

NWAACC TRACK & FIELD ATHLETES OF THE WEEK

March 26, 2009

Male Track Athlete of the Week

Herschel Sanchey

Freshman

Spokane

Meet: Dusty Lane Open

Event: 3K steeple Mark: 9:31.94

Coaches' Comments: An absolutely incredible time for the steeple in March and then throw in the fact that he won by :22 seconds over athletes from Whitworth, WSU, and WWU plus it was his first steeple ever with no real steeple practice as we have had snow on the ground all winter.