

**February 28, 2009**

**Former CC Spokane Track and Field athletes have banner conference weekend.**

**Dave Howard (2006-2008) now at Eastern Washington University wins the 2009 Big Sky Conference Indoor Shot Put**

**Finals**

1	Howard, David	Ewu	17.49m	57-04.75	10
2	Sion, Jed	Isu	17.23m	56-06.50	8
3	Clausen, Casey	Msu	16.93m	55-06.50	6
4	Hellekson, Chris	UM	16.69m	54-09.25	5
5	Norgaard, Morgan	Msu	16.06m	52-08.25	4
6	Nicol, Jacob	Nau	15.50m	50-10.25	3
7	Berg, Patrick	Unc	15.40m	50-06.25	2
8	Faire, Brody	Ewu	15.27m	50-01.25	1

**Jacob Shanklin (2004-2006) wins the 2009 Mountain West Conference Indoor Weight Throw.**

**Finals**

1	Jake Shanklin	SR Wyoming	21.87m	71-09.00	10
2	Leif Arrhenius	JR BYU	20.82m	68-03.75	8
3	Sam Lambert	SR Wyoming	20.36m	66-09.75	6
4	Alex Godell	SR Colorado St.	19.68m	64-07.00	5
5	Oliver Whaley	SO BYU	19.16m	62-10.50	4
6	Joe Plante	FR Wyoming	17.90m	58-08.75	3
7	David Nan	SO Air Force	17.47m	57-03.75	2
8	Dan Paladino	JR Air Force	17.43m	57-02.25	1

**Corissa Hutchinson (2005-2008) takes 2nd in the 2009 Western Athletic Indoor Conference Indoor Shot Put**

**Finals**

1	Bothum, Mykael	JR Idaho	16.78mp	55-00.75	10
2	Hutchinson, Corissa	JR New Mexico St	14.86m	48-09.00	8
3	Xavier, Kayla	SO Fresno State	14.83m	48-08.00	6
4	Hall, Tiera	JR Louisiana Tech	14.72m	48-03.50	5
5	Wichmann, Annett	SR Hawaii	14.04m	46-00.75	4
6	Hus, Spela	FR Utah State	13.74m	45-01.00	2.50
6	Hale, Martha	FR Idaho	13.74m	45-01.00	2.50
8	Veney, Jordan	JR New Mexico St	13.72m	45-00.25	1

**Kurt Williams (2006-2008) takes 6th in the Big Sky Men's Long Jump**

**Finals**

1	Brookins, Ronald	Sac	7.69mP	25-02.75	10
2	Evans, Anthony	Nau	7.29m	23-11.00	8
3	Hopkins, Armand	Ewu	7.24m	23-09.00	6
4	Burks, Philip	Sac	7.18m	23-06.75	5
5	Houghton, David	Sac	7.17m	23-06.25	4
6	Williams, Kurt	Ewu	7.15m	23-05.50	3
7	Hutter, Adam	Msu	7.00m	22-11.75	2
8	Washington, Mike	Nau	6.97m	22-10.50	1

**March 7, 2009**

Eric Burck former Sasquatch (2005-2007) now running for Concordia University in Portland, OR took third place (All-American) at the NAIA National Championships in the 5000 meters!!! The meet was at East Tennessee State University located in Johnson City, TN. Below is the video link for the race:

[www.flotrack.org/videos/coverage/view\\_video/234760-2009-naia-indoor-track-field-championships/159728-m-5k-naia](http://www.flotrack.org/videos/coverage/view_video/234760-2009-naia-indoor-track-field-championships/159728-m-5k-naia)

Finals

1	Robinson, Paul	JR Malone	14:42.92#	10
2	Mugat, Abendego	FR Azusa Pacific	14:43.93#	8
3	Burck, Eric	JR Concordia (Ore.)	14:46.58#	6
4	Johnson, Nicholas	SR Huntington	14:47.16#	4
5	Schweikert, Nikolaus	SR Malone	14:52.45	2
6	Hernandez, Martin	SR Shorter	14:52.52	1
7	Collette, Drew	JR Olivet Nazarene	15:07.29	
8	Ellis, Austin	FR Milligan	15:18.48	
9	Thor, Luka	JR Concordia (Neb.)	15:20.06	
10	Jabaz, Jorge	SR Concordia (Cal.)	15:24.56	
11	Garrard, Justin	SR Ottawa	15:26.06	
12	Topham, Andrew	SO Southwestern	15:36.47	