



Jan. 25, 2018 • Week 2  
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## GNAC Track & Field At A Glance

### THIS WEEK'S MEETS

**Fri., Jan. 26 - Sat., Jan. 27**  
 Montana State Billings at Colorado Mines DII Invite & Multis, Golden, Colo.  
 Alaska Anchorage, Central Washington, Concordia, Saint Martin's, Seattle Pacific, Simon Fraser, Western Oregon, Western Washington at UW Preview, Seattle, Wash.

### LAST WEEK'S MEETS

**Fri., Jan. 19**  
**SDSU Division II Invitational**  
 at Sanford-Jackrabbit Athletic Complex, Brookings, S.D.  
**Women's Team Scores:** Minnesota State 44, Winona State 18, Augustana (S.D.) 16.5, Northwestern (Iowa) 14, Missouri Western 13.25, Minnesota-Duluth 13.25, Wayne State (Neb.) 11, Iowa Central CC 10, South Dakota State 7, Sioux Falls 6.5, Iowa Western CC 6, Chadron State 6, Northern State 5.25, Dordt 5, St. Cloud St. 3, Morningside 2.  
**Women (Top 3 GNAC Finishers):** None  
**Men's Team Scores:** Minnesota State 37, Iowa Western CC 20, Montana State Billings 15, Sioux Falls 13, Chadron State 12, Augustana (S.D.) 11, Central Christian 10, Wayne State (Neb.) 7, Dakota Wesleyan 6, Iowa Central CC 6, NW Iowa Elite 5, Under Armour 5, Morningside 5, Northwestern (Iowa) 5, Missouri Western 3, South Dakota State 3, Northern State 3, Southwest Minnesota State 3, Mount Marty 2, Dordt 1.  
**Men (Top 3 GNAC Finishers):** 800 Meters - 3, Drake Henson, MSUB, 1:57.21. 3,000 Meters - 1, Jorey Egeland, MSUB, 8:47.05. 5,000 Meters - 2, Jorey Egeland, MSUB, 14:51.40. High Jump - 1, Isaiah Girard, MSUB, 6-6.75.

### Fri., Jan. 19 - Sat., Jan. 20

**WSU Open**  
 at **WSU Indoor Facility, Pullman, Wash.**  
**Women (Top 3 GNAC Finishers):** 400 Meters - 3, Jasmyne Bradley, CWU, 1:00.60. 3,000 Meters - 2, Alexa Shindruk, CWU, 10:23.41. 60 Meter Hurdles - 3, Mariyah Vongsaveng, CWU, 9.04. 4x400 Relay - 1, Central Washington A, 4:02.86. Long Jump - 3, HarLee Ortega, CWU, 18-3.  
**Men (Top 3 GNAC Finishers):** 4x400 Relay - 1, Central Washington, 3:28.16.

### Sat., Jan. 20

**Bronco Invite**  
 at **Jackson's Indoor Center, Nampa, Idaho**  
**Women (Top 3 GNAC Finishers):** High Jump - 2, Tori Johnson, CU, 5-3.25; Tie 3, Rachel Bartlow, NNU, 5-3.25. Triple Jump - 2, Emma Hill, CU, 38-6.75. Shot Put - 2, Melissa Ausman, CU, 49-0.75; 3, Christina MacDonald, CU, 47-11.75. Weight Throw - 1, Christina MacDonald, CU, 61-8.25; 2, Melissa Ausman, CU, 56-10.25.  
**Men (Top 3 GNAC Finishers):** 60 Meters - 2, Carlos Ortiz, CU, 6.91. 200 Meters - 1, Carlos Ortiz, CU, 21.95; 2, Adam Brown, CU, 22.02. 400 Meters - 2, Noah Wallace, CU, 49.94. 4x400 Relay - 2, Northwest Nazarene, 3:21.41. High Jump - 2, Micah Tranch, NNU, 6-4.75. Long Jump - 2, Elijah Castro, NNU, 23-8.75. Shot Put - 1, Josh Koch, CU, 54-1; 3, Sam Nichols, CU, 50-7.25. Weight Throw - 3, Josh Koch, CU, 52-6.75.

## #GNACTF in 140 @GNACSports

**#RecordWreckingCrew** Concordia's **Christina MacDonald** broke the GNAC record in the women's weight throw with a throw of 61-8.25 at the Bronco Invite a week after tying the 13-year-old mark.

**#QuantumLeap** Northwest Nazarene's **Elijah Castro** set the Nighthawks' school record in the men's long jump. His mark of 23-8.75 is No. 4 on the GNAC All-Time List.

**#BatonBounty** Both Central Washington's men's and women's 4x400-meter relay teams were winners at the WSU Open in Pullman.

**#NightRunner** Montana State Billings' **Jorey Egeland** won the 3,000 meters and took second in the 5,000 meters against Division II competition at the South Dakota State Division II Invitational.

## Get Social

### Twitter Accounts/Hashtags For GNAC Track & Field Programs

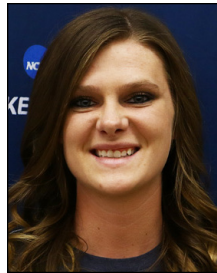
GNAC	@GNACSports	#GNACTF
Alaska Anchorage	@UAASEawolves	#UAASEawolves
Cent. Washington	@CWUathletics	#CWUWildcats
Concordia	@gocugo	#gocugof
MSU Billings	@MSUBSports	#MSUBTF
NW Nazarene	@NNUSports	
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#NCAAeh
W. Oregon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

# GNAC Track & Field Athletes of the Week



**MEN'S TRACK**  
**Carlos Ortiz, Concordia**  
 Senior • Salem, Ore.

Ortiz scored a pair of top-two finishes at the Bronco Invite. Ortiz won the 200 meters in a season-best time of 21.95 seconds. The mark just missed the provisional qualifying mark for the NCAA Championships. Ortiz also finished second in the 60 meters with a time of 6.91 seconds, a performance just short of his lifetime best of 6.90 seconds.



**WOMEN'S TRACK**  
**Nikki Aiken, Montana State Billings**  
 Sophomore • Belgrade, Mont.

Aiken ran a personal-best in the indoor 3,000 meters at the South Dakota State Division II Invitational, placing sixth in a time of 11:04.99.

**Also Nominated:** Jorey Egeland (Montana State Billings).



**MEN'S FIELD**  
**Elijah Castro, Northwest Nazarene**  
 Freshman • Grants Pass, Ore.

Competing in his third collegiate meet, Castro set the Northwest Nazarene indoor school record in the long jump at the Bronco Invite. Castro placed second in the Division I-laden field with a mark of 23 feet, 8.75 inches. The mark is an NCAA Championships provisional qualifier, ranks 15th in Division II this season and is No. 4 on the GNAC All-Time

Top-10 List.

**Also Nominated:** Josh Koch (Concordia), Isaiah Girard (Montana State Billings).



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

A week after tying the GNAC record in the weight throw, MacDonald blew the mark away at the Bronco Invite. MacDonald won with a mark of 61 feet, 8.25 inches, which bettered the previous GNAC record set by Kristin Hepler of Western Oregon by over three feet. The performance ranks eighth in Division II this season and is No. 2 on Concordia's

all-time list.

## 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
Jan. 15-21	Carlos Ortiz, CU	Elijah Castro, NNU	Nikki Aiken, MSUB	Christina MacDonald, CU

Complete Player of the Week releases are available online at [GNACSports.com](http://GNACSports.com).

# Around The GNAC

## ALASKA ANCHORAGE



- Alaska Anchorage last competed at the UW Preview on Jan. 13. The Seawolves return to Dempsey Indoor this weekend to compete in the UW Invitational.
- Sophomore **Chris Brake** is the Seawolves' lone NCAA Championships provisional qualifier to date. His mark of 6 feet, 8.75 inches, in the high jump at the UW Preview is tied for 15th in Division II. It is also tied for No. 8 on the GNAC

### All-Time List.

- Junior **Danielle McCormick** is the lone UAA women's NCAA Championships qualifier so far. Her third-place time of 2:11.87 in the 800 meters at the UW Preview is eighth best in Division II this season.

## CENTRAL WASHINGTON



- Central Washington saw both of its 4x400-meter relay teams win and saw three women run to top-three finishes at the WSU Open in Pullman, Wash.

- The women's relay team of **Sidney Trinidad, Emily Bland, Erykah Weems** and **Ali Anderson** scored a five-second victory with a time of 4:02.86. The men's squad of **Trevaughn Scott, Michael Forster, Brandon Maier** and

**Kodiak Landis** won by four seconds with a season-best time of 3:28.16.

- Junior **Alexa Shindruk** finished second in the women's 3,000 meters with a season-best time of 10:17.92, a performance that is 10th in the GNAC this season.
- Junior **Mariyah Vongsaveng** placed third in the women's 60-meter hurdles with a time of 9.04 seconds. Her time of 8.95 in the preliminary heats was short of her season best of 8.71 seconds, which ranks 13th in Division II this season.
- Freshman **Jasmyne Neria** also scored a third-place finish in the women's 400 meters. Her time of 1:00.60 was just off of the winning time of 1:00.34 by Washington State's Adreonia Bradley.
- Central Washington competes in its third meet in as many weeks this weekend, competing in the UW Invitational.

## CONCORDIA



- A GNAC record in the women's weight throw and a flurry of top-three finishes in the men's sprints led Concordia's efforts at the Bronco Invite in Nampa, Idaho.

- Senior **Christina MacDonald** repeated as GNAC Women's Field Athlete of the Week after she broke the GNAC record in the women's weight throw. Her winning throw of 61 feet, 8.25 inches, smashed the previous record of 58 feet, 2.5

inches, set by Kristin Hepler of Western Oregon in 2004. The mark ranks eighth in Division II this season. MacDonald also placed third in the shot put with a mark of 47 feet, 11.75 inches.

- Senior **Carlos Ortiz** was named GNAC Men's Track Athlete of the Week after he notched a pair of top-two sprint finishes. He won the 200 meters with a GNAC season-best time of 21.95 seconds. He then placed second in the 60 meters with a time of 6.91 seconds, just missing his season best of 6.90 seconds.

- Senior **Melissa Ausman** finished second in both women's throwing disciplines. She finished with a shot put mark of 49 feet, 0.75 inches, and a weight throw mark of 56 feet, 10.5 inches. Both are short of her season bests, which are NCAA Championships provisional qualifiers.

- Junior **Katrina Linenko** improved her provisional qualifying mark in the women's shot put, placing fifth with a mark of 45 feet, 4.5 inches.

- Senior **Emma Hill** earned an NCAA Championships provisional qualifier in the women's triple jump. Her second place mark of 38 feet, 6.75 inches is 13th in Division II this season and is eighth on the GNAC All-Time List.

- Sophomore **Adam Brown** placed second in behind Ortiz in the men's 200 meters with a time of 22.02 seconds. Freshman **Noah Wallace** finished second in the men's 400 meters in 49.94 seconds.

- In the men's throws, junior **Josh Koch** won the shot put with a mark of 54 feet, 1 inch, and placed third in the weight throw at 52 feet, 6.75 inches. Senior **Sam Nichols** was third in the shot put with his mark of 50 feet, 7.25 inches.

- Concordia returns to Seattle this weekend to compete in the UW Invitational.

## MONTANA STATE BILLINGS



- A GNAC Athlete of the Week nod for **Nikki Aiken** and a pair of event victories on the men's side led Montana State Billings' efforts at the South Dakota State Division II Invitational in Brookings, S.D.

- Aiken earned Women's Track Athlete of the Week after she placed sixth in the 3,000 meters in a time of 11:04.99, a college career best for the sophomore.

- Senior **Jorey Egeland** picked up a pair of top-two finishes in the distance events. He won the 3,000 meters in a time of 8:47.05, which ranks ninth best in the GNAC this season. Egeland also took second in the 5,000 meters with a time of 14:51.40. The time in the 5,000 is the best in the GNAC this season and nine seconds short of the NCAA Championships provisional qualifying mark of 14:42.70.

- Sophomore **Isaiah Girard** was a winner in the men's high jump, equaling his season best with a clearance of 6 feet, 6.75 inches. The mark is an NCAA Championships provisional qualifier and is tied for 22nd in Division II this season.

- Freshman **Drake Henson** collected a third-place finish in the men's 800 meters. His time of 1:57.21 is fourth best in the GNAC this season.

- Montana State Billings will compete for the third time in three weeks, taking part in the Colorado Mines Invitational & Multis in Golden, Colo.

## NORTHWEST NAZARENE



- Freshman **Elijah Castro's** school record performance in the men's long jump led Northwest Nazarene's efforts at the Bronco Invitational in Nampa, Idaho.

- Castro earned GNAC Men's Field Athlete of the Week honors after he placed second with a mark of 23 feet, 8.75 inches. That bettered the previous record, set by teammate Payton Lewis, of 23 feet set in 2015. The performance is an NCAA Championships provisional qualifier, is tied for 15th in Division II this season and is No. 4 on the GNAC All-Time List.

- Junior **Micah Tranch** notched a second place finish in the men's high jump with a mark of 6 feet, 4.75 inches, just short of his season best of 6 feet, 5 inches.

- Senior **Rachel Bartlow** finished in a tie for third place in the women's high jump, clearing a season-best 5 feet, 3.25 inches. It is the second-best performance in the GNAC this season. Junior Katie Conklin also cleared 5 feet, 3.25 inches, finishing tied for fifth.

- Sophomore **Godfrey Kemboi** was the top non-Division I finisher in the men's mile, placing fifth in a time of 4:28.25. The mark ranks eighth in the GNAC this season.

- Northwest Nazarene is the only GNAC team not competing this weekend. The Nighthawks return to action on Feb. 2 and 3 in Nampa at the Jackson's NB Invitational.

# Around The GNAC

## SAINT MARTIN'S



- The Saints did not compete last week and will return to action this weekend at the UW Invitational in Seattle.
- Junior **Jackson Hand** enters the meet with the GNAC's second-best mark this season in the men's 200 meters, having run 22.01 seconds at December's Jacksons Open.
- Junior **Josh Schulz** is third in the GNAC this season in the men's long jump with a best of 22 feet, 6.25 inches, at the UW Preview. Senior **Matt DeHan** is ranked fifth in the GNAC in the pole vault, having cleared 15 feet, 1 inch at the Jacksons Open.
- Sophomore **Tiffany Pott** and freshman **Ashley Vest** are among five athletes tied for seventh in the GNAC in the women's pole vault with clearances of 5 feet, 1 inch.

## SEATTLE PACIFIC



- Seattle Pacific did not compete last weekend. The Falcons return to action this weekend in their hometown, competing in the UW Invitational.
- The Falcons' top performances at the UW Preview came in the 60-meter hurdles. 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. 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 third best in the GNAC this season.
- Freshman **Elius Graff** currently owns the third-best mark in the GNAC in the miles with his time of 4:23.61 at the UW Preview. The meet was Graff's collegiate debut.
- Freshman **Julia Steppner** is the current GNAC leader in the women's 60 meters, having run 7.80 seconds at the UW Preview. Senior **Becca Houk** is tied for fourth at 8.00 seconds.
- Junior **Chynna Phan** is second in the GNAC this season in the women's 800 meters with a time of 2:15.89. Sophomore **Kate Lilly** is third in the women's mile with a time of 5:09.51.

## SIMON FRASER



- Simon Fraser did not compete last weekend. The Clan returns to action this weekend at the UW Invitational in Seattle.
- Senior **Julia Howley** led the Clan's performances at the season-opening UW Preview. She ran a Division II best time of 9:32.78 in the women's 3,000 meters. The mark is 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.
- Howley led a trio of provisional qualifiers in the event. Senior **Miryam Bassett** ran a time of 9:53.87, currently fifth best in Division II, while senior **Reta Dobie** ran 9:54.01, currently sixth-best nationally.
- Junior **Rowan Doherty** ran a time of 8:20.90 in the men's 3,000 meters, ranking second in the GNAC and 13th in Division II. Senior **Oliver Jorgensen** ran 8:24.04, third in the GNAC and 17th in Division II this season.
- Freshman **Meyer Quaynor** ran 7.94 seconds in the women's 60 meters, the second best time in the GNAC this season. Sophomore **Diana Voloshin** has the second-best GNAC mark in the women's 200 meters with a time of 25.75 seconds. Sophomore **Renate Bluschke** is second in the women's 400 meters with a time of 58.95 seconds.
- Junior **Carlos Vargas** ranks second in the GNAC in the men's mile with a time of 4:18.62.

## WESTERN OREGON



- Western Oregon did not compete last week. The Wolves return to competition this weekend at the UW Invitational.
- 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 an NCAA Championships provisional qualifier and is seventh best in Division II this season.
- 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.
- Sophomore **Alani Troutman** posted fourth with a mark in the men's long jump of 22 feet, 9.25 inches. He was the top GNAC finisher in the event and currently ranks second in the GNAC this season.
- Senior **Kennedy Rufener** currently ranks fifth in the GNAC in the women's mile, running 5:10.00 at the UW Preview.

## WESTERN WASHINGTON



- Western Washington did not compete last weekend and returns to Seattle this week for the UW Invitational.
- Senior **Jasmine McMullin** opened the year by placing third in the women's triple jump at the UW Preview. 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 sixth in Division II this season.
- The Vikings currently own six of the top-eight GNAC marks in the women's pole vault. Sophomore **Jewels Oliquano** leads the sextet with her mark of 10 feet, 10.25 inches.
- Sophomore **Tupre Wickliff** is fourth in the GNAC in the men's high jump with a jump of 6 feet, 4.75 inches at the UW Preview. Freshman **Garrett Davies** is fifth with his best of 6 feet, 2.75 inches.
- Sophomore **Eric Hamel** has the league's fifth best time in the men's 3,000 meters with his time of 8:38.25.

# GNAC Qualifiers For NCAA Indoor Championships

## MEN PROVISIONAL QUALIFIERS AS OF JAN. 23, 2018

Event	Athlete	Mark	Rank	Date
<b>60 Meters</b>	Sam Zook, MSUB	6.80	T-6th	12/2/17
<b>3,000 Meters</b>	Dustin Nading, WOU	8:11.67	7th	1/13/18
	Rowan Doherty, SFU	8:20.90	13th	1/13/18
	Oliver Jorgensen, SFU	8:24.04	17th	1/13/18
<b>High Jump</b>	Chris Brake, UAA	2.05/6-8.75	T-22nd	1/13/18
<b>Pole Vault</b>	Payton Lewis, NNU	5.00/16-4.75	T-6th	1/12/18
	Kodiak Landis, CWU	4.85/15-11	16th	12/1/17
<b>Long Jump</b>	Elijah Castro, NNU	7.23/23-8.75	T-15th	1/20/18
<b>Shot Put</b>	Josh Koch, CU	16.71/54-10	20th	1/13/18
	Jakob Chamberlin, CU	16.05/52-8	36th	1/13/18
<b>Weight Throw</b>	John VanBeuren, NNU	17.60/57-9	33rd	12/9/17
<b>Heptathlon</b>	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. 23, 2018

Event	Athlete	Mark	Rank	Date
<b>400 Meters</b>	Ali Anderson, CWU	56.20	T-6th	12/9/17
<b>800 Meters</b>	Danielle McCormick, UAA	2:11.17	8th	1/13/18
<b>3,000 Meters</b>	Julia Howley, SFU	9:32.78	1st	1/13/18
	Miryam Bassett, SFU	9:53.87	5th	1/13/18
	Reta Dobie, SFU	9:54.01	6th	1/13/18
<b>60m Hurdles</b>	Mariyah Vongsaveng, CWU	8.71	13th	12/9/17
<b>Triple Jump</b>	Jasmine McMullin, WWU	12.00/39-4.5	6th	1/13/18
	HarLee Ortega, CWU	11.80/38-8.75	11th	12/9/17
	Emma Hill, CU	11.75/38-6.75	13th	1/20/18
<b>Shot Put</b>	Melissa Ausman, CU	15.04/49-4.25	5th	1/13/18
	Christina MacDonald, CU	14.62/47-11.75	11th	1/20/18
	Katrina Linenko, CU	13.83/45-4.5	T-23rd	1/20/18
<b>Weight Throw</b>	Christina MacDonald, CU	18.80/61-8.25	8th	1/20/18
	Melissa Ausman, CU	17.58/57-8.25	19th	1/13/18
<b>Pentathlon</b>	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	<b>60 Meters</b>	7.45	7.69
7.90	8.24	<b>60 Meter Hurdles</b>	8.43	8.81
21.21	21.77	<b>200 Meters</b>	23.94	24.90
47.42	48.64	<b>400 Meters</b>	54.01	56.70
1:49.56	1:53.37	<b>800 Meters</b>	2:08.91	2:14.06
4:02:59	4:11.67	<b>Mile</b>	4:45.13	4:59.70
8:06.36	8:24.32	<b>3,000 Meters</b>	9:29.29	9:59.49
14:06.70	14:42.70	<b>5,000 Meters</b>	16:35.42	17:30.57
3:12.36	3:17.19	<b>4x400 Relay</b>	3:43.87	3:51.19
9:47.89	10:05.36	<b>Distance Medley Relay</b>	11:35.43	12:05.41
2.15/7-0.5	2.04/6-8.25	<b>High Jump</b>	1.77/5-9.75	1.67/5-5.75
5.25/17-2.75	4.72/15-5.75	<b>Pole Vault</b>	4.01/13-1.75	3.57/11-8.5
7.59/24-11	7.08/23-2.75	<b>Long Jump</b>	6.16/20-2.5	5.63/18-5.75
15.43/50-7.5	14.42/47-3.75	<b>Triple Jump</b>	12.43/40-9.5	11.63/38-2
17.97/58-11.5	15.92/52-2.75	<b>Shot Put</b>	15.69/51-5.75	13.49/44-3.25
21.14/69-4.5	17.46/57-3.5	<b>Weight Throw</b>	20.15/66-1.5	16.77/55-0.25
5,332	4,671	<b>Heptathlon/Pentathlon</b>	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](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  
Jan. 23

WOU  
12th  
—

USTFCCCA DIVISION II NATIONAL  
TEAM COMPUTER RANKINGS  
Week 1 - Jan. 23, 2018

Rk	School	Pts.	Prev.
1.	Colorado Mines	238.22	16
2.	Tiffin	135.20	2
3.	Ashland	128.67	3
4.	Grand Valley State	121.00	6
5.	Adams State	114.02	1
6.	Findlay	113.64	14
7.	Lincoln (Mo.)	87.93	8
8.	Pittsburg State	77.72	10
9.	Missouri Southern	75.24	4
10.	Saint Augustine's	67.15	13
11.	Academy of Art	66.11	11
12.	Texas A&M-Commerce	65.58	16
13.	Texas A&M-Kingsville	55.26	9
14.	CSU-Pueblo	48.05	21
15.	Mary	47.70	79
16.	Minnesota State	47.67	5
17.	Wingate	47.22	24
18.	Colorado Christian	44.79	45
19.	Emporia State	43.52	27
20.	West Texas A&M	35.18	26th
21.	Southern Connecticut	34.40	37
22.	Queens (N.C.)	34.03	51
23.	Central Missouri	33.56	47
24.	UC-Colorado Springs	27.94	52
25.	Limestone	26.01	34

USTFCCCA WEST REGION TEAM INDEX  
Week 1 - Jan. 23, 2018

Rk	School	Pts.	Prev.
1.	Northwest Nazarene	340.74	—
2.	Concordia (Ore.)	283.36	—
3.	Montana State Billings	279.89	—
4.	Central Washington	273.30	—
5.	Academy of Art	255.07	—
6.	Western Oregon	155.19	—
7.	Alaska Anchorage	144.65	—
8.	Simon Fraser	143.44	—
9.	Azusa Pacific	136.87	—
10.	Western Washington	124.30	—

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# Women's Indoor Regional & National Polls

GNAC WOMEN'S TEAMS IN THE  
USTFCCCA POLLS  
National  
Preseason  
Jan. 23

CWU  
—  
24th

SFU  
23rd  
15th

USTFCCCA DIVISION II NATIONAL  
TEAM COMPUTER RANKINGS  
Week 1 - Jan. 23, 2018

Rk	School	Pts.	Prev.
1.	Grand Valley State	171.86	3
2.	Lincoln (Mo.)	110.37	5
3.	Adams State	109.51	2
4.	Pittsburg State	106.11	1
5.	San Francisco St.	95.67	55
6.	Bellarmino	80.73	21
7.	New Mexico Highlands	77.23	9
8.	UC-Colorado Springs	66.78	50
9.	Walsh	64.05	19
10.	Minnesota State	60.39	8
11.	Missouri Southern	57.15	22
12.	Southwest Baptist	52.58	18
13.	Lewis	52.07	31
14.	Ashland	50.54	25
15.	Simon Fraser	49.72	23
16.	McKendree	49.47	53
17.	West Texas A&M	49.00	4
18.	Western State	48.22	11
19.	Mount Olive	46.36	62
20.	Angelo State	45.72	13
21.	Mary	43.12	7
22.	Saint Augustine's	42.26	24
23.	Ursuline	40.41	28
24.	Central Washington	38.15	46
25.	Wayne State (Neb.)	37.88	26

USTFCCCA WEST REGION TEAM INDEX  
Week 1 - Jan. 23, 2018

Rk	School	Pts.	Prev.
1.	Central Washington	333.70	—
2.	San Francisco St.	325.75	—
3.	Azusa Pacific	216.06	—
4.	Stanislaus State	190.19	—
5.	Academy of Art	178.45	—
6.	Concordia (Ore.)	176.00	—
7.	Simon Fraser	151.00	—
8.	Cal State LA	110.64	—
9.	Northwest Nazarene	110.44	—
10.	Concordia (Calif.)	109.72	—

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# 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	<b>18.80/61-8.25</b>	<b>Christina MacDonald, Concordia (2018)</b>
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, Kefferly 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, Kefferly 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.

**Fri., Jan. 19**

**SDSU Division II Invitational  
at Sanford-Jackrabbit Athletic Complex, Brookings, S.D.**

**Women's Team Scores:** Minnesota State 44, Winona State 18, Augustana (S.D.) 16.5, Northwestern (Iowa) 14, Missouri Western 13.25, Minnesota-Duluth 13.25, Wayne State (Neb.) 11, Iowa Central CC 10, South Dakota State 7, Sioux Falls 6.5, Iowa Western CC 6, Chadron State 6, Northern State 5.25, Dordt 5, St. Cloud St. 3, Morningside 2.

**Women (Top 3 GNAC Finishers):** None

**Men's Team Scores:** Minnesota State 37, Iowa Western CC 20, Montana State Billings 15, Sioux Falls 13, Chadron State 12, Augustana (S.D.) 11, Central Christian 10, Wayne State (Neb.) 7, Dakota Wesleyan 6, Iowa Central CC 6, NW Iowa Elite 5, Under Armour 5, Morningside 5, Northwestern (Iowa) 5, Missouri Western 3, South Dakota State 3, Northern State 3, Southwest Minnesota State 3, Mount Marty 2, Dordt 1.

**Men (Top 3 GNAC Finishers):** 800 Meters - 3, Drake Henson, MSUB, 1:57.21. 3,000 Meters - 1, Jorey Egeland, MSUB, 8:47.05. 5,000 Meters - 2, Jorey Egeland, MSUB, 14:51.40. High Jump - 1, Isaiah Girard, MSUB, 6-6.75.

**Fri., Jan. 19 - Sat., Jan. 20**

**WSU Open  
at WSU Indoor Facility, Pullman, Wash.**

**Women (Top 3 GNAC Finishers):** 400 Meters - 3, Jasmyne Neria, CWU, 1:00.60. 3,000 Meters - 2, Alexa Shindruk, CWU, 10:23.41. 60 Meter Hurdles - 3, Mariyah Vongsaveng, CWU, 9.04. 4x400 Relay - 1, Central Washington A, 4:02.86. Long Jump - 3, HarLee Ortega, CWU, 18-3.

**Men (Top 3 GNAC Finishers):** 4x400 Relay - 1, Central Washington, 3:28.16.

## 2017-18 GNAC Indoor Meet Summaries

**Sat., Jan. 20**

**Bronco Invite**

**at Jackson's Indoor Center, Nampa, Idaho**

**Women (Top 3 GNAC Finishers):** High Jump - 2, Tori Johnson, CU, 5-3.25; Tie 3, Rachel Bartlow, NNU, 5-3.25. Triple Jump - 2, Emma Hill, CU, 38-6.75. Shot Put - 2, Melissa Ausman, CU, 49-0.75; 3, Christina MacDonald, CU, 47-11.75. Weight Throw - 1, Christina MacDonald, CU, 61-8.25; 2, Melissa Ausman, CU, 56-10.25.

**Men (Top 3 GNAC Finishers):** 60 Meters - 2, Carlos Ortiz, CU, 6.91. 200 Meters - 1, Carlos Ortiz, CU, 21.95; 2, Adam Brown, CU, 22.02. 400 Meters - 2, Noah Wallace, CU, 49.94. 4x400 Relay - 2, Northwest Nazarene, 3:21.41. High Jump - 2, Micah Tranch, NNU, 6-4.75. Long Jump - 2, Elijah Castro, NNU, 23-8.75. Shot Put - 1, Josh Koch, CU, 54-1; 3, Sam Nichols, CU, 50-7.25. Weight Throw - 3, Josh Koch, CU, 52-6.75.