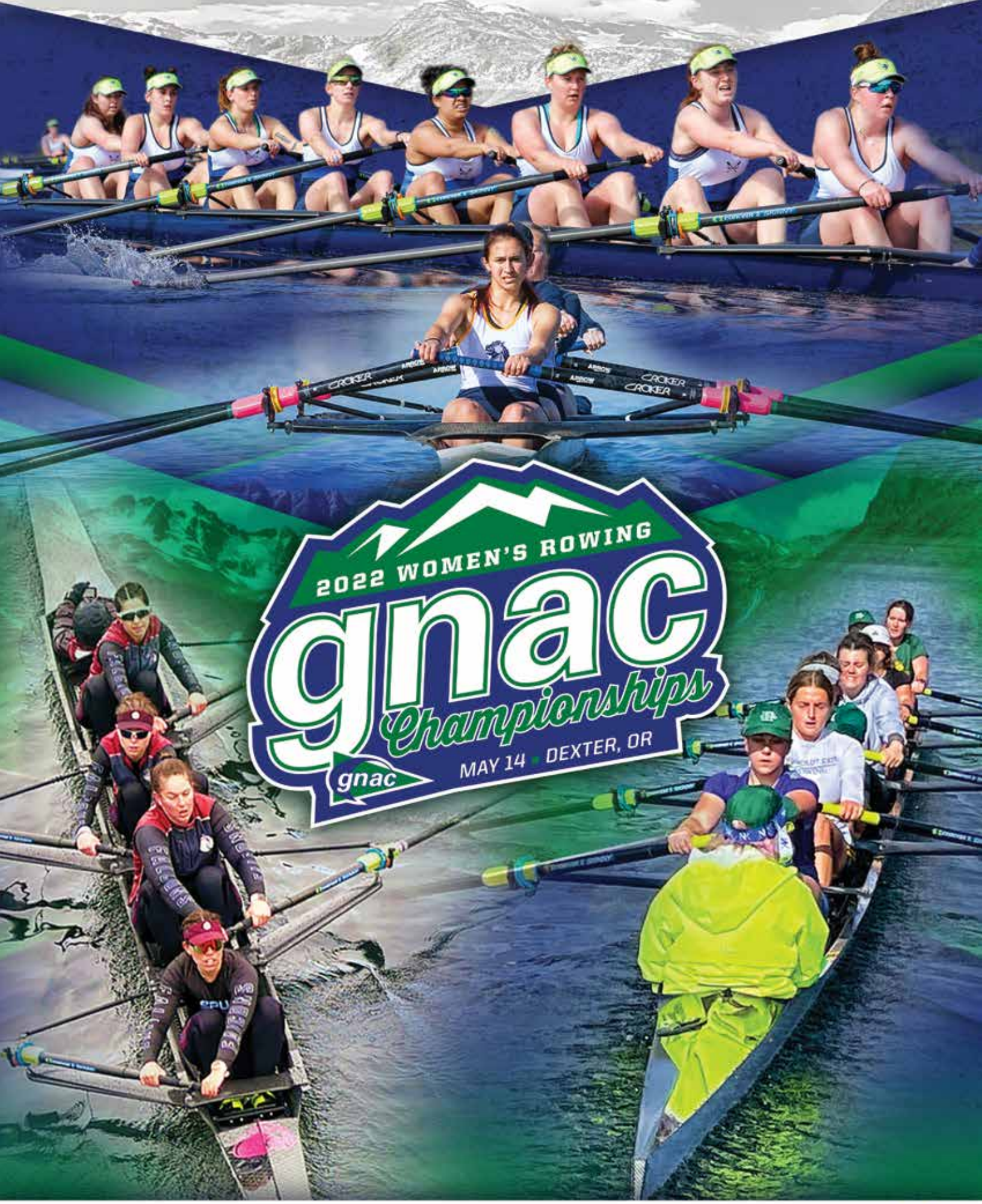

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Cal Poly Humboldt
LUMBERJACKS

Wiese

Hughes

Seeley

After rowing just twice since the beginning of the COVID-19 pandemic, Cal Poly Humboldt has returned to form as one of the West's top programs with a full schedule in 2022.

The Lumberjacks picked up first-place finishes in the varsity 8+ at the Davis Invite, the Falcon Regatta and the Covered Bridge Regatta. The varsity 4+ crews have victories to their credit from the Davis Invite, the Cal Poly Humboldt Regatta and the Covered Bridge Regatta.

At the WIRA Championships, Cal Poly Humboldt finished first in its varsity 8+ preliminary heat and went on to finish second to Western Washington in the D2/D3/Club grand final. The Lumberjacks also won the novice 4+ petite final and placed third in the D2/D3/Club varsity 4+ grand final.

Cal Poly Humboldt is ranked No. 5 in the Pocock/CRCA Division II Poll (as of May 3) and third in the NCAA West Region Rankings for the varsity 8+. varsity 4+ and as a team.

Name	Yr.	Hometown
Taylor Carrington	So.	Sacramento, Calif.
Emily Daniels	Fr.	San Rafael, Calif.
Marie-Claire Desplancke	Jr.	Grass Valley, Calif.
Cadence Duckett	Fr.	Lake Oswego, Ore.
Dana Foley	Jr.	Aptos, Calif.
Megan Franco	Jr.	Erie, Colo.
Corrie Gilman	Fr.	Mission, Kan.
Madison Henderson	Fr.	Joshua Tree, Calif.
Cassidy Hollenbeck	So.	Oahu, Hawaii
Kierstyn Hughes	Sr.	Riverside, Calif.
Marjorie Johnson	Jr.	Chico, Calif.
Asher Kolden	Jr.	Granada Hills, Calif.
Sarah Lorenzini	Jr.	Fishkill, N.Y.
Amanda Mandel Martignago	Fr.	Santos, Brazil
Amelia Marks	Fr.	Albany, Calif.
Emily Marsolais	Fr.	Placerville, Calif.
Autumn Pecarovich	So.	Madera, Calif.
Hannah Pereira	So.	Bayside, Calif.
Chloe Pieper-Wasem	Fr.	Raymond, Calif.
Valeria Reggi	Fr.	Lafayette, Calif.
Sophie Reich	Jr.	San Diego, Calif.
Amanda Roosma	Sr.	Tucson, Ariz.
Katie Schwan	Fr.	Ladera Ranch, Calif.
Sonja Scollon	Fr.	Redding, Calif.
Kealey Scott	So.	Victoria, B.C.
Malia Seeley	Sr.	Polson, Mont.
Kylie Speth	Jr.	Camarillo, Calif.
Celena Tells-Linares	Fr.	Ukiah, Calif.

Head Coach: Matt Wiese
Assistant Coaches: Patrick Hyland, Ashley Donnell

Central Oklahoma
BRONCHOS

Ebke

Kitchell

Whisenhunt

While the three-time defending Division II champions are not ranked No. 1 for the first time in four years, Central Oklahoma still ranks as the favorite to defend both its GNAC and national titles from 2021.

The Bronchos have performed well head-to-head against their GNAC brethren, beating Seattle Pacific in several head-to-head matchups in a regatta in Oklahoma City on March 26.

Much of Central Oklahoma's competition this spring has been against Division I programs and solid club programs. At the SIRA Championships on April 15 and 16, the UCO varsity 4+ won its semifinal heat and went on to place fourth in the grand final. The varsity 8+ also took its semifinal heat before taking fifth in the grand final, beat only by Division I squads.

The Bronchos are ranked No. 2 in the Pocock/Division II Poll (as of May 3) and are No. 1 in the NCAA West Region Rankings in the varsity 8+, varsity 4+ and as a team.

Name	Yr.	Hometown
Victoria Alldredge	So.	Shawnee, Okla.
Samatha Batt	So.	Turpin, Okla.
Ashley Brady	Fr.	Moore, Okla.
Faith Brooks	So.	Georgetown, Texas
Hope Brooks	So.	Georgetown, Texas
Kenna Chamlee	Sr.	Edmond, Okla.
Macie Cohlmia	Fr.	Edmond, Okla.
Meg Davis	Jr.	Enid, Okla.
Danielle Dick	So.	Enid, Okla.
Kylie Eagan	Fr.	Forgan, Okla.
Yesenia Gil-Salazar	Sr.	Idabel, Okla.
Katelyn Hedger	Fr.	Andover, Kan.
Audra Hempfling	Fr.	Enid, Okla.
Danielle Holle	So.	Oklahoma City, Okla.
Kenya Holleman	So.	Lynden, Wash.
Anna Jacobs	Jr.	Piedmont, Okla.
Madisyn Kitchell	Sr.	Yukon, Okla.
Sage Kroeker	Sr.	Enid, Okla.
Anya Landrowski	Fr.	Elgin, Ill.
Hannah Legleiter	Fr.	Yukon, Okla.
Morgan McBurnett	So.	Bixby, Okla.
Peyton Meiler	Fr.	McLoud, Okla.
Caleah Oliver	Jr.	Purcell, Okla.
Emily Overholt	So.	Ada, Mich.
Cameron Pence	Sr.	Hurst, Texas
Sinead Quirke	Fr.	Long Beach, Calif.
Allie Schein	Fr.	Edmond, Okla.
Maison Smith	Jr.	Warr Acres, Okla.
Allison Staley	Sr.	Bettendorf, Iowa
Kyla Vorel	Fr.	Edmond, Okla.
Keondra Whisenhunt	Sr.	Bellevue, Neb.
Kelsey Woellmer	Jr.	Sedona, Ariz.

Head Coach: Brian Ebke
Assistant Coaches: Jimmy Francis, Sam Helmick Schwarzmiller

Seattle Pacific
FALCONS

McClain

Arrington

Johnson

After finishing second in the inaugural GNAC Championships a year ago, Seattle Pacific returns with an experienced group of rowers that have rowed through a challenging spring schedule.

The Falcons traveled to Oklahoma City in March, facing Central Oklahoma on its home water. In April, Seattle Pacific rowed at the Florida Intercollegiate Rowing Association Championships, taking home top honors in both the second varsity 4+ and the varsity "B" 4+.

Seattle Pacific fared well against the rest of the GNAC at its own Falcon Regatta on April 9, winning one varsity 8+ flight and one varsity 4+ flight. At the WIRA Championships, the Falcons placed third in the D2/D3/Club varsity 8+ grand final and won the second varsity 8+ final.

Seattle Pacific is ranked No. 6 in the latest Pocock/CRCA Division II Poll (as of May 3). In the NCAA West Region Rankings, the Falcons are ranked No. 2 in the varsity 4+ and No. 4 in the varsity 8+ and team categories.

Name	Yr.	Hometown
Elise Arkills	So.	Tacoma, Wash.
LeeAnn Arrington	Sr.	Empire, Okla.
Victoria Brohard	Fr.	Puyallup, Wash.
Addie Clark	Fr.	Olympia, Wash.
Emma Ely	Fr.	Buckley, Wash.
Ingrid Erickson	Fr.	Renton, Wash.
Summer Frank	So.	Rocklin, Calif.
Mary Goodhew	Fr.	Eugene, Ore.
Jacinta Grandel	Jr.	Palmer, Alaska
Kristin Grassell	Fr.	Des Moines, Wash.
Jennifer Hoag	Sr.	Normandy Park, Wash.
Danielle Johnson	Sr.	Mill Creek, Wash.
Jaida Jones	Fr.	Mill Creek, Wash.
Natalie Korolenko	So.	Redmond, Wash.
Macie Leach	Jr.	Chico, Calif.
Sara Mach	Fr.	Edmonds, Wash.
Moxie McCandless	Jr.	Albuquerque, N.M.
Savannah Meyer	Fr.	Forks, Wash.
Hannah Miller	So.	East Lyme, Conn.
Olivia Pederson	Fr.	Puyallup, Wash.
Megan Popielak	So.	Petaluma, Calif.
Madison Raines	Fr.	Orlando, Fla.
Audrey Rekedal	Fr.	Pasadena, Calif.
Megan Rouse	So.	Ferndale, Wash.
Meghan Rustemeyer	Fr.	Naperville, Ill.
Kalais Samuelson	Jr.	Beaverton, Ore.
Lucy Sandahl	So.	Coupeville, Wash.
Sophie Sandahl	Jr.	Coupeville, Wash.
Bella Sangston	So.	Bellevue, Wash.
Nicole Svoboda	Jr.	La Quinta, Calif.
Graysen Swanson	So.	Ellensburg, Wash.
Avalon Tarbet-Mendoza	Sr.	Vancouver, Wash.
Jessica Vester	Jr.	Oak Harbor, Wash.

Head Coach: Caitlin McClain
Assistant Coaches: Amy Hildebrandt, Matt Oclander

Western Washington
VIKINGS

Fuchs

Bangasser

Houston

Western Washington has fared well in every comepetition this spring with consistent lineups in the varsity boats, providing hopes that the eight-time national champions can challenge for their first GNAC title.

The Vikings opened the season by winning one of the Varsity 8+ flights at the PLU Invitational on March 5. They showed well head-to-head against GNAC teams at the Falcon Regatta on April 9, winning both the Open 4+ and the varsity 4+ races.

At the WIRA Championships, WWU put the region on notice. After having the fastest time of the D2/D3/Club varsity 8+ preliminary heats, the Vikings went on to win the grand final in a time of 6:50.64. Last weekend, the Vikings were a competitive second place in the Cascade Cup race at the Windermere Cup Opening Day Regatta.

Western Washington is No. 4 in the Pocock/CRCA Division II Poll (as of May 3). The Vikings are ranked No. 2 in the NCAA West Region Rankings in both the team and varsity 8+ categories and No. 4 in the varsity 4+.

Name	Yr.	Hometown
Sadie Bailey	Jr.	Port Orchard, Wash.
Maddie Bangasser	Sr.	Sammamish, Wash.
Lily Bjork	Sr.	Langley, Wash.
Ella Brinkman	Sr.	Sebastopol, Calif.
Reed Chesnek	Fr.	Portland, Ore.
Emma Clark	Fr.	Lake Stevens, Wash.
Kristina De Koster	Jr.	Bellingham, Wash.
Paige Donner	Fr.	Monroe, Wash.
Kiana Doyle	Sr.	University Place, Wash.
Sarah Ernst	Fr.	Seattle, Wash.
Lindsey Froelich	So.	Ventura, Calif.
Phoebe Hafertepen	Sr.	Watsonville, Calif.
Adele Houston	Sr.	Seattle, Wash.
Madeline Kidd	Fr.	Modesto, Calif.
Kestrelle Kozak	Fr.	Coeur d'Alene, Idaho
Morgan MacIntyre	Sr.	Camas, Wash.
Molly McDonald	Sr.	Burien, Wash.
Haley Moss	Sr.	Orcas Island, Wash.
Linnea Olix	Fr.	Woodinville, Wash.
Olivia Pells	Sr.	Bainbridge Island, Wash.
Clarice Ruhlin-Hicks	Jr.	Anchorage, Alaska
Yuki Sabari	Jr.	Renton, Wash.
Cailin Thompson	Fr.	Port Orchard, Wash.
Astrid Vander Hoek	Jr.	Puyallup, Wash.
Claudia Webster	Jr.	Seattle, Wash.

Head Coach: John Fuchs
Assistant Coach: Courtney Moeller

2022 GNAC Women's Rowing Championships

Championships Schedule

May 14, 2022
Dexter Lake, Dexter, Ore.

11:30 a.m.: Exhibition Varsity 4+ Race
11:40 a.m.: Varsity 4+ Race
11:50 a.m.: Varsity 8+ Race
Noon: Awards Ceremony

The order of races subject to change based on weather and water conditions as determined the regatta's Fairness Committee.

History & Records

History and records for both GNAC women's rowing can be found by scanning the QR Code or visiting http://bit.ly/2qKDgqj

On The Cover

For the first time with a full season under their belts thanks to the COVID-19 pandemic, the conference's four programs are ready to race for the GNAC championship. Clockwise from top, Western Washington, Central Oklahoma, Cal Poly Humboldt and Seattle Pacific.

Championships Preview

DEXTER, Ore. – At the inaugural GNAC Women's Rowing Championships, Central Oklahoma was the undisputed queens of the water as the Bronchos swept all three races en route to the program's third consecutive Division II national championship.

While the Bronchos enter as the favorites, the open water between the field will be smaller when the 2022 GNAC Championships take place on Saturday on Dexter Lake.

Central Oklahoma has seasoned itself primarily against Division I competition and opened the spring with four regattas at home along the Oklahoma River. That included its only head-to-head competition this season against other GNAC crews, taking seven of nine races from Seattle Pacific on March 26.

At April's Southern Intercollegiate Rowing Association Championships, the Bronchos advanced to all three collegiate finals. They placed fourth in the varsity 4+ final and fifth in the varsity 8+ against fields mostly comprised of Division I programs.

Central Oklahoma enters the GNAC Championships ranked No. 2 in the CRCA/Pocock Division II Poll (as of May 3). It is the first time in four years that UCO has not been ranked No. 1. The Bronchos are the No. 1 ranked team in the NCAA West Region Rankings in the varsity 4+, varsity 8+ and team categories.

While Western Washington's eight national titles came before the GNAC women's rowing era, the Vikings are looking forward to challenging the current defending champs.

The varsity 8+ has looked particularly competitive as of late thanks to its consistent spring lineup. The crew won the D2/D3/Club grand final at the Western Intercollegiate Rowing Association (WIRA) Championships in a time of 6:50.64 and took second place in the Cascade Cup race at last weekend's Windermere Cup in a time of 6:54.456.

The Vikings have held the upper hand in fours races against GNAC competition, winning both the varsity 4+ and open 4+ races against Seattle Pacific and Cal Poly Humboldt at the Falcon Regatta on April 9.

Western Washington is ranked No. 4 in the Pocock/CRCA Division II Poll. The Vikings are second-ranked team in the NCAA West Region Rankings and are No. 2 in the varsity 8+ and No. 4 in the varsity 4+.

Cal Poly Humboldt rowed just twice between the start of the COVID-19 pandemic and the start of the 2022 season but the layoff seems to have done little to slow the Lumberjacks down.

The varsity 8+ has picked up three victories on the season, most notably taking the both flights at the Covered Bridge Regatta on Dexter Lake on April 16. The team also saw its varsity 4+ pick up two victories at Covered Bridge.

The Lumberjacks won the second varsity 8+ flight over Seattle Pacific at the Falcon Regatta on April 9. At the WIRA Championships, Humboldt took seconds in the D2/D3/Club varsity 8+ grand final, four seconds behind Western Washington, and was third in the varsity 4+ grand final behind Seattle Pacific.

Cal Poly Humboldt is No. 5 in the Pocock/CRCA Division II Poll. The Lumberjacks are No. 3 in the NCAA West Region Rankings in all three categories.

Seattle Pacific placed second to Central Oklahoma at last year's GNAC Championships and is the only team to face all three of its conference foes this season. The Falcons traveled to Oklahoma in March and coupled that trip to an appearance in the FIRA Championships, winning a pair of fours races.

The Falcons hosted both Cal Poly Humboldt and Western Washington for the Falcon Regatta on April 9 and won the lone varsity 8+ flight that featured boats from all three programs. At the WIRA Championships, SPU finished third in the D2/D3/Club varsity 8+ grand final and won the second varsity 8+ grand final. The varsity 4+ closed the regular season by placing second at the Windermere Cup on Saturday.

Seattle Pacific is No. 6 in the Pocock/CRCA Division II Poll. The Falcons are No. 4 in the NCAA West Region Rankings for team and varsity 8+ and are No. 2 in the varsity 4+ category.

The GNAC Women's Rowing Championships will consist of three races. The varsity 8+ and varsity 4+ will count towards the team championship while the day will open with an exhibition 4+ race.

This year's championships are being staged in conjunction with the Pac-12 Conference, which will conduct its championship races on the Dexter Lake course on Sunday, and the Oregon Association of Rowers.