



Jan. 17, 2018 • Week 1
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GNAC Track & Field At A Glance

THIS WEEK'S MEETS

Fri., Jan. 19
 Montana State Billings at SDSU Division II Invitational, Brookings, S.D.

Fri., Jan 19 - Sat., Jan. 20
 Central Washington at WSU Open, Pullman, Wash.

Sat., Jan. 20
 Concordia, Northwest Nazarene at Bronco Invite, Nampa, Idaho

LAST WEEK'S MEETS

Fri., Jan. 12
Bobcat Invitational
at Brick Breeden Fieldhouse, Bozeman, Mont.
Women (Top 3 GNAC Finishers): 800 Meters - 3, Nikki Allen, MSUB, 2:37.89. 4x400 Relay - 3, Montana State Billings, 4:19.30.
Men (Top 3 GNAC Finishers): 60 Meters - 1, Sam Zook, MSUB, 6.80; 2, Lamont Frisby, MSUB, 6.95; 3, Mason Schram, MSUB, 6.98. 800 Meters - 3, Jorey Egeland, MSUB, 2:02.20. DMR - 3, Montana State Billings, 10:47.54. High Jump - 3, Isaiah Girard, MSUB, 6-6.75. Weight Throw - 2, Nels Flanagan, MSUB, 54-8.

Fri., Jan. 12 - Sat., Jan. 13
Ed Jacoby Invitational
at Jacksons Track, Nampa, Idaho
Women (Top 3 GNAC Finishers): None
Men (Top 3 GNAC Finishers): High Jump - 2, Keffery Stellway, NNU, 6-1.25. Pole Vault - 2, Payton Lewis, NNU, 16-4.75. Long Jump - 2, Elijah Castro, NNU, 22-8. Shot Put - 2, John VanBeuren, NNU, 51-2.75. Weight Throw - 3, John VanBeuren, NNU, 56-5.25. Heptathlon - 1, Dakota Tidwell, NNU, 4,671; 3, Micah Tranch, NNU, 4,486.

Sat., Jan. 13
UW Preview
at Dempsey Indoor Center, Seattle, Wash.
Women (Top 3 GNAC Finishers): 800 Meters - 3, Danielle McCormick, UAA, 2:11.17. Triple Jump - 3, Jasmine McMullin, WWU, 39-4.5. Weight Throw - 3, Christina MacDonald, CU, 58-2.5 (Ties GNAC Record).
Men (Top 3 GNAC Finishers): 400 Meters - 3, Adam Brown, CU, 49.38. 800 Meters - 3, Noah Wallace, CU, 1:53.78. 1,000 Meters - 2, David Ribich, WOU, 2:21.38 (Fastest Time In Division II History). High Jump - 3, Chris Brake, UAA, 6-8.75.

#GNACTF in 140 @GNACSports

#RecordDuo Western Oregon's **Dustin Nading** opened his indoor season by setting the school record in the men's 3,000 meters at the UW Preview. Teammate **David Ribich**, meanwhile, bettered the Division II all-time best in the men's 1,000 meters.

#AClose3KPack Simon Fraser saw five athletes, three women and two men, hit NCAA Championships provisional qualifiers in the 3,000 meters at the UW Preview. The group was led by **Julia Howley**, who ran the top Division II time this season in the women's 3,000.

#WeightyExpectations Concordia's **Christina MacDonald** and **Melissa Ausman** both hit NCAA provisional qualifying marks in both the women's shot put and weight throw at the UW Preview. MacDonald succeeded in tying the GNAC record in the weight throw.

#SprintSweep Montana State Billings scored a top-three sweep in the men's 60 meters at the Bobcat Invitational, led by **Sam Zook's** winning time of 6.80 seconds.

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Twitter Accounts/Hashtags For GNAC Track & Field Programs

GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAASeawolves	#UAASeawolves
Cent. Washington	@CWUathletics	#CWUWildcats
Concordia	@gocugo	#gocugotf
MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#NCAAeh
W. Oregon	@WOUWolves	#WOUHOO
W. Washington	@WWUathletics	#GoViks

GNAC Track & Field Athletes of the Week



MEN'S TRACK
Dustin Nading, Western Oregon
Junior • Longview, Wash.

At the UW Preview, Nading placed ninth in the 3,000 meters in a school record time of 8:11.67. The performance broke David Ribich's former record of 8:13.94 and moves him up to No. 4 on the GNAC All-Time List. The time is also an NCAA Championships provisional qualifier and is the sixth fastest time in Division II this season.

Also Nominated: Noah Wallace (Concordia), Sam Zook (Montana State Billings), Jackson Hand (Saint Martin's), Cordell Cummings (Western Washington).



WOMEN'S TRACK
Julia Howley, Simon Fraser
Senior • St. John's, N.L.

Howley placed 12th in the elite heat of the 3,000 meters at the UW Preview with a personal best time of 9:32.78. The time is the best in Division II so far this season, is an NCAA Championships provisional qualifier and moves the senior up to No. 6 on the GNAC all-time list in the event.

Also Nominated: Chase Stephens (Concordia), Michaela Johnson (Montana State Billings), Artresa Nickelsen (Saint Martin's), Olivia Woods (Western Oregon), Claire Hansen (Western Washington).



MEN'S FIELD
Chris Brake, Alaska Anchorage
Sophomore • Nelson, New Zealand

In a field dominated by Division I competition, Brake placed third in the high jump at the UW Preview with a clearance of 6 feet, 8.75 inches. The mark is tied for ninth on the GNAC All-Time List, is an NCAA Championships provisional qualifier and is tied for 16th best in Division II this season.

Also Nominated: Josh Koch (Concordia), Nels Flanagan (Montana State Billings), Josh Schulz (Saint Martin's), Peter Behncke (Simon Fraser), Alani Troutman (Western Oregon), Ben Malquist (Western Washington).



WOMEN'S FIELD
Christina MacDonald, Concordia
Senior • Myrtle Creek, Ore.

MacDonald opened the season by tying the GNAC record in the weight throw at the UW Preview, placing third with a mark of 58 feet, 2.5 inches. She equaled the mark set by Kristin Hepler of Western Oregon in 2004. It is also an NCAA Championships provisional qualifier. MacDonald also placed sixth in the shot put with a mark of 46 feet, 9.5 inches. The

mark is No. 5 on the GNAC All-Time List. Both marks are 11th best in Division II this season.

Also Nominated: Shaniah Schwend (Montana State Billings), Tiffany Pott (Saint Martin's), Jasmine McMullin (Western Washington).

Past GNAC Athletes of the Week

Date	Men's Track	Men's Field	Women's Track	Women's Field
Nov. 27-Dec. 3	Sam Zook, MSUB	Kodiak Landis, CWU	Michaela Johnson, MSUB	Ali Anderson, CWU
Dec. 4-10	Jackson Hand, SMU	John VanBeuren, NNU	Ali Anderson, CWU	HarLee Ortega, CWU
Jan. 8-14	Dustin Nading, WOU	Chris Brake, UAA	Julia Howley, SFU	Christina MacDonald, CU

Complete Player of the Week releases are available online at GNACSports.com.

Around The GNAC

ALASKA ANCHORAGE



- Alaska Anchorage notched four top-five finishes as the Seawolves opened the season at the UW Preview.
- Sophomore **Chris Brake** was named the GNAC Men's Field Athlete of the Week after he finished third in the high jump. His mark of 6 feet, 8.75 inches, is an NCAA Championships provisional qualifier and is tied for 17th in Division II this season. It also ties him for ninth on the GNAC

All-Time List.

- Junior **Danielle McCormick** placed third in the women's 800 meters with a time of 2:11.17. She was beaten only by two professional athletes as she hit an NCAA Championships provisional qualifier that is sixth in Division II this season.
- Senior **Liam Lindsay** placed fourth in the men's 400 meters with a time of 49.51 seconds. He also anchored the Seawolves' 4x400 relay team that placed fourth with a time of 3:22.58.
- Senior **Tamara Perez** placed ninth in the women's 800 meters with a time of 2:20.74 and had the top GNAC time in the mile in 5:08.83.
- Alaska Anchorage will race again in two weeks, competing at the UW Invitational back at Dempsey Indoor.

CENTRAL WASHINGTON



- Central Washington saw its best marks on the women's side as the Wildcats re-started the season at the UW Preview.
- Junior **Mariyah Vongsaveng** placed ninth in the qualifying heats of the women's 60-meter hurdles in a time of 8.81 seconds. The mark is just short of her season best of 8.71 seconds from the Dec. 9 Jacksons Open, which ranks 10th

in Division II this season.

- Senior **Ali Anderson** was the top GNAC finisher and the top non-Division I finisher in the women's 400 meters, placing ninth in a time of 57.14 seconds. Anderson has a season best of 56.20 seconds in the event, ranking her fifth in Division II. In addition, Anderson is sixth in Division II in the pentathlon with a score of 3,501 points set at the Candy Cane multis in December.
- Senior **Trevaughn Scott** opened his season with an eighth-place finish in the men's 400 meters, clocking a time of 50.12 seconds.
- Senior **Kodiak Landis** had the fastest GNAC time in the men's 60-meter hurdles, clocking a time of 8.59 seconds. Landis has already notched NCAA provisional qualifying marks in the pole vault (15-11, 12th) and the heptathlon (5,244, 4th).
- Central Washington returns to action next Saturday, competing at the WSU Open in Pullman, Wash.

CONCORDIA



- Concordia opened the season with seven NCAA Championships provisional qualifying marks and a GNAC record at the UW Preview.
- Senior **Christina MacDonald** was named the GNAC Women's Field Athlete of the Week after she tied the conference record in the women's weight throw. She placed third with a mark of 58 feet, 2.5 inches, tying the mark set by Western Oregon's Kristin Hepler in 2004. MacDonald also placed sixth in the shot put with a mark of 46 feet, 9.5 inches. MacDonald hit NCAA provisional qualifying marks and is ranked 11th in Division II in both events.
- Senior **Melissa Ausman** also hit NCAA provisional qualifiers in both throws, placing fourth in the shot put with a mark of 49 feet, 4.25 inches, and fifth in the weight throw with a mark of 57 feet, 8.25 inches. The shot put mark is No. 2 on the GNAC All-Time List and No. 4 in Division II this season. The weight throw performance is fourth on the GNAC All-Time List and 13th in Division II this season.
- Junior **Katrina Linenko** also hit an NCAA provisional qualifier in the women's shot put. Her mark of 45 feet, 4.25 inches is 10th on the GNAC All-Time List and 17th in Division II this season.

- Junior **Josh Koch** had an NCAA provisional qualifier in the men's shot put. His eighth-place mark of 54 feet, 10 inches is 16th in Division II this season. Sophomore **Jakob Chamberlin** hit a provisional mark in the shot put as well. His mark of 52 feet, 8 inches is 27th in Division II.
- Sophomore **Adam Brown** had the best non-Division I time in the men's 400 meters, clocking a time of 49.38 seconds. Freshman **Noah Wallace** led all GNAC athletes in the men's 800 meters with his third-place time of 1:53.78.
- Concordia heads east this weekend, competing in the Bronco Invite at the Jacksons Indoor Center in Nampa, Idaho.

MONTANA STATE BILLINGS



- Eight top-three finishes and a school record for senior **Nels Flanagan** led Montana State Billings' efforts at the Bobcat Invitational.

- Flanagan improved his record in the men's weight throw by over two feet, placing second with a mark of 56 feet, 6 inches. The mark is just short of the NCAA Championships provisional qualifier of 57 feet, 3.5 inches.
- Senior **Sam Zook** led a top-three sweep for the Yellowjackets in the men's 60 meters. Zook won the event with a time of 6.80 seconds, tying his season best which ranks fourth in Division II. Freshman **Lamont Frisby** was second in 6.95 seconds while sophomore **Mason Schram** was third in 6.98 seconds.
- Sophomore **Isaiah Girard** just missed the NCAA provisional qualifier in the men's high jump, placing second with a mark of 6 feet, 6.75 inches. Sophomore **Marcus Lindquist** was third in the men's triple jump with a leap of 43 feet, 4.5 inches.
- The Yellowjackets had two third-place finishes in the 800 meters. Senior **Jorey Egeland** was third in men's race with a time of 2:02.20 while sophomore **Nikki Aiken** was third in the women's race in a time of 2:37.89.
- Montana State Billings will head east for its second meet of the season, competing at the SDSU Division II Invitational in Brookings, S.D.

Around The GNAC

NORTHWEST NAZARENE



- Northwest Nazarene picked up two NCAA Championships provisional qualifiers at the Ed Jacoby Invitational at the Jacksons Indoor Track.
- Senior **Payton Lewis** earned his provisional qualifier in the men's pole vault, placing second with a clearance of 16 feet, 4.75 inches. The mark is No. 2 in Division II this season.
- Freshman **Dakota Tidwell** hit the provisional qualifying mark in the men's heptathlon right on the nose, winning with a score of 4,671 points. He won the 60-meter hurdles in 8.91 seconds and was second in the 60 meters and pole vault. Tidwell's total is tied for 31st in Division II this season.
- Senior **John Van Beuren** placed second in the shot put with a mark of 51 feet, 2.75 inches, and third in the weight throw with a mark of 56 feet, 5.25 inches. Van Beuren's season best of 57 feet, 9 inches in the weight throw is No. 31 in Division II this season.
- Freshman **Keffrey Stellway** opened his NNU career with a second-place finish in the men's high jump, clearing 6 feet, 1.75 inches. In the women's high jump, senior **Rachel Bartlow** tied for fourth with her clearance of 5 feet, 2.5 inches. She was top non-Division I finisher in the event.
- Junior **Emily Hammons** was the top NNU women's finisher in the running events, placing ninth in the 3,000 meters in a time of 11:48.45.
- The Nighthawks return to action this weekend, competing in the Bronco Invitational in Nampa.

SAINT MARTIN'S



- Sophomore **Josh Schulz's** performance in the men's long jump topped Saint Martin's efforts at the UW Preview.
- Schulz placed sixth in the discipline with a mark of 22 feet, 6.25 inches. He was second among GNAC competitors in the event.
- Junior **Jackson Hand** led the Saint's efforts on the track, placing sixth in a time of 22.23 seconds. The mark was the best by a GNAC competitor in the meet. Hand leads the GNAC with a season-best of 22.01 seconds at last month's Jackson Open.
- Two women's throwers improved on season bests in the meet. Junior **Megan Vernoy** set a season-best in the shot put with a mark of 36 feet, 9.75 inches, while junior **Liz Larson** improved to 43 feet, 7.75 inches in the weight throw.
- Saint Martin's will not compete this weekend and will return to Seattle on Jan. 26 and 27 for the UW Invitational.

SEATTLE PACIFIC



- A pair of solid efforts in the 60-meter hurdles led Seattle Pacific's start to the season at the UW Preview.
- Freshman **Renick Meyer** opened her college career with a time of 8.92 seconds in the women's 60-meter hurdles. The time is second best in the GNAC this season. Meyer also placed 11th in the long jump and was the top GNAC competitor in the event with a mark of 17 feet, 10.75 inches.
- Junior **Peyton Harris** ran finished fourth in the first qualifying rounds of the men's 60-meter hurdles, running 8.58 seconds. The mark is a season-best and third best in the GNAC this season.
- Senior **Chynna Phan** placed fifth in the women's 800 meters, opening the season with a time of 2:15.89.
- Junior **Geneva Lehnert** opened her season by tying for fifth in the women's high jump, clearing 5 feet, 3 inches. The mark ties her for third best in the GNAC this season.
- The Falcons will not compete this weekend. They return to competition at the UW Invitational on Jan. 26 and 27.

SIMON FRASER



- The top Division II time in the nation for senior **Julia Howley** in the women's 3,000 meters led Simon Fraser's season opener at the UW Preview.
- Howley placed 12th in the event in a time of 9:32.78, which ranks tops in Division II this season. In addition to being an NCAA Championships provisional qualifier, it is just two seconds short of the automatic qualifying mark of 9:29.29 and is No. 6 on the GNAC All-Time List. For her efforts, Howley was named the GNAC Women's Track Athlete of the Week.
- Howley led a trio of provisional qualifiers in the event. Senior **Miryam Bassett** placed 19th in a time of 9:53.87, currently fourth best in Division II, while senior **Reta Dobie** placed 20th in 9:54.01, currently fifth-best nationally.
- Junior **Rowan Doherty** placed 15th in the men's 3,000 meters with a time of 8:20.90. The mark is second in the GNAC and ninth in Division II. Senior **Oliver Jorgensen** finished 19th in a time of 8:24.04, ranking him third in the GNAC and 11th in Division II this season. Both are NCAA provisional qualifiers.
- Sophomore **Diana Voloshin** had the top GNAC time at the meet in the women's 200 meters with a time of 25.75 seconds, which ranks as the second-best time in the GNAC this season. She also placed fifth in her qualifying round of the women's 60-meter hurdles in 8.99 seconds.
- Senior **Peter Behncke** was the top placing SFU men's athlete, taking fifth in the weight throw with a mark of 54 feet, 2 inches. The mark is fourth best in the GNAC.
- Simon Fraser will return to competition on Jan. 26 and 27 at the UW Invitational.

Around The GNAC

WESTERN OREGON



- A school record and a Division II all-time best led Western Oregon's season-opening efforts at the UW Preview.
- Junior **Dustin Nading** broke teammate **David Ribich's** record in the men's 3,000 meters, placing sixth in a time of 8:11.67. The time ranks No. 4 on the GNAC All-Time List, is a NCAA Championships provisional qualifier and is sixth best

in Division II this season. For his efforts, Nading was named the GNAC Men's Track Athlete of the Week.

- Ribich, meanwhile, ran the fastest time in Division II history in the men's 1,000 meters, finishing second in a time of 2:21.38. The time surpassed the record of 2:21.94 run by Joseph Kembi of West Texas A&M in 1997, but is not an official record as Ribich's race was run on an oversized track. For the performance, Ribich was named the USTFCCA Division II Men's Athlete of the Week.
- Sophomore **Alani Troutman** posted the top GNAC in the men's long jump so far this season. Troutman placed fourth with a mark of 22 feet, 9.25 inches. He was the top GNAC finisher in the event.
- Senior **Aaron Whitaker** opened his final season with a fifth-place finish in the men's 400 meters. His time of 49.67 seconds is third best in the GNAC this season.
- The Wolves enjoyed solid performances from both 4x400-meter relays. The women's relay team placed fifth in a time of 3:58.08. The men also placed fifth in a time of 3:23.91. Both times are second best in the GNAC this season.
- Western Oregon returns to competition in two weeks, traveling back to Seattle to take part in the UW Invitational.

WESTERN WASHINGTON



- An NCAA Championships provisional qualifying mark for senior **Jasmine McMullin** in the women's triple jump led Western Washington's season-opening efforts at the UW Preview.

• McMullin opened the year by placing third in the event. Her mark of 39 feet, 4.5 inches was just nine inches off her

lifetime best of 40 feet, 1.25 inches. The performance leads the GNAC and is fifth in Division II this season.

- Junior **Adam Thomas** had the top GNAC mark in the meet in the men's pole vault, placing 13th with his clearance of 13 feet, 7.75 inches. Junior **Tupre Wickliff** had WWU's seventh-best performance all-time in the men's high jump with his mark of 6 feet, 4.75 inches.
- Junior **Sophia Roberts** netted WWU's third-best mark all-time in the weight throw with a mark of 43 feet, 11.25 inches. Freshman **Claire Hansen** clocked the school's fifth-best all-time mark in the 60-meter hurdles with a time of 9.26 seconds.
- The Vikings return to action in two weekends, competing in the UW Invitational on Jan. 26 and 27.

GNAC Qualifiers For NCAA Indoor Championships

MEN PROVISIONAL QUALIFIERS AS OF JAN. 12, 2018

Event	Athlete	Mark	Rank	Date
60 Meters	Sam Zook, MSUB	6.80	4th	12/2/17
3,000 Meters	Dustin Nading, WOU	8:11.67	6th	1/13/18
	Rowan Doherty, SFU	8:20.90	9th	1/13/18
	Oliver Jorgensen, SFU	8:24.04	11th	1/13/18
High Jump	Chris Brake, UAA	2.05/6-8.75	T-17th	1/13/18
Pole Vault	Payton Lewis, NNU	5.00/16-4.75	3rd	1/12/18
	Kodiak Landis, CWU	4.85/15-11	12th	12/1/17
Shot Put	Josh Koch, CU	16.71/54-10	16th	1/13/18
	Jakob Chamberlin, CU	16.05/52-8	27th	1/13/18
Weight Throw	John VanBeuren, NNU	17.60/57-9	31st	12/9/17
Heptathlon	Kodiak Landis, CWU	5,244	4th	12/1/17
	Brandon Maier, CWU	4,884	16th	12/1/17
	Dakota Tidwell, NNU	4,671	T-31st	1/12/18

WOMEN'S PROVISIONAL QUALIFIERS AS OF JAN. 12, 2018

Event	Athlete	Mark	Rank	Date
400 Meters	Ali Anderson, CWU	56.20	5th	12/9/17
800 Meters	Danielle McCormick, UAA	2:11.17	6th	1/13/18
3,000 Meters	Julia Howley, SFU	9:32.78	1st	1/13/18
	Miryam Bassett, SFU	9:53.87	4th	1/13/18
	Reta Dobie, SFU	9:54.01	5th	1/13/18
60m Hurdles	Mariyah Vongsaveng, CWU	8.71	10th	12/9/17
Triple Jump	Jasmine McMullin, WWU	12.00/39-4.5	5th	1/13/18
	HarLee Ortega, CWU	11.80/38-8.75	9th	12/9/17
Shot Put	Melissa Ausman, CU	15.04/49-4.25	4th	1/13/18
	Christina MacDonald, CU	14.26/46-9.5	11th	1/13/18
	Katrina Linenko, CU	13.82/45-4.25	17th	1/13/18
Weight Throw	Christina MacDonald, CU	17.74/58-2.5	11th	1/13/18
	Melissa Ausman, CU	17.58/57-8.25	13th	1/13/18
Pentathlon	Ali Anderson, CWU	3,501	6th	12/1/17
	HarLee Ortega, CWU	3,489	7th	12/1/17

2018 NCAA DIVISION II INDOOR TRACK AND FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

MEN		Event	WOMEN	
NCAA Automatic	NCAA Provisional		NCAA Automatic	NCAA Provisional
6.73	6.88	60 Meters	7.45	7.69
7.90	8.24	60 Meter Hurdles	8.43	8.81
21.21	21.77	200 Meters	23.94	24.90
47.42	48.64	400 Meters	54.01	56.70
1:49.56	1:53.37	800 Meters	2:08.91	2:14.06
4:02:59	4:11.67	Mile	4:45.13	4:59.70
8:06.36	8:24.32	3,000 Meters	9:29.29	9:59.49
14:06.70	14:42.70	5,000 Meters	16:35.42	17:30.57
3:12.36	3:17.19	4x400 Relay	3:43.87	3:51.19
9:47.89	10:05.36	Distance Medley Relay	11:35.43	12:05.41
2.15/7-0.5	2.04/6-8.25	High Jump	1.77/5-9.75	1.67/5-5.75
5.25/17-2.75	4.72/15-5.75	Pole Vault	4.01/13-1.75	3.57/11-8.5
7.59/24-11	7.08/23-2.75	Long Jump	6.16/20-2.5	5.63/18-5.75
15.43/50-7.5	14.42/47-3.75	Triple Jump	12.43/40-9.5	11.63/38-2
17.97/58-11.5	15.92/52-2.75	Shot Put	15.69/51-5.75	13.49/44-3.25
21.14/69-4.5	17.46/57-3.5	Weight Throw	20.15/66-1.5	16.77/55-0.25
5,332	4,671	Heptathlon/Pentathlon	3,869	3,295

A Note On Qualifying: Athletes who meet the NCAA automatic standard for an event will automatically qualify for the NCAA Division II Championships. Athletes who meet the NCAA's provisional standard will be used to fill the championships field in descending order until the maximum field size is reached. To view the complete list of qualifying standards, visit http://www.ncaa.org/sites/default/files/2018DIIMWITF_Qualifying_Standards_20170915.pdf.

NCAA Division II Indoor Track & Field Championships: Fri., Mar. 9 & Sat., Mar. 10, Pittsburg, Kan.

Top Performances Lists (TFRRS): [NCAA Division II Men](#) | [NCAA Division II Women](#) | [GNAC Men](#) | [GNAC Women](#) | [U.S./World Best Lists \(T&FN\)](#)

Men's Indoor Regional & National Polls

GNAC MEN'S TEAMS IN THE
USTFCCCA POLLS
National
Preseason

WOU
12th

USTFCCCA DIVISION II NATIONAL
TEAM COMPUTER RANKINGS
Preseason - Nov. 30

Rk	School	Pts.	2017 Final
1.	Adams State	171.55	4
2.	Tiffin	127.74	1
3.	Ashland	118.31	2
4.	Missouri Southern	94.90	13
5.	Minnesota State	94.83	12
6.	Grand Valley State	81.34	8
7.	Azusa Pacific	76.97	6
8.	Lincoln (Mo.)	72.57	9
9.	Texas A&M-Kingsville	71.57	17
10.	Pittsburg State	69.39	23
11.	Academy of Art	60.62	5
12.	Western Oregon	52.85	6
13.	Saint Augustine's	51.22	3
14.	Findlay	51.01	21
15.	Fort Hays State	49.81	30
16.	Texas A&M-Commerce	48.39	9
17.	Colorado Mines	44.40	38
18.	Shorter	39.40	16
19.	Angelo State	38.81	NR
20.	American International	35.17	NR
21.	CSU-Pueblo	33.33	18
22.	Shippensburg	29.95	NR
23.	Eastern New Mexico	29.53	NR
24.	Wingate	29.02	23
25.	Hillsdale	27.49	42

USTFCCCA WEST REGION TEAM INDEX
Week 6 - Feb. 28, 2017 (Final)

Rk	School	Pts.	Prev.
1.	Alaska Anchorage	354.91	1
2.	Azusa Pacific	335.81	2
3.	Academy of Art	251.31	5
4.	Simon Fraser	242.76	3
5.	Western Oregon	231.07	4
6.	Northwest Nazarene	213.90	6
7.	Central Washington	192.43	7
8.	Western Washington	174.29	8
9.	Saint Martin's	113.71	9
10.	Cal State LA	98.58	10

NOTE: First 2018 Regional Rankings On Jan. 23

[View Complete Regional Index Online](#)



[Complete Poll Online](#)

Women's Indoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE
USTFCCCA POLLS
National
Preseason

SFU
23rd

USTFCCCA DIVISION II NATIONAL
TEAM COMPUTER RANKINGS
Preseason - Nov. 30

Rk	School	Pts.	2017 Final
1.	Pittsburg State	125.63	4
2.	Adams State	111.56	1
3.	Grand Valley State	109.52	2
4.	West Texas A&M	93.30	5
5.	Lincoln (Mo.)	79.39	9
6.	Findlay	76.10	12
7.	Mary	74.66	20
8.	Minnesota State	68.88	18
9.	New Mexico Highlands	67.66	55
10.	Hillsdale	62.41	33
11.	Western State	60.90	8
12.	Azusa Pacific	60.63	15
13.	Angelo State	58.45	24
14.	Minnesota Duluth	56.01	15
15.	Academy of Art	53.08	34
16.	Johnson C. Smith	52.76	6
17.	Queens (N.C.)	51.19	14
18.	Southwest Baptist	50.57	11
19.	Walsh	50.11	9
20.	Cedarville	43.17	15
21.	Bellarmino	39.78	30
22.	Missouri Southern	38.76	24
23.	Simon Fraser	37.84	24
24.	Saint Augustine's	37.12	13
25.	Ashland	32.80	NR

USTFCCCA WEST REGION TEAM INDEX
Week 6 - Feb. 28, 2017 (Final)

Rk	School	Pts.	Prev.
1.	Simon Fraser	339.71	1
2.	Azusa Pacific	304.80	2
3.	Seattle Pacific	295.94	3
4.	Academy of Art	276.74	5
5.	Alaska Anchorage	254.38	4
6.	Central Washington	179.87	6
7.	Western Washington	139.78	7
8.	San Francisco State	134.09	8
9.	Western Oregon	104.07	10
10.	Saint Martin's	84.10	9

NOTE: First 2018 Regional Rankings On Jan. 23

[View Complete Regional Index Online](#)



[Complete Poll Online](#)

GNAC Indoor Track & Field Records

MEN - ALL MEETS

60 Meters	6.72	Alex Donigian, Western Washington (2015)
200 Meters	21.3	Cody Warner, Western Oregon (2015)
400 Meters	47.61	Vladislav Tsygankov, Simon Fraser (2017)
800 Meters	1:49.68	Badane Sultessa, Western Oregon (2016)
Mile	4:02.30	David Ribich, Western Oregon (2017)
3,000 Meters	8:07.28	Dominik Notz, Alaska Anchorage (2017)
5,000 Meters	13:47.73	Micah Chelimo, Alaska Anchorage (2014)
60m Hurdles	8.08	Travis Milbrandt, Western Oregon (2015)
4x400 Relay	3:12.45	Alaska Anchorage (2016)
Nicholas Taylor, Liam Lindsey, Adam Commandeur, Cody Thomas		
Distance Medley	9:40.15	Western Oregon (2017)*
Dustin Nading, AJ Holmberg, Josh Dempsey, David Ribich		
High Jump	2.22/7-3.25	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.31/17-5	Ryan Brown, Western Washington (2011)
Long Jump	7.46/24-5.75	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.94/58-10.75	Cameron Neel, Western Washington (2007)
Weight Throw	18.82/61-9	Anthony Marin, Western Oregon (2007)
Heptathlon	5,508	Chris Randolph, Seattle Pacific (2006)

MEN'S CONFERENCE MEET RECORDS

60 Meters	6.75	Alex Donigian, Western Washington (2014)
200 Meters	21.60	Cody Warner, Western Oregon (2015)
400 Meters	47.80	Joel Webster, Simon Fraser (2016)
800 Meters	1:51.49	Paul Mach, Seattle Pacific (2004)
Mile	4:10.01	David Ribich, Western Oregon (2017)
3,000 Meters	8:27.83	Henry Cheseto, Alaska Anchorage (2015)
5,000 Meters	14:36.06	Dominik Notz, Alaska Anchorage (2016)
60m Hurdles	8.08	Travis Milbrandt, Western Washington (2015)
4x400 Relay	3:14.10	Alaska Anchorage (2017)
Liam Lindsay, Darrior Gray, Nicholas Taylor, Adam Commandeur		
Distance Medley	10:04.58	Simon Fraser (2012)
Ryan Brockerville, Stuart Ellenwood, Keir Forster, Adam Reid		
High Jump	2.21/7-3	Mikel Smith, Saint Martin's (2017)
Pole Vault	5.16/16-11	Payton Lewis, Northwest Nazarene (2011)
Long Jump	7.38/24-2.5	Vladislav Tsygankov, Simon Fraser (2016)
Triple Jump	15.06/49-5	Luke Plummer, Central Washington (2015/2017)
Shot Put	17.47/57-3.75	Cameron Neel, Central Washington (2007)
Weight Throw	18.63/61-1.75	Tyler Lamott, Concordia (2016)
Heptathlon	5,269	Kodiak Landis, Central Washington (2017)

CONFERENCE MEET HEPTATHLON EVENTS

60 Meters	7.07	Jaysen Yoro, Saint Martin's (2015)
Long Jump	6.83/22-5	Jake Hyde, Western Oregon (2012)
Shot Put	12.52/41-1	Geryson Kilgore, Northwest Nazarene (2012)
High Jump	2.01/6-7	Micah Tranch, Northwest Nazarene (2017)
60m Hurdles	8.28	Travis Turner, Alaska Anchorage (2017)
Pole Vault	5.05/16-6.75	Payton Lewis, Northwest Nazarene (2016)
1,000 Meters	2:43.00	Colin Alexander, Central Washington (2012)

WOMEN - ALL MEETS

60 Meters	7.54	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:04.94	Helen Crofts, Simon Fraser (2011)
Mile	4:32.88	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:17.97	Joyce Chelimo, Alaska Anchorage (2016)
5,000 Meters	16:10.32	Joyce Chelimo, Alaska Anchorage (2016)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:42.44	Seattle Pacific (2016)
Jalen Tims, Lynelle Decker, Cheryl Hong, Jahzelle Ambus		
Distance Medley	11:28.28	Simon Fraser (2015)
Rebecca Bassett, Monique Lisek, Paige Nock, Lindsey Butterworth		
High Jump	1.77/5-9.75	Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault	3.92/12-10.25	McKenna Emmert, Central Washington (2017)
Anna Laradee, Western Washington (2017)		
Long Jump	5.93/19-5.5	Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump	12.40/40-8.25	Ashley Potter, Western Oregon (2012)
Shot Put	17.62/57-9.75	McKenzie Warren, Concordia (2017)*
Weight Throw	17.74/58-2.5	Kristin Hepler, Western Oregon (2004)
Christina MacDonald, Concordia (2018)		
Pentathlon	4,007	Danielle Ayers-Stamper, Seattle Pacific (2005)

WOMEN'S CONFERENCE MEET RECORDS

60 Meters	7.55	Jamie Ashcroft, Alaska Anchorage (2017)
200 Meters	24.09	Jamie Ashcroft, Alaska Anchorage (2017)
400 Meters	54.87	Jahzelle Ambus, Seattle Pacific (2016)
800 Meters	2:08.28	Jessica Pixler, Seattle Pacific (2010)
Mile	4:40.39	Jessica Pixler, Seattle Pacific (2010)
3,000 Meters	9:47.64	Jennifer Johnson, Simon Fraser (2015)
5,000 Meters	16:47.07	Sarah Porter, Western Washington (2010)
60m Hurdles	8.51	Mariyah Vongsaveng, Central Washington (2017)
4x400 Relay	3:46.41	Simon Fraser (2016)
Distance Medley	11:36.32	Seattle Pacific (2010)
Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler		
High Jump	1.77/5-9.75	Taylor Fettig, Central Washington (2014)
Pole Vault	3.91/12-10	Alison Silva, Northwest Nazarene (2014)
Long Jump	5.82/19-1.25	Tanya Bjornsson, Western Washington (2014)
Triple Jump	12.22/40-1.25	Jasmine McMullin, Western Washington (2016)
Shot Put	17.02/55-10.25	McKenzie Warren, Concordia (2017)
Weight Throw	17.63/57-10.25	Becki Duhamel, Central Washington (2015)
Pentathlon	3,761	Karolin Anders, Alaska Anchorage (2015)

CONFERENCE MEET PENTATHLON EVENTS

60m Hurdles	8.75	Rosie Smith, Alaska Anchorage (2016)
High Jump	1.69/5-6.5	Taylor Fettig, Central Washington (2014 & 2015)
Karolin Anders, Alaska Anchorage (2015)		
Geneva Lehnert, Seattle Pacific (2017)		
Shot Put	11.96/39-3	Charlene Harber, Western Oregon (2012)
Long Jump	5.68/18-7.75	Karolin Anders, Alaska Anchorage (2016)
800 Meters	2:15.88	Ali Anderson, Central Washington (2017)

* - NCAA Division II record

GNAC Outdoor Track & Field Records

MEN - ALL MEETS

100 Meters	10.22
200 Meters	20.93
400 Meters	47.51
800 Meters	1:47.58
1,500 Meters	3:41.45
3,000 Meters	8:24.61
5,000 Meters	13:41.99
10,000 Meters	28:37.75
110m Hurdles	14.19
400m Hurdles	51.48
Steeplechase	8:45.63
4x100 Relay	41.10
4x400 Relay	3:10.60
High Jump	2.16/7-1
Pole Vault	5.40/17-8.5
Long Jump	7.91/25-11.5
Triple Jump	15.50/50-10.25
Shot Put	18.55/60-10.5
Discus	55.68/182-8
Hammer	62.89/206-4
Javelin	77.98/255-10
Decathlon	7,872

Alex Donigian, Western Washington (2015)
Alex Donigian, Western Washington (2016)
Ethan Hewitt, Alaska Anchorage (2011)
Badane Sultessa, Western Oregon (2015)
David Ribich, Western Oregon (2017)
Jordan Walling, Western Washington (2014)
Micah Chelimo, Alaska Anchorage (2014)
Micah Chelimo, Alaska Anchorage (2014)
Travis Milbrandt, Western Washington (2016)
Vladislav Tsygankov, Simon Fraser (2017)
Micah Chelimo, Alaska Anchorage (2012)
Central Washington (2010)
Alaska Anchorage (2016)
Mikel Smith, Saint Martin's (2016)
Ryan Brown, Western Washington (2010)
David Registe, Alaska Anchorage (2009)
Wesley Gray, Western Oregon (2017)
Frank Catelli, Western Washington (2014)
Caleb Bridge, Concordia (2017)
Pro Escobedo, Western Oregon (2003)
Cody Parker, Alaska Anchorage (2013)
Chris Randolph, Seattle Pacific (2006)

WOMEN - ALL MEETS

100 Meters	11.64
200 Meters	23.99
400 Meters	53.56
800 Meters	2:02.10
1,500 Meters	4:11.06
3,000 Meters	9:35.75
5,000 Meters	15:44.07
10,000 Meters	33:14.41
100m Hurdles	13.70
400m Hurdles	59.17
Steeplechase	10:13.01
4x100 Relay	46.19
4x400 Relay	3:41.93
High Jump	1.78/5-10
Pole Vault	4.01/13-1.75
Long Jump	5.99/19-8
Triple Jump	12.42/40-9
Shot Put	17.39/57-0.75
Discus	51.59/169-3
Hammer	59.34/194-8
Javelin	54.18/177-9
Heptathlon	5,606

Jamie Ashcroft, Alaska Anchorage (2015)
NyEma Sims, Seattle Pacific (2007)
Mary Pierce, Alaska Anchorage (2007)
Helen Crofts, Simon Fraser (2013)
Jessica Pixler, Seattle Pacific (2010)
Sarah Porter, Western Washington (2011)
Jessica Pixler, Seattle Pacific (2010)
Joyce Chelimo, Alaska Anchorage (2016)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Haleigh Lloyd, Alaska Anchorage (2015)
Katelyn Steen, Western Washington (2015)
Simon Fraser (2017)
Alaska Anchorage (2017)
Teona Perkins, Seattle Pacific (2007)
Anna Paradee, Western Washington (2017)
Stephanie Huffman, Seattle Pacific (2002)
Ali Worthen, Seattle Pacific (2013)
Ashley Potter, Western Oregon (2012)
McKenzie Warren, Concordia (2017)
McKenzie Warren, Concordia (2017)
Kirby Neale, Saint Martin's (2017)
Bethany Drake, Western Washington (2016)
Danielle Ayers-Stamper, Seattle Pacific (2005)

DECATHLON EVENTS

100 Meters	10.90
Long Jump	7.31/22-11.75
Shot Put	14.06/46-1.5
High Jump	2.06/6-9
400 Meters	48.21
110m Hurdles	14.82
Discus	46.00/150-11
Pole Vault	4.90/16-0.75
Javelin	61.04/200-3
1,500 Meters	4:22.12

Justin Miller, Humboldt State (2002)
Chris Randolph, Seattle Pacific (2006)
Alex Harrison, Western Washington (2010)
Justin Peterson, Central Washington (2014)
Cody Thomas, Alaska Anchorage (2014)
Chris Randolph, Seattle Pacific (2006)
Chris Randolph, Seattle Pacific (2006)
Zeb Udell, Western Oregon (2007)
Alex Harrison, Western Washington (2012)
Zac Vawter, Saint Martin's (2004)

HEPTATHLON EVENTS

100m Hurdles	13.70
High Jump	1.75/5-8.75
Shot Put	13.00/42-8
200 Meters	24.78
Long Jump	5.99/19-8
Javelin	45.21/14-84
800 Meters	2:12.52

Danielle Ayers-Stamper, Seattle Pacific (2005)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Bridget Johnson, Western Oregon (2006)
Grace Morgan, Alaska Anchorage (2013)
Stephanie Huffman, Seattle Pacific (2013)
Katie Reichert, Western Washington (2012)
Bridgette Sexton, Seattle Pacific (2005)

MEN'S CONFERENCE MEET RECORDS

100 Meters	10.43
200 Meters	21.32
400 Meters	47.55
800 Meters	1:49.31
1,500 Meters	3:47.37
5,000 Meters	14:29.41
10,000 Meters	30:25.75
110m Hurdles	14.21
400m Hurdles	52.23
Steeplechase	8:47.26
4x100 Relay	41.10
4x400 Relay	3:13.84
High Jump	2.11/6-11
Pole Vault	5.14/16-10.75
Long Jump	7.52/24-8.25
Triple Jump	15.50/50-10.25
Shot Put	18.20/59-8.75
Discus	53.80/176-6.5
Hammer	61.61/202-1
Javelin	69.49/228-0
Decathlon	7,201

Anthony Wright, Central Washington (2010)
Rimar Christie, Northwest Nazarene (2013)
Tyrell Williams, Western Oregon (2014)
Ethan Hewitt, Alaska Anchorage (2012)
Paul Mach, Seattle Pacific (2005)
David Ribich, Western Oregon (2017)
Micah Chelimo, Alaska Anchorage (2011)
Jordan Walling, Western Washington (2011)
Travis Milbrandt, Western Washington (2015)
Shaun Ward, Alaska Anchorage (2011)
Ryan Brockerville, Simon Fraser (2012)
Central Washington (2010)
Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols
Simon Fraser (2015)
Stuart Ellenwood, Cameron Proceviat, Joel Webster, Daniel Kelloway
Tevin Gladden, Alaska Anchorage (2017)
Ryan Brown, Western Washington (2010)
David Registe, Alaska Anchorage (2008)
Wesley Gray, Western Oregon (2017)
Josh Koch, Concordia (2016)
Caleb Bridge, Concordia (2017)
Michael Hoffman, Western Washington (2008)
Franz Burghagen, Alaska Anchorage (2013)
Cody Thomas, Alaska Anchorage (2016)

WOMEN'S CONFERENCE MEET RECORDS

100 Meters	11.81
200 Meters	24.30
400 Meters	54.46
800 Meters	2:06.38
1,500 Meters	4:24.01
3,000 Meters	9:53.80
5,000 Meters	16:39.39
10,000 Meters	35:43.38
100m Hurdles	13.82
400m Hurdles	1:00.29
Steeplechase	10:14.15
4x100 Relay	46.68
4x400 Relay	3:44.11
High Jump	1.77/5-9.75
Pole Vault	3.83/12-6.75
Long Jump	5.99/19-8
Triple Jump	12.42/40-9
Shot Put	16.55/54-3.75
Discus	48.13/157-11.25
Hammer	58.14/190-9.25
Javelin	52.40/171-11.25
Heptathlon	5,390

Jamie Ashcroft, Alaska Anchorage (2015)
Grace Morgan, Alaska Anchorage (2013)
Helen Crofts, Simon Fraser (2013)
Jessica Pixler, Seattle Pacific (2010)
Jessica Pixler, Seattle Pacific (2010)
Jessica Pixler, Seattle Pacific (2007)
Sarah Porter, Western Washington (2010)
Joyce (Chelimo) Kipchumba, Alaska Anchorage (2014)
Danielle Ayers-Stamper, Seattle Pacific (2005)
Haleigh Lloyd, Alaska Anchorage (2015)
Katelyn Steen, Western Washington (2015)
Alaska Anchorage (2014)
Mackenzie Harsch, Rosie Smith, Sasha Halfyard, Jamie Ashcroft
Seattle Pacific (2013)
Kishia Mitchell, Emily Quatier, Jasmine Johnson, McKayla Fricker
Taylor Fettig, Central Washington (2016)
Karis Anderson, Western Washington (2012)
Ali Worthen, Seattle Pacific (2013)
Ashley Potter, Western Oregon (2012)
McKenzie Warren, Concordia (2017)
McKenzie Warren, Concordia (2017)
McKenzie Warren, Concordia (2017)
Bethany Drake, Western Washington (2017)
Ali Worthen, Seattle Pacific (2013)

2017-18 GNAC Indoor Meet Summaries

Dec. 1-2, 2017

**Candy Cane Invitational
at Thorpe Fieldhouse, Cheney, Wash.**

Women (Top 3 GNAC Finishers): Pentathlon - 1, Ali Anderson, CWU, 3,480; 2, HarLee Ortega, CWU, 3,468

Men (Top 3 GNAC Finishers): Heptathlon - 1, Kodiak Landis, CWU, 5,220.

Dec. 2, 2017

**Bobcat Preview
at Worthington Arena, Bozeman, Mont.**

Women (Top 3 GNAC Finishers): 60m Hurdles - 3, Michaela Johnson, MSUB, 9.37. 4x400 Relay - 2, Montana State Billings A, 4:19.76; 3, Montana State Billings B, 4:46.42. Shot Put - 3, Hannah Nesson, 35-10.75. Weight Throw - 2, Kassadee Kuhoa, MSUB, 46-5.25; 3, Hailey Steinbeisser, MSUB, 42-4.75.

Men (Top 3 GNAC Finishers): 60 Meters - 1, Sam Zook, MSUB, 6.78; 2, Lamont Frisby, MSUB, 6.96. 400 Meters - 3, Rahkei Eyer, MSUB, 51.52. 4x400 Relay - 3, Montana State Billings, 3:52.66. Triple Jump - 3, Marcus Lindquist, MSUB, 44-0.5. Weight Throw - 2, Nels Flanagan, MSUB, 54-8; 3, Beau Peaslee, MSUB, 48-8.25.

Dec. 9, 2017

**Jacksons Open
at Jacksons Track, Nampa, Idaho**

Women (Top 3 GNAC Finishers): 200 Meters - 2, Ali Anderson, CWU, 25.29. 400 Meters - 1, Ali Anderson, CWU, 56.20. Mile - 3, Heidi Nisly, NNU, 5:34.23. 3,000 Meters - 1, Sierra Manzer, NNU, 10:33.41; 3, Bethany Danner, NNU, 11:12.88. 60m Hurdles - 2, Mariyah Vongsaveng, CWU, 8.77. 4x400 Relay - 1, Central Washington, 3:56.96; 3, Northwest Nazarene, 4:32.69. High Jump - Tie 2, Shaddia Meadows, CWU, 5-3; Tie 2, Rachel Bartlow, NNU, 5-3. Pole Vault - 2, Halle Irvine, CWU, 11-1.75. Triple Jump - 3, HarLee Ortega, CWU, 38-8.75. Weight Throw - 1, Aiyana Homer, CWU, 53-3.

Men (Top 3 GNAC Finishers): 60 Meters - 3, Ebu Camara, NNU, 7.00. 200 Meters - 2, Jackson Hand, SMU, 22.01. 3,000 Meters - 1, Godfrey Kemboi, NNU, 8:58.75; 2, Rylan Manzer, NNU, 9:16.02; 3, Pablo Lopez, NNU, 9:25.79. 60m Hurdles - 2, Payton Lewis, NNU, 8.53; 3, Elijah Castro, NNU, 8.55. 4x400 Relay - 1, Northwest Nazarene A, 3:34.15; 2, Northwest Nazarene B, 3:44.04. High Jump - 1, Micah Tranch, NNU, 6-4.25; 2, Dakota Tidwell, NNU, 6-0.5; 3, Keffery Stellway, NNU, 6-0.5. Pole Vault - 2, Kodiak Landis, CWU, 15-7; 3, Jared Webster, NNU, 15-1. Long Jump - 1, Elijah Castro, NNU, 22-1.75; 2, Josh Schulz, SMU, 22-1.5; 3, Anthony Manago, SMU, 21-10.25. Shot Put - 1, John VanBeuren, NNU, 51-7.25; 2, Armando Tafoya, CWU, 49-5.5. Weight Throw - 1, John VanBeuren, NNU, 57-9; 2, Armando Tafoya, CWU, 54-6.5.

Fri., Jan. 12

**Bobcat Invitational
at Brick Breeden Fieldhouse, Bozeman, Mont.**

Women (Top 3 GNAC Finishers): 800 Meters - 3, Nikki Allen, MSUB, 2:37.89. 4x400 Relay - 3, Montana State Billings, 4:19.30.

Men (Top 3 GNAC Finishers): 60 Meters - 1, Sam Zook, MSUB, 6.80; 2, Lamont Frisby, MSUB, 6.95; 3, Mason Schram, MSUB, 6.98. 800 Meters - 3, Jorey Egeland, MSUB, 2:02.20. DMR - 3, Montana State Billings, 10:47.54. High Jump - 3, Isaiah Girard, MSUB, 6-6.75. Weight Throw - 2, Nels Flanagan, MSUB, 56-6.

Fri., Jan. 12 - Sat., Jan. 13

**Ed Jacoby Invitational
at Jacksons Track, Nampa, Idaho**

Women (Top 3 GNAC Finishers): None

Men (Top 3 GNAC Finishers): High Jump - 2, Keffery Stellway, NNU, 6-1.25. Pole Vault - 2, Payton Lewis, NNU, 16-4.75. Long Jump - 2, Elijah Castro, NNU, 22-8. Shot Put - 2, John VanBeuren, NNU, 51-2.75. Weight Throw - 3, John VanBeuren, NNU, 56-5.25. Heptathlon - 1, Dakota Tidwell, NNU, 4,671; 3, Micah Tranch, NNU, 4,486.

Sat., Jan. 13

**UW Preview
at Dempsey Indoor Center, Seattle, Wash.**

Women (Top 3 GNAC Finishers): 800 Meters - 3, Danielle McCormick, UAA, 2:11.17. Triple Jump - 3, Jasmine McMullin, WWU, 39-4.5. Weight Throw - 3, Christina MacDonald, CU, 58-2.5 (Ties GNAC Record).

Men (Top 3 GNAC Finishers): 400 Meters - 3, Adam Brown, CU, 49.38. 800 Meters - 3, Noah Wallace, CU, 1:53.78. 1,000 Meters - 2, David Ribich, WOU, 2:21.38 (Fastest Time In Division II History). High Jump - 3, Chris Brake, UAA, 6-8.75.

2017 GNAC Indoor Meet Summaries

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2017 GNAC Indoor Meet Summaries

2017 GNAC Outdoor Meet Summaries