

Third-Ranked SPU Crew Competes at NCAA Championships

Falcons make school's second NCAA Regatta appearance in varsity eight event

NCAA Division II Women's Rowing Championships

Cooper River • Cherry Hill, N.J.

Friday, May 29

Division II Varsity Eight Heat 1 — 8:00 a.m. Pacific Time (11:00 a.m. EDT)

Division II Varsity Eight Heat 2 — 8:15 a.m. Pacific Time (11:15 a.m. EDT)

Saturday, May 30

Division II Varsity Eight Repechage — 7:30 a.m. Pacific Time (10:30 a.m. EDT)

Sunday, May 31

Division II Varsity Eight Petite Final — 6:15 a.m. Pacific Time (9:15 a.m. EDT)

Division II Varsity Eight Grand Final — 6:30 a.m. Pacific Time (9:30 a.m. EDT)

For the second time in three weeks the Seattle Pacific varsity eight crew embarks on a cross country voyage, this time to take part in the 2009 NCAA Women's Rowing Championships, May 29-31 on the Cooper River in Cherry Hill, N.J. SPU is one of two, eight-oared crews issued an at-large invitation to compete at the NAAs. The Falcons will row at the NCAA Regatta for the second time in their history. An SPU crew participated at the 2007 championships and won the petite final for varsity eights, placing fifth overall.

Championship Format: The Division II championship field consists of four teams and two additional schools with only varsity eight entries. Third-ranked Seattle Pacific and No. 4 Dowling are the at-large selections. Those two crews will compete in the varsity eight races against team qualifiers Mercyhurst, Nova Southeastern, Philadelphia University and defending champion Western Washington. Along with a varsity eight, those four schools also have a varsity four crew and will vie for the team title, which is determined by combining the results from the two events. Competition begins Friday, May 29, with a pair of three-boat heats in the eights. Winners of each heat advance to the grand finals Sunday, May 31 while the remaining crews compete in repechage races Saturday, May 30. The top-two repechage finishers advance to the grand final and the other two to the petite final.

On the Road Again: Another cross-country journey awaits the Falcons crew that returned from Philadelphia on May 9 after a successful showing at the Dad Vail Regatta, where they finished second to Mercyhurst among Division II eights. SPU outraced Dowling, Philadelphia and Nova Southeastern, all NCAA Championship invitees. While back East in early May, the Falcons paid a visit to the NCAA's Cooper River Course. This week SPU makes the same 2,400-mile flight to Philadelphia and drives 18 miles to Cherry Hill, N.J.

Northwest Neighbors: The Falcons enlisted the help of a couple Northwest schools in their NCAA Championships endeavor. SPU's racing shell, the "Christus Victor," is being transported across the country on a trailer driven by the University of Washington coaches. Another Northwest school is assisting with the loan of their oars. The Falcons used their own oars at the May 8-9 Dad Vail Regatta in Philadelphia. Those oars were delayed in shipping back to Seattle, forcing the crew to practice with borrowed blades from Tacoma's Pacific Lutheran University. When the SPU oars didn't arrive in time to be shipped to the East Coast, the loaners were sent instead. The gold and black of PLU was painted over with the trademark SPU white blades and the inverted "V" pattern in maroon.

Local Flavor: The Division II championships are held in conjunction with the Division I and III competitions. The Northwest will be well represented at the NCAA regatta with a pair of teams in each division. Seattle Pacific and Western Washington will be joined by Division I competitors Washington and Oregon State along with Division III crews from Puget Sound and Willamette. Separate champions will be declared in each division.

2009 Seattle Pacific Women's Crew

Falcons Fast Facts

Seattle Pacific University

3307 Third Avenue West, Seattle, WA 98117

Athletics Website: www.spufalcons.com

School Website: www.spu.edu

Enrollment (Founded): 4,000 (1891)

President: Dr. Philip Eaton

Athletic Director: Erin O'Connell

Sports Information: Dan Lepse (danlepse@spu.edu)

Office/Cell Phone: (206) 281-2741 / (206) 225-9216

Affiliation: NCAA Division II

Conference: Northwest Collegiate Rowing Conference

Nickname / Colors: Falcons / Maroon & White

Head Coach: Keith Jefferson (19th year)

Phone/Email: (206) 281-2931 / kpjefr@spu.edu

Current National Ranking: 3rd (CRCA/USRowing)

2009 NCRC Championships Finish: 3rd

2009 WIRA Championships Finish: 3rd

NCAA Championship Appearances (2): 2009, 2007

Best NCAA Finish: 5th in 2007 (1st in petite final)

2008 Varsity Eight Members Returning / Lost: 4 / 5

First Year of SPU Women's Crew: 1979

Home Course -- Lake Washington Ship Canal

2,000-meter course starts at the Fremont Bridge and travels West to the finish line, approximately 300 meters shy of the Ballard Bridge.

Shellhouse -- Brougham Pavilion

3414 Third Avenue West, Seattle, WA 98119
(corner of 3rd Avenue West & Nickerson Street.)

2009 Schedule & Varsity Eight Results

| | | | |
|---------|--------------------------------------|-------------|---------|
| Mar. 21 | Pacific Lutheran Dual (Seattle) | 1st | 7:24.52 |
| Mar. 28 | Daffodil Cup (Lakewood, Wa.) | 4th | 7:34.40 |
| Apr. 4 | NCRC Invite (Vancouver, Wa.) | 6th | 7:50.50 |
| Apr. 11 | Covered Bridge (Lowell, Ore.) | 2nd | 7:18.63 |
| Apr. 25 | NCRC Regatta (Lake Stevens, Wa.) | 3rd | 7:33.95 |
| May 2-3 | WIRA Regatta (Rancho Cordova, Ca.) | 3rd | 7:01.90 |
| May 8-9 | Dad Vail (Philadelphia, Pa.) | 4th | 6:55.77 |
| May 29 | NCAA - heats (Cherry Hill, N.J.) | 8:00 am PDT | |
| May 30 | NCAA - repechage (Cherry Hill, N.J.) | 7:30 am PDT | |
| May 31 | NCAA - finals (Cherry Hill, N.J.) | 6:15 am PDT | |

2009 CRCA/USRowing Rankings (May 13)

| Rank | National Leader |
|------|------------------------|
| 1 | Mercyhurst |
| 2 | Western Washington |
| 3 | Seattle Pacific |
| 4 | Dowling College |
| 5 | Piladelphia University |

2009 NCAA Division II Championship Field**Varsity Eight**

Dowling College
 Mercyhurst
 Nova Southeastern
 Philadelphia University
 Seattle Pacific
 Western Washington

NCAA Division II Championships History**Varsity Eight Champions (grand final time)**

| | | |
|------|--------------------|---------|
| 2008 | Western Washington | 6:53.20 |
| 2007 | Western Washington | 7:03.80 |
| 2006 | Western Washington | 7:17.64 |
| 2005 | Western Washington | 6:48.72 |
| 2004 | Mercyhurst | 7:02.90 |
| 2003 | UC Davis | 6:51.74 |
| 2002 | UC Davis | 7:06.64 |

Ranking Report: Seattle Pacific is the nation's third-ranked varsity eight crew, moving up May 13 from the No. 5 position it held for most of the season. The Falcons rose in the poll after beating then higher-ranked Dowling and Philadelphia at the Dad Vail Regatta. Mercyhurst, the 2004 champion, is currently ranked No. 1 and Western Washington is No. 2. WWU won the last four Division II team and varsity eight championships.

Coaching Staff: Seattle Pacific is in its 31st season of intercollegiate women's crew competition, the 19th with Keith Jefferson at the helm. He took over the head coaching post prior to the 1990-91 season after serving as an assistant on the staff since 1987. Jefferson was an SPU oarsman from 1980 to 1983. Joining Jefferson on the staff is a pair of first-year assistant coaches, both of them former Falcons rowers. Katie Wolff is a 2008 graduate who rowed for SPU from 2006-08. Dave Stalsbrotten graduated in 2006 from SPU after rowing in 2003 and 2004.

Quoting Coach Keith Jefferson: "It's hard to encapsulate what has gone into this, to sum up a whole year's worth of unbelievable volume of work and effort that these gals put into this. We're happy to have another chance to row at the NCAA Championships. It's very much a comforting endorsement that says we are on track and can take even a small group and, with the right principles, work ethic and attitude, keep competing and getting faster. We've been out there grinding it out. I always knew we had the potential. Then at

Dad Vail we put that solid rubber stamp on it. This group is tough, mature and positive, and that has been the key to their success.

"The last time we were at the NCAAs (2007) we didn't know what to expect, both from a regatta and results perspective. This one is a lot different. We know what to expect. We will have seen and raced every single crew that is there. We're going out there with Dad Vail behind us, having raced all these people. We raced and won the petite final two years ago and so our expectations this year are that we will be in that final four and we will be pushing the two ranked crews ahead of us all the way to the finish line. It's a different view of things. Two years ago we were just trying to do our best and see if we could get in the grand final. This year we have a little more depth and we have a little more speed on the average and a way better maturity. This one's got a much better feel to it."

The Crew: SPU's varsity eight crew is directed by freshman coxswain **Annie Mulder** (Grand Rapids, Mich./Grand Rapids Christian). The rowers are stroke **Rachel Savage** (Sr./Encinitas, Calif./San Dieguito), No. 7 **Emily Pitts** (So./Normandy Park, Wash.), No. 6 **Eleni Johnsen** (So./University Place, Wash./Tacoma School of the Arts), No. 5 **Katie Degner** (Jr./Hillsboro, Ore./Glencoe), No. 4 **Lacey Sheridan** (So./Sacramento, Calif./Rio Americano), No. 3 **Holly Allan** (Sr./Bothell, Wash./Cedar Park Christian), No. 2 **Katy Stine** (Fr./South Berwick, Maine/Portsmouth Christian Academy) and bow **Katja Ibsen** (Fr./Livermore, Calif./Granada).

2007 NCAA Review: The Seattle Pacific women's eight clocked a time of 7:24.93 two win the 2007 petite final, placing fifth overall in the only previous NCAA Championships appearance. The Falcons finished third in the opening heats in 7:25.60 and missed out on a grand final berth by two seconds with a third-place repechage time of 7:08.37.

Did You Know?: Senior **Rachel Savage** is the lone member of the current crew from the 2007 boat that made SPU's only previous NCAA Championships appearance The Falcons roster includes just 13 athletes, one-third the size of the 39-woman roster of Western Washington ... Junior No. 5 seat **Katie Degner** can't swim and is afraid of fish. She is featured in a May 26 *Seattle Times* story at http://seattletimes.nwsourc.com/html/jerrybrewer/2009261619_brewer26.html ... Five SPU rowers were named to the Great Northwest Athletic Conference Academic Team: **Rachel Savage** (3.90, Visual Communications), **Emily Pitts** (3.63, Food & Nutrition Sciences), **Holly Allan** (3.42, Mathematics), **Katie Degner** (3.42, Exercise Science) and **Eleni Johnsen** (3.35, Interior Design).

2009 Seattle Pacific Women's Crew Roster

| Name | Hgt | Yr | Exp | Hometown (High School) |
|------------------|------|-----|-----|---|
| Holly Allan | 5-5 | Sr. | 3L | Bothell, Wash. (Cedar Park Christian) |
| Lauren Anderson | 5-10 | So. | 1L | Fort Collins, Colo. (Rocky Mountain) |
| Katie Degner | 5-8 | Jr. | 1L | Hillsboro, Ore. (Glencoe) |
| Katja Ibsen | 5-8 | Fr. | HS | Livermore, Calif. (Granada) |
| Eleni Johnsen | 5-10 | So. | 1L | University Place, Wash. (Tacoma School of the Arts) |
| Kim Leinstock | 5-8 | Sr. | 3L | Lake Mills, Wis. (A Beka Academy) |
| Kristin Lorenzen | 5-4 | Fr. | HS | Beaverton, Ore. (Southridge) |
| Annie Mulder | 5-7 | Fr. | HS | Grand Rapids, Mich. (Grand Rapids Christian) |
| Emily Pitts | 6-1 | So. | 1L | Normandy Park, Wash. |
| Lara Rediger | 5-4 | So. | HS | Kailua, Hawaii (Hawaii Baptist Academy) |
| Rachel Savage | 5-8 | Sr. | 3L | Encinitas, Calif. (San Dieguito) |
| Lacey Sheridan | 5-8 | So. | 1L | Sacramento, Calif. (Rio Americano) |
| Katy Stine | 5-7 | Fr. | HS | South Berwick, Maine (Portsmouth Christian Academy) |



Head Coach: Keith Jefferson, 19th year (Seattle Pacific, 1983)

Assistant Coaches: David Stalsbrotten, 1st year (Seattle Pacific, 2006), Katie Wolff, 1st year (Seattle Pacific, 2008)

2009 Seattle Pacific Women's Crew Results

Pacific Lutheran Dual

Saturday, March 21, 2009

Ship Canal; Seattle, Wash. (2,000 meters)

Varsity Eight

1, Seattle Pacific, 7:24.52; 2, Pacific Lutheran, 7:57.08.

SPU Lineup: cox-Annie Mulder, stroke-Rachel Savage, 7-Katie Degner, 6-Eleni Johnsen, 5-Emily Pitts, 4-Katy Stine, 3-Katja Ibsen, 2-Kristin Lorenzen, bow-Holly Allan.

Varsity Four

1, Seattle Pacific, 7:53.00; Pacific Lutheran, did not finish (breakage).

SPU Lineup: cox-Annie Mulder, Rachel Savage, 3-Emily Pitts, 2-Eleni Johnsen, bow-Kim Leinstock.

Second Varsity Four

1, Seattle Pacific, 8:11.02; 2, Pacific Lutheran, 8:57.84.

SPU Lineup: cox-Lara Rediger, stroke-Katy Stine, 3-Katja Ibsen, 2-Kristin Lorenzen, bow-Holly Allan.

Daffodil Cup

Saturday, March 28, 2009

American Lake; Lakewood, Wash. (2,000 meters)

Varsity Eight

1, Western Washington, 7:29.1; 2, Puget Sound, 7:30.9; 3, Willamette, 7:32.6; 4, Seattle Pacific, 7:34.4; 5, Lewis & Clark, 7:58.9; 6, Pacific Lutheran, 8:09.9.

SPU Lineup: cox-Annie Mulder, stroke-Rachel Savage, 7-Emily Pitts, 6-Eleni Johnsen, 5-Katie Degner, 4-Katy Stine, 3-Katja Ibsen, 2-Kristin Lorenzen, bow-Holly Allan.

Varsity Four

1, Seattle Pacific, 7:57.2; 2, Willamette, 8:04.8; 3, Pacific Lutheran, 8:05.5; 4, Lewis & Clark, 8:08.9; 5, Puget Sound, 8:19.5; 6, Seattle University, 9:00.7.

SPU Lineup: cox-Annie Mulder, Rachel Savage, 3-Emily Pitts, 2-Eleni Johnsen, bow-Kim Leinstock.

Second Varsity Four

1, Seattle Pacific, 6:01.9; 2, Pacific Lutheran, 6:14.4; 3, Puget Sound, 6:26.5; 4, Portland, 6:27.9; 5, Willamette, 6:28.5; 6, Lewis & Clark, 6:38.7.

SPU Lineup: cox-Lara Rediger, stroke-Katy Stine, 3-Katja Ibsen, 2-Kristin Lorenzen, bow-Kim Leinstock.

National Collegiate Rowing Conference Invitational

Saturday, April 4, 2009

Lake Vancouver; Vancouver, Wash. (2,000 meters)

Varsity Eight Final (Top three from D-II & D-III races)

1, Western Washington, 7:10.70; 2, Dowling, 7:13.75; 3, Orange Coast, 7:32.47; 4, Puget Sound, 7:36.02; 5, Willamette, 7:45.02; 6, Seattle Pacific, 7:50.50.

SPU Lineup: cox-Annie Mulder, stroke-Rachel Savage, 7-Emily Pitts, 6-Eleni Johnsen, 5-Katie Degner, 4-Katy Stine, 3-Katja Ibsen, 2-Sheridan, bow-Holly Allan.

Division II Varsity Eight

1, Western Washington, 7:13.80; 2, Dowling (N.Y.), 7:24.06; 3, Seattle Pacific, 7:28.14; 4, Humboldt State, 7:35.24; 5, Rollins (Fla.), 7:37.23; 6, UC San Diego, 7:54.86.

SPU Lineup: cox-Annie Mulder, stroke-Rachel Savage, 7-Emily Pitts, 6-Eleni Johnsen, 5-Katie Degner, 4-Katy Stine, 3-Katja Ibsen, 2-Sheridan, bow-Holly Allan.

Second Varsity Four

1, Seattle Pacific, 8:20.37; 2, Humboldt State, 8:45.00; 3, UC San Diego, 9:38.65;

SPU Lineup: cox-Matt Shi, stroke-Katy Stine, 3-Katja Ibsen, 2-Kristin Lorenzen, bow-Holly Allan.

Covered Bridge Regatta

Saturday, April 11, 2009

Dexter Lake; Lowell, Ore. (2,000 meters)

Varsity Eight

1, Willamette, 7:16.37; 2, Seattle Pacific, 7:18.63; 3, Pacific Lutheran, 7:24.76; 4, Humboldt State, 7:27.65; 5, Lewis & Clark, 7:39.26; 6, Portland State, 7:51.37.

SPU Lineup: cox-Annie Mulder, stroke-Rachel Savage, 7-Emily Pitts, 6-Eleni Johnsen, 5-Katie Degner, 4-Katy Stine, 3-Katja Ibsen, 2-Lacey Sheridan, bow-Holly Allan.

Varsity Four

1, Seattle Pacific, 8:14.53; 2, Humboldt State, 8:20.05; 3, Lewis & Clark, 8:35.32; 4, Seattle University, 8:45.26; 5, Portland, 8:57.95.

SPU Lineup: cox-Annie Mulder, stroke-Rachel Savage, 3-Emily Pitts, 2-Eleni Johnsen, bow-Holly Allan.

Second Varsity Four

1, Seattle Pacific, 8:19.54; 2, Humboldt State "B", 9:12.19; 3, Humboldt State "A", 9:29.59.

SPU Lineup: cox-Matt Shi, stroke-Katy Stine, 3-Katja Ibsen, 2-Kristin Lorenzen, bow-Kim Leinstock.

National Collegiate Rowing Conference Championships

Saturday, April 25, 2009

Lake Stevens; Lake Stevens, Wash. (2,000 meters)

Combined Team Standings (men & women) - 1, Western Washington 186; 2, Puget Sound 152; 3, Willamette 91; 4, Humboldt State 75; 5, Lewis & Clark 70; 6, Seattle Pacific 50; 7, Pacific Lutheran 37.

Women's Team Standings - 1, Western Washington 136; 2, Puget Sound 68; 2, Willamette 68; 4, Humboldt State 59; 5, Seattle Pacific 38; 6, Pacific Lutheran 33; 7, Lewis & Clark 20.

Varsity Eight

1, Western Washington, 7:24.54; 2, Puget Sound, 7:32.79; 3, Seattle Pacific, 7:33.95; 4, Willamette, 7:34.86; 5, Humboldt State, 7:42.95; 6, Pacific Lutheran, 7:44.85; 7, Lewis & Clark, 7:50.20.

SPU Lineup: cox-Annie Mulder, stroke-Rachel Savage, 7-Emily Pitts, 6-Eleni Johnsen, 5-Katie Degner, 4-Katy Stine, 3-Katja Ibsen, 2-Lacey Sheridan, bow-Holly Allan.

Varsity Four

1, Willamette, 7:51.70; 2, Western Washington, 7:54.95; 3, Seattle Pacific, 8:00.42; 4, Humboldt State, 8:11.67; 5, Pacific Lutheran, 8:11.85; 6, Lewis & Clark, 8:21.70.

SPU Lineup: cox-Annie Mulder, stroke-Rachel Savage, 3-Emily Pitts, 2-Eleni Johnsen, bow-Kim Leinstock.

Second Varsity Four

1, Seattle Pacific, 8:11.12; 2, Humboldt State, 8:14.09; 3, Puget Sound, 8:25.28; 4, Western Washington, 8:26.00; 5, Lewis & Clark, 8:40.12; 6, Willamette, 8:45.56; 7, Pacific Lutheran, 8:58.12.

SPU Lineup: cox-Lara Rediger, stroke-Katy Stine, 3-Katja Ibsen, 2-Kristin Lorenzen, bow-Holly Allan.

2009 Seattle Pacific Women's Crew Results

Western Intercollegiate Rowing Association Championships

Saturday-Sunday, May 2-3, 2009

Lake Natoma; Rancho Cordova, Calif. (2,000 meters)

Saturday, May 2 -- Heats

Varsity Eight

1, Western Washington, 6:57.1; **2, Seattle Pacific, 7:00.5**; 3, Willamette, 7:02.4; 4, UC Santa Barbara, 7:12.1; 5, Pacific Lutheran, 7:18.6; 6, Mills, 7:27.8; 7, Arizona State, 7:42.9.

Varsity Four

1, Western Washington, 7:44.5; **2, Seattle Pacific, 7:44.9**; 3, Pacific Lutheran, 7:49.2; 4, UC Santa Barbara, 7:50.9; 5, Humboldt State, 7:57.6; 6, Arizona State, 8:09.5.

Sunday, May 3 -- Grand Finals

Varsity Eight

1, Western Washington, 6:56.2; 2, Puget Sound, 6:57.2; **3, Seattle Pacific, 7:01.9**; 4, Willamette, 7:06.3; 5, Orange Coast, 7:12.2; 6, Humboldt State, 7:21.1.

SPU Lineup: cox-Annie Mulder, stroke-Rachel Savage, 7-Emily Pitts, 6-Eleni Johnsen, 5-Katie Degner, 4-Lacey Sheridan, 3-Holly Allan, 2-Katy Stine, bow-Katja Ibsen.

Varsity Four

1, Western Washington, 7:42.9; 2, Colorado, 7:45.3; **3, Seattle Pacific 7:47.9**; 4, Sonoma State, 7:48.9; 5, Pacific Lutheran, 7:58.8; 6, UC San Diego, 8:03.7.

SPU Lineup: cox-Annie Mulder, stroke-Katy Stine, 3-Eleni Johnson, 2-Kim Lorenzen, bow-Kim Leinstock.

Dad Vail Regatta

Friday-Saturday, May 8-9, 2009

Schuylkill River; Philadelphia, Pa.

Friday, May 8

Varsity Eight Time Trial (1,500 meters)

1, Mercyhurst, 4:40.86; **2, Seattle Pacific, 4:43.16**; 3, Grand Valley, 4:43.85; 4, Philadelphia, 4:45.65; 5, Rochester, 4:46.58; 6, Dowling, 4:47.39; 7, Nova Southeastern, 4:51.25; 8, Orange Coast, 4:51.94; 9, Humboldt State, 4:52.26; 10, Washington University, 4:52.58; 11, Barry, 4:53.75; 12, Florida Tech, 4:54.59; 13, Rollins, 4:57.05; 14, Saint Thomas, 4:58.70; 15, Florida, 4:59.53; 16, Central Oklahoma, 5:01.16; 17, Bryn Mawr, 5:04.28; 18, Richard Stockton, 5:05.43; 19, Susquehanna, 5:20.60; 20, Carnegie Mellon, 5:20.60; 21, Cazenovia, 5:23.93; 22, Lawrence, 5:33.66.

Saturday, May 9

Varsity Eight Semifinal (2,000 meters)

1, Grand Valley State, 6:51.80; **2, Seattle Pacific, 6:54.56**; 3, Dowling, 6:58.65; 4, Nova Southeastern, 7:00.17; 5, Barry, 7:03.84; 6, Washington University, 7:21.58.

Varsity Eight Championship Final (2,000 meters)

1, Mercyhurst, 6:50.20; 2, Grand Valley State, 6:53.83; 3, Rochester, 6:55.25; **4, Seattle Pacific, 6:55.77**; 5, Dowling, 6:58.13; 6, Philadelphia University, 7:01.53.

SPU Lineup: cox-Annie Mulder, stroke-Rachel Savage, 7-Emily Pitts, 6-Eleni Johnsen, 5-Katie Degner, 4-Lacey Sheridan, 3-Holly Allan, 2-Katy Stine, bow-Katja Ibsen.



Seattle Pacific Women's Varsity Eight

cox – Annie Mulder (Fr./Grand Rapids, Mich./Grand Rapids Christian)

stroke – Rachel Savage (Sr./Encinitas, Calif./San Dieguito)

7 – Emily Pitts (So./Normandy Park, Wash.)

6 – Eleni Johnsen (So./University Place, Wash./Tacoma School of the Arts)

5 – Katie Degner (Jr./Hillsboro, Ore./Glencoe)

4 – Lacey Sheridan (So./Sacramento, Calif./Rio Americano)

3 – Holly Allan (Sr./Bothell, Wash./Cedar Park Christian)

2 – Katy Stine (Fr./South Berwick, Maine/Portsmouth Christian Academy)

bow – Katja Ibsen (Fr./Livermore, Calif./Granada)

spare – Kim Leinstock (Sr./Lake Mills, Wisc./A Beka Academy)

spare – Kristin Lorenzen (Fr./Beaverton, Ore./Southridge)