. At home, post-meet interviews will be conducted at the finish line with requested runners and coaches from competing teams after a 10-minute "cool down" period. A member of the media relations office will collect interview requests immediately following the conclusion of the meet.

Mountain Standard Time Arizona does not move its clock ahead in the spring or back in the fall. As a result, Flagstaff time coincides with the Pacific time zone through Nov. 2.

The rest of the season, Flagstaff is on Mountain time (Eastern time minus two hours).

Lumberjacks Online Releases, statistics, rosters and breaking news are available at the athletics web site, located at www.nauathletics.com. All information is available for immediate use, including photos. The Big Sky Conference web site is located at www.bigskyconf.com.

Media E-Mail Directory The media relations office is compiling a media directory for those who wish to receive weekly news releases via e-mail in lieu of a fax or mailing. Media interested in the service for cross country should e-mail Eric DeSalvo at ejd42@nau.edu.



ATHLETICS DEPARTMENT STAFF



Eric DeSalvo
Graduate Assistant/
Media Relations



George Fox
Equipment
Coordinator



Ashley Hammarstrom
Assistant AD/
Marketing



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Compliance



Ryan C. Pinson
Head
Athletic Trainer



Jason Roundy
Director of
Development



Joe Scacco
Asst. Director
Media Relations



Steve Shaff
Assistant AD/
Media Relations



Andrew Tomsy
Graduate Assistant/
Media Relations



Beth Vechinski
Associate AD/
External



Andy Williams
Head Strength &
Conditioning Coach

Flagstaff, northern Arizona's largest city with a year-round population of approximately 57,000, is the home of Northern Arizona University. Surrounded by pines and aspens and sitting at the base of the 12,633-foot San Francisco Peaks, Flagstaff is in the middle of the Coconino National Forest, the largest contiguous stand of ponderosa pines in the world,



Flagstaff is the gateway to the world-famous Grand Canyon, one of the Seven Wonders of the World. The south rim of the canyon is just one hour from



Sedona's Oak Creek Canyon is a popular hiking spot just 30 minutes away and often up to 20 degrees warmer than Flagstaff. The creek has many spots along its banks for sunbathing and relaxing.

at an elevation of 7,000 feet above sea level. The altitude, clean air and surrounding forest provide an unsurpassed climate year-round.

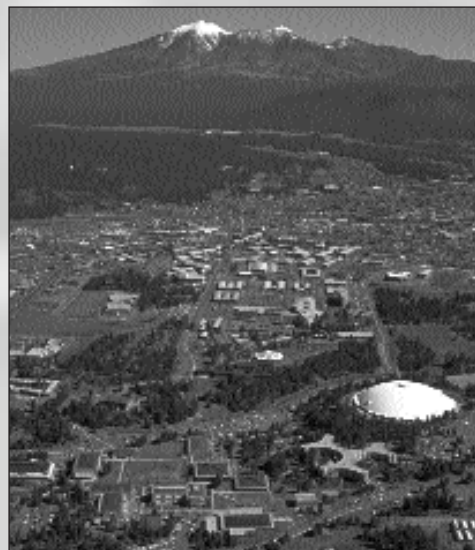
Flagstaff's most attractive quality may be its four distinctive seasons. In the summer, Flagstaff is warm and comfortable, boasting an average daytime high temperature of 80 degrees and an overnight low of 47. The winters offer sunny days and beautiful snow scenes. Flagstaff has an average of 288 days of

sunshine each year as well as a mild, four-season climate that offers excellent conditions for study and recreation.

This college town has a friendly, small-town atmosphere combined with outstanding cultural, scientific and recreational opportunities. The variety of cultural resources includes the Flagstaff Symphony and the Festival of Native American Arts. The area's natural and cultural history is represented by such institutions as the Museum of Northern Arizona, the Pioneer Historical Museum and Riordan State Historical Park.

Flagstaff is surrounded by incredible scenery, including the Grand Canyon National Park, Lake Powell, Meteor Crater, the Wupatki Indian ruins and the San Francisco Peaks. Within a 30-minute drive from campus are Slide Rock State Park, Oak Creek Canyon, Sunset Crater, Walnut Canyon and Lake Mary.

This diverse landscape also offers an exciting array of recreational possibilities, from hiking and biking to skiing and backpacking. From rafting down the Colorado River through the Grand Canyon to hiking through Sedona's red rock country south of Flagstaff, to experiencing the beauty of the Sonoran Desert in southern Arizona, the opportunities for outdoor enjoyment are truly endless.



With snow covering the San Francisco Peaks for part of the year, it is not uncommon to have a white backdrop even on the nicest of days in Flagstaff.



The clock in front of Old Main on a winter day.



The university campus lit up at night and the snow-capped San Francisco Peaks glowing in the moonlight.

...TO PAST



MANN



I. NILLSON



LOMONG



J. NILLSON



AWOSANYA



EDMONDS



BRYANT



POSEY

INDOOR TRACK AND FIELD 2010

JAN. 16	LUMBERJACK INVITATIONAL	FLAGSTAFF, AZ
JAN. 22	FRIDAY NIGHT CHALLENGE	FLAGSTAFF, AZ
JAN. 29-30	MOUNTAIN T'S MULTI EVENTS	FLAGSTAFF, AZ
JAN. 29-30	MOUNTAIN T'S OPEN AND INVITE	FLAGSTAFF, AZ
FEB. 6	NAU TEAM CHALLENGE	FLAGSTAFF, AZ
FEB. 13	HUSKY INVITATIONAL	SEATTLE, WA
FEB. 13	NAU INVITATIONAL	FLAGSTAFF, AZ
FEB. 19	NAU TUNE UP	FLAGSTAFF, AZ
FEB. 26-27	BIG SKY INDOOR CHAMPIONSHIPS	BOZEMAN, MT
MARCH 12-13	NCAA INDOOR CHAMPIONSHIPS	FAYETTEVILLE, AR

OUTDOOR TRACK AND FIELD 2010

MARCH 19-20	BALDY CASTILLO	TEMPE, AZ
MARCH 27	ASU INVITATIONAL	TEMPE, AZ
MARCH 27	STANFORD INVITATIONAL	PALO ALTO, CA
APRIL 10	NEW MEXICO TEAM CHALLENGE	ALBUQUERQUE, NM
APRIL 15-17	MT SAC RELAYS	WALNUT, CA
APRIL 16	BRIAN CLAY INVITATIONAL	AZUSA, CA
APRIL 17	BEACH INVITATIONAL	CERRITOS, CA
APRIL 24	SUN DEVIL INVITATIONAL	TEMPE, AZ
MAY 1	ARIZONA SHOOT OUT	TUCSON, AZ
MAY 12-15	BIG SKY CONFERENCE CHAMPIONSHIPS	OGDEN, UT
MAY 27-30	NCAA CHAMPIONSHIPS PRELIMINARY ROUND	AUSTIN, TX
JUNE 7-12	NCAA OUTDOOR CHAMPIONSHIPS	EUGENE, OR

