

NWAACC TRACK & FIELD ATHLETES OF THE WEEK

April 2, 2009

Male Track Athlete of the Week

Mitch Elias

Everett

Sophomore

Outstanding Performance(s) Meet: **CNW Spring Break Open**

Event: **5000m** Mark: **16:07.01**

Comments about athlete's performance(s):

On a cold wet day in Shoreline, Mitch set a new personal record by taking more than 18 seconds off his previous personal best in the 5,000m. The team's captain, Mitch has consistently been one of the hardest workers in the off-season and that work has continued to pay off in his performances on the track.

Male Field Athlete of the Week

Jason Flemmer

Spokane

Sophomore

Outstanding Performance(s) Meet: **Buc Scoring Meet**

Event: **Javelin** Mark: **204-3** Event: Mark: Event: Mark:

Comments about athlete's performance(s): **His third PR throw in as many meets and was the top collegiate thrower for the third meet in a row throwing against 4-year competition.**

Female Track Athlete of the Week

Lateashea Currie

Spokane

Freshman

Outstanding Performance(s) Meet: **Buc Scoring Meet**

Event: **400** Mark: **58.62**

Won the 400 meter dash for the 3rd week in a row and anchored the 1600 relay to first place. Won both races w/ big finishes over some good competition vs. Gonzaga, Whitworth and UPS she also has over a 3.0 accumulative GPA.

Female Field Athlete of the Week

Ashley Hutchinson

Spokane

Sophomore

Outstanding Performance(s) Meet:

Event: **Hammer** Mark: **162-07** Event: **SP** Mark: **40-01.50** Event: **Discus** Mark: **123-05**

Comments about athlete's performance(s): **Ashley won all three events at the Buc Scoring meet helping the women defeat Whitworth and UPS. The Hammer mark broke a 7 year old school record plus she is now leading all three throwing events on the NWAACC performance list. More amazing is that she just had a cast removed from her throwing arm last week before the meet. She has a 3.0+ GPA and has signed a full ride with Wyoming!!!!**